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*Lifestyle magazine and property portal*

ISSUE 47  
OCT 2020  
**FREE**

**inside...**

**South Town**

**Molina de Segura**

**North Town**

**Denia**

**Top 13**

**new 'most beautiful'  
towns in Spain**

**Wine  
Article**

**Let's Talk Wine**



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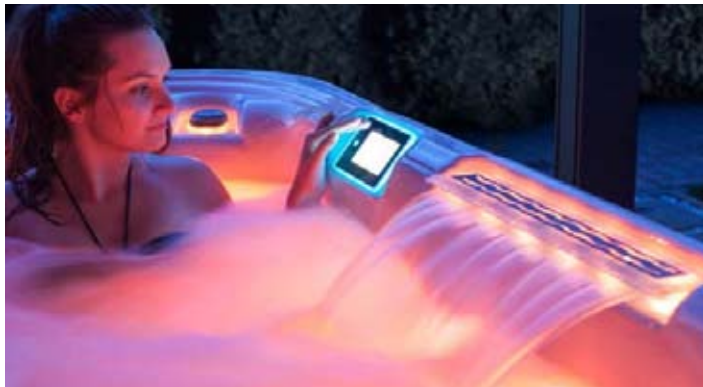
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# A Life in SPAIN

## Welcome to the October edition of ALIS.

Are we now able to mention Christmas, or is it still too early? I notice Tesco's (The Food Co) already has some christmas goodies as does Iceland.

We need to welcome our new advertisers this month. Please give them your support and tell them where you saw their advert. #SUPPORTLOCALBUSINESS

Andres is using the wine article to take us on a journey around Spain over the next few months. This will hopefully give us all an insight into the vast array of wine regions this country has to offer.

Page 19-22 has some of the best cities to visit in Spain. Maybe this will give some of us ideas of where to visit when it is safe to do so.

Enjoy!

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## Places to visit in a day:

### *The Salto del Usero, Bullas*

We discovered this little gem by accident as our daughter surfed Google Earth. A quick look online and it was decided it would be worth a trip. If nothing else, we had Bullas to explore and try lots of local wines (not our driver, of course).

First, it is important to realize that the attraction is small and in summer can get extremely busy, so pick your time, especially as the water can get quite low, or high which reduces the areas for sunbathing. The water is used for irrigation from upstream wells and as the water is cheaper to use in the evenings and weekends, the farmers use these periods to get water from the wells and this has an increase flow effect downstream and the Salto del Usero can be seen at it's best at those times.

Second, you cannot take your car down there. Although there is no charge to go to the lagoon, the car park will set you back 5€ for your car. It is a ten-minute walk from there, downhill. Remember you will need to walk back up again.

Whatever time you pick, it is a beautiful spot and if it is not too busy you will find many places to rest and swim. Jumping from the rocks is not allowed, nor is music. On our visit, we experienced both and on our way back,

reported the offenders to the car park attendant. The Policia Local arrived before we had left the car park.

It is a place worth seeing though and the rock formations are stunning. The water is very cold so we just dipped our toes. Take drinking water with you to avoid dehydration. Food is not allowed to be taken down to the lagoon.

On the way back we popped into the Bar Josepha for a beer and some tapas and a glass of wine. And if you fancy staying for longer, there are lots of little bars and cafes in the town where you can try some (very underrated) wine from the Bullas region. There is a tourist office which can be found in the Museo del Vino and full information about wine tours and more is available.

Enjoy!

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## *Wine Regions - Bullas*

### **The flag of Bullas**

Immediately to the west of Bullas lies the Sierra Nevada, the mountain range which connects Murcia with Andalucia. To the east lies the coastal plain of Cartagena and a large lagoon known as the Mar Menor (small sea in Spanish).

The landscape and climate here in this rugged, elevated region is harsh and dry and elevated. Most vineyards sit between 1,650ft and 2,700ft (approx 500-810m) above sea level. The soils here are often so hard they have to be broken up by mechanical means before vines can be planted. This effort is well rewarded, with limestone and chalk soils providing good drainage in the higher areas and alluvial and limestone soils in lower-lying parts also offering good drainage. This is essential, as torrential rains and storms can hit Bullas in September and October.

Bullas has a similar climate to Murcia's other wine regions, with the Mediterranean effects marginalised by the hot, dry conditions of the central Iberian plateau. Summer days tend to be very hot, with temperatures regularly rising to 104°F (40°C). Higher-altitude vineyards in the region's hilly north-west are noticeably cooler, and it's here that grapes are grown for the majority of Bullas wines. Winters all over Bullas tend to be cooler than in other parts of Murcia, because of the mountain influences, which means that occasional frosts are a threat.

Monastrell reigns supreme in Bullas and is responsible for the DO's signature fruity red wines. It accounts for 60% of the vines here. Traditionally, most of these are drunk joven (young), but since Bullas attained its appellation status, many adventurous producers have successfully experimented with maturing the best wines in American oak barrels. Monastrell is also the grape variety of choice for the region's fresh and lively Bullas Rosado rosés.

Other grape varieties used include Cabernet Sauvignon, Garnacha, Syrah, Tempranillo, Merlot and Petit Verdot. A small number of white wines are produced, predominantly from the Macabeo and Airen grapes, although Chardonnay, Malvasia Blanca, Muscat and Sauvignon Blanc are also permitted.

Most of the production in Bullas has been cooperative-based, reflecting the region's traditional bulk-producer image and history, but this system is waning as more and more quality-conscious producers create wines expressive of the local terroir. Unlike in the past, many bottled wines are now finding their way to the export markets.





## Wine

Bullas is a DO (Denominación de Origen) wine region in the southern part of the Murcia province in south-eastern Spain. It stretches from Jumilla almost down to the Mediterranean coast at Puerto de Mazarrón. This location makes Bullas the southernmost DO wine zone in the Levante (the traditional, collective name for Murcia its northern neighbour, Valencia).

The Bullas DO title was created in 1994, and is managed by its own Consejo Regulador (wine authority). It's named for the small, ancient town of that name, located at the heart of official Bullas viticultural area. Although the area only gained an official DO title relatively recently, it has a long history of winemaking. It is best-known for its rosé and red wines, particularly those made in the fresh, vibrant joven style.



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# Spanish Recipes

Spain has some of the most varied cuisine in Europe. We are going to try to guide you through some recipes for you to try at home.  
Good luck and enjoy.

## Small kebabs



## Ingredients:

Ingredients for 4 people:

- 1 leg of lamb, deboned and cut into cubes.
- 1 tbsp diced onion.
- 1 tsp of salt.
- 4 tbsp of fresh chopped parsley.
- 4 tbsp of ground cumin.
- 2 tbsp of diced garlic.
- 1 tbsp of ground black pepper
- 3 tbsp of diced ginger.
- Oil.

## Method:

Preparation

This is a nice easy dish to prep

Mix all the ingredients in a bowl and add the oil.

Mix in well with the lamb and leave to marinate for 24 hours.

Prepare the kebabs on wooden skewers and cook on the barbecue or over a grill.

You can also use pork, chicken or beef.

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# Let's Learn Spanish

## Furniture

### Phrases

Is there a furniture store near here?	¿Hay una tienda de muebles por aquí?	Eyeoo nah tea yen dah day mweb lays pour ack key
Is this suitable for interior or exterior use?	¿Es esto apto para uso interior o exterior?	Eszess toe app toe pah rah oo so in terry or oh ex terry or
I'd like a sofa-bed	Quiero un sofá cama	Key yerrohoon so farkam ma
Are cushions available?	¿Hay cojines disponibles?	Eyekohheeness dis poneeb les
Do you sell curtains?	¿Aquí se vende cortinas?	Ack key say ven day core teennas
Is this self-assembly?	¿Es esto para autoensamblaje?	Eszess toe pa rah ow toe ensamblah hey
Can you deliver this?	¿Me lo puedes llevar?	Meh lo pweh des yeahvar
Is this made from sustainable wood?	¿Esto está hecha de una madera sostenible?	Ess toe esstahet cha dayoo nah mad air rah sos ten ee bleh

### Vocab

Plastic chair	Una silla de plástico	Oo nah see yah day plas tea koh
Wooden chair	Una silla de madera	Oo nah see yah day mad air rah
Dining chair	Una silla de comedor	Oo nah see yah day com eh door
Armchair	Un sillón	Oon see yon
Sofa	Un sofá	Oon so far
Table	Una mesa	Oonahmesssah
Cushion	Un cojín	Oonkohheen
Curtain	Una cortina	Oo nah core teen nah
Bedside table	Una mesilla	Oo nah mess see yah
Wardrobe	Un armario	Oon are marree oh
Kitchen cupboard	Un armario de cocina	Oon are marree oh day kohthee nah
Domestic appliance	Un electrodoméstico	Ooneelecktrowdohmess tea koh



### Now try our wordsearch:

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*South Town...*



Molina de Segura

# MOLINA DE SEGURA

Molina de Segura lies about 10 km from the regional capital on the left bank of the river Segura. The main trunk road N-301 also runs through the town, making Molina an important transport hub, subsequently attracting important industries to set up in the area

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In terms of urban, economic, and population growth, Molina has expanded remarkably since 1960. Its population of 57.000 makes it the region's fourth largest town, the District of Molina itself presents a varied picture, the northern part being mainly rugged upland with the Sierras of Lugar, La Espada, and La Pila, while the southern part consists mainly of flatter countryside as one approaches the banks of the Segura, which, despite its rather modest girth, is still the regions main watercourse.

Surprisingly, though, there are several wetlands as well as the dry gullies that stand out for their wealth of flora and fauna, two examples of note being the protected areas of Humedal de Ajauque and Rambla Salada, both of which belong partly to the district.

The smaller villages of Fenazar, Los Valientes, La HURONA, La Albarda, Cómala, La Espada, Rellano, La Hortichuela, La Hornera and El Romeral lie in drier lands where the predominant vegetation is esparto grass, thyme and rosemary. These areas are where the ranges of La Espada, Lugar and the Sierra de la Pila National Park are situated, and which contain an extraordinary richness in wild flowers, including numerous native species found only here in the whole south-east of the Iberian peninsula.

The huerta of Molina has its origins in the Islamic Period and comprises three main districts, namely, La Ribera de Molina, Torrealta and El Llano de Molina, important producers of peaches, apricots and root vegetables, as well as tomatoes, onions and peppers. Situated in one of the area's urban developments, Altorreal, is Altorreal Golf Club, with first class facilities and with good connections from Murcia, the provincial capital.

A tour through the historical centre of Molina allows you to discover 8 centuries of culture in less than two hours and a half. As you walk, you will be able to imagine how citizens lived during the Middle Ages. El Cid Campeador, Rodrigo Díaz de Vivar, passed by this part of the city, where the King Alphonse VI exiled him for the second time. The citadel on the top of the hill and the remains of the wall that protected the population will take you back to their most epic past.

If you want to go deeper into the cuisine of Molina de Segura, you have to follow two steps. Firstly, look for the establishments marked with La Dama -a logotype that represents all the top-quality restaurants supporting local products. And secondly, choose among traditional dishes: "migas ruleras" (fried bread crumbs with cold meat), "arroz a la huertana" (rice with vegetables), "olla de cerdo" (pork with beans) or "mondongo viudo" (rice, potato, onion, chickpeas and garlic); or try their avant-garde cuisine and enjoy its most sophisticated tastes and mixes offered by the most innovative restaurants... and always with a Mediterranean touch!



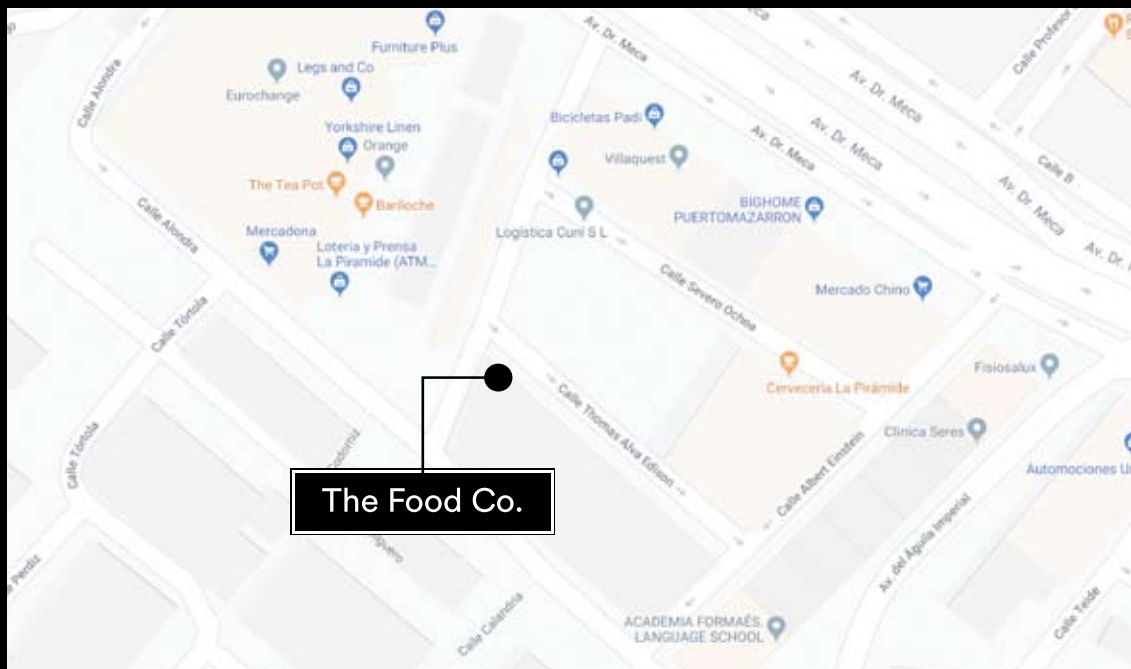
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# 13 Best Cities to Visit in Spain

With a wealth of historical sites, fantastic monuments, beautiful architecture and lovely, leafy parks, Spain's cities are magical to explore. World-class restaurants and lively bars dot the streets, where locals and foreigners stay out until the early morning enjoying the pounding nightlife on offer.

Often set in gorgeous locations, sun, sea and silky sands add yet another welcome dimension to all that there is to see and do. With fantastic cultural attractions in the shape of museums and galleries, as well as a plethora of local events and festivals highlighting the country's diverse cultural makeup, the best cities in Spain have everything you've dreamed of and more.

## 1. Barcelona

Bathed in sunshine, the capital city of Catalunya is mesmerizing to navigate, thanks to its incredible architecture that spans the ages. The old Gothic quarter is an intriguing mishmash of narrow alleys, huge cathedrals and peaceful plazas, while other neighborhoods are home to some of Gaudi's inspired creations, such as La Sagrada Familia – the iconic landmark of the city.

Lying next to the sea, there are some great seafood restaurants to check out, as well as the city's lovely beaches with a range of water activities to enjoy. Dripping with culture, fine cuisine, and with a lively buzz to it, wandering along streets such as the famous Ramblas makes Barcelona a delight to visit. For outdoor lovers, the hills that loom over the city make for some great hiking, and there are lots of nice parks scattered about. Football fans will want to go and watch Barcelona FC.

## 2. Madrid

Lying at the heart of Spain, the capital is a dynamic place brimming with life and energy which is infectious to experience. Stunning to look upon, the architectural styles at the city's heart are varied and grand, with palaces and mansions rubbing shoulders with the more contemporary buildings lining its avenues.

Once funded by the Spanish royals, its incredible galleries and museums are home to the best of Picasso, Dali, Goya, and more, with sumptuous masterpieces everywhere you look. If you're looking for some fun well into the early hours, Madrid has a thriving and lively nightlife scene.

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Rojales	410.000€	3	3	Luxury



### 3. Valencia

Lying alongside the Mediterranean, the third-largest city in the country is often overlooked in favour of Barcelona and Madrid, although it has plenty of attractions to woo visitors. Great to live in, Valencia's vibrant cultural scene, busy nightlife and fine beaches mean that there's something for everyone to enjoy.

With lovely, leafy parks snaking their way along the old riverbed that cuts through its centre, the old quarter is great to explore, and there are lots of interesting museums to visit and many fine dining options available.



### 4. Seville

With its cavernous Gothic cathedral lying at the heart of a picturesque historic centre, Seville perfectly mixes the old with the new as life courses through its streets. With some great bars, restaurants and nightclubs, the city is especially fun to visit during the Feria de April and the Semana Santa festivals, which are huge.

The capital of Andalusia has some fascinating palaces, churches and streets to explore, with the medieval Jewish quarter the area that most tourists gravitate towards. With Moorish influences on show, Seville has a rich cultural heritage to delve into.

### 5. Granada

With the enchanting Alhambra set amidst such gorgeous scenery, most visitors to Granada descend upon the city to explore the breathtaking palace-fortress that once housed the Moorish rulers. Spectacular to behold and stroll around, its amazing gardens and lovely Islamic architecture is the undoubted highlight of what Granada has to offer.

The city centre itself is wonderful to get lost in, as impressive churches and atmospheric bars are interspersed amongst fantastic Islamic architecture; the old Arab quarter is particularly beautiful due to its alluring alleys. Set on the lower slopes of the Sierra Nevada, Granada is a lively place that should not be missed.

### 6. Bilbao

Lying alongside the banks of the Rio Nervion in northern Spain, Bilbao's iconic Guggenheim museum is probably what the city is best known for, although it certainly has much more to offer and is a bastion of Basque culture.

Numerous architectural wonders line its lovely waterfront, highlighting a mix of traditional and contemporary styles, with some delightful cathedrals spread around the city. Leafy parks and atmospheric plazas are surrounded by world-class restaurants and atmospheric eateries, showing off the best of Basque cuisine. The vibrant local culture is fascinating to learn about in its brilliant museums, galleries and theatres. Lying in Basque Country, the city has some picturesque hills overlooking it, from which there are some stunning views of the buildings below.





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## 7. Malaga

Located along the Costa del Sol, Malaga's soulless high-rises hide a city that is rapidly reimagining itself. Numerous art galleries have sprung up in recent years – which seems appropriate since it is Picasso's birthplace.

Coupled with some delightful historic sites, such as an amphitheatre dating back to Roman times and a Moorish fortress, it has a thriving culinary scene, as well as some great nightlife for visitors to let their hair down. The recently renovated port area is breathing fresh life into this already lively city. On top of this, there are some nice beaches to lounge around on.



## 8. Cordoba

Once the largest city in Western Europe, Córdoba's stunning Mezquita testifies to the city's former prestige and grandeur and is the undoubted highlight to see. The incredible Moorish mosque has lavish architecture and beautiful arches.

It is located in the middle of the historic part of Córdoba, which is an exciting area to explore – just be warned that its immediate surroundings are often full of tourists. A charming place, there are lots of historic sites to get lost in and the architecture is divine. With more than enough restaurants and bars to keep you occupied, Córdoba, with its winding alleys, is a pleasure to visit.



## 9. Zaragoza

The beautiful Basilica del Pilar is the city's main landmark and, imperiously rising above the waters of the Rio Ebro, it does look spectacular. The fifth-largest city in the country, Zaragoza has a wealth of fantastic architecture to explore, with some ancient Roman remains and an old castle just a fraction of what it has to offer.

With the famous painter, Goya, born nearby, many galleries showcase fantastic art pieces. Add to this a great tapas and bar scene and you'll find that Zaragoza is certainly worth visiting.



## 10. Palma de Mallorca

The capital of the Balearic Islands, Palma is a beautiful sight. It features a lovely old cathedral that towers over the waterfront and numerous historical sites dating back to the Moors, Romans and Talayotics.

While the Gothic cathedral is arguably a highlight, wandering its medieval streets lined with old townhouses and churches is delightful, and there are lots of galleries, cafes, bars and restaurants to check out. You'll be pleasantly surprised at all that Palma de Mallorca has to offer.



## 11. Alicante

With an international airport and numerous resorts along its coastline, Alicante welcomes scores of tourists to its shores every year. Its lovely Mediterranean waterfront and picturesque old quarter, as well as a castle, museums and more, prove that the alluring, sandy beaches are just one aspect of it.

A lively place with great eating options and legendary nightlife, Alicante's bars and clubs make it an upbeat place to hang out for a few days.



## 12. San Sebastián

With an idyllic setting alongside beautiful beaches and lovely verdant hills, San Sebastián is an attractive place full of grand buildings and numerous cultural attractions.

Formerly a favourite with the Spanish monarchy, its lavish architecture and sense of grandeur is befitting, while its delightful parks and plazas only add to the charm. With a myriad of music, arts and cultural festivals taking part throughout the year, its rich Basque culture is on show for all to enjoy. In addition to this, the world-renowned dining options make San Sebastián a city to savour.

## 13. Cadiz

One of the oldest cities in Europe, Cadiz's ancient heart is almost completely surrounded by the Atlantic, and a wealth of riches once poured into its port from the Americas.

Funded by this gold rush, decadent mansions lie next to decaying warehouses and churches, while little cafes and restaurants dot its winding streets. With delicious seafood, a welcoming atmosphere and sandy beaches, it's a strangely alluring place.

Courtesy of the Olive Press

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# Ciudad Quesada

## Agents towns

Ciudad Quesada makes up part of Rojas, Started in 1972, it was one of the first residential urbanisations in Spain. It quickly became one of the largest and is still one of the most popular for expatriate clients seeking a holiday home in the sun, but where it differs is in the number of people from foreign lands who have made their permanent home in Quesada. This permanent population means that Quesada is one of the few urbanisations that remain open all year round, with a huge selection of services and facilities including over 100 restaurants, bars and cafes, a good selection of banks, supermarkets and other facilities and great civic facilities such as a cultural centre, town hall, bus services and even an AquaPark it's clear that Quesada's appeal is universal, for all ages and tastes.

Ciudad Quesada has its own La Marquesa Golf & Country Club, also in the surrounding area you will find several other excellent golf courses of La Finca, Vistabella, Villamartin, Royal Campoamor and Las Ramblas.

Quesada has all the major facilities you would expect from a decent-sized town. It boasts several good-sized supermarkets, shops, cafès, bars and restaurants. Whilst still very Spanish, it is home to a large expat population, and English is widely spoken.



There is a municipal theatre, museums, excellent health facilities, water park, thriving nightlife and a large weekly street market selling a wide range of goods including fresh locally grown fruit and vegetables. There is also a monthly arts and crafts market in the towns cave houses. The area has something to offer for everyone and is well served with an excellent road network.



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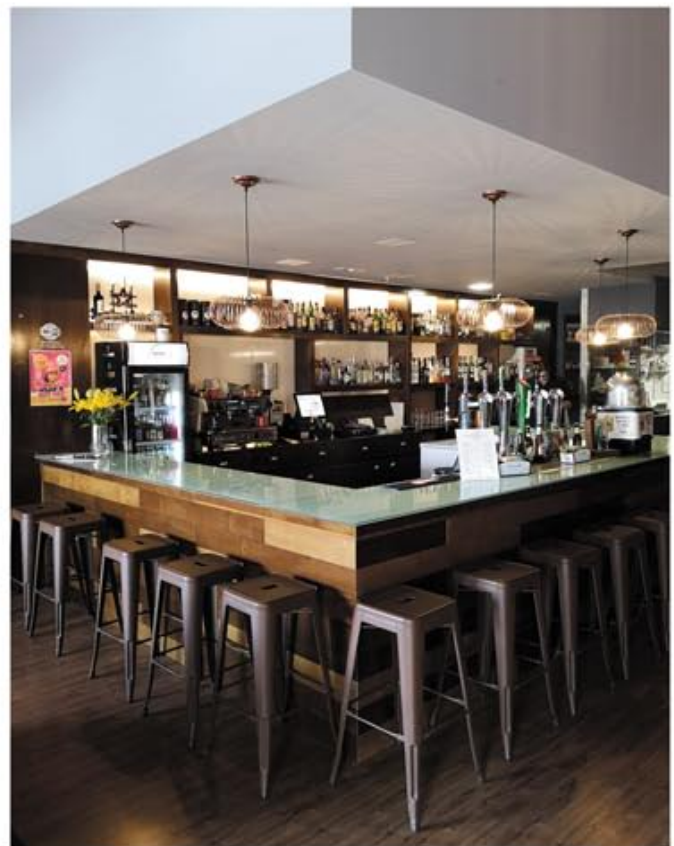
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see ad on page 18



An advertisement for a PADI Open Water Course. The background is a photograph of a diver underwater. In the top left corner is the PADI logo. Below it, a dark blue circle contains the text "FROM 245€". In the bottom center, the text "OPEN WATER COURSE" is written in large white letters. In the top right corner, it says "MAZARRÓN - MURCIA". On the right side, there is a logo for "BUCEO HISPANIA" which depicts a scuba diver.

An advertisement for a "Try Dive" experience. The background is a photograph of two divers underwater. On the left, a dark blue circle contains the text "70€ ONE PERSON". On the right, another dark blue circle contains "90€ TWO PERSONS". In the bottom center, the text "TRY DIVE DISCOVER SCUBA DIVING" is written in large white letters. At the very bottom, contact information is listed: "mazarron@buceohispania.com www.buceohispania.com 968 153 828 652 427 908".

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Denia is also a large holiday resort, along with Javea, the place where wealthy folk from Valencia had their summer homes. It is more Spanish than either of the two southern resorts and has suffered less from property development, at least immediately around the town, although this is set for a big change.

Nestling at the foot of the Montgó, the name of the mountain and national park, Denia has twenty kilometres of beaches, ranging from soft and sandy to the north to rough and rugged in the south. Les Deveses is popular with windsurfers, while for those who prefer life under the waves there are plenty of rocky coves south of the Port at Marineta Cassiana, El Trampoli and Punta Negra.

Most tourist offices provide way-marked walks, but Denia must be the only resort in the Costa Blanca that provides way-marked dives – two of them in the Cap de San-Antonio Marine Reserve. If you fancy a bit of skinny-dipping, the tiny La Cala cove next to the Reserve is the place for an all-over tan.

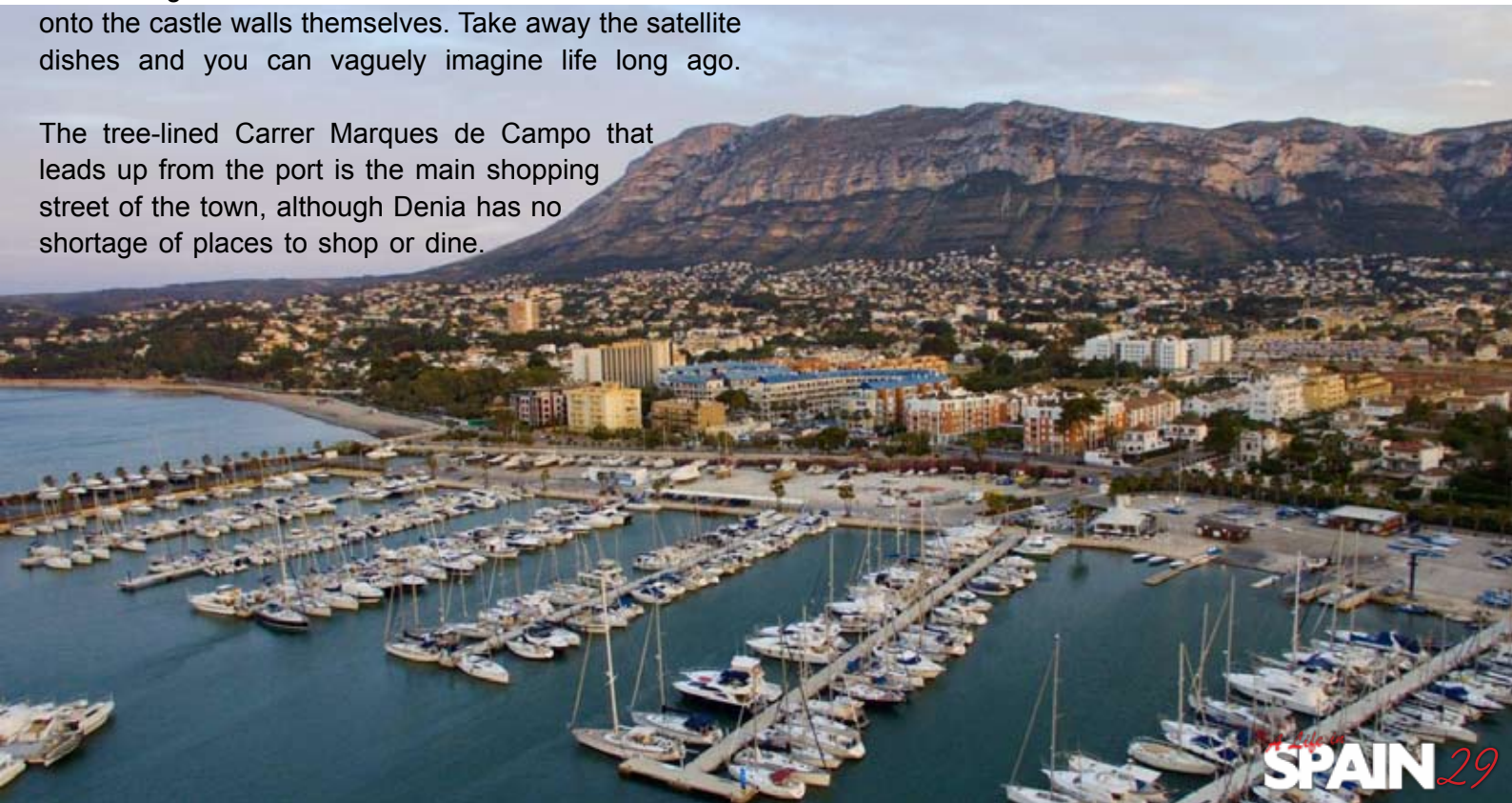
Denia's biggest tourist draw is the Castillo, situated in the heart of the town. The original design can be traced back to the Islamic era (11th-12th centuries) with additions in most centuries up to the 17th. In the narrow streets descending to the modern town, the houses are built onto the castle walls themselves. Take away the satellite dishes and you can vaguely imagine life long ago.

The tree-lined Carrer Marques de Campo that leads up from the port is the main shopping street of the town, although Denia has no shortage of places to shop or dine.

The prawns here are said to be the best in the world (although no-one knows who actually said it!) and to sample them you could try one of the fish restaurants that overlook the beach at Punta Raset, a ten-minute walk north from the Port.

Like most tourist towns Denia has its fair share of museums, but one worth a quick look is the newly opened toy museum. Before the disastrous phylloxera epidemic in 1904 that destroyed millions of vines throughout Europe, Denia's main money-earner had been the exportation of raisins. (The Co-operative Wholesale Society even had its own warehouse in the town from where it despatched raisins to the ports of Liverpool and London.) When the town appeared to be on the edge of bankruptcy after the infestation, two enterprising German brothers called Ferchen, exporters of dried fruits, began to bring lithographed sheets of tin-plate from Germany to be made into tin toys in Denia. They were the saviours of the town and Denia became one of the most important toy producers in Spain. On display are examples of toys produced there, with plenty of the 'I had one of those' to bring a smile to the lips of those of a certain age.

Visit [www.alifeinspain.com](http://www.alifeinspain.com) and watch a video of this and other towns to get a real feel of the life here. Courtesy of [upnowcostablanca.com](http://upnowcostablanca.com).



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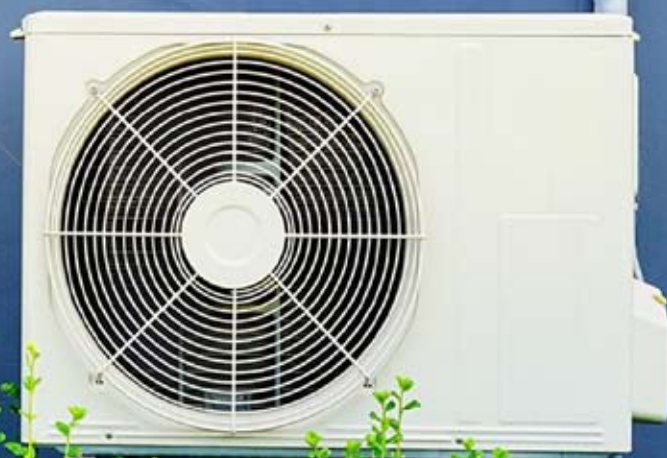
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# Free things to do in and around Alicante *part 2*

Alicante is a beautiful region that's full of mountains, towns, and cultural events that all seem to be catered toward creating the perfect holiday for everyone. Not only does the region offer something for the whole family as well as solo travellers, but it does so at the most affordable price of all: 100% free.

9 of 30 - Novelda, Santa Maria Sanctuary - A beautiful church that was erected in the 9th century on top of a cliff overlooking the beautiful surroundings. There is a free car park at the top, as well as a restaurant and ruined castle. Numerous trails branch off from here, passing many old huts (or maybe sheds!) along the way. However, if anyone is allergic to cats, then maybe bring some medicine as this place has quite a few (they roam free, but are fed and cared for).

For most tourists, the city of Novelda will be a bit off their normal route plans as it lies around 25 km west of Alicante. Novelda highlights its city and the sanctuary of Santa Magdalena for the true Costa Blanca traveller. As the area is located on top of a little hill, you have a wonderful view of the wide fields with grapes and saffron. Also, have a good look from here and you will discover some of the large marble

10 of 30 - Silla del Cid – An easy hike that can be done either as a return or a loop, though the latter is a bit harder due to the looseness of one of the paths. With amazing views of the surrounding mountain ranges. For those with walking gear, there is also a via ferrata that climbs all the way to the top.

Nestling in the protected landscape of the Sierra del Maigmo and El Cid, one of the areas of greatest scenic beauty in the province. Climb to the top of the Silla del Cid, at 1.127 metres above sea level, one of the most emblematic elevations in the Medio Vinalopó district due to its characteristic shape of a saddle. During the descent, you can enjoy a beautiful panoramic view of the municipality and Petrer Castle.

The natural vegetation of the area is dominated by the Aleppo pine and the kermes oak. The holm oak has virtually disappeared, except in some of the wetter, shadier areas. As for birds, these are numerous and include golden eagles (which nest in nearby areas), the goshawk, the eagle owl or the sparrowhawk.

Climb through the shady area of El Cid, going through a forest of pines and kermes oaks, until you reach the Contador hill, where you can enjoy wonderful views, before concluding your ascent to the summit of the El Cid mountain.

From this point, facing north you can see the summits of the Maigmo and Maigmonet, the Sierra de Bèrnia and the Sierra de Aitana. To the South, Petrer, Elda, Monóvar and Novelda.

11 of 30 - Lo Pagan Mar Menor Mud Baths – Despite their foul smell, the mud here is reputed to help cure numerous

skin afflictions (including acne) and even relieve the pain of arthritis, rheumatism, and gout. To take advantage of this mud's healing properties is a simple process: 1. head out on one of the numerous piers leading to the best mud pits, 2. hold your nose, 3. slip into the 6-inch deep mud and apply it where needed, 4. let it dry in the sun and then wash it off in the same lake, not at the beach, and presto! You'll be left with wonderful-looking skin and a family member/friend yelling at you to stay away.

The particular climatic conditions of the Mar Menor, the long hours of sunlight and the high level of salt in the water, have created, in the far north part of the lake, known as La Puntica, a mud known for its therapeutic value. The last analysis carried out by the University of Murcia in 1995 found that these sediments contain a high percentage of calcium, magnesium, potassium and fluoride, as well as chlorine and sulphur. This percentage is far superior to the normal values found in this type of water with such a high level of salinity. The tests also show that there are high levels of fine and very fine sands (slime and clay), the basis of the healing attributes of this mud. The PH varies between 7.12 and 8.45.

12 of 30 - Reina Sofia, Guardamar – A lovely park that is situated within a few hundred meters from Guardamar's beach. However, it's not its close proximity to the Mediterranean Sea that has it listed here, but rather its fantastic opportunity for you to get up close and personal with its wild squirrels. And if you bring some natural, unsalted peanuts (those in shells are better for you, given their teeth and claws are sharp), you can even lure them down from the trees and onto your arms! An added bonus to this place are its three man-made ponds full of turtles, ducks, peacocks, and the occasional heron. You can also feed the peacocks and pigeons birdseed.

Combined with the great blue flag beach and ample supply of bars and restaurants, what more do you need for a great day out?





13 of 30 - Rojales Cave Houses – Located near the three crosses, the Rojales cave houses or Cuevas del Rodeo are a fantastic place for a short mooch. The path that links them all is also dotted with metal artistic structures that represent objects in everyday life.

The town of Rojales is famous for the beautiful cave houses which are located in the hills to the south of the town. The best-kept-secret tourist attraction in the Rojales area – the Casa de Las Conchas is by the lowest entrance to the caves area in Calle Vilatona. Over many years the owner, Manuel Fullea Alcaraz, has decorated his house with patterns of shells, tiles and mirrors. It's quite spectacular to see. The artist's caves in Rojales are well worth a visit if you've never been.

14 of 30 - Rojales Easy Horse Care Rescue Centre – Open to the public for free only on the first Sunday of the month, this place is a sanctuary for abused horses in the area. They hold free tours around 14.30 where you can hear the heart-wrenching tales of their occupants and a raffle (where pretty much everyone is a winner) at the end. There is also a small stand that sells quiches, cakes, and other nibbles to help fund their continued rescue.

Set up around 10 years ago the Easy Horse Care Rescue Centre near the little town of Rojales in the province of Alicante, along Spain's Mediterranean coastline. They now care for more than 90 horses, ponies and donkeys saved from abuse and neglect, plus a menagerie of other rescued animals, including dogs, cats, parrots, chickens, geese, Ernie the turkey and Isadora the pig.

15 of 30 - Torrevieja Cala de la Zorra - An amazing snorkelling spot right off the shore of Torrevieja's coastline. Follow either of the two steps down to the ocean and slip into the crystal clear waters of the Mediterranean Sea. You can swim either to the left or the right, it makes no difference as the abundant sea life is everywhere. There are numerous different types and schools of fish swimming around the seagrass beds and cool-looking sponges. There is also the occasional octopus and cuttlefish to marvel at...just make sure you don't accidentally touch one of the beautiful pink jellyfish as according to Google, their stings really hurt!



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# Olive Oil Process at El Tendre

It is not easy to explain the whole process of olive oil production in just a few lines, but these are the most important steps

- 1 Separation of the olives. By using vibrating belts we can remove the olives from the leaves, stones and dirt.
- 2 The olives are washed in water before being stored in tanks to start the grinding process.
- 3 With a total capacity of 150,000kg, at El Tendre we grind the olives at a rate of 10,000kg per hour, 24 hours a day for three months per season. This lasts from November to January.
- 4 In the mill, we break the bones of the olive and extract the oil and vitamins and knead together to mix with the skin.
- 5 Our machines work the mass to separate the oil from the bones.
- 6 After initial extraction the olive oil is thicker because we use a filter to separate the rest of the bones
- 7 Then a machine works as a turbine to separate the remaining water from the oil. The oil is now ready to be stored underground.
- 8 The oil is stored underground for at least one week, to allow any possible excess water and oil grind to move to the bottom of the well, before being removed and stored in drums.

9 When required, the olive oil is then bottled in numerous shapes, sizes and formats for our clients. We bottle an average of 30,000 litre's per day and more than 1,000,000 litre's per season. In the "El Tendre" shop, visitors are able to buy our olive oil as well as being able to visit the museum and also taste our products.





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# The Journey - Vintage Pilgrim

By Carol Hughes

12th May

Charlie is still not himself; he was up on my bed and crying because he could not get down again! Since when! he got up there, think Chris is not the only one going senile.

The fireplace people have called today, I can not handle any more work at the minute I have asked them to call back in a few weeks.

13th May

We have a massive hole in the floor and no water till tomorrow, I feel like crying.

14th May

Chris is paranoid about bugs he thinks they are going to eat the house, I wish they would eat him and shut him up!

15th May

Ok, so now we have a problem with the bank card, overuse I think we have worn it out! Need to order a new one. I have emailed my account manager at the bank, we can pick up a new one Tuesday, good job I have cash! To be fair if I need to withdraw cash, they will send us a code to use in the machine. I really should move branches, though our bank is an hour drive away, we have a local branch 10 mins away but they are so miserable in that one and so happy and helpful in the other it's worth the drive.

Because we have to travel to the bank on Tuesday, I have messaged about the car again, as it is only 10mins from our branch, it would be great if we could collect the plates at the same time. Seemingly the gestor still has not done it and cannot be rushed! Rushed, he has been doing it since March!

Charlie is still not himself we took him for a walk, he has come in and gone to bed. I wish these tablets would start working I am really worried about him.

On a positive, I bought more fly strips, must have 200 fly's on them.

16th May

We have had to cut down the Chinese horn in the back yard, I am a bit sad, it was beautiful. But you could not go in or out of the back door without getting attacked by wasps, they love it. Also cut back the money trees, of which we have loads and they do not produce money worst luck.

Pizza for tea done on the BBQ. I am impressed who knew you could do pizza on a BBQ.

21st May

Found the tiles for the kitchen, Dark grey bit like a slate texture. Chris wanted a high gloss! In a kitchen! Yeah right, I think he is trying to kill me.

22nd May

I am fed up washing up in a small bathroom sink. The kitchen is going in on the 17th of June I can not wait, this is hard work. I am sure it will all be worth it.

30th May

We have ordered the windows. They are wood with shutters on the inside and bug screens on the outside. Ooh, June is going to be busy they have given us a date of the 17th of June to fit them as well. We are not having the kitchen window done. Well, that one is UPVC and anyway and quite new. The kitchen will be freshly plastered, and the kitchen will be going in. So, they can do the rest. Also, the fly screen for the front door is coming tomorrow so hopefully, that should keep the fly's in the house down.

2nd June

The pomegranate tree and the other tree at the front must come out. we are putting fly strips on them and they are covered. It is impossible to sit outside without getting covered in fly's

6th June

Had a message car will be ready next week 100%! Hmm, we will see I have heard that before.



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