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Cartagena / Los Alcázares / San Javier / San Pedro del Pinatar

Mar Menor is a big coastal lagoon, 170 km2 of warm salt water. It is separated from the Mediterranean Sea by a stretch of land, called La Manga ('the sleeve'), which is 24 km long.

Cabo de Palos Lighthouse (19th century). Important lighthouse in south-east Spain which once housed a lighthouse-keepers school. Documentation and Exhibition Centre in Cabo de Palos. In this centre you will have the opportunity to discover the region's unique and rich seabed.

Beaches. The beaches of municipalities such as Los Urrutias, Los Nietos, Islas Menores, Mar de Cristal, Playa Honda and Cabo de Palos offer a relaxing swim in the sea, perfect for the entire family.

Los Alcázares

Balneario de la Encarnación. It was built in 1904 on the shores of Mar Menor and still preserves many characteristics of the beginning of the 20th century.

Torre del Rame. Fortress of Arabic origin which used to be a watchtower on the coast of Mar Menor. Municipal Aeronautical Museum. Run through the history of this military enclave, which was built in 1915 and became

Roman baths of los Diegos. Hidden for nearly 2,000 years. It is not certain what these baths were used for but it is

envisaged that they were part of a larger hydraulic complex connected to a settlement or some type of industrial exploitation. Monuments: The Huertano, Minero (Miner), Pescador (Fisherman) and Monolito de la Independencia (Independence Monolith) monuments.

San Javier

San Francisco Javier Parish Church. 16th century romanesque temple with a baroque facade. Museum of Local History. It has different areas which show San Javier's history.

Acrobatic Flight. Patrulla Águila is the Spanish army's acrobatic flight team. Its headquarters are in San Javier. Santiago de La Ribera. Noteworthy are its beaches, promenade and early century summer manor houses. Tomás Maestre Marina (La Manga del Mar Menor). Important sports, shopping and leisure area.

San Pedro del Pinatar

Molinos de Quintín y Calcetera. Salt mills built at the beginning of the 20th century to transfer water from Mar Menor to salt marsh pools.

Palacio del Barón de Benifayó (Baron Benifayó Palace) or Casa de la Rusa (The House of the Russian Woman). A nineteenth century neo-mudjar style building, which houses the main archaeological finds of the municipality, as well as fossils from different eras. There is also a collection of antique toys and another for classic movies. Finca de San Sebastián. Art nouveau building from the 19th century. Museo del Mar Collection. Collections including fish

and mollusk remains, reef knots and cartographic maps. Las Salinas y Arenales Regional Park. It is, every summer, one of the stops of pink flamingos travelling to the north of Africa. Las Salinas Visitor Centre. Representation of all the Park's ecosystems, salt ponds, reed, saline ground, pine forest,

Valle de Ricote and Cieza RURAL TOURISM

Archena / Villanueva / Ulea / Ojós / Ricote / Blanca/ Abarán / Cieza It was the last Moorish redoubt in Spanish Levante. Its sites, caves, manor houses and waterwheels, together with the Murcian orchards, will fill you with energy to enjoy nature, relaxation and leisure.

Archena. Archena Museum, Esparto Museum, the iron bridge on the Ruta de Vicente Medina and Paseo Ribereño, The Church of San Juan Bautista (BIC), the Casa Grande (BIC), The Villa Rías Mansion and Gardens (BIC). The Irrigation Ferris Wheels and Chimneys

Villanueva del Río Segura. The Church of Nuestra Señora de la Asunción (BIC). It is located in the old part of the town and is one of the region's most important neoclassical temples.

Ulea. The Church of San Bartolomé and the Vera Cruz. **Constructed over a mosque.** Parish House or Eiffel House.

Ojós. The Church of San Agustín, the Washing Place and the Solvente Dam are musts. The Church of San Sebastian. It was built in Murcian baroque style.

Blanca. Pedro Cano Foundation. It hosts some of the best works of this artist from Blanca. Blanca Castle. Strategic fortification during Muslim rule.

Abarán. The Hermitage of Santos Médicos San Cosme y San Damián. Excellent panoramic view of the Valle de Ricote. Cieza. Medina Siyâsa. Eleventh to 13th century Islamic site. Siyâsa Museum. Preserves the objects and architectural remains from the

Palaeolithic period. Esparto Museum. About the industry, handling and transformation of esparto grass, Molino de Teodoro Museum. Old hydraulic flour mill built in 1507. Folklore Centre. Ethnographic museum and folklore museum. Holy Week Museum-H Exhibits the imagery of the different brotherhoods. **Easter Week**. Declared of International Touristic Interest

WHAT TO DO

Archena, Fantastic route from the Archena writer Vicente Medina and the riverside walk, Miradores del Ope lookouts, Holy Week, Saint's Day of Corpus Christi, Thermal Spring in Balneario de Archena, Thermal waters with medicinal properties. Villanueva. Ecotourist walk of Villanueva. A tour through the village streets and fitted out lookouts in El Valle.

Ulea. Salto de la Novia. Massif with an interesting legend. It offers a nice view over the valley. Gurugú Viewpoint. Natural balcony overlooking the valley. It has a tower of Arab style.

Ojós. Azud de Ojós. Perfect for fishing and other river sports. Paseo de los Palmerales. Gardens and paths next to the river. Ricote. Sendero de los Miradores de Ricote. On foot or by bike.

Blanca. River Beaches, Perfect to cool down in summer and to practise canoeing. Alto de Bayna Viewpoint, Amazing view: complete panoramic view of the dam of the Azud de Ojós and of the municipality of Blanca.

Abarán. Waterwheel Route. It shows the waterwheels used since the Muslim period. The Noria Grande - Big Waterwheel - stands

out for being Europe's biggest operational waterwheel. Cieza. The Sanctuary of Virgen del Buen Suceso. Located at the Collado de la Atalaya. Panoramic view. Cañón de Almadenes. It is a protected area. Walk along the hillsides of this impressive ravine. Sima de la Serreta Cave. It is in the Cañón de Almadenes and has some rock paintings (World Heritage). Frailes Street Market. First Sunday every month from October until May. Flowering Routes. In naly heautiful routes. Holy Week, Declared of National Tourist Interest. F countryside, ideal for the entire family to do so.

BIC: Asset of Cultural Interest.

Águilas and Mazarrón

The municipalities of Águilas and Mazarrón have 63 kilometres of coastline along which you can walk among history and monuments, swim in different coves or enjoy nautical sports in many wonderful settings.

WHAT TO SEE

San Juan de las Águilas Castle. 18th century fortress which has been restored and turned into a museum. From its highest part (85m high) a beautiful panoramic view of the city and its surroundings can be admired.

The El Hornillo pier and surroundings. Constructed by the British south-eastern railway company, in the late nineteenth century. A veritable open air museum, following the former railway line to one of the former unloading tunnels and to El Hornillo Pier lookout.

Torre de Cope. 16th century tower which was used to warn of approaching Berber pirates.

Carnaval Museum. On the first floor of the Casa de Cultura Francisco Rabal, an exhibition on Águila's Carnival, declared a Festival of

Esparto Museum. Located next to the Molino de Sagrera (windmill) and its overlook, is an exhibition on esparto craftsmanship,

Plaza de España. Garden built in 1874; it has a wide variety of plants and trees such as hundred-year-old ficuses from Brazil. Among its restored facades from the 19th century, the Town Hall's Neomudéjar facade stands out.

the names of the four calas -coves- which make up one of the Region of Murcia's most particular volcanic outcrops. Sea Interpretation Centre (CIMAR). Displays the natural heritage of the Águilas coastline. Having three different areas: A fishing boat

Casas Consistoriales (Town Halls). A nineteenth century civil building, one of the examples of modernist eclectic architecture of the region, constructed during the mining boom.

Churches. The Church of La Purísima (19th century) which renders worship to the image of the Immaculate Conception, the patroness of the town. The Churck of San Andrés (16th century) and having one of the most important Mudejar coffered ceilings in the Region. Roman Salting Factory. This interpretation centre exhibits the remains of one of the main salting and fish industrial complexes

former water deposit in the Roman ponds can be found in the village of Alamillo. Beaches. Mazarrón has 35 kms of coastline with varied beaches: children's beach, accessible beach, three dog beaches and 10 kms of

Erosiones de Bolnuevo. It is the most outstanding landscape of the locality and one of the most particular and appealing ones of

'essel Interpretation Centre. Exhibition hall which counts on a replica of the Phoenician vessel called Mazarrón 2. The original vessel is still submerged.

Sierra Espuña

Alhama de Murcia / Totana / Aledo / Pliego / Mula

Sierra Espuña is considered to be the Region of Murcia's green lung, and is perfect to enjoy hiking, dimbing or paragliding. Explore its villages and its rich cultural and artisanal traditions. The Regional Park of Sierra Espuña and its surroundings have become the Region of Murcia's first protected nature area, certified by the European Charter for Sustainable Tourism (CETS).

Alhama de Murcia. Historic quarter. An accessible route includes Vieja Square and the Church of San Lázaro (BIC) and the Alhama Castle (BIC), (11th to 12th century fortress of Islamic origin. Los Baños Archaeological Museum (BIC). It keeps archaeological remains of the Roman baths, the Islamic baths and the 19th century balneario, Ricardo Codorniú Visitors Centre, (Sierra Espuña), 12 kms away from the city centre, right in the centre of the Regional Park, the information service and exhibition hall so as to become acquainted with the natural values of this protected space. Pozos de la Nieve. Curious structures from the 16th century located on the highest part of Sierra Espuña which served as "refrigerators" in order to store snow and to provide ice to nearby towns. **Totana.** Historic District. Important elements are the The Temple of Santiago and the Ollerías Arch, a fragment of the aqueduct

which was built in freestone in 1753. The Sanctuary of La Santa (BIC). It is located seven kilometres away from the town, in the middle of Sierra Espuña. Its origins are medieval and it is devoted to the worship of Santa Eulalia de Mérida. Aledo. Torre del Homenaje. The "Tower of Homage" is of Arab origin and a defensive symbol of these borderlands. La Iglesia Santa María La Real (18th century) houses works like the Virgen de la Aurora and the Dolorosa of Salzillo. Estrecho de la Arboleja (gorge) and the Noche en Vela night-time cultural event (August).

Pliego. Calle del Agua. On this emblematic street you'll find two flour mills, the La Almazara building, and the Fuente de Los Caños (fountain). Castillo de Pliego. A defensive construction dating from the 12th century. La Almoloya, at the Yacimiento de Algar (archeological site), the first Parliament in Europe, dating back more than 4,000 years.

Mula. El Cigarralejo Iberian Art Museum (BIC). Only monographic museum on Iberian archaeology which hosts the pieces found at the excavation of the necropolis of the same name. Casa Pintada. Cristóbal Gabarrón Museum which includes a retrospective of this Murcian artist. Via Verde del Noroeste and Senda del Agua. You can go hiking through a wide variety of typical Murcian landscapes, from desert badlands to Sierra Espuña's Aleppo pine forests. Historic Quarter declared a Historic-Artistic Site. The Convent of San Francisco (BIC) houses the Mula City Museum. An accessible route from the door of the Church of San Miguel (BIC), Town Hall Square to the Hospital Square and Convent of San Francisco.

Alhama de Murcia. Cultural visits. On the weekend, there are guided or dramatised guided tours of the historical heritage. Sierra Espuña car route. Contrasting landscapes commencing from the Canyons of Gebas, a lunar landscape with an absence of vegetation and ending in the Collado Bermejo contemplating the lush majesty of the Espuña valley, Active tourism, Hiking in the network of marked trails, scaling the Paredes de Leiva (Leiva Rock faces), skydiving at the airfield, paragliding in the Sierra de la Muela or mountain biking with Espubike, the BTT route which runs along for 146 kms in the Sierra Espuña.

Totana. Saint's Craft Market. Last Sunday of each month except December, January, July and August. Noteworthy are the pottery products. Argaric site of La Bastida. Founded around 2200 B.C. it was one of the largest settlements in Western Europe, known as

Aledo and Pliego. Go hiking or by bike through exceptional landscapes.

Mula. Roman villa of Los Villaricos. Remnants of an ancient Roman villa. Cuatro Plazas Street Market (Market of the Four Squares). On the second Sunday of each month, from September to May. La Noche de los Tambores (Night of the Drums, Holy Week). A Festival of International Tourist Interest and Declared Intangible Cultural Heritage of Humanity by UNESCO, in which drums are beat on Tuesday and Wednesday, Good Friday, and Easter Sunday. Adventure Sports Casas Nuevas Hostel & Mountain Sports Centre. Via Ferrata del Salto del Ciervo, Barranco de Gebas (Ravine) and the Festival ECOS (Early Music).

Murcia

CULTURAL TOURIS

In Murcia, the capital city of the region, you can walk everywhere to enjoy a wide variety of museums, outstanding monuments, shows and typical 'tapas' in the open air.

Cathedral Ensemble. This Cathedral is tremendously beautiful and has different architectural styles. The most striking elements are the baroque facade with its bell tower, the Puerta de los Apóstoles, the gothic Vélez Chapel and the renaissance Junterón Chapel, Next to the Cathedral is the baroque Bishop's Palace,

Real Casino in Murcia (BIC). This building is in the historic downtown district, it has been declared a national historic and artistic monument. You shouldn't miss the Arabic Courtyard, the Ballroom, the Ladies' Restroom, the Tearoom or the Pool Hall. Salzillo Museum. The museum exhibits works by the Murcian sculptor Francisco Salzillo, such as the groups of sculptures that take part every year in the Good Friday Procession in the city of Murcia, and a wonderful nativity scene with more than 500

The Monastery of Santa Clara la Real (15th to 18th century) **and Museum.** The Church, the Museum and the Islamic remains, over which the monastery was built, are musts. Baroque Churches Route. San Nicolás de Bari, San Miguel, San Juan de Dios, Santa Eulalia, Santo Domingo and Santa Ana

Convent, among others. More Museums. The MUBAM, the Ramón Gaya, the Archaeological, the Science and Water, the City, and the Monteagudo Visitors Center.

WHAT TO DO

El Valle y Carrascoy Nature Park. It is located 10 minutes away from the city centre. You can visit Virgen de la Fuensanta Sanctuary, El Valle Visitor Centre, La Luz Iberian Sanctuary and San Antonio El Pobre Visitor Centre

Tapeo. The good weather invites one to go on a tapas bar crawl sampling tapas in the tayerns and squares throughout the year. Noteworthy are those in San Juan, Santa Catalina and de las Flores and the bar areas of La Merced and Plaza de Europa. Do not forget to have a marinera (Spanish potato salad on a roll crowned with an anchovy), a matrimonio (the love story between an anchovy and whitebait - (anchovies (brine) and whitebait (pickled) on a piece of bread)), a tomate partío (diced and seasoned tomato), a zarangollo (frittata of zucchini, onion and eggs) or a few slices of roasted octopus. Festivals. The Murcia Tres Culturas International Festival (May) is the meeting point and coexistence of the Christian, Jewish and Muslim cultures. The WARM UP (May) is Europe's reference cultural event that takes place each spring in Murcia. It combines music, art and meditation in one place. The Mediterranean Folklore International Festival (July) turns the city into a living stage of folklore and traditional expressions, as well as art from many different countries and regions.

Festivities. Holy Week (International Tourist Interest), A singular Holy Week in Spain known for its thrones and sharing of sweets and gifts between the general public. Spring Festival. The Peñas Huertanas or Huertano groups set up in the city gardens of the city shanties which offer typical local cuisine. Noteworthy is the El Bando de la Huerta and El Entierro de la Sardina, of International Tourist Interest. The September Fair is a festivity dedicated to the La Virgen de la Fuensanta, with activities and festivals, noteworthy are the Moors and Christians, the Huertos del Malecón, the bullfighting fair of Murcia and the Romería day,

Shows. The Romea Theatre, the Circo Theatre and the Víctor Villegas Auditorium and Conference Hall make up a comprehensive cultural offer.

Shopping. The best shopping in the city centre (Trapería, Platería, Jabonerías streets or the Gran Vía) and the shopping centres (El Tiro, La Noria, Thader or Nueva Condomina).

Activities

Two seas on one coast, mild temperatures, dreamy beaches and unspoiled coves, bustling ports, charming villages and tourism complexes beckoning you to enjoy all kinds of activities.

Waters sports. Lovers of water sports activities will enjoy an exceptional site so as to play all kinds of sports. Sailing, scuba diving, windsurfing, catamaran sailing, kite surfing, ski bus, canoeing, stand up paddle, kayaking etc... Scuba diving. The seabed is of an extraordinary beauty with a rich variety of fauna and flora, in which one can undertake shallow and

simple dives, or routes only recommended for expert divers. Noteworthy is the Cabo de Palos-Islas Hormigas Marine Reserve and the sea beds of Cartagena-La Azohía, Águilas and Mazarrón. Mar Menor-Cabo de Palos Marine Resort. Offers a complex of nautical, sporting and tourist facilities, accommodation and other

services for the general public in a common area; the Mar Menor and Cabo de Palos. Beaches for everyone and for every taste. Family beaches, sports beaches, wild beaches, naturist beaches, accessible beaches...

Cetacean sighting. Águilas and the bay of Mazarrón are some of the best locations for a cetacean sighting on the high seas. You will have the opportunity to see dolphins, pilot whales and, sometimes, rorquals and sperm whales. Fish auctions. Fresh fish auctions are a classic experience in these coastal areas. Do not leave without visiting the fish markets of

Take a walk or ride along the coast. Without straying far from the water, cycle or walk along seaside paths and promenades, with pleasant routes to be found through the regional parks of Calblanque, Salinas y Arenales del San Pedro del Pinatar, Calnegre and Cabo

Take a tour of the coast. Without leaving the sea behind, cycling or walking along trails and seafront promenades, pleasant routes in unparalleled surroundings. Let's go to the flea market. Highly recommended are the typical summer flea markets, Mondays: San Pedro del Pinatar; Tuesdays:

La Unión, Los Belones and Los Alcázares; Wednesdays: Cartagena, Santiago de la Ribera and El Mirador (afternoons); Thursdays: San Javier, Los Urrutias and Lo Pagán; Fridays: Islas Menores and El Algar; Saturdays: Los Narejos, Águilas and Mazarrón; Sundays: Mazarrón Port, Cabo de Palos, Los Nietos and San Javier (drive-in cinema).

Hole in one. The Costa Cálida (Warm Coast) has become one of the favourite destinations for the lovers of golf due to the numerous Mens sana in corpore sano (A healthy mind in a healthy body). Have a relaxing holiday and treat oneself to a health bath which is

made possible in the health spas, thalassotherapy and spas centres of the coast of Murcia.

Marine tourism and sunsets. Bring out your marine side and enjoy an unforgettable sunset, Cuisine. Discover the flavours of the sea by tasting a delicious caldero, prawns from Mar Menor, roast octopus, lobster rice, pastel de cierva, tomate partío, salted fish (roe, mojama, tuna and albacore), Mazarrón-style monkfish, red mullets from Águilas, albacore noodles or cazuela empaná. To finish, try a tocino de cielo dessert and an asiático coffee.

Festivities. Águilas Carnival. One of the most emblematic carnivals in the Region of Murcia. Romería de San Blas (Pilgrimage of Saint Blas) in San Javier (February). San Pedro del Pinatar Holy Week. It is the only Holy Week in Mar Menor. Los Alcázares Berber Pirates Approach (Holy Week). It recalls the scourge of Berber pirates suffered by the locality during the 16th and 17th centuries. Virgen del nen Festivities in San Pedro del Pinatar (16th July). La Huerta y el Mar International Week in Los Alcázares (August). Combination of folklore, traditional and popular music with typical Murcian cuisine. Romería de Bolnuevo - Mazarrón (November). It commemorates Bolnuevo miracle. Inmaculada Festivities in Mazarrón (December).

Festivals: International Jazz Festival (San Javier - July). Boasting the best jazz and blues on the current scene. Festival Fan Futura Fest (San Javier - July) La Mar de Musicas Festival (Cartagena – July). International Theatre, Music and Dance Festival (San Javier - August). Infanta Doña Elena Auditorium and Convention Centre (Águilas). Wonderful and modern beachfront premises where a wide range of shows and events are scheduled.

Northwest of the Region of Murcia RURAL TOURISM

Bullas / Cehegín / Moratalla / Calasparra / Caravaca de la Cruz It is a land of contrasts, where you can enjoy activities in the middle of nature, admire extensive vineyards or walk through mountain villages with a huge cultural heritage.

WHAT TO SEE

Bullas. Wine Museum, located in a traditional winery dating from the 19th century. A unique and original setting where the culture of wine is presented from an interactive and didactic perspective. Don Pepe Marsilla House-Museum, recreating local lifeways in the early 20th century. The Roman Villa of Los Cantos. Agro-livestock village (2nd century BC and 5th AD). Ceheaín. Historic Center (Maravilla Rural de España/Rural Marvel of Spain, 2019). Including the Casa Jaspe (current City Hall), Escuela del Vino (Wine School) in the Palacio de la Tercia, The church of Santa María Magdalena, Hermitage of La C Archaeological Museum, The House of Duques de Ahumada, Jardín del Coso (garden). City of Begastri. Archaeological site with remnants of Iberian, Roman and Visigothic culture.

Moratalla. You'll be able to explore the rich heritage and secrets of this town, whose medieval historic center features stately homes, picturesque corners and an impressive Fortress/Castle next to the The Church of Santa María de la Asunción, whose monumentality is the hallmark defining Moratalla's visual identity, remaining almost intact in recent centuries. "Casa de Cristo" Region of Murcia Rock Art Interpretation Center, featuring a set of rock shelters declared World Heritage. The Museo del Tambor m Museum): the history of drums, traditions, customs, crafts and rolls and beats during Holy Week in Moratalla.

Calasparra. The Sanctuary of Nuestra Señora de la Esperanza. Hermitage inside a natural shelter. Casa Granero Rice Museum. It shows the complete process of rice cultivation. La Encomienda Archaeological Museum. It recalls the locality's history.

WHAT TO DO

Bullas. Entorno de La Rafa, A nature area known as the Gateway to the Northwest, Salto del Usero (waterfall) A place of great scenic beauty and of hydrological, geomorphological and sedimentological interest. Wine Route. Discover a rich cultural legacy associated with wine. Mercadillo de El Zacatín (Market) Held on the 1st Sunday of each month. The Fiestas del Vino (September) and VINARTE (March). With a great number of activities. Red de Senderos de Pequeño Recorrido (Network of Short Trails), where one can enjoy the Vía Verde del Noroeste (Greenway) and the Barranco de la Regidora (ravine), among other nature areas. Cehegín, The Sierra de Lavia, Burete, Ouípar and the Coto de las Maravillas Active Tourism Park, The mountains of this municipality harbor numerous forest paths and hiking trails, the trail of Maravillas, The El Mesoncico Arts and Crafts Market, and the Feria de Segunda Mano (Second-Hand Fair) are held according to the annual calendar. La Ruta de la Tapa (Tapas Route), the region's most famous (March). La Escuela de Vino (Wine School) offers numerous activities related to the world of wine. Cehegín

las Maravillas (Virgin of Wonders). Moratalla. Enjoy adventure sports and rural tourism all across this large municipal area, featuring walks in areas of great natural, geological and landscape interest converted into natural outdoor museums. Revolcadores. Pico del Obispo, the highest point in the Region of Murcia. A walking route through the historic quarter. Fiesta del Tambor de Semana Santa (Holy Week (Main Festivities) from July 11 to 17, featuring running with bulls and numerous celebrations.

is part of the Ruta del Vino Bullas (Wine Route). Fiestas Patronales (Patron Saint Festivities) (September) in honor of the Virgen de

Calasparra. Descent down the Cañón de Almadenes (Almadenes Canyon). Passing through a protected natural area of riverbank woodland, Calasparra Rice, The quality of its varieties has made it well known across the world, First rice with a Guarantee of Origin in Spain. Puerto Cave. The biggest in the region which has been fitted out for tourism purposes. It has spectacular stalactites and stalagmites with a wide range of colours. Pozo Rock Shelter and Monigotes Cave. Archaeological area, next to the river Segura, with schematic cave paintings.

Cartagena y La Unión

Cartagena, a city with more than 3,000 years of history, is a port of cultures, where the sea becomes a source of civilisation, tradition and legend. La Unión is a town full of folklore and tradition.

Roman Theatre and Museum. A time tunnel which takes you to the Roman Cartagena and arrives directly to one of the biggest monuments from this period: the Roman Theatre. Come and admire its cavea dug out of the rock, as well as its stage. Barrio del Foro Romano in Cerro del Molinete. Thanks to the excavations, a complete block from the Roman Cartagena has been discovered. Formed by two buildings: a thermal complex (1st century BC) and edificio del atrio (1st century BC). **Cartagena Port of Cultures.** The interpretation centres show the history of Cartagena from the Roman period to the present time. Punic Wall (3rd century BC), House of Fortune (1st century BC), Augusteum (1st to 2nd century), Fuerte de Navidad, Museo-Refugio de la Guerra Civil, Panoramic Lift and Concepción Castle.

The National Underwater Archaeology Museum (ARQUA) has two specific areas: one for shipbuilding and navigation, the other for Mediterranean vessels and ports. The Regional Museum of Modern Art (MURAM) hosts various temporary avant-garde art exhibitions. Archaeological Museum. Built around a late Roman necropolis (4th to 5th century), with one of Spain's best collections of

Other Museums. Historical-Military Museum, having the largest collection of twentieth century artillery of Spain XX century, as well as the collection of the world's largest military miniatures. Naval Museum noteworthy is the Isaac Peral Room where

the first submarine torpedo boat in the world is exhibited Art Nouveu. Numerous buildings from this period in Cartagena: Palacio Consistorial, Aguirre Palace, Beltrí House and Gran Hotel, In La Unión: Mercado Público and Piñón House.

Port. One of the most important ports in the Mediterranean since Phoenician times.

Cuisine. The cantonal salad, grilled octopus, michirones or the famous caldero. Following dessert an asiático coffee. The Regional Park of Calblanque, Monte de las Cenizas and Peña del Águila. Allowing one to go hiking, bicycle riding and bird watching. Hiking up Mount Roldán and La Muela. The climb up Mount Roldán offers one at 490 meters above the sea, breathtaking views of the coastline of Cartagena. Noteworthy is Roldán gun tower (BIC).

Sierra Minera de La Unión-Cartagena. Strong mining activity since the times of Carthaginians and Romans up to the 20th century. The Union Mining Park (BIC) shows visitors the entire process of the underground mining industry in the nineteenth and twentieth centuries. Noteworthy is the Agrupa Vicenta mine and the Interpretation Centre of Las Matildes Mine. Beaches. Its coastline stretches along the beaches of municipalities such as Los Urrutias, Los Nietos, Islas Menores, Mar de Cristal, Playa Honda, La Manga del Mar Menor, Cabo de Palos, Isla Plana, El Portús or La Azohía

Festivals. Rock Imperium (June). La Mar de Músicas (July), one of the best festivals with all kinds of shows. Cante de las Minas de la Unión International Festival (August), which takes place in a building called Antiguo Mercado Público, known as Cathedral of Flamenco Singing; it is the meeting point of 'cante jondo' and flamenco. Cartagena Jazz Festival (November). Two weeks of traditional and modern jazz. Festivities. Carnival, every year attended by more participants and visitors. Holy Week. Declared as International Tourist

Romans (September), of National Tourist Interest, recreate the history of the city. Shows. El Batel Auditorium and Conference Hall and Nuevo Teatro Circo. Offering a comprehensive cultural programme. Shopping. Abierto (Open) Shopping Centre, in several streets of the city centre and the Mediterranean Space Shopping Centre.

Interest and characterised by the order. The images have the quality and brand of the best sculptures. Carthaginians and

Health and beauty

The Region of Murcia has three 'vitamines' for you to start feeling good. Thanks to them, you will be able to switch off from the daily routine and stress: vitamine B (Balnearios), vitamine T (Thalassotherapy) and vitamine S (Spas).

A balneario or thermal spring spa has mineral-medicinal waters declared of public interest, medical services and adequate premises to carry out any prescribed treatments.

The waters of balnearios, during their way under the ground, take the minerals which give them mineral-medicinal properties. Thanks to these features, balnearios are perfect for bone ailments, muscular pain, respiratory and dermatological problems, since they optimize rehabilitation.

- Balneario de Archena (Archena) - Balneario de Leana (Fortuna) - Balneario Bahía de los Delfines (Mazarrón)

Balnearios in the Region of Murcia:

Thalassotherapy includes sea water, its setting and the sun's radiation. These aspects make the positive ions accumulated in our body –which produce stress, exhaustion and discomfort- disappear. And, thanks to oxygen and negative ions present in a sea atmosphere, you will experience a feeling of well-being and freshness. Seaweeds, plankton, mud and sea trace elements make treatments with sea water very helpful to fight stress, rheumatism,

dermatological problems, osteoporosis, muscular problems... Mar Menor is a health sea, and its properties and muds are unique. There are no waves, the sea is not deep and salinity is

high; all this increases flotation and helps to move more easily. Thalassotherapy establishments in the Region of Murcia:

Balneario Marino Termas Cartaginesas (La Manga del Mar Menor-Cartagena) Centro de Salud Vital Aguas Salinas (Lo Pagán-San Pedro del Pinatar)

Hotel Thalasso Lodomar (San Pedro del Pinatar) Thalasia Costa de Murcia Hotel & Balneario Marino (San Pedro del Pinatar)

'Salus per Aquam', health through water, known as SPA. These centres offer you everything your body and mind need to enjoy a better life through water. In the Region of Murcia, you can combine swims at the best beaches with water bubble

Spas in the Region of Murcia:

Grand Hyatt La Manga Club Golf & Spa 5* (Los Belones - Cartagena)

Ona Mar Menor Golf & Spa resort 5* (Torre Pacheco) DoubleTree by Hilton La Torre Golf & Spa Resort 5* (Roldán-Torre Pacheco) Hotel Puerto Juan Montiel Spa & Base Náutica 4* (Águilas)

Hotel Jardines de Lorca & Spa 4* (Lorca) Spa Parador de Lorca 4* (Lorca)

Spa Hyltor Hotel 4* (Archena) Spa Hotel Servigroup Galúa 4* (La Manga del Mar Menor)

Northeast of the Region of Murcia RURAL TOURISM

Abanilla / Fortuna / Jumilla / Yecla

Go through the old towns in this area, which are full of charming spots. You can indulge in relaxation thanks to the thermal spring in Fortuna, and also taste wines with a Guarantee of Origin from Jumilla and Yecla.

Abanilla. House of La Encomienda, Public Wash house, Church of San José, Lugar Alto and the façades of the Pintada y Cabrera Houses. So essential so as to be acquainted with the civil and religious architecture of Abanilla. Fortuna. Cueva Negra. Roman sanctuary (1st to 3rd century) with inscriptions in Latin of "The Aeneid" by Virgil. Convent House, Old art nouveau mansion. Town Hall Lobby (BIC). It has oil paintings (Panneaux). The Parish Church of La Purísima (18th

century). Baroque Murcian style. Jumilla. Castle. It is over a hill from which it dominates the locality. Its first fortifications date from the Bronze Age (1800 BC). /ico Theatre, It is a jewel of art nouveau architecture, to which the most modern facilities have been adapted. The Francisca Convent of Santa Ana del Monte. Singular construction (16th century) which contains one of Spain's biggest reliquaries. The Church of Santiago. Constructed between the 15th to 16th, a blend of Gothic, Renaissance, baroque and neoclassical styles. Noteworthy is the 16th century altarpiece. Jerónimo Molina Municipal Museum. It includes sections of Ethnology and Natural Science, Holy Week and Archaeology. Wineries. Interesting routes with wine tasting of the D.O. Jumilla wines. Yecla. The Basilica of La Purísima. Neoclassical style and Latin cross floor; it keeps the Virgen de las Angustias group of sculptures by Francisco Salzillo. Concha Segura Theatre. Constructed over the Casa Panera del Pósito in 1886; opera, dance and

theatre performances. Museums. Cayetano de Mergelina Archaeological Municipal Museum, El Greco Replicas Museum, Holy

Week Museum, Patron Saint Celebrations Marian Museum and Bullfighting Museum.

WHAT TO DO

Lorca

walls of its castle, which is nowadays the Fortress of the Sun.

Hornos and the Polvorín, now converted into a bar Las Caballerizas del Castillo,

attached the Plaza del Caño with the Pósito and the old Casa del Corregido

with Lorca's Holy Week throughout the year.

environment and accommodation is possible.

rate the conquest of Lorca by the Christian troops.

synagogue is unique in Europe due to its excellent state of preservation and repair.

Guided visit. During the year tourists are shown the city with guided and dramatised tours.

Abanilla. River Chícamo. The river Chícamo's runoffs have developed a particular and rough landscape. Santísima y Vera Cruz and Moors and Christians Festivities (May). During several weeks there are parades of both armies in a gunpowder atmosphere. El Olivar de Abanilla, a stroll among ancient and millenary examples which commence and end in an olive-growing cooperative. Fortuna. The Regional Park of Sierra de la Pila. Natural area which includes more than 450 vegetable species and medicinal plants. Humedal de Ajauque and Rambla Salada, Protected natural area formed by a salt river and a salt marsh. Balneario de Leana Thermal Spring. 52°C thermal spring with great healing effects. Sodales II

ommemorate the annual visits of Romans to Fortuna's thermal spring. Jumilla. La Estacada Botanic Garden. It has more than 150 plant species from the Mediterranean climate. The Regional Park of Sierra del Carche. Great fauna of birds of prey; perfect area for air sports. Cave Paintings (World Heritage). The Canto Blanco and Buen Aire Natural Shelters and the Peliciego Cave stand out. Fiesta de la Vendimia (August). Great Wine Parade, Jumilla Wine Route. To enjoy the area's cuisine, wines with a Guarantee of Origin and products.

Yeda. Conjunto de la Plaza Mayor. Architectural ensemble including the Town Hall, the Alarcos Palace, the Lonia, the Alhorín or Pósito de Pan, the Clock Tower and the Old Church. Monte Arabí. It has several archaeological sites from the Palaeolithic and the Bronze Age. Rock Shelters. Canto de la Visera and Mediodía Cave (World Heritage). Pur Declared an Asset of Nonmaterial Cultural Interest. Saint's Day Festivities of San Isidro (May). Celebrations centred on Spring. Yecla Wine Route. It shows visitors the wine and cuisine diversity developed in the town throughout time.

Lorca offers a journey through history, with its medieval, renaissance and baroque buildings. It is protected by the fortified

Visitors Centre. The Convent of La Merced. Its permanent exhibition takes a journey through the history of Lorca through

and Espolón, cisterns and Medieval Synagogue welcome visitors to relive its history. And from the Napoleonic era are the

Lorca Monumental. The environs of the Plaza de Spain was set up as a centre of power from the 16th century; wherein is

found the most important buildings in Lorca, the Town Hall, the Colegiata de San Patricio with its Chapterhouses, to which is

Interest. Cloaks with silk and gold embroideries and audiovisual presentations which make it possible for visitors to get familiar

Holy Week Embroideries Museums. They host the rich heritage of the Brotherhoods (Paso Blanco, Paso Azul, Paso

Rural tourism. Lorca is the first largest non-capital municipality in Spain. Its 39 districts allow one to partake of the rural

Cuisine. Based on garden produce products and the Chato Murciano (authchonotous breed of pig), rich dishes such as Olla

Fresca, Rice and Turkey; cured meats such as lorcan sausage; and delicious desserts such as Milhoja or the Tortada. But also

representing Assyria, Babylon, Greece, Israel, and prophets, emperors or kings on magnificent embroideries. Fiesta declared of

Feria Chica and Feria Grande. The Feria Chica is held in September in honour of the patron saint of Lorca, Virgen de las

Fiesta of San Clemente (November), Christian troops, Muslims tribes and Jewish communities organise acts to commemo-

Puntas de Calnegre Beaches, Located in the Cabo Cope Natural Park - Puntas de Calnegre: is 10 kms of unspoilt

Lorca's Holy Week is intense. Nobody could turn a blind eye to the show of Lorca's Holy Friday. You will see scenes

coastline. Only the fishing village of Calnegre offers some services such as restaurants and accommodation

crespillos, sweets such as chochos and the picardías; wines, nougat, oil, pickles and so on and so on.

Huertas. The Feria Grande is held in the Huerto de la Rueda with activities for the entire family.

Encarnado and Paso Morado), which organise the Desfiles Bíblico - Pasionales declared a Fiesta of International Tourist

Synagogue and Jewish quarter. Archaeological remains of the Lorcan Jewish Quarter from the 15th century. The

Fortaleza del Sol. The Lorca Castle has been transformed into a thematic space where the Middle Ages, its Torres Alfonsina

prehistory up to the present day and age, ending in the audiovisual documentary crew members of time.

CULTURAL TOURIS

Birdwatching. The Region of Murcia boasts unique ecosystems and a multitude of species. Some of the best sites include the Salinas n Pedro del Pinatar Regional Park, **the** Sierra Espuña Regional Park, **and the** Calblanque Regional Park. Cave Art. The Region of Murcia features prehistoric rock art declared World Heritage by UNESCO. Noteworthy are the Cueva Sima de la Serreta, in Cieza; Abrigos del Pozo, in Calasparra; Cañaica del Calar, in Moratalla; and Monte Arabí, in Yeda. Ecotourism. Experiences in contact with nature, promoting the practice of sustainable tourism, reducing environmental impact, and

contributing to local wealth. Beekeeping, horseback riding, forest bathing and exposure to the daily life of a shepherd.

It is a pilgrimage town, as well as Rome, Jerusalem, Santiago de Compostela and Santo Toribio de Liébana. Thousands of visitors go to Caravaca de la Cruz in order to worship the Vera Cruz –True Cross–, which every 7 years celebrates its Jubilee.

Castle and Basilica-Sanctuary of the Santísima y Vera Cruz. Houses the relic of the True Cross, which contains in its

San José monastery and the churches of El Carmen and Saint Clara, ancient churches of La Compañía de Jesús and La Soledad, the Templete, etc. Fuentes del Marqués. Located 2 kms from the city centre, is a natural landscape wherein the largest group of springs in

Festival Museum. Located in the Uribe Palace, wherein all matters related to the Festivals of La Santísima and Vera Cruz de Caravaca, costumes and ornaments of the Moors and Christians and the harnessing of the Caballos del Vino. Caballos del Vino Museum-House. Located in an 18th century manor house, undertakes a journey of this festivals from its

Barranda Ethnic Music Museum (Carlos Blanco Fadol Collection). Houses a comprehensive collection of instruments and music from around the world.

human professions and activities. Carrilero Museum. Located in what was once the family home of this caravaqueño artist, displays a representative collection

Cuadrillas de Barranda Festivities (January). Of National Tourist Interest. Several thousands of persons come with the aim of enjoying an entire day of popular music and folklore, turning the streets of the town into a huge stage. Santísima and Vera Cruz Cruz Festivities (May). Of International Tourist Interest, is composed of the Caballos del Vino

Medieval Market. It is held on the Constitution long weekend. Visitors are transported to the medieval ages through

20 high-level courses within a 50 kilometre radius for amateurs and professionals to enjoy golf.

The Region of Murcia is Europe's new golf tourist destination. Here you can play your favourite sport in an ideal setting with

The courses have been designed by golf stars such as Jack Nicklaus, Dave Thomas and Severiano Ballesteros. They have

contributed with their experience and passion by creating stimulating rounds in which technique is combined with strength.

Tourist complexes in the area make the Region of Murcia a place to live golf to the full. Here you will find schools with the

After a couple of holes, you will have the opportunity to relax bathing at any of the beaches on the Costa Cálida, enjoy the

best professionals, as well as luxury villas, apartments overlooking the course and hotels from the best hotel chains,

Real Golf La Manga Club (Los Belones-Cartagena) Golf Altorreal (Molina de Segura) Mar Menor Golf – Ugolf (Torre Pacheco) Saurines de la Torre – Ugolf (Torre Pacheco)

more than 300 sunny days a year and 18°C average annual temperature.

Now you have the perfect excuse to practise your beloved sport all year round.

restaurants offering local cuisine, tennis and paddle tennis courts, gyms and spas.

cultural and leisure offer, or get away to the interior of the Region of Murcia.

Golf

Hacienda del Álamo – Ugolf (Fuente Álamo) Alhama Signature – GNK Golf (Autovía Mazarrón-Alhama) El Valle Golf - GNK Golf (Baños y Mendigo-Murcia)

Hacienda Riquelme Golf – GNK Golf (Sucina-Murcia) La Torre Golf - GNK Golf (Roldán-Torre Pacheco) Roda Golf Course (San Javier)

La Serena Golf (Los Alcázares) Lorca Golf Course (Lorca) New Sierra Golf (Balsicas-Torre Pacheco) Altaona Golf (Murcia) Pitch & Putt Torre Pacheco (Torre Pacheco)

MontePríncipe Golf Club (Molina de Segura)

Sensol Golf (Camposol- Mazarrón) Isla del Fraile Par 3 (Águilas)

Other rural areas

There are other areas in the Region of Murcia where you can choose among orchards, land or mountains to relax and enjoy a warm and welcoming atmosphere. Alcantarilla. Ethnological museum of traditions, customs and folklore from the 'Huerta de Murcia'. A journey with which to

become acquainted with the life of the huertanos (inhabitants of Murcia). Molina de Segura. Museo del Enclave de la Muralla (MUDEM) (Museum of the Enclave of the Wall). A journey through the history of the fortification, dating back to al-Andalus. El Centro Los Postigos houses the Tourism Office and preserves a section of the old wall that surrounded the city. Also of note are the Museo del Horno del Concejo (Oven House Museum), La Casa del

Folclore and La Iglesia de Nuestra Señora de la Asunción (BIC). Mirador del Castillo (Castle Overlook). A site featuring vestiges of

the old Alcazaba (fortress). A route dotted by chimneys, symbols of the city's canning history. Puerto Lumbreras. A set of restored and cave houses converted into museums. Castillo de Nogalte A medieval Islamic castle built between the 12th and 13th centuries. Casa del Cura. The "Priest's House". A 19th-century manor house, it houses the Ethnographic Center of Agricultural and Livestock Traditions. Casa de los Duendes. The Museum of Graphology is of note. Cabezo de la Jara. A nature site with an Astronomical Observatory, youth hostel, and an interpretation center. Adventure sports:

climbing (Las Peñas de Béjar), mountain biking, and caving (Cabezo de la Jara). Torre Pacheco. Lo Ferro Festival (July). One of the most intensely popular flamenco festivals. Cabezo Gordo Archaeological Site. Triassic marble structure with the Sima de las Palomas, one of the most important sites in the world with remains from Homo Neanderthalensis. Windmills. 18th to 19th century rural constructions which facilitated the milling and extraction of water activities to our ancestors.

Active Tourism

The Region of Murcia offers endless opportunities for you to stay active, on land, on the sea, and in the air. Trails. More than 100 approved long-distance (GR), short-distance (PR), and local (SL) trails. Of special note is the GR-92, which runs

along the entire coast of Murcia: and the GR-7, from northern Europe. Vías Verdes. Old disused railway lines that have become itineraries for hiking and cycling. The Vía Verde del Noroeste between Murcia and Caravaca de la Cruz, the Vía Verde Cartagena-Totana, the Vía Verde de Mazarrón, the Vía Verde de Almendricos, in Lorca, The Vía Verde del Chicharra in Cieza and the Vía Verde del Chicharra in Yecla.

Bicycle Touring. Espuroad: three routes of about 80 km each that run along paved roads in the Sierra Espuña Regional Park. IMBA routes in Mazarrón: two rides of at least 50 km through almost untouched areas of the Costa Cálida. The EuroVelo 8 passes through the Region of Murcia, stretching 217 km, through nine municipalities. It is mostly coastal. Speleology. Highlights include the Cueva del Puerto, in Calasparra; the Sima (cave) del Pulpo, in Cieza; the Sima de la Higuera, in

Pliego; and the Cueva del Chutal, in Totana. Climbing: The varied orography of the region makes it possible to climb rocky limy walls which are hundreds of metres long. Valle del Lewa in Sierra Espuña. El Almorchón in Cieza. Cresta del Gallo and Sierra de Ricote are some of the most important peaks. Paragliding. For adrenaline lovers, we have ideal summits, massifs and mountains, like those you'll find in the Sierra del Carche

Caravaca de la Cruz CULTURAL TOURISI

interior a Lignum Crucis. On the same premises is the Museo de la Vera Cruz Museum. Includes collections of ornaments. iewellery and painting. Civil and religious architecture. From the 17th to 18th century. Noteworthy: the churches of El Salvador y La Concepción;

the Region of Murcia is found. It is listed as a Historic Site. The Nature Interpretation Centre is located, in the Torreón de los

origins to the present day and age. Of special interest are complete harnesses which are on display **La Soledad Archaeological Museum.** Located in the Cuesta del Castillo, displays the history of the city from the Palaeolithic to the Middle Ages through the items found at the sites of the municipality.

Ángel Reinón Miniature Ethnographic Museum. Exhibits a collection of pieces made of iron and wood of traditional

of his major works.

WHAT TO DO

2024 Jubilee Year. Open to pilgrims from around the world.

(Candidates to the UNESCO Intangible cultural heritage of humanity), and the Moors and Christians. **El Peregrino Craft Market.** Third Sunday of each month, from October to June, in the Corredera, with animations.

Cuisine and Rural Tourism. Caravaca is the second municipality with the most number of rural houses in the Region Murcia. Similarly, the city enjoys a varied cuisine which includes rice, migas and lamb prepared dishes. Desert wise noteworthy are the vemas and alfaiores

Camino de Levante. A pilgrimage route from Orihuela (Alicante) to Caravaca de la Cruz.





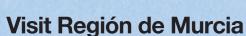


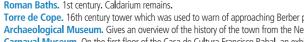


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Archaeological Museum. Gives an overview of the history of the town from the Neolithic period (3000 BC). International Touristic Interest.

which boasts a great economic and social legacy in Águilas. José Matrán Museum Hall. It has a great collection of the artist's works.

Rincón del Hornillo. Beautiful spot with a handcrafted tiled staircase in front of the Hornillo beach. Natural Areas. Cabo Cope y Puntas de Calnegre. Natural setting between the municipalities of Áquilas and Lorca. It is an ideal place for fishing and walking enthusiasts. Cuatro Calas Protected Landscape, Calarreona, La Higuerita, La Carolina and Los Cocedores are

which can be visited, a museum area and an aquarium.

dating from the late Roman period. Mazarrón archaeological sites. The La Casa Romana de la calle Era (fourth century). Archaeological remains, salt basins and a

natural coves which can be enjoyed year-round.

Torre de los Caballos Interpretation Centre. It was built in the 16th century in order to protect the coastline from the approach of Berber pirates. It guaranteed peacefulness at fishing together with the towers Molinete and Santa Isabel.