

Tarragona

Catalonia · Spain

TRAVEL GUIDE

Tripomatic



Overview

Tarragona is a port city on the Mediterranean coast of Catalonia, about 90 km southwest of Barcelona. It was a major Roman capital, and its Roman ruins are a UNESCO World Heritage Site.

The city has a hill-top old town, a seaside amphitheatre and sandy beaches close to the center. It suits one or two days of history, with time for the beach.

When to visit

Late spring and early autumn are the best seasons, with warm days and a sea that is good for swimming. Summer is hot. Winter is mild and mostly dry.

The biggest event is the Santa Tecla festival around 23 September. It has human towers (*castells*), giant figures and street parties.

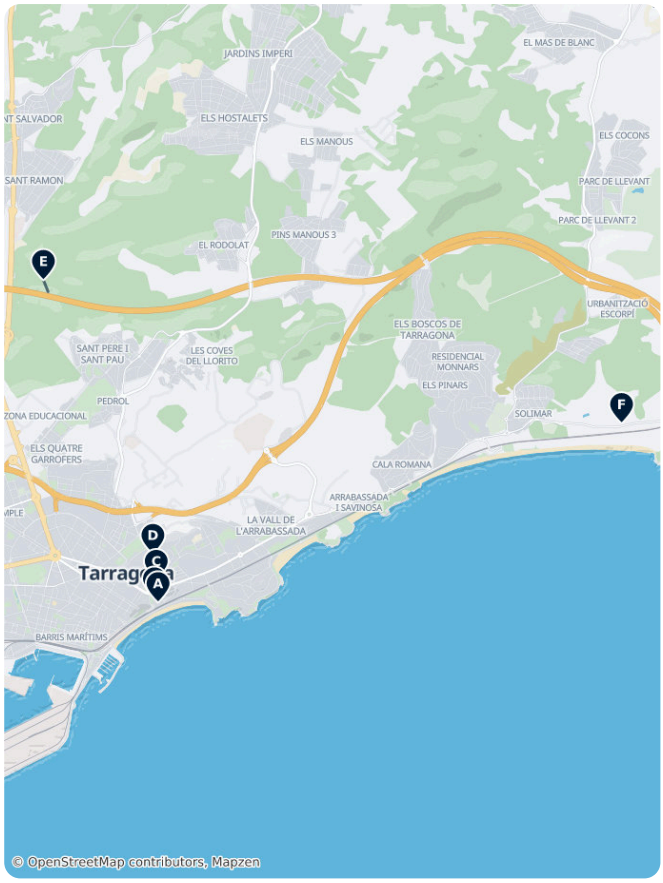
MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Fair Fair for sightseeing	13° / 17° Feels like 9°	5° / 1°	Dry air
February	Good Good for sightseeing	14° / 19° Feels like 10°	5° / 1°	Dry air
March	Good Good for sightseeing	17° / 22° Feels like 13°	8° / 4°	Dry air
April	Great Great for sightseeing	19° / 23°	10° / 6°	Dry air · Calm winds
May	Great Great for sightseeing	22° / 27°	13° / 9°	Dry air · Calm winds
June	Great Great for sightseeing	27° / 31°	17° / 14°	☀ 20 sunny days · Calm winds
July	Great Great for the beach	29° / 33°	20° / 17°	☀ 24 sunny days · Humid air · Calm winds
August	Great Great for the beach	29° / 34°	21° / 17°	☀ 21 sunny days · Muggy, humid air · Calm winds
September	Great Great for sightseeing	25° / 29°	18° / 14°	Calm winds
October	Great Great for sightseeing	22° / 27°	14° / 10°	Calm winds
November	Good Good for sightseeing	16° / 21°	9° / 4°	Dry air
December	Good Good for sightseeing	13° / 17° Feels like 10°	6° / 1°	Dry air

Best months: April, May, June, July, September, October

Climate data: NASA POWER + Copernicus ERA5-Land and ERA5 · 1996–2025

Top sights

- A Amfiteatre Romà stands beside the sea and was used for gladiator fights in Roman times. It is the city's best-known sight.
- B Tárraco is the Roman city. Walls, a circus and a forum are spread across the center.
- C Museu Arqueològic de Tarragona shows mosaics and objects from Roman Tarraco.
- D Catedral de Tarragona is a large church on the highest point of the old town. It mixes Romanesque and Gothic styles and has a cloister.
- E Ferreres Aqueduct is a Roman aqueduct bridge a few km north of the city, called the Devil's Bridge.
- F Scipio Tower is a Roman tomb tower beside an old road outside the city.
- The Balcó del Mediterrani is a viewpoint at the end of the Rambla Nova, high above the sea.



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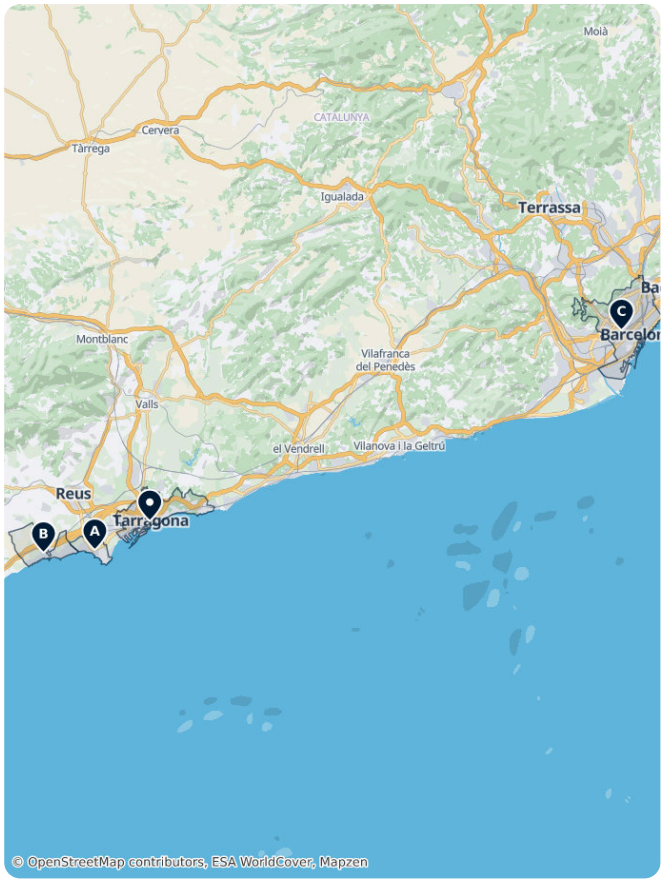
What to experience

- Watch a *castells* display during the Santa Tecla festival. Teams build human towers several levels high in the city squares.
- Eat seafood at the Serrallo, the old fishermen's quarter by the port.

Day trips

- A Salou (about 12 km, 20 minutes by bus or car): a beach resort. The PortAventura theme park is nearby.
- B Cambrils (about 20 km, 25 minutes by car): a fishing port known for seafood.
- **Poblet Monastery** (about 45 km, 50 minutes by car): a large Cistercian monastery in the hills.
- C Barcelona (about 1 hour by train): the regional capital.



Where to explore

Other places nearby:

- **Coast**: Salou and Cambrils for beaches.
- **Big city**: Barcelona is the nearest large city.

Getting there

- **By air**: Reus airport (REU) is about 12 km away. Barcelona airport (BCN) is about 90 km away.
- **By train**: Regional trains from Barcelona take about 1 hour 10 minutes to Tarragona station, near the sea. High-speed trains stop at Camp de Tarragona, about 10 km outside the city, so check which station your ticket uses. Book on Renfe.
- **By bus**: Buses link Tarragona with Barcelona and the coast.

Getting around

- **On foot**: The old town and the Roman sights are compact, but the old town is on a hill.
- **Cycling**: Cycling is possible along the sea, but the old town is steep.

Getting around on foot & by bike

WALKABILITY

Moderate

The Roman sights are compact, but the old town is on a hill.

CYCLING INFRASTRUCTURE

Moderate

Cycling is possible along the sea, but the old town is steep.

Driving

- **Is a car worth it?**: Not for the center. A car helps for the aqueduct and for trips along the coast.
- **Parking**: Use a car park near the Rambla Nova or the port.
- **Restrictions**: Streets in the old town are narrow, and some are closed to normal traffic.

Food & drink

Tarragona is the home of *romesco*, a sauce of peppers, nuts and garlic served with fish and vegetables. Seafood is very fresh, and rice dishes are common.

Go to the Serrallo district near the port for fish restaurants. The Rambla Nova and the streets of the old town have many bars for tapas.

What to eat & drink

BREAKFAST

Churros · Churros con Chocolate
Fried dough sticks served with a thick, dark hot chocolate for dipping — a classic Spanish breakfast or late-night snack.

LUNCH

Paella Valenciana
A saffron-scented rice dish cooked in a wide, shallow pan. The traditional Valencian version uses chicken, rabbit, and green beans — best eaten at midday.

Gazpacho
A cold, blended soup of raw tomatoes, cucumber, pepper, garlic, olive oil, and vinegar, originally from Andalusia. Served as a drink or a starter, especially in summer.

DINNER

Pulpo a la Gallega
Boiled octopus sliced onto a wooden board and dressed with olive oil, coarse salt, and smoked paprika — a signature dish of Galicia.

SNACKS & STREET FOOD

Jamón Ibérico
Dry-cured ham from acorn-fed Iberian pigs, sliced paper-thin and eaten on its own or with bread. The finest grade, jamón ibérico de bellota, is one of Spain's most prized products.

Tortilla Española
A thick potato and egg omelette, served warm or at room temperature, found in virtually every bar in Spain. Often eaten as a tapa or a quick meal.

Patatas Bravas
Fried potato chunks served with a spicy tomato sauce or aioli — one of the most common tapas across the country.

Pintxos
Small snacks anchored to slices of bread with a toothpick, the Basque Country's answer to tapas. Found in bar counters across San Sebastián and Bilbao, often with elaborate toppings.

Croquetas
Crispy breaded cylinders with a creamy béchamel filling, typically made with jamón, bacalà (salt cod), or mushrooms.

DRINKS

Rioja Wine · Vino de Rioja

Spain's best-known wine region produces full-bodied reds from Tempranillo grapes, aged in oak. The crianza, reserva, and gran reserva labels indicate increasing age and complexity.

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Safety & health

Tarragona is a safe city. Keep your bag closed on the beach and in crowded streets in summer. In hot weather the Roman sites have little shade, so carry water.

History

The Romans founded Tarraco in the 3rd century BC, and it became the capital of a large province. The Amfiteatre Romà dates from the 2nd century AD.

After Rome, the city declined and later grew again in the Middle Ages. Catedral de Tarragona was built from the 12th century on the site of a Roman temple area. Today the Roman monuments and the medieval center sit side by side.

Country facts

Quick practical facts for Spain at a glance:

CURRENCY

EUR €

EMERGENCY

112

ELECTRICITY



Type C / Type F
230 V · 50 Hz

LANGUAGES

Spanish

TAP WATER

Safe to drink

Tarragona Essentials

Explore the former capital of the Roman province of Hispania Citerior through its UNESCO-listed monuments. This collection highlights the 1st-century chariot racing circus, the seaside amphitheater, and the ancient city walls. Beyond its Roman heritage, the list includes the transitional Romanesque-Gothic cathedral, the 19th-century Rambla Nova boulevard, and the Modernist central market, all set against the backdrop of the Mediterranean coast.





A Archaeological Ensemble of Tarraco

Tarragona was once a famous Roman town and its remains can be found in the city today.

4 Escales del Miracle, Tarragona 43003, Spain
(41.11493, 1.25828)

+34 977 24 19 52



B Roman Amphitheater

Tarragona Amphitheatre is a Roman amphitheatre in the city of Tarraco, now Tarragona, in the Catalonia region of north-east Spain.

Escales del Miracle, 43003 Tarragona, Spain
(41.11446, 1.25875)

tarragona.cat/patrimo... , +34 977 24 19 52; +34 977250795



C Tarragona Cathedral

Built in the 12th century on the site of a 10th-century mosque, the cathedral is a mixture of Romanesque and Gothic styles.

Calle Virgen del Claustro, s/n, 43003 Tarragona, Spain
(41.11918, 1.25807)

catedraldetarragona.com, +34 977 23 86 85

D Rambla Nova

Tarragona's main 19th-century boulevard, stretching over a kilometer toward the sea. It is lined with shops, cafes, and significant monuments.

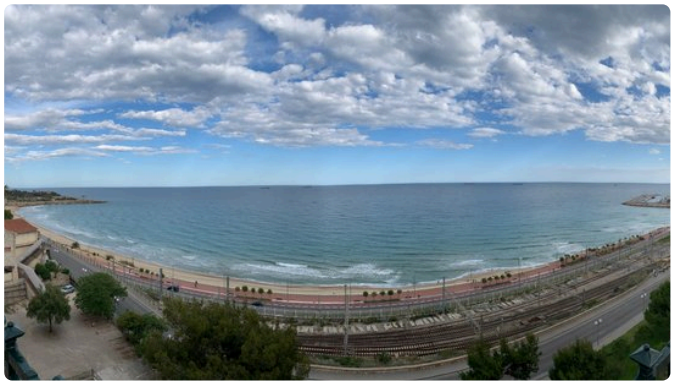
82 Rambla Nova, Tarragona 43001, Spain
(41.11625, 1.25095)



E Roman circus

A 1st-century stadium built for chariot racing, once capable of holding 30,000 spectators. Large sections of its original vaults remain preserved beneath modern buildings.

17B Baixada de la Peixateria, Tarragona 43003, Spain
(41.11606, 1.25721)



F Balcó del Mediterrani

An overlook situated 40 meters above the sea at the end of Rambla Nova. It is known for its 19th-century iron railing and panoramic views of the coast.

Balcó del Mediterrani, 43003 Tarragona, Spain
(41.11368, 1.25650)



G Tarragona National Archaeological Museum

The National Archaeological Museum of Tarragona is a public museum located in the city of Tarragona focusing on its rich historical...

Plaça del Rei, 5, 43003 Tarragona, Spain (41.11663, 1.25850)

Mo–Su	Closed

mnat.cat, +34 977 236 209

H Torre del Pretori

A Roman tower that originally housed the stairs connecting the lower city to the Provincial Forum. It was repurposed as a fortress and royal residence during the 14th century.

3 Plaça del Rei, Tarragona 43003, Spain (41.11654, 1.25806)

tarragona.cat/patrimoni/museu-historia/monuments/el-f...



I Wall of Tarragona

The Wall of Tarragona is a wall located in Tarragona, Catalonia, Spain. It was declared Bien de Interés Cultural in 1884.

1 Carrer de Sant Pau, Tarragona 43003, Spain (41.11998, 1.25803)

Apr-Sep Mo–Su	09:00–14:30
May-Dec Mo–Sa	09:00–20:30
May-Dec Su	09:00–14:30



J Monument als Castellers

A bronze sculpture by Francesc Anglès depicting a human tower. It features 219 life-sized figures and commemorates the traditional Catalan practice of building castells.

Rambla Nova 129, 43001 Tarragona (41.11783, 1.24794)



Mercat Central

A Modernist market hall designed by Josep Maria Pujol de Barberà and completed in 1915. The building features a prominent metal structure and decorative ceramic elements.

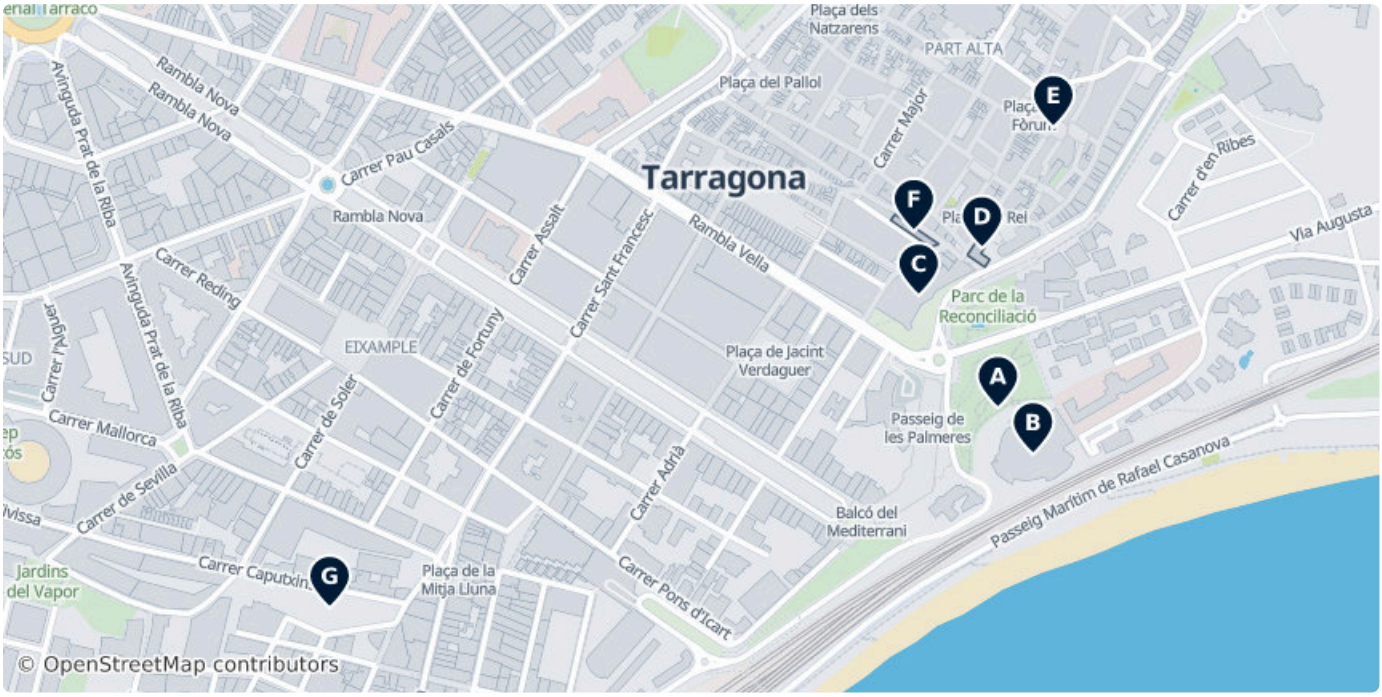
Plaça Corsini (41.11587, 1.24893)

Mo–Sa 08:30–21:00

mercatsdetarragona.cat/mercat-central-d... , +34977897888

Roman Heritage of Tarraco

Tarragona, once the Roman capital of Hispania Citerior known as Tárraco, holds some of the most significant archaeological remains in the Mediterranean. This UNESCO World Heritage list features the 2nd-century amphitheater built overlooking the sea, the remarkably preserved 1st-century circus used for chariot racing, and the Roman theater. These sites illustrate the city's historical importance as a provincial administrative center, showcasing monumental architecture including the Praetorium Tower and the remains of the Provincial Forum.





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(41.11446, 1.25875)

tarragona.cat/patrimo... , +34 977 24 19 52; +34 977250795



C Roman circus

Built in the late 1st century AD, this circus once hosted chariot races for up to 30,000 spectators. It is considered one of the best-preserved Roman circuses in the West due to its integration into later medieval structures.

17B Baixada de la Peixateria, Tarragona 43003, Spain (41.11606, 1.25721)

D Torre del Pretori

A Roman-era tower that originally housed the stairs connecting the lower city and circus to the Provincial Forum. It was later repurposed as a medieval palace for the Kings of the Crown of Aragon.

3 Plaça del Rei, Tarragona 43003, Spain (41.11654, 1.25806)

tarragona.cat/patrimoni/museu-historia/monuments/el-f...



E Porta del Fòrum

The remains of a monumental gateway that served as an entry point to the Provincial Forum, the administrative and religious hub of ancient Tárraco.

8 Plaça del Forum, Tarragona 43003, Spain (41.11776, 1.25902)



F Grades del Circ

Original stone seating tiers belonging to the Roman circus. These stands offer a clear view of the stadium's architectural scale, which originally stretched over 300 meters in length.

21 Carrer del Trinquet Vell, Tarragona 43003, Spain (41.11671, 1.25715)

G Roman Theatre

The Roman Theatre of Tarraco is a Roman theatre in the Roman colonia of Tarraco –present-day Tarragona, Spain–, capital of the Roman...

2 Carrer dels Caputxins, Tarragona 43001, Spain (41.11291, 1.24932)

Cultural Highlights of Tarragona

Tarragona's cultural landscape bridges its ancient Roman origins with Catalan Modernism and local traditions. This collection features the National Archaeological Museum and the Roman Torre del Pretori alongside Josep Maria Jujol's modernist Teatre Metropol. It also highlights the city's living heritage, including the Monument als Castellers and the Casa de la Festa, which houses the elements of the Santa Tecla festival. Historic noble residences like Casa Castellarnau and Casa Canals offer insight into the city's aristocratic past.





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Plaça del Rei, 5, 43003 Tarragona, Spain (41.11663, 1.25850)

Mo–Su Closed

mnat.cat, +34 977 236 209

B Torre del Pretori

A Roman tower that once linked the lower city to the provincial forum. In the 14th century, it was transformed into a palace for the Kings of the Crown of Aragon.

3 Plaça del Rei, Tarragona 43003, Spain (41.11654, 1.25806)

tarragona.cat/patrimoni/museu-historia/monuments/el-f...



C Monument als Castellers

A bronze sculpture on Rambla Nova depicting a human tower of 219 life-sized figures. It honors the Catalan tradition of castells, specifically representing a '4 de 8' formation.

Rambla Nova 129, 43001 Tarragona (41.11783, 1.24794)



D Teatre Metropol

A Modernist theater designed by architect Josep Maria Jujol in 1908. It features sea-inspired motifs and organic shapes, serving as the city's primary indoor performing arts venue.

11 Carrer d'Armanya, Tarragona 43004, Spain (41.11461, 1.25331)



E Museu d'Art Modern

Located in three renovated 18th-century houses in the old town, this museum showcases contemporary and modern art from the region, including works by sculptor Julio Antonio.

8 Carrer de Santa Anna, Tarragona 43003, Spain (41.11741, 1.25847)

F Maritime Museum

Housed in a former port warehouse, this museum traces the history of the local harbor from Roman times to the present through fishing equipment and historical vessels.

Passeig del Gremi de Marejants, Tarragona 43004, Spain (41.11010, 1.24505)

Tu–Sa	10:00–14:00, 16:00–19:00
Su	11:00–14:00

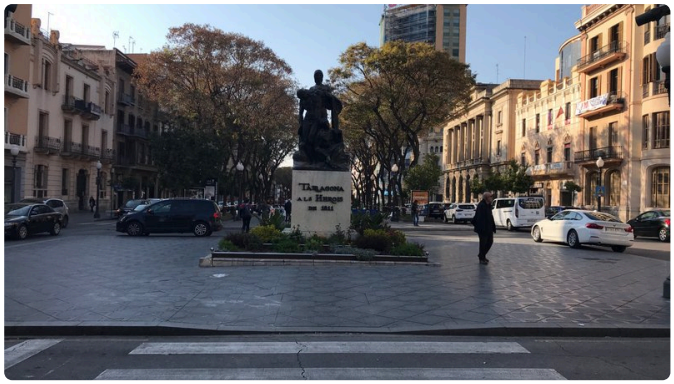


G Casa Canals

An 18th-century aristocratic mansion built over the ancient Roman walls. The house preserves period furniture and decor, reflecting the lifestyle of the local nobility.

Carrer de Granada 11, 43003 Tarragona
(41.11822, 1.26036)

tarragona.cat/patrimoni/museu-historia/monuments/cas...



H Monument als Herois de 1811

A bronze monument on Rambla Nova commemorating the city's resistance against Napoleonic troops during the 1811 Siege of Tarragona. It was created by sculptor Julio Antonio.

13 Carrer d'Ixart, Tarragona 43003, Spain
(41.11653, 1.25064)



I Monument a Roger de Llúria

A 19th-century statue dedicated to the Admiral of the Aragonese fleet. It stands at the end of Rambla Nova, overlooking the Mediterranean Sea.

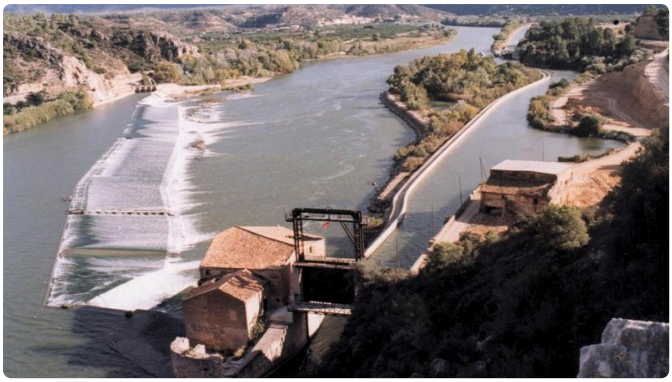
3 Passeig de les Palmeres, Tarragona 43003, Spain
(41.11379, 1.25634)



J Casa de la Punxa

A notable Modernist building designed by Josep Maria Pujol de Barberà, characterized by its pointed tower and decorative brickwork.

1 Carrer Antoni Rovira i Virgili, Tarragona 43002, Spain
(41.11738, 1.24958)



K University of Rovira i Virgili

University of Rovira i Virgili is located in the Catalan cities of Tarragona and Reus, Spain.

(41.12265, 1.25006)

L Casa Castellarnau

A 14th-century noble house featuring a Gothic courtyard and a ballroom with neoclassical murals. It serves as a primary site for the Tarragona History Museum.

14-18 Carrer dels Cavallers, Tarragona 43003, Spain (41.11779, 1.25547)

tarragona.cat/patrimoni/museu-historia/monuments/cas...

M Museu Diocesà de Tarragona

Located within the Cathedral complex, this museum houses religious art, including Romanesque carvings, Gothic altarpieces, and 16th-century Brussels tapestries.

5 Carrer de la Mare de Déu del Claustre, Tarragona 43003, Spain (41.11944, 1.25749)

N Casa de la Festa

A cultural space dedicated to preserving the traditional costumes, giant figures, and mythical beasts used during the annual Festes de Santa Tecla.

Via Augusta 4 (41.11595, 1.25880)

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