
CITY, ACCOMODATION & TRAVEL

The Manzanera Fertility Centre has been designed to offer a serene environment which patients find conducive to obtaining the relaxation and focus desired while undergoing treatment. We believe that you should consider your trip to Spain as a relaxing time off. We've put together this reference document to provide you with useful information to make your visit to the Manzanera Fertility Centre an enjoyable experience. We hope you find it useful.

La Rioja, Land of Wines

The Manzanera Fertility Clinic is conveniently located in Logroño, a city in the north of Spain well communicated by road, train and airports to all major neighboring metropolitan areas such as Bilbao, San Sebastian, Pamplona and Zaragoza.

Logroño is the capital of the La Rioja region. Your stay in this picturesque territory will further enhance your experience visiting us.

La Rioja offers a wide selection of options to discover for the visiting traveler: quality dining, world renowned wineries, outdoor sport activities, historical sites, spas, and many more.



The **culinary tradition** of La Rioja is highly recognized throughout Spain and beyond.

The rich soil of this region permits cultivation of fresh organic vegetables and livestock, which enable the preparation of a long list of traditional dishes such as vegetable and legume stews, stuffed peppers, potatoes "a la riojana", as well as famous

lamb grills and roasts. Logroño is also well known for the long history, tradition and quality

and of its tapas. Calle Laurel, and Calle San Juan are the most popular streets where locals gather to enjoy timeless classic tapas.



La Rioja is synonymous with **great quality Spanish wines**. During your stay in our region, you can choose to participate in any of the available wine **tourism experiences** and sample the wide variety of local wines. Several wineries offer tours to local vineyards and cellars, where you can explore and participate in the traditional winemaking process.

Get lost in downtown Logroño, wander around its historical streets and discover its hidden gems. You will find a charming city welcoming to strangers that seduced well known travellers such as Ernest Hemingway and everyone who stops by.

The **Pilgrim's Route to Santiago de Compostela (St. James Route)** passes East to West through Logroño. The historic centre has multiple cultural and historical sites along the old Route you can enjoy as you stroll through the city.

If you wish to visit the surrounding areas, do not miss the opportunity to admire the incredible beauty of the historical site formed by the **Monasteries of Suso and Yuso**, recognised as a **UN World Heritage Site**; and **Haro**, a stately town which has become the centre of the Rioja region's wine production.



South of Logroño you can also choose to visit the **Route of the Dinosaurs**, an itinerary which follows the tracks left by some of the first European prehistoric creatures.

Additionally, the area offers several options for **spas and health resorts**. If you wish you will be able to enjoy their extensive offering: massage treatments, alternative healing therapies, aesthetic treatments, etc.

Travelling to and around La Rioja

Logroño's convenient location close to multiple major metropolitan areas will help you enjoy the nearby cities.

For fastest access to Logroño, the best option is air travel. The main airports in the area are Logroño, Bilbao, Zaragoza and Santander. Barcelona and Madrid are also well connected to Logroño.

- **Logroño Airport:** Iberia offers daily flights from Madrid to Logroño. This will allow you to connect and fly to Logroño direct from the airport closest to you in your home country.
- **Bilbao Airport:** Several companies, also **Low Cost** airlines such as Easyjet or Vueling offer flight connections to most main cities in Europe. This airport is the best option for those coming from London, Manchester, Berlin or Paris. Bilbao airport is less than one and a half hours away from Logroño, connected by highway, train and public transportation.
- **Zaragoza Airport:** It offers several flight connections to Europe, mainly to UK, Italy and France. Ryanair operates from this airport, which is about an hour and a half away from Logroño, connected by highway, train and public transportation.
- **Santander Airport:** Ryanair and Iberia offer international connections to Milan, Rome, Brussels and London. The airport is about two hours away from Logroño with multiple transport options to the city.

Taxi Service

Thanks to the agreement with a local taxi company, our clinic offers a pick-up and drop-off service from the main airports at discounted rates.

If you are interested, do not hesitate to contact us.

Accommodation

There are many hotels in Logroño at multiple price ranges that will fit any budget. Some of them offer optional on-site spa services, with Jacuzzi, massage and relaxation therapies.

Please see below a selection of hotels which offer special rates for our patients:

Hotel Murrieta: Three star hotel, next to the historic center. Website: www.hotelmurrieta.es

Hotel Ciudad de Logroño: Three star hotel, the closest to the clinic. Website: www.hotelciudadelogrono.es

Hotel Carlton: Four star hotel, in the main center of the city and very close to our clinic.

Website: www.hotelcarltonrioja.es

Hotel F&G: Modern three star hotel near the historic center of the city. It offers many facilities such as spa and gym. Website: <http://www.fghotels.com/es/hotel-logrono/>

Hotel Sercotel Portales: New Hotel in the historical center of the city. For further details, please visit the website: <http://www.hotelsercotelportales.com>

Apartahotel Sagasta: New apartments in the center of the city. Each apartment has a fully equipped kitchen, laundry, double room, toilet and a living room with a sofa bed. Minimum stay: 4 nights. For further details, please visit the website: www.apartahotelsagasta.com

Important: In order to benefit from these special rates, it is necessary to book **through our international department**.

International Department – Manzanera Fertility Clinic

Do you need further information about the city and surroundings? Would you like us to help you make travel arrangements? Do you need the taxi service from the airport?

If you wish to receive any kind of assistance or information about your travel, please contact our friendly staff at the Manzanera Fertility Clinic **International Department**. We will be pleased to help you with anything you may need and make the visit to our centre an enjoyable experience.