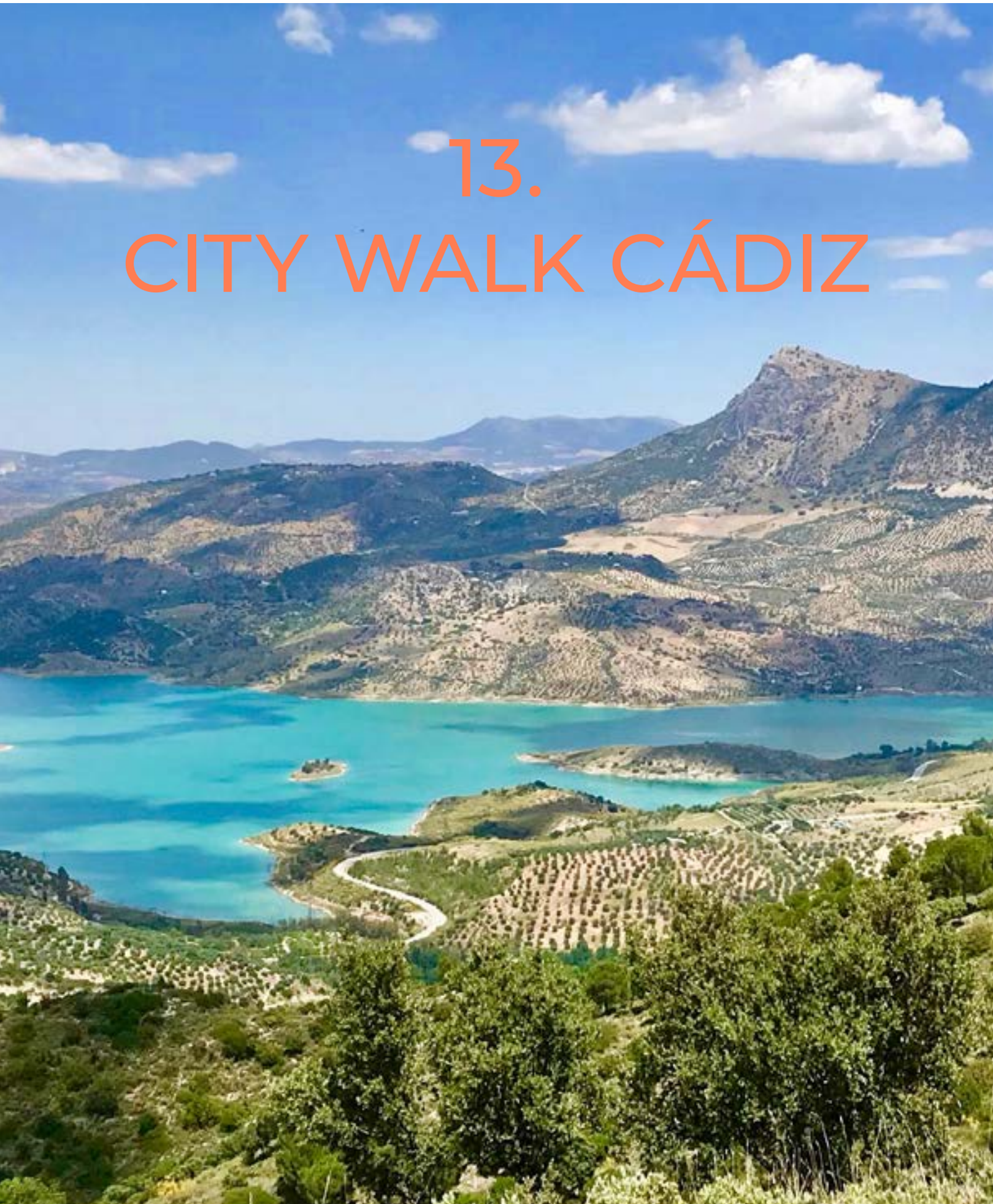


WALKING IN CADIZ

THE GUIDEBOOK

13. CITY WALK CÁDIZ



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Overview walks

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About Cádiz

Cádiz is one of the oldest cities in Europe and is situated on a peninsula in the Atlantic Ocean in southern Andalusia. Over 3,000 years ago Phoenicians founded a colony on a small island at the estuary of the Guadalquivir and called it Gadir; 'Walled city'. Inhabitants of



Cádiz are called Gaditanos to this day still. From this strategic position trade with countries all around the Mediterranean was highly profitable and brought tremendous wealth. Merchants and explorers have left their imprint on the city over the centuries. The barely 2 square kilometres of the old town is packed with historical monuments, romantic squares, elegant mansions with peculiar watchtowers and splendid sandstone palaces. Cádiz is also a city of fishermen, flamenco and a notorious carnival. It's a pleasant, laid back town where the pace is slow and the air filled



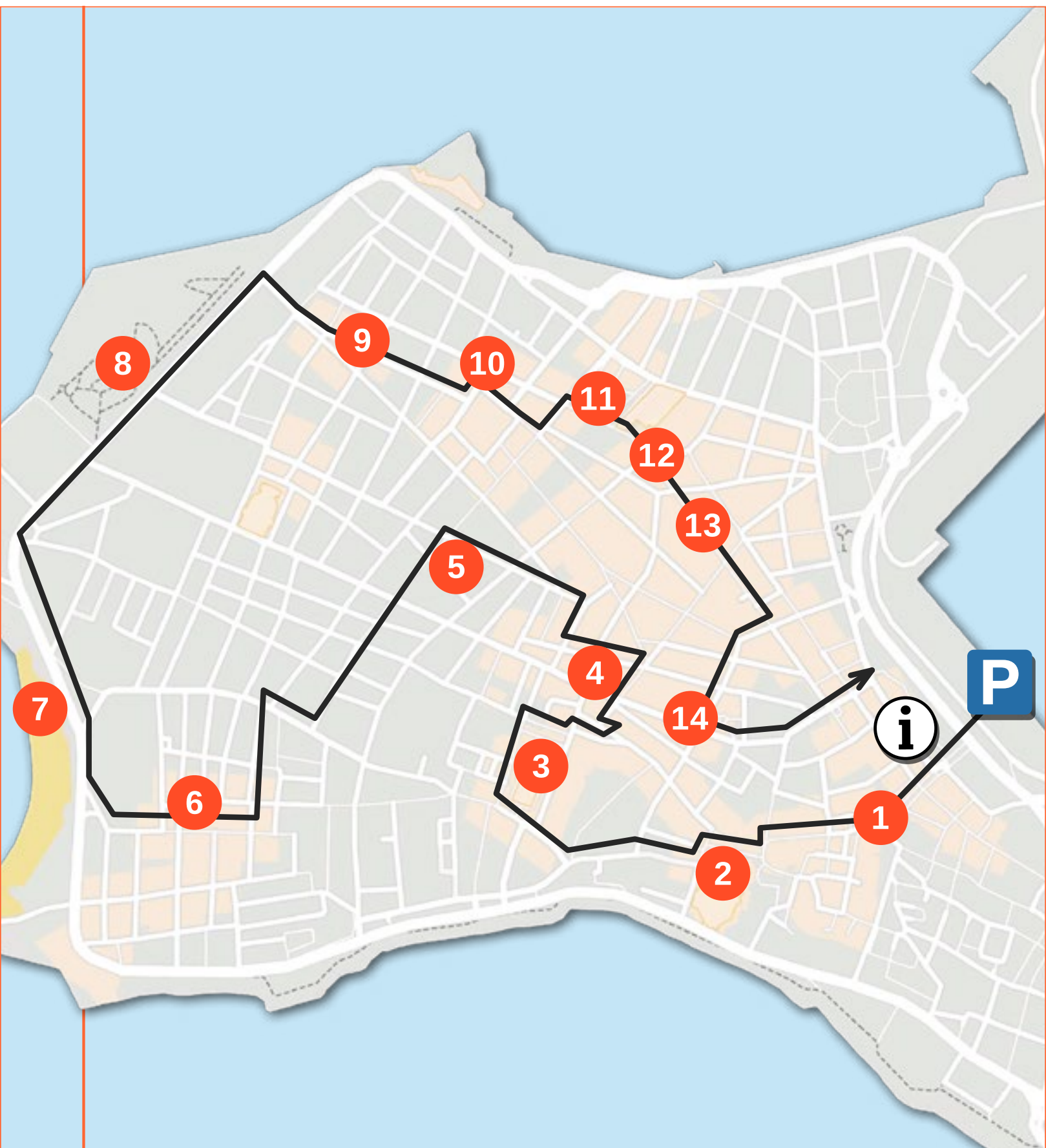
with flamenco music and the scent of the ocean, with a hint of fried fish of one of the many Freidurías. You can't get lost because you always end up at the waterfront eventually! Cádiz is the most enchanting city I know.



The map



13. CÁDIZ



The walk



1. Plaza de San Juan de Díos

The starting point of the walk is the large Plaza de San Juan de Díos, where the town hall of Cádiz is located. This square was formerly known as the Plaza Mayor or 'De la Corredera' and back in the 16th century a lively trade in exotic goods took place here, with strange cargoes brought to Cádiz by the silver fleet (La Flota de Indias) from faraway places.

2. The Cathedral and the Teatro Romano de Cádiz 📍

The Cathedral is located in the oldest and very lively district of Cádiz: El Pópulo. The construction of this huge cathedral started in 1722 and lasted 116 years. With elements of



Baroque and Neoclassicism and a beautiful golden dome, it is the focal point of the quayside. The interior is austere and there are a number of large, underground (and somewhat musty) crypts you can visit. Climb one of the two towers for great views of the city. Near the Cathedral are the remains of a Roman theatre. It was only in 1980 that these ruins were discovered, after a fire destroyed part of El Pópulo. Built in the 1st century BC, Teatro Romano de Cádiz was one of the largest theatres of the Roman Empire and the oldest theatre in Hispania.

[Catedral de Cádiz](#)

3. Mercado Central

The huge Mercado Central is one of the oldest markets in Europe. Located in the old monastery of Los Descalzos from 1837 with its gallery of columns. Within that arcade a new, functional hall has been built. Every morning, except Sunday, a colourful display of fresh fruits and vegetables, meat and an amazing variety of seafood are for sale. A very tasty souvenir to take home is the dried tuna, mojama de atún, from Barbate. Stay for tapas with a cold beer, manzanilla sherry at lunchtime, or at night, when the bar-section is open.



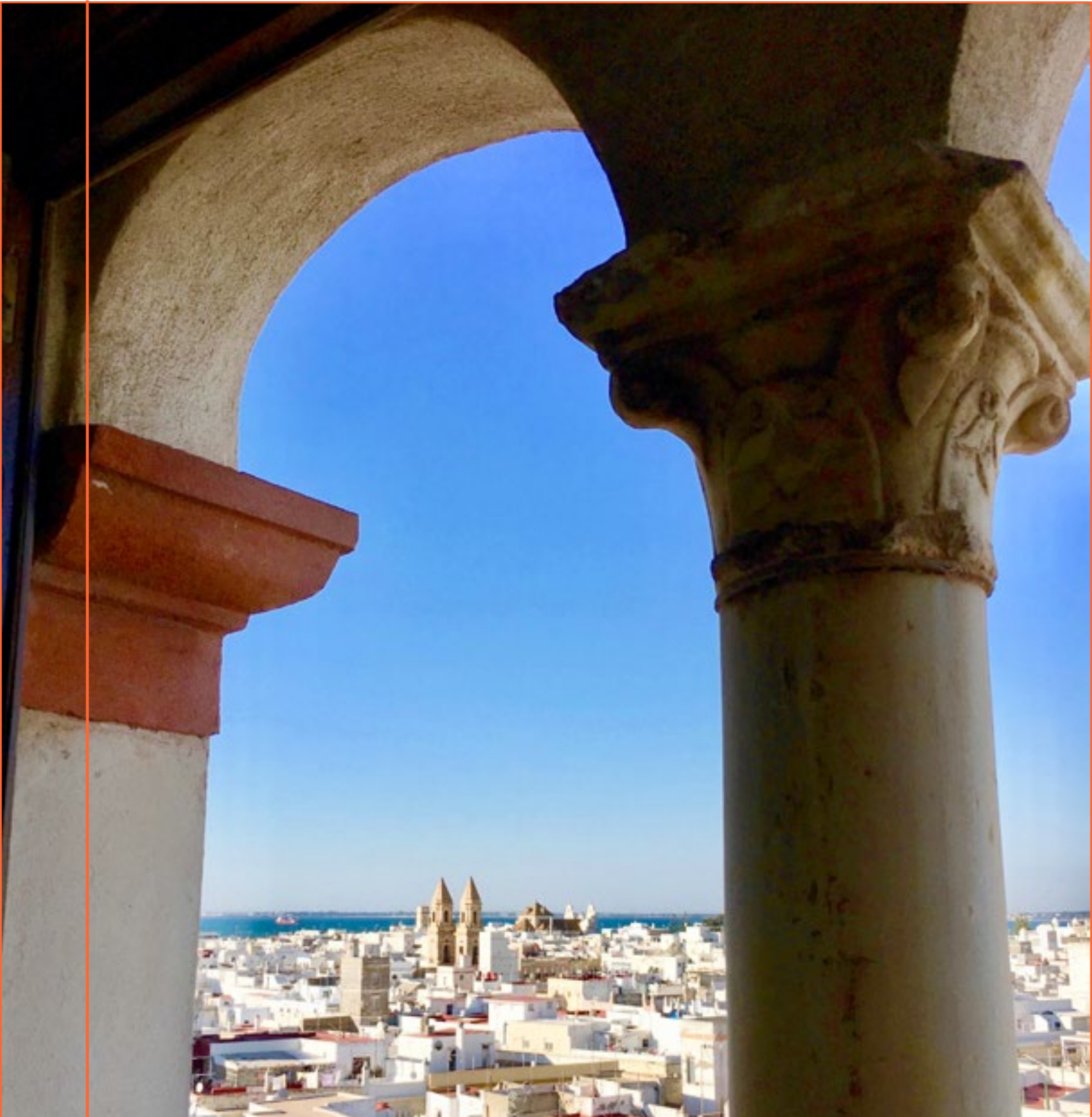
Don't leave without trying Cádiz's most acclaimed tapa and my all-time personal favourite: 'tortillita de camarones'- a shrimp fritter made of wheat and chickpea flour. Delicious!



Pirates,
buccaneers and
watchtowers

4. Torre Tavira

On your first visit to Cádiz, remember to look up often. At every turn there's a square tower on one of the monumental mansions. Some stand two floors high, some 3 or 4 stories. From these watchtowers you could keep an eye out for the merchant fleet, pirates or loved ones. Once Cádiz had 160 watchtowers and 133 still remain, which is quite



exceptional. The tallest and most famous of these lookouts is the Torre Tavira with its Camara Obscura. Through an ingenious mirror system you can spy upon the entire city. From the very top of Torre Tavira you can also spot

a very beautiful tower, which is nowhere to be seen from the ground. That's why it's called "La Bella Escondida" (the hidden beauty). A visit to Torre Tavira is really worthwhile. The English speaking guide points out the most emblematic buildings of the city and there are great views from the rooftop terrace! Please note: There is no lift, so it is a bit of a climb but you're here to walk aren't you?!

5. Iglesia Oratorio de San Felipe Neri

The oratory of this baroque church has an impressive

altar which holds the famous work of Murillo from 1680, 'la Inmaculada Concepción'. But the Iglesia Oratorio de San Felipe Neri is best-known for the fact that this is where the first constitution of Spain; 'La Pepa', was declared.*

*During the Napoleonic invasion of Spain, Cádiz became the last stronghold of the Spanish nation, heroically resisting the siege of French troops. For this reason, all the powers of the kingdom were transferred to the city and deputies from all territories of the monarchy (including Latin America and the Philippines)



were summoned to write the first Spanish Constitution. The constitution was declared in the Oratory of San Felipe Neri on March 19, 1812, the day of San José, and hence the nickname of 'La Pepa' that the gaditanos gave it (Pepe being a common nickname for José in Spain).

6. La Viña & Virgen de la Palma 📍

Barrio La Viña is so called because it used to be where the vineyards, las viñas, of Cádiz were located, outside the old town. It is a pleasant neighbourhood with small streets

full of bars, restaurants and cafes. This is where you'll find the famous seafood restaurant El Faro and the colourful Taberna Casa Manteca. The prettiest street in La Viña is Calle Virgen de la Palma with its palm trees and the church of the patron saint, La Virgen de la Palma. La Virgen is worshipped because she apparently stopped the flood right in front of the church during the 1755 tsunami, which followed the Lisbon earthquake that devastated most of that city. A mark on the wall indicates that the water had already risen to 2.5 metres. A true miracle!



7. La Caleta, the delightful city beach of Cádiz

Cádiz averages 300 days of sunshine a year and there's no better place to enjoy this than at La Caleta. It is lovely to while away a few hours at this charming bay with gently rippling waves, fishing boats, golden sand and the beautiful wooden Balneario, a former Spa, and nowadays the 'Centro de Arqueología Subacuática'. (Underwater Archeology Center). La Caleta is flanked by two imposing fortresses: Castillo de San Sebastián and Castillo de

Santa Catalina. Both can be visited and are worth a detour. A famous movie star filmed at La Caleta is Halle Berry who, in one memorable scene, rose from the sea in her orange bikini in the Bond film “Die Another Day”.



8. Parque Genovés

The large botanical garden from the 18th century is a delightful nostalgic oasis with over 65 different kinds of trees. Palms and banana trees and others, with very exotic names such as the Pohutukawa, which grows up to 20 metres high with bright red fluffy flowers. And the “Casuarina equisetifolia”, the Australian pine tree, just to name a few. Between the gardens is a small “kiosko” with a terrace. An enchanting place with shaded seating areas and a refreshing ocean breeze.

9. Plaza Mentidero & Calle Veedor

The small triangular Plaza Mentidero, between the botanical gardens and the larger Plaza de San Antonio is a special nook of the city. It's inviting and breathes history. There are small terraces and eateries with fantastic tapas. The history of the square dates back to 1755 and a sign on the wall of the cafe 'La Mentirosa' says that this was the place where gossipers and loafers gathered to spread rumours and lies, hence the name 'Mentidero', gossip corner. Together with the district of La Viña, this square

plays a leading role during the Carnival of Cádiz, famous for its satirical topical songs. Also note the beautiful fountain at the end of the square.

10. Plaza de San Antonio

In this spacious, open square you will find the slender Iglesia de San Antonio and the remarkable Casino Gaditano, a former gentlemen's private club from 1844. The Baroque style Casino has an impressive Mudejar patio and lavishly decorated interior rooms. There's a restaurant and a nice coffee



bar. On the first floor is a stunning library, officially you are not allowed to peep around the corner, so don't tell anyone I told you.

11. Plaza de Mina

Plaza Mina is one of the most attractive squares of Cádiz, with its beautiful old trees, terraces and playgrounds. This is where you'll find Plaza Mina, famous for its yummy, homemade ice cream. Also here is the 'Museo de Cádiz', the city's most important museum. It explains the history of Cádiz back to the first inhabitants. Highlights in the collection are the Phoenician sarcophagi. There are also countless objects from the Roman era. (Free entrance, closed on Mondays).

12. Plaza de San Fransisco

Plaza de San Fransisco is one of the liveliest and most attractive squares for a drink and a tapa, with music and fiesta into the small hours of the morning. Admire the beautiful monastery of San Francisco from one of the large terraces. At the other side of the square Librería Raimundo is a delightful, dusty bookshop with antique and second-hand books and yellowing postcards.

13. Calle Rosario

In the inviting Calle Rosario, (with great vintage clothing



shops according to my daughter), there lies hidden a jewel of Gaditan neoclassical architecture: The Oratorium de la Santa Cueva. This temple consists of a very austere, underground church and over it an exuberant, colourful chapel with beautiful works of art, including wood sculptures by Gandulfo and Vaccaro and three paintings by Francisco de Goya. Joseph Haydn composed his work 'The Seven Words of Our Saviour on the Cross' for this chapel, which is considered one of the highlights of Spanish religious neoclassical architecture.



14. Plaza de Candelaria

On the quiet, tree-filled Plaza de Candelaria, you come upon the only romantic Grand Café of Andalusia; Cafe Royalty.

Richly decorated with gold and paintings by Felipe Abarzuza, it's a combination of faded glory and delightful kitsch. Definitely worth a visit to have breakfast or high tea! Also on this square is the outstanding restaurant of Dutch chef Leon Griffioen: Código de Barra, see dining tips!



Tips

Cycling in Cádiz

A great way to get to know a city is by bike and Cádiz is a perfect city for cycling! Go to Las Bicis Naranjas for bicycle rent and bike tours. Nice people, great service.

[Las Bicis Naranjas](#)

Flamenco

Cádiz and Jerez de la Frontera are the cradle of Flamenco. The best place in Cádiz for authentic



Flamenco is Taberna Flamenca La Cava, with daily shows. Check their website for more info!

[Taberna Flamenca la Cava](#)

Ya en tu Casa

If you would like to have Spanish delicacies sent home, go to Ya en tu Casa, located just off the Plaza de Candelaria. Italian Claudia and Diego have an excellent taste for the finest products this region has to offer.

[Ya en tu Casa](#)



Restaurants

El Faro de Cádiz

Restaurant El Faro in the district of La Viña is a Cádiz institution. It all started back in 1964, when Gonzalo Córdoba sold the freshly brought in fish from La Caleta in a small tasca, a bar. That small tasca soon gained fame and over time expanded over several buildings. The classy dining rooms have crisp white linen tablecloths and the bar is a pleasant affair with superb tapas.

El Faro de Cádiz



La Curiosidad de Mauro Barreiro

Young chef Mauro of La Curiosidad de Mauro Barreiro learned his trade here in Andalusia, but also in Barcelona, the Basque Country and Belgium! Excellent restaurant. A wonderful menu with very affordable local and international dishes. The 9-course tasting menu goes for less than € 50, but there are very yummy tapas too. A feast for the senses!

[La Curiosidad de Mauro Barreiro](#)



Código de Barra

At the small Plaza de Candelario sits the elegant gastronomic restaurant of Dutch chef Leon Griffioen: Código de Barra. It offers an imaginative menu of traditional Cádiz cuisine with a modern and innovative twist. An absolute must! Excellent wines including a wide choice of sherry.

Código de Barra



Tapas

La Tapería de Columela

It is always busy in this small tapas bar. There's an extensive tapas menu with both classic and hip tapas and even a separate Tapas para niños (children's menu). Excellent quality at low cost! Nice wines, too.

[La Tapería de Columela](#)



Tapas Bar Casa Pepe

In this no-frills bar you will be served typical Cádiz tapas made with the very best ingredients bought daily at the local market. Do try the delicious stews that are prepared in the tiny kitchen. Calle de la Rosa 28.

Tapas Bar Casa Pepe

Minibar La Tabernita

La Tabernita is situated in the prettiest street of La Viña and another great place to eat tapas. The menu is not very extensive, but the price-quality ratio and the service are great. Excellent, varied wine list.

Minibar La Tabernita



Bar El Veedor

Ultramarinos bar El Veedor, combines a shop (with colourful cans of fish and meat preserves on display), with a bar where tapas are prepared on site.

Try a sherry from the barrel, a dry Manzanilla or the slightly sweeter Amontillado with their heavenly tortilla!

[Ultramarinos bar el Veedor](#)



Where to stay

Hotel Casa de las Cuatro Torres

Hotel Casa de las Cuatro Torres, in the centre of the old town, is a stunning Palacete from 1736, with 12 rooms, 8 apartments and a watchtower with a magnificent view of the city and the ocean. This is Cádiz at its most authentic. Highly recommended!

[Hotel Casa de las Cuatro Torres](#)



Casa Bugambilla



Casa Bugambilla, on the beautiful, sunny Plaza de San Antonio, is a very nice, spacious and bright apartment suitable for 4 people. This lovely, recently renovated flat belongs to Minouche and Serge who also run the delightful Paraíso Perdido rural resort in the woods near Conil de la Frontera. The cash-back promotion applies to both their locations!

[Casa Bugambilla](#)

[Paraíso Perdido in Conil de la Frontera](#)



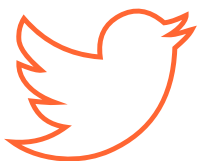
€ 10,- Cashback



When you indicate with your reservation (directly at the hotel, not through agencies) that this is 'Anne's Walking in Cádiz tip' and show this ebook upon arrival you'll receive € 10 Cashback or a € 10 discount!



Social media



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Walking
in Cádiz



**We hope you enjoy
your walks in Cádiz!**

If you have any comments or additions to the routes or a nice tip in terms of food or activities, then I would love to hear that! Please send an email to:

info@walkingcadiz.com



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