

ACTIVE TOURISM



**VITORIA
GASTEIZ**

turismo
& convention bureau

Vitoria-Gasteiz,

a city for sport

**YOUR FAVOURITE ACTIVITY IN THE
GREENEST ENVIRONMENT**

Guide to enjoying sport - whether you're training or
cheering - in a city synonymous with healthy living

SPORT AS A SIGN OF IDENTITY



Vitoria-Gasteiz has sport in its DNA. Named **European Green Capital** (2012) and **Global Green City** (2019), and certified as a Responsible Tourist Destination (Biosphere Destination), here you'll find out just how well nature and physical activity go together. The city has more than ten million square metres of parks, perfect for running or cycling.

The capital of the Basque Country also offers **high quality sports facilities**: Olympic swimming pools - chosen by international swimming stars to prepare for world-class or pre-season competitions - athletics tracks, tennis courts and golf courses.

From the stands, if you're a basketball fan, **Baskonia** and **Araski** offer guaranteed quality and sportsmanship. So are the local football teams: **Deportivo Alavés**, **Aurrera de Vitoria** and **Deportivo Alavés Gloriosas**.

Choose your sport, whether you're playing or watching, and experience the thrill of activity in a city which produced elite athletes such as **Martín Fiz** (marathon), **Almudena Cid** (gymnastics), **Jaione Ayastuy** (sailing) and **Eneko Llanos** (triathlon).

RUNNING



The capital of Álava is one of the main destinations for runners in Spain. Home of the **Vitoria-Gasteiz Ironman**, the **Martín Fiz Marathon** and the **Vitoria-Gasteiz Half Marathon**, our traditional strength in running is combined with a city which is perfect for hosting events and also ideal for individual runners.

The traditional meeting point for running in the city is the **Prado Park** It was historically a pasture for domestic animals and today is one of the city's main green lungs. It houses 21 species of trees and was popularised mainly by Fiz, world marathon champion in 1995.

If you want to get your trainers on, the 'Walking and running' project suggests a number of **recommended routes**, both in Vitoria-Gasteiz and around Álava: walkingandrinning.es

BY BICYCLE



With **150 kilometres of bicycle lanes** or 'bidegorris', Vitoria-Gasteiz is considered the second-best city in Spain to get around by bicycle. For a quiet walk, a good option is to follow the **La Senda Path** and the **Fray Francisco de Vitoria walk**: three kilometres that link the centre of the city with the Armentia Forest, among palaces and ancient trees.

Another option is to visit one of the urban parks. The most iconic is **La Florida Park** (created in 1820), but the following also have a long history and numerous attractions: **Judimendi** (the city's old Jewish cemetery), **Arriaga** (the largest of the urban parks), **San Martín** (with its ponds and rose gardens) and the Prado Park, which we mentioned above.

The **Green Belt**, meanwhile, offers you the option of either exploring its whole 33 kilometres or choosing from the many recommended walks in its parks and green corridors. The Green Belt also links up with routes that are perfect for **cycle touring with saddlebags**, such as the Grand Tour through the Llanada Alavesa (117 km), the green route along the old Basque railway in Navarre (125 km) or the route around the Ullibarri Gamboa reservoir (43.6 km).

If **mountain biking** is your thing, in two natural parks near Vitoria-Gasteiz you'll find the Izki-Camezo Montaña Alavesa MTB Centre and the Valderejo Añana MTB Centre. Their location is ideal to combine a love of mountain biking with the enjoyment of nature.

And for lovers of **road cycling**, the municipality and the rest of Álava will enable you to practise your favourite sport amidst unique landscapes and through several mountain passes.

Cycle hire: v-g.eus/rent

Cycling and mountain biking: v-g.eus/biking



REFERENCES

- **Sports facilities:** v-g.eus/sportsinthecity
- **The Vitoria-Gasteiz Ironman, Martín Fiz Marathon, major cycling events and others:** v-g.eus/annualevents

Mountain biking centres, cycle routes, trail running, climbing schools

mainly by FIZ, world marathon champion in 1993.

The **Green Belt** that surrounds the city also offers beautiful trails and spots where you can go for a run. This is a belt of parks which notably includes **Salburua**: located only three kilometres from the centre, it includes one of the most valuable inland wetlands in the Basque Country.

And **just outside the city** the options are very varied, with a wide range of natural spaces and green routes. In fact, almost three quarters of the surface of Álava benefit from some level of protection.

- **Mountain biking centres, cycle routes, trail running, climbing schools, horse riding, paragliding and activity companies:** bit.ly/guiadeportealava
- **Physical activity and health, and adapted sport.**
- **Basque Government brochures 'The Basque Country on foot', 'The Basque Country by bicycle', 'Cycle touring around the Llanada Alavesa' and the 'The Navarre Basque railway green route'; among others:** bit.ly/euskadileaflets
- **Sobrón and Hontza Extrem Adventure Parks** aventurasobron.com / bit.ly/hontzaen

Latest information at www.vitoria-gasteiz.org/tourism

MUST-DOS

Bookings and information about these and other themed tours
Tourist Office. Tel: 945 161 598 / 99



HORSE RIDING AND TREKKING

There are several equestrian companies and clubs around Vitoria-Gasteiz. As well as horseback riding, you'll find that dressage, courses for all ages, equine therapy sessions and horse boarding are all available. bit.ly/guiahipica

MOUNTAINEERING

To the south of the city, the Vitoria Mountains stand as a mountain range with an average altitude of 1,000 metres, beech forests and an extensive gall oak forest. Other highlights are the Gorbeia and Valderejo natural parks, the Badaia and Arrato mountain ranges, and the GR 38 Wine and Fish Route.



HIKING

The Urban Garden Route and the Green Belt will lead you through enchanting areas. They are urban pathways and well-established trails that connect in turn with local roads, green-ways, pilgrimage trails and short- and long-distance paths.



NORDIC WALKING

The network of centres for Nordic Walking in the Basque Country has about fifteen locations in Álava. All of them will provide you with maps with the marked routes and you will be able to rent poles. The routes are classified by their degree of difficulty, duration or gradient.

nordicwalkinggunea.net

CLIMBING

Free climbing, sport, artificial, solo or bouldering. Any of the options are available during a visit to our area, which has 11 climbing schools and several specialist companies. The city also has several climbing walls.



PARAGLIDING AND HANG GLIDING

Besides locations in the municipality of Vitoria-Gasteiz, other popular sites include Entzia (in Agurain/Salvatierra), Delika (Ayala/Aiara), Sierra Salvada or the Sierra de Toloño.



WATERSPORTS NÁUTICOS

The Zadorra reservoirs are popular with windsurfers, rowers and dinghy sailors, and have a sailing club with a restaurant, sport fishing reserves and an International Regatta Course. Paddle surfing and kayaking are also popular at various points along the Ebro as it passes through Álava. The Albina reservoir is very popular with lovers of canoeing.

bit.ly/ullibarrigamboia



HERRI KIROLAK (BASQUE RURAL SPORTS)

Rural sport has its origin in rural agricultural activities and nowadays it takes place on traditional saints' days and local holidays. Among the activities are stone lifting, Basque log cutting and dragging of stone by oxen. v-g.eus/deportesvascos



BASQUE PELOTA

Basque pelota has a great following throughout the year, with matches taking place in courts such as Beti Jai in Vitoria-Gasteiz.

VITORIA-GASTEIZ

Enjoy the Green Capital!



Virgen Blanca Square

Vitoria-Gasteiz is surprising by nature. It is one of the European cities with the largest surface area of green spaces to walk, run or cycle in, to birdwatch or go horse riding. The 'European Green Capital 2012' award, its status as a certified Sustainable Tourist Destination (2016) and the 'Global Green City 2019' award acknowledge it as one of the most environmentally-committed cities at international level. Discover it!



Green Belt

Its festivals and cultural manifestations. The calendar offers top-class events. International Festivals such as the **Jazz Festival**, the **Azkena Rock Festival**, **Magialdia**, **Kaldearte** (street art), the **Theatre Festival** and **FesTVaI** (television). Sports competitions such as the **Martín Fiz Marathon** and the **Vitoria-Gasteiz Ironman**. And of course, chances to enjoy our culture: rural sports, folklore, without forgetting traditional celebrations such as **San Prudencio** and **Our Lady of Estibaliz**, patron saints of Álava, **Santiago** and the **La Blanca Festivities**.



Wall art

Its historical heritage. The Historic Quarter of Vitoria-Gasteiz, declared Monumental Complex in 1997, preserves its medieval layout intact and contains parts that take visitors back to bygone



eras. This is the case of **Santa María Cathedral** or the **Old Cathedral** (13th century) and the **Medieval Wall** (11th century), both essential visits. Not to forget its churches and Renaissance palaces such as Villa Suso, Montehermoso and Escoriaza-Esquivel.



Santa María Cathedral

The **Arquillos (Arcades)** of Olaguibel (18th century) bridge the difference in height between the medieval 'Almond' and the neoclassical Expansion. The squares **Plaza de la Virgen Blanca** and **Plaza de España** give way to pedestrian streets with a great shopping atmosphere.

Its nature. 150,000 trees on its streets and many parks, in addition to those in the Green Belt surrounding the city. In the city centre, the main park in La Florida, from the early 19th century. In the Green Belt, with an extensive network of pedestrian and cycling paths, the Salburua wetlands stand out. There we can see birds, deer and discover the European mink, a species in serious risk of extinction. There we can find the nature interpretation centre, **Ataria**.



Ataria



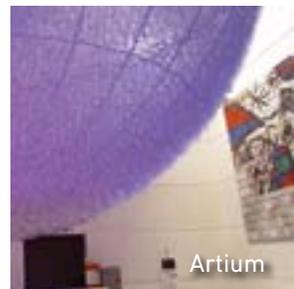
Virgen Blanca Festivities

Its gastronomy and wine. The National Capital of Gastronomy in 2014, in Vitoria-Gasteiz it is possible to try the most traditional dishes and the most innovative creations of Basque cuisine in restaurants and pintxo bars, with an extensive offering for all budgets. All washed down with wines from Rioja Alavesa and Txakoli from Alava. And for dessert the variety of sweet creations that are the result of the city's tradition of confectionery. The **Ardoaraba** eno-gastronomic fair, the **Big Pintxo Week** and the **Pintxo-pote (pintxo + drink offer in bars)** make it possible to enjoy the best flavours on the street.



Pintxos

Its museums. With an important collection of contemporary art, the **Artium Museum** offers interesting temporary exhibitions. The **Fine Arts Museum** and the **BIBAT Museum**, which houses the **Archaeology Museum** and the **Fournier Cards Museum**, with the best collection of cards in the world. The **María Inmaculada Cathedral** or the **New Cathedral** is home to the **Museum of Sacred Art**. Without forgetting curious museums such as the **Arms Museum** or the **Lantern Museum**, unique in its genre.



Artium

Rioja ALAVESA

Just a few kilometres away from Vitoria-Gasteiz, you can enjoy a landscape rich in vineyards and taste its wines in traditional wineries or in avant-garde buildings designed by Calatrava, Ghery or Méziere. A few kilometres to the north, you can discover the beautiful landscape of the **Ayala Valley**, the cradle of the Txakoli from Alava.

Incredible LOCATIONS

The **Salt Valley** offers you the chance to see the **Añana Salt Flats**, with more than 6 500 years of history, which to this day still produce **Añana Salt**, used by the most prestigious chefs. In the **Alava Plains** other places to visit are the Romanesque basilica of **Nuestra Señora de Estíbaliz**, and the town of **Salvatierra**, the paintings in **Gaceo** and **Alaiza** and the **Dolmen of Eguilaz**.

ROUTES AND GUIDED TOURS

There is a large offering of routes and guided tours that show you the city from all perspectives.

Visits to discover the Medieval Quarter, to learn about the city following the trail of love stories, the settings for literary works, legendary characters, or singular places such as the Santa Isabel Cemetery of the Mural Route. There are also other proposals to see the city while running or cycling.

ENO-GASTRONOMY

In addition to visiting the Plaza de Abastos Market, we cannot forget the gastronomic routes and the guided tastings to enjoy the best products and the best atmosphere in Vitoria-Gasteiz.

If you want to know where to eat, have a rest with a coffee, buy a nice souvenir or enjoy the nightlife, ask for the GUÍA ESTRELLA (Star Guide) at the Tourist Office, an initiative by the Gasteiz On Retailers Association.

MUSEUMS AND CULTURAL CENTRES

ARTIUM Museum of Contemporary Art / BIBAT Archaeology Museum and Fournier Card Museum / Fine Arts Museum / Natural Science Museum / Arms Museum / Museum of Sacred Art / Lantern Museum / Victims of Terrorism Memorial Centre / Montehermoso Cultural Centre / ATARIA Interpretation Centre of the Salburua Wetlands

RESOURCES GUIDE

Emergencies, Ertzaintza (police). 112

Paediatric emergencies: 945 00 70 00

Radiotaxi. 945 27 35 00

Radio-taxi Celedón 945 27 20 00

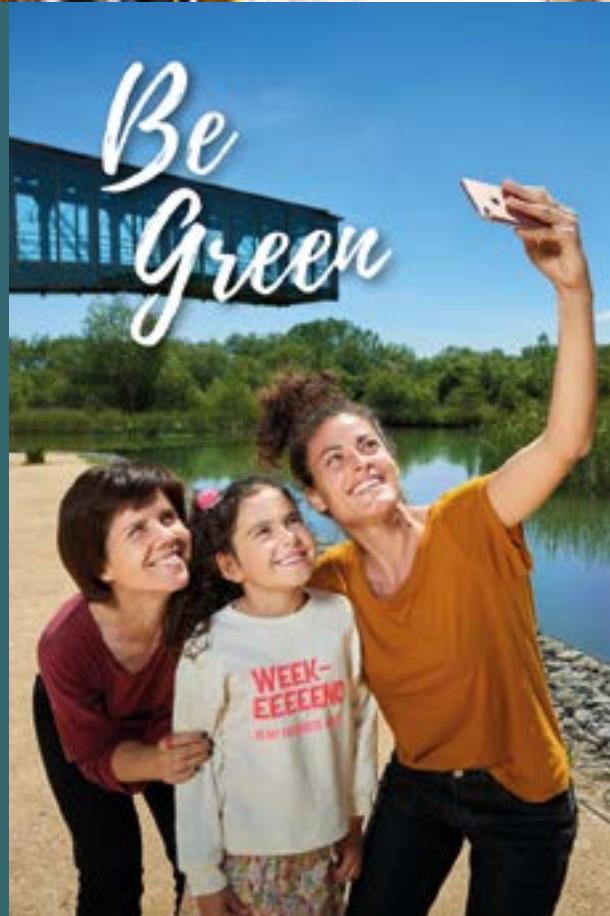
Municipal vehicle pound. Aguirrelanda, 8.

945 161 100 / 945 158 000

Renfe. 912 320 320

Airport. 945 163 500 / 902 404 704

Bus station. 945 161 66



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EUSKADI
BASQUE COUNTRY



Awarded the **European Green Capital in 2012**, since 2016 **Vitoria-Gasteiz** has held the **Biosphere Responsible Tourism certificate** that accredits its status as a sustainable tourist destination.

ALL THE INFORMATION AT:
Tourist Office, Plaza de España 1

945 16 15 98 / 945 161 599

turismo@vitoria-gasteiz.org

Opening hours: Mon-Sat 9:30 am to 6:30 pm.

Sundays and public holidays: 10:00 am to 2:00 pm

www.vitoria-gasteiz.org/tourisme



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