



# Costa del Sol

## Costa del Sol

Guía práctica costas / Mapa



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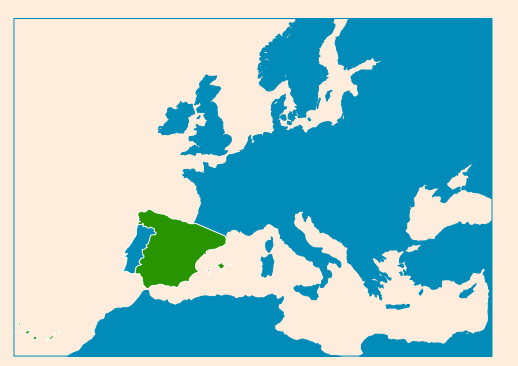
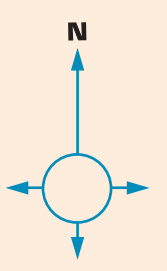
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Municipio con declaración monumental Town with declared monuments	Centro de Salud Health Centre	Casino	Centro de Interpretación Interpretation Centre
Municipio con incoación monumental Town with monuments in process of declaration	Autobús Bus	Parque de atracciones Fairground	Mirador Mirador
Oficina de Información de la Junta de Andalucía Junta de Andalucía Information office	Oficina de Correos Post office	Puerto comercial Commercial Ports	Camping Campsite
Oficina Municipal de Turismo Municipal Tourism Office	Castillo Castle	Puerto deportivo Marina	Albergue Lodgings
Parador Parador	Torre Tower	Faro Lighthouse	Refugio Mountain Shelter
Hotel Hotel	Museo Museum	Área recreativa Recreational Area	Balneario Spa
Pensión Pension	Monumento Monument	Vista panorámica Panoramic View	Golf Golf
Hospital Hospital	Restos arqueológicos Archaeological Remains	Cueva Cave	Senderismo Walking
	Zoo	Cueva Cave	Cicloturismo Cyclotourism
	Acuario Aquarium	Jardín Botánico Botanical Garden	Parapente Paragliding



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116.752 kg de basura	17.261 kg CO2	172.614 km de viaje en coche
3.158.272 litros de agua	193.575 kwh de energía	189.686 kg de madera

Lapped by the waters of the Mediterranean Sea, the Costa del Sol comprises over 150 kilometres of coastline in the province of Málaga, in the south of the Iberian Peninsula. Not for nothing was it named “the Sun Coast” - over 325 days of sunshine per year combined with a mild climate add up to a paradisiacal location with beaches to suit all tastes.

From the cliffs of Maro, passing through Nerja with its Balcón de Europa and Cave, the charm of Torrox, the enormity of Vélez-Málaga, the coquetry of Rincón de la Victoria, the grandeur of the city of Málaga, the fame of Torremolinos, Benalmádena, Fuengirola, Mijas, Marbella, Estepona and Manilva and the tranquillity of Casares, the Costa del Sol is a dream location in which to spend a holiday, and one which offers endless possibilities.

## The western Costa del Sol



This route will take us through the towns that lie in the area between the border with the province of Cádiz to the city of Málaga itself. Our journey begins in Casares, a mountain village sheltered by the Sierra Bermeja. Officially declared an area of historical and artistic importance, the centre of Casares is of Arabic origin, as are the remains of the fortress and La Hedionda Baths. Also worthy of note are La Encarnación Church and La Vera Cruz Hermitage. The next stop is Manilva, where a visit to Santa Ana Church and Sabinillas Castle are recommended, along with a stroll through La Duquesa Pleasure Harbour and a spot of sunbathing and swimming on the beach. Heading on, we come to Estepona, which lies between the Sierra Bermeja and the sea, where a eries of coves and quiet beaches stand alongside a modern pleasure harbour. Monuments worth visiting in Estepona include the ruins of El Nicio Castle, the Clock Tower, Nuestra Señora de los Remedios Church and the Bullring, which houses the town’s museums. Passing through San Pedro de Alcántara, we come to Marbella. This internationally-renowned town offers endless leisure options in the shape of its attractive beaches, golf courses and four pleasure harbours, the finest of which is Puerto Banús. However, Marbella is also home



to places of historical interest, such as the Contemporary Spanish Picture Museum, the Cortijo Miraflores Museum and the Roman Town with its thermal baths, to name but a few. Following the same road, our next port of call is Mijas Costa, the coastal area of Mijas Pueblo which lies just inland from Fuengirola. Most of this expansive town consists of mountainous terrain, Mijas itself stretching down the mountain slopes towards the sea. La Cala de Mijas still retains all the flavour of a typical fishing village. Next, Fuengirola rears up suddenly before our eyes. This town, also originally a fishing village, has changed dramatically to become an important tourist resort where visitors can enjoy leisure pursuits, the excellent local climate and the town’s long promenade. The most important monument to be found here is the Arabic Sohail Castle, which hosts the “Ciudad de Fuengirola” music and dance festival in summer. Benalmádena, our next destination, consists of three areas: Benalmádena Pueblo, situated in the mountains, is a typical Andalusian village of whitewashed houses decorated with potted flowers; Arroyo de la Miel is closer to the coast and is the business and shopping centre, while Benalmádena Costa overlooks the sea and features an immensely-long promenade offering a variety of opportunities for leisure and recreation, the highlight being its pleasure harbour. The last stop on our route is Torremolinos. Six beaches line its south-facing coastline: El Saltillo, Montemar, La Carihuela, El Bajondillo, Playamar and Los Álamos, all fully equipped for maximum enjoyment. The beach bars or chiringuitos provide the ideal place to enjoy a meal after a pleasant sunset stroll along the promenade with the sound of the waves in the background. Torremolinos boasts the widest range of hotel accommodation on the Costa del Sol in addition to the best infrastructure for the staging of congresses and all manner of other events in the shape of the Príncipe de Asturias Municipal Auditorium.

## Málaga



Málaga, city of light and colour, boasts one of the best climates in Europe. Visits to the Cathedral, Alcazaba Fortress, Roman Theatre and Gibralfaro Castle, which affords spectacular views, are a must. A stroll through the old town centre is a privilege in itself, featuring locations such as Plaza de la Marina, Paseo del Parque, Plaza de la Constitución, Plaza de la Merced with its Picasso Museum and the house in which the famous Málaga painter was born, not to mention the host of churches and numerous



other emblematic buildings scattered throughout the city. We should allow ourselves plenty of time to visit the city’s museum and lose ourselves in its streets as we make our way through narrow alleyways, squares and gardens. Strongly recommended are a walk along the promenade and, following a dip in the calm waters of one of its beaches, a meal of fried fish and skewered sardines at one of the chiringuitos that stand on the seashore. Málaga’s botanical gardens also deserve special mention: the Finca de la Concepción boasts exotic flora in a decidedly upper-middle-class setting of fountains and small temples with an important collection of archaeological remains; the Finca de la Cónsula is of neoclassical design, featuring a wide porch supported by columns, while the Finca de El Retiro is home to an ornithological park with over 300 species, as well as sculptures and fountains dating back to the XVII and XVIII centuries.



## The eastern Costa del Sol



This route begins to the east of the city of Málaga in Rincón de la Victoria, continuing along the coast as far as the border with the province of Granada. Rincón de la Victoria is an eminently maritime town, boasting nine kilometres of beaches of fine sands lapped by warm waters. Its earliest



settlers arrived in the Upper Paleolithic period, a fact witnessed by the paintings found in the caves of El Higuero and El Tesoro. Heading on from here, we come to Vélez-Málaga, which comprises over 20 kilometres of coastline divided into several areas: Chilches, Benajárfate, Valle-Niza, Almayate, Torre del Mar, Caleta de Vélez and Lagos. Each beach has its own particular charm - some are crowded, others quiet and solitary,



some unspoilt and others equipped with all manner of facilities and services. Special mention should be made of the promenade in Torre del Mar, which is over 4 metres long, and a visit to the port of Caleta de Vélez, surrounded by delightful beaches, is also a must. The capital of the Eastern Costa del Sol, Vélez-Málaga, lies slightly inland. It is home to a wealth of monuments, including a fortress, a number of churches, the convents of San Francisco, Las Claras, Las Carmelitas, San Juan and Santa María, the Casa Cervantes, the Marquis of Beniel’s Palace and the Fernando VI Fountain. Our next port of call is Algarrobo. Though the main town lies inland, there are also three kilometres of beaches in the area known as Algarrobo-Costa. Worth visiting in Algarrobo are San Sebastián Hermitage, Santa Ana Church and the Trayamar Necropolis, which features Paleopunic tombs dating back to the VII century B.C. Not far from here is Torrox, which, sheltered by the Sierra Tejeda and Sierra Almijara, enjoys an enviable climate which has earned it the title “Torrox, the best climate in Europe”. The old town still retains its Moorish layout of steep, narrow, terraced streets which zig-zag back and forth, leading unexpectedly to secluded corners of whitewashed houses decorated with potted flowers. Worthy of note are Nuestra Señora de las Nieves Hermitage, San Roque Chapel, La Encarnación Church, the Arabic Tower and the coastal watchtowers. Torrox boasts nine kilometres of attractive beaches with clear waters in a privileged natural setting, such as Peñoncillo, Ferrara, Torcasol and El Morche, all of which are fully equipped with all manner of services and facilities. Our last stop is Nerja, the tourist destination par excellence, with its nine kilometres of beaches, the highlights of which are Burriana and the cliffs of Maro with their unspoilt coves. The Balcón de Europa affords astonishing views, while the justifiably world-renowned Nerja Cave is no less impressive. It is well worth taking a seafront stroll along Paseo de Carabineros from Calahonda to Burriana beach, nor must we not forget the typical products and hand-crafted goods available in the shops of the old town centre.

# Costa del Sol

## Festivities

Located as they are in a coastal area, almost all of the towns and villages on the Costa del Sol stage celebrations in honour of the Virgen del Carmen, patron saint of fishermen, which feature maritime processions and firework displays. Each locality also has its own patron saint festivities or popular pilgrimage, though other typical celebrations worthy of note include the Retro Dancing Championships, which take place in Torremolinos in February, Málaga’s August Fair, the Fiesta de las Migas (Fried Breadcrumb Fair) in Torrox on the last Sunday before Christmas and the Nerja Cave Festival. Also popular are the Easter celebrations that take place in March or April in many towns and villages, with pride of place going to the magnificent processions staged in the city of Málaga.



## Active tourism



of nature are advised to pay a visit to the Selwo Adventure Park, while those wishing to learn to ride a horse can do so at the “Costa del Sol” School of Equestrian Art, the latter two venues both being located in Estepona. Last but not least, the visitor can enjoy the excitement of horse racing at the Costa del Sol Racecourse in Mijas.

## Cuisine



The Costa del Sol boasts a rich and varied cuisine. Typical mountain fare include soup dishes such as gazpacho casareño, sopa campera, las cachorreñas and gazpachuelo and the famous migas (fried breadcrumbs), all of which should be washed down with a fine Muscatel wine. Other dishes are based around sea produce, such as rice with seafood, fried fish, fresh anchovies and skewered sardines. The goat’s cheese made in Estepona using milk from a breed of goat exclusive to this area is another culinary delight that should not be missed. For dessert, in addition to tropical fruit, we can choose from the many local cakes and pastries, including tortas fritas, buñuelos and hornazos.