

Tarragona

Sun, sea and history merge together to produce...

Tarragona, one of Spain's most intriguing cities.

Lying 60 miles south of Barcelona in the Catalan region, Tarragona was once the Roman capital of a large slice of the Iberian peninsula and although the city has now firmly established itself in the 21st century with its industries and seaport, the Roman influence is still very much a part of its fabric.

A magnificent aqueduct, amphitheatre and city walls are among the Roman treasure trove and the city's historic monuments also include the cathedral and mediaeval palaces.

Tarragona's 10 miles of "Blue Flag" beaches must be one of Catalonia's best kept secrets, but locals and those in the know can enjoy a wealth of seaside entertainment and water sports.



A new marina has been constructed and the seaport is a source of local wealth, especially the fishing fleet.

Not surprisingly, fish features a lot on the menus of local restaurants and Tarragona is famous for its "Romesco" dishes.

When work is done, it's fiesta time in Tarragona - from the Three Tombs festival in January through to September, when 'human towers' defy gravity in a fiesta of light and colour. In between, there is the raucous Carnival, the Easter celebrations and the festival of St Magi in August.

Tarragona, a designated World Heritage site, is the walled city whose gates are always open to visitors.

