



PARADORES  
NATURIA

ready to  
**GO!**

PARADOR DE  
AIGUABLAVA





Parador de Aiguablava Surroundings

Ready?

One of the great new changes in this Parador is the SPA with a view of the Aiguablava cove. The pool, gym, sauna, terraces and outdoor areas have been renovated to improve the comfort of our guests. The beach area has also been expanded and access to the entire complex has been improved. All rooms have been fully renovated and most have a terrace overlooking the Mediterranean sea.

The town of Begur, placed on top of a hill, is located only four kilometres away from the Parador. On its summit, the main symbol of the town can be found: its medieval castle. It must also be highlighted the colonial-style Indian houses, which were built in the 19th century by emigrants who returned from America. The Fira d'Indians (Indian Fair) is held on the first weekend of September in which Begur brings back memories of its Indian past.

The area offers many possibilities to practice sea sports, from diving in the Aiguablava cove to renting a boat to know all the spots of the Costa Brava. You can also enjoy cycling tours or horseback riding on rural roads in the area.

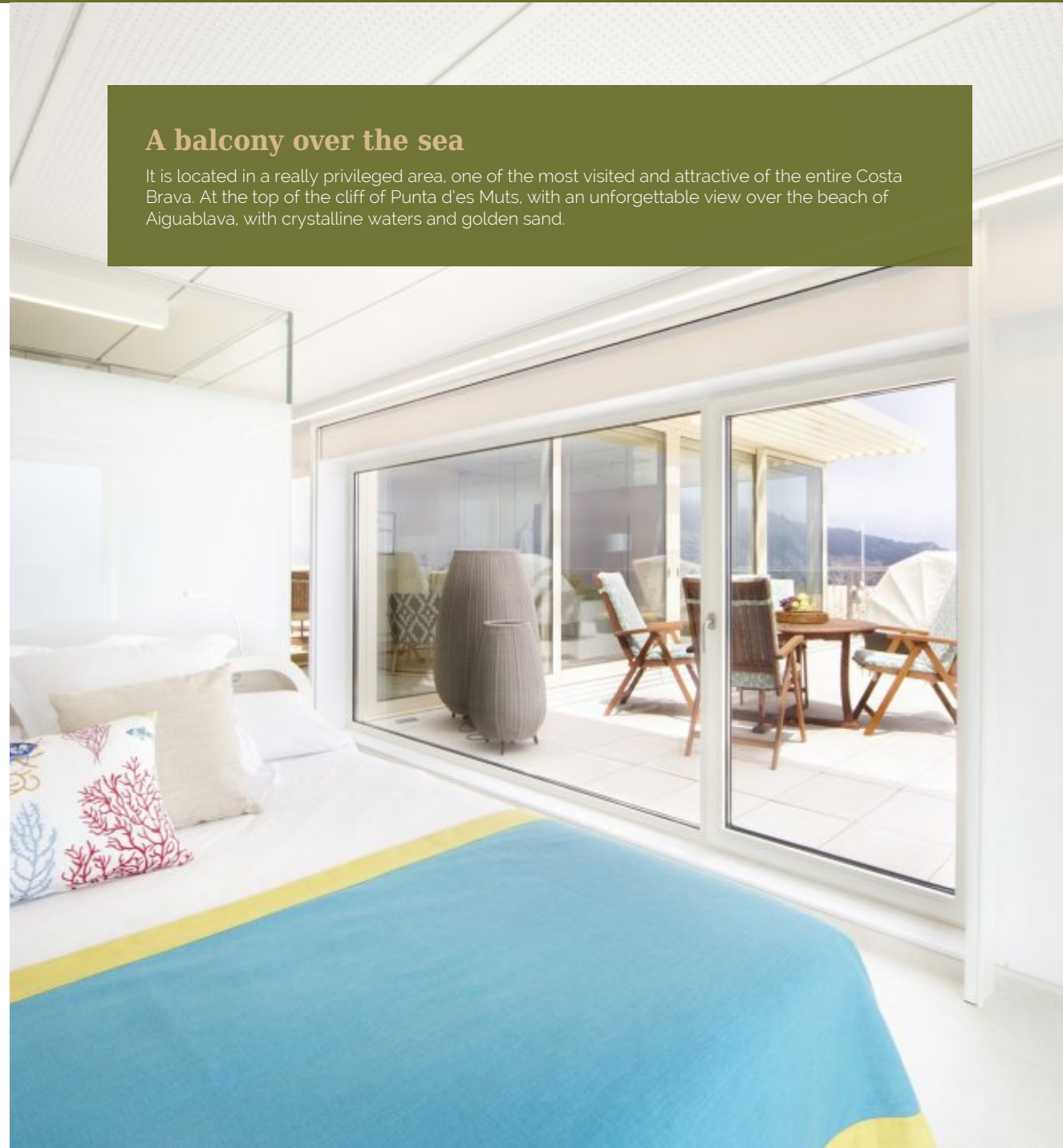
PARADORES  
NATURIA



Hotels to enjoy the coast or nature

## A balcony over the sea

It is located in a really privileged area, one of the most visited and attractive of the entire Costa Brava. At the top of the cliff of Punta d'es Muts, with an unforgettable view over the beach of Aiguablava, with crystalline waters and golden sand.



Parador de Aiguablava Rooms



## Enjoy the Parador to the full

In the Parador de Aiguablava, we have a must-visit gastronomic area, the ESPECIALIA Restaurant of the Parador, which offers a creative Mediterranean cuisine and specialises in rice and "suquet" (fish stew).

- Taste the typical dishes of the area in the Mar i Vent.

From June to September, the Mar i Vent Restaurant, located in the Aiguablava cove, will be open. Here you can enjoy a local cuisine and fresh daily products in a gastronomic setting jointly offered by Paradores & Dry Martini by Javier de las Muelas.

- A unique pool on the edge of the cliff.

Take a refreshing bath while enjoying one of the best landscapes of the Costa Brava. In our seasonal pool you will find all the comforts to spend the most pleasant time.

- Take a break on our terrace overlooking the sea.

An opportunity to think, a moment to talk or a break to rest. The Parador terrace, with spectacular views of the sea, is the ideal place to make a stop at any time of the day and to taste any of the specialties of its menu.

- Gym and sauna to activate or relax your body.

If you want to exercise so as not to get out of shape, we have a gym at your disposal, with the items you need to train. If you want, you can also relax in our magnificent sauna.



## The Parador Kitchen

Our cuisine creatively blends a wide variety of products, producing truly surprising combinations, and offers delicious dishes whose flavor becomes even more special when served in a unique setting. Prawns from Palamós, anchovies from La Escala and an extensive selection of fish and seafood served in a charming maritime atmosphere with an unforgettable view make this a wonderful culinary experience.

### Chef

Luis Martínez

### Maitre

Ricardo García

### Menú para grupos

### Opening Hours

#### Cafetería

11:00 - 00:00

#### Desayuno

8:00 - 11:00

#### Almuerzo

13:00 - 17:00

#### Cena

20:00 - 00:00

#### Other

Cocktail Bar: noon-1:00 a.m.

Restaurante Mar i Vent is open

June-September.





## Discover the local area

- Begur (5 km)
- Pals (10 km)

Marine Archaeology

Museum Roman-Gothic Buildings

El Pedró, Islas Medes

- Coast: The cliffs and coves of Aiguablava.
- Aiguamols National Park (35 km.): Important Bird Area.
- Peratallada (12 km.): Medieval Fortress

## We present our new gastronomic spaces



### **Pampered Senses**

Especia restaurants are Paradores' classic restaurants where we offer a traditional menu made up of starters, meat courses, fish courses and desserts.



### **The perfect homage**

Tamizia restaurants are multifunctional spaces that follow current trends in gastronomy.



### **Gastronomic mouthfuls**

The Marmitia restaurants offer an innovative menu with a wide variety of dishes so that diners can choose their own combination of starter, main and dessert.

Monumental and historic hotels

There are places that become travel destinations through which their history can be discovered: castles, palaces, and old monasteries that receive you today with all the comforts that only Paradores know how to offer, but without losing the essence that made them part of our history.

Hotels to enjoy the coast or nature

Close your eyes and imagine a place far away from the hustle and bustle of daily life. In a landscape surrounded by evergreen mountains, a terrace with sea views, a viewing point from which to observe the flight of the birds over a lake. It is something you have within reach but still haven't discovered, because this trip is closer than you think. That getaway to nature is at Paradores.

Urban hotels at the heart of the city

The luxury and the service of Paradores in an urban setting is what you're looking for. Civia arose to offer a hotel where you don't feel like you're just passing through. The Civia collection is made up of Paradores located in the city or nearby where you'll find everything you need, whatever the reason for your visit.





PARADORES

NATURIA

ready to  
**GO!**