

## Cádiz offers a tourist route with Atlantic seaweed as the star attraction

### Collection in estuaries, gourmet menus and algae therapy complete the initiative

Ogonori, Aonori Green, in addition to being delicious and healthy are source of inspiration for the Bay of Cádiz. Compuertas Natural Park offers an itinerary with Atlantic seaweed as the common thread for an experience including collection in estuaries, a tour of the Export Company, food tasting and finally, algae therapy.

The route starts early with the collection of algae in the marshes of San Fernando before visiting the Bay of Cádiz Natural Park Visitor Centre, where the biological clock is not marked by day and night but rather by the tide, with flora and fauna adapted to the extreme environment. A labyrinth of reeds, water and salt where algae inhabits this natural area.

Along the route, from the mud, wearing wetsuits, while collecting Aonori Green or Salicornia algae from the Ogonori marshes, a plant that grows along the edge of bodies of salt water and which, it is explained, that due to its similarity to the produce cultivated in fields, is also known as sea asparagus. Next, the algae is transferred to the Suralgae headquarters, where it is cleaned by hand and prepared for fresh, dried or salted presentation in order for the kitchen to offers the aroma, flavour and texture of the sea, either as a garnish or as a main highlight of the menu. There, a sensory evaluation is offered in order to distinguish the different characteristics of algae.

Green algae is familiar as it is commonly seen along the edge of the beach, but there is also red, brown, white and blue algae as well as some algae, which is much more common than we think as it is used to make gelatins, for example.

The algae from the natural estuaries of San Fernando, unlike Atlantic algae, is especially delicious "because here it is fed more, it receives more sunlight and is protected and therefore grows better than in the open sea. Thus, here it has more colour and a more intense taste".

Very near Suralgae is Casa Miguel, also in San Fernando, where the young chef Miguel Ángel López prepares appetizing dishes such as garlic prawns wrapped in Aonori Green, seafood paella with seaweed garnish or shrimp sautéed with sea asparagus in a traditional family restaurant with a typical flower-covered Andalusian patio. Compuertas has also recently incorporated the restaurant Real 210, managed by Mauro Barreiro, renowned chef in the province. This speciality may be enjoyed in either of the restaurants.

The route ends with an algae therapy session in Cádiz in order to provide a sensation of cooling and well-being to the skin through the absorption of vitamins, trace elements, oligosaccharides and polysaccharides containing algae.

Algae has all the components that the human body may need and in the right proportions.

Compuertas offers a weekend route to learn about the world of algae in-depth with accommodations at the Hotel H2 Salymar in San Fernando.

[www.compuertas.es](http://www.compuertas.es)  
[www.suralgae.com](http://www.suralgae.com)