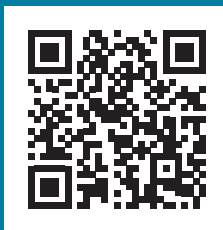


The Marine Reserve of La Palma is a spectacular example of the natural ecosystems of the Canarian seacoast. It shelters a multitude of species of high biological interest, and discovering its seabed is a unique experience.



Along its 118 kilometres of coastline, La Palma surprises with its unspoilt landscapes, impressive cliffs, charming fishing ports, beautiful black sand beaches and the new “fajanas” (lava strips) recently created by the volcanic eruption.

## Restaurants attached to the route



For full information on our route, restaurants, cultural highlights and tourist attractions, follow the QR link.



RUTA GASTRONÓMICA  
DEL MAR EN  
LA PALMA



CABILDO  
DE LA PALMA

<https://mardesaboreslapalma.es>



UNIÓN EUROPEA  
FONDO EUROPEO MARÍTIMO  
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Gobierno de Canarias  
Consejería de Agricultura,  
Ganadería y Pesca  
Dirección General de Pesca



CABILDO  
DE LA PALMA



# GASTRONOMIC ROUTE OF THE SEA IN LA PALMA







## La Palma, an ocean of flavours

The island has a rich and assorted gastronomic offer. Thanks to its location in the Atlantic Ocean and its cristaline waters, we can find a wide biological diversity and enjoy the natural resources that have made it famous. The traditional fishing activity and the many establishments where the products can be tasted, provide a special taste to the gastronomic offer. La Palma is the perfect place to discover the flavours of the ocean.

To understand its people, its history and its natural environment, it is essential to know the link with the seafaring tradition of this territory. We propose some of the most interesting places to visit on the Island.

Its promenades and fishing ports give us the opportunity to discover its treasures, without forgetting to visit places as unique as the salt flats or natural pools.

In addition, it is essential to go to its restaurants and bars, where they have a menu of dishes specialized in seafood.



Throughout the year we can enjoy different types of fish and seafood. "Viejas", "samás" or "cabrillas" are some examples. Furthermore, "lapas" (limpets) or shrimps, not to mention red tuna, are true delicatessen for our palates.

