



Swimming in Catalonia



© Piscina de Lloret

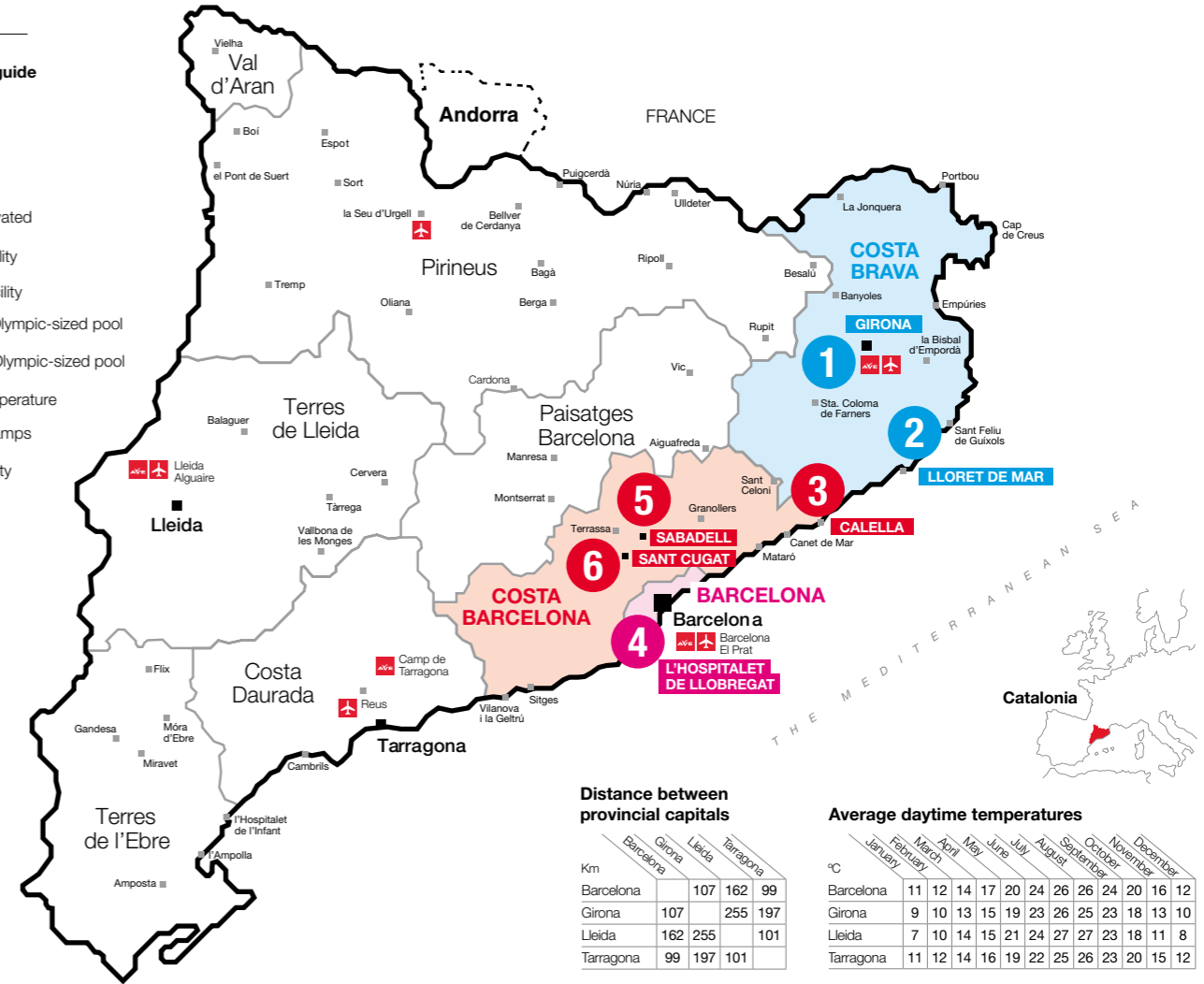
Recommended swimming pools

The map shows a selection of the best pools for practising swimming in Catalonia. The numbers in circles refer to the facilities that are listed on this page and explained more fully throughout the pamphlet.

- 1** **Sant Ponç Sports Complex (Girona)**
www.geieg.cat
- 2** **Lloret swimming pool**
www.piscinalloret.cat
- 3** **Crol Centre Calella**
www.crolcentrecalella.com
- 4** **L'Hospitalet de Llobregat Municipal Pools**
www.piscinesmunicipalsl-h.cat
- 5** **Club Natació Sabadell**
www.nataciosabadell.com
- 6** **High Performance Centre in Sant Cugat (CAR)**
www.car.edu

Symbols used in this guide

- airport
- train
- year built
- year renovated
- public facility
- private facility
- covered Olympic-sized pool
- open-air Olympic-sized pool
- water temperature
- training camps
- accessibility
- parking



Distance between provincial capitals

Km	Barcelona	Girona	Lleida	Tarragona
Barcelona				
Girona	107		162	99
Lleida	162	255		101
Tarragona	99	197	101	

Average daytime temperatures

°C	January	February	March	April	May	June	July	August	September	October	November	December
Barcelona	11	12	14	17	20	24	26	26	24	20	16	12
Girona	9	10	13	15	19	23	26	25	23	18	13	10
Lleida	7	10	14	15	21	24	27	27	23	18	11	8
Tarragona	11	12	14	16	19	22	25	26	23	20	15	12



Sports Tourism

The Sports Tourism label, awarded by the Catalan Tourist Board, recognises the municipalities, facilities, specialised travel agencies and municipalities accommodation which offer high-quality resources and services for any top athlete, professional or amateur athlete or tourist who might wish to practise sporting activities or attend competitions in Catalonia. The aim of the project is to turn Catalonia into an international flagship for Sports Tourism. 📍



Seven reasons to swim in Catalonia

1 The swimming pools: Catalonia boasts top-level facilities for swimming practice. Many of the Olympic-sized pools offer all manner of complementary services which will facilitate your stay and provide you with a complete workout in both swimming and other sports.

2 The climate: Catalonia enjoys a mild climate and average annual temperatures of between 18 and 23 °C, which means that you can swim outdoors all year round. Furthermore, many of the open-air pools are heated.

3 The natural environment: the Catalan terrain offers a variety of landscapes. You will find pools both inland and on the coast.

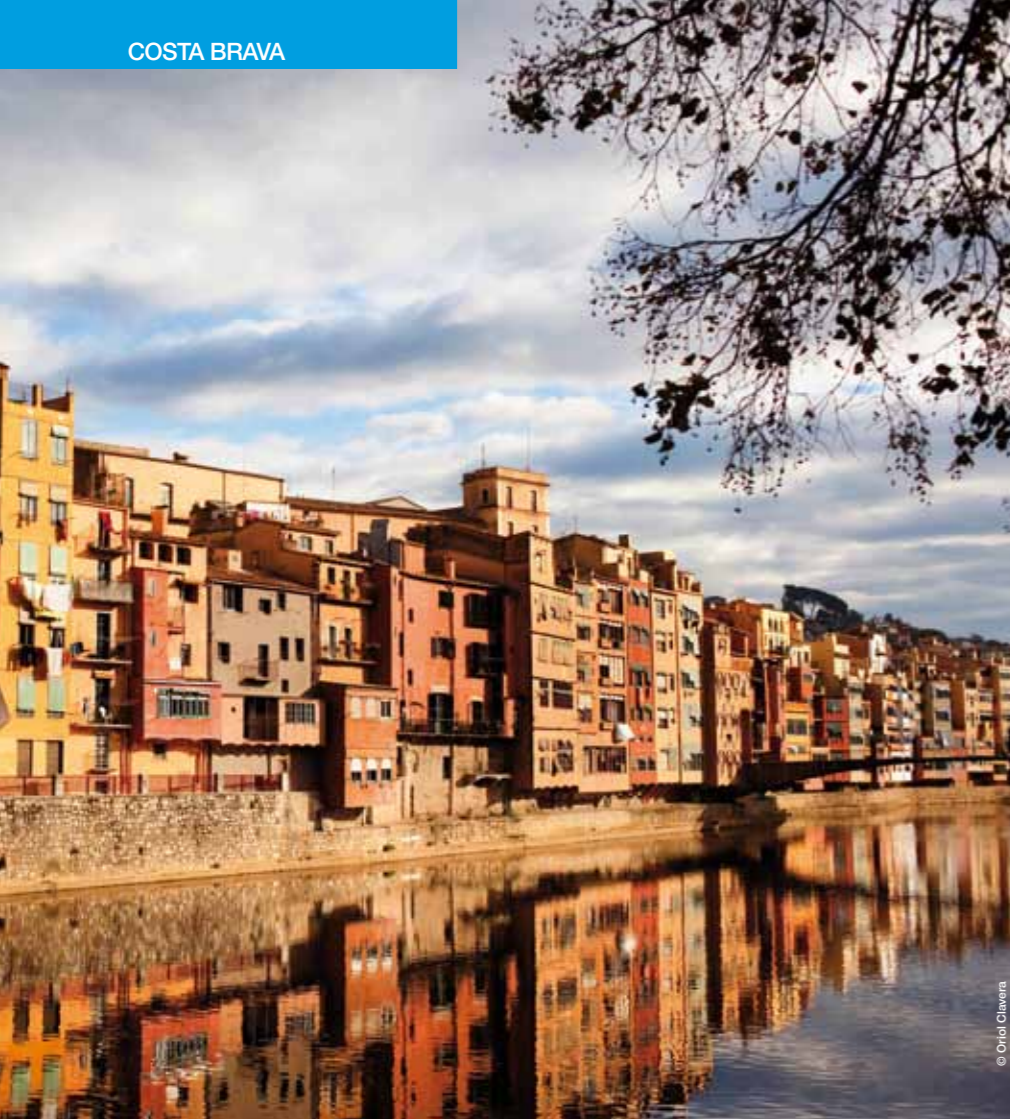
4 The connections: thanks to its four international airports, Catalonia is very well connected to the main European capitals.

5 The fine food and drink: Catalan cuisine is recognised on an international level. Furthermore, in specialised accommodation athletes will find tailored menus.

6 The tourism options: Throughout the year Catalonia hosts a wide variety of artistic, playful, festive and leisure activities.

7 The people: the character and friendly manner of Catalan people will make you feel at home.

In this publication you will find the best swimming pools in Catalonia and all they can offer. Don't miss them! 📍



1 GIRONA

Notable for its history, architecture and natural heritage, it is an ideal place to practise sport. It boasts top-quality facilities where you can practise swimming, athletics, cycling and tennis, amongst other sports.

www.girona.cat/turisme

Specialised accommodation

Hotel Carlemany Girona****
HG-002191-71
www.hotelcarlemanygirona.com

Hotel Ciutat de Girona****
HG-002387
www.hotelciutatdegirona.com

Hotel Gran Ultonia****
HG002402
www.hotelsultoniagirona.com

Meliá Girona****
HG-002144
www.melia.com

Hotel Peninsular***
HG-000003
www.hotelpeninsulargirona.com

Hotel Ibis Girona Costa Brava**
HG-002401
www.ibis.com



Complex Esportiu Sant Ponç

Sant Ponç Sports Complex

Technical information

A 50 m swimming pool with 8 lanes, covered in the winter and open-air in the summer. A swimming pool measuring 25 x 12.5 x 1.2 m with 6 lanes and a third pool for children.

Services

The complex, which belongs to the GEIEG group (Girona Sport and Excursion Group), always offers preparation and training in swimming and water polo. It organises sports events and training camps. Facilities include a gym, fitness suite, cardio-fitness

suite, weight room, health centre and a thermal therapy area with sauna, jacuzzi and steam bath. It has a medical service, massage, restaurant and nutrition. Other sports: 5-a-side football, paddle tennis, squash, tennis.

Opening Times

All year round, with advance booking (send an email). Mondays to Fridays from 7am to 10pm; Saturdays from 7am to 9pm; Sundays (winter) from 8am to 3pm; Sundays (summer), from 8am to 8pm. 📍

+ 34 972 201 047
comercial@geieg.cat
www.geieg.cat

🚗 1972 🚗 2012

🏠 50 x 21 x 1,90 m

🌡️ 27,5 °C 🚿 🦽



2

LLORET DE MAR

A seaside town with beaches and coves which are ideal for bathing, it is one of the best places in Catalonia for swimming and water sports. Its natural environment also lends itself to cycling and mountain biking and offers a wide range of tourist resources.

www.lloretdemar.org

Specialised accommodation

Gran Hotel Monterrey****

HG-00091
www.granhotelmonterrey.com

Hotel Rosamar Spa****s

HG-000086
www.rosamarhotels.com

Aparthotel Costa Encantada****

HG002291
www.marsolhotels.com

Evenia Olympic Suites****

HG002296
es.eveniahotels.com/olympicsuites

Guitart Gold Central Park****

HG002330
www.guitarthotels.com

Hotel Acapulco Lloret****

HG-001768
www.hotelacapulcolloret.com

Hotel Anabel****

HG 001791
www.hotelanabel.com

Hotel Fenals Garden****

HG-001880
www.fenalsgarden.com

Hotel Maria del Mar****

HG-001464
www.hotelmariadelmar.net

Hotel Rosamar Garden Resort****

HG-001758
www.rosamarhotels.com

Hotel Xaine Park****

HG001143-20
www.xaine.com

Hotel Samba***

HG0607
www.sambahotels.com



La piscina de Lloret

Lloret swimming pool

Technical information

50 m indoor swimming pool with 10 lanes and a 9 m mobile floor allowing adjustments for different needs. It is part of a state-of-the-art sports complex and hosts the Lloret de Mar Swimming Club. It is equipped for all sorts of water activities: swimming, water polo, synchronised swimming, apnea, aquagym, swimming classes for children, therapeutic swimming and swimming as part of other activities such as triathlon and pentathlon training.

Facilities

Fitness suite with cardio-vascular, weightlifting and free weights equipment, three rooms for fitness classes, functional training room and spinning. Totally accessible for people with reduced mobility thanks to its hydraulic chair which facilitates getting in and out of the water.

Opening Times

All year. Mondays to Fridays from 7am to 10pm; Saturdays from 8am to 8pm; Sundays from 8am to 2pm. ♣

+ 34 972 364 384
piscina@lloret.cat
www.piscinalloret.cat

2014

50 x 25 x 2 m





3

CALELLA

Halfway between Barcelona and Girona, as well as having great beaches and an excellent surrounding landscape, you will find many places to practise swimming, athletics, road cycling, football, hiking and running.

www.callellabarcelona.com

Specialised accommodation

Hotel Bernat II****s

HB-003887
www.hotelbernatcalella.com

Hotel Volga****

HB-003276
www.hotelvolga.es

Hotel GHT Balmes***

HB-000208-65
www.ghthotels.com

Hotel GHT Maritim***

HB-000296-70
www.ghthotels.com

Hotel Kaktus Playa***

HB-002952
www.hotelkaktusplaya.es

Hotel Neptuno***

HB-00310
www.hotelneptuno.com

Hotel Santa Monica***

HB 1703
www.medplaya.com



Crol Centre Calella

Technical Information

50 m open-air pool located only 100m away from the beach. It can be used all year round thanks to the fact that it's heated and the local microclimate, with little rain, plenty of sun and winter temperatures which are always above 10°C.

Facilities

High performance training centre. Facilities include a gym, fitness suite, weight room, cardio-vascular room, health and nutrition centre, spa and medical service. Other sports: basketball, cycling, football, indoor

football, table tennis and triathlon.

Fun activities such as visits to Barcelona and water parks. A few metres walk from the swimming pool there are three and four star hotels that the Crol centre regularly works with.

Opening Times

Closed from November to February. Each request is considered separately. 📍

+34 937 697 587
info@crolcentrecalella.com
www.crolcentrecalella.com

🚗 🚗 2004

🏠 50 x 25 x 2 m 🌡️ 27,5 °C

🕒

4

L'HOSPITALET DE LLOBREGAT

Next to Barcelona, the town of l'Hospitalet has facilities that are equipped for athletics, swimming, football and team sports as well as an outstanding choice of hotels.

www.l-h.cat

Specialised accommodation

Hotel NH Barcelona Fira Suites*****

HB-004330
www.nh-hotels.com

Hotel NH Collection Barcelona Tower*****

HB-004226
www.nh-hotels.com

Hotel Porta Fira*****

HB004476
www.hotelbarcelonaportafira.com

AC Hotel Som by Marriott*****

HB004068
www.hotelacsom.com

Hotel SB Plaza Europa****

HB004578-36
www.sshotels.es

Madanis****

HB004305
www.hotelmadanis.com

Aura Park Apartaments

ATB-000077
www.auraparkaparthotel.com



Piscines Municipals L'Hospitalet

L'Hospitalet de Llobregat Municipal Pools

Technical information

50m open-air pool with 8 lanes. Indoor pools measuring 25 x 16.66 x 2.4 m and 16.6 x 10 x 1.4 m. Recreational open-air pool measuring 9.2 x 3 x 0.5 m.

Facilities

Fitness suite with technical consulting service, weight lifting and toning suite, cardio-vascular room, sauna, steam bath, ice fountain, fitness classes (aerobics, step, indoor spinning, bodyshape, aquagym, yoga, pilates...). Health centre. Bar. The indoor pools have four showers in the same area.

Opening Times

All year. Open-air pool: Winter - Monday to Friday, from 10am to 7.45pm; Saturdays and Sundays from 10am to 2.45pm; June and July - Monday to Friday from 10am to 7.45pm; Saturdays and Sundays from 10am to 6.45pm. Special timetable in August (check the website). 📍

+34 934 032 960
info@piscinesmunicipalsl-h.cat
www.piscinesmunicipalsl-h.cat

🕒 1971 🏠 2012

📏 50 x 21,8 x 2,30 m 🌡️ 28 °C

♿️



© Club Natació Sabadell

5 SABADELL

Club Natació Sabadell

Sabadell Swimming Club

Technical information

Two 50 m pools with 10 lanes, one open-air and the other indoor and convertible into two 25m pools. Indoor swimming pool measuring 33 x 25 x 2.2 m with 13 lanes. Three recreational pools, two of which are indoor in the winter and open-air in the summer, and a third unheated outdoor pool.

Facilities

Four gyms (one especially for water sports), spa, medical centre, restaurant and crèche.

All the pools have a hydraulic chair system for people with reduced mobility. Other sports: aikido, football, indoor football, judo, karate, paddle tennis, squash, table tennis and volleyball.

Opening Times

All year. Mondays to Fridays from 6am to 11pm; Saturdays from 6am to 9pm; Sundays (winter) from 7am to 5pm; Sundays (summer), from 7am to 8pm. 📍

+34 937 484 400

info@nataciosabadell.cat

www.nataciosabadell.cat

📅 2001 🏠 2010

📏 50 x 25 x 2,20 m

📏 50 x 25 x 2,20 m 🌡️ 27,6 °C

🚗 🚻 🚰 🚲



© CAR

6 SANT CUGAT DEL VALLÈS

Centre d'Alt Rendiment (CAR)

High Performance Centre (CAR)

Technical information

Two Olympic-sized pools with 10 lanes, one of which is outdoors and heated (from March to October) and the other is indoors and convertible into two 25 m pools. Indoor diving pool measuring 21 x 15 x 5 m, with two springboards (1 m and 3 m) and platforms (3, 5, 7.5 and 10 m). A swimming pool measuring 25 x 12.5 m with 5 lanes.

Facilities

Sports Technique Building Centre. Massage, dietetics and nutrition, accommodation,

restaurant and thermal zone. Scientific, medical and technical services. Other sports: athletics, basketball, boxing, fencing, football, indoor football, rhythmic gymnastics, weight-lifting, roller hockey, wrestling, taekwondo, tennis, table tennis and volleyball. Adapted sport.

Opening Times

All year. Advance booking is necessary for the facilities as well as the accommodation and services. 📍

+34 935 891 572

oac@car.edu

www.car.edu

📅 1987 🏠 2012

📏 51 x 25 x 2,10 m 🌡️ variable

📏 50 x 25 x 2 m 🌡️ variable

🚗 🚻 🚰 🚲



© D.Julia

Open waters

Swimming in open waters allows you to discover beautiful natural landscapes and environments, it promotes responsible and sustainable tourism and has multiple health benefits. From the Costa Brava to the Terres de l'Ebre region, the Catalan coast is home to many spots where you can practise swimming safely. Alongside the sea, other great options for open water swimming include the La Baells reservoir (near Berga) and Banyoles lake. Banyoles (www.turisme.banyoles.cat) hosts many sportspeople who come to train and compete in triathlons. 📍



BANYOLES LAKE

WILD WATER SWIM ROUTES (VIES BRAVES)

A public network of sea and open-water routes designed for sporting activities in the Costa Brava, Costa Barcelona and Pirineus Barcelona regions. The routes are signposted and marked with buoys, enabling you to enjoy the water safely. All locations with 'Vies Braves' routes organise free swimming taster sessions for the general public which are led by qualified monitors. 📍

info@viesbraves.com / www.viesbraves.com

6 TIPS FOR SAFE SWIMMING IN OPEN WATERS

- 1 Find out about the state and temperature of the sea and check the weather report.
- 2 Be aware of your swimming level and calculate your strength. You must be able to get there and back.
- 3 Always swim with someone else or, in any case, tell someone about your planned activity.
- 4 Use appropriate equipment: brightly-coloured swimming cap, safety buoy and wetsuit.
- 5 Watch out for boats (although they are forbidden from entering the Vías Bravas routes).
- 6 In case of emergency, don't waste time and call 112.



© Vies Braves



Specialised travel agencies

Agenda Sports and Elements

GC-000805
Tel. + 34 972 580 639
info@agendasports.com
www.agendasports.com

Evenia Travel Services

GCMD-000403
Tel. + 34 972 364 781
info@evenia.travel
www.evenia.travel

Viajes Velero

GC-000712
Tel. +34 977 383 000
incoming@viajesvelero.com
www.veleroincoming.com

Traveltec - Sport Contact

GC-001204
Tel. +34 972 363 111
info@sportcontact.org
www.sportcontact.org

Goes Travel

GC-001264
Tel. +34 93 301 85 27
info@goestravel.com
www.goestravel.com

Sport and Leisure Barcelona

GC-001216
Tel. +34 93 280 80 62
info@salbcn.com
www.salbcn.com

Iberia Sports

GC-003687
Tel. +34 618 590 875
info@iberiasports.com
www.iberiasports.com

Blaumarí Travel

GCMD-000296
Tel. +34 93 769 12 31
info@blaumaritravel.com
www.blaumaritravel.com



Generalitat de Catalunya
Government of Catalonia
Catalan Tourist Board

Tourism promotion organisations

Tarragona Provincial Authority Tourist Board

www.costadaurada.info, www.terresdelebre.travel

The Patronat de Turisme Costa Brava Girona

www.costabrava.org

The Patronat de Turisme (Regional Tourist Board) of the Diputació de Lleida

www.aralleida.cat

The Barcelona Provincial Council

www.barcelonaesmoltmes.cat

The Turisme de Barcelona Consortium

www.barcelonaturisme.com

For further information about Swimming in Catalonia

Catalan Swimming Federation

www.aquatics.cat
federacio@natacio.cat

Partners



BARCELONA 1876



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For more information on Catalonia

www.catalunya.com

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<https://www.facebook.com/catalunyaexperience>

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<https://twitter.com/catexperience>

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<https://www.instagram.com/catalunyaexperience>

<https://www.youtube.com/CatalunyaExperience>

<https://www.pinterest.com/catexperience/>

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www.catalunya.com



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Government of Catalonia
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Cultural Tourism



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