



PORT  
TARRACO

Customer Service  
**Guide**



PORT  
TARRACO



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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 Service 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
- 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, sports, music, art, 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 Service 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

### Sight-seeing:

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.

[www.tarragonaturisme.cat/en](http://www.tarragonaturisme.cat/en)

The official Tarragona tourist information guide.

[www.turismotarragona.com](http://www.turismotarragona.com)

Official guide services.

[www.tarragona.cat](http://www.tarragona.cat)

The official Tarragona City Council website.

[www.costadaurada.info](http://www.costadaurada.info)

The official Tarragona province tourist information guide.

[www.spain.info/en](http://www.spain.info/en)

A great tourist information website.

[www.rogles.org](http://www.rogles.org)

Adventure activities in Tarragona.

[www.yougodo.com](http://www.yougodo.com)

Another guide on activities in Tarragona and its surrounding areas.

[www.sumerge-te-tarragona.com](http://www.sumerge-te-tarragona.com)

A “What’s on” guide for major Spanish cities.

[www.tarragonablog.com](http://www.tarragonablog.com)

Another useful events guide for Tarragona.

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.

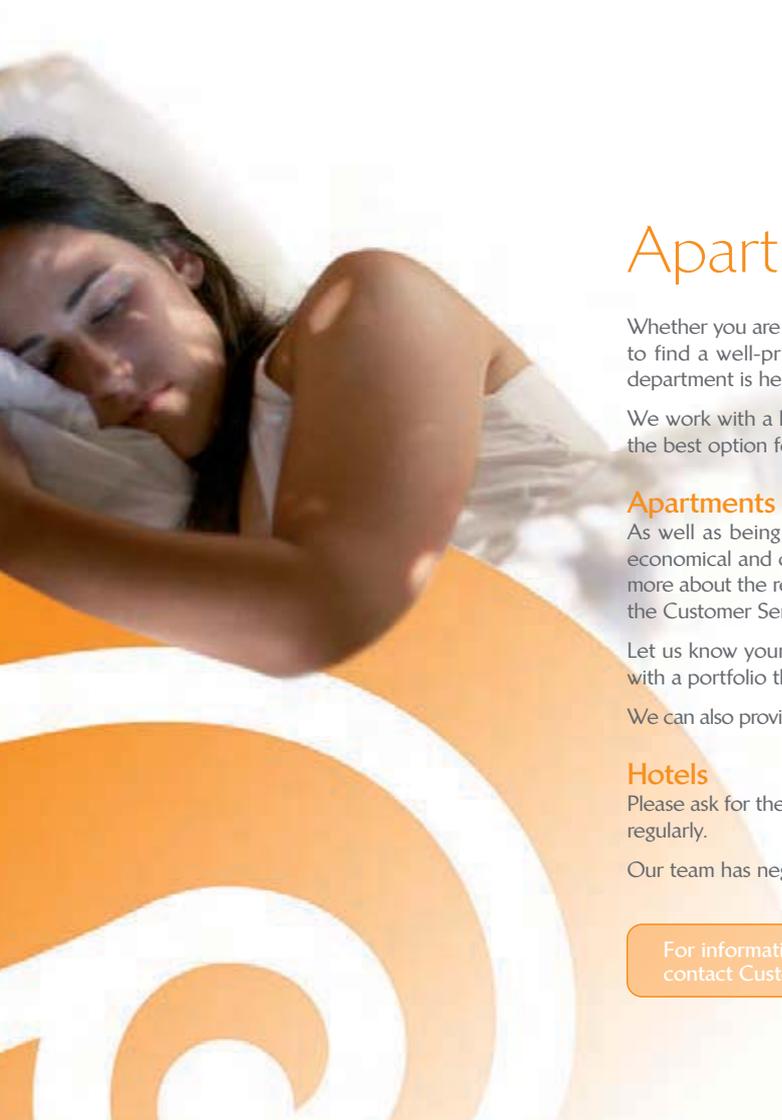
In and around Tarragona there are endless social and cultural activities available to match all budgets and energy levels. So, whether you are after something inexpensive and relaxing or have the budget to spend on some high-adrenaline excitement, there is something for everyone.

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

- Restaurants, bars and clubs
- Bowling
- Outdoor go-karting
- Rollerblading
- Theatre trips
- Flamenco shows
- Gigs
- Adventures in nature
- City tours
- Sightseeing
- Sailing
- Yoga and Pilates
- Fitness and sport centres
- Aqua Leon - water park
- Rock-climbing (indoor and outdoor)
- Paintballing
- Horse riding
- Surfing
- Scuba-diving
- Skiing and Snowboarding
- Hiking
- Camping
- Football clubs
- Port Aventura theme park visits
- Fiestas in Tarragona
- Indoor activity centre
- Dance centres and music schools
- Aquopolis - large waterpark

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

Let us know your requirements and preferences and we will organise a quote from an agency with a portfolio 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.

For information on and assistance with hotel bookings and apartment rentals, please contact Customer Service.

# 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 Service department.

Here are just a few recommendations...

## Beauty Salons and Massage

### Le Meridien Ra

Le Meridien Ra belongs to the Starwood hotel chain and has a fantastic spa with a large terrace, overlooking the beach. It is located in El Vendrell (San Salvador), fewer than 30 minutes north of Port Tarraco.

Phone: +34 977 694 200  
[www.lemeridienra.es/en](http://www.lemeridienra.es/en)

### 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  
[www.granpalashotel.com](http://www.granpalashotel.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  
[www.maspassamaner.com](http://www.maspassamaner.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  
[www.termesmontbrio.com](http://www.termesmontbrio.com)



## ► Aesthetic and physiotherapy

**Estética y Belleza Yodonna**  
Phone: +34 977 224 992  
[www.esteticayodonna.com](http://www.esteticayodonna.com)

**Fisiotherapy TOTCOS**  
Phone: +34 977 246 109  
[www.fisioterapiatotcos.com](http://www.fisioterapiatotcos.com)

**Instituto Tao - Acupuncture**  
Acupuncture and rehabilitation.  
Phone: +34 977 235 613  
[www.institutotao.es](http://www.institutotao.es)

## Hairdressers

**Antonieta Agustí Perruqueries**  
Phone: +34 977 244 503  
[www.antonietta-agusti.com](http://www.antonietta-agusti.com)

**Cebado**  
Phone: +34 977 222 770  
[www.cebado.es/location/tarragona](http://www.cebado.es/location/tarragona)

**Raffel Pages**  
Phone: +34 977 234 050  
[www.raffelpages.com/](http://www.raffelpages.com/)

**Salmerón Peluquerías**  
Phone: +34 977 243 655  
[www.salmeronpeluquerias.com](http://www.salmeronpeluquerias.com)

## Nutrition and Diet

**Dra. M<sup>a</sup> Teresa Huguet**  
Doctor of nutritional, dietetic and aesthetic medicine Osteopathy and physiotherapy services.  
Phone: +34 977 231 509  
[www.drahuguet.com](http://www.drahuguet.com)

**HEDONAI Centers**  
Phone: +34 902 303 075  
[www.hedonai.com/el-corte-ingles/en.html](http://www.hedonai.com/el-corte-ingles/en.html)

## Doctors, GPs, Dentists and Hospitals

**Médica de Tarragona**  
All specialists, incl. dentists. English-speaking doctor.  
Phone: +34 977 252 575  
[www.medicadetarragona.es](http://www.medicadetarragona.es)

**Clínica Monegal**  
For emergencies and special tests and analyses. No dental emergencies.  
Phone: +34 977 225 012  
[www.viamedmonegal.com/es/](http://www.viamedmonegal.com/es/)

**Centro Médico Rambla Nova**  
All specialists, including dentists.  
Phone: +34 977 250 000  
[www.cmrn.cat](http://www.cmrn.cat)

**Centro Médico Roma**  
Specialist in ophthalmology, with boat visits. Opening hours: Mon-Fri 09:00 - 14:00 and 15:30 - 20:00  
Phone: +34 977 235 577  
[www.certificadoscentremedicroma.com](http://www.certificadoscentremedicroma.com)

**Clinica Dental LASDENT**  
Phone: +34 977 226 907  
[www.clinicadental-dentista.es/clinica-dental-lasdent](http://www.clinicadental-dentista.es/clinica-dental-lasdent)



# Sports and Outdoor Activities

## Gym Memberships

### 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  
[www.rcntarragona.com](http://www.rcntarragona.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  
[www.tarragona.cat/esports/equipaments-i-horaris/pmet\\_se](http://www.tarragona.cat/esports/equipaments-i-horaris/pmet_se)

### Club de Futbol Salou

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

Phone: +34 977 389 006  
[www.futbolsalou.es/contact-info](http://www.futbolsalou.es/contact-info)

### Club Tennis Park

A sports club where you can play tennis, paddle tennis, get a workout at the gym or just have a good time with friends.

Phone: +34 977 207 463  
[www.tennis-park.net](http://www.tennis-park.net)

### 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  
[www.tarragonapadelindoor.es](http://www.tarragonapadelindoor.es)

### Club Runners Tarragona

Passionate about running? At the Tarragona Runners' Club you can meet other enthusiasts of the sport and train with them or take part in competitions.

[www.runnerstarragona.es](http://www.runnerstarragona.es)

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



## ► 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

Phone: +34 977 653 361

Carretera El Catllar, Km 2,7

El Catllar, Tarragona

(11,7 km from Port Tarraco)

[www.golfcostadoradatarragona.com](http://www.golfcostadoradatarragona.com)

### Lumine Golf Club

Phone: +34 977 129 070

Camí de Racó, s/n

La Pineda, Tarragona

(12,6 km from Port Tarraco)

[www.lumine.com/en](http://www.lumine.com/en)

### Club de Golf Reus Aigüesverds - Reus

Phone: +34 977 752 725

Carretera Reus - Cambrils, Km 1,8 Mas Guardia

Reus, Tarragona (17,9 km from Port Tarraco)

[www.golfreusaiguesverds.com](http://www.golfreusaiguesverds.com)

### Club de Golf Bonmont Terres Noves

Phone: +34 977 818 140

Urbanización Terres Noves, 84

Mont-Roig del Camp, Tarragona

(39,7 km from Port Tarraco)

[www.bonmont.es/uk](http://www.bonmont.es/uk)

### Club de Golf la Graiera - Calafell

Phone: +34 977 168 032

Carretera Calafell - Bellvei, Km 2

Calafell, Tarragona (40,8 km from Port Tarraco)

[www.graiera.es](http://www.graiera.es)

### Pitch and Putt Vendrell

Phone: +34 977 668 031

C/ Schubert, s/n - Urb. El Vendrell Mar

El Vendrell, Tarragona

(38,2 km from Port Tarraco)

[www.pitchandputtvendrell.es/eng](http://www.pitchandputtvendrell.es/eng)

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





## 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)

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

Queralbs, Girona

[www.valldenuria.cat](http://www.valldenuria.cat)

### La Molina

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

La Molina, Girona

[www.lamolina.cat/en](http://www.lamolina.cat/en)

### Vallter 2000 (Setcases)

The great thing about Valter 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

Setcases, Girona

[www.vallter2000.com](http://www.vallter2000.com)

### Masella (Alp)

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

Alp, Girona

[www.masella.com/en/home](http://www.masella.com/en/home)

### Baqueira/Beret

Number of Runs: 72; Contour Elevations: 2.510 - 1.500 m; Skiing extension in kilometres: 104; Artificial snow: 549 snow cannons; Drag lifts: 5; Chairlifts: 20; Ski School: Yes

Phone: +34 973 639 025

Naut Aran - Baqueira, Lleida

[www.baqueira.es](http://www.baqueira.es)

### Boí Taüll Resort

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

Taüll, Lleida

[www.boitaulresort.com](http://www.boitaulresort.com)

### Port del Comte

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

Phone: +34 973 492 301

Sant Llorenç de Morunys, Lleida

[www.portdelcomte.net](http://www.portdelcomte.net)

### Port Ainé Ski Resort

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

Phone: +34 973 621 199

Rialp, Lleida

[www.skipallars.cat/en](http://www.skipallars.cat/en) (select: Ski Resorts>Port Ainé)

For information on other Ski destinations in the area and skiing excursions organised by our team, contact Customer Service.



## 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 hang-outs 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:

### Traditional Catalan Cuisine "Catalan Food"

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

[www.buscorestaurantes.com/restaurantes/cocina-regional/cocina-catalana/en/Tarragona](http://www.buscorestaurantes.com/restaurantes/cocina-regional/cocina-catalana/en/Tarragona)

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

#### Les Fonts de Can Sala

Phone: +34 977 228 575

[www.lesfontsdicansala.com](http://www.lesfontsdicansala.com)

#### Les Coques

Phone: +34 977 228 300

[www.les-coques.com](http://www.les-coques.com)

#### Les Voltes

Phone: +34 977 230 651

[www.restaurantlesvoltes.cat](http://www.restaurantlesvoltes.cat)

#### El Tiberi

Phone: +34 977 242 896

[www.eltiberi.com](http://www.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.

### Cerveseria La Nau

Phone: +34 977 228 719

## Meat

### "Meat Restaurants"

This is an excellent website where you can search through many fantastic meat restaurants in Tarragona and the surrounding areas.  
[www.restarium.com/restaurantes/tarragona-ciudad/braseria](http://www.restarium.com/restaurantes/tarragona-ciudad/braseria)

### TXANTXANTGORRI

Phone: +34 977 230 062

### ARCS Restaurant

Phone: + 34 977 218 040  
[www.restaurantarcs.com](http://www.restaurantarcs.com)

### Espai Brasa

Phone: +34 977 102 748  
[www.facebook.com/espaibrasa](https://www.facebook.com/espaibrasa)

## Fish

### "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](http://www.restarium.com/restaurantes/provincia/tarragona/marisqueria)

### L'Ancora del Serrallo

Phone: +34 617 494 654  
[www.ancoradelserrallo.com](http://www.ancoradelserrallo.com)

### Barquet Tarragona

Phone: +34 977 240 023  
[www.restaurantbarquet.com](http://www.restaurantbarquet.com)

### Ca l'Eulalia

Phone: +34 977 215 075  
[www.caleulalia.com](http://www.caleulalia.com)

## Healthy/Vegetarian

### Al Natural

Restaurant of vegetarian, organic and seasonal products.  
Phone: +34 977 216 454

### L'espiga d'Or

Phone: +34 977 225 508  
[www.lespigador.net](http://www.lespigador.net)

## Brunch

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

### La Boella

Phone: +34 977 771 515  
[www.laboella.com/en](http://www.laboella.com/en)

### Restaurant La Grava

Phone: +34 977 842 555  
[www.lagrava.com](http://www.lagrava.com)

### Mas Folch

Phone: +34 977 260 131  
[www.masfolch.com](http://www.masfolch.com)

### AQ Restaurant

Phone: +34 977 215 954  
[www.aq-restaurant.com](http://www.aq-restaurant.com)

### Can Bosch

Phone: +34 977 360 019  
[www.canbosch.com](http://www.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:

### Tòful de Mar

Phone: +34 977 207 020  
[www.tofuldemar.com](http://www.tofuldemar.com)

### La Caleta

Phone: +34 977 234 040  
[www.restaurantlacaleta.es](http://www.restaurantlacaleta.es)

### Mas Roselló

Phone: +34 977 241 828  
[www.masrosello.com](http://www.masrosello.com)



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



## ► 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

#### 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  
[www.highlandtarragona.com](http://www.highlandtarragona.com)

#### Sol de Nit

Offers a great atmosphere for a fun night out.

Phone: +34 977 300 300  
[www.soldenit.com](http://www.soldenit.com)

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.

### Clubs and Music Venues

#### La Cage

Phone: +34 977 370 074  
[www.lacage.es](http://www.lacage.es)

#### Pacha La Pineda

This night club is divided into three venues: chill out, crazy room and main dance floor. It also has VIP areas available. In the summer, it has diverse outdoor areas with fast food available.

Phone: +34 977 370 074  
[www.pachalapineda.com/2012/en](http://www.pachalapineda.com/2012/en)

#### Flash Back

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

Phone: +34 977 382 016  
[www.flashbacksalou.com](http://www.flashbacksalou.com)

For more information on what events/gigs are coming up, take a look at:

#### [www.costadaurada.info](http://www.costadaurada.info)

Information on the Costa Daurada area, including a "What's on" section about events and happenings in the area.

#### [www.tarragonaturisme.cat](http://www.tarragonaturisme.cat)

Very useful website for general information and events taking place in Tarragona.

# 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  
[www.tarragona.cat](http://www.tarragona.cat)

## ORIGINA Translations Services

Phone: +34 977 252 062  
[www.origina.cat](http://www.origina.cat)

## MAKRO

Phone: +34 977 554 487  
[www.makro.es/centros-de-negocio-makro/tarragona](http://www.makro.es/centros-de-negocio-makro/tarragona)

## International House

Founded in 1980, the International House Tarragona language school is located in the heart of Tarragona. They offer language classes for young learners, teenagers, adults and companies. All teachers at International House are native speakers of the language they teach.

Phone: +34 977 234 004  
Rambla Nova 99, 1  
43001 Tarragona  
[www.ihes.com/tar](http://www.ihes.com/tar)





# 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](http://whc.unesco.org/en/list/875)  
[www.tarragonaturisme.cat/en](http://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 Museum** [www.tarragonaturisme.cat/en](http://www.tarragonaturisme.cat/en) (select: museums and monuments>monuments)
- **Monestir de Poblet** [www.poblet.cat](http://www.poblet.cat)
- **Monestir de Santes Creus** [www.en.mhcat.cat](http://www.en.mhcat.cat) (select: monuments>Royal Monastery of Santes Creus)
- **Parc Natural del Monsant** [www.turismepriorat.org/en](http://www.turismepriorat.org/en)
- **Parc Natural del Delta de l'Ebre** [www.terresdelebre.travel/ing](http://www.terresdelebre.travel/ing)
- **Parc Natural dels Ports** [www.terresdelebre.travel/ing](http://www.terresdelebre.travel/ing)

Also, check out the following:

- **Monestir de Vallbona de les Monges** [www.monestirvallbona.cat/en](http://www.monestirvallbona.cat/en)
- **Catalan Romanesque Churches of the Vall de Boi, UNESCO World Heritage Site:** [www.centreromanic.com](http://www.centreromanic.com)
- **Modernism Route** [www.rutadelmodernisme.com](http://www.rutadelmodernisme.com)
- **Modern Architecture in Barcelona** [www.mimoo.eu](http://www.mimoo.eu) (select: popular cities>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** - Being a Catholic Country, Spain 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 Saint 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:**

Harbourmaster +34 687 100 486 24/7 Availability

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  
www.hj23.org

Hospital Sant Pau i Santa Tecla  
Phone: +34 977 248 536  
www.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 Service department.

### Useful telephone numbers

GENERAL EMERGENCIES .....	112
<small>(SOS 112 Europe - emergency phone number throughout Europe (EEC))</small>	
MEDICAL EMERGENCIES .....	112
FIRE DEPARTMENT .....	112
PORT AUTHORITY (Autoritat Portuària) .....	+34 977 259 400 - Exten. 1190
PORT POLICE (Policia Portuària) .....	+34 977 259 450
PORT CONTROL .....	+34 977 259 425
BRIDGE (Puente M6vil) .....	+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

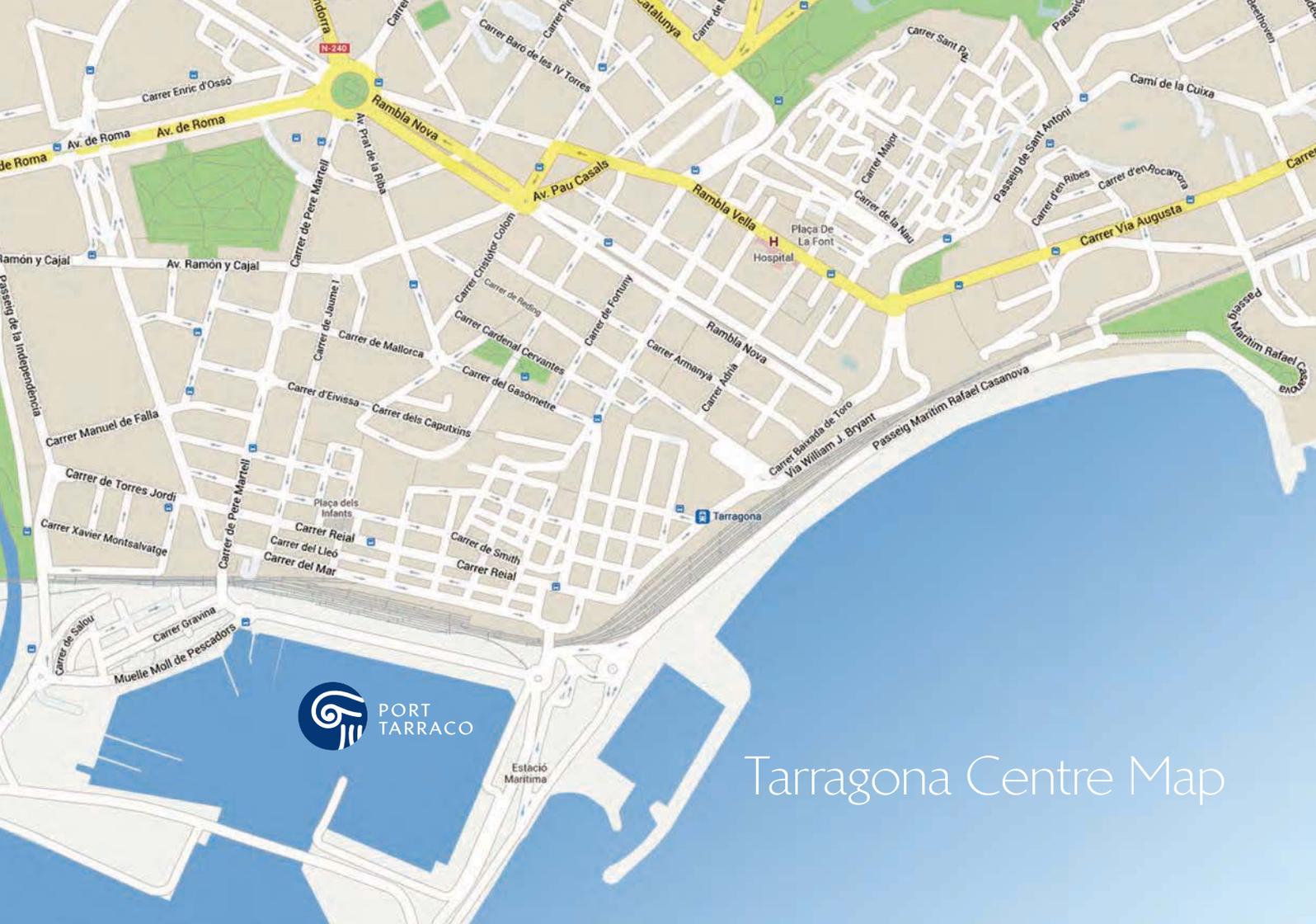
VISA, MasterCard .....	+34 915 196 000
American Express .....	+34 902 375 637
Diner's Club .....	+34 902 401 112

## Other relevant telephone numbers and contacts at Port Tarraco

Harbourmaster +34 687 100 486 24/7 Serv (Only for Emergency)	harbourmaster@porttarraco.com
Customer Service +34 646 643 596	customerservice@porttarraco.com
Sales & Marketing Manager +34 638 526 636	sales@porttarraco.com

Security Guard +34 678 306 719 24/7 Availability
Security Access Control +34 687 415 151 24/7 Availability





# Tarragona Centre Map

Enjoy your stay at Port Tarraco and Tarragona





# PORT TARRACO

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