

Useful InformationTELEPHONES - RESTAURANTS - PLACES

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Velcome to Osta Brava

We would like to welcome you to the beautiful destination of Tamariu, Costa Brava.

We hope you find the information in this folder useful. If your need any help, assistance or advice during your stay, please do not hesitate to call us on:

Corredor Mató: +34 972 62 00 16

USEFUL CONTACT NUMBERS

Corredor Mató - Tamariu

Office Emergency telephone: (0034) 606 978 816 Office telephone number: (0034) 972 620 016 Address: Carrer Riera 6, 17212 Tamariu, Girona, Spain Office Opening Hours:

- · 10am to 2pm 3pm till 6pm Monday to Thursday
- · 10am to 1pm 4pm till 8pm Friday and Saturday

Emergencies

Catalonia emergency central: 112

Police

Emergency number: +34 091

Municipal Police: +34 972 306 292. Emergency number: +34 085

Mossos: +34 972 643 130 or +34 088 643 130

The nearest Police station is located in Palafrugell. The address: Av. De Garcia Lorca, 31, Palafrugell, Girona

Email: policialocal@palafrugell.cat

Fire Service

Phone: +34 972 300 540 or +34 085 300 540





MEDICAL

Ambulance

Emergency ambulance: +34 061

Hospital at Palamós

Telephone: +34 972 600 160

Emergency Service: +34 972 600 620 or the number 112 Address: Carrer Hospital, 36, 17230, Palamós, Girona

Opening Hours: 24 hours

Medical Center

For standard medical consultations there are a few medical centres in Palafrugell, which provide reliable services!

Centre d'Atenció Primària Dr. Josep Alsina i Bofill

Telephone: +34 972 610 607

Address: Carrer d'Àngel Guimerà, 6, 17200 Palafrugell Opening hours: Monday to Friday from 8am to 8pm

Centre Mèdic Palafrugell

Telephone: +34 972 306 565

Address: Plaça de Catalunya, 5, 17200 Palafrugell Opening hours: Monday to Friday from 8am to 8pm

Pharmacy

Palafrugell has plenty - watch out for blinking green cross, it means it is open. In Llafranch and Calella de Palafrugell you can find Pharmacies.



DENTIST

Gaset Lacasa Clinica Dental Palafrugell

Telephone: +34 972 303 754 or +34 972 302 916

Address: Carrer de Sant Sebastia, 11

Empordà Odontòlegs - Dentista Palafrugell

Telephone: +34 872 20 27 77

Address: Carrer Hortal d'en Pou, 54

Clínica Dental Implantdent Palafrugell

Telephone: +34 972 30 83 62 Address: Carrer Camí Fondo, 2

HAIRDRESSER

Perruqueria PeinArte

Address: Carrer de Torroella, 3. bxs Telephone: (0034) 972 30 20 24

Perruqueria Cebado

Address: Carrer de Sant Sebastià, 66 Telephone: (0034) 872 02 32 31

BEAUTY CENTER & MASSAGE

Natur Estetic Palafrugell

Address : Av. de Pompeu Fabra, 37 Telephone : (0034) 972 30 66 56

Estètica Verònica Durant

Address: Carrer de Picasso, 57, baixos Telephone: (0034) 972 19 93 27

GYM

La Nau Gym Centre

Address: Carrer de Manufactures del Suro, 97

Telephone: (0034) 972 30 32 86





Àrea d'Esports de Palafrugell

Address: Carrer d'Àngel Guimerà, 20, 17200 Palafrugell,

Girona Telephone: (0034) 972 30 44 94

CONSULATES

British Consulate

In Barcelona. Has jurisdiction over the Autonomous Regions of Catalonia, Aragon and the Principality of Andorra.

Telephone: (0034) 933 666 200

Address: British Consulate-General, Avenida Diagonal

477, 13, 08036, Barcelona

Emergency after hours duty officer:

Tel.: (0034) 606 987 626

Public opening hours:

· Winter time from 9:30am to 2pm

· Summer time from 8:30am to 1:30pm

US/ American Citizens

The US Consulate General in Barcelona has jurisdiction over the Catalonia provinces as well as Aragon and the Balearic Islands.

Telephone: (0034) 932 802 227

Address: US Consulate General, Pg Elisenda Montcada

23, 08034, Barcelona

Australian Citizens

There are Honorary Consuls in Barcelona and Seville. The services provided in the Consular offices include the handling of visa enquires, replacement of lost, stolen or damaged passports and providing general support for Australians in Spain.

Telephone: (0034) 934 909 013

Address: Australian Consulate Barcelona, Plaza Gala

Placidia, 1-3, 1st floor, 08006, Barcelona.

GENERAL TELEPHONE NUMBERS

Tourist information

Telephone: (0034) 972 620 193 or (0034) 972 300 228 Adress: C/ Riera s/n, 17212 Tamariu (Open only in summer) Avinguda de la Generalitat, 33, 17200 Palafrugell

Barcelona Airport

Telephone: (0034) 902 404 704

Email: bcninfofi@aena.es

Lost and found luggage telephone number:

(0034) 932 983 349

Complaints: servicios_aeroportuarios@aena.es

Girona Airport

Telephone number concerning flight details:

(0034) 972 186 606

Telephone number concerning information:

(0034) 972 186 708

Email: gironainfo@aena.es

Customer service Line [Spanish and English] telephone

number: (0034) 972 186 708.

It is only in operation from 08:00 to 20:00 everyday of

the week.

Telephone 24 hours for information about Girona air-

port: (0034) 972 186 600

Flaça Railway Station

Telephone: (0034) 902 320 320

Address: Plaza Estacion del Carrilet s/n, 17463 Flaçà,

Flaçà, Girona

Palafrugell Bus station

Telephone number: (0034) 972 610 006

Adress: Carrer de Lluís Companys, 2, 17200, Palafrugell,

Girona

MTA

Banc Sabadell

Telephone: (0034) 902 323 000

Address: Cavallers, 1, Palafrugell, 17200, Girona, Spain

Deutsche Bank

Telephone: (0034) 972 300 650

Address: Carrer dels Valls, 30, (17200) Palafrugell



RESTAURANTS GASTRONOMIE

There are so many great restaurants around. Below there is our list!



TAMARIU

Rodondo: great Fideuà and seafood (the Catalonian equivalent of Paella)

Es Dofi: great seafood - very simple but authentic, open during winter; a nice option for a lunch at the beach; they do not accept reservations, so be there in time (before 1 pm)

El Clot dels Mussols: A bit more sophisticated than the two other options above.

LLAFRANC

Far Nomo: Near the lighthouse Far de San Sebastià. Very trendy and popular Japanese kitchen with Catalonian influence; open through the entire year; you need to book in advance, in particular during summer the restaurant is fully booked during the weekends. Make sure that you get a table

outside. If the weather allows it fantastic view over the entire bay of Llafranc and Calella. You can also just go there for a cocktail!

El Far: El Far Restaurant is a great value for money and offers traditional Mediterranean fare based on fresh products sourced directly from the Costa Brava. Its excellent rice-based dishes, fish and seafood from Palamós are especially worthy of mention, as are the locally produced meats and vegetables.

Jani: Trendy little, stylish restaurant at the promenade of Llafranc. Catalonian cuisine, tapas etc.

Casamar: One star Micheline restaurant, great experience on innovative Catalan cuisine. Reasonable pricing against other



restaurants at this level. Usually tables can be booked shorthand (other than e.g. Can Roca in Girona, where you have to book a year in advance). Open during winter season (not on every days though)

CALELLLA DE PALAFRUGELL

Fiego: Great experience on the first line of the beach. Please book well in advance! They are super-popular. Try the amazing Fideuà!

Tragamar: This is a very trendy place, which just got recently newly decorated and is so nice to look at. Food is also very good with "upper-level" tapas style, really good seafood and wines and deserts. The restaurant belongs to the Tragaluz restaurant group, which owns also a number of restaurants in Barcelona. All of their places are very stylish and always a very

good recommendation.

PALAFRUGELL

Restaurant les Palmeres: A very solid option for a local backyard lunch after a morning of shopping in Palafrugell. Lunchtime menu comes at very low prices for great quality and there is a playground for children while waiting for the food.

L'Arc: Nice alternative for lunch, a bit hidden behind the markets from the crowds in the centre of Palafrugell.



BEGUR

El Convent de Begur: Enjoy this old monastery place in a small valley with great meat dishes and a calm environment around you. You can combine it with checking out the bays of Sa Tuna and Sa Riera which are very beautiful.

Sa Tuna Begur: Located in the Promenade of Sa Tuna Beach. Mediterranean cuisine, a wide variety of tapas and the best paella with ingredients of our sea and our land, great variety of fish and sea food which comes on a daily from the nearest market.

Toc Al Mar Aiguablava: Great experience in Aigua Blava Beach. The place is very trendy, beautifully decorated with a huge terrace to sit outside right at the beach of Aiguablava. Please book in advance!

GIRONA

El Celler de Can Roca: The restaurant has been awarded a number of times as the best restaurant of the world. You have to book a year in advance.





PAIS

Pals is a medieval town in Catalonia on a hill surrounded by plains. It lies a few kilometres from the sea. It contains a Romanesque tower built between the 11th and 13th Centuries, known as the Torre de les Hores (Tower of the Hours). The town is enclosed by a town wall that contains four square towers which date from the 4th Century. It has several shops, and restaurants and is a great place to visit.

BEGUR

Begur is located in the heart of the Catalonian region Baix Empordà .Begur offers amazing views of the impressive hills of Begur Massif, as well as the Coastline up too Cadaqués. The town itself is haunted in history and there are still numerous monuments left as legacies. It offers fantastic restaurants to visit and is great to explore in the early evening.

GIRONA

Girona is one of the major Catalan cities. It's an interesting city as it offers visitors to trace more than 2,000 years of its history through two fortified enclosures, the Forca Vella and the Medieval Quarter contains an ancient cathedral. The city was enclosed with walls; this was carried out during the 14th and 15th Century. The city's artistic heritage has been preserved in the numerous monuments that still stand today, as well as the impressive old Jewish Quarter with it's beautiful streets and porticoed squares. Girona is a wonderful place to visit.

PÚBOL

Salvador Dali and Gala, his wife, lived in the medieval castle of Púbol during the seventies and early eighties. Since 1996, you can visit this spot, where you can see different works that the artist gave to Gala as well as dresses, sculptures and different types of objects of great creativity.

RUINS OF EMPURIES

Located in an incomparble setting, next to L'Escala, you can visit the ruins of the Old Greek and Roman city of Empúries. Founded around 500 BC, this was the front door of these two important cultures in our peninsula.



Ruins of Empüries, L'Escala

SUPERMARKETS

Tamariu, Palafrugell, Begur





TAMARIU

Spar: Tamariu has two small Spar markets, which you can't miss in the village center. Good enough for some missing things in the kitchen and some fresh orange juice and bread in the morning.

PALAFRUGELL

Veritas: Avinguda de Josep Vergés i Mata, 28 Good place to go if you are up to organic food. Contains a bakery as well. The organic offerings in other supermarkets are still limited. Good for certain fresh food items and if you are a veggie or vegan.

Carrefour: Tamariu has two small Spar markets, which you can't miss in the village center. Good enough for some missing things in the kitchen and some fresh orange juice and bread in the morning.

Esclat: Adress: Avinguda de la Costa Brava, s/n Large Catalan Hipermarket, where in addition to the fresh product, you will find other sections such as the bazaar.

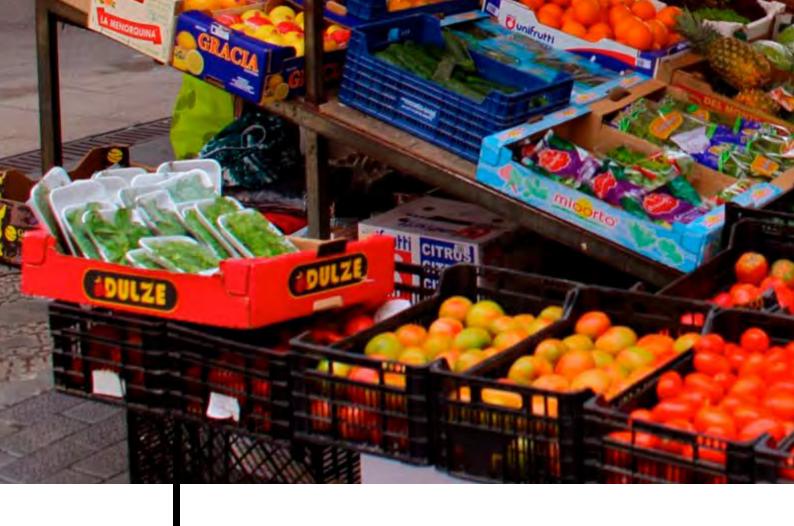
Mercadona: Address: Avinguda d'Espanya, 236 Largest Spanish supermarket chain, which has a similar offering than Carrefour, just a bit further away.

LIDL: Address: Plaza Europa, Avinguda de Josep Vergés i Mata, S/N

ALDI: Address: Avinguda d' Espanya, 141

BEGUR

Jodofi: Address: Carretera Esclanyà, 2 Contains a good butchery, cheese and wine selection.



MARKETS & SHOPPING

Shops, Bars, Fish Markets, Shopping galleries and much more!



PALAFRUGELL

The town city centre has a wonderful market, which is opened 6 days a week (closed Mondays). Fresh fruits and vegetables can be purchased at the market stands on the streets. Inside the market halls you will find all sorts of cheese, fish and meets of exceptional quality and with the regional specialities. It comes with a price but well spent.

Close your shopping with a coffee or a first beer on the Plaça Nova or in the market hall where you can enjoy the market-atmosphere and its people.

Palafrugell has got some nice shops around Plaça Nova, which keep you busy for a couple of hours - nice Spanish shopping experience. Shops close at 1 pm and then open again at 5 pm - 8 pm.

BEGUR

Much smaller than Palafrugell, but also

very nice to stroll through. A handful of nice shops, bars and restaurants.

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CALELLA DE PALAFRUGELL

Calella is famous for its beautiful location at the sea - you'll find it on every postcard of the Costa Brava - a must see.

LLAFRANC

Llafranc is a bit smaller than Calella but nicely located in a bay including a small marina. The sandy beach allows a shallow access to the water which is maybe more convenient for smaller children.

PALS

Local traditions and gastronomy have been cherished up to today, which makes a trip to this village really special.

GOLF & TENNIS

The best golf courses in Catalonia are found on the Costa Brava

GOLF

PLATJA DE PALS

Telephone: (0034) 972 667 739 www.golfplatjadepals.com

Description: There is a great range of different courses close to Begur. The nearest is Platja de Pals, a tree-lined tight course, Par 73. It is a flat course, but still demanding.

EMPORDÀ GOLF

Telephone: (0034) 972 760 450

www.empordagolf.com

Description: 2km further away you have Empordà Golf, a complex with two cour-

- Links Par 71 and Forest Par 72. Here they have an open day in a Wed, called the birdie Club. These are two very different courses and will give you two very different experiences.

GOLF D'ARO

Telephone: (0034) 972 826 900 Website: www.golfdaro.com

Description: Very interesting course with

fantastic views. Par 72

GOLF SANTA CRISTINA D'ARO

Telephone: (0034) 972 837 333 www.golfsantacristinadaro.com

Description: Santa Cristina d' Aró is the village at the Costa Brava with most golf courses on its terrain. There are 45 holes.

PGA GOLF DE CATALUNYA

Telephone: (0034) 972 837 333 www.golfsantacristinadaro.com

Description: Santa Cristina d' Aró is the village at the Costa Brava with most golf courses on its terrain. There are 45 holes.

GOLF TORREMIRONA

Telephone: (0034) 972 553 737 www.golftorremirona.com

Description: 7 km from the emblematic



Description: 7 km from the emblematic city of Figueres, you will find this magnificent "championshipcourse" 18 hole "par72" that marvels the most demanding golfers.

GOLF PERELADA

Telephone: (0034) 972 538 287

www.golfperalada.com

Description: Nestled between the Pyrenees and the Costa Brava, caressed by a Mediterranean climate and blending seamlessly into the stunning nature of the Empordà (source of inspiration for great masters like Dalí).

TENNIS

CLUB TENNS LLAFRANC

Phone: (0034) 972302308 www.tenisllafranc.cat

Description Located in the center of the Costa Brava, we offer you our magnificent facilities to enjoy the racket sports in this incomparable environment.

CLUB TENNIS PALAFRUGELL

Phone: (0034) 872 00 62 23

Address: Avda. Espanya 192-195, Pala-

frugell

CLUB TENNIS COSTA BRAVA MONT-RAS

Phone: (0034) 972308172

www.clubtenniscostabrava.com

Description: The Club Tennis Costa Brava offers you 6 tennis courts, 7 paddle courts, swimming pool and a leisure area, in the heart of the Costa

Brava, in Mont-ras, Catalonia.



