

La Cala Hills: Places to go...

Shopping

We now have some small shops that provide basic provisions in the new development just past the Venta Torre on the road towards Fuengirola (turn right at the main road from the site). They seem to be open all hours – but watch out for the numerous Saint 's days and Bank Holidays we have in these parts (and when most shops close).

The nearest large supermarket is **Eroski** situated in the new Miramar mall that is just off the N340. However, you do not need to go onto the N340 to get to it. Turn right at the main road from the site. Follow the road to the first roundabout then take the new dual carriageway (signposted Malaga) then turn right onto the road that runs in front of the N340 until you get to the mall.

There is a smaller but quite adequate **SuperSol** supermarket at La Cala de Mijas (open 09:00 – 21:00). Turn left at the main road from the site. Take the next left and follow the road to La Cala de Mijas (ignore the right turns to La Cala Golf and CalaNova Golf). At the roundabout with the N340 go straight across then left at the next roundabout. You will see SuperSol on the left.

There is a **market** in La Cala de Mijas every Wednesday and Saturday. They usually start packing up early afternoon (from 2:00 pm). Usual market stalls, including fresh produce. The market is currently on the stretch of tarmac just before the roundabout with the N340. There is usually ample parking at the site.

On Tuesday there is a very large market in Fuengirola but parking can be a problem. On Sundays there is a flea market with some good glassware craft stalls at the Tivoli World site at Benalmadena (€1 entry between 11:00 and 13:00).

There are numerous supermarkets in the area – everyone here has their favourites. Just ask. It is also worth noting that most petrol stations sell basic food (bread, milk, etc.).

Some other shopping venues:

Dunnes: An M&S type of store that you will pass en route to the Miramar Mall

El Corte Inglés: A Debenhams/John Lewis type of store situated just off the N340 heading back towards Malaga from Fuengirola. This will be easier to get to once the Fuengirola ring road is completed.

Mijas – for gifts and trinkets.

Puerto Banus – for more designer shops and another branch of El Corte Inglés.

Restaurants

We are fortunate to have the full range of restaurants, from the typical (and inexpensive) Spanish Ventas to the 5* Byblos hotel for that very special occasion.

The following are restaurants we have enjoyed, listed by proximity rather than preference. Many of the inexpensive restaurants close one or two days a week – and over time these days change so please check, just in case...

To get to the closest restaurants turn right at the main road from the site.

Restaurant in the **Tamisa Golf** hotel, approx 1 Km on the left. Great setting if the weather is good enough to sit outside on the terrace. Overlooking the Mijas golf course and the mountains. Table d'hôte five course menu is reasonable and there is entertainment most nights (excluding Wednesday and Saturday, but do check).

The **Byblos** hotel, first left after Tamisa Golf, has two restaurants, both excellent. Expect to pay €80 a head. Also good for afternoon tea or cocktails.

El Golf restaurant is next left after the Byblos turn. Part of Tamisa Golf and Santana. Good steaks and reasonably priced.

Back on the main road is the **Venta La Morena**. A traditional venta with a bar for the locals, a good restaurant area and pleasant terrace. Main courses from €8. House wine is cheap but the white is definitely an acquired taste (and the 'special white is too!'). Closed on Tuesdays. Very popular in summer so check for opening times as it goes from empty to full in minutes.

Just across the road from Venta Morena is **Hoya 19**. It looks like a transport café but is run by Spanish and offers a surprisingly inexpensive 3 course meal for €11, including wine! Food is perfectly acceptable and apart from the fact that you will be surrounded by ex-pats it represents exceptional value, even for this area. Closed Sunday and Monday.

There are numerous eating places in Fuengirola (straight ahead at the roundabout with the N340). If you like fish then seek out 'fish alley', near the marina. **Peppers** which is just behind the mosque is good.

In the other direction and not too far away is venta **El Jinete**. It's on the La Cala Golf road (turn left off the site and head for La Cala de Mijas but take the La Cala Golf turn and it's about 2 miles on the right). The terrace has good views back to La Cala Hills and inside is comfortable. Worth a visit – especially for lunch. Closed Thursdays.

If you continue on this road you will reach La Cala Golf. All Golf clubs are open to everyone for lunch and often provide good views and reasonable food.

Restaurants in La Cala de Mijas

Mijas Playa (at the very eastern edge of town, beachside) is another special occasion place (but not as expensive – nor as good as - as the Byblos). Piano entertainment and ambience very good.

There are also Indian, Thai and Chinese restaurants in La Cala de Mijas. The ‘**Great Wall**’ Chinese restaurant next to the Irish bar is very good.

La Cala Chica and **The Grill** are good – but you can probably find your own favourites.

El Chapparal just outside La Cala (best accessed off the N340) is a great place to go for lunch. It has fine views of the coast and the mountains. They sometimes do a dinner-dance with live entertainment and all drinks included. We like it!

Along the N340 towards Puerto Banus are:

At Cabopino, just beyond Calahonda, take the road down to the port (through a security gate) to get to **Albert's**. This is a fun place and part of the Mijas Playa group.

Right next door is **La Despensa**, another good mid-price restaurant.

Also at Cabopino are some good fish restaurants. Restaurant **El Puerto** is very good.

At the same exit from the N340, if you head for the beach rather than the port you get to **Andy's Bar**. A good, honest beach-café. Great at lunch-time.

Take the Las Chapas turning off the N340 to get to the **Rancho** restaurant, another very good steak restaurant. Their 'Spanish lunch' is also very good.

In Puerto Banus there are many restaurants – and we've yet to find a bad one. On the harbour front try the paella special (€12) at **La Ola** – but don't be talked into the more expensive alternatives on the main menu (unless you want to, of course). You may even get a free glass of wine.

Further along the coast is the pretty beach restaurant at Costalita. Take the exit at Km167 (Flamingos Golf), cross over the N340 and follow the road around to the left of the white apartments to the beach to an up-market beach café. It's worth the trouble to find.

Restaurants in Mijas

If you want superb views of the area then head up to Mijas. There are ways to get to Mijas through the back lanes just after Hoya 19 but the simplest route is to turn left at the main road from the site and follow the winding road uphill.

The first venta you reach is **Los Morenos** at the roundabout near the Alhaurin golf course. Very good and being a little out of the way they appear to try that little bit harder. Closed Thursday.

Turn right at the roundabout and head for Mijas. At the edge of the village take the left fork uphill to get to **Venta Sierra Mijas** (tel. 952 486 286). Slightly more expensive than other ventas but has more of a restaurant feel and great views from both the terrace and the (very small) restaurant itself. One of our favourites. Closed Wednesdays.

Drop down into the village of Mijas where there are numerous restaurants. We can't recall having a bad experience so do try your luck. Here are some we have tried:

El Olivar, near the multi storey car park (the only sensible place to park in Mijas). good value and often has a barbeque.

El Castillo, tucked away in a corner on the raised walkway above the top plaza (below the bullring) does excellent paella and has a free Flamenco show on Tuesday evening.

For lunch we recommend the small **Alegria** restaurant in Mijas. It's between the upper and lower levels and you have to find the steps that lead up from the far right hand side of the lower shopping area (opposite the multi storey car park). Eggs and chips (and they mean eggs – you get 2 - plus a small salad) for €3 are excellent (even if it's not very Spanish!).

Places to Visit that you may not be aware of..

The **Andalusian horse show at Cartijana** – turn left just before Hoya 19 and it is 800 metres on the left (keep a sharp lookout!). Shows are on Thursdays (please check though). Costs about €20. We've not actually been there yet – but it is on the doorstep...

The **Hipodromo** horse racing track. A full size track with seating for 5,000 and restaurant, bars etc. Go into La Cala de Mijas and past SuperSol to the road that goes under the N340. Follow the signs for Hipodromo. Meetings take place on alternating Sundays from 12:00 for much of the year (sometimes alternating Sundays so check it is on). During the summer months meetings are held on a Saturday evening. Admission is €5 and the smallest bet is €2. Pick up a leaflet there that explains how the betting works – plus a program giving the form guide if you're serious about it.

Refugio de Juanar. If you want to escape from the hustle and bustle of the coast or enjoy a scenic walk in the hills overlooking Marbella then this is worth a visit. Take the Ojen exit from the N340 just before Marbella and head towards Ojen. You will pass the turn off to the refuge and a long winding but scenic drive brings you there. The restaurant is not cheap, so you may want to take a picnic. There are walks from the refuge or you can drive to the end of the road and then walk to the balcony overlooking Marbella or do one of the other walks (collect a map from the Refuge or borrow our book of walks).

Further down the coast, **Casares** is a very pretty, small 'white town'. Take the toll road from Marbella to Estepona and head inland following the signs for Casares. Definitely worth a visit, with great scenery and views of Gibraltar. You should also see some eagles and maybe even vultures.

Inland there is a beautiful region called the Ardales Natural Park. Go past Alhaurin El Grande heading for Cartama and pick up the A357 towards Ardales. It is 65 Km. from here to the meeting point of the lakes (where there is a very good cafe/restaurant!). The three dammed lakes there supply most of the water for this region and the area is quite beautiful (and relatively quiet). The El Chorro gorge is also in this area. There is a guide to the region in the book-case.

Another inland reserve worth visiting is the El Torcal Natural Park. This is not far from the Ardales Park and you can combine visits to the two. However, you can also reach El Torcal via the A340 and N331 (towards Antequera). Take the Villa la Nueva de la Concepcion exit and head North. The rock formations at El Torcal are nothing short of spectacular and the short walk (1.5 Km.) well worth doing.

Gibraltar. If you do venture to Gibraltar then we suggest you park on the mainland (there is an underground car park just before the border). You can catch a bus from the border into the town centre. Don't forget to take your passports.

In case of Emergency

We hope that it will not be necessary but just in case you need medical help we can recommend the main hospital (on the A340 just this side of Marbella). They were very good when Fay's mother cracked her kneecap and she was in plaster within 4 hours. You do need your E-111 form may find it useful to have a Spanish speaking person with you but sign language usually works well enough if you haven't. And if you do need a plaster cast you will need a certificate from the hospital that says you are fit to fly.

A major new hospital is being built near to Miramar so check with other residents before dashing off.

For back problems we can recommend the Monte Blanco private clinic on the road up to Mijas just before the Seat garage. Good physio and the clinic also does dental and general medical work.

Other than that...

You will find there are several free newspapers in supermarkets etc. **Sur** has probably the largest circulation and gives news of what is on in the area (special events etc.). **EuroWeekly** is smaller but does include TV listings for all the English channels we have. EuroWeekly appears on Wednesday and is quickly snapped up so you may have to search for it.

Just for Golfers.....

There are a number of golf courses within easy reach (many within sight of La Cala Hills). There is also a La Cala Hills Golf Society run by Frank Bakker at the Rentals office (internal telephone 1011). You can get a discount at Santana (and possibly other courses) through Frank.

The bad news is that the green fees are not cheap. But the courses are very good!

Below is a list of courses and telephone numbers (I've highlighted the ones that are most popular from here):

Alhaurin Golf & Country Club

Designed by: Seve Ballesteros 45 holes Mijas - Carretera from Mijas to Alhaurín el Grande, Km 6 or Carretera from Fuengirola to Alhaurín el Grande, telephone: 952 59 70 - fax: 952 59 45 8659 Rugged terrain and a beautiful setting make this a breath taking course. Tight fairways, bunkers and lakes also make it a challenging game. Very tough!

Aloha Golf Club

Designed by: Javier Arana 18 holes Marbella - Urb. Aloha- Nueva Andalucía, 29660 Marbella telephone: 952 81 23 88 - fax: 952 81 23 89 The 18-hole course is long and difficult. It also offers a 9-short hole practice ground. The upkeep of the course is exceptional.

Añoreta Golf Club

Designed by: José Maria Cañizares 18 holes Rincon de la Victoria - Avienda del Golf, 29370 Rincón de la Victoria telephone 952 40 40 00 - fax: 952 40 40 50 : The fairways are full of palms and the course is nestled between the sea and the mountains. The course is designed for all level of players. Located in the eastern part of the Costa del Sol.

Artola Golf Club

Designed by: Jorge Rein 9 holes Marbella - Ctra. Nacional 340, Km. 194, 29600 Marbella telephone: 952 83 13 90 - fax: 952 83 04 50 A straight forward course with short fairways. A total round does not exceed 700 metres.

Atalaya Golf and Country Club

Designed by: Berharn Limburger/Paul Krings 36 holes Estepona - Ctra. Benahavís, Km. 0,7, 29680 Estepona telephone: 952 88 28 12 - fax: 952 88 78 97 The complex offers 2 courses with 18-holes and one of the largest practice ranges in Spain. The golf school also provides lessons in several languages.

CalaNova Golf:

On the right as head into La Cala de Mijas. Superb course but you do need a buggy!

Coto de la Serena Golf Club

Designed by: Pedro Morán Montero 9 holes Estepona - Ctra. N-340, Km. 163,5, 29680 Estepona telephone: 952 80 47 00 - fax: 952 80 47 08 The Club has a 9-short hole course, the design has been likened to Japanese-style courses. Suits average and intermediate level players.

El Chapparal

El Paraíso Golf Club

Designed by: Gary Player 18 holes Estepona - Ctra. Cádiz, Km. 167, 29680 Estepona telephone: 952 88 38 46 - fax: 952 88 58 27 The course seems to be easy due to its wide fairways but it has some fierce roughs and water hazards.

Estepona Golf Club

Designed by: José Luís López Martínez 18 holes Estepona - Ctra. N-340, Km 150 29689
Moclinejo telephone: 952 81 09 82 - fax: 952 11 30 81 The course has short and narrow
fairways, with extremely dangerous roughs. The Club offers a host of services to players.

Guadalhorce Golf Club

Designed by: Kosti Kuronen 18 holes Campanillas - Crtra de Cartama Km7, Apartado 48
29590 Campanillas telephone: 952 17 93 78 - fax: 952 24 16 78 The Guadalhorce golf course
is hosting more than 60 championships this year. It has a beautiful and luxurios Club House
and a 9-hole par-three practice course.

Guadalmina Norte Golf Club

Designed by: Folco Nardi 18 holes Marbella - Urb. Guadalmina Alta, 29678 Marbella
telephone: 952 88 33 75 - fax: 952 88 34 83 The main difference to its southern "sister
course" is the abundance of water hazards.

Guadalmina Sur Golf Club

Designed by: Javier Arana 18 holes Marbella - Urb. Guadalmina Sur, 29678 Marbella
telephone: 952 88 33 75 - fax: 952 88 34 83 The course is amongst the first built in Andalusia
and has some parts to test more experienced players.

La Cala Resort

Designed by: Cabell B. Robinson 42 holes Mijas - La Cala de Mijas, 29649 Mijas telephone:
952 66 90 00 - fax: 952 66 90 39 Two courses, North and South, each with 18 holes. A third
course is to be opened in 2005.

La Cañada Golf Club Designed by: Robert Trent-Jones 9 holes San Roque - Ctra. de
Guadiaro, Km. 1, 11311 San Roque telephone: 956 79 41 00 - fax: 956 79 42 41 The first golf
course in Andalusia, which is owned by a municipality. Boasts many good young players,
largely due to offering the first free golf school for children in the region.

La Dama de Noche Golf Club

Designed by: Enrique Canales 9 holes Marbella - Camino del Angel- Río Verde, 29600
Marbella telephone: 952 81 81 50 - fax: 952 81 70 06 First golf course in Europe with a
lighting system that allows one to play during the night under practically the same conditions
as in daytime.

La Duquesa Golf and Country Club

Designed by: Robert Trent-Jones 18 holes Manilva - Ctra. N- 340, Km. 150-Urb. El Hacho,
29691 Manilva telephone: 952 89 04 25 - fax: 952 89 04 25 Beautiful countryside, on bright
days it is possible to see the Rock of Gibraltar and the African Coast.

La Quinta Golf and Country Club

Designed by: Antonio García Garrido 27 holes Benahavis - Ctra. Ronda, Km. 3,5, 29679
Benahavis telephone: 952 78 34 62 - fax: 952 78 34 66 The course is set in beautiful
countryside and now boast a a new 9-hole course. The Club includes three putting greens
and a practice ground. The course also operates as a prestigious International Golf School.

La Zagaleta Golf Club

Designed by: Seve Ballesteros 18 holes Benahavis - Ctra. Ronda, Km. 38, 29679 Benahavis
telephone: 952 78 68 00 - fax: 952 78 22 08 La Zagaleta is paradise for golfers with a superb
Club House. It is a private club strictly used by members and guests, very exclusive.

Las Brisas Golf Club

Designed by: Robert Trent-Jones 18 holes Marbella - Calle 1D- Nueva Andalucía, 29660
Marbella telephone: 952 81 08 75 - fax: 952 81 55 18 One of the best courses in Europe.
Many bunkers and water hazards, including ten artificial lakes. A challenge for players of all
levels.

Lauro Golf Club

Designed by: Folco Nardi 27 holes Alhaurin de la Torre - Los Caracolillo, 29130 Alaurin de la Torre 29130 Alaurin de la Torre telephone: 952 41 27 67 - fax: 952 41 47 57 The course includes nine lakes and a large variety of fruit trees. The beautiful Club House is over two hundred years old and was originally a farmhouse.

Los Arqueros Golf Club

Designed by: Seve Ballesteros 18 holes Benahavis - Ctra. Ronda, Km. 42,9- Finca Torre, 29679 Benahavis telephone: 952 78 81 30 - fax: 952 78 81 30 The course is narrow and difficult, not well suited to all levels of players.

Los Naranjos Golf Club

Designed by: Robert Trent-Jones 18 holes Marbella - Apdo. 64- Nueva Andalucía, 29660 Marbella telephone: 952 81 52 06 - fax: 952 81 14 28 Perhaps one of the best designed golf courses by Robert Trent-Jones. The thick vegetation is dominated by orange trees that lend their name to the complex.

Marbella Golf & Country Club

Designed by: Robert Trent-Jones 18 holes Marbella - Carretera de Cádiz. Km 188, Marbella. Near the Costa del Sol Hospital, Marbella. telephone: 952 83 05 00 - fax: 952 83 43 53 The first few holes are the most interesting, long and criss-crossed by gullies, they require good tee-shots.

Mijas Golf International

Designed by: Terence Trent-Jones 36 holes Mijas - Los Lagos & Los Olivos. Camino viejo de Coín, Km 3, Urb. Mijas Golf, Mijas Costa telephone: 952 47 68 43 - fax: 952 46 79 43 Mijas lagos is probably one of the most popular courses on the Costa del Sol. Incorporating 8 lakes, from where it gets its name.

Miraflores Golf

Designed by: Folco Nardi 18 holes Mijas - Carretera de Cádiz, Km 199, Urb. Rivera del Sol, Mijas Costa. telephone: 952 93 19 60 - fax: 952 93 19 42 Situated in Mijas Costa in the heart of the tourist area, this course has some tough hills

Monte Mayor Golf Club

Designed by: José Gancedo Gómez 18 holes Benahavis - Ctra. N-340, Km. 163,6, 29679 Benahavis telephone: 952 81 08 05 - fax: 952 81 48 54 The golf course is surrounded by some of the most spectacular scenery on the coast. A very hilly course with a total of six bridges.

Parador Málaga del Golf

Designed by: Tom Simpson 18+3 holes Málaga - Carretera de Cádiz, at the Churriana crossroads / exit. Apto. 324, Málaga. telephone: 952 38 12 55 - fax: 952 38 89 63 The oldest course on the Costa, near the airport. Situated in the flat Guadalhorce valley the course was inaugurated in 1925 by the Spanish royal family,

Rio Real Golf Club

Designed by: Javier Arana 18 holes Marbella - Urb Rio Real, POBOX 82, 29600 Marbella telephone: 952 77 95 09 - fax: 952 77 21 40 Set in a beautiful countryside, the course is not too hilly. The fairly flat greens are well-protected with bunkers.

San Roque Golf Club

Designed by: David Tomas - Tony Jacklin 18 holes San Roque - Ctra. N-340, Km. 126,5, 11360 San Roque telephone: 956 61 30 30 - fax: 956 61 30 13 The characteristic thing about this Club is its long course, with wide fairways and high inclines on several holes.

Santa María Golf and Country Club

Designed by: Antonio García Garrido 9 holes Marbella - Coto de los Dolores, Urb Elviria, Ctra N340 Km 192, 29600 Marbella telephone: 952 83 03 86 - fax: 952 83 08 70 The course has

an excellent lawn and a magnificent Club House.

Santana Golf and Country Club

One of the newest and best courses in the area. Designed by Cabell B. Robinson on what was one of the largest avocado plantations in Spain. 6,207 metres (just under 7,000 yards) in length and quite flat (you do not need a buggy). A very fair course.

Sotogrande Golf Club

Designed by: Robert Trent-Jones 27 holes San Roque - Paseo del Parque, Apartado 14, 11310 San Roque telephone: 956 79 50 14 - fax: 956 79 50 29 Ranked amongst the best ten courses in Europe. The course is also famous for its many water hazards. Additionally the club offers an excellent 9-hole par-three.

Torrequibrada Golf Club

Designed by: José Gancedo Gómez 18 holes Benalmádena - Ctra. Nacional 340, Km. 220, 29630 Benalmadena telephone: 952 44 27 42 - fax: 952 56 11 29 The golf course has more than a hundred different species of trees and bushes that give shelter to varied species of birds, its fairways, greens and tees are famed for their excellent keeping.

Valderrama Golf Club

Designed by: Robert Trent-Jones 18 holes San Roque - Ctra. de Cádiz, Km. 132, 11310 San Roque telephone: 956 79 57 75 - fax: 956 79 60 28 Perhaps the most famous golf course in Europe (Ryder Cup 1997!). This course is designed for players with a reasonable to high level.

If you have internet access then you can get up to date green fees at the following link: http://www.golfholidaysonline.com/green_fees_costadelsol.html