

IN THE SPOTLIGHT ESTEPONA

Street art. A tour of the murals decorating the walls of dozens of buildings is the perfect way to get to know Estepona **P6-7**

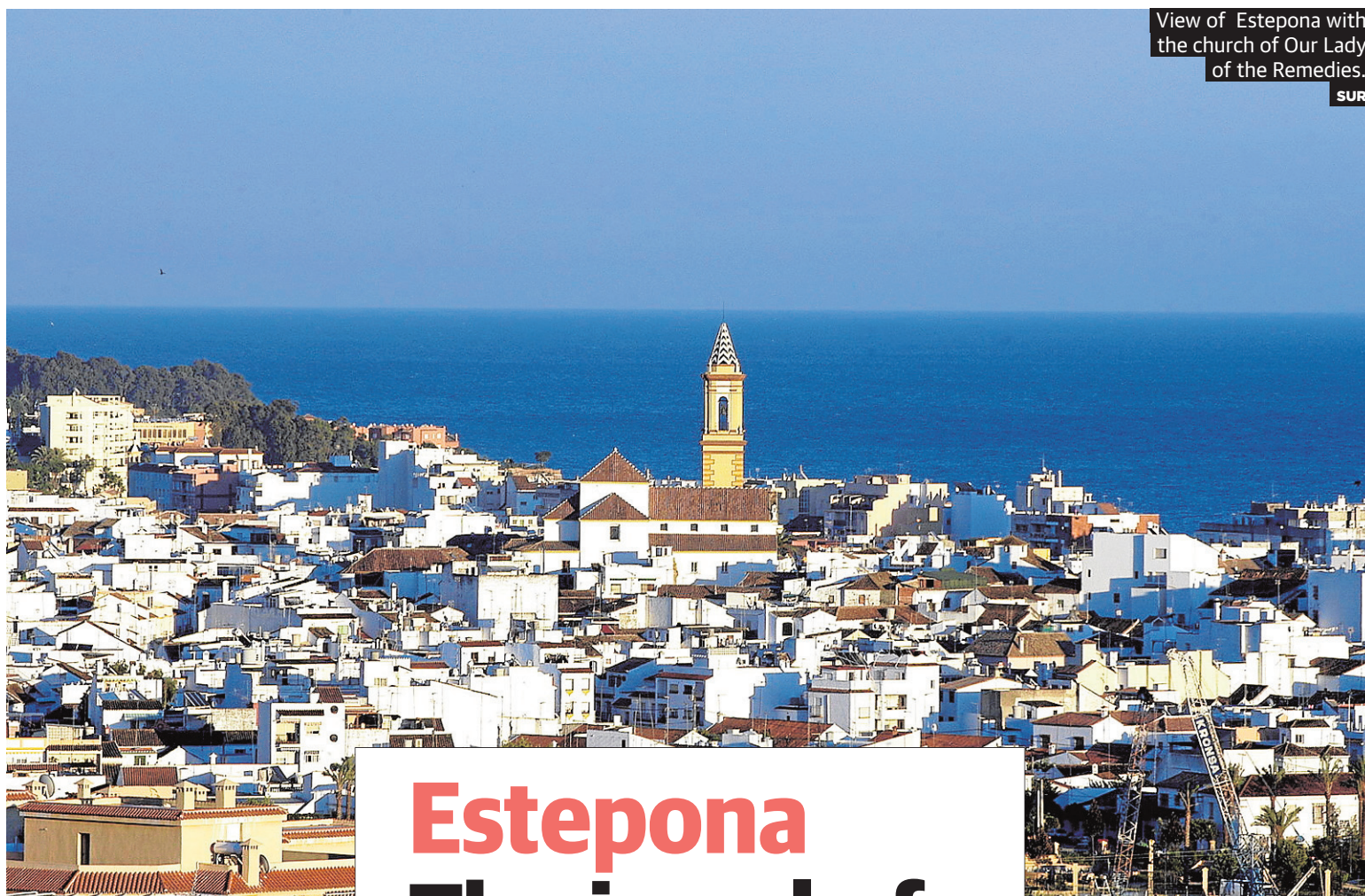
International community. The thousands of foreign residents in the town get together for support, fun and fundraising **P12-13**

Nature. From sea to mountain in seconds: Estepona sits beneath the Sierra Bermeja, with its unique forests and sea views **P14-15**



**Traditional
meets
modern**

Estepona's historic centre maintains its old-fashioned Andalusian charm as the municipality continues to expand with new projects



Estepona

The jewel of the Costa

Nestled between the Mediterranean coastline and the mountainous area dominated by the Sierra Bermeja, the pretty town of Estepona is a popular all-year-round resort due to its natural environment and its microclimate, which offers over 325 days of sunshine per year.

Estepona has more than 20 kilometres of coastline and 17 beaches, two of which (Playa El Cristo and Playa El Padrón) have been awarded the blue-flag distinction this year. The beaches, which include Costa Natura, the first official naturist site in Spain, offer a varied range of watersport activity for the energetic, or sunbeds for those who want to lie back and top up their tans.

A lighthouse has stood on the headland known as Punta Doncella at the west end of La Rada beach since 1863. The current lighthouse, which was built in 1922, is automatic, although the lighthouse keeper maintains the infrastructure. He is one of only two lighthouse keepers remaining on the Malaga coast.

The fishing port and sports marina is situated at the west end of the seafront promenade. This is an excellent area for a stroll among magnificent boats and yachts. There is also a wide variety of bars and restaurants offering typical local cuisine, especially fresh fish and seafood.

The traditional old fishing port offers the opportunity to witness fishing boats land their haul. The port hosts a daily auction where local restaurateurs bid for the day's catch; while on a Sunday morning, locals and tourists enjoy the bus-

A culture-seekers haven.

Known as the Garden of the Costa del Sol, Estepona is an all-year-round resort with 17 beaches and a traditional old town that offers a cultural experience with a difference

TONY BRYANT



tyling street market.

It is thought that the area was settled as far back as the Neanderthal era, as dolmens and tools made from local flint have been discovered in various locations in and around the town.

Roman settlement

The exact location of the Roman settlements of Salduba and Cilniana is uncertain, although the latter is thought to have been where Estepona town stands today. Other historians think that it was located in what is now San Pedro. Salduba's location is also disputed, as some put it on the site of modern Marbella, while others suggest it corresponds to Estepona old town. If

the Roman settlements were situated in the area around the site of the castle, there is little evidence of their existence, as the area was destroyed by a seaquake in the fourth century. Some foundations and ceramics were discovered, but the massive redevelopment of the town in the 1960s and '70s has made further research into this period almost impossible.

The modern name of Estepona most probably derives from the Moorish Astabbuna, as there seems to be no record of its name before the Caliphate era.

Following the battle of Estepona in 1342, the town was described as being in a state of ruin and decay. The Christian forces retook

the town from the Moors in 1457 and quickly built a church over the former mosque, and the town grew up around it. The church no longer exists and all that remains is the old clock tower, now part of the Simón Fernández School.

Estepona was governed as an administrative district of Marbella until 1729, when it gained its independence. At the turn of the 19th century, it was a village of 9,000 farmers and fishermen, and as the century progressed, the town saw the opening of several taverns, a restaurant, a bodega and a hotel.

The town's main trades were agriculture and fishing, and this is how it stayed until the advent of tourism in the 1960s and '70s.

Original Disney site

By the early 1990s, Estepona had become one of the major tourist destinations on the Costa del Sol, so much so, it was originally selected as the site for Euro Disney, the theme park that was eventually installed in Paris.

Known as the Garden of the Costa del Sol, Estepona is now home to more than 15,000 foreign residents, many of whom have retired to Spain.

The town's foreign community makes up around 30 per cent of the permanent inhabitants, the majority (over 5,000) of whom are British.

The Spanish government has just renewed Estepona's status as an Area of Great Tourist Affluence (ZGAT), a recognition that reflects its growing number of visitors. This designation allows the relaxation of restricted opening hours on Sundays and public holidays, like Easter, and also during the summer, from June to September.

With a population of 68,286 (2019), this is one of the few coastal resorts that have maintained their old village charm, especially in the Casco Histórico (old town), where, in narrow streets decorated with colourful flower pots, boutiques and traditional tapas bars offer the true character of Estepona.

Most of the narrow streets and flower-covered, whitewashed houses were built in the 18th and 19th centuries.

The streets and plazas are decorated with colourful flower pots and hanging baskets, and each street has its own colour scheme.

The local residents take pride in their attractive streets and they have become a magnet for those looking for the perfect selfie.

Calle Terraza and Calle Real are popular for those looking to buy local artisan goods, or to enjoy a glass of sherry and a tapa.

The attractive Plaza de las Flores houses the historic Casa de las Tejerinas, which has a beautiful central patio surrounded by marble columns.

A short walk from here will lead to the clock tower, the municipal market, the castle, and the Casa del Aljibe, the old town hall building that houses the Archaeological Museum.

The San Luis castle dates back to the 15th century and was built to protect the town against the Moorish invaders. The Catholic Monarchs ordered its construction, replacing the old Arabic fortification.

Cultural destination

One of the attractions that makes Estepona unique are its spectacular murals painted by local





Estepona has over 20km of coastline and 17 beaches.
SUR

ESTEPONA FACTS AND FIGURES



Total area: 137.5km²
Height above sea level: 18m
Length of coastline: 21km
Population: 68,286 (2019)
Foreign population: 15,070 (2019)

Postcode: 29680
Mayor: José María García Urbano (Partido Popular)
Patron: San Isidro Labrador
Feast day: 15 May

PLACES OF INTEREST

Lighthouse

Estepona. The lighthouse is situated on the headland known as Punta Doncella at the west end of La Rada beach. There has been a lighthouse here since 1863, although the current one was built in 1922. The lighthouse keeper is one of only two remaining on the Malaga coast.

Castillo de San Luis

Estepona. Little remains of the grand castle that once dominated the heart of Estepona. Its construction followed the reconquest of the town 1457, when Enrique IV built the castle on top of the former Moorish fortification. He also built defensive towers along the coast to avoid the threat of Berber pirates. Visitors can relax in the small garden beneath the walls of the castle. The garden's centrepiece is an old cannon that was once part of the castle's defences.

Clock tower

Estepona. Situated in Plaza del

Reloj, the magnificent clock tower is all that remains of the church which was constructed on top of the mosque when the Christians retook Estepona in 1457. Today, it is part of the Simón Fernández School.

Casa del Aljibe

Estepona. The Casa del Aljibe is now home to Estepona's Archaeological Museum. This interesting museum, located in Plaza Blas Infante, houses over 400 pieces from several eras, including remains from the Palaeolithic era, and the famous Venus de Estepona, a clay figure thought to be over 5,000 years old. Some of the museum's prize exhibits are remains from the El Torreón site, where Phoenicians settled 2,600 years ago.

Andalucía Poets Passage

The Pasaje Poetas Andaluces is an interesting concept that was opened in April 2017. In this small memorial garden, located in a passageway that connects Calle Jesús Cautivo with Plaza Mario Vargas Llosa, are 12

bronze busts of celebrated Andalusian poets on marble pillars created by the artist Elena Lunas.

Bullring

Estepona. Estepona's bullring, which houses the museums of Bullfighting, Fossils, and Archaeology, was built 1972 and is unique in Spain due to its design. The exterior is designed to allow access to the upper terraces without the necessity of steps. The first bullfighter to fight in Estepona was the legendary Antonio Ordóñez, although today, the ring is only used during the town's July fair. It has also been used as a concert venue during the summer months and has hosted performances by The Electric Light Orchestra, Helen Shapiro, Kool and the Gang and Boney M.

Orchid House and Botanical Gardens

The Orchid House and Botanical Gardens is an excellent place to connect with nature in Estepona. The state-of-the-art building, comprised of three glass domes, houses one of the largest collections of orchids and tropical flowers in Europe. Along with more than 5,000 plants, the garden also has a spectacular cascading waterfall. The gardens are situated in Calle Terraza in the centre of Estepona.

Selwo Aventura

Selwo Adventure Park covers 100 hectares and is home to more than 2,000 animals that live in liberty. Visitors enjoy a safari-type tour in four-wheel-drive trucks to watch wild animals like lions, rhinos, giraffes, cheetahs, red pandas and the endangered Iberian lynx in their natural habitat. Other attractions include camel rides and the longest zipwire in Europe. Because of the current pandemic, the park is closed until next season.

artists that are spread all over the town. The murals are part of the town hall's objective to make Estepona a serious cultural destination.

To further endorse the town's cultural importance, a small garden called the Andalusian Poets Passage was opened in 2017. This is a delightful area that has twelve bronze busts of celebrated literary figures.

For those interested in art, Estepona has numerous galleries. These include La Plataforma de Arte Huber. This popular cultural centre is situated in a wine bar and offers regular exhibitions of works by local artists.

The town also boasts several museums, three of which, the Bullfighting, Local and Fossil

museums, are located in the bullring.

Visitor attractions include Selwo Adventure, a wildlife park which houses more than 2,000 animals from the five continents. Safari-lovers can spend the night at the African-themed hotel, which has traditional stone and wood cabins.

The Orchid House and Botanical Gardens is another place to connect with nature in Estepona. The state-of-the-art building comprises three glass domes, the highest of which is 30 metres. The display of orchids, claimed to be the largest in Europe, includes more than 1,300 species. One of the most stunning features is the cascading waterfall.



The International School Estepona

The only member of NABSS in Estepona municipality





British Primary School and Nursery (Montessori Method)

Children from 2-12 years
Established in 2004
All weather sports facilities
Landscape gardens
British Curriculum
Beautiful 3.700 sqm secure compound with ample parking on site

We are ready with new health measures to reassure parents for their children's health and safety







Find us on Google
Opposite The Senator Banus Hotel on Km 167 A7/N-340
C/ Azahar, Urb. El Paraíso · 29688 Estepona (Málaga)
Tlf. 952 884 789 · Parents line: 952 886 926
Email: info@marbellaschool.com · www.marbellaschool.com
www.facebook.com/internationalschoolestepona

Looking forward

A town on the move

Balance. Despite modern infrastructure, ambitious new developments and state-of-the-art facilities, Estepona has not lost the charm of a small Andalusian town

SUR IN ENGLISH



The coastal path project is advanced in Estepona. SUR



The port, a mixture of traditional and modern. SUR



The orchid house, a unique attraction. SUR

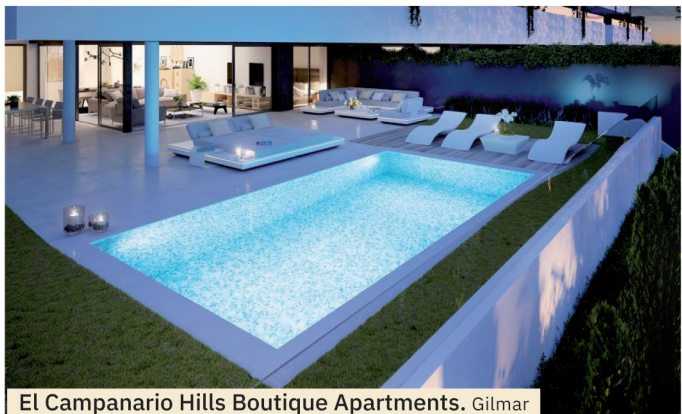
GILMAR

LIVING IN ESTEPONA, A LIFESTYLE CHOICE

The town has become one of the most popular places to reside on the Costa del Sol

ESTEPONA
SUR. With an average yearly temperature of 19°C and a plethora of eateries, leisure activities and culture; the Costa del Sol is, without doubt, one of the top European destinations when it comes to lifestyle options. In this sought-after region, Estepona stands out as the perfect place to settle or spend your holidays. The town has flourished into a modern resort, whilst maintaining its Andalusian essence.

Its charming, flower-filled, narrow streets; its traditional Mediterranean cuisine and some of the most beautiful beaches on the Malaga Coast are just a few of reasons why so many visitors and property buyers have fallen in love with the area and have made Estepona one of the most prosperous property-deve-



El Campanario Hills Boutique Apartments. Gilmar

lopment areas in the province. Of course, when you decide on where you want to live or invest, it is important to take into account different factors such as quality and location. These are the characteristics that define El Campanario Hills Boutique Apartments, luxury apartments located on Estepona's Golden Mile, marketed by Gilmar, a benchmark Real Estate Agent with more than 35 years of experience; renowned for its friendly approach, its reliability

and its financial stability.

The company has in its portfolio other exclusive developments such as Hoyo 19 – Los Flamíngos next to Hotel GL Villa Padernay and surrounded by three of the best golf courses on the Costa del Sol: Flamíngos, Alférrini & Tramores.

In nearby areas such as Casares or Manilva, Gilmar markets other complexes such as Quabit Casares Golfo Blue Suites, top-of-the-range villas in unbeatable surroundings.

Residents and tourists often comment that what they like about Estepona is that it has maintained the essence of a small Andalusian fishing town, unlike some of its more developed neighbours further east.

This doesn't mean, however, that Estepona is stuck in the past. In fact it has long since stopped being a small town with tourists and developed into a comfortable place to live, providing all the modern facilities you might expect from a large town.

Quality of life has been gained with the completion of several new stretches of the Senda Litoral, the Malaga provincial government's project to create a continuous sea-side path along the entire Costa del Sol. Where the urban concrete promenade ends walkers and cyclists can continue along attractive wooden walkways and bridges.

The expansion of the town's population is also reflected in the state-of-the-art health facilities. While the brand new Andalusian Health Service hospital is expected to open next year, other private centres are already providing qual-

ity care.

These include the Ceny Hospital, popular with the international community and used by the main insurance firms, and the Hiperbaric Medical Clinic of Estepona.

The growing population of both permanent and part-time residents is being catered for by some ambitious new development projects.

Firms such as Gilmar and Aedas Homes have selected Estepona as the ideal location for their up-market residential projects.

Estepona will also be the location for prestigious Italian design studio Pininfarina's first ever project in Spain. The creators of the Ferrari Testarossa are behind the design of the Liora project being developed by Excem Real Estate.

The seafront location for this innovative building has been chosen by the developers and designers due to Estepona's combination of "discretion, culture, beauty and quality of life", as well as its proximity to Gibraltar, Marbella and Malaga.

Reasons undoubtedly shared by thousands of other businesses and individuals.



The brand new hospital, due to open soon. SUR

LUXURY HOUSES

C O S T A D E L S O L



Blue Suites | Sotogrande

Bedrooms/dormitorios: 2 - 3	Desde/from: 275.100 €
Bathrooms/baños: 2+1	



Casas del Mar | Casares

Bedrooms/dormitorios: 1 - 2	Desde/from: 225.000 €
Bathrooms/baños: 2	



Casares Golf | Casares

Bedrooms/dormitorios: 2 - 3	Desde/from: 228.000 €
Bathrooms/baños: -	



Royal Casares | Casares

Bedrooms/dormitorios: 2 - 3	Desde/from: 215.364 €
Bathrooms/baños: 2	



Hoyo 19 | Nueva Milla de Oro

Bedrooms/dormitorios: 1 - 2	Desde/from: 275.000 €
Bathrooms/baños: 2	



El Campanario Hills | N. Milla de Oro

Bedrooms/dormitorios: 2 - 4	Desde/from: 445.000 €
Bathrooms/baños: 2	



Watering the Garden. SUR



Mural route

An artistic optical illusion

La Ruta de Murales Artísticos de Estepona' (route of artistic murals) is an initiative that was launched by the town hall in September 2012 in order to turn the town into a serious destination for the culture seeker. This route has proved extremely popular with visitors and locals alike.

A stroll through the different neighbourhoods offers more than 50 spectacular works of art produced by national and international artists. Most of these life-like images are executed in trompe l'oeil style, an art technique that uses realistic imagery to create the optical illusion so that the depicted objects exist in three dimensions. An arrow positioned on the floor in front of each mural informs where best to stand in order to enjoy the full impact of the piece.

The route was devised to enliven some of Estepona's neglected districts by decorating the facades of town's buildings, turning the town into a centre of urban art.

Artists were given the opportunity to express themselves however they desired, and the result has created a whole new vibe in the town.

The Tourist Office has published a map that shows where the murals are located.

The project has created such interest that the town hall now organises a special competition

A new vibe. As part of an initiative to make Estepona a serious cultural destination, the town offers an artistic route with more than 50 spectacular murals painted by national and international artists

TONY BRYANT

(Concurso Internacional de Murales de Estepona), where artists are invited to submit proposals for new murals. In March, the second edition of the competition took place and a total of 104 proposals were presented from all over the world. Russian artist Vyacheslav Gunin won the competition with the work The Fall.

The murals are varied and some depict the customs and traditions associated with Estepona, while others focus on famous Andalusian architecture and artistes.

One of the first murals to be installed was Estepona Siglo 21 (Estepona 21st century), located in Plaza ABC. This eclectic piece, created by Nestor Prada García in 2013, is inspired by famous landmarks in Estepona.

La Huerta de Irene (Irene's orchard) is a work by local artist Encarna de Hoyos. The mural is the artist's tribute to the agricultural history of Estepona.

La Casa de la Buena Gente (the house of the good people) is a huge mural installed on an apartment block in Barriada Tres Banderas. Created by Conchi Álvarez, it features some actual residents. The artist has also published a book about the mural and its creation.

Sin Memoria No Hay Historia (without memory there is no history) is dedicated to the town's fishing tradition. This mural, painted by Joaquín Aguilera, shows fishermen hauling their boat from the sea. The men de-

picted are fisherman from the neighbourhood.

José Fernández Rios (Jaén) has several stunning murals on this route, although the most well-known is probably Dia de Pesca (fishing day), which recreates the sequence of a fisherman casting his line and catching a fish. It is one of the biggest murals in Spain, covering six walls of an apartment block.

Another interesting piece by the same artist is Una Flor de Futuro, (a flower of the future) a life-like representation of a flower by the sea. In front of this mural is a metal sculpture of the same flower (also created by Rios): if one stands in the correct position, it gives the illusion that the sculpture is reflected in the mural.

Other pieces by Rios are Regando el Jardín (Watering the Garden), intended to symbolise the artist's hope that the future generation will respect and care for nature; and Recuerdos Orientales (Eastern memories), which is inspired by Moorish architecture. This colourful work has been painted on buildings along one entire side of Plaza Antonia Guerre.

Malaga artist Curro Leyton has several murals in Estepona and these vary from abstract to the subject for which he has become most respected. Leyton specialises in works dedicated to the most famous character Spanish literature. Quijote en el Siglo XXI



Fishing Day. SUR



A Flower of the Future. SUR



The Fall. SUR

commemorates the 400th anniversary of the death of Miguel de Cervantes. Leyton created his modern interpretation of Don Quijote with the collaboration of students from a local school.

Continuing with the Cervantes theme, Leyton's most striking mural is Quijote en el Guernica, a twelve-metre-long mural that unites two of the most important artistic symbols of Spain. The piece was painted to commemorate the 80th anniversary of the Guernica painting by Pablo

Picasso. Leyton's latest work, Fémina, was painted in June and depicts a transgender woman represented with colours of great vividness. The mural adorns the façade of the Municipal sports complex and represents respect for all sexual genders and identities.

These spectacular murals give Estepona a unique character and they blend well with the quaintness of the flower adorned streets that have attributed to the town's pet name of the Garden Of the Costa del Sol.



Potted Plant. D. FINCH



Fémina (Woman). SUR

MANUFACTURE AND INSTALLATION OF AWNINGS, BLINDS, CURTAINS AND MOSQUITO NETS



Protecting ourselves from the sun, wind, rain and even preserve privacy are factors that require installing an Awning or some of our products. We are sure that in Toldos Tapia we will find the perfect model to satisfy your needs.

We can also offer motorized awnings, automatic and with remote control, as well as repairs and replacements of sailcloths.

We work on the Costa del Sol from Sotogrande to Benalmadena.



Call us **+34 952 78 15 90**

Polígono Industrial San Pedro. C/ Eslovaquia, Nº 22
 San Pedro de Alcántara, Marbella, Málaga, 29670
 Tlf./Fax +34 952 78 72 72 | info@toldostapia.com.
www.toldostapia.com.



Políg. Industrial Estepona.
Exit 153/ A7. 29680.
C/ Juan de Mena, 18.
Tel. 952 798 277
info@esteponafurniture.com
www.esteponafurniture.com

THE ESSENTIAL ROOM FOR GOOD HEALTH & HYGIENE
LET BATHROOMS4U CREATE YOURS!

- Full Bathroom Renovations.
- Bede & Bath Removal, to Walk-in Shower.
- Shower Screens & Trays at Factory Prices.

joseph4tiling@yahoo.com | www.bathrooms4u.es **Call 625 199 313**

Estepona Surgery
Dr. Peter Furness
drpeterfurness@gmail.com **24H On call**
952 80 29 07
www.doctorfurness.com

For all your Property Requirements please contact
Karl Elschner
952 802 912
667 337 330
www.melrose-properties.com

Would you like to be in our Christmas Supplement?

For more information call David **644 179 712**

Call **Jon 602 464 631** | jon@universalrealestate.es
www.universalrealestate.es

We speak your language
Experts in health insurance for Spanish Residency
Welcome to our Sanitas office in Estepona | Avda. Puerta del Mar 46
info@sanitasestepona.com | +34 951 31 66 10
www.sanitasestepona.com

10% discount with this voucher
Local 1 & 2. CC Costasol. KM166,4. Autovía A-7. Estepona. Málaga
Call: 952 88 33 64 / 661 68 82 22 | info@thetileandbathroomgallery.com

BRITISH OSTEOPATHY
Allen Sassani. MSc, BOST, GOSC registered
OSTEOPATH, ACUPUNCTURIST & SPORTS MASSAGE THERAPIST (ITEC)
Galera Park, 11. Estepona | +34 629 230 961 | britishosteo.com

Estepona, Garden of the Costa del





La Resina Golf & Country Club

Open from 9am 7 days a week
Avda. La Resina 4, Casa Club La Resina Golf, Estepona

Restaurant & Takeaway Service

951 278 346
604 303 701



Estepona Port Business Centre

Avda. Luis Braille Local 18. Estepona. Tel: 952 793 476 | info@eportbic.com
www.eportbic.com | @eportbic and also | EPortBiC

Gifts and greetings cards, photocopies, sim cards, UK passports and more!

AWNINGS & TOLDOS
GLASS CURTAINS
UPVC WINDOWS & DOORS
MOSQUITO / INSECT SCREENS



C.C. Galera Park
L17. Estepona
29680, Malaga

Opening hours:
10:00 - 19:00

Tlf: 951 90 31 80
hola@oakley.com.es



BARBECUE WORLD

It's a Life Style

In Partnership with Furniture World

Tel: 699 201 365
Info@barbecueworld.es
www.barbecueworld.es

THE GREEN BAR

BOWLS CLUB BENAVIDA

Open: 10am -3pm Mon.- Sat. Closed Wednesday.
Tel: 952 885 148 | www.benavistabowlsclublive.com | f

Breakfast and Lunch

Cards Souvenirs Helium Balloons...



Cath's Cards

Party Accessories & Gifts

UK & Irish Passport renewals inc photos
C.C Benavista (Above Swans Estate Agents).
952 885 759 | Info@cathscards.es | www.cathscards.es | f

2021 CALENDARS AND DIARIES CHRISTMAS STOCK Available



Irene Lopez

P I N T U R A S

OFFICIAL DISTRIBUTORS OF JOTUN AND OWN BRAND PAINT
WIDE RANGE OF PRODUCTS AND CUSTOM COLOUR MANUFACTURE



Avda. Juan Carlos I.
Edif. Parque Central,
48. Estepona

tienda@pinturasirene.es
Tel. 951 57 20 87
www.pinturasirene.es

For all your insurance needs



We can insure your car, motorbike, home, pet, holiday home, health, boat, business, travel, offer funeral plans... and more!

952 887 125
estepona@ibexinsure.com
Centro Comercial Benavista, Local 3
Ctra. de Cadiz km167, 29688 Estepona



Sol



TALK OF THE TOWN

"I like the calm and friendly atmosphere, especially in the Old Town"



Kjell Sporrang

Artist. Born in Stockholm in 1962, Kjell has spent his life exploring different creative directions

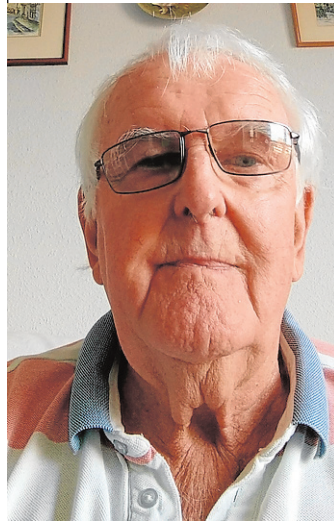
"I welcome the improvements to Estepona over the past few years"



Mary Page

Retiree. The former teacher and politician came to Estepona after living in Prague for three years.

"We have a great variety of shops that cover all our needs"



Richard Wood

Retiree. Richard is a member of the ICE Club and he is also involved with AREME.

"I love all the beautiful flowers that decorate the town"



Lynne Danby

Retiree. A member of the local floral arts society, Lynne is very happy living in Estepona.

"More attention needs to be given to the outlying areas"



Ken Halloway

Retiree. Ken feels at home in Estepona and appreciates the continuous efforts of the mayor.

How long have you lived in Estepona?

Since 2014.

What do you like best about Estepona?

The calm and friendly atmosphere, especially in the Old Town.

What do you like least?

The way the garbage is handled, especially the huge contrast between how well everything is taken care of in town, compared to the neglect of the surrounding areas.

Favourite beach?

Playa Sonora.

A place to eat.

To be honest, there are a few. El Tejar, Camuri, Oliva, Tarrantella and El Madero, each one for a certain reason.

A place to drink.

La Bulla in Plaza Ortiz and El Madero on the beach.

A favourite shop.

Unfortunately, Estepona is not a great for shopping, so I have to say Gioelia, the ice-cream shop.

A place to relax.

I like a morning coffee next to the fountain and the pigeons in Plaza de Las Flores. Pure beauty.

Where do you take visitors?

The Old Town with all the winding streets, cute houses and pretty squares.

How could Estepona be improved?

We are still missing some good, stylish, modern shops and we need more airport bus connections.

How long have you lived in Estepona?

I've lived here for thirteen years. I hated it here for the first few months, but I'm here to stay now.

What do you like best about Estepona?

I enjoy the friendly tranquillity of the town and its proximity to beautiful surrounding countryside.

What do you like least?

I'm not happy with the wave of construction. It's spreading like a rash and could alter the character of the town.

Favourite beach?

I don't have a favourite beach: my figure will never again be beach ready!

A place to eat.

Restaurant El Tejar, the one where I have had dinner every Saturday night for the past two years. However, it's lunch now.

A place to drink.

I prefer to entertain at home.

A favourite shop.

My favourite local food shop is Puro Manjar.

A place to relax.

I relax at home. I live in a small finca surrounded by fields of sheep, goats and horses.

Where do you take visitors?

The Peña Flamenca. I've been a member for over eight years.

How could Estepona be improved?

I welcome the improvements to Estepona over the past few years, but I hope that the town won't grow too much more and lose its Spanish character.

How long have you lived in Estepona?

We arrived in 1998 to take on a restaurant.

What do you like best about Estepona?

We fell in love with a typical Spanish seaside town: it was not so beautiful then, but had an old-world charm.

What do you like least?

I feel that the grand building plan we are currently in is too much for the current infrastructure.

Favourite beach?

Estepona has some very good beaches, but due to ill health this year, we would rather sit on the paseo and admire them.

A place to eat.

A small Spanish restaurant near to us called El Hatillo.

A place to drink.

We are surrounded by lots of great little bars and we often stop for a coffee or beer on a walk back home.

A favourite shop.

We have a great variety of shops that cover all our needs. I don't have a particular favourite.

A place to relax.

My wife and I like to relax on our small balcony reading.

Where do you take visitors?

The Orchid House and the Sunday market in the port.

How could Estepona be improved?

Parking is a problem. In the next few years, driving and parking in town will kill off the day trippers.

How long have you lived in Estepona?

I arrived here 20 years ago.

What do you like best about Estepona?

I love all the beautiful flowers that decorate the town. We always feel very lucky to be living here.

What do you like least?

Parking is always a problem, especially when dropping off people with mobility restrictions.

Favourite beach?

Playa del Cristo

A place to eat.

La Caracola. This is a small Spanish fish restaurant tucked away in the port.

A place to drink.

Bodeguita del Chato in the centre of Estepona old town. This bar is very small, but very special to us.

A favourite shop.

We have Mercadona and Carrefour supermarkets, so we want for nothing.

A place to relax.

I love walking along the paseo because it is very leisurely. The view is always different depending on the time of day.

Where do you take visitors?

The Sunday market is always very popular with visitors, as is the Selwo safari adventure park.

How could Estepona be improved?

The pavements are dangerously uneven, which is not good for those with wheelchairs and mobility scooters.

How long have you lived in Estepona?

I have been here for 12 years now.

What do you like best about Estepona?

I think the fact that the mayor gets things done is good and extremely important. He obviously cares about the town.

What do you like least?

More attention needs to be given to the outlying areas of Estepona. These have been neglected a little and need cleaning up.

Favourite beach?

I like the Playa del Cristo for its sandy beach.

A place to eat.

This would have to be the Palm Beach chiringuito on La Rada Beach.

A place to drink.

I enjoy a drink in the Casa del Rey in Calle Raphael. This place is very reasonable and very inviting.

A favourite shop.

I suppose this would be Carrefour, as it has everything I need.

A place to relax?

I go to the Playa del Cristo to relax.

Where do you take visitors? The Orchid House and Botanical Gardens.

How could Estepona be improved?

Improvements of one sort or another are going on all the time, but we desperately need a train service to connect us to Malaga.

ESTEPONA HOTEL & SPA RESORT

A luxury resort with spacious rooms and private apartments where you can relax and discover all that Estepona has to offer

ESTEPONA

SUR. Estepona Hotel & Spa Resort is open throughout the year and invites you to have a unique local experience whilst enjoying your private apartment and the hotels facilities and gardens: a choice of restaurants with spacious terraces, gardens and a private terrace adjacent to your room. Here are four reasons why you should book your next weekend getaway with Estepona Hotel & Spa Resort.

More than just a weekend getaway

A series of packages this fall, which can be booked directly with the hotel via their website, phone & email. Think jet skis, bicycles, paddle boards, hiking, local wine tasting, even a virtual hunting experience, unique in Spain, and much more. These activities, combined with luxurious accommodation in the resort, offer guests a variety of



La Abacería,
local
gastronomy
and Spa
Spaxion
Estepona .
Estepona Hotel
& Spa Resort



weekend getaways with a local touch and, at the same time, support local businesses.

Spa Spaxion Estepona

In November, Spa Spaxion Estepona has opened its doors inside the resort. Spaxion, specialists in Wellness experiences, offer exclusive treatments, massages and hydrotherapy. Spa Spaxion Estepona is open every day of the week and is launching, this month, special offers for residents of Estepona and the surrounding area; a fantastic experience for all residents of the area.

Local gastronomy

With carefully selected local products served in the evenings in La Abacería, accompanied by live music on the weekends, your getaway will be complete. And

don't worry, if you want something different from our varied menu, the hotel offers a unique food delivery service from different restaurants in the area. Count on a wide range of options, from Asian cuisine to Italian and Indian & American specialties.

Virtual Hunting Experience

A unique simulator that will allow you to explore all the natural ecosystems on the planet, putting the best hunters and their skills to the test. With an unprecedented analysis system of shots and results.

MORE INFORMATION

**Arroyo Vaquero Playa Ctra. A-7
KM 150, 29680 Estepona.
www.esteponaresort.com**

952 899 100

estepona
HOTEL & SPA RESORT

For you
**open
all
year**

esteponaresort.com - 952 899 100

Familiar faces

Support and activity in your own language

Estepona offers plenty of social clubs and charitable services to its thousands of English-speaking residents

TONY BRYANT

Estepona is home to more than 15,000 foreign residents of 104 different nationalities, so it is no surprise that the town boasts numerous associations, charities and clubs that cater for their every needs.

Services range from help and support for senior citizens, social clubs, a foreign residents association and animal welfare charities.

A large proportion of the expat community are retirees, and they have the comfort of knowing that Age Concern Estepona/Manilva is on hand to offer assistance to everyone, regardless of nationality.

As with its sister branches in Fuengirola, Mijas and Benalmádena, the charity seeks to establish relationships with Spanish associations that work for the benefit of older people. Started by a small group of enthusiastic volunteers in 2003, it covers the areas east and west of Estepona town, including San Pedro and Sotogrande. The charity is now recognised in the area as the first port of call for older people who require advice, information and help. Age Concern receives no funding, so it relies totally on donations and fundraising activities. The association also has a second-hand shop staffed by volunteers.

Social Clubs

The International Club of Estepona (ICE) was founded in November 1988. The club was formed to provide a social and cultural platform in

Estepona for English-speaking residents. Based in Urbanización Bahía Dorada, under normal non-Covid circumstances,

the club organises regular activities, including art classes, bowls, bridge, music and quiz nights, petanque, rambling and

Spanish lessons.

Charity and Pleasure (CAP) is another a social organisation which, pandemic permitting, of-

fers events and excursions to its members. The group enjoys shopping trips to Gibraltar, visits to the theatre and art exhibitions, mystery trips and lunches and dinners at different venues along the coast. A full programme of events is detailed in their free quarterly magazine.

Apart from enjoying themselves, members also raise money for local charities, mainly Age Concern, ADANA, Cáritas and Cudeca. Members collect food items on a weekly basis to boost local churches' efforts to feed needy families through their soup kitchens.

Foreign residents association

The Foreign Residents Association of Estepona (AREME) was created in 2014 with the aim of assisting those who do not speak Spanish. The association works with the town hall and the local police to ensure that issues concerning the foreign community can be addressed. Members pay one euro per year and registration forms can be obtained from the Tourist Office (located close to the port).

American Club

The American community of Estepona can enjoy the benefits of the American Club of Estepona, (ACE). Being American is not a requisite to join, however, as the club welcomes any English-speaking members. ACE offers all sorts of activities, including sewing and knitting classes, an art club and bridge nights, along with a



The Age Concern table at the ADANA Christmas fair last year. SUR

ESTEPONA CLUBS AND ORGANISATIONS

Age Concern

Activity: Help for senior citizens.
Helpline: 650163928

Email: ageconcernestepona@gmail.com

Website: www.acespana.org/contact-us/ac-estepona

Shop: Calle Calle Zaragoza 29. Estepona

The International Club of Estepona (ICE)

Activity: Social and cultural

platform.

Telephone: 951 900 745/671 232 906

Website: www.theiceclub.es

Email: safoxuk@gmail.com

Club Charity and Pleasure (CAP)

Activity: Charitable social group.

Address: Restaurant Chilli, Benamara.

Telephone: 952 813 336/647 173 319.

Website:

www.clubcharityandpleasure.wordpress.com

Email: t.hannam@yahoo.com

Foreign Residents Association (AREME)

Activity: English-language help and assistance.

Website:

www.facebook.com/areme.areme

Email: woodiesvine@gmail.com

American Club of Estepona

Activity: Social club.

Telephone: 952 793 059.

Address: Calle San Roque 69, Estepona.

Email: michaelvmoss@gmail.com

Website: www.acestepona.home.blog

Estepona Floral Arts Club

Activity: Arts and crafts.

Phone: 636 34 93 99.

Email:

esteponafloralartclub@hotmail.com

ADANA (Association for the Rights of Abandoned Animals)

Activity: Dog refuge.

Website: www.adana.es

Telephone: 952 80 69 92.

Charity shop: Calle Camino Padre Cura 14 Estepona.

large English library. Although all activities have been put on hold due to the coronavirus pandemic, the American Club of Estepona usually organises theme parties to celebrate Independence Day and Thanksgiving, along with other traditional events like St Patrick's Day, Burns Night, St George's Day and Christmas.

The club's members also support local charities by arranging fundraising events. Earlier this year, volunteers raised more than 3,000 euros for the Cudeca hospice foundation. They have also been active throughout the pandemic supplying cooked meals for vulnerable families and those affected by the coronavirus crisis.

Arts and crafts

For those with creative tendencies, Estepona Floral Arts Club is an English-language group with members and visitors from Nerja to Gibraltar. Founded more than 20 years ago, the group normally hosts a monthly flower arranging demonstration, along with workshops for those who want to learn the art of flower



Members of the American Club of Estepona at one of their events. SUR



A file photo of a visit by British consul Charmaine Arbouin to CAP in Estepona. SUR



Fundraisers walk in the mountains behind the coastline in aid of ADANA. SUR

arranging, practical skills and trips to places of interest.

Animal refuge

ADANA (the association for the rights of abandoned animals) is a charitable organisation that has been helping abandoned and injured dogs for more than 30 years. The organisation, which says it does not support the systematic euthanasia of abandoned dogs, operates a shelter on property owned by the local government and run by ADANA employees and volunteers.

Volunteers attend the refuge centre daily in order to feed, clean and take the dogs for walks, while seeking new homes for them. The shelter is located in the Pedregales Park in Estepona. In order to support the shelter, the charity also has a second-hand shop in the centre of town.

Estepona is also the home of another service used by English-speakers throughout the region. The online platform Andalu-cia.com, was founded in the town by Chris and Michelle Chaplow in 1996.

www.cenythospital.com

24 hour emergencies

(+34) 952 80 81 00

Excellence in Health | **cenyt**
HOSPITAL

Behind the coast

Natural spaces of extraordinary beauty

The Sierra Bermeja boasts stunning scenery and spectacular views over the Mediterranean

TONY BRYANT

Situated five kilometres from Estepona town centre, El Parque de San Isidro (Saint Isidro Park), better known as Los Pedregales, is located in the foothills of the Sierra Bermeja. The most striking feature of the flora in this natural area is the presence of the pinsapo fir, although maritime pine, cork oak and juniper are also abundant. Among the most interesting fauna species are the mountain goat, roe deer, mongoose and wild cat, while it is also home to a wide variety of birds of prey such as the golden eagle, peregrine falcon and eagle owl.

The Los Reales de Sierra Bermeja Natural Park rises to the southwest of the Serranías de Ronda, dominating the Costa del Sol from Marbella to Estepona. Its exclusive vegetation is due to the rarity of the geological substrate and its location between the Mediterranean and the Atlantic Ocean. The summit is covered with the pinsapo, a species of fir only found in the Mediterranean mountains south of the Iberian Peninsula that is in danger of extinction. The mountain range has an average altitude of around 1000m and reaches a maximum height of 1450m at the apex of Los Reales.

It constitutes, together with a part of

the Sierra de Las Nieves, the most significant enclave for the observation of intrusive rocks of the Betic Cordilleras. The site, formed by peridotites, a rock rich in platinum, is one of the world's largest outcrops of this type of material, showing great scientific importance. It is the peridotite rock which gives this mountain range its particular garnet or red colour.

The San Isidro Natural Park is located 150 metres above sea level and has an area of 30 hectares.

It is a rocky terrain creating a place of extraordinary and rare beauty. The park, which features a short zip wire, camping, picnic and BBQ facilities, is recommended for enjoying all kinds of multi-adventure activities, such as mountain biking, horse riding and hiking. It is also possible to rent wooden cabins in the park, which is ideal for families, especially during the summer, as there is a large swimming pool.

A popular attraction is a network of interior paths, rivers and streams that lead through stunning scenery with spectacular views, especially the route to the hermitage of San Isidro Labrador. Built in 1989, this shrine is the destination of the pilgrimage in honour of San Isidro, which signals the start of a



The Sierra Bermeja boasts a unique pinsapo fir forest. **SUR**



**OXYGEN IS LIFE...
IS THERE ANYTHING
MORE IMPORTANT?**

Strengthens the immune system.
Increase collagen production.
Formation of new blood vessels

**OXYGEN...
GOLD OF ATHLETES**

Indicated in overtraining.
Increases sports performance.
Post operative of joint and muscle injuries.





HMCE
Hyperbaric Medical
2UP Clinic of Estepona

Oxygen for health, life and wellness

Av. España 242, Estepona

952 806 796 / 663 418 023

clinicamedicinahiperbaricaestepona.com



**FIRST
CONSULTANT
FREE**

**RECOVER
YOUR LIFE
WITH OXYGEN**

Improves autism symptoms.
Improves motor control and autonomy. (neurological damage).
Reduces chronic pain and fibromyalgia.

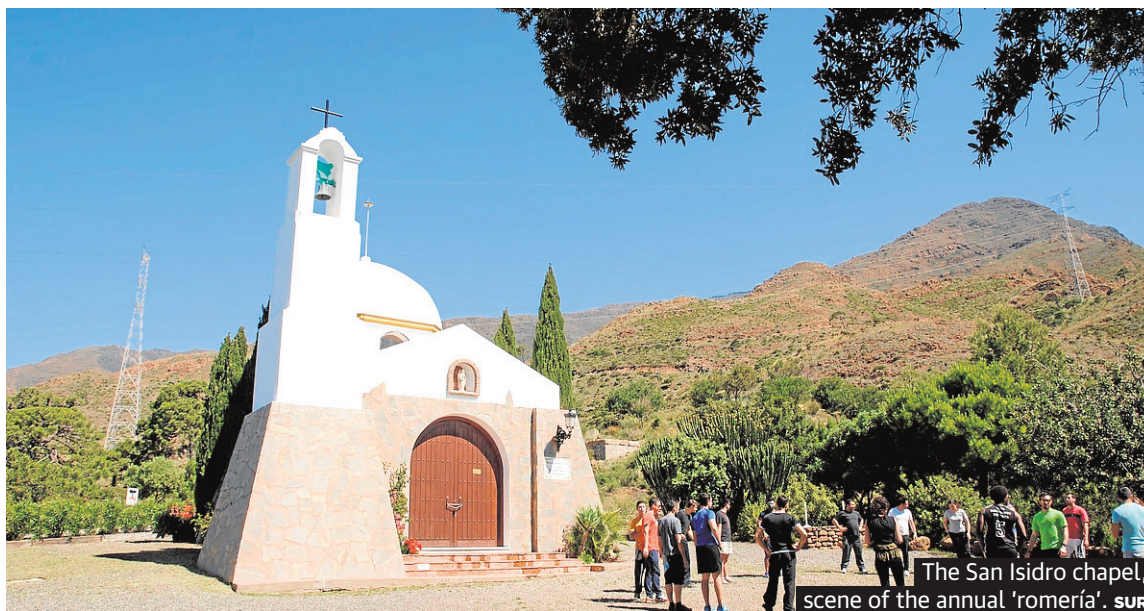


The San Isidro Natural Park is located 150 metres above sea level and its rocky terrain creates a place of extraordinary and rare beauty

A network of interior paths, rivers and streams lead through stunning scenery with spectacular views, especially the route to the hermitage of San Isidro Labrador, Estepona's patron

week of celebration that ends on the 15 May, the feast of San Isidro

Isidro was a farm worker known for his piety towards animals and the poor. He is the Catholic patron saint of farmers



The San Isidro chapel, scene of the annual 'romería'. SUR



Los Pedregales park, perfect for walks and picnics. SUR

and the patron of Estepona, amongst other towns.

This natural green space is also famed for the Necropolis de Corominas, a burial mound that houses a unique museum. The futuristic museum, which opened in 2007, is situated underground in a modern dolmen-style construction. Five small dolmens, believed to be around 5,000 years old, can be viewed, as can a number of pottery vessels, stone tools, arrowheads, jewellery and personal ornaments. The museum has raised walkways allowing the visitor to look down into the dolmens.

Several dozen bodies were exhumed when the site was discovered, although the skulls and skeletons on display are reproductions, as the originals have been preserved.

Panels and display cabinets have been assembled around the dolmens in which explanations are provided about the site and the materials found inside the tombs.

The five exceptionally well-preserved tombs are the best-preserved necropolis ever found on the Costa del Sol.

Places available 2020/21

at the CEI San Lorenzo on Avenida Litoral (opposite McDonalds)

All the places are attached to the Andalusian Government's **Subsidy Programme.**

Don't lose your place!



- Anti-choke device
- BLW method
- Flexible hours
- Spanish and English
- Own kitchen with healthy menus
- Spacious parking area
- Covid-19 protocol

With two centres in Estepona!

Avda. Litoral, 3.
Estepona

952 80 16 96

Cód. 29001728

Avda. Andalucía.
C/ Pilar Bardem, 5.
Estepona

952 79 70 16

Cód. 29012507

Centres authorized by and attached to the



Call **649 80 81 31**
for further information



Unique Fires

Costa del Sol
Market leaders in
Real flame Electric,
Gas & Wood Burning Fires



FOR
CONTEMPORARY &
MODERN SPANISH
LIVING

Unique Fires
also offer
all types of
outdoor heating
and barbeque's



Tel: +34 951 277 443
Mob: +34 610 654 422
info@uniquefires.com
www.uniquefires.com

Local 10, Galera Park
Calle Caddie 29680
Estepona

