

Festivals

PATRON SAINT FESTIVALS OF SAN MATEO

Throughout the month of September a number of acts are celebrated, notably the San Mateo Pilgrimage, on 20th September; the Livestock Fair, on 21st; and the Carrying Down of the Wine, coinciding with the last Saturday of the month. There are also concerts, fun activities, etc., held during the month.



Festivals.



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VEGA DE SAN MATEO



MUNICIPALITIES OF GRAN CANARIA



Cuisine



TYPICAL PRODUCTS FROM THE MUNICIPALITY

Pastry and Bakery products
Cheeses
Wines, honey and *Gofio*

Typical Recipe

Cress Stew

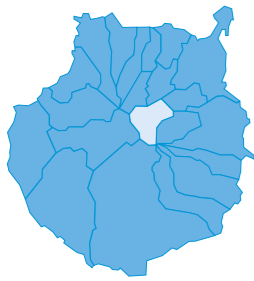


INGREDIENTES

½ kg. cress
½ kg. potatoes
¼ kg. pork ribs
¼ kg. white beans
150 gr. yam
2 ripe pineapples
1 tomato / 1 onion
1 green pepper
3 cloves of garlic
½ ladle oil
Saffron, water and salt

PREPARATION

The beans are left to soak overnight to go soft. In a pot, the ribs are put in with the white beans, pineapples and yam; three litres of water is then added and is put on to heat. Once the ingredients are half cooked we add the cress, potatoes, onion, tomato and pepper, all chopped up, with the salt, saffron, mashed garlic and the oil. This is left on a low heat until everything is thoroughly cooked.



La Vega de San Mateo is in a privileged position, just 21 km from the capital, Las Palmas de Gran Canaria, and strategically placed in the middle of the island of Gran Canaria.



Church of San Mateo.

As we approach La Vega de San Mateo, we head straight for the **Historic Town Centre** with its many styles of outstanding artistic buildings, such as the **Church of San Mateo**, the tree-lined **Alameda de Santa Ana with its Music Band Stand** and **Town Hall**, and buildings and houses with their neoclassical features. If you come to visit at the weekend, be sure not to miss the **Agricultural and Artisan Market**, where you can find a great variety of gastronomic products as well as a selection of crafts for sale.

The highest point on the island is the **Pico de Las Nieves**, and it is an interesting viewpoint from where you can see the two mountain range slopes of Gran Canaria, the North and South, with all their contrasting landscapes. As you climb up here, you pass through the peak district of **Las Lagunetas**, where farming is present on the many terraces that abound on the hillsides. Not forgetting the important Indian figure in this district. Alternatively, you can go up via the Cueva Grande, which is quicker and more direct.

The pine woods at the summit, with viewpoints such as **Degollada de Becerra** and **Montañón** and **La Cruz**, towards Valsequillo, offer a spectacular panorama of both the highest areas of the island and the whole of the central region, where La Vega lies.

If we take the road from the village towards Teror, we reach the district of **Utiaca**, which is noteworthy for being one of the first aboriginal settlements of the area as well as the source of the spring of the Ravine of Guinguada, which eventually opens out all the way down at the island's capital. This district is famous for the laundry washing areas along which the ravine's waters pass through, providing daily supplies of drinking water, drinking troughs for animals and washing sinks for clothes...

At San Mateo is the source of the **Barranco de la Mina** which crosses the island to the northeast and again opens up at the capital, although the last stretch is actually buried under the tarmac of the motorway, which also unfortunately did away with the emblematic Piedra



Church of Santa Mónica, Utiaca.

and Palo Bridges which used to join the districts of Vegueta and Triana together.

La Mina has a small flow of water thanks to the transfer of channels from the Tejeda basin to Guinguada which has been in operation now for centuries, via a gallery that crosses the mountain, and which gives it the name of La Mina.

The ravine offers visitors the chance to take part in nature activities such as hiking, hill-climbing, etc. Special mention must also be made to the areas corresponding to the **Protected Summit**,



How to Get There

BY BUS FROM LAS PALMAS DE GRAN CANARIA

Service 303 from Las Palmas de Gran Canaria to San Mateo.

Service 214 from Teror to San Mateo.

Service 13 from Telde.

as well as the royal pathways that pass through the Municipality. In general, the whole summit region is of great natural beauty, and is visited by large numbers of people, especially at weekends.

Did you know?

The bell located on the Esplanade of the Church of San Mateo goes back to 1803 and was paid for by neighbours of La Vega who were at the time residing in Cuba, when they found out a church was being built back in their home town.



Degollada Becerra.



Barranco de La Mina ravine.



Mercado de San Mateo.