



Press release

Girona, 15th July 2015

New promotional video on Girona's extensive range of active and nature tourism opportunities

The Costa Brava Girona Tourist Board has produced a new inspirational [video](#) to promote the extensive range of outdoor tourism and sports activities the region offers, which will be released through digital media in celebration of the province of Girona's Year of Nature.

The three-minute music video features aerial, underwater and subjective shots of water-based activities like kayaking, rowing, swimming, sailing, windsurfing, diving and snorkelling, as well as land-based outdoor activities including hiking, racing, horse riding, climbing, cycling, mountain biking and skiing. It also contains images of hot balloon rides and the wind tunnel, sports like skydiving and canyoning for the most adventurous tourists, as well as the Costa Brava and Girona Pyrenees' adventure parks.

Watch the video on [the Costa Brava and Girona Pyrenees YouTube channel](#)

For further information

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