About your Costa del Sol Holiday

We make sure you love it more

villaplus.com
The Costa del Sol or Sunshine Coast has much to entice visitors. With sandy beaches, cosmopolitan resorts, traditional Moorish villages and a warm and colourful Andalucian atmosphere, you won’t go home disappointed.

From a visit to the old town of Malaga to explore museums and art galleries to a splashing day out at Torremolinos Aquapark there’s plenty to do. Adventurers can enjoy excellent sporting facilities and golfers are spoilt for choice with over 60 courses to choose from.

Tasty tapas bars are definitely there to be explored and a dish of Paella, a traditional favourite, is a must. There are even some great spots for nightlife.

Welcome to the Costa del Sol one of the world’s top holiday destinations.
A little more about Villa Plus

Welcome to Villa Plus. We hope you have a fabulous holiday in Costa del Sol and would like to tell you a little about the company. As a direct sell operator we only sell our own holidays. This means we place great emphasis on quality and service. In fact we take a personal interest in the enjoyment of your holiday and all our staff receive ongoing training to ensure we provide you with consistently good service.

Villa Plus have arranged villa holidays since 1986. Our product focus is on better villas, in better locations with private pools and more facilities. Over the years we’ve grown from just one destination to 13 across Portugal, Spain, Cyprus and Greece. We’re now one of the largest tour operators in the villa market and offer over 900 exclusive villas.

This holiday guide is designed to help you enjoy your holiday. Please read it carefully before you go. That way we can ensure all the arrangements made on your behalf run smoothly.

Thank you for choosing Villa Plus and we hope to see you again in the future.

Villa Plus Service Centre

Our resort staff are there to ensure all aspects of your holiday go as planned and to maintain your privacy. In general, they will not visit unless in an emergency or to carry out villa checks. Details of your Villa Representative can be found in the security information in your travel pack.
About your holiday

Here’s our tick list...

**Travel documents**
You’ll receive your holiday documents – specifically itinerary and flight reference number (to quote at check in), accommodation details, directions, car hire information and voucher – about ten days before you travel. Please check the documents match your reservation.

**Holiday insurance**
Whether you have taken the ‘Villa Plus’ holiday insurance or not, if you or a member of your party have a pre-existing medical condition, then you MUST advise your insurance company straight away. Failure to do so may invalidate your insurance.

**European Health Insurance Card (EHIC)**
The European Health Insurance Card (EHIC) allows you to access state-provided healthcare in all European Economic Area (EEA) countries and Switzerland at a reduced cost or sometimes free of charge. The card is free of charge and, in addition to your travel insurance, we recommend you sign up. Register online at www.ehic.org.uk

**Money**
Whilst MasterCard and Visa cards are widely accepted, and most resorts have ATM's, we recommend that you get some Euro’s before you go. Please note: travellers cheques are no longer used in Spain.

**Towels**
Although towels are provided in the villas, you’ll need to bring your own beach and pool towels with you.

**Travel adaptor/s**
If you bring your own electrical equipment then you will need to bring a European travel adaptor.

**Passport details**
You must give your Advance Passenger Information (API, sometimes called APIS) details to your airline before you fly.

**Baggage allowance**
Baggage allowance, normally 20 kilos per person, can depend on who you’re flying with and will be specified on your itinerary. Collapsible wheelchairs, car seats for infants, pushchairs and carrycots may be carried as hand luggage in excess of the baggage allowance and can usually be taken to the final departure gate to be stored in the hold during the flight. Many charter airlines now charge for excess baggage and equipment such as golf clubs.

**Dangerous goods**
Please refer to the security policy of the airline you’re travelling with.

**Special needs and requirements**
If you, or any member of your party, have any special needs or specific requirements then please let us know at the time of booking. We’ll send you a form for disabled and less mobile clients for you to complete and return so we can ensure the villa and flights you’ve chosen are completely suitable for your needs.

Any queries just call + 44 (0) 1727 836686 or email info@villaplus.com
Getting to and from your villa

Villa Plus transfer from airport
If you booked a Villa Plus transfer then, in general, you’ll see your Representative in the arrivals hall who will have organised your transfer. Please refer to the itinerary in your travel pack for more information.

Villa Plus car hire
If you’ve booked a car through Villa Plus then please refer to your itinerary and car hire voucher for collection details. It is advisable that one member of the party waits for the baggage whilst another goes to the desk to complete the contract and pay the appropriate deposit and so on.

Directions to your villa
Your directions are included in your travel pack.

Arriving at your villa
You can get into your villa at 1pm. If you arrive before 4pm, particularly in the larger villas, the maid may still be tidying up.

Leaving your villa
Please vacate your villa by 10am. The maid could arrive as early as 8am.

Flight delays
EU legislation entitles passengers to compensation from the airline if there is denied boarding, cancellation or delay to flights. Reimbursement in such cases is the responsibility of the airline and will not entitle you to a refund of the price of your arrangements from us. If the airline does not comply with these rules you should complain to the CAA on +44 (0) 20 7453 6888 www.caa.co.uk

Lost luggage
If you’re unfortunate enough to lose your luggage then you need to report this at the lost luggage desk in the baggage reclaim area.

Left luggage
If you have a late return flight, then there are normally facilities where you can leave your luggage on your last day. This information can be found in the villa manual or you can contact the local office.

Villa keys
The keys to your villa will be contained in a security key box at your villa. Details of this together with the boxes security number are included with your final documentation. Normally only one set of keys will be supplied for the villa that you will be occupying. We would appreciate it if you could take care of the keys as obtaining replacement keys, or changing the locks can be expensive.

Villa Plus Travel Insurance

Villa Plus holiday insurance is provided by Union Reiseversicherung AG. If you’ve taken this out there is a 24 hour medical emergency assistance facilities service who you can call directly on +44 (0) 845 260 3 260. Remember to have the following information to hand:

- A contact telephone number
- Name and age of patient
- Location of hospital and doctor’s telephone number
- The medical problem
- Your premium receipt number and details of booked travel arrangements

Please refer to your Insurance policy for details of the procedure you should follow, should you require outpatient treatment.
About Your Villa

**Cots/extra beds**
The majority of the cots that we supply are of the collapsible travel type. All cots supplied in the villas comply with local safety standards. All linen is laundered together so if you have concerns about cot linen, please bring your own. Extra beds are normally of the fold-up variety and are suitable for children only up to the age of 11 years old.

**Gas Supply**
Not all the villas have a gas supply. If applicable, the villa will usually be supplied with an orange coloured Butano gas bottle. In the unlikely event that the gas should run out, please contact our local Villa Representative, who will arrange for a replacement. Where gas water heaters are used in villas, they are subject to an annual inspection by local qualified engineers. A carbon monoxide detector is provided for your additional peace of mind.

**Electricity**
Electricity is 220 AC with continental twin plugs. Your villa electricity supply is not always as constant as in the UK. You may find that the electricity will “trip off” if too many appliances are used at once. This has become more apparent as we have added more equipment into the villas. If this happens, simply turn off some appliances and reset the main fuse box (the location and full details will be in the Villa Manual at the villa).

**Internet**
Most Resorts have an Internet access point ‘Hot Spots’, where you can check emails etc, and the location will be given to you in the Villa Manual. Some individual villas have internet access. Please see your Villa Manual for more details.

**Air Conditioning**
Many villas now include air conditioning/heating in the bedrooms as standard. Please see the individual villa descriptions. Some of these units operate on a sensor that will turn off the unit if the room is not in use. Please consult the Villa Manual for full details. In the case of any malfunction, we will endeavour to rectify them as soon as possible, Villa Plus cannot be responsible for any non-operational time that is out of our control.

**Barbecues**
All our villas have barbecues and wherever possible, brick built. It is not normal for maids to clean the barbecue and we ask guests to leave them in a reasonable and useable condition. We have asked owners to supply cleaning implements.

**TV’s**
To keep you entertained inside your villa, you’ll find a TV which will have a mix of satellite and terrestrial channels and also offer some English speaking channels too. DVD players (including films) are provided in the majority in our villas.
Health and Safety

Safety information
You’ll find a Villa Manual with safety information specific to your villa at the property. Please take the time on arrival to familiarise yourselves with the safety features and layout of your villa. If you’re travelling with children then please take the time to point out to any areas where they should take particular care such as the pool and balconies. If you have any questions or concerns, then your Villa Representative will be happy to assist. Should you have an accident anywhere in or around the villa you must report this straight away to your Villa Representative.

Smoking
Smoking is not permitted in any of our villas and we would request you only smoke outside the villa. Please do not leave cigarette stubs in the garden.

Swimming pool
Whilst the swimming pool is an essential part of the pleasure of holidaying for many people, if misused it can be dangerous:
- Make sure you know the depths of the pool.
- Please observe our strict no diving policy.
- Do not run around the pool side - especially children with wet feet.
- Do not go out of your depth unless you are a good swimmer.
- Do not swim if you cannot see the bottom. If this is the case contact your Villa Representative as soon as possible. Bad weather, thunder storms and/or excess suntan oil (especially the non waterproof types), can turn the water cloudy. Use the poolside shower before swimming to keep the pool clean.
- Children and fair skinned people should wear a hat and T-shirt whilst in the pool as harmful ultra violet rays can penetrate water up to a depth of 1.5m and are reflected off the water surface.
- Beware of dangerous surfaces, drainage channels, slippery tiles or raised edges.
- Always supervise children and non-swimmers in and around the pool area.
- Do not swim if you have been drinking alcohol, especially late at night.

Report an accident immediately to your Villa Representative, who will attend the villa. Any fault with the pool or its equipment will be inspected and immediate action taken to correct the problem. If, in the opinion of the Villa Representative the pool must be closed for your safety until a repair is facilitated as quickly as possible, you will be instructed in writing to cease using the pool and our liability shall not exceed 33% of the villa rental portion of the holiday.

Pool Heating
Many of our swimming pools have been fitted with a Pool Heat Pump, making the pool 3°C to 5°C warmer at 1pm during the day than a non-heated pool under normal circumstances. This provides the pool with a beneficial warming, but does not make it a “hot” pool. Villa Plus cannot be responsible for any non-operational time, out of our control.
In the case of any malfunction, we will endeavour to rectify them as soon as possible and our liability shall not exceed £150 per villa per week in total. If the pool has a cover, please use it as it will significantly increase the temperature of the water.

Tap water
Water from the tap is generally ok for cooking purposes. For drinking we recommend you drink bottled water only.

Sun bathing
The best, safest and longer lasting tans are built up gradually - but although most travellers are aware of the danger, many holidays are still ruined by the effects of sunburn. Do take extreme care not to over-expose yourself or your children (particularly young babies), especially during the first few days. We suggest you stay under shade except for about 15 minutes in the early morning or late afternoon on the first day, gradually increasing the time as your skin becomes accustomed to the sun. Even then be sure to use a suntan preparation of the correct factor for your skin and apply it liberally at regular intervals, particularly after swimming. Children should wear sun-hats and their shoulders should be covered as much as possible. We strongly recommend the use of good quality, waterproof sun creams especially when in and out of the pool or down at the beach.

Beaches
Please be aware of the local safety precautions when you visit the beaches.

At all times, for your own safety, comply with the suggestions of the local lifeguards, warning notices or flag systems. Should you have any concerns consult a qualified authority or your Villa Representative.

Breakages
Please notify our Villa Representative should you notice any shortfalls in the quality of furnishings/cleaning etc. In case of breakages during your holiday, either replace with a matching item or report the damage to the Villa Representative. For details of our accidental damage waiver or security deposit, please refer to www.villaplus.com

Security
Please store valuables in the safe provided including vital documents. If you do not use the safe provided you may invalidate any insurance claim that you may have.
Most villas have an alarm and nighttime. Ensure the alarm is switched on when you leave the villa.
Additionally make sure all doors/windows are closed/locked if you leave the villa or are around the pool.
Places to visit

Beaches

Benalmadena Costa has a long stretch of beach area reaching from west of Torremolinos all along the bendy coast road, ending just east of Fuengirola town.

Most of the Benalmadena Costa beaches are easily accessed and the popular areas are busy, well cared for with vast areas of sunbeds and sunshades for rent surrounded by Chiringuitos and other facilities.

Fuengirola beach runs the full length of the towns busy Promenade with the lovely Fuengirola Marina towards the centre. The Marina is an ideal place to find a selection of entertainment and restaurants all close to the beach.

Heading west from Fuengirola, the coastal area is referred to as Mijas Costa. Mijas is a long stretch of coastal road which incorporates the beaches for various Mijas Costa resort areas including La Cala, Miraflorres, Riviera del sol and Calahonda. All of these beaches are busy and very popular.

Cabopino a small yacht marina which begins the Marbella stretch of coastal area. The beach to the immediate west of Cabopino is extremely wide with soft sand and with plenty of restaurants.

Don Carlos is where you will find the popular Nikki Beach with pool, restaurant and summer parties.

Marbella and Elviria beaches are along the coastal area before reaching the town of Marbella, some of them with sand dunes, they are natural protected areas.

Marbella beach runs all along the towns sea front and is interesting to walk along at any time of the year. The Marbella beaches are tended to each day and have a wide variety of activities and restaurants along with yet another Marina near the centre of the Marbella Promenade.

Puerto Banus area would be the next choice for a popular beach area. Here you can find some of the really luxurious beach bars and do a bit of people watching as well as enjoying some long walks along the Marbella to Puerto Banus promenades.

San Pedro beach is beyond the Puerto Banus area and is a lovely long beachline with some childrens play areas and a great promenade that is popular with walkers and joggers alike. Easy parking nearby.

Guadalmina beach is just to the east of the large Hotel Guadalmina baja and it is a quiet area, great for relaxation and sun bathing.

Atalaya. This beach is on the eastern outskirts of the Estepona district, exit the N340/A7 at the ‘Benahavis’ turn off then take the route to the Hotel Atalaya Park in Atalaya Baja. Great for families.

El Saladillo beach is a small stretch encompassing the Urbanizations of El Paraiso, Bel Air and El Pilar with several beach bars and quiet relaxing areas.

La Laguna village shops, cafes and surrounding beaches. This popular area hosts another one of the very popular luxury beach bars, a great stretch of coastline and many Chiringuitos as well

Estepona beach is similar the those of Marbella and Fuengirola but of a more quiet nature and also has a great Marina, just outside of the town

For more beaches please see resort sections.

Attractions

Nerja, Balcon de Europa. An amazing promenade with unrivalled views over the picturesque coastline. Visit the castle and El Salvador Church.

Caves of Nerja. Wonderous caves in the slopes of the Sierra Almijara Mountains where old cave paintings over 20,000 years old and huge stalactites can be seen. Classical concerts are held in summer.

Fuengirola. Famous for its beaches and attractive promenade. Great shopping and weekly markets. Boat trips can be taken to Benalmadena.

Marbella. The Old town of Marbella offers a huge selection of small shops and cafes, centered around Orange Square. The Marbella sea front has a long busy beach and provides a great selection of shops, cafes, restaurants all along the promenade.

Puerto Banus. Located to the west of Marbella town, Puerto Banus is a well known Marina, renowned for its array of luxury yachts, designer shops and restaurants. Puerto Banus is also very popular due to its great night life entertainment.

Estepona. the town of Estepona provides a tranquil setting for strolling around the Old town with a maze of narrow streets. Along the sea front is the lovely promenade full of Chiringuitos for great lunches and dinners. And just outside the town is the Estepona Marina, well known for its Sunday market.

Gibraltar. Plenty of history and sights. See the Great Seige Tunnels and wonderful views from the cable car. Take your passport and enjoy.

Granada. Any visitor will be impressed with the breathtaking snow capped Sierra Nevada, the magnificent Alhambra which is the old Moorish quarter of Albaicin and the famous Sacromonte Abbey.

Malaga. A very ‘Andalucian’ city with most of the sights centred around the old quarter with its maze of narrow cobbled streets. Visit the Castillo Gibralfaro, the ruined Moorish castle and Parador perched up above the Alcazaba and also discover the cathedral.

Ronda. One of Andalucia’s most visited inland towns with its famous deep gorge and historical old town.

Seville. A vibrant city with amazing monuments and stunning churches. Explore the Juderia, Cathedral and Giralda and be whisked back in history.
Festivals and Events

March
Holy Week. Following Palm Sunday this is the most moving and dramatic celebration that Andalucia has to offer. Sevilla has the most important processions next to Malaga, followed by Granada and Cordoba. Holy week in Spain is known as Semana Santa and it may be Celebrated in March or April depending on the calendar. During the Easter processions, elaborate Religious images and ornately decorated floats parade through the streets. Some of the most outstanding celebrations are at Malaga, Sevilla, Jerez de la Frontera (Cadiz), Estepa (Sevilla). Most local towns will have a smaller type of Easter procession.

April
Fiesta de la Cruz. Held in Granada, the first weekend in April. A Christian fiesta with a long tradition.
Feria de Abril at Sevilla. Held in the second half of the month. A world famous event with lots of flamenco, horsemanship, singing, dancing, eating and drinking throughout the week.
Cruces de Mayo. Late April/early May in Cordoba where plazas and patios are decorated with crosses made of flowers. Prizes are given for the best crosses with tapas, wine and music all close at hand.

May
Horse Fair – Jerez de la Frontera. First week of May in Cadiz. A must for any horse lover to see Andalucia and its traditionally famous horses. Lots of flamenco costumes, dancing and singing.

June
Feria week in Marbella. The second week in June. Spectacular fiesta of San Bernabe the patron saint of Marbella. Flamenco, gastronomy, processions, concerts and fireworks.
Romeria de la Virgen de la Cabeza. Held in Ronda, Processions of colourful floats and horseback riders followed by a flamenco mass in the local church.
Fiestas de San Juan. Celebrated all over Andalucia with fireworks, huge bonfires and the burning of effigies. Some of the best celebrations at Fuengirola, Estepona, Cadiz and Benalmadena.

July
Estepona Feria and Fiesta. Held the first week in July when everyone in the family dresses up in local costume with lots of processions, music and flamenco.
Fiestas del Virgen del Carmen. Boats laden with flowers and a figure of the virgin are carried through the streets down to the beaches and this figure the patron saint of fishermen is put to sea on a fishing boat to bless the waters. Malaga capital, Marbella, Torremolinos (Calhuela), Estepona, Nerja, Roquetas de Mar, Fuengirola and Chipiona.

August
Feria de Malaga. Usually the second week of August. Lots of music, dancing, processions, eating and drinking both night and day.
Benalmadena Flamenco Festival. Benalmadena celebrates a Flamenco festival which includes many important musicians and dancers.
Virgen de la Antigua. Held in the last two weeks of August in Almunecar (Granada province). Impressive coastal processions of the Virgen de la Antigua who is patron of the town.

September
Fiesta de la Vendimia. First Sunday. This grape harvest is held in Manilva where colourful larger than life figures take to the streets. A prize for the best disguise and there’s grape sampling too.
Feria de la Virgen de la Pena, Mijas. A lively fair with music, dancing, concerts, competitions, plus fireworks which takes place in the attractive ‘white village’ of Mijas.
Fiesta del Moscatel. The second week in September, held in Chipiona (Cadiz). The harvest is praised and the fiesta is generally enjoyed by everyone.

October
Feria del Rosario. A popular fair held in Fuengirola usually the second week of October. Lots of horses and carriages, flamenco and musical events.
Sports

Diving, Fishing, Sailing & Windsurfing

**Adventura** - The Outdoor Activity Centre.
Edif. Sitio 2 - Paseo de Burriana, 2.
Tel 952520471.
The activity centre offers sailing, diving and windsurfing and is at the easterly end of Playa Burriana.

There is a variety of full day and half day cruises along the Costa del Sol and PADI dive programs for all levels of divers.

From July to September swordfish are found off the coasts of Almeria, Granada and Malaga. Fishing in the local rivers and dams is also a popular sport where trout, pike and black bass are found as well as barbel and carp.

**The Buceo Costa Nerja dive centre**
Apto. Bahia, Local 6-7. Playa Burriana
Tel 95 252 8610.
Offers guided snorkelling trips.

**Club Nautique Nerja Outdoor Activities**
Avenida Castilla Pérez, 2.
Tel 952524654.
Website: www.diving-in-spain.com. Has some of the best dive sites in southern Spain on its doorstep. The club offers BSAC and PADI dive courses.

**Gym, Tennis & Paddle Tennis**

**Route 66**
Tel 95 246 1648.
Located on the Fuengirola to Mijas road. A well equipped gym, sauna, fitness classes and spinning. 5 tennis courts and pool.

**Tennis Club La Raqueta**
Tel 95 252 0948.

5 Hole, 500m, 1/2 mile, £5.00.

**El Casco Tennis**
Tel 952 83 7651.
Located at the El Rosario exit, km 188 of the N340 coast road, 5 miles east of Marbella. Offers 6 clay and four hard courts.

5-hole, 370m, 475yds, £5.00.

**Horse Riding**

**Adventura** - The Outdoor Activity Centre.
Edif. Sitio 2 - Paseo de Burriana, 2
Tel: 952520471.
Explore Nerja on horseback.

**Costa del Sol Equestrian Centre**
located at the km 159 exit from the N340, 3 miles east of Estepona in the foothills of the Sierra Bermeja.
Tel 95 280 8077.

2-hole, 160m, 175yds, £5.00.

**Walking**

**Adventura** - Outdoor Activity Centre. Edif. Sitio 2 - Paseo de Burriana, 2
Tel: 952520471.
Explore picturesque Nerja.

**Watersports**

**Funny Beach Watersports**
Tel 95 282 3359.
The Funny Beach complex is on the beach 1 mile east of Marbella, great action packed fun for all the family.

**Splash Watersports**
Tel 95 283 7070.
At the pretty marina of Cabopino west of Calahonda off N340 coast road. Water skiing, ringo rides, scuba diving etc plus dolphin and whale watching.

Golf Courses

The Costa del Sol is also known as the ‘Costa del Golf’ and whatever time of the year you come to the Costa del Sol you can play golf. Here’s a taster of some of the courses:

**Benalmadena**

**Torrequebrada**
An attractive course between the sea and the mountains. 18 holes. Par 72.
Tel 95 244 27 40.
Address: Ctra. de Cadiz km 220, Benalmadena Costa, 29630, Malaga.
Website: www.golftorrequebrada.com.
Directions: East of Fuengirola on the N340 coast road on Benalmadena Costa. Turn off at 220 km inland and follow signs.

**Benahavis**

**La Zagaleta**
One of the most exclusive courses on the Costa del Sol. It is a private course for members and their guests. 18 holes Par 72.
Address: Ctra, San Pedro – Ronda, km 38, Benahavis, Malaga.
Tel: 95 285 54 50.
Website: www.lazagaleta.com/golf
Email: marketing@lazagaleta.com.
Location: Take San Pedro to Ronda road and exit at km 38, and follow signs.

**Los Arqueros Golf and Country Club**
The first course on the Costa del Sol to be designed by Severiano Ballesteros and popular with the Marbella ‘jet set’. 18 holes, Par 72.
Address: Ctra de Ronda Km 166.5, San Pedro de Alcantara, Malaga 29670.
Tel: 95 278 46 00.
Website: www.losarqueros.com/course.
For golf bookings –
Email: info@losarqueros.com.
Location: Take the Ronda exit off the A7 toll or the N340 coast road and drive to Km 166.5, then follow signs.

**Estepona**

**Atalaya**
Two courses with spectacular views over lush countryside. 36 holes. Par 72.
Address: Ctra Benahavis, km 0.7, Estepona, Malaga.
Tel: 95 288 33 46.
Website: www.atalaya-park.es.
For golf bookings -
Email: atalayagolf@selected-hotels.com.
Located just off the road inland from Benahavis from San Pedro De Alcantara.

**El Paraiso**
Set in a valley surrounded by hills with magnificent coastal views. 18 holes, Par 71.
Address: Ctra, de Cadiz, (N340) Km 167, Estepona.
Tel: 95 288 33 46.
Website: www.elparaisogolfclub.com.
For golf bookings –
Email: golf-director@elparaisogolfclub.com.
Location: El Paraiso exit at km 167 on N340 coast road, between San Pedro de Alcantara and Estepona and follow signs inland.
Golf Courses

**Estepona Golf Club.** A family run course in unspoilt countryside. 18 holes, Par 72. Address: Paraje Arroyo Vaquero, 29680 Estepona, Malaga. Tel: 95 211 30 81. Website: www.esteponagolf.com. For golf bookings - Email: information@esteponagolf.com. Location: East of Estepona on the N340 or A7 toll road, then take MA557 inland and follow signs.

**Marbella**

**Gualdalmina Golf.** Guadalmina. Located in between the sea and the mountains with two courses, the South and the North. Address: Urbanizacion Guadalmina Alta, 29678 San Pedro de Alcantara. Malaga Tel: 95 288 33 75 Website: www.gualdalminagolf.com. For golf bookings - Email: reservas@gualdalminagolf.com 36 holes, 2 of 18 par 72, North 5768 metres, South 6075 metres. Take signposted exit at Km 170 on the N340 coast road just west of San Pedro de Alcantara.

**La Quinta.** Three courses, 9 holes each, set in outstanding countryside and considered to be relatively easy. Address: Crta San Pedro de Alcantara – Ronda, km3 Benahavis, Marbella. Tel: 95 276 23 90 Website: www.laquintagolf.com. 27 holes, 3 courses of 9, par 72.

**Las Brisas.** Considered to be one of Spain’s top 10 courses. 18 holes, Par 72. Tel: 95 281 08 75 - 95 281 30 21. Address: Nueva Andalucia, Marbella 29660 Website: www.lasbrisasgolf.com. For golf bookings – Email info@lasbrisasgolf.com. West of Marbella turn off the N340 coast road into Nueva Andalucia. Follow signs.

**Los Naranjos.** Considered a typically American-style course. 18 holes, Par 72. Tel: 95 281 24 28. Address: Nueva Andalucia, Marbella, Malaga. www.losnaranjos.com. Email: teetimes@losnaranjos.com. Location: 4½ miles west of Marbella, take the Puerto Banus exit off the N340.

**Rio Real.** A pleasant course with lovely sea and mountain views. Address: Urbanizacion Rio Real, 29600, Marbella, Malaga Tel: 95 276 57 32 Website: www.rioreal.com. For golf bookings - Email: info@rioreal.com. 18 holes, Par 72 Location: West of Costa del Sol Hospital, on N340 coast road, take Rio Real Exit and head inland, following signs

**Mijas**

**La Cala.** One of the best clubs on the coast with two stunning courses in the heart of the Sierra Mijas. 18 holes, Par 73. Address: La Cala de Mijas, Mijas Costa, Malaga. Tel: 95 266 90 00. Website: www.lacala.com. For golf bookings - Email: golf@lacala.com. Directions: Take the La Cala de Mijas exit off the N340 coast road and head inland following signs.

**Mijas Golf.** Urbanizacion Mijas Golf, 29640 Fuengirola, Malaga. Tel: 95 247 68 43. Website www.mijasgolf.org. 18 holes. Los Olivos is fairly level while the second course Los Lagos is on more hilly terrain. Directions: Exit N340 coast road at Fuengirola, Mijas Aquapark and follow signs to Coin, exit at 3km.

**Miraflores Golf.** Pleasantly located in the hills of Mijas Costa with fantastic countryside and sea views. 18 holes, Par 71. Address: Urbanizacion Riviera Golf, Mijas Costa 29647, Malaga. Tel: 95 293 19 60. Website: www.miraflores-golf.com. For golf bookings - Email: info@miraflores-golf.com. Location: Exit Riviera del Sol, at km 199 on the N340 coast road, Mijas Costa.

**Sotogrande**

**Sotogrande**

**Sotogrande.** One of the most beautiful golfing complexes in Spain. 18 holes, Par 72. Address: Paseo del Parque, 11310, Sotogrande, Cadiz. Tel: 956 78 50 14. Website: www.golfgoteogrande.com. For golf bookings - Email: recepcion@golfgoteogrande.com. Address: Paseo del Parque, 11310, Sotogrande, Cadiz. Location: Close to the village of Guadiaro exit at km130 from N340 between Sotogrande and San Roque and follow signs on coast side.

**Valderrama.** Avda. de los Cortijos, 11310 Sotogrande, San Roque, Cadiz. Tel 956 79 12 00. Website: www.valderrama.com. 18 holes. For the experienced player. Novices are really not welcome. Directions: In the Sotogrande urbanisation exiting at 132 km from the N340 on the inland side.
Children’s Activities

Tivoli World Amusement Park, Arroyo de la Miel. Fun and thrills with over 25 exciting rides as well as Tivoliandia for the tiny tots. With live western and flamenco shows a visit to Tivoli World is a must.

Go Karting, Malaga. Great for both adults and children, youngsters can enjoy the junior circuit or the 1100 metre competition circuit can be enjoyed by older children and adults.

Dolphin Watching. Watch these endearing creatures play alongside the boats. Trips available from Fuengirola, Cabopino, Benalmadena and Puerto Banus, La Linea, And Gibraltar. Some let you swim with the dolphins.

Selwo Nature Reserve, Estepona. Home to over 2000 animals from 5 continents living in their own recreated environment. Explore on foot and by all terrain trucks.

Water Parks Aquavelis. In Torre del Mar, 15 minutes drive from Nerja. Exciting rides from the intrepid Kamikaze feature, foam ride, river rapids and the twister to the mini park for the little ones.

Costa del Sol Aquapark at Torremolinos is the largest with many attractions such as The Kamikaze and the Twister rides. For adults there is a cool blue Jacuzzi to relax in and for youngsters a children’s park with water slides and shallow pools.

Mijas Aquapark. One of the most popular water parks on the coast where the Adventure River ride; a 300ft winding raft slide awaits you. Try surfing the wave pool or the huge kamikaze slide. For young children Aqualandia has water playgrounds and a shallow activity pool.

Shopping

The Costa del Sol offers a wealth of shopping opportunities including crafted goods, ceramics, jewellery, classical guitars, designer clothes, fine wines and furniture.

The Moorish influence found in the inland cities of Seville, Cordoba and Granada is reflected in the traditional style pottery, here you can find some fabulous pieces. Granada is also Andalucia’s centre of guitar making where craftsmen work away in their tiny workshops around the Plaza Nueva district. Nerja has no shortage of shopping facilities, both in the town itself and in the surrounding areas. The cobbled streets provide a wealth of small shops to be discovered with both modern and traditional goods on display as well as fashion boutiques, shoe shops, jewellery shops and many more. Gibraltar is the ideal venue for those who like to combine shopping and sightseeing on the same day. Puerto Banus and Fuengirola have weekend flea markets which are worth a visit, while if you fancy shopping under one roof then the El Corte Ingles stores at Malaga and Puerto Banus sell everything you could wish for. For daily shopping, all the resorts have modern supermarkets and shopping centres selling both foreign and Spanish items and many have daily markets where you can rub shoulders with the locals and buy meat, fish and vegetables.
Markets

Daily covered markets can be found in most towns. They usually open from Monday to Saturday from about 8am – 2pm, selling fruit and vegetables, meat and fish, sometimes bread, herbs and spices.

Some of the coast’s covered markets:

**Estepona** - Calle Castillo

**Fuengirola** - Opposite the railway station

**Los Boliches** - Corner Avd. Los Boliches/Calle Pescado.

**Mijas** - Next to the Post Office, just off Plaza de la Constitucion.

**Marbella** - Calle Benevente.

Open air weekly markets

In addition, open-air weekly markets open from 9am – 2pm, selling fruit and vegetables, clothes, tourist and household goods. ‘Rastro’ or ‘Barato’ means local flea market.

**Monday** - Marbella, Flea Market. On the Circumvalacion de Marbella (i.e. Marbella ring road) inland from the Clinica Europa.

**Tuesday** - Fuengirola on the fairground.

**Wednesday** - Estepona, Flea Market. Avenida Juan Carlos 1 and at La Cala Mijas

**Thursday** - San Pedro, Flea Market. On the ring road of San Pedro, i.e. on the Circumvalacion.

**Friday** - Arroyo de la Miel and La Cala Mijas

**Saturday** - Flea Market, Fuengirola on the fairground. And flea Market and Arts and Crafts, Nueva Andalucia at the Puerto Banus underpass, near the Bullring

**Sunday** - Fuengirola Port. Clothes, souvenirs etc from July-August inclusive open 8am-12. Otherwise 12 noon-2.30pm. Fruit and vegetables.

Malaga, Flea Market near Rosaleda Stadium

Estepona Port, Flea Market

Sotogrande in the Puerto Deportivo of Sotogrande (Marina) 10am-3pm Flea Market.

Food

You’ll be pleasantly surprised at the wide choice of restaurants to be found on the Costa del Sol where you can find both international and Spanish cuisine.

Spanish restaurants tend to have a good selection of fish available as this plays an important part in the Mediterranean diet. If you can’t decide on which then choose a ‘fritura’ which is a selection of local fried fish, or try some freshly caught sardines cooked over a charcoaled fire on the beach, known as an ‘espeto’. Argentine restaurants naturally serve excellent beef, but generally pork, chicken and lamb are readily available and either grilled or fried. Many main courses are served with just a vegetable garnish, since the Spanish will often eat a vegetable dish as a first course. The majority of restaurants serve suitable alternatives to meat and fish such as omelettes, salads, filling soups like gazpacho, rice dishes and pasta. For a light meal then tapas are a good idea, where small plates of tasters are served with a piece of bread. There is plenty of choice when it comes to these tasty smaller dishes such as Spanish omelette, prawns, meatballs, pork or even a Russian salad. For dessert the choice is fairly limited, with ice cream, cream caramel, fruit, rice pudding, and gateaux being the order of the day.
Benalmadena

Overlooking the Mediterranean Sea and just 19 kms from Malaga airport, this beautiful resort is split into three distinct areas.

Benalmadena Pueblo is the old village which has retained its white buildings and shows vestiges of ancient civilisations that settled on this land over the centuries. Benalmadena Costa is the coastal area with beaches offering all manner of water sports and is lined with traditional beach restaurants and bars serving delicious charcoal grilled fresh sardines. Since the early 1980’s the beaches have been widened with imported sand from the Sahara and a very attractive walk along the promenade has been added which provides a lovely walk from Arroyo de la Miel to Benalmadena Port. Arroyo de la Miel is the busy town centre that has a great variety of shops, bars and restaurants as well as pretty plazas where you can relax and watch the world go by. There are two markets – Friday – Arroyo de la Miel and Wednesday – Torremuelle. By the urbanisation of Golden Sands there is a community pool are tennis courts.

Beaches

Bil Bil Beach is the main beach on Benalmadena Costa, this large expanse of golden sand is well equipped with bars and restaurants, sun beds and pedaloes. Another popular beach in this picturesque coastal region is Torrequebrada which offers soft sands and calm waters making it a great place to try out water sports.

Dining & Nights Out

Bodegon del Muro, Santo Domingo, 23 Benalmadena Pueblo. Tel 95 256 8587. Andalucian cooking. Fabulous views.

El Mero, Puerto Deportivo, Benalmadena. Tel 95 244 0752. Well known for its fish dishes.

Restaurante casa Juan, Avda del Mar, opposite Hotel Palmasol. Tel 95 244 3839. Spanish cuisine, wide a la carte.

Buzby’s, Opposite Hotel Villasol on Benalmadena costa. An English cabaret bar and restaurant.

Disco Kiu, Plaza Solymar. Tel 95 244 0518. Banana’s Costa.

Neptuno Piano Bar, Avenida Alay, Benalmadena Costa. Tel 95 244 8310. Live music and good atmosphere.

Tennis

The following hotels have courts:

Hotel Torrequebrada, Benalmadena Costa. Tel 95 244 6000.

Hotel Triton, Benalmadena Costa. Tel 95 244 3240.

Hotel Alay, by port, Benalmadena Costa. Tel 95 244 1440.

Torremuelle. By the urbanisation community pool are tennis courts.

Water Sports

Scuba Diving, Centro Buceo Benalmadena. Urb Benamaina, Las Ventas 19-23 Benalmadena. Tel 95 256 2365. Courses and a heated pool.

Fishing and Cruising, Luna Pesca. Trips from Benalmadena port.

Calahonda

One of the larger more attractive towns in the Costa del Sol, Calahonda stretches back from the coast up into the hills with several good shopping areas and a wide choice of restaurants, bars, sport and entertainment venues.

It is situated on the Mijas Costa which is the coastline between the busy and fashionable resorts of Marbella and Fuengirola. There is a twice weekly street market and the local beach is safe with restaurants and bars close at hand while the public garden areas are pretty and spacious. The town also has its own harbour, Puerto Cabopino where you can take part in all kinds of water sports and activities. Boat trips can be taken along the attractive coastline and if you are a fan of dolphins then there are specific trips where you can watch these playful mammals swimming alongside the boat.

Beaches

Royal Beach is on Mijas Costa in the Sitio de Calahonda area. This sandy beach gets very popular, especially at weekends. A flight of steps lead down to the fairly narrow beach where you can hire sun beds and umbrellas while a restaurant and beach bar is also close by.

Shops

There are three commercial centres in Calahonda with supermarkets, shops and restaurants and in the streets of Calahonda you will find more shops. The market at Calypso centre is held on Wednesday and Friday every week. Fuengirola a short drive away has the Parque Miramar shopping and cinema centre.

Dining & Nights Out

Calahonda is home to numerous restaurants, pubs and cafes - many of the popular bars and restaurants are located in the commercial centre of El Zoco. The street behind El Zoco is known as the 'strip' where cocktail bars, clubs and British bars are open until the small hours of the morning.

Watersports

‘Splash Watersports’. From the pretty marina of Cabopino, just west of Calahonda off the N340 coast road. Water skiing, ringo rides, fishing trips, dolphin watching and more. Tel. 95 283 7070.

Attractions

Trips to Marbella and Puerto Banus – the upmarket marinas make an exciting place to spend the day. Or have fun time at Mijas Aquapark one of the most popular water parks on the coast on N340 Fuengirola by pass.
Estepona

This expanding sea side town has a lengthy promenade overlooking the popular beach which offers safe bathing for families and good facilities. The town itself has many interesting corners and it is worthwhile exploring the cobbled, narrow streets leading off the sea front.

There are numerous cafes and Spanish tapas bars serving traditional dishes such as paella and fresh sardines as well as international style dishes. The Plaza de Las Flores is one of the prettiest squares set in the heart of Estepona where you can enjoy the many bars in this pretty flower covered square. In the Plaza del Reloj you will see the 15th century clock tower – all that remains of the church built by Henry 1V. The marina is a pleasant place to stroll and view the magnificent boats which are moored here while at night the port comes alive with night clubs and discos. For small children there is a playground along the Paseo Maritimo Pedro Manique in amongst the gardens. You will also find plenty of water sports on offer as well as eight excellent golf courses in the surrounding area.

Beaches
The main beach at Estepona is the Playa de la Rada, a fine long and wide stretch of sand overlooked by a pleasant tree lined promenade with gardens and children’s play areas with many restaurants and bars to choose from. The sandy cove beach of Playa El Cristo is found just to the west of the town and within easy walking distance of the town and the marina.

Shopping
The outdoor market is located in Avda. De San Juan Carlos on Wednesdays from 9am-2pm. A second hand market is held in Estepona Port on Sunday morning and the indoor fresh produce market Monday-Saturday 8.30am - 2am in c/Castillo. For food shopping - Coming from the east, you will enter Estepona via a tree lined avenida which houses the Palacio de Los Congresos, right in front is the hypermarket, Carrefour.

Boat Trips
Blue Dolphin Beach Club. On the N340 heading towards Estepona exit ‘Estepona/Palacio de Congresos’. Tel 639 72 02 46. Email www.borntobewild.es. Go off in search of dolphins with a professional guide.

Gym
Gimnasio Mediterraneo, C/Ibiza 3, Tel 95 280 6007. Aerobics, gym, sauna and step.

Tennis
Hotel El Paraiso. Tel 95 288 3000

Atalaya Park Golf Hotel and Resort.
Tel 95 288 4801

Water Sports
Atalaya Park Golf Hotel and Resort. Tel 95 288 4801. Scuba diving for beginners and advanced, sailing, sail and dive for experienced divers. Information 9.30 am - 10.30 am/5pm - 7pm.
Guadalmina

Guadalmina is a well designed purpose built resort, centrally located, about 5 miles from Marbella, 3 miles from Puerto Banus and even closer to the large town of San Pedro de Alcantara.

The Guadalmina shopping area has great amenities, numerous bars, restaurants, shops and a sizeable supermarket.

**Beaches**
The lovely stretch of sand is overlooked by the fabulous Guadalmina Golf Course and Hotel and serves the town of San Pedro de Alcantara. Life guards are in attendance during the summer season.

**Watersports**
Various watersports and activities are available from the Guadalmina Golf Course and Hotel such as windsurfing, jet skiing, speed boats and pedales. Further watersports can be found at Bora Bora beach at San Pedro.

**Dining Out**
There are numerous restaurants in Guadalmina catering for every taste. For a sophisticated evening out head to Puerto Banus or Marbella where there are some excellent restaurants. The Guadalmina shopping area has great amenities, numerous bars, restaurants, shops and a sizeable supermarket.

**Attractions**
Visit the nearby mountain village of Benahavis, known as the dining room of the Costa del Sol, the village centre is full of restaurants. Within a few miles inland from Guadalmina beach enjoy walking and cycling in Las Angosturas, the Zagaleta nature reserve and around the Leche reservoir.

Marbella

One of Europe’s most famous holiday towns that never fails to surprise first-time visitors with its aristocratic charm and beauty.

There are sweeping beaches, immaculate promenades and excellent shopping facilities throughout while in the old town you will discover a maze of narrow cobbled streets lined with white washed houses, shops, bars and restaurants. In the heart of the old town is Plaza de los Naranjos, a delightful square shaded by orange trees. Explore the narrow streets, museums and the remains of the old castle then take a leisurely stroll through the Parque Arroyo de la Represa. This pleasant park is made up of terraced gardens and lakes which offer some welcome shade from the warm Spanish sunshine. Marbella also offers several good golf courses including Los Naranjos, Dama de Noche, Guadalmina and the world famous Valderrama course.

**Beaches**
The stretch of coast between Marbella and Puerto Banus (the ‘Golden Mile’) is where a number of the most popular beaches in the whole of the Costa del Sol can be found. Another option is Playa Fontanilla west of the sporting marina, it has a lovely promenade which overlooks this extensive stretch of coast.

**Shopping**
Al Campo is a large hypermarket in the La Canada complex reached via the Ojen exit on the N340 at Marbella. Open usually 10am – 10pm, sometimes Sunday but check locally. In the same complex there is a huge selection of shops with familiar names e.g. Bennetton, Wallis and Body Shop, plus designer clothes stores. Otherwise there are many smaller supermarkets, such as Euromarket and Cayetano.

You will find shopping and even window shopping in Marbella a pleasure. Its home to many exclusive designer shops selling clothes and shoes such as Versace, Gianfranco Ferre and Hermes Paris. Boutiques, jewellers, drugstores, music shops and liquor stores line the streets, together with the attractive bars and restaurants.

Marbella indoor market, Monday to Saturday, 9am – 2pm, selling fresh produce in Calle Benevente. Large outdoor market in streets on the fairground on Monday 9am – 2pm.

**Local places of Interest**
Marbella has a number of parks if you fancy a quick stroll, La Alameda, Avenida del Mar, Parque de la Constitucion and Parque Arroyo de la Repressa.
Marbella

Museums
Museo Arqueológico (Plaza de Naranjos Mon–Friday pm only).
Museo de Bonsai (Parque Arroya de la Represa 10am – 1.30pm and 4pm – 7.30pm).

Watersports
Funny Beach. Tel 95 282 3352. 300 metres from Marbella entrance arch. Many water sports on offer including scuba diving.

Club Maritimo. Puerto Deportivo de Marbella. Tel 95 277 2504. Sailing, wind surfing and scuba diving.

Coral Beach. Marbella. Tel 95 282 4534. Jetski and canoes.

Boat Trips
Marbella to Banus, a 30 minute trip departing Marbella on ‘Don Jorge’ Check times locally.

Horse Riding
Los Monteros Riding School. Hotel Los Monteros, east of Marbella. Tel 95 277 0675.

Bikes and Motorbikes
You can rent a bicycle or motorbike from Moto Mercado. Marbella Tel 952 86 76 78. www.rentabike.org.

Tennis
Manolo Santana, Hotel Puente Romano Marbella. Tel 95 277 0100 ext. 2166.

Hotel Don Carlos, east of Marbella. Tel 95 283 1140.

Puerto Banus

Located just to the west of Marbella, this trendy resort has a fashionable marina housing some of the most luxurious yachts and cruisers you’ll ever see.

These are all set against a backdrop of luxury apartments, expensive shops and boutiques, night clubs and piano bars. The restaurants that litter the resort serve a range of International cuisine with some of the finest housed around the marina. You are bound to see Rolls Royce’s and Bentleys gliding along the quayside or parked alongside one of the super yachts where you might just grab a glimpse of somebody famous. This is a great place to enjoy a spot of lunch or dinner as the restaurants not only serve delicious food but also overlook the expensive boats and yachts that litter the marina.

Beaches
Playa Puerto Banus is a very popular beach and without doubt the place to be seen! Protected to the west by the marina jetty, it stretches along to the east and is overlooked by the Marbella Club. This sandy beach can get very busy during the summer months but there are plenty of places to grab a refreshing drink or simply escape the hot sun with lots of bars and restaurants close at hand.

Shopping
Hiper Cor at Puerto Banus. Tel 95 290 9990. A large supermarket owned by the El Corte Ingles store. Open 6 days a week, 10am – 9.30pm (7 days during the summer).

El Corte Ingles/Hipercor shopping complex for a great selection of goods.

Puerto Banus Rastro (second hand market) is next to the Nueva Andalucia Bullring on a Saturday morning.

Boat Trips
From Puerto Banus to Marbella a 30 minute trip departing daily. Check locally for times.

Tennis
Paddle tennis at Hotel Pyr, Tel 95 781 8779
Club de Paddle ‘Frank Frances’, Tel 95 781 8779
Racket Club, Crta Istan. Km2. Tel 95 277 8580
Mijas

Mijas is a typical Andalucian village of Moorish origin located in the Sierra Mijas high up behind the beach resort of Fuengirola. It is surrounded by pine woods with sloping hills and valleys and is one of the recognised “white villages” of the area.

Undoubtedly picturesque and charming, Mijas offers its visitors a wealth of attractions within the town itself from the tremendous views all the way down to the coast, along with the wide variety of restaurants and craft shops to be found on the narrow cobbled streets of the town. There are many celebrations in Mijas during the season together with the weekly market – an experience not to be missed on your holiday. You can enjoy exploring the narrow cobbled streets, whitewashed houses, tiny plazas and fountains, delightful churches and chapels, and many craft and ceramic shops. There are also first class restaurants to try which serve typical Spanish tapas and fresh fish dishes.

Beaches

Away from the old town is an area known as Mijas Costa which is the coastal area that encompasses the town of Fuengirola. This 12km stretch has beaches of all types from quiet and intimate coves to popular tourist beaches full of exciting water sports. Lining the beaches are a great selection of beach bars and restaurants which are famous for their delicious seafood.

Shopping

La Cala de Mijas has the usual village shops, chemist, banks, newspapers, post office and souvenir shops and Riviera del Sol supermarket.

Nerja

The historic town of Nerja has remained untouched by major development and boasts some impressive mountain scenery.

It’s set in an ideal location for a family holiday. There are 13 kilometres of sandy beaches which include small, unspoilt coves that lie below the impressive Muro cliffs and the famous Burriana Beach which offers a wide variety of activities, water sports, cafes and restaurants. The historic centre of Nerja with its spectacular ‘Balcon de Europa’ is well worth a visit during your holiday. In the narrow winding streets of Nerja’s old quarter you will find an array of traditional shops selling locally produced craftworks, sweet wines and honey as well as a variety of restaurants offering a wide selection of international menus to suit all tastes. Nerja has a number of cultural events throughout the year, the most acclaimed being the Nerja Cave Festival which takes places amongst the stalactites which have formed over millions of years.

Beaches

As well as Burriana there are a host of smaller bays and quieter spots. Carabeo is a quiet beach with magnificent views and plenty of rocks which makes it ideal for diving and snorkelling. El Chorillo and Carabeillo are two intimate coves with lovely clear waters while Maro Beach with its soft sands is one of the most popular in the area.

Markets

There are 3 distinct markets held in Nerja each week. Each Tuesday the weekly street market or ‘rastro’ is held selling fruit and vegetables from the nearby farms and clothing, shoes, handbags, ceramics etc. On Sundays there is another market which is more of a car boot sale. Market times are in the mornings 9.30-1.30.

Water Sports, Fishing, Horse Riding, Country & Mountain Walks


Snorkelling (Boat Trips)


Moped and Scooter Rentals

Autos Andalucia, C/Pintada, 93. Inform@autosandalucia.com. Tel 952 521 534.
San Pedro de Alcantara

Near the trendy resorts of Marbella and Puerto Banus sits the town of San Pedro, a popular choice for holidaymakers and the Spanish alike.

The Plaza de la Iglesia is the centre of activity and is a good base from which to explore the delightful town with its pretty plazas, narrow streets, whitewashed old houses, traditional Spanish shops and excellent restaurants. The promenade is a delightful place to stroll with its beachside restaurants offering typical Spanish dishes and fresh fish. The beach areas are attractive with good safe bathing and sports facilities such as scuba diving, jet skis, canoes and pedaloes. The two main beaches, Playa de San Pedro and Playa de Guadalmina have both been awarded the Blue Flag.

Beaches
San Pedro beach is one of a series of long clean sandy beaches running from Puerto Banus to Guadalmina. These beaches are characterised by their long wide tree-shaded promenades, children's playgrounds and plenty of beach bars and fish restaurants.

Shopping
Many of the shops are to be found in Avda Marques del Duero and its pedestrianised section and streets leading off. More shops are located on Avda de la Constitucion and again the streets leading off. Supermarkets include Cayetano which is in C/Lagasca close to Marques del Duero. Guadalmina Commercial Centre is just 1km to the west of San Pedro where there are numerous shops, bars, restaurants and a Supersol supermarket.

Markets
The municipal indoor market is in C/Guadalajara in the north west part of the town centre, selling fresh meat, fish, fruit and vegetables – open Mon-Sat. 8.30am-2pm. The weekly open-air market is on Thursday in the west of the town centre between C/Archidona and C/Vega del Mar on the ring road.

Gym
San Pedro Gymnasium, Avda De la Constitucion No. 8. Tel 95 278 8813. Multisport, Avda Pablo Ruiz Picasso, 27. Tel 95 278 2801. Centro Deportivo Nueva Alcantara, Urb Nuev Alcantara. Tel 95 278 8315.

Paddle Tennis
Club La Quinta, Cra. De Ronda, km 2.5, San Pedro. Tel 95 276 2222. Hotel Golf Guadalmina, San Pedro. Tel 95 288 2211.

Tennis, Squash, Paddle

Watersports
Scuba Diving/jetski/canoes/pendaloes at Centro de Submarinismo ‘Bora Bora’ Urb. Lindavista, C/Gitanillas, San Pedro. Tel 95 278 9100 or 609 360 045. (Head down to the paseo via Avda del Mediterraneo, one street from the bottom is C/Eucaliptos, turn right and then first left into Gitanillas).

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