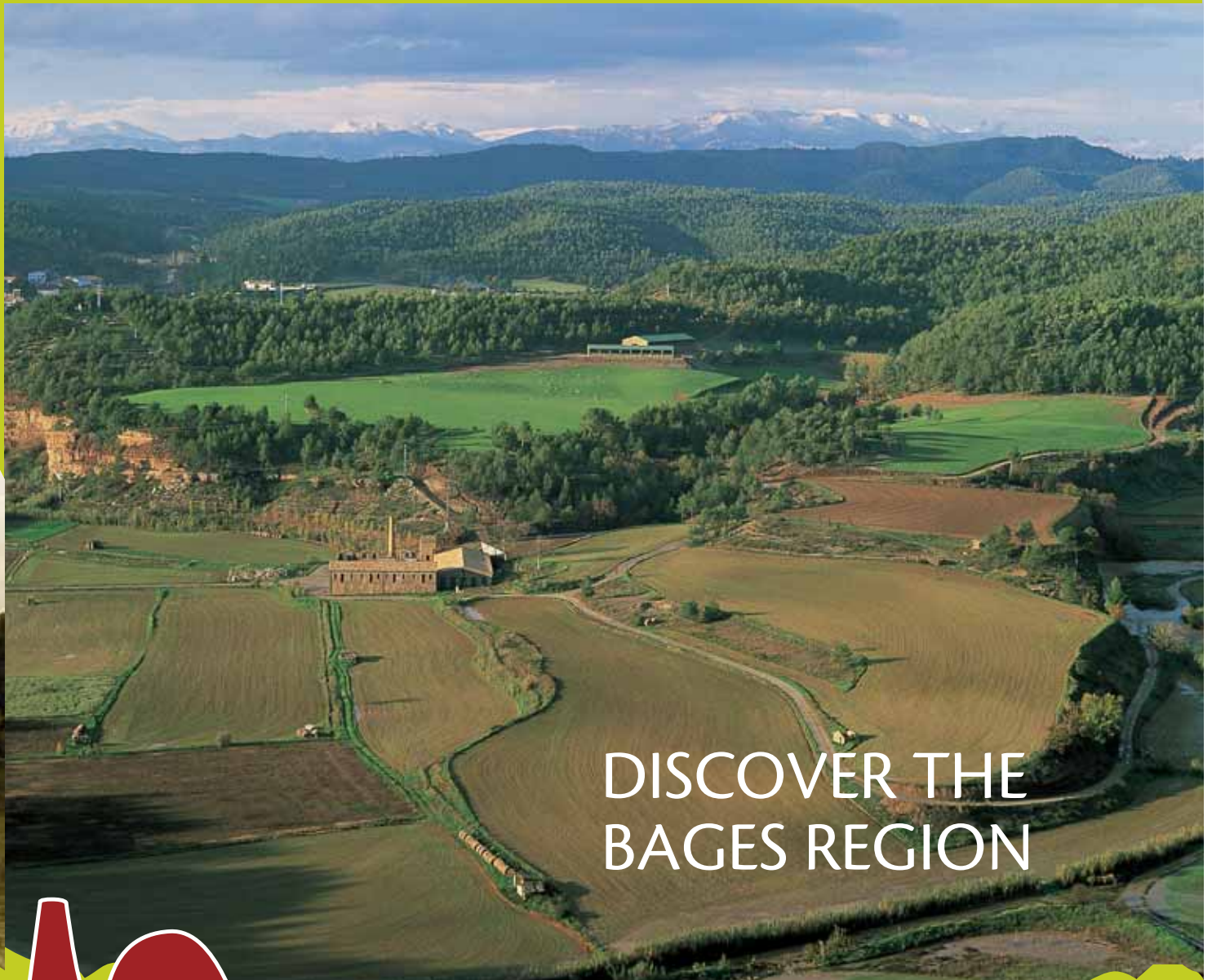


Land of Contrast



DISCOVER THE
BAGES REGION

Avinyó and the Pyrenees in the background.

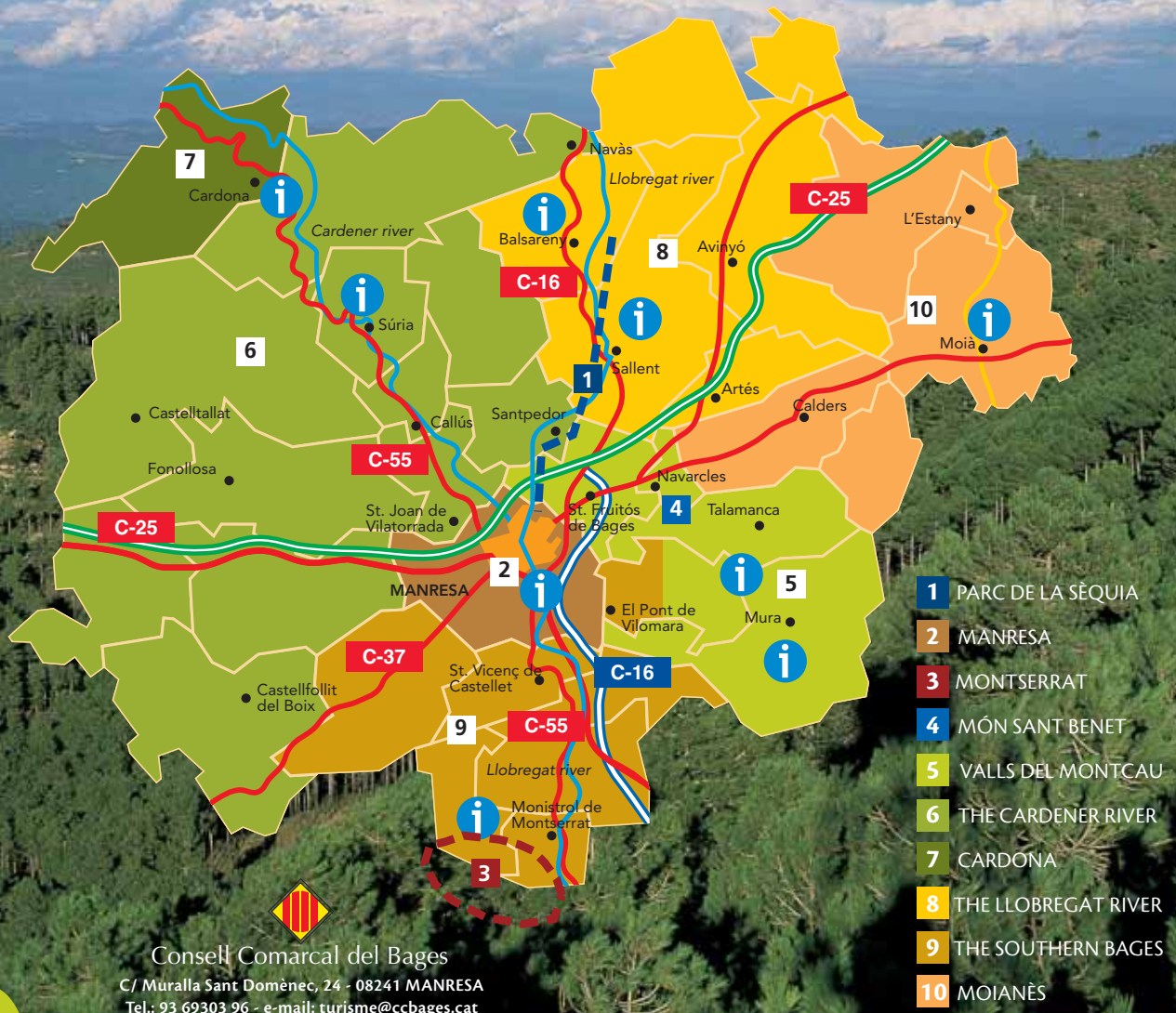
The logo for the Bages region, featuring a stylized red mountain range with a white outline. The word "Bages" is written in white, bold, sans-serif font across the bottom of the red shape.

Bages

ENG

The Bages region located in the centre of Catalonia is a land of contrast thanks to its varied natural, historical and architectural heritage reflecting all periods and styles. You can find both prehistoric ruins in the caves of Toll, and Romanesque, Gothic, Renaissance and Baroque period monuments of great importance which extend from the salt mountain of Cardona to the natural parks of Montserrat,

and Sant Llorenç del Munt i l'Obac. It is a fertile region with rich soil that allows the production of Denominació d'Origen Pla de Bages quality wines and a wide variety of food products which have converted the region into a veritable warehouse of natural products. It's a wonderful region, full of contrast offering a wide variety of attractive points of interest and options for the discerning tourist.



1. PARC DE LA SÈQUIA

The **Sèquia**, Manresa, is an aqueduct built in the 14th century that transports water from the Llobregat River from Balsareny to the Bages capital, Manresa. It was designed by the architect Guillem Catà and is considered to be one of the finest hydrological engineering projects of the medieval period, this being due to its 26km winding conduit and the fact that it has a gradient of 10 metres. This is an unusual characteristic, bearing in mind the basic means of construction for this period. To achieve this, several subterranean excavations and about thirty aqueducts were required to maintain the inclination over the course of the channel. Some of these aqueducts such as **Conangle**, **Vilar** or **Santa Maria** are fine architectural monuments of this period. However, the most successful aspect of this great public work from the Medieval Ages is that, six centuries after its construction, it continues to work in the same capacity in that it supplies all the water to the city of Manresa and surrounding towns.

The **Parc de la Sèquia** is more than just a simple pathway. Apart from being a canal that brings the water from Balsareny to Manresa, it also has a visitors centre, "**Centre de Visitants**", the Can Font water centre, "**Centre de l'Aigua de Can Font**", and the Technology Museum of Manresa, "**Museu de la Tècnica**".

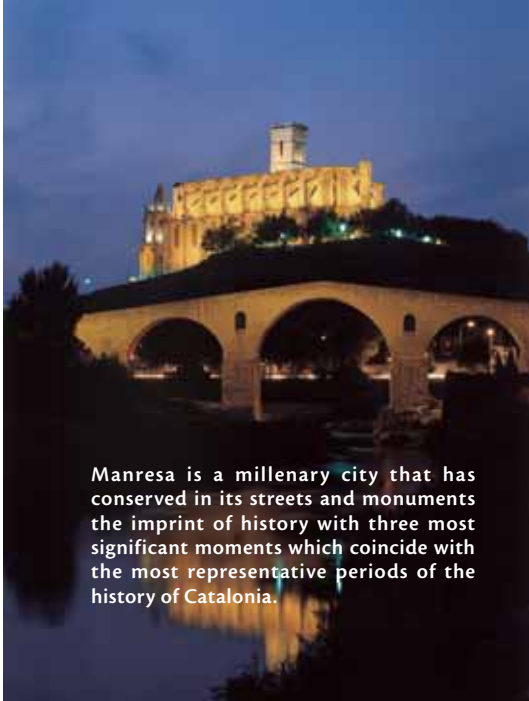
The walking route offers people a wide range of leisure activities. In fact, the Parc de la Sèquia is the thread that connects several historical and leisure centres found along its route.

Parc de la Sèquia
www.parcdelasequia.cat
e-mail: info@parcdelasequia.cat
Tel. 93 877 22 31

Parc de la Sèquia's visitors centre and different views along its route.



2. MANRESA, the millenary city



Manresa is a millenary city that has conserved in its streets and monuments the imprint of history with three most significant moments which coincide with the most representative periods of the history of Catalonia.



The city's local festival "La Festa Major", "L'Aixada" Fair or the Mediterranean Fair are some of the most significant festivals in the city.



The gothic city

During the 13th and 14th centuries (the time when cities around Europe expanded), Manresa was transformed into one of the most prosperous cities in Catalonia. A new city wall was built, as well as 3 large churches, La Seu, which watches over the city as if it were a cathedral, el Carme and Sant Pere Màrtir. Two bridges were also built in addition to the great masterpiece, la Sèquia, which transports water to Manresa from the Llobregat river. The Manresa of this medieval time can still be seen in the streets of the old district, which has preserved the old irregular and winding alleyways. Another example of this period can be found in pottery, with some of the most important medieval decorated pieces being found in the regional museum, "Museu Comarcal".



LA SEU DE MANRESA
It is Manresa's most prominent monument.

The industrial and modernist city

Throughout the 19th and the beginning of the 20th century the Llobregat and Cardener rivers became the main industrial core of Catalonia. A prosperous group of industrialists appeared who spurred the construction of an urban expansion area. This new Manresa, illuminated and elegant, grew around the boulevard "el Passeig Pere III", which became the residential centre of the Bourgeoisie and the leisure area of all Manresans. They are the commercial streets of Manresa, full of life, and with extensive and splendid modernist buildings such as the Casino, the "Casa Lluvià" or "La Buresa".



THE CASINO
Considered to be Manresa's best example of Modernist architecture.

Saint Ignatius of Loyola and the Baroque Period

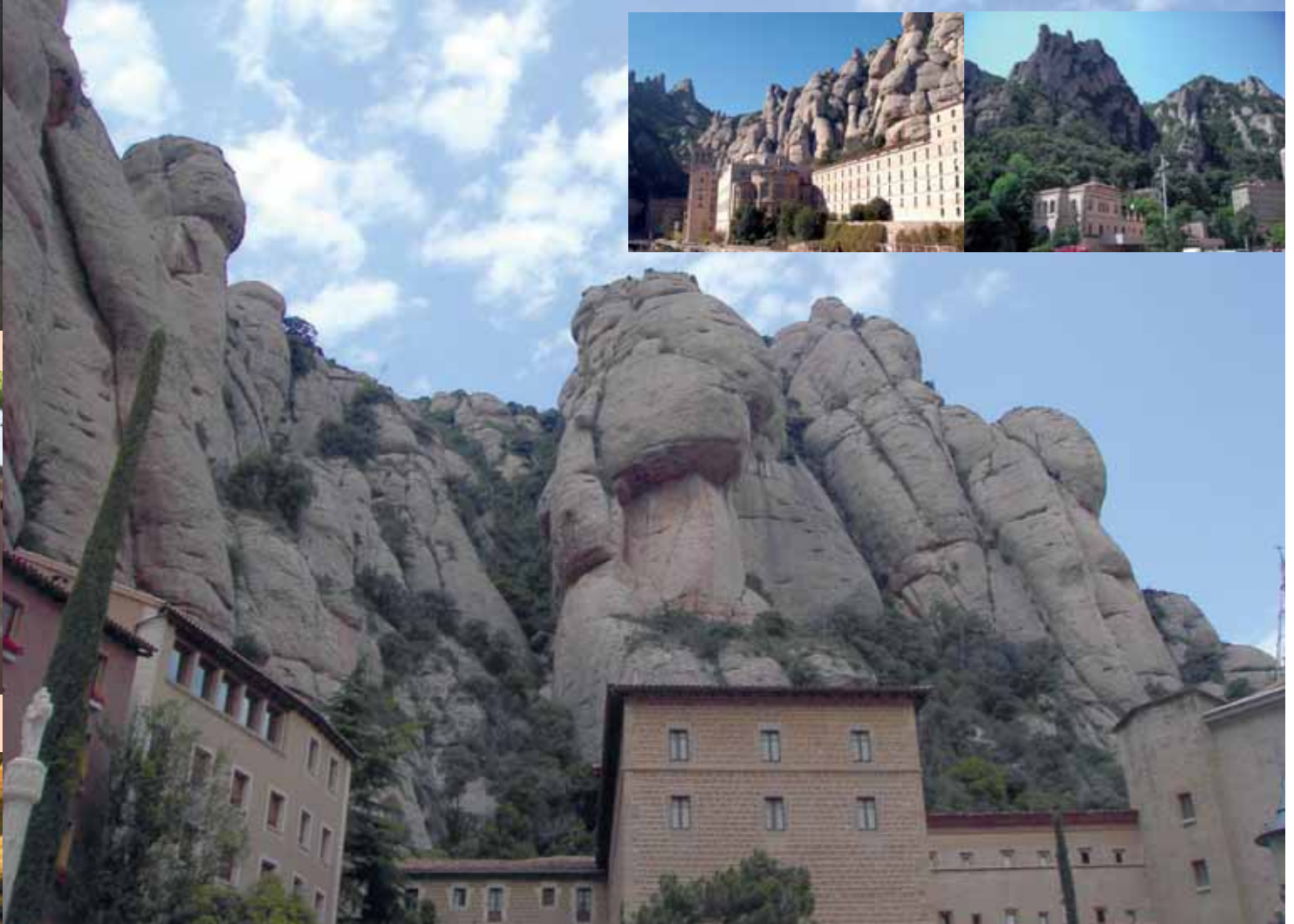
Years after Saint Ignatius of Loyola's stay in Manresa, the city was left with his legacy and that of the Jesuits. In the 17th and 18th centuries, with an ever increasing silk industry, it became again one of the leading cities. An impressive and monumental building was erected, the sanctuary of "La Cova", in memory of the saint. Several sculptors worked on the construction of altarpieces for the churches (these days they can be found at the regional museum "Museu Comarcal", which houses the most complete collection within Catalonia). The small aristocracy built typical Baroque homes that you can still admire today.



THE CAVE OF SAINT IGNATIUS OF LOYOLA
It has undoubtedly become the most representative Ignatian site and one of the universal references of the Jesuit world.

For further information
Tel. 93 878 40 90
e-mail: turisme@ajmanresa.org / website: www.manresaturisme.cat

3. MONTSERRAT



Montserrat monastery.

The incomparable Montserrat mountain is one of a kind due to its peculiar silhouette and formation. It is located about fifty kilometers from the city of Barcelona. Montserrat houses the Mare de Déu sanctuary and the Benedictine monastery, which has been a holy site for

almost a thousand years for pilgrims all around the world who come to worship the image of La Moreneta (the little dark lady).

Montserrat is a rich and multidimensional phenomenon. The mountain offers

splendid natural surroundings and eminent religious character all of which is coupled with easy accessibility. Therefore, Montserrat has become a cultural centre and an excellent meeting point for traditional activities, tourist excursions and for professional climbers.

For further information:
Tel. 93 877 77 77
informacio@larsa-montserrat.com
www.montserratvisita.com

4. MÓN SANT BENET

The **Sant Benet de Bages** Monastery is more than 1,000 years old. It was founded in the year 967 by the noble Sal·la and his wife Ricardis with the consecration of the church taking place in 972 as a monastery for Benedictine monks. In 1125 the monastery was largely destroyed by raiding Saracens and during the 12th and 13th centuries the church and the current cloister were rebuilt, as well as other rooms such as the kitchen and the refectory.

The most splendid period took place during the 14th and 15th centuries, in which the monastery began the construction of additional rooms that were centered around the "Pati de la Creu", the "Palauet" de l'Abat or the cellar.

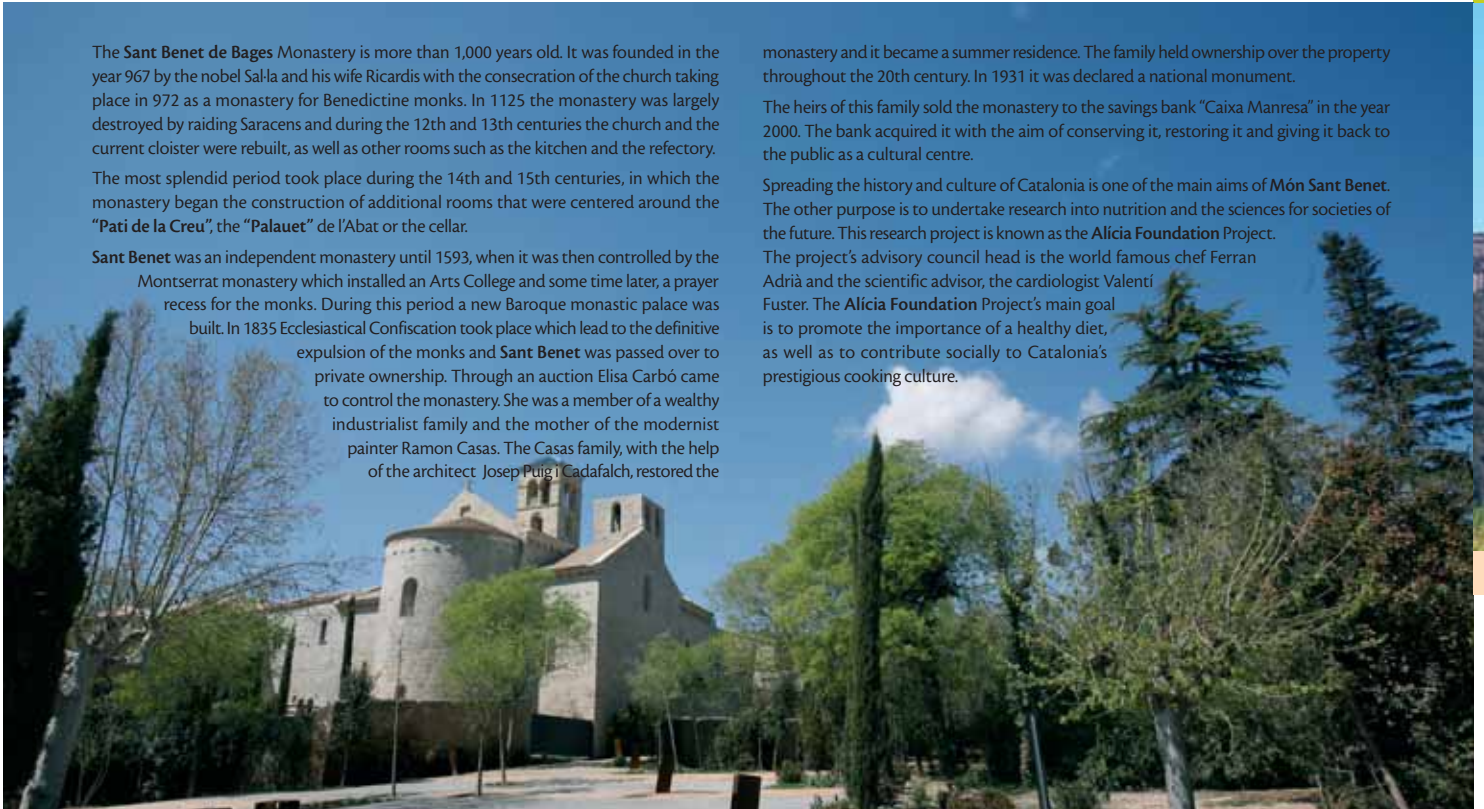
Sant Benet was an independent monastery until 1593, when it was then controlled by the Montserrat monastery which installed an Arts College and some time later, a prayer recess for the monks. During this period a new Baroque monastic palace was built. In 1835 Ecclesiastical Confiscation took place which led to the definitive expulsion of the monks and **Sant Benet** was passed over to private ownership. Through an auction Elisa Carbó came to control the monastery. She was a member of a wealthy industrialist family and the mother of the modernist painter Ramon Casas. The Casas family, with the help of the architect Josep Puig i Cadafalch, restored the

monastery and it became a summer residence. The family held ownership over the property throughout the 20th century. In 1931 it was declared a national monument.

The heirs of this family sold the monastery to the savings bank "Caixa Manresa" in the year 2000. The bank acquired it with the aim of conserving it, restoring it and giving it back to the public as a cultural centre.

Spreading the history and culture of Catalonia is one of the main aims of **Món Sant Benet**. The other purpose is to undertake research into nutrition and the sciences for societies of the future. This research project is known as the **Alicia Foundation Project**.

The project's advisory council head is the world famous chef Ferran Adrià and the scientific advisor, the cardiologist Valentí Fuster. The **Alicia Foundation Project's** main goal is to promote the importance of a healthy diet, as well as to contribute socially to Catalonia's prestigious cooking culture.



General view of the Sant Benet de Bages Monastery.

Món Sant Benet offers three types of visits

To explain the history of the monastery and of Catalonia, you are able to choose from two different tours, which cover the different periods, while the third visit is held at the Alicia Foundation.

Món Sant Benet de Bages

Tel. 93 902 87 53 53

e-mail: info@monstbenet.com

website: www.monstbenet.com

MEDIEVAL VISIT

The first tour is called "Mil anys d'un monestir" (the thousand years of a monastery). It includes the most monumental part (the church, cloister, cellar and the Montserrat gallery) and explains the history of the monastery throughout the centuries. As such, this tour covers periods that range from the Medieval Ages, with Romanesque style masterpieces, to the Baroque period. The tour begins with a spectacular audiovisual display, viewed at the church, and then goes on to explain the history of the monastery.

Length of visit: 1h 30 minutes

MODERNIST VISIT

The second tour is called "Un dia a la vida de Ramon Casas" (a day in the life of Ramon Casas) and takes place in the apartment overlooking the cloister. The visitor is able to get an idea of what life was like in a Catalan Bourgeois family during this period. Several characters appear, all real, that guide the visitor throughout the various rooms that have been converted into a museum and which house original paintings by Ramon Casas. Every room depicts life from this period at various stages throughout the day using an automated system.

Length of visit: 40 minutes

VISIT TO ALÍCIA FOUNDATION

With the help of a guide, the public can visit the research centre and experiment with the five senses at the display workshop called "El sentit dels sentits" (the function of the senses). How do the senses work when eating? Do they help or mislead you? Why do we eat some things and not others which are also edible? The workshop allows you to sample and taste different foods and explains the importance of the kitchen, an aspect of human society that differentiates us from all other species.

Length of visit: 1 h

5. LAS VALLS DEL MONTCAU (The valleys of Montcau)

Les Valls del Montcau cover five municipalities: Mura, Talamanca, Sant Fruitós de Bages, Pont de Vilomara, Rocafort and Navarcles.



La Mola.



Caves of the village of Mura.

The village of Mura's church chapel.



Val del Flequer Vats.

Molí del Mig (watermill).

NATURAL HERITAGE

In the **Sant Llorenç del Munt i l'Obac** Nature Reserve one can find the **Montcau Mountain** (1,056m) which bridges the Bages and the Vallès Occidental regions. On the north face, just touching the banks of the Llobregat river, there is **les Valls del Montcau**, a rugged, broad, mountainous landscape, divided by valleys cut from mountain streams and covered in abundant vegetation. Furthermore the area conceals detailed natural elements such as endless fountains, caves and abysses showing characteristic reliefs where water has caused significant erosion, while also showing signs of human occupation from previous periods throughout history. "Balms Obrades" can also be found here, which are cavities used as protection from bad weather. Some of them ended up being used as houses such as "**Puig de la Balma**" (it also has a museum) or "**El Perich**".

The caves found in the village of Mura are unique in that they only consist of a large open cavern about two hundred metres long and which were discovered in the middle of the last century.

The Sant Llorenç del Munt i l'Obac Nature Reserve

Ctra. de Terrassa a Navarcles, km 14,8
Tel. 93 831 83 50 / e-mail: p.santllorenc@diba.cat
website: www.diba.es/parcsn/parcs/index.asp?Parc=4&Submit=Anar

CULTURAL HERITAGE

The Vats form a part of popular Catalan architecture. They were built from the middle of the 18th century to the end of the 19th century and are made from stone, calcium mortar, while the interior sections were made impermeable with bricks. The technique involved using dry rock and the roofs were made with rows of flat stones that progressively got closer together. **Les Valls del Montcau Vats** are found as isolated and independent structures, being detached from the masies (Catalan Farm House), as is customary in other areas of Catalonia.

In Les Valls there are watermills such as "**el Molí del Mig**", which dates from 1056. As there is still the original waterfall you are able to see the mill working and learn about its history.

Among the medieval architecture that is found in Les Valls there is the **Sant Benet** monastery, a restored Romanesque construction. Also among the Romanesque art there are the churches of **Sant Martí** de Mura, **Santa Maria** de Talamanca and **Santa Maria** de Matadars. In addition the townships of Pont de Vilomara and Rocafort both have nine arched gothic style bridges.

Consorti per a la Promoció Turística de les Valls del Montcau

Tel. 93 831 83 75
e-mail: vallsdelmontcau@diba.es
website: www.vallsdelmontcau.org



El Puig de la Balma (above).

The bridge of the village of Navarcles (below).



6. THE CARDENER RIVER

The village of Castellnou's tower.



The village of Callús's Ecorail Station.



The village of Súria's old district.



The area surrounding the Cardener, also known as the Salt river, is organized into small networks of villages that have a special charm, and with some common traits.

The Romanesque style dominates, with the most significant buildings of this style being the **Sant Julià de Coaner** and the **Sant Cugat del Racó** churches, both of which are surrounded by beautiful spots with magnificent views. The Porxada square in the village of Santpedor, and the old districts of the villages of Súria and Rajadell are examples of urban nucleuses that are unique historical remains of the area's medieval past. Taking a tour along the Romanesque parts of the Cardener river is a great way to learn more about the landscape and the people of this area.

It is not easy to find in the rest of Catalonia such an authentic rural experience, with traditional Masies (Catalan Farm Houses) inhabited by the same family for generations, custodians of traditions and customs that have lasted the test of time. Examples of these are the traditional celebrations held every year, such as the Caramelles dancers, who perform the popular "Ball dels Cascavells", the **Ballestes**, the **bastoners** and the **Trabucaires**.

Large forests, the impressive Castelltallat mountain range, the fertile valleys dedicated to dry farming and humid areas offering large biodiversity (Pla de Reguant and Riera de Rajadell), occupy an important part of the rugged geography of the region.

The Cardener river shapes a land of contrast to be discovered at a leisurely pace, enjoying nature, art and popular traditions in a privileged environment.

ConSORCI del Cardener

Cal Pinsà, s/n c-55, km 39 - 08250 Sant Martí de Torruella

Tel. 93 836 17 08

website: www.elcardener.com / e-mail: consorcicardener@diba.es



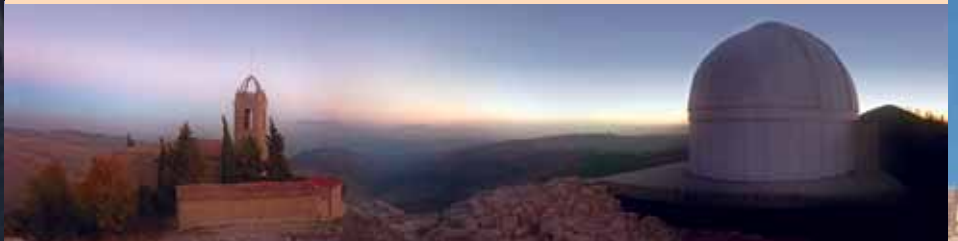
Bastoners and Trabucaires of the village of Súria.



Sant Julià de Coaner.
The village of Castelltallat's observatory.



Timbaler del Bruc Square – Santpedor.



7. CARDONA

THE SALT MOUNTAIN CULTURAL PARK

The **Vall Salina** (the Salina Valley), the richness of Cardona: the salt which has been excavated since the Neolithic period as well as the potassium which was extracted between 1929 and 1990 are both the reason for Cardona's existence.

In 2003 the surrounding area was inaugurated as The Salt Mountain Cultural Park, promoting the Salt mountain.

MEDIEVAL CARDONA

The old district, recognized as a national heritage site of special value and interest, closely guards the splendour of its medieval past.

In the middle of its monumental rocks that surround it, Cardona's old district bestows a vibrant and dynamic commercial centre with a wide range of agricultural food products produced locally.

The medieval centre of Cardona (**El Centre Cardona Medieval**), situated in **Plaça de la Fira**, just in front of the town hall, makes it possible to interpret the birth and growth of the medieval village of Cardona. A permanent, large audiovisual display as well as a guided tour, explain the origins and evolution of the village until the construction of the walled quarter which protected it for more than five hundred years.

The Cardona Castle is the ancestry centre of the Cardona family, "the rich lords of the salt" who had associations to the main European royal houses and were so influential that the Duke of Cardona was known as "the king without a crown".

The Cardona castle had an essential role, among others, during the Spanish war of succession. Its resistance to the

Cardona. Tourist office
Tel. 93 869 27 98 / www.cardona.cat

Salt mountain
Tel.93 869 24 75 / informacio@salcardona.com
www.saldecardona.com

Siege of 1711 and the final surrender of the fortress on 18th September 1714 in accordance with the orders of the Catalan establishment have converted it into an iconic symbol that is recognized as the last bastion of Catalan freedom.

The Castle complex has been declared a National Monument since 1949, and the **Sant Vicenç** collegiate church, a magnificent example of Catalan Lombard art was declared a National Monument in 1931..

FESTIVALS

THE ANNUAL LOCAL VILLAGE FESTIVAL

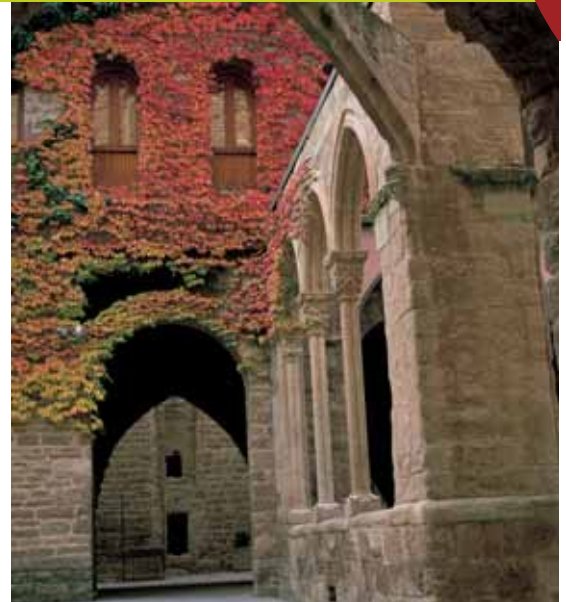
Every second weekend of September, Cardona celebrates its village festival: the traditional ox run (originating from the 15th century), the **Mare de Déu del Patrociní** (a patron saint since the 15th century) procession, the meeting of the "gegants" (large paper maché figures representing kings and queens or popular characters), the gala ball, concerts and much more!

THE MEDIEVAL FAIR AND SALT FESTIVAL

On the first weekend of June, annually, the **Medieval Fair** recreates the role of salt in the history of Cardona: the Trustees of the Land ceremony, the medieval dinner, a re-enactment of the **Aimines Right** (the annual right each citizen has to a certain amount of free salt), a wide range of shows, displays of medieval trades as well as street performances and concerts.

THE LLANEGA (CATALAN MUSHROOM) FAIR

During the last weekend of October Cardona is filled with people who come for **The Llanega Fair**: mushroom sales take place, competitions and the tasting of dishes, as well as preserves and jam competitions and street performances.



*The Cloister of the Sant Vicenç collegiate church
The Salt Mountain Cultural Park*



The Cardona Castle



8. THE LLOBREGAT AND GAVARRESA RIVERS



The Balsareny castle.



Artés's gegants.



Artés's wineries.



The Avinyó bridge.

The interior of the Torres Amat house - Sallent.

Views of Sallent.



Municipalities such as Artés, Avinyó, Balsareny, Gaià, Sallent and Sant Feliu Sasserra were in the past geographically shaped by the course of the Llobregat and Gavarresa rivers. These rivers cross the region from north to south and have left a strong industrial footprint from their textile pasts. In the areas surrounding Sallent one can find an ancient Iberian settlement called Cogulló, from the Bronze Age. Several fortifications that were used as access ways towards the Pyrenees have been preserved. These include The Balsareny Castle, The Sallent Castle and some small forts dated from the middle of the 19th century. In terms of architecture, the Sèquia of Manresa (a medieval canal that connects Balsareny with Manresa) dating from the 14th century offers natural surroundings that invite you to follow the 26km route on foot or by bicycle. A place not to be missed is the Torres Amat House, a museum in Sallent dating from the 17th century, which houses unique furniture and decorations as well as liturgical art objects. Throughout the whole region traditional festivals hold great importance. One of the highlights of the area is "Els traginers" (men who transport agricultural goods by mull drawn cart) festival in Balsareny, the Artés wine harvest (la Verema), "Les Enramades" of Sallent and the Sant Feliu Sasserra's "Les Bruixes" festival.

Sallent. Torres Amat House

Visit Torres Amat House / Tel. 93 837 02 00

Townhall. Tel 93 837 63 01

e-mail: b.sallent.samc@diba.es

www.ajsallent.org

9. THE SOUTHERN BAGES



Castellbell's meander



Santa Cecilia de Montserrat church.



Pont de Vilomara's Vats.



Pont de Vilomara's medieval bridge.



Views of the Llobregat river.

ES REGION

10. EI MOIANÈS

This area is the southern entrance to the region. The two large natural parks, **Montserrat** mountain in the southwest and **Sant Llorenç del Munt i l'Obac** in the east, as well as the **Llobregat** river have all geographically shaped the landscape. In the shadows of **Montserrat** mountain you can taste typical **mató**, a curd cheese, and other cheese from the area, as you discover the municipalities that make up this area. This region invites you to explore its rich natural surroundings and landscape such as the **Castellbell's** meander bird sanctuary on the banks of the **Llobregat** River.

In terms of architecture the area offers a large number of antique lime furnaces and dry stone wall buildings as well as an industrial footprint from its textile past. Romanesque architecture (the best examples being, the **Santa Cecília** and **St. Benet** Benedictine monastery) and the natural heritage of **Marganell** at the foot of **Montserrat** mountain are also highlights. Further treasures can be found in the village of **Monistrol de Montserrat** with its medieval streets as well as the **BoBo** square and Romanesque elements of great historical significance, such as **Bestorre**.

In the village of **Sant Vicenç de Castellet** we should highlight the rural centre of **Vallhonesta**, where one can find the Romanesque hermitages of **Sant Pere** and **Sant Jaume de Vallhonesta**. In addition it should be noted that in the townships of **Pont de Vilomara** and **Rocafort** one can find in each a gothic bridge, the **Rocafort** old town housing important dry rock remains from its viticulture past that was carried out in the municipality and the **Marquet** Romanesque church, which is considered to be the oldest in the **Bages** region.

CFIBSUD

Tel. 93 833 13 11

e-mail: turisme@cfibs.es

www.cfibs.es



*Santa Maria de l'Estany.
The caves of Toll.*



The Santa Maria de l'Estany monastery cloister



Located in the northeast of the **Bages** region, this natural area with rugged landscape and dense forests offers wonderful tourist opportunities and gastronomy. It is a crossroad with routes that cross the region from the northeast to the southeast and vice-versa, such as the **Abat Oliva** trail and the **Camí Català de Sant Jaume**, which link the three great **Bages** monasteries: **Montserrat**, **Sant Benet de Bages** and the **Santa Maria de l'Estany** monastery.

THE SANTA MARIA DE L'ESTANY MONASTERY

Recognized as a national heritage site, it was founded in 1080 and is one of the jewels of **Catalan Romanesque**. The most impressive feature is the double columned cloister and 72 capitals with vegetable, heraldic, and biblical and profane scenes themed iconography. The church keeps the same simple and austere style from the 12th century. In the ancient abbatial rooms there is the museum with objects from the monastery and municipality.

THE CAVES OF TOLL

Prehistoric caves rich in fauna from the Quaternary during the **Würm** glaciation: hippopotamus, rhinoceros, cave bears, lions, hyenas, primitive oxes, chamois... There are also remains of flint and fires which show the presence of **Neanderthal** man during the middle of the **Palaeolithic** age in the **Moianès** region.

BIRTH HOUSE OF RAFAEL CASANOVA

It is the house where **Rafael Casanova** was born in 1660. It is now a museum where one can find an explanation of **Rafael Casanova's** life, the municipal archive and the archaeological and paleontological museum of the village of **Moià**.

ARCHAEOLOGICAL AND PALEONTOLOGICAL MUSEUM

In the **Moià** archaeological museum one can find the prehistoric remains found in the **Toll** caves complex. The museum has been organized into different themed rooms and using the remains found in the **Toll** caves one can better study the prehistory of the **Moianès** region.

Consortium of the Moianès region

Tel. 93 820 80 00

e-mail: tur.moianes@diba.cat

The caves of Toll

e-mail: comercial@covesdeltoll.com

www.covesdeltoll.com

The logo for the Bages region, featuring a stylized white mountain range above the word "Bages" in a white, sans-serif font.

The viticulture tradition of the region has existed for time immemorial; furthermore some historians have even suggested that the word "Bages" is from the Latin name Bacus the Roman god of wine. The small yet selective wine production is being recognized by critics, restaurateurs and enthusiasts, and the region, as one of the best emerging zones in the country.

The region's wines are characterised by balsamic traces of lavender, thyme and rosemary. These aromatic plants are found in the pine, oak and holm oak forests that surround the vineyards.

All of the cellars in the Bages region have their own vineyards; therefore Bages wines offer different and varied expressions of our land and the people that work it.



THE SPIRIT OF THE LAND



Consell Comarcal del Bages



Diputació de Barcelona
xarxa de municipis