



CASTILLA Y LEÓN

es vida

[ STJ  
500 ]  
V CENTENARIO  
DEL NACIMIENTO  
DE SANTA TERESA  
DE JESÚS

# Teresa teresiana en Castilla y León

Routes of St Teresa in Castilla y León



Junta de  
Castilla y León

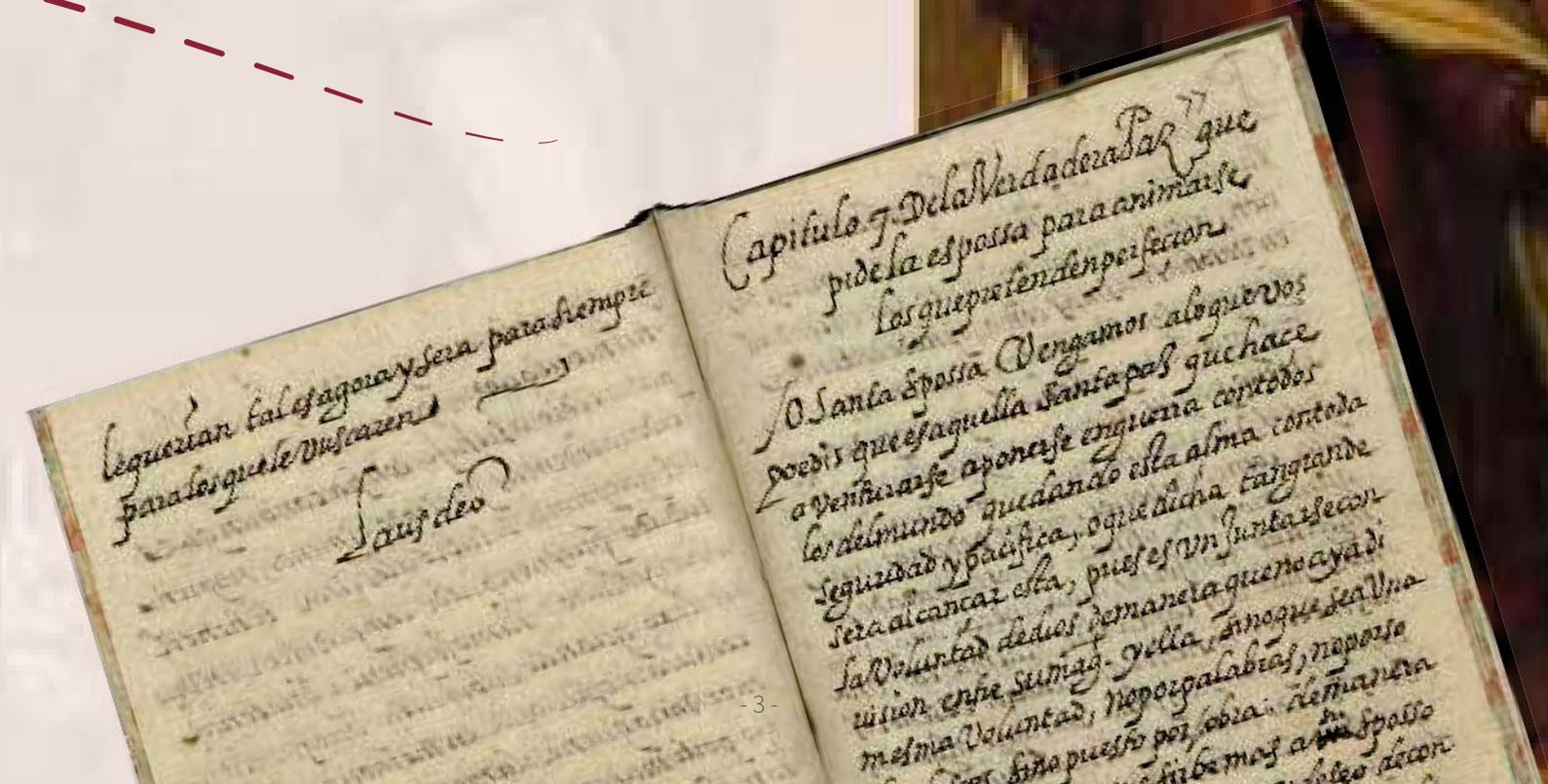


# Introduction

## 5th Centenary and Routes of St Teresa in Castilla y León

St Teresa of Ávila was born in Ávila on 28 March 1515. Founder of the Barefoot Carmelites, a branch of the Order of Nuestra Señora del Monte Carmelo, mystic, writer and Doctor of the Catholic Church.

On the occasion of the 5th Centenary of the Birth of St Teresa, various routes have been designed in Castilla y León to join together the towns and villages in which St Teresa carried out her foundations: "Teresian Cities". There are nine Teresian Cities in Castilla y León: Ávila, Segovia, Soria, Burgos, Palencia, Valladolid, Medina del Campo, Salamanca and Alba de Tormes.





# Chronology

## Life, moments, places and foundational routes of St Teresa.

The historical context of St Teresa of Ávila is that of the great conquerors. She didn't travel long distances during her life, but she went much further. She didn't fight battles against the Indians, Moors or the English, but she described an interior struggle that was much harder. She does not describe the movements of the planets, but transmits a wisdom that goes beyond the furthest star and is revealed only to simple folk. She does not break away from the Church, but rather does something that is more difficult: she puts it into practice in the most radical and devoted way within the limits of the strictest obedience.

Events, moments and routes. "I live without living in me... And I hope for such an elevated life... But I die because I do not die".

She was born in Ávila on 28 March 1515.

Born to the noble family of Alonso Sánchez de Cepeda and Beatriz Dávila de Ahumada. Baptised in the church of San Juan Bautista in Ávila 1515.

She ran away with her brother Rodrigo to become a martyr in Moorish lands 1522.

Her mother died and she asked the Virgin Mary to adopt her as her own daughter 1528.

Her father decided to put her in the Convent of Nuestra Señora de Gracia 1531.

Her brother Rodrigo set off for America and Teresa entered the Monastery of La Encarnación, where she became convinced of her vocation, joining the community permanently against her father's wishes in 1535.

She suffered a severe illness that led her father to take her out of the Monastery of La Encarnación so she could be given medical care 1537.

After she had recovered, albeit with the marks left by her illness, she returned to the Monastery of La Encarnación 1539.

Her father died 1544.

From that moment on, her prayers were full of supernatural visions and states, albeit alternated with periods of emptiness 1554.

Although she received many elevated mystic experiences and visions, she dedicated herself to religious life with all its rigour and perfection. This led her to reform the Carmelite Order and found her first convent 1562.

From then on, St Teresa started her intense work, which ended only in her death. During her life, she governed her order, founded new convents and wrote her books. 1567-1582.

As she was returning from her foundation in Burgos, she stopped off in Medina del Campo but was required by the Duchess of Alba in Alba de Tormes. Sick and exhausted, she died in Ana de San Bartolomé's arms during the night of 4 October 1582.

Beatified by Paul V 1614.

Canonised by Gregory XV 1622.

Named Doctor of the Universal Church by Paul VI in 1970.

# Routes:

**G** *General Route* (pages 6 to 9)

This covers all 9 Teresian Cities.

**L** *Route of her life* (page 10)

The cities in which St Teresa was born and died: Ávila and Alba de Tormes.

**D** *Last Dwellings* (pages 11 to 12)

The cities St Teresa visited in the later years of her life: Soria, Palencia and Burgos.

**F** *First foundations* (page 13)

Ávila, Medina del Campo and Valladolid.

**H** *Teresa in the World Heritage Cities* (page 14)

This route joins together the Teresian Cities in Castilla y León that have also been designated World Heritage Cities by the UNESCO: Segovia, Ávila and Salamanca.





# General Route

Ávila, Segovia, Soria, Burgos, Palencia, Valladolid, Medina del Campo, Salamanca and Alba de Tormes.

This general route joins together all the towns, villages and cities in Castilla y León in which St Teresa founded a convent. It is not a chronological route but rather designed in a circular fashion. It begins in Ávila, which is where St Teresa was born, and ends in Alba de Tormes, which is where she is buried.



BURGOS



## Ávila - Segovia

There are two routes for driving from Ávila to Segovia: the N-110, which takes 1 hour and 8 minutes, or the AP-51, AP-6 and AP-61, which takes 1 hour and 14 minutes.



This route joins together two cities that have been designated World Heritage Sites by the UNESCO in a route that shows the natural beauty of both provinces and a horizon laden with mountains, since they are both near the National Park of Sierra de Guadarrama. To the south, we leave behind the Natural Park of the Valley of Iruelas, which is covered with pine groves and juniper forests inhabited by the black vulture and the Spanish imperial eagle, which are in danger of extinction.

As far as local gastronomy is concerned, we cannot leave Ávila without trying its *patatas revolconas*, haricot bean stew from El Barco de Ávila, *cocido morañego*, roast suckling pig of Arévalo, El Tiétar cheeses, Ávila veal and typical sweets, such as the famous *yemas de Santa Teresa*. All enjoyed with a good red wine made with Garnacha or Albillo Real grapes from Cebreros.

## Segovia - Soria

From Segovia to Soria, we travel along the N-110 and N-122 for approximately 3 hours and 5 minutes, admiring the countryside on both sides of the road, passing through interesting towns and villages, such as the red villages and black villages, passing by the Cave of Los Enebralejos and the peaks of Sierra de Guadarrama on our right.



Close to our route, in the province of Segovia, we have the Natural Reserves of Las Hoces del Río Duratón and Las Hoces del Río Riaza. Reserves forged by the courses of the rivers Duratón and Riaza, laden with birdlife and an important number of Griffon vultures and other birds of prey. The province of Soria is home to the Natural Reserve of El Cañón del Río Lobos, an area with a varied plant life that includes juniper trees and black pines, inhabited by interesting wildlife species, such as Griffon vultures, golden eagles, Egyptian vultures, falcons... roe deer, wild boars, squirrels, otters... and the Natural Reserve of El Sabinar de Calatañazor, with juniper trees over 300 years old, as well as the Natural Monument of La Fuentona.

As far as Segovia's gastronomy is concerned, visitors must try the famous suckling pig, the haricot bean stew of La Granja, Cantimpalos chorizo, which has a protected geographical designation, and the tasty dessert known as *Ponche Segoviano*, enjoyed with wines from the Ribera del Duero and Rueda designations of origin and others from the Valtien-das protected designation of origin.

## Soria - Burgos

To travel from Soria to Burgos, we recommend taking the N-234, a route that takes 2 hours and 26 minutes. The journey won't seem very long thanks to the changing countryside you see around you.



In the province of Soria, you will pass through beautiful wild pine tree forests and several places which, if you have the time, are well worth a visit. They include the reservoir of La Cuerda del Pozo on the River Duero, where you can enjoy a refreshing swim in good weather, the Natural Reserve of La Laguna Negra and the Glacier Cirques of Urbión, formed by steep mountains and interesting glacial lakes. In the province of Burgos, you will find footprints left behind by giant dinosaurs and the nearby Natural Reserve of Las Lagunas Glaciares de Neila in Sierra de la Demanda, home to a selection of wildlife that includes wolves, roe and other deer and plant life such as beech trees, black pines, oak and holly trees. During the journey, you will also see interesting monastic architecture and mediaeval buildings.

The local gastronomy includes the abundant and very tasty wild mushrooms to be found in Soria, *migas de pastor*, game dishes and products made with delicious butter. As far as wines are concerned, Soria is part of the Ribera del Duero designation of origin.

## Burgos - Palencia

From Burgos to Palencia, the road is very flat and we travel along the A-62/E-80. The journey takes 1 hour and 9 minutes and passes through dry- and irrigation-crop farmland, with the River Arlanzón flowing nearby, and typical Castilian villages.



A few kilometres away and for a good while, the Pilgrims' Route to Santiago runs almost parallel to our route and we can easily join up with it to see some of its most emblematic towns and villages. Near Palencia, we discover constructions that are typical of this province: dovecots. And we can also see the rich farmlands. The province of Palencia, especially the North, has the highest concentration of Romanesque monuments in Europe.

Burgos gastronomy includes a number of very famous products, such as its black pudding, rich dishes, such as *olla podrida*, delicious baby lamb roast in a wood-fired oven and, for dessert, Burgos cheese with walnuts and honey, known as *postre del abuelo*. The province of Burgos also has an important selection of wines from two leading designations of origin: Ribera del Duero and Arlanza.

## Palencia - Valladolid

The journey from Palencia to Valladolid takes just 52 minutes along the very fast A-62/ E-80, which runs parallel to the Castilla Canal, a work of engineering from the Enlightenment that marked the economy at the time and is currently used as a leisure route by hikers, horse-riding enthusiasts and cyclists, etc.



On our route, we see crop fields next to the road and the occasional factory and industrial building, located in this area thanks to the good connections. On the left, near Valladolid, we can see the moors, with their varied animal and plant life.

As far as the gastronomy in Palencia is concerned, typical dishes come from the farmlands, such as the famous Palencia minestrone, pigeons, which abound in this dovecot-laden area, and river crabs, a speciality in the province that holds a festival of regional tourist interest every year. For dessert, *tocinillo del cielo*. Palencia has two wine designations of origin: Cigales and Arlanza.

## Valladolid - Medina del Campo

The journey from Valladolid to Medina del Campo takes approximately 51 minutes along the A-62 and A-6. It is a very comfortable road that takes us past vineyards in the Rueda designation of origin and large pine groves and several wineries, many of which offer guided tours and tasting sessions.



A little further north along our route stands the Natural Reserve of Las Riberas de Castronuño-Vega del Duero, characterised by a gallery forest on both banks of the river, with poplars, willows and ash trees. There is a great deal of birdlife and we can see purple herons, Western marsh harriers and black-crowned night herons.

The province of Valladolid has a substantial amount of land dedicated to vineyards and forms part of 5 designations of origin: Ribera del Duero, Cigales, Rueda, Toro and Tierra de León. The culinary specialities include Castilian soups, made with the famous bread from Valladolid, baby lamb roasted in a wood-fired oven, Tordesillas-style chicken and *patatas a la importancia*.

## Medina del Campo - Salamanca

The next section takes us from Medina del Campo, where St Teresa founded her second convent, to Salamanca, home to her seventh foundation. This journey runs along the CL-602 and A-62 roads and takes approximately 1 hour and 17 minutes.



The countryside is typical flat Castilian land with large cereal or irrigation crop fields, as well as a few small rivers with riverbank clumps of trees, mainly made up of poplars. Once in the province of Salamanca, we cross the area of La Armuña, which is where the famous lentils are produced under the special IGP (Protected Geographical Indication).

In gastronomy, we have already mentioned the lentils, but Salamanca also has other dishes, such as *patatas meneas*, *hornazo*, fried baby goat and, of course, the cold meats from the designation of origin of Guijuelo, especially the ham from the Iberian pigs reared on the farms. In wines, Salamanca forms part of two designations of origin: Tierra del Vino de Zamora and Arribes; it also has a quality wine under the name of Vino de la Sierra de Salamanca.

## Salamanca - Alba de Tormes

The last section of this Teresian Route lies in the province of Salamanca and connects the capital, which is a World Heritage City, with the town of Alba de Tormes, St Teresa's eighth foundation in 1571 and the place where she died in 1582. The journey takes 33 minutes along the CL-510 road.

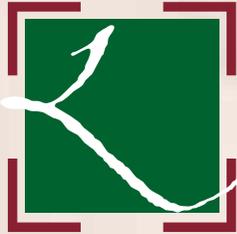


Salamanca is only 22 km from Alba de Tormes and, during the journey, we can enjoy the Salamanca countryside, with its holm oaks, often pruned in such a way that they look like ghosts, and cereal crop fields and other fields with the famous Iberian pigs and fighting bulls. The area has a wealth of natural ecosystems, whose conservation has ensured the survival of many animal and plant species.



As this route isn't particularly long, we can take advantage of our time in the province to see some of its outstanding natural areas, such as the Natural Reserve of Los Arribes del Duero, an area laden with terraces on which vines grow next to Mediterranean crops, such as orange and olive trees, and where the most emblematic species is the black stork. Another area is the Natural Reserve of Las Batuecas-Sierra de Francia, which is home to mountain goats, roe deer, black vultures and golden eagles, etc.





# Route of her Life:

Ávila and Alba de Tormes



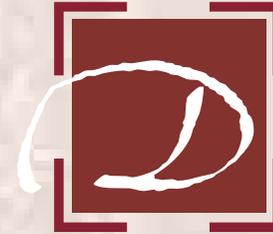
This route joins together the towns where St Teresa was born on 28 March 1515 and died on 4 October 1582 and they are home to the first and eighth foundations:

## Ávila and Alba de Tormes

By car, the journey takes 1 hour and 15 minutes, first of all following along the A-50 and, after we have reached Peñaranda de Bracamonte, along the SA-114. This is also a pilgrimage route and several stages can be covered by bicycle or on foot, passing through different villages related to St Teresa. As we leave Ávila, we pass through lands dotted with holm oaks on our way to La Moraña and Salamanca, where we come across cereal and irrigation crop fields.



As far as local gastronomy is concerned, we recommend *patatas revolconas* in Ávila, which is a dish of mashed potatoes similar to the *patatas meneás* of Salamanca, haricot bean stew from El Barco de Ávila, lentils from La Armuña, El Tiétar cheeses, Ávila veal or *hornazo*, cold meats from Guijuelo, especially the ham, and typical sweets, such as the famous *yemas de Santa Teresa* and the *bollo maimón* from Salamanca. All enjoyed with a good wine from Cebreros, Sierra de Salamanca or the Arribes, Rueda or Tierra del Vino de Zamora designations of origin.



# Last Dwellings:

Soria - Burgos - Palencia



During the last three years of her life (1580, 1581 and 1582), St Teresa travelled to Palencia, Soria and Burgos, where she founded her 14th, 15th and 17th (and last) convent of Barefoot Carmelites.



## Soria - Burgos

To travel from Soria to Burgos, we recommend taking the N-234, a route that takes 2 hours and 26 minutes. The journey won't seem very long thanks to the changing countryside you see around you.



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## Burgos - Palencia

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# First Foundations

## Ávila - Medina del Campo - Valladolid

St Teresa founded the first convent of Barefoot Carmelites in Ávila in 1562: the Monastery of San José. In 1567, she travelled to Medina del Campo, where she founded another convent and, one year later, in 1568, she completed another foundation in Valladolid.

### Ávila - Medina del Campo

From Ávila, we travel along the N-403 until we come to the A-6. We continue along this road until we reach Medina del Campo. The journey takes approximately 1 hour and 15 minutes.



On the way, we see the varied countryside of Ávila, passing by fields with oak and holm oak trees and large granite rocks. A few kilometres along the way, we come to the district of La Moraña, an area that is mainly flat and has large cereal crop fields, very typical of the Northern Plateau. The countryside is broken up by the River Adaja and its tributaries, which have provided the water for areas with small forests.

In gastronomy, we would highlight *cocido morañego* or *sanjuaniego* and the roast suckling pig of Arévalo, accompanied by wines from the Rueda designation of origin.

### Medina del Campo - Valladolid

The journey from Valladolid to Medina del Campo takes approximately 51 minutes along the A-62 and A-6. It is a very comfortable road that takes us past vineyards in the Rueda designation of origin and large pine groves and several wineries, many of which offer guided tours and tasting sessions.



A little further west along our route stands the Natural Reserve of Las Riberas de Castronuño-Vega del Duero, characterised by a gallery forest on both banks of the river, with poplars, willows and ash trees. There is a great deal of birdlife and we can see purple herons, Western marsh harriers and black-crowned night herons.

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# Teresa in the World Heritage Cities

Segovia - Ávila - Salamanca

This route runs between the Teresian Cities in Castilla y León that have also been designated World Heritage Sites by the UNESCO thanks to the beauty of their location, their environment, streets and buildings.

## Segovia - Ávila

There are two routes for driving from Ávila to Segovia: the N-110, which takes 1 hour and 8 minutes, or the AP-61, AP-6 and AP-51, which takes 1 hour and 14 minutes.



This route joins together two cities that have been designated World Heritage Sites by the UNESCO in a route that shows the natural beauty of both provinces and a horizon laden with mountains, since they are both near the National Park of Sierra de Guadarrama, characterised by its many wild pine forests that are home to deer, wild boar, roe deer, foxes and hares, etc.

As far as Segovia's gastronomy is concerned, visitors must try the famous suckling pig, the haricot bean stew of La Granja, Cantimpalos chorizo, which has a protected geographical designation, and the tasty dessert known as *Ponche Segoviano*, enjoyed with wines from the Ribera del Duero and Rueda designations of origin and others from the Valtiendas protected designation of origin.

## Ávila - Salamanca

For the journey from Ávila to Salamanca, there are two roads that run parallel to each other: we can choose either the N-501, which takes approximately 1 hour and 18 minutes, or the A-50, which takes approximately 1 hour.



On the way, we see the varied countryside of Ávila, passing by fields with oak and holm oak trees and large granite rocks. We then come to the district of La Moraña, an area that is mainly flat and has large cereal crop fields, some with small riverbank forests.

As we reach Salamanca, we see some of its typical fields.

As far as local gastronomy is concerned, we recommend *patatas revolconas* in Ávila, which is a dish of mashed potatoes similar to the *patatas meneás* of Salamanca, Ávila veal, *hornazo*, cold meats from Guijuelo, especially the ham, all enjoyed with a good wine from Cebreros, Sierra de Salamanca or the Arribes, Rueda or Tierra del Vino de Zamora designations of origin.



# Municipalities:

Ávila (pages 16 to 19)

Segovia (pages 20 to 21)

Soria (pages 22 to 23)

Burgos (pages 24 to 25)

Palencia (pages 26 to 27)

Valladolid (pages 28 to 30)

Medina del Campo (pages 31 to 33)

Salamanca (pages 34 to 35)

Alba de Tormes (pages 36 to 38)

Other cities, such as **León** and **Zamora**, which do not have any convents founded by St Teresa, will also be taking part in the Commemoration of the 5th Centenary of the Birth of St Teresa of Ávila in 2015, staging interesting cultural, tourist and musical events.

For more information, please log onto: [www.turismocastillayleon.com](http://www.turismocastillayleon.com)

# Ávila

1562. In San José de Ávila, in the year fifteen hundred and sixty-two, which was the year in which this monastery was founded,....



Church and convent of St Teresa  
House where Teresa of Ávila was born

## TERESIAN PLACES

### CHURCH AND CONVENT OF ST TERESA HOUSE WHERE TERESA OF ÁVILA WAS BORN [www.santateresadejesus.com](http://www.santateresadejesus.com)

Baroque church built on the site where the house where St Teresa was born once stood. Below the church is the current Museum of St Teresa, a large vaulted burial crypt that is the only one of its kind in Spanish religious architecture.

Of particular interest is the fact that it faces north-west and does not follow the established liturgical orientation so that the presbytery coincides with the place where St Teresa was born.

The façade is separated into three bodies, with the statue of St Teresa in a prominent position and, inside, visitors can see the statues of St Teresa and Christ tied to the Column, by Gregorio Fernández (17th century).

In 1886, the church and convent were designated a Historical Monument and later designated a National Monument in 1968.

### CHURCH OF SAN JUAN BAUTISTA THE BAPTISM

Church of Romanesque origin, transformed at the beginning of the 16th century into the Gothic style, with Renaissance influences. St Teresa was baptised here on 4 April 1515 in a Gothic font (15th century) that is still there today.

Worthy of special mention is the brick tower on the north façade, built at the end of the 17th century. The main front contains archivolt with balls and flowers typical of the late Gothic style. The central nave is covered with a star-shaped groined vault.

It was designated a National Monument in 1983.



The walls of Ávila

### LOS CUATRO POSTES (THE FOUR POSTS) THE ESCAPE TO MOORISH LANDS

The shrine of San Sebastián, a small shrine on the outskirts of the city, known as Los Cuatro Postes.

It comprises four Doric columns joined together by an architrave.

It was built in 1566 and some say it was to remember the place where Francisco de Cepeda, St Teresa of Ávila's uncle, found her and her brother Rodrigo when they were running away to become martyrs in Moorish lands.

It is an exceptional vantage point for seeing the city, especially in the evening.

### CONVENT OF NUESTRA SEÑORA DE GRACIA

Convent St Teresa entered in 1531 in accordance with the wishes of her father, Alonso de Cepeda. The original communion rail and confessional box from the period have been conserved.

It was founded in 1509 by the Augustinian Mothers and probably built on the old site of a former mosque.

Only the upper end of the church can be seen from the exterior, with buttresses on the edges corresponding to a single-nave layout inside.

The main altarpiece is of Renaissance style from the mid-16th century by Juan Rodríguez and Lucas Giraldo.

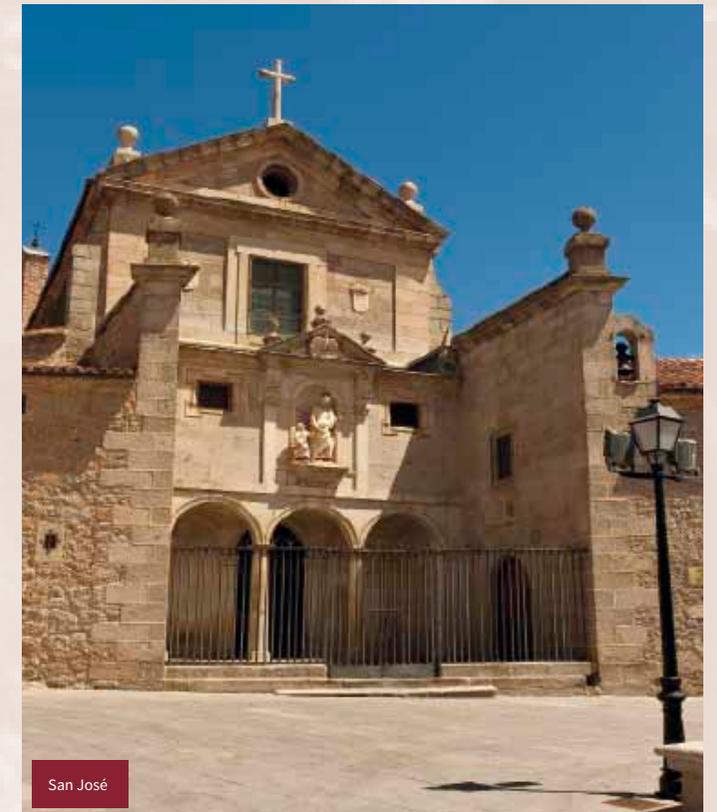
### MONASTERY OF LA ENCARNACIÓN

The convent was founded in 1478 and, today, it is home to the Museum of St Teresa. The interior was transformed in a Baroque style in the 17th century: Latin-cross layout with one single nave covered by a barrel vault and a cupola with scallops and lantern. The altars and altarpieces are also of a Baroque style.

It is one of the most important places in St Teresa of Ávila's life, where she lived from 1535 to 1574, receiving advice from Francisco de Borja, St John of the Cross and Pedro de Alcántara. It is here where the Reform of the Carmelite Order was prepared.

At the end of the 16th century, the cell occupied by St Teresa of Ávila was used as an oratory and, later, a chapel was built and opened in 1717.

It was designated a National Monument in 1983.



San José



San Pedro

**MONASTERY OF SAN JOSÉ (LAS MADRES)** [www.sanjosedeavila.es](http://www.sanjosedeavila.es)

This was the first convent to be founded by St Teresa and it is characterised by its simplicity and austerity. The convent rooms have been conserved and still abound with the spirit of St Teresa.

The monastery was made up of a number of houses that were grouped together to create an architectural space that is still there today, together with a small church, no longer there, which was replaced by the Carmelite church.

The south-facing entrance has a typical Carmelite façade, crowned by a triangular front with a large oculus in the centre, under which there is a niche containing a statue of St Joseph.

It was designated a National Monument in 1968.

**ROYAL MONASTERY OF SANTO TOMÁS** [www.monasteriosantotomas.com](http://www.monasteriosantotomas.com)

This monastery was built in 1493 and used as the see for the Inquisition in the 16th century. Today, it is home to a Museum of Oriental Art and another of Natural Sciences.

It has been reformed many times over the years: pillaged during the French invasion, abandoned after the sale of church lands by Mendizábal and damaged by fires in 1699 and 1936.

It has three cloisters: those of El Noviciado, El Silencio, also called Los Difuntos, and Los Reyes.

The façade has two vertical buttresses and one arch and it is a very important part of the composition. A huge rose window, the coat of arms of the Catholic Monarchs and 10 sculptures by Gil de Siloé.

Inside, the main nave is particularly narrow and the ramification of the ribs that make up the vault above the transept is particularly interesting.

It was designated a National Monument in 1931.

**MYSTICISM INTERPRETATION CENTRE** [www.avilamistica.es](http://www.avilamistica.es)

Located in a refurbished building very near the Convent of St Teresa, it has maintained the original volume, combining it with a contemporary design.

It is the only centre of its kind in Europe and its aim is to introduce visitors to the phenomenon of mysticism.

It is separated into four rooms, which coincide with the four universal themes: tradition, knowledge of self, union with God and action.

**OTHER MONUMENTS OF ARTISTIC AND CULTURAL INTEREST**

THE WALLS OF ÁVILA [www.muralladeavila.es](http://www.muralladeavila.es)

CATHEDRAL OF ÁVILA [www.catedralavila.com](http://www.catedralavila.com)

BASILICA OF SAN VICENTE [www.basilicasanvicente.com](http://www.basilicasanvicente.com)

HOUSE OF LOS DEANES [www.museoscastillayleon.jcyl.es](http://www.museoscastillayleon.jcyl.es)

SANTO TOMÉ EL VIEJO [www.museoscastillayleon.jcyl.es](http://www.museoscastillayleon.jcyl.es)

PALACE OF LOS SUPERUNDA [www.avila.es](http://www.avila.es)

SAN PEDRO

SAN MARTÍN

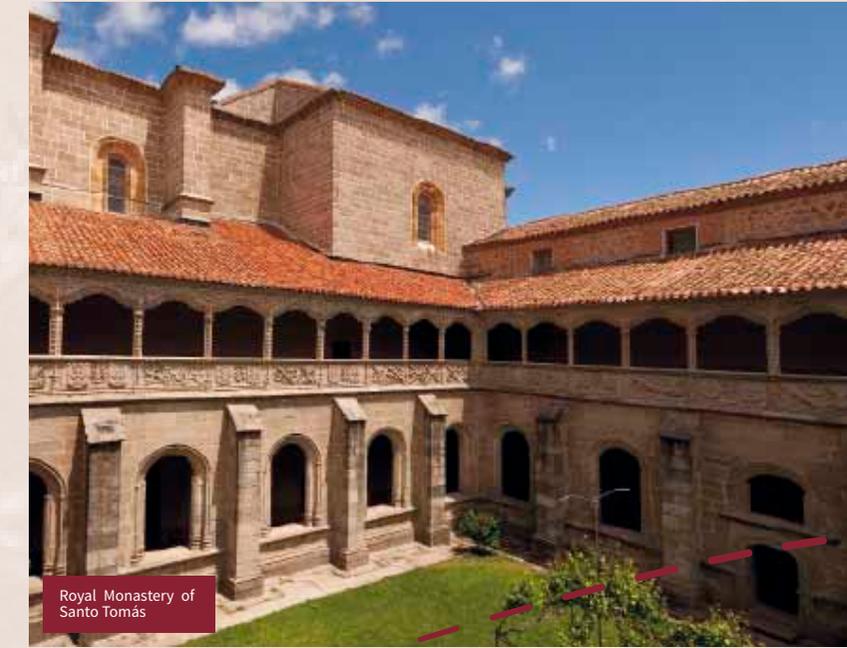
POST-MEDIAEVAL FURNACES [www.avilaturismo.com](http://www.avilaturismo.com)

SAN ANDRÉS

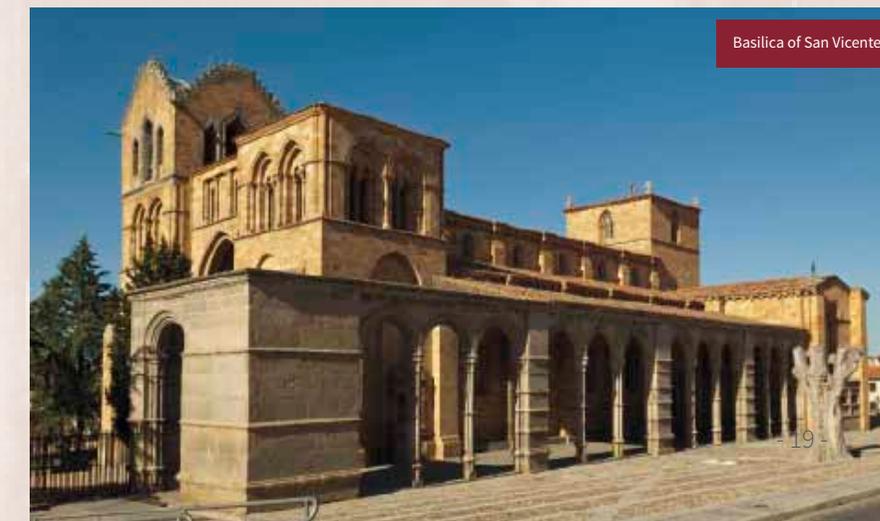
SANTA MARÍA DE LA CABEZA

SAN SEGUNDO

SAN NICOLÁS



Royal Monastery of Santo Tomás



Basilica of San Vicente

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# Segovia

1574. ...One day while praying, the Lord told me I was to go and found a convent in Segovia. I thought it an impossible task...



## TERESIAN PLACES

### CONVENT OF THE BAREFOOT CARMELITES OF SAN JOSÉ

This convent was founded by St Teresa of Ávila in 1574. It was originally located in a smaller nearby building and later, in 1579, it was moved to its current location.

The exterior shows a masonry wall covered in mortar with two doors: one that leads to the convent, with two decorated doorjambs; and another larger door that leads to the church.

The church has one single nave with three sections and choir stalls at the bottom. Originally, it had a wooden ceiling, but this was replaced between the 17th and 18th century by a plasterwork vault.

### CONVENT OF THE BAREFOOT CARMELITES

This church was built between 1617 and 1619 and, from the outside, it shows a single volume that contrasts with very lavish interior decoration.

It has one single nave with closed side chapels, barrel vaults and side lunettes and cupola; both the chapels are set on scallops in the transept with plasterwork decoration.

On the Gospel side, there is a church that contains the remains of its patrons, Doña Ana del Mercado y Peñalosa and her brother Don Luis del Mercado, together with the remains of St John of the Cross.



## OTHER MONUMENTS OF ARTISTIC AND CULTURAL INTEREST

AQUEDUCT

CATHEDRAL

ROYAL FORTRESS

THE JEWISH QUARTER

THE CITY WALLS

CHURCH OF SAN MARTÍN

CHURCH OF LA SANTÍSIMA TRINIDAD

CHURCH OF SAN JUAN DE LOS CABALLEROS

CHURCH OF SAN MILLÁN

CHURCH OF SAN JUSTO

MINT [www.casamonedasegovia.es](http://www.casamonedasegovia.es)

GATE OF SANTIAGO

CASA DE LOS PICOS BUILDING



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# Soria

*1581. ... and he told him of this Order of Nuestra Señora de Descalzas, it suited him so that he hurried to put it into practice.*



Shrine of San Saturio

## TERESIAN PLACES

### CARMELITE MONASTERY OF SORIA

The Carmelite Monastery of Soria was founded thanks to St Teresa's direct intervention when she arrived in the city in 1581 in response to a request by Bishop Don Alonso Velázquez, her confessor when he was Canon of the Cathedral of Toledo in 1576.

The convent was officially opened on 14 June 1581 and since then the nuns have remained in the monastery to present day, except for brief periods of absence as a result of the arrival of the French in 1808. They have remained in Soria thanks, among other things, to the attraction the foundation had for women of a certain social class and religious concerns.

### CHURCH OF EL CARMEN

This building is an example of simplicity and taste, with three naves set on a Latin-cross layout. It contains works of notable artistic value, the main altarpiece and those of St John of the Cross, St Teresa and San Joaquín, which are of excessive baroque style, not typical of the 17th century.

The altarpieces of San José and Santa Ana are of a rococo style and the façade of Fray Alonso de San José corresponds to the Carmelite style.

Next to it stands the Convent of the Barefoot Carmelites, which was founded around 1581 and followed the teachings of St Teresa of Ávila and St John of the Cross.

## OTHER MONUMENTS OF ARTISTIC AND CULTURAL INTEREST

SHRINE OF SAN SATURIO

ARCHES OF SAN JUAN DE DUERO

SAN JUAN DE RABANERA

ALAMEDA DE CERVANTES

NUMANTIA MUSEUM OF SORIA

CHURCH OF SANTO DOMINGO

PALACE OF LOS RIOS Y SALCEDO

PALACE OF THE EARL OF GÓMARA

PLAZA MAYOR



Plaza Mayor



Church of Carmen

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# Burgos

*1582, ... that there should be a house of this sacred religion in Burgos, giving me reasons for it that made me want the same.*

## TERESIAN PLACES

### HOLY CHRIST OF BURGOS Cathedral of Burgos. [www.catedraldeburgos.es](http://www.catedraldeburgos.es)

After arriving in Burgos, St Teresa wanted to visit the convent of the Augustinians and pray before the Holy Christ of Burgos. The interesting tradition of its origin, the fame of its miracles and its iconographic features made it so famous and universal that St Teresa, like many illustrious pilgrims, finding herself in Burgos, prostrated herself before the statue that is today worshipped in the chapel of El Santo Cristo de Burgos in the cathedral.

### CHURCH OF SAN GIL

This church was built at the end of the 13th century on the site of a previous Romanesque church. The exterior sobriety contrasts with the beauty and refinement of the interior. It has a layout with three naves, transept and star-shaped groined vaults.

The naves and chapels have numerous examples of late Gothic and Renaissance art. The chapels of La Natividad, Los Reyes and La Buena Mañana show the refined technique of the great Burgos Masters in funeral monuments.

St Teresa heard mass in the chapel of La Buena Mañana, accompanied by her nuns, during the time they stayed at the house of Doña Catalina de Tolosa on Calle Huerto del Rey.

### HOSPITAL OF LA CONCEPCIÓN

The Hospital of La Concepción, which looked after the sick and poor, was created by the merchant Diego de Bernuy in the mid-16th century and was entrusted to the Brotherhood of La Concepción.

The 16th-century front is made of ashlar work. The windows are decorated with simple Renaissance motifs, a little more emphatic on the front, which has a vase with irises on top (symbol of the Virgin Mary) and two coats of arms of the founder.

St Teresa lived here with her nuns from 23 February to 18 March 1582. During her stay, she lent spiritual assistance to the patients at the Hospital.

### CONVENT OF SAN JOSÉ AND SANTA ANA (BAREFOOT CARMELITE MOTHERS)

Enclosed convent not open to the public at the present time.

The last of St Teresa's foundations was completed at the start of Parque de la Quinta in 1582.

It corresponds to the known models of the Order, as can be seen on the front of the building, illustrated with a sculpture of the Sacred Family. The church, which St Teresa never saw because it was built at the end of the 16th century, has one nave with three sections covered by a star-shaped groined vault and tie-beam vaults and the presbytery has a large toothed arch and a short section with a barrel vault and coffer.

It contains several relics of St Teresa, as is typical of a St Teresa foundation. There is a notable sculpture of St Teresa, which dates from the beginning of the 17th century, according to the model by Gregorio Fernández.

## OTHER MONUMENTS OF ARTISTIC AND CULTURAL INTEREST

GATE OF SANTA MARÍA

CATHEDRAL OF SANTA MARÍA

CHURCH OF SAN NICOLÁS DE BARI

CASTLE VANTAGE POINT

CARTHUSIAN MONASTERY OF MIRAFLORES

MUSEUM OF HUMAN EVOLUTION

MONASTERY OF LAS HUELGAS

CASA DEL CORDÓN BUILDING



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# Palencia

*1580... And moving to Palencia, the Lord wanted me to found another convent of this sacred Order there.*



Cathedral of San Antolín

## TERESIAN PLACES

### CHURCH OF SAN BERNARDO (not open for visits)

This is located in the city centre, on Calle San Bernardo.

Only the current plateresque-style façade of the former church that was previously located on this site, known as the Convent of the Barefoot Carmelites and opened by St Teresa of Ávila in the 16th century, has been conserved today.

It is now known as the Church of San Bernardo owing to the fact that the Bernadine Sisters established their convent here, as can be seen in the statue of San Bernardo set on the main front.

It was designated a Historical-Artistic Monument in 1941. Today, it belongs to the College of La Salle and has recently been refurbished.

## OTHER MONUMENTS OF ARTISTIC AND CULTURAL INTEREST

CHURCH OF NUESTRA SEÑORA DE LA CALLE

CHURCH OF SAN MIGUEL

CATHEDRAL OF SAN ANTOLÍN

PROVINCIAL COUNCIL HOUSE

CASA DEL CORDÓN ARCHAEOLOGICAL MUSEUM

BISHOP'S PALACE DIOCESAN MUSEUM

ROMANESQUE CHURCH OF SAN JUAN BAUTISTA

CRISTO DEL OTERO



Church of San Bernardo

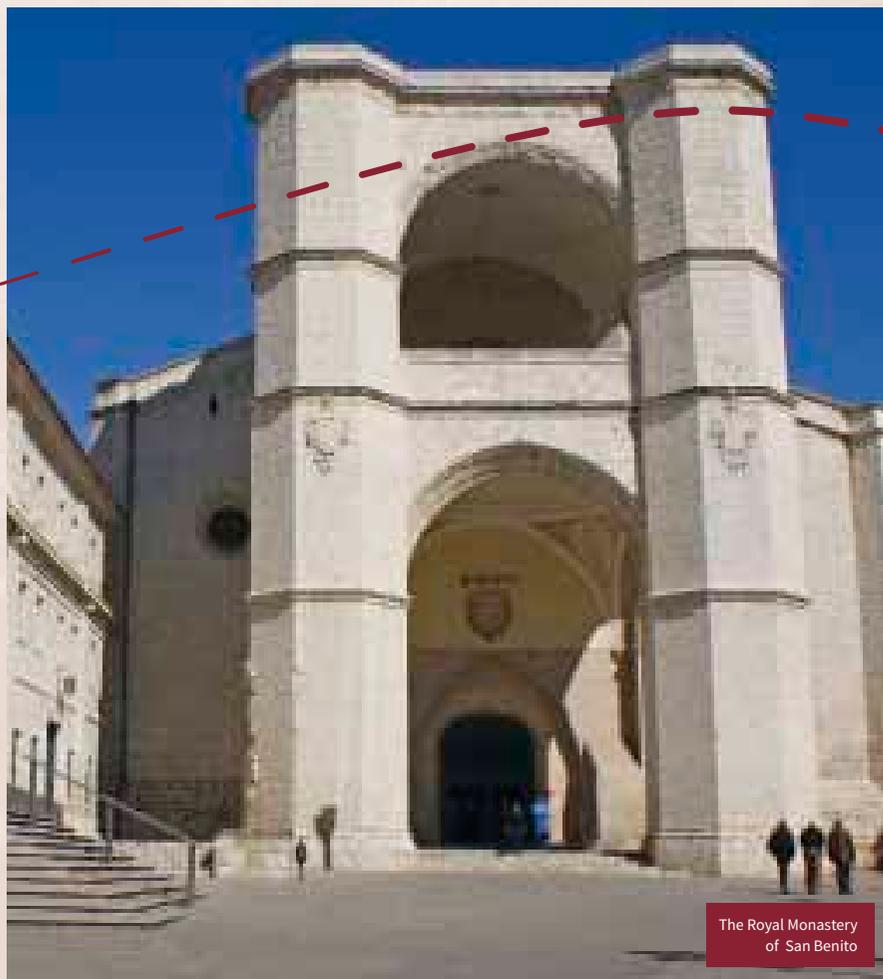


Church of San Miguel

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# Valladolid

1568. That, if I wanted to found a monastery in Valladolid, that he would give me a house he had, with a very good and very big vegetable garden that had a large vineyard in it.



The Royal Monastery of San Benito

## TERESIAN PLACES

### CONVENT OF SANTA TERESA

Carefully kept by the Barefoot Carmelites over the centuries. The church is a museum and contains sculptures by Gregorio Fernández.

It conserves the cell occupied by St Teresa during her stays and the two exceptional gems: the original handwritten version of her *The Way of Perfection*, the second edition written by the author, and the largest collection of her letters, also handwritten.

St Teresa was given the title of honorary neighbour by the City Hall in 1968. The street and quarter in which the convent is located are known by the name of Rondilla de Santa Teresa.

Although the convent is not open for visits, there are plans for it to receive visitors on Saturday mornings as from the end of 2014 and they will be able to see the church, cloister, chapter room, St Teresa's cell and the three shrines in the convent Garden.

### THE ROYAL MONASTERY OF SAN BENITO. THE BAREFOOT CARMELITES IN VALLADOLID

The Royal Monastery of San Benito is one of the oldest churches in Valladolid and was built in Gothic style. However, the façade is later and the building has three cloisters, one known as the Patio Herreriano, which is where the Patio Herreriano Museum of Spanish Contemporary Art is situated. It was founded by the Benedictine monks in 1390 on land donated for said purpose by King John I of Spain. The church was built between 1499 and 1515 according to plans by Juan de Arandía and García de Olave; however, the entrance porch is the work of Rodrigo Gil de Hontañón and dates from 1569.

With the sale of church lands by Mendizábal, the monastery was transformed into military barracks in 1835. The church was closed down and most of the works of art were transferred to what is today the National Sculpture Museum. The works that were transferred include the altarpiece of San Benito el Real de Valladolid and the choir stalls.

As from the mid-19th century, people repeatedly called for the church to be reopened and their wishes were granted in 1892. In 1897, the Order of the Barefoot Carmelites took charge of the church and still take care of it today.

The Church of San Benito was built in stone and has three naves finished off with three polygonal apses. The building has no transept.

The church is illuminated through large windows in the side naves. The side façades are structured with buttresses and the interior is covered with groined vaults.

### ROYAL PALACE

This is where Doña María de Mendoza took Mother Teresa into her home on Plaza de San Pablo.

It was the Palace used by the Court under Philip III of Spain and Margaret of Austria and the place of birth of Philip IV of Spain (1605). It was built in the 16th century by the architect Luis de Vega. Of the building as it stands today, special mention must be made of the main patio, which has a Renaissance style, and the 18th-century imperial staircase by Ventura Rodríguez.

### MILITARY HOSPITAL

Between 10 and 15 August 1568, Mother Teresa and her "foundational retinue" heard mass and took communion on a daily basis at the church of the Convent of El Carmen Calzado, today used as a military hospital. The church is thought to be by Francisco de Praves and was completed in 1626. It had a single façade with Tuscan-style pilasters.

It was built in brick with stone caissons on the ground floor or the first body. Gregorio Fernández and his wife, María Pérez, were buried in the church, together with Bernardo de Robledo and his wife, Bernarda Matanza. The chapel of Santa María Magdalena was where Carlos Ladrón de Guevara, captain in the battle of Flanders, was buried after he died in 1627, together with his son Pedro, who was a captain under King Philip II of Spain and died in 1626. After secularisation, the convent was used as a military hospital in 1835.



Cathedral



Convent of Santa Teresa

Church of San Pablo



### OTHER MONUMENTS OF ARTISTIC AND CULTURAL INTEREST

- CATHEDRAL
- CALDERÓN THEATRE
- COLLEGE OF SAN GREGORIO-NATIONAL MUSEUM
- SCULPTURE MUSEUM
- CHURCH OF SAN PABLO
- CAMPO GRANDE
- PALACE OF SANTA CRUZ
- SCIENCE MUSEUM
- LA ANTIGUA
- PASAJE GUTIÉRREZ
- PLAZA MAYOR

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# Medina del Campo

*1567. We arrived at Medina del Campo on the evening before the feast day of Our Lady in August, at 12 midnight. We stayed at the monastery of Santa Ana.*

### TERESIAN PLACES

#### MONASTERY OF SAN JOSÉ OF BAREFOOT CARMELITE MOTHERS

Founded by St Teresa on 15 August 1567, it was the second house of the reformed Carmelite Order. The original rooms when it was founded remain almost intact since then and can be visited in small groups in this order: the Museum of St Teresa, which includes important works of art, personal belongings and relics of St Teresa; the former locutory, an original area in which she held her first meeting with St John of the Cross; the old patio with the "Saint's Corridor", a perfect example of traditional architecture in 16th-century Medina; two cells from the original convent, which show the austerity of the Carmelite Reform; the original cell occupied by St Teresa, which was turned into an oratory chapel in 1682; and the convent church, built between 1596 and 1603 according to the traditional canons of the day. As from July 2014, visitors can also see part of the enclosed convent, more specifically, that which corresponds to the oldest part of the building, where the convent was founded, part of the historical enclosed convent, together with the Museum of St Teresa, and part of the original cells from the 16th century.

#### SHRINE OF NUESTRA. SEÑORA DEL CARMEN (CARMELITE FATHERS)

This convent was occupied by the Barefoot Carmelite Fathers in 1891, since it belonged to the Order of Augustinian Recollect Sisters until 1838.

Bernardo Caballero de Paredes, Bishop of Oviedo and from Medina del Campo sponsored the work on the church in the 17th century.

Next door, attached to the left-hand side of the building, stands the church of La Inmaculada Concepción, which has a Latin-cross layout and a central nave covered with a barrel vault.

The most important sculptures include that of El Caballero de Paredes, Bishop of Oviedo, his sister, Doña Catalina, and his brother-in-law, Juan de Insausti, by Luis Fernández de la Vega, and the main altarpiece that was originally made for the Chapel of Quiñones in the collegiate church.



San Antolín



Castle of la Mota

## OTHER MONUMENTS OF ARTISTIC AND CULTURAL INTEREST

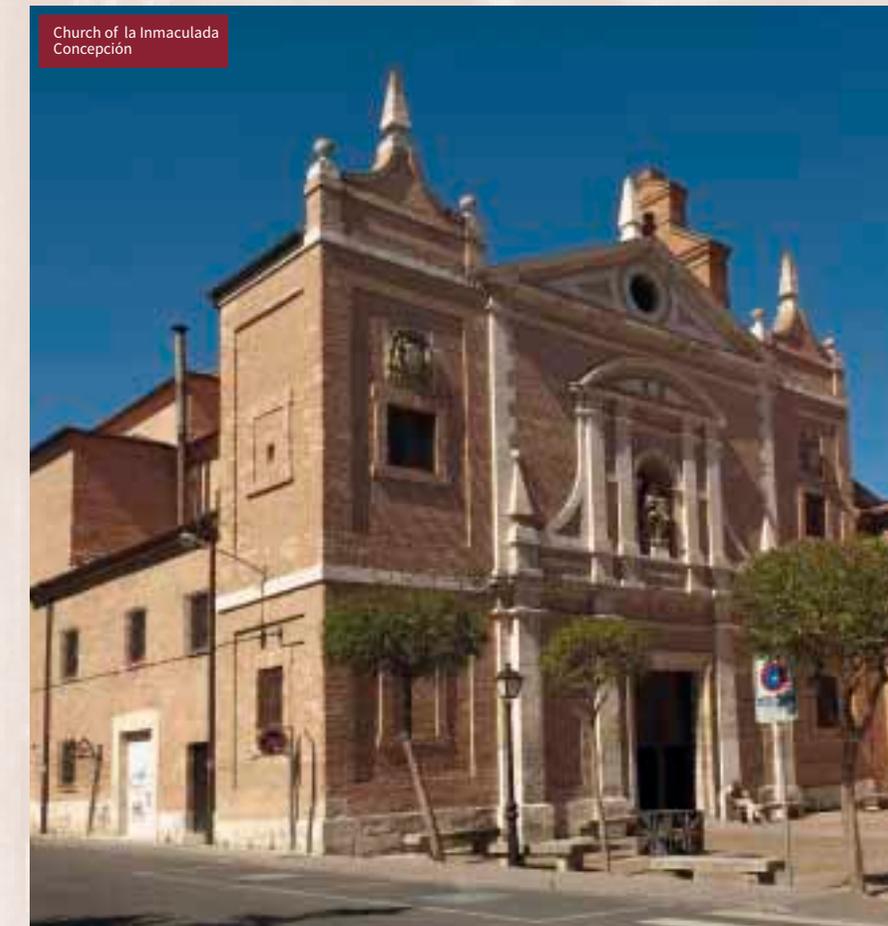
FOUNDATION MUSEUM OF LAS FERIAS [www.museoferias.net](http://www.museoferias.net)

SAN VICENTE FERRER CULTURAL CENTRE

HUELLAS DE PASIÓN INTERPRETATION CENTRE

CASTLE OF LA MOTA [www.castillodelamota.es](http://www.castillodelamota.es)

ROYAL TESTAMENTARY PALACE [gestión@palaciorealtestamentario.com](mailto:gestión@palaciorealtestamentario.com)



Church of la Inmaculada  
Concepción



Plaza Mayor

## PLAZA MAYOR

A reference in the history of Spanish town planning, it was the forerunner of porticoed main squares.

This plaza was the venue for the fares of the 15th and 16th centuries, where each guild and speciality had its own place. It is also the location for the large buildings that represent the three traditional powers: the Local Authority (town hall building), the Church (Collegiate Church of San Antolín) and the Crown (Royal Palace). In 1978, the Historical Centre of Medina del Campo was designated a Historical-Artistic Site.

The Carmelite community used one of the houses next to it as their home. Furthermore, the Plaza is also home to the Municipal Tourist Office, which is where those interested can have their Teresian credential stamped.

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# Salamanca

*1570, .... In this year, we arrived at the city of Salamanca at midday. At an inn, I tried to find out about a good man from there...*



Clerecía

## TERESIAN PLACES

### HOUSE OF ST TERESA

This building was owned by the Ovalle family and given to St Teresa owing to the fact that she was a relation. She completed her seventh foundation here.

St Teresa arrived in Salamanca on 31 October 1570, one cold All Saints night, which she narrates in great detail in her book *The Foundations*.

She lived in this house for 4 years and it will go down in history as the place that inspired her poem *I live without living in me*. Years later, another enterprising woman lived in the house: St Bonifacia Rodríguez, who founded the Order of the Servants of St Joseph. The house is today inhabited by said Order.

### CATHERDRALS OF SALAMANCA (NEW AND OLD) [www.catedralsalamanca.org](http://www.catedralsalamanca.org)

When St Teresa lived in Salamanca, she discovered a Romanesque-style cathedral and saw the work that was being carried out on a new Gothic cathedral which, initially, was to replace the old one.

Today, both cathedrals have been conserved and, with the cloister and mediaeval towers, which can be visited through the Ieronimus exhibition, they form a beautiful pair of buildings.

One of the most important chapels in the new church of the Cathedral of Salamanca is devoted to St Teresa of Ávila.

### CONVENT OF SAN ESTEBAN

The Dominican Fathers helped St Teresa of Ávila during her time in Salamanca as can be seen in the confessional box used by the Saint when she sought advice. The box can be visited inside the convent.

During the counter-reform, which took place during St Teresa's lifetime, this convent was an important centre for the search for truth and knowledge. It was where the foundation of the School of Salamanca was forged with Francisco de Vitoria at the helm.

## OTHER MONUMENTS OF ARTISTIC AND CULTURAL INTEREST

UNIVERSIDAD PONTIFICIA AND CHURCH OF LA CLERECÍA

UNIVERSITY OF SALAMANCA

PLAZA MAYOR

CASA DE LAS CONCHAS BUILDING

ROMAN BRIDGE

CASA LIS BUILDING MUSEUM

OF ART DECO AND ART NOUVEAU



Plaza Mayor



House of St Teresa

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# Alba de Tormes

1572. ... When I was asked by the accountant of the Duke of Alba and his wife to found and build a monastery in that town.



Convent of la Anunciación  
Barefoot Carmelite Mothers

## TERESIAN PLACES

### CONVENT OF LA ANUNCIACIÓN BAREFOOT CARMELITE MOTHERS OF ALBA DE TORMES [www.carmelitalalba.org](http://www.carmelitalalba.org)

Designated a national historical-artistic monument and site of cultural interest. Founded by St Teresa of Ávila, it contains the cell where St Teresa died and her sepulchre, which is situated on the main altar, behind which there is a small chamber that can be visited to see St Teresa's tomb from close-up. The church of La Anunciación leads to the museum room and the cell where she died. The Museum of St Teresa of Ávila contains some of her belongings, relations and company, but above all, it contains her most valuable treasures: the relics of her arm and heart.

### CARMELITE MUSEUM: ST TERESA OF ÁVILA IN ALBA

Today, this is the largest exhibition about St Teresa of Ávila in Spain. Visitors can enjoy the artistic heritage that has been put together around St Teresa's sepulchre since she was beatified in 1614 (gold and silver work, copper, ceramics and various souvenirs and objects from the pilgrims and devotees of St Teresa, including gifts from popes and monarchs).

### CONVENT OF THE CARMELITE FATHERS OF ALBA DE TORMES

This 17th-century building has a church of typical Carmelite style and it is the first of its kind in the world to be dedicated to St John of the Cross. It has a processional cloister in brick, also built according to the canons of Carmelite architecture.

### CASTLE OF THE DUKE AND DUCHESS OF ALBA [www.villaalbadetormes.com](http://www.villaalbadetormes.com)

Designated a site of cultural interest. The Keep can be seen as part of a much larger fortress that was destroyed during the War of Independence. It was the Palace of the Duke and Duchess Álvarez de Toledo, lord and lady of this land. The best-known member of the lineage was the third Duke of Alba, one of St Teresa's contemporaries.

### CONVENT OF THE MOTHERS OF THE THIRD ORDER OF ST FRANCIS ISABELES MOTHERS

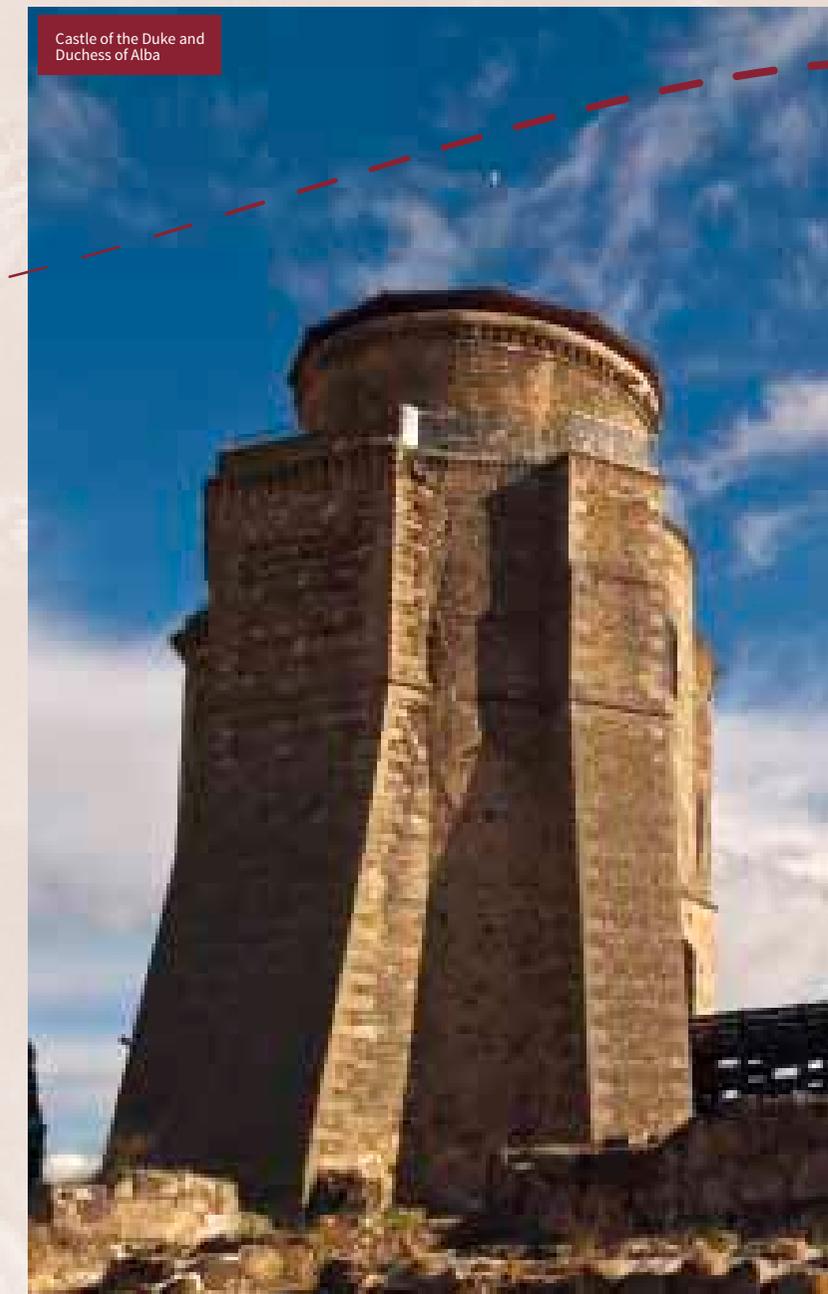
Designated a site of cultural interest. Founded by the Duke's family for Sisters of the Third Order of St Francis in the 15th century, the Duke's coat of arms presides the façade of the convent. According to tradition, St Teresa stayed at this convent on several occasions.

### BASILICA OF SANTA TERESA DE JESÚS

Begun in neo-Gothic style in 1897 according to the project by the architect Enrique M. Repullés, and funded by popular subscription, the building work was stopped before the Spanish Civil War. Designed as a resting place for St Teresa and her holy relics. It is unfinished and attempts have been made recently to save its structure and recover it for cultural and religious events.

### STATUE OF ST TERESA OF ÁVILA

Just after the mediaeval bridge, on the right-hand side of the unfinished Basilica, there is a bronze statue of St Teresa by the Salamanca sculptor Venancio Blanco. It was unveiled in 1977.



Castle of the Duke and  
Duchess of Alba

Basilica of Santa Teresa



### OTHER MONUMENTS OF ARTISTIC AND CULTURAL INTEREST

CHURCH OF SAN JUAN APOSTOL

MONASTERY OF SAN LEONARDO  
(TODAY FATHERS OF THE SACRED HEART OF JESUS) [www.sanjeronimo.es](http://www.sanjeronimo.es)

STATUE OF POPE ST JOHN PAUL II

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[www.rutateresianacyl.es](http://www.rutateresianacyl.es)



CASTILLA Y LEÓN

es vida

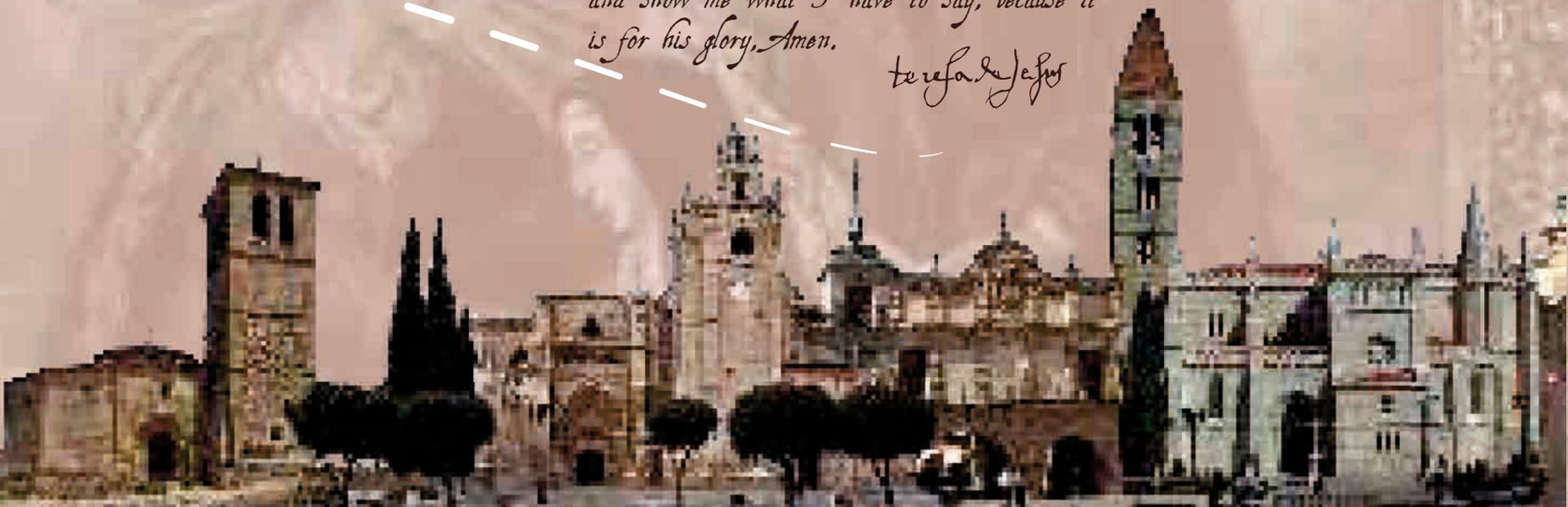
[ STJ  
500 ]

V CENTENARIO  
DEL NACIMIENTO  
DE SANTA TERESA  
DE JESÚS

## *The Way of Perfection*

*May the Lord give me his favour to do this  
and show me what I have to say, because it  
is for his glory, Amen.*

*teresa de Jesús*



Junta de  
Castilla y León