



TERRES DE

L'EBRE



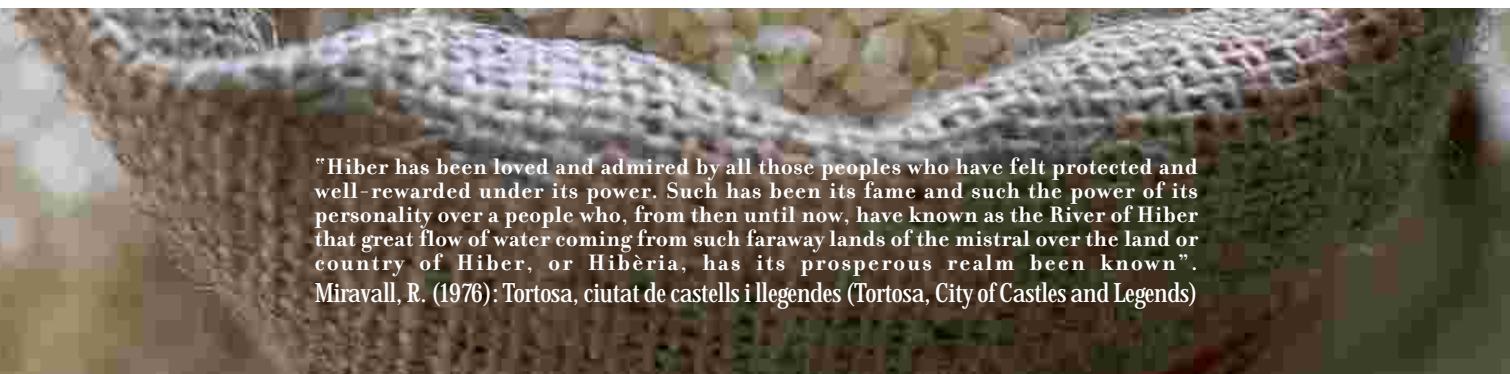
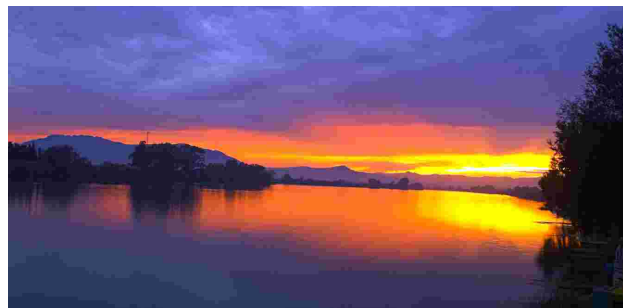
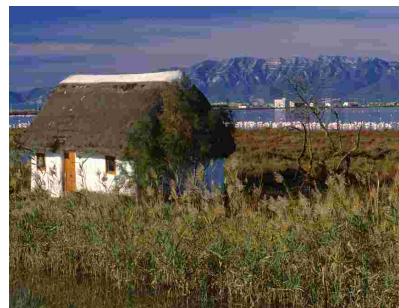
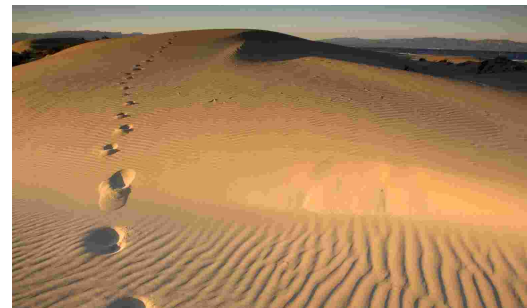
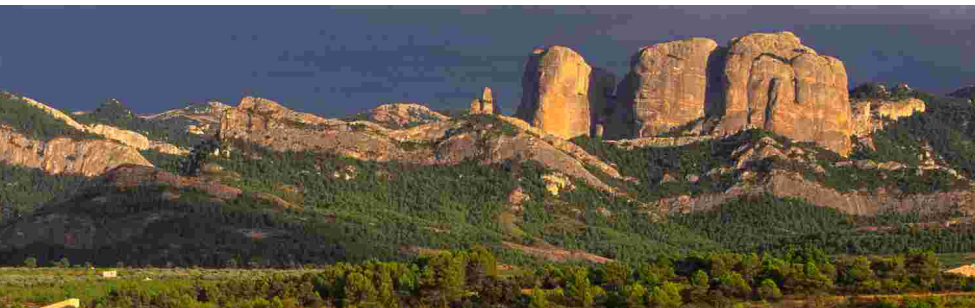
**Terres de l'Ebre**

GB









"Hiber has been loved and admired by all those peoples who have felt protected and well-rewarded under its power. Such has been its fame and such the power of its personality over a people who, from then until now, have known as the River of Hiber that great flow of water coming from such faraway lands of the mistral over the land or country of Hiber, or Hibèria, has its prosperous realm been known".  
Miravall, R. (1976): Tortosa, ciutat de castells i llegendes (Tortosa, City of Castles and Legends)



Flix Meander, Ribera d'Ebre



El Fangar, Ebro Delta



## TERRES DE L'EBRE

The Terres de l'Ebre region takes in Catalonia's four southernmost counties - Baix Ebre, Montsià, Terra Alta and Ribera d'Ebre. It offers a variety of landscapes and a wide range of activities that can be grouped together under the headings of ecological, rural, historical, gastronomic, river, and cultural tourism, all in a magical setting with a great river, a giver of life, at its heart.

From this singular landscape, varied cultural heritage, and historical identity has been born a unique personality that is mirrored in the friendly, welcoming character of its people. Their way of speaking, their customs, their festivals and their traditions dating back thousands of years are some of the essential features that define a culture and a way of life. Without a doubt, you have to come to the Terres de l'Ebre to discover it.

terres de l'ebre, an identity waiting to be discovered





Cave Paintings



Royal Colleges, Tortosa



Scene of the Battle of the Ebro



The Terres de l'Ebre region is a melting pot of civilisations, with the river Ebro as a key element for all the peoples who have established their homes on the Iberian Peninsula.

Legend tells us that Iberus, a descendant of Noah, was one of the first settlers in a region rich in landscapes and abundant nature. His name became that of a great river and then that of a whole peninsula. Since then, Iberians, Romans, Arabs, Jews, and Christians, among others, have passed through the Terres de l'Ebre, leaving an important cultural and archaeological legacy.

Today there are more than a hundred Sites of National Cultural Interest in the Terres de l'Ebre. Monuments such as Tortosa's La Suda Castle and Cathedral and Miravet Castle are good examples. Some places recall the first settlers of these lands - the Iberian villages of the Ribera d'Ebre and the majestic town of La Moleta del Remei in Alcanar. A historical heritage of exceptional interest includes the outstanding cave paintings of Ulldecona, El Perelló and Freginals (declared World Heritage Sites by UNESCO), and the scene of one of the bloodiest episodes in the Spanish Civil War -the Battle of the Ebro- with its "Route of Peace", in the Terra Alta.

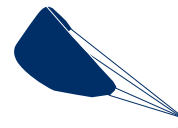


## the ebro, a river of civilizations





## THE COAST



Enjoying the coast takes on a whole new meaning in the Terres de l'Ebre. Along 142 km of coastline, from Ametlla de Mar in the north to Les Cases d'Alcanar in the south, there are unspoilt areas that broaden the concept of sun and beach, with unique and very different settings - from small coves encircled by cliffs to wide, natural beaches of fine sand. In the Terres de l'Ebre you can appreciate the smell of the sea and enjoy the coast the whole year round.

Stroll quietly and without haste along the cliffs of the northern coast and discover the enchantment of a thousand and one intimate spots where nature and the visitor are the only protagonists. In the Ebro Delta you will find virgin beaches where you can feel part of the immensity. Pay close attention to the dune systems and the variety of flora and fauna you will see.





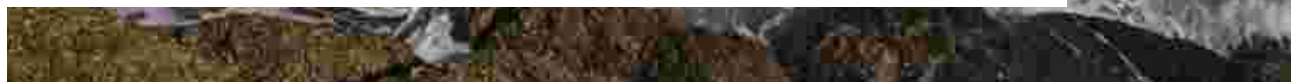
Punta de la Banya - Port Alfacs



Pebble beaches, Les Cases d'Alcanar



One of the most surprising spectacles in the whole Mediterranean is the mouth of the River Ebro, where the sea and the river meet in a constant struggle for life, an event that cannot be missed. The beaches of the Delta, with their shallow waters, are ideal to visit with the whole family. Here you can come close to nature, enjoy it with all your senses, as well as taking part in all types of water sports. Farther to the south, alongside the River Sénia and the Montsià mountains, the landscape again becomes the protagonist, with its pebble beaches and its extensive orange groves that give colour and personality to the area.







Cliffs, northern coast

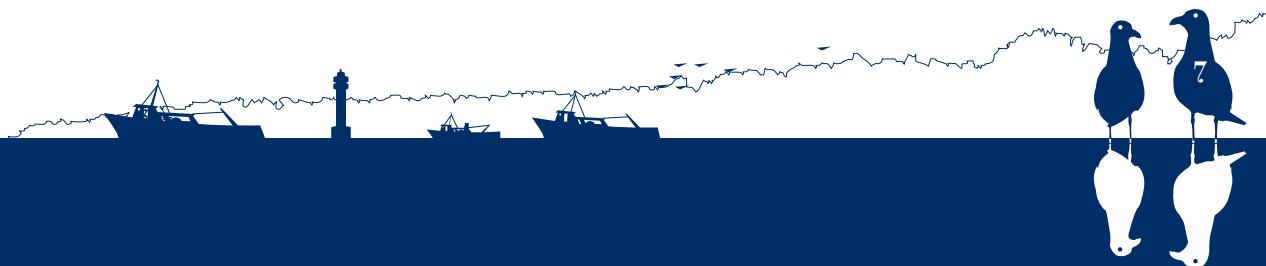


The Mediterranean footpath



Sunbathing, relaxing on the sand, and taking a refreshing dip in the heat of the summer are wonderful experiences in the Terres de l'Ebre. As a contrast to the beach, you can walk part of the Mediterranean long-distance footpath (GR-92), following a route that borders on enchanting coves with clear blue waters that were once frequented by pirates and fishermen. From Ametlla de Mar to the Ebro Delta this pathway is the best complement to enjoying the sun and the beach.

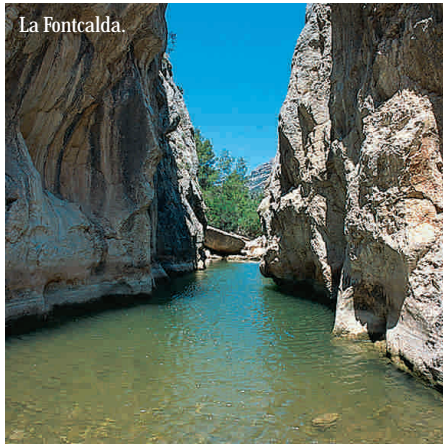
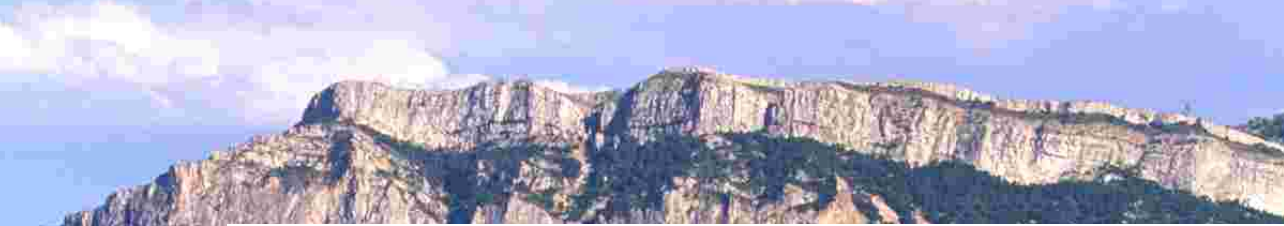




A whole world of sensations is waiting to be discovered on the coast of the Terres de l'Ebre. See the fish auctions in the coastal towns, enjoy the rich gastronomic delights of the sea and the delta, and have fun with the whole family on the fabulous beaches.

the sea of the ebro, a coast for the whole year round





La Fontcalda.



Meravelles Caves



## NATURE AREAS

Breathe the fresh air, smell the damp earth, listen to the birdsong, spot a surefooted wild mountain goat... You can enjoy nature to its utmost in the Terres de l'Ebre – by bicycle on the Via Verda (Green Way), on foot through the mountains or along the towpaths through the riverside woods. There are protected areas that play an important role in preserving endangered species, and nature reserves such as the Ebro Delta and the Passes of Tortosa-Beseit. The mountain ranges of Montsià, Cavalls, Pàndols and Cardó, or the Meravelles Caves of Benifallet are ideal places for personal meditation and coming into contact with unspoilt nature.





Ebro Delta Natural Park



Birdwatching hide, Ebro Delta



The Ebro Delta Natural Park, with more than 300 types of birds representing more than 60% of all the bird species in Europe, is one of the most important wetland areas in the Mediterranean. A network of observation points and nature interpretation tours allows you to observe all this variety of bird-life. The silt carried down by the Ebro and the opposing forces of the sea have created in the Delta a unique landscape, highlighted by the great expanses of rice fields and important, internationally recognised protected areas.

Salt manufacture and mussel farms in the bays are two of the most noteworthy human activities. In summer the sweet fragrance of rice and damp soil accompanies the visitor on his tour. During the rest of the year the Delta changes colour along with the growth cycle of the rice. Today the Ebro Delta is an important ecotourism destination, where you can learn to love and respect nature. Cycling around the lagoons and walking along some of its 100 km of virgin coastline are just two of the many leisure activities you can enjoy. A visit to the Delta is an experience you will never forget.







Roques de Benet, Els Ports Natural Park

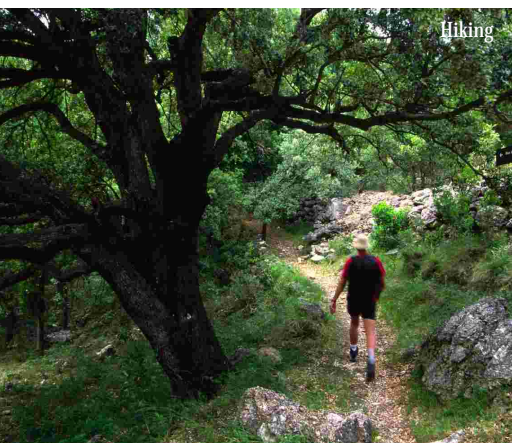


Els Ports Natural Park, near the great plains of the Delta, is one of the largest and most rugged protected areas in Catalonia. At the crossroads between the regions of Valencia, Aragon and Catalonia, the Els Ports range consists of a calcareous massif of precipitous, craggy mountains and is a biological refuge for protected species such as the wild mountain goat (endemic to the Iberian Peninsula), the otter, and the wildcat. Many birds live and nest here. Some of the most impressive are the large birds of prey, including the common vulture and the booted eagle.

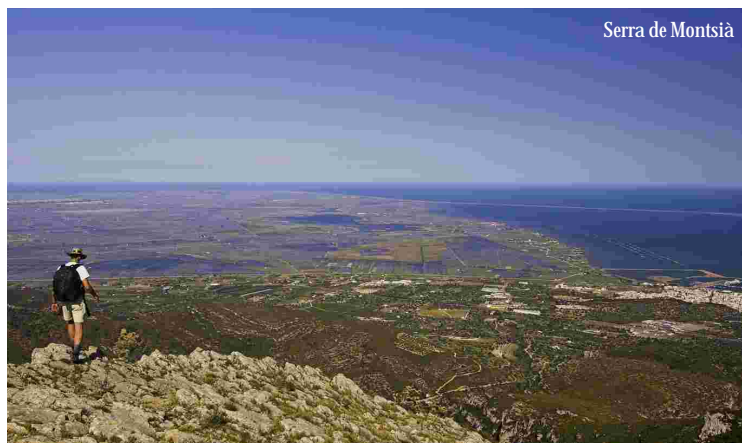
This area full of life is today accessible to all lovers of nature in its purest state: hiking, adventure sports, mycology, or simply enjoying the views without haste.

Artists have found refuge and inspiration here, including Pablo Picasso, who fell in love with the light and the cubic shapes of the rocks of Els Ports.

“Everything I know I have learned in Horta de Sant Joan”. Pablo Picasso



Hiking



Serra de Montsià



The Sebes Wildlife Reserve and the Flix Meander are an opportunity to discover one of the most important natural areas in this region – the River Ebro and its ecosystem. By following the marked itineraries you can get to know at first hand the meanders, the islands, the marshes and galatxos (meanders abandoned by the flow of the river). The main protagonists in this reserve are the storks that are part of a major environmental recovery programme.

The Montsià mountain range is a privileged lookout point over the Ebro Delta and another of the many places in which to enjoy the natural wonders of the Terres de l'Ebre. In an area famous for its abundant aromatic plants, the itineraries take you to magnificent observation points from where you can look out over the Delta, the River Ebro and Els Ports mountains - the most important nature areas in the region.

terres de l'ebre, a land of biodiversity





Vineyards, Terra Alta



Pastissets

## **GASTRONOMY**

You can taste the Mediterranean in the Terres de l'Ebre. The sea, the delta, the mountains, the plains, the orchards, etc. are all places in which to find the essence of each dish and, particularly in the various gastronomic festivals and on special feast days, you can enjoy the flavours that emanate from the region. The wines, the olive oil, the fruit... a wide variety of produce with a designation of origin, cooked in a traditional, but innovative way.

A highlight of the region's cuisine has to be its seafood, especially the king prawns, oysters and mussels. Rice is of course one of the main ingredients of the Ebro cuisine. You can also try a wide variety of fish, especially eels and elvers, or other famous dishes such as Delta frogs' legs.



Mussel beds



Honey



From the mountains we have all types of meats, accompanied by milk cap mushrooms and wines from the Terra Alta Designation of Origin. The latter remind you of a landscape where the harsh terrain of the vineyards is transformed into a wine of great personality and taste. Following the course of the river further inland you can try the clotxa, a unique style of roll made with country bread stuffed with salted sardines, tomato and olive oil and eaten by the farm workers during their day in the fields.

The sweet touch is provided by the fruits of the orchard, including oranges, peaches, and cherries. We also have honey from the coast or the mountains to leave an even sweeter taste on the palate of the visitor to the Terres de l'Ebre.

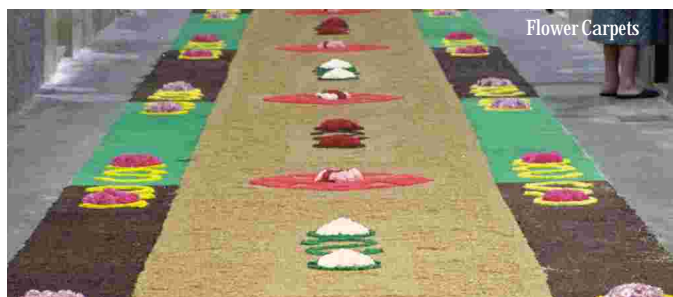
gastronomy with a designation of origin







The Renaissance Festival, Tortosa



Flower Carpets



## FESTIVALS AND TRADITIONS



The character and culture of the Terres de l'Ebre are mirrored in the music, the dance, the folklore, etc. Songs of work and fiestas, improvised to the sound of the rondalla (a small group of musicians) or accompanied by jotes and other lively folk dances, communicate to the spectator the nature of the people – welcoming, happy, and full of life.

The festivals are open to everyone. You can join in the retinue following the "giants" and "big heads" who dance to the sound of the shawm and the flageolet, traditional instruments that encourage you to come out into the streets and enjoy the fiesta. There is a rich folklore to be seen in the costumes, the dances, and the festive and religious ceremonies that make up the popular festivals of the Ebro region. The Holy Week processions fill the streets with floats

that are true works of art. Religious festivals, flower carpets decorating the streets, boat processions, and representations of the Passion of Christ – all celebrations in which you can feel the passion of the people. These are complemented with fun activities such as the traditional bull festivals.

Through historical re-enactments we learn about our past and our inherited traditions. The Renaissance Festival in Tortosa (declared of National Touristic Interest), the re-enactment of the Siege of Miravet, or the Móra Moorish Festival take you on a journey back in time. Other windows into the history and tradition of these lands are the Iberian Market of Alcanar, the traditional Rice Festivals of the Delta, and the various handicraft fairs held throughout the year.

a territory with its own personality

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