

Costa del Sol *Holiday Guide*





Welcome to the Holiday Rental on the Web Holiday Guide!

Nearly thirty years ago the founders of the HomeCareontheWeb group of companies including HolidayRentalontheWeb purchased their first holiday home in Spain. They loved the Costa del Sol so much that they eventually made a permanent move with their family to live here.

With time and experience they realized that the Coast really needed a Property Management company which dedicated itself to delivering a complete, professional, and personal service to homeowners like them who wished to rent out their property.

Some 14 years on, the HomeCareontheWeb Group of companies has grown considerably to care for over 500 properties, and extends its services to incorporate all aspects of property management, long-term property letting, and holiday rental.

This achievement came through building a great team of people who took the time to understand the needs of our clients and to thoroughly research this fantastic region of Andalucia called the Costa del Sol, so that we could offer the best advice, property solutions, and holiday experiences, not only to homeowners and tenants, but also to our guests who select these properties as their holiday destination.

We are proud to be able to extend this knowledge and experience to you in this brand new Costa del Sol HolidayGuide.

We hope you find this Guide useful and will come to love this part of Spain as much as we all do at HolidayRentalontheWeb.



NOTICE

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Corrections

If you discover any of the information is incorrect, please contact us so that corrections can be made as soon as reasonably practical.

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HolidayRentalontheWeb Guide to the Costa del Sol - Andalusía - Spain and Short Guide on Renting a Holiday Home

INDEX

PAGE

Part 1 - Costa del Sol History and Guide

4 - 6

What to do locally

❖ Nerja	7 - 8
❖ Málaga	9 - 11
❖ Torremolinos	12
❖ Benalmádena	13 - 16
❖ Fuengirola	17 - 20
❖ Mijas and Mijas Costa	21 - 23
❖ East of Marbella	24 - 25
❖ Marbella	26 - 32
❖ San Pedro	33 - 34
❖ Estepona	35 - 36
❖ Sotogrande	37
❖ Sierra Nevada and Skiing	38 - 39

Cultural Events

40 - 42

Beach Clubs

43

Markets on the Costa del Sol

44

Golf Courses on the Costa del Sol

45 - 48

Spas, Health and Beauty Clinics

49

Part 2 - Guide to Your Holiday Home Rental

50 - 53

Map of the Costa del Sol

54

Contact and Company Details

55



INTRODUCTION TO the Costa del Sol

The Costa del Sol is the popular name for the coastline of the Málaga province in the Andalucía region of Spain. The name translates quite literally as the 'Coast of the Sun' and is known locally as 'la Costa'. This amazing Coast stretches 161 kilometres from Nerja in the East, to Estepona in the West, and is packed with everything you could need for a holiday or, indeed, to take up residence here.

The Costa is famous around the world as a major tourism and residential hotspot, one of the most modern, cosmopolitan, urban and coastal spreads in Europe. It has a series of beautiful towns, developments, golf course, ports, villages, beaches, promenades, bars, cafes, restaurants, markets and shopping centres, as well as sun and sea of course. With the hottest average temperatures in mainland Europe, and more golf courses and swimming pools per square mile than anywhere outside Florida, the Costa has everything anyone could wish for and is probably one of the best places in the world to live, as witnessed by the hundreds of nationalities now retiring to, or working or residing in the Costa del Sol.

This guide is aimed at helping you learn about the Costa, and get the most from your time here. History is important, the Costa did not appear here by magic but has a long evolution. Therefore each town section contains a brief historical guide that is rarely available in English. In addition there is a guide to the festivals, markets, golf courses and beach clubs, that make this one of the best worldwide holiday destinations.

Because the Costa del Sol is such a great place to take a holiday, it naturally follows that it also offers holidaymakers one of the most extensive range of holiday homes available anywhere, from villas, townhouses and apartments, with beach, mountain or golf views. Self-catering holiday homes are now more popular than ever, and renting one is the best way to experience the lifestyle here on the Costa at first hand. Part 2 contains a complete guide to renting holiday property here.





BRIEF HISTORY OF the Costa del Sol

Whilst 70% of the building that you see on the Costa is as a result of the tourism and retirement and migration booms of the last 50 years, this Coast has been anything but quiet for thousands of years.

In an ideal world, keen and diligent historians would have faithfully recorded the history of the Costa; tablets of stone would have been made and stored for future generations to treasure and read. Unfortunately, the history was rarely recorded and we are left searching for clues in archaeology, Roman records and the works of travellers.

The history of this Coast is shaped by its geography, creating habitable land in bays and at the mouth of rivers, where settlements resided for over 20,000 years, evidenced through archaeology and modern carbon dating. The curvature of the coastline provides a protected fishing area stretching from Nerja in the West to Gibraltar in the East. For the Phoenicians, Greeks, Romans, Vandals, Moors and Christians, the Costa has provided protection, trade and safe passage. However, for pirates, smugglers and invaders it has presented an easy target, and has been the scene of wars and storms, while empires rose and fell. Nevertheless, it has continually produced fish from the sea and food from the land to cater for its residents. It has also provided a safe road in the small gap between the mountains and sea for passage between the ancient cities of Málaga and Cádiz, called the Footsteps of Ptolemy.

Throughout the 20th century it was fashionable for a small number of hardy people, some in the shipping and mercantile trades, or some seeking a better climate to come and live in the area of Málaga. A trickle of adventurous tourists and settlers arrived here but the wars in Spain and Europe at this time made this more difficult.

The golfing history of the Costa starts in 1925 with the opening of the Parador del Golf (between Málaga airport and the beach) designed by Tom Simpson (who also designed the world famous courses of Turnberry and Muirfield).





The railway line, built from Málaga to Fuengirola in 1912, was more about supporting agriculture and fishing than bringing tourists, but it helped. When the line was re-opened in the 1950's some campsites sprung up for the earliest tourists.

In Fuengirola, there is a memorial to a 1950's Fiat car on a traffic roundabout, on the basis that the recent growth of the town was due to the motorcar revolution of the past 50 years. The car certainly cannot be ignored in the development of the Costa del Sol.

The famous and breathtaking development of Marbella, and by extension the whole Coast, which put this former fishing village on the international tourism map, began with a chance incident involving a car in 1950.

A spot of engine trouble with his Rolls-Royce forced wealthy playboy and entrepreneur Prince Alfonso Von Hohenlohe to make an unplanned 'pit stop' in the town of Marbella where his royal Uncle lived. Von Hohenlohe was captivated by the area and saw its potential as a tourist destination. He bought land and set about building the luxurious 5-star Hotel Marbella Club, convinced that other wealthy Europeans would be equally bewitched by Marbella's unique qualities.

The Hotel Marbella Club opened in 1954 and almost immediately became a Mecca for the aristocracy, film stars and other wealthy, influential celebrities of the day. Like millions of tourists since, they were drawn by the Costa's magnificent year-round climate, easy-going atmosphere and outstanding natural beauty.

The popularity of the Coast grew throughout the 1950s and some far-sighted entrepreneurs arrived keen to exploit the Coast's tourism potential. These constructed the first large hotels and apartment complexes designed to cater for the explosion in mass market tourism that began in the late 60's and continues to this day.

Although there had been an operational airport at Málaga since 1919, it was not until the late 1950's that tourists started arriving by plane. Since then, Málaga airport has remained at the forefront of the air passenger boom of the last half-century. Interestingly, there are more flights flown from the UK to Málaga than any other overseas destination.

With a second runway that can take Jumbo jets and a new ultra-modern terminal, the airport has been a major key to the development of the Costa.

Over the coming decades, the Coast began to attract more and more Northern Europeans keen to make Marbella town and its surrounding areas their permanent home. Some came to live out their days in relative paradise and others to work and build businesses. Because there was no extradition treaty from the UK to Spain until 1997 (and then it was not retrospective), a small number of people also arrived here to escape the law. The late nineties and early noughties especially saw unprecedented residential development in and around the area; and what was once a sleepy coastline dedicated to fishing, farming and defence, became a large and thriving series of boomtowns with a modern infrastructure to match.

COSTA DEL SOL

Today

Today the Coast attracts millions of holidaymakers from around the globe each year; not least due to the Coast's natural surroundings - bordered by the sea and the mountains - which ensure it enjoys over 325 days of sunshine every year. The Costa is the most-visited part of the second most-visited country in the world. With nearly 100 kilometres of beaches, a mild micro-climate offering the best all year temperatures in mainland Europe, plus shopping, entertainment, sports of all types, world-renowned cuisine and, of course, some of the best golf courses in the world, we'd like to welcome you to the Costa del Sol.



Costa del Sol Town Guide



Nerja

70 kilometres from Málaga Airport
50 minutes drive

On the coastline East of Málaga, the beautiful beachside town of Nerja, on the Eastern-most tip of the Costa del Sol, is a firm favourite with visitors for many reasons.

Despite the changes that have occurred on the Coast over the past decades, the town has still managed to avoid the kind of over-development that has turned some coastal resorts around Spain into veritable concrete jungles. The Old Town in particular remains relatively unchanged and as charming as it's ever been.

HISTORY OF NERJA

Nerja has a long history, evidenced by the primitive paintings found in its famous caves, discovered in 1958. These caves are now believed to be just one entrance to a linked series of potholes stretching many miles into the mountains between Nerja and Granada, and which may yet prove to be one of the most extensive unexplored systems in Europe. Visitors to the caves will also be able to view the remains of one of the ancient inhabitants of Nerja.

The caves were re-discovered in modern times in 1959 by a narrow sinkhole known as "La Mina" which was one of the two natural entrances to the cave system. The cave is divided into two main parts known as Nerja I and Nerja II. **Nerja I** includes the Show Galleries which are open to the public, with relatively easy access via a flight of stairs and concreted pathways.

Nerja II, which is not open to the public, comprises the Upper Gallery discovered in 1960 and the New Gallery discovered in 1969. In February 2012 it was announced that possibly Neanderthal cave paintings have been discovered in the Caves of Nerja.

The Romans built three settlements in Nerja, including Detunda, the large remains of which can now be seen. Under Moorish rule, the town was known as Narixa, which means "abundant spring", from which the present name derives.

The Balcón de Europa, a promenade viewing point that gives stunning views across the sea, is in the centre of the old town. Its name is popularly believed to have been coined by King Alfonso XII, who visited the area in 1885 following a disastrous earthquake and was captivated by the scene. Local folklore says that he stood upon the site

where the Balcón now stands, and said "This is the balcony of Europe". Local archive documents are said to show that its name predated this visit, but this has not prevented the authorities from placing a life-sized (and much photographed) statue of the king standing by the railing.

The Balcón area was then known as La Batería, a reference to the gun battery that existed there in a fortified tower. This emplacement and a similar tower nearby were destroyed during the Peninsular War. In May 1812, the British vessels Hyacinth, Termagant and Basilisk supported Spanish guerrillas on the Coast of Granada, against the French. On 20 May, Termagant or Hyacinth opened fire and the forts were destroyed. Two rusty guns positioned at the end of the Balcón are reminders of these violent times. The lumps of rock, the remains of La Batería, visible in the sea at the end of the Balcón, are further relics of this action.

Once the area was dominated by sugar cane production, and the sugar cane factory can still be seen on the Eastern edge of town, although it is now empty. In more modern times, sugar cane production has given way to more valuable cash crops, particularly semi-tropical fruits such as mango and papaya, and there are now widespread avocado plantations.

The Eastern-most town in the area is known as Axarquía and has an official population of around 22,000 (in 2008), nearly 30% of which are foreign residents, including around 2,600 British, although the true expatriate population, who for the bigger part are pensioners, is probably at least twice that. The white villages climbing the mountains around Nerja are relatively new, and inhabited by foreigners. In the summer months, tourism swells the population several times more. The streets are narrow, some one-way and some pedestrian-only.

Nerja town is situated on a fairly steep hill, with several small beaches set in coves beneath cliffs. It is also becoming a significant centre for walkers, thanks to the mountain scenery of the nearby Sierra de Almijara and Sierra Tejeda, and the Sierra de Burno which overlooks the town. Nerja is also one of the main centres of scuba diving on the Costa del Sol, with the Natural Park of Maro-Cerro Gordo nearby.



THINGS TO DO IN NERJA

Eating out is easy as the town has around 400 restaurants, bars and cafés, and if you prefer to eat at home, grocery shopping can be done at the supermarkets and endless mini-marts around town.

Nerja has a small exhibition hall in the High Street, and in February or March there is a parade of bicycles that attracts a few thousand cyclists, with people of all ages joining in. During Mardi Gras, there is a Carnival parade through the town with people lining the streets.

Donkey Sanctuary, Nerja

A great place to meet these lovable creatures, often rescued from appalling conditions by a non-profitmaking organisation that's run by volunteers. Open mornings only. For more information, call (0034) 952 735 513.

Caves

The Caves of Nerja are a series of caverns close to the town of Nerja in the Province of Málaga, Spain. Stretching for almost 5 kilometres, the caverns are one of Spain's major tourist attractions.

Balcon de Europa

The Balcón de Europa – Balcony of Europe – is situated on a rocky promontory and was formerly a fortress designed to keep out British pirates and privateers. Today it is the focal point of the town, affording magnificent views up and down the Coast.

Church of El Salvador

The beautiful 17th century Church of El Salvador – Iglesia El Salvador – is situated on the edge of the Balcón de Europa and close to what used to be the old Guards' Tower. The original church was erected in 1505, although the existing structure was not actually built until much later in 1697, and it was then further extended during the period 1776 –1792. The church is constructed as a three-naved cross, the central area covered with a wooden framework of paired braces, the sides featuring vaulted edges at the ends and half barrel

vaults with windows in the remainder. On the front of the church are two quite large and typical ceramic tile plaques, one detailing the history of the church, the other a rather beautiful and colourful religious scene.

Burriana Beach

Playa Burriana is a large sandy beach situated at the eastern end of town and is Nerja's premier bathing location due to its prestigious 'Blue Flag' of excellence, awarded by the European Union.

Nerja History Museum

The museum traces the history of the town of Nerja from the cave dwellers of Paleolithic times to the tourist boom years of the 1960's.

Maro

The greatest claim to fame for this quiet, picturesque little village located just outside Nerja, are the magnificent Nerja Caves (Cuevas). Narrow streets and alleys, whitewashed houses and great views out to sea, or across the bay to Nerja, are all characteristics of this quaint pueblo.

Aqueduct of El Aguila

"Eagle Aqueduct" was built under the direction of local master builder Francisco Cantarero and comprises four storeys of superimposed brick arcades with 38 arches. The facade was decorated with a gallery of blind, pointed horseshoe arches in the Mudécar style. The aqueduct also features entrance templets on the top storey and a central templet with an inscription reading 'Pura y Limpia Concepción' (Pure and Clean Conception).

EATING OUT IN NERJA

The town is full not only of restaurants but also bars selling good pub-like food. Some to try are:

El Candil (European) 952 52 07 97

El Refugio (European) 952 52 41 39

Antica Roma (Italian) 952 52 59 24

Chiringuito Ayo, Burriana (Paella speciality) 952 52 22 89

Merendero Moreno, Burriana (Mediterranean) 952 52 54 80



Málaga

11 kilometres from Málaga Airport
17 minutes drive

Málaga is the capital of the Province of Málaga, in the Autonomous Community of Andalucía, Spain. It has a population of 567,433 in the 2012 census, the sixth largest City in Spain. It is a beautiful city and easily accessible from anywhere on the Costa del Sol, perfect for a day out and to enjoy a taste of real Spain. It's also full of wonderful apartments and villas available to rent for your self-catering holiday.

Málaga has many claims to fame, so let's start with the history of the southernmost large city in Europe and capital of the Costa.

HISTORY OF MALAGA

Málaga's record spans about 2,800 years, making it one of the oldest inhabited cities in the world. Apart from extensive Neolithic and Palaeolithic remains from 10 to 20 thousand years ago, the first records are shown by the Phoenicians as Malaka around in 770 BC, and then from the 550 BC under the empire of Carthage and then under Athens.

From 218 BC it was ruled by the Romans and was a lively trading city, the Roman gateway to Southern Spain. After the fall of Rome it survived the 'Dark Ages' when so many Spanish cities did not. Since the 8th century, for 700 years it was Mālaqah, and was a great Arabic centre for trade with modern amenities such as street lighting and sewers while most of Europe were living in caves and huts.

The archaeological remains and monuments from the Phoenician, Roman, Arabic and Christian eras make the historic centre of the city an "open museum", displaying its rich history of more than 3,000 years. This important cultural infrastructure and the rich artistic heritage have culminated in the nomination of Málaga as a candidate for the 2016 European Capital of Culture.

Málaga's most famous son is Pablo Picasso and he has a museum dedicated to his life work and you can visit his

birthplace. The actor Antonio Banderas also hails from Málaga and is very often visiting his home city.

Málaga is rich in culture and art, with galleries, museums, jazz and film festivals. Its historic centre features the stunning Baroque cathedral, the roman amphitheatre, the fortress Gibralfaro and the Alcazaba, in the midst of its many architecturally attention-grabbing monuments.

It is also famous for other things such as its sweet wine, street carnival and feria (fair) in August. A bar you must visit is the "El Pimpi" a bar full of character and a good place to sample some Málaga dulce (sweet wine).

The port is the oldest in Spain and has recently been renovated as a modern cruise ship, destination with parks, restaurants, designer shops and playgrounds. The port is a hub for everything that floats, with ships that cruise or carry containers, fishing boats, Navy boats and a flotilla ranging from family sailing dinghies to billionaire's yachts.

THINGS TO DO IN MALAGA

Málaga Tourist Information office
Plaza de la Marina, 11. 29001 Málaga
Tel: (0034) 951 92 60 20. www.malagaturismo.com/en

Alcazaba

Offers a vantage point to look over the whole of Málaga City as well as visit this historic monument. The building dates back to the Muslim period and is located at the foot of the Gibralfaro hill, crowned by the Arab defence works to which the Alcazaba is connected by a walled passage known as the Coracha. With the Roman Theatre and the Aduana Customs Building, this special corner offers the chance to observe Roman, Arab and Renaissance culture, all within a few yards of each other.

You can find Alcazaba in Calle Alcazabilla, 2
www.malagaturismo.com/en/tourist-resources/detail/alcazaba/6



Plaza Mayor, Málaga

The most popular shopping and entertainment centre is just outside Málaga city itself, located off the A7/N-340 Coast road and sign posted not long after the turn off for the airport as you head towards Málaga city from Marbella. Alternatively catch the Coast train as it stops right alongside Plaza Mayor.

Plaza Mayor is basically a huge outdoor shopping mall with a variety of different brand-name outlets, shops, bars, themed restaurants, and supermarkets, plus a multi-screen cinema, a bowling alley and a children's play area. The shops in the mall stay open all day. Ikea is also within striking distance. www.plazamayor.es

Yelmo Cinema Complex, Málaga

This cinema shows a different film in English each week at the Plaza Mayor Leisure Park on the way to Málaga and boasts a 3D screen too. Tel: (0034) 902 90 21 03 or visit www.yelmocines.es/cines-malaga/peliculas-en-cartelera-plaza-mayor-3d

Cervantes Theatre, Málaga

This is the top theatre in the whole of the Málaga region and attracts the best Spanish and international performers in theatre and pop music. Tel: (0034) 952 22 41 09 or visit www.teatrocervantes.com/en



Museo Picasso, Málaga

More than 200 exciting works are on display at this fascinating homage to the Málaga-born art genius as well as visiting exhibitions. Free guided tours are available in English every Wednesday from 11.00. For more

information, see section below, call (0034)902 44 33 77 or visit www.museopicassomalaga.org/index.cfm

Centro de Arte Contemporáneo de Málaga

Modern art gallery in the centre of Málaga, situated in Calle Alemania with different exhibitions throughout the year, as well as permanent exhibitions. For more information call (0034) 952 12 00 55 or visit www.cacmalaga.org

Pablo Ruiz Picasso Foundation

A museum at the very birthplace of the giant of 20th century art, Pablo Picasso, can be found at Plaza de la Merced, 15, Málaga along with temporary exhibitions. for more information, call (0034) 951 92 60 60 or visit www.fundacionpicasso.malaga.eu/portal/menu/portada/portada?idioma.cultura.fpicasso=in

Museo Carmen Thyssen

Contains a permanent collection, as well as visiting shows, and can be found in Plaza Carmen Thyssen, Calle Compañía 10, 29008 Málaga Tel: (0034) 902 303 131 www.carmenthyssenmalaga.org/en

Museo Automovil (Car Museum)

Holds an extraordinary collection, presented in themed areas that describe the different styles that characterize the evolution of the twentieth century car. Wide variety of models representing major brands: Hispano Suiza, Bugatti, Delage, Packard, Auburn, Rolls Royce, Bentley, Jaguar, Mercedes and Ferrari, amongst others. It also houses a fashion space, with a unique exhibition of vintage hats from Balenciaga, Schiaparelli, Givenchy, Balmain, Oleg Cassini, Dior and Chanel. Avenida Sor Teresa Prat, 15, 29003 Málaga. For more information visit the website www.museoautomovilmalaga.com/en

Muelle Uno

A new port shopping centre in the heart of Málaga, Muelle Uno boasts outdoor coffee shops and bars, shops and the chance to look at some beautiful boats before hopping on one for a visit around the bay of Málaga. Shops are open Monday to Saturday: 10am to 10pm. Restaurants are open Monday to Sunday with minimum opening hours of 12 noon to midnight. www.muelleuno.com



Malaga Cathedral

(Nuestra Señora de la Encarnación - Our Lady of Incarnation). No day out in Malaga is complete without a visit to this national landmark. Building started in the 15th century, and ended in the 17th, leaving it unfinished with coping on the main façade and the south tower missing. Legend has it that it remains incomplete due to the funds allocated for its completion being used to aid the wars in America.

Along with the stunning display of art and architecture, the Cathedral houses two beautiful, fully functioning organs which have more than 4,000 pipes. For the full, fascinating history of the Cathedral, you can visit it at Calle Molina Lario, 9. Tel: 952 220 345.

Ataranzas Market

Ataranzas Market is a large fresh produce market and a great place to enjoy a flavour of Spanish meat, vegetables, fish and produce. The market is open every weekday and Saturday until around 2pm and is located in Calle de las Atarazanas, not far from the main shopping area.

Soho Málaga

The trendy art area in Málaga City, which contains Museums and Galerías, Street Art, Theatres and Cinema, Shopping, Bars and Restaurants. www.sohomlg.com

EATING OUT IN MÁLAGA

The capital city of Andalucía, Málaga has many tapas bars, restaurants and snack bars. Here is a small selection:

El Jardin (Spanish) 952 22 04 19

La Moraga Antonio Martin (Fish speciality) 952 22 41 53

Mario Eva (Fish speciality) 952 33 28 62

Garum Casual (Spanish) 952 21 84 08

SURROUNDING AREA OF MALAGA

Paintball Mountain, Málaga

If the sights and sounds of the City aren't enough for you,

head out to Paintball Mountain. Found in Campanillas about 20 minutes outside Málaga, the Mountain has 5 game scenarios and offers games for adults and children.

Tel: (0034) 606 662 000 or visit www.paintballmountain.es/en

WALKING IN MÁLAGA PROVINCE

Málaga has more than 2,000 kilometres of public footpaths that will be extended by more than 600 kilometres in 2014 when the circular route known as "Gran Sienda de Málaga" will be launched.

There are a few walking hotspots in the area, such as the many marked trails behind Marbella at the Refugio de Juanar area, located on the road to Ojen behind La Cañada shopping centre and surprisingly close to Marbella. This is where the tricky ascent to the top of the iconic mountain La Concha starts, which can take about 3-4 hours to climb and has some seriously precipitous sections, which can be dangerous.

There are less challenging walks available which are marked and timed, but take maps as well as noting the marked trails as they aren't foolproof. There are also lovely marked routes around the white villages of Istan, Ojen and Casares that will give you a very different view of the Costa del Sol.

The village of Mijas Pueblo, has free guided walks twice a week that are arranged by the Ayuntamiento (town hall) and lots of lovely signed walks around the area.

There are many books and websites containing information about walking in the area such as 'Marbella Trails' and 'Walking in Andalucía' and extracts from the book can be found on Andalucia.com to give a flavour.

As always, take care on these walks; take water and food and appropriate clothing, as there are always risks associated with going off the beaten track. Guided walking tours ensure you are in safe hands, there are many companies offering these services such as SUR-walks.



Torremolinos

7 kilometres from Málaga Airport
10 minutes drive

Torremolinos is one of the best-known resorts on the Costa del Sol and has considerably improved its image over recent years.

Because of its proximity to Málaga airport, Torremolinos was the first of the Costa del Sol resorts to develop from a poor fishing village in the late 1950s, and the rest of the Coast quickly followed. In 2012 Torremolinos had 68,961 inhabitants, in an area of 20 square kilometres with many more inhabitants during the summer months.

Torremolinos is one of the most popular self-catering holiday spots on the Costa del Sol with a good range of holiday apartments and villas. The whole town is characterised by modern shopping centres, and a wide variety of bars, good fish restaurants and an exciting nightlife. In the Los Alamos area of town there is a good choice of trendy beach bars. Torremolinos also has a smart beachfront promenade that runs along virtually all 7 kilometres of its well-kept sandy beaches.

You can take a lovely walk via the La Carihuela by the sea as far as Benalmádena port. Whether renting a holiday villa

or an apartment or just passing through, Torremolinos is definitely worth a visit. It is easily accessible by train or bus.

THINGS TO DO IN TORREMOLINOS

Crocodile Park, Torremolinos

Europe's only crocodile park has many varieties of crocodiles of different ages, from tiny babies, freshly hatched out of the egg, right up to 77 year-old giants measuring nearly five metres long.

In addition to the crocs, the park also has a mini-zoo for children with deer and miniature ponies, plus a museum where you can uncover all sorts of interesting croc facts and watch a video presentation. There's a restaurant and souvenir shop. The park is open daily 10am to 6pm. For more information and prices, call (0034) 952 05 17 82. www.cocodrilospark.com

Aqualand

About ten minutes walk north of Calle San Miguel near the Palacio de Congresos, is a typical family-fun water park with more than 30 rides, including the bloodcurdling Kamikaze chute. Tel: (0034) 952 38 88 88. www.aqualand.es/torremolinos/en/

La Carihuela Beach

Stretching between the imposing rock wall of Bajondillo Beach and the Marina, the beach has a well-marked swimming zone, and many activities are organised here during the summer. On 16 July, during the Carmen Fair, this beach plays host to a procession of the Virgin by boat to the accompaniment of fireworks.

EATING OUT IN TORREMOLINOS

Torremolinos boasts many eating places, particularly along the sea-front! A small selection is listed here:

Nuevo Lanjaron (Spanish) 952 38 87 74

Frutos (Spanish) 952 37 14 50

La Cañada de los Cardos (Spanish) 952 37 38 24





Benalmádena

14 kilometres from Málaga Airport
16 minutes drive

Benalmádena is both a traditional Spanish village and a modern, coastal residential and tourist area. In the census of 2012 it had 65,965 inhabitants, with the population concentrated in three main centres: Benalmádena Pueblo, Arroyo de la Miel and Benalmádena Costa. Both Benalmádena and Arroyo del la Miel can be accessed easily from the train that runs up to three times an hour (please check timetables for exact times) from Fuengirola to Malaga Centre. All Benalmadena areas offer great accommodation, bars and restaurants, but you'll find the nightlife mainly on the Coast.

HISTORY OF BENALMÁDENAS

Benalmádena has the richest history with human settlements from the upper Palaeolithic period some 20,000 years ago. This is evidenced by the finding of caves located in the area "Cueva del Toro", "Cueva del Botijo" and "Cueva de la Zorrera". In the 8th and 7th centuries BC, the Phoenicians were mining this and several other areas along the Coast. A Roman settlement emerged, most likely taking over the mines, and forming a highly civilised Roman colony that was cultivating grapes and creating a wine famous throughout the Roman Empire.

Among the Roman remains are the ruins of Benal-Roma, a salting factory located on the Coast, the site of Torremuelle, and enamelware and other items preserved in the Museum of Benalmádena. The town and its mines can be supposed to have grown in the Moorish period, as it was the scene of battles in the conquest of the Moors. In 1456, under the command of King Enrique IV of Castilla, armies destroyed the fort and the town.

The villagers took refuge in Mijas to rebuild their homes, which were ruined again in 1485 by King Fernando in his final conquest. Over the next 6 years the town was deserted. In 1491, the King ordered Alonso Palmero to colonise the area with 30 Christians and Palmero as mayor, but an earthquake and the constant pirate attacks made it impossible to inhabit the town.

In 1784, the Italian Félix Solesio purchased the farm "Arroyo de la Miel" to build six paper factories to supply the Royal Factory of Playing Cards of Macharaviaya. The municipality's real growth began in the 1950s with the first round of mass tourism. Many now long-established hotels, restaurants and businesses opened in this period, such as the Hotel Triton [1961], Tivoli World amusement park [1973], Torrequebrada Casino and Hotel [1979], Selwo Aquarium, Sea Life Aquarium and the Cable car to the top of Mount Calamorro behind the town.

Many more such tourist businesses were constructed in the early twenty-first century. Following a huge residential building boom in the 1980's and 1990's, Benalmádena became a great place for self-catering holidaymakers with a well-established holiday rental market.

Benalmádena is a good holiday location for the whole family, with its lovely sandy beaches, award-winning port full of luxury yachts and innovative architecture, lively nightlife, and the huge variety of restaurants, bars and clubs. In addition there is the nearby Sea-Life Aquarium and Selwo Marina, the Tivoli World theme park, a beautiful Butterfly Park and a mountain-top cable car with its twice daily show of a fine collection of birds of prey. Benalmádena is therefore an ideal selfcatering holiday destination with lots to do for all the family.





THINGS TO DO IN BENALMÁDENA

Tourist Information Office

Oficina de Turismo: Avenida Antonio Machado nº 10, 29630, Benalmádena Costa

Contact (0034) 952 44 24 94 or

turismo@benalmadena.com

www.benalmadena.com/turismo.php

Museo de Arte Precolumbino

The Benalmádena Museum is located in the Pueblo (village) on Avenida Juan Luis Peralta 49. It hosts many of the Roman artifacts that have been discovered along the Coast, including a collection of Pre-Columbian small glass jars used for cosmetics. Felipe Orlando who lived in Malaga and the Coast for many years created the Museum, was a writer, poet, and painter originally from Mexico. He donated to the museum his collection of the third largest Pre-Columbian collection in Spain that he inherited from his father. The art originated from México, Perú, Nicaragua, Colombia and Ecuador. For opening times and more information visit the website www.benalmadena.com/museo/

Castillo de Colomares

Whilst not technically a castle, Castillo de Colomares is one of the more interesting places to visit. Built between 1987 and 1994 by Esteban Martín MD it stands as a tribute to Christopher Columbus and the discovery of America. This unique monument unifies various architectural styles, which had a marked effect on Spanish culture: Byzantine, Romanesque, Arabic and Gothic. A walk around the

Colomares Castle will allow you to discover various symbols of the Catholic Kings, from the three cultures present in Medieval Spain (Judaism, Christianity and Islamism) and other elements from Christopher Columbus's epic voyage. For more information on opening times call (0034) 952 448 821, or visit www.castillomonumentocolomares.com

Teleférico Cable Car Ride

If you're not afraid of heights, then a trip on one of the modern, comfortable Teleférico cable cars in Benalmádena might literally be one of the highlights of your trip to the Costa del Sol. The cable car is operated by the same company responsible for SELWO Aventura Safari Park (in Estepona) and SELWO Marina, and links the town of Benalmádena with the summit of Mount Calamorro, the mountain immediately behind the town. Mount Calamorro is one of the highest mountain peaks on the Coast at 769m above sea level. The ride to the top takes around 15 minutes, and provides spectacular views of the terrain below, the mountains ahead and the whole coastline. Once at the summit, you'll be overawed by the panoramic view that takes in the entire Coast, the Sierra Nevada mountain range to the East, the Guadalhorce Valley to the North. On clear days, you can even see Gibraltar and the mountains of the North African Coast to the South.

There are also various things to do at the summit including watching falconry and Spanish horsemanship displays, or taking walks and donkey rides across the top of the mountain to other fantastic vantage points. There are also evening night-sky events organised by Astronomy on the Costa del Sol. For more information call (0034) 616 679 453 or visit www.astronomycostadelsol.com

Each cable car carries four people comfortably. Bikes and prams can also be taken onboard. For the truly adventurous, you can opt to walk or bike back down the mountain.

Be advised that when the weather isn't suitable, especially during periods of high winds, the ride can be closed without prior notification; otherwise it's open every day. Check for exact opening hours. The entrance to the cable car can be found at Explanada Tivoli (next to Tivoli World) in Arroyo de la Miel, next to Benalmádena. Look for signs for Benalmádena / Arroyo de la Miel. For prices, accurate opening times and more information, visit www.english.telefericobenalmadena.com





Tourist Train, Benalmádena

El Tren Turístico Benalmádena or 'Moncho Tren' is a service started in 2014 offering two different trips, connecting Puerto Marina (the port) and Arroyo de la Miel, Selwo Marina, Tivoli World and Parque La Paloma (the huge park near Selwo Marina). Tourist information for all trips is in Spanish, English, French and German.

Bookings can be made at the ticket office Hotel Alay Square. Call (0034) 608 920 326 or (0034) 608 054 819 or find the seasonal timetables at www.trenturistico benalmadena.es/index_ing.php

SELWO Marina, Benalmádena

The fabulous SELWO Aventura Safari in Estepona, has its sister park SELWO Marina in Benalmadena, and it's well worth a visit. The concept behind the park is a voyage of discovery through the different aquatic regions of the 'New World' of South America. As such, the park is divided into different zones - the Antilles, Caribbean, the Amazon and the South Pole - and you're free to navigate your own route between them. Amongst the sights on offer in the different zones includes a Delfinarium in Antilles, the only installation of this type in Andalucía, where you can see the family of dolphins up close, as well as sea lions swimming the warm waters of the Caribbean.

There are also exotic birds of the Amazonian rain forest and, thanks to Andalucía's only ice 'Peguarium', penguins from the South Pole. The park also features entertaining shows by the dolphins, sea lions and exotic birds, which are always popular. And you shouldn't miss the amusing frenzy that is penguin feeding time.

Located close to Parque de la Paloma in the small town of Arroyo de la Miel, on the outskirts of Benalmádena, approximately 40 minutes drive East of Marbella along the A7/N-340 Coast road. Look for signs indicating the junction for Benalmádena and Arroyo de la Miel. For more information, call (0034) 902 19 04 82 or visit www.selwomarina.es/en

Casino Torrequebrada

The Casino is 2 km away from Benalmádena Marina in Benalmádena Costa and offers gaming as well as a Restaurant and fabulous shows during the summer months. Call (0034) 952 577 300 or check the website for more information at www.casinotorrequebrada.com.

Sealife Centre, Benalmádena

If your children relish the idea of seeing 2-metre long sharks up close, this is the place to go. The Centre can be found in Benalmádena Port and offers 36 spectacular displays (including Sharks, Giant Turtles and Rays). It's open daily 10am-6pm and is located approximately 40 minutes drive East of Marbella. Take the Mediterranean motorway the A-7/N340 to exit 222 for Benalmádena. For more information and prices call (0034) 952 560150 or visit www.visitsealife.com/benalmadena/en/

Tivoli World Theme Park, Benalmádena

Tivoli World is the largest theme park on the Costa del Sol and well worth a visit with the children during any trip to the Coast. There are over 40 thrilling rides to choose from for all the family (some rides are subject to height restrictions), including a really scary 60 metre 'Freefall' ride, and a giant 30 metre 'Big Wheel', as well as a tiny tots section with more gentle rides and a Jurassic Adventure area featuring life-sized dinosaurs.

Of course, there are many different restaurants and bars throughout the park in which to relax and refuel, plus a full programme of professional dance spectaculars, comedy shows and music concerts held in the three main squares - the Wild West themed 'Western Square', the traditionally Spanish themed 'Andalucía Square', and 'Tivolilandia' which features shows for children.

Tivoli World is located in the town of Arroyo de la Miel, just two kilometres from Benalmádena. Take exit 222 signposted for Benalmádena-Arroyo de la Miel. Ample car parking is available. For more information and prices visit www.tivoli.es or call (0034) 952 57 70 16



Butterfly Park

Enjoy the beautiful experience of more than 1,500 butterflies from all over the world flying freely around you in a tropical environment. The Butterfly Park Benalmádena is over 2,000 m²; the largest climate-controlled space dedicated to butterflies in Europe. The blue tiles covering the pagoda entrance hall were made in that colour expressly in Chiang Mai for the butterfly and is the original tile that is traditionally used in the temples of Thailand. Normal opening times are 10.00 to 18.00, but call (0034) 951 21 11 96 to check, or for more information visit www.mariposariodebenalmadena.com/English/

Buddhist Temple

This awesome monument on the outskirts of Benalmádena Pueblo (village) next to the Butterfly Park, was erected on a panoramic platform overlooking the Mediterranean Sea, and was officially opened by the Dalai Lama himself. The paintings on the walls of the meditation hall represent the life story of the Historical Buddha Shakyamuni and have been elaborated by Nepalese artists in the traditional

religious style of the Himalayas. An additional space for exhibitions related to Tibetan Buddhism, the Himalayan culture and Stupas around the world, has been adapted underneath the meditation hall.

For more information call (0034) 606 275 375 or (0034) 662 065 156 or visit www.stupabenalmadena.org/en/visit/getting_here

Flamenco Shows

The Sala Fortuna at the Torrequebrada Casino Hotel plays host to the fabulous 'Spectacular of Flamenco Show' by Carmen Mota, one of Spain's top Flamenco dancers from Madrid. The show is for adults only and you can either book for dinner and the show, or just the show. For more information, prices and reservations, call: (0034) 952 446 000 or (0034) 952 445 702 or visit www.tablaosflamencos.com/en/tablaos/sala-fortuna.

EATING OUT IN BENALMÁDEN A

If you want to enjoy the sights and sounds of the Marina at Benalmádena this website offers you all the best Restaurants and Eateries in the area where you can stroll along the promenade and eat at one of the many fresh fish restaurants: www.restaurantespuertomarina.com.

Some restaurants of note are:

Baboo (Café-bar/restaurant) - Benalmádena
 Campo del Golf 902 10 26 75
 Pinocho (Italian) - Puerto de Benalmadena 952 440 752
 Spanish Garden (International) - Montemar 952 38 87 98
 La Parolaccia (Pizzeria) -
 Puerto de Benalmadena 952 44 04 87
 Angus (Steak House) -
 Puerto de Benalmadena 952 57 57 98
 El Greco (Taberna) - Puerto de Benalmadena 952 56 72 87
 La Fuente (Spanish) - Benalmadena Pueblo 952 56 94 66
 La Perla (Spanish) - Benalmadena Pueblo 952 56 81 66
 La Taberna de Sinfo (Spanish) -
 Benalmadena Pueblo 952 44 86 96
 La Plaza / La Niña (Spanish) -
 Benalmadena Pueblo 952 44 84 83





Fuengirola

23 kilometres from Málaga Airport
19 minutes drive

Fuengirola is one of the most popular tourist destinations on the Costa del Sol due largely to its long beach promenade lined with bars and restaurants, busy nightlife and abundance of things to do.

Fuengirola has, amongst other things, a Water Park and a Conservation Zoo, as well as High Street shopping and an indoor shopping centre with a cinema complex, plus children's play areas and a bustling port. There are three street markets a week (one a car boot fair), regular concerts and festivals held in the grounds of the Castle and a variety of festivals, ferias and concerts at the Feria Ground (Recinto Ferial). Fuengirola is an ideal place to stay or visit and has been popular with tourists since the 60's. Fuengirola has some wonderful villa or apartment rentals available for your stay here on the Costa del Sol.

The seafront in Fuengirola has 8 Km of wide sunny sandy beaches separated by a wide pavement and a road which offers every shop, bar, restaurant and tourist facility that you can imagine. The town has grown rapidly since the 1960's when it had 4,000 inhabitants. It now has 75,953 registered inhabitants which of course more than doubles at the height of summer with both holidaying Spanish and foreign visitors alike.

HISTORY OF FUENGIROLA

Fuengirola came into being as a result of its geography, sitting as it does on the main road from Málaga to Cádiz, thus saving travellers the need to climb mountains or use the sea. It is nestled in open land between the mountains and the sea and is the opening point for three great mountain rain rivers.

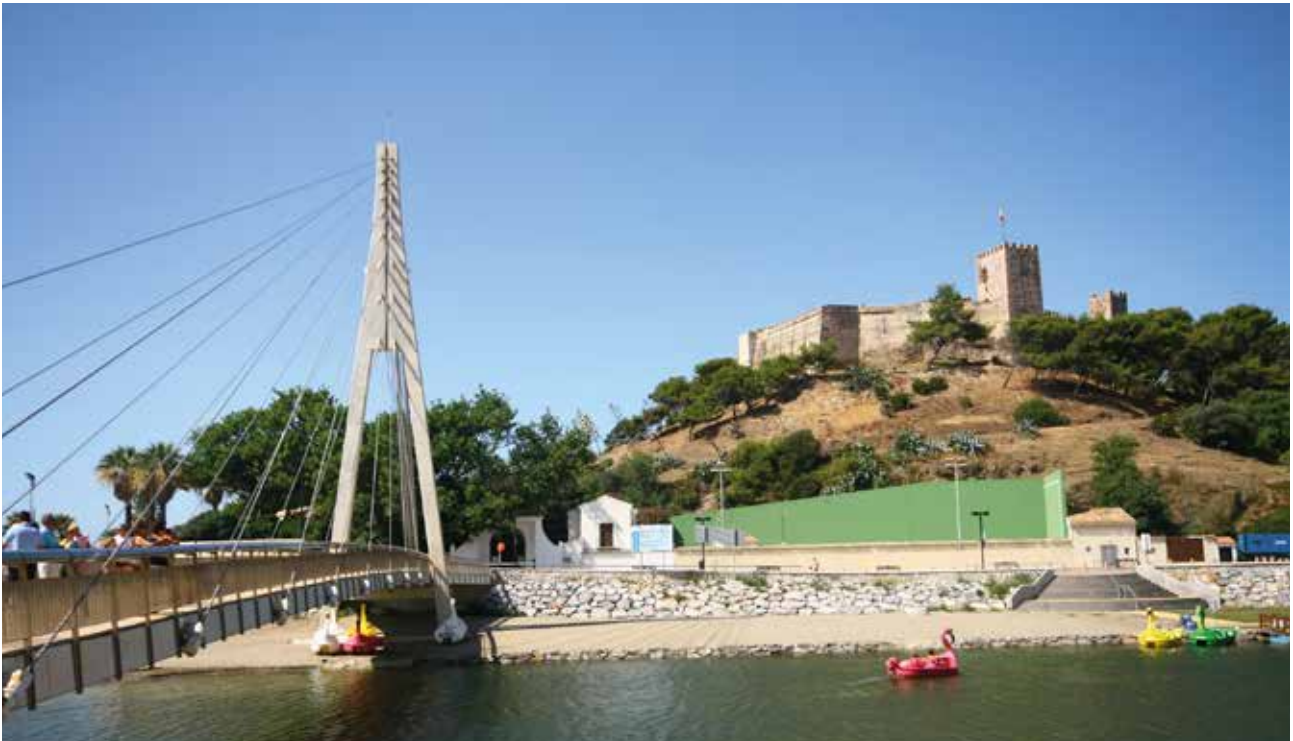
The remains of the Phoenician, Roman and Arab civilisations have been found within the area. The foothills of the mountain range behind the town are the site of an Arab castle that contains remains of an early Ibero-punic or Phoenician settlement, later occupied by the Romans, which became a town known in antiquity as Suel. Suel was

identified by the Roman historian, Pomponius Mela, as one of the towns of the Coast, and cited by Pliny in the 1st century A.D. as a fortified town. A later historian, Ptolemy, identified it during the 2nd century A.D. as being located in the region of the bastulo-penos or Phoenicians. In the "Itinerary", Roman historian Antoninus situated this town as being on the road linking Malaca (Málaga) to Gades (Cádiz), and it was also identified by subsequent Italian geographers, Anon of Ravenna and Guido Pisa in his "Geografia".

A pedestal found near the castle refers to Suel as being Roman "municipium". Another find from the same area is a funeral urn, whose inscription contains the word "Suelitana". Apart from the castle, there are several other remains proving that the coastal area was inhabited in Roman times. In 1961 the Roman baths were discovered, and close by, the remains of a Roman villa containing two sculptures, one of which is the well-known "Venus of Fuengirola" exhibited in the town's museum.

Remains of staircases were found in the same location. Another significant discovery can be seen in Los Boliches, an area to the East of Fuengirola. In 1984 a series of architectural components that create a Roman arch, proven to be from the Mijas quarry during the Roman era, were discovered. These have now been mounted to form a temple entrance at the Marine Parade of Los Boliches.

According to historians, the city of Suel ceased to be mentioned at the beginning of the Middle Ages, with possible reasons for its disappearance including its destruction by a tidal wave, the reappearance of pirates in the Mediterranean, and/or its destruction by the hordes of invading Visigoths.



After several centuries, the name of the settlement changed from Suel to Suhayl, which became the name of the castle and surroundings during the Arab occupation. Suhayl became a fairly large settlement, and included farmland and small villages. Most of the area was, however, used as pasture for the Moorish rulers' camels. The historian Temboury describes Suhayl as a pretty and sophisticated town, the home of eminent writers who added its name to theirs, the most well known being the great poet As-Sohaili, who wrote a few verses about his native land, expressing his concern at the destruction of his birthplace.

In the early Middle Ages, the town was set on fire and its inhabitants fled to Mijas, a village in the mountains to the North. Suhayl became a mound of ruins, and even its name was changed to the Romanised Font-Jirola, after the spring arising at the foot of the castle. At the settlement's re-conquest in 1485 by the Christian Monarchs, only the fortress remained. An attempt to re-populate the site failed, due to the threat from North Africa, pirates and fiscal policies, or the lack of land for sale close to Fuengirola. In 1511 it was registered as uninhabited, apart from the fortress and a watchtower. So areas of land originally set aside for Fuengirola were reallocated to Mijas.

During the 17th century, a new urban settlement developed, opposite the original site, once the threat from Turkish and Moroccan pirates disappeared. At the beginning of the 18th century, an inn was opened near the beach, offering accommodation to travellers, muleteers and seafarers. A few huts were built nearby, forming a small village. In May 1841, Fuengirola was detached from Mijas; at the time its inhabitants were mainly engaged in fishing, agriculture and trading with ships that dropped anchor in the bay. For over a century, fishing and agriculture remained the main activities.

In 1912 the railway arrived, primarily for bringing fish and agricultural products to Málaga. With a re-opening and electrification in 1947 and an ultra modernisation in the 70's that still looks good today, it runs the most modern commuter trains on the Spanish network. Three trains an

hour arrive and leave Fuengirola stopping at 10 stops East, including the airport and Málaga centre. It was only in the 1960s, that Fuengirola entered a new phase, to become a leading tourist centre. Now, with extensive remodelling of the town centre, the sea-front and the town parks this has made Fuengirola one of the most attractive and vibrant modern towns in Spain. In 2000 the interior of the castle was completely renovated and the Suhail castle begun to host festivals and concerts throughout the summer. Additional landscaping was completed in 2002.

THINGS TO DO IN FUENGIROLA

Fuengirola Tourist Information office
Av de Jesús Santos Rein, 6 Fuengirola
Telephone: (0034) 952 46 74 57
www.visitafuengirola.com

Fuengirola Train

Runs to Málaga Centro Alameda three times an hour from station which can be found in the town centre, and just a couple of minutes from the bus station. It connects the Coastal towns East to Malaga, as well as the Airport and on to other parts of Spain through the AVE system (for instance the high-speed train to Madrid).

Trains stop at Los Boliches, Torreblanca, Carvajal, Torremuelle, Benalmádena Arroyo de la Miel, El Pinillo, Montemar Alto, Torremolinos, La Colina, Los Alamos, Plaza Mayor, Guadalhorce, Victoria Kent, Málaga Maria Zambrano and Málaga Centro Alameda. The service normally runs from Malaga 05.30 to 22.30 and from Fuengirola 06.16 to 23.16. For a full list of train times visit www.renfe.com/EN/viajeros/index.html





Aqua Water Park

If you're looking for a seriously fun day out for all the family, you could do a lot worse than head for one of the Water Parks on the Costa del Sol. One of the best, and certainly the closest to Marbella can be found in Mijas Costa on the Fuengirola bypass road just 30 minutes drive from Marbella, heading East along the A7/N- 340 Coast road. The park offers all sorts of aquatic-based treats including a large wave pool, a kamikaze slide high enough to make your knees tremble, water chutes, an adventure river with raft slides and a mini aqua park for the toddlers. The park also puts on live shows during peak holiday season suitable for children. holidayrentalontheweb.com
Tel: +34 (0034) 952 83 95 95

But some words of advice; it tends to get extremely busy from late morning onwards during the summer months - which means long queues for some of the attractions, so do make an effort to get there early. Although there is a cafeteria on site, you might find it fun to take a cool-box picnic with you and relax under a sunshade in the grassy area, but make sure your picnic doesn't include glass containers or sharp objects such as knives, as they will be confiscated at the entrance.

The park opens from May to September. For information on opening hours and prices, call (0034) 952 46 04 04 or 952 46 04 08 or visit www.aquamijas.com/en/

Bioparc, Fuengirola

For a fun trip, designed to keep both children and parents happy, why not try Bioparc, Fuengirola's Conservation Zoo. It's open every day from 10am and can be found right in the middle of the town of Fuengirola, just 5 minutes walk from the central bus and train stations and 30 minutes drive East of Marbella on the A7/N-340 Coast road.

The Bioparc is home to some 500 animals from 100 different species, but you won't find them cooped up in tiny cages here. This zoo is different, being divided into

separate sections where the only thing keeping you from the animals (and vice versa) are natural barriers like bridges and riverbanks, or shatterproof windows that let you get so close to the crocodiles or tigers on show, you can almost put your head between their lethal dentures.

The real 'piece de resistance' of the zoo is without doubt the "Moonlight Visit" when, throughout July and August, the zoo stays open late until 1.00am so visitors can observe the more nocturnally-minded species on show, such as leopards, flying foxes and porcupines. For added authenticity, the forest paths are illuminated with artificial moonlight and the air filled with a forest soundtrack. What's more, after checking out the animals, you can you can round the visit off with a meal in the Bioparc's animal-themed restaurant. Children are well catered for and can have free run of a large play area, which includes a miniature farm.

The park is also very user-friendly for people with disabilities. Tickets are available at the Bioparc box office. The Bioparc is open daily from 10am, whilst closing time depends on season. For more information, call (0034) 952 66 63 01 or visit www.bioparcfuengirola.es/en





Fuengirola Adventure Golf

Adventure Golf is a golf-themed putting game that all ages can enjoy. It gives a really good test of putting skill for the better golfer and indeed golfers of all standards and also encourages those whose interest and expertise in golf and putting has yet to be revealed! Anyone can putt, but it is a real skill to master.

At Fuengirola a course has been created around waterways; the water interacts with the golf in 10 holes out of the 19 and the changes in elevation, length and style keep the putter enthralled throughout.

Putter and ball hire are included in the course fee, as are a card and pencil for marking your score. A round usually takes between 45 and 60 minutes depending on level of ability and the number of other players using the course. You can play on your own or in groups up to a maximum of 5. Fuengirola Adventure Golf is located just over 20km from Málaga Airport and is located on the main A7 road/N340 Fuengirola bypass, at junction km208, between Dunnes Department Store and the Wok Directo Restaurant, across the river from the major Eroski Shopping Centre and the Miramar Beach Hotel Complex, where there is a footbridge leading directly to the Golf entrance. For more information call (0034) 951 26 00 67 or visit www.fuengirolaadventuregolf.com

Parque Fluvial Sohail

Parque Fluvial Sohail is located on the banks of the estuary of the River Fuengirola, right next to the sea. It is one of the town's largest green areas, at over 120,000 square metres, and has riverboats and bicycles for hire, as well as a zip-wire to enjoy a fast ride over the river. It is an ideal place for a picnic or stroll. Tel: (0034) 952 46 74 57

Salon Varieties Theatre, Fuengirola

This is the home of the local English amateur dramatics groups, who put on great shows and plays. www.salonvarietestheatre.com. Tel: (0034) 952 47 45 42.

EATING OUT IN FUENGIROLA

Aroma

Situated a stone's throw from the seafront in a bustling pedestrian street nicknamed 'Fish Alley', this seriously fine English-run restaurant offers great service and an unusual yet tempting international menu. Tel: (0034) 952 66 55 02

Charolais Bodega

Big favourite with the Spanish crowd that has expanded into two adjoining Restaurants to offer tapas and an à la Carte menu. www.bodegacharolais.com
Tel: (0034) 952 47 54 41

Don Pe

Awarded a Certificate of Excellence by Trip Advisor for its Spanish cuisine and service. Tel: (0034) 952 478351
www.restaurantedonpe.com

Moochers Jazz Café

Lively Restaurant serving up a good selection of international food and live music. Tel: (0034) 952 477 154
www.moochersjazzcafe.com

Monopol

Popular restaurant with excellent service that boasts some of the best and freshest-tasting dishes in town. Tel: (0034) 952 47 44 48

Tipi Tapa Flamenco Show

Tipi Tapa was founded in 1999 with the opening of a brewery in Calle Málaga, Fuengirola. They offer tapas as well as a weekly Flamenco shows throughout the season. For more information telephone (0034) 951 311 630 or (0034) 627 635 890, or visit their website <http://en.cerveceriatipitapa.es>

Fuengirola has a good selection of Tapas Bars if you would like to try the traditional Spanish menu. In the centre of town these are mainly located behind the Post Office (Correos) in Calle España and the roads around that area.



Mijas Pueblo and Mijas Costa

25 kilometres from Málaga Airport
20 minutes drive

Mijas is a municipal area of 148 square kilometres and has everything - from the Pueblo, a whitewashed village, located on a mountainside 450 metres above sea level, to miles of sunny beaches on the Mijas Costa.

The municipality actually includes the following (and further information on these areas can be found below):

- Mijas Pueblo (village)
- Mijas Costa (the main commercial and residential area adjacent to, but not strictly part of, Fuengirola)
- Calahonda
- Riviera del Sol
- La Cala de Mijas (a separate village and small resort by the sea to the West)
- Las Lagunas (a suburban and commercial area North of Fuengirola).

And there are so many small villages, developments, and great places to stay for a holiday. The economy of Mijas is mainly based on tourism, featuring local historical museums and many souvenir shops. The municipality has 13 golf courses including La Cala Resort, the biggest golf resort in Spain. Agricultural products include potatoes, cereals, and avocados and a reintroduction of wine after it was wiped out by disease 140 years ago.

HISTORY OF MIJAS

Mijas was founded in prehistoric times by the Tartessians and is referred to as such in Greek and Roman literature. The remains of the original defence walls are still in evidence on parts of the present day wall. The area's mineral wealth attracted ancient Greeks and Phoenicians to the village, as described in the Ptolemy's Geography of the second century.

The Romans, who kept up a lively commerce with Mijas, knew it as Tamisa. Roman control was later replaced with Visigoth's rule, after 714. The Moors, in turn, followed the Visigoths. The Moors allowed the village inhabitants to preserve their property, religion, and customs in exchange

for a third of their goods from agriculture, livestock, and farming. It was also the Moors who abbreviated the name of Tamisa to Mixa, which later became modern day Mijas.

During the time of the Emirate of Córdoba, Umar ibn Hafsun conquered Mijas. The village remained under the rule of Bobastro, who was defeated by Abd al- Rahman III in the late 9th century. In 1487, Mijas resisted the attacks of the Catholic monarchs during the siege of Málaga. After Málaga fell, the inhabitants surrendered and most were sold as slaves. During the Revolt of the Comuneros a few decades later, Mijas remained loyal to the Spanish crown, which granted it the title of Muy Loyal ("Very Loyal").

Soon after, Joanna of Castile promoted it to the status of villa (town) and exempted it from royal taxes. During this period and into the 19th century, Mijas suffered from intense pirate activity along the Coast. It was this pirate activity that motivated the construction of the watchtowers that still stand today. Good quality self-catering rental accommodation in both Mijas Pueblo and Mijas Costa has always been highly sought after.





THINGS TO DO IN MIJAS AND MIJAS COSTA

Parque Miramar, Mijas Costa

An exciting shopping mall near Fuengirola with a supermarket, many fashion boutiques, home furnishing stores and sports and electronics outlets, as well as restaurants and bars. It's well signposted from the A7/N-340 Coast road, opposite the castle as you approach Fuengirola, so you can't miss it. Tel: (0034) 952 19 81 95 www.miramarcc.com/index_english.php

Cine Sur at Parque Miramar, Mijas Costa

12-salon cinema complex within the Miramar Shopping mall. Many restaurants and bars, showing at least one film every week in English. Tel: (0034) 952 19 86 00 www.cinesur.com/home.php?id_cine=328

Mayan Monkey

If chocolate is your thing, then you can enjoy a family trip to Mayan Monkey in Mijas Village (Pueblo). Mayan Monkey is the world's smallest chocolate factory so enjoy a complete hands-on experience by joining in one of their workshops. Tel: (0034) 951 052 772 www.mayanmonkey.es

Exploramás, Mijas Costa

Hiking, climbing, canyoning, jeep safaris, horse-riding and quad-biking in the beautiful natural parks of Andalucía are just some of the exciting adventure activities on offer for all ages from Exploramás. For more information and prices, call (0034) 952 59 90 00 www.exploramas.com/uk/active-tourism-company-in-andalucia/andalucia.html

Lew Hoad's Padel & Tennis Club, Mijas

Set within beautiful gardens on the road to Mijas from Fuengirola, and easily accessed from the toll road and the Coast road. Play tennis or padel, bathe in their swimming pool or work out in the gym. Also has a bar and restaurant. Tel: (0034) 952 47 48 58. www.lew-hoad.com/content/view/15/27/lang,en/

Mijas Wine Museum

Museo Vino Málaga is open 363 days a year. Enjoy wine tastings, gourmet dinners, and other cultural events. Tel: (0034) 952 48 63 67. www.museovinoMálaga.org

CAC Mijas

Contemporary Art Centre and Museum opened in Mijas at the end of 2013. Hosting artwork from Picasso, Dali, Belgrano, as well as pieces from Braque, Léonard Tsugouharu Foujita and other artists. Tel: (0034) 952 24 62 41. www.cacmijas.org

DISTRICTS OF MIJAS COSTA

Mijas has many districts within its 148 square kilometres, too many to name them all, but here are the most noteworthy.

CALAHONDA

An ideal holiday destination further along the Coast towards Marbella, set between Cabopino and Riviera. It is mostly made up of an urbanisation designed by the Orbaneja family in the mid-sixties in an area chosen for its location between the sea and the hills, with fabulous views. A clean, well-established residential community very popular with the British, the central areas are packed with shops, bars and restaurants, plus a fantastic beach.

As Calahonda is located on the bus route between Fuengirola and Marbella, you could do this holiday without a car. Calahonda is self-sufficient with everything you may need close to hand. With plenty of good quality rental accommodation, villas and apartments Calahonda is a popular destination for self-catering holidaymakers. A road train provides transport around the town, and the area is well served with buses to Fuengirola and Marbella.

Club del Sol Tennis and Sports Club, Calahonda

Tel: (0034) 952 93 95 95

Miraflores Tennis Club, Calahonda

Tel: (0034) 952 93 20 06



RIVIERA DEL SOL

Located between Marbella and Fuengirola, the residential area of Riviera del Sol boasts its own 18 hole golf course Miraflores, as well as good shopping, bars and restaurant facilities. Very popular with the British it has a "suburbia in the sun" feel to it. The architecture and manicured avenues make Riviera a pleasant place to stay. It is a short walk to the sandy beach and a great place for families to rent accommodation for their holidays on the Costa del Sol. The completion of many new developments has breathed fresh life into this well-established area and there's a great deal of high quality self-catering accommodation to be found. Check out the trendy Max Beach restaurant for great views.

LA CALA

La Cala is the most amazing small seaside town with everything you could want on a holiday. With over fifty shops, a market, and an amazing beach it is a holiday location on its own. A clean, well-established residential community very popular with the British, La Cala boasts a 9 hole golf course within walking distance of the town as well as, further afield, Spain's largest golf complex with three courses each of 18 holes. For the golfer and the beachlover, La Cala is the holiday place to be.

As La Cala is on the bus route between Fuengirola and Marbella, you could do this holiday without a car. There is plenty of good quality rental accommodation, villas and apartments both in the town, near the sea, or in the hills with views over the Coast and the golf courses.

Abztrakt Galerías

Hundreds of varied abstract works in a gallery tucked away in La Cala Village.
For more information call (0034) 952 49 41 26.

EATING OUT IN MIJAS AND MIJAS COSTA

Aroma Café and Secret Garden
Located near the wine Museum in Mijas Pueblo offers good food in a quiet and tranquil garden. Tel: (0034) 952 59 03 93
<https://www.facebook.com/AromaCafeSecretGarden/info>

Da Bruno, Mijas Costa

In the Commercial Centre "Centro Idea" on the Fuengirola-Mijas road, to enjoy the Italian and Mediterranean cuisine quality. The kitchen opens 'non stop' from 12 noon and remains active until midnight. Tel: (0034) 952 46 07 24
www.dabruno.com/en/mijascosta.php

El Océano

Elegant small hotel with tasteful décor and great food, where diners can watch the Mediterranean from the boardwalk terrace, or dine inside enjoying the live entertainment playing most nights.
Tel: (0034) 952 58 75 50. <http://oceanohotel.com>

Howie's Club

Beautiful interiors combine with an international menu to make this beachside restaurant with its nightly entertainment one of the most popular dinner dancing venues on the Coast. Enjoy a pre-dinner cocktail in their terrace bar overlooking the Mediterranean.
Tel: (0034) 952 49 37 49. www.mijasplayarestaurant.com

More places to eat out in the Mijas/Mijas Costa area: MIJAS

Molino del Cura (Thai) – Mijas Road 952 48 58 13
Rocca Grill (Argentinian) 647 93 67 50

CALAHONDA

Da Vinci (Italian) - Certificate of Excellence 952 93 46 67
BarBoru (Irish) - Certificate of Excellence 952 93 31 58
Royal Beach (Fish speciality) 952 93 30 33
La Mandragora (Mediterranean) - Certificate of Excellence 952 93 04 40

RIVIERA DEL SOL

La Plaza (Italian) – 952 93 50 73
Chez Max (European) 952 93 27 80
Miraflores Golf Club (European) 952 93 19 60

LA CALA

El Gusto (Mediterranean) 952 58 75 38
El Olivo (International) 952 58 75 00
Sai (Indian) 952 49 36 92
El Torreón (Spanish) 952 49 40 50



East of Marbella

45 kilometres from Málaga Airport
30 minutes drive

Other key areas along the Coast, close to Marbella also deserve a mention as they all have a wonderful selection of holiday homes and things to do and see, as well as good places to eat.

LAS CHAPAS

Ideal for the more discerning self-catering holidaymaker, Las Chapas is an exclusive tranquil residential area with luxury villas available for holiday rentals. Located between Elviria and El Rosario, Las Chapas has easy access to Marbella's designer shopping, upmarket beach clubs and gourmet dining, and is less than five minutes drive to Cabopino Port with its beautiful yacht marina, open-air bars, good restaurants, and fine beaches.

EATING OUT IN LAS CHAPAS

El Rancho (Argentinian) 952 83 19 22

CABOPINO

If you're looking for self-catering holiday accommodation on the Costa del Sol, it doesn't come any better than this. Cabopino is located only 14 km from Fuengirola and 12 km from Marbella and is very close to the towns of Calahonda and Elviria.

Cabopino is one of the best-kept secrets on the Coast with its beautiful port, lovely sandy beaches, sand dunes and pine forests. Cabopino boasts one of the finest examples of Moorish watchtowers on the Coast (once a roman lighthouse) and is a place of much history dating back over 2000 years. Well equipped for sun worshippers, the beaches here are lovely and are sheltered from the elements by two artificial reefs, parts of the beach are very shallow, ideal for young children.

From its 18-hole golf course to its beautiful 169 berth marina and perfect sandy beach, Cabopino is a real gem of a place. A laid back and tranquil area, it has great restaurants overlooking the yachts in the port, plus fun bars with food and music on the beach.

The nearby residential areas of Ocean Pino Golf and Las Mismosas provide great rental accommodation for holidaymakers only a short distance from the port. Cabopino is on the bus route between Fuengirola and Marbella, both excellent locations for shopping and eating out, so it is not necessary to drive.

EATING OUT IN CABOPINO

Alberts (International) 952 83 68 86

Da Bruno Mijas Costa (Italian) 952 83 19 18

La Dispensa (Pizzeria) 952 83 74 90

Hermosa Bistro (Californian and British) 952 83 74 83

Jaipur Palace (Indian) 951 31 00 04





ELVIRIA

For those seeking the highest quality, modern self-catering accommodation, Elviria has it all, and has always been popular with holidaymakers. Just ten minutes from Marbella, it's a fine, forested, residential area featuring some of the best beaches and golf courses on the Coast. It has beautiful new apartments and villas stretching inland towards the mountains where the views are truly breathtaking.

Elviria has many fashionable bars and restaurants and is convenient for shops and banks. Elviria is a very popular holiday location for the more discerning client, and has everything you may need on holiday. The beaches in Elviria are top class and have a number of really nice beach bars. All in all, Elviria is a very desirable location for families, couples or Golfers to rent a holiday home.

THINGS TO DO IN ELVIRIA

Aqua Arena in Elviria

Aqua Arena Park is a new and exciting water park on the Costa del Sol, reviving some good old fashioned values of outdoor play and fun. This seabased Water Park is a challenging, creative and social activity for children, and includes swimming, climbing, jumping, sliding and running. The rides are open from June/July until September

(weather permitting) at Real de Zaragoza Beach (Golden Beach), near the Estrella del Mar Beach Club. See website for full details: www.aquaarena.es

Aventura Amazonia
The largest adventure park in Andalusia and

the only one right on the coast, with a total of 83 challenges in the trees and 20 zip-lines distributed over 6 adventure circuits: MiniKids, Kids, Explorador, Jungla, Aventura and Deportivo and 3 training circuits. You can also launch yourself on the longest treetop zip-line in Andalusia, an amazing 240 metres in length. The MiniKids area offers adventure challenges and a zip-line for kiddies from the age of 4 to 7 and also serves as a creche for parents who want to do the circuits and have nowhere to leave their little ones. www.aventura-amazonia.com/parques-amazonia/marbella-eng/

EATING OUT IN ELVIRIA

El Lago

Creative modern Spanish cuisine overlooking a stunning lake and the Greenlife Golf course.

Tel: (0034) 952 83 23 71. www.restauranteellago.com/en/

Sloane's

Contemporary French and European cooking in stylish surroundings, Sloane's has a constantly changing menu and an extensive wine list. A beautiful lounging terrace for pre-dinner cocktails. Tel: (0034) 952 83 55 60

www.sloanesbistro.com

The Beach House

Sophisticated beachside dining in Elviria, with fantastic views across the Mediterranean. Great beach for a day out and lunch! Also has a beach bar for snacks.

Tel: (0034) 952 83 94 58

www.marbellabeachhouse.com

Other places to eat out in Elviria:

The Arte Café (International café) 952 83 88 68

Don Carlos Hotel (International) 952 76 88 00





Marbella

50 kilometres from Málaga Airport
35 minutes drive

Between the Mediterranean Sea, and the foothills of the Sierra Blanca, Marbella covers an area of 117 square kilometres. In 2012 the population of the city was 140,473 inhabitants. Marbella, the jet-set location of the Costa del Sol, the place to be seen, the stuff of movie stars and millionaires. Many modern new developments in the area mean there's a great deal of high quality self-catering holiday accommodation available. It boasts a luxury marina full of private yachts, super cars, fine alfresco dining, open-air quayside bars and expensive designer boutiques. The nightlife is second to none, with top-notch bars and acts.

If the daytime is more your thing, then there are plenty of trendy beach bars for you to hang out and rub shoulders with the celebrities that frequent them. Staying in or in the surrounding areas of Puerto Banús or Nueva Andalucía, you are guaranteed the best bars, shops and nightlife on the Coast. Puerto Banús has long been a popular destination with many apartments and villas to rent for holidays in the immediate area.

There are so many interesting things to do and places to see in and around Marbella it's difficult to know where to start. The town and its surrounding areas literally offer something for everyone. But let's start with its history.

HISTORY OF MARBELLA

Archaeological evidence around Marbella points to human habitation in Paleolithic times 20,000 years ago. Like the rest of the Costa, life has always flourished here because of its convenient location between the

mountains and the sea. The Phoenicians in the 7th century BC will have found an environment as hospitable (comparatively) as we find today.

Recent discoveries in La Calle Escuelas, and other remains scattered throughout the old town testify to the existence of a Roman population. In the Hotel Puente Romano there is a small 1st-century Roman Bridge over a stream. Other Roman settlements in the Marbella district can be found along the Verde and Guadalmina rivers, the Villa Romana on the Rio Verde (Green River), the Roman baths at Guadalmina, the ruins of a Roman villa and an early Byzantine basilica at Vega del Mar, built in the 3rd century surrounded by a paleo-Christian necropolis, later used as a burial ground by the Visigoths. In Roman times, the city was called Salduba (Salt City).

Under the brief and wealthy 10th century rule of the Caliphate of Córdoba the coastline was built with lighthouse towers and a wall to protect the town, the citadel and the mosque. Advanced irrigation methods surrounding the town meant there could be orchards, figs trees and mulberry trees for silkworm cultivation. The current name is based on the Arabic 'Marbil-la'. The 13th century traveller Ibn Battuta described it as "a pretty little town in a fertile district" (he was later robbed by pirates off the Coast of Fuengirola).

By 1950, Marbella was a small jasmine-lined village with less than 1,000 inhabitants. Ricardo Soriano, Marquis of Ivanrey, moved to Marbella and popularised it among his rich and famous friends. In 1943 he had acquired a country estate located between Marbella and San Pedro called El Rodeo, and later built a resort there called Venta y Albergues El Rodeo, beginning the development of tourism in Marbella.

Marbella is made of different parts so the following is a review of some of the most popular of those.



THINGS TO DO IN MARBELLA

Marbella Tourist Office Puerto Banús
 Tourist Information Office located at Plaza de Antonio Banderas, Puerto Banús, Marbella
 Tel: (0034) 952 81 85 70
www.marbellaexclusive.com/en

Funny Beach

For those who love amusement, speed, adrenaline, vertigo and unlimited frenzy - Funny Beach does exactly what it says on the tin. If your children need to burn off some serious energy, or indeed if you do, Funny Beach has a decent go-karting track where up to eight budding Lewis Hamilton's can race head-to-head.

There are trampolines, bumper boats, video games and water activities such as jet skiing, water skiing and the ubiquitous Mediterranean holiday inflatable banana-pulled-by-a-speedboat experience. There's also a restaurant serving kiddie-friendly fare, a bar with a live band, and if all that sounds too much, the beach out front is one of the best you'll find in Marbella with sunbeds for rent so you can relax in the sun. Tel: (0034) 952 82 33 59
www.funnybeach.com/?lang=en

Marbella Tourist Train

Marbella's Tourist Train or 'Tren Turístico' is a great way to see the town. At around 5€ a trip for adults, and discounts for children under five, the train departs by the lighthouse on the 'Paseo Marítimo' beachside promenade next to the restaurant 'La Pesquera'.

The 25 minute journey takes you along the Paseo, through the Old Town, on to La Represa Park, past the Bonsai Museum, the Málaga Bridge, Monseñor Rodrigo Boca Negra Square, and the Tourist Office. The train operates between 10am and 1am the following morning during summer and between 10am and 7pm in the winter. Departures from Calle El Faro - Paseo Marítimo, Marbella
 Tel: (0034) 952 78 99 98 or (0034) 639 76 59 81

Museo del Ralli

The Ralli Museum of Marbella opened in the year 2000 and is located in the beautiful avenue connecting Marbella and Puerto Banús. The building that houses it was completely renovated to be made into a museum.

The museum features 10 spacious showrooms where you will discover a large collection of works by contemporary artists from almost all Latin American countries, whose painting reflects a strong influence of the great European painters.

You can also admire works by great European masters among which are Dali and Miro. The Ralli Museum is located in Urb. Coral Beach (between Puerto Banús and Marbella) A7/N-340 Coast road, junction 176 km, Marbella. For more information, call (0034) 952 85 79 23.
www.rallimuseums.com/Marbella_Home_En

Marbella horse-drawn carriage rides

If you prefer your sight-seeing transport to have a little less horsepower, or one horsepower to be precise, then jump in one of the many horse drawn carriages which depart from the street immediately to the West of La Alameda Park in the centre of Marbella. For families with children, and hopeless romantics alike, it's a wonderful way to get a different perspective on the town.





Shopping in La Cañada

The La Cañada complex is simply huge, housing nearly three hundred outlets, and is situated immediately North of Marbella, on the Ojen junction from the A7/N-340 motorway which circles the main town. This shopping centre boasts famous brand name stores such as Zara, H&M, Massimo Dutti, Boulanger, Marks & Spencer, Habitat, Apple, and many more.

Like most modern malls, in La Cañada you can literally buy anything from haute couture and golf clubs to technology products, furniture and even the weekly shopping from the Alcampo supermarket. There is also an array of different bars, coffee shops and restaurants serving everything from classically Spanish cuisine to Halal dishes, and the ubiquitous American-style fast food.

You'll also find a cinema complex here, plus a huge air-conditioned tenpin bowling alley called MegaBowl, alongside which is a video games arcade. A great place to go with the children one afternoon if it's too hot outside and they've had enough of the beach!

There is ample parking both above and below ground, but this mall is extremely popular amongst locals and tourists alike and can get head-spinningly busy from midday onwards, especially on Saturdays.
www.parquecomercial-lacanada.com/en/home

Dolphin and Whale Watching

The Straits of Gibraltar, to the West of Marbella, is the point where the Atlantic Ocean meets the Mediterranean. Here, 15 different species of whales, dolphins and porpoises can be seen. Witnessing these magnificent creatures in their natural habitat can be a magical if not life-changing experience.

When weather conditions allow, the Firmm Foundation, which has been set up to help protect cetaceans and educate the public, offers tourists daily Dolphin and Whale

watching safaris, departing from the fishing port of Tarifa, the most Southern point of continental Europe, just an hour and a half's drive West along the A7/N-340 Coast road from Marbella. Call 2/3 days in advance to book your trip.

Tel (0034) 956 62 70 08

www.firmm.org/en/whale-watching/whale-watch-trips

There are various other companies also offering organized Whale and Dolphin Safaris all along the Coast. Some companies operating trips say that the probability of seeing one of these magnificent creatures on a trip with them is 98%, but if you belong to the unlucky 2%, you'll get another ticket for free.

Royal Tennis Club, Marbella

For the uninitiated, 'padel' is a cross between tennis and squash, played on a short tennis court with glass walls and sides. The game was invented in Spain and is great fun to play. Located on the A7/N-340 Coast road, 188 km, Urb El Rosario. Tel (0034) 952 837 651 or (0034) 687 665 084
www.royaltennisclub.com

Manolo Santana Racquets Club, Marbella

Whether you're a serious sports enthusiast or simply a beginner, this club has something for everyone. There's a children's tennis school and lots of other activities on offer for children including dancing lessons, tennis, 'padel' and a play area. For adults, the club has a Wellness fitness studio with classes in yoga, Pilates and aerobics, plus a dance school offering ballet, modern jazz, tap and hip-hop classes. Physiotherapy and massage sessions are also available.

There's also a fully equipped gym with in-house fitness trainers to guide and inspire your workout and as if all that weren't enough, there's also a fabulous open air pool, where the whole family can swim in the sunshine.

For more information and prices, call (0034) 952 77 85 80

www.en.manolosantana.net



Bonsai Museum

If miniature trees fascinate you, check out Marbella's Bonsai Tree Museum which features one of Europe's most important collections of Bonsai Trees. The Bonsai Museum of Marbella, the first in Spain, was founded in 1992. The central patio is square and designed around a big central rock where numerous specimens grow. On the four sides, on top of slate pillars or platforms, a magnificent collection of bonsais is exhibited, which is recognized as one of the most important in Europe, with a fantastic sample of miniature olive trees between 200 and 400 years old, unique throughout the world. Amongst the exhibits is a specimen called "el Toro (the Bull)" which is a 400-year-old plus juniper, remodelled in 2003 by the prestigious master Máximo Bandera. Avenida Doctor Maíz Viñals, Marbella. Tel: (0034) 952 86 29 26

Museum of Spanish Contemporary Engravings

The Museum of Spanish Contemporary Engravings is well worth checking out as it exhibits works by Picasso, Miró, Tapies, Chillida and several other important Spanish artists. As an added point of interest, the museum building itself was formerly the residential palace of the 16th century Mayor, Don Alonso de Bazán, who upon his death donated it to the town as a hospital for the poor. As well as the museum, the building also houses the offices of the Marbella Cultural Delegation.

You can find the museum at Calle Hospital Bazán in Marbella. Normal opening hours are between 10am and 2pm in the mornings, and from 5.30pm to 8.30pm in the afternoons Tuesdays to Saturdays, except for local holidays. In summer, the afternoon opening hours change to 6pm to 9pm. The museum is closed Sundays, Mondays and local holidays. Tel: (0034) 952 76 57 41. www.mgec.es/wp/contact-us

Roman Villa Mosaics, Rio Verde

If you're a keen archaeologist, or just relish an unadulterated blast of Roman history, the Marbella area

boasts many different sites where it's possible to see well-preserved Roman ruins. In the Rio Verde area, roughly 5 kilometres West of Marbella as you head out along the Golden Mile towards Puerto Banús, there's a villa with well-preserved mosaic floors dating from the 1st and 2nd centuries, plus a fascinating mosaic of a Medusa's head of snakes. For information and opening times, call (0034) 952 77 14 42 or (0034) 952 78 13 60.

Club del Mar

If you enjoy messing about on the water, the Club del Mar sailing school in Puerto Banús is the ideal place for you. For more information and prices, call (0034) 952 81 77 50 www.puertojosebanus.es/club/ing/presentacion.htm

Ascari Race Resort

For all you budding Lewis Hamilton's out there, this is a full-on state-of-the-art motor racing academy based at a specially built Formula One standard race track high in the mountains on the road to Ronda, where visitors can drive a range of tunedup, race-prepared cars, including F1 cars. For more information and prices, call (0034) 952 18 71 71 or visit www.ascari.net

Cinemas

There are three main cinemas in Marbella where it's possible to watch current film releases. Most weeks, one film will be presented in English in each cinema - usually the most popular Hollywood blockbusting release of the day.

A word of advice, when choosing which film to watch, always look for film posters outside the cinema which have 'V.O' or 'V.O.S' clearly marked on them, meaning it is the original version and the soundtrack will be in English (and may also have Spanish subtitles). We recommend you always telephone the cinema on the day of your visit just to make sure there hasn't been a change in the films being shown.



Cinesa La Cañada, Marbella

The multi-screen cinema at La Cañada can be found on the first floor, immediately ahead of you as you enter the mall via the entrance next to McDonald's. For information and ticket sales call (0034) 902 33 32 31 or visit www.cinesa.es/cines/cines2.aspx?id=280

Cine Gran Complejo, Puerto Banús

The multi-screen cinema in Puerto Banús is located on the main road that runs the length of the port just behind the main harbour area. For information call (0034) 952 81 00 77, to reserve tickets call (0034) 952 81 64 21, or visit www.cinesgranmarbella.com

CineSur Plaza del Mar, Marbella

The multi-screen CineSur cinema can be found inside the Plaza del Mar commercial centre that is on Marbella's Paseo Marítimo beachside promenade just a little further West than the Parque de la Constitución (main park where the Salvador Dali statues are located). To reserve tickets: call (0034) 902 50 41 50. For general information call (0034) 952 76 69 42 or visit www.cinesur.com/index.php?page=cartelera&id_ciudad=10

Casinos

Casino Marbella

Hotel Andalucía Plaza, Nueva Andalucía.
For more information, call (0034) 952 81 40 00.
www.casinomarbella.com

EATING OUT IN MARBELLA

Da Bruno a Casa

A popular Italian restaurant chain with locals and visitors alike, Da Bruno is easy to find and offers a fast take-away service. Tel: (0034) 952 85 75 21 www.dabruno.com/en/

El Portalón

Established as one of the finest restaurants in Southern Spain by owner Jesús Mancho; excellent Spanish food and an outstanding wine list. Tel: (0034) 952 82 78 80.

Garum

Owner Timo offers an eclectic dining experience in this restaurant-cafe-bar overlooking the Marbella seafront. Open for breakfast, lunch and dinner.
Tel: (0034) 952 85 88 58 www.garummarbella.com/en/

La Pesquera

This chain of restaurants in Marbella is rightly famed for its fish, with locations dotted around Marbella from beachfront to the heart of the old town.
Tel: (0034) 952 77 80 54. www.lapesquera.com/en/

Marbella Club Grill

A Marbella institution, dining at the Marbella Club Grill on a summer evening is one of the reasons that people come to Marbella. Tel: (0034) 952 82 22 11. www.marbellaclub.com/the-grill,-dining_viewItem_1-en.html

La Meridiana and La Notte

Glamorous, first class restaurant attached to sophisticated nightspot 'La Notte', described as 'a relaxed and opulent night club for the rich and famous'!
Tel: La Meridiana (restaurant) (0034) 952 77 61 90
Tel: La Notte (nightclub) (0034) 952 86 69 96

Roberto

Fine restaurant at renowned five-star Hotel Puente Romano, offering creative Italian cuisine from Chef Simón Padilla. Tel: (0034) 952 820900

Suko Thai

Royal Thai food in a sumptuous setting, complete with waiters in national costume. Tel: (0034) 952 77 05 50
www.sukhothaimarbella.com

Tai Pan

One of the first and finest Chinese restaurants on the Coast, Tai Pan is located in the luxurious surroundings of the Hotel Puente Hotel. Tel: (0034) 952 77 78 93
www.taipanmarbella.com



Villa Tiberio

Dancing and dining in one of the finest venues on the Coast. Villa Tiberio serves classic Italian cuisine in lush Romanesque gardens. Tel: (0034) 952 77 17 79
www.villatiberio.com

Visconti

Boasting a large pavement-side terrace, Visconti also features Venetian masks and the work of talented local artist Paula Vincenti. This trendy Italian establishment is perfect for summer dining. Tel: (0034) 952 76 55 38

Zozoi

This gem offers creative cuisine from fantastic Belgian chefs, in the atmospheric setting of a converted town house in Marbella's quaint Old Town. Tel: (0034) 952 85 88 68.
www.zozoi.com

MARBELLA SURROUNDING AREAS

Marbella's origins as an isolated agricultural and fishing town meant it commanded a large area of land and coastline. The development of the Coast has brought a series of mini towns, resorts, ports and developments along the Marbella coastline, sprawling through the land and up into the hills. Marbella's size has meant that there is room for everyone, including villas and apartments with good views and plenty of space that can be the centrepiece of a great holiday.

The following is a brief guide to the area surrounding Marbella:

NUEVA ANDALUCÍA

Nueva Andalucia is a residential area that was developed in the style of a new Andalusian village with modern apartments and villas, hence the name. It stretches inland from the sea and has a couple of lovely lakes back-dropped by the imposing La Concha Mountain. It also offers some of the finest golf courses in Spain, one of which (La Dama de Noche) is floodlit for night-time golf. Nueva Andalucía is ideally situated just a few minutes' drive from the glitz and

glamour of Marbella and Puerto Banús, but still very close to the natural beauty of the Sierra de Ronda mountain range.

THINGS TO DO IN NUEVA ANDALUCIA

Casino

One of the two casinos on the Coast is located in Nueva Andalucia. The Casino Marbella, housed at the Andalucia Plaza Hotel, opposite Puerto Banus, offers 72 slot machines.

Centro Plaza

For shopping visit the Centro Plaza shopping centre where you can find many retail outlets offering different goods, as well as restaurants, bars, a beauty parlour and gym.

Weekly Market

The market is held every Saturday morning and boasts a large selection of merchandise, from clothing and shoes to suitcases, and even furniture. You can also buy food and plants. It starts about 9 am, and finishes by 3 pm. The Market starts from the Centro Plaza, so you can't miss it

EATING OUT IN NUEVA ANDALUCIA

Magna Café

The perfect bar and restaurant for a spot of stylish and relaxed dining in the heart of Golf Valley. Open for lunch and dinner. Tel. (0034) 952 92 95 78.
www.magnacafe.com/en/

Ristorante Regina

Authentic and innovative Italian cuisine, with superb service, entertainment and elegant surroundings. Open for dinner only. Tel. (0034) 952 814 529
www.ristorantereginamarbella.es

Terra Sana

Immensely popular healthy food hangout with a great terrace and easy parking, that sells freshly-made juices, wraps and salads. Lunchtimes are packed.
 Tel: (0034) 952 90 62 05
www.restaurantesterrasana.com



Puerto Banús

55 kilometres from Málaga Airport
45 minutes drive

'The Port' as it's known locally, is a luxury marina and shopping complex originally built to attract the world's mega-wealthy. The Port officially opened in May 1970 with an extravagant launch party attended by the rich, the famous and the infamous. The wealthy were drawn in on their super yachts, in luxury cars and on private aircraft like moths to the flame of perpetual excess.

Restaurants, cafes, bars, discotheques and the nearby casino verily hummed to the sound of aristocrats, wealthy businessmen, film stars, rock stars, models and Arabian royalty all enjoying the high-life to the absolute full (and spending money like it was going out of fashion!)

The blatant affluence still on display in Banús sometimes has to be seen to be believed. Banús is home to some of the world's most famous designer label boutiques and next to the main square behind the marina area you'll find the vast El Corte Inglés department store, which surely rivals Harrods in terms of the sheer wide selection of different products you can buy there. Although it's a great place to visit during the day, Puerto Banús is most famous for its nightlife.

THINGS TO DO IN PUERTO BANUS

Shopping at El Corte Inglés

El Corte Inglés is one of the biggest and most popular chain of department stores in the whole of Spain, similar to Selfridges in the UK. Spread over five vast floors, their flagship store in Puerto Banús has been open for over a decade and is a place where you can literally buy almost anything. A further El Corte Inglés store on a grand scale has been constructed in Mijas Costa just off the A7/N-340 North of Fuengirola town. Whichever store you visit, particular treats can be found at the seafood section in the giant Hipercor food hall, the second floor where home brand and designer clothes labels compete side-by-side for your attention, plus the mind-boggling array of equipment on display in the sports department. www.elcorteingles.es/

Shopping at Marina Banús

Directly opposite El Corte Inglés in Puerto Banús is another upmarket shopping complex called Marina Banús where you can find top quality high street brand stores, art galleries, coffee shops, restaurants and bars. <http://www.marinabanus.com/>

Saturday morning flea market, Puerto Banús

Every Saturday morning the Centro Plaza commercial centre just North of the Puerto Banús gets taken over by a great rambling 'rastro' or flea market. This market is mainly geared towards, and visited by, tourists and foreign residents, but you can still get some great deals on everything from locally handcrafted furniture, antiques, trinkets, pottery and works by local artists, to clothes, flowers, shoes, handbags and belts, and even pets.

Shopping in the Port

In the Port itself of course, you'll find many designer boutiques such as Versace and Gianfranco Ferré, all catering for the distinctly higher end of the market.

Sammer Gallery, Puerto Banús

One of the largest modern art galleries in Spain located in Las Terrazas de Banús. Tel: (0034) 952 81 29 95
www.sammerglassery.es

Costa Water Park

A wonderful world of water fun for the whole family! Experience a variety of water slides, trampolines, jumping cushions, climbing walls and many other challenging attractions, in all different shapes and sizes. The Costa Water Park covers a sea area of over 800 m2, located on two sunny locations in the bays of Marbella and Puerto Banús. Have a great time as well as lots of fun exercise, in the two newest hotspots of the Costa del Sol.

Yacht Charters

Yacht charter company offering luxury yachts for hire in Marbella and Puerto Banús. www.marbellaboatcharter.com



San Pedro de Alcántara

60 kilometres from Málaga Airport
40 minutes drive

To the West of Marbella, San Pedro stands between the sea and the Sierra de Ronda mountain range, and is one of the most beautiful and 'unchanged' towns on the whole Coast. Enjoy a walk on the promenade where you will find a variety of beach bars and restaurants, enjoy the large sandy beaches and stay within a wealth of selfcatering holiday rental accommodation. Enjoy tapas at one of many typically Spanish bars to be found in the pedestrianised main street in the centre of town, while soaking up the local culture and architecture. It is a great place to rent a holiday apartment or villa in a fantastic location with easy access to other parts of the Coast.

San Pedro de Alcántara, named after St. Peter of Alcántara, has a population of around 26,500. It is situated in the fertile plain of the same name, Vega de San Pedro Alcántara, a broad stretch of coastal lowland surrounded in a semicircle by rugged hills. To the East the Sierra Blanca of Marbella is dominated by its highest peak Pico del Astonar (1,270 metres) better known locally as "La Concha" (The Shell) because of its resemblance to a fluted sea shell when viewed from the West. To the North, there is the Sierra del Real or El Real del Duque, the Sierra de las Nieves and those of Tolox, on the West of the town the Monte Mayor and, finally, closing the mountain line, the Sierra Bermeja.

THINGS TO DO IN SAN PEDRO

San Pedro is probably the most typical Spanish town on the Costa del Sol, clean and orderly with a central shopping area, quiet parks and squares and goodlooking gardens. For the 'promenade lover San Pedro has a long, newly constructed promenade and amazing long, wide beaches.

Roman Basilica Church, Necropolis and Baths

In a wooded area just off the Eastern-most side of the beach at San Pedro - a town which lies approximately 15 minutes drive West of Marbella, past Puerto Banús along the A7/N-340 Coast road - you'll find the remains of a Paleochristian Basilica Church and a Necropolis, which is well worth seeing.

A further 10 minute walk West along the beach will bring you to the Guadalmina area, where you can see restored remains of Roman Baths, which date back to the 3rd century. These remains were first discovered in 1926 and have survived the worst that time and weather could throw at them, which is all the more remarkable considering they're located so close to the sea. Although nobody really knows for sure, the generally held opinion is that the building was constructed by the Romans as baths, although some believe that it may have been designed to be a large deposit for the water carried by the nearby aqueducts.

If your curiosity has been spiked, there's a tourist office under the giant 'Marbella' Arch immediately West of San Pedro on the A7/N-340 road where you can pick up keys if you want to go inside for a closer peek. Only open to public 11:00 - 13:00 on FRIDAYS. Call (0034) 952 78 13 60 for more information.

Natura Adventure Theme Park

If you think you'd enjoy scaling a sheer rock face wall, going pot holing, paddling around in a kayak, cutting up some dirt track on a quad bike, firing off a few arrows or playing paint ball, then San Pedro's Natura Adventure Park is definitely the place for you. It can be found in the Calle Santa Beatriz, San Pedro, approximately 15 minutes' drive West of Marbella.

You can't fail to spot the giant rock climbing wall on your left as you head North up the Ronda road from junction on the A7/N-340 Coast road. For more information call 902 01 10 77 or visit www.natura-aventura.com

San Pedro Cable Ski

Whether you love waterskiing or you've never tried it before, San Pedro's Cable Ski welcomes all-comers and is guaranteed to give you a great day out. Cable Ski is located on the shore of a large lake immediately behind the town of San Pedro, which is approximately 15 minutes drive West of Marbella along the A7/N-340 Coast road.



Children aged over 10 and adults are encouraged to don skis and lifejackets and take their turn to be pulled around the lake by an overhead cable system. Each trip lasts a couple of exhilarating minutes and the cable speed can be set to suit your ability - slow for children and beginners, and inevitably fast for show-offs. And if you do fall over and find yourself floating in the water some distance from shore with nothing for company but the native turtles and your wounded pride, a rescue boat will shoot straight out to pick you up and take you back to shore.

And if you don't fancy taking a quick ski round the lake, there's always the restaurant and bar serving snacks and cool drinks, plus a swimming pool with sunbeds for rent. Cable Ski is open every day except Mondays. For seasonal opening times, more information and prices, call or visit their website. Tel: (0034) 952 78 55 79. www.cableskimarbella.es

EATING OUT IN SAN PEDRO

Caruso

Sophisticated Italian cuisine in San Pedro, with classic dishes and an elegant setting. Tel: (0034) 952 78 22 93

Da Bruno de San Pedro

A popular Italian restaurant chain with locals and visitors alike, Da Bruno is easy to find and offers a take-away service. Tel: (0034) 952 78 68 60. www.dabruno.com/en

Fernando's

Famed throughout San Pedro, Fernando expanded to new premises a few years ago and hasn't looked back since. A residents' favourite. Tel: (0034) 952 78 46 41 www.casafernandos.com





Estepona

81 kilometres from Málaga Airport
51 minutes drive

Estepona, the Coast's most Westerly resort, is a sizeable yet charming holiday resort town. East of Marbella, Estepona has largely avoided overbuilding and has lovely beach areas. In Estepona you will find a wide selection of good quality selfcatering holiday rental accommodation.

You'll find traditional bars, restaurants and shops lining the town's quaint cobbled streets and picturesque squares, as well as a smart seafront promenade featuring a children's play area. There is also a bustling sports marina with bars, cafés and restaurants, and a regular street market.

Covering an area of 137 square kilometres, Estepona is in a fertile valley crossed by small streams and a mountainous area dominated by the Sierra Bermeja, which reaches an elevation of 1,449 metres at the peak of Los Reales.

Well known for its beaches, which have two EC Blue Flags and which stretch along some 21 km of coastline, it is a popular residential and year-round holiday destination. Estepona was once chosen by Disney, in the early 1990s, as the site for the Euro Disney project before they changed it to Paris, France.

In the town is an area shown as being occupied at the time of the Romans. In 1342, the Battle of Estepona took place in between the fleet of the Kingdom of Aragon and that of the Marinid Dynasty. The name 'Estepona' probably comes from the Moorish 'Astabbuna'. Henry IV of Castile captured the town from the Moors in 1457, and a church was built on the site of the previous mosque. Estepona was granted its own charter by Philip V of Spain in 1729.

THINGS TO DO IN ESTEPONA

Estepona Padel & Tennis Club

Learn to play Padel, a very Spanish game (cross between squash and tennis), as well as Tennis at the Estepona Padel and Tennis Club. For bookings call (0034) (0034) 952 801579 or visit www.belairtennis.com

SELWO Aventura, Estepona

As far as animal safari parks go, SELWO Aventura, located just off the A7/N-340 Coast road outside Estepona (about 20 minutes drive West from Marbella) is certainly one of the most impressive and well-organised you're likely to find. This huge park is home to more than 2,000 different creatures from all five continents and designed so that the animals can roam freely in large open spaces similar to their natural habitat.

Any visit to SELWO Aventura always starts with a gentle stroll around the monkey enclosures and up past the crocodile pool and hippo watering hole. After that you'll head up through possibly one of the most impressive areas of the park - the 300 metre long 'Bird Canyon' where 700 species of birds from around the world fly free over your head or go scuttling about busily at your feet.

Acrossing the 107 metre long, 16 metre high bridge, American Buffalo and Bison can be seen wandering serenely across a central plain below. On the far side of the bridge there is a bat cave plus a restaurant and a covered picnic area with toilet facilities.

Camouflaged four-wheel drive trucks will carry you through the areas of the park where the more dangerous animals are housed.

The park is open daily from February through to December from 10.00. Closing times vary depending on the time of year. For more information visit www.selwo.es/en





Shopping

Estepona's small local shops offer locally made and international produce and goods. In the main town centre there are a number of boutiques offering contemporary international clothing brands and other goods, as well as a busy Wednesday market featuring clothing as well as food and vegetables. Estepona port holds a Sunday market for more of the "touristy" type of goods.

The main food stores in Estepona are the hypermarket complex at the edge of the town, a smaller express store in the middle of the town and a number of supermarkets. Estepona Port has two supermarkets providing fresh produce, meat and seafood as well as a selection of convenience style foods. Fresh meat, fish and vegetables may also be purchased at the old, but recently renewed, indoor market in the centre of town. In the old town there are a range of small-to-medium-sized shops, typical of a Spanish town of this size.

EATING OUT IN ESTEPONA

Estepona town itself has a large number of bars and restaurants, and dining choices emphasise locally caught seafood, and range from local Spanish cuisine to other Mediterranean cuisines, including Italian and French.

Estepona Port and Marina is a working fishing and leisure port, with a wonderful mix of restaurants and bars. The port features daily auctions for a wide variety of seafood. Many restaurants have terraces allowing diners to eat al fresco (outside) during the late evening. Most restaurants are located near the seafront, either along the main promenade fronting the sea or along Calle Real. There are a number of small plazas or squares next to Calle Real, on which numerous restaurants can be found.

Robbie's

Film fanatics will adore this upbeat restaurant themed with pin-ups of Hollywood superstars, located in the centre of Estepona town. Menu is almost as huge as Robbie's welcoming grin, and won't disappoint!

Tel: (0034) 952 80 21 21. www.robbies.es

Tikitano

This stylish international beach restaurant and lounge has been acclaimed as one of the most beautiful locations on the Costa del Sol; with its uninterrupted views of Gibraltar and Africa, and its frontline beach settings. Located next to the Hotel Las Dunas, on the New Golden Mile.

Tel: (0034) 952 79 43 45. www.tikitano.com

Laguna Village

This upmarket shopping complex and beach club is just off the A7/N-340 next to the Kempinski Hotel and is great for dining al fresco in a number of restaurant locations, or for taking a leisurely drink in a spectacular location right on the beach. Also has a number of designer shops and holds music events. Open every day. For more information call (0034) 952 798 172 or visit www.laguna-village.com

Other places to eat out in Estepona:

Elemi Cafe Bar (Vegetarian) 951 27 38 85

La Galeria (Tapas Bar) 654 47 66 14

La Casa de Mi Abuela (Argentinian) 952 79 19 67

La Taberna de Lucia (Tapas Bar) 952 79 25 38

Lido @ Hotel Las Dunas (International) 952 79 43 45





Sotogrande

103 kilometres from Málaga Airport
65 minutes drive

For those seeking exclusive self-catering holiday rental accommodation, Sotogrande has some of the most luxurious properties available. With worldrenowned Valderrama golf course close by and the smartest purpose-built yacht marina on the Coast, Sotogrande's exclusive reputation is truly justified.

Developments of luxury villas and apartments populate a green and verdant landscape of trees, hills and valleys. Gibraltar is just a short drive away.

THINGS TO DO IN SOTOGRANDE

Golf, Horseriding and other sports

Sotogrande is famous for its golf courses and polo fields, tennis, paddle, and sailing; with a sailing club located in the marina. Its Equestrian Centre is one of the best and most well-known horse riding schools in Spain.

The Marina

Sotogrande's famous marina has beautiful pedestrian pathways filled with trendy boutiques, boating shops, up-market estate agents, restaurants, elegant bars, and even an ice cream parlour. Built in the late 70s, this marina has become iconic on the coast.

Shopping

The most popular retail centre is Blue Sotogrande, which opened in 2009 on the frontline of the marina. As well as the high-end fashion boutiques offering the latest collections, shoes, handbags, lingerie, perfumes, children's clothing and accessories, the centre includes cafés and bars, a hair and beauty salon, a jewellery shop and an upmarket delicatessen.

Torreguadiaro

Just a short walk from Sotogrande, via a boardwalk alongside a lagoon, is the newly promenaded Torreguadiaro. As the name suggests it is the location of one of the many towers (torres) built between the 15-18th centuries to provide vantage points to warn the locals from

Barbary pirates. There are about twelve restaurants in this small village, each with its own speciality.

Visits and Tours:

Guided Heritage Tours of Cartia Archeological Site and Old Quarter of San Roque. Free of charge. Open Wed-Sun, 10 am – 2 pm. Book in advance on (0034) 956 694 005 or (0034) 647 546 742.

Guided Tapas Tours at San Roque

Duration 2 hours. Price: €12 - €15 per person. Book in advance on (0034) 956 694 005 or (0034) 647 546 742

Municipal Museum at San Roque

Free admission. Tour duration one hour. (Take a camera, and wear comfortable shoes & clothes)

Street Markets:

Evening Market - At Ribera del Marlin, Sotogrande Port. Every Wednesday, Thursday and Saturday night in July and August, 20.00 - midnight.

Sotogrande Port Market - At Ribera del Marlin, Sotogrande Port. Every Sunday, 10.00 - 14.00 (except the week before and after the Royal Fair in August)

EATING OUT IN SOTOGRANDE

The best places to eat in Sotogrande are at the beautiful Marina, where there are plenty of excellent restaurants to choose from.





Sierra Nevada and Skiing

**180 kilometres from Málaga Airport
2.5 hours drive (approx.)**

Many visitors to the Costa del Sol are surprised to learn that just a short trip to the North East of Málaga lies the Sierra Nevada that, believe it or not, is Europe's second highest mountain range after the Alps. Visitors are also surprised to hear that Sierra Nevada is home to Europe's most Southerly ski resort. On milder winter days, people have actually been known to go water-skiing in the Mediterranean and snow-skiing in Sierra Nevada on the same day.

The Sierra Nevada National Park certainly is an impressive place; nature at its stunning best. It has over 20 mountain peaks higher than 3,000 metres. In fact, the two highest peaks in the entire Iberian Peninsula, the Mulhacén at 3,482 metres, closely followed by the Pico del Veleta, which at 3,396 metres can be seen on a clear day towering high over the landscape to the East of Marbella. Indeed, they can be seen as far away as North Africa.

The literal translation of Sierra Nevada is 'snowy mountain plain' and, as its name suggests, it has snow on its peaks for most of the year. The entire Park is a protected UNESCO Biosphere Reserve with exceptionally diverse plant, bird and animal life, many of which are endangered species.

The area has an interesting human history too, with the Tartessians, Visigoths, Romans and Moors all having left their mark down through the centuries. The Alpujarras region is in the Southern side of the park, between Sierra Nevada and the sea. The last Moorish king, Boabdil hid here after the revenging Christians drove him out of Granada. In fact, the Alpujarras became the Moors' last refuge in Spain before they were forced to flee.

More recently, the area was the setting of the international best-selling book 'Driving over Lemons', Englishman Chris Stewart's true, if idiosyncratic, account of escaping the hustle and bustle of England to settle into a simple self-sufficient life in Spain. It's easy to see why he fell in love with the place as there are so many impossibly idyllic towns and villages nestled in its midst; Bubi6n, Pampaneira, and Capileira in the Poquiera Gorge, being the most popular spots to visit. If you find yourself on the Costa del Sol during November to April and the weather conditions are right, you might fancy a little bit of skiing, snowboarding or one of the other snow-based activities the Sierra Nevada ski resort has to offer. If so, head for Pradollano, the main ski resort in Sierra Nevada. Pradollano has some 61 kilometres of ski slopes with 45 pistes and 6 off-piste routes.

Amongst an impressive array of other features, there are two cable cars, 12 chair lifts, five ski lifts and 16 artificial snow machines capable of generating snow round the clock, should Mother Nature fail to. The slopes are normally open from 9am to 5pm. Full ski and snowboard equipment can be hired at fairly reasonable prices, and ski passes bought, from shops located around Pradollano. There are also lots of ski and snowboarding schools available for everyone catering for beginners to experts alike.

Once you've got yourself geared up and bought your ski pass, queues for the ski lifts can be tediously long in peak times so, if you can, try visiting during the week when it's a little quieter. Should you find yourself in one of the queues, the views and skiing will more than make up for it.





Although perhaps not as demanding as other European ski resorts, especially for seasoned skiers, Sierra Nevada still throws up plenty of exciting challenges for skiers of all abilities, especially up on the higher slopes and off-piste routes. And as far as a little après ski goes, Sierra Nevada is right up there with the best of them. After all, eating, drinking and making merry is almost obligatory in Spain.

You'll find bars and restaurants at various locations on the slopes offering panoramic views in the blazing sunshine. And down in the centre of town at lunchtimes and late afternoons and evenings where the various cafes and restaurants tend to get packed to bursting with hungry and thirsty skiers. In fact, the whole place is a-buzz with life and energy. Like almost all ski resorts, Pradollano also boasts a thriving nightlife with plenty of bars and clubs on offer.

The centre of town also has many facilities - shops, pubs and bars, a medical centre, child day-care centre, banks, supermarkets, gift stores, magazine and newspaper kiosks, photo- developing services, hairdressers, car rental, taxi service and a pharmacy. But there's a lot more to Sierra Nevada than just the skiing. There are many exciting things to do and interesting places to visit for all the family, including some amazing signposted walks, or 'senderos' as they're called in Spanish.

Details about the best of them, including maps and walking guides, are available in the Sierra's tourist offices and visitors' centres. The one nearest to Marbella, you'll find at El Dornajo at km 23 on the A395 road up to Sierra Nevada's ski resort from Granada. There's information about what to do and where to go for horse riding, winter sleigh rides, cycle hire and even paragliding. Plus, there's a permanent flora and fauna exhibition on display, a shop selling locally produced cheeses, hams and wines, and a cafe serving snacks and drinks.

Getting to Sierra Nevada will take about 2 to 3 hours by car, depending on the weather conditions. It is recommended you buy a detailed road map before you set off. If you're

going up in winter, make sure the water tank in your car has got anti-freeze in it - an easy oversight when the weather is so mild down on the Coast.

The road between Granada and Sierra Nevada has many good restaurants along it, and the helpful El Dornajo visitors' centre mentioned above. It's also narrow and winding and, as you get within a mile of the town, snow begins to appear on the ground and the air turns bitterly cold. Take care, especially when the road is icy, and allow plenty of time for your journey. During peak times over the weekends during the season, traffic jams can clog up this road and queues can form for hours, so remember to take de-icer with you for your car.

If you get an early start from Marbella and arrive early enough in Pradollano (normally before 9.00am) you may have luck on your side and find free parking on the road outside the main resort. Otherwise there's a four-storey underground paid-parking complex with a capacity of 2,880 vehicles right next to the town. From the car park it's easy to get to the main plaza and its facilities.
Tel: (0034) 958 24 91 11. www.en.sierranevada.es





Fiesta de Los Reyes

In Spain, although Santa Claus is a popular character amongst children (and the bearer of a few small gifts on Christmas Eve), it's the Three Kings, or 'Los Tres Reyes', that really count. In the evening on 5th January, most Spanish towns and cities hold a parade or 'Cabalgata' especially for children in which local men dress up as the three kings and ride about town on floats in a procession, scattering sweets to the crowds.

Most little ones can't wait until the next morning, The Day of the Kings, or El Día de Los Reyes when they get to open the presents brought by the real three kings during the night. The 6th of January is a public holiday across the whole of Spain.

Carnival

As in all Catholic countries, 'Carnival' is celebrated before the 40 days of Lent during which time Catholics traditionally would not eat meat. The Spanish word 'carne' means meat, and the 'carnival' is a celebration of the time before meat is eaten again. Most towns along the Costa hold a special parade and other events to mark the occasion in February or March, 40 days before Easter. Carnival represents a chance for locals to really celebrate,

and most carnival-goers don masks and fancy dress. Watching thousands of locals walking about in fancy dress can be quite a surreal sight for most visitors.

Easter - Semana Santa

As a traditionally Catholic country 'Semana Santa' or Holy Week in Spain is the most important cultural and religious event on the social calendar. Throughout the week, villages, towns and cities the length and breadth of the country hold a series of different processions, leaving the churches in each town to wind slowly around the streets. Local men consider it a huge honour to carry the burden of the life-like statues of Christ on the Cross and his mother, the Virgin Mary, in mourning.

The parades can be a solemn affair and the result of a year-long effort to prepare the statues' elaborate costumes and decorations for display, each seemingly outdoing the other in terms of grandeur.

Amongst the more unusual sights you might see are people following the procession dressed in coloured or white robes with a hood and a tall conical cone. This traditional dress, called "Nazireño", dates back to Medieval times and is worn purely to conceal the identity of the wearer as they do penance.

Semana Santa is a serious fiesta. For the biggest parades, virtually the entire town, young and old, turns out immaculately dressed in their 'Sunday best'. It's quite a spectacle and as a foreign visitor, you should respect the local dress code. The processions take place during the week leading up to Easter Sunday. The biggest and most impressive parades take place on Maundy Thursday, Good Friday and Saturday.





Feria Week

The Feria or Fair is a typically Andalusian tradition. Every town and village in the region has its own Feria. Its roots are in the Middle Ages when villages throughout Andalucía would get together to exchange home made products and the fruits of the land and celebrate. These days, when it comes to defining the spirit of the Spanish in Andalucía, nothing comes close to the Feria.

During the festivities, from around 12 noon onwards all businesses and shops in the area close down and towns get literally taken over by vast crowds of happy Spaniards and merry tourists as well. The atmosphere is truly amazing.

In some streets, it's almost impossible to struggle through the throng. Make-shift bars line the narrow streets serving beers, traditional 'Fino' Sherry, all manners of wines and spirits, plus some of the best tapas you're ever likely to taste, as the speakers from rival sound systems and bars compete literally side-by-side for your attention, pumping out Flamenco and other forms of traditional and popular Spanish music at ear-splitting volume. Yes it's mad, yes it's chaotic, but it's absolutely the real deal.

At night, the fairground takes precedence. There are rides for all the family from around 7pm onwards, plus many Casetas - marquees with plentiful supplies of food and drink. In some Ferias a few of the Casetas are privately run, so you can only go in by invitation.

The Ferias are the heart of local cultural life and if you are on the Costa when they occur then don't miss them because to experience the Feria first hand is something you will remember for the rest of your life.

Fiesta de La Virgen del Carmen

In Catholic tradition the Virgen del Carmen is the patron saint of all sailors. This point has been taken very seriously by the fisherman of the Coast for centuries and is now written into local culture.

On 16th July, the sea-farers of most towns decorate their boats before carrying a statue of the Virgin Mary through the streets to the beach, where under the darkness of night, they take her out to sea, accompanied by much blasting of sirens.

There are showers of fireworks illuminating the whole scene, while traditional sailors' hymns are sung and the rest of the town's folk and summer visitors look on from the shore.





Fiesta de San Juan

The festival of San Juan is held on the night of 24th of June, and is widely celebrated on beaches all along the Costa. Locals gather together on the beach beforehand to spit-roast sardines over their fires and have a drink. Effigies are burnt on bonfires at midnight, accompanied by a crescendo of deafening firecrackers.

You're meant to dip your feet in the sea just after midnight for good luck. Many go a little bit further and dip their whole bodies, some fully clothed. A few beaches also have live music or sound systems until well into the night.

All Saints' Day - November 1st

The Catholic celebration of 'Día de Todos Los Santos', or All Saints' Day. It's a holiday celebrated in the towns and villages everywhere in Spain, it follows 'All Souls' day, otherwise known as Hallowe'en, and is the day when, traditionally, Spanish families visit local cemeteries en masse to pay their respects at the gravesides of their lost loved ones. Although this might sound like a sombre affair, the cemetery in Marbella and the surrounding towns are unlike anything you'll find in Northern Europe.

Christmas Eve and Christmas Day

These are probably the quietest days of the whole year in Spain. If you're visiting the Costa over the festive season, you'll find that most shops, restaurants and bars close early on Christmas Eve because this is the night the Spanish celebrate their traditional Christmas dinner. Christmas Day is of course a national holiday, so you'll be lucky to find anywhere open - except of course for those restaurants catering for the traditional British Christmas lunch, of which there are many.





As one would expect, the Costa del Sol and its sun and sand holiday lifestyle gives you a huge range of choice to enjoy the “beach life”. Throughout the entire length of the Coast are innumerable individual beaches with sunbeds and parasols to hire, served by beach bars known as ‘chiringuitos’, cafes and restaurants. You can even take your own sunbed and parasol and pitch it at the water’s edge if you prefer!

However, if you are hankering after a little more luxury, exclusivity and pampering, then here is a list of some of the best Beach Clubs that you can visit for the day.

Hotel Don Carlos Beach Club

Said to be one of the finest beach clubs on the Coast, with relaxing sun loungers set poolside amongst sub-tropical plants, waiter service for drinks and snacks, and a fine à la carte restaurant for lunch and dinner, which offers an incredible buffet lunch every day during July and August. Spa treatments and massages are also on offer throughout the day. Tel: (0034) 952 24 32 42
www.hoteldoncarlos.com/en/resort/beach-club/

'La Cabane' de Los Monteros

Highly exclusive beach club belonging to the five-star Los Monteros Hotel (km187 on A7/N-340), which is open all year around, and offers beautiful wooden 'cabin' loungers with sun beds for one or two people, as well as VIP beds, which include a half a bottle of Champagne. Its restaurant buffet offers the widest range of fresh fish and seafood in the area, with an excellent variety of salads, pastas, fried dishes and meat, and a delicious selection of desserts. Tel: (0034) 952 86 11 99
www.monteros.com/en/la-cabane-beach-club

Las Dunas Beach Club

Just steps away from the soothing sounds of sea, sunbathers can relax in palmfringed gardens and enjoy lunch in its beachside restaurant that offers sumptuous buffets during the summer months. Located at Estepona (km163 on the A7/N-340). Tel: (0034) 952 80 94 00

Nikki Beach

Frequented by the rich and famous, Nikki Beach at Marbella is one of the world-famous chain of beach clubs found in exclusive locations around the world. Fine food, comfortable white lounge beds, and great music combine to create a unique atmosphere. Located beachside at the Hotel Don Carlos, Elviria (km192 on A7/N-340). Tel: (0034) 952 83 62 39 for reservations
www.nikkibeach.com/marbella/events.php

Puro Beach

Relax and unwind at this elite beach club at the exclusive Laguna Village venue, where the fine-dining restaurant caters for lunch and dinner, and the sun deck provides white lounging beds and tents, an infinity pool, waitered bar service and spa treatments, to ensure you have a day to remember. Located just outside at Estepona (km159 on the A7/N-340). Tel: 951 316 699. www.purobeachmarbella.com

Victor's Beach

Enjoy a relaxed informal atmosphere at this small beach club on the Golden Mile, with live DJ music, a bar for drinks and snacks, as well as a restaurant that's open for lunch and dinner. Located between Tony Dalli's restaurant and the Hotel Puente Romano. Tel: 639 55 30 88.
www.facebook.com/pages/Victors-Beach-Chiringuito-MARBELLA/226758520669827



The Costa del Sol hosts a variety of markets; from fruit, vegetable and ecological produce, to tourist gifts, artisan products and flea markets. Here's a list of which days the markets take place in each location. In most instances, if it is raining then the markets won't take place.

Monday

Marbella: at the Recinto Ferial (fairground)

Tuesday

Fuengirola: at the Recinto Ferial near Los Boliches

Wednesday

Benalmádena: across from Selwo Marina

La Cala: at the fairground

Estepona: at Avda. Juan Carlos

La Línea de la Concepción: at Avenida Príncipe

Thursday

Alhaurín el Grande: at La Fama

San Pedro de Alcántara: at Recinto Ferial

Torre del Mar: in the town centre

Torremolinos: El Calvario

Friday

Arroyo de la Miel: at Tivoli World

Elviria: at Banco Atlántico

Saturday

Fuengirola: at the Recinto Ferial Los Boliches, flea market

Nueva Andalucía: at the bullring, antique

La Cala: at the fairground

Ojén: on the main square

Coin: at the fairground on Málaga road

Sunday

Arroyo de la Miel: at Tivoli World, car boot sale (summer only)

Estepona: in the Marina

Fuengirola: near the Piramides Hotel (just before the castle)

Málaga: near the football stadium, flea market

Nerja: urbanisation Flamingo (towards San Juan de Capistrano), car boot sale

Sotogrande: in the Marina, antique market

Nerja: at the Balcón de Europa, craft market every evening through summer





Whilst the Costa del Sol is the official name for the area, "Costa del Golf" is the local nickname due to the excess of places to play. Golf is a fascinating and challenging sport to play and what better than to combine a holiday under sunny skies with the sport you love?

Golfbookingontheweb.com offers a fantastic selection of great golf holiday rentals in Spain, within easy reach of some of Europe's best courses. The coastal area in Spain is a true golfer's paradise (also called the 'Costa del Golf') and boasts over 60 superb courses to choose from. Our sophisticated booking engine makes it easy to find your ideal golf holiday rental in Spain, check live availability of each property and book securely online.

Golfbookingontheweb.com accommodation ranges from villas to apartments. Traditionally, golfers have stayed in hotel accommodation, but most are now looking for more affordable, self-catering options, where non-golfers can also enjoy the amenities that the chosen destination has to offer in comfort and style. Many holiday homes overlook the fairways for golf literally 'on your doorstep', whilst others are strategically placed within an easy drive of many different courses for a variety of playing experiences during your trip.

Here are all the courses to be found the length and breadth of the Coast, together with telephone numbers and a brief description of the course itself

Please check directions on how to get there when you call to book your round and consult a local map:

Alcaidesa Links Golf Club

Designed by Peter Allis and Clive Clark. 18 holes.
San Roque. Tel: 956 79 10 40.

Comments: One of the most original courses in Spain because of its "Scottish" style design. Considered to be the first authentic "link" type course in Spain.

Alhaurín Golf & Country Club

Designed by Seve Ballesteros. 18 holes.
Alhaurín el Grande, Mijas. Tel: (0034) 952 59 59 70.

Comments: Rugged terrain and a beautiful setting make this a breathtaking course. Tight fairways, bunkers and lakes also make it a challenging game.

Aloha Golf Club

Designed by Javier Arana. 18 holes.
Nueva Andalucía, Marbella Tel: (0034) 952 90 70 86.

Comments: The 18-hole course is long and difficult. It also offers a 9-short hole practice ground. The up-keeping of the course is exceptional.

Añoreta Golf Club

Designed by Jose Maria Calzares. 18 holes.
Rincón de la Victoria, Málaga. Tel: (0034) 952 40 50 00.

Comments: The fairways are full of palms and the course is nestled between the sea and the mountains. The course is designed for all levels of players.

Atalaya Golf and Country Club

Designed by Berharn Limburger and Paul Krings. 36 holes.
Estepona. Tel: (0034) 952 88 28 12.

Comments: The complex offers two courses with 18-holes and one of the largest practice ranges in Spain. The golf school also provides lessons in several languages.

Benalmádena Golf

9 holes Benalmádena/Arroyo de la Miel Tel: 902 10 26 76
Grupo Suite.

Cabopono Golf Club

Designed by Juan Lignes Crevs. 18 holes.
Between Calahonda and Marbella. Tel: (0034) 952 60 70 04

Calanova Golf Club

18 holes. La Cala de Mijas, Mijas Costa Tel: 951 17 01 94
Aymerich Golf Management

Casares Golf

Designed by Juan Carlos Martinez. 9 holes
Casares. Tel: 952 93 78 95

Cerrado del Aguila

Nine holes. Near Hipódromo Race Course.
Mijas Costa. Tel: 951 70 33 55

Coto de la Serena Golf Club

Designed by Pedro Montero. 9 holes.
Estepona. Tel: (0034) 952 80 47 00.
Comments: Club has a 9-short hole course. Design has been likened to Japanesestyle courses. Suits average and intermediate level players.

Doña Julia Golf Club

Designed by Antonio Garcia Garrido. 18 holes.
Sotogrande. Tel: (0034) 952 93 77 53

El Paraíso Golf Club

Designed by Gary Player. 18 holes.
Estepona. Tel: (0034) 952 88 38 35.
Comments: The course seems to be easy due to its wide fairways but it has some fierce roughs and water hazards.

Estepona Golf Club

Designed by Jose Luis Lopez Martinez. 18 holes.
Estepona. Tel: (0034) 952 93 76 05.
Comments: The course has short and narrow fairways, with extremely dangerous roughs. The Club offers a host of services to players.

Finca Cortesin Golf Resort

Estepona. Tel: (0034) 952 937 883
Comments: The largest of all the Costa del Sol golf courses

Greenlife Golf

Designed by Greenlife Estates. 9 holes.
Elviria, Marbella. Tel: (0034) 952 83 91 42.
Greenlife Power Driving Range
Comments: Situated two minutes drive from Greenlife Golf, a comprehensive practice ground with upstairs and downstairs driving ranges, chipping green with bunkers and putting green. Professionals available to teach all ages and levels.

Guadalhorce Golf Club

Designed by Kosti Kuronen. 18 holes.
Campanillas. Tel: (0034) 952 17 93 78.
Comments: The Guadalhorce golf course is hosting more than 60 championships this year. It has a beautiful and luxurious Club House and a 9-hole par-three practice course.

Guadalmina Norte (North) Golf Club

Designed by Folco Nardi. 18 holes.
Guadalmina, Marbella. Tel: (0034) 952 88 33 75.
Comments: Main difference to the 'Sur' course below is the abundance of water hazards.

Guadalmina Sur (South) Golf Club

Designed by Javier Arana. 18 holes.
Guadalmina, Marbella. Tel: (0034) 952 88 34 55.
Comments: The course is amongst the first built in Andalusia and has some parts to test more experienced players.

La Cala Golf Resort

Designed by Cabell B. Robinson. 36 holes.
La Cala de Mijas. Tel: (0034) 952 66 90 33.
Comments: Two courses, North and South, each with 18 holes.

La Cañada Golf Club

Designed by David Thomas and Robert Trent Jones Senior.
18 holes. San Roque Tel: 956 79 41 00

La Dama de Noche Golf Club

Designed by Enrique Canales.
9 holes.
Nueva Andalucía, Marbella.
Tel: (0034) 952 81 81 50.

Comments: First golf course in Europe with a lighting system that allows one to play during the night under practically the same conditions as in daytime.



La Duquesa Golf and Country Club

Designed by Robert Trent-Jones. 18 holes.

Manilva. Tel: (0034) 952 89 04 25.

Comments: Beautiful countryside, on bright days it is possible to see the Rock of Gibraltar and the African Coast.

La Quinta Golf and Country Club

Designed by Manuel Piñero. 27 holes.

Benahavís. Tel: (0034) 952 76 23 90.

Comments: The course is set in beautiful countryside and now boasts a new 9-hole course. The Club includes three putting greens and a practice ground. The course also operates as a prestigious International Golf School.

La Zagaleta Golf Club

Designed by Seve Ballesteros. 18 holes.

Benahavis. Tel: (0034) 952 85 54 53.

Comments: La Zagaleta is paradise for golfers with a superb Club House. It is a private club strictly used by members and guests, very exclusive.

Las Brisas Golf Club

Designed by Robert Trent-Jones. 18 holes.

Nueva Andalucía, Marbella. Tel: (0034) 952 81 08 75.

Comments: One of the best courses in Europe, and known world-wide. Many bunkers and water hazards, including ten artificial lakes. A challenge for players of all levels.

Lauro Golf Club

Designed by Folco Nardi. 18 holes.

Alhaurin de la Torre. Tel: (0034) 952 41 27 67.

Comments: The scenic course includes nine lakes and a large variety of fruit trees. The beautiful Club House is over two hundred years old and was originally a farmhouse.

Los Arqueros Golf Club

Designed by Seve Ballesteros. 18 holes.

Benahavis. Tel: (0034) 952 78 46 00.

Comments: The course is narrow and difficult, not well suited to all levels of players. Very hilly, becoming more popular.

Los Flamings Golf Club

Designed by Antonio Garcia Garrido.

18 holes.

Benahavis Tel: (0034) 952 88 91 50

Los Naranjos Golf Club

Designed by Robert Trent-Jones.

18 holes.

Nueva Andalucía, Marbella.

Tel: (0034) 952 81 52 06.

Comments: Perhaps one of the best-designed golf courses by Robert Trent-Jones. Orange trees that lend their name to the complex dominate the thick vegetation. Usually very busy, so 'phone ahead.

Marbella Club Resort

Designed by David Thomas. 18 holes.

Benahavis. Tel: (0034) 952 82 22 11

Marbella Golf & Country Club

Designed by Robert Trent-Jones. 18 holes.

Marbella. Tel: (0034) 952 83 05 00.

Comments: The first few holes are the most interesting, long and criss-crossed by gullies, they require good tee-shots. Most elegant Club house with excellent restaurant.

Mijas Golf International

Designed by Terence Trent-Jones. 36 holes.

Coín Road, Mijas Costa. Tel: (0034) 952 47 68 43.

Comments: Two courses Los Lagos and Los Olivos. Los Lagos is probably one of the most popular courses on the Costa del Sol, incorporating eight lakes, from whence it gets its name.

Miraflores Golf

Designed by Folco Nardi. 18 holes.

Riviera del Sol, Mijas Costa. Tel: (0034) 952 93 19 60.

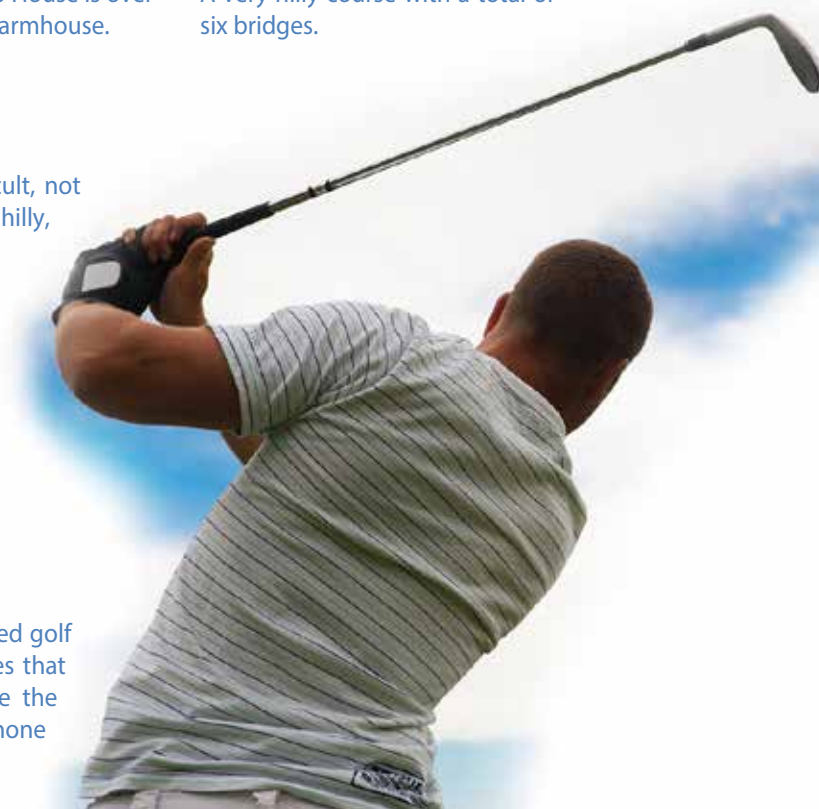
Comments: Situated in Mijas Costa in the heart of the tourist area, this course has some tough hills and is a fair test for golfers of all levels.

Monte Mayor Golf & Country Club

Designed by Jose Gancedo Gomez. 18 holes.

Benahavis, Estepona. Tel: (0034) 952 11 30 88.

Comments: The golf course is surrounded by some of the most spectacular scenery on the Coast. A very hilly course with a total of six bridges.



Parador Málaga del Golf

Designed by Tom Simpson. 18+3 holes.
1 km from Málaga airport. Tel: (0034) 952 38 12 55.
Comments: The oldest course on the Costa, bordering the beach in the flat Guadalhorce valley. Inaugurated in 1925 by the Spanish royal family. Tip-top condition.

Rio Real Golf Club

Designed by Javier Arana. 18 holes.
Rio Real, Marbella. Tel: (0034) 952 76 57 33.
Comments: Set in beautiful countryside, the course is not too hilly. The fairly flat greens are well-protected with bunkers.

San Roque Golf Club

Designed by David Tomas and Tony Jacklin. 18 holes.
San Roque. Tel: 956 61 30 30.
Comments: The thing about this Club is its long course, with wide fairways and high inclines on several holes.

Santa Maria Golf and Country Club

Designed by Antonio Garcia Garrido. 18 holes.
Elviria, Marbella. Tel: (0034) 952 83 10 36.
Comments: The course has an excellent lawn and a magnificent Club House.

Santana Golf

Designed by Cabell B. Robinson.
18 holes Mijas Costa
Tel No: 902 51 77 00

Sotogrande Golf Club

Designed by Robert Trent-Jones.
27 holes.
San Roque. Tel: 956 79 01 11.
Comments: Ranked amongst the best ten courses in Europe. The course is also famous for its many water hazards. Additionally the club offers an excellent 9-hole par-three.

Torrequebrada Golf Club

Designed by Jose Gancedo Gomez. 18 holes.
Benalmádena. Tel: (0034) 952 44 27 42.
Comments: The golf course has more than a hundred different species of trees and bushes that give shelter to varied species of birds, its fairways, greens and tees are famed for their excellent keeping.

Valderrama Golf Club

Designed by Robert Trent-Jones. 18 holes.
San Roque. Tel: 956 79 12 00.
Comments: Perhaps the most famous golf course in Europe (Ryder Cup 1997). This course is designed for players with a reasonable to high level. It has a 18-hole course as well as a 9-hole par 3 course. La Cascada is the 4th hole and is known as the course's signature hole. It is a par 5 with a pond to the right of a two-tiered green.





What's better when you are on holiday, after a long day sight-seeing, participating in some sporting activity or maybe even a little TLC after that extra glass of excellent Spanish wine than to totally relax and treat yourself to the wonderful experience of a Spa day. You will appreciate the restorative effects immediately on sore muscles and busy minds.

Many of the larger hotels of 4 and 5 stars on the Costa del Sol have spas for guests and non-guests to use. Most offer a set day price where you can wile away the day making use of the saunas and steam rooms, hydrotherapy circuits, swimming pool and lounging areas. An extra cost is usually incurred for massages and beauty treatments.

In the city of Málaga, you can add a visit to a Hammam or Turkish Bath to your list and revitalise yourself in time for a night out dining and dancing.

Although it's usually the hotels offering spa days with the saunas and steam rooms, there are many individual beauty salons along the Coast to choose from for a top to toe theraputic treat. All the salons are used to catering to an International clientele and speak many languages.

MIJAS COSTA

Beatriz Palace Hotel & Spa, Fuengirola
Tel: (0034) 952 92 20 00

Caracala Spa, La Cala Golf Hotel, La Cala
Tel: (0034) 952 66 90 10

Nagomi Spa, Reserva del Higuérón, Benalmádena
Tel: (0034) 952 66 11 74

Hotel Melia Costa del Sol, Torremolinos
Tel: (0034) 952 38 66 77

MARBELLA

Elysium Spa, NH Alanda, Golden Mile, Marbella
Tel: (0034) 952 89 96 00

Marbella Club Hotel Golf Resort & Spa, Marbella
Tel: (0034) 952 82 22 11

ESTEPONA / SOTOGRANDE

Albayt Country Club and Spa, Estepona
Tel: (0034) 901 12 03 61

Gran Hotel Elba Spa, Estepona
Tel: (0034) 952 80 92 00

Kempinski Resort Hotel, Estepona
Tel: (0034) 952 80 95 00

NH Almenara Golf Hotel Spa, Sotogrande
Tel: (0034) 956 58 20 00



Guide to Your Holiday Home Rental



For most people, families and groups, the best way to holiday on the Costa del Sol is to rent a property and live the dream! Now it's easier than ever to find the holiday home that's right for you with [HolidayRentalontheWeb](#).

BOOKING YOUR HOLIDAY HOME

Booking your vacation home through [HolidayRentalontheWeb.com](#) just couldn't be easier! You'll not only discover our villas, townhouses and apartments are just as attractive in real life as they are on our website, you'll also find our 'one stop shop' secure holiday booking service second to none.

Through our easy-to-use website you can browse, book, and pay securely for your holiday by credit card – all online. Any questions can be answered swiftly by email, phone or by the live chat service by one of our friendly, professional holiday rental team.

In most destinations, extra holiday services can be booked at any time before you arrive – airport pick-up, welcome pack, baby equipment or mobility aids – to name just a few. During your stay you can also book additional cleaning or laundry, a babysitter, or even your own chef! All you have to do is ask.

You'll receive special instructions on how to collect your keys and will meet our friendly on-the-ground team who will help you with any questions you may have about the accommodation or the local area. If you arrive after hours, we can arrange for you to collect keys from a special pick-up point. Throughout your stay, there is an out-of-hours helpline available to you in case of any emergency with your holiday home.

There's nothing worse than arriving on holiday and not knowing what to do and see! Whether you're looking for a

challenging golf course, a restaurant recommendation, a special cultural event, or an exciting place to visit with the children, you'll be able to ask our local holiday team.

YOUR RENTAL AGREEMENT

Every booking with [HolidayRentalontheWeb](#) property is covered by a contract where the terms and conditions of the rental are fully explained for you, which means you can rest assured your consumer rights are protected. A full copy of the contract is made available to you upon booking.

SPECIAL COLLECTIONS OF RENTAL VILLAS AND APARTMENTS, COSTA DEL SOL, SPAIN

To make it simpler for you to find the right holiday home, we've created a number of special collections of properties to meet your needs. Further details can be found below.

If you know what you're looking for in a holiday home, or have a particular sport or interest, you can go straight to a list of those properties without having to search through thousands.

Holiday Homes with Pools – having your own private pool at your holiday villa or Townhouse offers luxury, seclusion and convenience. To find a fantastic selection of homes with pools for your next holiday take a look at our Villas with Pools collection.

Budget Holiday Homes – holidays need not cost a fortune! If you're holidaying on a budget, our collection of Budget Holiday Homes – apartments, townhouses, and even sometimes villas – for less than you think

Panoramic Views – if you would like to watch the sunset over the water or enjoy stunning countryside views from your holiday home, check out our collection of self-catering accommodation with Panoramic Views..



Longer Lettings – if you're in the fortunate position of being able to take a longer than normal vacation break, then you may be interested in our for apartments, townhouses or villas on our long-term rentals website.

Short Break Collection – for those where time is of the essence, we've compiled a collection of self-catering accommodation that accepts guests for two to five night stays. Take a look at our short break holiday rentals.

Luxury Homes – if you want to treat yourself to a luxurious Southern European vacation in Spain, then holidaying in a sumptuous 5* vacation home may be just what you're looking for. Check out our Elite Collection of Luxury Homes.

Waterside Homes – if there's nothing you crave more than a house overlooking the sparkling Mediterranean or Spain's most beautiful lakes and rivers, then look at our Waterside and Beachside Homes – a selection of villas, apartments and cottages all within a few minutes of the water.

Pet-friendly Homes – if you're taking your pet away with you on holiday, then view our range of Pet-friendly properties to see where pets are more than welcome in Spain, and get the right advice if you're returning with your pet to the UK after your holiday.

Children Welcome – If you're travelling with younger children, check out our collection of Child-friendly rental properties where children can feel right at home and have some of their own special facilities to make their holiday even more comfortable.

VILLAS WITH POOLS

Sometimes you're just happy with your own company on holiday, and relish the thought of having total privacy without having to share communal pool facilities with others, and worrying about whether you can get a sun-bed. Having your own pool on holiday also gives the children the complete freedom and space to play, avoiding the need to travel to the beach or a municipal pool to do so, letting the whole family enjoy their holiday in their own way.

Most of the holiday rental properties featured in our 'Holiday Homes with Pools' collection also have their own private gardens, as well as a private pool, often with good quality outdoor furniture, so you can relax, dine alfresco if you want, and enjoy total seclusion.





BUDGET HOMES

Even if you're on a tight budget you can still have a fabulous, fun-filled holiday in one of our budget-priced rental homes that won't break the bank. Here are our top tips to saving money while still enjoying a much-needed holiday break:

1. Look for a location that is well served by budget airlines to get the best flight deals and compare prices on easy-to-use websites such as SkyScanner.net.
2. Try to find a destination that has good amenities all year round, so you can book out of season for lower flight and accommodation costs.
3. Choose self-catering accommodation rather than hotels so you can enjoy the space and freedom of your own place, but can also visit the local food stores to enjoy gorgeous meals on your terrace or by the pool, rather than having to eat out every night. This can save you a fortune!

With this last tip in mind, we have brought together a collection of Budget Holiday Homes in Europe which are less than 500€ per week to rent.

GREAT VIEWS

Nothing is more relaxing than gazing out at a beautiful view from the comfort of your holiday home, or relaxing on the terrace and watching the sunset over a breathtaking vista. Panoramic and sea views are a real treat and can certainly enhance your holiday experience.

To help you find properties with the best views, we have developed our collection of 'Panoramic View' holiday rentals, carefully selected self-catering properties in the best surroundings, some with mountain or countryside views, and others with views of the nearby sea, lake or river.





SHORT BREAKS

It's great to get away, even just for a long weekend, to do something different and re-charge your batteries. Traditionally, it's been difficult to find self-catering accommodation without a minimum stay of one week, but with our Short Break Rental Collection it doesn't have to be that way!

To help make your short holiday even more special, we've pulled together a collection of self-catering Short Break properties available for two- to five-night stays, in Spain where you're spoilt for choice whether you want to stay in the city, countryside or by the sea.

Taking your short break in a self-catering holiday rental home gives you the freedom and space to do what you want and holiday the way you choose. Select properties with a pool and garden for privacy and luxury, or a central apartment to feel what it's like to live the lifestyle in one of our great destinations.

BEACHSIDE

There's something really magical about having a vacation home right next to the water, be it near the sea, or a lake or river. The water offers beautiful views, relaxing sights and

sounds, and lots of possibilities for holiday fun, and aquatic sports such as diving, swimming, sailing, fishing and kayaking, to name a few!

We have a selection of lovely beachside or waterside homes for you to choose from throughout Spain. Now you can enjoy the lakes, the sparkling Mediterranean Sea and some of Spain's most beautiful rivers from the comfort of a self-catering 'home from home'.



See what the HomeCareontheWeb Group of companies can do for you!

Prestige Property Care and Rentals Management Services in Marbella and the Costa del Sol, Andalucía, Spain.

Through our outstanding package of online services, you can avoid the stress of home-owning in Spain and get your property more rentals via our high-ranking website and key partnerships with top-name travel and holiday home organisations, or via a secure long-term rental if you prefer.

Based near Marbella, our friendly and knowledgeable team professionally look after your home as if it were their own, whilst managing the entire long-term or holiday letting process, so you can reduce the worry associated with earning income through rentals.

In 2015 the HomeCareontheWeb team will...



"No other company on the Costa del Sol does more for their homeowners and their properties... and their tenants and holidaymakers, too"



is the leading property management company on the Costa del Sol, providing high quality management services.



specialises in quality-assured holiday home rentals on the Costa del Sol Spain.



is for long-term property rentals. Search for the right rental property in Spain from the comfort of your own chair!



specialises in bringing together a quality-assured holiday home rental that is close to a golf course

**For more information contact: info@homecareontheweb.com
Tel: 0034 952 839 595**

