



PRESS



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I - The Province of Cádiz

The province of Cádiz is in southern Spain and comprises 45 municipalities spread over an area covering nearly 7,400 km², with a population of over 1,240,000 inhabitants. It is part of the autonomous community of Andalucía and its geographical location lends it a very distinctive identity.

The province of Cádiz lies on the very edge of Europe. The Strait of Gibraltar connects it with the African continent via a 14-kilometre strip of water where the Mediterranean Sea and the Atlantic Ocean meet. The east-facing coastline is known as "Costa del Sol" (the sunshine coast) and the west-facing side is known as "Costa de la Luz" (coast of light).

This media pack describes the wealth of tourist attractions and opportunities the province has to offer.

II - Maps





III - The Province of Cádiz in Figures

3,000 hours of sunshine per year
300 days of sunshine per year
18º C average annual temperature
260 kilometres of coastline
138 kilometres of beaches
83 beaches
6 natural parks
7 areas of outstanding natural beauty
7 natural reserves
4 natural monuments
3,000 years of history, culture and civilizations
27 historic and artistic monument sites
59 archaeological and folk tradition museums
61 first-class wineries
253 festival days
4 conference, convention, trade fair and exhibition centres
18 yacht clubs and yachting marinas
22 golf courses
100 active tourism companies with tourist activities and services
1 race circuit
22 schools teaching Spanish to foreigners
45 municipalities
1,245,164 inhabitants
7,385 square kilometres of land
36 tourist information offices
521 hotels, hostels and guest houses
33 campsites
More than 700 restaurants
43,682 hotel beds and capacity for over 18,000 people at campsites
More than 800 beds in country houses, estates, farmhouses and ranches



IV - Cádiz: Kingdom of Water

4.1 - Choose Your Beach

The province has a total of 260 kilometres of coastline and 138 kilometres of beaches, including coves, inlets and long stretches of sand.

There are beaches steeped in history, like Trafalgar, which faces the site of the famous battle, and film location beaches such as La Caleta, where scenes from James Bond films were shot. There are pioneering beaches such as La Victoria, one of the first in Europe to win the coveted EU environmental certificate, and colourful beaches like Tarifa, the popular setting for vertiginous kite surfing tricks and leaps. There is a total of 76 beaches, each with its own distinctive character.



Some are just amazing, like the cliffs at Los Caños de Meca (Barbate) and the coves in Conil.

Some beaches have their own natural monuments, like the dunes on the beach at Bolonia or the natural fish traps in Rota.

In Cádiz the sea frequently meets the mountains, producing landscapes of pine forests, woodland and wetlands. Punta Candor in Rota and the beach at Castillo de San Fernando both have sand dunes, but other beaches can be very different, with rocky outcrops or only reached on foot or from the sea.



4.2 - Crossing the Bay

Crossing the Bay of Cádiz is something you simply have to do. A busy schedule of catamaran trips is available. This lovely trip leaves the capital and runs to both Puerto de Santa María and Rota.

One of the boat trips takes you out into the Bay to see the impressive construction work for the new La Pepa bridge and the shipyards, and then pass under Carranza bridge before returning dockside, making for an original and relatively unknown sightseeing experience.

Another boat trip runs of the summer round the city perimeter walls and Santa Catalina castle, giving you views of the city from the sea before returning to La Caleta beach.

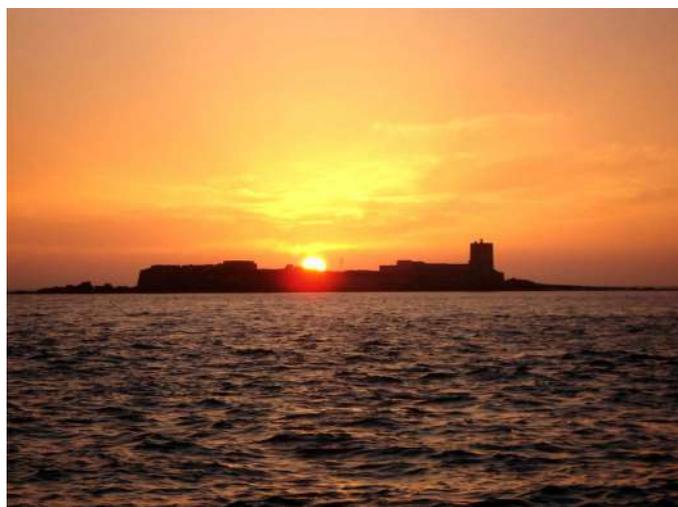


www.albarco.com

4.3 - Red Sunset

In the summertime, don't miss the red sunset trip. The boat takes you out to sea at dusk from the harbour at Sancti Petri to watch the sunset facing the island where, according to mythology, Hercules separated Europe from Africa. This is not just any sunset. On Costa de la Luz, the so-called Rayleigh scattering effect turns the sun into an incandescent red ball as it sinks slowly into the sea. A thrilling and memorable experience.

www.albarco.com



4.4 - With Dolphins and Whales in the Strait

Incredible but true. Several companies based in Tarifa run whale and dolphin spotting trips. You'll have a great morning out on the Strait of Gibraltar, with views of the African continent.

Whales and dolphins have always come here; in fact, a whaling factory was based in the Bay of Getares in Algeciras in the early 20th century. The company operating the boat trips is so sure that you'll spot the sea mammals that they'll give you a refund if none appear.

The area is visited by killer whales in the summer, but you can see dolphins all year round because they are residents of this stretch of sea connecting southern Europe with northern Africa.



www.turmares.com

www.firmm.org

www.marinablue.es

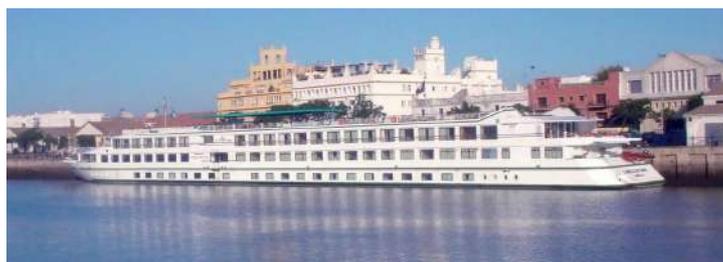
www.whalewatchtarifa.net



4.5 - *La Belle de Cadix*: A Cruise Along the Guadalquivir

Before reaching the sea at Sanlúcar de Barrameda, the river Guadalquivir flows past Seville. This is the starting point for one of the most attractive river cruises available to travellers because of the wide variety of ports en route. *La Belle de Cadix*, owned by the company Croisieurope, follows the Guadalquivir to Sanlúcar de Barrameda and from there to El Puerto de Santa María before making its way to Cádiz. The cruise includes day trips from every stopover to other parts of Andalucía, such as Córdoba and Granada. The decor on board *La Belle de Cadix* is refined and exclusive, with fantastic food and drink, mainly consisting of French-style cuisine.

www.croisieurope.com



4.6 - Real Fernando

From Sanlúcar de Barrameda, you cross the Guadalquivir on board the *Real Fernando* to venture into Doñana. The boat moors at various points so passengers can see and enjoy the National Park and the nature park that surrounds it. A guide is with you for the whole trip.

The boat is berthed in Bajo de Guía, opposite the old ice factory, which houses a very interesting exhibition on the rich wildlife and landscapes in Doñana.

Real Fernando River Boat (+34) 956 363 813

www.visitadonana.com



V - Cádiz Naturally

5.1 - The White Villages Route

A huge variety of white villages are waiting for you to discover them. Arcos, Grazalema, Setenil de las Bodegas, El Bosque, Olvera. Zahara de la Sierra. Take a short break and see them. If you decide to stay, there are dozens of small hotels and charming country guest houses, some with swimming pools.

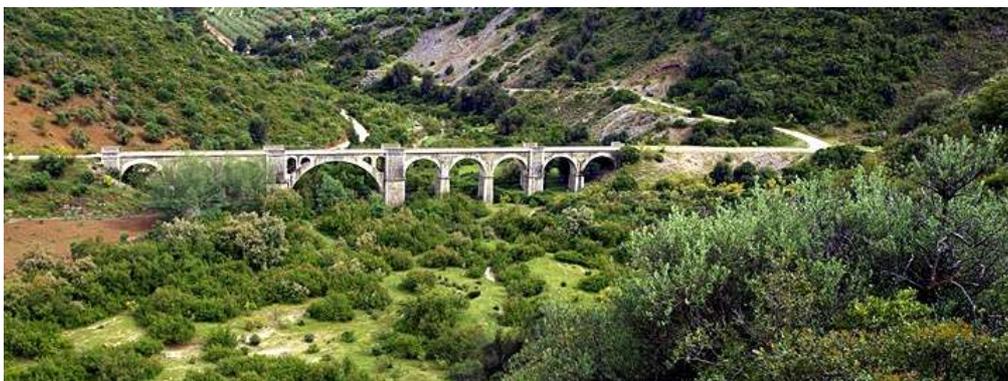


You can visit lots of fascinating places on your way: watch blankets being made by hand at the factory in Grazalema, find out how olive oil is produced at the Zahara de la Sierra de Oleum Viride olive oil mill, and drop in on leather craftsmen at work in Ubrique.

www.oleumviride.com

www.mantasdegrazalema.es

5.2 - La Sierra Green Way



The Green Way follows the route taken by the old railway line for 36 kilometres, passing through 30 tunnels, 4 viaducts and 5 disused stations.

This is a beautiful trail for walking or cycling, with many sights along the way, such as the cameras trained on vulture nesting sites and "Chaparro de la Vega", a venerable holm oak tree of 700 years old standing over 13 metres tall that has been declared a national monument of Andalucía.

There are also places to eat and sleep along the Green Way, either in old stations or in more unusual accommodation, such as apartments resembling railway wagons at the old station in Olvera.



In 2009 it was voted Europe's best Green Way.

5.3 - A bird's-eye view

The Strait of Gibraltar is one of the three most important places in the world for the migration of birds.

More than 20 million birds cross the nine miles separating Europe and Africa at the Strait of Gibraltar each year, making the coast and inner lakes of Cádiz ideal spots for birdwatching, especially at the change of seasons before the birds leave one continent for the other.

The Strait of Gibraltar therefore stands alongside the Bosphorus, the best place in Europe to observe the passage of the migratory birds of western Europe.



The province of Cádiz' six natural parks are also home to a great quantity and variety of resident species, the reason behind the province's various special protection areas for birds, or ZEPAS (Zonas de Especial Protección para las Aves).

More than 380 species of birds can be sighted flying over the Strait; among them the Black Stork, the Spanish Imperial Eagle, the Griffon Vulture and the White-rumped Swift stand out.

Great flocks of Black Storks, Black Kites and European Honey Buzzards cross the Strait during the autumn migration. They attract the attention of Short-toed Snake Eagles, Eurasian Sparrowhawks, Egyptian Vultures and Ospreys.

It is also possible to observe species as rare as the Lesser Spotted Eagle, the Rüppell's Vulture or the Long-legged Buzzard.

A paradise for ornithology lovers, as much for the resident birds of the province as for those that stop over in the province in autumn and spring.

5.3 - In Open Country: Bulls from the Barrier

In the 1950s, Álvaro Domecq acquired various plots of land in the area around Medina Sidonia and joined them together as a single country estate called



Los Alburejos. It is now one of Spain's best livestock farms and is still under the management of the Domecq family.

The Domecq family was keen to show how fighting bulls and horses were bred and reared, but the estate was too big for members of the public to get a feel for the whole process

in a short space of time. This led them to set up the project "In Open Country" (in Spanish "A Campo Abierto") enabling visitors to get a glimpse of everyday life on the estate and watch exhibitions of fighting bulls and horses from tiered seating on a bull ring.

www.acampoabierto.com

5.4 - The Nature Parks Route

The province of Cádiz has six nature parks: the parks of Los Alcornocales and Grazalema inland, while along the coastline the parks of Breña, Marismas de Barbate, Parque del Estrecho and Bahía de Cádiz cover the countryside around Doñana. Together, these areas make Cádiz the province with the greatest number of protected land in the whole of Andalucía.



A number of companies work on publicising the Cádiz countryside and taking visitors into the parks. You can practise bird watching, study the local flora, or go climbing, canyoning, mountaineering, cycling, caving, hang gliding and paragliding.

5.5 - A Walk in the Clouds

For just 150 Euros three people can take a short flight in a light aircraft over Cádiz to see the Grazalema nature park, the Doñana landscape and the Bay of Cádiz.

Five itineraries are available in the programme ran by Jerez Flying Club. Each flight lasts between half an hour and forty minutes.

Tel: (+34) 956 23 70 14

www.aeroclubdejerez.com



5.6 - A Place to Relax

For people who prefer a quieter kind of break, Cádiz offers a wide range of hotels where water is the main source of health and relaxation. There has been a spa complex in Chiclana since 1803.



Try out the saunas, jacuzzis, hydro massage, Turkish baths, heated pools... just let your troubles melt away. You will find the newest health and beauty treatments. All kinds of body wraps; including Chocolate, yogurt, red berries, honey, gold, algae, olive oil and many more.

The province has more than 30 spa complexes, all with their own distinctive features, ranging from Arab-style baths to those inspired by Asian culture or by the area's major activity, wine production. So do not miss the wine therapy.

www.balneariodechiclana.net

www.hammamandalusi.com

VI - Flavours of Cádiz

6.1 - Introduction

Many visitors who come to the province of Cádiz are attracted by its cuisine. In recent years, Cádiz has been awarded many National and International Prizes gaining a great deal of prestige for its gastronomy .

In 2017, Ángel León and his restaurant Aponiente of El Puerto de Santa María became the first Andalusian restaurant with three Michelin stars. Alevante, run by Ángel León in Chiclana, can also boasts one Michelin star as can the restaurants Lú Cocina y Alma and Mantúa, in Jerez.

In the interior part of the province of Cádiz, the province's cheeses add hundreds of national and international awards. There are already more than 30 cheese factories that work with the Payoya goat and the Merina Grazalemeña sheep milk.

One of the most essential ingredients for the elaboration of all these dishes is olive oil from "Sierra de Cádiz", having a Denomination of Origin since 2002. Other gold star products of our gastronomy include wild red tuna from Almadraba, estuary fish, salt, seafood, ortiguillas (sea anemones), meats and "chacinas", arabic-influenced sweets, and many others that combine tradition, flavour and avant-garde.

Haute cuisine is also made in the province Cádiz with innovative proposals such as plankton or pearls of wine.

The wines are also giving us many joys in a land like ours. Traditionally linked to sherry wines, the province of Cádiz is now, especially in "la Sierra", producing red wine. Nor can we forget the craft beers.

The cuisine of Cádiz is exquisite, traditional, innovative and fun, with more than 3.000 years of history. The arrival of products from America and throughout the Mediterranean make our cuisine authentic, full of wonderful smells and flavours.



Mauro Barreiro is a very well-known chef who came back to Puerto Real, his home town where opened "La Curiosidad de Mauro" after holding a Michelin star in Marbella for 3 years. Plenty of chefs and producers are co-working with Cádiz University in order to export products such as fluoride salt as well as a wide variety of exceptional kinds of salts.



Furthermore, it is important to mention that the gastronomy of Cádiz province has become a remarkable icon thanks to the opening of tapas bars and restaurants with products from the province just like in Madrid the restaurant Surtopía or the bars in La Caleta and Sanlúcar.

One of the most essential ingredients for the elaboration of all these dishes is olive oil from "Sierra de Cádiz", having a Denomination of Origin since 2002. This singular oil has an indigenous scent with a spicy and bitter sour. It is due to the rough terrain where the olives are raised so that it is impossible to produce massive quantities. There is no doubt that this oil is exceptional.

Moreover, wines are considered marvellous products of our culture, one of the most well-considered wines is red wine which is produced in "la Sierra".



It must not be left aside the cold meats, which can be found in the towns from "La Sierra", as well as the pastry-making. Some of the best sweet products of Cádiz are clearly influenced by the Arabs and the nuns and they are "tocino de cielo" (custard dessert), "alfajores of Medina" (sweet biscuits) and "turrón de Cádiz" (Delicious mixture of ground almonds and egg yolk with honey).

6.2 - Haute Cuisine

The province of Cádiz is home to haute cuisine and companies producing innovative concepts such as Biogades Food Tech and their wine pearls, Suralgae and its seaweed and the Blancgastronomy snail eggs - also known as "Pearls of Aphrodite".

They have all found their niche in gourmet cooking.



6.3 - The wild tuna of the Almadraba, king of the Cádiz coast

Just as they did two thousand years ago, the fishermen and women of Cádiz fish wild tuna well into the spring, when the Atlantic bluefin tuna crosses the Strait

of Gibraltar heading for the Mediterranean Sea and is caught in the Almadraba, a traditional and spectacular Mediterranean fishing art consisting of setting a maze of nets that lead to a central pool.

The towns of Zahara de los Atunes, Barbate, Conil de la Frontera and Tarifa throw fairs and parties to celebrate the arrival of the wild tuna, the most succulent, the most versatile and the tastiest tuna in the world.



The tuna-shaped weather vanes give an idea of the importance that tuna has in the towns. They are an homage to tuna and its gastronomic, historical and cultural link to the Cádiz coast. Even Miguel de Cervantes, author of Don Quixote, wrote about it in La Ilustre Fregona.



Tuna has been part of the province since it appeared on the coins minted by Cádiz over 2,000 years ago. It now shapes the landscape and has become a key ingredient in haute cuisine.

Bars and restaurants in these towns and cities compete well into the summer to offer the most exquisite dishes of both traditional and innovative cuisine with tuna as the basis for their creations.

It is impossible to imagine how many different tastes and recipes can arise after filleting the tuna – this filleting is known locally as ronqueo –: tuna puff pastry, tuna ratatouille, tuna with cream of seaweed and spinach, grilled tuna with vinaigrette, the ostratun (oyster-tuna), tuna brownie with tuna ice cream – red of course, and wild, appropriate to the Almadraba –, tuna with sweet orange. And the list goes on.



All the towns of the comarca (district) hold live cooking, parades, conferences, projections of documentaries and even fairground attractions to celebrate this tradition which came to the coast of Cádiz with the Phoenicians and is maintained as an art form to this day. In the lead-up to summer it is customary to go from bar to bar in search of the best tapas.

6.4 - Gastronomy on the Move

Two companies, Compuertas and Cosasdecome, have joined forces to promote local food through fun, informative activities. This initiative aims to give visitors first-hand experience of how cheese is made or how tuna is caught, how grapes are picked and how wine is made, giving them a feel for local gastronomy by



showing them the whole process from start to finish. Their philosophy is that the effort and knowledge of the people producing the raw materials is just as important as the flavour of the finished dish.

Nearly every month they schedule a series of trips so that visitors can learn how the very best seasonal products are made, and try them.

www.cosasdecome.es

6.5 - There's Nothing Like Bread and Cheese



While you are in Cádiz, don't forget to ask for cheese from Villaluenga del Rosario, the smallest village in the province of Cádiz, which supplies cheese to delicatessen stores in Switzerland every year. The cheese is made by hand using milk from Payoya goats, a native breed from the Sierra de Grazalema mountains. This cheese has received countless awards throughout its long career.

And now you can try your hand at making this cheese too. Las Hazuelas farm workshop is in Grazalema and organises family visits during which children can milk the goats and find out how Sierra de Cádiz cheeses are made. The day also includes tasting cheese and yogurt made using the milk provided by goats reared on the farm. Tel (+34) 600 665 178; E-mail: lashazuelas@lashazuelas.com

At El Bosque you can see how bread was made in the 18th century by watching the whole process, from grinding the wheat in a water-driven mill through to baking the dough. When you've made your bread at the Molino de Abajo mill, you can take it home, freshly baked and still warm, or they can deliver it to your hotel. It's even more delicious eaten with locally-made cold meat, black sausage, chorizo or salami-style sausage, which are by themselves, another important part of the province's culinary heritage.

www.elmolinodeabajo.com

www.pringon.com

6.6 - Ice Cream and Chocolate in Manhattan

Sanlúcar is the cradle of ice cream. Here, they are pioneers in exporting sorbets abroad and in making ice cream-filled fresh fruit.

One of the brand's most well-known products is their ice cream with raisins and Pedro Ximénez, made



with Muscat wine from Chipiona. You'll find it in restaurants, packaged to look like a bottle that opens in half, revealing the rich, creamy ice cream inside.

The brand was launched in New York over thirty years ago and now sells sorbets anywhere from Manhattan to Saudi Arabia.

New York has also succumbed to the pleasures of Pancracio Chocolate in all its various guises, including dome-shaped chocolate and chocolate combined with other products such as vodka and pasta. The most delicious chocolate presented in truly glamorous packaging.

www.pancracio.com

www.laibensebornay.com



6.7 - The Sweetest Museum

Sweet, mild, aromatic, wonderful with pine nuts or walnuts, made from rosemary tree, strawberries... and highly nutritious. We're talking about honey from Rancho Cortesano in Jerez, where they've been keeping honey bees for 30 years and where there's an extremely sweet Museum open to the public. The Museum is aimed at adults and children of all ages, who will have a great time watching how the bees work and dressing up as beekeepers.



Rancho Cortesano has around 2,000 hives spread across the province of Cádiz, especially in the Grazalema and Alcornocales nature parks. They normally produce between 30,000 and 40,000 kilos of honey per year.

The Museum offers a wide variety of products to try and buy, including jars of Thousand Flower honey, Holm Oak honey, Eucalyptus honey, Orange Blossom honey, honey confectionery, "meloja" (made from honey yeasts), pollen, royal jelly and honey soaps.

The Museum displays illustrate the vital role bees play in pollination and in the production of fruit and seeds. In fact, Rancho Cortesano also has an organic orchard with a huge variety of fruit trees, namely mangos, custard-apple, pears, apples, almonds, oranges and olives.

Rancho Cortesano makes its own organic honey, bearing the Nature Park quality mark awarded by the Government of Andalucía Department of the Environment and its products are sold in gourmet stores in Spain and Germany.

www.ranchocortesano.net



6.8 - Wineries and Film Sets

Another prime ingredient in local Cádiz dishes is Jerez wine, with its many varieties ensuring that there really is a sherry for every occasion. Jerez wine features in a host of recipes both at home and abroad.

The Marco del Jerez area has over 40 wineries that are like museums of wine, steeped in history, packed with old equipment, full of legends and even used as film sets. The main wineries are in Jerez, El Puerto de Santa María and Sanlúcar, producing household brand names like Domecq, Sandeman, Marqués del Real Tesoro, William & Humbert, Osborne, Caballero, Terry, Garvey, La Guita, Pedro Romero, or Díez Mérito.



For example, Tío Pepe winery owned by González Byass houses more than 100,000 casks, with the oldest dating back well over 350 years. Leading figures from all walks of life have visited the winery, including the writer Leopoldo Alas "Clarín", Harold Lloyd, Jean Cocteau, Winston Churchill, Ayrton Senna, Roger Moore and Steven Spielberg. The list is endless.

The casks in some Jerez wineries bear famous quotes written on them by their illustrious visitors, such as the inventor of penicillin, who wrote: "my medicine cures the sick but this wine raises the dead".



The Concha winery in Jerez, designed by Gustave Eiffel, is well worth a visit.

The Valdivia winery has set up some guided tours that include special activities for children, while the tradition winery is home to one of the best collections of paintings in Spain, with works by Zurbarán, Velázquez, Madrazo and Lucas Villamil.

Between January and December 2019, the Marco del Jerez area exported more than 40 million litres of wine.

www.sherry.org

VII - Cádiz in Action

Climate and natural conditions of the province of Cádiz, conducive to the practice of a great variety of



sports, such as: scuba diving, swimming, or fishing. We can't forget inland activities like horseback riding or Polo.

In order to enjoy adventure and nature, you can contact more than seventy local companies which organize canyoning, climbing, caving, mountaineering, canoeing, paragliding, hang-gliding, indoor climbing, hot air ballooning and diving, among many other possibilities.

7.1 - World Motorbike Championships

A weekend packed with fun, nightlife, delicious food, fine weather and, above all, motorbikes. This is what thousands of bikers are looking for every year in Jerez and the surrounding area when they come for the Jerez World Motorbike Championship. For motor bike enthusiasts, this is the largest gathering in Europe and according to the organisers, in the world, with more than 70,000 motorbikes out on the streets of Jerez and in the outskirts of town.



The Spanish Grand Prix is always held on a Sunday, but the practice and classifying sessions draw the crowds from the previous Thursday, with bikers pouring into the bay of Cádiz in search of entertainment. Jerez de la Frontera and El Puerto de Santa María are the liveliest places, although Rota, Chipiona, Sanlúcar de



Barrameda and Cádiz also have their fair share of visitors.

Every year, around 260,000 people, the majority bikers, take part in the motorbike festival, according to figures from the Regional Government of

Andalucía. Many of them come to watch the racing, but others are attracted by the festival taking place alongside the sporting event and they don't seem to care whether they get into the circuit or not. The event generates over 50 million Euros for Andalucía, with the lion's share going to the province of Cádiz.

www.circuitodejerez.com

7.2 - Flying Through the Air: Learn to Kitesurf

There are 31 surfing and kite surfing schools in Tarifa. This is a thrilling and extreme experience. After 15 hours of tuition, you could be flying over the waves and getting hooked on this exciting sport.

Course fees vary from between 40 and 180 Euros, depending on the number of hours, the degree of difficulty and on whether you have individual or group lessons.



Tarifa is the Europe's windsurfing and kite surfing Mecca. Young people from all over Europe come here to enjoy the town's sporting activities, fashion and great atmosphere but Tarifa has been reinventing itself and has now introduced the innovative sport of paddle surf in the calm waters of the Valdevaqueros inlet.



7.3 - The Best Swing

According to the golf experts, the province of Cádiz is the home of first-class golfing facilities. Cádiz has 22 golf courses attracting thousands of golfers keen to play on the same courses as the world's top players.

Leading names such as Ballesteros, Tiger Woods, Olazábal, Sergio García, etc, have made their mark on these courses of southern Andalucía. Some of them have designed and promoted signature courses, others have played in memorable tournaments like the Ryder Cup, the Volvo Golf Champions or the Andalucía Masters.

www.cadizturismo.com/golf/?set_language=en

7.4 - Home of Great Events



Every year in early spring, the Jerez Circuit hosts the World Motorbike Championships. The circuit also runs guided tours and driving lessons through its CEA official school, as

well as lots of many other activities throughout the year, including the Formula 1 practice sessions.

During March 2019, the new port facilities at the Puerto Sherry Sailing Technical Centre at El Puerto de Santa María hosted the RS-X World Championships, in which 350 yachtsmen and women took part. This was the first time the Bay of Cádiz had hosted a Sailing World Championships since the Olympic class championship was held here in 2003.

The province of Cádiz also hosted the 2002 World Equestrian Games in Jerez.

www.circuitodejerez.com

VIII - Cádiz in Memories

8.1 - History

The provincial capital is the oldest city in the West, dating back more than three thousand years. The Tartessians and the Phoenicians settled here, followed by the Romans and the Visigoths. From 711 it was occupied by the Muslims until King Alfonso X the Wise made it part of the kingdom of Castile in the 13th century.



Cádiz had its heyday in the 18th century, when the city monopolised overseas trade and set up links with America that remain as strong today as they were back then. Cádiz was also an essential stopover for European romantic writers. The city has always been known for its cosmopolitan and liberal attitude, the spirit of which is captured in "La Pepa", the very first Spanish constitution approved on 19 March 1812.



8.2 - Memories of America

This is one of the most appealing tours around the province of Cádiz, conjuring up the colours, flavours, architecture, gardens, everyday life and thinking in cities and towns such as Cádiz, El Puerto de Santa María and Sanlúcar de Barrameda, all with a long history of overseas trade.

The route evokes the bonds between Cádiz and Latin America, and the impact of these close ties on the province's coast.

The "American Route" takes in palaces, mansions owned by shipping agents for the Indies, the old Cuba and The Philippines Customs House, the lookout towers for spotting approaching ships and convents founded to house missionary monks waiting to board the ships that would take them overseas. An endless supply of memories inviting you to explore these three cities so closely linked with the New World.

8.3 - The Two Towers

Tavira Tower (Torre Tavira) stands on the highest point in the old quarter of Cádiz. It used to be one of the lookout towers used for spotting ships, from which you will be amazed by the beautiful views over Cádiz and the sea in all of its fullness



Inside the Tower you will find an *obscure chamber*, a curious artefact that enables you to see what's happening in real time and watch both passers-by and local people outside the Tower and on Cádiz's rooftops.

www.torretavira.com



8.4 - San Roque: the Exodus from Gibraltar

The town of San Roque is the result of an escape. It was founded by people fleeing from Gibraltar after the British occupation in 1704. Having had their possessions confiscated, around 5,000 fugitives from the Rock settled in the area around San Roque chapel, from where you can see the Bay of Algeciras and the Rock of Gibraltar.



The church of Santa María La Coronada preserves many of the images they managed to salvage, and the sculpture by local artist Luis Ortega Brú, "The Exodus" is also well worth seeing.

This unusual story is even more remarkable as nowadays the town is better known for being home to the Sotogrande luxury residential complex, high-end golf courses, polo matches and the yachting marina.

8.5 - The Time Palace

The Time Palace in the centre of Jerez seems to have come from one of Jules Verne's journeys. Step inside and you're plunged into a fantasy world of clocks, precious stones, special effects and a master clockmaker in 18th century dress who amazes visitors with his knowledge.

The Time Palace (the new clock museum) is based in an old palatial home inside La Atalaya theme centre and houses an extensive collection of more than 300 working clocks, Bohemian and Baccarat crystal, noble wood, mother of pearl and ivory, all displayed in a fantasy setting. You can also hear some of the most famous clock chimes in the world, including Big Ben.

These time-measuring machines come from France, England, Italy, Switzerland, Austria and Germany, and include curious items such as a sun dial shaped like a cannon, a ship that sways and measures time, and a clown juggling cups.

www.museosdelaatalaya.com



8.6 - Art, Culture and Crafts

The various cultures that have passed through the province of Cádiz have left behind an extraordinary historical, cultural and artistic legacy. More than 30 castles and fortresses, the Tajo de las Figuras cave paintings at Benalup-Casas Viejas, the Carteia Roman ruins in San Roque and the Baelo Claudia Roman remains in Tarifa, plus paintings by El Greco, Murillo, Zurbarán and Goya in Cádiz.

A huge range of well-known and highly valued handcrafted items are also produced in the province of Cádiz. Ubrique and the surrounding area is famous for leather goods sold by prestige brands.



Grazalema is home to an artisan blanket factory and Medina Sidonia, Setenil, Bornos and Vejer are production centres for wicker, cane and reed items.

Jerez is where you find barrel makers, items used in wineries and equestrian-related items, especially harnessing.

Esparto grass baskets and sandals have always been made in Torre Alháuquime, while palm and crochet items are made in Paterna de la Rivera, handmade guitars are produced in Algodonales and El Gastor is the place where the traditional horn pipe ("gaita") is made. Arcos and Conil are pottery and ceramics centres.

Other locally-produced goods include rugged country boots from Alcalá de los Gazules and Espera, handcrafted furniture from Benamahoma and Prado del Rey, traditional dolls from Chiclana, and mahogany furniture and cabinetmaking in Sanlúcar de Barrameda.

8.7 - Venture into the Borderlands



Vejer de la Frontera, Castellar de la Frontera, Jimena de la Frontera are all towns on the old border between Castilians and Muslims, who fought over what both sides considered to be their territory: Andalucía. By the late 15th century the battles were over, but their memory remains intact.

Many other still keep their Arabic name: Alcala de los Gazules or Medina Sidonia.

The towns are all built high up, with their houses perched on battlements and castles. Venture into them and admire the breathtaking views from their walls.

8.8 - Feel Like a Roman

One of the province's most outstanding attractions is the archaeological site of Baelo Claudia, a Roman town founded in the 2nd century BC near the Bolonia inlet.

This is the most complete Roman town on the Iberian peninsula and draws over 100,000 visitors every year.

The Baelo Claudia site was discovered by George Edward Bonsor Saint Martin, a French painter, archaeologist and historian, who was born in England and then settled in Spain.



The guide published by the Regional Government of Andalucía Department of Culture tells how, from the 7th century AD, the Bolonia inlet had been more or less abandoned. It also describes how, between 1700 and 1900, scholars and travellers suggested that Roman ruins might be found there. However, it was not until 1917 that the site was fully investigated in four separate digs carried out by the French Hispanist Pierre Paris, who excavated most of the town's basic structure, while George Bonsor excavated the eastern necropolis. In 1966, a series of geophysical surveys carried out by Professor Pellicer established that "nowhere else on the Iberian Peninsula is it possible to obtain such a complete overview of Roman town-building as in Baelo Claudia, and this is what makes it so interesting".

Its origins are closely linked with north Africa, but the town's economic wealth was tied into the fishing industry and *garum*, a fish sauce that was extremely popular throughout the Roman Empire.

The town fell into decline following a tidal wave thought to have devastated it in the 2nd century AD, but Baelo was still inhabited until the 7th century, when it was finally abandoned.

Nowadays it is one of the province's biggest attractions, both for its archaeological value and its beautiful setting, the stunning beach of Bolonia.

8.9 - The Phoenicians Were Here

Another of the province's archaeological treasures is the pair of Phoenician sarcophagi housed in Cádiz Museum.

Only ten of these sarcophagi have ever been found in the world: on the coastline of Tyre and Sidon (now Lebanon), in Carthage and in Cádiz. Only three of them belong to women and are kept in the museums of Beirut, Carthage and in the Louvre. The two sarcophagi found in Cádiz have the most Greek features of all and

are the only two items made by Phoenician craftsmen ever to have been found on the peninsula.

But apart from their historical value, an even more remarkable story surrounds them. Almost a century elapsed between the discovery in Cádiz of the first sarcophagus and the second. The second was found in 1980, right underneath the house occupied by Pelayo Quintero, who was director of



the Museum for many years. A great scholar, researcher and excavator at the Cádiz necropolis in the early 20th century, he died in 1946 convinced that there had to be a female sarcophagus somewhere in the city. It was eventually found under the foundations of his house.

IX - It's Fiesta Time in Cádiz

Through all the year, the province of Cádiz, it is full of unmissable events. Its festivals, many of them declared of Tourist Interest, will not leave indifferent those who come to experience the atmosphere and joy that characterizes Cadiz and its citizens

9.1 - Carnival Frolics

After six centuries, it's still as good as new. It's the Cádiz Carnival, when the city becomes a stage and its people the players, all in honour of Carnival. In February, the entire neighbourhood in the historic quarter, especially La Viña, play the biggest role in the celebrations, which have been officially declared an international tourist attraction.

Parades, Flamenco "tablaos", gastronomy events and a plethora of other activities are all part of the Carnival fortnight, although it's difficult to define exactly what Carnival is, especially in Cádiz.

www.carnavaldecadiz.com



9.2 - Flamenco at its Best

Jerez is one of the cradles of Flamenco and between February and March the city hosts the best exponents of the art, who come to perform at the Jerez Festival. This groundbreaking event not only involves stage performances, but has its educational side too, with Flamenco classes running during the Festival and attracting more than a thousand participants from around 30 countries.

The Teatro Villamarta is the main setting for the performances, although you can find shows all over the city in small venues, theatres and clubs.

www.festivaldejerez.es

www.juntadeandalucia.es/cultura/centroandaluzflamenco/



9.3 - Passion and Worship



The processions are a mixture of extravagance, sobriety, involving dramatic scenes and ancient rivalries between the guilds. The Passion of Christ becomes an expression of devotion and a performance worthy of the greatest choreography and staging: music and silence, the smell of burning wax, incense and freshly cut flowers, symbolising the end and beginning of life. Holy Week is a unique event in every corner of the province.

9.4 - Fair Season across the Province

Vejer de la Frontera is usually the first town in the province to hold its spring fair in April. In May, it's the turn of El Puerto de Santa María, which holds its spring fair at the same time as its Fino wine festival, one of the most popular in the province. The Jerez Horse Fair, probably the largest fair in the province, is also held in May. An explosion of light, colour, Flamenco and horses bursts onto the city for a week, and has been declared an international tourist attraction.



May is a prolific month for celebrations, in addition to the fairs already described, the "May Crosses" festival is held on the first weekend in May. Another famous event is the Rocío pilgrimage, in which local guilds walk across Doñana on what is said to be the most beautiful and memorable of all the paths that converge on the village of Almonte.

Not all fairs take place in April and May. Over 60 other fairs are dotted around the province's festival calendar all through the year, except in winter.

9.5 - Re-enacting Heroic Resistance

More than 200 years ago, a little village up in the Cádiz mountains rose up against French troops in heroic resistance. The event is commemorated on 2 May every year with a festival at which the main attraction is the battle between the inhabitants of Algodonales and the French troops. The re-enactment is convincingly performed and the local people play the roles of both their ancestors and the French soldiers.



The weekend includes gastronomy, cultural and festive activities.

www.dosdemayo.org

9.6 - The Cádiz Sierra in its Corpus Finery



Amidst aromas of broom and eucalyptus, the Cádiz Sierra dresses in its best finery to receive Corpus Christi in June. The festival has been declared an international tourist attraction in the town of Zahara de la Sierra, where it has been held since the 15th century. The

fronts of buildings and the narrow streets are decked with flowers and sedge, and a gold plated silver reliquary set with emeralds is carried in procession. In Gastor, a nearby village, music plays a major part in the festival, now a National Tourist Attraction in Andalucía. The roots of the Corpus festival date back to a pagan ritual in which the pastures were purified before the arrival of summer. Arches of palm leaves, decorated balconies and grass-covered streets are features of this annual festival that can trace its origins to the era of Al-Andalus. You don't need to choose

which one you go to, as Zahara de la Sierra is only 17 kilometres away from El Gastor.

9.7 - Bandits Return to the Cádiz Sierra

Every October, dressed in the style of 1832, several hundred inhabitants of Grazalema and Benamahoma re-enact "Blood and Love in the Sierra", a historic reconstruction of the life of the bandit José María Hinojosa, known as "El Tempranillo". You could say he was Andalucía's answer to Robin Hood.



The village of Grazalema is transformed to give everyone an idea of what everyday life was like in the time when bandits roamed the countryside. The local people also re-enact the most significant events in Tempranillo's life in this village deep in the Cádiz mountains: his wedding, the death of his wife and the birth of his son.

9.8 - Christmas and Friction Drums

In December, Jerez de la Frontera becomes the setting of one of the most authentic cultural and festive traditions in the folklore of Andalucía: friction drumming.

Since the 18th century, the evening before Christmas Eve, friends and family have gathered together in their neighbours' courtyards and farmyards to sing Christmas carols. Today, the same happy enthusiasm and friendliness prevails, encouraging everyone to let their hair down and join in.



In Jerez, the arrival of December brings out friction drums all over the city, especially on Saturdays. There are hundreds of them. Every street, square and courtyard echoes with the gruff sound of the drums and improvised tenor choirs.

9.9 - From Cádiz to Bethlehem

In December, the white villages of Cádiz recreate everyday life in Bethlehem with more than 1,500 actors.

Arcos de la Frontera, Medina Sidonia, Espera, El Gastor and their neighbouring towns become Bethlehem of Judea as it was 2,000 years ago. The excitement only lasts a few hours, but over 90,000 people make the trip to visit the living Nativity scenes in the towns and villages deep in the Cádiz countryside.



X - An Equestrian Province

10.1 - The Royal School and the Stud



On Tuesdays and Thursdays at noon the show begins and the horses of the Royal School of Equestrian Art of Andalucía dance in an authentic equestrian ballet.

The School puts on shows for groups and you can also watch training sessions. The School is on Avenida Duque de Abrantes, s/n, in Jerez. (Tel: +34 956 318

013).

On Saturdays you can also catch the show performed at the Cartuja de Jerez Stud, at km 6.5 on the Medina-Sidonia-El Portal road (Tel: +34 956 162 809). The institution has been devoted to improving the Cartujan horse breed since the Middle Ages.

www.realescuela.org

www.yeguadacartuja.com



10.2 - The Sanlúcar Horse Races

The Sanlúcar de Barrameda horse races are held in two sessions during August.

The races are an international tourist attraction and have been held since 1845. Whether you watch from the stands or from the beach (where it's free of charge) the races are an essential event on the Cádiz summer schedule.



Thoroughbred horses are raced on this unique Andalusian race course, which is in fact the stretch of wet sand uncovered at low tide on the beach between Bajo de Guía and Las Piletas. The tides dictate both the dates and starting times of races, which vary from year to year.

The show usually begins at about half past six in the evening and ends around half past nine at night, and the races attract more than 30,000 people. It really is a thrilling spectacle, with the sunset and the thoroughbred horses galloping along the shoreline against the backdrop of Doñana national park.

www.carrerassanlucar.es

10.3 - Polo

Forty years ago, few people could have imagined that what started off in San Roque as a minority initiative would now be one of the most important clubs in Europe, the Santa María Polo Club in Sotogrande. The Club attracts more and more fans every year and runs a year-round sporting season



consisting of more than 40 exciting top-class tournaments that are a combination of sport, a party atmosphere and glamour.

The cream of business, aristocracy and a host of celebrities converge on Sotogrande, one of Europe's most prestigious luxury residential complexes.

www.santamariapoloclub.com

XI - Staying in Cádiz

Sleeping where Ava Gardner did before or surrounded by Persian furniture, in stately homes or in an old flourmill - it's all possible in the more than 50 unusual places to stay across the province of Cádiz.



They're to be found all over the region and are full of history and character. The homes of Clarissa nuns and Franciscan monks, spies and commanders, kings, innkeepers, actresses, prisoners and gentry have been converted into rural guest houses and charming hotels.

There are also themed hotels such as El Utopia, an amazing four-star hotel that recreates 1930s style and is home to one of the best local collections of period items. The hotel is a record of everyday life, society and culture during a key decade of the 20th century. It has a museum, a café-theatre restaurant and 16 rooms and suites and you can find it in Benalup-Casas Viejas, a town with 6,000 inhabitants deep in the heart of the province of Cádiz.

Country houses and estates make some of the most attractive places to stay in the Andalucía countryside. Cádiz has over a hundred of these restored buildings, the legacy of a bygone era and a lifestyle linked to agriculture and livestock farming since medieval times.

Nowadays they have been restored to show visitors the traditional architecture of Andalucía in all its glory. Huerta Dorotea and El Rosalejo estate are just two examples.

The province of Cádiz has a total of more than 44,000 hotel beds, with more than half being in the four and five star categories. Leading Spanish and European hotel chains operate in Cádiz, especially on the coast, and are typically high quality new buildings.

XII - Leisure and Business

The province of Cádiz draws on its many tourism resources when it comes to hosting conferences, meetings and incentive trips. Major investment has been made in this segment of the region's tourism business. The province of Cádiz has ample provision to cater for



conference tourism and parallel activities. The Tourist Board has a Convention Bureau whose job is based on promoting the province as a conference and incentives destination.

www.patronatoturismocadiz.com

12.1 - Infrastructure and Services

Highlights The Provincial Palace of Exhibitions, and The Cádiz Convention



Centre which is based in a former tobacco factory it is set in the centre of Cádiz, near the railway station and the port and it has a number of halls, the largest has a capacity of 1,000 seats.

The San Fernando Conference Centre is the newest, built on the site of the old Teatro de las Cortes and officially opened in 2010. Auditoriums

for conventions and meetings are also located in the main cities of the province.

More than 50 hotels have the capacity to host meetings and conferences.

Several professional conference organising companies (PCOs) currently operate in the province of Cádiz, together with more than 20 hosting and reception companies with conference departments.



www.palaciocongresos-cadiz.com

12.2 - Other Leisure and Recreation Options

In addition to the typical activities such as horse riding, cycling, themed dinners and quad biking, the province of Cádiz also offers the chance for visitors to try exclusive and unique activities such as visiting wineries and stud farms, whale spotting in the Strait of Gibraltar, car and motorbike experiences at the Jerez race circuit, surf casting, Tai-Chi sessions in vineyards and wine routes. These are just a few of the activities on offer for conference delegates here in the province of Cádiz.



XIII - Communications

13.1 - By Air

Jerez Airport

www.aena-aeropuertos.es/csee/Satellite/Aeropuerto-Jerez/es/

The airport handled more than 500.000 passengers in 2019. A number of Spanish and international airline operate flights in and out of here.



Gibraltar Airport

www.gibraltairterminal.com/

The airport is the same distance away from the centre of Gibraltar as the centre of Cádiz is from La Línea de la Concepción (100 metres). It mainly operates flights to and from the United Kingdom.

Seville Airport

www.sevilla-airport.com

The airport is 82 kilometres away from the province of Cádiz.

Málaga Airport

www.aena-aeropuertos.es/csee/Satellite/Aeropuerto-Malaga/es/

This is Spain's fourth airport after Madrid, Barcelona and Palma de Mallorca. Málaga airport is 103.9 kilometres away from the province of Cádiz.

13.2 - By Rail

www.renfe.es

Long distance trains operate from the following stations: Jerez, El Puerto de Santa María, San Fernando, Cádiz and Algeciras.

- From Madrid five ALVIA trains per day run from Cádiz via Jerez, El Puerto de Santa María and San Fernando. Two ALTARIA trains per day run from Cádiz to Algeciras.
- From Seville, you can catch any of these trains coming into Cádiz plus fifteen further trains every day from Monday to Friday, with up to twelve a day running at weekends.



13.3 - By Sea

Port of Cádiz

www.puertocadiz.com

The Bay of Cádiz sea port is set in the city's historic quarter, so cruise passengers are right at the heart of the city centre as soon as they disembark. In 2019 the port of Cádiz received more than 280 cruise ships carrying more than 300.000 passengers.

There are two lines running to the Canary Islands with stopovers in Cádiz, Lanzarote, Las Palmas, Santa Cruz de Tenerife, Santa Cruz de la Palma and Fuerteventura:

- The ferry Albayzin, a mixed transport vessel (carrying both passengers and cargo), with one sailing per week. The ship leaves Cádiz on Tuesdays and returns to the city on Mondays.
Itinerary: Cádiz (departure, Tuesdays at 17:00), Lanzarote (arrival on Wednesday at 24:00), Las Palmas (arrival on Thursday at 08:00), Santa Cruz de Tenerife (arrival on Thursday at 17:00), Santa Cruz de La Palma (arrival on Friday at 08:00), Santa Cruz de Tenerife (arrival on Friday at 21:00), Las Palmas (arrival on Saturday at 06:00), Fuerteventura (arrival on Saturday at 21:00), Lanzarote (arrival on Saturday at 23:30) and Cádiz (arrival on Monday at 09:00).
- The cargo ship Jose María Entrecanales, carries some passengers, with one sailing per week. It sails from Cádiz on Saturdays, calling at Santa Cruz de Tenerife, Las Palmas de Gran Canaria, Fuerteventura, Lanzarote and La Palma.

Ports of Algeciras and Tarifa

www.apba.es

The following shipping lines operate passenger ships in and out of the ports of Algeciras and Tarifa, crossing the Strait of Gibraltar: Algeciras-Ceuta, Algeciras Tangiers-Med and Tarifa-Tangiers-City.

This maritime shuttle service runs a frequent service from both ports from dawn to dusk.

Generally speaking, there is a departure from Algeciras every hour, and the two shipping lines operating from Tarifa run a service every half an hour.



In summer and at peak times, more departures are added, including night sailings, up to a total of more than fifty departures every day.

The fast ferry crossing on all three routes takes about one hour. The ships operating on this route carry cars, motorbikes and vans. If you want to disembark in Tangiers Med and Tangiers City you need to be in possession of a passport as Morocco is not a member of the Schengen Agreement.



In addition to the service provided on board the ships, the Port of Algeciras runs an information service at the docks to deal with passenger queries. Tickets for any of the sailings can be purchased directly from the Information Office at the docks.

XIV - The Province's Tourism Industry

In 2019 the province of Cádiz recorded 2.644.277 visitors, 1.668.278 of which were Spanish and the rest from abroad.

In 2019 the province had more than 500 places to stay available, including more than 49.000 hotel beds.

