



WALKS TO GET TO KNOW THE CITY OF PAMPLONA

Pamplona is the capital of the province of Navarre, the district that bears its name and used to be the capital of the old Kingdom of Navarre. It is located in what is practically the geographical centre of the province, the historical city taking up position on a terrace with a marked slope, at the bottom of which flows the River Arga. The name of the city comes from the Roman General Pompey the Great, who set up camp at the spot when winter arrived in 75-74 B.C. This military camp became a permanent post, giving rise to a stipendiary military city belonging to the *Conventus Iuridicus* of *Caesaraugusta*. The Romans found a local population which had lived in the area since the First Iron Age, VII or VI century B.C., none of whose buildings remain, but some of whose personal belongings have been unearthed. Strabo described the inhabitants of the area in his *Geographica*: "All the mountaineers lead a simple life, are water-drinkers, sleep on the ground, and let their hair stream down in thick masses after the manner of women, though before going into battle they bind their hair about the forehead. They eat goat's meat mostly, and to Ares they sacrifice a he-goat and also the prisoners and horses (...). They eat sitting down on benches built around the walls, sitting according to age and rank; the food is passed round; amid their cups the men dance." The remains of the Roman Pompaelo are on show at the Museum of Navarre.



P.1: PAMPLONA, CITY OF MONUMENTS

Architectural styles, nobility, religion, administrative areas, meeting places...

One of the best ways to understand the idiosyncrasy of a city is to visit its most representative buildings, mix in with the people, watch them going about their business, enjoy the city's more spectacular areas, the magnificence of its coats of arms and the building styles from different periods.

This route includes the city's most emblematic churches, including the Cathedral, those palaces of the nobility in the best state of repair, with their heraldic coats of arms, the most important museums and administrative buildings, and a few of the keys to life in the city.

PLAZA DEL CASTILLO

The walk begins in this square, which takes its name from the castle that Luis el Hutín built at one end of it in the XIV century. This building was later replaced by the castle that Ferdinand the Catholic had built, itself demolished with the building of Pamplona's modern Citadel. A long time passed before this area was built up as a residential area because the locals lived in the core of the city. But in the XIV century, it was already used as a recreational and leisure area. The Plaza is still a meeting place today and its numerous bars and cafes entice you to while your time away inside. The bandstand, which has had pride of place in the square since 1943, has become one of the symbols of the city, and pipe players and town bands often liven up evenings there.

PALACE OF NAVARRE

At one end of Plaza del Castillo stands the Palace of Navarre, the seat of the Provincial Government. The façade overlooking Paseo Sarasate is the work of the architect José de Nausea and the sculpture work is by Fructuoso Orduña. The niches on the main floor represent King Sancho the Great and King Sancho the Strong. A man from La Ribera and another from the Mountainous region,

both holding the coat of arms of Navarre, decorate the pediment. The Palace's pleasant garden is home to one of Pamplona's three redwood trees, brought from America.

Continuing along the route, we find ourselves in the previously mentioned **Paseo Sarasate**, a name it received in the XIX century when, taking advantage of the approval of the First Ensanche district, it came to form part of the urban area with the construction of a number of buildings. This district was built in 1888, still within Pamplona's walled enclosure. A walk along Calle Padre Moret and adjacent streets reveals the architecture from the end of the XIX century built at the time.

A set of statues of Navarrese monarchs from the Royal Palace of Madrid line Paseo Sarasate. The statue to the Fueros (Navarre's charter), the work of the architect Manuel Martínez Ubago and paid for by public contributions, was erected in 1903. At the other end stands the current **Parliament of Navarre**, a building designed by Julián de Arteaga which used to house the Provincial Court of Navarre. This is one of the most representative examples of what is known as eclectic architecture. The building adopted its current function in 2002 following restoration work by Mariano González, Juan M. Otxotorena and José V. Valdenebro, maintaining the original façade.

BALUARTE

Carrying on with the walk, we reach Pamplona's auditorium, Baluarte, a stunning L-shaped building designed by the Navarrese architect Patxi Mangado and constructed at the point where the Bastion of San Antón once stood.

The dark grey granite from Zimbabwe on the outside stands in stark contrast to the warm colours of the beech wood which prevails in the interior.

CALLE ZAPATERÍA

This street was an important social hub in the city in the XVIII century, something which is reflected in its buildings. The Baroque palaces still standing and the countless coats of arms decorating many of the buildings bear witness to the fact.

Among the more interesting buildings, the **Palace of the Condes de Guenduláin**, built by the Eslava de Enériz family, is now a luxury hotel. The façade of the house, one of the widest in the city, has three storeys, and the processions and events taking place in this important street in the Historical Centre, both past and present, are clearly visible from its balconies.

Another must is the **Palace of the Navarro Tafalla**, which the member of the Order of Santiago and trader with South America, Captain Juan Francisco Adán y Pérez had built in 1752.

THE TOWN HALL

Pamplona Town Hall was one of the buildings constructed following the passing of the Privilege of Union by King Carlos III in 1423. The document outlining the Privilege defined the exact location at which the Town Hall should be built, in what used to be a moat at the point at which the three burghs forming the city met: Navarrería, San Cernin and San Nicolás. Until then, relations between the inhabitants of these areas had been tense, leading to confrontation on a number of occasions. Consequently, the three populations were separated by defensive walls and their churches were used as fortresses.

The current Town Hall was built between 1753 and 1759 to replace the old one, which was almost in ruins. Work began following the design created by Juan Miguel de Goyeneta, but it was decided that the façade should be changed for the one presented by José Zay y Lorda in 1755. The sculptor José Jiménez took on all the sculpture work. The clock also dates from the XVIII century, although its workings were replaced in 1991. The entire interior disappeared with the alterations of 1952.

The door of the Town Hall is guarded by two statues representing Prudence and Justice, while the figure of Fame, announcing the glories of the city with a bugle, crowns the building. Flanking Fame, two statues of Hercules stand as a symbol of civic virtues. The coat of arms of Pamplona also appears on the façade in numerous places.

CALLE MAYOR

Calle Mayor is the most emblematic street in the historical city, the old road of pilgrims on their way to Santiago which joins the Parish of **San Saturnino** (also known as San Cernin, the name of the fortress church of the ancient burgh) with that of **San Lorenzo**. When the three burghs were united, it became the main thoroughfare in the city and was home to a long list of tradesmen. Several Baroque houses and coats of arms from the XVIII century, indicative of the social vitality of the area, can still be seen, such as the **Palace of Redín y Cruzat and the Palace of Ezpeleta**.

Alongside the Church of San Saturnino is the **Palace of El Condestable**, built for the IV Conde de Lerín in the middle of the XVI century. It has recently been refurbished and is now one of the city's civic centres, meaning that it often hosts exhibitions and events of different kinds.

At this point, we should veer off into Calle Campana to see the **Cámara de Comptos**, an example of Late Gothic domestic architecture. The pointed archway leads to a barrel-vaulted passage before ending in a quiet patio.

CONVENT OF THE RECOLET AUGUSTINES

At the end of Calle Mayor, in the Plaza Recoletas, there is a convent of the same name which was founded by the Secretary of Felipe III Juan de Ciriza, who arranged it so that the Crown, the owner of the land, granted it to the Order of Recolet Augustines. The building, which follows the example of XVIII-century convent architecture, was designed by Juan Gómez de Mora and completed in 1634.

The austere exterior conceals the great Baroque reredos inside the convent. The main reredos and two other side reredos form a delightful set commissioned from Francisco Gurrea y García in 1700.

MUSEUM OF NAVARRE

Carrying on through Plaza de la O, we reach the Parapet Walk, which includes the **Portal Nuevo**, one of the old gateways into the city. From there, the path to the Museum of Navarre, housed in what used to be the Hospital of Nuestra Señora de la Misericordia, makes for a pleasant stroll.

Of the original construction, both the doorway, built in 1556 by Juan de Villareal, and the old chapel, built in 1547 by the stonemason Juan de Anchieta, still remain. The façade of the chapel is original, but a XVIII-century Baroque work

from the Church of la Soledad in Puente la Reina which was moved to the site in 1934. The chapel contains an interesting exhibition of religious art. The basement of the museum displays exhibits on prehistory and protohistory. The first floor is given over to Roman art, including a superb collection of mosaics. Mediaeval art takes up the first and second floors, and two of the highlights of the work on show are the Romanesque capitals from the old cathedral, outstanding for their quality, and the Hispanic Muslim coffer from the Monastery of Leyre. Exhibits from the Renaissance are on the second floor and, in addition to the set of mural paintings from the Palace of Oriz, there is also a magnificent wooden carving of Saint Jerome by Juan de Anchieta. The third floor is devoted to the XVII, XVIII and XIX centuries. Goya's portrait of the Marqués de San Adrián deserves special mention. The collection culminates with works from the XX century.

NAVARRERÍA

We now walk along Calle Santo Domingo, Calle Mercado and Calle Aldapa to reach the Cathedral via Calle Navarrería. We continue along Calle Dormitalería, which takes its name from the fact that the cathedral's *dormitalero* (the man responsible for locking the door at night) used to live there, to Plaza Santa María la Real, home to the **Archbishop's Palace**.

This building combines typical architecture from the Middle Zone, with a preference for ashlar masonry, and that of the Ribera region, where brick predominates and galleries are opened to crown the building.

CONTEMPORARY PAMPLONA

Walking up the slope of Labrit, we reach the pedestrian precinct of Avenida Carlos III, a social artery that unites those out for a stroll, shoppers, traders and establishments of different kinds. If we walk along the avenue from Plaza del Castillo, then, on the right, we pass Avenida Roncesvalles, where a spectacular **monument to the Bullrun** by the Biscayan sculptor Rafael Huerta Celaya, a must for all visitors, stands.

CATHEDRAL OF SANTA MARIA LA REAL

Visitors should not miss the Cathedral, one of the city's principal treasures. The present Gothic building replaced the old Romanesque one, which was seriously damaged in the War of La Navarrería (1276). The new cloister was built first, taking the whole of the XIV century before it was completed.

It was built in the Gothic style and was strongly influenced by French trends. The sculpture work on the doors leading to different areas, such as the Door of El Amparo and the Precious door, both of which address the Dormition of the Virgin, is quite outstanding. Before entering the Cathedral, you should take a look at the Barbazana chapel, where Bishop Arnaldo de Barbazán (1318-1355) is buried. The chapel has a magnificent star vault and houses the Virgin of El Consuelo, a refectory (now a small museum on the Cathedral), a kitchen and a granary, where an excellent collection of work in ivory and gold is on show, including the reliquary of the Holy Sepulchre with Limoges enamelwork, a gift from Saint Louis, King of France, the XIII-century covers of the Cathedral's Book of the Gospel, and the reliquary of the Cross.

If you enter the Cathedral through the Door of El Amparo, then you will find yourself in a large building which was mainly constructed in the XV century and

possesses great unity in terms of form and style. Pamplona Cathedral was the mausoleum of the Kings and Queens of Navarre following the restoration of the monarchy in 1134. Although all the tombs but one were lost in 1390 when the roof caved in, the tomb known as “the little princess” is still incrustated in the south wall next to the Door of El Amparo.

The tomb of the King most involved in the building of the new Gothic building, King Carlos III the Noble of Navarre, can also be seen. It is worthwhile entering the building to see this magnificent tomb opposite the presbytery alone. It was made by Johan Lome de Tournai, who probably arrived from Paris between 1413 and 1429. To work the sculptures, he used alabaster from Sástago to great effect, shaping to perfection the features of Carlos III, the beauty of his wife, Leonor, and the richness of their apparel.



P.2: PAMPLONA, FORTIFIED CITY

Pamplona's defence system is one of the best conserved examples of military architecture on the peninsula. Most of it can be covered on foot and it is, without doubt, one of the best ways to see the city. Due to their strategic locations, the bastions offer beautiful views of the districts on the outskirts and the mountains that surround the city. Walks along the walls are peaceful strolls, an ideal way to switch off and just enjoy the surroundings and good company. The grandeur of the structures speak of other times, of battles key to history, of Pamplona as a border town.

The Citadel and the park around it, the Vuelta del Castillo, form one of Pamplona's most charming areas, a beautiful walled park in the heart of the city. You can make the most of a visit to this delightful part of the city to take a look at one of the exhibitions of modern art normally on display in some of its buildings, such as the Mixed Room or the Magazine, or to enjoy the magnificent open-air sculpture exhibition.

FORT OF SAN BARTOLOMÉ

Built in the XVIII century, this fort was designed as the main outpost beyond the walled enclosure. Of the three outer forts proposed by the Marqués de Verboom, the Spanish military engineer of Flemish origin who founded the Royal Corps of Engineers, in his 1726 project, only this one is still complete. Its current appearance is the fruit of the additions made by Antonio Hurtado in 1796. It was the last defensive structure finished in Pamplona. The Gardens of Tejería and La Media Luna now sit on top of it. This is, without doubt, the best place to start a walk along the walls, as it houses the Interpretation Centre of Pamplona's Fortifications.

BASTION OF LABRIT

The now-demolished front of la Tejería, the beginning of which still stands alongside the fronton Jito-Alai, used to flank this bastion. Only part of the platform that surrounded it at the base still remains, the widening of the road to La Chantrea in the 1960s leading to the disappearance of one of its faces.

RONDA OBISPO BARBAZANA

In contrast to the narrow, intricate streets of Pamplona's historical centre, the city suddenly opens out into this huge balcony over the walls, which stretches from the Rincón del Caballo Blanco to the Fort of San Bartolomé.

The vegetation and views around the city accompany walkers as they follow the path along the tops of the walls that protect the holiest part of the city: the Archbishop's Palace and the cloister, the Barbazana chapel and the Head of the Cathedral of Santa María la Real. On this stretch, the curtain wall does not have cannon emplacements and a couple of sentry boxes from the mid-XVIII century still stand.

BASTION OF EL REDÍN

Built in around 1540, this bastion is, together with the Bastion of Labrit, the oldest bastion in the city and is the highest point of the walled enclosure, making it the city's most attractive viewpoint over the River Arga.

RINCÓN DEL CABALLO BLANCO

Without doubt one of the most charming places in the city. Adjoining Plaza de San José and the cathedral, it is a beautiful place for a walk. The views are considered the best in the city: the districts of La Rochapea, La Chantrea and San Jorge can all be admired, Mount San Cristóbal with its abandoned fort on top providing a fine backdrop.

RAVELIN OF LOS REYES

This building dates from the XVIII century, when it proved necessary to improve the defences on the French front in line with the new military techniques developed by the engineer Vauban.

It was built to support the defences of the Bastions of El Redín and El Abrevador, leading to its location between the two low bastions, the low Bastion of El Pilar and the Bastion of Nuestra Señora de Guadalupe, which were under construction at the same time.

PORTAL DE FRANCIA

This is the best conserved of the six gateways to the old walled city.

It was built in 1553 by the Viceroy, the Duque de Alburquerque, and its drawbridge and chains, recently reconstructed, remain intact.

It bears a Renaissance shield fashioned with a two-headed eagle and the imperial arms. A plaque commemorates the flight of Zumalacárregui from Pamplona in 1833 to take charge of the Carlist troops.

LA TACONERA

The Park of La Taconera, designed in 1830, is the oldest and one of the most beautiful in the city. It is a mixture of trees, bushes, flowers, monuments and even animals, the moat and walls housing a small zoo. Of its bastions, the

Bastion of **Gonzaga** stands out for its peculiar, complex structure, the fruit of successive alterations between the XVII and the XVIII century. It was radically remodelled in 1925. The moat was blocked and the walls partially demolished, thickening them on the exterior.

Another fine construction is the **Ravelin of San Roque**, built between 1675 and 1700 during the reign of Carlos II and intended as an outlying defence for the Citadel. One of its faces bears the coat of arms of Viceroy Pignatelli, Marqués de San Vicente, named in 1699. It is now where the park's deer spend the night, climbing to the top to rest and separate themselves from the other animals.

But, without doubt, one of the best conserved constructions is the **Bastion of La Taconera**, recent restoration work having returned the walls comprising it to their former glory.

BASTION OF EL ABREVADOR

The climb up to this bastion from the lower reaches of the city gives an idea of the extraordinary safety that the walled city afforded. The size and solidity of the flank on the front of La Magdalena, with the low Bastions of Nuestra Señora del Pilar and Guadalupe, is simply outstanding. The old city of La Navarrería is entered via the Portal de Francia from here.

LOW BASTION OF EL PILAR

This low bastion was added to the Bastion of El Abrevador in the middle of the XVIII century to enhance its defensive possibilities and adapt the wall to new times. Although this reinforcement was added in line with the new techniques of the well-known engineer Vauban, the two bastions (from the XVI and the XVIII century, respectively) make a truly harmonic pair despite the two centuries that separate them. They represent progress in the techniques of military engineering.

ROYAL PALACE/GENERAL ARCHIVE

The Palace of the Kings and Queens of Navarre is located on the Bastion of Parma. The Palace, now the Archive of Navarre following remodelling work directed by Rafael Moneo, was a cause for dispute between the monarch and the bishop practically throughout the Middle Ages. The Palace was built during the reign of King Sancho VI the Wise (1150-1194), and the semi-basement in the north wing dates from the same period. The courtyard gallery was added later, XV century, and was altered in the XVI century, when the typical Castilian corbels were included. The doorway belongs to the days of King Carlos I of Spain and was rebuilt in 1598 for the visit of Felipe II. Behind the Palace were the vegetable and ornamental gardens that sloped down to the Park of Santo Domingo.

PARAPET WALK

This walk, the old route of the soldiers keeping a watch on the horizon and surrounding area to protect the city, runs behind the entire ancient burgh of San Cernin, from the Park of La Taconera to Rincón del Caballo Blanco. It is, without doubt, one of the finest viewpoints in the city. The absence of traffic, the green surroundings and the monuments that dot the path make for a pleasant walk between the city walls and the River Arga.

PORTAL NUEVO

We find ourselves before one of the most spectacular gateways to the city. The origin of this opening in the walls dates back to 1675, the year in which the then-Viceroy, the Conde de Fuensalida, built a gateway at this location.

Following the absolutist bombardment of 1823, the bridge was probably rebuilt, although it was demolished in 1906 to widen the entrance from the Guipúzcoa road. It was replaced by a functional iron footbridge. Víctor Eúsa built the Portal Nuevo as we know it today in the middle of the XX century.

THE CITADEL

This architectural complex is the main reference point in the city. It is considered the finest example of Spanish renaissance military architecture still standing and one of the foremost defensive complexes in Europe. The parks it houses and Vuelta del Castillo, the strip of land surrounding it, are regarded as Pamplona's lungs.

Its military and defensive functions have now given way to others of a more recreational, cultural and sporting nature for the residents of Pamplona to enjoy. Building began during the reign of Felipe II, in 1571, according to the plans of the military engineer Giacomo Palearo, 'the little Friar'. The new Citadel was adapted to advances in warfare which called for defence against cannons with longer ranges than those used until then and which rendered the old castle of Ferdinand the Catholic redundant.

So, Palearo, Duca di Sabbioneta e Trajetto, with the help of the Viceroy of Navarre Vespasiano Gonzaga, Marchese Di Sabbioneta and Duca di Trajetto, designed a defensive building similar to the modern Citadel of Antwerp: a regular pentagon with five bastions at its angles: San Felipe el Real, Santa María, Santiago, San Antón and La Victoria. The latter two were demolished in 1888 to accommodate the city's First Ensanche district although parts of the Bastion of San Antón can still be seen in the Auditorium of Pamplona.

Under the viceroyship of the Conde de Oropesa, half moons, given the names of Santa Teresa, Santa Ana, Santa Isabel, Santa Clara and Santa Lucía, were added. The commemorative inscription of Viceroy Gonzaga, dating from 1571, can still be seen over the main gateway to the fortress, which now opens onto Avenida del Ejército. The coats of arms of Felipe IV, Conde de Oropesa, and Luis de Guzmán y Ponce de León which originally decorated the front of the now-demolished Portal de Tejería can also be seen. These were recovered following the demolition of the gateway in 1918 and placed here in 1926. The Citadel was completed in 1646 and was visited by Felipe IV the same year. Further additions were made, providing the area enclosed by the fortification with new facilities, such as the Magazine, the Arms Room (the old arsenal), the Oven and the old food store, now called the Mixed Pavilion, built at the end of the XVII century and remodelled by the engineer Ignacio de Sala in 1720. De Sala was also responsible for the bombproof vaults that protect the entrances to the Citadel.

The modern building proved its effectiveness and was never taken by force. Only once did it fall. This occurred in the winter of 1808, when, by virtue of the Treaty of Fontainebleau, French troops set up camp outside the city because the Viceroy, the Marqués de Vallesantoro, refused to accommodate them inside the military enclosure. On the 16th of February, following heavy snowfall, the French started to throw snowballs at the Navarrese soldiers guarding the

Citadel, who, carried away with the game, lost sight of their duties and were suddenly surrounded and disarmed by the foreign troops. The Spanish War of Independence began soon afterwards.

The military authorities handed the Citadel over to Pamplona City Council in 1966 and it is now used for exhibitions and its gardens are home to a set of sculptures that have transformed the area into a delightful open-air museum.



P.3: THE WAY OF ST JAMES REVEALS PAMPLONA

Pamplona is the first city on the popular French route of the Way of St James, which has been declared a World Heritage Site. The goal of travellers, the city of Santiago de Compostela, is a few hundred kilometres away and they still have to cross small villages, bleak plateaus, cities and rugged paths before they arrive at their destination, the tomb of Saint James.

This route through the city takes walkers on the route normally followed by pilgrims on their way through Pamplona, from the Bridge of La Magdalena, where they cross the River Arga, to the churches and mediaeval streets of the historical city. A route to put yourselves in the shoes of pilgrims for a day and walk the stretch of the Way that runs through Pamplona.

The Way of St James crosses the oldest part of the city, its historical centre. It provides a good opportunity to lose yourself in the midst of the Mediaeval city with its cobbled streets and make the most of the shops, bars and restaurants that line the way.

BRIDGE OF LA MAGDALENA

This Gothic bridge is the main gateway to the city for pilgrims. Built in the XII century, it has three large, slightly pointed arches, triangular cutwaters and semicircular relieving arches on the supports. There is a cross with an image of Saint James at one end. Crossing the Arga, pilgrims find themselves at the foot of the city walls.

PORTAL DE FRANCIA

After crossing the Bridge of La Magdalena, pilgrims have to pass through the Portal de Francia or de Zumalacárregui (1553) and walk up Calle del Carmen, called Rúa de los Peregrinos (Pilgrims' Road) in the XIV and XV centuries, to

Navarrería. This is the oldest gateway to the city. It bears a shield fashioned with a two-headed eagle and the imperial arms.

RINCÓN DEL CABALLO BLANCO

One of the most charming places in the city can be found at the highest point of the Bastion of El Redín. This used to be the site of a palace, from whose days the cross, "La Cruz del Mentidero" (1500), remains. It later became a hospice for pilgrims and is now a bar-restaurant. Excellent views over the River Arga and the moats can be enjoyed from here.

CATHEDRAL OF SANTA MARÍA LA REAL

Behind the Neo-Classical façade designed by Ventura Rodríguez, this Gothic building dating from the XIV and XV centuries conceals art treasures such as the mausoleum of King Carlos III of Navarre and Queen Leonor of Castile, and the delicate Gothic cloister, considered one of the best in Europe. Pamplona Cathedral has a polygonal apse with ambulatory, characteristic of pilgrimage churches.

TOWN HALL

The Way of St James passes through the Plaza in front of the Town Hall, one of the most important places during the famous San Fermin fiesta. The rocket that announces the beginning of the festivities is launched from the central balcony every 6th of July. The first town hall was built here with the union of the city's three burghs (1423).

CHURCH OF SANTO DOMINGO

Formerly, a brotherhood attended and gave shelter to pilgrims here. This church is large, open-plan and austere, typical of architecture designed for preaching. Inside, there is a beautiful Renaissance reredos dedicated to St James, also present in the niche on the façade, dressed as a pilgrim complete with staff, hat and cloak with scallops. The façade repeats the scallop motif, the symbol of the Way, in its niches and on the door.

MUSEUM OF NAVARRE

The Museum of Navarre stands at the end of Cuesta de Santo Domingo. It houses the most important collection of Navarrese archaeology and works of art, including the coffer of Leyre (beginning of the XI century) and Goya's portrait of the Marqués de San Adrián. The building used to be the General Hospital, the XVI-century Plateresque façade and chapel of which remain.

CHURCH OF SAN NICOLÁS

This is a church-fortress that used to form part of the city walls. Built in the XII century, it still retains features of its defensive function: thick walls, grilles and a watchtower. Remodelled in the XIX century, it has a refined Gothic interior. The choir is home to the most important Baroque organ in the city.

CHURCH OF SAN LORENZO

Opened in the XVIII century, only one tower of the original Mediaeval church remains. The church houses the famous Chapel of San Fermín with the reliquary-bust of the Saint, patron of the city and the first Bishop of Pamplona.

Alongside this church is the Plaza de las Recoletas, also known as the Plaza de los Ajos ("of Garlic"), with a Neo-Classical fountain by Luis Paret and the Convent of the Recolets Augustines, founded in 1634.

CHURCH OF SAN SATURNINO OR SAN CERNIN

The church-fortress devoted to Saint Saturnin of Toulouse (who brought Christianity to Pamplona) is in the heart of the burgh that bears his name, the area chosen by the city's first French settlers, a lively, enterprising bourgeoisie. The inside is an elegant mixture of Gothic forms. One of its chapels is devoted to the Virgen del Camino (Virgin of the Way), Lady and Queen of Pamplona.



P.4: GREEN PAMPLONA: PARKS AND GARDENS

It is hard to understand the urban landscape of the capital of Navarre without its parks and gardens, which breath air into the city thanks to their abundant vegetation and offer sanctuary to those in search of peace and quiet. The most striking of these are the Citadel and Vuelta del Castillo, considered the lungs of the city, and the Arga Riverside Park, a route which follows the banks of the river past allotments, farms, bridges, urban landscapes and others of a more rural nature. More than 20% of the city's surface area is green and pedestrianised, making it a wonderful city for walks.

A walk through green Pamplona could start in the Citadel and then out into the Vuelta de Castillo to the Park of Antoniutti, a foretaste of La Taconera.

The Parapet Walk that takes us to Rincón del Caballo Blanco can be reached from these gardens. From there, you can leave the Historical Centre behind and head towards the Park of La Media Luna. There are three other attractive areas that visitors should not miss, but which stand somewhat apart from the city centre. These are the Park of Yamaguchi, in the Ermitagaña district, the campus of the Public University of Navarre and the campus of the University of Navarre. There is also a stretch of the Arga Riverside Park in Pamplona, beginning in the market gardens of La Magdalena and leaving the capital in the district of San Jorge.

PARK OF THE CITADEL

The Pamplona Citadel is one of the most important defensive examples of Renaissance military architecture to be found in Europe. Felipe II ordered it to be built in 1571 to defend the city against the constant raids of the French. It now encloses a peaceful park with small trees and lawns decorated with avant-garde sculptures: Jorge Oteiza, Néstor Basterretxea, Vicente Larrea,

Alberto Eslava, Ricardo Ugarte, Imanol Aguirre, Pablo Juarros, etc. Its military buildings host exhibitions and contemporary art shows.

VUELTA DEL CASTILLO

The largest park in the city. This English-style park consists of large, green fields with trees and pedestrian footpaths, ideal for walking or sport. It is located on the glacis of the Citadel: the open land surrounding the building which gently sloped up towards the moats and on which building was forbidden. The park also exhibits some of the best exponents of contemporary sculpture: Alberto Eslava, Faustino Aizkorbe, Alfredo Sada.

PARK OF ANTONIUTTI

This park is entered by the Portal de la Taconera. It is full of trees and also has a roller-skating track and skateboard park, often packed with youngsters trying their skills.

There is also contemporary sculpture in the form of José Ramón Anda's Polyphemus.

The Park of Larraina, the continuation of the Park of Antonuitti, is located right on the city walls and offers some extraordinary views over the River Arga.

PARK OF LA TACONERA

A romantic, French-style park, set out on one of the bastions of the city walls. This is the oldest park in the city (1830) and there is a zoo in its moats with deer, goats, ducks, swans, rabbits and peacocks in semi-liberty. It has a varied, exotic range of trees, with a few extremely old examples.

The Café Vienés, with a long menu of coffees and teas, is located beside a spectacular Pagoda tree. The path is scattered with sculptures: the famous Mari Blanca (XVIII), the monument to the tenor Gayarre, the Portal de San Nicolás (1666) or the Gothic arcade of Teobaldo II.

PARK OF LA MEDIA LUNA

A park based on a romantic, half-moon design with fountains, fishpond, roller-skating track and a pretty cafe. It has 43 different tree species, including several redwood trees. There are several commemorative monuments along the path, such as the one dedicated to the Navarrese violinist Pablo Sarasate or the one of Sancho the Great, King of Pamplona. The park continues beneath the city walls to become the Park of La Tejería, which reaches the mediaeval bridge of La Magdalena.

PARK OF YAMAGUCHI

The good relationship between the twin towns of Pamplona and Yamaguchi gave rise to this oriental park, the design of which relied on the help of Japanese landscape gardeners. The park is a large, green area with Japanese ornamentation: a large geyser, a pond with bridge and waterfall, and several Japanese bushes and trees. It is a tribute to the four seasons. The park houses the Pamplona Planetarium, which puts on different programmes and exhibitions throughout the year.

CAMPUS OF THE PUBLIC UNIVERSITY OF NAVARRE

The gardens on the campus of the Public University of Navarre exhibit more than one hundred species from the five continents: Africa (palm tree, Libyan fir, Atlas cedar, etc.), America (redwood, acacia, magnolias, etc.), Australasia (eucalyptus), Asia (Japanese pagoda tree, Turkish filbert, etc.) and Europe (oak, yew, beech, etc.). Autochthonous species from Navarre are also represented.

CAMPUS OF THE UNIVERSITY OF NAVARRE

The university gardens have become one of the most important green areas in the city. They cover more than 40,000 square metres and have more than 43,000 trees and bushes, which include examples of redwood, maple, lime, Lombardy poplar, Judas tree, fir, cedar, willow and ginkgo biloba among their number.

ARGA RIVERSIDE PARK

This is a 12-kilometre walk through nature that runs parallel to the River Arga as it makes its way through Pamplona. Walkers pass a succession of parks, gardens, footbridges and bridges over the river, jetties, picnic areas, fishing spots, play areas and old restored mills.

The environmental recuperation of the banks also means you can enjoy the river's wildlife: turtles, fish, ducks and other birds.



P.5: FOOD AND SHOPPING

Pamplona offers visitors many ways in which to enjoy their stay in its pleasant, welcoming environment. Its local neighbourhoods are brimming with life, small family businesses living alongside new establishments, supermarkets and traditional markets, all offering locals and visitors a generous menu of food, culture and leisure.

The Historical Centre and the two Ensanche districts, both traditional meeting places for locals due to the great number of shops, have the most to offer. Their streets and avenues, mostly pedestrianised, large plazas, designed to make life easy for those on foot, and atmosphere, a mixture of peacefulness and the bustle of city life, make the centre of Pamplona an ideal place to stroll, shop, eat and mix in with the typical customs of the residents. Walking through these streets, you pass a wide range of cultural opportunities and services: more than 500 shops, nearly 300 bars and restaurants, and hundreds of services to meet all your leisure and shopping needs. Traditional shops –where you can buy the typical red neckerchiefs, figures of characters from the Troupe of Giants and Bigheads, handmade wineskins, original T-shirts or homemade pastries to sweeten the walk– sit in amongst a wide range of other shops: shops specialising in local brands, franchises, international brands and a good number of boutiques selling expensive labels. The area is also home to several of the city's finest jewellers.

A STOP-OFF ON THE WAY

An extremely popular tradition among locals is that of stopping off on the way to enjoy the bombardment of flavours of the city's tapas.

You should take a walk down Calle Estafeta, Calle San Nicolás or Navarrería, whose bars offer a great variety of this miniature form of haute cuisine. It is usually best at either midday or at the weekend. With a bit of luck, you may stumble across one of the numerous events organised to praise this tradition: the Week of Casseroles and Navarra Wine, Tapas Week, the Gastronomic Days that focus on mushrooms (very common in local woods), Game Days, etc.

And at night, these streets are populated by young people drawing the day out into the early hours.

TEMPTING THE PALATE

Such is the quality of Navarrese gastronomy that taking something home with you is hard to resist. You should not miss the chance to enter one of the city's traditional shops and buy a good ewe's cheese, of which there are two types with official Denominations of Origin, Idiazabal and Roncal, a typical *relleno*, a fat yellow sausage made from lamb fat, egg and rice, the famous local *chorizo* or *chistorra*, or a nice bottle of *pacharán*. For those with a sweet tooth, nothing better than *mantecadas*, cookies or coffee-flavoured sweets.

If you would like to take your choice from the best of Navarre's vegetable gardens, then the Market of Santo Domingo, the oldest market in the city (1876), is at the end of Calle Mañueta. Its more-than-50 stalls sell the freshest produce of the season and there is also a supermarket and bar-restaurant. The Market of El Ensanche, also close at hand and with excellent products on sale, is another traditional marketplace in the city.

But if you would prefer to enjoy Navarrese cuisine first hand, then the Historical Centre and the Ensanche districts are home to some of the city's finest restaurants. Most base their menus on traditional food, though fusion cuisine and avant-garde techniques have also found their way into the kitchens of a number of restaurants. Vegetables –tender, fresh and always seasonal– are the stars of the show and it is always a true pleasure to give in to the temptation of a good vegetable stew, cardoon, beans or borage, or to let the taste of lettuce hearts from the market gardens of La Magdalena –an agricultural area on the banks of the River Arga in the centre of Pamplona–, dressed with olive oil and finely chopped garlic, linger on the taste buds.

“Pocha” beans with pig's tail and red beans, served with local chilli peppers, are also typical fare.

Meat is an important part of Navarrese cuisine, in which the local T-bone steak is the king and game is the queen. And as for fish, *ajuarriero* is famous for its original taste, but if you would prefer something lighter, then try salmon from the River Bidasoa or trout *a la navarra* (fried with ham).

For dessert, nothing better than the slightly burnt taste of junket or await your coffee enjoying a *goshua* or a pie.

NAVARRA DENOMINATION OF ORIGIN WINES

To wash it all down, there is a wide range of Navarra Denomination of Origin Wines: from the famous rosés to white Chardonnays, *crianza* reds or sweet muscatels. These wines adapt to every occasion and preference, helping turn a special