

magazine traveling

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TRAVEL AND GASTRONOMY MAGAZINE

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VALÈNCIA
A destination to connect
with nature

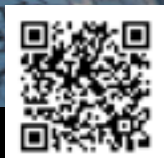
HUILO HUILO
Magic in the heart
of Chile

Vienna
200 years of
Johann Strauss

**Palma de
Mallorca**
and its courtyards

Montecatini
Art and tradition
in Tuscany


DIGITAL AND PRINT TRAVEL AND GASTRONOMY MAGAZINE





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Welcome aboard

In this new issue of Traveling, we invite you to journey around the world through a variety of destinations and experiences that embody the essence of travel: discovering, learning, and dreaming. Every corner, every story, and every flavor transports us to places where culture, nature, and gastronomy intertwine to offer unforgettable moments.

We begin our adventure in the Patagonian rainforest of Huilo Huilo, **Chile**, a biodiversity paradise renowned for its integration with sustainable architecture. Next, we explore the hidden gems of Mediterranean architecture in the Courtyards of **Palma de Mallorca**, as **Osaka** prepares to host Expo 2025, an event set to redefine our vision of the future. In Europe, we celebrate 200 years of Johann Strauss in **Vienna**, the capital of the waltz, while **Helsinki** establishes itself as the global epicenter of design in the same year.

In history, art, and culture, we travel to **Palermo** to uncover its Baroque oratories, witnesses to a unique architectural splendor. We also explore Montecatini, where Italian art and tradition are found in every corner. For those seeking charming retreats, we visit **Santillana del Mar** and two extraordinary hotels: **Hotel Sant Jaume** in Palma de Mallorca and **Villa Copenhagen** in Denmark.

Gastronomy and eco-sustainability take us to **València**, where Mediterranean flavors and parks abound; to **Turin**, with its unmatched pizza al padellino; and to Greece, with its fresh, marine-inspired cuisine. Additionally, we showcase three exceptional restaurants: Botànic in Palma de Mallorca, La Boscana in Lleida, and Luna Rosa in Madrid. We close this culinary journey with a special recommendation: The Bartender's Guide and a selection of wines to toast to 2025.

The world is brimming with destinations to explore. At Traveling, we aim to be your companion on every adventure. Welcome aboard a new issue!



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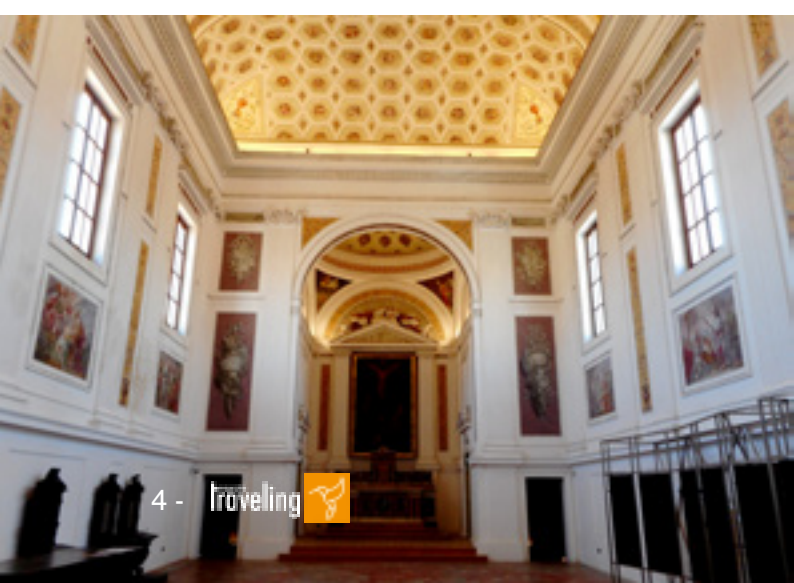
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COVER

El Palau de les Arts, València
© Photo archive



COVER

Cauliflower and caviar
© La Boscana (Lleida)

Signature trips



Huilo Huilo

Panguipulli, Los Ríos Region – Chile

Text: Jose A. Muñoz - **Photography:** Jose A. Muñoz and Huilo Huilo

Huilo Huilo, a hidden paradise where nature unfolds its magic and biodiversity comes to life in the heart of Patagonia



In the heart of the Valdivian rainforest, in southern Chile, the Huilo Huilo Biological Reserve stands out as a model of conservation, ecotourism, and sustainable development. This natural sanctuary, spanning more than 247,105 acres of temperate rainforests, is home to unique and endangered species such as the huemul deer and Darwin's frog, thanks to preservation initiatives led by the foundation that manages this space.

Huilo Huilo is not just a protected place; it is a holistic experience. With waterfalls like Salto Huilo Huilo and trails that wind through lenga and coigüe trees (native species of South America, particularly in Chile and Argentina, that form an important part of Patagonia's forests), the reserve amazes visitors at every turn. Its five gateways offer unique experiences, from wildlife observation at the Deer Forest Portal to adventure activities at the Nothofagus Portal. Additionally, thermal springs and volcanic tours add relaxation and geological exploration to the visit.

More than 90% of its staff come from local communities, strengthening community integration through education and environmental restoration programs. Huilo Huilo is much more than a tourist destination; it is a commitment to biodiversity, redefining our relationship with nature and leaving a positive impact on those who visit.

Mapuche Wood Carvings





Huilo Huilo Portal

The Huilo Huilo Portal is the most iconic entrance to this unique reserve, renowned for the majestic Salto Huilo Huilo waterfall, which powerfully cascades through the forest. This spot invites visitors to immerse themselves in the essence of the Patagonian jungle from the very first moment, offering breathtaking landscapes and experiences suitable for all ages.

Among its main attractions are easily accessible trails that wind through the native forest, where giant ferns and centuries-old coigüe trees create a magical atmosphere. Hanging bridges add a touch of adventure, offering spectacular views from above, while lookout points provide unparalleled perspectives of the waterfall.

Ideal for first-time visitors, this portal blends nature, excitement, and a unique connection to the environment.





La Leona Portal

For those seeking to explore nature in its purest form, the La Leona Portal is a gateway to the serenity and biodiversity of the Huilo Huilo Reserve. This special corner invites visitors to lose themselves among untouched forests and lookout points that offer unique views of an environment where wildlife thrives in harmony.

The ecological trails, designed to preserve the area's delicate beauty, weave through forests of lenga and coigüe trees, creating the perfect setting to hear the songs of endemic birds like the chucao and the kingfisher. With every step, visitors are immersed in a world teeming with life, where they might catch a glimpse of iconic species such as the pudú, the smallest deer in the world.

Additionally, the natural lookout points are ideal spaces to pause, breathe deeply, and connect with the surroundings. In the silence of the forest, time seems to stand still, offering unique moments of contemplation.

This portal is perfect for those seeking a tranquil and authentic experience, far from the noise, in direct contact with nature. La Leona Portal is not just a visit—it's an invitation to disconnect, recharge, and rediscover the magic of the Patagonian rainforest.





Deer Forest Portal

In the heart of the Huilo Huilo Reserve, the Deer Forest Portal offers a unique experience for those seeking a deep connection with local flora and fauna. This portal combines tranquility, exclusivity, and a strong commitment to environmental conservation, making every visit a meaningful encounter with nature.

As the center of the reserve's preservation projects, this portal hosts habitat monitoring and restoration programs that have a significant positive impact on the ecosystem. Visitors can explore immersive trails that traverse less-frequented areas, enjoying a sense of total harmony with nature and discovering unique landscapes of the Patagonian rainforest.

Additionally, it is a privileged spot for observing iconic species such as deer, native birds, and small mammals in a serene and captivating environment. Its natural lookout points invite visitors to pause, breathe, and connect with the essence of this magical setting.





El Puma Portal

El Puma Portal is one of the most prominent access points to the Huilo Huilo Biological Reserve, renowned for its spectacular connection to nature through the El Puma Waterfall Trail. This trail takes visitors to an impressive waterfall approximately 99 feet high, nestled deep within the dense forest.

The moderately difficult route is surrounded by lush vegetation typical of the Temperate Rainforest. Along the way, visitors can observe a variety of native flora and fauna, including giant ferns, mosses, and endemic bird species. The experience culminates with the sight of El Puma Waterfall, where water cascades powerfully over rocky formations, creating a breathtaking natural spectacle.

This portal is perfect for those looking to immerse themselves in nature and enjoy landscapes that blend tranquility and grandeur.



Caverna Volcánica Portal

The Volcanic Cave Portal offers a unique experience for those wishing to explore the geological origins of the Huilo Huilo Reserve. From here, the Llallalca Waterfalls Trail and the Geological Trail begin, two routes notable for their volcanic features and impressive waterfalls.

The Llallalca Waterfalls Trail leads to a series of cascading waterfalls, formed by ancient lava flows interacting with the region's rivers. This route provides insight into how volcanic activity shaped the current landscape, offering fascinating views of basalt formations and natural pools.

The Geological Trail, on the other hand, is designed for those interested in the natural history of the region. Along this path, visitors can observe traces of past volcanic eruptions and learn about the processes that gave rise to the Valdivian forest ecosystem. Interpretive signs and specialized guides help visitors better understand the unique features of this environment.





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3

Hotels built entirely from wood that respect the environment.

- 1.- Halls of the Nothofagus Hotel
- 2.- Ground floor of the Forest Cabins
- 3.- Master bedroom of the Cabin
- 4.- Ground floor of the Nothofagus Hotel
- 5.- Exterior view of the Magic Mountain Hotel

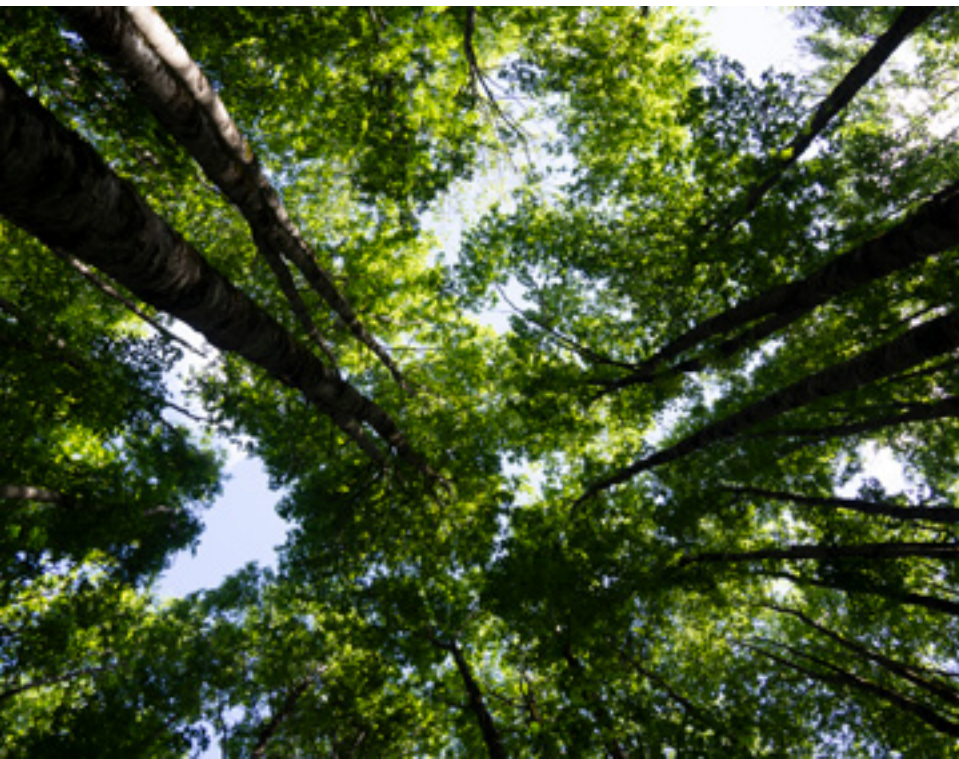
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The reserve offers a wide range of activities that invite visitors to explore nature and connect with the local culture. Self-guided trails allow for walks through the Patagonian rainforest, discovering waterfalls, rivers, and a unique biodiversity in its natural environment. For flora and fauna enthusiasts, this is a privileged place to spot birds, mammals, and endemic plants in an untouched landscape.

Those seeking more intense thrills can enjoy adventure sports like canopy tours, kayaking, or mountain biking—activities that fully embrace the natural surroundings. Meanwhile, the Rañintulelfu Hot Springs, located in the Carranco de Liquiñe farmstead, offer a wellness experience surrounded by native forest and alongside the river that gives them their name, meaning "between rivers" in Mapudungun. This complex features facilities designed for relaxation, such as outdoor thermal pools built with wood and volcanic stone, a therapeutic mud pool, a steam sauna, and a thermal maze of private pools, ideal for groups or couples. Additionally, the picnic area with grills, restrooms, and changing rooms ensures visitors' comfort.



The reserve also stands out for its educational programs, which include workshops focused on conservation and environmental education. A particularly unique experience is the ethno-astronomy tour, held on the panoramic terrace of the Nothofagus Hotel. This activity combines stargazing with the Mapuche worldview, revealing ancestral names and stories associated with celestial bodies. Guided by experts, participants discover the legends the stars have inspired in the Mapuche people, offering a unique way to appreciate the southern sky.



Travel tips

How to Get There

By car:

From Santiago, take Route 5 South until you reach Los Lagos. From there, continue toward Panguipulli and then to Neltume, where the reserve is located. The journey takes approximately 9 hours

By bus:

There are services from Santiago to Panguipulli. From Panguipulli, you can take a minibus or transfer to Neltume

By plane:

The nearest airport is Valdivia International Airport (Pichoy). From there, you can rent a car or use public transportation to reach the reserve (about a 3-hour trip)



Nothofagus Hotel

Perfect for enjoying panoramic views and innovative design.

Nothofagus Hotel Restaurant

Offers menus that blend international cuisine with local flavors.



Petermann Brewery

The perfect place to enjoy craft beers and traditional dishes in a relaxed atmosphere.

Nawel Restaurant

Specializing in meats and wood-fired oven dishes.

There are also more casual options, such as cafés and small restaurants in Neltume and Puerto Fuy.

Where to Stay

Huilo Huilo has options for all tastes and budgets:

Iconic Hotels:

Montaña Mágica Hotel

Ideal for those looking for a magical experience.



Nawelpi Lodge

Private cabins for a luxury experience.

Family accommodations: Forest Cabins

Total independence with all the comforts.



Canopy Village

Treehouses for a unique stay.

Camping y Glamping

From camping under the stars to luxury options in the heart of nature.

Where to Eat

The gastronomy in Huilo Huilo stands out for its local ingredients and traditional dishes.

Guiding Services and Activities

Huilo Huilo offers a wide variety of guided activities to explore nature:

Guided hiking:

Routes through the different portals to explore the biodiversity of the reserve. Other activities include **kayaking** excursions on Lake Pirehueico, wildlife watching to spot iconic species such as the huemul deer or the black woodpecker.

Canopy and zip lines... guaranteed adventure with specialized guides ensuring safety and fun.





Courtyards of Palma de Mallorca

A journey to the heart of its history and architecture

Text: Rosario Alonso - **Photography:** Rosario Alonso, archive and Tourisme of Palma de Mallorca



In Palma de Mallorca's old town holds a timeless treasure: its courtyards. These architectural gems, hidden behind solid wooden doors and austere facades, offer a window into the city's history, reflecting the cultural influences that have shaped the island over the centuries. Exploring Palma's courtyards is not only a visual delight but also an intimate journey into the essence of Mediterranean life.

The Origin of the Courtyards: A Multicultural Legacy

The courtyards of Palma have their roots in the civilizations that left their mark on the island. During Roman rule, the concept of the atrium was introduced—a central open space that provided light, ventilation, and a sense of seclusion within homes. Later, Muslim influence transformed these spaces into more intimate areas filled with vegetation, fountains, and tiles, reflecting the importance of connecting with nature in Islamic architecture. With the Christian conquest in 1229, the courtyards adopted Gothic features, marked by slender columns and pointed arches. In the following centuries, especially during the 17th and 18th centuries, the courtyards evolved into more ornate styles, incorporating Baroque and Renaissance elements that added a unique sophistication. Each of these periods left its mark, creating a blend of styles that make the courtyards a reflection of Palma's rich cultural diversity.

The function of the courtyards: between private life and ostentation.

Although the courtyards had a practical function—providing light and ventilation to the homes—their significance went beyond functionality. In the case of noble houses, the courtyards were symbols of status and power. Mallorca's noble families, who dominated the island's politics and economy, used these spaces to impress their guests. The larger and more ornate the courtyard, the greater the family's prestige.

THE COURTYARDS OF PALMA DE MALLORCA

These courtyards also served as gathering and celebration spaces. They hosted banquets, receptions, and family events. Additionally, they were the main access point to the homes, connecting the street with the interior and acting as a transition between public and private spaces. This duality—both practical and ornamental—defines the essence of Palma's courtyards.

A tour of Palma's most iconic courtyards

Today, many of Palma's most beautiful courtyards are located in the old town, scattered among narrow cobblestone streets that invite visitors to wander and get lost. Here are some of the most notable ones:

Can Vivot

This 17th-century palace features one of Palma's most spectacular courtyards. Its Baroque design includes an elegant double staircase and lush decoration with Doric columns and sculptural details. It is a perfect example of the refinement of Mallorcan nobility.

Can Oms

Located near Plaza Mayor, this 17th-century courtyard combines Gothic and Renaissance elements. Its rectangular layout and sturdy columns stand out for their simplicity, reflecting a balance between functionality and aesthetics.



Can Vivot
Can Oms





Can Marquès

Can Bordils

This courtyard, one of the oldest in the city, dates back to the 15th century. Its Gothic style is evident in the pointed arches and decorated columns, creating an atmosphere of serenity and seclusion. It currently houses Palma's Municipal Archive.

Can Bordils

Can Marquès

This late 19th-century building features a courtyard adorned with Modernist elements, a rarity among Palma's courtyards. Its design includes decorative wrought iron and ceramic details that evoke the Belle Époque.





Can Oleza

This palace, declared a Site of Cultural Interest, stands out for its Renaissance courtyard. Its perfect proportions and understated decoration make it one of the architectural gems of the city.

Architectural Features of Mallorcan Courtyards

The courtyards of Palma share certain architectural elements that make them unique:

- 1.- Symmetry and Geometry:** Most courtyards have a rectangular or square layout, designed to optimize light distribution and space. This orderly arrangement gives them a sense of balance and harmony.
- 2.- Columns and Arches:** The columns, often made of local stone such as marès, support arches that vary in style depending on the period—Gothic, Renaissance, or Baroque. These structures give the courtyard a monumental character.
- 3.- Monumental Staircases:** Many courtyards feature staircases leading to the upper floor, often serving as the central design element. These staircases, adorned

with stone or wrought iron balustrades, were built not only for functionality but also to impress.

- 4.- Decorative Elements:** Fountains, tiles, and vegetation are common in Palma's courtyards. The fountains, often made of marble or stone, provide a soothing sound that enhances the space's serene atmosphere. Tiles, inspired by Islamic or Renaissance designs, add color and texture.
- 5.- Connection with Nature:** Although they are interior spaces, the courtyards are deeply connected to nature. The presence of plants such as palm trees, bougainvillea, and orange trees creates a fresh and welcoming atmosphere, while the interplay of light and shadow adds dynamism to the design.
- 6.- Coat of Arms Above the Entrance:** A coat of arms often crowns the entrance framed by a semicircular arch, leading into the spacious vestibule.
- 7.- Various Utility Rooms:** Different rooms serve as storage spaces, stables, or staff quarters.



Can Vivot ©Ángel González Quesada

The Evolution and Conservation of the Courtyards

Over the centuries, the courtyards have evolved to adapt to the changing needs of Mallorcan society. In the past, they were the heart of domestic activities, but over time, many noble houses were abandoned or divided into smaller residences, altering the original function of the courtyards. Despite this, significant efforts have been made to preserve and restore these spaces as part of Palma's cultural heritage.

Today, some courtyards remain in private hands, while others are part of public buildings, such as the Town Hall or museums. During cultural events like the Open Courtyards Days, many of these spaces are opened to the public, allowing visitors to explore their beauty and learn about their history.

The Courtyards of Palma as a Symbol of Identity

Beyond their architectural value, Palma's courtyards represent a way of life that combines functionality, beauty, and community. These spaces, designed as havens of light and tranquility, reflect the island's Mediterranean character, where the connection with nature and the surroundings is essential.

For Palma's residents, the courtyards are a symbol of identity and pride. They represent the history of a city that has managed to preserve its essence despite the changes brought by modernity. For visitors, the courtyards offer an opportunity to discover a more intimate and authentic side of the Balearic capital, far from the usual tourist routes.



Can Llorenç ©Ángel González Quesada



Can Oms





“Minami” (Namba and Dotonbori)

Osaka Celebrates Expo 2025

Text: Editorial Staff Photography: Archive y JNTO

Osaka is preparing for Expo 2025, a global event that will take place from April 13 to October 13, 2025, on the artificial island of Yumeshima in Osaka Bay. Under the theme “Designing Future Society for Our Lives,” the exposition aims to reflect the concept of “Society 5.0,” focused on innovation and sustainability. Yumeshima, with its strategic location and modern transportation infrastructure, will be the perfect setting for an event expected to attract millions of visitors from around the world.

A Well-Connected City

Osaka has a highly developed transportation system that includes land, sea, and air routes. Kansai International Airport (KIX), with global connections, and Osaka Itami Airport (ITM), serving domestic flights, make it easy for visitors to arrive from various parts of Japan and abroad. Both airports are just a short train or bus ride from the city center.



To attend Expo 2025 in Yumeshima, special shuttle services will be provided, and the region's infrastructure will be enhanced to ensure a smooth flow of people throughout the months of the event.

Osaka: Two Cities in One Metropolis

One of Osaka's most distinctive features is its clear division into areas with their own unique personalities. In the northern area, known as "Kita" (Umeda and Osaka Station), skyscrapers and large commercial complexes dominate, creating a cosmopolitan and sophisticated atmosphere. On the other hand, the southern area, called "Minami" (Namba and Dotonbori), offers a more vibrant and lively environment, famous for its neon lights, illuminated signs, and a wide variety of entertainment and dining options.

Adding to these historic areas, the western part of the city is a lively hub that hosts major attractions such as Universal Studios Japan and the

Osaka Aquarium Kaiyukan, along with the future site of Expo 2025. This combination makes Osaka a complex and dynamic metropolis where each district enriches the traveler's experience.

Japan's Greatest Urban Revolution in the North: Umeda

The Umeda district reflects Osaka's urban transformation in recent years. One of its landmarks is the Umeda Sky Building, with its impressive arch-shaped structure and panoramic observation deck, as well as the iconic red Ferris wheel at the HEP FIVE shopping center.

The redevelopment of Umeda has involved the urbanization of 24 hectares dedicated to corporate, cultural, and leisure spaces. Notable highlights include the public square Umekita Hiroba, the multifunctional venue Umekita SHIP Hall, and the two large LUCUA shopping areas, directly connected to Osaka Station. This modernization process has tur-

ned the northern part of the city into a hub of innovation and style, blending cutting-edge design with Japanese tradition.

The Essence of Osaka in the South: Namba, Dotonbori, and Shinsekai

To experience the city's most vibrant atmosphere, one must head south. Dotonbori, famous for its neon-lit corridor and bright signs, offers an extensive gastronomic scene that features okonomiyaki and takoyaki, two of Osaka's most iconic dishes. Namba Station, operated by the Nankai company, provides a direct connection to Kansai International Airport, making it easy for travelers to move through the city.

Surrounding Namba, you'll find large hotels, historic buildings like the Nankai Building, and unique entertainment spaces such as Namba Parks, known for its innovative design inspired by volcanic canyons and lush hanging gardens.

Panoramic view of the city



A bit further south, Kuromon Ichiba Market offers a wide selection of fresh products, including seafood, fruits, and traditional kitchenware, providing visitors with an authentic taste of Osaka's vibrant culinary scene. Meanwhile, the Nipponbashi area is the epicenter for technology, manga, and anime enthusiasts, famously known as the "Akihabara of the West" due to its abundance of electronic stores, collectible shops, and themed cafés.

Continuing further south, Shinsekai preserves a nostalgic retro atmosphere, dominated by the iconic 103-meter-tall **Tsutenkaku Tower** and a wide variety of popular local eateries serving Osaka's signature street foods. Nearby, Tennoji Park is home to the city zoo, the **Osaka City Museum of Fine Arts**—scheduled to reopen on March 1, 2025—and the serene Keitakuen Japanese Garden. For those seeking breathtaking panoramic views, the towering 300-meter Abeno Harukas skyscraper features one of

the most spectacular observation decks in Osaka, offering stunning views of the city and beyond.

The Cultural Axis: From Osaka Castle to Nakanoshima

Another must-see landmark is **Osaka Castle**, famous for its remarkable architecture and the beautiful parks that surround it. Along its moat, a picturesque scene unfolds where tradition and innovation coexist in perfect harmony. Heading west, following the course of the river, you reach **Nakanoshima Island**, the administrative and cultural heart of the city.

Here, historic buildings like the **Osaka City Hall** (1918) and the Osaka Prefectural Library (1904) illustrate the adoption of Western architectural styles in the early 20th century. Also standing out is the **Nakanoshima Children's Book Forest**, a creation by renowned architect Tadao Ando.

In the surrounding area, visitors can explore several museums, such as the Museum of Oriental Ceramics, the **Osaka Science Museum** (with its planetarium), the **National Museum of Art**, Osaka, and the new Nakanoshima Museum of Art (NAKKA), as well as the **Osaka International Convention Center**. This cultural hub seamlessly blends various artistic expressions and educational spaces, enriching the city's vibrant urban experience.

The Western Area: Kaiyukan, Universal Studios Japan, and Expo 2025

The western area of Osaka, largely made up of reclaimed land, has become a hub for entertainment and technology. In Tempozan, you'll find the **Osaka Aquarium Kaiyukan**, one of the largest aquariums in the world specializing in Pacific marine life, along with a shopping district and a giant Ferris wheel. Nearby is

Osaka Castle



Universal Studios Japan, a theme park featuring attractions inspired by films, global franchises, and the recently opened Super Nintendo World.

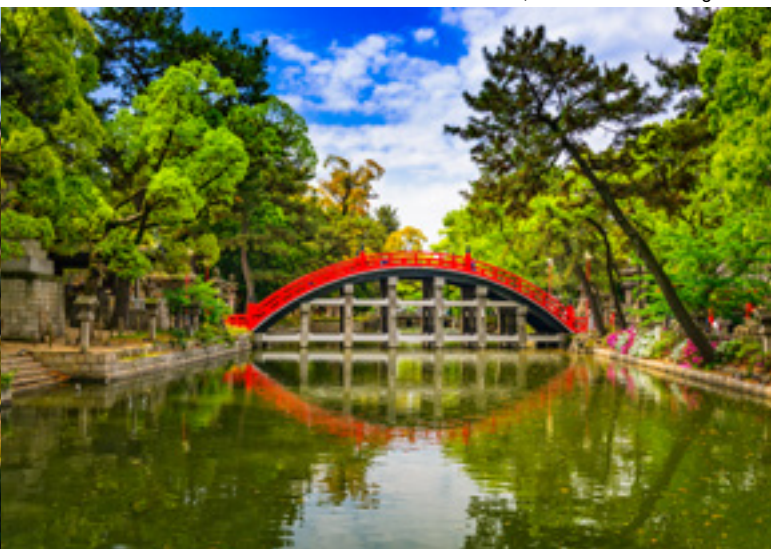
Not far from there is **Yumeshima**, the “**Island of Dreams**,” where Expo 2025 will be held. This artificial island takes advantage of its seaside location to emerge as a new center for sustainable development, incorporating renewable energy, autonomous vehicles, and 5G technology. With this, the Expo aims to position Osaka as a global leader in innovative solutions for the future.

The Proposal for Expo 2025

Expo 2025 Osaka will be structured around three main themes: “**Saving Lives**” (focused on health and well-being through medical collaboration and advanced technologies), “**Empowering Lives**” (committed to inclusion and equality through innovation), and “**Connecting Lives**” (creating networks of peaceful cooperation



Taiko Bashi, known as Drum Bridge



among diverse cultures). Additionally, virtual participation will be encouraged through avatars and virtual reality, extending the event’s reach beyond physical boundaries.

As a forum to address global challenges—such as climate change, population aging, and the search for clean energy sources—the Expo will promote research in artificial intelligence and biotechnology. **The Japan National Tourism Organization (JNTO)** will also participate, promoting regional destinations and experiences aligned with the event's central themes.

In this way, Osaka is preparing to welcome visitors from around the world with a program that will blend technology, culture, gastronomy, and hospitality. Beyond the Expo itself, the city offers a wide range of attractions: the distinct personalities of its northern and southern districts, the cultural hub along the river, and the innovative western area. Often called “Japan’s Kitchen” for its rich culinary tradition, Osaka will further strengthen its international presence with Expo 2025, reinforcing its ambition to become a model city of the future.

JNTO





VIENNA

Celebrating 200 Years of Johann Strauss A Journey to the Capital of the Waltz

Text: Jose A. Muñoz - **Photography:** archive and Vienna tourisme

In 2025, Vienna is preparing to commemorate the bicentennial of the birth of Johann Strauss, known as the "King of the Waltz." This anniversary not only honors the composer who immortalized ballroom music but also celebrates the cultural legacy of the Austrian capital, where classical music and elegance fill every corner of the beautiful city. Moreover, it is an opportunity to highlight how Vienna has kept this heritage alive, solidifying its status as one of the world's cultural capitals. The celebrations promise to attract music lovers and tourists from all over the world, turning the city's most iconic landmarks into vibrant and festive stages.

Friends and Rivals of Strauss

Johann Strauss II, the "King of the Waltz," had significant friendships and rivalries that shaped his career. Among his closest friends were his brothers, Josef and Eduard Strauss, with whom he shared a distinguished musical dynasty. Johannes Brahms was also an admirer and a close friend, sharing a mutual respect.

On the other hand, Strauss competed with major figures like Jacques Offenbach, the master of French operetta, and even his own father, Johann Strauss I, who initially opposed his musical ambitions. Despite these rivalries, Strauss outshined his contemporaries, elevating the waltz to the pinnacle of European music and securing his place as an eternal icon of Vienna.

A Genius Who Defined an Era

Johann Strauss II was born on October 25, 1825, in Vienna, into a profoundly musical family. Despite his father's efforts to keep him away from music, young Johann's passion for it was unbreakable. His father, a renowned composer and conductor, had an authoritarian personality and aimed to monopolize the family's musical success. Yet, by a twist of fate, Strauss surpassed his father's achievements.

Among his most famous compositions is *The Blue Danube*, regarded as an authentic anthem of Vienna and one of the most recognized classical pieces worldwide. Other notable works like *Tales from the Vienna Woods* and the operetta *Die Fledermaus* cemented his reputation as a master of the waltz, capturing the elegance and opulence of Viennese life. Johann Strauss transformed the waltz from a popular dance into a sophisticated art form, worthy of the most prestigious stages.

Strauss toured extensively across Europe, performing in cities like Paris, London, and Berlin. He also captivated audiences in Russia and the United States, where he was received with great honors. His musical legacy not only defined his era but continues to symbolize Viennese identity, especially through the Vienna Philharmonic's New Year's Concert, which annually celebrates his extraordinary and extensive body of work—around 500 musical compositions.

Johann Strauss II had three wives who significantly influenced his life and career. His first wife, Jetty Treffz, an older mezzo-soprano, played a key role as his advisor and manager, encouraging him to compose operettas—a genre in which he excelled with works like *Die Fledermaus*.

Burgtheater of Vienna



VIENNA: 200 YEARS OF JOHANN STRAUSS

After Jetty's death, Strauss married Lili Dittrich, a much younger actress. This marriage was troubled and ended in divorce in 1882. Finally, his third wife, Adele Deutsch, took on a supportive role similar to Jetty's, helping Strauss in both his career and the management of his legacy. Adele was the one who secured the copyright for his music. These relationships shaped both the personal and professional life of the composer, allowing him to fully dedicate himself to his art and achieve the success that immortalized him.

Vienna Dresses Up for the Celebration

Throughout 2025, Vienna will offer a full program of events and activities to celebrate the 200th anniversary of Johann Strauss's birth. From concerts and exhibitions to themed tours, the city promises an unforgettable experience.

Extraordinary Concerts: The Musikverein, home of the Vienna Philharmonic Orchestra, will be the epicenter of the musical celebrations. Strauss's waltzes and polkas will resonate in a special concert series,

including the traditional New Year's Concert, which has already paid tribute to the composer. Other venues like the Wiener Konzerthaus will also feature special performances, covering Strauss's most famous waltzes and lesser-known pieces.

Interactive Exhibitions: The Johann Strauss House Museum will host an exhibition dedicated to his life and work. With interactive technology, visitors can conduct a virtual orchestra or explore what life was like in Strauss's Vienna. Additionally, other cultural institutions like the Austrian National Library will showcase original manuscripts, personal letters, and items related to the Strauss family.

Balls and Festivals: The legendary Viennese balls will take on special significance this year. The Hofburg Palace and other historic venues will host themed events that recreate the splendor of 19th-century ballrooms. The famous Vienna Opera Ball will include a special tribute to Strauss, with choreographies inspired by his most iconic waltzes.

Golden Hall of the Musikverein





New Strauss Museum

City Tours: For history lovers, Vienna will offer guided tours through iconic sites linked to Strauss, such as his birthplace, the Prater, and the venues of his early concerts. Themed carriage rides will also be organized, accompanied by live music from small orchestras.

Film and Literature: Strauss's legacy will also be explored through film and literature. The Vienna Film Museum will screen films based on his life and music, while bookstores and libraries will host readings and discussions on Strauss's influence in popular culture.

For those visiting Vienna in 2025, the bicentennial celebrations of Johann Strauss will be a unique opportunity to immerse themselves in the magic of the Austrian capital, where music is one of its most treasured icons. Surrounded by waltzes and polkas, under the golden lights of palaces, and to the rhythm of timeless music, this experience promises to be a journey to the very heart of European history and culture.

Whether it's your first visit or you already know Vienna well, 2025 will be a year to remember—an invitation to dance and discover why Strauss remains the soul of this city. **Let the waltz begin!**



Strauss's Birthplace, One of His Violins

VIENNA
AHORA ♦ PARA SIEMPRE



Strauss's Birthplace





● Helsinki

Helsinki 2025

A Year of Design, Art, and Celebrations

Text: Clara Serrano Vega - claraserranovega@gmail.com

Photography: Clara Serrano Vega, Helsinki Partners and archive



Finlandia Hall, a Congress and Event Venue in the Heart of Helsinki © Tuomas Uusheimo, Helsinki Partners

This year, Helsinki is set to dazzle visitors and locals alike with an exceptional cultural program. Design, art, architecture, and history will come to life through a series of events that showcase Finland's creative talent and rich traditions. From the reopening of the iconic Finlandia Hall to the celebrations marking the 80th anniversary of the beloved Moomins, Helsinki will become a stage for exhibitions, festivities, and international events.

Finlandia Hall: The Return of a Masterpiece

One of the year's most anticipated events is the reopening of Finlandia Hall in January. Designed by the legendary architect Alvar Aalto and completed in 1971, this building is a jewel of Finnish modern architecture. After an extensive renovation, Finlandia Hall will reopen with new ser-

vices, including unique accommodation facilities, a bistro restaurant, and an elegant wine bar. Beyond its upgraded infrastructure, the space now offers an experience that combines art, history, and gastronomy.

In June 2025, a permanent exhibition will open, exploring Finnish identity through the creative legacy of Alvar, Aino, and Elissa Aalto. This exhibit will allow visitors to delve into the Aaltos' design principles and experience their inspiration interactively. Additionally, the halls of Finlandia Hall will feature contemporary works from the Helsinki Art Museum (HAM), turning the building into a meeting point between the past and present of Finnish art.

80 Years of the Moomins: Celebrating Tove Jansson

There's no more cherished figure in Finnish culture than the Moomins,

the beloved creatures created by Tove Jansson in 1945. Born during the dark days of World War II, these characters brought light to readers' hearts with stories of acceptance, friendship, and joy. In 2025, Helsinki will honor the 80th anniversary of the Moomins with two must-see exhibitions.

The first, Tove Jansson – Paradise, will be open until April at the Helsinki Art Museum (HAM). Visitors will discover Jansson's public paintings—magical windows that convey beauty and optimism.

In October, celebrations will culminate with an exhibition at the Museum of Finnish Architecture and Design, exploring Jansson's vision of design and architecture and how these elements shape the stories of Moominvalley. If you've ever dreamed of stepping into the Moomin universe, 2025 is your moment.



Helsinki Biennial: Art Connecting Land and Sea

The Helsinki Biennial is a summer celebration of art, taking place from June 8 to September 21. In its third edition, Vallisaari Island, with its unique natural setting, will serve as a stunning venue, along with Esplanade Park and HAM. This year's theme, "Sanctuary," invites reflection on the relationship between humanity and nature.

Featuring works by 35 artists, many of which are created specifically for Helsinki, the Biennial promises an unforgettable experience. Curators Blanca de la Torre and Kati Kivinen have designed a program that aims not only to inspire but also to leave a lasting impact on the city, with selected pieces remaining in Helsinki permanently. Prepare for a journey that connects art, nature, and sustainability.

Helsinki Design Week: Designing Happiness

In September, Helsinki Design Week will celebrate its 20th anniversary under the theme "Celebration." This international event pays tribute to

creativity and the power of design as a tool for envisioning a more hopeful future. Under the motto "How to Design Happiness," the main exhibition will explore how design can contribute to well-being.

The program includes events like the Design Market, Open Studios, and PechaKucha Nights, alongside symposiums and satellite events highlighting various design disciplines. This edition will also revisit some of the greatest moments from previous years, reaffirming Helsinki's status as a global hub of design and innovation.

Looking Ahead: A New Museum of Architecture and Design

On the horizon is a project exciting both locals and visitors: the upcoming Museum of Architecture and Design, set to open in 2030. Located in South Harbor, this space promises to become a landmark for lovers of architecture and design. The final design will be chosen in September 2025 following an international competition that has already attracted 624 proposals from around the world.

Amos Rex Art Museum Tower in Lasipalatsi Square
Esplanade Park and the Statue of J.L. Runeberg, a Prominent Finnish Poet





Current Design Museum of Helsinki

In the meantime, the museum's current facilities continue to offer temporary exhibitions that provide a preview of this ambitious project. Visitors can engage with Finnish design in a space that blends learning, inspiration, and exploration.

Helsinki: Your Next Cultural Destination

Helsinki is not just a place to visit—it's a place to experience. Known for its innovation and deep respect for nature, the city will transform in 2025 into a showcase of creativity, tradition, and forward-thinking ideas. Whether you're an art lover, a design enthusiast, or simply a curious traveler, Finland's capital is waiting for you.

Plan your trip in advance and discover more on MyHelsinki.fi, where you'll find all the information you need to explore this fascinating and endlessly inspiring city. In 2025, Helsinki will be the place where ideas take shape, creativity blooms, and imagination knows no bounds. Don't miss it for the world!



Moomins



Moominhouse



Montecatini Terme and Montecatini Alto

Art and Tradition in the Heart of Tuscany

Text: Rosario Alonso **Photography:** Rosario Alonso and archive

In the heart of Tuscany, nestled among rolling hills and vast green landscapes, lie two gems that blend history, culture, and art: Montecatini Terme and Montecatini Alto. These towns, separated by altitude but united by their Tuscan essence, offer visitors a journey through time—from the elegance of the Belle Époque to authentic medieval charm.

Montecatini Terme: Healing Waters and Liberty Style

Montecatini Terme, internationally renowned for its thermal waters, has a history dating back to the 16th century. However, it was during the 18th and 19th centuries that it reached its peak as a wellness destination for the European aristocracy. This development not only shaped its identity as a spa town but also left a lasting mark on its architecture, especially through the Liberty style.

A Centuries-Old Thermal Legacy

Montecatini Terme's fame as a health center began with the recognition of the therapeutic properties of its mineral-rich waters. These waters, naturally emerging from underground springs, were first used in rustic baths but gradually evolved into sophisticated thermal facilities. One of the most iconic spas is Terme Tettuccio, a majestic complex inaugurated in 1779 and renovated in 1928. This site is not only a symbol of wellness but also an architectural masterpiece, adorned with mosaics, frescoes, and columns that reflect the opulence of the Belle Époque.



MONTECATINI: ART AND TRADITION



Fountains for the Different Types of Waters



One of the Fountains in the Gardens of Terme Tettuccio



Impressive Entrance to the Thermal Bath; Below, Partial View of the Exterior



Liberty Style: Italian Elegance

Liberty, the Italian version of Art Nouveau, found fertile ground to flourish in Montecatini Terme. This style, characterized by its flowing lines, natural motifs, and ornamental details, influenced the construction of numerous buildings. Notable works include:

Palazzo Comunale: Inaugurated in 1914, this building is a tribute to Liberty style, featuring decorative stuccoes and architectural details.

Padiglione Tamerici: Built in 1902, this pavilion celebrates Montecatini's artisanal heritage with reliefs depicting ceramic craftsmanship.

Grand Hotel & La Pace: An iconic hotel showcasing Liberty elements in both its interior and exterior design, transporting guests to an era of luxury and sophistication.

The artist Galileo Chini played a crucial role in establishing the Liberty style in Montecatini Terme. His decorations, frescoes, and architectural designs are a testament to his artistic vision and lasting influence on the city.



Padiglione Tamerici

Montecatini Town Hall



Montecatini Alto: A Journey into the Medieval Past

In contrast to the modern elegance of Montecatini Terme, Montecatini Alto offers a medieval charm seemingly frozen in time. This small village, perched atop a hill, is accessible via a picturesque funicular that has been in operation since 1898. Upon arrival, visitors are greeted by a maze of cobblestone streets, charming squares, and panoramic views stretching across the Tuscan plain.

A Strategic Fortress

Montecatini Alto, a medieval gem perched on a hilltop, was a key fortress defending the region during the 11th century. Its strategic position allowed early detection of potential invaders, safeguarding the valleys and routes connecting major Tuscan cities like Pisa, Lucca, and Florence. Although much of the original walls have disappeared, the remaining towers and wall segments evoke its significant military role. This defensive past intertwines with its current charm, where history seems to come alive through its cobbled streets and breathtaking views.

Piazza Giuseppe Giusti: The Heart of Montecatini Alto

Located in the heart of Montecatini Alto, Piazza Giuseppe Giusti is more than just a square—it is the soul of the village and a reflection of its medieval history. For centuries, this square was the center of social, commercial, and cultural life in the community. Surrounded by historic buildings, cafés, and restaurants, its peaceful atmosphere invites visitors to step back in time.

Named in honor of the poet Giuseppe Giusti, born in the region, it is the perfect place to soak up the Tuscan essence while admiring panoramic views of the surrounding valleys.

Religious Heritage

The Church of San Pietro, dating back to the 11th century, is one of Montecatini Alto's main landmarks. This building blends Romanesque and Baroque elements, reflecting the various phases of its construction and restoration over the centuries. Inside, frescoes and sculptures narrate stories of faith and devotion that have endured through time.

A Bridge Between Past and Present

Although Montecatini Terme and Montecatini Alto offer very different experiences, they are deeply connected by their shared history and commitment to cultural preservation. This duality allows visitors to enjoy both the sophistication of the Belle Époque and authentic medieval charm in a single trip.

One of the most remarkable links between the two towns is the historic funicular railway, which has connected them since June 4, 1898—an event attended by Giuseppe Verdi himself. This mode of transport, beyond its practicality, is an attraction in itself, offering stunning views throughout the ride, although it does not operate year-round.

Montecatini: A Hub of Wellness and Culture

Beyond its historical and architectural appeal, Montecatini Terme has evolved into a vibrant cultural hub. Throughout the year, the city hosts events celebrating music, art, and theater, solidifying its reputation as a cultural destination.

One of its most notable events is the Puccini Festival, honoring the renowned composer Giacomo Puccini, who was born in the region. This event attracts opera lovers from all over the world and takes place in open-air venues that take full advantage of Montecatini's natural beauty. Another interesting festival is the MISFF – Montecatini International Short Film Festival, which has been celebrating cinema in Montecatini since 1926.



- 1.- View of Montecatini Alto
- 2.- Funicular Railway
- 3.- Piazza Giuseppe Giusti
- 4.- Torre dell'Orologio (Clock Tower)





Caffè Storico of TermeTettuccio

Portoghesi Hall



Through numerous events and screenings across the city, cinema takes to the streets. It is in October, when Montecatini Terme is dressed in autumn colors, that this famous festival comes to life in some of the most iconic locations of the spa town: the Historic Hall of the Thermal Baths and the Excelsior Cinema, with its grand closing ceremony held in the stunning Terme Tettuccio complex, specifically in the elegant Portoghesi Hall.

World Heritage Site

In 2021, Montecatini Terme was recognized as a UNESCO World Heritage Site as part of the group of "Great Spa Towns of Europe." This recognition highlights not only the historical significance of its thermal waters but also its contribution to European architecture and culture.

Travel Tips

How to Get There

The most convenient way to reach Montecatini is by flying with Vueling to Florence. In addition to direct flights from Barcelona, Madrid, and Bilbao, Vueling offers connections to Florence from other Spanish cities through connecting flights. These layovers usually take place in airports like Barcelona or Rome. For example, from cities like Alicante, Santiago de Compostela, or Valencia, it's possible to fly to Florence with a layover in Barcelona.

The best way to travel from Florence to Montecatini Terme is by train, with a journey time of approximately 50–60 minutes.



Where to Stay

Montecatini offers accommodation options for all tastes, but two hotels stand out for their quality and thermal offerings:

Grotta Giusti Thermal Spa Resort: This hotel combines luxury and nature, offering a unique thermal cave where guests can relax in healing waters. Its world-class spa and location in a natural setting make it an unforgettable experience.



Terme Pellegrini Hotel: A comfortable and accessible option that preserves the classic charm of Montecatini. Its facilities include thermal pools and treatments that ensure a revitalizing stay.



Where to Eat

Antica Osteria Toscana: With a cozy atmosphere and traditional Tuscan dishes, it's perfect for enjoying an intimate dinner.

<https://www.anticaosteriatoscana.it/montecatini/>

Trattoria Da Gina: A local classic with authentic recipes like pappardelle al cinghiale (pasta with wild boar ragù). <https://www.trattoriadaginamontecatini.it/>

La Pecora Nera: Specializing in gourmet cuisine with a modern twist, it offers options for vegetarians and lovers of signature cuisine.

<https://www.ristorantelapecoranera.it/>

Anything Else to Know

Funicular to Montecatini Alto: Don't miss the charming funicular ride up to Montecatini Alto, a small medieval village with spectacular views and picturesque streets.

Close to Lucca and Florence: Take advantage of the opportunity to explore these two Tuscan gems, perfect for day trips.





Oratories of Palermo

Baroque Treasures of Art and Devotion

Text and photography: Jose A. Muñoz

The oratories of Palermo, hidden gems behind humble facades, reveal within their walls the splendor of art, history, and spirituality.

The Oratories of Palermo, conceived as small spaces for worship and prayer, have been an essential element in the religious and social life of various communities throughout the centuries. In Palermo, these architectural gems blend art, history, and spirituality, standing as clear witnesses to the splendor of Sicilian Baroque. Designed for both reflection and artistic expression, Palermo's oratories are renowned for their lavish interiors, enriched by the works of great masters like Giacomo Serpotta, and for serving as settings for the city's religious traditions.

We invite you to take a journey through some of the most notable oratories. It is estimated that there are more than ten oratories in Palermo, although the exact number may vary depending on whether all lesser-known chapel-oratories are included or only the most famous ones. Generally, the number of the most visited oratories for tourists is seven.

These buildings always offer a pleasant surprise: their exteriors typically feature plain, unadorned facades—almost imperceptible. However, upon crossing the main entrance and stepping inside, their artistic grandeur is fully revealed.

Oratory of San Lorenzo

The Oratory of San Lorenzo, founded in 1569 by the Compagnia di San Francesco d'Assisi, is a jewel of Sicilian Baroque located in the heart of Palermo. Originally conceived as a place of devotion dedicated to Saint Francis and Saint Lawrence, its interior was transformed between 1699 and 1707 by master sculptor Giacomo Serpotta, who adorned it with stuccoes depicting episodes from the lives of both saints.

The walls of the oratory are richly decorated with allegorical figures representing Christian virtues, highlighting Serpotta's mastery in bringing dynamism and expressiveness to stucco. A notable feature is the series of "teatrini", small relief scenes that add a theatrical dimension to the space. The main altar, designed by Giacomo Amato, once housed the famous painting "The Nativity with St. Francis and St. Lawrence" by Caravaggio, created in 1609 and tragically stolen in 1969. Its whereabouts remain unknown, though a replica of the masterpiece now presides over the altar.

The oratory also preserves valuable wall seats inlaid with mother-of-pearl and ebony, reflecting the opulence and refinement of the era. The contrast between the building's austere exterior and its richly decorated interior pleasantly surprises visitors, offering a truly unique experience.

Located in the Kalsa district, near the Basilica of San Francesco d'Assisi, the Oratory of San Lorenzo is a testament to Palermo's artistic grandeur and an essential visit for those wishing to immerse themselves in the city's rich cultural heritage.



ORATORIES OF PALERMO

Oratory of the Rosary of Santa Cita

In the heart of Palermo, the **Oratory of the Rosario di Santa Cita**, founded in the 17th century by the **Compagnia del Santissimo Rosario**, stands as one of the masterpieces of Sicilian Baroque art. This oratory was conceived as a place of devotion dedicated to the Virgin of the Rosary, in a context where faith and art intertwined to glorify spirituality and beauty.

The oratory's interior is renowned for the spectacular stuccoes by **Giacomo Serpotta**, created between 1685 and 1698. This master sculptor transformed the walls into a theatrical stage, meticulously depicting the Mysteries of the Rosary: Joyful, Sorrowful, and Glorious. The scenes are framed by a profusion of cherubs and allegorical figures symbolizing Christian virtues, emphasizing the theatricality and dynamism that define Serpotta's work.



A highlight of the decoration is the depiction of the Battle of Lepanto, located on the counter-façade. This historical episode, attributed to the intervention of the Virgin of the Rosary, is presented with a narrative richness that conveys both the drama and the spiritual triumph of Christianity.

On the main altar, a painting by Carlo Maratta, a renowned Roman artist, stands out. It portrays the Virgin of the Rosary with the Child Jesus surrounded by Dominican saints. This painting, sent from Rome in 1695, adds a touch of serenity to the exuberant decorative ensemble.

The Oratory of the Rosary in San Domenico

Located in the heart of Palermo, the Oratory of the Rosario di San Domenico is a 17th-century gem of Sicilian Baroque, built by the Confraternity of the Rosary. This space beautifully combines artistic splendor and spirituality, serving as a center for devotion and religious gatherings.

Its history is marked by the talent of two great artists: Giacomo Serpotta and Matthias Stomer. Serpotta, a master of stucco, adorned the oratory with allegorical figures and putti (cherubic child figures) that seem to dance along the walls, conveying movement and vitality. Stomer, with his characteristic chiaroscuro, brought dramatic intensity through his oil paintings.

Upon entering, visitors are embraced by an atmosphere of luxury and serenity. The side walls narrate the Mysteries of the Rosary, framed by delicate stuccoes that resemble three-dimensional paintings. The putti, scattered in playful groups, add a lively touch to the spiritual scenes.

The ceiling, a celestial composition of heraldic symbols, floral motifs, and angels, impresses with its intricate detail. Natural light accentuates the stuccoes, creating dynamic plays of light and shadow that transform the space.

On the main altar, a painting by Stomer dominates the setting with his tenebrist style, inviting quiet contemplation. The original 17th-century carved wooden benches complete this unique and captivating environment.





The Oratory of San Mercurio

Located in a quiet corner of Palermo, it is a fascinating example of how Baroque art can blend simplicity and refinement. Built in the 16th century, this oratory was dedicated to Saint Mercury, a martyr venerated for his spiritual protection, and served as a place of devotion and gathering for his confraternity.

Although more modest in size compared to other oratories in the city, its interior does not lack visual impact. The space is adorned with stuccoes by the renowned Giacomo Serpotta, whose skill in transforming plaster into scenes full of life and emotion is evident here. The oratory's walls are decorated with delicate reliefs depicting biblical passages and scenes from the life of Saint Mercury, each executed with meticulous detail that invites prolonged contemplation.

One of the most remarkable elements of the oratory is its intimate atmosphere. Unlike more grandiose religious spaces, the Oratory of Saint Mercury offers a setting of seclusion, perfect for personal reflection. Its ceiling is adorned with celestial motifs, where cherubs and floral designs intertwine, creating a sense of spiritual elevation.

The exterior courtyard, with its central fountain, adds an element of serenity. This fountain, surrounded by greenery, serves as a peaceful refuge away from the hustle and bustle of the city. It stands as a testament to the oratory's integrated design, where every element contributes to an environment of peace and beauty.





The Oratory of the Bianchi

Founded in the 16th century, it is located in the heart of Palermo and is linked to the Confraternity of the Bianchi, a brotherhood dedicated to rescuing Christian prisoners during conflicts with the Ottomans and performing charitable works. This oratory stands out for its simplicity, which contrasts with the opulence of other religious spaces in the city.

Inside, art plays a central role, though with a more austere approach. The main works are attributed to Antonio Manno, a prominent 18th-century Sicilian painter known for his religious representations. His canvases, which adorn the oratory's walls, depict biblical episodes with a solemn and detailed style that invites meditation. The centerpiece is an imposing carved wooden crucifix, likely by an anonymous artist, presiding over the altar in an atmosphere of deep spirituality.

The Oratory of the Bianchi was designed more as a space for reflection than for ostentation, reflecting the brotherhood's purpose: to focus on faith and social works rather than decorative magnificence. The calm and serene atmosphere of the place continues to evoke the humanitarian and religious commitment of the era, making it a unique testament to Palermo's history. Its sobriety does not diminish its artistic and cultural significance.





eco destination València

A Destination to Connect with Nature

Text: Jose A. Muñoz - **Photography:** Archive and Tourisme of Valencia

València has established itself as an eco-conscious destination, blending its rich cultural heritage with a strong commitment to sustainability. Through green routes and iconic spaces, the city offers travelers the chance to explore its natural surroundings, local cuisine, and historical heritage—all while promoting respect for the environment.

The Turia Garden, one of Spain's largest urban parks, serves as the city's green heart. This former riverbed, transformed into a space spanning over 9 kilometers, connects iconic landmarks such as the Bioparc, the IVAM, and the City of Arts and Sciences. It's the perfect place for walking, running, or cycling, seamlessly combining leisure, sports, and biodiversity in the heart of the city. Beyond the Turia, València surprises visitors with

sustainable routes like the one through L'Albufera, the orchards, and the Mediterranean coast. This itinerary highlights the importance of healthy eating and the care of local ecosystems. Meanwhile, the pedestrianized historic center invites visitors to enjoy a space that prioritizes people, with quiet streets and revitalized areas that foster social interaction.

València also leads sustainable tourism initiatives, being a pioneer in measuring and reducing its carbon footprint in the tourism sector. The city offers numerous eco-friendly mobility options, from an extensive network of bike lanes to efficient public transport and shared electric vehicles. With a pleasant climate and flat terrain, València is the ideal city to explore responsibly and without leaving an environmental footprint.

The Turia Garden

It is an extensive green space stretching over nine kilometers through València, occupying what was once the Turia River's riverbed. After the devastating floods that struck the city in 1957, the river was diverted, giving rise to one of Spain's most iconic urban parks. The garden connects, from west to east, the Cabecera Park and the Bioparc with the futuristic City of Arts and Sciences, almost reaching the coast. It is the perfect setting for athletes, cyclists, families, and those seeking quiet and charming corners.

Along its path, the Turia Garden is crossed by 18 historic and modern bridges, telling the story of centuries of València's architectural history. Additionally, its borders are home to notable monuments and museums such as the Serranos Towers, the IVAM, the Fine Arts Museum, the Palau de les Arts, and the Palau de la Música, offering a unique blend of nature and culture.

Since its opening in 1986, the park has been designed by renowned urban planners and landscape architects, who have transformed the old riverbed into a spectacular garden. Among its highlights are palm trees, orange trees, pines, aromatic plants, rose gardens, fountains, and ponds, along with sports areas, the iconic Gulliver Park, and terraces with cafés that invite relaxation. Today, the Turia Garden is much more than a park: it is a green lung and the natural heart of València, an essential space for both locals and visitors.

With nearly 5 million square meters of green spaces, València offers environments that invite enjoyment and connection with nature





Royal Gardens



Central Park and Old Station ▼

▲ Monforte Garden



Baobabs and an Elephant ▲

▼ Cycling Through the City





Oceanogràfic of València

The Royal Gardens

Currently home to the Museum of Natural Sciences, the Royal Gardens boast a rich historical character. In their oldest section, a palace was built that served as a residence for various monarchs since the 11th century. Over time, the gardens have been progressively expanded, incorporating fountains, pergolas, gazebos, kiosks, and statues (such as The Four Seasons), along with historic gateways and the Alquería de Canet. These elements make this garden one of the most artistically rich heritage sites in València.

Oceanogràfic of València

The Oceanogràfic is the largest aquarium in Europe, capable of housing 27,000 animals from 750 different species. Its avant-garde architecture and its scientific, recreational, and educational focus allow it to represent the planet's major marine ecosystems across various buildings.

València's recognition as the European Green Capital is not only due to its urban green spaces but also thanks to its two natural parks located on the outskirts, both easily accessible by public transport or bicycle.

Monforte Garden

From a landscape perspective, this space reflects a distinct neoclassical style, featuring an elegant design with sculptures, decorative vases, ponds, water jets, and ornamental fountains that invite relaxation. The garden is adorned with trees, shrubs, meticulously trimmed

hedges, floral areas, shaded pathways, and small pavilions designed for rest.

Originally, it was the orchard of the Baron of Llaurí, but in 1849 it was acquired by Juan Bautista Romero, Marquis of San Juan, who transformed it into a magnificent garden under the direction of architect Sebastián Monleón Estellés.

Since 1970, it has belonged to the City Council and covers an area of 12,000 m². One of its main attractions is its permanent bonsai exhibition, considered unique in Europe, which adds a distinctive touch to this beautiful setting.

Central Park

Spanning over 100,000 m², this project was born from the underground relocation of train tracks and was designed by American landscape architect Kathryn Gustafson. It features a vast network of walkways and water paths connecting various spaces, preserving old railway buildings that give the park the charm of historic train stations.

Central Park is one of the city's most comprehensive spaces, offering children's areas with climbing walls, slides, and water games; a well-defined dog zone; and areas for rest or leisurely strolls. With eight entrances, access is effortlessly convenient from all directions.

Bioparc of València

The Bioparc is an innovative zoo where barriers are practically invisible, and animals roam freely as part of the "zoo-immersion" concept.



Rambleta Park

Benicalap Park



Benicalap Park

Located in the neighborhood of the same name in València, Benicalap Park is one of the city's most iconic green spaces. Its design blends traditional gardens with recreational areas, making it an ideal place to enjoy the outdoors. The park features wide paths for walking, children's play areas, sports courts, and even a small open-air theater.

One of its greatest attractions is the charm of its gardens, where visitors can find fountains, ponds, and peaceful corners to unwind. It is also especially popular among children thanks to its water park, which opens during the summer months.

Rambleta Park

Rambleta Park is one of the most pleasant green spaces in the city. Spanning over 14 hectares, it combines large landscaped areas with lakes, walking trails, and spaces perfect for a relaxing stroll or exercising. Surrounded by nature and a wide variety of native trees and plants, it's an ideal place to disconnect.

The park also offers children's play zones, cultural spaces, and cozy spots perfect for spending the day with family or friends. Its thoughtful design creates a welcoming environment for all visitors—whether for resting, exercising, or simply enjoying a natural setting within the city.

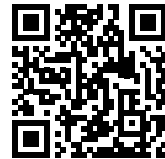
Albufera Natural Park

Just 10 km from the city, this oasis is dotted with rice fields—so vividly described by Blasco Ibáñez in 19th-century costumbrista literature—and lush forests. It is pure nature, offering cinematic sunsets, boat rides, wetlands that are home to thousands of birds, and diverse ecosystems waiting to be explored on foot, by bike, or even by boat. Visitors can also discover one of the few remaining traditional barracas. Breathing in the essence of Valencia in the Albufera and savoring its best local dishes on-site—such as paella, all-i-pebre, and llista adobada—is an unforgettable experience.

Solidarity After the Recent DANA The recent DANA (isolated high-altitude depression) that affected València and its surroundings has left a deep mark on the province. In moments like these, solidarity becomes the driving force of recovery. Every act of support—whether directed toward those affected or the restoration of public spaces—brings hope and strength.

Recovery depends not only on local efforts but also on collective commitment. València is working tirelessly to shine once again as a tourist destination. Choosing the city for our holidays, enjoying its culture, cuisine, and natural beauty, is a meaningful way to contribute directly to its revitalization.

VALENCIA
visitvalencia.com



Albufera Natural Park





Charming Villages
Santillana del Mar
CANTABRIA

Text: Clara Serrano Vega - claraserranovega@gmail.com - **Photography:** Archive



Santillana del Mar Located in the region of Cantabria, Santillana del Mar is one of the most remarkable gems in northern Spain. Known as “the town of three lies”—it is neither holy (santa), nor flat (llana), nor by the sea (mar)—this small village captivates every visitor with its perfect blend of history, architecture, and tradition. With its cobblestone streets, stately manor houses, and a medieval atmosphere seemingly frozen in time, Santillana del Mar has become a top destination for history enthusiasts and those seeking a picturesque place to unwind. This village stands as a living testimony of centuries past, attracting travelers from all over the world eager to immerse themselves in its rich cultural and artistic heritage. It is no surprise that it belongs to the exclusive group of “The Most Beautiful Villages of Spain” and has been featured in numerous reports and documentaries showcasing its unique beauty.

History

The origins of Santillana del Mar date back to the Early Middle Ages when a monastery was founded in honor of Saint Juliana, a Christian martyr whose remains are preserved in the village. This monastery quickly became

an important religious center, drawing settlers, merchants, and pilgrims from various regions. The monastery’s influence shaped the town’s development, solidifying it as a hub of economic, cultural, and social activity. During the 12th and 13th centuries, the village experienced significant growth due to its strategic location along one of the pilgrimage routes to Santiago de Compostela. Its proximity to Cantabrian ports also boosted trade, turning it into a key economic center in the region. This growth led to the construction of monumental buildings that reflected the town’s power and influence, many of which remain in excellent condition today.

Today, Santillana del Mar is recognized as a historic-artistic site, standing out as one of the finest examples of medieval urban planning in Spain and an essential destination for lovers of historical, cultural, and architectural heritage. Its history is palpable in every corner—from its cobbled streets to its majestic buildings that tell stories of centuries of splendor, tradition, and an unparalleled culture that endures through time, evoking its rich heritage, ancient beauty, and the unique legacy of its past.

SANTILLANA DEL MAR (Cantabria)

Collegiate Church of Santa Juliana

The emblem of Santillana del Mar and one of the most beautiful examples of Romanesque art in Cantabria. Built in the 12th century over the former monastery that housed the relics of Saint Juliana, it stands out for its imposing façade, its portal adorned with biblical figures, and its cloister, whose columns feature intricately carved capitals depicting religious and everyday scenes. This church is a must-visit for lovers of art and history. Additionally, the Collegiate Church represents a connection between the town's religious past and its cultural present.

Merino Tower

Constructed between the 14th and 15th centuries, the Merino Tower symbolizes the power and influence of royal representatives in the region. Its stone structure and robust design make it a clear example of medieval defensive architecture. Today, it is one of the most photographed landmarks in the village, especially due to its strategic location within the historic center.

Don Borja Tower

Another architectural gem of Santillana del Mar, this 15th-century tower belonged to the influential Borja family. Today, it serves as a cultural center hosting temporary exhibitions and events related to the region's historical and artistic heritage. The Don Borja Tower exemplifies how the village has reinvented itself by transforming its historic spaces for contemporary cultural purposes.

House of the Hombrones

This 16th-century manor house is known for the two male sculptures that adorn its façade, giving it its peculiar name. It represents the civil architecture of the period and is one of the best-preserved examples of the noble residences in Santillana. Its design reflects the wealth of the noble families who lived in the village during its golden age.

Altamira Cave

Just a few kilometers from Santillana del Mar lies the Altamira Cave, known as the "Sistine Chapel of Rock Art." This prehistoric site contains paintings over 15,000 years old, considered one of the most important artistic expressions of humanity. Although the original cave is closed to the public for preservation, the Altamira Museum offers a faithful reproduction and an educational exhibit on Paleolithic art and life. Visiting the museum is a unique experience that perfectly complements a trip to Santillana, offering insight into the region's prehistoric legacy.

Gastronomy

The gastronomy of Santillana del Mar reflects the traditional Cantabrian cuisine, known for its authentic flavors and high-quality local products. Among its typical dishes, the cocido montañés stands out—a hearty stew made with beans, cabbage, and pork, perfect for cold days. Traditionally associated with rural areas, this dish showcases the region's hearty and comforting culinary heritage.

Collegiate Church of Santa Juliana





Town Hall and to the Right, the Don Borja Tower

In the World of Sweets

When it comes to sweets, sobaos pasiegos and quesada pasiega are must-tries. Sobaos are fluffy sponge cakes made with butter, eggs, and sugar, while quesada is a soft, creamy dessert made from fresh cheese. Additionally, the village's proximity to the Cantabrian Sea ensures fresh fish and seafood, such as sardines and mussels, which are staples in many traditional menus. Local restaurants also offer modern reinterpretations of these classic dishes, catering to the tastes of even the most discerning travelers.

A Journey to the Past

Walking along the cobble streets of Santillana del Mar feels like stepping back in time. The absence of traffic, the well-preserved architecture, and the village's peaceful atmosphere transport visitors to another era. Every corner tells a story—from the intricate details on the façades of grand houses to the quiet squares that invite rest and reflection. The rich history, cultural heritage, and exquisite cuisine make this medieval village an essential destination for those seeking an authentic and enriching experience. Santillana del Mar is undoubtedly a corner of Spain where history comes to life at every turn, leaving an unforgettable mark on all who visit.



Cave Paintings of Altamira Cave





SANT JAUME HOTEL

LUXURY AND DESIGN IN THE HEART OF PALMA

Text: Editorial staff - **Photography:** Hotel Sant Jaume

Located in the historic heart of Palma de Mallorca, Sant Jaume A Luxury Design Hotel perfectly blends tradition, modernity, and sophistication. This luxury boutique hotel stands on a quiet street in the old town, surrounded by some of the city's most iconic landmarks and just steps from Palma Cathedral and Paseo del Borne. Its strategic location offers guests a unique experience in one of the Mediterranean's most exclusive destinations.

History and Architecture

The building that houses Hotel Sant Jaume dates back to the 17th century. Originally designed as a nobleman's residence, its structure has been meticulously restored to preserve key historical elements, such as high wooden-beamed ceilings, stone walls, and original arches. Despite its historical legacy, the hotel has skillfully incorporated contemporary design in a harmonious way, creating spaces that celebrate both the past and the present.

The renovation was carried out by a team of local architects who chose noble and sustainable materials such as Mallorcan stone, marble, and reclaimed wood. This approach ensures that the hotel offers not only an aesthetic experience but also a functional one, with a philosophy that respects its cultural and environmental surroundings.

Design and Style

Every corner of Sant Jaume is a reflection of the balance between elegance and minimalism. The interiors, designed by renowned Spanish designers, combine neutral tones with vibrant accents, creating a relaxing and sophisticated atmosphere. Common areas, such as the lobby and lounge, stand out for their spaciousness and brightness, thanks to large windows that allow natural light to flood in and seamlessly connect the interior with the exterior.

The hotel also features a central courtyard, a characteristic element of traditional Mallorcan houses, reimaged with a contemporary style. This space serves as an urban oasis, perfect for unwinding after an intense day exploring the city.

Charming Rooms

Sant Jaume offers 36 rooms and suites, each designed to provide maximum comfort. The rooms are equipped with state-of-the-art technology, including smart home systems for lighting and climate control, without com-

promising the cozy atmosphere that defines the hotel. Each room features a unique design, with custom-made furniture, high-quality fabrics, and decorative details that reflect local culture. The suites, in particular, offer spectacular views of Palma's old town, along with marble-clad bathrooms featuring freestanding bathtubs designed for the most discerning guests.

Gastronomic Offering

One of Sant Jaume's main highlights is its culinary offering, led by its main restaurant, where the menu blends Mediterranean traditions with contemporary techniques. The restaurant works with seasonal local products, ensuring that every dish is an authentic representation of Mallorcan gastronomy.

Breakfast, served in a relaxed setting, is a feast of healthy and delicious options, featuring a selection of artisanal breads, fresh fruits, local cured meats, and freshly prepared hot dishes.

additionally, the hotel bar is the perfect spot to enjoy exclusive cocktails or a glass of local wine at sunset.

Wellness and Leisure

Sant Jaume also stands out for its wellness facilities. On the top floor, guests can relax in an outdoor pool with panoramic views of the city and the cathedral. This area, equipped with sun loungers and shaded spaces, is ideal for unwinding and recharging.



SANT JAUME HOTEL

In the heart of Palma, Hotel Sant Jaume combines history, design, and luxury, creating an exclusive haven where every detail is designed for an unforgettable experience



Hotel Rooftop with Views

Terrace Suite



The hotel's spa offers a variety of treatments inspired by Mediterranean traditions, using natural products and techniques that promote relaxation and balance. Additionally, the gym features state-of-the-art equipment and is open 24 hours a day for more active guests.

Personalized Experience

What sets Sant Jaume apart from other luxury hotels is its commitment to personalized service. From the moment guests arrive, the reception team anticipates their needs, offering tailored recommendations on activities, restaurants, and events in Palma. This approach ensures that every stay is unique and memorable.

Sustainability and Commitment

Hotel Sant Jaume has also incorporated sustainable practices into its daily operations. From the use of renewable energy to reducing single-use plastics, the hotel strives to minimize its environmental impact without compromising service quality. Additionally, it partners with local producers to support the regional economy and foster an authentic experience for visitors.

Sant Jaume A Luxury Design Hotel, part of the IT Mallorca Unique Spaces group (Can Cera Mallorcan Luxury House, Can Aulí Luxury Retreat, Can Alomar Urban Luxury Hotel, Calatrava Mediterranean Sea House), is much more than just a place to stay; it is a luxurious haven that invites guests to immerse themselves in the rich history and culture of Palma de Mallorca. With its privileged location, exceptional design, gourmet offering,



and commitment to sustainability, this hotel stands out as one of the best choices for those seeking an unforgettable experience on the island. Every detail, from the architecture to the service, is thoughtfully designed to offer the perfect balance of comfort, style, and authenticity.

HOTEL SANT JAUME



Rooftop Pool and Spa





Hotel Villa Copenhagen

An Iconic Building for an Unforgettable Hotel

Text: Jose A. Muñoz - **Photography:** Hotel Villa Copenhagen



Hotel Villa Copenhagen is a luxury hotel that belongs to Preferred Hotels, a global collection of independent hotels and resorts known for their luxury, authenticity, and personalized experiences. Located in the heart of Copenhagen, it perfectly combines the city's rich architectural history with contemporary design and a strong commitment to sustainability.

Opened in July 2020, the hotel occupies the iconic building that once housed Denmark's former Central Post and Telegraph Office. Built in 1912 in a distinctive neobaroque style, this restored property now stands as a symbol of how history can seamlessly intertwine with modern demands for comfort and luxury.

History and Architecture

The building that now houses Villa Copenhagen was originally the headquarters of Copenhagen's Central Post Office. Designed in a neobaroque style, it reflects the architectural opulence of the early 20th century. This historic building, with its majestic façade and ornate details, has witnessed significant events in Denmark's history. The restoration undertaken to transform it into a hotel carefully preserved its historical essence while incorporating contemporary elements that make it stand out in the international hospitality scene. This blend of classic and modern design is evident in every corner of the hotel—from the original moldings to state-of-the-art facilities.

The hotel is located at Tietgensgade 35-39, a strategic spot in the heart of Copenhagen's urban life. It sits just steps from the Central Train Station, providing easy access from the airport and other parts of the country. Additionally, it is within walking distance of iconic attractions like the Tivoli Gardens (the second-oldest amusement park in Europe), the Ny Carlsberg Glyptotek, City Hall, and the vibrant Vesterbro district, known for its nightlife and trendy restaurants. Its privileged location allows guests to explore the city on foot or by bike, a signature mode of transport for locals. The proximity to major shopping and cultural areas also makes this hotel an ideal choice for both tourists and business travelers.



One of the Hotel's Suites

Rooms and Suites

The hotel features 390 rooms and suites designed to provide a luxurious and sustainable experience. Each room seamlessly blends original elements from 1912 with modern comforts, including premium beds, organic textiles, and energy-efficient technology. Room categories range from standard accommodations to exclusive suites, catering to a variety of travelers.

Highlights include the Earth Suite, which prioritizes sustainable materials, and the Shamballa Suites, designed to offer spiritual balance and serenity. Among the most exclusive options are suites with panoramic views of the city, perfect for enjoying Copenhagen's urban landscape. The interiors reflect a minimalist and functional approach, with carefully selected details that add warmth and sophistication.

Shamballa Suite Living Room





Heated Rooftop Pool

Many rooms also offer stunning views of the city or the hotel's interior courtyard—a peaceful space that contrasts beautifully with the city's urban energy.

The hotel provides a wide range of services to ensure an unforgettable stay, including:

Rooftop Pool: A 25-meter heated pool with spectacular views of Copenhagen's skyline. It's one of the hotel's most photographed spaces, perfect for relaxing after a day of exploring the city.

Spa and Gym: The hotel features a state-of-the-art gym and a spa offering treatments inspired by traditional Nordic techniques.

Event Spaces: With over 3,200 square meters dedicated to events and meetings, the hotel is an ideal venue for weddings, conferences, and celebrations.

Family Services: The hotel also caters to families with amenities such as connecting rooms and special activities for children, ensuring that every family member enjoys their stay.

A Model of Sustainability

One of the hotel's core pillars is its strong commitment to sustainability. From its architectural design to its daily operations, the hotel strives to minimize its environmental impact. Notable initiatives include:

- 1.- The use of renewable energy and water recycling systems.
- 2.- Partnerships with local suppliers to reduce the carbon footprint.
- 3.- The elimination of single-use plastics.

Gastronomy

The hotel's culinary offerings pay homage to Nordic culinary traditions, with a focus on local and seasonal ingredients. Highlights include:

1.- Brasserie Kontrast: The hotel's main restaurant combines sophistication with an urban touch, offering a menu inspired by modern Nordic cuisine.

2.- Rug Bakery: An artisanal bakery where guests can enjoy sourdough bread, traditional Danish pastries, and specialty coffee.

3.- T37 Bar: A cozy bar renowned for its curated selection of cocktails and small sharing plates, served in a relaxed yet elegant atmosphere.

Additionally, the hotel organizes personalized culinary experiences, such as private dinners and wine tastings in exclusive spaces.

This dedication to gastronomic excellence ensures a unique experience for both guests and local visitors.

Hotel Lobby





Kontrast Restaurant and Its Cuisine

Preferred
HOTELS & RESORTS



Commitment to the Community

The hotel also serves as a gathering place for the local community. Its common areas, such as the interior courtyard and coworking spaces, are designed to be enjoyed by both guests and city residents. Additionally, the hotel hosts cultural events and workshops that encourage interaction between visitors and locals. Active participation in community initiatives strengthens its commitment to inclusion and sustainability.

The Perfect Place to Stay

Hotel Villa Copenhagen is the perfect place to stay. Its excellent location next to Tivoli Gardens and the Central Station allows guests to explore the city and its main attractions on foot. Being a flat city, walking around Copenhagen is a pleasure—even in winter. Bicycles are another ideal mode of transport, perfectly suited for getting around the city.

This hotel seamlessly combines luxury, history, and environmental responsibility. Its top-tier services and commitment to sustainability make it an ideal destination for both business travelers and tourists eager to discover the essence of Copenhagen from a truly unique setting.





Arturo Cardelús (Madrid, 1981) is a Spanish-American composer renowned for his work in film and classical music. With a solid education from prestigious institutions such as the Conservatory of Salamanca, the Royal Academy of Music in London, the Franz Liszt Academy in Budapest, and Berklee College of Music, he masterfully blends traditional techniques with contemporary approaches in his compositions.

In the film industry, he is best known for his work on “Buñuel in the Labyrinth of the Turtles” (2019), which won awards at the Annecy and Málaga festivals and earned a nomination for the Goya Awards. He also composed the score for “In a Heartbeat” (2017), the highly successful short film that earned him the Best Original Score award at the Hollywood Music in Media Awards.

In classical music, his piece “Con Aire de Tango” (2013), performed by soloists from the Berlin Philharmonic, marked a milestone in his career, establishing him as a versatile and deeply emotive composer. In 2016, he was honored as an Associate of the Royal Academy of Music (ARAM), an award reserved for distinguished alumni.

Currently, he resides in Los Angeles, where he continues to develop innovative projects, solidifying his role as an influential figure in contemporary music who emotionally connects with his audience.

Arturo Cardelús

The International Composer Who, Alongside Dragonkeeper, Soars Toward the Goya Awards

By: Julián Sacristán - comunicación@wfm.es

Where does your musical vocation come from?

It all started with a Beethoven symphonies album I discovered when I was 11 years old.

Who are your current musical influences?

Max Richter, Dario Marianelli, and Alberto Iglesias.

Why did you decide to study abroad?

For the opportunity to experience other cultures and different ways of understanding life.

What drives a classical musician to enter the world of film?

My passion for storytelling. I've always loved cinema, and I find the influence that music has in a film fascinating. I love connecting with the characters in the stories I work on.

Your first work in animation was a student short film. How did that opportunity arise?

*The creators, two students from Ringling College, saw a viral short I had made (*The Answers*) and contacted me with their proposal. I had always wanted to work in animation, and I thought it was the perfect way to start—a student film that no one would see. What I never imagined*

*was that it would become an even bigger viral phenomenon than *The Answers*, with nearly thirty million views in 48 hours and mentions in *The New York Times*, *NBC*, and more.*

What did working on Buñuel in the Labyrinth of the Turtles mean for you?

It was a turning point in my career. It opened many doors for me and helped define my path.

How did it feel to record at Abbey Road, the legendary Beatles studio?

It was a dream come true. Working with musicians of that caliber in such an iconic place as Studio 2 was unforgettable. It's the recording session I've enjoyed the most.

Composing a film score is very complex. What is your creative process like?

It depends a lot on the film and the director. In animation, you often start when the film is still in its animatic stage, which can make emotional connection challenging. In these cases, the director's guidance is crucial—they describe scenes and explain the characters' emotions, and from there, you compose more based on what the director conveys than on what you see on screen.

How much influence does the director have on the creation of the score?

The director is essential and has significant influence over most decisions. Working with Salvador Simó was fantastic because he has a very clear vision of what he wants in the music.

What's the difference between composing for a live-action film and an animated one?

Animation demands much more from the music. In live-action, visual elements convey atmospheres and nuances, but in animation, music must fill in those gaps. This requires a more detailed and dynamic approach, closely aligned with the action.

How did the opportunity to work on *Dragonkeeper*, a co-production, come about?

Thanks to my previous collaboration with Salvador Simó.

What did you aim to convey with the *Dragonkeeper* soundtrack?

**Dragonkeeper* is an adventure film that follows the journey of Ping, our heroine. We wanted the soundtrack to reflect the emotional depth and growth throughout her journey.*

While composing the soundtrack, aside from the story itself, what inspired you? Did the young audience influence you?

I was mainly inspired by how Salvador Simó conveyed the story. He's incredibly skilled at describing scenes, emotions, and characters, which allowed me to fully connect with the project.

As a classically trained musician, you lived in Budapest, London, Boston, and now Los Angeles. What would you highlight from each place in terms of musical learning?

In Budapest and London, I focused on piano. In Boston, I discovered my passion for composition. Boston is my favorite city because it's where I found my true calling.



ARTURO CARDELÚS

What memorable anecdote would you highlight from each place? What spot would you recommend friends visit in each city?

In Budapest, the boulevard next to the Franz Liszt Academy, full of charming terraces. In London, Marylebone High Street, a very English street near the Royal Academy of Music. In Boston, North End, known for its incredible atmosphere.

What was your experience like working with the Berlin Philharmonic?

I recorded with the Berlin Philharmonic Soloists Sextet in 2013 and 2016. At that time, I was just starting my career, and that project greatly influenced my approach to composition.

Why was studying at Berklee such a transformative experience for you?

It was the first time I studied composition and also the first time I stepped away from the classical world. Berklee opened me up to other styles like hip-hop, jazz, and electronic music. It was a huge mental shift that helped me overcome certain prejudices rooted in classical music.

You're currently working on two films, one in the U.S. and another animated film in Spain. Can you share anything about these projects?

I can talk about a series I'm working on called Terra Alta, based on the novel by Javier Cercas.

What does your second Goya nomination mean to you?

It's a great honor, although the competition this year is incredibly strong.

Would you like to direct a film someday?

Yes, I would love to at some point, but for now, I'm focused on film scoring.

To finish, what famous film score would you have liked to compose?

Amarcord.

Dragonkeeper has earned three Goya nominations: Best Animated Film, Best Original Score, and Best Special Effects.





Copenhagen Free Walking Tour



IKONO Copenhagen Ticket



Copenhagen Sightseeing Bus + Boat Trip



The Little Mermaid & Port of Copenhagen Free Tour



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Hamlet & Sweden Tour

Book activities in Copenhagen



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Manena's window

Traveling Anecdotes

Photos and text: Manena Munar manena.munar@gmail.com

'It is those little things... as Joan Manuel Serrat would sing, which after a trip remain in the memory and when you remember them you smile, cry or laugh out loud. I would like to take some of them out of the boot of my memories and share them with you.

Tahiti and Its Islands (The Beginning of the World)

Maeva, an onomatopoeic word of welcome with which the Polynesians greet their visitors, embodies the sweetness and rhythm of their islands.



Sunset in Fakarava

This trip to French Polynesia is archived in my heart, tucked away in one of those special folders that makes it beat faster every time I open it. And when it comes to anecdotes, it was full of them—from the very moment I boarded in France for a layover in Los Angeles, where security scrutinized me from head to toe to see if I had a mysterious appearance, spoke suspiciously, or if my infrared-scanned iris happened to glow on its own.

Comparisons may be odious, but the truth is that upon landing in Papeete, the capital of Tahiti and its Islands, I was greeted with a tiare garland around my neck—the fragrant gardenia endemic to the country—which turned out to be an aromatic omen of what was to come.

Following the Pearl Regatta

The purpose of the trip couldn't have been more enticing: to follow the Pearl Regatta through the waters of the Society Islands, sailing on a catamaran alongside other international journalists. Upon arrival, I was welcomed by one of the organizers—a Frenchwoman, bohemian and fun. She lived on a boat where not even the helm could be found amidst the reigning chaos.

At that time, I had a habit of constantly combing my always short hair and carried a comb everywhere. But during the 30-hour journey to Polynesia, I somehow lost it. When I met Camille, the French sailor, before setting off for Raiatea where the catamaran awaited, I asked her where I could buy a comb. Tossing her tangled hair in the wind and giving my sparse hair a slightly disdainful look, she indignantly replied that I didn't need to comb my hair. And so, I embarked on the next stage of my journey *au naturel*.

Like the Start of a Joke...

It felt like the setup for a joke: waiting on the catamaran were a German journalist, a Japanese journalist, and a French couple.

Our skipper, Turó, truly lived up to his curious name and was impossible to overlook. His dreadlocks were braided, tattoos covered every fold of his body, and his wide, ironic smile never faded. His voice would send chills through me late at night when, from my cabin just as I was drifting off to sleep, I would hear a chilling scream from the deck—Turó howling at the stars.

Endless Mahi-Mahi and a Close Call

We enjoyed Mahi-Mahi at every meal. (In Austronesian languages, words are repeated to express the plural.) Grilled Mahi-Mahi, Mahi-Mahi with mayonnaise, baked Mahi-Mahi, and even raw Mahi-Mahi.

A quick aside: the Mahi-Mahi sashimi nearly killed me. I had such a severe allergic reaction that, if it hadn't

been for my colleague Charlotte from Radio France International (RFI) and her portable pharmacy stocked with antihistamines, it could have been disastrous.

A Dreamlike Spectacle

The sight of the sailboats—each sail more beautiful and colorful than the last—gliding across waters of turquoise, navy blue, and emerald was almost unbelievable. I had to rub my eyes to make sure it wasn't a dream.

From Dream to Nightmare

On the flip side, a true nightmare was Turó's relentless insistence that, like the rest of the brave journalists, I had to dive into the crystal-clear waters teeming with sharks. According to Turó, these sharks "did nothing."

In the end, our captain's stubbornness outweighed my fear of being bitten by a shark, and I ended up swimming with harmless reef sharks that circled me "affectionately."

The Fallen Coconut Tree, a Tree for Reflection



TAHITI AND ITS ISLANDS

The Sensuality of the Tahitian Tamure

During the day, I couldn't keep up with capturing such breathtaking beauty. Yet, after sunset, the sailboats would dock each night on one of the archipelago's islands—and we with them. It was on the island of Tahaa, the island of vanilla, where I first witnessed the Tamure dance. I was speechless when, upon entering the wooden pavilion by the sea, I heard the sinuous music. To its rhythm, Polynesian and French men moved like birds stalking those women who danced to the waves, their undulating bodies sensually mirroring the tides. It was an intoxicating spectacle that I was fortunate to witness throughout the next stages of the regatta.

Back to Tahaa, it's a lush island where vanilla "marries," as the great Moeata explained to me. She owns a plantation and performs this unique union each evening, hand-pollinating the flowers that bloom from the vanilla orchid—flowers that won't bear fruit unless they've been "wed" before dawn. We also tried our hand at canoeing in Tahaa, and now that no one's listening, I must confess that while sitting in the middle of the canoe, I let myself be peacefully carried along by the other paddlers.

Attending the marriage of vanilla is to witness an unusual and beautiful wedding, with orchids as witnesses and the jungle as the setting.

Am I Seeing Double?

Our next overnight stop was on Huahine Nui (the big island), not Huahine Iiti (the small one). Before sharing one of the trip's funniest anecdotes, I need to explain that among the spectacular sailboats in the regatta, one stood out due to its size and the many crew members lowering the sails of Pachá's boat. That's what they call the owner of the famous Café Pachá in Papeete, admired and well-liked by the participants of the Pearl Regatta. Pachá kept insisting on inviting me to dinner for professional reasons—he wanted to know what I planned to write, what I thought of the regatta—but I wasn't tempted. I had hit it off with my colleagues—the German, the Japanese, and the French journalists—and I was perfectly happy dining with them.

However, one night Pachá sent a handsome young Polynesian man with the mission of recruiting me. Ariki left swiftly after my repeated refusals. Imagine my surprise when, less than two minutes later, he appeared again. The regatta ended, and once back home, while going through my photos, I couldn't believe my eyes. In one picture of Pachá and his team, celebrating their regatta victory, there was Ariki—twice! The photographic clone turned out to be his identical twin. It wasn't that Ariki had come back to insist—it was his brother, whose name I can't quite remember.

Regata de la Perla por el archipiélago de la Sociedad



On Fulfilling Dreams

When I arrived in Bora Bora, I sat on a fallen palm tree and reflected on how incredibly lucky I was to be there. I did it out of fear of getting too used to it and not giving those moments of genuine bliss the importance they deserved. After that deep reflection, it was time to dive among the multicolored corals, watch the pufferfish inflate at the sight of me, and spot the stonefish, convinced it was perfectly camouflaged. The sharks appeared once again, but by then, they already felt like my "friends."

As dusk falls, the dark shadow of Mount Otemanu looms over the island. The creatures of the night awaken from their slumber and begin their song. Thanks to my years in the Philippines, I can recognize the tokos, or singing geckos, along with the toads and crickets. If I sharpen my hearing, I can even catch the gentle breathing of the plants and the soft rustling of flowers closing for the night.

The Beginning of the World

The regatta had ended, but the adventure was far from over. The French couple and I flew to Fakarava, in the Tuamotu Archipelago. The small plane felt more like something you'd keep in your backyard—more suited for casual flying than anything serious. As I calculated the odds of surviving a water landing, an atoll suddenly appeared through the window, encircling a turquoise lagoon, itself surrounded by the deep navy blue of the



Mi doble visión de los gemelos polinesios

La omnipresencia del volcán Otemanu en Bora-Bora



TAHITI AND ITS ISLANDS

open sea. Breathtaking! Caught between panic and euphoria, we landed on a flat plain surrounded by jungle. From there, a jeep took us to the Village, which would be our home for the next few days. What a joy! Feeling truly fortunate to be living such a unique experience, we arrived at our tropical haven, where we were greeted by the village children with laughter and games until their mother, Herenui—the owner of the Village—came to settle us into cozy cabins.

We had breakfast with the family and other guests in the common room, charmingly decorated with seashells, coconuts, and fishing nets, all with a stunning view of the beach. Joining us was little Poerava, the youngest in the family, enthusiastically painting her toenails. After breakfast, we were supposed to be picked up by Hereite, a biologist from the Fakarava Biosphere Reserve, a UNESCO World Heritage site since 2016. I say "supposed to" because the pickup was... delayed. Paul, the Frenchman, tried to reassure his wife, Charlotte, that there was no need to worry. Time in Polynesia moves differently, and people don't suffer from the constant anxiety that defines us "Westerners." Taking the hint, Paul, Charlotte, and I set off on one of the most delightful bike rides I can remember—cycling parallel to the sea, through coconut groves, towards the main village of Rotoava. There, I couldn't resist the temptation of a white dress, which remains one of my favorite pieces in my summer wardrobe.

We started heading back, ready to spend the rest of the afternoon at the Village, when we found Hereite had finally arrived—only three hours late. She was as cheerful as ever, acting as if nothing had happened. With her

was her mother, Tahuere, a talented straw hat artisan from the local market. They encouraged us to hop into a small boat for an excursion around the atoll. As the sun was about to set, the boat ride felt absolutely dreamlike. From the boat, we could see the marine life of the atoll through the crystal-clear waters, weaving between the motus (small islets) that define the biosphere reserve.

From the boat, the marine life of the atoll could be seen through the crystal-clear waters, weaving between the motus (islets) that define the biosphere reserve.

Tahuere, Hereite's mother, was utterly charming and seemed to know even more about Fakarava than her daughter. While Hereite had learned from books, Tahuere's wisdom came from a lifetime on the atoll. So much so that when we disembarked on Motu Aito, Tahuere winked at me and casually mentioned how her great-grandparents used to eat their enemies if they won a battle over the motu. Unsure how to react to such a confession, I continued exploring the beautiful islet with her. We visited its tiny church and school—both looking like dollhouses—the bar, and the immaculate white sand beach that would appear and disappear with the whims of the Garue Channel's currents.

When I told Tahuere that this place felt like the end of the world, she looked at me mischievously and replied, "You're wrong. This is the beginning."

Las paradisíacas playas de Fakarava



Traveling

gourmets



VALÈNCIA

A Journey Through
Its Flavors

PIZZA AL PADELLINO


A Turin Tradition You
Must Try

BODEGAS GARGALO

When Wine Dresses in Art

LA BOSCANÀ

Nature and Gastronomy





València

Through Its Flavors

Text: Editorial staff - **Photography:** ©Visit Valencia y archive

València, with its Mediterranean spirit, is much more than a vibrant city of modernist architecture and sun-drenched beaches. Its essence is deeply rooted in its natural surroundings and a rich culinary tradition that captivates visitors from around the world. From the serene landscapes of the Albufera to the lively municipal markets, the city invites you to discover its culinary and cultural wealth through unique and unforgettable experiences..



Preparación de los campos antes del sembrado del arroz

Just 6 miles from the bustling center of València, the Albufera Natural Park emerges as a haven of peace, nature, and tradition. This protected area, surrounded by vast rice fields and lush forests, is the birthplace of paella, the most iconic dish of Spanish cuisine. Its lake, the largest in Spain, acts as a magical mirror reflecting dreamy sunsets. Traditional boats, with their centuries-old design, glide across its calm waters, inviting visitors to experience the life and customs of local fishermen.

At the heart of the park lies El Palmar, a picturesque village that has become the epicenter of albuferenc gastronomy. Here, you can savor delights such as *all-i-pebre*, an eel stew infused with garlic and paprika, and *llisa adobada*, a marinated fish that perfectly captures the flavors of both sea and land. Beyond its culinary wealth, the Albufera offers six marked trails that allow visitors to explore its unique biodiversity. Among reeds and rushes, nature lovers can spot water birds like herons and grebes, discover native flora, and lose themselves in the serenity of this natural paradise.

The undisputed star of Albufera's gastronomy is its rice, proudly holding a Protected Designation of Origin. Cultivated in these lands for centuries, València's rice is exceptional for its short grain and extraordinary absorption capacity, making it the

perfect base for authentic paella and other traditional dishes. This rice is more than just food—it is a cultural symbol that unites tradition, flavor, and the region's agricultural history, standing out as a true ambassador of Valencian culinary heritage around the world.

Campos de arroz en la Albufera



Municipal Markets: Temples of Local Gastronomy

In the heart of València, the municipal markets are not just places to shop—they are true temples of flavor, tradition, and sustainability. Here, the freshness of locally sourced products blends with the city's commitment to quality food, creating spaces that reflect the very soul of València.

Central Market

With over 86,000 square feet and nearly 1,000 stalls, the Central Market is much more than just a place to shop. Inaugurated in 1928, its spectacular modernist architecture invites you to lose yourself among its vibrant colors, rich aromas, and diverse flavors. It's a must-visit for both locals and visitors looking to experience València at its finest.



Colón Market

A Journey to the Past with a Modern Touch: Built in 1914, this modernist market has been reborn as a trendy space. Signature restaurants, cozy cafés, and stylish boutiques come together in a unique setting that has become one of the most vibrant meeting points in the city today.



Ruzafa Market

In the heart of València's most bohemian neighborhood, the Ruzafa Market is where tradition and modernity coexist in perfect harmony. Its more than 160 stalls overflow with fresh, seasonal products, while the lively, cosmopolitan atmosphere makes it a key destination for those seeking the authentic Valencian lifestyle.

Otros mercados, como el Mercado del Cabanyal, con su esencia marinera, el Mercado de Mossén Sorell, reinventado como un espacio cultural, el Mercado de la Imprenta o el Mercado del Grao son también joyas imprescindibles para quienes quieren explorar los sabores y tradiciones que hacen de València una ciudad única. Los mercados de València son mucho más que lugares donde se cruzan productos y clientes: son una experiencia en sí mismos, una puerta de entrada a la esencia de la ciudad y un homenaje a su rica cultura gastronómica.

València's Iconic Dishes: A Paradise for Food Lovers



1



2



3



4



5



6

1.- Paella Valenciana

The emblem of Valencian gastronomy, this iconic dish is made with rice, chicken, rabbit, garrofó (butter beans), green beans, tomato, olive oil, water, saffron, and salt. Its unique touch is the socarrat—the crispy, golden layer that forms at the bottom of the paella pan, adding an irresistible texture and flavor

2.- Arroz a Banda

A rice dish cooked in a flavorful fish broth (fumet) and traditionally served with alioli. Simple yet delicious, it highlights the rich and authentic flavors of the sea.

3.- Arroz Negro

This rice dish is distinguished by its dark color, achieved by using cuttlefish ink. It typically includes seafood and is served with a touch of alioli to enhance its rich, savory flavor.

4.- Arroz del Senyoret

Similar to Arroz a Banda, but with the seafood peeled and ready to eat—perfect for enjoying every bite without getting your hands dirty.

5.- Arroz al Horno

A rice dish cooked in a clay pot with pork ribs, chickpeas, tomato, blood sausage, and potatoes. Its oven-baked preparation gives it a unique flavor and texture. It is often made using leftovers from stew, transforming them into a delicious traditional dish.

6.- Fideuà

A variation of paella, but made with noodles instead of rice. It is cooked with seafood and fish broth and is typically served with alioli to enhance its rich, savory flavor.

VALÈNCIA THROUGH ITS FLAVORS

7.- All-i-Pebre

A traditional eel stew made with paprika, garlic (all), and chili pepper, served with potatoes. This dish is a typical specialty from the l'Albufera area.

8.- Esgarraet

A cold salad made with roasted red peppers, desalted cod, garlic, and olive oil. It's a fresh dish bursting with Mediterranean flavor..

9.- Titaina

A stew made with tomato, peppers, garlic, salted tuna (tonyina de sorra), and pine nuts. This traditional recipe is typical of València's seaside neighborhoods.



10.- Espencat

Similar to Esgarraet, but made with roasted eggplants and red peppers, dressed with olive oil and often served with bread.

11.- Puchero Valenciano

A traditional stew made with beef, pork, and chicken, accompanied by chickpeas, potatoes, carrots, and cured meats like blood sausage (morcilla).

12.- Cocas de Tomate y Pimiento

A thin crust pastry topped with tomato, peppers, and sometimes anchovies or tuna. This simple yet flavorful dish is perfect for snacking.



Horchata y Chufa: Una Tradición Única

Another symbol of València is its horchata, a drink made from **tiger nuts (chufa)** with a Protected Designation of Origin. Refreshing, nutritious, and known for its digestive properties, horchata is a true delight that can be enjoyed as a liquid, slush, or ice cream, traditionally paired with fartons—soft, sugar-coated pastries perfect for dipping.

Introduced to the region during the Islamic expansion, chufa is mainly cultivated in l'Horta Nord and undergoes a meticulous drying process before being used. Some of the best places to enjoy authentic horchata include **Horchatería Panach in Alboraya**, the **Mercado de Colón**, and the **Mon Orxata** carts scattered throughout the city. For those interested in exploring this tradition further, the Valencian countryside offers bike routes and guided tours, along with visits to the Museum of Horchata and Tiger Nut at Alquería El Machistre, where the history and production process of this iconic drink are brought to life.



Horchatas with fartons

Agua de València



Agua de València

A refreshing cocktail that blends cava, freshly squeezed orange juice, gin, and vodka. Its sweet, bubbly flavor makes it the perfect drink to share at gatherings and celebrations. Created in the 1950s at the iconic **Café Madrid** in València, this cocktail was designed as an innovative alternative to traditional drinks. Over time, it gained popularity and became a regional classic.

Best enjoyed well-chilled during festive moments, Agua de València is also a tribute to the exceptional quality of Valencian oranges, which add an unmatched citrus touch. Its freshness and versatility have solidified it as a true symbol of Mediterranean joy.

Gastronomic Festivals: A Tribute to the Valencian Essence

València is also a stage for culinary events that highlight its rich gastronomy and celebrate its international presence.

The World Paella Day Cup

The competition stands out not only for its culinary creativity but also for its focus on sustainability and the use of high-quality local ingredients. It also features workshops, live demonstrations, and tastings that allow the public to fully immerse themselves in the art of paella. This event has become an international benchmark, attracting food lovers and experts from all corners of the world.

The Cuina Oberta Festival

It is held twice a year and is a must-attend event for gastronomy lovers. This unique celebration combines culinary workshops led by renowned chefs, live music that enlivens every corner, and gastronomic tours that offer a taste of València's most authentic flavors. Additionally, it features exclusive tastings, wine pairings, and show cookings where attendees can learn firsthand the secrets of both local and international cuisine. It's a true immersion into gastronomic culture, where tradition and innovation come together in a festive and creative atmosphere. València blends its stunning natural surroundings with a gastronomic tradition that captivates all the



World Paella Day Cup ©Visit València

senses. From the serenity of l'Albufera to the vibrant energy of its markets and the sophistication of its restaurants, the city offers a unique experience that invites visitors to enjoy it and return time and time again. Whether savoring a paella by the lakeside, cycling through the countryside, or enjoying a refreshing horchata on a sunny terrace, València proves to be much more than a tourist destination—it's an experience that leaves a lasting impression.



LaPerfumeria, CuinaOberta ©Juan Terol - Visit Valencia



LaSastreria CuinaOberta ©Juan Terol - Visit Valencia

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Turin and Pizza al Padellino

Text: Jose A. Muñoz - **Photos:** Jose A. Muñoz and archive



Italia is synonymous with great food, and among its vast culinary repertoire, pizza holds a prominent place. While Naples is globally recognized as the birthplace of this iconic dish, the north of Italy holds a well-kept secret: Turin's pizza al padellino. This particular style, also known as "pizza al tegamino," has become a symbol of the region's culinary identity and a surprising alternative thanks to its unique texture and flavor. More than just a simple variation, pizza al padellino is a gastronomic experience that blends tradition, creativity, and authenticity, with a history deeply intertwined with the city's cultural development.

Its History

The origin of pizza al padellino dates back to the mid-20th century when the Piedmont region began experimenting with its own version of this Italian classic. Unlike the traditional Neapolitan pizza, which is baked directly on the oven stone, pizza al padellino is prepared in small individual pans, giving it its distinctive shape and texture.

During a time marked by internal migration, many workers from southern Italy moved to Turin in search of job opportunities in the automotive industry. These immigrants brought their traditional recipes with them, but over time, they adapted their cooking techniques to local ingredients and available resources. This is how this culinary gem was born, soon becoming one of the city's signature dishes.

Characteristics of Pizza al Padellino

What makes pizza al padellino special is its preparation and texture. It's baked in a small metal pan, which allows the dough to become thicker and fluffier, with crispy edges thanks to the caramelization that occurs during baking. This process also locks in the flavors of the ingredients, offering an intense and satisfying taste experience.

The dough for pizza al padellino is usually more hydrated than that of other pizzas, contributing to its soft and airy texture. After a long fermentation period, the dough is placed in pans with a touch of olive oil, left to rest, and then topped with ingredients before baking.

Classic Ingredients and Variations

The base of pizza al padellino is similar to any other pizza: dough, tomato sauce, and cheese. However, the choice of ingredients in Turin reflects the region's rich culinary heritage.

Mozzarella: While buffalo mozzarella is a classic choice, fontina cheese, typical of Piedmont, is often used to give it a local twist.

Salsiccia: Fresh sausage is a favorite topping, often paired with porcini mushrooms.

Truffle: In season, it's not uncommon to find pizza al padellino garnished with delicate slices of black truffle.

Vegetables: Zucchini, eggplant, and roasted peppers are common additions that highlight the region's agricultural roots.

Fun Facts About Pizza al Padellino

The name "padellino" comes from the diminutive of "padella," which means frying pan in Italian. This pan is essential for achieving the pizza's unique texture.



Fontina cheese and bottom photo a black truffle



Pizzas Ready to Be Baked



TURIN AND PIZZA AL PADELLINO



Slow and Even Cooking: Unlike traditional pizzas, which are baked quickly at very high temperatures, pizza al padellino is cooked at a lower temperature for a longer time, allowing the flavors to develop more fully.

A Nod to Street Food: Despite its seemingly elaborate preparation, this pizza is also enjoyed as fast food, making it popular among workers and students in the city.

Family Tradition: Many families in Turin have their own version of the recipe, passed down from generation to generation, reinforcing the homemade character of this dish.

From the Streets of Turin to Tables Around the World

Although less known outside of Italy, pizza al padellino is gaining popularity abroad thanks to chefs seeking to offer authentic and regional alternatives. Some Italian restaurants in cities like New York, London, and Tokyo have added this style to their menus, attracting curious diners and pizza lovers alike.

In New York, pizzerias specializing in Italian styles have embraced pizza al padellino as an innovative option that complements traditional offerings. In London, renowned chefs highlight this delight to showcase Italian traditions beyond Neapolitan pizza. Even in Asia, cities like Tokyo and Seoul are witnessing a rise in restaurants serving authentic versions of this Turin specialty with local twists.

The growing interest in pizza al padellino is also reflected in international culinary events. Festivals across Europe and America feature demonstrations showcasing its artisanal preparation and bold flavors. With the rise of gastronomic tourism, this pizza style has become yet another reason to visit Turin and indulge in its rich culinary culture.

Pizza al padellino is more than just a pizza variation—in Turin, it represents a significant part of the city's culinary identity, connecting generations and highlighting local flavors. For those seeking a unique experience in the world of pizza, this Piedmontese delicacy is undoubtedly a must-try. Its growing presence on the international food scene ensures that this culinary treasure will continue to win fans beyond Italy's borders.



Pizza Campana from PADELLINO & farinata
Pizzas from Gustus La Bottega del Padellino



Where to Enjoy the Best Padellina Pizzas in Turin

PADELLINO & Farinata

Located at Via delle Rosine 6, this is one of the best pizzerias in the city, perfectly capturing Turin's culinary traditions with its farinata (made from chickpea flour) and pizza al padellino. It stands out for using simple yet well-balanced ingredients and an exceptional dough.



Il Padellino

Beneath the iconic arcades of Corso Vinzaglio in Turin, "Il Padellino" has become a landmark for lovers of pizza al padellino and farinata, two true gems of Turin's culinary tradition.



MA cucina e padellino

A journey into Italian culinary tradition with the novelty and flavor of the classic Piedmontese padellino, all in a new and modern location in the heart of Turin.



Gustus La Bottega del Padellino

It is a restaurant known for its specialty in pizza al padellino and farinata. Customers praise the quality of its ingredients and the friendliness of the staff. The atmosphere is simple and casual, with a pleasant summer terrace.





Bodegas Gargalo

Vineyard at the Foot of Monterrei Castle

When Wine Dresses in Art

Monterrei, Ourense - Galicia

Text and photos: Jose A. Muñoz



In the late 1980s, in a corner of the Monterrei Valley at the foot of its renowned castle—now a National Parador—a dream was born. A dream rooted in land, tradition, and future. This dream was named Bodegas Gargalo and was brought to life by acclaimed fashion designer Roberto Verino, who, after conquering international runways, returned to his native Galicia with a clear purpose: to restore the splendor of a wine-making region that was fading into obscurity.

His inspiration was no coincidence; it stemmed from his maternal grandparents, vine growers in the Ribeira Sacra, who instilled in him a deep passion for wine.

The Revival of the Monterrei Valley

The Monterrei Valley, located in the southernmost part of Galicia and nourished by the Tamega River, has been a historic stronghold for vine cultivation. With a unique microclimate—characterized by moderate rainfall and an annual average temperature higher than other Galician regions—this valley offers ideal conditions for growing native grape varieties such as Godello, Treixadura, Dona Branca, Mencía, Arauxa, and Bastardo.

Driven by his love for the land and its history, Roberto Verino decided to turn this enclave into the heart of his winemaking project. In 1991, he founded Bodegas Gargalo at the foot of the imposing Monterrei Castle. Designed with deep respect for its surroundings, the winery consists of three granite cubes whose shapes and textures blend seamlessly with the landscape, pointing to the cardinal directions and symbolizing the union of tradition and modernity.

The Art of Winemaking

Since its inception, Bodegas Gargalo has been distinguished by its commitment to excellence. Every stage of the process, from cultivation to production, is carried out with near-artisanal care. The 18 hectares of south-facing vineyards are meticulously tended using methods that blend the region's traditional techniques with cutting-edge technology.



Roberto Verino





Interior of the Winery

The result is honest and natural wines that capture the essence of Monterrei's terroir. From the fresh, aromatic whites of Godello and Treixadura to the elegant reds of Mencía and Arauxa, each bottle is a testament to Gargalo's respect for nature and tradition. Additionally, its certification under the Galicia Calidade seal ensures that every wine meets the highest quality standards.

Wine Tourism: An Experience for the Senses

Bodegas Gargalo is not just a place where wine is crafted; it is a destination for those seeking to fully experience wine in all its richness. Wine tourism has become an integral part of the Gargalo experience, offering visitors the opportunity to immerse themselves in the world of wine—from the vineyard to the glass.

The journey begins in the vineyards, where guests can stroll among the rows of vines and learn about the unique characteristics of each native grape variety.

The winery offers guided tours that delve into its history, philosophy, and the intricate details of the winemaking process. The highlight of every visit is undoubtedly the wine tasting, paired with local products such as cheeses, chestnuts, and traditional Galician empanadas.

Facade of the Winery ©Bodegas Gargalo





BODEGAS GARGALO

For those seeking an even more exclusive experience, Bodegas Gargalo hosts private events in the stunning setting of the Monterrei Castle. These activities include wine-pairing dinners, cultural presentations, and tasting workshops, offering an unforgettable atmosphere that blends history, gastronomy, and wine.

The International Expansion of Gargalo

Roberto Verino has taken the name of Gargalo beyond the borders of Galicia, showcasing it at international fairs and events. Wherever he travels, he carries with him the essence of his homeland: the aroma of Godello, the body of Mencía, roasted chestnuts, pulpo á feira, and above all, his passion for sharing the treasures of Monterrei.

His wines have gained prestige not only in Spain but also in international markets, establishing themselves as a benchmark of quality within the Galician wine scene. This global presence has only strengthened Gargalo's commitment to sustainability, environmental respect, and the preservation of local traditions.

A Living Legacy

The Bodegas Gargalo project is much more than a business; it is a legacy. A legacy that blends art, history, and the land to create something truly unique. In the words of Roberto Verino: "Wine is a pleasure to be shared around a table and a good conversation with friends. From these unique moments, Bodegas Gargalo was born."

Today, Bodegas Gargalo has established itself as a benchmark of tradition and innovation in the heart of Galicia. Its legacy reflects the dedication and vision of its founder, contributing to restoring the splendor that the Monterrei Valley should have never lost.



Area for Events and Tastings



Tested wines



El Gargalo Godello 2023

Made from 100% Godello grapes, this single-varietal wine stands out for its freshness, balance, and elegance—perfect for pairing with fish, seafood, or light salads.

In the glass, it shines with an intense yellow color and greenish hues. On the nose, it reveals mineral and citrus aromas with a subtle hint of tropical fruit, offering a vibrant experience. On the palate, it is smooth and pure, with balanced acidity and a lingering finish that makes it an exceptional gastronomic wine. For the best experience, it is recommended to serve it between 45°F and 50°F, enhancing its fresh and harmonious character.

Gargalo Mencía y Araúxa 2023

This blend of 70% Mencía and 30% Araúxa—Galicia's version of Tempranillo—reflects the freshness and elegance of Monterrei. Ideal for pairing with white meats, semi-cured cheeses, or delicate stews, it is a versatile and gastronomic wine.

The grapes, grown on the slopes of Monterrei Castle, benefit from clay and slate soils and a continental climate with Atlantic influence. Hand harvesting and spontaneous malolactic fermentation in stainless steel tanks ensure a process that preserves the purity of these varieties.

With a bright cherry-red color, it offers aromas of blackberries and wild berries with hints of black tea. On the palate, its freshness and velvety texture, combined with delicate lactic notes, create a smooth and elegant finish. Serve it between 54°F and 57°F for the best experience.



Terra do Gargalo Carballo 2023

Crafted exclusively from 100% Mencía grapes with a 13% alcohol content, this wine stands out for its character and elegance, making it perfect for pairing with red meats, cured meats, stews, or roasts.

Visually, it displays a deep cherry-red color with ruby highlights—clean and bright. On the nose, it blends varietal and primary aromas with hints of licorice, vanilla, smoke, and cinnamon. On the palate, it offers an elegant texture and a well-defined character, with flavors of plums and blackberries that lead to a long, persistent finish.

Seabream



Fish from Greece

Text: Editorial staff Photography: HAPO

In the heart of the Mediterranean, Greece has found a way to harness its natural environment to lead the path toward sustainable aquaculture. The Hellenic Aquaculture Producers Organization (HAPO), founded in 2016, is the driving force behind this effort, establishing the country as a global benchmark in this vital sector for biodiversity, the economy, and food security in an ever-changing world.



Marine Farms in the Mediterranean

HAPO: Driving Greek Aquaculture Forward

Backed by 22 producers and managing nearly 80% of Greece's aquaculture production, HAPO also ensures the export of its products to 40 countries. Under its quality label 'Fish from Greece', the organization guarantees farmed fish that meet strict quality and traceability standards, adhering to rigorous European regulations. HAPO's mission goes beyond supplying the market. The organization is also dedicated to protecting marine biodiversity and addressing global challenges such as overfishing and climate change. In this context, aquaculture is not only a sustainable alternative but also a necessity to maintain the balance of marine ecosystems.

Grecia y el Mediterráneo: un compromiso conjunto

The Mediterranean diet, declared an Intangible Cultural Heritage of Humanity by UNESCO, symbolizes the deep connection between culture and nature in the countries of the Mare Nostrum. Greece, along with Spain and Italy, leads efforts to preserve this rich cultural and natural heritage, which also encompasses ancestral knowledge and culinary traditions passed down through generations. This heritage not only strengthens the identity of local communities but also promotes a healthy and balanced lifestyle that attracts millions of people worldwide.

In this context, HAPO plays a crucial role by fostering cooperation between local communities and economic sectors to protect the Mediterranean's aquatic wildlife.

Fishing, a fundamental pillar of the Greek economy, faces challenges from high demand and the consequences of unsustainable consumption. Thanks to aquaculture, it is possible to respect the natural cycles of marine species—a practice that HAPO embraces through cutting-edge technology, continuous research, and a sustainable vision that ensures the balance between production and environmental conservation.

'Fish from Greece': Certified Quality

The 'Fish from Greece' label is a symbol of excellence. The fish are raised in the crystal-clear waters of the Greek sea, in areas far from urban pollution and with strong currents that ensure their well-being. Additionally, they are fed with GMO-free feed, guaranteeing a product rich in nutrients and with an unmatched flavor.

This certification not only guarantees quality but also reflects Greece's commitment to sustainability. Each fish carries a complete record of its farming process, from sea to table, adhering to the strictest European standards.

FISH FROM GREECE



Sea Bass

Red Snapper





Greater Amberjack

In Spain, Greece supplies 56% of the gilt-head bream and 35% of the sea bass consumed. These fish, along with meagre, red snapper, and greater amberjack, are the ambassadors of Greek aquaculture, renowned for their freshness and quality.

Innovation and Social Responsibility

HAPO focuses not only on production but also on research and development. In collaboration with academic and scientific institutions, it drives projects ranging from best practice guidelines to biosecurity programs. Its initiatives include strategies to minimize the use of antimicrobials and the development of recyclable packaging materials, aligning with circular economy principles.

The organization also plays a significant role in the economic development of local communities, creating over 4,000 direct and indirect jobs, primarily in remote areas. Its social responsibility program supports vulnerable groups, environmental initiatives, and the promotion of sports.

Greece on the Table: A Treat for the Palate

The richness of Greek aquaculture has not gone unnoticed by renowned chefs. In Spain, chef Óscar Velasco creates an exclusive menu featuring Greek fish, highlighting its freshness and versatility. Dishes like greater amberjack seasoned with Pimentón de la Vera or red seabream fillet with roasted red pepper are just a glimpse of the gastronomic potential of these products.

Greek fish is an exceptional source of nutrients, rich in omega-3 fatty acids, vitamins, and minerals. Its consumption not only provides significant health benefits but also supports a sustainable and responsible practice.

Looking to the Future

With 9,942 miles of coastline and 4,000 islands, Greece is the perfect setting for aquaculture. HAPO's facilities comply with strict environmental regulations and operate under a comprehensive traceability system. This commitment to quality and sustainability ensures that Greek fish remains a global benchmark.

In a world facing climate challenges and overfishing, Greek aquaculture led by HAPO demonstrates that it is possible to balance economic development with environmental conservation. Its success not only benefits Greece but also inspires other nations to adopt sustainable practices.

Greece offers more than idyllic landscapes and a rich history—it stands as a model of how sustainability can serve as the foundation of a modern, environmentally responsible economy. By enjoying fish bearing the '**Fish from Greece**' label, you are also helping to preserve marine biodiversity and support the communities that make this Mediterranean wonder possible.





Cocidos de Lalín in Pazo Bendoiro



Lalín Cocido

A Tribute to Good Eating

Photography: Rest. Cabanas, Rest. Casa Curras, Pazo Bendoiro y Rest. La Molinera

Text: Alejandro y Luis Paadín - alejandro@paadin.es

When we think of stew, we often associate it with the cold winter months, traditionally linked to the pig slaughter season, which provides the essential ingredients for any good stew. It's no coincidence that this age-old practice takes place during the coldest time of the year, as it marks the transition of the agricultural cycle and the low temperatures help preserve the meat. However, there is one stew that defies this logic: the Cocido de Lalín. By primarily using cured, salted, and smoked meats instead of fresh pork, this dish has become a year-round culinary delight.

Centuries before bread gained popularity among the Roman lower classes as the staple food, an ancestor of today's stew was already considered the great "superfood" of the Roman diet: the "puls".

This dish was a type of porridge made from cereals, mainly farro (an ancient wheat variety), cooked in water. Simple, nutritious, and easy to prepare, it was a cornerstone of the Roman diet for centuries. Its recipes varied greatly depending on the wealth of its maker—from the most basic "Puls Plebis" to the more elaborate "Puls Luxe", which included cheese, honey, eggs, or meat. Not to mention the nourishing "Puls Militaria", often enriched with chickpeas, beans, or other legumes.

Its daily consumption over the centuries eventually led to the medieval "olla podrida", first documented in the 13th century. Despite what its name might suggest, its semantic root has little to do with decay. The term actually derives from "poderida," meaning power and wealth, reflecting the dish's rich content of meats (pork, beef, partridge, pheasant, hare, and sometimes sausages), legumes (chickpeas, broad beans, or lentils), vegetables (turnips, cabbage, carrots, and later potatoes), and spices (pepper, saffron, and aromatic herbs), making it a dish accessible only to the privileged few.

The olla podrida gained great prominence during the Spanish Golden Age (16th–17th centuries), becoming immortalised in numerous literary works. Miguel de Cervantes mentions it in *Don Quixote*, and writers like Lope de Vega and Francisco de Quevedo refer to it as a symbol of opulence or culinary extravagance.

What was once a dish of the people became, for centuries, reserved for the highest ranks of the Spanish nobility, who eventually abandoned it as French culinary trends captivated the enlightened upper bourgeoisie. However, its preparation endured in rural areas, where each region of the peninsula developed its own version, adapted to the local climate, customs, and availability of ingredients. From this dish emerged regional stews such as cocido madrileño, cocido montañés, and cocido de Lalín.

THE ESSENTIALS

PORK

A staple ingredient in most traditional stews, the Cocido de Lalín is distinguished by its use of salted, cured, and/or smoked pork, which adds depth of flavour, smoky undertones, and nostalgic hints of the traditional “lareira” (Galician hearth). This rich character is often enhanced by the addition of unto (pork fat) during cooking. The use of cured and salted meats allows this dish to be enjoyed year-round, beyond the peak winter season, contributing to its growing fame and international recognition.

Although Galicia has its own native pig breed, the Porco Celta, its high intramuscular fat content can make the stew overly rich and intense. Therefore, selected cuts from Duroc pigs or other white pig breeds are more commonly used.

Essential cuts include the cacheira or cachucha (the pig’s impressive head), lacón (cured pork shoulder), ribs, belly, tail, trotters, and the espinazo (backbone). It often features additional parts such as the tongue, pig’s feet, and various cuts from the head like the ears and snout.

CHORIZO

As in any good stew, this iconic pork sausage is a must. In the Cocido de Lalín, the chorizo duo consists of the traditional meat chorizo (either sweet or spicy) and the local specialty, chorizo ceboleiro. This unique sausage is distinguished by its high onion content—up to 50% in the mix—which gives it a juicy texture, a sweet flavour, and a distinctive character within the chorizo family.

POTATO

A staple of Galician cuisine, the potato gradually replaced the chestnut (which has been revived and is still present in some Galician stews) after its introduction in the 16th century. White potato varieties are typically preferred, with Kennebec being the most common choice.

Its firm yet slightly starchy texture makes it ideal for slow cooking and traditional recipes. It holds its shape well and has a mild flavour, making it an excellent option for stews, broths, and homemade dishes.

Cocido en el Rest. Cabanas



LALÍN COCIDO

CHICKPEA

A long-standing debate, this ingredient has been considered a staple of this recipe for at least three generations. Although its culinary uses have been known for millennia, it wasn't until the arrival of the Muslims on the Iberian Peninsula that the use of chickpeas spread and became part of popular cuisine. Today, it is inseparable from Castilian stews, while other legumes are more commonly used in the northwest of the peninsula, where the climate is more suitable for growing broad beans. Its incorporation into the Cocido de Lalín likely stems from Castilian influences in the 19th and early 20th centuries, a time when Spain's sociopolitical changes led to migrations and a highly diverse cultural exchange in Galicia. Today, chickpeas are a key ingredient in this iconic stew, although they remain less common in the rest of Galicia and Asturias, where broad beans take centre stage.



Photos © Pazo Bendoiro



GRELO OR NABIZA

The quintessential Galician hallmark: the edible leaves of the turnip plant. Although they come from the same plant, they represent different stages of growth, giving them distinct textures and flavours that are deeply rooted in traditional and seasonal Galician cuisine.

Nabizas are the tender, early leaves of the turnip plant, harvested in autumn and winter, offering a mild and slightly sweet flavour. Grelos appear in the plant's final stage, just before flowering, during winter and early spring, with a more bitter and intense taste.

To slightly soften the flavour of grelos, they are often blanched before cooking, though they still retain their characteristic essence and unique texture. Their origin also influences their taste: those from A Coruña have a stronger, more bitter profile, while those from Santiago de Compostela are typically milder, more balanced, and less robust in flavour.



OTHER INGREDIENTS

Although not essential, other meats such as chicken or beef are often included to complete the gastronomic experience of cocido. Being a typically winter dish, especially between San Amaro (January 15) and Entroido (Carnival), with the Festa do Cocido de Lalín as the climax (the Sunday before Carnival Sunday), it can be enjoyed year-round. Therefore, during the times when turnip greens or nabiza are out of season, especially in summer, cabbage is often used as a side vegetable. Despite being a vegetable primarily associated with autumn and winter, the Galician climate allows it to grow year-round.

After more than 2,000 years of evolution, "cocido" (a traditional Spanish stew) represents the pinnacle of Galician popular cuisine. It symbolizes tradition, hospitality, and a connection to the land, uniting generations and standing out as a gastronomic and cultural emblem.

However, not all "cocidos" are the same, and the one from Lalín is no exception. While there is no canonical recipe, the ingredients reflect the uniqueness of this region, and its enjoyment is closely tied to the local wines.

Its distinctive style has allowed it to establish itself as one of Spain's great traditional dishes, with the "Festa do Cocido de Lalín" (Festival of National Tourist Interest since 2010 and International Tourist Interest since 2020) being an annual pilgrimage for thousands of people.

LALÍN COCIDO AND WINE

Lalín is located in a unique setting, the "km 0 of Galicia," maintaining an equal distance from the main Galician cities and three of the most renowned Wine Denominations of Origin. Just half an hour from Ulla (D.O. Rías Baixas), Chantada (D.O. Ribeira Sacra), and Leiro (D.O. Ribeiro), the wines from these regions are fantastic companions for this gastronomic experience, and a visit to Lalín would be well worth a trip to any of these authentic wine-growing areas.

Like all "cocidos," the serving ritual follows a specific rhythm, starting with the revitalizing soup, which benefits from a well-rested broth that will gain richness and flavor. An Albariño from Rías Baixas with bottle aging would be a perfect statement for a high-end menu.

After the soup prelude, the Lalín cocido should be served dry with large cuts. Each piece has its own textures and specific flavors, even the pig's head offers more than a dozen distinct flavors (cheeks, snout, ears...). For this, we could delve into a variety of wines from Ribeira Sacra, such as a delicate Brancellao with aging for the backbone, a barrel-aged Godello to soften the greens, a powerful Caíño to balance the belly, or an old-vine Mencía to complement the complex array of flavors.

But the cocido is much more than just a recipe; it's a ritual that continues after the protein-packed feast. The Lalín cocido experience should be properly concluded with traditional Galician cheeses and a sweet course, where filloas, roscas, and fried cañitas take center stage. Such a banquet can only be topped off with one of Galicia's great (and rare) wines: the toasted Ribeiro. A delicate naturally sweet wine with centuries of tradition, it's pure ambrosia. A menu fit for the Celtic gods.



Rías Baixas vineyards



Ribeira Sacra vineyards



Ribeiro vineyards

Where do the Paadín eat?



La Molinera Restaurant

Rúa Rosalía de Castro 17 - Lalín
Tel.: +34 986 78 20 55
info@restaurantelamolinerana.com

A traditional tavern with a refreshed atmosphere, where the López siblings, Ana and Diego (Moli), make you feel at home, but without having to clean up. Much more than the excellence of cocido, there is a wide range of traditional dishes, including game, but also avant-garde cuisine, always with respect for the product and sustainability

Cabanas Restaurant

Rúa Pintor Laxeiro 3 – Lalín
Tf.: +34 986 78 23 17
restaurantecabanas@gmail.com

A historic, benchmark restaurant in the region, where tradition and innovation have been combined for years. It's not a trend or a pose; it's the knowledge that comes with experience in the constant pursuit of excellence, both in the kitchen and the dining room with Áura and José Luis, as well as in the well-stocked and select wine cellar managed by Carlota, who will always, without imposing the wine, choose the perfect one for your taste.



Casa Curras

Plaza Iglesia 2 - Lalín, Teléfono: 986 78 12 51
Rúa Rosalía de Castro 13 - Lalín
info@casacurras.com

An iconic establishment with four generations behind it. It was founded in 1941 as Bar Pepe, and with its three locations, it offers a wide range of options, from breakfasts with freshly baked pastries, to a variety of egg dishes, sandwiches, and of course, the emblematic and traditional cocido.

Mesón O Cruce

Rúa Vilatuxe 10 – Lalín
Tf.: 986 78 24 28

Mesón tradicional de carretera, en el cruce, donde la comida se presenta y nos recuerda a los sabores de otra época. Es uno de los templos para carnívoros, con carnicería propia y conocimiento del origen de sus carnes. Con una bodega suficientemente abastecida y brasas sin filigranas, donde el sabor lo aportan los productos.



Pazo Bendoiro

Bendoiro – Prado – Lalín
986 794 289 | 670 936 845
info@pazodebendoiro.com

A historic venue, where beyond the à la carte restaurant and its traditional cocido, it is a charming hotel with spaces and gardens for corporate events, weddings, and banquets. It preserves the heritage while adapting it to offer high-quality gastronomy and accommodation.

Takeaway

Although making a good cocido de Lalín would require 2 to 3 days, today it's easier than ever to enjoy it at home anywhere in Spain. Since the 2020 pandemic, many of the previously mentioned gastronomic temples offer an excellent delivery service year-round, giving lovers of this delicacy the opportunity to enjoy the full experience from the comfort of their own living room. Of course, if you live in Lalín!





Botànic Restaurant

Palma de Mallorca

Text: Rosario Alonso

Photography: Botànic Restaurant

Chef Andres Benitez



The renowned restaurant Botànic, under the direction of chef Andrés Benítez, has solidified its position as a leader in healthy cuisine with the launch of its "Plant Forward" gastronomic concept.

Located in Can Bordoy Grand House & Garden, a five-star Grand Luxury hotel, an oasis of elegance and tranquility reborn under the vision of Swedish entrepreneur Mikael Hall, it occupies a building that has witnessed more than five centuries of Palma de Mallorca's history. Known as "La Casa de Gloria," it is now one of the island's most charming hotels.

Andrés Benítez's pioneering approach places vegetables as the absolute stars, while meats, fish, and other quality, locally sourced proteins take on a secondary role, enriching the experience as luxurious accompaniments.

This innovative concept, developed by Babylon Hospitality, seeks to position itself as an international leader and pioneer in the "Plant Forward" trend. The proposal is inspired by the fictional story of a Mallorcan sailor who, after traveling the world, created a unique botanical garden, reflecting in its narrative the fusion of flavors and cultures.

At Botànic, shared tapas take on a new dimension, combined with sophisticated pairings and an atmosphere that surprises with its blend of sophistication and vitality. With this approach, the restaurant not only transforms the perception of healthy food but also redefines culinary luxury, adapting it to a modern and conscious lifestyle.

Plant Forward: The future of gastronomy

In May 2021, Ludovico Dupré, CEO of Babylon Hospitality, and Andrés Benítez drew inspiration from the great "hot spots" of London and Dubai to develop a new menu that would lead the "Plant Forward" trend. This concept champions the role of vegetables, dressing them with sophistication and sensuality, without renouncing accompaniments of meats and fish, always of the highest quality.

Botànic has been a pioneer in Spain by adopting this movement, aiming to transform healthy yet often unappealing plant-based cuisine into an exciting and luxurious gastronomic experience. The menu features sharing plates that blend tapas with the stimulating sensation of eating with your hands, creating a multi-sensory experience.

A story that inspires

The fictional story of Miquel Salas, the 18th-century Mallorcan sailor, serves as the thread that connects the concept of Botànic. According to the narrative, Salas sailed the seas, bringing spices and seeds from distant lands, which he planted alongside his blind son, Antoni. This garden transformed into a lush botanical oasis, where the aromas and flavors transported Antoni to far-off geographies.

This evocative story has inspired not only the design of the restaurant but also its culinary proposal, which recreates this sensory journey through flavors, textures, and aromas from various corners of the world. The result is a menu that transcends the boundaries of conventional cuisine, inviting diners to explore a gastronomic universe full of contrasts.

Intentional luxury

Botànic offers a complete experience where every detail is carefully crafted to the highest standard.

Located in the heart of Palma de Mallorca, it is a pioneer of the "Plant Forward" philosophy, where vegetables are the stars of haute cuisine.



The service is friendly and highly professional, the space design combines sophistication with Instagram-worthy corners, and the music adapts to the rhythm of the meal, creating an atmosphere that evolves throughout the day. All of this helps transport guests to a magical world filled with exotic smells and flavors.

The sophistication of green

The true challenge of Botànic is to prove that green can be elegant and seductive. In its dishes, vegetables are dressed to the nines with home-made curries, traditional Chinese spices, and authentic chilies, creating combinations that appeal to both health enthusiasts and trend seekers. This approach elevates vegetables to the highest level of gastronomy, transforming them into a central element of culinary luxury

Pairings that conquer

The Botànic experience wouldn't be complete without its selection of drinks, which includes fun cocktails, healthy options, sparkling wines, and exceptional wines. These complement the main dishes and desserts, where spiced liqueurs enhance the flavor of fruits and sides, elevating them to a level of excellence.

Surtido de la India a Mallorca y taco vegetal de lechuga con secreto ibérico



Winter in Botànic: New creations

Chef Andrés Benítez has designed a winter menu that combines soups and seasonal vegetables with reinterpreted classics, creating dishes that keep the coldest season of the year fun and seductive. Among the new offerings are kohlrabi with hazelnut praline, crispy kale, and pumpkin; leek with black truffle, butifarrón sausage, and garam masala; and stuffed sweet potato with mushrooms and light spinach cream. These dishes are part of Botànic's three tasting routes: Greco, Mistral (vegetarian), and Xaloc (with meat and fish).

Despite the new additions, some classics like the vegetable tacos, Vietnamese pizza, and beet dessert with creamy pavlova remain essential for the restaurant's loyal followers.

A global reference

Botànic is the first "Plant Forward" restaurant in Palma de Mallorca, and it is emerging as one of the international leaders of this trend. Inspired by the narrative of Miquel Salas, the restaurant uses exotic seasonings and aromatic herbs to transform common vegetables into true gastronomic treasures.

The cuisine of Botànic is an ode to the green, a tribute to vegetables that positions the "Plant Forward" trend as the future of gastronomy and a healthy, seductive lifestyle full of possibilities.



Botànic
PLANT-FORWARD PLEASURE





View of the restaurant

La Boscana

The restaurant is located in Bellvís, in the Pla d'Urgell region, province of Lleida. La Boscana is more than just a restaurant: it's a gastronomic experience that combines haute cuisine, nature, and sustainability. This Michelin-starred restaurant with two Soles Repsol is a benchmark in Catalan gastronomy, known for its signature cuisine that fuses tradition and innovation, and for its setting on a 645,834 square feet estate surrounded by gardens, orchards, and a pond.

Text: Rosario Alonso - **Photography:** La Boscana Restaurant



Joel Castañé Daniel

Un Entorno Único y Sostenible

The restaurant is integrated into a privileged natural setting that allows diners to disconnect from the daily hustle and bustle. The main architecture, designed by architect Jordi Font in 2009, presents itself as a glass pavilion that blurs the boundaries between the interior and the exterior. The construction uses sustainable materials such as wood, bamboo, and wicker, reinforcing its commitment to bioconstruction and respect for the environment.

The interior design of La Boscana reflects a minimalist and elegant philosophy. Simple lines and neutral colors create a serene atmosphere that does not compete with the spectacular landscape visible through its large windows. Every detail, from the arrangement of the tables to the warm lighting, is designed to enhance an intimate and welcoming experience. The décor blends modern elements with references to Catalan tradition, achieving a perfect balance between comfort and aesthetics.

The Kitchen: Tradition and Innovation

The culinary offering at La Boscana is signature cuisine that seeks to reinterpret the traditional flavors of Lleida through modern techniques and impeccable presentation. Leading this proposal is Chef Joel Castañé Daniel, who, along with his team, provides a gastronomic experience that evolves with the seasons.

The restaurant offers two tasting menus:

"The Little" Menu: Available from Wednesday to Friday, this menu allows diners to embark on a culinary journey that combines classic dishes from La Boscana with local and seasonal products.

Seasonal Menu: Available from Wednesday to Sunday, this menu changes according to the seasons, reflecting the restaurant's connection to nature. Some examples include "Spring in Bloom," "Summer Harvest," "Autumn in Color," and "Winter in Rest."

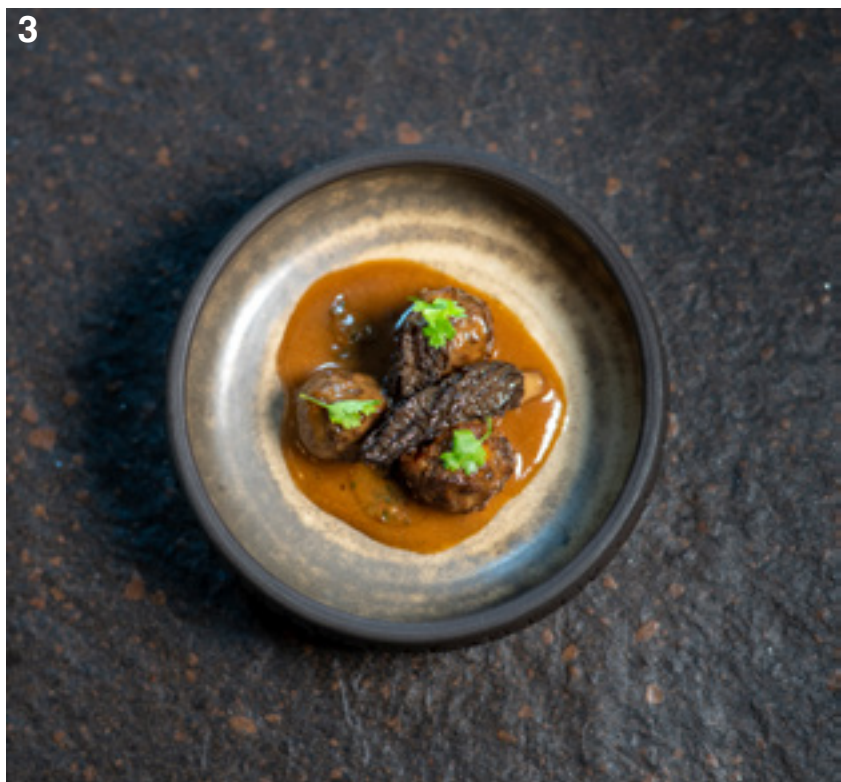
Among the standout specialties is the "Pork and Apple Tartlet," a dish that pays tribute to two iconic products of the region, highlighting the restaurant's philosophy of emphasizing local flavors.



1



2



3



4

- 1.- Cuisine in full action
- 2.- Pork and apple tartlet
- 3.- Pigeon festival
- 4.- Fresh apple
- 5.- Spider crab in chili sauce
- 6.- Mochis with ice cream
- 7.- Grilled onion



5

The Chef and His Team

Joel Castañé Daniel is the soul of La Boscana. He grew up surrounded by gastronomy thanks to the family restaurant Resquitx, founded in 1986 by his mother, Roser Daniel, and his brothers Jordi and Rubèn. Trained at the Lleida School of Hospitality and Tourism and the Sant Pol de Mar University School of Hospitality and Tourism, Joel honed his craft by working in prestigious restaurants such as Neichel, Ábaco, and El Bulli Catering.

In 2009, together with his family, he opened La Boscana as an event space, and in 2014, the gastronomic restaurant was launched, which would receive its Michelin star two years later. Additionally, in 2020, Joel was awarded Chef of the Year by the Catalan Academy of Gastronomy and Nutrition.

The team at La Boscana shares a passion for excellence and attention to detail, ensuring an unforgettable culinary experience for every guest.

A Family-Oriented and Committed Project

La Boscana is not just a restaurant; it is a project that reflects the values of the Castañé family: respect for the environment, commitment to the local area, and a passion for gastronomy. Surrounded by fruit trees, orchards, and over 60 species of native plants, the restaurant presents itself as an ecosystem that celebrates biodiversity and sustainability.

The space also houses the Masia Palace, ideal for private meetings, and offers five rooms for those who wish to extend their stay and fully enjoy the experience that La Boscana offers.

Recognitions and Appreciation

La Boscana has been widely recognized for its culinary excellence and commitment to nature. In addition to its

Michelin star and two Soles Repsol, the MICHELIN Guide highlights it as one of the most romantic restaurants in Spain. Diners particularly appreciate the quality of the dishes, the attentive service, and the beauty of the place, making each visit a unique experience. La Boscana is a place where haute cuisine, sustainable design, and nature converge to offer an unforgettable experience. Under the direction of Joel Castañé and his team, this restaurant has established itself as a benchmark in Catalan gastronomy, honoring local products and the seasons of the year. Every detail, from its architecture to its dishes, is designed to connect diners with the beauty and flavors of the region, making La Boscana a must-visit for food lovers.

An example of its versatility and commitment to local producers was the gastronomic experience held at La Boscana on November 14, 2024, where all courses were served with Pink Lady apples (Espardenyas with apple, apple and celery root pond, apple pâté en croûte, apple and pork tartlet, pigeon with apple pickles, or apple meringue). The experience, thanks to Joel's expertise and the quality of the product, was unforgettable.





Luna Rossa

The Flavor of Campania in the Heart of Madrid

Text: Editorial staff - **Photography:** Luna Rossa

At 24 San Bernardo Street, the Italian restaurant Luna Rossa celebrates 30 years as the leading exponent of Campania cuisine in Madrid. This cozy space, led by Anna Carla Zucchini, is much more than just a place to eat: it's a gastronomic experience full of history, tradition, and authentic Italian flavor.

A Journey Through History

When Giuseppe Zucchini founded Luna Rossa in 1993, his vision was clear: to bring to Madrid a trattoria true to the Italian spirit. To achieve this, he commissioned Neapolitan artisans to build the city's first forno di pietra, the heart of the restaurant. In this wood-fired stone oven, the first Neapolitan pizzas were created, offering the flavors and textures of the authentic recipe he had learned from his mother.

After Giuseppe's passing, Anna Carla took charge at the age of 19. With determination and passion, she not only preserved her father's legacy but also expanded Luna Rossa's reach. Today, this restaurant is synonymous with quality, authenticity, and warmth.

The Soul of Luna Rossa: Its Famous Oven

The forno di pietra remains the centerpiece. Here, classics like the Margherita, Piccantina, and Marinara are prepared, but also bolder creations such as the Provola e Pepe di Sichuan or the innovative fried pizza. Every bite is a showcase of tradition and creativity. However, Luna Rossa is not just about pizza. The menu offers a wide variety of dishes, from starters like Guazzetto di cozze, to mains like Parmigiana di melanzane, fresh pasta, and baked fish.

This winter, standout dishes include the onion soup, denser and more comforting than the French version, and the Neapolitan ragù made with high-quality Galician blonde beef. For dessert, classic Italian treats like Sicilian cannoli or babà al rum promise to close the meal with a golden touch.

An Extraordinary Team

Anna Carla is not alone in this venture. Alongside Giuseppe Procentese, her lifelong maître d', and brothers Cristian and Valentín Ogea, Luna Rossa has managed to maintain a solid team for decades, which is rare in the industry. This family-like atmosphere is reflected in the warm service and the passion for providing an unforgettable experience.

Decoration and Atmosphere that Transport You to Italy

The venue retains the charm of a classic Italian trattoria, with cozy details that evoke the family inns of Campania. The walls, decorated with photographs of celebrities who have dined there — such as *Pavarotti, Lola Flores, Javier Bardem, and the King and Queen of Spain* — are a testament to its popularity and prestige.

An Irresistible Invitation

Luna Rossa is not just a restaurant; it's a little piece of Italy in Madrid. Its wood-fired oven, seasonal menu, and family atmosphere make every visit special. Whether you're looking to taste a Neapolitan pizza or discover new flavors of Italian cuisine, this place is a must-visit. Booking a table here is an invitation to enjoy, savor, and experience the true spirit of Campania.



Anna Carla



The kitchen and its famous wood-fired oven





KŌ by 99 Sushi Bar

The new gastronomic gem of the Bernabéu

Text: Editorial staff - Photography: Grupo Bambú

Rubén Guerrero



Madrid is about to welcome one of the most anticipated gastronomic openings of the year: KŌ by 99 Sushi Bar. This new concept from the Bambú Group, renowned for its excellence in high-end Japanese cuisine since the founding of 99 Sushi Bar in 2005, will open its doors in the second half of January 2025. Located in an exclusive box at the New Santiago Bernabéu Stadium, specifically at the corner of Padre Damián and Rafael Salgado streets, KŌ promises to redefine the luxury dining experience in Madrid.

With an area of 600 square meters, the restaurant offers seating for 99 guests across the main dining room, terrace, and VIP Rooms, designed for those seeking a more intimate experience. This location will undoubtedly become a landmark for food enthusiasts and the most exclusive nightlife in the capital.



jewl

A modern and cosmopolitan concept

KŌ by 99 Sushi Bar is much more than a restaurant; it is a modern izakaya that invites guests to enjoy a high-level culinary offering, complemented by a vibrant atmosphere where music, art, and fashion converge. "KŌ faithfully preserves the culinary essence of 99 Sushi Bar, paying tribute to the most sophisticated Japanese haute cuisine," says Jaime Castañeda, the international CEO of the group and one of the creators of the concept. He also emphasizes that the space is also envisioned as a social and urban meeting point, designed for an active, demanding, and cosmopolitan clientele.

This new project from the Bambú Group inherits the gastronomic excellence that characterizes 99 Sushi Bar but adds a more contemporary approach, with dishes specifically designed for sharing and a strong connection to nightlife. The terrace promises to be one of the chicest spaces for Madrid's summer evenings, while the VIP Rooms guarantee an exclusive experience for those seeking privacy.

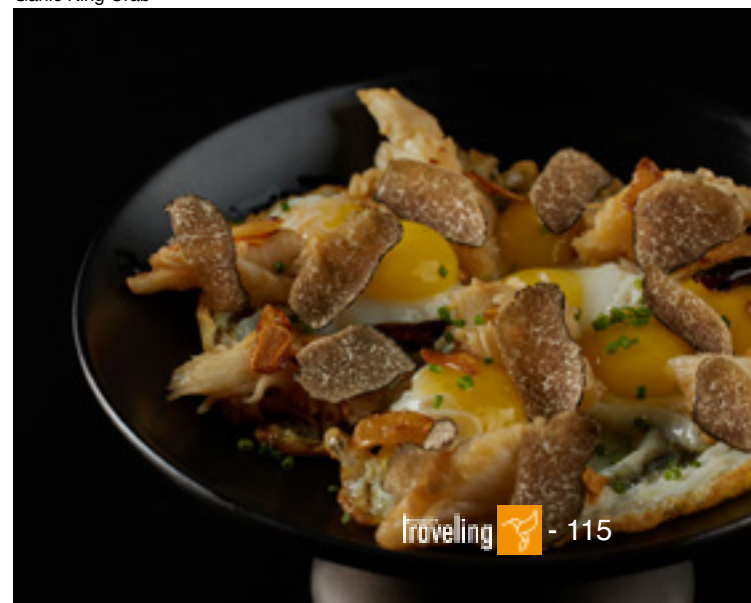
A menu that fuses the classic and the contemporary

The culinary offering at KŌ by 99 Sushi Bar has been developed by Rubén Guerrero, the international culinary director of the brand, who describes the menu as a combination of classic and avant-garde. "We will find exclusive dishes alongside reinterpreted classics, such as theatrical robatas, perfectly roasted meats, and refined sushi, all designed to be shared," says Guerrero.

Among the standout creations are garlic crab with quail eggs and salmon roe, scallop tempura with lime zest and fresh wasabi, and carabini-nero hosomaki with garlic chips. Sushi lovers won't be able to resist the Jewel, an elegant toro, akami, fresh truffle, and caviar maki, or the futomaki with royal crab, sea urchin, and ikura.

Robata, the quintessential Japanese grill, also takes center stage on the menu. Dishes like the Gochujang-glazed free-range chicken robata and Atlantic bass with white miso are examples of the balance between technique and creativity. The offering is completed with a selection of salads, rice, and meats.

Garlic King Crab



Wines to Toast in 2025

Cara Norte 2021

www.bodegasmontebaco.com

Cara Norte 2021, from **Bodegas Montebaco**, has received 96 points in Tim Atkin's Ribera del Duero Special Report 2024, ranking among the 26 best wines in the denomination. This single-varietal Tempranillo, grown in organic vineyards with clay and limestone soils, stands out for its freshness, delicate tannins, and notes of red currant and pomegranate.

Montebaco also shines with Selección Especial 2019 (94 points) and Montebaco de Finca 2021 (92 points), reaffirming its position among the best wineries in the region. Atkin's report, a key reference in English, places Montebaco alongside major names like Aalto and Hacienda Monasterio, highlighting its excellence and tradition in Ribera del Duero.



Pago de Otazu 2022

<https://otazu.com>

(D.O.P. Pago de Otazu) is a red wine made with 61% Merlot and 39% Cabernet Sauvignon, with hand-harvested grapes and aged in French oak barrels. Its intense cherry red color reflects the essence of the Otazu terroir and the Atlantic climate.

With aromas of red fruits, currants, and wild berries, it is ideal for roast suckling pig, grilled meats, and fish. Additionally, its complexity makes it perfect for pairing with festive dishes, enhancing traditional flavors and offering an unforgettable experience.

As an appetizer, it pairs well with cheese platters, pâtés, and Iberian cold cuts, making it the perfect start for any holiday celebration. A versatile wine that embodies the spirit of the season.

Cepa 21

<https://www.cepa21.com/es>

From the D.O. Ribera del Duero, this is a single-varietal Tempranillo red wine that blends winemaking tradition with a contemporary approach. Its intense picota cherry red color, expressive and mature on the nose, features notes of confit black fruits such as blackberry and bramble, complemented by elegant touches of French oak. On the palate, it stands out for its structure and balance, with sweet tannins and a long, elegant aftertaste.

This wine has been awarded the Grand Gold Medal at the Brussels World Contest, establishing itself as a benchmark in its category. It is ideal for pairing with red meats, cured cheeses, and game dishes.





Malabrigo 21

<https://www.cepa21.com/es>

It is a single-varietal Tempranillo that reflects the essence of the Ribera del Duero terroir. Sourced from a unique plot with sandy-clay soils and exposed to marked thermal oscillations, this wine displays an intense and bright picota red color. On the nose, it offers complexity with notes of ripe black fruit, toasted aromas, and balsamic hints from its aging in French oak barrels. On the palate, it is long, silky, and balanced, with soft tannins that harmonize with the fruity and oak nuances, leaving a persistent and pleasurable finish.

Ideal for pairing with grilled meats, stews, and game dishes, making it an exceptional choice for special occasions and unforgettable moments of celebration.

Pago de Otazu Chardonnay 2022

<https://otazu.com>

Pago de Otazu Chardonnay 2022 (D.O.P Pago de Otazu) is a 100% Chardonnay wine, made with hand-harvested grapes at their optimal ripeness. It has a bright yellow color and offers floral aromas, citrus notes, and a touch of spice. Its aging in French oak barrels imparts elegance, complexity, and a long finish with fine minerality.

Ideal for fresh starters such as tartares, sushi, and ceviches, it also pairs well with seafood, foie, and Iberian ham, enhancing each dish with subtlety. Its balance and minerality make it perfect for grilled fish, white and red meats, seasonal vegetables, and rice dishes, making it a versatile and sophisticated choice for any special occasion.



Hito rosado 2023

<https://www.cepa21.com/es>

(D.O. Ribera del Duero), this is a single-varietal Tempranillo that stands out for its freshness, elegance, and modern character. With an attractive pale pink color, it unveils vibrant aromas of red fruits such as raspberry and blackberry, accompanied by delicate floral notes and a subtle citrus touch that adds freshness and sophistication.

On the palate, its balanced acidity, silky texture, and volume make it a vibrant, expressive, and very pleasant wine. It is an ideal choice for pairing with fresh salads, seafood, fish, and a wide range of appetizers, offering versatility that makes it suitable for any occasion, from casual gatherings to special events.

The Bartender's Guide

De Jerry Thomas

By: Editorial staff

The most famous cocktail book, published in 1862 by the renowned Jerry Thomas, was the first to systematize bartending, transforming oral traditions into a practical manual. In addition to establishing mixing principles, it includes innovative creations such as the legendary Blue Blazer, a flaming cocktail that continues to fascinate. Thomas, known as "the Professor," is considered the father of modern mixology.

This guide is not just a compilation of recipes; it also offers mixing techniques and practical tips that reflect Thomas's creativity and ingenuity. It includes classic recipes such as the Blue Blazer, a flaming cocktail that has become legendary.

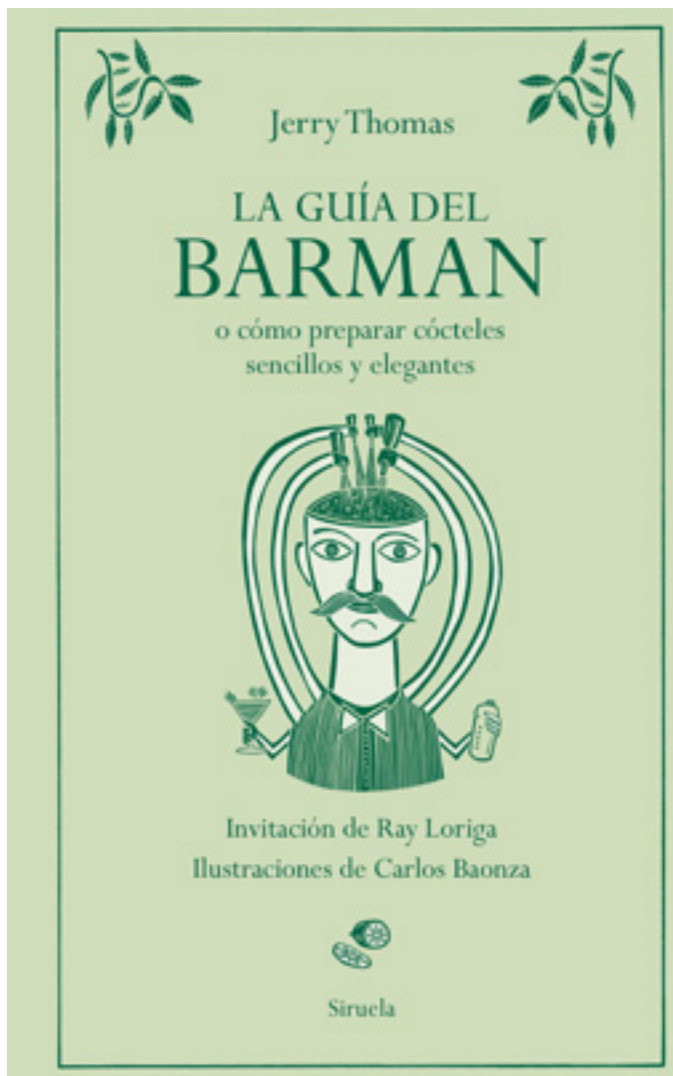
The current edition of "The Bartender's Guide" preserves the original tone of the text, adapting measurements to common utensils for ease of use. Tablespoons (15 ml), dessert spoons (5 ml), pint glasses (560 ml), shot glasses (30 ml), and wine glasses (150 ml) are used. This adaptation allows both amateurs and professionals to recreate the mixtures without complications.

It is important to note that some recipes include ingredients that are now considered harmful. The current edition provides instructions on how to omit these components, ensuring safe preparations in line with modern knowledge.

Moreover, the evolution of bartending tools has been taken into account. While Thomas's era did not have the cocktail shaker as we know it today, its use is suggested in modern preparations for greater convenience.

"The Bartender's Guide" is an essential work for those wishing to explore the origins of bartending and understand the evolution of mixing techniques. The combination of classic recipes, practical tips, and contemporary adaptations makes it an invaluable reference for bartenders and cocktail enthusiasts.

In summary, this guide offers an in-depth view of the art of mixology, respecting tradition while adapting to current needs, making it accessible and relevant to the contemporary audience.



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Libros del Tiempo



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