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<b>TOUR NAME:</b>	<b>GALICIAN FOOD &amp; ITS MARKETS</b>
<b>Port:</b>	<b>LA CORUÑA</b>
<b>Country:</b>	<b>SPAIN</b>
<b>Ground Operator:</b>	<b>MSS TOURS - (MALLORCA SEA SHIPPING)</b>

Tour Timetable		Tour Element/Venue & Description	Time in Minutes	# of steps or stairs	Type of Terrain	Restrooms Available? Free or Charge?
From	To					
0:00	0:15	Departure from the port to the market	15		Coach	
0:15	1:00	Visit to the food market and modernist area	60	1 step	Pavement	yes
1:00	2:00	City panoramic with stop at Pza Mayor/Hercules Tower	60	1 step	Coach	
2:00	4:00	Lunch and Octopus showcooking at "Caseta de Aurora"	120	1 step	Pavement	yes
4:00	4:10	Drive to the vessel	15		Coach	

### TOUR DESCRIPTION:

Enjoy a lovely gastronomical experience where the Octopus will be the main character. We will start with a panoramic tour along of La Coruña with a stop at a market that offers many of the ingredients you will find in your lunch.

You will enjoy the modernist city as you look out over the historic coastal port, noting that many of the buildings called "galerías" feature glass balconies, which is why La Coruña is called "Ciudad de Cristal" (City of Glass). All in all, the Tower of Hercules is the most recognizable symbol of the city, as this UNESCO World Heritage Site is the only fully preserved Roman lighthouse still in use for maritime signaling. Browsing one of the many local food markets offers another perspective of the city. You'll see locals shopping for traditional ingredients, especially Galician seafood.

For lovers of good food, a visit to A Coruña Market is a must seem. Our city has a total of 9 municipal markets that have always supplied the people of A Coruña. On a visit to the city of A Coruña it is almost obligatory to go to the Plaza de Lugo, a traditional market where the sale of fish predominates, and is perhaps the most famous fresh fish market in Spain.

Here we will be surprised with the tasting of typical Galician products.

The visit will continue with a panoramic tour through one of the largest urban promenades in Europe, which runs along the entire peninsula of A Coruña.

Later we will enjoy a delicious lunch at Taberna La Penela ( Caseta Aurora), a modern restaurant with a modern interior design. The premise of the restaurant is to be 100% traditional. It has large indoor dining rooms and a terrace. Although "the octopus á feira" will be the star dish, the potato omelette from Betanzos, the churrasco and ham croquettes are the restaurant's recommendations.

How to enjoy eating in A Coruña? Its Atlantic sea and its land offer a varied gastronomy that everyone who visits the city falls in love with. The boats bring the best fish and seafood from the sea to land, and the garden grows vegetables and fruits that give flavor to any dish.

All these fresh products are served in succulent dishes in the city's bars and restaurants, where tradition and innovation merge in many of their gastronomic proposals. We invite you to visit and enjoy the largest restaurant in Coruña, specialized in Octopus, the star product of this city. Bo proveito (bon appetit)!

#### Tour notes / Additional information for guests' guidance:

THE MARKET IS PROVIDED WITH STAIRS AND ELEVATOR

"\*All our tours offered are gastronomical, therefore we could kindly appreciate if you could advise on any dietary restrictions as allergies or food intolerances 24h before your arrival\*."

#### What Guests should bring / wear on this tour:

CASUAL CLOTHING AND COMFORTABLE SHOES

#### Please provide 3 selling points for this tour:

- 1.- Settle in for a driving tour of La Coruña and pass highlights such as the Tower of Hercules.
- 2.- Browse a bustling food market that especially reflects the bounty of local seafood.
- 3.- Dine on a traditional Galician lunch that features octopus, a local specialty.

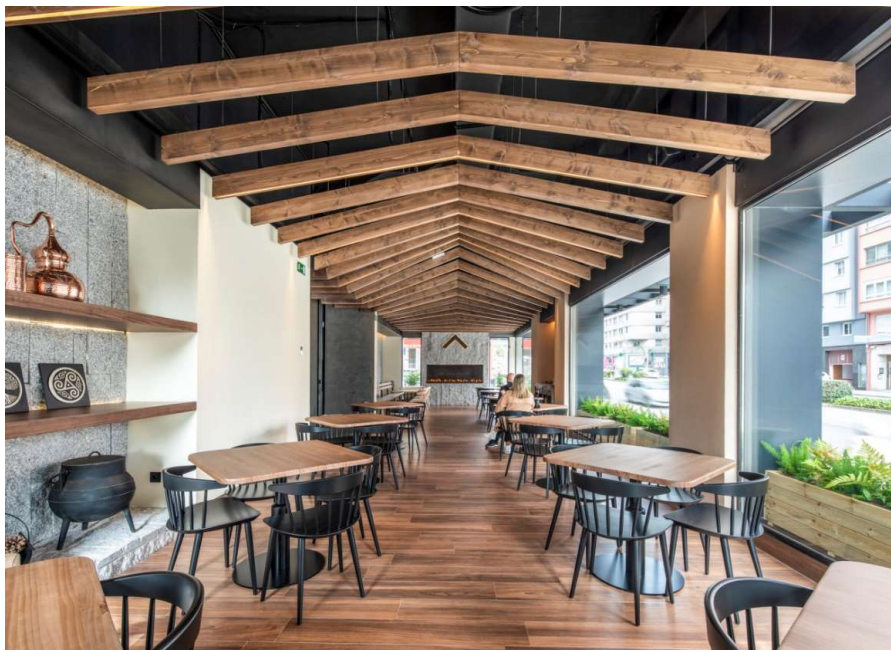
SITES / VENUES / ATTRACTIONS VISITED				
VENUE 1				
Name of the venue		TABERNA LA PENELA (BEFORE CALLED THE AURORA'S CASETA)		
Restrooms available		YES		
MENU		Typical Galician meat with patatas * LA PENELA* BETANZOS Omelette Galician Octopus Rustic Bread Cañitas de Carballiño Galician Bica Vintage wine Cellar Beer Water and drinks Coffee		
Any photo & video restrictions or fees?		NONE	Shopping available ?	NONE
			Maximum n° of pax per group:	40
			1 ship escort FOC per group?	YES
Special opening fees?		NONE	Headsets / audioguides included?	NO

MEALS & DRINKS	TOUR PARTICULARS			VEHICLES	
Is a meal Included:	YES	Total Tour Duration:	4:30	VEHICLE # 1 - Type:	BUS
Buffet/Set Meal/Boxed:	SET MEAL	Minimum / Maximum:	20/40	Passenger Occupancy:	85%
Snack:		Preliminary Counts:	1 week	A/C and or Heat:	YES
Name of Venue:	TABERNA LA PENELA	Final Counts:	24 hours	P.A. System:	YES
Drinks (number):	UNLIMITED	Cancelation Deadline:	24 hours	Toilet:	NO
Type of Drinks:	WINE, BEER, REFRESHMENTS AND LIQUEURS	Affected By Holidays:	YES	Wheel Chair Storage:	YES
Water on Coach:	NO	Venue Closing Days:	MARKET IS CLOSED ON SUNDAYS AND NATIONAL HOLIDAYS	VEHICLE # 2 - Type:	NO
Driver / Guide	1 Guide per Bus				

Please provide details on accessibility of venues (elevator/lift/ramp).
The market is provided with a lift but is not suitable for people with reduced mobility.

RATES							
Type of rate (per person / unit price)	Currency	TIER RATES (average per group/per bus)					
		10	15	20	25	30	40
ADULT	EUR	125,00 €	100,00 €	97,00 €	97,00 €	87,00 €	81,00 €
CHILD	EUR	62,50 €	50,00 €	48,50 €	48,50 €	43,50 €	40,50 €

## PICTURES



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TOUR NAME:	SEASIDE INFLUENCES
Port:	LA CORUÑA
Country:	SPAIN
Ground Operator:	MSS TOURS - (MALLORCA SEA SHIPPING)

Tour Timetable		Tour Element/Venue & Description	Time in Minutes	# of steps or stairs	Type of Terrain	Restrooms Available? Free or Charge?
From	To					
0:00	0:30	Departure from the port to City Panoramic	30		Coach	
0:30	2:00	City Panoramic& photostop (San Pedro, Main Square/Hercules Tower)	90	2 steps	Pavement	Yes
2:00	4:00	Seafood Lunch at Restaurant "HOTEL MELIA MARIA PITA "	120	1 step	Pavement	Yes
4:00	4:30	Return to the Vessel	30		Coach	

### TOUR DESCRIPTION:

Enjoy a panoramic visit to the beautiful city and coast of La Coruña, with more than 12 kilometers of promenade, the longest in Europe and a seafood lunch in a restaurant overlooking the bay of A Coruña. The restaurant of the hotel Melia Maria Pita, located between the main beaches of the city. You will enjoy a pleasant city panoramic and you may see surfers in the surroundings because the waves are usually quite brave. If you look towards the peninsula, you will be able to see the city's aquarium and the Tower of Hercules, a lighthouse still in operation which foundation dates back to Roman times. Additionally, you will also be able to see San Pedro Mount, where there is a steep funicular that runs from the shore to the top of the hill and is another landmark. For lovers of good food, we bring you an excursion of 10!

To learn a bit more about our history, we will take a panoramic tour to the main highlights of A Coruña considered by their inhabitants the most beautiful city in Galicia.

Later we will have lunch at the emblematic Melia Maria Pita Hotel, a restaurant with a modern interior design located in a boutique hotel and overlooking the skyline of A Coruña. A complete meal enriched with local products from this surprising city in the north of Spain. Octopus croquettes and fresh Cod, among others, like the most popular dessert in Galicia Region "Tarta de Santiago", will enriched your gastro expectations.

#### Tour notes / Additional information for guests' guidance:

This tour includes approximately 1 hour of moderate walking over mainly even surfaces with some steps to negotiate. It is not recommended for guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. \*All our tours offered are gastronomical, therefore we could kindly appreciate if you could advise on any dietary restrictions as allergies or food intolerances 24h before your arrival\*.

#### What Guests should bring / wear on this tour:

CASUAL CLOTHING AND COMFORTABLE SHOES

#### Please provide 3 selling points for this tour:

VISIT ONE OF THE GREATEST JEWELS OF CORUÑA, ITS TOWER OF HERCULES, THE ONLY ROMAN LIGHTHOUSE IN OPERATION.  
DIVE INTO THE LONGEST SEA PASSAGES IN EUROPE WITH MORE THAN 12 KILOMETERS OF OPEN SEA.  
ENJOY LUNCH AT THE HOTEL MARIA PITA RESTAURANT OVERLOOKING THE SEA OF LA CORUÑA.

SITES / VENUES / ATTRACTIONS VISITED			
VENUE 1			
Name of the venue		MELIA MARIA PITA HOTEL	
Restrooms available		YES	
MENU		Starters: Two octopus croquettes per person; Salad with cecina from León, Manchego cheese and red fruits; MAIN COURSE: Cod loin with soft cream of confit garlic and a spicy touch; DESSERT: Santiago's cake with ice cream DRINKS: Water, white wine, red wine, soft drinks and beer; coffee and tea; *All our tours offered are gastronomical, therefore we could kindly appreciate if you could advise on any dietary restrictions as allergies or food intolerances 24h before your arrival*.	
Any photo & video restrictions or fees?	NONE	Shopping available ?	NONE
		Maximum n° of pax per group:	40
		1 ship escort FOC per group?	YES
Special opening fees?	NONE	Headsets / audioguides included?	NO

MEALS & DRINKS	TOUR PARTICULARS			VEHICLES	
Is a meal Included:	YES - BRUNCH	Total Tour Duration:	4:30	VEHICLE # 1 - Type:	BUS
Buffet/Set Meal/Boxed:	SET MEAL	Minimum / Maximum:	20/40	Passenger Occupancy:	85%
Snack:		Preliminary Counts:	1 week	A/C and or Heat:	YES
Name of Venue:	MELIA MARIA PITA HOTEL	Final Counts:	24 hours	P.A. System:	YES
Drinks (number):	UNLIMITED	Cancelation Deadline:	24 hours	Toilet:	NO
Type of Drinks:	WINE, BEER, REFRESHMENTS AND LIQUEURS	Affected By Holidays:	NONE	Wheel Chair Storage:	YES
Water on Coach:	YES	Venue Closing Days:	NONE	VEHICLE # 2 - Type:	NO
Driver / Guide	1 Guide per Bus				

Please provide details on accessibility of venues (elevator/lift/ramp).
The venue is accesible.

RATES							
Type of rate (per person / unit price)	Currency	TIER RATES (average per group/per bus)					
		10	15	20	25	30	40
ADULT	EUR	159,00 €	125,00 €	125,00 €	115,00 €	112,00 €	106,00 €
CHILD	EUR	79,50 €	62,50 €	62,50 €	57,50 €	56,00 €	53,00 €

## PICTURES

