# OUR GUIDE



Sant Andreu de Llavaneres Sant Vicenç de Montalt Caldes d'Estrac



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### Urban Environment

### THREE LIVES AND ONE REALITY

Sant Vicenç de Montalt and Sant Andreu de Llavaneres depended administratively on the town of Mataró until the second half of the sixteenth century, and Caldes D'Estrac formed part of Barcelona until 1715, when these cities lost their privileges due to a new decree. Since then, urban life has been beating the streets of Les 3 viles with its own voice.

The villages have grown and have filled with life. People coming from various places, have made this land theirs, bringing their children or giving birth there, and this land has been turned into a type of promise land. Wherever they came from and whatever interests they had, the avalanche of people who settled down here, were the key to the transformation of the territory.

### From agricultural to residential

From the first decades of the 20th century, Llavaneres started its mutation from being an agricultural village to a town for summer holidays and residence. Golf was inaugurated in 1945. At that time, some hotels in the area received visitors and simultaneously celebrated luxurious parties in their lounges. At the end of the 60s, with the construction of the motorway in Mataró, the village realised that its future had changed definitively because finally a modern connection to the future had been established. At that time it was decided to turn the old breakwater into the current **Port Balís**, and someone even suggested the idea of building an airfield.

Nowadays, Llavaneres has not lost its cosmopolitan character. If you walk along Munt street, or look in the shop windows, you will not find anything amiss. Later, look for **passeig de Jaume Brutau**, the **plaça de la Vila**, and the building **Ca L'Alfaro**, symbol of the tradition of holiday making. See how times have changed for the better, for example lose yourself in the beautiful facade of the new Old People's club, and finally, the park dedicated to **Cardenal Josep Vives i Tutó**, son of the village. And you cannot go without visiting the cemetery. **The gothic church** (XVI century) and the view of the valley where the town settles, will give you a perfect vision of the entirety.

### THE SEA SIDE

Both Llavaneres and Sant Vicenç together with Cabrera are the only interior villages in the region that have not become independant. It is true that Can Sanç, Montalparc, Can Boada and can Ripoll have grown a lot over the last few years but seaside villages have also grown and that is why they have almost become one urban nucleus with one united character



### Traditional and Modern

The old and the new can be found in Sant vicenç. The modern 18 hole golf course, an enviable installation, lives together with the traditional Nativity Museum of Catalonia, a museum unique to the country that exhibits many different styles of nativity scenes from Catalonia and other parts of the world.



### Like the best postcard

Sant Vicenç de Montalt offers one of the best postcards in the area, if you come from the road which runs from Mataró to Arenys de Munt. The forest is illuminated by the immense, seemingly endless ,blue of the sea, shining through the thick pine trees, slowly conquering the entire view. Between the torrents and the areas of green, the silhouette of the town, dominated by the sixteenth century gothic church, seems to emerge from a bucolic dream.

Sant Vicenç de Montalt is this, and much more, and not just because of exclusive housing estates like **Supermaresme**, or **Santa Maria de Balís**, but also for places like the **passeig de Marquès de Casa Riera**, an ideal place to evoke those summers when time didn't go by. The houses at the end of the XIX century and the beginning of the XX century which still remain , demonstrate how careful the Catalan bourgeoisie were with the surroundings and with the aesthetic and architectural tastes, when they built their summer chalets, or when going to the beach to bathe started to be fashionable. The beach, as one hundred years ago, continues to be of unquestionable beauty.

The roaring of the new motorway is broken by the silence and peace in the **parc dels Germans Gabrielistes**, a wonderful garden with autochthonous flora, which meets the sea from a privileged viewpoint. Here you should lose yourself in the winding streets of the old town centre, like the **baixada de la Riera**; among the houses which pile up around the church and the farmhouses like **Can Brunet**, **Can Mora** or **Can Rams**. This is the Sant Vicenç made up of plots ascending the soft slope of the mountain range and of the low coast which kisses the horizon where, from time immemorial ,people from the community have become lost in the view.





□ Baixada de la Riera Sant Vicenç de Montalt

### Baths and culture

When in the last third of the 19th century, sea bathing became fashionable, Caldes d'Estrac became a small, pioneering town in that new form of summer holiday. The name Caldes comes from the centuries old tradition of bathing. The jet of water which springs up at 38.8° is good for rheumatism and for respiratory infection. But what made Caldes D'Estrac a place of reference to the whole country, was the beach.

At the end of the 19th century, the maritime spa resorts began to occupy the littoral. In 1870, Josep Santarromana was inaugurated. Five years later, the baths Marcel·lí were opened in front of the railway station and a little time later, in 1881 the **banys Colón** were also opened. These baths soon added a restaurant and a casino to their facilities, and finally became a hotel, which nowadays is a prestigious establishment that honours the pioneering trajectory of the town in beach tourism.

In those days,, the great surge of holidaymakers filled the inns which were in the Riera Avenue or in Sant Pere street. **La fonda Vidal**, **la fonda Borràs** and **la fonda La Providència** have been very important to

### Can Muntanyà



Can Muntanyà Park was inaugurated in the year 1987. It is an impressive garden overlooked by the hill that closes Caldes d'Estrac to the north. With four lakes, the area is full of mimosas, lilies, oregano, rosemary, eucalyptus, lemon trees, orange trees, Mulberry trees, Cyprus and a large clump of Pine trees behind which the village fades into the district of Arenys de Mar.







■ Meeting of 'puntaires' in el carrer de Munt of Sant Andreu de Llavaneres

tourism in Caldes. Some privileged people built houses in **carrers de Callao** and in **Santa Teresa**. A few years later, the second avalanche of holidaymakers settled on the seafront, between the railway and the beach. In 1920, Ciutat de la Paz street and the aristocratic **passeig dels Anglesos**, were completed and in 1925, were finally urbanized. Before this many things worked the wrong way round.

If you walk around by the **carrer de l'Església**, **carrer Major** and **carrer del Remei**, you will have a really accurate view of this little town, with the group of houses along the **la Riera** going up, as if they wanted to take over terrain where there is nothing. The charm is unavoidable. However, not only sea bathing has turned the place into a land of poets; but culture also penetrated Caldes and has become a powerful sign of identity for the town.

Rafael Vallbona











### Rural environment

### A HARMONIC PROCESS WITH TIME

During the Neolithic Age, this territory was densely populated as the Prehistoric deposits, found in the **Rocs de Sant Magí**, demonstrate. Since then and still during the Bronze Age and the Iron Age, a type of productive economy based on the crops and the cattle was consolidated during the Iberian period, and also in the area of the Montalt which is characterized for its variety. For many years, important extensions of pine groves and brushwood, placed in the lowest and flat areas of the Montalt mountain range, were turned into crop lands.

Firstly, dry farming, olive trees, cereals and vineyards were brought to the territory, especially during the Roman time. The great rural estate of **Can Sanç**, between the **riera de Llavaneres** and the **torrent de les Bruixes** was a good example. It was born in the Roman Age, starting from an old Iberian residence, where vineyards and olive trees were grown, and in that way continued until the end of the XIX century, when the phylloxera eliminated the whole stock.

Since then, agriculture in all the towns of Montalt, as in the rest of the district, changed from dry farming to irrigated land, becoming one of the vegetable gardens of Barcelona, and still, during part of the first half of the XX century , supplying potatoes to half of Europe (especially to the United Kingdom). In 1933, new potatoes, from the Royal Kidney seed, officially received the name of *Mataró potatoes* in the international markets.

### A dynamic agriculture

Agriculture made a final change in the twenties when an Italian called Benjamino Farina began cultivating pinks as he used to do in his native Riviera. The climatic portrait was clear, innovation was the risk of the entrepreneur. Cultivation of the **carnation** soon became a success. Nowadays the cut flower and the ornamental plant are extremely significant in the rural life of Montalt, together with the famous **pèsols** (**peas**) **de Llavaneres**, autonomous types from the Maresme which are known as **pèsol de la floreta** and **pèsol garrofal**. There are some people who argue that they are unique and differ in their sweetness.

### PRODUCT OF THE VEGETABLE GARDE

From the vegetable gardens of Sant Simò up to the border of Caldes d'Estrac with Arenys, passing over the whole plane until the sea shore along the Montalt foothills and the Polseruda range, years ago this whole area was an immense potato crop capable of producing more than 100 thousand tons during some months of the year





Energy, technology and innovation are the characteristics of this new way of living and understanding the medium. With a territory submitted to great urban pressure, these elements have transformed the ancient farmhouses into developments and have changed the main task of the countryman into a largely tertiary occupation. The rural environment survives thanks to this.

Farmhouses like Can Mora; Can Mora de Dalt, Can Missé, Can Rams, Can Rabasa, the previously commented Can Sanç, Mas Nadal, Can Tries, Can Bacardí, Can Catà, Can Mandri or Can Sauri, where the family Brunet lived, are examples of a lineage of countrymen forming, throughout the centuries, the economic and social support of the territory. Founded on a rural way of life, and bringing a prosperity based on hard work on a rich and benevolent land. When they had enough time, between the harvest and ploughing, these small-town people dressed smartly, went to market or simply met together for some occasion. Turning that incipient modern dynamism into the competitiveness of the agrarian contemporary sector, with all the limitations that urban growth has imposed on rural life, and the tenuous compatibility of both worlds, is the merit of many generations, which demonstrates that both the new and the old can coexist.

### With the passing of time Sant Vicenç, Llavaneres and Caldes d'Estrac have learnt that this precarious balance is the best historical and human patrimony that a territory can have, if it wants to look serenely to the future. We cannot forget that Les 3 viles have an annual population growth rate of over 4 per cent , the companies in the tertiary sector are 75 per cent , and that agriculture survives on family farms. Although human activity is conditioned by the microclimate, barely a trace of those extensive areas of the ancient carob tree are left, a tree that looks for the sun and the sea.

Rafael Vallbona



### THE ROMANS PASSING THROUGH

The Romans arrived to the coast of Caldes, Llavaneres and Sant Vicenç around the year 218 BC during the second Punic war and quickly began a process of Colónial modernization of the whole territorial structure which soon caused the Iberians to lose their customs, traditions and in the end, their language; this was the romantic era and lasted until the 1st century BC.

With the arrival of the Romans
Les Vil-les became the center of
economic activity. Agriculture was
truly exploited producing crops
such as cereals and wine. These
were shipped from local ports or
distributed throughout the whole
empire from a branch of the Via
Augusta that passed along the
coastline. At least half a dozen
Roman settlements have been found
in the Montalt region.

The Romans were welcomed in the land of Maresme. Together with Lluro (Mataró) founded in the first half of the first century BC, the territory was to become an important part of roman Catalonia, joining with the nearby Barcino (Barcelona) and Baetulo (Badalona).

R.V









### The natural environment

### A TERRITORY WITH ITS OWN FEATURES

The old granite rocks from the littoral range (the oldest in Catalonia), settled by the humidity until they turn into granite sand, fight together to rebuild La Riera d'Argentona, river bed and to separate.

Clearly inspired by the Montseny, some look to the interior where the mountain is adorned with its internal morphological features becoming bleak and unfriendly, creating lush expanses like **El Corredor**. Others, perhaps older and tired, know that they will always miss the colour blue and will not want to be separated from it. From this the artistic, **mountainous Montalt ranges**, conferred with a particular attraction, were born. On the coastal area, more modest and softer, El Montalt draws small granite hills between abrupt water course brooks and pine groves which almost reach the beach.

However, humility doesn't exclude personality. From the light ranges of **La Polseruda**, or **Can Cabot** to the contrasting **Can Bruguera**, all collaborating in the division of the municipal lands of the county's capital, from that of Dosrius, up to **El Coll de Can Cintet**, where El Montalt and El Corredor join together at La Creu de Rupit, in a geographical embrace, lush with pine trees, oak and some brushwood, where the leafy humidity fills the senses and each one shows its best face. El Montalt knows what its aim is: to define the essential character of a land that doesn't want to renounce a sea view, nor to forget its pleasant mountainous profile. The harmonious fusion of greens and blues combine to give birth to el Maresme.

### From the hills to the sea

Montalt's hill, which is 596 metres high, is the highest apex in the area, with **La font del Malpàs**, located to the north of the hill. Towards the northwest, bordering the 500 metres around the place called **Els Tres Turons** (Del Mig, Vilanegra and Ca l'Amar), the range resists joining with **El Coll d'en Cintet** however, towards the opposite slope, the arm which forms the little hill called **La Polseruda**, quickly joins with **Can Bruguera** through the neck of **Can Xerrac**, leaving behind places of great beauty such as **Roca Martina**, **ermita Llorita** and the part that belongs to the vicinity of Mata.

However, Montalt's natural environment doesn't finish on the hills soft profiles. Through the **rieres (brooks) of Balís, Caldes** or **Gironella**,

### V. AGNUS-

Rivers are the oldest network of transport; Human presence , however, has converted them into lanes and roads without giving any thought to the environment. V. Agnus-castus is a bush characteristic to the river beds of Maresme, however, its' continued presence is threatened by the degradation that has clearly depleted autonomous species.



### PORT BALÍS

For boat owners Port Balís offers extraordinary access. The port entrance has been enlarged to 80 metres with a depth of 4.5 metres at the opening and 3.5 inside and together with its 775 moorings and a length of between 8 and 25 metres this makes Port Balís an ideal place to launch a boat or for winter storage.





the granite sediments touch the sea on a long beach of more than 2,5Km which joins the area of Llavaneres' railway station, with the group of rocks located in front of **Hotel Colón** and **Passeig del Mar**, in Caldes d'Estrac, taking an extraordinary trip around this rich and varied environment.

**Port Balís** is a symbol of this territory in blue. From the sea, the sailors are able to recognize the harbour because of its large hanger, the main characteristic of this county's sky line. The name Balís is also well known as one of the most exclusive sport centres in the country. It is said that from one mile into sea you can see the painted sign, next to the hangar, which announces the port. It must be the best propaganda that Llavaneres has because Port Balís has been closely linked to its future for many years.

Towards the north of the port, the beach with the same name is a mere 50 metres long, but with a disproportionate width of 100 metres. The sand is thick and beige, like the other two beaches in Llavaneres (one located in the south, near **the station** area (200m), and the other, near the area for **boats** (180m)).

The large sandy spot ,located behind the port, connects Llavaneres' beach with Sant Vicenç's beach. A wide and majestic avenue forms the main axis of a long beach (1,3 km) with a soft, dark sand, where, during the summer, bathers delight ,where in the Spring and autumn strolling down its avenues fills one with nostalgia and where in the Winter it gives comfort to the lonely. This sandy spot and its avenue along the popular **Passeig dels Anglesos** gives way to Caldes d'Estrac's beach. This urban beach of 700 metres of fine sand. and



which starred in an era when sea bathing became fashionable, has written some of the most important pages of this town's history.

### The climatic affects

This humid mediterranean climate is diverse. The internal slope, directed towards **EI Corredor**, is colder and wetter and it seems to have some continental features. However, the slope facing towards the sea has got a drier climate and milder temperatures. The average rainfall varies remarkably from year to year, even so the average annual climate in the area of Montalt only reaches 650 mm. It needs to be stressed that the occurrence of torrential rains and heavy showers, especially in the autumn, can cause the river beds to flood over onto the basins of the three districts in the area.

Between these small Mediterranean forests, which are surprisingly surviving against increasing urbanistic growth, Sant Andreu de Llavaneres, Sant Vicenç de Montalt and Caldes d'Estrac are three of the towns where the spirit of the region is best kept: rich in fertile land and temperate in climate. Perhaps for that reason they are, nowadays, three highly residential towns which have maintained the attributes that made them attractive.

Rafael Vallbona















## the deligh



35	of history

- 41 of heritage
- 47 of water and health
- 57 of sport
- 67 of going out
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Sant Andreu de Llavaneres Sant Vicenç de Montalt Caldes d'Estrac

### the lights. Sof history

### 'LES TORRES DE GUAITA'

All through the XVI century, due to the continual invasions of the corsairs, the settlements on the Maresme coast were forced to take measures to defend themselves. To this end they constructed watch towers (torres de guaita).

Well preserved towers can still be seen such as the Torre Verda (photo) and Can Busquets in Caldes d'Estrac or the Encantats in Arenys de Mar.



Prehistoric men must have noticed that these territories were located in a privileged place because they settled here, as the Neolithic Ceramics testify.

In Llavaneres we can visit the Neolithic village **Els Rocs de Sant Magí**, a deposit formed by groups of great granite blocks which constitute small caves and corridors. The exterior blocks are joined by dried stone walls and at the centre part of the joint there is a corridor 8 m high x 8 m wide. One of the main features of this deposit is the presence of some wall pieces between the big granite blocks that form a type of wall, an unusual fact particular to deposits from that period. Although they are public, their remains are nowadays protected with fences in order to avoid being ransacked.

After the Romans' arrival and the birth of *Illuro* (Mataró's old name), Sant Vicenç and Llavaneres became town centres forming the *Illuro*'s territory. The Roman's presence left plenty of testimonies buried in the range of **La Torre dels Encantats**, between Caldes and Arenys de Mar. In fact, around La Torre dels Encantats there are remains of an Iberian village, **El Puig Castellar**, one of the most important on the coast.

With the Romans' arrival the inhabitants left the mountains, the high areas of the region, and settled down near the sea. This is the case of **Can Sanç**, a Roman Villa in Llavaneres, located near the coast at the top of a small hill 30 m under sea level.

Caldes d'Estrac, Sant Andreu de Llavaneres and Sant Vicenç de Montalt (also called Sant Vicenç de Llavaneres) have a past in common. Llavaneres' present place name appears for the first time on some documents dated from 968 and they belong to *L'Arxiu de la Corona d'Aragó*. They were not a homogeneous population yet; they were agricultural joints formed by a spread of *masies* (manor houses). **El Castell (castle) de Burriac**, in Cabrera, had its feudal control over **El Castell de Vilassar** and **El Castell de Mata**, situated in the area round Mataró, Sant Andreu de Llavaneres, Sant Vicenç de Montalt and Caldes d'Estrac.

In 1479 **Jaume Llull**, a member of Sant Andreu and Sant Vicenç parishes, asked the king to be extricated from the Castell de Burriach's landlord and be directly under royal protection. One year later, in 1480, **Ferran El Catòlic** incorporated all Mataró's territory under his direct control, that fact meant to have the same freedom and privileges as a city such as Barcelona. However, they didn't agree with that decision and Llavaneres asked to be independent from Mataró and in 1543 they got it: king **Charles V** gave Llavaneres and Sant Vicenç's parishes the privilege to choose a mayor. The next



# Cinto Verdaguer

Jacint Verdaguer spent long periods in Caldes as he was priest to the marquis of Comillas. This is where he wrote Vora la Mar in 1883, a verse that speaks of contemplation and meditation; Al cim d'un promontory que domina les ones de la mar/ quan l'astre rei cap a ponent declina me'n pujo a meditar./ Amb la claror d'aqueixa llàntia encesa contemplo mon nores;/ contemplo el mar i el cel, i llur grandesa, m'aixafa com un pes.



king, **Philip II**, gave to Sant Vicenç the privilege of its independence from Llavaneres in 1599. From that moment on, in 1601 Sant Vicenç had its own stamp and its jury and council election.

And what about Caldes? it is said that the noun "d'Estrach" has its origin in the place name *Estarac* which comes from the Celtic noun *Astaracus*. Otherwise, it is true that during the Roman period the municipality was known for its thermal springs and for that reason it was called *Aquae Calidae*. In 1219 a temple and a hospital were built next to the thermal springs. These two buildings became the present population centre. In 1936 Caldes became a barony and from the 15th Century was governed by a mayor elected by Barcelona's ministers. In 1715 Barcelona lost its privileges because of *El Decret de Nova Planta* and Caldes became an independent municipality although it was a very small territory: the church, the thermal springs and their fields. Nowadays Caldes is one of the smallest municipalities in Catalonia (the fourth); it is not even a big as 1,2 Kilometers.

# Links: Culture and sports' characters

The visitor who looks carefully around him will realise he is in a privileged place. The mixture formed by the colour green of the pine groves and the blue of The Mediterranean has seduced aristocrats, inspired poets and has captured admiration from around the world.

To these towns came the writer, artist and musician **Apel-les Mestres** (Barcelona 1834-1936), who spent long periods in Caldes. He stayed at **Fonda Borràs**, located in **La Riera** and nowadays it is a well-preserved building. Mestres drew people, street corners and landscapes that were sometimes used in his own literary work. He also used Caldes for some of his marine works like the long poem *Els sardinalers* and his plays in one act called "marines": *La noia, L'avi or L'avi Xena*. Another famous personality related to the three towns is the beloved **Jacint Verdaguer** (Folgueroles 1845-Vallvidrera 1902), who spent long periods in Caldes because it was the summer home of his patron El Marqués de Comillas. The poet stayed at **La Torre de les Orenetes**, a house built by the Comillas family in 1883. Its architect was **Josep Oriol Mestres**, **Apel-les Mestres**'s father.

Joan Maragall (Barcelona 1860-1911), another famous catalan writer, also chose Caldes to establish his summer residence. Unfortunately, the house in which he spent a lot of summers and located in **carrer** de Ciutat de La Paz doesn't exist today. However Caldes decided to preserve the relationship with the poet and dedicated a park in the



centre to his memory. There is a bust with a commemorative plaque where this inscription can be read: *A Joan Maragall, la vila de Caldes d'Estrac. 1967* (To Joan Maragall from the town of Caldes d'Estrac. 1967). Nowadays, **Parc Joan Maragall** is a meeting place in Caldes and has become one of its symbols and essential to the maritime activity.

The visitor who follows the famous artists' traces will have to visit **La Fundació Palau i Fabre**, promoted by **Josep Palau i Fabre** (Barcelona 1917-2008), poet, essayist,dramatist and considered one of the best experts in the work and the personality of **Picasso**, apart from being one of his closest friends. Palau i Fabre lived his last years in Caldes, dedicated to complete the Foundation where all of his artistic heritage is kept.

If Caldes has been a meeting place to poets, artists and writers, Llavaneres will be always related to history for being the birthplace of **Cardenal Vives i Tutó**, one of the most influent ministers of the Popes **Lleó XIII** and **Pius X**. Son of a carpenter from the town, **Josep de Calassanç Vives i Tutó** (Sant Andreu de Llavaneres 1854-Monte Porzio...) set up The Capuchin Order in Rome and he was the president of The Latin-American Council representing Pope Lleó XIII, who crowned him as Cardinal in 1899. Vives i Tutó was a very influential man in Pontifical Rome. He took an important part in the Pontifical documents against Modernism (The Pascendi Encycli-cal, 1907) next to **Pius X**. Llavaneres built a monument in his honour located at the town's entrance in 1950. The architect was **Josep M**. **Pericas** and the sculptor was **Josep M**. **Camps Arnau**.

# Joan Maragall

Joan Maragall wrote various poems referring to the sea which were published in 1911 entitled Seqüències. One of the poems from this collection is El pi d'Estrac (The Estrac pine): That is that pine like a cathedral/becoming ancient on the sea shore/drinking the air and the light from its enormous cup/ that the sun could never penetrate and the wind never move



Illustration by Antoni graupera



But Llavaneres also has several artists on its book of personalities. The **Masriera** surname relates the town to Barcelona's modernist period by the end of 19th Century and the beginning of 20th Century. The Masriera family counts with a saga of artists and silversmith started by **Josep Masriera Vidal** (Sant Andreu de Llavaneres 1810 Barcelona 1875) and they had a big influence on the cultural area at that time. Masriera Vidal founded a jewellers in Carrer Ferran in Barcelona (1872) with his son **Josep Francesc Masriera Manovens**. They combined painting with the job of silver work. The other son, **Federic Masriera Manovens** had one of the most important silversmith's workshop and had made a lot of public sculptures by the end of 19th Century (we have to mention Barcelona's statue of Christopher Colombus). Complete historic information can be found at Llavaneres Museum.

This journey through famous personalities also stops in Sant Vicenç. The mountaineer **Antoni Sors Ferrer** (1949-1987) was born there; he took part in the first catalan expedition which reached the highest point of the world, The Everest, in 1985. Two years later, Sors died as a consequence of an avalanche at Lhotse Shar, in the Himalayas. Sant Vicenç dedicated a monument to him, located at the entrance of the Sporting Pavilion opened in 2005. This pavilion also has his name.

Eva Viñals



 Monolith and pavillion dedicated to the mountaineer Toni sors from Sant Vicenç

# the lights. Sof heritage

# CASA UGALDE

Casa Ugalde is a dwelling built in 1951 by Antoni Codech commissioned by Eustaquio Ugalde. It is an unusual building as it is completely integrated into the land, forming a group of structures conceived to optimize all possible views from all sides. It is set on one of the mountains that form the valley where Caldes sits.

THE CHAPEL OF MARE DE DÉU DE LA LLORITA

The ruined chapel Mare de Déu de la Llorita has been documented since the XVI century. It was a spacious building, with a sacristy and rooms for the parishioners. It belonged to the country house Can Lloreda, but was administered by the Town Hall of Llavaneres. On Easter Monday.

Les 3 viles retain an important architectural heritage representative of the recent history of the area. Civil and religious buildings were alternated in the city centre and in the suburbs too; and are also a sample of the inhabitants' daily mood and task , used over centuries.

In the maritime neighbourhood of Llavaneres, the **chapel Sant Pere** took in parishioners from the XIV century. Certainly the physiognomy has changed a lot; in the past, it was situated at the top of a little hill near the East of the water course of Llavaneres and around it, there were little rooms which the parish church rented to the fishermen to keep their fishing tools. In 1917 it was supplied with a little chapel on the other side of the water course, and in the 50s the current building was built.

At the top part of Llavaneres two churches coexisted. The first one, was built when the town was declared independent and the prestigious **Pere Blai** was responsible for the construction. Nowadays it is the cemetery church and was finished and blessed in 1574. It is situated at the top of a hill, far away from the city centre (like the chapel **Mare de Déu de la Llorita**, now ruined). The altarpiece was finished in 1611.





CHURCH

Blai, is in late gothic style with a bell tower with a square floor plan and a floor with just one nave. After the temple was inaugurated, in 1582 the sculptor Gaspar Huguet started the altarpiece. The paintings are works of the Italian painter Joan Toscano and are considered some of the best examples of the late mannerism in Catalonia.

The cemetery

The temple which was designed by



Sant Vicenç parish church



■ Inside Llavaneres Parish church

The current temple, the parish church of Sant Andreu situated in the old half way point of the town centre of Llavaneres, was built some years later, when the towns people realised that they needed a closer church. The first stone of the temple was placed in 1752, and it was finished in 1876. It is a big neo-classical building with three naves which contain the high altarpiece coming from the old parochial temple and was the work of the sculptor Gaspar Huguet and the Italian painter Joan Toscano, just as the altarpieces of Roser, of Sant Isidre and of Sant Joan and the Sant Crist carving in 1637.

The parish church of Sant Vicenç de Montalt is from around the XVI century, even though in the XII century there are some documents which testify the autonomous character of the parish. In 1230 it depended on the parish of Sant Andreu de Llavaneres. In 1577, the bishop of Barcelona ordered the creation of the parochial of Sant Vicenç; in 1584, pope Gregori XIII issued the creation bill and in 1591 the first stone was laid. The works manager of Calella, Dionís Torres, was the author. It is a church with just one nave, late-gothic style, with a bell tower of square plan. The church had a renaissance high altarpiece from the 1617-18, which was burnt in 1936. The base was saved and now you can see it built into the exterior facades of the church.

# CAN MILANS DEL BOSCH

Can Milans del Bosch (can Milans Lane) is a XVII century stately home, restored at the beginning of the XVIII century. Set down in the middle of the valley in the area of Sant Vicenç, it is formed by several buildings, among them, a chapel. The main facade has a sentry box which was added during the XIX century. At present, the house is a restaurant, specialising in banquets, called Castell de l'Oliver. The Milans del Bosch are a lineage of military men documented from the XV century, who lately came to note because one of their descendants was implicated in the coup attempt on the 23th February 1981.



The current parochial church of Santa Maria of Caldes was built on an old temple originally Romanesque. From the XIII century, only the baptismal holy-water stoup and a headstone with gothic characters now built in on the main door, framed in a facade of Neo-Romanesque style, have survived. The current church was built between 1808 and 1830, and the bell tower was rebuilt and enlarged in 1868. There is another temple in Caldes, the **chapel of Carme**, financed by the president of the railway company **Manuel Gibert** that was built between 1882 and 1886. It can be found in **carrer del Callao** in front of the railway station and is especially noted for its central dome, which can be seen perfectly from the N-II.

In the civil section, the special interest in Llavaneres is **Can Caralt**, an impressive stately house which was, originally, a country house, the centre of a great agricultural and cattle ranching property and at the same time residence of the earls of Caralt. Originally of a baroque style, it has lived different transformations since it was built in the XVIII century , which, at the moment, is owned by the town hall and takes in the **Escola Municipal de Música (Local School of Music)** and the **Museu-Arxiu** of the town. Cima , in the municipal district of Caldes d'Estrac, is also worth a mention. A protected house by the architect Josep Antoni Coderch, awaiting reconstruction.

One of the components of rural architecture most characteristic to this region are the watch towers, numerous along the coast line, used to watch out for the arrival of pirates to the region. The **Torre dels Encantats** situated on the hill which divided Caldes and Arenys de Mar, is the only tower that belongs to the Middle Ages, to be



specific in the XIII century. From the XIV century there is **Torre del Baró de Can Valls**, in Sant Vicenç, nowadays in the middle of the local **parc dels Germans Gabrielistes**. Also in Sant Vicenç, there is the **Torre de la Mongia**, of **Can Ramis** and of **Can Sauri**.

The **Torre Verda** and the **Torre Busquets** are in Caldes. The Tower Verda, documented in 1549, is also known as the **Torre de les Heures**. It has got a round shape and is made up of three floors. The Tower Busquets is also known as the **Torre de l'Olivera de la Pau**,(the olive tree of peace) the tree which has grown up over it. It was built in 1586 and it has a round shape. It is joined to **masia de Can Busquets** from the XVII century. In Les 3 viles there are now three constructions considered of national interest by the Generalitat: Society of National Cultural Interest (BCIN) And the three of them are in Caldes. Two of which are the **Torre Busquets** and the **Torre Verda**, and the third one which is the **Casa Ugalde**.

Les 3 viles had a great importance as a summer holiday centre to the bourgeoisie from Barcelona at the beginning of the XX century. The proximity with the Catalan capital, the arrival of the railway, the presence of the seam that provided a priveleged climate and the thermal spring, persuaded a lot of rich families to make it their second residence. In this most intensive moment of modernism and new age they left behind admirable buildings. In Llavaneres there is Can Farnés (Carrer de Munt. 71) built in 1911, work of the architect Ramon M. Riudor and current residence of the brothers of the Creu Blanca: Torre del Sot (56, Avinguda Catalunya) built in 1910, by the architect Josep Coll i Vilaclara, nowadays headquarters of The Casal of Llavaneres; Ca l'Utzet (45, Avenue Catalunya) from 1907 the work of the architect Salvador Puiggrós, the Torres bessones de Can Matas (92-96 Clòsens street) work of the architect Joaquim Lloret i Homs built in 1921 and 1923. It is worth pointing out Ca l'Alfaro (27-33 avenue Mare de Déu de Montserrat) work of the

# THE LEGEND

The Barbary pirates kidnapped a young lady from Arenys de Mar called Leonor. She found herself enslaved with a family who were direct descendants of Mohamed. It seems that the daughter of the family, Fatima, suffered from leprosy. The young slave spoke to the girl about the benefits of the thermal waters in Caldes and about the chapel Verge del Remei.

As her health was worsening her parents decided to take her to Maresme. They set out for the village at night and travelled through secret passage ways and finally arrived to La Torre dels Encantats where they stayed. Every night they went in secret to take the waters. Fatima was cured and she converted to Catholicism, she married a young man from the Can Busquets family. Today Fatima and Busquets are the Caldes giants but in those days the villagers believed the shadows that moved in the dark of the night were the spirits of dead Muslims who wandered without consolation from the battles fought for many years with the Barbary pirates on the Maresme coast.



# Molí d'en Cabot

The mill of Cabot is the only flour mill that remains in Llavaneres from the four mills which were along this water course. It ihas been confirmed that these mills existed in the Middle Ages, when Llavaneres was one of the towns which had the most flour mills in the region. They belonged to the country house of can Cabot de Vall, which was bought some years later by the Masriera family.



modernist architect **Eduard Mercader**. It is a summer holiday house built in 1880 by the Canarian painter **Nicolás Alfaro**. It has a square plan divided into three parts. The tower was elevated later, with the coming of the XX century. And perhaps the most visually impressive is the Tower Gran (63, Avenue Catalunya), from 1909, built by **Josep Coll i Vilaclara** with the managers' house next-door , it is a curious building particular to the art deco era, with a tower with a sloping roof flowing outwards.

In the maritime part of Sant Vicenç and of Caldes d' Estrac, the character of the summer holiday focus can be seen reflected in the **passeig de Marquès de Casa Riera** and in **passeig dels Anglesos**, with architectonic jewels, of which most were built between 1915 and 1920, and it has to be regretted that not all of them have survived to the current day.

In Caldes, **Can Cabanyes** (23, Riera), should also be mentioned, a square building, with a small windowed balcony tower in the middle and two covered balconies on the sides. It was the summer residence of the Cabanyes family who were related to the priest, **Cinto Verdaguer**. There is also the **Torre Llanes** (14, del Mar avenue) better known as La Bombonera and **Can Gili** (35, Pujada de l' Església), a XV1 century country house which was turned into a large stately house, in the new age style, in 1922.

These days, there are some old people's homes in Sant Vicenç. **Can Mora de Baix** (7, Major street) is a building built during the last third of the XVI century, with modifications from the XVII century and the XIX century; **Can Rams** (19, Sant Antoni street) also known as **Can Coll**, is a work from the end of the XVI century or the beginning of the XVII century; or **Can Mora de Dalt** (Can Mora de Dalt road) a very well preserved, XVIII century country house.

Eva Viñals



# the delights. of water and health





# Thermal tradition

One of Caldes' characteristics is its strange ambivalence, in that it has both thermal springs and sea water. The first public sea baths were opened in 1870 by Josep Santarromana. Five years later the Marcl-li baths were opened in front of the station and a few years later in 1881 ,the Colón Sþa was inaugurated, an impressive wooden building bestowed with all the comforts of the times. These baths were soon to offer their customers a restaurant and later a casino. A few more years later the Esteve baths were opened at the Riera beach.

Photo: Thermal water drinking fountain in Caldes d'Estrac.



# The therapeutic use of the water

Caldes d'Estrac is known for the therapeutic use of the water, mesothermal, of medium mineralisation , hypotonic and chloride sodium, that flows at a temperature of 38,8° C, very close to that of the human body. During the roman Age, the properties of these waters were well known, they were called Acquae calidae. Nevertheless, the primitive origin of what is today known as Caldes d' Estrac dates from the XIII century, when a community of religious people founded a hospital, taking advantage of the thermal spring. The fountain, from where the thermal spring flows, is situated in a subterranean corridor under the Town Hall building, 300 metres from the coast line.

### The Woman of the Water

A long time ago, the **Torre dels Encantats**- on the border between Caldes d'Estrac and Arenys de Mar- was the residence of a woman who, at full moon, could be seen wearing a long, white dress and a silver star on her head. From the tower she threw herself into the air and flew down to the beach to bathe under the moonlight. She was called the Woman of the Water.

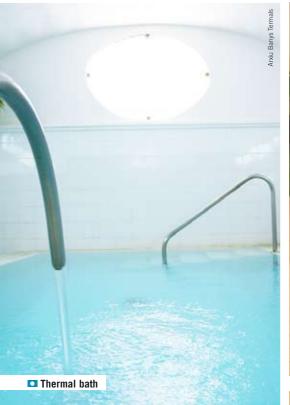
However over the years, the crops were getting worse and worse, and the town blamed the presence of the Woman of the Water. For that reason, the woman was captured and sent away. However, one of the oldest men in the town advised caution and proposed asking the Woman's favour and benevolence instead of awakening her anger. So That is what they did and the Woman of the Water suggested a meeting the next day at midday.

Everybody was waiting for her in the square at the right time, and then the Woman of Water arrived as a simple mortal. She asked the people to follow her along a stony path which finished in the Riera, and she said:

-Through the centre of this mountain there is a silver river. I will open the pass and this will be your future prosperity.

With a magic wand she touched the stone and health giving water poured out, which is nowadays known as the thermal spring. This is one of many legends that explain the tradition of thermal waters in Caldes, originating a thousand years ago.







# BENEFITS OF

Lately, Thermal Baths Caldes d'Estrac have added some activities and some courses, such as tai-txi Txuan in thermal spring, and so it is possible to enjoy the healing and preventive properties of this martial art jointly with the benefits of the water. Also sessions of conscience and corporal balance through dance and the thermal spring, which are classes based on the different techniques of dancing and improvisation, as well as some elements extracted from the Pilates and Yoga technique.

Photo: Aquatic stimulation for babies.



Among the many therapeutic and healing benefits of the thermal spring, it is important to emphasise the sedative and relaxing effect on the muscles, the analgesic properties to relieve rheumatism, respiratory infections, urinary tracts and dermatitis... The thermal spring waters can be taken through direct consumption, once the water is cold, or in treatments and corporal therapies through general or local baths, stream water, showers, or underwater massages among other techniques.

There are two centres which offer these services in Caldes d' Estrac: one of them is public; The **Banys Termals Caldes d' Estrac**, and the other one is private; the **Hotel Colón Thalasso-Thermal**.

# The thermal spring Caldes d'Estrac

It is a municipal spa which is situated in the centre of the village and near several hotels. It was first built in 1818, but the current structure is dated from 1994; it has only got one floor and the roof is made with flat tiles. Next to it, there is the Thermal spring fountain, which is attributed to the legend of the Woman of Water. (page 48).

The treatments are prescribed and directed by the medical service, with a comprehensive professional team who administer the different therapies. Every customer is advised according to the needs of the individual, whether being a short trip such as a weekend or an ongoing treatment. In this second case, each patient is monitored, and given treatments according to the initial diagnosis, both the therapist's and the patient's aims and the patient's evolution. Being a public spa makes it affordable.

The centre is prepared to attend people of all ages. It runs courses of aquatic stimulation for babies between 4 months and 2 years old, there is also a school for spinal and physiotherapeutic treatments. The social thermal programme addressed to the elderly is especially successful. This programme forms part of the activities proposed by the Institut de Gent Gran i Serveis Socials (The institute for the elderly and social services) or better known as the Insertion programme, of the Ministry of Social Politics, IMSERSO. For this reason, accommodation in a nearby hotel is offered.

### THERMAL BATH TREATMENTS:

- •Thermal bath: Avoids the possible effects of hypertension. Lasts between 15 and 20 minutes
- •Bubble baths: The pressure of the bubbles achieves a massage that has a decongestant effect and venous and lymphatic drainage.
- •Hydro massage bath: The underwater bubbles together with the jets give the effect of a complete massage. Relaxing and decongestant, it tones the muscles. It also acts to reactivate the circulation.
- Pressure jet: Tones, decongests, reaffirms and clears the tissues.
- •Lumbar Shower: Achieves a toning effect, decongestant, firms and clears the tissue around the lumbar region.
- •Bithermic shower: The alternative hot and cold water at high pressure stimulates the circulation and the metabolism.
- •The Finnish sauna: Popular and relaxing, it helps to eliminate toxins and improve the cardio circulatory system's capacity.
- •Inhalations: It has been proved that inhalations are beneficial for preventing and treating respiratory illnesses and ear and throat infections. They are indicated for upper airway problems such as sinitus, otitis, rhinitis and voice alterations; in the lower air passages problems such as bronchitis, asthma and emphysema. They are very useful in the prevention of the common cold and for children who produce too much mucous.
- •Physiotherapy: Consists of a series of methods, actions and techniques with the aim to adapt, prevent and cure people affected by somatic and organic dysfunctions. Advantage can be taken of these manual, physical and chemical means by those who wish to maintain an adequate level of health.
- Aquatic physiotherapy: The physiotherapist applies therapeutic exercises in the water.
- Microwave and ultrasound: thermo-therapy techniques are used as a complement to the physiotherapy treatments as an antiinflammatory measure.
- Massages: Manipulation of different parts of the body for therapeutic, sporting and aesthetic reasons.
- Lymphatic drain: Technique used to reabsorb excess substances from the gland, draining and transporting it to the vascular system.
- Parafang: partial application of panels of hot mud suitable for rheumatic problems and chronic muscular contraction.
- Paraffin: Being a liquid allows a perfect adaptation for filling the small articulations such as elbows, hands and feet. The heat is retained for 20 minutes. Perfect for arthritis and other chronic conditions that affect the small articulations.

# CALDES D'ESTRAC

Caldes d' Estrac Thermal Baths are open the whole year, from Monday to Sunday, only closing in January.

29, La Riera
Caldes d'Estrac 08393
Telephone: 937912436
Fax: 937912436
E mail:
banystermals@banystermals.com



# THE SEA

The water from the Mediterranean Sea has more than 75 single elements. Sodium chloride, magnesium chloride, potassium, calcium, sulphur and iodine stand out. The water is channelled to the Hotel Colón without artificial filters, and it is used for diverse treatments and is constantly recycled to keep the natural and therapeutic properties intact.

# The Hotel Colón, Thalassic-thermal centre

The **Hotel Colón** of Caldes d'Estrac is superbly located : on the seaside, next to the village station. The establishment that was in the same space for decades and fell into disuse was replaced by this modern, avant-garde style building. It is the only 4 star spa centre in Catalunya which combines thermal spring treatments and thalassic therapy with water from the sea, a hydro therapeutic treatment which takes advantage of all the maritime resources, such as mud and seaweed.

The benefits of sea water have been popular for centuries: nourishing the body, relaxing, purifying and giving positive energy. The high quantity of minerals and metals together with marine plankton in its composition, make sea water a live element with antibiotic properties, stimulating for the immune system. And also helps to improve osseous, circulatory and stress problems or general fatigue.

The Hotel Colón has 2.000 square metres of modern installations, with 4 well differentiated areas: the Thalassic area, the thermal area, the health and aesthetic medicine centre, and the talasso club and gym.

The **thalassic area** has the latest technology in hydrotherapy cabins: showers jet, hydro massage baths and colour-therapy, massage Vichy temple of showers, seaweed wraps, cabins for facial treatments, as well as the most effective corporal marine treatments.

The **thermal area** has specialized cabins where it is possible to carry out hydropiniques healings, hand treatments, foot treatments, thermal inhaler or Colón hydrotherapy, like the latest wellness treatments: flotation room, Cleopatra Queen, Oasis of serenity with cabins of press therapy, electro stimulation and endermology (LPG).

The **health and beauty area** is dedicated to health and aesthetic medicine and personal treatments are offered under the control of a medical team made up of physiotherapists and masseurs, and a Nutrition and Dietetics service

Finally, the **Thalasso Club** comprises of a swimming pool with air-conditioned sea water with jets, swans and bubble beds, immersion swimming pool at 12°C, fountain of ice, temple of showers, way of Mediterranean sensations, sauna, hammam, caldàrium, and jacuzzi. The fitness centre has the latest sports machines to exercise muscles and for a cardiovascular workout and a room to do all kinds

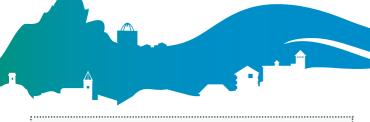


of directed activities: spinning, aerobics, pilates... Always with the supervision of a specialist monitor. Next swimming pool there is dietetic bar, ideal to try an extensive range of infusions(herb teas).

The bar and the restaurant are open to the general public, that means, it is not necessary to stay in the hotel to go and have a meal or have a drink. In the **restaurant La Hacienda** serves breakfasts- buffet, like a menu- buffet at lunchtime and at dinnertime. The **restaurant El Mariagalante** offers a complete Mediterranean cuisine, which combines a selection of creative dishes with other more traditional. It has an wide wine list of almost one hundred references, both national and international. For its part, at the Scotch piano - bar Samaná Bay you can enjoy a quiet moment on its terraces at any time, and why not try a drink or a cocktail.



Xavier Amat



### **Thalassic-thermal Treatments:**

In continuation here are a selection of the nearly one hundred treatments on offer at the hotel Colón Thalassic –thermal centre

- Marine hydration treatment: facial treatment for lined dehydrated skins, with marine collagen, elastine and bio stimulants.
- Kanebo Sensai Cel·lular Performance (ONKAN): intensive therapy to prevent flaccid, dull skin, and to treat sensitive skin and with marks
- Peeling with dead Sea salt and essential oils: corporal exfoliation which leaves the skin hydrated and soft.
- •Firming therapy and mineralising with mud: body wraps made of Dead Sea mud and hydro massage baths in the thermal spring.
- Press therapy: lymphatic mechanic drain which stimulates the circulation and drains the lymph gland.
- •Ritual Reina Cleòpatra: sublime SPA treatment which is formed by a body treatment, a facial regeneration treatment with essential oils and a milk bath.
- •Chakra Stone: old and effective technique of relaxing massage, which mixes the energetic action of the volcanic stones with sumptuous essential oils, balanced by the use of semi-precious stones.
- •Ritual or Marco Antonio: A facial and corporal beauty ritual dedicated exclusively to men, which oxygenates and provides a complete moisturizing bath, deeply purifying and detoxifying the body.
- Japanese Amma Massage: This massage takes place on an ergonomic chair and is to relieve psychic, mental, and muscular problems. It works on the back, arms and brain through pressing hands, elbows and wrists. Ideal for pregnant women.
- •Korean Relaxation: manoeuvres of stretching different segments of the body, undoing the tension and energy blocks.
- •Vichy Massage: neuron sedative massage with sea water or thermal spring water to improve skin tone and with relaxing effects
- •Thermal Inhalation: inhalations with steam and thermal showers. It improves the respiratory tract.











The Hotel Colón offers various services with both sea water and thermal water as a common denominator

# MULTIPLE SERVICES

In order to be able to offer Hotel services, the Colón provides 84 rooms: 21 standard with mountain views, 54 with a balcony and sea views and 9 suites, all are completely equipped with room temperature control, satellite TV, mini bar service, a safe, hairdryer, wide band internet connection and a direct exterior telephone line. They also provide large reading and television Lounges and a private room equipped with computers connected to internet and a printing service, a business centre (with three board rooms of different capacities), a covered solarium with an exterior Jacuzzi, an a la carte restaurant and beach club, more than 1,000 m2 of terraces with spectacular sea views and a private car park.

Plaça de les Baques, Caldes d'Estrac 08393, Telephone : 937910400 Fax : 937910500 Web: www.hotel-Colón.net Email: info@hotel-Colón.net

Hotel Colón.

# the delights...



Golf, riding, navigation. These are the three pillars of the sports on offer in Les 3 viles, one of the most complete on the Catalan coast. Llavaneres, Caldes and Sant Vicenç join together exclusive schemes, increasingly in demand and dedicated to the most demanding public. In an absolutely wonderful environment, both for the high level of the facilities and for the landscapes where they are located and also for the benevolent climate the whole year round, all of which favours sports activities. Sport tourism finds its reason to be, here.

# The best environment to practise swing

There no other regions in Catalonia which have two golf courses and two pitch&putt within a radius of two kilometres; for this reason, they are the favourite destination for lovers of this sport. In this area there are two of the best courses in Catalonia, the golf course of Llavaneres and the Golf Sant Vicenç, which are united by tradition, landscape and service.

Club de Golf Llavaneres was created in 1945 and is the fourth private club and the oldest one in Catalonia. The course has 18 holes and it is a pleasure for the senses. It has wonderful views of the sea and of the mountain range, which shape the true Mediterranean landscape, and the vegetation and flora become a natural garden. Going into this golf course is an experience which surmounts a mere sporting activity. Even the most demanding player will feel completely at home. Although this is an old course, the last reform dated from 2001, when two new holes were inaugurated and changed the course of par, becoming the current course of par 70. The clubhouse has also been extended recently, and so, it offers different services to the visitors: changing rooms, golf shops, games and TV rooms, car rental, electric trolleys and golf bags. Next to the tee by the exit, there is also a putting-green where it is possible to practise pitch and the putt before you go onto the course.

Differing from Llavaneres Golf club, the **Golf Sant Vicenç** is one of the newest courses in Catalonia. It is dated from 2003, but in very little time, it has become one of the best courses in Catalonia. Being just 34 kilometres from Barcelona, the Golf Sant Vicenç is a course with 18 holes and course or par 70 which is also placed in a wonderful environment with a view to the Maresme coast. A real garden between sea and mountain, perfectly connected to its environment, Nowadays, it has 400 members and stands out because of its family atmosphere. The map of clubs in Catalonia increases day after day, but few people enjoy the spectacular environment which the Llavaneres golf club and the Golf Sant Vicenc share. From hole





# Llavaneres Golf Club

cami de golf,
08392
Sant Andreu de Llavaneres
Office telephone: 93 7926050
Reservations: 93 7926227
Fax: 93 7952558
Web: www.golfllavaneres.com
Email: club@golfllavaneres.com

# Golf Sant Vicenç de Montalt

Carrer del Balís 9 Urbanitzacio Sta. Maria de Balís, 08394 Sant Vicenç de Montalt. Telephone: 93 7914949 Fax: 93 7914948 Web: www.golfsantvicens.es

### **HCP**<sub>1</sub>

Between the boroughs of Sant Andreu de Llavaneres and Sant Vicenç de Montalt. On the BV-5031 road at Km. 7 Telephone: 937913001 Web: www.hcp1.es

# Pitch& Putt Tennis Mora

Cami de Can Pi, 5 Sant Andreu de Llavaneres 08392 Telephone: 937926371 93 7928961 to hole, trying to match the course of par, getting out of the sand bunkers, choosing the best iron for each moment, the players enjoy a unique experience in the heart of **el Maresme** coastal landscape.

In Sant Vincent de Montalt a special note should also be made of the school of **golf HCP1**; born with the aim to establish this sport and to promote its popularity. The centre offers private and collective classes, both for children and for adults, such as summer programmes which allow initiation into golf, improving the level, removing handicap or to attend expert workshops in technique in order to improve the swing.

HCP1 has the latest technology, for example, digital game fault correction and is presented as an indispensable step to acquire good technology before being able to jump to either of the golf clubs in the area. The centre offers, therefore, a great opportunity for the visitor of Les 3 viles, in order to enter into the golfing world or to improve their level. But HCP1 also has its Pitch and Putt course, designed by the important president of the Associació Europea d'Arquitectes of golf courses, Ramon Espinosa. A name of guarantee for the design of the whole estate, which counts with 18 holes, course of par 3 with an average of 85 metres, Watch out! Because the first 9 holes are easier and shorter, but the second return is more demanding and the holes 15,16 and 18 raise really serious challenges. As in the sports facilities of Les 3 viles, the services offered by HCP1 rise to the most demanding customers; the golfing classroom, the restaurant and the play park stand out especially.



Amount



We can find another Pitch&putt in the area, in **Tennis Mora** of Llavaneres. A course with 9 holes, characterized by an uneven course in the middle of a beautiful landscape. The space also has a golf school and private and collective classes. But Tennis Mora offers much more. As you can guess, we can also find tennis courts, 7 hardcourts and 3 of quick tennis. Adding to this it has 10 paddle courts, 3 squash, 1 ball court and is also equipped with a gym.

The peculiarity which Tennis Mora Pich&Putt in Llavaneres offers is the Putt which is very complicated due to the drop of the greens, a challenge for the most daring players.

Golf, not only for the expert player but also for the visitor who wants to initiate into this sport, is without doubt, one of 3 Viles greatest attractions. Golf courses of high quality, services and excellent facilities and a unique environment between the green and the blue, the mountain and the sea, are characteristics that turn this area into the one of the best in Catalonia to practise the swing.

# SPORT

Adding to the practise course, the Golf Sant Vicenç offers a large list of services for the customers, from renting spark plugs to having a sauna and a swim in the pool onto the club house with a bar and restaurant.

# C.N. EL BALÍS

Thanks to the Nautical Club Balís, Les 3 viles can count on being one of the most important regions for nautical activities in the whole Catalan littoral. With this wide and dynamic programme, the visitor does not have to be happy with just the wonderful views of the Mediterranean which are offered by the multiple viewing-points from these towns, but they can immerse in the sea and become a part of the maritime tradition in the area.



Toni Buch

## Nautical Club Balís

N-II, road km. 651,5 08392 Sant Andreu de Llavaneres Tel 003493 792 99 00 Fax 003493 792 72 61 www.cnelBalís.com info@cnelBalís.com

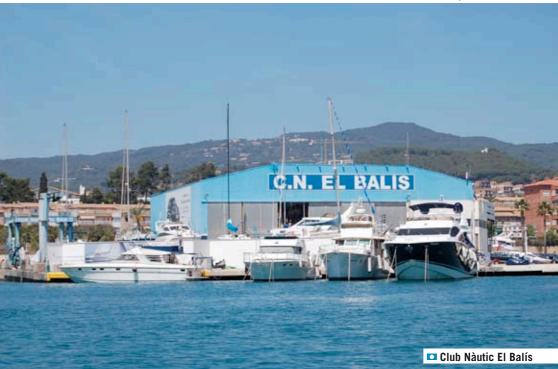
# The sea and sport

The sea is the main backbone in Les 3 viles. The dike, recently built by the ministry, will not only help to open Caldes d'Estrac to the sea but will also be the motor for various nautical and recreational activities. Club Nàutic El Balís situated in Port Balís in Llavaneres is the main reference point for nautical activities, and the nearest place to Mallorca Island from the North coast of Barcelona. Surrounded by the attractive beaches of Llavaneres, Sant Vicenç and Caldes d'Estrac, and very well connected to the surrounding areas, either by vehicle or by railway, the Nautical Club Balís possesses services and excellent facilities and it is an essential visit for those people who feel a passion for the sea, Balís not only has a total of 764 moorings but is one of the few Spanish clubs which has a landing pad for helicopters.

Port Balís stands out especially for holding a great tradition in arranging activities and sports events which have made Balís become a reference in the nautical world in Spain. The club touches on all the disciplines, with a fleet of Optimist racing boats for children from 7 to 15 years; 420 for sportsmen in Juvenile age range, Laser Junior and Senior, one of the most playful and entertaining options, light sail (the Open boat race that Balís organises are pioneering in Spain); windsurfing, introduced recently or Cruises, with one of the most traditional fleets in the littoral. The Nautical Club does not forget swimming competitions, paddle or sport fishing and organises some of the most important trophies in the Spanish scene. Port Balís also thinks about the more unusual competitions, such as radio controlled yacht racing, for those who do not want to get wet but nor do they want to give up on the joy of sailing.

One of the most popular places in Balís is **the sailing school**, ideal for those who want to enter into the world of sailing. The school has new facilities, with classrooms to teach theoretical classes and with large, open spaces where the boats are left. The school, which guarantees safety and professional care, thanks to the specialists qualified by the Catalan Federation of Sailing, has 7 kinds of crafts, both individual and collective. All the elementary courses focus on playful activities not competitive activities. Children from 4 years old have access to the classes offered by Port Balís, an excellent way to encourage an interest in the sea. The Sailing School offers 6 types of courses: pre-sailing from 4 year-olds to 6 year-olds; infantile sailing from 7 year-olds to 15 year-olds; juvenile sailing up to 18 years old and sailing for adults; windsurfing from 8 years old and special activities through primary and secondary educational centres.





The excellent setting provided by **Club Nàutic El Balís**, has become the site of numerous nautical competitions. One of the most outstanding took place at the beginning of May in 2008: the XXII edition of the Catalan Week of Sailing, one of the most characteristic regattas which are celebrated in the Catalan Littoral, for both the high level of the sailors, the number of contestants and the great quantity of registered categories. Good facilities and excellent human resources in Club Balís were the elements that made the Catalan Federation of Sailing choose this yacht club as the best one to organise this prestigious regatta. But Balís has many other competitions, such as the **Trofeu Cornudella**, **the Championship of Catalunya of the class 420**, the **Trofeu Llevant** or **the regatta of cruises GP el Balís**.

# Les 3 viles at a gallop

After golf and nautical activities, the third great pillar which supports sporting tourism in Les 3 viles is the riding club, thanks to the presence of **Centro Ecuestre Llavaneres**, a place exclusively dedicated to equestrian activity, which has a great tradition in the Maresme municipality and offers all types of services. The horse riding school stands out with programmes adapted for different ages. The equestrian club offers monographic courses of just one day, dedicated to all those who would like quickly and easily to get to know and get closer, to the world of horses and their nature. Riding club lovers who come to Les 3 viles cannot pass by the opportunity that these courses offer, with an extremely complete programme: a guided visit of the facilities with an explanation about life, food and the care of horses, a ride along the trails and a practical riding class. This programme is also suitable for children because the monitors teach them how to groom the horses, and how to be care for the mane, the tail and the hoof. The training and the sale of horses are other activities which the centre offers. The Equestrian Club Llavaneres has some facilities of 12 hectares, with a total of 5 trails (1 indoor, 2 breaking-in and jumping, and 2 more to give rope to the horses) and 100 individual paddocks. The Equestrian Centre, on the other hand, is also very popular in the area as a place for wedding banquets, communions, meetings and conventions, thanks especially to the environment that surrounds it. The landscape always penetrates into any sporting activities done in Les 3 viles.



The riding stables are the third biggest tourist attraction, together with sailing and golf.

Vern Bueno



# Centro Ecuestre Llavaneres Camí de Can Cabot 08392 Sant Andreu de Llavaneres Tel.: 0034937 928 802 Fax: 0034937 928 322 www.centroecuestrellavaneres.com

in fo@centroecues trell a vaneres.com





# the delights...





Josep Palau Fabre, poet, essayist, playwright and one of the great experts on Picasso around the world, was bowled over by Caldes d'Estrach's El Passeig dels Anglesos, the beach, the thermal springs, the avenue wriggling up to the mountains, the noble houses that skirt round its landscape, such as La Torre dels Encantats or La Torre Verda... A postcard where Palau Fabre fell in love at first sight and decided to place the centre of his project: an area which kept, exhibited and transmitted his outstanding artistic work.

La Fundació Palau, opened in 2003 in La Riera of Caldes, is the



flag which ishoisted by Les 3 viles into the cultural field. **Josep Palau Fabre** (Barcelona, 1917 - Caldes, 2008) was one of the greatest personalities in the Catalan literature of our times. A man connected to the most important artistic trends in the 20th Century, who is specially well-known for his personal relationship with **Picasso**. He wrote more than 20 books based

on the life and the work of this artist from Málaga, several of them translated into different languages. He met him in Paris in 1946, and their friendship lasted more than 25 years. This longrelationship informed Palau Fabre of many details on Picasso's creative process and vital experiences, so he became one of the main authorities on Picasso's life. When somebody asked Picasso facts about his life, he used to respond: You should ask Palau.

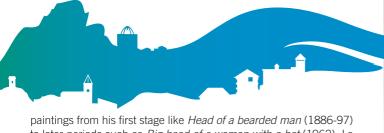
During his lifetime, Palau collected Picasso's paintings (or he received them di-rectly from him), many of them are exhibited at La Fundació and they are its main attraction. The poet and playwright visited Caldes d'Estrach for the first time in order to know the place where **Jacint Verdaguer** and **Joan Maragall** had lived temporarily, two of the greatest writers in the catalan history. Seduced by the charm of the town which also attracted them, he thought Caldes would be a great place for his foundation. Supported by Caldes' City Council and Diputació de Barcelona, they started to build two buildings: **Can Muntanyà** (which belonged to an indian landowner from Caldes) and **La Casa de les Monges**, an old religious school.

The Collection is divided into three areas: **Picasso Room**, where we can find over fifty paintings from different periods and styles of Picasso. There is a terrifying self-portrait, a small theatre he made for his daughter Maya and some of his best academicstyles. Having









paintings from his first stage like *Head of a bearded man* (1886-97) to later periods such as *Big head of a woman with a hat* (1962), La Fundació Palau has become the second museum in Catalonia with more of Picasso's art works and also has some books dedicated by Picasso that testify to his friendship with Palau.

But Picasso is not the only attraction in La Fundació Palau. The Catalan Painting Hall has the collection of Josep Palau Oller, Palau i fabre's father, and some works that Palau was collecting during the course of the years. A saga with an exquisite taste, because the collections count with some pieces by Joan Miró and Antoni Tàpies' who were two of the greatest figures in the Catalan avant-garde, and there are also works by Frederic Mompou, Ignasi Mallol, Isidre Nonell, Joaquin Torres García and Pau Gargallo. LatinAmerican art is also present at La Fundació. More than forty works from artists like Sergio de Castro Felguérez, who became Palau's friend during his stay in Paris. Finally, The Current Artists Hall, which contains the works of three contemporary and well-known artists: Pere Jaume (Perejaume), Miquel Barceló and Pepe Yagües.

Beyond the permanent collections, one of the main attractions of La Fundació Palau is the temporary exhibitions' programme. During the last five years, this art gallery has organized great exhibitions, many of them about Picasso, such as Picasso paints the Guernica or Unusual Picasso. But the presence of great artists such as Joan Miró, (Galeria d' antiretrats and La Metàfora del'objecte) Manolo Hugue, Ismael Smith or Ràfols Casamada has also been valuable.















# Cultural ROUTES

Una de les propostes d'oci cultural més interessants de Les 3 viles és iniciativa de la Fundació Palau: l'equipament organitza una ruta per descobrir il·lustres representants de la literatura catalana que han residit a Caldes: Jacint Verdaguer, Apel·les Mestres, Joan Maragall i el propi Palau i Fabre. La ruta, una visita guiada per la població, permet descobrir els espais que cadascun d'ells compartia amb el municipi maresmenc. Una proposta ideal per impregnar-se de l'aroma literària de Caldes.

# Fundacio Palau

54, Riera Street, Caldes dÈstrac 08393 Telephone: 003493 7913593 Fax: 003493 7912751 Web: www.fundaciopalau.cat

Email:

fundaciopalau@fundaciopalau.cat

# Opening times

Summer (June-September) Tuesday to Saturday: 11am to 2pm and 5pm to 8.30 pm Sunday and holidays: 11am to 2pm

Winter (October —May)
Tuesday to Saturday: 10.30am. to
2pm. And 4pm to 7pm
Sundays and holidays: 10.30 am.
To 2pm.
Mondays except holidays: closed

# Popular painting and culture

La Fundació Palau is the main attraction, but it would be a pity if we forgot another museum, simpler but also very interesting. It is the Museu-Arxiu de Sant Andreu de Llavaneres, which has an important collection of contemporary catalan painting, with works of Ràfols Casamada, Antoni Clavé, Antoni Tàpies and Josep Maria Guinovart. There is also an area dedicated to painters who are related one way or another to Llavaneres, like Lluis Masriera, Aureli Tolosa, Joaquim Vancells or Opisso. The art gallery fills the first floor of the building and the ground floor has got a large collection of fun objects, such as ceramics, stamps, some toys or crystal; an ethnographic collection of countryside tools, radios and a large variety of photo cameras and slide projectors from the end of the 19th Century. During the year, the team dedicates a space to temporary exhibitions related to all types of artistic disciplines (there was an exhibition dedicated to the sculptor Joan Borrell or Perecoll, from Mataró).

The interest is not only inside the museum, the building is also worth contemplating. It is called **Can Caralt**, a masia from the 18th Century located in the town centre, which became a noble mansion during the second half of the 19th Century with enormous gardens.

We have already seen how the great names from Catalan painting have a remarkable presence at Les 3 viles, but there is also a reference

■ Facade of the Sant Andru de Llavaneres Museu-Arxiu







to popular art. In this area we should mention **EI Museu del Pessebre de Catalunya**, located in the **EI Delme** building, in Sant Vicenç de Montalt, one of the few places dedicated to this tradition. There is a monographic area which collects more than sixty nativities from the best artists and a wide exhibition of Catalan, Spanish and Latin-American figures from different styles and periods. El Museu del Pessebre, a place for spreading and preserving popular art,history and traditions, is planning to settle down in a larger, functional, more fashionable and technically more suitable area.

In Caldes, there are two places dedicated to promote culture: The **Economic Promotional team**, which welcomes cultural activities and exhibitions, and also promotes several commercial proposals in order to invigorate the town, and **The library Can Milans** where, apart from the usual services of borrowing books and reference books, plenty of complementary activities, such as poetry readings, books' presentations, local craft industry, photographic competitions or printing works for children and adults are organized.

In Sant Vicenç, The Library **La Muntala** (this name comes from a **Salvador Espriu**'s poem), and in Llavaneres The Town Library, also promote some cultural events, like cineforum, exhibitions and hours dedicated to tell stories to young children. La Muntala has become the social and cultural lung in Sant Vicenç. Its lecture hall, which can hold 300 people, celebrates several musical, theatrical auditions and conferences. **El Casal de Llavaneres** also opens its doors to the scenic arts, among others programmes by La Fundació Xarxa d'Espectacles Infantils i Juvenils, a theatre for children. Not to forget La Secció de Teatre who also develop a regular programme throughout the year.

## Museu- Arxiu de Sant Andreu de Llavaneres

14, Sant Vicenç street, Can Caralt Telephone: 0034937 929 282 Email: museu.arxiu@llavaneres.es

## Opening times

Monday to Friday 5pm to 8pm (Temporary expositions) Saturday, 11amto 2pm and 5pm to 8pm Sunday and holidays, 11am to 2pm





## RESTAURANTS

In Llavaneres, the best option is to move to Port Balís, where there are the main restaurants of Les 3 viles. La Taverna del Port, El Racó del Navegant or Can Jaume, these are some of the establishments that surround the harbour and the nautical club.



## Small corners

Les 3 viles are synonym of peace and calmness, as if nightlife didn't exist. In the vicinity of **Barcelona** or in nearby towns such as **Mataró** or **Calella** there are a large number of pubs on offer. Also, Les 3 viles can count on a large number of restored establishments, cafés and leisure areas like **Port Balís**, **La Riera of Caldes** or the beach of **El Passeig dels Anglesos**.

Caldes d'Estrach concentrates its main activity in **La Riera**, with many bars that open their terraces throughout the year. Establishments like El Porronet or El Café Luisa, with its beautiful terrace located under a grapevine, give life and a special charm to this street.

You can choose between many establishments near the sea. This is the case of the restaurant Can Marcel·lí, founded in 1875, a historical place which has an excellent location on El Passeig dels Anglesos, one of the most beautiful marine avenues in el Maresme. It is a pleasure tasting a very cold beer with the breeze, the sea and the avenue's modernist houses as company. It is also to be recommended the xiringuito El Racó d'en Bugatti, with a charming terrace near the Hotel Colón. In Caldes there are six beach bars along the beach. During the summer they are verycrowded, like Marola, the new local Quedem?, located in Sant Vicenç de Montalt's beach, and near Port Balís.

Vern Bueno



# the lights. Sof the elderly

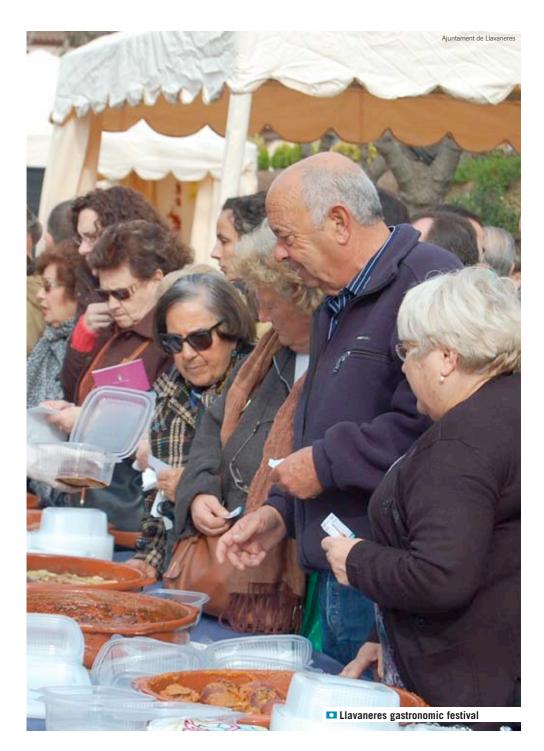
## An oasis

Les 3 viles are specially attractive for the visitor who is looking for a peaceful stay, but not boring; varied but not stressful. Les 3 viles are a heavenly oasis for older people. Due to a programme bound to health and thermal therapy, Les 3 viles deserve to be recognised as an oasis of well-being, especially suitable for those people who value small town tranquillity where everything is accessible to everybody. There are some services close by, good restoration, cultural activities and sports offer relaxation, and an unbeatable cocktail of sea and mountain. For all these reasons, Les 3 viles are a suitable destiny for elderly people who are in search of health and well-being.

Caldes d'Estrac, Sant Andreu de Llavaneres and Sant Vicenç de Montalt concentrate the virtues of sun and beach, of traditional thermal springs and of the more normal therapies such as attractive parks and green countryside which invites one to go for a stroll along the old lanes walked on by the first holidaymakers. These villages are also very well known for their gastronomy and golf.

In addition, they are wonderful places for those enamoured of culture, because it is possible to visit many museums like the **Fundació Palau** in Caldes d' Estrac, the **Museu-Arxiu** in Sant Andreu de Llavaneres or the **Museu del Pessebre (Museum of the Nativity Scene)** in Sant Vicenç de Montalt. Apart from all this, we should add the cultural meetings and other interest points such as the different meetings of **Puntaires (lace makers)**, the **medieval fair** or the **Antique Market** in Sant Vicenç, as well as itineraries which can be enjoyed in Caldetes or in Sant Andreu de Llavaneres to experience the modernistic heritage and remember the past of these summer holiday villages.





## THE XURRAVINS

The inhabitants of sant vicenç are popularly known by the name of Xurravins. The xurravins (wine fritters) are birds called gafarrons in Catalan. They are called xurravins as they would make their bed in the buckets used to transport the grapes from the vineyards to the farm house. They pecked at the grapes and ate small pieces.



## Open activities

Nowadays, Les 3 viles are fitted with services and equipment for the elderly who, breaking with tradition, have energized their social and cultural life, joining clubs and collectives with exceptional activities. The most paradigmatic example is the Association of the third age *els Xurravins* in Sant Vicenç de Montalt. This association organises a wide range of specific activities for the members, such as cards, dominoes, billiards, chess and so on. There are also some activities just for the residents and sporadic visitors like gym courses in the Sports Centre, the Studio of Patchwork and drawing and the cultural trips which very often take place. The organisation has its own club house in the Civic Centre El Gorg, a building which also takes in the social canteen offered by the town hall for the elderly.



## Pensioners' Association

Caldes d' Estrac has a very active Pensioners' Association. An association with a history which began in 1985, and takes charge of various activities, among them, day trips, well known for being very popular. Also popular are the football matches not only for the game but for the get-together to encourage community feeling. Then, the club house in Riera 18, fills with a very intimate atmosphere. In addition to this, apart from other activities, they usually make a trip once a month. The pensioners collaborate closely with the town hall of Caldes. A good example of this is the programme of chats and joint activities. The Pensioners Association has, apart from its members, other members called *protectors* who are not always retired The Association also takes part in most of the activities which take place in Caldes.







Llavaneres is honoured by a group of very eager elderly people. This fact is confirmed by the lively, spontaneous gatherings of a group of retired people, sitting on the benches in front of the town hall, who are known by the name of the Parliament.

El Casal de la Gent Gran (The third age Casal), situated in Passeig de la Mare de Déu de Montserrat, is a municipal entity which is at the service of elderly people and also promotes the union and the well-being of old age by means of entertainment, the promotion of coexistence, integration and communication with the social media, The centre plans activities every month, like trips, afternoon snacks with live dancing, meals, lectures, cinema sessions, bowls championships, table tennis and chess. The Town Hall negotiates with the Casal where there is also a popular canteen where people over 65 can eat healthily at an affordable price. In addition, the Casal and the Town Hall collaborate with the maintenance of the two local vegetable gardens which are worked by retired people from the town. One part of the harvest goes to the people from the town who really need it through the Social Services. Apart from this, the town has Home Care Services which are a great help for those who are over 65 years old.

## Homage to the eldery

Les 3 viles look after their grandfathers and grandmothers; once a year they celebrate festivals dedicated to Old People. This is the case of the Festivity which is organised every spring in Sant Vicenç de Montalt, a holiday taken organised by the Department of Social Welfare, where the town pays tribute to their over sixty-fives. The celebration includes a Eucharist, a meal in brotherhood, musical performances and a traditional session of dancing.

Of similar characteristics is **Festa de la Vellesa** (the celebration of **Old Age**), which is celebrated in October or in November in Sant Andreu de Llavaneres. In this celebration, organised by Patronage of Old Age for more than half a century, the honourees are people older than 75 years old. Patronage, in Llavaneres, organises other activities for the elderly during the year, among them stands out the trip which is made in spring and visits to the elderly in need, at Christmas. Caldes also organises a **Festa de la Vellesa** on the 14th June, it is already well established and in 2010 will be celebrating its twenty-fifth anniversary.

Judith Vives







## the delights. of the children



To visit Les 3 viles with children is a great opportunity for them, not only to learn about the history of Llavaneres, Caldes and Sant Vicenç, but also to practise sports like golf, tennis, sailing or horse riding, rolling about the sand on the beach and to paint at the Fundació Palau to become... Why not? An artist like Picasso.

First of all, Les 3 viles offers different places to go with the family, like parc de Ca l'Alfaro in Llaveneres, parc Joan Maragall in Caldes or parc dels Germans Gabrielistes in Sant Vicenç. If you visit the area with children, you could spend at least one morning walking around the parks and also through the streets, on the beach, and in the woods, keeping in touch with the **Montnegre-Corredor**. In this way, the town halls of Les 3 viles have remained united to create some common natural paths, which have the support of the Diputació of Barcelona. The routes can be made on foot or by bicycle and the towns are joined by natural paths. (For more information look at the chapter Pleasure on the beach and in the mountains).

If we want to do some sports without leaving the children out, the visitor could go to the **Club Nàutic El Balís** in Llavaneres, where sailing and surfing is taught, **The Sailing School of Balís** offers the possibility to give classes in order to navigate 7 different kinds of boats, but for children the most suitable boat is the *Optimist* the sailing boat par excellence and the *Techno 293* a surfing board which teenagers can use to surf the mediterranian waves and even compete.

Another option to consider is the possibility to play pitch and Putt with children, a simple version of golf. In both Llavaneres and Sant Vicenç there are several golf clubs where it is possible to enrol the children in private classes for some days or for the summer season. This is the case of **Tennis Mora** Llavaneres, where summer clubs for children are organised during July and August; among these activities there is pitch and putt which can be played at the same time as tennis and paddle. The other golf clubs of Les 3 viles are **Club de Golf Llavaneres**, **Golf de Sant Vicenç de Montal**t and **escola Golf Handicap 1**. (For more information look at the chapter The sports' pleasure)

Related to the cultural activities, you can have a look at the **Fundació Palau** named after its founder, the writer and the biographer of Pablo Picasso, Josep Palau i Fabre. The foundation has a wide collection of Picasso's paintings, and some Catalan contemporary art which is very worthwhile looking at. It offers different educational training workshops for scholastic groups and for other collectives, focused on Picasso's work and other authors like **Joan Miró** or **Perejaume** from Sant Pol. The art centre also sets up the Diumenge de la Fundació, a programme of family activities about the exhibits. This is the case of Més enllà de l'objecte work of the collection Macba a demonstration of contemporary art which at the end of 2008 generated a visit-training-workshop for children and adults about the work on show.





## CHILDREN'S

The Palau Foundation includes a portrait painting and self portrait painting workshop, in accordance with the presence of this type of painting in the art collected over the years by Palau i Fabre.



The local public libraries in 3 viles frequently organise activities for children. Story telling is one of the most established which takes place during the months of October and June in the Muntala public library in Sant Vicenç de Montalt.

A place which you cannot avoid visiting with the family in the background of Les 3 viles is **el Museu del Pessebre de Catalunya**. It is placed in the old hub of Sant Vicenç de Montalt, it has about sixty Nativity scenes, and a great collection of Catalan Spanish and Iberoamerican formal figures of the most diverse styles and ages. Nowadays, they work jointly with the Bishopric and the Diputació de Barcelona to reform the building of Delme and turn it into a large, modern and functional museum. It is open to the public between December and February, from 12 a.m to 2 p.m and from 6 p.m to 8 p.m. The rest of the year visits can be arranged through the Town Hall of Sant Vicenç where more information can also be obtained. The new youth centre in Caldes is also worth a mention, it was opened in 2008 next to the sports centre.

However children's activities on offer in Les 3 viles is even wider. The town halls of the three municipalities also work for the children, through the local club (casual) or the libraries, with activities like story time. Llavaneres, the biggest municipatity in Les 3 viles, takes part in the Xarxa d'Espectacle Infantil i Juvenil de Catalunya enabling enjoyable theatre throughout the year. Adding to this, the Casal de Joves or Youth club set up different courses such as painting, theatre and chess, for the children during school time.

In Caldes, in the last 15 years and with the support of the Town Hall, the organization Arrels has set up different activities addressed to the young. Among these activities, planting trees and flowers stood out; it takes place in the spring in Parc de Can Muntanyà with the aim to make children become aware of the environment and respect it. Every child plants a tree, a flower or another type of aromatic herb, and finally they give a name to the tree or flower they planted. After that, every child has to look after whatever they planted to understand the cycle of life and to consequently respect it. The planting of trees and flowers is open to everybody.

The town Hall of Sant Vicenç also sets up activities for children. The Councillor of Youth prepares three children's clubs every year which coincide with Christmas, Easter and summer holidays and include games for children, training workshops and handicrafts. The clubs which take place in the local schools are complemented with activities offered in Cau Jove, a club for young people of the town which also gives a service to the children. In 2008, for example, Cau Jove took over the sevillanas dance classes which a local organization used to run for children aged from 6 to 12 years. The classes planned on Fridays are open to all children from all the municipalities.

Casal de Joves. A Youth club like this doesn't exist anywhere else; this makes the Casal of Llavaneres a very special association.

Betty Doñate







# the lights. of the sea and the mountains





The blue sea and the green mediterranean woods travel in parallel through Les 3 viles almost touching one another. With your feet touching the water, back to the horizon, El Montalt range draws woods of ilexs and pine trees which almost go down 600 metres to the sandy shore. And from the granite balcony, which is 600 m high, the Mediterranean shows all its immensity and takes your breath away. This duality of sea and mountain, is the postcard of complete nature that surrounds Les 3 viles.

## The beaches

Sant Andreu de Llavaneres and Sant Vicenç de Montalt look at the sea, although the hearts of the respective town centers beat at some kilometers from the coast. However, going down to the sea is a pleasant walk and it rewards you with an extension of light beaches which are equipped with all the necessary services in order to spend summer days there. More deliberately marine than Llavaneres and Sant Vicenç, Caldes d'Estrach is caressed by its waves. Les 3 viles draws a continuous coastal line, only interrupted by the blue hangar of Port Balís in Llavaneres.

Sixty meters wide and an extension of 0,7 kms, Caldes d'estrach has got a beach which satisfies the demand of its inhabitants and its weekend residents. **The beach of La Riera** and **the beach Els Tres Micos** have a good access for parking. Els Tres Micos' beach received The Blue Flag Distinction in 2008 and it has been included into the first rank of beaches, according to the sanitary, environmental and accessibility rules which are established by The European Foundation of Environmental Education that takes place every year. During the summer season there are life guards, life-saving areas, showers, water ski renting services, canoes, hammocks and parasols, and some restaurants and cafés.

Sant Vicenç de Montalt has only got one beach, but it is very long: 1.340 m. It is distinguished by The Blue Flag Distinction because of its quality year after year It has fine sand and the beach offers a life-saving service, showers, beach bars during the Summer season and hammock renting. It has also got good accessibility and car park.

Sant Andreu de Llavaneres has three beaches: L'Estació, Les Barques (on the left to the port) and El Balís (on the right). They have shower services, life-saving areas, and offers different activities for the bathers. They have thick sand.

In Sant Andreu de Llavaneres the bather crosses **Can Sanç** Street, which was the fishermen's place. There wasn't any building here until the 18th Century because of the danger of pirates who arrived to the Mediterranean. Then, a rural house was built and also a church (in the 14th Century) according to some documents, although the building has suffered some changes. In 1900, the station was built on the train line, which is still preserved.

## MARINE FRONTAGE

The marine frontage of Les 3 viles evokes the times when the first holiday makers arrived andwhen sea bathing started to become fashionable. On El Passeig Marquès Casa Riera, in Sant Vicenç, there are some of the modernist mansions which were built at the beginning of the 20th Century, between 1914 and 1918. They look so well preserved that it seems that in any moment some of those refined bourgeoisies will greet you from one of the windows. Time has also stopped at Passeig del Mar and Passeig dels Anglesos in Caldes, where the frontages of modernist bungalows still testify the splendor of that period.









## The mountain

The **Littoral Range**, from the height of this area, draws a beautiful natural scene, marked by rural areas, rich in resources and near to man. **El Montalt**, at 595m,is the highest hill in the area. These woods are the corridor of **El parc Natural del Montnegre-Corredor**, where you can spend an afternoon reading under the splendid pine groves, the ilexes, the oaks and the cork trees, far from the coast.

The **pine tree** is the most abundant and it dominates the countryside. From the middle of the 20th Century, the inhabitants of the area left the vineyards which were part of the mountain slopes. Consequently, they became abandoned fields and later pine groves. Nowadays, many of these pine groves are almost all ilexes, the most adapted trees to this territory. These ilexes-cork trees occupy a considerable surface, taking advantage of the forest exploitation. The **ilex-cork** tree's bark is extracted when the tree is more than 40 years old and it will only be peeled every ten years, approximately. The cork's first cap (called pelegrí) is used for nativity scenes and conglomerates. On the second layer, the cork becomes more uniform and it is used for caps, thermic and sonorous insulation and, lately, more and more, the cork is used to make wallets, agendas and shoe soles. We also obtain wood, organic coal and acorns from cork trees.

Many bushes and lianas grow under the pine trees, such as the **borrera steppe**, the **white steppe**, the **ginger steppe**, the **arítjol**, hay and the **bush**. Watching the texture and the colours of the vegetal masses is a good system to recognize the different types of vegetal coverage in the forested countryside.

A silent walk through the forest and a little bit of luck will let the hiker watch the fauna of the territory. There are a lot of **squirrels** and many rodents such as the **forest mouse**, the **water rat** and the **black rat**. The **wild boar** can be considered the king of the mammals in the Catalan Mediterranean woods. Among the large variety of birds, we need to mention the **woodpecker**, which we can easily watch in the holes it has made in some ill pine trees in order to find insects to eat and the **jay**, which we can see almost all year round and we can hear it because of its peculiar cry, although during its breeding season it is quieter and more difficult to find.

Agricultural areas continue to take an important part in *Les 3 viles*, although in a smaller way than many decades ago. We need to mention the **Cinc Sènies**, more than 400 hectares which separate Sant Andreu de Llavaneres from Mataró. Work on the field has also left important examples, in the form of buildings, in the area, that is





the *masies* or farmhouses, many of which are very significant. They could take part in an itinerary that the visitor can plan, especially in the town of Llavaneres: **Ca n'Amat**, **Can Morera dels Tarongers** (nowadays it is a restaurant), **Can Tries** (with a fortified tower), **Can Cornell** (restaurant and masia) or **Can Casals** (with big wine cellars). And some buildings which are more difficult to appreciate from the exterior like **Can Cabotí** and **Can Lloreda** (romanic constructions), **Can Berenguer** and **Can Catà de la Vall** (gothic and fortified masies). In Sant Vicenç we can find **Can Brunet**, **Can Saurí**, **Can Rams** (also known as **Can Coll**) and **Can Mora de Dalt**. In Caldes we have to mention **Can Milans Peradejordi**, which today has become the town Library.

## Mushrooms

In the autumn, the presence of mushrooms attracts many enthusiasts who want to collect them in order to have a good meal or preserve them; however, it is essential to know the different kinds of mushrooms or go with an expert because many of them aren't edible and some of them are poisonous. Recently, the overcrowding of mushroom gatherers, who treat the forest without care, causes great difficulties for their cultivation in these woods.



## AGAINST THE FIRE

The forests of Les 3 viles are lush with mediterranean vegetation, fragile and with a tendency to forest fires. so, it is forbidden to make fires or throw cigarettes and it is necessary to take away all rubbish produced during the outing.



## A sea and mountain excursion: Les 3 viles' Route

The best way to get a close look at this diverse landscape and to visit the heritage of Les 3 viles is by foot or cycling. With this purpose La Diputació de Barcelona organized **La Ruta de Les 3 viles** in september 2008, a round excursion of 21 km that joins the sea and the mountain and the three city centers and it is not very difficult to complete. However, there is a constant unevenness because of the mountainous features of the region in this particular area.

The itinerary introduces you to the wide beaches of **EI passeig de Marquès de Casa Riera** and **EI passeig dels Anglesos**, where we can admire some of the modernist mansions, which were built between 1914 and 1918, and some holidaymakers' houses, one of the architectural jewels from that period by the sea and one of the most well-preserved is el Maresme. But the route of Les 3 viles takes us on a walk through the shady woods in the **range EI Corredor, EI Montalt** (595m), which is the highest mountain in Sant Vicenç. Precisely, the ascent to EI Montalt is the most difficult point for people who are not used to hiking or cycling, although the route allows us to avoid this ascent through several diversions.

El **Port Balís**, in Llavaneres, marks the starting point although being a round route, it can be started anywhere. From the port, the route leads you to Llavaneres' town centre and goes up to the top of Montalt and **Torrentbò** in order to go down until Caldes d'Estrach and finish again at Port Balís following the coast road.

Xavier Amat

## Les 3 viles Route

Along the way there are signs with toponyms and the distances marked in kilometers. In addition the way is indicated by yellow paint along the route which is very easy to follow

In case the complete itinerary is excessive because of lack of time or some difficulty for amateur hikers, there are also some easier alternative routes ,indicated:

**Alternative 1(1,75 km):** Passeig dels Pins, Riera de Sant Andreu de Llavaneres.

Alternative 2(9 km): Beach, Passeig dels Pins, Camí del Padró, Sant Vicenç de Montalt and connection to the main route nearTuró de l'Orida.

Alternative 3 (2,15 km): Riera de Caldes, Sant Vicenç de Montalt.

Alternative 4 (2 km): Connection

**Alternative 4 (2 km):** Connection with the main route near Caldes d'Estrac towards Sant Vicenç de

Montalt.

**Alternative 5 (2,8 km):** Onze Pins, in Sant Andreu de Llavaneres.

**Divertion (1,2 km):** From the town centre of Llavaneres to the Cemetery.

In order to make Les 3 viles 'route, it is important to wear suitable clothes and footwear and bring water and food. You should use sun protection and guard from the heat during the summer and from the cold during the winter. It is also important to be aware of the flood slopes in case of storms.

## Les 3 viles route: interesting places



**Rocs de Sant Magí:** Neolithic deposit formed by various granite blocks of considerable measurement.





Cemetery and Old Church of Llavaneres: The cemetery surrounds the old parrochial temple until 1836, of late gothic style.

Anna Tresserras

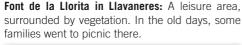


Parc Ca L'Alfaro: Public park located in the town centre of Llavaneres, which surrounds one of the most well-known modernist, summer residence.

Toni Buch



Casa Ugalde in Caldes d'Estrac: It has been declared a cultural national heritage because of its architectural value.





**St Vicenç's Church:** It is a great example of the late Gothic from the end of the 16th Century.

Parc Can Muntanyà in Caldes d'Estrac: Place of great beauty, crowned by La Torre dels Encantats (18th Century), located in Arenys de Mar. It has got four lakes and a big variety of vegetal species and medicinal plants.

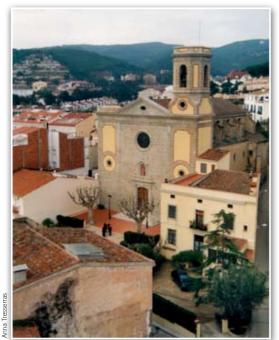


Parc dels Germans Gabrielistes in Sant Vicenç de Montalt: Natural view point, with its own vegetation and centenary trees, crowned by a tower of the 18th Century.



**Museu del Pessebre de Catalunya:** Located in the centre of Sant Vicenç de Montalt, this permanent exhibition has more than sixty nativity scenes and a large collection of figures .

Sergio Ru

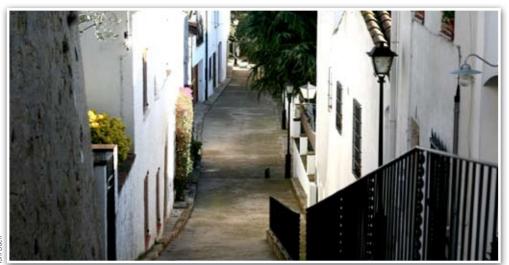




Sant Andreu de Llavaneres

Caldes d'Estrac

And, obviously, **the old city centres of Les 3 viles**. The historic centre of Sant Andreu de Llavaneres is known for its architectural and commercial interest; the centre of Caldes d'Estrac is known for the passages which join with La Riera; and Sant Vicenç de Montalt's centre is famous for its county houses from the end of 16th Century.



do id

Sant Vicenç de Montalt

## the lights. of funfairs and festivals



## Sant Vicenç Winter Festival

The kart race in the Sant Vicenç winter festival has become a tradition. This display goes down Escoles street, La Riera del Gorg and eventually arrives to the final in the Sports Stadium. All the karts have to go through a rigorous control to check that the brakes and steering are in a perfect state and that the wheels are in a good condition.





The character and the Mediterranean climate, good food and the sea are always good excuses for celebration. For that reason it is not strange that, on the annual calendar of Llavaneres, Sant Vicenç and Caldes, we find numerous festivities and funfairs noted. All three towns organize their own festivals, which are celebrated during the summer and the winter festivity celebrated, as its name indicates, during the coldest months. These celebrations are dedicated to their town's saints: in the case of Llavaneres to la Minerva (in the summer) and to Sant Andreu (in the winter); in the case of Sant Vicenç to Mare de Déu de l'Assumpció (in the summer) and to Sant Vicenç (in the winter) in Caldes to Mare de Déu del Remei (in the summer) and to Santa Llúcia (in the winter).

Generally, they are festivities with traditional music, offering variety and cultural activities where access to the majority of activities is free, although we can find some proposals (like plays or readings)where we have to pay entrance. On the programmes it is easy to find an enourmous diversity of activities like *xocolatades* (hot chocolate with fried cakes), *havaneres* (traditional songs on the beach), fireworks, bowls, sports, musicals evenings, dinners, *correfocs* (running with fireworks), or *envelats* (organized events such as balls under a marquee). At their respective city councils and their webs: http://www.svmontalt.cat/,http://www.santandreudellavaneres.cat/, http://www.caldetes.cat/ we can look up the festivals' programmes only a few weeks before they start. In every festivity there are some special events.

## The Giants and their name

In these popular festivities the giants always have an important role. Each town has its own giants and their names are related to some real or fictitious characters which are closely involved with the town in some way. Caldes has got two giants and a small giant. The big ones are called **Busquets** and **Fàtima** in honour of a legend. It is said that many years ago a young girl from Caldes called **Leonor** was prisoner of a Mediterranean pirate ship. The pirates gave Leonor to a Moorish prince. Soon after, Leonor won the prince's trust and he entrusted her into the protection of princess Fàtima, who had leprosy. In spite of the doctor's help the princess didn't recover and then Leonor suggested she accompany her to her home, Caldes, to take the thermal spring water. They did and princess Fàtima recovered from her illness and fell in love with an outstanding man from Caldes called Busquets. According to the legend, they got married and had at least two children.







The two giants, made of cardboard, are considerably tall: Busquets is 3,50 and Fàtima is 3,45 m. Both are made by **Jordi Torros** from Mataró. Fàtima and Busquets were introduced in 1981. Since the end of 1989 they have been accompanied by **Nano**, a small giant who represents one of the most charismatic fishermen and at the same time is a tribute to this job, which has employed so many in Caldes through the years.

In Llavaneres we find Jaume Llull, Minerva and Andreuet. The first and the second are made by Josep Cardona Nona from Mataró; Andreuet is a small giant. The giant Jaume Llull (1985) owes his name to a citizen from Llavaneres who , by the end of the 15th Century fought to obtain Llavaneres 'freedom from Burriac. With a height of 3.70m the giant is accompanied by Minerva who was baptized in memory of the town's summer festival in 1986. It is curious that Jaume Llull and Minerva have had a copy since 2007: they are exactly the same as the originals from the exterior but they weigh less in order to make carrying them easier. The small giant, Andreuet, was added to the family in 1996 and he represents the town's farmers and he owes his name to the town's place name. Serenel·la is the small giant from Serena Vall School and she usually joins in the giants' festivities.

**Bòbul** and **Margaridassa** are the two giants of Sant Vicenç de Montalt. Introduced in 1986 with the heights of 3,45 m (Bòbul) and 3,35 m (Margaridassa) they were made at Taller Can Boter in Tiana. The

giant represents an artisan from the beginning of the 19th Century whose job was mechanic art and was part of a corporation. The woman pays tribute to one of the most popular traditions in Sant Vicenç: the lace maker. However, both of them owe their names to a legend: during the Carnival both giants come back to their origins and they dress up as **Bòbul** and **Margaridassa**, exaggerated characters who have the responsibility to keep these festivities alive pushing people and hiding their work tools in order for everybody to join in the fun. The giants are accompanied by **Antoni Sors**, a small giant made by **Toni Mujal** in 2005. This giant represents Toni Sors, a man from Sant Vicenç who took part in the first Catalan expedition and reached Everest's peak. All three giants are accompanied by the Big Head made by Josep Cardona Nona in 1986: **El Dimoni (Devil)**, **El Boig (Crazy)**, **La Minyona (Maid)**, **L'Avi Mariner (Old sailor)**, **El majordom (Butler) and El Pinxo**.

The giants from the three towns and their escort, apart from joining in their own festivities, travel around the region and attend other giants' meetings, organized during, almost ,the whole year.

## Popular festivities

There are well attended festivals which are common in many of Catalonia's regions. This is the case of **La Cavalcada de Reis** (The Kings Parade), an event organized separately in the three towns although Caldes and Sant Vicenç celebrated this festivity together some years ago. In order to receive Their Majesties, The Kings from the Orient, in a proper way, a type of parade (Cavalcada) is organized with different floats which travel slowly down through the town's streets. All of them, splendidly decorated, precede the three floats of The Three Wise Kings who throw sweets and collect the children's letters with their list of the presents.

The Carnival Festival is as popular as La Cavalcada. In Caldes, for example, there are many activities related to this extravagant festivity, such as rues, picnics, dances (for children and Vicenç adults), or the sardine's funeral. And following the annual calendar, Sant, Llavaneres and Caldes celebrate special dates like **Easter**, **Saint George's Day** (with books and rose stands on the street), **La Revetlla de Sant Joan**, The **Catalonia National Day** (11th September) and **Christmas Festivities**, decorating the streets with lights and Nativity scenes.

There are other popular celebrations which are more important in some of the three towns. This is the case of the Festivity **Els Tres** 





### MAGIC MOMENTS

In Sant Vicenç and Caldes, when La Cavalcada is over, The Three Kings sit down on their thrones and accompanied by their pages, receive the children one by one, who have been patiently queuing. In Llavaneres, kids climb up on the King's floats.

On the Montalt hill there are permanent Nativities and every year, at Christmas, a new one is added

A different event in Sant Vicenç is the antique market which is usually celebrated at three-monthly intervals, on Sundays. We can find any type of article from other periods (they are pieces less than 100 years old). The market takes place in the open air, in the maritime area of the town.



**Tombs** in Llavaneres where for only one day (Sant antoni Abat) animals take to the town's streets. The animals are blessed while their owners run around the church three times, as is the tradition. All in memory of **Sant Antoni Abat**, patron of pets. According to the legend, this saint was a great friend to animals and every time he saw a hurt animal he cured it. For that reason, during Els Tres Tombs the parish blesses all the animals that participate in the parade including horses, one of the main attractions.

Of the Traditional Festivities **La Processó de la Mare de Dèu Carme** is specially known in Caldes. It is celebrated on the 16th July (Saint Carme's Day). This saint is the patron of sailors and people who live off the sea. Caldes, with a long marine tradition, has got a chapel dedicated to the sailor. Its principal event is a maritime procession where people throw flowers into the sea in memory of their marine ancestors. After this tribute the ceremony continues in the chapel, where the priest pays tribute to the sailors. In the evening they usually organize Havaneres and music related to fishermen.

In Sant Vicenç there are different popular festivities such as the **antique market** or the **medieval market**. For two days in January the town goes back to The Medieval age, recreating the streets. We can find artisan stands, workshops, jugglers and activities for all the family.

All three boroughs are a **Puntaires (lace makers')** meeting point. La Punta de Coixí and the bobbins' art are two of the most important traditions, especially in Sant Vicenç and Caldes d'Estrac. For that reason, La Margaridassa (the town's giant) represents this job. During this meeting we can see lace makers from Sant Vicenç and women who come from other regions to show their own creations. La Punta de Coixí is a craft work. It consists of making interlaces using the bobbins on a cushion with a special size and shape: it is usually made of cloth, long and cylindrical and full of straw. The bobbins are made of cherry wood, box, mahogany etc. and they have a stick to hold them with their fingers.

The visitor that arrives to this area in June will also be a witness to a special celebration: the welcome to **La Flama del Canigó**, which coincides with La Revetlla de Sant Joan.

And where does this tradition come from? On the Canigó's mountain, in the Pyrenees, there are many towns and in one of these, Arles de Tec, **Francesc Pujades** was born. He was a Catalan hiker and a Canigó's lover. He was born on the 23rd June 1955 and he used this coincidence to revive the tradition of fireworks on Sant Joan giving



them a nationalistic and united sense of Catalan Countries. So, on the 23rd June 1955 he climbed to the top and lit a bonfire which could be seen from many towns.

The following year he came back and the other towns near Canigó had their bonfires prepared in order to light them as soon as Pujade started lighting his bonfire on Canigó's peak.

Through the years, The Canigó's Flame developed: in 1963, after lighting the fire at La Pica del Canigó they took the flame down to the plain in order to burn the maximum number of bonfires from 1964, they left the flame alight all year at Castellet de Perpinyà and every 22nd June they climb to the top in order to regenerate it.

There are two other important dates to be celebrated in June , the cycle of music **Petits Sons** and the **Festival de Poesia i+** (poetry festival) organized by the Fundacio Palau and the Caldes Town hall.





# HAND MADE PRODUCTS

In November, Llavaneres has a culinary demonstration of typical products.

The celebration includes the Autumn and mushroom fair. It presents a well established gastronomic exposition that promotes local products such as stuffed apples, coca de Llavaneres (Llavaneres cake), wine, cava and autumn aliments such as mushrooms.

## Gastronomic fairs

An important fact of the festivities organized in the three towns is that they have some gastronomic products in common. It is the case of la Pesolada (The Pea Festival), Jornades del Bolet (The Mushroom Festival) and Jornades Gastronòmiques de la Mongeta del Ganxet (The Caldes Bean Gastronomic Festival). Llavaneres celebrates The Pea Festivity which Promoció de productes típics (promotes typical products) and organizes gastronomic fairs where the pea and La Coca de Llavaneres are the main products.

Sant Vicenç also organizes a popular Chestnut Festival. There is an activity which is one of the most frequent and popular in Caldes: la botifarrada gegantera (The Giant's Catalan sausage bake). It is organized by La Colla Gegantera de Caldes during the summer (usually by the end of July) and if you want to be a member you only need to register previously and pay a symbolic price. It is celebrated at Can Muntanyà's plain. There are plenty of tables and chairs, with a space to dance because there is also a musical performance. It is the most popular summer fair in the town.

Eva Viñals





# the lights. of shopping



In Les 3 viles there are not any shopping centres with cinemas and crowds of people, however there is a network of diverse and urban shops. Trade in the proximity is synonymous with specialization, of friendly treatment and of personalized service. Here, there are new, innovative shops where quality is greatly valued,

Sant Andreu de Llavaneres, the biggest municipality in Les 3 viles, is also the one that offers the most commercial establishments, nearly a hundred, most are associated to the Union of shopkeepers who work to promote the sector. If you want to go shopping it is necessary to walk along Carrer de Munt next to the plaça de la Vila. It is one of the most important arteries in Llavaneres, a much frequented street by the neighbours from the town, and where it is difficult to leave without buying a delicatessen Here there are shops like can Farnés. a shop that sells fancy ,imported groceries, inaugurated in 1860; can Giralt, an old butcher's from 1881 and can Tapias, a not quite so old shop, -from 1915- but different, because it is the only tobacconist in the village, a wine cellar with chosen wines, preserves from the north of Spain and a butcher's with its own products, such as bull. The brothers Pere and Francesc Tapias and one of their wives. Tona. continue in front of the shop, where, until recently, the old cellar and the sale of cigarettes and cigars still continued. In these specialist shops, we can buy Garrofal peas during spring.

Adding to these establishments, in Munt Street there are two very old cake shops: can Sala and ca l'Alsina, which were founded in the middle of the XIX century as baker's. The visitor who arrives here, knows how lucky he is, because he has the opportunity of going into one these cake shops and tasting the genuine Coca de **Llavaneres**. This is a quality confectionery product, protected by the mark of guarantee Coca of Llavaneres a hallmark which serves to personalize and recognize the coca elaborated according to the traditions of the village. The coca has a rectangular shape and it is not very thick. It is made of puff pastry, stuffed with cream and sprinkled with pine nuts. It was first elaborated in the 60s and it was very successful, especially among students from Barcelona. Since then, the euphoria has not stopped. Can Sala makes coca of Llavaneres every day and for Saint John's eve. the queues which are in the cake shop are legendary. The other old cake shop in Munt street, Ca l'Alsina, also makes coca of Llavaneres, and is also known for their amazing Easter cakes, displayed in the shop window during Easter. If the visitor cannot go to Llavaneres on these dates, but in the summer, for example, a visit to this shop is still recommended, he can see diverse photographs of Easter cakes and the certificates won by the baker Andreu Alsina. In the bakers' Sant Andreu, Sant Pere and Sala Vives, it is possible to buy delicious and authentic coca of Llavaneres.







Next to Munt street, there is Catalunya Avenue, Mare de Deu de Montserrat Avenue, Joquim Matas and Jaume Brutau, el cami de la Masia and Sant Pere street, they all configure the main commercial circuit of Llavaneres.

La Mare de Déu de Montserrat Avenue is on the top part of the watercourse. In this street, the visitor can also compare the quality of the shops in the area. Here Can Giralt opens their blinds every morning, Can Giralt is a shop that specialises in delicatessen and prepared food, and is related to Can Giralt of Munt street; also to the Cake shop Sala Vives and two fishmonger's which are run by two fishermens' sons, Andreu and Carles Torrents. In this area, there is also the **Delicatessen Mercè**. The establishment was inaugurated in 1988 and it specialises in French cheese.

On Fridays, there is a market in the centre of Llavaneres, with a wide variety of food, clothes, flowers, hardware and imitation jewellery.

In Llavaneres, the shops do not close on Sunday as they do in other towns. As far as parking is concerned, the visitor can park in the blue zone on the Riera or in a free car park which is situated behind the village square, in the Jaume Brutau Avenue, next to the GP's surgery and the primary school, Labandaria.



## CARQUINYOLIS

If the visitor in Les 3 viles has enough time, it is advisable that they get a round and flat carquinyolis bag, just to check that they are different from other places in Catalunya.



## Shopping in Sant Vicenç

Sant Vicenç de Montalt is divided into two very well distinguished areas, the top part or native and the low or new part. Most of the people who live in the town work outside it, and there is also a great number of week-end residents. For this reason, a lot of shops which settled outside the municipal area, sell essential products. In the old part, the Main street has most of the emblematic shops, like Figueras & Marc, a delicatessen that specialises in delicatessen products, and also has wines, liquors, fruit and vegetables and prepared food. We can also find, the Pastisseria (Cake Shop) J. Trilla, also named the Flor del Montalt, an antique baker's inaugurated in 1899, whose speciality is carquinyolis. This cake shop, run by Josep Trilla and his wife Mari, works mainly at the weekend, when the clock moves slowly and there is more time to top off a good meal with desserts. In this part of Sant Vicenç, there are two supermarkets and a shopping centre next to the sports centre. On Thursdays, there is a market where it is possible to find a little of everything. In the new area, the shops are concentrated in a cluster of buildings which are on the N-II. Apart from the shops, there is a beauty Centre and hairdressers





## QUALITY

Les 3 viles are characterized commercially more by quality than quantity. That makes them different from a lot of nearby villages. Llavaneres, Sant Vicenç and Caldes have even invented a slogan that identifies their commercial spirit, a pleasure to shop.



El plaer de comprar

## Caldes, service and quality

Caldes d'Estrac has also met the residents', the visitors' and the students' needs. The shops are free from timetables and open some Sunday mornings.

Most establishments are clustered in the Riera and in the Camí Ral. It is the natural place to have a relaxing walk and todo a little window shopping. When the weather is fine, the streets are filled with tables and everything brightens up. In the Riera, we find a supermarket which is open all day in the summer, but in the winter is only open in the mornings; an ironmonger's and the Botiga Blau (Blau shop), which seems to come from Dalt Vila, the old city centre protected by Eivissa, and with clothes in the style of ad lib. There are also fancy goods shops and a fishmonger's. All eyes will focus on the municipal market, for sure, a small, modernist building that at the end of 2008 was in the process of reforms. The market, the only one in Les 3 viles, is small but has seven stalls of fresh products. There is a fishmonger's, a poultry store, a butcher's a fruit store prepared food and salt fish. Caldes Town Hall has planned an extension to have seven more stalls in answer to a demand from tourists' and locals who come to the municipality, especially in the summer. On Fridays there is also a weekly market.



If we stand with the sea at our back, in the entry of the Riera and we leave behind the bridge which makes Cami Ral, we will see a small street, the Carreró. This narrow road, where it is possible to stop to have a coffee, connects the Riera with the Camí Ral. Here is where the visitor will find many shops peculiar to Caldes. It is necessary to stop in **Ca l'Adela**, a butcher's with more than one hundred years of history, which has passed from generation to generation and continues elaborating incomparable products, like the white sausage. The married couple who run the shop are sure of the continuity of Ca l'Adela- so called after the owner's mother, Miquel Corominas- and one of his sons, Pere, has decided to continue the business and give it an international air. Pere Corominas is a wine specialist and has done different courses in France. Apart from having a good international wine cellar, Ca l'Adela also prepares food to take away which saves more than one visitor at the weekend





Typical Catalan cold meats

■ Maresme strawberries and flowers

In the same street there is another old grocery shop, a hemp shoe shop and a tobacconist's. This one which is run by the family Xampany, was inaugurated in 1816 and nowadays is the only one in the whole Caldes that has permission to sell tobacco. In addition, it is also possible to find newspapers, magazines and products of personal hygiene. Another establishment to pay attention to is **Arrels**, a home decoration shop opened in 1980 which used to be a carpentry. The owners do not want to forget the shop's past and have hung carpentry tools on the walls. A detail which combines with the left-hand wall, where there is a wonderful collection of peculiar old jugs. Here, you can find candles, soaps, sheets, and ornaments, products from both the French Provence and from the Italian Tuscany.

Betty Doñate



The main attractions of the region of Maresme can be found on the table. The cuisine of the region is based on prestigious products, like the pèsol (pea) garrofal, mongetes del ganxet, strawberries, the wines of Alella and the succulent variety of mushrooms found along the coast, which equip the zone with a unique culinary personality without forgetting a sweet treat: the coca de Llavaneres. It is not difficult to identify the mark of Les 3 viles with the culinary pleasures from a rich region in products from the vegetable patch and from the sea. And some of these star products are closely linked to Sant Andreu de Llavaneres, Caldes d' Estrac and Sant Vicenç de Montalt, three boroughs which demand to be recognised as Gastronomic Towns.



A great part of the cultivation of the famous pea of garrofal is concentrated in this area, and this is because of the initiative of the local restaurateurs who promote the consumption of this quality product and who are able to bring together lovers of good cuisine who never miss the annual date with the Pesolada in Caldes d'Estrac or Festa del Pèsol (pea festival) in Sant Andreu de Llavaneres. This is a good example of the Associació de Restauradors i Hostelers de Caldes d' Estrac' task, an organization with long experience in the organization of gastronomic events which were used as inspiration and a model to follow, for the other municipalities of the region. As has happened with the pesolada and the pea festival that have consolidated as an annual gastronomic event that attracts visitors from all over. With the quality of the product and the restaurateurs' initiative, the success of the pesolada; the Pea festival, is also due to the originality of the idea that is different to conventional culinary events, that means the idea is based on a unique, exclusive and very prized product. In this way, the **Pesolada** is comparable with the Calcotada (new grilled onions) of Valls or the Gambada (prawn bake) in Palamós.





# From March

The season of the pea takes place between the month of March and April. When the weather is good, it is possible to harvest up to ninety tons. Even though the price is very high, when the product is boxed, and the boxes arrive to to the shops, everything is already sold. The main customers are the very restaurateurs, who make the pea the main ingredient in all the dishes, among them, stands out, by tradition, the drowned peas, This traditional dish is shared with culinary offers of diverse inspiration that delight the experts.



## The green pearl of the region

The pea is a crop especially characteristic to Sant Andreu de LLavaneres and in a lesser degree to Sant Vicenç de Montalt. The Pea of Garrofal an autonomous variety of this pulse which is very valued by gourmets. It is known by the epithet of the **green pearl of Maresme** and stands out because of its firm, fresh flesh and sweet flavour, The cultivation of garrofal fell into disuse because it was very hard manual labouer and demanded a lot of care, which is why, it is only found in the area of central Maresme. The microclimate created between Arenys de Munt and Cabrera is to its advantage.

The pea grows in clumps which can be 2 metres high, and for this reason, it is necessary to tie the branches and avoid them bending. Such dedication turns this pulse into a special and expensive product. But thanks to the active restaurateurs' initiative, Caldes d' Estrac, has made claim to be the main culinary region. **La Pesolada** initiated in 1995, has contributed to make this pulse popular, and has benefited the recovery of the land for cultivation with the positive consequences which. This event has had in the agricultural sector of the area. The farmers dedicate part of their efforts to the cultivation of the **pèsol garrofal** a pearl stolen from the hands when the good weather comes. Then, during the 5 weeks which pass from the beginning of spring to Saint George's day, the local restaurateurs offer menus with peas as the centre of succulent and varied recipes.

La Pesolada, the **Festa del Pèsol (pea festival)**, is the biggest culinary event in the area. Restaurants from Llavaneres and Sant Vicenç have joined in the initiative to organize an event which celebrates the excellences of the product. Sant Andreu de Llavaneres, municipality where a great part of the agricultural plantation of this pulse is harvested, also organises an **Mostra Gastronòmica (Gastronomic show)** in April. The success of these meetings have encouraged other municipalities in the zone to dedicate hours of work to the cuisine of this pulse.







### Autonomous products

Les 3 viles has a high level of gastronomy on offer, which count among their attractions, with prestigious autonomous products with a growing following among lovers of good cuisine. They take advantage of dynamic activities created by restaurateurs, who have promoted gastronomy, both in the ideal surroundings and in the lowlands, and have also contributed to make Les 3 viles an indisputable gastronomic reference point.

## Bean with denomination of origin

The green pearl is not the only gastronomic jewel shared in Les 3 viles. The **Mongeta del ganxet (ganxet bean)** is another of the indisputable attractions that the region offers. This typical variety of the Maresme and of the Vallès, is a type of white bean of average size, plain and in the form of a kidney, which stands out for being very light on the palate, slightly granular, with a soft and consistent flavour, that leaves a floury but very agreeable aftertaste. It has an unknown origin, traditionally, the ganxet bean was cultivated by agricultural workers for their own consumption, and was valued for its high energetic value and for the low economic cost. Like the case of the Pea, the Garrofal, bean has grown in popularity thanks to the restaurateurs' initiative in the area who have claimed this autonomous product which can presume to possess denomination of origin.

This variety is cultivated during July and is gathered in autumn. It is at this time when the gastronomic days of the ganxet take place, which have been organized by Caldes de Montalt since 1999, an initiative of the local restaurant owners. The appointment is after al Saints day (1st November) and goes on for three weeks or more; at that time, the restaurants offer dishes of beans accompanied by clams, squids, cod, pork trotters or mushrooms of all kinds. During the week days, there are also restaurateurs of Sant Andreu de Llavaneres and of Sant Vicenc de Montalt. The aim is to lengthen the season and give pleasure to a specialized ,health conscious tourism, which is looking for added value in a stay in Les 3 viles. Both the Pesolada and the **Mongetada** have had a good reception, in the past, by the local public and visitors and have also managed to bring together an important number of faithful attendants who have filled the streets and the village restaurants with activity. The success of these meetings has been used as an example and reference to other municipalities of the region which have started similar initiatives.







The gastronomic wealth does not finish with peas and beans. A good demonstration of this fact can be found in the Mostra de productes típics (Exhibition of Typical Products) that is celebrated in Llavaneres during November and coincides with the Festa Major d'Hivern (Major winter holiday). On this date, the pea yields the initiative to two emblematic products of the village: the Pomes farcides (stuffed apples) and the coca de Llavaneres: The promoció de productes típics (promotion of typical products) is also known by the name of the festa de la poma (Apple Festival), because the intention is to promote the traditional recipe of stuffed apples, which from the ancient times is cooked in many houses of the municipality coinciding with the Major holiday that takes place on November 30th. The landfill of apples is a local dish that was associated with the custom of killing a lamb. It seems to be that it was during the so called Party or falls when the apples were stuffed with lamb.

Apart from the exhibition and the tasting of the apples elaborated by different restaurateurs and professionals from Llavaneres, this contest also permitted, thanks to the initiative of the pastry shops of the village, a taste of the delicious coca of Llavaneres, an autonomous product that has it is own mark of guarantee. They have been making



Toni Buch

#### Baking the Llavanres Coca

Typical products







coca of Llavaneres since the sixties , it is a cake made of puff-pastry stuffed with Catalan cream and sprinkled with pine nuts, with an intensely sweet taste. The local restaurant owners have been able to preserve these specialities and maintain their personality therefore contributing to their originality.

Gastronomy is also much valued in Sant Vicenç de Montalt, a municipality where the pea of Garrofal. Is also cultivated among other products. Besides, in this village, the so called **Corquinyolis del Montalt** are very typical. They are characteristic dry pastries elaborated with a lot of sugar, flour, eggs, brown almonds and they turn out to be irresistible accompanied by muscatel wine.

Out of the specific days which take place in the framework of Les 3 viles, the local restaurateurs join the other gastronomic regional adventures promoted by the Union of Catering Business and Tourism. In this way, for example, restaurants of Sant Vicenç de Montalt take part in the days of **Cuina del bolet del Maresme (The cuisine of the Mushroom of Maresme)**, which has grown in a few years and incorporating complementary activities that bring the citizens close to the culture of the mushroom world which has a strong tradition in the region, there are about 800 types of different mushrooms from exhibitions, chats, workshops and trips. Also Caldes d' Estrac and Sant Andrey de Llavaneres arrange special days of the mushroom in November. Les 3 viles have just joined in the days of the tomato, also promoted by the Union of Catering Business and Tourism of Maresme.

#### ■ The typical Llavaneres stuffed apple





## Good Food

The region has more than fifty restaurants for both sea food lovers and those who enjoy the fruits of the land, who offer both traditional or creative cuisine. The wide variety of cuisine in the region is well known.



## The Kitchen Range that looks out to sea

From the kitchen range, Les 3 viles also looks out to sea. The maritime tradition of the Maresme defines the dishes and the recipes of the region, and there is no lack of gastronomic gatherings which praise the great value of the sea products. Especially the **Calamarenys**, squid gastronomic days, that are celebrated in October. Restaurateurs of Caldes de Montalt, Sant Vicenç and Sant Andreu de Llavaneres are not absent.

But to enjoy the fruits of the sea in all its brilliance beyond the framework of gastronomic celebrations, nothing is better than to choose one of the numerous restaurants which are available in Port Balís in Sant Andreu de Llavaneres or in the Avenue of Mar in Caldes d' Estrac. Away from the special culinary dates, exhibitions and gastronomic fairs around the autonomous products of the region, Les 3 viles offers an outstanding and much appreciated range of restaurants, suitable for all tastes and pockets, which have been gaining presence and dynamics, thanks to the different initiatives proposed by the unions and restaurateurs' associations. Les 3 viles possess sea fare establishments to share a good Arrozada and a plate of fish and shellfish, beside the sea, but they also possess a small group of specialist establishments for big banquets such as the emblematic Vil·la Minerva. Las Palmeras. Mas Nadal. Masia Graupera and the Centre Equestre of Llavaneres or the castell de l'Oliver, Turó del Sol and Can Marial in Sant Vicenc de Montalt, readv to offer the services and the necessary space to attend company meetings, gala dinners and special events.

Judith Vives















Caldes d'Estrac



Sant Andreu de Llavaneres Sant Vicenç de Montalt Caldes d'Estrac



Les 3viles' cooker at your service.



## Fonda Manau

Tel. 937 910 459

Sant Josep, 11 e-mail: info@manau.cat web: www.manau.cat



Local and international dishes. Specialities; Tossed squid with ganxet beans, Monk fish a la marinara, black rice.

Orders taken on Tuesdays, and Sunday to Thursday nights. Credit cards accepted.

# Restaurant **El Vellard**

Tel. 937 910 003

Camí Ral, 18

web: www.elvellard.com e-mail: info@elvellard.com



Carefully prepared Mediterranean cuisine. Week day Menu 15€.
Tasters' menu 35€ A la carte.
Closed: Sunday night, Monday and
Tuesday mid-day.
Credit cards accepted





# Restaurant-Grill **El Taller**

Tel. 937 912 601

Passatge Sant Pere, 2



Baked snails and grilled meats.

Closed: Tuesday and Wednesday except holidays.

Orders taken, credit cards accepted.

# Restaurant-Bar La Cala

**Tel. 937 910 259** Camí Ral. 11



Local and International dishes Open daily. Week day menu: 8,50€. Week-end menu: 12€ or 18€. a la carte. Orders taken.

Credit cards accepted





# Petit Suñé

Tel. 937 913 272

Riera, 10

e-mail: info@cansune.com web: www.cansune.com



Grilled meat and fish, open from Wednesday to Sunday and Friday and Saturday night.

From the 12th July to 13th September open daily. Closed Mondays.

Orders taken. Credit cards accepted

## Restaurant

# Can Suñé

Tel. 937 910 051

Callao, 4

e-mail: info@cansune.com web: www.cansune.com



Local cuisine. specializing in fish. Open from Wednesday to Sunday and Friday and Saturday night. Open daily from 12th July to 13th September. Closed Mondays. Orders taken. Credit cards accepted.





# Pizzeria Estrac

Tel. 937 913 188

Camí Ral. 5

web: www.pizzeriaestrac.com



A great variety of salads, homemade pizzas and seasonal dishes.

Terrace. Open week-ends from October to June. Open daily from July to September. Closed from the 15th December to 1st February. Orders taken. Credit cards accepted.

## Bar-Restaurant **La Granja**

Tel. 937 910 002

Camí Ral, 32



Sandwiches and baguettes. Closed from 3pm to 5pm





## **El Porronet**

Tel. 937 912 501

Riera, 15



Home cooked menus. Daily menu;  $9,75 \in$ . ½ menu:  $5,95 \in$ .

Week-end menu: 14€. Week-end ½ menu: 9,75€ orders taken.

Credit cards accepted.

## Restaurant

# El Mariagalante

Tel. 937 910 400

Plaça de les Barques, s/n



International and local dishes. Terrace with sea views.

Closed: Sunday night and Monday. Credit cards accepted





## Marola

Tel. 937 913 200

Passeig dels Anglesos, 6



Paellas and baked bass, Terrace, Winter timetable: closed Tuesday, open Friday and Saturday mid-day and evenings. Summer timetable: open everyday accept Tuesday. Ordes taken, Credit cards accepted

# Restaurant **Kim's**

**Tel. 937 915 341**Parc Joan Maragall



Local cuisine, terrace. Credit cards accepted





## Voramar

**Tel. 937 910 944** Passeig Musclera, 10



Local cuisine. Speciality; fish. Terrace with sea views .

Closed: Wednesday. Credit cards accepted

# Bar-tasting **Tête-à-tête**

**Tel. 937 915 186** La riera. 38



Various toasted toppings and wines. Summer terrace from June to September. Open Friday ,Saturday and Sunday from 8pm to 1am. Summer timetable.: open every day accept Wednesday. Credit cards accepted.









## Centro Ecuestre de Llavaneres

#### Tel. 937 927 777

Camí Can Cabot de Munt s/n e-mail: info@centroecuestrellavaneres.com web: www.centroecuestrellavaneres.com



Traditional cuisine, specializing in banquets, gardens. Closed on Monday. Average price: 90€

### Restaurant

## Mas Nadal

Tel. 937 927 244

Vei'nat Avall, 8

e-mail: masnadal@terra.es web: www.masnadal.com



Local and International cuisine. Terrace. Closed: Tuesday to Sunday night Average price: 20€ to 30€. Credit cards accepted.





## Bar-Restaurant Ca la Pilar

Tel. 937 952 517

Pg. Joaquim Matas, 51



daily menu , a la carte, terrace Closed: Sunday.

Average price: menu10€/ a la carte 20€. Orders taken and home deliveries. Credit cards accepted.

# Bar-Restaurant Ca l'Arturo

Tel. 937 927 075

Pg. Jaume Brutau, 38 e-mail: treko4@wanadoo.es



Homemade cuisine - daily menu. Terrace. Closed Sunday. Average price: 10€. Credit cards accepted.





## Bar-Restaurant

## Can Blidu

Tel. 937 952 641

Pg. Joaquim Matas, 31-33



daily menu, closed : Sunday. Average price.  $9\epsilon$  credit cards accepted.

### Restaurant

## Masia Graupera

Tel. 937 926 447

Pg. de les Monges, 48-50 e-mail: info@grauperaconcept.com web: www.grauperaconcept.com



carefully prepared Mediterranean cuisine. Terrace. Open all year. Average price: 35€. credit cards accepted.





## La Panificadora

Tel. 937 928 085

C/Doctor, 17, bxs.

e-mail: lapani2005@hotmail.com



Grilled meat, pizzas, salads and local cuisine.

Closed: Tuesday. Average price: between 12€ and 15€. Home delivery and take-away. Credit cards accepted.

## Bar-Restaurant **El Picarol**

Tel. 937 926 167

C/ de Munt, 21

e-mail: elpicarol@telefonica.net



Pizzeria, terrace. Closed: Monday evening average price: 11€





# Bar-Restaurant La Brasa 48

**Tel. 937 926 419** C/ de Munt. 48



Grilled meat- daily menu. Closed Monday. Average price: 12€. Orders taken. Credit cards accepted.

# Restaurant Dalt Vila

**Tel. 937 926 656** C/ de l'Avall, 9



Local and international cuisine. Closed: Monday night and Tuesday. Daily menu: 12,50+IVA. Credit cards accepted.





### Bar-Restaurant

## El Casal de Llavaneres

**Tel. 937 926 911** Avda. Catalunya, 56



Speciality ox meat/fish.

Daily menu- weekend. Open all year from 8am to 12am.

Daily menu: 8,50€/weekend menu: 12,75€/

tasters menu: 18€

Orders taken, credit cards accepted.

# Bar La Lluna

**Tel. 937 929 562** C/ Sant Pere. 15



Daily menu. Closed: Sunday. Average price: 8€





## Sanç Restaurant

Tel. 937 927 551

Avda. Catalunya, 63

web: www.vilaclaraarthotel.com e-mail: info@vilaclaraarthotel.com



Daily menu. Closed: Mondays and Sunday night.

Average price:  $40 \in \text{to } 45 \in$ . Credit cards accepted.

#### Restaurant

# Can Morera del Tarongers

Tel. 937 929 351

Psg. de les Alsines, 16 e-mail: info@canmorera.cat web: www.canmorera.cat



Local cuisine. Daily menu 15 €(IVA not included). Closed: Wednesdays and Sunday night. Orders taken. Credit cards accepted.





## Handicap

Tel. 937 913 498

Ctra. BV-5031, Km 7

(entre St. Andreu de Llavaneres i St. Vicenç)



Local traditional cuisine. Terrace. Closed: Mondays and Sunday night. Open every night in July and august.

Average price: 14,90€/ a la carte 30€. Credit cards accepted.

#### Restaurant

### **Nostrum**

Tel. 902 150 950 / 937 929 456

Camí de la Masia, 5-Urb.l'Ametllareda nostrum.llavaneres@gmail.com www.tendanostrum.com



Home cooked cuisine – 100% natural. Fideua, Mountain rice, salads... Tasting inside. Orders taken / Terrace. Open: Sunday to Monday 11am to 4pm. Open: Tuesday to Saturday 11am to 9pm.





### Bar-Restaurant

## La Masia Bartrés

Tel. 937 927 001

Passeig de Bellaire, 48 e-mail: masia-bartres@mixmail.com



Home cooked and grill. Daily menu from Monday to Friday. Terrace. Open every day. Average price: 8€ / a la carte 20€. Credit cards accepted

# Restaurant Vil-la Minerva

Tel. 937 926 104 Camí Pas del Pla, 3 web: www.vil-laminerva.com



Cuisine specializing in weddings, banquets and conventions. Catering service. Large dining areas: 20 to 400 people Average price: from 60€





### Bar-Restaurant

## Can Pere Joan

**Tel. 937 926 790** Avda. Sant Andreu. 49



Rice dishes and fish. Closed: Tuesday. Price: daily menu 10,50€. Orders taken. credit cards accepted, except American Express.

### Restaurant

## El Rebost del Port

Tel. 637 870 687

Port Balís, 5

e-mail: info@elrebostdelportBalís.com web: www.elrebostdelportBalís.com



Aperatives of tapas and conserves. Take-away home made food and seafood. Home made deserts. Open everyday





# Bar-tasting **El Celler**

Tel. 937 926 870

C/ de Munt, 43 celler@hotmail.es



Wines and delicatessen.
Open: 8am to 1.30pm and 5pm to 9pm.
Saturday: 9am to 2pm and 5.30pm to
10pm. Sunday: 11am to 3pm.
Orders taken. Home delivery. Credit cards accepted.

### Restaurant

## Las Palmeras

Tel. 937 930 044

Ctra. Nacional II. Km. 652 web: www.restaurantlaspalmeras.com



Fresh fish, shell fish and game. Closed: Monday Menu: Tuesday to Friday 18€. Credit cards accepted.





## Pins Mar

Tel. 937 926 902 / 937 927 356

Pg. Marítim, 86-100 e-mail: pinsmar@telefonica.net



Mediterranean cuisine. Terrace. Closed: Sunday night and Mondays. Average price: 30€. Credit cards accepted.

### Restaurant

## Metumbo

Tel. 655 921 011

Ctra. Nacional II Km. 650,8



Home cooked Mediterranean Cuisine Terrace Closed: Mondays Average price: 25€ to 35€ Credit cards accepted





## El Racó del Navegant

Tel. 937 928 613

Port Balís, 24

e-mail: elracodelnavegant@hotmail.com web: www.elracodelnavegant.com



Cuisine specializing in fish and shell fish. Terrace. Closed: Sunday night and Mondays. Average price: 40€ redit cards accepted.

#### Restaurant

## La Taverna del Port

**Tel. 937 927 303**Port Balís. 11



Fresh fish, paella, fideuà and seasonal dishes.

Terrace.

Closed: Summer: Tuesday; Winter:

Monday and Tuesday Average price: 30€ Credit cards accepted.





#### Bar-Resturant

## Pato Maralgo

Tel. 937 928 531

C/ de Munt, 59



Baguettes, tapas. Terrace. Table football and billiards. Open every day of the year. Credit cards accepted.

### Restaurant

## **Can Mario**

Tel.937 929 130

Port Balís, 6



Grill, seasonal homemade dishes and fish. Closed: Tuesday. Average price: 30€. Orders taken. Credit cards accepted.





## Can Jaume

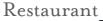
Tel. 937 926 960 / 937 952 012

Port Balís

web: www.canjaume.cat



Sea food, fish stews, rice dishes, baked fish, in salt, steamed etc.
Closed: Wednesday.
Average price: 35€.
Credit cards accepted.



## Club Nàutic el Balis

**Tel. 937 927 525 / 663 316 159**Port Balís



Local and Catalan cuisine. Terrace. Closed: Monday. Average price 20€. Orders taken. Credit cards accepted.





## Blue Finn Sushi

Tel. 937 927 592

Port Balís, 3



creative Japanese cuisine.

Closed: Sunday night and Mondays.

Price : 30€ Orders taken.

Credit cards accepted.

### Restaurant

## El Italiano

Tel. 937 929 079

Port Balís, 7

e-mail: ristorantelitaliano@yahoo.es



Italian cuisine. Average price: 20€. Orders taken. Credit cards accepted.









## **Montaltmar**

Tel. 937 911 017

Av. Montaltmar, 1

e-mail: montalmar@gmail.com web: www.montalmar.com



Local cuisine. Daily menu: 13€ and menu a la carte . Closed: Monday. Orders taken. Home deliveries. Credit cards accepted.

# Bar Tope Tapa

**Tel. 937 910 044**Av. Montalnou, 70



Tapas, Iberic cold meat platters and baguette toppings montaditos. Daily menu: 8.50€ Monday to Friday 6am to 6pm. Saturday 7am to 12pm. Friday and Saturday night. Orders taken. Credit cards accepted.





# Bar La Cortesa

**Tel. 937 913 204** Av. Montalnou, 66



Hot and cold baguettes, mixed platters. Closed: Sunday

# Restaurant Can Marial

Tel. 937 912 763

Crta. Sant Vicenç, Km 0,600 e-mail: canmarial@canmarial.net web: www.canmarial.net



Celebrations





## Turó del Sol

Tel. 937 91 12 74

Crta. Sant Vicenç, Km 0,700 e-mail: turodelsol@turodelsol.com web: www.turodelsol.com



Banquets and celebrations. Credit cards accepted.

# Restaurant L'Ibèric

Tel. 937 910 514

Costa Brava, 34

e-mail: iberic2008@hotmail.com



Fish, shell fish, and ham. Average price between 30€ and 40€. Closed: Mondays and Sunday night. Orders taken. Credit cards accepted.





# Bar La Piscina

Tel. 937 912 003

Av. Toni Sors, s/n

e-mail: totsquatre@gmail.com



Grilled meat, salads and Catalan stews. Daily menu: 9€. Weekend menu: 14€. Orders taken. Credit cards accepted.

# Restaurant Fonda Ventura

**Tel. 937 910 563** Baixada de la Riera, 11



traditional Catalan cuisine. Daily menu: 9€ credit cards accepted.





### Bar

## La Zervecería

Tel. 937 910 020

C/ Mediterrani, 19

e-mail: lazerveceria@gmail.com



Rice dishes, fish, meat, original baguettes. Daily menu: 10.95€

Weekend menu: 15.95€.

Closed Monday

#### Restaurant

## Castell de l'Oliver Oliver Priveé

Tel. 937 911 529

Can Milans, s/n

e-mail: info@hotelcasteldeloliver.es web: www.hotelcasteldeloliver.es



Local cuisine.

Closed: Mondays and Sunday evening.

Executive menu: 28.50€ menu a la carte: 45€. Catering service. Orders taken.

Home delivery of orders. Credit cards accepted.





# Restaurant El Racó del Bugatti

**Tel. 937 910 480** Costa Brava, 4

web: www.elracodelbugatti.com

## Bar-Restaurant Casinet Bar

**Tel. 937 913 336** Sant Antoni, 5



Pizzas, Catalan bread with toppings, fresh pasta, salads, grills and breakfasts.

Daily menu: 8.95€

Closed: Monday orders taken.

Credit cards accepted.



Pasta, Carpaccio and salads. Daily menu: 9.50€ orders taken. Credit cards accepted.





### La Caleta

Tel. 937 911 658

Passei Marqués de Casa Riera, 45



Paella.
Open every day except Tuesday.
Orders taken
credit cards accepted.

### Restaurant Malibú

**Tel. 937 912 123**Riera Torrentbó, 1 (final riera de Caldes)



Speciality: paella, fideua, local fish and local cuisine.

Large terrace.

Closed: Tuesday, Wednesday and Sunday night.

From 1st May open every day except Sunday night.

Orders taken.

Credit cards accepted.





### Esto es Mexico

Tel. 937 913 678

Costa Brava, 13

e-mail: estoesmexicobcn@hotmail.com



Mexican cuisine, menu a la carte, Loca

daily menu: 8€

Mexican menu: 12€

Tasters menu: 16€ per person

Monday to Sunday: 12pm to 5pm. Tuesday

to Sunday 8pm to 12am. Closed: Monday night.

Orders taken.

Credit cards accepted.

Restaurant tickets, gourmet cheques and

Sodexo tickets accepted.



## **Xurravins**

Joan Maragall, 13



Lunch time menu and homemade breakfasts on Saturdays. Closed on Saturday evening and all day Sunday



## Bar and Restaurant List

A PART OF THE PART	
	Caldes d'Estrac

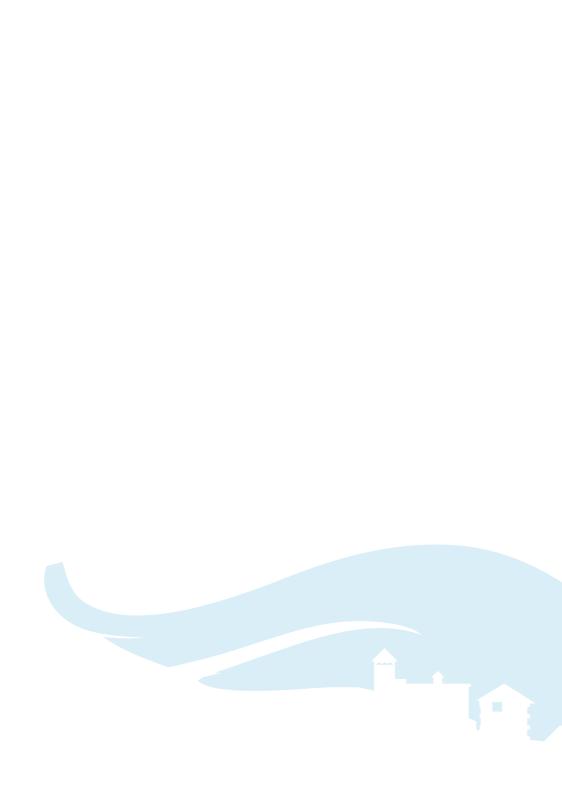
CAN SUÑÉ	C/ Callao, 4	937 910 051
EL VELLARD	Camí Ral, 18	937 910 003
EL TALLER	Passatge Sant Pere, 2	937 912 601
EL PORRONET	Riera, 15	937 912 501
FONDA MANAU	C/ Sant Josep, 11	937 910 459
KIM'S	Parc Joan Maragall	937 915 341
LA CALA	Camí Ral, 11	937 910 259
LA GRANJA	Camí Ral, 32	937 910 002
EL MARIAGALANTE / LA HACIENDA	Plaça de les Barques, s/n	937 910 400
MAROLA	Passeig dels Anglesos, 6	937 913 200
PETIT SUÑÉ	C/ Riera, 10	937 913 272
PIZZERIA ESTRAC	Camí Ral, 5	937 913 188
TÊTE-À-TÊTE	La Riera, 38	937 915 186
VORAMAR	Passeig Musclera, 10	937 910 944

## Sant Vicenç de Montalt

BAR XURRAVINS	C/ Joan Maragall, 13	
CAN MARIAL	Crta. Sant Vicenç, Km 0,600	937 912 763
CASINET BAR	C/ Sant Antoni, 5	937 913 336
EL RACÓ DEL BUGATTI	C/ Costa Brava, 4	937 910 480
ESTO ES MÉXICO	C/ Costa Brava, 13	937 913 678
FONDA VENTURA	Baixada de la Riera, 11	937 910 563
LA CORTESA	Av. Montalnou, 66	937 913 204
LA PISCINA	Av. Toni Sors, s/n	937 912 003
LA ZERVECERÍA	C/ Mediterrani, 19	937 910 020
LA CALETA	Pg. Marques Casa Riera, 45	937 911 658
L'IBÈRIC	Veïnat Avall, 8	654 543 373
MALIBÚ	Riera Torrentbó, 1	937 912 123
MONTALTMAR	Av. Montaltmar, 8	937 911 017
REST. OLIVER PRIVEÉ (CASTELL DE L'OLIVER)	Can Milans, s/n	937 911 529
TOPE TAPA	Av. Montalnou, 70	937 910 044
TURÓ DEL SOL	Crta. Sant Vicenç, Km 0,700	937 911 274

## Sant Andreu de Llavaneres

BAR-DEGUSTACIÓ EL CELLER	C/ de Munt, 43	937 926 870
BAR PATO MARALGO	C/ de Munt, 59	937 928 531
BAR LA CREMA	Av. Catalunya, 12-18	937 928 241
BAR LA LLUNA	C/ Sant Pere, 15	937 952 346
BAR LA PARADA	Av. Catalunya, 14, local 2	937 928 792
BAR-GRANJA MINERVA	Mare de Deu de Montserrat, 5	675 274 438
BAR PINK	Pg. d'en Llull, 2	937 928 691
BAR-RESTAURANT CA LA PILAR	Pg. Joaquim Matas, 51	937 952 517
BAR-RESTAURANT CA L'ARTURO	Pg. Jaume Brutau, 38	937 927 075
BLUE FINN SUSHI	Port Balís, 3	937 927 592
CAN BLIDU	Pg. Joaquim Matas, 31-33	937 952 641
CAN MARIO	Port Balís, 6	937 929 130
CAN MORERA DELS TARONGERS	Pg. de les Alzines, 16	937 929 351
CENTRO ECUESTRE DE LLAVANERES	Camí Can Cabot de Munt, s/n	937 927 777
DALT VILA	C/ de l'Avall, 9	937 926 656
EL CASAL DE LLAVANERES	Av. Catalunya, 56	937926 911
EL PICAROL	C/ de Munt, 21	937 926 167
EL RACÓ DEL NAVEGANT	Port Balís, 24	937 928 613
FRANKFURT DEL POBLE	Av. Catalunya, 8-12, interior	937 952 156
HANDICAP RESTAURANT	Ctra. BV-5031, km 7	937 913 498
LA BRASA 48	C/ de Munt, 48	937 926 419
LA MASIA BARTRÉS	Camí de la Masia, 6	937 927 001
LA TAVERNA DEL PORT	Port Balís, 11	937 927 303
MAS NADAL RESTAURANT	Veïnat Avall, 8	937 927 244
NOSTRUM	Camí de la Masia, 5	902 150 950 / 937 929 456
RESTAURANT MASIA GRAUPERA	Pg. de les Monges, 48-50	937 926 447
RESTAURANT METUMBO	Ctra. Nacional II, Km. 650,8	655 921 011
RESTAURANT CAN JAUME	Port Balís	937 926 960 / 937 952 012
RESTAURANT CAN PERE JOAN	Av. Sant Andreu, 49	937 926 177
RESTAURANT DEL CLUB NÀUTIC EL BALÍS	Port Balís	937 926 326 / 937 927 525
RESTAURANT EL REBOST DEL PORT	Port Balís, 5	637 870 687
RESTAURANT LAS PALMERAS	Ctra. Nacional II, km 652	937 930 044
RESTAURANT LA PANIFICADORA	C/ Doctor, 17, bxs.	937 928 085
RESTAURANT PINS MAR	Pg. Marítim, 86-100	937 926 902 / 937 927 356
RESTAURANT VIL·LA MINERVA	Camí Pas del Pla, 3	937 926 104
RISTORANTE EL ITALIANO	Port Balís, 7	937 929 079
SANÇ RESTAURANT	Avda. Catalunya, 63	937 927 551







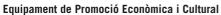
## Information Points

#### Caldes d'Estrac

#### Ajuntament de Caldes d'Estrac

Plaça de la Vila, s/n 08393 Caldetes Tel: 93 791 00 05 Fax: 93 791 05 03

aiuntament@caldetes.cat



La Riera, 5-9 , 1a planta (entrada Camí Ral) 08393 Caldetes

Tel: 93 791 05 88 Fax: 93 791 15 42 p.eco.caldese@diba.cat



#### Sant Andreu de Llavaneres

#### Ajuntament de Sant Andreu

Plaça de la Vila, 1 08392 Sant Andreu de Llavaneres

Tel: 93 702 36 00 Fax: 93 702 36 37 ajuntament@llavaneres.es

#### Regidoria de Promoció Econòmica, Comerç i Turisme

Ca l'Alfaro

Passeig de la Mare de Déu de Montserrat, 27-33

08392 Sant Andreu de Llavaneres

Tel: 93 702 36 44 Fax: 83 795 26 30

promocio.economica@llavaneres.es



#### Sant Vicenç de Montalt

Ajuntament de Sant Vicenç Regidoria de Promoció Econòmica, Comerç i Turisme

C/ Sant Antoni, 13

08394 Sant Vicenç de Montalt

Tel: 93 791 05 11 Fax: 93 791 29 61





## Parking Facilities

#### Caldes d'Estrac

- •There are 800 blue zone parking spaces in the village. There are different methods of payment available.
- •The areas with the most parking spaces are on the NII road, along the Riera, in the area in front of La Fundacio Palau and also in La Riera street.

#### Sant Vicenç de Montalt

- Blue zone parking meter with time limit in Ginestra street.
- Free parking in Toni Sors Avenue and in Riera del Gorg.
- Blue zone parking meter with time limit in Sant Antoni street, The Village Square and The Church Square.
- Free parking in Can Mora (next to the health center), in Montaltnou Avenue and in Terral Street.
- Blue zone parking meter with time limit in Margues de Casa Riera Promenade.
- Blue zone parking meter with time limit on Costa Brava street and a part of Costa Daurada street and Mediterrani street
- Green Zone (residents parking spaces) in Pica d'Estats, Riera de Torrentbó, josep Brunel and Can Rams.

#### Sant Andreu de Llavaneres

- Free gravel car park in Can Cabot de Munt Walk (on the river bed)
- Side by side Blue zone in Mare de Deu de Montserrat promenade.
- Blue zone parking meters in Clòsens street.
- Blue zone in Gegants Square.
- Free car park in the old football stadium (entrance in passatge de les Alzines)
- Free parking in Passatge de les Alzines
- Around the train station Blue zone parking meters on the village side and free car park on the sea side.
- Blue zone parking meters during the summer on the passeig de la Riera, free the rest of the year.
- Summer car park in Mestral street.
- The streets in the centre of the town have blue zones parking meters.

## Accommodation

### Caldes d'Estrac





Plaça de les Barques, s/n, Caldes d'Estrac 08393 Barcelona Tel: 93 791 04 00 info@hotel-Colón.net / www.hotel-Colón.net

The Colón is on the sea front and is the only establishment in Spain that offers both sea water and thermal water treatments. It has 84 rooms: 21 standard with mountain views, 54 with a balcony and sea views and 9 suites, all are acclimatised and completely equipped with a bathroom, satellite TV, wide band internet and a mini bar.

Pensió Kalima



Passeig de les Moreres, 7, Caldes d'Estrac 08393 Barcelona Tel: 93 791 48 90 / 677 40 43 43 reserves@kalima-caldes.com / www.kalima-caldes.com

A unique building in the modernist style in Caldes d'Estrac on the sea front. While restoring it they have tried to keep all its original architectural and structural features. It has 8 double rooms and 3 singles.



C/ Riera, s/n, Caldes d'Estrac 08393 Barcelona Tel: 93 791 06 51 / 93 791 07 00 info@hoteljet.net / www.hoteljet.net

C/ Santa Teresa, 1, Caldes d'Estrac

Situated 300 meters from the beach. The hotel has its own garage, a safe, a bar open 25 hours a day, room service, a tennis court and an excellent swimming pool. Views of the sea and the mountains.

Bed and breakfast Romaní



08393 Barcelona Tel: 93 791 05 53 reservas@romani-caldes.com / www.romani-caldes.com

A protected modernist house in the centre of Caldes d'Estrac (Barcelona), Just back from the sea front. The restoration, started in 2004, has respected the original structures (the façade, doorways, windows, stairs, ceilings...) while at the same time incorporating modern practical features (room service, air conditioning, heating...). In redefining the interior they have preserved the original features and have achieved a pleasant, cosy atmosphere.

### Sant Andreu de Llavaneres





Av. Catalunya, 63, 08392 Sant Andreu de Llavaneres Tel: 93 792 75 51

info@vilaclaraarthotel.com / www.vilaclaraarthotel.com

The Vilaclara hoye is a splendid modernist mansion commissioned and built by Josep Coll I Vilaclara. The hotel forms a part of the collective memory of the inhabitants of Llavaneres. It is full of surprising nooks and crannies, a swimming pool and solarium, chill-out areas, sea views, 20,000 m2 of gardens and illuminated terraces a very special place to relax and chat.

### Sant Vicenç de Montalt



Av. Montaltmar, 1, 08394 Sant Vicenç de Montalt Tel: 93 791 10 17

This hostel combines a good restaurant with interesting accommodation whose details add value, such as the booklet offered to their customers with different suggestions of how to enjoy the surroundings.



Can Milans, 08394 Sant Vicenç de Montalt Tel: 93 791 15 29 www.hotelcastelldeloliver.es

This hotel is in an aristocratic house surrounded by gardens and built in 1619. It has 8 rooms, each one differently decorated and with all the comforts.



Can Mora de Dalt Raval de Font Mitjana, 3 08394 Sant Vicenç de Montalt Te: 93 791 05 70 info@canmoradedalt.com www.canmoradedalt.com

From Can Mora de Dalt you can see the sea and the historic center of Sant Vicenç de montalt. The hotel occupies a XV century farm house which used to cultivate vegetables and cereals and animal breeding. Now, since its restoration, it is a restful, friendly place, full of details. Managed by the family who have loved and cared for it for 18 generations.



## Caldes d'Estrac

Town Hall, Local Police,

Law courts, Social Services, Cultural center, Information,

Young people center

Church Santa Maria Church del Carme

**Red Cross** 

Sant Vicenç de Montalt municipal Terme

Post Office

Home of the oldness Nursery

**CEIP Sagrada Família** 

Sports center & Local swimming pool Train station Cemetery

**Municipal Thermal Baths** 

**Municipal Market Ugalde House** 

Hotel Colón Spa

Palau Foundation Picasso Museum Economic and cultural promotion **Busquets Tower** 

Chapel de la Mare de Déu del Remei Tower de les Heures

Municipal Library Can Milans Can Muntañà park Сотрапуѕ

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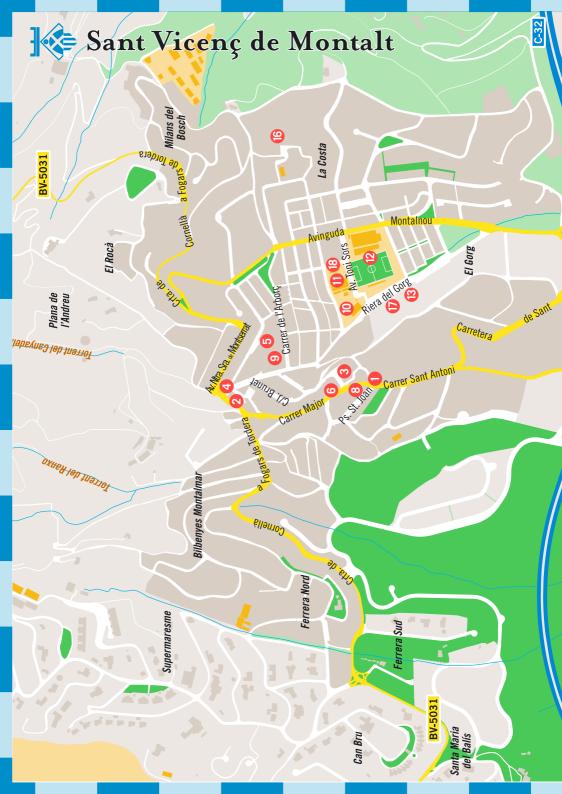
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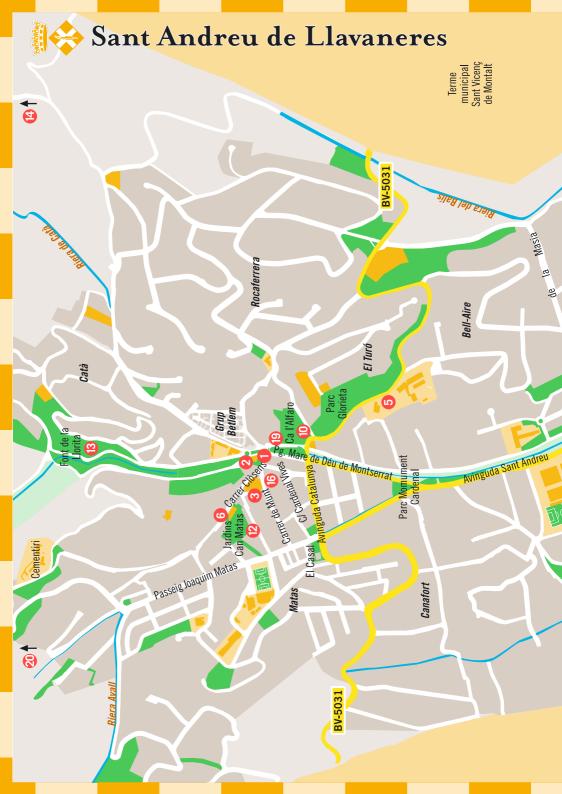
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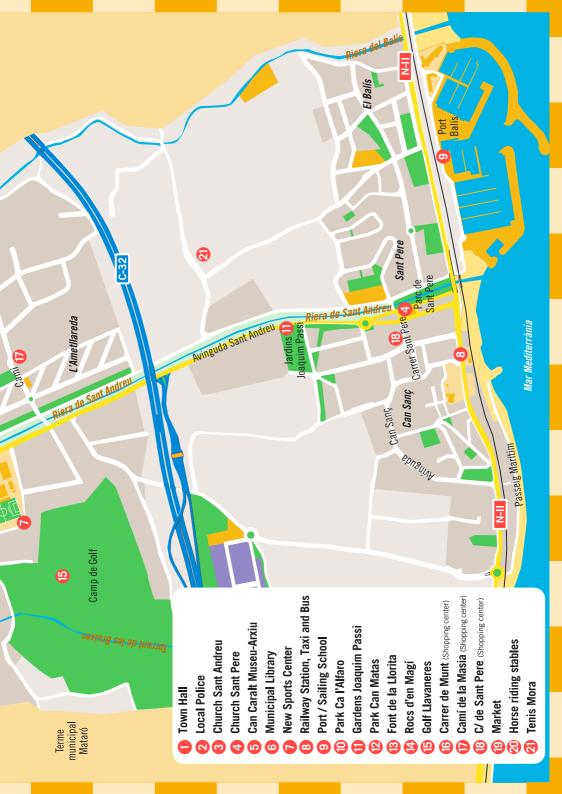
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Carrer de Torrevella













### anuary

Kings parade in Caldes d'Estrac, Llavaneres and Sant Vicenc

22nd

Winter Village Festival in Sant Vicenç de Montalt

Last 15 days. Les Tres Tombs in Llavaneres.

## **February**

Carnival (the date varies according to the calendar year, it could also be at the beginning of March). In Caldes d'Estrac, llavaneres and Sant Vicenc. In Caldes it is the most popular and therefore the most important festival in the borough. Different events are organized for all ages,: walks, balls, children's' tea parties, the sardine burial ceremony...

### March

Easter processions (the dates vary according to the year, they can also take place in April)

Pesolada in caldes d'Estrac

Running race in Caldes d'Estrac

Spring Festival in Caldes

Pea Festival in Llavaneres.

Saint George's day. Street parades in les 3 viles with rose and book sales.

Literary exhibition in Caldes for Saint George's day

Spring arts in Caldes

### May

Two yearly meeting of entities in Llavaneres and Sant Vicencde Montalt.

Spring Arts events in Caldes

Musical cycle Petit Sons in Caldes

Poetry festival Poesia I +b in Caldes

### une

Saint John festival with celebrations in the streets of Llavaneres and Sant Vicenç

The arrival of the Canigo flame and the neighbourhood festival in Sant Pere in Llavaneres

The arrival of the Canigo flame in Caldes.

lace- makers meeting in Sant Vicenç.

# h to Month

### July

 $16^{\text{th}}$ 

Carme procession in Caldes

Sardanes (Catalan folk dance) pilgrimage in Llavaneres.

### 3<sup>rd</sup> Sunday

summer festival, La Minerva, in Llavaneres.

Last Saturday

Summer party with barbeque Catalan sausage organized by the Gegantera de Caldes d'Estrac club, with an, all welcome ,supper.

Summer music festival in Llavaneres.

Carme's day, food festival in Caldes

### August

15<sup>th</sup>

Summer festival in Sant Vicenc.

### Paint and food fair in Caldes

Last Saturday

Sleepover in Caldes d'Estrac, music festival, performances and juggling.

### November

1st

Castanyada popular (chestnut festival) in Sant Vicenç

Mushroom day and autumn festival in Caldes d'Estrac

25th to 30th

Saint Andrew Festival in Llavaneres

Ganxet bean days in caldes d'Estrac.

Promotion of typical products in Llavaneres.

## September

8<sup>th</sup> to 11<sup>th</sup>

Village festival in Caldes d'Estrac

11th

Catalonia national day. Events in Sant Vicenç, llavaneres and Caldes d'Estrac.

International Folk Adifolk days in Llavaneres.

Popular Olympics every four years in Llavaneres.

### December

13<sup>th</sup>.

Santa Llucia festival (small celebration) in Caldes

Christmas fair, in Sant Vicenç and Llavaneres.

# acesa abertique

Edited by:



Sant Andreu de Llavaneres Sant Vicenç de Montalt Caldes d'Estrac



Ajuntament de SANT ANDREU DE LLAVANERES



Regidoria de Promoció Econòmica, Comerç i Turisme



Ajuntament de SANT VICENÇ DE MONTALT



Ajuntament de CALDES

In collaboration with:

