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Lifestyle magazine and property portal

ISSUE 69
AUG 2022
FREE

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Town**

Molina de Segura

**North
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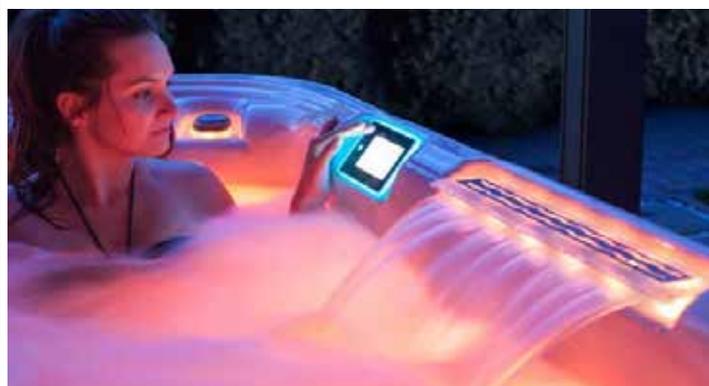
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A Life in SPAIN

Welcome to the August edition of ALIS.

Half way through the summer. Normal temperatures will hopefully resume soon and I can stop melting.

We have lots of new advertisers coming into the magazine at the moment. Please help us by telling them where you saw their advert. They need to know its working for them so they carry on investing. Thanks

So what else is in this months magazine?

Page 35 has a write up about one of my new favourite restaurants, Lucues. If you want something a little different then please give it a try. You won't be dissappointed.

The centre pages are packed with Spains most amazing hotels. This is a good read and might inspire your next vacation.

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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.

5. Nerja, Costa del Sol, Andalusia

Rather than heading west from Málaga to the likes of Torremolinos and Fuengirola, go east to Nerja. Nerja is a pueblo blanco ("white village") with pretty houses and nice beaches, though it isn't free from the big hotels that blot the landscape all around this region. Alternatively, head a little further to Motril. Both Nerja and Motril are within 1h30 of both Málaga and Granada.

The 17 Beaches of Nerja are one of the town's biggest assets, the crystal clear waters and rocky outcrops that pepper the coastline make it a haven for snorkelling and scuba diving. The steep cliffsides offer breath taking views; of course none as spectacular as that of the Balcon de Europa. The shape of the coves mean the waters are tranquil and the beaches protected from harsh winds. Restaurants, kiosks and chiringuitos scattered along the shoreline ensure that the beaches of Nerja are unmissable and well catered; a haven for both tourists and locals.

Of these El Playazo beach lies to the West of Nerja town centre, between Urbanización La Tropicana and the mouth of the river Higuera; approximately 1.8km long. It is accessible from the N340 via the Rambla de Chillar. The sand is typically mediterranean; dark with coarse grains. Facilities include: showers, sunbeds, parasols and a number of beach side restaurants located on the paseo, to the East of the beach, on the edge of the town. The excellent facilities and high standard of cleanliness have been recognised by the European Union who awarded it the Blue Flag.

Due to its size this beach remains relatively quiet even through the summer months, with tourists preferred to stay within the town centre.

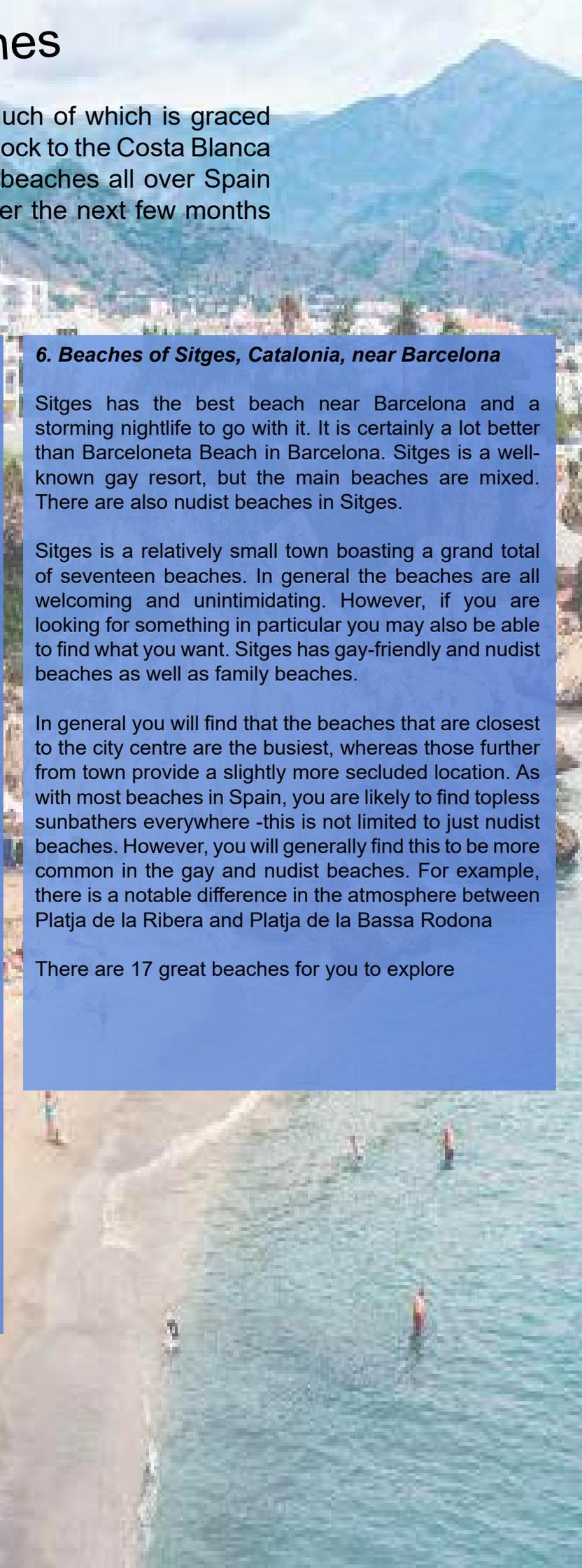
6. Beaches of Sitges, Catalonia, near Barcelona

Sitges has the best beach near Barcelona and a storming nightlife to go with it. It is certainly a lot better than Barceloneta Beach in Barcelona. Sitges is a well-known gay resort, but the main beaches are mixed. There are also nudist beaches in Sitges.

Sitges is a relatively small town boasting a grand total of seventeen beaches. In general the beaches are all welcoming and unintimidating. However, if you are looking for something in particular you may also be able to find what you want. Sitges has gay-friendly and nudist beaches as well as family beaches.

In general you will find that the beaches that are closest to the city centre are the busiest, whereas those further from town provide a slightly more secluded location. As with most beaches in Spain, you are likely to find topless sunbathers everywhere -this is not limited to just nudist beaches. However, you will generally find this to be more common in the gay and nudist beaches. For example, there is a notable difference in the atmosphere between Platja de la Ribera and Platja de la Bassa Rodona

There are 17 great beaches for you to explore



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SPAIN 07

Let's Learn Spanish

Special diets

Phrases

What do you have for vegans?	¿Qué hay para veganos?	¿Kay eye pa-ra ve-gan-oss ?
Do you have vegetarian dishes?	¿Hay platos aptos para vegetarianos?	¿Eye plah- toss app-toss pa-ra ve-jet-ar-ree-an-os ?
Could you warm this for me?	¿Podéis calentarme esto?	¿Pod- ace kal-en- tar-me ess-toe ?
Could we have some tap water?	¿Me puedes traer agua delgrifo?	¿Meh pwed-ace try-air ag-wa del gree-foe ?
I'd like the salad without onions	Quiero la ensalada sin cebolla	Ky- er-o lah en-sa- lah-da sin say- boy-ya
Does this come with a dressing / sauce?	¿Viene aliñada / con alguna salsa?	¿Ve- en-eh al-lin-ya-dah / kon al-goo-na sal-sah ?

LEGUMES / LEGUMBRES / LAY-GOUM-BRES

Peas / guisantes / ghee-**san-tess**
 Chickpeas / garbanzos / gar-**ban-thos**
 Haricot beans / alubias / al-**oo-be-ass**
 Broad beans / habas / **ab-bass**
 Green beans / judías / who-**dee-ass**

STYLE / ESTILO / ES-TEE-LO

Baked / al horno / al **or-no**
 Stuffed / relleno / ray-**yen-ah**
 Boiled / hervido / air-**ve-doh**
 Grated / rallado / rye-**ah-doh**
 Cheese-topped / gratinado / grat-in-**ah-doh**

VEGETABLES / VERDURA / VER-DUR-RA

Aubergines / berenjenas / bay-ray-**hen-as**
 Courgettes / calabacines / ka-la-bah-**thi-nes**
 Peppers / pimientos / pea-me-**en-toss**
 Potatoes / patatas / pah-**tah-tas**
 Leeks / puerros / poo-**air-ros**



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South Town...



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



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 region's main watercourse.

Surprisingly, though, there are a number of 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 gives you the opportunity to discover 8 centuries of culture in less than two and a half hours. 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 our most epic past.


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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 the 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 the 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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A Life in
SPAIN 13

First Time Yoga

are you considering becoming a Yogini?

Yoga, it's multitude of benefits, and getting over first-time anxieties and expectations.

The International Day of Yoga was on Friday 21st June, first celebrated in 2015 following the promotion of the cause by Indian Prime Minister Narendra Modi. The (relatively) newfound creation of the day, officialised by the UN General Assembly in 2014, is statement enough that the practice of Yoga has been growing on a global scale in the last decade. Although a traditionally Ancient practice across Asia, the rising global stress levels, as discussed in a previous article, and the ever-growing complexity of modernity has meant the practice has begun to resonate more deeply with Western cultures.

So, what are the benefits of yoga?

Yoga has been scientifically recognised by renowned Health organisations including the UK's NHS, who lists 'A Guide to Yoga' on their national website, and the American Psychological Association. It is proven to benefit physical, mental and emotional regions of ourselves.

Some physical benefits include:

- Increased flexibility
- Increased muscle strength and tone
- Balancing metabolism
- Cardio and Circulatory health

Some mental benefits include:

- Reducing the levels of Cortisol (stress hormone) in our bodies
- Sharpening attention and concentration
- An effective tool for relieving or better managing anxiety
- Promote sleep quality

What happens to emotions?

Moreover, it is scientifically known that we, as human beings, tend to carry stress in our hips. Therefore, poses that draw focus to hip stretches may sometimes release pent-up emotions. Perhaps the emotional benefits are those most unexpected, and maybe those most long overdue. Yoga combines this with the beauty that is physical and mental fitness and strength.

Alright, I'm in ... what now?

Now that we have established the wonderful scientific and deeply personal yet universal benefits of Yoga, I am going to try (and hopefully succeed) in convincing you to let go of those first-time anxieties and expectations that can appear before joining any variation of fitness class. Why am I right for this job you may ask? Because I took my first ever Yoga class a mere two weeks ago in the beautiful Valley of Ulea at Happy Retreats...



After joining the retreat as an intern working in the retreat, but also having the opportunity to get involved, the word 'Yogini' had been thrown around several times. Each time I heard it, my ears pricked up a little bit higher and my mind began to open to the possibility of becoming one myself. Of course, it is hard not to consider such things when you are surrounded by lush, Jurassic landscape, where birds sing through the day, pleasantly unaccompanied by roadside traffic or busy city sounds in exchange for the peaceful hum of Yoginis om'ing in tune to the breeze before the golden chime of a bell.

It was time to get involved...

The intimate-style class sizes introduced me without much anxiety, but to be truthful with you, I still had some questions... and some doubts. Was I going to be able to do the poses? Is it going to be a lot of sitting and breathing? (The answer to this one is yes, but stay focused) Are people going to judge me or likewise is it going to turn into a flexibility competition? You'll be relieved to know that by the end of the practice, my questions had eased, and so had I.

The class began with re-assurance that there would be no judgement nor pressure to take any pose that caused discomfort. Many of my anxieties began to smooth out. The teacher then invited us to close our eyes, focusing on our breath, our bodies, our minds, something unfamiliar to most.

Following the session, I was particularly surprised by the above benefits. The first session convinced me to participate in more sessions, and after my third practice, I had already begun to feel my stress levels alleviate. To an even greater surprise was my experienced outburst of tears shortly after the sessions. Although first-time yoga triers, do not fear if your tears manifest during a session... I was comforted by Lee-ann, who informed me it is common to have people shed a few tears, or, fall into a slumber.

Some readers may already be familiar with what I am describing. For those who are not so familiar, perhaps drawn to this article from a growing curiosity, now is your time to go out and experience the wonders of it for yourself.

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Since opening we have expanded to 4 shops across Main-Land Spain, Cartagena, San Javier, Finestrat and Denia and have developed a reputation for having the best customer service in the business and a fast and efficient delivery service as well. Oceans have got a fantastic NEW range of Rattan that has just been released, of which is one of our store staff's personal favourites the Oslo 3 Seat Sofa Set, with its reclining armchairs with accompanying foot stool for maximum comfort it has to be the most popular set that we do, and with its removable ice box in the middle of the table you don't even have to get up to get another cold beer. It also comes with removable cushion covers that are washable to make your set look brand new years after you have brought it.



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see ad on page 9





The Hondon Valley: A Taste of Rural Spain.

If you are keen to sample some traditional Spanish cuisine you cannot beat the Hondon Valley, where every dish is a tribute to the nation's rich gastronomy.

By Heidi Wardman





Wine Production

With an economy that relies heavily on agriculture, it is no surprise that the food served in the Hondon Valley is one of the best examples of the regional gastronomy. Fresh, basic ingredients lie at the centre of each dish, and you can taste Spanish culture and tradition in every bite. The rich, fertile valley is a hotbed for numerous root crops, citrus fruits, almond and olive groves, whilst also being an internationally recognized wine region.

Indeed, if you are a wine lover you are certainly in for a treat here, and the locals are only too happy to educate you on their famous blends and allow you to sample them for yourself. The Hondon Valley was added to the Alicante Wine Route in 2012, which was established to promote tourism in the area and give a much needed boost to the local economy.

A total of 2 300 hectares of terrain are dedicated to the cultivation of Denomination of Origin Grapes "Vinalopó", which is spread over seven municipalities -Agost, Aspe, Hondon de los Frailes, Hondon de las Nieves, La Romana, Monforte del Cid and Novelda. Collectively these towns produce six varieties of white grape, Aledo Ideal, Dominga, Doña María, Rosetti and Victoria; and a variety of

black skin grape. The most distinctive characteristic of these grapes is the cultivation process, which is known as "paper bagging" and gives the grapes a unique aroma and flavour, whilst simultaneously protecting against the elements and from pests.

The bagging and collection are both done manually, creating many job opportunities for local residents during harvest time. During each season, some 250 million bags must be distributed across the grape vines, before harvesting takes place between September and the beginning of January in accordance with the variety. Residents regard it as a great honour to be given the opportunity to participate in the grape harvest, and will even leave their normal job to join the team.

Pride of Hondon

"Bodegas Cerdá" was founded in Hondon de las Nieves in 1885, to become one of the longest standing businesses in the area. It is a family-run wine merchant and shop, which was extended in 2007 to create an impressive wine museum, tasting room, gift shop and restaurant. The building is truly outstanding and said to be the "Pride of Hondon"; with its proprietors showing great attention to detail in maintaining the traditions of the Spanish wine making industry.



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Visitors are cordially invited to observe the entire production and bottling process, so that they may develop a true understanding of the magical world of wine making and more importantly, the secrets behind their favourite tipple. Customer satisfaction is paramount to the production process, so the family insists that consumers try before they buy, although the majority of customers have remained loyal to the bodega for years and buy their preferred blend in 5 litre measures, straight from the barrel. However, they do bottle the better quality reserves, which can be purchased in presentation cases as gifts.

From The Kitchen

It is not only the fine wine that has put Hondon's food and drink industry firmly on the map. Local dishes such as "gachamiga", "ajos y giraboix" and a variety of rice-based recipes also help to define the gastronomic pleasures of the valley. Gachamiga is served in many traditional towns and villages throughout the province, with local variations being cooked up in the Hondons. This original version uses basic ingredients such as flour, water, olive oil, salt, garlic and potatoes, and was historically a favourite lunchtime meal for local farmers and huntsmen.

When cooked it resembles breadcrumbs and is often combined with spicy sausage and peppers to create a more substantial meal. "Migas con uvas" is another popular breadcrumb based dish, combining bread, chorizo, bacon, garlic and grapes. With an abundance of these juicy fruits growing in the region, you will find that they appear in many recipes, not only wine production, and are also exported to other parts of the country to be used

in the Spanish "Twelve grapes at Midnight" New Year tradition. Ajos y giraboix is a wonderful winter warmer, often served as part of Menu of the Day at local restaurants or as a lunchtime meal at home. It is a type of stew typically containing chickpeas, potatoes, eggs, rabbit, lamb, garlic and sun dried tomatoes, with the occasional addition of white and black pudding.

Meanwhile during the hot summer months it is more acceptable to serve a cooler dish such as an omelette with salad and bread, such as the Zarangollo Murciano. This is a loose omelette consisting of courgettes and onions. Although the valley is technically part of Alicante, it lies very close to the border, and therefore certain urbanizations such as Macisvenda and Barinas are considered a part of Murcia. This means that there are many Murcian bars and restaurants as well as families living in the villages, serving their own regional delicacies and giving locals a broader experience and choice of Spanish cuisine.

Eating Out in the Hondon Valley

If you are a fan of Spanish cuisine but not too confident in reproducing these authentic dishes in your own kitchen, do not dismay as this gives you the perfect excuse to eat out and let someone else do the dishes from time to time. Furthermore, with such cheap meal deals to be had at the local Spanish restaurants you do not need a special occasion to head out for dinner. There is no better way to discover the best eateries in the area than to ask the locals, so ALIS spoke to Frailes residents, Jan and Pete, who were happy to give us their personal recommendations.



Delicious Nibbles in Nieves

If you travel down the mountain towards Abanilla from Macisvenda, you will find two very good and very different restaurants: Restaurante “El Fielato” in El Tolle, which is a delightful conversion within an idyllic setting; and Restaurante “La Cueva Del Peregrino” in El Partidor, is a little further down the road on the right side. The latter offers a prime example of traditional Spanish cuisine, with food cooked in authentic wood stoves, whilst part of the restaurant is in a cave giving it an air of romance and mystery. Jan said that this is definitely the place to come if you are a fan of suckling pig or baby goat!

Hondon de las Nieves boasts a plethora of great eateries, including “Vamboo” with its wide selection of Spanish snacks and tapas, and Bar Restaurante “Polideportivo” which you will find hidden within the sports centre on the edge of the village. Heading towards the village square you will come across Meson “El Moreno” with its fine selection of Spanish fayre, and Dutch restaurant “Solo Hazlo”, which is popular for its special menu nights. Meanwhile, if you are craving some of your old favourites from home, “Central Bar” is your best bet, serving hearty, home cooked meals just like your Mum used to make!

Firm Favourites in Frailes

Hondon de Los Frailes is also not short of great places to dine, such as “Veintiocho” which is a firm favourite with the expat community, also making it an ideal location to meet other English speaking residents should you wish. Located on the main road CV-845 through Frailes, “Infinity” is a relatively new restaurant currently run by local residents Jay and Natalie. Formerly a teashop, it now offers a wide variety of international cuisine, including a delicious home cooked Sunday lunch.

“La Buena Vida” is predominantly an Italian themed eatery, although the A La Carte menu does extend to include a wide variety of international cuisine, a selection of which is also offered on the great value “Menu del Noche.” The restaurant is ornate and very spacious, with a pleasant greetings lounge where you are invited to enjoy before and after

dinner drinks. “El Nuevo Valle” in the centre, which was formerly called “The Irish Bar” and still known as this by many of the locals, is another great choice for British pub grub and tapas. There is a spacious terrace and they also provide a large screen sports and live music zone which clients are welcome to hire for private functions.

Something Different

Popular Spanish restaurant “El Fogon del Frailes” is situated on the road towards Barbarroja, and is a favourite with the natives who tend to go there to dine on Sunday lunchtimes as well as special occasions. There is ample parking here and a courtyard to the rear which is used for larger events, fiestas and parties.

The village now has an Indian Restaurant, “Punjabi Virsa” whose owners also run a venue in Catral, which is located at the quieter garden centre end of the village plaza. The villagers had been longing for an Indian venue for many years, so were thrilled when it opened its doors to serve over 100 authentic dishes. The restaurant offers an early bird menu, comprising three courses with poppadoms and drinks included. This is served daily between 17:00 and 19:00, and comes highly recommended for flavour and quantity. Italian Ristorante / Pizzeria “Pizzeria D’Antonio” is another newcomer to the village, and you will find it in Casas Galiana, near the petrol station. The menu is quite limited and basic, but in pleasant surroundings and the staff are very friendly.

The portions are also said to be extremely generous, with huge steaks and enormous pizzas that are fired in an authentic clay oven. Finally, if you head out towards La Canalosa you will stumble across a selection of quaint, rural Spanish venues such as Restaurante “La Masia”, which is particularly recognized for its delicious rice specialities, such as those introduced earlier. If you are longing for some respite from the bustle and banter of the village restaurants then this is certainly the place to find it, and with an unbeatable menu del dia, it is certainly worth the journey out.

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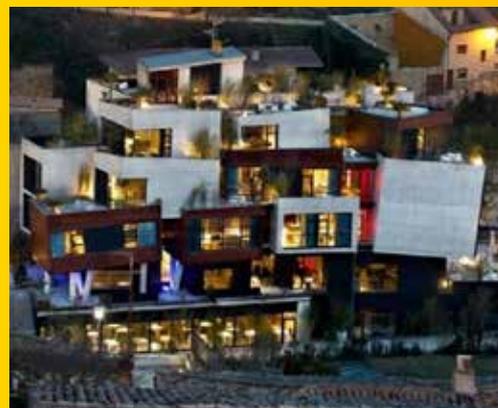
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Top 10 *Most Amazing Hotels in Spain*

Spain is a beautiful and diverse country that contains many long-standing and proud cultures under a single flag. There is much to do here, from enjoying the turquoise waters and sandy beaches of the Mediterranean coast to walking ancient pilgrimage routes or taking cycling tours throughout the vast, fertile wine country.

History buffs will love the architecture that combines Spanish style with regional influences of Moorish or Basque, and art lovers will adore the many groundbreaking museums and the spectacular landscapes that inspired pioneers like Picasso.

This country also offer a number of spectacular luxury hotels, which range from large to boutique, and from modern to the most ancient hotel still running today. Of special note are the Parador chain of Spanish luxury hotels, founded by Alfonso XIII to promote tourism in the country. A profitable state-run enterprise, the hotels are often in castles, palaces, fortresses, convents, monasteries and other historic buildings. They stretch from Galicia in the north-west, through Catalonia in the east, Andalusia in the south, and even to the Canary Islands. Here is a look at some of the most amazing hotels that Spain has to offer:



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10 Most Amazing Hotels in Spain

Parador Hostal Dos Reis Catolicos

10. ME Madrid Reina Victoria

The towering palace-like structure of Reina Victoria sits in Madrid's Plaza de Santa Ana. It offers a spectacular rooftop to see many of the city's iconic sites, as well as a large meeting space for events and gatherings. Almost 200 designer rooms are available, including a number of pet-friendly options.

In addition to the typical restaurants, bars, pool, spa and athletic facilities, the ME Madrid Reina Victoria offers a supplement bar which allows guests to create a custom-made serum to maximize each individual's natural beauty and correct troubling issues.



Parador de Cuenca

9. Parador Hostal Dos Reis Catolicos

The Parador Hostal Dos Reis Catolicos is located in one of the oldest buildings in the Pilgrimage town of Santiago de Compostela. It was built in 1499 as a hospital and temporary lodging for travelling pilgrims. Because it allowed overnight stays, it has the honor of being known as the oldest hotel in the world.

As a hotel, this is a lovely combination of modern and luxurious amenities in a building that is over 500 years old, making it a rare and amazing opportunity as a place to stay. Food is local Galican, and in addition to being deliciously unique, the hotel is well-known throughout the region for spectacular breakfasts

8. Hotel Viura, Villabuena De Alava

Hotel Viura is a precarious-looking cubist stack located in a traditional Spanish wine village in the Rioja Alavesa region. The contrast is only heightened by the fact that its next-door neighbour is an 18th-century church. The cube-stack layout ensures that most of the thirty-three rooms have panoramic, corner-office views of the village and the surrounding Sierra de Cantabria mountains.

Rooms are classic, simple, and elegant to the last detail. There is a winotech that highlights the best of the local wineries, with three featured local wines chosen each month as tasting samples.

7. Hotel Hacienda Na Xamena, Ibiza

Ibiza, known as the playground of the rich, is a great place to discover the splendor of the Mediterranean. Hacienda Na Xamena does a great job of creating rooms that celebrate the natural beauty of the coastline. Simple, elegant furnishings are designed to be pleasing to the eye without competing with the external views, and large windows and balconies on the suites and haciendas allow guests to take full advantage of the natural beauty.

Food is available at a gourmet restaurant, poolside cafe, and bar and nightclub onsite. The spa is top-notch and includes a set of cliffside cascading pools.



Hotel Hacienda Na Xamena, Ibiza

6. W Barcelona

Rising like a sail from the Mediterranean sands of Barceloneta, W Barcelona is as much a work of modern art as it is a luxury brand hotel. Locally known as Hotel Vela, architect Ricardo Bofill's W is a stunner, inside and out.

Rooms and suites are designed to maximize city views. Features like the infinity-edge pool, and the fully equipped gym and spa add to the feeling of luxury here. Additionally, the W offers a number of special events like a rooftop balcony concert series and onsite fashion shows

5. Barcelo La Bobadilla, Andalusia

The Barcelo is located partway between the Costa del Sol and Granada, in a rustic natural setting. Reminiscent of a romantic recreation of a tiny Mudejar village, the hotel's rambling sections are interconnected by a labyrinth of quaint path-ways, flowering courtyards, vaulted passageways and a soaring marble colonnade.

It has an eclectic room style with marble bathtubs and a combination of concrete and wood floorings, to enhance the rustic feel. This Andalusian gem prides itself on being a part of the slow traveller movement, and offers many chances to forget time tables and remember a love of life

4. Hotel Alfonso XIII, Seville

The Hotel Alfonso XIII was originally built between 1916 and 1928, and sits in the heart of Seville, near the Santa Cruz quarter and the Guadalquivir river. Architecturally, this renovated gem is a city landmark, and a perfect example of the combined Moorish and European influences that epitomize Sevillian style.

There is an expansive garden and pool area to enjoy the sunny outdoors, as well as rooms ranging from deluxe single beds to your choice of royal grand suites. Four restaurants ranging from outdoor cafe to gourmet are also available onsite.

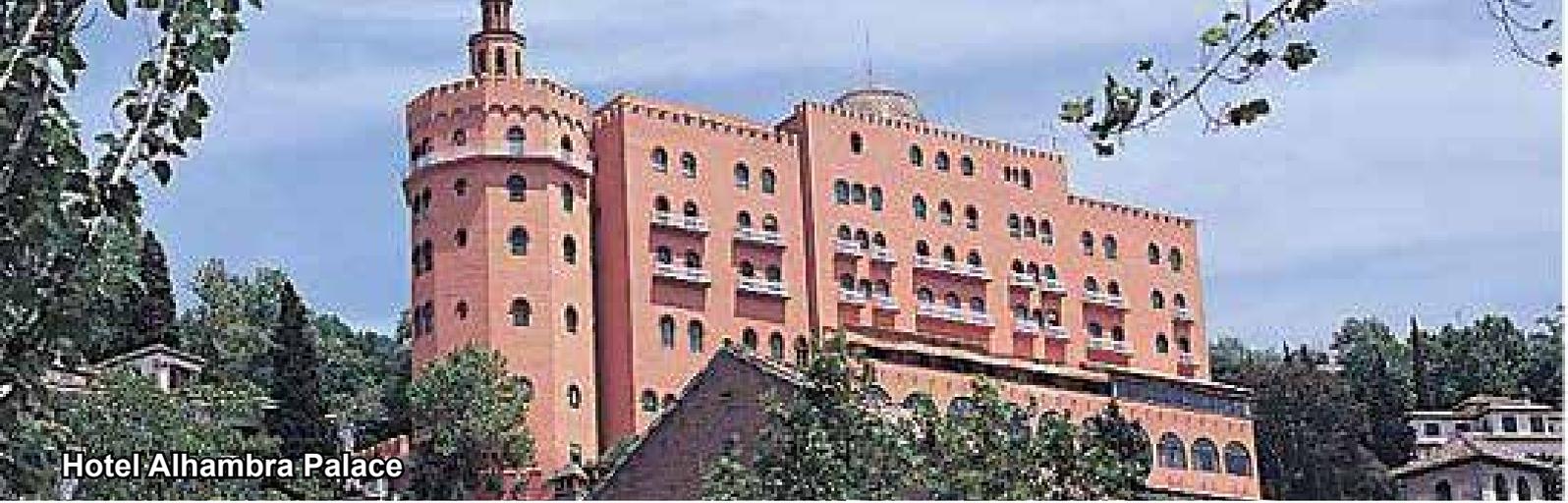
3. Parador de Cuenca

The Parador de Cuenca is a great choice for those who want to experience history in an authentic way. It is clear that this hotel is an ancient historic treasure just looking at the sandstone walls and tiled rooves—the building is in a renovated monastery that sits above the sheer vegetated walls of Huecar Gorge.

It provides an excellent view of the enchanted hanging houses from inside the glassed-in cloister. The on-site chapel is now a cozy cafe. The hotel is walking distance from many of the historic sites in Cuenca.



Hotel Alfonso XIII, Seville



Hotel Alhambra Palace

2. Hotel Alhambra Palace

There is over a century of luxurious indulgence to be experienced at the Hotel Alhambra Palace. Guests will feel amazed just walking into the lobby full of high ceilings and expansive archways, colourful tiled murals.

Located just outside the Alhambra's ancient walls, the hotel towers above the city of Granada, about a ten minute walk from the historical downtown. It has an excellent rooftop cafe that allows guests to sit for a meal and enjoy one of the city's best views.

1. Parador de Ronda

The Parador de Ronda sits in the renovated building that once held the old Town Hall of the historic city of Ronda. Its cliffside view of the Tagus gorge can be seen from the hotel's many balconied rooms and duplex suites. Its central location offers easy walking of Ronda's many historical sites that date back to Roman times, particularly the bull ring and the hanging houses.

On-site food celebrates Andalusian culinary culture, and the elegant rooms at the Parador de Ronda are a showpiece in its self. Whether a single, double or suite room, the furnishings are lovely and elegant. The bright, clean decor is a showpiece in its self, as a creation of famed designer Pascua Ortega

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What is loose leaf Tea?

It is as the question says fresh loose tea leaves from around the world preserved by being dried, in various different ways depending on the type and leaf they pick. Some are infused with oils, others delicately entwined with dried flowers, while some are smoked over pine, or even infused with fruit. As we all look for something different so the teas have evolved. And of course there are the natural traditional tea leaves with magnificent individual flavours with out and additives. Green teas, Black teas, White teas, Oolong Teas, Herbal teas where does it end.....

How do I serve loose leaf tea?

We often get asked this question. So we have a guide on how to serve your choice of tea. Many people think it is complicated but in reality like everything, it is as complicated as you make it. I use either a small teapot and strainer or simply a cafetiere. Because you are using loose tea leaves this is a great option. Use freshly boiled water to the temperature the type of tea requires. Place one teaspoon of your favourite tea per person into your pot of choice, (not one extra for the pot), and get your cups ready.

To start the infusion when the water is ready pour over the tea leaves. Let it stand and infuse into your desired taste and strength, normally for black tea this is between 3 to 4 minutes. The beauty of this natural product is you can use as much or as little as you desire. Note tea that has being infused for too long tends to go bitter.

Once you have mastered this process you will find the taste difference between loose leaf tea and teabags is incredible. Try comparing a teabag in your cup, to a small lift and imagine how tight that is with eight people in. Now think of your lovely loose leaf tea swirling around in your teapot or cafetiere releasing all of its depths of flavour. That's the equal to one person in a small lift so much better! So give your tea some space to brew and you will be rewarded with a quality drink.

So when you have finished your first cup of tea, you can always keep the leaves and get a cheeky second brew. Then finally you're able to recycle them naturally to the earth, either in a compost bin or straight into your garden, unlike teabags they don't have any polymer plastics sealing them up, they are truly a gift from nature.



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North Town...



DENIA

Denia - The harbour town in the province of Alicante

Lying just north of Javea, this is where you pick up your high-speed catamaran ferry for a night of rock'n'roll in Ibiza or, if you fancy a more leisurely ride, you can take a panoramic trip down the coast as far as Altea.

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.

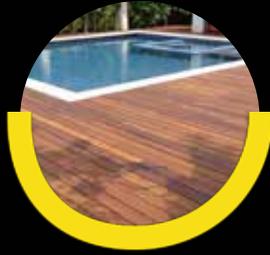
The tree-lined Carrer Marques de Campo that leads up from the port is the main shopping street of the town, although Denia has no shortage of places to shop or dine. The prawns here are said to be the best in the world (although no-one knows who actually said it!) and to sample them you could try one 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.

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Having seen on trip advisor comments such as, amazing food, excellent service, great host, something a little different, I decided it was time to go to Luces restaurant to see for myself what everyone was talking about and what makes this restaurant so different.

We went, 3 of us, on a Saturday evening. Note, best to book in advance. They can get busy.

Owned by Alex (front of house) and Maria (head chef), Luces can be found in Cartagena in the far left corner of the square opposite the navy arsenal entrance.

The menu, this has been designed with the help of Pablo Olivares son of one of spains top Michelin starred chefs. To say the menu is varied and unusual is an understatement. It is basically food from around the world but with their own quirky twist. You will probably not find the same dish on any menu in any other restaurant.

We tried 5 starters between 3. Ordering half portions, yes you can have 2 or 3 different starters, but half size. This is great way to sample more of these amazing dishes and still have room for a main course.

We then moved on to the mains. At this point, slightly full my wife and I shared Russian meat balls with buckwheat cooked in cream and mushrooms. I'm not even going to describe how nice this was. Let's just say we would highly recommend this dish.

To sum up the food in one word, WOW, or AMAZING. Put a different way the food was amongst the best I've had. No plate went back with even a teaspoon of food on it.

The wine, this is supplied by an exclusive bodega in Jumilla. They hand pick the wines and know which wine to recommend with your meal. After a quick discussion of palet preference Alex came back with a variety of red and rose. We chose 1 of each (1 red 1 rosé These were perfectly paired for what we were eating.

This restaurant is a must visit if you want to experience a full dining experience. Unless your preference is fish and chips or bangers and mash. it will not disappoint.

Enjoy!!

See main ad on page 22



Chilled Wine

Summer has arrived –we can feel it- and the heat wave is making us search for anything to refresh us.

So here you have some tips on how to enjoy a good wine at its ideal temperature, so you have the opportunity to drink it and fully enjoy its flavour. When we talk of chilling wine, we talk mainly about white and rosé wines, but there are also some types of red wines (light, fruity, dry, not too oaky style) we can take colder than the rest. Later in the text I will give you 5 red wines to cool.

It's important to take care about temperature in order to preserve the flavour and original aromas, because if we drink it hotter or colder than it is recommended, you can spoil the characteristics of wine.

Here are some tricks of the trade to accelerate the cooling process of the bottle:

The ice bucket with salt.

The use of an ice bucket to cool the wine bottles quickly and easily is well known all around the world (if we do not have one, a pot can serve us just as well) Just fill it with ice and cold water! But here comes the key to chill the wine as fast as possible: add a tablespoon of salt to the water and stir well until dissolved. We put the bottle inside and in about 5 minutes your wine will be ready to drink. So why do we put salt in? The reason is very easy, because the salt allows cold to be transmitted in less time so the water temperature will be lower than before. The mixture of salt and water absorb the heat of the bottle and so the cold could be transmitted faster to the wine.

Using kitchen paper.

This is not only for wine bottles, but also for any other bottle drink. Remember that under any circumstances, you should never, never (never!) put the wine directly in the freezer, not even put ice cubes in the wine glass to avoid ruin and spoil the flavor. But you can put it in the freezer for a short time with this trick. Take some kitchen paper and roll the bottle in it. Wet the paper with water until the paper is well attached to the bottle. Insert the bottle wrapped in the paper in the freezer and wait for 10-15 minutes and it will be ready to serve. This is an interesting option to consider.

Grapes instead of ice cubes.

As we have already mentioned, the ice cubes in the glass can spoil the flavor of the wine, but there is another method that cools and does not affect the taste and aromas, although you have to be a bit foresighted. Take note: take and freeze some grapes previously. Then, when you want to drink a glass of wine that have been served at low temperatures, add the 'cubes of grapes' to the glass and it would be ready. It will release a little water by the layer of ice that can cover the fruit, but less than an ice cube. And it will also give a slightly more fruity flavour.

Using a bottle cooler or chiller sleeve.

As with the previous methods, the use of a cooler can affect the flavor and aroma of the wine, therefore, it is better to make sure to read the label of each bottle and check the temperature required for any wine before you do it. These bottle coolers are cheap and useful. You just have to put it in the freezer with enough time so, when the time comes, you just have to take it out of the freezer and put the bottle inside. Today there are many coolers, some of the most sophisticated allows you to even regulate the level of temperature depending on the type of wine.

But leaving aside these little tricks, we must bear in mind that it is better to keep the wine bottle at the right temperature in each case, without suffering large variations. That means: in a cool place like the fridge, in a wine cellar, in a cellar ... It all depends on the type of wine. However, we can not ignore that this kind of solutions can get us out of trouble in more than one occasion.

5 Red wines ready to chill

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- 3-. CARABO DE CONFESIONARIO (Tempranillo 100%)
- 4-. GOTIN DEL RISC 2017 (100% Mencía)
- 5-. OVEJA TINTA 2017 (Graciano 100%)



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Pairing: Perfect partner for red meats and Bushmeat like deer, boar or partridge and pigeon. It also goes perfect with stew meats and with the typical salty meat pastry in the area (murcian meat pie).

Serving Suggestions: Strongly recommended for dark chocolate desserts.



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WHAT SHOULD I DO IN THE CASE OF A CAR ACCIDENT?

Summer is coming in beautiful, sunny Spain. With temperatures soaring it's a great feeling, although a tad hot at times for all expats that live and work in this tranquilo environment; tranquilo that is until the influx of tourists from many countries around the world especially from Britain and the rest of Europe.

Now, more than other times during the year, one needs to be even more careful than ever on the roads. With all these extra cars and drivers, who are perhaps more used to driving on the left, an increase in the risk of traffic accidents is inevitable.

Always make sure your tyre pressures are correct by checking them at least once a month. Also check your car's radiator level is topped up; the last thing you want is to overheat and have to wait for a breakdown truck on the edge of a busy motorway! It's also illegal to run out of screen wash, so make sure this is topped up too. And driving with flip-flops or shoes with no back is not permitted either. Needless to say, seat belts must be worn all round, and young children need safety harnesses. Using mobile phones are a definite no, INCLUDING texting, which is probably worse than speaking.

Should the unthinkable happen, here are some tips that everyone, from a new driver to an experienced one, should remember in the case of an accident:

1. Stay calm and wear the reflective vest
2. Get to a safe area near the accident scene, turn on your emergency flashers and use the two triangles
3. Make sure everyone is okay and call 112, if necessary
4. When it is safe, take pictures of the vehicles involved, damage, road signs, etc.
5. Get statements and contact information from any witnesses
6. Complete the accident report: write down the other driver's licence number, insurance details, vehicle information and phone number. Remember it has to be signed by both drivers and reported within seven days; if you need road assistance, call immediately to your insurance company

CASER SEGUROS Car Insurance is tailor-made with you in mind and is perfect for Expats in Spain. It offers total coverage to both the driver and passengers in case of an accident, as well as 24/7 roadside assistance by calling a freephone number. It also includes a courtesy car for up to 35 days, personal liability for you as a pedestrian or amateur cyclist and you will get a 30% compensation on top of book value in case of total loss or theft. You can also select a vehicle repair garage of your choice to trust and give you peace of mind.

Caser Seguros is considered the preferred expat insurer in Spain today and has an extensive network of over 300 brokers and agents, who have many years of experience, and are dedicated to give you in-depth information about the different policies not only for car, but also life, home, business, commercial, funeral, etc., and advise you on the best cover to suit you and your family, in your own language.

Happy holidays!

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Your house will be printed in 3D and it will not be brick by brick...



We lived in caves and caverns of natural formation being the Neanderthals the ones who inhabited those 170,000 years ago. Then we began to erect simple constructions, huts and simple structures with stone and trusses. But we could not stop there.

We design trails with stones. We would work bones and wood: then we bore the earth not to bury our dead, but to create firm structures. Pottery would arrive around 7,000 BC: adobe brick (clay and sand) then, mixed with straw, first moulded by hand, then using moulds and dried in the sun.

The cities of lime and mud would spread. We would invent mortar, made of lime, sand. Even the Great Pyramid of Giza used mortar to fix its 6.3 million huge blocks of stone.

The Roman architect Marco Vitruvio, about 25 BC, would write a treatise on construction techniques. We would no longer think of simple shelter: we would seek beauty (Venustas), firmness (Firmitas) and utility (Utilitas). We created concrete, used in the 1st century BC by the Roman Empire by burning limestone and, from its ashes, we would obtain a new compound, with which we would improve the mixture, making it more homogenous and resistant.

Three-dimensional printed architecture.

In the end it is a matter of building better, faster and cheaper. 3D digital printing has relegated traditional construction to something nefarious and archaic. If you

have the right materials, you also gain sustainability and save money. In the end it's about building better cities faster and cheaper.

Hans Vermeulen, founding member of the Dutch architectural firm DUS Architects, who is responsible for building the temporary official building of the Dutch presidency of the European Union, through a series of pieces that were fitted through a modular structure. A building of 700m² was prototyped first on a scale model.

His current goal is to print houses like the traditional ones in the Amsterdam channels, revolutionizing the construction industry. The printing techniques and the logistics of assembly will move away from the traditional brick and mortar system.

The key is on the KamerMaker printer, a real-time 3.5 meter printer machine that contains a transport container from which it prints a 3D grids which are then filled with concrete and assembled. Last year he published one of his first projects: rooms of 2.2 m (width) x 2.2 m (length) x 3.5 m (height) using PLA (bioplastic) and PP (polypropylene). This first house, of 8m², with volume of 25 cubic meters, took barely two days to print.

The future possibilities of KamerMaker

About 30% of the world's CO₂ emissions come from the construction sector. There are 1.6 billion people in the world without adequate housing. Add these two figures and we will get the first two elements of the equation: pollution and lack of resources.





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3D print does not require soil resources, but concrete materials, cast and treated with the specific methodology of the printer. This project starts with 13 spaces that are assembled as Lego pieces, similar to Ikea furniture, stairs, floors and walls are printed on one side and on the other, the walls taking into account the spaces for wiring and piping.

From DUS Architects they digitize structure by structure and upload it to a server on the Internet, so it can be printed, or produced locally, which reduces transportation and replaces the way we move materials and products through the World.

We will not build, we will print.

The room that was printed last year was actually one of the thirteen rooms designed for the new house channel, which is expected to be complete throughout this 2017.

In small drums filled with pellets, capsules of this biodegradable plastic, KamerMaker achieves forms of intelligent geometry that reduce the environmental impact and promise a future where Article 25.1 of the Universal Declaration of Human Rights is fulfilled.

A series of contemporary precedents.

3D printers can produce durable, economical homes and in a time cycle up to 4 times less than normal. In just 17 days, dedicating ten of them to plumbing and electrical installations, the Dubai Future Foundation completed a fully functional building, a 250m² facility created from a printer 6 meters high, 36.5 meters long and 12 meters, 20 wide.

3D printing is not only proving agility and speed, suitable for restocking places devastated by inclement weather, but also an extraordinary resistivity.

HuaShang Tengda was able to build a 400m² building in 45 days, able to withstand earthquakes of magnitude 8.0 and perfectly equipped.

In Beijing, China, the first version of the Winsun printer was able to manufacture 10 houses a day. And not any house: mansions of 3 floors fully equipped, of 195 m²; although it is able, with its almost 7m of height, to give birth even whole lines of apartments with its mechanical arm similar to that of a pastry sleeve.

According to their estimates, they managed to reduce production costs by 60% and manufacturing time by 70%. By reducing labour costs, the cost of production of these buildings could be reduced by up to 80% compared to the current buildings and, therefore, marketed at much more competitive prices.

Can I print you one?

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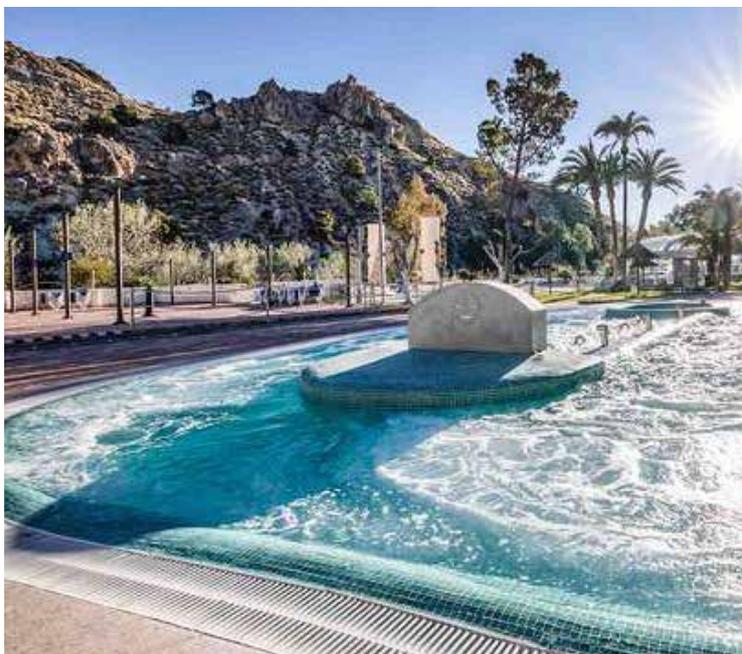
August at Taquilla

By Taquilla Tickets

A great big “Hello” to everyone who is reading this great magazine. In this edition of “A Life In Spain”, we are highlighting some of the events that are taking place in the later part of August. We have an absolutely brilliant coach trip to San Javier to see the incredible “UNRISEN QUEEN” on stage. This amazing band will be performing on Saturday 27th August in the lovely town of San Javier. The band have headlined not one, but two, of Freddie Mercury’s memorials in Montreux, Switzerland. To be asked once is great !! To be asked to perform again is testament to this Spanish Rock Band’s quality of music, not least the incredible voice of Ruben Sabater (The Voice). The original “QUEEN” produced some of the world’s most fantastic music. Many years ago when “Bohemian Rhapsody” was first released, it was greeted with a total mixture of feelings. “What is this?” said one music critic. “It will never be a hit” said another. “Rock and Opera will never work” said yet another !! Oh boy were they so wrong ? This one track catapulted the original Queen into the spotlight. And then the band became huge.

“UNRISEN QUEEN” have performed everywhere, and San Javier will really rock to the sounds of this amazing band. Queen manager, Jim Beach said “I closed my eyes and I could hear Freddie”. “I just couldn’t hold back my tears”. That really is some testament to this incredible band whose members include: Pasku Frutos on Lead Guitar, Chimi on Drums and Percussion, Emanuel Menta on Piano and Keyboards, and of course, Frankchesco Di Napoli on Bass Guitar. If you love the music of Queen then you will love the sound of “UNRISEN QUEEN”. So, get in touch with Taquilla Tickets to buy your tickets to, what will be, an absolutely fantastic night out !!!!

So, even before this, we have a trip to the “Licor 43” factory. Never heard of it or tasted Licor 43 ? Well, better come along with us on Tuesday 16th August to the place where it is made, Cartagena. Yes, this world famous Liquor is produced on our doorstep in the historic city of Cartagena. We will tour the factory to see how it is made and of course the evolution over the years of this really tasty drink. You will also get to see how the cocktails are made as well as the Licor 43 coffee, Mmmmmmm!!



On the 21st August we have a trip to the really lovely city of Alicante. So many people fly in to this great city and then disappear to various parts of the Costa Blanca and Murcia. Have you ever seen toadstools that are over 8 feet tall ? Take a bus ride to the historic castle and see the wonderful views of the Mediterranean sea and the beautiful Paseo. Have a stroll around the Port area (Nice!!). Then walk up the “Shopping Street” and try to avoid looking in the shops, ha ha !!! Grab some food in one of the many “eateries”. Come with Taquilla Tickets and see Alicante.

Another favourite is Archena Spa. We will take you there on the 23rd August. So, Relax, Relax, Relax !! Enjoy the whirlpools, natural pools and treat yourself to one of the treatments that are available. Take a tour of the historical grounds and the Roman treatment rooms. You will even get a three course meal. Not too shabby eh !!!!!

Of course, throughout the month we have our Bus trips to Mazarron and the Water Park. On the 18th August we have a coach ready to take you to Benidorm. Levante Beach, Tapas Alley, The Old Town. Bars and restaurants galore between your own shopping experience. Another great day out !!

As always, you can come into our office space within the offices of “Sparkles” in the Al Kasar on Condado de Alhama. You can contact Sally on +34 657346445. You can contact Nigel on +34 642501568. You can email us on: taquillaticketscondado@gmail.com Our office hours on Condado are 10.00am - 13.30pm Mon-Friday. Nigel can be found at Cat’s Bar on Camposol A Tues - Friday 10.15am-13.30pm



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The Old Town of Segovia is located in the centre of Spain, in the Autonomous Community of Castile and León. The centre is crowded together on the rocky bluff delineated by the confluence of the Eresma and Clamores rivers.

Segovia is symbolic of a complex, historical reality. Its neighbourhoods, streets, and houses are laid out in accordance with a social structure in which hierarchy was organized and dominated by belonging to one of the different cultural communities. Moors, Christians, and Jews coexisted for a long period of time in the medieval city and worked together during the 16th century manufacturing boom. The evidence of this cultural process can be seen in the large number of outstanding monuments in the city, among which, the Roman Aqueduct stands out. Other important monuments can be found in the property: the Alcázar, begun around the 11th century; several Romanesque churches; noble palaces from 15th and 16th centuries; the 16th-century Gothic cathedral, the last to be built in Spain in this style; and the Segovia Mint, the oldest industrial building still existing in Spain.

The Roman Aqueduct of Segovia, probably built c. 50 BC, is remarkably well preserved. This impressive construction, with its two tiers of arches, forms part of the magnificent setting of the historic city of Segovia. It is an enormous construction of masonry, 813 m in length, consisting of four straight segments and two superimposed arcades borne by 128 pillars. At the lowest point of the valley, the Aqueduct stands at a height of 28.5 m above ground.

The 221 colossal pillars bear witness to the magnitude of the Aquae Atilianae in the province of Zaragoza while in other parts of Spain, only remnants of the Roman aqueducts of Sevilla, Toledo, and Calahorra have survived. The impressive monuments that survive in Mérida, Tarragona, and Segovia illustrate the political determination, which following the steps of the victorious armies, greatly increased the number of aqueducts which Frontinus described as 'the most solemn testimony of the Empire.'

The Aqueduct of Segovia is the best known of these

civil engineering feats due to its monumentality, its excellent state of conservation, and in particular, its stunning location in relation to the urban site. The Aqueduct is the symbol of the city and can in no way be separated from Segovia as a whole.

Criterion (i): Segovia comprises an array of monuments, which in terms of beauty and exemplary historical significance, are truly outstanding, with the Aqueduct, the Alcázar, and the Cathedral among its major structures.

Criterion (iii): The Old Town of Segovia illustrates a complex, historical reality through its urban layout and architectural developments. It is a prime example of the coexistence of different, cultural communities throughout time.

Criterion (iv): Segovia provides an outstanding testimony of a Western city based on a number of diverse, cultural traditions. All the component parts of the built environment, from domestic architecture to the great religious and military structures, can be found here in a broad range of construction techniques and styles that reflect this unique, cultural diversity.

Integrity

The inscribed property has an area of 134ha that contains all the necessary features to express its Outstanding Universal Value. The centre of the historic city, with its large number of remarkable monuments, including the Roman Aqueduct and the more humble domestic architecture, has been maintained. All of the attributes of the property show the complex and fascinating history of the city, particularly the coexistence of different religions and cultures, the mark of which can be admired in a wide range of architectural styles. Their status as classified monuments within the Spanish

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government has helped to preserve them properly, and any intervention must be aimed at maintaining and safeguarding their characteristics and significance.

Authenticity

Due to its early legal protection, the property has maintained the features of authenticity, particularly in terms of location, form, and design. This is applicable not only to the highlighted monuments, such as the Roman Aqueduct, but also to other monuments and architectural ensembles in the city. The traces of the medieval city, with historic areas like the Jewish Quarter, can be seen in the current layout of the town with its narrow streets, the type of paving, and the decorated rendering of the buildings, among other features.

As this urban ensemble is in continuous development, the property has been affected by modifications, but has always been under strict administrative controls, both from the municipality and the regional government, so as to not negatively impact the attributes that convey Outstanding Universal Value of the property.

Protection and management requirements

The city of Segovia was registered as a “Historic Site” under Spanish law in 1941. Furthermore, a large number of monuments are also registered as Property of Cultural Interest (BIC, Bien de Interés Cultural), the highest level of protection according to the current cultural heritage laws in Spain. Therefore, any intervention requests for the property or the monuments, including archaeological investigation, entails prior administrative authorization, according to the current cultural heritage laws (Law 12/2002, 11 July, of Cultural Heritage of Castile and León, Decree 37/2007, 19 April, that approves the Rules for the Protection of Cultural Heritage in Castile and León, Law 16/1985, 25 June, of Spanish Historic Heritage). In addition, all the projects concerning the property must be previously approved by the Commission for Cultural Heritage of Segovia.

Given its World Heritage status, several projects have been drawn up to maintain and promote its Outstanding Universal Value, including international seminars about the conservation of the Aqueduct. The City Council has also undertaken important actions aiming at protecting, promoting, and managing the city, as well as developed an Integrated Plan of Accessibility and Refurbishment for different areas of the city (Aqueduct, Canonjías, Jewish Quarter, etc.). The City Council has a specific Department of Cultural Heritage that is in charge of municipal policies aiming at safeguarding the cultural significance of the site, and is also entrusted with other policies related to heritage, such as tourism or accessibility. Implementing these policies in a coordinated way remains a challenge, and the City Council faces the constant, common problems often found in other historic cities like Segovia (increasing demand of public facilities, residential development, tourist facilities, refurbishment of degraded areas, etc.)

A General Plan guides the overall town planning, which is supplemented by a Special Urban Plan for Protection of the Historic Areas. Regulations to safeguard the Historic Site have been established through a new Urban Plan developed by the City Council. The definition of a buffer zone will be crucial to also protect views to and from the property to maintain the visual characteristics of the property, and also to protect the loop of the aqueduct. The Special Plan for the Historical Areas of Segovia will need to take this protection of the buffer zone into account and enforce appropriate regulations.

The Journey - Vintage Pilgrim by Carol Hughes, owner of Legs & Co.

28th January 2019

Ok so been a busy month so far, but this is a massive day removal company have arrived, have I packed? No ! well I have packed some of it but I am nowhere near finished, I remember a move to Glasgow many years ago so simple hired a truck, no boxes Clothes I covered with Bin liners still on the hangers, washing basket carried plates knives forks etc.. duvet covered tv, and draws went in as they where lol, no such luck this time everything has to be packed and wrapped as it is being stored in Alicante by the removal firm until we need it, really good firm and really reasonably priced, well I am digressing. There is no turning back now the house is sold I have a house in Spain. So, I am busy wrapping and packing boxes while they dismantle and wrap big items.

I have had a call off our solicitor for the house we are buying in Spain that should have been completed in November 2018 then December 2018 that I was promised would definitely be completed by the 1st of February 2019, isn't going to be complete by the 1st some hold up with some paperwork! Whoops let's see what solicitor sorts she promises me she will sort something.

Removal company left at 4pm now its just the car to pack up and drive from Leeds to Folkstone! how much stuff, how do we collect so much stuff, well car is full so we are off Hubby getting antsy as it's a long drive, so 5.30pm dog in the car said bye to my neighbours, gave keys to next door for new owner to collect and we are off Passports, Money Yippee new life here we come.

7.15pm we are at Loughborough been a long day but another 3 hours we should be in Folkstone, just stopped for Coffee and gave Charlie (My beautiful furbaby) a walk and his tea some chicken as guess what I forgot, oh yes that would be dog food.

10.30ish we have finally arrived at Hotel in Folkstone, actually quite nice it is puppy friendly but can't take

him in the bar, so we are going to get the change of clothes from the car for the morning, walk Charlie, have a coffee then an early night we are both shattered that was a long day but still excited.

Ok so now in Panic can't find backpack and change of clothes! My makeup can't find it was in the bag with change of clothes Chris is getting irritated men just don't understand, quick call to my neighbour, she hasn't given keys over yet they are collecting them tomorrow, yes you guessed I have left the change of clothes at house along with my handbag, boots, jacket and most importantly my make-up. Dean and Janine are a god send great neighbours she has taken them to her house where my daughter can collect them from her tomorrow.

On a side note we went to Mexico at the beginning of January with Dean and Janine my neighbors, I will fill you in another day about this part of Mexico.

29th January 2019

2.19am I'm in a panic I think I have left Chris's mum and dad's ashes on the windowsill in Living room!

After a restless night's sleep (well say restless I had a restless night, my hubby slept like a baby) we are up early showered, cases searched for a change of clothes to my hubby's dismay, as the car is full to overflowing, and they are at the bottom of everything! well of course they are why wouldn't they be!

Oh, and I must tell him I think I have left his mum and dads ashes! He's laughing at me! I have worried all night for nothing he packed his mum and dads' ashes!

9.30 we are at Eurotunnel our ticket is for 10.50 but we can get on earlier yippee, but not before I have been in the shop and bought some makeup.

Ok, so makeup bought Charlie had a pee, we have had coffee, so we are off. (only cost £98 + £19 for Charlie)

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Wow what an experience you drive on to the train and park close to the car in front then turn engine off and wait, wasn't a long wait before we were off 25 minutes later we are in Calais Not sure what I expected to see fish maybe through windows ! you don't see anything in the tunnel it was a slight anti-climax but an experience.

When we arrived at Calais the car is looked over by customs sniffer dogs are walked round car which made Charlie and hubby a little nervous, I think but he sat there taking it all in.

I was expecting to see loads of immigrants as per British news! didn't see any was informed later you find them where the lorries enter the tunnel.

Google maps then became our best friend and I set location for a chateau I had pre booked before I left the UK, in Lugon et l'Île du Carney which is a 8 hour drive. The weather is horrendous it is raining like mad, High winds, skies are grey, and visibility is shocking, really wish I hadn't pre booked accommodation so far away, glad I haven't booked anything else yet, there is no rush for us to get anywhere this sense of freedom is amazing.

10.21pm We finally arrived at the Chateau it is absolutely beautiful wish we had arrived earlier and had time to appreciate it fully it's 15th century with a 100 year family history of making wine, it has a beautiful big open fire in the bedroom bathroom it is so cosy and warm, ooh and it has underfloor heating which is appreciated because I have to tell you France is cold this time of year, oh and it's still raining.



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