

gastroguide

FUERTEVENTURA

A JOURNEY TO THE HEART OF MAJORERO CHEESE

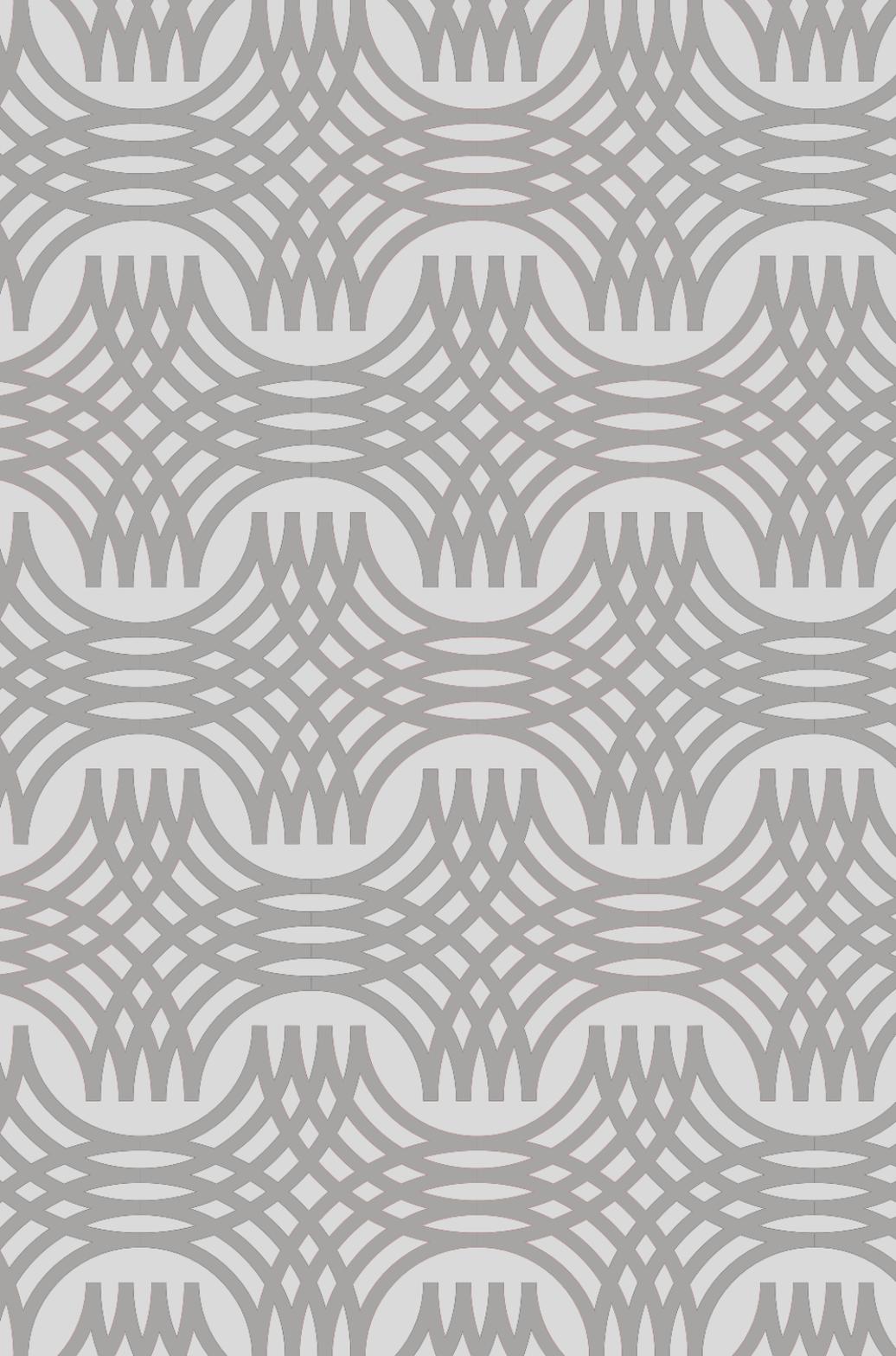


VOLCANIC
Experience

CANARY
LOCAL
PRODUCT



Fondo Europeo de
Desarrollo Regional



PRESENTATION

The Canary Islands are home to so many different landscapes, with a rich natural and agricultural heritage, much of which is protected by various regulations. The conservation of these unique areas, and the lifestyles of those who live on and care for these islands, depends largely on the development of projects aimed at appreciating their natural, cultural, and human heritage.

Local products currently offer a strategic resource to preserve these cultural landscapes and to reverse the depopulation of rural areas, bonding people with their homeland. Horticulture, livestock farming, fishing, and traditional crafts provide extraordinarily valuable assets on the Canary Islands that, within the new models of governance, are crucial to achieving food sovereignty, fighting climate change, and ensuring sustainable development, global tasks that are summarised in the United Nations Sustainable Development Goals for the year 2030. In this context, each of the Canary Islands has tremendous potential to launch actions that value and raise the profile of local products, traditional recipes, and spaces linked to the primary sector.

The collection of **Gastroguides** presented here, one of a series of proposals launched in pursuit of these goals, offers various guides around each of the Canary Islands. They will take you on a journey around our farming lands and landscapes as you discover our most important local products on the way. Taking you mainly along official footpaths and trails, the itineraries have been specially devised to benefit the communities that grow our food and continue to make ancestral recipes using traditional methods. These guides have been designed for foreign visitors who are interested in the gastronomy produced by our agricultural environment, as well as any residents looking to delve into the secrets of their island.





A JOURNEY TO THE HEART OF MAJORERO CHEESE





FUERTEVENTURA IS WIDELY KNOWN FOR ITS EARTHY TONES AND RANGE OF BLUES, BUT THIS HEAVENLY PLACE, DECLARED A BIOSPHERE RESERVE IN ITS ENTIRETY, HIDES MUCH MORE WEALTH.

This itinerary connects us with two of the most important historical centres of Fuerteventura: Antigua and Betancuria. Founded by the Norman conquerors who arrived on the island at the beginning of the 15th century, they are at the heart of Majorero's heritage.

Walking through the territory of these two villages, connected by winding paths, we can still see traces of the history and the traditional Majorera culture. In the area of Antigua, where our walk begins, we will find imposing windmills, which illustrate the importance of cereal crops; its vernacular architecture, concentrated in the various farmhouses found in the area, as well as the Tower of San Buenaventura, which protects Caleta de Fuste. Heritage elements that give us an idea of the strength of this place.

The itinerary concludes in the former island capital: Betancuria, which owes its name to the Norman conqueror Jean de Bethencourt. It has one of the most important and unique historical sites in the archipelago, reflecting the importance it had in the early days of the conquest of the Canary Islands. Echoes of its traditional past, marked by craftsmanship, farming and shepherding, can be found not only in its streets and landscapes, but also in various museums and visitor centres, which are not to be missed.

In this territory, traditional customs have dominated the daily life of its population, based basically on shepherding, inherited from the Majos, the ancestral inhabitants of Fuerteventura. This activity, together with cheese production since the dawn of time, is linked to an agriculture based on cereals and the maximum use of water and wind in an arid and apparently hostile territory, but which has been flourishing for centuries.



Local products: Majorero cheese



**IF THERE IS AN INTANGIBLE CULTURAL
MANIFESTATION ROOTED IN THE HISTORY
OF THE ISLAND, IT IS UNDOUBTEDLY
CHEESE MAKING.**

**THIS PRACTICE, WHICH BEGAN WITH THE
MAJOS, WITH THE HELP OF GOATS THAT
ALSO CAME FROM NORTH AFRICA, HAS
CONTINUED UNINTERRUPTED UP TO THE
PRESENT DAY.**

ABORIGINAL HERITAGE

The origin of the cheese-making process on Fuerteventura is to be found in the actual human settlement of the island, which took place at a date that has yet to be precisely determined, but which is undoubtedly more than two thousand years old.

Coming from North Africa, the Majos were an eminently livestock-keeping society, based on the domestication of goat herds. Two main resources were obtained from them: meat and milk, from which products such as cheese and butter (called *amolán*), basic to the aboriginal diet, were made. In this case, the cheese was made to serve as a food reserve for a large part of the year, consumed in a cured or melted state in ceramic containers that were heated.

The importance of goats and cheese among the indigenous people is recorded in the first chronicle of the conquest of the Canary Islands, the 15th century Norman *Le Canarien*, which describes the inhabitants:

«They are well supplied with cheeses, which are extremely good, the best known in these regions, and yet they are made only from goat's milk, which the whole country is full of».

After the conquest of the island, cheese began to be marketed, and great efforts were made by the island government to regulate its price and sale. The minutes of the Cabildo record the importance of cheese in the daily life of the population. Its production process was also recorded in various accounts by scientists and travellers, such as those of the Englishman Georges Class, in the 18th century, and the French anthropologist René Verneau, a century later.

«All milk from these animals is processed into cheese, which is shipped to Gran Canaria. It is very simple to manufacture. As soon as it is milked, it is coagulated by means of curdling and then placed in moulds made of simple wooden slats (malma) arranged in a circle and placed on a board. The curdled milk is squeezed with the hands until it has released all its whey and the cheese is very firm. All that remains is to rub it with salt and leave it to mature».

After centuries of tradition, in 1996 Majorero cheese was recognised as the first Protected Designation of Origin in the Canary Islands. This distinction was obtained thanks to the value of a product linked to the exceptional livestock, its adaptation to the island's arid landscape and the centuries-old tradition of making these cheeses.





THE MAJORERA GOAT

The goat was one of the animals that came with the aborigines during the settlement of the islands. On Fuerteventura, it was the Majorera goat that was domesticated, and today it is one of the three indigenous breeds of the Canary Islands, along with the Palma and Tenerife goats.

The Majorera goat is considered the best milk-producing goat in the world in arid areas and is the Canarian breed of livestock that offers the best quality milk and the highest production. Although it can currently be found in all the Canary Islands and in some specific points outside the archipelago, its greatest concentration continues to be in Fuerteventura.

It is characterised by its dark or brownish pigmentation, short hair, large head and arched, sometimes twisted horns. Males usually also have a goatee and *ras-pil* (hairs of different colour along their back line). Females are usually characterised by developed udders.

CHARACTERISTICS OF MAJORERO CHEESE

As mentioned above, all Majorero cheese is made from the milk obtained from the Majorero goat, which is processed both raw and pasteurised. Currently, only up to 15% Canary Island sheep's milk is allowed to be included.

A unique feature of the cheeses is their coating. In a dry, hot climate like the one we find on the island, to prevent the cheeses from drying out during ripening, they are spread with oil, *gofio* or paprika. This last ingredient is the best known and the one that gives them their intense red colour. In the past, they were buried in the clay soil or among the grain to ensure their maturation.

Another unique feature is the typical braided print. It is a rhomboidal pattern which comes from the mould into which it is traditionally inserted, known as *pleita*, and which was made from plaited palm.

Nowadays, Fuerteventura is internationally renowned for the quality of the different varieties of its cheeses: soft, semi-cured and cured, with the latter two varieties being the most appreciated. On the island you will find several cheese dairies, many of which can be visited, where you can taste and buy this ancestral product that has received countless international awards.





Recipes and dishes



TASTING THE MAJORERA'S GASTRONOMY IS A WAY OF DELVING INTO TRADITIONAL WAYS OF LIFE, CLOSELY LINKED TO THE CRAFT TRADES.

A SIMPLE COOKING, WHICH CONNECTS WITH THE TRADITIONAL CANARIAN RECIPE BOOK, BUT WITH POWERFUL AND SINGULAR FLAVOURS, DOMINATED BY THE INFLUENCE AND RELEVANCE OF THE MAJORERA GOAT.

GOAT STEW

Ingredients: goat's meat, sweet peppers, garlic, onion, parsley, thyme, bay leaf, nutmeg, *quemón* peppers, paprika, white wine and olive oil.

Preparation: after cleaning the meat, boil it for a few minutes. Then drain the water and brown the meat a little in olive oil. Add wine to cover the meat and the rest of the ingredients. You can also fry some of them. When there are 20 minutes left to remove from the heat, add the potatoes.



PEJINES

Ingredients: *gueldes* (similar to anchovies), salt, flour, olive oil and lemon.

Preparation: first we must clean the *gueldes* (remove the fish guts). Then we must salt them well, it is the touch of the dish. Then dredge them in flour, no eggs needed. Finally, we fry them, leaving them for a few minutes until they turn golden brown. Before plating, they should be drained to remove excess oil, adding a squeeze of lemon juice.



MAJORERO CHEESE FRITTERS

Ingredients: wheat flour, millet flour, baker's yeast, goat's cheese, eggs and olive oil.

Preparation: mix the ingredients except for the cheese until you have a smooth dough. Let it rest for 24 hours. Then make small balls with the help of flour. Inside we will have added some Majorero goat's cheese. Finally, fry the dough and our fritters are ready.



Description of the itinerary

Our itinerary begins on the outskirts of the municipality of Antigua, at the Museo del Queso Majorero, and continues into the village, to guide our steps towards the SL-FV 29 path, which starts at the Calle Plaza and ends at the Iglesia de Santa María de Betancuria.

However, our itinerary does not end here; it goes a little further to get to know first-hand the importance of cheese in Majorera's culture. Therefore, as a fitting end to this route, we propose a visit to several cheese dairies in the municipality of Betancuria. The route can be taken in both directions.



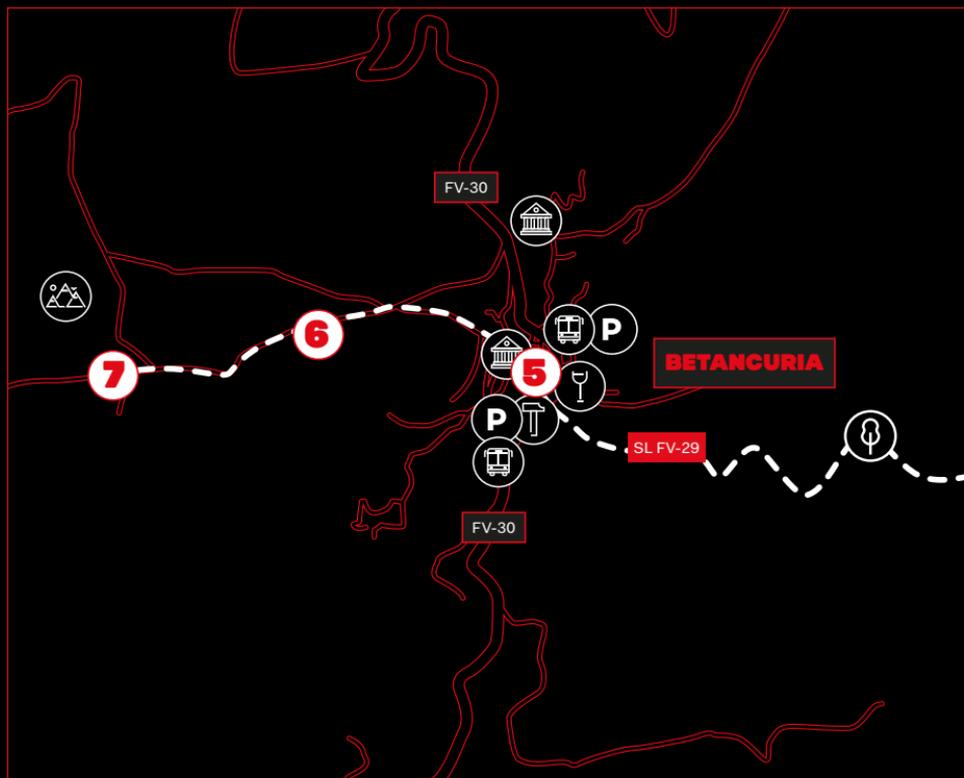


TIPS FOR MAKING THE MOST OUT OF THE ITINERARY

You will find yourself in a territory with an exceptional heritage, and you will be able to visit several important monuments, most of which can be found in the historical sites of Antigua and Betancuria.

- You can enjoy the splendour of the route all year round, as the island's climate is very warm, which means it can be walked at any time of year or season.
- We recommend you to taste the typical food of Fuerteventura in the different bars and restaurants that you will find along the route.
- You will come across various accommodation options in Costa de Antigua and in Caleta de Fuste, as well as other nearby spots where there are various rural accommodation alternatives.





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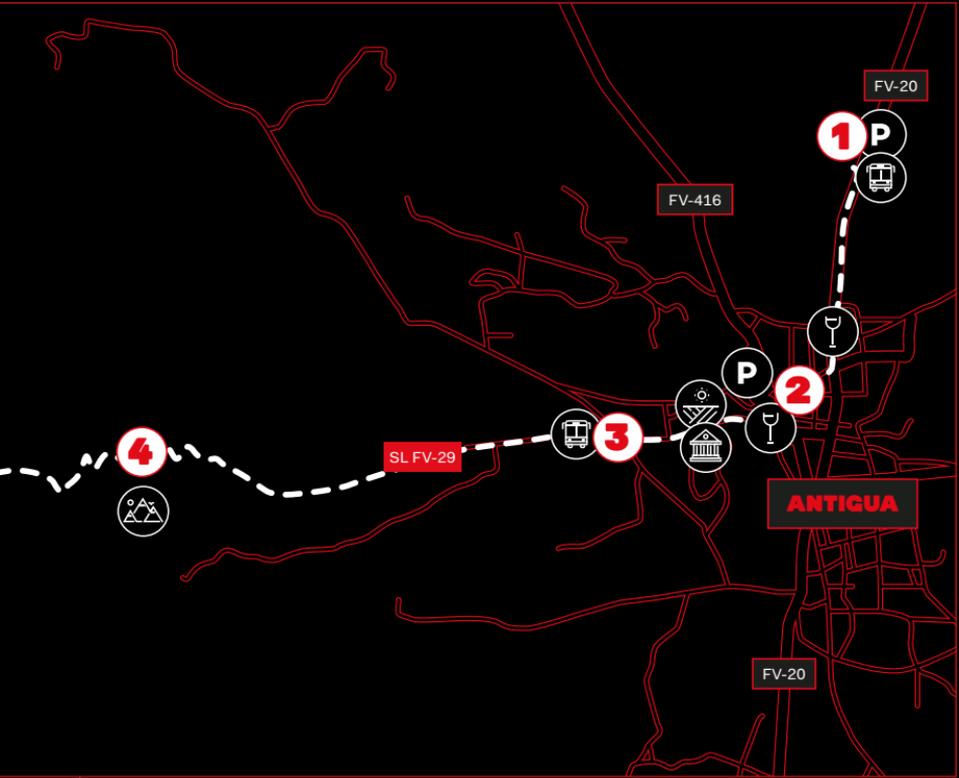
STOPS

- 1 Queso Majorero Museum
- 2 Antigua centre
- 3 Windmill
- 4 An ancestral path
- 5 Historical centre of Betancuria
- 6 Quesería La Virgen
- 7 Finca Pepe



Fuerteventura

GENERAL MAP OF THE ROUTE



LEGEND

..... Proposed route

FV-30 Road

SL FV-29 Footpath

 Cultural site

 Agricultural site

 Natural site

 Arts and crafts

 Bodega / restaurant

 Parking

 Bus stop

 Recreational area





Technical details

- **Localities:**
Antigua-Betancuria
- **Starting point:**
Museo del Queso Majorero
- **End point:**
Finca Pepe
- **Approximate duration:**
3 hours
- **Approximate distance:**
8 km
- **Minimum/maximum altitude:**
242-584 m
- **Difficulty:**
Medium
- **Direction of the route:**
Linear
- **Mode:**
On foot (cycling is also possible)

OUTLINE OF THE ROUTE



How to get there

By road, if you come from Caleta de Fuste take the FV-413, or the FV-20 if you come from Puerto del Rosario. If you travel by public transport, take line 02 Puerto del Rosario-Vega de Palma, TIADHE bus company. The route starts on foot at the Museo del Queso Majorero located at km 20 of the FV-20.

Technical Recommendations

- Don't forget to bring water, snacks, a rubbish bag, sun cream and a hat on hot sunny days. Find out about weather conditions beforehand.
- Make sure you are wearing suitable clothing and footwear. The trail runs between paved paths and dirt tracks, both in good condition, so you should wear sturdy, slip-resistant footwear.
- Follow the signs on the footpath very closely, which will be marked with green and white SL signs (which stands for *sendero local* or local trail). It starts in Calle Plaza (Antigua).
- Be respectful of the environment, local heritage, and people. You can read the Fuerteventura Island Council's Good Practice Handbook to cause the least possible impact on the environment.



1

MUSEO DEL QUESO MAJORERO

**| LOCATION**

Antigua.

| HOW TO GET THERE

FV-20, by Avenida de la Circunvalación.

| LOCAL PRODUCTS AND RESOURCES

Cheese and ethnographic heritage resources.

DESCRIPTION:

The Museo del Queso Majorero (Majorero Cheese Museum) is the perfect starting point to enjoy the itinerary we propose. It is a modern interpretation centre that divides its contents into three main thematic areas: the natural environment of Fuerteventura; the Majorera goat and shepherd culture; and the history, culture and gastronomy of Majorero cheese.

The visit to this centre offers contents and experiences of high educational value, as well as the possibility of tasting the local products, especially the aforementioned Majorero cheese.

The Centro de Artesanía Molino de Antigua (Molino de Antigua Crafts Centre) is also located in the same facilities, offering an interesting journey through Fuerteventura's ethnographic past in a landscaped setting. It includes access to an old mill, where you can see how it used to work for grinding grain.

**DELVE INTO THE MAJORERA
CULTURE THROUGH THE
RICHEST OF ITS
DELICACIES: CHEESE.**



Our suggestions

- Prepare your visit according to the museum opening hours. Opens Tuesday to Saturday, 9:30am to 5:30pm.
- A walk through the garden, where you can admire the splendid flora, such as the *cardón de Jandía* (cactus-like shrub), the dragon trees, the *tabaiba* (shrub), etc.
- A visit to the shop, where you can buy all kinds of typical products of the island, souvenirs of the splendour and beauty of Fuerteventura.
- Continue the route along the dirt track next to the car park: it will take you to the centre of the village.

DON'T MISS...

A visit to the mill which is located in the same complex. In the 18th century, the Castilian windmill model was introduced to the island and the construction of these structures spread rapidly across the island.

Windmills were a key element in the landscape of Fuerteventura and in the life of the local population, used both to extract water and to grind grain, making Fuerteventura the granary of the Canary Islands.



2

ANTIGUA CENTRE

**| LOCATION**

Antigua.

| HOW TO GET THERE

From the Museo del Queso Majorero, along the Avenida de la Circunvalación or Calle Real.

| LOCAL PRODUCTS AND RESOURCES

Cheese, cereals and small local vegetable gardens.

DESCRIPTION:

Among the vast and arid landscapes of Fuerteventura, the fields of Antigua stand out. Its fertile lands are the main reason for its importance throughout history. This explains why it was one of the most populated regions during the time of the Majos, and why, after the conquest, it became the most important agricultural centre of the island.

The first inhabitants came from Betancuria to farm the land until, years later, they moved by order of their feudal lords to what we know today as Antigua. Thus, the hamlets of Triquivijate, Las Pocetas, etc. began to form. The most important crop in those early years was cereal, as can be seen in some of the ethnographic remains along the way.

GET TO KNOW THE LOCAL HISTORY IN ONE OF THE OLDEST VILLAGES OF FUERTEVENTURA.



Our suggestions

- There are signs and information to start our walk in the small square in Calle Plaza, in front of the courthouse. Follow these signs for the correct completion of the route.
- Behold some of the remains that still survive the passage of time, such as the houses made of dry stone, extracted from the surrounding area.
- Appreciate the water extraction systems, mainly the mills that oversee the existing crops in the area.

DON'T MISS...

Iglesia de Nuestra Señora de Antigua (Church of Our Lady of Antigua). It was built between the 16th and 19th centuries and underwent several renovations and extensions that transformed the primitive hermitage in the church we see today.

Here you can see ceilings of Canary Island pine wood in the Mudejar style, a magnificent altar and a splendid bell tower.



3

WINDMILL

**| LOCATION**

Antigua.

| HOW TO GET THERE

Along Calle El Durazno.

| LOCAL PRODUCTS AND RESOURCES

Cereal and miscellaneous crops.

DESCRIPTION:

On our way to Betancuria, in a high area of the municipality of Antigua, we will come across this remarkable construction, known as the *molino* El Durazno or of the Acostas, since this is the family that owns it. It has a circular floor plan, a truncated cone shape and wooden blades. The wooden roof has been recently rebuilt, as has the rest of the building, which was restored in 2010. This windmill ceased its activity around the mid-1950s and was used to grind wheat, barley and millet.

Although in the past windmills played a key role in the economy, today they have become part of the landscape and of our heritage. On Fuerteventura there is a type of windmill that is predominant in arid or desert regions, which uses the wind as a source of energy, thus making up for the lack of water currents. The presence of these giants in what was once a major cereal-growing area is hardly surprising.



**"THOSE OVER THERE ARE NOT GIANTS BUT WINDMILLS. THOSE THINGS THAT SEEM TO BE THEIR ARMS ARE SAILS WHICH, WHEN THEY ARE WHIRLED AROUND BY THE WIND, TURN THE MILLSTONE".
(DON QUIXOTE OF LA MANCHA).**

Our suggestions

- Follow the signs and information to continue along our trail. Don't stray, follow the directions. The mill is located off the path.
- If you want to know more about the windmills and you haven't visited "the giant of Antigua", you can head to the Centro de Interpretación de los Molinos, located a few kilometres from Antigua.
- In the surrounding area there are several stone-built houses, now forgotten with the passing of time.

DON'T MISS...

How the immensity of the plains coexists with the human transformation of the landscape, forming a trail of terraces, now forgotten, which were once covered by the bounties of the land.



**4****AN ANCESTRAL PATH**

**| LOCATION**

Antigua-Betancuria.

| HOW TO GET THERE

Along Calle El Durazno.

**| LOCAL PRODUCTS
AND RESOURCES**

Natural landscape.

DESCRIPTION:

We are following in the footsteps that hundreds, or perhaps thousands, of locals had to walk in the past to travel between Caleta de Fuste and Betancuria. This is one of the oldest roads on the island. A sea-to-summit route of vital importance to enable communication between locals.

The traditional exchange of foodstuffs between the products of the sea and the land took place along this road. This fusion is characteristic of our culinary culture. Today, this path has not lost its importance, as it has become part of the network of paths along which pilgrims walk to honour Our Lady of la Peña (Virgen de la Peña).

FOLLOW IN THE FOOTSTEPS OF THE ANCIENT SETTLERS.



Our suggestions

· Enjoy the views at Degollada de la Villa, from where we can see the village of Antigua and, if we look to the west, we can already glimpse Betancuria, the village we are heading to.

· Appreciate the orography of the place, which reminds us of the volcanic origin of the island and gives us an idea of the harshness of these lands and the complex process of human adaptation to such a hostile environment.

· Refresh yourself at the Casa del Queso (Cheese House), where you can buy the different varieties of cheese from the area, as well as having some *enyesque* (snacks).

DON'T MISS...

Legend has it that, in Fuerteventura, a light appears at night to walkers on the lonely paths. The story of this luminary, known as the Luz de Mafasca (Light of Mafasca), tells how the anxiety of a poor hungry shepherd made him burn the trunk of a cross to roast his ram. When he had finished satisfying his appetite, he died because of the defilement he had committed. Since then, his soul wanders the island in the form of light.



5**HISTORIC CENTRE OF BETANCURIA****| LOCATION**

Betancuria.

| HOW TO GET THERE

Through Calle San Buenaventura, crossing the promenade at the car park.

| LOCAL PRODUCTS AND RESOURCES

Cheese, cereals, heritage assets.

DESCRIPTION:

The Villa de Santa María de Betancuria was founded by the Norman conqueror Jean de Bethencourt in 1404, becoming the first capital of Fuerteventura. In its historic quarter, declared a Property of Cultural Interest in 1978, some monuments stand out, such as the church of Santa María, the hermitage of Santa Inés and the old Franciscan convent of San Buenaventura, which you will find on the outskirts of the village.

Wandering through its streets and corners will allow us to discover the history of this village, with its deep-rooted intangible traditions, as well as other material remains that show us the importance of its agricultural past: wells, threshing floors, mills, etc.

Access to this enormous heritage is also possible in the various museum centres that Betancuria houses, such as the Museum of Sacred Art, the Museum of Crafts, the Casa Santa María Museum or the recently inaugurated Archaeological Museum of Fuerteventura.

**GO BACK TO THE TIMES
OF THE COLONISATION OF
FUERTEVENTURA, FOLLOWING
IN THE FOOTSTEPS OF THE
FIRST CONQUERORS.**



Our suggestions

- We are in the Parque Rural de Betancuria (Betancuria Rural Park), protected for its geomorphological and ethnographic value. The Betancuria massif is one of the most spectacular outcrops of the basal island complex, with a high scientific and landscape value.
- Enjoy the local gastronomy in the different establishments that you will find in the historic centre of Betancuria.

DON'T MISS...

The visit to the Casa Santa María Museum, a brief tour through the history of the craftsmanship that has shaped the heritage identity of this Villa and this island. You will find depictions of cheese making, farming and weaving.





6

QUESERÍA LA VILLA

**| LOCATION**

Llano de Santa Catalina.

| HOW TO GET THERE

Take Calle El Llano de Santa Catalina. When leaving Betancuria, take Calle Valtarajal first.

| LOCAL PRODUCTS AND RESOURCES

Cheese.

DESCRIPTION:

This family-run cheese dairy was founded in 2010, but it has a long family tradition, as the founders' ancestors were also cheese makers. This knowledge has been passed down from generation to generation, and today it is embodied in a wide and rich variety of handmade cheeses. Among its varieties are soft cheese, smoked and semi-cured, which is rubbed with *gofio*, paprika or oil. Its star variety is *queso de trapo*, which can also be found in the same varieties as the semi-cured cheese.

Quesería La Villa also offers the possibility of getting to know its facilities through a guided tour, which shows first-hand the cheese-making process.

**AN OPPORTUNITY TO
LEARN ABOUT THE
PROCESS OF MAKING
TRADITIONAL MAJORERO
CHEESE.**



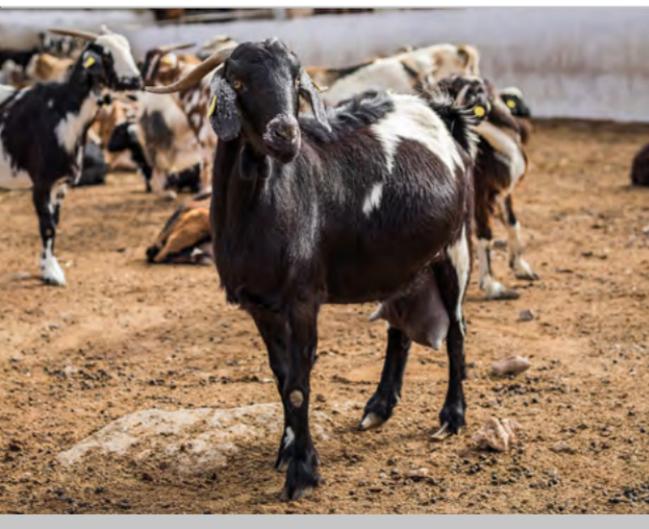
Our suggestions

- If you would like to learn even more about the cheese-making process, we suggest that you let them know in advance of your visit so that the cheese factory can provide you with the best service.
- Don't forget to buy one of their delicious cheeses, undoubtedly the best souvenir of Fuerteventura.

DON'T MISS...

Its "queso de trapo", made with a cloth, without moulds, in a way that is entirely handmade. This cheese has won several national and international awards.



**| LOCATION**

Llano de Santa Catalina.

| HOW TO GET THERE

Take Calle El Llano de Santa Catalina.

| LOCAL PRODUCTS AND RESOURCES

Cheese.

DESCRIPTION:

Located at the foot of the Parque Rural de Betancuria, we find Finca Pepe, founded in 1993. This family farm also brings us closer to the traditional cheese-making trade. In its facilities we will have the opportunity to learn more about the process of cheese making and the care of goats, as well as other characteristic animals of the island.

Finca Pepe makes different varieties of cheese: fresh, semi-cured, soft, cured, paprika, *gofio* and smoked. All of them have the Denomination of Origin label, except for the smoked cheese, as it is not a variety native to Fuerteventura. Its cheeses have won several national awards.

FEEL THE LEGACY OF A CENTURIES-OLD CHEESE-MAKING TRADITION, INHERITED FROM THE MAJOS.



Our suggestions

- Make an appointment to get to know the facilities with an exclusive guided tour.
- You will be interested in the whole process of cheese making, from the care of the livestock to the final sale. There is nothing better than asking the people in charge of the Finca about this ancestral tradition.

DON'T MISS...

Buy any of its varieties of handmade cheeses, which have the seal of distinction of the Protected Designation of Origin.





What to see and do

Antigua

ANTIGUA TOURIST INFORMATION OFFICE

Calle Juan Ramón Soto Morales, nº 10, Antigua | 928 16 32 86 |

Opening hours: Monday to Friday, 8:30am to 1:30pm.

Provides guidance and information for visitors to Antigua.

MUSEO DEL QUESO MAJORERO

Calle Virgen de Antigua, km 20, Antigua | 928 87 80 41 |
<https://museoquesomajorero.es/>

Opening hours: Tuesday to Saturday, 11:30am to 5:30pm. Closed on Sundays and Mondays.

CENTRO DE ARTESANÍA MOLINO DE ANTIGUA (CRAFTS CENTRE)

Calle Virgen de Antigua, km 20, Antigua | 928 87 80 41 |

Opening hours: Tuesday to Saturday, 10am to 6pm.

QUESOS DE LAS POCETAS

Las Pocetas, nº5, Antigua | 676 440 771 |

Opening hours: 10am to 1pm and 5pm to 7pm.

Sale of home-made cheese.

QUESERÍA ABUELO BENIGNO PERDOMO

Lugar de La Solana, s/n, Antigua | 647 776 324 |

Opening hours: 10am to 1pm and 5pm to 7pm.

Sale of home-made cheese.

QUESOS CUADRA DE LA SOLANA

Lugar de la Solana, 13, Antigua | 638 255 736 |

Opening hours: 10am to 1pm and 5pm to 7pm.

Sale of home-made cheese.

QUESOS LOS ALARES

Los Alares s/n, Antigua | 928 174 028 |

Opening hours: 10am to 1pm and 5pm to 7pm.

Sale of home-made cheese.

CASA DEL QUESO

Llanos de Alares s/n, Antigua | 627 820 360 |

Opening hours: 9am to 2pm and 4:30pm to 6:30pm, Sundays, 9am to 2pm.

Sale of home-produced cheese and tour of the facilities.

VERDE AURORA BIO FARM

Carretera Tecnicosquey, 7, Antigua | 654 775 067 |

Opening hours: Open all year round, group visits.

Rural accommodation that combines agrotourism, owns aloe vera plantations and Canarian flora and is also a bird sanctuary. It also has a small shop selling home-made products.





VIDALOE

Agua de Bueyes 30, Agua de Bueyes, Antigua | 674 712 489 |

Opening hours: 9am to 5pm

Restored traditional *finca* with many historical and architectural elements. It has an aloe vera plantation and a garden with native flora. It also has a shop with organic care products.

EL ESPARRAGAL

Camino el Esparragal, Valles de Ortega, Antigua | 699 910 000 |

Opening hours: 9am to 2pm (by appointment).

Production of olive oil, sale of Gran Canarian wine and local crafts.

Betancuria

BETANCURIA TOURIST INFORMATION OFFICE

Amador Rodríguez, s/n (departamento de Cultura) | 928 878 338 |

Opening hours: Monday to Friday, 8am to 1pm.

It provides guidance and information for visitors.

MUSEUM OF SACRED ART OF BETANCURIA

Calle Alcalde Carmelo Silvera, 7, Betancuria | 928 87 80 03 |

Opening hours: Monday to Saturday, 10am to 12:30pm and 1pm to 3:45pm. Closed on Sundays.

CASA SANTA MARÍA MUSEUM

Plaza de la Concepción, 2, Betancuria | 928 87 80 36 |
<http://www.casasantamaria.net/>

Opening hours: Monday to Saturday, 10am to 3:30pm. Closed on Sundays.

ARCHAEOLOGICAL MUSEUM OF FUERTEVENTURA

Calle Roberto Roldán, 21, Betancuria | 928 87 80 36 |

Opening hours: Tuesday to Sunday, 10am to 5:30pm. Closed on Mondays.

QUESOS CUMBRES DE BETANCURIA

Llano Santa Catalina s/n, Betancuria | 617 243 304 |

Opening hours: on request.

Sale of home-produced cheese and tour of the facilities.

QUESOS LA VILLA

Llano Santa Catalina s/n, Betancuria | 649 346 729 | 649 742 132 |

Opening hours: 11am to 1:30pm and 4pm to 6pm.

Sale of home-produced cheese and tour of the facilities.

MUSEO DEL QUESO

Llano Santa Catalina s/n, Betancuria | 649 346 729 | 649 742 132 |

Opening hours: 11am to 1:30pm and 4pm to 6pm.

Sale of home-produced cheese and tour of the facilities.





Where to eat and drink

Antigua

BAR ARTESANO

Calle Real, 13, Antigua | 606 955 073 |

Opening hours: Monday to Saturday, 9am to 1pm, Sundays, 9am to 12am.

Typical Canarian food bar; among its dishes we highlight the goat meat and its homemade desserts.

TODO BUENO

Calle Alcalde Montesdeoca Cabrera, 8, Antigua | 928 878 756 |

Opening hours: Wednesday to Sunday, 12pm to 5pm; 7pm to 11pm. Closed on Mondays and Tuesdays.

A fusion of typical Italian and Canarian food. All dishes are made with local products.

EL MOLLETE

Plaza Cruz de los Caídos, 5, Antigua | 606 606 768 |

Opening hours: Monday to Saturday, 8am to 9pm. Closed on Sundays.

Tapas bar, with local wine. You can also buy local cheeses.

EL COLMADO 24H

Calle Real, s/n, Antigua | 928 878 415 |

Opening hours: on request.

Minimarket where you will find basic food products, including local cheeses. You can also have coffee in the cafeteria. 24-hour service.

Betancuria

CASA SANTA MARÍA

Calle Juan Bethencourt, 7, Betancuria | 28 878 282 |

Opening hours: Monday to Sunday, 10am to 5pm. Closed on Tuesdays.

Wide selection of Canarian dishes, recommended by the Michelin Guide. A place that will not disappoint you both for its food and its decoration.

LA CASA DEL QUESO

Calle Roberto Roldán, Betancuria | 696 699 868 |

Opening hours: Monday to Friday, 9am to 5pm. Saturdays and Sundays, 11am to 6pm.

Typical local food at a good price. You can also buy cheese.

BODEGÓN DON CARMELO

Calle Alcalde Carmelo Silvera, 4, Betancuria

Opening hours: on request.

Homemade Canarian food, in a splendid location at a good price.





BAR VALTARAJAL

Calle Roberto Roldán, Betancuria

Opening hours: 12pm to 6pm. Closed on Saturdays.

Typical Canarian food, with generous portions. Its star dish is *ropa vieja* stew with goat's meat.

Where to shop

EMILIO MOLINA NIEVES

Calle Manuel Sánchez Évora, Antigua

Opening hours: 8am to 10pm.

Small shop where you can buy a wide variety of local food products, vegetables and fruit.

COOP. UNIÓN MAJORERA COSECHEROS EXPORTADORES

Calle Real, 63, Antigua | 928 878 251 |

Opening hours: on request.

Fruits, vegetables and greens from different crops in Fuerteventura.

SOUVENIRS BETANCURIA

Calle Valtarajal, 2, Betancuria | 928 878 111 |

Opening hours: on request.

Craft items and souvenirs, as well as typical Fuerteventura products such as gofio, aloe vera, mojos, figs, sweets, jams, liqueurs, wine and Majorero cheese.

LA ALOE VERA FRESCA DI FUERTEVENTURA

Calle Roberto Rodan, s/n, Betancuria | 663 188 893 |

Opening hours: Tuesday to Saturday, 10am to 6pm.

Natural cosmetic articles, the main ingredient of which is aloe vera extracted from various plantations on the island.





Credits

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Avenida de La Trinidad, 19, 1º derecha
38201 · La Laguna · Santa Cruz de Tenerife
922 079 830 · info@cultania.com · www.cultania.com

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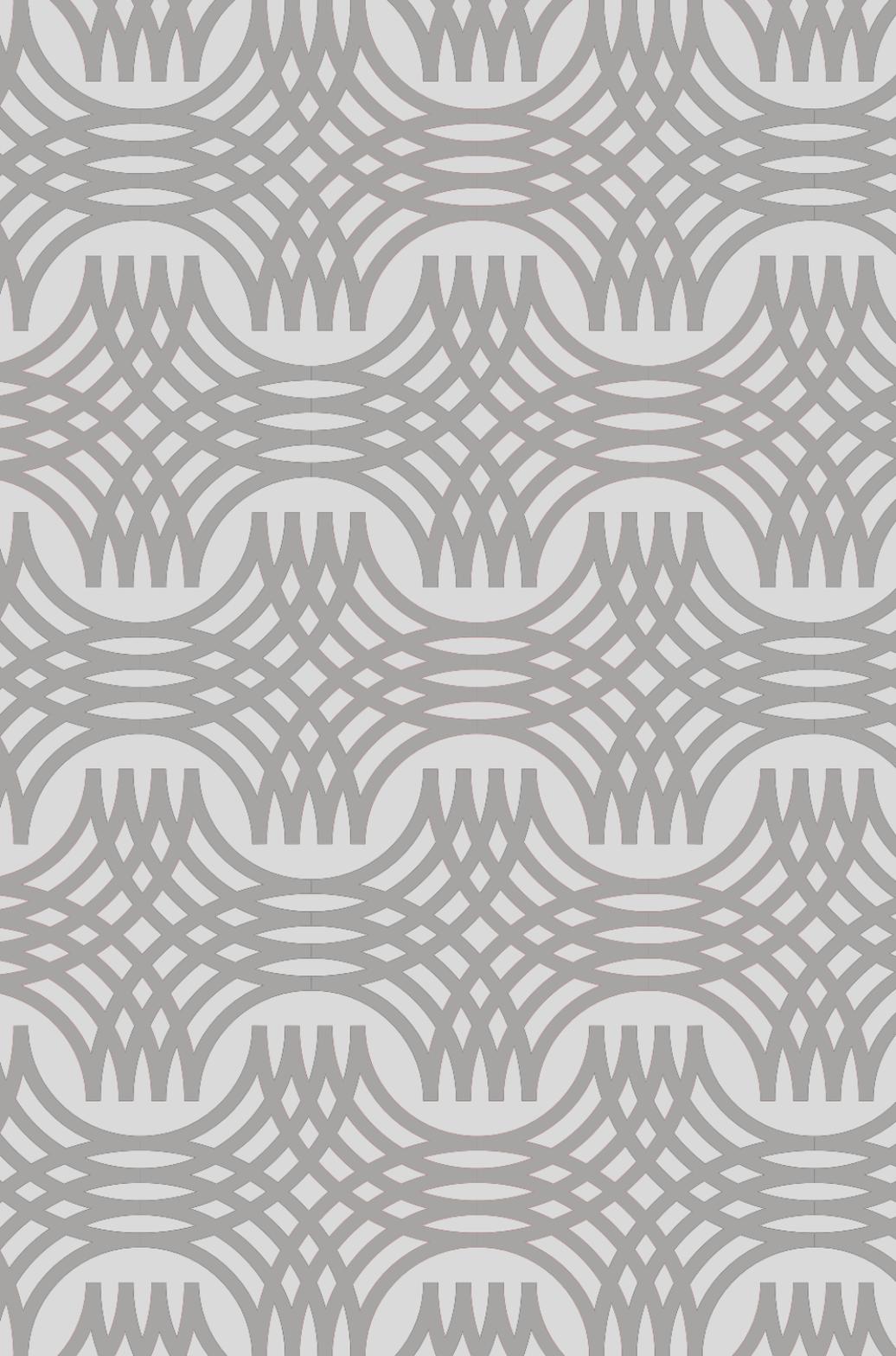
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