



l'Ampolla,
gateway
to the Delta



ampollaturisme.com



L'Ampolla, a fishing village in the Ebro Delta

From the merger between the river and the sea, between the sand and the waves, they played to love each other to model a large pond with a bottle shape, this small marine population was born, being one of the coastal villages with more personality of Terres de l'Ebre.

Centuries have passed but L'Ampolla's seafaring nature is as charming as ever, enchanting everyone who experiences our culture linked to the sea and fishing traditions. Discover the maritime heritage of L'Ampolla through our food, countryside and history!



Responsible with nature

L'Ampolla ecotourist

Practise ecotourism in l'Ampolla is the best alternative to do sustainable tourism in nature.

Live an active and inspiring experience where you can discover the culture, the natural patrimony, the local products and the people from our village. All this while minimising the impact on the environment and preserving this valuable gift: the nature.



Adhered to the European Charter for Sustainable Tourism, since 2007



Biosphere Reserve, since 2013, as a municipality of Terres de l'Ebre



Label of the international association Global Green Destinations as one of the 100 best sustainable destinations in the world (2016 and 2017)



The seabed, an ecosystem full of biodiversity

The seabed of l'Ampolla hosts a whole ecosystem full of biodiversity that not only stands out for its natural beauty, but also for its interest as a habitat of high environmental value.



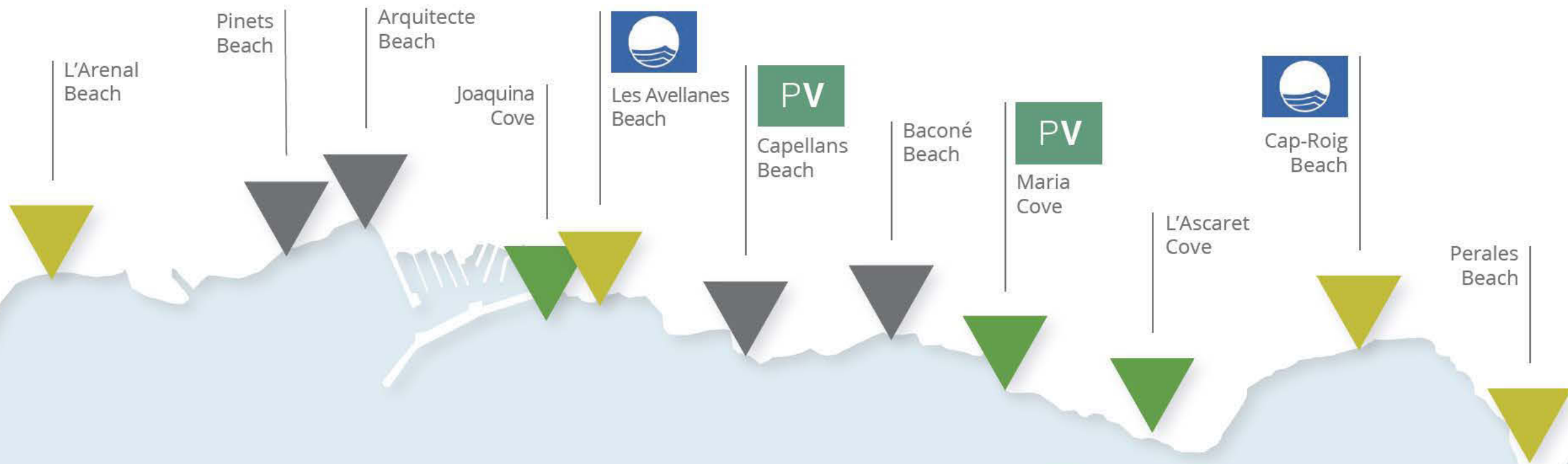
L'Ampolla hosts part of one of the most important Posidonia colonies on the Mediterranean coast.





Beaches with every shade of blue and the smell of the sea

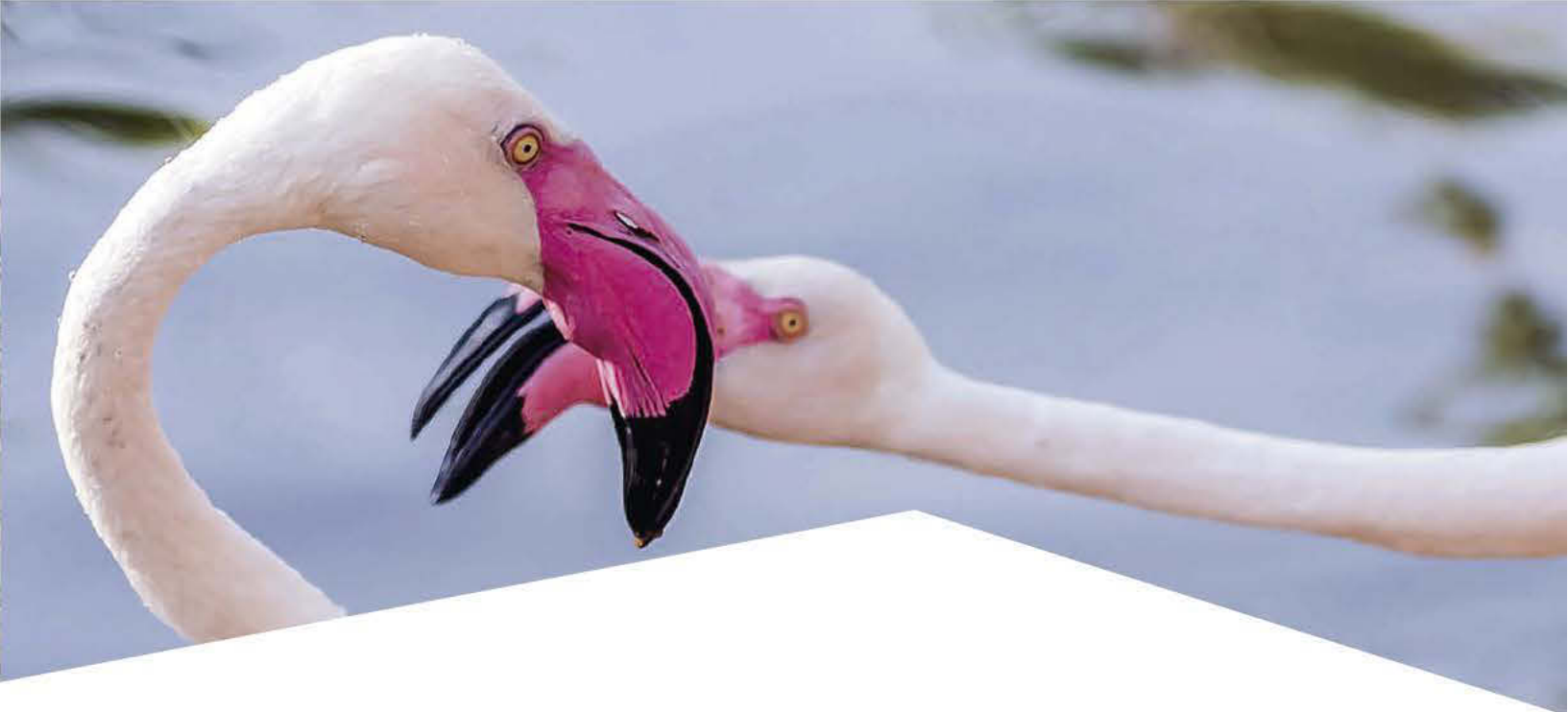
L'Ampolla can boast virgin coves and beaches. From sandy beaches with shallow calm water -ideal for the little ones- to small rocky or sandy beaches surrounded by reddish cliffs -perfect to relax.





Pathways of textures and colours, on foot or by bike

Do you want to sketch the littoral of l'Ampolla or do you prefer to explore the interior? The different nature itineraries in l'Ampolla will allow you to live first-hand one of our main attractions, the natural heritage.



The Olles Lagoon



The birds and the rice



Where the cliffs are adorned with colours



The olive gardens



The natural ponds



Birdwatching destination with a wide diversity of birds

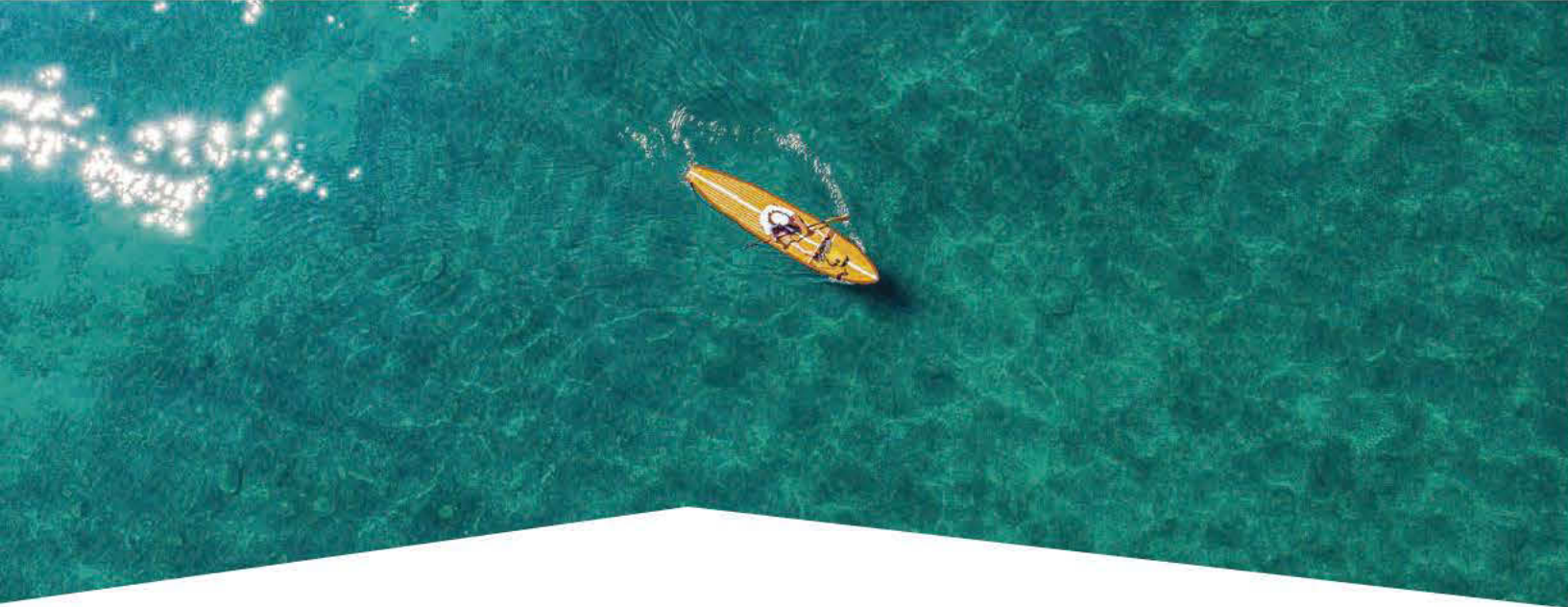
Common nightingale, common blackbird, cormorant, flamingo, cirl bunting... Up to 302 taxons to see thanks to 5 different birdwatching routes!

If you are excited by ornithology, in l'Ampolla you can enjoy several ornithological itineraries to do on foot or by bike where you can enjoy a large number of species.



302 taxons have been spotted in the municipal area of l'Ampolla.





Sports surrounded by nature

Sailing and windsurfing courses

The Mediterranean Sea is the best environment to practice activities such as sailing and windsurfing.

Kayaking in the sea

A very healthy way of discovering the charming little places hidden among the rocks and coves.

Fishing in l'Ampolla

The calm waters are perfect for fishing.

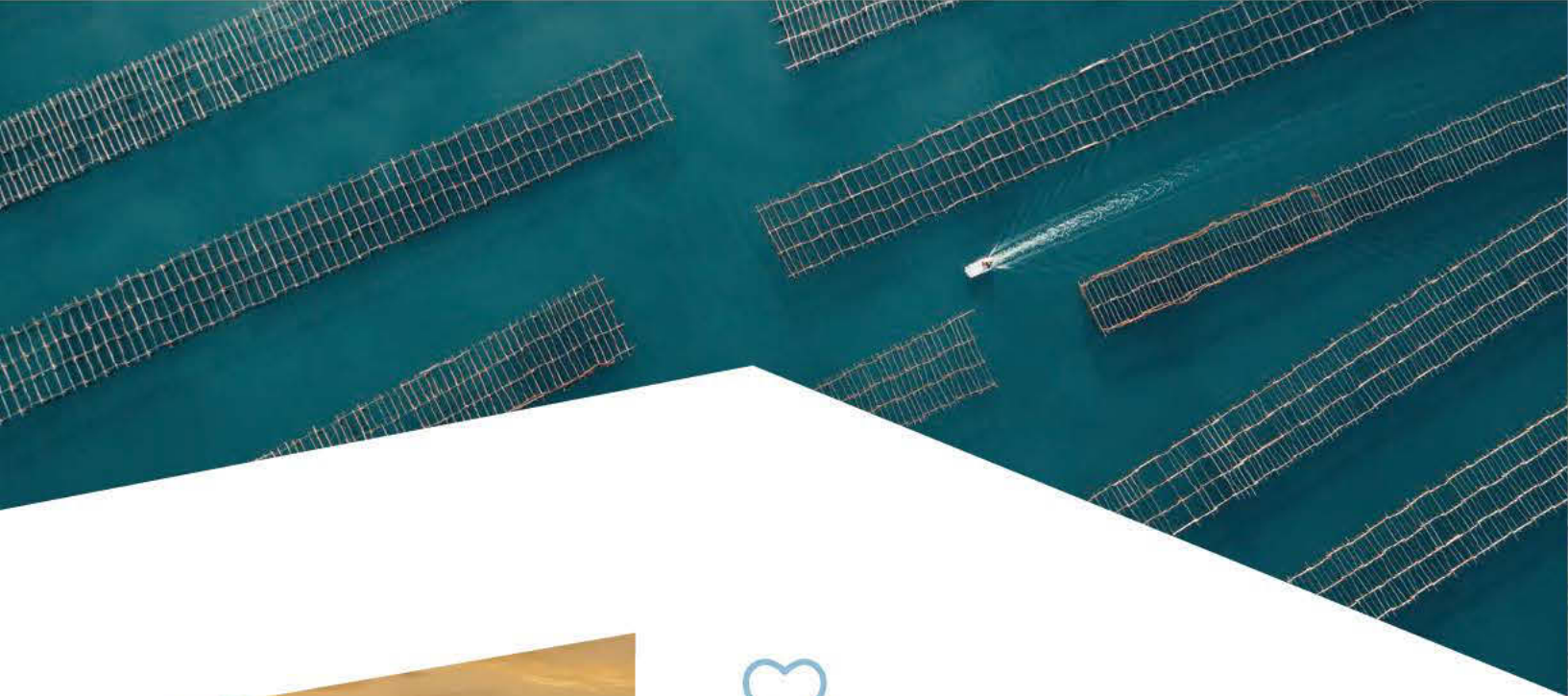
Equestrian and horse riding

Go horse riding in the midst of nature with the breeze on your skin... What a sense of freedom.

Guided tours and sports activities

Guided tours, adventure sports, excursions... Enjoy the best active tourism in the Ebro Delta!





Unique moments in the Ebro Delta

Oyster and mussel beds

Go on a boat trip and try the Delta's mussels and oysters straight from the sea!



Botanical garden

Natural space with more than 400 species of aromatic, culinary and medicinal plants. Beautiful fragrances!

Organic sake cellar

Visit the cellar where Kensho sake is produced by its owners and do a sake tasting or pairing with oysters.





I'Ampolla, a culinary destination in the Delta

Our land and sea provide us with fresh local food that you will be able to enjoy in traditional and innovate dishes in our restaurants.



Home-grown

-  The Delta oyster
-  Fish and seafood
-  Olive oil
-  Rice with denomination of origin
-  Homemade sausages
-  Pastries and craft desserts
-  Gin and Sake of handmade elaboration
-  Ecological culinary plants and infusions



The oyster's cuisine

The oyster of I'Ampolla is one of the star products of our gastronomy. Close your eyes and let the Ampolla oyster surprise your palate with its fine and tasty meat!



Its unique flavour is due to the mixture of salt water from the Mediterranean Sea and the fresh water of the Ebro River.

Festivals and gastronomical events

Taste the best recipes from our restaurateurs while enjoying an incredible landscape at the gateway of the Delta. An ideal pairing!

-  Mantis shrimp gastronomic days (February-March)
-  Oyster Gastronomic Days (May)
-  Traditional Rice Fairs: Plantada (June) and Segà (September)
-  Gastronomic Days of Rice (September)



Where to eat in I'Ampolla?





Festivals and traditional events with all the family

L'Ampolla's calendar includes many celebrations throughout the year with fun and activities for all the family to get to know our cultural heritage.

The San Juan Town Fair and Virgen del Carmen festival are two of our most important and representative local festivals, which is why they are part of the **Traditional festivals of Catalonia**.

San Juan Town Fair

We celebrate San Juan with the l'Ampolla Town Fair, a week of music, traditional food, children's activities, races, correfocs (literally 'fire-runs') and a great many other activities.

Virgen del Carmen Festival

A celebration in honour of the Virgen del Carmen, the patron saint of fishermen and sailors, with a week full of events, orchestra dances and the traditional maritime procession, among many other activities.



16 July,
Virgen del Carmen
Festival.



First Saturday
of August:
Nit Màgica.



Night activities

The sun sets and the sea breeze refreshes the air. The magic begins in l'Ampolla: an open-air cinema, live music, habanera dances next to the sea, theatre... All sorts of performances for young and old alike that light up the summer nights in l'Ampolla.





Have the best rest



Hotels****



Hotels***



Hotels**



Campings



Rural Houses



Renting houses and apartments



Ecotourism



Homes for tourist use



Find the best accommodations in l'Ampolla.

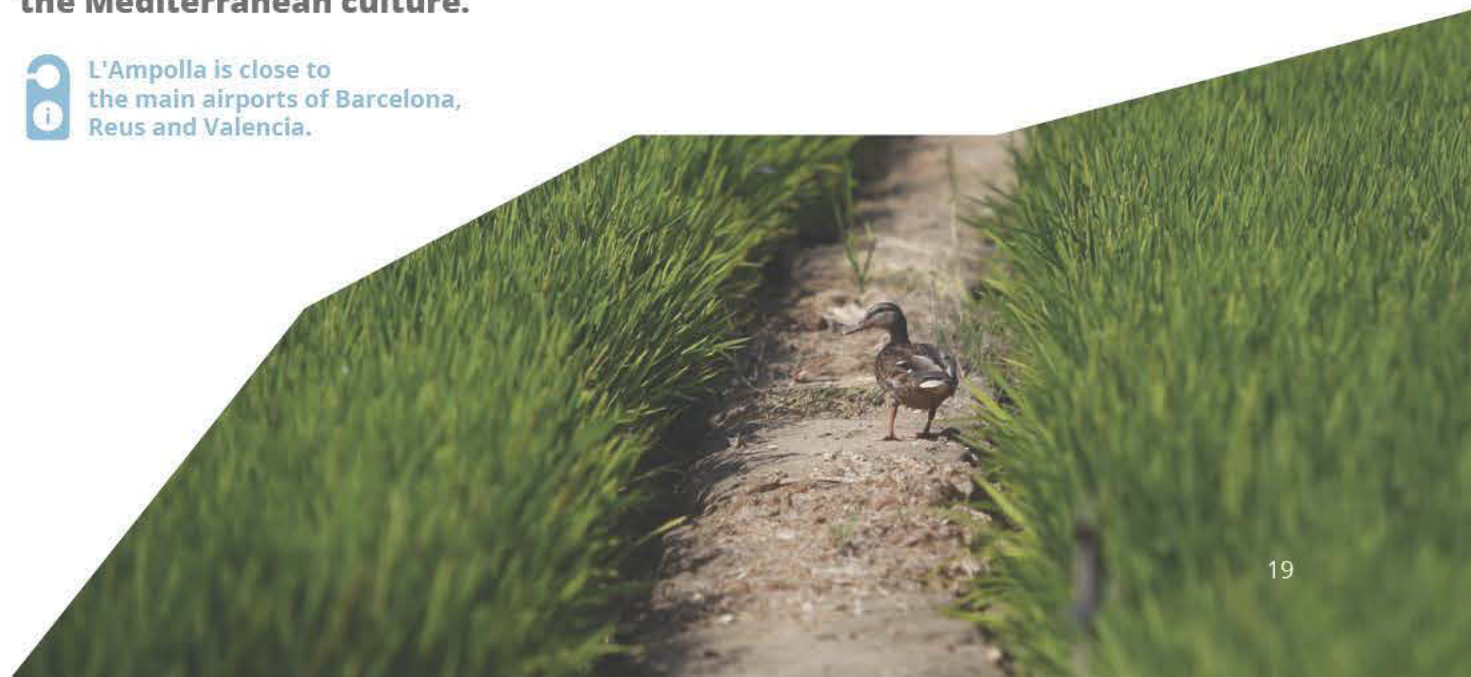


How to get to l'Ampolla?

Located in the south of the Gulf of Sant Jordi, in the Baix Ebre region, l'Ampolla stands as the Gateway to the Delta, being a watercolour scene where conversations, dialogues, questions, feelings... are born. The essence of the Mediterranean culture.



L'Ampolla is close to the main airports of Barcelona, Reus and Valencia.





Municipal Tourist Board

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Diputació Tarragona



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