

Eat, drink, shop, wander, live Santander

EAI &DRINK

Breakfast of champions

Whether it's the most important meal of the day or not, what no one disputes is that a good breakfast, as big or as small as you please, makes your morning a whole lot more enjoyable. Here are some places to have full, balanced and healthy breakfasts,

either sweet or savoury (or both if you fancy – fruit and sausages,

anyone?), ignore your diet and indulge your appetite.

Salvaje. This old salt warehouse, converted into an attractive modern restaurant, serves fresh, appetising breakfasts with a quality selection of coffees, teas, crostini, pastries and cakes, along with other delicacies. Ataúlfo Argenta, 31; tel: 942 786 175. Vega. Sweet paradise: a long-established top-quality patisserie, both elegant and sophisticated, that makes its own irresistible sweets, chocolates and cakes, and provides a large, bright space to tuck into them for breakfast or tea, slap in the heart of the city. Hernán Cortés, 41; tel: 942 215 957. **Vía Mazzini 43.** These two authentically Italian cafeterias open every morning with a range of classic breakfasts and feature a juicy selection of memorably good tortillas. Castelar, 3 y Lealtad, 13; tel: 942 044 666 / 942 553 044. **Balneario de la Magdalena**. Para desayunar sin prisas al arrullo del mar. Bollería, tostadas, pinchos varios y diferentes tipos de tortilla dan cuerpo a una oferta clásica, pero con unas vistas únicas. La Horadada, 10; tel: 942 000 138.

Brunch, late breakfast, mid-morning lunch...

If you have trouble getting up early, or simply can't be bothered to, sign up for this breakfastlunch hybrid that allows you to chomp away without feeling guilty about it, enjoying the food in your own time and at your own pace. What was once only a special Sunday treat is well on the way to becoming a seven-days-a-week indulgence.

La Capitana. A stone's throw from the boats and vachts moored in Puertochico's harbour, this impressive restaurant with a classy atmosphere offers a full brunch every Sunday on its glazed-in terrace where nothing is lacking. Fruit juices, hot chocolates, teas and coffees; tomatoes, toast, butter and jams; pastries and creamy fresh-fruit yoghurts; cheeses, dried fruit and nuts, crostini and eggs in different styles for late risers with a healthy appetite. Castelar, 5; tel: 942 273 975. Salvaje. This seductive café-restaurant tops off its innovative menu with a choice of two brunches - baby and extended - that it serves every day, beautifully presented, with organic coffees, teas, breads, crostini, lemonades, juices, yoghurts and

organic eggs. Ataúlfo Argenta, 31; tel: 942 786 175.





















How about an aperitif?

In Santander, this custom of nipping out for a bite and a tipple before lunch has more or less turned into a religion. And not just on Sundays. Streets devoted to this ritual, such as Peña Herbosa and its surroundings, Tetuán, the pedestrian streets of Del Medio and Arrabal, Vargas and Joaquín Costa, to name but a few, open up endless possibilities for indulging in this pastime, for being pampered with vermouths, rabas and other glorious treats. Hopping from bar to bar is hard to stop once you've started, and here are some recommendations which you're sure to enjoy.

AREAS

Peña Herbosa & beyond.

Vermouth everywhere here. Whichever way you look, this street is Puertochico's backbone and offers an excellent range of bars catering to whatever your tastes in plenty of different settings. The Solórzano, with almost 150 varieties of vermouth available, the Fuente Dé, more than generous with its succulent traditional food, La Pirula, the welcoming heart of the street, or the Puerto, one of the city's bestknown joints: they all repay a visit, along with a dozen others that are newer but just as popular. The big dilemma is whether to spend your whole time in one or leave to explore the many other options there and in the surrounding streets. The Terraces facing the ferry. With glorious views across the bay and not far from the Botín Centre, two streets - Cádiz and Calderón de la Barca - have a good number of colourful and attractive bars with a lively and animated clientele. Barrio Pesquero. The popular fishermen's quarter, right on the bay and centred around the Plaza de los Cabildos, has about a dozen restaurants which offer rice dishes & shellfish and fish freshly caught in the Bay of Biscay. Simple as that, with a good family atmosphere. Adarzo, Corbán y La Maruca. In these more working-class neighbourhoods of Santander's northwest, and far from the hustle and bustle of the city centre, there are plenty of bars and restaurants that are well worth a visit - large,

spacious establishments, full of light and life, that serve great traditional dishes.

SOME SUGGESTIONS

Bar del Puerto. A city icon, rooted in the local fishing industry, its walls radiate the very essence of seafood from every pore. Famous for its rabas and gambas a la gabardina - squid and prawns, battered and deep-fried. Hernán Cortés, 63; tel: 942 213 001.

El Solórzano. On the corner with Gándara, a beautiful and stylish vermouth bar with a friendly atmosphere which serves traditional dishes, well-made and well-presented.

Peña Herbosa, 17; tel: 942 222 724.

Olivia. The most exotic joint in the neighborhood: Japanese-Peruvian fusion cuisine noted for its fresh and original dishes. Sushi, tartares and ceviches and a choice of excellent cocktails. Peña Herbosa, 11; tel: 942 055 090. **Costa 43.** Nice corner shop with a large and welllooked-after terrace in a lively street just a stone's throw from the Primera beach in the Sardinero. A good selection of pinchos, raciones and gourmet hamburgers. Joaquín Costa, 43: tel: 670 245 014.

Balneario de la Magdalena. A well-known restaurant with a large and attractive terrace and right by the sea – elements which combine to guarantee that you'll enjoy a good aperitif with every last one of your five senses. La Horadada, 10; tel: 942 000 138

Bar Cos. Well-designed bar with a scafaring feel and two very different ambiences according to which door you go in by: by the west, breakfasts or drinks, depending on the time of day, and by the south, a lively and colourful terrace where you can enjoy wines, beers, shrimp, oysters and crayfish, amongst other fruits of the sea. Calderón de la Barca, 11; tel:942 074 747. **La Casa del Indiano.** Popular place in the heart of the city with plenty of room and long bars with everything you could ask for to enjoy your aperitif. Excellent and attentive service. Hernán Cortés, 4 (Mercado del Este); tel: 942 074 600.















Out on the pincho trail

Pinchos, those miniaturised concoctions served up on a piece of bread, lend colour, aroma and flavour to the counters of many a bar dedicated to their invention. Culinary inspiration whatever your tastes. Eight suggestions to make your mouth water:

Casa Lita. A renowned pincho joint with more than 300 options on offer, both hot and cold, prepared on the spot.

Pasco de Pereda, 37; tel: 942 364 830. Cañadío. Excellent restaurant that includes one of the most appetising bars in the city. Some fifty delicious creations to devour. Gómez Oreña, 15; tel: 942 314 149.







La Casa del Indiano. A roomy and relaxed place with an international flavour that serves up one of the best tortilla pinchos in town, as well as a more than interesting selection of other little gems. Hernán Cortés, 4 (Mercado del Este); tel: 942 074 660.

Taberna Cachalote. With customers both young and old, and a large and welcoming terrace, this place serves up a fine selection of tapas and pinchos. Plaza de Cañadío, 5; tel: 942 035 041. Las Hijas de Florencio. One of the city's finest. Accessible from two different streets, its small kitchen cooks up inventive pinchos, freshly made to be served by its young and friendly staff. Pasco de Pereda, 23; tel: 942 310 475. Casimira. This busy bar-restaurant with its large windows is known for its natural cuisine starring fresh tomatoes, salads and local produce, alongside a very good choice of raciones, cured meats and cheeses.

Casimiro Sainz, 8; tel: 942 031 295. Cantabria. In the heart of this very lively street, this historic joint offers a tempting range of generous pinchos alongside its renowned cured meats and pasties.

Río de la Pila, 10; tel: 942 221 074

Arrabal 11. This popular place on a pedestrian street - its name is its address - has a long, narrow bar with succulent snacks that tempt even its bestfed clients.

Arrabal, 11; tel: 942 030 616

Asubio. In his two establishments, only about fifty yards apart, Nacho Basurto cooks up a seductive range of tidbits that taste just as good as they look. Daoíz y Velarde, 25 y Hernán Cortés, 28; tel: 942 035 238 y 942 106 248





Las Hijas de Florencio











Bodegas Mazón







Taverns with taste & flavour

Silent witnesses of the city's social life for decades, if not centuries, these bodegas, cantinas and tascas confirm the argument of those who insist, no doubt correctly, that when it comes to food, modernity cannot exist without a firm foundation in tradition. These are now also living examples of the growing interest in a regional cuisine of extraordinary variety and richness. Bodega del Riojano. This beautiful and much-visited bodega, with more than 75 years of history behind it, is nicknamed the Museo Redondo (Round Museum) from the more than 120 paintings by noted artists on the wine-barrel heads inside, and it serves up delicious classic dishes made with the very best raw materials. The bar is lively and cheerful.

Río de la Pila, 5; tel: 942 216 750. Bodegas Mazón. Taste and tradition in an attractive hundred-year-old venue with a port atmosphere - on Friday nights you can still hear people sing marineras and habaneras - and beautiful dishes served in little casseroles. Traditional cuisine based on the use of select local produce. Hernán Cortés, 57; tel: 942 215 752. La Cigaleña. Known as the Museo del Vino (Wine Museum) because of the more than 10,000 different wines collected by the owner from around the world and put on display here, this longstanding family business offers traditional Spanish dishes with original touches. Daoíz v Velarde, 19; tel: 942 213 062. La Conveniente. The huge green earthenware vats in this charming old wine cellar give colour to a dining room with large shared tables with long benches where you can enjoy good uncomplicated food; with the star dish their tabla de fritos, a platter of deep-fried delicacies. Gómez Oreña, 9; tel: 942 212 887. Fuente Dé. Recently enlarged, this temple to Cantabrian cocidos (stews) and other notably generous dishes maintains its lifelong commitment to great home cooking at very reasonable prices. Its queso picón (a local blue cheese) is creamy and delicious. Nowhere else can you eat more for less. Reservations are essential. Peña Herbosa, 5; tel: 942 213 058.

Bodegas Puertochico. This spacious old wine cellar has been beautifully restored and offers typical Cantabrian dishes with the best of local seafood and vegetables.

Bonifaz, 9: tel: 942 133 944.

Días Desur. The old Bringas wine cellar is now a stylishly modernised restaurant, well-lit and with a good atmosphere in which to savour an inventive choice of starters, and delicious fish and meat dishes.

Hernán Cortés, 47; tel: 942 362 070.

Marucho. In this small seafood restaurant there is room for more or less everyone and everything apart from privacy. A handful of tables only a few inches apart, an oak bar and all four walls covered in old photographs bear witness to an endless stream of excellent fish, shellfish and rice dishes efficiently served with a friendly touch.

Tetuán, 21; tel: 214 823.

Silvio. Straight from the sea to your table. Begoña and Mari welcome you to their cosy and popular family restaurant reminiscent of the fishermen's taverns of old. Delicious fish and seafood, fresh from the Bay of Biscay. Tetuán, 23; tel: 942 219 051.

Word of mouth

Above and beyond changing culinary fads and fashions, eating well in Santander is not so much a luxury as a matter of faith. Restaurants with an established track record, alongside new ones that are making their reputation, are now firm believers in local cuisine and are determined to make it affordable to all. Give it a try. Pleasure awaits...

La Flor de Tetuán. A fine seafood restaurant, with the same owners as the Marucho only a few yards away, serves particularly generous helpings of their excellent seafood and tasty seasonal dishes. Tetuán, 25; tel: 942218353.



Bodegas Puertochico



Días Desur







La Flor de Tetuán



🚜 Asador Lechazo Aranda





Bar del Puerto



La Caseta de Bombas. Beautiful meat and fish bar-rotisserie in a brilliant setting: for 80 years, it was a working pumphouse servicing the Gamazo Dry Dock, next to the Zaera dunes. Tempting choice of bites at the bar.

Gamazo, s/n; tel: 942 742 668.

Asador Lechazo Aranda. A Castilian enclave in the heart of the Cantabrian capital. In its spacious rooms with stone-built Gothic arches and stainedglass windows, they serve exquisite suckling lambs and suckling pigs slow-roasted over oak logs in a clay oven. Their ham is to die for, as are the other succulent Castilian dishes on offer. And there's a terrace.

Tetuán, 15; tel: 942 214 823.

La Mulata. Dark blue, well-lit, this well-known restaurant is mainly focussed on the freshest seafood from the Bay of Biscay and so offers exquisite fish and shellfish dishes, including risottos. And it also serves delicious meats and stews. Lively bar and terrace. Tetuán, s/n; tel: 942 363 785

Bar del Puerto. Well run by Antoñio Núñez, this famous bar-restaurant has very close ties to the local fishing industry, a connection which the place reflects in spades. The freshest fish and shellfish, and outstanding seasonal produce. Its bar alone repays the visit. Hernán Cortés, 63; tel: 942 213 001.

La Vinoteca. Recently opened in Puertochico, this admirable restaurant is bright and spacious, and offers a seductive menu, which is dominated by creative and carefully prepared fish and meat dishes. Extensive wine list with some very novel offerings.

Hernán Cortés, 38; tel: 942 075 741. Laury. Much-loved restaurant of over 40 years' standing, serving the best traditional food conjured up with market-bought ingredients: topquality fish and shellfish, and wonderful grilled red meat, their particular speciality. Pedro San Martín, 4; tel: 942 330 109. La Bombi. This busy and classy establishment of over 80 years' standing is one of the best places to enjoy locally-caught seafood. Tradition with a very modern touch, and the use of the very best raw materials from land and sea. Friendly service, a good family atmosphere and a lively bar where you can snack more informally. Casimiro Sainz, 15; tel: 942 213 028. La Capitana. María Ángeles Calvo (also responsible for the Casimira) runs this very classy restaurant with an elegant atmosphere and a name that evokes the great galleons of the 17th century. One of the city's bestregarded chefs conjures up dishes based on the best seasonal produce available. Castelar, 5: tel: 942 273 975.

Los Infantes Gourmet. Ably led by Antonio Ruiz, this elegant and friendly restaurant offers the best of Cantabrian cuisine but with a strong Mediterranean accent. Its well-thought-out menu focusses on excellent seafood and rice dishes, its crowning glory, all seasoned with the best local vegetable produce available and a choice selection of meats. Avda. de Maura, 21; tel:942 074 300. La Malinche. A hip joint, imaginatively designed, that serves up quirky and innovative cuisine: up-to-the-minute 'Cantabrian fusion' dishes livened up with Moroccan, Italian or Asian aromas. The bar offers tasty and inventive bites, street-food style Hernán Cortés, 41; tel: 942 055 703. Zissou Restobar. With a relaxed and

confident touch, Ander San Martín delivers a fusion cuisine full of surprising and creative dishes. Traditional and avant-garde, brought together on a plate. Lively bar.

Ataúlfo Argenta, 35; tel: 942 036 519.









Mannene







Cadelo. Stylish premises on two levels where Nacho Laherrán gives free rein to his celebrated creativity in the kitchen. Fascinating and evocative fusion cuisine to suit all tastes and palates. Reservations recommended. Santa Lucía, 33; tel: 942 270 113. Umma. Miguel Ángel Rodríguez - aka Miki - runs this attractive restaurant that offers traditional classics alongside other more surprising but just as delicious dishes. A great bar and imaginative cooking that is becoming more and more popular every day: you can eat, you can drink, you can even dance.

Sol, 47; tel: 942 219 595.

Daría. Nacho del Corral named this small and cosy restaurant after his grandmother and here he cooks up a storm with traditional recipes reinvented and converted into new and daring dishes designed to be shared.

Bonifaz, 19; tel: 942 550 787.

Serbal.Santander's Michelin-starred pride and joy: bright and modern, it offers beautiful food with a creative touch, using the very freshest local produce.

Andrés del Río, 7; tel: 942 222 515.



I scream, you scream, we all scream for ice cream

Ice creams, like bicycles, are no longer just to be enjoyed in the summertime, although of course that is still the time that they're most in demand. Nowadays, the much-loved flavours of old have been joined by new and unexpected ones that turn the displays into riots of colour. Here are some of the best craft ice-cream joints in the city.

Vía Mazzini 43. Ice cream as art. Originally from the north of Italy and with more than 25 years of experience in the field, the owners of these two parlours offer ice creams that are 100% handmade every day with the very best raw materials from Italy.

Castelar, 3 y Lealtad, 13; tel: 942 044 666 / 942 553 044.

Regma. The taste of tradition. A family business of almost 90 years' standing, with ice cream in generous servings and regular queues at its many establishments in El Sardinero, Puertochico, the Paseo de Pereda and elsewhere.

Varias direcciones; tel: 942 332 800. Monerris. Turrón in the winter and turrón in the summertime. This century-old ice cream producer has a workshop and two shops in the city centre and transforming turrón into ice cream is its principal raison d'être.

Amós de Escalante, 8 y Plaza del Cuadro, 2; tel: 942 224 805 y 942 219 858. **Capri.** An ice-cream parlour opposite the Jardines de Pereda that offers ice cream in almost 40 carefully-crafted flavours – including some that are sugar-free. They also sell horchatas (tiger nut milk) and granizados (slushies), which can be bought by the litre. Paseo de Pereda, 3: tel: 942 221 064



Vía Mazzini 43



















Like ducks to water

The tradition of having a quick beer or a glass of wine in a bar after work is now being challenged by a new tendency to go to bars which serve much stronger drinks right up until the early hours of the morning. For those who are up for a marathon session, here are some of the best places to step up and let it flow.

King's. Right in the city's fanciest bayfront district, this elegant pub is a must-go venue for drinks to remember. Classy atmosphere, and a large and lively terrace. Castelar, 17; open every day from 4pm. **Cachalote:** With its large terrace sheltered by an awning and parasols, this busy bar (with food if you fancy) is the perfect place to hang out if you don't want to wait for sunset before you wet your whistle. Plaza de Cañadío, 5; open every day. Cañalío. A lively bar with a striking interior and a lively terrace in the middle of the grooviest square in the city. Good beer and better drinks. Plaza de Cañadío, no street number; open every day from 5pm.





Cachalote



Grog. Attractive joint with an urban/industrial feel and a cosmopolitan vibe. More than 60 different premium gins, plus unusual brands of liquor. Small well-planted pavement terrace with high stools.

Lope de Vega, 5; open every day from 4pm. **Caribe.** A tiny space with a large and popular terrace known for its excellent mixed drinks and cocktails. A selection of grilled dishes, tasty burgers and hot dogs, and more. Joaquín Costa, 45; open from 7pm, & from midday at weekends.

FOCAL POINTS

Plaza Cañadío. Ground zero for hanging out in Santander from the late afternoon and onwards. A dozen or so establishments on either side of the square welcome a lively crowd that fills it with noise, colour, bustle and a party atmosphere.

Castelar. Looking out onto Puertochico harbour, this fancy bayside street, with its wide pavement full of passersby, houses a range of select establishments with ample terraces where you can enjoy your drinks in quieter, more measured surroundings.

Joaquín Costa. From the morning onwards, this street, which runs straight down to the Primera beach in the Sardinero, is a good place to sit down in one of its many lively barrestaurants to satisfy your hunger and quench your thirst.









Shopping

Santander is an easy city to navigate and a fun place to go shopping.

Thanks to a good mix of long-established shops with a certain air of exclusivity and exciting new businesses, the city centre now offers a wide range of quality goods to suit all tastes. There are excellent shops throughout the city, from San Fernando and Burgos to San Luis and the Plaza del Ayuntamiento, from Isabel II to Lealtad, Rualasal, Juan de Herrera, San Francisco and Calvo Sotelo, and beyond to the now-booming Hernán Cortés

and the streets nearby. Here is a small sample of shops that, far from closing down, are optimistic about the future and well worth the visit. Some have flourished for over a hundred years and others are new and more avant-garde, but all of them reflect a respect for quality and craft. Go on a spree – at least the exercise will do you good.

FOR HER

La Folie. Charming and original place which sells the choicest brands, both Spanish and international. A fine collection of clothes, footwear and accessories for women, as well as designs that will make your daughters feel extra special. Inventive décor items, very fancy stationery, and make-up for the kids

Hernán Cortés, 37: tel: 942 313 787. Lamoi. This tempting shop, newly installed in these larger and more modern premises, offers a striking collection of clothing and accessories for urban women with class and style. One of the coolest shops in Santander. San José, 22; tel: 942 764 090.

Carot. Laura is the second generation of her family to run this elegant high-fashion boutique which sells stylish and original clothes by leading designers from Spain and further afield. There is also a fine choice of accessories with personality and class.

Daoiz y Velarde, 29; tel: 942 222 873.

FOR HIM & HER

La Central 1897. Unusual shop that brings together art, culture and fashion in a bright well laid-out space with a range of genuinely original products and creations put on display by artists and designers. Santander's very own concept store. Cándara, 4; tel: 942 035 719.

Golf. Attractive and seductive emporium selling clothes, footwear and accessories for men, women and children. Over 1000m² in the heart of the city's old quarter, with the classiest brands from Spain and abroad, with an emphasis on classic British style. A unique opportunity to find those wellmade and well-designed essentials that you need to complete your wardrobe. Plaza del Príncipe, 3; tel: 942 312 975.

FOR THE HOME

Doméstica. Previously known as Doméstica, this is a stylish shop that sells attractive well-designed household goods and furnishings, including lighting, kitchenware, furniture, textiles, stationery and even toys, produced by quality Italian, Scandinavian, German, British, Dutch and, of course, Spanish manufacturers. It even has a design workshop in its own back room. Hernán Cortés, 38; tel: 942 052 496.

CAN YOU SEE CLEARLY NOW?

Óptica Pereda. For anyone who really loves specs. A shop on Santander's most emblematic street which stocks a large range of exclusive spectacle frames. Original designs sought out and acquired by these evesight health specialists at the leading international trade fairs in this field.

Paseo de Pereda, 22; tel: 942 096 522.

IMMORTALITY BECKONS

Zubieta. For going on 115 years, the Zubieta name has been synonymous with good photography in Santander. Known for taking excellent care of their customers, they offer a comprehensive range of products and services. Fascinating collection of old photographs of the city.

Hernán Cortés, 17; tel: 942 212 764.



La Central 1897





















TO HAVE A GOOD READ

Librería Gil. Great bookshop run by a family dedicated to the promotion of literature and literacy. Books available include novels, poetry, essays, a wide range of books for children and teenagers, and a fair few books in English. A good place to browse in the Plaza Pombo.Hernán Cortés, 23 (Plaza Pombo) y otras direcciones; tel: 942 214 961.

TO STEP OUT WITH STYLE

Oruña. Distinguished shop with nearly 80 years' experience of providing men with the very finest footwear. Specialists in handcrafted shoes, both traditional and high-tech. Clinically-tested shoes for problematic or injured feet. Lealtad, 12; tel: 942 228 591.

FOR GOURMETS AND SYBARITES

Doña Tomasa. Experts in anchovies and gourmet products, these establishments offer a top-quality selection of Spanish and local gastronomic delights: seafood preserves, vegetable preserves, aperitifs, sweets and savouries, and gift-wrapped glories to take home. Paseo de Pereda, 33 y Menéndez Pelayo; tel: 667 817 633 y 691 736 256.

TO LOOK YOUR VERY BEST

Scensay. Elegant and minimalist, this unisex hair and beauty salon, specialists in hair care and cosmetics, offers sophisticated hairstyles using natural products from top international brands. Highly experienced in haircutting, styling and makeup for weddings and professional events. Hernán Cortés, 59; tel:942 216 356. Estética Shen. A modern beauty salon that offers

every service imaginable: manicures, pedicures, make-up, depilation, massages and full facial and body treatments, as well as having a solarium. Ataúlfo Argenta, 37; tel: 942 051 008.

QUINTESSENTIALLY SANTANDER

Santander es Mundial. A shop selling gifts and children's clothing designed and produced by local and regional artists and firms, plus typical produce from Cantabria and personalised clothing. Cádiz, 18; tel: 942 074 079.

Codofredo. Pretty much the Balenciaga of windbreakers and kagoules in Santander: the shop to go to for everything you might need in clothing and accessories when it comes to sailing, fishing and diving.

Paseo de Pereda, 31; tel: 942 215 751.





Go on then: stretch your legs!

The locals say that Santander spreads itself long and thin because it simply cannot bear to be too far from the sea. The city stretches up and over the flanks of the steep hills that surround the various districts of the old quarter so as to live and breathe the wash of the sea breeze and contemplate the far-off mountains across the bay.

The city's intimate relationship with the sea offers you the perfect opportunity to have a good long walk along the shoreline, cliffs and beaches on the bay and the sea beyond, a more or less level route that extends around most of the built-up area and lets you enjoy some truly spectacular views. A great walk, and all you need to do is keep your legs moving, your eyes wide open and a smile at the ready.

This walk begins (or ends, if you prefer) at the Botín Centre, the city's new cultural and artistic icon designed by Renzo Piano that shoots out over the bay, and finishes (OK, or starts) at the far end of the Segunda beach in the Sardinero, where the waves break against the rocks and the sea wall, in a raw demonstration of the ocean's immensity and power. It takes about an hour and a half, although you can extend it by starting further south in the Barrio Pesquero, the fishermen's quarter, and finishing further north at the Faro de Cabo Mayor lighthouse. You reach there by following the Mataleñas path which winds its way along, with the Mataleñas park and golf course on the one side and the steep cliffs that swoop down into the sea on the other, giving you views that will surely take your breath away. If you prefer, you can make a detour halfway through by stepping onto the Península de la Magdalena to enjoy its many attractions which include, at its

highest point, the Palace that looks across at the island of Mouro.

Every single stretch of this walk gives you glorious views of the bay and the mountains, especially when the wind is blowing from the south, it lets you walk barefoot on the fine sand of the city's many beaches (Peligros, Magdalena, Bikini, Camello, La Concha, the Primera and Segunda of the Sardinero, Molinucos and Mataleñas), and highlights some of the city's most emblematic spots and buildings - the Grúa de Piedra, the Palacete del Embarcadero, the statues of the Raqueros, the Club Marítimo and Puertochico harbour, the Palacio de Festivales, the Gamazo Dry Dock and the Zaera dunes, the Museo Marítimo del Cantábrico, the peninsula and palace of the Magdalena, and the Piquío gardens, among others. There is

more, much more, but half the joy is in the exploration.

Once in a lifetime, at least

Palacio de la Magdalena. One of Santander's most emblematic buildings and ever a major tourist attraction, this palace was designed by Conzalo Bringas and Javier González de Riancho and completed in 1912 to become, for over fifteen years, the summer residence of King Alfonso XIII and Queen Victoria Eugenia. Since 1933, it has been the headquarters of what is now known as the Universidad Internacional Menéndez Pelayo. It is currently undergoing extensive renovation and is scheduled to reopen in Spring 2020.

Centro Botín. Opened on the first day of Summer 2017, the Centro Botín is a major art and cultural centre. Designed by Renzo Piano, the building consists of two blocks which project out over the bay, with two large exhibition spaces, an auditorium that seats 300 people, classrooms, workshops, a shop and a cafeteria-restaurant which is run by the 3-Michelin-starred chef, Jesús Sánchez. To admire and be inspired by.

Funicular Río de la Pila. Right at the end of a lively bar-filled street, this glazed cable car with room for 20 passengers raises you smoothly up a steep slope to the street above and gives you ever more panoramic and majestic views of the city and the bay as it does so.

Parque de la Llamas. The largest green space in the city, built on a reclaimed marshy estuary heading towards the Sardinero beach, this modern 27-acre urban park hosts many species of trees native to Cantabria and Atlantic river basins. Its artificial lake and fertile wetlands are inhabited by a growing number of waterfowl. The network of paths (and a cycle track) is about two and a half kilometres long.

Mercado de la Esperanza. This beautiful modernist building made of stone, sheet glass and cast iron is the primary source of fresh food in the city. Spectacular displays and busy stalls selling fish and shellfish on the lower floor, and meat, fruit and vegetables on the upper. In a plaza behind the building, stalls sell meat, fruit and veg on Tuesday, Friday and Saturday mornings, and clothes and footwear on Monday, Wednesday and Thursday mornings.



Mataleñas



Cantro Botín



Palacio Magdalena





A short list of local terms and expressions to help you work out what on earth local people are going on about.

Baza: Toilet, loo, WC.

Caracolillos: Winkles, known elsewhere in Spain as bigaros. Chamarucas: Clams (elsewhere *almejas*). The local phrase 'you look like you're off to catch *chamarucas*' means that your trousers are far too short. Chupa: Dampness, soaking. Cuarto: Literally, a 'fourth': illogically, it refers to a 20cl bottle of beer, more accurately known elsewhere in Spain as a quinto (a fifth) or a botellín (a little bottle). Media: Literally, a 'half', but in fact it refers to a 33cl bottle of beer, known elsewhere rather more accurately as a *tercio* (a third). Espáis: Sports shoes, beach shoes. Farolas: Literally meaning streetlights, it's local slang for the Plaza de Alfonso XIII because it has an awful lot of them. Jarrear: To pour down (to rain heavily). Madaleno: The tourist train that trundles around the Peninsula de la Magdalena. Magano: A local name for a type of squid. Martillo: La calle del Martillo (Hammer Street) is used to refer to the Calle Marcelino Sanz de Sautuola, derived apparently from the hammer-like shape of the old port's docks, which were once where the street now sits. Mediano: A medium-sized coffee with milk, in between a cortado (macchiato) and a café con

leche. Don't ask for it anywhere else: they won't know what you're on about.

Mule: A fish that abounds in the Bay of Santander.

Lambión: Someone with a sweet tooth.

Lancha: Literally 'launch', used to refer to the little ferryboats that zigzag across the bay between Santander, Pedreña and Somo. *Coger la lancha* means to catch this boat.

Ojito: Literally 'little eye', it's a fish that's also known as gallo (John Dory).

Palas: A beach game not unlike tennis, played with wooden paddles; if the ball touches the sand, you've lost the point.

Pedreñera: Another name for the ferryboat between Pedreña, Somo and Santander. **Playeras:** Beach shoes, sports shoes.

Plaza: *Bajar a la plaza* (to drop down to the square) means to go shopping in Santander's main covered market, the Mercado de la Esperanza.

Pichi: The tar deposits that are washed onto the rocks and beaches (*chapapote*).

Pindio: Used instead of *empinado* or *escarpado* to mean very steep.

Rabas: Deep-fried battered squid.

Raquero: Slum kid, foul-mouthed, delinquent. *Raqueros* were street kids who hung round the city's docks during the 19th and early 20th centuries, living off petty theft and the coins that the passengers and crew of ships threw into the sea for them to dive for.

Sincio: Gluttony. The urge to eat something in particular: *tengo sincio de...*: I'm dying to scoff some...

Uco/uca: An affectionate diminutive suffix: for instance, locals often refer to Cantabria as *la tierruca*.

Voltio: Literally 'volt', but here in Santander it also means a stroll, a walk, a turn.

With plenty of rhyme and reason

What you've just finished or are just about to start reading are tips and suggestions to help you get the best of Santander during your stay here. A brief list of places to eat and drink or to buy yourself or someone else a present or simply to have a good old stroll down by the sea. These are the city's not-to-miss venues: restaurants, bars and taverns where you can wet your whistle and have yourself a bite; the best places for an early start or a late finish; craft ice-cream parlours to jazz up your taste buds; shops that show off the best of local produce and craftsmanship; and places that you simply cannot leave town without paying a visit. You're not here for long, so get up on your hind legs and go for a *voltio* round town. We promise you it'll be well worth your while - even if it is *jarreando*.



