



HEALTH TOURISM



Kingdom of
Navarra

Nafarroako
Gobernua  Gobierno
de Navarra



Clínica
Universidad
de Navarra



CIMA CENTRO DE INVESTIGACIÓN
MÉDICA APLICADA

sannas
DENTOFACIAL



COLEGIO OFICIAL DE
Médicos
de Navarra



Balneario de
Fitero **BF**

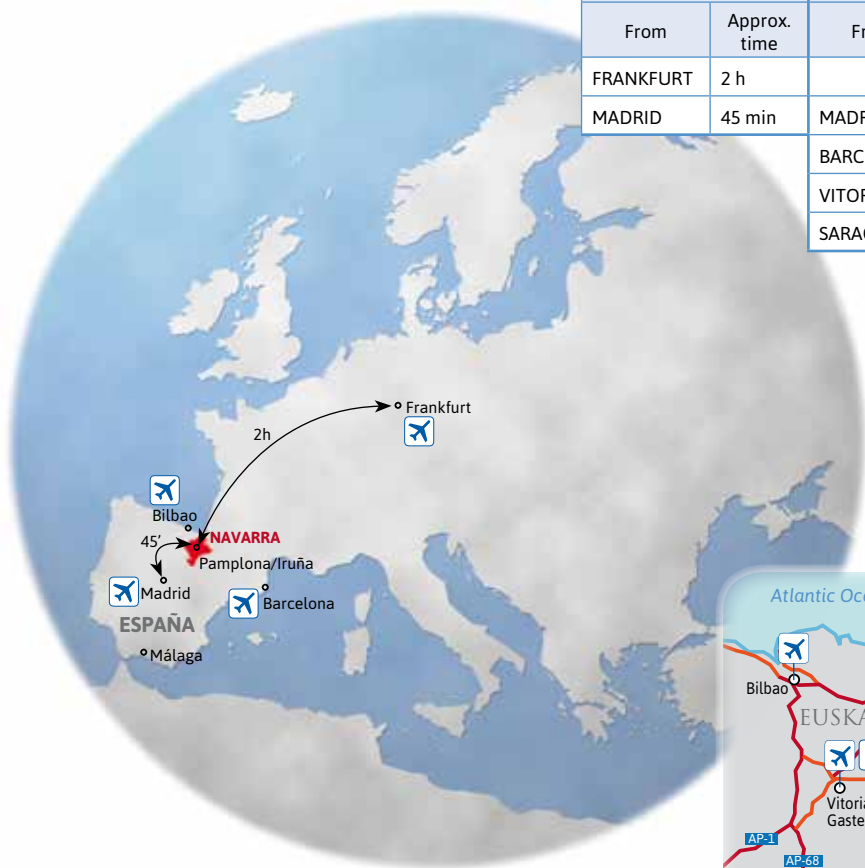


PAMPLONA
IRUÑA !



How to get there

| AIR | | RAIL | | ROAD | | |
|-----------|--------------|-----------|--------------|---------------------------|-----|--------------|
| From | Approx. time | From | Approx. time | From the airport of | Km | Approx. time |
| FRANKFURT | 2 h | | | PAMPLONA/IRUÑA | 6 | 15 min |
| MADRID | 45 min | MADRID | 3h 10 min | MADRID | 379 | 4 h |
| | | BARCELONA | 4h 30 min | BARCELONA | 482 | 4 h 30 min |
| | | VITORIA | 1 h | VITORIA/GAZTEIZ | 97 | 45 min |
| | | SARAGOSSA | 1 h 46 min | SARAGOSSA | 179 | 2 h |
| | | | | LOGROÑO | 95 | 1 h |
| | | | | DONOSTI/ SAN SEBASTIÁN | 82 | 45 min |
| | | | | BILBAO | 156 | 1 h 45 min |
| | | | | SANTANDER | 251 | 2 h 45 min |
| | | | | BIARRITZ | 127 | 1 h 30 min |
| | | | | PAU | 240 | 2 h 30 min |
| | | | | LOURDES | 274 | 2 h 35 min |



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WHY IN NAVARRRE?

Because we have the best medicine in the healthiest setting.

Navarre is an international health care benchmark with a renowned medical and hospital system.

A region that loves its roots and its history as a Kingdom but lives looking to the future. Pioneers in renewable energy, medicine and education. Experts in quality of life.

The capital of the Kingdom, Pamplona, is a green, walled city. It is the venue of the Feast of San Fermín, that great universal feast.

Excellent accommodations and traditional and modern cuisine employing the best ingredients. Tradition, service and innovation.

THE BEST MEDICINE IN THE HEALTHIEST SETTING.



Why in Navarre?

PAMPLONA, A WALLED GREEN CITY

Founded by the Romans and crossed by the Camino de Santiago, Pamplona is known throughout the world as being the home of the San Fermín festival. But look beyond the festival and the capital of Navarre is now a modern and welcoming city with a lot to offer: walking between ancient walls and cobbled streets; relaxing in parks and terraces; sampling the delicious pinchos and the lively Old Quarter; visiting historic monuments; shopping; first-rate shows; and watching traditional sports such as pelota.

Its central geographical location also makes it the perfect base from which to explore the main tourist sites in the region.



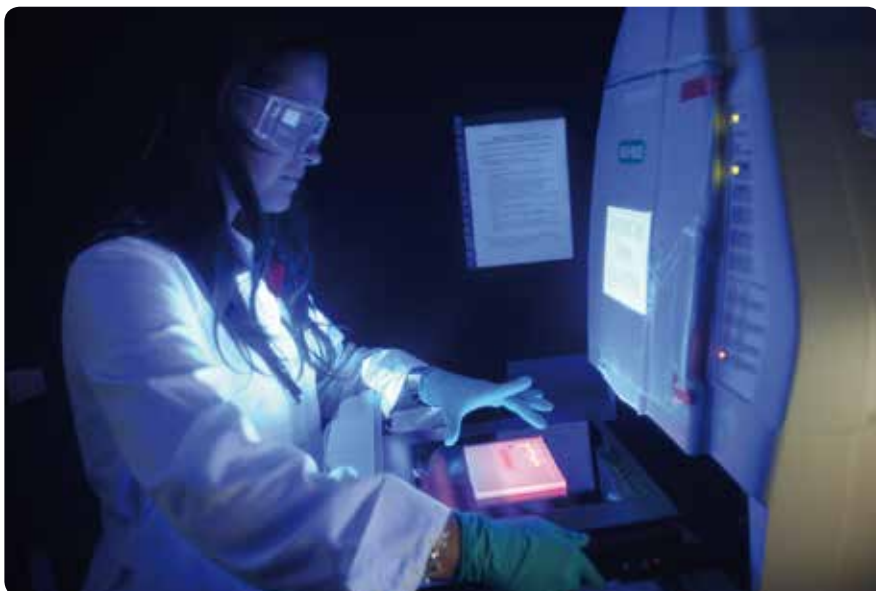
ACCOMMODATION WITH GREAT REVIEWS

According to various surveys on national booking portals, the assessment and the satisfaction rate of our visitors in terms of accommodation is very high. We're delighted at this and the recognition of the efforts made by our establishments to improve the hospitality and professionalism offered.

In Navarre you'll find a range of quality options including rural houses with their beautiful architecture intact, large hotels providing special services, charming small hotels, well-equipped camp sites situated in beautiful natural surroundings, and simple and practical hostels offering a multitude of possible activities. We'll keep on working, because we want to improve in service quality, sustainability, accessibility and innovation, and we rely on your reviews and suggestions.

LOOKING TO THE FUTURE

We are passionate about our roots and our history in Navarre, but we also live with our eyes towards a sustainable future. We are pioneers of renewable energy, medicine and education, and of all the autonomous communities in Spain we are the second largest investor in innovation, according to the Observatory of Business Competitiveness of the Spanish Chamber of Commerce.





THE STORY OF A KINGDOM

Navarre has a rich history. From the first traces of humanity through to the Romanisation, the Navarran and French dynasties and the Carlist wars, and continuing to the present day, all these eras have left their mark on the landscapes, in the towns and in the interesting artistic heritage found there. It is a history filled with battles and covenants involving monarchs, pilgrims, indianos and the peoples of the region, and which has shaped our character and our individuality.



SAN FERMÍN, THE 'UNIVERSAL FESTIVAL'

Pamplona hosts the festival of all festivals. When the chupinazo or rocket goes off on July 6th the city explodes to life. Thousands of people from across the world converge on this city which is coloured white and red for the occasion. Over the course of a few days the streets are filled with an outpouring of fraternity, joy and merrymaking accompanied by the rhythm of the charangas bands and fiestas.

The running of the bulls is the only part of the day when the festival is reined in and tension flows through the air minutes before the bulls begin their journey through the streets behind the runners. The festival continues with the caldico (broth), chocolate with churros, the procession, the giants and big-headed carnival figures, sipping an aperitif, the running of the bulls and the fireworks which segue into the night-time commotion.

There are also a number of celebrations throughout the year held all across the Navarre region. The festivals of the north fill the streets with their dances and exhibitions of rural sport, whilst in the south it is the young cows which become the star of the show amongst the red and white-stained festivities.



GENUINE AND WELCOMING PEOPLE

They say that the Navarran people are loyal to their friends, supportive, genuine, a little stubborn, welcoming, and kind. And the people who visit us say the same, whether here for business or pleasure. Both those who came and went and those who stayed and remain here today. Our personalities differ from north to south, just like the climate, the landscapes and the gastronomy. Thus the overcast valleys of the north have shaped the noble and loveable character of the rural people who enjoy seclusion, conversation and the legends told over the camp fire. By contrast, heading south the mountains give way to wide plains warmed by a sun which brings life to the streets and encourages the extroverted and open nature of the people who live there.





GATEWAY TO THE CAMINO DE SANTIAGO



Navarre is the gateway to the Camino de Santiago on the peninsula. Two great routes cross this land: one starting in the Pyrenees passing through the legendary Roncesvalles, and another starting in Aragón and crossing Sangüesa. The pilgrim has 200 kilometres along which to enjoy a prolific artistic legacy as well as the natural, cultural and culinary diversity to be found along this stretch of the Camino Francés, the trail developed in the 11th century by the Navarran king Sancho III the Great as the official route.

The Camino can be traversed by car, on foot, on a bike or on horseback. You will become immersed on this journey like no other and be nourished by the cultural exchange that takes place along a route which nowadays continues to be a meeting point for walkers motivated by religion, culture or sport. Whatever the reason for making the pilgrimage, it is an unforgettable personal experience.

The birth and heyday of the Camino was during the Middle Ages but it is now more alive than ever.

LOCAL PRODUCE

The visitor to Navarre can experience the taste of times gone by. This is a land which has preserved a traditional culinary repertoire stocked by the produce yielded by the diverse Navarran landscape, and which turns food into a social event. But the region's cuisine has also evolved and been rejuvenated, and is the benchmark for the gourmet who doesn't want to miss out on creations from our best chefs.

What does our larder have to offer? Excellent vegetables from la Ribera such as cardoon, artichoke, fresh white beans, asparagus and piquillo peppers, as well as foie gras, mushrooms and flavoursome meats which have an unbeatable accompaniment - the red, rosé and white wines with DO Navarre and Rioja. And let's not forget the desserts - cheese, curd, rolled wafer sticks and leche frita (a fried mixture of flour, milk and sugar), rounded off with the typical local digestif called pacharán.

Then there's the pinchos... The Old Quarter of Pamplona is a particularly good place for sampling this exquisite miniature cuisine which is an old custom to be enjoyed just before sitting down to a proper meal. Most bars have a diverse selection of expertly prepared dishes, and along with traditional tapas offer sophisticated pinchos based on local produce.





THRILLING NATURE

From the snow-capped peaks of the Pyrenees to the arid semi-desert of the Bardenas Reales, we encourage you to discover the rich nature of a region which has respected and conserved its natural environment. The variable climate of the Navarre region - surprising for a community as small as ours - has gifted us evergreen valleys such as the Roncal and Baztan, the beautiful, colourful and impressive Irati, Orgi and Quinto Real forests, and dizzying ravines sculpted by the passage of water, such as the Lumbier and Arbayún gorges.

You can also enjoy the peaceful reservoirs at Leurtza, the Irabia or Eugi reservoirs surrounded by forest, the active reservoir at Alloz and others, or the Pitillas and las Cañas lakes, themselves a refuge for bird life. Caves steeped in legend also await you, such as those at Zugarramurdi, as well as the caverns at Mendukilo and Urdazubi/Urdax which hide beautiful formations within. Navarre is home to many protected areas, amongst which are three natural parks: the Bertiz Natural Park, the Urbasa-Andia Natural Park and the Bardenas Reales Natural Park.

LASTING TRADITIONS

Navarre is a land rich in history and legends, ancestral traditions and folk celebrations which are held with gusto. In Navarre, we are loyal to what we were and to what we are now.

Our carnivals are culturally diverse. The great Javierada pilgrimage is held in March, and the arrival of spring brings hordes of religious pilgrims. The Semana Santa (Holy Week) is celebrated with particular fervour in Corella, Tudela and Pamplona. The Day of the River Raft is held at the beginning of May. When summer has arrived, and whilst rockets are being fired in Pamplona to mark the opening of the famous festival of San Fermín, the peoples of the Pyrenees recall witches' covens and medieval treaties, perform ancestral dances and take part in rural sports. In the uplands and la Ribera (the Shore), filled with the sounds of the traditional jota dance, fighting bulls are set loose and a multitude of lively local holidays are celebrated.

Autumn brings transhumant flocks of sheep from Roncal to the Bardenas, and the atmosphere in Etxalar fills with expectation when the pigeon hunting season commences. And in winter, the Three Wise Men and the affable Olentzero come loaded with gifts for the local children. It's a great way to see out the year.



SLOW TOURISM DESTINATION

We welcome the peaceful traveller. Those who take their time over the good moments, contemplation and conversation. Those who breathe deeply and live fully, who seek and find, who savour, and who love life.

Admire the waterfalls in spring, lose yourself in an autumn forest and listen to the animal calls, become enchanted by a Romanesque entrance hall, walk the Camino de Santiago, enjoy a good meal (whether haute cuisine or a simple menu of the day), have a good time with your friends or family in a rural house, escape to Pamplona for a romantic weekend...Navarre offers a thousand ways to live peacefully.



UNIVERSITY CLINIC OF NAVARRA

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The University Clinic of Navarra (Clínica Universitaria de Navarra) is a teaching hospital located in Pamplona, Spain. It is characterised by its high degree of medical specialisation, constant technological renewal and personalised patient care.



**Clínica
Universidad
de Navarra**

**SINCE 1962, EXPERIENCE,
PRESTIGE, RESULTS**

A pioneer in the implementation of medical techniques at European and global level, the University Clinic of Navarra has become a national and international reference centre. Its work has been recognised in the form of several awards.





THE CLINIC: A DIFFERENT HOSPITAL

In the University Clinic of Navarra the main objective is to provide patients and their families with the best possible medical and personal treatment.

It is organised so as to dedicate all the time and resources necessary to each clinical case and to provide really personalised quality care.

This is reflected in the excellent opinions expressed by patients on the Clinic, showing a satisfaction level of 94%, 10 points above the average for Spanish hospitals.



CUTTING EDGE TECHNOLOGY

The Clinic is a non-profit making organisation that invests all excess funds back into improving its technology facilities and into driving forward research, as these two aspects represent new opportunities and new solutions for patients. Therefore, investment in the purchase of equipment is on-going, attested by the availability of the most advanced technology in the market.

The Clinic is a private centre boasting the best technological installations in Spain all within a single centre.

As such, among the equipment handled by our specialists, there is an image-guided surgical complex that is unique in Europe, the Da Vinci robot, 3 Tesla Magnetic Resonance equipments (one of them intra-operative), Haemodynamic room, electrophysiology room, 2 intervention radiology rooms,

3 linear accelerators including Elekta Versa HD, PET and high-definition PET-CT (being one of the European hospitals with the most radiotracers for refining PET diagnostics) among others..





RESEARCH TO CURE

Research is a fundamental part of the University Clinic of Navarra's core. In close collaboration with other University of Navarre centres and with the Applied Medical Research Centre (CIMA), the Clinic is the centre that develops the most clinical trials in Spain.

This research has transformed the Clinic into an international benchmark in numerous highly specialised procedures. It is the only private centre in Spain to perform truly complex techniques such as liver and kidney transplants with live donors.

Its on-going research work is reflected in its systematic appearance in first-class international medical journals, such as the New England Journal of Medicine, Nature Genetics, Journal of Clinical Oncology, Journal of Clinical Investigation, among others.





INTERNATIONALLY PRESTIGIOUS MEDICINE

Since it was founded, over 700,000 patients have put their trust in the University Clinic of Navarra.

Each year thousands of patients of over 75 nationalities are attended by its specialists.



Since 2004 the Clinic has been accredited by the **Joint Commission International**, a non-profit making independent organisation dedicated to controlling the quality and safety of patients in health centres on an international level. Its certification is a guarantee for good medical practices.

The Clinic's model is backed by numerous acknowledgements and awards.

Among the most outstanding are the following:

- ◆ Best-rated private hospital among physicians according to the Consumer and User Organisation (OCU) in 2012.
- ◆ ABC Salud newspaper award for "Efforts in R&D&i" in 2012.
- ◆ Hospital with the best healthcare reputation in Spain (Merco Index) for the third consecutive year - 2014, 2015 and 2016.
- ◆ Best healthcare institution of the decade, on two consecutive occasions (1984-1993/ 1994-2003)
- ◆ Centre of excellence in Bariatric and Metabolic Surgery, conceded by the European Accreditation Council dependent on the International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO).



WITH MAXIMUM DILIGENCE AND COMFORT

Our medical service is valued for its speed and efficiency in terms of appointments, diagnosis and access to treatment. As all its specialities and technology are concentrated in a single centre, the Clinic is organised so that patients can receive their appointments, treatments and tests as quickly as possible.





CIMA

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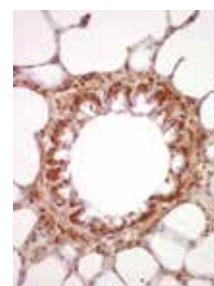
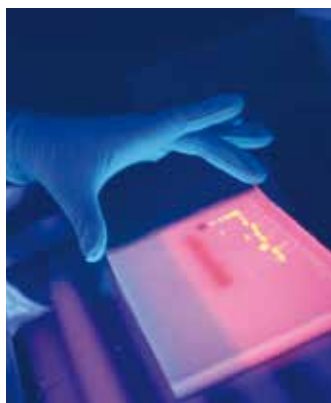
CIMA CENTRO DE INVESTIGACIÓN
MÉDICA APLICADA

The Center for Applied Medical Research (CIMA) is the University of Navarre's biomedical research institute.

CIMA's vision is to be an international benchmark centre for biomedical research, which is valued for the importance of its scientific discoveries and because some of its research results are used to improve the health of patients thus combining the generation of knowledge with innovation and the medical impact on society.



Its close ties with the Schools of Medicine, Science and Pharmacy, and with Clínica Universidad de Navarra (University Clinic of Navarra) enable it to create synergies to explore academic knowledge, cell and molecular biology research, and its application in healthcare.





SANNAS

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sannas
DENTOFACIAL

Offering all dental health and facial cosmetics services in a single location with hospital level facilities.

Certified by AENOR according to standard UNE 179001 as a dental care centre and for the provision of dental services. The clinic has a modern dental laboratory (Dentiruña) and is also a training centre, accredited by the General Council of Dentists of Spain. The Government of Navarra has also certified the group as a Specialist Healthcare Centre. These are just some of the reasons to explain why Sannas has become a leading centre for dentistry.

Clínica Sannas employs doctors specialising in the different branches of dentistry and specialists in general dentistry, with the aim of healing, treating, rehabilitating and, above all, instructing and preventing future diseases, in a holistic way.

Modern facilities, equipped with the very latest technologies and resources, scrupulously implemented work procedures and traceability in all our activities.

A dental laboratory that offers custom-made dentures and an Oral Health and Disease Prevention Centre.

OXIEN, the Centre for Hyperbaric Medicine, has a highly-qualified team of professionals, doctor specialising in hyperbaric medicine, hyperbaric chamber technician and an advisory Scientific Committee.





ELGORRIAGA SPA

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The spring at this spa has the strongest mineralisation and greatest concentration of salts in Europe, with a floatability index that is higher than that of the Dead Sea. The waters are also noted for their high chloride and sodium ion content.

Three buildings with 25 guest rooms each, alongside the spa area, offering medical consultations, bar, terraces and restaurant serving meals to suit the diet of all types of users.

TREATMENTS:

- ▣ Chronic, degenerative and inflammatory rheumatic diseases.
- ▣ Degenerative tendon injuries.
- ▣ Neuralgias and traumas.
- ▣ Catarrhs.
- ▣ Rhinitis.
- ▣ Chronic sinusitis.
- ▣ Skin problems
- ▣ Angioneuropathies, stress and tiredness.





FITERO SPA

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The spa waters contain a solution of active ingredients that can act on the body in different ways, depending on the application.

A thermal complex comprising the Gustavo Adolfo Bécquer Spa and the Virrey Palafox Spa, offering an indoor hydrothermal pool, jai alai court, gyms, parks and nature walks, as well as rehabilitation rooms, general baths, natural thermal saunas, aeromassage (bubble) baths, jet systems, shower systems, and Parafango mud treatment booths, foot bath system, aerosols and massage rooms.



TREATMENTS:

- ▣ Locomotor System: rheumatic disease, rehabilitation, physiotherapy.
- ▣ Respiratory System.
- ▣ Circulatory System.
- ▣ Anxiety and stress..
- ▣ Prevention, rest and general relaxation.



OFFICIAL COLLEGE OF PHYSICIANS

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With over 100 years of history, the Official College of Physicians of Navarre is a public law corporation whose main functions are to represent Navarran physicians, to be an ethical benchmark and to promote the quality of the medical act and good clinical practice before society.

It deals with and is concerned about the on-going training of physicians and the professional credit register, it convenes annual grants, organises professional and cultural activities, has a Cooperation Office and is the headquarters for some 30 scientific societies.

Via its Foundation it provides different services to physicians and society, facilitating the tools and measures needed to ensure that citizens receive an outstandingly quality health care model, in the hands of competent professionals.

Its headquarters host professional and scientific congresses and meetings from both national and international spheres, contributing to the development of knowledge in its multiple facets.



AGENCY SERVICES



MEMBER OF THE HEALTHCARE CLUSTER



Karolevstvo Navarra

The official agency for tour guides and interpreters in the north of Spain.

Our experts have lived in this region for many years, and besides their special training, they love this land, its traditions, its architecture and its gastronomy.



We organise guided visits to the most interesting places in Navarre, the Basque Country, La Rioja and the south of France.

We would be delighted to show you all the major cities and wine cellars, to organise a cooking workshop or a cheese tasting activity. In short, we take care of all the minor details to ensure your trip runs smoothly.

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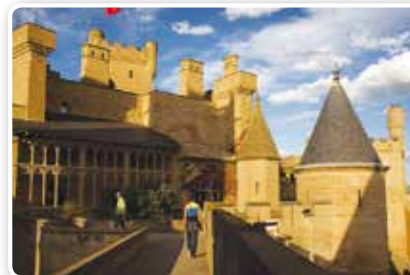
MEMBER OF THE HEALTHCARE CLUSTER



Travel agency specialising in incoming tourism from Navarre-the Basque Country and the South of France.

With more than 30 years' experience welcoming customers, we are the leading agency when it comes to visiting Navarre. Customised services, based on the needs of our customers:

- Accommodation booking.
- Pick-up service, with or without guide, for train station or airport transfers, etc.
- Reservation of train, plane or coach tickets.
- Special rates for mid-size and high-end vehicle rental, with or without a driver.
- Organised tours and visits with a guide.
- Visits to wineries with wine tasting and culinary trails.
- Specialists in San Fermin Festival Programs.



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MEMBER OF THE HEALTHCARE CLUSTER



Travel agency specialising in incoming tourism in the North of Spain.

Our guides will show you Pamplona, a city famous for its San Fermin festival, and boasting a history that dates back more than 2000 years, with a magnificent architectural heritage. We also organise tours of the best wineries in the region, including wine tastings, or we can take you through the medieval towns and villages on the Way of St James, and much, much more.

Our services:

- Complete package tours, with the booking of accommodation, excursions and transfers.
- Reservation of plane/train tickets, hotels, apartments and villas.
- Organisation of culinary, historical and theme tours.
- Individual and group excursions.
- Airport transfers to any city in Spain.
- Translations of any level of difficulty.
- Car rental.



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PAMPLONA'S HOTELS



There are over **2600 rooms** distributed in **38 establishments**, the vast majority of which are in the city centre.



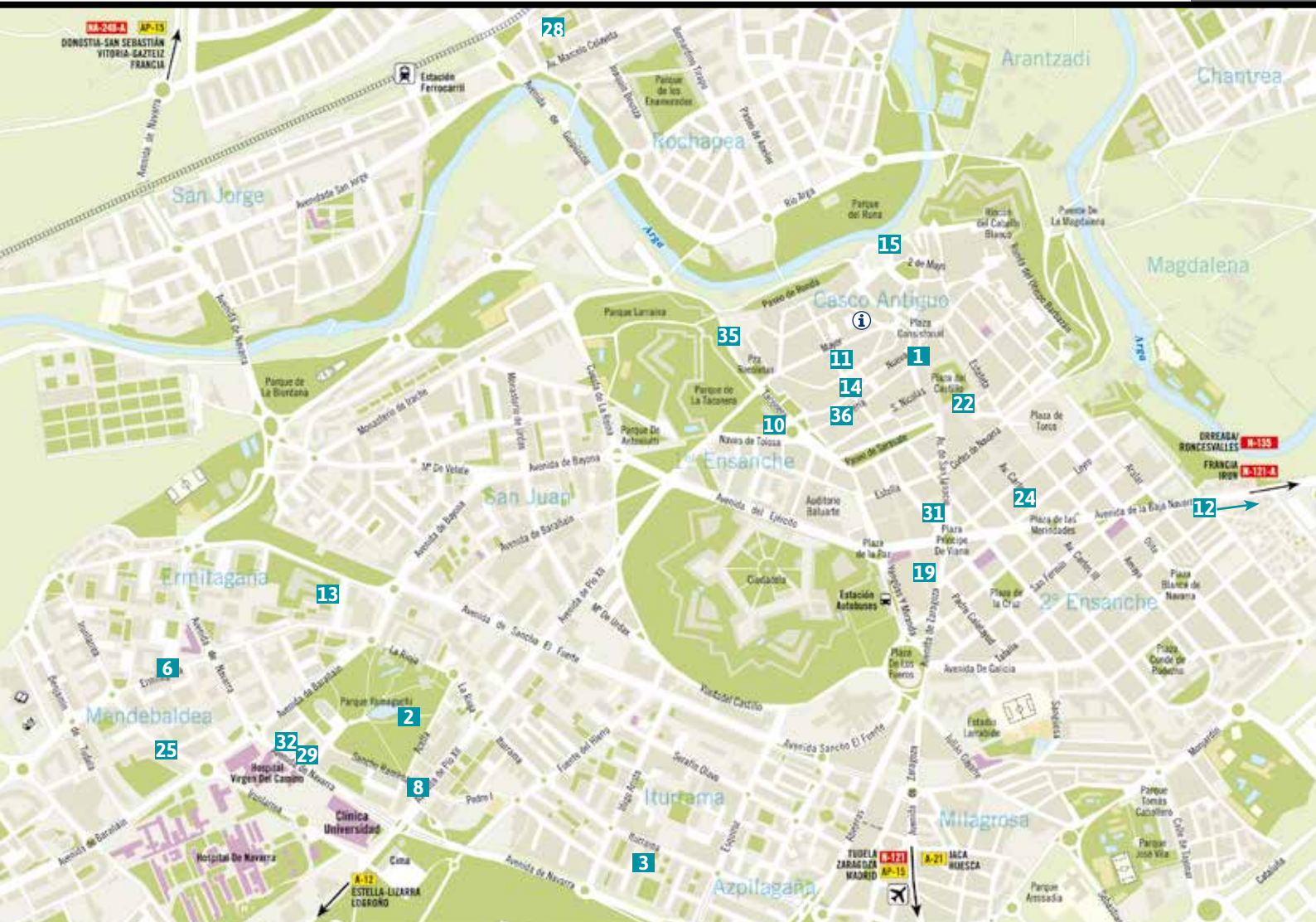
Pamplona welcomes visitors with a wide range of hotels, hostels, pensions and apartments throughout the city, allowing them to enjoy an environment tailored to each visitor, full of green spaces and free of crowds at any time of the year.



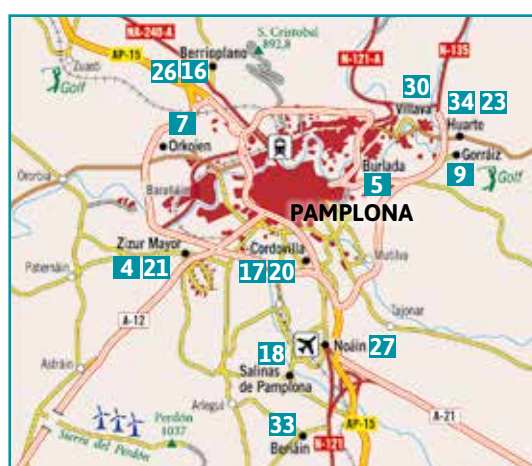
The tranquillity offered by the city is an opportunity to savour the route of the Running of the Bulls during the Sanfermines and feel the tension of the race on the corner of Mercaderes and Estafeta.

The visit to Pamplona closes with a wide range of leisure, cultural and nature activities.

www.hotelespamplona.com



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▲ Pamplona

◀ Pamplona District



GASTRONOMY AND WINES



*The geographical diversity of Navarre also plays a part in the gastronomy, and depending on where you are you could be tempted by a tasty game dish in the Pyrenees, an incredible pincho from the old part of town in Pamplona, a fine wine from the Middle Zone, or some delicate vegetables from La Ribera. These are but a few of your options. **Navarre is a Kingdom that knows about dining**, and here you will find many ways of enjoying it: in a wine glass, on a plate, as a gift, at a popular festivity, in a museum, or why not, even in your own home!*

The **NORTH** is synonymous with mountains, unspoiled nature, river sources and mythical caves, woodlands and green valleys where the climate varies between the extremities of the eastern Pyrenean peaks to the most humid and mild western landscapes near the sea.

The ideal setting for local livestock farming, which gives us beef and lamb **meat** and dairy products such as the D.O. Roncal and Idiazabal **cheeses**, **cuajada** custards and cottage cheese.

Pork meat and products; duck and its products; game and river fish such as the flavoursome trout or salmon; **mushroom** varieties; "vertical" vegetable products such as beans, tomatoes or peas, and a wide variety of artisan desserts such as **canutillo** pastries or **txantxig-orri** tarts.

PAMPLONA cooks all the flavours of Navarre, from the excellent vegetables from the fertile plots of the Ebro, to hearty Mountain stews, as well as typical products from the Pamplona Basin such as roast **lamb**, **relleno** and **chistorra**, a local variety of fresh sausage.

Its restaurants have options to suit all tastes and budgets – even Michelin stars – and the most typical dishes are easily available. A visit to the city is not complete without a trip to the old part of town to try its pinchos: genuine delights of haut-cuisine in miniature.

THE ZONA MEDIA (Central Zone), a flat, dry land and the irrigated vegetable plot, is bursting with Mediterranean fragrances: wine from two Designations of Origin (Navarra, Rioja), wheat bread and oil. But the ground also hides one of its most valuable treasures, the **black truffle**; irrigated land with **peppers**, **asparagus** and fresh **pocha beans**; **cheese** from nomadic herds and the delicious roasted suckling pig.

LA RIBERA del Ebro, vegetable plots and livestock, desert and oasis, is home to many treasures with international acclaim. Its white, red, green and yellow gold are **asparagus**, **peppers**, wine, **artichokes** and **lettuce hearts**, and oil, which can all be enjoyed all through the year, thanks to its successful preservation industry.



In perfect harmony, the menu is completed with **wines** from the land. Navarre has its own Designation of Origin, D.O. Navarra, and along with La Rioja and the Basque Country, it shares the D.O. Rioja for some of its wines.

Despite their quick production, the **whites** are delicious, fruity, fresh and richly fragranced. The **rosés** are among the best in the world; they come from the garnacha variety and are made using the bleeding technique, which is the most natural and oldest method. Fruity, fresh and clean on the palate, with a hint of sparkle, they must be consumed young. And the **reds**, mainly made with the tempranillo, garnacha, cabernet sauvignon and merlot varieties, acquire deep cherry colours with red hues; they are fruity, strong and flavoursome wines.

Of course, a mention must be given to the Navarran liquor par excellence, the compelling **pacharán**, which many families continue to make by marinating sloes gathered from the countryside in anise.



Plazaola Green Route, Leitza



Belagua, cross-country ski in El Ferial



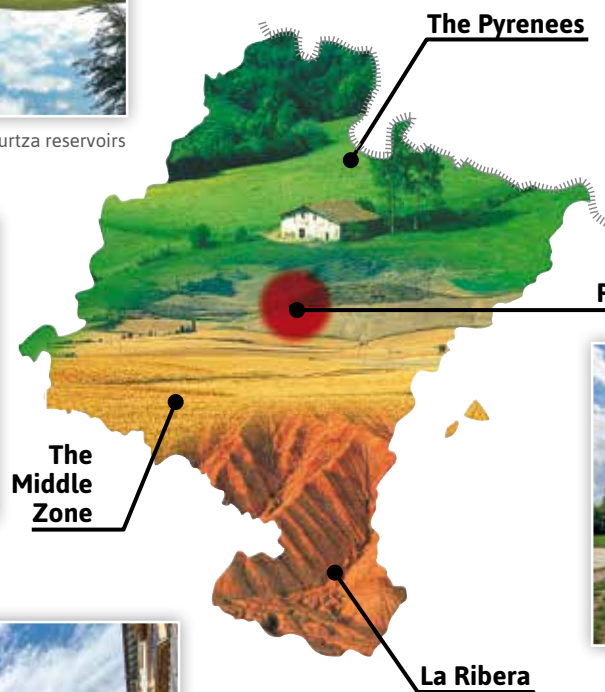
Leurtza reservoirs



Castle of Javier



Ujué



Pamplona Basin



Arre, the Way of St James



Tudela, Cathedral of Santa Maria



Pamplona, Citadel



Bardenas Reales Natural Park



MOBILITY

HOW TO GET AROUND NAVARRE

Navarre is an easy region to travel around for a tourist. There are four highways that cross the territory from North to South and East to West, as well as several main roads that are ideal for motorcyclists. It is a unique region in Spain that offers mountains, the sea and desert-like landscapes just one hour (or less) from Pamplona. Without a doubt, it offers the greatest variety of landscapes in southern Europe.

For visitors arriving by air, the best option is to rent a car – with or without a driver – or coach travel if you are travelling in a group.



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