

*A Life in*

MAGAZINE • PORTAL • WEBTV

# SPAIN

*.COM*

*Lifestyle magazine and property portal*

ISSUE 79  
JUNE 2023

**FREE**

**inside...**

**South  
Town**

Cartagena

**North  
Town**

Benidorm

**Top 12**

most spectacular  
squares in Spain

**Wine  
Article**

Let's Talk Wine



FIND YOUR DREAM PROPERTY AT  
**WWW.ALIFEINSPAIN.COM**

 **VNBenny**  
PAGE 22

**insureSpain**  
PAGE 48

# The Spa Superstore

by Piscinas Escribano

Wellis®

Wellness  
at home

40  
YEARS  
experience

from  
4.995€



965 711 136 · Avda. Cortes Valencianas, 11 · TORREVIEJA · wellis-spain.com

**NOW** is the perfect time to start to enjoy the benefits that we offer you through Hydrotherapy, recommended not just for fun but also for improving flexibility, arthritis, diabetes, sport injuries, blood pressure and much more. We at "The Spa Superstore" are here to guide you with your new health investment, finding the Spa which is right for you with the best warranties given from the largest Spa and Wellness manufacturer in Europe—WELLIS. As the official distributor for them—we offer **Wellness at Home** throughout Spain with next day delivery on models in stock. At our Showroom with easy access and parking open from 09.30hrs—18.30hrs Monday—Friday and 10.00hrs—13.30hrs Saturdays or by appointment, you can see and try the wide selection of the latest models available or we can come and give you a free home inspection without obligation. We also offer Part Exchange and Technical Service.



my MYLINE



We also offer Made to Measure Thermal Covers for your Spa, Free Maintenance Steps, Hand Rails, Cover Lifters, Spa Trays, Towel Rails, Spa Parasols, Cartridge Filters, Spa Sanitizers, Spare Parts and Technical Service on ALL SPAS.

Before you buy—give us a try! [info@wellisonline.com](mailto:info@wellisonline.com)

Wellis®





**TUNE IN  
LOCALLY TO:  
106.3 fm  
spectrum**  
ON AIR - ONLINE



**MORE LOCAL NEWS, MORE LOCAL EVENTS  
AND MORE OF THE MUSIC YOU LOVE**

**LET US PROMOTE YOUR BUSINESS** 



To advertise at surprisingly affordable prices  
Tel: **634 051 595** Email: **[guy@spectrumfm.net](mailto:guy@spectrumfm.net)**

**[www.spectrumfm.net](http://www.spectrumfm.net)**

# A Life in Spain.com

#Edition 79 • June 2023

Contents...

Places To  
Visit In A  
Day

*Corvera*

6



Top 9 most  
spectacular  
squares in  
Spain



23-26

Wine Article:

Let's  
Talk  
Wine  
28 & 29



Architect's Angle  
18 & 19





## Let's Learn Spanish



8

## Spanish Recipes:

Spare ribs with aletrias



38

## EMERGENCY TEL. NUMBERS

ALL EMERGENCIES	112
GUARDIA CIVIL	062
POLICIA NACIONAL	091
POLICIA LOCAL	092
FIRE BRIGADE	080
MEDICAL EMERGENCY	061
POLICE (IN ENGLISH)	902 102 112
COASTGUARD	900 202 202
RED CROSS	902 222 292

**contact** *A Life in* **SPAIN :**  
**enquiries@alifeinspain.com**  
**peter.clarke@alifeinspain.com**

**TEL: 660 170 355**

deposito legal: MU 1390-2016

# *A Life in* **SPAIN**

## Welcome to the June edition of ALIS.

June?? How can it be June already? We've only just had Christmas.

Oh well at least my swimming pool is now ready to go thanks to Pedro at Megarsa, and the new garden furniture has been delivered and assembled thanks to Jonathan at Oceans outdoor furniture. Both great companies and highly recommended.

So what's in this edition....

Spanish Recipes. continues with one of my favourites. Spare ribs with aletrias. Definitely worth a try.

Whilst page 23 has an article on Spain's most spectacular squares. Time to get your next trip organised.

Page 6 has an interesting feature on the town of Corvera. A lovely town that has now been made famous by the airport.

Enjoy!

**Remember – all of our articles and over 10,000 properties for sale and rent are available online at:**

**www.alifeinspain.com**

ALIS is not responsible for the accuracy or content of any articles published in the magazine or online and professional advice is recommended. ALIS does not endorse any company advert or article herein. We try to make sure the content is accurate but cannot be held responsible for inaccuracy.

**ESTATE AGENTS!!** FOR ONLY  
**€50**  
PER MONTH  
List unlimited properties on  
**www.alifeinspain.com**  
Contact ask@alifeinspain.com

*A Life in*  
**SPAIN 05**

## Places to visit in a day: *Corvera*



*Corvera is one of the largest districts in the Municipality of Murcia and was, for centuries even larger and more important when it included the localities of Lobosillo and Valladolises.*

*It is now set to re-establish it's prominence in the area due to the arrival Corvera airport.*

There is a lack of a focal water source though in the region so the first real sign of habitation evidence can be found dating back to the late Iberian and later Roman epochs, the latter totally dominant following the invasion of Cartagena in 209BC. By 50BC Iberian culture had all but disappeared but even roman settlements were sparse. (Nobody had told them that an airport was coming).

After the decline of the Romans, the area was occupied by the Visigoths and then by the Moors who invaded Spain in the early 8th century. For the next 500 years the Moors farmed the land until 1243 when Alfonso X of Castile gained Murcia as part of his kingdom. Although Moorish settlers were allowed to remain, they rebelled in 1266 and were largely expelled leaving empty territories which were distributed amongst noble families.

It was a difficult task to repopulate the area with

Christians in the 13th 14th and 15th centuries and as an area on the frontier close to the last Moorish kingdom, Granada, it was far from safe. It was subject to constant attacks from the Moors and from the Berber pirates of North Africa. After the Moorish kingdom fell, Corvera continued to flourish.

The main Fiesta in Corvera is in honour of the Virgen del Rosario on the 7th October. It lasts nearly two weeks and follows the patterns of many other local fiestas which include the election of a Fiesta queen and her maids of honour with sporting events, special days for children, ladies and gentlemen, musical events and religious processions etc.

There is a nice small market on Sunday mornings and a stroll around the town will reveal lots of good bars and restaurants and the church is well worth a visit. Parking is no problem. Just watch Corvera expand over the coming years!



**Liberty**  
**Seguros.**

CAR - HOME - LIFE  
INSURANCE



I'm an expat Broker  
for **Liberty Seguros**.  
I understand your needs  
and I'm here to help **YOU**.  
Let's talk!

**#1**  
preferred  
expat  
insurer



**200+** Dedicated expat Brokers & Agents  
who speak your language, face to face or remotely



**150,000+** International clients  
throughout Spain

Until  
27th  
JUNE  
2023

**€50**

**CASHBACK**

And now, for every new **car**, **home**  
or **life** policy you take out, you'll get  
**€50 cashback!**

Visit [quote.libertyexpatriates.es](https://quote.libertyexpatriates.es) and ask for a quote

Cashback promotion valid for policies issued and in force between 29th of March and 27th of June 2023 inclusive. Policies must be paid by direct debit. Applies to new car, home and life policies only. Not for renewals or replacements. Conditions and minimum premiums will be applied in all cases. Visit our website [libertyexpatriates.es](https://libertyexpatriates.es) or ask your Broker/Agent for full details. Liberty Seguros, Compañía de Seguros y Reaseguros, S.A. (with VAT number A48037642 and registered offices in Paseo de las Doce Estrellas, 4, 28042, Madrid, Spain) is responsible for this offer.

*A life in*  
**SPAIN 07**



# Let's Learn Spanish

Travel

## Phrases

Please could you tell me how to get to the bank?	¿Me puedes decir cómo llegar al banco?	Meh pwed es day see yahkomo yea gar al ban ko
Where do you live?	¿Dónde vives?	Dondayveeviz
I live on an urbanisation	Vivo en una urbanización	Veevohennoo nah er ban knee sah thee yon
Is this a toll road?	¿Es una autopista de peaje?	day lah ow toe peastah
Take the 2nd street on the left	Coja la segunda calle a la izquierda	Es oo nah ow toe peastah day pay yah hey
Take the 1st road on the right	Coja la primera carretera a la derecha	Coh hah lah say goon dah cai yeh ah laheeth key air dah
Take the last exit at this roundabout	Coja la última salida de esta redonda	Coh hah lah pre mare rah ka ray t air rah ah lah day retch ah Cohhah lahool tea mahsallee dah day esstah ray don dah

## Vocab

Path	Una senda	Oo nah send ah
Pavement	Una acera	Oo nah ah therra
Track	Un camino	Oon ca mean oh
Street	Una calle	Oo nah cai yeh
Avenue	Una Avenida	Oonahaven ee dah
Main road	Una carretera	Oonahka ray t airrah
Dual carriageway	Una autovía	Oo nah ow toe vee yah
Motorway	Una autopista	Oo nah ow toe peastah
Countryside	El campo	El kampo
Place	Un lugar	Oon loo gar
Town / Village	Un pueblo	Oonpweblow
City	Una ciudad	Oonah sea youdad



## Now try our wordsearch:

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

Path  
Dual carriageway  
Pavement  
Track  
Avenue  
Street  
Place  
Main road  
Motorway  
Countryside





Bolnuevo.ref. 2015. 6bed 7bath detached villa, 422m2 build, 616m2 plot, amazing sea and mountain views, private pool. **749,000€**

A Life in SPAIN

idealista.com



kyero.com

A Place in Sun

Office: +34 868 580 320  
 Mobile: +34 666 819 697  
 Mobile: +34 646 692 471

info@primepropertymurcia.com  
 www.primerepropertymurcia.com



**Please visit our website to find 360° virtual walkthrough tours with interactive floorplans for most of our properties**



Puerto de Mazarron. ref. 2018. 2018. 4 bed,2 bath apartment, 95m2 build, 100mtrs from the Marina. **99,000€**



Mazarron country Club.ref. 2022. 2 bed, 2 bath, detached villa, private pool, parking. **169,000€**



Mazarron Country Club. ref. 2012. 2 bed,1 bath, detached villa, 300m2 plot,private pool, parking, **155,000€**



Puerto de Mazarron. ref. 2014. 2014. 2bed, 2 bath terraced villa, walk to beach, private parking. **120 ,000€**

**Fully legal & registered in Spain**



**MB Services**

*Michael Bowins*  
 Air conditioning install & service

**615 356 289**

bowinsmichael@gmail.com

A Life in SPAIN 09

# Sending money to or from Spain?

If you need to send money overseas, using a reputable currency provider is a must.

With Currencies Direct, you'll benefit from award-winning service, excellent exchange rates, and a range of tools to help you make the most of your transfers.

We have over 20 local branches spread across Spain. Pop in for a chat or find out more at [currenciesdirect.com](https://currenciesdirect.com).

- ✔ Authorised by the Bank of Spain
- ✔ Excellent exchange rates
- ✔ Award-winning service
- ✔ 24/7 payments online or by app
- ✔ 20+ local branches in Spain

**No receiving charges  
in any Spanish bank**

## Let's talk currency

### Mazarrón

Avenida los Covachos  
Camposol B, Mazarron,  
Murcia, 30875, Spain  
**+34 968 976 383**  
[murcia@currenciesdirect.com](mailto:murcia@currenciesdirect.com)



Scan here for your  
customised quote



**MONEYAge**  
AWARDS  
2021  
**WINNER**  
MONEY TRANSFER PROVIDER OF THE YEAR

© Currencies Direct Ltd. One Canada Square, Canary Wharf, London E14 5AA, United Kingdom. Registered in England & Wales, No.: 03041197. Currencies Direct Ltd is authorised by the Financial Conduct Authority as an Electronic Money Institution under the Electronic Money Regulations 2011. Our FCA Firm Reference number is 900669.

Our EU services are provided by Currencies Direct Spain.

© Currencies Direct Spain, E.D.E., S.L., Avenida del Mediterráneo, 341, 04638 Mojácar, Almería, Spain. Registered in the Commercial Registry of Almería under the Spanish tax ID number B04897930. Currencies Direct Spain, E.D.E., S.L. is authorised by the Bank of Spain as an Electronic Money Institution under Law 21/2011 of 26 July and Royal Decree 778/2012 of 4 May. Our registration number with the Bank of Spain is 6716.



*South Town...*



# CARTAGENA

**Cartagena is one of the regions most historic towns. Here we are going to take a look at some of what has helped to make this town what we see today.**

**If you have never been before then add it to your bucket list**



# CARTAGENA

The town was originally named Mastia. Possessing one of the best harbours in the Western Mediterranean, it was re-founded by the Carthaginian general Hasdrubal in 228 BC as Qart Hadasht ("New City"), identically named to Carthage, for the purpose of serving as a stepping-off point for the conquest of Spain.

The Roman general Scipio Africanus conquered it in 209 BC and renamed it as Carthago Nova (literally "New New City") to distinguish it from the mother city. Julius Caesar gave the town Latin Rights, and Octavian renamed it in his honor as the colony Colonia Victrix Iulia Nova Carthago or Colonia Vrbs Iulia Nova Carthago (C. V. I. N. C.) depending on the source.

The city was very relevant both in the Carthaginian and the Roman conquest of the Iberian Peninsula. In 298 AD, Diocletian constituted a new Roman province in Hispania called Carthaginiensis and settled the capital in this city. It remained important until it was sacked by the Vandals in 435 AD.

During the Roman period, it was the site of major silver mines, yielding a daily revenue of 25,000 drachmae. It was known also for the production of garum, a fermented fish sauce, and for esparto grass which granted it a new name, Cartago Spartaria.

## Middle Ages

The demise and fall of the Western Roman

sovereignty caused the city to go into decline. It was occupied successively by the Vandals (409–425), the Visigoths (425–551 and 624–714) and the Eastern Romans (551–624), who made it the capital of Spania (the Byzantine Empire's westernmost province). Cartagena was re-conquered by the Visigoths, who held it until the Muslim conquest in 714 AD, when it was called Qartayannat-al-Halfa.

It was subsequently ruled by the Umayyads (714–756), the Caliphate of Cordova (756–1031), the Taifa of Denia (1031–1076), the Taifa of Saragossa (1076–1081), the Taifa of Tortosa (1081–1092), the Almoravids (1092–1145), the Almohads (1145–1229) and the Taifa of Murcia (1229–1245). King Alfonso X of Castile (Alfonso the Wise) conquered Cartagena in 1245; he re-established Christian rule and the Bishopric of Cartagena. In 1270, Alfonso created the Order of Santa María de España for the naval defense of the Crown of Castile and established its headquarters in Cartagena.

In 1296, Cartagena was annexed to the Kingdom of Aragon as the Reconquista focused on the remaining Muslim kingdom, Granada, which fell in 1492. Cartagena entered a period of great decadence and decay, despite a short economic revival in the 16th century, because Spain's colonial activities used ports to the west. Cartagena didn't fully recover until the 18th century, when it became a leading naval port in the Mediterranean.



## Do you need health insurance?

- Accepted for residencia
- No co payments
- No limits
- Policy in English
- Paperwork in English

**insureSpain**

**Get a quote TODAY...**

tel: 660 170 355

[info@insurespain.com](mailto:info@insurespain.com)

### Modern history

On 3 September 1643, the French led by Grand Admiral Jean Armand de Maillé-Brézé defeated most of Spain's fleet here.

In 1728, Cartagena became the capital of the Spanish Navy's Maritime Department of the Mediterranean and the city was heavily fortified with the construction of a modern Castle in the place of a former Moorish Kasbah, several barracks and a huge arsenal. In a relatively short period of time, the population of the city grew from around 10,000 to 50,000 inhabitants.

In 1757, during the Seven Years' War, a French naval force was forced to take shelter in the port. A squadron under Duquesne sent to reinforce them was attacked and defeated by a British squadron under Henry Osborn at the Battle of Cartagena.

In 1873, the city established a self-governing government and become the centre of the Cantonal Revolution. Governmental forces besieged the city for several months until they surrendered.

During the Spanish Civil War (1936–1939), Cartagena was the main base of the Spanish Republican Navy and one of the primary strongholds of the Republican Government. It held out against the forces of General Francisco Franco longer than any other city in Spain, being the last of its cities to surrender. The city saw its industrial activity increased during the 1950s, resulting in more prosperity and this trend continued until a general decline in manufacturing throughout Europe in the late 1980s and early 1990s.

### Present

At the moment, Cartagena comprises part of the autonomous community of the Region of Murcia, and is the seat of the Regional Assembly of Murcia. It is also capital of the maritime province of Cartagena, which was granted by the Royal Decree of 5 October 1607 under the reign of Philip III.



**La Romana Self Storage**

UNITS 11m<sup>3</sup> to 44m<sup>3</sup> **FROM €25** PER MONTH

**SELF STORAGE UNITS**

**Contact**  
**Colin Crabb**  
**Tel: +34 965 075 122**  
**+34 633 125 889**

Find us on:  **facebook**

Email: [colin@laromanaselfstorage.com](mailto:colin@laromanaselfstorage.com)  
Web: [www.laromanaselfstorage.com](http://www.laromanaselfstorage.com)



**CYCLOGICAL**

Calle Los Arcos 7, QUESADA 03170  
Cycle Sales, Repairs, Hires, Accessories & Clothing

**e-bike centre**

**LARGE SELECTION OF E-BIKES IN STOCK**  
**OVER 250 CYCLES IN STOCK**  
**NEW AND USED**

The Costa Blanca's No.1 Pinarello Road Bike Hire Centre  
[www.roadbikehirespain.com](http://www.roadbikehirespain.com)

**COMPLETE RANGE NOW AVAILABLE**

 **PINARELLO**   
**ROAD BIKES**

Opening Hours:  
Monday to Friday 09.30 - 17.30 - Saturday 10.00 - 14.00

**FOR MORE INFORMATION CALL**  
**GARY OR LYNN ON : 637 487 377**

 FIND US ON **FACEBOOK** [WWW.CYCLOGICALCOSTABLANCA.COM](http://WWW.CYCLOGICALCOSTABLANCA.COM)



# Hacienda Del Alamo

Agents towns

Hacienda Del Alamo Golf Resort offers secure friendly homes both for holiday and permanent living. The stunning views offered are second to none and consist of golf course, pool and mountain depending on the home. It is a safe and gated resort with 24 hour security guards who keep the entry gate safe but also can assist in any emergency, such as health and motor. The resort is one of the best run resorts in the Murcia golf area.

The resort offers several bars and restaurants as well as a 5 star hotel. Alongside the 18 hole, Dave Thomas designed golf course, there is also a 6 hole academy course, pitching, putting and a drive range to help you perfect your game before taking on the challenges of the 18 hole course. There are also numerous swimming pools, tennis, padel, football pitch, bowls green and much more on offer.

It is a very safe place for children and families, with large green areas to play and enjoy the countryside together with many playgrounds for the younger children. It also has a supermarket. It is about



2 kilometers to Fuente Alamo town which offers restaurants, bars and great fiestas during the summer. And of course the golf course itself is one of the best and most popular 18 hole Championship golf courses around.

supplied by Murcia Dream Home, 660 170 355

**TERRA NATURA**  
Murcia

Ayuntamiento  
de Murcia

**A FULL DAY OF FUN,  
FOR ALL THE FAMILY...**





# MURCIA PROPERTY SERVICES

since 2008

A Place in the Sun

rightmove

ZOOPLA

kyero



Ref OASIS 80,000€

Hacienda Del Alamo  
2 Bed 2 Bath Apartment



Ref JA34 59,000€

La Torre Golf Resort  
2 Bed 1 Bath Apartment



Ref 168 94,950€

Sucina  
2 Bed 1 Bath Property



Ref JAQ4 224,950€

Sucina  
3 Bed 2 Bath Detached Villa

We have clients waiting to buy, Contact us to get your property listed.

+34 658 31 84 38

andyh.mps@gmail.com  
www.murciapropertyservices.es

Plaza Arteaga No. 6  
Sucina  
Murcia 30590

# Megarsa

- ES/FR 602 10 39 80
- EN/ES 643 27 47 35
- Email megarsapiscinas@gmail.com
- Fb Megarsa swimming pool specialists
- Web megarsapools.com



FREE  
no obligation  
QUOTE

Megarsa Specialists is a business with over 30 years experience in pool construction. Gradually through the years we have done bathrooms, kitchens, outdoor bbqs etc. Making us a fully qualified and legal company to do all your jobs!

Location  
Calle Jara 23, Comercial Center  
Sector B, Camposol.



# Guadalest

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

From a tourist or sightseeing point of view, Guadalest is made up of 3 main areas. These are, the village, the reservoir, and the waterfalls. All 3 of these areas are a must see, and having visited for the first time recently, I can personally confirm that Guadalest is definitely up there on the bucket list. There's something for everyone, and one trip is not really enough

## The village.

As you can imagine, like all tourist towns, this is geared towards the tourist trade with a square full of quaint shops, bars and museums. which mingle with the main sightseeing attractions. Official parking is plentiful and cheap at only 2€ for a full day. Here are a few of the main historic buildings worth looking at

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

## Orduña House / Casa Orduña.

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

It was built in 1644 on the grounds of the former Alcozaiba Castle which was destroyed by an earthquake in the same year. The house shows reconstructed rooms, including the library, bedchambers and the private lodge from which the Orduñas see in the neighbouring church. Some rooms are used for art exhibitions so that it is likely to see some paintings and drawings from local artists. Casa Orduña house is also the entry to the castles which is described in a separate trip.

## Viewpoints.

With Guadalest being on top of a rock, you have a wonderful view onto the surrounding area. There is the blue Guadalest reservoir to the north and Benimantell Castle to the west. The best point of view is from San José Castle, but you will have to pay the entry fee to get up there. The three viewpoints close to San Gregorio Square are however not bad either.

## Castles.

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





### **The Reservoir.**

The emerald green waters of the Guadalest Reservoir always amaze visitors to the area. The green colour is caused by tiny particles of silt suspended in the water. It is perfectly safe to swim in, although it is certainly not suitable for small children or poor swimmers as the water soon gets very deep.

The best access for swimming is from the car parking area at the dam. Go through the gates (where it says dangerous swimming “*peligro de baño*”) and after a minute you will find some access paths down to the shore. From June through to October you probably don't need a wetsuit. In mid summer it is the perfect temperature for a dip!

The dam was built across the Guadalest River between 1953 and 1964 and is 73 meters high, 270 meters long and supplies water to many towns and villages in the area, including Benidorm.

There is a good walk around the Lake, on minor roads and paths. about 10km in length. The Guadalest dam is a great place for fresh water fishing, but you'll need a licence.

You can drive across the dam and along the North side of the lake by taking the turning marked “*Embalse de Guadalest*” on the road from Guadalest to Callosa. It is also just 5kms by a minor road from Abdet. Follow the (camino rural) road from the bottom of the village all the way to the bridge on the West side of the lake. You could park near here and walk around the lake.

### **The Waterfalls**

Now relax and enjoy the Algar Waterfalls in a peaceful setting and dip your toes in one of the many pools. For the more adventurous, there are areas designated for diving. Or just simply sit and gaze at the amazing power of nature's water.

It was the inclusion of the waterfalls in one of the episodes of ITV's hit series Benidorm that made the attraction famous. Unfortunately this doesn't always have a positive effect. There is a public car park situated a short distance away from the entrance to the waterfall area. There are also numerous restaurants with car parks exclusive to customers. These car parks are very busy and so arrive early or book in advance with a restaurant.







# All you should know about video surveillance in communities of owners. (Part 1)

Need to improve on safety in your own community? If it seems that the number of burglaries have grown in the neighbourhood where you live and you do not feel safe without surveillance measures in the building or complex where you live?

The problem arises at the time of convincing the rest of your neighbours within your own community. How to know if video surveillance has much acceptance among other fellow owners who may have certain apprehension about security cameras and the lack of privacy?

How often do cameras break down? And there is the issue of who has the authority to see the recorded images.

I will try to answer those questions and show that these unfounded fears should not prevent you from having video surveillance, which incidentally I consider to be an effective and safe method of protecting against thieves or at least to be a good deterrent against intrusions and theft.

## **A professional security company.**

The most important thing is to engage a professional security company approved by the Ministry of the Interior and registered in the Register of Security Companies. In this way it is made sure they will follow literally everything that the law specifies.

## **What is there to be aware of?**

### **Is privacy is guaranteed?**

Well only security authorized personnel can watch the recorded images by security cameras. After one month or so all images are erased, except those which are required by the police or judicial authorities to clarify a particular crime. In addition, the orientation of the cameras must not invade any intimate and private spaces of owners, and should be located only in public areas.

Everyone will know that there is video surveillance and it is recording from the information signs which

need to be installed in visible places.

It is a very effective deterrent: because thieves will think twice before attacking a house with security cameras. And if they do, they may be recognized in the recording, as long as it has a high definition quality.

This last fact is important. I recall in my own community the time we tried to identify a "witty" guy who has used the communal stairs to urinate during a Murcia Festival. When the company came to identify the person in question the camera did not have sufficient definition as to clearly identify this person. So the whole thing was a waste of time and money. We have since changed the cameras to high definition quality.

Now days there is a remote maintenance technique to fix the cameras in case they breakdown without having to even remove them. If it breaks down the recording circuit gives a warning in real time and the problem can be solved quickly.

The following info has been obtained from the Spanish Data Protection Agency. (AEPD).

For the installation of cameras in common areas there has to be an agreement in an Owners General Meeting. The minutes of the meeting should reflect this point clearly beforehand.

It is recommended that the agreement reflect some of the characteristics of the video surveillance system, as the number of cameras or space taken up by them.

## **Image Recording File.**

Whenever images of people are to be recorded, it is necessary to proceed to register the file in the General Data Protection Register of the Spanish Data Protection Agency (AEPD).

The AEPD offers on its website a model for the registration of video surveillance files.



## Car Registrations Spain

# Need to import your UK registered vehicle into Spain?

We are specialists in all aspects of vehicle importation and can provide you with a low cost, professional and quick service

*Free Quotation Available*

Spain: 711 001 721

[info@car-registrations-spain.com](mailto:info@car-registrations-spain.com)

### We'll provide you with:

- Spanish Registration Document
- ITV card (similar to UK MOT cert)
- ITV Window Sticker
- Receipt for Import Tax
- Receipt for Road Tax
- New Spanish Registration Plates

UK: 02380 200 706

[www.car-registrations-spain.com](http://www.car-registrations-spain.com)

### Duty to inform.

There must be in the entrances and in various strategic places, signs to inform that the area is being video monitored. The signs must indicate clearly the identity of the installation and to whom and where to go to exercise the rights under the rules of data protection. The AEPD has a model poster which could be used. The Information could also be available from the concierge, reception, offices and notice boards or be accessible via the Internet.

### Do you think you can convince your neighbours?

If your intention is that the video surveillance is used to control working staff, there are additional requirements that must be met, so we recommend consulting practice surveillance record number VI.

On my next article we will look at the procedures to follow when we require installing cameras for corporate control.

**PACHECO &  
ASOCIADOS**  
— Architects —

[juan.pacheco@spanisharchitect.info](mailto:juan.pacheco@spanisharchitect.info)  
[www.spanisharchitect.info](http://www.spanisharchitect.info)  
T. +34 868 042 442

C/ Molina de Segura Nº 5. Bloq. 8-3ºC. 30007 Murcia.



# ANGELS

Andalucian Nursing Care SL

Nursing & Homecare from 1 hr daily

Tailor made Care Packages

Respite/Live - in Care

Rehabilitation/Palliative Care

Hospital Support

Free initial assesment

[www.angelsnursingcare.com](http://www.angelsnursingcare.com)

[info@angelsnursingcare.com](mailto:info@angelsnursingcare.com)

0034 711 08 04 62

0034 711 06 79 59

0034 850 99 38 49

Available  
24hrs  
a day

*A Life in*  
**SPAIN 19**





# Find your perfect home

Multilingual property experts with  
25 years on the Costa Blanca



**Know someone who wants to sell?**  
**Refer them to us and earn 50€**  
**Scan the Qr code to make a referral**



+34 711 010 552  
+34 965 020 204

[www.welcome-estates.com](http://www.welcome-estates.com)  
[info@welcome-estates.com](mailto:info@welcome-estates.com)

### Spanish way of life

To discover Spanish society through the Spanish fashion, popular festivals and Spanish holidays, famous Spaniards, Spanish customs and food it is best to immerse yourself into a smaller Spanish village.

The Spanish society has a very particular way of living life. Spaniards love to enjoy their fiestas and mid-day siestas, dressing up in the latest fashion, enjoying tapas in the numerous bars that are located throughout the city or dining on traditional Spanish food with friends and family. The phrase "Spain is different" is commonly heard and reflects the laidback attitude and passion for enjoying all that life has to offer that is a defining characteristic of Spanish culture.

Spaniards cherish their free time and social lives along with their particular Spanish customs and traditions which represent a key part of the Spanish culture. Spanish people often meet with friends in big groups to enjoy the good weather while sipping on their favorite beverage or walking just strolling around while chatting about everything; football, politics, family life, work, Spanish fashion, celebrities or television.

Family life is also one of the most important aspects of Spanish society. Spanish families normally eat lunch or dinner together daily and those who no longer live at home normally return on the weekends for a big family meal. Traditional Spanish food and Spanish recipes are served and the weekend family gathering can last for several hours.

These aspects of Spanish society and Spanish customs can be surprising to many visitors, but once you have experienced it, you will surely love Spanish life!

'Source: murciaturistica.es'







VNBenny.com

WEB & VIDEO  
DESIGN

GRAPHIC  
DESIGN

ONLINE  
MARKETING

info@vnbenny.com



**Casa Boquera**  
The Schalde family wine experience

605 409 040  
WINERY@CASABOQUERA.COM  
CASABOQUERA.ES

### Take a holiday from your holiday.

Get away from the hustle and bustle of the coast and relax in the picturesque countryside amongst grapevines and olive groves. Book a winetasting or a SPA treatment before entering our restaurant to enjoy fine dining and local wines. Our boutique hotel offers 11 luxury rooms and provides you with the perfect getaway!

### The perfect harvest.

If you want to see and experience the harvesting of the grapes first hand then why not join the Casa Boquera team in their "Perfect Harvest", an event that can be done anytime during the six weeks of harvest, between the beginning of September to mid October



# Top 9 most spectacular squares in Spain

There are many cities in Spain with spectacular squares. Either by its architecture styles, the arched patio or holding a cathedral, squares in Spain are worth visiting. However, do not miss the opportunity of visiting some of the most spectacular squares in Spanish towns.

## Plaza Mayor de Salamanca

The Plaza Mayor in Salamanca must appear among the most spectacular squares in Spain. It is the nerve centre of the city and a very striking Baroque building. Moreover, it is a very beautiful square, specially when it lights up at night.

Dating back from the 18th century, it was designed by architect Alberto Churriguera. However, some alterations took place at the beginning of the 19th century .

Its 88 round arches on which three-storey buildings and more than 400 balconies stand, call everybodys attention. The arches are alternated with representations of popular people from history of Spain. The square holds the City Council and the Royal Pavilion.

## Plaza Alta, Badajoz

The alignment of styles in the square make a special composition. Recently restored, it is believed that the square was built on some old islamic houses located near the Alcazaba wall. The market was settled there during Middle Ages. The Jewish quarter was in the vicinity. Its Mudejar arches and its bright colours stand out.

It is one of the most spectacular squares in Spain where two different areas can be observed. On one hand, on the north is the oldest part, influenced by the Medieval. On the other hand, on the south is the more modern part.

# FREE

## TO ENTER COMPETITION

### THE PRIZE:

1 night stay with breakfast for 2 people at the Casa Boquera wine hotel.

Everyone that signs up to

**The Perfect Harvest**

and mentions **ALifeInSpain**

will be entered into the draw



Paraje Boquera del Carche  
30510 - Yecla – Murcia  
+34 968 01 15 11  
[info@casaboquera.com](mailto:info@casaboquera.com)





## Plaza de Nuestra Señora del Pilar, Zaragoza

Also known as Plaza del Pilar, the Plaza de Nuestra Señora del Pilar is one of the most crowded spaces in Zaragoza. Here is located the Catedral-Basílica de Nuestra Señora del Pilar, one of the most important Marian temples in the world. The most outstanding characteristic of the interior is the chapel of Nuestra Señora del Pilar, as it is one of the best examples of Baroque architecture in Spain.

However, the square holds two cathedrals, Nuestra Señora del Pilar and the Cathedral of Salvador o La Seo. It is a representative building of Mudejar in Aragón. Therefore the square sometimes received the name of Plaza de las Catedrales (Cathedrals square). The City Council, the Lonja, the monument to Goya, the Fountain of La Hispanidad and several courts are also located in this square.

## Plaza Mayor de Madrid

In the heart of Madrid, a few meters from the Puerta del Sol, is the monumental Plaza Mayor. Thanks to its 129 metres long by 94 wide, it is not surprising that it is one of the most spectacular squares in Spain. Nevertheless, it has not always had that name.

It holds several outstanding elements. Firstly, the Statue of Philip III. It was built in 1616 as a gift from the Duquis of Florence to the Spanish King. It was moved at the middle of the 19th century from Casa de Campo, where it was located until that time.

## Plaza del Obradoiro de Santiago de Compostela

The Plaza del Obradoiro is a must-see in Santiago de Compostela. It is believed that its Galician name comes from the workshops of the stonemasons who worked on the construction of the Cathedral's facade. Thus, the Santiago Cathedral stands as a temple that greets the more than 320 thousand pilgrims who walk the Way to Santiago every year.

Thus, the buildings and monuments surrounding the square are a sample of different architectural styles that have occurred in its more than 700 years of construction. This gives the Plaza del Obradoiro a particular charm.

The Romanique Cathedral, the Gothic-Renaissance Cloister of the Cathedral, the Late Gothic and early Renaissance Hostel of the Catholic Monarchs, the Renaissance Colegio de San Xermoe with its Late Gothic facade and the Neoclassical Raxoi Palace. Moreover, the Medieval towers of the facade have Gothic finishings.





## Plaza de la Corredera, Córdoba

The rectangular patio of the Plaza de la Corredera in Córdoba stands out for its length and its positioning with three level buildings. This type of construction is unique in Andalusia, as it is usually more typical of Castile.

Its function has changed over the years and since its construction in the 17th century. At the beginning it was used as bullring, then a place for religious events. It was even a place where the executions took place during the French invasion. Then, it became the current square.

## Plaza de Alfonso II el Casto, Oviedo

The Plaza Alfonso II El Casto, also known as Plaza de la Catedral (Cathedral square), is one of the most beautiful squares in Oviedo. It is home to the Gothic Cathedral of San Salvador.

The Garden of the warrior-kings and the Baroque Palace of Valdecarzana and Heredia (declared a Historic Artistic Site). The Palace was built in 1627, although it was later renovated. There lived the marquisis of Valdecarzana-Heredia, as it is proven by the coat of arms placed in the central part of the facade.



## Plaza del Rey, Barcelona

Located in the Gothic neighbourhood, the Plaza del Rey is one of the squares that could easily be classified as a gem. Its Gothic and Renaissance style make it stunning. Most of the buildings there are part of the Palacio Real Mayor (Grand Royal Palace), the former residence of the Counts of Barcelona as well as the Kings of Aragón.

Thus, there is the Salón de Tinell, on which the tower of the view point of King Martin was built. Although the Gothic style predominates, at the base of the building there are Roman and Visigothic remains.



# Plaza del Ayuntamiento, Toledo

The Plaza del Ayuntamiento is one of the most significant spaces, where three of the most relevant buildings in the city are located. They are the Town Hall, the seat of the city council, the Cathedral and the Archbishop's Palace. The construction of the City Hall had the aim of establishing a relationship with the most representative buildings, it was not a coincidence. In order to find out about the origin of this square, we must go back to the year 1339.

Although the layout of the square is irregular, the buildings there are impressive. Firstly, there is the beautiful Cathedral of Toledo, a jewel of the Gothic. However, from the square only a part of the temple can be seen, specifically a tower composed of eight bells that dates from the 15th century. The Archbishop's Palace, on the other hand, has an elaborate facade dating from the Renaissance, although it was renovated in the 18th century.



Courtesy of [fascinatingSpain.com](http://fascinatingSpain.com)

**UK:**  
**(0044) 7709 557109**



**Murcia Camposol:**  
**(0034) 608 061 872**

**SPECIALISTS IN UK AND SPANISH REMOVALS & STORAGE**  
Removals at affordable prices with over 20 years combined experience.

**YOU WON'T FIND A BETTER PRICE OFFERING  
THE SAME COVER AND INCLUSIONS**

From single items to full loads,  
delivered throughout Europe and the UK  
Full and part packaging service available.  
Storage facilities including free storage period  
Goods in transit insurance included in all deliveries



**LET US TAKE THE STRESS OUT OF YOUR MOVE.**  
**The price we quote is the price you pay.**  
**CONTACT US FOR NO OBLIGATION QUOTE**

[lordsremovals@hotmail.com](mailto:lordsremovals@hotmail.com)  
Ask about special UK-Spain discounts.

[www.lordsremovals.com](http://www.lordsremovals.com)  
Trips to and from Spain every week.

# Oceans

Oceans, a brand you can trust, we have been leaders in both Rattan and Aluminium Garden Furniture since opening in Spain 9 years ago. Since opening we have expanded to 4 shops across Main-Land Spain, San Javier, Finestrat, Denia and Calpe.

We 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 a removable cushion covers that are washable to make your set look brand new years after you have brought it.

If Rattan isn't your style, then you don't have to worry as Oceans being one of if not the first company to bring all Powder Coated Aluminium Garden Furniture to Spain you know that we are leaders in both design and style, all you have to do is look at both our Valencia Range and Prestige Range of Outdoor Furniture, to understand why.

What customers love the most about the Prestige is the depth and comfort of both the armchairs and sofa once you are sat down with a glass of wine and book, good luck getting up, and with its special water repellent coating on the cushions you don't have to worry about spilling the wine and staining the cushions!

Come in and see us in one of our stores and find out why we are leaders in the outdoor furniture market.

See our advert on Page 22





## Why rosé is so enjoyable??

Wine can be intimidating, let's face it. Which to pick? How to pair with food, what price is acceptable, is this bottle "good"? We can't all be sommeliers... But In la Diligente, yes we are sommeliers!

To make rosé wine, red grapes are lightly crushed and left to macerate with the skins on for a few hours or just a few days; at which point the juice is strained out and fermented. The longer the grapes skin is left to sit in the wine, the darker the colour. The longer the skins are left in is actually what determines the color of wine; white, pink, or red. Most rosés are blends of multiple grapes; the most common of which are the European-style of rosé consisting of Grenache, Sangiovese, Syrah, Mourvèdre, Carignan, Cinsault, and Pinot Noir. So now that you understand that a pink wine is not the sugary evil step sister to your favorite pinot, let's move on to how to choose your next rosé.

What's great about your new favorite pink wine, is that it does not get better with age so there is no shame in drinking that bottle right away. No need to hoard these bottles for a special occasion. They are perfect already just as they are. The most important thing, in my humble opinion of course, to look for when choosing your rosé is the element of dry. Dry = not sweet. You want a wine that is crisp, fresh, and acidic without the sugary element that buries the flavors you crave. "Old world" rosé from Europe will typically be more dry and "new world" rosé from anywhere but Europe will be less dry.

There are always exceptions to the rule as I know there are California rosés out there that are delicious and super dry, (\*cough cough Napa\* – because Napa Valley can do no wrong). Sticking to the "old world" vs "new world" rule is just a helpful guideline to help you get started on your rosé journey.

### Seven reasons to love Rose Wines!

1. It's cheap and delicious. This is worth saying again, and especially since we're seeing so much rose that costs 20€ or more. It's almost impossible to buy a bottle of 10€ rose that isn't worth drinking. In this, the pricier roses usually aren't that much better – just more expensive.
2. It usually has a screwcap, (new world).
3. It will pair with almost anything, be it any food, warm weather, a barbecue, or just sitting on the porch and contemplating a summer afternoon.
4. It makes the wine snobs crazy. First, they lumped rose with white zinfandel, and sneered at all pink wine. Today, they're falling all over themselves to love rose – and since they can't bring themselves to buy cheap wine, they're overpaying for it.
5. Great rose is made in every part of the world, whether it's around the corner or in the world's greatest wine regions. Even California, which has so much difficulty making quality wine that most of us can afford to buy, makes it.
6. It makes producers crazy. I get releases all the time from companies big and small, expensive and otherwise, who never cared about pink wine before, but know they have to make it or suffer financially.
7. And did I mention that it's cheap and delicious?



### So how best to drink rosé?

Like white wine, rosé is best served in a medium-sized glass so that the fresh and fruity characteristics gather towards the top. You should treat it just as you would a white wine, not too cold that you can't taste anything, but certainly chilled.

If in doubt, follow the 20:20 rule. The idea being that you should take your white or rosé out the fridge 20 minutes before serving, while reds should go in to the fridge 20 minutes before serving.

My best personally-opinionated advice:

Reach for something from Navarra (garnacha) when picking your rosé. It's virtually impossible to go wrong if you do.



## ROSÉ WINE COLOR GUIDE

Based on common flavors in Rosé Wine  
from light to dark

Source: wineofalabama.com



# Wine of the month

## UMEA ROSADO 2019

**Grape variety: 100% Garnacha. DO Navarra**

Caudalia has a cellar from the early 20th century full of concrete tanks and barrels of different capacities. They have carried out an important and costly work to recover their 10 hectares of vineyards located in low mountain areas, with heights ranging from 500 to 700 meters of altitude.

They firmly believe in the need to express the imprint of the terroir and the identity of the varietal. As a tool to achieve this, they deploy an integrated viticulture, which seeks an ecological balance by applying a minimum intervention in the environment. In this sense, they only carry out small parcel productions with involvement in all stages of production.

Delicate fresh strawberry scents predominate the nose, along with hints of juicy plum. The palate is crisp and refreshing with strawberry flavors and touches of watermelon and river stones. The finish is lively and thirst quenching with soft notes of strawberry and melon.



You can find and buy this wine in LA DILIGENTE.

Wine tasting from 8€ pp. Min. 8 people. Contact for details.

Located in Avenida Murcia, 9 - El Jimenado 30708 - MURCIA

[www.ladiligente.es](http://www.ladiligente.es)

Opening Time Monday to Friday 10h - 14h and 17h -20h

Saturday 10h - 14h

**You can now order our wines on line.**

contact [ladiligente@ladiligente.es](mailto:ladiligente@ladiligente.es)



**LA DILIGENTE**  
Compañía de Vinos

**TRUST US!**  
**WE ARE WINE EXPERTS**

Irene WSET 3 in 2019  
Andrés WSET 3 in 2014

[www.ladiligente.es](http://www.ladiligente.es)





**Villa Care & Rentals / Long & short term Rentals**  
**Holiday Rentals / Pool cleaning**



**WE REQUIRE ALL TYPES OF  
PROPERIES FOR LONG OR SHORT  
TERM RENTALS**

**HOLIDAY RENTALS REQUIRED**

- Property management
  - Key Holding
  - Pool Cleaning
  - Holiday Rentals
- Long short term rentals
  - Short term rentals



**CONTACT US AT**

Website: [www.mazarronproperty.com](http://www.mazarronproperty.com)

Call **0034 682912097**

Email: [info@mazarronproperty.com](mailto:info@mazarronproperty.com)

Facebook: <https://www.facebook.com/mazarron-property>



For more info  
**Scan here!**

*North Town...*



# BENIDORM

**Spain's most popular resort!**

Put your preconceptions to one side....and take a look at the Benidorm of today - it's more than you could imagine!



# BENIDORM

You hear the name Benidorm and you think of Skyscrapers, beer and chips

Would it surprise you to read that the Benidorm of today has cast off its old-fashioned image and now words such as 'luxury' 'high class', 'spotless', 'unique' and 'stylish' are used alongside that old favourite, and still relevant, 'fun'?

With an absolute wealth of well designed 4 star hotels like the Don Pancho and new boutique hotels like the Agir, luxury and style effortlessly combined.

In places like the Benidorm Palace there are shows and performances which really could rival any West End production. Reserve your table online to be sure of your evening.

Two fantastic blue flag beaches and 4 miles of soft golden sand that is cleaned every day, winter or summer and with excellent watersports facilities too.

Benidorm really pulls out all the stops with totally unique theme parks like Terra Mitica and places where you can get in touch with nature such as Vergel Safari Park. Great for adults and children alike.

Take a look at the stylish restaurants opening up around the resort. New gastronomic eateries are growing in number all the time. Plus there's a marvelous selection of quality shops and boutiques.

The true legacy of Benidorm! There's plenty of fun to be had for everyone; couples, families, groups of friends or lone travellers - whatever your age! The resort has so much entertainment on offer - you'll be left breathless! It's the perfect stress-buster to life's trials and tribulations.

And the final pre-conception buster -

You can experience a Slice of real Spain. The Old Town has narrow winding streets filled with typical tapas bars and Spanish eateries. Whilst the resort is perfectly placed for exploring the beautiful Costa Blanca.

Waiting to be discovered are Mountainous fortresses, white-washed hillside villages and delightful little coastal towns.

Yes - Benidorm is a world of family fun, sun and these days luxury! Whatever type of holiday you're looking for

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

Courtesy of [upnowcostablanca.com](http://upnowcostablanca.com).



**MARKS OFF**  
CLEANING AND MAINTENANCE

Small family business offering quality of service to all our property owners

Window cleaning

Terrace and apartment cleaning

Key holding

General Property Maintenance

Flat pack assembly

Baby/toddler equipment to hire at affordable rates

Based in **Condado de Alhama**  
Tel/whatsapp **655 160 098**  
Facebook **MarksOff cleaning & Property Maintenance**  
Email **MarksOff@aol.com**



**SELLING FEES 2.5%  
WITH A MINIMUM FEE**

**MORE PROPERTIES  
NEEDED URGENTLY**

Our sales success means we urgently need more properties in & around Camposol to sell

**Struggling to sell your property?  
contact us today!**

Calle Jara,  
Camposol B,  
30875 Mazarrón  
Tel: 968 979 876

Opening Hours:  
Mon-Fri: 9am till 6pm  
Sat: 9am till 2pm  
Sun: Closed

[www.2let2sell2buy.com](http://www.2let2sell2buy.com)



YouTube  
Costa.Calida.Expats



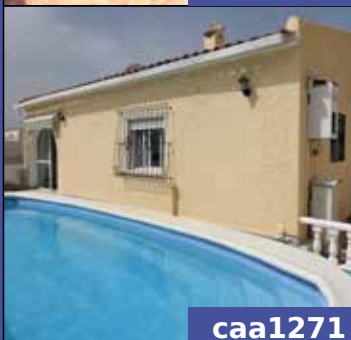
**cab1446**

A well-presented Clasico Style Villa, 2 bed, 1 bath, walking distance to amenities and golf club, terrace, dual A.C, ceiling fans, modern shower room, rear courtyard, roof-top solarium, storage, fabulous views. Being sold part furnished.



**Fal1430**

An immaculately presented, 200-year-old Farmhouse, beautifully reformed creating a stunning home with great business potential. This unique home situated on a plot size of 6000m2, 535m2 build, 6 beds and 7 baths, terraces, summer kitchen and bar, 10x4 private pool, dual A.C, with 3 unique and independent holiday lets. Amazing views. Being sold part furnished



**caa1271**

Well maintained Victoria Style Villa, 3bed, 1 bath, walking distance to the amenities on popular A sector, gated entrances, off road parking, car port, private pool, under build, glazed terrace. Being sold part furnished.





11th May

Biotherm complete the leg 4 podium

With leg 4 now finished, three teams are within one point on the overall leaderboard...

The Ocean Race is still quite open heading into the race across the Atlantic, which counts for double-points," said Meilhat, of Biotherm. "After our good start on this leg we would have liked to have been able to fight with the top guys a bit more but we are happy looking ahead to the next part of the race.

Leg 4 positions / points

1. 11th Hour Racing Team - 5 points
2. Team Malizia - 4 points
3. Biotherm - 3 points
4. GUYOT environnement - Team Europe - suspended racing
5. Team Holcim-PRB - retired from leg - 0 points

The Ocean Race Leaderboard (through leg 4)

1. Team Holcim-PRB -- 19 points
2. 11th Hour Racing Team -- 18 points
3. Team Malizia -- 18 points (tie is broken by In Port series standings)
4. Biotherm -- 13 points
5. GUYOT environnement - Team Europe -- 2 points

22nd May

11th Hour Racing Team leads into the Atlantic

The IMOCA fleet moves east into the open ocean

It's 11th Hour Racing Team at the head of the fleet on Monday as the four racing IMOCA's push east into the Atlantic Ocean.

After being squeezed between two Marine Mammal Exclusion Zones for much of Sunday night, the race course is beginning to open up now.

For American skipper Charlie Enright, it's a narrow lead on the second day of the double-points leg to Aarhus, Denmark, with Team Malizia and Team Holcim-PRB directly behind. Biotherm has also closed the gap to just under 15 miles after falling behind at the start yesterday.

"It's been a nice start. We have the spinnaker up, but the wind is turning to the right so we will have to change to a flatter sail," said Malizia skipper Boris Herrmann Sunday night. "We can see 11th Hour Racing Team over there, so it's all very good. Quite gentle sailing."

# To follow the race... Visit [www.thecoceanrace.com](http://www.thecoceanrace.com)



25th May

11th Hour Racing Team continues racing after incident  
Two crew suffer injuries after boat hits object in the water, suspected to be marine mammal

At 1541 UTC on Thursday, May 25, while racing in Leg 5 of The Ocean Race, 11th Hour Racing Team activated its Hazard Button to alert Race Control and the wider fleet they had hit something, suspected to be a marine mammal or megafauna.

The Team was in the mid-North Atlantic Ocean at 52°N, 35°W – approximately 750 nautical miles [863 miles/1,389 km] off the coast of Newfoundland, sailing at 29 knots [33mph/54 kmph], in 28+ knots [32 mph/52 kmph] of wind speed – some of the fastest conditions yet seen in the race.

The impact was sudden, and the crew onboard were thrown forward, causing two injuries onboard. Trimmer Charlie Dalin (FRA) has a suspected mild concussion, and Media Crew Member Amory Ross (USA) has injured his shoulder. The Race's on-call Doctor – Dr. Spike Briggs – has spoken to the sailors onboard the boat by satellite phone. Dr. Briggs has prescribed painkillers, bunk rest, and plenty of water to hydrate, and is monitoring the situation closely. The two sailors are reported to be comfortable, and their next of kin have been informed.

29th May

11th Hour Racing Team win Leg 5, grab overall lead in The Ocean Race

Team Holcim-PRB hold on for second place, with Team Malizia third...

Skipper Charlie Enright's smile was as bright as the early morning sun in Aarhus, Denmark on Monday morning as he led his 11th Hour Racing Team to a first place finish in leg 5 of The Ocean Race.

The win was doubly important; the transatlantic race is a double-points scoring leg and with the win, 11th Hour Racing Team has climbed to the top of the overall leaderboard for the first time.

The Ocean Race Leaderboard (through leg 5)

1. 11th Hour Racing Team -- 28 points
2. Team Holcim-PRB -- 27 points
3. Team Malizia -- 24 points
4. Biotherm -- 17 points
5. GUYOT environnement - Team Europe -- 2 points



# Top 10 Destinations in Southern Spain

## 8. Marbella

**Once a small white village of fishermen, Marbella is now one of the most cosmopolitan beach resorts on the Costa del Sol. The beaches with its fine sand and the Mediterranean with its clean blue water are the main attractions here, although there are numerous historic attractions well worth exploring too. An ancient walled city boasts virtually the same footprint as it did during the 16th century. When not sunning on Marbella's palm-tree-lined beaches, visitors can walk the Golden Mile to view some of the most luxurious homes and resorts in Europe. The area around the yacht-filled marina Puerto Banus boasts the city's best boutiques, restaurants and bars.**

Marbella is, without a doubt, one of the Costa del Sol's major tourist centres, thanks to the high quality of the facilities and services it provides. Puerto Banús, one of the main focal points for tourists in the town, houses an exclusive leisure area inside the excellent facilities of its marina.

But Marbella is also a paradise for golf lovers. A dozen magnificent courses allow the golfer to play the sport before the unusual backdrop provided by the sea and the mountains. The historic part of town, sitting on a beautiful bay, shelters lovely corners of a typically Andalusian flavour, with whitewashed houses and orange trees adorning the streets and squares. An ideal setting for sampling any one of the tasty recipes of the local cuisine.

Marbella is deservedly one of the Costa del Sol's prime destinations. Its excellent climate, beaches, natural surroundings and its major sports complexes are just some of the countless attractions which this town on the Málaga coast offers. Clear proof of the high quality of its infrastructure is Puerto Banús, one of the most emblematic spots in Marbella. Surrounded by exclusive housing developments, this famous marina each year welcomes some of the biggest and most luxurious yachts in the world. Its facilities also offer a select leisure area made up of restaurants, business premises and shops selling the big international designer labels and luxury items.

From Cabopino to Guadalmina, Marbella offers the visitor 26 kilometres of beautiful coastline with a succession of sun-drenched beaches equipped with all kinds of services, which include modern hotels, residential complexes, shops and restaurants. The beaches of San Pedro de Alcántara, a major population centre less than ten kilometres from Marbella, are a fine example of the balance struck between nature and tourist development.

Sports lovers will be in paradise in Marbella. A dozen magnificent golf courses allow the sport to be played at the highest level year-round, in surroundings of striking natural beauty.

Those who prefer water sports will find the town has three marinas where they can take up the activity they prefer. In addition, Marbella has several riding schools, tennis clubs and other facilities to suit the most varied tastes. All this, and not forgetting the enormous possibilities the Sierra Blanca hills offer for all kinds of outdoor pursuits.

The historic quarter of Marbella

At the foot of the Sierra Blanca hills, on a beautiful bay, is Marbella's historic quarter. A delightful layout which displays its typically Andalusian charm through neat whitewashed façades decorated with grilles and geraniums or the orange trees which spring up on every corner.

The heart of the town is plaza de Los Naranjos, from the Renaissance period, flanked by noble buildings such as the City Hall (16th century) and the old Chief Magistrate's Office (17th century).

In the small church square you will find the Greater Church of la Encarnación, built in the 16th century. In this same setting stands one of the two towers which formed part of the city's old Arab fortress, from the 9th century.

Testimony to the city's Roman origins are the many archaeological sites to be found in the area, outstanding among which are the Paleochristian basilica of Vega del Mar, the Roman baths of Guadalmina or the Roman villa of Río Verde.

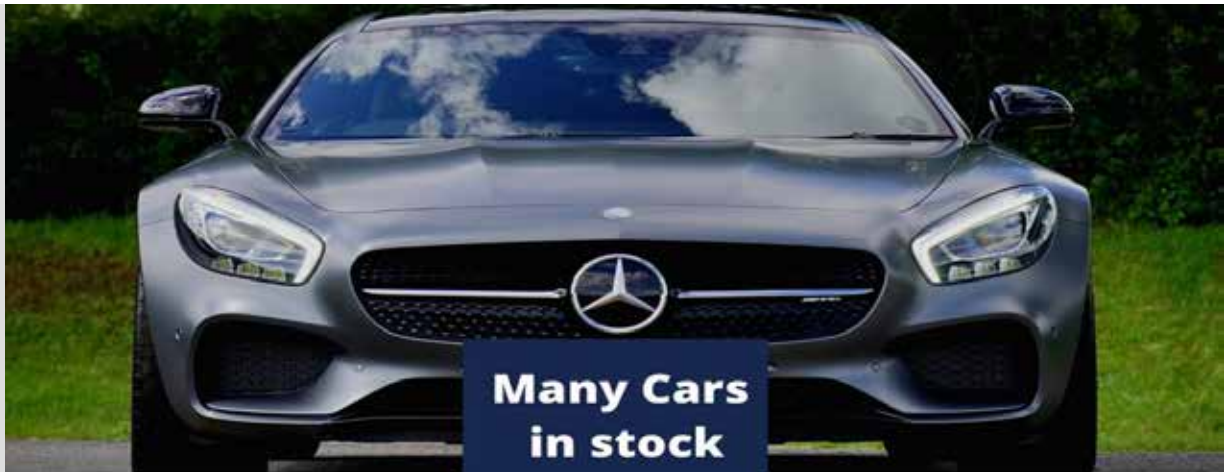
The considerable cultural offer of Marbella is completed by the Spanish Contemporary Engraving Museum, considered to be the most important of its kind in Spain. Situated in the Hospital Bazán (16th century), it houses an interesting collection of engravings from the 19th and 20th centuries, with works by grand masters of the stature of Picasso, Miró or Dalí.

Gastronomy, festivals and surrounding area  
Fried fish, "ajoblanco" (cold soup with almonds, oil and garlic) or "gazpacho" are some of the tasty suggestions from Marbella's cuisine. Under

the Designation of Origin Málaga standard, excellent sweet dessert wines are produced.

From Marbella's calendar of festivals, it is worth highlighting the Fair and Festivals of San Bernabé, which are held during the first half of June. The programme includes concerts, bullfighting festivals and other activities.

Holy Week and the festivals in honour of Marbella's patron saint, San Pedro de Alcántara, which take place in October, are other red letter days.



## AUTOHOUSE LA MANGA



New & Used car sales, we can also source a car to your requirements

Visit our showroom just off the RM12 Exit 7 - Los Belones

Call (+34) 654 013 833

[www.autohouselamanga.com](http://www.autohouselamanga.com)



# Spanish Recipes

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

*Good luck and enjoy.*

## Spare ribs with aletrias



### Ingredients:

Ingredients for 4 people:

- 250g of aletrias (large noodles)
- 400g of spare ribs
- 1½ ripe tomatoes
- ½ l poultry stock (or a chicken stock cube)
- 50g of grated cheese (any kind)
- 1 spoonful of butter
- 1 small glass of oil
- 1 onion
- salt
- a pinch of sugar

### Method:

Cook the noodles for 15 minutes in a pan with plenty of boiling water and a dash of oil.

At the end of this time, dry the pasta without running it under the water, and reserve it.

Put the small glass of oil in an earthenware dish and place on a medium heat

when it is hot, add the spare ribs and the finely chopped onion.

Meanwhile, peel and chop the tomatoes

when the contents of the dish turn brown, add the peeled tomatoes together with a pinch of sugar.

Leave on a low heat for 15 minutes.

Once this time has elapsed, add liquid to the stew in the form of poultry stock

after 3 minutes, add the cooked noodles.

At the same time, mix the butter and the cheese. Put this mixture into the dish, stir it, and let it boil for another 3 minutes.



your partner to sell or buy  
your villa  
in Pinoso Yecla,  
the Hondon Valley,  
Abanilla & Fortuna



*Nous parlons votre langue et nous vous assistons dans la recherche de votre villa de rêve*

*Wij spreken uw taal en staan u dan ook voor 100% bij in het vinden van uw droomvilla*

*Wir sprechen Ihre Sprache und helfen Ihnen Ihre Traumvilla zu finden*

*We speak your language and can assist you to find your dream villa in Spain*

0034 685297802, e-mail: [info.countryvillaspain@gmail.com](mailto:info.countryvillaspain@gmail.com) (ask for Brigitte)  
[www.countryvillaspain.com](http://www.countryvillaspain.com)



country villa  
**spain**



THE GOOD TIMES  
**SOUND**  
LIKE  
THIS



**Costa Calida Radio**

90.00 - 100.00 fm

Listen all day.....every day

on line [www.costacalidaradio.com](http://www.costacalidaradio.com)

A life in  
**SPAIN 39**



# Taquilla Tickets for June

## By Taquilla Tickets

Welcome to the June edition of this excellent magazine. June already!! How did that happen?

Like it or lump it, the year is moving on very quickly. The head of this article seems to be the right place to remind you of our JANUARY 2024 ROAD TRIP. Yes, Wednesday the 10th of January will soon be here. 8 days, 7 nights, and 6 magnificent cities to discover. Granada, Seville, Jerez de la Frontera, Cadiz, Cordoba, and lovely Aracena will be visited on our BIGGEST ROAD TRIP TO DATE!!!! This trip has generated a lot of interest, so if you want to find out more, our contact details will be at the bottom of this article.

We covered some of our July trips in last month's edition of "A Life In Spain". However, for those new to the magazine, we went to: Puy Du Fou just south of Toledo, Guadalest, and Polop. We visited the magnificent Chinese Terracotta Army in Alicante. We also went to the "Rootin Tootin" Oasys Hollywood in Almeria. Our Waterpark buses and Beach buses have also been busy. We can't forget our trip to see the best "Queen" tribute band in the world, "Unrisen Queen". Our very own "Nigelvis" was on stage at this concert too.

On Saturday the 15th of July (by popular demand) we are off to Villajoyosa (10 minutes from Benidorm) to see the Roman Show that is "Gran Circus Maximus". Chariot Races, Firedancers, Gladiators, and Priestesses anointed by the gods. This is a show for the whole family, and we throw in a meal too!!

On Tuesday the 18th of July we are going to see one of (if not THE) biggest stars in the whole world, the one and only Mr. ROD STEWART. "Our Rod" will be performing in the Plaza de Toros in Nearby Murcia. Rod has probably got the most distinctive voice in Showbusiness. With songs like "Sailing, Maggie May, Have I Told You Lately, Young Turks", and many more? Rod has been in the business for over 50 years, and his stagecraft is "top-notch". Come along with us to see a great British Legend.

On Thursday the 20th of July we will take you to the Enrique Roca Stadium in the City Of Murcia to see the Legendary! Fabulous! IRON MAIDEN live in concert. "Remember Tomorrow", "The Red and the Black", "Sign of the Cross", and their biggest hit "Hallowed Be Thy Name". These are just a tiny few of the many songs sung by these Legends of Rock. Formed in 1975 in East London, these Heavy Metal Rockers have performed all over the world. Come with us and see probably the biggest Heavy Metal Band in the World.

On Sunday the 23rd of July we will be visiting the beautiful city of Valencia. The Port City of Valencia lies where the Turia River meets the Mediterranean Sea. It is known for its Arts and Sciences, Futuristic Structures including a Planetarium, an Oceanarium and an Interactive Museum. The 3rd largest city in Spain whose name means "valor or bravery" acquired its name in 138BC after the Romans recognised the bravery of its soldiers and called it "Valentia Edetanorum". So much to see here!! Why not come with us?

On Wednesday 26th of July (once again by ever-popular demand) we will transport you to the Pueblo and Playa of Mojacar. You will be able to have a stroll around the Market before moving on to the delightful Pueblo with its narrow streets, unique little shops, cafes and bars at every turn. This beautiful little Pueblo is not to be missed and, after a few hours, we will

take you down to the Playa so that you can have some lunch and a drink before (if you are up to it) having a stroll along the walkway or beach.

On Thursday the 27th of July we offer an incredible evening of Astronomy and Food. Professional Astronomers and Guides will give you an insight into "The Sky At Night". You could see the Rings of Saturn or Jupiter's Moons (yes you could!!). The very impressive telescopes will allow you to look towards a world unlike any other. BRILLIANT!

Benidorm Palace will open its doors to us on Friday the 28th of July for an Evening Dinner and Show. The main ingredient of fire is Heat, Energy and Light. Benidorm Palace is bringing us "FIRE". With artists from the four corners of the world, this show of Dance, Music and a bit of Circus, will certainly get your feet tapping. It has been said that this show is as good (if not better) than any West End Show. Make FIRE a part of your Menu.

On Saturday the 29th of July Taquilla Tickets is proud to offer a visit to the "Chinese State Circus" in Cartagena. The show is based on Chinese acrobatic skills and the mastery of the masters of martial arts. All of the performers are from China and are trained in the Chinese tradition of Ma Xi, or hippodrama. NO LIVE ANIMALS ARE USED IN ANY PERFORMANCE!! The skills involved are simply breathtaking, and unlike any circus that you may have seen previously. MAGNIFICENT!!

SO FAR SO GOOD. But there's more.

Who's Welsh, Was Born in 1940, His Dad worked down the mines in Wales, and has one of the most distinctive voices in showbusiness? Yes, of course, we are talking about the legendary Sir Tom Jones !!! Taquilla Tickets is very proud to be able to offer Tickets and take you to the Plaza de Toros in Alicante to see the brilliant Sir Tom on Tuesday the 1st of August. Please don't wait for this one to sell out. Buy your ticket(s) while you can. Call us and we will do the rest.

There is no stopping us now!! We will be back in Murcia, and the Plaza de Toros in particular, on Friday the 4th of August to see the marvellous Mick Hucknall and Simply Red in concert. "Holding Back The Years", "Money's Too Tight To Mention", "Stars", and "Fairground" are a few of the hits from this British Soul and Pop Band. Once again, get your tickets whilst you can!!

We use MATEO coaches. They are a local company based in Mazarron and the coaches are modern and comfortable.

We are pretty sure that you know how to get in touch with us BUT, just in case:

You can contact Sally: 0034 657 346 445

You can contact Nigel : 0034 642 501 568

For more details call:  
Sally: 657346445

# Taquilla



**Your one stop ticket shop**

**[www.taquillaticketscondado.com](http://www.taquillaticketscondado.com)**

**Discount Waterpark Tickets \* Quad Biking \* Boat trips**

**Concert Tickets \* Coach Trips \* Private Hire Transfers**

**.... and More**

**Visit our Offices on Condado De Alhama or  
Camposol**

## Contact us

Call 657346445 or 605180894

Available on WhatsApp

Email [taquillaticketscondado@gmail.com](mailto:taquillaticketscondado@gmail.com)

visit [www.taquillaticketscondado.com](http://www.taquillaticketscondado.com)

Follow us on Facebook

Fully Legal, Reliable, Honest Family run business.





**OUTDOOR FURNITURE**

*Oceans*

Leaders in Rattan & Aluminium Furniture



**Up to 50% OFF**

Locations of all of our stores are on our website

[oceansoutdoor.es](http://oceansoutdoor.es)

# It's Plain Sailing with Boat Insurance by Liberty Seguros!



ADVERTORIAL

Your boat has been locked away in storage, and with the sunny weather fast approaching you are itching to get her wet for the first time this season! You get her de-winterized, antifouled and everything gets checked over thoroughly before you experience the exhilarating feeling of taking her out to your favorite spots. Even though you have taken care of all the physical aspects to make sure your rides will be pleasurable and trouble free, it is easy to forget to take care of any unforeseen and above all unhappy events that might occur whilst taking your prized possession for a spin.

Nevertheless, regardless of whether you own a dinghy, jet ski or a luxury super yacht, taking care of the body work and mechanics is only one aspect that goes towards assuring your safety. Sailing is a sport of variables and the unforeseen can unfortunately happen; however, having the right cover in place with an insurance company that you can trust will go towards preparing you for any eventuality. This is where LIBERTY SEGUROS - the preferred expat insurer in Spain - can help.

LIBERTY SEGUROS has designed a policy with the expat in mind that extends far beyond mandatory liability cover. With added benefits that include

voluntary public liability, theft, damage to the vessel itself (as well as auxiliary craft, wreckage removal, special fixtures and personal belongings, amongst others), damage caused by third parties and damage due to pollution risks and coastal regattas, its marine insurance provides comprehensive protection both when moored and out on the seas.

What's more, should the unimaginable actually happen, its marine policy will cover loss of life, permanent disability and injury to occupants for accidents that take place both on the boat as well as accidents that occur whilst boarding or disembarking. This policy can also be tailored to individual needs to cover solicitor's fees, medical bills, loss of wages and other aspects that are important to you. LIBERTY SEGUROS can also insure your vessel under the traditional Institute Yacht Clauses (IYC).

To feel safe and protected at sea, contact LIBERTY SEGUROS. Call 91 342 25 49 or visit [www.libertyexpatriates.es](http://www.libertyexpatriates.es) for more information or for the name of your nearest Agent/Broker.



Liberty  
Seguros.

#1  
preferred  
expat  
insurer



# Olive Oil

## 10 Health Benefits of Olive oil

### Cancer

The phytonutrient in olive oil, oleocanthal, mimics the effect of ibuprofen in reducing inflammation, which can decrease the risk of breast cancer and its recurrence. Squalene and lignans are among the other olive oil components being studied for their possible effects on cancer.

### Heart Disease

Olive oil lowers the levels of total blood cholesterol, LDL-cholesterol and triglycerides. At the same time it does not alter the levels of HDL-cholesterol (and may even raise them), which plays a protective role and prevents the formation of fatty patches, thus stimulating the elimination of the low-density lipoproteins.

### Oxidante Stress

Olive oil is rich in anti-oxidants, especially Vitamin E, which is long thought to minimize the risk of cancer. Among plant oils, olive oil is the highest in mono-unsaturated fat, which doesn't oxidize in the body and also because it is low in polyunsaturated fat - which is the kind that does oxidize within the body.

### Blood Pressure

Recent studies indicate that regular consumption of olive oil can help decrease both systolic and diastolic blood pressure.

### Diabetes

It has been demonstrated that a diet that is rich in olive oil, low in saturated fats, moderately rich in carbohydrates and soluble fibre from fruit, vegetables, pulses and grains is the most effective approach for diabetics. It helps lower "bad" low-density lipoproteins while improving blood sugar control and enhances insulin sensitivity.

### Obesity

Although high in calories, olive oil has shown to help reduce levels of obesity.

### Rheumatoid Arthritis

Although the reasons are still not fully clear, recent studies have proved that people with diets containing high levels of olive oil are less likely to develop rheumatoid arthritis.

### Osteoporosis

A high consumption of olive oil appears to improve bone mineralisation and calcification. It helps calcium absorption and so plays an important role in aiding sufferers and in preventing the onset of Osteoporosis.

### Keeping the Heart Young

It is a known fact that as we grow older, the heart also goes through a normal ageing process. The arteries may not function as well as they did and this can lead to a number of health problems. However, in a recent study, Spanish researchers from the Lipids and Atherosclerosis Research Unit of the Reina Sofia University Hospital in Cordoba, discovered that a diet rich in olive oil or other monounsaturated fats could improve the arterial function of elderly individuals.

### Helps protection from strokes.

Older individuals who consume olive oil on daily basis may be able to protect themselves from a stroke, according to a new study from France published in the online issue of Neurology.





# Cotswold Carriers

Cotswold Carriers is a family run business with over 40 years' experience in domestic and commercial removals – both in the UK and Europe.



**Moving to or from Spain? Contact the experts.**

For a **FREE** no obligation quotation call **+44 1608 730500**  
or email **enquiries@cotswold-carriers.co.uk** and quote **ALIS**

*A Life in*  
**SPAIN 45**



# MOVING TO SPAIN BY



“My contribution to A Life In Spain aims to share my personal experiences in deciding, planning, moving and now living in Spain. My hope is that someone finds it useful, helpful, insightful or helps anyone considering moving to Spain (or another country), the courage to follow that dream.”

In October 2022, I decided to move solo with my dog, from Cyprus. We moved to Spain on February 22, 2023. I became a resident of Spain on April 13. I am in process of buying an old village house in the Lecrin Valley, Granada which I'll extensively renovate to create a small moorish influenced boutique hotel. More on that in another edition.

This being my first contribution, I thought I'd start with sharing a little about myself before getting into my own nitty gritty moving and living in Spain experiences.

I was born in Melbourne (Australia) in 1969. My (German) father decided to relocate his new and young Aussie family to Sub-Saharan Africa where we remained for my first ten years. My only sibling was born in Johannesburg, South Africa in 1974. After Africa, we moved to Germany for two

years and after that, Iraq for four. We returned to Australia in 1985 much to my disdain at the time.

My most formative childhood years were spent in South Africa, during apartheid. While I loved safaris and engaging with wildlife in their beautiful and natural environment, witnessing the extremes of poverty, hunger, racism and suppression of indigeneous people left an indelible footprint on my young and developing mind.

Germany was the first country I lived in where I felt safe and could flourish. I picked up the language quickly through attending the local village school and a tutor. Nearly no one spoke English in the village in early 1980s. I learned how to ski, ice and roller skate. I fell in love with the people, food, the mountains, the dense forest, the old castles, the cobble stone streets, the village markets, the old towns and quintessential aspects of European architecture, culture and values.

Living in Iraq, during the Iraq and Iran war in the mid 1980s was a jaw dropping and mostly terrifying experience. The constant air raids, bombs going off, people firing guns from their homes and in the streets, the dead bodies of supposed criminals hanging from their noose, the disrespect and abhorrent treatment of women and animals all had a profound impact on the person I am today.

Re-settlement into my birth country Australia took a long time. It was never home for me, I didn't grow up there and for the most part, I didnt like the country, people or culture for my first five to six years.

I worked od jobs here and there throughout my twenties though built a succesfull professional corporate career in the construction and mining sectors immediately after completeing my business management degree as a mature age student, aged 32.

Not long after that, I met my partner Mike and together we created our own little home and family with his daughter from his previous marriage. We shared an amazing 14 years together and built a wonderful life sharing many happy adventures. He sadly passed away from metastaic melanoma early 2018. Following his passing, I couldn't

An advertisement for 'Seashore Footprints' featuring a seashell necklace. The text includes: 'Seashore Footprints', 'Handmade Jewellery and Gifts from natural Seashells', 'Sourced from the beautiful beaches of the Mar Menor', 'Creating Memories of the beach, wherever you are!', and social media links for Instagram (@katrinas\_seashells), Facebook (@SeashoreFootprints), Twitter (@Katrinashells), and Etsy (etsy.com/uk/shop/SeashoreFootprints).

**Seashore Footprints**

Handmade Jewellery and Gifts  
from natural Seashells

Sourced from the beautiful  
beaches of the Mar Menor

Creating Memories of the  
beach, wherever you are!

[katrinas\\_seashells](#)  
[@SeashoreFootprints](#)  
[@Katrinashells](#)  
[etsy.com/uk/shop/SeashoreFootprints](https://etsy.com/uk/shop/SeashoreFootprints)



# CHANTAL WIESSNER

FB: Moving to Spain (Our Journey in Spain)



ignore this calling I've always felt in my heart to return to Europe, or home as I would often refer to it. I was terrified. Alone (and single for the first time ever) in the world, leaving behind my entire support network in the Southern hemisphere. Better to try and fail than not try at all right?

In 2018, aged 49, I retired from my professional corporate career deciding there is more to life than working 100 hour weeks and earning the big bucks. It felt like a soulless sacrifice and for what? After selling my major assets and donating most of household contents, acquiring my German passport, I moved to Kitzbuhel, Tirol, Austria. A quintessential alpine winter resort destination. It was heaven on earth for me.

partner in lakeside alpine hostel, investor in a desintation wedding planning business and house and garden service business. Kitzbuhel was my ten year plan until I became stranded on holiday in Cyprus. Thats a long, complicated and mostly boring story. Not wanting to sit around wasting money in Cyprus, I bought, renovated and have now sold a couple of properties which are funding the creation of my new chapter and journey here in Spain.

While in Cyprus I became passionately involved with helping improve animal welfare outcomes for the stray and abandoned dogs and cats to a lesser degree. Loving, nursing, training and giving these beautiful creatures the care they need to flourish and become adoptable is by far the most rewarding work I have ever done. Stray Haven Dog Rescue and Adoption shelter was my happy place in Cyprus.

On March 6 2023, as I was driving into the Lecrin Valley, overcome by goosebumps, I knew then that this was the place for me and my boy. He was abandoned by someone as a pup but has been deeply loved by me ever since. He is my world and we are a team.

The Lecrin Valley and the Alpujarra (Granada) is found at the foothills of the Sierra Nevada, scattered with quintessential Spanish moorish white villages, the awe inspiring rugged mountains and terrain, the hiking trails, the flora and fauna, the acequias (moorish designed and built irrigation) system, the orchards, and of course the beautiful Spanish and ever so helpful expats I have since been blessed to meet. This is where we call home now and we are loving it.

**PLANE PARKING SL** **P**<sub>24hr</sub>

**LONG AND SHORT TERM PARKING**  
**ALICANTE & MURCIA AIRPORT**

Our family-run business open for over 15 years is a professional and secure 24hr Airport Parking company based at Alicante & Murcia Airports, catering for both Short & Long Term clients.

**SHORT TERM PARKING & CONTRACTS 1 - 12 MONTHS INCLUDE:**

- Meet & Greet service at the airport
- Complimentary external clean on return
- Vehicle is parked in our very secure & insured compound only 2 minutes away from either Alicante or Murcia airport with Full CCTV & Alarm system
- Vehicle can be transferred between sites (small fee applies unless you have a Dual Contract)
- For your peace of mind, on arrival, the damage and kilometres are recorded
- To and from the airport and between sites your vehicle is only driven by insured, experienced and legally contracted Plane Parking drivers

**CONTRACTS 1 - 12 MONTHS ALSO INCLUDE:**

- Unlimited Pick-ups and Drop-offs
- Dual airport contracts include unlimited transfers between sites (Alicante & Murcia) at no extra cost. Park your car at Alicante and then next fly into Murcia, or vice versa, as many times as you like.

We also provide a complete Car Care Service as we work with a wide range of qualified engineers and mechanics. Services include ITVs, mechanical & body work, valets, tyres and lots more.

12 MONTH MURCIA AIRPORT CONTRACT.....	335€
12 MONTH ALICANTE AIRPORT CONTRACT.....	355€
12 MONTH DUAL AIRPORT CONTRACT.....	455€

**Reservations/Enquiries: (0034) 966 840 289**  
**www.planeparking.com info@planeparking.es**





**insureSpain**

**CAR  
ACCIDENT  
BUSINESS  
TRAVEL  
HOUSE  
MEDICAL  
DENTAL  
LIFE**

Part of the group:

**EXPAT INSURANCE** S.L.

**Service centres  
now open in:**

Condado de Alhama  
Camposol  
Murcia  
Fuente Álamo  
Mallorca

**Call for details**



**Special health insurance for  
residencia now available**

**Get a quote TODAY...**

tel: 660 170 355

info@insurespain.com