

5 LOCAL DELICACIES

that are full of history

101 ESGARRAET

Esgarrar means 'tear' in Valencian, and cooks have been tearing cod for *esgarraet* since time immemorial. It's made with *bacalao*, sweet roasted red pepper, garlic and oodles of olive oil. Some believe the dish originated in Cabanyal, although others think that it is city-wide, as it beautifully combines the farmland and the sea.

102 ALL I PEBRE

In the canals of the Albufera, wild eels swim between the reeds. They're the main ingredient of this stew made with garlic, peppers and tomato first whipped up by fishermen on the shores of the lake. It is a rare gem in the city centre (La Salita serves a version with white pepper and lemon rind).

103 CLOTXINA

Mussels? Nearly. This is *clotxina*: Valencia's smaller, more delicate variety. Grown near the port, the farming practise dates back to the 19th century and it is a trade that's passed down through generations. Find the seasonal delicacy on most menus from late April to August.

104 BUÑUELOS

A popular treat sold on street corners during Fallas, *buñuelos* may have been brought to Spain by the Moors from North Africa. In the 16th century the Morisco population ate fried dough balls drizzled in honey. The 18th century saw *buñuelos* mixed with pumpkin being sold at the early Fallas bonfires.

105 TURRÓN

This nougat bar is a Christmas stalwart, but its origins stretch way back. Some historians point to the ancient Greeks, who prepared honey and nuts for Olympic athletes. The first record of *turrón* was by an Arab doctor in the 11th century, and by the 15th century it was hugely popular, especially in Alicante.



104 BUÑUELOS



The 5 best cafes for a CAFFEINE FIX

106 **NEWS & COFFEE**
**Plaça del Doctor
Collado**
Ciutat Vella ②
+34 659 47 90 47
newsandcoffee.eu

News & Coffee is the Barcelona-based group that revive Spain's historic newspaper kiosks with a hot new magazine selection and excellent coffee. Flick through the interior eye-candy of *Openhouse* and the fresh fashion in *Pop* while sipping a coffee on the bonny bench (co-owner Albert made it himself).

107 **FAV COFFEE**
C/ del Cronista
Carreres 1
Ciutat Vella ②

Sergio and Ksenia moved to Valencia from Madrid and brought the capital's stellar coffee scene to this converted old pharmacy. Find the usual suspects like perfect flat whites and oat milk lattes alongside cooler options for scorching days like matcha iced lattes and kale kombucha.

60 PLACES TO SHOP



BANGARANG

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5 stunning MODERNISMO VALENCIANO buildings

- 241 EDIFICI DE CORREUS** Grandeur than your average post office, the immense Edifici de Correus was built in 1922 to symbolise the progress and innovation made by mail and telegraphs in the 20th century. Marvel at the enormous domed glass ceiling – those coats of arms circled around the edge represent the 48 provinces of Spain.



- 242 ESTACIÓ DEL NORD** In line with Art Nouveau, Valencian Modernism often celebrates the city's own identity, with motifs like oranges, *falleras*, fishing, and agriculture. The best example of this is Estació del Nord. Inside, find the beautifully tiled vestibule, ornate wooden ticket booths and intricate mosaics.

- 243 PASATGE DE RIPALDA** Somewhat dilapidated, this covered arcade is often used as a shortcut, but it's worth a second look. Built in 1889, it was inspired by the glamorous Italian neoclassical shopping arcades. The glass ceiling is especially beautiful, and it's rumoured that the semi-circular windows on the wall were made by Gaudí.

- 244 MERCAT CENTRAL DE VALÈNCIA** Designed in 1914 by Francisco Guardia and Alejandro Soler, this market is crowned with a grand domed iron and glass ceiling. Locals and visitors weave through 274 stalls loaded with fruit and vegetables (48,000 kg is unloaded every day), and more hanging *jamón* legs than there are baubles on a Christmas tree.

- 245 EDIFICI GÓMEZ I** With its ornate balconies and romantic turret, this residential building stops people in their tracks. It was built in 1902 by Francisco Mora Berenguer, who was among the first to study in the Barcelona School of Architecture. His friend Gaudí was a big influence, seen in this curvy, organic-looking masterpiece.

5 hands-on WORKSHOPS and TOURS

306 NYÀS VIDRIO RECICLADO

AT: VILLA INDIANO

Cami de l'Estació 4

Burjassot

nyasartesa.com

Give Mirella and Rafa an empty beer bottle and they'll transform it into a work of art. Leftover glass turns into picture frames, vases and terrariums with copper foil and a nifty soldering iron. Learn how to work their magic at one of their classes, usually held in the decadent surroundings of Villa Indiano.

307 KONLAKALMA CERÁMICAS

C/ del Nord 26

Extramurs ④

+34 680 22 58 05

Katrin's organic, billowy vases are all hand-built, meaning they are wonderfully asymmetrical and brimming with character. Can't commit to a three-month course? She shares her techniques in small, relaxing workshops – keep an eye out on her Instagram page.

308 ENSEDARTE

C/ de l'Estamenyeria
Vella 6

Ciutat Vella ②

+34 616 99 99 12

ensedarte.com

Many of Valencia's orange groves used to be filled with mulberry trees, and in the 18th century half of the city worked with silk in one way or another. Eva works wonders with silk, taking inspiration from Valencia's architecture and culture. Join a silk scarf workshop to give it a whirl.

309 MY FIRST PAELLA

C/ del Penyagolosa 5

L'Eixample ③

+34 626 09 08 79

myfirstpaella.es

They say paella should be cooked over an open fire, and (if we're being really picky) using orange wood. Failing that, try this beginner's course in Russafa – it takes a light-hearted approach to a dish that's taken very seriously. It even includes a morning trip to the market to pick up the ingredients.

310 CERVEZA TYRIS

AT: POLÍGONO INDUSTRIAL

FUENTE DEL JARRO

C/ Ciutat de Sevilla 16

Paterna

+34 961 06 40 50

cervezatyris.com

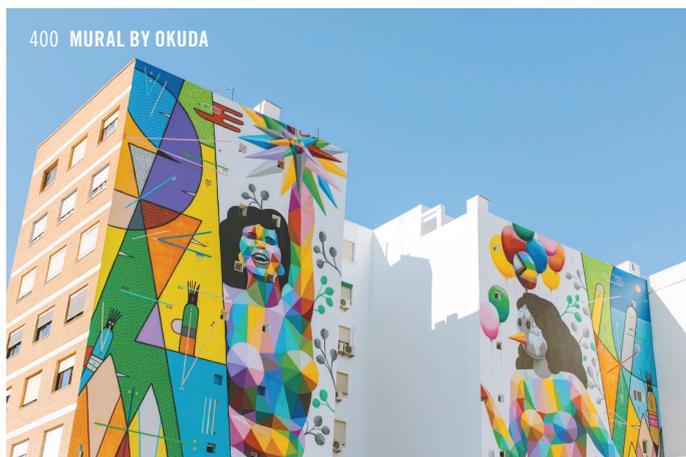
On a quiet industrial estate to the northwest of the city, local beer heroes Tyris have opened up their brewery to curious ale fans. Take the metro over, pop on a hair net and join a tour of their slick operation, before tasting five of their best brews in the tap room.



5 examples of iconic STREET ART

396 **MAI S'APAGARÀ
LA NOSTRA LLUM**
BY BARBITURIKILLS
C/ del Progrés 183
Poblat Marítim ⑧
+34 620 68 45 52
barbiturikills.com

Bárbara Sebastián is a Valencian street artist known for her joyful pink rabbits, which always deliver a serious message. This work is a homage to the strength of Cabanyal residents, who successfully blocked a plan by the local council to bulldoze part of the historic neighbourhood. Google 'Salvem el Cabanyal' for more background.



397 **MURAL**
BY CABISCOL
C/ de Pintor Fillol /
C/ Roterós
Ciutat Vella ①

Cabiscol has covered every inch of an old office in a dreamlike mural of cacti, cave houses, geometric prints and someone riding a rhinoceros. What's it about? Perhaps it's an imagined prehistoric scene in Valencia, perhaps it's a social commentary on how people live in Valencia today. Whatever it is, it's impressive.

398 **DISSENY MADE
IN COOP**
BY CACHETEJACK
C/ de la
Beneficència 16
Ciutat Vella ①

Cachetejack is the name of illustrator duo Nuria Bellver and Raquel Fanjul, who make the most vibrant street art. This mural is especially happy and energetic; the image of three people working together talks about the power of cooperation – as is the fact that these two have collaborated since they met at university.

399 **LOOK INSIDE**
BY CACHETEJACK
Gran Via de Ferran
el Catòlic 67
Extramurs ④
cachetejack.com

On the Gran Via, a hot pink building pops against the blue sky. A 600-square-metre head seems to be looking inwards. Chunky lettering reads: 'LOOK INSIDE'. It's another masterpiece by Cachetejack, a mural that asks people to reflect, be calm, and empathise in a time of polarisation.

400 **MURAL**
BY OKUDA
AT: JOAQUÍN
SOROLLA STATION
Extramurs ④

Oscar San Miguel Erice, also known as Okuda, is a Spanish artist with incredible vision. His vivid, geometric murals search for the joy in life's darkest avenues. This mural celebrates diversity, community and being outdoors – it was completed just a year after Spain's lockdown.

5 trailblazing SUSTAINABLE hotels

436 CASAS BENALI

C/ de Benalí, km 18
Enguera
+34 628 01 98 72
casasbenali.com

When Daniel and Martine found this tiny hamlet in the mountains, they fell in love with it. They transformed it into a sustainable refuge, a self-contained village of double rooms, rustic houses, tipis and terraces with views of the countryside. Book individual rooms, or recharge the batteries at a wholesome yoga retreat.

437 YOURS

C/ de Cuba 19
L'Eixample ③
+34 960 43 93 20
thisisyours.es

Set in an old laundrette in Russafa, everything in this minimal hotel has been meticulously thought through. Owners worked with nearby artisans to bring their vision to life, from hand-poured candles, to cups thrown by a local ceramicist, to coffee roasted by Bluebell just down the road.

438 MAR DE FULLES

Polígono 5,
Parcela 69
Alfondeguilla
+34 964 09 09 65
mardefulles.es

Guests at this 100% solar-powered hotel get to fling open the doors to their private terrace and let in the breeze and the birdsong from the Serra d'Espadà mountain range. A 50-minute drive from Valencia, lazy afternoons are spent reading a book by the saltwater swimming pool and sipping organic wine.

439 VILLA SERRANO

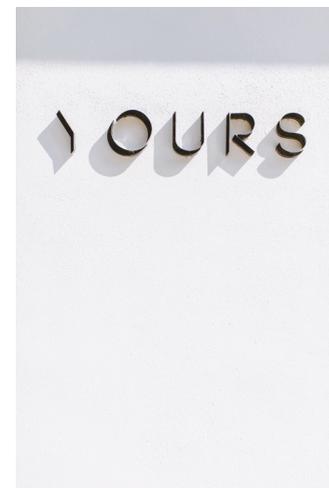
C/ Valencia
Pedrones 16
Los Pedrones
+34 620 92 06 33
villaserrano.es

An hour's drive from Valencia, this 1920s home in the quaint village of Los Pedrones was renovated with a very light touch. Hydraulic tiles were preserved, wooden fixtures oiled, and a wood-fired hot tub added. Supporting local businesses are at the heart of their project; hit the high street for a tour of the local winery.

440 CENTRO CALIMA

C/ Nova Malvarrosa 11
Gilet
+34 626 91 78 01
centrocalima.com

Centro Calima is a restorative combination of yoga, meditation, and nutritious cooking by Marta (she works wonders with plant-based ingredients) just a 30-minute drive from the city centre. Safari tents, which cocoon guests in the great outdoors, can be booked individually, but it comes into its own during group retreats.



5 amazing BEACHES

461 PLATJA DE LA PATACONA

Alboraia ⑧

Described as the millennial beach of Valencia, Patacona is the furthest beach from the city centre, and draws a diverse crowd for its live music, beach bars, and restaurants. You're just as likely to find brunch and cocktails here as you are paella, and water sports like SUP and surfing are taking off.

462 PLATJA DE LA MALVA-ROSA

Poblats Maritims ⑧

Until around 1848, this was the sole hang-out of fishing families. That was until French botanist Jean Closier arrived. He grew hollyhock (*malvaceae* in Latin, or *alcea rosea*) for his perfume; it's where the beach got its name. Now it's a sporty stretch with volleyball courts and one kilometre of butter-yellow sand.

463 EL SALER

Pobles del Sud

Popular with families and those looking for a (slightly) quieter alternative to the city beaches, El Saler is a white sandy beach with dunes like small mountains. Two restaurants with sea views compete for attention at the entrance – both serve paella and traditional nibbles.

464 PLATJA DOSSEL

Cullera

On a stretch of coast that is generally quite built up, this golden beach has managed to resist too much development, with the exception of the odd building here and there. It means it's a good spot for nature lovers and birdwatchers, the quiet and keen-eyed might see sanderlings and Kentish plovers.

465 PLATJA RACÓ DE LA MAR

(CANET D'EN
BERENGUER BEACH)

Canet

Another popular family hang-out, this blue flag beach normally has a lifeguard on watch. There are a few stones near the crystal-clear water, but we'll forgive them. Head to the marina for windsurfing, sailing and kayaking, or stroll on the palm tree promenade, stopping at ice-cream parlours and sun-bleached restaurants.

