

ACTIVITIES GUIDE

What to do from



PORT
TARRACO

A perfect destination all year round

www.porttarraco.com





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What to do from



PORT
TARRACO

Sport

Gym, Martial Arts & Boxing

GYM



REIAL CLUB NÀUTIC
DE TARRAGONA

www.rcntarragona.com



PAVELLÓ D'ESPORTS
EL SERRALLO

www.tarragonaesports.cat/02_1_serrallo_1.htm



ROYAL TARRACO
SPORTS CENTER

www.royaltarraco.es



ORION FITNESS

www.orion-fitness.com



MARTIAL ARTS



BUDO SHIN
Martial Arts School

www.artsmarcialstarragona.org



BOXING



REUS TEAM Mixed Artil Arts

reusteam.es
reusteam.es/index.php?option=com_content&view=article&id=4&Itemid=9



What to do from



PORT
TARRACO

Sport

Running & Cycling

RUNNING



RUNNING SOLUTIONS

www.runningsolutions.com



EVASIÓN RUNNING

www.evasionrunning.com



RUNNING IN TARRAGONA

www.runmap.net/en/regional/Spain/Cataluna/Tarragona/



TREKKING



RUTAS Y MARCHAS

es.senderators.com/rutas-senderismo:rarragona



RUTAS DE SENDERISMO POR TARRAGONA

es.wikiloc.com/rutas/senderismo/espana/catalunya/tarragona



TRIATHLON



CLUB TRIATLÓ TARRAGONA

www.clubtriatlotarragona.com



CYCLE



CYCLING ROUTES

es.wikiloc.com/rutas/mountain-bike/espana/catalunya/tarragona



CYCLE ROUTES IN TARRAGONA

www.bikemap.net/es/regional/Spain/Cataluna/Tarragona/



What to do from



PORT
TARRACO

Sport

Golf



GOLF



LUMINE BEACH CLUB & GOLF

www.lumine.com/en/golf



CLUB DE GOLF
REUS AIGÜESVERDS

www.golfreusaiguesverds.com/



GOLF LA GRAIERA

www.graiera.es/



CLUB DE GOLF COSTA DORADA

www.golfcostadoradatarragona.com/index.php/en/the-golf-club/aboutus.html



What to do from



PORT
TARRACO

Sport

Tennis, Padel, Squash & Football

TENNIS



CLUB TENNIS TARRAGONA

www.tennistarragona.com



PADEL



CLUB NÀUTIC TARRAGONA

www.rcntarragona.com



SQUASH



CLUB TENNIS TARRAGONA

www.tennistarragona.com



ROYAL TARRACO
SPORT CENTER

royaltarraco.es/activitats/



POLIESPORTIU RIUCLAR

www.tarragonaesports.cat/02_1_riuclar.html



FOOTBALL



FUTBOL SALOU

www.golfcostadoradatarragona.com/index.php/en/the-golf-club/aboutus.html



What to do from



PORT
TARRACO

Water Activities

Swimming, Diving & Scuba

DIVING & SCUBA



BIG BLUE CENTER

www.bigbluecenter.com



GLUPS DIVING

www.glupsdiving.com/old/



SWIMMING



MUNICIPAL SPORTS CENTERS

www.tarragonaesports.cat/04%20on_puc_fer.htm



CLUB NATACIÓ TARRACO

www.cntarraco.cat



CLUB NATACIÓ REUS PLOMS

www.reusploms.cat



REUS DEPORTIU

www.reusdeportiu.es



What to do from



PORT
TARRACO

Water Activities

Sailing, Kayak, Jet Ski

SAILING



REIAL CLUB NÀUTIC
DE TARRAGONA

www.rcntarragona.com



CLUB MARÍTIM ALTAFULLA

www.clubmaritimaltafulla.com



CLUB NÀUTIC CAMBRILS

www.clubnauticcambrils.com



KAYAK TOURS



BENI EMOCIONS

www.beniemocions.cat/beniemocions_eng.php?id_categoria=1&id_seccio=1&id_idioma=3



TGNAUTICA KAYAK

www.tgnautica.com/kayak/qui-som.php



JET SKI TOURS



CAMBRILS JET SKI TOURS

www.motosdeaguacambrils.es



What to do from



PORT
TARRACO

Water Activities

Sea & Mountain Water Activities



CANYONING

www.yumping.com/barranquismo/tarragona



RAFTING

www.yumping.com/rafting/lleida



HIDROSPEED

www.yumping.com/hidrospeed/lleida



FLYBOARD

www.yumping.com/flyboard/tarragona



KITESURF

www.yumping.com/kitesurf/tarragona



PADDLE SURF

www.yumping.com/paddle-surf/tarragona



WAKEBOARD

www.yumping.com/wakeboard/tarragona



What to do from



PORT
TARRACO

Sport & Adventure

Adventure Activities

Horse Riding

Ski & Snow



ADVENTURE ACTIVITIES



DEPORTES AVENTURA

www.deportesaventura.info/tarragona

Speleology / cave visit, Canoeing by Ebro, Quad tours, BTT tour, Via ferrata tours,...



CAMPO DE AVENTURAS SANT ANTONI

www.actividadesdeaventuratarragona.com

Takeshi's castle gymkhana, Paintball, American field, Zorball field, Human football,...



MULTIAVENTURA TARRAGONA

www.yumping.com/multiaventura/tarragona/

Climbing, Rock climbing, Hiking, Horse riding, BTT tour, Paintball, Laser tag,...



JUNGLE TRECK ADVENTURE PARK TREES

www.jungle-trek.com



HORSE RIDING



RUTAS A CABALLO

www.yumping.com/rutas-a-caballo/tarragona



MAS ARAGÓ

masarago.com



SKI & SNOW



ESQUIADES.COM

www.esquiades.com



What to do from



PORT
TARRACO

Air Activities

PARAGLIDING



PARAPENTE TARRAGONA

www.yumping.com/parapente/tarragona



FLIGHT PLANE
PARAMOTOR



VUELO EN AVIONETA
TARRAGONA

www.yumping.com/vuelo-en-avioneta/tarragona



BALLOON RIDE



PASEO EN GLOBO

www.yumping.com/paseo-en-globo/lleida



PARACHUTING
SKYDIVING



PARACAIDISMO TARRAGONA

www.yumping.com/paracaidismo/tarragona



PARASCENDING



PARASCENDING TARRAGONA

www.yumping.com/parascending/tarragona



HANGGLIDING



ALA DELTA

www.yumping.com/ala-delta/lleida



What to do from



PORT
TARRACO

Motor

4X4 TOURS & QUADS

CLUB TORTUGATT

www.tortugatt.com/



4X4 TARRAGONA

www.yumping.com/rutas-4x4/tarragona



DRAC BEACH QUADS

www.dracbeach.com



SERRA DE PRADES QUADS

www.serradeprades.com/en/activitats/377



KARTING

KARTING SALOU

www.kartingsalou.com



KARTING CLUB VENDRELL

www.kartingvendrell.com



KARTING ALTAFULLA

www.kartingaltafulla.com



BUGGIES

BUGGIES TARRAGONA

www.lopriorat.com/



MOTOCROSS ENDURO TRIAL

XRAIDS EMOTION

www.xraids.net/en



PASCUET OFROAD CENTER

www.pascuetoffroadcenter.com



CIRCUIT DE MOTOCRÒS DE CATALUNYA

www.motocroscat.net



What to do from



PORT
TARRACO

Cultural Activities

CULTURAL ACTIVITIES GUIDED VISITS



TARRACO GUIDE BUREAU

tgb@turismotarragona.com
www.turismotarragona.com



ARGOS SERVEIS CULTURALS

www.argostarragona.eu/4/



BETTATUR SERVEI TURÍSTIC

www.bettaturst.com/es/itinerarios.html



ITINERE TURISME I CULTURA

www.turismedetarragona.com/en/index.html

These web pages include wine tours as well as tastings of wine and cava.



URBAN CAVE TARRAGONA

www.tarragonaturisme.cat/experience/2013/06/28/viatge-al-centre-de-laterra-de-tarragona/?lang=es



SEGWAY TOURS



SEGWAY TARRAGONA

www.segwaytarragona.es/

