



Photo: © Joaquín Zamora

THE PERFECT HOLIDAY DESTINATION, WHATEVER YOUR PASSION

The Region of Murcia is an ideal leisure and sport destination for travellers from the UK. Just over two hours by plane from London Airports to San Javier and Alicante Airports, it offers year-round sunshine with an average temperature of 19.4°C and 315 days of sun a year. The Region of Murcia is located in the south-east of Spain in a privileged setting within the Mediterranean Basin, including 252km of coastline known as the Costa Cálida or warm coast.

Families looking for an Easter break or a sun-soaked beach holiday that offers sun, sand and plenty to entertain the kids can take



Photo: © Sergio Gonzalez

TOP: Mar Menor
LEFT: Beach of La Manga Strip

advantage of some fantastic packages when visiting the marvellous Costa Cálida over the coming months.

The Mar Menor is a saltwater lagoon with warm shallow waters, gentle wind, sheltered coastline and many hotel facilities and sports infrastructures which make it the ideal setting for water sports at any time of year, for all tastes and ages. Here visitors can enjoy kite surfing, canoeing, sailing, windsurfing, water skiing and much more. You can also enjoy diving in the marine reserve of Islas Hormigas, settled in Cabo de Palos, which has been recognised as one of the best places for diving anywhere along the Mediterranean and where you can explore everything from historical wrecks to amazing underwater landscapes.

Along the shores of the Mar Menor, separating it from the Mediterranean, is La Manga Strip, considered to be one of the region's most important tourist destinations. Thanks to its geophysical and sociocultural characteristics, La Manga has become an important venue for major nautical and sports events.

Just 20 minutes away from the Mar Menor and La Manga, the Regional Park of Calblanque offers several wild beaches. Its enormous natural wealth is based on its arid mountains, its long, ochre and golden-colored beaches as well as its lonely coves, the formation of its fossil dunes.

Alternatively, visitors may wish to stroll through the ancient streets of Cartagena. There you can enjoy the Roman theatre, the historic architecture and one of the most valuable treasures ever found by the Odyssey Marine Exploration: the treasure of the Nuestra Señora



Photo: © Sergio Gonzalez

CLOCKWISE FROM TOP: View of La Manga; map of the Costa Cálida region of Murcia; view of the city of Cartagena; 'El Cante de Las Minas Flamenco Festival' in La Unión



de las Mercedes frigate inside the National Museum of Underwater Archeology (ARQUA).

For those looking to enjoy a round of golf, there are 17 top-quality golf courses located within a radius of 50 km. Many of them have been designed by stars such as the legendary Jack Nicklaus, Dave Thomas or Severiano Ballesteros.

Mazarrón coastline boasts a wide array of sealife – it is one of the very few places in Europe where people can experience the excitement of watching dolphins, sperm whales and pilot whales. Aside from the beach, visitors may wish to see the Roman Salting Factory and the Phoenician Ship Interpretation Centre.

Águilas, the southernmost district in the

Costa Cálida is guarded by San Juan de las Águilas castle. The district has two protected areas of outstanding natural beauty: The Cabo Cope Regional Park and the Cuatro Calas Protected Landscape.

Food and wine lovers are being offered the chance to experience some of southern Spain's finest cuisine with fantastic gourmet breaks. Foodies can indulge in local cuisine crafted from fresh Mediterranean produce sourced from the region's fertile farmlands. In fact, Murcia Region is known as 'the vegetable garden of Europe'. Chefs have a wide array of fresh fruit and vegetables readily available including lemons, oranges, tomatoes, lettuce, artichokes, broccoli and watermelons. Cuisine

is an essential part of the Region of Murcia's culture and there is always a friendly buzz in the numerous restaurants. The sociable atmosphere is complemented by an almost endless choice of tapas – modern interpretations of traditional dishes can be shared between friends and family. Visitors should also not miss the chance to try the popular 'Caldero' – a local broth where rice is cooked in a cauldron with dried pepper and rock fish sourced from the Mar Menor. To complement the local food, Murcia boasts three of Spain's protected wine regions: Yecla, Bullas and Jumilla. Robust and fruity red wines made from the Monastrell grape are often the most celebrated but the region also produces delicious white, rosé and dessert wines.

For holidaymakers keen to experience some of the local events on offer, there is always something going on in the region with a host of big events, festivities and festivals taking place throughout the year, including the international music festival 'SOS 4.8' in Murcia, at the beginning of May. Arts and culture of all descriptions will be celebrated during July and August with the varied summer festivals including 'La Mar de Músicas' in Cartagena or the International Jazz Festival in San Javier, both in July. Visitors can also enjoy August's 'El Cante de Las Minas Flamenco Festival' in La Unión.

The **Region of Murcia** is the perfect holiday destination at any time of the year, whatever your passion.



Photo: © Town Hall of Cartagena

 **Costa Cálida**
Region of Murcia - Spain
www.murciaturistica.es/en