

gastroguide

# LA GRACIOSA

**IDENTITY WITH A TASTE  
OF THE SEA**

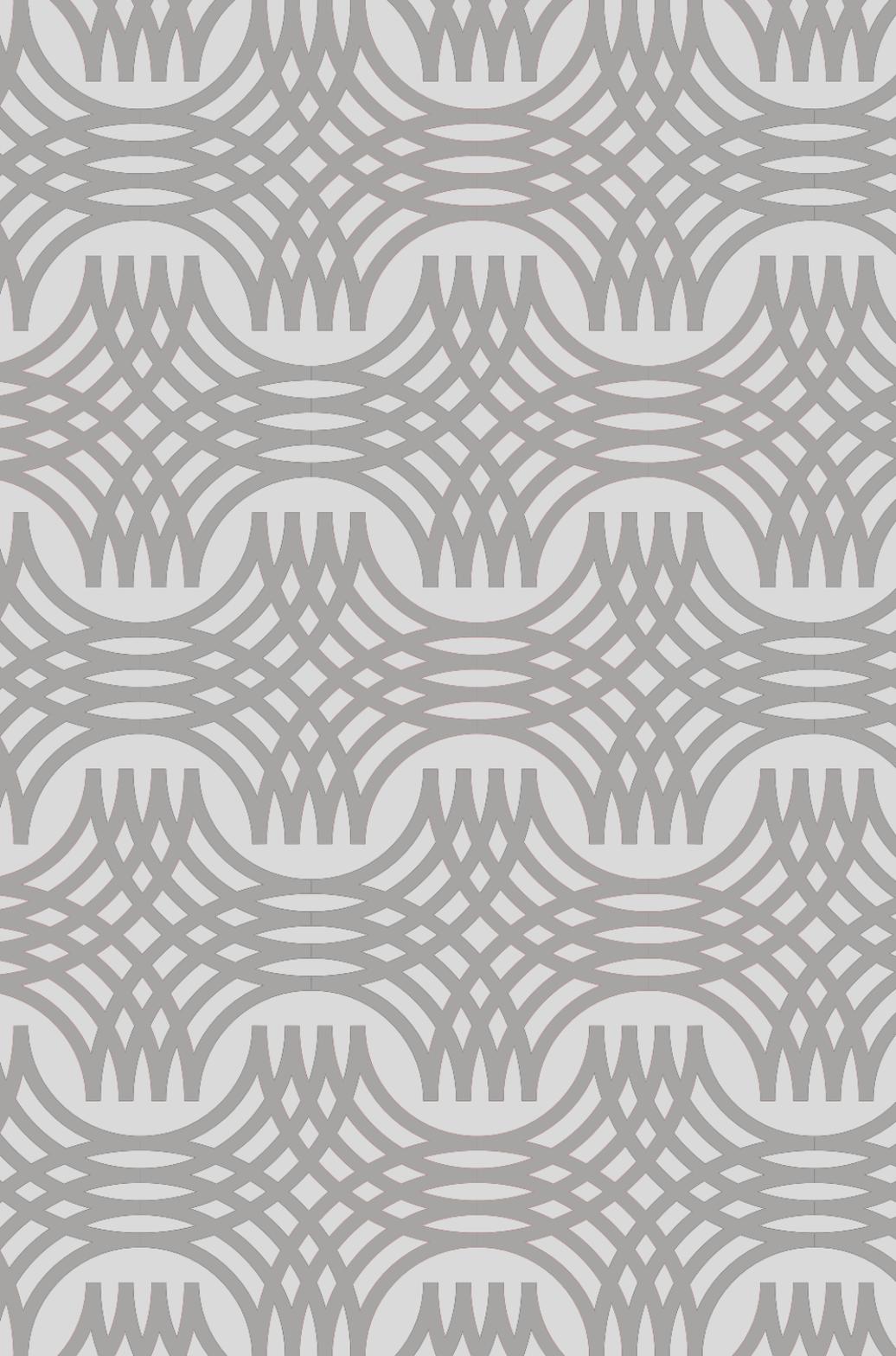


**VOLCANIC**  
*Experience*

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.





---

# IDENTITY WITH A TASTE OF THE SEA





**LA GRACIOSA IS THE EIGHTH ISLAND OF THE ARCHIPELAGO AND ALSO THE MOST SPECIAL. THE CHARACTERISTICS THAT MAKE IT SO BEAUTIFUL AND IDYLIC ARE ALSO THE ONES THAT HAVE MARKED THE SEAFARING VOCATION OF ITS HISTORY, ITS TRADITIONS AND ITS PEOPLE.**

**La Graciosa is a small island of only 27 square kilometres north of Lanzarote. It is the largest of the islands, and the only populated island of the Chinijo Archipelago, made up of Alegranza, Montaña Clara, Roques del Este and Roques del Oeste.**

Renamed and recognised since 2018 as the eighth island of the archipelago, La Graciosa is undoubtedly the most special island, where it is still possible to immerse oneself in traditional seafaring life. Inhabited by barely seven hundred people, walking through its sandy streets is reminiscent of the villages of yesteryear, where it was almost a requirement to greet the neighbours in your path since everyone knew each other. A family atmosphere that you will enjoy during your visit.

La Graciosa is a vast desert plain with four volcanic formations of low relief. It receives little rainfall and strong winds, which has had a negative effect on its agricultural use. However, with the richness of its seabed and the need to go to sea to survive, it has built a traditional fishing culture that is constantly changing, but remains the main economic livelihood of its inhabitants.

The island also offers extraordinary natural and cultural highlights. Thousands of visitors arrive here every year, attracted by the almost pristine beaches and serene climate, which are a key economic resource for local development. During your visit you will have many options for eating, staying and enjoying active tourism activities, such as snorkelling, diving, hiking, boat trips and mountain biking.

But bear in mind that La Graciosa is as beautiful as it is sensitive. Keeping its attractiveness depends on a delicate balance between people and nature, which is why its territory is currently safeguarded by two protected areas: the Natural Park of the Chinijo Archipelago and the Marine Reserve.





## A STORY TIED TO THE SEA

Throughout its history, La Graciosa has been a strategic point or a staging post in numerous military, piratical and commercial campaigns. It has also been a territory of extension for the people of Lanzarote, who in difficult times (such as after the eruptions of Timanfaya) took their livestock there to graze. However, its first permanent settlement dates back to 1875. It was then that a private initiative arose, promoted by the businessman Ramón de Silva, who wanted to set up a factory for salting African fish, for which it was necessary to settle a population from Lanzarote.

The initiative did not take long to fail, but it was the origin of the village of Caleta del Sebo and the permanent settlement of these families on the island of La Graciosa, which since then has been definitively inhabited. The cochineal crisis that was affecting Lanzarote was also a reason for migration at the end of the 19th century. Since then, a new cultural identity and a sea-oriented way of life have taken shape. The main activity has always been fishing and shellfishing, complemented by rabbit hunting, grazing and little agriculture, which was limited by climatic conditions, the scarcity of water and the communal nature of the land.

The link with Lanzarote has always been extremely close. Every day, the channel that separates the two islands, known as El Río, has been crossed in both directions, as the Graciosa population needed salt to preserve food (obtained from the Famara salt mines) and essentials, which were exchanged for the fresh fish that abounded in the Graciosa sea.

During the 20th century there were two key moments that allowed the development and modernisation of the island. The first took place between 1943 and 1945, when the Economic and Military Command decided to establish basic services such as a small dock, a school, cisterns for water storage, a cemetery and the Church of El Carmen, as well as to intensify agricultural cultivation in Llano de La Mareta plain.

The other moment came around the mid-1970s, when the construction of desalination plants, generators and power lines, telephone networks, a medical clinic and the construction of a new port, among other measures, took place. At the same time, as in the rest of the Canary Islands, La Graciosa is beginning to be visited as a tourist destination, although with notable differences compared to the rest of the islands, and focusing on a family model that has now led to a commitment to responsible and sustainable tourism, compatible with the conservation of the environment.



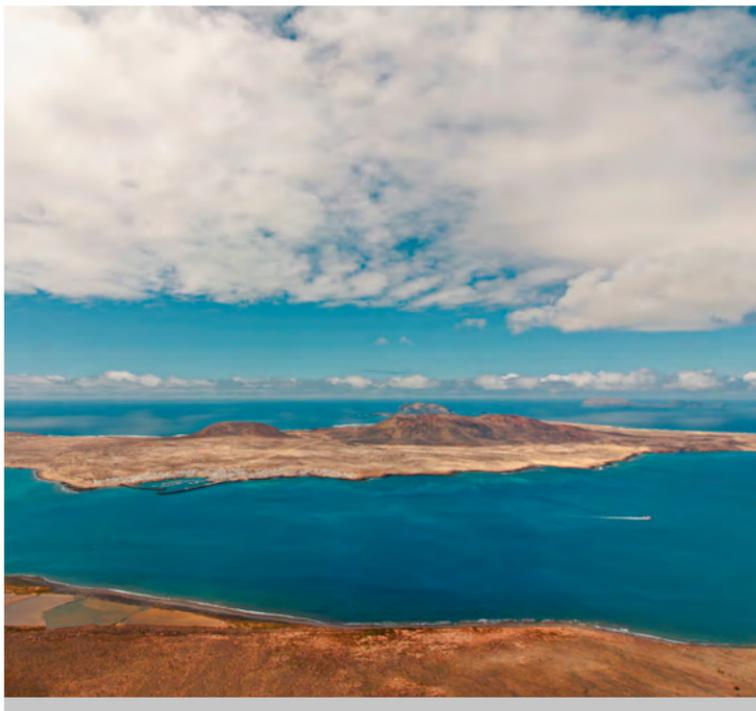


## PROTECTED TERRITORY

La Graciosa and its surroundings are an area of extraordinary environmental sensitivity. It has been protected in various ways from industrial, urban or tourist economic development that would be at odds with environmental conservation. Numerous projects were planned to exploit the area for these purposes.

However, in 1986, the declaration of the Natural Park of the islets of the North of Lanzarote and the Famara cliffs was approved by the Government of the Canary Islands, renamed in 1994 as the Natural Park of the Chinijo Archipelago. This milestone was a success for the local population, who had long been calling for the protection of their coastline and traditional fishing activity.

The island also has other important protected areas, such as its inclusion in the Lanzarote Biosphere Reserve, Site of Community Interest and Special Protection Area for Birds. To these we must add the Marine Reserve of the Island of La Graciosa and the islets to the north of Lanzarote.





## THE MARINE RESERVE AND SMALL-SCALE FISHING

This is a fundamental protection regime in the recent history of the island, as it establishes a series of requirements for fishing, the main source of livelihood for the local population. At present, the Reserve has 40% outside waters and 60% inside waters, as well as a boat patrol service. Permitted uses are:

- a) Professional sea fishing, which may use traditional hook-and-line gear and traditional gear targeting *salema* (*saupe*) fishing. Only vessels with a home port in La Graciosa or regular fishermen are allowed to fish.
- b) Recreational sea fishing with licence, in external and internal waters. The quantities and the limit of maximum shipments are marked with a reed or string.
- c) Limited and controlled scientific activities and diving.

The existence of the Marine Reserve guarantees that catches in the area around La Graciosa are carried out in a sustainable manner and in accordance with a series of measures that are monitored under strict control. This makes the fishing process in La Graciosa not only an economic activity but also an intangible element of high value, which promotes the protection of artisanal catches and guarantees the survival of the fishing banks.





## Products



**SINCE ITS PEOPLE ARE DEVOTED TO THE SEA AND FISHING, AND AGRICULTURE HAS ALWAYS BEEN A MERE TOKEN, IT SHOULD COME AS NO SURPRISE THAT FISH AND SEAFOOD ARE THE STARS OF THE TABLES IN GRACIOSA.**



## FRESH FISH

The fishermen who dock every day in the port of Caleta del Sebo take their catches to the local fish market, where they sell them to restaurants and private individuals. The sale is carried out by the Graciosa Fishermen's Guild itself (*cofradía*), but also in Lanzarote, specifically in San Ginés, Arrecife and in the Fishermen's Guild of Haría.

The seabed is rich in biodiversity, the largest in the Canary Islands, with more than two hundred species of fish, the catch of which depends on the season of the year. For example, *vieja* (parrot fish) is fished in summer, while *hake* is caught in winter. The catches abound in *bocinegro* (red porgy), *burro* (rubberlip grunt), *cabrilla* (comber), *cherne* (wreckfish), *jurel* (horse mackerel), hake, moray eel, conger eel, grouper, *sama* (red seabream) and *vieja*. Also important are octopus and squid, as well as *burgados* (winkles) and limpets, staples of many local dishes.

## “JAREAS” AND “PEJINES”

Although it may seem normal to eat fresh fish now, this was not so easy in the past, as there were insufficient means for preserving and refrigerating fish. For this reason, we resorted to making *jareas*, a term used to refer to fish that has been subjected to a drying process in order to preserve it, which allows it to be sold and consumed for a longer period of time.

This is an increasingly rare artisanal process, which consists of cleaning and gutting the fish, adding salt and leaving it to dry or air-dry in the sun, either lying on ropes or placed on the drying law walls on the coast. The species commonly used are *viejas* and *bocinegros*, as well as sardines, which are known as *pejines*.





## Traditional recipes



**IT GOES WITHOUT SAYING THAT THE TABLES OF LA GRACIOSA OFFER FOOD CREATIONS WITH AN INTENSE SEA FLAVOUR.**

**FISH PREPARED IN DIFFERENT WAYS TOGETHER WITH LIMPETS, OCTOPUS, SHELLFISH AND POPULAR RECIPES, SUCH AS CASSEROLES AND RICE DISHES.**

**La Graciosa is the perfect place to enjoy seafood cuisine in the Canary Islands. Fresh fish of all kinds, grilled, fried or boiled; octopus, squid, limpets, rice stews, fish casseroles, etc. All this accompanied by *papas arrugadas* with *mojo* or parboiled sweet potatoes, *escaldones* (*gofio purées*) and fresh salads.**

## **FISH BROTH**

**Ingredients:** onion, garlic, parsley, tomato, coriander, white wine, potatoes, water and fish of your choice.

**Preparation:** stir-fry the onion, tomato, garlic, parsley and coriander. Once the onion is transparent, add the white wine until the alcohol evaporates. Add the potatoes and fish and cover with water. It is important to check for seasoning. When the fish “breaks”, the broth is ready. The broth is the ideal base for many dishes: soups, rice stews, fish casseroles, *escaldón*, etc.

**Where to eat:** the broth at El Marinero restaurant is quite popular.

## **FRIED MORAY EEL**

**Ingredients:** fresh moray eel, coarse salt, flour and olive oil.

**Preparation:** the moray eel is an anguilliform species, ranging in size from forty to one hundred centimetres. Common in the Macaronesian seas, it is one of the most peculiar fish in Canarian seafood gastronomy. Its culinary preparation is not easy, due to its many bones.

In this case, it is a simple recipe. Wash, open and cut the moray eel into medium-sized pieces. Dredge in flour and fry in plenty of hot oil until the skin is crispy and crunchy.





## FISH CASSEROLE

**Ingredients:** for six people 2 kg of fish (grouper, wreckfish, hake, pollack...), 1 kg of potatoes, 1 onion, 1 red pepper, 2 tomatoes, 3 cloves of garlic, 1 onion, white wine, coriander, parsley, bay leaf, olive oil, paprika, cumin, saffron, black pepper and salt.

**Preparation:** fish casseroles are one of the seafood dishes par excellence. Although it is usually made with fish, in La Graciosa you will find some made with octopus, but just as tasty.

The first step is to make a broth with the bones and head of the fish, which will be previously fried. In a large pot, add the bones and head of the fish, together with the onion and bay leaf. Cover with water and cook for approximately two hours.

Next, prepare a stir-fry with the ingredients, adding white wine until the alcohol evaporates. Add the stock and simmer to reduce. At the same time, sear or fry the fish and add it to the pot together with the potatoes, cooking everything until they are soft. Serve preferably in an earthenware bowl or in a soup plate, accompanied by coriander *mojo*. The leftover broth is used to prepare an *escal-dón* as a side dish.



## RICE STEW OF LA GRACIOSA

**Ingredients:** for four people 200 g of Bomba rice, homemade fish stock, 1 onion, 1 tomato, 3 cloves of garlic, 1 green pepper, white wine, oil, salt, 250 g of fish to taste, 200 g of squid or cuttlefish, 200 g of prawns or shrimps (depending on the restaurant, other seafood, clam, winkles, mussels, etc. can be added).

**Preparation:** in any seafaring place, *arroz caldoso* is always one of the star dishes, and La Graciosa is no exception. Made with fresh fish and seafood, you can enjoy it in various establishments. Prepare a *paella* pan and sauté the ingredients. Add the rice and stock. Halfway through cooking, add the fish and seafood and cook until the rice is almost ready. Serve and leave to rest so that the rice is cooked to perfection.

**Where to eat:** almost every restaurant on La Graciosa offers its own version of *arroz caldoso*, such as Casa Enriqueta (photo).





## Description of the itinerary

We propose a simple, circular route, centred on Caleta del Sebo, where your itinerary begins and ends. In the capital of La Graciosa, you will have the opportunity to immerse yourself in fishing life, traditions and seafood gastronomy, where fresh fish is the key player. Graciosa's history and traditions will also be revealed every step of the way by the local population.

In addition, we suggest you leave the village on a simple circular route around El Mojón mountain, where you will be able to contemplate not only the extraordinary natural landscape of this area, but also some enclaves that were once used for farming. There is still evidence of plots of land, barnyards and hydraulic infrastructures designed to guarantee the water supply for the population and crops, some of which are still flourishing today.

The island also has four key trails that will allow you to re-run the entire length of the island. Check out the information about them on the official tourism website and build your own itinerary.

**More information:** <https://www.visitlagraciosa.com/>

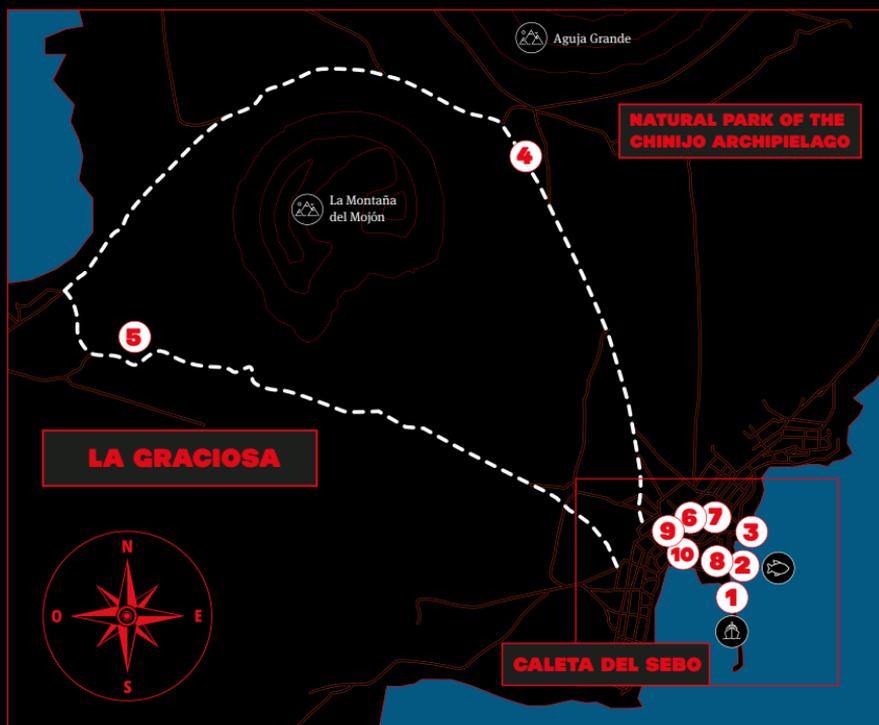




### TIPS FOR MAKING THE MOST OUT OF THE ITINERARY

- Let yourself be carried away by a different route, feel the seafaring life of the island. Notice fishermen, the boats, the smells... La Graciosa is much more than it seems.
- Always pack a bathing suit and snorkelling or diving equipment if you like these activities.
- Although you can enjoy La Graciosa in just one day, it is always advisable to extend your visit by staying in one of the local flats. You will thus contribute to local development. You also have the option of camping, for which you must apply for permits in advance.
- You can do this itinerary all year round. The weather on La Graciosa is pleasant, although be careful in summer when temperatures are higher.





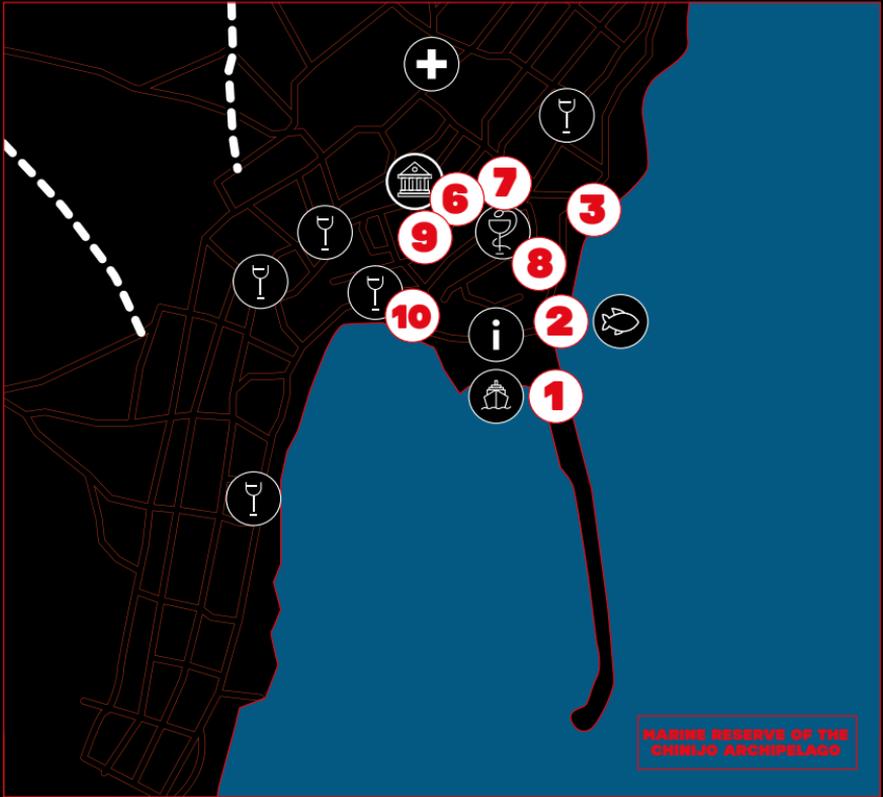
## SEA-FLAVOURED IDENTITY

### STOPS

- 1 Port of Caleta del Sebo
- 2 The Fishermen's Guild
- 3 Fishing chores
- 4 Llano de la Mareta
- 5 Llano del Corral
- 6 Chinijo Museum
- 7 Long live Our Lady of Mount Carmel!
- 8 Tasting the sea of La Graciosa
- 9 Casa Enriqueta
- 10 Sweet farewell



## VILLAGE OF CALETA DEL SEBO



### LEGEND

..... Proposed route



Cultural site



Agricultural site



Natural site



Bodega / restaurant



Chemist



Tourist Information Point



Medical centre



Seaport



Fishermen's Guild





## Technical details

- **Location:**  
La Graciosa, Lanzarote, Las Palmas province
- **Starting point:**  
Caleta del Sebo Wharf
- **End point:**  
Bar-cafetería El Saladero
- **Approximate duration:**  
3 hours
- **Approximate distance:**  
6,3 km
- **Minimum/maximum altitude:**  
0-70 m
- **Difficulty:**  
Low
- **Direction of the route:**  
Circular route, starting and finishing in Caleta del Sebo. Optionally, we suggest you extend your itinerary in Llano del Corral up to Montaña Amarilla, as well as visiting the rest of the island.
- **Mode:**  
On foot (it is not possible to cycle the whole stretch from Llano del Corral and Caleta del Sebo).

## OUTLINE OF THE ROUTE



---

## How to get there

The journey to the island of La Graciosa is exclusively by sea. There are several regular ferry lines (Líneas Romero or Biosfera Express, for example) that depart from the port of Órzola, located in the north of Lanzarote. The frequency of trips is one every hour and the journey time is approximately thirty minutes.

If you arrive in Lanzarote by plane and want to connect with La Graciosa, there are different buses that take you directly to Órzola, a journey lasting approximately one hour. You can also rent a car at the airport, but be aware that you won't be able to take it to La Graciosa.

---

## Technical Recommendations

- Although you can pay by dataphone in many establishments on La Graciosa, it is advisable to carry cash, as there are not many cash machines.
- 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.
- If you choose to do the full itinerary and get to know the island, make sure you wear appropriate clothing and footwear. You will be walking on sand and dirt tracks, so it is advisable to wear sturdy, slip-resistant shoes. In Caleta del Sebo you will be able to wear comfortable and open shoes.
- Be respectful of the environment, local heritage, and people. Remember that you are in a protected area of great environmental sensitivity.





1

## PORT OF CALETA DEL SEBO



### | LOCATION

Caleta del Sebo.

### | HOW TO GET THERE

By boat from Órzola.

### | LOCAL PRODUCTS AND RESOURCES

Fresh fish. Heritage resources linked to the fishing world.

## DESCRIPTION:

After crossing El Río by boat, you will arrive at the port of Caleta del Sebo. This is the centre of life in La Graciosa, the place where the first settlers established themselves and where the main services are available. Fishing and tourism also have their heart here, being the seat of a constant comings and goings of people.

It is an extremely picturesque village with more than a hundred whitewashed, one- or two-storey, flat-roofed houses. Set in front of the characteristic sandy streets, they convey the humbleness that characterises the people of Graciosa.

It has a modern harbour with a capacity for over two hundred vessels, both fishing and recreational, and is the only point of entry and exit to and from the island. In this sense, the lack of adequate transport has always been a serious drawback for the development of the island, increasing its isolation from the outside world. It was not until the 1950s that the regular transport service began, with a felucca that made the journey to Lanzarote twice a day, improving progressively until the present day.

**UNDER THE WATCHFUL EYE OF THE SEAGULLS, THE SEA, THE SAND AND THE WHITE HOUSES WILL WELCOME YOU.**



### *Our suggestions*

- When you get off the boat, take your time. Enjoy the scenery and the peaceful atmosphere of the island, immersing yourself in it.
- At some point in your itinerary, try to strike up a conversation with some of the older people you'll find near the quayside. They will tell you many stories of seafaring life.

### **DON'T MISS...**

Unlike other fishing villages in the Canary Islands, where it is a thing of the past, in La Graciosa you will have the opportunity to observe the day-to-day life of the fishing trade.

A multitude of boats of various sizes are constantly leaving and docking, loaded with their catches. A good time to capture the essence of the place is in the evening, when the fish brought from the sea is taken to the fishermen's guild for sale the following day.





## 2

## THE FISHERMEN'S GUILD

**| LOCATION**

Caleta del Sebo.

**| HOW TO GET THERE**

Avenida Virgen del Mar,  
Caleta del Sebo.

**| LOCAL PRODUCTS  
AND RESOURCES**

Fresh fish. The most common ones are *bocinegro* (red porgy), *sama* (red seabream), *vieja* (parrot fish), hake, etc.

**DESCRIPTION:**

The fishermen's guild is one of the most important places on La Graciosa. All the fishermen's catches from their work end up here. Between eight and twelve o'clock in the morning, this association, which is also a fish market and fishmonger's, supplies restaurants and private individuals on the island, while some of the goods are shipped to Lanzarote and Gran Canaria.

The more than seventy fishermen of the island are represented by the guild, which defends their interests and manages the fishing carried out in the Marine Reserve. One of these fishermen told us that nowadays they still fish for everything, mainly red porgy, red seabream, hake, parrot fish, horse mackerel, rubberlip grunt or comber, depending on the season. All this fishing is carried out in an artisanal manner, in accordance with the rules established by the Marine Reserve to guarantee the sustainability of the environment.

**THE FISHERMEN'S  
GUILD IS A MUST-SEE  
ON YOUR TOUR OF THE  
GASTRONOMIC CULTURE  
OF LA GRACIOSA.**



### *Our suggestions*

- When organising your route or your trip, bear in mind that the place is closed on Sundays.
- Ask Fernando what the seasonal catches are and his recommendations for the best fish to try in the restaurants and in your flat.

### **DON'T MISS...**

The experience of arriving early in the morning to bring a nice fresh catch back to the flat.





## 3

## FISHING CHORES

**| LOCATION**

Caleta del Sebo.

**| HOW TO GET THERE**

Avenida Virgen del Mar,  
Caleta del Sebo.

**| LOCAL PRODUCTS  
AND RESOURCES**

Fish and seafood products.  
Ethnographic resources  
linked to fishing.

**DESCRIPTION:**

Behind the fishermen's guild, along the coast, where the rocks emerge from the sea, you can find numerous witnesses of fishing activity. Pots, nets, buoys, longlines and boats decorate the landscape, waiting to be returned to the sea.

This is the place where local people have been accustomed to clean the fish and let it dry for the purpose of making *jareas*. This was a procedure designed to preserve fish for much longer, and was essential to extend its consumption date and its sale on the street.

The use of salt was key for preserving fish and other foodstuffs. The people of La Graciosa got it right in front of the island, in the salt ponds of El Río, located under the cliff of Famara, where the local women went every day in search of this precious ingredient.



**THE SUN AND SALT  
PROVIDE A POPULAR  
GASTRONOMIC HERITAGE:  
THE “JAREAS”.**

### *Our suggestions*

- If you see some small boats with nets spread out inside them, the reason is simple: to prevent seagulls from landing on them and fouling the boat.
- If you find someone cleaning fish near the shore, also look out for seagulls and how they feed on fish guts.

---

### **DON'T MISS...**

Wander in the sand-covered streets of Caleta del Sebo, sheltered by the traditional houses. Like the architecture of Lanzarote, you will be immersed in a whitewashed hamlet with blue and green woodwork, reflecting the simplicity of the local character.





4

## LLANO DE LA MARETA

**| LOCATION**

Caleta del Sebo.

**| HOW TO GET THERE**

Leaving Caleta del Sebo, along the path that will lead you to the north of La Graciosa.

**| LOCAL PRODUCTS AND RESOURCES**

Self-consumption vegetable farms, although many of them are abandoned. Ethnographic resources linked to water culture.

**DESCRIPTION:**

Llano de La Mareta plain is located in the area known as “between the mountains” of El Mojón and Las Agujas. This is an area that was used for agricultural exploitation, as can be seen in the different plots of land and in the hydraulic infrastructures used to store water for these crops and for local consumption. The toponymy of this area contains references to this water culture.

The exploitation of the plots began in the 1940s with the measures of the military governor García Escámez and intensified shortly afterwards, but today there is hardly any activity or it is seasonal. Traditionally, onions, potatoes, pulses, cereals, etc. have been grown, i.e., rain-fed products intended to guarantee the families’ self-sufficiency, especially in times of scarcity and famine, which have so often afflicted the inhabitants of La Graciosa. This agricultural work was usually carried out by women, while men went to sea.

## THE AGRICULTURAL MEMORIES OF LA GRACIOSA BEGIN ON LLANO DE LA MARETA.



### *Our suggestions*

· Take note of the rich flora that surrounds you, typical of the almost desert-like landscape. La Graciosa is rich in shrubs and succulents such as gorse, *tabaibas*, *verodes*, *balancones*, etc.

· Hire the services of a 4x4 taxi company. They offer personalised routes to any point on the island.

### **DON'T MISS...**

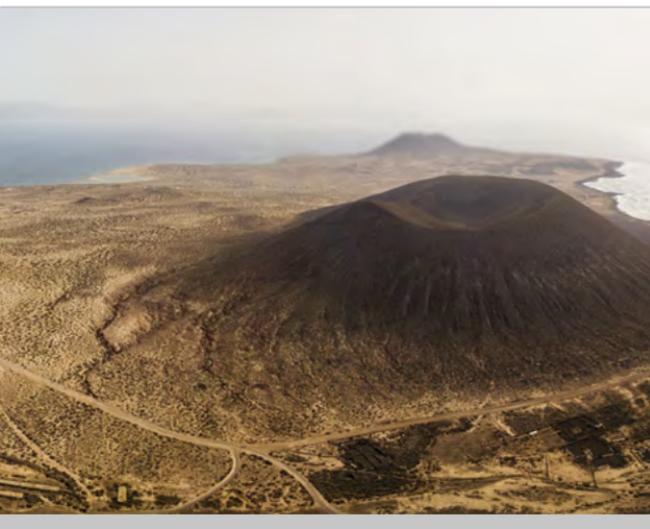
Discover the different routes offered by La Graciosa through its trails. One of them will take you to the village of Pedro Barba, which has a small hamlet in the east of the island.





5

## LLANO DEL CORRAL

**| LOCATION**

Caleta del Sebo.

**| HOW TO GET THERE**

Along the path that leaves from Caleta del Sebo, passing through Llano de La Mareta.

**| LOCAL PRODUCTS AND RESOURCES**

Farms and farmyards.  
Natural attractions.

**DESCRIPTION:**

After crossing Llano de La Mareta and Morro de los Dioses, at the same time as you skirt El Mojón mountain, you will reach the area known as Llano del Corral. Gradually, you will see how the farmyards and agricultural plots, many of them bounded by local volcanic stone, become smaller and smaller in the landscape.

From here you have two options to continue your itinerary. You can follow the coastline to Punta del Pobre and Montaña Amarilla, reaching the beach of La Concha. Or you can cross Llano del Corral leaving El Mojón mountain on your left and following the track that will take you straight back to Caleta del Sebo.

**ENJOY AN INCREDIBLE  
PANORAMIC VIEW OF LA  
GRACIOSA FROM THE  
TOP OF EL MOJÓN  
MOUNTAIN.**



### ***Our suggestions***

. Please note that if you choose to cross Llano del Corral you will only be able to do the route on foot.

· If you go near the coast at some point, you will notice the presence of a special flora, such as sea lettuce, *lechetrezna* (sea spurge) or *barrilla* (saltwort). The latter was once used to extract soda and even to make *gofio*.

· You may spot a rabbit scampering across the landscape. In the past, they were widely used as a source of meat.

### **DON'T MISS...**

On your way back to Caleta del Sebo you can try climbing El Mojón mountain crater, which you can reach via the southeast face. It takes about half an hour, but it will be worth it for the phenomenal panoramic views you will have of the whole of La Graciosa.





6

## CHINIJO MUSEUM

**| LOCATION**

Caleta del Sebo.

**| HOW TO GET THERE**

Calle Margarona, 27, Caleta del Sebo.

**| LOCAL PRODUCTS AND RESOURCES**

Interpretation centre on local history, heritage and environment.

**DESCRIPTION:**

After the tour of the interior of the island, you can take a break by visiting the Chinijo Museum. It is a small interpretation centre of only seventy square metres, which is why it deserves its nickname of **chinijo**, a word that in Lanzarote and Fuerteventura refers to something small, and is often used to address children.

The museum's story is structured around four main themes: the history of La Graciosa, the cetacean population that lives near the island, the properties of aloe vera and the importance of salt in the local culture. Panels, audiovisual elements and various objects will guide you on your visit.

**THE PRODUCTION OF THE GRACIOSERO HAT IS IN SERIOUS DANGER OF DISAPPEARING BECAUSE OF THE THE LOSS OF GENERATIONAL CHANGE.**



### *Our suggestions*

· Take a look at the museum's logo: it represents the typical hat of La Graciosa. It is a garment of extraordinary value that is handmade with the palm tree frond. The raw material usually comes from the Haría palm grove in Lanzarote.

· Watch this video to learn about the making process of this intangible asset:



### **DON'T MISS...**

The chance to leave La Graciosa with a traditional hat. You can buy it in the Museo Chinijo and in other craft shops on La Graciosa. Make sure you buy a handmade product. You will contribute to the local development.





7

## LONG LIVE OUR LADY OF MOUNT CARMEL!



### | LOCATION

Caleta del Sebo.

### | HOW TO GET THERE

Calle García Escámez, z, 21,  
Caleta del Sebo.

### | LOCAL PRODUCTS AND RESOURCES

Heritage elements.

## DESCRIPTION:

The church of Caleta del Sebo was built between 1943 and 1945, a time that coincided with different public works that improved the life of the population, such as cisterns, farmlands and a school. This church, with parish status since 1943, is a humble construction with a single nave, a gabled roof, a small rose window and a belfry at the top.

The Virgen del Carmen (Our Lady of Mount Carmel) is the patron saint of sailors and fishermen. As an island facing the sea, it is not surprising that the local population has turned to the Virgin of the Sea for protection.

**OUR LADY OF MOUNT CARMEL IS ALSO KNOWN AS STELLA MARIS (THE STAR OF THE SEA), WHICH IS WHY IT IS WORSHIPPED BY SAILORS AND FISHERMEN.**



### *Our suggestions*

- Enter the church if you find it open. You will find many curious details linked to seafaring culture. A boat rests on the altar, inside which are the carvings of the Crucified Christ and Our Lady of Mount Carmel. Above it hangs a fish net, while the pulpit is in the shape of a rudder.
- Look for the image of the Child Jesus wearing a Gracioso hat.

### **DON'T MISS...**

If you have the opportunity to be in La Graciosa on the 16th of July, you will be lucky enough to witness the festivity in honour of Our Lady of Mount Carmel. On this day, different events are held, such as a floral offering dedicated to those who have died at sea and a maritime procession in which the Virgin is embarked, surrounded by other small vessels that are decorated and escort the divine image.





8

## TASTING THE SEA OF LA GRACIOSA

**| LOCATION**

Caleta del Sebo.

**| HOW TO GET THERE**Avenida Virgen del Mar,  
131, Caleta del Sebo.**| LOCAL PRODUCTS  
AND RESOURCES**Fresh local fish and tradi-  
tional seafood recipes.**DESCRIPTION:**

After the tour, it's time to delve into the local gastronomy. You are sure to have several high-quality options. Freshly caught products from the sea will be the key ingredients, transformed into seafood recipes.

If you ask around the village, many hands will point you in the direction of the restaurant La Caletilla, popularly known as Casa Chano, located just behind the fishermen's guild. One of its star dishes is the grilled *bocinegro*, as well as fried octopus and squid. Ana, the cook and daughter of the founder, Chano, emphasises that an absolute priority for her establishment is to always offer fresh fish, thus guaranteeing the highest quality.

**CALETA DEL SEBO  
OFFERS DIFFERENT  
GASTRONOMIC OPTIONS  
FOR TASTING THE SEA  
OF LA GRACIOSA.**



***Our suggestions***

- The seafaring vocation and tourist development of the island has encouraged the expansion of different restaurants where you can enjoy the gifts of the sea of La Graciosa. El Marinero, El Vadero, Casa Margucha, Casa Enriqueta, El Veril... are some of the ones you can visit (see addresses below).
- If you prefer other types of food, you can opt for a good homemade pizza at Korrikkia pizzeria or a hamburger at Los Mateos or El Caletón.

**DON'T MISS...**

One of the most popular fish in La Graciosa, along with "vieja" or "sama", is "bocinegro". This is a very tasty white fish, common in the Atlantic Ocean, which is usually grilled or baked, always served with "papas arrugadas" and their "mojos".





9

## CASA ENRIQUETA RESTAURANT

**| LOCATION**

Caleta del Sebo.

**| HOW TO GET THERE**Calle Mar de Barlovento,  
no. 6, Caleta del Sebo.**| LOCAL PRODUCTS  
AND RESOURCES**Fresh fish and seafood,  
traditional seafood recipes.**DESCRIPTION:**

Another highly recommended option to enjoy a good traditional meal is Casa Enriqueta, where the current owner, Susa, sticks to the house specialities, such as *arroz caldoso* (rice stew) or caramelised octopus.

The story of the founder of this establishment illustrates the hard experiences of rural women in La Graciosa. In addition to doing their own household chores, they had to take on different jobs such as land workers, shellfish gatherers, cooks, saleswomen.... Many of them even crossed El Río and climbed the Famara cliff carrying the fish on their heads, which they traded in exchange for money or other essentials. Others also went to work in the Salinas del Río in search of salt, indispensable for seasoning and preserving food, such as the famous *jareas*.

**RENTING A BICYCLE IS AN IDEAL OPTION FOR TOURING CALETA DEL SEBO AND THE REST OF THE ISLAND.**



### *Our suggestions*

· If you would like to talk to Enriqueta, you can find her in the guesthouse that bears her name, next to the restaurant. It is the first pension to be established on the island, the pioneer in the tourism development that started around the 1980s.

### **DON'T MISS...**

Cycle around the island or the village. At Pedalea La Graciosa, next to Casa Enriqueta, you can rent these vehicles by the day or by the hour. Check other businesses such as El Mato-Bike La Graciosa, Desire Rent Bike, Rent a Bike El Archipiélago Chinijo or La Molina Bike, among others (see addresses below).





## 10

## SWEET FAREWELL

**| LOCATION**

Caleta del Sebo.

**| HOW TO GET THERE**

Avenida Virgen del Mar, no. 107, Caleta del Sebo.

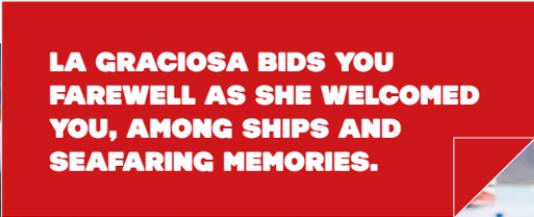
**| LOCAL PRODUCTS AND RESOURCES**

Traditional recipes, homemade breads and pastries.

**DESCRIPTION:**

Once your route or your stay in La Graciosa is over and while you wait for the boat to return you to the neighbouring island, you can have a last aperitif in some of the bars that you will find on Avenida Virgen del Mar. Its terraces invite you to relax while you feel the sea breeze and watch the traffic of boats finishing their daily chores.

One of these places is El Saladero, which is reminiscent of those cafés you might frequent in your neighbourhood, very busy, perfect for a coffee, a drink and a light snack. Its name refers to the old *saladero* that was the origin of the foundation of Caleta del Sebo at the end of the 19th century.



**LA GRACIOSA BIDS YOU  
FAREWELL AS SHE WELCOMED  
YOU, AMONG SHIPS AND  
SEAFARING MEMORIES.**



### *Our suggestions*

· If you wake up in La Graciosa and like to get up early, go to Quela bakery, next to El Saladero bar, to buy freshly baked bread and sweets. It is also an ideal place to buy food for your hike.

· In the small square on the avenue, you may find a craft stall where you can buy a souvenir of your stay.

---

### **DON'T MISS...**

Have a “barraquito” (also known as “zaperoco” in other islands) in El Saladero or in any other bar of the island. This is a type of coffee exclusive to the Canary Islands and is made with condensed milk, coffee, milk, Licor 43, lemon peel and cinnamon.

We recommend consuming it as a dessert to sweeten your palate.





---

## What to see

We recommend that you check the official tourism website of La Graciosa to find out everything you need to know during your visit:

**More information:** <https://www.visitlagraciosa.com/>

### CHINIJO MUSEUM

Calle Margarona, nº 27, Caleta del Sebo

**Opening hours:** Monday to Saturday, 10am to 5pm. **Closed:** Sundays.

Interpretation centre on the history and nature of La Graciosa (see page 32).

---

## Where to eat and drink

### BAR RESTAURANTE CASA ENRIQUETA

Calle Mar de Barlovento, nº 6, Caleta del Sebo | 928 84 20 84 |

**Opening hours:** Tuesday to Sunday, 9am to 12am. Mondays, 10am to 12am.

Casa Enriqueta is an emblematic bar-restaurant. It is open every day and offers cafeteria and restaurant services with delicious food. You can eat inside, in a very pleasant lounge, or on the terrace outside, on the sand. It also offers accommodation in its guesthouse, the first in La Graciosa.

### RESTAURANTE EL VARADERO

Avenida Virgen del Mar, nº 123, Caleta del Sebo | 928 84 21 75 |

**Opening hours:** Wednesday to Monday, 12pm to 6pm and 8pm to 11pm.. **Closed:** Tuesdays.

El Varadero welcomes you as soon as you step off the boat. A very pleasant place to enjoy Canarian food and delicious fresh fish. There is also a guesthouse.

## **CASA CHANO-BAR LA CALETILLA**

Avenida Virgen del Mar, nº 131, Caleta del Sebo | 928 84 20 68 |

**Opening hours:** every day from 7:30am to 12am.

Casa Chano is one of the most renowned restaurants on the island for fresh fish. A highly recommended place to enjoy the best of La Graciosa, popular with tourists and locals alike.

## **RESTAURANTE GIRASOL CASA MARGUCHA**

Avenida Virgen del Mar, nº 99, Caleta del Sebo | 610 76 82 21 |

**Opening hours:** every day from 9am to 12am.

This restaurant, which is also a guesthouse, is located on the seafront avenue of La Graciosa. From its terrace you can watch everything that goes on in this fishing village and enjoy a variety of rice dishes, combined with fresh fish.

## **RESTAURANTE EL MARINERO**

Calle García Escámez, nº 14, Caleta del Sebo | 928 84 20 70 |

**Opening hours:** Tuesday to Sunday, 12pm to 4pm and 8pm to 11:30pm **Closed:** Mondays.

El Marinero is located in the second main street of Caleta del Sebo, near the church. Rich in fish and different *tapas*, with a perfect service.

## **RESTAURANTE EL VERIL**

Avenida Virgen del Mar, nº 93, Caleta del Sebo | 622 05 12 67 |

**Opening hours:** every day from 10am to 11:45pm.

It is located in a privileged spot, right on the beach of Caleta del Sebo. Perfect for a drink or a more substantial meal and to enjoy the good atmosphere at night.





## **PIZZERÍA KORRIKIA**

Calle la Fija, nº 6, Caleta del Sebo

**Opening hours:** Tuesday to Saturday, 7:30am to 11:45pm.

A delicious pizzeria on La Graciosa completes the gastronomic diversity of the island if you fancy something different. This place is almost right on the beach and offers handmade pizza with a variety of beers, an ideal combination after a long day in the sun.

## **BAR CAFETERÍA EL SALADERO**

Avenida Virgen del Mar, nº 107, Caleta del Sebo

**Opening hours:** every day from 7:30am to 11pm.

Bar-cafeteria on the quayside. Everything you would find in any café in a big city, with a good atmosphere at all hours of the day.

## **PANADERÍA-PASTELERÍA QUELA**

Calle Gateras, nº 2, Caleta del Sebo

**Opening hours:** every day from 7:30am to 8:30pm.

A bakery that will surprise you. Wake up early to start your day with fantastic freshly baked breads and sweets, all delicious! They also make sandwiches that you can take on the beach.

## **K'ALEGRANZA BAR**

Avenida Virgen del Mar, nº 53, Caleta del Sebo | 928 177 994 |

**Opening hours:** Thursday to Tuesday, 10:30am to 12am. **Closed:** Wednesdays.

Bar-restaurant with excellent service, good prices and, above all, home-cooked meals that will surprise you, based on fresh products from the sea. Try their fish croquettes and *churros*, as well as their different fresh fish.

## **HAMBURGUESERÍA LOS MATEOS**

Calle Las Sirenas, nº 85, Caleta del Sebo

**Opening hours:** Thursday to Tuesday, 5pm to 12am. **Closed:** Wednesdays.

Apart from the traditional island offering, Los Mateos provides a good selection of homemade hamburgers and other options such as hot dogs, snacks and sandwiches.

## **CAFETERÍA-HAMBURGUESERÍA EL CALETÓN**

Calle Noray, nº 10, Caleta del Sebo |  
<http://cafeteria-el-caleton.gaqo.net/>

**Opening hours:** every day from 8am to 12am.

Open most of the day and all week, it is the perfect place to grab a bite to eat and to order take-away. Hamburgers, snacks, sandwiches, pizzas and different mixed dishes are the main options.

---

## **Activities: tour companies**

### **SAFARI TAXI LA GRACIOSA SIGI**

Avenida Virgen del Mar, nº 9, Caleta del Sebo | 630 433 110 |

**Opening hours:** every day from 10:30am to 12am **Cierra:** Wednesdays.

Transfers and 4x4 excursions to any part of the island. Ask about special trips.

### **JEEP SAFARI LA GRACIOSA ANDRÉS**

Avenida Virgen del Mar, nº 125, Caleta del Sebo | 638 086 965 |

Transfers and special 4x4 excursions in La Graciosa.





## **EXCURSIONES LA GRACIOSA TAXI**

Calle García Escámez, nº 44, Caleta del Sebo | 679 453 616 |  
<https://taxilagraciosa.negocio.site/>

Transfers and excursions to any part of the island aboard a fully customised 4x4.

---

## **Activities: bicycle rental**

### **PEDALEA LA GRACIOSA**

Calle Margarona, nº 11, Caleta del Sebo | 620 053 770 |

**Opening hours:** every day, from 9am to 6:30pm

### **RENT A BIKE LA GRACIOSA**

Calle Rosa de los Vientos, nº 6, Caleta del Sebo

### **DESIRE RENT BIKE**

Calle La Caletilla, nº 1, Caleta del Sebo

### **LA MOLINA BIKE**

Calle Mar de Barlovento, s/n, Caleta del Sebo | 630 197 921 |

**Opening hours:** every day, from 9am to 2pm

### **EL MATO BIKE**

Calle La Fija, Caleta del Sebo | 664 893 281 |

**Opening hours:** every day, from 9am to 6pm.

## **GRACIOSERITO RECUERDOS Y AVENTURAS**

Calle García Escámez, nº 18 | 659 41 98 36 |

**Opening hours:** Friday to Wednesday, 9:30 am to 14:30pm **Closed:** Wednesdays.

---

Activities: diving and boat trips

## **CENTRO DE BUCEO LA GRACIOSA DIVERS**

Avenida Virgen del Mar, nº 119 | 828 912 235 | <http://www.lagraciosadivers.com/>

**Opening hours:** every day, from 8:30am to 5pm.

## **EXCURSIONS PUNTA FARIONES**

Muelle de Órzola, Lanzarote | 680 39 80 94 |

## **LANZAROTE SEA TOURS - BIOSFERA EXPRESS**

Puerto de Órzola, Lanzarote | 928 842 585 | <https://www.lanzaroteseatours.com/>

## **LÍNEAS ROMERO**

Puerto de Órzola, Lanzarote | <https://www.lineasromero.com/>



---

## Credits

**Published by:**

© Gestión del Medio Rural de Canarias, S.A.U.

**Production:**

© Cultania. Gestión Integral de la Cultura y el Patrimonio Histórico.

Avenida de La Trinidad, 19, 1º derecha  
328201 · La Laguna · Santa Cruz de Tenerife  
922 079 830 · info@cultania.com · www.cultania.com

**Texts:**

© Miriam Botanz Guimerá

**Layout:**

© Gabriela Mailet / Mauro Sánchez Gómez

**Photographs:**

© Damián Rodríguez

Except for the images listed below:

- p. 5 (arriba) y p.10. © Mehdi - Adobe Stock
- p. 5 (abajo). © Borja Rodríguez - Adobe Stock
- p. 6. © Sin autor - Colección José A. Pérez Cruz - FEDAC-Cabildo de Gran Canaria
- p. 7. © Sin autor - Fundación Fernando Díaz Cutillas - FEDAC-Cabildo de Gran Canaria
- p. 9 © Marcin - Adobe Stock
- p. 11 © Claudio Emmrich - Adobe Stock
- p. 12 y p.14 © S. Aznar - Adobe Stock
- p. 13 (arriba) © Viktorija - Adobe Stock
- p. 25 © Gonzalo - Adobe Stock
- p. 35 © David Lyons - Alamy
- p. 38 © Jonathan - Adobe Stock

**Translation:**

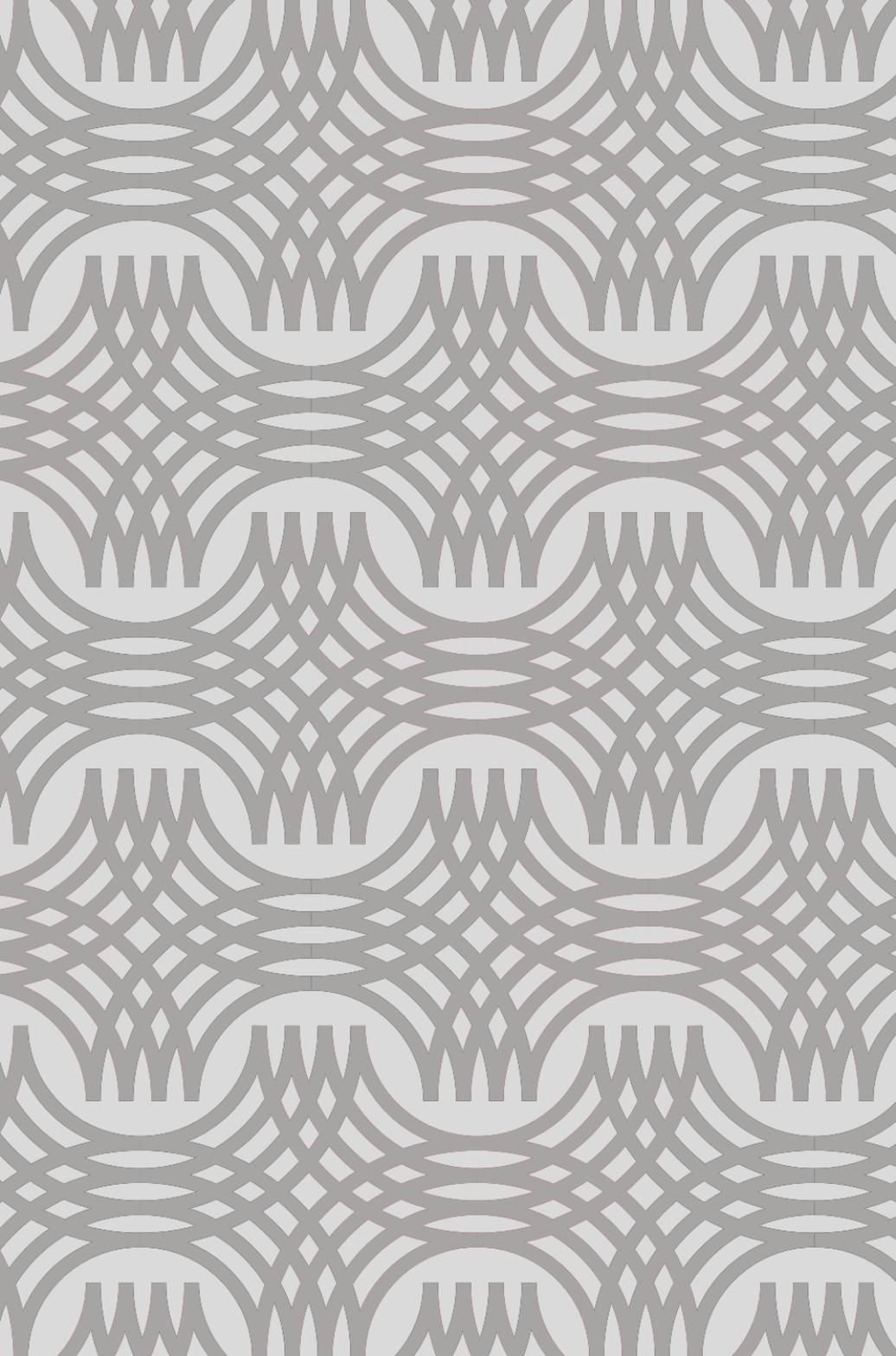
Elena Berlanga

**First edition:**

Diciembre de 2020

**Legal Deposit:**

TF-740-2020





**VOLCANIC**  
*Experience*

CANARY  
LOCAL  
PRODUCT



Fondo Europeo de  
Desarrollo Regional