SEPTEMBER ↔ JUNE

Menorca365

#BetterInWinter



Menorca is a remarkable place, like an iceberg of nature and tranquillity right in the heart of the western Mediterranean. Like an iceberg because there is so much more here than at first glance: most of the island's treasures are apparent only to those who actively seek them out. Only then is Menorca's essence revealed.

The island is calm and serene, but there is at the same time an impression of strength and energy. Over the centuries Menorca has been a prized possession, strategically and commercially; its history of invasions and dominations have contributed to its cosmopolitan nature.

The landscape is like a mosaic of shades and contrasts, over a surface area of just over 700 square km. The island is about 53km across from east to west. Right in the middle is Monte Toro, the highest point at 358 metres. The northern coast is compelling: harsh and wild, with scarce vegetation and islets and beaches of dark reddish sand. The southern coast is formed of beautiful sheltered ravines and woodland groves leading down to picture postcard coves of white sand and turquoise seas.

The climate is particularly mild and temperate, although a characteristic of the island is the force of the tramontana wind. It's a wind that is so strong it has molded the landscape. The island is divided into eight administrative councils: Maó, Ciutadella, Alaior, Es Castell, Sant Lluís, Es Mercadal, Ferreries and Es Migjorn Gran.

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Fundació Foment del Turisme de Menorca

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courtesy of each establishment and the Fundació Foment del Turisme de Menorca

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BIOSPHERE RESERVE

Farming has altered the shape of the land significantly over the centuries, traditionally in a sustainable way. Economic growth strives to be compatible with the preservation of the island's natural heritage. The whole island was declared a Biosphere Reserve in October 1993 by virtue of the close association between man and territory.

Local farming practices are perceived quite clearly in the landscape, in the ancient custom of making use of natural resources. Miles of dry stone walls traditionally lattice the farmlands. Menorca is highly valued for its environmental diversity because most Mediterranean ecosystems can be seen here.

The Natural Park Albufera des Grau is the nucleus zone of the Biosphere Reserve, an area of about 5.006,7 hectares that includes a saline lagoon, a stretch of coastline and several islets. The wetlands in particular are of great interest for the quantity of birds of prey and sea birds that nest here. The ravines afford shelter to a wealth of fauna and flora, including a number of endemic species and endangered species such as red kites and Lilford's wall lizards. The dunes, torrents, ravines, groves of holm oaks, wild olives and pine trees, all contribute to the singularity of Menorca as a Biosphere Reserve, not to mention the sea grass meadows of neptune grass which greatly contribute to the conservation of the seashore.

The geology of the island constitutes a breathtaking landscape, with mosaics of rock formations up to 400 million years old. There are two distinct geological areas, the northern '*tramuntana*' and the southern '*migjorn*' side, separated by an imaginary line going across the middle of the island, more or less along the main road from Ciutadella to Maó. The *Centre de Geologia de Menorca*, located in Ferreries, has a permanent exhibition and some unusual exhibits about the island's geology.



MENORCA ALL YEAR ROUND

From October to April is when the island gets its second wind, when everything calms down. This is the time of year when the island reveals its lesser known aspect, its true unspoilt side. It's a great time for those who want to get away from a frantic city pace, getting back in touch with nature for a well earned rest. It is without a shadow of a doubt a great place for a break whatever the time of year.













HALF MARATHON ILLA DE MENORCA

Sports

FIRST WEEK IN NOVEMBER

www.mitjamenorca.com

Over the last eighteen years the Half Marathon Illa de Menorca has become a key event in athletics in the Balearic Islands. Elitechip organize the event and complement the half marathon with two other races: a 10km race and a fun run, so everyone can take part.



SANTA CECILIA

Culture

NOVEMBER

www.orfeonmahones.org

Menorca is an island with a great musical tradition, which is why Saint Cecilia's feast day is one of the red-letter days on the annual schedule of cultural events. On 22 November—give or take a few days—, different concerts in honour of the patroness of musicians are scheduled. One of the most outstanding is the one given by the Orfeón Mahonés, an entity with more than one hundred years of history and widely popular on the island. This is an excellent opportunity to enjoy excellent staging and vocal quality.



BRUNCH & CO

Culture

SPRING, AUTUMN AND CHRISTMAS

www.brunchandco.com

The Brunch & Co Festival drew its inspiration from the street market concept. Design, handicrafts, music and gastronomy all come together in this event that seeks to encourage reflection on new forms of creation and consumption. The most popular activities include creative workshops for young audiences, exhibitions, concerts and DJ sessions, the food trucks, and last but not the least, the handicrafts market. This is a roving event and several editions have already been held in green spaces in Mahon and Sant Lluís, the Museu de Menorca and Mahon Harbour.



BIRDWATCHING

Nature

ALL YEAR ROUND

www.balearsnatura.com

Its natural resources, the beauty of the landscape, and the peace and quiet are just some of the reasons why Menorca is the perfect destination for those who enjoy outdoor activities. Birdwatching is one such activity. A large number of water birds and birds of prey take refuge at S'Albufera des Grau, the largest wetland on the island and the heart of the nature park with the same name, throughout the year. There are three trails available: two of them set out from the Rodríguez Femenías Reception and Interpretation Centre and include points of great interest for birdwatchers; the third starts in the town of Es Grau and goes along roads parallel to the coast. You can take in the moon-like landscape of Favàritx, one of the most magical places on the island inside this nature park.



SANT ANTONI

Culture

16–17 JANUARY

www.menorca.es

On 17 January, the Minorcans celebrate Diada de Menorca (Menorca Day), coinciding with the feast day of Saint Anthony. It commemorates the inclusion of the island to the Kingdom of Aragon, a historic event that dates back to 1287. According to tradition, the invocation of the saint's intercession by King Alfonso III was decisive in conquering the island. This is why it's both a civil and religious festivity, as shown by the different activities included in the programme: the Els Tres Tocs procession in Ciutadella, institutional events, the blessing of animals, bonfires, community torrades of sobrassada sausages and traditional markets.

DIMECRES DE BROU

Gastronomy

WEDNESDAYS IN DECEMBER AND JANUARY

www.gastronomiamenorca.es

Five years ago, the Minorcan Association of Cafés, Bars and Restaurants launched an initiative called "Els dimecres es dia de brou (Wednesday is a day for brou)" aimed at bringing back a Minorcan culinary tradition and getting the restaurants involved so that visitors could also get a taste. The brou is a traditional stew consisting of noodle soup as the starter and meat served with chickpeas, potatoes and vegetables as the main.

VISIT TO A LLOC

Culture

ALL YEAR ROUND

www.menorca.es
www.farmersandco.es

One of the most interesting activities you can do in Menorca throughout the year is to find out how and where the most delicious agrifood and artisan products are made. The best way to do this is by visiting a lloc—the name by which farm estates on the island are known. With this activity, you'll broaden your knowledge of what life in the countryside is like, you'll discover the secrets of Minorcan rural architecture, you'll learn about local traditions, you'll see how products such as cheese, wine, sausages and oil are made, and you'll also get a taste! This is the best way to experience Menorca using your five senses.



THE TALAYOTIC ROUTE

Culture

ALL YEAR ROUND

www.menorcatalayotica.info

Menorca boasts more than 1,500 archaeological sites within an area barely exceeding 700 km2, resulting in a very high density of archaeological sites: two sites per km2. This, together with the state of conservation and uniqueness of the monuments—some of them one-of-a-kind in the world, such as the navetes and taules, explains the nomination of the Talayotic Culture of Menorca as a UNESCO World Heritage Site. Don't miss the settlements of Torre d'en Galmés, Trepucó, Torralba d'en Salort and Talatí de Dalt, the funeral buildings of Es Tudons and Rafal Rubí, and the necropolises of Calescoves and Cala Morell. Without a doubt, a great way to discover Menorca's fascinating past.



LIGHTHOUSE TRAIL RUN

Sports

3 FEBRUARY 2019

www.traildelsfars.info

A total adventure, three races in one event: 44km, 21km and 12km. All are of equal importance in an event that is both a sporting challenge and a social event along Menorca's coastline. The Trail dels Fars, organized by Biosport Menorca and Elitechip, has attracted top class trail runners such as world champions Núria Picas and Tòfol Castanyer as well as champions of Spain Pau Capell and Laia Díez



JORNADES GASTRONÒMIQUES DE PEIX

Gastronomy

16, 17, 18, 23, 24 AND 25 OF FEBRUARY

www.gastronomiamenorca.es

During this fish food festival, restaurants all over the island dedicate two weekends in February to seafood dishes with one single condition: creating a special menu, whether traditional or innovative, using the very best catch from Menorca. There is no shortage of all-time classics such as the caldereta (stew), the perol or dishes featuring the extremely tasty peix de roca (rockfish), aside from rice dishes and many more, among the culinary offerings. This is the perfect way to discover an important part of Minorcan cuisine.
Check out the menus on the website and book your seat.



EPIC CAMÍ DE CAVALLS 360º

Sports

8-10 MARCH 2019

www.epiccdc360.com

A trail race in sections: three days of adventure around the island. Participants run in teams of two along the historic bridle path Camí de Cavall; on the coast, down gullies, valleys and torrents, past watch towers, lighthouses and some of the most beautiful coves of the island. There are three different events to choose from, with the option of booking a night's accommodation at the end of each section.



FIRA DEL CAMP DE MENORCA

Culture

MARCH

www.alaior.org

The Menorca Agricultural Fair, with more than thirty editions held and always widely attended, has more than earned its status as a benchmark in the Balearic Islands. During the weekend when the event is held, there's a series of activities lined up, with the cattle competition as the high point. The points of sale, for both agricultural machinery and agrifood and artisan products, are another of its many attractions, as well as the leisure, culture and culinary offerings available.

JAZZ FESTIVAL

Culture

MARCH–MAY

www.jazzobert.com

Spring in Menorca moves to the rhythm of jazz. This festival, which celebrated its 20th edition last year, is one of the most awaited jazz festivals for fans. The organisers revealed that they chose the name Jazz Obert (Open Jazz) precisely because they sought to open up to the world of jazz, to new perspectives, to new talents, and to new ideas. The festival is held in March, April and May and does the rounds of all the major venues on the island: the Teatre del Casino Nou in Ciutadella, the Sala de Cultura 'Sa Nostra' in Mahon, the Auditori de Ferreries, the Claustre de Sant Francesc in Mahon or the Teatre Principal de Maó, among others.





JORNADES GASTRONÒMIQUES DE PRODUCTE LOCAL

Gastronomy

1 TO 4 MARCH

www.menorcarestaurants.com

The Fra Roger Association organises this local food festival with the aim of promoting products from Menorca, highlighting the value of the island's culinary heritage and its primary sector, and encouraging healthy local cuisine. Participating restaurants are given free rein to offer a single dish, a traditional three-course meal or a tasting menu. The only caveat is that they must use local seasonal produce in the dishes. This initiative is part of the EU-funded project "Valoració del producte de Menorca a través de la gastronomia (Valuing Minorcan products through gastronomy)".

THE FORTIFIED ROUTE

Culture

ALL YEAR ROUND

www.menorca.es



Throughout its history, Menorca has been continuously fought over due to its strategic location in the Mediterranean. The many fortified buildings liberally scattered along its coastline are a testament to this. Artillery towers, watchtowers, fortresses, castles and military batteries speak of this troubled past and invite us to delve deeper. In Mahon Harbour, it's an absolute must to visit: La Mola, one of the largest European fortifications of the 19th century; Castle of Sant Felip, built in the 16th century and home to a labyrinthine itinerary of underground galleries; Fort Marlborough, a museum space that delves into the history of Menorca and Europe in the 18th century; and the Llatzeret, a facility built between the 18th and 19th centuries to quarantine and treat travellers who arrived to the Spanish coast aboard ships where an epidemic had broken out. The network of coastal defence towers is also noteworthy, with two of the most outstanding being Castle of Sant Nicolau (17th century) in Ciutadella, and the Fornells Tower (19th century).



THE BRITISH ROUTE

Culture

ALL YEAR ROUND

www.menorca.es

Under the control of the United Kingdom in the 18th century, Menorca experienced a period of economic growth that also carried over to the artistic and intellectual spheres, as well as in urban development. Relevant heritage landmarks from this period include Fort Marlborough, a fortified enclosure located at the entrance to Mahon Harbour (Cala Sant Esteve), and the network of defence towers spread along the island's coastline. There are also civil buildings such as Ca n'Oliver—now an art and history centre focused on the interpretation of the history of British Menorca—, country houses built according to the Palladian canons of neoclassicism, as well as public infrastructures such as the Camí d'en Kane, which linked Mahon and Ciutadella and which offers wonderful views of the Minorcan landscape today, and the Es Mercadal cistern.



MECUP

Sports

EASTER WEEK

www.mecup.net

An international youth football tournament for the junior teams of the best football clubs both in Spain and abroad. Barcelona FC, Manchester City, Atlético de Madrid and CSKA Moscow are just some of the teams that have taken part over the years.

FORNELLS HALF MARATHON

Sports

APRIL 2019

www.mitjafornells.com

The Mitja Marató de Fornells is one of the most popular competitions held every year in Menorca. It is a very friendly event with many participants and a well-earned reputation of being more than just a sports challenge. The 21 km of stunning scenery will impress the competitors.

2ND ALBERT CAMUS MEDITERRANEAN LITERARY GATHERINGS 2019

Culture

26, 27 AND 28 APRIL 2019

www.trobadescamus.com

32 international speakers, 12 conferences, 5 round tables. Parallel Activities (Photography exhibition, concert, film screening, educational programme). The 2nd Albert Camus Mediterranean Literary Gatherings will be back in 2019 to turn Menorca into a haven of hospitality and a showcase of Mediterranean thinking. From culture and its creators, the aim is to contribute ideas for our society to move forward towards a future of peace, greater fairness and better balance among the shores on the Mediterranean.

Creators such as Israeli filmmaker Amos Gitai, Chilean multidisciplinary artist and architect Alfredo Jaar, Italian novelist Erri de Luca, French comics artist Jacques Ferrandez and journalist Neus Tomàs—deputy director of eldiario.es—have already confirmed their attendance.

Together with some other thirty writers, artists, thinkers and journalists from all sides of the Mediterranean, they will share three days full of exchange and debate with the general public in Sant Lluís during these 2nd Albert Camus Mediterranean Literary Gatherings, under the title "Bajo el signo de Prometeo. Los caminos de la Rebeldía (Under the Sign of Prometheus: The Paths to Rebellion)".

A fruitful assembly among the shores of the Mediterranean, across generations, across different artistic disciplines, in search of a Mediterranean identity that transcends geography, becoming a forum for understanding, exchange, coexistence and creation.

FIRA ARRELS

Gastronomy

APRIL

www.firaarrels.com

The Fira Arrels was established in 2017 to give visibility to and showcase local artisan and agrifood products, as well as Minorcan cuisine. With this goal in mind, aside from providing producers a space to exhibit and sell their wares, it includes two days of cooking demonstrations given by well-known Spanish chefs and workshops in which the little ones can also participate. An unmissable event to get a first-hand look at the variety and quality of local products and cuisine.



COOKING FILMS

Culture

APRIL–MAY

www.festivalmenorca.com

Cooking Films is part of Menorca 365, the annual programme of activities for the Menorca Film Festival. This event invites you to a wonderful pairing of cinema and cuisine through a series of projections and themed dinners held at some of the best restaurants on the island. It doesn't get better than this for cinephiles and foodies.



GRAN FESTIVAL DE BOWLING FLAT & CROWN

Sports

FROM 17 TO 23 APRIL AND 30 SEPTEMBER TO 5 OCTOBER

Participants: Players from all over the world who wish to take part in the festival. Limited slots.
This coming April and October, the PortBlue San Luis Hotel, located in the area of S'Algar, will serve as the venue for two bowling festivals. This sport, which is widely popular in the United Kingdom, Australia and New Zealand, belongs to the same family as petanque and bocce. Every year, thousands of players make the journey to S'Algar to take part in these festivals, which offer a cash prize of €20,000 up for grabs. The hotel has two bowling greens: one flat and the other convex or uneven, both completely refurbished to offer the best playing conditions.
The PortBlue San Luis Hotel boasts world-class sports facilities, stunning rooms with sea views and excellent services.

CAMÍ DE CAVALLS

Nature

ALL YEAR ROUND

www.camidecavalls.org

The Camí de Cavalls is a 185-kilometre-long historic path that goes around the island of Menorca along the coast. Its origins date back to the 14th century, and it was originally for defensive purposes. In the 18th century, the British and French brought back its use, with the intention of using it for military purposes. The current path, divided into 20 stages and waymarked as GR-223, preserves the original route with a few modifications.
You can do it on foot, by mountain bike or on horseback, but not using motorised vehicles. It is, without a doubt, one of the most fascinating natural paths in the Mediterranean and one of Menorca's greatest assets due to its great natural, scenic and heritage value.







VISIT TO THE LLATZERET

Culture

FROM MAY TO OCTOBER

www.menorca.es

A lazaretto is a health facility, which is more or less isolated, where infectious diseases have been treated throughout history. They were generally found in harbours to quarantine ships and people from other countries who were possibly contaminated. The first of its kind in Spain was built between the 18th and 19th centuries in Mahon Harbour. It bore witness to tragic events such as the yellow fever outbreaks in 1821 and 1876, and the typhus outbreak in 1821. The last ship was quarantined in 1919, and shortly after, it ceased to be used for health purposes. With the transfer of ownership from the Ministry of Health to the Consell, which became effective in 2015, the history of the Llatzeret is now being rewritten. It's a good idea to join some of the guided tours scheduled from May to October and delve into the history of one of the most remarkable buildings in Menorca.



52 SUPER SERIES

Deportes

21-25 DE MAYO DE 2019

www.52superseries.com

Los TP52 son, probablemente, los veleros monocascos más rápidos del circuito internacional. Tripulados cada uno de ellos por una docena de regatistas, se caracterizan por tener una apariencia casi idéntica en sus prestaciones, lo que garantiza unas regatas muy competidas. En el 2019 volverán al puerto de Maó para brindarnos uno de los espectáculos más apasionantes del calendario náutico anual.





HATS AND HORSES

Culture

MAY 4TH

www.hatsandhorses.com

The Ascot in Minorcan fashion. This would be the best definition of Hats & Horses, an event held in May at the Mahon Hippodrome which brings together the island's horseback riding traditions and its British influence. In a nutshell, this is an event with just the right dose of culture, sport, nature and glamour.

CRANC FESTIVAL

Culture

MAY

www.crancfestival.com

The Cranc Festival, an initiative by Ataque Records, was established two years ago with the aim of becoming the leading urban festival in Menorca. Two editions featuring the most well-known names in Spain's independent music scene —Yung Beef, Mujeres, Disco Las Palmeras and Joe Crepúsculo, among others—and the most interesting emerging bands playing alternative rock, garage, trap or pop music were enough for the organisers to achieve this. The Cranc Festival came onto the scene with a bang and everything indicates that it's here to stay.

TRAIL MENORCA CAMÍ DE CAVALLS

Sports

FROM MAY 17 TO 19

www.trailmenorca.com

The Trail Menorca Camí de Cavalls race is one of the longest, toughest and most beautiful trail running races in Europe. Runners have a maximum of 40 hours to complete a 360º tour of Menorca. There are five different routes ranging in distance from 35km to 185km. Participants are pushed to the limit as they run across beaches, over hill tops and down steep slopes as they strive to run the Camí de Cavalls right round the island.







FIRA DEL CAVALL DE RAÇA MENORQUINA

Culture

MAY

www.caballomenorquin.com

The undisputed star of the show in all of the island's festivities, pure-bred Menorquin horses embody the true essence of Menorca at its most traditional. For their promotion, advancement and preservation, the Association of Breeders and Owners of Menorquin Horses launched a horse show almost three decades ago and associated the Pure-bred Menorquin Horse Fair with it. It's an event that draws in hundreds of people, both residents and visitors alike, over the weekend. The highlight of the program, in addition to the horse show, is the equestrian extravaganza showing off these horses' prowess offered by the island's horse breeders.



PESCATURISME

Nature

ALL YEAR ROUND

www.pescaturismomenorca.com

Fish tourism gives you the unique opportunity to get a first-hand look at fishing activities by going on excursions with traditional fishermen aboard professional fishing boats. Aside from learning and practising new fishing techniques with these veritable wolves of the sea, the excursions will let you discover spectacular coastal landscapes and enjoy unique experiences such as dolphin watching and swimming in the crystal-clear waters of the Mediterranean.

PEDRERES DE S'HOSTAL

Culture

ALL YEAR ROUND

www.lithica.es

"A monumental sculpture carved into the landscape". This is how the cultural association Líthica, which has been in charge of their management for more than twenty years now, defines these majestic marès stone quarries, and this is how they are viewed by all visitors to them throughout the year. The itinerary will show you the oldest quarries, excavated by hand and with more organic shapes, as well as the quarries where mechanical extraction methods were used, with their geometrical lines and endless walls. It also holds a delightful surprise in the form of a game: a labyrinth made of marès stone blocks from the quarry itself which captivates adults and children alike. In summer, the Pedra Viva Festival—a music and performing arts festival that is growing in popularity—is held here.

MAÓ + FLORS

Culture

MAY

www.ajmao.org

In May, flowers and culture fill the city of Mahon to celebrate spring. Shops, streets, squares and iconic buildings are festooned with floral decorations, and during this week-long event, there are activities for everyone, from exhibitions and concerts to workshops and cultural routes. This is certainly one of the most dynamic and colourful ways of celebrating the most flower-filled season of the year.





TEMPORADA D'ÒPERA

Culture

MAY

www.teatremao.com

From a cultural perspective, the city of Mahon is characterised by its long operatic tradition. This is evidenced by the fact that the Teatre Principal de Maó is the oldest opera house in Spain. Built in 1829 according to the layout and decorations of Italian opera houses, this theatre in Mahon was the pioneering venue for bel canto in the country, opening before the Gran Teatre del Liceu in Barcelona or the Teatro Real in Madrid. Beyond its historical uniqueness, it's also worth pointing out that since 1971, it has had a regular programme of opera performances. Under the title of "Temporada d'Òpera (Opera Season)", the best voices and the best international shows come together in Menorca every year in late May and early June. Not to be missed!

MENORCA AL PLAT

Gastronomy

EARLY JUNE

www.gastronomiamenorca.es

For ten consecutive days prior to the Sant Joan festivities, some restaurants on the island join the "Menorca al plat (Menorca on the Plate)" initiative, which aims to highlight the value of Minorcan fare and local produce. Tourists and residents alike can sample traditional dishes such as arròs de la terra (crushed wheat baked with local sausages), perol de ratjada (pot baked skate), stuffed aubergines, onion-braised octopus, or rabbit with spider crab and snails. And for dessert, there's a mousse of carquinyols (almond meringue biscuits), Mahon cheese ice cream, greixera de patata (potato pudding) or fig flan. Each of the restaurants offers a different menu, which serves to encourage everyone to take a culinary tour of the island during the ten days of the event.





CLASSIC SHIPS REGATTA COPA DEL REY

Sports

END OF AUGUST

www.velaclasicamenorca.com

The Copa del Rey de Vela Clásica has become one of the most important sailing events in Spain. It is held yearly at the end of August, turning the port of Mahón into a nautical museum, where beautiful classic ships from all over the world gather in port. Over the years, 144 classic and period ships have taken part in this regatta, including emblematic ships such as Altaïr, Stella Polare, Rosalind and Stormvogel.

REGATA RESERVA DE LA BIOSFERA

Sports

FIRST WEEK OF SEPTEMBER

regatamenorcabiosfera.org

This regatta coincides with the 20th anniversary of Menorca's recognition as a Biosphere Reserve by UNESCO. This race starts from Mataró (Barcelona) and finishes in Fornells (Menorca), one of the best-preserved natural harbours in the Mediterranean, embodying everything that a Biosphere Reserve should be. As all of its values have been kept intact, Fornells continues to be a cut above the rest, with its sustainable development efforts and respect for the environment, making it one of the favourite destinations for sailors.

5/10 MILES CIUDAD DE MAÓ

Sports

DATE: SEPTEMBER

www.dynamicmenorca.com/carrera-menorca

More than just a sporting event, this race refers to past times, created with reference to the island's British heritage. The race takes in some of the most emblematic parts of the port of Maó such as the La Mola fortress and the Naval Base. The prizes give the winners a real Menorcan flavour: a gift of Mahón-Menorca cheeses.



INTERNATIONAL CYCLING TOUR OF MENORCA

Sports

OCTOBER

www.menorcacicloturista.com

Cycling enthusiasts, both professional and amateur, come together in Menorca every year in the autumn. The participants of the Volta Cicloturista Internacional a Menorca cycle a total of 212 km over three days through some of the most emblematic spots such as the historic Camí d'en Kane (or Kane's Way) and up the two highest hills Monte Toro and S'Enclusa. This cycling tour is an adventure open to everyone.

MOSTRA DE CUINA MENORQUINA

Gastronomy

LATE SEPTEMBER

www.mostradecuinamenorquina.com

This Showcase of Minorcan Cuisine is an initiative launched by the Restaurant Association of Menorca with the aim of promoting Minorcan cuisine. Visitors can sample both traditional and contemporary dishes made using local seasonal produce. Participating restaurants offer two set menus: the Menú Mostra, which is a three-course meal that generally costs less than €20, and the Menú Gastronòmic, which is a more elaborate tasting menu.





ARTIEM HALF MENORCA

Sports

LAST WEEK IN SEPTEMBER

www.artiemhalfmenorca.com

The Artiem Half Menorca is a triathlon suitable for all, whether amateur or high level athlete. Fornells is the magnificent setting for this event with the three components of running, swimming and cycling.

ESTRELLA DAMM MENORCA OPEN PADEL

Sports

MID OCTOBER 2019

www.worldpadeltour.com

During the next four years Menorca will be the centre of the World Padel Tour, the most important professional paddle tennis circuit in the world. The tourist board, Fundación Fomento del Turismo de Menorca, and the WPT organisation, together, will be organising from 2019 to 2022 an open tournament every year for men and women. The World Padel Tour is a top level professional paddle tennis circuit, bringing together some of the best international players.





MTB TOUR OF MENORCA

Sports

SECOND WEEK IN OCTOBER

www.menorcabtt.com

The Volta a Menorca en BTT takes place in mid-October. After 13 years, this outdoor sports event has become a classic in the island's sports calendar. It is a non-competitive event where organizers and participants are united in their enthusiasm for mountain biking through Menorca's countryside. Sustainability has always been the event's prime concern from the very beginning.


ITINERARIES
Ciutadella
Ferreries



CAMÍ DE CAVALLS

Although it is impossible to establish exactly its origin, in the oldest records preserved regarding the Camí de Cavalls, it is clear that it was used, during the 14th century, as a boundary path around Menorca, with a basically defensive objective, and offering the military or governing authorities a good look out from the coast and an efficient communication service by the watchtowers, shore batteries and other fortresses.

Along side this military use, it is possible to certify that servants for personal or public cases who travelled around the Menorcan coast and occasionally crossed private land or estates also used the Camí de Cavalls.

The public right of way of the path was established in 2010. It is 185km long and it is included in the European network of long distance footpaths, registered as GR 223.

The path is divided up into 20 segments, clearly marked by wooden posts all along the way, with information panels at the start of each section.

The path can be used for mountain biking, horse riding as well as rambling, although there are some stretches that are not suitable for bikes or horses. It is best to check in advance which sections are suitable for your purpose as well as for your level of fitness.

Look on the website www.camidecavalls.com for more information.



Fundació Foment del Turisme de Menorca
Tel. (+34) 971 368 678
info@menorca.es

www.menorca.es