



Living in Cádiz City

Welcome to Cádiz City

Cádiz is one of the oldest cities in Western Europe — a vibrant, sea-wrapped peninsula rich in history, culture, and character. With its mix of ancient charm and modern convenience, Cádiz appeals to Sage College families who want to live in a **walkable, authentic city with soul**, while still being within commuting distance to school (roughly **35–45 minutes** by car).

The city is compact but full of life: from **plazas and beach promenades to lively tapas bars, markets, and family-friendly festivals**. It offers the perfect mix of **urban energy and coastal calm**, with some of the best city beaches in Spain just steps from your front door.

Whether you're looking for a cultural hub, a pedestrian lifestyle, or a city where kids can run along the sea walls, Cádiz could be a perfect fit.

About Cádiz City

Cádiz is a unique blend of the old and the new. The **historic old town (Casco Antiguo)** is a maze of narrow streets, bustling squares, local shops, and baroque churches. Beyond the old walls, modern neighbourhoods like **Bahía Blanca** and **La Laguna** offer convenience, schools, parks, and access to the beach.

The city is known for:

- Its **incredible coastline** — including **La Caleta, Santa María, and Victoria** beaches
- A strong **sense of community**, especially among families and locals
- **Walkability** — most of the city can be navigated on foot or by bike
- Easy access to **public transport** for getting in and out of the city
- Families who choose Cádiz value its **safe, welcoming vibe**, proximity to culture and events, and the ease of everyday life with children in tow.



Popular Neighbourhoods

 **A note on housing:** Cádiz is a highly desirable place to live, with demand peaking in spring and summer. As a result, **long-term rentals can be scarce or seasonal**, especially near the beaches. It's wise to plan ahead and work with local agents.

- 3-bedroom flats typically rent for **€900–€1,400/month**, depending on location and views
- Property prices in historic areas are often high per m² but remain good value for coastal city living

Recommended Areas

- **Centro Histórico / Casco Antiguo** – Beautiful, character-filled heart of the city with cobbled streets, plazas, and cultural attractions.
- **La Laguna** – Residential and family-oriented. Close to Playa Victoria, schools, shops, and parks.
- **Bahía Blanca** – Quieter, newer buildings, wider streets, and access to the train station and main exits.
- **Paseo Marítimo** – Coastal promenade with apartments facing the beach.
- **Extramuros** – More local, good value, with wider roads and parking opportunities.

Shops & Essentials

Supermarkets

- **Mercadona** Cádiz Bahía Blanca –  Calle Santa Cruz de Tenerife, 1
- **Lidl Cádiz** –  Av. Andalucía, 52
- **SuperSol & Carrefour Market** – Scattered throughout the city
- **El Corte Inglés** -  Avenida de las Cortes de Cádiz 1, 11012, Cádiz, Cádiz,
Full department store and grocery, Hipercor

 As in other towns, some shops are closed on Sundays, and locals use the day for family walks, beach visits, and long lunches.



Cafés, Restaurants & Local Eats

Cádiz is a food-lover's city. The **culinary scene** blends ancient traditions with modern twists, offering everything from humble fried fish stands to fine dining. Local delicacies include **pescaíto frito (fried fish)**, **tortillitas de camarones (shrimp fritters)**, and **atún de almadraba (wild-caught tuna)**.

Markets like **Mercado Central** are perfect for fresh produce, seafood, and local cheese, while cafés and bars spill out onto sunlit plazas.

Family Favourites

- **La Vaca Atada** – Cosy café known for cakes and brunches
- **Café Royalty** – A stunning Belle Époque café in Plaza Candelaria
- **Freiduría Las Flores** – Iconic takeaway spot for fresh fried seafood
- **Taberna Casa Manteca** – Classic tapas and family-friendly tables
- **Arsenio Manila (La Victoria Beach)** – Modern, stylish, seafront dining

Family Friendly Hours

Most restaurants close at 4:00 or 5:00 pm and open up again at 8:00 in the evening. To catch an early meal that isn't fast food, we have enjoyed:

- **Cafe Ana** – Two locations in the old town and on the peninsula, open for all day brunches from all over the world, coffee, pastries, etc.
- **Más que la Cresta** - Latin American, burgers, hot dogs, empanadas, vegan, vegetarian options. Opens at 7:00 pm..
- **In a pinch?** - Most bakeries have drinks, savory empanadas and sandwiches to go. If we miss the Spanish timetable, we grab sandwiches at the Jesus Caleta (Calle de la Rosa) convenience store and eat under the ficus trees or head to the beach.

Parks, Playgrounds & Kids' Activities

 Cádiz's beaches are **a major part of everyday life**, offering both recreation and social connection. Families meet after school at **La Caleta** or **Playa Santa María**, kids dig sandcastles year-round, and teens learn to surf at **Playa Victoria**. These beaches are clean, wide, and very accessible — perfect for active family life.



Alongside the beaches, Cádiz also offers great parks and play spaces:

- **Parque Genovés** – The city's largest park, with shaded gardens, dinosaur statues, waterfalls, and a brilliant playground.
- **Parque Celestino Mutis** – A peaceful space with swings, walking paths, and lots of green.
- **La Paz Playground (La Laguna)** – Local favourite with a sports court and safe equipment.
- **Skate park & roller zone** at Playa Victoria for older children
- **Surf schools and language clubs** – Ask the local community or WhatsApp groups for recommendations

Festivals & Local Life

Cádiz is full of **life, art, music, and celebration**. It has a deeply rooted identity and a sense of pride in its traditions.

- **Carnaval de Cádiz (Feb/March)** – One of Spain's biggest and most colourful festivals. Costumes, music, humour, and kids' parades everywhere.
- **Semana Santa (Easter)** – Reverent processions through the old town
- **San Juan (June)** – Night beach bonfires and family gatherings
- **Summer concerts and markets** along the Paseo Marítimo and in city squares
- **La Tacita de Plata** cultural programme – Music, dance, theatre throughout the year

Transport & Getting Around

- **Drive time to Sage College:** 35–45 mins
- **School bus service** available — check the school website
- **Train & bus station** near Bahía Blanca for local and regional transport
- **Bike lanes and scooters** common in flat areas; parking is limited in the old town
- **Walking is often easiest** — many families in the centre get around without a car



Health, Safety & Emergency Info

Medical Services

- **Centro Médico La Laguna (Quirón Salud)**

 Av. Marconi, 2 |  956 27 35 00

Private GP and family medical care, English spoken

- **Centro de Salud La Paz (Public)**

 Av. Segunda Aguada, s/n |  956 01 54 00

- **Clínica Dental Bahía Blanca**

 Calle García Carrera, 3 |  956 25 56 43

- **Hospital Universitario Puerta del Mar (Public)**

 Av. Ana de Viya, 21 |  956 00 50 00

- **Hospital HLA Jerez (Private)**

 Av. Puerta del Sur, Jerez |  956 35 73 00

 Pharmacies are open Mon–Sat and operate Sunday rotas (displayed on their doors).

Service	Number
All Emergencies (Fire, Ambulance, Police)	112
Guardia Civil Cádiz	956242222
Local Police (Cádiz)	092

Real-Life Tips from Families

- **City + beach = the dream** – The rare combo of sea views and tapas in a cultural capital
- **Sundays are sacred** – Expect full beaches and closed shops
- **It's walkable** – Cars are useful for school runs but rarely needed day-to-day
- **Festivals bring the city alive** – Join in and you'll feel at home quickly