



2026
CATALONIA
Food&Wine
Tour
by The Catalan Table

ABOUT

Rubén García's roots in the culinary world run through Spain's finest kitchens. Beginning in the Michelin star kitchens of Jean Luc Figueras and Martín Berasategui, Rubén enhanced his knowledge of innovative techniques, imaginative presentation and high-quality products during his five years with Ferran Adrià at El Bulli. Rubén continued pushing the limits of avant-garde cooking as creative director of Minibar, working closely with chef Jose Andres.

Inspired by the life and cooking of his abuela Teresa, Rubén founded Casa Teresa as an homage to the home cooks who created the tradition of Spanish cuisine.



Casa Teresa and The Catalan Table are joining forces to bring you an unforgettable journey to their homeland, Catalonia. With Chef Rubén García's experience at the legendary El Bulli, and at José's Andrés Minibar, together with author Alba Sunyer, this collaboration opens the doors to exclusive experiences. Through their network, you'll gain access to extraordinary places, guided by the very best.

Spots are limited—will you join us for this first and one-of-a-kind 2026 journey?



THE CATALAN TABLE

ABOUT

At The Catalan Table, we believe that food is one of the most powerful ways to connect with a place, its people, and its stories. Our project was born from a love for Catalan culture and the desire to share it through meaningful culinary experiences. Each of our trips is an invitation to slow down, observe, taste, and participate—to live, not just visit.

Our journeys are designed around the natural rhythm of the season: the harvest, the golden light, the abundance of local produce, and the traditions that mark this time of year. We travel through rural landscapes, coastal villages, and mountain towns, meeting the people who keep Catalan culinary heritage alive. Farmers, winemakers, shepherds, cooks, grandmothers, and foragers open their kitchens, fields, and cellars to welcome us with generosity and pride.

These experiences are intimate and immersive, crafted for curious travelers who seek connection, depth, and delight. We cook together, gather around long tables, explore historic markets, taste natural wines, and learn forgotten techniques. But above all, we create space for shared stories, laughter, and the rediscovery of simplicity.



TCT is rooted in authenticity, sustainability, and a deep respect for local knowledge. We work with small-scale producers and craftspeople, supporting regenerative practices and encouraging a slower, more conscious form of travel. Autumn is a season of reflection and richness—and through it, we invite you to experience Catalonia as never before. We collaborate with farmers, winemakers, cooks, and historians to create immersive and intimate experiences rooted in authenticity, sustainability, and joy. **Alba Sunyer will be your guide**, read her [BIO here](#). Joining Alba Sunyer is Chef Ruben Garcia, who will share his deep knowledge of the region and its products, while offering you a glimpse into his life in Catalonia before moving to Washington DC.



THE CATALAN TABLE

A CURATED FOOD EXPERIENCE

From Barcelona's Gothic to the turquoise waters of Costa Brava, Chef Ruben Garcia and Author Alba Sunyer invites you to embark on an exquisite journey where culinary artistry meets rich cultural heritage. This tour offers an exclusive opportunity to savor the region's finest flavors, from renowned Michelin-starred restaurants to the rustic charm of traditional eateries and villages. Under Chef Ruben and Alba's expert guidance, alongside local artisans and chefs, you'll indulge in private tastings of premium wines, artisanal products, and authentic Catalan dishes, all while exploring the stunning landscapes and historic sites that define this vibrant land. It's an immersive experience into the soul of Catalonia, crafted for discerning travelers who seek the perfect blend of luxury, tradition, and unforgettable flavors.



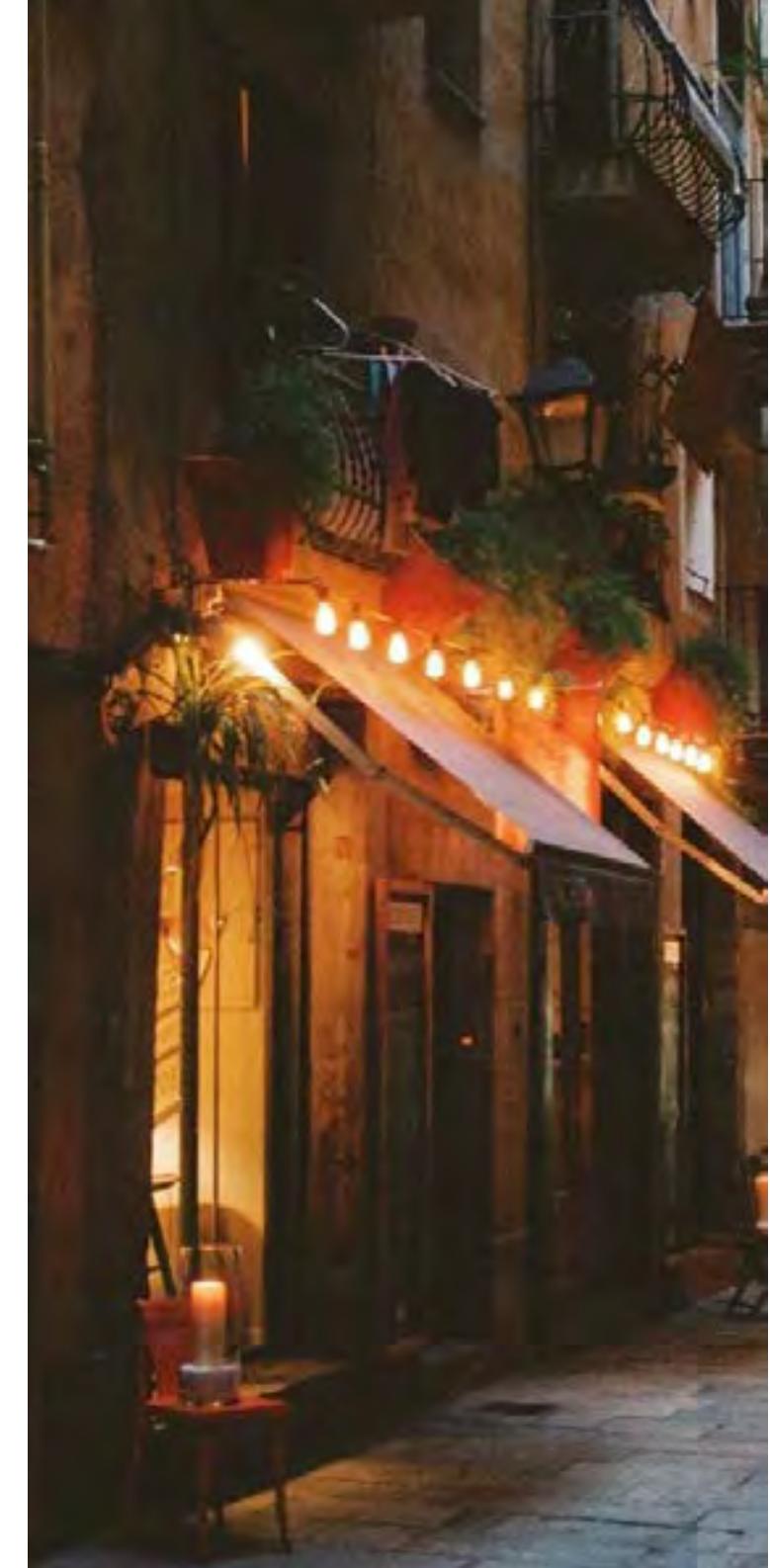


ITINERARY

Day 1

Benvingut a Barcelona

After you arrival and check-in at the hotel, we invite you to relax and enjoy the start of this extraordinary gastronomic journey. Walk the grounds and gather for a welcome cocktail where you'll have the chance to meet fellow culinary enthusiasts. Following this first toast together, and to set the tone for the days ahead, we'll head to a classic taverna dinner in the heart of the city, where you'll indulge in a curated selection of traditional Catalan bites. From the classic pa amb tomàquet to the catch of the day from the Mediterranean, this is just the beginning of a rich exploration into Catalonia vibrant cuisine. Welcome to an unforgettable palate adventure!



Day 2

Marquet Treasures and Gothic Wanders

Today's journey begins in the heart of Barcelona at the famous **Boqueria Market**. Here, you'll explore the vibrant stalls brimming with fresh local ingredients, guided by Alba Sunyer, whose family restaurant stood besides the market for 50 years. Chef Ruben will share his expert knowledge on products and their origins. During the visit, we'll select fresh ingredients and learn how to prepare a few of the Catalonia's most traditional tapas before heading off for one of the best lunches in town with Quim.

Following the visit, enjoy a lunch showcasing a festival of classics at [La Barra d'El Quim de la Boqueria](#).

In the afternoon, we'll step back in time with a private tour of the awe-inspiring **Sagrada Família**. Following this visit we'll stroll through the enchanting streets of the Barri del Born, neighborhood, where centuries of history come alive.

The day will end with a dining experience to remember at one of the oldest and classic Barcelona cuisine's restaurants the [Set Portes](#). Prepare for a night of culinary artistry that will delight your senses and showcase the traditional of Barcelona's gastronomic scene.

After dinner, join us at one of the best Drinkery House in the city, [Sips](#).



Day 3

Lunch Among the Vineyards of Priorat

Start your day heading to Priorat, one of the bassinets of the Catalan wine. Your morning unfolds with a visit to **Mas Doix**, a renowned Priorat winery where tradition and craftsmanship meet.

Here, you'll savor a curated wine tasting, featuring 5 classic varietals that define this exceptional wine region—an experience that captures the essence of Priorat's rich heritage.

Following **Mas Doix** and through Alba's exclusive network, you will have the unique opportunity to experience a lunch at a secluded shepherd's cabin, where tradition and hospitality come together in the most authentic way.

Hosted by Blai Ferrer, the esteemed winemaker of Celler Cecilio (very first winery established in the Priorat region, and the first to belong to the Priorat D.O., Celler Cecilio), and his mother, this intimate gathering offers a taste of true Catalan countryside life. As you take in the stunning surroundings, savor the **Clotxa**, a time-honored shepherd's meal—a rustic pa de pagès (traditional bread), hollowed out and filled with fire-roasted peppers, tomatoes, onions, and an array of traditional Catalan sausages: the beloved butifarra, all paired with Blai wines and his knowledge behind each bottle.

This is more than just a meal—it's an immersion into the heritage and soul of the Priorat, where food, wine, and tradition come together in an unforgettable experience. After an afternoon of exploration, spend your evening at leisure at the beautiful and exquisite Hotel Mas d'en Bruno.



Day 4

Peratallada , Pals & Coastal Indulgence

Changing the scenario, you will arrive to Costa Brava, the bassinet of Catalan Cuisine surrounded by the Mediterranean sea.

Awaken your senses and curiosity, our journey through Costa Brava begins in one of the region's most enchanting villages: the picturesque village of Pals, surrounded by golden fields and age-old farmhouses.

Here, a delicious lunch awaits in a traditional masia, with a menu centered around the area's culinary jewel: rice. During this experience, we'll also introduce you to two of the most Catalan traditions — the **porró**, our iconic communal wine pitcher that brings fun and connection to the table, and the beloved **sobretaula**, the unhurried time spent lingering after a meal, sharing stories, laughter, and good company.

During this intimate meal, Chef Ruben and Alba Sunyer will share her knowledge and passion for this essential ingredient. She'll reveal the secrets to cooking rice to perfection and introduce you to the local varieties that have shaped the region's cuisine for centuries.

We'll then continue to Peratallada. Known for its impeccably preserved medieval architecture, Peratallada invites you to step back in time. With our expert local guide, you'll enjoy a private walk through its winding stone streets, uncovering the stories and charm hidden behind every corner.

To end the day in true Costa Brava style, we'll retreat to Mas Tapiolas, one of the most enchanting hotels in the region. Set in a beautifully restored traditional Catalan masía surrounded by lush Mediterranean nature, this elegant property offers a serene atmosphere perfect for unwinding after a full day of discovery. With its tranquil gardens, refined rooms, and outstanding wellness facilities, Mas Tapiolas invites you to relax at your own pace. Enjoy the peaceful setting of the Solius Valley, breathe in the fresh coastal air, and let the calm of this historic estate prepare you for another unforgettable day in Catalonia.



Day 5

Girona, Where Heritage Meets Innovation

We'll begin our day in the storied city of Girona with a 2-hour private guided walking tour (in English), exploring its rich layers of history and timeless charm. From the soaring Gothic cathedral to the winding alleys of the Jewish Quarter, one of the best preserved in Europe, Girona invites you to lose yourself in a tapestry of Roman, medieval, and modern influences. And of course, we will stop on a traditional pastry to taste the famous **traditional xuixo with a cortado**.

After the morning's deep dive into the city's past, we'll sit down for an unforgettable lunch at **Normal**, the celebrated restaurant from the Roca brothers. Known for its elevated take on everyday Catalan cuisine, Normal offers a menu that is both comforting and refined—fusing culinary heritage with the brothers' unmistakable touch of innovation.

As the afternoon transitions into evening, enjoy free time to wander, relax by the Onyar River, or sip a wine in a sun-dappled plaza. It's a day that balances tradition, creativity, and quiet discovery in one of Catalonia's most captivating cities.

Spend the evening at leisure, whether you prefer the calm and comfort of Mas Tapiolas Hotel or feel like heading to nearby Platja d'Aro for a bit of coastal buzz. Both offer their own kind of charm, so you can wind down exactly the way you want.



Day 6

Tasting Olive Oil with Chef Iolanda Bustos

Begin your afternoon with one of Catalonia's greatest treasures: olive oil, celebrated as the heart of the Mediterranean diet. In the serene setting of a centuries-old olive grove, you'll join Iolanda Bustos, the renowned "Chef of the Flowers", for an extraordinary EVOO Tasting.

This immersive experience invites you to reconnect with the essence of the Mediterranean. Surrounded by the peaceful beauty of ancient olive trees, Iolanda will guide you through the fascinating world of olive oil—teaching you to identify the unique characteristics of different varieties, sharing curiosities about their properties, and exploring their diverse culinary uses.

You'll taste exquisite local oils, including the intensely flavorful argudell, a variety deeply rooted in Empordà's rich heritage.

As the saying goes, "oil is not to be drunk; oil is to be eaten." To honor this philosophy, the tasting culminates in a **delightful lunch amid the olive grove, cooked by Chef Iolanda Bustos**, where the flavors of the oils are paired with the finest local ingredients for an unforgettable meal.

After lunch, you'll continue to **Vilaclara**, home to Catalonia's renowned terracotta tradition. Here, you'll discover how these timeless pieces are crafted, meet the artisans who keep this heritage alive, and have the opportunity to take home beautiful handmade creations as a lasting memory of your journey.

At the end of the day, we'll return to the Hotel Mas Tapiolas, enjoy the evening at leisure.



Day 7

Learning the Ancestral Art of Salting Anchovies

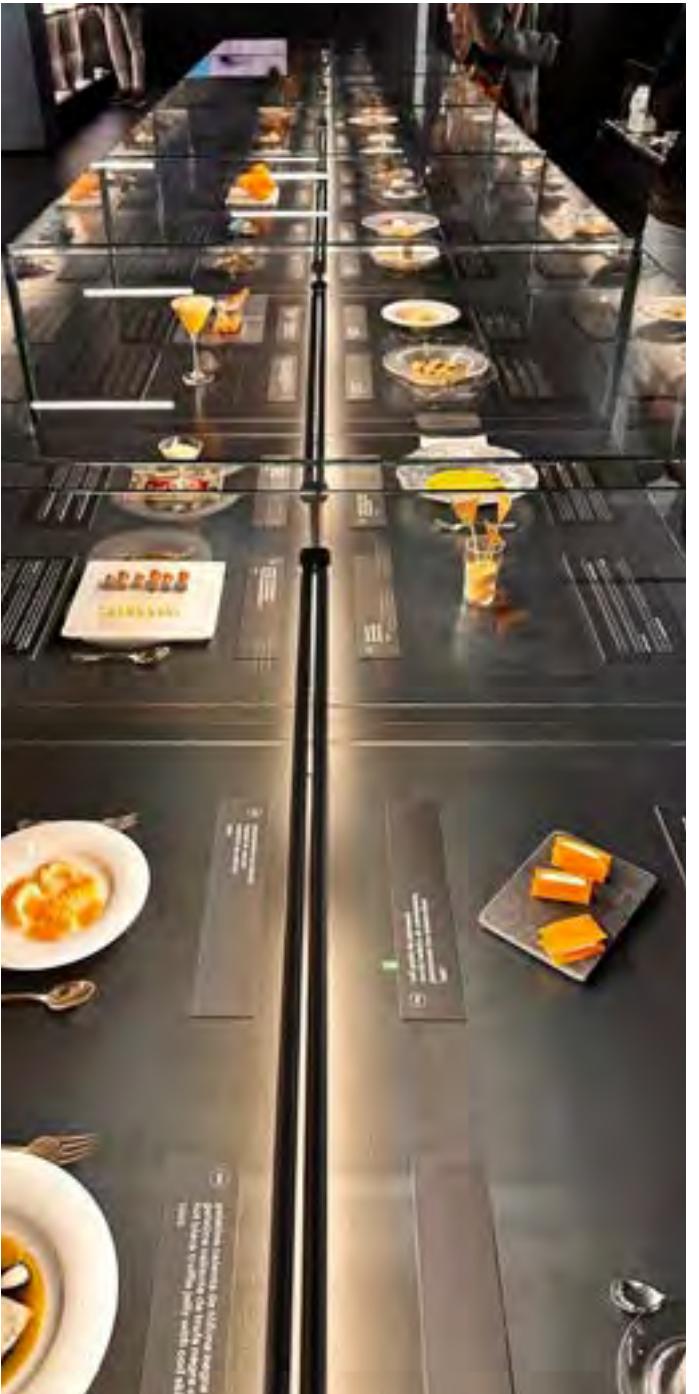
Your day begins with a spectacular drive along one of the Costa Brava's most iconic coastal roads, offering sweeping views of Cap de Creus and the Mediterranean's rugged shoreline. Your first stop is **El Bulli1846**, the museum created by Ferran Adrià, located in Cala Montjoi. Here, you'll step into the legacy of one of the world's most influential restaurants—an immersive tribute to creativity, innovation, and the revolutionary culinary spirit that defined El Bulli.

After exploring this unique space, we'll continue a short drive to the hidden cove of **Cala Pelosa**. Here, you'll meet Bertu, one of the region's most respected local fishermen. In this intimate coastal setting, Bertu will guide you through the ancestral art of preparing anchovies: salting them fresh, as generations of fishermen have done, and marinating them with olive oil and vinegar—one of Catalonia's most traditional and beloved bites.

The showcooking unfolds inside the fisherman's cabin, the rustic refuge where fishermen once waited out storms. Surrounded by weathered nets, wooden beams, and the scent of the sea, you'll be transported into the world of one of the area's oldest professions—fishing.

After this authentic coastal experience, we'll drive back to Roses for lunch at Restaurant **El Campaner**, one of Chef Ruben's favorite local spots—an ideal place to savor fresh seafood and traditional Catalan flavors.

At the end of the day, we'll return to Barcelona for a restful night. The following morning marks our farewell, as everyone prepares to head back home with memories of Catalonia's flavors, traditions, and beauty.



Day 8

A Catalonia Gem with Impossible Views

Start the day enjoying a traditional *esmorzar de forquilla* — Catalonia's iconic “fork breakfast.” Far from a simple morning bite, this hearty ritual features savory, home-style dishes such as braised meats, stews, sausages, or seafood, paired with rustic bread, local wine, or cava. It's a true celebration of Catalan food culture and the perfect way to fuel your day of exploration.

Following the *esmorzar de forquilla* dive into the surreal world of Salvador Dalí with visits to Port Lligat, the artist's coastal retreat, and the renowned Dalí Museum, where his genius comes to life.

Following [Dalí House](#) spend an unforgettable afternoon in [Cadaqués](#), the crown jewel of Catalonia and a haven of artistic and natural beauty. Begin with a leisurely stroll through its picturesque streets, where whitewashed houses, vibrant bougainvillea, and the shimmering Mediterranean set the perfect scene.

Explore charming local shops and galleries, soaking in the town's unique character and history. For lunch, indulge in an extraordinary dining experience at [Compartir](#), the acclaimed sister restaurant of Disfrutar, the 2024 World's Best Restaurant and a holder of **three Michelin stars**.

Relish creative, shareable dishes inspired by the region, all while taking in the stunning coastal views that make Cadaqués truly impossible to forget.

End this remarkable day at leisure.



Day 9

Adéu, fins aviat!

As we come to the final day of this extraordinary gastronomic journey through Catalonia, we find ourselves back in the vibrant heart of Barcelona, reflecting on the unforgettable experiences we've shared. From the rolling vineyards and coastal seafood feasts to the innovative Michelin-starred kitchens, each stop has offered a unique taste of the region's rich culinary tapestry. Before we head to the airport to bid farewell, take a moment to soak in the lively energy of the city one last time—perhaps with a stroll down the historic streets or a final glass of wine at a local bar, before the private transfer to BCN Airport. It's been a journey of discovery, flavors, and memories that will stay with you long after you're home. Safe travels, and we hope you carry the essence of Catalonia with you wherever you go.



HOTELS

Mas Tapiolas

Nestled in the peaceful Solius Valley, **Hotel Mas Tapiolas** is an exquisite retreat set within a beautifully restored centuries-old Catalan farmhouse. Surrounded by authentic Mediterranean nature, rolling hills, and serene landscapes, it offers the perfect blend of tradition, elegance, and tranquility.

Inside the historic masía, guests will find warm, refined spaces designed for comfort and relaxation. The hotel's gastronomy is deeply rooted in Catalan culinary heritage—celebrating local flavors, textures, and aromas through dishes that pay homage to the region's traditions.

For those seeking wellness and rest, Mas Tapiolas features an exceptional spa, with dedicated relaxation areas, providing a soothing sanctuary at any time of day.

A stay at Mas Tapiolas is an invitation to slow down, breathe deeply, and savor the Costa Brava's most enchanting side.



Mas d'en Bruno

Nestled among the vineyards of Catalonia's prestigious Priorat wine region, **Gran Hotel Mas d'en Bruno** is a five-star luxury retreat that blends history, design, gastronomy, and wellness into one unforgettable experience. A proud member of Relais & Châteaux, the hotel is set in an 18th-century farmhouse, beautifully restored and reopened in 2023.

The hotel offers 24 spacious, design-forward suites, including the signature Bruno Suite, each with vineyard views, cozy fireplaces, natural materials, and elegant marble bathrooms. Interiors, curated by Astet Studio, feature soft curves, wood, and stone, inspired by the surrounding landscape, alongside contemporary art pieces that give the space a sense of refined calm.

Guests can enjoy Mediterranean cuisine at Tarraco, the casual terrace, or indulge in a gastronomic tasting menu at Vinumof, local, seasonal cuisine paired with exceptional wines from the region of Tarragona.



“The luxury isn’t just about where you go- it’s about how you experience it”

THE CATALAN TABLE

Hotel Avenida Palace

Located in the heart of Barcelona and with over 70 years of history, El Avenida Palace is a true icon of the city. Its warm and familiar service makes it an unforgettable place for visitors. A perfect balance between the tradition of a historic building and the modernity of rooms in the process of renovation, it continues to captivate each guest.

El Avenida Palace offers 153 rooms in various styles, sizes, and capacities, to suit your tastes and needs. From cozy classic rooms to spacious modern suites, each one has been designed with the utmost care to provide you with a comfortable and personalized stay. Whichever room you choose, you will enjoy a perfect balance of elegance and comfort.

Our Terrace, the place where the sky meets the city. Located on the tenth floor of the hotel, our terrace offers stunning 360° panoramic views of Barcelona. This exclusive space features a solarium equipped with comfortable loungers, a refreshing pool, and a bar where you can relax and enjoy the best cocktails during the summer season.



Price
€ 7800

**Per person based on double occupancy*

Single Supplement: €1375

Dates

June 17-25, 2026

What's Included

- 9 nights LUXURY HOTEL accommodation, in bed and breakfast basis
- All transportation through the program
- 10 meals at selected premium restaurants and venues, selected drinks included, more drinks available with additional cost.
- 4 cultural visits
- 3 Catalan wine tastings with a sommelier, plus local wines in meals
- 1 olive oil tasting with olive oil sommelier
- Restaurant, bars, and live music recommendations for at leisure time

OPTIONAL EXPERIENCES (ADDITIONAL COST) FOR YOUR LEISURE TIME

- Soap & wool sponge workshop
- Beeswax candle-making at a honey producer
- Balloon ride over the Costa Brava region
- Horseback riding excursion
- Visit to a traditional terracotta ceramic workshop
- Visit to an artisanal, family-owned cheese producer

INFORMATION AND CONDITIONS



Spots are limited.

A deposit payment of 30% is required at the time of booking; 70% or balance will be honored latest 45 days prior the start of the trip.

We reserve the right to introduce changes due to force majeure / unforeseen circumstances, compromising to confirm similar properties, vehicles & experiences to the ones detailed above.

The program has been tailored thinking of Adult Participants, but please feel free to inquire if you were planning to attend with any under 18 years old (Cala del Pi is an Adults Only property, >16 years old)

Travel Insurance is mandatory for all participants.

Optional Pre & Post Hotel Stay with transfers can be arranged for you in Barcelona or Costa Brava.

Legal check-in time in Spain 3pm

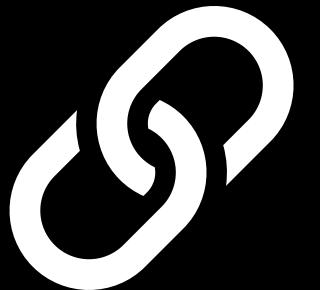
CANCELLATION POLICY SERVICES

At any time, the client can cancel the requested or contracted services, having the right to a refund of the amounts they have paid within the below limits:

- Up to 31 day prior to arrival day , 10% of the total amount of the trip
- Between 30 and 15 days prior to arrival day 50% Of the total amount of the trip
- Between 15 and 3 days prior to arrival day 75% Of the total amount of the trip
- 48 hours prior to arrival day 100% Of the total amount of the trip



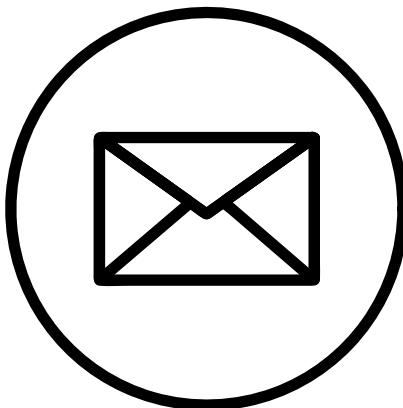
Our journeys are designed to leave an imprint that lingers well after you return home. Whether it's learning in the kitchen with a Catalan chef or sharing a meal with a Priorat grandmother, every experience helps sustain local traditions and support preservation efforts. True meaning in travel lies in people and connection. It's about moments that shift your perspective while also giving back to the communities and individuals who make such transformation possible.



BOOK NOW

The Catalan Table

CATALAN GASTRONOMIC EXPERIENCES



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www.thecatalantable.org
