

# Ferrol



# Survival kit

XERACIÓ 



## *First of all let's place ourselves*

Ferrol is the **main city** of [Ferrolterra](#), an area formed by **11 municipalities** and populated by almost 160K inhabitants, of which **110K** live in the conurbation Ferrol-[Narón](#). Ferrolterra is in the northwest of Coruña province being the it's **second most populated area**. The first is 50km far on [A Coruña](#) city and surroundings. Also in Coruña there is Santiago de Compostela a well known pilgrimage destination.

Coruña province is, once again, in the northwest of [Galicia](#), a region above Portugal and... guess where? in the **northwest** of Spain. Galicia is populated by 2.7M and is considered an "historical territory" due to its own unique language ([Galician](#)), geography, climate and cultural personality.

## *A bit of history*

Ferrol has its origin in the prehistoric settlements created by **local fishermen**. Due to maritime trade they were strongly influenced by Celts from Great Britain. That's why Romans didn't really colonize this area. Anyway Ferrol was a small and irrelevant hamlet till **15th century**, when someone realized how nice and naturally **well protected** Ferrol bay is. That's why a harbour, a shipyard and, most important, a Spanish Imperial **Navy base** were created and secured by 3 big castles on the entrance of the bay. Little village grew up becoming a city. A tempting city which English (Spanish historical enemy) tried to conquer in 1800 but our great grandparents kicked their asses in the **Battle of Brion** (every 25th of August there is a nice reconstruction of it).

From that moment till nowadays the leitmotiv of Ferrol is not other than making ships and hosting militars. This huge dependency explains how the city is **declining** since the 80s, when entering EU and NATO implied a "modernization" based on firing thousands of shipyard workers and marines. Since then Ferrol has an image of attractive **decadency** in the style of Porto.

And yes, **dictator Franco** was born here. He was so *humble* even named the city as Ferrol of Caudillo (he was the Caudillo, Spanish version of Führer) when he was ruling. This is something we definitely are **not proud** of.

## *What can you do here during your free time?*

A sunny day

Just one word... **beach!** We have one of the wildest and most beautiful in the country. If you want to try to surf you should try open **Atlantic coast beaches** as Doniños, San Xurxo, Meirás or Valdoviño (connected with city centre by bus). Two hours [surf lesson](#) with all equipment costs around 35€. But if you prefer to swim in calmer water Ria (bay) beaches as **Ares** (reachable by bus), **Cabanas** (by train) or **O Raso** are the best option. All these beaches are less than 30 minutes far from city centre.

At the same distance from city centre there is **Fragas do Eume** natural park. It's a magical forest (one of the best conserved in Europe) on the canyons of Eume river. On it's surroundings you can try kayak, find medieval monasteries and kilometers of breathtaking routes. Also there are several routes to discover the **coastal lighthouses**, wild cliffs and unexpected coves.

Ferrol is starting point of two popular **pilgrimage routes**. One is the famous **Santiago's way** on it's English variant. 4 days walk to reach Santiago and get absolution for all your sins. The other route is the one to **San Andres de Teixido**, a lost chapel in the highest cliffs in Europe which you can reach in 2 days walk.

A rainy day

In winter is going to be more difficult to enjoy the wonderful nature we have, but this doesn't mean that you will have to stay bored at home with nothing to do. You could take the chance to discover whales skeletons at **Natural Historic Museum** or how a ship is build at **Exponav Museum**. Or maybe visit the **San Felipe** castle. Or maybe go to theatre plays, ballet, opera or classical concert at Auditorium, **Theatre Jofre** or Pazo da Cultura. Or attend cultural expositions at Torrente Ballester, Ateneo or Galeria Sargadelos. And what about watch an original version movie in **Duplex Cinema**?

But if you are thinking about going out city center (and specially **Magdalena street**) is plenty of of pubs where to have a drink and dance up sunrise in the after-hour located at the train station.

## *Cost of living*

Ferrol is an **unexpensive city** according to Spanish standards. Just to give you an idea coffee is around 1,10€, beer (0.3l) costs 1.5€ and a two-course meal in a restaurant, drink and dessert costs about 10-12 euro. If you want to eat a portion (**ración**) of any kind of food in a bar, the average cost is between 7 and 10 euro. However, a kind of **fancy dinner** costs between 15 and 30 euro. But, if your budget is more limited you can eat in a **burger** and spend about 6 euro in a menu.

You will find in Ferrol a lot of **mesons/bars/pizza** and hamburger restaurants where you can eat. Most of them are located in the city center, around the mall "**Odeon**", in the "calle nueva de Caranza" (in Ultramar), and the avenue of Esteiro.

Regarding daily shopping, the city is plenty of **groceries** where you will find high quality local products. If we talk about supermarkets main chains (from cheapest to more expensive) are: DIA, Mercadona. Gadis, Eroski and Froiz. There are **3 malls** served by urban bus where you will find Carrefour, Alcampo (Auchan), Lidl and El Corte Inglés. Prices for **basic products** are the following:

- Loaf of bread; € 0,40 - 1
- 1 liter of milk: €0,75.
- 1kg of pasta: €0,85.
- Toilet paper: 12 rolls: € 3 - 5.
- 1kg of chicken: € 3 - 4.

## *Moving in the city*

Ferrol is a **small city** where you can easily walk between the main points of interest. In fact you can [cross the center](#) from end to end in just **half an hour**. The city center is known as *Barrio da Magdalena*. It has the main buildings (Town Hall, churches ...) and, like New York or Barcelona, has a grid structure which is difficult to get lost in. Many of its streets are **pedestrianized** which in summer are filled with terraces to enjoy some tapas.

Our city is also relatively flat which invites the use of bike use on the center and on the several kilometers of lanes divided between **Caranza** and **A Malata** promenades. With the card (provided) you will be able to access bicycles on nearly [20 stations](#) around Ferrol and Narón.

To move on public transport, Ferrol offers **6 lines of bus and 1 of train** which cover most of the urban area connecting the center with the campus, hospital and shopping centers. Schedules of all lines are available in real time through the [app Moovit](#). To reach our office you'll have to take the **1-2 line** direction **Neda** and stop on **Piñeiros** after 20 minutes ride.

If you want to make a trip to picturesque **fishing villages** around (Cedeira, Mugardos) or to **nearby beaches** (Valdoviño, Ares) bus companies [Arriva](#) and [Monbus](#) offer frequent connections and reclaimed with the same card.

Bus services end around 22.30h so the only **nightly option** is [taxi](#) (Uber is banned in Spain). Consider that taxi fares are higher, costing a standard route between Ferrol and Narón around 10€.

If you are thinking of **renting a car**, you can do so with [AVIS](#) (office in downtown Ferrol) or [Enterprise](#) (located at the Odeon mall).

## *Travelling*

As we're in the corner of Iberic peninsula, in the end of the road, connections are **not so good** as in other places. In the city you will find **bus** and **train stations** (one close to another) serving the following regional and national routes

**Bus:** A Coruña, Viveiro, Lugo, Santiago de Compostela, Vigo, Madrid (with shuttle to Madrid airport). Main companies are [Arriva](#), [Alsa](#) and [Monbus](#)



**Train:** A Coruña, Gijón and Madrid operated by [Renfe](#) the national railways company

The closest airports are:

[A Coruña](#) (50km away) from where you can fly to Madrid (Iberia and AirEuropa), Barcelona (Vueling), London (Vueling), Seville (Vueling), Bilbao (Vueling), Tenerife (Vueling), Lisbon (TAP), Valencia (Vueling) and Gran Canaria (Vueling)

[Santiago de Compostela](#) (75km) which operates flights to Milan Bergamo (Ryanair), Mallorca (Ryanair), Barcelona (Ryanair and Vueling), Frankfurt Hahn (Ryanair), Rome (Vueling), Zurich (Vueling and Swiss), Amsterdam (Vueling), Berlin (Vueling), Madrid (Iberia Express and Ryanair), Paris (Vueling), Menorca (Air Europa), Malaga (Ryanair and Vueling), Brussels (Vueling), Geneva (Easyjet), Alicante (Vueling), Fuerteventura (Air europa), Dublin (Aer Lingus), Ibiza (Vueling) and Valencia (Ryanair)

### *Packing (a.k.a what to bring with you?)*

Once you pack you may wonder... what should I put on my suitcase? Well consider that you are going to live several months far from home, but also think that you can **find/buy here** everything you need. Just don't forget to bring **food or drinks** that are very specific from your country and you would like to present in future **intercultural events**.

If we talk about clothes have in mind that this is not south of Spain, so don't expect sun all the time. In any case [weather](#) is quite **mild** as most of the year is between **10 and 25 degrees**. We very rarely go below zero and we don't remember last time it had snowed on the city. One thing you have to prepare for is rain. You are going to live in the **green part of Spain** which means a lot of rain (specially in autumn and spring). During winter you can expect also **windy** days and, from time to time, like small **hurricanes**. So don't forget to bring **waterproof jacket and shoes**.