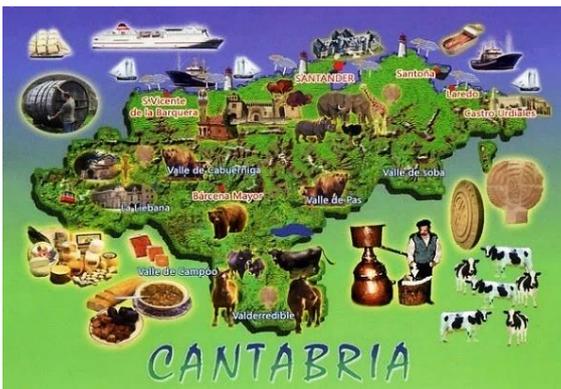


SPANISH CULTURE & CUISINE

"Cantabria - known as Green Spain"

Saturday 20th - Wednesday 31st August 2022

An 11-night tour to the cooler northern region of Cantabria, with the opportunity either to relax or to join in the excursions offered to nearby places of interest. We will be staying in three historic Paradores and also five nights in the Hotel Termas de Liérganes. Sitting at the foot of two hills, Liérganes is not only listed as one of Cantabria's prettiest villages but since 1978, it has also been declared to be of National Historic-Artistic Interest; its streets are lined with classic examples of architecture from the 17th and 18th centuries, all perfectly preserved and maintained.



Cantabria offers a trip full of beautiful scenery, excellent gastronomy and unique heritage. This northern part of Spain is home to various prehistoric caves, of which the most famous of all is Altamira, awarded the World Heritage designation and known as the "Sistine Chapel of Prehistoric Art". Cantabria's towns and villages contain a wealth of beautiful monuments such as the Magdalena Palace in Santander, the monastery of Santo Toribio de Liébana and Gaudí's "Capricho" monument in Comillas.



A highlight of the trip may possibly be the "**Battle of the Flowers**", a special festival of national interest which has been held in Laredo for over 100 years.

Day 1 Saturday 20th August: Jávea / Castillo de Garcimuñoz (299 km) / Alcalá de Henares (150 km)



08.00 hrs: First pick up from Calle Bruselas; 2nd pick up from Interiors. On leaving Jávea we will make our way to the **Castillo de Garcimuñoz**, originally built by the knight García Muñoz in the 12th century (refreshment stop en route).

12.30 hrs: Entry with audio-guide (included) and an explanatory video about the history of the fortress; an

elevator takes visitors from one level to another, enabling accessibility for people with reduced mobility. Free time for refreshments.

15.00 hrs: Continue our journey to **Alcalá de Henares**.

17.00 hrs: Arrival and check in to the **4* Parador de Alcalá de Henares** for 2 nights, with breakfast included, previously a 17th-century monastery school located in the former San Jerónimo College.



Free evening to explore the many nearby restaurants in Alcalá de Henares.

Day 2 Sunday 21st August: Alcalá de Henares

Breakfast and a free day to explore Alcalá de Henares, the birthplace of Cervantes. The University and historic city are a UNESCO World Heritage Site.



11.00 hrs: Optional guided visit (1 hour) to the College of San Ildefonso to see the Chapel with its spectacular examples of woodwork and engineering from the 16th century. The two coffered ceilings of the Chapel stand out for their bright colours. Its intricate decoration

mixes the geometric designs of the Arab tradition with details typical of the Gothic, such as flower beds and lace.



Cervantes Square is the former Market square of Alcalá, where medieval people traded their products on market days. The square was also used as a bullring during fairs and festivals. Its name comes from **Miguel de Cervantes**, one of the most important figures of Alcalá.



In the middle of Calle Mayor is Cervantes birthplace and in front of this house there is a bench which has a life-size sculpture of Sancho and Don Quijote.



Corral de Comedias is one of the oldest preserved theatres in Europe. Built in 1601-02 and designed to mirror the Corral de la Cruz in Madrid.



Plaza de los Santos Niños

Its name is given in memory of the children Justo and Pastor, who were Hispano-Roman martyrs executed in the year 304 for refusing to renounce their faith.

Convent of Clarisas

You may wish to visit the convent of Clarissa nuns in San Diego Square, where the nuns make and sell 'almendras garrapiñadas': candied almonds or caramel-coated almonds. Clarisa nuns are an enclosed religious order, so you cannot see them but once you are in the hall of the building, place your order at the turnstile designed to let the nuns maintain their privacy. Sunday hours: 09.30 hrs - 14.00 hrs, 17.00 hrs - 20.00 hrs.



Day 3 Monday 22nd August: Alcalá de Henares / Burgos (247km) / Limpias (135 km)

Breakfast and check out of hotel.

09.00 hrs: We will make our way to Burgos, with a comfort stop en-route.



12.30 hrs - 13.30 hrs: Optional visit to Burgos cathedral - one of the most impressive in the whole of Spain. A UNESCO World Heritage Site, it began life as a simple Romanesque cathedral and from 1221 to 1261, it was turned into the grand structure it is today. The main altar is particularly striking with its brilliant gold plating and ornate carvings, as is the magnificent star-vaulted dome, under which is the tomb of El Cid, a nobleman and military leader during medieval times and Castilla y León's local hero.

13.30 hrs - 15.00 hrs: Free time for own refreshments.

15.00 hrs: Re-board the coach and travel to Limpias; comfort stop enroute.

17.45 hrs: Check into the 4* Parador de Limpias, a majestic 19th century palace restored to its original splendour, surrounded by 5 hectares of park land (there is a modern extension where most of the rooms are located). Evening free.





From the hotel it is only a short walk to the promenade which runs alongside the estuary, and to the village bars and restaurants.

Day 4 Tuesday 23rd August: Limpias / Santander (46 km) Optional day excursion

09.00 hrs: After breakfast we will make our way to Santander.



10.30 hrs: Group visit (included) to the **Palacio de la Magdalena**, situated on the vast Magdalena Peninsula, on the edge of the city, which has become a symbol of Santander. Built between 1908 and 1912, it is one of the best examples of this style of architecture in the whole of northern Spain. The palace was used as a

summer residence for the Spanish royal family.



12.00 hrs: Reboard our coach which will then drop us off in the centre of Santander. Free time for individual sightseeing. One of the most impressive buildings in the city is the Santander Cathedral, originally built in the 13th century, although the upper part of the cathedral dates from the 14th century and the cloisters were built in the 15th century. Inside you will find the tomb of the writer, literary critic and historian, Menéndez Pelayo.



Inaugurated in 2017, the **Centro Botín** is a modernist building that houses an important art collection as well as recreational activities and a small shopping area. The main characteristic of this building is its design, by the the Italian architect Renzo Piano.



Or perhaps take a tour on the Santander hop-on-hop-off bus. See Santander Cathedral, Cantabrian Maritime Museum, Paseo Pereda, and El Sardinero beach, hopping on and off at any of the 10 stops around the city, with onboard audio commentary.

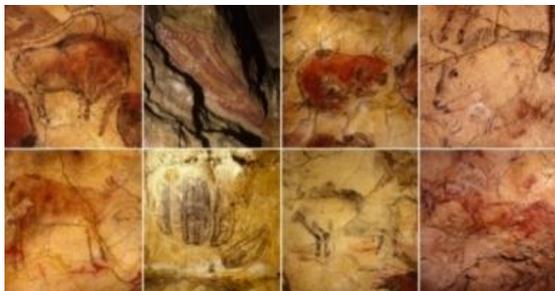
17.00 hrs: Re-board the coach and return to our hotel.

Day 5 Wednesday 24th August: Limpias / Santillana del Mar (70 km)/ Liérganes (43 km)

Breakfast

09.15 hrs: Check out and travel to Santillana del Mar.

Santillana del Mar is often referred to as one of the most beautiful villages in the whole of Spain, let alone just Cantabria. It is undoubtedly one of the towns with the greatest historical-artistic value in Spain, to the point that everything in it is a monument. Think perfect medieval stone and timber houses, caramel-coloured architecture and cobbled streets. It was built around the collegiate church of Santa María and is also dotted with old defence towers and Renaissance palaces. Known as "the town of the three lies", since it is neither "holy", nor "flat", nor does it have a "sea".



If you are interested in prehistoric cave paintings, then a visit to the **National Museum and Research Center Altamira** will be a priority. Reduced admission: €1.50. Renowned for prehistoric cave art featuring charcoal drawings and polychrome paintings of contemporary local fauna and human hands. The earliest paintings

were applied during the Upper Paleolithic, around 36,000 years ago. The site was discovered in 1868 by Modesto Cubillas.

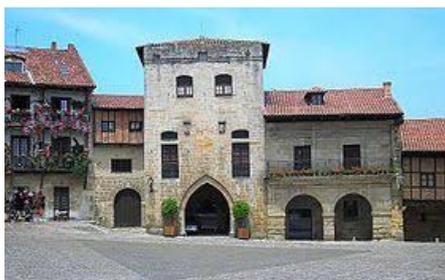


Collegiate Church of Santa Juliana

Opening hours: 10am to 13pm; 16pm to 19pm. Admission € 3 per person.

Torre de Don Borja

The tower-house, in Gothic style, has among its most characteristic elements a patio erected in the 16th century. The Don Borja Tower was declared in 1943, like the whole of the town, a Site of Cultural Interest.



15.00 hrs: Reboard our coach and travel to Liérganes.

16.00 hrs: Check in to the 3* Hotel Termas de Liérganes. Free evening.



The restaurant serves traditional Cantabrian cuisine and there is also a café with a terrace looking onto the gardens. Guests have free access to the thermal pool at the Gran Hotel Balneario de Liérganes, located 100 yards from the property, from 16:00 to 21:00 hrs.



Day 6 Thursday 25th August: Liérganes / Monastery of Santo Toribio de Liébana (117km) / Potes (3km) **Optional day excursion**

Breakfast



09.00 hrs: We will make our way to the **Monastery of Santo Toribio de Liébana**, located in the heart of the Picos de Europa within the Cantabrian Mountains. The Monastery is one of the 5 places in Christianity that, together with Rome, Jerusalem, Santiago de Compostela and Caravaca de la Cruz, has the privilege of issuing perpetual indulgences. Pilgrims come from all over the world to worship the Lignum Crucis, the largest preserved fragment of the Cross of Christ.

11.00 hrs: Visit to the Monastery (free entrance).

12.00 hrs: After re-joining our coach we will travel to nearby Potes. Steeped in history and embraced by the rugged slope of the Picos de Europa, the Cantabrian village of Potes has been declared the most beautiful town in inland Spain. Not only is it home to magnificent medieval bridges, stone streets and vistas of verdant hillsides, the town also has an exquisite food culture, notably chickpea stew (Cocido Lebaniego). Free time for own sight-seeing and refreshments.



16.00 hrs: Reboard our coach and return to our hotel in Liérganes. Free evening.

Day 7 Friday 26th August: Liérganes / Selaya (33 km) **Optional morning excursion.**

Breakfast.

09.00hrs: We will join the coach and make our way to Selaya.

10.00 hrs: A visit to the Sobaos and Quesadas Factory and Museum in the Pasiegos Valleys, where we will discover the origin and evolution of sobaos and quesadas, with the support of audio-visuals, information panels, different ethnographic material, period utensils and everyday objects collected by families, in addition to having a glazed area over the work section that allows you to observe the production process (approx. 30 mins).



Time to shop and have refreshments inside the cafeteria or on the terrace.

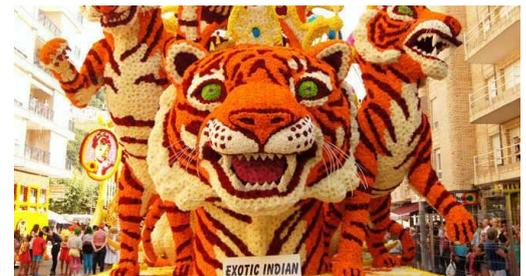


12.00 hrs: Return to Liérganes.

15.00 hrs: Board the coach and travel to Laredo (39 km) **Optional afternoon/evening excursion.**



Of all the beautiful villages in Cantabria, Laredo is the one with the largest marina. It is a fishing village with a spectacular landscape that is composed of the Treto estuary and the bay of Santoña. But in addition to its privileged nature, it also has an artistic and historical complex of great value.



This evening the streets of Laredo will be filled with an abundance of fresh flowers for **La Batalla de Flores de Laredo**. The high point of the celebration comes at about 17.30 hrs when the parade of floats adorned with fresh flowers sets off through the streets. In addition to the parade there are also a range of street markets and musical performances, until finally the jury chooses the best float of the year, after which the festivities continue until nightfall.

20.30 hrs: Return to Liérganes.

Day 8 Saturday 27th August: Liérganes / San Vicente de la Barquera (68 km) / Comillas (11 km) **Optional full day excursion**

Breakfast



09.00 hrs: We will travel to San Vicente de la Barquera, sandwiched between the foothills of the Picos de Europa and the Cantabrian Sea, sitting right at the mouth of what is known as Ría de San Vicente de la Barquera, a beautiful estuary. The Old Town has many interesting places to visit, particularly the *Plaza Mayor del Fuero*. The many wooden balconies of the houses that lead to the square are striking.



The Corro Family Palace (now the Town Hall) was built by the family of the Inquisitor and ran a hospital for pilgrims in the 16th century. *La Torre del Prevoste* attached to the town walls and built in the 13th century. The *church of Santa María de los Ángeles*, declared a Site of Cultural Interest in 1931, is located on top of a rocky promontory that dominates the entire village and is next to the castle within the old town.

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A free morning in San Vicente de la Barquera, including time for lunch.

14.30 hrs: We will make our way to nearby Comillas, which sits in a spectacular location, right on the edge of a long crescent beach and on a peninsula sticking out into the sea. It is filled with historic architecture, cobbled streets and Modernista-style buildings and is, without doubt, one of the most beautiful and best-known villages in Cantabria.





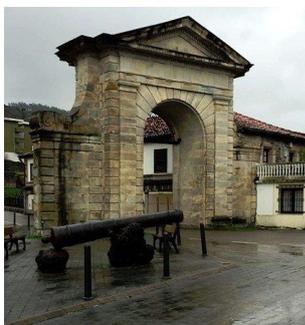
Perhaps visit the *Sobrellano palace* and its *cathedral chapel-pantheon*;



and *El Capricho*, designed by Antoni Gaudí. It was built in 1883-85 for the summer use of a wealthy client, Máximo Díaz de Quijano who unfortunately died a year before the house was completed.

Day 9 Sunday 28th August: A free day to enjoy Liérganes.

Liérganes is an old town declared an Historic Site, made famous by the legend of the Fish Man whose statue can be found next to the Roman bridge. The seventeenth century brought a period of great splendour due to the introduction of corn cultivation and the construction by Jean Curtius of the first artillery factory in Spain. Among the most important buildings, the *Casa de los Cañones* (18th century) stands out, with its war cannons flanking the complex. There is also the *Casa de Cuesta Mercadillo*, with its coat of arms on the corner.



Day 10 Monday 29th August: Liérganes / Logroño (226 km) / Sigüenza (194 km)

Breakfast

09.00 hrs: Check out of our hotel and make our way to Logroño with a refreshment break enroute.

12.00 hrs: Free time for lunch/sightseeing.



Logroño is a city rich in history and traditions which have been preserved since the Middle Ages. The Pilgrim's Route to Santiago de Compostela made this one of the most important towns on the route, leaving an interesting monumental legacy closely linked to the traditional passing of the pilgrims.



15.00 hrs: We will travel on to **Sigüenza** (comfort stop enroute) and check into our hotel for 2 nights, the 4* Parador de Sigüenza, an imposing 12th century medieval castle installed in an Arab fortress and built on a Roman settlement. This imposing castle was the residence of bishops, cardinals and kings and between the thick stone walls there is a paved courtyard, a stately dining room and the

Romanesque chapel from the 13th century. Location: 500 m from the Plaza Mayor and the Cathedral Basilica. Free evening



The medieval town of Sigüenza has recently formalized its candidacy to be declared a World Heritage City by UNESCO. If successful, it would be the third city in Castilla-La Mancha with such extraordinary distinction after Toledo and Cuenca, and the sixteenth in Spain.

Tuesday 30th August Day 11: **Free day to explore Sigüenza.**



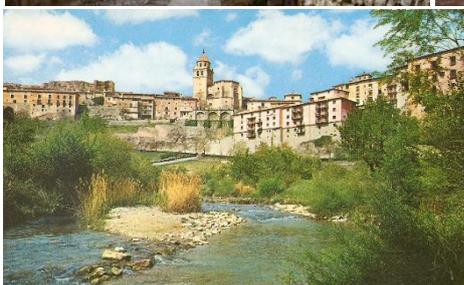
Cathedral of Santa María: declared a Site of Cultural Interest in 1931, dedicated to Santa María la Mayor, patron saint of the city of Sigüenza. The cathedral is known throughout Spain as "El Doncel (the young nobleman) de Sigüenza", a member of the Vázquez de Arce family and a knight of St. James, who died at twenty-five years old in the War of Granada.



Doncel House: typical construction of the civil gothic architecture of XV century. It was the residence of the Vazquez de Arce family, the Doncel family. **Iglesia de Santiago** located in the Calle Mayor in the upper part of town: a Romanesque church constructed by the Bishop Cerebruno in the middle of the 12th century. Jail square (Plaza de la Carcel).

Wednesday 31st August Day 12: Sigüenza / Albarracín (172 km) / Jávea (301 km)

09.00 hrs: After checking out of our hotel, we will make our way to **Albarracín**, with a refreshment break enroute. Towering medieval walls dominate the hillside with the ruins of a Moorish castle standing on a hilltop above the old town, which is situated on a curve of the Guadalaviar River. The 16th century **Catedral del Salvador** features a bell tower built on the remains of a Romanesque temple. It has been declared to be of Cultural Interest and has been proposed by UNESCO as a World Heritage Site.



Free time for lunch, to wander the streets, stroll by the river or to visit the castle.

15.30 hrs: We will re-join our coach for the final leg of our journey to Jávea, with a refreshment break enroute.

19.30 hrs: Approximate arrival in Jávea.

NB Provisional programme until excursions finalised.

Angela & Tony, Group Leaders - spanish.culture.cuisine@u3ajavea.com



VISITS/EXCURSIONS

1. Castillo de Garcimuñoz: included.
2. Optional guided visit (1 hour) to the College of San Ildefonso: €6 per person.
3. Optional visit to Burgos cathedral: € 8.00 per person.
4. Palacio de la Magdalena, Santander: €3 per person (included for those joining the excursion).
5. Monastery of Santo Toribio de Liébana: free entry.
6. Sobaos and Quesadas Factory and Museum: €2 per person (included for those joining the excursion).
7. El Capricho: €5 per person.

WHAT IS INCLUDED

Entry fees as detailed in the programme

2 nights bed & breakfast in the 4* Parador Alcala de Henares

2 nights bed & breakfast in the 4* Parador de Limpias

5 nights bed & breakfast in the 3* Hotel Termal de Liérganes with free access to the thermal pool

2 nights bed & breakfast in the 4* Parador de Sigüenza

Coach transport

Gratuities

COST

Per person in twin/double = €975

Per person sole occupancy = €1,575.

The price is based upon 36 passengers and will be a little less for 40 (maximum for this trip). For the benefit of everyone on the trip, a covid vaccination will be required for this tour.

DEPOSIT

A deposit of €400 per person will be required on confirmation of booking - please use the bank reference code CANTABRIA along with your name/s.

The remaining balance will be due by the 1st June 2022.

Payments are non-refundable in the case of cancellation unless we are able to find other members to take over your booking.

INSURANCE

It is the individual's responsibility to ensure that they have the appropriate health/travel insurance to meet personal needs. The Jávea U3A and the group leaders involved in organising trips and events are not liable in any respect for any loss or injury that may be suffered by members whilst participating in the Association's activities. Please see the "terms & conditions" on the SC&C page on the website for further details as making a reservation will mean that you have read and agreed to them.