



### **Camping Cypsela,**

17256 Pals, (Gerona) Spain.

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### **GPS co-ordinates**

Latitude: 41.9856

Longitude: 3.1822



# Campsite Information

## Camping Cypselá, Pals

Set in the unspoilt region of Catalonia, Camping Cypselá is a deluxe campsite with first class facilities. The site lies close to many golden, sandy Costa Brava beaches including L'Estartit where water sports are widely available. Gerona is only around 33 miles west of the site while the popular seaside resort of Palamós is around 15 miles to the south.

### Arriving at Camping Cypselá

On arrival you will be directed to the campsite reception to register. Please have your passports ready. The campsite staff will then contact your couriers. Your couriers will be ready to welcome you between 4pm and 8pm.

### Early/Late Arrivals

Please note if you arrive before 4pm, your accommodation may not be ready. If you arrive between 8pm and 10pm, you will find directions to your courier and/or accommodation at the Canvas reception. Arrivals after 10pm cannot be accepted on site. Please note that if you do arrive late and cannot be admitted onto the campsite, you have full responsibility for finding alternative off-site accommodation. A Canvas courier will be available on site from 9am the following day. Please telephone your couriers if you know that you are going to be late.

### Reception

Reception is open from 9am to 9pm in low season and from 8am to 11pm in high season. The reception has a cashpoint machine.

### Barrier

The barrier is open from 7am to 11pm for those with a campsite ID pass. If you wish to depart early in the morning or arrive late at night please leave your car outside the campsite barrier.

### Currency Exchange

Currency and traveller's cheques may be exchanged at the campsite reception from 9am to 1pm and from 4pm to 8pm. There is a small commission fee for this service.

### Safety Deposit Boxes

Safety deposit boxes can be rented from the main campsite reception for a small charge (a €25 deposit will also be payable. This will be refunded when you return your key).

### Telephone

There are twelve coin and card-operated phones on site and phone cards may be purchased from reception.

### Web/Email Access

There is internet access available at the Sports Centre for a small charge. You need to obtain a card with a code from the main campsite reception which will cost €7 for half an hour. A €30, one week pass is available for WiFi but this is only accessible from certain areas of the site.

### Shopping

There is a large supermarket on site that is open in high season from 8am to 9pm. In low season opening times are from 8.30am to 2pm and from 4pm to 8.30pm. You can purchase fresh bread, meat, fruit and vegetables and a good range of groceries. There are two other shops on site with similar opening hours selling toys, beach-wear, souvenirs, books, newspapers and postcards. The on-site hairdresser and beautician is open from 10am to 1pm and from 4pm to 9pm, Monday to Saturday. May only be available in high season.



### Washing and Toilet Facilities

The launderette is open from 9am to 1pm and from 3pm to 8pm. Washing tokens are €7.50 and drying tokens are €5.50, they are available at the launderette. Also available: iron hire, free hot showers, standard, baby bath and wash cubicles with hot water.

### Post

There is a post box located opposite the main entrance gate and stamps may be purchased from the campsite newsagents.

### Eating and Drinking

**Bars:** The terraced bar is open from 8am until midnight in high season, and from midday to midnight in low season. The terraces overlook both the swimming pool and the evening entertainment area. Bar snacks are also available and there is a television with some satellite channels. The second bar is a cocktail bar and is known as the 'Piano Bar'. This is a slightly more sophisticated venue, separate from the restaurant, pool and entertainment stage. Open from 7pm to 1am.

**Takeaway:** Open daily from 11am until midnight, the takeaway offers pizzas, chicken, salad, pasta and a variety of vegetarian dishes. All cooked in the small open kitchen.

**Restaurant:** The on-site restaurant has a large, outdoor but shady terrace and is open from 1pm to 4pm and from 7pm to 11pm throughout the season. An extension of the bar houses the indoor, more exclusive part of the restaurant open only in the evenings. The menu is varied and reasonably priced. The paella and seafood dishes are especially recommended.

### Entertainment

The site organises activities throughout the season such as live music, cabaret, quizzes, bingo and karaoke. There are also junior disco nights and sports competitions available. Coach excursions may be booked on site to places such as Barcelona, Montserrat and the Medieval Night. The campsite children's club operates throughout the season. 'Cypsy Club' is available to all 4 to 12 year olds and has its own art and craft room on site.

### Recreation

**Swimming:** The pool complex has a large swimming pool with low spring boards (restricted to over 10 year olds) and a waterfall, plus a separate children's pool. Broad sun terraces surround the pools and the pools are both supervised throughout the season. The pools are open between 9am-9pm.

**Tennis:** Tennis courts may be booked at the campsite reception for €10 per hour. Equipment is available to hire from the reception.

**Mini Golf:** Mini golf is available on site all season, at a cost of approx. €3 per person.

**Gym:** There is a gym on site, price approx. €8 for four 30 min sessions. Open from 10am until 11pm.

**Squash:** For a half hour session there is a charge of approx €6 and racquet hire is €2 per racquet.

The site also has facilities for football, volleyball, basketball and boules. There are several children's playgrounds on site plus a games room.

### Disabled Facilities

This site meets the Canvas 'Recommended for Disabled' criteria.

### Canvas Active

Canvas Active is available at Camping Cypselá. Canvas customers have researched golf courses in the local area. For further details please see the Activities booklet downloadable from the Canvas Holidays website.

### Rules and Regulations

- Silence on site between midnight and 7am.
- 10km/ph speed limit on site.
- No driving on site between 11pm and 7am.
- Only one car is allowed per emplacement. The campsite will charge for additional vehicles.
- Cycling is prohibited on site after 9.30pm.
- Campsite passes must be carried at all times.
- No dogs
- Use of the diving board is restricted for over 10 year olds only.
- Toys and inflatables are allowed in the children's pool only.
- Children under 10 years old must be supervised in the pool area.

# Local Information

## Shopping

**Supermarkets:** The nearest supermarket is Champion in Platja de Pals, open from 8am to 10pm. You can also find Lidl supermarkets in Palafrugell (Carrer de Torroella) and in Estarlit (along the main road from Torroella). Lidl is a budget supermarket selling all the basics and a limited choice of fresh produce such as meat and vegetables. Lidl is open from 9.15am to 9.15pm Monday to Saturday, and from 9am to 2pm on a Sunday.

**Souvenirs:** Figueres tends to promote the souvenirs of Salvador Dali, L'Estartit and Palamós are more nautical due to their ports. Gerona, Palafrugell and Playa d'Aro are great for clothes shopping and La Bisbal is famous for its pottery and ceramics and has plenty of antique shops.

## Local Markets

**Monday:** Torroella de Montgri and Cadaqués

**Tuesday:** Palamós, Pals and Gerona.

**Wednesday:** St Pere Pescador, St. Antoni de Calonge and Begur.

**Thursday:** L'Estartit and Tossa de Mar

**Friday:** La Bisbal, Playa d'Aro and Port de la Selva

**Saturday:** Gerona and Empuria Brava.

**Sunday:** Rosas, Palafrugell and L'Escala.

## Facilities

**Petrol:** There is a filling station on the C31 between Pals and Torroella de Montgri, or at Regencos, between Pals and Palafrugell.

**Chemist:** There is a chemist on your right, as you turn right out of the site, towards Pals. It is open from 9am until 1pm and 4pm until 8pm. Please ask your Canvas courier for details of the duty pharmacist.

**Bank:** There is a cashpoint at the campsite reception. There is a Caixa d'Estalis bank in Pals with a cash point. All major banks are represented in the Gerona.

**Post Office:** The post office in Pals is open only on weekday mornings from 8.30am to 2.30pm.

**Tourist Information:** The tourist office in Pals is open from 9am to 2pm and from 4pm to 7pm. Located on Placa Major in the town centre.

## Beaches

The campsite runs a frequent free bus service to the nearby beach of Platja de Pals which is 2km from the site. The beach is long and sandy and is a real suntrap. Further afield, the beaches at Sa Punta, Sa Riera, Aigua Blava and Tamarit are well worth a visit. Sailing, windsurfing, canoeing, boat trips and water-skiing are all available from various beaches nearer to the main towns. If you prefer a varied coastline with rock pools, marine life and coves of sand, drive to Calella de Palafrugell, Llafranc and Tamarit or further south to Tossa de Mar.



## Distances

Pals: 3km (2 miles)

Begur: 10km (6 miles)

Torroella: 16km (10 miles)

Barcelona: 133km (83 miles)

## Local Transport

The nearest train station is in Flaça with connections to Gerona, Barcelona, Figueres and Portbou on the French border. From Gerona station, SARFA buses run to most parts of the Costa Brava. Please ask at the campsite or Canvas reception for up to date timetables for local transport.

## Doctor

During high season a private doctor visits the site daily. A doctor may be organised to visit the site should there be an emergency. Please enquire at reception for further information.

## Dentist

Clinica Dental l'Estartit.  
Tel: 972 751 474.

## Emergency Services

There is a three-digit phone number for most emergency services:

General Emergencies: 112

Fire: 085

Ambulance: 085

Police: 091

## Eating and Drinking

You may like to try these restaurants and bars that have been recommended by Canvas customers and couriers in previous years:

**Petit Bar:** Palamós. If you like fish and seafood then this is a good suggestion. The restaurant serves raciones, so everyone can have a taste of everything. Reasonably priced.

**Ocean Drive:** Playa d'Aro. This bar and restaurant combined offers a varied menu. Pizzas are especially recommended.

**Restaurant Marisqueria:** In Playa d'Aro. This seafood restaurant is renowned for fresh seafood.

**Restaurant Sol Blanc:** Pals. A country style restaurant with large lawns. Serves home made dishes created with fresh seasonal local products and ingredients.

**Café 66:** In Playa d'Aro. A Mexican bar/restaurant recommended by Canvas customers.

## Activities

Apart from popular water sports which are all available on the beaches of L'Estartit, there are also facilities in the area for mountain biking, archery, rock climbing and bungee jumping. The region offers many opportunities to play golf. Horse riding is available and the Aqua Brava Water park is guaranteed fun for all the family with an array of water slides to keep everyone amused.

## Family Fun

The Illes Medes are on the coast at L'Estartit. They are a protected nature reserve with an unusual diversity of animal and plant life. The boats from L'Estartit leave regularly and there is even a glass bottomed aquarium boat to observe marine life along the way! The wildlife park of Sobrestany, between L'Escala and Torroella de Montgri, the Butterfly Park of Castello d'Empuries and the mini zoo of Regencos are treats for the whole family.

## Nearby

The charming old former smugglers' village of Cadaqués, to the north of the site, is famous for its links with Salvador Dali. At Portlligat there is a fascinating museum dedicated to Dali's life and works. The museum displays wonderful paintings, sculptures, jewellery and engravings; the museum was once the home of Salvador Dali's beloved wife Gala. Figueres also has strong links with Salvador Dali and the Museu Dali has a remarkable collection of his work. Dali's body is entombed beneath the museum that is located next to the Torre Galatea where the great man lived until his death (\*A).

## Out and About

**Calella de Palafrugell** • This pleasant resort has attractive low buildings strung Aegean-style around a bay of rocky coves and small beaches. A 40-minute stroll along the coastal footpath to Platja del Golfet will bring you to the beautiful botanical gardens once the gardens of a Tsarist palace.

**Gerona** • A beautiful historic city. It is a pleasure just to wander through the medieval alleys in the old quarter. The labyrinth of narrow lanes in the old Jewish quarter known as El Call is well worth a visit. Climb the monumental Baroque steps to the magnificent Cathedral, one of Spain's most beautiful sacred buildings with the widest single Gothic arch span in the world. You can visit the bell tower for a good view of the city, and tour the superb cloisters.

# Regional Information

## Catalonia

Sheltered by the Pyrenees, this region borders the Mediterranean and occupies north-eastern Spain. Catalonia enjoys a dry, sunny climate and has a rich variety of natural beauty. The coastal region of Catalonia is the main tourist area with over 400km of coastline.

### Eating and Drinking – Regional Specialities.

Paella is a typical dish, sometimes eaten as a very filling hors d'oeuvre before the main course. An alternative to a heavy lunch or for supper is tapas, small savoury snacks laid out on bar counters for example; squid, olives, prawns, anchovies, cold ham, tomato or potato salads and tortilla (potato omelette). Catalonia's excellent gastronomy is characterised by seafood and rice dishes and wonderful wine.

### Things to do and see

\*A • an admission charge is payable for these attractions.

## Family Fun & Days Out

**Aqua Brava** • A fabulous water park with giant slides, rafting, a pirate boat, mini toboggans and Jacuzzi. Bahia de Rosas (open daily, \*A).

**Port Aventura** • A great adventure for all. Travel through five different 'themed' lands in this immense theme park. Plummet at a breakneck 110km/h on the Dragon Khan, or steel yourself to cross the threshold of Templo del Fuego. Experience live shows, where you can chase the intrepid bandits of the Far West at Fort Frenzee or give yourself over to the magic of Fiestaventura.

**Costa Caribe** • At Costa Caribe enjoy a magnificent, aquatic adventure in the purest Caribbean style, with pools, slides, palm trees. Plus it has an ample heated pool area that makes it ideal for having a great time in the cooler months. Near Salou, on the N340 (open daily, \*A).

**Parc Güell** • The most famous park in Barcelona. Designed by Antoni Gaudi, it is an enchanted park full of surprises and imagination. The famous winding mosaic benches and the Gaudi House-Museum border the park (open daily, \*A).

**Marineland** • This is a Dolphinarium, Marine Zoo and Water Park. Enjoy its water attractions and the best Dolphin and Sea Lion exhibitions. The water park boasts some of the best and scariest rides. Situated in Palafròls, 45 minutes from Barcelona.

**Parc Animal Sobrestany** • The Parc Animal Sobrestany as a wide range of over 35 different species of native and introduced animals. Currently it is home to 500 animals living free in the park. Located 9km west of Torroella de Montgri.

**Illes Medes & L'Estartit** • The Medes islands, off the coast of L'Estartit, are protected nature reserves with an unusual diversity of animal and plant life. Surrounded by coral reefs and caves they're perfect for diving. There are various boat trips everyday from L'Estartit port, e.g. the Nautilus glass bottom boat - a favourite with children. Snorkelling and scuba diving trips are also available.

**Barcelona Zoo** • The zoo of Barcelona is one of the most famous and best equipped zoos in Europe. Recent additions include a larger and improved terrarium, and also the largest playground of Barcelona. Especially children will love the zoo - it's home to bears, lions, zebras, alligators, hippos and kangaroos. (Open daily, \*A).



### Museums

**Museu Picasso** • Three exceptional 14th-century Gothic manors hold the collection of the great artist Picasso's youthful works. Barcelona (closed Mondays, \*A).

**Teatro Museu Dalí** • Located in a converted theatre, complete with larger than life 'eggs', this is an opportunity to view his most marvellous works of art, including the 'Mae West' room and the incredible ceiling mural. Figueres (closed Mondays, \*A).

**Museu de Futbol Club** • The History of the F. C. B Museum (Barcelona Football Club) is the most visited museum in Catalonia. Housed in the Nou Camp Stadium, it includes an audio-visual room and access into the stands of the stadium (open daily, \*A).

## Places of Interest

**Barcelona** • A vibrant, exciting city with a rich history and a host of attractions. The new town is characterised by wide tree-lined boulevards in direct contrast with the Barri Gòtic (Gothic quarter) and its narrow twisting streets. Here you will find the remains of old Roman walls and an impressive Gothic Cathedral. Leading from the port to the Plaça de Catalunya are the famous Ramblas, a tree-lined avenue with newspaper kiosks, flower stalls, bird-sellers, fortune-tellers, cafés, shops and restaurants. *Shopping:* High street shoppers will love Barcelona with lots of branches of the best Spanish shops such as Mango, Zara, Massimo Dutti and international stores like H&M or Topshop all over the city. The clothes are noticeably cheaper than in the UK, especially leather goods are a bargain. For great quality and stylish shoes visit the Spanish brand Camper in one of their outlets. Don't miss the sales in August!

**Banyoles** • A lovely lake-side town with a good beach and watersports facilities. The town has a 13th-century arcaded square and an archaeological museum (\*A).

**Cadaqués** • A charming white-washed fishing village in a beautiful setting that became popular with international artists.

**Empúries** • The Graeco-Roman ruins found here make this Catalonia's most important archaeological site. At Empúries you'll find the extensive remains of a Roman city. Greek remains occupy the lower ground where temples, the town gate and several streets can easily be made out. An archaeological museum on the site displays artefacts found by the excavations (\*A).

**Figueres** • Famous for the Museu Dalí which has a remarkable collection of his work. The museum is in a former theatre (itself a surreal work of art), next to the Torre Galatea where Dalí lived until his death in 1989. Dalí's body is entombed beneath the museum (\*A).



**Montserrat** • Thousands of pilgrims travel here every year to see and touch the 12th-century statue of La Morenata, the Black Virgin. You can take funicular trips to the Hermitages of Saint Joan and Saint Jeronimo where a short climb will take you to the summit and a fabulous view. Before leaving, try a sip of 'aromas de Montserrat', a liqueur distilled from mountain herbs.

**Besalu** • A beautiful medieval town with old houses and a fortified bridge with irregularly sized arches spanning the River Fluvià. The town boasts some fine Romanesque Catalan architecture. Look out for the restored mikwah (Jewish ritual baths) in the lower part of town. Located west of Figueres on the N-260.

**Tossa de Mar** • This popular coastal resort, known as the "Blue Paradise" has retained much of its original character. Located north west of Lloret de Mar and south east of Palamos on the coast. French painter Marc Chagall spent the summer of 1934 in Tossa and dubbed it the 'Blue Paradise'. Perched on a hill above the modern town and surrounded by 12th-century walls, the Vila Vella (old town) is a maze of cobbled alleys and stone and whitewashed houses. Climb the lighthouse for a spectacular view of the bay

**L'Estartit and Illes Medes** • This small, busy tourist coastal resort has a long, wide beach of fine sand that gently slides into the Mediterranean. From its harbour there are frequent boat trips out to the amazing Illes Medes. Estartit is Spain's most popular destination for snorkellers and divers. A series of kiosks along the harbour sell tickets for various boat trips for snorkelling, diving or viewing through glass bottom boats. Estartit also has a range of British pubs, shops and restaurants if you're missing home!

*Every effort has been made to ensure the information contained within this guide, to the best of our knowledge, is both helpful and correct at time of going to press (March 2010). Canvas Holidays cannot accept responsibility for inaccuracies contained herein.*