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ISSUE 75
FEB 2023

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Town**

Aledo

**North
Town**

Alicante

Top 10

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**Wine
Article**

Let's Talk Wine

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A Life in SPAIN

Welcome to the Febuary edition of ALIS.

Winter is setting in, At least we mostly have warm days. Even if the nights are chilly. Anyway, soon be April.

Now is the time to start those jobs ready for the summer. Cut the hedges back and replace those broken tiles.

So what's in this edition of ALIS

The blog from Carol Hughes continues. Mapping out their journey and time in Spain. See page 46

Then on pages 23-26 we have the top 9 Best Spanish Islands. these are all accessible from the mainland so no excuses, go visit!!

Whilst on page 19 we have an article about the History of Flamenco Dancing. A great insight into how and where this dance originated.

Enjoy!

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Places To Visit In A Day

Caravaca de la Cruz



Caravaca can be accessed from several directions. Murcia, Lorca, Totana and Alhama provide attractive approaches to the town, either over the Espuñas, or on well signposted Motorway or trunk roads. The town has a population exceeding 20,000 and is steeped in history as shown by the many buildings, religious and otherwise, which can be found just by walking around.

The castle is well preserved and according to legend (for it is unlikely to be totally true) during a Moorish siege, the besieged troops, having been sent to find water, came back with wine instead. This so fortified those inside the castle they beat off the attackers who surrendered.

There is now a celebratory Fiesta de la Vera Cruz at the beginning of each May. The highlight is the Race of the Wine horses, which is a sight to behold.

Within the 15th century castle is the impressive shrine, The Santuario de la Santisima y Vera Cruz and the Church Museum, open to the public Sunday to Thursday.

The miracle performing double armed cross of the region is said to have appeared miraculously before

the Moorish Prince, Abu Said who then converted to Christianity. Within the Santuario is an impressive shrine to the cross.

There is a lovely old town area which is worth a good walk around. You will find the Iglesia El Salvador and an impressive 18th century town hall in the Plaza del Arco.

There is a 16th century Carmelite Monastery in the Calle Mayor with a small ecclesiastical museum and lots of souvenir shops where the double armed cross in all sizes and prices can be bought. It is said that if you buy one for a friend and they put it in their car, they will not have an accident.

All in all, with a host of bars and restaurants, a great place to spend a day.

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Let's Learn Spanish

Barbershop

Phrases

I'd like to get a haircut.	Me gustaría cortarme el pelo.	May-gus-ta-ree-ah core-tar-may el pay-loh
I'd like a shave.	Me gustaría afeitarme.	May gus-ta-ree-ah core-tar-may laspoon-tas
Don't touch the top, please.	No toque la parte de arriba.	No tow-key la par-tea day a-ree-bah
Would you like side or centre parting?	¿Quiere la raya al lado o al medio?	Key-er-reylahray-yah al la-doh oh al may-dee-oh?
I would like a new style	Quiero un nuevo estilo	Key-er-oh oonnwe-bowess-tea-loh
Do you want it thinned?	¿Quiere que le haga un vaciado?	Key-er-e kay lay a-gaonba-thee-oh
I'd like to get my hair layered.	Quiero capas.	Key-er-oh ka-pass
How much is it...?	¿Cuánto cuesta...?	kwan-toe kwes-ta
Wash, cut and blow-dry	Lavar, cortar y peinar	La-var, core-tar e pay-nar
What product would you recommend?	¿Qué producto me recomienda?	¿Kay pro-dook-toemehrey-coh-mee-en-da?

Vocab

Mustache	Bigote	Bee-go-tay
Beard	Barba	Bar-bah
Goatee	Perilla	Pe-ree-ya
Sideburns	Patillas	Pa-tee-yas
Shave	Afeitado	A-fai-ee-tah-doh
Dandruff	Caspa	Kas-pa
Spiky hair	De punta	De poon-ta
Fade	Degradado	De-gra-dah-do
Mirror	Espejo	Es-peh-ho
Wash unit	Lavacabezas	La-va-ka-bea-thas
Towel	Toalla	Toe-eye-ya
Scissors	Tijeras	Tea-hair-ass
Comb	Peine	Pay-nay
Hair dryer	Secador	Seh-kah-door
Shampoo	Champú	Cham-pooh
Hair conditioner	Acondicionador	Ah-con-dee-thee-yon-ah-door
Razor	Navaja de afeitar	Nah-bah-ha day Ah--tar
Hair spray	Laca	La-ka



Now try our wordsearch:

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

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Barba
Toalla
Degradado
Tijeras
Champu
Peine
Laca
Perilla
Espejo



Bolnuevo.ref. 1987. 4bed 2bath detached villa, 286m2 build, 677m2 plot, large garage, private pool. **450,000€**



Isla Plana. ref. 1965. 3 bed, 3 bath detached villa, 198m2 build, 851m2 plot private pool, amazing sea views **399,000€**



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South Town...

ALEDO



The medieval town of Aledo has a population census of about 1,000 inhabitants, and can be found within the region of Bajo Guadalentín. This municipality is located at the foot of the southern slope of Sierra Espuña, at a height of more than 650 meters. to the north, south and east of Aledo is Totana, and to the west is Lorca. The easiest way to get to Aledo is via Totana. Head to Totana off the A7 and follow the signs



The first records about Aledo dates back to the tenth century, and is of Muslim domination, who used Aledo as a fortified position. The main villa becomes a fortress around the 11th century when it was dominated by Christian population. Aledo, its castle, alhama, villages and dependencies were given by Alfonso X El Sabio, (who is believed to have written some of his Partidas in that castle) to the Master of the Order of Santiago, Palay Perez Correa, as a reward for his victories Against the Muslims.

Aledo's first settlers gained the right to carry the motto 'of Very Noble and Loyal' within its shields for their courageous interventions in different military campaigns, included between the stages of Felipe III, in the defense of Cartagena, Passing through Felipe V, in the War of Succession and the War of Independence.

Aledo is next to several hills and mountains. The highest of them are located to the north and south within the slopes of Sierra Espuña, as well as the Mountain range of Tercia. It is worth noting that it is surrounded by idyllic natural landscapes, such as the natural park of Sierra Espuña and the canyon excavated on rock "Strait of Arboleja", located in the Rambla de Lebor, as well as the Cave of the Mauta, which can be found in the Head of the Rambla de losMolinos

There are some quaint little gift shops, and fantastic views where on a clear day you can see the Mediterranean. Combine your trip with a drive into the Sierra Espuña for even more breath taking views.



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Environmental policy

Concern for the environment

Spain, although it can be considered a mountainous territory and semi-arid in many aspects, is home to a fauna and flora of great richness and biodiversity.

Spain is a habitat with over 8,000 plant species. Forests account for around 30% of the territory, although these do not always correspond to native species. Traditional reforestation practices carried out particularly in the late 19th century have led to an overall presence of pine and eucalyptus stands. Spain's environmental conservation policy was launched many years ago, and has been considerably enhanced in recent years.

One of the fundamental pillars of this government policy has been protection, by means of initiatives such as the National Parks, Nature Reserves and Game Reserves. However, most of these competences have now been transferred to the Autonomous Regions, who have enacted a range of different protection models.

The most important threats to the environment are deforestation (forest fires), erosion, desertification and contamination of river water. This problem is common to the whole of Europe, and the positive balance between agriculture, rational exploitation and conservation of the environment is one of the most important issues for the country.

Therefore both agriculture and tourism (which also affects the state of environmental conservation) are today strictly regulated, in order to allow these sectors to prosper and grow without affecting the environment. For all these reasons, Spain is a country with a strong, and increasing commitment to conserving the environment.

Courtesy of the environmental office, Madrid





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Whilst thousands of festivals are celebrated all over Spain throughout the year there are only a few that bring overseas visitors specifically for the event. The Fallas fiesta which takes place in Valencia from 15th to the 19th of March every year is undoubtedly one of those 'super-festivals' attracting many foreign visitors as well as Spanish tourists from all over the country. This was the first major festival I ever went to in Spain and to this day cannot get over the sheer craziness of it all.

San José (Saint Joseph), the patron saint of carpenters, is the official focus for the festival. It all started back in the Middle Ages when carpenters used to hang up planks of wood called 'parots' in the winter to support their candles when they were working.

At the onset of spring these pieces of wood would be burned as a way of celebrating the end of dark, winter working days. After a while they began to put clothing on the 'parot' and then started to try to make it identifiable with a well-known local personality. These became the forerunners of the contemporary 'ninots', the enormous cardboard, wooden, polyurethane, Styrofoam, cork, plaster and papier-maché figures of today. The authorities later decided to link the burning

of the 'parots' with Saint Joseph's Day to try to stop it getting out of control!

Nowadays, each neighbourhood has an organising committee, the 'casal faller', who raise the necessary finances for constructing the 'ninots'. There is even an area of the city called the 'Ciutat Fallera' where whole groups of workers and designers spend months creating all the incredible towering tableaux. The 'ninots', which are placed at key places throughout the city, are often cruel satirical lampoons of well-known Spanish and international celebrities or politicians.



A Day at the Fallas

If you decide to go to the Fallas festival prepare for an early start. Each day begins with a startling wake-up call known as 'La Despertà' at the ridiculous time (in Spain) of 8am. You'll just love being woken by brass bands marching down the streets accompanied by those preposterously loud firecrackers; which themselves activate car and shop alarms, just to make sure you're ready for a day's fun.

All day, you'll see processions and hear explosions and then at 2pm 'La Mascletà' begins when there are organised pyrotechnical explosions all over the city, especially in Valencia's main square, the Plaza Ayuntamiento. At first you'll think they're earth-shattering but they're just an appetizer for what will come later.

On each night there is a firework display in the old river bed and they escalate in degrees of spectacle culminating in La Nit de Foc (the Night of Fire) on 18th March. The following night la Cremà takes place when all the 'ninots' are burnt. Neighbourhoods will have their own 'falla infantil' for the children at about 10pm and then, at around midnight, the neighbourhood 'fallas' will begin. The final, grandest fire, in the Plaza Ayuntamiento, won't get under way until 1am at the earliest with huge crowds waiting in eager anticipation of the burning.

The 'ninots' will all have been stuffed full with fireworks, the street lights switched off and the firemen will be in position when the 20 to 30 foot models, which took months of painstaking construction, will be razed to the ground. Each year, one 'ninot' is spared the ordeal (as a result of a public vote) whilst the rest suffer a spectacular fate.

A Festival of Noise and Fire

However loud you think this is going to be you'll be wrong. There is no way of beginning to describe the amount of noise generated. Pregnant women are forbidden from attending and each year people are injured or faint. It is true that you should keep your mouth open to allow the sound to escape and not echo around your head – or something like that – but be prepared to feel the ground shake beneath your feet and your head to spin uncontrollably. This is an adrenaline rush with few equals and a completely unique experience.

And please don't think you can rest up during the day to prepare yourself for the evening's bombardments.

After you've been unceremoniously startled awake at 8 o'clock the whole of Valencia is one enormous street party, with various parades, pageants, beauty shows, paella competitions and bullfights all over the city.

Whilst photos of the event give you some idea what the effigies are like they cannot portray the atmosphere of the city during this crazy fiesta. You'd be forgiven for thinking you were watching a news report on TV from a war zone!

Courtesy of Spanish-fiestas.com



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History of Flamenco dancing

Flamenco is one of the most characteristic elements of Spanish culture, especially throughout the southern region of Andalucía. Which is why several schools offer Spanish and Flamenco courses, where you can learn Spanish while learning how to dance flamenco.

History of Flamenco Dance

To point out the stomping feet and fiery passion is merely brushing the surface of flamenco dance. Flamenco dance, as one-third of the quintessential Spanish phenomenon of flamenco, has an extensive historical background that parallels the cultural development of Spain itself.

Hailing from southern Spain's outcast populations, flamenco dance and music drew early influences from the Greeks and Romans and later from Indian, Moorish, and Jewish cultures. With the arrival of the Moorish and Jewish populations to the Iberian peninsula centuries ago, Andalusia's already thriving music and dance inadvertently began extracting characteristics from the newly-arrived populations. The flamenco dance and music that we see today are the dazzling results of centuries of absorbing and flawlessly sewing together elements of this myriad of diverse cultures.

With the flourishing development of flamenco music emerged the equally rapid evolution of flamenco dance, which first appeared recognisably as a structured dance in the 18th century. While flamenco's design in its origin revolves around the hearty voice of the singer, the impassioned flamenco dancers stunned audiences in special music cafés - called cafés cantantes - and quickly began stealing the show. Centuries of cultural melding later, what ironically began in caves as a form of personal expression by gypsies and other oppressed ethnicities has evolved into the flashy flamenco dance and music that has taken the world by storm.

Flamenco Dance Technique

Flamenco Dance

While the common denominators of passion and fervor never waiver, there is no one single flamenco dance. In fact, depending on the criteria of mood intention, the set of melodic phrases and the cultural traditions behind each song, flamenco dance actually manifests itself in more than 50 distinct palos (types of flamenco dance)! Both flamenco music and flamenco dance involve a great deal of personal improvisation which takes its form through the spontaneous expression of the performer's emotions at each moment of the performance. However, personal expression must adhere to the strict framework of flamenco music's traditions and rhythmic patterns.

Flamenco Dancers

In a flamenco performance, the dancer - or bailaor(a) - will often stand motionless for the first moments absorbing the strums of the guitar, the clapping, and the singing until the inspiration hits him/her. Then he or she will launch into a flamenco dance every bit as passionate as the song being belted out by the cantaor- you can even see the explosion of emotions in the dancer's facial expressions throughout the performance.

The role of the flamenco dancer is essentially to physically interpret the words - which often express the great lament of the persecuted ethnicities of flamenco's history - with light, graceful arm movements that contrast the reverberating steps as feet drill into the floor with a bewildering intensity. Duets, performed by a man and a woman, are often the most vivid flamenco dances. The dancers keep their eyes firmly locked each other, constantly and aggressively building off one another in what becomes competition of passion, sexual tension, and emotion.





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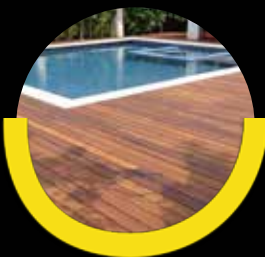
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9 Best Spanish Islands



9

9. La Gomera

One of the smaller of the Canary Islands, La Gomera was the place from which Christopher Columbus started his voyages of discovery. The island can be reached by ferry from Tenerife and is a good place for walking holidays.

The island has excellent climate and a huge variety of unique plants and a beautiful forested area, rock outcroppings and waterfalls. The island is not developed for tourism, so there are not the crowds found on other islands.

8. Minorca

Minorca (also Menorca) is a less developed island and a good place for a beach holiday away from the crowds. It has more beaches than any other Spanish island, so there is a good chance visitors can find a secluded one to themselves.

Along with the unspoiled scenery are prehistoric monuments which date from 1300 BC.



8

7. Formentera

Formentera is a small island south of Ibiza and well known for nude sunbathing on many of its pristine, white sand beaches. It can be reached from Ibiza by boat and there is regular passenger service from mainland Spain.

This is the place families and nature lovers go for a relatively isolated beach holiday. However, in the peak season of July-August, the island draws huge numbers of tourists. There is a dramatic cliff, La Mola with a lighthouse that is worth seeing.



5. Lanzarote

Lanzarote has a stark volcanic landscape on a quarter of the island from a volcanic eruption in 1730, which is the Timanfaya National Park. The park has a bar and restaurant where the meat is cooked over underground heat.

Other attractions are the Whales and Dolphins Museum and the Mirador del Rio a lookout point with a spectacular view.



6. Fuerteventura

Fuerteventura is famous for its strong winds and is a popular place for kite surfing and wind surfing. Parts of the island are well developed for beach holidays and other places are untouched.

It is also famous for its broad sand dunes and over 150 beaches. Corralejo, a town on the northern tip of the island, is considered to have the best beaches.



4. La Palma

La Palma is called The Beautiful Island and is the closest to Morocco of the Canary islands. It has an international airport and ferries to Tenerife.

La Palma has spectacular countryside and is also a good place for walking tours and hiking. The largest crater in the world is in the centre of the island and guided hikes are available to the area. There are other paths to stunning volcanic scenery and forests.



4

3. Gran Canaria

Gran Canaria has one of the largest cities in Spain. Las Palmas de Gran Canaria is on the northeastern coast of the island and is a well-developed beach holiday destination.

The island has many different types of landscapes including majestic sand dunes, mountains with biking trails, beaches and a densely populated underwater world. There are excellent diving spots, golf, surfing schools and hiking to the remarkable cave villages in the centre of the island.

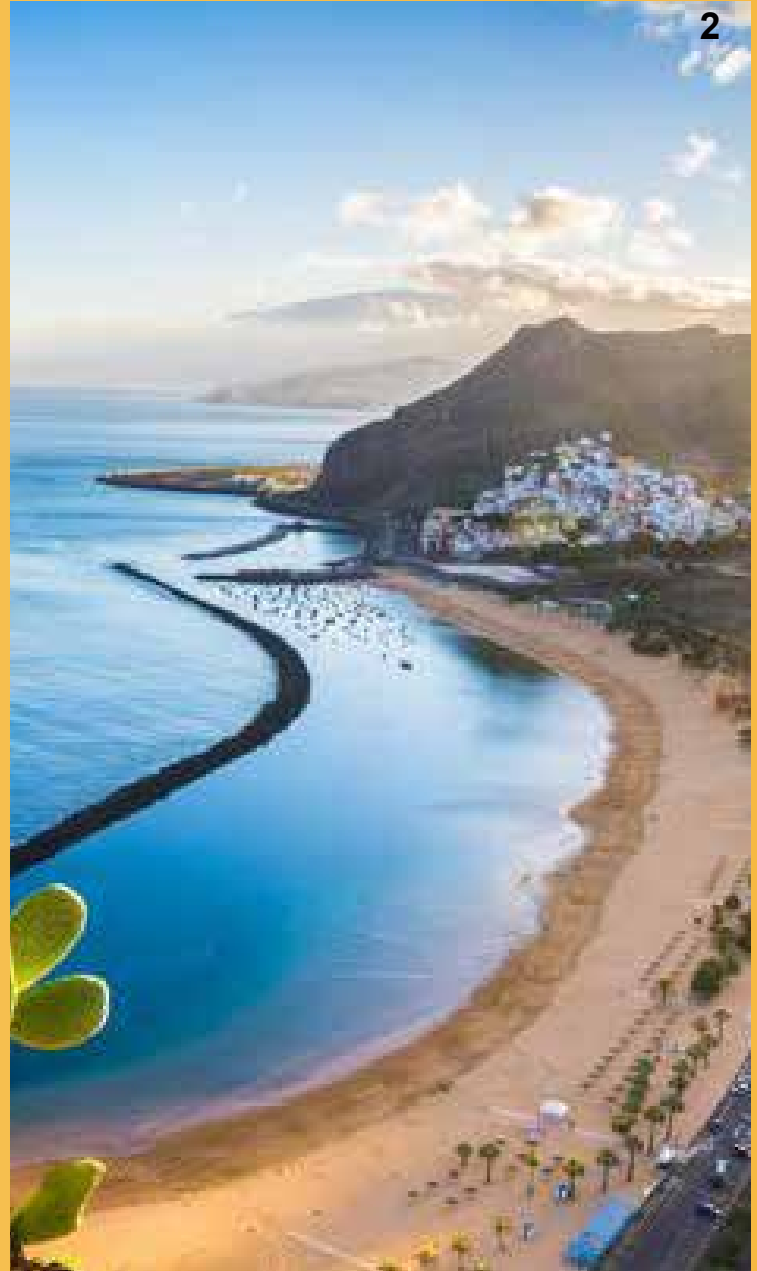


3

2. Tenerife

The largest of the Canary Islands, Tenerife is well developed for tourism and a very popular beach holiday destination. It is renowned for its exciting nightlife and excellent dive sites.

There are also many watersports available including surfing, wind surfing, parascending and jet-skiing. For those who love mountains, there are scenic drives along rocky cliffs and a cable car to the top of the highest peak in Spain. Hikers can also climb the mountain, but it is a challenging adventure.



1. Ibiza

Ibiza is famous for its nightclubs, parties and beaches. Ibiza Town and San Antonio are the most popular places for nightlife. They don't get started until after 7 p.m. and stay open until early morning.

During the day, there is a carnival-style market where fresh food and handicrafts can be purchased, as well as some beautiful natural scenery. The Cova de Can Marca is a huge natural cave worth seeing and visitors can take a boat to the nearby island of Formentera.



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5 tips to drink better and not "to Forget"

There are many people who in recent days have paid taxes and adjusted our waists to thicken the coffers. Apart from this and as a cause of this situation, the idea of drinking to forget has come to my mind, but I have come to the conclusion that it is so much better to drink to enjoy life than to forget bad moments ;so this is my motivation to write this blog entry!

1-. Choose a wine that is to your liking! It sounds like bulls**t but let me explain myself. If I am a person with a high tolerance for intense flavours, for instance, I like to drink black coffee, intense dark chocolate or salty foods; I will be a drinker who accepts and enjoys structured wines and specifically tannin reds. So enjoying a cabernet sauvignon, a Malbec like Altos las Hormigas from Argentina, a Murcian monastrell like Parajelas Zorreras, or a rich Syrah like Xi'lpal, will be a pleasure for me to drink.

If I am a sensitive drinker, who prefers soft flavours, it may be more appropriate to start with a garnacha of Cebreros like "Berrakín", or a subtle pinot Noir like Bassus. They are less blunt and very fluid reds, and no less interesting than the previous ones. You can also go around a white or a rose wine. Since they are wines normally without tannins and less structured than reds and therefore will satisfy my subtle palate.

2-. Whites go with everything. We are badly accustomed to the fact that white wines are mandatory of the last vintage, or are exclusive for starters and snacks. And it is increasingly noticeable that whites are great wines for all food. If we talk about gastronomic wines, Allende Blanco or Capellanía are wines that can make us enjoy from the beginning to end of a full menu. And if we are brave, it is more than advisable to try the Albillo Real grape of "Vino Precioso 2011", a dry Pedro Ximenez wine like "Fermentacionlenta", or even discover that the Verdejo grape aged in barrels gives us very strong and elegant wines such as the "Bestia Parda"

3-. Now you can drink pink! If the whites are made with white grapes and the reds with red grapes, but the rose wines are not made with pink grapes ... they can be made with both white and red grapes. It turns out that in Spain for many years the rosé was a "product" that was almost the result of the "left over" musts of the grape harvests ... And of course ... With that premise there was no way to make something rich. But for a few years, the processors have "put the batteries" and have decided to do them well. Rosés like the Eulogio Pomares "la Galaxia", Impromptu Pinot Noir by Hispano Suizas winery and the wonderful "Primer Rosé" that

María Vargas does in Murrieta are a clear example of the fact that rosé can be great wine.

These wines have been made thoroughly, selecting the grapes at the optimum time to make the wine well. And so they are balanced, as interesting as those whites that I mentioned in point 2, and with the aromatic notes of the red varieties that make them even more seductive.

4-. Not only of bread the man lives. And wine is not just for eating. Luckily more and more we see that people are parking the spirits and the beers in the afternoon to enjoy a delicious wine. And is that drinking a glass of wine at any time, snack, table, in the afternoon and even because we feel like it is a fashion practice; Not only because we are eating. It is true that for all of us wine is the best secondary factor of a good meal, but more and more you want to drink a wine at any time. This practice is apart from very healthy (which we will tell you in next article) a good habit, since among other things that of wine is one of the main industries of our country ... And if we value it and consume We are regularly contributing to enrich one of our main industries. So it is a common good!

5-. Drink goods. We have all heard about "we are what we eat" and it is almost an absolute truth, because we are also what we drink. The wines that are made with care, that are not manufactured industrial products, that come from concrete and well-kept vineyards, and that are faithful to its grape, vintage, soil and climate; They are wines that are inevitably made with good raw material, great taste and by people who enjoy wine. It seems an evidence but we need to keep in our mind; With good grapes winemakers can make good wines. So as a wine lover, La Diligente people prefer to know and choose wines made by wine makers that love what they do, and that makes us feel good.



Wine of the month

Parajes del Valle 2018

Grape variety: Monastrell 100%, DO Jumilla

Old vineyard from the high-land in Jumilla, 880m over the sea level.

12 month ageing conquer tanks.

It is characterized by intense, jammy fruit and smooth, fresh aromas with a medium body and an inviting and persistent back palate which indicates a wine with a good life ahead of it. It is serious and lively on the mouth with freshness and a great balance; broad and flavoursome combining fruity freshness and the elegant structure of a wine that is suitable for ageing.

Pairing: Perfect partner for starters, salads and vegetables. Because of the smooth and elegant tanins it is a great wine to take with chicken and salmon, pork loin grilled or BBQ

The Challenge: Taste this fresh fruity red wine with carbonara pasta. The red berries aromas and tastes will make a perfect match with the cream sweet notes of bacon.



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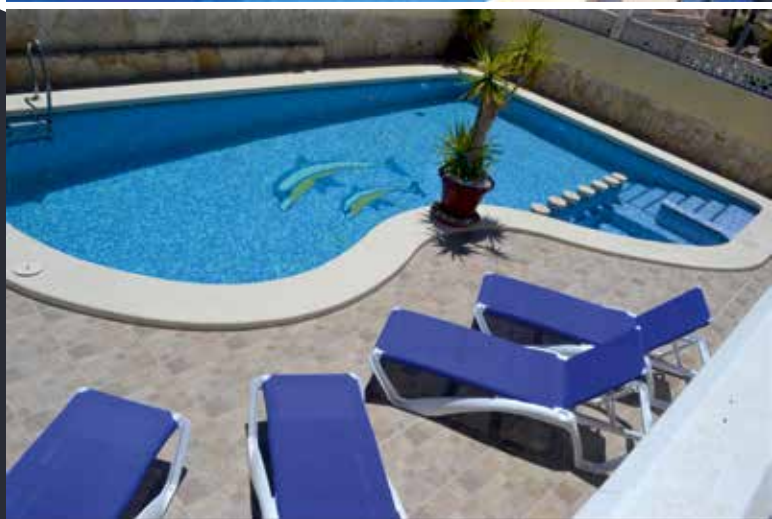
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North Town...



ALICANTE

The province of Alicante is located in eastern Spain in the Autonomous Community of Valencia. Situated on the Mediterranean coast, in the region known as Costa Blanca, the province is bordered by Valencia to the north, Murcia in the south west and the Mediterranean Sea to the east.

ALICANTE

Alicante is one of the most popular provinces as a tourist destination, with the famous resorts of Alicante, its capital city, Benidorm, Denia, Elche and Torrevieja. Thousands of visitors flock here every year to enjoy beautiful blue flag beaches, all year mild climate, delicious cuisine and friendly, warm welcome from the locals.

History

Documented records show that the Iberians were the first inhabitants of the Alicante province and there are several archaeological sites in the region, which depict this era, one in particular is La Serreta (near Alcoy).

The area was subsequently occupied by the Phoenicians, Greeks, Carthagians, Romans, Visigoths, Moors and finally conquered by Ferdinand III in the 13th century.

At one point in history, the region formed a part of the Kingdom of Valencia.

Towns and villages of Alicante

The air in the capital city of Alicante is pervaded with the scents of the sea; indeed the city has been an important seaport for many centuries. There is nothing as pleasant as strolling along the quayside promenade lined by four rows of palms, tessellated with marble in Alicante red, cream and black in imitation of the waves of the Mediterranean.

In the centre of the La Marina Baja region, in the province of Alicante, is the popular Spanish resort of Benidorm, one of the main tourist destinations along the Costa Blanca. Its excellent beaches, wide variety of accommodation, restaurants and many recreational activities means it's a hit with tourists from all over Spain and Northern Europe.

At the heart of the Costa Blanca, within the province of Alicante, lies the ancient fishing village of Calpe. Calpe has a wonderful modern marina that sits alongside the old fishing port; from here it is possible to take boat rides around the rock and to the nearby resort of Benidorm.

Denia is a delightful cosmopolitan town that sits at the foot of a hill crowned by a castle. The city has well preserved ancient walls and bastions.

Javea is a small, historic town; free of high rise buildings offering a relaxing holiday atmosphere. The local people are friendly and affable. The clean, warm, blue Mediterranean Sea laps the beautiful beaches and coves that Javea has to offer.

Santa Pola is located approximately 20 minutes drive south of Alicante airport. A small fishing port, Santa Pola is famous for its variety of landscapes, from the views of the distant mountains to the wild sand dunes.

Benitachell is a tranquil and picturesque village, originally an Arab outpost, with a stunning coastline nearby, which is formed by a succession of cliffs of more than a 100m high that descend vertically into the sea.

Altea is without doubt one of the most charming towns to be found on Spain's 'White Coast', located in the region of Alicante on the Costa Blanca. The town is just 11 kilometres north of Benidorm, yet the two resorts are worlds apart. Altea is similar to other Costa Blanca towns in that it has a new and an old neighbourhood. The old section is perched on top of a hill from where you will find really spectacular views.

Cuisine

Try any of the delicious varieties of rice dishes, combined with shellfish, fish or meat that are renowned in the region of Alicante.

To complete your meal, Alicante has some excellent local wine denominations, and for dessert, don't forget the famous ice creams, Turrón and dates.

Climate

The province of Alicante enjoys a privileged location and an excellent mild climate, with an average year round temperature of 18-20° C.





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CAB1309

Well maintained Semi-detached Fiesta style villa. 2 Beds, 1 bath Walking distance to amenities and the golf club, gated entrances, pellet burner, garden shed, electric towel rail, ceiling fans, large driveway, low maintenance garden, dual aircon, insect screens, rejas, walking, uninterrupted views of the golf course. Being sold part furnished.



CAD1218

Well maintained Neptuno Rubi, 3 beds 2 baths, plot size 610m2, private pool 8x4, log burner, dual a/c, driveway, mature garden, raised walls, under build, solarium, log burner, sun terrace. Being sold part furnished.



IMOCA -- Alicante In-Port Race

"Team Malizia tops the table on first day in Alicante

Team Malizia (GER) has won the In-Port Race Alicante after a frenetic battle that saw four of the five IMOCAs hold the lead at some point during a highly unpredictable and nerve-wracking contest.

Results and points

1. Team Malizia, 5 points
2. 11th Hour Racing Team, 4 points
3. Biotherm, 3 points
4. Guyot environnement - Team Europe, 2 points
5. Holcim-PRB - did not finish, 0 points

VO65 -- Alicante In-Port Race

WindWhisper wins VO65 In Port Race

In barely a breath of wind, WindWhisper Racing Team ghosted across the finishing line the VO65 In-Port Race Alicante by a comfortable margin. Such was the lead established by skipper Pablo Arrarte (ESP) and his predominantly Polish and Spanish crew, the other five boats failed to finish inside the 15-minute time limit which started ticking the moment WindWhisper had slipped across the finish line.

Results and points

1. WindWhisper Racing Team, 6 points
2. Team Jajo, did not finish, 0 points
2. Mirpuri Foundation Racing Team, did not finish, 0 points
2. Viva Mexico, did not finish, 0 points
2. Ambersail 2, did not finish, 0 points
2. Austrian Ocean Racing - Team Genova, did not finish, 0 points

Spectacular start day for The Ocean Race in Alicante.

The 14th edition of The Ocean Race, the fully-crewed, around the world yacht race, started from Alicante, Spain on Sunday 15th January 2023.

As The Ocean Race celebrates its 50th jubilee anniversary, a fleet consisting of the best sailors in the world set off on what is widely considered to be the toughest test of a team in sport.

Five IMOCA class yachts - the high-tech, foiling, flying race boats that are in The Ocean Race for the first time - started in glamour conditions on the waters off Alicante's Ocean Live Park just after 16:00 local time.

Two hours earlier, a fleet of six VO65 one-design yachts set off on the first stage of their shorter, European-focussed event, The Ocean Race VO65 Sprint, which features three stages of competition.

Team Holcim - PRB finished at 02:01:59 UTC for an elapsed time on the leg of 5 days, 11 hours, 1 minute and 59 seconds.

Escoffier and his team led for the majority of Leg One. The winning move came in the midst of an intense tacking duel on the second day and night of the race, with Holcim-PRB and 11th Hour Racing Team zig-zagging their way along the Spanish coast, beating into the teeth of a fierce westerly that had already caused some damage on Holcim-PRB.

Then, 11th Hour Racing Team reported a torn headsail during one of the manoeuvres that forced them to slow to recover the sail and rig a replacement. That small moment was all Escoffier and his crew needed to make the pass.

To follow the race...

Visit www.thecoceanrace.com



After being buffeted by strong trade winds for the duration of the short stopover, the waters off Mindelo, Cabo Verde were relatively calm on Wednesday for the start of Leg 2 of The Ocean Race.

The short stopover marked the first time The Ocean Race has visited west Africa and this island chain despite it featuring in the race course for all 14 editions as a tactical consideration on the leg from Europe down to the south Atlantic Ocean.

Crowds flocked to Ocean Live Park to welcome the VO65 and IMOCA fleets on arrival this past weekend, regardless of the hour, and aided by the entertainment and concert programme that kept the OLP hopping late in the night throughout the stopover.

On shore, The Ocean Race Summit Mindelo gathered over 300 ocean advocates in Cabo Verde on Monday, including United Nations Secretary-General, António Guterres; Prime Minister of Cabo Verde, Ulisses Correia e Silva; and Prime Minister of Portugal, António Costa, to discuss redoubling efforts to protect the ocean.

Out on the race course on Wednesday, teams had a short lap of a reaching course to navigate before heading out to sea, en route to Cape Town, nearly 4000 nautical miles of racing away.

The light winds mean it will be tactically difficult race over the first days, something already playing out with teams deciding how far south to position themselves compared to making miles to the west.

Leg Two Rankings following the start

1. Team Holcim-PRB
2. 11th Hour Racing Team
3. GUYOT environnement - Team Europe
4. Biotherm
5. Team Malizia

The fleet is escaping the clutches of the doldrums and into the southern hemisphere

GUYOT environnement - Team Europe was the first to break through just after 2am UTC and five and a half hours later, Team Malizia nudged into the south, and the five deep IMOCA fleet are now pushing towards the new southeast tradewinds.

"This is always dangerous to write, so I do so with trepidation, but it seems like we are out of the doldrums and back into the trades," came the message from 11th Hour Racing Team media man Amory Ross. "I'm writing this under clear skies and 14 knots of wind, 20 knots on the speedo, bow in the sky, reaching at great haste due south. Life, for the moment, is good!!"

For the GUYOT environnement crew the lead was built on a winning gamble - sailing a shorter distance by staying further east. Traditionally, the faster passage through the doldrums has come by sailing extra miles to the west.

Timings at the equator:

GUYOT environnement - Team Europe - 31/01/2023 02:05:11 UTC - 5d 07h 55min 11s - 1 269.4 nm - 9.9 kts

Biotherm - 31/01/2023 02:26:35 UTC - 5d 08h 16min 35s - 1 275.8 nm - 9.9 kts

Team Holcim - PRB - 31/01/2023 03:13:44 UTC - 5d 09h 03min 44s - 1 404.0 nm - 10.9 kts

11th Hour Racing Team - 31/01/2023 05:12:26 UTC - 5d 11h 02min 26s - 1413.3 nm - 10.8 kts

Team Malizia - 31/01/2023 07:32:13 UTC - 5d 13h 22min 13s - 1 500.3 nm - 11.2 kts



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- Lift access
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- South facing
- Small outdoor summer kitchen
- Pre-installation air con
- Electric aluminium window blinds
- Heated bathroom floor
- Satellite TV point
- Pre-installed Internet access
- Safety door
- Allocated parking plus electric charging point
- Gated community
- Nearby resort amenities at the Al Kasar

Price range: 230.000€ - 418.000€



Spanish Walks

Spain has some of the most diverse countryside in Europe. With spectacular mountain ranges and vast open spaces. We have discovered some excellent walks and over the next few months we will help you to discover them as well. Good luck and enjoy.

Nijar - Los Escullos

The rugged mountain and rocky landscape of Cabo de Gata is isolated and geologically one of Europe's most special. The Sierra de Gata mountain range is the largest volcanic rock formation in Spain, with sharp peaks and ochre-coloured steep rocks.

This beautiful walk will introduce you to the rugged but beautiful nature of the Cabo de Gata. The route starts on a narrow stony path up to the main road. Follow the main road for a short while and then turn right. It is allowed to climb over the fence that you reach after a short while. The walk then continues on unpaved roads. You do not hear anything other than the song of birds. Along the way you also have a beautiful view of the Mediterranean Sea a few times

Courtesy of www.trailexplorer.eu



Distance: 8.5 km

Duration: 3 h

Grade: Easy

Type: Circular

Height gain: 140 meters

Way mark: None

Wheelchair: Not suitable

Dog: Allowed on a lead





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Valuable tips for a greener home



Last summer, the electricity was cut off by the electrical company about five times at our offices. It was around 5.00pm temperature outside was approximately 40°C-104° Fahrenheit.

Yes, everyone was having the air con at full blast; it was that, or having drops of sweat pouring over the paperwork. After restarting the pc's five times we all thought of switching off any irrelevant machinery (except the air con) and we switched off two printers, the plotter and shut off the air vent of two rooms where there was no one at the time.

We made some rough calculations and we were saving about 1 kw. of energy, that made us aware of how much energy we can save or waste foolishly.

So I thought of different actions that citizens could put into practices in their homes to become more sustainable and save money and share it with you.

I am sure we can do much more than what we believe to combat climate change, pollution and overexploitation of natural resources and to pay less in our fuel bill.

Various ecological measures could be applied that will help improve the environment and, in turn, save money.

This article outlines a number of tips for a greener home.

Replace incandescent light bulbs with led lighting.

Incandescent bulbs waste energy and last less than led lighting: it is estimated that only 5% of the energy consumed by a typical model of 100 watts (W) results in light (95% in waste heat) and the useful a life is 1,000 hours. The European Union (EU) has approved a policy for gradual withdrawal of incandescent lighting that will end in September 2016.

Consumers can do more than they think about the environment from home.

Led light bulbs are good for the environment and for your pockets, because they are more efficient (in producing light) and last longer than incandescent. In the market you can find various models and types such as compact fluorescent lamps (CFL), halogen or even better still, LED. In any case, whether they are efficient or not, you should turn them off when not required: the cleanest energy is that which is not used.

Use reusable products and packages.

Against the throwaway policies and its negative consequences, the reuse of packaging and other products extends its life and provides a reduction in waste and a good savings for the domestic economy.

The ways that you can reuse a product at home are very diverse: using textile bags against plastic specially of a single use, aluminium or steel containers to store food, glass bottles for storing and serving water instead of plastic bottled, linen cloths instead of paper towels, rechargeable batteries, etc. etc

Install water-saving and energy systems.

The water waste and energy resources may harm the environment, while adding a considerable economic cost. Therefore, we should consume only when absolutely necessary and take various actions to achieve a sustainable use of them.





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In the case of water you can take five-minute showers instead of baths, washing clothes with cold water programs, using high-efficiency dishwasher to reduce water and energy consumption, avoid wasting water by installing water savers systems, etc.

As for energy, the potential for savings are also diverse: appliances which use high energy efficiency lamps; install renewable systems for electricity or hot water, such as photovoltaic panels or solar thermal systems (it is a crime not to install solar thermal panels in Spain); switch off appliances that are in "standby" mode; instead of using an oven use microwave; improve the thermal insulation at home so that heat will not escape in winter or rise in in summer; clothesline outdoors rather than tumble dry, etc.

Recycling and composting waste.

Recycling avoid filling landfills and extraction of new raw materials, in addition to reducing energy consumption and the emission of greenhouse gases that cause climate change. Also, existing materials can be recycled to make new products. Therefore, inhabitants of an eco- house, friendly to the environment should have an area for storing and separate waste so that can then be taken to the appropriate waste container.



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Our “Early in the Year Music Issue”

By **Taquilla Tickets**

It's not every year that five “Superstars of Music” visit Spain in one year. But, in 2023 (so far) we will see these five musical “Giants”. So, who have we got?

On the 13th, 14th, and 15th of March 2023, we are taking our guests to Madrid to see the ever-popular Mr Andre Rieu. The magic that he brings to the stage with his Johan Strauss Orchestra is very hard to quantify. He is without a doubt “The King of the Waltz” but the music is complemented by the magnificent singers that accompany the Orchestra. Along with very special guests, this is a show that will leave you “flabbergasted”. The last time we saw him in Madrid we came away feeling pretty good about ourselves. That's what his music does for you!! So come along and have some fun. Tickets are selling fast once again, so don't miss out!

On the 24th, 25th and 26th March 2023 we are taking you to Barcelona to see the one and only MR ROBBIE WILLIAMS in concert. From 1990-1995 Robbie was a part of the band “Take That”. The band was formed in Manchester, and their first single was “Do What U Like”, followed by “Once You've tasted Love” in 1992. In 1995 Robbie left the band and started his solo career in 1996. His first album, “Life thru a Lens” was released in 1997, and included his now signature song “Angels”.

Seven UK Number ones and 13 of 14 albums have reached the UK number-one spot too!!! He is a showman who always puts his heart into his shows. Come and join us to see this. In 2003 he performed at Knebworth in front of 375,000 people. “For the first time in my life, I'm speechless” were his words. So, this is a performer who will entertain you (sorry for the pun) and get you to join in with his show. As you can imagine, tickets really are “flying off the shelf”.

The UK has produced many brilliant singers, and one of those is Roderick David Stewart. Or, as we know him, Sir Rod Stewart. Rod is performing in Murcia on the 18th of July 2023. Rod has one of the most distinctive voices in the world. He started his brilliant career “busking” with a harmonica. In 1963 he joined “The Dimensions” as a vocalist and harmonica player. In 1964 he joined “Long John Baldry and the All Stars” (a very big band at the time).

In 1969 he joined “The Faces”. His early music was a fusion of “Folk, Soul, and R&B. In 1971 his breakthrough song “Maggie May” was released (from his third album “Every Picture Tells a Story”). “You wear it Well”, “Sailing”, “Tonight's The Night”. These are just a few of Rod's chart-breaking songs. So, on this very special night in Murcia, why not join Taquilla Tickets for a show that will “blow your socks off”.

And so it goes on. After Sir Rod Stewart we have a “legend” visiting Alicante. The legend is Sir Tom Jones on the 1st of August 2023. This is certainly a show not to be missed. Thomas Jones Woodward was born on the 7th of June 1940. “It's not unusual”, “What's new pussycat”, and of course, the ever-familiar Green Green Grass of Home” are just a few of his record-breaking hits.

At the age of 12, he contracted TB (tuberculosis), and spent nearly two years in bed recovering! During his convalescence, he could do little else but listen to music. His distinctive voice was influenced by American Soul. R&B, Rock and Roll, and Blues Music have all joined together to give Sir Tom a style that is like no other. Little Richard, Jackie Wilson, Elvis Presley, and Jerry Lee Lewis have all played a part in developing a “unique voice” that is recognised worldwide. So, join us to see Sir Tom in concert. You certainly won't be disappointed.

And now a band that the author of this article was first introduced to in 1991 when the album “Stars” was released. “Red” as they were first called, formed in 1985 in Manchester (another successful Manchester band!!). Mick Hucknall put together a bunch of session musicians, and the band started to attract interest in record companies.

Hucknall is a Manchester United supporter and he loved the way they played “Simple” but good football. So he decided to add the word “Simply” to the word “Red”. The band have achieved worldwide fame with music that is a mix of Soul and Pop. “Money's too tight to mention”, “Holding back the Years”, “If you don't know me by now” are just a few of the songs that the band have turned out. Taquilla Tickets is very pleased to announce that we are now selling tickets to see Simply Red in concert on the 4th of August 2023 in the city of Murcia.

Well, what a start to 2023!! If you would like to see any (or all) of these “Musical Giants”, then please contact us as soon as possible. It will not surprise you to know that tickets are selling VERY FAST so, it really is important to contact us ASAP.

You can do this by visiting our office in the Al Kazar on Condado de Alhama between 10.00am-13.30pm

Mon-Friday

OR contact Sally on 0034 657346445

OR contact Nigel on 0034 642501568 (contacting Sally is best)

OR You can email us at taquillaticketscondado@gmail.com

OR See Nigel at Camposol A (CATS BAR) Tues-Fri 10.15am-13.30pm

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Top 10 Destinations in Southern Spain

4. Ronda

Located in and around the deep El Tajo gorge, Ronda is one of the oldest cities in Spain. It's nearly impregnable position made it a stronghold against Catholic troops in the 1400s. Completed in 1793, the Puente Nuevo bridge spanning the 30-story high gorge is one of the city's most impressive features. The city's architecture received its influence from the Romans and Moors who once ruled the area. Ronda is also home to the Plaza de Toros, the oldest bullring in Spain, an arena that has attracted writers ranging from Ernest Hemingway to Alexandre Dumas.

This town in the Málaga region sits on either side of the Tajo del Ronda, a narrow gorge more than 150 metres deep. Its old town has been declared Property of Cultural Interest. Celts, Phoenicians, Romans and Arabs all inhabited these lands, which were reconquered by the Catholic Monarchs.

The historic quarter, reminiscent of the Arab age and with a medieval layout is scattered to the south of the Guadalevín, while more modern Ronda, the part which sprang up after the 16th century, unfolds to the north of the course of this river. Several bridges unite the two halves of one of the most interesting towns on the route of the Whitewashed Villages, in the heart of the the Ronda hills, only a few kilometres from the Costa del Sol.

The so-called "city of the castles" stands on a natural vantage point defended at its most accessible point by a citadel. It still preserves its walls and the most important gates which gave access to the city. The Almorábar Gate (13th century) provided access to the south side of the town, the Carlos I Gate dates from the 16th century, while the Exijara Gate led to the Jewish quarter.

Outstanding in these walled surroundings is the Gothic-Renaissance construction of the church of Espíritu Santo, ordered to be built by Fernando the Catholic to commemorate the reconquest of Ronda. Another major religious work is Santa María la Mayor, where Arab and Christian features combine. On the site of an old Roman temple, the Arabs built the Main Mosque of Ronda in the 13th century.

Preserved from this period are the mihrab arch, decorated with stucco, and the minaret, transformed into a belltower. In the following centuries, its interior was enriched with Renaissance and baroque decoration, as can be admired in its Main Chapel,

choir and altars. The Mudejar style, with stucco and horseshoe arches, can be clearly seen in the San Sebastián minaret, later used for Christian worship. Another Muslim legacy are the Arab baths, on the banks of the river. They date from the 13th century and are very well preserved.

The civil architecture of Ronda is reflected in its ancestral homes and aristocratic small palaces. The palaces of Mondragón and of the Marquis of Salvatierra, and the House of the Moor are some of the delightful examples to be enjoyed. The first of the palaces was for centuries the residence of Muslim and Christian kings, and today it houses the city's Archaeological Museum. Outstanding in the former home of the Marquis of Salvatierra is a wrought iron balcony in the purest Ronda style. The House of the Moorish King, meanwhile, boasts Gothic-Mudejar decoration and some hanging gardens, declared to be an Artistic Garden. The Bandit Museum, the Hunting Museum and the Lara Museum are further attractions worth considering on this side of the Tajo de Ronda.



The Arab, Old and New Bridges

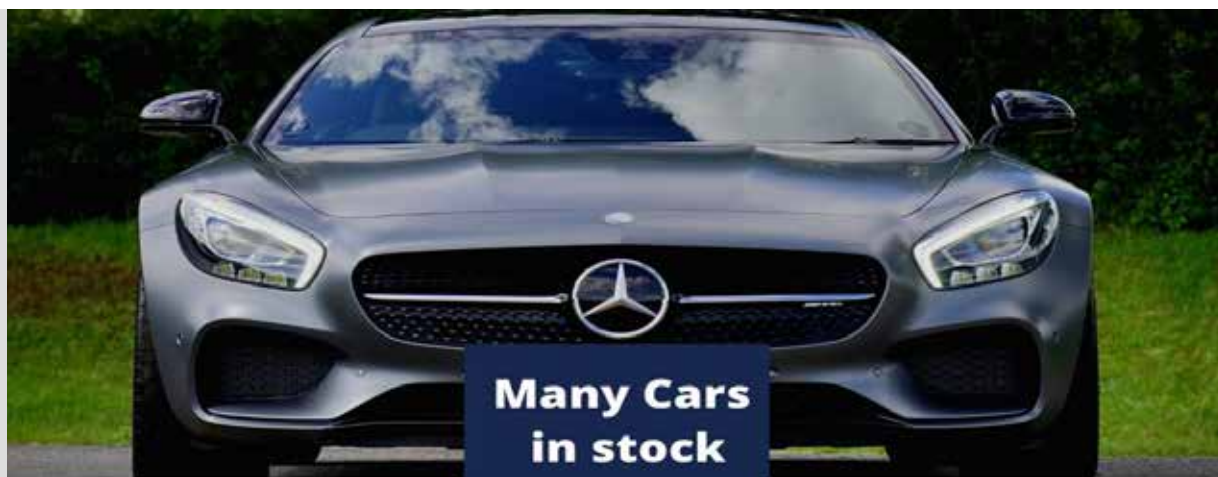
Three bridges span the ravine measuring more than 100 metres in depth and lead to the other side of the city. The Arab bridge was built in the 14th century and gave access to the Old Outskirts. The so-called old bridge is comprised of a single arch measuring some 10 metres across. But most emblematic of all is the New Bridge, a colossal feat of engineering which joins the neighbourhoods of Mercadillo and Ciudad. It dates from the 18th century and its foundations sit on the bottom of the ravine, at some points reaching 98 metres in height and 70 in length.

The old City Hall, now the Parador de Turismo, stands on top of the cliff and is an exceptional place to relax and take in the views. Its chef prepares tasty local recipes such as stewed partridge, roast kid and almond soup. Among the desserts, Ronda's "yemas", honey pancakes and almond cheese are some of the suggestions.

The Paseo de Blas Infante walk and the Viewpoint of the Catholic Monarchs, near the bullring (considered to be the oldest in Spain), are excellent

spots to take in the landscape formed by the river Guadalevín. Outstanding in the most modern part of town is the church of Nuestro Padre Jesús and the Virgen de los Dolores Pavilion. The church is built in the Gothic style, with a prominent Renaissance belltower. The chapel of the Virgin, meanwhile, has an attractive series of mannerist sculptures which decorate its pillars.

The whitewashed villages, of Arab origin, in the Ronda mountains combine popular architecture with striking natural surroundings. Other towns, however, are famous for their Phoenician ruins (Jimena de Líbar) or Roman remains (Acinipo). A Moorish essence, among olive groves and vineyards, is the distinguishing feature of Algotocín or Atajate. The Ronda region is located in wet Andalusia, where the variety of vegetation makes for spectacular landscapes, such as the Sierra de las Nieves Nature Park, the Bermeja mountains or Sierra Crestellina hills. The Málaga coast is a step away, offering us a coastline where Benalmádena, Fuengirola, Marbella or Estepona are the most lively places for recreation.



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9th April

Time to take Kieran and Jess back to the airport first thing their flight is out of Alicante at 11.45, I am sad to see them go, such a short visit and awful weather for them but it was great to see them, weather seems to be brighter today.

We saw geeps on the way to Airport, all over the road just outside of my hamlet. See why you have to allow plenty of time. Geeps are what they call the sheep/goats. Yes, they are a cross between a sheep and a goat. Amazing what useless bits of information I collect.

10th April

Grey has been and treated the house he is another god send. Nothing has been too much trouble, we had something called a wood beetle in the beam. He has treated all the walls for termites and the beam for wood beetles. He also gave us some stuff to get rid of woodlice as we seem to have armies of them in the front and back garden www.termitedoctor.es.

We are going to stay in Mazarron (well Bolnuevo) tonight as the stuff Grey is spraying in the house is dangerous to Charlie. When we get back tomorrow, I must mop the floors prior to Charlie going in the house. I have packed a bag and Charlie's belongings basket bowl etc, I have remembered my plug for the hairdryer!

It is Scorcho! the weather is beautiful poor Kieran and Jess why couldn't the weather be like this while they were here its 30 degrees.

11th April

We are back home, so I have mopped the floors. Then I have emailed our lawyer that was sorting our residency, saying I wished to make an appointment to see him. I got a reply saying, "We will sort an appointment for your residency as soon as one becomes available and get back to you". I had great joy in replying "residency sorted. I require a refund when can we have an appointment". he he

13th April

We have been car hunting today! Wow talk about expensive. Second-hand cars in Spain are not cheap. We have decided we would like a 4x4 as the weather is not always great here, and we live in the middle of nowhere. Hmm, 4x4 which one we have set a budget I fancy a Mercedes Chris wants a Volkswagen touareg. I am going to have a chat with my brother in law (Simon) he knows more about cars than us.

Simon has recommended the Seat Ateca. But that is too much money for us that is a newer car. He also recommended we stay away from the 2.5 TDI touareg very noisy and slow, seemingly it was a van engine originally! Good to know, also good job we didn't buy the one we just saw. Well to be fair I didn't think it was shiny enough and anyway. He has recommended a 3.0 V6 TDI instead trouble is we cannot find one.

My hubby is a wimp. He has decided he wants to watch a film "Crucifixion". I have told him it is a horror film, but he's decided he is being brave and wants to watch it. I know he will have nightmares. He sat all the way through the film terrified, jumping and shouting Turn it off! He wanted a horror film on, he will sit and watch it! its just a film nutter, lol.

I know I'm evil, just getting my own back for the comfort incident, Yes, we never forget. Steve says I should put on "Strangers" I am not watching anymore scary films with Chris. I had to put the light on in the kitchen for him he was too scared to go in, I am sure even Charlie is laughing at him.

14th April

We are having a day off at the beach we cannot be bothered car hunting today. There are only so many cars you can look at. Plus, the weather is beautiful, 36 degrees. What a change when Kieran and Jess were here we all had big coats on. Oh, and I have the feeling Chris didn't sleep great !! yes, I know I'm a bad person.



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15th April

More car hunting, I cannot find what I want. I have seen a few but nothing that seems worth the money. Although I have found a beautiful 4x4 Mercedes Avant Garde, but it is 4.0 and €5,000 more than I wanted to spend, but its light shiny Blue, in mint condition, and shiny I want it. We also went to the attorney's office to sort the refund for our residency, as we have still had not had a reply from them. I think he was surprised to see us, oh well! he promises he will sort the refund. Not sure why he couldn't do it there and then. But I will give him a week, and if it's not in my account I will be back. Ooh! I Sound like the terminator.

Steve wanted more cooking tips today this time Fajitas think he heard I made them for Kieran. He has sent me pictures saying they taste like mine and he is stuffed, should think so, he used a kilo of chicken!



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