

What is it?

Traces of the past seeks to bring you closer to the history of Tarragona hidden within the commercial establishments of the city's old quarter. Several sites of the History Museum of Tarragona are also part of *Traces of the past*, and they will help give context to and expand what you will see during your experience.

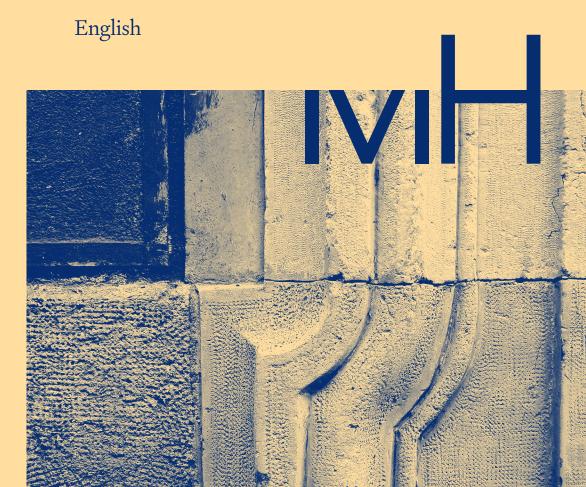
Where will it take us?

Following *Traces of the past* you will be able to reach numerous commercial establishments. Some are restaurants, while others might be shops or night-clubs. Can you imagine having lunch in surroundings that have remained unchanged since the 14th century, partying in the vaults of the old Roman Circus or visiting the oldest shop in Catalonia?

How do I follow Traces of the past?

It's simple! Each commercial establishment forming part of the route has a QR code on its façade. When you scan the code, a short informative text will appear on your screen describing where you are, which establishments are nearby and additional information that might be of interest to you! If you don't know where to start, you can check the map.

TRACES OF THE PAST





- 1. Archaeological Promenade. Promenade along the Roman wall that runs on top of the fortifications of the modern period. It contains a museum space dedicated to the city at the turn of the 19th century.
- **2. El Pallol.** Old medieval convent and baptistery built taking advantage of part of the structure of the provincial forum representation square. It will host the Tarraco mock-up and a video mapping for welcoming to the city.
- **3. Osteria del Lab.** Restaurant with archaeological remains belonging to the provincial forum representation square and with a network of gothic arches and medieval walls.
- **4. Castellarnau House.** Noble house from the mid-18th century, now turned into a museum. It features remains of earlier medieval buildings on its ground floor, and sections of the boundary wall of the provincial forum representation square.
- **5. Entrecopes.** Restaurant located on the ground floor of a unique 19th century building with a section of the boundary wall of the provincial forum representation square, which was also reused during the 12th century to serve as part of the city walls.
- **6. Els Arcs.** Restaurant with a unique network of gothic arches in a very good state of preservation. It also contains an ice well.
- **7. Fòrum.** Restaurant with important archaeological remains of one of the vaults of the circus and the southern façade of the circus enclosure.
- **8. Cappuccino.** Restaurant with important archaeological remains of two vaults of the circus.
- **9. La Caixa.** Bank branch that occupies the entire space of one of the old vaults of the circus.
- **10. Seasons.** Restaurant with a very well-preserved section of the gallery linking the provincial forum representation square and the imperial cult complex.
- 11. Balcells House. Restaurant that is partly set in a medieval palace, but mostly located in a unique extension to the building, made during

- the Early Modern era. It contains remains from medieval and roman times in the basement of the building.
- 12. Racó de l'Abat. Restaurant with a prominent medieval-feeling space on the ground floor of the building, which underwent significant renovations during the Early Modern era.
- **13. El Pulvinar.** Restaurant with archaeological remains from the gallery of the circus and the vaults that supported its structure.
- **14. Personal.** Jeweller's shop located in an establishment where the medieval origins and gothic elements of the space remain clearly visible.
- **15. Sports Catedral.** Sports shop with sections of the monumental staircase that linked the provincial forum representation square and the imperial cult complex in its basement.
- **16. Former City hall.** Building of medieval origin that has suffered several integral reforms to its structure during the modern era. It was the seat of the City Council and, later, of the Spanish-imposed the city hall from the 15th century to the mid-19th century.
- 17. El Cau. Nightclub located inside two of the vaults under the gallery, or pulvinar, of the circus.
- **18.** Antigua Casa Corderet. Candle and souvenir shop considered to be the oldest store in Catalonia. It stands out for preserving its original shop windows and furniture.
- **19. Praetorium and Circus.** Part of the circus enclosure and the provincial forum representation square, which later became a castle, then a military barracks and a prison.
- **20.** El Galliner de l'Antiquari. Restaurant with important archaeological remains of the boundary wall of the provincial forum representation square, located on the ground floor of an Early Modern era palace.
- **21. Palau del Baró.** Restaurant located on the main floor of an Early Modern era palace.
- **22. Canals House.** Noble house from the beginning of the 19 th century, turned into a museum. It was built taking advantage of the Roman wall.