

Summer's here

SUR
in English

July
2018

The magazine for the holiday season in southern Spain

Making a splash

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drinking... water is the
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Entertainment. A sizzling agenda of live music on the Costa del Sol

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Cover photo: Cool thrills at the water park. Youngsters enjoy a day out in the water at Aqualand in Torremolinos, one of several parks on the Costa del Sol.

:: SALVADOR SALAS



SUR IN ENGLISH SUMMER SPECIAL

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The sounds of summer

RACHEL HAYNES

After this year's somewhat unstable spring (I refer to the weather although perhaps the adjective could equally apply to politics or sport) summer has arrived with authority to restore the uniform blue to the skies above southern Spain - at least at the time of writing.

Now school's out and the sea and pools are full of splashing children, beach bars are doing a roaring trade, umbrellas have been moved to the back of the shops and weather websites have seen their visitor figures go right down as we trust the summer to behave as it should.

The rainy and unpredictable spring may have dampened the plans of some tourists and locals but it has left its mark on this summer season. The countryside as you head inland away from the sand and concrete is greener than it has been in drier years and more inviting for those wishing to explore some of the area's varied hiking routes. The spring rainfall has meant that rivers and streams are fresher and livelier than in some previous years.

There are numerous "water walks" around southern Spain, the Chillar river route in Nerja perhaps being the most famous, but this year our summer maga-

zine crosses the border into Granada province to find the Vía Verde near Almuñécar, with its natural swimming pools and spectacular waterfalls.

Reservoir levels are higher than last year which is good news for fans of inland bathing and watersports, as well as for the water supply in a region whose population multiplies in the summer. The threat of drought restrictions has been held off this year but that doesn't mean that we can relax our water-saving measures.

Gardens have also benefited from the spring rainfall, making this a good year to take time to stroll through the town park or visit botanical gardens such as La Concepción in Malaga or El Molino de Inca in Torremolinos, featured in this edition.

Water influences the sounds of our summer - the splashing of bathers, the bubbling of mountain streams, the pouring of a waterfall - during the day, but come the evening it's time to lend our ears to music with the full and varied programme of concerts and festivals on the Costa del Sol this season.

This magazine aims to provide plenty of ideas of how to fill the season's warm days and nights, as well as providing plenty to read while relaxing with the sounds of summer in background.



Holiday in style

Marbella's famous beach clubs where champagne flows freely and sunbeds cost more than your flight; ultra-luxury holiday villas with private art collections, spa therapists and infinity pools; residential areas with quality golf and exclusive services.... see how far your holiday spending money will stretch.



A busy agenda

A guide to the many concerts, music festivals and events to fill the warm evenings on the Costa del Sol this summer.

Back to nature

Get your feet wet hiking along the Río Verde in the province of Granada and explore the magical landscape of El Torcal at sunset

Seasonal flavour

An insight into how the fresh fish reaches our table and how our favourite beach bars cook it, followed by refreshing watermelon treats.

A beach for all tastes

If it were straightened out, the coastline of the region of Andalucía would stretch for the best part of a thousand kilometres. So if you rate peace and quiet above services then there's no excuse to stay on the crowded beaches of the Costa del Sol. Here is a just a small selection from Huelva to Almería.



Surprises in town

The holiday season gives us more time to explore the towns we don't know or find shady and surprising corners of the places we think we know well. The urban summer section takes us from the botanical garden in Torremolinos, through the villages of the Axarquía, past street art in Marbella, down to the local street market and around Gibraltar.



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Sandy shores that take your breath away

With town centres bathed in heat, plan your beach escape; after all, there are plenty to choose from in Andalucía...

Nearly six hundred miles of sandy beaches, rugged cliffs and rocky coves are ready to be explored this summer

VANESSA SWALES

The coastline of Andalucía stretches for some 945 kilometres, from the border with Murcia on the Mediterranean to Portugal on the Atlantic. That's nearly 600 miles of spectacular sandy beaches, rugged cliffs, rocky coves and flat marshlands. Not all beaches are the same, though, and southern Spain certainly has variety. The most eastern

province of Andalucía is Almería where much of the beautiful rugged coastline is protected as part of the Cabo de Gata nature reserve, on the edge of Europe's only desert. Moving further west, we cross the border into Granada province and the Costa Tropical, so-called for its unique climate and production of tropical fruits. Heading into the province of Málaga, the cliffs and coves disappear, giving way to the long sandy stretches of beach in the Costa del Sol's popular holiday resorts. Finally, as the Mediterranean joins with the Atlantic Ocean, the Costa del Sol turns into the Costa de la Luz, famous for its never-ending white, sandy beaches that border the ancient city of

Cádiz and the Doñana National Park in the province of Huelva. Here are just some of the finest beaches that Andalucía has to offer.

El Rompido Cartaya, Costa de la Luz

El Rompido in Cartaya (province of Huelva) on the Costa de la Luz is a small fishing village, situated right by the mouth of a river estuary. It is a beach that has barely been developed as it is located in the Marismas de Río Pedras y Flecha del Rompido nature reserve. It is a perfect trip for nature-lovers. You can even get a boat to a more isolated part of the beach, if you wish.



El Rompido in Cartaya,
Costa de la Luz. :: SUR



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Matalascañas

Almonte, Costa de la Luz

This is the closest beach you will find to Seville. Although it is predominantly seen as a busy holiday resort town, Matalascañas also has more secluded parts with its white sand dunes in the Doñana National Park, where access is only by foot or bike. The main stretch of Matalascañas is popular with visitors and teenagers due to its lively atmosphere and abundance of chiringuitos and sunbeds.

Playa de la Barrosa

Chiclana de la Frontera, Costa de la Luz

Regularly labelled one of the best beaches in the south of Spain due to its average of over 300 days of sunshine per year and its deep blue waters, La Barrosa, in Chiclana de la Frontera, is a must for beach lovers on the Cadiz coastline. The beach stretches for eight kilometres and is as wide as 100 metres in

some places. It is divided into three sections from the quieter stretches in the south to the busiest more urbanised area to the north. The Sancti Petri castle is visible from part of the beach.

Playa de Bolonia

Tarifa, Costa de la Luz

Just up the coast from kitesurfers' paradise Tarifa lies the Playa de Bolonia (Cadiz province), a beach that can often be overlooked as it is a bit off the beaten track on the Costa de la Luz. This beach features a huge sand dune at one end. It's well worth a climb to the top, for the views looking down over the tree tops to the clear blue Mediterranean. Bolonia beach also boasts the Roman ruins of Baelo Claudia, as well as a couple of beach restaurants. Like the rest of the Cadiz coastline, the beach is known for



The white sand beaches of Playa de Bolonia, Costa de la Luz. :: SUR



Cala el Cañuelo, Costa del Sol. :: SUR

its strong wind and so attracts many wind and kitesurfers throughout the year. However, it can get pretty breezy there, so check out windguru.com for information on when the 'Levante' is passing through.

Playa de Cabopino

(Marbella, Costa del Sol)

The famous holiday resort of Marbella has 27 kilometres of coastline for its thousands of tourists to choose their spot on. Cabopino is perhaps one of the quietest, lying in one of the area's few non-urbanised stretches of coastline. The beach is backed by an area of natural sand dunes, known as Dunas de Artola, which have been granted protection due to their environmental value. With a section reserved for naturists, Cabopino is a pleasant change from the

more crowded beaches lined with busy promenades and large hotels, so typical of other resorts on the Costa del Sol.

Playa de la Caleta

Malaga, Costa del Sol

La Caleta is considered one of the Costa del Sol's most beautiful urban beaches, located not far from the heart of the city of Malaga. A favourite among locals and tourists, La Caleta is lined with chiringuitos (beach bars) and has all facilities within easy reach, from showers, to watersports. Heading east from the city centre, it's worth going just a little further to La Caleta to avoid the more crowded Malagueta beach.

Cala el Cañuelo

Nerja, Costa del Sol

A beautiful cove located near Nerja on



La Barrosa, Costa de la Luz. :: SUR



Playa de los Muertos, Costa de Almería. :: WWW.DEGATA.COM



La Herradura, on the Costa Tropical. :: [SALVADOR RODRÍGUEZ](#)

the eastern Costa del Sol, the Cala el Cañuelo is a popular place among locals for a day out on the beach. In the protected area of the Maro-Cerro Gordo cliffs, access to this beach is not easy, which adds to its charm. Cars have to be parked at the top of the cliff and bathers can either climb down the winding path or catch the bus laid on by the town hall in the summer.

La Herradura Almuñécar, Costa Tropical

This pebbly horseshoe-shaped beach in the municipality of Almuñécar on the Costa Tropical (Granada province) attracts a number of watersports aficionados, who head for La Herradura to go windsurfing and scuba diving. Those who decide to go underwater get the chance to check out the wreckage of sixteenth-century Spanish galleons. The

Punta de la Mona beach is also in La Herradura and another haven for scuba divers. The Costa Tropical is the closest coastline to the Sierra Nevada mountains, making skiing and swimming in the sea possible on the same day during the winter sports season.

Playa de los Muertos Carboneras, Costa de Almería

The Playa de los Muertos on the Costa

D.O.MAR

by Oscar Velasco

Óscar Velasco meets with the Mediterranean



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La Caleta, on the eastern side of the city of Malaga. :: SUR

de Almería is famous for being an almost totally straight strip of sand, which is bordered by the huge rocks typical of the Cabo de Gata nature reserve. Like others on this stretch of coastline the beach is quite secluded due to the difficult access on foot down steep paths from the car park. The beach is a favourite among naturists, although it is mixed. There are no facilities in this protected strip of coastline, so take your own food and water.

Playa de los Genoveses Níjar, Costa de Almería

Also in the Cabo de Gata nature reserve the Playa de los Genoveses is a little-known, undeveloped beach. The beach is beautifully picturesque with its shallow waters, gently rolling dunes and impressive cliffs at one end.



Matalascañas, Costa de la Luz. :: SUR

The car park is a short walk from the beach and in peak tourist season when no more cars can park within walking



Cabopino, Costa de la Luz Sol

distance a bus service is laid on, but don't expect anything more - it's just Mother Nature.

BEACH INFORMATION

► **Playa de los Muertos.** In Carboneras on the northern limit of Cabo de Gata, Almería. Take the AL-5106, then continue on foot. No disabled access. No food or facilities.

► **Playa de los Genoveses.** Cabo de Gata, Almería. In the municipality of Níjar. No bar or facilities.

► **La Herradura.** In the municipality of Almuñécar, Granada. Horseshoe-shaped bay. Disabled access. Food and facilities.

► **Cala El Cañuelo.** In Maro, Nerja, Málaga. 350 metres. The last beach in the province of Málaga. Access from cliff-top car park by steep footpath or bus.

► **Playa de la Caleta.** Just east of the Malagueta beach in the city of Málaga. Food and facilities. Easy access via public transport. Blue flag beach.

► **Playa de Cabopino / Dunas de Artola.** Located off the N340-A7. 1, 500m long and 25m wide. Partly nudist beach. Food and facilities.

► **Playa de Bolonia.** Head from Tarifa

towards Cadiz on the N-340 until signposted. A protected area. Access with car. Popular with nudists.

► **Playa de la Barrosa.** Chiclana de la Frontera (Cadiz). Food and facilities. Popular location. Extremely clean.

► **Matalascañas.** Huelva province, municipality of Almonte. Just off the A-483. Blue flag beach. Food and facilities.

► **El Rompido.** Cartaya, Huelva province. The beach belongs to a small fishing village of the same name. Easy access and parking. Food and facilities.



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Amazing beach clubs

Marbella's beach clubs are the most exciting party spots on the coast

The setting is gorgeous, sunbeds cost a fortune, food and drinks do too, but nobody would miss being there

GABRIELA BERNER

A deep blue sky spans over high palm trees set around a spectacular swimming pool with huge white sunbeds. Only a few steps away, the Mediterranean Sea glistens in the sun all the way to the

mountain range that borders the North African coast. What a pleasure it is, to relax in the warm water or lazily stretch out in the sun. Enjoy champagne, mojitos and other cool drinks, exotic fruit pyramids or the finest delicacies from the trendiest cuisine in the world while the DJ plays the latest chillout music.

The most fashionable beach clubs in Marbella are similar in structure and design, but quite different in performances, shows and parties. So make sure, you are up-to-date before the high season starts and always look at the latest events on so-

cial media. At weekends, all beach clubs are packed with locals and tourists and some even fly in from abroad just to experience the amazing vibe you can only find at the beach clubs of Marbella. The choice has grown bigger now, but there is only space here to name a few.

Legendary Nikki Beach

Marbella was privileged enough to open Spain's first Nikki Beach 15 years ago. The franchise was launched back in 1998 by Jack Penrod in Miami, and the name can now be seen in the most exclusive enclaves of international tourism. The brand is built on the foundations of luxury, lifestyle, fashion, music, fine dining and art, and all of this can be found at the Elviria club all summer long with spectacular themed festivals and epic parties. The most spectacular are the White Party which this year paid tribute to the greatest fashion designers of all time, and the Red Party when the summer is over.

There are many other services such as different kinds of massage, boat transfer for yachts anchored at sea, Bali-style beach beds, individual service and an extensive car park.

Anyone attending the White Party this year had to fork out almost 160 euros, although this did include a drink. A day on a Bali bed for three people including a bottle of Taittinger brut would cost you 260 euros, a poolside bed with the same number of users and the same champagne is 495 euros and a bed on the sand for six people and two bottles of champagne costs 350 euros.

Bubbling Ocean Club

The town of Marbella is also known for its eleven-year-old Ocean Club next to Puerto Banús. Whatever the discerning sun worshipper needs is available at this elegantly designed 9,000-square-metre club surrounded by high, whitewashed walls. The place is dominated by a huge saltwater pool with individual sunbeds and comfortable zones for small groups and offers an exclusive, personalised serv-

There's a party atmosphere at all of the Costa's fancy beach clubs throughout the summer. **✶ SUR**



ice. If you happen to pass by chance, you can dress the part thanks to several boutiques with beachwear and other outfits, and next to them there are spa facilities inviting you to relaxing massages and beauty treatments. At the Amai Restaurant, Swedish chef Andreas Nygren prepares fine Mediterranean and international cuisine.

Ocean Club enjoys great popularity mainly due to its extensive and varied summer programme featuring live music, famous international DJs, spectacular light shows and fireworks; and its iconic champagne festivals should definitely be reserved well in advance. One of their Super VIP beds for twelve people is about 1,500 euros, but this amount includes three bottles of Dom Perignon. The champagne flows more at weekends, because from Monday to Thursday, Ocean Club is popular with young parents and their kids. Even so, the club serves more cham-



Opium Beach Club is a new party hot spot close to the centre of Marbella. :: J-LANZA

pagne every summer than any other beach club in the world.

Opium Beach Club

For many years, a giant Coca Cola can next to the main towards Malaga drew attention to a beach that was very popular with families with children, having a large go-kart track and other facilities. Now the can has turned white and turquoise and carries the name of Opium

Beach Club Marbella.

The recently inaugurated party hotspot is now owned by a former manager of FC Barcelona and one of his brothers and features a giant pool, bars and a restaurant. The new owners run quite a number of very successful nightclubs and restaurants in Barcelona and now intend to implement this concept in a similar way in Marbella where they plan to open up a series of restaurants, pubs and nightclubs.

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Take
note

Luxury. Indulge with this tantalising peek into the world of ultra-luxury homes of Southern Spain; a billionaire lifestyle that can be yours for a cool €68,000 a week. Marbella may have some of the priciest pads in Europe, but you get to holiday like an A-Lister.

ANDREW FORBES

Holiday like a billionaire

The glittering Marbella lifestyle of ultra-luxury summer villa rentals

Often one hears anecdotes of a golden era of Marbella; a time in the '60s & '70s when stars of music, stage and screen would visit Andalucía's Mediterranean shores for highlife holidays. Well, if the tales of the luxury villa rental agencies are anything to go by, then the Costa del Sol still attracts the great and the glamorous; the bold and

the beautiful; and the downright rich and extravagant.

The desire of high net worth visitors for a home-from-home is behind an apparent insatiable appetite for extraordinary villa rentals; and Marbella has some of the finest in Europe. Set back from landscaped gardens, secluded behind high walls, or safe beyond security

gates are homes that defy the imagination. We're talking mega-villas for the super-rich; from subtle, understated luxury to downright decadence and bling.

Art and design

For perfection in interior design, there's Villa Zensei, offered by The Luxury Villa Collection company. This eight-bedroom home, in Marbella's chic Sierra Blanca neighbourhood, is for guests who want to be surrounded by an exceptional private art collection and holiday within an über-sophisticated environment. This architect-designed home includes a striking contemporary sculpture (said to be worth more than a quarter of a million euros) that runs up through the house.

Private owners typically offer their villas through agencies that specialise in high-end rentals. These specialists take care of the bookings, meet-and-greet and deliver the personalised concierge services that the clients demand. Yet when one says concierge service, this isn't just getting tickets for a summer concert like Starlite. No; ultra-luxury villa guests expect 24-hour access to services, where every whim and conceivable luxury is catered for; from providing private Michelin star chefs to rustle up a sublime poolside lunch or gourmet dinner; delivering supercars; renting luxury yachts; and offering fine jewellery for gala events; to even providing pets for the week!

Sandra Cernadas and her husband Philippe de Beaumont, founders of Empire Villas, specialise in properties on Marbella's iconic Golden Mile. In their experience the location of the villa is almost more important than anything else, with frontline beach on the Golden Mile always in demand. They are also seeing wellness as a trend in luxury travel, with a growing demand for a 'healthy home' experience. They



The striking sculpture in Villa Zensei, Marbella.
THELUXURYVILLACOLLECTION.COM

offer, for example, a 14-room Golden Mile frontline beach estate with its own private spa, gym with professional equipment and a 28-metre heated pool; together with the option for personal trainers and spa therapists.

Lindsay Gregory, co-founder and curator at The Luxury Villa Collection, suggests Villa des Artes as a unique beachside villa. It might be one of the coast's most expensive at around €68,000 per week in peak season, but it has an infinity pool overlooking the sea, views of Morocco and extraordinary interior designed spaces filled with fine art.

Yet many famous guests prefer the privacy of gated communities in the hills overlooking the coast. El Madroñal is where one finds classic haciendas and contemporary country homes, like Villa Cezanne, surrounded by pine and oak trees. This area is a favourite with A-Listers within the movie as well as the music industry, as some of the properties even have their own recording studios. Madonna, Bjork and Roxette are said to have stayed in El Madroñal and recent visitors include dance music duo LMFAO.

Nearby La Zagaleta is synonymous with the most stunning homes in Europe, where every detail is personalised, from monogrammed bed-linen, to helicopters waiting to whisk guests to Seville for a gourmet lunch, or to Granada for a private tour of the Alhambra. After all, it's not just the marvellous mansions and the sunny skies that are attracting the super-rich guests to An-



Villa las Artes, a unique beachside villa. :: THELUXURYVILLACOLLECTION.COM



The view from Villa Cezanne. :: THELUXURYVILLACOLLECTION.COM

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dalucía - it's the culture too.

Lindsay Gregory, whose collection of rental properties includes homes once owned by British and Spanish royalty, believes Marbella is setting a new benchmark for luxury villa experiences. "Our clients want to enjoy the highest standards of villa accommodation and lifestyle services like personal trainers, and private chefs. Yet they also want to stay somewhere where they have an incredibly rich culture on their doorstep, which Andalucía most certainly does, probably more than anywhere else in the Mediterranean!" she says.

It's hard to think of anywhere on southern Europe's rivieras that can offer cultural cities to compare to southern Spain's Cordoba, Seville or Granada; the beauty of the sierra mountain natural parks; the rural charm of Ronda and the Genal Valley; or the beaches of Andalucía. Add the fine-dining restaurants, cool beach clubs and summer pop-up night clubs of the coast and one begins to see why Marbella is the luxury villa nexus of the Mediterranean.

Safe and discreet

Security is something that is a major consideration for the super-rich and the internationally famous. Marbella as a destination has decades of experience providing services tailored to the needs of these types of guests. Lindsay Gregory continues, "Our guests are drawn to Marbella as it's a destination geared up to welcoming VIP guests. We can provide exclusive experiences that are supported by elite security, and we can also offer private areas at beach club venues and in restaurants where guests can feel safe and protected from the paparazzi."

So, Marbella is most certainly still enjoying a golden era of luxury and VIP travel, attracting the internationally famous; yet you might not spot them, as they're probably ensconced in their secluded, luxury villas!

MORE INFORMATION

- ▶ www.theluxuryvillacollection.com
- ▶ www.empirevillas.es



Villa Vivaldi, hidden away in exclusive La Zagaleta. :: THELUXURYVILLACOLLECTION.COM



The stylish pool area at Villa Zensei. :: THELUXURYVILLACOLLECTION.COM



Villa Zensei boasts an exceptional art collection. :: THELUXURYVILLACOLLECTION.COM



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From private hideaway to luxury resort

Sotogrande still lives up to its founders' ideal of a community based on friendship

It remains exclusive, but Sotogrande has now become the biggest privately-owned residential development in Andalucía, with world-class facilities including a marina and Valderrama Golf

DEBBIE BARTLETT

There is a very peaceful air about Sotogrande. Elegant houses sit amid lush green gardens, where there are glimpses of clear blue swimming pools; the tree-lined avenues are quiet and well-maintained; there are gated communities with security guards at the entrances. Everything seems calm, and unhurried. It may be over 50 years since the founders, Joseph Rafael McMicking y Ynchausti, and his wife Mercedes Zobel de Ayala y Roxas, decided they wanted to create an exclusive residential resort of this type, but it still remains very close to their aim of a community based upon friendship.

A private hideaway

The story of Sotogrande began in 1962, when millionaire Joseph McMicking, impressed by the luxury Forbes Park estate in Manila, in the Philippines, thought it

would be an interesting idea to build something similar. He commissioned a search for a suitable location, which needed to have unspoiled beaches and access to an airport, and this area of Cadiz province seemed to fit the bill. After coming to see for himself McMicking, with the assistance of his two nephews, Jaime and Enrique Zobel, eventually decided to buy the Finca Paniagua estate in the municipality of San Roque.

This was during the heyday of the 'jet set', with royalty, the aristocracy and celebrities from all over the world flocking to southern Spain, especially Marbella, for hedonistic holidays. Sotogrande became a favourite alternative for many politicians and public figures who preferred to keep a low profile, enjoy their privacy and enjoy their leisure time in congenial company.

The McMickings moved to Sotogrande to live, and other residents in the early days included George Moore, the president of the First National City Bank in New York, and some of his friends such as Jackie and Aristotle Onassis, opera singer Maria Callas and politician Spiro Agnew.

The Sotogrande of today retains the same ambience, but of course it is much bigger: it has become the largest privately-owned residential development in Andalucía and it now boasts many superb facilities including a world-class marina,

Puerto de Sotogrande, which is lined with restaurants and luxury apartments.

The marina started life as a small sailing club and made a name for itself by hosting the Spanish Championship in the 1980s. Nowadays the Sotogrande Yacht Club, with King Juan Carlos (the present king's father) as patron, has several hundred members and international events are regularly held at Sotogrande.

Another famous facility in Sotogrande is Valderrama Golf, reputed to be not only the best golf course in Spain but one of the best-known in Europe. It hosted the Ryder Cup in 1997, the first time the competition was ever held in continental Europe, and also has 16 Volvo Masters and two Amex championships, among others, to its name. The Ryder Cup marked a turning point for Valderrama. It was the first time a young Tiger Woods had ever taken part in the championship, and the European team, captained by Seve Ballasteros, won. Since then, golfers have flocked to play on the course which has become part of the history of Spanish golf.

One of Sotogrande's many charms is that, despite its undisputed exclusivity, it has a real community atmosphere and offers something for everybody. New developments of pretty terraced and semi-detached houses have also been built in keeping with the surroundings and it has become an ideal place for families to live



Aerial view of Sotogrande. :: SOTOGRANDE S.A.



Valderrama golf course :: SUR

and holiday. There are shops and restaurants, an international school, a church, and facilities such as a pharmacy and hairdressing salons.

San Roque

With all this close at hand, it would be tempting never to leave the area, but in fact the municipality of San Roque also has plenty to offer. The town itself is traditional and picturesque, and the annual fair in August is well worth a visit. There is also a theatre in the main square.

For history buffs, it is interesting to visit the archaeological site of Carteia, which dates back to the 7th century BC and includes remains from the Phoeni-

cian, Carthaginian, Roman, Visigothic, Byzantine, Moorish and Christian eras. Carteia was the most important town in what is now the Campo de Gibraltar area, and became the first Free Latin Colony outside of present-day Italy in 171 BC.

The San Roque Tourist Board organises guided tours in Spanish, English or Italian for groups of ten or more (smaller groups can join others to make up the numbers).

For those who prefer modern-day attractions, the San Roque area also has other golf courses, sports and equestrian facilities, a casino, and some interesting shopping opportunities.

Sotogrande is also well-located in terms of communications, being only a

short drive to the motorway which means Marbella and Puerto Banús can be reached in about half an hour. Gibraltar is close at hand, and beautiful inland villages such as Castellar and Jimena de la Frontera are also within about half an hour's drive and the spectacular beaches near Tarifa, the windsurfing and kitesurfing capital of Europe on the Costa de la Luz, are about an hour and a half away.

MORE INFORMATION

► Polo at Sotogrande: See page 54.

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Marbella's little-known tribute to Salvador Dalí

Ten momentous sculptures from the eccentric Catalan artist's Clot Collection are displayed in the Avenida del Mar

The bronze works, which stand more than two metres high and weigh between 200 and 400 kilos, reputedly cost the town hall 250 million pesetas

TONY BRYANT

Salvador Dalí, best known for the striking and bizarre images of his surrealist art, is perhaps one of the world's best known artists. He has been cited as a major inspiration by many modern artists, including Jeff Koons, Damien Hirst. Dalí's work can be found all over the world, although the museum in his home town of Figueres, Catalonia, displays the largest and most diverse collection of his work, the core of which is from the artist's personal collection.

His eccentric manner sometimes drew more attention than his artwork, to the dismay of those who held his work in high esteem, and to the irritation of his critics. Dalí's expansive artistic repertoire included film, sculpture, and photography, at times in collaboration with a range of artists in a variety of media.

Marbella's outdoor exhibition

Apart from his problematic relationship with Pablo Ruiz Picasso, Dalí doesn't appear to have any obvious links to Málaga, which is why some might find it strange that Marbella pays tribute to his work and his memory with a permanent outdoor exhibition of ten of his bronze sculptures.

These bronze figures, from the Clot



Salvador Dalí sculptures on display in the Avenida del Mar in Marbella. :: TONY BRYANT

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Collection (1971 - 81), can be found south of Marbella's old town, in the Avenida del Mar, between the Parque de la Alameda and the Paseo Marítimo.

The Avenida del Mar is paved with gold coloured marble stone and its delightful gardens and water features are beautifully maintained. As part of the town hall's improvement programme in 1998, former mayor Jesús Gil purchased ten Salvador Dalí sculptures that were to form the centrepiece of the redeveloped park. The statues, which stand more than two metres high and weigh between 200 and 400 kilos each, reputedly cost the town hall 250 million pestas (around 1.5m euros).

Unless one is an art fanatic - or the kind of person who habitually reads the plaques that adorn public monuments - one could easily pass by this impressive collection without realising they are the work of one of the most eccentric characters in the history of modern art.

Dalí's name invites images of bizarre dreams, deformed visions and melting clocks. The Marbella collection depicts his surrealist visions of Roman and Greek mythology, his wife Gala, and strange alien-looking creatures. The sculptures bear all the surrealist hallmarks of Dalí's work, although they were once rumoured to be copies.

Authenticity

The claim came from the Izquierda Unida (IU United Left) coalition, who maintained that the works were false. They suggested that the sculptures had not been created by the hand of Dalí, but instead by a third party who produced them from sketches made by the artist.

Jesús Gil insisted on the authenticity of the sculptures, offering to pay the costs if a team of experts could prove they were false.

The sculptures had been acquired by collectors, Robert and Nicholas Descharnes. Gil based the authenti-



Dalí had a life-long fascination with Don Quijote de la Mancha. :: TONY BRYANT



Roman Emperor Trajan on a horse. :: T. B.



The alien-looking Cosmic Elephant. :: T. B.



Detail of the Caballo con Jinete Tropezando . :: T. B.

city of the works on the warranty certificate that was signed by the Descharnes. The brothers claimed that the manufacturing process of celebrated artists like Dalí is kept under strict control and it prevents more than eight reproductions being made. They said the figures came from the original moulds, which were cast in Verona, Italy.

Each sculpture in the Avenida del Mar is numbered and carries Dalí's signature, which appears to confirm their authenticity.

Mythology

The first statue is of the Greek mythological hero Perseus, beheading Medusa, the Gorgon with living venomous snakes in place of hair.

The second is called Gala Gradiva, Dalí's nickname for his wife. Gradiva - 'the woman who walks through walls' - is the muse of surrealism and Dalí used the figure in a number of his paintings.

The next is the Roman God Mercury, who, among many things, led newly deceased souls to the afterlife.

Trajano a Caballo - the Roman Emperor Trajan on a horse follows, ahead of Dalí's wife looking through a window. Gala influenced many writers and artists and she was Dalí's muse, directly inspiring and appearing in many of his works.

The centrepiece of the park is a pyramid-shaped fountain and this is the perfect place to sit and admire these striking creations.

Caballo con Jinete Tropezando is a rather bizarre-looking piece of a rider and his horse stumbling to the ground.

Cosmic Elephant

One of the most startling looking sculptures stretches across its platform like an alien beast in search of prey. Named Elefante Cósmico (Cosmic Elephant), this ferocious-looking animal, with armour-coated skin, webbed feet and savage tusks, is the largest and most impressive piece in the collection.

After this, we come to the Mujer Desnuda Subiendo la Escalera, an image of a naked woman climbing onto a gigantic snail. Next to this is a life-size statue in honour of Dalí's fascination with Don Quixote. The ingenious nobleman is depicted sitting in a chair looking down on the spectator with his characteristic hat and beard.

The last of this diverse collection of bronze masterpieces is Hombre Sobre Delfin (Man on a Dolphin), which demonstrates Dalí's imaginative and hugely creative skills.

The final sculpture in the park, at the top of the steps leading down to the Paseo Marítimo, is not the work of Salvador Dalí. It was made by of another respected artist, Madrid-born Eduardo Soriano. The monument is a tribute to freedom of expression, hence the inscription, A la Libertad de Expresión. There is another of the artist's sculptures that depicts a small girl riding on a swing, although it is hard to spot as it is hidden among the foliage at the entrance to the park.

Rhinoceros in Lace

If this is not enough Dalí for one day, then lovers of his work will enjoy the



Man on a Dolphin demonstrates Salvador Dalí's hugely creative talent. :: T. B.



Gala looking through the window. :: T. B.

largest and possibly the most distinctive of his sculptures, which sits on the Cris-tamar roundabout at the entrance to Puerto Banús. The massive statue, officially known as Rhinoceros Dressed in Lace, weighs three tonnes and was do-



Perseus beheading Medusa. :: T. B.

nated to the council in 2004 to celebrate the centenary of Dalí's birth. It was created by Dalí in 1956, following his movie, The Prodigious Adventure of the Lace Maker and the Rhinoceros, a movie that has never been officially released.

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The Axarquía's natural charm. With the exceptions of Nerja and Frigiliana, the villages in the east of Malaga province have largely been left behind the Costa del Sol's tourism boom over the last five or so decades. However, the area's rich cultural heritage as well as the Muscatel raisin's recent promotion to the UN's list of important agricultural systems is really putting the Axarquía on the map.

JENNIE RHODES

Escape to the villages of the Axarquía and cool off

Find caves, sulphur baths, museums and water fountains

Head inland into the whitewashed villages of the Axarquía to find some cool and shady alternatives to the area's busy beaches

JENNIE RHODES

During the hot summer months it is all too easy just to pack up the swimming costumes and parasols and head to the beach. Regular dips in the sea and beach bars serving a constant supply of drinks and food provide everything needed to keep cool. But the stress of finding somewhere to park and then squeezing your towel in between everyone else's - when they set the alarm clocks earlier than you and beat you to the beach - may leave you wondering where else to go to keep your cool.

Head inland for shade and water

East of Malaga city there are plenty of places to cool down that don't involve the often crowded beaches of Nerja, Torrox, Torre del Mar and so on. Many of the villages have outdoor municipal pools which are open most days throughout summer. Vélez-Málaga, Periana and Riogordo are such places which offer reduced prices for residents (people on the town hall Padrón).

The streets of the old town of Vélez-Málaga, the Axarquía's 'capital', are narrow and provide plenty of shade, even during the hottest times of day. The town also boasts a number of museums, such as the contemporary art centre (CAC), the Casa Cervantes and MUVEL, all of which provide welcome shade and cool courtyards. It is possible to drive up to the Our Lady of the Remedios chapel, which is surrounded by fountains and water features. Although there is little shade on the esplanade surrounding it, the chapel itself is open in the mornings and the water features are a welcome distraction.

Nerja's most obvious attractions are the beaches and Balcón de Europa, but

tucked away by the El Salvador church just to the left of the Balcón is Plaza de Cavana. Protected from the sun thanks to the buildings around it and the many bars with covered terraces, this is an ideal alternative for lunch, an afternoon drink or ice cream.

Of course it is impossible to write about Nerja without mentioning the caves - possibly the coolest places in the Axarquía! Bookings must be made in advance to guarantee entrance and the covered tourist train takes visitors between Nerja town centre, the caves and neighbouring Maro, so there is no need to worry about parking.

Another hugely popular tourist attraction in Nerja is the Chillar river hike. Often overcrowded at weekends, it is best to go during the week. The route starts off along a dry river bed and eventually gets to a stream and then waterfalls and the narrow gorges of Los Cahorros, which open up into a natural pool suitable for bathing. Many turn back at this point but it is possible to continue up through the Tejeda, Almirajara and Alhama mountains to reach the source of the river. Parking and visitor numbers remain uncontrolled due to a lack of agreement over management between regional government, the Junta de Andalucía, and Nerja town hall.

For more caves, head to the Cueva del Tesoro in Rincón de la Victoria - the only marine cave open to the public in Europe. Here, historical artifacts from the Neolithic to Islamic periods have been found as well as a series of impressive cave paintings.

Gardens and plant pots

Many of the villages of the Axarquía are



Part of the Baños de Vilo in Periana. :: SUR

home to flowered patios, streets lined with flower pots bursting with colour, shady plazas and small gardens. Some of the best examples of these include Algarrobo Pueblo, Benagalbón and of course, Frigiliana.

In Algarrobo Pueblo the gardens at the San Sebastián chapel provide greenery, shade and panoramic views of the Axarquía and the houses along narrow, cobbled streets are adorned with flower pots full of vibrant colours and smells.

Towards the other end of the area, Benagalbón Pueblo, just north of Rincón de la Victoria, is another great place to explore, even on hot days. The village is not as steep as some of its neighbours and the numerous fountains providing drinking water as well as pot plants on every house and street give it a cool feel. The village is popular with artists and there are a number of



Fountains and water features at the Our Lady of the Remedios chapel in Vélez-Málaga. :: J. RHODES



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A pretty square in Benagalbón. :: J. R.

restaurants and bars to sit and have a refreshing drink. Alternatively just take recycled plastic bottles and top them up at the water fountains!

Fountains and museums

Talking of fountains, they are a common feature in the Axarquía villages and others which are worthy of note include the Fuente de Los Cinco Caños (fountain of the five spouts) in Alcaucín, which provide drinking water to residents, the 'frog' fountain in Sayalonga - which happens to be opposite the Axarquía's narrowest street - Callejón de la Alcuza; measuring just 56 centimetres at its narrowest point it's definitely shady most of the day. Another fountain in Sayalonga is Fuente del Cid, where legend has it that El Cid drank from it when he passed through the village on his way to Granada.

In Periana, locals head to the Baños de Vilo, which are open all year round, but particularly popular in summer. Situated about 2.5 kilometres from the village, the baths are believed to date back to Roman times. They are sulphur baths said to have medicinal properties and be particularly good for the skin. The average temperature of the baths is a pleasant 21 degrees centigrade.

FURTHER INFORMATION

- ▶ Vélez-Málaga & Torre del Mar: www.velezmalaga.es
- ▶ Museo Gálvez: www.macharaviaya.es
- ▶ Baños de Vilo: www.periana.es
- ▶ Sayalonga: www.sayalonga.es
- ▶ Cueva del Tesoro & Benagalbón: www.rincondelavictoria.es
- ▶ Alcaucín: www.alcaucin.es
- ▶ Museo de la Bodega Antonio Muñoz de Moclinejo: www.dimobe.es
- ▶ Nerja caves: www.thenerjacaves.com
- ▶ Nerja: www.nerja.es
- ▶ Algarrobo: www.algarrobo.es

The Axarquía has some wonderful museums, most of which are located in older buildings, designed to keep out the summer heat. As of 20 July the Museo de Gálvez in Macharaviaya will be hosting part of the collection of Salvador Dalí's Divine Comedy paintings, known as Cielo or heaven. The exhibition will run until October.

Riogordo's Museo Etnográfico is a fascinating collection of items particularly related to the grape and olive oil traditions of the village. Moclinejo has the Museo de la Bodega Antonio Muñoz wine museum belonging to the local Dimobe wine company, while Sayalonga has the Museo Morisco. Torre del Mar's Azucarera has a curious but fascinating permanent collection of irons of the world as well as a history of sugar cane production in the Axarquía and another about the growth of the town. Both are in English and Spanish and the large, open plan building provides a cultural escape from the heat.

While perhaps many will argue that the beach is the best place to spend the long summer months, there are plenty of other options to keep cool and out of the sun in the Axarquía, be they fountains, caves, museums, shady squares and gardens or natural baths.

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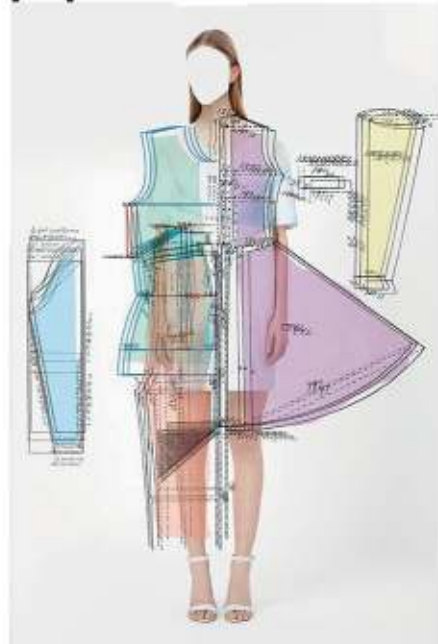
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The entrance of the 15th century Molino de Inca conceals a subtropical paradise in the heart of Torremolinos.
:: TONY BRYANT

An old mill turned plant-lovers' paradise

The botanical garden in Torremolinos opened in 2003 and it has become one of the town's most delightful assets

The Molino de Inca's rich botanical value is demonstrated with 50 different species of palm tree, tropical plants and flowers, and succulents, shrubs and bushes from four continents

TONY BRYANT

Torremolinos has long been celebrated for its golden sandy beaches and its reputation for being the ideal destination

for fun in the sun. However, the town is also popular with those who prefer a more relaxing style of break. Torremolinos boasts numerous green areas and several well-maintained parks and gardens. However, one of the town's most beautiful, although relatively unknown, natural areas is the Molina de Inca Botanical Garden.

This delightful paradise is just a 15 minute walk from the town centre, but because of its secluded location, and possibly because there are few signs offering directions, many visitors fail to discover it.

Located behind the Aqualand water

park, this stunning botanical garden offers a haven for those who wish to leave behind the hubbub of the town centre.

Natural springs

On arrival, we are confronted with the fifteenth century mill, Molino de Inca, from which the garden takes its name.

In 1501, following the re-conquest of the province, the city of Malaga was granted jurisdictional rights over the natural spring waters in the area now known as Torremolinos. In 1700, Joseph de Inca Sotomayor acquired a licence to build two mills on an area of land that was fed by these natural springs. The mills supplied water to the flour mills, which until the early 1920s, formed part of one of the town's most prosperous enterprises. The mills are now the centrepiece of the Molino de Inca botanical garden and the water that flows through them still serves Torremolinos



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note**



A forgotten corner. Do take the time to look around the area surrounding the botanical garden before leaving, because one will discover another little hidden corner of Torremolinos that time seems to have left behind.

TONY BRYANT

as it has for hundreds of years.

The mills have been carefully restored using original materials. The main building has been turned into a museum and provides an informative and interactive experience, as well as an insight into the workings of this emblematic landmark. Displayed photographs that were taken during the renovations show the difficulties workers experienced during the manoeuvring of the huge millstones.

Royal visit

Leaving the mill, we enter the gardens that have been created around the spring that emanates from the surrounding mountains. The water is collected in the reservoir named Albercón del Rey, which commemorates the visit by Alfonso XIII and Queen Victoria Eugenia in 1926. A small plaque reveals that the king drunk from the reservoir.

Visitors can also enter the quarters where the royal couple stayed during their visit and among the many things on display is a marble bath that was made especially for the queen.

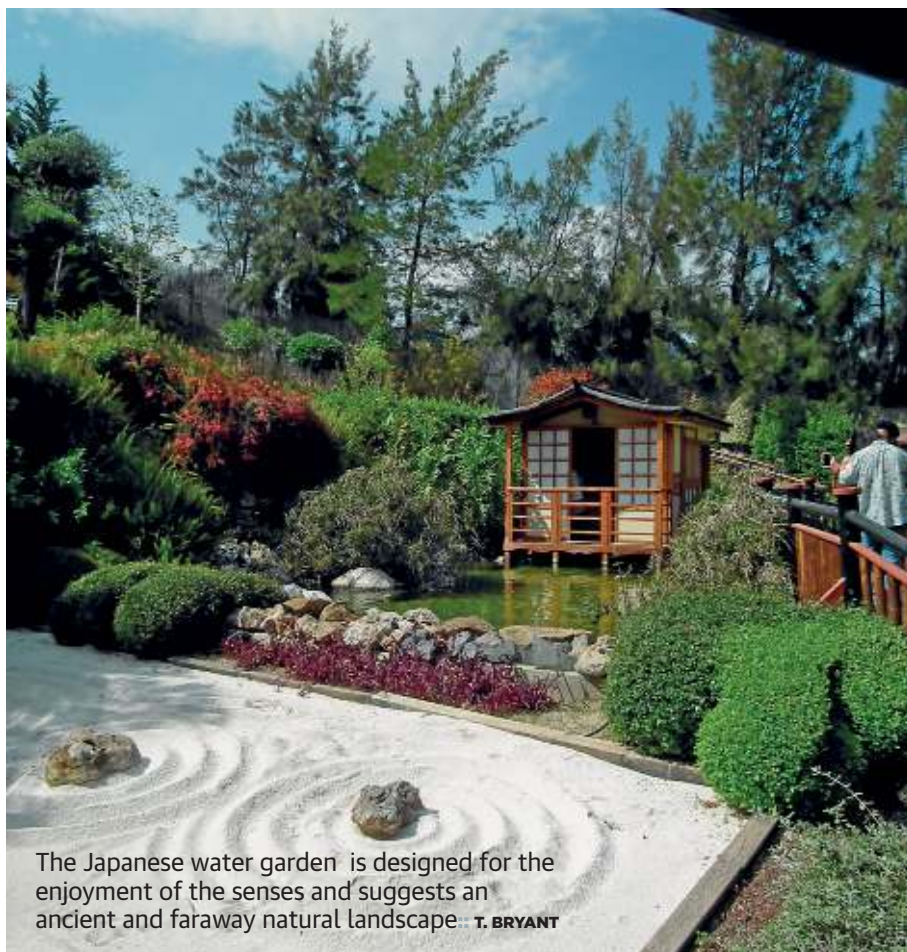
One of the enclave's most charming attractions is the sound of running water, which flows through the garden and into three different ponds full of aquatic plants and fish. The main pond is guarded by four Italian marble classical statues of the four seasons. The beautifully carved sculptures are positioned to symbolise the circular movement of time and the celebration of various seasonal rites.

Other monuments of interest are the two Alhambra style lions, also carved in Italian marble; and the Ninfa del Agua, by Hamilton Reed Armstrong, a celebrated American artist who has several other works displayed in Torremolinos.

There is an abundance of wildlife and exotic birds. Several aviaries house a collection of falcons, owls and macaws, while peacocks, hens and ducks roam freely throughout the grounds.

Botanical value

The garden's obvious botanical value is found in more than 50 different species of palm trees, as well as 60 other varieties, including pine, eucalyptus, walnut, oak and conifer. The oldest tree in the garden is a gigantic, 1000-year-old olive tree.



The Japanese water garden is designed for the enjoyment of the senses and suggests an ancient and faraway natural landscape. **T. BRYANT**



The gardens are well maintained. **T. B.**

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The Albercón del Rey commemorates the royal visit in 1926. :: TONY BRYANT

The gardens are beautifully laid out and separated into sections, each with its own distinctive character. Tropical plants and flowers, succulents, shrubs and bushes from four continents blend with breathtaking ease. Each area is accessed by rustic bridges and wooden paths - some of which are made with the sleepers from the old Malaga to Torremolinos train line.

There are several lookout points, like the Mirador del Rey, which offers panoramic views of the 40,000 square metres of landscaped gardens.

Japanese water garden

A key feature is a 50-metre natural maze which boasts a 100-foot pine tree as centre piece, but the most impressive, and certainly the most peaceful area is the Japanese water garden.

Situated behind the Albercón del Rey, this oriental paradise is designed for the enjoyment of the senses and suggests an ancient and faraway natural landscape.

The Japanese have always had a spiritual connection with their land and the spirits that are one with nature and you understand why when visiting this enchanting corner of the grounds. The garden is designed in traditional style, with trickling water features, rockeries, paper lanterns and an explosion of exotic plants and colourful trees. The centre-piece is a classic Japanese garden house, which looks out onto an attractive waterlily-covered pond.

The Molino de Inca Botanical Garden offers a pleasant experience and a chance to relax before heading back to the fun and sun on the beach.



The natural maze. :: SUR



Ponds are fed by natural springs. :: T. B.

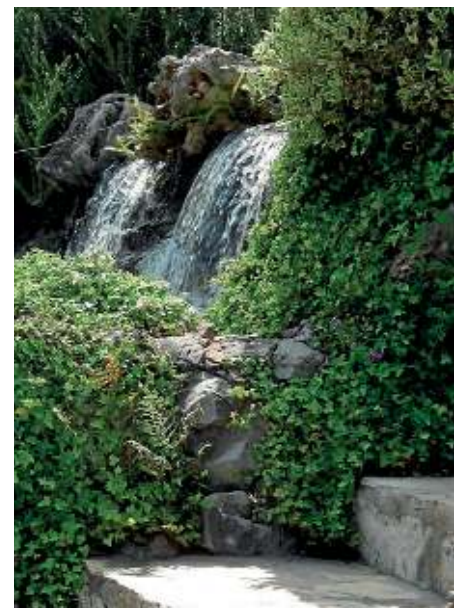
INFORMATION

► **Hours:** The Molino de Inca garden is open May to September, Tuesday-Sunday from 11.30am until 2pm, and from 6pm to 9pm. During the low season hours are 10.30am until 2pm, and 4pm until 7pm.

► **Tickets:** 3 euros. Children under 12 and pensioners have free admission.

► **Where:** Nueva Ronda de Circunvalación Oeste, Torremolinos. (Behind the waterpark)

► **Tours:** Guided tours are available, but must be booked in advance on 952379400.



One of the many waterfalls. :: T. B.

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Artisan markets on Muelle Uno. :: M. H.

Let the treasure hunt begin...

There are plenty of opportunities to browse and rummage at the Costa's second-hand and craft markets

No matter whether you're a bargain hunter, a craft enthusiast, a vintage clothing fanatic or a history buff, there are countless discoveries to be made in the province of Malaga this summer

MADDY HAY

There's no better way to immerse yourself into Andalusian culture than to explore the local street markets. Mercadillos, as they are often known, are numerous and varied in this area and can occur weekly, daily or as part of a one-off cultural event.

The weekend markets are perhaps best-known. Within the city of Malaga itself, tourists and residents would be hard-pressed to miss the Muelle Uno's artisan markets, which take place every other Sunday along the beautiful port promenade. The stalls are a great com-

plement to the strip of shops and restaurants. Visitors can expect to discover a unique selection of jewellery, accessories and artwork as they wander along towards the beach. Furthermore, if the breeze of the coastline isn't sufficient, the port is supplied with shades and dispensers that will regularly spray out a cooling mist of water.

Fuengirola

Market-savvy readers with a knack for bartering should head to Fuengirola for the Sunday flea market. The fairground is the ideal location for this market, where, as the locals would say, "hay de todo"; this flea market has a little bit of everything.

Bargains are aplenty among the numerous market stalls which specialise in second-hand and vintage clothing, accessories, toys, furniture and antique artefacts. It's like a weekly car boot sale, but with fewer cars and added sunshine (though the buildings that line the outside perimeter of the market also offer some much-needed shade).

Visitors can skip out their weekly supermarket shop as the market also boasts a wealth of fruit, vegetables, local cuisine, plants and flowers. It is open from 9am until 2pm every Sunday.

Nerja

Those in search of a quieter or more low-key experience would do well to explore one of the Costa del Sol's many mid-week markets.

Every Tuesday between 8am and 2pm, Calle Mirto in Nerja is transformed into a mercadillo that is available for residents and holidaymakers to enjoy while taking a break from the beautiful local beaches. Here, visitors will discover a mixture of second-hand clothing, cosmetics and novelty items. Refreshments are also available at Genesis cafeteria, to help fuel the hunt for bargains.

Benalmádena

The 'rastros' second-hand market in Benalmádena is open every Wednesday. It is conveniently situated near the beautiful Paloma park and the Selwo Marina centre, so visitors could easily incorporate a visit to the market into an action-



Lovers of vintage clothing have lots to discover. :: M. H.

packed day out. This is a great place to search for hidden gems among the jumble of antiques and second-hand clothing.

Puerto Banús

The Muestra Internacional de Artesanía market in Puerto Banús, Marbella, offers a slightly more relaxed, glamorous affair, away from the bustle of the flea markets. Situated in Plaza Antonio Banderas, this chic, open-air market takes place every day during the summer months. It is comprised of 25 white, uniform stalls that sell a carefully selected mixture of artisan fragrances, hand-made jewellery, glass artefacts, ceramics, vintage clothing and other accessories. It is open from 11am to 12am Monday to Thursday and until 1am Friday to Sunday.

Festivals

Over the summer months, Andalucía is host to a number of one-off, themed and traditional markets. Many towns will acknowledge this area's Moorish roots by setting up traditional bazaars, where visitors can sample Arab-style food and peruse the stalls for fabrics, jewellery, accessories and more. For an added sense of occasion and authenticity, many choose to attend in traditional (or not-so-traditional) costume.

The medieval markets will return to the Manilva area this summer. The first will take place in the Castillo between 20 and 29 July and the second in the district of Sabinillas between 31 July and 5 Au-



The busy Fuengirola street market. :: SUR

gust. Alongside traditional food, tools, metalwork and leather-making, previous years have seen spectacular fire shows, falconry and bouncy castles.

As an extra note: readers should keep their ears to the ground for market events at La Térmica cultural centre in the city of Malaga. Their sporadic Red Friday markets feature a veritable bounty of second-hand books and records. What better way to spend a warm Friday evening than digging for gold among mountains of classic fiction and music? These events do not run on a regular schedule, so it's best to pay attention to social media.

The mercadillos of Malaga will not disappoint any of their visitors this summer, be they life-long hunters of priceless antiques or simply sunbathers looking for a day off. There's treasure here for everyone.



The summer craft market in Puerto Banús. :: SUR

Ancient and modern

Alhaurín de la Torre is much more than a clean and tidy commuter town

The historic centre of Alhaurín de la Torre conserves its Arabic past with beautiful hidden corners and Moorish architecture

TONY BRYANT

Founded by the Phoenicians around 1,000BC, the restful town of Alhaurín de la Torre is situated among citrus, avocado and olive groves at the foot of the Mijas mountains.

The town was known as Lauro Vetus during the Roman era and while under Muslim rule it grew into a flourishing agrarian town called Albarracín. Some parts of the old quarter still offer a

glimpse of its Moorish past.

Following the re-conquest in 1485, the name was changed to Alhaurín de la Torre. The population gradually increased due to the influx of Christian settlers at the end of the 16th century.

Today, it is a peaceful residential town with a large international population.

The first thing that strikes the visitor is the cleanliness of the streets and squares. The old town conserves beautiful hidden corners and buildings, like the Casa del Conde, one

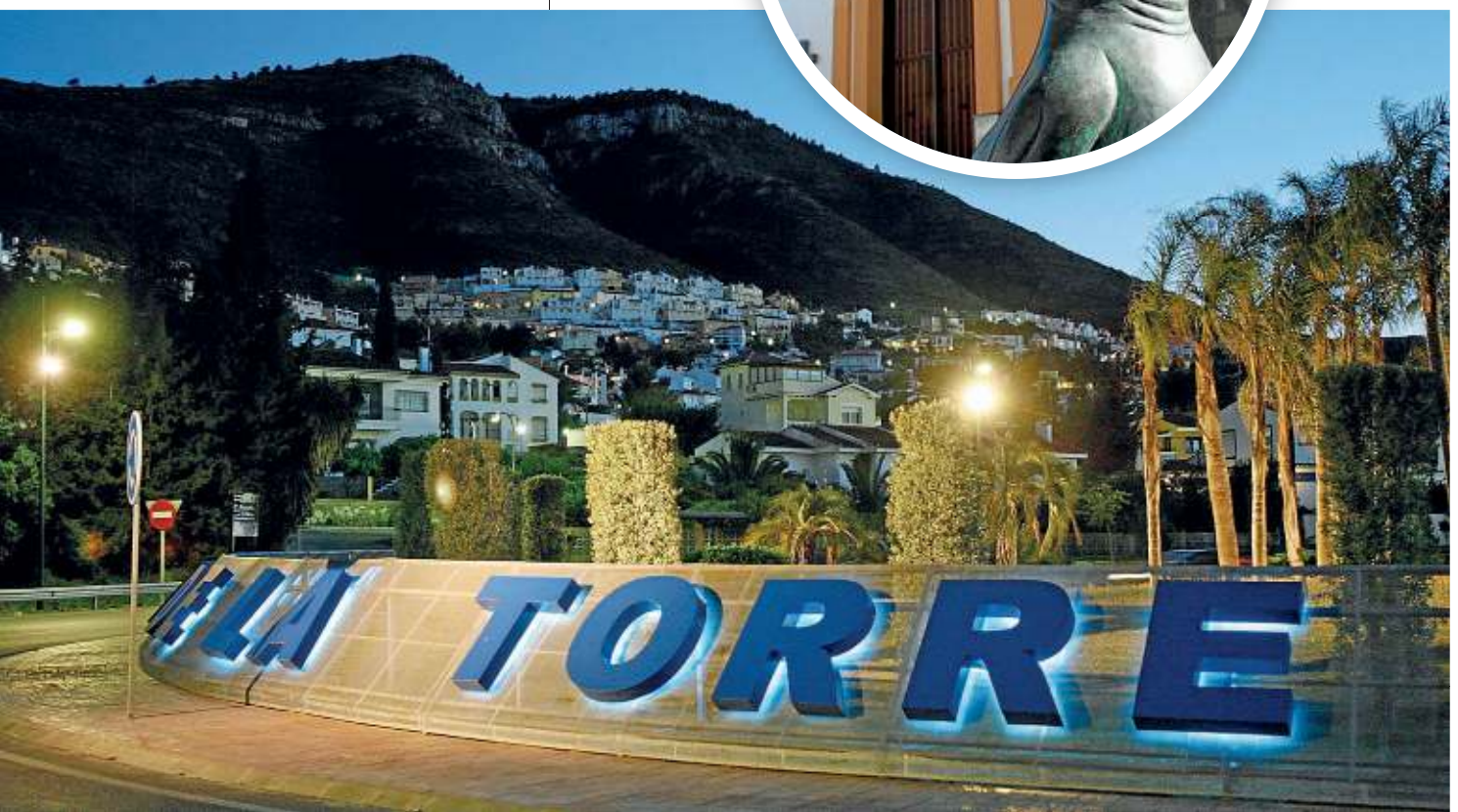
of the oldest houses in the area.

The 17th century neoclassical Iglesia de San Sebastián - the only church in Alhaurín - is named after the town's patron saint.

Another important landmark is the 19th century Casa Refugio de Torrijos, the house where General José María de Torrijos was held prisoner after an unsuccessful uprising against the absolutist rule in 1831.

Other examples of Alhaurín's illustrious past can be found in the Cortijo de Molina, an old Moorish farmhouse and tower, and the 18th century Arcos de Zapata aqueduct.

However, one of the town's most popular attractions is the Bienquerido Oriental gardens. Known as the





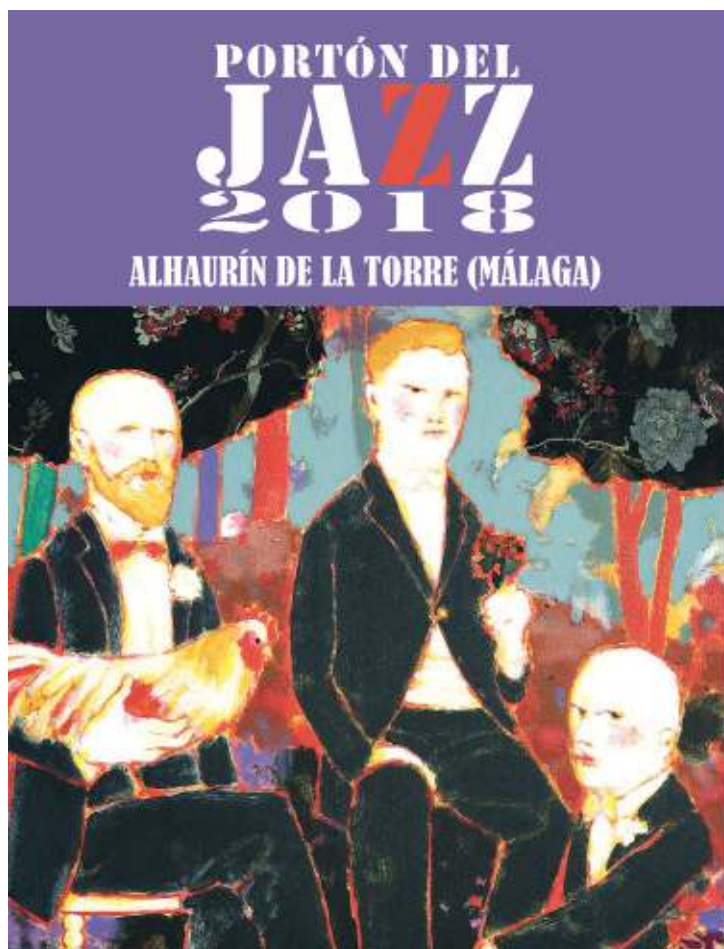
The Plaza del Conde. :: SUR

Japanese park, this wonderful 12,000 m2 natural area has an unmistakable oriental atmosphere created by water features and rockeries, bamboo, bonsai and Japanese cedars.

Finca El Portón also boasts a diverse collection of flora within its gardens. It has become a popular venue for summer concerts, in particular, the El Portón Jazz Festival and the Torre del Cante Flamenco Festival.



Finca el Portón is the venue for jazz and flamenco festivals. :: SUR



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A solution for dry gardens. :: TIM WILLIAMS



Exotic vine. :: K. CASTLE

Holidays out in the garden

Guaranteed sunshine during the summer months allows many varieties of tropical and sub tropical plants to thrive in Andalucía

DENISE BUSH

Andalucía and, more specifically, the Costa del Sol are home to some of the hottest and driest weather in Spain. The guaranteed heat in the summer is one of the reasons the Costa is so attractive to tourists who come to enjoy the warm sunshine. However, the long, hot days and warm nights with no sign of any rainfall for months, is not greeted quite so joyously by gardeners. And it's not just on the coast; the dessicating terral winds inland can make keeping plants alive a struggle.

Once you know what you are going to be faced with there is in fact many varieties of tropical or semi-tropical plants that thrive in this climate and make gar-

dening here very worthwhile. If you've ever visited the glasshouses at Kew, Wisley, Birmingham or Camarthen-shire, you will have seen the multitude of beautiful plants that can be grown in dry, Mediterranean climates. Fragrant gingers and Frangipani, exotic vines with drooping clusters of heavily perfumed blooms... and of course the palms and succulents that most people will associate with hot, arid regions.

Palms are plentiful along the Costa and give height, shade and a Mediterranean feel to gardens but, in recent years, the date palm (and sometimes the Washingtonia too) has been under attack by the notorious palm weevil. This large reddish beetle, with a very distinctive long 'snout' finds a weakness in the trunk and lays its eggs. When the larvae hatch, they start to munch their way into the heart of the palm, slowly killing it. There are sprays to deter the beetles from laying the eggs but spraying a fully grown palm every 45 days or so is not really a viable option. The council in Malaga regularly inject the palms in the city with a poison which kills any of the fat little grubs before they can do significant damage.

Creating a corner of a South American jungle in your back yard isn't impossible but it does depend on a plentiful water supply. Some areas of southern Spain experience water shortages and cuts when there has been insufficient rainfall during the winter, and not all wells



Banana palm. :: ANN PENNINGTON



A tropical paradise in Coin.: **TIM AND PAM WILLIAMS**

can supply water all summer. Water butts or underground storage tanks will help and act as a backup if needed, but water isn't the only problem facing gardeners in Andalucía.

Many parts of the province have extremely thin or poor quality top soil. This is fine for olives - they don't seem to mind at all - but it's fatal for herbaceous plants and shrubs which need to send down deep roots to find moisture. Improving the condition of the topsoil by adding lots of organic material will help tremendously.

The only answer is to find a balance. Only grow the tropical plants that you know you will have enough water for and combine your planting scheme with more drought-resistant vegetation. Choose plants with thick velvety or fleshy leaves which are well equipped to withstand the sun and provide shade for



Orgiva Tea Gardens, Las Chimeneas. :: **KAY BYRNE**

some of the more delicate plants, especially during the hot afternoons. Mulch everything; the layer of organic material

will help to conserve moisture in and around the plants, helping them to retain more water for longer.

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Gibraltar: nothing short of awesome

The Rock of Gibraltar is a great place to visit at any time of year, but in the summer it really comes into its own

There can surely be nowhere else on earth which offers so much variety, excitement, adventure, history, nature and entertainment in such a small and beautiful space. Gibraltar is a true marvel, in many different ways

DEBBIE BARTLETT

They say nice things come in small parcels and that certainly applies to Gibraltar, which may be only 6.7 square kilometres in size but is packed full of interesting places to visit and things to do, making it an ideal place to spend a day, a weekend or a longer break. In fact, the fun begins as soon as you arrive: unless you are a boat

owner you either walk or drive across the border to this British Overseas Territory from La Línea de la Concepción in neighbouring Spain, or fly in to Gibraltar airport, marvelling at the view of the famous Rock as your aircraft approaches. Either way, you will then have to cross the airport runway to reach the town, by car, bus or on foot, which is a unique and somewhat surreal experience in itself.

Fascinating, from top to bottom

The great thing about Gibraltar is that it is all fascinating. However, that leads to a question for first-time visitors: where to go first? The city centre is a good starting point, especially the iconic Casemates Square, where many events take place throughout the year. Lined with cafés and restaurants, it is an ideal place to sit and plan the day ahead.

Main Street, which is - rather unsur-

prisingly - the main street, is historic and charming with modern shops and facilities. By strolling along here you can take in two cathedrals, the King's Chapel, the Convent (home to the Governor of Gibraltar), 'No. 6', which is Gibraltar's equivalent of No. 10 Downing Street and, at the end of Main Street, the Trafalgar Cemetery, a key landmark in local history which commemorates the Battle of Trafalgar in 1805. If you carry on walking you will come to the lovely Alameda botanical gardens and the wildlife park, and en route you will see the cable car base station, in the car park.

One of the most rewarding and exciting experiences on Gibraltar is a trip to the Upper Rock Nature Reserve, especially if you take the six-minute cable car trip. At the top the three terraces have spectacular views of two continents, two bodies of water and three countries. The cable car runs every ten to fifteen minutes from 9.30am to 7.15pm, and you can buy a ticket for the Nature Reserve attractions from the base station or the souvenir shop at the top station. That gives you entry to the Great Siege Tunnels, the City Under Siege exhibition, the Moorish castle and the 100 Ton Gun.

The Nature Reserve ticket also includes entry to the Apes Den. Everybody has heard of Gibraltar's famous barbary macaques, and they are just as cute and furry as you expect. They are also extremely mischievous - hang on to hats, cameras, bags and any food you may have with you. These guys move fast! Despite them appearing to be bundles of fun and although they are used to people being around, it is important to remem-

Many events take place in the iconic Casemates Square.

:: SUR



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The Skywalk in Gibraltar was inaugurated by Mark Hamill this year. :: SUR

ber that these apes are still wild animals. Treat them with respect, don't crowd them, and be aware of the warning sign: if they feel intimidated they will raise their eyebrows and purse their lips into a round shape. It means they need a bit of space, so just step away so they realise you're not a threat, and you'll all get on harmoniously.

One of Gibraltar's newest attractions, and probably the most thrilling, is the Skywalk, which was inaugurated earlier this year by Star Wars actor Mark Hamill. Entry to the Skywalk is also included in the Nature Reserve ticket. What is it? Well, imagine a walkway 340 metres directly above sea level, which is higher than the tallest point of the Shard building in London, with the floor and balustrade made of four layers of laminated glass. Yep, glass. So it looks as if there is nothing beneath your feet except the drop.

The Skywalk is 2.5 metres wide and projects to a maximum of 6.7 metres. Despite its apparent fragility it is in fact extremely strong. It could bear the weight of five elephants, or 340 people, although no more than 50 people are allowed onto it at the same time. Not to be missed for those who want the sensational experience of floating on air, while looking at truly spectacular views.

If that isn't enough for you and you want even more of an adrenalin rush, the

Windsor Suspension Bridge at Royal Anglian Way will undoubtedly provide it. This is another new attraction in Gibraltar and is also included in the Nature Reserve ticket. It is only for the adventurous, stretching 71 metres across a 50-metre-deep gorge. Those who dare to keep their eyes open will be stunned by the views of the Strait, the bay and the city of Gibraltar.

If you don't like heights and you prefer to go downwards instead, you will love Lower St Michael's Cave, an incredibly beautiful natural cave with a lake. This must be booked well in advance, and is available for groups of between five and ten people. Quite fit people, we must

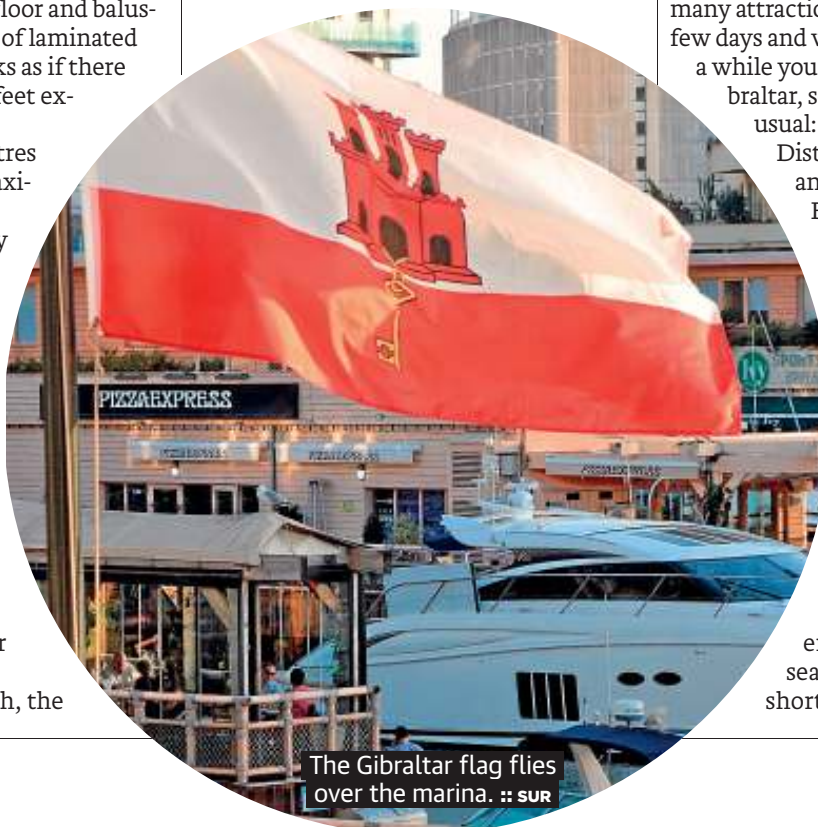
add. The cave is fully illuminated, but the tour takes approximately three hours and there is some scrambling and minor climbing with ropes involved.

For those who love boats and the sea, Gibraltar in the summer will be a real treat. The modern marinas are atmospheric at any time of day (and check out the amazing Sunborn floating hotel in Ocean Village, while you're there) and there are environmentally responsible boat trips to spot dolphins and whales. Trips are also occasionally organised to give a close-up view from the sea of the Gorham's Cave complex, the last known home of the Neanderthals, which is now a Unesco World Heritage Site.

These are just a few of Gibraltar's many attractions, so if you're there for a few days and want to relax on a beach for a while you can do that too. This is Gibraltar, so even the beaches are unusual: Camp Bay, in the South

District, was originally a quarry and is now a lido, while Little Bay has a small rocky beach under the cliffs. On the East side, Catalan Bay is a pretty Genoan-style village with a lovely cove, or you can choose the more secluded Sandy Bay or Eastern Beach, close to the airstrip, which is the largest in Gibraltar.

Whether you want to go up, down or around the Rock, hang out in the city centre or enjoy the view from the sea, Gibraltar is nothing short of awesome.



The Gibraltar flag flies over the marina. :: SUR

National Health

Why are expats not availing of the Free State Healthcare in Spain?



A SHOCKING 80% of expats in Spain do not have medical records and are not making use of the country's healthcare service. Despite Spain having the sixth best healthcare system in the EU, most expats are failing to take advantage of it. With medication costs on the rise we have to ask why so many in the expatriate community do not avail of the free Spanish Healthcare system. The answer seems to be the language barrier that exists. A forward thinking Homecare Company have come up with what seems like the perfect solution. Care for Me assistance say they remove all the stress related with availing of free public healthcare.

The service they offer works like this:

- Firstly they help you process your application for you to avail of a public medical health card.
- They advise you on how to avail of the subsidised Government medication scheme – Saving up to 90% on your medication costs depending on your age etc.
- They help you choose your Doctor/GP and book your appointments, and also contact you to remind you of your next appointment.

And this is the best part.

They accompany you to your appointments and provide translation between you and your Doctor/GP, ensuring you receive the correct treatment and that you fully understand your health situation.

The company says it prides itself on providing an all-round service, with every client receiving their own personal health secretary, translator and health advisor, all for just €35/ month with no hidden extras!

Personalised APP

Care for Me Assistance also provides you with access to your own App, which can be used on your mobile phone, tablet or computer. Here, all your appointments and the assistants that will be accompanying you, are listed on your own personal calendar. This personalised portal, with secure log-in, allows you to stay up to date with your schedule and notes concerning your health. Signing up with Care for Me could remove the need for pricey health insurance, especially for older expats with health conditions. Expats in Spain are paying a fortune on Medications and prescriptions each month when they could be paying a fraction of the costs through the public healthcare system.

One ladies experience who was trying to conceive through IVF treatment was quoted a price of €12,000 privately, she then signed up with Care for Me and is receiving the treatment for free through public healthcare.

Another family who now utilise the services of Care for Me signed up online when their Father was attending hospital could relate to and provided a testimonial, approached Care for Me when their father was attending hospital visits at least once a month.

They found it difficult to take time off work to assist him. They had a basic level of Spanish so communication was a problem. They found the service fantastic and with the family app portal they could see all the notes relating to visits, medications and future appointments.



Exercise in the heat

Sun protection is essential at this time of year. :: SUR

Hot weather doesn't mean you have to stop running, just be sure to follow some common sense advice

As temperatures rise, minor inconveniences can become major problems if we don't take enough notice of them

PILAR MANZANARES

Summer, for various reasons, is the time of year when we tend to do more sport than any other. We have more free time, we want a better-looking body and, above all, we have more choice of where to exercise and that makes it seem more attractive. However, it should always be remembered that what may appear to be minor inconveniences can develop into major problems if we don't take enough notice of them. That's why anyone thinking of increasing their physical activity this summer would do well to follow the advice given to us by Dr Antonio Manzano, a traumatologist at IQTRA Advanced Medicine.

Look at the clock

Never practise sport between midday and 5pm. According to the Spanish Federation

of Sports Medicine, that is the worst time to take exercise because of the heat. Always try to exercise or take part in sport early in the morning or in the evening.

Drink more

Drink water before, during and after exercising. It is essential to stay hydrated at all times, to prevent injury and heatstroke. If our muscles don't have enough water we are more likely to suffer injury. We can also use sports

drinks, which provide carbohydrates and minerals; these help to maintain sufficient glucose in the blood, replace electrolytes and keep us hydrated.

Eat sensibly

It is important to eat properly. Eat a light, balanced meal two hours before any physical activity. Don't forget to include fruit and carbohydrates. Bear in mind that diets that are unbalanced in terms of carbohydrates with the aim of losing weight, and high-protein diets which aim to increase muscle mass can be very damaging.

Protect yourself from the sun

Sun protection is essential. Although the sun's rays are weaker early and later in the day, we still need to protect our-



Being well hydrated can stave off injury and heatstroke. :: SUR

selves from them with a cream which suits our skin type. Look for those with high protection factors and which are resistant to perspiration.

Get a check-up

If you're new to exercise, make sure your body is up to it. This means consulting a doctor who specialises in sports medicine, even if it is only to check your cardio-respiratory system, the elasticity of your muscles and the condition of your joints.

Natural extras

Taking natural supplements can help to protect your cartilages and tendons. These include hyaluronic acid, collagen, glucosamine and chondroitin sulfate (shark cartilage).

Choose your sport well

It is important to take up the right sort

of sport for your body. It all depends on this 'machine': you want to enjoy the exercise without damaging or injuring yourself. Bear in mind that the knees and hips are weight-bearing joints which will suffer more if we do impact sports (running, football, padel, tennis, walking). Cycling or many of the water sports (surfing, kite-surfing, diving, waterskiing etc) are easier for them.

Attention to pain

Pain is a warning sign. If it happens, it means that something isn't right, so:

stop exercising and consult your traumatologist. It doesn't mean they will stop you doing something you enjoy, but they will be able to prevent or treat injuries in time.



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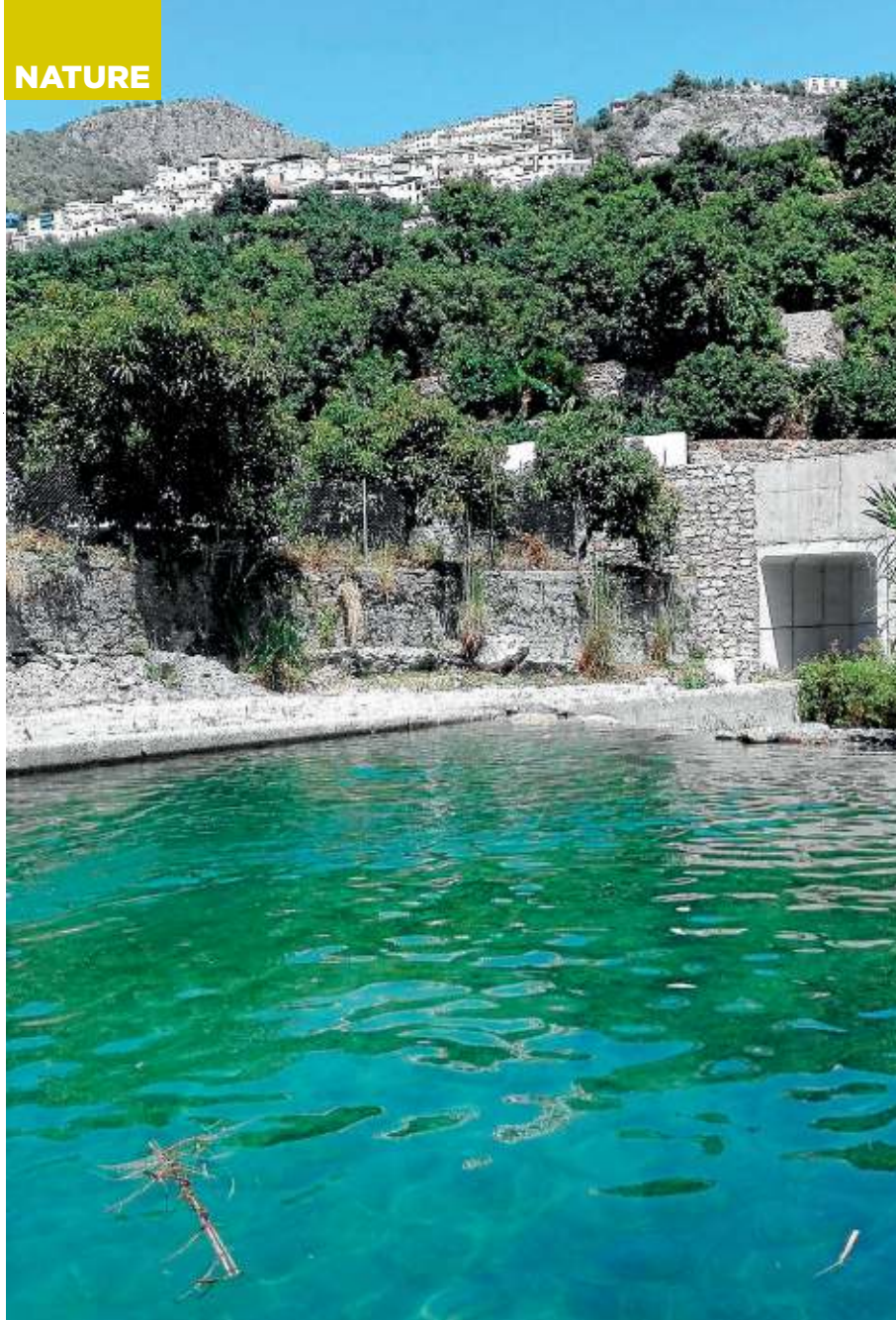
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The natural pool is a popular swimming spot along the Río Verde. :: J. RHODES

A green oasis north of the Costa Tropical

A walk along the Río Verde in Granada province provides a cool and tranquil alternative to the area's busy beaches and chiringuitos

Take swimming costumes to bathe in one of the natural pools or even have a go at canyoning in one of Granada's most beautiful, untouched spots

JENNIE RHODES

For a summer alternative discover what's on the other side of the Tejeda, Almjara and Alhama mountain range, which is shared between Malaga and Granada provinces. An eight-kilometre drive north of Almuñécar leads through the small villages of Jete and Otívar, home to the access points to the Río Verde, a jungle-like paradise with options for hiking and even swimming in the many natural pools and waterfalls along this stretch of river.

20 kilometres of river

The Río Verde is Granada province's equivalent to Nerja's Río Chíllar and provides an ideal way to cool down away from the crowds on the beaches and indeed the often crowded Nerja river walk.

Locals from the nearby villages head to this cool, green oasis on hot summer days. It's probably as close to a tropical forest as there is in this area and a good option for dog owners too, as there is generally no problem with letting them swim in the pools.

The source of the Río Verde can be found on the Granada side of the Tejeda, Almjara and Alhama mountain range and flows 20 kilometres south passing the villages of Otívar and Jete before reaching the Mediterranean in Almuñécar.

Set deep in a valley to the west of both villages, the road down to the Río Verde is narrow and windy, but manageable in an ordinary car. However, it's perhaps not for the faint-hearted.

Canyoning and hiking

Alternatively, it is possible to walk from Jete, following the river, which generally has little water during the



Lush green foliage lines the banks of the Río Verde, even during the hot summer months. :: J. R.

hot summer months. Take plenty of water to drink as there are no shops or bars outside the villages.

There are a number of adventure companies which offer activities such as canyoning and hiking and they suggest that April to October are the best months to do them.

A popular start point for many of the activities is the Junta de Dos Ríos (joining of two rivers) where the barranco de la Topera and barranco de la Chopera meet and become the source of the Río Verde. As the river winds its way down there are hanging bridges to cross and pools and waterfalls to swim in.

The river gets its name from the colour of the water and the lush, tropical vegetation that grows along its banks. The surrounding area is home to mango, avocado and other sub-tropical fruit plantations and lo-

cal fauna includes mountain goats and eagles.

Getting there

To get to the river if you're not in an organised group take the A4050 from Almuñécar and either stop in the village of Jete and walk from there, or continue past the village and take a track off to the left approximately one kilometre after leaving the village. Otívar is the next village along from where guided activities set off.

Alternatively, carry on through Otívar and three kilometers on there is a sign showing a small parking area which is generally controlled. There is a five-euro charge to leave cars and instructions are available on how to get to the Junta de Dos Ríos.

Overlooking the Río Verde and situated between Jete and Ítrabo, is the much celebrated Kitty Harri's

sculpture garden, which is open to visitors on the first and third Sunday of the month and it will remain open on those days throughout summer.

Visitors will be offered a glass of wine and tapas and there is live music on most Sundays. While the visit is free, Kitty and her partner Nick do ask for a donation towards the upkeep of the garden. Visitors may just turn up on the Sundays but tours on other days can be made by appointment via the website.

FURTHER INFORMATION

► www.otivar.es or search Google for outdoor adventure companies that offer canyoning and hiking etc.

► www.kittyharri.com



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The magic of El Torcal as the sun goes down

The rock formations that form part of the new world heritage site can be explored at sunset and after dark in the summer

RACHEL HAYNES / SUR

The rock formations within the province of Malaga have always captivated the area's human inhabitants, either through superstition, curiosity or merely a loving admiration of nature. The strength of erosion has, over millennia, moulded the limestone rocks here into spectacular results which resemble animals, people or objects.

Undoubtedly, the best-known formations of this type can be found in El Torcal de Antequera, which is protected as a Paraje Natural and since 2016 forms part of the Unesco World Heritage Site that encompasses the dolmens and the rock known as the Peña de los Enamorados.

It's hard to imagine that this magical natural space, which covers almost 12 square kilometres at more than a thousand metres above sea level, was once under the sea, the Thetys Ocean, which covered much of Europe and the Middle East.

The curious shapes that we see today and have been formed over millions of years started with sediment made up of shells of marine organisms that built up in layers. The effects of wind, ice and rain on the resulting soft limestone did the rest, producing this outdoor museum of sculptures.

Today we know the science, but over millennia residents in the area have interpreted the mystery of El Torcal in different ways. The inclusion of the rocks in the World Heritage site is the result of El Torcal's connection with the megalithic dolmens, forming a triangle with



Under the moonlight. :: EL TORCAL ALTO



Rock formations. :: EL TORCAL ALTO

the Peña de los Enamorados as the third point. The orientation of two of the dolmens is totally unique in that they were built to face these landmarks on Earth rather than the stars.

Today the rocks have been labelled according to the shapes. Walking routes take visitors past El Camello (the camel), La Cara de Perro (the dog's face), Las Siete Mesas (the seven tables), among others.

The most striking structure is the Tornillo (the screw), which has been officially declared a Natural Monument of Andalucía. Besides this recognition, this unusually shaped rock has become an emblem for El Torcal.

But if this seems a magical place by day - part of the American fantasy series Emerald City was filmed here - by night El Torcal gains extra beauty.

The heat of the day in this part of inland Andalucía during the summer months and the added attraction of the rock formations at sunset or under the moonlight have led the visitor centre to organise a full programme of evening activities.

The Ruta de los 5 Sentidos al Atardecer (Route of the 5 Senses at Dusk) takes visitors on a guided four-kilometre walk in the evening as the sun goes down. The visit, which is organised most Fridays during the summer, encourages walkers to appreciate the surroundings using all their senses.

It is on Saturday evenings in July and August when visitors really get the chance to use their tastebuds, when the Noches que Despiertan tus Sentidos (Nights that Awaken your Senses) visits follow the sunset hike with dinner. Local cuisine is served under the stars on the terrace of the visitor centre's restaurant.

The third option is El Torcal Bajo la Luna Llena (El Torcal Under the Full Moon) when the entire route is covered under the moonlight, starting at 9pm. The halo of light provided by the full moon adds mystery to the landscape.



El Torcal at sunset gains extra mystery. :: EL TORCAL ALTO

EVENING ROUTES

► **5 Sentidos al Atardecer.** Fridays in July (except 27) and August. 6.30pm to 9.30pm. 4 kilometres. 12 euros, under 12s 10 euros (not suitable for under 10s).

► **Noches que Despiertan tus Sentidos.** Saturdays in July, August and 1 September. 6pm to 10.30pm. 4 kilometres. Includes dinner. 34.99 euros per person. 27.99 euros under 14s.

► **Moonlight walk.** 27, 28, 29 July. 24,

25, 26 August. From 9pm (3 hours). 12 euros, under 12s 10 euros.

► **Reservations.** Consult availability and book at www.torcaldeantequera.com or email: cvtorcalalto@reservatuvisita.es



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Try something new, make a splash



Tarifa has long been the surfing capital of the Mediterranean, but now kitesurfing taken hold. :: SUR

Take to the water to stay and look cool this summer

Even if you're a complete novice, now could be the perfect time to take up watersports, whether traditional and more modern

DUNJA SCHMUTZ / SUR IN ENGLISH

With favourable weather conditions almost guaranteed during the summer months, watersports continue to attract novices and enthusiasts from near and afar to the region.

No matter the level, there are facilities to cater for everyone across the more than 160 kilometres of coastline between Sotogrande and Nerja in which there are eleven marinas with over 4,000 berths and several clubs and schools with a comprehensive range of courses.

In Marbella there are four marinas: Puerto Banús, Puerto Deportivo de Marbella, Cabopino and Puerto Deportivo Marina. The coastal towns of Manilva,

Estepona, Fuengirola, Benalmádena and Vélez are also proud of their marinas and in Malaga you will find the Puerto Deportivo el Candado and the Real Club Mediterráneo de Málaga.

Learning to sail

If you are keen to learn sailing this summer, there are a number of locations at which you can learn the basics. Club Náutico Benalmádena offers a beginner's course over five days with three hours of lessons a day. The course includes basic manoeuvres like tacking and jibbing, heaving to and berthing as well as learning about knots, navigation and avoidance rules, meteorology and more. After a two-week course, you should have achieved the knowledge needed to sail independently.

There are many charter companies on the coast which offer sailing courses for all needs, from introductory courses to sailing certificate courses, and even prepare for the examinations for the yacht captain's license. Anyone who has acquired the appropriate certificates can also rent sailboats from the charter compa-

ny, whether for a short Sunday outing or for longer trips.

Modern sailing clubs and associated schools are not just offering traditional sports like rowing and sailing but many other disciplines like stand-up paddle, kayaking, surfing, windsurfing, water-skiing and many more. As in Benalmádena, the courses are given either in Spanish or English.

A sport growing in popularity

One watersport that has undoubtedly evolved in recent years along the Andalusian coastline is kitesurfing, with an increase in kitesurfing schools and International Kiteboarding Organization (IKO) instructors on the Costa del Sol, especially in the last five years.

Tarifa on the Atlantic coast, however, has been Europe's 'El Dorado' for surfers for decades now. At the beginning it was just for windsurfers, but in the last 20 years kitesurfing has become popular too.

However, the Costa del Sol offers several kitesurf spots that can compete with the conditions in Tarifa. You can

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find them in Estepona, Marbella (San Pedro, Los Monteros and Cabopino), La Cala de Mijas, and Guadalmar in Malaga.

The Secret Spot Kite & SUP Center, a kitesurf school with shop in Torremolinos, has offered high quality courses since 2004, first in Los Álamos and now on the beach of Guadalmar. Although Guadalmar is not an officially designated kitesurfing beach, kitesurfers are tolerated here after the ban in Los Álamos. With ideal wind conditions, future kitesurfers will recall their childhood and remember how to fly a kite. As soon as they are able to correctly handle the kite on land, they are allowed to practise from the waterside and learn for three days to prove themselves in the waves. A good level can be achieved in one week on average. Courses are offered nearly all year round in individual classes or groups, and as required, in English.

Kitesurfing lessons for children as young as eight who are accompanied by an adult take place at the Freedom Kite School in Estepona (as well as in Tarifa), just one of the companies which has welcomed kitesurfers and windsurfers alike for a few decades now, depending on the height of the waves and wind conditions.

CoolHot Kite School also offers lessons in both Tarifa and in El Candado in Malaga for people of all abilities, with private, semi-private and individual classes usually lasting between two to four hours for one or two days.

Under the water

For those who prefer to spend more time under the water and simultaneously explore some of the magnificent marine life in the Costa's waters, there are more than 100 different dive sites to which companies will lead groups.

Simply Diving's two centres in Marbella and



The inland reservoirs are popular spots for taking a dip. :: SUR



Paddle surfing, gentler than with a kite. :: SUR



Diving, learning something new underwater. :: SUR

Torremolinos have both been accredited with the PADI 5 Star Career Development and IDC Dive Centre award from the Professional Association of Diving Instructors (PADI) and are the only British-run centre of this kind in Spain.

Elsewhere, you can learn scuba diving at another five-star dive centre, the Abysub diving school in Fuengirola. Not only does it offer various dive trips to Marbella and the Strait of Gibraltar, but a wide range of PADI courses, including a first aid programme, open water diving courses and training to become a rescue diver are available.

Water skiing, with a difference

Cable skiing is a form of water skiing, with the difference from the traditional sport being an electric cable that pulls the skier's rope as opposed to a motorboat. The watersports centre on Las Medranas reservoir in Marbella is the only centre to offer cable ski lessons to those keen to try the sport

over the age of ten on the Costa del Sol.

The centre gives lessons between 11am and 3pm and 4pm to 8.30pm, although those timings are subject to change depending on sunlight.

Taking it easier

Further east down the coast where the waters are much calmer, sports such as paddle surfing have become very popular in towns such as Nerja which come to life in the summer months thanks to the white beaches and multicultural surroundings. A gentle, more relaxed sport compared to kitesurfing or windsurfing, the beauty of paddleboarding is that you can do it at any age. A mix between surfing and kayaking, paddle surfers have grown in numbers on the Costa del Sol over the past few years, and you won't find it difficult to get lessons on your nearest beach.

Paddle surfing, as well as kayaking, can also be practised on the province's various inland reservoirs as well as the sea. The most famous are in El Chorro, known as 'Malaga's Lake District'; it has three, large, azure lakes, made by the damming of the Guadalhorce river, which are ideal for swimming. The shoreline offers plenty of places to picnic and sunbathe even during the height of the season and pedalos and canoes are available for hire.

El Chorro is situated between Antequera and Álora and is also famous for the recently re-opened Caminito del Rey walkway.



The latest thrill - fly boarding in Marbella. :: SUR



A participant in a kitesurf World Tour Day in Tarifa. :: SUR

A festival of sport that draws the crowds

An evening at the polo is an essential part of the summer



The tented village provides shopping, games for children and evening entertainment. :: SUR

The International Polo Tournament, at Sotogrande daily from late July to the end of August, is a must in the Costa del Sol's social calendar and is open to everyone to enjoy

NEIL HESKETH

The summer on the coast of southern Spain isn't just about sea and sand. It's also an opportunity for some top sporting action and socialising. Sotogrande, at the western end of the Costa del Sol, plays host to first-class equestrian competitions that are open to everyone to enjoy at the world-famous Santa Maria Polo Club.

Although there is polo to watch almost every weekend in the early summer, the jewel in the crown of the season is the marathon International Polo Tournament. This runs every day from 25th July to 1st September in 2018 and is one of the world's top four polo festivals.

This summer is the 47th time the tournament has been held and over the years it has grown into a major grand-slam event for elite international polo and a key date on the Costa del Sol's social calendar, attracting visitors and residents of many nationalities.

Casual evenings

What sets the Santa María Polo Club tournament apart is the relaxed, informal air, befitting of balmy summer evenings on the Spanish Mediterranean. Dress code is casual and entrance is free of charge, apart from the last few days. Everyone is welcome, including fami-



Admission to watch the polo tournament is as little as five euros for adults and children go free. :: SUR



The fast pace of the game is addictive. :: SUR



Visitors can enjoy drinks while watching the matches. :: SUR

lies, and the club prides itself on being pet friendly.

The gallop of the horses, the whack of the ball, the gasps of the crowd, the clinking of glasses and the laughter of good friends. If your only contact with polo has been through the gossip columns of the newspapers, you're in for a treat and also a surprise at just how easy it is to pick up the rules and terminology as a spectator.

One game (there are at least two a day) typically lasts under an hour, and is divided into seven-minute periods called 'chukkas', with two teams of four players on horseback aiming to score the most goals.

To first-time visitors it is as if football has been stirred in with Ascot in a thrilling summer cocktail mix. The fast pace of the game is addictive, as is watching the strength and agility of the horses, known as polo ponies and typically thoroughbred mares.

Horses are swapped regularly to keep them fresh in the speedy play and a polo team could have up to 20 of them ready and waiting.

Changing horses

Be sure to wander down to the end of the field in the area known as the 'palenque' and watch how the quick change of horses is made and how the helpers keep them warmed up ready to trot back into play.

Of course, while you're there for the skill and quality of the sport, there is also plenty of time for socialising and soaking up the atmosphere.

At the summer international tournament there is a 'tented village' with stores offering everything from Maseratis to mojitos, places to eat, a children's area and, as the afternoon games wind up and the sun goes down, evening entertainment.

SUMMER 2018

► **Dates and times:** The International Polo Tournament runs from 25 July to 1 September 2018. Polo is played every day, usually starting from around 5pm until dusk.

► **Admission:** Free, apart from semi-finals and finals in the last few days.

► **More information:** www.santa-mariapoloclub.com. See Facebook or Twitter for up-to-the-minute details and times.

► **Location:** The club is near Soto-grande, alongside the intersection of the AP-7 and A-7 with ample free parking. Food and drinks are available.



Family fun at a waterpark on the Costa del Sol. :: **SUR**

A winning formula

Waterparks continue to bring in the crowds, summer after summer

The three waterparks in the province of Malaga alone attract more than half a million people every summer

ALBERTO GÓMEZ

When it first opened in 1984, the advertising for the Aquapark offered a challenge which was difficult to resist: "Come down the kamikaze, the highest, fastest slide in Europe. Battle with the gigantic Waikiki Sur waves and descend the raging waters of the Waterfall Mountain," it said.

More than three decades later and wa-

terparks continue to be a major attraction in the hot summers on the Costa del Sol, where every season over half a million people go there to have fun and cool down. The formula, based on speed and vertiginous heights, has hardly varied since that time but technology has enabled attractions to be incorporated that would have been unthinkable a few years ago. Slides, wave pools, waterfalls, water tunnels and other installations with impossible turns and tracks coexist

alongside leisure areas, sunbeds, restaurants and children's play areas.

The opening of Aquapark, now Aqualand, revolutionised the concept of leisure parks in Malaga province, and similar ones began to open up, some more successful than others.

The waterpark in Torremolinos, however, can boast of being the first complex whose attractions were made in Spain, and the second in Europe.

A British company had chosen Malaga, the birthplace of tourism in Andalucía, to import the model which had begun in the USA several years earlier. In March 1984 the then mayor, Pedro Aparicio, laid the first stone of this park, which still retains the same essence although everything else, including its name, has changed.

Loyal clientele

The corseted swimsuits and the 700 pesetas it cost to enter have given way to a heterogeneous but loyal clientele.

"Tens of thousands of our visitors come every year," say proud sources in the Marketing Department. The visit to Aqualand, whether the opulent "let's do everything" version or the classic and cheaper tupperware and soft drink option, is part



The Aqua Tropic waterpark is located in the Granada town of Almuñécar. :: **IDEAL**

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of the summer routine for many people from Malaga. Its approximately 70,000 square metres contain attractions such as the 'boomerang', the 'crazy cones' and the 'anaconda'.

Prices and offers

Tickets to enter the waterparks in Malaga normally cost about 20 euros for adults and 15 for children, although they all have season tickets and offers for groups and families. Most also give discounts for those who book online.

At AquaMijas the ambience is also family-friendly, as the manager, María del Mar Asesio, explains: "Several generations come together, and the 'slow river' with baths and floats, is the most popular attraction. It's lovely to see whole families having fun together," she says.

In recent years these complexes have added new facilities to maintain the flow of visitors and combat the increased attractions on beaches and at hotels on the Costa del Sol. One of them is Aquavelis in Torre del Mar, which this season incorporated a room with virtual reality games. This means the water challenges are now accompanied by hordes of 'zombies' to fight, simulators to drive, castles to defend and space drones to combat, in the



Visitors can rent inflatables to use on the slides. :: SALVADOR SALAS

form of these games. "You have to reinvent yourself. Two years ago we expanded the children's areas with new slides for under-10s," says the commercial director of Aquavelis, Rafael Gálvez.

Those who use this waterpark in the Axarquía, around 70,000 every summer,

like the way the attractions and communal areas are laid out, as they are designed to make it easy to keep an eye on children. "It's not as busy as other parks and people like to have more space and not to have to queue for long," he explains.

Costa Tropical

Further east, in the province of Granada, is Aqua Tropic in the town of Almuñécar. This year celebrating its 30th anniversary, Aqua Tropic has activities for both the most daring and laid-back, with a wide range of rides and attractions including a jacuzzi for adults and a small paddling pool for the under 3s (who go free).

The team of lifeguards, as well as looking out for visitors' safety, are always on hand to help family's plan their day out according to their needs.



Summer thrills for all ages at Aqualand. :: SALVADOR SALAS

WATERPARKS

- ▶ **Aqualand:** Torremolinos (Malaga).
- ▶ **AquaMijas:** Fuengirola (Malaga).
- ▶ **Aquavelis:** Torre del Mar (Malaga).
- ▶ **Aqua Tropic:** Almuñécar (Granada).

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In the shade of the steeples

Inland towns like Antequera might be hotter than the coast in summer but life goes on, just at a slower pace

For anyone whose beach-frazzled brains need a jump start this summer, there's nothing better than heading inland for a fascinating history lesson **RACHEL HAYNES**

If you were handed a map of Antequera with all the historical sites drawn cartoon style you might think you were entering a theme park. Go back into the Bronze Age at the Viera, Menga and El Romeral dolmens, visit Roman times with a villa, baths and the famous bronze efebo statue, travel back to Moorish Andalucía at the Alcazaba... and so on through religious and civil architecture from the 15th century onwards. Throw in a rock shaped

like a sleeping Red Indian and a tragic legend of impossible love - the Peña de los Enamorados - and, for those with time, a tour of a magical park with ancient rock formations in shapes that only nature could come up with - El Torcal - and you would have busy ticket booths all year round.

But this is no theme park; Antequera is a bustling town where modern life goes on in and around its inseparable historical heritage, for better, for worse. The ring road suddenly, and annoyingly, narrows to a single lane and takes some awkward bends to avoid a Roman villa discovered during construction. Local people are used to passing historical buildings on their daily journey to work, school or the shops and negotiating narrow pavements interrupted by centuries-old church steps. They say there are more churches and convents in this town per head of population than anywhere else in Spain. I haven't done the maths, but the view from the Alcazaba with the numerous towers protruding from the sea of rooftops indicates they are probably right.

Antequera in the middle of summer might seem like a ghost town during the hot afternoon, when those who haven't been able to escape down to the coast are either inside with the air conditioning or at the local pool. However, earlier in the day or during the cooler evenings, life goes on and the town's history book is open to be read.

The dolmens are of course a must-see, especially since their declaration as a Unesco World Heritage Site in 2016. The municipal museum takes visitors on an organised tour of the town's history,



Tourists outside the Menga dolmen, now a World Heritage Site. :: SUR



Some of the towers. :: SUR



Inside one of the dolmens. :: **TURISMO**



A view of the town of Antequera. :: **TURISMO**

however a stroll around the streets of the old town offers a colourful view of the distinguished past of Antequera.

Churches, convents and palatial homes line the streets, as the sun's rays struggle to find their way through the jumble of steeples and belltowers. Step inside the churches to discover impressive altarpieces, such as the Baroque masterpiece in the Iglesia del Carmen. The 16th-century Santa María del Mayor collegiate church, considered the first Renaissance-style church to be built in

Andalucía, provides another refreshing escape from the heat.

Blues festival and fair

The beautiful façade of the Santa María church becomes the backdrop at the end of July for the Antequera Blues Festival. While concerts take place at different venues throughout the season, the festival culminates in two nights of music (27 and 28 July) under the stars in the square in front of the church.

Before then, the Santa María church,

along with other iconic buildings in the town, will be seen in a different light for the Antequera Light Fest. This year the event, a spectacle of light and sound, commemorates the second anniversary of the declaration of the dolmens as a Unesco World Heritage Site.

Summer events continue with the traditional fair from 19 to 24 August, when the streets and the fairground will fill with music and dancing and, of course, the traditional flamenco dresses and decorated horses.

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The 2017 Three Cultures Festival.

:: SUR

Celebrating then and now

Discover the relevance of the three cultures festival of Frigiliana

This year the village will be celebrating the 13th Festival de las Tres Culturas, but why are Judaism and Islam important there?

JENNIE RHODES

The village of Frigiliana will be celebrating the 13th Festival de las Tres Culturas from 23 to 26 August this year. The festival attracts upwards of 35,000 visitors each year who go to see the live music, medieval market and spectacular fireworks display as well as to sample the delights of the tapas tour. Each year mu-

sicians are carefully selected to represent the three cultures celebrated over the weekend; Christian, Islam and Judaism and while this year's acts have not been announced yet, festival-goers have high expectations, especially after Manu Chao performed at the 10th anniversary in 2015.

Why Three Cultures?

Frigiliana is well known for being one of Andalucía's best-preserved Mudéjar villages. Its beautiful historic centre has been officially recognised as one of Spain's most beautiful villages since 1982 and has won various awards from tourism websites, such as Tripadvisor over the years.

Mudéjar architecture

The term Mudéjar derives from the post

Reconquista era, when Muslims who stayed in Andalucía but didn't convert to Christianity were known as Mudéjars or Moriscos. The style of architecture, which can still be seen in many towns in the area, especially in the form of church towers which were converted from mosques after the Reconquista, comes from this era. Frigiliana is one of a number of villages in the Axarquía to have preserved examples of the style.

While there is no architectural heritage or monument to Jews living in Frigiliana, their existence and indeed important contribution to Spanish society, particularly during the early Al-Andalus era, is well documented. Jews had a particularly strong presence in Córdoba and spread around Andalucía. They were often well respected philosophers, doctors and scientists.

Judaism in Spain

However, during the late 13th and early 14th Century, anti-Semitism spread across Spain and Jews were forced to wear a yellow badge. There were massacres in 1366 and 1391 and after the Reconquista, Catholic Queen and King,

Isabella and Ferdinand, ordered the expulsion of Jews from Malaga. This act was cemented in the Alhambra Decree of 1494 and only repealed under Franco's government in December 1968. In 2015 the Spanish government offered Spanish citizenship to Sephardic Jews whose ancestry is Spanish.

Now the symbol of Frigiliana which is incorporated into the Three Cultures festival publicity, is a merging of the Islamic crescent moon, the Jewish Star of David and the Christian cross. An iron sculpture made by local artists, Oliver Perry and Robert Harding, reminding visitors and residents alike of the importance of the three cultures in Spain's history can be found at the end of Calle Chorruelo.

The village's narrow, cobbled streets, which wind up steps and past endless reminders of Andalucía's Islamic era, are now home to craft and souvenir shops and a mixture of hip and traditional little cafés and restaurants catering for locals and visitors alike.

Sightseeing in Frigiliana

There are a number of sights in the village that are well worth visiting: the Arab castle, the old fountain, the Azucarera - the only working sugar cane factory in Spain -, and the Casa del Aperio museum. Iglesia San Antón with its Mudéjar-style carvings and the Plaza de las 3 Culturas are further signs of the importance of Islam, Judaism and Christianity in this part of the world.

Easily accessible from the village is also the Higuerón river, which offers

cool walks and stunning scenery and is best enjoyed early in the morning or in the evening during the summer months.

As Frigiliana's streets are narrow and there are plenty of cafés and terrace bars to relax in, it is still a good alternative to busy beaches, even on the hottest of days.



The Islamic crescent moon, the Star of David and the Christian cross, fused in one sculpture. :: SUR

FURTHER INFORMATION

► **Frigiliana tourism.** www.turismofrigiliana.es/en

► **Three Cultures festival.** www.festivalfrigiliana3culturas.com

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What's on this summer in Malaga province

JULY

6

Weekend Beach Festival: On Poniente beach in Torre del Mar. David Guetta, Alborosie, Izal, Macaco, Mala Rodríguez, El Langui, La M.O.D.A., Antilopez, Arco, Adam Beyer, Vitalic. Tickets 70 euros; 85 euros with camping.

Avishai Cohen: Portón del Jazz. Alhaurín de la Torre. 10.30pm. 15 euros.

7

Weekend Beach Festival: On Poniente beach in Torre del Mar. Bunbury, Jimmy Cliff, Wyclef Jean, Asian Dub Foundation, Avalanch, Celtas Cortos, Dorian, Dubioza Kolektiv, Eskorzo, Neuman, SFDK, Ben Klock, Hot Since 82. Tickets 70 euros; 85 euros with camping.

La Noche Rosa: Festival Ciudad de Fuengirola. Sohail Castle. Seguridad Social, La Unión, Mikel Erentxun, Javier Urquijo, Javier Ojeda, Nacho Campillo, Marilia, Antonio Vega tribute act. 8pm. Between 27.50 and 40 euros.

Pastora Soler: Malaga Municipal Auditorium. 10pm. Between 27.50 and 66 euros.

8

Rubén Blades: Terral Festival. Teatro Cervantes (Malaga). With Roberto Delgado and his Salsa Big Band. 8.30pm. Between 22 and 75 euros.

11

Luis Miguel: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). 10.30pm. Between 136 and 868 euros.

13

Rosario y Rosana: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). 10.30pm. Between 29 and 217 euros.

Juan Magán: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). Sessions stage. 2am. Between 28 and 400 euros.

Ojeando Festival: Ojén (inland from Marbella). Carlos Sadness, Maga, Rufus T. Firefly, Perro, Second DJs, Ballena. Two-day ticket 25 euros. With camping, 40 euros.

Mercé Sinfónico: Marenostrum Castle Park, Fuengirola (outside Sohail Castle). 10pm. Between 27.50 and 71.50 euros.

Paquito D'Rivera: International Music and Dance Festival. Nerja Caves gardens. 10pm. Between 20 and 45 euros.

Mijas Blues Festival: Mijas Municipal Auditorium. Richard Ray Farrell, Ike

Cosse & Short Fuse Blues, Pedro Peinado Band. 9pm. Free entry.

Brad Mehldau: Portón del Jazz. Alhaurín de la Torre. 10.30pm. 20 euros.

14

Ojeando Festival: Ojén (inland from Marbella). Lori Meyers, Nancys Rubias, Nuntak, Niños Mutantes DJs, Dreyma. Two-day ticket 25 euros. With camping, 40 euros.

Mijas Blues Festival: Mijas Municipal Auditorium. Raimundo Amador, Little Boy Quique, The Lito Blues Band. 9pm. Free entry.

Francisco: Festival Ciudad de Fuengirola. Sohail Castle. 10pm. Between 22 and 38.50



Sting and Shaggy. :: EFE

Santana, Rubén Blades, Ricky Martin, Juanes, Maluma... Latino artists have a strong representation alongside other names from the international music scene like the Pet Shop Boys, Sting and Brad Mehldau

REGINA SOTORRÍO



Luz Casal. :: SUR

American jazz pianist, composer, and arranger, Brad Mehldau will perform at the Portón del Jazz on 13 July. Sting will dip into some reggae with a performance alongside Shaggy on 19 July in the Nagüeles Quarry in Marbella. A day earlier the Pet Shop Boys will be there, bringing back the golden era of electronic pop. On 21 July, Vetusta Morla will perform for the public outside Sohail Castle in Fuengirola. Ricky Martin will have everyone swa-

euros.

Pitingo: Benalmádena Municipal Auditorium. 10.30pm. Between 22 and 55 euros.

15

A Fuego Festival: Marenostrom Castle Park, Fuengirola (outside Sohail Castle). 7.30pm. Between 30.80 and 99 euros.

18

Pet Shop Boys: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). 10.30pm. Between 69 and 456 euros.

19

Sting & Shaggy: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). 10.30pm. Between 125 and 912 euros.

Javier Perianes: International Music and Dance Festival. Inside Nerja Cave. 10pm. 55 euros.

20

David Bisbal: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). 10.30pm. Between 71 and 434 euros.

Fuengirola Pop: Pog's Irish Pub, Fuengirola. Cooper, Briatore, Agentes Secretos, Súper Ratones. Dry Surfers. 25 euros single ticket, 40 euros for two days. Prices increase in July.

Ky-Mani Marley: Festival Ciudad de Fuengirola. Sohail Castle. With Malaka Youth and Mediterranean Roots. 8.30pm. 14 euros.

Rayden: Live the Roof. Málaga Centro Ho-



Weekend Beach Festival in Torre del Mar. :: SUR

tel terrace. 9.45pm. Sold out.

Antonio Serrano: Portón del Jazz. Alhaurín de la Torre. 10.30pm. 15 euros.

21

Vetusta Morla: Marenostrom Castle Park, Fuengirola (outside Sohail Castle). 10.30pm. Between 27.50 and 35.20 euros.

José Manuel Soto: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). Sessions stage. 10.30pm. Between 28 and 400 euros.

Fuengirola Pop: Pog's Irish Pub, Fuengi-

rola. La Granja, Kurt Baker, Feedbacks.

K7s, Las Srtas. Estrechas, The Loud Residents. 25 euros for single ticket, 40 euros for two days. Prices increase in July.

Pasión Vega: Benalmádena Municipal Auditorium. 10pm. Between 27.50 and 66 euros.

Garrapatea Estepona: Estepona bull ring. With Los Aslánticos, La Dstylleria, Maleantes, Radio Ciao, Jungla Band, Toma-sito. From 17.50 euros.

22

Jamiroquai: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). 10.30pm. Between 102 and 578 euros.

24

Maita Vende Cá: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). Sessions stage. 10.30pm. Between 10 and 1,500 euros (table for ten).

25

Maná: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). 10.30pm. Between 108 and 625 euros.

26

Luis Fonsi: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). 10.30pm. Between 35 and 301 euros.

27

Miguel Poveda: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). 10.30pm.

ying their hips a month later (16 August). Whatever date you pick this summer, there will be a concert.

Music appears to be in Malaga all summer. Latin rhythms prevail, including the 'bachata' of Romeo Santos (21 July, Starlite), the reggaeton of Maluma (7 September, Malaga Auditorium) and the 'Despacito' of Luis Fonsi (26 July, Starlite). Rubén Blades will bring salsa to the Terral Festival (8 July) and Cuban saxophonist, Paquito D'Rivera

will celebrate his 70th birthday in the Nerja Cave gardens (13 July). Mexican guitarist Carlos Santana will be playing Latin rock at Sohail Castle on 9 August. Juanes, Alejandro Fernández, Luis Miguel, Jorge Drexler, Maná and many other artists will also perform in the province. Marbella and Fuengirola will have the biggest concentration of international musicians again this year.

And these festivals are here to stay.

Lori Meyers will be headlining at the indie festival Ojeando in Ojén. Fuengirola Pop has again returned to the agenda. Los Álamos Beach Fest has moved to Estepona. Weekend Beach Fest has already started in Torre del Mar for the fifth consecutive year and the Chanquete World Music festival in Nerja will celebrate its third edition.

New this year, the Oh See! Festival brings indie music back to the city of Malaga.

Between 29 and 179 euros.

Alejandro Fernández: Marenostrom Castle Park, Fuengirola (outside Sohail Castle). 10pm. Between 55 and 165 euros.

Antequera Blues Festival: Plaza de Santa María. Line-up to be confirmed. Free entry.

Cyrille Aimée: Portón del Jazz. Alhaurín de la Torre. 10.30pm. 20 euros.

28

Il Divo: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). 10.30pm. Between 120 and 625 euros.

Raphael: Malaga Municipal Auditorium. 10pm. Between 33 and 66 euros.

Miguel Campello: Benalmádena Auditorium. 10.30pm. 25.30 euros.

Mad Urban Fest: El Pozuelo football stadium (Torremolinos). With Ozuna, Sergio Contreras, Haze, Clase-A, Dominik DJ, OFI La Melodia, Ricky Guay. Between 38.50 and 110 euros.

Antequera Blues Festival: Plaza de Santa María. Line-up to be confirmed. Free entry.

31

Romeo Santos: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). 10.30pm. Between 98 and 525 euros.

Soja: Sala París 15, Calle La Orotova (Malaga). 8.30pm. 25 euros.

AUGUST

1

Pablo Alborán: Starlite Festival. Nagüeles Quarry Auditorium (Marbella).

10.30pm. Between 79 and 588 euros.

Los Álamos Beach Fest: Estepona fairground. Firebeatz, Maurice West, Abel The Kid, Javi Reina. General entry 61 euros. With camping, 76 euros. Day ticket, 21 euros.

2

Steven Tyler: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). 10.30pm. Between 69 and 456 euros.

Los Álamos Beach Fest: Estepona fairground. Steve Angello, Oro Viejo, Arkano, Danny Ávila, Dellafuente, Yves V. General entry 61 euros. With camping, 76 euros. Day ticket, 33 euros.

Canela Party: Sala París 15, Calle La Oro-

tova (Malaga). Launch party. Ticket for Thursday and Saturday (Friday is free), 35 euros.

3

James Blunt: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). 10.30pm. Between 42 and 301 euros.

Los Álamos Beach Fest: Estepona fairground. Armin Van Buuren, Bad Bunny, Beret, Camelphat, Seguridad Social, Brian Cross, Chelina Manuhutu, Dennis Cruz, Dj Nano, Juanjo Vergara, Luis Roca, Monchi Dj & Carlos Slork. General entry 61 euros. With camping, 76 euros. Day ticket, 35 euros.

Luz Casal: Marenostrom Castle Park, Fuengirola (outside Sohail Castle). 10pm. Between 33 and 71.50 euros.

Canela Party: Sala París 15, Calle La Orotova (Malaga). Costume party for children and pets. Free entry.

La Habitación Roja: Málaga Centro hotel roof terrace. Live the Roof. Sold out.

4

Pablo López: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). 10.30pm. Sold out.

Los Álamos Beach Fest: Estepona fairground. Marco Carola, W&W, Héctor Couto, JP Candela, Marco Faraone, Sunnery James & Ryan Marciano, Isabela Clerc. General entry, 61 euros. With camping, 76 euros. Day tickets, 36.30 euros.

El Barrio: Marenostrom Castle Park, Fuengirola (outside Sohail Castle). 10.30pm. Between 29.50 and 82.50 euros.

Canela Party: Sala París 15, Calle La Orotova (Malaga). Gran Pitote. With Fucked



Jay Kay, lead singer of Jamiroquai. :: AP



The Starlite Festival takes place at the Nagüeles quarry in Marbella. :: JOSELE-LANZA

Up, Los Punsetes, Cala Vento, La Plata, Diola and Tigres Leones. Ticket for Thursday and Saturday, 35 euros. Saturday ticket, 30 euros.

6

Hardwell: Starlite Festival. Sessions stage, Nagüeles Quarry (Marbella). 2am. Tickets from 28 euros.

7

Rocío Molina with Sílvia Pérez Cruz: Terral Festival, Teatro Cervantes (Malaga). 8.30pm. Between 15 and 45 euros.

Cantajuego: Starlite Festival. Sessions stage, Nagüeles Quarry Auditorium (Marbella). 8.30pm. Between 22 and 70 euros.

8

Joan Manuel Serrat: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). 8.30pm. Between 48 and 416 euros.

9

Santana: Marenstrum Castle Park, Fuen-



Pablo Alborán. :: EFE

girola (outside Sohail Castle). 11pm. Between 62.05 and 134.20 euros.

Noche Movida: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). With Cómplices, Coti, Javier Gurruchaga, Manuel España (La Guardia), Nacho Campillo (Tam Tam Go), Nacho García Vega (Nachapop), Pablo Carbonell, Ricardo Marín and Rubi (Los Casinos). 10.30pm. Between 32 and 243 euros.

10

Juanes: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). 10.30pm. Between 30 and 191 euros.

11

Paco Candela: Festival Ciudad de Fuengirola. Sohail Castle. 10pm. Between 16.50 and 35.20 euros.

12

J. Balvín: El Pozuelo football stadium (Torremolinos). From 8pm. Between 30 and 65 euros.

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Ara Malikian. :: EFE

14

Juan Magán: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). Sessions stage. 2am. Between 28 and 650 euros.

Texas: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). 10.30pm. Between 32 and 239 euros.

Palmito Rock Festival: Villanueva de la Concepción (towards Antequera). Mitad Doble, alongside other groups.

15

Taburete: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). 10.30pm. Between 42 and 260 euros.

16

Ricky Martin: Marenstrum Castle Park, Fuengirola (outside Sohail Castle). Between 35 and 125 euros.

UB40: Estepona bull ring. 9.30pm. From 42 euros.

Sebastián Yatra: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). Sessions stage. 10.30pm. Between 28 and 1,500 euros (table for ten).

17

Tribute to women: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). With Aitana, Ana Guerra, La Mari de Chambao, Lorena Gómez, Marilia, Rosa López, Sole Giménez and Vicky Larraz. 10.30pm. Between 22 and 70 euros.

Kiko Veneno/No Me Pises Que Llevo Chanclas: Estepona bull ring. 8pm. From 27.50 euros.



Ricky Martin. :: I. M.

19

Kool & The Gang: Puente Romano Tennis Club (Marbella). 9pm. From 50 euros.

21

Estopa: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). 10.30pm. Between 52 and 251 euros.

22

C. Tangana: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). Sessions stage. 10.30pm. Between 28 and 500 euros (table for six).

23

Miguel Ríos: Starlite Festival. Nagüeles

Quarry Auditorium (Marbella). 10.30pm. Between 38 and 301 euros.

24

Rosalía y Rozalén: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). 10.30pm. Between 29 and 217 euros.

25

Melendi: Starlite Festival. Nagüeles Quarry Auditorium (Marbella). 10.30pm. Between 35 and 200 euros.

Indio Rock Festival: Villanueva del Trabuco (towards Antequera). Las Odio, Polock, The Unfinished Sympathy, Pasajero and DJ Cycle. Free entry.

SEPTEMBER

7

Maluma: Malaga Municipal Auditorium. 10pm. Between 49.50 and 82.50 euros.

14

Full: Malaga Centro Hotel terrace. Live the Roof. 9.45pm. Sold out.

15

Chanquete World Music: Playazo beach, Nerja. Kase.O, SFDK, Juanito Makandé, El Canijo de Jerez, Bebe, Morodo, Green Valley, Mojinos Escozios, Termenda Jauria, La Pompa Jonda. From 4pm. 24 euros for advance tickets. 40 euros with camping.

Oh See! Festival: Malaga Municipal Auditorium. Los Planetas, Iván Ferreiro, Sidonie, Coque Malla, La Casa Azul, Elyella, Carlos Sadness, Amatria, Nixon. From 1pm. General entry, 30 euros. Children between 12 and 16 years old, 15 euros.

22

Manolo García: Malaga Municipal Auditorium. 9.30pm. 39.60 euros.

23

Ara Malikian: Malaga Municipal Auditorium. 10pm. Between 30 and 50 euros.

28

Loquillo: Malaga Municipal Auditorium. 10pm. Between 30 and 35 euros.

29

Serrat: Malaga Municipal Auditorium. 10pm. Between 40 and 70 euros.

Rocking the Rock again this September



Festival-goers having a ball at the Victoria Stadium in 2017. :: SUR

MTV Presents Gibraltar Calling returns with the hottest music festival around

A chance to see rock stars whose music never ages, contemporary artists who have quickly shot to fame and brand new talent

SUR

It used to be called the Gibraltar Music Festival, until in 2017 it became 'MTV Presents Gibraltar Calling', but whatever name you give it, in just seven years it has grown to become the greatest annual attraction for one of Europe's trendiest destinations, with people travelling from miles around to be there. The dates for the diary this year are Friday 21 and Saturday 22 September.

Famous names

This year's line-up at the Victoria Stadium is the most exciting yet. Not-so-young rockers will be thrilled to have another chance to watch Boomtown Rats, Texas, America, Sister Sledge and Suzi Quatro in action, for example, while fans of more contemporary music are already excited at the thought of seeing Stormzy, Two Door Cinema Club, Rag 'N' Bone Man, Rita Ora, Gir-

li, Chase & Status, Albert Hammond Jr. and many more. Nor is the lineup complete yet: the organisers are regularly announcing the presence of other artists, as they confirm.

One of the attractions of MTV Presents Gibraltar Calling is the inclusion of local bands alongside famous names, and the wide range of music, dance and DJs. This is a real family festival with a fantastic atmosphere, well-organised, secure and tremendous fun. It is a truly unique experience to see and join in with: grandparents, parents, teenagers and children all dancing along together to music by great artists with the iconic Rock of Gibraltar as a backdrop.

Tickets are on sale now and it is advisable to buy soon because they are going very fast. They are available from the website www.gibraltarcalling.com and different options are available: individual tickets for Friday 21 or Saturday 22 September or a combined ticket for the two days, or VIP packages for each day. Entrance is free for children under the age of 12, but they must have a special ticket which is acquired in advance.

Gibraltar will be rocking for two days this September. Why not come along and rock with it?

THREE OF THE TOP NAMES

► **Rita Ora.** This British pop singer's debut studio album shot straight to the top of the UK charts in 2012 and she had three consecutive No. 1 singles the same year. Two singles from her second studio album also reached the top ten last year.



► **Boomtown Rats.** Bob Geldof and the other members of this iconic Irish rock band, which reformed in 2013, are as busy as ever and have as much energy and charisma as the original group an unbelievable 43 years ago.



► **Suzi Quatro.** The powerful voice of this American rock singer, the first female bass player to become a major star, is unmistakable. She has sold over 50 million albums.



**Take
note**

Take to the beach. While the trip to Baelo Claudia is an experience in itself, take time to explore the Cadiz coastline past Gibraltar and the Strait. The white Atlantic beaches within the municipality of Tarifa are so impressive, so be sure to pack your beach clothes and plan for a long walk and swim in the Atlantic.

DUNJA SCHMUTZ



The Roman settlement of Baelo Claudia sits on the Atlantic Coast. **sur**

On the trail of the Romans

Baelo Claudia next to Bolonia beach in Tarifa is one of the best-preserved ancient Roman towns in Europe

The place prospered very quickly due to its location on the Atlantic coastline and its proximity to Africa

DUNJA SCHMUTZ

The most diverse civilisations have colonised the beautiful coastline of southern Spain, among them the Romans. They developed numerous sites of cultural wealth, military strength and economic prosperity. Lovingly restored Baelo Claudia is one of the best-preserved of these settlements and is among the most complete Roman towns throughout the Iberian peninsula.

The site was founded in the 1st century BC and flourished until the sec-

ond century AD. It is located 22 kilometres northwest of Tarifa in the western part of the Bay of Bolonia. The Roman Emperor Claudius (41-54 AD), gave Baelo Claudia the status of municipium, as a Roman town. Its wealth was based around fisheries, production of salt fish and a fish sauce named “garum”.

The harbour town served as an important link between the African continent and Europe, being the main port of the region.

Decline

In the 2nd century AD, it was largely destroyed by a seaquake and then experienced a slow decline which lasted for several centuries. Attacks from Mauritanian pirates and Germanic tribes contributed significantly to the fact that the town was abandoned by the 7th century.

Visitors to the beautifully situated ruins in the Strait (Estrecho) Natural Park, will discover a surprisingly well-preserved Roman town and can follow the footsteps of the Romans as they walk through its streets. The monuments such as the basilica, the theatre, the market and the Isis Temple; urban elements such as the thermal baths; the production facilities for salt fish and garum; and the complete town wall with its main gates and aqueducts; tell the story of the long-lost culture. The visitor centre, opened in 2004, exhibits the most impressive and valuable pieces.

A stroll through the site

The tour begins in the visitor centre. A small replica of the town gives the visitor a first overview of the site. The general information includes subjects such as historical relationships, administration and traffic connections. The exhibition rooms themselves contain finds from the tombs and various memorial stones dedicated to the goddess Isis. The heart of the exhibition is made of artistic and urban elements such as various statues and above all the pillar of the basilica.

Amphorae and fishing, garum or saltfish production equipment testify to the town's economic activity.



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Many parts of the ancient town are very well-preserved. :: SUR

There is a spa area featuring a marble Doryphoros statue that was found during excavations in 2012. The model for this statue was a bronze work of the sculptor Polyklet from the 5th century BC, which was copied many times in the following centuries.

The Doryphoros in Baelo Claudia is the only statue of its kind preserved outside Italy. The find was a sensation, as it is yet another testimony to the great historical importance of the settlement and also a cultural and artistic stronghold far beyond fishing and salt-water production.

Outside the walls

From the visitor centre, you can either begin a tour through the Roman site or walk outside the town walls which provide a view of the Punta Paloma bridge, from where the town was supplied with drinking water. The town wall is well preserved, as are numerous towers and all four town gates.

The complex of salt basins where the garum fish sauce was produced, is the largest of its kind throughout the Iberian Peninsula and the individual vats are very well-preserved.

Within the town walls, the walk leads past the market and various squares. Monumental buildings and colonnades surround the central square, called the forum: the administrative building and the basilica are impressive.

To the north, the square is lined by

assembly venues, the municipal archives and the voting room. Various shops, the so-called taberna, limit the square to the east.

The thermal baths are again outside the town walls. This also very well-preserved complex and is one of the largest and best-preserved in Europe.

The Roman theatre, which the tour also passes, uses the slope of the terrain to give way to numerous spectator stands.

Back within the town walls, the temple complex, the Capitoline Triad, completes the visit. Three temples are dedicated to Jupiter, Juno and Minerva, while another one is dedicated to the original Egyptian goddess Isis, who was also worshiped in Roman culture. The tour ends at a vantage point, which offers an excellent view of the complex.

The Atlantic Coast

The beautiful location of the Roman complex in the Bay of Bolonia on the Atlantic Ocean invites visitors to extend their tour to the beach. With white sand stretching as far as the eye can see, the wide and softly curved bay ends in a giant dune and is ideal for sunbathing or a long walk.

When the wind blows, this beach, which falls within the municipality of Tarifa, is one of the most popular spots for kite surfers from around the world. For naturists there is also a nudist beach in the bay.

GARUM

Garum was a very important ingredient in Roman cuisine for many centuries. It was made from fish, such as tuna and anchovies (while other regions made it out of eel and mackerel), including their intestines, mixed with brine and fermented in open vats under the sun for several months. When the process was complete, the mixture was squeezed and filtered; the clear liquid then served as a seasoning sauce. Similar fermentation tanks have been found in many Roman settlements in Italy and Spain, but usually in the outskirts since the smell was unbearable. In some cities, the production and trade of Garum helped create great wealth.

BAELO CLAUDIA

► To get there:

Starting from Tarifa, take the N-340 in direction of Cadiz. After 22 kms, exit the coastal road following the sign to Bolonia. The address is Ensenada de Bolonia, Tarifa.

► Visiting hours:

From 1 July: Tuesday to Saturday, 9am to 3pm and 6pm to 9pm; Sundays and holidays, 9am to 3pm.

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A revolution on the beaches of Malaga

The construction of the 'Balneario' marked a turning point in etiquette and forms of outdoor entertainment

Until the Balneario spa centre, imitating the ones in Santander and San Sebastián, opened at the Baños del Carmen in 1918, men and women could only bathe separately, in totally enclosed indoor pools of warm water

ANA PÉREZ-BRYAN

Nowadays, watching a beautiful sunset at the Balneario after a leisurely dinner with friends, it seems a very long time ago that single women were not allowed to mix with men when going swimming, or when outdoor activities on the beach were almost unknown for people in Malaga; but in fact it isn't. We only need to look back one hundred years, to 1918 and the inauguration of the Balneario, the spa centre at the Baños del Carmen, an event that will be engraved forever in the collective memory as the start of a revolution on the city's beaches.

Until then, Malaga had only had a handful of 'public baths' where men and women could switch off from their daily routine. They were the Apolo, Diana and Estrella baths, which strictly upheld the long-established custom of separating sexes and bathing conditions: men and women were separated by enormous screens and cordons to avoid "lascivious gazing", and of course the

pools of warm or hot water never saw the light of the sun. Everything was indoors.

Until, that is, a revolutionary concept imported from the beaches of San Sebastián arrived at the Baños del Carmen with the construction of its Balneario. It became truly representative of the 'happy 20s', a period during which people in Malaga had fun, especially those of the wealthier classes.

Something different

The advertising of the time made it clear that this place had something different to offer, as historian Mari Pepa Lara recalls in her book *La Cultura del Agua: los Baños Públicos en Málaga* (published by Sarriá) and in her own memories of the city.

One of those advertisements read: "Parque Balneario Nuestra Señora del Carmen SA. Open all year. Concerts. Variety Shows. Dance Floors. Competitions. Regattas, Parties, Tennis court. Grand Restaurant."

All those attractions were available in 1922, when the facilities began to open all year round, but the Balneario was already well-known in the city, and had been since its inauguration on 16 July 1918.

At first, the beach was divided in two, says Lara. "There was one part exclusively for ladies and another for families,

where the women could only go if they were accompanied by their husbands."

That was a turning point for the morals of the era, because al-

though the sexes were still segregated, the 'family' character of one of the areas came as something of a relief.

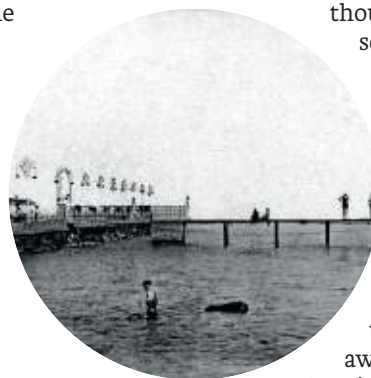
Nevertheless, a bar-restaurant about 300 m2 in size was built between the two areas and on each side of the beach they placed awnings, sunshades, bathing huts and chairs.

In 1919 the engineer Carlos Loring drew up the first plans for a permanent restaurant (the present one, which is on two floors, was designed by architect Daniel Rubio and opened in 1933), and then the showers (especially those for women) were expanded.

Other features were also introduced, making this a unique venue in the city: a pier, a screen for silent films which could be watched from the sea, an entrance to the Balneario (the one we know today), a dance floor, a tennis court and even an aquarium, inaugurated in 1929.

A final anecdote to show how exceptional this place was: in one of the corners there was a fountain from which, instead of water, sherry flowed.

This section of Los Baños del Carmen became so popular that in 1922 a football pitch was also built next to the com-





The Balneario was a popular entertainment venue. :: SUR

wear short trunks.

Instead, ladies were told that when swimming off beaches and at spas they had to wear swimsuits which covered their chest and also had a skirt, and men could only wear the type of shorts which were normally worn for sports.

Two years later, cardinal Herrera Oria referred to the BOE instruction in his pastoral letter to worshippers, as he insisted on the need to uphold morality.

The golden years of the Baños del Carmen resulted in numerous happy memories, of endless parties and activities of all types which made it such an essential part of the social life of Malaga.

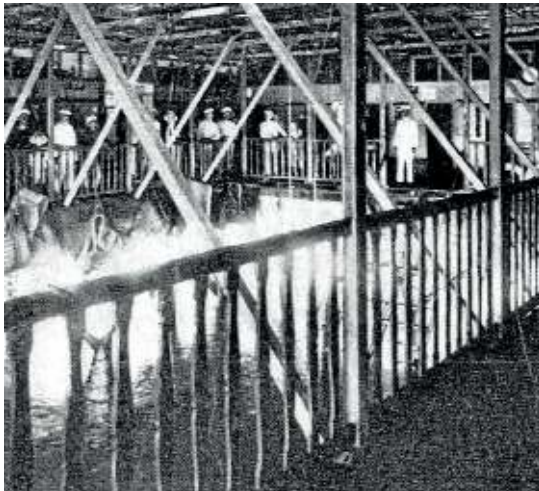
There is a Facebook group

called 'Historia de Malaga' where local history enthusiasts can share memories and information, such as the 'buñoladas', charity festivals for soldiers injured in the African War and other social projects, tennis competitions - Queen Victoria Eugenia sometimes attended those with her children -, 'stag parties' with Neptune emerging from the waters to choose some of the bachelors, meetings of the French community in Malaga to celebrate Bastille Day, regattas and even some political events.

The story of the Balneario ran parallel to the social life of the city until the 1970s, but then fewer events took place and were mainly only to celebrate important dates in the calendar.

The restaurant and private beach continued until the 1980s, when the former General Ports and Coast Department, which was part of the Spanish government and owned the concession for the space, decided that access to the beach had to be free of charge, a decision which caused considerable controversy and even ended up in the courts.

Today, the Balneario still stands and is a wonderful place to watch the sun set, but it is caught up in an administrative tangle marked by the end of the concession and disagreements between the government, the Junta de Andalucía and the new private members. But that's another story.



Bathing pools in the early days. :: SUR



Outside the Apolo baths. :: SUR



Swimming huts were installed on the beaches. :: SUR

plex, and Malaga CF and CD Malacitano used to play there until La Rosaleda stadium opened in 1941.

From 1950 onwards, the football pitch and tennis courts were converted into an equestrian arena and even hosted a national championship.

Nobody can talk about the Balneario without mentioning its eucalyptus wood, where in 1958 a campsite designed by architect Andrés Escassi was constructed: it had 300 spaces, covered over 13,000 square metres and was classified as 'Second Category'.

"All of that was absolutely marvellous," says Mari Pepa Lara, who still remembers her visits to the beach at Los Baños del Carmen, "in the ladies' area, of course".

Morality and decorous behaviour from men and women on the beach was not just an option, either: it was an obligation.

In the Official State Bulletin of 15 July 1957, civil governors of the time were ordered to prohibit the use of "indecorous" swimwear: in other words, women were not allowed to wear two-piece swimsuits (bikinis) and men were not allowed to

Bringing in the catch, from sea to plate

The fishing industry on the Costa dates back to Phoenician times and remains an important source of income today

Sardines, langoustine and mackerel are all common sights in restaurants along the Costa del Sol all year round and most of these species are caught locally

JENNIE RHODES / AGUSTÍN PELÁEZ

Summer on the Costa del Sol would not be the same without those long lunches of fresh fish by the sea. If that fish is caught locally then all the better.

Malaga province is home to five fishing ports; Estepona, Marbella, Fuengirola, Malaga city and Caleta de Vélez. On July 16 every year, each one celebrates La Virgen del Carmen with a procession of an image of Our Lady as well as festivities and fireworks. In

Caleta de Vélez tradition has it that the fishermen and their families prepare a giant seafood paella to share with locals on the evening of 16 July. The image of Our Lady is taken out to sea on a boat and sailed, in a moving tribute, along the nearby coast and brought back to the port.

Similar events take place in other ports and some towns have smaller processions in different neighbourhoods. Processions are normally joined by municipal bands, local politicians, the fishermen and their families. It is a popular festival for other local residents and visitors alike.

The Costa del Sol is synonymous with 'pescaíto frito' (fried fish) and no summer scene is complete along the coast

Locally caught fish waiting to be sold at auction at Caleta fishing harbour. :: J. RHODES



without the dug-out boats at chiringuitos (beach bars) cooking 'espetos' (skewers of sardines or other locally caught fish) on open fires.

Locals and tourists pack out fish restaurants on any day of the week throughout the long summer months to tuck into what seems like an endless supply of hundreds of varieties of fish and seafood. Espetos may only be eaten when there is no 'R' in the month, according to a Spanish saying, while photos of mouthwatering seafood paellas, topped off with langoustine, are uploaded to social media sites by foodies coming here in search of the typical Spanish dish.

Locally caught fish

Like many of the fruit and vegetables consumed in Malaga, most of the fish on offer is locally sourced too. Without having to make any real conscientious decision, here on the Costa del Sol, people barely need to worry about 'food miles' while enjoying a Mediterranean diet.

Fishing has been an important industry in the province throughout the centuries, with evidence dating back to Phoenician times, through to the Romans, the Islamic period and it remains a major part of Malaga's economy today.

Caleta de Vélez is the biggest fishing harbour in the province, boasting around 90 fishing boats, while Estepona, with approximately 70 boats is the second biggest. Fuengirola's float consists of about 55 boats and Marbella's, 30.

Among the most common species of fish to be caught by local fishermen are anchovies (boquerones), sardines, mackerel, red mullet, octopus and shellfish. In total around 150 species of fish are caught off the coast of Malaga via three different types of fishing; the 'cerco' - meaning shallow water fish; 'arrastre' - meaning trawler fishing; and 'marisqueros' - meaning shellfish.

Fish auctions

In 2017 just over 7,000 tonnes of fish were caught in the province. This broke down as three million kilos of sardines, almost 800,000 kilos of white bait, 629,898 kilos of mackerel,



Fishing boats come in with the catch of the day, Caleta harbour. :: J. RHODES



View of Estepona port, home to one of the Costa's fishing fleets. :: SUR

563,653 kilos of octopus and 106,454 kilos of red mullet.

At the end of the catch, which can be either first thing in the morning or late afternoon, the fishing vessels can be seen returning to harbours. Their crates, with the fish already classified, are offloaded and sent directly to the adjoining 'lonja', or fish market, for auction. The fish is weighed and given a price. Then local restaurants, super-

markets and those who sell and or export fish bid for it in a 'subasta' or auction. Generally these are only open to the buyers and not the public.

It is all too easy to forget the work and dedication that has gone into the sardines or seafood paella on our plate, but part of Malaga province's economy relies on this centuries-old tradition.

So long live the espeto, the pescaíto frito and the Virgen del Carmen!

Summer is 'espeto' time - and not just sardines

A traditional favourite lunch is taking on a new look nowadays



Bream and squid, cooking in La Carihuela :: J. A.

Gilthead bream, red mullet, cod loin... these are some of the other types of fish cooked over an open fire and served in restaurants on the Malaga coast this summer

JAVIER ALMELLONES

An 'espeto de sardinas' is a firm favourite in Malaga province in the summer. It is quite rare to find beach restaurants anywhere between Manilva and Nerja which do not offer sardines cooked in the traditional way, on canes over an open fire. However, many people may not realise that other fish can also be prepared like this, such as turbot, rockfish and sea bass. Some restaurateurs even use seafood like octopus, squid or shellfish. These are the other 'espetos' to look out for this summer along the Malaga coastline.

1. Cod loin (Vicen Playa)

One of the most unusual dishes to be served on the coast is to be found at the Vicen Playa beach restaurant, at Sacaba, on the west side of Malaga city. Cod loin is a high quality product which comes from Iceland and is frozen while the ships are still at sea. Here, it is served with potatoes and spicy pilpil sauce. Not only is it becoming increasingly popular, but other restaurants in the area are now starting to copy the idea.

2. Gilthead bream (Pepe y Mary)

In La Carihuela, Torremolinos, several



A selection of fish cooking over the fire at a beach restaurant on the Costa del Sol. :: J. A.



Turbot in La Cala de Mijas. :: J. A.



Sea bass cooking over a fire of olive wood, Calahonda. :: J. A.

restaurants sell 'dorada' cooked on a cane over an open fire, and at the one called Pepe y Mary the cooks can claim to be real experts. For just 16 euros, you can enjoy the special flavour which comes from this ancient method of cooking fish. This beach restaurant buys its 'dorada' from fish farms. Before skewering the bream onto the canes through the mouth, they remove the entrails, make cuts in the sides and sprinkle them with coarse salt. Then, the fish is cooked on both sides for about 20 minutes until tender.

3. Red mullet (El Espeto)

The chefs at El Espeto beach restaurant in Torremolinos are able to cook practically anything by this method, but this summer people are going crazy for the red mullet, 'salmonetes espetados'. Although it doesn't appear on the menu, a portion of six or seven will cost between ten and 12 euros.

4. Sea bass (La Luna Beach Calahonda)

On Mijas Costa it is quite common to find other fishes cooked by this method, as well as the sardines. One of

these temples of fine taste is 'La Luna Beach', where the chef prepares sea bass, among others. They use olive wood for the fire, to give a special touch. For just over 40 euros a kilo, you can sample this delicious speciality, which is served without bones.

5. Blackspot sea bream (La Marina Playa)

The 'voraz', as it is called in Spanish, is another fish which is perfect for cooking on canes over an open fire. At La Marina Playa beach restaurant, in Rincón de la Victoria, they use ones caught off Conil de la Frontera. The 'espetero' uses a great deal of skill to cook the fish for the exact amount of time so it is very tender.

6. Squid (Paradise Fraguas)

In Algarrobo Costa they're pretty good at cooking squid on canes over an open fire, especially the Paradise Fraguas beach restaurant, which puts 'calamar' on the menu in the summer season.

7. Turbot (El Juncal)

This Mijas beach restaurant serves a wide variety of fishes cooked 'espeto'

style, and after sardines the most popular seems to be turbot. The smoke from the fire gives the fish a unique flavour, say the owners of El Juncal. The price varies, because they use wild turbot.

8. Jurel (El Saladero)

A fish which is commonly eaten in Malaga, such as the 'jurel' type of mackerel, is especially delicious when cooked and served in the 'espeto' fashion, say local restaurants, especially El Saladero in La Caleta de Vélez. There, they use the same technique as for sardines, and spear between six and eight of the fish on each cane.

9. Prawns (El Espigón de la Cala)

The 'gambones' are always well-prepared in beach restaurants like El Espigón de la Cala and are particularly popular at weekends.

10. Caballa (Los Manueles).

Many people are great fans of this type of mackerel cooked on canes over the fire and this small fish can be enjoyed at several emblematic places, such as Los Manueles beach restaurant, en Torremolinos.



Watermelon, the super fruit of the Spanish summer

Watermelon is one of the most refreshing summer fruits and it also contains very few calories. Here are some ideas about how you can make the most of the fruit that dominates the local markets this season

Advantages of this summer fruit seem endless: few calories, lots of vitamins and no fat for starters

RAQUEL MERINO

Summer time is synonymous with a wide variety of fruits, with sweet tastes and bright colours. One of the standout varieties is the watermelon. With its high water content, which is very refreshing in the hot weather, and its relatively few calories (100 grammes contains only 30 calories), the watermelon also has an abundance of good carbohydrates, vitamins A, C, E, D, niacin, thiamin, magnesium, potassium, fibre, vitamins B6 and B12 and pantothenic acid, and a lack of fat and cholesterol.

The watermelon's composition is based on L-citrulline; the body transforms this into L-arginine, which helps to relax the capillaries, is good for the heart and hypertension, and also helps to soothe muscle pain and recover, for example, from exercise.

It is considered an anti-carcinogenic fruit because it contains a large amount of lycopene, which gives it its red colour, and other carotenoids such as lutein and beta-carotene, which have been shown to be efficient in preventing cancers of the lungs, prostate and gastrointestinal cancer. It is a diuretic and the fibre also helps with going to the bathroom.

There are even people who argue that consuming the fruit improves sexual activity because L-citrulline helps with blood flow in the body and prevents problems like erectile dysfunction.

Given all these benefits, watermelon is well worth getting into. Why eat it in slices when there is such a wide variety of recipes that allow you to enjoy its flavour better?





Watermelon is a healthy summer snack for children. :: SUR

WATERMELON SORBET

► **Ingredients:** 2 large slices of watermelon, 1 egg white

► **Method:** Separate the pulp from the skin and beat it.

Pour the mixture into a bowl and put it in the freezer for three hours.

Remove from the freezer and stir

every hour for a better texture.

Once it begins to freeze, add an egg white that has been beaten to form stiff peaks.

Serve the sorbet in ice cream bowls and decorate with mint leaves.

WATERMELON AND CHOCOLATE CAKE

► **Ingredients:** 4 eggs. 1 kg watermelon. 1 cup sugar. 1 cup sunflower oil. 2½ cups flour. ½ cup (100g) chocolate chips. One teaspoon yeast. A few drops of red food colouring.

For the green glaze: An egg white. Powdered sugar. Green food colouring.

► **Method:** Peel and crush the watermelon, put in a saucepan over medium heat and leave for about 20 minutes to reduce to a thick purée. Turn the oven to 180° and grease a deep cake tin. Separate the egg whites from the yolks and beat the egg whites until they form stiff peaks and keep aside. In a bowl mix the yolks with

the sugar until they are white. Add the oil and watermelon purée and mix well. Then add the flour and yeast with a few drops of the red food colouring and mix carefully. Add the egg whites and chocolate chips and again mix carefully. Pour the mixture into the tin and bake until done. Remove from the oven and cool on a rack.

Prepare the glaze by mixing the egg whites with the sugar and the green food colouring until it is quite thick. Glaze and garnish with mint leaves.

(Recipe from the blog 'El Nido de Mamá Gallina')

WATERMELON GAZPACHO

► **Ingredients:** 1/4 seeded watermelon. 1 green pepper. 5 plum tomato. Wholemeal French toast style crackers. Extra Virgin olive oil. Salt. White wine vinegar. Two garlic cloves.

► **Method:** Dice the watermelon and put it in a bowl with the tomatoes, garlic and pepper and blend it. Put the crackers in a separate dish with a little water to soak and then add to the bowl. Add a good squirt of oil and another of vinegar and beat. Leave in the fridge until cold.



From the blog 'Mil ideas, mil proyectos'

WATERMELON "FLAN"

► **Ingredients:** 500g of watermelon pulp. 3 sachets of gelatin. 3 tablespoons of vanilla sugar. 250 ml of warm water. 150 ml of cream to whip.

► **Method:** Cut the watermelon into cubes. Put the vanilla sugar in a glass blender, dissolve the gelatin sachets in warm water and mix well. Add the watermelon and sugar and crush the

mixture until it forms an even mixture. Pour the mixture into a bowl. Whip the cream and add it to the bowl with the other ingredients, then stir the mixture in a folding motion with a spatula. Pour the entire mixture into a creme caramel tin and put it in a refrigerator for at least 5 to 6 hours (although it is better to leave it for longer). Turn the flan out onto a plate and decorate according to taste.

Attractions and activity parks on the Costa del Sol

THE ANIMAL WORLD

Selwo Marina

Dolphinarium Animal Park with five zones: Las Antillas, La Hondonada, Ice Island, Amazonia and Los Trópicos; shows with dolphins, exotic birds, penguin feeding. Parque de la Paloma. 29630 Benalmádena, Telephone 902 190 482, www.selwomarina.es. Opening times: June: 10am - 7pm. 1 - 10 July and August: daily 10am - 9pm. 1-9 September, 10am - 8pm. 10 September - 31 October 10am - 6pm. Admission: 11-65 Years 19.90 euros, concessions 15 euros. Reductions, season tickets, combination and online tickets.

Sea Life

Interactive aquarium with marine animals to visit, touch and feed. Puerto Marina. 29630 Benalmádena. Telephone 952 560 150. www.visitsealife.com/Benalmadena Opening times: 10am - 7.30pm. Admission: 16 euros, concessions 13 euros, season tickets, online saver tickets.

Selwo Aventura

Selwo Aventura. Wildlife Adventure Park. Different routes for visitors to see animals and plants from around the world and in some cases to handle. 29680 Estepona, A-7, km 162.5. Telephone 902 190 482. Web: www.selwo.es. Opening times: June 10am - 6pm, July and August: 10am - 8pm. September 10am - 6pm/7pm. Admission: 10-65 years 25.90 euros, Concessions 18 euros; Combined tickets and season tickets available. Online discounts available.

Bioparc Fuengirola

Animal park with exotic animals and trees such as the baobab tree. Avda. Camilo José Cela, 6. 29640 Fuengirola. Web: www.bioparcfuengirola.es. Opening times: June: 10am - 8.30pm. July and August: 10am - 11pm. In September, 10am - 7/8pm (see dates). Admission: 20.50 euros, Concessions 15.90/16.90 euros; family tickets and season tickets available.

Butterfly house

Benalmádena: Largest Butterfly House in Europe. Av. de Retamar, 29639 Benalmádena. Opening times: daily from 10am - 7.30pm. Tel. 951 211 196 www.mariposariodebenalmadena.com. Admission: Adult 10 euros, Con-



Aventura Amazonia. :: SUR

cessions 8.50 euros. Online discounts available.

Lobo Park

Wolf Park with wolves in natural habitat, seminars on wolves and dog training, guided tours. Carretera Antequera-Álora, km 16, Antequera. Telephone 952 301 107. www.lobopark.com. Opening times: daily 10am - 6pm. Admission adult 11 euros, children 7 euros. Guided tours at 11am, 1pm, 3pm, 4.30pm.

Crocodile Park

Theme park with crocodiles, turtles and exotic birds. Tours and demonstrations. C/ Cuba, 14. 29620 Torremolinos. Telephone 952 051 782. www.cocodrilospark.com. Opening times: June, September, October: 11am - 7pm. July and August: 11am - 6pm. Admission: adult 16 euros, Concessions 12 euros.

WATER PARKS

Aqua Tropic Almuñécar

Fun-packed water park with large slides and a wave pool. Paseo Reina Sofía, S/N, 18690 Almuñécar (Granada) www.aqua-tropic.com Opening times: 14 June to 9 September: 11am - 7pm. Admission: 18.90 euros, concessions 15.30, children under 3 free. Discounts available online and for groups.

Aquamijas

Waterpark for the whole family with different slides and attractions. A-7, km 209, 29640 Mijas Costa, Tel. 952 460 404. www.aquamijas.com Opening times: June: 10.30am - 6pm, July and August: 10am - 7pm. 1-9 September: 10.30am - 6pm. 12-29 September: 10.30am - 5.30pm. Admission: adult 26 euros. Family discounts and multi-day tickets, discounts available online.

Aqualand Torremolinos

Waterpark for the whole family with different

slides, wave pool, whirlpools. C/ Cuba, 10. 29620 Torremolinos www.aqualand.es/torremolinos Opening times: May, June, September, October 10am-6pm, July and August: 10am-7pm. Admission: 26 euros, concessions 17 euros, discounts available online.

Aquavelis

Waterpark with various giant slides and wave pool. Ruta del Pomelo, Urb. El Tomillar, 29740 Torre del Mar. Telephone 952 542 758, www.aquavelis.es. Opening times: June and September: 11am - 6pm, July and August: 11am - 7pm. Admission approx: 24.50 euros, Discounts for children and groups, season tickets, online tickets.

OTHER

Tivoli World

Theme park with a big wheel, roller coaster, ghost train, go-karts, drop tower. Shows for children and adults, various themed restaurants. Avda de Tivoli s/n, 29630 Arroyo de la Miel. Telephone 952 577 016. www.tivoli.es. Opening times: June: 5pm - 12pm. July to Unt11 September 5.30pm - 1.30am. Admission: 7.95 euros, Children under 1 metre tall and over 65s free. 14.95 euros for unlimited rides. Online discounts available.

Aventura Amazonia Climbing Park

Treetop climbing and adventure park with rope bridges and zipwires. C/ Valeriano Rodríguez, Elviria. 29604 Marbella, 952835505. www.aventura-amazonia.com/parques-amazonia/marbella. Opening times: July and August: 9am - 9pm. Admission: 24 euros, Discount for children and groups.

Funny Beach

Attractions on land and at sea, go-karts for children and adults, trampoline, parasailing, banana boat on the sea, wakeboard, zodiac, jetski. Marbella, N-340, km 184. Tel. 952 823 359. Web: www.funnybeach.com Opening times: June 11am - 9pm. July and August: 11am - 12am. Price according to attraction.


Cable Car Benalmádena

Takes visitors the top of Mount Calamorro, for spectacular views and hiking routes. Explanada Tivoli, s/n. 29630, Benalmádena. Tel. 951 560 324.

www.telefericobenalmadena.com. Opening times: June: 11am - 7pm. July and August: 10am-12am. September: 11am - 7pm. October: 11am - 6pm. Admission: 14.90 euros, 11 euros for concessions.



Benalmádena cable car. :: SUR

A woman with dark curly hair, wearing a white eyelet blouse with a red polka-dot waistband and a large red flower in her hair, is pouring beer from a tap. She is holding a glass of beer in her left hand and the tap handle in her right. The background is a blurred green wall.

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the essence
of Málaga

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