

## 10 sizzling reasons to visit Palafrugell in Spain, by Moira Hannon

# COSTA living!

**PEARL OF THE COAST:** Calella de Palafrugell on the Costa Brava

**A** pearl in the middle of Costa Brava, the city of Palafrugell includes the picturesque beachside towns of Calella de Palafrugell, Llafranc and Tamariu.

A short transfer from Barcelona or Girona airports, here are 10 reasons why this slice of Costa paradise should be top of your destination wish list...

### MEDITERRANEAN WEATHER

Hot summers, warm autumns and springs and mild winters. If you want to avoid the peak holiday season (July and August) when it may be too hot for your taste, September and October or May and June are the best months to visit Palafrugell and its beaches.

With an average temperature of 24°C and only three rainy days per month, it's got the perfect climate.

### CRYSTAL WATER BEACHES

Palafrugell's coast is made up by rocks, cliffs, small beaches and hidden corners of scenic beauty. Expect coarse sand and rocks and you can often swim from one beach to the other.

### NATURE AT ITS BEST

Both Cap Roig botanical gardens and Sant Sebastià hill offer stunning views. The former has over 1,000 different

botanical species while the latter has a lighthouse and a 15th century watchtower and hermitage.

### WATERSPORTS

Take a boat excursion or rent it and drive it yourself, take a kayak or a paddle surf and reach the unspoiled spots, snorkel from the sand itself or scuba dive to discover our sea land. Many companies offer these services on the beach.

### TAKE A HIKE

There are several networks of trails designed to be done on foot or by bike. Follow the coastline on foot through the GR92 coastal path or "camí de ronda" among pine trees, coves and huts. There are easy routes for beginners or people simply wanting to enjoy the ride and also difficult routes for the bravest.

### FABULOUS FOOD

The gastronomy of Palafrugell is very rich and varied.

You'll find both traditional dishes and the most avant-garde cuisine on the menus of local restaurants, all prepared with top-quality products. The must-try foods

include arròs negre (black rice sauté, not with squid ink) and suquet de peix (fish stew).

### Getting there

Ryanair has daily flights from Dublin to Girona (only 45km from Palafrugell) and Barcelona (120km away). Air Lingus flies daily to Barcelona. There are direct buses to Palafrugell from both terminals at Barcelona. In Girona, get a bus to the city centre and then another bus to Palafrugell. See [www.sarfa.es](http://www.sarfa.es)

### SHOPPING

There's a market in Palafrugell city centre selling fish, meat, fruits and vegetables every day except Monday.

On Sunday the market triples its size to sell other products, from clothes to gadgets.

### WHAT'S HAPPENING?

Every month there's a special event in Palafrugell, mainly music festivals but also gastronomic campaigns. Jazz, habaneras (traditional music from the fishermen), modern music, gigs on the streets, sports meetings...

Check what's going on when you decide to visit!

### CULTURAL SITES

Palafrugell has a large number of cultural spaces to show the town's cultural history.

The Cork Museum, the Contemporary Sculptures Museum or a painter's workshop are just a few examples or the great cultural offer in town.

There's a combined ticket called Palafrugell+ to visit them all for only €8.

### FURTHER AFIELD

You didn't come all this way to only visit Palafrugell area — so keep a couple of days to visit the neighbour towns. Medieval Pals or beautiful Begur are just 9km from Palafrugell and are really worth a visit.

For more information check out [www.visitpalafrugell.cat](http://www.visitpalafrugell.cat)



**FUN IN THE SUN:** A rock pool on the coast at Begur