

## TARRAGONA, SPAIN

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### Tarragona: Medieval Tour

ACTIVITY LEVEL: MODERATE

Tarragona's region is full of history dating back to the Roman era. Here is your chance to experience in one tour three very important medieval places: **Tarragona**, **Montblanc** and **Monastery El Poblet**. Tarragona has preserved several major monuments from its mediaeval past. You will meet your guide for a walking tour that will include the **city's cathedral**, and outstanding examples of art and architecture from the Middle Ages in this gorgeous old town. You will board your motor coach for the picturesque 40-minute drive to Montblanc where you will discover its rich architectural and cultural heritage. You will take a 40-minute walking tour of one of the most beautiful medieval towns in Catalonia. Reboard your motor coach for the 15-minute ride to your last stop at the Monastery El Poblet. located within the region of Conca de Barbera, a beautiful setting. It is among the most important monasteries in Europe. In addition to the magnificent church, you will see prominent examples of Cistercian art. In 1991 Monastery El Poblet was declared a **World Heritage site by UNESCO**. You will have a 45-minute tour of the monastery before returning by motor coach to your waiting yacht.

Please note: This tour is not wheelchair accessible as it involves walking among ruins. Wear comfortable walking shoes.

PRICE\$89

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### Tarragona: Sitges & Wine Tasting

ACTIVITY LEVEL: MODERATE

Discover one of the nicest cities on the Catalonian coast, **Sitges**, and **taste world-renowned Spanish wine** in Adernats, a local cellar where you will visit the vineyard and Vine Museum. You will board a motor coach for the 40-minute ride to Sitges, sheltered by the Garraf Mountains with a warm "micro-climate" and 2.5 miles of beach make it possible to enjoy outdoor activities almost every day of the year. You will enjoy a **walking tour** through the old part of this charming town. Reboard your motor coach for a 45-minute panoramic drive through the Tarragona region, to Adernats Cellar. You will visit a **Wine Museum**, the vineyard and taste 3 local wines or Cavas with small aperitifs like tomato bread, cheese and local Iberian ham and sausage.

Please note: This tour is not wheelchair accessible as it involves walking among ruins. Wear comfortable walking shoes.

PRICE\$149

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### Tarragona: Walking Tour

ACTIVITY LEVEL: MODERATE

You will board your motor coach for the short ride to beautiful **Tarragona**, which has been declared a **UNESCO** World Heritage Site. Your walking tour will start at the **Roman walls** with the three old towers that still remain in Tarragona: Arquebisbem, Minerva and Cabiscol Towers. The walls were constructed with megalithic blocks of stone and used to be 2.5 miles long. Your tour will continue towards the **Cathedral**, considered to be a rare example of a mixture of Romanesque and Gothic architecture since it was constructed between the 12th- 14th centuries. One of the highlights of this Cathedral is the main façade, which is still unfinished, and has an impressive rose-colored glass window. You will continue your walk past Gothic arcades, the market area during the Medieval Age and the Provincial Forum Walls dating from the 1st century A.D. You will see the **Roman Amphitheatre** dating from the 2nd century A.D. and was the place where Romans held their public shows. Before going back to ship, you will be driven along the Rambla Nova Boulevard and will admire the splendid view over the sea from the Mediterranean Balcony there.

Please note: On Sundays, the Cathedral is not open to visitors. The history of the Cathedral will be given outside. When visiting the Cathedral, knees and shoulders must be covered. Wear comfortable walking shoes.

PRICE\$69