

LOCAL CUISINE

La Manga offers a wealth of different styles of cuisine although it is fair to say that the typically Mediterranean style of cooking is available in all good restaurants. This includes paellas, fresh fish, freshly grilled meats and succulent salads, normally using locally grown produce. In fact the whole area has seen a considerable increase in agricultural production.



One of the local delicacies is fish (usually locally caught mujol or dorada) cooked in a jacket of salt, which, although when served is quite often considered to lack a little in terms of presentation, is a very delicate and filling dish.



Lobster is also available, as are oysters when in season, and a great variety of shellfish brought in each day by the fishermen from Cabo de Palos.

THE MAR MENOR, A FOUNTAIN OF HEALTH

The shallow waters and the absence of tides make the Mar Menor the field of water. It is the largest salt-water lake in Europe. The waters of this lake have an average depth of 3.5 metres, and a maximum of 6.5 metres, with its perimeter extending for some 73 kilometres (approx. 46 miles). It is a magnificent natural swimming pool with temperatures, which are maintained by a sun that shines for an average of 320 days each year.

This provides water temperatures in the winter months of 11C, which rises to 30C at the height of the summer. The waters register a saline content of 50% (the highest in Europe) and are scientifically recognised as being therapeutic in the treatment of rheumatism, arthritis and many other ailments.



La Manga is situated in the Province of Murcia in a coastal area which boasts one of the most moderate climates in Spain, with more days of sunshine than other mainland areas and water temperatures higher than average. As a result it has become known as the Costa Calida - the Warm Coast. It is a strip of sand, approx. 22 kms long, which forms a barrier and enclosed the Mar Menor (Minor Sea) and separates it from the Mediterranean Sea. At its narrowest parts it is only 100 metres wide and the maximum width is 1.5 km. There are over 44 km of beaches, narrower but with protected bays and coves on the side of the Mar Menor, and longer, wider expanses of pure golden sand fronting the Mediterranean. Considering the vast effort needed to keep them clean, it is proud to say that many can boast the Blue Flag - awarded in accordance with the regulations laid down by the European Community.



CONTACT DETAILS

FOR PRICES & AVAILABILITY

Tel. Nora on 07899 875546
Or e.mail nora19@btopenworld.com

AFFORDABLE LUXURY APARTMENT

to rent in
La Manga

COSTA CALIDA - SPAIN



Paradise between two seas

AFFORDABLE LUXURY APARTMENT

2 bedrooms - 2 bathrooms



This is a delightful luxury apartment with stunning sea and marina views across both the Mar Menor and the Mediterranean sea. Located overlooking "The Tomas Maestre Marina" and close to the beach.

Available facilities along the strip and mainland are cycling, diving, fishing, golf, horse riding, mountain biking, sailing, surfing, swimming, tennis, walking, water skiing, Kite surfing, Windsurfing, Jet skiing.



Fully furnished to a high standard, including air conditioning. Satellite TV and under floor heating. Two Bedrooms, one with ensuite bathroom and fitted with a security safe for guest's use.



This high quality apartment is a short drive from the world famous La Manga Club Golf Resort.



A fully fitted kitchen with granite worktops, lounge and dining room.



LOCATION

Welcome to this unique paradise of aquatics in La Manga on the Costa Calida. On a peninsula between the Mediterranean and the salty lake Mar Menor you have 2 beaches directly at your front door.



LA MANGA, A PARADISE BETWEEN TWO SEAS is one of the top Spanish playgrounds in Europe, and yet remains unknown to the British Tourist. Here's your chance to get to know it.

The La Manga Strip has a unique position in Europe, between two Seas, the Mediterranean Sea and the crystal clear waters of the Mar Menor. It is not far from the Cosmopolitan City of Murcia and the Historical City of Cartagena with its wonderful port.

The apartment is close to all Restaurants, Bars and Shops and boasts an enviable front line position with the opportunity to watch the sailing ships return to the marina and to witness some of the most fantastic sunsets you will ever see.



NAUTICAL SPORTS

Throughout the length of La Manga there are ten teaching centres (Escuelas de Vela) which means that no one need travel far to practice the water sport of their choice. All of the centres offer the best and most up-to-date equipment with courses in sailing and wind-surfing tutored by qualified instructors who normally speak at least one language other than Spanish - normally English and/or German.



Scuba and deep-sea diving have seen a considerable increase in activity during the course of the past few years. The many underwater archaeological sites, sunken ships has turned this area and Cabo de Palos into one of the most popular spots for divers.

Apart from the water sports, La Manga offers a great variety of other activities. There are tennis clubs with courts open to the public all year round, plus paddle tennis and squash in addition to a roller-skating rink and full size go-kart track.

NIGHT LIFE

Spanish night-life is well known for starting late and finish early - in the morning, that is! La Manga is no different. What nicer way to spend the evening with friends, taking a drink or dining under the stars, with the moon reflecting from either of the two seas? There are a large selection of Bars and Restaurants to choose from. During the summer months people come from miles around to experience the nightlife of La Manga.

The young tend to head for Cabo de Palos, which changes from a sleepy fishing village by day to a bustling selection of pubs with music to suit all.

