



CÁDIZ HEALTHY ROUTE

HEALTHY AND WHEELCHAIR ACCESSIBLE ROUTE ALONG THE CÁDIZ SEABOARD

Cádiz also has a tourist route for those people who love exercise and long walks. The 12-km route, which is also accessible for people with reduced mobility, the majority of which runs alongside the sea, takes you around the perimeter of the city where you will discover landscapes and spots of exceptional beauty. Our fantastic beaches and our promenades, the old bastions and walled defences, the beautiful views looking out over our bay, the bridges that link the city with the rest of the province... You can stop along the way to get your strength back in some of the city's zones that are best known for their culinary heritage.

APPROX. TOTAL: 12 Km. WHEELCHAIR ACCESSIBILITY: 100%
ESTIMATED TIME: 3 H.

Starting from the **Tourist Welcome Centre**, go along the **Avenida del Puerto** to the **Plaza de España**, where the majestic **Monument to the Cadiz Parliament** rises up in the square. Go up **Calle San Germán** and **Calle Honduras** to the **Alameda Apodaca**, which is a magnificent lookout point over the Bay of Cadiz, where the **Baluarte de Candelaria**, a former bastion that is a dramatic art and exhibition centre, and the **Church of El Carmen**, where the *Te Deum* was performed on 19 March 1812, the day that the first Spanish Constitution was proclaimed, are located.

The Route continues along the **Paseo Carlos III**, a promenade that is home to the **Reina Sofía Cultural Centre**, whose collections include the permanent exhibition of sculptures by Juan Luis Vasallo, and the **Contemporary Creation Space - ECCO**, which hosts the most avant-garde art exhibitions and where the Valle de los Caídos [Valley of the Fallen] Collection by Costus is one of the highlights.

Once you reach this point on the route, you can choose between continuing along the seaboard along the **Paseo de Santa Bárbara** or going through the Genovés Park, a botanical garden and the most important green area in the city's Old Town. Either way will bring you to **Avenida Dr. Gómez Ulla** and the **La Caleta Beach**.

There are spectacular views on your right as you continue along the **Avenida Duque de Nájera**, an avenue right in the heart of the La Viña district, from where you can reach the **Santa Catalina** and **San Sebastián Castles**, both of which can be visited.

As you continue along the **Avenida del Campo del Sur**, you will go past the magnificent **Cádiz Cathedral**, the Old Cathedral or the **Church of Santa Cruz** and the remains of the **Cádiz Roman Theatre**, and with the breathtaking views of the sea to your right. Continue along **Calle Concepción Arenal** to the **Ibero-America Centre**, the former Royal Jail and which now hosts important exhibitions.

The route takes you through the **Puerta de Tierra [Shore Gateway]** bastion and along **Avenida Fernández Lareda**, and then to the **Promenade** that runs parallel to the Santa María del Mar and Victoria beaches.

The **Ingeniero La Cierva Roundabout** is the following point on your route. Cross to **Calle Goya**, right in the heart of the **La Laguna District**, and carry on to **Avenida Juan Carlos I**. When you reach the **Old Tabacalera Warehouse**, take **Avenida Marconi** and then **Avenida de la Ilustración** to the **Bay of Cadiz Promenade**, with its breathtaking views of the magnificent **1812 Constitution Bridge**, a civil engineering masterpiece.

At the end of the promenade, you will reach the **Bahía de Centro Shopping Centre**. From there, go up the **Avenida de Huelva** and **Avenida de San Severiano** until you again reach Avenida Juan Carlos I. Make your way to the **Avenida de Andalucía**, the city's main roadway, along the **Vicente Aleixandre** and **Dr. Jose Manuel Pascual y Pascual streets**. You will go past the **Parques Erytheia and Kotinoussa**, an ancient burial ground where Roman and Phoenician remains have been unearthed and can still be seen.

Go through the **Puerta de Tierra** gateway again and continue to the **Cuesta de las Calesas** and back to the **Tourist Welcome Centre**, where this route starts and ends.



PLACES OF INTEREST ON THE HEALTHY AND WHEELCHAIR ACCESSIBLE ROUTE ALONG THE CÁDIZ SEABOARD

1. Tourist Welcome Centre
2. Monument to the Cadiz Parliament
3. Seat of the Provincial Council
4. Church of El Carmen
5. Baluarte de Candelaria bastion
6. Reina Sofía Cultural Centre
7. Contemporary Creation Space (ECCO)
8. Genovés Park
9. Santa Catalina Castle
10. Former Hospice
11. La Palma Spa
12. San Sebastián Castle
13. Cadiz Cathedral
14. Church of Santa Cruz
15. Roman Theatre
16. Ibero-America House
17. Lithographic Museum
18. Puerta de Tierra Gateway
19. 1812 Constitution Bridge
20. Erytheia and Kotinoussa Parks
21. Puppet Museum



PLACES OF CULINARY INTEREST ON THE HEALTHY AND WHEELCHAIR ACCESSIBLE ROUTE ALONG THE CÁDIZ SEABOARD

- A • Santa María District Zone
- B • El Pópulo District Zone
- C • San Juan de Dios Zone
- D • Candelaria - San Agustín Zone
- E • Cathedral Zone
- F • Gourmet Market and Surroundings Zone
- G • Flower Square Zone
- H • La Viña District and La Caleta Beach Zone
- I • El Mentidero and Falla Theatre Zone
- J • San Francisco Zone
- K • Plaza de Mina [Square] Zone
- L • Corte Inglés Zone
- M • Plaza Asdrúbal Zone
- N • San José Zone
- O • Paseo Marítimo Norte Zone
- P • Fernández Ballesteros Zone
- Q • Calles Brasil / Muñoz Arenillas Zone
- R • La Laguna District Zone
- S • Paseo Marítimo Sur Zone
- T • Avenida (main Avenue) Zone