

GASTRO-
NOMIC



EKOMarket Geltoki
Organic produce of Navarra market

- 📅 First Saturday of the month
- 🕒 10 a.m. -2 p.m.
- 📍 Former Bus Station of Pamplona
- ☎ +34 948 17 83 32
- 🌐 <https://ekomercado.org>
- ✉ cpaen@cpaen.org



KEY

Mo: Monday. **Tu:** Tuesday.
We: Wednesday. **Th:** Thursday.
Fr: Friday. **Sa:** Saturday. **Su:** Sunday.
PH: Holidays.

- 📅 Times
- 🕒 Duration
- 📍 Place
- 👥 Number of participants
- 👦 Children
- 🌿 Family activities
- € Price
- PIC card discounts
- ☎ Telephone
- 📱 WhatsApp
- 📱 Smartphone
- ✉ E-mail
- 📅 Reservations
- 🎧 Headset | Audio guide
- 🍽 Guide
- 🍴 Lunch
- 4x4
- 🚲 Quad
- 🎫 Tickets
- 🌐 Web
- 🚲 Bikes
- 👤 Walks / Trip distance
- 🕶 3D Virtual Tour
- ♿ Accessible / Wheelchairs
- ♿ Accessible / Blind
- ♿ Accessible / Deaf
- 🚶 Allowed / Walks
- 🚲 Allowed / Bikes

ECOTOURISM
AND SPORTS



Vuelta del Castillo Park
📍 Ejército Avenue s/n
☎ +34 948 420 975
🌐 www.pamplona.es/en/turismo/parqueciudadela



Media Luna Park
📍 45 Media Luna Street
🌿 Families
🌐 www.pamplona.es/en/turismo/parquemedialuna



Taconera Gardens
Pits with animals in freedom.
📍 6 Taconera Street
🌿 Families
🌐 www.pamplona.es/en/turismo/verde/taconera



Yamaguchi Park and Galaxy Garden
📍 23 Barañain Avenue
🌿 Families
🌐 www.pamplona.es/en/turismo/parqueyamaguchi

EuroVelo 1 Atlantic Coast Route
Bicycle route covering more than 9,000 kilometers from Norway to the south of Portugal, with 203 km crossing Navarra in 5 stages. The 3rd and 4th stages pass through Pamplona.
🌐 <https://www.visitnavarra.es/en/bike-and-mtb/eurovelo-1-in-navarra>



Rocópolis, climbing & leisure centre
📅 **Mon-Fri:** 8 a.m.-9:45 p.m.
Sat, Sun & PH: 10 a.m.-8 p.m.
📍 Sarrió Business Center
20 Cañada Real Street, 31195 Berrioplano, Navarre
🌿 Families
€ **Adult/day:** €12. **Adult 10-pass package:** €99. <23 years old: €9/ day. <23 years old 10-pass package: €70. **Adult climbing baptism:** €25 (advance reservation required). <23 years old climbing baptism: €15. **Equipment rental starting from €2.** Tickets and packages include access to both rooms.
☎ +34 948 30 24 37
☎ +34 699 88 39 26
🌐 <https://www.rocopolis.com/>

Rocópolis Boulder
📅 **Mon-Fri:** 10 a.m.-2 p.m.
Sat, Sun & PH: 10 a.m.-8 p.m. 4 p.m./9:45 p.m.
📍 Sarrió Business Center
20 Cañada Real Street, 31195 Berrioplano, Navarre
🌿 Families
€ **Single entry** €8 (check discounts). **Climbing shoes rental:** €2. Consult subscriptions.
☎ +34 948 30 24 37
☎ +34 699 88 39 26
🌐 <https://www.rocopolis.com/>

Climbing in Etxauri
Discover on your own 476 limestone rock climbing routes in Etxauri with levels ranging from 4 to 8.

📍 Mount Cabezón de Etxauri from Gradás de Ciriza. Location coordinates :
42° 47' 49,95"N | 1° 48' 55,01"W

Salting Iruña
📍 Pol. Ind. Ezcabarte, N Street, Nave 1 31194 Orikain, Navarre
🌿 Families
€ **Per minutes of use**
Mon-Fri: 15 mins €3,5 / 30 mins €5,5 / 1 h €11 / 2 h €16.
Sa, Su & PH: 15 mins €4 / 30 mins €7 / 1 h €13 / 2 h €19
☎ <https://www.visitnavarra.es/en/bike-and-mtb/eurovelo-1-in-navarra>
🌐 www.salting.es

Xuberoa Farm School
📍 Road to Larráyo (Navarre)
☎ +34 948 302 165 / Families
✉ xuberoa@granjaescuelaxuberoa.com

Gure Sustraiak of Ollo / Hostel and Farm School
📍 44 Santo Tomas Street, Ollo (Navarre)
☎ +34 948 328 164 / Families
✉ educacion@granjaescuelaguresustraiak.com

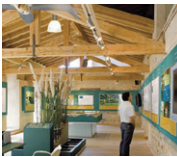
ARGA RIVER PARK
📍 www.pamplona.es/en/turismo/parque-fluvial-del-arga
🌿 Families

58 km-long natural walk along the banks of the Arga River
🌐 www.pamplona.es/en/turismo/parque-fluvial-del-arga
🌿 Families



→ San Andrés Mill
Environmental Information and Education Centre of the River Park.
📅 **Tues-Thurs:** 4 p.m.-9 p.m.
Fri: 4 p.m.-10 p.m. / **Sat:** 11 a.m.-11 p.m. / **Sun & PH:** 11 a.m.-9 p.m.
📍 6 San Andrés Street, Villava
€ **Free /** Families
🌐 www.mcp.es/actividades/centros-informacion/molino-san-andres

→ Batán de Villava
Permanent exhibition "El regalo del río" (The Gift Of The River)
📅 **Sat, Sun & PH:** 11 a.m.-2 p.m./ 5 p.m.-8 p.m.
📍 64 Mayor Street, Villava
€ **Free /** Families
🌐 www.mcp.es/actividades/centros-informacion/batan-de-villava



Huarte Ice Palace
📍 5 Itaroburua Street, 31620 Huarte (Navarre) / Familias
🌐 www.huartepalaciodehielo.com

Antoniutti Skate Park
📅 24 hours /365 days
📍 Bayona Avenue
🌿 Families



→ Pump track
Bike, skate, inline skate and other modalities
📅 24 hours /365 days
📍 Oblatas
🌿 Families



→ Caparros Mill: Kayak rental on the Arga River
📅 **Tues-Fri:** 4:30 p.m.-6:30 p.m.
Sat: 10:30 a.m.-12:30 p.m.
From **October 31th**, open only for members | As of **April 1th, 2024**, activities for non-members will resume
🕒 2 h.
📍 Navarre Canoeing School
Camino del Molino de Caparros s/n
🌿 Families
€ **To consult | Discounts with**
☎ +34 622 72 39 37
🌐 www.piraguismopamplona.com

→ Trinitarians Park. 'Parque del Tren' (Complete information in Museums and Interpretation Centers).

GUIDED TOURS AND DAY TRIPS
FROM PAMPLONA

GUIDED VISITS OF PAMPLONA

→ Reservation required



Guided visit in Pamplona 'You Set The Price'
📅 **Until December 11**
Mon-Sun: 11 a.m. and 5 p.m.
In high season more schedules: consult and reserve on the website
🕒 1 h. 30 min. / 📍 Bar Txoko
👥 From 1
€ **'You Set The Price' /** Discount on another activity
📱
📅 **Reservations on** tripnavarra.com pamplonaFreetour.com
✉ info@tripnavarra.com



Pamplona, history and curiosities 'You Set The Price'
📅 **Mon-Sun:** 10:30 a.m. | **Tues, Fri & Sat:** 10:30 a.m. and 5 p.m.
🕒 2 h. 30 min.
📍 Plaza Consistorial
👥 From 1
€ **'You Set The Price'**
📱 Guía Turística Pamplona
+34 684 309 123
✉ guiaturisticapamplona@gmail.com



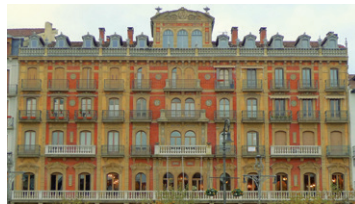
Visit Historical Center
📅 **Sat:** 10:30 a.m.
🕒 2h - 2h. 15 min
📍 Santa María la Real Cathedral
👥 From 1
€ **€10 /** €9 /
📅 **Reservations on** tripnavarra.com
✉ info@tripnavarra.com



Pamplona Tour
Small groups. 25 people
📅 **Sat:** 11 a.m. / 2 h.
📍 Café Iruña (44 Plaza del Castillo)
👥 From 1 |
€ **€15 /** 13,5€
Children under 12 free
Book in advance
☎ Destino Navarra
+34 644 288 407
✉ mikel@destinonavarra.com



Pamplona on pedals
📅 **Tues:** 4:30 p.m.
🕒 3 hours
📍 Café Iruña, arcades
44 Plaza del Castillo
👥 From 1
€ **€60 with electric bike /** €54
€25 without electric bike / €22,5
Reservation in advance needed
📱
☎ Destino Navarra
+34 644 288 407
✉ mikel@destinonavarra.com



Welcome to Pamplona Tour / **Bienvenues à Pampelunne Tour**
📅 **Wed:** 4:30 p.m.
 Thurs: 4:30 p.m.
🕒 2 h.
📍 Café Iruña, arcades
44 Plaza del Castillo
👥 From 1 |
€ **Adults** €15 / €13,5
Children under 12 free
☎ Destino Navarra
+34 644 288 407
✉ mikel@destinonavarra.com

GUIDED TOURS OF PAMPLONA PRIVATE GROUPS	Erreka Incoming Navarra	Trip Navarra	Overtrails Incoming Navarra	Colectivo Iñigo Arista	Destino Navarra	Dinamic Navarra
General					Min. 5 p.	Min. 6 p.
Historical			Min. 2 p.	Min. 10 p.	Min. 5 p.	Min. 6 p.
Gastronomic					Min. 5 p.	Min. 6 p.
Way of St James				Min. 10 p.	Min. 5 p.	Min. 6 p.
Murallas			Min. 10 p.	Min. 10 p.	Min. 5 p.	Min. 6 p.
Pelota						
Children						
San Fermín			Min. 2 p.	Min. 10 p.	Min. 5 p.	
Flamenco			Min. 8 p.			

EXCURSIONS AROUND NAVARRE FROM PAMPLONA

→ Reservation required



Excursion to Irati Forest, Ochagavía and Natural gorges (Arbaion and Lumbier)
📅 **Starting March 23th** at 8:30 a.m.
🕒 10 hours
📍 Pamplona Tourist Office
👥 Between 2 and 8
€ **€89/** €81
Children €50/ €45
📱
📅 **Reservations on** tripnavarra.com
✉ info@tripnavarra.com



Medieval Route in Navarre: Olite, Ujué, Castle of Javier and Monastery of Leyre
📅 **Starting March 23th** at 9 a.m.
🕒 10 hours
📍 Pamplona Tourist Office
👥 Between 2 and 8
€ **€89/** €81
Children €50/ €45
📱
📅 **Reservations on** tripnavarra.com
✉ info@tripnavarra.com



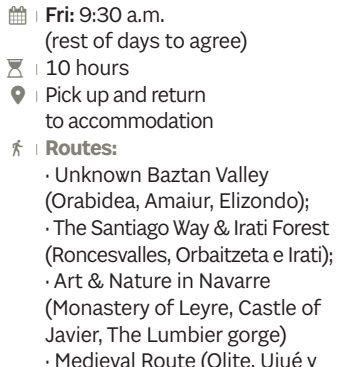
Excursion to Baztán Valley (Elizondo), Urdax, Ainhoa and Zugarramurdi
📅 **Starting March 23th** at 9:00 a.m.
🕒 11 hours
📍 Pamplona Tourist Office
👥 Between 2 and 8
€ **€89/** €81
Children €50/ €45
📱
📅 **Reservations on** tripnavarra.com
✉ info@tripnavarra.com



Excursion to Roncesvalles / Orreaga, Ibañeta Top Mountain and Burguete / Auritz
📅 **Starting March 23th** at 3:15 p.m.
🕒 4 h. 30 min / 🚶 8 km.
📍 Pamplona Tourist Office
👥 Between 2 and 8
€ **€49/** €45 / Children €30
📱
📅 **Reservations on** tripnavarra.com
✉ info@tripnavarra.com



Navarre without GPS
📅 **Fri:** 9:30 a.m. (rest of days to agree)
🕒 10 hours
📍 Pick up and return to accommodation
🚶 **Routes:**
· Unknown Baztan Valley (Orabidea, Amairu, Elizondo);
· The Santiago Way & Irati Forest (Roncesvalles, Orbaizeta e Irati);
· Art & Nature in Navarre (Monastery of Leyre, Castle of Javier, The Lumbier gorge)
· Medieval Route (Olite, Ujué y San Martín de Unx)
👥 **Max. 6 seats**
€ **€400/** €360 jornada completa
Half day option 300€/ 270€
Book in advance
📱
☎ Destino Navarra
+34 644 288 407
✉ mikel@destinonavarra.com



Bardenas on pedals
📅 **Mon:** 9:30 a.m.
🕒 7 h. (also available half day)
📍 Pick up and drop off at accommodation
👥 **Max. 6 customers**
€ **€400 guide service /** €360 full time
Half day option €300 / €270 media jornada
Bike rental: €60/person
Book in advance
📱
☎ Destino Navarra
+34 644 288 407
✉ mikel@destinonavarra.com



4WD Route of Bardenas Reales de Navarre
📅 **Sun:** 9:30 a.m. (rest of days to agree)
🕒 Half day up to 5 hours
📍 Pick up and return to accommodation
👥 **Max. 6 customers per vehicle**
€ **€300€/** 270€
Book in advance
📱
☎ Destino Navarra
+34 644 288 407
✉ mikel@destinonavarra.com



Day Trip to the Source of Urederra River and Urbasa Natural Park
📅 **Starting March 23th** at 8 a.m.
🕒 6 h. / 🚶 8 km.
📍 Oficina de Turismo de Pamplona
👥 Between 2 and 8
€ **€56/** €51,4 / Children €30
📱
📅 **Reservations on** tripnavarra.com
✉ info@tripnavarra.com



Bardenas on pedals
📅 **Mon:** 9:30 a.m.
🕒 7 h. (also available half day)
📍 Pick up and drop off at accommodation
👥 **Max. 6 customers**
€ **€400 guide service /** €360 full time
Half day option €300 / €270 media jornada
Bike rental: €60/person
Book in advance
📱
☎ Destino Navarra
+34 644 288 407
✉ mikel@destinonavarra.com



Reservations at the Tourist Office or:
<https://ayuntamientopamplona.sacatuentrada.es/>

