

Pamplona/Iruña

Navarre · Spain

TRAVEL GUIDE

Tripomatic



Overview

Pamplona is the capital of Navarre, in northern Spain. It is world famous for the San Fermín festival and the running of the bulls each July.

Outside the festival, the city is calm and green, with a walled old town, a Gothic cathedral and lively pintxo bars. It suits one or two days, and it is on the Camino de Santiago.

When to visit

Summer is the warmest season, with pleasant days. Spring and autumn are mild but rainy, and winters are cold and wet.

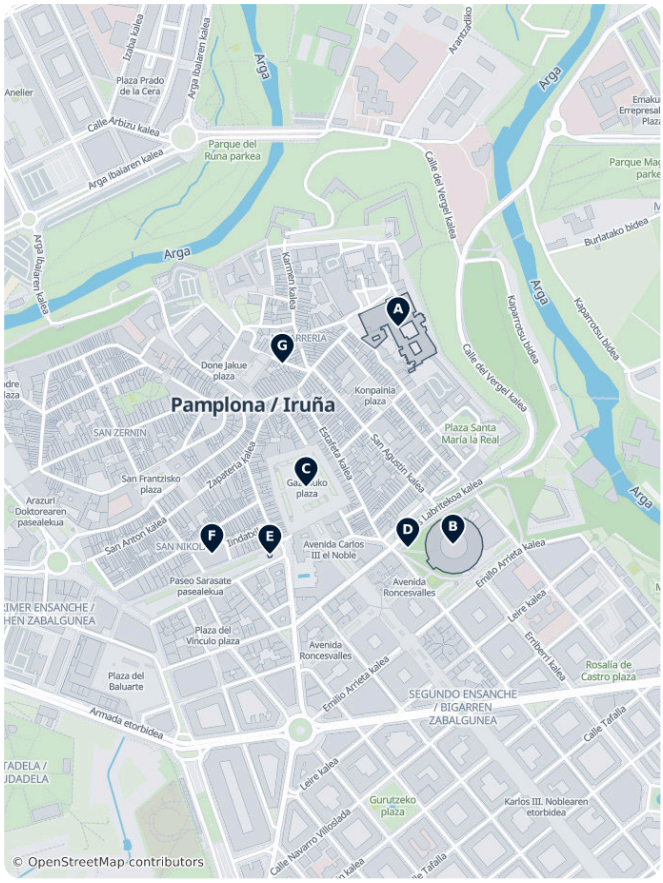
San Fermín runs from 6 to 14 July. The city is crowded and expensive then, so book rooms months ahead. The bull run takes place at 8 a.m. each morning, and it is dangerous.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Poor Poor for sightseeing	9° / 15° Feels like 5°	2° / -3°	14 rainy days · Dry air
February	Poor Poor for sightseeing	10° / 17° Feels like 6°	3° / -3°	12 rainy days · Dry air
March	Fair Fair for sightseeing	13° / 20° Feels like 10°	4° / 0°	13 rainy days · Dry air
April	Fair Fair for sightseeing	16° / 22° Feels like 13°	6° / 2°	14 rainy days · Dry air
May	Good Good for sightseeing	19° / 26°	9° / 5°	14 rainy days · Dry air · Calm winds
June	Great Great for sightseeing	23° / 31°	13° / 9°	Calm winds
July	Great Great for sightseeing	25° / 32°	14° / 11°	20 sunny days · Calm winds
August	Great Great for sightseeing	26° / 33°	15° / 11°	Calm winds
September	Great Great for sightseeing	23° / 30°	13° / 9°	Dry air · Calm winds
October	Good Good for sightseeing	19° / 26°	10° / 5°	12 rainy days · Dry air · Calm winds
November	Poor Poor for sightseeing	13° / 19° Feels like 9°	6° / 1°	16 rainy days · Dry air
December	Poor Poor for sightseeing	10° / 15° Feels like 6°	3° / -2°	14 rainy days · Dry air

Best months: June, July, August, September

Climate data: NASA POWER (MERRA-2) · 1996–2025

Top sights



- A Catedral de Pamplona has a neoclassical façade and a Gothic interior, with a fine cloister.
- B Bullring of Pamplona is the bullring where the bull run ends. It is one of the largest in Spain.
- C Plaza del Castillo is the main square, with cafés. It appears in Hemingway's *The Sun Also Rises*.
- D Estatua a Ernest Hemingway is a statue of the writer Ernest Hemingway, outside the bullring.
- E Monumento a los Fueros de Navarra is a monument to the old laws of Navarre.
- F Iglesia de San Nicolás is a fortified Gothic church in the old town.
- G Casa natal de Sabicas is the birthplace of the flamenco guitarist Sabicas.
- The Ciudadela is a 16th-century star-shaped fortress with a large park.
- The Encierro route runs through the old town, along Calle Santo Domingo and Calle Estafeta.

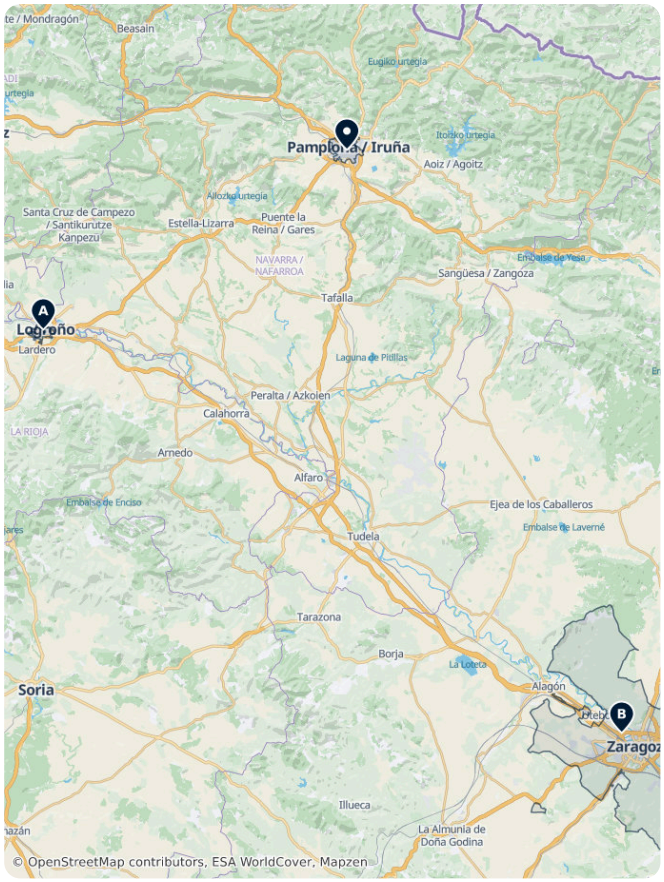
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What to experience

- Walk the route of the bull run through the old town, outside festival time.
- Go on a pintxo crawl on Calle Estafeta and Calle San Nicolás, tasting small snacks on bread with a glass of wine.

Day trips

- A Logroño (about 90 km, 1 hour by car): the capital of the Rioja wine region.
- B Zaragoza (about 170 km, 1.5 hours by train): a large city with a basilica and Roman remains.
- **Olite** (about 40 km, 35 minutes by car): a town with a fairy-tale royal palace.
- **Roncesvalles** (about 50 km, 1 hour by car): a mountain pass on the Camino de Santiago, on the way to France.



Where to explore

Other places nearby:

- **Wine**: Logroño is the center of Rioja.
- **Aragon**: Zaragoza is the nearest large city.

Getting there

- **By air**: Pamplona airport (PNA) has limited flights, mostly from Madrid and Barcelona. Bilbao airport is about 160 km away, and San Sebastián airport is about 90 km.
- **By train**: Trains run from Madrid, Barcelona and Zaragoza. Book on Renfe.
- **By bus**: Coaches run to San Sebastián, Bilbao, Logroño and Zaragoza.

Getting around

- **On foot**: The old town and the center are compact and mostly flat.
- **Cycling**: The city has a good network of cycle paths.

Getting around on foot & by bike

WALKABILITY

High

The old town and the center are compact and mostly flat.

CYCLING INFRASTRUCTURE

High

The city has a good network of cycle paths.

Driving

- **Is a car worth it?**: Not for the city, but a car helps for the Pyrenees and the wine towns.
- **Parking**: Use an underground car park near the old town.
- **Restrictions**: The old town has restricted access, and streets close for the festival.

Food & drink

Navarre has excellent *pintxos* (small snacks, often on bread). Try *pimientos del piquillo* (red peppers), *chistorra* (a thin cured sausage), *cordero al chilindrón* (lamb with peppers) and *trucha a la navarra* (trout with ham). The local rosé (*rosado*) is well known, and *pacharán* is a sloe liqueur.

What to eat & drink

BREAKFAST

Churros · Churros con Chocolate
Fried dough sticks served with a thick, dark hot chocolate for dipping — a classic Spanish breakfast or late-night snack.

LUNCH

Paella Valenciana
A saffron-scented rice dish cooked in a wide, shallow pan. The traditional Valencian version uses chicken, rabbit, and green beans — best eaten at midday.

Gazpacho
A cold, blended soup of raw tomatoes, cucumber, pepper, garlic, olive oil, and vinegar, originally from Andalusia. Served as a drink or a starter, especially in summer.

DINNER

Pulpo a la Gallega
Boiled octopus sliced onto a wooden board and dressed with olive oil, coarse salt, and smoked paprika — a signature dish of Galicia.

SNACKS & STREET FOOD

Jamón Ibérico
Dry-cured ham from acorn-fed Iberian pigs, sliced paper-thin and eaten on its own or with bread. The finest grade, jamón ibérico de bellota, is one of Spain's most prized products.

Tortilla Española
A thick potato and egg omelette, served warm or at room temperature, found in virtually every bar in Spain. Often eaten as a tapa or a quick meal.

Patatas Bravas
Fried potato chunks served with a spicy tomato sauce or aioli — one of the most common tapas across the country.

Pintxos
Small snacks anchored to slices of bread with a toothpick, the Basque Country's answer to tapas. Found in bar counters across San Sebastián and Bilbao, often with elaborate toppings.

Croquetas
Crispy breaded cylinders with a creamy béchamel filling, typically made with jamón, bacalà (salt cod), or mushrooms.

DRINKS

Rioja Wine · Vino de Rioja

Spain's best-known wine region produces full-bodied reds from Tempranillo grapes, aged in oak. The crianza, reserva, and gran reserva labels indicate increasing age and complexity.

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Safety & health

Pamplona is a safe city. During San Fermín, the crowds are dense, so watch your belongings. The bull run is dangerous and injuries are common, so watch from a balcony or on TV rather than joining.

History

Pamplona is named after Pompey, the Roman general who founded it in 74 BC. It became the capital of the Kingdom of Navarre in the 10th century.

In the Middle Ages the city was a stop on the Camino de Santiago. Navarre joined the Crown of Castile in 1512. Hemingway made the San Fermín festival famous worldwide in 1926.

Country facts

Quick practical facts for Spain at a glance:

CURRENCY

EUR €

EMERGENCY

112

ELECTRICITY



Type C / Type F
230 V · 50 Hz

LANGUAGES

Spanish

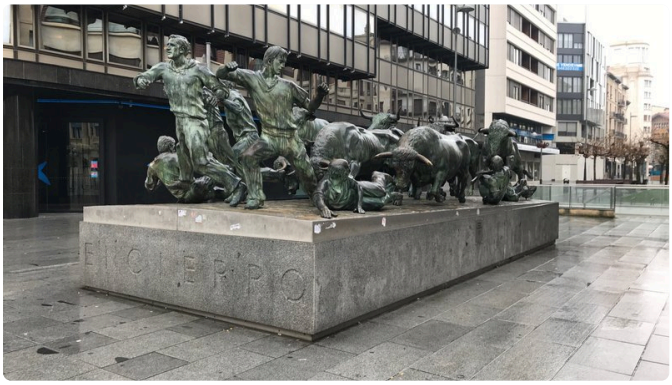
TAP WATER

Safe to drink

Historic Landmarks

Discover the architectural and political history of Pamplona through its most significant landmarks. This selection includes the 16th-century Ciudadela, a premier example of Spanish Renaissance military engineering, and the Palacio de los Reyes de Navarra, which now archives the region's medieval records. Explore monuments dedicated to local traditions like the San Fermín bull run and the defense of Navarrese self-government, alongside the medieval Puente de Santa Engracia and tributes to figures like Ernest Hemingway.





A Monument to the Running of the Bulls

Large bronze sculpture by Rafael Huerta located on Avenida de Roncesvalles. It captures the intensity of the San Fermín festival with life-sized figures of runners and bulls in mid-motion.

4 Avenida de Roncesvalles, Pamplona 31002, Spain
(42.81477, -1.64134)



B Ernest Hemingway Statue

Ernest Miller Hemingway was an American novelist, short-story writer, journalist, and sportsman.

2 Calle Amaya, Pamplona 31002, Spain
(42.81584, -1.64051)

esculturaurbanapamplona.wordpress.com/2012/09/08/m...



C Citadel of Pamplona

A 16th-century pentagonal Renaissance fortress designed for city defense. Its well-preserved bastions and moats now serve as a central public park and a venue for contemporary art exhibitions.

(Unnamed Road), Pamplona 31007, Spain
(42.81175, -1.64960)

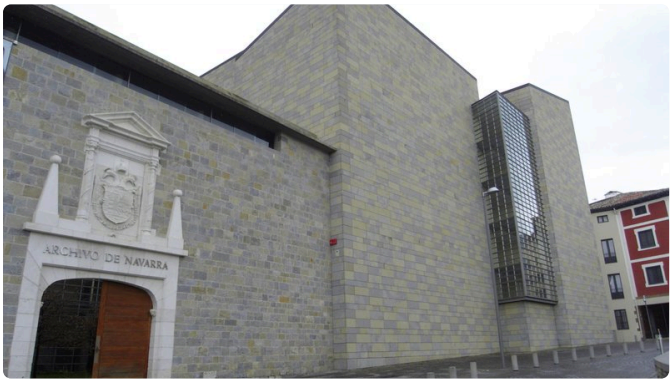


D Gamazada

The Gamazada is the popular reaction in Navarre in 1893 and 1894 to when the Spanish finance minister of the Liberal Party under Prime...

6 Paseo de Sarasate, Pamplona 31001, Spain
(42.81573, -1.64362)

esculturas.pamplona.es/escultura/monumento-a-los-fuer...



E Palacio de los Reyes de Navarra

Former 12th-century residence of Navarrese monarchs, later renovated by architect Rafael Moneo. The building currently houses the Royal and General Archive of Navarre, preserving documents from the medieval kingdom.

8 Calle del Dos de Mayo, Pamplona 31001, Spain
(42.82029, -1.64450)



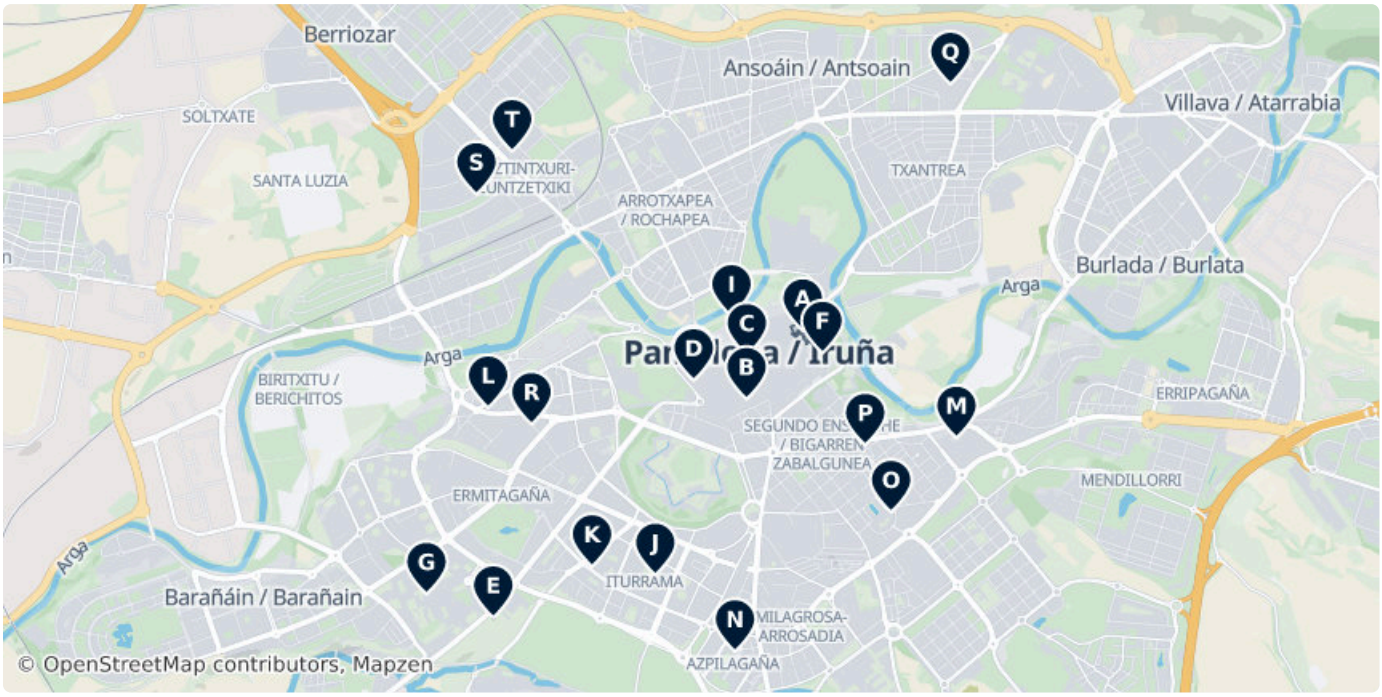
F Puente de Santa Engracia

Medieval stone bridge featuring Gothic arches that spans the Arga River. It historically served as a primary entry point into the city for travelers and pilgrims arriving from the north.

23C Calle del Río Arga, Pamplona 31014, Spain
(42.82415, -1.65588)

Pamplona's Sacred Sites

Pamplona's religious landscape features a diverse collection of architectural styles, from the Gothic interior and Neoclassical facade of the Santa María la Real Cathedral to the medieval fortress-churches of San Cernin and San Nicolás. Many of these sites, situated along the Camino de Santiago, served both spiritual and defensive purposes during the city's history. This selection includes grand parochial buildings, the Baroque chapel of San Fermín, and quiet neighborhood hermitages that reflect centuries of Navarrese heritage.





A Cathedral of Pamplona

Pamplona Cathedral is a Roman Catholic church in the archdiocese of Pamplona, Spain.

1A Calle Dormitalería, Pamplona 31001, Spain
(42.81949, -1.64073)



B St Nicholas' Church, Pamplona

San Nicolás is a historical church in Pamplona, Spain.

1 Rincón de San Nicolás, Pamplona 31001, Spain
(42.81574, -1.64493)



C Iglesia de San Saturnino

Thirteenth-century Gothic fortress-church featuring two prominent towers and a north portal with detailed carvings.

3 Calle de la Campana, Pamplona 31001, Spain
(42.81813, -1.64490)



D Capilla de San Fermín

Eighteenth-century Baroque chapel within San Lorenzo church housing the iconic reliquary of Pamplona's patron saint.

18 Rincón de la Aduana, Pamplona 31001, Spain
(42.81676, -1.64887)



E Ermita de Santa María Madre del Amor Hermoso

Small contemporary chapel situated on the University of Navarra campus.

107 Avenida de Pío XII, Pamplona 31008, Spain
(42.80378, -1.66383)

unav.es/servicio/capellaniauniversitaria/ermita



F Arzobispado de Pamplona

Eighteenth-century Baroque palace serving as the seat of the Archdiocese of Pamplona and Tudela.

(42.81826, -1.63926)

iglesianavarra.org, +34 948 227 400



G Capilla

Chapel located within the University of Navarra Clinic.

(Unnamed Road), Pamplona 31008, Spain
(42.80506, -1.66882)

H Iglesia de San Lorenzo

Historic church housing the San Fermín chapel; it originally formed part of the city's medieval defenses.

74 Calle Mayor, Pamplona 31001, Spain
(42.81687, -1.64889)

I Corrales de Santo Domingo

Sixteenth-century Renaissance church and former Dominican convent located near the town hall.

47 Calle de Santo Domingo, Pamplona 31001, Spain
(42.82027, -1.64606)

J Parroquia Corazón de Jesús

Modern Catholic parish church located in the Iturrama neighborhood.

20 Calle de Esquiroz, Pamplona 31007, Spain
(42.80611, -1.65174)

pamplona.es/verPagina.asp

K Parroquia San Francisco de Asís

Contemporary parish church located in the San Juan district.

(42.80659, -1.65646)

parroquiafranciscodeasispamplona.es

L Parroquia de la Asunción

Catholic parish church serving the San Juan neighborhood.

64 Calle del Monasterio de la Oliva, Pamplona 31011, Spain
(42.81527, -1.66422)

M Seminario de Pamplona

Monumental 20th-century seminary building designed by renowned architect Víctor Eusa.

(42.81362, -1.62926)

N Raimundo de Fitero

Catholic parish church located in the Iturrama district.

2 Calle de Luis Morondo Urra, Pamplona 31006, Spain
(42.80193, -1.64578)

O Iglesia de Cristo Rey

Parish church located in the city's Ensanche area.

15 Plaza de la Libertad, Pamplona 31004, Spain (42.80955, -1.63413)

P San Francisco Javier

Parish church dedicated to the patron saint of Navarre, located in the Second Ensanche.

5 Calle de Tafalla, Pamplona 31004, Spain (42.81322, -1.63607)

Q Santa Teresa Jesusekoa parrokia

Modern parish church serving the Txantrea neighborhood.

7BIS Calle de Villafranca, Pamplona 31015, Spain (42.83298, -1.62971)

R Parroquia de San Alberto Magno

Catholic church located near the university hospital complex.

2 Travesía del Monasterio de Belate, Pamplona 31011, Spain (42.81436, -1.66099)

S Parroquia de Antonio María Clavet

Parish church serving the Mendebaldea district.

75 Calle de Ventura Rodríguez, Pamplona 31012, Spain (42.82694, -1.66509)

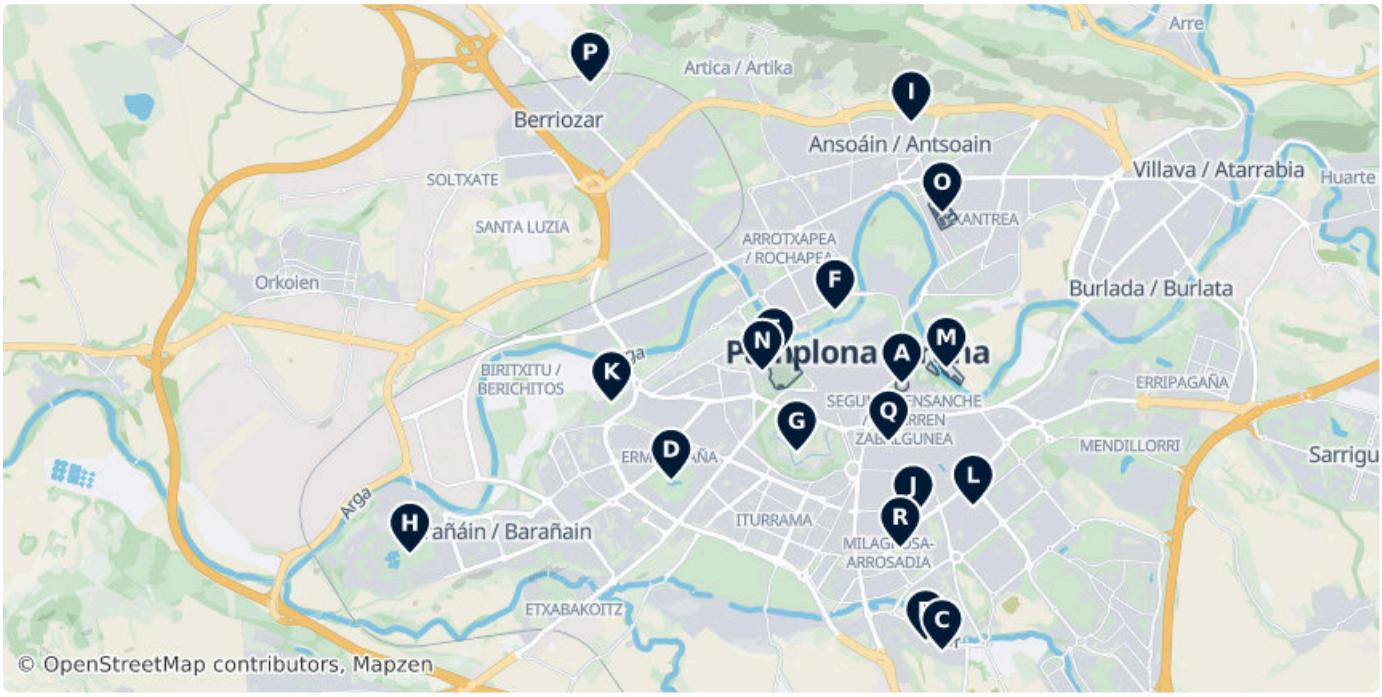
T Iglesia de las Hermanitas de los Pobres

Chapel belonging to the Little Sisters of the Poor residential facility.

38 Avenida de Gipuzkoa, Pamplona 31012, Spain (42.82930, -1.66243)

Pamplona Parks and Sports

Pamplona's recreational landscape spans from the historic 16th-century fortifications of the Ciudadela to modern venues like the Navarra Arena. The city is characterized by distinct green spaces, including the Japanese-designed Yamaguchi Park and the French-style Taconera, which features a small zoo within its moats. Sports enthusiasts can find major football stadiums like El Sadar alongside numerous riverside athletic clubs and municipal centers providing facilities for swimming, tennis, and traditional Basque sports.





A Bullring of Pamplona

Plaza de Toros de Pamplona is a bullring in Pamplona, Spain. It is currently used for bull fighting, sporting or cultural events and music...

Calle Amaya 1, 31002 Pamplona/Iruña (42.81590, -1.63950)

feriadeltoro.com



B El Sadar Stadium

Estadio El Sadar is a football stadium in Pamplona, Navarre, Spain. The stadium holds 23,516 people.

(42.79665, -1.63706)

+34 948 152 636

C Navarra Arena

Multi-purpose indoor arena and stadium used for sporting events, concerts, and cultural shows, located adjacent to El Sadar Stadium.

Calle del Sadar, Pamplona 31006, Spain (42.79594, -1.63539)



D Parque Yamaguchi

Japanese-style garden designed in 1997 to commemorate the twinning with Yamaguchi. Features a geyser, a wooden pagoda, and the city's planetarium.

Pamplona 31008, Spain (42.80868, -1.66304)



E Taconera/Takonera

The city's oldest park, designed in a French style. It features a small zoo in the former moats where deer, peacocks, and ducks live.

(42.81775, -1.65254)



F Parque del Runa

Large green space along the Arga River that serves as the fairground site during the San Fermín festival.

Pamplona 31014, Spain (42.82139, -1.64630)

G Parque Vuelta del Castillo

Expansive green belt surrounding the 16th-century Citadel of Pamplona, utilized for outdoor sports, walking, and public events.

(Unnamed Road), Pamplona 31007, Spain (42.81080, -1.65022)

H Parque de la Constitución

Neighborhood park in the Iturrama district featuring walking paths and children's play areas.

1 Parque de la Constitución, Barañáin 31010, Spain (42.80316, -1.68970)

I Idaki

Municipal sports complex in the Ansoáin area offering indoor swimming pools, a gym, and fitness classes.

1 Calle de Mendikale, Ansoáin 31013, Spain (42.83545, -1.63853)

idaki.org

J Centro Recreativo Guelbenzu

Public recreational facility featuring outdoor swimming pools, sunbathing areas, and sports courts.

5BIS Calle de Mariano García, Pamplona 31005, Spain (42.80598, -1.63833)

guelbenzu.blogspot.com.es

K Agrupación Deportiva San Juan / Donibane Kirol Elkatea

Private sports association providing facilities for football, tennis, padel, and swimming, with wheelchair-accessible infrastructure.

(42.81450, -1.66911)

adsj-dke.com, +34 948 17 22 55

L Club Tenis Pamplona

Historic sports club established in 1918, specializing in tennis and padel courts, alongside swimming and social facilities.

Pamplona 31006, Spain (42.80675, -1.63222)

club-tenis.com

M Club Natación Pamplona

Riverside sports club established in 1931, offering swimming pools, a gymnasium, and access to the Arga River for canoeing.

(Unnamed Road), Pamplona 31015, Spain (42.81706, -1.63495)

clubnatacionpamplona.com

N Centro Deportivo Militar "La Ciudadela"

Sports facility located within the historic fortifications of the Citadel, primarily serving military personnel and their families.

(42.81685, -1.65373)

larraina.es

O UDC Txantrea KKE

Community sports and cultural center in the Txantrea neighborhood, home to local football teams and indoor sports courts.

(42.82867, -1.63537)

Mo–Su 07:30–22:30

udctxantreakke.com, +34 948 124 500

P Polideportivo Berriozar

Municipal sports center in Berriozar equipped with a swimming pool, sports hall, and fitness facilities.

(42.83839, -1.67130)

polideportivoberriozar.es

Q Plaza de la Cruz

Landscaped square in the Ensanche district featuring mature trees and a central monument, flanked by historic school buildings.

(42.81157, -1.64085)

R Parque Ilargi-Enea

Local green space in the Milagrosa neighborhood providing a quiet area for walking and relaxation.

(42.80362, -1.63965)

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