







Seniors Tourism/
Corunna and its surroundings/

Corunna and its metropolitan district form an ocean of sensations; the perfect city and setting for spending a few days with your partner and letting yourself be guided by your senses and the rhythm of its streets, its fabled gastronomy and the beauty of its surroundings.

Recommended visits/

A walk along the coast, a few hours relaxing in any of the urban spas, savouring the quality of the food and soaking up the cosmopolitan, urban atmosphere are just some of the proposals to be accepted by anyone who is willing to live the lifestyle of the city: Not enjoying is forbidden. Corunna is a city for shopping and has sophisticated stores with top international labels. It is a city of leisure, with new and surprising venues. The cultural offering of Corunna during the year (theatres, shows, music, exhibitions and free guided tours), its surroundings, scenery and the history of its region are an ideal complement to a perfect stay. Now that you finally have some time to yourselves, Corunna and its metropolitan district offer an ocean of sensations.





Tower of Hércules A World Heritage Site/

Avda. de Navarra, s/n. 15002 Corunna Tel.: +34 981 223 730 www.torredeherculesacoruna.es Entrance: ₹ € - Reduced price: 150 €

Aquarium Finisterrae/

Paseo Alcalde Francisco Vázquez, 34 15002 Corunna Tel.: +34 981 189 842 www.casaciencias.org Entrance: 10 € - Reduced price: 4 €

Domus/ Museum of Mankind/ Imax Cinema/

Santa Teresa, 1. 15002 Corunna Tel.: +34 981 189 840 www.casaciencias.org Entrance: 2 € · Reduced price: 1 € Entrance Imax: 4 € · Reduced price: 2 €

Planetarium/ Science Museum/

Parque de Santa Margarita. 15005 Corunna Tel.: +34 981 189 844 www.casaciencias.org Entrance 2 € · Reduced price: 1 € Entrance Planetarium: 2 € · Reduced price: 1 €

Archaeology and History Museum Castle of San Antón/

Paseo do Parrote s/n 15001 Corunna Tel.: +34 981 189 850 Entrance: 2 € · Reduced price: 1 € Saturdays: Free/

MACUF. Gas Natural Fenosa Contemporary Art Museum/

Avda. de Arteixo, 171. 15007 Corunna Tel.: +34 981 911 476 (Museum)

Collegiate Church Religious Art Museum/

Porta de Aires, 23. 15001 Corunna Tel.: +34 981 203 186

Free/

Fine Arts Museum/

Zalaeta, s/n. 15002 Corunna Tel.: +34 981 223 723 www.museobelasartescoruna.xunta.es Entrance: 2.40 € · Reduced price: 1,20 € Saturday afternoons, Sunday and 18 May: Free/

Regional Military Museum/

Pza. Carlos I, s/n. 15001 Corunna Tel.: +34 981 205 300 www.museomilitar.bitacoras.com Free/

Clocks Museum/

Pza. de María Pita, 1. 15001 Corunna Tel.: +34 981 184 200 **Free/**

Mariñas Museum/

Emilio Romay, s/n. 15300 Betanzos Tel.: +34 981 773 693 Entrance: 1,30 € (General price)

Roman Archaeological Site Museum/

Pza. do Mosteiro, s/n. 15660 Cambre Tel.: +34 981 656 217 www.cambre.org Free/

Andrés Pan Vieiro Tidal Mills Museum/

Avda. de Acea da Ma, s/n - O Burgo 15670 Culleredo Tel.: +34 981 665 597 Free/

Os Oleiros Museum/

Pazo de As Torres - Santa Cruz - Liáns 15179 Oleiros Tel.: +34 981 610 000 Free/

Carlos Maside

Contemporary Art Museum/

O Castro, s/n. 15168 Sada Tel.: +34 981 620 200 **Free/**

Casares Quiroga House- Museum/

Panaderas, 12. 15002 Corunna Tel.: +34 881 894 120 www.coruna.es Free/

Emilia Pardo Bazán House- Museum/

Rúa Tabernas, 11. 15001 Corunna Tel.: +34 981 207 308 Free/

María Pita House- Museum/

Ferrerías, 28. 15001 Corunna Tel.: +34 981 189 853 www.coruna.es Free/

Picasso House- Museum/

Payo Gómez, 14. 15004 Corunna Tel.: +34 981 184 278 www.coruna.es Free/

Wenceslao Fernández Flórez House- Museum/

Apeadeiro, 14 - Cecebre. 15650 Cambre Tel.: +34 981 676 052 www.wenceslaofernandezflorez.org/blog Free/

Elviña Hill Fort/

Campus de Elviña. Corunna Tel.: +34 981 189 850 www.sananton.org Free quided tours/

Luís Seoane Foundation/

San Francisco, s/n. 15001 Corunna Tel.: +34 981 216 015 www.luisseoanefund.org Free/

Novacaixagalicia Foundation/

Cantón Grande, 21-24. 15003 Corunna Tel.: +34 981 185 060 www.fundacioncaixagalicia.org Free/

Barrié Foundation/

Cantón Grande, 9. 15003 Corunna Tel.: +34 981 221 525 www.fbarrie.org

Free/

María José Jove Foundation/

Edif. WorkCenter A Grela Galileo Galilei, 4 A. 15008 Corunna Tel.: +34 981 160 265 www.fundacionmariajosejove.org Free/ Museums/ House-Museums/ Foundations/ Hill Forts/



Novacaixagalicia Social and Financial Centre/

Avda. da Mariña s/n. 15001 Corunna (on the corner of Rúa Fama) Tel.: +34 881 920 160 www.caixanova.es

Free/

CIEC. International Contemporary Printing Centre/

Castro, 2. 15300 Betanzos Tel.: +34 981 772 964 www.fundacionciec.com Entrance: 1 € (General price)

Cultural events/ Parks and walks/

Theatre/

Main Theatre Cycle/ Teatro Rosalía de Castro January - May Sale of tickets/ (1), (2), (3) and (4)

Main Theatre Cycle-Autumn Dance/ Teatro Rosalía de Castro September - December Sale of tickets/(1), (2), (3) and (4)

Cinema Theatre/

Mostra Cinema Periférico S8 Old Prison Building June Sale of tickets/(8)

Events/

Daisy Market Fashion Showroom & Summit Expocoruña 24 and 25 September Sale of tickets/ (6), (7) and (8) Music/

Classical Musical Galician Symphonic Orchestra

Opera House January - April

Sale of tickets/ (5), (6) and (7)

Festiclass Galician Symphonic Orchestra

Opera House February - March

Sale of tickets/ (5), (6) and (7)

Iberoiazz

Forum Metropolitano Teatro Rosalía de Castro Jazz Filloa January

Sale of tickets/ (1), (2), (4) and (8)

Shows

(Theatre, Music, Dance, Comedy) Teatro Colón

January - March

Sale of tickets/ (6), (7) and (9)

Music with Roots Cycle Teatro Rosalía de Castro

March - Mav

Sale of tickets/(1), (2), (3) and (4)

Jazz Cvcle Barrié Foundation

Opera House April - Mav

Free tickets/(10)

Mozart Festival Galician Symphonic Orchestra

Opera House Teatro Colón May - June

Sale of tickets/ (5) and (6)

Corunna Opera Festival

Opera House September

Sale of tickets/ (5) and (6)

Folk Forum Cycle

Forum Metropolitano September-December

Sale of tickets/(1), (3), (4) and (8)

Galician Cabaret Festival

Teatro Rosalía de Castro October

Sale of tickets/(1), (2), (3) and (4)

Sale of tickets/

- (1) Ticket office in Plaza de Orense Monday to Friday (except bank holidays) from 9:30 h to 13:00 h/16:30 h to 19:30 h
- (2) Ticket office at Teatro Rosalía de Castro on the day of the show and previous day Monday to Sunday from 12:00 h to 14:00 h/18:00 h to 20:00 h
- (3) Servinova ticket sales Tel.: +34 902 504 500 from 8:00 h to 22:00 h
- (4) www.servinova.com
- (5) Offices of Galicia Symphonic Orchestra (Festival Mozart) Monday to Friday from 11:00 h to 14:00 h/17:00 h to 20:00 h Saturdays from 11:00 h to 14:00 h
- (6) Caixa Galicia ticket sales Tel: +34 902 434 443 Monday to Friday from 08:00 h to 22:00 h Saturdays from 09:00 h to 14:00 h
- (7) www.caixagalicia.es
- (8) Ticket office same day
- (9) Ticket office Teatro Colón on the day of the show and previous day from 12:00 h to 14:00 h/18:00 h to 21:00 h
- (10) Free tickets with collection in advance More information at: www.fbarrie.org

Parks in Corunna/

Corunna has a large number of few parks and gardens. The Tower of Hercules sculpture park is an amazing open-air museum with sea views, near the Roman lighthouse. The Garden of San Carlos (St. Charles). Monte de San Pedro Park and the Méndez Núñez Gardens are just a few of the parks worth visiting.

Abegondo- Cecebre Reservoir/

Cecebre - Abegondo

A Site of Community Interest that is included in the Natura 2000 Network and a Specially-Protected Nature Zone, One of the best places for observing water birds, forests and the local countryside. For more information visit the Nature Classroom in Abegondo, Crendes, which is open at weekends.

Pasatiempo Park/

Betanzos

An encyclopaedic park designed and built by Juan García Naveiras at the end of the 19th century with an eminently didactic purpose. It represents a journey through history and when it was first built, it was used to allow people to learn about faraway lands such as Egypt or China.

Fluvial trail of the river Mero/

A trail on both banks of the river Mero. which virtually connects O Burgo with Cecebre Reservoir. The perfect place for walking, practising sports and cycling. The trail contains the Peiraio Water Mill, a unique building due to its external vertical wheel.

Fluvial train of Rego das Xesteiras/ Culleredo

This trail has eleven water mills, most of them privately owned, located near Torre de Celas Park, an old mediaeval fortress which houses the Ethnographic Museum, run by the local council.

Atlantic-Monte de San Pedro Dome/

The only covered 360° view point in Spain. Interactive elements, audiovisual contents and touch screens to allow visitors to learn more about the city of Corunna.

Opening times/

Tuesday to Sunday from 11:00 h. to 20:00 h. Saturdays and bank holidays eves from 11:00 h. to 21:00 h.

Entrance/ 2 € · Reduced price/ 1 €

Monte San Pedro Panoramic Lift/

A lift in the shape of a glass sphere that crosses a drop in level of 100 m from Monte San Pedro. It offers fantastic views of the Tower of Hercules and the Bay of Corunna.

Opening hours/

June to September (every day)/ from 11:30 h to 21:00 h October to May/ (Sunday to Friday) from 11:30 h to 19:30 h (Saturdays) from 11:30 h to 21:30 h Closed on Mondays/ Frequency/ every 1/2 h

Entrance*/ 3 €

*An ascent or a descent.



Restaurants and Tapas/

You can taste the quality of our ingredients in any of the city's restaurants and those of the region or following the traditional tapas route through the wine streets. Corunna also has excellent wine bars with a more exclusive atmosphere. For those who prefer sitting down to a good meal in a more sophisticated and intimate setting, there are restaurants with excellent local produce, shellfish and fish as the main attractions. The region has 2 Michelin Star restaurants: Alborada in Corunna and A Estación in Cambre.

Corunna/

María Pita and the "wine streets", Olmos, Estrella, Franja, Barrera, Plaza de España, calle San Juan, Plaza de Vigo, Plaza de Galicia, Matogrande, Montealto. More information at: www.turismocoruna.com

Betanzos/

Venelas do Campo (streets near Pza. Irmáns García Naveira), Rúa Fonte de Unta, Rúa Alfolí, Pza. de Fernán Pérez de Andrade.

Cambre/

Temple District, Centre of Cambre, Os Campóns - Sigrás.

Carral/

Paleo, San Vicente de Vigo, Beira.

Culleredo/

Vilaboa, A Corveira-Fonteculler, O Burgo.

Oleiros/

Santa Cristina, Santa Cruz, Mera.

Sada/

City centre: Avda. do Porto, Rúa da Praia, Linares Rivas and nearby districts.



Spas, Leisure and Health Centres/

Arteixo Spa/

Paseo del Balneario s/n. 15142 Arteixo Tel.: +34 981 600 014 recepcion@balneariodearteixo.com www.balneariodearteixo.com

SPA Loida/

Emilia Pardo Bazán, 22. 15005 Corunna Tel.: +34 981 126 793 nutricion@loida.com www.loida.com

SPA Maryl/

Enrique Mariñas - 30 Bajo. 15009 Corunna Tel.: +34 981 138 532 matogrande@peluqueriasmaryl.com www.pelugueriasmaryl.com

Termaria. Casa del Agua/

Manuel Murguía, s/n. 15011 Corunna Tel.: +34 981 148 486 www.termaria.es

Shopping/ Leisure and Health/

Shopping/

In Corunna, the most exclusive jewellers or boutiques are in the Obelisco district, the area near Plaza de Lugo - Juana de Vega, Cuatro Caminos or the district of Juan Flórez. These areas also have gift or decoration shops and there are many antique shops in the Old Town.

The delicatessen stores, markets and traditional stores of the city and region offer the finest local gastronomy products.

Shopping Centres/

El Corte Inglés/

www.elcorteingles.es

Cuatro Caminos Centros Comercial/ www.4caminos.com

Dolce Vita/

www.dolcevitacoruna.com

Espacio Coruña/

www.espaciocoruna.es

www.loscantonesvillage.es

Marineda City/

www.marinedacity.com

Coruña The Style Outlet/ Culleredo www.thestyleoutlets.com

Rural Tourism/ Hotels/

Rural Tourism/

A Solaina (Cottage)

A Rúa, 9 - Larín. 15144 Arteixo Tel: +34 981 642 544 / 655 064 852 info@casasolaina.com www.casasolaina.com

Casa da Paioca (Cottage)

Paioca, 3 - Quembre. 15153 Carral Tel.: +34 981 671 434 info@casadapaioca.com www.casadapaioca.com

Costa da Égoa (Cottage)

Teixoeiras, 4 - Herves. 15183 Carral Tel.: +34 981 100 522 info@costadaegoa.com www.costadaegoa.com

Hotels in the city/

Hesperia Finisterre *****

Paseo del Parrote, 2-4. 15001 Corunna Tel.: +34 981 205 400 - Fax: +34 981 208 462 hotel@hesperia-finisterre.com www.hesperia-hoteles.com

AC Hotel A Coruña ****

Enrique Mariñas Romero, 34 - Matogrande 15009 Corunna Tel.: +34 981 175 490 · Fax: +34 981 175 491 acacoruna@ac-hotels.com www.ac-hotels.com

Hotel Áttica 21 ****

Enrique Mariñas Romero, 34 - Matogrande 15009 Corunna Tel.: +34 981 179 299 · Fax: +34 981 130 505 Info.coruna@attica21hotels.com www.attica21hotels.com

Hotel Carrís Marineda ****

Ctra. Baños de Arteixo, 43 C.C. Marineda City. 15008 Corunna Tel: +34 981 632 436 · Fax: +34 981 632 454 marineda@carrishoteles.com

Hotel Eurostars Ciudad de La Coruña ****

Juan Sebastián Elcano, 13. 15002 Corunna Tel: +34 981 211 100 · Fax: +34 981 224 610 reservas@eurostarsciudaddelacoruna.com www.eurostarsciudaddelacoruna.com

Hotel Hesperia A Coruña ****

Juan Flórez, 16. 15004 Corunna Tel: +34 981 010 300 · Fax: +34 981 010 310 hotel@hesperia-acoruna.com www.hoteles-hesperia.es

Hotel Husa Center ****

Gambrinus, 14 - Polígono de la Grela 15008 Corunna Tel.: +34 981 160 006 · Fax: +34 981 145 500 husacenter@husa.es www.husa.es

Hotel Meliá María Pita ****

Avda. Pedro Barrié de la Maza, 1 15003 Corunna Tel:: +34 981 205 000 · Fax: +34 981 205 565 melia.maria.pita@solmelia.com www.solmelia.com

Hotel NH Atlántico ****

Avda. Alférez Provisional, 4. 15006 Corunna Tel.: +34 981 226 500 · Fax: +34 981 201 071 nhatlantico@nh-hotels.com www.nh-hotels.com

Hotel Tryp Coruña ****

Avda. Ramón and Cajal, 53 C.C. Cuatro Caminos. 15006 Corunna Tel.: +34 981 242 711 · Fax: +34 981 236 728 tryp.coruna@solmelia.es www.solmelia.com

Hotel Zenit Coruña ****

Comandante Fontanes, 19. 15003 Corunna Tel:: +54 981 218 484 · Fax: +34 981 204 040 coruna@zenithoteles.com www.zenithoteles.com

Hotel Avenida ***

Avda. Álvaro Cunqueiro, 1. 15008 Corunna Tel.: +34 981 249 466 - Fax: +34 981 249 126 avenida@hotelavenida.com www.hotelavenida.com

Hotel Plaza ***

Avda. Fernández Latorre, 45. 15006 Corunna Tel.: +34 981 290 111 · Fax: +34 981 290 211 info@hotelplaza.info www.hotelplaza.info

Hotel Riazor ***

Avda. Pedro Barrié de la Maza, 29 15004 Corunna Tel.: +34 981 253 400 · Fax: +34 981 253 404 reservas@riazorhotel.com www.riazorhotel.com

Hotels near the city/

Hotel Crunia ****

Avda. Fonteculler, 58. 15174 Culleredo Tel: +34 981 650 088 - Fax: +34 981 650 089 info@hotelcrunia.com

Hotel Portocobo ****

María Soliña, 2 - Santa Cruz. 15179 Oleiros Tel.: +34 981 614 100 · Fax: +34 981 614 920 info@hotelportocobo.com www.hotelportocobo.com

Hotel Sada Marina ****

Paseo Marítimo, s/n. 15160 Sada Tel: +34 981 623 406 · Fax: +34 981 623 806 info@hotelsadamarina.com www.hotelsadamarina.com

Complejo Hostelero San Roque ***

Ctra. de Castilla, 38. 15300 Betanzos Tel: +34 981 775 555 - Fax: +34 981 775 271 reservas@complejosanroque.es www.complejosanroque.es

Hotel Rías Altas ***

Avda. Américas, 57 - Playa de Sta. Cristina 15172 Oleiros

Tel.: +34 981 635 300 · Fax: +34 981 636 109 hotel.rias.altas.@celuisma.com www.celuisma.com



Excursions/

Noroeste a fondo/

Tel.: +34 661 383 738 www.noroesteafondo.com Viaies Barral/

Tel.: +34 981 134 469 www.viaiesbarral.com

Air Travel/

Alvedro Airport - Culleredo

8 km from Corunna. Tel.: +34 981 187 200 www.aena.es

Lavacolla Airport - Santiago

65 km from Corunna Tel: +34 981 547 500 www.aena.es

Railway Travel/

Tel: +34 902 240 202 www.renfe.es

Tram/ **Urban Bus Company/**

Tel: +34 981 250 100 www.tranviascoruna.com

Bus Station/

Tel.: +34 981 184 335 www.coruna.es

Municipal Towing Service/

Tel: +34 981 298 095

Tourist Offices/

www.turismocoruna.com

Praza de Mª Pita Tourist Office

Praza de Mª Pita 6 15001 Corunna Tel.: +34 981 923 093

infompita@coruna.es

Tower of Hercules Tourist Office

Avda, de Navarra, s/n (parking area near the Tower) 15002 Corunna

Tel.: +34 981 184 200 torredehercules@coruna.es

Region of Galicia Tourist Office

Dársena da Mariña, s/n. 15001 Corunna Tel.: +34 981 221 822

Fax: +34 981 221 822 oficina.turismo.coruna@xunta.es

www.turgalicia.es

Abegondo Tourist Information

www.abegondo.es

Arteixo Tourist Information Casa do Concello

Tel.: +34 981 600 009 www.arteixoatlantico.com

Bergondo Tourist Office

Ctra, Coruña - Ferrol, 12, 15165 Bergondo www.bergondo.es

Betanzos Tourist Office

Pza de Galicia 1 15300 Betanzos Tel.: +34 981 776 666

Fax: +34 981 776 529 turismo@betanzos.dicoruna.es www.betanzos.es

Cambre Tourist Information

Tel.: +34 981 656 217 www.cambre.org

Carral Tourist Information

www.concellocarral.org

Culleredo Tourist Information

www.culleredo.org

Oleiros Tourist Information

Avda, das Américas, s/n. 15172 Sta. Cristina. Tel.: +34 981 904 052 / 981 610 000

turismo@oleiros.org www.oleiros.org

Sada Tourist Information

Avda, da Mariña, s/n, Sada Tel.: +34 981 620 075 Ext. 283 oficinadeturismo@concellodesada.com www.concellodesada.com

Taxis/

Corunna/ Radio Taxi

Tele Taxi (24h)

Abegondo/ Arteixo/ Arteixo

Vilarrodís Sol e Mar Pastoriza Meicende

Bergondo/ Guísamo Betanzos/

Auto Taxi Radio Taxi Cambre/

Cambre El Temple Carral/ Culleredo/

O Burgo Vilaboa Fonteculler Oleiros/

Radio Taxi Sada/

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+34 981 624 777

Excursions/ Useful Telephone Numbers/

Emergencies/

Ambulance Service

061

Galicia SOS Emergency Telephone

112







Turismo da Coruña/

Edificio Sol Calle Sol, s/n. 15003 A Coruña Galicia - España Tel.: +34 981 184 344 Fax: +34 981 184 345 infoturismo@coruna.es

www.turismocoruna.com www.consorcioam.org

Galicia - España



















