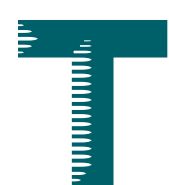


PORT
TARRACO

HOME OF GIANTS

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WELCOME TO PORT TARRACO AND TARRAGONA



We'd like to take this opportunity to offer you a very warm welcome to our marina and the beautiful city of Tarragona.

Whether this is your first time here or you are well-acquainted with Tarragona, our Customer Care department is on hand to ensure your stay is as comfortable as possible and to help you bridge the gap between work and play.

Tarragona, just one hour south of Barcelona, is famed for being a beautiful, vibrant and historical UNESCO World Heritage Site, with a colourful and diverse culture. Not only is it a wonderful and interesting city, but it is also surrounded by gorgeous coastlines, mountains, national parks and a rich wine country, home to some of the finest Spanish wines. Whether you are here for a brief or extended stay,



there really is no excuse for getting bored.

Our dedicated team is happy to assist with any kind of enquiry, from booking hotels and leisure activities to providing help with transfers, customs procedures, courier services, special transport, laundry services, medical assistance, tourist routes and flower delivery. You name it! As well as helping you negotiate the day-to-day practicalities of working and living in a foreign or unfamiliar place, we would also be delighted to help you make the most of our wonderful city and have an excellent and memorable time.

Here are just some of the things that we can organise or provide advice on:

SETTLING INTO TARRAGONA AND CONCIERGE SERVICES

Customs procedures

Visa procedures and processing

Complimentary van service

Ship-clearance processing

Maritime Authority and Port
Authority Procedures

Courier services

Special transport

Laundry services

Flower delivery

Hotel and apartment discounts
(short & long-term rentals)

Travel - planes, trains and
automobiles

Tourist routes

Finding your way around

Shopping recommendations



CULTURAL
ACTIVITIES

- Language classes
- Cultural visits and trips
- Sightseeing recommendations

SOCIALISING AND
LEISURE ACTIVITIES

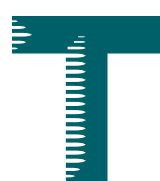
- Bars, restaurants and clubs
- Concert and theatre tickets
- Cinema and gig information
- Sporting events, golf and skiing
- Classes/courses (dance, art, sports, music, languages, etc.)
- All other activities you require

HEALTH AND BEAUTY

- Medical appointments (general, emergency and specialists)
- Gym memberships
- Sports facilities and information
- Spas
- Beauty salons
- Hair salons
- Massage and treatments

RECOMMENDATIONS & DISCOUNTS

As with all great cities, Tarragona is constantly evolving and changing. Therefore, as well as relying on “old favourites” we strive to constantly update our recommendations and look for the latest and very best options for the crew and clients. The Customer Care department has also negotiated discounts with many companies and organisations, which we pass directly on to clients and crew. For more information, just ask!



USEFUL WEBSITES



Tarragona is a beautiful and fascinating city, steeped in history and culture that span more than 2,000 years. In the space of a short walk, you can wander from the Roman ruins and amphitheatre, up through the mediaeval heart of the old town to finish in the Rambla Nova district, where you can marvel at some of the finest examples of Modernist architecture. Whatever your passion, be it architecture, art, theatre, music, gastronomy or sport, Tarragona has a wealth of sights and experiences for you to discover.

TOURIST GUIDE	tarragonaturisme.cat
GUIDE SERVICES	agoratarraço.com
TARRAGONA CITY COUNCIL	tarragona.cat
TARRAGONA PROVINCE TOURIST GUIDE	costadaurada.info
ADVENTURE ACTIVITIES	rogles.org
A GREAT TOURIST INFORMATION	spain.info

Specialised websites can be found in their corresponding sections.



SOCIALISING AND LEISURE ACTIVITIES



As well as being on hand to offer you recommendations on where to go and what to do during your time off, we regularly organise events to give crews an opportunity to get to know each other and have fun.

In and around Tarragona there are endless social and cultural activities available to match all budgets and energy levels. So, whether you are after something inexpensive and relaxing or have the budget to spend on some high-adrenaline excitement, there is something for everyone.

Here are just a few of the things that might entice you to leave the crew mess:

- | | |
|-----------------------------|--|
| Restaurants, bars and clubs | Rock-climbing |
| Bowling | Paintballing |
| Outdoor go-karting | Horse riding |
| Rollerblading | Surfing |
| Theatre trips | Scuba-diving |
| Flamenco shows | Skiing and Snowboarding |
| Gigs | Hiking |
| Adventures in nature | Camping |
| City tours | Football clubs |
| Sightseeing | Port Aventura - World and Ferrari Land |
| Sailing | Fiestas in Tarragona |
| Yoga and Pilates | Indoor activity centre |
| Fitness and sport centres | Dance centres and music schools |
| Aquopolis - water park | |

If you'd like more information on any of the above or would like us to organise a trip, please ask our Customer Care team.





APARTMENTS AND HOTELS

Whether you are looking to accommodate an entire crew for a long refit period or you just want to find a well-priced hotel room for a weekend visitor, the Port Tarraco Customer Care department is here to help.

We work with a large number of rental agencies and hotels to ensure that we can always find the best option for you.

Apartments

As well as being the logical option for an extended stay, apartments can sometimes be an economical and comfortable option for a short visit to Tarragona. If you would like to find out more about the rental options for yourself, contractors, visitors, guests or friends, please contact the Customer Care department.

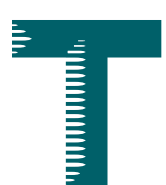
Let us know your requirements and preferences and we will organise a quote that matches your request.

We can also provide office space in the marina itself, which can be used for different requirements.

Hotels

Please ask for the latest version of our hotel recommendation list (3/4/5* hotels) as it is updated regularly.

Our team has negotiated special Port Tarraco rates for you.



HEALTH AND BEAUTY



A berthing period at Port Tarraco is the perfect opportunity to put the stress and strains of a busy season behind you and pamper yourself a little (or preferably a lot). The immediate vicinity of Port Tarraco is home to a wide variety of services to pamper your mind and body, including modern spas, gyms and sports activities, which are open to visitors, to ensure your stay is wholesome and reinvigorating.

For more options or detailed information on the following services, please contact our Customer Care department.

Here are just a few recommendations...



Beauty Salons and Massage

MARRIOTT

Le Méridien Ra Beach Hotel & Spa offers unique and exciting flavors at our bars and restaurants on the Costa Dorada near Port Tarraco

Phone: +34 977 694 200
lemeridienra.es

GRAN PALAS HOTEL

This spa offers themed and specialised spa services, as well as beauty treatments from five continents to experience “salus per aquam” (health through water) with all five senses.

Phone: +34 902 370 808
granpalashotel.com

HOTEL TERMES MONTBRIÓ

Dive into the exciting world of thermal therapy, a fusion of art and science. Let mind and body relax and connect with the purity of the waters, just as the ancient Greeks did in their day.

Phone: +34 977 814 000
termesmontbrio.com



MAS PASSAMANER

Mas Passamaner spa, in La Selva del Camp, is set in an exclusive five-star hotel, renowned for its design and cuisine. You can enjoy a range of beauty treatments and relaxing therapies such as massages, face treatments, electrotherapy, spas and hydrotherapy.

Phone: +34 977 766 333
maspassamaner.com

Aesthetic and physiotherapy

FISIOTHERAPY TOTCOS

Phone: +34 977 246 109
fisioterapiatotcos.com

CENTRE ANIEL

Phone: +34 605 057 036

INSTITUTO TAO - ACUPUNCTURE

Acupuncture and rehabilitation.

Phone: +34 977 235 613
institutotao.es

Hairdressers

45GRAUS	Phone: +34 877 013 590
SALMERÓN PELUQUERÍAS	Phone: +34 977 243 655 salmeronpeluquerias.com
RAFFEL PAGES	Phone: +34 977 234 050 raffelpages.com
TRASQUILÓN	Phone: +34 977 243 838 trasquilon.com

Nutrition and Diet

CESAR AUGUSTA	Phone: +34 977 224 387 cesaraugusta.net
DRA. M ^a TERESA HUGUET	Doctor of nutritional, dietetic and aesthetic medicine Osteopathy and physiotherapy services Phone: +34 977 231 509



HEDONAI CENTERS

Phone: +34 902 303 075
hedonai.com

Doctors, GPs, Dentists and Hospitals

MÈDICA DE
TARRAGONA

All specialists, incl.
English-speaking doctor.

Phone: +34 977 252 575
medicadetarragona.es

CLÍNICA MONEGAL

For emergencies and special
tests and analyses. No dental
emergencies.

Phone: +34 977 225 012
viamedmonegal.com

CENTRO MÉDICO
RAMBLA NOVA

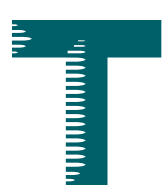
All specialists, including
dentists.

Phone: +34 977 250 000
cmrn.cat

CENTRO MÉDICO
ROMA

Specialist in ophthalmology.

Phone: +34 977 235 577
certificadoscentremedicroma.com



CLINICA DENTAL
LASDENT

Phone: +34 977 226 907
clinicadental-dentista.es

CLINICA DENTAL
ANTON MASSAGUÉ

Phone: +34 977 238 751
dentalantonmassague.com



SPORTS AND OUTDOOR ACTIVITIES



Gym Memberships

PORT TARRACO FIT

Personal training and reduced groups. New training method by goals in which we will help you to achieve what you propose. Functional, cardio and strength training full of motivation and dynamism.

Phone: +34 653 470 616
porttarracofit.com

PAVELLÓ D'ESPORTS EL SERRALLO

The centre offers a wide array of complete, modern gym facilities, with heated swimming pools and fully-equipped fitness centres.

Phone: +34 977 245 779
tarragona.cat/esports

TARRAGONA PADEL INDOOR

Great paddle tennis club with 10 indoor courts, 7 outdoor courts and a centre court. In addition to paddle and tournaments, the club offers beach volleyball and a gym.

Phone: +34 977 106 023
tarragonapadelindoor.es



REIAL CLUB NÀUTIC DE TARRAGONA

This club has over 125 years' experience in offering professional yachting and boating services, including sailing and nautical training. The club offers a huge range of nautical activities, such as sailing, windsurfing, boat rides, paddle surf, rowing, kayaking, etc., as well as other activities, such as padel tennis courts and various gym facilities.

Phone: +34 977 240 360
rcntarragona.com

CLUB DE FUTBOL SALOU

The club offers a variety of activities and sports facilities for individuals and groups alike.

Phone: +34 977 389 006
futbolsalou.es

For information in English on sports in general, yoga, Pilates or dance classes, please contact Customer Care.



Golf Clubs

The Costa Daurada around Port Tarraco and Tarragona offers myriad golf clubs and pitch & putt clubs. The Royal Spanish Golf Federation (Real Federación Española de Golf) promotes and controls golf activities in Spain, organises national and local tournaments and ensures that the rules set by the Royal and Ancient Golf Club of St Andrews (R&A) are respected.

For a select list of recommended golf clubs in the area, have a look at the following suggestions:

CLUB DE GOLF COSTA DORADA TARRAGONA - EL CATLLAR

Carretera El Catllar, Km 2,7
El Catllar, Tarragona
(11,7 km from Port Tarraco)

Phone: +34 977 653 361
golfcostadoradatarragona.com

LUMINE GOLF CLUB

Camí de Racó, s/n
La Pineda, Tarragona
(12,6 km from Port Tarraco)

Phone: +34 977 129 070
lumine.com

GAUDI GOLF CLUB

Carretera Reus - Cambrils,
Km 1,8 Mas Guardia Reus,
Tarragona (17,9 km from Port
Tarraco)

Phone: +34 977 752 725
gaudigolfclub.com

CLUB DE GOLF BONMONT TERRES NOVES

Urbanización Terres Noves,
84 Mont-Roig del Camp,
Tarragona (39,7 km from Port
Tarraco)

Phone: +34 977 818 140
bonmont.es

CLUB DE GOLF LA GRAIERA - CALAFELL

Carretera Calafell - Bellvei, Km 2
Calafell, Tarragona (40,8 km
from Port Tarraco)

Phone: +34 977 168 032
graiera.es

PITCH AND PUTT VENDRELL

C/ Schubert, s/n - Urb. El
Vendrell Mar El Vendrell,
Tarragona
(38,2 km from Port Tarraco)

Phone: +34 977 668 031
pitchandputtvendrell.es

For information on other golf and pitch & putt courses in the area,
contact our Customer Care.



Skiing in the Area

With the Pyrenees Mountains just a two-hour drive from Tarragona, skiing is a very popular winter sport in the region. There are a number of ski destinations in Catalonia within easy reach of Tarragona, which offer a variety of snow-based activities.

VALL DE NÚRIA (QUERALBS, GIRONA)

Vall de Núria is a fun-oriented ski station, equipped with services such as a ski school, snow park, medical services, etc. You can also go cross-country skiing and on snowshoe outings. The slopes are near the stunning valley of Núria, one of the most popular tourist destinations in Catalonia.

Phone: +34 972 732 020
valldenuria.cat

LA MOLINA (GIRONA)

La Molina is almost 100 years old and has been a pioneer ever since it was first opened. It was the first station in Spain to install a ski lift, it introduced snow canons and had the first 4-seater chair lift.

Phone: +34 972 892 031
lamolina.cat

VALLTER 2000
(SETCASES, GIRONA)

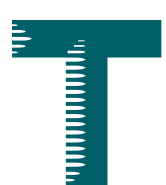
The great thing about Vallter 2000 is its proximity to some fantastic tourist spots, including Oix and Beget, sandwiched between the Alta Garrotxa and the Ripollès regions. It is extremely mountainous, with impressive crags, dotted with important Romanesque architecture. It is also close to some beautiful Pyrenean towns and villages, where the traditional way of life is kept alive, and the stunning Camprodon Valley, spattered with stone houses.

Phone: +34 972 136 057
vallter2000.cat

MASELLA
(ALP, GIRONA)

In the Cerdanya region, the ski resorts are extremely popular with skiers because of the fantastic landscape and excellent services and infrastructures. Masella is also close to the beautiful town of Puigcerdà where on the last Saturday in February they celebrate the local festival of Trinxat.

Phone: +34 972 144 000
masella.com



**BOÍ TAÜLL RESORT
(TAÜLL, LLEIDA)**

Number of Runs: 49
Contour Elevations: 2.020-2.750 m
Skiing extension in kilometres: 43
Artificial snow: 155 snow cannons
Drag lifts: 6
Chairlifts: 7
Ski School: Yes

Phone: +34 902 40 66 40
boitaullresort.com

**PORT DEL COMTE
(SANT LLORENÇ DE
MORUNYS, LLEIDA)**

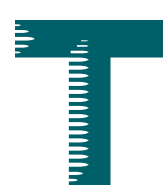
Number of runs: 36
Contour elevations: 1,700-2,400m
Skiing distance: 40.70 km;
Artificial snow: 200 snow cannons
Drag lifts: 8
Chairlifts: 5
Ski school: Yes

Phone: +34 973 492 301
portdelcomte.net

**PORT AINÉ SKI RESORT
(RIALP, LLEIDA)**

Number of runs: 33
Contour elevations: 1,650-2,440m
Skiing distance: 44 km
Artificial snow: 90 snow
cannons
Drag lifts: 6
Chairlifts: 3
Ski school: Yes

Phone: +34 973 621 199
skipallars.cat



GOING OUT



Where do we start? Tarragona has a dizzying array of options for night-time entertainment, which cater to all tastes. For this reason, it's almost impossible to provide a comprehensive guide to what the city has to offer in just a few pages.

As I'm sure you will agree, stumbling across little places that become some of your favourite hangouts is part of the fun of exploring a new city, and we don't want to ruin your adventure by giving away all of the city's secrets. Besides, as most yachties seem to have a built-in homing device to navigate them to the nearest watering hole, within a few short weeks, the majority of crew know the restaurants, bars, pubs and clubs better than most Tarragona locals.

Restaurants

As Tarragona's vast restaurant scene is forever changing, we are constantly discovering new and exciting places to go, so please ask for our most up-to-date list of recommendations. However in the meantime, have a look at the following suggestions.

Here is just a short list of popular restaurant options to whet your appetite and get you started:

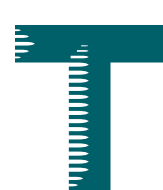
PORT TARRACO'S RESTAURANTS

In Port Tarraco you will find a delicious restaurants offer; Italian, Asian and traditional Spanish food always guided by first quality and fresh products. Enjoy a wonderful meal or have a drink enjoying the amazing views right in front of the docks.

ARRIETA

The restaurant Arrieta offers a traditional cuisine that combines Basque, Catalan and Mediterranean market cuisine with contemporary touches. All the dishes on the menu are made with fresh and seasonal products, with the aim of maintaining the flavor and essence of the products.

Phone: +34 635 630 239



PIZZERIA SUL MARE

La Pizzeria restaurant offers the best Italian pizzas and salads with original and high quality products. Located in front of the sea, it offers a varied, delicious and very affordable menu.

Phone: +34 675 60 73 60
sulmarelapizzeria.com

OSTERIA DEL MAR

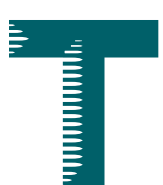
Italian specialties made with original and high quality products. The Italian elegance and the Mediterranean style are the main ingredients of this restaurant. In front of the sea, it offers a varied, delicious and affordable menu.

Phone: +34 648 07 08 27

WOK TARRACO

Specialised in Asian-Mediterranean fusion cuisine. From our privileged location within the facilities of Port Tarraco, we provide a quality service and have the most varied Oriental recipes.

Phone: +34 977 215 763
woktarraco.com



HARBOUR CLUB

Harbour Club is the ideal place to have a drink while listening to good music in a relaxed atmosphere. Near the Centre of the city and in front of the docks, we offer an exceptional terrace to enjoy your free time.

Phone: +34 671 851 484

TRADITIONAL CATALAN CUISINE “CATALAN FOOD”

This is an excellent website where you can search through hundreds of restaurants in Tarragona and surrounding areas: buscorestaurantes.com

And have a look at the following suggestions for great Catalan restaurants in Tarragona:

LES FONTS DE CAN SALA

Phone: +34 977 228 575
lesfontsdecansala.com

LES COQUES

Phone: +34 977 228 300
les-coques.com

EL TIBERI

Phone: +34 977 242 896
eltiberi.com

SPANISH/CATALAN TAPAS

Tarragona is home to hundreds of diverse tapas restaurants that offer a great variety of tapas for everyone’s tastes. When you walk through the city, you will be amazed by the variety just around the corner.

COIMBRA Phone: +34 977 291 583

EL PEIX QUE ES MOSSEGA LA CUA Phone: +34 877 655 597

LA AMSTELERÍA Phone: +34 977 226 687

EL GALLINER DE L’ANTIQUARI Phone: +34 977 241 843

LOLA BISTRO Phone: +34 977 222 742
lolabistro.restaurant.com

MEAT RESTAURANTS

TXANTXANTGORRI Phone: +34 977 230 062

ARCS RESTAURANT Phone: + 34 977 218 040
restaurantarcs.com



ESPAI BRASA

Phone: +34 977 102 748
espaibrasa

EL TRULL

Phone: +34 977 209756
eltrulltarragona.com

FISH RESTAURANTS

This is an excellent website where you can search through many fantastic restaurants specialising in fish in Tarragona and surrounding areas: www.restarium.com/restaurantes/provincia/tarragona/marisqueria

L'ANCORA DEL
SERRALLO

Phone: +34 617 494 654
ancoradelserrallo.com

BARQUET TARRAGONA

Phone: +34 977 240 023
restaurantbarquet.com

CA L'EULALIA

Phone: +34 977 215 075
caleulalia.com

HEALTHY/VEGETARIAN

EL VERGEL

Phone: +34 977 064 850
elvergeltarragona.com



BRUNCH

Here are some other fantastic options for long brunches and lunches in and around Tarragona

LA BOELLA

Phone: +34 977 771 515
laboella.com

MAS FOLCH

Phone: +34 977 260 131
masfolch.com

AQ RESTAURANT

Phone: +34 977 215 954
aq-restaurant.com

CAN BOSCH

Phone: +34 977 360 019
canbosch.com

BEACH-SIDE

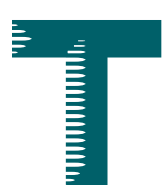
During the day, the following restaurants offer fantastic beach-side terraces with the perfect atmosphere for chilling out. By night, they transform into cool lounge venues:

LA SARDINETA

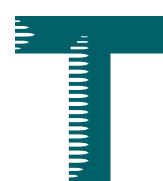
Phone: +34 977 134 909
lasardineta.com

LA CALETA

Phone: +34 977 234 040
restaurantlacaleta.es



For more information on other Spanish and foreign-cuisine restaurants in the area, and events, lunches and dinners organised by our team, contact Customer Care.



Pubs and bars

Tarragona is home to hundreds of pubs and bars. The best way to discover the ones you like is to explore!

For a select list of recommendations, take a look at the following suggestions...

BARS/PUBS

You will find many other bars and pubs in Tarragona. Whether you are looking for a cold beer, a long night out, dancing or karaoke, you will find a place to suit your mood.

HIGHLAND

With two venues in the same place, Highland is not only a pub, but also a disco club that offers diverse entertainment. In addition to the fun bar atmosphere, you can find anything from salsa and tango classes to concerts and college parties.

Phone: +34 977 228 335

CLUBS AND MUSIC VENUES

LA CAGE

Phone: +34 977 370 074

FLASH BACK

This fun night club and disco organises different events at the weekends.

Phone: +34 977 382 016
flashbacksalou.com

For more information on what events/gigs are coming up, take a look at:
www.costadaurada.info or www.tarragonaturisme.cat



OTHER GENERAL SERVICES IN TARRAGONA



TARRAGONA CITY HALL

Tarragona City Hall offers a wealth of information and it is the place to register your arrival in town. Its website is also a good port of call for information.

Plaça de la Font, 1, Tarragona
tarragona.cat

ORIGINA
TRANSLATIONS
SERVICES

Phone: +34 977 252 062
origina.cat

MAKRO

Phone: +34 977 554 487
makro.es



TARRAGONA, UNESCO WORLD HERITAGE SITE



The city of Tarragona, with more than 2,000 years of history, has been declared a World Heritage Site. In the Tarragona region, around the city itself, there are several interesting, must-visit sites.

You will find more information on this websites:

whc.unesco.org/en/list/875

www.tarragonaturisme.cat/en



For a select list of recommendations, have a look at the following historic, architectonic and natural sites:

- Tarragona Cathedral and Diocesan
- Monestir de Poblet
- Monestir de Santes Creus
- Parc Natural del Monsant
- Parc Natural del Delta de l'Ebre
- Parc Natural dels Ports

Also, check out the following:

- Monestir de Vallbona de les Monges
- Catalan Romanesque Churches of the Vall de Boí, UNESCO World Heritage
- Modernism Route
- Modern Architecture in Barcelona

IMPORTANT DATES IN THE SPANISH/ CATALAN CALENDAR



The Spanish and Catalan people are renowned for their love of a good celebration and willingly find any excuse to turn even the smallest occasion into an impressive “fiesta”.

The bigger, louder and the more colourful, the better. And in Catalonia, if it can involve giants, human castles, fireworks and children running around dressed as devils, then everyone’s happy (except possibly the ‘city’s health and safety officers).

So here are just some of the dates in the Tarragona calendar when you might find a firework screaming past your ear and wonder why the entire city is going crazy.

1 JANUARY

Any nou (New Year's Day)

5 JANUARY

“Cabalcada dels Reis Mags”.
The Cabalcada is an incredible procession that winds its way through the streets of Tarragona celebrating the “3 Kings” (or 3 wise men) and throwing sweets to young and old alike.

6 JANUARY

Els Reis Mags, for many Spanish families this is like a second Christmas, and it is a Spanish public holiday.

SETMANA SANTA

Spain, a country with catholic traditions, takes its Easter celebrations very seriously and there are always lots of things to see and do.

23 APRIL

Sant Jordi, Saint George is the Patron Saint of Catalonia. Although the day is not an official public holiday, it is the Catalan equivalent of St. Valentine's Day and is celebrated by all as the most romantic day of the year. Traditionally, all women receive

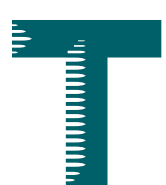
a rose from their lovers and the men receive a book, which means the streets are packed with book fairs and flower stalls. This is a lovely day to wander through the streets, soaking up the atmosphere.

23 JUNE

“La revetlla de Sant Joan” (The eve of Saint John’s Day). On the eve of 23 June there are enormous parties and festivals all over Catalonia and some other places in Spain, to celebrate the eve of Sant Joan and the Summer Solstice. In a representation of the purification of fire and water, bonfires are traditionally built in the city squares, there are amazing fireworks displays all over the city and many people spend the night on the beach, swimming in the sea at midnight to celebrate the beginning of the summer.

24 JUNE

Sant Joan (Saint John’s Day). A bank holiday spent mainly recovering from the celebrations of the night before.



11 SEPTEMBER

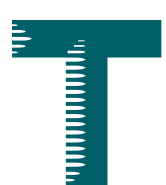
Diada Nacional de Catalunya (Catalonia National Day). All over Catalonia, people enjoy a regional bank holiday and take the opportunity to celebrate all things Catalan.

24 SEPTEMBER

Festa Major de Santa Tecla (Festival of Santa Tecla) In Spain, every city, town, village and neighbourhood has its own “fiesta mayor” (festival dedicated to the place; in Barcelona, for instance, it is called “La Mercè”), and for Tarragona it is the Festival of Santa Tecla. In true Tarragona style, not only do they celebrate the actual day, but plan an entire week of free parties, festivals, concerts and social and cultural events. For many, the week of Santa Tecla is the most vibrant and exciting time in the social calendar, and there is always something for everybody to enjoy.

12 OCTOBER

Spanish National Day. A nationwide public holiday in honour of the Spanish people, culture and country.



1 NOVEMBER

Tots Sants (All Saints' Day). Halloween is not a traditional celebration in Catalonia or Spain, although it's becoming more popular with the younger generation ('another great excuse for a party'). However, All Saints' Day is recognised here and honoured with a Spanish public holiday.

6 DECEMBER

The Day of the Spanish Constitution. This nationwide public holiday dates back to 1978 and commemorates the first Spanish constitution of 1978.

8 DECEMBER

La Inmaculada. In keeping with Spain's catholic tradition, the feast day of "The Immaculate Conception" is celebrated with a Spanish public holiday, which, teamed with the constitution day, often means a "Puente" (bridge), a long holiday weekend.

24 DECEMBER

La Nit de Nadal (Christmas Eve). Although technically a normal

working day, most people finish early to celebrate La Nit de Nadal by partying with family and friends.

25 DECEMBER

Nadal (Christmas Day). As with most countries these days, the build-up to Christmas starts weeks before the actual date, and in Tarragona and Barcelona they do it in style, with beautiful Christmas markets and elaborate street decorations. This is 'a very magical time to wander around the city and enjoy the festive atmosphere!

26 DECEMBER

Sant Esteve (Boxing Day). Another day to spend with family and friends, eating traditional cannelloni made with the leftovers from Christmas Day.



INFORMATION



Emergency Procedure: Ambulances

In the event of an accident in the Port Tarraco marina area, if you require an ambulance please adhere to the following procedure to avoid confusion and possible delays:

1. CALL PORT TARRACO ON ANY OF THE FOLLOWING TELEPHONE NUMBERS:

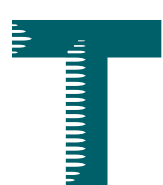
Security Guard +34 678 306 719 24/7 Availability

2. PORT TARRACO WILL CONTACT THE PORT EMERGENCY SERVICES TO REQUEST AN AMBULANCE AND ENSURE THAT IT ARRIVES AT OUR FACILITIES CORRECTLY.

3. IF YOU ARE UNABLE TO CONTACT PORT TARRACO, YOU MAY RING THE PORT EMERGENCY SERVICE TELEPHONE NUMBER DIRECTLY:

900 229 900 or the general emergency service telephone number - 112.

4. FOLLOWING OUR REQUEST, THE PORT EMERGENCY SERVICE WILL ORGANISE THE REQUIRED AMBULANCE AND ACCOMPANY IT TO PORT TARRACO.



Medical assistance

If you require medical assistance during your stay in the marina at Port Tarraco, you have a variety of options available to you depending on the nature and severity of your illness/ailment. Please contact us and we can arrange an appointment for you with an appropriate English-speaking general practitioner or specialist. If you are unwell at night or during the weekend and would like to be seen immediately, please go to the emergency department (URGENCIAS) at either of the following hospitals:

HOSPITAL UNIVERSITARI
DE TARRAGONA JOAN
XXIII

Phone: +34 977 295 800
icscampdetarragona.cat

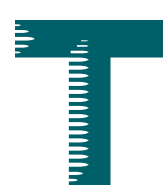
HOSPITAL SANT PAU I
SANTA TECLA

Phone: +34 977 248 536
xarxatecla.cat

Boat/house calls

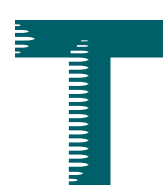
If your state of health is such that you are not able to go to a hospital, we can arrange a doctor's visit on-board the yacht or at your apartment.

For more information or help, please contact Customer Care department.



Useful telephone numbers

General Emergencies.....	112
(SOS 112 Europe - emergency phone number throughout Europe (EEC))	
Medical Emergencies.....	112
Fire Department.....	112
Port Authority (Autoritat Portuaria)	+34 977 259 400 - Exten. 1190
Port Police (Policía Portuaria).....	+34 977 259 450
Port Control.....	+34 977 259 425
Bridge (Puente Móvil).....	+34 977 233 663
Police (National police).....	112
Police (Guardia Urbana - local).....	112
Police (Mossos d’Esquadra - Catalan).....	112
Maritime Emergency (SASEMAR).....	+34 900 202 202
Port Emergency (Emergencias Portuarias).....	+34 900 229 900
Maritime Authority (Capitanía Marítima)....	+34 977 240 955
CUSTOMS (Aduana).....	+34 977 240 703
PILOTS (Prácticos)	+34 977 240 207
Activa Mutua Port	+34 977 241 657
Activa Mutua.....	+34 977 217 900
Joan XXIII University Hospital.....	+34 977 295 800



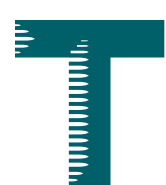
Santa Tecla Hospital	+34 977 259 900
Red Cross	+34 902 222 292
Reverse-charge calls (international/national)	1005/8/9
Weather report	+34 935 676 090
Tourist Information	+34 977 250 795
Local Taxi Tarragona..	+34 977 221 414 /+34 977 236 064
Bus Station	+34 977 229 126
RENFE (national train service)	+34 902 240 202
Reus Airport	+34 977 779 832
Barcelona Airport	+34 902 404 704

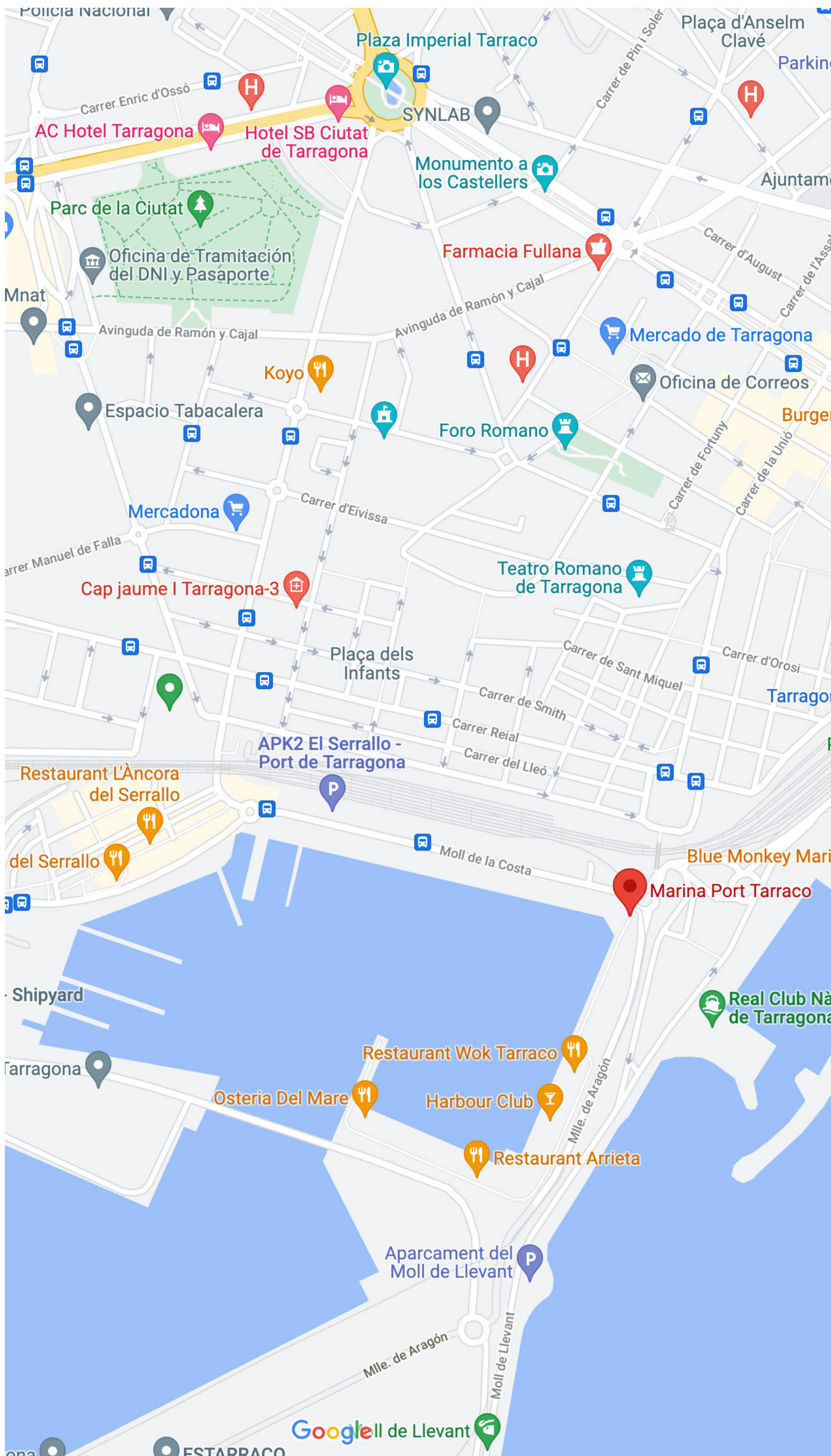
If you lose your credit card

VISA, MasterCard	+34 915 196 000
American Express	+34 902 375 637
Diner’s Club	+34 902 401 112

Other relevant telephone numbers and contacts at Port Tarraco

MANAGER	+34 667 557 687 manage@porttarraco.com
YACHTING CUSTOMER CARE	+34 646 643 596 customercare@porttarraco.com
SECURITY GUARD	+34 678 306 719
SECURITY ACCESS CONTROL	+34 687 415 151







PORT
TARRACO