



**SANT  
CUGAT**

**Sporting  
excellence**

Ajuntament de SantCugat



# Sant Cugat, sporting excellence

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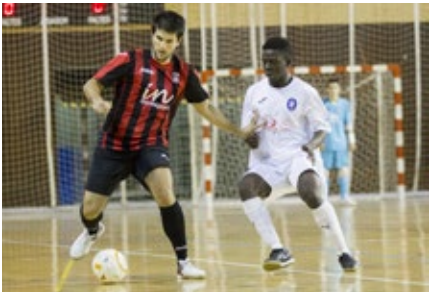
Teams and athletes choose Sant Cugat for their training camps because it offers all the services of a major city without any of the inconveniences. Sant Cugat is peaceful, safe, well designed, has an important heritage and is full of urban parks with the Collserola Natural Park practically next door. Located very close to Barcelona, it is well communicated by road and public transport with the Catalan capital and the rest of the world.

There's nothing better than walking to training sessions, returning to the hotel on foot, ambling through the city centre's pedestrian area in the shadow of the imposing monastic complex, one of the most impressive cloisters in Europe and located in the city centre. A stone's throw away, there's the option of exploring a Natural Park like Collserola and filling your lungs with energy and your body and mind with fresh air. **You can find all this in Sant Cugat, a place recognised for its innovative, entrepreneurial, friendly and creative character, a city that loves and practices sports.**

Sant Cugat is home to the renowned CAR Sant Cugat–High Performance Centre, where athletes train for international competition in many disciplines. The CAR stands for excellence, innovation, commitment and team work, values it shares with Sant Cugat. The city has first class sports installations, both public and private, modern, fully equipped and serviced.

Athletes that practice track, running and team sports, notably football, rugby, volleyball, handball, basketball, indoor football, field hockey and roller hockey; will find the facilities and services ensure the **very best preparation for their training stages.**





- 1 high performance centre, 170.000 m<sup>2</sup> of sporting excellence
- 4 sports areas and 1 municipal multisport pavilion
- 1 athletics track
- 2 field hockey pitches
- 2 rugby fields
- 13 volleyball courts
- 2 roller hockey rinks
- 7 football fields
- 7 basketball courts
- 4 handball courts
- 4 indoor football courts
- 4 riding schools
- 2 golf courses and 1 pitch & putt
- 8.000 hectares of Natural Park
- 33 kilometres bicycle lanes
- 50 sports clubs
- 2.065 accommodation pax

Sports are part of the day-to-day in Sant Cugat and it's typical to find people jogging, cycling, riding, going to the gym, competing or practicing their favourite sport.

Seeing exceptional athletes and future sports stars in the making training in a high-performance centre, reserved only for the very best, is a privilege few cities enjoy. The CAR offers this service exclusively for the athletes who want to share experiences with other colleagues, even from different disciplines.

We open the doors of our home to those seeking to share excellence in their sports goals. Your challenges are ours.

**Welcome to Sant Cugat.**



# 10 reasons to choose Sant Cugat

- 1 First class sports facilities
- 2 Collserola, a great Natural Park for you to enjoy
- 3 CAR Sant Cugat – High Maintenance Centre
- 4 Great Mediterranean climate
- 5 A 20-minute train ride to Barcelona city centre and 10 minutes by car
- 6 A varied and competitively-priced accommodation offer
- 7 A green city, one tree per inhabitant
- 8 Full run of the city on foot or bicycle
- 9 An innovative, sustainable and creative city with an excellent quality of life
- 10 High quality urban planning and heritage



# The 10 essentials

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## Royal Monastery of Sant Cugat

Its artistic quality makes it one of the most exceptional Romanesque cloisters in Europe, boasting 144 Romanesque capitals.



## City Museums

Three unique museums: the Monastery Museum, to learn about the life of the monks and the architecture of the monument; the beauty of the Modernist Wine Cellar and the Contemporary Tapestry Museum, unique in its subject matter.

## Collserola Natural Park

Discover, take a walk and practice sports in over 8.000 ha of nature reserve.



## 13 urban parks

716.086 m<sup>2</sup> of parks for everyone.



## Theatre-Auditorium

The best theatre, music, dance and opera suggestions.

## Gastronomic venues

A varied offer to try the best international and local cuisine.



## Mercantic

The most original antiques, vintage articles, artisan and interior decorating market in Spain and a European reference.



## The Modernist and Novecentist Route

A walk through the Eixample of the end of the 19th century reveals the second residences of Barcelona's bourgeoisie, the pottery kiln, vintage shops and Modernist Wine Cellar.

## The city is celebrating

The people of Sant Cugat have preserved different customs and traditions to the modern day including castellers, sardana dancing and the *Paga-li*, *Joan* dance.



## Singular, quality retail

offering streets and plazas full of authentic shops, charming window displays and attentive personnel.

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# How to get there



## BY PLANE

Barcelona airport is 26 km away (about thirty minutes by car) and offers every type of national and international connection. Transport services to the airport include taxi or public transport from Barcelona city centre.

For more information [aeropuertobarcelona-elprat.com](https://aeropuertobarcelona-elprat.com)

The Girona-Costa Brava airport is 87 km away and at least one hour's drive on the motorway. For more information [girona-airport.cat](https://girona-airport.cat)



## BY RAIL

Sant Cugat is well connected with neighbouring towns by public transport, both trains and inter-city bus.

**Regional RENFE** has a stop in the city and connects with the international stations of **Sants and França via the R8 line.**

For more information [renfe.com/viajeros/cercanias/barcelona](https://renfe.com/viajeros/cercanias/barcelona)



## BY COMMUTER RAIL

There are several **FGC** rapid transit lines (**S1, S2, S5 and S55**) linking Barcelona and Sant Cugat with stops in all of Barcelona's main stations.

**The Barcelona-Sant Cugat commute lasts about 20 minutes (check timetables on fgc.cat).**



## BY CAR

Sant Cugat is very well connected by road. The main access routes are:

AP-7: South Barcelona - Tarragona - Castellon - Valencia.

AP-7: North Girona - France.

AP-2: Barcelona - Lleida - Zaragoza.

C16, E9: Vallvidrera Tunnels, direct to Barcelona in 10 minutes.

The Collserola Natural Park can also be crossed by car on the Rabassada and Vallvidrera secondary roads linking Sant Cugat and Barcelona.



## BY SEA

Barcelona has one of the biggest international cruise ports in the world and Sant Cugat can be reached in just a few minutes from the city centre of Barcelona.

For more information [portdebarcelona.cat](https://portdebarcelona.cat)



# Surroundings

Visitors can enjoy a city with an enduring small-town charm and in no time at all find themselves in cosmopolitan downtown Barcelona, relaxing on miles of sandy beaches spread along Barcelona's coastline or discovering an imposing Catalan icon: the mountain of Montserrat.

The best option for getting around Sant Cugat is to forget about using a car. There's a commuter train every three minutes that drops you in the centre of Barcelona near a multitude of attractive spots.



# Getting around town

**Getting around town sustainably is the best option: on foot, cycling or using public transport.**

## ON FOOT

Downtown Sant Cugat is designed for pedestrians and offers culture, gastronomy and leisure activities with no vehicle traffic.

## CYCLING

It's a practical city for cycling. A flat terrain, especially in the centre, and over 30 kilometres of cycle lanes make it easy to get around quickly.

## COMMUTER RAIL

The local commuter rail, Ferrocarrils de la Generalitat de Catalunya (FGC), has seven stations in the municipality on the Barcelona – Vallès route (S1, S2, S5 and S55): La Floresta, Valldoreix, Sant Cugat, Volpelleres, Sant Joan, Mira-sol and Hospital General. It runs as smoothly as any metro **fgc.cat**

## BUS

The bus routes extend throughout the city, and timetables can be consulted online at **santqbus.santcugat.cat** or downloaded via the StQbus app.

## TAXI

Approximately twenty radio-taxi services operate in the metropolitan area of Barcelona, and there are two taxi companies based in Sant Cugat:

### Radio Taxi Sant Cugat

Tel.: +(34) 935 894 422 / +(34) 936 741 111  
reservas@radiotaxisantcugat.com

### Excel Taxi Sant Cugat

Tel.: +(34) 935 838 201 / +(34) 935 838 202

There are six taxi stops located next to the CAP (Medical Centre) Sant Cugat (carrer de la Mina), FGC Sant Cugat station (carrer Andana), FGC Valldoreix station (carrer Església), AC Hotel (plaça Xavier Cugat), on carrer Cèsar Martinell and at the General Hospital of Catalonia.





# Discovering Sant Cugat



Royal Monastery of Sant Cugat

City routes

Collserola Natural Park

Mercantic

Theatre-Auditorium Sant Cugat

Sant Cugat Museums

Maristany Art Centre

Cal Gerrer - House Museum

Golf

Riding

Gastronomy

Shopping

Movie theatres

Local Festivities

Morning, noon and night, there's always something going on in Sant Cugat. **Dynamic, joyful and overflowing with optimism, the city's the ideal place to enjoy.**

We've curated the best selection of cultural suggestions, outdoor activities, sport and leisure, local festivities and traditions and obviously shopping and gastronomy. Here are some suggestions to inspire you when designing your programme.



# Royal Monastery of Sant Cugat

The monastic complex, founded in the 9th C, is one of the greatest examples of medieval art in Catalonia and a symbol of the city. Just looking at it is, in itself, an enriching experience.

The cloister is considered a jewel of Romanesque sculpture and one of the most important and well-conserved in southern Europe. It's outstanding for the structure and decoration of its 144 capitols, each one of them unique.

The church is a privileged location to observe a clear transition from Romanesque to Gothic.

**SUGGESTIONS**

- The Royal Monastery of Sant Cugat audio guide submerges the listener in the history and legend of the medieval period.
  - Audio players can be rented from the Tourism Office
  - Available in the App Store and Google Play
  - Languages: Catalan, Spanish, English and French
- **Musical Evenings** in the cloister in summer (June and July).
- **Tourist Visits** arranged in Spanish, English and French

**INFORMATION AND RESERVATIONS**

Tourism Office  
Plaça d'Octavià, 10  
08172 Sant Cugat  
Tel.: +(34) 936 759 952  
Fax: +(34) 936 759 953  
turisme@santcugat.cat  
**santcugat.cat/turisme**

**VISITING HOURS**  
*Cloister*, Tuesday through Saturday, from 10.30 to 13.30 h and 16 to 19 h (from June 1st to September 30th, open from 17 to 20 h); Sundays and Holidays from 10.30 to 14.30 h  
*Church*, from 9 to 12 h and 18 to 20 h



# City Routes

We suggest a walk through the history and architecture of Sant Cugat to discover the old city and medieval quarter and, at the same time, the Modernist and Novecentist buildings from the late 19th C to the early 20th C.

## THE HISTORIC CENTRE

The possible origin of the city is the Roman fortress from 1 AD on which the Benedictine Monastery of Sant Cugat was erected in the 9th C. A small agricultural settlement developed next to the Monastery and some of the old farmhouses still exist today like Can Rabella and Can Bellet.

If you go to the carrer Major you'll find Les Voltes, a medieval portico where the weekly market was held.

## THE CAN VERNET AQUEDUCT

This 14th C Gothic aqueduct was built to carry water from the mine of the Can Volpelleres monks to the Royal Monastery.

## MODERNIST AND NOVECENTIST SANT CUGAT

A walk around the Eixample to the south of the city will reveal the location chosen by Barcelona's bourgeoisie to build their summer homes at the end of the 19th C. On route, you can see Modernist monuments like the Modernist Wine Cellar, Villa Felisa and the Generalife.

**SUGGESTIONS**

Save a morning for strolling around town with the help of a tourist map or a guide.

**INFORMATION AND RESERVATIONS**

Tourism Office  
Plaça d'Octavià, 10  
08172 Sant Cugat  
Tel.: +(34) 936 759 952  
Fax: +(34) 936 759 953  
turisme@santcugat.cat  
**santcugat.cat/turisme**





# Collserola Natural Park

Sant Cugat’s great treasure is Collserola, an immense Natural Park that offers multiple options for anyone who loves nature and a healthy lifestyle – a veritable Paradise for hiking, cycling and running.

Covering an area of over 8.000 hectares, it’s considered the largest metropolitan park in the country. On the Sant Cugat side there’s a rich heritage that includes:

- The Torre Negra, a very well-conserved Romanesque military construction from the 12th C.
- The Pi d’en Xandri, a monumental pine tree that is over 210 years old and 23 metres high.
- The Sant Medir Shrine, of Romanesque origin and surrounded by a lush holm-oak wood.

A great way to wind down is to explore on horseback, mountain bike, electric bike or simply go for a walk in the park. Remember the park is a fragile ecosystem with bylaws that must be respected.



## ROUTES ON FOOT

There’s a total of eight itineraries to be enjoyed on foot and discover fountains, valleys, trails and beautiful farmhouses. There’s a map available at the Tourism Office and we highly recommend the following three routes:

**From Sant Cugat to Can Borrell**  
Duration: 40 min / Distance: 2,55 km / Difficulty: easy

**Can Borrell Reservoir to Sant Medir**  
Duration: 2 h / Distance: 6,20 km / Difficulty: easy, circular trail

**Font Gropa**  
Duration: 1 h 30 min / Difficulty: easy

## MOUNTAIN BIKE ITINERARIES

If you want to ride a bike, we have four itineraries that end in a commuter train station, either Rodalies-Renfe or FGC. The directions that mark the routes are the park trail signposts found at each of the crossroads. A map of these itineraries is available at the Tourism Office.

### SUGGESTIONS

We recommend that you discover the Natura Local mobile app, which offers four self-guided itineraries in Sant Cugat lasting between 1 to 2 hours on foot, with detailed information about the route. It’s available for free from the App Store and Google Play, both in Catalan, Spanish, English and French.  
[naturalocal.net](http://naturalocal.net)

### INFORMATION AND RESERVATIONS

Tourism Office  
Plaça d’Octavià, 10  
08172 Sant Cugat  
Tel.: +(34) 936 759 952  
Fax: +(34) 936 759 953  
[turisme@santcugat.cat](mailto:turisme@santcugat.cat)  
[santcugat.cat/turisme](http://santcugat.cat/turisme)

# Mercantic

Mercantic is a permanent furniture, antiques and curios market. Founded in 1992, it has eventually become a European hotspot for collectors and interior decorators. It is home to almost two hundred resident shops in 15.000 m².

A **Vintage Market** is held every first Sunday of the month offering books, vinyl records, second-hand clothes and curios.

Cultural activities and food are closely linked to *El Siglo*, where live concerts are held every week. El Siglo’s library has an exhibit of over 100.000 volumes and is the State’s largest second-hand bookshop.

Mercantic is a world of possibilities that hosts workshops in furniture restoration, pottery, stained glass etc. and *La Puntual*, an art space for young talent which offers creative workshops and exhibits their work. There are various restaurants and *El Siglo - Sala II*, a venue for events.

### SUGGESTIONS

- Mercantic is like a **little village of shops, commissaire priseur, antiquarians, artisans and artists where something different happens every day.**
- The weekly market is held every weekend with an even larger offer and the perfect opportunity to experience El Siglo’s musical *vermut* (aperitif), as well as the Street Food Market, which hosts an interesting gastronomic offer by some of the city’s most representative restaurants.

### INFORMATION AND RESERVATIONS

Avinguda de Rius i Taulet, 120  
08173 Sant Cugat  
Tel.: +(34) 936 744 950  
[info@mercantic.com](mailto:info@mercantic.com)  
[mercantic.com](http://mercantic.com)

### OPENING TIMES

Tuesday through Saturday, from 9.30 to 20 h; Sundays from 9.30 to 15 h  
Open every holiday except Christmas, New Year and Three Kings Day





# Theatre-Auditorium Sant Cugat

Theatre-Auditorium Sant Cugat has been a focal point of the city's cultural scene for the past twenty years. It offers a varied programme of the highest quality including theatre, music, opera, dance, magic, zarzuela and classical music. Its magnificent installations and equipment also attract congresses and events.

Amenities include reduced-price parking, cloakroom, free Wi-Fi in the foyer, a cafe and reserved areas for people with reduced mobility.

SUGGESTIONS

- Check the programme, choose the show and set in motion what could be a very different evening: visit the backstage just before the curtain rises, enjoy the show and cap it off with a delicious meal. You will need to make a reservation to enjoy this special, free experience.
- Check out the menus of the restaurants near the Theatre-Auditorium, and just show your tickets to choose between different special offers.
- Tickets to the shows can be purchased directly online.

INFORMATION AND  
TICKET SALES

Plaça de Victòria dels Àngels, 1  
08172 Sant Cugat  
Tel.: +(34) 935 907 690  
Tel. ticket office: +(34) 935 891 268  
teatre-auditori@santcugat.cat  
**tasantcugat.cat**



# Sant Cugat Museums

The Museums of Sant Cugat offer unique options relating to the city's historic and artistic heritage in any of their three locations.

## MONASTERY MUSEUM

Located in the monastic complex, it holds a permanent exhibition on the architectural evolution of the monument and the life of the Benedictine community.

Plaça de l'Om, 1. 08172 Sant Cugat

**OPENING TIMES:** Tuesday to Saturday from 10.30 to 13.30 h and 16 to 19 h;\* Sundays and holidays from 10.30 to 14.30 h

*\*From June 1st to September 30th afternoon opening hours are from 17 to 20 h.*

## CASA AYMAT- CONTEMPORARY TAPESTRY MUSEUM

Located in the site of the old Aymat carpet and tapestry factory, it's the only Catalan and South European Museum dedicated to contemporary tapestry of the second half of the 20thC

Carrer de Villà, 68. 08172 Sant Cugat

**OPENING TIMES:** Tuesday to Friday from 16 to 19 h;\* Saturdays from 10.30 to 13.30 h and 16 to 19 h;\* Sundays and holidays from 10.30 to 14.30 h

*\*From June 1st to September 30th afternoon opening hours are from 17 to 20 h.*

## MODERNIST WINE CELLAR

Holds a wine-making exhibition, the historical context of co-operativism and the excellent work of the architect Cèsar Martinell, who fused Gaudí's Modernism with rationalist Novecentism.

Carrer de Sant Medir, 24. 08172 Sant Cugat

**OPENING TIMES:** Saturdays from 10.30 to 13.30 and 16.00 to 19.00; Sundays and holidays from 10.30 to 14.30

*\*\*From June 1st to September 30th afternoon opening hours are from 17 to 20 h.*

SUGGESTIONS

How about a guided visit perfectly suited to your areas of interest, with the possibility of combining different themes and locations. For example, you can travel through Romanesque history and architecture, or delve into the monastic life and find out how wine was made in the cellar.

INFORMATION AND  
RESERVATIONS

Sant Cugat Museums  
Tel.: +(34) 936 759 951  
Fax: +(34) 935 895 340  
museu@santcugat.cat  
**museu.santcugat.cat**





# Maristany Art Centre

A municipal space that is open and receptive to any artistic proposals that seek to come closer to the community through contemporary and current vocabulary and expression. This highly utopic definition of the space, which is rigorously defended, is articulated by two types of activity: temporary exhibitions and pedagogy.

SUGGESTIONS

There's a cyclical programme of workshops on creation and art, as well as temporary exhibitions of contemporary and experimental art. Access to the Centre is free.

INFORMATION AND RESERVATIONS

Carrer d'Àngel Guimerà, 2  
08172 Sant Cugat  
Tel.: +(34) 931 658 589  
maristany@santcugat.cat  
centresculturals.santcugat.cat

OPENING TIMES

Monday to Friday from 10 to 13.30 h and 17 to 21 h  
Saturdays from 11.30 to 14 h and 17 to 20.30 h; Sundays from 11 to 15 h  
The centre is closed during August.



# Cal Gerrer - House Museum

The museum is an old ceramic factory located in the Royal Monastery Plaza. A small pre-Modernist jewel from 1851, it has been reconverted into a museum that has recovered original decorative and structural elements like the cistern. The museum hosts various exhibitions, one of them dedicated to Marilyn Monroe. Unique in Europe, it contains personal objects and writing by the actress presented in a setting that recreates Hollywood at its most glamorous.

In addition, one of the floors of the museum shows paintings and photographs of one of Sant Cugat's pioneering artistic dynasties, the Cabanas Alibau family.

SUGGESTIONS

- The museum shop offers all types of souvenirs of Sant Cugat, Cal Gerrer and Marilyn Monroe, as well as its own designs and craftwork.
- Guided visits to the museum take place every first and third Sunday of the month at noon, while special guided visits can also be arranged.
- There's a bar and restaurant in the same building.

INFORMATION AND RESERVATIONS

Carrer de Santiago Rusiñol, 60  
08172 Sant Cugat  
Tel.: +(34) 935 441 834 / +(34) 649 055 053  
museu@fundaciocabanas.com  
fundaciocabanas.org

OPENING TIMES

**From May to September:** Tuesday to Friday, from 10.30 to 14.30 h and from 17 to 20.45h  
Saturdays and holidays, from 10.30 to 15 h and from 17 to 20.30 h  
Sundays, from 10.30 to 15 h

**From October to April:** from Tuesdays to Friday from 10.30 to 14.30 h and from 17 to 20 h  
Saturday and holidays, from 10.30 to 15 h and from 17 to 20 h  
Sundays from 10.30 to 15 h





# Golf

You can enjoy a game of golf in Sant Cugat at two outstanding golf clubs and one pitch & putt. They are the closest to the city of Barcelona.

## SANT CUGAT GOLF CLUB

This is Catalonia’s oldest golf club and includes an 18-hole course, a pitch & putt, an illuminated putting green, a gym and outdoor swimming pool in the summer months.

Integral health services and rental equipment are also available.

The restaurant is open to the public every lunchtime and has several dining rooms, halls and gardens for celebrating all types of events in a beautiful, peaceful environment in the centre of town.

Carrer de Villà, 79  
08173 Sant Cugat  
Tel.: +(34) 936 743 908  
Fax: +(34) 936 755 152  
repcion@golfsantcugat.com  
**golfsantcugat.com**

## GOLF SANT JOAN BARCELONA

This golf club open to everyone was designed by Severiano Ballesteros. Its putting green is a large area ideal for perfecting all types of shots. It’s illuminated and allows training and golf lessons with instructors who impart lessons daily.

There’s also a restaurant and events can be organised.

Camí de Can Graells  
08174 Sant Cugat  
Tel.: +(34) 936 753 050  
repcio@golfsantjoan.com  
**golfsantjoan.com**



### SUGGESTIONS

Both clubs are great venues for organising private competitions, golf christenings, refresher courses or simply a presentation somewhere quiet and close to Barcelona.

# Riding

Riding is a sport with firm foundations in the city, whether it’s a first contact with the world of horses or the opportunity of enjoying excursions or routes in the Natural Park.

## CAN CALDÉS STABLES

The extensive grounds at Can Caldés lie in a privileged emplacement, at the foot of Collserola and a few minutes from the centre of Sant Cugat. It offers various services and activities including: riding school, horse jumping, horse training, horseball, rides in the Natural Park. There’s also a restaurant specialising in home cooking.

Avinguda de les Corts Catalanes, s/n  
08173 Sant Cugat  
Tel.: +(34) 935 531 183 / +(34) 618 815 800  
info@cancaldes.com  
**cancaldes.com**

## SEVERINO STABLES

With over sixty years of history, the Severino Stables offer ample experience when it comes to enjoying nature and horses. It was the first stable in Catalonia to offer equine therapy. It offers multiple options for those who want to experience, perfect or specialise in an equestrian discipline in comfortable surroundings.

Group outings or personalised sessions for companies can be arranged and adapted to the level of the riders, from beginners for one hour to advanced and up to seven hours. There’s also the possibility of arranging coaching sessions with horses and certified personnel.

Carrer del Príncep, s/n  
08173 Sant Cugat  
Tel.: +(34) 600 638 896  
info@hipicaseverino.es  
**hipicaseverino.es**

### SUGGESTIONS

- Outings on horseback adapted to the skills of the riders and accompanied by certified equestrian guides to discover the beauty of the Natural Park.
- Coaching programmes with horses to develop professional, personal and sports skills.





# Gastronomy

A wide range of flavours and suggestions will entice you to enjoy the varied and exquisite gastronomy the city has to offer. From restaurants located in the centre, farmhouses surrounded by forests, gastronomic getaways near business hubs, hotels with signature chefs or gardens and terraces with sumptuous views.

In Sant Cugat you can savour Mediterranean cooking with a traditional touch or new interpretations, international cuisine, traditional Catalan cooking and local produce. There's also auteur offerings that work with the latest trends and simple fare with high quality local products, traditional *pa amb tomàquet*, cold cuts and grilled meats, all surrounded by the Natural Park.

## INFORMATION

Sant Cugat Town Hall  
Plaça de la Vila, 1  
08172 Sant Cugat  
Tel.: +(34) 935 657 000 – 010  
[santcugat.cat](http://santcugat.cat)



# Shopping

Sant Cugat is a great place to shop as retail is a strong component of city life. You'll find the latest design shops and more traditional, yet singular establishments. A commercial offer with unique and original stops you won't find elsewhere.

**The city is an outdoor shopping centre** made up of streets and plazas that offer commercial trails in the city's historic centre, full of competitive and specialised outlets with a wide variety of quality products and services.

Sant Cugat is a dynamic city that organises many promotional actions for local commerce. Wares are displayed on the high street in an environment of recreational activities that coexist with various local fairs and markets offering food and hand-crafted goods all year round.

The essence of Sant Cugat will always be in the historic centre, very near the Royal Monastery. Throughout the week various markets take place including a **farmer's market and an art fair (Firart). The most popular market happens every Thursday** in plaça d'Octavià and up and down the Major and l'Endavallada streets. **Mercantic**, the permanent antiques, collectors and curios market is a must.

Sant Cugat has a tradition of art galleries. An amazing array of paintings, sculptures, ceramics and tapestries is just another reason to enjoy the permanent and temporary exhibitions like the Art Night (*Nit de l'Art*), held every Saturday in the month of May.

**The Monastery Museum Shop and the Tourism Office** are also a great place to buy local hand-crafted goods with the city's seal of approval, and a perfect place to take a walk along the city's main commercial area linking **Valldoreix, de**

**Santa Maria, de Santiago Rusiñol, Major and the l'Endavallada streets.** This axis vertebrates a maze of streets, alleys, plazas and squares with all types of establishments.

Another area worth visiting is the extensive offer of the **Sant Cugat Shopping Mall** and is made up of **the Train Station, Torreblanca Passage, Cerdanyola Avenue and the Francesc Macià Passage**, which is lively and bustling despite being outside the traditional historic centre.

## SUGGESTIONS

- The Sant Cugat a la Butxaca App and Card, promoted by the Sant Cugat Commerce Association, are a practical way to make the most of the city's leisure, cultural agenda and commercial offer. Available on Google Play and the App Store, as well as associated shops.
- The White Night (*La Nit en Blanc*), also organised by the Association, is an eventful occasion when you can shop until midnight. It's held on a Saturday night in May.

## INFORMATION

Sant Cugat Town Hall  
Plaça de la Vila, 1  
08172 Sant Cugat  
Tel.: +(34) 935 657 000  
[santcugat.cat](http://santcugat.cat)





# Cinema

Film lovers can enjoy a varied offer including both dubbed and original version movies.

## CINESA

All the premieres in their original version with subtitles and the latest technology.  
Avinguda del Pla del Vinyet, 50  
08172 Sant Cugat  
Tel.: +(34) 902 333 231  
[cinesa.es/Cines/sant-cugat-vo](http://cinesa.es/Cines/sant-cugat-vo)

### Experimental Film Cycle

Directors with a unique interpretation of cinema and the world, in their original version with subtitles every Thursday at 17, 19.30 and 22 h

### Classical Film Cycle

Films that have become movie classics, in original version with subtitles, one Monday each month 20 h  
Find the programme in [tasantcugat.cat/programacio](http://tasantcugat.cat/programacio), in the film cycle section.

Theatre-Auditorium Sant Cugat  
Plaça de Victòria dels Àngels, 1  
08172 Sant Cugat  
Tel. office: +(34) 935 907 690  
Tel. ticket sales: +(34) 935 891 268  
[teatre-auditori@santcugat.cat](mailto:teatre-auditori@santcugat.cat)  
[tasantcugat.cat](http://tasantcugat.cat)

## YELMO SANT CUGAT

Enjoy the latest premieres.  
Sant Cugat Shopping Centre  
Carretera de Rubí a Sant Cugat, km 4  
08190 Sant Cugat  
Tel. ticket sales: +(34) 902 220 922  
[yelmocines.es](http://yelmocines.es)



# Local Festivities

Sant Cugat is a city rich in tradition and *fiestas*. Els Tres Tombs, Aplec de Sant Medir, Caramelles, Sant Ponç, la Festa Major City Fiesta and the Autumn Fiesta are some of the most significant.

## SANT MEDIR

Sant Medir is the co-patron saint of Sant Cugat and is celebrated with both a pilgrimage and a mass, *sardanes*, *castells* and a country picnic in the chapel located in the Collserola hills.  
**Date:** March 3rd

## SANT PERE, FESTA MAJOR

The city honours Sant Pere, its patron saint, with an action-packed Festa Major that lasts four days and fills the streets and plazas with activities and celebrations. The Festa Major has all the essential ingredients of a big celebration: the traditional proclamation, procession, dancing, fireworks, sports competitions, exhibitions, the *Paga-li*, *Joan* dance (Pay Him John) and concerts. Many of the city's organisations take part in the Festa Major by offering activities that range from *correfocs*, *sardanes* and public luncheons to the now traditional *Trobada de*

*Puntaires* (the Lace-makers Gathering), Handcraft Fair and Shops on the Street.  
**Date:** around the 29th of June

SUGGESTIONS

Every year on Saint Peter's Day, June 29th the city hosts its traditional *Paga-li*, *Joan* dance performed in *l'Hort de l'Abat* (Abbey Gardens). This is the major highlight of the Festa Major.

**INFORMATION**  
Tourism Office  
Plaça d'Octavià, 10  
08172 Sant Cugat  
Tel.: +(34) 936 759 952  
Fax: +(34) 936 759 953  
[turisme@santcugat.cat](mailto:turisme@santcugat.cat)  
[santcugat.cat](http://santcugat.cat)



# Sports in Sant Cugat



Athletics

Field Hockey

Roller Hockey

Rugby

Volleyball

Handball

Basketball

Indoor Football

Football

Running

**Sports is one of the unifying forces of our city life. A good climate, a green township full of urban trees and the Collserola Natural Park combine with its fantastic facilities to make Sant Cugat the ideal sports destination.** Of the various sports practiced in the city, we've focused on ten:

- Three are collective and practiced outdoors: field hockey, rugby and football.
- Another five are collective, but practiced indoors: roller hockey, handball, basketball, indoor football and volleyball.
- And lastly, two types of individual sport that include the different forms of athletics and running.



# Athletics

La Guinardera is a modern athletics track and a great place to train and organise training camps thanks to its comprehensive facilities and excellent communications. The 8-lane synthetic high-competition Mondo track is outstanding and worth highlighting.

Several disciplines can be practiced in the field area including: track, long jump, pole vaulting and high jump, shot put and combined trials.

It's located in a very peaceful area, surrounded by greenery and very close to the Club Junior sports club, Hotel Qgat, CAR and the Volpelleres FGC commuter rail station.



## FACILITIES

Name	Address	Type of track	Events	Characteristics
Municipal Sports Area La Guinardera	Avinguda de La Guinardera, 20 08174 Sant Cugat	Athletics Track & Field  La Guinardera synthetic high-competition Mondo track	Track Jumps Shot put Combined trials	<ul style="list-style-type: none"><li>• 8.400 m lanes</li><li>• Perimeter warming-up area with artificial grass</li><li>• Long jump</li><li>• Pole vault</li><li>• High jump</li><li>• Shot put</li><li>• Fitness room</li><li>• Stands with 200 seats</li><li>• Infirmary</li><li>• Outbuilding with changing rooms, toilets, offices and social area</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>

### CONTACT

Sant Cugat Town Council  
Sports Area  
Tel.: +(34) 935 657 000  
turisme@santcugat.cat  
**santcugat.cat/esports**  
**zem.santcugat.cat**

### AVAILABILITY

From September to June, daily from 8 to 17 h. July, from 16 to 21 h. August, from 8 to 21 h.

### TRUSTED BY

- Dutch Olympic & Paralympic Athletics Team
- British Olympic & Paralympic Athletics Team

### SPORTS ORGANISATION

**Club Muntanyenc Sant Cugat**  
Carrer de Sant Bartomeu, 11  
08172 Sant Cugat  
Tel.: +(34) 936 745 396  
cmssc@cmssc.cat  
**cmssc.cat**





# Field Hockey

The city is a big field hockey fan; some of the historic Club Junior players have been Olympians and the team has achieved several successes in the Spanish league. Both fields in the sports club are high level and host championships from top categories.



## FACILITIES

Name	Address	Type of grass	Dimensions (m)	Characteristics
Club Junior	Passatge de Sant Mamet, 3-5 08195 Sant Cugat	2 AstroTurf field hockey pitches	2 fields 91,40 x 55m	<ul style="list-style-type: none"><li>• Changing rooms: 4 collective for visiting teams</li><li>• Toilets: 2 men, 2 women and 1 adapted</li><li>• Stands with 80 seats</li><li>• Video-taping system of matches available</li><li>• Possibility of playing friendly matches with the school, Honour Division and other category teams</li><li>• Indoor fitness services</li><li>• Outdoor pool</li><li>• Indoor bromine pool and water circuit: Jacuzzi and steam sauna</li><li>• Restaurant-cafeteria</li><li>• Medical service</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>

### CONTACT

Tel.: +(34) 936 741 359  
info@juniorfc.com  
junior.cat

### AVAILABILITY

Fields are available for teams between 8 and 18 h and weekends subject to schedule.

### TRUSTED BY

- Spanish men's & Women's Team
- Dutch Men's Team
- Belgian Team
- Irish Team
- Russian Team
- Dutch Teams: Club Pinoké Hockey, Amersfoortse Hockey Club, Kampong Hockey, Laren Hockey Club, THC Hurley, Hockey Club Qui Vive
- Organisation of European Hockey Tournament Sub-16
- Organisation of Queen's Cup
- Organisation of autonomous championships under-16 and under-18
- Organisation of yearly International Hockey Tournament, with 900 kids participating

### EVENTS

- Summer Hockey U-16 Tournament Sant Cugat, June
- Autonomous Championship U-16

### SPORTS ORGANISATION

#### Club Junior

Passatge de Sant Mamet, 3-5  
08195 Sant Cugat  
Tel.: +(34) 936 741 359  
info@juniorfc.com  
junior.cat





Roller Hockey

The city offers two sports facilities for practicing roller hockey. Worth highlighting is PAV 2 which has hosted some of the world's best men's and women's players and is the regular location for the Patí Hoquei Club Sant Cugat national competitions.



FACILITIES

Name	Address	Type of facility	Dimensions(m)	Characteristics
PAV 2 Municipal Sports Area Rambla del Celler	Passatge del Baró de Coubertin, 3 08172 Sant Cugat	Pavilion, parquet floor  Type of wheel: 92A	44 x 22	<ul style="list-style-type: none"><li>• Changing rooms: 4 collective and 2 individual</li><li>• Toilets</li><li>• Stands with 497 seats</li><li>• Indoor fitness facilities</li><li>• Water point in the same facility</li><li>• Video room for 30 people</li><li>• Infirmary</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>
Municipal Sports Area Jaume Tubau	Carrer de Ventura Gassol, 2 08173 Sant Cugat	Outdoor terrazzo sports complex pitch  Type of wheel: 92A/94A	44 x 22	<ul style="list-style-type: none"><li>• Changing rooms: 6 collective and 2 individual</li><li>• Toilets</li><li>• Bar</li><li>• 2 sports complex pitches</li><li>• Weights room located 5 minutes from the installation</li><li>• Infirmary</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>

CONTACT

Sant Cugat Town Council  
Sports Area  
Tel.: +(34) 935 657 000  
turisme@santcugat.cat  
[santcugat.cat/esports](http://santcugat.cat/esports)  
[zem.santcugat.cat](mailto:zem.santcugat.cat)

AVAILABILITY

From September to June, daily  
from 8 to 16 o 17 h (subject  
to schedule). August, from 8  
to 20 h

TRUSTED BY

- Spanish Skating Federation
  - Spanish Women's Team
  - Spanish Men's Team
- Catalan Skating Federation
  - French Roller Skating Federation
  - French Women's Team
- French Men's Team
- Chilean Roller Skating Federation
  - Chilean Men's Team
- C. A. Huracán Argentina – America Cup Champion
- ERG Iserlohn Rollhockey –German Bundesliga Champion

EVENTS

- Princes Cup Spanish Skating Federation
- Junior Catalan Championship Catalan Skating Federation
- Under 10's Catalan Championship Catalan Skating Federation
- International Roller Hockey Monastery Cup, in September
- Sant Cugat Base Hockey Tournament, in September

SPORTS ORGANISATION

**Patí Hoquei Club Sant Cugat**  
Rambla de Jaume Sabat, 5  
08172 Sant Cugat  
Tel.: +(34) 659 326 523  
[info@phcsantcugat.com](mailto:info@phcsantcugat.com)  
[phcsantcugat.com](http://phcsantcugat.com)





Rugby

The La Guinardera Municipal Sports Area is the regular training ground and national competition location for the Sant Cugat Rugby Club. Located in a quiet area that is well-communicated by car, it concentrates rugby and athletics activity in Sant Cugat and its excellent spacious facilities make it a pleasure to play here.



FACILITIES

Name	Address	Type of grass	Dimensions(m)	Characteristics
Central field – Municipal Sports Area La Guinardera	Avinguda de La Guinardera, 20 08174 Sant Cugat	Astroturf	109 x 63	<ul style="list-style-type: none"><li>• Changing rooms: 6 collective and 2 individual</li><li>• Toilets</li><li>• Stands with 200 seats</li><li>• Very well-equipped weights gym</li><li>• Perimetral athletics track</li><li>• Cafeteria</li><li>• Infirmary</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>
Sports complex field – Municipal Sports Area La Guinardera	Avinguda de La Guinardera, 20 08174 Sant Cugat	Astroturf	109 x 61	<ul style="list-style-type: none"><li>• Changing rooms: 6 collective and 2 individual</li><li>• Toilets</li><li>• Stands with 50 seats</li><li>• Very well-equipped weights gym</li><li>• Cafeteria</li><li>• Infirmary</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>

CONTACT

Sant Cugat Town Council  
Sports Area  
Tel.: +(34) 935 657 000  
turisme@santcugat.cat  
**santcugat.cat/esports**  
**zem.santcugat.cat**

AVAILABILITY

From September to June,  
daily from 8 to 16 or 17 h  
(subject to schedule).  
August, from 8 to 20 h

TRUSTED BY

- Catalan Rugby Federation
- Spanish Rugby Federation
- International University of Catalonia (UIC)

EVENTS

- Sant Cugat International Rugby  
Seven, in June
- Sant Cugat Rugby School Tournament,  
circa February-March

SPORTS ORGANISATION

**Club de Rugby Sant Cugat**  
Avinguda de La Guinardera, 20  
08174 Sant Cugat  
Tel.: +(34) 627 930 178  
rugby@santcugat.com  
**rugbysantcugat.santcugatentitats.net**





# Volleyball

The quality of Sant Cugat’s facilities make them ideal for practicing this sport. The three pavilions in Rambla del Celler (5 volleyball courts) and the Valldoreix Pavilion (3 courts) meet all the requirements of ideal size, height and services.

## FACILITIES

Name	Address	Type of facility	Dimensions(m)	Characteristics
PAV 1 – Municipal Sports Area Rambla del Celler	Passatge del Baró de Coubertin, 3 08172 Sant Cugat	Pavilion with parquet flooring	32 x 17 1 Volleyball court	<ul style="list-style-type: none"><li>• Changing rooms: 4 collective and 2 individual</li><li>• Toilets</li><li>• Stands with 100 seats</li><li>• Indoor Fitness Services</li><li>• Water point within the facility</li><li>• Video room for 30 people</li><li>• Infirmary</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>
PAV 2 – Municipal Sports Area Municipal Rambla del Celler	Passatge del Baró de Coubertin, 3 08172 Sant Cugat	Pavilion with parquet flooring	44 x 22 1 Volleyball court	<ul style="list-style-type: none"><li>• Changing rooms: 4 collective and 2 individual</li><li>• Toilets</li><li>• Stands with 497 seats</li><li>• Indoor Fitness Services</li><li>• Water point within the facility</li><li>• Video room for 30 people</li><li>• Infirmary</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>
PAV 3 – Municipal Sports Area Rambla del Celler	Passatge del Baró de Coubertin, 3 08172 Sant Cugat	Pavilion with parquet flooring	49 x 35 3 Volleyball courts	<ul style="list-style-type: none"><li>• Changing rooms: 4 collective and 2 individual</li><li>• Toilets</li><li>• Stands with 696 seats</li><li>• Indoor Fitness Services</li><li>• Water point within the facility</li><li>• Video room for 30 people</li><li>• Infirmary</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>
Municipal Sports Pavilion Valldoreix	Carrer del Brollador, 3 08197 Sant Cugat	Pavilion with synthetic flooring	44,72 x 25,27 3 Volleyball courts	<ul style="list-style-type: none"><li>• Changing rooms: 4 collective and 2 individual</li><li>• Toilets</li><li>• Stands with 413 seats</li><li>• Indoor Fitness Services</li><li>• Water point near the facility</li><li>• Infirmary</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>

### CONTACT

Sant Cugat Town Council  
Sports Area  
Tel.: +(34) 935 657 000  
turisme@santcugat.cat  
**santcugat.cat/esports**  
**zem.santcugat.cat**

### AVAILABILITY

From September to June,  
daily from 8 to 16 or 17 h  
(subject to schedule).  
August, from 8 to 20 h

### TRUSTED BY

- Catalan Volleyball Federation
  - Absolute Catalan Team
- Spanish Volleyball Federation
  - Spanish Men’s Team, to train for the World Volleyball Championship
  - Spanish Women’s Team, to train for the World Volleyball Championship
- Scuola di Pallavolo Anderlini

### EVENTS

- Catalonia Championship children and teenage volleyball categories
- Spanish Championship children and teenage volleyball categories
- Miquel Martínez International Volleyball Tournament, in September
- International Volleyball Campus Sant Cugat, in July

### SPORTS ORGANISATION

#### Club Voleibol Sant Cugat

Carrer del Brollador, 3  
08197 Sant Cugat  
Tel.: +(34) 935 894 646  
administracio@cvsantcugat.com  
**cvsantcugat.com**





# Handball

Handball is firmly ingrained in Sant Cugat, and the city offers several top quality, well-located and practical facilities for playing the sport while enjoying a comfortable stay.

## FACILITIES

Name	Address	Type of facility	Dimensions(m)	Characteristics
PAV 2 – Municipal Sports Area Rambla del Celler	Passatge del Baró de Coubertin, 3 08172 Sant Cugat	Pavilion with parquet flooring	44 x 22 1 Handball court	<ul style="list-style-type: none"><li>• Changing rooms: 4 collective and 2 individual</li><li>• Toilets</li><li>• Stands with 497 seats</li><li>• Indoor Fitness Services</li><li>• Water point within the facility</li><li>• Video room for 30 people</li><li>• Infirmary</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>
PAV 3 – Municipal Sports Area Rambla del Celler	Passatge del Baró de Coubertin, 3 08172 Sant Cugat	Pavilion with parquet flooring	49 x 35 1 Handball court	<ul style="list-style-type: none"><li>• Changing rooms: 4 collective and 2 individual</li><li>• Toilets</li><li>• Stands with 696 seats</li><li>• Indoor fitness services</li><li>• Water point within the facility</li><li>• Video room for 30 people</li><li>• Infirmary</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>
Municipal Sports Area La Floresta	Carrer del Ginjoler, 6 08198 Sant Cugat	Multi-sport Pavilion with parquet flooring  Outdoor multi-sport cement court	42 x 23 m 1 Handball court	<ul style="list-style-type: none"><li>• Changing rooms: 4 collective and 2 individual</li><li>• Toilets</li><li>• Stands with 162 seats.</li><li>• Lighting and loudspeakers</li><li>• Cafeteria</li><li>• Infirmary</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>
Municipal Sports Pavilion Valldoreix	Carrer del Brollador, 3 08197 Sant Cugat	Pavilion with synthetic flooring	44,72 x 25,27 1 Handball court	<ul style="list-style-type: none"><li>• Changing rooms: 4 collective and 2 individual</li><li>• Toilets</li><li>• Stands with 413 seats</li><li>• Indoor Fitness Services</li><li>• Water point near the facility</li><li>• Infirmary</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>

### CONTACT

Ajuntament de Sant Cugat  
Àrea d'Esports  
Tel.: +(34) 935 657 000  
turisme@santcugat.cat  
**santcugat.cat/esports**  
**zem.santcugat.cat**

### AVAILABILITY

From September to June,  
daily from 8 to 16 or 17 h  
(subject to schedule).  
August, from 8 to 20 h

### EVENTS

- Final stage of promotion into First State Category (2015)
- Catalan League Semi-final, with FC Barcelona taking part (2015)

### SPORTS ORGANIZATION

**Club Handbol Sant Cugat**  
Rambla de Jaume Sàbat, 5 (PAV 2)  
08172 - Sant Cugat del Vallès  
Tel.: (+34) 935 906 894  
handbolsantcugat@hotmail.com  
**handbolsantcugat.org**





# Basketball

Sant Cugat meets excellent conditions for practicing this sport, particularly the outstanding facilities at PAV 1 and PAV 3 and the Rambla del Celler Sports Complex.

## FACILITIES

Name	Address	Type of facility	Dimensions(m)	Characteristics
PAV 1 – Municipal Sports Area Rambla del Celler	Passatge del Baró de Coubertin, 3 08172 Sant Cugat	Pavilion with parquet flooring	32 x 17 1 Basketball court	<ul style="list-style-type: none"><li>• Changing rooms: 4 collective and 2 individual</li><li>• Toilets</li><li>• Stands with 100 seats</li><li>• Indoor Fitness Services</li><li>• Water point within the facility</li><li>• Video room for 30 people</li><li>• Infirmary</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>
PAV 2 – Municipal Sports Area Rambla del Celler	Passatge del Baró de Coubertin, 3 08172 Sant Cugat	Pavilion with parquet flooring	44 x 22 1 Basketball court	<ul style="list-style-type: none"><li>• Changing rooms: 4 collective and 2 individual</li><li>• Toilets</li><li>• Stands with 497 seats</li><li>• Indoor Fitness Services</li><li>• Water point within the facility</li><li>• Video room for 30 people</li><li>• Infirmary</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>
PAV 3 – Municipal Sports Area Rambla del Celler	Passatge del Baró de Coubertin, 3 08172 Sant Cugat	Pavilion with parquet flooring	49 x 35 2 transversal Basketball courts 1 longitudinal court	<ul style="list-style-type: none"><li>• Changing rooms: 4 collective and 2 individual</li><li>• Toilets</li><li>• Stands with 696 seats</li><li>• Indoor Fitness Services</li><li>• Water point within the facility</li><li>• Video room for 30 people</li><li>• Infirmary</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>
Municipal Sports Pavilion Valldoreix	Carrer del Brollador, 3 08197 Sant Cugat	Pavilion with synthetic flooring	44,72 x 25,27 2 Basketball courts	<ul style="list-style-type: none"><li>• Changing rooms: 4 collective and 2 individual</li><li>• Toilets</li><li>• Stands with 413 seats</li><li>• Indoor Fitness Services</li><li>• Water point near the facility</li><li>• Infirmary</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>

### CONTACT

Sant Cugat Town Council  
Sports Area  
Tel.: +(34) 935 657 000  
turisme@santcugat.cat  
**santcugat.cat/esports**  
**zem.santcugat.cat**

### AVAILABILITY

From September to June,  
daily from 8 to 16 or 17 h  
(subject to schedule).  
August, from 8 to 20 h

### TRUSTED BY

- Europe Basketball Academy
- Canarias Basketball Academy

### EVENTS

- Sant Cugat Christmas Tournament
- 3 x 3 Sant Cugat, Miki Martínez memorial
- Catalan Basketball City in 2017

### SPORTS ORGANISATION

**Unió Esportiva Sant Cugat (UESC)**  
Rambla de Jaume Sàbat, 5 (PAV 2)  
08172 Sant Cugat  
Tel.: (+34) 935 831 424  
info@uesc.cat  
**uesc.cat**

**Qbasket Sant Cugat**  
Xalet Negre  
Plaça d'en Coll, 4  
08172 Sant Cugat  
Tel.: (+34) 654 65 23 14  
secretaria@qbasketsantcugat.com  
**qbasketsantcugat.com**





Indoor Football

Indoor Football is firmly ingrained in Sant Cugat, and the city offers several top quality, well-located and practical facilities for playing the sport while enjoying a comfortable stay.

FACILITIES

Name	Address	Type of facility	Dimensions(m)	Characteristics
PAV 2 – Municipal Sports Area Rambla del Celler	Passatge del Baró de Coubertin, 3 08172 Sant Cugat	Pavilion with parquet flooring	44 x 22 1 Indoor Football court	<ul style="list-style-type: none"><li>• Changing rooms: 4 collective and 2 individual</li><li>• Toilets</li><li>• Stands with 497 seats</li><li>• Indoor Fitness Services</li><li>• Water point within the facility</li><li>• Video room for 30 people</li><li>• Infirmary</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>
PAV 3 – Municipal Sports Area Rambla del Celler	Passatge del Baró de Coubertin, 3 08172 Sant Cugat	Pavilion with parquet flooring	49 x 35 1 Indoor Football court	<ul style="list-style-type: none"><li>• Changing rooms: 4 collective and 2 individual</li><li>• Toilets</li><li>• Stands with 696 seats</li><li>• Indoor Fitness Services</li><li>• Water point within the facility</li><li>• Video room for 30 people</li><li>• Infirmary</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>
Municipal Sports Area La Floresta	Carrer del Ginjoler, 6 08198 Sant Cugat	Multi-sport pavilion with parquet flooring  Outdoor multi-sport cement court	42 x 23 m 1 Indoor Football court	<ul style="list-style-type: none"><li>• Changing rooms: 4 collective and 2 individual</li><li>• Toilets</li><li>• Stands with 162 seats</li><li>• Lighting and sound</li><li>• Cafeteria</li><li>• Infirmary</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>
Municipal Sports Pavilion Valldoreix	Carrer del Brollador, 3 08197 Sant Cugat	Pavilion with synthetic flooring	44,72 x 25,27 1 Indoor Football court	<ul style="list-style-type: none"><li>• Changing rooms: 4 collective and 2 individual</li><li>• Toilets</li><li>• Stands with 413 seats</li><li>• Indoor Fitness Services</li><li>• Water point near the facility</li><li>• Infirmary</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>

CONTACT

Sant Cugat Town Council  
Sports Area  
Tel.: +(34) 935 657 000  
turisme@santcugat.cat  
**santcugat.cat/esports**  
**zem.santcugat.cat**

AVAILABILITY

From September to June,  
daily from 8 to 16 or 17 h  
(subject to schedule).  
August, from 8 to 20 h

TRUSTED BY

- Paco Sedano Summer Campus
- International Football Youth Teams  
Tournament organised by Elite Sports

EVENTS

- Éric Abidal International Indoor Football  
Charity Tournament 2015

SPORTS ORGANISATION

**Club Futbol Sala Sant Cugat**  
Rambla de Jaume Sàbat, 5 (PAV 2)  
08172 Sant Cugat  
Tel.: (+34) 935 906 685  
coordinador@futbolsalasantcugat.cat  
**futbolsalasantcugat.cat**

**Olympic La Floresta Futbol Club**  
Carrer del Ginjoler, 6  
08198 Sant Cugat  
Tel.: (+34) 935 657 000  
info@olimpicfloresta.net  
**olimpicfloresta.net**





# Football

Sant Cugat is a great place for football teams to concentrate, not just because of the facilities, but also because of its National Park, which is perfect for jogging, and the professional sports medicine services available in the CAR Sant Cugat (High Performance Centre). 6 football pitches have been chosen for the quality of their facilities, with the option of Astroturf or natural grass. They are located about 5 minutes from the city centre, and very close to Collserola.



## FACILITIES

Name	Address	Type of grass	Dimensions(m)	Characteristics
Municipal Sports Area Jaume Tubau	Carrer de Ventura Gassol, 2 08173 Sant Cugat	1 - 11 player football field convertible into 2 - 7 player football fields, Astroturf	100 x 58	<ul style="list-style-type: none"><li>• Well communicated and near to CAR</li><li>• Centric facility, located 5 minutes from the Royal Monastery</li><li>• Changing rooms: 6 collective and 2 individual</li><li>• Toilets</li><li>• Stands in 11 player football pitch for 750 people</li><li>• Weights gym</li><li>• It also has 2 multi-sport courts</li><li>• Cafeteria</li><li>• Infirmary</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>
		1 - 7 player football field, Astroturf	54 x 32	
Municipal Football Field Can Magí	Avinguda de Can Magí, 6 08173 Sant Cugat	1 – 11 player football field convertible into 2 - 7 player football fields, Astroturf	103 x 61	<ul style="list-style-type: none"><li>• Located next to the Can Magí farmhouse, it enjoys a beautiful panoramic view of the city</li><li>• Changing rooms: 4 collective and 2 individual</li><li>• Toilets</li><li>• Stands with 162 seats</li><li>• Cafeteria</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>
Municipal Football Field Mira-sol	Carrer de Pompeu Fabra, 121 08195 Sant Cugat	1 - 11 player football field convertible into 2 - 7 player football fields, Astroturf	103 x 61	<ul style="list-style-type: none"><li>• Changing rooms: 4 collective and 2 individual</li><li>• Toilets</li><li>• Cafeteria</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>

### CONTACT

Sant Cugat Town Council  
Sports Area  
Tel.: +(34) 935 657 000  
turisme@santcugat.cat  
**santcugat.cat/esports**  
**zem.santcugat.cat**

### AVAILABILITY

From September to June,  
daily from 8 to 16 or 17 h  
(subject to schedule).  
August, from 8 to 20 h





FACILITIES

Name	Address	Type of grass	Dimensions(m)	Characteristics
CAR Sant Cugat CAR High Performance Centre / football pitch	Avinguda de l’Alcalde Barnils, 3-5 08174 Sant Cugat	1 - 11 player football field convertible into 2 - 7 player football fields, natural grass	100 x 60	<ul style="list-style-type: none"><li>• Equipment includes goalposts for football 11 and 7</li><li>• Collective changing rooms with services</li><li>• Lockers for storing material</li><li>• No seating in stands</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>

CONTACT

Tel.: +(34) 935 891 572  
oac@car.edu  
car.edu

AVAILABILITY

Check availability.

Name	Address	Type of grass	Dimensions(m)	Characteristics
Club Junior	Passatge de Sant Mamet, 3-5 08195 Sant Cugat	11 player football field, Astroturf	100 x 64	<ul style="list-style-type: none"><li>• Stands: 40 people seated</li><li>• No seating in stands</li><li>• Changing rooms: 9 collective</li><li>• Toilets: 2 men’s, 2 women’s and 1 adapted</li><li>• Indoor Fitness Services</li><li>• Outdoor pool</li><li>• Indoor bromine pool and water circuit: Jacuzzi and steam sauna</li><li>• Multi-sport, tennis, paddle and racquetball courts</li><li>• Restaurant-cafeteria</li><li>• Medical services on the premises</li><li>• Specific analysis and videotaping with robotic eye</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>
		7 player football field, Astroturf	65 x 45	

CONTACT

Tel.: +(34) 936 741 359  
info@juniorfc.com  
junior.cat

AVAILABILITY

Check availability.

Name	Address	Type of grass	Dimensions(m)	Characteristics
Europa International School Sant Cugat football field	Avinguda del Pla del Vinyet, 110 08172 Sant Cugat	1 - 11 player football field convertible into 2 - 7 player football fields, Astroturf	90 x 42	<ul style="list-style-type: none"><li>• Surrounded by nature, the facilities are designed for players with the highest standards of quality</li><li>• 6 Changing rooms</li><li>• Toilets</li><li>• Lighting</li><li>• Accessible for people with reduced mobility</li><li>• Cardio protected facility</li></ul>

CONTACT

Tel.: +(34) 935 901 450  
info@europa-sc.com  
europais.com

AVAILABILITY

Check availability.

TRUSTED BY

- CPISRA Intercontinental Cup
- RCD Espanyol Football Schools Network
- Europa International School
- Jaume Tubau Youth Tournament, with FC Barcelona, CE Sabadell and Girona FC taking part

EVENTS

- Vicente Ferrer Charity Tournament, in February
- Andrés Iniesta Clinic International, end of June and July
- International CPISRA Championship, in July

SPORTS ORGANISATION

Club Junior

Passatge de Sant Mamet, 3-5  
08195 Sant Cugat  
Tel.: +(34) 936 741 359  
info@juniorfc.com  
junior.cat

Sant Cugat Esport, FC

ZEM Jaume Tubau

Carrer de Ventura Gassol, 2  
08173 Sant Cugat  
Tel.: +(34) 935 894 471  
santcugatesportfc@telefonica.net  
santcu.cat

Club Futbol Unió Mira-sol Baco

Carrer de Mallorca, 42  
08195 Sant Cugat  
Tel.: +(34) 649 233 686  
coordinadorcfumirasolbaco@gmail.com  
mirasolbaco.santcugatentitats.net

Penya Blaugrana Sant Cugat

Hristo Stoitchkov Football School

Carrer de Sant Domènec, 15  
08172 Sant Cugat  
Tel.: +(34) 935 836 239  
info@campusinternacional.com  
campusinternacional.com





# Running

Sant Cugat is ideal for those who love running in the open air, both on asphalt and dirt tracks. The challenge will depend on each runner as there are options for different gradients and pedestrian areas, urban parks or the Natural Park (for more information check page 70).

## EVENTS

The city has a strong community of runners and offers an interesting racing calendar all year around. The most relevant dates include:

- Moonrace, a night with the full moon in July
- Sant Cugat Half-Marathon, in October
- Sant Cugat Cross Race, in November
- San Silvestre, 31st December
- Orienteering Race La Marató, in December
- DiR Race 10 - 5 km, in September
- Barcelona Trail Races, in November

More information in the races and competitions schedule at [santcugat.cat/esports](http://santcugat.cat/esports).

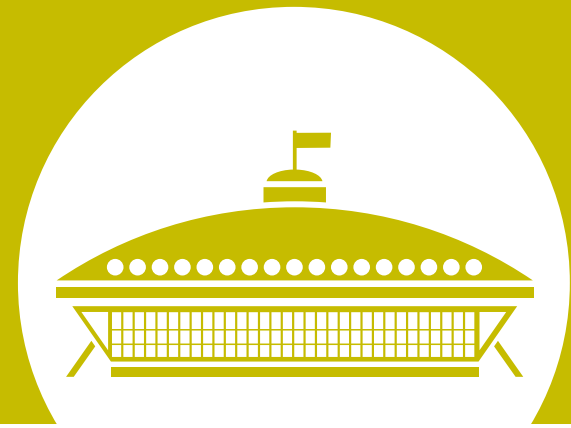
**CONTACT**  
Tourism Office  
Tel.: +(34) 936 759 952  
Fax: +(34) 936 759 953  
[turisme@santcugat.cat](mailto:turisme@santcugat.cat)  
[santcugat.cat/turisme](http://santcugat.cat/turisme)



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# Sports installations



Municipal Sports Area La Guinardera  
Municipal Sports Area Jaume Tubau  
Municipal Sports Area Rambla del Cellar  
Municipal Sports Pavilion Valldoreix  
CAR Sant Cugat – High Performance Centre  
Other facilities

Sant Cugat is internationally recognised as the location of CAR Sant Cugat – High Performance Centre, where visiting athletes train in the quest for sporting excellence. **The city has always prioritised investing in sports facilities, and also offers other high-quality multi-sports areas.**



# Municipal Sports Area La Guinardera

This sports complex is perfect for practicing rugby and athletics. A rugby field was initially built in La Guinardera neighbourhood in 2004 and the offer was extended in 2011 with an athletics area and another rugby field in 2012. A new 53 x 32,5 m Pavilion will soon be inaugurated with three playing courts and stands seating 304.

It boasts a privileged location with magnificent views of the Montserrat Mountain, Tibidabo and Puig Madrona. The sports area is surrounded by historic township buildings like the Can Castanyer farmhouse, the ancient La Guinardera and Can Bellet farmhouses.

It offers the following sports areas:

- La Guinardera Athletics Track and Field Complex
- Central Rugby Field
- La Guinardera multi-sport complex



## FACILITIES

### La Guinardera Athletics Track & Field Complex

**Pavement:** high competition synthetic Mondo

**Sports:** athletics

**Playing surface:** 400 m line

**Facilities:** 8-lane athletics track, warm-up area, long jump, pole vaulting, high jump and shot put area.

**Seats in Stands:** 200

### Central Rugby Field

**Pavement:** Astroturf

**Sports:** rugby and football

**Playing surface:** 109 x 63 m

**Facilities:** 2 rugby posts

**Seats in Stands:** 200

### La Guinardera multi-sport complex

**Pavement:** Astroturf

**Sports:** rugby and football 7

**Playing surface:** 109 x 61 m

**Facilities:** 2 rugby posts and 4 football 7 collapsible goalposts

**Seats in Stands:** 50

## SERVICES

- Weights room
- Running circuit
- 6 collective changing rooms, 2 individual and adapted changing rooms
- Men's, women's and adapted toilets
- Lighting and loudspeakers
- First-aid and defibrillator
- Fully equipped conference room with audio and projection system
- Cafeteria



Facilities are accessible for athletes with reduced mobility



Facilities are accessible for spectators with reduced mobility



Cardio protected facility

Avinguda de La Guinardera, 20, 08174 Sant Cugat  
Tel.: +(34) 935 657 000 • [turisme@santcugat.cat](mailto:turisme@santcugat.cat)  
[zem.santcugat.cat](http://zem.santcugat.cat)  
[santcugat.cat/esports](http://santcugat.cat/esports)





# Municipal Sports Area Jaume Tubau

This sports area is located in a very peaceful area, near the Can Vernet park and 10 minutes from the city centre and the CAR Sant Cugat - High Performance Centre. It has excellent communication by car and public transport, is close to the Volpelleres FGC and Sant Cugat Sant Cugat Renfe rail stations. It's ideal for playing football and has several sports areas:

- 1 11-player football field
- 1 7-player football field
- 1 multi-sport outdoor roller hockey court
- 1 multi-sport indoor basketball court
- 2 paddle tennis courts
- 1 fitness room 60 m²

## FACILITIES

### Football field

**Pavement:** Astroturf

**Sports:** Football 11

**Playing surface:** 100 x 58 m

**Facilities:** Football 11 and football 7 goalposts

**Seats in Stands:** 750

### Football field 7

**Pavement:** Astroturf

**Sports:** Football 7

**Playing surface:** 54 x 32 m

**Facilities:** Football 7 goalposts

**Seats in Stands:** no stands

## Jaume Tubau multi-sport complex

**Type:** outdoor multi-sport court

**Pavement:** terrazzo

**Sports:** roller hockey, indoor football, handball and other sports activities

**Playing surface:** 44 x 22 m

**Facilities:** perimeter fence

**Seats in Stands:** no stands

## Jaume Tubau multi-sport complex

**Type:** multi-sport court

**Pavement:** cement

**Sports:** mini-hockey, mini-Indoor football, mini-handball other sports activities

**Playing surface:** 32 x 17 m

**Facilities:** Indoor football and hockey goalposts



**Seats in Stands:** no Stands

## COMPLEMENTARY FACILITIES

- The municipal sports centre Eurofitness is located ten minutes away from these facilities and offers a water point and two swimming pools (25 m and 17 m), 1 weights gym and 3 specialised fitness rooms.

## SERVICES

- Weights room
- Collective, individual and adapted changing rooms
- Men's, women's and adapted toilets
- Lighting and loudspeakers
- First-aid and defibrillator
- Conference room for 30 people equipped with a projection system
- Cafeteria

-  Facilities are accessible for athletes with reduced mobility
- Facilities are accessible for spectators with reduced mobility
-  Cardio protected facility

Carrer de Ventura Gassol, 2, 08173 Sant Cugat  
Tel.: +(34) 935 657 000 • [turisme@santcugat.cat](mailto:turisme@santcugat.cat)  
[zem.santcugat.cat](http://zem.santcugat.cat)  
[santcugat.cat/esports](http://santcugat.cat/esports)



Football 11



Football 7





# Municipal Sports Area Rambla del Celler

These sports facilities are centrally located next to the Hotel Sant Cugat and the ESADE residence, 5 minutes from the Royal Monastery. It has three top quality multi-sport pavilions, a fitness centre with an indoor swimming pool (Eurofitness) and a table tennis room.

The facilities are ideal for playing volleyball, roller hockey, handball, indoor football and basketball.

## FACILITIES

### PAV 1 – Pavilion

**Pavement:** parquet

**Sports:** basketball, volleyball, mini-handball and other sports activities

**Playing surface:** 32 x 17 m

**Facilities:** 6 basketball hoops, wall bars, handball goalposts

**Seats in Stands:** 100

### PAV 2 – Pavilion

**Pavement:** parquet

**Sports:** ideal for roller hockey. Other: basketball, volleyball, indoor football and handball

**Playing surface:** 44 x 22 m

**Facilities:** perimeter fence, 2 basketball hoops and handball goalposts

**Seats in Stands:** 497

### PAV 3 – Pavilion

**Pavement:** parquet

**Sports:** basketball, volleyball, indoor football, handball and other sports activities

**Playing surface:** 49 x 35 m

**Facilities:** 6 basketball hoops, volleyball and handball goalposts

**Seats in Stands:** 696

## ADDITIONAL FACILITIES



• **Eurofitness Sports Complex**, recently renewed has a Water pointcon, a 25-m swimming pool and a 17-m pool, 1 weights gym and 3 specialised fitness rooms.

• **Table tennis room** 20 x 6 m terrazzo, equipped with table tennis tables from the Unió Esportiva Sant Cugat (UESC).

• **Martial arts room** with tatami, mirrors and wall bars.

## SERVICES

- Weights room
- Multi-sports complex with water point
- Collective changing rooms, individual and adapted
- Men’s, women’s and adapted toilets
- Lighting and loudspeakers
- First-Aid and defibrillator
- Conference room for 30 people equipped with a projector

-  Facilities are accessible for athletes with reduced mobility
- Facilities are accessible for spectators with reduced mobility
-  Cardio protected facility

Passatge del Baró de Coubertin, 3, 08172 Sant Cugat  
Tel.: +(34) 935 657 000 • [turisme@santcugat.cat](mailto:turisme@santcugat.cat)  
[zem.santcugat.cat](http://zem.santcugat.cat)  
[santcugat.cat/esports](http://santcugat.cat/esports)



PAV 1



PAV 2



PAV 2



PAV 3



PAV 3



# Municipal Sports Pavilion Valldoreix

Surrounded by nature in Valldoreix, this Pavilion is ideal for volleyball and can be extended to include use of the Valldoreix Sports Complex just across the road.

## FACILITIES

**Triple multi-sports court**

**Pavement:** synthetic

**Main sport:** ideal for volleyball

**Other sports:** Indoor football, handball, mini-handball, basketball, mini-basket and multi-sport activities




**Playing surface:** 44,72 x 25,27 m

**Facilities:** 4 basketball hoops, handball and volleyball goalposts

**Seats in Stands:** 413

## SERVICES

- 4 Collective changing rooms and 2 individual and adapted
- 2 Toilets
- Lighting and loudspeakers
- Infirmary and defibrillator
- Adjacent parking

-  Facilities are accessible for athletes with reduced mobility
-  Facilities are accessible for spectators with reduced mobility
-  Cardio protected facility

Carrer del Brollador, 3, 08197 Sant Cugat  
Tel.: +(34) 935 657 000 • [turisme@santcugat.cat](mailto:turisme@santcugat.cat)  
[zem.santcugat.cat](http://zem.santcugat.cat)  
[santcugat.cat/esports](http://santcugat.cat/esports)





# CAR Sant Cugat – High Performance Centre

The CAR Sant Cugat – High Performance Centre is an organisation that supports sport by making it internationally competitive and optimising technical and scientific resources of the highest standards. The sports complex has an extension of 170.000 m<sup>2</sup> and allows practicing different disciplines at the highest level of performance. It is considered one of the best in Europe for its facilities and its focus on technological innovation and scientific knowledge in the evaluation and control of sports training.

The CAR offers sports medicine, physiotherapy, physiology, nutrition and sports psychology services that help athletes in their recovery, education, prevention and healthy habits.



The CAR residence is also an important aspect of the concentrations. Many teams from different types of sports (athletics, football, field hockey, volleyball, tennis, swimming, gymnastics, taekwondo, weight-lifting, synchronised swimming and water polo) from around the world carry out their training camps in the CAR.

## GENERAL SERVICES

- Collective changing rooms, individual and adapted
- Men's, women's and adapted toilets

## SPECIAL SERVICES

- In-house residence. Fully-equipped meeting hall for 400 people
- Sports Medicine and therapist services
- Biomechanics, physiology and nutrition services
- Infirmary and defibrillation services
- Sports psychology
- CAR'Speakers programme, conferences by outstanding sports figures
- Wi-Fi throughout the facilities
- Transfer services for teams and training camps. Friendly matches can be organised against other teams

-  Facilities are accessible for athletes with reduced mobility
-  Cardio protected facility

## FACILITIES

- Natural grass football field for football 11 and football 7 with a surface area of 100 x 60 m. No seats in stands.
- Athletics – 400 m track
- Tennis – Indoor Pavilion with 4 fast courts
- Tennis – 3 clay courts
- Pools (3) new module indoor (50 m, water polo, synchronised and diving)
- Pool 50 m outdoor
- Pools 25 m indoor
- Two pavilions for volleyball, roller hockey, basketball...
- Artistic gymnastics men and women
- Rhythmic gymnastics and trampoline
- Beach football
- Weight-lifting
- Fencing
- Sport shooting
- Table tennis
- Beach volleyball
- Taekwondo
- Wrestling
- Physical training and weights room



Avinguda de l'Alcalde Barnils, 3-5, 08174 Sant Cugat  
Tel.: +(34) 935 891 572 • oac@car.edu  
**car.edu**





Other facilities

Below are additional facilities that complement the sports offer:

-  Facilities are accessible for athletes with reduced mobility
-  Cardio protected facility

Name	Contact	Address	Type of facility	Sports	Characteristics
1. Municipal Sports Area La Floresta	Sant Cugat Town Council, Sports Area Tel.: +(34) 935 657 000 turisme@santcugat.cat <b>zem.santcugat.cat</b> <b>santcugat.cat/esports</b>	Carrer del Ginjoler, 6 08198 Sant Cugat	Multi-sport pavilion with parquet flooring  Outdoor multi-sport cement court	Indoor football, handball and volleyball  Indoor football, handball and mini-basket	<ul style="list-style-type: none"><li>• Playing surface: 44 x 22 m</li><li>• Seats in Stands: 324</li><li> </li><li>• Playing surface: 42 x 22 m</li><li>• No stands</li><li> </li><li>• 6 Changing rooms</li><li>• Toilets</li><li>• Lighting</li><li>• Cafeteria</li><li>• Infirmary</li></ul>
2. Municipal Football Field Can Magí	Sant Cugat Town Council, Sports Area Tel.: +(34) 935 657 000 turisme@santcugat.cat <b>zem.santcugat.cat</b> <b>santcugat.cat/esports</b>	Avinguda de Can Magí, 6 08173 Sant Cugat	1 football field 11-player convertible into 2 football field 7-player, Astroturf	Football 11 and Football 7	<ul style="list-style-type: none"><li>• Playing surface: 103 x 61 m</li><li>• Changing rooms: 4 collective and 2 individual</li><li>• Stands with 162 seats</li><li>• Toilets</li><li>• Lighting</li><li>• Cafeteria</li><li>• Infirmary</li></ul>
3. Municipal Football Field Mira-sol	Sant Cugat Town Council, Sports Area Tel.: +(34) 935 657 000 turisme@santcugat.cat <b>zem.santcugat.cat</b> <b>santcugat.cat/web/esports</b>	Carrer de Pompeu Fabra, 121 08195 Sant Cugat del Vallès	1 football field 11-player convertible into 2 football field 7-player, Astroturf	Football 11 and Football 7	<ul style="list-style-type: none"><li>• Playing surface: 107,2 x 62 m</li><li>• Changing rooms: 4 collective and 2 individual</li><li>• Toilets</li><li>• Lighting</li><li>• Cafeteria</li><li>• Infirmary</li></ul>
4. Football Field Europa International School Sant Cugat	Tel.: +(34) 935 901 450 info@europa-sc.com extracurricular@europais.net <b>europais.com</b>	Avinguda del Pla del Vinyet, 110 08172 Sant Cugat	1 football field 11-player convertible into 2 football field 7-player, Astroturf	Football 11 and Football 7	<ul style="list-style-type: none"><li>• Playing surface: 90 x 42 m</li><li>• Changing rooms: 6</li><li>• Toilets</li><li>• Lighting</li><li>• Cafeteria</li></ul>



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Other facilities

-  Facilities are accessible for athletes with reduced mobility
-  Cardio protected facility

Name	Contact	Address	Type of facility	Sports	Characteristics
5. Agora Sant Cugat International School	Tel.: (+34) 935 902 600 info@agorasantcugat.edu.es <b>nace.edu.es/santcugat</b>	Carrer de Ferrer i Guàrdia, s/n 08174 Sant Cugat	1 football field 11-player convertible into 2 football field 7-player, Astroturf	Football 11 and Football 7	<ul style="list-style-type: none"><li>• Playing surface: 90 x 50 m</li><li>• Stands</li><li>• Lighting</li><li>• Changing rooms: 8 collective and 2 individual</li><li>• Toilets</li><li>• Cafeteria</li></ul>
6. Escola Thau Sant Cugat – IC CIC	Tel.: (+34) 935 898 108 aulaoberta@thausc.iccic.edu <b>iccic.edu/thausc</b>	Avinguda de la Generalitat, 199-201 08174 Sant Cugat	One indoor multi-sport hall on the school premises Synthetic pavement court	Basketball and volleyball	<ul style="list-style-type: none"><li>• Playing surface: 30 x 18 m, divisible into two areas</li><li>• Toilets</li><li>• Changing rooms: 2 collective</li><li>• Lighting and loudspeakers</li></ul>
			1 football field 11-player convertible into 2 football field 7-player, Astroturf	Football 11 and Football 7	<ul style="list-style-type: none"><li>• Playing surface: 88 x 66 m</li><li>• Toilets</li><li>• Changing rooms: 4 collective and 1 individual</li><li>• Lighting</li></ul>
7. Club Junior	Tel.: (+34) 936 741 359 info@juniorfc.com <b>junior.cat</b>	Passatge de Sant Mamet, 3-5 08195 Sant Cugat	2 official Astroturf fields with water AstroTurf	Field Hockey	<ul style="list-style-type: none"><li>• Playing surface: 91,40 x 55 m</li><li>• Seats in Stands: 20</li></ul>
			Astroturf Football field	Football 11	<ul style="list-style-type: none"><li>• Playing surface: 100 x 64 m</li><li>• Seats in Stands: 100</li></ul>
			Astroturf Football field 7	Football 7	<ul style="list-style-type: none"><li>• Playing surface: 65 x 45 m</li><li>• Changing rooms: 9 collective and adapted</li><li>• Toilets</li><li>• Indoor Fitness Services</li><li>• Outdoor 20 m pool</li><li>• Indoor bromine pool and water circuit: Jacuzzi steam sauna</li><li>• Adaptable multi-sport area, 6 tennis courts, 12 paddle tennis courts and 1 racquetball court</li><li>• Restaurant-cafeteria</li><li>• In-house medical and therapy service</li><li>• Specific analysis and videotaping with robotic eye</li><li>• Equipped conference room</li><li>• Sports stage and competition management services</li></ul>





# Sports in the Collserola Natural Park



It's a privilege to enjoy generally mild weather and have a Natural Park 10 minutes from the city centre 365 days a year. Training can start or end in natural surroundings as the park has plenty of beautiful paths in beautiful countryside among historical and archaeological vestiges. It's not unusual to cross paths with people Nordic marching, trail running or mountain biking

There are different, more or less challenging routes that make it possible to choose and design various flat or steep combinations, depending on requirements and stamina.

In addition to the routes suggested in the section «Discover Sant Cugat», (on page 18), the Park has three certified paths, two long-distance stages and a shorter circuit.

## LONG-DISTANCE STAGE ROUTES (GR)

Signposted in white and red.

### GR 6, from Barcelona to Montserrat – Stage 1

**Distance:** 12 km in the Park. From the Sant Cugat Monastery to the Horta Labyrinth in Barcelona

**Time:** 2 h 20 min

**Tracks:** [parcnaturalcollserola.cat/pages/gr-6](http://parcnaturalcollserola.cat/pages/gr-6)

### GR 173, « Natural Valles» – Stage 2

**Distance:** 7,7 km

**Time:** 2 h

Sant Cugat – Cerdanyola del Vallès

**Tracks:** [parcnaturalcollserola.cat/pages/gr-173](http://parcnaturalcollserola.cat/pages/gr-173)

## SHORT STAGE ROUTES (PR)

Signposted in white and yellow.

### PR C-38

**Distance:** 14,72 km

From Sant Cugat to Vista Rica (Horta-Guinardó, Barcelona)

**Time:** 4 h

**Tracks:** [senders.feec.cat/pr-c-38-g63/pr-c-38](http://senders.feec.cat/pr-c-38-g63/pr-c-38)

**Remember the Collserola Natural Park is a fragile and protected area and it must be used with care.**

Tourism Office  
Tel.: +(34) 936 759 952 • Fax: +(34) 936 759 953  
[turisme@santcugat.cat](mailto:turisme@santcugat.cat)  
[santcugat.cat/turisme](http://santcugat.cat/turisme)





# Accommodation



Hotel AC Sant Cugat by Marriot\*\*\*\*

Hotel Qgat, restaurant, events & hotel\*\*\*\*

Hotel Sant Cugat\*\*\*\*

Hotel Holiday Inn Express Sant Cugat\*\*\*

Hotel BlueBay City Barcelona Sant Cugat\*\*\*

Hotel H2 Sant Cugat\*\*\*

Aparthotel del Golf\*\*\*

Roberto de Nobili Residence Hall

CAR Residence

The city has varied and modern hotel accommodations. Visitors can stay in the Sant Cugat city centre or near the Can Sant Joan Business Park, where the large multinationals are concentrated. **All the Hotels offer a premium service, are located 30 km from El Prat airport and have excellent communications with Barcelona and other cities in its orbit,** both by road public transport.



# Hotel AC Sant Cugat by Marriott\*\*\*\*

Plaça de Xavier Cugat, s/n  
08174 Sant Cugat  
Tel.: + (34) 935 894 141  
Fax: + (34) 935 893 031  
acsantcugat@ac-hotels.com  
**espanol.marriott.com**

This four-star Hotel is located just 150 m from the FGC Sant Joan station and very close to the city centre.

It has large, luminous and tastefully decorated rooms with extra-large beds and all the services, including Wi-Fi and satellite TV.

Guests can relax in the outdoor pool and sunbathing deck, practice sports in the fitness room and enjoy the Mediterranean cuisine made in the restaurants with fresh products.

The AC room is a multi-functional area that is open 24/7 where guests can enjoy the free Wi-Fi connection, a varied choice of food and different corners for working, relaxing, reading the press or watching TV.

It has all the services and installations needed for productive meetings.

152

PAX

322

64

80\*

4

4

60\*\*

P

100

\* King Size \*\* +30 terrace



# Hotel QGAT, Restaurant, Events & Hotel\*\*\*\*

Avinguda de la Via Augusta, 51  
08174 Sant Cugat  
Tel.:+(34) 935 441 922  
Fax.: +(34) 935 441 923  
reservas@qgat.net  
**qgathotel.com**

Is a modern, warm and welcoming Hotel. It was inaugurated in 2005 in an old refurbished farmhouse located next to the city's leisure areas, next to sports clubs and opposite the Sant Cugat Shopping Centre. Close to the city centre but far enough to enjoy the peace and quiet.

It boasts large sunlit rooms, while the suites have separate bedroom and kitchen areas. Wi-Fi Access is free and there's satellite flat-screen TV.

It's worth highlighting the cooking, with its signature touch and seasonal products, and the fact Hotel guests enjoy free parking and gym.

The Hotel organises many events, from lunches and dinners to corporate parties. There are 10 different meeting rooms to choose from, all with natural light and fully equipped.

ROOM

33

PAX

80

6

8

SUIT

19\*

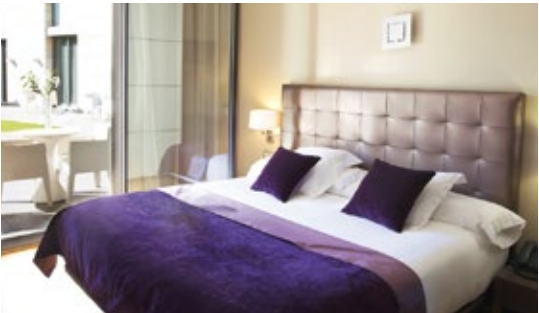
1

100

P

150

\* 14 junior suites and 5 duplex





## Hotel Sant Cugat\*\*\*\*

Carrer de Cèsar Martinell, 2  
08172 Sant Cugat  
Tel.: +(34) 935 442 670  
Fax: +(34) 935 442 671  
info@hotel-santcugat.com  
**hotel-santcugat.com**

The Hotel is located only a few metres away from the historic city centre and the Theatre-Auditorium. A rationalist design by the architect Pep Bonet, it was created by Studio PER.

The building has a curious lens shape reflected throughout the structure and into the Hotel's central atrium.

Rooms are large with views of the centre or the Collserola mountain range and enjoy plenty of natural light throughout the day.

It has different meeting rooms with terrace, equipped with all the latest technology.

ROOM

97

PAX

194

85

SUIT

9

3

60

P

95



## Hotel Holiday Inn Express Sant Cugat\*\*\*

Avinguda de Can Fatjó dels Aurons, s/n  
Parc Empresarial A7  
08174 Sant Cugat  
Tel.: +(34) 935 612 500  
Fax: +(34) 935 612 501  
express.santcugat@continentalhotels.eu  
**continentalhotels.eu**

The Hotel is located just 4 minutes on foot from the Sant Joan FGC station and 1 km from the city centre.

It offers comfortable sunlit rooms that are fully equipped, four of which have been especially adapted for people with reduced mobility. There's complimentary tea and coffee, free Wi-Fi and satellite TV.

In addition, there's free parking, multilingual services and the restaurant is open from 19.30 to 22.30 h Sunday through Friday.

It has a meeting room for 15 people.

ROOM

110

PAX

366

110

33

73\*

4

70

P

70

\* King Size





# Hotel BlueBay City Barcelona Sant Cugat\*\*\*

Camí de Can Camps, 15-17  
08174 Sant Cugat  
Tel.: +(34) 932 752 086  
reservas.santcugat@grupobluebay.com  
**bluebayresorts.com**

Its emplacement, gardens and outdoor swimming pool make this the ideal place to relax. It is located in a peaceful green valley on the outskirts of the city in the Can Sant Joan Business Park, where many multinationals have their head office. The Sant Joan Golf Barcelona course is 5 minutes away by car and the Sant Joan FGC station, 1 km. In addition, thanks to an agreement with the Vallsolana Garden Business Park, Hotel guests have use of two paddle-tennis courts, a gym and an auditorium with room for up to 100 people.

The rooms are modern, spacious and comfortable, fully equipped with free Wi-Fi and parking.

ROOM 96

PAX 182

37

48

SUIT 11

4

50

50



# Hotel H2 Sant Cugat\*\*\*

Carrer de Vic, 19  
08173 Sant Cugat  
Tel.: + (34) 935 890 605  
Tel.: + (34) 935 907 470  
santcugat@hoteles2.com  
**hoteles2.com/h2-sant-cugat**

This new Hotel was built in 2010 and is located on one of the main Access routes to the city, where the Vallvidrera Tunnel meets the AP-7, next to the financial office hub and 5 minutes on foot from the Volpelleres commuter train station. It's also very close to Mercantic, the High Performance Sports Centre (CAR) and the Catalonia General Hospital.

Every room has been designed for comfort with plenty of space, parquet flooring and fully equipped with international TV channels, free Internet connection and comfortable bathrooms.

Guests have free use of the business corner with computers and Internet access in the Hotel lobby, free parking and a cafeteria service open 24/7.

ROOM 83

PAX 166

3

39

41

3

40

130





# Aparthotel del Golf \*\*\*

Avinguda de Canadà, 80-90  
08174 Sant Cugat  
Tel.: +(34) 936 753 433 / 661 42 32 13  
reservas@aparthotelgolf.com  
**aparthotelgolf.com**

This Hotel is located in a privileged and peaceful setting, just a 10-minute walk from the Sant Cugat Golf Club.

The complex has large gardens and a swimming pool for guests, making its location even more enchanting.

The apartments have one, two or three bedrooms and are fully equipped. There's a living room with sofas, a kitchen with oven, microwave, dishwasher and washing machine and a hydro-massage tub, satellite TV and free Wi-Fi.

The Hotel offers a dining room for breakfast, private parking and an electric bicycle rental service so guests can enjoy the city and the Collserola Natural Park.

ROOM

34

PAX

107

10

19

5

P

24



# Roberto de Nobili Residence Hall

Campus ESADE Barcelona-Sant Cugat  
Carrer de Llaceres, 29  
08173 Sant Cugat  
Tel.: +(34) 935 543 015 (ext. 8503)  
Fax: +(34) 935 543 016  
robertodenobili@resa.es  
**resa.es**  
**resainn.com**

The recently-built Roberto de Nobili Residence Hall is in the prestigious ESADE Barcelona-Sant Cugat University Campus. Being right next to the Collserola Natural Park and a stone's throw from the Sant Cugat city centre, its location is unbeatable for enjoying peace and quiet.

All the studios are outward-facing and fully furnished and acclimatised. They have their own bathroom and fully-equipped kitchenette. They also have free Wi-Fi and direct landline.

The residence offers study rooms, a games room (table football, table tennis, videogames and billiards), a meeting room and gym.

It has a proven track record managing group accommodation (from 10 people).

HAB

181

PAX

194

168

7

6

P

50\*

\* Creapolis Parking, public with direct access to the residence





# CAR Residence

Avinguda de l'Alcalde Barnils, 3-5  
08174 Sant Cugat  
Tel.: +(34) 935 891 572  
oac@car.edu  
car.edu

The CAR Sant Cugat – High Performance Centre offers athletes and concentration groups the possibility of staying in the residence with all the advantages of accommodation in an environment of sporting excellence supported by the facilities, services and sharing the space with other elite sportsmen/women.

The rooms have a bathroom and are equipped with TV, telephone and free Wi-Fi. The residence has leisure areas and meeting rooms. There's a laundry service and you can choose full board, half board, breakfast or just accommodation.

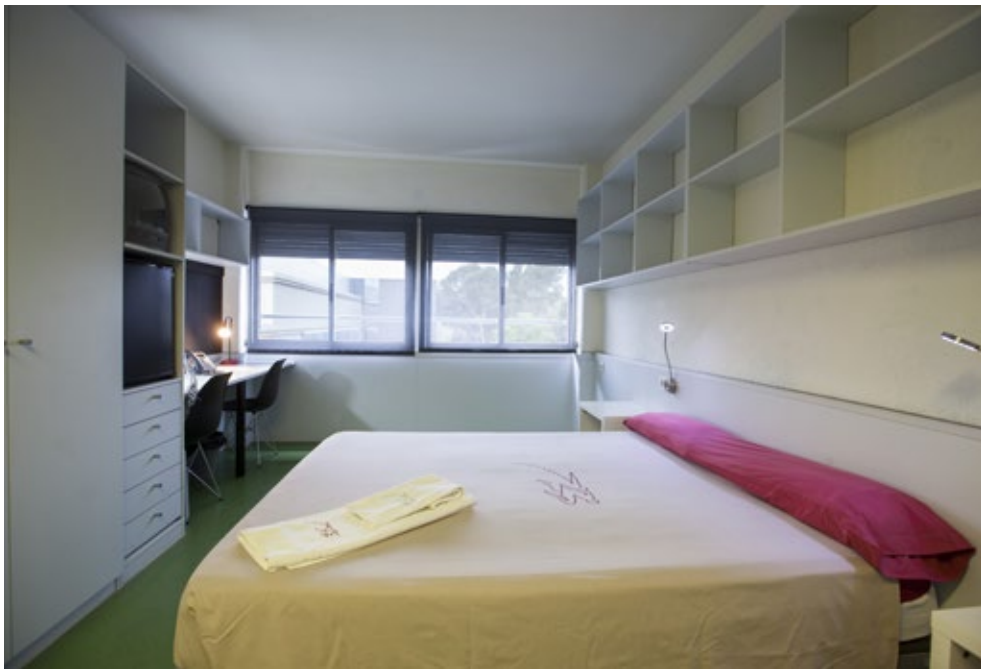
Residence:

- HAB** 131 **PAX** 283 11 104
- 12 12

Bungalows:

- PAX** 8 **PAX** 6

**P** 50  
Open availability for all CAR users



Accommodation with every comfort and service an athlete might need.



# Advice and management services

## SPORTS AND LOGISTICS SERVICE

### MUNICIPAL FACILITIES

• **Sant Cugat Town Council, Sports Area**

Plaça de la Vila, 1  
08172 Sant Cugat  
Tel.: +(34) 935 657 000  
turisme@santcugat.cat  
**santcugat.cat/turisme**

- Information and advice about the characteristics of the facilities, sports, health and transport services.
- Special prices for groups

### SPORTS FACILITIES

• **CAR Sant Cugat – High Performance Centre**

Avinguda de l'Alcalde Barnils, 3-5  
08174 Sant Cugat  
Tel.: +(34) 935 891 572  
oac@car.edu  
**car.edu**

• **Sant Cugat Creix**

Municipal Sports Area Rambla del Cellar (PAV 2)  
Passatge del Baró de Coubertin, 3  
08172 Sant Cugat  
sumo@santcugatcreix.cat  
**santcugatcreix.cat**

• **Club Junior**

Passatge de Sant Mamet, 3-5  
08195 Sant Cugat  
Tel. +(34) 936 741 359  
info@juniorfc.com  
**junior.cat**

- Prior briefing, welcome and goodbye to athletes and teams
- Support during the stay, continuous quality control of services offered
- Coordination of required sports facilities
- Information and reservation of specialised accommodation and youth residences
- Coordination of specific services (transfers, special diets, etc.)
- Sports and general medicine
- Special pricing for groups

## TOURIST SERVICES

• **Tourism Office**

Plaça d'Octavià, 10  
08172 Sant Cugat  
Tel.: +(34) 936 759 952  
Fax: +(34) 936 759 953  
turisme@santcugat.cat  
**santcugat.cat/turisme**

The Sant Cugat Tourism Office offers information about cultural and natural heritage, leisure activities as well as the municipality's main tourism facilities.

### SERVICES

- Advice and information about organising sports stages in the city.
- Advice, information and communication of the city's touristic attractions: cultural activities, sports, leisure, museums, monuments, accommodation, youth residences, restaurants and sports facilities
- Reservation of guided visits to discover cultural and natural heritage
- Ticket sales
- Royal Monastery of Sant Cugat audio guide rental
- Promotional material about the city and the rest of Catalonia





Ajuntament  
de SantCugat

