



THE RAMBLA NOVA AND THE MARKET

*A stroll through the heart
of the city*



If the city of Tarragona were a person, Rambla Nova would be its backbone.

It starts at Plaça Imperial Tarraco and finishes at the Balcony of the Mediterranean, overlooking the sea.

It has five sections and there are interesting things to discover in each one, including monuments and buildings that have many a story to tell. For all these reasons it is one of the favourite places for Tarragona's residents to take a stroll. Do you fancy joining them? Put on your comfiest shoes, and let's go!

FEELING HUNGRY?

Along Rambla Nova you'll find all kinds of establishments – apart from shops there are bakeries, patisseries, ice cream parlours and cafés, perfect for a delicious breakfast or snack. Yum yum!

Rambla Nova has a wide central promenade. The final sections are home to the city's two theatres, the Metropol and the Tarragona Theatre. The Metropol is one of Tarragona's treasures. To build it, the Modernist architect Josep Maria Jujol, who worked with Antoni Gaudí, was inspired by a ship fighting against the waves. On the other hand, the Tarragona Theatre dates from the modern era, and is where all the biggest plays and concerts of the season are premiered. Take a look at the billboard and you might find something you like!



In Plaça Corsini, right next to Rambla Nova, you'll find Tarragona's Central Market. This huge building has been designated as a historic monument. It was opened in 1915 and was also designed by the architect Jujol. The Central Market is a Modernist building, like La Pedrera and the Palau de la Música in Barcelona, and is so beautiful that people entering it for the first time are left speechless.



The people of Tarragona also love the market because this is where they find all the fresh produce from the county of Camp de Tarragona: fruit, vegetables, meat, fish and many other irresistible treats prepared by the stallholders. Plus in addition to buying your food you can taste it right there and then, because in Tarragona Market you can also have breakfast, lunch and snacks.

Fresher, impossible!





THE MONUMENT TO THE HEROES

Complete the following phrase:

This statue, which features a total of figures, was raised to honour the heroes of Tarragona who, in, faced the troops of The monument was designed by



THE MONUMENT TO THE HUMAN TOWER BUILDERS

To ascertain the height of a human tower, you have to count the number of levels from the *piña*, the group of people at the base, up to the *enxaneta*, the small child right at the top. You also need to count how many people there are on each level. For example, a '3 of 8' would be an eight-storey tower with three people on each level.

Take a close look at the monument and tell us what kind of tower it is.

- A 3 of 6
- A 4 of 8
- A 2 of 6



GRANDFATHER VIRGIL



This statue is dedicated to Josep-Pau Virgili Sanromà, a printer and bibliophile who was much loved in Tarragona.

Take a good look at it and compare it with the drawing. Can you spot any differences?



THE ENIGMA

Find out by which popular name the monument is known by:

- a. The Defeated
- b. The Three
- c. The Nudes



THE FOUNTAIN OF THE CENTENARY

This fountain represents the continents according to the four cardinal points.

Take a close look at it, and tell us whether the following statements are true (T) or false (F):

- The human figures are looking outwards, and the animals are looking inwards
- The human figures are all women
- The elephant's trunk is raised
- One of the animals is a snake



WHAT TIME IS IT?

At 12 noon and 6 pm, the Market carillon clock opens and the figures from the Popular Retinue of Tarragona (*Seguici*) appear to the melody of Amparito Roca, the most emblematic tune of the Santa Tecla Festival.

Don't miss it!



All the foods, that form part of a healthy diet can be found in the Central Market.

Look for the foods on the list at the different stalls, and write down their names.

- Two types of oily fish
- One type of shellfish
- A type of poultry
- A seasonal vegetable
- A type of flatbread



TOUGH IRON!

Going to 'touch iron' means taking a walk along Rambla Nova as far as the Balcony of the Mediterranean. This railing hides a secret: they say that touching it brings good luck.

We hope you won't leave without touching it!

2. The monument to the human tower builders

4. The Monument to the Heroes of 1811

6. Grandfather Virgili statue

8. Passeig del Miracle

START

1. Plaça Imperial Tarraco

3. The Fountain of the Centenary

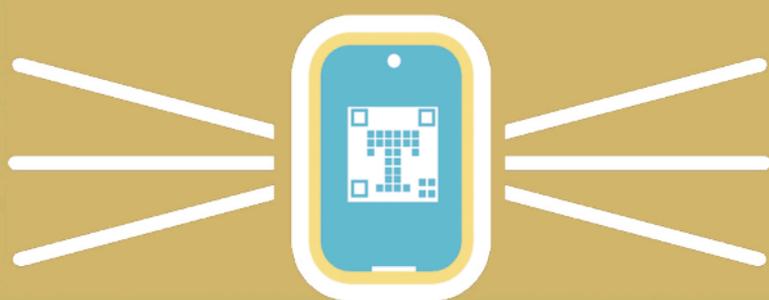
5. Tarragona's Central Market

7. Balcony of the Mediterranean

BEFORE YOU GO...

From the Balcony of the Mediterranean you can go down to Miracle Beach via a walkway that crosses the railway tracks. From there, you can take a pleasant walk along Passeig del Miracle, a broad avenue running parallel to the sea.

Look out for the balconet, a reproduction of the Balcony of the Mediterranean on Passeig del Miracle by the beach, and complete the drawing.



TAKE A PHOTO AND SHARE IT

Go back to your favourite spot and take a photo.



Afterwards, share it on the social media with the hashtag **#FamilyTarragona**