

Mediterranean LIVE



**REGION OF
VALENCIA**

www.regionofvalencia.com

An aerial photograph of the Mediterranean Sea, showing a vast expanse of deep blue water meeting a clear sky at the horizon. The water's surface is textured with small ripples. In the bottom left corner, a sliver of a coastline with green vegetation is visible. The text 'Mediterranean LIVE' is centered in the middle of the image in a white, handwritten-style font.

Mediterranean
LIVE



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CHAPTER I

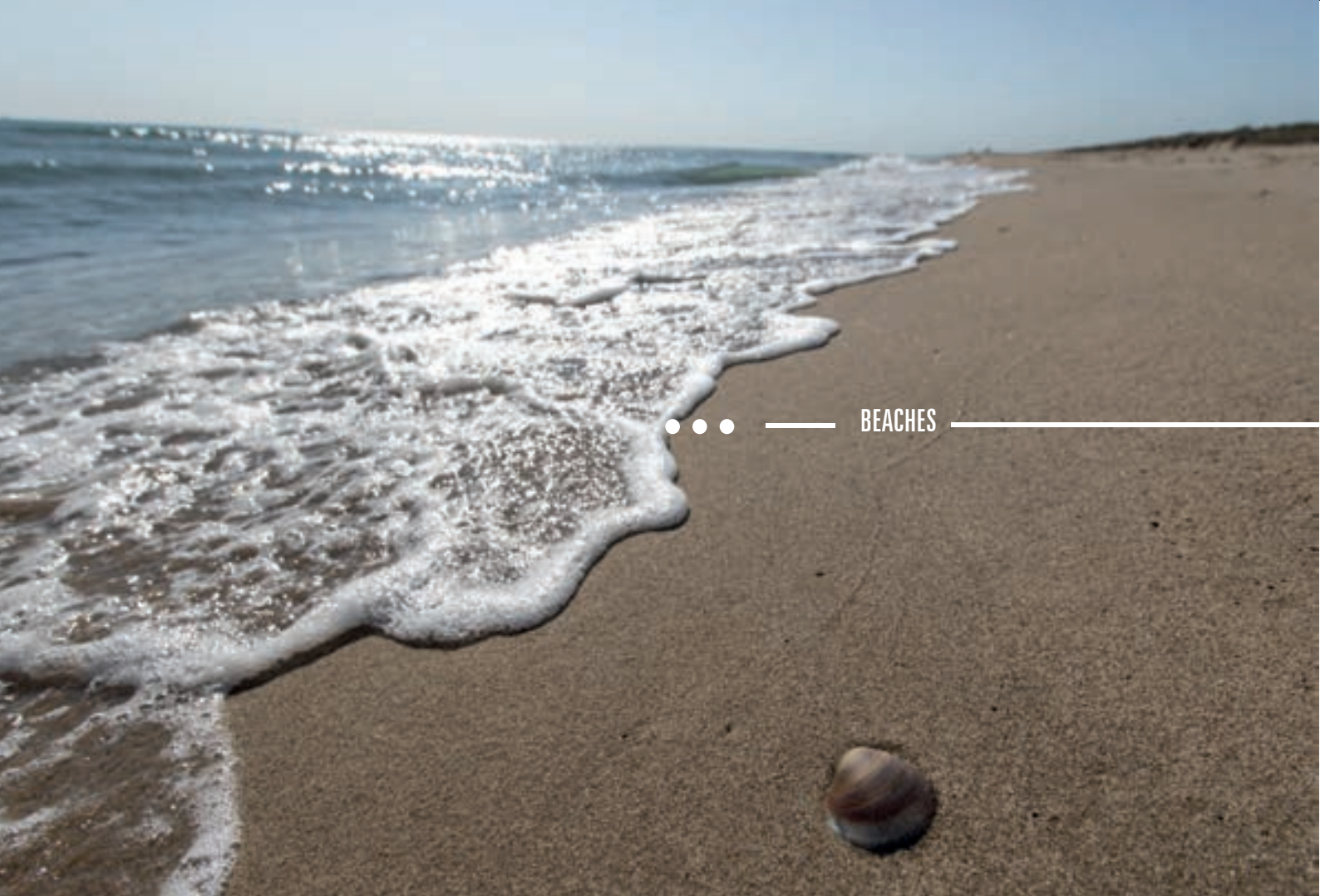
Life is made for the Region of Valencia



There are places in which you simply are; there are places in which you really live. The Region of Valencia is a unique spot within Spanish territory, not only because it possesses an exceptional location and climate next to the Mediterranean, but also because of the vibrant and luminous feel of all of its nooks and crannies. It combines sea and mountain, sand and clay; but also tradition and modernity, culture and leisure. In its over 500 towns, distributed across over 30 regions, there are options for everyone. You can live at a slow pace, with a good meal and an even better wine, even seeing a delicate sunset. But you can also venture into more exciting experiences, adventures in sailing boats or horse riding and even making the most of the nightlife until the sun comes up. Life, the good life, is made for the Region. The destination for doing everything, and more.



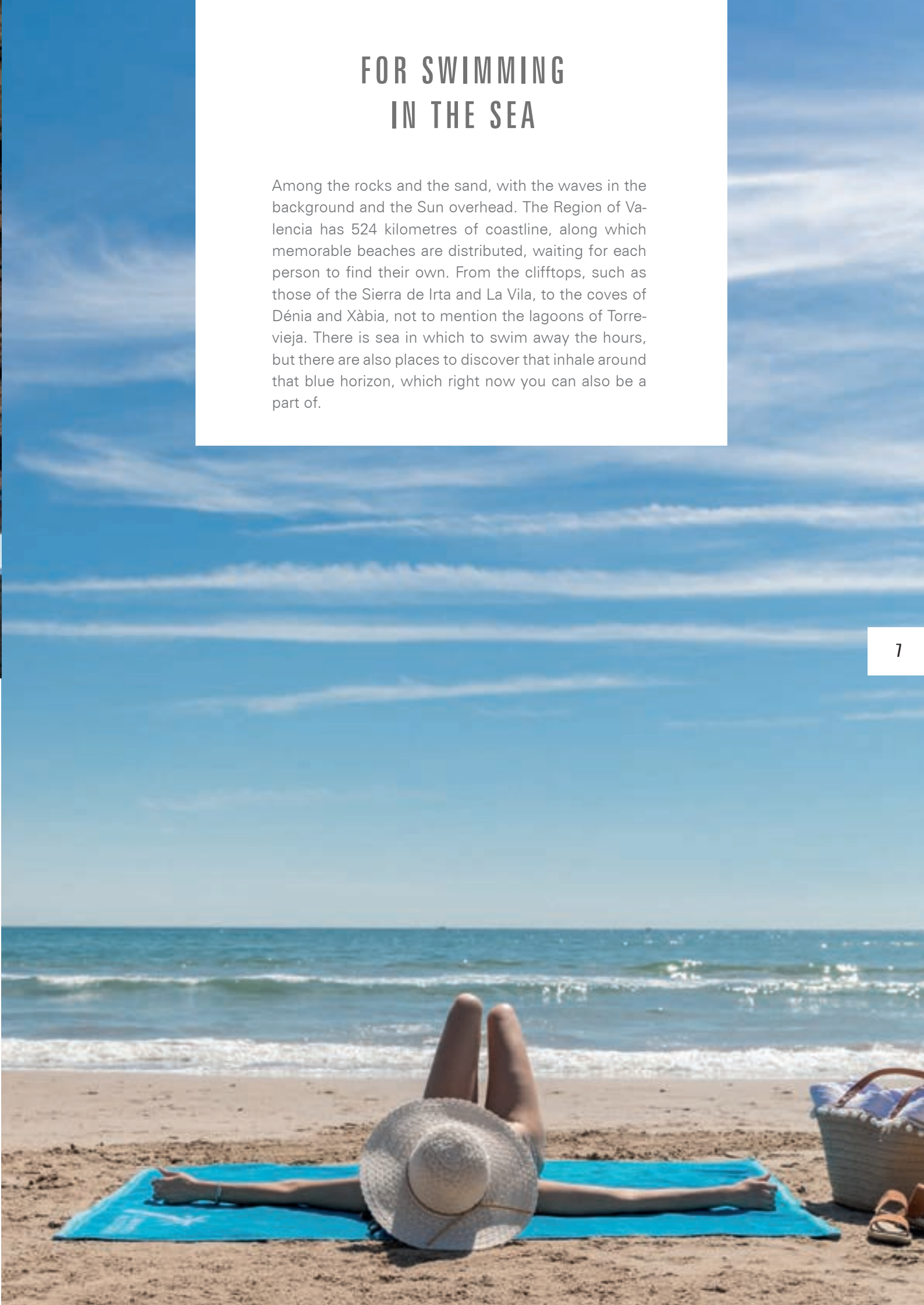
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● ● ● ——— BEACHES ———

FOR SWIMMING IN THE SEA

Among the rocks and the sand, with the waves in the background and the Sun overhead. The Region of Valencia has 524 kilometres of coastline, along which memorable beaches are distributed, waiting for each person to find their own. From the clifftops, such as those of the Sierra de Irta and La Vila, to the coves of Dénia and Xàbia, not to mention the lagoons of Torrevieja. There is sea in which to swim away the hours, but there are also places to discover that inhale around that blue horizon, which right now you can also be a part of.





MOUNTAIN

Ares del Maestrat (Castellón)



8

Montanejos (Castellón)



FOR BREATHING IN THE MOUNTAIN AIR

Although it may not seem so, mountains make up the largest part of the Region of Valencia, leaving the coastal border for the plains of Valencia and Castellón. For this reason, the region boasts a host of areas of high ecological value, with natural parks where there are flora and fauna that are unique in Spain and age-old olive trees. It is worth venturing into the deepest parts of this region, to the place where the treetops shelter, but the most beautiful waterfalls also cascade. Only the courageous, willing to traverse peaks and valleys, orchards and forests, find the authentic treasures.



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Sagunto (Valencia)

Rock Art in Bicorp (Valencia)



HERITAGE

FOR RE-LIVING HISTORY

A region that retains traces of the Visigoth, Arab and Roman occupation. The same region through which the old Silk Road runs, but also the mysterious Holy Grail Route. Formerly under the influence of the Borgias, later the precursor to and still a reference of the beautiful modernist movement. UNESCO has awarded this region different awards as a World Heritage Site, due to the Silk Exchange (Lonja de la Seda), the Rock Art of the Iberian Peninsula and the Palm Grove of Elche (Palmeral de Elx), among others. And those that remain, because we are in a place that still pays obeisance to art today, with many contemporary establishments. The Region is history and its history is culture. For those who are willing to see tradition and avant-garde, to travel to any of the bygone periods in time and dream about a still better future, there will always be a hidden story standing by.



FOR MAKING THE MOST OF THE NIGHTS

There are nights when you sleep and others when you live. It is possible to extend the day beyond the light hours, so that stories carry on happening under the stars, especially in the Region of Valencia. A region known for its range of nightlife activities, whether it's by the beach in Benidorm or in the centre of Valencia itself, at a night club or on a terrace or even dancing at any of the music festivals that are spread across the three provinces. We are also in a land of celebrations, starting with the Falles, followed by Magdalena Festival in Castellón, the Moors and Christians and the Bonfires of Saint John in Alicante. Across the length and breadth of this region, fire defies the dark.





FOR HITTING THE BALL

With your foot, with your hand, even with a golf club. Hit it! And if you'd rather give spherical objects a miss, board a boat or ride a horse. Sports are an intense and exciting way of life which, in the Region of Valencia, finds a plethora of manifestations. As a seaside region, sailing and all types of surfing occupy very important positions, but also adventure sports in the mountains and rivers, from canyoning to rafting, not forgetting hiking. The green golf courses are added to classics like football and basketball. And of course, a unique and indigenous sport: Valencian pilota, contained in the historical trinquets.



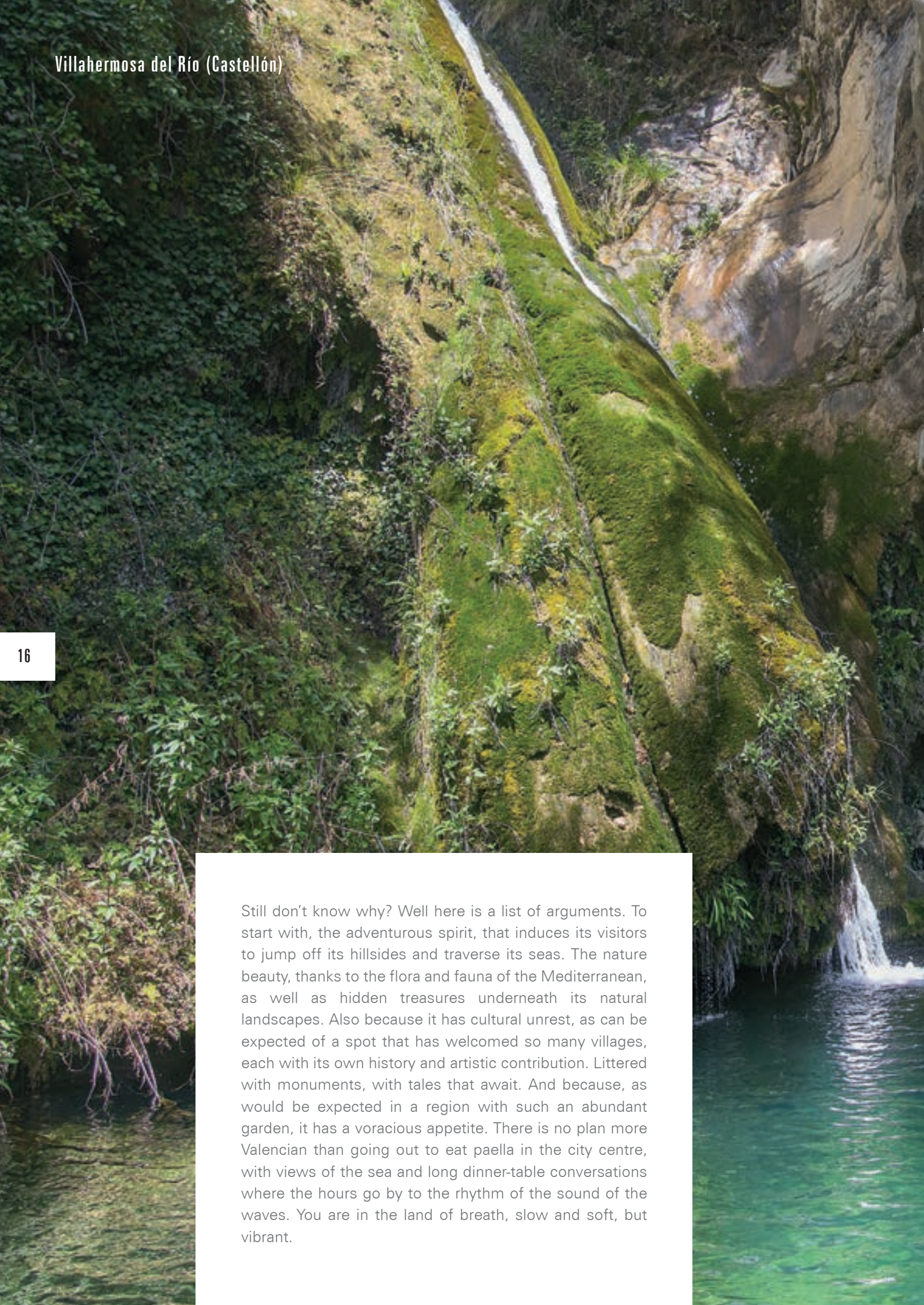
FOR SITTING DOWN TO EAT

People eat well in the Region of Valencia. With enjoyment, with eagerness. We have reached so high that we can touch the sun and the stars, with 44 Repsol honours and more than 20 Michelin awards and chefs as well-known as Ricard Camarena, Quique Dacosta and Susi Díaz. There are broth rices and dry rices (no one can touch our paella, but not arròs al forn or rossejat either), there is Mediterranean fish and game meat. All washed down with wine of our denominations of origin (Valencia, Utiel-Requena and Alicante), with tiger nut horchata from Alboraià, and married with age-old homemade sweets, like Xixona turrón.

FOR THE FUTURE GENERATIONS

This region is not only designed for you, not only designed for them: it is one of those that have been and of those that are to come. The past lives on in medieval villages such as Morella or Bocairent, whilst the future emerges in Alicante marina or in the monuments of the Ciutat de les Arts i les Ciències in Valencia. Natives and foreigners, old and young can come. To admire the churches, the castles and the walls; to lose yourself in Ribalta Park, visit the Bioparc and ride the roller coaster of Terra Mítica. The whole family, brought together around the sea and the mountains, fun and calm, good food and long nights to enjoy. Everyone, brought together here.



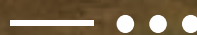


Still don't know why? Well here is a list of arguments. To start with, the adventurous spirit, that induces its visitors to jump off its hillsides and traverse its seas. The nature beauty, thanks to the flora and fauna of the Mediterranean, as well as hidden treasures underneath its natural landscapes. Also because it has cultural unrest, as can be expected of a spot that has welcomed so many villages, each with its own history and artistic contribution. Littered with monuments, with tales that await. And because, as would be expected in a region with such an abundant garden, it has a voracious appetite. There is no plan more Valencian than going out to eat paella in the city centre, with views of the sea and long dinner-table conversations where the hours go by to the rhythm of the sound of the waves. You are in the land of breath, slow and soft, but vibrant.



CHAPTER II

The Region of Valencia
is made for life





The Region of Valencia is made for life





BECAUSE IT HAS AN ADVENTUROUS SPIRIT

Whether due to its natural landscapes or the wild spirit that beats within them, the Region of Valencia is a perfect spot to practise open-air sports. On the surface (cycling, hiking...) or deep in the depths (scuba diving, sailing...), all options are valid for those who let themselves be tempted by adventure. Throw yourself into crossing this land on horseback or slip into the water inside a crater. Jump with a parachute, let the wind move the kite. Swim among the waves, or surf them, with a board and an oar if you need it. Give the ball a good kick. Dare to experience sport like never before. But dare to.

THE MAP OF THE EXPEDITION

NATURAL PARKS AND BIRDING

EQUESTRIAN TOURISM

CYCLE TOURISM AND MTB

 MTB Centres

 Greenways

 Via Augusta

HIKING

 Long distance trails GR

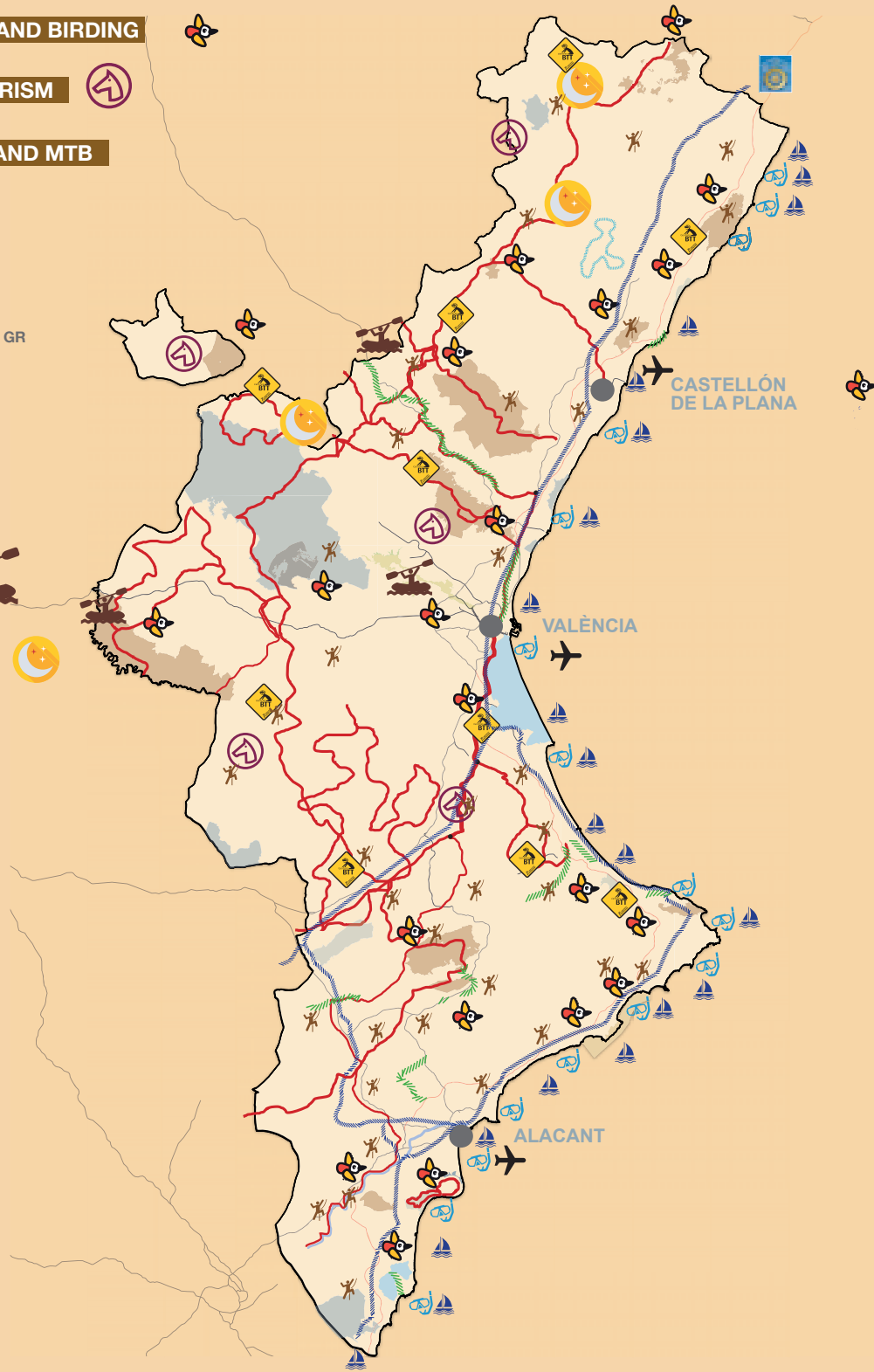
CLIMBING

DIVING

SAILING

RAFTING

ASTRO-TOURISM



Climb to the summit. CLIMBING

WHERE? Charco Azul, Dos Aguas, Loriguilla Reservoir Peppoli e Pepinno, Fantasma, Chorríco-Tous Fountain, V Aventador, north face of the Cid Via Ferrata, Moleta Redona, Via Ferrata de les Marujes, Molón, Via Ferrata de Pirata, Penya del Figueret, Ponoig-Ponoch, Roca Figueral, Vall d'Uixó, Villena-Sierra de la Villa, Via Ferrata de Xorret de Catí.

HOW? It is time for you to tackle the rock face, even if you aren't a great expert. The Region offers a good number of areas enabled as vias ferrata, which means that they are equipped with specific material for reaching spaces with difficult accessibility.

Or to the sky. HOT AIR BALLOON RIDE

WHERE? Over the Serra Mariola Natural Park, at the first light of day, to watch a sunrise over the mountains, but also in the Mediterranean Sea.

HOW? In the skies, there is no such thing as rushing, stress or routine. There is only peace. Watching the sunrise from up high is a unique experience that can also be experienced in private or in a group, over such a special landscape spot as this Region is.

Go down the river. RAFTING

WHERE? The River Cabriel is the one that has the most long, navigable stretches suitable for practising rough water sports. Also the Mijares, near Montanejos, in Castellón.

HOW? Peaceful: you will be in an inflatable raft with oars, accompanied by a group of friends. There are companies that carry out all types of activities at any time of the year, although from March to October the rivers run faster, therefore it is more exciting.

And defy the waters. CANOEING

WHERE? It is possible to canoe through the Jucar and Cabriel rivers, although it is true that you need to have adequate water flow so that the boat doesn't get stuck.

HOW? As well as the satisfaction of traversing the waters by virtue of your own strength, the canoe allows you to alternate between moments of calm and other more fast-paced moments. There is also a style of raft canoe or the kayak itself, which is suitable for use in lakes as well as the sea.

Venture into the depths. DIVING

WHERE? It is especially popular in Alicante, in towns such as La Vila Joiosa, where there are centres that offer everything from baptism in the sea to technical wreck diving excursions.

HOW? You will have your breath taken away, but only because of the beauty of the deep sea. There are luminous landscapes, full of life and colour, that the Valencia Tourism Agency has been tasked with gathering together in a full Map of Diving Activities in the Region.



Go into the thicket. HIKING

WHERE? In the Region, there are more than 5,000 kilometres of accredited footpaths that hang over the sea from clifftops or venture into remote landscapes. Sections of The Way of El Cid, The St James's Way in Levante and the Route of Monasteries also coincide.

HOW? The range of options includes long-distance trails (GR), with journeys of over a day, as well as short-distance trails (PR) and local trails (SL). Each person should choose based on the level of difficulty, but above all based on the landscape to breath in.



Crush both wheels. CYCLE TOURISM AND MTB

WHERE? The Region of Valencia has a fairly mountainous landform. There is a Network of Centres, with ten spots distributed throughout the whole Valencian region, from which a good number of itineraries of different difficulties depart and which cover over 3,000 km.

HOW? First of all, do you know what MTB is? It is the activity that is carried out using a mountain bike (or MTB, mountain bike) in mountainous terrain. Those in which you have to face hitting the pedals on the mud and the rocks, in order to get to beautiful sceneries.



Conquer the board. SURFING

WHERE? Surfing schools proliferate on the beaches of Valencia, such as Arenas, la Patacona, Port Saplaya, Cullera, Gandia and Oliva. In most of these centre you can also practise varieties such as kitesurfing, windsurfing or paddle surfing.

HOW? Wind is the essential element, since it is going to determine the shape and the quality of the wave. To face it you only need a board, so make sure you have it well conquered. When you find balance with nature, you will also find your own.



Jump! ZIP WIRE

WHERE? Although there are many across the whole Region, in the town of Eslida there is a 200-metre long zip wire, the longest in the Mediterranean.

HOW? If you think that it is an activity for children, you are very wrong. Sliding over the abyss requires courage. Above all when you do it hanging from a steel cable, sometimes from a rope, which is situated between two distant points and you are attached at your waist.



And above all... fly. PARAGLIDING AND PARACHUTING

WHERE? There are several specialised companies, but the parachuting centre closest to the beach is in Castellón and allows you to enjoy views of the coast.

HOW? The tandem jump, or with an instructor, is the quickest and safest way there is to start parachuting. It is done at 4000 metres high and are 50 seconds of free falling, during which a speed of over 200 km/h is reached.



Suggestions at: www.experienciascv.com





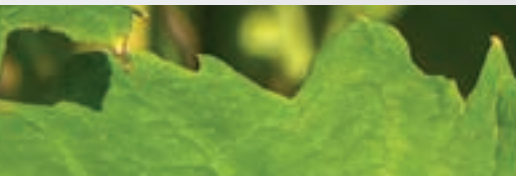
The Region of Valencia is made for life ●●●





BECAUSE IT HAS A VORACIOUS APPETITE

You can eat in the Region,
but what's more, you can eat
VERY WELL. And therefore...



1. You will love rice above everything else
2. Whether its sweet, dry, rossejat...
3. Eel is your friend
4. You only deserve one type of wine:
good wine
5. There is no Christmas without turrón
6. Whatever it is, put it on coca
7. Only tiger nuts make horchata
8. From the orange comes the juice
9. And from Benicarló, artichokes
10. Whatever it is, yes: put pumpkin in it



Ciutat de les Arts i les Ciències (València).



Plaza Huerto Sogueros (Castellón de la Plana)



BECAUSE IT HAS CULTURAL UNREST

Three names

From València, Calatrava
From Castellón, Ripollés
From Alicante, Sempere

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MACA (Alicante)

Villena (Alicante)



Orihuela (Alicante)



Novelda (Alicante)



Xàtiva (Valencia)



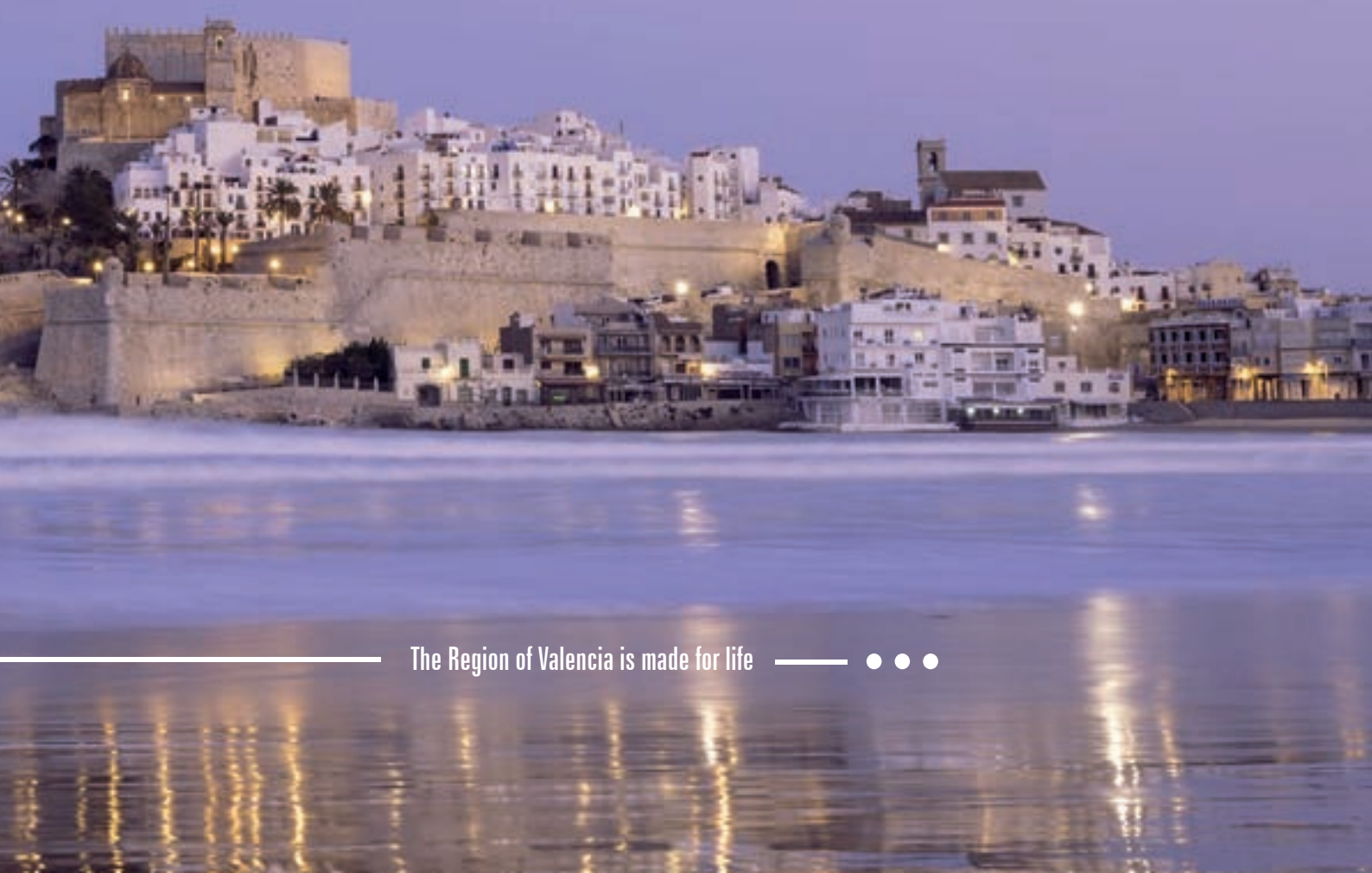
València



Peñíscola (Castellón)

The Art Road

Given the rich history of the Valencian region, there are artistic vestiges of numerous villages spread over the three provinces. Only in the centre of Valencia, is it possible to find full remains of the Arabic wall or notable pieces of Romanesque art, such as the Almoina gate of the Cathedral. At the same time, towns such as Sagunt and Xàtiva (Valencia) or Peñíscola and Morella (Castellón) maintain a strong medieval trace. Orihuela (Alicante) is also the episcopal seat and it treasures a collection of noble palaces that make a walk around its streets with Gothic, Renaissance and Baroque stamps necessary. That said, if the Region of Valencia stands out for anything, it's for the excellence of Modernism, a movement that reaches its greatest manifestation in Ensanche (in the capital), with the Central Market and the Colón Market. It is also particularly valued in Novelda (Alicante), to the point of having created its own Modernist Museum. As for modern and contemporary art, the names that have contributed to the new outline of the cities are numerous, starting with the Ciutat de les Arts i les Ciències in València.





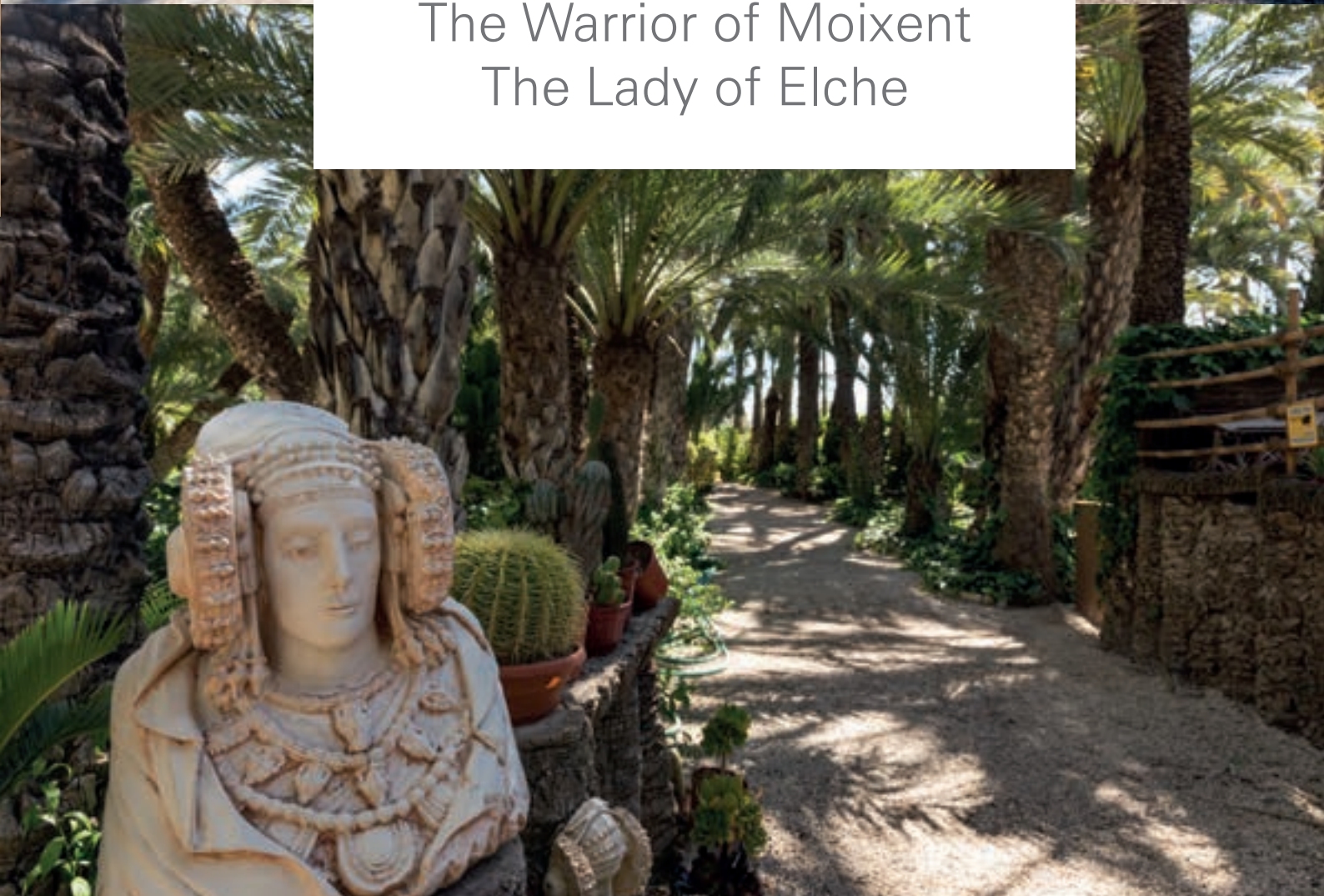
THE RETURN TO THE PAST

Is it possible to go beyond? Yes, at least much further back in history. If we are looking for the roots of what we were, we will find the Rock Art of the Mediterranean Basin in the caves, such as the ones in Tirig or the Valltorta ravine (Castellón), whose age ranges from 4,000 to 7,000 years, or dinosaur footprints in Cincorres (Castellón), Alpuente (Valencia) or Morella (Castellón). In the province of Valencia, there are notable archeological collections in Sagunt, Llíria, Cullera and Gandia, as well as the fossil museum of Aras de los Olmos; whilst in Alicante the pieces in Elx, Dénia and Villena stand out. As for the dawn of the professions, those activities that now boost the economy, the first remains of glass are in l'Olleria, the largest ceramic collection is in Manises and there is a Museo de la Imprenta (Printing Museum) at Santa María Monastery in El Puig. The Museo del Juguete (Toy Museum) in Ibi is curious and the Museo de Historia (History Museum) in Nules is very comprehensive, which also supplements the ethnographic one in Castellón.



Two names

The Warrior of Moixent
The Lady of Elche





WE ARE HERITAGE

The Region has ten cultural manifestations on the prestigious Unesco list. Alongside the fire festival, there are vestiges of times gone by, religious ceremonies and natural treasures.

1) LA LONJA DE LA SEDA (SILK EXCHANGE) (since 1996)

Built between the 15th and 16th centuries, the impressive building was a silk trade centre.

2) THE ROCK PAINTINGS OF THE MEDITERRANEAN BASIN (since 1998)

Alcoi, Ares del Maestre, Tírig and Bicorp are the four most outstanding spots.

3) EL PALMERAL D'ELX (PALM GROVE OF ELCHE) (since 2000)

Around 200,000 specimens that make up the biggest palm grove in Europe.

4) EL MISTERI D'ELX (MYSTERY PLAY OF ELCHE) (since 2001)

A sacred musical drama in honour of the Virgen that has been depicted each August continually since the 15th century, in the Santa María Basilica.

5) THE WATER TRIBUNAL OF THE PLAIN OF VALENCIA (since 2009)

The gothic door of the Cathedral gives shelter, each Thursday morning, to the meeting of this age-old institution that discusses issues of irrigation.

6) FIESTAS A LA MARE DE DÉU DE LA SALUT IN ALGEMESÍ (since 2011)

During the festival in honour of the Virgen, human towers or Muixerangas are raised.

7) MEDITERRANEAN DIET (from 2013)

The best gastronomy for our health not to mention for our palate.

8) THE FALLAS IN VALÈNCIA (since 2016)

The fire festival par excellence, full of fireworks, silk and folklore.

9) TAMBORADAS DRUM-PLAYING RITUALS (since 2018)

Tamboradas drum-playing rituals are loud, group rituals



based on the simultaneous, intense beating of thousands of drums, played uninterruptedly for days and nights in public spaces in towns and villages.

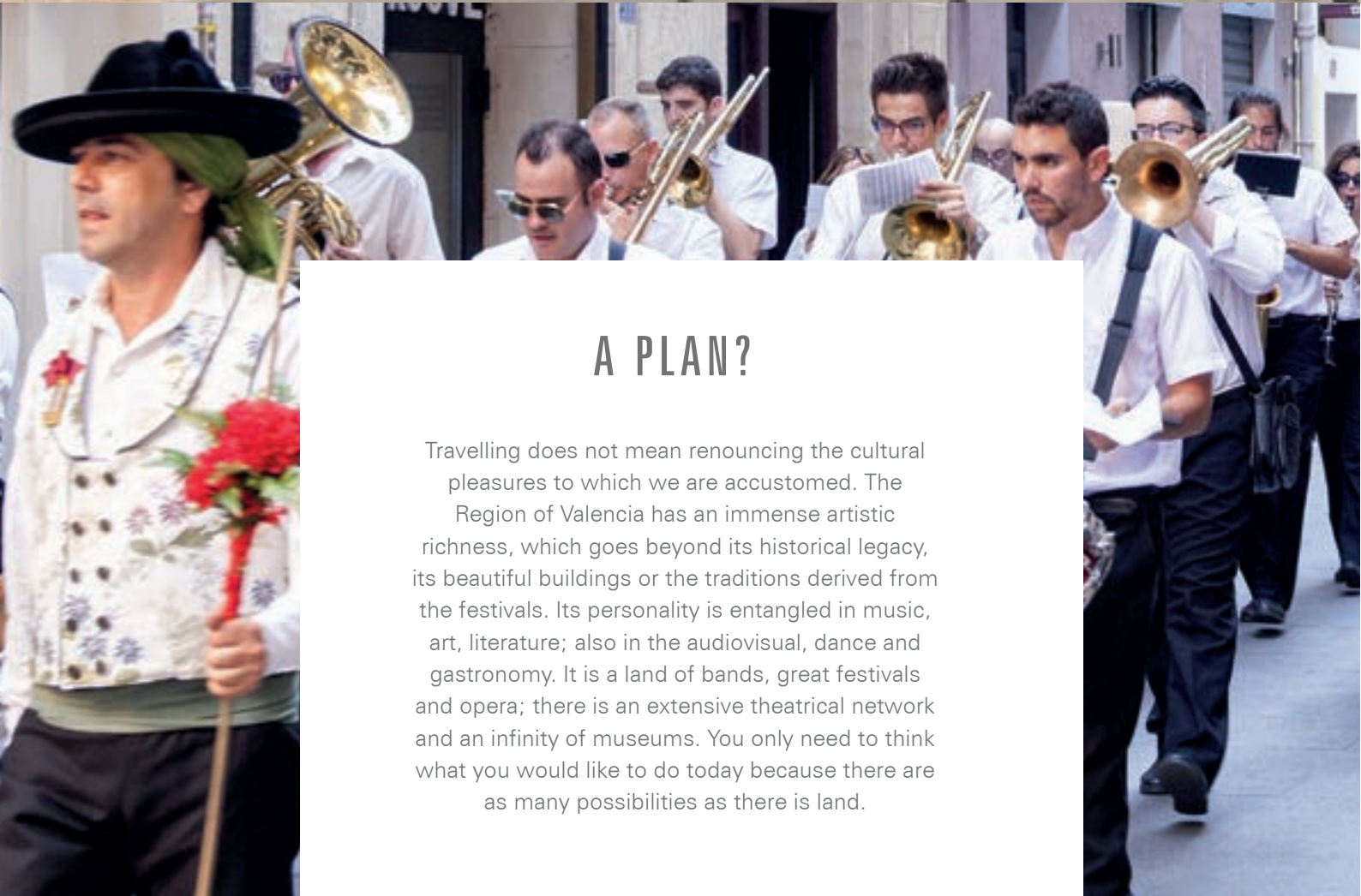
10) ART OF DRY STONE WALLING, KNOWLEDGE AND TECHNIQUES (since 2018)

The art of dry stone walling concerns the knowhow related to making stone constructions by stacking stones upon each other, without using any other materials except sometimes dry soil.

And what's more... since 2009, the Museo Escolar de Pusol in Elx has been included on the Register of Best Practices by the UNESCO Committee for the Safeguarding of Intangible Heritage. In turn, since the year 2015, Dénia has been registered in the UNESCO Network of Creative Cities.



The Region of Valencia is made for life



A PLAN?

Travelling does not mean renouncing the cultural pleasures to which we are accustomed. The Region of Valencia has an immense artistic richness, which goes beyond its historical legacy, its beautiful buildings or the traditions derived from the festivals. Its personality is entangled in music, art, literature; also in the audiovisual, dance and gastronomy. It is a land of bands, great festivals and opera; there is an extensive theatrical network and an infinity of museums. You only need to think what you would like to do today because there are as many possibilities as there is land.

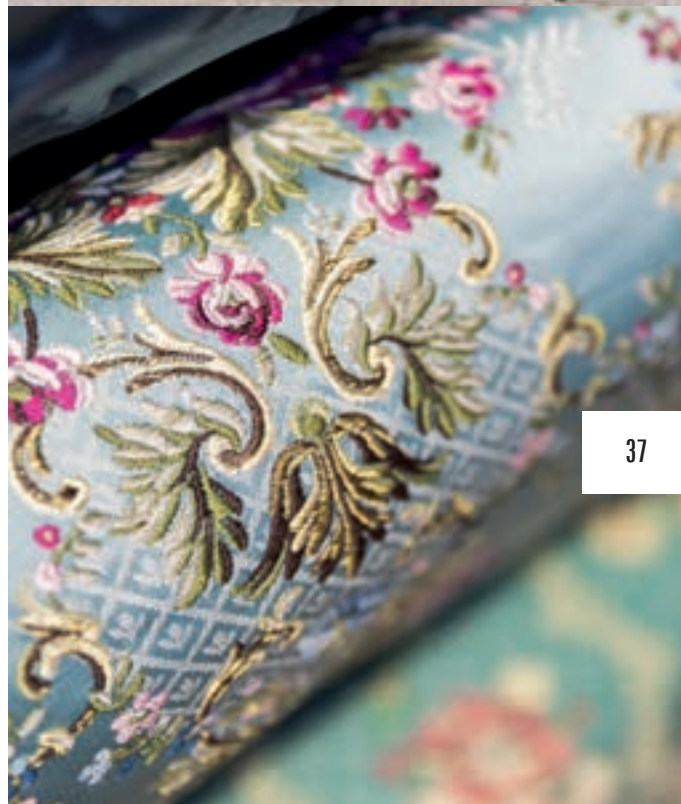
MUSIC. Listen and dance. If you are a classics type of person, you should know that the Regional Government coordinates the planning of the network of auditoriums in the main cities. The operatic centre par excellence is the Palau de les Arts, but another great reference is the Palau de la Música. As we find ourselves in a land of bands, there are different competitions and open-air shows, although the series of classical and Baroque music of Monserrat and Oropesa stand out. If, on the contrary, you prefer festivals, you are in luck, because the truth is that they are bestowed throughout all the provinces: from Arenal Sound in Burriana, the FIB in Benicàssim, Medusa in Cullera to Low in Benidorm, including the Festival de les Arts in València.

THEATRE. Feel and applaud. Have we talked about the Roman theatre of Sagunt? It dates back to the year 50 B.C., it is perfectly preserved and in summer it accommodates the most important classical representations in the Region. That said, there are other big series, such as the Dance one. If contemporary productions are more your thing, in Valencia the Olympia Theatre and Talia are very popular, whilst in Alicante the Arniches stands out. Also, there is an emerging network of theatres where small-scale productions are held.

SEE AND ADMIRE. To talk of Valencian art is to talk of Ribera, Pinazo, Benlliure, the Equipo Crónica or Paco Roca. Did you perhaps think that you weren't going to see the sunset...in a painting by Sorolla? The main art museums are located in Valencia, where the essential picture gallery is the Museo de Bellas Artes San Pío V (San Pío V Museum of Fine Art), but there are also contemporary centres such as the IVAM or the MUVIM. The National Ceramics Museum, the College of High Silk Art in Valencia and the Fallero Museum can be added. Castellón has its own Museum of Fine Art and the Espai D'Art Contemporani, as well as an interesting Museo de Etnología (Ethnology Museum). As for Alicante, there are interesting options, such as the MARQ dedicated to archeology, the Volvo Ocean Race Museum about sailing or the Hogueras Museum. Without forgetting other towns such as Orihuela, where the Casa Museo (House Museum) of the great poet Miguel Hernández can be found.



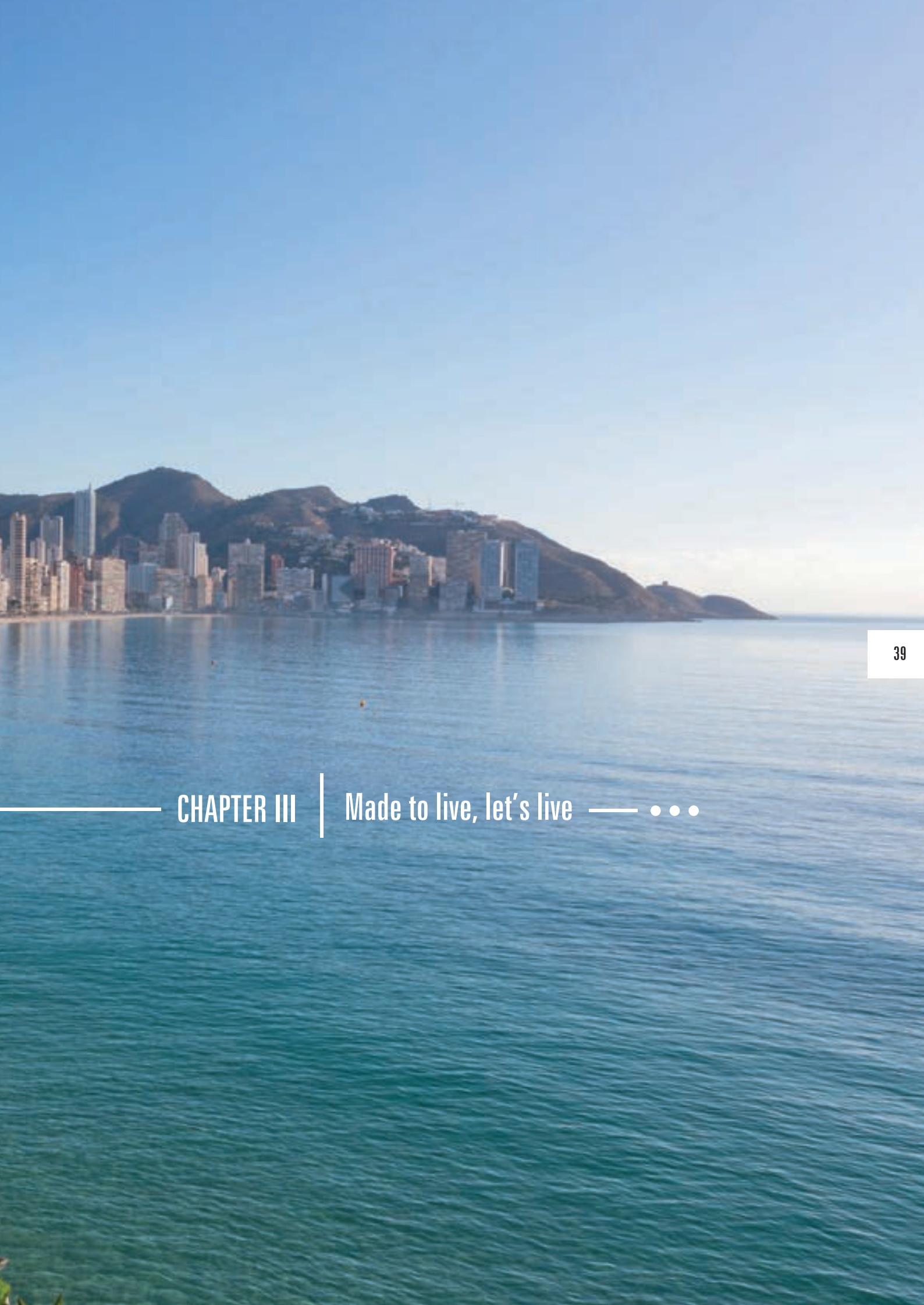
Teatro Principal de Castellón de la Plana



Museo de Arte Contemporáneo de Vilafamés (Castellón)

Benidorm (Alicante)





CHAPTER III | Made to live, let's live — ●●●

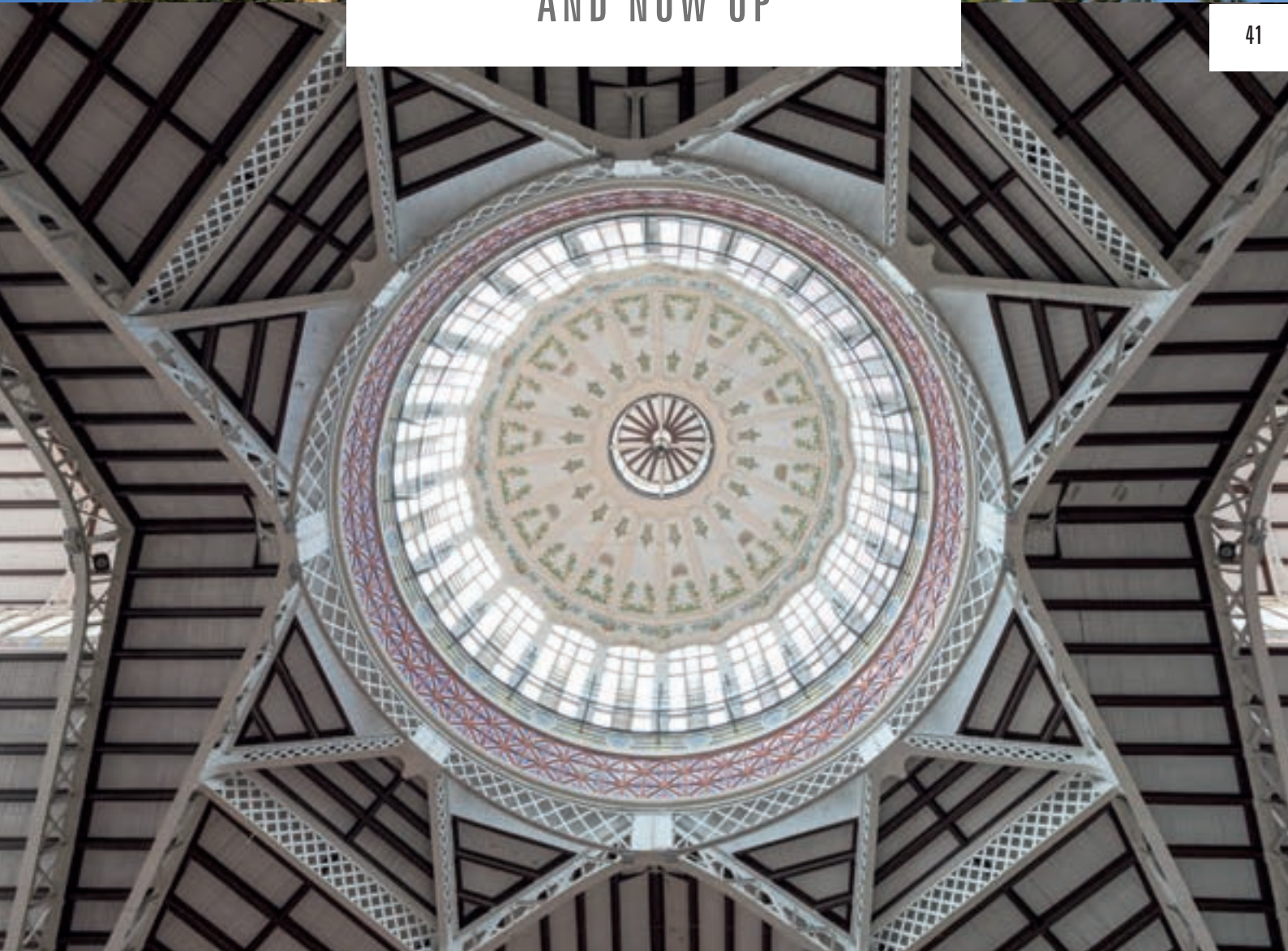


LOOK DOWN





AND NOW UP



Vinaròs (Castellón)



Xàbia (Alicante)



Gandia (Valencia)



YOU ARE IN THE LAND OF LIGHT



Morella (Castellón)



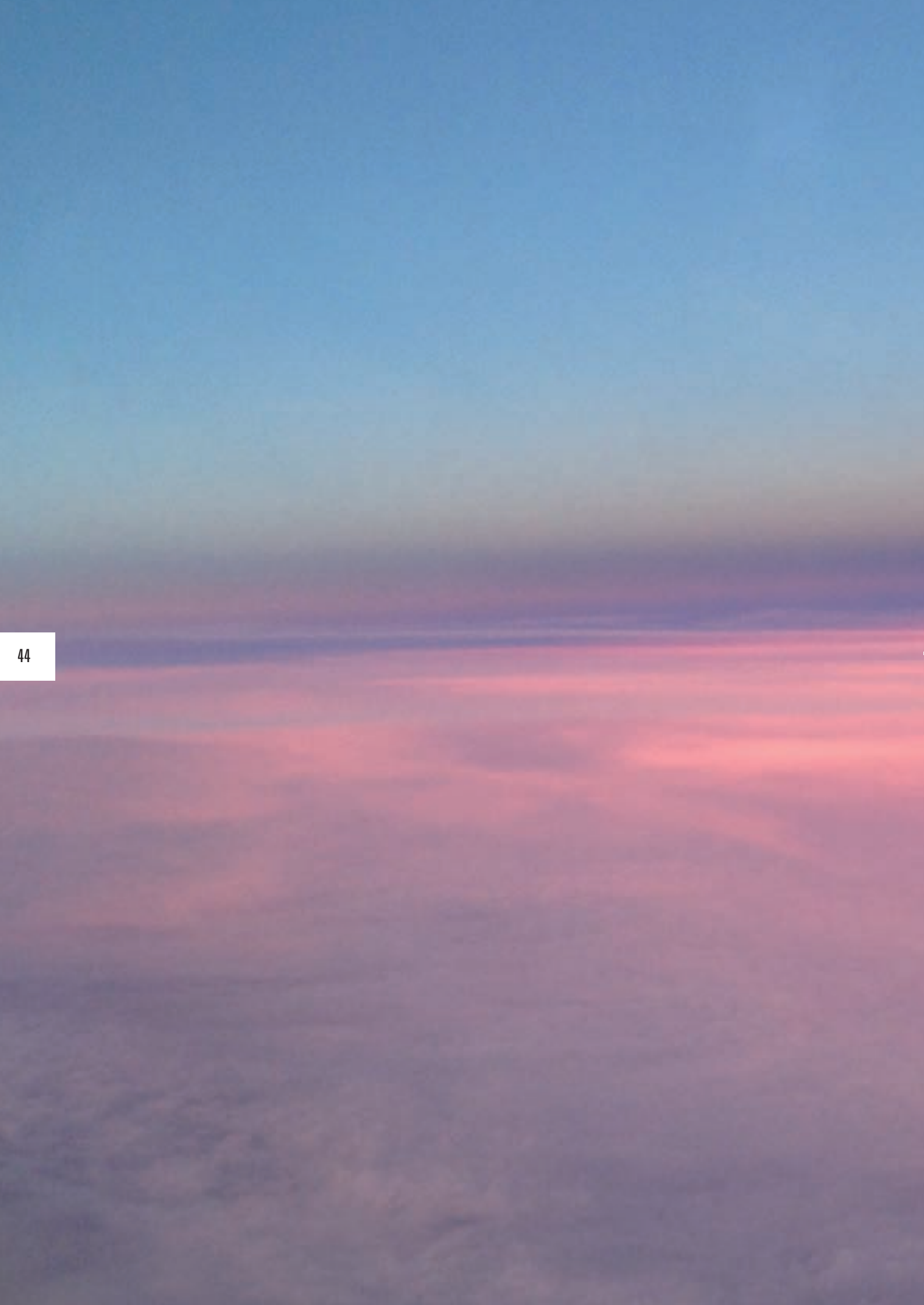
Albufera (Valencia)

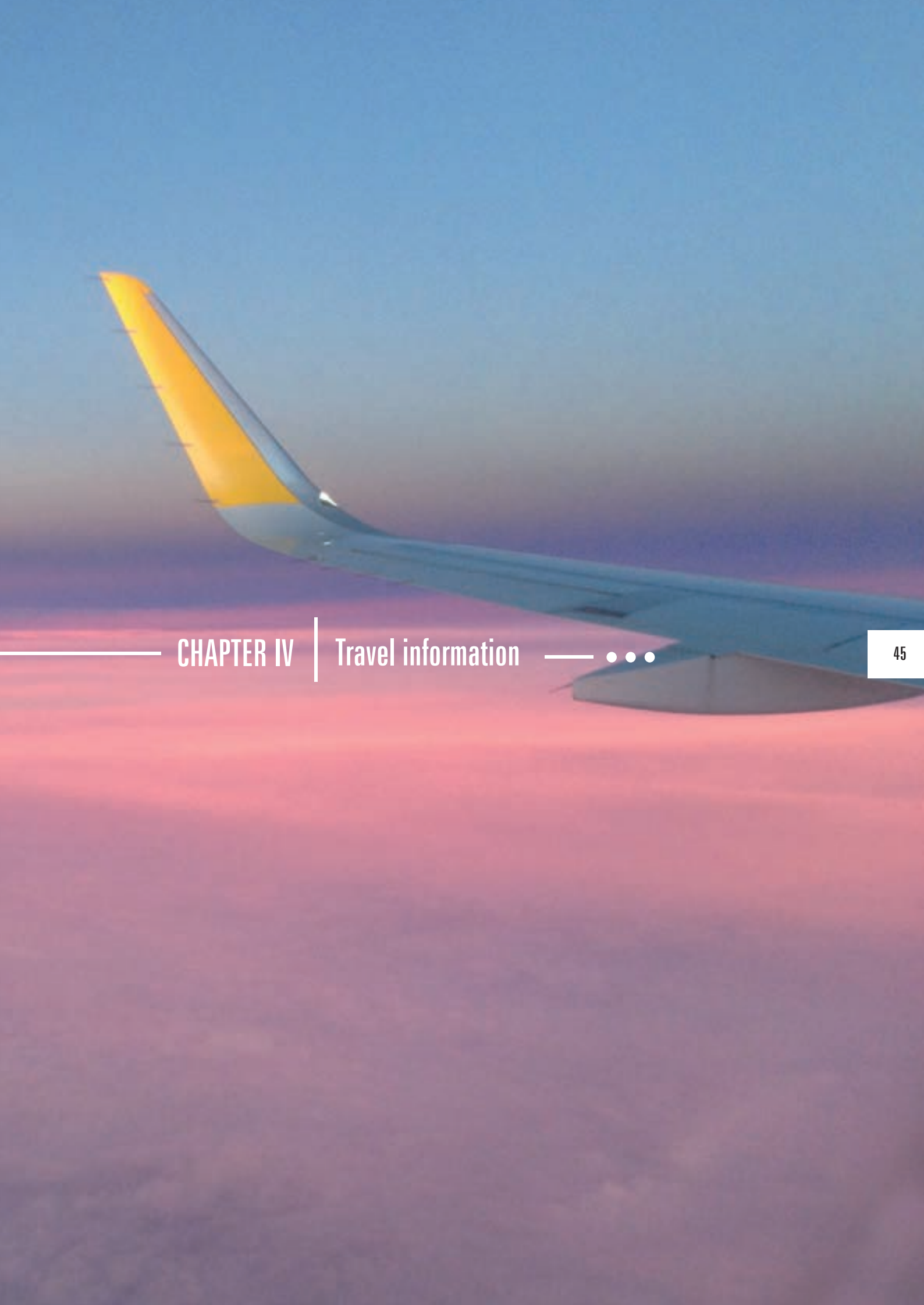


Benidorm (Alicante)



Pilar de la Horadada (Alicante)





CHAPTER IV | Travel information





How do I get there?

- **By car.**

The AP-7 is the main motorway, parallel to the coast, that covers the whole Region, but also there are the A-3, A-35, A-31, A-7, N-232, A-23, N-340 and N-330.

- **By plane.**

The main airports are Manises in Valencia and El Altet in Alicante. Castellón has its own, Benlloch, but with less activity.

- **By train.**

There is an AVE line from Valencia-Madrid, Valencia-Seville Castellon de la Plana-Madrid and Alicante-Madrid.

- **By boat.**

It is possible to dock in Valencia, Alicante, Castellón, Gandia and Dénia.

- **By bus.**

The three capitals of the province each have a bus station.

How do I get around?

- **By train.** There is a complete regional network, provided by Ferrocarrils de la Generalitat.

- **By metro.** Also dependent on FGV, Valencia has up to 9 lines.

- **By bus.** The EMT in Valencia, TUCs in Castellón and Vectalia in Alicante.

What will the weather be like?

Possibly very good. The Mediterranean climate is mild all year long, 10 to 20 degrees in winter, whilst in summer it increases to 24 to 32 degrees. The skies are often blue and clear, therefore it does not frequently rain in the city.

What time do I eat?

Mediterranean routines are very flexible, but the normal timetable is to have breakfast between 7am and 10am, lunch between 1pm and 3pm and dinner between 8pm and 10pm.

And for shopping?

Small shops are usually open Monday to Saturday from 10am to 2pm and from 5pm to 8pm. Banks, only in the morning. Big stores can extend this to 9am to 10pm and are open on some public holidays, but it depends on the city.

MORE INFORMATION ...

www.regionofvalencia.com



**DO I NEED TO KNOW
ANYTHING ELSE?**

That you are going
to have a good time,
you are going to enjoy yourself,
you are going to live.

**BECAUSE THE REGION IS MADE FOR
LIFE AND VICEVERSA**

