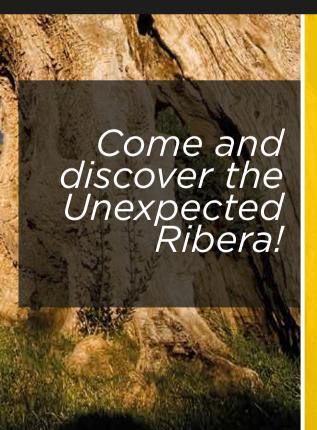


04.



ibera de Navarra as you never imagined. Barren and fertile, historical and avant-garde, popular and sophisticated, Baroque and Romanesque, monastic and mundane, traditional and contemporary. Get to know a land in which history has left a valuable footprint and where nature offers scenery unique in the world. A land where revelling in deeply-rooted traditions coexists with creative avant-garde expressions.

INTRODUCTION .



A place where you will discover the best vegetables in the land. Convert your trip into a great find. Be surprised by the landscape of the Bardenas Reales and be amazed at the resounding beauty of our Romanesque and the exuberance of our Baroque. Get carried away by the festive joy of this region, where you and the family can explore nature and fauna, and even spoil yourselves in a spa.

Let yourself be allured by our placid-flowing rivers. Drink our wines and eat our vegetables. Soak up the history of the Romans, the Arabs and the Jews while wandering our towns and cities, visiting the wineries and oil presses. Contemplate the impressive murals of contemporary urban art or the beautiful façades of our Renaissance palaces. And converse with the locals at bar counters brimming with tapas.







ROMAN

AND GOTHIC

TUDELA CATHEDRAL

Or the Cathedral of Santa Maria. It is they city's icon and one of the most representative buildings in all Navarra. Construction started around 1180 on the remains of an ancient mosque. This temple is worth an unhurried visit, stopping first at the spectacular Door of the Last Judgement and contemplating the detailed representation of the punishments reserved for sinners. The Romanesque cloister, serene and beautiful, like the door of the last judgement has undergone exhaustive restoration. Inside the cathedral, look out for the Romanesque sculpture of the Virgen Blanca, the Baroque chapels of Santa Ana (patron saint of the city) and the Espiritu Santo, the reredos of the high altar and the choir-stalls.

Further information about times and prices of visits at www.museodetudela.com

TULEBRAS MONASTERY

This monastery, Santa Maria de la Caridad, was the first female monastery which the Cistercians founded in Spain. The religious sisters came, in 1157 to this little town of just 100 inhabitants and the The monastery's history takes us from its splendour in the 12th century to the decline in the 14th and 15th centuries. Today it is worth visiting the Cistercian church with its Romanesque façade, the small museum that occupies a room dated from the 12th century or the late 14th century cloister. You can in fact visit the whole monastic complex and its museum.

More information at www.monasteriodetulebras.com

MAGDALENA CHURCH

A small gem, this is the only Medieval temple that existed in Tudela which has survived, practically intact, to the present day. It is a small but very attractive church, with one sole nave, a west façade of special value as it is one of the purest examples of Romanesque that can be seen in Navarra. Once inside, narrow and sombre, take note of the capitals on which the arches rest.

FITERO MONASTERY

In Fitero, King Alfonso VII of Castile founded the first Cistercian monastery in the Iberian peninsula. Fitero became a global benchmark for that new perspective of monastic life. The original building was completed in 1247. At the present time a large number of buildings related to the monastery are given over to civil use but it is possible to visit some of the more valuable quarters of mediaeval origin: the abbey church, the chapter hall or the remains of the ancient wall. The Renaissance cloister is another of the treasures of this complex.

More information at www.turismofitero.com

SAN JUAN OF JERUSALEM

This church in Cabanillas in the south of Navarra is of Romanesque construction. The temple has belonged to the order of the same name since 1142. Conserved today is the Romanesque apse, part of the lateral walls of mediaeval origin and the façade decorated with plant and animal motifs.

CASTLES





MARCILLA

At the end the reign of Carlos III el Noble, around 1420, Pierres de Peralta decided to erect this castle. A seigniorial Gothic fort, made of brick surrounded by a moat giving it a defensive character which it lost years later by becoming a residential palace. Having a square floor plan with towers on each corner, the most outstanding features are its parade ground and the chapel which still conserves some 16th century paintings. Presently it is the emblem of the town and houses some municipal offices.

More information at www.marcillaturismo.es

CORTES

The origin of Cortes castle goes back to the 12th century. Its location, the southernmost town in Navarra on the border with Aragon, converted it into one of the most important mediaeval forts. Residence of the Navarrese kings, the renovations undertaken over the centuries tinged its military appearance giving it the stately aspect it boasts at the present time. The castle's ancient vegetable garden is today a small municipal park. The interior houses paintings and original furniture from the 16th to 19th centuries.

More information at www.castillodecortes.com



BAROQUE

TUDELA

Brings together a considerable number of Baroque buildings, both religious and civil. Of the former are the Capuchin and Dominican convents, the church of San Jorge and the Compañía de María, a unique temple in Navarra given its façade and its central octagonal floor plan. The most valuable civil building is the Palace of the Marques de Huarte, a formidable edifice converted today into a museum and archives which visitors must enter to contemplate the double imperial staircase. Another example of civil architecture is an emblematic monument in the Plaza de los Fueros or Plaza Nueva, the place most cherished by the inhabitants of Tudela.



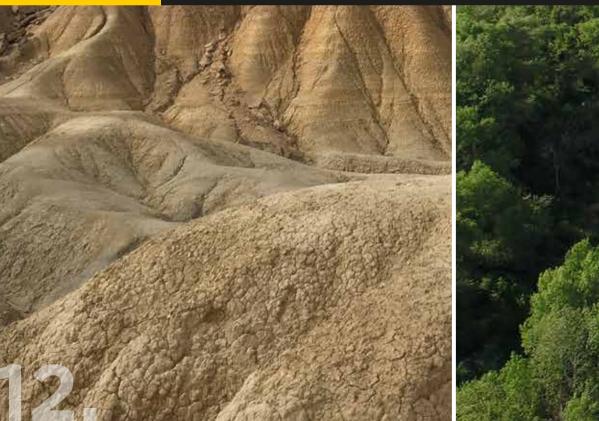
CORELLA A pole of attraction for nobles, artists, carpenters and brick-layers, and which enabled Corella to accumulate an abundant Baroque patrimony. The historic quarters of Corella allows you to become familiar with the particular Ribera de Navarra style brick, decorative sobriety, balconies and capped with small windows on the upper floors. Some of the civil buildings worth visiting are: the house of the Virto de Vera family, that of the Arrese family, and the Sesma family house. You should also stop at the parish church of San Miguel, one of the treasures of Navarrese Baroque, or at the church of Nuestra Señora del Rosario with its imposing tower, which salutes all who visit the city.

CASCANTE, MILAGRO AND VILLAFRANCA

Señora del Patrocinio.

The silhouette of the basilica of Virgen del Romero in Cascante and its porticoed gallery is one of the most striking throughout of the Ribera. The church was built on the remains of a previous temple. In the 18th century the eye-catching 37-arched gallery was built which ascends gradually to the top of the hill where you get a wonderful. A stroll around the old quarter of this town Villafranca reveals other seigniorial buildings of a clear Baroque structure such as the palace of Bobadilla, currently the town hall, and the palace of Conde de Rodezno. In Milagro, the most outstanding building in the town and one of the most interesting in Navarrese Baroque is the basilica Nuestra









THE RIVERS

The Ribera de Navarra is a land of contrasts. In just a few kilometres, the traveller goes from being awestruck by the semi-desert landscape of Bardenas Reales to enjoying the riverbanks and groves of our three large rivers. Ours is the land of the Ebro, the Aragon and the Arga making it the perfect destination to enjoy the placid flow of the rivers and all the life that revolves around them. Vegetation and fauna, within the scope of any visitor, on easy well-signposted walks along routes that are another way to discover oneself. From the mouth of the River Aragon at Milagro, passing through the groves and cliffs of the River Arga or the impressive views of the ever awe-inspiring Ebro from Santa Barbara hilltop in Tudela.

EL BOCAL

Water and El Bocal are part of our history, and El Bocal is a place with special charm that dates back to the 14th century when Carlos I ordered the construction of a dam - the origin of an imperial canal. Next to the dam a building was constructed to serve as the residence of the governor of this facility. This palace today still conserves a part of its original structure. However, it was not until the 18th century under Carlos III that the project was completed and the Imperial Canal of Aragon, starting at el Bocal, was built. A new dam and floodgates were constructed. Today el Bocal is a perfect place to stroll among the trees, explore the green labyrinth and contemplate the 30-metre tall oak tree, hundreds of years old and declared a natural monument.







BIRDWATCHING

The south of Navarra is also a great ornithological observatory. Our geography and climatology offer optimum conditions for a great variety of bird life. The rivers and wetlands, farmland, forests and pine groves, the cliffs and natural formations are full of life. Aquatic, steppe, rupicola and migratory birds cross the region, birds of prey nest in parts of the Bardenas Reales, and lots more. The Ribera de Navarra has a network of viewpoints and facilities designed for ornithological tourism situated in settlements of special value revolving around the rivers Ebro, Arga and Aragon and in some wetlands and steppe zones, especially in the Bardenas Reales.





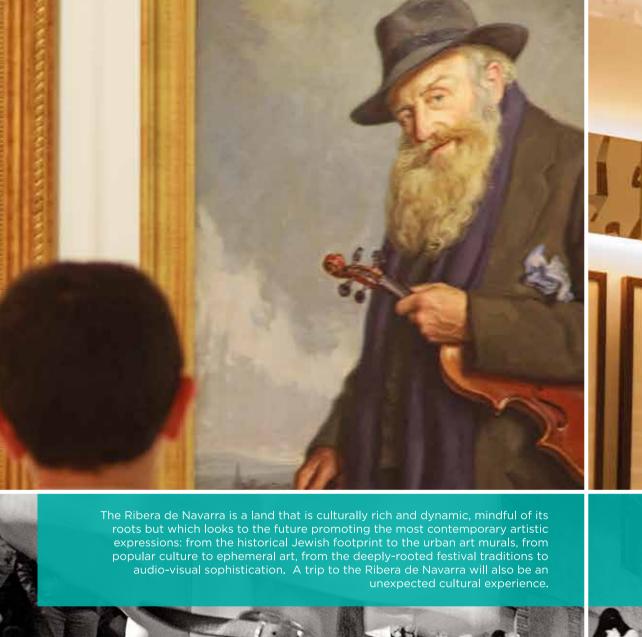
The Bardenas Reales de Navarra leaves its mark on the visitor, Just think, you will be stepping on the same soil as did kings, armies and bandits. The most renowned. Sanchicorrota [the Robin Hood of Las Bardenas], was known as "the king of Bardenas" and was often accompanied by a group of 30 men on horseback. In 1452 King Juan II organised a troop of hundreds of knights to capture him. However, Sancho Rota took his own life with one stab. History aside, the Bardenas, as a natural enclave, has also been the scene of world famous films and television series. The towns and villages bordering the Bardenas are also worth a visit to understand their relation with this environment and to discover the amazing caves of Arguedas and Valtierra, ancient dwellings excavated in the mountain which have been recovered and converted, in some cases, into tourist accommodation.



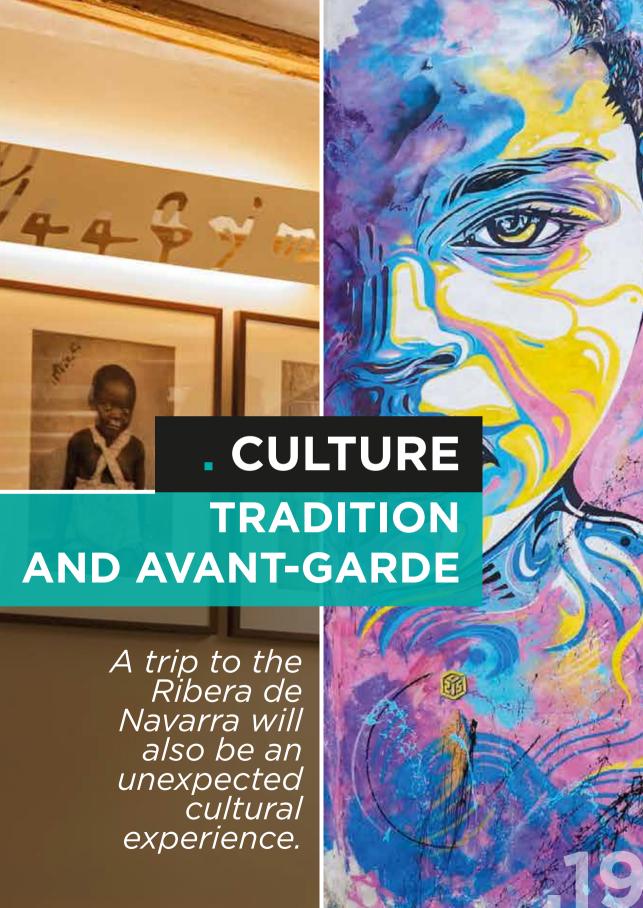


Covering 42,500 hectares it can be visited by car, bicycle, on foot or by horse. The best months are from September to June. If you do the trip yourself, keep to the roads and paths that are marked. To enjoy it to the fullest, contract one of the many guides. There is an information and reception centre for visitors.

More information at www.bardenasreales.es







FESTIVALS radition in this land is above all a street experience. Most of the popular festivals that truly transmit our way of understanding life as a celebration are concentrated in spring and summer. Traditions, religious or mundane, are an excellent reason to visit the Ribera de Navarra. Holy Week, for example, is the perfect time to witness the Representation of the Seven Phrases and the Baroque procession of the Holy Burial in Corella, El Volatin and the Descent of the Angel in Tudela or the Capture of Judas in Cabanillas. Vegetables are also celebrated in the street and the first shoots are the perfect excuse to begin to enjoy the special days organised throughout the region. Summer is the time for patron saint festivals. All towns have their own and you will find the same festival spirit in all of them, the same contagious joy, the same welcoming character of the people of the Ribera de Navarra. Carnival with the "zarramusqueros" (traditional carnival character) in Cintruenigo or the spectacular float parade in Villafranca, music festivals, and Baroque days in Corella - any excuse is good enough to visit the Ribera de Navarra. **CULTURE, TRADITION Y AVANT-GARDE**





URBAN AND

AVANT-GARDE ART

Renaissance façades alongside contemporary murals, Romanesque churches that coexist with expressions of street art. Tudela brings together one of the most valuable mural collections in the country thanks to its international Avant Garde exhibition. Since 2010, scores of artists from all over the world have left their mark on facades and murals in the city. Jorge Rodríguez Gerada, Mark Jenkins, BLU, Joachim Ixcalli, Ron English, Vhils, Franco Fasoli, Kenor and many other muralists have contributed to give the urban fabric of Tudela its unique plastic art. A tour of all these works is one of the most unexpected routes a visitor can do. Avant Garde has begun to extend to other towns in the region such as Arguedas and Peralta.

More information at www.avantgardetudela.com



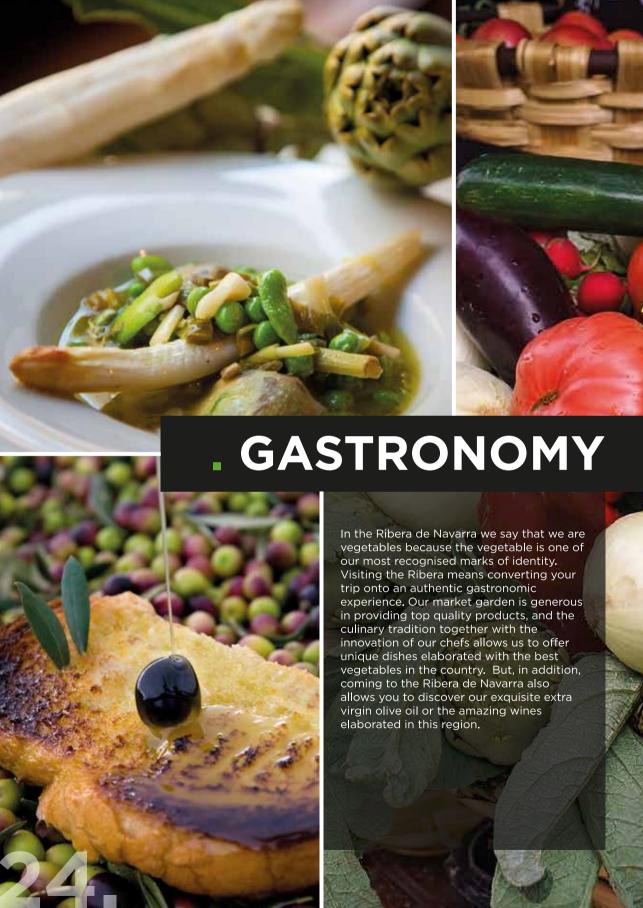


Tudela also boasts a young festival of contemporary ephemeral art. **Des-Adarve** contest is aimed at design professionals and artists who are invited to intervene in the most emblematic spaces in the city which for a few days are given a new personality. Contemporary art that takes place outside museums and galleries, occupying everyday symbolic spaces, citizens' contexts which adopt an artistic form for this festival which is held in September.

More information at www.desadarve.com







VEGETABLES

Our vegetables - all year round. The Ribera de Navarra is faithful to the product that has given it its fame. The vegetable is the backbone of this territory, a popular expression, a prominent economic activity, a festive excuse, a fundamental reason to greatest festival in Spain dedicated to vegetables: Tudela's days of celebration. The calendar of festival events is very wide and covers a good number of towns that make up the Ribera. The list of vegetables offered by our market garden is generois: chicory, celery, escarole, broccoli, peas, broad beans, tender onions, haricot beans, ugly tomato, pink tomato, crystal peppers, piquillo or bell peppers, courgette and butternut squash. And among them are our most cherished vegetables, those that represent us most are:

LETTUCE HEARTS

In no other place will you find lettuce hearts of Tudela, ours are unique and only grown in the Ribera de Navarra. Somewhat larger in size than other varieties, its leaves are firm and its heart is compact and crisp. A delight which only needs a drizzle of good olive oil from our region and a sprinkle of salt.

ASPARAGUS

Perhaps our most internationally renowned vegetable. White asparagus of Navarra is tender, free of fibres and has a smooth balanced flavour. In the Ribera we like to eat it fresh, from March onwards, cooked or grilled, to enjoy its unique texture and flavour.

ARTICHOKE

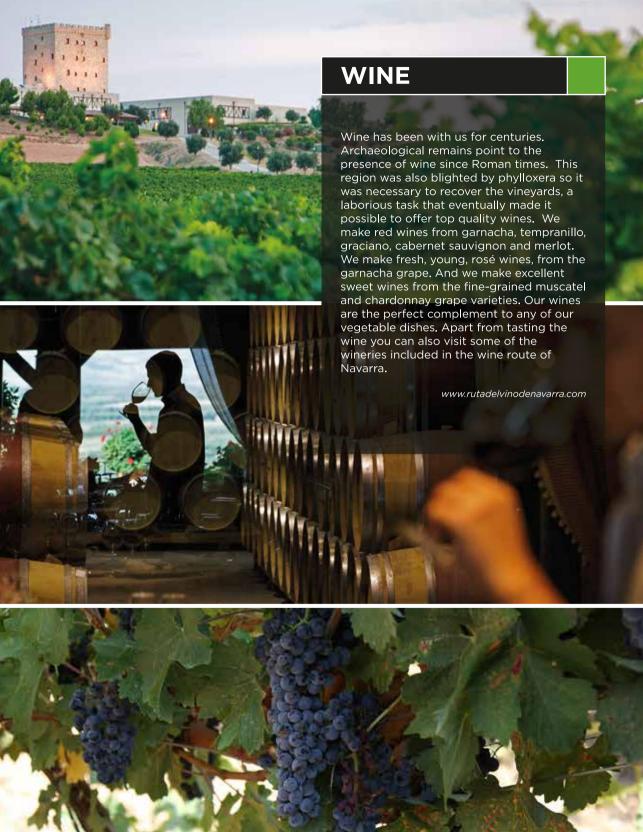
It is one of the most symbolic vegetables of the Ribera de Navarra. The autochthonous variety is known as "Blanca de Tudela" and is highly appreciated in the world of gastronomy, either fresh or canned. It is harvested twice a year, from October and from the end of February.

BORAGE

This vegetable is not widely known beyond the banks of the River Ebro. Having a fine hairy stem, somewhat unpleasant to the touch, borage is an exquisite vegetable, a tender and delicate product. The best time to consume it is from autumn to spring.

CARDOON

A winter vegetable, it is a table accompaniment during the colder months of the year. With its arresting appearance (can measure up to more than one metre) the white or red cardoon is one of the characteristic features of our gastronomic identity.



STRONOM

OLIVE OIL

In the Ribera de Navarra we have our own excellent quality olive oil, recognised by the best of palates. Our climate and the characteristics of the soil give the oil a marked personality that distinguishes it from other oil producing areas. Indeed, the Ribera is one of the most northern olive oil growing regions in Europe. Our EVOOs are well-balanced, of medium intensity with a hint of green and highly concentrated in oleic acid. Visiting the region you will also get to know some of our olive presses – another unexpected find in the Ribera.



CALENDAR

JANUARY

Cardoon Day (Peralta) Broccoli and Cauliflower Day (Fustiñana)

MARCH

Days of Winter Vegetables (Tudela)

MAY

Days of Celebration and Vegetable Festivals (Tudela) Olive oil Day (Cascante)

JULY

Garlic Day (Falces) Pink Tomato Day (Cortes)

SEPTEMBER

Ugly Tomato Week-end (Tudela) Giant Pumpkin Fair (Valtierra) Rice Day (Arguedas)

NOVEMBER

Gourmet Food Days (Azagra) Broccoli Days (Ribaforada y Funes)

FEBRUARY

Swiss Chard and Borage Day (Cabanillas)

APRIL

Artichoke and Asparagus Day (Cabanillas) Spring Vegetables and Gastronomy Fair (Tudela)

JUNE

Cherry Day (Milagro)

AUGUST

Tomato Day (Cadreita) Cucón Pepper Day (Peralta) Wine Days (Cascante) Grape Harvest Festival (Corella)

OCTOBER

Navarra Gastronomy and Crystal Pepper Festival (Cintruénigo)

DECEMBER

Winterveg (Tudela) Red Cardon Days (Corella)



EARTH AND WATER

THE WALKABLE RIBERA

We suggest you explore some of our most attractive beauty spots on foot. Our geography is gentle and invites you to stroll placidly, taking in the clean air, gentle landscape and long walks. The Ribera de Navarra boasts an extensive network of gravel and surfaced paths perfectly signposted so you can explore the countryside. We would like to come to our land and discover waking the Unexpected Ribera.

LEISURE AND



NAVIGABLE RIBERA NAVARRA

Are you up for an amazing experience floating on the water? We suggest taking a trip into the Ebro or Aragón river with unpowered boats like canoas, kayaks or even dragon boats. You can go on a solo trip or with your friends .Joining a group or taking a private guided tour. And you can navigate in autumn, springtime or summer. It will be a unique way to enjoy nature and wildlife from the water.

LEISURE AND FREE TIME

SENDA VIVA

FUN WITH NATURE

The Ribera de Navarra attracts family tourism. The Sendaviva park has become a must-do for children and adults alike. It is the perfect way to spend a day having fun in the middle of nature, among attractions for all ages and getting to know the 800+ animals that live here. Younger children will have a great time with deer, pheasants, cranes, flamingos, buffaloes, jaguars, white tigers, vultures and eagles. Open from April to November, it is situated near the town of Arguedas.



FREE TIME .

FITERO SPA

WATERS THAT MAKE YOU FEEL GOOD

More than somewhere to look after yourself and be looked after Fitero spa is part of the history of this land. The curative use of its waters dates back to Roman times and over the centuries the thermal baths of Fitero have witnessed history in the making. Granted to the monastery by Sancho III of Castile, destroyed in the 16th century and later rebuilt, these thermal baths were a hospital for the French injured in the War of Independence and source of inspiration for Gustavo Adolfo Becquer (Spanish poet and narrator). At the present time the baths of Fitero comfort the thousands of people who visit each year and are the perfect starting point from which to explore the Ribera de Navarra.



JANUARY

We ring out the old and ring in the new feasting on vegetables. In Peralta people celebrate Cardoon Day and in Fustinana Cauliflower Day. A good way to compensate for the Christmas excesses. What's more, why not book a few days for yourself and relax in Fitero spa?

FEBRUARY

Next to March, carnival month. We won't ask you to get dressed up, just join the festival, pop into any town and observe the eye-catching parades like the one in Villafranca.

MARCH

Camera at the ready, telephone battery charged up. March is a good month to immerse yourself in our history and discover our heritage. The Baroque and Renaissance route will show you another side to this unexpected Ribera.



12 MONTHS

APRIL

If you like spring vegetables, then reserve this month. Tudela and the Ribera have become the best international destination for vegetable celebrations. An authentic green festival! And at Easter time don't miss the century-old traditions such as the Volatin (rag doll emitting fireworks) and the Descent of the Angel in Tudela and the Holy Burial procession in Corella.

MAY

Spring, mild and bright, is the best time to visit the Bardenas Reales. Good weather, fields of re-sprouting crops, fewer visitors - get out your walking shoes and explore this landscape, unique in Europe, on foot.

JUNE

Still a good temperature June is the perfect time to visit our rivers, explore the groves, hike, enjoy the peace and quiet of El Bocal and be awestruck by the dimensions of the century-old oak, one of the natural monuments of Navarra. And if you are into cinema, join filmmakers, screenwriters, critics, directors and artists in Lo Que Viene (Coming Soon).

JULY

Come and experience the festival. It is one of the best ways to discover the way we are. Call in at any town or village that celebrates its patron saint festivals in July and be astounded by the pace of the bulls running in ravines like the Pilon in Falces. Our joie de vivre is contagious.

AUGUST

The heat is not a problem. There are no beaches but our mediaeval stone walls will protect you from the sun. Make the most of your holidays and visit the monasteries of Tulebras and Fitero, the castles of Marcilla and Cortes, the cathedral of Tudela and its spectacular cloister. Romanesque art, shelter from the heat!

SEPTEMBER

Harvest time. Why not take advantage and sample the wines of Ribera de Navarra and get to know the wineries included in the wine route? And in passing, taste our "ugly" tomato, our great variety of peppers, sample the tapas or enjoy contemporary art in Tudela with Des-Adarve.



12 PLANS.



OCTOBER

What could be more unexpected than bumping into a film star in the streets of Tudela? Well, this can happen in October. We celebrate the Opera Prima festival and the city devotes itself to the big screen. And while you are here, let yourself be wonderstruck by the street murals of the Avant Garde festival.

NOVEMBER

This is the month when we usually collect olives in this region. The unexpected Ribera also has extraordinary oils - another reason to come and visit our oil presses and taste our exquisite EVOOs.

DECEMBER

And here come the winter vegetables. Our vegetable garden also thrives in winter so overcome laziness and organise a trip to the Ribera to taste our white and red cardoon, chicory, borage and white artichoke.

