



PROGRAMME OF THE FAM TRIP OF THE CULTURE AND GASTRONOMY WORKSHOP


5-6 May 2009

Religious tourism and Routes of the Counts of the Pyrenees



DEFINITIVE PROGRAMME


Tuesday 5 May: CATALUNYA CENTRAL

08:00	Departure to Terrassa, Catalunya Central (34 Km: 45 min)	
09:00	Visit to the Romanesque churches and a brief introduction to industrial tourism www.diba.cat/turisme www.visitaterrassa.cat <i>This architectural complex is exceptional. It comprises three churches (Sant Pere, Sant Miquel and Santa Maria). There are preserved remains of buildings of the Visigothic bishopric of Ègara (5th to 7th centuries), high-mediaeval and Romanesque murals and Gothic altarpieces. From the bridge that visitors need to cross to access the site, it is possible to see Cartoixa de Vallparadís castle (12th century), an important example of mediaeval heritage. Terrassa is also home to the Museum of Science and Technology of Catalonia (mNACTEC), an important European example of Modernista industrial heritage.</i>	
10:30	Departure to Montserrat monastery (28 Km: 30 min)	
11:00	Rack railway station	
11:30	Monastery of Montserrat visit. www.abadiamontserrat.net www.montserratvisita.com	
		<i>The Monastery of Montserrat was founded in 1025 in a very beautiful natural setting by Benedictine monks. The Escolania, or choir school, is one of the oldest music schools in Europe, and El Virolai, the hymn to the Virgin of Montserrat, is a symbol of the Catalan people's identity and spirituality. The museum has an extraordinary collection of ancient Eastern religious pieces as well as many other significant exhibits. The monastery is located in a natural park unlike any other in the world</i>
13:00	Performance of Salve Regina and El Virolai by the Montserrat boy's choir	
13:35	Rack railway station	
13:50	Departure to Vacarisses (13 Km: 20 min) Meeting point: Rack railway station (Monistrol)	
14:15	Lunch in the restaurant El Cingle in Vacarisses www.elcingle.com <i>The restaurant El Cingle has been awarded one star by the prestigious Michelin Guide.</i>	
16:00	Departure to Manresa (25 Km: 45 min)	

16:45	The Manresa-Saint Ignatius route and city centre www.manresaturisme.cat <i>In 1522, Saint Ignatius of Loyola spent 11 months in Manresa. This was a crucial period in his life, and it gave rise to his book of spiritual exercises</i>	
18:30	Departure to Sant Fruitós de Bages (6 Km: 15 min)	
19:00	Món Sant Benet. Visit to the monastery and hotel check in www.monstbenet.com	
		<i>Món St Benet combines mediaeval art with nature to provide the only location of its kind in Catalonia. The thousand-year-old monastery of Sant Benet de Bages is the centrepiece of the property that includes the Factory, an historic industrial factory refashioned as a conference facility; ALÍCIA, the Food and Science Foundation and the Hotel Món.</i>
21:30	Dinner and accommodation at Hotel Món Hotel Món - Sant Benet del Bages Tel. +34 875 94 04 / Fax. +34 93 875 94 24 www.monstbenet.com/ca/per-dormir/hotel-mon	

Wednesday 6 May: CATALUNYA CENTRAL, PIRINEUS

08:00	Breakfast and check-out	
09:00	Món Sant Benet visit: Centre Alícia <i>Centre Alícia, located in the same complex as the Monastery of Sant Benet de Bages, is a food and science research centre led by the renowned chef Ferran Adrià.</i>	
10:00	Departure to Vic (44 Km: 45 min)	
11:15	Episcopal Museum of Vic visit www.victurisme.net	
		<i>Contains exhibits of Romanesque and Gothic art, fabrics, ceramics, gold and silverwork, coins, ancient pieces and Roman artefacts</i>
12:15	Vic: Visit to the city centre	
13:00	Departure to El Ripollès, Pirineus (38 Km: 45 min)	
14:00	Lunch	
15:30	Visit to the monastery of Ripoll www.costabrava.org www.elripolles.com	
		<i>The entrance to the Monastery of Santa Maria de Ripoll (9th century) is the most important example of Romanesque sculpture in Catalonia</i>
16:30	Departure to Besalú (41 Km: 45 min)	
17:30	Besalú: visit to the mediaeval village and Jewish quarter	

	www.besalu.cat www.turismegarrotxa.com
	 <p>The Jewish communities had their own institutions: synagogues, rabbinical schools, courts and cemeteries, located generally on the outskirts of the town. Even though the Jewish quarter in Girona is one of the most interesting in Europe, in Besalú visitors can find one of the three last remaining ritual Jewish baths to have been preserved, on the site where the mediaeval synagogue once stood: the Mikveh.</p>
19:00	Departure to Girona (32 Km: 45 min) www.ajuntament.gi/turisme/
	Dinner and accommodation at: Hotel AC Girona Pujada Polvorins, 1; 17004, Girona Tel: + 34 872 080 670 / Fax + 34 872 080 671 www.ac-hotels.com

FAMTRIP ORGANIZED BY:

TURISME DE CATALUNYA www.catalunyaturism.com



WITH THE COLLABORATION OF:

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