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Lifestyle magazine and property portal

ISSUE 67
JUNE 2022
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Town**

Cabo de Palos

**North
Town**

Guadalest

Top 10

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**Wine
Article**

Let's Talk Wine

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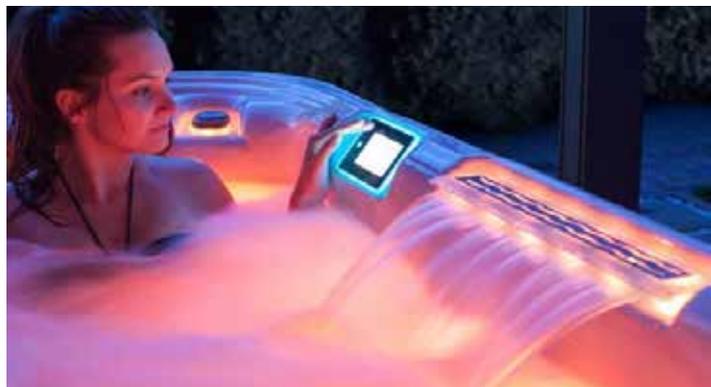
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A Life in SPAIN

Welcome to the June edition of ALIS.

It's getting warmer!!! This is by far the best time of year in Spain. The scorching heat has not yet arrived, but it's still shorts all the way.

Enjoy the beach and pool.

So what's in this month?

We have the return of Architect's Angle. This month it focuses on dividing your home in two and then renting it out to make some much needed extra money

We also have the start of the top 10 Spanish beaches. How many have you visited?

Enjoy this month's magazine

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A woman in a black suit and white shirt, smiling and pointing towards the text.

Top 10 Spanish Beaches

Spain has over 5,000 miles of coastline, much of which is graced with beautiful beaches. Though the tourists flock to the Costa Blanca and the Costa del Sol, there are gorgeous beaches all over Spain (well, where there's coastline, anyway!). over the next few months we will discover the top 10 voted beaches.

1. La Concha Beach, San Sebastián

La Concha is one of the best city beaches in Europe, let alone Spain. Situated in the north-east corner of Spain, near the western end of the border with France, San Sebastián is a chic coastal city with excellent Pintxos (the Basque name for tapas) and one of the nicest beaches you'll ever get in a city.

La Concha is the most centrally located beach of San Sebastián. It is located in the stunningly beautiful, shell shaped Concha bay. The shape of the bay explains the name "Concha" that has been given to it. On one side of the bay you will find the Urgull mountain, next to the harbour and the city hall, and on the other side of the shell you will find the Igueldo mountain. From the city hall you can get to the golden sand beach and the clear blue water in less than a minute. A real luxury, in our opinion!

The Concha beach is very spacious. It has a length of 1350 meters and an average width of 40 meters. We say average, since the tides can strongly influence the size of this beach on the Atlantic Ocean.

You can find the end of the Concha beach at the "Pico de Loro" (the so called parrot's beak); this is a small passage of rocks which disappears during high tide. Behind this "Pico de Loro" the Ondaretta beach starts, this beach is also located in the Concha bay and its border is marked by the Igueldo mountain.



2. Playa de Las Catedrales, Galicia

The best beach in Galicia, hands down. The rock formations created by the sea are truly exceptional. The nearest town is Ribadeo, while Foz is nearby.

Note that Galicia, in the north-west of Spain, is not the place to come for winter sun, or even for guaranteed sun in the summer.

The Beach of the Cathedrals is located on the coast of the province of Lugo (Galicia). It is called this way by the set of cliffs, some with more than 32 meters of height, that sculpted by the wind and the sea, form some spectacular arches and vaults leaving a wonderful landscape in which it is considered one of the most spectacular beaches of the World.

It is an exceptional set of cliffs that surpasses the usual beauty of the beaches of the north of Galicia. It is located between Foz and Ribadeo, in Lugo, very close to the border with Asturias that makes the Ria del Eo.

The Beach

The real name is the beach of Aguas Santas and is located in the parish of A Devesa (Ribadeo). You can enjoy the scenery more when the tide is low because you can walk the sand between the cliffs.

At low tide, through stairs you can go down to the sand and walk around to see the cracks, tunnels and gallery

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Let's Learn Spanish

MAIN COURSES part 1

Phrases

I'd like to see the menu (a la carte)	/ Quiero ver la carta	/ Ky-er-o bear la car-ta
What is on today's set menu?	/ ¿Qué tenéis de menú, hoy?	/ ¿Kay-ten-ace day men-you, oy?
Have you chosen your main course?	/ ¿Qué quieres de plato fuerte?	/ ¿Kay keyer es de plah-toe fu-air-te?
Can we share this dish?	/ ¿Podemos compartir este plato?	/ ¿Poh-day-moss com-par-tyear ess-tay plah-toe?
Can I take this away with me?	/ ¿Puedo llevarlo a casa?	/ ¿Pw-eh-doh yea-var-low ah kas-sa?
Does this come with chips?	/ ¿Viene con patatas fritas?	/ ¿Ve-en-eh kon pah-tah-tas free-tas?
Does this come with vegetables?	/ ¿Viene con verdura?	/ ¿Ve-en-eh kon ver-dur-ra?

Meat / Carne / Car-nay

Chicken / pollo	/ poy-yo
Turkey / pavo	/ pav-oh
Pork / cerdo	/ ther-doh
Beef / ternera	/ ten-air-a
Lamb / cordero	/ cor-dare-ro

Style / Estilo / Es-tee-lo

Grilled	/ a la parrilla / al lah-pah-re-ya
Roast	/ asado / ass-ah-doh
Griddled	/ a la plancha / a la plan-cha
Marinated	/ adobado / ah-doh-ba-doh
Bread-crumbed	/ empanado / em-pan-ah-doh

Cut / Corte / Cor-tay

Breast / pechuga	/ pey-chew-ga
Wings / alas	/ al-ass
Loin / lomo	/ low-mow
Fillet / filete	/ fee-lay-tay
Chop / chuleta	/ chew-lay-ta

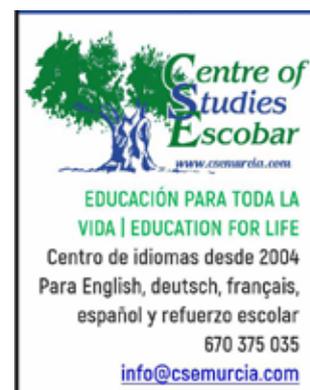


Now try our wordsearch:

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 U C V Y I R N A G V E U Z H B E
 S O S Z P K O G K A Q T D D S L
 E R P A O Q T U L P O C E R D O
 M D D H L I K H L D I G D L P Q
 V E C A Z A E C W H T D Y M I I
 C R X T E R N E R A X P N J I F
 Q O F B V Q C P P O L L O X M S
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South Town...

Cabo de Palos

Cabo de Palos is the most southerly place on the Mar Menor. It is a large village with a quaint marina which has moorings for about 100 small boats, and some excellent restaurants which are renowned for serving a great selection of fresh fish. The rocky coastline is ideal for exploring, and a walk out to the light house is a must! There is also a sandy beach, which joins into the beaches of the La Manga Strip to enjoy.

By Heidi Wardman





Cape Palos (Spanish: Cabo de Palos) is a cape in the Spanish municipality of Cartagena, in the region of Murcia. It is part of a small range of volcanic mounts that form a small peninsula. The Mediterranean islands of Grosa and the group known as the Hormigas Islands are part of this range, as well as the islands in the Mar Menor ("Little Sea"). The name "Palos" is derived from the Latin word palus, meaning lagoon, a reference to the Mar Menor.

According to Pliny the Elder and Rufus Festus Avienus, there was once a temple dedicated to Baal Hammon on the promontory of the cape, which later became associated with the cult of Saturn. During the reign of Philip II of Spain, a watchtower was built on the promontory as a defense measure against the Barbary Pirates. A battle off the cape took place on June 19, 1815 between US naval forces and the Barbary Pirates. During the Spanish Civil War, the Battle of Cape Palos took place near the cape in 1938.

Its lighthouse began operating on January 31, 1865. The cape is part of a marine reserve, the Reserva Marina de Cabo de Palos e Islas Hormigas.

Places of interest & ideas of things to do in Cabo de Palos

- Marina: suitable for small boats only, great selection of fish restaurants.
- Rocky Coastline: excellent for exploring.
- Lighthouse: on rocky cliffs, good for walking around.
- Beach: small and sandy.
- Market: large market on Sunday morning.

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Ideas of places to twin Cabo de Palos with day or night

- Spend a Sunday morning at the lively street market beside the marina in Cabo Palos, enjoy a leisurely lunch at any of the well renowned fish restaurants and then walk along the cliffs to the lighthouse.

- Explore Cabo de Palos as a stop on your Day Out to the Mar Menor. Why not combine it with a visit to Los Alcazares and Punta Brava to get a real taste of all the area has to offer.

- Spend the day relaxing on the rural beaches of the Cal Blanque Regional Park and then head to Cabo de Palos for a late leisurely lunch



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SPAIN 13

EXERCISING WELLBEING



There are various factors that contribute to a person's wellness. Being healthy is a far more complex definition these days, and this becomes more apparent as we learn more about mental health.

The new Economics Foundation (NEF) set out 5 actions that can improve a person's wellbeing:

- Connect: Talk and listen. Be there, be connected.
- Be Active: Do what you can. Enjoy what you do. Move your mood.
- Take Notice: Remember the simple things that give you joy.
- Keep Learning: Embrace new opportunities. See opportunities. Surprise yourself.
- Give: Your time, your words, your presence.

These 5 actions conjure social interaction, emotional stability and encourage us to do the things we enjoy, all of which can be captured with the be active element.

Frequent exercise not only maintains physical wellbeing but can greatly help improve mental wellbeing. Exercise also offers the social elements we need in our lives, whether it be through clubs, sports teams or attending gym classes, and provides us with endless new opportunities and experiences to explore.

Move your mood

There are strong links between being active and improving wellbeing and the NEF 'move your mood' quote really resonates. Everyone has the daily stresses of relationship issues with loved ones and friends, work deadlines to meet, or money troubles to contend with. We all need an escape or distraction every now and then to move our mood into a positive one and exercise can help us achieve this.

Try something new

Whether you're feeling down and craving some social interaction, stressed out and in need of channelling some anger, or maybe just eager for some healthy competition; there are so many options available to us that exercise is the foundation of. Choices which vary from hiking to cycling, football to weight lifting, yoga or swimming, there are so many forms of exercise available to us to embrace, experiment with and enjoy, whether it be alone or with others.

Get the feel good factor

There's science behind exercise moving your mood for the better too. Exercise releases endorphins, which are chemicals produced naturally by the body's nervous system to cope with pain or stress. These endorphins are also known as the 'feel good' chemical and will boost your mood, moving it for the better, so what are you waiting for?

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SPAIN 15



Spanish Life: Stepping On The Spanish Rollecoaster!

Are you one of the thousands of expats who has already taken the plunge and moved to Spain? If so, then this is your chance to share your experiences with others- the good, the bad and the outright incredible!

By Heidi Wardman



As we at A Life In Spain fall nicely into this category, we fully appreciate that even laidback, sunny Spain has its prickly side. First you are faced with the bureaucracy, ridiculous amount of paperwork, and having to wait an age to get anything done- even if all you need is a response. Then there are the annoying siestas, which cause everything to grind to a halt midday, when you still have so much to do; umpteen fiestas that have a similar effect; and noisy neighbours that just never seem to sleep! Add to that the scourge of the holidaymakers who flock to the coast in their droves throughout the summer months, causing chaos on the roads, stealing our favourite spot on the beach or by the pool, leaving our supermarket shelves empty and creating a price war at our local bars and restaurants! And let's not forget the horrifying cockroaches and mosquitoes that find their way into our bedrooms to terrorize us as we try to sleep.....

In spite of these annoying niggles, my personal experience of living in Spain has been great overall, and the massive cultural differences from that of the UK did not prevent it from becoming home very quickly! It had always been my dream to relocate to Spain, and from the age of fifteen, I was determined to make it a reality one day. Fortunately, for me

my parents shared my love of the Mediterranean, deciding to take early retirement and start their new life in the sun in 2002, leaving me little choice but to up sticks and follow them! It was a tough decision, but I could not leave them to survive in a foreign country alone! Sadly, the move was fraught with setbacks, the most exasperating of which being the delayed completion date of our new home, which of course we were not informed of until we arrived on site with our suitcases, and the removals van carrying all of our worldly belongings following on behind....

Could the builders give us an estimate of when the property would be complete? A week maybe? Two weeks at the outset?? Perhaps we could check into a hotel and put our furniture in storage for a couple of weeks???“Manaña” was the noncommittal, unhelpful response which we continued to receive every week until we were finally given the green light.....nine months later!!! However, as we were still so excited about starting our new adventure and determined not to let ANYTHING ruin the moment, we remained upbeat, cheerful and composed throughout.



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Thankfully, our patience paid off, and we were rewarded with a beautiful, Mediterranean style casa, situated on a charming urbanization with an inviting swimming pool, gardens filled with lazy palms and blooming bougainvillea, and everything else that I had envisaged for my dream home! Whilst the pleasant climate was a massive bonus, it was the warm, friendly welcome received wherever we went which really made the difference. In no time at all I had developed a great circle of like-minded friends of all nationalities which made for a fantastic social life; and landed myself an interesting job selling hot tubs! It was very different from anything which I had done before, but as “new beginnings” was the order of the day I dived straight in, eager to learn and spread my wings in my new home. My sales career continued to blossom when I began working for a successful Real Estate Company, and it was during this time that I really grasped the lingo, with thanks to much support and encouragement from my Spanish and Colombian colleagues.

Life continued to get better and better with doors opening and opportunities unfolding, which I had never even hoped of having. Every day brought new challenges and adventures, and just five years after arriving in Spain, I had landed my dream job, working as a News Reporter for one of the Costa Blanca’s most successful English language newspapers. As a newcomer to the media world I knew that I had a lot to learn, and would need to work incredibly hard to keep up with the competition if I was to eventually establish myself as a Feature Writer in my own right. So as always, I hit the ground running and have never looked back! The rest as they say, is history! It’s not exactly the relaxed, easy-going lifestyle that I had imagined during my early visions of Spanish life- in fact quite the opposite! Nonetheless, I will never get bored of waking up to brilliant sunshine and the wealth of surprises that await me daily.



I imagine that shades of my account will sound strikingly familiar and would love to hear about your own experiences of Spanish life. This might include the things that you admire about your new country, lifestyle and culture; along with the frustration factors, tips on how to adapt to life in Spain, and things which you wish you had known before you arrived!

It is comforting to learn from the comments that A Life In Spain has received so far, that many of our readers are totally in tune with our reflections on Spanish life, and have no regrets about making the move. We have included a couple of our messages here to give you some food for thought!

“I made the best move ever when I retired to Spain 10 years ago, especially in light of the events which are currently happening due to the Brexit result! The country which I went to war for no longer exists, so I have no intention of returning to the UK. All my friends and family back home are gone now, and I have many new friends here in Spain.” Denis Casey, Eagles Nest.

“We have been here for 7 years now and it was a real nightmare at first with all of the paperwork which had to be completed, but when it settles down it is a fabulous place to live! We love mixing with people of other nationalities and the Brexit vote has only served to reinforce the point that this was the right decision. Spain is now our home and this is where we will happily stay!” Christine Hutchinson, Rojasles.



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Food & Drink

Section

Pacharan

Pacharanin Basque or pacharan in Spanish is a liqueur that is made from blackthorn or sloe bush berries. Called endrinas in Spanish, the berries grow wild in Navarra, the Basque region in the north of Spain.

Pacharan is a popular liqueur all over Spain. It has an intense, fruity aroma, and on the palate, it should have a fresh and long-lasting flavour. It is a reddish color and is 20 to 30 percent alcohol by volume.

Sloe Bush Berries

Sloe berries, classified as *Prunus spinosa* in the rose family, are the size and shape of a plum. They are black-blue with a purple-blue waxy bloom and are harvested in the fall. The fruit is suitable for preserves, but tart and astringent unless it is picked after the first few days of autumn frost. In large amounts, the fruits can be toxic as there is hydrogen cyanide in the fruit. Sloe berries are also used for making sloe gin. Other closely related fruits include plums, peaches, apricots, nectarines, and almonds.



How to Make Pacharan

You can make your own pacharan with ripe sloe fruit, anise liquor, some garnishes, and several months to spare. The process to make pacharan is fairly simple.

1. Fill a bottle about one-third with very ripe sloes.
2. Pour semisweet spirit with anise flavour into the bottle.
3. Add a cinnamon stick or coffee beans, if desired.
4. Seal the bottle and let stand for 2 to 4 months (or longer, if desired). Occasionally shake the bottle.

How To Serve It

Serve it cold, about 45 degrees, in a brandy snifter without ice, as it would dilute the liqueur too much as it melts. It is best served at the end of a meal, as a digestif. Pacharan is said to have medicinal properties that help with digestion.

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A Life in **SPAIN 23**

Spain's Food History



1 GEOGRAPHIC SETTING AND ENVIRONMENT

With Portugal, Spain makes up the Iberian Peninsula, or Iberia. Iberia is separated from the rest of Europe by the Pyrenees Mountains, which rise to a height of 11,168 feet (3,404 meters). The peninsula is bordered by the waters of the Mediterranean Sea on the east, the Strait of Gibraltar on the south, the Atlantic Ocean on the west, and the Bay of Biscay on the northwest. Spain's miles of coastline (more than any other European country) provide it with bountiful seafood and fish.

Spain is also a close neighbour to Africa. Morocco lies only a short distance, eight miles (thirteen kilometers), across the Strait of Gibraltar from the southern tip of Spain. Rich soils in interior valleys yield a variety of cultivated vegetables, while the country's arid (dry) climate provides excellent growing conditions for grapes and olives. The high plateaus and mountainsides of the interior are grazing grounds for sheep and cattle.

2 History and food

As a gateway between Europe and Africa, and the Mediterranean Sea and the Atlantic Ocean, Spain has been much fought over throughout history. The Greeks settled its coastal areas as early as the eighth century B.C. while Celts occupied interior regions. By the second century B.C. Spain was under Roman domination. In the early eighth century A.D. the Moors (Arabs from northern Africa) crossed Gibraltar and entered Spain, occupying it for the next 700 years before Christian kingdoms drove them out.

This long history of invasion is still evident in Spain's cuisine. Olives, olive oil, and wine tie it closely to Greek and Roman (Italian) culture. Meat and fish pies show the Celtic heritage. The Moorish influence is seen in the use of honey, almonds, citrus fruits, and spices, such as cumin and saffron (a yellow spice). A leader in exploration and colonization, powerful Spain was among the first nations in Europe to discover the treasures of the New World. Beginning in the late 1400s, explorers returned from voyages across the Atlantic Ocean carrying such exotic new foods as tomatoes, potatoes, sweet potatoes, beans, corn, peppers, chocolate, and vanilla all native to the Americas. These foods were slowly joined with the Spanish diet.

3 FOODS OF THE SPANIARDS

Spain's culinary traditions rely on an abundance of locally grown vegetables and fruits as well as meats and poultry. Jamón serrano , a cured ham, and chorizo , a seasoned sausage, are popular. Seafood and fish are popular in coastal areas. Other popular foods are cheeses, eggs, beans, rice, nuts (especially almonds), and bread (a crusty white bread, baked fresh daily, is common).

Olive oil and garlic are common ingredients. Spain is also known for its wines, including the rioja , made in the northern province; sherry, a fortified wine that may be dry or sweet; and sangria, wine mixed with fruit and soda water. The best-known Spanish dish, a stew called paella (pie-AY-ah), originated in Valencia, an eastern province on the Mediterranean Sea. Rice, a main ingredient, is grown in Valencia's tidal flatlands. Though there are numerous variations, paella is usually made of a variety of shellfish (such as shrimp, clams, crab, and lobster), chorizo (sausage), vegetables (tomatoes, peas, and asparagus), chicken and/or rabbit, and long-grained rice. Broth, onion, garlic, wine, pimiento (sweet red pepper), and saffron add flavour to the stew.

Every region has its own distinct cuisine and specialties. Gazpacho, a cold tomato soup, comes from Andalucía in southern Spain. Traditionally, a special bowl called a dornillo, was used to pound the ingredients by hand, but modern Spanish cooks use a blender. Andalusians also enjoy freidurías (fish, such as sole or anchovies, fried in batter). Cataluña (Catalonia), in north-eastern Spain, is known for its inventive dishes combining seafood, meat, poultry, and local fruits. In the northern Basque country (país Vasco), fish is important to the diet, with cod, eel, and squid featured prominently.

The signature dish of Asturias, in north-western Spain, is fabada, a bean stew. In the interior regions, such as Castilla, meats play a starring role. Tortilla española, a potatoe omelette, is served throughout the country. It can be prepared quickly and makes a hearty but simple dinner. Spain's best-known dessert is flan, a rich custard.



Spanish recipe

Churros

Ingredients...

How to cook it...

Ingredients:

50g butter
½ tsp vanilla extract
250g plain flour, from a new bag
1 tsp baking powder
1 litre sunflower oil
a few chunks of bread

For the sauce

200g dark chocolate
100ml double cream
100ml whole milk
3 tbsp golden syrup
½ tsp vanilla extract, if you have some

For the cinnamon sugar

100g caster sugar
2 tsp cinnamon

Preparation:

Boil the kettle, then measure 350ml boiling water into a jug and add the melted butter and vanilla extract. Sift the flour and baking powder into a big mixing bowl with a big pinch of salt. Make a well in the centre, then pour in the contents of the jug and very quickly beat into the flour with a wooden spoon until lump-free. Rest for 10-15 mins while you make the sauce.

Put all the sauce ingredients into a pan and gently melt together, stirring occasionally until you have a smooth shiny sauce. Keep warm on a low heat.

Fill a large deep saucepan one-third full of oil. Cooking with hot oil can be dangerous – before you start, read up on how to deep-fry safely to avoid accidents in the kitchen. Heat until a cube of bread browns in 45 seconds to 1 min. Cover a tray with kitchen paper and mix the caster sugar and cinnamon together.

Fit a star nozzle to a piping bag – 1.5-2cm wide is a good size. Fill with the rested dough, then pipe 2-3 strips directly into the pan, snipping off each dough strip with a pair of kitchen scissors. Fry until golden brown and crisp. Be very careful here – if air bubbles form in the churros they can explode, especially if the oil overheats or you use old flour.

Once the churros are crisp and golden brown, remove them from the oil with a slotted spoon and drain on the kitchen paper-lined tray. Carry on cooking the rest of the dough in batches, sprinkling the cooked churros with some cinnamon sugar as you go. When you've cooked all the churros, toss with any remaining cinnamon sugar and serve with the chocolate sauce, for dipping.



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Anyone for afternoon tea?

Many establishments have embraced the very English tradition of Afternoon Tea, served around 4.00pm and generally consisting of a light refreshing blended tea, delicate sandwiches, and of course a cake or two!! What would Afternoon Tea be without a delicious fruit scone served with or without jam and cream you choose....

From the humble café to dedicated Tea rooms and even Five Star Hotels offering clients of all nationalities this joyous experience. Who couldn't fail to resist a deep Victoria sponge cake (which was apparently created for Queen Victoria by her lady in waiting) oozing with jam and cream.

Now I am feeling hungry! These moments often take us back to our past when we had Sunday tea with our Grandmothers.

The concept of Afternoon Tea goes way beyond our grandparents dating back to the 1700s where ladies of London visited designated Tea rooms to meet up with friends engaging in polite conversation and probably some local gossip. All inspired by the magnificent plant *Camellia sinensis*, whose leaves are harvested to provide us with this simple pleasure, just add hot water!

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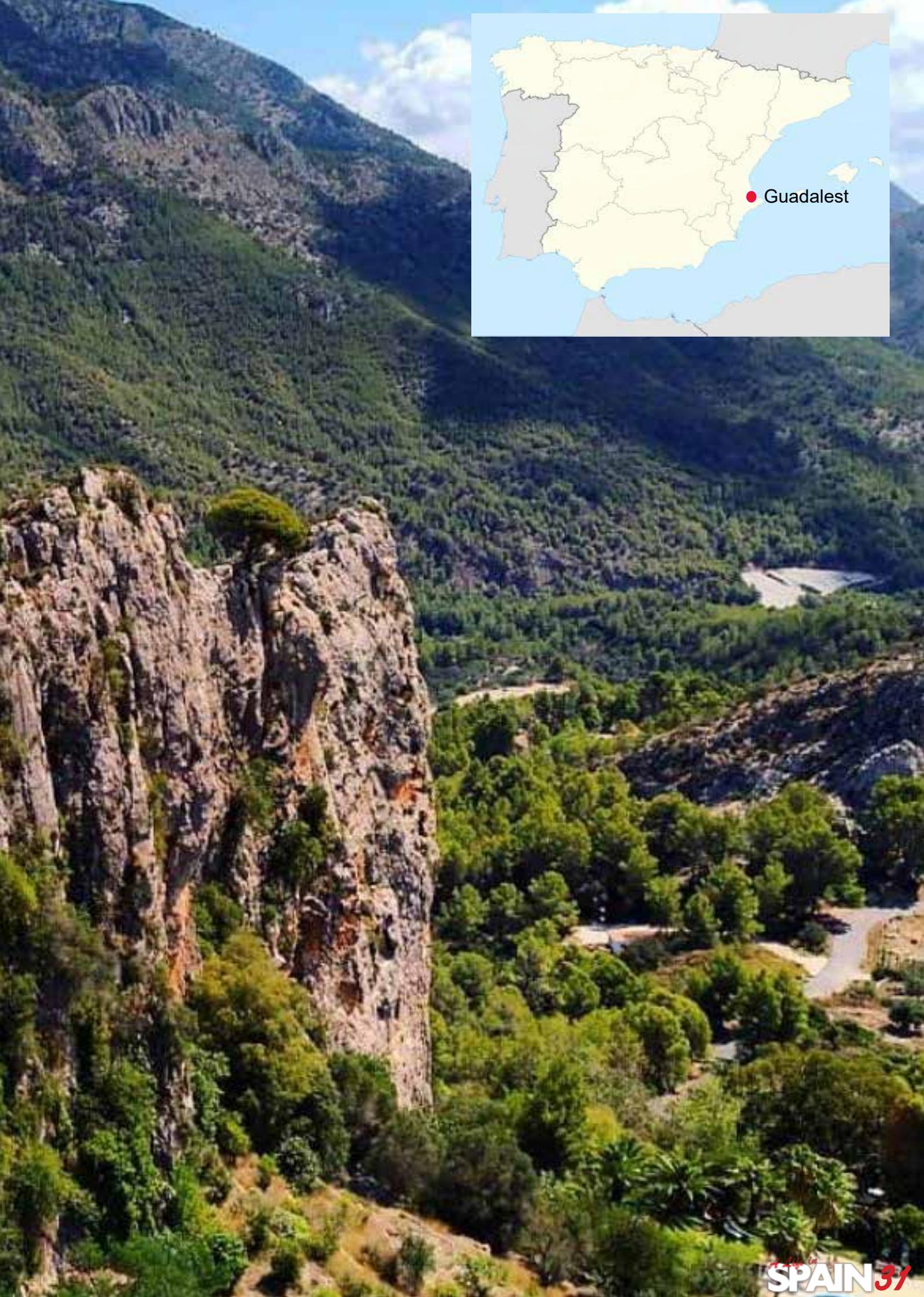
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North Town...

GUADALEST

El Castell de Guadalest, known usually as Guadalest, is a small town in Valencia, in a mountainous part of the comarca of Marina Baixa, in the province of Alicante, Spain. Guadalest covers an area of 16 sq km, and has a population of around 200 inhabitants. Guadalest is approximately 25 kilometres inland from Benidorm along CV-70 road.



● Guadalest

Guadalest Church / Nuestra Señora de la Asunción.

The baroque village church dates back to 1753 when it was finished. It stands on the ground of a former 13th century chapel which was built after the Christian Re-conquest. During the Spanish Civil War, it was damaged and only rebuilt in 1962.

Orduña House / Casa Orduña.

With many museums of doubtful character, which do not deserve their name, the best one, however is not named a museum. Casa Orduña was the residence of the Orduña family which ruled the place for many centuries.

It was built in 1644 on the grounds of the former Alcozaiba Castle which was destroyed by an earthquake in the same year. The house shows reconstructed rooms, including the library, bed chambers and the private lodge from which the Orduñas could see the damage in the neighbouring church. Some rooms are used for art exhibitions so that it is likely to see some paintings and drawings from local artists.

Free leaflets in the main European languages such as English, German, French, Italian and Dutch are available. However, these only describe the Orduña House and a visit should not take more than an hour, including the castle. The entry fee of 4 EUR for adults includes the house and San José Castle. Some of the ruins of Alcozaiba Castle can be seen from there but is closed to the public.

Viewpoints.

With Guadalest being on top of a rock, you have a wonderful view onto the surrounding area. There is the blue Guadalest reservoir to the north and Benimantell Castle to the west. The best point of view is from San José Castle, but you will have to pay the entry fee to get up there.

Castles.

As only ruins remain of the castles, it is difficult to see that there are actually two of them in Guadalest. Alcozaiba Castle is the one built by the Arabs in the 11th century to the north of the main street in the old town. This castle was destroyed by the 1644 earthquake. Afterwards, it was decided only to rebuild San José Castle.

San José castle consists of ruins as well, only the chapel and the adjoining cemetery are rebuilt and still in use. It dates from the 12th century. The castle ruins can be climbed by tourists and give you the best view over the old part of the village. San José Castle is the larger of the two, but both castles are far from being large at all.

San José castle can be entered through the Orduña House / Casa Orduña, but that also means that you have to pay the entry fee of 4 EUR. However, the combination of the House and the castle is worth the money and is probably the best attraction in Guadalest.



Old town / general orientation.

The old town is actually the reason why you come to Guadalest. It is the nucleus of a village built on top of a rock. There is only a single street which leads from the entrance tunnel via the square to viewing platform at the far west. Important buildings include the two Castle ruins, the Orduña House, the Church and the Town Hall. The latter is located on San Gregorio Square

There are restaurants, cafés and souvenir shops catering for the tourists' needs. Many small details are worth noting such as the former prison (basement of the town hall and accessible to the public for free) and the entrance tunnel gate with the carved coats of arms of Guadalest.

The Castle of the King.

A fort incorporated in the ancient walled grounds of the city and which is accessed through a tunnel excavated in the rock. The highest point of the castle where the cemetery is located .

Guadalest Castle/The Rock & Bell Tower.

The Rock of Alcala, is a rocky peak that rises straight up from the surrounding land. Access is difficult. A cylindrical body, which today only its lower half may be seen. Located on a critical point once used to watch over the valley as a watchtower protecting the northeast side of the castle.

The bell tower that rises from an extremely steep rocky point with difficult access like the rock. It was a strategic location that enabled defenders to watch over the valley to protect the castle.



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Fauna

A wide diversity of animal species

Spain is home to various European, African and Mediterranean animal species.

Spain's climatic diversity can be seen in its fantastic richness, which includes typically European, Mediterranean and African species of animals, as well as alpine fauna in the high mountain mastifs. The most emblematic mammals are wolf, fox, wildcat, lynx, deer, Spanish ibex and wild boar, among others.

Spain is also an important stopping-off point for flocks of migratory birds on their journey to and from Europe and Africa. Some of the most notable are duck, flamingo, heron, crane and buzzard, as well as numerous species of birds of prey including eagles, bearded vultures, hawks and owls.

It is also home to a wealth of different varieties of fish, and Spain's rivers and lakes boast an abundance of species such as trout, tench and barbel.

Spain presently has over 192 endangered species, including flora, invertebrates, fish, amphibians, reptiles, birds and mammals. These include the golden eagle, the Houbara bustard and the Iberian lynx.



5 great Spanish White Wines to taste!

The world of wine is weird. It sometimes even goes the opposite way to life

White is usually synonymous with the elite, hence Donald Trump and his electoral success, or Real Madrid and their sporting success.

In the wine world, in Spain, it's the other way around. Decades of bad communication have led consumers in this country to think that white wine is a second-rate wine, unpretentious, to take very cold so that the body is prepared for more serious drinks.

Spaniards say that the best white wine is a red wine. This mistake, until recently, caused wine lovers to favour red wine, and it continues to be this way. But we are leaving that dark stage behind and people are spending more time and money on white wines, seeing that they are an inexhaustible source of complex pleasure.

With this ranking, ordered by price, we hope that you have a fruitful wine experience.



1. Fuente Elvira, verdejo, 2018 DO Rueda

Wine snobs laugh about The Verdejo variety because it is mass produced. That is starting to change and several wineries, for example: Diego Escudero, are changing the way they produce this wine.

2. Pazo de Barrantes, Albariño, 2018 DO Rías Baixas

Rías Baixas is the name of the DO area that produces good dry wines. Pazo de Barrantes is an exceptional winery that covers the hierarchy of the region. Here we have selected the basic bottle but the entire range is tremendous. For me, it is the best producer in the region.



3. Pedro Ximenez 2017, Exceptional Harvest, DO Propia Pedro Ximenez Jerezana

One of the most fake ever wine comments is the one that says that sherry is in fashion. That simply does not happen, is not happening and it will not happen. But, we can say we are consuming more Sherry than before. This can mean selling 20 extra bottles per year maximum.

To change the sherry concept, Ximenez Spinla Winery (1729) started to make during the last 10 years a new concept of sherry wine. White dry wines without long ageings in barrels with the typical Pedro Ximenez grape. the grapes gave the wine a unique taste. That is the reason we love this Ximenez Spinola Exceptional Harvest.

4. Impromptu, Sauvignon Blanc 2017 DO Utiel-Requena

Sauvignon blanc, is also one of the most fashionable varieties in the world and most liked by wine lovers. It is not easy to find a good quality sauvignon blanc in our country, but Impromptu is an exception. It is produced in a small plot in requena that has full control over the growing process. The fermentation takes place in new French oaks, and the ageing in stainless Steel. This makes this Wine outstanding.



5. Capellania, Viura, 2015 DOCa Rioja

Every time we think about rioja wines the colour in our mind is red, but Capellania changes this. 100% viura grape grown 548m above sea level. This Wine has been made like a clascal Reserva, with 14 months ageing in side barrels followed by 18 months ageing in bottles. Marqués de Murrieta may be one of the best known wineries in the world when talking about great old wines. Capellania is unique, It is made traditionally with a few innovations, and is a really versatile wine when pairing with food.



Wine of the month

Primer Rosé 2018

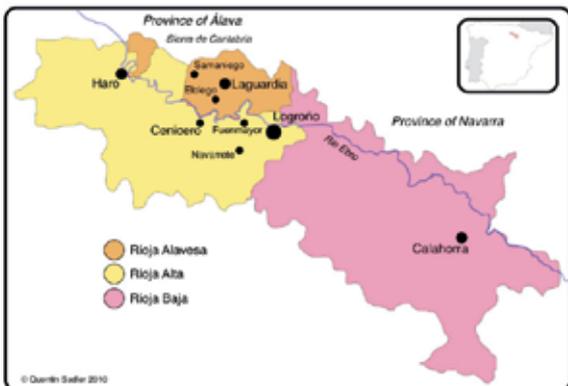
Grape variety: Mazuelo 100%, DOCa Rioja

Short press and traditional fermentation under strict control

Bright pale pink rosé wine with thin legs on the glass. High intensity aromas with blossom and violet notes with some pomegranate and wild raspberry. It also has some fresh laurel and spiced notes. Made exclusively with fresh Mazuelo grape variety, this wine is really complex in the mouth, with freshness and volume, dry and smooth on the palate.

Pairing: Pickled herring, sour cream and tear peas; carnaroli rice, steamed clams and borage herbs; strawberry and pink tomato cold soup, foie and grated redberries; razor-shells tartare, asparagus spears with orange olive and soy.

The Pairing Challenge: Open a chilled bottle of this gorgeous rosé with a good piece of grilled Tuna.



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Flora

The vegetation in Spain

The main consequence of the climatic differences in Spain are the two very distinct types of vegetation: the warm Spain and the wet Spain.

The climatic diversity that prevails in Spain marks a clear difference between two very distinct types of vegetation. On one hand, in the Cantabrian area there is the luxurious vegetation with abundant deciduous forests where the most characteristic species is the common oak, followed by lime trees, chestnut trees, elm trees, ash trees, maple trees and hazelnut trees.

This area also has plains covered in dense Atlantic thicket, formed by heather, ferns and gorse. Beech also grows in medium mountains and there are fir trees in the cooler areas of the Pyrenees and the Penibetic system.

The second largest area of vegetation in Spain has been shaped by a dry, summer climate and presents two groups of vegetation: on the one hand, the vegetation of the plateau and the Iberian depression and on the other, the vegetation of Mediterranean Spain. It is characterised by uncultivated land and few forests in which the dominant species is the evergreen oak, invaded by the introduction of the pine at various different stages.

Also, in the plateau we can find evergreen oak and cork oak forests and in drier areas such as the Ebro valley, Extremadura and La Mancha, there are abundant thickets, dotting the landscape with small bushes, each one very different to the next. The Gall Oak, Aleppo Pine and the Stone Pine are other types of trees which are found in abundance in the dry parts of Spain. The step is a common feature in the west of Andalusia and Levante.



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How to divide your house in two.... and rent it.



I must have hundreds of articles in my blog all of them directed to inform the English speaking public about Spanish architecture, construction, energy saving etc.

Well, the article that has about twenty to thirty visits every single day of the week is the one "A house that may be divided into two in case of divorce". So I thought that instead of being negative maybe I could not only update it but also re-orientate it with a more positive approach.

As we all know the crisis and difficulties in accessing employment here in Spain, have forced some home owners to look for options to earn extra income and dividing a house for letting could be a good idea, although some space is lost, a monthly rent may be guaranteed.

If you are shuffling this idea but you have doubts about its legality, you should know that you can split your house in two and rent it, nevertheless, there are several rules that must be taken into account first and should follow the procedures below before you hang up the 'Rent' sign.

Home segregation regulations.

Even if you own the property, before you start demolishing and laying out partitions, it is advisable to know the rules that affect the division because you will have to abide by the regulations especially those that emanate from the Spanish Horizontal Law, together with Autonomous Regions Building Regulations that usually controls the conditions of habitability and if that was not all, finally the local (municipal planning laws).

As you can see, they are not few and you will have to have them all present to make sure that it is possible to divide a house or apartment in the locality where you live, and, very importantly, the minimum conditions of habitability which must respect the apartment or resulting house from the division.

This point will vary depending on your place of residence but, for example, Catalonia sets a minimum of 36 square meters of net floor area. Here in the Valencian Region the minimum net area for a house is 30m² and 24m² for an apartment.





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Steps to divide your home to rent it.

It is possible to get lost among so much regulation, so if there is something you have to be clear is that the Horizontal Law establishes without any doubt that the apartment or flat can be subject to segregation or be divided to form small and independent living dwelling.

The HL also indicates the first of the steps that you will have to embark on to do this work is to obtain administrative authorization for the division, generally from the City council. After that, the following steps will need to be carried out:

1. To engage an architect to design the project of the division. (He will have to make sure that all minimum standards and regulations are complied with)
2. Ask for a license from the City Hall.
3. Once the division is finished, you will have to ask for the habitation certificate for the new dwelling.
4. Inscribe the division to public deed before a notary and register it in the Property Registry registering the changes from the original house to the new houses or apartments. This way, you can register the contract when you rent if you wish.

Segregation of the house and community of owners.

It will be a good idea to start investigating in parallel if the community of owners will allow that division. So it will be prudent to obtain the approval of your neighbours in the Annual General Meeting, before you carry out the division of your house, you should study the laws and legislation of the community; does it allow subdivisions

of units into a smaller one? The first point to investigate is: do they authorize divisions? If this is the case you must make sure that your division does not result in any impairment for other owners or does not modify the participation fees of the whole building or urbanization, then you may go ahead, but I strongly advise to consult them even if you do not need them.

However, if the quotas are altered, you will not only have to get them to authorize the division, but you must have the support of three fifths of the owners and of their quotas. Therefore, if you are willing to divide your house into two apartments so that the rent of one of them gives you an income, I strongly advise you to also consult a professional who will advise you and paves the way to get the project through.

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Concerts 2022

By Taquilla Tickets

In this edition of "A Life In Spain" Taquilla Tickets is very pleased to announce our musical and cultural trips for the Summer 2022:

June 24th - MADNESS: We are delighted to say that we are going to see MADNESS in concert. Formed between 1976 and 1978, Madness have been performing classics like: "One Step Beyond, Our House, Baggy Trousers" and a whole lot more. One of the UK's (probably THE best) Ska Bands. Heading up the group is the brilliant "Suggs" and, joined by Chris, Mike, Lee, Dan and Mark, they make up the iconic band that they are. They will be performing in Murcia City. Come on, get your dancing shoes on and come enjoy the show !!!!

25th June - Grand Circus Maximus: This is another favourite. A large format, night time, outdoor event that captures Rome at its height. A fast paced adventure of Battles, Gladiators, Chariot Racers and Priestesses. Circus Maximus offers action from some of the best historical actors in the business. We will even include a Dinner for you too. Now that's not bad is it ? The audience plays a vital role in "cheering on" the team of your choice. The last time we went everybody had a fantastic time, and you can too !!!

2nd July - Vivaldi's Four Seasons: This is a "WOW". Vivaldi's Four Seasons performed by the strings of the "Orquesta Sinfónica de Murcia" in the lovely port of Mazarron. This magnificent Orchestra was founded in 2002, and they have performed all over Spain. So, come with us, to see, and listen to, one of Vivaldi's greatest works. Excellent !!

July 23rd - Cirque du Soleil: The "Circus of the Sun" are bringing their fantastic and unique show to Alicante to perform LUZIA. Luzia takes us to an imaginary Mexico, Like a waking dream where light quenches the spirit and rain soothes the soul !! Inspired by the people and places of Mexico, LUZIA is a series of very grand visual surprises and acrobatic performances. Cirque du Soleil is a unique Canadian artistic Company that has been "Wowing" audiences all over the world since 1984, and picking up many awards along the way. Let us take you so that you can be "Wowed" too !!

29th July - Il Divo: Yes ladies and gentlemen, Il Divo are coming to Murcia !! Il Divo have always "stood out from the crowd" with a mix of Opera and Pop. Il Divo have triumphed since their debut in 2004. Made up of American, French, Swiss and Spanish nationalities, Il Divo have performed for American Presidents George Bush, Bill Clinton, Barack Obama and the UK's Queen Elizabeth II (You don't get to do that unless you are very good). Over 30 million records have been sold, and Taquilla Tickets will transfer you, along with your ticket, to Los Alcazares to see these amazing artists perform their magic. Don't leave it too late, order your tickets ASAP !!

Had enough yet ?? No !! READ ON

30th July - Simple Minds: For over 40 years Simple Minds have been performing their magic worldwide. Do you remember "Don't you (Forget about Me)", the original "Belfast Child" . The band captured the mood of the "post punk" era and the angry sounds of 1977. Their style is rooted in the art rock of David Bowie and the electronic dance of Donna Summer. An amazing 60 million and more records have been sold and 3 of their 20 studio albums have reached number one in the UK. This amazing band will be performing in Murcia. During 2017 and 2018 the band performed 150 shows, and are still going strong. AMAZING !!!

3rd August - Sting: In October 1951 Gordon Sumner was born in Wallsend in the North East of England. Wearing his Yellow and Black striped sweater he was "spotted" and nicknamed "Sting". He earned his stripes (sorry about that !!) by playing bass guitar with "The Newcastle Big Band" and "The Phoenix Jazzmen". Sting and Stewart Copeland (Curved Air) and joined forces and Sting gave up his teaching job soon after. Andy Summers and Miles Copeland completed the group and took the name "The Police" hoping to get good publicity. The press did not like "The Police" at first, so the band decided to go to America. Bargain flights with Freddie Laker and Skytrain, driving their own van, humping their own gear all over America and playing to small audiences gave the band the bedrock of future success. "Message in a Bottle", "Roxanne", "De Do Do Do", "Don't Stand So Close". Just a few of the songs that we have come to love. Once again, Murcia is hosting this fantastic Band and tickets are selling fast !! Don't delay contact us today to secure your own ticket to see this absolutely fantastic Band live on our doorstep.

13th August - Elche Night of Fire (Nit de L'Alba): On this night Elche "lights up" in an explosion of light, colour and sound in honour of the city's Patron Saint. This celebration dates back to the middle ages, when families honoured the Virgin Mary by lighting a firework for each of their children. This pyrotechnic extravaganza lasts for about an hour. More than 2,000 kilos of gunpowder and 70,000 rockets are used. How brilliant is that ?? And, apart from this organised display, the whole city of Elche comes alive by firing their own fireworks and rockets. A few minutes before midnight the lights go out all over Elche and the Gloria Patri sounds (The last song of the mystery play of Elche) sounds and, from the top of the Belltower of the Basilica of Santa Maria, the breathtaking "Palm of the Virgin" is launched which reaches up to 300 metres high and illuminates the whole city. Ever seen anything like this ? After this, the lights come on again and a "Virgin of Fire" can be seen from the Belltower accompanied by the song "Aromas ilicitanos being sung by all of the locals from their balconies. This really is a "cracker of an evening".

14th, 15th, and 16th September: We don't need to say much about this great trip. Once again, and by popular demand, we are visiting beautiful Jerez. The Dancing Andalusian Horses, A fabulous Flamenco show and 3 course meal and, to finish off, a trip around a Sherry Bodega. The last time we did this trip we were overwhelmed with positive feedback, and that's why we are visiting this stunning city in Andalusia again.

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Located in the heart of the Guadarrama Sierra (on one side of Mount Abantos), just 50 kilometres from Madrid, San Lorenzo de El Escorial is one of the municipalities of the greatest tourist and cultural interest in the region. Its main attraction is the San Lorenzo de El Escorial Monastery and Royal Site, which was declared to be a UNESCO Heritage Site in 1984.

Affected by the death of his father, Carlos V, in 1558 and in order to consolidate the House of Austria in Spain, it was Felipe II who ordered the construction of the Monastery, to ensure the eternal memory of his family, create a family Pantheon and offset the destruction of a church devoted to San Lorenzo during the battle of San Quintín, in France.

On 23rd April 1563, the first stone was laid under the orders of Juan Bautista de Toledo. On his death in 1567, Juan de Herrera was responsible for the work, marking his own architectural stamp in the "herreriano" style, characterised by the importance of the lines rather than the abuse of decorative elements that distract attention from the building.

With an area of 33,327 square metres, the Monastery of El Escorial is the monument that best sums up the ideological and cultural aspirations of the Spanish "Golden Age", expressed here through an original synthesis of Italian and Flemish artistic forms at the behest of Philip II.

Combining several functions in one building, San Lorenzo el Real was born as a monastery of the monks of the order of San Jerónimo, whose church served as a royal pantheon. It also has a palace to house the king and his entourage, a school and seminary to complete the religious function of the monastery and a library. This scheme is, to a certain extent, still in place today.

Address

Avenida Don Juan de Borbón y Battenberg, s/n
28200
San Lorenzo de El Escorial
Tourist area
Near Madrid

Times

Palace and Monastery:

Current schedules due to the health situation:

Tue - Frid: 10:00 - 16:00 h (last access at 15:00 h)

Sat, Sun and Holi: 10:00 - 19:00 h (last access at 18:00 h)

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FROM WIGAN PIER TO ANDALUCÍA

You've met Everard and Norman, or you certainly know somebody like them. They used to be regulars at the White Lion and Railway in Wigan and since they retired to Spain they've taken over a corner in my local where they rattle their dominoes aggressively when María turns off the TV at quiz time.

'Do you like quizzes, you, Norman?'

'I can't stand 'em.'

'Neither can I.'

At my advanced age I have few ambitions left, but two of the remaining ones are focused on Everard and Norman. The first is to find anything apart from beer and dominoes that these two curmudgeons actually like. The second is to drag them by hook, crook or preferably some more painful agricultural implement, to one of the events presented by my choir. They didn't, of course, come to our choral evensong a couple of months back.

'We don't travel much in th' winter, tha knaws.'

'Travel? The church is only a cock stride from this bar.'

'We don't like churches.'

'What about concerts? We've got one coming up at the end of May. Music for a Spring Evening.'

'We don't like Spring. It allus rains.'

'The concert's indoors. And the end of May is nearly Summer.'

'We don't like Summer, it's too hot.'

We've been having this kind of conversation for some years now, ever since the choir's first concert, a Victorian evening called Sing Around the Aspidistra.

'I don't like singing, do you Norman?'

'Not bloody likely.'

'You don't have to sing. The choir does the singing.'

'Round an aspidistra?'

'Yes.'

'Why not a piano? You'd get a better tune out of a piano.'

'There's a piano as well.'

'I should hope so. I can't see the point of aspidistras, can you, Norman?'

'No. Bloody great green things. What use are they?'

'Forget the aspidistra. Just come to the show. We'll be doing some great music, Abba, for instance.'

'I don't like Swedes.'

'Neither do I. Give me a plate of chips anytime.'

'And some really catchy South American songs.'

'In Spanish.'

'Of course.'

'We don't do Spanish except for Dos cervezas, por favor.'

'It won't all be Spanish. Alex will be playing some

Scottish favourites on the accordion.

'More foreign stuff, then.'

'All right, I give up, getting you two to appreciate a bit of culture was always going to be the impossible dream.'

'What?'

'The impossible dream.'

'Now that's a proper tune, that is. If you were singing that one I'd definitely buy a ticket, wouldn't you, Norman?'

'Aye, I would that.'

'But we are going to sing it.'

'Why the 'ell didn't you say so in the first place? How much are the tickets?'

'Ten euros for Cancer Research.'

'There you go, squire, and keep the change.'

'There isn't any.'

'I wondered how long it would take you to spot that.'

Since its premiere on Broadway in 1965, the theme from *The Man of La Mancha* has been sung by a constellation of stars such as Domingo and Carreras and even survived attempted murder by the likes of Elvis and Sinatra. It's a stirring tune, but there's more to it than that.

Miranda France's lovely book *Don Quixote's Delusions* begins with a funeral in a freezingly cold chapel in Madrid, a funeral which with an empty coffin because the bones of the man who was meant to have occupied it were carelessly scattered when the church was rebuilt in 1696, eighty years after his death. It seems that Manuel de Cervantes, having escaped from his tomb, continues to evade capture just as his hero does to up this very day.

We all think we know Don Quixote, the impoverished country gentleman obsessed with the lost age of chivalry, the man who rode the bony nag he called Rocinante, the knight with a tubby squire named Sancho Panza, the romantic whose well-upholstered light o' love he called Dulcinea, the madman who tilted at those fat Manchego windmills he took for giants. But for many of us the biggest quixotic delusion is the idea that we've actually read the book when most of us haven't. It doesn't seem to matter because the characters have a life of their own. The locations in the book are real, and in 2005 when Spain celebrated the 400th anniversary of its publication several folk in the village of El Toboso claimed to be descended from Don Quixote's Dulcinea.

Cervantes' hero has become the embodiment of anyone who remains true to their ideals in the face

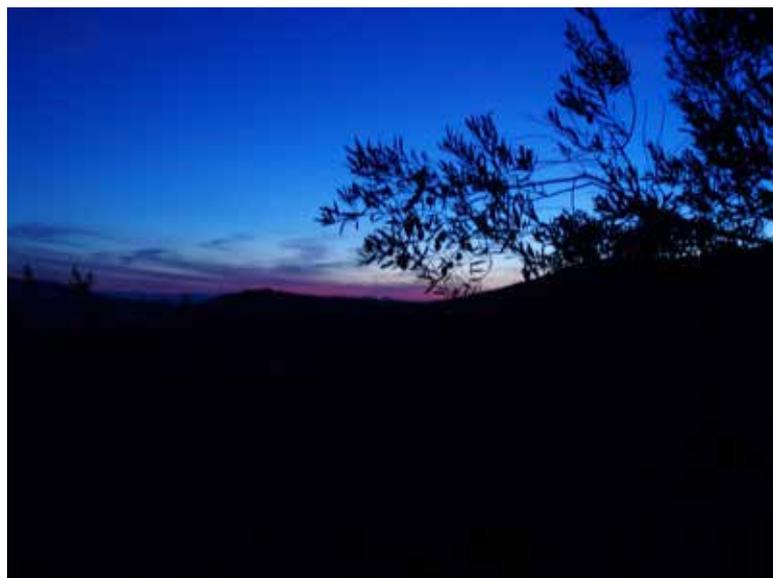
Part 15: The Impossible Dream

of seemingly impossible odds, however mad it might seem to the cynical world. The author supplies epitaphs for his three main protagonists. Sancho's worldly ambitions have gone up in smoke, plump Dulcinea is dust and ashes, but neither death nor madness have triumphed over Don Quixote.

A mighty gentleman lies here; A stranger all his life to fear; Nor in his death could death prevail, In that last hour, to make him quail. He for the world but little cared; And at his feats the world was scared; A crazy man his life he passed, But in his senses died at last.

Come and join us at Music for a Spring Evening. Keep your eyes peeled and you may just catch a glimpse of Everard and Norman, lurking in the corner behind the aspidistra, and surreptitiously humming along to The Impossible Dream.

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