

Languedoc Roussillon & Spain Regional Activity Guide

This guide provides detail on various outdoor activities you can enjoy whilst on holiday with Canvas.

Our customer researched walking, cycling and fishing information will help you find some of the area's most beautiful spots.

They detail route information, what to look out for, terrain, start/finish points, where to hire bikes, where to buy bait and so on - all the information at your fingertips. The golf information details some of the areas' finest courses.

Canvas Active ... something for everyone



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Golf Guide (Languedoc Roussillon)

With almost 300 days of sunshine per year, the Languedoc Roussillon area is a haven for golf fans. The area boasts a huge variety of courses that will suit players of all levels.

Local Golf Courses

You will be sure to enjoy the combination of friendly, welcoming courses and stunning scenery. In this guide, we have listed twelve of the best courses offering a variety to suit all golfing requirements. Handicap certificates are required by many courses however, as the minimum advised level is usually 35 for men and women, this should rarely present a problem. We would advise you to book tee times in advance, particularly in high season and at weekends.

The Languedoc Roussillon Golf Pass

This is a pass that allows a single player five green fees over a 21 day period. It is valid at 15 participating courses in the area (see below for ones featured in this guide) and allows you to play on the same course on two consecutive days. The pass is available from all participating courses. Pre booking required on all courses, 48 hours in advance. The pass costs €185. For more information, visit: www.sunfrance.net/golf

Participating courses: Cap d'Agde, Saint Thomas, Carcassonne, Saint Cyprien, Domaine de Falgos, Font Romeu, Massane, Fontcaude, Grande Motte.

Useful Web Addresses

Golf Chains

Blue Green: 16 golf clubs; www.bluegreen.com
 Formule Golf: 15 golf clubs; www.formule-golf.com
 Nouveaux Golf de France: 13 clubs; www.ngffr
 Open Golf Club: 8 golf clubs; www.opengolfclub.com

Other useful addresses

French golf on-line: www.backspin.com
 Yahoo golf listings: www.fr.sports.yahoo.com/golf/france
 French Golfing Federation: www.ffgolf.org

Golf du Cap d'Agde

18 holes, par 72; 9 holes, par 27

Length: 18 holes: 6329m, 6921 yards; 9 holes: 803m, 878 yards

Handicap Requirements: None

Green fees: 18 holes, €40-€50; 9 holes, €35-€37

Address: 4, Avenue des Alizés, 34300 Cap d'Agde; Tel: 04 67 26 54 40

www.ville-agde.fr/sports/golf

Email: golf@villeagde.fr

Location: Vias 6mls

Distance from Canvas Sites: Vias 6mls, Sérignan Plage 18mls.

Course Description: Set in a typically Mediterranean landscape, this is a varied and undulating championship course with numerous water hazards, boasting tricky greens & carefully protected bunkers.

Facilities: Driving range that includes a covered practice area, putting and pitching greens, buggy, trolley & club hire, pro shop, bar, restaurant.

Golf de Saint Thomas

18 holes, par 72

Length: 6130m, 6703 yards

Handicap requirements: None

Green Fees: €49 - €57

Address: Route de Bessan, 34500 Beziers; Tel: 04 67 39 03 09

www.golfsaintthomas.com

Email: info@golfsaintthomas.com

Location: Beziers 4mls

Distance from Canvas Sites: Vias 17mls, Sérignan Plage 15mls, St Cyprien, 76mls, Argelès sites, 80mls.

Course Description: Set amongst typical Mediterranean scenery, a mix of large green spaces & wild natural areas. Good for all abilities.

Facilities: Driving range (including covered practice area), putting and pitching greens, pro shop, buggy, trolley and club hire, restaurant.

Golf de Carcassonne

18 holes, par 71

Length: 5758m, 6297 yards

Handicap requirements: None

Green Fees: €42 - €50

Address: Route de Saint-Hilare, 11000 Carcassonne Tel: 04 68 72 57 30

www.golf-de-carcassonne.com

Email: carca.golf@wanadoo.fr

Location: Just outside Carcassonne city centre.

Distance from Canvas Sites: Vias 64mls, Sérignan Plage 61mls, Argelès sites 86mls, St Cyprien 81mls.

Course Description: Set amidst stunning scenery with views over the medieval city. The fairways are wide, the greens are fast.

Facilities: Club, buggy & trolley hire, practice greens, practise area, restaurant, bar.

Golf de Saint-Cyprien

18 holes, par 73; 9 holes, par 35

Length: 18 holes, 6480m, 7086 yards; 9 holes, 2724m, 2979 yards

Handicap Requirements: Carte Verte is required to play, available from the club for €51, and lasts all week.

Green Fees: €40 - €52

Address: Mas d'Huston, 66750 Saint-Cyprien; Tel: 04 68 37 63 63

www.golf-st-cyprien.com;

Email: contact@golf-st-cyprien.com

Location: 2mls from the centre of St Cyprien Plage

Distance from sites: St Cyprien 2mls, Argelès sites 6mls.

Course description: Challenging championship courses with numerous water hazards, located just 800m from the Mediterranean, with a backdrop of the Pyrénées Mountains.

Facilities: Bar, restaurant, pro shop, practise area, club and trolley hire.

Golf du Domaine de Falgos

18 holes, par 70

Length: 5212m, 5700 yards

Handicap requirements: Certificate required.

Green Fees: €50 - €60

Address: Golf Resort et Spa, Saint-Laurent de Cerdans, Tel: 04 68 39 51 42

Email: contact@falgos.com www.falgos.com

Location: Perpignan 35mls, Argelès-sur-Mer 33mls

Distance from Canvas sites: Argelès sites 34mls, St Cyprien 40mls.

Course Description: Located on the Spanish border at the foot of the Pic de Canigou, an undulating course good for all levels.

Facilities: Practice greens, pitching and putting greens, training bunker, club, buggy and trolley hire, restaurant, bar.

Golf de Font-Romeu

9 holes, par 34

Length: 2348m, 2568 yards.

Handicap requirements: None

Green Fees: €23 - €27

Address: Espace Sportif Colette Besson, Font Romeu; Tel: 04 68 30 10 78

Email: golf-font-romeu@wanadoo.fr

www.fontromeu.com

Location: Perpignan 53mls, Argelès-sur-Mer 68mls

Distance from Canvas sites: Argelès sites, 66mls, St Cyprien, 65mls.

Description: A scenic course edged with pine trees. Course difficulties include bunkers; water obstacles and natural hills. Good for all levels.

Facilities: Pro shop, driving range, trolley, buggy & club hire, bar.

Golf de Massane

18 holes, par 72; 9 holes, par 27

Length: 18 holes: 6128m, 6702 yards; 9 holes: 806m, 881 yards

Handicap requirements: None

Green fees: €47 - €55

Address: Domaine de Massane, Baillargues; Tel: 04 67 87 87 87
www.massane.com Email: contact@massane.com

Location: 6mls from Montpellier

Distance from Canvas sites: Serignan Plage 51mls, Vias 44mls,
Argelès sites 116mls, St Cyprien 112mls.

Description: A tough championship layout with elevated greens protected by bunkers and water features. The 18-hole course is recommended for players with a handicap of less than 20.

Facilities: Bar, restaurant, pro shop, trolley, practise area, buggy and club hire.

Golf de Fontcaude

18 holes, par 72; 9 holes, par 29 (Compact)

Length: 18 holes – 6292m, 6881 yards; 9 holes – 1290m, 1410 yards

Green Fees: €40 - €50

Address: Route de Lodève, direction Millau, 34990 Juvignac;
Tel: 04 67 45 90 00

info@golfhotelmontpellier.com www.golfhotelmontpellier.com

Location: 1 mile west of Montpellier

Distance from Canvas sites: Serignan Plage 46mls, Vias 38mls,
Argelès sites 111mls, St Cyprien 106mls.

Description: A championship course with a Mediterranean flavour. Wide fairways are boarded with wild scrubland. The 18-hole course will suit advanced players.

Facilities: Driving range (with covered bays), putting green, pitching green, pro shop, trolley, buggy and club hire, bar, restaurant.

Golf de la Grande Motte

18 holes, par 72; 18 holes, par 58; 6 holes, par 19

Length: 18 holes – 6200m, 6780 yards; 3200m, 3499 yards;
9 holes – 765m, 837 yards

Handicap requirements: Par 72: max 36; Par 58: green card

Green fees: €14 - €46

Address: Avenue du Golf; La Grande Motte; Tel: 04 67 56 05 00

Location: 11mls east of Montpellier

Distance from Canvas Sites: Argelès sites 128mls, St Cyprien 123mls,
Serignan Plage 63mls, Vias 55mls.

Description: Located on the edge of a lagoon, close to the beach. The par 72 course will delight experienced golfers.

Facilities: Buggy, trolley and club hire, driving range, restaurant, bar.

Golf de Coulondres

18 holes, par 73

Length: 6225m, 6808 yards

Handicap requirements: none

Green Fees: €36 - €44

Address: 72, Rue des Erables; Saint Gely du Fesc; Tel: 04 67 84 13 75
www.coulondres.com Email: coulondres@wanadoo.fr

Location: 5mls north of Montpellier

Distance from Canvas sites: Serignan Plage 50mls, Vias 42mls,
Argelès sites 115mls, St Cyprien 110mls.

Description: One of the oldest courses in the region, characterised by the sound of cicadas and with an impregnable view.

Facilities: Practice area, putting green, training bunker, pro shop, club, trolley and buggy hire, bar, restaurant (at hotel).

Golf de Verchamp

6 holes, par 19 (compact)

Length: 845m, 924 yards

Handicap requirements: None

Green Fees: €13

Address: Chemin des Cauquilloux, 34170 Castelnau le Lez
Tel: 04 67 64 12 11

www.golf-verchamp.com Email: contact@golf.verchamp.com

Location: 30 minutes from the centre of Montpellier

Distance from Canvas sites: Serignan Plage 45mls, Vias 37mls,
St Cyprien 105mls, Argelès sites 110mls.

Description: A compact training course that will be enjoyed by players of all levels, but is particularly good for beginners.

Facilities: Club and ball hire, driving range.

Golf de Marcevol

9 holes, par 34

Length: 2169m, 2372 yards

Handicap requirements: None

Green Fees: €22.

Address: Golf de Marcevol, 66320, Arboussols; Tel: 04 68 96 18 08

Location: Argelès-sur-Mer 40mls, Perpignan 26mls

Distance from Canvas sites: Argelès sites 40mls, St Cyprien 38mls, Serignan Plage 87mls, Vias 92mls.

Description: A small course in a good location, high in the Pyrénées. More experienced players may not find it a challenge.

Facilities: Driving range, club and trolley hire, pro shop.

Golf Guide (Catalonia, Spain)

With its temperate Mediterranean climate, the Catalan region of North-Eastern Spain is fast becoming a much sought after golf destination. In 2000 the International Association of GolfTour Operators named it 'Emerging Golf Destination of theYear'. Three Catalonian courses also feature in the Golf World European Top 100. The race is on to play in Catalonia before the rush! Many of the courses lie along the coast but some can also be found in the foothills of the Pyrénées. There is something here for golfers of all levels.

Beautifully maintained courses and great weather combine to give some of the best golf in Europe. Here, we have listed 12 of the best courses to suit all golfing requirements. Handicap certificates are required by many courses but, as the requirement is usually 28 for men and 36 for ladies, this should rarely present a problem. It should also be noted that most Spanish courses require soft spikes to be worn. We would advise you to book tee times in advance, particularly in high season and at weekends.

Useful Web Addresses

Golf Spain

www.golfspain.com

Golf Europe

www.golfeurope.com

Spanish Living

www.spanish-living.com

Catalonia on-line

www.catalonia-online.com

PGA Golf de Catalunya

18 Holes, Par 72

Length: 6226m, 6811 yards

Handicap Requirements: Men 28; Ladies 36.

Green Fees: Between €45 - 79.

Address: Apartat correus 60, Ctra. N-II km 701, 17455 Caldes de Malavella, Girona
Tel: 09 72 47 25 77
www.pgacatalunya.com info@pgacatalunya.com

Location: Girona 12mls

Distance from Canvas Sites: Estartit 34mls, Playa d'Aro 16mls, Rosas 28mls, Palafrugell 26mls.

Course Description: Unlike many of Catalonia's courses which are coastal and fairly flat and open, PGA Golf de Catalunya is an undulating and wooded prospect, rated in Europe's Top 10. From the elevated clubhouse the course descends towards some formidable water hazards.

Facilities: Driving range, putting greens, short-play area, restaurant, changing rooms, pro shop, trolley and buggy hire.

Club de Golf d'Aro – Mas Nou

18 holes, par 72, 9 holes, par 27

Length: 18 holes: 6218m, 6800 yards, 9 holes 1020m, 1116 yards

Handicap Requirements: Men 28; Ladies 34.

Green Fees: Between €23 - €70.

Address: Golf D'Aro, Urb. Mas Nou Apdo. 429, 17250 Platja d'Aro
www.golfdaro.com info@golfdaro.com
Tel: 09 72 82 69 00

Location: Girona 24mls

Distance from Canvas Sites: Playa d'Aro 1.2mls, Pals 15mls, Estartit 23mls, Palafrugell 10mls, Rosas 62mls

Course Description: A challenging course is on the high ground above the resort of Playa d'Aro. The course is tough but a fair test of golf and is beautifully maintained.

Facilities: Restaurant, snack bar, driving range, exercise green, bar, shop, trolley/buggy hire, electro/manual hand trucks, club hire.

Club de Golf Costa Brava

18 Holes, Par 70

Length: 5629m, 6156 yards

Handicap Requirements: Men 28, Ladies 36.

Green Fees: Between €47 - €80.

Address: Golf Costa Brava, "La Masia", 17246 Santa Cristina d'Aro
Tel: 09 72 83 70 55

www.golfcostabrava.com Email: info@golfcostabrava.com

Location: Girona 19mls.

Distance from Canvas Sites: Playa d'Aro 3mls, Pals 19mls, Estartit 28mls, Rosas 58mls, Palafrugell 16mls.

Course Description: An established course, built in 1968, similar to the Pals course. Pine trees line wide flat fairways on this flat walking course. Bookings taken one week in advance in July and August.

Facilities: Restaurant, bar, snack bar, showers, changing rooms, pro shop, trolley hire, buggy hire, club hire, practice facilities.

Club de Golf de Girona

18 Holes, Par 72

Length: 6100m, 6671 yards

Handicap Requirements: No handicap required.

Green Fees: Between €28 - €63.

Address: Urb. Golf Girona s/n, 17481 Sant Julià de Ramis, Girona
www.golfgirona.com Email: golfgirona@golfgirona.com
Tel: 09 72 17 16 41

Location: Girona 4mls

Distance from Canvas Sites: Playa d'Aro 23mls, Estartit 23mls, Palafrugell 27mls, Pals 26mls, Rosas 37mls.

Course Description: A challenge to golfers of all levels. Takes full advantage of the local topography and features some tight doglegs. The elevated tee positions give great views of the holes.

Facilities: Clubhouse, restaurant/snack bar, pro shop, manual/electric trolley hire, buggy hire, club hire, practise facilities.

Golf de Platja de Pals

18 Holes, Par 73

Length: 6222m, 6804 yards

Handicap Requirements: No handicap required.

Green Fees: €51 - €71.

Address: Golf Platja de Pals, Ctra. del Golf, s/n - 17256 Pals

Tel: 09 72 66 77 39

www.golfplatjadepals.com Email: recep@golfplatjadepals.com

Location: Girona 23mls

Distance from Canvas Sites: Pals 10 minutes, Playa d'Aro 21mls, Rosas 29mls, Estartit 9mls, Palafrugell 5mls.

Course Description: The oldest course on the Costa Brava. Platja de Pals has been host to many professional competitions over the years and suitable for all levels, due to the lack of rough.

Facilities: Restaurant, bar, snack bar, shop, trolley/buggy/club hire.

Golf Serres de Pals

18 Holes, Par 72

Length: 6263m; 6498 yards

Handicap Requirements: No handicap required.

Green Fees: €45 - €70.

Address: Golf Serres de Pals, 17256 Pals

www.golfserresdepals.com Email: info@golfserresdepals.com

Tel: 09 72 63 73 75

Location: Girona 23mls

Distance from Canvas Sites: Pals 10 minutes, Playa d'Aro 21mls, Rosas 29mls, Estartit 9mls, Palafrugell 5mls.

Course Description: Fairly flat, constructed on the local rice fields. Tactical doglegs provide the challenge here as there are few trees.

Facilities: Restaurant, bar, snack bar, showers, changing rooms, pro shop, trolley hire, buggy hire, practice facilities.

Empordà Golf Club

18 holes, par 71; 18 holes, par 71

Length: 6394m, 6894 yards; 6169m, 6249 yards

Handicap Requirements: None.

Green Fees: Between €49 - €69.

Address: Ctra. Palafrugella 2, Torroella s/ni, 17257 Gualta, Girona

www.empordagolfclub.com Email: info@empordagolfclub.es

Tel: 09 72 76 04 50/09 72 76 12 54

Location: Girona 18mls

Distance from Canvas Sites: Estartit 6mls, Pals 26mls, Playa d'Aro 22mls, Rosas 37mls, Palafrugell 27mls.

Course Description: Two contrasting 18 hole courses, one a traditional links style course, the other set in a forest. The club has previously been ranked amongst the top ten courses in Spain and has hosted PGA tour events.

Facilities: Restaurant, bar, pro shop, club, trolley and buggy hire, practise area.

Peralada Golf Club

18 Holes, Par 71

Length: 5990m, 6551 yards

Handicap Requirements: No handicap required.

Green Fees: €34 - €44.

Address: La Garriga, 17491 Peralada

www.golfperalada.com Email: casaclub@golfperalada.com

Tel: 09 72 53 82 87

Location: Figueres 6mls

Distance from Canvas Sites: Rosas 13mls, Estartit 29mls, Pals 30mls, Playa d'Aro 56mls, Palafrugell 35mls.

Course Description: This course is suitable for all levels from beginners upwards. The course is fairly flat and well maintained with wide fairways but well protected greens.

Facilities: Restaurant, bar, snack bar, pro shop, trolley/buggy hire, practise facilities.

Torre Mirona Golf Club

18 Holes, Par 72

Length: 6184m, 6763 yards

Handicap Requirements: None.

Green Fees: €32 - €45.

Address: Ctra. 260 Km46, 17744 Navata, Tel: 09 72 55 37 57
www.torremirona.com Email: golf@torremirona.com.

Location: Girona 27mls

Distance from Canvas Sites: Rosas 22mls, Estartit 31mls, Playa d'Aro 49mls, Pals 30mls, Palafrugell 35mls.

Course Description: Set in rolling countryside with mountain views, big greens and well-constructed bunkers. Few trees and the open landscape will suit mid to high handicappers.

Facilities: Restaurant, bar, snack bar, showers, changing rooms, club hire, trolley hire, buggy hire, pro shop, practice facilities.

Panoramica Golf Course

18 Holes, Par 72

Length: 6120m, 6693 yards

Handicap Requirements: Men 28, Ladies 36.

Green Fees: Between €33 - 70.

Address: Urbanizacion Panoramica, 12320 San Jorge
www.panoramica.golf.com Email: golf@panoramica.golf.com
Tel: 09 64 49 30 72

Location: Vinaros 8.5mls.

Distance from Canvas Sites: Cambrils 63mls, Tarragona 76mls.

Course Description: A long, fairly flat course with some greens very well protected by water and sand. Enjoyable by all, but high handicappers should note this is a championship course.

Facilities: Restaurant, bar, snack bar, pro shop, club/trolley/buggy hire, practice facilities, pitch and putt.

Club de Golf Costa Dorada

18 Holes, Par 72

Length: 6808yards, 6225m

Handicap Requirements: Max 36.

Green Fees: €43 - €55.

Address: Club de Golf Costa Dorada, Ctra. El Catllar, Km. 2.7,
43080 Tarragona Tel: 09 77 65 33 61
Email: club@golfcostadoradatarragona.com

Location: Barcelona 44mls.

Distance from Canvas Sites: Tarragona 10 minutes, Cambrils 11mls.

Course Description: One of the oldest and best established courses on the Costa Dorada, in a scenic valley with pine, olive, willow and palm trees bordering the fairways. The course has the second longest par 5 in Spain (637 yards), which also features a tricky two tier green.

Facilities: Restaurant, café, pro shop, trolley/buggy/club hire, practice course, putting green.

Bonmont Golf Course

18 Holes, Par 72

Length: 6336yards, 6929m

Handicap Requirements: Men 28, Ladies 36.

Green Fees: Between €30 - €65.

Address: Urb. Terres Noves, E - 43300 Mont-Roig Del Camp, Tarragona
www.bonmont.com Email: info@bonmont.es
Tel: 02 23 69 99 00

Location: Barcelona 79mls.

Distance from Canvas Sites: Tarragona 17mls, Cambrils 7.5mls

Course Description: A fairly flat course with some elevated areas. The course has over 90 bunkers and a number of water hazards. There are three particularly memorable holes; the 5th, a par three that must be played over a ravine, and the 8th and 17th that are also tricky.

Facilities: Restaurant, bar, snack bar, changing rooms, showers, pro shop, trolley hire, buggy hire, practice facilities.

Up to date information.

The information contained in this guide has been compiled from reports written by Canvas customers. This information was last updated in 2002/2003. We have not verified the information here in and cannot attest to its accuracy.

Have we got it right?

We are constantly looking for ways to improve our service and would be grateful for your comments about our activities booklets. If you have any suggestions, or if any of the information in this booklet is inaccurate, we would like to hear from you.

Please send your comments (quoting ref AB0806) to:
Canvas Holidays (Activity Guides)
Freepost EH2 526
Dunfermline
Fife
KY12 7BR

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