

EUROPEAN COASTAL ROWING & BEACH SPRINT CHAMPIONSHIPS  
2026

# Flavours of *La Línea*

TRADITIONAL LOCAL CUISINE · CAMPO DE GIBRALTAR

A city with its own character also has it at the table. La Línea cuisine blends the flavours of the Strait, Andalusian tradition and the unique touch of a one-of-a-kind border. You won't eat like this anywhere else.

 **100% LOCAL PRODUCTS FROM LA LÍNEA DE LA CONCEPCIÓN**

THE LOCAL TABLE

# A cuisine with its own identity

From the fishing quarter of La Atunara to the terraces of Plaza Cruz Herrera, La Línea holds an authentic and generous cuisine. Influences from the sea, Andalusia and neighbouring Gibraltar blend into a gastronomy you won't find anywhere else.

## THE ESSENTIALS

### The dishes you must try

A journey through the most authentic flavours of La Línea, from the breakfast table to the evening tapa.





## TRADITIONAL SWEET · THE SIGNATURE TREAT

### **La Japonesa**

The most emblematic sweet in La Línea. A fried dough, fluffy on the inside and slightly crispy on the outside, filled with pumpkin-strand jam. Its name is as mysterious as its origin, and its taste absolutely unmistakable.

Traditionally enjoyed with tea – a legacy of the closeness to Gibraltar – though it also pairs perfectly with a good coffee. Visiting La Línea without trying one is simply not an option.

 **Perfect with tea or coffee**





**SEAFARING PRODUCT · SEPTEMBER ONLY**

## **Los Voladores**

A fleeting treasure from the La Atunara fishing quarter. The "volaores" are small fish sun-dried hanging from the façades of the neighbourhood's houses, creating a scene unique in the world.

Available only in September and only here. Star product of La Línea at Fitur 2025 and one of the most authentic symbols of the city's seafaring identity.



**17 September only · La Atunara quarter**





STAR TAPA · THE LOCAL TAPAS CULTURE

## Roasted Pork Leg

The tapa that defines La Línea's bar culture. Pork leg slow-roasted until tender and juicy, sliced thin and served in small sandwiches and canapés in bars all across the city.

It is the star ingredient of breakfast sandwiches – especially at La Alemana – and of the bars specialising in canapés. An institution that the people of La Línea defend with pride.



In small sandwiches, canapés and rolls



SLOW-COOKED DISH · MARITIME CUISINE

## Cuttlefish Stew

The most representative slow-cooked dish of La Línea. Cuttlefish stewed in the traditional local style with chickpeas, vegetables and just the right spices to let the flavour of the sea take centre stage.

Born in the La Atunara quarter, declared Maritime Gastronomic Quarter in 2010. A humble, generous dish full of history that the neighbourhood's bars still prepare the traditional way.

 **Maritime cuisine from La Atunara**



 **STRAIT OF GIBRALTAR FRY · THE SEA  
ON YOUR PLATE**

## Fried Fish

The Strait of Gibraltar sea on your plate. Anchovies, small hake,

marinated dogfish, cuttlefish, baby squid... fresh from the water and fried in olive oil with a technique mastered only in this corner of the south.

In the La Atunara quarter you will find the beach bars where frying is an art form. Also sardines on the spit, grilled octopus or prawns. All with the freshness of the Strait.

🍋 **With lemon and nothing else needed**

#### THE MORNING RITUAL

## The local breakfast

In La Línea, breakfast is sacred. Two products have marked the mornings of local people for generations and you won't find this combination anywhere else.





## **CHURROS**

Crispy, freshly made and served hot. La Línea's churrerías open in the early hours and the smell fills the streets from dawn. Enjoyed on their own, with coffee or with hot chocolate. A classic that never fails.



## **PAPITAS**

Small, crispy and lightly salted fried potatoes. The perfect companion to the local breakfast. Simple, addictive and unique. A custom that surprises every first-time visitor to the city.

## La Línea tapas culture: a true identity

La Línea de la Concepción is arguably one of the best cities in the province of Cádiz for tapas. Moving from bar to bar is part of its essence. And the best part: the city centre is just five minutes' walk from Poniente Beach, where the championship takes place. Ending a racing day with a tapas trail is the perfect plan.

There are hardly any formal restaurants here, and nobody misses them. The people of La Línea experience food differently: standing at the bar, canapé in hand, surrounded by good atmosphere. Local canapés are small toasts with generous, creative fillings – roasted pork leg, Iberian ham, crab, salmon, loin – and have become the city's most characteristic tapa. Over 50 tapas bars fill the centre, especially on weekend evenings.

### RECOMMENDED TAPAS BARS



**LA CHIMENEA**

 *C/ Moreno de Mora, 21*

 663 872 528


One of La Línea's essential tapas stops since 1995. Always full, for good reason. Montaditos, canapés and the famous **rosclas** – round bread rolls filled with Iberian ham or salt cod with salmorejo. If you want a spot, arrive early.

 **Essential classic · Since 1995**



## **CARBONERO**

 *C/ Del Sol, 67*

 676 876 612


A reference bar on the central Calle del Sol. Montaditos, canapés, Iberian ham, sea anemones and Málaga-style cured meats are its hallmarks. Tapas with a true local character on one of the most lively streets in the centre.

 **Iberian cold cuts and timeless canapés**



## **CASA PURI**

 *C/ Del Sol, 44*

 856 942 036

Popular and lively, next to the Immaculate Conception Church in a


pedestrian area. Large terrace, varied tapas, good and affordable. Its lemon anchovies and montaditos are well known among locals and visitors alike.

 **Large terrace · Varied and affordable tapas**



## **BODEGUIYA**

 *C/ San Pablo, 3*

 956 690 002


A popular spot in La Línea for its delicious food at very reasonable prices and friendly service. Montaditos and canapés take centre stage, with a varied menu that never disappoints. Very busy with locals.

 **Unbeatable price · Very local**



## **LA TABERNA**

 *C/ Hércules, 9*

 956 176 655

Classic tavern atmosphere in the heart of La Línea. Home-style tapas, montaditos and good seasonal produce. A timeless place to sit back and enjoy the authentic local atmosphere.

 **Classic tavern atmosphere**



## EL TABANCO

 C/ López de Ayala, 7

 668 580 068

A small bar with great charm, specialising in montaditos and canapés. Notable variety, good Iberian cold cuts and cold tapas. The venue is compact but that is part of its charm. Highly recommended by those in the know.

 **Small but full of charm**

### FOR A MORE RELAXED MEAL

## Restaurants near the championship venue

All within a few minutes' walk of Poniente Beach, where the championship takes place.

### BITÁCORA

Muelle de la Ribera s/n ·  956 239 080

Right on the Poniente seafront promenade, next to the Marina and with views of the Rock. Creative Mediterranean cuisine with its own identity. Award-winning tuna route. Toasted noodles and red tuna among its most celebrated dishes. Perfect for a special meal with the best views.


### WEST RESTAURANT

Av. Príncipe de Asturias, 4 ·  660 582 009

A reference restaurant in La Línea, fully glazed with panoramic views of the marina and the Rock. Quality Spanish cuisine, beautifully presented, with a good

cocktail selection. Perfect for a special evening. Highly rated by international visitors.

### **ALEVANTE**

Av. Punto Ribot, 1 ·  956 095 972

La Línea's highest-rated restaurant on TripAdvisor (4.8/5 with over 800 reviews). Modern Mediterranean cuisine with local Strait produce. A refined and distinctive proposal with great quality. Book ahead – always full.

### **HERMANOS TOMILLEROS**

Av. Menéndez Pelayo, 125 ·  956 170 266

La Línea's temple of fresh fish. Only top-quality fish and seafood, chosen from the counter. Dentex, moya, razor clams, squid... Lively and authentic atmosphere. One of the busiest in the city – there is always a wait, but it is worth it.

### **LA CASITA · ASADOR**

Av. de España, 1 ·  672 639 075


Grill and Mediterranean cuisine, very well rated (4.5/5). Warm family atmosphere with a quality meat and fish offer. Very popular with locals, which speaks volumes about the kitchen. Good value and attentive service.

### **AQA**

Pº Andrés Viñas ·  956 767 844

Close to the centre and the beach, with a lovely courtyard and terrace. Varied menu with fresh salads, fish and tapas. Modern and relaxed atmosphere. Good value for money, with service that international visitors particularly praise.


### **SÍNTESIS**

Pl. de la Constitución, local 16 ·  744 709 400

On Plaza de la Constitución, right in the city centre. Contemporary cuisine with a


creative touch, in the privileged setting of one of La Línea's most beautiful squares. Perfect for a relaxed meal in a great atmosphere.

### **DON GIOVANNI**

C/ Salvador Dalí, 4 ·  956 171 663

La Línea's Italian option. Pasta, pizza and Italian-style cooking for those looking for an alternative to local cuisine. Good atmosphere and very reasonable prices, very popular with city residents.

### **LA LUNA**


Av. Príncipe de Asturias, s/n ·  691 884 984

With views of the Rock of Gibraltar, perfect for a relaxed atmosphere next to the marina. Welcomes visitors from all over the world arriving from Gibraltar. A place people always return to, for the setting and the hospitality.

### **LA CHACRA**

C/ Isabel la Católica, 43 ·  956 690 700

Tapas Grill with an excellent reputation (4.5/5). Speciality in grilled meats and elaborate tapas. A different proposal within La Línea's food scene, ideal for lovers of the grill and quality cuts of meat.

 **Tip for championship visitors:** The bars in the centre are less than 10 minutes' walk from Poniente Beach. The best time for tapas is from 20:00 onwards, when the locals head out and the atmosphere is at its best. Average price per person: between €8 and €15.

THE OLDEST QUARTER IN THE CITY

## La Atunara · Maritime Gastronomic Quarter

The La Atunara fishing quarter, right on the seafront by the sea, is the gastronomic heart of La Línea. Declared a **Maritime Gastronomic Quarter in 2010**, it is the place where maritime cuisine stays alive with full authenticity.

Its bars and restaurants offer the best of the local coastline: sardines on the spit, grilled octopus, fried anchovies, seafood salad, seafood paella and cuttlefish stew. And in September, the volaores hanging on the façades are a scene unique in the world.

*"In every corner of La Línea, visitors can find that special place to enjoy the typical local delicacies... traditional, Mediterranean or seafaring cuisine."*

— Tourism Office · Municipality of La Línea de la Concepción

# Hungry for La Línea?

The Tourism Office organises free guided tours including gastronomic stops and tastings of traditional products. The best way to discover La Línea's cuisine with a local guide.

## **CONTACT TOURISM OFFICE**

Tel. 662 361 328 · [turismo@lalineia.es](mailto:turismo@lalineia.es) · [www.lalineia.es](http://www.lalineia.es)

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Coastal Rowing & Beach Sprint Championships 2026