



# EL CABANYAL-CANYAMELAR / EL GRAU

by Carmen

## LA MARINA

Dock of Valencia  
<http://www.lamarinadevalencia.com/>

It brings me back many memories, the work at the port was what fed many people in the neighbourhood. In the past, many neighbours sailed or worked in the port, in the fish market, sewing nets... Of course it is no longer the same. Fishing is almost symbolic and the port has grown a lot to the south, where you can see large boats loaded with colourful containers. So the dock is kept for other things. Times change, but people continue going for a walk around just like when I was young, only now there are many restaurants, bars and places to dance... there is everything here.

## CHURCH OF EL ROSARIO

Plaza del Rosario, 5

I'm lucky to be a parishioner here, it's so beautiful. My mother told me that it was originally called Ermita Nueva del Rosario. There is a very beautiful ceramic altarpiece on the façade, which I believe is protected by the Town Hall. The figure of the patron saint of Canyamelar, the Santísimo Cristo de los Afligidos, is inside. What impresses me most about the interior is the vault of the presbytery.

## EL CABANYAL MARKET HALL

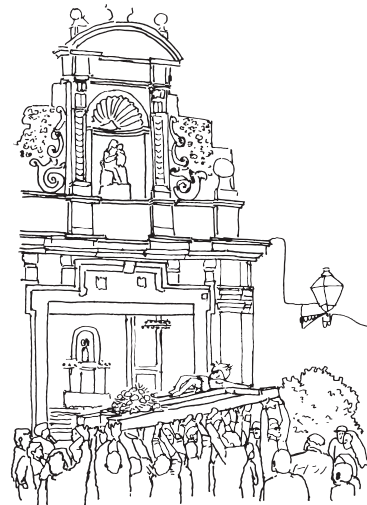
C/ Martí Grajales, 4  
<http://www.mercadocabanyal.es/>



I go on Mondays, Wednesdays and Fridays as soon as it is open, because it is not so crowded and I am more relaxed. You can find all the neighbours there. Sometimes we start gossiping, talking about how the neighbourhood is while waiting for fresh fish to be taken out... It is easy to lose track of time, and then I have to hurry to prepare lunch to have time to pick up my grandchildren at school.

## CHURCH OF SANTA MARÍA DEL MAR

Plaza del Tribunal de las Aguas  
<http://www.parroquiagraovalencia.es/>



I'm signed up for some kind of cultural sessions in the parish in which the history of this church is explained. The girl who explains it is wonderful; she has a degree in Fine Arts. She told us that it is a Neoclassical building of Latin cross plan, with a dome that reaches a height of 25 meters. She also told us the story of the image of the Santísimo Cristo del Grao, which is inside the Chapel. It is said that it arrived floating by the sea and on a ladder on August 15th, 1411.



## LA TAHONA DEL ABUELO

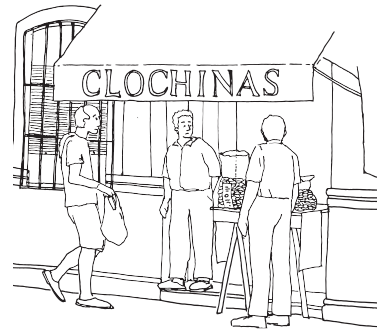
C/ Los Ángeles, 84  
<http://latahonadelabuelo.com/>

I used to come here when I was a little girl to buy bread. The door says they've been open since 1886. It is probably the oldest shop in the neighbourhood and one of the oldest ones in Valencia. I met a neighbour here, member of the "Salvem El Cabanyal" platform, and we started talking about what we thought the neighbourhood needs.

Nearby alternatives:  
 PASTERÍA PANADERÍA LOS ÁNGELES C/ Vicent Ballester, 1  
 FORN SANT VICENT C/ Pintor Ferrandis, 23

## CLOCHINAS

C/ Horno del Cabanyal, 20



There are a lot of places in the neighbourhood where you can get some good mussels to cook them at home or for you to eat in a restaurant. It's one of the luxuries of living near the beach, I always tell my friends!

## THE LONJA DE PESCADORES OF LA MARINA AUXILIANTE

C/ Eugenia Viñes, 133-171

The Lonja de Pescadores, which means fishermen's market, was built by a society of boat skippers between 1904 and 1909. They gathered together to help each other and they also built this building for the sale of fish. My grandfather was a member of that society. As soon as it was finished, it was used as a Red Cross hospital during the African war (1921-1927). Then it was turned into a fishermen's market, but its warehouses were converted into fishermen's houses. In the Civil War (1936-1939) it was used as a prison. Nowadays, many people live there and ask for help to renovate the building.

## SEAFRONT PROMENADE

Through el Cabanyal & la Malvarrosa to la Patacona



Sometimes I sit on the promenade, look at the horizon and forget that we are by the sea. I remember my husband. There are a lot of people in summer, too many for my liking, but it's a wonder in the winter sunny days. In September, one of the things I like the most is going down to the Promenade and watch the families having dinner there. They set their own chairs and tables on, which they bring from home. It's a very nice picture.

## EL ATENEO MARÍTIMO

C/ Reina, 68  
[fb: AteneoMaritimoDeValencia](http://AteneoMaritimoDeValencia)

Since its foundation in 1961, it has always been a meeting point in this district. Today it is still used for neighbourhood meetings, courses and many other things. I come every week for painting lessons. And I've signed up to my grandchildren to the chess club.

## BODEGA CASA MONTAÑA

C/ José Benlliure, 69  
<http://www.emilianobodega.com/>



One of the most popular bars in the neighbourhood, where you can dine and have some wine. They've almost always been here. Somewhere I read, or maybe I was told right there, that they've been open since 1836! When my family from out of Valencia is here to visit, I always take them there to have a snack before going for a long walk.

Nearby alternatives:  
 CASA GUILLERMO, C/ Progreso, 15

## BALNEARIO LAS ARENAS

C/ Eugenia Viñes, 22-24  
<http://www.hotelvalencialasarenas.com/>



In the past, there was this spa, which also had two buildings in the shape of a Greek temple. Now it's a hotel with a spa and stuff like that.

Nearby alternatives:  
 HOTEL NEPTUNO, Pº de Neptuno, 2  
 SOL PLAYA, Pº de Neptuno, 56

## CHURCH OF LOS ÁNGELES

Plaza de la Iglesia de los Ángeles

I love the history behind this church because it represents the importance of the sailor past of this neighbourhood like almost nowhere else. One of the towers of this church used to serve as a lighthouse for fishermen and sailors. It's very beautiful, but I like the Iglesia del Rosario interior better. Luckily, only few of the altarpieces inside were destroyed during the Great Flood of 1957; it could have been a lot worse.



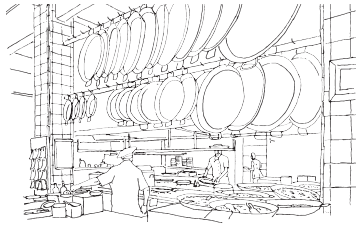
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Illustrations:  
 Pablo Lambertos  
 August 2018



# EL CABANYAL-CANYAMELAR / EL GRAU

by Catalina



## LA PEPICA

Pº de Neptuno, 6

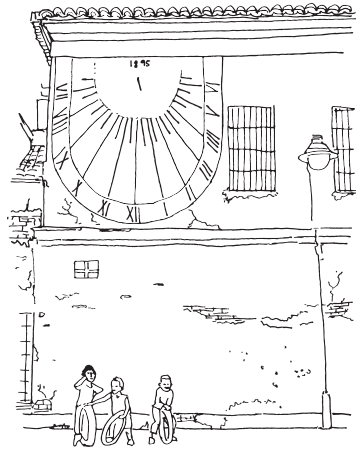
It is a restaurant specialized in paella and rice dishes. I usually bring my mother here when she comes from Córdoba to Valencia and she wants to eat at the beach.

Nearby alternatives:  
L'ESTIMAT, Paseo de Neptuno, 16

## CASA DELS BOUS

C/ Eugenia Viñes, 173

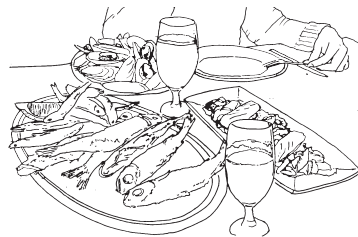
fb: atelierdelsbous



At the end of the XIX century, the fishermen's guild of "La Marina Auxiliante" was given the concession of these lands to build spaces destined to oxen stable, as well as to launch and beach fishing boats. In recent years, various collectives and associations have organized activities in it, from exhibitions of contemporary art and crafts to music and theatre performances. It is an important place in the memory of the neighbourhood.

## BAR CABANYAL

C/ Martí Grajales, 5



I like to go there, in front of the El Cabanyal Market Hall, to have sardines and fried fish. Fish is bought at the market freshly and then cooked at the bar. It's very well priced and the people running it are very nice.

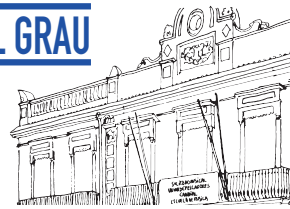
Nearby alternatives:  
BODEGA BAR FLOR, C/ Martí Grajales, 21  
BAR DEL MERCAT, C/ Martí Grajales, 4

## MUSEO DEL ARROZ

C/ Rosario, 3

<http://museoarrozvalencia.com/>

This mill was in operation for over a century. It has been restored and is now a museum. You can see how the grains are separated from the shell, bleached and selected. If you visit the museum with children, you can download cards from its website with information and activities adapted to different ages. I go every year with my nephews and... They love it! Next door is the Museum of the Semana Santa Marinera.



## EL CASINET

C/ José Benlliure, 272

<http://www.smup-elcasinet.org/>

J. B. Gosálvez, a famous architect from the neighbourhood, built this building in 1909 as the headquarters of the worker cooperative "El Progreso Pescador". Then, after merging with "La Unión de Pescadores", part of the building was dedicated to socio-cultural activities, and in 1926 the music band "Sociedad Musical Unión de Pescadores" (SMUP) was established there up until today. They still own the building, keeping the activity of this neighbourhood's historic icon.

## TORRE MIRAMAR

C/ Escalante, 205

I think that there is only this tower left along with the ones in the Reina Street and the Cabanyal Market Hall. Right now it has become a four unit residence building but, as it seems, from these towers the fishermen watched over the state of the sea and the boat masters checked when they arrived at the beach... The traditional architecture of these neighbourhoods shows unique typologies in which the ceramic provides a special personality.

## EL MUSICAL THEATRE (TEM)

Plaza del Rosario, 3

<http://www.teatreelmusical.es/>

It has a very varied programme: dance, theatre, performances... they even hold workshops with neighbours. I've already participated in some plays here and the seating capacity was always full. It's a theatre that transmits me a special feeling. Besides, the building is really pretty.

## SHIPYARDS

Plaza de Juan Antonio Benlliure

I try not to miss any exhibit. It's a fabulous place! I love the space there. The shipyards were built at the end of the 14th century for the manufacture, storage and repair of boats, but were later used as artillery arsenal and later even as a warehouse for wheat and cereals. Later on, in 1949, they were declared National Historical Artistic Monument.

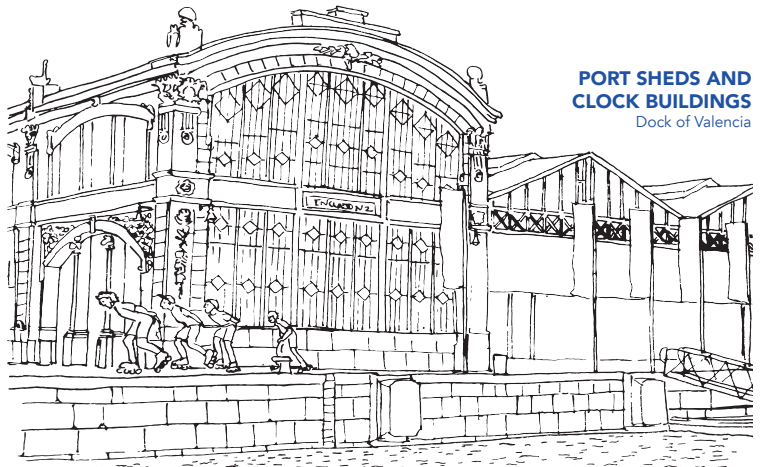


## LA COLLECTIVA

C/ Cura Planelles, 2

fb: LaCollectivaCabanyal

The building, which was once a Popular University, is now runned by a group of associations very committed with the neighbourhood. It is a shame that the owners decided to sell it, I don't know what the associations which work there will do now...



## PORT SHEDS AND CLOCK BUILDINGS

Dock of Valencia

I like coming to skateboard here, under the decks of the port sheds. I like to move freely between these Art Nouveau structures, which were formerly connected to the Grau Station (1852), which was the first one built in Valencia and was used to store produce from the orchard. Now a lot of people come here to walk around. I would like this area to be pedestrianized and to be full of many, many trees!

## EL CABANYAL AND LA MALVARROSA BEACHES

From the port to the Patacona beach



It seems to me that the beach is the greatest meeting point of this neighbourhood. In summer, the neighbourhood is joined by people coming from the city and a lot of tourists. I especially like it when the summer cinema is set up on the beach, and people get off with their chairs to watch movies while having dinner with friends or family. It also has charm in winter: I love to go down at night to talk to the fishermen who are throwing the rod on the shore. I would never fish, but I could sit there and listen to the sea all night long too.



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Illustrations:  
Pablo Lambertos  
August 2018



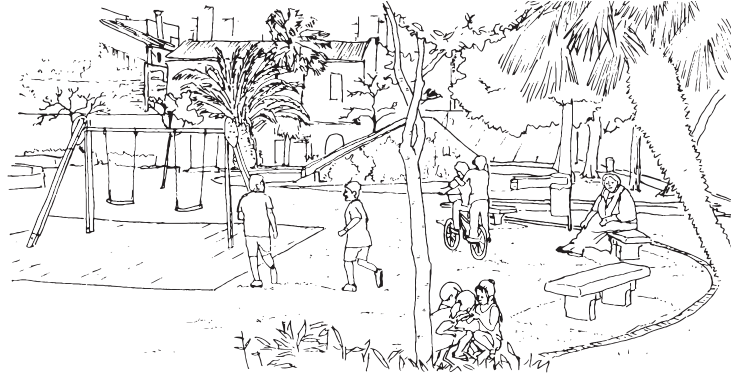
# EL CABANYAL-CANYAMELAR / EL GRAU

by David

## DR. LORENZO DE LA FLOR PARK

Plaza Dr. Lorenzo de la Flor

The drawing below is from my favourite spot in the neighbourhood. There are swings and other games in the playground and it's very green. My parents don't like it at all, because they say it's a bit rusty, but I don't think so. And whenever I can I go to play there with my friends after school.



## EL CABANYAL MARKET HALL

C/ Marti Grajales, 4  
<http://www.mercadocabanyal.es/>

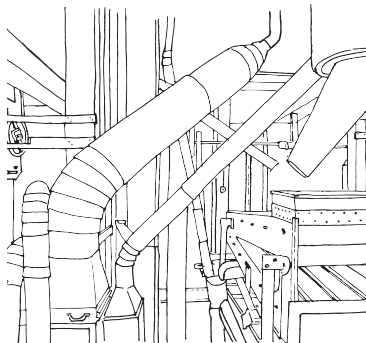
It's huge and you can find everything there. Sometimes I go there with my grandpa and we buy fish to cook it on my uncles' barbecue. All the salesmen know us and they are very kind. My sisters and I always get something for free. Once they let me climb up to what looks like a bell tower, which can be seen from the street.

## CHURCH OF EL ROSARIO

Plaza del Rosario, 5



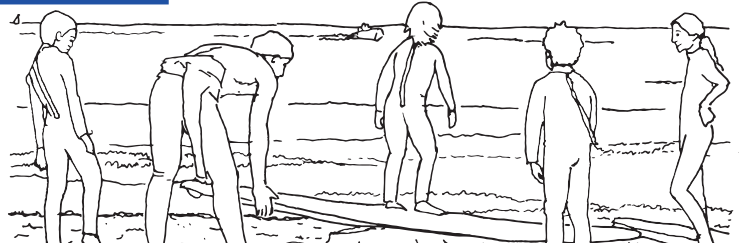
This year in my class we make our First Communion and we take our catechesis here. I think the church is very nice, especially the drawings of the ceiling, although Mrs. Carmen scolds me if I look at them for a long time. After catechesis we stay playing in the square until dinner time. Nearby is a bar called "la Paca". My teacher Jaume is always out there.



## MUSEO DEL ARROZ

C/ Rosario, 3  
<http://museoarrozvalencia.com/>

I was there last year with the school. They showed us how the mill worked. Since then I eat every grain of rice thinking about everything that has happened to it until it gets to my plate.



## SEAFRONT PROMENADE through el Cabanyal and la Malvarrosa to the Patacona

We walk here back after the expeditions with my grandfather. I'd prefer strolling in the sand, but then my grandpa gets more tired. So we walk along the promenade, and I usually climb up the ledge which separates the promenade and the beach. Sometimes we reach the Patacona, stop for ice cream at the Horchatería L'Obrador and see the surfers on the shore.

## UNLOADING OF CARRAIXET GAVINE

At the end of La Patacona beach



My sister and I come here sometimes while walking our dog. When we get there, Coki goes crazy and we have to tie him up. I like it when it's all green, we look for bugs and pick wild flowers for mum.

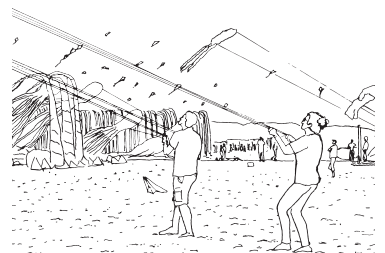
## LA ESTRELLA THEATRE

C/ Los Angeles, 33  
<http://teatrolaestrella.com/>



My teacher Jaume brings us here every year to see some theatre plays. I really like coming here, especially when there's a puppet theatre. This year my sister took me for my birthday to see "The Bremen town musicians". It was really cool.

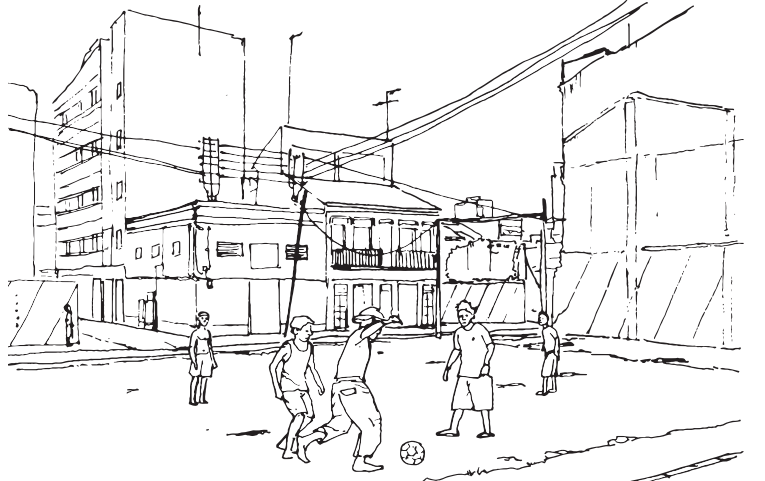
## EL CABANYAL AND LA MALVARROSA BEACHES



We go to the beach almost every day in summer. Dad also comes on Sundays, and we make sand castles and swim in the sea until we are well wrinkled so grandpa forces us to get out of the water. Our neighbours usually come too, and sometimes even our cousins. We eat and play together all day long. Whenever it's windy, there's someone flying kites, but not as many people as in spring, then the beach is filled with people from all over the world to fly el "cachirulo", because of the Wind Festival.

## SAN PEDRO PLOTS

C/ San Pedro, 61-67



Grandpa says there used to be a lot of old but beautiful houses around here which were torn down. My mum also says she used to imagine what her life would have been like in them when she saw children playing around. Sometimes she went there with grandpa to look for tiles and stuff like that. He said they were for his collection. Sometimes there are children playing football here, in one of the large plots where there are goals, painted in some of the walls.



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Illustrations:  
Pablo Lambertos  
August 2018



# EL CABANYAL-CANYAMELAR / EL GRAU

by Jaume



## L'ESCORXADOR

C/ San Pedro, 37  
<http://www.cabanyal.com/>

I've been here for several assemblies of the "Salvem El Cabanyal" Platform. This neighbourhood association was created almost 20 years ago to defend the district's heritage against an urban development project that sought to demolish around 1600 houses. Although the project will no longer be implemented, they keep on meeting weekly to demand its rehabilitation.

## LA PATACONA

Seafront promenade



When I feel like disconnecting, I get on my bike and come here for a ride. Crossing the bridge of the Vera ditch is like entering another dimension. I could lay there reading or meditating under the palm trees for hours; they are like little oases for me. Besides, most of the time I indulge myself a gastronomic homage in one of the terraces of the beach walk while enjoying the breeze and the sun.



## NO HAY NADA MEJOR QUE 27 AMIGOS

C/ Reina, 186  
<http://27amigos.com/>

This typical little house in the neighbourhood is one of my favourite bars. There are jam sessions every Sunday and they often have live music or DJs playing some jazz, funk, cumbia... The parties we've had here have been memorable!

Nearby alternatives:  
 LA CARBONERA/ESPAI ECLÈCTIC, C/ Eugenia Viñes, 227



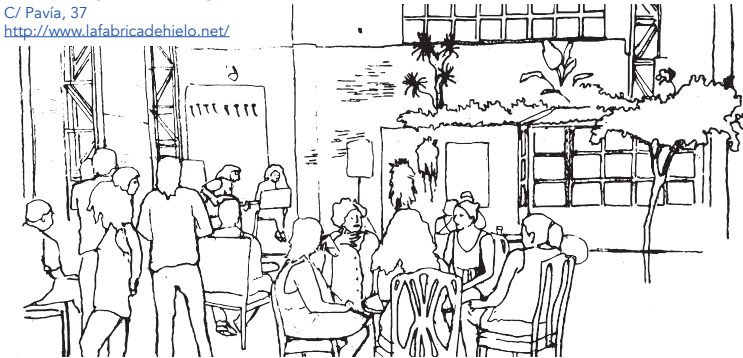
## EL MUSICAL THEATRE (TEM)

Plaza del Rosario, 3  
<http://www.teatreelmusical.es/>

I often go to "El Musical", one of the few places I knew before moving to this neighbourhood and still one of my favourites. I try to bring my students regularly. They sometimes organize activities with neighbours too.

## LA FÁBRICA DE HIELO

C/ Pavia, 37  
<http://www.lafabricadehielo.net/>



This factory that used to provide ice to fishermen and fishmongers, has become nowadays a new cultural and leisure space where many different activities are organized: concerts, dance workshops, literature and painting meetings... It is just a stone throw away from the beach and it is absolutely worthy to take a look at its schedule and to look around.

Nearby alternatives:  
 LOS FAROLES, C/ Eugenia Viñes, 183  
 LA OLA, C/ Eugenia Viñes, 171

## LA PESETA

C/ Cristo del Grao, 16  
<fb://bodegalapeseta.elgrao>

## "LA3" CLUB

C/ Pare Porta, 3  
<http://la3club.es/>



This disco is already a classic of the Valencian nightlife. On Fridays a selection of trap, R&B, hip-hop or bass music is offered, while on Saturdays the programming focuses on techno, house and new disco. Many world-renowned DJs have stopped by.

Nearby alternatives:  
 AKUARELA, C/ de Eugenia Viñes, 152  
 HIGH CUBE, La Marina (Dock of Valencia)



## LA PETITE LUPE

C/ Vidal de Blanes, 22  
<https://lapetitelupebistro.com/>

This is my favourite place to start nicely the day. It is cosy and offers delicious homemade breakfasts and lunches. During the week, they also offer a midday menu with international dishes. Saturday dinners are great too.

Nearby alternatives:  
 LA CUINA DE PILAR, C/ Méndez Núñez, 36  
 LOS AMIGOS, C/ Isaac Peral, 21



This is one of my favourite places to go for wine and tapas. It is next to Mercado del Grao. I love the vegan omelette here. Everything is delicious and it has a familiar and pleasant atmosphere. If I walk around El Cabanyal, I usually go to La Paca too.

Nearby alternatives:  
 L'ENTREPÀ, C/ José Benlliure, 117  
 CA LA MAR, C/ Just Vilar, 19

## LAS NAVES

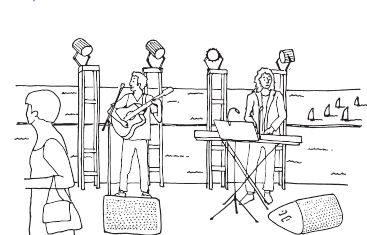
C/ Juan Verdeguer, 16  
<https://www.lasnaves.com/>



It is a great public cultural centre, not only for the neighbourhood, but also for the city. I attend to many workshops, exhibitions and concerts here. I try to use these facilities whenever I can. I feel so lucky to live so close by!

## LA MARINA

Dock of Valencia  
<http://www.lamarinadevalencia.com/>



La Marina is the historic dock of Valencia, and it has undergone many changes. The America's Cup of sailing was organized here twice and even a Formula 1 race. Nowadays it is becoming a centre of technological innovation where, in addition to many companies, there is a wide range of leisure activities: nautical activities, concerts, restaurants... and always having the sea in the background. Very recommendable!

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Illustrations:  
 Pablo Lambertos  
 August 2018

