

Excellent Espana

Noguera Pallaresa rapids white water rafting

White water rafting really get the adrenaline running. Rafting consists of descending the **Noguera Pallaresa rapids** in a 6-8 man rubber dinghy avoiding rocks and capsizing.

The boat, type zodiac, is however very safe and has a great resistance to blows. Each dingy has one or two monitors, who advise and instruct group members to guide the dingy through the treacherous course with the aid of only oars.

City Tour of Barcelona

The Barcelona Cycling city tour is another event well worth trying and this really gives you the chance to see the city of Barcelona at ground level and if you wish, with a tour guide. The beauty of city tours is that you get to see the city and main focal points, but also learn some of the history

PORT AVENTURA theme park

PortAventura theme park is a must, walking through the five different themed lands brings you to the many rides and attractions, and with the vast array of fantastic live action shows there is enough to keep any age group happy.

Barcelona, Figueres and the Pyrenees

There is a demanding off-road site with beautiful surroundings in this Spanish region that borders France, located in the heart of northern Spain's vast and untouched mountains. With the aid of experienced instructors, you will experience the superiority and power of the Touareg. You will also visit the Dali Museum in Figueres, stroll along the world-famous Las Ramblas in Barcelona, and marvel at the incredible architecture of Antonio Gaudi's Sagrada Familia cathedral.

Illa Fantasia water park near Barcelona

If you live in the city or are visiting, a great place to take the family for a fantastic day out is Barcelona's only water park, Nova Illa Fantasia. Possibly the largest water park in Europe and only a short way up the coast, the water park is easily accessible from Barcelona.

Skydiving Over Barcelona

The north of Catalonia provides the perfect location for The tandem parachute jump is a way for groups to experience something more extreme. Jumping out of an aeroplane at 12 000 feet is not everyone's idea of entertainment but the adrenalin buzz and exhilaration felt on reaching the ground is difficult to find in other activities.

Hot Air Balloon Flight over Catalonia

Take a ride in a **hot air balloon** and see **Barcelona** and the wild nature reserves of Catalonia from 1000 metres up. Marvel at the landscape below in an experience of a lifetime.

The Botanical Garden of Barcelona

There is a long historic tradition of botanical culture in Catalonia. The first garden considered a botanical garden was that in Sant Joan Despí, created in 1723 by Jaume Salvador i Pedrol, second generation member of an extensive family of Catalan botanists who helped to popularise botanical studies in Catalonia in the 18th and 19th centuries. The family's collections now form part of the Botanical Institute of Barcelona's Museum of Natural History.

Barcelona Beach Sports

You cannot come to Spain without going to the beach! Top up your tan and enjoy some of our beach activities and water sports at the beautiful, clean sandy beach in Calella!

Enjoy a day with your group on this lovely beach outside the city centre. In between sun bathing and swimming, make the most of your trip to Barcelona with our watersport activities holiday package.

Barcelona indoor karting

If you are looking for an easy option then please don't select Go Karting. These 200 cc 4 stroke engines shift!

You don't need to be Schumacher to have incredible fun with these nippy machines. Expect the losers to blame their machines and the winners to brag on about their karting prowess for the next two months.