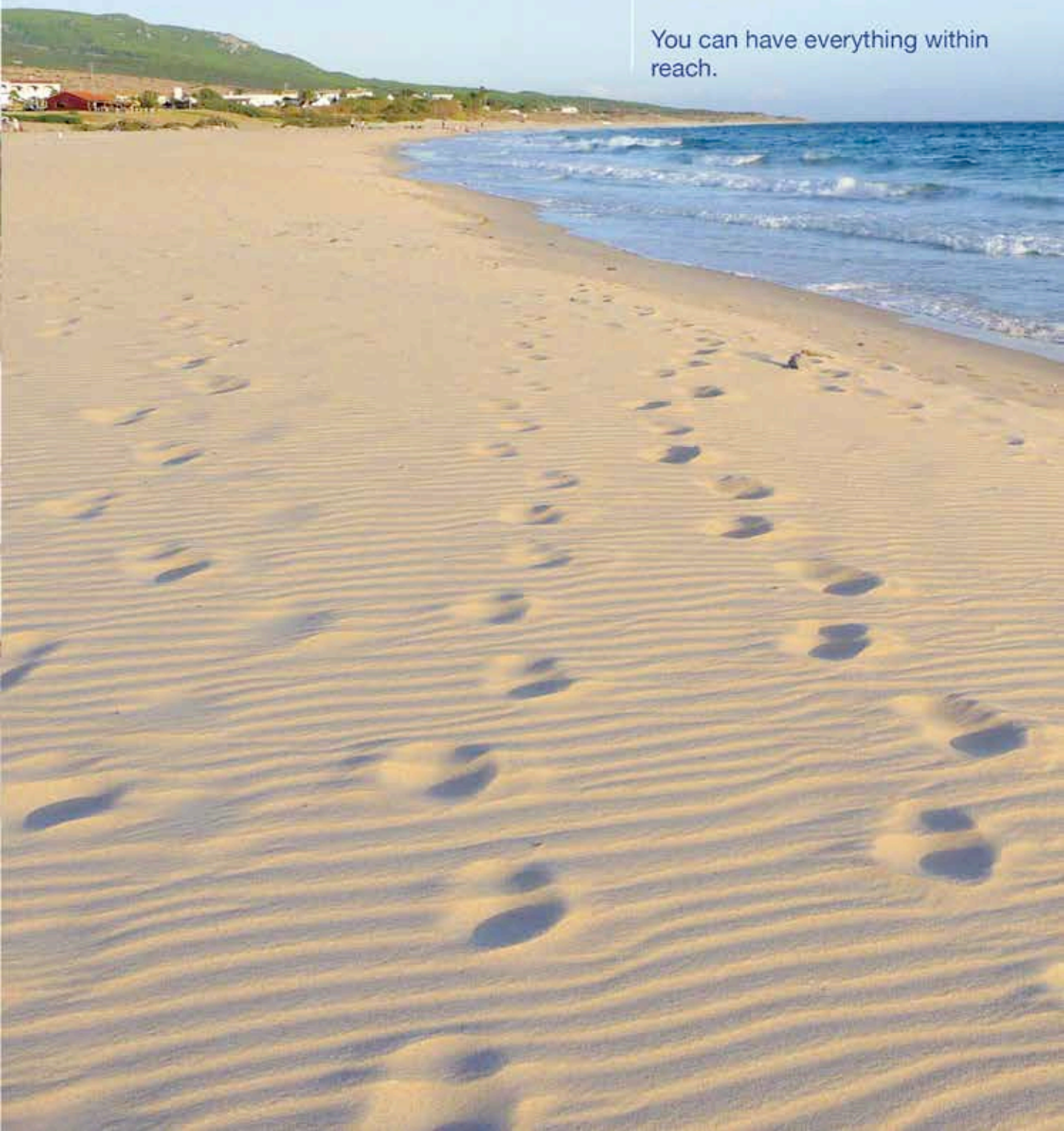


# Enjoy CÁDIZ

You always have somewhere to choose in Cádiz. You can enjoy the beach, visit wineries, have a tour around those white villages or go on board to see dolphins and whales.

You can have everything within reach.



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# Beaches to suit all tastes

■ **This province has 260 km of coastline and 138 km of beaches:** small bays, inlets, several kilometre long sandy areas, family beaches, intimate beaches, the country which turns into a beach, quiet, crystal-clear coastal waters, with waves. There are open and at the mercy of the wind beaches as well as beaches protected from the breeze, with white sand, near the city or behind a cliff.



## The Sea of Cádiz

3,000 hours of sunshine a year. 18°C annual average. **138 kilometres of beaches.** Doubtless, Cádiz is mainly sun and beach. An ideal destination for enjoying the sea contact, both in the **Mediterranean Sea** or in the **Atlantic Ocean**. Travelling along the coastline of the province from Sanlúcar de Barrameda to Torreguadiaro in San Roque, we can find **all type of beaches:** virgin, urban wide, rocky, small bays... with clean and turquoise blue water.

Los Caños de Meca (Barbate) cliffs and Conil small bays attract the attention: secluded and virgin beaches where nudism can be practised. Other beaches are surrounded by red land cliffs.

In some of them we can find **natural monuments** such as "the dune" in the beach of Bolonia, "fishing farmyards" in Punta Candor in Rota, or the beach in Castillo de San Fernando with "the anchovy tip". In Cádiz, it is common that the sea meets the mountains, with landscapes of pine forests and marshlands. **Very natural beaches,** each one its own style: some of them with rocky mountains and others can only be reached on foot or by sea. The Bonanza de Sanlúcar de Barrameda beach, for example, is at the mouth of the river Guadalquivir, where the salt marsh and marshlands of the Entorno de Doñana.

## Beaches full of history and fiction

Beaches where we can please the eye are **la Hierbabuena**, offering an spectacular view on the Natural Park of la Breña and Marismas (Marshlands) de Barbate and the beach of **Zahora** with beautiful views on the **Cabo Trafalgar (Trafalgar Cape)**, there the battle, which gives the name to the Trafalgar Square in London and also remembers the death of Nelson, took place.

The Tarifa coastline is included in the Natural Park of el Estrecho (Strait) and it is because of the beautiful beaches such as Bolonia, Punta Paloma, Cañuelo and Zahara de los Atunes.

**Bolonia** is a white-sand wild beach with a large dune in bend, clear water and the Roman ruins of Baelo Claudia complete the ensemble. In the inlet of **Valdevaqueros**, another dune, Punta Paloma, takes over the landscape, which has been a frequent stage for TV advertisements offering one of the most wonderful views on the African coastline. Its fine and golden sand and its wild appearance make it be one of the most spectacular beaches. As the beaches in **Zahara de los Atunes** are, there is a castle in its village that was used as a fortress and fish factory in the XV century.





### Colourful beaches

**Beaches in Tarifa** are also the mecca of windsurfing and kite-surfing and not only for those who practice it, but also for those who want to enjoy the show: hundreds of colourful sails and kites over the sea with the North African coastline in the background.

The beaches of Sancti Petri in Chiclana and the Caleta (small bay) del Agua in El Puerto de Santa María are respectively suitable for practising diving and spear fishing, and the beach of Las Canteras in Chipiona for practising snorkelling.

The beach with the **highest lighthouse in Spain** is in Chipiona, from there a spectacular view on the fishing farmyards with many seaweeds, molluscs and fish can be seen.

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Beaches in Tarifa are also the mecca of windsurfing and kite-surfing and not only for those who practice it, but also for those who want to enjoy the show

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**La Victoria** is the longest beach in **Cádiz** city and people use it over the year: for walks, sunbathing, going running, swimming, etc. It is a **film beach** as films are projected on a large screen and the sand turns into stalls when the sun sets. An intensive use compatible with the beach care, in fact it was the leading city in achieving the environmental management certification of the EU. It is a recognition of the beach quality shared with the beach of **La Barrosa** in Chiclana.

**La Fontanilla** in Conil or **El Carmen** in Barbate are also long beaches offering many different services.

**Valdelagrana and Fuentebravía** in El Puerto de Santa María, **La Costilla** in Rota, **Playa de Regla** and **Cruz del Mar** in Chipiona are also beaches with similar characteristics.

Beaches such as **Sotogrande, La Alcaidesa, Atlanterra or La Ballena** gather people living or spending their holidays in nearby tourist hubs.

The ruins of the Castle of **la isla (island) de Sancti Petri** belong to the XV century, and the beach of La Barrosa, with 8 km in extension is in front of it.

In the last **James Bond's** film, "**Die another day**", this spa was the reference point for Cádiz landscape as if the city was La Habana.

The secluded beach of **La Caleta** is in the old town of Cádiz which is also surrounded by **two castles, Santa Catalina and San Sebastián**. On its sand there is the old spa of La Palma, today it is used as Centro de Arqueología Subacuática (Underwater Archaeology Centre).



### If you like sailing

If you like the sea, crossing the **Bahía de Cádiz (Bay of Cádiz)** is one of the required appointments. **Catamaran** trips are frequent. A nice trip from the city to Puerto de Santa María or Rota. Another suggesting proposal is sailing across the Bay surrounding the walls and the castle of Santa Catalina until watching the city of Cádiz from the sea with the beach of La Caleta as a return point.

If you like the sea, crossing the Bahía de Cádiz (Bay of Cádiz) is one of the required appointments. Catamaran trips are frequent.

When summer starts, you cannot miss the trip to the **red sunset**. A boat trip from the port of Sancti Petri in Chiclana, going deep into the sea to see how the sun sets in front of the island of Hércules, the one who separated Europe from Africa. It is not a common sunset. In the Costa de la Luz and due to the Raileigh effect, the sun turns into a red incandescent ball falling slowly into the sea. It is an unforgettable experience.

**Salidas en barco**  
[www.albarco.com](http://www.albarco.com)

**Real Fernando ship**  
[www.visitadonana.com](http://www.visitadonana.com)  
T: 956 363 813

**Among dolphins and whales**  
[www.firmm.org](http://www.firmm.org)  
[www.turmares.com](http://www.turmares.com)  
[www.whalewatchtarifa.net](http://www.whalewatchtarifa.net)

**La Belle de Cadix**  
[www.croisieurope.com](http://www.croisieurope.com)



From Sanlúcar de Barrameda, crossing the river Guadalquivir on the **Real Fernando ship** you will enter **Doñana**. The ship will dock at different points to know and enjoy this Natural Park.

The ship is docked at Bajo de Guía, in front of the old Ice factory, which offers a very interesting exposition on the richness of Doñana.

### A cruise in the Guadalquivir

La Belle de Cadix from the company Croisieurope starts its trip in Sevilla sailing down the Guadalquivir until reaching Sanlúcar de Barrameda, from there to El Puerto de Santa María and then to Cádiz. In each port, excursions to other places in Andalucía, such as Córdoba or Granada, are offered.

**La Belle de Cadix** stands out for its exclusive and select atmosphere and its superb gastronomy offer, led by the French cuisine

### Among dolphins and whales

Unbelievable but true. In Tarifa, several companies are dedicated to whale watching.

You can sail through the Strait of Gibraltar, with views onto the African continent while enjoying the pass of killer whales in summer, and whales and dolphins all over the year, as they are resident species in this section of water of 14 km, linking the south of Europe to the north of Africa.



## routes

# Travelling around the province

Despite being small in extension, the province of Cádiz offers so different landscapes, environments and characteristics that several routes have been established in order to know it better. The most traditional ones are the routes of wine, bulls, coastline and white villages. Routes visiting villages in la Frontera and the Latin American legacy in the Bahía (Bay) de Cádiz are very interesting. Only when all the routes have been covered, we can say that we know this so singular province.





### Get lost in La Frontera

Vejer de la Frontera, Castellar de la Frontera, Jimena de la Frontera... are the villages in the border between Castilians and Muslims who fought for what they considered their land: Andalucía. The battle finished at the end of the XV century but memories remain indelible. Each village has a castle and its houses are among battlements. Other villages still have Arabian names such as Alcalá de los Gazules or Medina Sidonia. Go into them and see the landscapes from above...

### Mountains of Cádiz.

#### Route around the White Villages

Many and different villages: Arcos de la Frontera, Grazalema, Setenil de las Bodegas, El Bosque, Olvera, Zahara de la Sierra. Escape and know them. If you stay there, you will find many small charming hotels as well as country estates. Swimming pool included.

You can visit interesting places along the route: the blanket factory in Grazalema and know how they are handmade, the mills for making olive oil in Zahara de la Sierra and

know how it is produced, the cheese factories in Villaluenga or the leather artisans Ubrique.

**The mountains of Cádiz** are extended in the north of the province in a rough, tasty, green and amazing trip: the **Route of the White Villages**. Stories about how daily life was during Al-Andalus are still prevalent: the street layout, the cultivation of oil, leather handmade production and the sweet andalusí recipe book.

Berber heritage is mixed with Roman paved roads, Christian invasions, bandits' legends, sleepers of a train that never got there, turned into "Green Rail" at present, a nice itinerary for trekking, cycling, see the vultures or tress such as the **"Chaparro de la Vega"** with more than 13 m. high. In addition, there is also an important archaeological heritage, over 250,000 years old.

Arcos de la Frontera is one of the most popular white villages. Just look at it to understand why it has been designated an Artistic-Historic Monument. Ubrique, El Bosque and Prado del Rey, are also well-known not

only for their wonderful landscapes but also for their traditional handicrafts.

Algar, Algodonales, El Gastor, Puerto Serrano and Villaluenga, the smallest of all these charming villages, are part of the route. Benaocaz, Bornos, Espera, Villamartín, Torre Alháquime and Olvera are also well-know villages, each one with its own castle and fiestas.

The route goes deep into the **Natural Park Sierra de Grazalema**, designated a Biosphere Reserve, a space which maintains spices such as the **pinsapo**, spices from the Tertiary Age. This park is a compulsory visit for those who enjoy active and rural tourism.

Grazalema is another essential visit, as well as Zahara de la Sierra, with one of the most spectacular landscapes around. To finish, Alcalá del Valle, and Setenil de las Bodegas, with its unusual arrangements: houses dug out of the mountains, following the river banks.

### Go deep into the parks

The province of Cádiz has **six natural parks**: Los Alcornocales and Sierra de Grazalema inside the province, and Entorno de Doñana, La Breña and Marismas del Barbate, Estrecho (Strait) and Bahía (Bay) de Cádiz bordering on the coast. These areas make Cádiz have the most protected spaces in Andalucía.

Many companies provide information and various ways to go deep into the nature of Cádiz, enjoying ornithology, botany and the practice of open-air sports and multi-adventure.

### A walk on the clouds

If you like flying, you can enjoy flying on a light aircraft on Cádiz sky to see what you like most: the natural park of Grazalema, Doñana or the Bahía de Cádiz from above.

These trips are organized from the **Aeroclub de Jerez** and you can choose among five itineraries. The Aviation School **Bayflight Training** organizes six different trips, too.



**Aeroclub de Jerez**  
[www.aeroclubdejerez.com](http://www.aeroclubdejerez.com)

**Bayflight Training**  
[www.bayflight.es](http://www.bayflight.es)





horse

# Horse riding through the province

■ **It is clear that the horse is the king in Cádiz.** Here horses dance, go to fairs, run along the beach, play polo, take part in important competitions... and they are raised in the same grass together with fighting bulls.

## La Real Escuela (The Royal School) and the group of Mares

On Tuesdays and Thursdays at twelve noon the show starts. Horses of the **la Real Escuela Andaluza del Arte Ecuestre (The Royal School of Equestrian Art)** of Jerez dance. It is a real equestrian dance which is worth watching. This dance can also be watched one Saturday a month.

On Saturdays you can also enjoy the show by la **Yeguada de la Cartuja de Jerez (the group of Mares of la Cartuja de Jerez)**. An institution which has been responsible for the improvement of horses from la Cartuja since the Middle Age.

## Horse races

Horse races in Sanlúcar de Barrameda are declared as International Tourist Interest and they have been taking place since 1845.

They took place e in August every year. They are arranged in two three-day cycles at dusk and using the wide space of sand from the low tide in the **beaches of Sanlúcar**.

During those days, race horses take place in this so singular racecourse where the show is guaranteed: thoroughbred horses gallop on the sea shore, the sunset and the National Park of Doñana in the background.



## Polo

One of the main clubs in Europe, the Santa María Polo Club of Sotogrande in San Roque, has a sport season covering the whole year with the celebration of more than 40 polo competitions offering quality, emotion and glamour.

The business elite, aristocracy and celebrities meet in Sotogrande, one of the most prestigious luxury estates in Europe.

## Royal School of Equestrian Art

Avda. Duque de Abrantes, s/n  
Jerez de la Fra., Cádiz  
T: 956 318 013  
[www.realescuela.org](http://www.realescuela.org)

## Group of Mares of la Cartuja de Jerez

Ctra. Medina Sidonia-El Portal, Km. 6.5  
T: 956 162 809  
[www.yeguadacartuja.com](http://www.yeguadacartuja.com)

## Equestrian circuit of the Sun and the Moon

The Dehesa Montenmedio is the headquarters of the Equestrian Circuit of the Sun, an international equestrian event which takes place every year for five weeks in February/March. Competitions of Jumps and classical Dressage where the best riders from 40 countries meet. In this so prestigious facilities, other equestrian national and international competitions are also celebrated, such as the "Equestrian Circuit of the Moon" which takes place in July and always at night.

## Horse races in Sanlúcar

[www.carrerassanlucar.es](http://www.carrerassanlucar.es)

## Santa María Polo Club de Sotogrande

[www.santamariapoloclub.com](http://www.santamariapoloclub.com)

## Dehesa Montenmedio

Ctra. N-340, Km. 41,3  
Vejer de la Fra.  
[www.montenmedio.es](http://www.montenmedio.es)







### The fighting bull

Bulls have also a special meaning in Cádiz. The best known livestock of fighting bulls are raised in the meadows of the province. Many of them offer the possibility to know this so noble animal in its natural environment and see

the maintenance and care tasks. Domecq, one of the main livestock in Spain, has started a project called "Open Country", for the visitor to know how the rearing of bulls and horses is in its country estate of Los Alburejos.

**Open Country**  
[www.acampoabierto.com](http://www.acampoabierto.com)



## A lot of History A lot of culture

■ **The capital of the province is the oldest city** in the West with three thousand years of history. Tartars and Phoenicians visited those lands as demonstrated by one of the jewels in the province: the two Phoenician sarcophagus, which are in the Museum of Cádiz and they are the only two pieces of Phoenician craftworks found in the Iberian Peninsula.





### A lot of History. A lot of culture

Romans and Visigoths left their marks such as the **Roman ruins of Carteia** (San Roque) or the archaeological complex of **Baelo Claudia, a Roman city** founded in the II century B.C., one of the greatest attractions in the province due to its archaeological richness and the beauty of the beach of Bolonia (Tarifa).

From 711 on, these lands were controlled by the Muslims until the XIII century when the King Alfonso X el Sabio (the Wise) joined these lands to the Kingdom of Castilla.

This period of invasions and reconquest has passed on an extraordinary cultural, artistic and monumental wealth all over Cádiz: more than 30 **castles and fortifications** spread around the province: Alcazar of Jerez, Castle of Sanlúcar, Castle of Luna in Rota, San Marcos in El Puerto de Santa María or Guzmán el Bueno in Tarifa. There is also a great richness in **religious monuments**: Cartuja of Jerez, or the cathedrals of Jerez and Cadiz.

In the XVIII century, the Golden century in Cádiz, this city monopolized the overseas trade and established



important links with America for ever. It became a cosmopolitan and liberal city whose spirit was gathered in **“la Pepa”, the first Spanish Constitution** approved on the 19 of March, 1812. Such Constitution had a great influence in America and Europe and has become one of the landmarks of modern History.

### Memories of America

It is one of the most touching tourist trips in the province bringing to mind the links between Cádiz and Latin America and the marks such exchange have left in the coast of Cádiz, so closed to the overseas trade.

**The American Route** goes along palaces, manor houses of the loaders to Indies, the old Customs of Cuba and Philippines, watchtowers to see the boats coming, convents which were founded for friar preachers to stay there waiting for their transfer to overseas lands. Memories that invite us for a walk around cities such as Cádiz, El Puerto de Santa María and Sanlúcar de Barrameda, cities closed to the New World.





The **Tavira Tower** of Cádiz is one of those watchtowers. From it, Cádiz and the sea can be seen in its fullness.

From the **torre de Poniente de la Catedral (East tower of the Cathedral)** the view is also spectacular as well as from the ostionera-stone stairs which goes from the base of the cathedral to the bell tower.

#### Tavira Tower

[www.torretavira.com](http://www.torretavira.com)

[www.monumentosalavista.com](http://www.monumentosalavista.com)



#### Handmade

There are many types of craftworks in the province. The most famous and appreciated ones are: leather products from **Ubrique** and nearby villages which are commercialized by well-known brands such as Loewe, Dior, Givenchy, or Vittorio & Luchino.

In Grazalema the **factory of handmade blankets** stands out and the works in **wicker, cane or cattails** in Medina Sidonia, Setenil, Bornos or Vejer.

Also the **barrel-making workshop**, items for wineries, and the **saddlery** in Jerez, items for horses.

**Esparto** baskets and espadrilles are typical from Torre Alháquime, **palm and crochet** from Paterna de Rivera, hand-moulded guitars from Algodonales and **bagpipes** from El Gastor. Arcos and Conil stand out because of their **pottery**.

It is also worth mentioning the **country boots** from Alcalá de los Gazules and Espera, **handmade furniture** from Benamahoma and Prado del Rey, **typical dolls** from Chiclana and **woodworks** and mahogany furniture from Sanlúcar de Barrameda.



## gastronomy

# Tasty Cádiz

**Gastronomy of Cádiz is the result from 3,000 years of history to the service of stoves.** It includes foods from other parts of the world, some of them brought from America and others from Mediterranean countries. Exquisite, traditional and innovative.





### Cathedrals of Wine

In Marco del Jerez there are more than **40 wineries**, real wine museums, laden with history, implements, legends, and atmosphere of film. They are the wineries of Jerez, El Puerto de Santa María and Sanlúcar. The most outstanding ones are: Barbadillo, Domecq, Sandeman, Marqués del Real Tesoro, William & Humbert, Osborne, Caballero, Terry, Garvey, Pedro Romero or Díez Mérito.

For example, in the wineries of Tío Pepe by González Byass there are more than 100,000 wineskins. The oldest ones are 350 years old. People such as the writer Leopoldo Alas "Clarín", Harold Lloyd, Jean Cocteau, Winston Churchill or Ayrton Senna, Roger Moore or Steven Spielberg have visited its facilities. There is an endless list of well-known visitors.

Sherry wine is also a luxury ingredient in the cooking of Cádiz, its wide range allows for a Sherry for each moment. This wine is part of the international and national recipe books.

In some of these wineries in Jerez there are famous sentences such as the one by the inventor of penicillin who wrote something like: **"my medicine cures ill people but this wine brings people back to life"**.



It is worthwhile visiting the winery of La Concha, in Jerez, designed by **Gustave Eiffel**.

Valdivia wineries has developed visits thinking of the youngest in the house with a special programme for children and the Tradición wineries gathers one of the **most important collections of paintings** in Spain with works by Zurbarán, Velázquez, Goya or Lucas Villamil.

Sherry wine is also a luxury ingredient in the cooking of Cádiz, its wide range allows for a Sherry for each moment. This wine is part of the international and national recipe books.

[www.sherry.org](http://www.sherry.org)







### Tasty Cádiz

Cooking of Cádiz is mainly influenced by **wines from this land**, products from its vegetable gardens and **fish and shellfish** from the coast: specially the famous king prawns of Sanlúcar de Barrameda.

We cannot forget **handmade cheeses, chacinas (dried meat) and game meats** from the villages in the mountains, and confectionery, very tasty with a great influence from Arabians and the contribution from nuns' convents.

The restaurant Aponiente in El Puerto de Santa María, managed by Ángel León, was awarded with a Michelin Guide star in 2010. With its innovative cuisine, the marine plankton is incorporated in order to take the sea flavour to the dish. Olive stones are used as embers for cooking.

Haute cuisine is also made with innovative proposals such as **wine pearls** by Biogades Food Tech, **marine weeds** by Suralgae, or **snail roes**, known as “Aphrodite pearls”, by Blancgastronomy.

All of them have a space in the gourmet cuisine.



**Restaurant Aponiente**  
[www.aponiente.com](http://www.aponiente.com)

**Biogades Food Tech**  
[www.biogades.com](http://www.biogades.com)



**Suralgae**  
[www.suralgae.com](http://www.suralgae.com)

**Blancgastronomy**  
[www.blancgastronomy.com](http://www.blancgastronomy.com)



### Marine flavours

**Marine stews**, with dogfish, meagre and monkfish, are also outstanding in the Bahía (Bay) of Cádiz. They are very tasty and better if going with “manzanilla”, a genuine type of wine from Sanlúcar de Barrameda, famous because of its king prawns. Regarding shellfish, some of the best seafood cooking facilities in the South of Spain are located in El Puerto de Santa María.

“Small fried fish” and “shrimp omelettes”, made with chickpea and wheat flour, onion, parsley, salt, oil, water and shrimps should also be tried. The most difficult thing: finding the exact point.

**Urta a la roteña** is the most popular dish of Rota, which has been included in the traditional recipe book of Andalucía. In San Fernando and Chiclana going to a “despesque” is usual, where people can catch gilthead, soles or sea basses in the marshes and have them prepared “salt-roast” or “on the tile”.

In Conil de la Frontera, Barbate and Tarifa, the best thing to do is asking for “**red tuna**” in any of the varied recipes. **Tuna from la almadraba**, a Phoenician fishing art practised in 1100 B.C. In the XXI century, Japanese people consider it as an exquisite dish.

In La Línea, you should spend one night on the beach, enjoying the sardine skewers, better if on the sand, the moon above and in front of a bonfire.





### Inland

ádiz is a **land for hunting** and that is the reason why dishes made of venison, partridge and rabbit are highly enrooted in the province. Stews, vegetable garden products, asparagus, artichokes, tomatoes or snails are common products in the season home cooking. Mushrooms attract our attention due to the wide variety existing in its natural parks. Chantarella, A. caesarea or boletus are the most appreciated ones. In Jimena de la Frontera there is the first mycological market in Andalucía.

Olive oil from the Mountains of Cádiz is the indispensable ingredient for all preparations, with designation of origin since 2002. Exceptional oil.

To know how it is produced, it is interesting to visit the Molino (mill) del Vínculo, an old mill for making olive oil in Zahara de la Sierra.

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Olive oil from the Mountains of Cádiz is the indispensable ingredient for all preparations, with designation of origin since 2002.

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In El Bosque we can also **know how bread was made in the XVIII century**, from the wheat milling to the dough baking. In the Molino (mill) de Abajo, you can buy hot fresh bread and it can be home or hotel delivered. Exquisite if taken together with chacina (dried meat) produced in the mountains.

**Handmade cheeses** of the villages in the mountains of Cádiz are another cooking heritage of this province. The most famous ones, “**los payoyos**”, of Villaluenga del Rosario, the smallest village in Cádiz, are supplied to delicatessen shops in Switzerland every year. Such cheeses have been awarded with many prizes, they are made from payoya goat meat, an indigenous goat from the Sierra de Grazalema.

**Molino de abajo**  
[www.elmolinodeabajo.com](http://www.elmolinodeabajo.com)



### The sweetest in the province

Sweet, mild, aromatic, delicious with pinions or walnuts, rosemary, tree strawberries...and highly nutritious. This is the way honey from Rancho Cortesano de Jerez is. They have been working as apiarists for 30 years and have a very sweet museum which is open to the public. A museum for all ages where we can see how bees work and we can spend a good time being disguised as an apiarist. You can also buy and try a wide range of products sold in gourmet shops in Spain and Germany.

Medina Sidonia is **the capital of confectionery** with its alfajores (pastry sweets), amarguillos (sweets with almonds, eggs and sugar), piñonates (pastry made with pine nuts) and tortas pardas (brown-coloured cakes). A recipe book from the Arabian presence in the province with products such as piñonates of Jimena and the cajillas de almendra (almond cases) of Tarifa. Other delicious products are tocino de cielo of Jerez (sweet made of



### Fiestas and tapas

To try a little bit of everything without giving up anything, the best is to go for “**tapas**”. It is a way to eat and meet people midmorning or at the beginning of the night.

The origin seems to be when the king Fernando VII stopped at the Venta del Gato for refreshment. He asked for some local wine covered with a slice of sirloin, ham or cheese in order to prevent from dust in it.

Cádiz pays tribute to its most genuine gastronomic products and they are offered in the main events throughout the year.

**The “pestiñada”**(honey coated pancake), “**erizada**”,

egg yolk and sugar) and nougat of Cádiz. Outstanding products in the cuisine of Cádiz.

Sanlúcar is the **cradle of ice-creams**. Leaders in exports of sorbets and in the making of natural fruits filled with ice-cream. One of the most outstanding products is the **ice-cream with raisins with Pedro Ximénez**, made with wine from Chipiona. You can find it in restaurants looking like a bottle which is open in the middle keeping a tasty and creamy ice-cream inside.

They started working in **New York** more than 30 years ago, and currently sorbets are sold from Manhattan to Saudi Arabia.

New York has also succumb to the pleasures of Pancraccio Chocolate in all its versions, dome-shaped or introducing chocolate in other products such as vodka or pasta. The tastiest chocolate with the most glamorous presentation.



“**ostionada**”, start the Carnival with invitations for everybody. Popular encounters to know the coplas (Spanish popular songs) at the weekends before the feast in many villages of the province.

The **Fair of the Olive tree and Oil from the Mountains** takes place in March. The **Fiesta de la Urta**, declared as of national interest, takes place in Rota in August.

In November, the All Saints Day celebration goes to the food markets when the night begins. In December, Trebujana dedicates the celebration to the local dish “**garbanzos** (chickpeas) **como conejo** (rabbit)”.

**Rancho Cortesano**  
[www.ranchocortesano.net](http://www.ranchocortesano.net)



**La Ibense Bornay**  
[www.laibensebornay.com](http://www.laibensebornay.com)

**Pancraccio Chocolate**  
[www.pancraccio.com](http://www.pancraccio.com)



# Cádiz on feast

■ The province of Cadiz is full of essential events throughout the year: many of its Feasts have been declared as of “tourist interest”. Doubtless, nobody will be indifferent to the atmosphere and delight.



## Cádiz on feast

**The Carnival of Cádiz**, with six centuries of history, is a tradition. On those days, the city turns into a stage and its people are the main characters: Comparsas (musical and dancing groups) and chirigotas (satirical carnival group), cabalgatas (parades), tablaos (stage for flamenco dancing), gastronomy events... Carnival is difficult to be defined but in Cádiz even more.

**Easter** is another of the feast pillars in this land. The city streets, villages in the mountains and villages by the sea are full of parades with images of the Passion of Christ while music bands play and there is a smell of incense and cut flowers. A singular Easter.

In spring, it is time for **feasts in the province**. The main one is the **Horse Fair** in Jerez. A world of light and colour, horses, Cante (flamenco songs), dance, wine and all the joy one could imagine. It is also worth mentioning the Spring Fair in El Puerto de Santa María, the Manzanilla (type of wine) Fair in Sanlúcar, la Real Feria (Royal Fair) in Algeciras, and the fair in Vejer de la Frontera.



The mountains of Cádiz celebrate historic recreation festivals where all the village inhabitants take part with perfectly set performances like Algodonales, Grazalema and Benamahoma.

In June, the mountains offer its best look for the celebration of the **Corpus** feast. The aroma of broom, rosemary and eucalyptus fill the air of Zahara de la Sierra and el Gastor. Decorated balconies and streets covered with flowers and sedges remind us of this celebration which dates back to the Al-Andalus period.

In summer, there are feasts in the province almost every day: Romerías (processions), fairs, flamenco and classical music festivals, horse races, and feasts going on until autumn ... an endless list.



In December, the white villages of Cádiz recreate the **daily life of Bethlehem**. Inhabitants of Arcos de la Frontera, Medina Sidonia, or Espera, become actors and the villages become Judea 2000 years ago.

In this same month, Jerez de la Frontera is the stage for one of the most genuine festive customs in the Andalucía folklore: **the zambombas (traditional drum-like instruments)**. Some days before Christmas, groups of friends and families gather to sing Christmas carols to the rhythm of flamenco together with zambombas and tambourines. Everybody is welcome.



**Carnival of Cádiz**  
[www.carnaldecadiz.com](http://www.carnaldecadiz.com)





### Universal Flamenco

The province of Cádiz is a hallmark in the world of flamenco. Singers, dancers and guitar players, who have turned flamenco into a universal art, were born here.

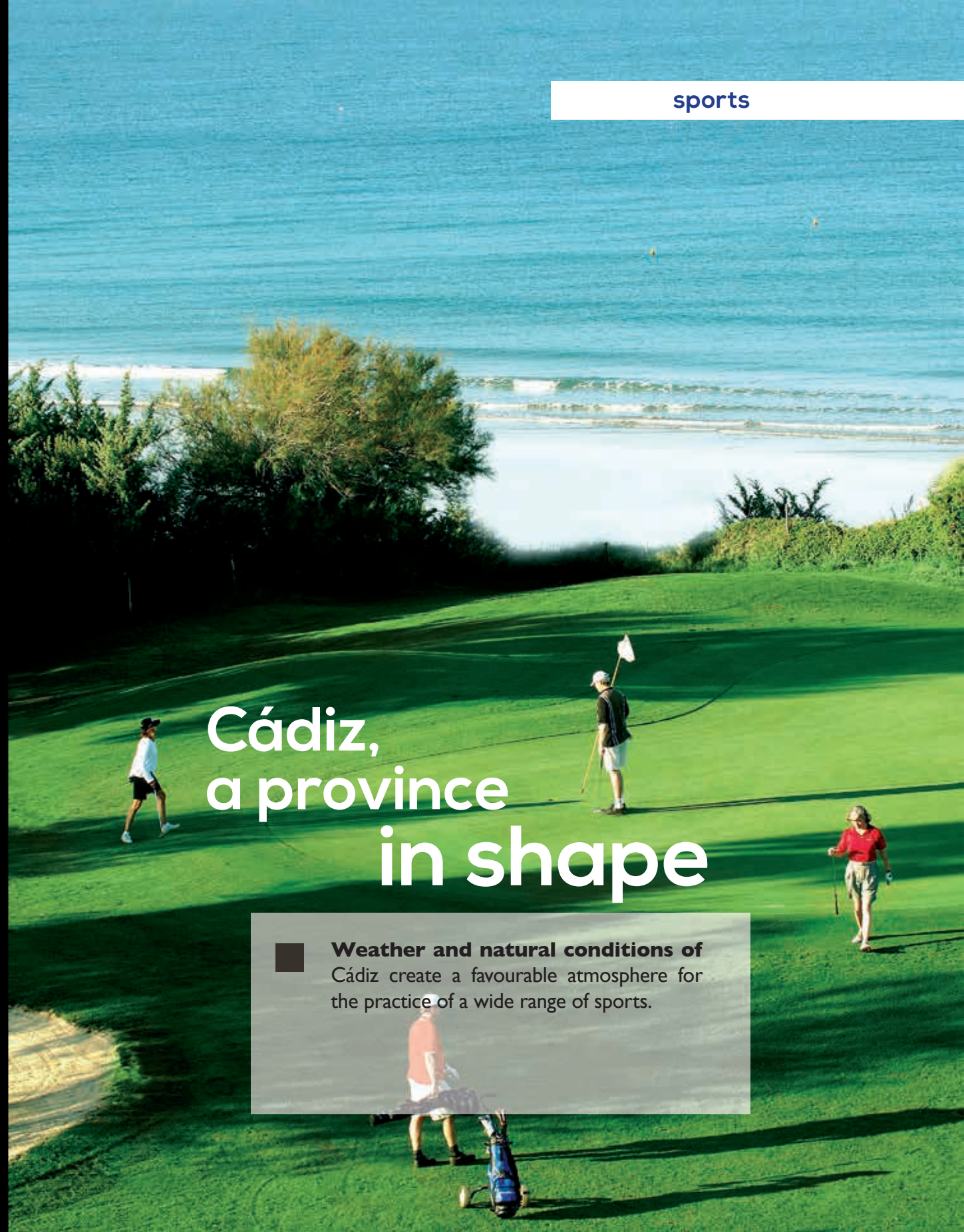
The province breathes flamenco art in its fairs and feasts, in the shows by flamenco groups and tablaos (stages for flamenco dance)...wherever you go you can feel it, rhythm and time come from inside.

Between February and March, Jerez de la Frontera hosts the Flamenco Festival where the best professionals in this art meet. In addition, on those days flamenco courses are given gathering people from many different countries.

sports

## Cádiz, a province in shape

Weather and natural conditions of Cádiz create a favourable atmosphere for the practice of a wide range of sports.







### Land and sea for sports

More than 40 companies organise activities to enjoy adventure and nature: canyoning, climbing, speleology, mountaineering, canoeing, paragliding, hang gliding, climbing walls or diving among other possibilities.

We cannot forget to mention equestrian sports practised inland, polo in Sotogrande, and diving, swimming and fishing along the coastline.

Windsurfing and kite-surfing in the Strait of Gibraltar, specially. Tarifa is the mecca in Europe for the practice of these sports. There, there are more than 30 schools to learn. Tarifa is a town visited by young people from all over Europe to enjoy sports, fashion and the environment. Tarifa reinvents itself, the most innovative sport is the paddle-surf on the calm waters of Valdevaqueros inlet.



### Elite of sports

A fun weekend, nightlife, exquisite gastronomy and above all, motorbikes. This is what thousands of motor-riders look for when coming to the Circuit of Jerez where the **World Motorcycling Championship – Grand Prix** takes place every year at Easter. The circuit also offers guided visits.

The Technification Centre for sailing of Puerto Sherry in El Puerto de Santa María, has organized the World RS-X Championship in 2012, where sports people from all over the world participated.

In this way, the Bahía of Cádiz has been the headquarters of the World Sailing Championship again, after the Olympic class, which took place in 2003. The province of Cádiz hosted the World Equestrian Games in Jerez in 2002.

### The best swing

For experts, the province of Cádiz is the land for quality golf. Currently, there are 22 golf courses in the province of Cádiz and thousands of golf players come here to play where the best do.

Ballesteros, Tiger Woods, Olazábal, Sergio García... have left unforgettable memories in these golf courses in the South of Andalucía. Some of them with their signatures and design printed on the trips, other ones due to their participation in competitions like the **Ryder Cup**, Volvo or Andalucía Masters.

### Circuito of Jerez

[www.circuitodejerez.com](http://www.circuitodejerez.com)

### Golf

[www.cadizturismo.com/esp/golf/golf.php](http://www.cadizturismo.com/esp/golf/golf.php)





# Cádiz to stay

■ Here the visitor can find quiet hotels, for travellers who want to travel differently. Singular and charming accommodations spread all over the province.

## Where to stay

There, where nuns and Franciscans, spies and commanding officers, kings, innkeepers, actresses and rich men have created stories which are part of those buildings, today turned into rural houses and hotels.

Some of those buildings are **rural estates**, witnesses of a lifestyle linked to agriculture and livestock since the Middle Age. Today those buildings are offering tourist the splendour of the traditional architecture in Andalucía.

There are also theme hotels like El Utopía. A four-star hotel with the atmosphere and designed of the 30's.

Other hotels are located on colourful beaches, for marine sport lovers.

**Singular accommodations in the countryside or in the city**, each one its own way. Staying at one of them is a special way of knowing the province.

The province of Cádiz has more than **45,000 hotel places**, more than half are four or five star hotels. European and Spanish chains of hotels are in Cádiz, too. They are specially on the coast and are characterized by their quality and new construction.



## A place to relax

For those who want to have relaxing stays, Cádiz offers a wide variety of hotels where water becomes a source of health and relax. There is a spa in Chiclana which has been working since 1803.

The most innovative health and beauty treatments are here. Covering with chocolate, gold, yoghurt, red fruits, honey, weeds or olive oil among others.



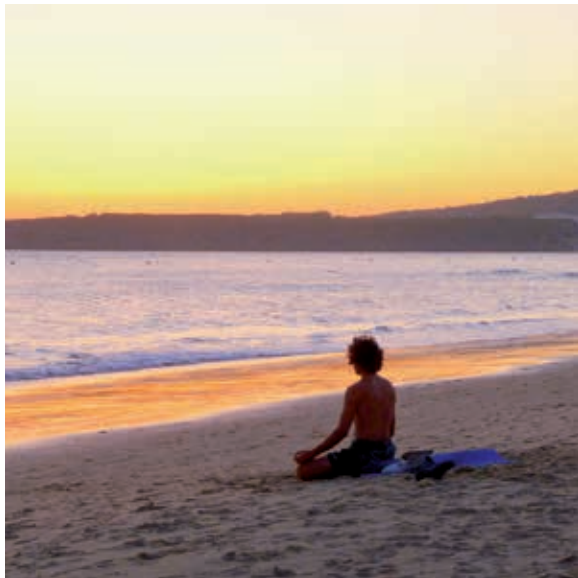
To forget about stress: relaxing massages, thermal circuits, saunas, Turkish baths, conditioned swimming-pools...

In the province, there are more than 30 spas and each one with its particular touch, from Arabian-tradition centres to the ones inspired by the Asian culture or wine culture. Wine culture is so enrooted in this land that wine therapy is usually included.

**Spa of Chiclana**  
[www.balneariodechiclana.net](http://www.balneariodechiclana.net)







**Congresses. Leisure and business**

Efficiency in event management has made Cádiz be headquarters for encounters, meetings, and incentive trips. Castles, wineries, monasteries, factories of the XIX century, country houses, palaces... are new stages in Cádiz for congresses to be unforgettable, because leisure cannot be incompatible with businesses or knowledge.

The province of Cádiz stands out for its congress infrastructure and wide range of parallel offers. Cádiz commits itself to this segment clearly.

Apart from common activities such as horse riding, cycling, theme suppers or quad, this province offers exclusive and singular activities to spend a good time visiting wineries, or herds of mares, whale watching in the Strait of Gibraltar, motor activities in the speed circuit of Jerez, fish catching or enology routes.















[www.cadizturismo.com](http://www.cadizturismo.com)

 [www.facebook.com/CadizTurismo](https://www.facebook.com/CadizTurismo)  [www.twitter.com/Cadiz\\_Turismo](https://www.twitter.com/Cadiz_Turismo)

Andalucía



Diputación  
de Cádiz

PATRONATO  
PROVINCIAL  
DE TURISMO

