

## Are you attending the conference and have a few days to enjoy Spain?

Here are some interesting options depending on the number of days you have available and what you feel like doing. There are many places you can visit; this is a brief summary of the options we thought might interest you.

For more complete and detailed information: [www.spain.info/en](http://www.spain.info/en)

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### Madrid

The best option for traveling to Madrid from Cuenca is by train, you can be there in just an hour. Several companies can take you to the city: Renfe, Ouigo, and Iryo . You can see all the options on the following websites

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

[www.trenes.com/en](http://www.trenes.com/en)

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

**Madrid** started out in the 9th century as a Muslim military fortress and, after the Reconquista, became the capital of Spain in 1561 under Philip II. It experienced cultural splendor in the Golden Age and urban development in the 19th century. The city suffered the ravages of the Civil War, but has re-emerged as a modern, cosmopolitan metropolis, combining the traditional and the avant-garde.

You'll find a wide range of cultural, gastronomic, and leisure activities to enjoy the city in every way. Strolling through Madrid, you'll experience the essence of Spain in its elegant buildings, its history, its customs, the vibrant atmosphere of each of its most iconic plazas and neighborhoods, and you can taste its captivating cuisine.

You can't leave without visiting Puerta del Sol and Plaza Mayor, San Miguel Market, Almudena Cathedral, the Royal Palace, Plaza de España, Retiro Park, Plaza de Cibeles, ... The most typical neighborhoods, such as Malasaña, Lavapiés, Chueca, Barrio de las Letras, La Latina, ... Among the most important and notable museums are El Prado, Reina Sofia, Thyssen-Bornemisza and the Railway Museum.

You can find all this and more in detail in the following links, and plan your customised visit:

[www.esmadrid.com/en](http://www.esmadrid.com/en)

[www.visitmadrid.es/en](http://www.visitmadrid.es/en)

[www.comunidad.madrid](http://www.comunidad.madrid)

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# Valencian Community

If, on the other hand, you're looking for beaches, coasts, and nature along the Mediterranean Sea, as well as culture and leisure, and you have a few more days to spare, you have that opportunity in the Valencian Community. The main cities are **Castellón**, **Valencia**, and **Alicante** and the latter two are directly connected to Cuenca via train. More information:

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

[www.trenes.com/en](http://www.trenes.com/en)

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

The Valencian Community was initially settled in pre-Roman times and after that it was colonised by the Romans. It then underwent Visigothic, then Islamic rule, then the Kingdom of Valencia as part of the Crown of Aragon in the 13th century, with the conquest by Jaume I. This kingdom remained an important cultural and economic center until its institutions were abolished following the War of the Spanish Succession. Autonomy was restored with the 1978 Constitution.

The Valencian Community boasts a rich historical and cultural heritage, with its castles, walls, and towers, from cave paintings to contemporary art museums. You can also enjoy the region's nature, from the wild coves of Serra d'Irta in Castellón, to the Albufera Natural Park and the vineyards of Utiel and Requena, all in the province of Valencia, to the Carrascal Natural Park in Alicante.

Places of note for their importance and beauty in Valencia: La Ciudad de las Artes y las Ciencias (City of Arts and Sciences), La Lonja de la Seda (the Silk Exchange), the Cathedral. In Alicante: The Esplanade, the Santa Cruz Quarter, the Port, the Fogueres Museum, and Santa Barbara Castle. And in Castellón: the María de la Asunción church and the Museum of Fine Arts.

If you want to enjoy the beach, the Valencian Community is known for having one of the most spectacular coastlines in Spain, where you'll find wild coves, incredible ravines, mountains by the sea, and miles of beaches with all the services you need to enjoy the good weather and hours of sunshine that this region offers, many of them close to the three provincial capitals.

And finally, food, along with rice and cocas, there is an immense array of culinary traditions and great gastronomical offerings, some with Designation of Origin or DO certification.

More information about the Valencian Community can be found on the website:

[www.comunitatvalenciana.com/en](http://www.comunitatvalenciana.com/en)

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# Andalusia

If you're more inclined to head south, there's Andalusia. It's a fairly large region, and the best mode of transportation will depend on the cities you want to visit, from Madrid, the central transport hub, all the Andalusian province capitals are easily accessible by train and bus. More information:

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

[www.trenes.com/en](http://www.trenes.com/en)

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

The history of Andalusia is a blend of many cultures, beginning with the Phoenicians, Roman rule and subsequent Muslim conquest, which gave rise to Al-Andalus, a center of great cultural and economic splendor. After the Reconquista, it was integrated into the Crown of Castile, with Seville standing out as a key port for trade with the Americas. The legacy of diverse civilizations is evident in its cultural heritage and Islamic architecture.

Andalusia is made up of **Seville, Granada, Malaga, Almeria, Huelva, Jaen, Cordoba, and Cadiz**, there are a wide variety of options depending on what you're looking for and what you want to do. From the longest white-sand beaches, where water, dunes, and pine forests combine in Huelva and Cadiz, to the most spectacular mountains and ranges of the Sierra de Cadiz (Route of the White Villages), passing through the Montes de Malaga, and reaching the Sierra Nevada in Granada. Not to mention the natural parks where you can enjoy nature and trails, such as Cabo de Gata in Almeria, Los Alcornocales in Cadiz, Lagunas de Zoñar in Cordoba, and Las Marismas in Huelva.

Due to its size and diversity, this region is home to great monuments that showcase our country's history. Highlights include the Alhambra and the Generalife (Granada), the Giralda (Seville), and the Mezquita-Catedral (Córdoba).

And of course, we can't forget the rich and varied cuisine, made with the freshest ingredients from land and at sea. We highlight the fact that it's one of the three regions in Spain where pigs are raised to produce the best jamón ibérico or Iberian ham; fish, seafood, and the wide variety of stews and dishes typical of this region. To learn more about Andalusia visit the following website:

[www.en.andalucia.org](http://www.en.andalucia.org)

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## Extremadura

The best way to access this region is from Madrid, either by train or bus. For more information:

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

[www.trenes.com/en](http://www.trenes.com/en)

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

The great unknown, but home to a vast cultural and natural treasure. In the west of the peninsula, between Madrid and Portugal, lies this large region comprising **Cáceres** and **Badajoz**. These large provinces are different and diverse provinces. In the north lies the Jerte Valley, La Vera, the Ambroz Valley, and Las Hurdes, all made up of small, beautiful towns and watered by many streams and rivers, where you can swim in the crystal-clear waters of the Sierra de Gredos, visit Cáceres, Trujillo, and Plasencia, which boast a rich historical and cultural legacy, walking through these cities takes you back 500 years in time.

In the south, we find Badajoz, made up of large holm oaks and cork oak orchards, where pigs are raised for Iberian ham, the large towns hold an enormous treasure of Roman culture, like Mérida (capital of Lusitania), and livestock tradition, such as Zafra and Jerez de los Caballeros.

Pork is one of the most important products in Extremadura, from which those tasty embutidos or cured pork products are made, plus livestock that provides both the meat and a wide variety of cheeses, many of which have obtained first prize status internationally.

All the information about this region can be found on the following website:

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

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## Catalunya (Catalonia)

Located in the northeast of the Iberian Peninsula, Catalonia has its own historical, cultural, and linguistic identity and is one of the country's economic engines.

In **Tarragona** we have the ancient Roman Tarraco, capital of the province of Hispania Tarraconense, has an impressive and well-preserved archaeological site from the Roman period, declared a World Heritage Site by UNESCO. **Girona** has the old town, with the ancient Carolingian walls (9th century) and the call Jueu, one of the best-preserved Jewish quarters in Spain. **Lleida** boasts important monuments such as its two cathedrals, the old and new Seo, the Paeria Palace, and the Old Hospital of Santa Maria. In the 13th century, the Estudi General de Lleida (General Study of Lleida) The first university in Catalonia and the third in Spain, was founded in this city.

From an artistic and architectural perspective, Catalan Romanesque architecture is one of the most important in Europe. Particularly noteworthy are the Monastery of Sant Pere de Roda, the Basilica of Santa Maria de Ripoll, and a multitude of hermitages scattered mainly throughout the Eastern Pyrenees, with beautiful cloisters, capitals, paintings, and altarpieces.

Finally, **Barcelona**, a city inhabited since the Neolithic period and founded by the Romans in the 1st century BC, preserves in its substratum vestiges of the passage of the Iberians, Romans, Jews, Visigoths, Muslims and Christians. From the Roman period, the ancient wall and the necropolis stand out.

We also find well-preserved streets and buildings in the Barcelona History Museum. From the Catalan Romanesque period, there are some gems, such as the monastery of Sant Pau del Camp and the monastery of Sant Cugat del Vallès (near Barcelona). And from the Gothic period, we have the cathedral, the basilicas of Santa Maria del Pi and Santa Maria del Mar, and the Gothic Quarter, where you can stroll through narrow streets and squares, among palaces, basilicas, and museums.

Another of Barcelona's significant treasures is its modernist legacy. Highlights include the Sagrada Familia, Casa Batlló, Park Güell, and La Pedrera, all designed by Antonio Gaudí, and the Hospital de Sant Pau and the Palau de la Música, designed by Domènech i Montaner.

In Barcelona, we can stroll through iconic landmarks like Las Ramblas, Paseo de Gràcia, and Plaza Catalunya, or visit some of its most popular neighborhoods, such as El Born, Barceloneta, and Gràcia. The green areas include Montjuïc Mountain, Tibidabo, and Ciutadella Park. You can also enjoy its well-maintained beaches.

And as for museums, we highlight the MNAC, with important collections of Romanesque, Gothic, and Catalan modernism. Also noteworthy are the Picasso Museum, the Miró Foundation, the MACBA (contemporary art), and the Cosmocaixa science museum.

#### Natural landscapes in Catalonia

Catalonia's geography offers places of great beauty, whether on the coast: the Costa Brava (Girona), Costa Daurada (Tarragona) and Sitges, or in the mountains, with the great Pyrenees mountain range and massifs such as Montserrat, Montseny, Montsant and El Port. Among the national parks, the Parc Nacional d'Aigüestortes in the Pyrenees, the volcanic area of La Garrotxa (Girona) and the Parc Natural del Delta de l'Ebre (Tarragona) stand out.

All the information about this region can be found on the following website:

[www.catalunya.com/en](http://www.catalunya.com/en)

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## Castilla la Mancha

This community, specifically in the province of Cuenca, is where our Congress is held, and it has several places worth visiting:

**Toledo**, capital of the ancient Visigoth kingdom, known as the “city of three cultures” during Arab rule, with Muslims, Jews, and Christians living side by side. Many artistic styles come together in this city: Arabic, Mudejar, Gothic, Renaissance, and more.

Its historic center, bordered by the Tagus River and the Moorish wall, is a World Heritage Site, and houses mosques, synagogues, and a large Gothic cathedral stand side by side. Also worth a visit is the El Greco Museum, a painter of Greek origin who settled in the city and was the first great genius of Spanish painting.

Other important cities in the community are **Guadalajara**, **Ciudad Real** and **Albacete**. The best way to access this region is from Madrid, either by train or bus.

More information:

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

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## Castilla y León

Castile and Leon is an autonomous community located in the northern part of the central plateau of the Iberian Peninsula, in the Duero River basin. In addition to important prehistoric sites (the Atapuerca Mountains, a World Heritage Site), it boasts a large number of historical sites and cultural assets, including:

**Ávila**, with its spectacular Romanesque wall surrounding the city, featuring centuries-old towers and gates. A medieval historical site with the first Gothic cathedral on the Iberian Peninsula and a multitude of basilicas, palaces, and convents.

**Burgos** boasts one of the largest Gothic cathedrals in Spain and an old town packed with historic buildings and monuments.

**León** has a Gothic-style cathedral considered one of the most beautiful in

Spain and features magnificent hand-carved choir stalls. The city walls, the Barrio Humidor (Wet Quarter), and the Plaza Mayor (Main Square) are also noteworthy.

**Salamanca.** It has the oldest university in Spain, dating back to the 13th century, and the old city is a UNESCO World Heritage. The two cathedrals, the Casa de las Conchas, and the Plaza Mayor are worth a visit.

**Segovia.** The Roman aqueduct is considered the most important Roman civil engineering work in Spain. The old city is also a World Heritage Site, with its cathedral, walls, and fortress.

Other important cities in the community and information about this region can be obtained on the following website:

[www.turismocastillayleon.com/en](http://www.turismocastillayleon.com/en)

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## Galicia

The best way to get to Galicia is from Madrid by train. More travel information can be found at

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

[www.trenes.com/en](http://www.trenes.com/en)

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

Located in northwestern Spain, this region with abundant vegetation and a coastline on the Atlantic Ocean is the home of the Cathedral of Santiago de Compostela, believed to be the burial place of the apostle Saint James the Elder and the destination for those who walk the Camino de Santiago. The western cliffs of Cape Finisterre were considered by the Romans to be the end of the known world. It is made up of **Ourense, Lugo, Pontevedra, and A Coruña.**

Nature in Galicia is all about big forests with spectacular flora and fauna, countless trails and springs where you can enjoy a swim. If, on the other hand, you're looking for the coast and the sea, in Galicia, with 1,200 km of coastline, you can find wild beaches, estuaries and paradisiacal islands, all guarded by numerous lighthouses, where you can enjoy the wild beauty of the sea. Don't miss Cape Fisterra, the estuaries, and As Catedrais Beach.

Monuments to visit include: the Cathedral and Historic Centre of Santiago de Compostela, the Roman Wall of Lugo, the Tower of Hercules in A Coruña, the Gaias City of Culture of Galicia in Santiago, granaries, pazos and cruceiros, and don't forget that Galicia is an area with a wide variety of Neolithic cultures, including petroglyphs, dolmens and hill forts.

You will also find vineyards on steep hillsides or along the seafront. Galicia is a land of fish, seafood, meats, bread, cheese, traditional desserts, and a wide variety of liqueurs.

More information about this region can be found on the following website:

[www.turismo.gal](http://www.turismo.gal)

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## Euskadi (Basque Country)

The Basque Country is located in the north of the peninsula. It has its own language and culture. The industry in this region is diverse and it is one of the most developed regions in Spain. Its fishing industry is also significant. Inhabited since the Paleolithic, it preserves various fortified settlements from the Metal Age.

**San Sebastian** or **Donosti** is one of the most beautiful cities in Spain. Highlights include the La Concha Promenade, with sculptures by Eduardo Chillida, and the narrow streets of the historic center filled with taverns serving delicious tapas. **Bilbao** (Bilbo), which has left its industrial past behind, boasts the iconic Guggenheim Museum, the famous Siete Calles or seven streets for tapas, and a beautiful promenade near the estuary. **Vitoria** is considered the green capital of Europe thanks to the six large parks surrounding it, the Gothic cathedral is well worth a visit.

When traveling to the Basque Country, a visit to the fishing villages, such as Bermeo, Lekeitio, and Mundaka, and other beautiful towns like Hondarribia, near the French border; Gernika, bombed during the Civil War and the inspiration for Picasso's painting; and Zumaia, a beautiful coastal town, are a must.

There are also spectacular natural parks, such as Armañón, Gorbea and Aizkorri.

The cuisine is extensive and varied, making it a culinary destination par excellence. Fish dishes are especially popular: cod pil pil or Biscayan style, marmitako, Basque hake, kokotchas, and anguilas or eels, although quality meat is also abundant. For more information:

[www.tourism.euskadi.eus/en](http://www.tourism.euskadi.eus/en)

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## Navarre

Navarre is located in the north of the Iberian Peninsula. In the Navarrese Pyrenees, we find spectacular landscapes such as the Irati Forest -the second largest beech forest in Europe- picturesque villages, examples of traditional architecture, such as the granaries, and Roncesvalles and the entrance to the Camino de Santiago in the Iberian Peninsula. Local cheeses: Idiazabal and Roncal are highly valued.

**Pamplona**, the capital, is a beautiful city famous worldwide for its San Fermin festival. The charming town center is surrounded by centuries-old walls and boasts beautiful parks. The Plaza del Castillo is where it all happens.

Walking the pretty streets of the old town, we can take the tapas route, visit bars and taverns, or the bull run route where the most emblematic spots of the San Fermin bull run unfold.

For more information:

[www.visitnavarra.es/en](http://www.visitnavarra.es/en)

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## The Canary Islands

Gran Canaria, Tenerife, Lanzarote, Fuerteventura, La Palma, La Gomera, El Hierro and the small La Graciosa are located in the Atlantic, these islands are of volcanic origin, with a subtropical climate and native vegetation. They also boast various natural parks and biosphere reserves. Notable among these are Mount Teide in Tenerife, the Caldera de Taburiente, a volcanic depression in La Palma, and Timanfaya National Park in Lanzarote. The beaches are also incredibly beautiful and diverse.

For more information:

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

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## Islas Baleares

Made up of, among others, Mallorca, Menorca, Ibiza, and Formentera, and located in the Mediterranean, they boast beautiful coves and various points of interest, such as the cathedral and the Drac caves in Mallorca or the Talayotic Route in Menorca, an archaeological tour with important prehistoric monuments from the Bronze Age. On the culinary front, their famous dishes include sobrasada (a type of sausage), ensaimada (a type of ensaimada), and lobster stews.

For more information visit:

[www.illesbalears.travel/en](http://www.illesbalears.travel/en)

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*Otras comunidades son:*

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## Aragon

Huesca is home to the highest peaks of the Pyrenees and the Iberian Peninsula (Aneto and Monte Perdido) and some of the most spectacular landscapes, such as the Ordesa National Park. Teruel boasts the incredible Albarracín mountain range, mountains with the largest number of springs in the Iberian Peninsula and where the Tagus River originates. Zaragoza, bathed by the Ebro River, is famous for its Basilica of El Pilar. For more information:

[www.turismodearagon.com/en](http://www.turismodearagon.com/en)

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## Asturias

Bathed by the Cantabrian Sea, it houses the imposing Picos de Europa and a verdant landscape of mountains and rugged coastlines. You will also find Romanesque and pre-Romanesque churches and monasteries.

For more information:

[www.turismoasturias.es/en](http://www.turismoasturias.es/en)

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## Cantabria

In the north, the Cantabrian coast, boasts important seafaring cities and a beautiful and elegant capital, Santander. Also noteworthy are the Altamira Caves, dating from the Upper Paleolithic, known as the Sistine Chapel of cave art. For more information:

[www.cantabriaspain.co.uk](http://www.cantabriaspain.co.uk)

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

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# La Rioja

Is famous for its wine, a visit to its wineries is highly recommended. The capital, Logroño, has a beautiful historic center. Also interesting is the Dinosaur Trail, one of the best-preserved in Europe.

For more information:

[www.lariojaturismo.com/en](http://www.lariojaturismo.com/en)

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# Región de Murcia

Watered by the Segura River, Murcia is famous for its orchards, beaches, culture, and pleasant climate. The capital is largely unknown, but it houses a very interesting historic center where you can stroll through its streets and discover beautiful spots. It also has a major tourist center in La Manga del Mar Menor.

For more information:

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

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