

# Water Sports & More

📍 Terres de l'Ebre & Costa Barcelona  
*Rowing, Sailing & Cycling*

In the **Terres de l'Ebre** you will find a great variety of natural areas suitable for all kind of activities: hiking, cycling, birdwatching,... The coastline invites you to sail and enjoy the feeling of freedom. Sailing is a very popular water sport due to the pleasant climate and the coastline packed with plenty of beaches and coves where you can drop anchor.

In the morning, a windsurfing lesson or a kayaking ride. In the afternoon, a water skiing session or optimist dinghy trip. The following day, a few cable jumps with the board, an introduction to stand-up paddle surfing or a spin on a jet ski. At **Costa Barcelona's Catalan Olympic Canal**, in **Castelldefels**, you can do all of this, and much more. Nearby, we find the **Sánchez-Casal Academy** that houses 27 tennis courts, a sport centre, an outdoor pool and other sports facilities: football, basketball, volleyball, paddle,...

*Monday. 27*  
*September*

- Welcome to Catalunya!
- Dinner in **Parc Samà** (Costa Daurada)
- Accommodation in Cambrils **Hotel Estival El Dorado Resort\*\*\*\***

*Tuesday. 28*  
*September*

- Workshop & lunch
- *Let's start the famtrip!*
- Transfer to **Amposta** (Terres de l'Ebre)
- Slow cycling tour through the **Natural Park of Delta de l'Ebre**
- Dinner and accommodation in Amposta

*Wednesday. 29*  
*September*

- Rowing activity and visit of the **Terres de l'Ebre sports technification centre**
- Transfer to l'Ametlla de Mar and lunch
- Activity in **Circuit de Calafat**
- Dinner and accommodation in l'Ametlla de Mar

*Thursday. 30*  
*September*

- Sailing activity in l'Ametlla de Mar
- Transfer to Castelldefels (Costa Barcelona) and lunch
- Visit and activity in **Canal Olímpic de Catalunya**
- Farewell dinner in Castelldefels beach
- Accommodation in Castelldefels **Hotel SB Bcn Events\*\*\*\***

*Friday. 1*  
*October*

- Transfer to Barcelona's airport and flight back home.

