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HIGH LIFE PARTNERSHIP

THE SUSTAINABLE CITY BREAK: SEVILLE

Andalusia's sun-soaked capital joined the Global Sustainable Tourism Council (GSTC) last year, proving its commitment to protecting natural and cultural resources. The historic city has already been 'greenifying' its streets: it's the fifth best city in Spain in terms of green areas per inhabitant, the fourth for the number of pedestrianised roads, and there's an impressive 200km of cycle lanes - making it one of the world's best cities for cycling, particularly alongside the regenerated green banks of the Guadalquivir river. But Seville's sustainability measures don't always follow the route you might expect. In 2021, it launched a novel pilot scheme to turn the city's famous sweet-smelling but bitter oranges - which fall over the streets at the end of the fruit season - into electricity. As the oranges ferment, the methane captured will be used to power a water purification plant. The hope is that all of Seville's surplus oranges could be recycled in the future. A juicy idea.

THE ASTROTOURISM PIONEER: MENORCA

The sky's the limit in Menorca's ecocredentials. The Balearic Island's commitment to sustainability began three decades ago, in 1993, when it was declared a Biosphere Reserve by Unesco. Since then, economic development has been carefully pitted against environmental impact. To see the success of this, you need only look up. In 2019, Menorca became the first Mediterranean island to achieve the double accreditation of being named a Starlight Tourist Destination and one of only 13 Starlight Reserves in the world - meaning you can gaze at the night sky without any light pollution. The island is now considered a leader in astrotourism but that's not all. Menorca is the 2022 European Region of Gastronomy, a recognition of both the sustainability and quality of its food, which includes red scorpion fish, carn-i-xulla sausage made from native black pigs, cheese produced using ancestral methods, and spirits made from Menorcan camomile. Menorca has also applied for Unesco World Heritage recognition for its Talaiotic archaeology. There are 1,586 sites, dating back to the Bronze age, featuring talaiots - buildings made from enormous, horizontally stacked stone slabs.





THE VOLCANIC NATURE RESERVE: LA GARROTXA

Such is the staggering diversity of Spain's geography that only around an hour's drive from Barcelona you'll find a nature reserve with more than 40 volcanoes. (Before you wonder: yes, long extinct.) La Garrotxa is really a tale of two landscapes: smooth and flat in the south thanks to those lava flows, while the steep valleys of the Fluvià river in the north showcase ravines that will make you blink twice. Unsurprisingly, the area is a magnet for hikers: there are more than 700km of signposted trails, with one of the loveliest - El Carrilet greenway - taking you from La Garrotxa to Costa Brava, passing through Girona. All of these areas form part of the Natura 2000 Network - a European initiative to protect the rarest and most fragile natural spaces. The most spectacular way to see the region is by hot air balloon, followed by lunch at one of La Garrotxa's eight Volcanic Cuisine restaurants. This collective of zero-km eateries (cuinavolcanica.cat) creates dishes from ingredients that thrive in the volcanic soil, such as kidney beans, turnips, truffles and chestnuts, served with local pork, snails or wild boar.

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