

HEALTH AND SUSTAINABILITY

Sport and nature route in les Corts



**Ajuntament de
Barcelona**

Sport district, green district

In the summer of 1992, Barcelona showed the world its charms, amazing people the world over as it became the world capital of sport for 15 days. However, the relationship between sport and the city didn't start there. Barcelona already had a long history of practising sport and holding both national and international competitions. Policies to drive sport as a vehicle for education, health, training, transmitting values and increasing social cohesion have always been one of the city's priorities.

The district of Les Corts in particular has a special connection with sport: large facilities for many different sports, privileged natural surroundings - the Collserola Natural Park as well as other green spaces - and historic clubs such as the Barcelona Royal Polo Club, the Barcelona Royal Tennis Club and

FC Barcelona, three institutions that enabled Barcelona to start practising the sports that had been leisure activities for people in northern Europe and the United States for decades. Of these, FC Barcelona is the one that has become the most firmly rooted in the city and has gained the most international exposure. The old Camp de les Corts at Travessera de les Corts, Camp Nou and the Espai Barça project, which is currently under construction, bear witness to the strong relationship between the club and the district.

The Collserola Natural Park, Cervantes Park and other green spaces in the neighbourhood are perfect for jogging, walking, cycling and all other kinds of outdoor exercise. A series of signposted paths and trails adapted for all members of the public enable people to travel through parts of the



View of Barcelona from Collserola. © Quim Roser

Thanks to its large facilities,
natural surroundings and historic
clubs, the area of Les Corts has a
strong connection with the sport**

natural park, either on foot or using sustainable forms of transport that foster healthy practices combining health and sport, nature and the city, heritage and the environment. The many cycle paths that enable people to travel within the district and the city, as well as to neighbouring municipalities, are worth noting in this regard.

Both the sports clubs and the facilities responsible for managing the green spaces work together to make the district of Les Corts a Socially Responsible Territory that strives to

ensure that everyone is included and to achieve a fairer, cleaner and more environmentally friendly city. Aware of their corporate social responsibility, the various agents and companies in the sports world and the city's historic clubs are seeking to establish partnerships with the administration and entities in the sector to provide programmes that cater for people with functional diversity and initiatives to encourage people in the most vulnerable segments of the population to do more exercise. The district of Les Corts is working to achieve better social returns for everyone.

If what you are looking for is nature, health and quality sports facilities, this is the district for you. Look through all the options on offer and choose the best option for you to get moving!

①

Collserola Natural Park

Address: Parc Natural de Collserola
(carretera de les Aigües)



A natural space that is partially accessible for people with reduced mobility: neither the Finestrelles water tank, the mini wind farm nor the anti-aircraft batteries are accessible for people with reduced mobility. For further information, go to the Collserola Natural Park Information Centre: <https://parcs.diba.cat/web/accessibilitat/detall-equipament/-/contingut/176272/centre-d-informacio-del-parc>



Public space



© Quim Roser

The Collserola mountain range is now a wooded natural park, but this was not always the case. In the late 19th century, a large portion of it was taken up by farmhouses and agricultural fields, mainly growing vines. An urban expansion process and the abandonment of farming activities started in the 20th century. This, added to a growing use of this land for leisure purposes, has gradually transformed the landscape to a great extent. This is why Collserola is said to have seen and supported human activity and that its current appearance is the result of this historical interaction.

It was in the mid-19th century that people started using Collserola for leisure purposes. The first holiday homes were built on the side of the mountains closest to Barcelona, with

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Collserola has seen a lot of human activity, and its current appearance is the result of this historical interaction

new roads crossing the mountains. Instead of a barrier, Collserola became a place for meetings and *fontades* [gatherings around fountains]. The early 20th century saw some decisive changes, including the new funicular railways (Tibidabo and Vallvidrera), the tramway (Vallvidrera), the light rail (Mina Grott), the railways (Les Planes and Vallès) and more local roads. All this led to a use of Collserola that had never been seen before. Barcelona's so-called "green lung" became the perfect place for doing sport, going for a walk and being in contact with nature.

The Collserola mountain range boasts close to 11,000 hectares, of which 8,000 became the Collserola Park in 1987 and were declared a natural park in 2010. The protected area is managed by the Parc de Collserola Consortium, which includes Barcelona Provincial Council and the municipalities of the Metropolitan Area.

Flora and fauna

The Collserola Natural Park is home to diverse and abundant plantlife, featuring in particular many holm-oak woods, pinewoods, riverbank forests, scrubland and meadows. It also includes areas with crops, and over 200 unique tree specimens with one or more features that make them stand out from the rest of their species have been catalogued.

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Over 200 vertebrate species have been identified here

With regard to wildlife, over 200 species of vertebrates have been identified, including 28 mammals, 191 birds, 17 reptiles, ten amphibians and seven types of fish. There are many birds too, particularly robins, goldfinches, pigeons, sparrow-hawks, buzzards and blackbirds. However, the most iconic animal in the Collserola woods is the wild boar, a species that has effortlessly proliferated in recent times due to the resources that these animals can find in the urban areas around the park.



Finestrelles water tank. © Quim Roser

Finestrelles water tank

The Finestrelles water tank is a great place from which to view some of the city's iconic landmarks, such as the Camp Nou, El Prat airport or the modern Diagonal Mar neighbourhood. You can find it on Camí de Finestrelles, a small promenade bordering the top of the district of La Mercè and running from Avinguda Pearson to Sant Joan de Déu Hospital. If you travel along it all the way to the water tank, you will be able to enjoy some interesting views of the city. For example, you will get a peculiar view of Cervantes Park, or a glimpse of how the Barcelona conurbation has grown over time, swallowing up urban areas far from the city centre, such as the one around Pedralbes Monastery. If you look at the city from the vantage point in front of the tank, it will seem small, as you will be able to see all the way from Badalona to Castelldefels.



The Finestrelles water tank provides a peculiar view of some of the city's most iconic landmarks

Mini wind farm

The Collserola mini wind farm, which has been in operation since 2014, is a pioneering project carried out under Barcelona City Council's plan for the generation of renewable energy and energy saving. It is based on a hybrid system formed by a small wind installation and a set of solar panels able to generate enough watts to light Camí de Finestrelles at night.



Fire watch tower. © Quim Roser

Batteries

The Sant Pere Màrtir mountain, which is inside Collserola Natural Park, has been a strategic point for the defence of the Barcelona and the Baix Llobregat area. Anti-aircraft defence points and a radiotelephone station were set up in the mountains during the Spanish Civil War. Furthermore, the Generalitat de Catalunya created the Passive Defence Board to build anti-aircraft shelters in order to protect the civilian population from the bombings to which they were constantly subjected. The main anti-aircraft defence group was based on Turó de la Rovira, with support positions on the mountains of Sant Pere Màrtir and Montjuïc.

It was precisely in Sant Pere Màrtir, which falls within the municipality of Esplugues



Sant Pere Màrtir anti-aircraft battery. © Quim Roser



View of Carretera de les Aigües. © Quim Roser



An anti-aircraft battery with three cannon stands was built here to shoot down enemy aircraft

de Llobregat but is next to the district of Les Corts, that an anti-aircraft battery formed by three cannon stands was built. Its aim was to shoot down enemy aircraft, but it turned out to be of little effect and ended up working more as a deterrent. You can still see the remnants of the reflectors and the casemate, and two of the defence platforms are open to visitors to commemorate the fight for democracy in Catalonia.


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Cervantes Park

Built in: opened in 1965

Address: Avinguda Diagonal, 706



 Partly accessible for people with reduced mobility: unpaved paths, hills and stairs

 Public space with opening times

Cervantes Park is a green space with large swathes of grass and broad paths. The park, which first opened in 1965, is named after the writer Miguel de Cervantes and includes a commemorative plaque dedicated to this author designed by Carme Hosta for the 400th anniversary of the publication of *El Quixote*.

The park's most outstanding feature is its collection of many different types of rose bushes. In total, there are over four hectares occupied by an extraordinary collection of more than 10,000 rosebushes with around 2,000 species and varieties, with almost 150,000 simultaneously open roses at the time of maximum flowering (between May and June). Around 230 varieties of rosebush grow over a large semicircular pergola, and the rest do so in groups in flower

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It is a rose garden spanning over four hectares with an extraordinary collection of over 10,000 rosebushes

beds. Some of these are dedicated to wild species, others to old hybrid rosebushes, and yet others to modern hybrids. The Barcelona International New Roses Competition is held here every year.

The many fruit trees and herbs you can find here are also worth noting. In addition, the park features two sculptures: *Rombes bessons* (1977), by Andreu Alfaro, and a female nude by Eulàlia Fàbregas de Sentmenat with the name *Serenitat* (1964).


3

Can Rigal Park

Built in: 2012

Address: Avinguda d'Albert Bastardas, 23



 Partly accessible for people with reduced mobility

 Public space with opening times

The Can Rigal metropolitan park is a spacious green area with spaces for leisure, a square at the entrance, a café with public services, children's play areas, a recreation area for dogs, and various proposals resulting from the local residents' active involvement, which helps consolidate this area located between Barcelona and l'Hospitalet de Llobregat.

Its main path, which crosses the park from north to south and connects the two municipalities, gives rise to two very different areas: a Mediterranean forest area featuring pines and holm-oaks, and a meadow with platforms and geometric plantations of deciduous trees. There are several possible routes within the park, many of which have been adapted to ensure universal accessibility.

The Can Rigal park is a pioneer in terms of implementing environmental and sustainability criteria, particularly as regards plants, the use of water and recycled materials and the regulation of lighting, as it generates its own electricity by means of solar panels. In addition, rainwater is collected at ground level and then channelled and returned by capillarity to the plants. In addition, water from a mine in l'Hospitalet has been channelled for direct irrigation.

The Can Rigal park hosts some of the events in the Jugatecambial programme, a project that aims to provide a space for families where children of all ages can play together, experience and learn about nature, increase their awareness about sustainability matters and learn values.

La Diagonal sports area

Facilities: **La Bederrida urban sports facility**, **Laietà Sports Club**, **David Lloyd Clubs Turó**, **Esports UB**



Fully accessible facilities for people with reduced mobility, except for Esports UB, which is only partly accessible (steep ramps)



Accessible services for people with reduced mobility



Public and private spaces



© Quim Roser



© Laietà Sports Club.

Les Corts contains many areas for practising a wide variety of both indoor and outdoor sports. The recently opened sports facilities of the **La Bederrida urban sports area** (Carrer de Pascual i Vila, 2), designed for the pursuit of free, non-organised sport, are particularly worth highlighting. This project was created in response to the local residents' requests, and sports such as football, basketball, athletics and table tennis, as well as agility, flexibility and muscle toning exercises, can be practised here

Just below these sports facilities, towards the municipality of l'Hospitalet de Llobregat, is the **Laietà Sports Club** (Carrer del Pintor Ribalta, 2-8), which was responsible for bringing basketball to Catalonia and Spain.

The club, which was founded in 1922 by a set of former *Escoles Pies* students, owes its existence to father Eusebi Millan, who discovered basketball while travelling in the United States and decided to play it with his students. In the 1930s and 1940s, the Laietà Sports Club was one of the leading basketball clubs in Catalonia, featuring some renowned players, and was one of the first with a women's basketball team. Over time, competitions were replaced with training, and the club's members started taking an interest in other sports. The first of these was hockey (from 1953), followed more recently by others such as football, padel tennis and figure skating.

If you go to Avinguda Diagonal, you will find the **David Lloyd Clubs Turó** sports club (Avinguda Diagonal, 673 - 685), which

is housed in a building with a historical link to the birth of tennis in Barcelona: this is where the Turó Lawn Tennis club used to be located. This club, which was founded in 1905, was one of the city's leading sports clubs of its time. The David Lloyd Clubs Turó club is now part of a chain of premium sports clubs with over 111 branches all over Europe. You can pursue a great variety of sports here, such as tennis, padel tennis, swimming, fitness and all kinds of instructor-led activities.

Finally, on Avinguda Diagonal itself but slightly further on, towards Esplugues de Llobregat, you will find the University of Barcelona's sports facilities (Avinguda Diagonal, 695). These facilities were



The part of Avinguda Diagonal that is inside the district of Les Corts boasts several areas where people can practise a wide variety of sports

created in 2011 to make a fairly large (over 100,000 m² in total) and highly diversified sports facility available to both the University community and the general public. The Esports UB facilities thus include, among others, a swimming pool, tennis and padel tennis courts, rooms for body conditioning and instructor-led activities, an artificial turf football field, a rugby field, a multi-sports hall and an athletics track.

5

Barcelona Royal Polo Club

Founded in: **1897**

Built in: **opened in 1932**

Address: **Avinguda del Doctor Marañón, 19-31**

Available sports: **polo, tennis, field hockey, horse riding, padel**



Fully accessible facilities for people with reduced mobility



Accessible services for people with reduced mobility



Private venue, admission fee



© Barcelona Royal Polo Club.

The Barcelona Royal Polo Club was Spain's first polo club. It was founded in 1897 by a group of young fans led by Enrique Ibarrola to promote this sport and the love of equestrian activities in general. In the early 20th century, the club started to include new disciplines, such as hockey and tennis, which is currently the most popular sport among its close to 10,500 members. Years later, around the 1990s, the club added a new discipline, padel, which has been hugely successful.

Major international events have been hosted here, such as the World Hockey Championship (1970), the EuroHockey Club Champions Cup (1978 and 1980), the Barcelona Olympic Games' horseracing events (1992) - it was the only private facility to host an Olympic

The club is well known both for the international tournaments it organises and for its involvement in the city's celebrations**

event - and the pre-olympic Field Hockey Tournament (1996), among others. It also holds competitions including, among others, the International Hockey Reyes Tournament, the International Polo Tournament and the International Jumping Competition. And not to be overlooked is the social aspect of the club, as shown by its involvement in the Hockey Plus League and Tournament, which are field hockey competitions for people with learning disabilities.

6

Les Corts skatepark

Built in: **2014**

Address: **Jardins d'Àurea Cuadrado**



Partly accessible for people with reduced mobility: accessible via ramps and paths



Public space with opening times



© Quim Roser

Skateboarding is a sport that involves riding on a skateboard and performing pirouettes and other tricks in the air. This sport, a close relative of surfing, emerged as an urban cultural phenomenon and became an Olympic sport in 2016, when the International Olympic Committee approved its inclusion for the Tokyo 2020 Olympics, which were finally held in 2021 due to the Covid-19 pandemic.

In view of growing demand by skateboarders, in 2014 Barcelona City Council created two skate parks: one in Mar Bella and one in Les Corts, plus a third one in Via Favència in 2015. With a total surface area of 2,200 m², Les Corts skatepark is located at the Gardens of Àurea Cuadrado. It is a skate park with a (polygonal shape

The city of Barcelona has been considered the European Mecca of skateboarding**

for street skateboarding, as it includes imitations of spaces that one might find in any urban environment. The park is made of cement, and one of its main features is its walls of aged steel. There are many ramps, boxes and rails, manual pads at varying heights, a mini-pyramid and a ramp under the bridge for wall rides, which involve skating on an almost completely vertical surface, among other features. Skateboarders consider this a good place for beginners.

7

Camp Nou

Opened in: 1957

Address: Carrer d'Àrístides Maillol, 12

Available sports: Football



Facilities partly accessible for people with reduced mobility (adapted entrances and areas set up for wheelchairs)



Accessible services for people with reduced mobility

For further information, go to: Accessibility | Official FCB Channel and FAQs: Is Camp Nou adapted to the needs of people with physical disabilities



Admission fee charged



© Quim Roser



© Quim Roser

Camp Nou is the stadium where FC Barcelona plays. It was first opened in September 1957 and originally named Estadi del Futbol Club Barcelona, but it quickly became known as Camp Nou [The New Ground] because it was replacing the old Les Corts field, which had been the club's playing field between 1922 and 1957. The old field was located between the current Carrer de Vallespir, Travessera de les Corts, Carrer de Numància and Carrer del Marquès de Sentmenat.

Camp Nou, a symbol of Barcelona, has hosted not just matches, tournaments and other sports competitions but also festivals, huge concerts and events of great importance for the city. The stadium, whose first stone was laid in 1954, was designed by the architects Francesc



With room for 99,354 spectators, Camp Nou is the stadium with the greatest seating capacity in Europe

Mitjans i Miró and Josep Soteras i Mauri, with the collaboration of Lorenzo García-Barbón. It is 48 metres high, has a total surface area of 55,000 m2 and features innovative aspects such as the use of reinforced concrete and the suspended roof above the stand. The site also houses other facilities, such as the Palau Blaugrana and the ice rink.

The new Espai Barça project is currently pending execution. It has been jointly designed

by FC Barcelona, the City Council and the local residents of Les Corts and will entail a full renovation of the area. The Miniestadi has already been demolished. The plan includes a new Palau Blaugrana and an ice rink, expanding and enhancing the Camp Nou facilities and redeveloping the area so that the facilities can be integrated and opened up to the neighbourhood. The project provides for a 32,000 m2 public green space and a new mobility model to improve relations between people attending matches and local residents on match days.

The popularity of Camp Nou is due to FC Barcelona's international fame. The club, which co-founded the Spanish football League in 1928, has over 170,000 members, and is one of the most successful in the world based on trophies

won. As well as football, it has four other professional divisions: basketball, handball, roller hockey and futsal. Furthermore, the club has eleven amateur divisions in other sports.

In addition to the parts specifically intended for practising sport, the Camp Nou facilities also host the club's training, management and administration activities. One of these is the Can Planes farmhouse, an old farmhouse dating back to 1702 that was used as a residence for young players whose families lived outside Barcelona between 1979 and 2011. The gardens at the front of the farmhouse contain a number of sculptures, such as L'Àvi del Barça [the Barça Grandfather], a bronze statue by Josep Viladomat inspired by the drawings of the illustrator and cartoonist Valentí Castanyes, who created the comic strip featuring this character.

8

Municipal sports facilities: Arístides Maillol Municipal Sports Centre, L'illa Municipal Sports Hall and Les Corts Municipal Sports Centre



Fully accessible facilities for people with reduced mobility



At the Les Corts Municipal Sports Centre, the lift and lifting platform buttons are labelled in Braille



At the Arístides Maillol Municipal Sports Centre, there is an emergency mechanism with an acoustic signal and maps in Braille



At the Arístides Maillol Municipal Sports Centre, there is an emergency mechanism with a light signal



Accessible services and changing rooms for people with reduced mobility



Admission fee



CEM Arístides Maillol. © Quim Roser

The district of Les Corts has various municipal sports facilities for practising all kinds of sports. Here are three examples:

At the **Arístides Maillol Municipal Sports Centre** (Carrer de Martí i Franquès, 19-21) you can find a multi-sports hall that is particularly suitable for football and futsal, as well as the Arístides Maillol Football School, which is perfect for beginners in this sport.

The **L'illa Municipal Sports Hall** (Carrer de Numància, 141) was created in 1992 as a venue for the sports activities carried out by the district's various organisations. It features a futsal and handball court, a basketball court, three mini basketball courts, three horizontal volleyball courts

and a central volleyball court. Thanks to this variety of spaces, all kinds of indoor sports activities can be carried out in addition to the above sports. This facility is currently run by the Les Corts Youth Club.

Finally, the **Les Corts Municipal Sports Centre** (Travessera de les Corts, 252) provides multiple options at its facilities: over 200 indoor sports and fitness activities per week, as well as multi-sports courts and indoor swimming pools, and a spa area. It is also the headquarters of the Associació Esportiva Les Corts, a non-profit organisation founded in 1976 to promote sport among the public for socialisation purposes. The Les Corts Municipal Sports Centre is currently run by Holmes Place.

9

Josep Tarradellas Vertical Garden

Opened in: 2013

Address: Carrer del Marquès de Sentmenat, 96



Visible from a space that is fully accessible for people with reduced mobility



Private space



© Quim Roser

The Josep Tarradellas vertical garden was created as part of the project for the remodelling of dividing walls promoted by Barcelona City Council to fix the discontinuities that can sometimes appear in urban built-up areas. The demolition of an old building where Carrer de Berlín meets Carrer del Marquès de Sentmenat exposed a dividing wall that has become a surprising green space.

Vertical gardens are plant-covered walls in urban environments. Successive planters and modular systems are used to arrange the plants, forming a vertical structure without replacing the function performed by the façade's finishing material.

The vertical garden is based on a metal



The vertical garden, which has a surface area of around 250 m², acts as a huge lung

support structure with several balconies holding up the plants. Nest boxes for birds have been placed at each level of the structure.


The vertical garden, which has a surface area of around 250 m², acts as a huge lung, cleaning the air of dust, fumes and pollution and promoting urban biodiversity by creating a new ecosystem as well as a social and environmental benefit for both the neighbourhood and the city as a whole.

10

Avinguda Diagonal sports circuit

Built in: 2018

Address: Avinguda Diagonal (mountain side), from Plaça Francesc Macià to Esplugues de Llobregat

 Accessible services for people with reduced mobility

 Public space



© Quim Roser

The Avinguda Diagonal Sports Circuit runs along the entire avenue from Plaça de Francesc Macià to Esplugues de Llobregat: a total route of over 3,500 metres. It is an outdoor urban public space where various accessible sports can be carried out: there is a fitness track running all the way to Parc de Cervantes for running, walking and exercising on outdoor machines that doubles up as a cycle lane recently extended to Esplugues. The new stretch is part of the Bivicia network, a network of cycle lanes that will link the whole city of Barcelona together with nine major cyclable roads. The aim is to improve walking and cycling connections in the Baix Llobregat axis and help promote sustainable mobility and healthy habits.

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The facility spans over 3,500 metres for practising all kinds of sports

The track is divided into separate parts to enable pedestrians to walk unhindered. Several rest areas have been put in place along the route, with benches, chairs, bins and bicycle parking facilities. Furthermore, fences and railings, as well as night lighting, have been fitted in order to ensure users' safety. Everything is signposted, and information and recommendations for practising sport are provided.

11


Barcelona Lawn Tennis Club

Founded in: 1899

Built in: opened in 1953, and remodelled on an ongoing basis

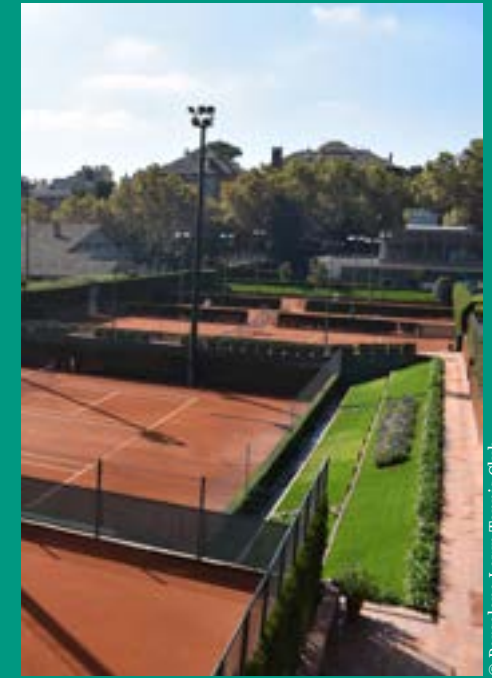
Address: Carrer de Bosch i Gimpera, 5-13

Available sports: tennis, mini tennis, football, padel, gym

 Partly accessible facilities for people with reduced mobility. Alternative entrance and accessible route, except for the top floor of the padel courts and the women's changing room and hairdresser's

 Fully accessible for people with reduced mobility

 Private venue, admission fee



© Barcelona Lawn Tennis Club.

Tennis was invented in England in the 16th century by adding the use of a racquet to a French game in which the ball was hit by players with their hands. The sport became popular all over Europe, including Catalonia, in the 19th century.

The economic boom arising from the 1888 Barcelona International Exposition led many families from abroad to move to the city, bringing with them the love of certain sports. The Barcelona Lawn Tennis Club, which was to become what is now the Barcelona Lawn Tennis Club, was thus founded in 1899 by a group of English families. Tennis was initially played by European nationals resident in Barcelona, but the locals gradually developed an interest in the sport, and the club popularly referred to as

the “English people’s club” opened its doors to locals, despite the fact that the original bylaws stipulated that no more than 10% of members could be “foreign”, i.e. not English.

The Barcelona Lawn Tennis Club has its headquarters at Can Canet de la Riera, a magnificently refurbished mediaeval farmhouse. Some of its most outstanding features are its basilica-style floor structure and the use of semicircular arches above the windows. The remodelling of the living room, which was designed by Federico de Correa Ruiz and Alfons Milà i Sagnier, won an FAD Award.

In 1953, Carles Godó launched a tournament here, now called “Barcelona Open Banc Sabadell”, which has become one of the city’s major sporting events.

19

A neighbourhood in motion

The aim of this review has been to present two very different sport-related spaces: on the one hand, to provide a historical view of how the sports clubs that enabled various sports disciplines to reach our city were born; and, on the other, to highlight the landscape resulting from the combination of nature and the city to re-evaluate our closest environment as a public space for use by the public. Nature and culture are often presented as two opposing realities, but the various public spaces discussed in this review show how humans have modified the environment to turn it into a more pleasant and accessible place while never ceasing to look after the conservation and maintenance of the city's green areas.

It has been shown that tennis, basketball and football, among others, were brought to our city by a bourgeoisie - often foreign - that wanted to enjoy its leisure time playing the same sports as the rest of Europe, and that their introduction was also due to the relationship that the different clubs maintained with the city, hosting some of the city's iconic festivities, competitions or social events. Although their contribution is undeniable, it is surprising that, even now, most of these clubs have kept this element of distinction that stops them

from becoming plural and diverse facilities available to all. Having said that, it should also be mentioned that the various clubs referred to in this review have gradually adapted to the times, for example by adding women's teams, opening training schools that are open to all children, and starting teams for people with functional diversity. Furthermore, many of them have charitable divisions that raise funds for ethical causes.

However, the true democratisation of sport can be found in natural environments, which are open to all and are designed to ensure a more equitable and more sustainable city model. The plan to add new cycle lanes between Les Corts and the city's other districts, and others that link to neighbouring towns, is proof of an urban planning model based on sustainability and healthy habits that also takes the form of energy self-sufficiency initiatives and looking after, and paying attention to, all the green spaces in the district. You are welcome to explore each and every one of these places. Leave the house and enjoy moving around Les Corts! You can also check out the following resources:

- *Catàleg de parcs i jardins de Barcelona*
- *Itineraris Les Corts. Els espais verds*, Lluís Bou. Ajuntament de Barcelona, 2006.



Bicivía between Barcelona and Esplugues de Llobregat. © Quim Roser



Collserola, a perfect place to practice sport. © Quim Roser

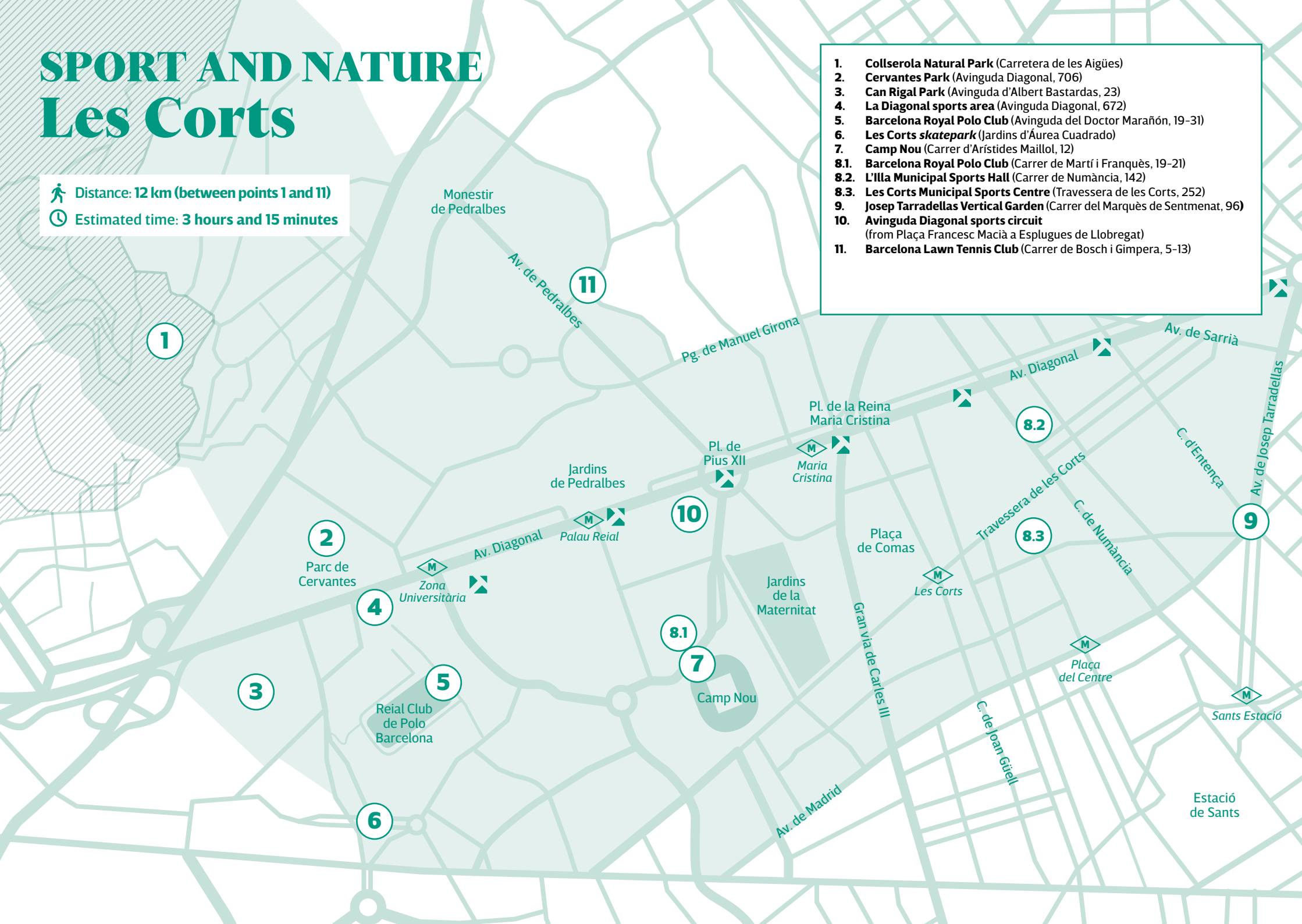
SPORT AND NATURE

Les Corts

 Distance: 12 km (between points 1 and 11)

 Estimated time: 3 hours and 15 minutes

1. **Collserola Natural Park** (Carretera de les Aigües)
2. **Cervantes Park** (Avinguda Diagonal, 706)
3. **Can Rigal Park** (Avinguda d'Albert Bastardas, 23)
4. **La Diagonal sports area** (Avinguda Diagonal, 672)
5. **Barcelona Royal Polo Club** (Avinguda del Doctor Marañón, 19-31)
6. **Les Corts skatepark** (Jardins d'Àurea Cuadrado)
7. **Camp Nou** (Carrer d'Àrístides Maillol, 12)
- 8.1. **Barcelona Royal Polo Club** (Carrer de Martí i Franquès, 19-21)
- 8.2. **L'Illa Municipal Sports Hall** (Carrer de Numància, 142)
- 8.3. **Les Corts Municipal Sports Centre** (Travessera de les Corts, 252)
9. **Josep Tarradellas Vertical Garden** (Carrer del Marquès de Sentmenat, 96)
10. **Avinguda Diagonal sports circuit** (from Plaça Francesc Macià a Esplugues de Llobregat)
11. **Barcelona Lawn Tennis Club** (Carrer de Bosch i Gimpera, 5-13)



**Districte de
les Corts**