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Lifestyle magazine and property portal

ISSUE 81
AUG 2023
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**Wine
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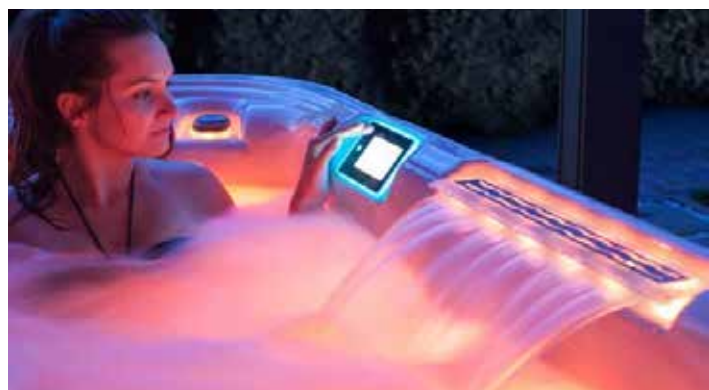
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A Life in SPAIN

Welcome to the August edition of ALIS.

It's that time of the year when friends and neighbours have gone back to the UK to escape the heat, and at the same time friends and relations have arrived for holiday.

Beaches are packed, so best just stay round the pool and relax.

So what's in this edition....

We have some great new series of articles started this month. Including

Page 18 - Águilas

Page 21- Spanish facts

Page 46 - Moving to Spain

There's even more new articles next month as we crack the whip and get our team of researchers working their magic to bring you interesting facts and articles about Spain.

Enjoy!

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A Life in
SPAIN 05



Places to visit in a day:

The Salto del Usero, Bullas

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

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

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

Whatever time you pick, it is a beautiful spot and if it is not too busy you will find many places to rest and swim. Jumping from the rocks is not allowed, nor is music. On

our visit, we experienced both and on our way back, reported the offenders to the car park attendant. The Policia Local arrived before we had left the car park.

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

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

Enjoy!

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Let's Learn Spanish

Furniture

Phrases

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

Vocab

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



Now try our wordsearch:

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



MOLINA DE SEGURA

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

MOLINA DE SEGURA

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

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

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

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

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

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



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

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

Quesada has all the major facilities you would expect from a decent-sized town. It boasts several good-sized supermarkets, shops, cafés, bars and restaurants. Whilst still very Spanish, it is home to a large expat population, and English is widely spoken. There is a municipal theatre, museums, excellent health facilities, water park, thriving nightlife and a large weekly street market selling a wide range of goods including fresh locally grown fruit and vegetables. There is also a monthly arts and crafts market in the towns cave houses. The area has something to offer for everyone and is well served with an excellent road network.





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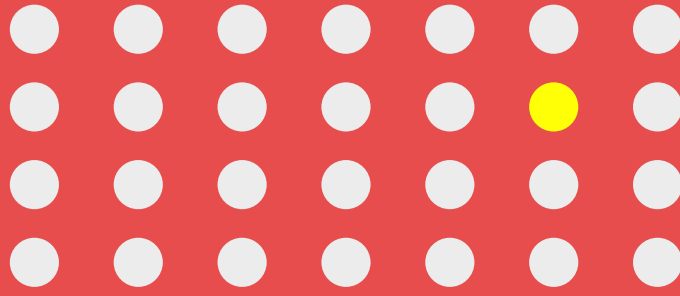
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Spain's Events Calendar



In September, Spain offers various festivals and celebrations that showcase the country's rich cultural heritage. Here are some notable events that typically take place in September:

La Mercè (Barcelona): Held around September 24th, this is one of Barcelona's most important festivals, celebrating the city's patron saint, the Virgin of Mercy. The festival features parades, music concerts, fireworks, human towers (castells), and other traditional Catalan activities.

Fiesta de la Vendimia (Jerez de la Frontera): Taking place in early September in the town of Jerez de la Frontera in Andalusia, this festival celebrates the grape harvest and the production of sherry. Visitors can enjoy wine tastings, flamenco performances, equestrian shows, and processions.

Fiesta de la Virgen de la Victoria (Málaga): Held on September 8th, this festival in Málaga pays tribute to the city's patron saint, the Virgen de la Victoria. It features religious processions, music performances, and traditional dances.



Feria de Murcia (Murcia): Taking place in early September, the Feria de Murcia is one of the most important events in the region. It includes a wide range of activities such as parades, live music, traditional dances, horse shows, and exhibitions.

Festival Internacional de Cine de San Sebastián (San Sebastián): Also known as the San Sebastián International Film Festival, this prestigious event takes place in the coastal city of San Sebastián in the Basque Country. It showcases a selection of international films, attracts renowned filmmakers and actors, and offers various film-related activities.

Fiesta Nacional de España (National Day of Spain): Celebrated on October 12th, this national holiday is marked by various events and activities throughout the country, including military parades, flag-raising ceremonies, and cultural exhibitions. While it technically falls in October, it is worth mentioning as it is an important celebration in Spain.

These are just a few examples of the festivals and celebrations that take place in September in Spain. It's worth noting that specific dates and events may vary from year to year, so it's advisable to check the latest information before planning your visit.

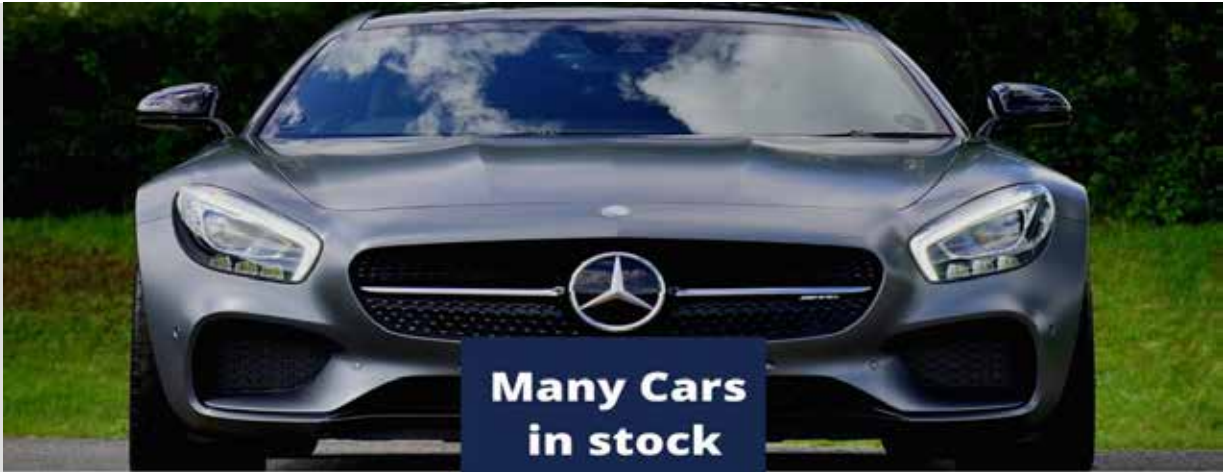


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Águilas, slow down, change gear

Daily stress not only makes us feel more irritated, exhausted or nervous, it also has consequences on the body that can affect our general health, which is why, today, real luxury consists of slowing down and doing more pleasant activities, taking care of our body and our mind. Águilas, with its unique characteristics, lets you take a breath, take life easy as you enjoy the distinctive light of this place, which permeates everything around you.

Escape from the madding crowd and stroll through its unique geography, where you can photograph and film its incredible chromatic variety, do yoga on the beach while listening to the sea and the seagulls, treat yourself to a relaxing massage contemplating the Mediterranean, walk along the many signposted routes, contemplating the landscape and the great biodiversity of fauna and flora.

Take your time to enjoy the wonderful food prepared with local produce, stroll quietly and chat with the locals, whose calm and leisurely disposition helps to make your stay even more enjoyable, without the frantic pace and pressures of modern life.

You can also do a variety of activities, like water sports, feeling as if you have all the sea and land to yourself. Swim in open waters, kayak, snorkel or dive at your leisure, without worrying about others. Walk, run or cycle through marked nature trails where you will at times feel like the only person on Earth... or practically the only one, And discover flora and fauna that you will hardly find in other places, at least, not so easily and in such variety. It is precisely the natural environment of Águilas that has fostered such rich biodiversity, the result of its climatic and environmental conditions, as well as the marked differences between its habitats, both terrestrial and maritime.

Your stay will be an investment in well-being: you will forget about appointments and obligations, in a place where, in the words of the poet Salvador Jiménez: "The sea does not lower its flag. The sun never sets in winter. In Águilas it is always spring".



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The flamenco guitar

The flamenco guitar is a unique and iconic instrument that plays a central role in the traditional music and dance form known as flamenco. Flamenco originated in the southern regions of Spain, particularly in Andalusia, and the guitar is an essential component of its rhythmic and melodic accompaniment.

The flamenco guitar is a variation of the classical guitar, but it has distinct characteristics that set it apart. It typically has a thinner soundboard, which produces a brighter and more percussive tone. The back and sides of the guitar are often made of cypress wood, although rosewood and other tonewoods are also used. The neck is typically made of Spanish cedar or mahogany, and the fretboard is usually made of ebony or rosewood.

Flamenco guitarists often use a specific technique called "golpe" or "golpeo," which involves striking the body of the guitar with their fingers or the back of their hand to create percussive sounds. This technique adds rhythmic complexity and accentuates the passionate and intense nature of flamenco music.

The playing style of flamenco guitar is characterized by intricate fingerpicking patterns, rapid arpeggios, and flamboyant techniques such as rasgueados (rapid strumming with the fingers) and picado (fast single-note runs). The guitarist often employs a wide range of techniques to convey the emotional intensity of the music, including slides, hammer-ons, pull-offs, and trills.

Flamenco guitarists typically use a set of specialized strings designed specifically for this style of music. These strings are often made of nylon or a combination of nylon and metal, and they are generally thicker and higher in tension compared to classical guitar strings. The increased tension allows for a powerful and percussive sound and facilitates the demanding techniques employed in flamenco playing.

Traditionally, flamenco music is improvised, and the guitarist plays a crucial role in providing a dynamic and responsive accompaniment to the singer and dancer. The guitarists must have a deep understanding of flamenco's complex rhythmic structure and be able to communicate and interact with other musicians spontaneously.

Over the years, the flamenco guitar has gained popularity beyond its traditional roots and has become an instrument played by musicians in various genres. It has found its place in contemporary music, fusion genres, and even in modern compositions, showcasing its versatility and expressive capabilities.

In conclusion, the flamenco guitar is a fascinating and evocative instrument that holds a significant place in the world of music. Its distinctive sound, passionate playing style, and rhythmic complexity contribute to the rich tradition of flamenco music and make the instrument a source of inspiration and admiration for musicians and enthusiasts around the world.





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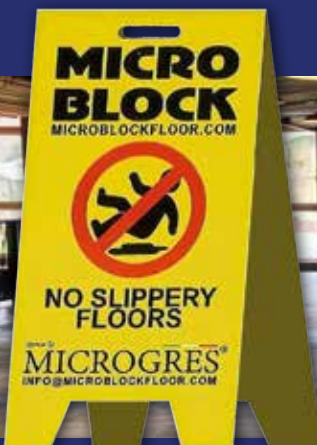
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TOP 10 *foods to try in Spain*

Whether you're on a city break in Barcelona or Madrid, or you've plumped for a countryside or coastal retreat, Spanish food is full of flavour and character.

From tasty tapas to superb seafood and traditional roasts, food in Spain is all about making the most of the best local produce. We asked travel writer Annie Bennett to pick 10 of the best dishes to try on your travels.

Don't leave Spain without trying...

1. Gazpacho

The reddest, ripest tomatoes, olive oil, garlic, bread, peppers and cucumber are blended until silky smooth, then chilled and poured into bowls or glasses.

So delicious, so refreshing. In Andalucía in southern Spain, people have it every day in summer and there is always a jug on the counter in tapas bars. Also try salmorejo from Córdoba, a thicker version that is often served with pieces of Ibérico ham on the top.





2. Paella

In the Valencia region, they claim you can eat a different rice dish every day of the year, but let's stick with the most traditional version for now.

Ingredients for paella Valenciana include chicken or rabbit, saffron, runner beans and butter beans. But the all-important element is the rice, ideally the bomba or Calasparra varieties grown on Spain's east coast, which are particularly good for absorbing all the flavours.

3. Tortilla Española

Eggs, potatoes, onions... that's it –and some purists even consider that adding onion is a gastronomic crime of the highest order.

The Spanish omelette is so much more than the sum of its parts. The potatoes and onions are slow fried in olive oil then mixed with the beaten eggs for the flavours to mix before cooking.

Add chorizo, ham, spinach, courgettes or whatever you have to hand to make a tasty meal out of next to nothing



4. Gambas al ajillo

You walk into a tapas bar, the barman is handing a customer an earthenware dish of sizzling prawns, the tantalising aroma hits your nostrils and you just have to order some too.

To recreate it at home, just fry some sliced garlic and green chilli in olive oil, throw in the prawns for a couple of minutes and add some parsley.

Couldn't be simpler, couldn't be tastier



5. Tostas de tomate y jamón

Black pigs roam among the holm oak trees in western Spain in search of the acorns that give marbled magenta Ibérico ham its distinctive nutty flavour.

Rub thick pieces of toast with garlic and tomato, pour on some olive oil and top with slices of jamón for a quick, delicious lunch.



6. Patatas bravas

Perhaps the most ubiquitous of tapas, patatas bravas vary quite a bit around the country, but all versions involve chunks of fried potato.

In Madrid, bravas sauce is made with sweet and spicy pimentón (Spanish paprika), olive oil, flour and stock –but never tomatoes.

Some people add garlic, some a dash of fino sherry, while others selfishly insist on keeping their secret ingredients to themselves.



7. Pollo al ajillo

Any Spaniard will tell you that the best garlic chicken ever is the one their grandmother makes. And of course they are right.

Unpeeled cloves of garlic are fried in olive oil to flavour it, then taken out before adding pieces of chicken. When that's cooked, the garlic goes back in with some rosemary, thyme and some dry sherry or white wine.

But there is no definitive recipe for this much-loved dish



8. Cochinillo asado

People might claim they are going to Segovia to see its astounding Roman aqueduct, fairytale castle or elegant cathedral, but really all that is just to build up an appetite for lunch.

And in Segovia that means either roast suckling pig or lamb.

The meat is cooked in huge wood-fired ovens and is so tender it is cut with the side of an earthenware plate



9. Pisto

The Spanish version of ratatouille turns up all over the country in different guises, but is most typical in the towns and villages across the plains of La Mancha, south of Madrid.

Onions, garlic, courgettes, peppers and tomatoes are slow fried in olive oil –this is not a dish that likes to be rushed.

It's usually served as a starter, sometimes with fried eggs or chorizo, but is great as a side dish too.

10. Turrón

Spaniards devour massive amounts of turrón, or almond nougat, at Christmas, although it's available all year round.

Most of it is made in the small town of Jijona in the province of Alicante, using locally-grown almonds mixed with honey and egg white.

There are two basic types –a soft, smooth version, called Jijona, and hard Alicante turrón, which contains pieces of almond.

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Wine Regions - Bullas

The flag of Bullas

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

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

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

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

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

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



Wine

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

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



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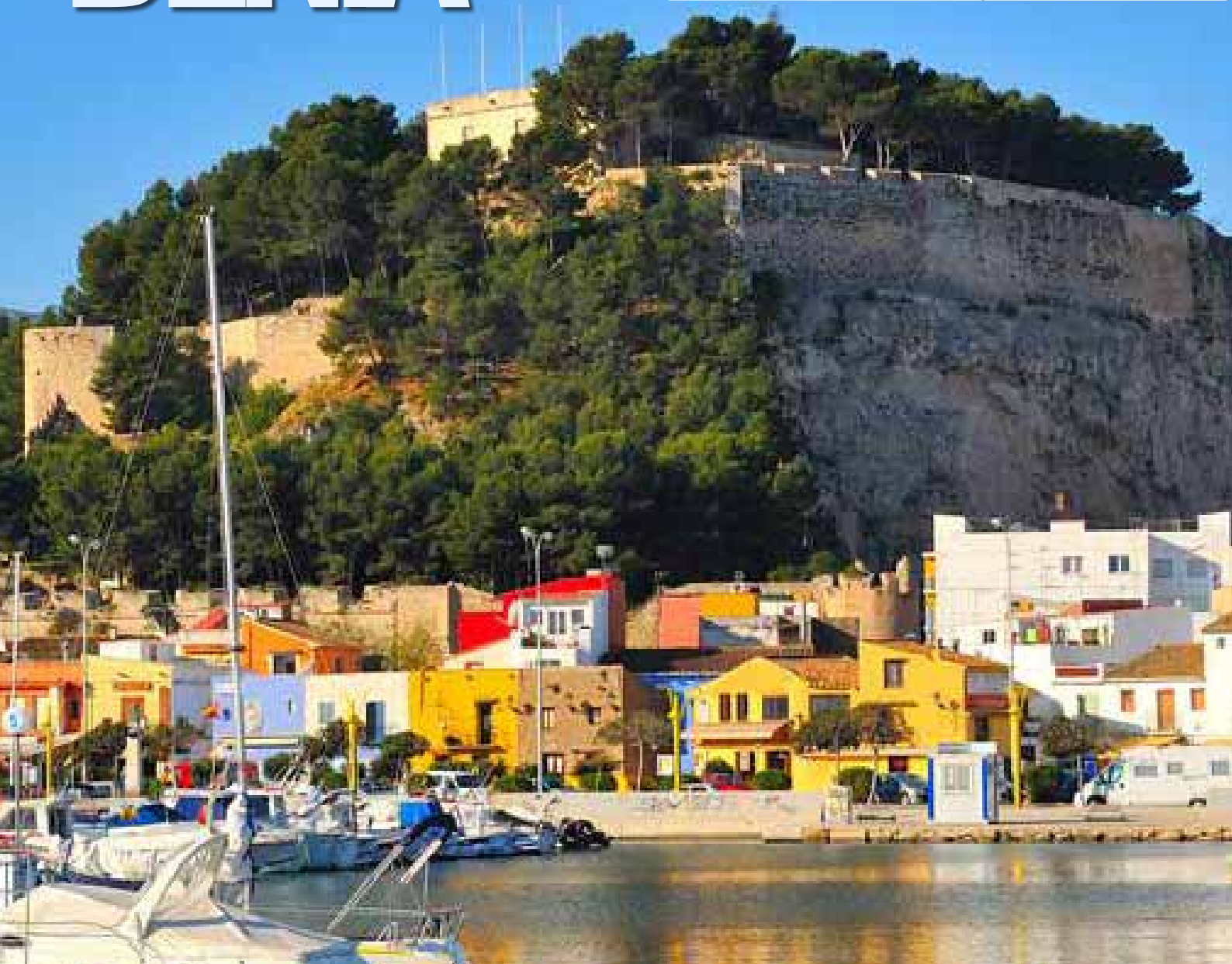
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North Town...

DENIA



Denia - The harbour town in the province of Alicante

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DENIA

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

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

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

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

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

Like most tourist towns Denia has its fair share of museums, but one worth a quick look is the newly opened toy museum. Before the disastrous phylloxera epidemic in 1904 that destroyed millions of vines throughout Europe, Denia's main money-earner had been the exportation of raisins. (The Co-operative Wholesale Society even had

its own warehouse in the town from where it despatched raisins to the ports of Liverpool and London.) When the town appeared to be on the edge of bankruptcy after the infestation, two enterprising German brothers called Ferchen, exporters of dried fruits, began to bring lithographed sheets of tin-plate from Germany to be made into tin toys in Denia. They were the saviours of the town and Denia became one of the most important toy producers in Spain. On display are examples of toys produced there, with plenty of the 'I had one of those' to bring a smile to the lips of those of a certain age.

Visit www.alifeinspain.com and watch a video of this and other towns to get a real feel of the life here. Courtesy of upnowcostablanca.com.

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Top 10 Destinations in Southern Spain

10. Jerez de la Frontera

This small city is believed by many to be as quintessential Andalucía as anyone can find. Though larger cities like Cadiz and Seville will advertise this honor, Jerez is well known on several fronts without much lip service at all. It is the center of Spanish horse culture, and home of the invention of fortified sherry wine. Eleven European palaces and one looming Moorish palace and fortress are available for tours. During one of the many festivals here, there is ample opportunity to see traditional flamenco dance in the city where it was invented.

One of the noblest towns in Cádiz brings together the splendour of aristocratic palaces with the popular flavour of typically Andalusian houses. Features that are shown off every year at the celebration of the Horse Fair, declared of International Tourist Interest. This enormous offer of culture is enriched with the aromas of a regional cuisine in which the Denomination of Origin of Jerez-Xérès-Sherry Manzanilla-Sanlúcar de Barrameda is outstanding. A visit to one of the city's wine cellars will help travellers to get a deeper understanding of its winemaking tradition.

Founded by the Phoenicians with the name of Xera, during the Middle Ages it was a site of border incursions as it was at the limit of the Kingdom of Granada, which was under Muslim control. When the Catholic Monarchs conquered it, it was already known for the excellence of its wines. The creation of its own breed of horse, the Cartujana, also belongs to the Middle Ages. It is named in honour of the Carthusian monastery of Santa María de la Defensión in Jerez. Its monks were the ones who created and bred this variety for centuries until, after Mendizábal's church land sales, the breeding of horses passed to the region's livestock farmers.

Muslim inheritance

Jerez de la Frontera's Arab past is clear in its walls, the Fortress and the Mosque. The latter is today the chapel of Santa María la Real. The Almohad origin (12th C.) of the building can be seen in the octagonal towers. Among other rooms, the Fortress has bathrooms, covered with vaults in which skylights were opened. The tower of Villavicencio palace, a Baroque building forming part of the monumental site, has a camera obscura from which you can make out the whole city.

The city's main Christian symbol, the Cathedral, is very close by. Standing on the site of a mosque, the former collegiate church of San Salvador combines Baroque and Neoclassical elements in its structure. The tower maintains Mudejar influences. Inside, we

can admire works by Zurbarán. On the other side of the Fortress is the square and church of San Miguel, a beautiful open space surrounded by orange trees. Gothic, Renaissance and Baroque styles have created a special composition, finished off by a notable main reredos.

Once you have passed the Plaza del Arenal, the next landmarks are the Municipal Meeting Rooms and City Hall, the Mudejar looking church of San Dionisio (patron saint of the city), and the Convent of San Francisco, which has a 13th century cloister.



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The oldest part of this area, surrounded by the old walls, has valuable examples of religious and civil architecture, like the churches of San Mateo and San Lucas and the Riquelme and Permantín palaces. This former residence of the local aristocracy is nowadays the Andalusian Flamenco Centre. This is a good place for getting to know more about this art, of which Jerez is a master, through its audiovisual facilities, specialised library, and recording library.

Wine cellars and horses

Another way of getting to know the culture of Jerez is visiting its numerous wine cellars, where the wines of the Jerez-Xérès-Sherry y Manzanilla-Sanlúcar de Barrameda Denomination of Origin are made. Here we can get to know both the traditional and modern winemaking methods and taste the different types of Jerez wine. The unusual architecture of these temples to wine is also outstanding. You can enjoy cellars designed by Gustav Eiffel (González Byass' "La Concha"), structures with more than 4,000 iron arches (Domecq's Gran Bodega), or the "Bodega del Tío Pepe", Andalusian Historic Heritage for being representative of the "Docomomo" Modern Movement. It is also interesting to visit the Museum of 19th Century Labels.

The breeding of Cartujana horses is also intimately linked with the development of this Andalusian city. Here the Horse Fair takes place, a festival declared of International Tourist Interest where horses and riders have a clear leading role. During these days horse-riding and competitions are accompanied by singing, dancing and food, always present on the fair's stands. This equestrian tradition is clear in institutions like the Cartuja Stud, the Military Stud and the Centre for Equine Reproduction. In the Recreo de las Cadenas, work of the French architect Garnier

and headquarters of the Royal Andalusian School of the Equestrian Art, we can attend a demonstration of "How the Andalusian Horses Dance".

On the outskirts of the city, the range of culture and leisure on offer is completed by the Carthusian Monastery of Santa María de la Defensión, a National Monument, and various golf courses, one of them a few kilometres from Jerez de la Frontera airport.

The cuisine of Jerez adds its wide range of wines to the preparation of its most typical recipes, so, meat, shellfish and fish are cooked in sherry or Jerez-style, which indicates the inclusion of fino, amontillado, oloroso or Pedro Ximénez. Soup with tomato, gazpacho, and stew with chickpeas are followed by "torrijas" (bread with wine and fried food) and "tocinos de cielo" (egg yolk cakes). The vinegar, wines and brandy must be from the Jerez denomination of origin.

Jerez de la Frontera is also a good starting point for going to the extensive beaches of the Costa de la Luz, where places like Sanlúcar de Barrameda, Cádiz or Chiclana de la Frontera are the highlights. The mountain villages making up the White Village Route are a good example of urban development integrated into broken terrain. You can tour through beautiful landscape, among which we might mention the natural parks of Bahía de Cádiz, Entorno de Doñana, and La Breña y Marismas de Barbate.

As well as the range of accommodation in Jerez de la Frontera, two good options for staying in the region are the Cádiz and Arcos de la Frontera paradors de turismo.



Spanish Recipes

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

Good luck and enjoy.

Small kebabs



Ingredients:

Ingredients for 4 people:

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

Method:

Preparation

This is a nice easy dish to prep

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

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

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

You can also use pork, chicken or beef.



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A life in
SPAIN 39

Taquilla Tickets July

By Taquilla Tickets

History of Spain Part 2

August is upon us already! Welcome to the August copy of "A Life In Spain" magazine. We sincerely hope that you are all coping with the heat. July was a hectic month for us. We saw: Sir Rod Stewart, Simply Red, Valencia, Mojacar, Iron Maiden, The Chinese State Circus, and Benidorm Palace. Our trips to and from the Port have been very successful too. Stay tuned to our website and Facebook to keep up to date with everything that's going on with Taquilla Tickets.

You may remember from last month's "A Life in Spain", that we were putting together a history of Spain. Well, this is Part 2 of the topic. We do hope that you enjoyed Part 1.

The Romans settled mainly along the coasts and rivers and, when they left, the importance of cities such as Tarragona, Cartagena, Lisbon, and Merida. Across the whole of Spain, the huge amount of public works that they organised was staggering. Roads, Bridges, Aqueducts, Temples, Arches, Theatres, Amphitheatres, and Circuses reflect the massive geographical spread of Roman settlements. At the beginning of the 5th century A.D. However, the Roman colonisation started to change dramatically when a variety of Germanic people marched into the peninsula. The Visigoths settled more in the interior, and the Suebi people in the West. Certain situations had been taking place and gaining ground by the 3rd century A.D. The urban population was dwindling, the building of fortifications around cities, the extension of dividing land into smaller estates, the lack of safety in rural areas. The state as a whole was weakening. Local landowners were becoming more powerful, because they offered safety for loyalty. During this period was the start of the Christian conquest of Hispania. However, the exact origins of this are still unknown. St Paul was probably present in Hispania between 62 and 63 A.D, and a narrative of the 3rd century persecuting Christians, mentions dioceses and martyrs. Following Constantine's "Edict of Milan", which granted religious freedom, the first Council of the Spanish Church was held in 314 A.D.

By the 5th century the Visigoths were a "Romanised" people. They saw themselves as the perpetuators of the now extinct Imperial Power. Around the mid 500's, there was a lot of pressure exerted by the Suebi peoples in the West (Galicia), the Cantabrian/Pyrenean shepherds in the North, and the Byzantines in the South (Baetica) on three different fronts led them to establish their Capital in Toledo.

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The integration of the Visigoths and Hispano-Romans was very rapid and very successful. This was helped greatly by King Reccared's conversion to the Catholic faith. This was done at the 3rd Council of Toledo in 589. This enabled the Church to play a dominant role in politics through the celebration of a series of Councils of Toledo. The Visigoths and Hispano-Roman peoples were unified under law, and both cultures favoured the nobility over royal power.

The collapse of the Visigoth State was brought about by one of the clans, the Witiza family at the beginning of the 8th century. The family asked for help from the Arabic and Berber troops that were on the other side of the Straits of Gibraltar. The Visigoths were not totally united within the Visigothic state. This allowed the Muslims to secure isolated pacts with those who were hostile to the Crown. And so, by the mid-8th century, the Muslims had consolidated their occupation of the land and, in Cordoba the Umayyad prince Abd al-Rahman proclaimed himself emir of a new state that was independent of Damascus.

WE HAVE VISITED CORDOBA AND THERE IS NO DOUBT WHAT A BEAUTIFUL CITY THIS IS. WE ARE VISITING AGAIN IN JANUARY 2024. WHY NOT COME WITH US?

During the 10th century, a member of the Umayyad dynasty in Hispania, Abd al-Rahman III, restored and expanded the state of Al-Andalus (Andalusia as we know it) and became the first Spanish caliph. This new caliphate had a double purpose. In the interior, the Umayyads were very keen to reinforce the peninsular state. In the outlying territories, their mission was to consolidate the commercial routes in the Mediterranean, and that would guarantee economic relations with the eastern (Byzantine) Mediterranean, as well as the supply of gold. Melilla (A now Spanish enclave in North Africa) was occupied in 927 and by the middle of the century the Umayyad Caliphate controlled the triangle between Algeria, Sijilmasa and the Atlantic. The small Christian areas in the North of the peninsula became fiefdoms of the Caliph, and they respected the Caliph's superiority. Muslim Spain's dominance rested on very considerable economic power which was derived by substantial trade. The Muslims had a very successful crafts industry, and their farming methods were much more efficient than those used in the rest of Europe.

The Caliphate of Cordoba (there it is again!) was the first urban and commercial economy to flourish in Europe since the fall of the Roman Empire. Its then capital, Cordoba, had a population of approximately 100,000 people, which made it the largest urban centre in Europe at the time. Muslim Spain produced a growing culture. Following the accession of the caliph Al-Hakam II (961-976) who is recognised with creating a library of several hundred thousand volumes. This was an absolutely fantastic achievement for Europe at the time. The most notable traits of this culture were contributions in the fields of medicine, mathematics and astronomy.

The Muslim period in Spain and Portugal was known as "The Golden Age". Libraries, Collages, Public Baths, Literature, Poetry and Architecture soon followed. Both Muslim and Non-Muslim people contributed to all of this. The first so-called "Christian uprising" occurred in the early 8th century. However, this was more a question of survival than a deliberate uprising. During the 12th and 13th centuries, the four main Christian kingdoms of the Iberian Peninsula were formed. These were: Portugal, Castile-Leon, Navarre and Aragon-Catalonia. The beginning of the Reconquest in Spain to drive out the Muslims, Hungarian and Slavic peoples started in the 10th century and lasted until the 13th century. The result of this was the creation of the area that we now call Western Europe around 1300 A.D. By the final third of the 13th century the Muslim presence had been reduced to the Nasrid kingdom of Granada until the 2nd of January 1492.

GRANADA: YOU KNOW, IT IS SO EASY TO GET CARRIED AWAY WITH CALLING CITIES "STUNNING" OR "BEAUTIFUL". HOWEVER, THE CITIES THAT WE VISIT ARE ALL "STUNNING". GRANADA IS ONCE AGAIN ON OUR LIST OF "THINGS TO DO".

The end of the Re-conquest of Hispania had a huge impact on Christian Europe as this was regarded as compensation for the fall of Constantinople to the Turks. More to come in next month's edition.

DON'T FORGET, JANUARY 2024 IS OUR "BIG TRIP".

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Olive Oil

Process at El Tendre

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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



Novelda

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

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

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

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

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



Why 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.”



It's November 2022. I am beyond excited about having finally decided that Vex (my Cyprus Hunting dog) and I are moving to Spain. I've bought one-way plane tickets, we depart permanently on February 22, 2023, exactly three years to the day I arrived (for a holiday).

On the move again, I just can't wait to get on the move again. Woop Woop! Outta Cyprus soon. The weight of three years of indecisiveness, procrastination and my growing contempt for the culture here, has all lifted. Poof. Its gone. Just like that. I feel light and finally, free as a bird once again. Ive never been an island girl. Islands make me feel caged.

Righto. I got a plan. A plan for how this gig is going to go.

Vex and I will spend our first 12 weeks cruising around Andalucia, in some kind of logical order of course, in a motorhome. I have over 120 properties to check out. Ridiculous I know but I'd plan to reduce my list before arriving in Spain. I want to see, experience and feel as much of the region as I can before deciding on where to settle and, in which property.

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CHANTAL WIESSNER

FB: Moving to Spain (Our Journey in Spain)



I know. I know. I know. All the advice says rent for 12 months before buying. Buying and selling costs are quite high in Spain so, I do get it. I am conscious my plan might come back to bite me on the arse. I guess only time will tell. But, I've got to start earning some money to minimise the pillaging of my finite financial resources.

So, I thought I'd rent a campervan for this epic 12 week Andalusian road trip. Wrong. Way too expensive for me. Okay. Cool. Change of Plans. Thankfully the sale of my Budapest apartment completed and I bought Vera over the internet! Purchase contract signed and deposit paid into escrow, two months before we planned to arrive in Spain.

Vera is a classic 1989 Volkswagen T-25 Reimo Campervan. I arranged with the lovely Seller to collect Vera on February 23, 2023 in Pozo Alcon, Jaen, the morning after we arrived in Spain, February 23, 2023. Daily, for hours, I am literally drooling over what feels like thousands of properties for sale across Andalusia. I love it. I even love the properties that aren't suitable for my needs. Ridiculous. I am hopeless. Hence the 127 properties on my list to view. Its going to be so easy to find and buy a property. It is also going to be so much fun turning it into a small contemporary moorish-inspired boutique hotel. Wahoo. OMG I cannot wait. Wait. Calm down. Be patient. It's not long before we are moving to Spain.

Watching, buying, renovating and selling property is slightly more than a hobby for me. It is how I've earned some of my income, either through rental income and once they're sold. I have been truly blessed with my property investments so far. Fingers, toes, and all limbs crossed that that doesn't change in Spain.

This is my third international move in 5 years! In saying that, I didn't move to Cyprus intentionally but I did have to curb the financial hemorrhage resulting from COVID-19 and that meant consolidating my life where I was, Cyprus. I decided I'd stay to ride out the COVID storm out and wait for the crazy global pandemic world to calm the hell down.

I am super organised in terms of the move itself and preparing my villa for hand-over to it's buyers. I had plenty of time to get everything sorted. No stress, no anxiety. Moving to Spain feels so right. The only anxiety I am feeling is about my dog Vex. I feel guilty my decision to move to Spain will have such a huge impact on him, for a little while anyway. We both have to push through some discomfort for the greater good. To create a better life and decade ahead!

My packers arrived February 17. Vex and I left for Larnaca where we'd spend our final 5 Cyprus nights before moving to Spain.

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