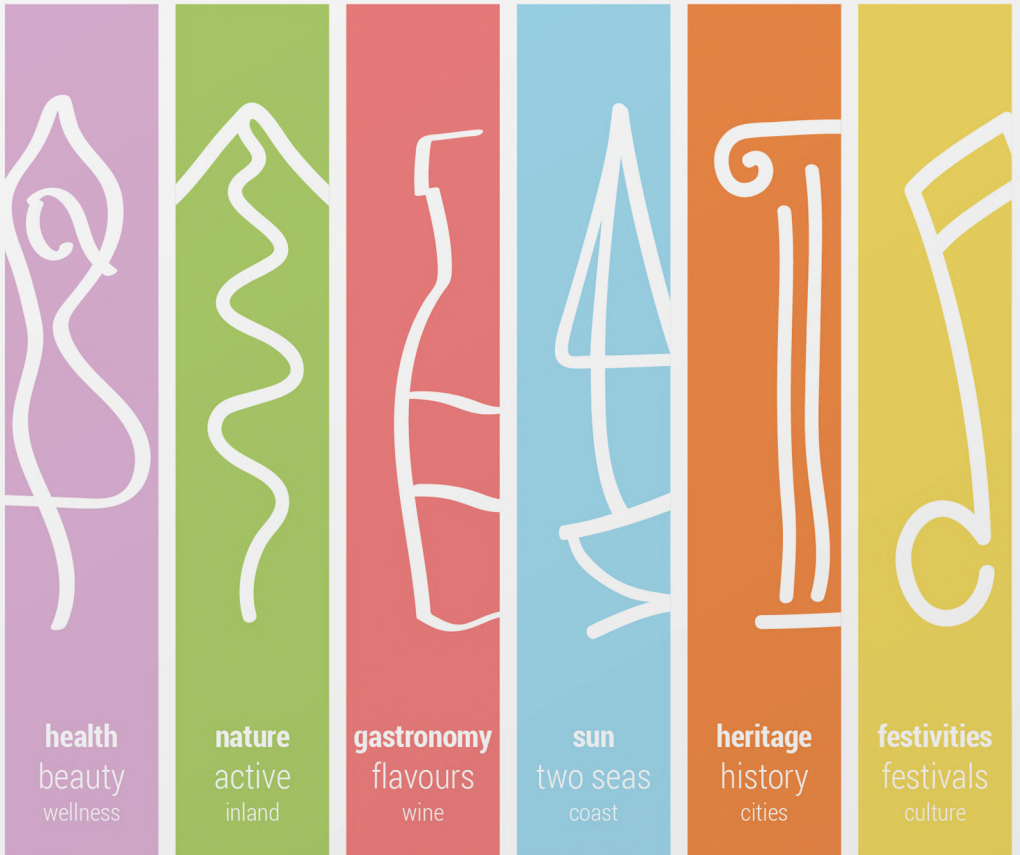


# 9 WAYS TO LIVE IT Region of Murcia



Discover the Region of Murcia through the experiences it has to offer

# 90 WAYS TO LIVE IT

DISCOVER THE REGION OF MURCIA THROUGH THE EXPERIENCES IT HAS TO OFFER



- THE NORTHEAST
- THE RICOTE VALLEY & CIEZA
- CITIES
- SIERRA ESPUÑA
- COSTA CÁLIDA
- THE NORTHWEST

## LIST OF EXPERIENCES

- NATURE FOR ALL FIVE SENSES
- ACTIVE TOURISM
- GASTRONOMY & WINE TOURISM
- BLUE TOURISM
- CULTURAL TOURISM
- OTHER EXPERIENCES

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- 02. Monastrell eno-getaway
- 03. Yoga amongst olive trees
- 04. Yoga amongst vineyards

#### JUMILLA

- 05. Wine and oil tasting

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#### REGION OF MURCIA

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[www.turismoregiondemurcia.es/en](http://www.turismoregiondemurcia.es/en)



## SAVOUR THE EXPERIENCES OF THE NORTHEAST

They say that the Northeast is like a Castilian knight: elegant and exuding nobility. The region offers a wealth of possibilities, with its sprawling plains, vineyards and towering mountain ranges, where history, festivals and culture abound.



### PLACES AND EXPERIENCES

- 📍 YECLA  
- 📍 JUMILLA 

### LIST OF EXPERIENCES

-  NATURE FOR ALL FIVE SENSES
-  ACTIVE TOURISM
-  GASTRONOMY & WINE TOURISM
-  BLUE TOURISM
-  CULTURAL TOURISM
-  OTHER EXPERIENCES

### The Northeast / Yecla

#### 01. LET YOURSELF BE GUIDED THROUGH THE WORLD OF EVOO

Discover, at the Deortegas Oil Mill, the unique characteristics of EVOO in a visual, olfactory and gustatory way. And savour, in a guided tasting, three varieties of organic EVOO.

**ALMAZARA DEORTEGAS**  
 +34 968 969 644  
 info@deortegas.com  
 www.deortegas.com

[BOOK HERE](#)



### The Northeast / Yecla

#### 02. MONASTRELL ENO-GETAWAY

Tour the Monastrell vineyards at the Bodegas Castaño (winery) and taste four of its most emblematic wines, accompanied by an assortment of local cheeses and sausages.

**BODEGAS CASTAÑO**  
 +34 968 791 115  
 info@bodegascastano.com  
 www.bodegascastano.com

[BOOK HERE](#)



### The Northeast / Yecla

#### 03. YOGA AMONGST OLIVE TREES

Do yoga in a unique setting. At the end you'll enjoy a healthy lunch with varieties of organic Extra Virgin Olive Oils at the Deortegas Oil Mill.

**ALMAZARA DEORTEGAS**  
 +34 968 969 644  
 info@deortegas.com  
 www.deortegas.com

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**BODEGAS CASTAÑO**  
+34 968 791 115  
info@bodegascastano.com  
www.bodegascastano.com

[BOOK HERE](#)

**The Northeast / Yecla**  
**04. YOGA AMONGST VINEYARDS**

Take advantage of this unique opportunity to practice yoga between vineyards and next to Mt. Arabí You'll have the opportunity to sip excellent Bodegas Castaño wines accompanied by a countryside appetizer.

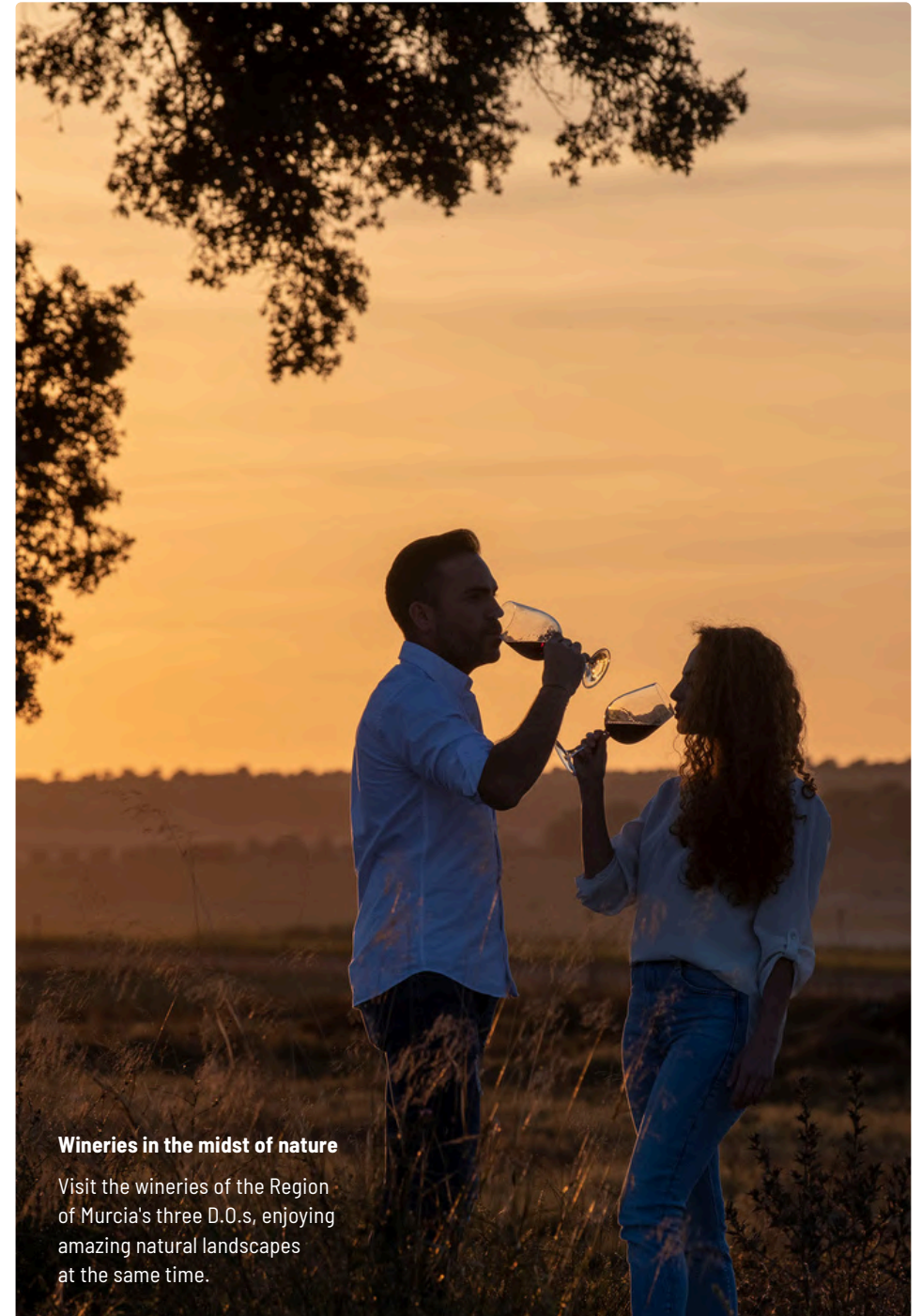


**WALA**  
+34 968 078 958  
info@turismowala.es  
www.turismowala.es

[BOOK HERE](#)

**The Northeast / Jumilla**  
**05. WINE AND OIL TASTING**

Check out the Bodega de San Isidro, one of the most visited wineries in Jumilla, a leader in wine tourism, and take part in a tasting of aged wine and oils, along with a typical Jumilla tapa.



**Wineries in the midst of nature**

Visit the wineries of the Region of Murcia's three D.O.s, enjoying amazing natural landscapes at the same time.



## LIVE THE EXPERIENCES OF THE RICOTE VALLEY & CIEZA

Orchards, a meandering Rio Segura, and a special charm are the ingredients that make this valley a real delight for explorers and seekers of genuine experiences.

### RICOTE VALLEY & CIEZA



### PLACES AND EXPERIENCES

- 📍 CIEZA 🇪🇸
- 📍 ABARÁN 🏞️
- 📍 OJÓS Y RICOTE 🏠
- 📍 VILLANUEVA DEL RÍO SEGURA 🇪🇸
- 📍 ARCHENA 🏞️

### LIST OF EXPERIENCES

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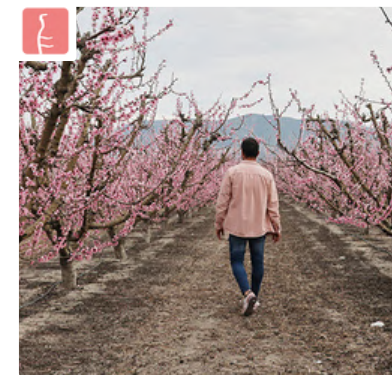
### The Ricote Valley & Cieza / Cieza

#### 06. BEHOLD THE STUNNING BEAUTY OF CIEZA'S PEACHES

Enjoy a guided tour of more than 13,000 hectares of striking beauty, discover these fruit trees' process of growth and maturation, and taste Golden Peach preserves and jams.

[BOOK HERE](#)

**GOLDEN PEACH**  
goldenpeachcieza@gmail.com  
www.elautenticomelocotondecieza.com



### The Ricote Valley & Cieza / Abarán

#### 07. THE ROUTE OF THE 4 WATERWHEELS

Take a tour of the famous Waterwheels Route (recently honored with an award), visit the Big Waterwheel, the Hoya de Don García Waterwheel, the El Candelón Waterwheel and the Ñorica Waterwheel.

**ABARAN TOURIST OFFICE**  
+34 968 770 040  
oficinaturismo@abaran.es  
www.abaran.es

[BOOK HERE](#)

### The Ricote Valley & Cieza / Ojós y Ricote

#### 08. TWO GEMS OF THE "MOORISH VALLEY"

Ojós and Ricote are two towns of what was the last Moorish stronghold in Spain. Located in one of the most beautiful places in the Vega del Río Segura, the river's fertile plain.

**ALDABA SERVICIOS TURÍSTICOS Y CULTURALES**  
+34 968 21 90 99  
info@aldabacongresos.com  
www.visitasguiadasmurcia.com

[BOOK HERE](#)



**The Ricote Valley & Cieza / Villanueva del R. Segura**  
**09. CITRUS TREES TOUR**

In this educational activity you'll learn what citrus farming is, discover the best-kept treasures of the Ricote Valley, and taste the different varieties that make up our harvest.

**LA JOYA DEL VALLE DE RICOTE**  
 +34 968 698 729 / 650 561 722  
 info@lajoyadelvalledericote.com  
 www.lajoyadelvalledericote.com

**BOOK HERE**



**The Ricote Valley & Cieza / Archena**  
**10. YOUR WELLNESS & COACHING ROUTE**

Reconnect with yourself with the help of a coach and wellness specialist. Achieve your goals and overcome limiting beliefs, burdens, and guilt. Paint the life you really want to live and muster the courage to make it a reality.

**MAMEN MARTÍNEZ**  
 "Coach y especialista en Wellness"  
 +34 653 822 087  
 saludmamen@gmail.com

**The Ricote Valley & Cieza / Archena**  
**11. GETAWAY THERAPY**

Let your body and mind bask in perfect harmony thanks to a unique thermal treatment getaway. Enjoy a thermal resort covering more than 200,000 m<sup>2</sup>. Access a spa with mineral/medicinal thermal water pools. The getaway includes lunch at the El Agua Restaurant.

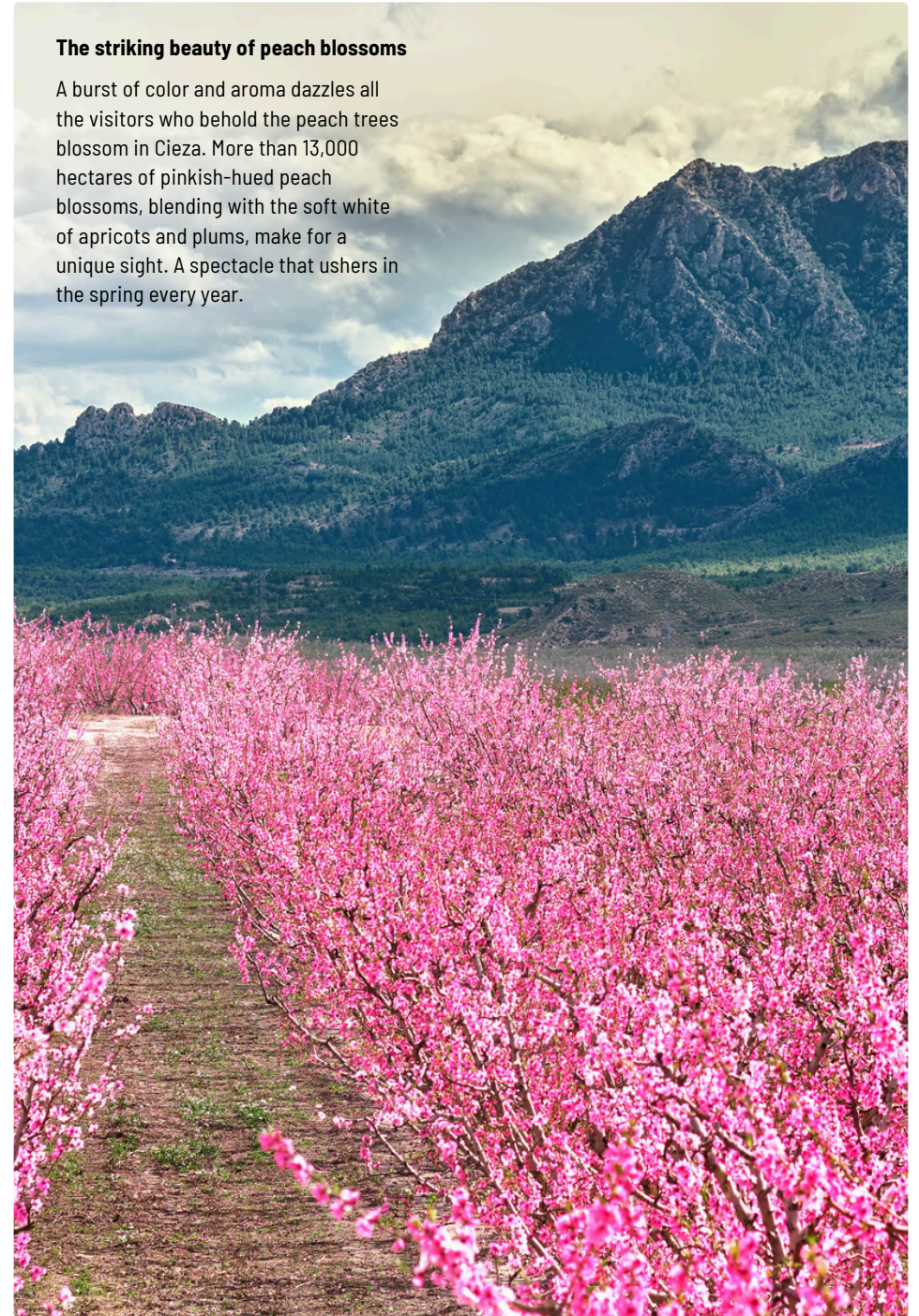
**BALNEARIO DE ARCHENA**  
 +34 968 688 022  
 reservas@balneariodearchena.com  
 www.balneariodearchena.com

**BOOK HERE**



**The striking beauty of peach blossoms**

A burst of color and aroma dazzles all the visitors who behold the peach trees blossom in Cieza. More than 13,000 hectares of pinkish-hued peach blossoms, blending with the soft white of apricots and plums, make for a unique sight. A spectacle that ushers in the spring every year.



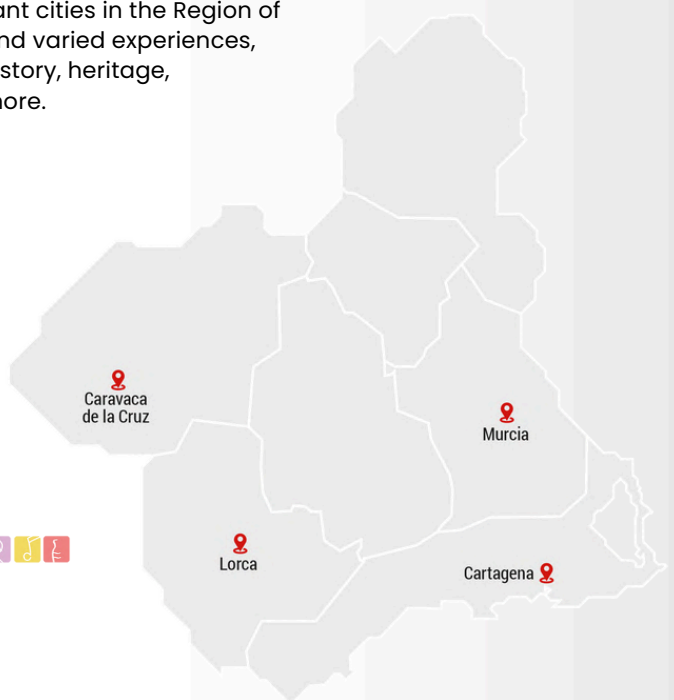


DISCOVER THE CITIES' BEST THROUGH SPECIAL EXPERIENCES

Experience the most important cities in the Region of Murcia through numerous and varied experiences, where you'll discover their history, heritage, gastronomy and so much more.

PLACES AND EXPERIENCES

- MURCIA
- CARTAGENA
- LORCA
- CARAVACA DE LA CRUZ



LIST OF EXPERIENCES

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- BLUE TOURISM
- CULTURAL TOURISM
- OTHER EXPERIENCES

Cities / Murcia

12. ENCHANTED HOUSES WITH CHARM

On an intriguing walk through Murcia, hear mysterious stories and evocative legends involving some of the city's most emblematic buildings and spaces.

**ALDABA SERVICIOS TURÍSTICOS Y CULTURALES**  
 +34 968 21 90 99  
 info@aldabacongresos.com  
 www.visitasguiadasmurcia.com

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Cities / Murcia

13. IN PERFECT HARMONY: PAIRING WITH D.O. WINES

Delve into the Region's world of wines through five glasses chosen by the sommeliers from La Diligente, paired in perfect harmony with five exquisite cheeses from the Region of Murcia.

**LA DILIGENTE - LA TIENDA DE VINOS**  
 +34 683 360 171  
 ladiligente@ladiligente.es  
 www.ladiligente.es

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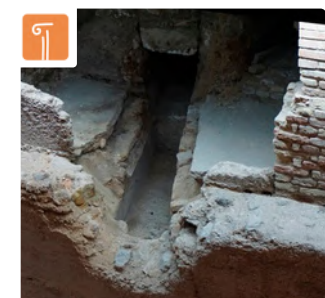
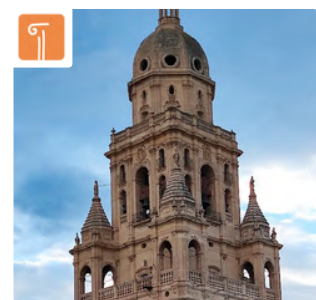
Cities / Murcia

14. MURCIA FROM ITS TOWERS AND ROOFTOPS

An exclusive tour to ascend the Cathedral tower and the private terraces of the buildings in the city center, such as Casa Cuatro Esquinas (House of the Four Corners) and the Guillamón building.

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 +34 968 219 099  
 info@aldabacongresos.com  
 www.visitasguiadasmurcia.com

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Cities / Murcia

15. THE SECRETS OF SUBTERRANEAN MURCIA

A visit that will reveal corners of an unknown Murcia, one hidden under today's city and that will take us back to other times, with numerous curiosities and secrets. Including a small tasting.

**ALDABA SERVICIOS TURÍSTICOS Y CULTURALES**  
 +34 968 219 099  
 info@aldabacongresos.com  
 www.visitasguiadasmurcia.com

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**Cities / Cartagena**

**16. LEARN HOW TO MAKE AN AUTHENTIC CAFÉ ASIÁTICO (“ASIAN COFFEE”)**

Guided by an expert barista, learn how to make the Asiático coffee cocktail, its ingredients, and the legend behind it. Then you can enjoy a classic Asian Coffee, an Asian frappé, and an Asian dessert.

**CAFÉLAB CASAS DEL REY, CARTAGENA**

+34 868 78 26 49

info@cafelab.es

www.cafelab.es

**BOOK HERE**



**Cities / Cartagena**

**19. TASTE THE WORLD'S BEST-SELLING LIQUEUR (43)**

The Licor 43 factory, in the heart of the Mediterranean countryside, features a sensory area specially designed for visitors to learn about its history and taste cocktails mixed with Licor 43.

**EXPERIENCIA LICOR 43**

+34 968 030 188

experiencia43@zamoracompany.es

www.licor43.com/es-es/

**BOOK HERE**



**Cities / Cartagena**

**17. CARTAGENA: HISTORY, SEA AND GASTRONOMY**

Heritage, history and gastronomy come together in this fascinating tour of the old town of this city, steeped in more than three thousand years of history.

**ALDABA SERVICIOS TURÍSTICOS Y CULTURALES**

+34 968 219 099

info@aldabacongresos.com

www.visitasguiadasmurcia.com

**BOOK HERE**



**Cities / Cartagena**

**20. CRAFT BEER TASTING/PAIRING**

Discover the craft brewing process of a 100% natural beer and taste six unique beers paired with our local cuisine to enhance their flavour. Culture and gastronomy that expose you to the beauty of slow tourism.

**CANANA BREWPUB**

968 16 43 13

www.cananabrewpub.com

**BOOK HERE**

**Cities / Cartagena**

**18. VIRTUAL REALITY AT THE MOLINETE ROMAN FORUM MUSEUM**

Travel back in time to Roman times through this immersive activity. With the help of Virtual Reality technology you can learn about the ceremonies in the temple, the thermal baths, and the lavish banquets in the ancient Roman city of New Carthage.

**CARTAGENA PUERTO DE CULTURAS**

+34 968 500 093

reservas@puertoculturas.com

www.cartagenapuertodeculturas.com

**BOOK HERE**



**Cities / Cartagena**

**21. DISCOVER THE CHEESE FACTORY, FEATURING TALLANTE'S FLAVOURS**

Savour cheeses tinged with aromas of the Mediterranean Coast. Made with dairy from the goats of the cheese factory itself, cured in cellars whose air is constantly refreshed. A visit full of charm.

**SABORES DE TALLANTE QUESERIA ARTESANA**

+34 619 30 07 22

www.campospain.es

**BOOK HERE**



**Cities / Lorca**

**22. A CASTLE JUST FOR YOU!**

An evening walk and private dinner in unique corners at the Castle of Lorca. Have you ever wondered what it would be like to have a castle all to yourself? Learn about the history of the most important castle in the Region.

**LORCA TALLER DEL TIEMPO**  
 +34 968 479 003  
 info@lorcatalledeltiempo.com  
 www.lorcatalledeltiempo.com

**BOOK HERE**



**Cities / Caravaca de la Cruz**

**26. ON FOOT OR BY BICYCLE**

Traversing these greenways, along old train tracks, is a real delight. It boasts beautiful landscapes and passes along viaducts and through tunnels in a magnificent state of conservation, free of motor vehicle traffic.

**AKTIVECO**  
 +34 608 301 115  
 info@aktiveco.es  
 www.aktiveco.es

**BOOK HERE**



**Cities / Lorca**

**23. ARTISANAL LORCA**

Let yourself be guided through the Casa del Artesano (Craftsman's House), an old baker's warehouse built in the 16th century; and the Centro de Artesanía (Crafts Centre) to learn about Lorca's artisanal trades. At the Craftsman's House you'll have the opportunity to attend an artisan's demonstration.

**LORCA TOURISMO OFFICE**  
 +34 968 441 914  
 lorcaturismo@lorca.es  
 www.lorcaturismo.es

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**Cities / Lorca**

**24. LORCA, A WALK THROUGH ITS HISTORY AND GASTRONOMY**

Discover a city once home to numerous noblemen who erected beautiful and sumptuous buildings. Visit palaces, the old Colegiata de San Patricio (Collegiate Church of St. Patrick) and its castle.

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 +34 968 21 90 99  
 info@aldabacongresos.com  
 www.visitasguiadasmurcia.com

**BOOK HERE**



**Cities / Lorca**

**25. A STROLL THROUGH LORCA'S JEWISH QUARTER**

Feel like one of the ancient inhabitants of this place, more than 500 years old, wandering through the archaeological remnants of the Jewish quarter, its streets and its houses.

**LORCA TALLER DEL TIEMPO**  
 +34 968 479 003  
 info@lorcatalledeltiempo.com  
 www.lorcatalledeltiempo.com

**BOOK HERE**



**Cities / Caravaca de la Cruz**

**27. MYTHS AND STARS, THE SKY IN ANCIENT TIMES**

Enjoy a unique experience under the stars, identify visible constellations, and discover myths and legends under the starry sky.

**ASTROVERZIA**  
 +34 613 068 444  
 hola@astroversia.com  
 www.astroversia.com

**BOOK HERE**

**Cities / Caravaca de la Cruz**

**28. PILGRIM'S MARKET**

A pleasant encounter with local and regional artisans offering the best of their products, with good food, gifts, and decorations infused by an atmosphere inspired by a different theme at each edition.

**CARAVACA DE LA CRUZ TOURISM OFFICE**  
 +34 968 702 424  
 turismo@caravacadelacruz.es  
 www.turismocaravaca.com

**BOOK HERE**



**Cities / Caravaca de la Cruz**

**29. CARAVACA DE LA CRUZ, A MONUMENTAL CITY**

Our meeting point and start of the visit will be the Basílica-Santuario de la Santísima y Vera Cruz (Basilica/Sanctuary of The Most Holy and True Cross). After viewing the beautiful site that houses the Sacred Relic, enjoy an interesting tour of the city's streets of the city.

**CARAVACA DE LA CRUZ TOURISM OFFICE**  
 +34 968 702 424  
 turismo@caravacadelacruz.es  
 www.turismocaravaca.com

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**Cities / Caravaca de la Cruz**

**30. AGROTOURISM SHEPHERD WITH SHEEP**

Alfonso and Lola open the doors to their family livestock farm. Be infected by their enthusiasm for life in the countryside, discover the secrets of grazing, and learn how to make goat cheese. A unique day that includes a tasting.

**ARMENTUM PECORE**  
 info@subgan.com  
 622 448 239

**BOOK HERE**



**Cities / Caravaca de la Cruz**

**31. CARAVACA: ART, TRADITION AND TASTE**

Discover the world's fifth Christian pilgrimage site. Visit its elegant and majestic churches and its beautiful corners, such as its castle and its medieval quarter, learning about its stories, curiosities and traditions. Finally, seize the opportunity to savor traditional local fare.

**ALDABA SERVICIOS TURÍSTICOS Y CULTURALES**  
 +34 968 219 099  
 info@aldabacongresos.com  
 www.visitasguiadasmurcia.com

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**Cities / Caravaca de la Cruz**

**32. TASTING UNDER THE STARS**

This experience combines astronomy, tourism and gastronomy. View constellations and try select wines paired with artisanal cheeses at the Ermita de la Encarnación (Hermitage of the Incarnation), built on Roman ruins.

**ASTROVERZIA**  
 +34 613 068 444  
 hola@astroversia.com  
 www.astroversia.com

**BOOK HERE**



**Cities / Caravaca de la Cruz**

**33. MAKE YOUR OWN JAMS AND MARMALADES**

Discover the textures and flavours of artisanal jams, as well as the secrets of their preparation, and taste one of the best jams in the world.

**CONFITURAS TRADICIONALES**  
 +34 657 24 05 69  
 reservas@confiturastradicionales.com  
 www.confiturastradicionales.net

**BOOK HERE**



**The majestic Basilica-Sanctuary of the True Cross**

Located in Caravaca de la Cruz and built on top of a hill, it is, undoubtedly, a place rich in legends, history, faith and tradition, not to be missed.

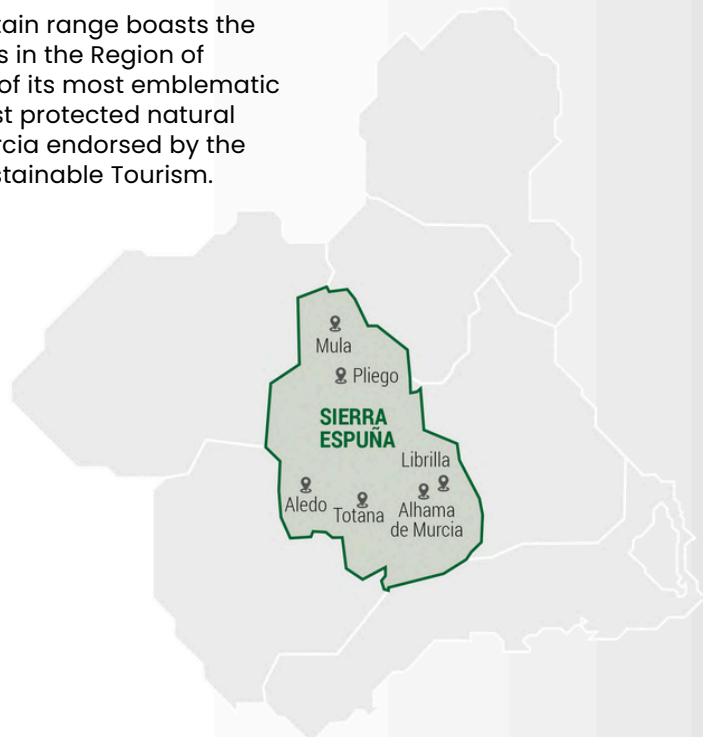


## EXPLORE AND FEEL SIERRA ESPUÑA THROUGH THE EXPERIENCES

The Sierra Espuña mountain range boasts the most extensive tree mass in the Region of Murcia, constituting one of its most emblematic natural areas. It is the first protected natural area in the Region of Murcia endorsed by the European Charter for Sustainable Tourism.

### PLACES AND EXPERIENCES

- ALHAMA DE MURCIA
- TOTANA
- ALEDO



### LIST OF EXPERIENCES

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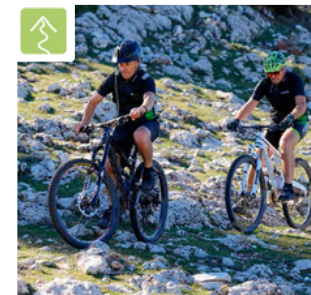
### Sierra Espuña / Alhama de Murcia

#### 34. DISCOVER SIERRA ESPUÑA BY BIKE

We accompany you on a tour of the natural park by bike, discovering small hidden treasures in corners that others cannot reach. Visit its villages and natural enclaves, making stops to rest, taste our cuisine and take in the landscapes.

**AKTIVECO**  
 +34 608 301 115  
 info@aktiveco.es  
 www.aktiveco.es

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### Sierra Espuña / Alhama de Murcia

#### 35. ESPUSENDAS: THE MOST BEAUTIFUL ROUTES OF SIERRA ESPUÑA MOUNTAIN RANGE

The hiking and trekking trails of Sierra Espuña have been strategically designed to take you through natural corners of incalculable value.

**AKTIVECO**  
 +34 608 301 115  
 info@aktiveco.es  
 www.aktiveco.es

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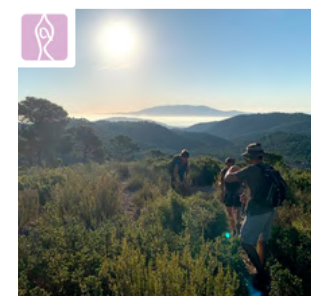
### Sierra Espuña / Alhama de Murcia

#### 36. ESPUTREK: TREKS UP TO SIX DAYS IN SIERRA ESPUÑA

ESPUTREK, Sierra Espuña's unique and most beautiful trekking route, which will give you panoramic views that take your breath away. If you're up for an adventure, more than 100 km of traditional paths and trails await you.

**AKTIVECO**  
 +34 608 301 115  
 info@aktiveco.es  
 www.aktiveco.es

**BOOK HERE**



### Sierra Espuña / Alhama de Murcia

#### 37. THERAPEUTIC HIKING: AN INNER JOURNEY

Therapeutic hiking is aimed at all those who feel the need for a change in their lives. In the company of a psychologist and a mountain guide, you'll take a guided tour of Sierra Espuña Regional Park.

**JDSIMONGUIDE**  
 +34 649 104 769  
 juandiego@jdsimonguide.com  
 www.jdsimonguide.com

**BOOK HERE**

**Sierra Espuña / Alhama de Murcia**

**38. A BIRD 'S EYE VIEW: A THRILLING TANDEM EXPERIENCE**

Fly over sites like the Sierra de la Muela mountain range, the Cabezo del Molino (hilltop), and the village of Aledo, with its medieval castle, taking in the stunning scenery.

**AKTIVECO**  
**+34 608 301 115**  
**info@aktiveco.es**  
**www.aktiveco.es**

**BOOK HERE**



**Sierra Espuña / Totana**

**39. LA BASTIDA UNDER THE STARS**

We propose a unique plan: visit the archaeological site of La Bastida de Totana at sundown. An expert in astronomy will introduce us to orientation using the stars and constellations.

**TOTANA TOURISM OFFICE**  
**+34 968 418 153**  
**turismo@totana.es**  
**www.turismo.totana.es**

**BOOK HERE**

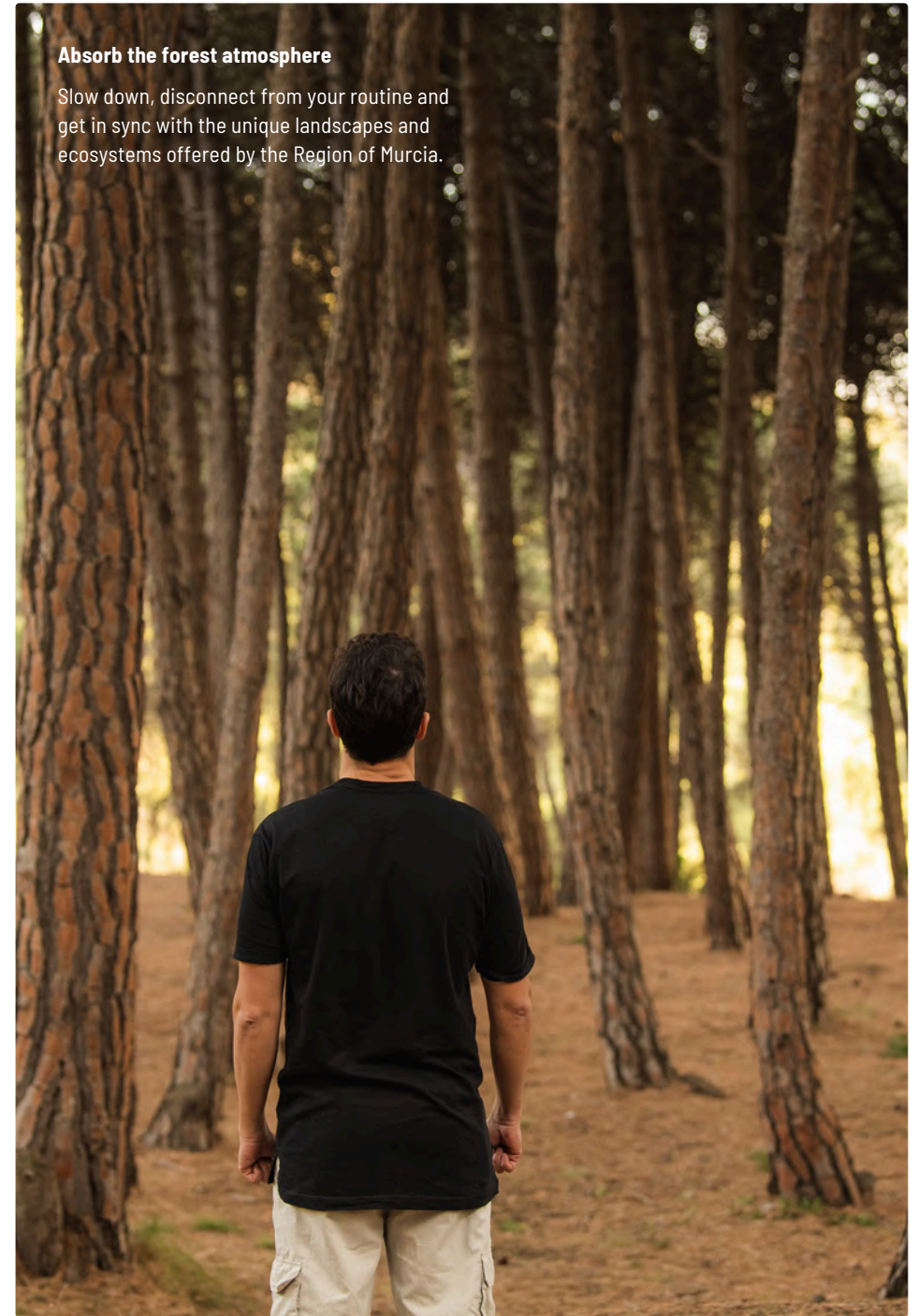
**Sierra Espuña / Aledo**

**40. ALEDO AND THE STRAIT OF ARBOLEJA**

In the heart of Sierra Espuña and perched on a fortified site boasting impressive overlooks, Aledo is a small town with an imposing "Homage Tower" (Torre del Homenaje). After a visit to Aledo you'll discover a paradise-like natural corner: the Arboleja Strait.

**ALDABA SERVICIOS TURÍSTICOS Y CULTURALES**  
**+34 968 21 90 99**  
**info@aldabacongresos.com**  
**www.visitasguiadasmurcia.com**

**BOOK HERE**



**Absorb the forest atmosphere**

Slow down, disconnect from your routine and get in sync with the unique landscapes and ecosystems offered by the Region of Murcia.

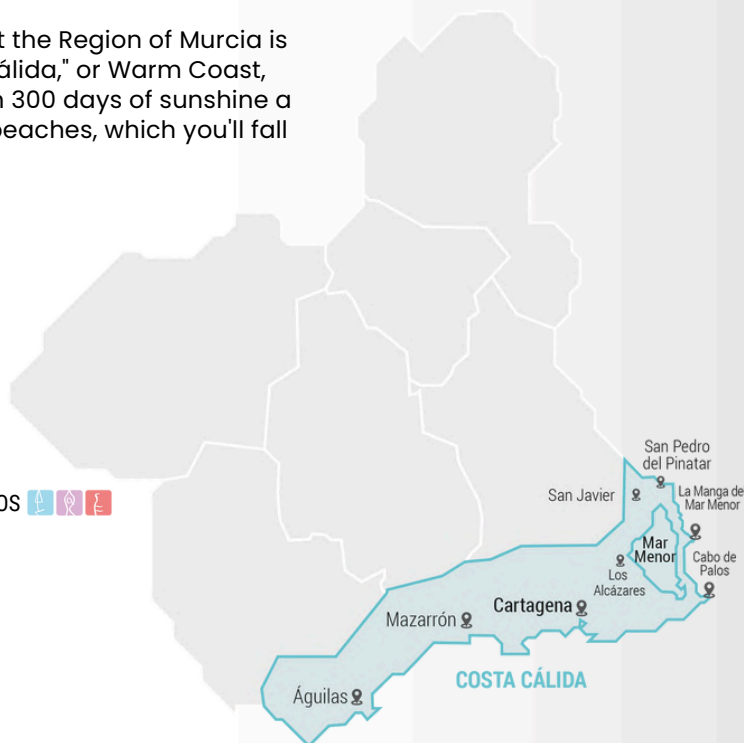


## ENJOY THE COSTA CÁLIDA, WITH ITS INCREDIBLE EXPERIENCES

It's no coincidence that the Region of Murcia is known as the "Costa Cálida," or Warm Coast, thanks to its more than 300 days of sunshine a year and its stunning beaches, which you'll fall in love with.

### PLACES AND EXPERIENCES

- 📍 COSTA CÁLIDA  
- 📍 LA MANGA & CABO DE PALOS   
- 📍 MAR MENOR    
- 📍 CARTAGENA 
- 📍 MAZARRÓN  
- 📍 ÁGUILAS  



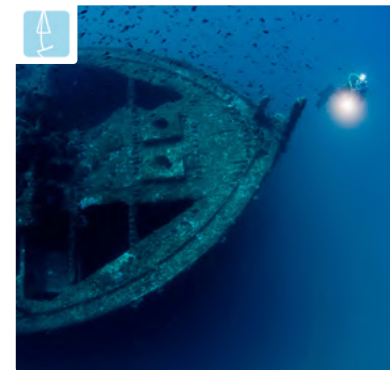
### LIST OF EXPERIENCES

-  NATURE FOR ALL FIVE SENSES
-  ACTIVE TOURISM
-  GASTRONOMY & WINE TOURISM
-  BLUE TOURISM
-  CULTURAL TOURISM
-  OTHER EXPERIENCES

### Costa Cálida

#### 41. DISCOVER SUNKEN SHIPS

If you're passionate about adventure and are a lover of scuba diving and sea beds, seeing sunken ships and other wrecks is an unforgettable experience not to be missed. If you're an advanced diver with experience, you'll find a wide range of opportunities.



MORE INFORMATION



### Costa Cálida

#### 42. THE CHIRINGUITO (BEACH BAR) ROUTE

In the Region of 1,001 flavours, enjoying Murcian cuisine by the sea is an experience that delights all the senses. Discover a unique selection of chiringuitos (beach bars) in the Region of Murcia that boast Repsol Guide "Soletes," symbols denoting their quality.

MORE INFORMATION

### Costa Cálida

#### 43. BREATHE DEEPLY

Snorkeling off the beaches of Murcia is a perfect and different way to disconnect from your daily routine. Discover our crystal-clear waters, marine ecosystems and beautiful beaches of golden sands, and enjoy the possibility of doing so all year round thanks to our great weather.



MORE INFORMATION

Costa Cálida / Cartagena

44. THE MEDITERRANEAN ON HORSEBACK

Discover the Calblanque Natural Park on a delightful horseback ride, exploring one of the most spectacular enclaves on the Mediterranean coast in a different way. Gallop to the very shore of the beach, thrilling to the regions' purest nature.

**PLANOUT**  
+34 653 587 111  
info@planout.es  
www.planout.es

BOOK HERE



Costa Cálida / Cartagena

45. COASTEERING IN CARTAGENA

Contemplate the incredible biodiversity of our crystal-clear sea on an interpreted route in which you'll recognize different ecosystems and species from a conscious and sensorial perspective.

**SIROCO AVENTURAS**  
+34 691 440 760  
hola@sirocoaventuras.com  
www.sirocoaventuras.com

BOOK HERE

Costa Cálida / Cartagena

46. A DREAMY SWIM IN THE "GIANT'S CAVE"

Kayak between cliffs and crystal-clear reefs, discovering their magical corners and enjoying a marvelous swim in a marine lake. Located in the La Muela, Cabo Tiñoso and Roldán Natural Area, it has an appeal that makes it a must-see destination.

**PORTUSKAYAK**  
+34 696 826 739  
info@portuskayak.com  
www.portuskayak.com

BOOK HERE



Costa Cálida / Cartagena

47. TWO-DAY KAYAK TRIP: CARTAGENA – LA AZOHIA

Immerse yourself in a unique experience: kayaking between Cartagena and La Azohía. Discover heavenly places paddling between reefs, skirting cliffs and resting in pristine coves.

**PORTUSKAYAK**  
+34 696 826 739  
info@portuskayak.com  
www.portuskayak.com

BOOK HERE

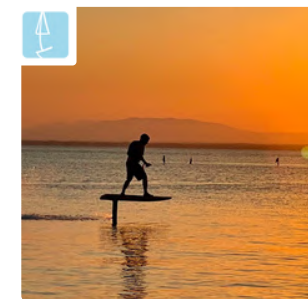
Costa Cálida / La Manga & Cabo de Palos

48. FLYING CARPET

It looks like a kind of flying carpet that elevates you over the sea. It's an eFoil! You don't need anything else to surf: no wind, and no waves. You'll feel the same adrenaline rush you would riding a surfboard. For lovers of surfing, kitesurfing, wing foil and paddle surfing.

**KALIMACHARTER**  
+34 679 440 163  
info@kalimacharter.com  
www.kalimacharter.com

BOOK HERE



Costa Cálida / La Manga & Cabo de Palos

49. FROM SEA TO SEA

Feel the sea breeze and enjoy a wonderful journey between two seas. You'll also have the chance to take a swim and snorkel, as the boat will drop anchor in an area shielded from the waves.

**SOLAZ LINES - EXCURSIONES MARÍTIMAS**  
+34 606 806 795  
info@solazlines.com  
www.solazlines.com

BOOK HERE

Costa Cálida / La Manga & Cabo de Palos

50. THE ORIGINS OF THE MAR MENOR (SEA)

During this visit on the Canal del Estacio (canal), which links the Mar Menor with the Mediterranean, we'll walk towards the Puente del Estacio (bridge) and continue on to the lighthouse, where we will learn about its long history through the ages. You'll be stunned by the beautiful views of the Mediterranean.

**WALA**  
+34 968 078 958  
info@turismowala.es  
www.turismowala.es

BOOK HERE



Costa Cálida / La Manga & Cabo de Palos

51. A TOUR PASSING BY THE MAR MENOR'S 5 ISLANDS

Take a cruise on the calm and unique waters of the Mar Menor, hugging the coasts of all its islands: Isla del Barón, Perdiguera, del Ciervo, del Sujeto and Rondella.

**SOLAZ LINES - EXCURSIONES MARÍTIMAS**  
+34 606 806 795  
info@solazlines.com  
www.solazlines.com

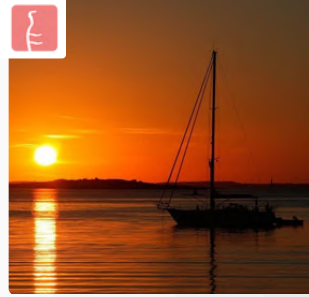
BOOK HERE

**Costa Cálida / La Manga & Cabo de Palos**  
**52. A ROMANTIC DINNER ON A SAILBOAT**

Enjoy a night aboard a sailboat in La Manga del Mar Menor. Treat yourself to a sunset, gazing, along with your special someone, as the sun sinks into the infinite horizon, and feel the sea breeze at dusk while savoring a delicious dinner under the moonlight. The experience will be unforgettable!

**WALA**  
**+34 968 078 958**  
**info@turismowala.es**  
**www.turismowala.es**

**BOOK HERE**

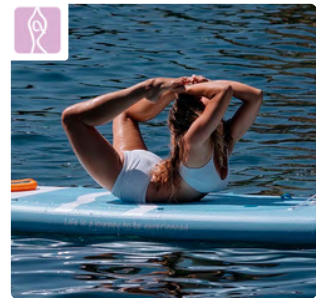


**Costa Cálida / La Manga & Cabo de Palos**  
**56. 10,000 STEPS ON THE BLUE TRAIL**

Along this trail you can appreciate the beauty of the coves of Cabo de Palos, as well as its port and lighthouse, and other natural sites, such as the Las Amoladeras Natural Area and the Islas Hormigas (islands).

**LA MANGA DEL MAR MENOR TOURISM OFFICE**  
**+34 968 128 955 Ext. 2**  
**infoturismolamanga@ayto-cartagena.es**  
**www.ayto-cartagena.es**

**BOOK HERE**



**Costa Cálida / La Manga & Cabo de Palos**  
**53. SUP YOGA ON THE WATER**

Contemplate the incredible biodiversity of our crystal-clear sea on an interpreted route in which you'll recognize different ecosystems and species from a conscious and sensorial perspective.

**TERAPIA FORESTAL**  
**+ 34 608 008 713**  
**fuenteslopezestefania@gmail.com**  
**www.stefaniafuentes.com**

**BOOK HERE**



**Costa Cálida / La Manga & Cabo de Palos**  
**57. CONSCIOUS SNORKELLING: A SPECTACLE FEW GET TO ENJOY**

Contemplate the incredible biodiversity of our crystal-clear sea on an interpreted route in which you'll recognize different ecosystems and species from a conscious and sensory perspective.

**ANTARES NATURALEZA Y YOGA**  
**+34 691 689 169**  
**antaresnaturaleza@gmail.com**

**BOOK HERE**

**Costa Cálida / La Manga & Cabo de Palos**  
**54. NAVIGATE THE WATERS OF THE CABO DE PALOS MARINE RESERVE**

Sail around the Islas Hormigas (islands), the Cabo de Palos lighthouse and the area's underwater mountains, one of the most biodiverse in the Mediterranean, and of exceptional beauty.

**PLANETA AZUL**  
**+34 968 564 532**  
**planeta@planeta-azul.com**  
**www.planeta-azul.com**

**BOOK HERE**



**Costa Cálida / La Manga & Cabo de Palos**  
**58. BECOME A LIGHTHOUSE KEEPER AND DISCOVER THE SECRETS OF THE TRADE**

Enjoy one of the best views in the Region of Murcia, hear stories of shipwrecks, and ascend the tower of the Cabo de Palos lighthouse, where you'll learn about its operation, the lighthouse keeper's tasks, and other traditions and anecdotes.

**PLANOUT**  
**+34 653 587 111**  
**info@planout.es**  
**www.planout.es**

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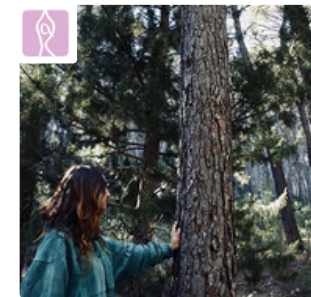


**Costa Cálida / La Manga & Cabo de Palos**  
**55. A PADDLE BOARD TOUR THROUGH UNIQUE COVES**

Experience the idyllic environment of the Cabo de Palos and its coves in the company of your board and paddle. Concentrate on the sounds of the sea as you reach unique and otherwise inaccessible places.

**TERAPIA FORESTAL**  
**+ 34 608 008 713**  
**fuenteslopezestefania@gmail.com**  
**www.stefaniafuentes.com**

**BOOK HERE**



**Costa Cálida / La Manga & Cabo de Palos**  
**59. FOREST BATHS**

Forest Bathing, or Shinrin-Yoku, is a practice that aims to improve well-being, reduce stress, and encourage stopping to feel. Connect with nature and the present moment through forest therapy. You'll feel multiple benefits while enjoying a unique setting.

**TERAPIA FORESTAL**  
**+ 34 608 008 713**  
**fuenteslopezestefania@gmail.com**  
**www.stefaniafuentes.com**

**BOOK HERE**



**Costa Cálida / La Manga & Cabo de Palos**

**60. YOGA ON THE SEASHORE**

An activity that allows us to connect with nature and ourselves in a unique setting. Overcome anxiety and stress and feel peace and tranquility while establishing a link with the natural environment of the Cabo de Palos.

**WALA**  
**+34 968 078 958**  
**info@turismowala.es**  
**www.turismowala.es**

**BOOK HERE**



**Costa Cálida / Mar Menor / Los Alcázares**

**64. URBAN ART**

An activity that allows us to connect with nature and ourselves in a unique setting. Overcome anxiety and stress and feel peace and tranquility while establishing a link with the natural environment of the Cabo de Palos.

**LOS ALCÁZARES TOURISM OFFICE**  
**+ 34 968 575 756**  
**turismo@losalczares.es**  
**www.losalczares.es**

**BOOK HERE**



**Costa Cálida / La Manga & Cabo de Palos**

**61. FISHING AND BATHING EXCURSION**

Discover the charm and beauty of the sea from the Puerto de Tomás Maestre (port). You'll enjoy unforgettable adventures during a unique day of swimming and fishing in the company of a highly experienced captain. Enjoy this outing any day of the year. You don't want to miss it!

**WALA**  
**+34 968 078 958**  
**info@turismowala.es**  
**www.turismowala.es**

**BOOK HERE**



**Costa Cálida / Mar Menor / San Javier**

**65. NORDIC WALKING BY THE MAR MENOR**

Walk with poles, using the Nordic Walking technique, and experience the pleasure of walking your way to health by the Mar Menor. You'll be able to enjoy an orientation class and a guided walk. Find out how health and pleasure can go hand in hand.

**NORDIC WALKING MAR MENOR**  
**+34 646 576 340**  
**www.nordicwalkingmarmenor.com**

**BOOK HERE**

**Costa Cálida / Mar Menor / Los Alcázares**

**62. A MULTI-ADVENTURE NAUTICAL EXPERIENCE**

Small boat sailing, windsurfing, kayaking, Stand Up Paddleboarding ... Or, don't choose, and try them all! In the Mar Menor you can practice them all any day of the year. Paddle surfing and kayaking are easy to do, as is small boat sailing, the ideal way to get started in this sport.

**ANIMACIÓN Y AVENTURA**  
**+34 968 171 674**  
**informacion@animacionyaventura.com**  
**www.animacionyaventura.com**

**BOOK HERE**



**Costa Cálida / Mar Menor / San Pedro del Pinatar**

**66. CREATE AND SAVOUR CHOCOLATE TROMPE L'OEIL**

Who said you can't play with food? Create and taste your own chocolate trompe l'oeil using one of the most recent and innovative cooking techniques. Make your own cocoa seafood.

**PANADERÍA JOSÉ ANTONIO**  
**+34 968 180 735**  
**info@panaderiajoseantonio.com**  
**www.panaderiajoseantonio.com**

**BOOK HERE**



**Costa Cálida / Mar Menor / Los Alcázares**

**63. SAILING THE SEAS**

Have a fun and enjoyable time while you get your sailing license, authorizing you to sail boats measuring less than 6 meters up to 2 miles from the coast, by day, and to ride jet skis. You'll have a fun and enjoyable time.

**ESCAPADAS REGIÓN DE MURCIA**  
**+34 968 078 958**  
**reservas@escapadasregiondemurcia.com**  
**www.escapadasregiondemurcia.com**

**BOOK HERE**



**Costa Cálida / Mar Menor / San Pedro del Pinatar**

**67. THE PAINTED SKY**

You can't say that you've enjoyed the best experiences in life if you haven't seen one of our sunsets. The Mar Menor's sunsets are magical, especially if you watch them on board a boat.

**TURISMO MARINERO MURCIA**  
**+34 651 955 330**  
**info@turismomarinero.com**  
**www.turismomarinero.com**

**BOOK HERE**

**Costa Cálida / Mar Menor / San Pedro del Pinatar**

**68. RESTORE YOUR BALANCE AT OUR SPA AND MARINE CIRCUIT**

We invite you to enjoy a unique natural and healthy experience. Discover our Mediterranean living marine waters, with therapeutic effects thanks to their special ionic concentration.

**THALASIA COSTA DE MURCIA**  
**+34 968 182 007**  
**hotel@thalasia.es**  
**www.thalasia.com**

**BOOK HERE**



**Costa Cálida / Mar Menor / San Pedro del Pinatar**

**69. OPEN HEALTH**

Did you know that San Pedro is home to Europe's largest outdoor mud therapy area? The Mar Menor's mud baths are of great therapeutic value. They're great for treating the skin, and also ease ailments like osteoarthritis. In fact, they're comparable to those of the Dead Sea.

**SAN PEDRO DEL PINATAR TOURISM OFFICE**  
**+34 968 182 301**  
**turismo@sanpedrodelpinatar.es**  
**www.sanpedrodelpinatar.es**

**BOOK HERE**

**Costa Cálida / Mar Menor / San Pedro del Pinatar**

**70. MARINE TOURISM**

Experience the region's oldest fishing technique first-hand. Discover how a real fishing boat operates, and all the energy of an auction at the market in San Pedro del Pinatar.

**TURISMO MARINERO MURCIA**  
**+34 651 955 330**  
**info@turismomarinero.com**  
**www.turismomarinero.com**

**BOOK HERE**



**Costa Cálida / Mazarrón**

**71. TIRE THE BODY AND SWEETEN THE SOUL**

We propose a hiking route through an ecotourism itinerary featuring spectacular views. Then you'll take part in a gastroworkshop led by a professional chef. Discover some of the secrets of our cooking, and take them home to delight family and friends.

**SIROCO AVENTURAS**  
**+34 691 440 760**  
**hola@sirocoaventuras.com**  
**www.sirocoaventuras.com**

**BOOK HERE**

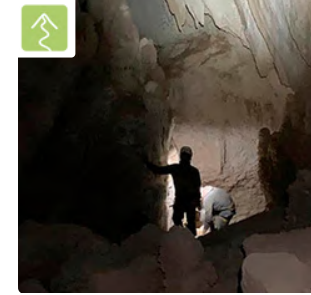
**Costa Cálida / Mazarrón**

**72. ROUTE ALONG THE CLIFFS OF THE CABO TIÑOSO (CAPE)**

For lovers of unique experiences in extraordinary places. Enjoy a kayaking adventure and snorkeling in a marine reserve where you'll discover an entire pristine ecosystem in some of the clearest waters along the Costa Cálida.

**SIROCO AVENTURAS**  
**+34 691 440 760**  
**hola@sirocoaventuras.com**  
**www.sirocoaventuras.com**

**BOOK HERE**



**Costa Cálida / Mazarrón**

**73. IN THE BOWELS OF THE EARTH**

This caving activity will allow you access to a place that very few do, discovering the surprising interior of the Sima de La Plata, a small cave of great beauty. If you like to explore the deepest recesses of nature, you'll love caving.

**SIROCO AVENTURAS**  
**+34 691 440 760**  
**hola@sirocoaventuras.com**  
**www.sirocoaventuras.com**

**BOOK HERE**

**Costa Cálida / Mazarrón**

**74. ELECTRIC BUGGY ROUTE**

Enjoy a guided tour in 100% electric buggies to the Calas de Bolnuevo (coves), some of the most spectacular places you'll ever see. During the tour you'll visit the Enchanted City, listed as a natural monument, along with sandy beaches where you can swim.

**ECOADVENTURE**  
**+34 675 551 600**  
**hola@ecoadventure.es**  
**www.ecoadventure.es**

**BOOK HERE**



**Costa Cálida / Mazarrón**

**75. MARINE LIFE: CRUISING WITH DOLPHINS**

Mazarrón Bay is one of the best locations to spot dolphins and sperm and long-finned pilot whales. Board a quiet, vintage schooner, choosing a one-day or up to a seven-day cruise, sleeping on the ship and experiencing the unique sensation of dining at sea and watching the stars.

**CETÁCEOS Y NAVEGACIÓN**  
**+34 968 153 808**  
**correo@cetaceosynavegacion.com**  
**www.cetaceosynavegacion.com**

**BOOK HERE**

**Costa Cálida / Mazarrón**

**76. VISITING THE MOON**

Today the old mines in the town of Mazarrón are almost like a movie backdrop, where travelers can walk across a lunar-like landscape remarkable for its intense shades of red.

**MAZARRÓN TOURISM OFFICE**  
 +34 968 594 426  
 turismo@mazarrón.es  
 www.visitamazarron.com

**BOOK HERE**



**Costa Cálida / Mazarrón**

**77. BECOME A FISHERMAN**

In a boat not requiring a license, cruise from Cala Cerrada to Percheles, enjoying a day of boating and fishing with friends and family. Discover the unique beauty of the Mediterranean Sea!

**WALA**  
 +34 968 078 958  
 info@turismowala.es  
 www.turismowala.es

**BOOK HERE**

**Costa Cálida / Mazarrón**

**78. CAPTAIN FOR A DAY**

Have you ever dreamed of captaining your own boat? Be a skipper for a day and cruise along the coast of Mazarrón, from Cala Cerrada to the coves of Bolnuevo. Discover the beauty of the Mediterranean with our no-license-required boats, sharing this unique experience with your family and friends.

**WALA**  
 +34 968 078 958  
 info@turismowala.es  
 www.turismowala.es

**BOOK HERE**



**Costa Cálida / Águilas**

**79. MR. GILLMAN AND THE RAILROAD**

From the second half of the 19th century until the 1930s a large contingent of English merchants and industrialists settled in Águilas, playing a key role in the development of the local economy and the construction of the railway.

**ÁGUILAS TOURISM OFFICE**  
 +34 968 493 285  
 turismo@aguilas.es  
 www.aguilas.es

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**Costa Cálida / Águilas**

**80. ONE DAY SAILBOAT JOURNEY**

An experience you'll always remember. Cruise for eight hours on a sailboat, explore dreamy coves, enjoy an onboard dinner, and much more. Undoubtedly the ideal outing any time of year.

**WALA**  
 +34 968 078 958  
 info@turismowala.es  
 www.turismowala.es

**BOOK HERE**



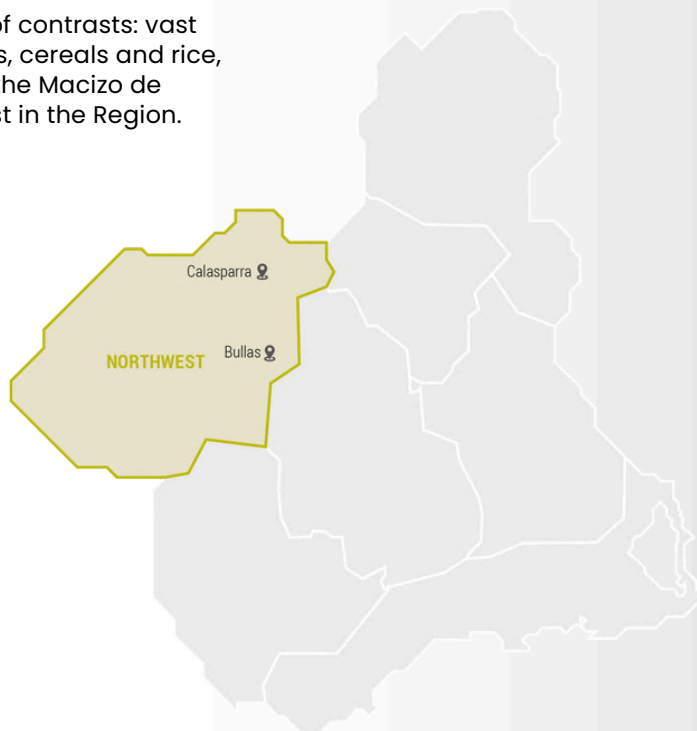
**Two seas and more than 300 days of sunshine a year**

Make the Costa Cálida an ideal place to practice multiple water sports.



ADVENTURE IN THE NORTHWEST LANDS THROUGH ITS EXPERIENCES

The Northwest is a land of contrasts: vast moors, fields of vineyards, cereals and rice, and mountains such as the Macizo de Revolcadores, the highest in the Region.



PLACES AND EXPERIENCES

- BULLAS
- CALASPARRA

LIST OF EXPERIENCES

- NATURE FOR ALL FIVE SENSES
- ACTIVE TOURISM
- GASTRONOMY & WINE TOURISM
- BLUE TOURISM
- CULTURAL TOURISM
- OTHER EXPERIENCES

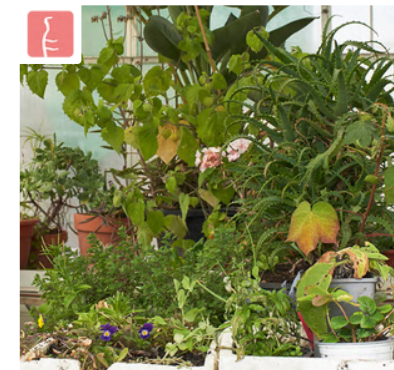
The Northwest / Bullas

81. ORGANIC FARMER FOR A DAY

Fall in love with the enchanting silence of an orchard in perfect harmony, and enjoy an organic lunch.

**ASOCIACIÓN BIOSEGURA**  
 +34 627 227 590  
 biosegura@gmail.com  
 www.biosegura.es

BOOK HERE



The Northwest / Bullas

82. THE ACENICHE VALLEY IN YOUR GLASS

Discover the singularities of the Aceniche Valley and its vineyards and enjoy a guided tasting of 4 limited-production organic wines, along with local artisanal products.

**WALA**  
 +34 968 078 958  
 info@turismowala.es  
 www.turismowala.es

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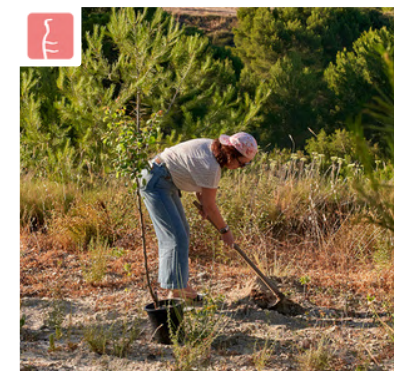
The Northwest / Bullas

83. PLANT A FRUIT TREE AND ENJOY THE NORTHWEST'S CUISINE

Walk a path lined by centuries-old fruit trees, plant your own, and savor typical rice dishes paired with Bullas wines in a house more than 300 years old.

**AGROTURISMO ENEBRO CB BULLAS**  
 +34 667 744 793  
 agueda21@telefonica.net

BOOK HERE



**The Northwest / Bullas**

**84. MEET THE HAPPY BEES**

Would you like to do something sweetly different? Meet the mesmerizing world of bees through sustainability award-winning beekeeping project, committed to the SDGs. The experience will be topped with organic honey tasting and local gourmet products.

**GUATAZALES**  
**+34 643 875 252**  
**info@guatazales.es**  
**www.guatazales.es**

**BOOK HERE**



**The Northwest / Calasparra**

**85. RAFTING: DISCOVER THREE WONDERS OF NATURE, UNITED BY WATER**

Descend the Almádenes Canyon on a rafting trip, check out the ancient rock art at the Abrigos del Pozo site; and the Cueva del Puerto (cave), including its chamber of luminescent minerals, a jewel of underground tourism.

**QALAT NATURALEZA Y AVENTURA**  
**+34 650 940 294**  
**info@qalat.com**  
**www.qalat.com**

**BOOK HERE**

**The Northwest / Calasparra**

**86. RAFTING BETWEEN RICE PADDIES AND A RICE DISH MENU**

Enjoy an intermediate-level rafting experience, surrounded by the incredible landscapes of the Vega Arrocerá de Calasparra (rice plains) At the end you'll enjoy a full menu, with Calasparra D.O. rice as the centerpiece.

**CAÑON Y CAÑON MULTIAVENTURA**  
**+34 609 559 039**  
**reservas@cycmultiaventura.com**  
**www.cañonycañon.com**

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**The Northwest / Calasparra**

**87. GEOLOGICAL ROUTE IN CALASPARRA: A GEM OF SUBTERRANEAN TOURISM**

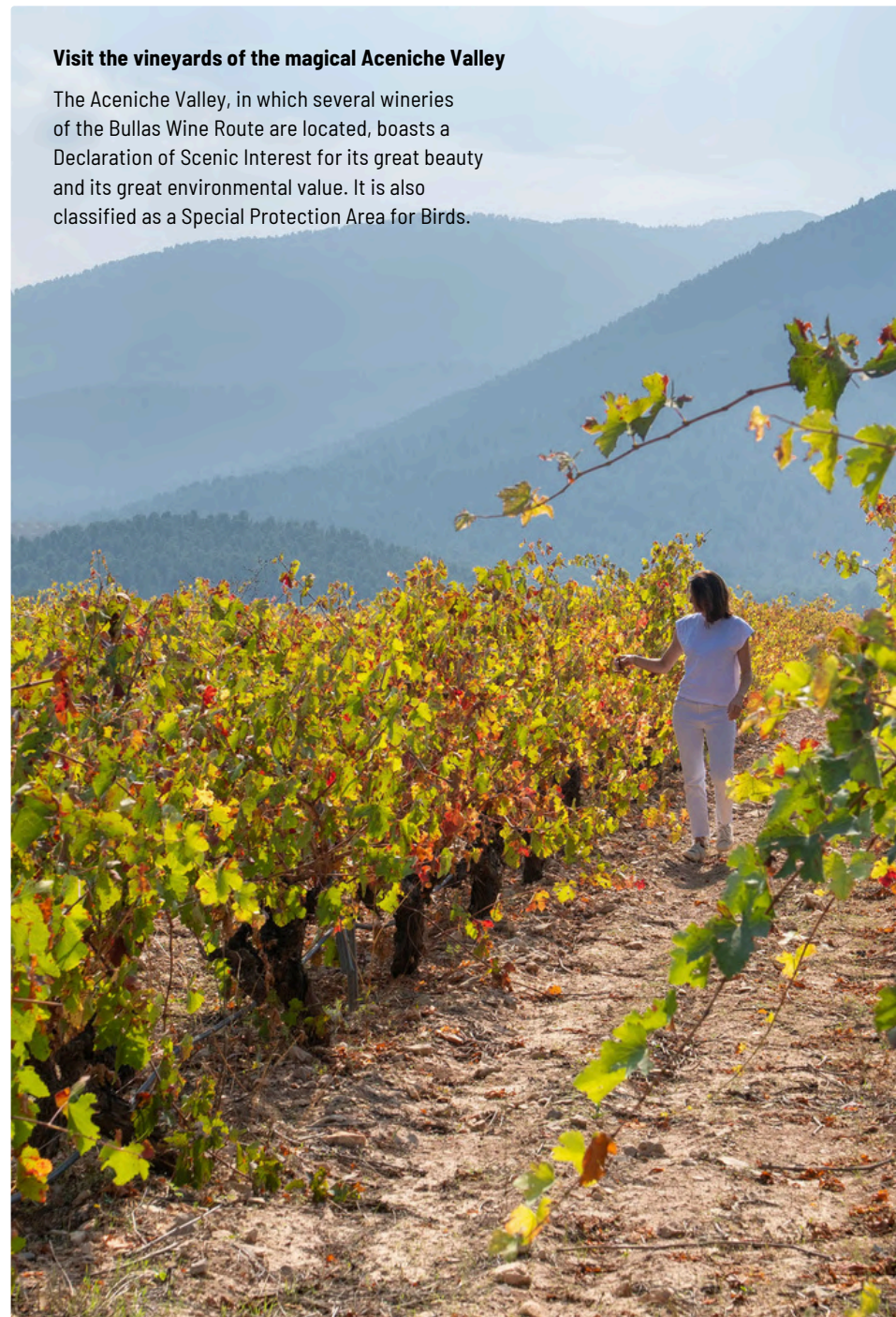
Learn about the different cultures that have passed through Calasparra on this geological route. Delve into the Cueva del Puerto (cave), a gem of subterranean tourism.

**QALAT Naturaleza y Aventura**  
**+34 650 940 294**  
**info@qalat.com**  
**www.qalat.com**

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**Visit the vineyards of the magical Aceniche Valley**

The Aceniche Valley, in which several wineries of the Bullas Wine Route are located, boasts a Declaration of Scenic Interest for its great beauty and its great environmental value. It is also classified as a Special Protection Area for Birds.





DISCOVER THE EXPERIENCES OF **OTHER INLAND AREAS**

DIFFERENT EXPERIENCES TO ENJOY IN THE **REGION OF MURCIA**



**Other inland areas / Molina de Segura**

**88. MURCIAN BANDITS ROUTE**

A pleasant walk through the foothills of the Sierra de la Pila (mountain range) listening to surprising stories of bandits from novelist Paco López Mengual.

**ALDABA SERVICIOS TURÍSTICOS Y CULTURALES**

**+34 968 21 90 99**

**info@aldabacongresos.com**

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**Region of Murcia**

**89. FESTIVAL TIME!**

Presenting the festivals that infuse the Region of Murcia with entertainment: theater, cinema, flamenco, chamber music, jazz, rock, indie, pop and electronic, throughout the year and for all tastes!.

**MORE INFORMATION**

**Region of Murcia**

**90. ENCHANTED PLACES**

An old tuberculosis sanatorium, a magical mountain, a haunted theater, ghost towns... if you're passionate about paranormal phenomena, legends, and good scary stories, visit the most mysterious places in our Region.



**MORE INFORMATION**



Costa Cálida

**REGIÓN  
DE MURCIA**  
SPAIN

More information

[turismoregiondemurcia.es/en](http://turismoregiondemurcia.es/en)