

Tossa de Mar – a Charming resort on the stunning Costa Brava

Tossa de Mar is a charming coastal resort on Catalonia's rugged coast – the Costa Brava – just under an hours drive from Girona and an hour and a half from Barcelona. It is steeped in history, and overlooked by the turrets of a 12th century walled town, the Vila Vella (old town), which blends seamlessly into the Vila Nova (new town) - a maze of narrow winding streets dotted with boutique style shops and cosy bars.

Tossa escaped over-commercialisation during the tourist boom and retained its 'fishing village' charm. Nevertheless, it offers much to the visitor, including three main beaches with ample services, and special facilities for the disabled courtesy of the Creu Roja (Red Cross).

Restaurants abound: take in the aroma of sizzling fresh fish as you stroll along the promenade, deciding where to take your lunch or dinner. Try one of the many quality restaurants for dishes like Cim-i-Tomba (fish stew with garlic mayonnaise), Parillada de Pescados y Mariscos (mixed grill of fish and seafood), Lubina al Sal (sea bream baked in salt), the renowned Girona Veal (try it in goats cheese sauce – delicious!) and the Catalan sausage delight, Butifarra (with white beans in garlic and parsley – not chips!).

If you like a scenic walk you will not be disappointed: Tossa has a strict 'no high-rise' policy, meaning the many viewpoints along your route will be uninterrupted. The Tourist Office runs organised walks every Saturday and Sunday morning, mostly along the coastal paths either north or south of Tossa, exploring the pretty secluded coves and bays that this coastline is renowned for.

Unlike the surrounding more boisterous resorts, those that have contributed to the unfortunate 'Brits abroad' labelling of the Costa Brava, Tossa de Mar is more suited to couples and older travellers. Due to the friendly nature of its people, and the safety of the area, Tossa is also ideal for those who prefer to travel alone.

Tossa de Mar is served by the regional airport in Girona and several airlines offer flights here, the most popular of which is RyanAir with a daily schedule of flights seven days a week. Barcelona El Prat Airport is a little further away, but offers a wider range of flight options. There is also the opportunity to travel by coach, rail or ferry depending on your preference.

For travel details, together with lots of information about Tossa: things to do, where to eat, where to stay, virtual video tours, musical photo movies, an events diary updated monthly, a discussion forum, a section dedicated to services for the disabled, and lots more, visit www.tossacostabrava.com.

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