

# 1<sup>st</sup> Meeting in Translational Pharmacology

38<sup>th</sup> Meeting Sociedad Española de Farmacología

9<sup>th</sup> Meeting Sociedad Española de Farmacogenética y Farmacogenómica

19<sup>th</sup>-22<sup>nd</sup> June 2018, Santiago de Compostela



Sociedad Española  
de Farmacología



Invited societies:



19<sup>th</sup> - 22<sup>th</sup> June

## 1<sup>st</sup> Meeting in Translational Pharmacology in Santiago de Compostela

Useful Information

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## Useful Information

Congress Main Web: <https://sef2018.com/> | <https://seff2018.com/>

### VENUE

**1ST Meeting in Translational Pharmacology** will take place in **Santiago de Compostela** next **Tuesday June 19<sup>th</sup>** at **Hotel Oca Puerta del Camino**.

### **HOTEL OCA PUERTA DEL CAMINO**

C/ Miguel Ferro Caaveiro, s/n  
15703 Santiago de Compostela

**Website:** <http://ocahotels.com/hoteles/espana/a-coruna/santiago-de-compostela/oca-puerta-del-camino/>

**Telephone:** (+34) 981 56 94 00 / 981 57 26 27

**IMPORTANT: On arriving at the Hotel, you only need to identify with your Name, ID or Passport to Check-in.**





## Arriving at Hotel:

### 1- **By Plane:** You will arrive to **Lavacolla Airpot:**

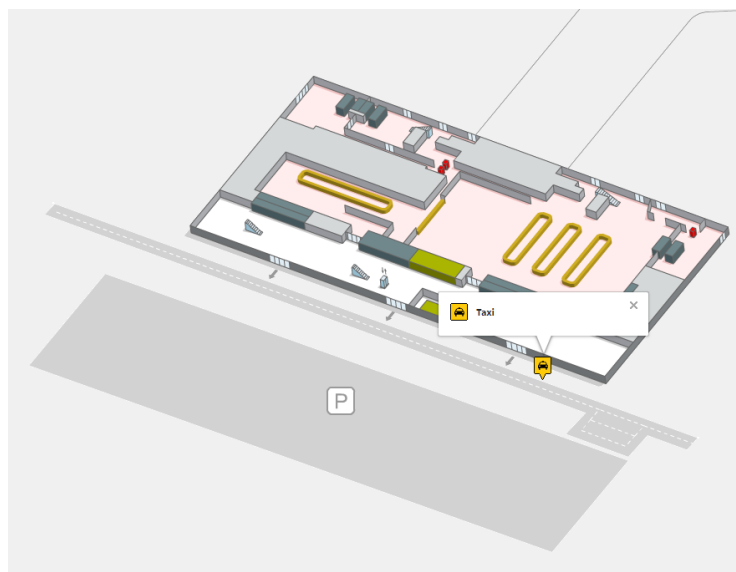
- a. **By Bus:** You can take a direct bus to the Hotel in the **Airport** bus stop every 30 minutes from 0:00 to 23:00.

**Bus Stop: Palacio de Congresos** (Convention Centre, 290 meters to the **Hotel Oca Puerta del Camino**)

**Price: Single ticket: 3 € / Return ticket: 5,10 €**



- b. **By Taxi:** You can take a taxi to the Hotel in the taxi stop,  
Price: 21 €



### 2- **By Train:** You Will arrive to the **Train Station:**

- a. **By Bus:** Line 6, more information:  
<https://play.google.com/store/apps/details?id=es.tussa.movilidad.maisbus&hl=es>  
<http://www.tussa.org/mediateca/mapas/MapaLiniasVeran2016.pdf>
- b. **By Taxi:** You can take a taxi to the Hotel in the taxi stop.  
**Price: 10 €\***

### 3- **By Bus:** You will arrive to the Bus Station:

a. **By Bus:** Line 6, more information:

<https://play.google.com/store/apps/details?id=es.tussa.movilidad.maisbus&hl=es>

<http://www.tussa.org/mediateca/mapas/MapaLiniasVeran2016.pdf>

b. **By Taxi:** You can take a taxi to the Hotel in the taxi stop.

**Price:** 10 €\*

- 4- **By Car:** If you will arrive by car you have to take the highway **A Coruña - Vigo** and take the **Santiago Norte** exit; Finally, when you arrive to the rotunda take the **San Marcos** exit.

**GPS Coordenates: 42° 53' 03" N. 8° 30' 46" O**



*\*Prices may change due to the traffic*



## Other useful Information:

**Taxi Telephone:** +34 981 569 292

**Tele Taxi:** +34 981 943 333

**Hospital:** +34 981 95 00 00

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**Tourist Information Office:**

*Rua de Vilar, 63  
Santiago de Compostela (Spain)  
Telephone: +34 981 555 129*

**Bus timetable mobile App**

Android: Google Play (**Maisbus**)

<https://play.google.com/store/apps/details?id=es.tussa.movilidad.maisbus&hl=es>

IOS Apple: App store

<https://itunes.apple.com/es/app/maisbus/id978416649?mt=8>

**Bus lines Maps**

<http://www.tussa.org/mediateca/mapas/MapaLiniasVeran2016.pdf>

**Map of Santiago**

[http://www.turismo.gal/docs/mdaw/mdk4/~edisp/turga098266.pdf?langId=en\\_US](http://www.turismo.gal/docs/mdaw/mdk4/~edisp/turga098266.pdf?langId=en_US)

[http://www.santiagoturismo.com/files/2017/08/20170830094529\\_01PLACALLSANT6172baja.pdf](http://www.santiagoturismo.com/files/2017/08/20170830094529_01PLACALLSANT6172baja.pdf)

**Santiago Turismo website:**

<http://www.santiagoturismo.com/idiomas/establecer/en>

**Santiago Tourist Information**

<http://www.santiagoturismo.com/publicacions>

<http://www.santiagoturismo.com/publicacions/santiago-e-grande-flyer>

<http://www.santiagoturismo.com/publicacions/folleto-ruta-monumental-de-santiago-de-compostela>

**Food in Santiago**

<http://queverenelmundo.com/que-ver-en-espana/provincia-de-la-coruna/guia-de-santiago-de-compostela/que-comer-en-santiago-de-compostela/>

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# 10 Things to do in Santiago de Compostela



## THE CATHEDRAL

If you have walked all the way to Santiago de Compostela, your first stop is likely to be the Praza do Obradoiro with its imposing Cathedral, where the remains of Saint James are (allegedly) buried. The cathedral is Santiago's most famous building with a Romanesque structure and later Gothic and Baroque elements. At the Cathedral, check out the Pórtico da Gloria (the original Romanesque porch entrance by Mestre Mateo), the Botafumeiro (its giant thurible) and, if you are not scared of heights, take a guided tour of the Cathedral's rooftop to enjoy fantastic panoramic views of Santiago (they run every day from 10am to 8pm and it lasts one hour approximately)





## THE OLD TOWN

**Santiago** is divided in two main districts: the **Old Town (Zona Vella)** and the **New Town (Zona Nova)**.

**The Old Town** with its winding granite streets, arches, squares and monuments has been an **UNESCO World Heritage Site** since 1985. Here you will find not only **Romanesque** and baroque churches, museums and some of the oldest **University** buildings but also many cosy cafes, traditional and contemporary restaurants, interesting shops and some of the best nightlife too!

**The New Town** isn't much of a sight, mostly apartment buildings housing the student population, but you will also find shopping areas, good bookshops, as well as restaurants and bars



## ALAMEDA PARK

Take a breather at the **Alameda**, **Santiago's** most emblematic green space. Go for a stroll along the **Paseo da Ferradura**, get a nice tree-framed view of the **Cathedral**, sit by the statue of writer **Valle Inclán** or take a picture with the statue of '**As Marías**', the two **Fandiño** sisters dressed in their colourful outfits. The sisters used to go for a walk in the **Alameda** every day at 2 o'clock on the dot. **The Alameda park** is also central point to many celebrations in **Santiago's** busy festival calendar.





## 'DE VIÑOS' - WINE TRAIL

**Rúa do Franco** goes all the way to the **Obradoiro Square** and takes its name after the **French** pilgrims that used to follow this street to get to the **Cathedral**. With adjacent **Raíña**, this is the most famous street to go out for a few drinks with friends. Many bars and restaurants along the **Franco** display their octopus, shellfish and other **Galician** delicacies on their windows (vegetarians beware!) and most offer a free bite with each drink: croquettes, tortilla or even tiger filet (not really tiger meat, by the way). After a few wines with their bites, you probably won't need any dinner, but if you are still hungry, you can always order a few dishes to share.



## MUSEO DAS PEREGRINACIÓNS

After walking to **Santiago** as a pilgrim, you should probably visit this museum, dedicated to the pilgrimage.



## SANTO DOMINGO DE BONAVAL PARK

'Bonaval' for short, is another popular park in **Santiago de Compostela**. **Bonaval** sits on the grounds of a **Dominican** convent's old cemetery and has been re-invented into a secluded public green space by **Portuguese** architect **Álvaro Siza**. Next to **Bonaval** you'll find two of **Santiago's** best museums: the **CGAC (Galician Contemporary Art Centre)** in a modern building also by **Siza** and the **Museum of the Galician People (Museo do Pobo Galego)** in the former convent. **Bonaval** is loved by visitors and locals, who like to enjoy a good book there or just relax under the shade of the oak grove (carballeira) on a hot day..



## MERCADO DE ABASTOS

**Santiago's** food market has a rural chic feel: traditional stores run by ladies from surrounding farms mix with stylish stalls. Modernity and tradition really live in harmony in the **Abastos** area, with exciting new restaurants also opening their doors in recent years. Here you will find some of **Galicia's** best produce.





## CULTURE

**Santiago** has a very active cultural life: from poetry recitals to concerts big and small, galleries, exhibitions, museums, theatre, etc...there is always something to fulfill your cultural ambitions. Many pubs and cafes also have their own cultural activities.

## FESTAS

**Festas da Ascensión** in May and **Festas do Apóstolo** in July (celebrating **Saint James Day** and **Galicia's National Day**) are the main celebrations in **Santiago**, with outdoor concerts and many other events taking place, some of them free of charge. However, there are many more festivals in and around the different neighbourhoods in **Santiago**. Before you travel, check out the **Santiago Turismo** website, local tourist board, to see what's coming up in **Santiago**.

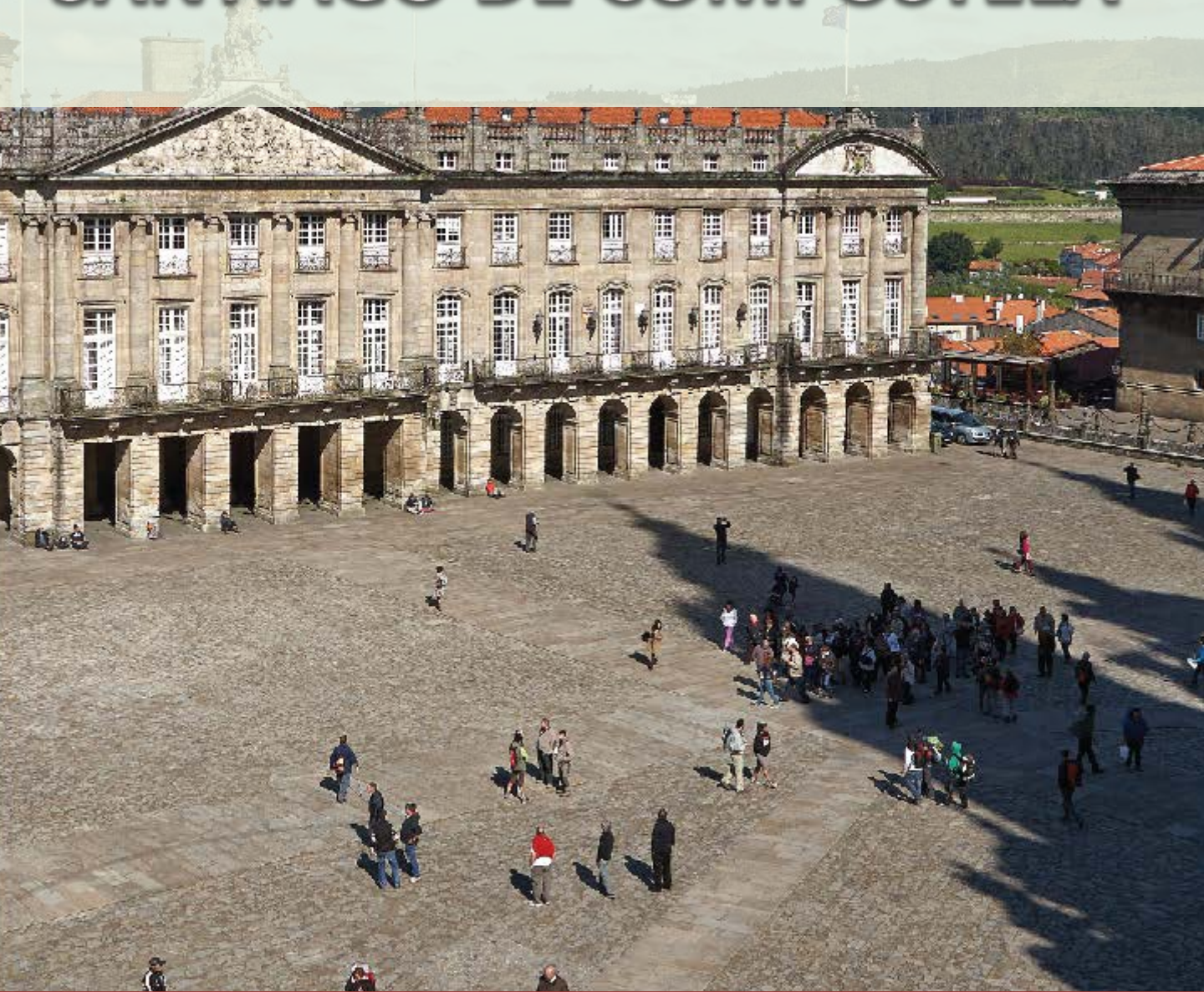
## TRY OCTOPUS

You can't leave **Santiago** (or **Galicia**) without trying the land's most iconic dish: octopus. The **Galicians** call it octopus fair style ('**pulpo á feira**') as it used to be a dish eaten on market day; while **Spaniards** like to call it octopus **Galician** style. Whatever your choice of words, you must try it at least once before you go back home!





# RECOMMENDED ROUTES IN SANTIAGO DE COMPOSTELA



World Heritage Site since 1985, for centuries Santiago de Compostela has attracted visitors and pilgrims from all over the world. It is Galicia's most cosmopolitan city, but it takes it in a matter-of-fact way, which is why from the very beginning you feel like you are a part of it. Here you have everything.





## BONAVAL ROUTE

**One of the most important parks in the city is the Park of San Domingos de Bonaval, a former farm and cemetery belonging to a Dominican convent. It offers surprising views to the east, over the roofs of the monumental zone. Next to the park is the Pantheon of Illustrious Galicians (with the tombs of Rosalía de Castro, Brañas, Astorey, Cabanillas, Fontán and Castelao), and the Ethnographic Museum of the Galician People, which includes an exceptional Baroque spiral staircase. Next to these buildings are the Galician Centre of Contemporary Art, by the Portuguese architect Álvaro Siza.**





## CITY'S MARKETPLACE ROUTE

Another recommended place in Santiago is the City's Marketplace, vibrant and full of typical local products well worth a visit, particularly on Thursdays and Saturdays. Here is where farmers from the surrounding areas bring the items they cultivate and produce. It also sells the freshest fish and magnificent meat and fruits. Alongside the market is the church of San Fiz de Solovio, with a glorious Romanesque portal, where the hermit lived who discovered the Apostle's tomb. In front is the building of the Literary University today the Geography and History faculty.



Walking around it we reach the Mazarelos Square, which contains the only remaining gateway of the old city walls, where wine was brought in to the city. Crossing through the arch we reach the streets of Patio de Madres and Castrón Douro, and then on to the traditional neighbourhood of Sar to visit the Collegiate Church of Santa María de Sar, a Romanesque church with a thirteenth-century cloister. It features surprising walls and inclined pillars that support the naves, strengthened from the outside by solid buttresses. We return through the streets of Camiño da Ameixaga and Andújar, offering an extensive panorama over the old town, to then reach the Baroque convent of Belvís and the park of the same name, a large open space next to the monumental zone, which includes a number of allotments.

## AROUND THE CATHEDRAL ROUTE

We enter the cathedral through the fachade in the Praterías Square, with the fountain of Os Cabalos and the twelfth century doorway, and inside discover the Romanesque splendour of its naves and ambulatory. We may then visit the Apostle's crypt, embrace the saint under the central canopy, and then visit the different chapels. Before leaving the cathedral we should visit the majestic doorway of the Pórtico da Gloria and then walk down the steps into the Obradoiro Square.







This contains a number of architectural wonders, such as the Royal Hospital (today the Parador hotel known as the Hostal dos Reis Católicos) in 'Plateresque' style; the neoclassic Raxoi Palace, with a hint of Versailles in its design, shared by the local council and the regional government or Xunta; the mansion of San Xerome, with a fifteenth century doorway, today the rector's offices of the university of Santiago de Compostela; and the Baroque façade of the cathedral itself, designed by Fernando de Casas.







**We then leave the square and head towards the Alameda park, along Fonseca and Rodrigo de Padrón streets, where we end our route. This is the best spot in the city to photograph the cathedral and the old town, from the walkway known as the Paseo dos Leóns, and further on an excellent panorama of the university campus, built in the 1930's, from the lookout point in the Paseo da Ferradura.**