

8.30am OUTDOOR SPORTS

How about starting the day doing sports in beautiful, natural surroundings? Choose from a wide range of activities: playing golf, going on a bike ride, hiking in the Collserola hills or jogging in one of the city's thirteen parks. This green city has a tree for every inhabitant.

10am **MERCANTIC**

After getting in touch with nature it's time to head off to Mercantic, a unique market dedicated to the purchase and sale of furniture and antiques. Mercantic has become a European benchmark, with approximately 125 merchants offering charming shops ranging from antiques and vintage dealers to artisans and collectors' shops.

12pm Visit to the Monastery

As for cultural visits, we suggest that you explore Sant Cugat Monastery, the city's star heritage site. Founded in the 9th century and comprising a church and magnificent cloister with 144 decorated columns in a monumental architectural setting, it has become one of Catalonia's prime examples of mediaeval art.

1.30pm TRY OUR COOKING

It is time to step into the world of flavours. Taking a stroll through the heart of Sant Cugat to search for a place to eat and drink will be a pleasure. The city streets, terraces and restaurant windows will whet your appetite to taste the best cuisine. A good atmosphere and great food.

Collserola Nature Park

We suggest a countryside stroll through the heart of the Collserola Nature Park, one of the largest metropolitan parks in Catalonia, covering an area of more than 8,000 hectares. After a healthy lunch, what could be better than a pleasant walk? The Can Borrell path leads to the old stone farmhouse

Can Borrell path leads to the old stone farmhouse of the same name from close to the centre of the old town.

5.30pm
Visit the Cal Gerrer
- Marilyn Monroe

This little gem of the pre-Modernist style stands on Plaça d'Octavià and is home to Europe's only museum dedicated to Marilyn Monroe. Take

a journey through life courtesy of personal belongings and recreations of her filmography, and discover the most comprehensive library in the world about the film star.

7pm
SHOPPING IN THE
TOWN CENTRE

You will find everything you need in Sant Cugat's commercial district. The network of streets, alleys and squares is full of shops selling clothes, accessories, household goods, art galleries... Decorated in colourful, pioneering interior designs, Sant Cugat's shops offer quality products and friendly service.

9.30pm
SEE A SHOW AT THE
AUDITORIUM THEATRE

To lower the curtain on the day there is nothing like enjoying a good show at the Auditori Theatre. You can buy a ticket to listen to good music or to watch a great opera, dance or theatre performance. At night, the heart of the city is illuminated by the best culture around.

