

Conference Location:

TRYP Valencia Oceanic Hotel****

C/ Pintor Maella 35, 46023,

Valencia, Spain

Tel: (34) 96 3350300, Fax: (34) 96 3350311

URL: <http://www.melia.com/hotels/spain/valencia/tryp-valencia-oceanic-hotel/index.html>

How to get to Valencia

By Air

Valencia Airport (IATA: VLC) is 9 km from the city center. Metro goes directly to the town centre and links the Airport to the main train station, Estacion del Norte (beside Xativa metro stop), running every 8 minutes and taking about 20 minutes. The ticket card itself cost €1, and the fare from Airport (zone D) to Xativa metro (Zone A) cost €3.90 as of April 2013 (you can save yourself some money by walking to the next station, Rosas, from where the centre can be reached for €2.10 because it is in zone B)

By Train

Many trains come from Madrid (eg: Alaris), Barcelona (eg: Euromed or ARCO), and many other cities. The main train station, Estacion del Norte, is in the center of the city, near the Town Hall. Travel time by train from Barcelona Sants is about 3 1/2 hours while from Madrid by AVE (high speed rail) is 1 hour 33 minutes. The national train company is RENFE. The tickets can be booked online. The cheap tourist class tickets are often sold out, so economical travelers should book their tickets some couple of days in advance.

By Bus

There are also many buses coming from almost every big city in Spain and most of the cities in the Valencia region. The bus station is located by the river in Valencia, about a 15 minutes walk from the center.

By Boat

Direct ferry routes exist between Valencia and Ibiza, Palma de Mallorca, and Mahon.

Valencia Airport

Address: Carretera del Aeropuerto s/n E-46940
Manises/Valencia

Tel: +34 961 598 500, Airport Code: VLC

Source: <http://www.spanish-airports.com/valencia/>

The logo consists of the word "VISA" in a white, serif font, centered within a dark blue rounded rectangle with a thin white border.

Entry into Spain for stays not exceeding ninety days per six-month period is subject to the conditions set forth in Regulation (EC) No.562/2006 of the European Parliament and of the Council of 15 March 2006.

Being in possession of a valid passport or travel document

The document must be valid for the entirety of the projected stay. Citizens from any State of the European Union, Switzerland, Norway, Iceland and Liechtenstein only need a valid national identity document or passport. In the event of a minor traveling with a national identity document, the latter must be accompanied by parental authorization.

Applications for short-term visas must be submitted through a duly completed application form (original and copy), which may be downloaded for free on this website or may also be obtained for free at Spain's Diplomatic Missions or Consular Posts abroad.

Visas must be applied for in person or through a duly accredited representative at the Spanish Diplomatic Mission or Consular Post of the district in which the applicant legally resides. Should there be no Spanish Diplomatic Mission or Consular Post in a certain country, visas may be applied for at the Diplomatic Mission or Consular Post representing Spain in said country.

More information at:

<http://www.exteriores.gob.es/Portal/en/ServiciosAlCiudadano/InformacionParaExtranjeros/Paginas/Inicio.aspx>

Access to the Hotel from the Airport

By Public Transportation:

Bus: The bus (Metro bus) to Plaza de Espana departs every 25 minutes and takes about 30-40 minutes

Bus Line Ticket Price: 1.45 €

Metro: You can take the metro line 5 from the Airport and stop at Ayora Metro station which is the nearest to the hotel. The hotel is located 10' min walking distance away.



By Taxi:

A taxi ride from the airport to Calle de La Paz, which is in the heart of the historic city centre and covering a distance of approximately 11km costs around €19 with an additional 'airport supplement' of around €4. The tariffs are on display in the taxi in Valencian, Spanish and English but are difficult to see. The same journeys back from Calle de La Paz to the airport half the price! These fees are accurate as of August 2008.

Valencia is served by Iberia, Lufthansa, SAS Scandinavian Airlines, AirFrance, AirBerlin, TuiFly, Ryanair, Transavia, Vueling, and several other airlines.

By Car:

There is a good selection of Valencia Airport car hire companies, and the main ones located in the terminal building are listed below:

Auriga Crown Car Hire in Valencia

Valencia Aeropuerto Manises Valencia

0034 95 2176486

www.aurigacrown.com

Avis Car Hire - Valencia Airport

Ground Floor Ctra. del Aeropuerto, 46940, Manises / Valencia.

0034 961 598 500

www.avis-europe.com

Ctra del Aeropuerto

46940, Manises / Valencia.

0034 956 150 145

www.centauro.net

Europcar Car Rental at Valencia Airport

Ground Floor - Arrivals Terminal, Ctra. del Aeropuerto

0034 961 520 930

www.europcar.com

Hertz Car Hire - Valencia Airport

Ground Floor - Arrivals Terminal, Ctra. del Aeropuerto

0034 961 523 791

www.hertz.com

National Atesa Car Hire - Valencia Airport

Ground Floor - Arrivals Terminal, Ctra. del Aeropuerto

www.atesa.es

Solmar Car Hire - Valencia Airport

Ground Floor - Arrivals Terminal, Ctra. del Aeropuerto

0034 961 539 042

www.solmar.es

Victoria Cars at Valencia Airport

Arrivals Terminal, Manises Airport, 46940 Manises Valencia

0034 96 5830254

www.victoriacars.com

Source: <http://www.spanish-airports.com/valencia/carhire/index.php>

Valencia

Location: 39°28'N 0°23'W

Population: 809,267

Area: 134.65 km² (51.99 sq mi)

Early History of Valencia

Valencia's rather lengthy history reaches all the way back to 138 BC when the Iberian peninsula was a part of the massive Roman Empire. Following the Second Punic War, Roman legionaries settled down and built up a city on the banks of the River Turia that they named "Valentia," a name which obviously bears resemblance to the current "Valencia."

Known for their mastery of design and flawless architecture, the Romans set up and developed the region's first irrigation system- a series of canals and dams that the Moors would further elaborate a few years down the road. Head to the Plaza de la Almoína in Valencia to explore the extensive Roman archaeological ruins that have been discovered- it doesn't take much to realize that the Romans knew how to construct things that lasted!

With the collapse of the mighty Roman Empire, the Visigoths - tribes who were of Germanic origin - moved in and played a major role in national affairs for over two centuries. Unfortunately, as the end of the Visigoth reign neared, the society was plagued with internal conflicts, epidemics and other crises that chipped away at the Visigoths' political and social unity. The Moors, seeing the very obvious opportunity for a take-over, took advantage of the chaos and took the reins with little, if any, opposition.

Source and more information at: <http://www.whatvalencia.com/history-valencia.html>

History:

Valencia, pronounced ba'lenθia (bahl-EHN-thee-ah) in Spanish, and /va'l'nsia/ (val-ehn-see-ah) in Valencian, is a charming old city and the capital of the Old Kingdom of Valencia province of Spain that is well worth a visit. It is the third Spanish city in terms of importance and population, and the 15th in the European Union, with 810,064 inhabitants in the city proper and 1,832,270 in the Metropolitan Area (INE 2008). It is on the Mediterranean Sea approximately four hours to the south of Barcelona and three hours to the east of Madrid. Valencia is famous for its Fallas Festival in March, for being the birthplace of paella and for the massive architectural project by Santiago Calatrava called The City of Arts and Sciences.

Source: <http://wikitravel.org/en/Valencia>



Information



Weather

Valencia has a subtropical climate on the borderline of the Mediterranean climate and semi-arid climate with very mild winters and long warm to hot summers. Its average annual temperature is 22.3 °C (72.1°F) during the day and 13.4 °C (56.1°F) at night. In the coldest month January - the maximum temperature typically during the day ranges from 10 to 20°C (50-68°F), the minimum temperature typically at night ranges from 2-12 °C (36-54 °F) and the average sea temperature is 14 °C (57 °F). In the warmest month - August - the temperature during the day typically ranges from 28-34 °C (82-93 °F), about 23 °C (73 °F) at night and the average sea temperature is 26 °C (79 °F)



Time

Time Spain: GMT +1



Banks

Monday - Friday 08:00am - 14:00 pm. Some banks open on Saturday morning as well.



Post Office

The very beautiful Post Office of Valencia is open without interruption from 8.30 am to 8.30 pm Monday to Friday and from 8.30 am to 2 pm on Saturday. *Postcode: 46000 to 46080*



Shopping

Opening hours are generally from 09:00am to 14:00pm and from 17:00 pm to 20:00pm. Some chemists remain open 24h. Drugstores such as OPENCOR or VIPS remain open all year round from 7 or 8 am to 1 or 2 am. FNAC megastore (CDs, DVDs, video games, books, hitech, hifi...) opens all year round, Monday to Saturday from 10 am to 9.30 pm and Sunday and public holiday from 12 am to 9.30 pm. Since 2013, big stores and hypermarkets are open on Sundays



Electricity

Electrical sockets (outlets) in Greece usually supply electricity at between 220 and 240 volts AC. If you're plugging in an appliance that was built for 220-240 volt electrical input, or an appliance that is compatible with multiple voltages, then an adapter is all you need.



Special Needs

Delegates and accompanying persons with disabilities are invited to advise the Congress Secretariat of any special requirements



Currency

Greece is a Member-State of the European Union and uses its uniform currency – the Euro. Greece, as is the case with the other Member-States of the E.U. uses eight coins as follows: 1, 2, 5, 10, 20 and 50 cents (lepta in Greek) and 1 and 2 Euros. The banknotes are issued in the following denominations: 5, 10, 20, 50, 100, 200 and 500 Euros. Currency exchange rates are clearly displayed in every bank that accepts currency exchange, while credit card holders may acquire money from the ATMs of the collaborating banks. Euros can also be exchanged for notes of other foreign currencies at exchange offices that are situated at the airport and certain main ports, in the larger cities, as well as at many tourist destinations. A passport is required when exchanging currencies.



Pharmacy

Monday - Friday: 09:00 am – 14:30 pm.

Important information:

Calling code: +34 96

Emergency phone numbers

- Hospital, fire, police: 112 (single EU phone number) or...
- Hospital: 085
- Fire (bomberos): 080
- Local police: 092
- National police: 091

Source: <http://www.valencia-spain.org/information/index.htm>

Museums

Most museums are open from 10:00am-14:00pm and then 16:30pm-20.30am, on Sundays and Holidays 10:00am -15:00pm.

Many museums in Valencia allow free entry; others have discounts for children, for groups of more than 10 people, for retired citizens and school groups. Some museums organize workshops, school holiday programs, guided visits and other activities.

Museum of Sciences (Museo de las Ciencias Principe Felipe)



One of the most spectacular buildings of Valencia's City of Sciences and Arts (Ciudad de las Artes y las Ciencias), this museum has exhibitions and interactive displays on science and technology.

Address: Avinguda Autopista del Saler /3/5/7, 46013 Valencia

Tel: +34 902 100 031

Open: 10:00am-18:00pm Sunday to Monday (note special Saturday and seasonal opening times)

Arts Museum (Museo de Bellas Artes)



Specializing in Gothic painting, this museum is the second largest art gallery in Spain after the Museo del Prado in Madrid, with about 2,000 works of art, including a large number of paintings by Valencian artists of the XIV and XV centuries. There is also a contemporary art exhibition, sculpture area and archaeological collection.

Address: C/ San Pio V 9, 46010 Valencia

Tel: + 34 963 870 300

Open: 10:00am-20:00pm Tuesday to Sunday

Valencian Modern Art Institute (Instituto Valenciano de Arte Moderno)

The Instituto Valenciano de Arte Moderno, or IVAM museum, exhibits 360 artworks, including paintings, sculptures and drawings and the Julio Gonz?lez and Pinazo collections. It hosts talks, courses and workshops.

Address: Guillem de Castro 118, 46003 Valencia

Tel: + 34 963 863 000

Open: 10:00am-22:00pm Tuesday to Sunday (closed Monday)



Bull Museum (*Museo Taurino*)



Founded in 1929, this museum preserves objects used during bullfights in the eighteenth, nineteenth and twentieth centuries.

Address: Pasaje del Dr Serra 10/12, 46004 Valencia

Tel: +34 963 883 738

Open: 10:00am-20:00pm Tuesday to Sunday

Cathedral Museum (*Museo de la Catedral*)



The Cathedral Museum displays paintings by artists such as Jacomart and Juan de Juanes, the original statues of the fourteenth-century Apostles' Door, Gothic paintings and other religious artworks.

Address: Pl. Reina s/n, 46001 Valencia

Tel: +34 963 918 127

Open: 08:30-20:00 daily

Valencian History Museum (*Museo De Historia Valenciana*)

This museum takes its visitors through 22 centuries of history.

Address: Valencia 42 , Valencia

Tel: + 34 963 701 105



Exhibition Room of the Bancaja Cultural Centre



The *Sala de Exposiciones del Centro Cultural Bancaja* houses contemporary works of art, including several by Picasso.

Sala de Exposiciones del Centro Cultural Bancaja

Address: Plaza de Tetuán 23, 46003 Valencia

Tel: +34 963 875 864

Open: 10:00am-14:00pm and 17:00pm-21:00pm Monday to Saturday; 10:00am-14:00pm on Sundays and holidays

Natural History Museum (Museo Valenciano de Historia Natural)

Several entomological collections with insect specimens the Valencia environment and the world.

Museo Valenciano de Historia Natural (in Spanish)

Address: Paseo de la Pechina 15, 46008 Valencia

Tel: +34 963 910 606

Fallero Museum (*Museo Fallero*)

The papier mache figures (ninots) chosen each year by popular vote to be the best during the San José festival in mid-March are preserved in this museum. The museum exhibits many ninots before the festival, in order for people to see them all together and vote for the one to save from the bonfire on the last day of the celebration.

Address: Plaza Monteolivete 3, 46006 Valencia

Tel: + 34 963 521 730





Lladro Porcelain Museum and Factory, take bus No.16 from city center to its end at Tavernes Blanques suburb. Here is the Lladro Porcelain factory. Visit is free, but it has to be scheduled before. You visit the factory, the process of porcelain making and at the end a large collection of Lladro porcelain some worth \$30,000. Photos allowed only at the collection.



Valencian History Museum - a museum full of artefacts and multimedia presentations detailing the history of Valencia from its birth in the Roman era all the way to the modern times. Easily reachable by metro, near the Nou d'Octubre station

Source: <http://valencia.angloinfo.com/information/lifestyle/local-tourism/museums/>
<http://wikitravel.org/en/Valencia>

Walking Tours/Places to visit

- **City of Arts and Science** (Ciutat de les Arts i les Ciències), Avda. Autopista del Saler, nº 5 - 46013 Valencia (Take a city bus from the train station or the metro to Alameda station), PH:+34 90 210-0031, 10AM-9PM. Very interesting. It is located where the old river Turia used to flow and over there you will find a Science Museum, a Planetarium, an IMAX cinema, an Aquarium and, in the near future, the Arts Museum. It is famous for its architecture by Santiago Calatrava.

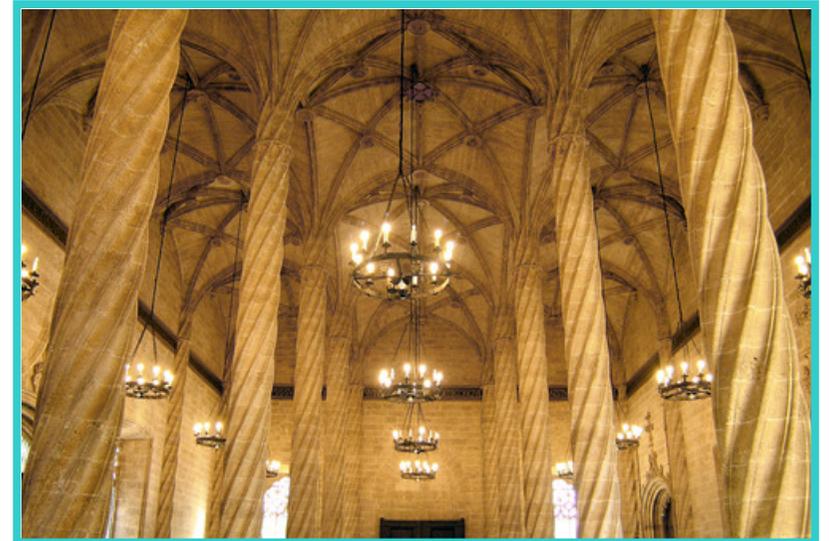


- **The Barri del Carme** neighborhood is in the old center. It is the perfect place for a stroll where you can witness the transition from a forgotten area to an up-and-coming diverse neighborhood. Barri del Carme has many outdoor cafes and trendy shops.



- **The Seu** - A curious cathedral with doors from three distinct architectural periods. A trip up the Micalet tower (formerly Moorish, but now "Christianized") provides a pleasing view of the city

- **The La Lonja de la Seda (Silk Exchange)** - This building is the site of the ancient local silk trade. It is also a UNESCO landmark and has recently been refurbished. Some of the gargoyles are quite naughty. Contrary to the wealth of material published by the tourism industry touting this to be the "best preserved late gothic/renaissance building in Spain", in fact only the interior of this building is original. The exterior was renovated in the neoclassical period (approx. 1879) and has been passed off as medieval by the tourism industry in an attempt not dissimilar to the controversial Barri Gotic quarter in Barcelona (which has since been proved to be mostly a medieval fake). Further restoration work in the mid-90's and again in 2007-2008 has clouded the authenticity of the exteriors decorative features. A visit to the Silk Exchange to see the beautiful interior vaulting should still be on everyone's itinerary in Valencia, but doubt claims as to the "Gothic-ness" of the miraculously preserved 500 year old stone carvings.





- **The Mercat Central** - Located in an aging "modernist" building in the process of being renovated. See how the locals shop for food and buy some fantastic fresh produce, meat, or olives.

- **Walk along the old Tùria** river bed, now a park with soccer and rugby fields, an artificial boating lake, athletics track, playgrounds, fountains, and trails. This massive elongated park spans many neighborhoods and ends at the City of Arts and Sciences. Abundant bike paths make it an ideal place to get in a little exercise and sun.



- **Torres de Quart**, at the end of Calle Quart. This pock-marked medieval tower was part of the ancient wall that surrounded the old city. Another set of nearby towers called the Torres de Serrano were also part of ancient wall. The Serrano towers have been massively renovated and somewhat modernized, but they are still interesting and are located across the street from the park.

Dining in Valencia

Local Specialties



- **Local paella** - There are several versions of this tasteful rice dish: Paella Valenciana, with meat (chicken and/or rabbit usually), Paella de Marisco, with fish or seafood, or even Paella Mixta, with meat and fish at the same time, the least popular amongst locals. It is very difficult to say which is the "real" paella, as every person has his/her own version (Though NO paella that deserves this name contains sausage, ham or meat broth, for instance). If you want to eat an authentic Paella, try it at the Malvarrosa beach area; you will find there are several good restaurants. The authentic Valencian Paella is made only with fresh ingredients, in a special iron pan and using a fire made with wood (not gas or electricity). Vegetarian Paella is called "Paella vegetal" or "Paella de verduras".

- **Arros a banda and arros negre** - This rice is black because it contains squid ink. You can find these dishes at the same places as above.





- **Fideua**, a paella-like dish, with short noodles and fish, was invented in the Gandía and Denia area (Alicante) and can be usually found in paella restaurants. It deserves a try too.

- **All i pebre** - All i pebre is made of eel, a snake like fish typical from the Albufera, a lagoon near Valencia. You can drive to El Palmar and taste it there. Delicious, but a very special taste. You can find good paella, and other traditional dishes at the restaurants here too.



- **Llet merengada** - A kind of milk-based soft ice cream with a cinnamon-lemon taste.



- **Bunyols** - Fried doughnuts, sometimes round shaped, sometimes like rings. Widely available only during March. Dip them in hot chocolate. Sometimes they are too oily, so don't eat a lot of them or you will not be hungry again for several hours. If you can choose the 'carabasa' (pumpkin) version, you should try it. They are generally tastier.

Source: <http://wikitravel.org/en/Valencia>

Restaurants

La Pepica



This was Ernest Hemingway's favorite, and nothing has changed. Recall his notes from *The Dangerous Summer*: "Dinner at Pepica's was wonderful. It was a big, clean, open-air place and everything was cooked in plain sight. You could pick out what you wanted to have grilled or broiled and the seafood and the Valencian rice dishes were the best on the beach. You could hear the sea breaking on the beach and the lights shone on the wet sand." Hemingway ate heartily and was very fond of the Balaguer family that still owns the restaurant and remembers Papa's good appetite for food and drink.

Address: Avenida Neptuno 6
46011 Valencia, Spain
Tel: + 34 96-371-0366
Website: www.lapepica.com

La Rosa



After mass, locals flock to feast here, though no proper lunch begins much before 2 p.m. in the afternoon in Valencia. In order to get good seating at an outdoor table looking over the beach and sea, shoot for a 1:30 p.m. reservation. La Rosa has a vast menu and a fairly good wine list, with a number of excellent Valencian wines. Opt for fried pork skins called chicharrones instead of a banal salad of pink tomatoes, shredded carrots and mediocre ham. Paella is mandatory. The lightly seasoned dish comes steaming in a big, concave pan; a version with rabbit and chicken has green beans and snails added to the mix.

Address: Avenida Neptuno 70
Valencia, Spain
Tel: + 34 96-371-2076

Raco del Turia



This is an excellent starting point for your education in Valencian cuisine. Bright and cheery, it's welcoming to locals and foreigners alike. The moderately-sized dining room has wood beams, white moulding, painted-tile wainscoting, peach walls and brass chandeliers. Food-related paintings festoon the walls, including one with a scene of paella being cooked in the countryside. The food here is seriously traditional, beginning with a very pleasing arrangement of grilled zucchini, asparagus, tomatoes, eggplant, onions and mushrooms dressed with a well-rendered romesco sauce of almonds, peppers, onions, tomato, garlic and olive oil. Fat, fresh shrimp arrive piping hot and gilded with garlic and oil. Monkfish, on the other hand, is better naked, without its gummy white sauce.

Address: 10 Carrier Ciscar
Valencia, Spain
Tel: + 34 96-395-1525

Tasca Josue



A marked evolution of the local cuisine with modern flair in presentation can be found at Tasca Josue, situated in a busy, youthful neighborhood packed with young people who like to go out and stay out very late. The staff doesn't speak English, but that doesn't stop chef-owner, Jesus Ribes, from standing in his open kitchen and happily explaining what's good that night. Just nod and say "o.k." to whatever he suggests. His recommendations might include an appetizer of a bright-tasting salad of thinly sliced octopus, zucchini, red onion, tomato and a gloss of olive oil. Or try a "shooter" with puréed red pepper and garlic and a single shrimp on the side; then embark on a lovely plate of octopus with macadamias, asparagus, carrots, zucchini and a slick of squid ink sauce. Tagliarone pasta of calamari is tossed with string beans and zucchini, with a paprika-infused mayonnaise. For a main course, sea bass comes with assorted sautéed mushrooms and pine nuts; a filet mignon gets accompaniment from haystack potatoes and delicious shreds of Spanish ham. For dessert, melon soup with yogurt sorbet is a perfect way to end the fairly light meal - or you could just go extreme and polish the whole experience off with a brownie smothered in chocolate ice cream, white chocolate sauce and passion fruit.

Source: <http://www.gayot.com/restaurants/features/foodofvalencia.html>

Some of Valencia's best tapas bars

Tasca Angel

This is the most famous place in town to find fried sardines. They are made in this tiny local restaurant with the bones removed, butterflied and fried on the grill. The bar is very plain, with strip lighting and a few bar stools - people come here for the great atmosphere and the great sardines, not the scenery. In the evening you will struggle to find a seat, but you can perch at the bar and try a fresh local speciality.

Address: Tasca Angel

Calle de la Purisima, 1

46003

Pepita Pulgarcita

Pepita Pulgarcita is one of Valencia's more modern tapas bars. Seating is at high white tables with chic chandeliers hanging from above. The service is slick and the wine glasses are large. House specialties include fried camembert with tomato marmalade, tempura calamari and fried morcilla. The bar also make great cocktails.

Address: Pepita Pulgarcita

Calle de Caballeros, 19

46003

Las Cuevas

Las Cuevas is a very authentic tapas bar - it sits in one of the old town's most emblematic squares. Las Cuevas translates as 'The Caves' and sitting in this bar gives exactly the feeling of being in caves - there are different rooms that you can walk between with low ceilings. If you want to try a selection of traditional tapas, this is a good place to head - they offer a range of all of the best Spanish tapas.

Address: Las Cuevas

Plaza Cisneros, 2

46003

Source: <http://www.valencia-tourist-guide.com/en/restaurants/tapas-valencia.html>

Excursions

During your time in port in Valencia, explore the city with a 24-hour ticket aboard a hop-on hop-off bus tour. On this shore excursion, create your own itinerary as you travel around Valencia in an open-top, double-decker bus, hopping off whenever you'd like to see all the main sights, such as the City of Arts and Sciences (Ciudad de las Artes y las Ciencias), the UNESCO World Heritage-listed Silk Exchange (La Lonja) and the Congress Palace (Palacio de Congresos). Upgrade your tour to visit the Valencia Oceanographic, an aquarium and marine park at the City of Arts and Sciences. The largest aquarium in Europe, the Oceanographic is home to more than 45,000 animals from 500 different species.

Also, you might decide that you would like to head out on an excursion from the city centre. Valencia is the name of the city, but it is also the name of the province in which it is located. Throughout the province there are places of great natural beauty, historical importance and touristic interest to explore.

El Rincon de Adamuz in the region of Valencia



El Rincon de Ademuz is a historical area in the province of Valencia. It sits between the towns of Cuenca and Teruel and contains valleys and rivers (Turia, Ebron and Boilgues). This is also where you will find the foot hills of the Javalambre mountain. It is a great place to head if you would like to for some walking and see some nature. It is also of interest to you if you are interested in history and architecture - you will find the 'Virgen de la Huerta' Chapel, Muslim Castle Ruins, Casa Bajas old water mill and Iglesia de Nuestra Señora de los Angeles amongst others.

La Serrania in the region of Valencia



La Serrania is an area in the province of Valencia that is a place of natural beauty. It contains gullies, rivers and ravines. It is also an area where there are a great deal of vineyards. This area is said to be ideal for hikers.

El Camp de Turia in the region of Valencia

El Camp de Turia covers a large plain and is bordered by the Sierra Calderota in the North and the River Turia in the South. The region is important historically as it is the land of the ancient Iberian and Roman Edetania. Buildings in the region span the centuries, including the Muslim Tower of Bofilla, the Monasterio de Sant Miquel and the Ermita de Sant Francesc.



El Camp de Morvedre in the region of Valencia

This area is in the most northern part of the province. The Palancia River cuts through the area and it is bordered by the Sierra Calderona. The mountains of the Garbi and Picayo are situated in the area and at the foot of the mountains orange groves extend as far as the coast.

In this area you will find the small town of Alfara de Algimia, which is the home to an old town hall building and the Iglesia Parroquial de San Pedro.

In the area you will also find Garcbi Peak - a vantage for the whole area and the l'Horta de Valencia coastline.



L'Horta in the region of Valencia

L'Horta is one of the most popular and famous areas of the region. It is the area that sits around the capital of Valencia, making it one of the most convenient to head to for a day trip from Valencia city.

Alboyaya is a picturesque fishing village in this area. It is home of the famous horchata (a drink made from tiger nuts) and contains lots of old Valencian farmhouses. It is also where you will find Port Saplaya - a marina backed by multi-coloured old buildings.

Other small towns in the area that are of interest include Alaquas (home of the fifteenth century Castle-Palace), Albalat dels Sorells (where you will find the Gothic Palace), El Puig (home to a renowned printing museum) and Manises (where there is a ceramic centre).





Requena-Utiel in the region of Valencia

Requena-Utiel is an area that is best known for its wine production. In the town of Requena there are underground caves that you can visit where wine is stored. All around this area there are vineyards and cava houses that you can head to for tasting and tours.

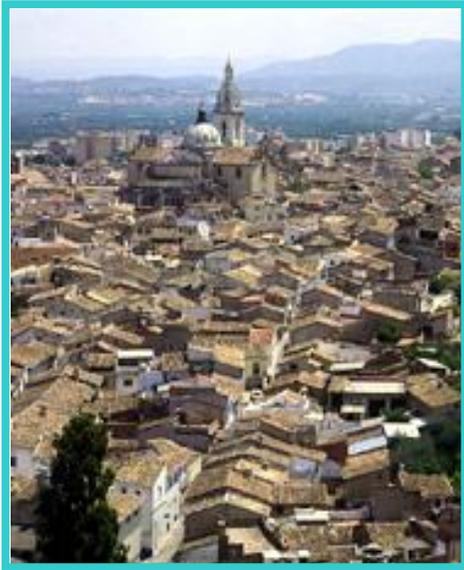
In the area, you will also find the town of Utiel. This town is home to the picturesque Santuario de la Virgen del Remedio - a sanctuary. It is also the site of an important gastronomic fair in October and the home of a bull ring.

La Hoya de Bunol-Chiva in the region of Valencia

La Hoya de Bunol-Chiva is an area situated at the foothills of the Chiva, Las Cabrillas and Ave mountains. This means that the area has a characteristically rugged terrain - there are rivers and wooded areas that make it a great place to go hiking in. The area also includes towns such as Bunol - home to the Bunol Castle. In the town of Dos Aguas you will find caves containing ancient paintings and a Muslim Tower. In Siete Aguas there are bridges, churches and a fountain that is of interest.



La Costera in the region of Valencia



The area of La Cosera contains the town of Xativa. Xativa is home to an Ibero-Roman Castle. It is also home to important hermitages, Churches and a complete historic centre.

The area of Vallada is also a place to head to as an area that is renowned for its natural beauty. In this area you will find a salt water spring called Fuente de la Saraella, caves, walking routes and campsites.

Other towns in the area include Canals, La Font de Figuera, Moixent and Montesa.



La Vall d'Albaida in the region of Valencia

La Vall d'Albaida is an area that is known by locals as the 'white valley' - this is what the area was called in its Arabic name. The name comes from the open terrain of the region and the white towns that sits amongst it.

One of the most picturesque place to head to in the area is Bocairent. This Medieval town can be seen sitting at the top of a hill from miles around. It contains an eighteenth century bull ring, old caves, hermitages and museums.

Another important town in the area is Ontinyent - it is the regional capital and has an important textile industry. Albaida is also popular for its caves, puppet museum and candle production.

Source: <http://www.viator.com/Valencia/d811-ttd>

Source: <http://www.valencia-tourist-guide.com/en/tours/valencia-excursions.html>

Sources:

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