

European Cultural Routes

Tour among Regional Products of Excellence

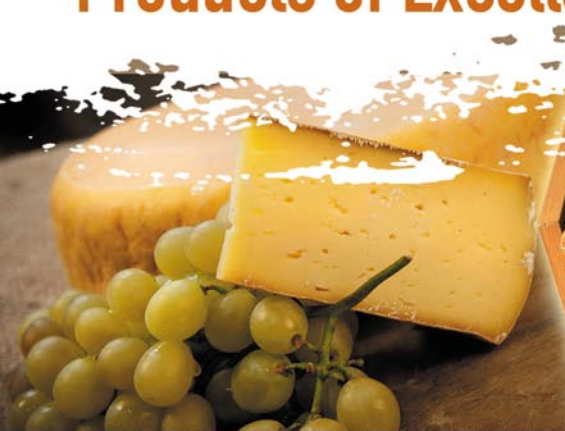


European Cultural Routes

Tour among Regional Products of Excellence



COUNCIL OF EUROPE
CONSEIL DE L'EUROPE



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CERTO: Cultural European Routes-Tools for a coordinated communication & marketing strategy

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Concello de Santiago de Compostela (Spain)
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Coordinating editor:
Silvia Lecci , European Association of the Via Francigena Ways

In cooperation with:
Giovanni Pattoneri, Cammini d'Europa G.E.I.E. (Italy)
Cathrine Roncale, Nidaros Pilgrim Centre (Norway)
Berit Lånke, National Pilgrim Centre (Norway)
Flavia Ramil, Turismo de Santiago de Compostela (Spain)

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ST.OLAV WAYS
THE PILGRIM PATHS TO TRONDHEIM







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Council of Europe cultural routes
sharing regional heritage through cultural tourism

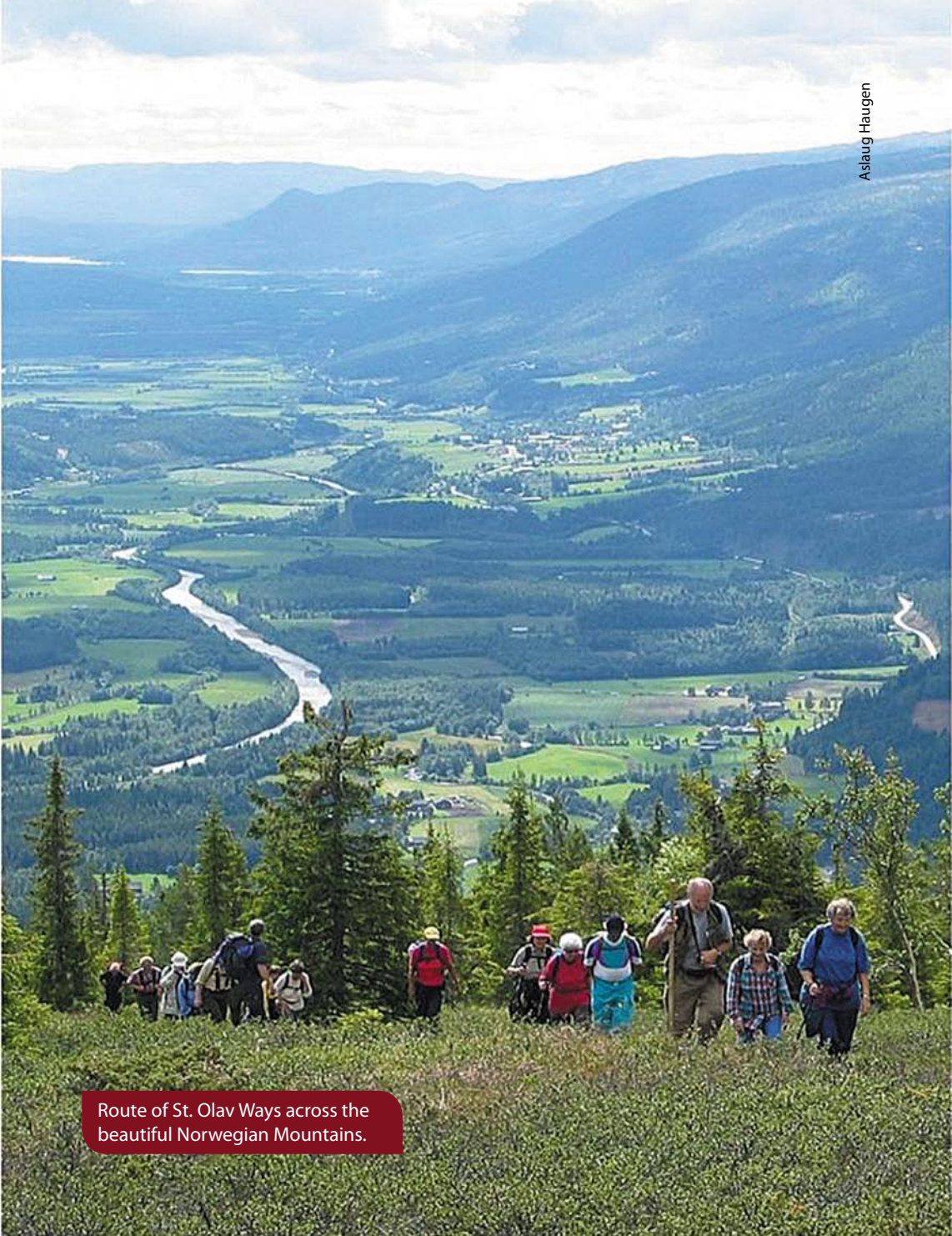
The cultural routes are a complex combination of culture, history, tangible and intangible heritage. Their wealth of themes and places weave a rich tapestry depicting Europe's towns, villages and countryside and crossing its waterways. In all this diversity, one fundamental characteristic is common to all the routes – the authentic experience they offer to European visitors, young and old, regardless of origin or social status. They bring people together to wonder at the world, to learn to participate in its preservation and to share each other's traditions and creativity.

The Council of Europe's cultural routes programme recognizes cultural routes which illustrate Europe's varied past, present and future, promote democratic participation and access to culture for all, encourage the transmission of cultural heritage to future generations and communicate its value.

One of the criteria for certification as a cultural route of the Council of Europe is that routes must offer "tourist products" to visitors. The aims of this requirement are threefold. Firstly, to ensure that visitors have sufficient information, can travel to, from and along the route, that they find local food and a place to stay, and possibly something to bring back with them from their unique trip. Secondly, thinking in terms of "products" leads projects to identify the different needs of visitors – for those who want it, the route should provide a holistic full immersion in the spirit of the particular cultural experience proposed. And last but not least, sustainable, respectful tourism is a proven way to promote regional economic and social development around lasting values and authentic heritage.

The CERTO project, co-funded by the European Commission and assisted by the European Institute for Cultural Routes in Luxembourg, was designed to create an offer of tourism products for three pilgrimage routes certified by the Council of Europe, the Via Francigena, the Saint James and the St. Olav Ways. The present catalogue is one of the concrete and welcome results of this joint initiative.

Penelope Denu
Executive Secretary,
Council of Europe Enlarged Partial Agreement on Cultural Routes
Director, European Institute of Cultural Routes

A wide-angle landscape photograph showing a group of about a dozen hikers in the foreground, walking along a grassy mountain ridge. They are dressed in various hiking gear, including backpacks and hats. The background is a vast, scenic view of a Norwegian valley. A prominent river winds its way through the lush green landscape, which is dotted with small settlements and surrounded by dense forests. In the distance, layers of blue-toned mountains stretch across the horizon under a sky filled with soft, white clouds.

Route of St. Olav Ways across the beautiful Norwegian Mountains.

The Route of St. Olav Ways

The Route of St. Olav Ways to Trondheim (Nidaros), Norway

The Nordic Pilgrim Ways or the Route of St. Olav Ways consists of a network of 5000 km routes, which goes through Denmark, Sweden and Norway with more than 2000 km in Norway. Most of them are remnants of historic routes leading to Nidaros Cathedral in Trondheim where St. Olav lies buried.

The king Olav Haraldson, later St. Olav, was born in Norway in 995. His main goal was to unite Norway and make it a Christian kingdom. He gained power in 1015 and held onto it until 1028. After being compelled into fo-



Andrea Gualandri



Stein Thue



On the pilgrim way



Route of St. Olav Ways - Map





Stein Thure

On the pilgrim
way to Trondheim





Stein Thue

reign exile he returned to Norway in 1030 to reclaim the throne. Upon arriving at Stiklestad 29 July, some miles northeast of Trondheim, he met an army of peasants and was killed in the battle. One year later, he was declared holy and soon the pilgrims started to visit his sanctuary. He was also honored as patron saint of Norway, as he was credited of completing the long process of converting Norwegians to Christianity. In the middle ages he became a very popular and venerated saint, especially in the northern parts of Europe where you still can find numerous churches, chapels and altars dedicated to St. Olav. The oldest surviving picture of the saint is painted on a pillar of the Nativity Church in Bethlehem, representing the importance of his heritage also outside the Scandinavian countries.

Today the pilgrim paths are being re-discovered by modern Norwegians, adventurous world trekkers, pilgrims, and those simply seeking solitude and peaceful contemplation. These old roads are signposted and ready to accommodate walkers of all levels. The paths go through urban areas, along roads, through magnificent cultural landscapes, peaceful forests and deserted mountain areas. Because of the varying landscape you'll find everything from simple paths in the lowlands to

The Route of St. Olav Ways



Stein Thue



Stein Thue

On the pilgrim way



more challenging stages in the mountain areas. In addition to the beautiful route, the walk also gives you an excellent opportunity to explore locations and cultural monuments from Norwegian history.

A network of accommodation options has been established along the path, with most of it being of a simple, but yet pleasant, standard. This Cultural Heritage gem is explored by an increasing number of people from different countries. For more information: www.pilegrim.info. Here you will find information about hiking along the pilgrimage route in Norway, and a trip planner where you can create your own itinerary. Your itinerary can easily be transferred to a separate application for your iPhone.

On the pilgrim way



Stein Thue



On the Pilgrim Way

Tourist Information

Norway:

Regional Pilgrim Centre Oslo,
Karl Johansgt. 11, 0154 Oslo
Mr. Roger Jensen
E-mail: roger@pilegrim.info
Phone: +47 480 52 949

Regional Pilgrim Centre Granavollen,
Rådhusveien, 2770 Jaren
Ms. Jane Dahl Sogn
E-mail: jane.dahl.sogn@gran.kommune.no
Phone: +47 406 00 177

Regional Pilgrim Centre Hamar,
Storhamargata 125, 2315 Hamar
Ms. Tone Stræte
E-mail: hamar@pilegrim.info
Phone: +47 474 78 266

Regional Pilgrim Centre Dale-Gudbrands
Gard,
2647 Sør-Fron
Mr. Per Gunnar Hagelien
E-mail: pilegrim@gudbrandsdalsmusea.no
Phone: +47 456 04 608

Regional Pilgrim Centre Dovrefjell,
Hjerkinnhus, 2661 Hjerkin
Mr. Hans Jacob Dahl
E-mail: hajada@online.no
Phone: +47 924 83 147

Nidaros Pilgrim Centre
Kjøpmannsgata 1, 7013 Trondheim
Ms. Cathrine Roncale
E-mail: cathrine.ronca@pilegrimsgarden.no
Phone: +47 735 25 000

National Pilgrim Centre,
Munkegata 2, 7013 Trondheim
Ms. Berit Lånke
E-mail: berit.lanke@pilegrim.info
Phone: + 47 735 22 578

Sweden:

Mr. Putte Eby
E-mail: putte.eby@ostersund.se
Phone: +46 070 19105 99





Nidaros Cathedral (photo: The Nidaros Cathedral Restoration Workshop).

Regional Products

Andrea Gualandri





REGIONAL PRODUCTS



As in most countries, the climate has been influential in shaping the culinary traditions which emerged. Norway's short summer and long winter meant marginal agriculture and great emphasis towards conserving the food. Harvest from the summer and early fall, meat from the livestock and trout and salmon from the rivers and sea had to last until next year in order to avoid starvation. Different methods of preservation such as salting, drying and culturing were thus prevalent. Even though the summers are short, the nights are long and the sun hardly sets. This gives both berries and vegetables exceptional growth conditions – something you will experience along the paths. The clean water makes the fish and shellfish tasty, while vast and nutritious pastureland does the same for the livestock. All these features are reflected in the regional products found along the Route of St. Olav Ways. Commodities of high quality, together with an increasing focus upon local and traditional food, have resulted in a range of exciting and tasty products. Below, some of them are presented. Enjoy!

REGIONALE PRODUKTER

Som i de fleste land har klima spilt en sentral faktor i hvilke mat-tradisjoner som har vokst frem. Norges korte somre og lange vintre betydde et marginalt jordbruk og stort fokus på konservering. Råvarene som ble høstet og slaktet på sommeren og høsten måtte vare helt til neste år om folk ikke skulle sulte. Ulike konserveringsmetoder som salting, speking, fermentering og tørking har derfor vært fremtredende i matproduksjonen. Selv om somrene er korte, er nettene lange og solen går knapt ned. Dette gir eksepsjonelle vekstvilkår for bær og grønnsaker – noe du vil merke langs leden. Det rene vannet gir god og smakfull fisk, mens store og næringsrike beiteområder gjør det samme for beitedyrene. Alle disse særtrekkene er reflektert i de regionale produktene man finner langs Pilegrimsleden. Råvarer av høy kvalitet og et økt fokus på lokal og tradisjonell mat gjør at det i dag finnes en rekke spennende og velsmakende produkter langs ledene. Nedenfor presenterer vi noen av dem. Velbekomme!

RØROS BUTTER



Røros butter is butter produced in the old way in a churn with sour cream and added sea salt. It fits well together with the local specialty rakfisk (fermented fish) and cured meat, or as a taste increasing supplement in gravies and sauces. When making the butter only organic ingredients from the Røros region is used. The butter has been rewarded as a Norwegian specialty by "Matmerk", The Norwegian Agriculture Quality System and Food Branding Foundation, and is central in maintaining the local culinary traditions. The butter is produced by Rørosmeieriet AS.



RØROS SMØR

Røros smør er kinnet etter gammelmåten i kjeglekjerner. Smøret er laget av surrømme og er tilsatt havsalt. Smøret passer ypperlig til rakfisk og spekemat eller som en smakstilsetter i gode sauser. I produksjonen er det kun økologiske ingredienser fra Rørosregionen som brukes. Smøret er merket som norsk spesialitet av Matmerk og er sentral i å ivareta de stolte mattradisjonene fra Rørosområdet. Smøret er produsert av Rørosmeieriet AS.

ECOLOGICAL CULTURED MILK FROM RØROS



This is a type of buttermilk, which has been cultured by using butterwort, a carnivorous plant that grows in mountain marshes. The milk can be used straight from the carton and is often used together with flatbread, oatmeal or cereal. Add some fruit, berries or jam and you have a delicious meal. The milk has been produced in the region for





over 150 years and was an important part of the local miner's diet because of its long shelf life. This made it equally important for women and children during the summer, which then left their farms to take their animals grazing. Before leaving, the women always made sure that large stocks of milk were stored at the farm so their husbands wouldn't starve. Due to its uniqueness and strong link to the area of production it has received the Protected Geographical Designation-label by "Matmerk". The milk is produced by Rørosmeieriet AS.



ØKOLOGISK TJUKKMJØLK FRA RØROS

Tjukkmjølke er en type kulturmjølke som er syrnede av tettkultur basert på tettegras, en kjøttetende plante som vokser i fjellmyrområder. Melken kan brukes rett fra kartongen og er ofte brukt sammen med flatbrød, havregryn eller müsli. Legg til litt frukt, bær eller syltetøy og du har et kjempegodt måltid. Melken har blitt produsert i Rørosregionen i over 150 år og var en viktig del av kosten til gruvearbeiderne på Røros på grunn av dens lange holdbarhet. Like viktig var den for kvinnene om sommeren når de tok med seg dyr og barn og dro til seters. Før de dro sørget kvinnene alltid for at det var et stort lager av tjukkmjølke på gården, slik at mennene deres ikke sultet.

På grunn av melkens sterke tilknytning til regionen og dens unike karakter har den blitt merket som beskyttet geografisk betegnelse av Matmerk. Melken er produsert av Rørosmeieriet AS.



RØROS FLATBREAD



Røros Flatbread is based on an old recipe and roasted on a special griddle. It is light brown and brittle and delicious accompanied by smoked meat, rakfisk (fermented fish), soups or just a slice of butter. The owner of the bakery inherited the recipe from his mother and the flatbread has been made in the same way for over a 100 years. Only Norwegian ingredients are used and even though they produce 80 tons a year, each bread is roasted by hand. Due to its uniqueness, quality and history the flatbread possesses "Matmerk's" specialty label. The flatbread is produced by Rørosbakeren AS.

RØROS FLATBRØD

Røros Flatbrød er bakt etter god gammel oppskrift. Takkestekt, grovt og sprøtt og godt som tilbehør til spekemat, rakfisk og supper, eller alene med litt smør på. Innehaveren av bakeriet arvet oppskriften etter sin mor og flatbrødet har blitt laget på samme måte i over 100 år. Bare norskproduserte ingredienser blir brukt, og selv om de produserer 80 tonn i året blir hvert flatbrød stekt for hånd. På bakgrunn av flatbrødets unike karakter, kvalitet og historie har det blitt tildelt Matmerk sitt Spesialitetsmerke. Flatbrødet er produsert av Rørosbakeren AS.



For all 3 products

Distribution: The County of South- Trøndelag

Geographical area of production: The city and surroundings of Røros.

For information: kristin@rorosmat.no, www.rorosmat.no

For alle 3 produktene:

Distribusjon: Røros-området og Trøndelag

Produksjonssted: Rørosregionen

Kontakt: kristin@rorosmat.no, www.rorosmat.no





HØVDING SVERRE



CHIEFTAIN SVERRE

Høvding Sverre is a semi-hard washed rind cheese, stored as a Tilsit. The cheese is stored for at least 6 months, often up to a year in order to increase the taste. It fits just as good together with fresh bread as it does in a salad. Chieftain Sverre was chieftain and king of Norway in the late 1100's, when Trondheim (Nidaros) served as capital in the country. One of his estates was situated in the village of Gjølme, about 10 km south-west of Trondheim, where the cheese is produced today. The cheese is sold and distributed in various places in the South Trøndelag region. The cheese is produced by Orkladalysteri. They can be reached at post@orkladalysteri.no.



HØVDING SVERRE

Høvding Sverre er en halvfast kittost lagret som en tilsiter. Osten lagres over minst 6 måneder, gjerne opp mot ett år, for å oppnå best mulig smak. Osten passer godt sammen med ferskt brød eller som en smakstilsetter i ulike salater. Høvding Sverre var birkebeinerhøvding og konge i Norge på slutten av 1100-tallet, da Trondheim (Nidaros) var hovedstad i landet. Én av hans kongsgårder lå i bygden Gjølme, omtrent 1 mil sørvest for Trondheim, hvor osten blir produsert i dag. Osten blir solgt og distribuert ulike steder i sørlige Trøndelag. Osten produserer av Orkladalysteri. Spørsmål kan rettes til post@orkladalysteri.no.

MEAT FROM HOGNAMAT



Hognamat produces a range of different meat products, both fresh and cured, from sheep, lamb, moose and deer among some. Their philosophy is simple: pure and tasty game from the region, cultivated in the local tradition. Among their products you'll find exquisite sausages, minced meat from moose and the Norwegian specialty "fenalår" – dried meat from sheep. Before the sheep is slaughtered and the meat stored to dry, it grazes in the wild along the boundary of Forolhogna National Park. A better area could hardly be found. As a testimony for its quality Hognamat has received both gold and silver medals in the national competition for best "fenalår". The jury's statement emphasized its superb exterior, texture and taste while claiming that "this is fenalår how it is meant to be!" Hognamat is situated in the village of Rennebu, South-Trøndelag, where the Gudbrandsdalen path passes right through. For inquiries you can contact them at hognamat@loqal.no.



KJØTT FRA HOGNAMAT

Hognamat produserer en rekke forskjellige kjøttprodukter, både ferske og speket, fra blant annet sau, lam, elg og hjort. Filosofien deres er enkel: rent og smakfullt vilt fra regionen, kultivert etter lokale tradisjoner. Blant produktene deres finnes utsøkte pølser, deilig elgkjøttdeig og flotte fenalår. Før sauen blir slaktet og tørket beiter den på grensen til Forolhogna nasjonalpark. En bedre plass finnes vel knapt.

Som et bevis på produktenes kvalitet har Hognamat vunnet både gull og sølv i den nasjonale konkurransen for spekemat. I juryens begrunnelse ble følgende fremhevet: «Flott ytre og svært bra snitt med jevn farge. Mild og god smak og svært mørt. Smaken av fenalår som den skal være!». Hognamat ligger i Rennebu, Sør-Trøndelag, hvor Gudbrandsdalsleden passerer. For kontakt og kjøp av produkt kan du nå dem på hognamat@loqal.no.





BRØDRENE BJØRNDALSÆTER WOODCARVES



The three Bjørndalsæter brothers are among the elite woodcarvers in Norway. They are the seventh generation of woodcarvers in their family and have developed one of the nation's finest woodcarving enterprises. In addition to decorate houses, cabins and carving out furniture they create various chests, shrines, drawers and the like. In the old days, people in Norway often stored their food in wooden chests. A unique chest from Brødrene Bjørndalsæter would therefore be a perfect companion to the regional food products described above. Their workshop is situated in Oppdal in the Dovre region, right by the Gudbrandsdalen path. For inquiries please e-mail them at brodrene@bjorndalseter.no.



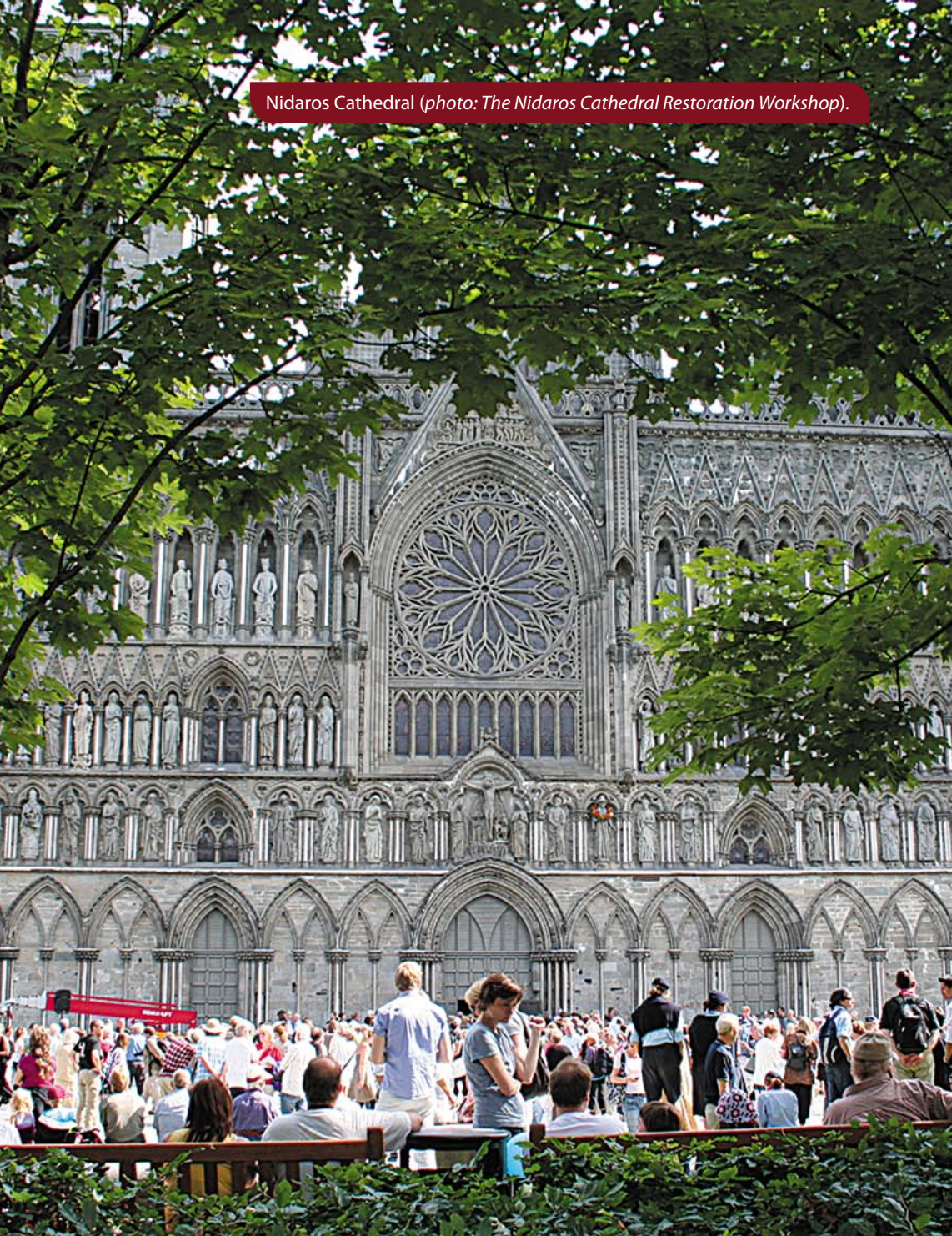
Classical Norwegian bread box

BRØDRENE BJØRNDALSÆTER TRESKJÆRERVERKSTED

De tre brødrene Bjørndalsæter er blant eliten av treskjærere i Norge. De er syvende generasjon treskjærere i familien og har utviklet en av landets fineste treskjærerbedrifter. I tillegg til å dekorere hytter, hus og lage møbler, lager de ulike skap, kister og skrin. I gamle dager ble ofte trekister brukt til å lagre mat. En unik kiste fra Brødrene Bjørndalsæter er derfor det perfekte supplement til de regionale matproduktene beskrevet over. Verkstedet til brødrene er lokalisert i Oppdal, like ved leden. For kontakt kan du benytte e-post brodrene@bjorndalseter.no.



Nidaros Cathedral (photo: The Nidaros Cathedral Restoration Workshop).





EUROPEAN
LA VIA FRANCIGENA
da Collecchio al Passo della Cisa
Piemonte
Liguria
Emilia-Romagna
Toscana
Umbria
Marche
Abruzzo
Molise
Basilicata
Calabria
Sicilia
Sardinia
Trentino-South Tyrol
Veneto
Friuli-Venezia Giulia
Lombardy
Tuscany
Umbria
Marche
Abruzzo
Molise
Basilicata
Calabria
Sicilia
Sardinia
Trentino-South Tyrol
Veneto
Friuli-Venezia Giulia
Lombardy

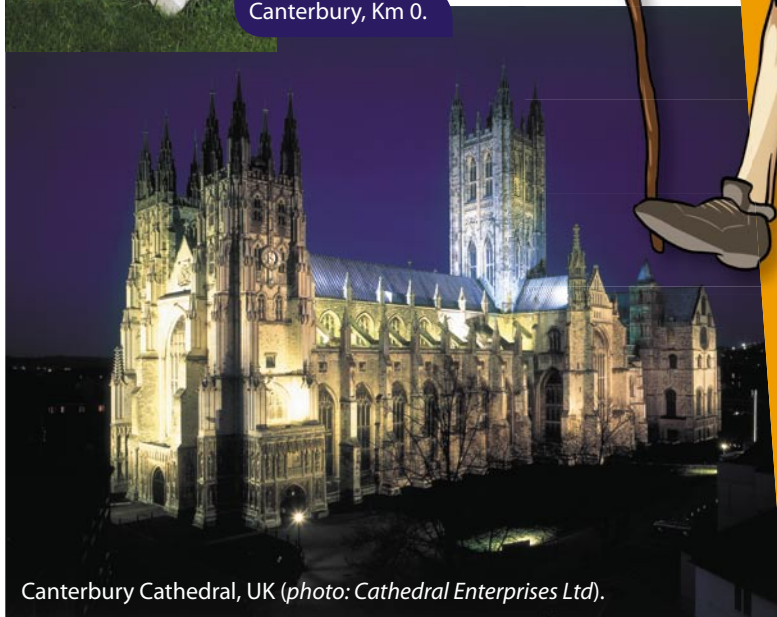
The Via Francigena

It was 990 A.D. when Archbishop Sigeric wrote down the 79 stages of his journey *de Roma usque ad mare* (from Rome to the sea) during his way back from Rome to the Episcopal seat of Canterbury (*Durovernum* in Latin), his birthplace. In modern geography, the route crosses seven Italian regions – Latium, Tuscany, Emilia, Liguria, Lombardia, Piedmont and the Aosta Valley – and then proceeds beyond the Alps, through the Swiss cantons of Valais and Vaud; it then passes through France, in the regions of Franche

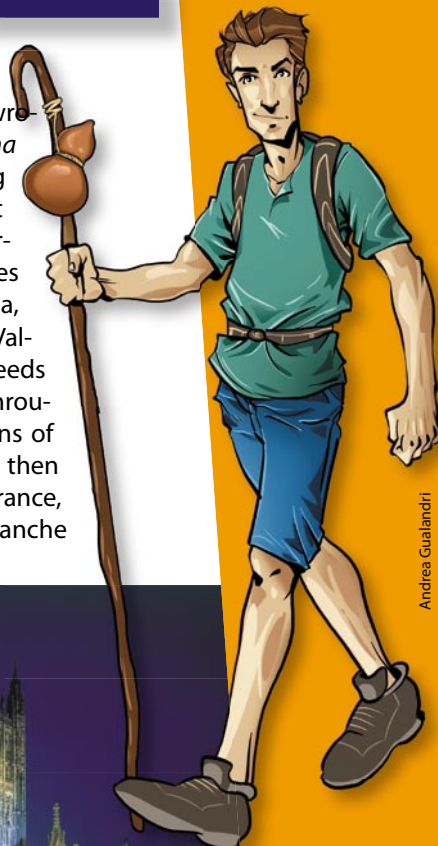
Marco Buzzoni



Canterbury, Km 0.



Canterbury Cathedral, UK (photo: Cathedral Enterprises Ltd).

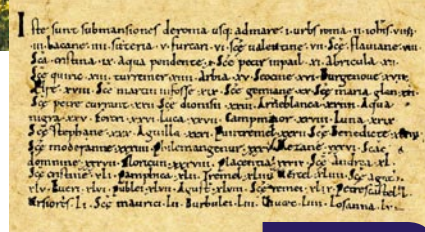


Andrea Gualandri



Via Francigena - Map





Sigeric's diary



Association currently has 100 members from local and territorial governments; EAVF fosters relationships between the representatives of the route's enhancement project, connecting all institutional levels – local, regional, national and European. Over these years the EAVF has created an efficient model of governance: thanks to it, the Association was acknowledged as a 'carrier network' (*réseau porteur*, 2007). By virtue of this prestigious recognition, which is the result of the close cooperation with the European Institute of Cultural Routes of Luxembourg (www.culture-routes.lu), the EAVF has become a European reference model for the development and protection of the Via Francigena.

Aware of the deep cultural and spiritual value of the ancient

Church of Saint-Pierre, Bar-sur-Aube, France



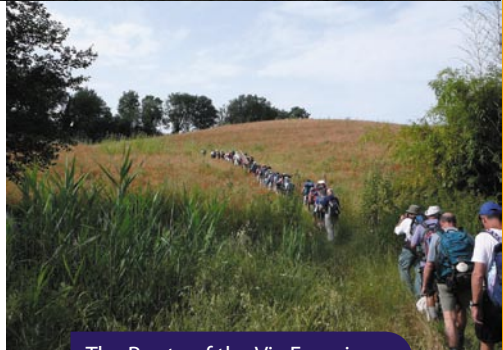
Marco Buzzoni



Mihai-Bogdan Lazar

medieval route, and acting as a potential catalyst for the processes of local development based on sustainability, the Via Francigena has become a “cultural and tourist product”.

The Via Francigena is a “multi-faceted cultural heritage”, deep-rooted in a thousand years of history; the Via Francigena has shaped itself through the centuries and through the passage of people: paths, slow roads necessarily in stages – which bordered not a single road but a group of roads – ancient meeting places for the citizens of modern Europe. Today, the road maps of the Italian stretch of the Way, according to Sigieric’s route can be downloaded for free from www.viefrancigene.org and www.francigenalibrari.beniculturali.it. The Italian part of the route was surveyed and mapped at a scale of 1:10,000 on behalf of the Italian Ministry of Cultural Heritage and Activities. One hundred and thirty-nine Italian



The Route of the Via Francigena

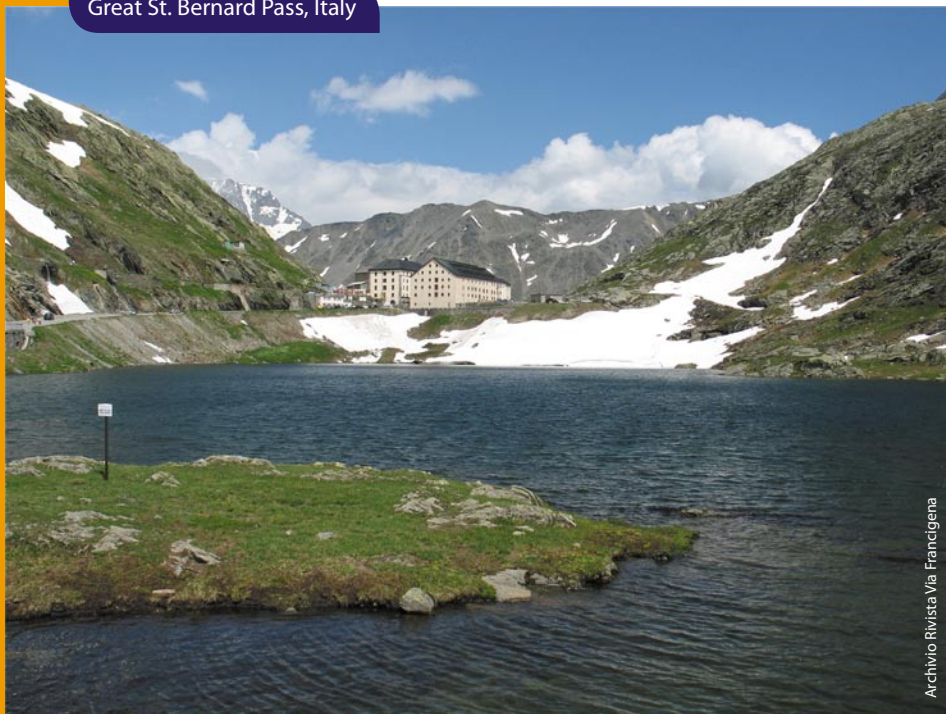


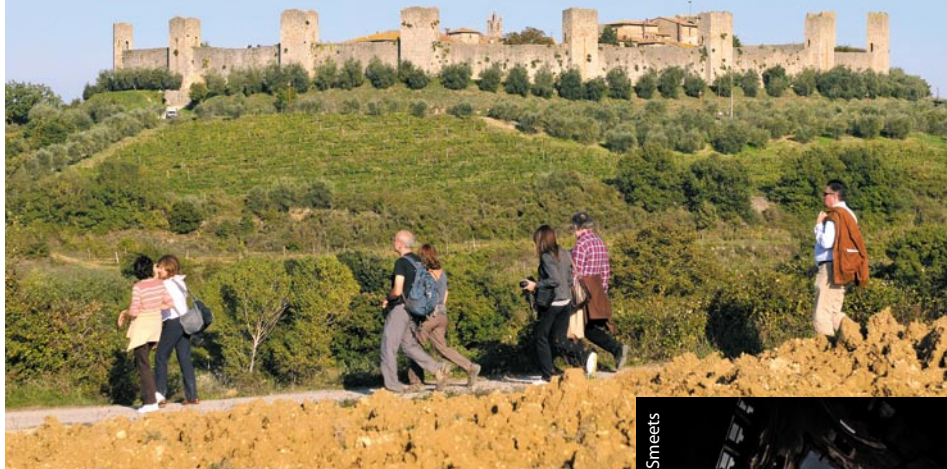


municipalities are crossed by this imaginary red line which links Italy to the Europe of Peace and to the Europe of Peoples, where national identities give force and value to European cultures and to the roots of European identities.

The Swiss and French stretches of the Via Francigena are being surveyed and mapped thanks to different partners, such as the Association Valaisanne de la Randonnée Pédestre (Canton of Valais, Switzerland) and the Association Via Francigena France (France). Pending the completion of a single shared route, we have put forward the stages followed by Archbishop Sigeric for the stretch from the Great St. Bernard Pass to Canterbury. In Italy, Archbishop Sigeric's route was surveyed on behalf of the Directorate General for Library Heritage, Cultural Institutes and Copyright of the Italian Ministry of Cultural Heritage and Activities, in cooperation with the EAVF. This route was subsequently validated by the Scientific Committee of the *Consulta per gli Itinerari Storici, Culturali e Religiosi* on 31st March 2009.

Great St. Bernard Pass, Italy





The road maps can be downloaded from www.viefrancigene.org and from www.francigenalibrari.beniculturali.it. Today, the Italian municipalities crossed by the official route number 139. Variants to the official route are being evaluated and will contribute to enriching the project.

Martijn Smeets



Siena, Italy

Tourist Information

REGISTERED OFFICE • SIEGE LEGAL •
SEDE LEGALE
Piazza Duomo, 16 - 43036 Fidenza (PR) Italy

OPERATING OFFICE • SIEGE
OPERATIONNEL • SEDE OPERATIVA
Via Costa, 2 - 43036 Fidenza (PR) Italy
Tel. +39 0524 517380 • Tel. +39 0524 517513
Tel. +39 0524 83377
Fax +39 0524 517413



Secretary's office's e-mail address:
E-mail Secrétariat:
E-mail Segreteria:
segreteria@viefrancigene.org
Web portal editorial staff's e-mail address:
E-mail Rédaction Web:
E-mail Redazione Web:
redazione@viefrancigene.org
www.viefrancigene.org



The Route of the Via Francigena

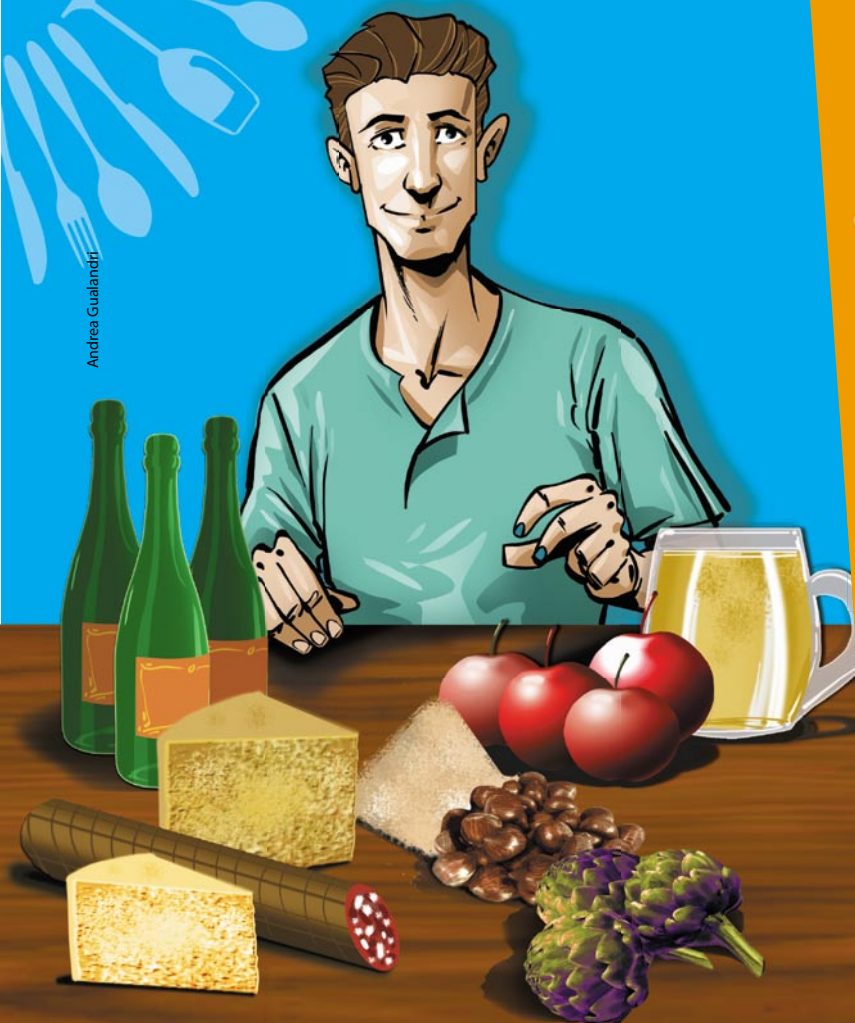


St. Peter's Basilica, Vatican City



Regional Products

Andrea Gualandri





KENT APPLES



Kent has a long association with the cultivation of apples. The founding of the first, proper apple orchards was in the reign of King Henry VIII and Kent has been and remains the apple capital of the United Kingdom. Given its apple heritage, Kent has long been at the forefront of the development and introduction of new varieties close to those first 'King's orchards'. Kent's acreage of apples is still grown extensively in the county's two major fruit-belts. Orchards continue to dot the Kent landscape near Canterbury.

From Roman origins to the King's orchard

Kent would have been the perfect place for the first British orchards. The arrival of the Normans rekindled close contact with the Continent but it was the growth of the monastic movement from the 12th century that led to wide scale cultivation of apples. A map of Canterbury of 1165 shows there was an orchard or 'pomarium' on the outer edge of the cultivated land of the Benedictine Christchurch Abbey. There may well have been a second orchard as in 1170 Thomas a Becket is reported to have fled from the murderous knights by a different route from the 'usual passage through the orchard to the west end of the church'.

As the saying goes "An apple a day keeps the doctor away". About 4% of an apple is actually made up of vitamins and minerals, with a further 10% made up of carbohydrate. The rest of the apple, more than 80%, is made up of water. Dietary fibre is contained in the skin and core and while washing the skin is advisable, removing the skin and core halves the Vitamin C value of the fruit but makes very little difference to the sugar content. A medium-sized eating apple only contains about 40 calories however.

Scientific research has indicated that ap-



ples are good for the lungs. They contain high levels of an antioxidant flavonoid, called quercetin, and may be important in protecting the lungs from the harmful effects of atmospheric pollutants and cigarette smoke. Researchers have found that people who had the greatest lung capacity were those who ate more than five apples a week.



KENTISH PIP



A brief outline of our cider making process.

Cider is not easy! Apples have a whole range of differing characteristics that affect the final outcome, juiciness, acidity, sweetness and astringency (due to tannin) all of which affect flavour and drinkability. Other influences are yeasts, fermentation, maturation and the exclusion of air.

1. Fruit

We grow and harvest most of the apples at Woolton Farm near Canterbury with the rest coming from Somerset. Cider apples are specifically bred for the job and it is quite remarkable when it comes to ferment the juice to compare the fermentation of dessert apples with cider apples. We also mix in a good selection of about 5 dessert apples to ensure character of flavour.

2. Pressing

The apples are washed before being mashed into pulp ready for pres-





sing using a hydro press. The press is a stainless steel tray on legs with a large rubber bladder over which a stainless steel perforated drum is placed. The space between the bladder and the drum is fill with the apple pulp and then the bladder is connected up to the water supply. The bladder expands to press the pulp against the outer cage and produces the juice!

3. Fermentation

We use wild yeasts that live naturally on the apples instead of cultured yeasts. We want complexity in our cider to give it more character and so we use wild yeast.

4. Maturation and blending

We ferment the juice to dryness and store it as batches of base cider. Base cider doesn't taste great, but it forms the bases of the finished product which is achieved through blending different bases and adding back sugar as required.

5. Finished product

We have always produced a very good cider from dessert apples, but they can be very high in acid and lack tannins. Kentish Pip is a blend of dessert and cider varieties, and is a still cider. We have an obsession to produce a reliable bottle conditioned cider. This particular obsession has led to a few problems, not least that of slightly too much fermentation going on in the bottle!



LES VINS DE CHAMPAGNE



THE VINEYARDS OF CHAMPAGNE, OF MAN AND OF THE LAND.

Up until the Middle Ages, vineyards were tended by monks and wine was consecrated and taken as part of the holy mass. History comes together with geography to create a unique destiny for the wines of Champagne. The first king of France was baptised in Champagne and the wines of Champagne were consecrated around Christmas 496AD.

Kings, princes and noblemen were the first customers of champagne and were to become its best ambassadors. There is no shortage of anecdotes; when Charles VI met the King of Bohemia in the 14th century, the ideal conditions for the meeting are attributed to the diplomatic qualities of Champagne wines.

It all started with the 'terroir', that unique blend of land, climate and tradition, that was to engender the most original wines thanks to the talent of men, who were able to express the characteristic delicacy of the wine and then turn it into the sublime by making it sparkle. Ever since, champagne producers and Champagne Houses have been ceaselessly developing this know-how and heritage to share the presti-

Phare de Verzenay



photo: Christian Maury





gious 'Appellation' with as many as possible. On this particular land, historically linked to the vine, man has given birth to a unique wine envied by the whole world.

The Champagne landscapes tell the story of this success. Not just the vineyards, but also the buildings of Champagne Houses and producers, vineyard shelters, press houses, cellars and chalk pits – all are witness to the special links which unite the men of Champagne with their land. It is here, immersed in these different backdrops, that the hiker will discover the unique qualities of the Champagne land, fashioned by man, along with a unique know-how.

VIGNOBLES DE CHAMPAGNE : DES HOMMES ET DES TERROIRS

Produit : les vins de Champagne

Aire géographique : Aire d'Appellation Contrôlée (AOC)

Jusqu'au Moyen Âge, ce sont les religieux qui s'occupent de la vigne: le vin est consacré et bu au cours de la messe. La rencontre de la géographie et de l'histoire va offrir aux vins de Champagne un destin hors du commun. C'est en effet Saint Rémi, évêque de Reims, qui baptisa Clovis quand il se convertit. Le premier roi de France fut donc

Cave de Champagne





Moulin de Verzenay

sacré en Champagne et les vins de Champagne consacrés un soir de Noël 496.

Rois, princes et nobles seront les premiers amateurs de Champagne. Ce sont eux qui feront connaître l'excellence de ces vins et en seront les meilleurs représentants. Les anecdotes ne manquent pas : quand Charles VI rencontre le roi de Bohême au XIV^{ème} siècle, c'est aux vins de Champagne qu'on attribue les qualités diplomatiques qui permirent à l'entrevue de se passer dans les meilleures conditions.

Tout commence par un terroir, tellement particulier qu'il engendra les plus originaux des vins grâce au talent d'hommes qui surent en exprimer la délicate typicité et la sublimer par l'effervescence. Depuis, les Vignerons et Maisons de Champagne, ne cessent de développer cet héritage et de faire partager au plus grand nombre les valeurs de leur prestigieuse Appellation. Sur cette terre singulière, historiquement vouée à la vigne, les hommes ont donné naissance à un vin unique, que le monde entier lui envie.

Les paysages du champagne racontent cette épopée. Vignobles, mais aussi maisons de vignerons et de négociants, loges de vigne, vendangeoirs, caves et crayères témoignent des liens particuliers qui unissent les hommes du champagne à leur terre. C'est bien là, immergé dans ces paysages, que le randonneur partira à la découverte de paysages façonnés par les Hommes et d'un savoir-faire unique.





LA CORBEILLE D'ENTREMONT



In the canton of Valais, after passing Martigny, the Via Francigena enters the Valley of the Dranse and runs through the six towns of the district of Entremont, which goes all the way to the Great St. Bernard Pass. The typical products described here below are marketed under the brand “La Corbeille d’Entremont”.

Cheese

Feathers in the cap of La Corbeille d’Entremont™ are several kinds of cheese such as *Bagnes* and *Orsières* – i.e. two kinds of raclette cheese–, *tomme de Bruson*, *tomme de Vollèges* and *sérac*.

Each variety of cheese from Entremont gains prestige through its own territory of production. Connoisseurs have no doubts, it is well-known that a soft and creamy raclette reminds of the varieties of flowers from high-altitude pasturelands and smells sweetly like hay.

Bread

The whole, homemade and traditional *pain de seigle* AOC (Controlled Designation of Origin rye bread) boasts a long tradition, and it suits well for modern flavour and nutritional needs.

The association *Le Moulin du Valsorey* offers you a rich flour ground in its newly renovated stone mill.

Meat

Beef, pork, venison or mutton sausages, garlic flavoured or spicy, are the secret of our butchers, the legacy of an art passed from generation to generation. They are perfect for any occasion.

The *Saucisse de l’Entremont™*, which meets high quality standards as far as the origin of raw materials is concerned, is the pride of our butchers. Finally, our ribs of alpine pasture lamb or our tender steaks of Hérens beef bring the delicious taste of alpine flowers on your table.

Honey

All the flowers in one honey! Extracted from the heart of flowers, rich in virtues of the extraordinary rare plants that live in our valleys, the honey of Entremont is more than simple nourishment, a real feast of flavours, a panacea for our health.

Beverages

The wines of Entremont are well-known and appreciated everywhe-





re, Gamay de Bovernier is vibrant, Gamaret de Vollèges is intense. Grapes are grown by the best winemakers and owners of the Canton of Valais.

Our aromatic herbs, medicinal herbs and Alps tea are great discoveries, genuine products that are grown using organic and natural methods. Bio Alp Teas are a blend of aromatic plants and herbs, they are refreshing and low in sugar.

LA CORBEILLE D'ENTREMONT

En Valais, après la ville de Martigny, l'itinéraire de la Via Francigena emprunte la vallée de la Dranse et traverse les six communes du district d'Entremont avec son point culminant au Col du Grand St-Bernard.

Les produits locaux ci-dessous sont commercialisés dans la corbeille d'Entremont.

Le fromage

Fleurons de la marque La Corbeille d'Entremont™, les fromages à raclette Bagnes et Orsières, les tommes de Bruson et Vollèges, le sérac. Les fromages produits dans l'Entremont s'affirment par leur "terroir"





Sergey Peterman



respectif. Les connaisseurs ne s'y trompent pas. C'est connu, une raclette tendre, crémeuse, veloutée et fondante rappelle la flore des hauts pâturages ou le parfum du foin de la grange.

La viande

De bœuf, de porc, de cerf ou de mouton, à l'ail ou aux épices, ces saucisses sont le secret des bouchers. Témoins d'un art qui s'est transmis de génération en génération, elles se dégustent en toutes occasions. La Saucisse de l'Entremont™ qui répond à des exigences très strictes, quant à la provenance de la matière première fait la fierté des bouchers de l'Entremont. Les côtes d'agneau des alpages ou les tendres steaks de la race d'Hérens apportent sur votre table toute la saveur d'une flore côtoyant les glaciers.

Le pain

Déjà présent sur la table de nos parents, le pain de seigle AOC, complet, artisanal et rustique, répond aux exigences gustatives et nutritionnelles de la diététique moderne.

L'association Le Moulin du Valsorey vous propose sa farine moulue avec les meules en pierre de son moulin rénové.

Le Miel

Toutes les plantes dans le miel ! Extrait de l'âme des fleurs, riche des vertus de plantes rares qui font l'extraordinaire diversité de la flore de nos vallées, le miel d'Entremont est plus qu'une nourriture, c'est un festival de saveurs estivales et un véritable bienfait pour notre santé.

Les boissons

Joyeux le gamay de Bovernier ! Généreux le gamaret de Vollèges. Les vins de l'Entremont sont reconnus et appréciés. Élevés par les meilleurs propriétaires-encaveurs valaisans.

Une découverte : le thé des Alpes, les herbes aromatiques et médicinales produits authentiques cultivés selon des méthodes naturelles et biologiques. Les Bio Alp Tea sont des infusions à base de plantes aromatiques.

C'est une boisson rafraîchissante, désaltérante et pauvre en sucre.



CHESTNUT FLOUR OF LUNIGIANA



This very fine flour is ivory or light beige in colour and is appreciated for its sweet taste and its persistent fragrance even after cooking. The high quality of such flour depends on the fine varieties of chestnut trees and on the very ancient processing techniques. Chestnuts are dried for at least 25 days with a slow chestnut wood fire in special drying rooms called “*gradili*”, then they are stone milled in water mills. The chestnut flour of Lunigiana boasts the national Protected Designation of Origin status thanks to its superior quality and to a century-long association with the cultivation of chestnuts and special processing techniques. The flour is extremely versatile in the cuisine and always keeps its special flavour, whether it is used to make *tagliatelle* and *lasagne*, to knead fritters and “*castagnaccio*” or to bake special bread. The production area covers the province of Massa Carrara. www.farinadicastagnedellalunigiana.blogspot.it

LA FARINA DI CASTAGNE DELLA LUNIGIANA

La farina presenta una consistenza molto fine al palato, ha un colore avorio-crema e si fa apprezzare per il caratteristico dolce sapore, per il profumo e l'intenso e persistente aroma, che ritroviamo anche dopo la cottura. Alla base di questa eccellente farina ci sono pregiate varietà di castagne, rinomate per le pregevoli caratteristiche organolettiche, ma anche per l'antichissima tecnica di lavorazione, che prevede l'essiccazione nei tipici “*gradili*” alimentati a fuoco lento per almeno 25 giorni, con esclusivo utilizzo di legna di castagno e la molitura fatta con le tradizionali macine in pietra in molini alimentati dall'acqua. Per la secolare tradizione di coltivazione del castagneto, per le antiche tecniche di lavorazione affinate nel tempo e per la sua straordinaria qualità, la Farina di Castagne della Lunigiana ha ottenuto il riconoscimento “Denominazione di Origine Protetta” - Protezione Transitoria Nazionale ed è in attesa del riconoscimento europeo. Questa farina si presta ad una sorprendente versatilità in cucina, conservando sempre inconfondibili profumi e sapori, sia che la si utilizzi per fare tagliatelle e lasagne, sia per impastare frittelle e castagnaccio o per fare un sorprendente pane. La zona di produzione si estende nella provincia di Massa Carrara. www.farinadicastagnedellalunigiana.blogspot.it





“ROMANESCO” ARTICHOKE



It has been grown in the countryside of Latium since the time of the Etruscans and has become very popular since the 15th century. There are two cultivars: Castellamare and Campagnano. At the “Bacchanalia Festival” held in Campagnano at the time of artichoke harvesting every year, the vegetable is barbecued on vine branches and seasoned with oil, fresh garlic and peppermint... really mouthwatering! www.carcioforomanesco.it



Sergiogen

IL CARCIOFO ROMANESCO

Il carciofo romanesco, chiamato anche “mamma”, “mammo-la” o “cimarolo”, è conosciuto nelle campagne del Lazio sin dall’epoca romana, ma già agli Etruschi sembra sia da attribuire l’opera di addomesticamento della coltivazione di questo ortaggio. La sua diffusione nella regione Lazio iniziata a partire dal XV secolo, gli ha permesso di occupare rapidamente un posto di assoluto prestigio nella gastronomia regionale. Le cultivar del carciofo romanesco sono Castellamare e Campagnano. Nel paese di Campagnano, ogni anno, nel periodo di maggiore produzione del carciofo, si festeggia questo meraviglioso prodotto della terra nella “Festa del Baccanale”, con la grande “scarciofata”. In questa occasione i carciofi vengono conditi con olio, aglio fresco, menta selvatica e cotto sulla brace di sarmenti di vite...una vera prelibatezza. www.carcioforomanesco.it

COLLE DI VAL D'ELSA CRYSTAL



Today, Colle di Val d'Elsa is internationally renowned for the production of crystal glassware and art (15% of world production), largely produced in the industrial lower town.

Crystal processing workshop a Colle di Val D'Elsa

Vicolo della Misericordia is a lane that overlooks a breathtaking natural setting. It is the venue of an outdoor workshop where it is possible to admire at close range the processing of crystal. Master crystal-makers demonstrate the art of crystal blowing and hot processing with a crucible furnace, shaping precious masterpieces. Open every first Sunday of the month.

IL CRISTALLO DI COLLE DI VAL D'ELSA

A Colle Val d'Elsa si concentra il 15 per cento della produzione mondiale ed il 95 per cento della produzione nazionale di articoli in cristallo, tanto da essere chiamata la "Città del cristallo"

Lavorazione del Cristallo a Colle di Val D'Elsa

Nel vicolo della Misericordia, affacciato su uno splendido scenario naturale, si trova un laboratorio all'aperto in cui è possibile ammirare da vicino la suggestiva lavorazione del cristallo. I Maestri vetrai mostrano l'arte della soffiatura e della lavorazione a caldo con un forno a crogiuolo, dando forma a preziosi capolavori. Aperto ogni prima domenica del mese.

www.comune.collevaldelsa.it - www.cristallo.org



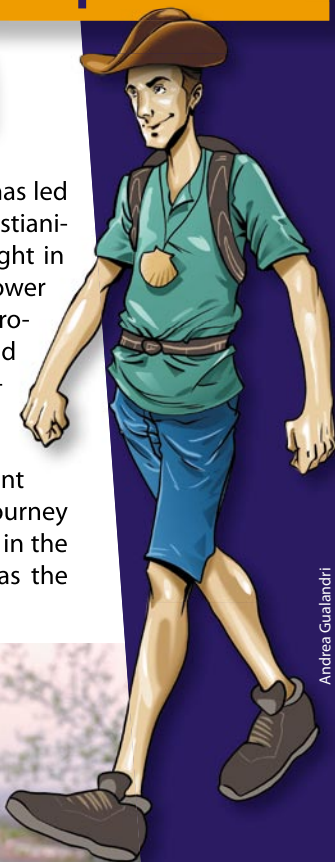
Pilgrim standing outside
Santiago Cathedral



The Santiago de Compostela Pilgrim Routes

What is the Way of St. James?

For more than a thousand years, the Way of St. James has led pilgrims to the sanctuary of one of the Apostles of Christianity: St. James the Greater. His tomb, discovered one night in the year 813 on the sacred hill of Libredón, under a shower of stars, would become the foundational stone of a prodigious Cathedral and a city that, from then on, would attract the footsteps of travellers until becoming a destination featuring traces and echoes from all over Europe. Every time pilgrims start along the old continental roads of the Way of St. James, they set in motion an ancient search mechanism common to all Christendom: the journey to Salvation. And, at the same time, they are immersed in the profoundly human experience of the discovery. Just as the



Andrea Gualandri



Turismo de Santiago - www.santiagoturismo.com

Pilgrim in front of Santiago Cathedral.



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Way of St. James - Map



Obradorio Square, Santiago de Compostela





Turismo de Santiago - www.santiagoturismo.com

The Way of St. James

routes leading to Santiago are many, numerous also are the ways of attaining the most intimate discovery, the one that all pilgrims claim to experience as they advance along the routes of chance encounters or solitude, of voices and silence, of shady landscapes or dry plains, in search of a single goal: Santiago de Compostela.

History

The pilgrimage to Santiago is the most outstanding and most profoundly experienced religious phenomenon of the Middle Ages, a fact that has been recognised by the Council of Europe, which designated the Way the First European Cultural Route, and by UNESCO, which declared it a World Heritage route.

The City

Santiago de Compostela was declared a World Heritage City by UNESCO in 1985, in view of its urban beauty and monumental integrity, as well as the profound echoes of its spiritual significance as an apostolic sanctuary and the destination of the Middle Ages' most important religious and cultural movement: the Way of St. James pilgrimage.



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The discovery of the tomb of the Apostle James's tomb, son of Zebedee and brother of John the Evangelist, changed the appearance of a small Roman settlement in the northwest Iberian Peninsula that, with the passing of the centuries, had become a necropolis; it was also a turning point in the spiritual history of a continent that soon set about building a road in order to reach the precious relic.

Tradition is still alive and the continent's spirituality still looks towards Compostela, as shown by the last Holy Years of 1993 and 1999, by the Jubilee years of 2004 and 2010, and which will undoubtedly be the case in the Jubilee year of 2021. The city's visitors will find its treasures exhibited in twelve museums as well as the surprising richness of its contemporary architecture, designed by Eisenman, Hedjuk or Siza, surrounded by Galicia's largest area of parks and gardens. This setting is alive with cultural expressions – annual music, cinema and theatre festivals, permanent and travelling exhibitions and traditional festivals- organised by the public and private sector, led by the five-hundred-year-old University of Santiago, whose lecture rooms add thirty thousand students to Compostela's

Fisterra, Spain





Obradorio Square, Santiago de Compostela

stable population of one hundred thousand residents. These are also joined, throughout the year, by several million visitors. Those who arrive exhausted, motivated by devotion; those who are attracted by the monumental wonders; those who come to participate in language courses or those who choose Compostela as the venue of their professional events: they all end up immersed in the permanent celebration that is the city's life, especially during the Apostle Festival, declared of International Tourist Interest. Santiago takes care of its visitors by means of a network of hotels with more than 15,000 beds – apart from 5,000 seats available in specialised infrastructures designed for meetings and congresses- and a gastronomic range capable of satisfying those with a discerning palate and all kinds of budgets. No wonder that for more than a thousand years we have been a land of universal reception, a meeting place born for the daily exercising of hospitality.

The Ways

French Way

The pilgrim route par excellence has two branches, depending



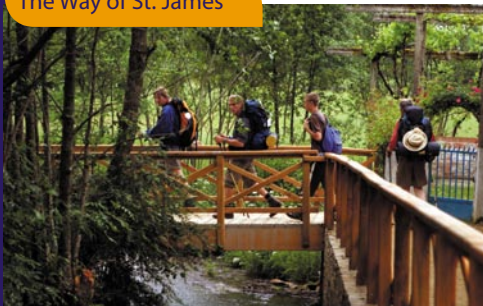


on the pilgrim's point of entry from France.

The main French Way: Having reached Saint-Jean-Pied-de-Port (France), the pilgrims travel 774 kilometres in Spain, passing through the provinces of Navarre, La Rioja, Burgos, Palencia, Leon, Lugo and A Coruña. At an average of 20-25 kilometres daily, it usually takes about 30 days to reach Santiago.

The route began to be signposted with yellow arrows in the eighties, thanks to the parish priest of O Cebreiro, Elías Valiña, and the Association of the Friends of the Navarre Way. This first symbol is now accompanied by milestones and each region's institutional signs.

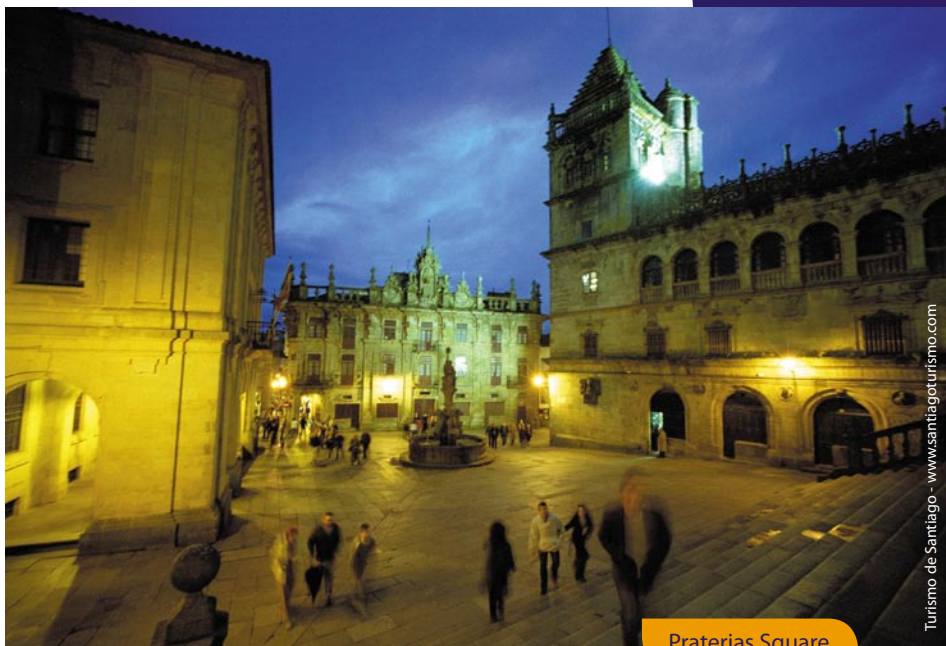
The Way of St. James



Roncesvalles – Pamplona – Puente La Reina – Estella – Logroño – Nájera – Santo Domingo de la Calzada – Burgos – Castrojeriz – Carrión de los Condes – Frómista – Sahagún – León – Astorga – Ponferrada and then they enter Galicia via O Cebreiro – Samos – Sarria – Portomarin – Palas de Reis – Melide – Arzúa – Santiago de Compostela.

Santiago Cathedral, Spain





Turismo de Santiago - www.santiagoturismo.com

Praterias Square

The other Ways:

Portuguese Way, North Way, Primitive Way, English Way, Silver Way, Arousa Sea and Ulla river Jacobean Itinerary and Finisterre-Muxía Way.

Tourist Information

Turismo de Santiago de Compostela
Rua do Vilar 63

15705 Santiago de Compostela Spain

Tel: +34-981-555129 - Fax: +34-981-554748

www.santiagoturismo.com - www.santiago compostela.org



TURISMO DE SANTIAGO DE COMPOSTELA

www.santiagoturismo.com



CONCELLO DE
SANTIAGO
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Económica e Turismo

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Nice view of Santiago from Alameda Park



Regional Products

Andrea Gualandri



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ALMOND CAKE OF SANTIAGO



PROTECTED GEOGRAPHICAL INDICATION

Protected Product

The protected denomination of origin "Tarta de Santiago" is a traditional cake from Galicia whose ingredients are almonds (at least 35% of the total weight of the mix), sugar (at least 33% of the total weight of the mix) and eggs (at least 25% of the total weight of the mix), as described in the regulation.

There are two basic versions of this cake, with and without a base. Each of these versions may come in different sizes.

The base: it can account for no more than 25% of the total weight of the cake. The base may be made of:

- Puff pastry made from wheat flour, butter, water and salt.
- Shortcrust pastry made from wheat flour, butter, refined sugar, whole eggs, milk and salt.

Characteristics of the product

Shape: round with a dusting of icing sugar and showing, as a distinguishing feature, the Cross of the Order of Santiago.

Aroma: that of egg yolks and almonds

Colour: white on the surface, due to the decorative dusting of icing sugar, and golden inside.

Taste: that of almonds

Texture: spongy and granulated

TARTA DE SANTIAGO

INDICACIÓN XEOGRÁFICA PROTEXIDA

Producto protegido

El producto amparado por la indicación geográfica protegida *Tarta de Santiago* es un dulce tradicional gallego, cuyos componentes básicos son almédras (mínimo 33% sobre el peso total de la masa), azucar (mínimo 33% sobre el peso total de la masa) y huevo (mínimo 25% sobre el peso total de la masa), empleados según las condiciones que se definen en su reglamento. Existen dos presentaciones básicas, tarta forrada, es decir, con base, y tarta sin forrar. A la vez, cada una de estas presentaciones admitirá distintos formatos en función del tamaño de la tarta que se vaya a realizar. Los forros, representarán como máximo un 25% del peso total de la tarta forrada, y se admiten dos formatos y composiciones: Forro de hojaldre, en el que los ingredientes son harina de trigo,



Address:

Pazo de Quián, s/n Sergude
15.881 Boqueixón. A Coruña
Tel.: +34 881 997 276
Fax: +34 981 546 676
E-mail address:
ingacal@xunta.es



Dirección:

Pazo de Quián, s/n Sergude
15.881 Boqueixón. A Coruña

Tel.: 881 997 276

Fax: 981 546 676

Correo electrónico:
ingacal@xunta.es

mantequilla, agua y sal. Forro de pasta brisa en el que sus ingredientes son harina de trigo, mantequilla, azúcar refinado, huevo entero, leche y sal.

Características del producto

Forma: redonda con cubierta de azúcar glasé donde figurará la Cruz de la Orden de Santiago como señal de identidad propia.

Aroma: típico a yema y almendra.

Color: cobertura blanca en superficie debido a la decoración con azúcar glasé Y color dorado al corte.

Sabor: típico a almendra.

Textura: esponjosa y granulada.





RÍAS BAIXAS WINE



Area covered by the D.O. Rías Baixas

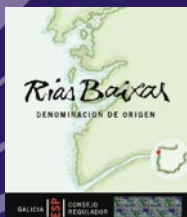
The area for producing these wines is situated in the provinces of Pontevedra and southern A Coruña; this territory is further divided into five sub-zones:

- Val do Salnés
- Condado do Tea
- O Rosal
- Soutomaior
- Ribeira do Ulla

Distinctive features

Albariño is vivid straw yellow in colour with shades of gold and green. It is a medium intensity, aromatic wine and smells distinctively of fruit and flowers. It is fresh, rounded and full to the palate; it is relatively low in alcohol, with a balanced acidity and a wide range of tones. It is long, pleasant and elegant on the finish.

The Rosal and Condado wines have two strong personalities that are shaped respectively by two varieties of grapes, i.e. Loureira and Treixadura. Their taste is rounded, full and attractive.



www.doriasbaixas.com

Grape varieties and types of D.O. Rías Baixas. Varieties:

Recommended whites: Albariño, Loureira Branca or Marqués, Treixadura and white Caiño

Authorised whites: Torrontés and Godello.

Recommended reds: Red Caiño, Espadeiro, red Loureira and Sousón.

Authorised reds: Mencia, Brancellao and Pedral.

Types of wine:

a) White wines:

- Rías Baixas Albariño
- Rías Baixas Contado do Tea
- Rías Baixas Rosal
- Rías Baixas Salnés
- Rías Baixas Ribera del Ulla
- Rías Baixas:
- Rías Baixas barrica

b) Red wines:

- Rías Baixas (red)

c) Sparkling:

- Rías Baixas



C.R.D.O. "RÍAS BAIXAS"

Zona amparada por la DO Rías Baixas

La zona geográfica de la D.O. Rías Baixas comprende territorios donde tradicionalmente, y desde tiempo inmemorial, se producen vinos de calidad en la provincia de Pontevedra y en el límite de ésta con la provincia de A Coruña. Dicha área se distribuye en cinco subzonas perfectamente individualizadas:

- Val do Salnés
- Condado do Tea
- O Rosal
- Soutomaior
- Ribeira do Ulla

Por su clima, próximo al límite del cultivo de la vid, la Denominación de Origen Rías Baixas está plenamente integrada en la gran región atlántica dando lugar, por lo tanto, a vinos que la literatura especializada clasifica como atlánticos.

Características de los vinos de la D.O. Rías Baixas

Los vinos monovarietales de Albariño tienen un color amarillo-pajizo, brillante, con irisaciones doradas y verdes. En la nariz poseen aromas florales y frutales finos y distinguidos, que impresionan agradablemente, de intensidad media y de duración medio-larga. En la boca son frescos y suaves, con suficiente cuerpo y grado alcohólico, acidez equilibrada, armoniosos y con amplios matices. Su retrogusto es placentero, elegante y completo. Los vinos Rosal y Condado están personalizados por llevar en su composición las castas loureira y treixadura, respectivamente. Son vinos de intensos aromas con ligera acidez, y en la boca, plenos, agradables y atractivos.

Variedades de uva y tipos de vino en la D.O. Rías Baixas

Blancas recomendadas: Albariño, Loureira blanca o Marqués, Treixadura y Caiño blanco.

Blancas autorizadas: Torrontés y Godello

Tintas recomendadas: Caiño tinto, Espadeiro, Loureira tinta y Sousón

Tintas autorizadas: Mencía y Brancellao

Tipos de vinos amparados

A) Vinos blancos:

Rías Baixas Albariño

Rías Baixas Condado do Tea

Rías Baixas Rosal

Rías Baixas Salnés

Rías Baixas Ribeira do Ulla.

Rías Baixas.

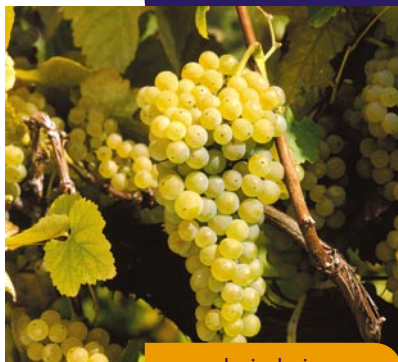
Rías Baixas barrica

B) Vinos tintos:

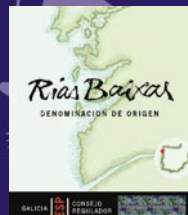
Rías Baixas (tinto)

C) Espumosos

Rías Baixas Espumosos.



www.doriasbaixas.com



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ARZÚA-ULLOA CHEESE



Area covered by the P.D.O. Arzúa-Ulloa

The area for producing the milk and making the cheese is in the heart of Galicia and comprises the following municipalities:

- province of A Coruña: Arzúa Boimorto, O Pino, Touro, Curtis, Vilasantar, Melide, Santiso, Sobrado, Toques, Frades, Mesia, Ordes, Oroso Boquixón and Vedra.
- province of Lugo: Antas de Ulla, Monterroso, Palas de Rei, Carballedo, Chantada, Taboada, Friol, Guntín and Portomarín.
- province of Pontevedra: Agoalda, Dozón, Lalín, Rodeiro Silleda, Vila de Cruces and A Estrada.

Product protected by PDO Arzúa-Ulloa

The cheese covered by the PDO Arzúa-Ulloa is made from whole, natural cow's milk - either raw or pasteurised - from Rubia Gallega, Pardo Alpina and Friesian cows or cross-breeds of the three.

This whole and natural milk can contain neither preservatives, nor inhibitors, nor drugs that may have an influence on cheese ripening and storage. This cheese may weigh between 0.5 and 3.5 kg and carries a label that guarantees its origin and a secondary control label.

Characteristics of the PDO cheese Arzúa-Ulloa

The denomination Arzúa-Ulloa includes the following cheeses:

Arzúa-Ulloa

It is a soft cheese made from raw or pasteurised milk and requires a maturation period of at least six days; it may have both a convex or cylindrical shape with rounded edges. Its rind, thin and elastic, is medium to dark yellow in colour, shiny, clean and smooth. The paste, uniform in colour, ranges from ivory to pale yellow; it is shiny and has no cracks, though it may have some small angular eyes irregularly distributed. The cheese diameter is included between 100 and 250 mm, while its height ranges from 50 to 120 mm. In any case, the cheese can never be taller than the length of its circumference.

Farm-manufactured Arzúa-Ulloa

It is made from raw or pasteurised cow's



www.arzua-ulloa.org



milk that comes entirely from cows from the farm where the cheese is made. Its distinctive features are the same as those described in the previous section. The aroma of both Arzúa-Ulloa and farm-manufactured Arzúa-Ulloa reminds of fresh milk and yoghurt; an aroma of butter appears as the cheese matures with hints of vanilla, cream and nuts. Its taste is slightly salty with a hint of acidity, while the texture is smooth and slightly stringy. In the mouth it is soft and creamy due to proteolysis that occurs during ripening.

Cured Arzúa-Ulloa

It is made from raw or pasteurised cow's milk and the minimum ripening period is six months.

- Shape: convex or cylindrical; its upper surface may be slightly concave.
- Rind: it is homogeneous, deep bright yellow in colour and with a greasy appearance.
- Weight: it ranges from 0.5 to 2.0 kg.
- Diameter: it is included between 120 and 200 mm and its height ranges from 30 to 100 mm.

It is locally known as “Queixo da Nabiza”, “Queixo do tempo dos nabos” and “Queixo da ano”

- Paste: it is deep yellow in colour, very compact; its rich aroma is milky and smells of slightly rancid butter.
- It tastes mainly of butter with a slight touch of vanilla and nuts.



ARZÚA-ULLOA

Zona amparada por la D.O.P. Arzúa-Ulloa

La zona de producción tanto de la leche como de los quesos está situada en el corazón de Galicia y comprende los siguientes ayuntamientos:

- Provincia de A Coruña: Arzúa, Boimorto, O Pino, Touro, Curtis, Vila-santar, Melide, Santiso, Sobrado, Toques, Frades, Mesía, Ordes, Oroso, Boqueixón y Vedra.
- Provincia de Lugo: Antas de Ulla, Monterroso, Palas de Rei, Carballedo, Chantada, Taboada, Friol, Guntín y Portomarín.
- Provincia de Pontevedra: Agolada, Dozón, Lalín, Rodeiro, Silleda, Vila de Cruces y A Estrada.

Producto protegido por la D.O.P. Arzúa-Ulloa

El queso amparado por la D.O.P. Arzúa-Ulloa se elabora con leche de vaca, natural y entera, cruda o pasteurizada, procedente de las razas: rubia gallega, frisona, pardo-alpina y sus cruces. Esta leche no podrá contener calostros, conservantes, inhibidores o productos medicamentosos que puedan incidir en la elaboración, maduración y conservación del queso. En su composición se cumplirán los parámetros





legalmente establecidos, con el que es en cualquier caso una leche natural íntegra. Los quesos se presentan en piezas de 0,5 a 3,5 kg y van provistos de una etiqueta comercial en la que figurará, de manera destacada, la mención de la Denominación de Origen y una contraetiqueta expedida y controlada por el Consejo Regulador.

Características del queso de la D.O.P. Arzúa-Ulloa

La D.O.P. Arzúa-Ulloa ampara los siguientes tipos de quesos:

Arzúa-Ulloa: Es un queso de pasta blanda, elaborado con leche cruda o pasteurizada, tiene un período de maduración mínimo de seis días y presenta forma lenticular o cilíndrica con los bordes redondeados. Su corteza, fina y elástica, es de color amarillo medio oscuro, brillante, limpia y lisa. La pasta es de color uniforme, entre blanco marfil y amarillo pálido, de aspecto brillante, sin grietas, presentando un aspecto poco esponjado, con ojos pequeños, angulosos o redondeados y de distribución irregular. Su diámetro estará entre 120 y 260 mm y su altura entre 50 y 120 mm, aunque en ningún momento ésta puede ser mayor que el radio.

Arzúa-Ulloa de Granja: Elaborado con leche cruda o pasteurizada, con la particularidad de que ésta procede en su totalidad de vacas de la propia explotación. Las características generales de este queso coinciden con las descritas en el apartado anterior.

Las características sensoriales de los quesos Arzúa-Ulloa y Arzúa-Ulloa de Granja son el aroma, inicialmente a leche fresca y a yogur, apareciendo el aroma a mantequilla a medida que madura, junto con matices de vainilla, nata y nueces. El sabor es ligeramente salado, con un característico punto de acidez.

Arzúa-Ulloa Curado: Elaborado con leche de vaca, cruda o pasteurizada, tiene un período de maduración mínimo de seis meses. Su forma también es lenticular o cilíndrica y la cara horizontal superior puede ser ligeramente cóncava.

Presenta una corteza no diferenciada de color amarillo muy intenso, brillante y de aspecto graso. Su peso oscila entre 0,5 y 2,0 kg. El diámetro está comprendido entre 120 y 200 mm y la altura entre 30 y 100 mm. Es el queso conocido tradicionalmente como "queso de la nabiza", "queso del tiempo de los nabos" o "queso del año".

Su pasta, amarilla intensa, es muy compacta, con aroma lácteo y un fuerte olor a mantequilla ligeramente rancia. La sensación olorosa es penetrante y picante. El sabor es semejante a la mantequilla, con ligeras notas a vainilla y frutos secos. En su composición presenta un mínimo del 50% de grasa y un 65% mínimo de extracto seco.

El queso Arzúa-Ulloa Curado se caracteriza por su dureza, siendo difícil el corte, y puede fracturarse en astillas, principalmente en los bordes. Su aroma es muy intenso, de tipo lácteo muy evolucionado, con una sensación olorosa penetrante y con cierto picante. Su sabor es algo más salado, con una acidez menor, y aromas predominantemente a mantequilla con ligeras notas a vainilla y a frutos secos.

PEPPER OF HERBÓN



www.pementodeherbon.com

Protected Denomination of Origin

(*Capsicum annuum*,L.)

Origin

The farming area is around Padron, in the province of A Coruña

Description

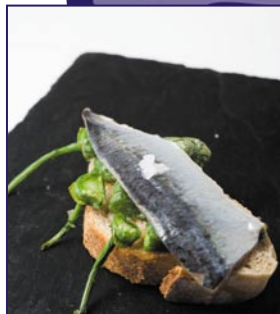
It has a smooth and brilliant green skin, with a moderate aroma and sweet taste, although it can be sometimes slightly spicy

Culinary uses

The pepper of Herbón is fried in oil with coarse salt. In summer, they suit perfectly with small fried fish or Spanish omelette.

Gastronomy Festival

The "Festa do Pemento de Herbón" in Padron is a Gastronomy Festival of regional Tourist Interest which is celebrated on the first Sunday of August.



PIMIENTO DE HERBÓN

Denominación de Origen Protegida

(*Capsicum annuum*,L.)

Origen

El área de cultivo es la zona de Padrón en la provincia de A Coruña.

Descripción

Su piel es lisa y brillante, de color verde; y el aroma es de intensidad moderada, de sabor dulce, pudiendo ser ligeramente picante.

Usos culinarios

El pimiento de Herbón se consume para freír en aceite y con sal gorda. En verano acompañan muy bien a los pescaditos menudos y a la tortilla de patatas.

Fiesta gastronómica

La "Festa do Pemento de Herbón" en Padrón es Fiesta Gastronómica de Interés Turístico de Galicia y se celebra el primer domingo de agosto.



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MUSSEL OF GALICIA



Protected Denomination of Origin

Galicia is the world's second biggest mussel producer, and Galician mussels have such quality, both fresh and canned, that it is the only sea product that has attained a protected denomination of origin in Europe. The Galician mussel (*Mytilus galloprovincialis*) is a bivalve which lives in the intertidal zone, at not great depths, clamped together on wave-washed rocks. In Galicia, they are bred on long ropes



attached to floating platforms, where the mussels reach their finest quality. Mussels may be served steamed, with rice and, in some Galician areas, with seafood sauce. It is also an ingredient for salads and the popular *salpicón* (seafood cocktail), a cold vinaigrette made with pepper, onion, egg and mussel.

Gastronomy festival

Mussel and Cockle Festival in Vilanova de Arousa (Pontevedra) the first week of August



MEJILLÓN DE GALICIA

Denominación de Origen Protegida

Galicia es el segundo productor de mejillones del mundo, con una calidad, tanto en fresco como en conserva, que los ha hecho el único producto del mar en toda Europa con denominación de origen protegida. El mejillón gallego (*Mytilus galloprovincialis*) es un molusco bivalvo que vive en comunidades silvestres en la zona de mareas y en sitios de poca profundidad. Vive sujeto a las rocas, un sistema de fijación natural que es aprovechado por los miticultores gallegos para fijarlo a las cuerdas que penden de las bateas, y conseguir cultivar un mejillón de la máxima calidad, libre de arenas.

El mejillón se sirve cocido al vapor, en arroces y, en algunas regiones gallegas, con salsa marinera. También forma parte de ensaladas y del conocido 'salpicón', una vinagreta fría de pimiento, cebolla, huevo y mejillón.

Fiesta gastronómica

Fiesta del Mejillón y el Berberecho en Vilanova de Arousa (Pontevedra) en la primera semana de agosto



www.mexillondeg Galicia.org



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JET STONE



Jet Stone: Dark Amulet

Jet is a mineral that is hard, black and can be polished, three qualities that make it ideal for working and setting, which is done by hand by Compostela's master jet workers. Artistic creation in jet stone has always been linked to Santiago de Compostela and its pilgrimage. Proof of this is the fact that a street and one of the Cathedral's entrances has been called "Azabachería" (Spanish for jet work) since at least the 18th century. St. Sebastian protected Compostela's jet workers, who formed a guild in the 15th century in order to regulate their trade. Their maxims were ensuring the material's purity and the apostolic city's monopoly. Today, art in jet work and gold and silver work is still harmoniously linked together and most of the "obradoiros" (workshops) belong to the association that has been functioning since 1988.

Magic Material

Jet amulets have a long tradition as a protection against the "evil eye", perhaps because the cliché about Galician witches has always marked the idiosyncrasy of the Galician region. "Figas" (jet hands with a closed fist), apart from protecting against evils, also had an offensive use since they were a way of expressing disdain towards curses. The opposite of the "figas" were open hands, with all five fingers visible, and the scallop shells that pilgrims have made the symbol of their trip to Compostela. The requirement that the scallop be both a memento and an amulet led the jet workers to create them in fine lignite.

Black Art

You can buy jet articles in the small jet-work shops filling the Old Town's streets: the "figa" set in gold or silver to be worn as a pendant, decorated and undecorated shells, costume jewellery, rosaries or a wide range of ornaments with religious motifs for decoration. The important thing is not to leave Compostela without its genuine amulet.



AZABACHE

Azabache: Amuleto oscuro

El azabache es un mineral duro, negro y que se puede pulir: tres cualidades que lo hacen ideal para la artesanía hecha a mano en los talleres compostelanos. Su talla artística ha estado siempre ligada a Santiago de Compostela y a su peregrinación. Prueba de ello es que una de las calles y de las entradas a la Catedral se llama 'Azabachería' desde el siglo XVIII. San Sebastián fue el protector de los azabacheros de Compostela y creó el gremio en el siglo XV con el fin de regular su comercio. Sus máximas fueron el monopolio de la ciudad del Apóstol y la garantía de la pureza del material. Hoy, el arte de trabajar plata y azabache está armoniosamente unido y la mayoría de los 'obradoiros' (talleres) se han constituido en una asociación que ha estado funcionando desde el año 1988.

Material mágico

Los amuletos de azabache tienen una larga tradición contra el 'mal de ojo', quizás porque el cliché sobre las brujas gallegas ha marcado siempre la idiosincrasia de la región. Las 'figas' (manos de azabache con el puño cerrado), aparte de proteger contra los demonios, también tenían un uso defensivo contra las maldiciones. El amuleto opuesto a la 'figa' es la mano abierta, con los cinco dedos bien visibles, así como la concha de vieira que el peregrino convirtió en símbolo de su viaje a Compostela. El hecho de que la vieira fuese a la vez recuerdo y amuleto llevó a los azabacheros a recrearlo en un fino lignito.

Arte negro

Se pueden adquirir artículos de azabache en las pequeñas tiendas que llenan las calles de la ciudad vieja. La 'figa' engarzada en oro o plata se puede llevar como colgante. Hay también conchas con o sin decoración, abalorios del traje tradicional, rosarios y una amplia gama de ornamentos con motivos religiosos para la decoración. Lo importante es no irse de Compostela sin su genuino amuleto.





SARGADELOS PORCELAIN



Sargadelos is one of the outstanding design firms in Europe, with more than two centuries linked to the Galician cultural development in all aspects of the creativity.

The ceramic production started in the 18th century and the Sargadelos productions stand out due of their original design and the special

care during the manufacture of the pieces. All the tableware, figures and porcelain jewellery are decorated and finished by hand before leaving the factories in El Castro, Sada (A Coruña) and Sargadelos, Cervo (Lugo).



SARGADELOS

Sargadelos es una de las firmas de diseño y creación de porcelana destacadas en Europa, con mas de dos siglos vinculados al desarrollo de la cultura de Galicia en todos los aspectos de la creatividad.

La producción cerámica comienza en el S. XVIII y las producciones de Sargadelos sobresalen por el original diseño y cuidado con que son fabricadas cada unha de sus piezas. Todas sus vajillas, figuras y joyas de porcelana dura están decoradas y terminadas a mano antes de salir de los hornos de sus factorías en El Castro, Sada (A Coruña) y Sargadelos, Cervo (Lugo).



SARGADELOS

www.sargadelos.com



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