



SPRING SEMINAR A CORUÑA 2024

ENPHE



UNIVERSIDADE DA CORUÑA



INDEX

1. ACCOMODATION	3
1.1. HOTELS	3
1.1.1. HOTEL PLAZA (4****)	3
1.1.2. HOTEL EXE CORUÑA (4****)	4
1.1.3. HOTEL RIAZOR (4****)	5
1.1.4. HOTEL ZENIT CORUÑA (4****)	6
1.1.5. HOTEL AVENIDA (3****)	7
1.1.6. HOTEL EUROSTARS BLUE CORUÑA (4****)	8
1.1.7. HOTEL HESPERIA CORUÑA CENTRO (4****)	9
1.1.8. HOTEL MELIA MARIA PITA (4****)	10
1.1.9. NH HOTELES FINISTERRE	11
1.2. HOSTELS	12
1.2.1. SAUDADE HOSTAL CAFETERÍA (3****)	12
1.2.2. HOSTAL HOTIL (3****)	13
1.2.3. PENSIÓN LAS RÍAS (1*)	14
2. MOBILITY	15
2.1. CITY BUS	15
2.1.1. MILLENIUM PRÓXIMA (BUS PASS)	15
2.2. WALKING	15
2.3. CABIFY	16
2.4. TAXI	16



1. ACCOMODATION

1.1. HOTELS

1.1.1. HOTEL PLAZA (4****)

Web link: www.hotelplaza.es

Location: Rúa Santiago Rey Fernández Latorre, 45, 15006 A Coruña

Google maps: <https://maps.app.goo.gl/aEBRhwlL23Kap7yv8>

Contact info:

- Phone number: (+34) 981290111
- Mail: plaza@hotelplaza.es

Hotel services

- Rooms (88 rooms)
 - o Matrimonial City View
 - o Double
 - o Premium
 - o Junior suites
 - o Double (but individual use)
 - o Single room
 - o Triple
 - o Adapted
 - o Family room

Prices

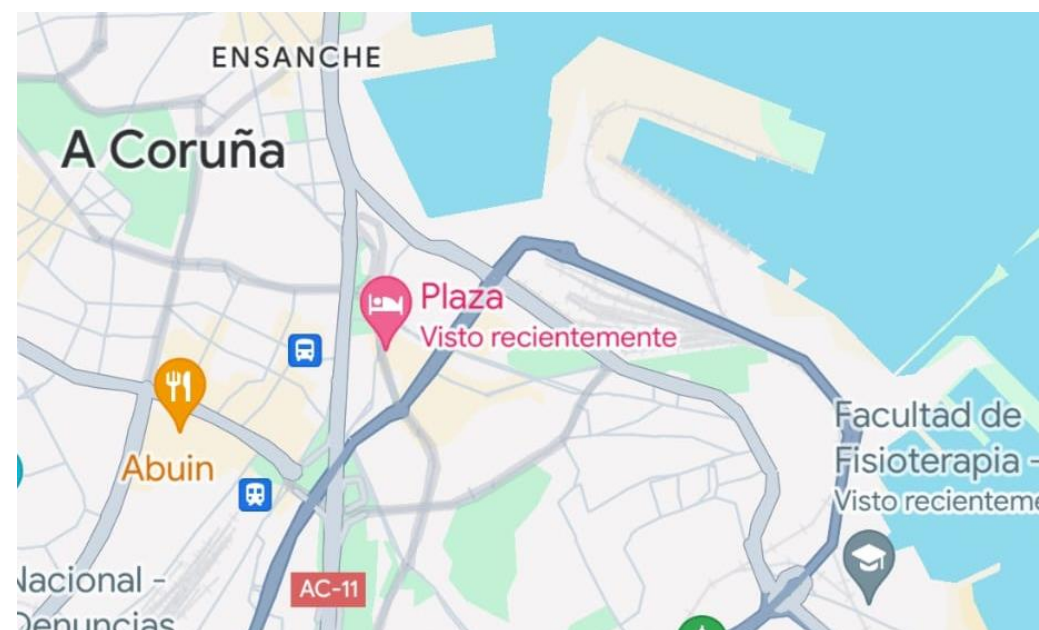
70€ VAT included, with Breakfast (a possible discount voucher by the Faculty)

Mobility services:

- Walking (2,2km to the faculty, 33 mins aprox and less than one km to the city centre)
- Bus lines (to the faculty): [12](#), [20](#), [2A](#) (this is the best option)
- Taxi Stop: in front of the hotel- 4-6€ to the faculty

Nearby services:

- Supermarket: Froiz(250m), Gadis (250m)
- Pharmacy: CastroFarmacia24h (50m)
- Automatic Teller: Santander Bank (200m), EuroAutomatic Cash (280m)





1.1.2. HOTEL EXE CORUÑA (4****)

Web link: www.eurostarshotels.com/exe-coruna.html

Location: Rúa Ramón y Cajal, 53, 15006 A Coruña

Google maps: <https://maps.app.goo.gl/edAB6cnibgpzEPVX9>

Contact info:

- Phone number: (+34) 981242711
- Mail: reservas@execoruna.com

Hotel services

- Breakfast free
- Rooms (181)
 - o Double
 - o Twin basic
 - o Triple
 - o Familiar
 - o Premium superior
 - o Premium

Price

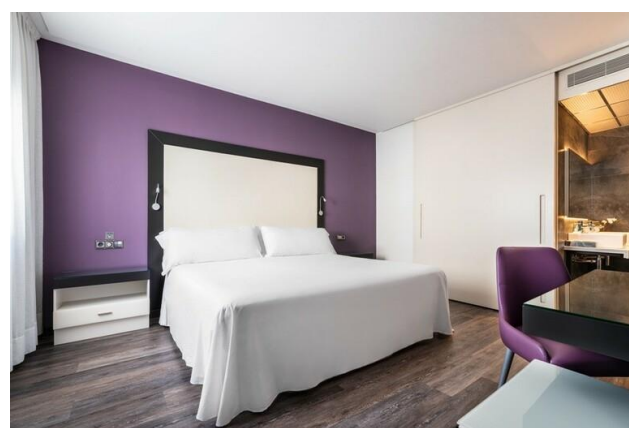
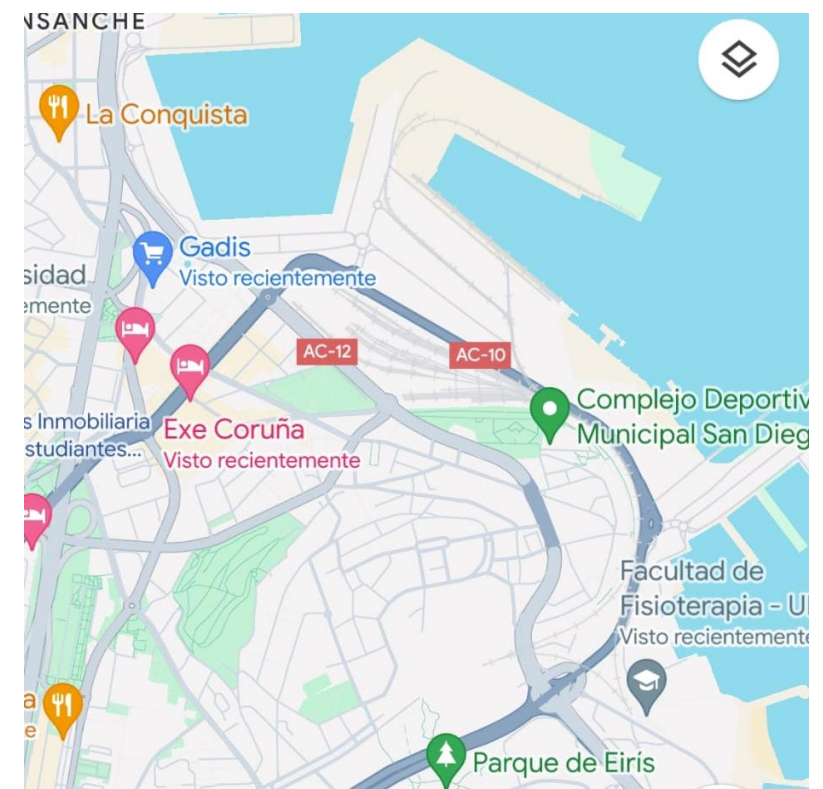
Approximately 60-90€/night (breakfast included)

Mobility services:

- Walking (1,9 km to the faculty, same to the the city centre) – 25mins
- Bus lines (to the faculty): **12, 20, 2A** (this is the best option, very quick)

Nearby services:

- Supermarket: Froiz(250m), Gadis (50m)
- Shopping centre: 50m (ElCorteInglés)
- Pharmacy: CastroFarmacia24h (500m), Rosa Camaño (50m)
- Automatic Teller: Santander Bank (100m), EuroAutomatic Cash (80m)





1.1.3. HOTEL RIAZOR (4****)

Web link: <https://www.riazorhotel.com/>

Location: Avda. Pedro Barrie de la Maza, 29 15004 La Coruña

Google maps: <https://maps.app.goo.gl/7xddFVWXCgSkQ47o9>

Contact info:

- Phone number: (+34) 981253400
- Mail: reservas@riazorhotel.com

Hotel services

- Rooms
 - o Double room, 1 person
 - o Double room, 2 persons
- None of them include breakfast (16€/person per night)
- In the city centre, sea views and in front of Riazor's promenade.

Prices

- o **Double room, 1 person (65,97€)**
- o **Double room, 2 persons (80,97€)**

Mobility services:

- Walking (3,3 km to the faculty) –45 mins aprox
- Bus lines (to the faculty): **2A, 20 (closest bus stop and quickest trip)**
- Taxi Stop: in front of the hotel- 7-8€ to the faculty

Nearby services:

- Supermarket: Gadis (500m), Eroski Rapid (250m)
- Pharmacy: Carmen Castro de Ron (350m)
- Automatic Teller: Santander Bank (600m)
- Riazor and Orzan Beaches (20m)





1.1.4. HOTEL ZENIT CORUÑA (4****)

Web link: <https://coruna.zenithoteles.com/es>

Location: C/Comandante Fontanes, 19, 15003 A Coruña, España

Google maps: <https://maps.app.goo.gl/BaWGPhYyRUDUPjdS8>

Contact info:

- Phone number: (+34) 981 218 484
- Mail: coruna@zenithoteles.com

Hotel services

- Rooms (70)
 - o Double room
 - o Twin room
 - o Single room

Prices

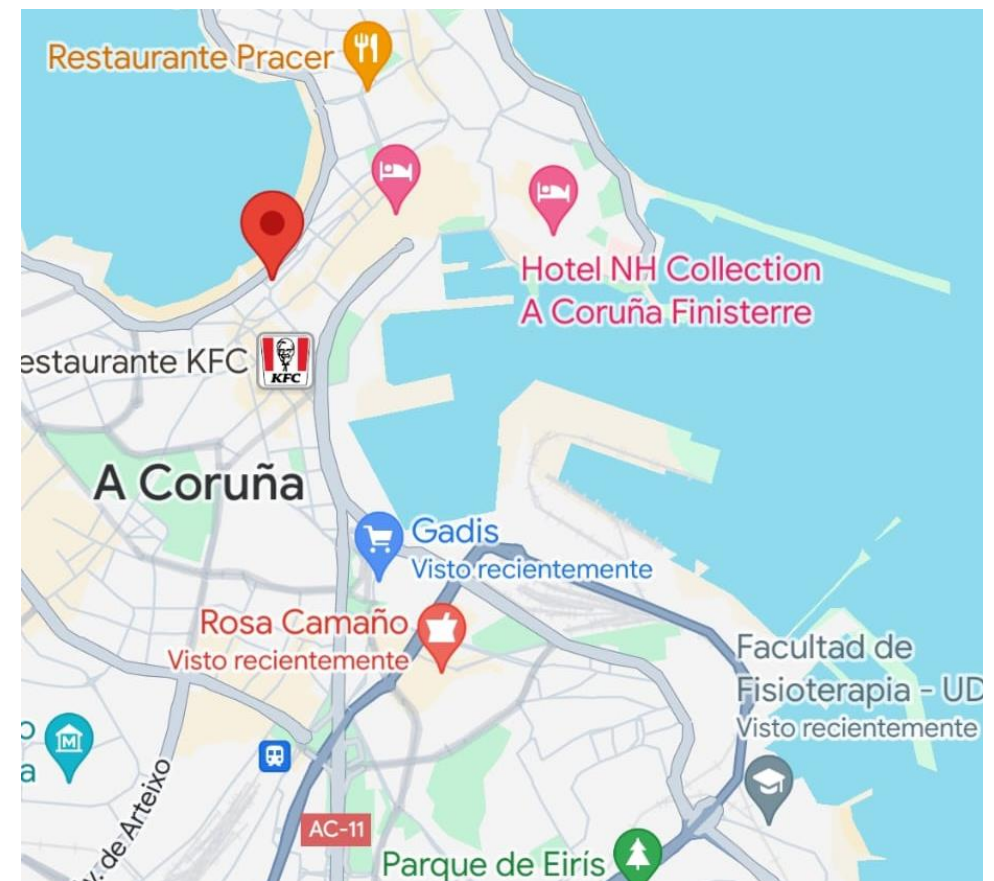
Approximately 85€/night (breakfast 15€/day)

Mobility services:

- Walking (3,4 km to the faculty) –45 mins aprox
- Bus lines (to the faculty): **20 (closest bus stop and quickest trip)**, 2A, 22
- Taxi Stop: next to the highschool- 7-8€ to the faculty

Nearby services:

- Supermarket: Gadis (500m), Eroski Rapid (250m)
- Pharmacy: Carmen Castro de Ron (300m)
- Automatic Teller: Santander Bank (550m)
- Riazor and Orzan Beaches (40m)





1.1.5. HOTEL AVENIDA (3***)

Closest to the train station

Web link: www.hotelavenida.com

Location: Rda. de Outeiro, 99A, 15007 A Coruña

Google maps: <https://maps.app.goo.gl/DHxKUi91oqvsBkb99>

Contact info:

- Phone number: (+34) 981249466
- Mail: avenida@hotelavenida.com

Hotel services

- Rooms (75)
 - o Double room
 - o Single room
 - o Familiar
 - o Junior suite
 - o Triple

Prices

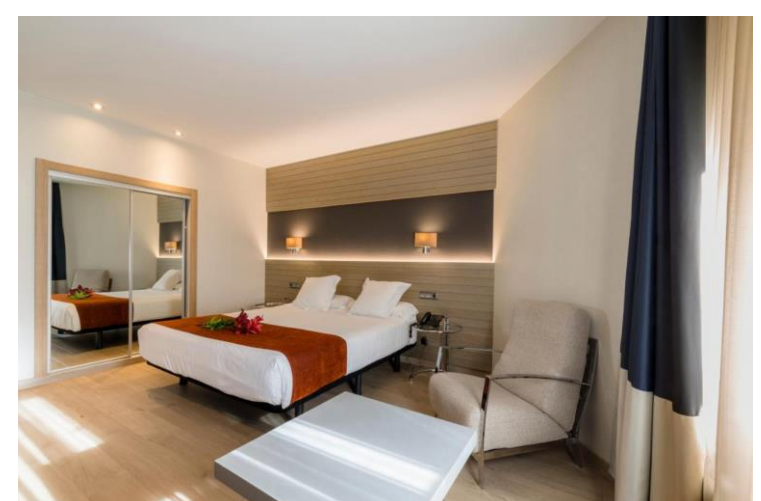
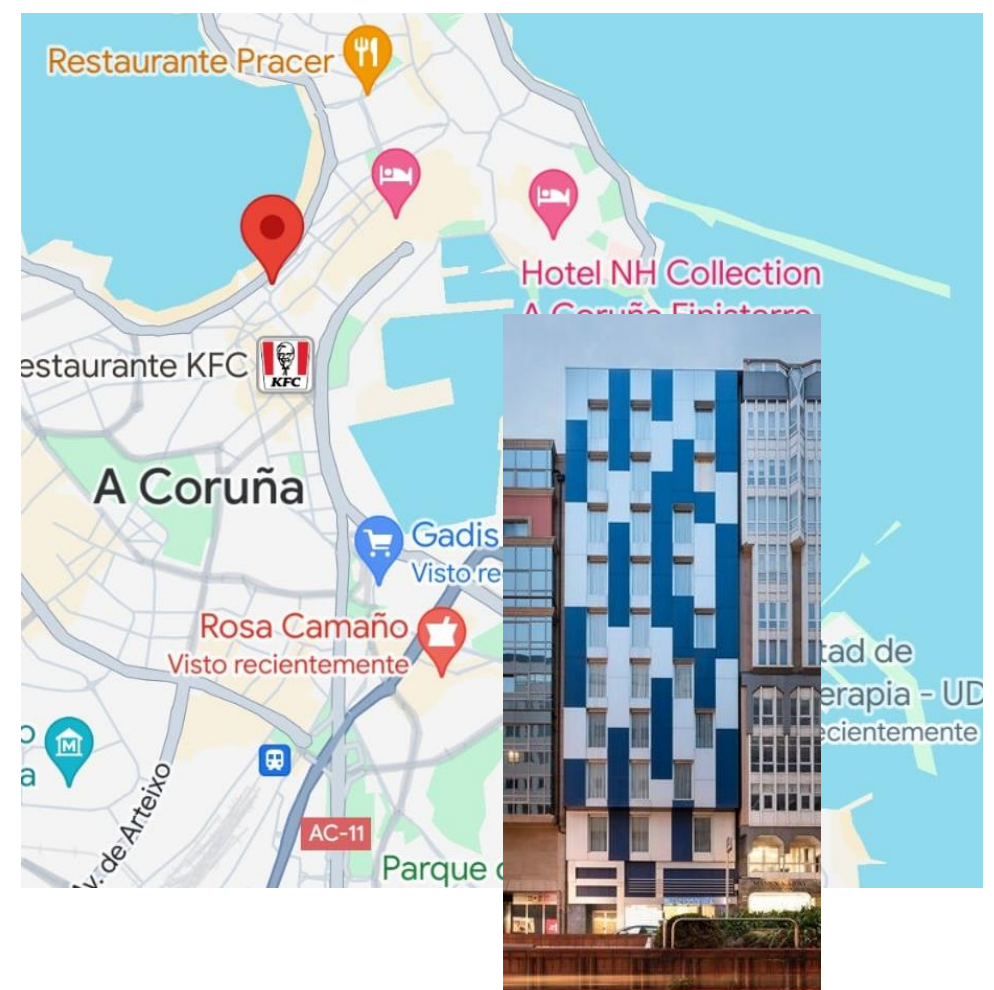
81€ aprox/night (breakfast 12€/day)

Mobility services:

- Walking (1,7km to the faculty) -25 mins aprox
- Bus lines (to the faculty): (2, 20, 12, 2A)

Nearby services:

- Supermarket: Gadis (300m)
- Pharmacy: Miguelez (500m)
- Automatic Teller: ATM KutxaBank (550m)
- Train Station: (260m)





1.1.6. HOTEL EUROSTARS BLUE CORUÑA (4****)

Web link: <https://www.eurostarshotels.com/eurostars-blue-coruna.html>

Location: Rúa Juana de Vega, 7, A, 15004 A Coruña

Google maps: <https://maps.app.goo.gl/Swa4FV4tv1huha6b8>

Contact info:

- Phone number: 881888555
- Mail: reservas@eurostarsbluecoruna.com

Hotel services

- Rooms (70)
 - o Double room or standard twin
 - o Twin room with views
 - o Individual room
 - o Junior suite with terrace and views
 - o Double or twin room with terrace
 - o Twin room with views and extra bed

Prices

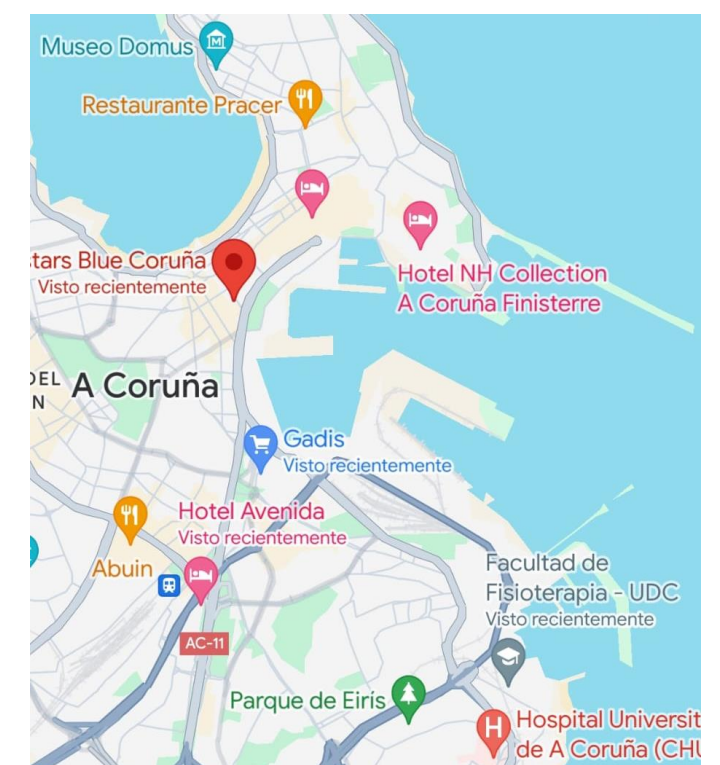
99€ aprox/night (breakfast 13€/day)

Mobility services:

- Walking (3km to the faculty) –45 mins aprox
- Bus lines (to the faculty): [17](#), [2A](#), [22](#)

Nearby services

- Supermarket: SuperCor (30m), Gadis (100m)
- Pharmacy (20m)
- Automatic Teller: ABANCA (300m)





1.1.7. HOTEL HESPERIA CORUÑA CENTRO (4****)

Web link: <https://www.hesperia.com/es/hoteles/espana/la-coruna/hotel-hesperia-a-coruna-centro>

Location: Rúa Juan Flórez, 16, 15004 A Coruña

Google maps: <https://maps.app.goo.gl/3VNGWJAC26FHH4378>

Contact info:

- Phone number: (+34) 981010300
- Mail: hhacorunacentro@hesperia.com

Hotel services

- Rooms
 - o Double room
 - o Triple
 - o Double superior
 - o Junior suite
 - o Junior suite with terrace
 - o Double Deluxe

Prices

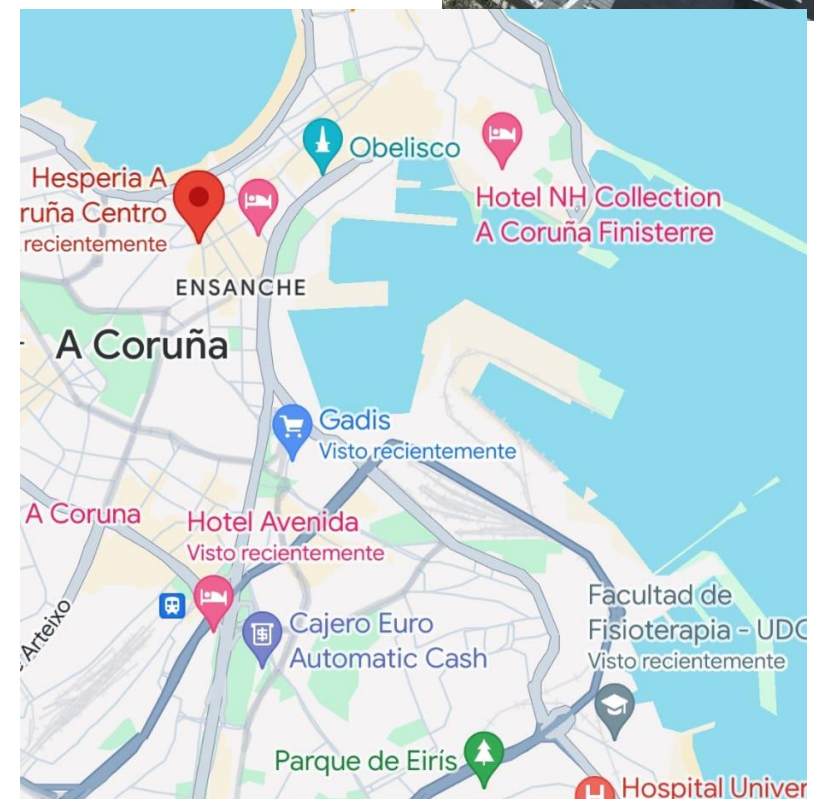
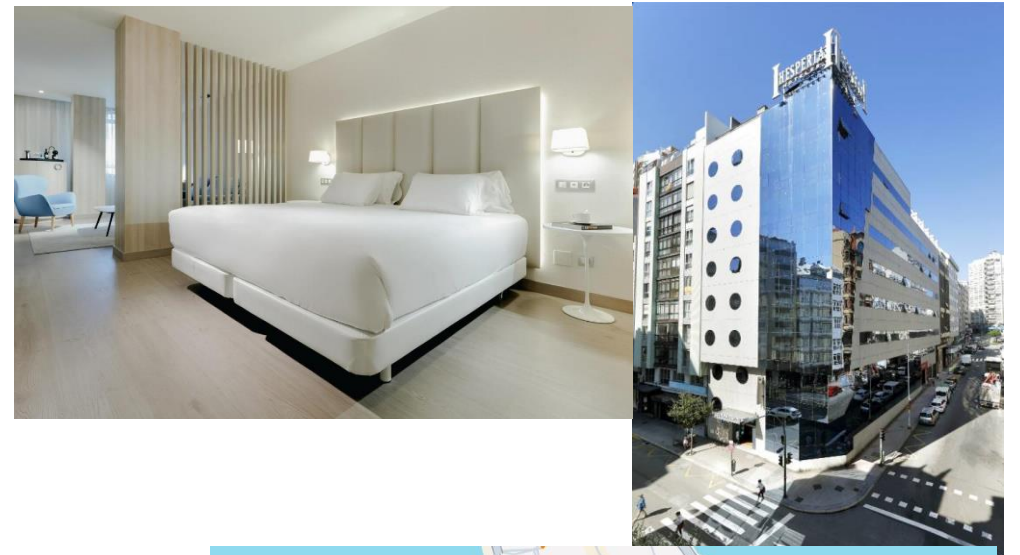
105€ aprox/night (breakfast 12€/day)

Mobility services:

- Walking (3,2km to the faculty) –45 mins aprox
- Bus lines (to the faculty): [10](#), [20](#)

Nearby services

- Supermarket: Eroski (50m), Gadis (20m)
- Pharmacy (40m)
- Automatic Teller: Santander (70)





1.1.8. HOTEL MELIA MARIA PITA (4****)

Web link: www.melia.com/es/hoteles/espana/a-coruna/melia-maria-pita

Location: Av. de Pedro Barrié de la Maza, 3, 15003 A Coruña

Google maps: <https://maps.app.goo.gl/Y618hb9xw8KupnvE9>

Contact info:

- Phone number: (+34) 981205000
- Mail: melia.maria.pita@melia.com

Hotel services

- Rooms (8)
 - o Double room
 - o Double room with views
 - o Deluxe room with view
 - o Premium room with sea views
 - o Familiar room
 - o Junior suite dúplex with sea views
 - o Grand suite dúplex with views
 - o Room with terrace and views

Prices

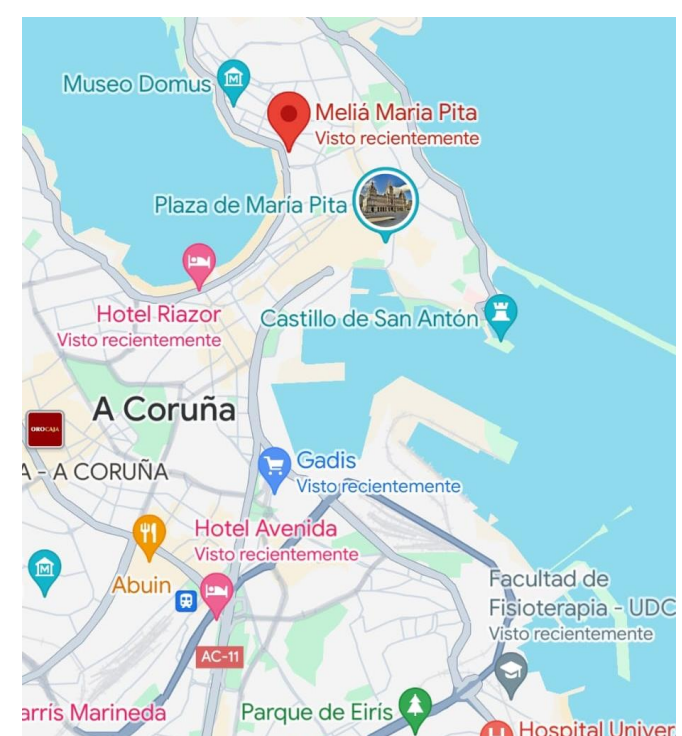
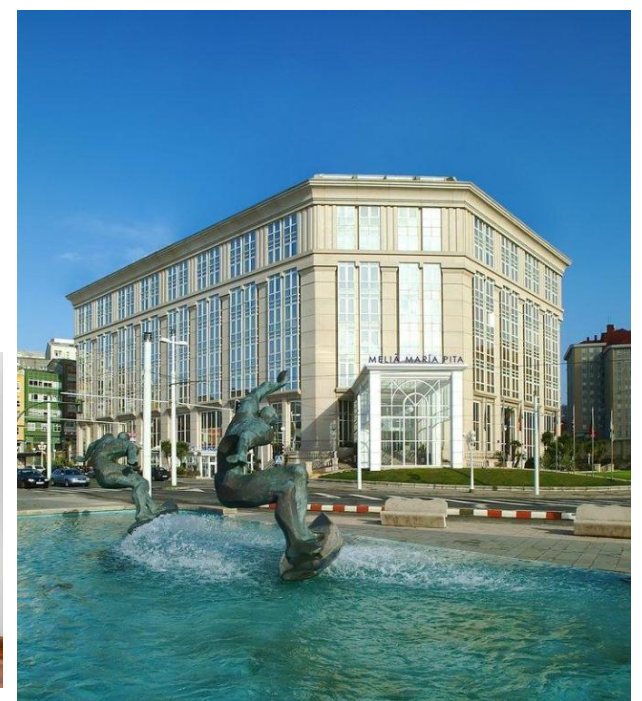
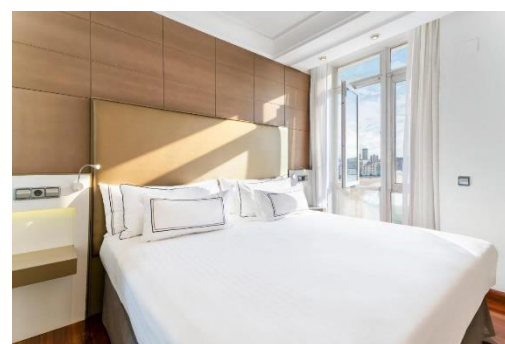
130€ aprox/night (breakfast 18€/day)

Mobility services:

- Walking (4,2km to the faculty) –1h aprox
- Bus lines (to the faculty): [2A](#)

Nearby services

- Supermarket: Gadis (300m), Froiz (400m)
- Pharmacy: CastroFarmacia (500m)
- Automatic teller: Santander (600m)





1.1.9. NH HOTELES FINISTERRE

Web link: <https://www.nh-hotels.com/es/hotel/nh-collection-a-coruna-finisterre>

Location: Paseo del Parrote, 2-4, 15001 A Coruña, España

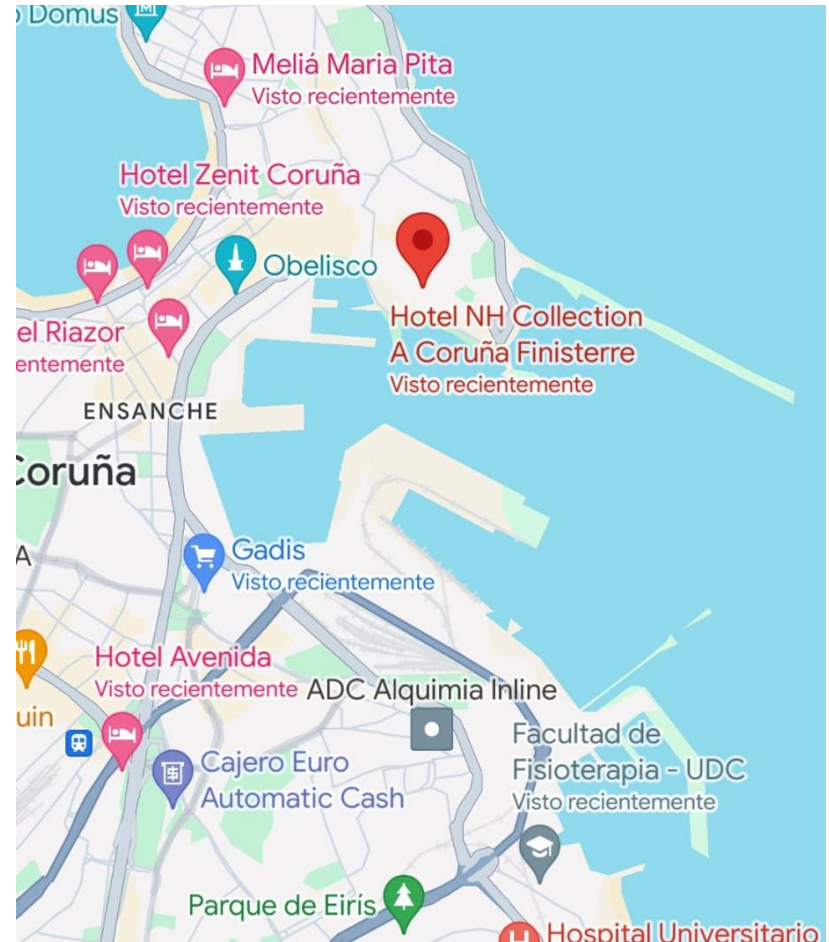
Google maps: <https://maps.app.goo.gl/3q3kzb2Dp4NjvF6V7>

Contact info:

- Phone number: (+34) 981205400
- Mail: nhcollectionfinisterre@nh-hotels.com

Hotel services

- Rooms
 - o Superior room
 - o Superior room with sea view
 - o Superior room with city view
 - o Premium with sea view
 - o Family adjoining
 - o Family room quadruple with sea view
 - o Junior suite with sea view
 - o Suite with sea view
 - o Suite with city view
 - o Presidential suit with sea view



Prices

110€ aprox/night (breakfast 25€/day)

Mobility services:

- Walking (4,2km to the faculty) –1h aprox
- Bus lines (to the faculty):
 - o Reference bus stops to the **Faculty (seminar venue)**
 - Hotel: O parrote, capitanía (2A)
 - Faculty: Hospital de Oza (2A) – 4 mins to the faculty
 - o Reference bus stops for the **return journey**
 - Faculty: Campus de Oza (2A)
 - Hotel: Parrote, hotel Finisterre (2A)

Nearby services:

- Supermarket: Froiz (450m)
- Pharmacy: CastroFarmacia (500m)
- Automatic Teller: Santander (300m)



1.2. HOSTELS

1.2.1. SAUDADE HOSTAL CAFETERÍA (3***)

Web link: <https://instagram.com/saudadehostal?igshid=OGQ5ZDc2ODk2ZA==>

Location: Tr.ª Rianxo, 6, 15009 A Coruña

Google maps: <https://maps.app.goo.gl/34qE1FKyxy8w8cjJ7>

Contact info:

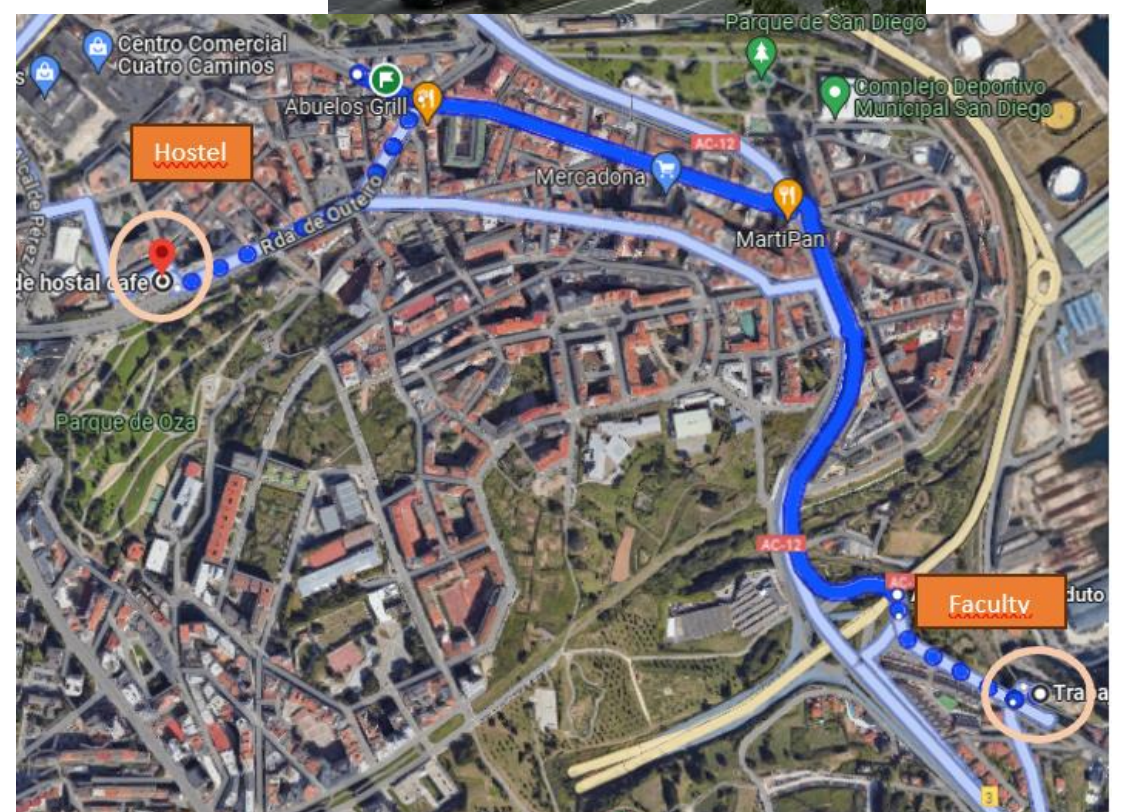
- Phone number: 651730246
- Mail: saudadecafehostal@gmail.com

Hotel services

- Rooms with views to Oza Park
- Toilet/Shower in the room
- TV
- Heating
- Free Wifi
- Diary cleaning service
- Bar on the ground floor of the hostel
- Rooms
 - o Individual beds
 - o Double beds
 - o Double big beds
- **Price for 2 nights:**
 - o **Double room for 2 people (90 euros)**
- **Mobility services:**
 - o **Walking** (1.7km to the faculty) – 25 mins aprox
 - o **Bus lines (to the faculty): 12, 20, 2A** (this is the best option, very quick)
 - o **Taxi Stop:** in front of the El Corte Ingles Shopping Center (7 minutes walking)- 4-6€ to the faculty

Nearby services:

- Supermarket: Familia (60m, 1 minute), Gadis (150 m, 5 min, inside the shopping center)
- Pharmacy: Farmacia Fariña (280m, 4 minutes), Farmacia Blanco (350m, 5 minutes)
- Automatic Teller: EuroAutomatic Cash (550m, 7 minutes inside the shopping center)





1.2.2. HOSTAL HOTIL (3***)

Web link: <https://www.hostalhotil.com/>

Location: C/ Galera, 26-28. 15003 - La Coruña

Google maps: <https://maps.app.goo.gl/yCUhpCb7v6qGT7et7>

Contact info:

- Phone number: (+34) 981976302
- Mail: recepcion@hostalhotil.com

Hotel services

- Rooms
 - o Individual room
 - o Economic double room
 - o Deluxe double or twin room
 - o Triple
 - o Suite

Prices

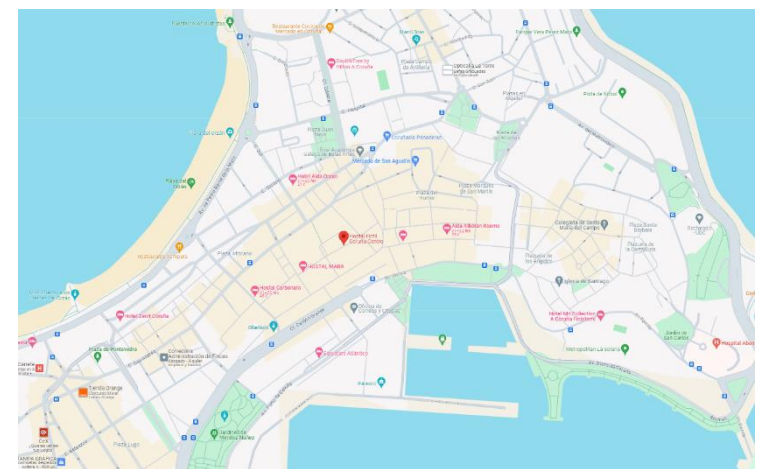
50€ aprox/night (no breakfast option)

Mobility services:

- Walking (4,2km to the faculty) –1h aprox
- Bus lines (to the faculty): [2A](#)

Nearby services

- Supermarket: Froiz (300m)
- Pharmacy: Ramón Quinza (100m)
- Automatic Teller: ABANCA (700m)





1.2.3. PENSIÓN LAS RÍAS (1*)

Web link: <https://www.pensionrias.com/>

Location: San Andrés 141, 2º izda. 15003, A Coruña (Galicia) España

Google maps: <https://maps.app.goo.gl/XtG6Hgg48f87myZQ7>

Contact info:

- Phone number: (+34) 981 226 879
- Mail: recepcion@pensionrias.com

Hotel services

- Rooms:
 - o Double or twin room
 - o Double superior



Prices

50€ /night per person aprox (no breakfast available)

Mobility services

- Walking (3km to the faculty) –45 mins aprox
- Bus lines (to the faculty): [17](#), [2A](#), [17](#), [22](#)

Nearby services:

- Supermarket: Gadis (200m), Froiz, (50m).
- Pharmacy: Contreras (60m)
- Automatic Teller: ABANCA (10m), Santander (450m)





2. MOBILITY

2.1. CITY BUS

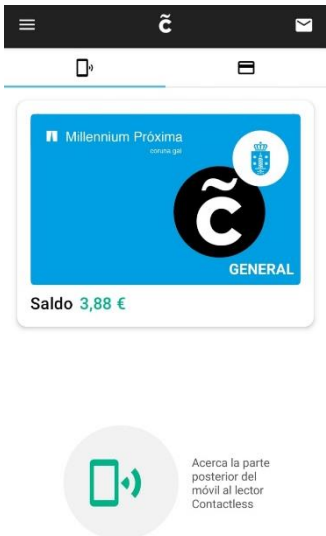
The city bus can be paid **ONLY in cash**. Each ticket (without bus voucher) costs €1.35 and taking into account the two days that are the congress, it will be about €8, making 2-3 daily trips. However, we consider that the most recommended option is the “MILLENIUM PRÓXIMA”.

2.1.1. MILLENIUM PRÓXIMA (BUS PASS)

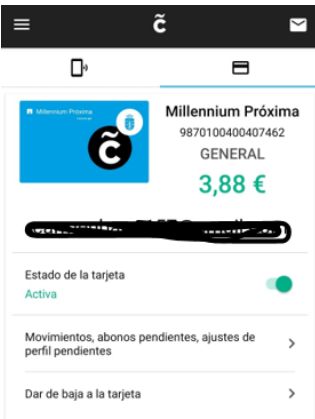
It is a mobile application that emulates a bus card. At the moment, it is only valid for Android phones and to use it, you would need the mobile phone to have NFC. However, if any of these things change, we will notify you as we learn.

Here we leave a small tutorial to install the card:

- 1. Install the app from the Play Store
- 2. Create an account and once we see the following screen, we proceed to enter balance.



- 3. To enter balance, you will have to click on the card symbol, at the top right. The following will appear.



- 4. By clicking on the orange button at the bottom right, we then click on “recharge with other cards” and enter the data. Once they are there, we confirm (the bank may ask you for another confirmation) and the balance updates itself. From here, you can now use your card. Each trip will cost you 38 cents.

2.2. BUS LINES

Reference bus stops to the Faculty (ENPHE Seminar venue)

If you take the line...	you must get off
2A	“Hospital de Oza” and you must walk 4 minutes to the faculty
20	“Av. Da Pasaxe, Casablanca”, (Renault) and you must walk 8 minutes to the faculty
12	“Av. Da Pasaxe, Casablanca”, (Renault) and you must walk 8 minutes to the faculty



Reference bus stops for the **return journey**

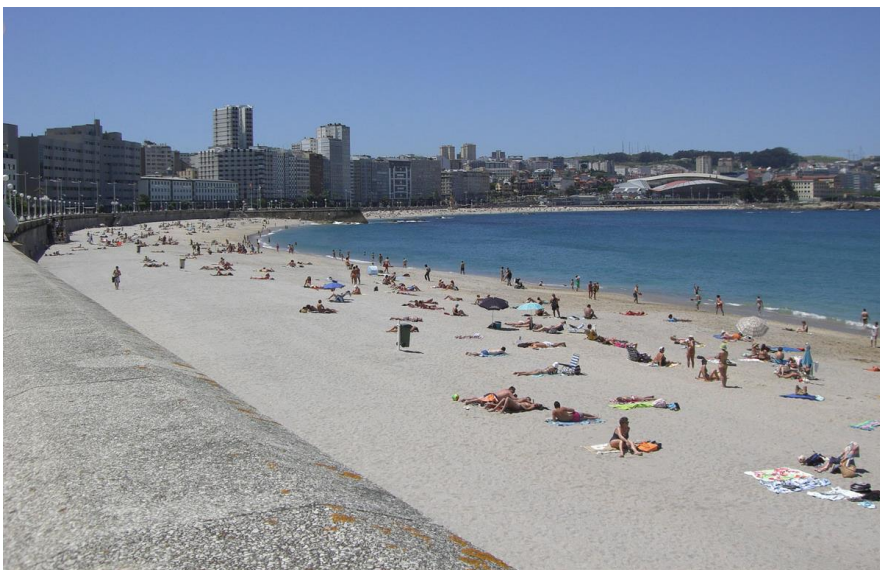
If you take the line...	you must take it
2A	You must walk to "Hospital de Oza" 1 minute and you must take the bus

2.3. WALKING

A Coruña is a city prepared to walk almost anywhere. In the hotel and hostel area we have been adding the different walking routes that can be taken. However, in this section we will talk about some of the walking routes or views that can be seen on foot.

Coruña is, broadly speaking, a peninsula surrounded by ocean. On that edge we find a 13 km promenade where you can find incredible views and landscapes, as well as monuments such as the Tower of Hercules (the oldest operating lighthouse in the world, the only Roman one and the third highest in Spain thanks to its 55 meters high) or stations like the aquarium, highly recommended.

Throughout the walk, we can see different landscapes: If from the lighthouse we go towards the football stadium, we find the mythical beaches of Riazor and Orzán, the Riazor Stadium, as well as some privileged views or even the sculpture of an octopus.



In the other direction, we will arrive at the marina, where we find the old town, Plaza María Pita and the San Antón castle.

All of this is surrounded by a great atmosphere of bars and music where you can enjoy the landscape and the good atmosphere.

If we continue in this direction, we will reach the Faculty of Physiotherapy, passing through the Méndez Núñez gardens, the Fish Market, San Diego Park and another very busy neighborhood of the city.

In the middle of the two coasts, there is what is the metropolitan part: shops, shopping centers. In it we find the mythical Plaza de Lugo, with its market and the opera palace, with the Santa Margarita Park and the House of Sciences.

2.4. CABIFY

Just to say that Uber does not work in Coruña, but Cabify does, which is the same.

2.5. TAXI

In each accommodation, the closest taxi ranks, if any, have been specified. **Radio Taxi Coruña: (+34) 981 24 33**

