

THE SAU RESERVOIR AND THE SURROUNDINGS

PANTA DE SAU:

It is a reservoir of the river Ter near Vic, in Barcelona. It's placed between the mountains of Guilleries and it was founded on 1962. Under the water there are the remains of an old town. That's why in the past, before the reservoir construction, there was a little town called Sant Romà de Sau placed there. So the people had to move to a new place (Vilanova de Sau), so the construction of the reservoir could go on. Now, depending on the water level, you can see part of the church tower or even the whole church. You can also do many water sports like canoeing, wakeboard, wake skate, boat trips, sailing, windsurf or fishing at the Nautical Club of Sau reservoir (<http://www.vicsau.com/>).



VILANOVA DE SAU & TAVÈRNOLES

Around the reservoir, there are some little villages. The most important towns are Vilanova de Sau (328 habitants in 2012) and Tavèrnoles (312 habitants in 2012).



THE RESTAURANTS AROUND: FUSSIMANYA, PARADOR AND CASSERRES

If you want to eat something during your visit to the reservoir, these are the best restaurants around it. In “Fussimanya” you can taste the local catalan cuisine for a good price. If you want something a little bit more luxurious you can go to the “Parador de Turisme”, but you’re going to pay a little bit more. And if you want to eat ok and not spend too much money, you can go to the restaurant next to the Monastery of “Sant Pere de Casserres”. Here are the links:

Fussimanya:<http://www.fussimanya.cat/php/segcio.php?menu1=restaurant&menu2=restaurant&idioma=ANG>



Parador de Turismo:
<http://www.parador.es/en/paradores/parador-de-vic-sau>



Monastery restaurant:
<http://guiacat.cat/en/restaurante/monestir-masies-roda>



THE MONASTERY OF SANT PERE DE CASSERRES

It's an ancient monastery from 11th century situated at the top of a hill next to the river Ter. From the Monastery you have wonderful views of the reservoir, the mountains and the whole region. You can walk around the beautiful gardens, have lunch at the restaurant, buy some souvenirs at the shop or the bookshop, and visit the monastery by yourself with the help of an information leaflet or book a guided tour.

The legend behind this is that the place was founded because the viscountess who set it up gave birth to a child that spoke on his third day of existence, but only to say that he would soon die and when this happened they should place his body on the back of an ass and set it free to wander, and wherever it fell they should build a monastery.

For a long time the monks had the supposed body of the child at the right side of alter on display. Then, someone stole it in 1970 and hid in Sant Bartomeu de Cabrera, but damaged by the salt. Weirdly, it was returned anonymously to Antoni Pladevall in 1991. Now it is safe but kept well away from the site, and not available for viewing.

Here is the web where you can find all about the history of the Monastery:
<http://www.santperedecasserres.com/angles/menu.htm>

