

EL BAGES, EXPERIENCE THE PLEASURE *of discovering it*





ALL ROADS *lead to Bages*

Very close to the main cities of Catalonia lies its best-kept secret.

With the north face of Montserrat as the backdrop, you will find the Bages' incredible landscapes, nature in its purest form, unique geological phenomena, villages to get lost in, old rural farmhouses, culture, traditions, and a finger-licking gastronomic and wine offer.

Visiting this territory means trailing the world's first footprints, the memory of an inland sea that existed over 40 million years ago and disappeared with the rise of the Pyrenees. Declared a Unesco World Geopark of Central Catalonia in 2012, this ancient sea left a rich natural and geological heritage that forged the history, gastronomy, and mood of its welcoming inhabitants.

The region of Bages is Catalonia's best hidden rural jewel. Removed from crowds and tourists, this place surprises for its authenticity and character.

 bagesturisme.cat

   [@bagesturisme](https://www.instagram.com/bagesturisme)

 geoparc.cat

   [@geoparccatalunyacentral](https://www.instagram.com/geoparccatalunyacentral)



Just....

50 min from Barcelona
1 h 15 min from Lleida
1 h 15 min from Tarragona
1 h 20 min from Girona



By road

C-55 road to Barcelona
C-16 road/highway Barcelona, Berga
C-58 Terrassa highway
C-25 highway
(Eix Transversal - Girona, Vic, Lleida)
Highway C-37 Igualada

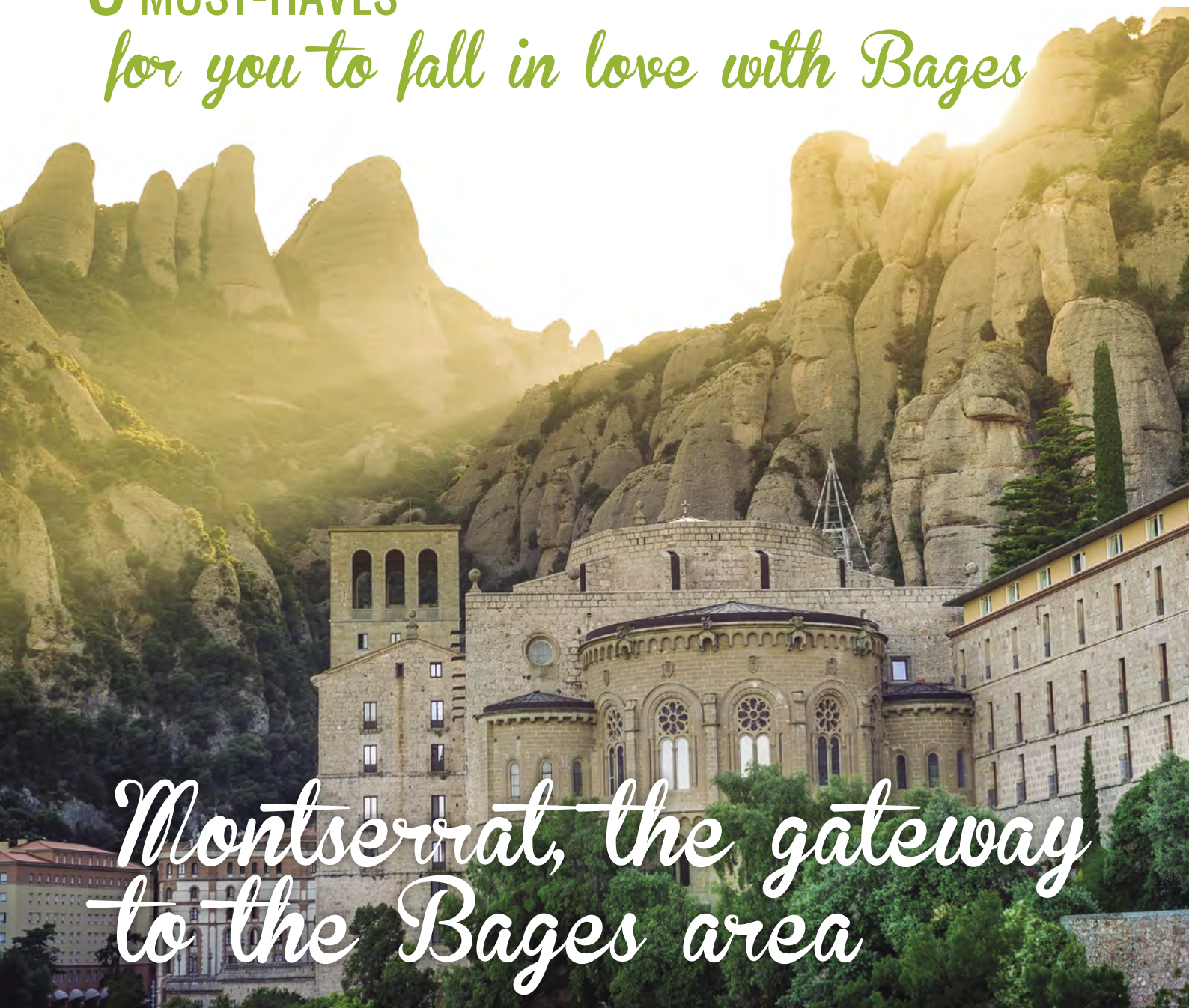


By train

RENFE: www.renfe.es (líneas R4 and R12)
FGC (Ferrocarrils de la Generalitat de Catalunya):
www.fgc.cat (líneas R5 y R50)

5 MUST-HAVES

for you to fall in love with Bages



*Montserrat, the gateway
to the Bages area*



The incomparable mountain of Montserrat, unique in the world for its peculiar silhouette and formation, houses the sanctuary of the Virgin and the Benedictine monastery founded by Abbot Oliba in the 11th century.

Thanks to the splendid environment, declared a Natural Park, and the mysticism that emanates from the winding mountain, Montserrat has become an excellent starting point for popular, tourist, and high-level climbing excursions. In Bages, the hill, visible from all over the region, offers its most striking and wild side.


For almost a thousand years, this monastery has been served the pilgrims coming to venerate La Moreneta. A spiritual and cultural refuge and the indisputable symbol of Catalan people.

Don't miss...

- The superb bird's-eye views from the cable car, the rack railway, and the funicular railway
- The visit to the sanctuary of Montserrat and La Moreneta with the choir singing "*El virolai*"
- Routes and guided tours through Sant Jeroni, Les Agulles, L'Elefant or the Romanesque hermitages
- Artisan fig bread, "mató" and the aromas of Montserrat
- The Romanesque church of Santa Cecília de Montserrat with the Sean Scully art space
- The Museum of Montserrat, with an Egyptian archaeology collection and works by painters such as Caravaggio, Picasso, and Dalí
- The Sant Joan-Exhibition Area viewpoint focused on the Unesco World Geopark of Central Catalonia and the natural park

 www.montserratvisita.com

 [@abadiamontserrat](https://www.instagram.com/abadiamontserrat)

 Activities suitable for people with reduced mobility

 Geopark Point



Cardona and salt



To visit Cardona is to relive history, to enjoy an exceptional heritage, and be surprised by a mountain of pure salt that is the reason for the town's existence.

The salt diapir, an invaluable mountain of desire, is closely guarded by an imposing castle and the powerful lineage of Cardona counts-dukes, known as "the rich lords of salt" and "the uncrowned kings."

The castle is also dubbed the never-defeated fortress, the last bastion of Catalan freedoms that, through its strategic position, has protected the town's beautiful medieval historic center.

Don't miss...

- The salt mountain, with galleries at 86 meters deep
- The castle of Cardona and the ancient legends of the lords of salt
- The collegiate church of Sant Vicenç, a jewel of the Catalan Lombard Romanesque style.
- Dramatized tours for the whole family
- The medieval historic center of Cardona
- Healthy routes around the castle and the salt valley for active people and photography enthusiasts.

 www.cardonaturisme.cat

 @cardonaturisme  @cardonaenfamilia



Activities suitable for people
with reduced mobility



Geopark Point



*Manresa, the heart
of Catalonia*



Manresa is an excellent starting point to discover Catalonia's golden ages and a world reference thanks to St. Ignacio de Loyola's retreat in 1522 when he lived a profound spiritual transformation.

Today, this characterful town preserves its inspiring legacy, and, at the same time, it is a dynamic, commercial center with a varied gastronomic and wine offer.

Culture, sport, nature, wine tourism, and spirituality merge into a single heartbeat, an inspiring city in the heart of Catalonia.

Don't miss...

- The Basilica of La Seu, exponent of the best Catalan Gothic by Berenguer de Montagut
- La Cova de Sant Ignasi, a world reference of spirituality, and the Ignatian Way, whose last stage arrives in Manresa from Montserrat, where you will enter a fascinating landscape.
- Guided tours to explore emblematic areas, such as Balç street
- The buildings and stores of the Art Nouveau center, fruit of the industrial splendor
- Itineraries through the natural environment of the Anella Verda and the medieval canal of the Séquia, suitable for all ages.

 www.manresaturisme.cat

 [@manresaturisme](https://www.instagram.com/manresaturisme)



*Mon Sant Benet,
a world near you*



If you feel like escaping to an incomparable natural environment that fuses culture and gastronomy, Món Sant Benet is an excellent choice.

The medieval monastery of Sant Benet is one of Catalonia's Romanesque monastic jewels. Its charm captivated the family of the modernist painter Ramon Casas, who acquired the property and turned it into their summer residence with the help of Josep Puig i Cadafalch.

Stepping into the rooms where the painter spent his summers in a sea of lights, music, paintings, and smells is a captivating sensory experience.

Don't miss...

- The medieval monastery life with interesting audiovisual montages
- The modernist experience in Ramon Casas former summer house
- The Alicia Foundation, a pioneering culinary research center in Catalonia
- The many shows, fairs, and activities for all audiences
- The Llobregat River's natural environment between Sant Fruitós de Bages and Navarcles and the Landscape Path.

 monstbenet.com

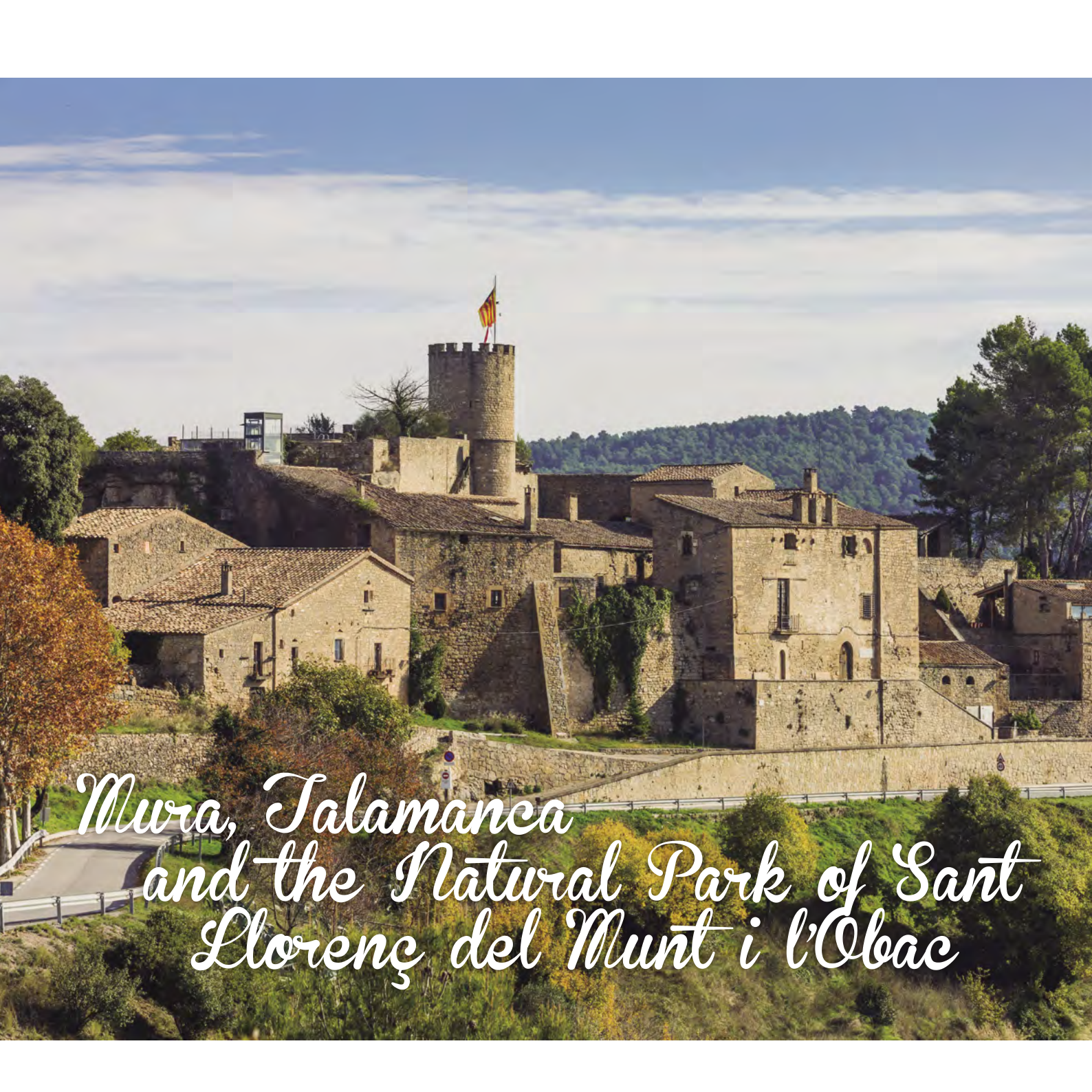
 [@monstbenet](https://www.instagram.com/monstbenet)

 alicia.cat

 [@fundacioalicia](https://www.instagram.com/fundacioalicia)



Activities suitable for people
with reduced mobility



*Mura, Salamanca
and the Natural Park of Sant
Llorenç del Munt i l'Obac*





The rocky and rugged reddish landscape, sprinkled with lush pine and oak forests, draws a natural environment of great beauty. The dry stone terraces and winding roads, which are so popular among cycling enthusiasts, often fragment the old vineyards.

Hidden in the Bages part of the park, we find Mura and Talamanca, two idyllic villages, frozen in time, brimming with the authenticity of rural life. The picturesque streets of Mura or the castle of Talamanca - key during the Spanish Succession War - are a great surprise when visiting Bages.



Don't miss...

- Mura, one of Catalonia's 14 Charming Villages
- Talamanca and its beautiful surroundings on foot or on horseback
- The small medieval town of Rocafort
- The route Caves, farmhouses, and mills will take you to the Puig de la Balma.
- The summit of Montcau
- The route from Coll d'Estenalles to Mura, the fourth stage of the 3 Mountains trekking route.
- Tines de la Vall del Flequer (The vats of the Flequer valley)

 parcs.diba.cat/es/web/santllorencmura.cat

 www.turismetalamanca.com

 mura.cat

DISCOVER THE BAGES'
little big treasures





Bages is still an unexplored region full of hidden gems. Extend your stay and take the opportunity to discover all of them!



Near Montserrat...

- The meander of Castellbell i el Vilar and the Romanesque Montserrat route (Ruta del romànic Montserratí)
- The “mató” of Montserrat (the typical cottage cheese) made in Marganell.
- Rest in the Castellgalí pilgrims' shelter
- Joan Carles Amat Route in Monistrol de Montserrat
- Guided route Water, source of calm and wellbeing in Sant Salvador de Guardiola
- Panoramic views from the top of Cogulló de Cal Torre in Castellfollit del Boix.

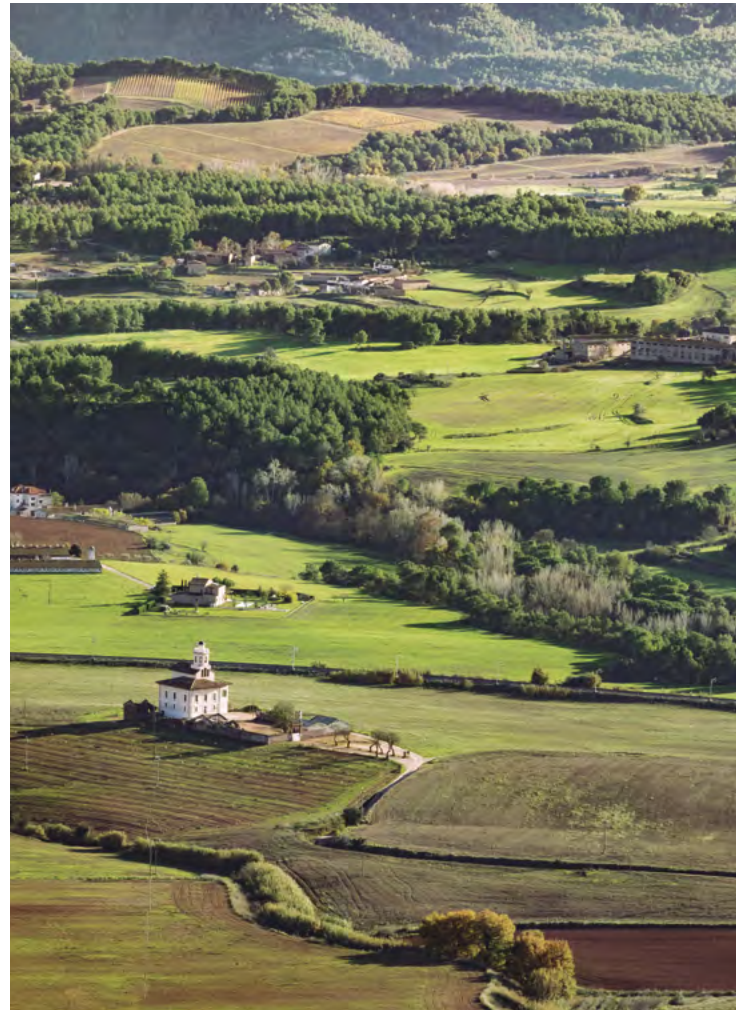






Near Cardona...

- The old town of Súria and its medieval castle
- Route from Súria to the monumental complex Coaner
- Sky Baptism at the Astronomical Observatory of Castelltallat in Sant Mateu de Bages
- Tines dels Manxons (The vats of Manxons) in Callús
- Torres de Fals (The Fals Towers), Fonollosa
- The route from Castelladral to Sant Cugat del Racó, Navàs



Near Marresa...

- Birdwatching in the Aiguamolls de la Bòbila, the marshlands of Santpedor
- Roman Villa of Sant Amanç de Viladés, Rajadell
- Panoramic views from the Collbaix summit, Sant Joan de Vilatorrada
- The castle of Castellar, Aguilar de Segarra
- Caracremada and the route of the Maquis, Castellnou de Bages





Near Món Sant Benet...

- The gothic fortress of Balsareny
- The Brucardes' way up to the cave paintings in Sant Fruitós de Bages
- The Iberian settlement of Cogulló and the circular Romanesque church of Sant Sebastià in Sallent
- Artés vineyard landscapes
- Camí Ramader de Marina (a livestock trail) and La Torre dels Soldats (tower), Avinyó
- The witchcraft center of Sant Feliu Sasserra
- The landscapes of peace and tranquility of Gaia

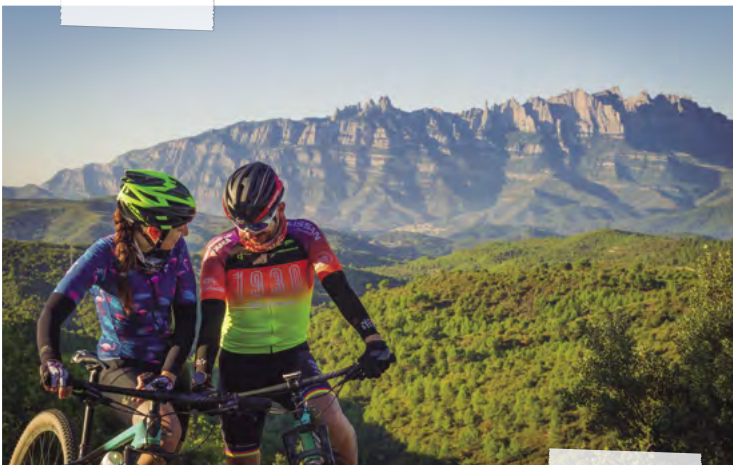
Near the Natural Park of Sant Llorenç del Munt i l'Obac...

- The imposing gothic bridge of Pont de Vilomara i Rocafort
- The Romanesque churches of Sant Pere and Sant Jaume de Vallhonesta, Sant Vicenç de Castellet
- Adventure sports at Navarcles lake

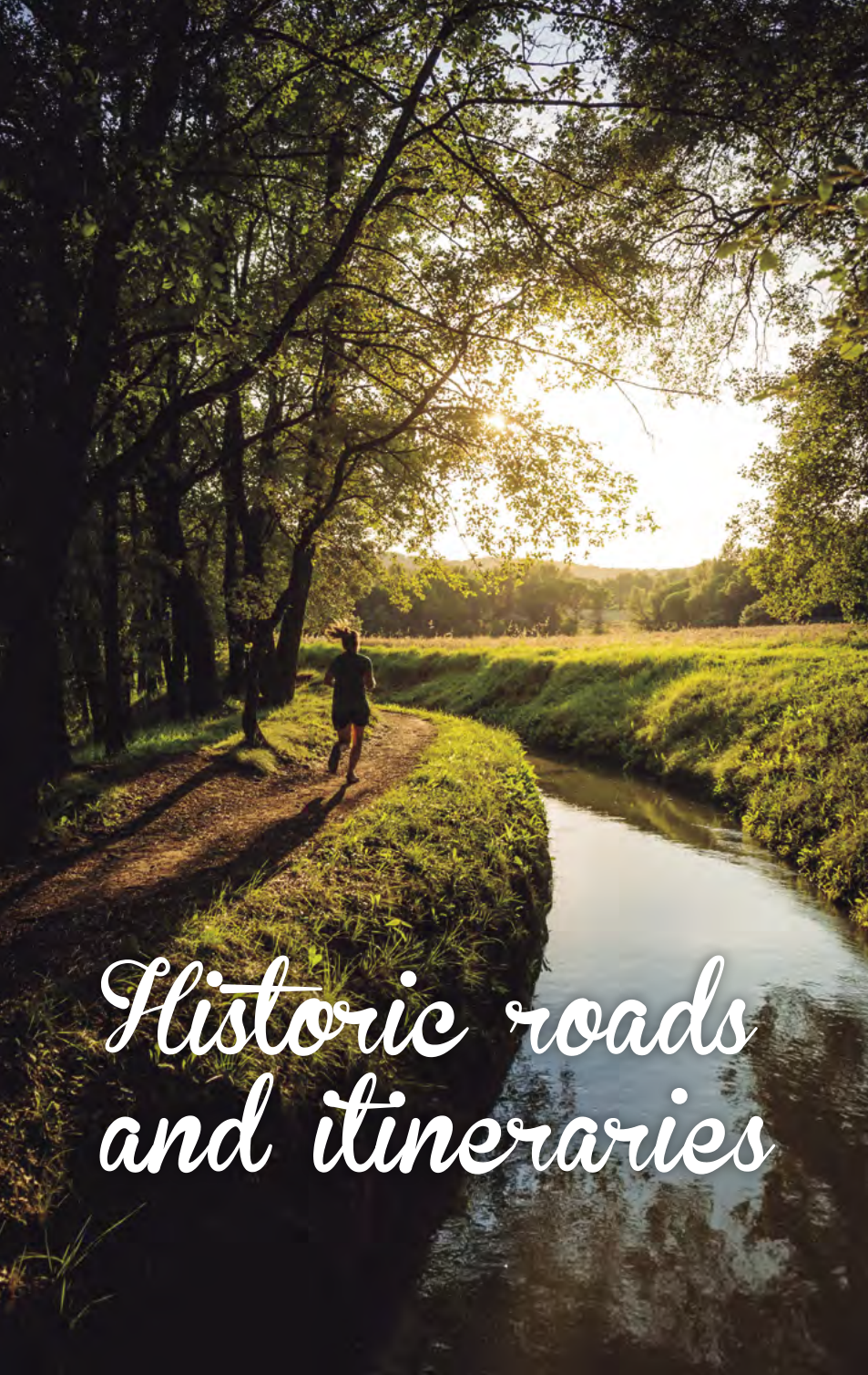


NATURE *Lovers*

The blossoming almond trees at the end of winter, the lush green of spring, the golden wheat fields in summer, the red and brown colors of autumn... Every season is great to lose yourself in the forests of Bages, climb the cliffs, and discover the beauty and essence of the rural world.



If you like exploring natural lands, this territory full of surprises is perfect for the most adventurous and daring. You can enjoy routes on foot, mountain bike, and horseback; climbing, balloon flights, or parachute jumps.



Historic roads and itineraries

The strategic location of Bages, the curious formations of the Geopark of Central Catalonia, and a relevant past in the history of Catalonia have left in Bages many paths and trails that often converge with real open-air museums.



Ignatian Way

latest 25 km



Catalan Way of Saint James

45 km in El Bages



The Oliba trial

50 km of the first stage



The medieval canal of La Séquia

26 km



Els 3 Monts

latest 40 km





Heritage and culture



One doesn't need to go far
to find a legacy of great value
that showcases the great
epochs of history.





Castles and medieval villages, Romanesque churches, and hermitages, vestiges of the 1714 battles, old textile colonies, modernist establishments and houses; but also, ancient necropolis, Iberian settlements, Roman villas, dry stone constructions, and a network of small museums linked to the history and life of the Bages territory.



Bages is a land of traditional fairs and festivals. Traginers de Balsareny, Caramelles de Súria, Enramades de Sallent, the Living Nativity of Bages, or the Witches Fair of Sant Feliu Sasserra are just some of the many must-see examples.

*A perfect slow environment
to disconnect*

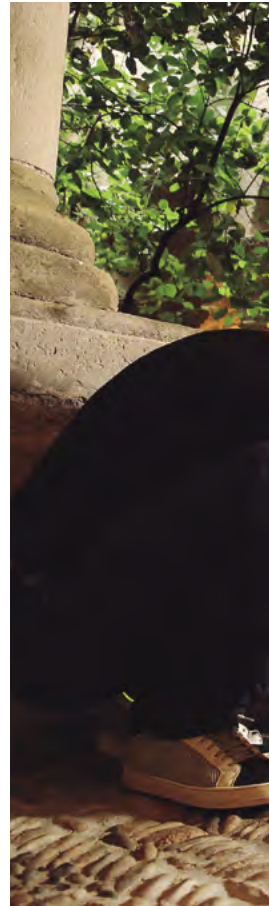




Embrace the warmth of an authentic rural house and the kindness of the hosts. Far from the city rush, you will find a magnificent spot to learn where our food comes from and taste the countryside life firsthand.



Listen to the forest, the silence, the vineyard... and reconnect with your loved ones. Enjoy the scenery, breathe and get strength in this small rural paradise.





Need ideas to
entertain the
little ones?

*How would you like it if on your
next trip you could...*

- Become an archaeologist or alchemist for a day
- Travel back to medieval times and learn about legends among fortresses and monasteries.
- Spend a night under the stars observing the colors and shapes of the universe.
- Live the life of a farmer and learn organic gardening
- Get close to farm, wild or exotic animals.
- Solve the mysteries of science together
- Cooking good, healthy recipes at a pioneering gastronomic center
- Test your sense of direction in the forest and follow the trail of animals until you reach the river.
- Cycle along the railroad tracks and through rural landscapes and medieval waterways

Let them touch, watch, learn... and, above all,
have fun together.





The Pla de Bages DO wine route is the first cultural wine tourism route in Catalonia, offering a wide range of cultural, active, gastronomic, and premium wine tourism proposals designed to explore the territory, culture, and wine heritage of the Pla de Bages.

Treasures at the foot of the vineyard

Hand in hand with wineries and experts delve among thousands of dry-stone barracks and vats of incredible beauty and simplicity, which farmers built for centuries to vinify at the foot of the vineyard. Unesco recognized the art of dry stone as Intangible Heritage in 2018.

The vigor of the small wineries and century-old cooperatives that cultivate the native varieties of picapoll and mandó have created the DO Pla de Bages, which showcases the Geopark's excellent ground.

Want to know more?

 www.rutadelvidobages.cat



Pla de Bages
DO wine route



Land to be tasted

The gastronomy of Bages is a marvel. In the middle of the Unesco World Geopark of Central Catalonia, Bages is in a privileged territory for its high geological value, exceptional landscapes, traditions, and the esteem of the people who work the land. Authentic ingredients from which only excellent gastronomy can come out.

The farmers of Bages have preserved unique products such as white eggplant or local varieties of tomatoes, which you will find in local markets throughout the region and in restaurants committed to 0-kilometers cuisine.



You have to try...

- Unique products, such as white eggplant, Bages tomato varieties, Manresa green cabbage, or the Castellfolit del Boix bean.
- Oleotourism experiences with the native varieties of corbella, vera, and verdal oil.
- DO Pla de Bages wines done with the autochthonous varieties picapoll and mandó
- Craft beers from producers in the county
- L'Ó, the Michelin-starred restaurant
- Local cuisine represented by Fogons del Bages and the restaurants with the Biosphere label

 bagesturisme.cat/restauracio



Where to eat
at El Bages



Stay overnight!

Small charming family hotels for a weekend with your partner; old restored farmhouses where the little ones can run around and pet farm animals; hostels, campsites, and motorhome areas to go at your own pace... A large number of options to ensure a perfect getaway to disconnect and escape from the crowds.

We open the doors of our home to you.

 bagesturisme.cat/allotjament/



Where to stay
at El Bages



Commitment to sustainability Biosphere

We are committed to a responsible tourism model, committed to environmental, social, and economic sustainability, following the Sustainable Development Goals of the United Nations 2030 Agenda.

Over 25 companies are distinguished with the Biosphere quality seal of the Responsible Tourism Institute and are members of the UNESCO World Geopark of Central Catalonia.

 bagesturisme.cat/biosphere-al-bages/



BIOSPHERE
committed entity

 **GeoParc**
Catalunya Central





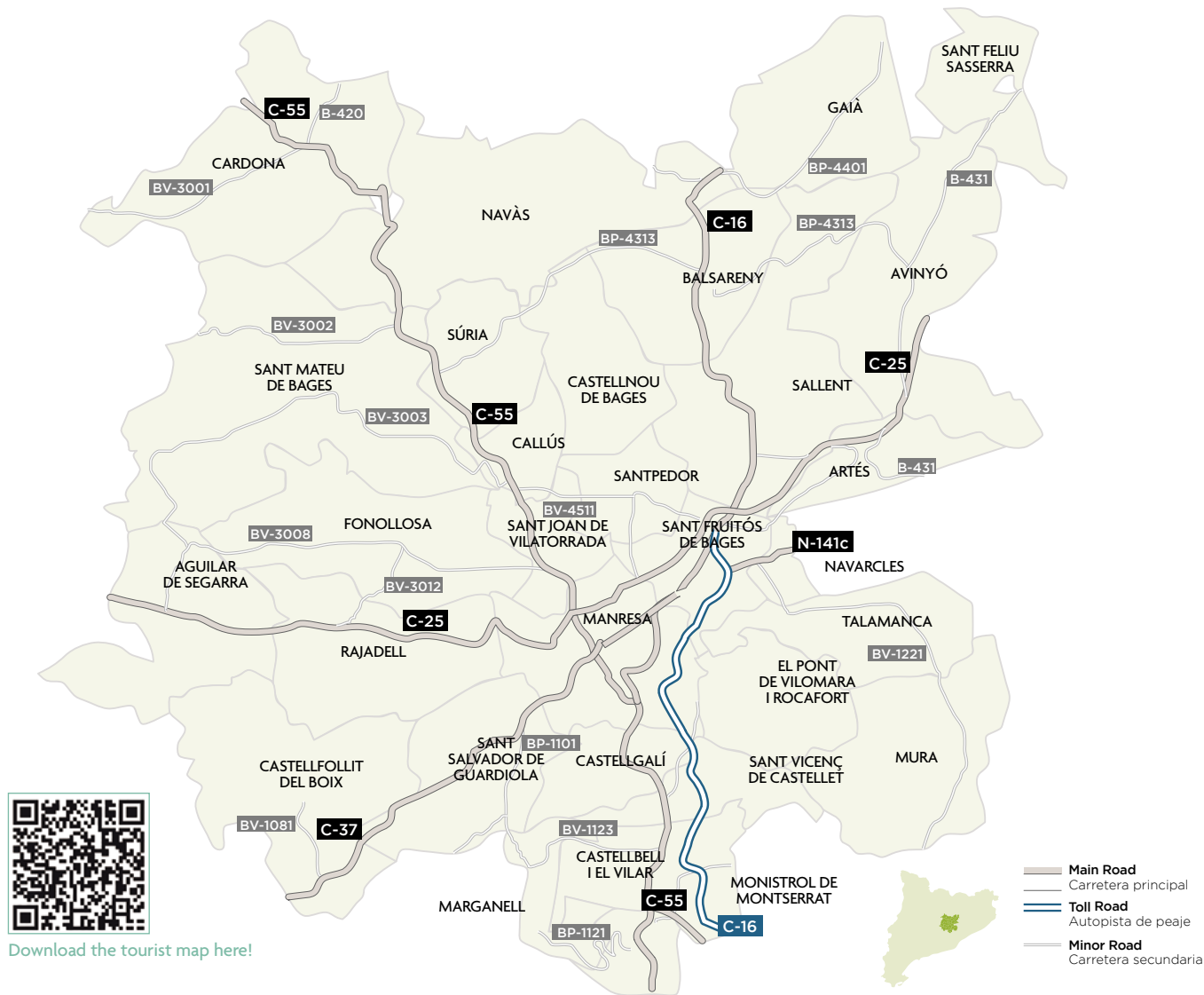
The region's tourist offices are happy to help you plan your trip so that you can squeeze every minute doing what you like the most.

You'll find all here: bagesturisme.cat/oficines-turisme/

El Bages also has over seventy tourist information points, a set of establishments, facilities, and entities distinguished by guiding visitors on the region's tourist attractions and the Geopark of Central Catalonia during your stay in El Bages.



Tourist
Information Point



[Download the tourist map here!](#)

Credits:

Photographs per page:

Cover: Montserrat from the top of Montcau; p. 2: Meander of Castellbell i el Vilar; p. 4 and 5: Montserrat; p. 6 and 7: Cardona; p. 8: Panoramic view of Manresa and Pere III walk; p. 9: The cave of Sant Ignasi and the Seu de Manresa; p. 10 and 11: Món Sant Benet; p. 12: Talamanca; p. 13: Mura; p. 14: Vats in the Flequer valley; p. 15: Montcau by Coll d'Estenalles; p. 16: Views from the Cogulló de Can Torra;

p. 17: Castellgalí shelter 18: Cottage cheese made in Marganell; p. 19: Sant Salvador de Guardiola; p. 20: Coaner - Castellatallat Observatory - Manxons vats; p. 21: Sant Andreu de Castellnou de Bages - marshlands Santpedor - Views from Collbaix; p. 22: Balsareny Castle - Navarcles Lake - El Cogulló de Sallent - Artés - Avinyó; page 23: Gaia - Sant Pere de Vallhonestà, Sant Vicenç de Castellet; page 24: Sant Fruitós de Bages; page 25: Montcau - Castellbell i el Vilar - Sant Vicenç de Castellet; page 26: La Séquia; page 27: Manresa

- Montserrat; page 28: Súria; page 29: Sant Esteve, Sallent - Sant Cugat del Racó, Navàs; page 30: Traginers of Balsareny - Living Nativity of Fonollosa; p. 31: Witches' Fair of Sant Feliu de Sasserra; p. 32: Rural houses of the region; p. 33: Aguilars de Segarra - Sant Fruitós de Bages - Rajadell; p. 34: Technical Museum of Manresa - Salt Mountain of Cardona - Center of Approach to Nature of Navàs; p. 35: Castelladral - Sant Benet de Bages - Montserrat; p. 36: DO Pla de Bages Wineries; p. 38: Farmshop of Artés; p. 39: White eggplants - Oil tas-

ting - Home cooking - Castellfollit del Boix beans; p. 40 and 41: Rural houses in Bages; p. 42: Llobregat vats - L'Agulla de Manresa Park - Sant Benet de Bages Monastery; Back Cover: Panoramic view of Montserrat. Photographs by: Archive of the Tourism Area Consell Comarcal del Bages.

Photographs courtesy of:
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Council, Basilica of La Seu de Manresa, Association of Romanesque Routes - Oliba Way, Món Sant Benet. Photographic authors: Carles Fortuny, Gerard Franquesa, Òscar Rodbag, Sergi Costa, Martí Domènech, Jordi Play, Javier Videla, Eva Méndez.

Bages



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