

# COSTA CÁLIDA REGIÓN DE MURCIA makes you happy



300

DAYS OF  
SHUNSINE A YEAR

252

KILOMETRES  
OF COASTLINE

4

CITIES TO  
DISCOVER  
HISTORY

1

HOLY  
CITY

2

THERMAL  
SPAS

19

PROTECTED  
NATURAL SPACES



MAKES YOU  
HAPPY





# REGIÓN DE MURCIA

## Makes you happy

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Are you crazy about the adrenalin activities and are you looking forward to doing **kite surfing, stand up paddleboarding, scuba diving or sailing?** Maybe all you really wish to do is relax under the sun whilst the little ones are enjoying themselves splashing about on the beach. Perhaps you're passionate about mountain activities and are wishing to explore the mountain on your bike.

Can you imagine being able doing so with kilometres and kilometres of **plenty of contrasting landscapes?** Or maybe you're one of those person who need to burn off adrenalin by doing **adventure sports in the natural wildness.**

There are so many things that you would like to experience ... Luckily, here in the Region of Murcia, you can have fun with all of them, no matter what your preferences are, and everything, a stone's throw away! **Adventure, sport, nature, relaxation** in a unique corner of the world, where the **sun shines all year round** and every day can be exactly how you want it to be.

**An endless list of possibilities** to which must be added, moreover, an **archaeological legacy** which you can discover in a getaway to one of the main cities of the region. **Golf, health resorts, thalassotherapy centres, spas, the healthiest varied Mediterranean cuisine,** washed down by wines of 3 own denominations of origin, international musical festivals of international benchmarks in their category, original festivals of international tourist interest, very stylish and trendy shopping and even a city where one can **procure the Jubilee indulgence every 7 years.**

So many plans and things to be done, so many things to discover. **The Region of Murcia** is the place to be and the time is now!

# SUN AND BEACH



Two seas on one coast, the Mar Menor and the Mediterranean, and a great variety of beaches to capture with your umbrella: pristine, secluded, endless white sand, unspoilt coves. All this together with over 3,000 hours of sunshine per year and an average annual temperature of 19°C, which make the Costa Cálida the perfect destination to spend unforgettable days of rest and relaxation whether in winter or summer.

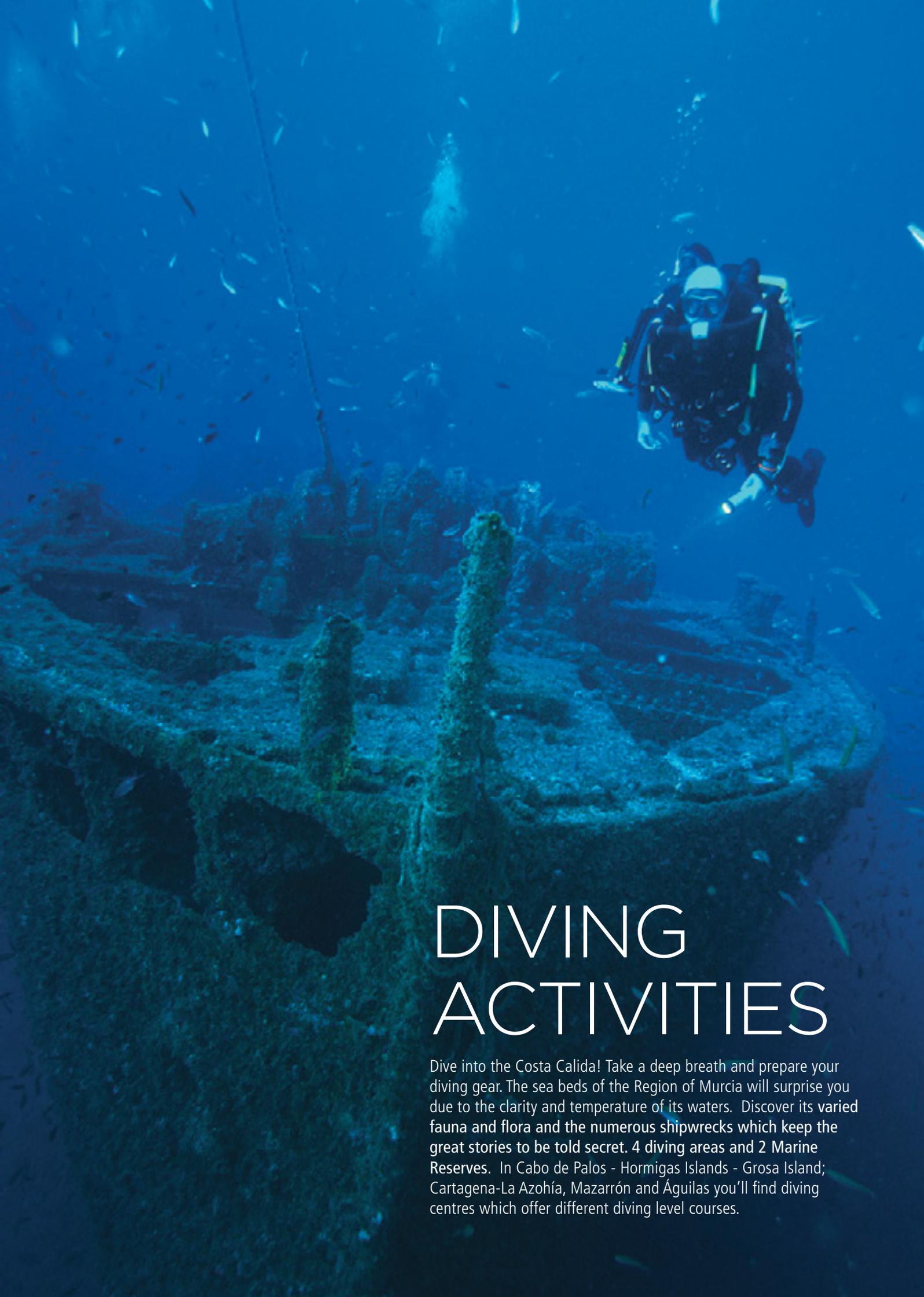






# NAUTICAL ACTIVITIES

Get wet! If you like water sports you're in one of the best places in the world for sailing, kayaking, swimming, skiing, speed boat racing, kite surfing, windsurfing, standup paddle boarding, catamaran sailing activities, in numerous clubs, ports, sailing and sports schools. The Mar Menor-Cabo de Palos Marine Resort and the destinations of Águilas and Mazarrón offer one the possibility of hiring equipment, sign on for sailing courses and book accommodation under very favourable terms and conditions.

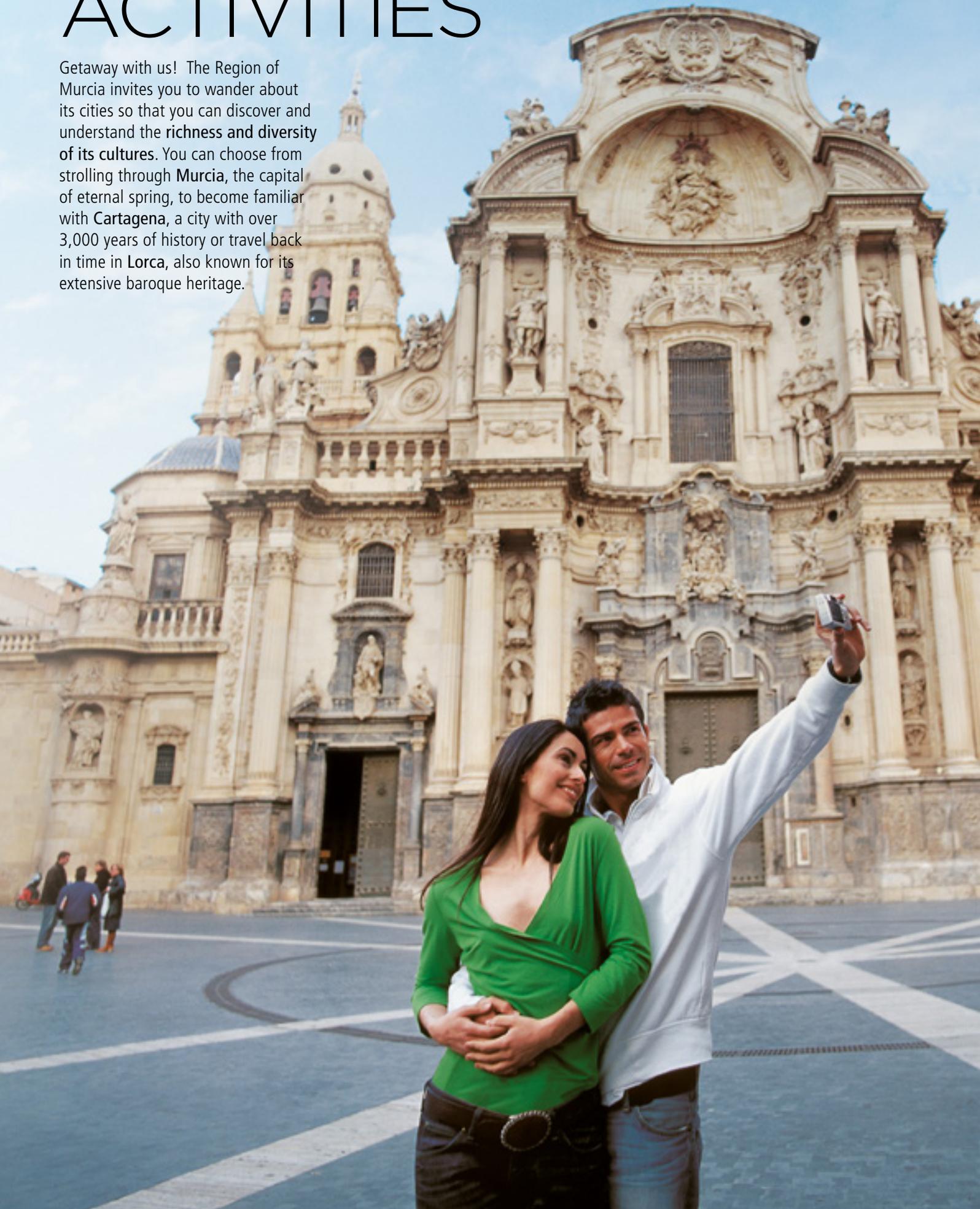
A full-page background image showing a scuba diver in a dark blue underwater environment. The diver is positioned in the upper right quadrant, looking towards the camera. Below the diver is a large, rusted metal structure, likely a shipwreck, with several vertical pipes or bolts protruding from it. The water is filled with many small, silvery fish swimming in various directions. The overall lighting is dim, creating a mysterious and serene atmosphere.

# DIVING ACTIVITIES

Dive into the Costa Calida! Take a deep breath and prepare your diving gear. The sea beds of the Region of Murcia will surprise you due to the clarity and temperature of its waters. Discover its varied fauna and flora and the numerous shipwrecks which keep the great stories to be told secret. 4 diving areas and 2 Marine Reserves. In Cabo de Palos - Hormigas Islands - Grosa Island; Cartagena-La Azohía, Mazarrón and Águilas you'll find diving centres which offer different diving level courses.

# CULTURAL ACTIVITIES

Getaway with us! The Region of Murcia invites you to wander about its cities so that you can discover and understand the richness and diversity of its cultures. You can choose from strolling through Murcia, the capital of eternal spring, to become familiar with Cartagena, a city with over 3,000 years of history or travel back in time in Lorca, also known for its extensive baroque heritage.

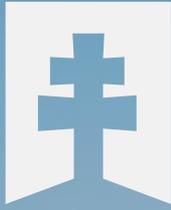






# RELIGIOUS ACTIVITIES

The religious tradition is very prevalent in the Region of Murcia. You'll not only find it in every church and basilica, worship and fervour are rooted in every corner, village and city. This region invites you to discover beautiful places of worship, places of pilgrimage, legends and religious festivities and a legacy of unquantifiable value.



Caravaca de la Cruz  
Holy Jubilee year 2017  
Camino de la Cruz

In the Northwest of the Region of Murcia is located Caravaca de la Cruz, the fifth holy city in the world to which the Holy See granted in 1998 the privilege of holding the Jubilee Year In Perpetuum every seven years.

Caravaca can be reached via Camino de la Cruz, a journey of faith, a journey to discover oneself and to discover a unique land which holds an architectural heritage of unquantifiable value.





# FESTIVITIES

Every month of the year there is a festival in the Region, reason why it's likely that your visit coincides with any one of them. Noteworthy, for being of International Tourist Interest, the Holy Week of Murcia, Cartagena and Lorca; the Águilas Carnival; the Bando de la Huerta and El Entierro de la Sardina (The Burial of the Sardine) in Murcia; the festivals of the Santísima and Vera Cruz de Caravaca and the Cante de la Minas de La Unión Festival (Minas International Flamenco Vocals Festival).

# FESTIVALS

The Region of Murcia opens the season of national festivals with the WAM in the city of Murcia. Following this festival are the certain other summer international festivals such as La Mar de Músicas (The Sea of Music) in Cartagena; the Cante de las Minas de La Unión Festival (Minas International Flamenco Vocals Festival) and the San Javier Jazz Festival. No matter what you like or what your preferences are, we have something in store for you.



# NATURE



Do you like nature? Well then the Region of Murcia is like that. Authentic. As clear as daylight, as firm as solid ground and as surrounding as the air we breathe. Here the sun is the companion of the **varied and beautiful landscapes** which range from high mountains to coast routes. A region which offers a comprehensive **wealth of spaces and natural parks** that will awaken all your senses. The Region of Murcia offers you hundreds of activities and accommodations in which to enjoy rural tourism Nature lovers, seekers of experiences and conquerors of villages with essence and heart .... the Region is yours!

# ACTIVITIES



By land, sea and air. The Costa Cálida offers you activities of all kinds in contact with nature. From hiking and cycle tourism near the sea and the mountains, to caving in tourist and sporting caves, descents by the Segura river, without forgetting that you can also discover our landscapes as seen from the sky either paragliding, hang gliding, zip wires or by air balloon.







# HEALTH AND BEAUTY

If you need a break, we have many options on offer. The healing waters of the Region of Murcia are made available to relax and take care of yourself, via health resorts, thalassotherapy centres and spas, not forgetting the power of the Mar Menor mud baths.



COSTA CÁLIDA  
**CARES**

Murcia has been a health region for centuries. Here professionalism, innovation and quality come together to offer one wellbeing hotel establishments and hospitals specialising in health tourism. Costa Cálida Cares offers you a comprehensive offer in unique environments of the Region for medical treatments of all kinds.

# WINE ROUTES



In the Region of Murcia vines have been grown and wines elaborated since Roman times. Whites, reds and rosés of the three existing **Denominations of Origin: Bullas, Jumilla and Yecla**. Rich in nuances and increasingly enjoying greater prestige from among the public around the world. If you wish to discover the wines and enjoy the tourism, pucker up and come over to make the Wine Routes of these municipalities.

# GASTRONOMY

The most tastiest part of the Region of Murcia is, undoubtedly, its gastronomy. Our land is a crossroads of cultures and this is demonstrated in its cuisine. Vegetables from the garden, treasures of the sea, typical dishes and an excellent sweets draw a landscape of delicious flavours. The good weather allows one to enjoy tapas in its lively squares and streets throughout the year Here tradition coexists with the new ways of understanding cuisine.





# GOLF

22 signature golf courses designed by renowned players make the Costa Cálida one of the top golf destinations in Europe, where golf enthusiasts and professional players can play their favourite sport at any time of the year. In addition, all are within a working radius of 35 square kilometres so one can play on more than one golf course during a single getaway.





Costa Cálida  
Región de Murcia - Spain

SPORT TOURISM  
ALL THE YEAR

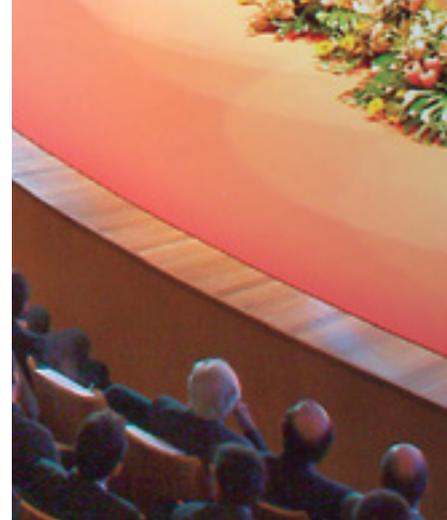
# SPORT TOURISM

The good weather and modern facilities place the Costa Cálida as a reference benchmark for holding of sporting events. Trail, trekking, running, rowing, open water swimming, sailing ...all disciplines rendezvous here. Located at the Mar Menor is the Sports Technification Centre, ideal for gatherings of federations and clubs concentrations and training venue for high-performance athletes throughout the year.



# MICE

Over 7,000 beds distributed in approximately thirty rooms belonging to the three conference centres in the Region, in addition to the other 100 located in the hotels of the main MICE (Murcia, Cartagena, Águilas and Lorca) destinations, which encompasses wide range to choose from both the city as well as the scenario that best suits one's business needs.



# OTHER TOURIST ATTRACTIONS IN THE REGION

## CRUISE TOURISM

The historic and cultural attractions of Cartagena have managed to attract the most important shipping companies in the world, which have included its port as a **stopover port** for its cruise ships. Its lively streets, its shops are always and the hustle and bustle of its historic quarter make all those who visit it fall in love with the town.



## CAMPSITES

If you're one of those persons likes to take everything including the kitchen sink when travelling, the Region offers a **multitude of campsites** both on the coast as well as inland. Located in natural surroundings of great beauty to enjoy with family or friends, the simplest pleasures of life.



## LINGUISTIC IMMERSIONS

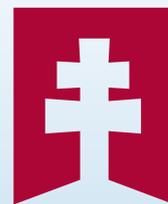
Language tourism is booming in the Region of Murcia. We offer courses of **different duration for different nationalities**. Come to our country to study the language and become acquainted with our culture and way of understanding life through an **entertaining program of cultural, sports and leisure activities** which will leave no one feeling indifferent but amazed.





Costa  
Cálida

Región  
de Murcia  
Spain



Caravaca de la Cruz  
Holy Jubilee year 2017

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