

**MEDCRUISE**  
**TARRAGONA**  
**COSTA DAURADA**

**64th GENERAL ASSEMBLY**

11-14 JUNE 2024

# **EXCURSIONS PROGRAMME**

Friday, June 14, 2024



## 1. Tarragona, roman legacy

**From 9:30am to 12:30pm (duration 3 hours)**

A walking tour through Tarragona unveils this city, a **UNESCO World Heritage** site. Our journey begins with a captivating view of the amphitheater from Paseo de las Palmeras, followed by a stroll along the Rambla to the bustling Central Market.

Venturing into the old town, we lose ourselves in its charming streets, immersing in its rich heritage. This curated experience promises to reveal the city's cultural diversity, from Roman heritage to witnessing how locals coexist with this millennia-old history, leaving you with unforgettable memories before returning to the hotel.

*\* Minimum group of 12 people required.*



## 2. Poblet monastery & Human tower experience

**From 9:15am to 4pm (duration 6:45 hours)**

Enjoy an unforgettable journey starting from the majestic **Poblet Monastery**, a **UNESCO World Heritage site**, steeped in history and architectural marvels. There is currently monastic life. Explore the monastery's ancient corridors and ornate chapels, immersing yourself in centuries of tradition and spirituality.

Next, embark on an extraordinary journey to Catalonia's heart, beginning with a visit to the **Human tower museum**. Nestled where the human towers personality took shape 200 years ago, this iconic site exudes the foundational elements of strength, balance, courage, and wisdom. Conclude your day with a delightful meal, savouring the flavours of the region's culinary delights.

*\* Minimum group of 12 people required.*



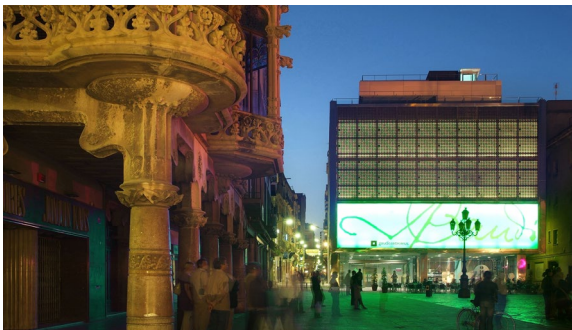
### 3. Reus, exploring the modernism

**From 9:30am to 1.30pm (duration 4 hours)**

Discover the essence of modernism in Reus, birthplace of architect Antoni Gaudi. Delve into the realm of modernism as we traverse the city streets, immersing ourselves in the intricate modernist facades that adorn its architecture.

Explore the captivating **Gaudi Centre**, a museum dedicated to unravelling the genius of the visionary architect. Before visiting the spectacular **Casa Navas**, we will partake in the cherished tradition of enjoying a leisurely vermouth. This carefully curated expedition offers a comprehensive understanding of Reus's rich artistic heritage.

*\* Minimum group of 12 people required.*



### 4. Explore the Wine Cathedral and its vineyards

**From 9:30am to 1.15pm (duration 3:45 hours)**

Discover the fascinating story of La **Vinícola de Nulles**, where hope triumphs over adversity. The iconic Wine Cathedral, symbol of resilience after the devastating phylloxera plague, awaits you. Designed by the renowned Cèsar Martinell, this modernist masterpiece not only captivates with its beauty but also embodies excellence in winemaking.

Embark on a unique experience with a glass of cava among the vineyards, followed by a tour of the Wine Cathedral and an exquisite pairing of cured meats and cheeses. Immerse yourself in the delights of Nulles and let yourself be seduced by its vinicultural treasures!

*\* Minimum group of 12 people required.*





## 5. Vila-seca & Infinitum: nature & culture

**From 9:30am to 5pm (duration 7,5 hours)**

This captivating excursion seamlessly blends historical recovery with modern, sustainable experiences. Explore a meticulously restored historic building, highlighting the importance of preserving cultural heritage. Immerse yourself in a visually and sensorially impactful virtual experience, transporting you to bygone eras. Admire a protected natural space boasting rich biodiversity; participate in a birdwatching activity, fostering a unique connection with nature. Finish with a delicious tasting of local products at the Infinitum Beach Club area. This curated journey promises an unforgettable fusion of heritage appreciation, immersive experiences, and nature exploration, offering a holistic adventure that resonates long after its conclusion.

**It is required to bring a swimsuit**



*\* Minimum group of 12 people required.*



## 6. Port Tarragona visit

**From 9:30am to 11:15am (duration 1,45 hours)**

Visit Tarragona's port aboard a boat. You'll have the opportunity to witness the port's operations from a unique perspective. We'll explain the various activities bustling within the port's different docks.

