

BRUGAROL

PALAMÓS  
ALBANYÀ  
BARCELONA  
MUGA VALLEY

## From the source to the sea.

Moving slowly and gracefully through landscapes and time.  
The Muga sets and crosses borders, connecting now and then, here and there.  
Seemingly insignificant, like vessels in a living body,  
joining harsh reality with unimaginable dreams.

When she stops flowing, so will we.  
Her stream carries life; the water the valley needs.  
Honouring her is honouring ourselves.  
Like the Muga linking rocks, trees, moss and the lives of all beings,  
we form a growing stream of combined possibilities.

When we cleverly weave audaciously big and seemingly small,  
global knowledge and local wisdom, fast and slow.  
When we start dancing to the rhythm of the river,  
the unimaginable becomes feasible.  
And paradoxes will start to flow.

There is no us and them.  
There is no big and small.  
One needs the other, like the river needs each drop of rain.  
People's trust fuels our pace of change.  
Engagement forms the currency that feeds our watershed of ambition.

Pioneers exploring new territory,  
regenerating economy in support of life,  
nature and community.  
To be replicated and shared in other valleys where life fades.  
The people of the Muga can become true Gégants,  
encouraging new generations for decades.

Because we're strangers becoming neighbours,  
we want to go far, so together we go.  
Creating connections that will build the future we all want to live in.  
We belong to the river, in harmony with nature we stream.  
Crystal clear, like fresh water, are our intentions and deeds.

Flow is what she is and flow is what she needs.  
So flow is what we keep bringing....  
Muga, keep flowing.



# IN THIS ISSUE

5

## About Brugarol

*Read more about our places and spaces, and the story behind stewarding a collection of properties that have been passed down from generation to generation*

8

## Brugarol wines

*At Brugarol, winemaking is an act of devotion - a dialogue between soil, season, and the people who live close to both.*

12

## Farm Mas Salvá

*Part of how we honor the natural world: not just as scenery, but as a partner in regeneration.*

14

## Brugarol Olive Oil

*We harvest with patience. We press immediately, without heat. The oil is bottled with minimal intervention - no filtering, no refining - just the pure essence of the fruit and the land it came from.*

16

## Wine & Olive Oil Estate

*Mas Bell-Lloc sits quietly at the heart of the Brugarol estate. Surrounded by vineyards, and forests, the home feels both rooted and timeless.*

29

## La Fosca Beach retreat

*Just ten minutes from the rolling vineyards and olive groves of our Wine & Olive Oil Estate, there's a different kind of magic waiting by the sea.*

39

## The Muga Valley Wilderness Estate

*The Muga Valley, only 88 kilometers from Palamós, is unlike any place we know. It's not just remote - it's sacred in its silence, its wildness, its quiet invitation to let go.*

53

## Brugarol Barcelona

*Hidden among the labyrinthine alleys of Barcelona's Gothic Quarter, there's a door that quietly opens to another world — not of the city, but of the land.*

Issue summer 2025 | Publisher: Brugarol Experiencias S.L. | Editor-in-chief: Patrick de Jong | Art designer: Cyann Nel | Contributors: Victoria Engelhorn, Stef van Dongen, Nadine Maarhuis, Pioneers of our Time Foundation | Photography: Caspar Diederik, Diane van der Marel, Cesar Lucadamo, Bikefriendly, Pau Kin Baldellou (Brugarol Barcelona), Sandra Pérez, Francesc Serra, Zelda Bonnet and others. | Website: [brugarol.com](https://brugarol.com) © All content by Brugarol Experiencias S.L.. All rights reserved. No part of this publication may be reproduced without permission.

### Disclaimer

The views and opinions expressed in this magazine are those of the authors and do not necessarily reflect the official policy or position of the publisher or editorial team. All content is provided for informational and entertainment purposes only. The publisher and editors are not responsible for any errors or omissions, or for the results obtained from the use of this information. While every effort is made to ensure accuracy, the magazine accepts no liability for any loss or damage arising from reliance on the content. All trademarks, service marks, and copyrights mentioned belong to their respective owners. The inclusion of advertisements does not constitute endorsement by the magazine. All photographs used in this magazine are the property of their respective photographers and are used with permission. Unauthorized use, reproduction, or distribution of any images is strictly prohibited. The magazine has made every effort to credit photographers accurately. If any errors or omissions are discovered, please contact us so corrections can be made in future editions. Some images may be used for illustrative purposes only and do not necessarily represent the actual subjects, products, or events described.



”We have been privileged to steward a collection of properties that have been passed down from generation to generation.”

Victoria Engelhorn & Stef van Dongen

We're honored to share with you a collection of places that have been passed down through generations - spaces that hold history, care, and purpose. At Brugarol, we see ourselves as caretakers of these lands, committed to preserving and improving them for those who will come after us.

This magazine is an invitation to explore the experiences, landscapes, and stories that make Brugarol what it is. Whether it's through wine, food, nature, architecture, or local craftsmanship, we hope you'll find moments of connection - with yourself, with others, and with the environment around you.

Our wish is that your time at Brugarol leaves a lasting impression. That you carry with you a meaningful memory or new perspective, and perhaps a deeper appreciation for nature, community, and the value of thoughtful living. We hope Brugarol becomes a place you return to whenever you seek inspiration, beauty, or a sense of belonging.

”Some places  
never leave you.”

They stay with you quietly - beneath your fingernails, in the scent of rosemary on a breeze, or in the grain of old wood warmed by sun. “For me, that place is Bell-lloc, a pocket of rural paradise in the Baix Empordà region of Catalonia,” says Victoria Engelhorn.

Mas Bell-lloc was not just a summer retreat; it was the Engelhorn family’s touchstone. “I thought I was just being: wandering, playing, collecting stones, watching shadows shift over hills. But now I understand—those summers were shaping me. The land, the air, the rituals of the earth: they laid the foundation for what would become Brugarol,” Victoria recalls. She remembers games with the shepherd, picking herbs barefoot, and pressing olives until oil beaded up like treasure. “At the time, none of it felt particularly grand or significant. But when I look back, those small acts - those slow, seasonal rhythms - were everything. They were, in many ways, the first seeds of Brugarol.”

In the 1950s, Victoria's uncle Hans bought Mas Bell-Lloc and Mas del Vent, two historic estates nestled in the Empordà hills. Later, her father Kurt evolved the land with care, planting vineyards and building spaces for gathering.

What began as a lifestyle farm grew into a kind of living legacy - a place that nourished not just the body, but the soul

“Today, together with my partner Stef, I continue this story. But Brugarol is no longer just a family estate. It has become a vision: one rooted in regeneration, community, and deep ecological respect,” Victoria continues. Brugarol moves at the pace of nature, guided by a philosophy that is not just sustainable, but restorative.

Rooted in the Muga Valley Watershed, water is treated not as a resource but as a sacred thread connecting everything: from soil to vine, from olive tree to table. “This watershed sustains more than just our farm - it breathes life into villages, ecosystems, and generations of tradition. Protecting it is not a strategy. It’s a responsibility.”







# “We follow the land’s own rhythm.”

At Brugarol, winemaking is an act of devotion - a dialogue between soil, season, and the people who live close to both. The story of each bottle begins in the vineyards of the Brugarol Wine & Olive Oil Estate, where native varietals stretch across sun-drenched slopes, surrounded by pine forest and the whisper of the Mediterranean.

“We are a small producer by design, it’s how we stay rooted. It means we can know each vine, respond to each vintage, and make decisions that prioritize quality, not quantity.” The vineyards, cultivated organically and regeneratively, follow the natural curves of the terrain. There are no straight rows, no imposed order - just a respectful alignment with the land’s own rhythm. The grapes we grow are harvested by hand. Nothing is rushed. Nothing is forced. In the cellar, there are no additives or manipulations—just gravity, time, and care. “We farm gently. We vinify gently. The aim is not to control nature, but to accompany it,” Victoria explains.

This philosophy is embodied in **Cellar Brugarol**, an underground structure designed by Pritzker Prize-winning RCR Arquitectes. Built into the hillside itself, the cellar disappears into the landscape, allowing the natural environment to remain uninterrupted. Gravity feeds the winemaking process from top to bottom preserving the delicacy of each grape.

Inside, the wines rest in concrete eggs, clay amphorae, and used French oak barrels. Wild yeasts lead fermentation. The cellar is still and cool, its architecture working in harmony with the wines’ slow evolution. Each vintage carries the imprint of its year - the temperature, the rainfall, the mood of the harvest. “To make wine this way takes patience,” Victoria says. “And trust: in the grapes, the soil, the hands that pick, and the time it takes to become. There’s no makeup. No mask. What ends up in the bottle is simply what the land gave—and what we protected.”

At Brugarol, we don’t seek to impress with scale or volume. We make wines that speak softly but clearly - of place, of care, and of a craft that is becoming increasingly rare. In a world moving ever faster, our wines offer a pause - a moment of grounded beauty, grown slowly and made with reverence.













”Our way of how we honor the natural world.”

Before the sun has burned off the morning mist, you might hear the sound of hooves on dry earth and the low call of a shepherd urging his flock up into the hills. This walk is not a tourist ritual - it's a rhythm older than any calendar. It's part of how we honor the natural world: not just as scenery, but as a partner in regeneration.

“Our sheep are more than livestock - they manage the land, carry seeds, prevent wildfire,” Victoria notes. Their movements aerate the soil. Their grazing keeps grasses in check. Their presence, quiet and steady, is part of a larger, interwoven system that allows both land and life to flourish. From their milk, our farm **Mas Salvà** produces seasonal cheeses, yogurts, and more. Quantities are small, processes slow, and each flavor is shaped by the herbs and wildflowers grazed that week. No two batches are the same - each one carries the story of a place and a moment in time. As she did in her youth, Victoria still loves to walk alongside the shepherd, learning from his intimate knowledge of the land and its rhythms. It's an experience we now offer to our guests as well.

These walks are not performances, but transmissions of living tradition - experiences that invite attention, humility, and presence. “It is a profound experience of connection not only to the land, but to the people and animals who live in it,” Victoria says. This is the essence of Brugarol: not to extract from nature, but to walk with it, work with it, and learn from it. After the walk, guests are invited to taste the fruits of this harmony - a selection of farm-made products like our artisan cheeses, each one shaped by the land and season, paired with a thoughtfully chosen glass of wine. It's a simple yet meaningful way to connect more deeply - not just with the flavors of the region, but with the people, animals, and landscape that make them possible.









# ”A new vitality to our Catalan soil.”

When Victoria’s uncle Hans first began cultivating olives here in the 1950s, he chose to introduce southern Spanish varieties - Alberquina and Picual.

These cultivars, known for their generous yield, fast growth, and fleshy fruit, brought a new vitality to our Catalan soil. “For years, **olive oil** was something we made on the side. It was part of the farm, but not at its heart. That changed in 2019, when a member of our team - someone with a deep, almost spiritual love for olive cultivation - proposed that we give the trees the attention they deserved. Not just as crops, but as partners,” Victoria recalls. We began to plant again, this time returning to Argudell, a native variety of the Empordà. Unlike its southern cousins, Argudell grows slowly, naturally, with a tenacious beauty. It doesn’t demand. It endures.

Today, nearly 2,000 olive trees stretch across the estate, planted thoughtfully, grown without force, and allowed to follow their own rhythms. We do not push for volume. Instead, we protect the integrity of each tree and the distinct character of each variety. Just like with our wines, we keep each variety separate - never blending - so that the oils speak clearly and purely of their origin.

The result? Olive oils that are honest, alive, and deeply textured. Each bottle carries not only the varietal’s fingerprint but the season’s mood, the grove’s health, and the human hands that cared for it. Alberquina gives us a soft, elegant oil - rounded, with hints of almond and green apple. Picual brings structure and intensity - a peppery resilience with notes of green tomato and artichoke. And Argudell, our wild-hearted native, is complex and quietly powerful: earthy, herbal, with a whisper of smoke and stone. We harvest with patience. We press immediately, without heat. The oil is bottled with minimal intervention - no filtering, no refining - just the pure essence of the fruit and the land it came from.

We farm with intention, not exploitation. We see trees not as units of production, but as elders in a living system. To honor their strength and generosity, we must first listen - to the weather, to the soil, to the rhythm of the seasons. In that listening, we’ve found our path: not the quickest, not the easiest, but the one that leads us home - to a way of living and growing that is slower, deeper, and more beautiful than anything we could have designed.

”If the house is the heart, then the wine and food are its soul.”

Tucked among ancient trees and sun-warmed hills, Mas Bell-Lloc sits quietly at the heart of the Brugarol Wine & Olive Oil Estate. Surrounded by vineyards, and forests, the home feels both rooted and timeless.

“If the house is the heart, then the wine and food are its soul,” Victoria reflects, a phrase that perfectly captures the essence of **Mas Bell-Lloc**. She remembers childhood mornings vividly: “Breakfast was always served at the marble table on the terrace. The sunlight would stream through the trees, warming the stone, and I’d sit there, half-awake, listening to the distant bleating of sheep and the soft hum of the wind.” Back then, she didn’t fully grasp how deeply this place would shape her life.

Mas Bell-Lloc - which means “beautiful space” - is more than a name; it is the soul of the estate itself. Mas Bell-Lloc seems suspended in time. “Its stones are old, but they are not frozen,” Victoria explains. “They breathe, echoing the footsteps of those who’ve lived and loved here for centuries.” The house’s story is layered, stretching back to when it served as the residence of the local priest who led ceremonies in the nearby chapel of Santa Maria de Bell-Lloc.

Victoria fondly recalls wandering through what are now the Carinyenya and Monastrell bathrooms - once changing rooms for the priest and choir. “The stories in these walls are tangible. We’ve done our best not to erase them, but to honor them.” Over time, before her family arrived, the estate transformed into a traditional farm.

The local Romerías, seasonal gatherings marking the change of the seasons, became a cherished part of community life - traditions her family quietly preserves to this day. Her father added his own chapter to the estate’s history, restoring the pool to a depth of three meters - not just for diving but to encourage movement and strength - and curating the home with reverence and a modern touch.









Tastings start in a place like no other: an underground cellar carved into the hillside. “It’s cool, quiet, and grounding,” Victoria says. “It was never meant to impress, but to remind you where everything begins: underground, in stillness and patience.” From there, guests move into the light - either the sunlit terrace or the warm, cozy tasting room inside Mas Bell-Lloc.

There, simple, seasonal dishes arrive: creamy sheep’s cheese made on-site, fresh tomatoes that still taste of the garden, slow-cooked lamb that melts at the touch of a fork. “There is nothing rushed or elaborate - just food with nothing to prove, only something to offer. Each bite tells a bigger story: of the land, the people who tend it, and the traditions that guide us.” But Mas Bell-Lloc is not just a destination for food and wine. It’s a place to stay, offering something more enduring than traditional luxury: comfort, grounding, and connection - to nature, and to oneself.

“Originally our family home, each guest room still holds the calm and warmth that defined my childhood here,” Victoria explains. “We didn’t design the rooms to impress, but to feel like a place you could truly rest. A place that wraps around you, a place you remember.”

Each room is unique but shares a quiet beauty: exposed beams, thick walls, soft linens, and views that slow your breath. Technology and distractions are absent here, replaced by a gentle rhythm inviting guests to read, nap, listen to the birds, or simply be still. “When guests arrive, I love watching how quickly they settle in,” she says. “Within hours, they start to feel the same peace I felt growing up here. Some wander the hallway lined with paintings. Others head straight for the pool my father designed. Many linger under the trees with a glass of wine, as if the house is gently asking them to slow down. And they listen.”



























## Estate guesthouse Chalet Bell-Lloc



## Chalet Bell-Lloc used to be the caretaker's home

“The chalet used to be the caretaker's home and was placed at the entrance of the estate making sure that everybody had to pass past their watchful eye.” Back when Bell-Lloc first got converted into a tranquil guest house, it was the only place in the whole estate with a television, so Victoria and her sisters would hide there as children to watch some movies. Now, it is a beautiful apartment with four sunlit bedrooms, a cozy living area and a fully equipped kitchen.

Chalet Bell-Lloc is designed for rest and reconnection. Enjoy your morning coffee on the private terrace, where vineyard views and mountain air awaken the senses. It is close enough to the pool and main house to go and enjoy a swim and breakfast at Bell-Lloc or have food delivered to the privacy of your lounge. Wander scenic trails, watch winemakers and harvesters at work, and sample the estate's organic wines and golden oils - each a true taste of the place.



## Estate guesthouse Mas Terracotta



## Mas Terracotta nestled in the midst of one of the oldest vines

Mas Terracotta is an invitation to embrace life's simplest, most beautiful moments. "Nestled in the midst of one of the oldest vines it gives it a feeling of true connection to the land. Once it was the house used for my uncle Hans and his wife Carolin's visitors. Behind the house there are the old training grounds for horses, as well as one of the oldest brick ovens and the most beautiful walking trails."

The house hosts three beautiful rooms a dining area and a fully equipped kitchen and the pool. It is the ideal place for a family creating cherished memories, a group of friends exploring the countryside. Mas Bell-Lloc is at a 5min walking distance so the comfort of having someone cook for you is also always available. Guesthouse Mas Terracotta is truly a place to unwind, recharge, and reconnect.



## Estate guesthouse **Mas Antoniet**



# Mas Antoniet surrounded by the tranquil Gavarres forest

“Surrounded by the tranquil Gavarres forest, Mas Antoniet embodies Catalonia’s timeless charm, offering an experience where nature takes the lead.” From here a network of trails and cycling paths invites you to fully immerse yourself in the landscape.

Mornings begin with the soft chorus of nature drifting into one of five expansive bedrooms - each a haven of rest.

Inside, the open-plan kitchen and dining area extend onto a panoramic terrace, where every meal is framed by changing views. A private pool, peaceful garden, and shaded hammocks offer quiet spaces to unwind. Explore the wine estate, watch artisans at work, and taste our wines and golden oils that reflect the region’s soul. As dusk settles, sip wine beneath an amber sky and let the moment linger.







”A place where  
the world slows  
down in the most  
beautiful way”

Just ten minutes from the rolling vineyards and olive groves of our Wine & Olive Oil Estate, there’s a different kind of magic waiting by the sea.

Brugarol Beach Retreat La Fosca, a quiet cove cradled by pine-covered cliffs and kissed by the crystalline waters of the Costa Brava, is a place where the world slows down in the most beautiful way. La Fosca isn’t flashy or bustling - it’s quietly authentic, like a well-loved Catalan story told in sun-bleached stone and salty air. The rhythm here is set by the waves gently lapping the shore, the calls of seabirds overhead, and the soft rustle of pine needles in the breeze. It’s a pace that invites you to breathe, linger, and simply be. “I love how our beach retreat Hostal La Fosca captures this essence perfectly. It’s cozy and relaxed, a world away from the busier beaches, but still alive with warmth and character.” Victoria explains.

“What I treasure most is how easy it is to move between the two worlds. Spend mornings exploring the vineyards at the wine estate, then drive just minutes to La Fosca for an afternoon by the sea“

“La Fosca reminds me that travel isn’t just about new places - it’s about feeling grounded wherever you are. It’s about finding a spot where the soul can rest, the senses can awaken, and time feels unhurried. For me, La Fosca embodies all that and more.” says Victoria.





## About Restaurant Hostal La Fosca



## Restaurant Hostal La Fosca connected to the region and sea

The atmosphere of Restaurant Hostal La Fosca is timeless and holds a deep sense of place, the kind that makes you feel connected to the region and sea, even if it's your first visit.

Here, the day is yours to shape however you want: a lazy swim, a quiet read at the beach or a long, leisurely meal of fresh seafood at our renowned beachfront restaurant.

“Our kitchen in La Fosca is a genuine, no-frills Catalan spot where the kitchen honors the rich culinary heritage of the Mediterranean. Here, honest, heartfelt food made from the finest local seafood and time-honored Catalan classics like paella, and grilled fish. Every dish is thoughtfully prepared with seasonal ingredients sourced from local fishermen and our regenerative farms.”







## About Brugarol Hostal La Fosca



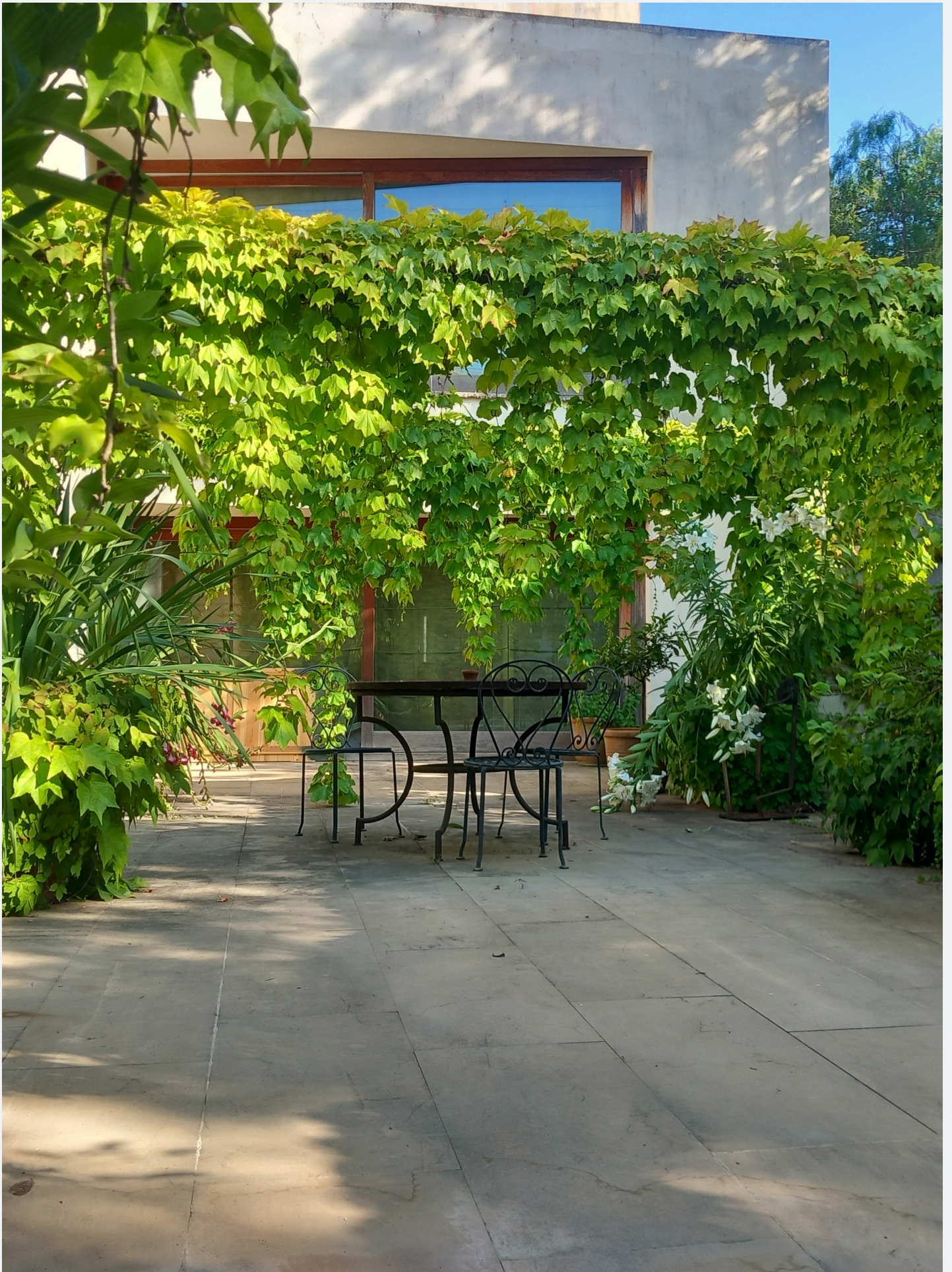
# Hostal La Fosca

once you arrive, you won't want to leave

Simple, authentic, and full of soul - Hostal La Fosca offers the true spirit of the Costa Brava. It's a place to slow down, and connect with the simple joys of this beautiful coastline. Our hostel with 24 spacious, simply furnished rooms, is the perfect spot whether you're traveling with family, solo, or even for business. Each room comes with a small private bathroom and that cozy, welcoming feeling that makes it easy to unwind after a day spent by the sea.

Mornings here start simply and beautifully - the aroma of fresh coffee fills the air as you enjoy a relaxed seaside breakfast. Throughout the day, the flavors of the Mediterranean take center stage. With stunning sea views and a laid-back vibe, Hostal La Fosca is also an ideal spot to bring your laptop and work inspired by the rhythm of the waves just outside the window. There's something truly special about this place, once you arrive, you won't want to leave.







About **Beach Villa La Fosca**, the Home by the sea

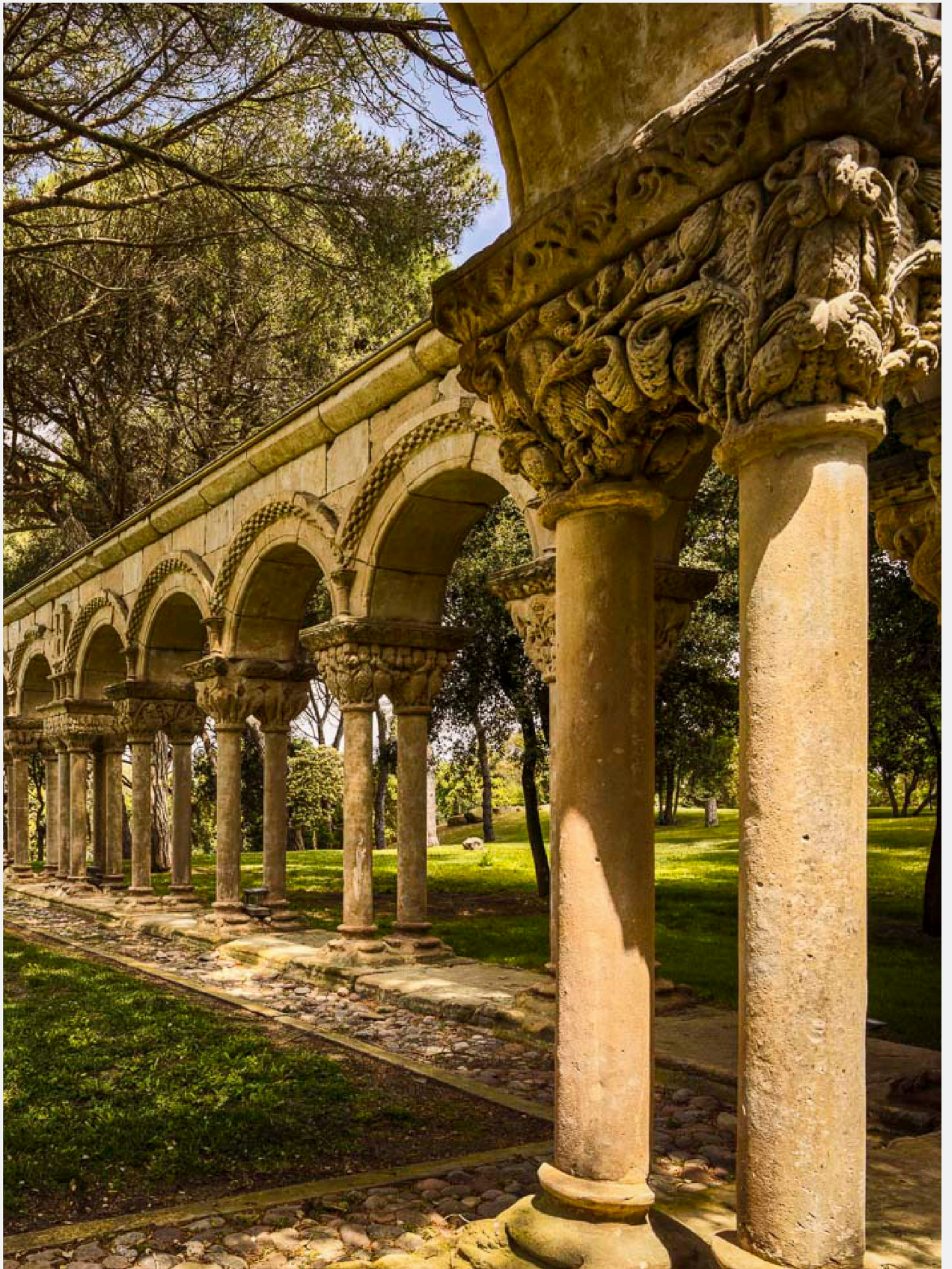


## Beach villa La Fosca: The spirit of the Costa Brava: natural, open, and restorative.

Just steps from the gentle waves of La Fosca beach and nestled beside the familiar warmth of Hostal La Fosca, Victoria's father invited renowned architect Jordi Garcés to design a modern beach villa - one that didn't just occupy the land but became part of it. What followed was an inspiring collaboration between material, memory, and place -resulting in a home that breathes the spirit of the Costa Brava: natural, open, and quietly restorative.

"Stef and I decided to open the villa for special occasions and gatherings, giving this exceptional spot an extra purpose - fostering connection between people, much like Stef's creation of 'The Home' in the Muga Valley," Victoria shares. "With our home in the valley and this home by the sea, we offer safe spaces to reconnect - not just with each other, but with ourselves." Available by request only.







## About Mas del Vent



# Mas del Vent

## A living poem of stone, soil, and soul

Originally purchased by Hans Engelhorn in 1952, the cloister was later assessed as a faithful reconstruction of a 12th-century Romanesque design, created by skilled artisans in the early 20th century. Regardless of its precise origins, the cloister stands as a masterpiece of stonework, evoking the medieval heritage that has long influenced this region. The main house, a jewel of history, was lovingly restored to its original splendor by RCR Architects in 2009, transforming it from a sprawling nine-bedroom structure—altered through the ages—back to the traditional masia style.

This revival honours the original design, with three distinct spaces where livestock once roamed in the lower sections while humans resided above. Mas del Vent is not only a relic. It is living land. Today, its story continues in the language of leaves and loam. Our vegetable farm now thrives in its soil, a testament to regeneration and rootedness. Rows of tomatoes, kale, lettuces, and aromatic herbs stretch like verses under the sun, echoing the rhythms of the old masía. On request, Mas del Vent opens its doors for special gatherings and visits, offering others a chance to experience its quiet beauty and deep connection to the land.







”The Muga Valley,  
is unlike any place  
we know.”

The Muga Valley, only 88 kilometers from Palamós, is unlike any place we know. It’s not just remote - it’s sacred in its silence, its wildness, its quiet invitation to let go.

As dusk falls over the rugged slopes of the Girona Pyrenees, we often find ourselves holding our breath—just for a second—as the last light spills across the valley. Drawn to its raw beauty and untouched rhythm, Stef shaped a retreat where the wild nature leads, and everything else - architecture, design, intention - follows with humility.

It began with a vision: to create a place where people could reconnect to nature, and through that, to themselves. Not performative, not polished—just real. True. “Since 2024, we’ve continued building on that vision together. What makes this place so special isn’t just its location, though the moss-covered forests, ancient trees, and gentle river feel almost otherworldly.

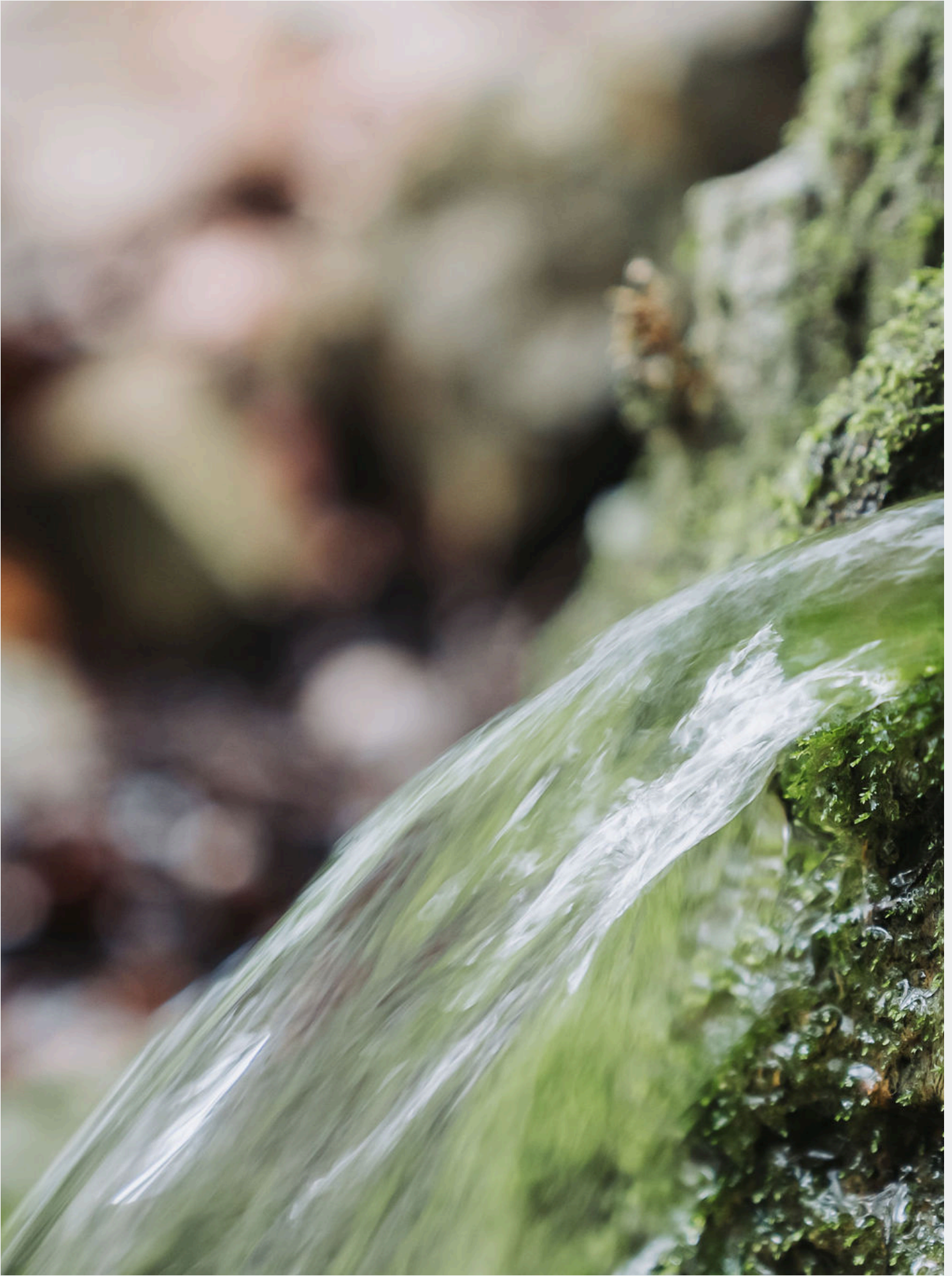
It’s the feeling you get when you arrive. The deep exhale. The sudden clarity. The sense that, here, you’re part of something timeless.” Stef explains. There’s no rush in the valley. The stillness holds you. The wild surrounds you. You wake with the light, sleep with the stars, and spend your days simply being - in the company of others or in quiet solitude. And that’s where the transformation begins.

“Together with our Home by the Sea in Palamós, this place completes a kind of journey: from the source to the sea, from movement to stillness, from the outer world to the inner one.” Victoria continues. “Both homes speak to different parts of ourselves, but share one heartbeat - rooted in warmth, in authenticity, and in the kind of beauty that asks nothing but your presence. This is more than a retreat. It’s a return - to nature, to simplicity, to meaning.” Stef concludes.











# ”Creating a regenerative society in which all life can thrive.”

In the foothills of the eastern Pyrenees, something is stirring. Sixty-eight communities are working together to regenerate 100,000 hectares of land. Their aim: to create a regenerative society where life can flourish, and the Muga River can flow freely once more. We travelled there to listen, to witness, and to share the story.

In 2018, after walking 900 kilometres through the Pyrenees, Stef van Dongen arrived in the Muga Valley and felt an unexpected sense of homecoming. “At that point, I had no relationship, no home, and had just handed over my company,” he recalls. The journey helped him reconnect with a deeper purpose—and a childhood dream of living in the wild. After two and a half months in silence, he reached the valley and knew he had arrived. But beneath its beauty, the land was struggling.

Decades of overuse and prolonged droughts had left the ecosystem fragile. Native forests, stripped by logging, had been replaced by invasive species. The overcrowded trees choked biodiversity, drained the soil, and reduced water absorption - drying the valley and the Muga River. In 2024, the Darnius-Boadella Reservoir reached just 12% of its capacity. To help restore balance, Stef began bringing people together around a new model of land stewardship - one rooted in regeneration. He settled in the valley and turned a farmhouse into a gathering place for impact investor and change makers. With official permits slow to arrive, Stef turned to emergence. He spent the time listening - to the land and to the people - and building trust through simple acts.

He organised village pizza parties: “I’d bring the dough, drinks, and music. People brought toppings. At the first one, 50 came. By the third, we were over 150.” Through those gatherings, four shared concerns emerged: forest fires, lack of water, economic pressure, and a deep erosion of trust. “That last one really hit me,” Stef says. “Because when trust breaks down, crises like wildfires become chaos. But when trust is strong, communities come together.”

“Healthy soils and forests address all of it,” he explains. “They hold water, prevent fires, generate jobs - and when restored together, rebuild connection.” His goal: to create a working model of regeneration - where the economy supports land, water, and community.

Since founding Pioneers of Our Time, thousands from across 68 municipalities have joined the effort. Together, they thin forests to retain water, reintroduce native species, and organise community festivals. In restored areas, aquifers hold 30% more water - and wolves have returned to the valley after over a century.

“When I met Stef on his farm, it was love at first sight,” says Victoria. “We shared a vision.” She joined forces with Stef to help build a regenerative economy rooted in care.

“This isn’t just about us,” Stef reflects. “It’s about the next seven generations. Living here brings clarity, health, and a deep sense of belonging. And doing it all with the love of your life - that’s pretty special.”











”A safe space to  
reconnect with  
nature.”

Amidst the rolling forests and endless skies of the Muga Valley, time doesn't follow the usual rules. Out here, in this quiet corner of the Spanish Pyrenees, life moves differently. Slower. Deeper. More connected. “When I first set eyes on Mas Les Vinyes, it wasn't just the views that caught me - it was the feeling. That's how The Home of the Pioneers was born.” Stef explains.

Perched high above the valley, the house is more than a retreat -it's a sanctuary for new ideas, for human connection, for those brave enough to pause and ask what really matters. Whether you come here for a few days of stillness, a team offsite, a learning journey, or to gather with family and friends, this home is designed to hold space for all of it. The rooms are spacious, comfortable, and quietly elegant. Each has its own en-suite bathroom and walk-in shower, large windows that flood the space with natural light, and calming details that invite rest. But the true heart of the house lies in the shared spaces: the open kitchen where meals unfold slowly, the long tables where stories are exchanged, a large meditation room for inner work, the fireplace where conversations stretch late into the night.

One step outside, and the landscape embraces you. Terraces wrap the house, offering pockets of stillness to read, reflect, or simply watch the sky change. The infinity pool floats above the valley, and when the wind settles, the sauna becomes a cocoon of warmth. What makes this place truly special is what happens between the moments. The spontaneous conversations. The unexpected laughter. The ideas that take root in the quiet. This is a place for pioneers in every sense - those seeking new ways of living, working, relating. A home where people come not just to escape the world, but to meet it again with fresh eyes.

“I didn't build this place to impress. I built it because I believe we need more spaces where we can reconnect with the land, with one another, and with ourselves. And where we can do so honestly, without noise, without performance. Just nature, warmth, and the invitation to be. That's the spirit of the Muga Valley. And that's the spirit of The Home of the Pioneers.”















## Estate guesthouse Casa El Pastor



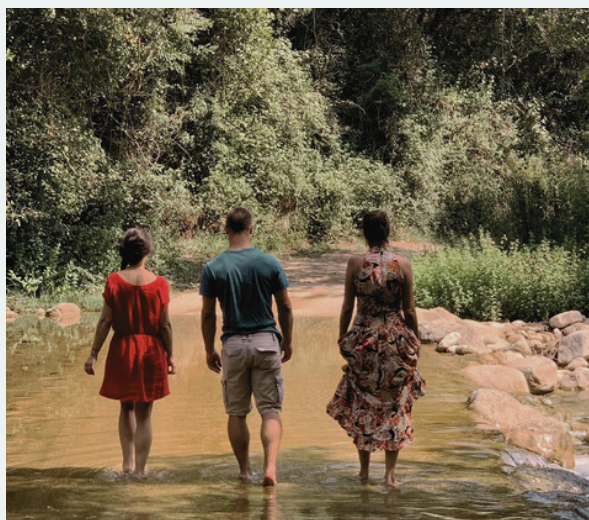
# Casa El Pastor restored with care and respect for its history

A journey to Casa El Pastor begins with a winding twenty-minute drive through the mountains, each bend revealing more of the Muga Valley's wild, deep-green tapestry. Then, suddenly, perched atop a quiet peak, next to Mas Les Vinyes, the farmhouse emerges - a hidden retreat that feels timeless and full of stories. "This is where my own adventure in the Muga Valley truly began. It makes Casa El Pastor more than just a house; it's a place where former farmers once lived and spent long winter evenings by the fireplace, wrapped in the warmth of tradition and community" Stef explains.

Restored with care and respect for its history, it now beautifully blends rustic charm with modern comfort. Stone walls and sturdy wooden beams speak softly of the past, while wide windows flood the cozy interior with golden light. The crackling fireplace in the open kitchen invites slow mornings and quiet, reflective nights. Two spacious bedrooms, each with a private ensuite bathroom, promise restful sleep under the vast Catalan sky. Casa El Pastor isn't just a place to stay - it's where the spirit of the Muga Valley comes alive, where the past and present meet.



## Estate guesthouse **Mas Nou**



# Mas Nou

## a river home in the raw beauty of the valley

Built on the foundations of old stone ruins, Mas Nou is rooted in the quiet beauty of the Muga Valley. When we first found the remains, the place spoke to us. We rebuilt it with care—honoring its spirit while creating space for rest, comfort, and new stories. Today, Mas Nou is a warm, four-bedroom guesthouse with an open kitchen, a cozy fireplace-lit living area, and a terrace overlooking the river below.

Every corner invites you to slow down and be present. This is a place for digital detox—no rush, no noise, just space to reconnect with nature, with others, and with yourself. Whether it's a morning coffee on the terrace or an evening under the stars, life here moves gently. And when you're ready to explore, the best of the Muga Valley is just outside your door.



## Estate guesthouse **Mas Costa**



# Mas Costa

a place that feels timeless and full of stories

Close to the beautiful village of Albanyà, Mas Costa welcomes you to a world where history, farm life, and nature come together. Nestled between the dramatic landscapes of Alta Garrotxa and Alt Empordà, this rural farmhouse offers a basic accommodation and easy access to natural treasures like Bassegoda Mountain and the Muga River.

A stay here is a rustic invitation to reconnect with the land and experience the region's essence—its rich heritage, winding cobblestone paths, and unspoiled beauty. With scenic hikes at your doorstep, Mas Costa is ideal for groups, families, or solo travelers looking to unwind in nature.







# ”A world of forest and salt, of soil and sea.”

Hidden among the labyrinthine alleys of Barcelona’s Gothic Quarter, there’s a door that quietly opens to another world — not of the city, but of the land.

A world of forest and salt, of soil and sea. This is Brugarol Barcelona — our little secret with just 21 seats and a big story to tell. The dream didn’t begin here, in the stone shadows of the old city. It began further north, in Palamós, at Mas Bell-Lloc. Brugarol has always been a way of life more than a brand: sustainable farming, conscious winemaking, architecture rooted in earth and tradition.

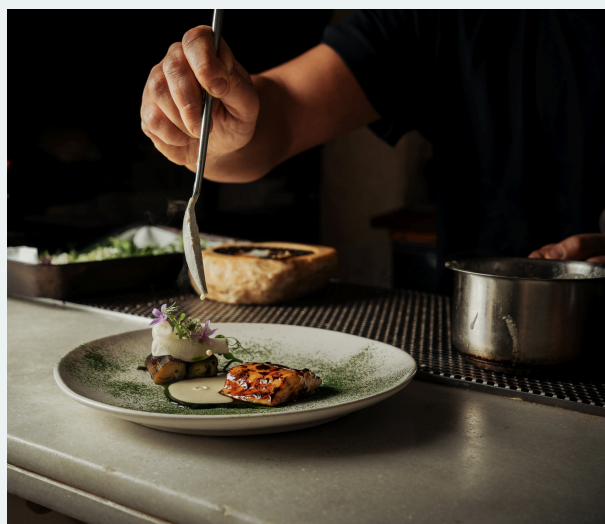
“And when Angelo Duarte Scirocco walked into that world, something clicked. Angelo came from far - South Africa - drawn not by fame or fanfare, but by curiosity. A chef who had already been named Best Young Chef in Africa in 2012, he came to learn. To get his hands dirty. To understand the flavors born of farm cooking and firewood, olive trees and time. What struck me wasn’t just his talent - it was his humility, his deep joy in the simple alchemy of food and land.” says Victoria.

“It was Angelo who convinced me that we needed a space in Barcelona - not a restaurant in the traditional sense, but an entry point. A way for people to touch, taste, and begin to understand the philosophy of Brugarol before ever setting foot in Palamós.” That’s what Brugarol Barcelona became. A narrow, glowing corridor of wood and stone where each plate tells a story from the Costa Brava. What Angelo creates in that tiny kitchen is deeply personal, and yet it’s never about ego. It’s about place. Every ingredient carries a whisper of the salty air from our vineyard hills, the wild herbs that grow untamed, the quiet hands that harvest with care. It’s a dining experience that doesn’t shout — it speaks gently, clearly, truthfully.

Brugarol Barcelona not just as a restaurant, but as a bridge. A small, glowing space where city meets soil, where strangers become friends, and where food becomes something more: a way of life.



## Restaurant Brugarol Barcelona



# Brugarol Barcelona always seeking the essence of flavor

In the narrow streets of Barcelona's Gothic Quarter, Brugarol Barcelona is a small, welcoming restaurant where you can watch the chefs at work just a few steps away. It's an intimate space with an open kitchen - designed for those who appreciate the craft behind every dish.

Our passion lies in contemporary cuisine with a focus on raw gastronomy, always guided by the quality and purity of our ingredients.

Influenced by Japanese techniques and philosophy, our tapas aim to express the essence of each product - simple, precise, and full of flavor. We're open for lunch and dinner, and we invite you to join us for a relaxed and thoughtful dining experience in the vibrant heart of the old city.

Carrer de Salomó ben Adret, 10,  
Ciutat Vella, 08002 Barcelona | +34 933 15 89 95







45 km

## LAS HERAS



**Vinya De Dalt (2017):** 0,46 ha  
Garnatxa Negra + Garnatxa Roja

**Vinya Llarga (2017):** 0,69 ha  
Garnatxa Roja

**Vinya Fosca (2017):** 0,34 ha  
Garnatxa Blanca + Garnatxa Roja

**Vinya De Baix (2017):** 0,31 ha  
Garnatxa Roja

## CHALET BELL-LLOC



A private 4-bedroom apartment rental only a 5-minute walk from Bell-Lloc's amenities.

## MAS BELL-LLOC

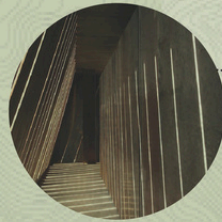


## CELLER BRUGAROL

An award-winning underground winery designed by RCR Arquitectes. Here, wine-making meets cutting-edge design.

**Vinya del Cellar (2007):** 0,56 ha  
Cabernet Franc + Cabernet Sauvignon

**Vinya d'Abaix (2002):** 0,25 ha  
Cabernet Franc



## WINE & OLIVE OIL ESTATE

## MAS TERRACOTTA

A traditional 3-bedroom Mediterranean villa, surrounded by vineyards, and includes a private pool.

**Vinya Vella (2002):** 0,37 ha  
Cabernet Sauvignon + Garnatxa Negra

**Vinya Jove:**  
0,57 ha  
Cabernet Sauvignon + Cabernet Franc



## MAS SALVÀ

A working organic farm and the home of Brugarol's regenerative agriculture projects.

**Vinya de la Casa (2009):** 0,40 ha  
Malvasia Istriana

**Vinya Llarga (2009):** 0,37 ha  
Malvasia Istriana

**Vinya Romana Gran (2009):** 0,95 ha  
Garrut

**Vinya Romana Petita (2017):** 0,45 ha  
Garnatxa tintorera + Garnatxa peluda

\*\*\*\*\*

### OLIVERES:

Picual + Arbequina + Manzanilla +  
50 oliveres centenàries d'Argudell



## MAS ANTONIETTA

A private 5-bedroom farmhouse with a pool immersed in nature.

**Vinya petita (2017):** 0,62 ha  
Garnatxa Roja + Garnatxa  
Garnatxa Blanca

**Vinya Gran (2016):** 1,26 ha  
Malvasia Istriana

**Vinya Gran (2016):** 0,45 ha  
Xarel·lo

\*\*\*\*\*

### OLIVERES:

Argudell



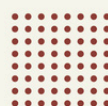
## BRUGAROL BARCELONA



A farm-to-table Spanish-Asian fusion restaurant in the heart of Barcelona, bringing our philosophy to the city.

## PALAMOS

120 km



VINES



OLIVES



FARMS



SHEEP



RURAL HOUSES



LODGING



## WILDERNESS RETREAT

88 km

### HOME OF THE PIONEERS

A 13-bedroom full-service retreat, event, and family space set in the wilderness of La Muga.



### MAS NOU

A private 4-bedroom mountain house, offering a secluded stay, while remaining close to the main estate.



### MUGA VALLEY

### MAS COSTA

A private farmhouse rental featuring two separate apartments with traditional Catalan interiors. Located near Albanyà village.



### MAS DEL VENT

A heritage estate featuring a 12th-century cloister; available for private events, tastings, and guided visits.



**Vinya Del Pou (2017):** 0,25 ha  
Samsó + Garnatxa Tintorera

**Vinya Del Pou Vella (2002):** 0,61 ha  
Garrut + Garnatxa Negra

**Vinya Del Mar Dalt (2001):** 0,36 ha  
Xarel·lo + Moscatell de gra petit

**Vinya Del Mar Baix (2001):** 0,61 ha  
Garnatxa Negra + Samsó

\*\*\*\*\*

**OLIVERES:**  
Picual + Arbequina + Argudell  
(olivera vella)

### LA FOSCA

### HOSTAL LA FOSCA

A coastal hostel offering laid-back stays by the sea.

Providing a comfortable base for exploring the Costa Brava.



### HOME BY THE SEA

A private seaside retreat, perfect for businesses or teams seeking inspiration by the coast.



## BEACH RETREAT

A rustic-elegant 10-bedroom guesthouse nestled between vineyards and forests. Inviting guests to embrace slow living, enjoy farm-to-table experiences, and immerse themselves in nature.



TE

house rental  
nature.

,62 ha:  
xa Gris +

26 ha

45 ha



BIKE FRIENDLY





*When she stops flowing, so will we*

# MUGA

Learn about the Muga Valley's regeneration  
and watch the documentary.



*Presented by*

**RE** WE ARE THE **GENERATION**

*In collaboration with*

**ThePioneers®**  
OF OUR TIME FOUNDATION

Oud  
Terra Nova

 **STORYTRAVELERS**

Watch on [re-generation.cc](http://re-generation.cc)





# Our Natural Wines

organic, low intervention wines made on the estate.



## **Brugarol.**

*Carinyana, Cabernet Franc & Cabernet Sauvignon*



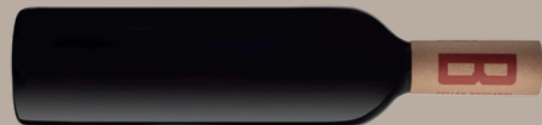
## **Malvasia.**

*100% Malvasia*



## **Xarel-lo.**

*100% Xarel-lo*



## **Negre.**

*Monastrell & Carinyana*



## **Mestis.**

*Garnatxa Blanca, Malvasia & Garnatxa Gris*



## **Rosat.**

*100% Garnatxa Negra*



## **Ancestral Blanco.**

*Malvasia*



## **Ancestral.**

*100% Monastrell*





Brugarol is proud to be Bikefriendly - welcoming cyclists with tailored services, scenic routes, and the ideal setting to rest, refuel, and reconnect with nature. It is not for nothing that 80% of Tour de France winners actually have a residence in the Emporda. Our routes and scenery allows for all sorts of training from smooth roads to gravel and mountain biking. There is something for everybody. Whether you're riding solo or in a group, our Wine & Olive Oil Estate, along with Hostal La Fosca, offers a unique stop for adventure, and comfort.

Discover the latest features, updated every day.  
Accessible anytime, from anywhere.

**WWW.BRUGAROL.COM**



[brugarol.com](https://brugarol.com)



[@brugarol](https://www.instagram.com/brugarol)  
[@thepioneersfoundation](https://www.instagram.com/thepioneersfoundation)



[info@brugarol.com](mailto:info@brugarol.com)



Brugarol



+34 972 601 071