

# Spain

## Location

Catalonia is Spain's most prosperous region. But beyond its bustling cosmopolitan capital Barcelona, Catalonia has preserved its traditional way of life and a pristine natural environment. Those who leave the beaten track still find medieval mountain villages carved with narrow cobblestone lanes, eremite monasteries and old roman viaducts. Warm hearted but proud people offer their hospitality. The region is blessed with sun and colours. While people freeze in central Europe's grey winter, the sun shines brightly over Catalonia's mountains and plains.

ActiveEarth/EasyDay operate from two locations, a secluded mountain valley in the [Garrotxa National Park](#) and a bay inside the [Cap de Creus National Park](#). Enjoy the contrasting environments within the same course: both of these locations are within an hour's drive of each other.

