

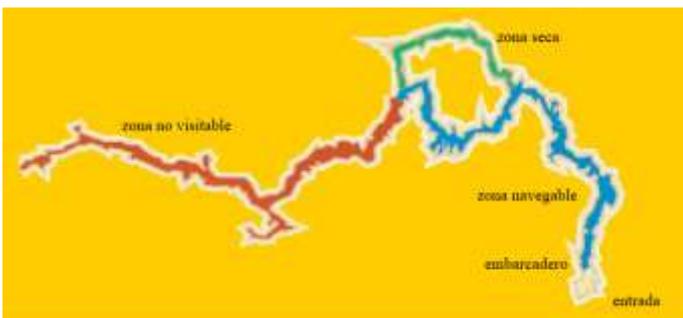
Spanish Culture & Cuisine

A leisurely day trip to visit Europe's longest underground navigable river

Les Coves de Sant Josep, La Vall d'Uixó

Thursday 4th October 2018

Les Coves de Sant Josep, which reach uncertain depths, were home to the first inhabitants of the area. Remains of their presence were found inside the caves, as well as archaeological sites which prove that Saint Joseph's Caves were inhabited more than 15,000 years ago (Upper Palaeolithic) and schematic cave paintings dated to the post-Palaeolithic (7,000 BC). Despite the multiple visits of speleologists, the origin of the river and the end of the cave are not known. The temperature remains constant at 20C inside the cave throughout the year. Natural formations of calcite (stalactites and stalagmites) are combined with a harmonious artificial lighting and the impressive silence is only broken by the dripping of water and the movement of the boats.



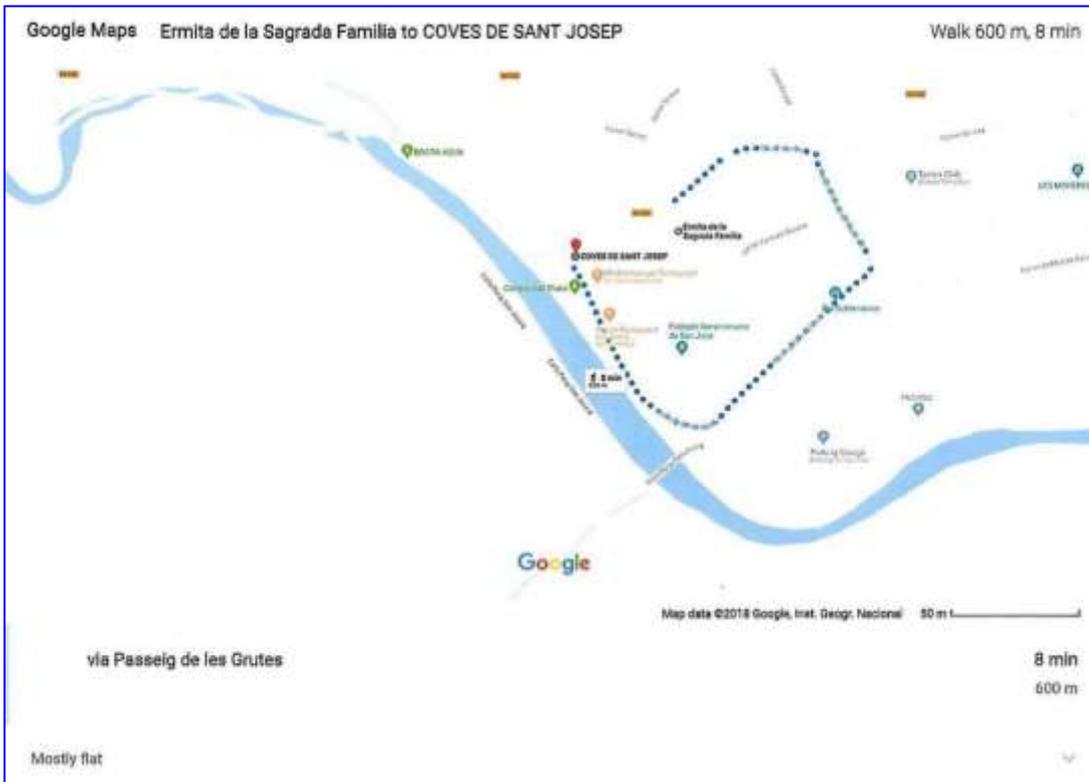
After entering the cave we will board rowing boats, in small groups, each accompanied by a guide-barquero who glides the boat slowly through the water (blue zone), after which we disembark and walk 255m on foot through a dry gallery (green zone); each group then re-boards their boat for the return journey. The

red zone is still inaccessible to visitors.



The Cultural Centre of La Ermita de la Sagrada Familia is located on the hill of San José, 8 minutes' walk from the Caves. The building, formerly an inn, has been restored to show different exhibitions of local traditions, as well as the influence of ancient civilizations in the area. On the first floor, there is a permanent exhibition of Sacred Art from the 17th- 19th centuries, as well as a collection of engravings and a section of

ornaments and textiles. The exhibition is completed by the goldsmith's collection of the parish, including the magnificent 16th century processional cross. Entry fee: € 1 pp.



Free time to browse the souvenir shops, photo opportunity by the river or optional visit to the Cultural Centre of La Ermita de la Sagrada Familia.



Following the visit, lunch is included at the **Pipa Bar & Restaurant**, situated within a natural cave.

Menú for Pipa Bar & Restaurant

Starters to share between 4

Jamón, queso, salchichon, chorizo, tomate natural rallado
(Ham, cheese, sausage, chorizo, grated natural tomato)

Esgarrat con atún y tostas



Esgarrat is a typical dish from the Valencian community which consists of grilled red pepper salad, cured cod, garlic, olive oil and sometimes black olives

Ensalada variada complete

Main course to choose

Arroz del senyoret (rice)

Fideuá de marisco (seafood)

Pollo asado con miel y romero (roast chicken with honey & rosemary)

Paella Valenciana

Dessert

Flan de coco casero con frutos rojos

(Homemade coconut flan with red berries)

The menu includes bread, water and wine

Any additional drinks, including coffee, should be paid for at the time of ordering

Programme

- 08.45 hrs: Departure from Interiors, Javea port (opposite side of the road). Comfort stop en route.
- 11.00 hrs: Arrival at Coves de Sant Josep and free time for refreshments, browsing in the tourist shops, walking by the river, or optional visit to the Cultural Centre of La ermita de la Sagrada Familia.
- 12.45 hrs: Meet at entrance to Coves de Sant Josep for guided visit in English.
- 14.00 hrs: Lunch at the Pipa Bar & Restaurant.
- 16.00 hrs: Re-board coach for return to Javea.
- 18.00 hrs: Approx. arrival at Interiors, Javea port.

Booking for this trip is open from 09.00 hrs on Saturday 15th September, with payment due on or before the September Javea U3A meeting in the Parador (if paying by bank transfer please use the bank ref. Code: CAVES). Price: €32.50 pp to include coach, guided visit, lunch with wine, and gratuities.

Angela & Tony

Group Leaders: Spanish Culture & Cuisine

