

2024 The Iberian Trip

Overview: The Iberian Trip. 2024 April 21 – June 10: Spain and Portugal. 50N. A stopover in Casablanca enroute to Madrid. Madrid for the museums and then on to (holy) Toledo. South to Sevilla for a long-awaited stay. Portugal's Algarve to the west is next for a little beach time. Next north to Evora, then west to the capital Lisbon and Sintra. North again (many stops) to Coimbra. Porto is a short rest before we follow the Douro River to wineries near Pinhão and on to the Penascosa Prehistoric Site. Back to Spain for Salamanca, Segovia, and Galicia. Then east to Picos de Europa for hiking, and finally Pais Basque at San Sebastian before departing at Bilbao. Then on to Croatia!

Apr 21 – Apr 22: Flight to Casablanca 1N (Sun – Mon). CLT-JFK-CMN on AA/RAM. Dpt 2:30pm – Arv 9am
Apr 22 – Apr 24: Casablanca 2N (Mon – Wed). Old City Market, Hassan II Mosque, and the Corniche. And Rick's.
Apr 24 – Apr 24: Flight to Madrid (Wed – Wed). CMN-MAD on RAM. Dpt 4pm – Arv 7pm
Apr 24 – Apr 26: Madrid 2N (Wed – Fri). Prado, Sophia Reigna, run Retiro Park.
Apr 26 – Apr 29: Toledo 3N (Fri – Mon). Via rail. Alcazar, Museo del Greco, Cathedral, Jewish Quarter.
Apr 29 – May 06: Sevilla 7N (Mon – Mon). Via rail. Live as an Andalusian, architecture, tapas, evening paseo.
May 06 – May 08: Salema 2N (Mon – Wed). Get car. Sagres, Salema and Lagos. Hike Seven Hanging Gardens Trail.
May 08 – May 09: Evora 1N (Wed – Thu). Bone chapel, aqueduct, city walk, cathedral, university.
May 09 – May 13: Lisbon 4N (Thu – Mon). Bairro Alto, Alfama, Baixa, Belem. Food! Fado music.
May 13 – May 14: Sintra 1N (Mon – Tue). Pena early, hike down to Sassetti, via Mouros or Edla, Regaleira.
May 14 – May 16: Coimbra 2N (Tue – Thu). University; enroute Obidos, Miradouro do Suberco, Bathalda, Fatima.
May 16 – May 20: Porto 4N (Thu – Mon). Port wine, Fado music, day trip to to Minho or hike Passadiços do Paiva.
May 20 – May 21: Pinhão 1N (Mon – Tue). Explore the Douro quintas (wineries) and relax over the river.
May 21 – May 24: Salamanca 3N (Tue – Fri). Architecture, old square, relax. Enroute Pre-historic Penacosa
May 24 – May 26: Segovia 2N (Fri – Sun). Architecture, old square, relax. Enroute Pre-historic Penacosa
May 26 – May 27: Las Medulas 1N (Sun – Mon). Enroute Burgos and Leon Cathedrals. Hike the Roman gold mines.
May 27 – May 29: Santiago de Compostella 2N (Mon – Wed). Cathedral and old town; day trip to Muxia or Fisterra
May 29 – May 30: Covadonga 1N (Wed – Thu). A Coruna enroute. See sanctuary and town.
May 30 – June 02: Fuente de 3N (Thu – Sun). Hike lakes, Covaciella cave, & Bulnes enroute. Hike Cares & Fuente de
June 02 – June 08: San Sebastian 6N (Sun – Sat). Enroute Guernica, Lekeitio & Zarautz. Beach, pintxos, day trips
June 08 – June 10: Bilbao 2N (Sun – Sat). E Gugenheim, riverfront. Rioja enroute.
June 10 – June 10: Fly to Croatia (Sat-Sat). BIO-HAM-SPU. Dpt 10am – Arv 3:30. Ferry to Bol 4:30pm or 5:20pm.

June 10 – July 1: Bol in Croatia. Relax, run, swim and cook fish on our favorite promenade.

July 1 – July 10: Hvar in Croatia. The Miller brothers reunion in the sun.

July 10 – July 22: Montenegro. Visit Kotor and Herceg Novi for some non-Schengen Adriatic, searching for our alternate Bol.

July 22 – Aug 2: North Route Home. Greg and Kelly D in Copenhagen, then on to Reykjavik Iceland, and Boston enroute home to Charlotte.

ETIAS – Not required; ETIAS visa waiver to be required for U.S. citizens visiting Europe starting 2025. See [EU Site](#)

Morocco – [State Dept Site here](#). Level 2: Exercise Increased Caution (Terrorism). Register ahead here for [STEP](#)
Spain – [State Dept Site here](#). Level 2: Exercise Increased Caution. Register ahead here for [STEP](#)
Portugal – [State Dept Site here](#). Level 1: Exercise Normal Precautions. Register ahead here for [STEP](#)

VPN/Phone – Surfshark VPN for access to U.S. financials, streaming, etc. Surfroam for Mark's phone data

COVID Travel Requirements – [None](#).

Prescriptions – must have a prescription, in original bottle, up to 90-day supply.

2024 The Iberian Trip

Driving

IDL - International Driver's License required (Spain, Portugal)

Planned Route (stops enroute may yet be added)

Part 1: Madrid, [Toledo](#) via AVANT rail, [Sevilla](#) via AVANT/AVA rail (stop in Cordoba for the Mesquita)

Part 2: [Sevilla, the Algarve, Lisbon, Coimbra, Porto, Braga, Vila Real](#)

Part 3: [Vila Real, Rock Art, Salamanca, Segovia, Leon, Las Medulas, Galicia, Picos de Europa, Rioja, Basque](#)

Driving/Tolls EasyToll for foreign cars. For foreign-registered vehicles, the easiest way to pay for electronic toll roads is using the EasyToll system, which you can set up online via the Portugal Tolls website. If you're driving across the border from Spain via a motorway, there will be an EasyToll station near the border where you can register your licence plate and credit card details for a pay-as-you-go method or buy a pre-paid toll card – [more details here](#). JDF [Driving in Portugal](#), JDF [Road Trip Essentials](#)

Weather – Summer Dec-Feb, Fall March-April. Temp H/L in F, Rain in//days. [Site here](#) and [Site here](#)

- **Casablanca** (Morocco): May 73/61, 01//4D; June 96/66, 00//1D; July 79/69, 00//0D; Aug 80/70, 00//0D
- **Toledo** (Spain): May 77/53, 02//7D; June 87/61, 01//4D; July 95/67, ½//1D; Aug 94/67, ½//2D
- **Sevilla** (Spain): May 83/58, 01//4D; June 92/64, 00//1D; July 98/68, 00//0D; Aug 97/69, 00//1D
- **Lagos** (Portugal): May 72/57, 01//8D; June 77/64, ½//5D; July 82/68, 0//1D; Aug 82/68, 0//2D
- **Evora** (Portugal): May 77/52, 02//6D; June 86/56, 01//3D; July 92/60, 0//1D; Aug 93/61, 01//3D
- **Lisbon** (Portugal): May 73/58, 02//5D; June 78/62, ½//2D; July 82/65, 0//1D; Aug 83/66, ½//1D
- **Coimbra** (Portugal): May 72/53, 03//10D; June 77/58, 2//5D; July 83/60, ½//2D; Aug 84/59, ½//2D
- **Porto** (Portugal): May 69/53, 04//10D; June 73/57, 02//6D; July 75/59, 01//3D; Aug 77/59, 01//3D
- **Vila Real** (Portugal): May 71/49, 03//8D; June 78/55, 02//6D; July 84/58, ½//3D; Aug 84/59, ½//3D
- **Salamanca** (Spain): May 71/46, 02//8D; June 81/51, 01//4D; July 87/54, ½//2D; Aug 87/54, ½//2D
- **St. de Comp.** (Spain): May 67/48, 06//14D; June 73/52, 03//8D; July 76/55, 02//5D; Aug 77/56, 02//5D
- **Bilbao** (Spain): May 66/50, 03//11D; June 73/55, 02//7D; July 77/59, 02//7D; Aug 79/59, 03//8D

Money: \$1 = €0.92 / €1 = \$1.09. Roughly add 10% to € to get \$.

Tipping: Not expected, generally round up at nice restaurants ~ 10%. Check for a service charge (often included in touristy areas). If bags are brought to the room or housekeeping does extra work, €1-2 per bag (or for housekeeping, per day). See [Multi-Country Tipping Guide](#)

Spain Resources

- [BBQ Boy Best of Spain](#), [BBQ Boy 10 places](#),

Portugal Resources

- JDF [best Portugal hiking trails](#)
-

2024 The Iberian Trip

Apr 21 – Apr 22: Flight to Casablanca 1N (Sun – Mon). CLT-JFK-CMN on AA/RAM. Dpt 2:30pm – Arv 9am

Transit: uber

Flight: Royal Air Maroc (via AA in US): Record Locator: xxxxxx | Ppd USD\$xxxx one way
Check-in at airport (AA?) Baggage: 1 carry-on 10kg; 3 checked 23kg (per person)

CLT-JFK - RAM AT5019 A319 | Dpt Sun Apr 21 ~~14:30~~ 16:21 – Arv ~~16:23~~ 18:14 (2hr) | 2A, 2C | Biz Flex

Layover - 4½ hr JFK, look for RAM (Salon Air France at T1/Gate 1), or Priority Pass (VIP ONE, Primeclass, AF)

JFK-CMN - RAM AT201 B787 | T1 | Dpt Sun April 21 20:45 – Arv Mon April 22 08:50 (7hr) | 5D, 5F | Biz Flex

Transit: [WelcomePickup](#) reservation. Driver will have a sign with our name outside the arrivals hall by the blue Navette Shuttle sign. Ppd €35. Order #w-2887452-1 (tip extra, ~10%)

If taxi... Once you get through customs at the airport, you will want to follow the signs pointing to the taxi line. Confirm the price with the driver before getting in the car – it should be about 300 dirham (as of spring 2019), which is equivalent to about \$30 USD. The airport is located about 30 kilometers from downtown, and will take you 45 minutes to 1 hour depending on traffic.

Apr 22 – Apr 24: Casablanca 2N (Mon – Wed). Old City Market, Hassan II Mosque, and the Corniche. And Rick's.

Casablanca: [Casablanca](#) is the largest Moroccan city, and the economic heart of the country. A modern city (pop 4m), it doesn't attract as many tourists as Marrakech, Fez and Tangier. The Hassan II Mosque is striking (1993), the Corniche is the beachy-resort, and Rick's a recreation of the film.

The city Anfa was settled by Berbers in the 7th century. The port was used by Phoenicians and later Romans, trading for abundant produce. In 1468 the Portuguese bombarded and destroyed the city (then a hub for pirates). The town that grew from the rubble was called "Casa Branca" ("White House" in Portuguese). After the earthquake of 1755, the city was finally rebuilt by Sultan Mohammed ben Abdallah. In 1777, the Morocco (under the Sultan) was the first country to recognize US Independence. In the 1800s, the area was a major supplier of wool to Britain.

In the mid-1800s-early 1900s, the French forcibly colonized Morocco. Casablanca was bombarded again, 1907. The French occupied and rebuilt parts of the city as *a ville nouvelle* outside the walls of the medina, and a *ville indigène* to house Moroccans arriving from other cities.

In WWII, Casablanca was controlled by the Vichy French. The Allied *Operation Torch* captured Casablanca in November 1942. A large base was built to stage American aircraft in the European theater. This is now Mohammed V International Airport, where we will land. In 1943, the Anfa conference hosted FDR, Churchill and de Gaulle, where they adopted the policy of "unconditional surrender" of the Nazis at their goal. Privately, FDR met with Sultan Mohammed V and supported Moroccan Independence. After a post-war struggle with France, this was realized in 1956.

Ideas: [Culture Trip 1](#), [Culture Trip 2](#), [Wanderlog](#), [Yuppie Hipster](#), [Avoiding Scams](#), [BBQBoy](#), [Haggling](#)

Stay: Casablanca Marriott Hotel, MAD 4,078 (\$xxx), cancel by April 21
Room 1: #xxxxxx - Deluxe, Guest room, 1 King, City view
Phone +212 5224-39494 Address: 100, Avenue des FAR, Casablanca 20 000 Morocco

2024 The Iberian Trip

Apr 22 – Apr 24: *Casablanca 2N (Mon – Wed). Continued...*

Scams: Beware This is like Egypt, maybe more so. Some scams are: “Free Guide,” “Dirham for a Euro,” “Menu Swap,” “Free pastries,” “The Road is Shut,” “Henna Ladies” (keep hands in pockets, one will grab and start drawing while the other distracts, then demand money)

1. **Our 1,2,3 Rule:** It’s ok to be rude. It’s attitude - confident, no-bullshit, no Nice Guy.
 - 1. Firmly decline with a simple “La, Shukran” (No, thank you).
 - 2. Clearly say “no guide” too, as it is illegal in Morocco to guide without a licence.
 - 3. No, leave me be!
2. **If you accept tea** in a shop, you are committing to buy. Don’t!
3. **Wear headphones** (even if off), they are less likely to bother you
4. **Haggling** is expected. Watch for “sympathy plea”, the return (it will cost more if you “think about it” and come back), confirm the currency, switcheroo (as item is wrapped), “no change”. If they start crazy high, offer crazy low (5%). Stay friendly, have fun, walk if it is not a good deal.
5. **Pictures of people** - If you take their picture, they will want \$\$ (street artists, etc); agree \$ 1st. The same is true for animal handlers. Use a zoom lens from a café terrace!

Day 1 – Mon April 22 -----

- Check-in early to Marriott and drop bags
- Guided [Walking Tour](#) with [Mohamed](#) from Tours by Locals, 5pm-8pm, meet at Mohamed V Square.

Day 2 – Tues April 23 -----

- Run!
- Then any sights we didn’t see with the guide, or explore market, or mall, or chill at the Corniche.
- City Walk – approximate [route here](#), ~9m but we can taxi the long stretches.
 1. Place Mohammed V for photos Surrounded by beautiful architecture.
 2. Look inside the post office for original Art Deco fixtures and fittings.
 3. 10-minute walk will take you to the large Sacre Coeur Cathedral. Not in use today
 4. 5 min walk to Musee Abderrahman Slaoui for lovers of art.; plan to spend around 40 minutes.
 5. 0-min walk to Marche Central (Medina Market). Across the street from the clock tower.
 6. Ricks or La Squala for lunch
 7. Wander Rue Anglais / Old Medina and be at Hassan II Mosque before 3pm
 8. 3pm guided tour of the opulent Hassan II Mosque
 9. Walk past the Lighthouse to The Corniche and enjoy the beach and hip bars
 10. Morocco Mall (walk or via Bus #144 or 009 on the main beach road). Fountain, aquarium
 11. Taxi to the hotel for nearby dinner (La Squala or Ricks?)

Run: [Run route](#) from the Marriott based on [GR Waterfront](#) and [GR Blvd Moulay Youssef](#)

Next: **Madrid and the Museums Prado and Sophia Reigna**

Apr 24 – Apr 24: Flight to Madrid (Wed – Wed). CMN-MAD on RAM. Dpt 4pm – Arv 7pm

Transit: taxi or car service, arrange via hotel

Flights: Royal Air Maroc (via AA in US): Record Locator: xxxxxx | Ppd USD\$xxxx one way
Check-in at airport (AA?) Baggage: 1 carry-on 10kg; 3 checked 23kg (per person)

CMN-MAD - RAM AT970 B737 | Dpt Wed April 24 16:10 – Arv T4 18:55 (2hr) | 2D, 2F | Biz Flex

2024 The Iberian Trip

Apr 24 – Apr 26: Madrid 2N (Wed – Fri). Prado, Sophia Reigna, run Retiro Park.

Madrid: The area has been inhabited since the stone age, with the first walled settlement in the 9th century under the moors (*Mayrit*). It was reconquered by Christians ~1085, and remained a small town between the powerful Castile and Aragon kingdoms. In 1561, as Christian Spain grew to prominence with the reconquest and Age of Discovery, Phillip II moved his capital from cramped Toledo (and an overbearing bishop) to Madrid, and the city blossomed. The population is now ~6m

Ideas: See RS book.

Transit: From T4 From Terminal 4, passengers can ride a Renfe Cercanias train to Atocha station (€2-3, 2/hour, 25 minutes to Atocha. See [Rome2Rio](#). Buy onsite

Stay: AC Hotel Carlton Madrid – Marriott €xxx, cancel by April 23
Room 1: #xxxxxx - Standard King Room, Guest room, 1 King. Walkable to Prado, SR, Retiro, train.
Address: Paseo de la Delicias 26, Madrid 28045 Spain Phone: +34 915 39 71 00

Day 1 – Wed April 24 -----

- We should arrive at the hotel about 9pm after customs and transit. Just walk out for dinner.

Day 2 – Thu April 25 -----

- *Early* run in Retiro Park – try not to get injured this time Mark. Stretch first!
- **Museo Prado** opens 10am – 8pm. Classical Art. Read RS book P772 the night before on the flight. *Museo Nacional Centro De Arte tix good for Reina Sofia, Prado, Thyssen print & email. Rez ref: 58209268*
- **Museo Thyssen** if we feel up to a bit more art!
- Tapas walk or dinner Plaza Major, Mercado de San Miguel, Calle de Jesus, (across from the Prado, from Calle de Cervantes - Calle de las Huertas), Calle Cava Baja, the Gran Via, a pin, or near the hotel. Go late!

Day 3 – Fri Apr 26 -----

- Checkout but leave bags at hotel and visit Sophia before train. Find a 2pm train or so.
- **Museo Reina Sophia** opens 10am – 7pm. Modern Art including Picasso's *Guernica* in the Sabatini bldg, L2, Room 205.10 *Museo Nacional Centro De Arte tix good for Reina Sofia, Prado, Thyssen print & email.*

Run: GR [Runseeing](#) 5mi, or just **explore Retiro park** for a 5k

Next: *Train to Holy Toledo*

2024 The Iberian Trip

Apr 26 – Apr 29: Toledo 3N (Fri – Mon). Via rail. Alcazar, Museo del Greco, Cathedral, Jewish Quarter.

Toledo: Incredibly well preserved, the former capital city has been declared a national monument. It has a complex 2500-year history: Roman, Jewish, Visigoth, Moorish, and as capital of Christian Spain. This is the historic, spiritual, and artistic center of Spain. It rests on a circular hill, with the Tajo (Tejo in Portugal) River guarding 3 sides. The cathedral (best in Spain), of course, is at the top. This hilly city (population 84k) is full of day-trippers from Madrid, and quiet and enchanting at night.

Ideas: See RS Book.

Transit: [Rail to Toledo](#) AVANT 08142 Turista 14:45-15:21 Coche 2 Plaza (seats) 7A, 7B. Tix #: 7688501556114, 7688501556122 (see PDF print, email from RailClick). Then taxi to stay

Stay: Mirador Virgen de Gracia – Airbnb \$xxxxppd, \$xxx sched Apr 13, cancel by Apr 21
One-Bedroom house. Spiral stair, W/D, fridge, kitchen, AC. In 3pm, Out noon.
Calle Bulas, 26, Toledo, Castilla-La Mancha 45002, Spain Phone: +34 690 96 41 56

Day 1 – Fri Apr 26

- Arrival about 3pm for checkin, the RS self-guided walk in reverse ([approximate route](#)) as our stay is near.
- This is a bit of an orientation walk. Top sights are near our stay (visit day 2): Plaza del Ayuntamiento, the Cathedral, up Calle Comercio (Calle Ancha or “Wide Street”) to Plaza de Zocodover and the Alcazar.
 1. **San Juan de los Reyes Monastery** – tomb designed for Isabel & Ferdinand (they are in Granada). This is in what was the Jewish Quarter, where they were permitted to work and live until 1492.
 2. **Santa Maria Blanca Synagogue** – with pristine Mudejar-style interior
 3. **Victorio Macho Museum** – Spain’s most important 20th century sculptor
 4. **Transito Synagogue** – rare synagogue surviving not converted to a church. Museum very good.
 5. **El Greco Museum** – on his life; the best paintings are in Santa Cruz, Santo Tome, and Cathedral.
 6. **Santo Tome** – the church has an exceptional el Greco inside, *The Burial of Count Orgaz*
 7. **Plaza Ayuntamiento** – count the double-headed eagles. Turn for views of the Cathedral.
 8. **Cathedral** - look for local guidebook *Toledo Hand in Hand* for walking tours & sight descriptions
 9. **Calle de Comercio** (Calle Ancha/Wide Street) – past the cathedral to the main drag. Notice the knives – Medieval Toledo made the best steel with the knowledge of Muslim craftsmen
 10. **Plaza de Zocodover** – from Arabic “livestock market;” later Inquisition judgements and bullfights. Look for the Hapsburg double-headed eagle (Charles V), now a symbol of the city. At the Cervantes statue, look over his head for the keyhole door – a feature of Mudejar (“allowed to remain”) architecture. Above is the Alcazar with the Amry Museum), below the Santa Cruz.
 11. **Circulo de Artes** – if it is a hopping Toledo night, it will be here. Mudejar architecture, music.
 12. **Visigoth Museum** – the dominant culture for 300 years between the fall of Rome and the Moors

Day 2 – Sat Apr 27

- Visit Top Sights: Transito and Santa Maria Blanca Synagogues. Santa Tome (see RS description of the painting, insitu), Cathedral (Read RS the night before or over coffee), Visigoth Museum.

Day 3 – Sun Apr 28

- Morning Run (see below)
- Visit Top Sights: Monastery (read RS), Victorio Macho (fantastic views along with art deco sculpture), El Greco (his life and assorted works), Santa Cruz (art, including el Greco), Roman Circus and picnic.
- The Tourist Train to enjoy view across the Tajo Gorge (Pl de Zocodover). Sit RH side, back a bit for views

Day 4 – Mon Apr 29

- Rail back to Madrid (12:30p) and on to Sevilla (2pm).

Run: [Pacer along the gorge](#), 8k route in [GM here](#) (optional Roman Circus and Paseo de La Vega is ~10k)

Next: Sevilla to live as an Andalusian

2024 The Iberian Trip

Apr 29 – May 06: Sevilla 7N (Mon – Mon). Via rail. Live as an Andalusian, architecture, tapas, evening paseo.

Sevilla: Sevilla is spectacular. This is the capital of Andalusia, with sherry, matadors, flamenco, Moorish architecture, orange trees, jasmine, and in summer, plenty of HEAT! Linger here in Spain...

The city was briefly the capital for the Moors, and in the 1500s the center for the Spanish Age of Discovery and empire. Amerigo Vespucci and Magellan sailed from here. By the 1700s, trade routes shifted, the harbor silted up, and Spain's empire crumbled.

The big three sights are the *Catedral*, *Alcazar*, and *Plaza de Espana*. Other sights: *Metropol Parasol*, *Santa Maria de la Blanca*, the *Hospital de los Venerables*, *Basílica de la Macarena*, and the *Palacio de Las Dueñas*. But mostly, the evening enjoying Moorish tile and architecture and back alleys.

Ideas: [BBQ Boy](#)

Transit: Avant Toledo-Madrid 12:30-13:06 Coche 3 Plaza (seat) 9D, 9C Tix: 7026401543322, 7026401543330
Ava Madrid-Sevilla 14:00-16:43 Coche 5 Plaza (seat) 9D, 9C Tix: 7654101552499, 7654101552507
See PDF print and email from RailClick. Then [Bus 21](#) (tix on bus) or taxi.

Stay: Veoapartment Betis Triana – booking €xxxx sched Feb 27, cancel by Feb 28
Two-Bedroom Apartment. River view balcony, W/D, fridge, kitchen, AC.
19 Calle Betis Planta 3, Triana, 41010 Seville, Spain Phone: +34 690 96 41 56

Day 1 – Mon Apr 29

- Check-in and the evening paseo and tapas. **N.B. Watch for the “Rosemary Sprig Scam”**

Day 2 – Day 7

Explore historic city, run, enjoy the river view. Ideas in rough priority order below:

1. **Sevilla Walking Tour** - [This one](#) is RS best, 2hr, daily, [€20, reserve ahead](#), add Cathedral+Alcazar \$\$\$. Also RS Barrio Santa Cruz walk (book) and Sevilla City Walk (free audio tour).
2. **Flamenco**, perhaps just down the street! RS picks: La Casa del Flamenco, Casa de la Guitarra Flamenco, and Flamenco Dance Museum. These are serious, 1 hr shows, no drinks, no kids. Avoid package deal places (very touristy). Local casual options are Lo Nuestro and El Rejoneo.
3. **The Real Alcazar**, built in the 1300s, best Moorish architecture in Spain, UNESCO, still a royal residence
4. **Catedral de Sevilla**, UNESCO, [free tour Thu 2:45](#), 3rd largest church in the world and the largest Gothic Cathedral. See the tomb of Columbus, and the bell tower (the Giralda) dates back to the Moors
5. **Plaza de España**, Built for the 1929 Ibero-American Exposition, a mix of Art Déco and Mudéjar designs
6. **Palacio de las Dueñas**, late 15thC Renaissance style w/ Gothic/Moorish influence. [Free Mon after 4pm](#)
7. **Casa de Pilatos**, private palace, incredible tilework.
8. **Maria Luisa Park**, botanical garden with palm and orange trees, parrots overhead, and tiled fountains
9. **Archeological Museum of Seville** with Roman antiquities and the [Treasure of El Carambolo](#)
10. **Setas de Sevilla** Roman/Moorish ruins under the largest wooden structure in the world (2011), free drink
11. **Basílica de la Macarena** famous for the Virgen de la Esperanza Macarena, Holy week starts here
12. **Iglesia de Santa María la Blanca** small, Baroque church with the incredibly amazing ceilings
13. **Hospital de los Venerables**, 1600's home for old/disabled priests. Gorgeous church, magnificent ceiling
14. **Hospital de la Caridad**, former charity hospital funded by the man who was the inspiration for Don Juan
15. **Monasterio de Santa Paula** 1500s-today convent, tours and local jams/goods by the nuns
16. **Palacio de la Condesa de Lebrija** for its floor and wall mosaics and archeological artifacts
17. **Capilla de San José** a small chapel with magnificent baroque art.
18. **Iglesia Colegial del Divino Salvador** The 2nd largest Sevilla church, 1647, Baroque, formerly a mosque
19. **Torre del Oro** [free Mon](#), from 1220 it protected the river with a chain. Small maritime museum, view
20. **Museo de Bellas Artes** – museum of fine art
21. **Day trips to Jerez de Frontera** - Sherry bodegas
22. **Bullfight** – 6:30pm Sundays in May
23. **Buy Tix: Pena Palace (Sintra), El Castillo** – 40k yo cave painting (real not replica). [reserve prior](#) for 9am.

2024 The Iberian Trip

Apr 29 – May 06: *Sevilla 7N (Mon – Mon). Continued...*

Day 8 – Mon May 6 -----

- Pack, pickup car (below) and on to the Algarve

Car 1: Dollar Rentals (Hertz) via rentalcarsdotcom booking# xxxxxx ppd ~\$xxx, cancel by May 4
Peugeot 208 or similar, AC, stick, unlimited km. PU/Drop noon. Price incl: 1-way fee, no CD (via CC)
Pick-up – Avenida de Kansas City, Estación de Santa Justa, Sevilla, Spain, 41007 Tel: +34902995906
Drop-off – 2, San Pio X Plaza, Bilbao, Spain, 48014 Tel: + 34944153677

Drop car June 5 in Bilbao, and pick up a 2nd car (from Record Go) for the last days – separate booking

Run: GR [Park Maria-Louisa and River](#) 4mi, and [Parque Vega de Triana and River](#) (4+++ mi depending)

Next: Salema in the Portuguese Algarve

May 06 – May 08: Salema 2N (Mon – Wed). Get car. Sagres, Salema and Lagos. Hike Seven Hanging Gardens Trail.

Salema: The Algarve is Portugal's warm and dry south coast, packed with tourists in the summer. Our stay is quiet Salema. We will explore nearby Cape Sagres, Europe's "Land's End") and Lagos, and perhaps a hike of the Seven Hanging Gardens.

The Moors called this "Al-Gharb Al-Andalus" ("to the west of Andalusia"), and the name stuck.
Signs of the Moors abound – almond and orange trees, white domed and blue trimmed buildings, pointy chimneys, and decorative tiles.

Ideas: JDF [Salema notes and nearby hikes](#), and [some here](#), JDF [Algarve](#)

Route: [Sevilla-Algarve route](#) 3½ hr, 300km. Could do hike enroute, or maybe next day instead.

Stay: NAU Salema Beach Village – booking €xxx sched Apr 27, cancel by April 28
Two-Bedroom Townhouse with Sea View. Terrace, W/D, fridge, kitchen.
Praia da Salema, 8650-060 Salema, Portugal Phone: +351 21 300 7009

Day 1 – Mon May 8 -----

- Drop bags, then on to Sagres and Lagos to explore a bit

Day 2 – Tues May 9 -----

- Morning Run
- Hike [Algarve 7 Hanging Gardens AT](#) or [Caves Trails AT](#) and [similar in that area](#)
- Evening walk the beach, find dinner, enjoy sunset from our place

Run: [Runs on GR](#) center around Lagos but see also AT paths west toward Sagres

Next: Evora and the Bone Chapel

2024 The Iberian Trip

May 08 – May 09: Evora 1N (Wed – Thu). Bone chapel, aqueduct, city walk, cathedral, university.

Evora: A university town complete with a Roman aqueduct and bone chapel. Located at the foot of a mountain range in the [wine region of Alentejo](#), [Évora](#) is one of Portugal's best-preserved medieval towns and home to the 16th-century Capella dos Ossos ([Chapel of Bones](#)). The macabre monument is the final resting place of thousands of bodies exhumed from the city's graveyards in the 16th Century. Some 5,000 skeletons are believed to be cemented into its walls. It is certainly one of the most unforgettable places to visit in Portugal. Nearby is the [Praça de Giraldo](#), gruesomely used as an execution ground during the Spanish Inquisition.

Ideas: JDF [Alentejo](#)

Route: [Algarve to Evora](#), 3hr, no stops

Stay: Evora Olive Hotel – booking €xxx PAP, cancel by May 4
Standard Double or Twin Room. AC and patio (or city view), pool, free parking, breakfast, gym
Rua de Eborim 18, Évora, 7000-659, Portugal Phone: +351 266 760 050

Day 1 – Wed May 8

- No need to leave early; enjoy morning in Salema
- Arrive and park at hotel, drop bags
- ~RS City Walk: follow our map dots clockwise from the hotel
 1. **Chapel of Bones** – 16th century, walls are lined with bones and skulls of monks
 2. **Mercado Municipal 1 de Maio** – farmers' and fish market (come back in the am to stock up)
 3. **Praca do Giraldo** – named for the knight that freed Evora. Look for Mudejar architecture/iron
 4. **Roman Remnants** – the city wall, rebuilt in 14th and 17th centuries
 5. **Aqueduct** – from 16th century carrying "Mae de Agua" (Mother of Waters).
 6. **Town Hall** – beautiful plaza, Roman bath and local art inside the tall white building
 7. **Roman Arch** – Porta de Dona Isabela, was the main gate in the Roman wall.
 8. **Main Square** – views of sights – Roman Temple, Cadaval Palace, Pousada convent, and a park
 9. **Roman Temple** – 2000 years ago, it was surrounded by 3 reflecting pools, the center of town.
 10. **Church of the Loios & Cadaval Palace** – Church is interesting, palace less. Maybe visit tmo
 11. **Museum of Evora** – maybe visit tomorrow if time.
 12. **Tribunal of the Inquisition** – 1st of 4 in Portugal. Modern art now (skip).
 13. **Evora University** – architecture and blue tiles everywhere. Closes 5pm.
 14. **Cathedral** – seat of 1 of 3 of Portugal archbishops. Church on a mosque on a church. Tour inside
 15. **Rua Cinco de Outubro** – Shopping street with wine, cork, tiles, iron, leather, and rugs

Day 2 – Thu May 9

- Morning run for Mark while Jean goes to Market :-)
- Visit Evora Museum to learn about the Megalith sites nearby, then
- Visit megalithic sites enroute to Lisbon: [Almendres Cromlech](#) and [Great Dolmen of Zambujeiro](#). Skip the menhir and head to the Cromlech – 2,000 years older than Stonehenge.

Run: See [MapMyRun](#) or [AllTrails](#) or bike route/country road [Ecopista do Ramal de Mora](#)

Next: Lisbon

2024 The Iberian Trip

May 09 – May 13: Lisbon 4N (Thu – Mon). Bairro Alto, Alfama, Baixa, Belem. Food! Fado music.

Lisbon: Lisbon is the Paris of Portugal, and Europe's party-town. From the Phoenician *Alis Ubbo* (Calm Port), named long before the Romans. In recent decades it has been discovered again, turning from gritty industrial to tourist hotspot... to over-touristed at the expense of affordable local housing.

On Nov 1, 1755, a 9.0 earthquake leveled 2/3 of the city during All Saint's Day mass. Tsunami's and fires followed. Many wondered if they were being punished for the Inquisition. The King refused to live indoors thereafter (tents outside town), and turned rebuilding over to his minister Marques de Pombal, who built the well-ordered Baixa in military style, similar to Portugal's overseas colonies.

The **Alfama neighborhood** has a distinct medieval feel with **Sao Jorge Castle** above and the tightly packed winding streets below. Tree lined **Avenida da Liberdade** will have you thinking of the Champs-Élysées. **Bairro Alto** is THE neighborhood for bar hopping and Fado, with over 100 bars in a tiny area. The **Belem** area with the **Jerónimos Monastery** is beautiful for a stroll, A-priority. Other popular sights are **Gulbenkian Museum**, **TimeOut Lisboa** food market, and **Lisbon Cathedral**.

Ideas: [BBQ Boy Happy to leave Lisbon](#) (read the comments). RS Guide

Route: [Evora-Lisbon route](#) 1½ hr, 140km, Megalith sites enroute

Stay: Luxury apartment in Chiado – VRBO ppd €xxx, €xxx sched Apr 9, cancel by April 25
Luxury 2BR Apartment. AC, W/D, kitchen, bbq, free parking. In 4pm, out 11am.
Tv. João de Deus 12, 1200-468 Lisboa, Portugal Phone: +351 213 432 364

Notes: Get a LisboaCard at a TI; it covers trolley, metro, bus and funicular, St. J Monastery, Belem Tower, and Museums of Tile, Coaches, Ancient Art and more. Carry the booklet (coupons inside req'd)
Pickpockets – watch your wallet closely; crowded tourists = lots of scams and theft
Trolleys - #15E to Belem, #28E scenic cross-town, #12E Alfama. Crowded, sit to see (low windows)
Uber – good here
Up to BA/Ch – Elevadores da Gloria, Santa Justa or in Armazen Mall; escalators at B-C Metro; #28E

Day 1 – Thu May 9 – (arrive) ---- (see following pages for detail) -----

- Call ahead for early parking, *RS Walk: Bairro Alto/Chiado*, wander other nearby GM pins, Fado & dinner

Day 2 – Fri May 10 ----- (see following pages for detail) -----

- *RS Walk: Alfama* and *RS Walk: Baixa*. If extra time, see "Other Options" below. Maybe jazz somewhere?

Day 3-4 – Sat-Sun May 11-12 -----

- Morning Run
- Priority A: *Belem* and *Monastery of Jeronimos*, lunch at *Time Out Market*
- Other Options:
 1. Flea/food market in Alfama's Campo de Santa Clara (Saturday)
 2. Farmers' Market at LX Factory Zone (Sunday)
 3. Gulbenkian Museum – selective curation through the ages (including modern) with garden
 4. Parques das Nacoes – 1998 World's Fair zone, north of town on the river
 5. Other? See dots are at whim.

Day 5 – Mon May 13 -----

- Up early to Sintra to park and explore Pena Palace before hiking down via other sites.

Run: GR [Riverside Path](#) looks perfect (train out, run back?). A short/hilly option is [Ave. de Liberdade](#)

Next: Sintra and the Pena Palace

2024 The Iberian Trip

May 09 – May 13: Lisbon 4N (Thu – Mon). Continued...

Day 1 – Thu May 9 – (arrive) -----

- Call ahead if arriving before 4pm to see if we can park early
- **RS Walk – Bairro Alto/Chiado** – [the walk](#) (~1 mile, 20 min + stops) centers on stay
 1. **Miradouro de Sao Pedro de Alcantara** – a tile map informs the view. Big buildings are often former monasteries or convents. With the dissolution in 1834 these were nationalized.
 2. **Solar do Vinho do Porto** – run by the port wine institute, this is a good place to sample Port
 3. **Bairro Alto Detour** – quiet by day, rowdy by night, and worth a wander. For the walk go two blocks uphill on *Travessa da Boa Hora*, turn left on *Rua da Atalaia*, continue three blocks, then head left down *Travessa da Queimada* until you cross the big street to Largo Trindade Coelho.
 4. **Igreja de Sao Roque** – go inside one of Portugal’s first Jesuit churches. The highlight is the Chapel of St. John on the left, blue and gold. Check out floor and wall mosaics. The museum is good if small; items highlight the zeal of Counter-reformation in the age of discovery.
 5. **Cervejaria da Trindade** – the oldest beer hall in Lisbon. From IdSR, follow the tram tracks on Rua Noval da Trindade to #20. Formerly a monastery, now brewery (notice the change in tiles).
 6. **Largo do Carmo** – jacaranda trees from Brazil. Nat’l Guard HQ = last holdout of Salazar regime
 7. **Convento do Carmo** – ruined convent untouched after the 1755 earthquake as a monument.
 8. **Elevador Santa Justa** – built by a student of Eiffel, Neo-Gothic to match the ruined church.
 9. **Café A Brasileira** – 100+ yo Art Nouveau café that originally sold Brazil products
 10. **Rua Garrett** – mosaic sidewalks, iron balconies, streetlamps, and shops
 11. **Armazens do Chiado Mall** – a mall, but elevator up/down Bairro to Baixa.
- [Continue thru Bairro Alto](#) for dinner & Fado. Maybe *Restaurante Adega do Ribatejo* (on GM, 5 min walk)
- Get tix for next couple of days: [Sao Jorge Castle](#),

2024 The Iberian Trip

May 09 – May 13: Lisbon 4N (Thu – Mon). Continued...

Day 2 – Fri May 10 -----

- **RS Walk – Alfama.** [Get up to the start](#) via two free elevator rides from Baix. Go to *Rua dos Fanqueiros* #178 (see faint, white “*elevador castelo*” on the red rooftop, GM pins). Ride up and exit angling left across the street and through the little square. Then head up *Largo Chão do Loureiro* to the 2nd elevator (GM pin, near market). Follow brown *Castelo de Sao Jorge* signs to start [the walk](#). (say “sow-ZHOR-zh”)
 1. **Sao Jorge Castle Gate & Town** – guarded the castle and small town. Viewpoint/castle beyond.
 2. **Miradouro Sao Jorge** – views of Rio Tejo, April 25 Bridge, Cristo Rei statue, if clear Belem Tower
 3. **Sao Jorge Castle** – Roman then Visigoth then Moorish in the 11th Century. Home of Portuguese Royalty after 1147. Rebuilt ~1940s as a Nat’l Monument. Down past museum (skip) when done.
 4. **Castle Town** – left on Rua de Santa Cruz for a clockwise loop inside the walls to the gate
 5. **Largo Santa Luzia** – views above the Alfama. Look at the tile story on the church. Behind Ch is...
 6. **Miradouro das Portas do Sol** – views of Monastery Sao Vicente (1600)
 7. **Museum of Decorative Arts** – palace with 15-18th century fine art from Portugal’s heyday. From here, down Rua Noberto de Araujo between church and catwalk (WC near cartoons)
 8. **Largo de Sao Miguel** – Alfama was not rebuilt after 1755, and remains a tangle of streets. Old homes share a neighborhood toilet and laundry. Continue down to Rua Sao Pedro
 9. **Fado Museum** – tells the story of Fado in English. Maybe skip?Down to Ave. *Infante Dom Henrique* and R to *Praca do Commercio* (15 min walk or bus 2 stops)
- **RS Walk – Baixa** – [Walk Baixa](#), rebuilt after 1755 in military style, similar to overseas colonies.
 1. **Praco do Commercio** – palace was here before 1755, not a tourist hub. Locals just pass thru
 2. **Riverfront** – across the street, views of this tidal river (the Atlantic is just around the bend)
 3. **Rua do Commercio** – under the arch to *Rua do Commercio* (aka, *Augusta*). B&W cobbled walk :-)
 4. **Rua de Sao Juliao** – 2nd cross street. Notice churches, empty upper floors (pp move to burbs)
 5. **Igreja de Sao Nicolau** – green tiled sides, and elevator up to Alfama.
 6. **Praca de Figueria** – hospital pre-1755. Out on *Rua Dom Antao de Almeda* – see Cod shop #1C
 7. **Igreja de Sao Domingos** – center of Inquisition in 1600s. Soot ~1959 fire. *Fatima* chapel 2/3 kids
 8. **Largo de Sao Domingos** – out of old town, a medieval spot of drink & bohemian entertainment. Monument to 1506 massacre of Jews. 16th century slave market was here.
 9. **Ginjinha Bars** – zheen-ZHEEN-yah is a local drink made of ginja (like sour cherry). Hole-in-the-Wall at LSD #8 and across the square *Ginjinha Sem Rival* (sells more authentic *Eduardinho*)
 10. **Rossio Square** – once a Roman racetrack, now the city’s historic center. The Nat’l Theate stands on what was once the HQ for the Inquisition. See Elevador Santa Justa and ruined convent.
 11. **Rossio Station** – ~1900 “central station.” Statue of King Sebastian, lost in Africa. Spain’s Phillip II ascended. He promised to give up the throne on Sebastian’s return. Portuguese still wait.
 12. **Praca dos Restauradores** – Obelisk celebrates independence from Spain in 1640 (w/o Sebastian). This connects Rossio Square with Avenida da Liberdade.
 13. **Avenida da Liberdade** – tree-lined ave connecting old and new towns. Rebuilt in the 1880s, it was inspired by Paris’s Champ Elysees, with fashion, hotels, shopping, and 8 lanes of traffic. Beyond Pombal Rotunda (cirlce) is the fine Edward VII Park. Stroll, then back down to Baixa
- If it is still early, see “Other Options” on prior page and continue our exploration!

2024 The Iberian Trip

May 13 – May 14: Sintra 1N (Mon – Tue). Pena early, hike down to Sassetti, via Mouros or Edla, Regaleira.

Sintra: Sintra is home to one of a favorite and most colorful castles in Europe, *Pena Palace*. Like Versailles, this was where local royalty went to escape the summer heat, in the peaks above the sea.

Ideas: JDF [Sintra hikes](#) and [Best things to do in Sintra](#)

Route: [Lisbon to Sintra](#) ¾ hr, 40km

Stay: NH Sintra Centro – booking, PAP €xxx, cancel by May 11
Standard Double or Twin Room with City View. AC, fridge, parking €15. In 3pm, out noon.
Praça da República, Sintra, 2710-616, Portugal Phone: +351 21 923 7200

Day 1 – Mon May 13 -----

- Arrive early and tuk-tuk or bus #434 (starts 9:30am) up to Pena before the crowds. Then hike down to Sassetti, via Mouros or Edla, Regaleira. Maybe National Palace later or just relax and enjoy the hotel!

The best route is to take a terraced path directly below the Moorish Castle, which leads past the Vila Sassetti. You'll find the trailhead at the end of the parking lot directly across from the Lakes/Lagos lower entrance of the Pena Palace grounds, and you'll also find a trail connecting to it near the Moorish Castle main ticket booth (near the bus stop).

From here, the trail curls around the bottom of the Moorish Castle's rocky perch, then enters the grounds of the Vila Sassetti. After visiting, you'll hike down to the villa itself, then traipse through its lower gardens into Sintra. Note - if the Villa is closed, you can also drop down—on steep steps—to footpaths that run through the woods above the main road.

Another option is to walk down on the "Santa Maria Way," which forks off in the opposite direction from the Moorish Castle entrance. However, this trail is mostly through thick woods and less scenic. – RS

- Decide on stops tomorrow on our road trip to Coimbra

Day 2 – Tue May 14 -----

- Early departure for a short road trip to Coimbra with TOO MANY sights enroute!

Run: N/A

Next: Coimbra with many stops enroute!

2024 The Iberian Trip

May 14 – May 16: Coimbra 2N (Tue – Thu). University; enroute Obidos, Miradouro do Suberco, Bathalda, Fatima.

Coimbra: Portugal's Oxford, the university was founded in 1290. Busy during the week, but many students are home weekends, so it is quieter.

Ideas: See RS Guide

Route: [Sintra to Coimbra route](#) 4½ hr, 300km. Several possible stops enroute; we won't have time for all:

1. Buddha Eden Garden of Peace – gigantic oriental and African sculptures in garden setting
2. Óbidos – “most charming town in Portugal”, small very colorful, but very touristy
3. Miradouro do Suberco – clifftop view of Nazare and the middle coast (short stop)
4. Alcobaça Monastery – beautiful UNESCO site with tombs of star-crossed lovers Pedro & Inês
5. Batalha Monastery – one of the most important church in Portugal, from key reconquest battle
6. Sanctuary of Our Lady of Fátima – shrine where Mary appeared to 3 children
7. Conimbriga Ruins – Roman archeological site, with in-situ mosaics, etc.

Stay: Hotel Vitória – booking, PAP €xxx, cancel by May 11

DoubleRoom. AC, city view. In 3pm, out noon. Parking nearby, not included.

Rua da Sota, nº 9, Coimbra, 3000-392, Portugal

Phone: +351 239 824 049

Day 1 – Tue May 14

- Busy day... so check in, find dinner or just evening Paseo, and done

Day 2 – Wed May 15

- Morning Run
- RS Walk [approximate route](#):
 1. **Santa Clara Bridge** – view of the city
 2. **Largo da Portagem** – lively center for coffee. From here, stroll down Rue de Ferreira Borges. 200m along, take the stairs under the graffiti Freud sign up to a terrace with a view.
 3. **Praca de Comercio** – commerce square, with craft-named streets branching out.
 4. **Municipal Museum** – a turn-of-the-century high end department store, now city museum
 5. **Café Santa Cruz** – Cafe in a former church (Monasteries dissolved in 1830's to pave the way for the industrial revolution, on the heels of Napoleon's modernization in France)
 6. **Church of Santa Cruz** – lavishly 18th century tiles. Tombs of Portugal's 1st & 2nd Kings
 7. **Jardim de Manga** – garden of the sleeve, King Joao III supposedly drew the design on his sleeve
 8. **Mercado Municipal** – modern covered market.
 9. **Elevador do Mercado** – elevator/funicular up to the University with great views on the way
 10. **Coimbra University** – wander the big Marxist-style square and explore (see GM pins). This is the 3rd oldest university in Europe. [Reserve](#) for King Joao Library ahead.
 11. **Iron Gate to Old University** – exit from the university. Look for grads' ribbon burning party
 12. **Machada de Castro Museum** – art and sculpture museum with Roman Forum in the basement.
 13. **Café Se Velha** – view of rare surviving Reconquista church,, summer jazz nearby
 14. **Rua Quebra Costas** – “street of broken ribs” as it's so steep, with shops.
 15. **Tricana Statue** – woman in traditional dress, the subject of many a Fado song
 16. **Fado ao Centro** – Coimbra's unique take on Fado (men vs women singing), reserve ahead
 17. **Arco de Almadina** – “Gate to Median” in Arabic, medieval gates with openings for hot oil above
- Evening music: *Fado ao Centro* (6pm), *Café Santa Cruz* (6&10pm), *aCapella* (9:30&10:30p), or street jazz

Day 3 – Thu May 16

- No rush, 2 hr drive and next check-in at 5pm. Breakfast then Bussoco or Aviero enroute to Porto.

Run: Komoot [River+Parks](#) and [Choupal](#) . Combine Ave Conimbriga, Choupal NP, and East Bank

Next: Porto

2024 The Iberian Trip

May 16 – May 20: Porto 4N (Thu – Mon). Port wine, Fado music, day trip to to Minho or hike Passadiços do Paiva.

Porto: Hilly Porto is more well preserved, less polished, more gritty and charming than Lisbon. It was spared the 1755 earthquake, so has many historic structures. It is a working town, famous for the Douro wine aging its docks. EU funding has upgraded transit and historical sites in recent years, and tourism has increased (cheap flights). Top sites are the *Ribeira* (ree-BAY-rah) and *Vila Nova de Gaia* across the river, where the port ages. *NOTE: Uber is great for getting around and up hills!*

Ideas: RS Book

Route: [Coimbra to Porto route](#) 2hr, 150km.

Enroute [Bussaco Palace](#) and or the seaside town of [Aveiro](#) – OR – *Passadiços do Paiva* [hike \(route\)](#)
Aveiro is “The Venice of Portugal”, Aveiro is famed for its beautiful canals, Nouveau architecture, and colorful gondolas (moliceiros). Sights include the Cathedral of Aveiro, with its prominent bell tower, and the 15th-century Convento de Jesus; featuring a lavish tomb made of marble. A ride on one of the traditional moliceiros will offer you the best views of the town and the São Jacinto Nature Reserve on the salt marshes. Aveiro salt is famous for its high quality and taste. People traditionally use it to preserve cod (bacalhau), which is a key ingredient in Portuguese cuisine. Make sure to visit the lively fish market and pastel-colored Art Nouveau houses lining the canal.

Stay: Oporto Flag Center 1832 – Airbnb, PAP €xxx, cancel by May 11
Entire (small) Condo. AC, W/D, kitchen, balcony or patio. Free Parking reserved. In 5pm, out noon.
Rua das Fontainhas 129, Porto, Porto 4000-054, Portugal Phone: +351919762919

Day 1 – Thu May 16 -----

- Check-in, Ribiera for dinner, Fado Music, maybe at Taylors (reserve, see next page).

Day 2 – Fri May 17 -----

- RS City Walk (2hr plus stops) [Part 1 Route](#) and [Part 2 Route](#) or guided walk (see RS book and reserve)
Church of Saint Ildefonso – on Praca de Batalha (Battle Square). Nat’l Theater, Art Deco Cinema.
Mercado do Bolhau – recently renovated farmers’ market.
Avenida los Aliados – Ave of Allies is the main drag of the “granite city”, with Art Nouveau and Art Deco, reminiscent of Prague’s Wenceslas Square and 20th century Paris.
Praca de Liberdade – end of the avenue, honoring King Pedro V. Nearby Imperial McDonalds.
Rua de Fabrica – formerly abandoned tobacco industry street, now with hip shops
Praca Guilherme Gomes Fernandes – a fireman who saved the city. See *Padaria Ribeiro* pasties.
Praca de Gomez Teixeira – lion fountain, university, Art Deco *Armazens Cunhas*, & *Carmo Church*
Praca de Parada de Leitao – student cafes and bars, good nightlife
Lello Bookstore – Art Nouveau interior inspired JK Rowling. Fee now: Potter fans overwhelmed
Praca de Lisboa Park – up the stairs and across the park which disguises a parking garage
Clerigos Church and Tower – Baroque architecture and interior. Tower views, organ at noon. Then pedestrian way right of the tower past Avenida los Aliados to the train station & up hill to...
Sao Bento Train Station – some of the fines *azulejos* (blue tiles) depicting local history (1920s)
Porto Cathedral – (optional) Stonework, historic, and a bit gloomy, great city view, silverwork
Rua das Flores – pedestrian lane with shops, azulejos, ironwork. Formerly seedy, recently hip. Look up the narrow alley at #222 for street graffiti art.
Misericordia Church & Museum – Porto’s “United Way and Gates Foundation rolled into one”.
Praca do Infante Henrique – Henry the Navigator, perhaps the most important Portuguese of all
Stock Exchange – stunning monument, the top sight in Porto, reserve English tour onsite only.
Sao Francisco Church – Porto’s only Gothic church, and bone-heap (ossuary) in the basement
Ribeira – enjoy the stroll, and look for fluttering laundry on colorful houses at Cais de Estiva
Praca de Ribeira – thriving square with old houses and sculptures
- Not tired? See next page for additional ideas

2024 The Iberian Trip

May 16 – May 20: Porto 4N (Thu – Mon). Continued...

Day 3 – Sat May 18 -----

- Morning Run
- [Port Wine Cellars](#) - use this link and meander. Most close 6pm. Just show up, ask for a tour/tasting. The *RS Book* as a good sidebar on types of port (read ahead).
 - o [Calém](#) is very good with unique 45 min *fado* show at 7pm (reservation).
 - o [Taylor's](#) classy but long visit, a modern museum and stunning terrace city views, great restaurant
 - o [Vasques de Carvalho](#) is intimate and stylish
- Wander in search of live music around Clerigos Tower / University / Rua de Candidos dos Reis

Day 4 – Sun May 19 -----

- [Porto / Minho day trip](#) – OR –
- Possible day hikes: [Pavia Boardwalk](#), [Peneda Geres](#) – OR –
- Visit seaside Foz do Douro – OR –
- [Serralves Foundation](#) Contemporary Art and Park – OR –
- Just enjoy the city

Day 5 – Mon May 20 -----

- Explore quintas enroute to Pinhao (or at Pinhao itself) and enjoy the river view terrace at sundown
- See message from hotel in booking for viewpoints and dinner recommendations. Bikes for rent.

Run: GR Douro [Gaia side](#) (prettier and connects to 20k Gaia Seafront Path w/ trains out/back) or [Foz side](#)

Next: *Pinhão and Douro Quintas (wineries)*

2024 The Iberian Trip

May 20 – May 21: Pinhão 1N (Mon – Tue). Explore the Douro quintas (wineries) and relax over the river.

Pinhão: The Douro's steep canyons have been terraced over centuries to create homes for almond and olive trees... and grape vines. This is the home of Port wine, and recently great reds. Douro means "river of gold," whether to the sun's reflection or golden-brown silt after a rain is unclear.

In the 1700s, the English were in a trade war with France, and developed a taste for the Douro wine of their ally, Portugal. The wine was fortified with grape brandy to survive the sea voyage to England. The Brits perfected the process, and thus many ports have British names (e.g., Taylor, Croft, Graham). The area was demarcated in 1756 as the only place you can produce "Port."

During Phylloxera, some terraces were ruined with harsh chemicals, and others abandoned. Patient Brits bought up land, and now own large vineyards. There are still many independent producers, with ~4000 vintners along the 50-mile stretch near Pinhao.

Ideas: JDF, RS Book

Route: [Porto-Pinhão route](#) 1½ hr, 150km. Enroute quintos (wineries). Some ideas (RS) are here, but search GM and stop (not too often, I have to drive) at what looks interesting or what we've tasted in Porto. [Near Regua](#) (all pinned on GM)

- Quina de Pachea – elegant house, impromptu tastings at leafy wine bar (call for tour)
- Quinta de Marrocos – casual, traditional family run for simple ports
- Quinta da Vallado – one hour tour with tastings

[Near Pinhao](#) (all pinned on GM)

- Quina do Panascal – make Fonseca Bin #27 ruby, wander terraces. **Douro's best tour**
- Quinta de La Rosa – 20min hike, good dinner, craft beer and pizza also.
- Also wander Pinhao's main street for multiple shops. Tasting at Vintage House Hotel

Stay: Dois Lagares House – booking, €xxx sched May 24, cancel by May 5 In 3pm, out 10:30am
Deluxe Double Room. AC, pool, River view terrace, breakfast. Free Parking.
Quinta de Santo António, Rua de Santo António, Pinhão, 5085-243, Portugal tel: +351 919 463 206

Day 1 – Mon May 20 -----

- Explore quintas enroute (or at Pinhao itself) and enjoy the river view terrace at sundown
- *See message from hotel in booking for viewpoints and dinner recommendations. Bikes for rent.*

Day 2 – Tue May 21 -----

- Early depart for more time to see [Penascosa Prehistoric Rock-Art](#) & [Calçada de Alpajares](#) enroute

Run: N/A – no time, too hilly!

Next: Salamanca

2024 The Iberian Trip

May 21 – May 24: Salamanca 3N (Tue – Fri). Architecture, old square, relax. Enroute Pre-historic Penacosa

Salamanca: Sandstone city with the grandest plaza & oldest university; less touristed, and less hilly Toledo.

Ideas: [RS YouTube Toledo and Salamanca](#), [Cameron Hewitt](#)

Route: [Pinhão to Salamanca rt](#) 5 hr, 250km. Eroute [Penascosa Prehistoric Rock-Art](#) & [Calçada de Alpajares](#)

Stay: El Patio de la Catedral – booking, €xxx sched May 12, cancel by May 13 Appt Guide here
Studio Apartment. AC, W/D, kitchen, pool, balcony or patio. Parking €/day. In 4pm, out noon.
Calle Gibraltar 18, Salamanca, 37002, Spain (video) Tel: +34 693 61 70 31 (WhatsApp)

Day 1 – Tue May 21

- [Penascosa Prehistoric Rock-Art](#) & [Calçada de Alpajares](#) enroute
- Enjoy wine and dinner in the main square

Day 2 – Wed May 22

- RS Salamanca Walk (we are doing in [reverse](#), with embellishments, as our stay in near the Cathedral)
 1. **Art Nouveau Museum** – looks interesting for next-day visit
 2. **Cathedral** - on the main facade, look near the right entrance door (left side) for the ken-doll size astronaut carved during 1993 repairs. Once an outrage, now locals say "well, he IS closest to God..." Look also for the dragon eating ice cream, below. Enjoy the inside.
 3. **Patio de Escuelas** – see the 400-yo University entrance façade (Columbus came for travel tips)
 4. **Monument to Fray Luis de León** – imprisoned for 5 years by the inquisition for translating the bible into Galician. On release, his first lecture started ""As we were saying yesterday..." Brave!
 5. **El Cielo de Salamanca** – ceiling mural with constellations and mythological creatures.
 6. **Le Clerencia Church** – "stairway to heaven" 200 steps up to nice city views
 7. **Costa de las Conchas** – landmark w/300 scallop shells of St. James (we are on Camino fm Sevilla)
 8. **Rua Mayor** – the main pedestrian way. 2nd left (C. Felipe Espino) has lined with tapas bars
 9. **Palacio de la Salina** – Elaborate palace, built in 1538, featuring a courtyard with a loggia.
 10. **Plaza del Corillo** – pleasant with statue of a local poet
 11. **Plaza Mayor** – 1755. The town living room, for all events and just people watching. Most of the town is of the lemony limestone, which is soft when quarried, but hardens over time (ideal!). The architecture is from the Churriguera brothers, and set the style for much of Spain and her colonies. The square honors "the people," with medallions for famous Spaniards.
 12. **Café Novelty** – 1905. Town council members meet here to hash strategy – within each party.
 13. **Arco de San Fernando** leads to the **covered market** – just because Jean will enjoy!

Day 3 – Thu May 23

- Morning Run
- Art Nouveau with Roman Bridge, and/or Automobile Museum
- Tapas along Calle Van Dyck or Calle Felipe Espino and late-night Paseo through Plaza Mayor

Day 4 – Thu May 24

- Short drive and two stop (Avila, Vally of the Fallen) enroute to Segovia

Run: My route long the [River + Plaza Mayor](#), loosely based on Komoot [Rio Tormes Loop](#)

Next: *Segovia aqueduct and alcazar*

2024 The Iberian Trip

May 24 – May 26: Segovia 2N (Fri – Sun). Architecture, old square, relax. Enroute Avila's Walls

Segovia: A thriving Roman town (same population as today) with an impressive aqueduct. Later, where Isabela was born (in the Alcazar), and her seat of power as she ascended to Queen.

Ideas: [TourGuy Segovia](#), RS book, [Trevor Huxham](#)

Route: [Salamanca-Avila-ValleyoftheFallen-Segovia](#) 3 hr, 250km. Enroute Avila's walls & Valley of the Fallen

Stay: Exe Casa de Los Linajes – booking, €xxx sched May 21, cancel by May 22
Double Room with Terrace. AC, terrace,. Parking €xx/day (reserved). In 2pm, out noon.
Doctor Velasco, 9, Segovia, 40003, Spain Tel: +34921414810

Day 1 – Fri May 24

- Avila – Stop at clearly-marked pullout Cuatro Postes on N-501 for view as we approach. Then in town stop for its medieval walls (best from below, but we can walk the walls). Also birthplace of St. Teresa.
- Valley of the Fallen – 500' cross and basilica honoring victims of the Spanish Civil War. It was initially a Fascist memorial; Franco was buried here until 2019. The place is still very controversial for Spaniards.

Day 2 – Sat May 25

- Morning Run
- RS "[Segovia walk](#)" (see guide for detail): aqueduct, cathedral, Jewish quarter, alcazar, mirador

Day 3 – Sun May 26

- Pack and depart early for a long drive and more time at Burgos and Leon Cathedrals, enroute.

Run: GR [Segovia Runseeing](#) 5.5m (can make longer/shorter)

Next: *Las Medulas Roman gold mines*

May 26 – May 27: Las Medulas 1N (Sun – Mon). Enroute Burgos and Leon Cathedrals. Hike the Roman gold mines.

Las Medulas: This is all that is left of the largest gold mine in the Roman Empire. The name for these mining ruins probably comes from the Latin *metula*, the diminutive form of *meta* ("cone" or "pyramid") which describes the other-worldly rock formations that make up the ruins.

The Romans mined over 1.6m kilos of gold from these hills over 250 years. Ingeniously, they used hyrdo-power, collecting spring rains and sluicing it into holes bored deep in the friable rock. The rock exploded, leaving gold tailings for miles. Their environmental mess is now the beautiful park.

Ideas: [Trevor Huxham](#), [Novo Monde](#), Mapping Spain [Burgos Cathedral](#) and [Leon Cathedral](#)

Route: [Segovia-Burgos-Leon-Las Medulas](#) 5 hr, 550km, with Burgos (El Cid tomb) & Leon (glass) Cathedrals and the [Museum of Human Evolution](#) in Burgos.

Stay: Hotel Rural El Lagar De Las Médulas – booking €xx sched May 19, cancel by May 19
Double Room with Private Bathroom. Breakfast. Free parking. In 2pm, out noon.
Calle Leirancos 12, Orellán, 24444, Spain Tel: +34655063574
Call hotel ahead to reserve for dinner (not included, served 8-10pm)

Day 1 – Sun May 26

- Burgos Cathedral and Leon Cathedral

Day 2 – Mon May 27

- Early morning [hike](#) in Las Medulas from the hotel (based on this from [AllTrails](#) - [download](#))
- Depart for Santiago de Compostella (no planned stops)

Run: N/A, hiking

Next: *Santiago de Compostella*

2024 The Iberian Trip

May 27 – May 29: Santiago de Compostella 2N (Mon – Wed). Cathedral and old town; day trip to Muxia or Fisterra

Santiago de Compostella: Santiago de Compostella marks the end of one of the three great pilgrimages: Camino de Santiago (The Way of St. James). The others are *Jerusalem* and *Via Francigena* to Rome.

According to legend, James' body was transported after death – perhaps by angels or his disciples – from Judaea back to Hispania, where he had preached. His relic was lost for centuries, until a hermit discovered them in the 800s. This was of course validated by the bishop. Handily, pilgrims came soon after, bringing wealth needed to continue the fight against the Moors. According to legend, he appeared to a badly outnumbered Christian army at the battle of Clavijo, leading them to victory and earning the nickname “Santiago Matamoros” – *St. James the Moor Killer*. From these legends, James became revered as the patron saint of Spain and part of their national identity.

For over a millennia, faithful have followed old Roman trading road that led through Santiago de Compostella to *Finisterrae* (Land's End), their western-most port in Europe.

Silver and jet (*azabache* in Spanish, a black gemstone of fossilized wood) are local specialties. Locals speak Spanish and Gallego (Galician). Seashells represent St. James and the Camino. The cathedral is featured on Spain's €0.01, €0.02, and €0.05 coins. Gooseneck barnacles are a local delicacy, get them cheapest at Mariscomanía in the market – you pick your seafood, they cook for you.

Ideas: [Wikipedia](#), RS Guide, [Trevor Huxham](#)

Route: [Las Medulas to Santiago de Compostella route](#) 2½ hr, 220km. Eroute n/a

Stay: Hotel Praza Quintana – booking €xxx sched May 23, cancel by May 24

Double Room with Cathedral View. AC. In 3pm, out noon.

Rúa da Conga, 9, Santiago de Compostela, 15704, Spain

Tel: +34 981 51 57 49

Parking San Clemente is 300 meters from the hotel: special price for our clients of €16/day

Day 1 – Mon May 27

- Evening on the square, cathedral view

Day 2 – Tue May 28

- Run and local market, then visit the cathedral.
- Day trip to Fisterra (Finisterra, “End of the Earth”) and/or Muxia - OR - [hike](#) (9 mi loop with short-cuts)

Day 3 – Wed May 29

- Depart very early for long drive and sightseeing at A Coruna, Roman bridge and Covadonga Sanctuary.

Run: My 7k [Park San Domingo, Alameda Park and University](#), loosely based on [Komoot](#)

Next: *Covadonga Sanctuary and Los Lagos hike*

2024 The Iberian Trip

May 29 – May 30: Covadonga 1N (Wed – Thu). A Coruna enroute. See sanctuary and town.

Covadonga: The Battle of Covadonga was the first Christian Victory in Iberia against the invading Moors. The site is considered the “Cradle of Spain,” and (retrospectively anyway) the start of the *Reconquista*. The Sanctuary *Our Lady of Covadonga* is a Marian Shrine. A statue of the Virgin, hidden in the caves, is believed to have miraculously aided the victory. The site includes the Holy Cave with the tombs of Kings Pelagius (of the battle) & Alfonso I, a museum, and the basilica.

Ideas: [Moon and Honey](#), [Wikipedia](#)

Route: [Santiago de Campostella-A Coruna-Covadonga route](#) 5 hr, 450km.
Enroute A Coruna lighthouse and Roman Bridge at Cangas de Onis

Stay: Arcea Gran Hotel Pelayo – booking PAP €xx, cancel by May 21
Standard Double or Twin Room. Free parking. In 2pm, out noon.
Covadonga, s/n, Covadonga, 33589, Spain Tel: +34985846061

Day 1 – Wed May 29 -----

- Long drive with stops for the Lighthouse and town at A Coruna and Roman bridge.
- Explore Covadonga Sanctuary for history of the sight
- Get [Fuente dD cable car tix here](#) for Saturday June 1, early!

Day 2 – Thu May 30 -----

- Up early and hike the lakes area nearby. Then enroute to Fuente de stay, explore Cueva De La Covaciella (pre-historic paintings), and ride the Bulnes Funicular views. See route details next page.

Run: N/A - hiking

Next: Fuente de and hiking the Cares Trail (best in Spain)

2024 The Iberian Trip

May 30 – June 02: Fuente de 3N (Thu – Sun). Hike lakes, Covaciella cave, & Bulnes enroute. Hike Cares & Fuente de

Fuente de: *Picos de Europa*, a national park located in the north of Spain between Cantabria, Asturias and Castilla y León, is one of the least known and most underrated areas of the country. The mountainous peaks in the region are said to have been one of the first things sailors would see on their return to Europe from the Americas, which is how they got their name.

While we will see cows and sheep, there are still bears and wolves in the park, along with chamoix, golden eagles, otters, deer, wild boar and plenty of other wildlife.

Ideas: [Culture Trip](#)

Route: [Covadonga-Fuente De route](#) 2 hr, 100km.
Enroute [Cueva De La Covaciella](#) and do the Funicular de Bulnes (Poncebos)

Stay: Apartamentos Nevandi – booking €xxx sched May 21, cancel by May 22 In 5pm, out noon.
One-Bedroom Apartment with Mountain View. W/D, kitchen, fireplace. Street parking (free).
Lugar, Bo. Pido, 0 S N, 39588 Pido, Cantabria, Spain Tel: +34 635 54 81 56

About the area: [valledecamaleno](#)

Day 1 – Thu May 30 -----

- Up early and hike nearby [Los Lagos Itinerario Largo](#) (25 minute [drive](#), an easy and beautiful 4 miler).
- Explore [Cueva De La Covaciella](#) and do the Funicular de Bulnes (Poncebos) enroute to Fuente De.
- If energetic, we could hike [Ruta de le canal del Texu](#) at Bulnes

Day 2 – Fri May 31 -----

- Hike [Cares trail](#) from Cain. The path is relatively level and the scenery spectacular; as you walk towards Poncebos the gorge gets wider. The view near Santa Marina de Valdeon is breathtaking.

Skip the long downhill (and back up) to Poncebos; instead, about-face and return to Cain. The path is reasonably wide and well-made but keep your eyes front as there is a steep drop to the river.

Enterprising locals in Cain will allow you to park in fields near the village centre for a small fee.

Day 3 – Sat June 1 -----

- Cable car up [Fuente de \(get tix here ahead\)](#) and hike down [Puertos de Áliva](#), easy 8 miles with café

Day 4 – Sun June 2 -----

- Depart by 6:45am for the long drive to San Sebastian, with *El Castillo* & *Altamera* caves enroute

Run: N/A – hiking!

Next: *San Sebastian and Pais Basque*

2024 The Iberian Trip

June 02 – June 08: San Sebastian 6N (Sun – Sat). Enroute Guernica, Lekeitio & Zarautz. Beach, pintxos, day trips

San Sebastian: Donostia in Basque, Donsoti to locals, on *Bahia de la Concha*. SS has a beautiful beach and promenade with peaks at either end, a Rio De Janeiro-like statue of Christ crowing one. Tiny *Isla de Santa Clara* completes the idyllic setting. In the 1800s, this became a seaside retreat for Spanish royalty, and has remained in fashion since.

There aren't a lot of sights... this is about the beach, food, and wine from nearby Rioja. Donostia-San Sebastian is the culinary capital of Spain, with *pintxos* and dozens of Michelin stars.

Ideas: [Wine Society Rioja](#), [Savored Journeys Rioja](#), RS Book

Route: [Fuente de – San Sebastian route](#) 5 hr, 400km. 2hr to *El Castillo*, depart 6:45am latest if no tix. Enroute drive through *La Hermida Gorge* and stop at *El Castillo* & *Altamera* caves ([Trevor Huxham](#)). [El Castillo](#) – 40,000 yo painting, oldest ever found, real not replica. Arrive by 8:45 or [reserve prior](#). [Altamera](#) - replica of 36,000 yo cave paintings found here. [Website](#). Sun 9:30-3pm, free

Stop at the apartment rental office to collect the key (show ID), address in directions above. In order to collect keys on arrival you will need the pick-up code: 302158. Ask about parking.

Their [website is here](#), locator: 20749258-1629731116 PIN: 18F6

Stay: San Martin - The Rentals Collection – VRBO €xxxx due Dec 10, cancel by April 3
Whole Apartment. W/D, kitchen, balcony. Key code: 302158. Parking?
Calle San Martin, 16 San Sebastián 20005 Tel: +34943461906 In 3pm, out 11am

Day 1 – Sun June 2 -----

- Long coastal drive to San Sebastian, with Altamira cave enroute and evening Paseo in San Sebastian

Day 2 – 5 -----

- Enjoy the beach and pintxos (tapas) scene.
- Day trips: As we've time and interest: , *Laguardia* and *Haro* (Rioja), , *Irache Monestary* with fountain of wine (free), *Puente La Reina* and *Pamplona*, *Dinosaur Trail*, and *St. Jean du Luz*
- Get [Guggenheim Tickets](#) for Saturday June 8 or Sunday June 9

Day 4 – Wed June 5 -----

- Return the Hertz and pick-up a new rental from Record Go for the last few days. [Route](#)

Car 1: Dollar Rentals (Hertz) via rentalcarsdotcom booking# xxxxxxxx ppd ~\$xxx, cancel by May 4
Peugeot 208 or similar, AC, stick, unlimited km. PU/Drop noon. Price incl: 1-way fee, no CD (via CC)
[Drop-off](#) – 2, San Pio X Plaza, Bilbao, Spain, 48014 Tel: + 34944153677

Walk: [Walk from Hertz to Record-Go](#), and enroute photos of Guggenheim, parks, and perhaps get lunch

Car 2: Record-Go Rentals via rentalcarsdotcom booking# xxxxxxxx ppd ~\$xxx, cancel by June 3
Fiat 500 or similar, AC, stick, unlimited km. PU/Drop 2pm. No CDW (via CC)
[Pick-up & Drop-off](#) – 56, Licenciado Poza, Bilbao, Spain - Mainland, 48013 Tel: +34666718439

- [Road trip](#) on the way back to San Sebastian along the Basque coast. First stopping in Guernica for the Basque museum, oak tree and mosaic replica of Picasso's masterpiece. Then through Lekeitio & Zarautz.

Day 6 – Sat June 8 -----

- Pack and early-ish departure back west to Bilbao (more time for Bilbao)

Run: GR: The [Corniche](#) or along the [Urumea River](#) are both good options, or just explore

Next: Bilbao and the Guggenheim

2024 The Iberian Trip

June 08 – June 10: Bilbao 2N (Sat – Mon). E Gugenheim, riverfront. Rioja enroute.

Bilbao: The decaying industrial port has been revived, with great riverfront parks and the architectural wonder of the Gugenheim Museum. The surrounding countryside is lush green, dotted with traditional white-with-red-roof Basque homes. The old town is worth strolling, and is home to the second-best food in Spain, outside San Sebastian.

Ideas: RS Book

Route: [San Sebastian-Bilbao route](#) 1½ hr. Drop luggage at Marriott and check in, then drop rental

Car 2: Record-Go Rentals via [rentalcarsdotcom](#) booking# xxxxxx ppd ~\$xxx, cancel by June 3
Fiat 500 or similar, AC, stick, unlimited km. PU/Drop 2pm. No CDW (via CC)
Pick-up & Drop-off – 56, Licenciado Poza, Bilbao, Spain - Mainland, 48013 Tel: +34666718439

Transit: walk [10 min to hotel](#) or walk [20 min to the Gugenheim](#)

Stay: Hotel Ercilla Bilbao – Marriott €xxx, cancel by April 23
Room 1: #xxxxxx - Stylish, Guest room, 1 Doubles. Walkable to Gugenheim, River.
Ercilla 37-39, Bilbao 48011 Spain Phone: +34 944 70 57 00

Day 1 – Sat June 8

- Drop rental car, check-in to Marriott, explore Gugenheim

Day 2 – Sun June 9

- Run along the river
- [Walk](#) Azkuna Zentroa, Market for supplies and cathedral. Then uber to Funicular and up for a picnic
- Reserve Split-Bol Ferry (link below) and Pack for the flight

Run: GR: [Bilbao Estuary](#) or explore along the parks

Next: On to Croatia!

June 10 – June 10: Fly to Croatia (Sat-Sat). BIO-HAM-SPU. Dpt 10am – Arv 3:30. Ferry to Bol

Transit: arrange at hotel

Flight: Eurowings: Record Locator: xxxxxx | Ppd €xxx one way | Online Check-in here
Priority check-in and boarding (SMART\G) Baggage: 2 carry-on 10kg; 1 checked 23kg (per person)

BIO-HAM EW 7519 | Dpt 9:25am – Arv 11:45 (2hr) | 3D, 3E | (SMART\G)

Layover 90 min, so leisurely walk to next gate.

HAM-SPU EW 7984 | Dpt 13:20 – Arv 15:20 (2hr) | 3D, 3E | (SMART\G)

Transit: Airport-Ferry taxi ~1hr. Ferries on Mondays 15:30, 16:30, **17:25** [schedule](#) reserve ahead

2024 The Iberian Trip

History of Iberia (Rick Steves, augmented with Wikipedia)

Prehistory to the Moors (40,000 BC? To 700)

Iberia has been populated by wave after wave of human immigration for over a million years. Hominoid bone fragments from around 800,000 years ago at Atapuerca in northern Spain provide the oldest evidence of human habitation on the peninsula. The oldest known cave painting is also found in Iberia, at Maltravieso cave, Cáceres, Spain. There a negative handprint was created by a neandertal over 65,000 years ago. In northern Spain, the Cave of El Castillo has paintings dating back ~40,000 years. In more recent pre-history, Neolithic equinox stone circles in Portugal pre-date Stonehenge by 2000 years.

Portugal's indigenous race, the Lusians, was a mix of peoples from many migrations and invasions—Neolithic stone builders (2000 BC), Phoenician traders (1200 BC), northern Celts (700 BC), Greek colonists (700 BC), and Carthaginian conquerors (500 BC). Collectively, these groups were called "Iberians" by the Greeks, likely from their presence along the river Ibēros (now Ebro). The Romans used the name "Celtiberians."

Some of the earliest Iberian cities founded were founded by the Phoenicians (Canaanites). Disputedly, Lisbon was founded in 1300 BC as Phoenician *Alis Ubbo* ("Safe harbor"). Less controversial is Cadiz (*Gadir*) from 1104 BC. Those dates make both cities far older than Rome (753 BC). The Greeks established cities in Catalonia about 600 BC, and Carthage did further south along the Iberian coast.

By the time of Julius Caesar (50 BC), Rome had conquered rebellious Hispania, establishing major cities at Olissipo (Lisbon), Portus Cale (Porto), Conímbriga (near Coimbra), Ebora (Évora), Hispalis (Sevilla), Baetica (Segovia), and Terraco (Tarragona). The Romans brought laws, wine, the Latin language, and Christianity. When Rome's empire fell (AD 476), the Christian Germanic Visigoths ("Western Goths"), filled the Roman shoes across Iberia. The Goths had been forced out of eastern Germany by invading Huns, moved into the Balkans, moved west to sack Rome, and then settled in Hispania. Goth relations with Rome improved, and they adopted Christianity from the Roman Empire.

Moorish Invasion and Muslim Iberia

North African Muslims raided the Iberian Peninsula. Finding little resistance due to infighting among the Visigoth nobles, the raid became an invasion in 711 A.D. The Moors conquered nearly all of Iberia in just 3 years, primarily settling in southern Portugal and Spain. The Christians retreated to the cold, mountainous north, leaving central Portugal and Spain as a buffer zones. During their long rule, the Moors made Iberia a beacon of enlightenment (and relative tolerance) in Dark Age Europe. Christians and Jews were welcome to stay and practice their religion as long as they paid a tax. The Moors adopted and adapted Visigoth codes to help them rule. And rule they did – with their own infighting – for nearly 800 years.

Reconquista

The Christians considered the Moors invaders and infidels, and the remnants of Christian armies in the Iberian Peninsula became the core of the Reconquista. They fought against the Moors, taking back one territory at a time, for eight centuries. Faro was the last Portuguese town to fall, in 1249. It would be nearly 250 years before Granada, the last Moorish enclave in Spain fell in 1492.

While still fighting the Moors in the south, Afonso Henriques, a popular Christian noble who conquered much Muslim land, renounced suzerainty to Spanish Castile and Leon, and was proclaimed king of Portugal (1139), creating one of Europe's first modern nation-states. Aided by Crusaders on their way to the Holy Land, he reconquered Lisbon and other territories. In 1178 he then turned his attention to his back and fended off an invasion from Leon, sealing Portuguese independence from both Spain and the Moors. The Pope recognized him as King in 1179.

João I (r. 1385-1433) solidified Portugal's nationhood by repelling a Spanish invasion in 1385. Romantics prefer the star-crossed tale of João's father, Pedro the Just, and his mistress Inês (see [here](#)).

Meanwhile in Spain, the reconquest accelerated with the marriage of Isabela of Castile and Ferdinand of Aragon, forging a united core of modern Spain. 1492 was a fateful year. They defeated the last Moorish enclave at Granada, sponsored Columbus's discovery of the Americas, and expelled Jews who refused to convert to Christianity. The

2024 The Iberian Trip

Spanish Inquisition had started in 1478 to combat heresy, but it accelerated and became a cruel tool of the monarchy to solidify the new Spanish Kingdom. Portugal followed suit, expelling Jews in 1496. In 1536, Portugal launched its own Inquisition, targeting Jews and Moors expelled from Spain in 1492. “Heretics” practicing other religions in secret were whipped, imprisoned, and publicly burned at the stake.

The Age of Discovery

With royal backing, Portugal built a navy and began exploring the seas, building on Arab technology (astrolabe, caravel ships). These trips were motivated by spice-trade profit and a desire to Christianize Muslim lands in North Africa. From his base at *Cape Sagres*—at Portugal’s (and Europe’s) southwestern corner—*Prince Henry the Navigator* urged his sailors to go beyond what was then regarded as “the end of the world.” They did, slowly making their way down the coast of West Africa. In 1488, *Bartolomeu Dias* became the first European to sail around the tip of Africa—the Cape of Good Hope. *Vasco da Gama* followed the same route but continued farther, landing in India in 1498. Suddenly the wealth of all Asia opened via a fast and cheap sea route.

Until the mid-15th century, Europe enjoyed a safe land passage to China and India—sources of valued goods such as silk, spices, and opiates—under the hegemony of the Mongol Empire (the Pax Mongolica, or Mongol Peace). With the Fall of Constantinople to the Turkish Ottoman Empire in 1453, the land route to Asia (the Silk Road) became more difficult as Christian traders were prohibited. Portugal’s discovery of a new sea route caused spice prices to drop to one-fifth of their former market value, much to the dismay of their competitors in Venice.

In 1492 the fledgling Spanish Empire decided to fund Columbus’s expedition in hopes of finding new trade routes. Their goal was to circumvent the lock Portugal had secured on lucrative spice trading routes in Africa and the Indian Ocean with the 1481 papal bull *Aeterni regis*, which granted to Portugal all further territorial acquisitions made by Christian powers in Africa and eastward to the Indies.

Contrary to popular opinion, learned people of the time knew the earth was spherical, and a good estimate of the diameter was developed by the Greeks in 200BC. Most scholars accepted Ptolemy’s correct assessment that the terrestrial landmass (for Europeans of the time, comprising Eurasia and Africa) occupied 180 degrees of the terrestrial sphere. Columbus relied on an errant estimate, and poor translation of Arabic measurements and underestimated the diameter of the earth. So when he reached the Americas, he believed he had found Asia. He died in 1506, still believing so.

The Golden Age: Colonialism and Slavery

For Spain and Portugal, the 16th and 17th centuries are known as their “Golden Age” when they were the most powerful countries in Europe and ruled over empires that had colonies across the globe. Spices, slave trading, and conquest of the Americas brought tremendous wealth, evident in the lavish Iberian architecture and art of the era.

In 1500, Pedro Cabal claimed Brazil for Portugal, and colonization brought more wealth to the tiny country. Part of that was driven by the slave trade – the Portuguese opened Elmina Castle in Ghana as the first Slave Trading post. Demand escalated as the New World was cultivated with sugar cane. Goods to Africa, Slaves to the Americas, and sugar to Europe was a Portuguese monopoly through the 16th century. It is estimated that 40% of the slaves brought to the Americas were on Portuguese ships.

In the 1500s Spanish and Portuguese conquistadors, explored, conquered, and exploited the Americas, Oceania, and parts of Asia. Spain controlled the Caribbean, western halves of North and South America, Morocco, and the Philippines. Portugal focused more on trade, but colonized Brazil, Angola and Mozambique in Africa, and trading posts across Asia in India, Japan, Indonesia and Macao.

Portuguese and Spanish Decline

Around 1580, Portugal’s King Sebastian died without heir, and his distant Cousin Philip II of Spain assumed the throne. Under Spanish domination, taxes rose, and the military was tied up in Spain’s problems. In 1588, having claimed the Portuguese throne, Phillip II of Spain decided to conquer England. The Armada was defeated by a smaller, nimbler fleet. The Spanish planned on boarding and close-quarter fighting. The British used long-range naval artillery. Spain retreated, and storms further ravaged the fleet. All told, 60 of 130 ships were lost. Spain’s decline had begun.

2024 The Iberian Trip

In 1640 Portuguese nobles staged a revolt and set up one of their own as King Joao IV. But with a rigid class system and gradual loss of colonies, Portugal lost ground to Spain, England, France and Holland. Revolutions in its colonies and weak rulers, along with competition from the English and Dutch, led to the gradual decline of Portugal's empire.

Due to royal marriage, Portugal has long been an ally of England. When they refused Napoleon's 1807 demand that they stop trade with England, he invaded. He then turned his attention to Spain and set his brother on the throne. Britain helped push Napoleon out. But after, Portugal lived off of sugar from its Brazil colony as the rest of Europe industrialized. Then Brazil revolted and became independent in 1822. Spain's colonies, forced to fend for themselves during the Peninsular War, soon followed. Spain lost its last major colonies of Cuba, Puerto Rico and the Philippines to the US in the Spanish-American War of 1898.

Dictatorship and Democracy in Spain

As the 1900s dawned, Spain was ill prepared for modern technology and democracy. In 1930, the old government was pushed aside and open elections resulted in a modern, democratic republic. As in Germany, it wasn't to last. Fascists fomented unrest and a military coup led by General Francisco Franco in 1936. The Spanish Civil War ensued for 3 years, and 500,000 Spaniards died. Franco won, seized power, and ruled as an authoritarian, church-backed dictator for 40 years. Spain was neutral in WWII, and remained isolated and behind. Franco chose his protégé, King Juan Carlos I, to succeed him. But to everyone's surprise, the young, conservative, mild-mannered king stepped aside, settled for a figurehead title, and guided the country quickly and peacefully toward democratic elections (1977). Spain joined NATO in 1982, and the EU in 1986. Rapid development followed.

Dictatorship and Democracy in Portugal

In Portugal, Rebels overthrew the king in 1910, but with a medieval class system, democracy struggled. Portugal joined the Allies in WWI, mostly to protect its remaining African colonies from Germany. In the post-war chaos, military backed governments eventually led to Antonio Salazar's rise – Portugal's "Franco". The economist/lawyer remained modest, pious, and celibate. He was, however, a dictator, repressing any dissent with his secret police. He didn't trust Hitler, and remained neutral in WWII, but allowed Britain to use Portuguese naval bases. After, the country was a founding member of NATO. But they continued wars abroad to hang onto their remaining colonies.

On April 24, 1974, the military took control of Lisbon from Salazar's successor, and people flooded the streets in support, placing carnations in the soldiers rifles (The Carnation Revolution). Within 12 years they freed their colonies (Angola, Mozambique, etc.), became a functioning democracy, and joined the EU (1986). Portugal boomed.

Austerity to Today

EU low-interest loans and grants modernized the economies of both countries. But the 2009 financial crisis brought investment to a trickle, and unemployment surged. In 2011 the EU approved a loan-bailout package – requiring austerity measures. Road tolls rose, healthcare was cut, taxes and retirement age went up. Rent control was eliminated. Unemployment swelled to 18-25%, much higher among younger workers. Many young people left, and old struggled. By 2014, the economy was rolling again. Covid hit hard, with a strong comeback in 2022, but high interest rates have dramatically cooled growth in 2023. Inflation is starting to moderate, and the economies have avoided recession thus far.

2024 The Iberian Trip

Spanish Government and Politics (Wikipedia)

Spain is a democracy and a parliamentary monarchy. The monarch is the head of state, while the prime minister—whose official title is "President of the Government"—is the head of government (Executive branch). There is a bicameral parliament, with a Congress and Senate. The Judiciary is independent.

There are multiple political parties, dominated by the Socialist Workers (liberal) and People's Party (Christian Democratic, conservative). Regional Basque and Catalan parties also play a large role.

Spanish Current Events (Wikipedia)

- Pedro Sánchez is sworn in as President of the Government of Spain via a coalition with the Catalan party, agreeing to pardon those who participated in the illegal Catalan secession referendum in 2017.
- Football coach is barred for 3 years for inappropriate behavior following Spain's Women's World Cup win

Portuguese Government and Politics (Wikipedia)

Two major political parties, center-left and center-right. Both support NATO, EU Membership, market economy and welfare state. There are several other smaller parties.

The president is directly elected to 5-year terms by the people. He appoints the prime minister based on assembly election results (outright or coalition majority in parliament). She/He can dissolve parliament and call early elections, has veto power (parliament may override), and heads the military. She/He is an independent moderator of the three branches: Executive (PM), Legislative (Parliament), and Judicial.

Parliament (Assembly) is unicameral, 230 members, on 4 year terms. The Socialist (center-left) party currently has the majority (41%), followed by the Social Democratic (center-right, 27%), with several others making the balance. The Government (PM, Executive Branch) can stay in place as long as the Assembly is allowed. They can call a vote of no confidence, and President can dissolve the Assembly.

Portuguese Current Events (Wikipedia)

- February – curtailed Golden Visa program, banned new Airbnbs to curb rising rents and a housing shortage
 - August – wildfires with 1400 people evacuated
 - November – Prime Minister António Costa resigns over a corruption probe. The president dissolved parliament and called for early elections to be held March 2024.
 - Center-right leader Luís Montenegro was sworn in as prime minister in Lisbon's Ajuda Palace on April 2.
-

2024 The Iberian Trip

Portuguese Language

Spanish and Portuguese grammar are very similar, and many words are cognates. In fact some short sentences are written almost exactly the same in Spanish and Portuguese. The challenge is that the pronunciations are very different between Spanish and Portuguese. You use a different part of your mouth to speak each language

The Portuguese language has been more influenced by French, whereas the influences of Ancient Arabic can be discerned in Spanish. In terms of pronunciation, many Portuguese words reflect the French accent and intonation, while Spanish words often incorporate an Italian style of pronunciation.

1. **Good day** – Bom dia (bohn DEE-ah)
2. **Can I have the bill, please?** – Okanjo o onegaishimasu (oh-kahn-jo oh oh-neh-guy-she-mas)
3. **Sir / Madam** – senhor senhora
4. **with / without** com / sem kohn / sayn
5. **and / or** e / ou eh / oh
6. **Do you speak English?** Fala inglês? fah-lah een-glays
7. **Yes. / No.** Sim. / Não. seeng / now
8. **I (don't) understand.** (Não) compreendo. (now) kohn-pree-ayn-doo
9. **Please.** Por favor. poor fah-vor
10. **Thank you.** (said by male) Obrigado. oo-bree-gah-doo (said by female) Obrigada. oo-bree-gah-dah
11. **I'm sorry.** Desculpe. dish-kool-peh
12. **Excuse me** (to pass). Com licença. kohn lee-sehn-sah
13. **No problem.** Não há problema. now ah proo-blai-mah
14. **Goodbye.** Adeus. / Ciao. ah-deh-oosh / chow
15. **How much is it?** Quanto é? kwahn-too eh
16. **Is it free?** É grátis? eh grah-teesh
17. **Is it included?** Está incluído? ish-tah een-kloo-ee-

Portuguese Food – flavored by the 15th century kings of the spice trades. Note: appetizers are not free!

1. **Iberico Ham** – is produced here also. Still in Iberica!
 2. **Piri piri** – sauce from crushed African chilis used on chicken, shrimp, fish, and pork
 3. **Percebes** – boiled gooseneck barnacles
 4. **Sopa de peixe** – fish soup
 5. **Bacalhau a Bras** – cod and potato frittata
 6. **Cataplana** – feast from the sea simmered in a copper pot
 7. **Sardinhas grelhadas (assadas?)** – grilled sardines
 8. **Carne de porco a Alentejana** – unique pork and clam dish
 9. **Bacalhau** – dried, salted cod that is rehydrated and served 365 different ways
 10. **Caldo Verde** – “hot green” soup of garlic-infused kale and potato topped with a slice of sausage
 11. **Serra da Estrella** – “Star Mountain” cheese
 12. **Polvo à Lagareiro** - octopus with olive oil and potatoes
 13. **Arroz de pato** - duck rice
 14. **Arroz de marisco** - seafood rice. Loose risotto, with varied seafood like tamboril (monkfish), bacalhau, etc
 15. **Others** - olive oil, suckling pig, baby goat, trip soup, and desserts!
-

2024 The Iberian Trip

Spanish Language

See separate document for details: *Buenos Dias/Tardes/noches, Por Favor/ Gracias, Adios, Si/No, Los Sientos/Perdon, cuánto cuesta, nos gustaría* (we would like) , *dónde está el baño, queremos dos copas de vino tinto, con/sin*, etcetera

Some differences between Castilian and American Spanish (from Trevor Huxham's [Speak like a Spaniard](#))

1. Pronounce "Z" like "TH". The same for C (if before I or E). *In the Americas, it's "s", like "Ciudad"*
2. Pronounce "J" like "KH" from the back of the throat. The same for G (if before I or E). *Americas = "h"*
3. Pronounce S as a whistle-ly SH
4. Pronounce CH a little like TS
5. Pronounce LL like LY (like "millions")
6. Word-ending D and R – in Anadalus, they drop. In Castile, D = TH, and even ending R's are rolled

Spanish Practice Phrases

#	English	Spanish
1	The woman drinks	La mujer bebe
2	The man eats	Un hombre come
3	The boys swim	Los ninos nadan
4	The girl runs	El nina corre
5	I am not too hungry; I have a small appetite	No tengo mucha hambre; yo tengo poco apetito
6	What is that?	Que est eso?
7	Wine list please?	Lista de vinos, por favor
8	I will have red wine please	Tendre vino tinto por favor
9	What is in the kitchen today?	Que hay hoy en la cocina?
10	I have a black car	Yo tengo una coche negro
11	Jean drives a silver car	Jean conduce un coche plateado
12	We are hungry	Nosotros temenos hambre
13	We have an appetite	Nosotros temenos apetito
14	I have a sky blue bicycle	Yo tengo una bicicleta azule cielo
15	She has red rice	Ella tienne arroz rojo
16	There are two doctors	Hay dos medicos
17	The menu is yellow	El menu' es amarillo
18	The dog and cat are running	El perro y el gato corren
19	How many chairs?	cuantas sillas?
20	Three chairs and a table please	Tres sillas y una mesa por favor
21	Do you have time now?	Tienes tiempo ahora?
22	What do you drink	Que bebe usted?
23	What do you do?	Que hace?
24	What do you eat?	Que come usted, por favor
25	Grilled octopus please	Pulpo a la parrilla pro favor
26	Do you know what else is important?	¿Sabes qué más es importante?
27	The man is a genius	Es un genio!
28	Twenty love poems and one desperate song	Veinta poemas de amor y una concion desesperada
29	An empanada made by hand	Una empanada hecha con las manos
30	See you tomorrow	No vemos manana
31	She will have the tempranillo	Ella tendra el tempranillo

Syllable Stress / Accent

The general pattern is to place stress:

- On the **penultimate syllable** if the word ends in a **vowel, n or s** (e.g., *señora, nosotros*)
- On the **the final syllable** if the word ends in a **consonant** other than **n or s** (e.g., *señor, ciudad*).

2024 The Iberian Trip

Vowels and Consonants

English – 5 vowels, 17 sounds

Spanish – 5 vowels, 5 sounds. If you can say it, you can spell it. If you can spell it, you can say it!

Spanish – name of letter and sound it makes are the same

- La letra A = “Ah”
- La letra E = “Eh” (short)
- La letra I = “eee”
- La letra O = “oh” (short)
- La letra U = “oo” (as in “goo”)

La letra C – in English, hard if Ca, Co, Cu, and soft if Ce, Ci. Spanish – the same!

La letra G – in English, hard if Ga, Go, Gu, and soft if Ge, Gi. Spanish – almost the same, but soft G = “H”

La letra J = “H” sound always and...

La letra H – always silent (la hache)

La letra N~ = “en-yeh”, rolled

La letra R = rolled if at beginning, soft if in middle of word. Always rolled if RR

La letra V = soft B

La letra Z = la zeta always sounds like “S”

All the rest – just like English! Ch, F, K, M, N, Q, S, W and Y

Gender

Every noun – every one – has a gender in Spanish.

Some are always m/f (e.g. El bano, La computadora, El pelo)

Others change based on change based on gender the describe – El gitano, or la gitana (“the gypsy”)

- El – singular definite masculine article
- La – singular definite feminine article
- Un – article for masculine nouns (indefinite)
- Una – article for feminine nouns (indefinite)

Definite/indefinite = “the boy” vs. “a boy”

Gender patterns

1. Many nouns that denote living things have both a masculine and a feminine form.
 - Most nouns that end in -o are masculine = tío, chico, amigo
 - Most nouns that end in -a are feminine = tía, chica, amiga
2. Masculine nouns that end in a consonant often have a corresponding feminine form ending “-a”
 - el director, la directora
 - el profesor, la profesora
 - el campeón, la campeona
 - el bailarín, la bailarina
3. Some nouns that refer to people use the same form for both masculine and feminine. These nouns indicate gender by the article (el or la).
 - el artista, la artista
 - el cliente, la cliente
 - el líder, la líder
4. To form the plural of a noun, add -s if the word ends in a vowel, and -es if it ends in a consonant.
 - El artista, los artistas
 - La líder, las líderes

2024 The Iberian Trip

Spanish Food – la comida is the biggest meal (1400-1600), with light dinner at 2100-2200. Tapas (pintxos) anytime

1. **Jamón Ibérico** – Black Iberian pigs raised wild, foraging mostly on acorns. There are different categories of Iberian ham, depending on the pig's place of origin and diet, which are marked by a colour code. The *white* label indicates conventional farming and fed commercial feed. The *green label* means it has grazed freely on the dehesa, and it has been fed additional natural fodder. The *red label* identifies ham from mixed breed pigs which have been raised on acorns. *Black label* is reserved for the highest quality products, the so-called "jamones pata negra", from pure Iberico breed, acorn-fed pigs.
 - a. IBÉRICO DE BELLOTA: The most celebrated from DOP designations in southern Spain, aged 36-48 mo
 - b. JAMÓN DE CEBO DE CAMPO: from semi-free-range pigs with some commercial feed, aged 24-48 mo
 - c. JAMÓN DE CEBO: pigs raised in barns with a controlled diet. Less complex and silky, aged 24-36 mo
 - d. primarily of grains and commercial feed. allowed to roam freely in pasture and woodland areas.
2. **Jamón Serrano** – This is the most common ham, made from the meat of the European white pig. The name Serrano refers explicitly to the cut of the ham rather than a breed. The best is salt-cured in dry mountain air. This can be a delicious, cheaper alternative to the more expensive Jamón Ibérico. The legs and shoulders of are in sea salt for two weeks to draw out moisture, washed, and hung for a month. Then aged in a Secadero (drying room) for over 7 months, causing the fat to diffuse. Finally, the Jamón is left to settle in a cool bodega for about two months before release.
 - a. JAMÓN TERUEL - from a crossbreed of Landrace (standard or white) sows and Duroc boars, reared in Teruel, Aragón (continental climate) on long cereals. Salted and dried in cellars for 4 months.
 - b. JAMÓN DE TREVÉLEZ - fed mostly veg in the Sierra Nevada (high elvation, less salt needed)
 - c. JAMÓN GUIJUELO - DOP in the southeast of the Salamanca. Over 70 towns and villages in the region have the right to produce this Jamón, which can be classified as Ibérico or the superior de Bellota, depending on the pig's diet. Aging up to 36 m – juicy, tender, strong flavor, low salt.
3. **Paella** – saffron and rice from the middle east with seafood, sausage and fowl (Valencia)
4. **Fiduea** – flavor infused noodle topped with seafood (Catalan)
5. **Faba Beans** – giant white beans from Asturias, on the northern Atlantic Coast
6. **Cabrales** – a strong blue cheese from Picos de Europa
7. **Pulpo al la Parilla** – grilled octopus in Galicia
8. **Percebes** – barnacles from Galicia
9. **Sofrito** – made from onions, tomatos, peppers is a base for Andalusian dishes, including gazpacho
10. **Pimientos de Padrón** – fried little peppers in Galicia, might be hot, might be not
11. **Pintxos (Tapas)** – small bites in Pais Basque (aka, tapas). Potatos Bravas, Albondigas, Croquettes, Calamari, Gazpacho, Gambas al ajillo, Tortilla Espanola,