

ALL EXCURSIONS ARE ON WEDNESDAY THE 2ND SEPTEMBER 2026

2/09 Visit 1 (full day) 50 pax.

The de-urbanization of La Pletera: an ecological restoration in a high-tourism area (Guided visit to the Estartit re-constructed wetland)

Responsible: Xavier Quintanta (UdG; <https://www.udg.edu/ca/grupsrecerca/greco>)

La Pletera salt marsh is a coastal wetland located in a tourist area in the center of the Costa Brava. In the 1980s, an urban development process began there, which was halted and abandoned in the 1990s due to an economic crisis. Since then, the salt marsh has been protected, and several actions have been undertaken to restore its ecological value. The process culminated in the full restoration of the area and the recovery of its ecological functionality within the framework of a EU LIFE Nature project (www.lifepletera.com). During the visit, we will explore the main ecological features of the marsh and the ecosystem services it provides. The restoration measures implemented will be presented, along with an overview of how a coastal natural area can coexist with the intense tourist pressure characteristic of the region.

Visit 2 (full day) . 50 pax

Visit to Sau Reservoir, including a hike to the Tavertet Cliffs

Responsible: Rafa Marcé (CEAB-CSIC; <https://www.ceab.csic.es/en/>)

This trip includes a walk along the top of the Tavertet Cliffs, one of the most iconic biogenic calcareous formations of the Mesozoic seas, and a 10 km hike descending 450 m to the shores of the Sau Reservoir. At the dam, the ATL Water Supply Company will guide us through 60 years of limnological research in Spain's most emblematic reservoir. Participants should be able to hike and must wear appropriately.

Visit 3 (matí 09:00-12:00) 3h aprox. 40 pax

Boat La tirona: 12:45-13:30h both groups together

Visit 4 (16:00-19:00h) 3h aprox. 40 pax.

Conservation and Restoration Practices in Lake Banyoles

Responsible: Miquel Campos (Consorti de l'Estany; www.estanyespainatural.net)

We will explore Lake Banyoles and its surrounding protected natural areas on foot. The tour will be led by the coordinator of the protected area, who will provide insights into its management and ecological significance. Along the way, we will visit several managed sites within this unique environment, including the main lake, smaller ponds, and nearby wetland zones, all part of ongoing conservation efforts.

The walk will last approximately three hours at a relaxed pace, giving us time to enjoy the landscape and better understand its ecological value. There is also the option to take a ride on the boat La Tirona, offering a different perspective from within the lake and enriching the overall experience.

Visit 5 (tarda 16:30-19:30h) 50 pax

Visit to the lakeside fishing huts & the Neolithic Park of La Draga.

Responsible: Educational Services of the Banyoles Museums

[\(https://www.museusdebanyoles.cat/\)](https://www.museusdebanyoles.cat/)

This combined visit offers a unique journey through the natural and cultural heritage of Banyoles. We will begin with a walking itinerary along the shores of Lake Banyoles to discover the pesqueres, emblematic lakeside fishing huts built since the mid-19th century that have become an iconic feature of the landscape. The route will take us from the oldest and simplest traditional structures to the most distinctive ones, exploring their original uses, construction methods, and their close relationship with the lake's natural environment. During the visit, we will have the opportunity to enter some of these huts.

The visit continues at the Neolithic Park of La Draga, the only lakeside prehistoric settlement on the Iberian Peninsula, dating back over 7,000 years. Here, we will step inside reconstructed Neolithic dwellings and gain insight into daily life during this period of prehistory, discovering how early communities lived in close connection with their environment.