Nº8

TRAIL TRAVEL

Spring 2024

SOCIAL WORK

U.T. Mt. Fuji®
Transvulcania®
U.T. Australia®

Tours Vip's

Teide / Anaga

Canarian Trip

Tenerife

Adventure

Scuba Dive

Article

Sushi

Nº8 Spring English Edition Legal Deposit.: 853423 Turism Register Nr.I-03474

VALENTINE'S PROMOTION

Because we love u

TRAILTRAVEL.ES

Introduction

We are an agency that promotion Activities, Tours & Trips founded on principles of environmental and economic - social justice.
Join the responsible tourism revolution, more than just vacations.
In Trail Travel we love what we do and that shows in our work.

Some trips are lead to specific works, cost of accomodation, food and transfer are borne by the organization, therefore is the more economic option.
An other trips such us *yoga retreats*, *trails camps* or *dive camps* are more especific since required to handle the requirements raised.

Anyway, if your plan is travel a minimum of 2 weeks and a maximum of 90 days, we give you the opportunity to benefit from blend both programs: volunteering and free time, with the great advantage to designed the stay according to your business as a Digital Nomad *with the support of the Local Coworkings.*

BOOKING CONDITIONS

- Must be done at least 10 days before your selected Trip.
- In the case of your Activities or Tours must to be 48 h before.
- Special bonus offers early purchase.
- When making the reservation, 50% of total amount is delivered.
- The deposit is refundable if cancellation takes place during the 7 days for the Trips or 24 h prior for the Activities and Tours.

Like us, we`re sure you don´t have time to lose.

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Trail Travel

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He started **Trail Travel** in 2013 shortly after completing walking stepwise the GR-11 route and *El Camino de Santiago* in **Spain.** He have 5 years of experience in **Tenerife** Island. He count with 500 km in hike routes he know like the back of his hand.

His passion for the nature help him to fine a good healthy life style. He has gained great experience like a guide and in local product made traditionally. He used his different stays in **Canary Island** to learn to be a best traveller.

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RAFFLE

Social Work

Trail Trail

This year do something incredible, responsible tourism ! Trips based on the principles of environmental and economic - social justice.

Mountain Races

- Professional Athlete
- Health
- Lifeguard
- Influencer
- Instructor
- Digital Nomad

First Aid Diplomat - the reach of injured runners along the sport event is one of the most great missions of the volunteer. If you have a first aid degree, you help will be very valuable. The equipment is fully supplied, safety practices are given by coordinating with the control station along the rescue drill.

- Expert Runner - your field knowledge will be very useful.

Plan your holidays that coincide with one of the most spectacular mountain races on the planet. The events staffs offers you accommodation, food and transfer in this trip open to all the people who have a responsible, committed personality. Is not requiered sports knowledge or minimum physical condition. A multilingual proyect that promotes different cultures where can share your experience with other people like you in a unique and enviroment setting.

Whether you are athlete or not, if you are willing to live this experience, we invite you to live with us. Many will establish a strong friendship that will endure in time. Knows from within the effort, the passion and the humanity that surround the mountain trail running races.

Health + Work + Nature + Nomad + Technology

A minimum of 2 weeks and a maximum of 90 days. We give you the avail to design a plan of care about your stay to benefiting even more if you combine both programs, with the great advantage your stay according to the **Digital Nomad** bussiness supported by local *Coworkings*. So you won´t miss a thing, destinations with mountain and sea in this unique Trip !

I RECRUITMENT: www.trailtravel.es / [T] +34 645.090.010 / job@trailtravel.es I

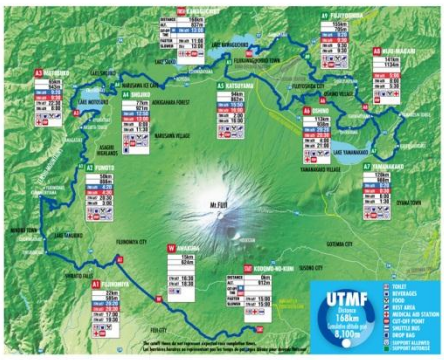
Mt. Fuji

Ultra Trail Race

UT Mount Fuji UTMF is a mountain race that takes place on the island of Japan, which is celebrated in April. It is an official test of the International Trail Running Association (ITRA), and is located within the **Ultra Trail World Tour** circuit (UTWT). It is a test of great interest, which allows to know the area of *Mount Fuji*, located 100 kms southeast of the city of *Tokyo*. It is a mountain with a volcano in active at 3.776 mast is considered sacred mountain for hiking and where you can enjoy extraordinary views while experiencing the amazing beauty of its nature and the exotic culture of the region.

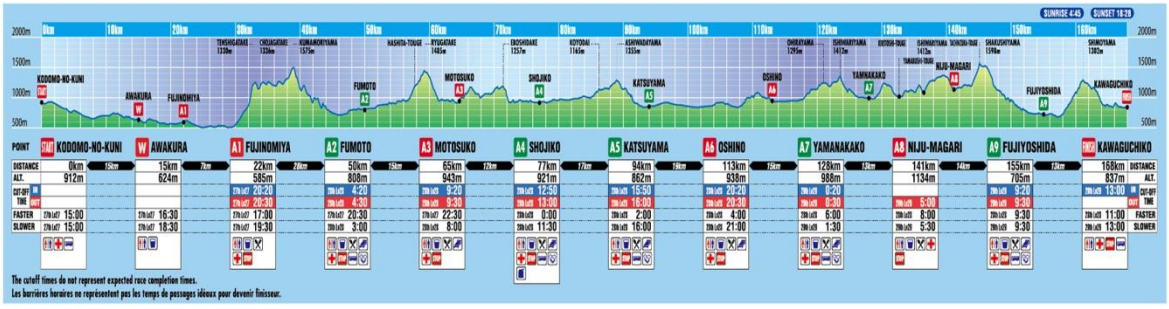
- It presents 2 modalities to better adapt to the needs of all the participants:

U.T.M.F.: DISTANCE: ***170KM***. ELEVATION: ***+ 8.000 m***. Max. Time: *46 hours*.
S.T.Y.: DISTANCE: ***92KM***. ELEVATION: ***+ 3.920 m***. Max. Time: *24 hours*.



The route

The *Ultra Trail Mount Fuji* begins in *Fujisan Kodomo-no-kuni* and runs through mountainous terrain during the day and night, where adverse weather conditions appear, until the finish line at Fujikawaguchiko-cho. The race takes place in an important environmental space called *Fuji-Hakone Izu National Park*. This is the habitat of many species of extremely sensitive plants and animals, which are unique to the area and are highly protected.



The qualification of the race

Must have successfully completed the races that are registered in the ITRA and have obtained the necessary qualification points, within the last 3 years. However, a minimum of one of these races must have been completed within a year after the registration of said competition.

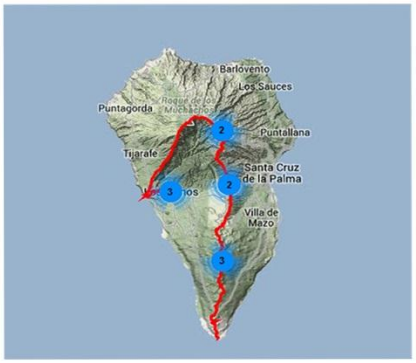
Transvulcania

Ultra Trail Race

Mountain race that crosses the island of La Palma, will be held on 10, 11, May 12, 2018, has a poster of runners of the highest international level. A test of great interest, it allows us to know many of the most spectacular corners of the well - known as the beautiful island, that keeps its main attraction in its lush vegetation amidst volcanoes and volcanic canyons. Belonging to the Nature Trails circuit. Recently, Plátano de Canarias has become part of one of the largest sponsors in this event.

- It presents five modalities to better adapt to the needs of all participants:

Ultra Marathon.: DISTANCE: ***74,3KM***. ELEVATION: ***+ 4.350 m***. *15* h
Marathon.: DISTANCE: ***45KM.*** ELEVATION: ***+ 3.329 m***. *9* h 30 m
Half Marathon.: DISTANCE: ***24,3KM***. ELEVATION: ***+ 2.097 m***. 6 h 30 m
Vertical Kilometre.: DISTANCE: ***7,6KM***. ELEVATION: ***+ 1.203 m***. 3 h
Kids - Junior.: 4 h



The Route: **Ultra Trail Transvulcania** begins in *Faro de Fuencaliente* and travel in full by the path of Great Route GR 131 - Ruta del Bastón, until its arrival to the *Puerto Tazacorte*. It is at this point that it connects with another Great Trail path, the GR 130 - the actual coastal road, which will take us to the finish line, in *Llanos de Aridane*, with a maximum elevation of 2,426 above sea level, height which is the highest point of the island in *Roque de Los Muchachos*.

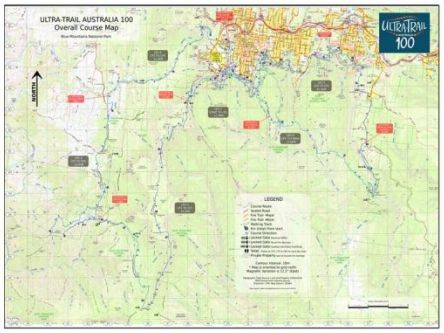
The discipline of Marathon, begins its journey in *Faro de Fuencaliente* to the recreational area of the shelter of *El Pilar*, running through the emblematic Ruta de Los Volcanes, through volcanic lavas *Malpaíses* (maximum altitude of 1,931 m).

U.T. Australia

Ultra Trail Race

The UTA presents great corridors of high international level, leaving the month of May, a favorable date for its inclusion in the *Ultra Trail World Tour* (UTWT), An adventure in **The Blue Mountains** in **Australia**, 100 km west of **Sydney**. The area was declared a World Heritage Site, being one of the most spectacular regions of Oceania.
Its main town is **Katoomba**, where you can discover Australian aborigine history and culture through its paths, among old eucalyptus trees.
It presents three modalities to better adapt to the needs of all its participants:

UTA100.: DISTANCE: ***100 KM***. ALTITUDE: ***+ 4.400 m***. Max. Time: *24 hours.*
UTA50.: DISTANCE: ***50 KM.*** ALTITUDE: ***+ 2.400 m***. *Max. Time: 9 hours.*
UTA22.: DISTANCE: ***22 KM***. ALTITUDE: ***+ 860 m***. Max. Time: 4 hours.
SCENIC WORLD UTA951.: DISTANCE: ***1,2 KM***. ALTITUDE: *Not especifique.*
INJUNJI FOR KIDS.: DISTANCE: ***1 KM***. ALTITUDE: *Not especifique.*



The Ultra Trail Australia 50 Km was presented in 2013 and quickly came out of the shadow of its major, to become an iconic event in its own right. As an Ultra but shorter, the 50 km is a perfect distance for runners who face their 1 Ultra. This challenging route follows the second half of the 100km route through the Kedumba Valley.

Undoubtedly, the **Ultra Trail Australia** (UTA) is, in fact, a magical event in **Australia**, plus the Festival where you can find the *Expo Zone* & the *Trail / Ultra Run Film Festival. Film screenings* & *Trails in motion* are magnificent ways to start our appointment with the culture and **trail running** community with an inspired celebration, where we can also attend the already famous **Pre - Event** Buffet, in the mountain area, near to the camp of th volunteers.

Canary Island

Tenerife

Trail Travel develops activities in the nature, exploiting areas in the form of Personalized Tour focused on connecting gastronomy with the spectacular landscape that **Tenerife** have to offer. Try our handcrafted products: olive and cheese to delight our travelers.
Without schedules, or stress, the producers show and explain everything about their production and tradition. Give us the opportunity to show you the real **Tenerife**, a unique experience prepared with a good food elaborated and traditional way by people who love its land, unique in its profession, and rooted in its customs.

We reveal to our traveler some of the best kept secrets that hides a place as small as this island and at the same time so unknown even for its inhabitants. Get out of the routine, combine tasting, hiking among pine groves, walks among vineyards, picnics, time for reflection and anecdotes of our aborigines in historical places of passage.
Tenerife is considered one of the islands with the best climate on the world, we have the privilege of walking through a spectacular landscape all year. Live this experience from a really privileged and envied line. We want to break with the conventional Tours, guided by the palate and the sensations that lead the traveler to discover a very different **Tenerife**, which very few people experience during their stay here. We guarantee you an insuperable day !

Days	Place	Activities	$	Elevation (m)		TimeTable
All	All	Tours	50	?	?	08 h / 18 h

Tenerife

Olive Tour

In these lands of this route we find around 400 olives trees, most of them centenarians and who continue giving olives as a young olive tree. We got there through the beautiful **Abona Region**. Once in **Granadilla** we can appreciate that is a fertile place, with a beautiful nature, a site where formerly keep more culture. Calm and silence reigned, and wherever you want look, you'll find an olive tree and it's green leaves look like mirrors in the sunlight.

We'll add passion for great work and love for this lands. We saved some ingredients that only will be revealed there, insitu, in the palate, and this we have reserved for the delight of our most demanding travelers.

We all know the best recipes saved jealousy some secrets and of course we don't want to be less. Experience with us a different kind of day where you get to know sudden fragrances and flavors world in the middle of lush vegetation.

At the moment are being carried intensive plantations in Tenerife Island. seeing a positive results in the growth and development of the olive trees, far greater the expectations placed of them.

The planted varieties vary according to the type of soil, height above sea level and orientation of the farm. The history of the olive trees in Tenerife date back to the 18th century, but the olive oil production was lost, mainly because the elaboration of it proved to be extremely difficult due the heavy machinery of the rudimentary stone mills of those times. Centuries later, new technologies arrived on this land and many entrepreneurs bet on promotion new extra olive virgin oil as well as olives marinated with mojo.

This day will be truly to experience the amazing Tenerife !

la Marea surfschool
www.lamareasurfschool.com
Playa Martiánez - PUERTO DE LA CRUZ

GENTE RADIO

La Rosaleda GOLF CLUB

Olive Route

Teide National Park

Teide peak with 3,718 meter above sea and 7,500m. on the ocean floor, its the third largest volcano in the earth and is the highest peak in Spain, Tenerife being the tenth highest island in the world. The more adventurous can access the summit on foot through a path that start from "Montaña Blanca area", next to the road. It's also allowed travel to the viewpoints of *La Fortaleza* and *Pico Viejo* along other paths, starting from *La Rambleta*, offering excellent views not only of the surroundings, but also of other islands in *Canary archipelago*. Just in Teide Peak is located the Altavista Refuge. Climb to the summit of **Teide Volcano**, is a unique experience and in any case, for safety and conservation reasons, its allowed to access the crater.

- The Teide National Park -

With an average altitude higher than 2.000 meters, its offers a spectacular display of volcanism and represents the best example of a high mountain ecosystem. It was included as a Natural Property in the UNESCO world Heritage list.

- Cañadas del Teide -

They are geological monuments one of the most spectacular in the world. The great volcanic variety cones and domes, lava flows, pythons and caves form an extraordinary set of colours and shapes. This National Park created in 1954, is with 18,990 hectares, the largest and oldest National Park in **Canary Islands**. In addition to it´s *Peripheral Protection Zone*, this natural area is surrounded by the Corona Forestal Natural Park with 46,612 hectares, is also the largest protected natural area.
In this extensive amphitheatre is discovered the internal volcanic build structure. Cañadas circus is one of the largest boiler of the world. It has an elliptical shape with 45 KM of perimeter.
The lavas from the different eruptions have filled extensive surfaces with volcanic materials of all kinds, which has shaped the spectacular landscape of chaotic appearance.

HERBALIFE NUTRITION
FACT SHEET
PROTEIN

Tenerife

Cheese Tour

This trip we set out to find the true jewelry of this island. The idea of **Trail Travel** getting to know more deeply the island and the mores of its people. This is the route runs of tranquility and intense flavour. It´s a complete tour through which we get to experience the real **Tenerife** and its different climatic zones.
Tenerife has been designated as a miniature continent due to the range of landscapes that it has to offer. It is an island that still holds great mystery for its inhabitants. Here you will really experience a different part of the island, well beyond the tourist development on the south side. We are traversing high mountains with breathtaking views. If we have lucky with the weather, also we can sea farther the Teide Peack, wo represent the more higher point in Spain.
The sheep do not produce milk in the summer!. This is the time of the year when they get pregnant and their lambs will be the ones to produce milk in the autumn.

Transhumance is defined as the constant movement of flocks from one grazing ground to another, as from lowlands to highlands, with the changing of seasons. The movement of the flock depends on the rainfall.

Made in the traditional way, always with the finest selection of milk, we allow them to evolve naturally, that gives the cheese a unique flavour that true lovers of traditionally-brewed cheese will definitely appreciate.

Among the variety of cheeses offered by the route is the designation of origin ripened goat cheese with a slightly dry mouth feel. All ours cheese is born of the love of doing things properly, made with loving care and an eye for detail that makes it exclusive. It is the meeting of tradition and modernity, with one point in common, authenticity. Enjoying life authentic and naturally!

Cheese Route

Anaga

Finca Los Orobales, located at N.E. in *Buena Vista del Norte*, to the northwest of the island, they take care of the biodiversity, they work with solar energy. In this farm you can find all kinds of vegetables and fruit trees; they have animals.

Anaga Rural Park:

Located in the northwest of the island of Tenerife. It is an advanced in the sea, extending from *Punta de Anaga*, in the northwest to the *Cruz del Carmen*, southwest direction. It is one of the oldest zones of the island, being one of the richest places in archaeological finds **Tenerife**. The vast majority of *Guanche* mummies found in *Santa Cruz de Tenerife* come from this area. Its physiography is solved in a set of deep valleys, usually somewhat short, separated by narrow interfluves that depart perpendicularly from a line to peaks. The edges of the massif escape this generation.

Declared a *Biosphere Reserve*, where the geomorphological elements find an optimal and varied expression in **Anaga**, some highly representative of insular geology and exceptional singularity and scientific interest (*Pitones de Chinobre, Anambro, Taganana, Roques de Anaga*, ...). The mountainous terrain encourages the isolation of the area both in the accesses from the outside as well as among the different population settlements that exist in it. Its peculiar situation, in the passage of the trade winds, turns it into an especially humid area, which has favored the existence of a special diversity of natural habitats. In the highest areas, vegetation is characterized by the *laurisilva* of summits, in the middle, *sabiñales*, *dragos*, *palm trees* and in the lower areas the *cardonales - tabaibales* and *cardones*. It contains in its interior the *Integral Natural Reserves of El Pijaral, Ijuana* and *Los Roques de Anaga*. In addition this space has been declared an area of special protection for birds. The ravines constitute the most outstanding morphological element within the massif, characterized by its steep slopes and short distance. The formations of *fayal - brezal of Anaga* owe their existence to natural and human factors; On the one hand, the existence of cresterias beaten by the wind, create an optimal natural environment for this formation, on the other hand, the regression of *laurisilva*, has favored its extension as a formation of substitution to these forests we have to join some small enclaves, between which stands out for its "*facies rupícola*" *El Pijaral*.

Europe

Tenerife

You Welcome!, join us to this **Dive Camp** in **Canary Island**. Came to visit the *Atlantic Ocean* in Spain with **Lena Gavelin**. She is instructor **AIDA** and work like a teacher and sport trainer, also create her own learn camps. Lena have the the record in The Bornaire and is belongs to the **SSI** together **AIDA** International School.
¡Join **Lena** to this Dive Camp full of experiences and workouts!
Do you want to feel the joy and freedom of freediving in the blue sea, experiencing incredible countries, good food (traditional made), local people, culture and of course good training?, then join us on this journey!

Facts about Dive Camp

Date: 5, 6 ,7th May 2024
Arona - Tenerife - Canary Archipelago - Spain - Europe
Number of participants: Maximum 14 people, in order of arrival ...
The *travel* is between Lena Gavelin collaboration **Trail Travel** belonging to *Viator Travel Guide & Consultancy AB* | Org. no. 556964-0203.
Freedive of approximately 25 meters, where it is also possible to choose a shorter distance. The most quick jump before the bus. Long walks of approximately 19 or 25 kms, where it´s also possible to choose a shorter distance. The most quick jump before the bus. Conferences are held inspiring "Motivation". It give you the morning inspired by *yoga*. Freediving workshop, execution technique and strength training. The mountain transport of long range of about 20 or 25 km, with a local guide. Visit to the hives and honey tasting.

That is required?

Exercise a couple of times a week and sometimes run for two hours or more. Under the camp there are quite a few miles and deepers in a week, so it is good if you have spent a few weeks doing a little more exercise, to be more prepared. During the camp we will travel 6-8 km to a long walk of approximately 32 km away, and everything else. There is much in the Sea and, therefore, in a lot of deep dives.
We make stops short where to see the landscape, taking a video / photo and enjoying !
Frediving should be an experience ! Experience **Tenerife** sea with glass and snorkel !
In short, we present a new concept of *Dive Camp* in *Tenerife - Spain*.

Included:

Fly tickets, accommodation (individual rooms) with shared bathroom, aeroport transfer, transporter, activities: freedive, yoga, hike, trail running, guide/instructor, insures.
HB: local hands made products, sushi, energy bars, organic juices, vegan cakes, etc.

INFO & BOOKING: lena ga@trailtravel.es, Sweden [T. + 47 46 66 63 47]

Tenerife

Apnea

Trail Travel desarrolla actividades en la naturaleza, descubre bienestar y reto personal, en la práctica de este deporte subacuático que no es sólo moda y que lo pueden ejercer desde aficionados como hasta profesionales mundiales. Se trata de sumergirse trás el bloqueo de la ventilación del sistema.
Los lugares donde llevamos a cabo el "buceo libre" están muy diversificados. Tiene grandes efectos saludables tanto a corto como largo plazo: *memoria*, *digestión*, *flexibilidad*, *equilibrio*, *auto - conciencia*, *bienestar*, *el método de evasión* o el *control de la respiración* proporcionando salud y vitalidad. Una actividad frecuente permite respirar mejor para sentirse pleno en consonancia con el cuerpo y la mente. Por lo tanto, se produce una relajación de las tensiones musculares y el dolor, además de una mejora en la gestión del *estrés*. Respirar correctamente te ayuda a dominar el **freediving**. Se respira desde el *diafragma*, esta técnica es conocida como "respiración desde el estómago". Cuando aprendes esta técnica, el vientre se hincha al inalar, permitiendo aguantar la respiración, incluso más tiempo que con hiperventilación y es probable que más seguro. La clave es la preparación mental en armonía con la naturaleza.
Equilibrio emocional y espiritual, desde donde mantener la salud de forma natural y biológica. Estas técnicas son interpretadas por el cerebro como un signo de "no peligro", este comienza a generar *endorfinas* que conducen a las neuronas a una situación de normalidad, de relajación, bienestar y felicidad.

Contenido:

1º) Sesión **Mindfulness** (aula) ---------- 11:00 - 11:45h
2º) Teoría de **Apnea** (piscina) ---------- 12:00 - 13:00h
3º) **Apnea libre** (zona el caracol) ---------- 13:00 - 16:30h
4º) Meditación (playa) ---------- 16:30 - 17:30h

Por ejemplo, te puede hacer falta el "buceo libre" para observar ciertas criaturas acuáticas, como las ballenas y el tiburón ballena. Además, estar cómodo con esta modalidad permite disfrutar de manera más libre en nuestro mundo subacuático. Exploramos y experimentamos entornos que favorecen el resultado positivo, proporcionando valores de gratitud, alegría, libertad y despertar.
Los anteriores participantes han pasado por cosas como iniciar un negocio, hacer un cambio de carrera fundamental, dejar una mala relación, mudarse a una ciudad nueva, comenzar de nuevo trás una perdida devastadora y mucho más ... Incluso, si no está buscando ningún tipo de cambio en su vida, puede esperar conectar con personas increíbles, inspiradoras y aventureras como tú!

Incluye: Transporte, 3 Energy Bars, 8 Sushi, 2 Zumos Orgánicos, Guia/Instructor y Seguro.
Importante: la mitad del coste de la actividad se a de entregar al hacer la Reserva.
No se devolvera el dinero si la cancelacion se realiza durante los 24h anteriores a la actividad.

*Tal vez mas importante que la ubicación es el tipo de guia interpretativo y su estilo.
Recuerde que estará atrapado en su elección durante el transcurso de esta **Actividad**.

Scuba Dive

Diving with autonomous equipment work like an amazing underwater feel, reveals a different world, that only you can know why are you interested.
Are you looking for adventures?
Are you a nature lover?
Any other environment can´t equalize with the abundance and diversity of a crystalline coral reef or with the mysteries hidden by a flooded lake or quarry.
Do you like discover new things? Even in dive sites where are visited frequently, you will see things that most of the people never have seen.
- The diving with autonomous equipment can be intense and make you adrenaline release. Otherwise, bring peace and quiet time. You can be daring with a pleasing challenge that require training, planning, equipment and concentration or you can let yourself be carried away by the relaxation in some of the most beautiful and calm scenarios in the world.
- Diving is one of the most exciting activities that feature, what you feel and see is unique. There are always something new to see, a new place to explore and a new way to enjoy.
- It´s impossible to play out all the possibilities that diving offer.
- The lifestyle of the scuba diver require the presence of these four elements: equipment, education, experience and environment.
- It´s not necessary to be an athlete to dive, but you must to have a good physical health.
- Breath slowly and deeply with autonomous equipment, helping to control the stress.
- Aquatic life is one of the big attraction in dive. Many aquatic animals and plants have an natural attractive beauty or are strange and fascinating.
- Borne in mind the great diversity that the ocean present , most of the aquatic organisms are not a threat for the divers.
- The fact of being able to see and interact, as long as appropriate, with these organisms, is one of the privileges of being a diver.

Scuba Dive

When diving with autonomous equipment we can be in moments of exhausting activity, such as during the equipment management, the entrances and exits of the water, the currents, the excessive heat when the protective suit is worn in a warm climate, an emergency or unforeseen breakdowns. The best way to keeping up your knowledge and skills is to use them, so try to dive frequently. Be able to interface with other divers helps you to be informed of the latest exercises and trends. One of the best ways to keep your skills up is never give up in your successful training as a diver. Continuing your training increases your diving opportunities, since it allows you to make new friends, visit unknown places and explore other dive experiences. It is important to consider your progress as a diver after you certify yourself. People who plan and start their next step are more likely to continue with this activity. The diving community has discovered that there are three things that keep divers active:

- The social contexts that allow you to meet other divers.
- Go diving to different places.
- Define the objectives and them continue diving through continuous training as a diver.

Meet and know friends with us to people who dive. Divers from all corners of the world are in contact between each other. Regardless of which agency you have qualified, we propose you a universal Trip so you don´t miss anything and where there will be mountain and coast unlimited!

Health

Sushi

There are several ways to cook Sushi, fit every taste. Raw vegetables and fish are common. This is a fairly exhaustive list of Sushi ranked with there ingredients, most of the dishes are made with rice mixed with vinager, bon appetit:

Nigirizushi

Sake - raw salmon.
Maguro - a lean cut of tuna. This is the inexpensive variety of tuna. When it comes to tuna, fatty cuts are more expensive.
Toro - fatty bluefin tuna belly.
Ebi - cooked shrimp.
Tamagoyaki - fried egg.
Ika - squid.
Kani - crab leg (real crab not imitation crab).
Shako - mantis shrimp.
Chutoro - is similar to Toro (Fatty Bluefin tuna belly). The only difference is that it's a cut that's closer to the rear of the tuna and is less fatty.
Inarizushi - a fried tofu pouch filled with sushi rice.
Matsubagani - snow crab legs on rice.
Akami - top loin of bluefin tuna.
Sawara - spanish mackerel.
Kibinago - blue sprat.
Iwashi - sardine.
Mantegai - razor clam.
Mamakari - sprat.
Masu - trout.
Hokkigai - clam.
Kuruma - tiger prawn.
Katsuo - bonito garnished with grated ginger and chopped scallions, or sometimes with grated raw garlic.

Health

Unagi - freshwater eel broiled with a sweet sauce.
Shime Saba - marinated chub mackerel.
Tako - octopus.
Shiro Maguro - binnaga, white tuna.
Madai - red seabream snapper.

Maki, Uramaki y Husomaki

Kappa - covered with cucumber.
Uramaki o California roll - flip roll the name
Uramaki - Inside out maki. The nori is on the inside and rice on the outside. Made with cucumber, crab, avocado and sesame seeds.
Futo - literally: "fat roll", is a thick rolled sushi with multiple ingredients. Usually futomaki are mostly vegetables with ingredients such as cucumber, kanpyo, takenoko, egg and raw or cooked seafood.
Natto - smelly, slimy, fermented soybeans.
Umeboshi - made from Ume fruits. They are valued for their unique taste & health properties. It's important not to eat too many. They are high in lactic acid and salt.
Daikon Oshinko - literally: "large root", is a rolled sushi with radish. They are quite tasteless.
Kanpyo - pickled kanpyo rolls.
Hosomaki - avacado hosomaki (thin rolls).
Anakyu - sea eel and cucumber.
Spicy tuna - ground tuna and red chilli pepper.
Umekyo - cucumber and pickled Japanese plum.
Spicy indian - mushroom, red chilly powder, turmeric, ginger garlic paste, shredded coconut, cashew nuts and MTR chutney masala.
Tsunamayo - roll tuna and mayonnaise.
Tekkamaki - tuna thin roll.
Gimbap - gim and bap are the two basic components. Include cheese, kimchi and spicy tuna.
Negitoro - negi and fatty bluefin tuna belly.
Yuba - rolls wrapped in yuba (tofu skin).

Let´s go rolling together, enjoy please!

NEXT NUMBER

Trail Travel nº9 Summer

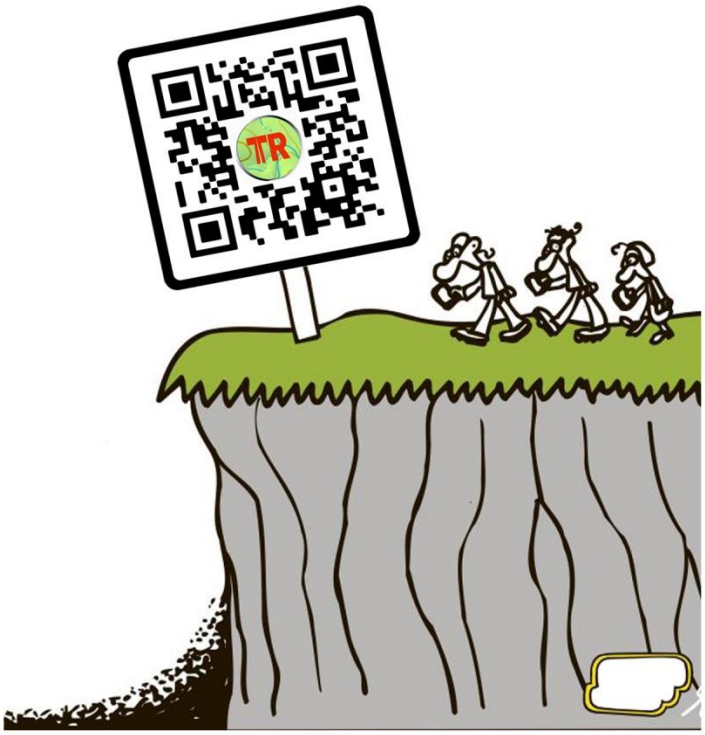
>> *Social Work:*
U.T. Aneto & Posets
U.T. Harrica

>> *Pyrenean Trip:*
Aragón, Spain

>> *Adventure:*
Dive in Glacier

>> *Tours Vip's:*
Ribagorza
Ordesa

>> *Articles:*
Benasque
GR - 11



GET SPECIAL OFFERS

THURSDAY 5 MAY 2022 AT 8:30PM

2FOR1

IN 50% OF THE PRODUCTS