

# NATURE AND ACTIVE TOURISM

REGION  
OF MURCIA

OUTDOOR  
ADVENTURES



CAMBIAR FOTO

300 DAYS OF  
SUNSHINE  
PER YEAR

7 REGIONAL  
PARKS

19 PROTECTED  
NATURAL  
AREAS

100 + SHORT  
DISTANCE  
TRAILS (PR)

9 LONG  
DISTANCE  
TRAILS (GR)



MAKES  
YOU HAPPY



# REGION OF MURCIA **BY LAND, WATER OR AIR**

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Do you like nature? Then the Region of Murcia is for you.

Authentic, without artifice, as natural as you. As clear as the water, as solid as the earth and enveloping like the air. The sun illuminates its varied and beautiful landscapes ranging from the high mountains in the Northwest to the coastal paths. Places where you can practice all kinds of nature leisure activities, while also enjoying water sports throughout the year. We have many reasons to boast. And you have countless ways to enjoy yourself, whether by land, water or air. Take your pick.



# BY LAND

Walking is more than just moving your legs. A path is at every turn. And each step brings you closer to your destination.

Leap into adventure. The Region of Murcia has rich mountain landscapes for you to scale elevated massifs, climb rocks and walk for hours on the coast, through old mining and fishing routes, or cycle along the Vía Verde to the Jubilee City of Caravaca de la Cruz.

Water or land? You can choose both because the Region of Murcia has it all. More than 100 short distance trails (PR), 15 local trails (SL) and 9 long distance trails (GR) weave a vast network of routes through a territory rich in contrast. You'll be able to admire the snow atop the Revolcadores massif, at 2,015 metres above sea level, and scan the waters from the mountains flanking the coast.

All of the routes are approved by the Mountaineering Federation of the Region of Murcia (FMRM). We suggest two long-distance trails in Murcia, the GR-92 and GR-07, one along the coast and the other to the north.



**LOCAL TRAILS (SL)**  
Are less than 10 km in length.



**SHORT-DISTANCE TRAILS (PR)**  
Are between 10 and 50 km in length.



**LONG-DISTANCE TRAILS (GR)**  
Are greater than 50 km in length.



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

## THE GR-92: LA COSTA CÁLIDA'S TRAIL



The GR-92 path, included in the E-12 coming from Salerno and ending in Ceuta, runs along the Spanish Mediterranean coast from the French border to Tarifa (Cádiz). While passing through the Region of Murcia, its nearly 180 kilometres are full of old mining roads, trails and cattle routes that were traversed by the Roman via the coastline.

The trail runs the Costa Cálida from Mojón beach in San Pedro del Pinatar to the site of the Four Bays in Águilas, passing through the municipalities of San Pedro del Pinatar, San Javier, Los Alcázares, La Unión, Cartagena, Mazarrón, Lorca and Águilas. A journey that forms part of the ancient route of the Carabineros, linking the checkpoints of this security body created in 1829.





**WALKING STAGES ACCORDING TO ROUTE,  
DURATION AND DIFFICULTY**

Stage	Section	Max. Gradient	Km	Difficulty	Duration
1st	Playa del Mojón (San Pedro del Pinatar) - Playa de la Hita - Punta Calera (Los Alcázares - Los Narejos)	10 m	14,6 km	Low	3:40 h
2nd	Playa de la Hita - Punta Calera (Los Alcázares - Los Narejos) Urb. Estrella de Mar - Playa El Arenal (Los Urrutias, Cartagena)	2 m	12,3 km	Low	3:17 h
3rd	Playa El Arenal (Los Urrutias, Cartagena) - Cabo de Palos - Portmán	276 m	37,9 km	Low - Average	12:56 h
4th	Portmán - Cuatro Caminos (Tentegorra, Cartagena)	337 m	26,9 km	High	8:50 h
5th	Cuatro Caminos (Tentegorra, Cartagena) - La Azohía (Cartagena)	340 m	31,9 km	High	11:25 h
6th	La Azohía (Cartagena) - Playa de la Calera (Isla Plana) - Punta Benza (Mazarrón)	45 m	17,4 km	Low	4:25 h
7th	Punta Benza (Mazarrón) - Playa Cabezo de la Pelea (Cañada Gallego, Mazarrón) Punta del Siscal (Lorca)	80 m	10,75 km	Low	2:40 h
8th	Punta del Siscal (Lorca) - Cabo Cope (Águilas)	100 m	16,7 km	Low	4:10 h
9th	Cabo Cope (Águilas) - Cala Cerrada (Águilas)	40 m	11,1 km	Low	2:25 h

Proposal of levels according to Natursport. Times are approximate. The high difficulty stages are only recommended for experts.



**CABO DE PALOS  
LIGHTHOUSE**

Let us guide you, so you don't miss a thing. Pliny the Elder (1st century), from the Roman period, spoke on the promontory in a temple dedicated to the Phoenician god Ball Hammon, known by the Romans as Saturn, where today the Cabo de Palos Lighthouse stands. This lighthouse has over 150 years of history and is a symbol of the Cartagena coast and fishing village of Cabo de Palos.

**LA UNIÓN  
MINING PARK**

The GR-92, which passes through Portmán (La Unión), links with a short-distance trail (PR-MU 88) that leads to "Road 33", a legendary mining route that connects you with La Unión Mining Park, where you are able to visit the Agrupa Vicente Mine.

While dedicated to the extraction of pyrite, it now is a true tourist attraction. Particular highlights include its interior tunnels and the reddish water lake.

In addition, its small auditorium can hold up to 90 people, and is one of the more beloved settings for the Cante de las Minas Flamenco Festival. Amongst the 24 batteries on the Cartagena coast, two of the most visited include the Battery of Las Cenizas, next to the bay of Portmán, and the Castillitos Battery in La Azohía.



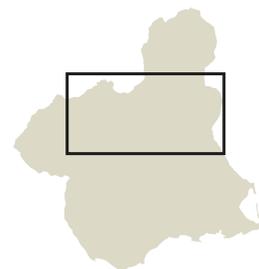
**THE FLAVOURS OF  
ROUTE GR-92**

When you're feeling hungry, there's no better remedy than trying the cuisine of the Costa Cálida, a prime example of the Mediterranean diet whose ingredients combine both surf and turf. Discover the marine tradition and products in the markets of San Pedro del Pinatar, Cabo de Palos, Mazarrón and Águilas.

Its Arab heritage is present in the rice, spices and herbs. Cured products (roe and Mojama) and fish including bream, mullet and, of course, prawns from the Mar Menor, are just some of its prized delicacies. The fry pot, Cartagena michirones, colorao garlic from Águilas, rice and Mazarrón bovogante and Lorca coast octopus from Calnegre are sure to delight your palate.



# THE GR-7: THE NORTHERN TRAIL



The GR-07, which runs through Europe from Crete to Tarifa, crosses the north of the Region of Murcia over 173 kilometres through Jumilla, Cieza, Calasparra and Moratalla. This extensive trail borders Torre de Rico in Pinoso (Alicante) and Almacilón hill, near Cañada de la Cruz, on the border with Granada.

If you enjoy great heights and have vertigo, you can scale the Revolcadores Massif from Puerto Alto, the Region of Murcia's rooftop. Do you want to make it to the top? If you enjoy mountain biking, the trail allows you to do so in four stages.

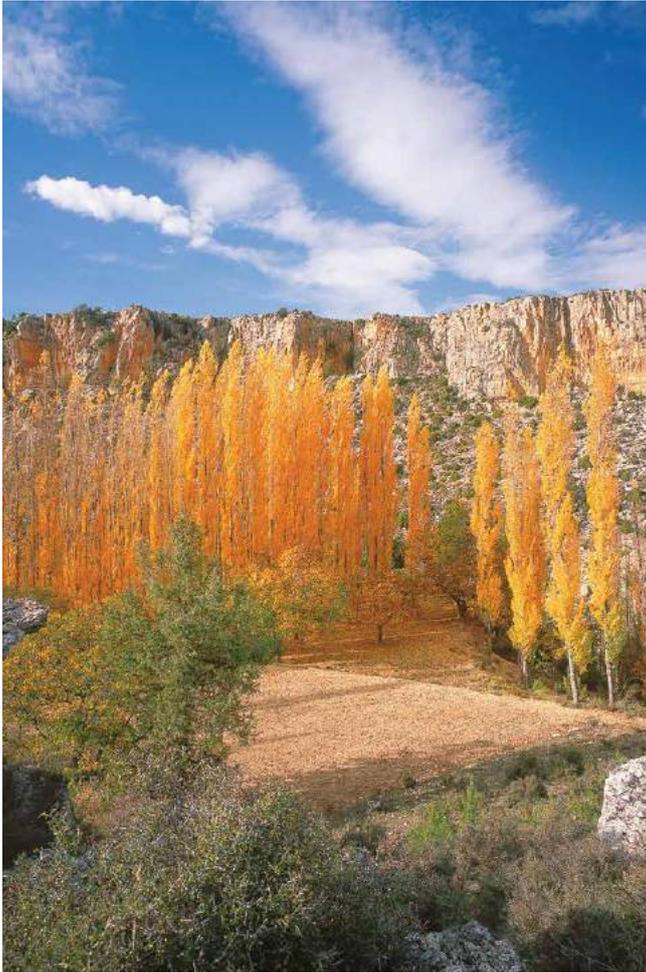


	Stage	Section	Max. Gradient	Km	Difficulty	Duration
	1st	Torre del Rico (Alicante) - Venta Román	-300 m	23,4 km	Low - Average	4:40 h
	2nd	Venta Román - Cieza	200 m	25,3 km	Low - Average	5:10 h
	3rd	Cieza - Calasparra	700 m	35,4 km	Average	7:40 h
	4th	Calasparra - Moratalla	380 m	22,6 km	Low - Average	4:50 h
	5th	Moratalla - El Sabinar	685 m	30,1 km	Average	6:35 h
	6th	El Sabinar - La Rogativa	75 m	16,8 km	Low	3:40 h
	7th	La Rogativa - Puerto Alto - Cañada de la Cruz - Provincial border	400 m	19,4 km	Low - Average	3:45 h

	Stage	Section	Max. Gradient	Km	Difficulty	Duration	Velocity
	1st	Torre del Rico (Alicante) - Embalse de Alfonso XIII (Calasparra)	785 m	72,2 km	Average	5h	14 km/h
	2nd	Embalse de Alfonso XIII - Moratalla	700 m	41,7 km	Average	4h	10km/h
	3rd	Moratalla - El Sabinar	600 m	29 km	Average/High	4h	7km/h
	4rd	El Sabinar - Cañada de la Cruz - Límite provincial	550 m	38 km	Average	4:50h	7km/h

Proposal of levels according to Natursport. Times are approximate. The high difficulty stages are only recommended for experts.





### **THE POOLS OF THE RIVER ALHÁRABE AND CAMPO DE SAN JUAN**

7 kilometres from Moratella is the area of La Puerta, where a campsite is located along the banks of the River Alhárabe. Following this course you will reach a breath-taking area filled with pools of water. This is a quiet trail suitable for everyone. The river bathes the Campo de San Juan where you can survey the old cattle pens in the caves of Zaén and Bajil. The northwest land intertwines old legends, tradition and culture with breath-taking scenery. The ochre colours of autumn populate the evergreen forests, while crystal clear streams, free range herds and cornfields line a territory with a singular identity.

### **REVOLCADORES AND THE HERMITAGE OF LA ROGATIVA**

In the vicinity of the GR-07, the Revolcadores massif offers superb views of an immense area at over two thousand metres above seal level. One of the paths passes through the Shrine of the Virgin of the Hermitage (sixteenth century) in Moratalla, where you are able to admire the gorgeous landscape at the top of peaks of Servalejo and Peña Jarota. It is here where the last wolf lived in the Region of Murcia. Every last Sunday in the month of May, the devotees pilgrimage to this unique hermitage whose origin, according to legend, was the miracle of the transformation of a dove into the image of the Virgin Mary.



### **THE FLAVOURS OF ROUTE GR-7**

Cuisine is fundamental to truly understanding this region. What do you fancy? Calasparra rice, gachasmigas, the gypsy pot and sausages are some of the gastronomic icons of this route in the northern zone of the Region of Murcia. Jumilla and Yecla gazpacho, cakes and peaches with Cieza wine are the guardians of a deeply-rooted gastronomic tradition that is just waiting to be experienced.

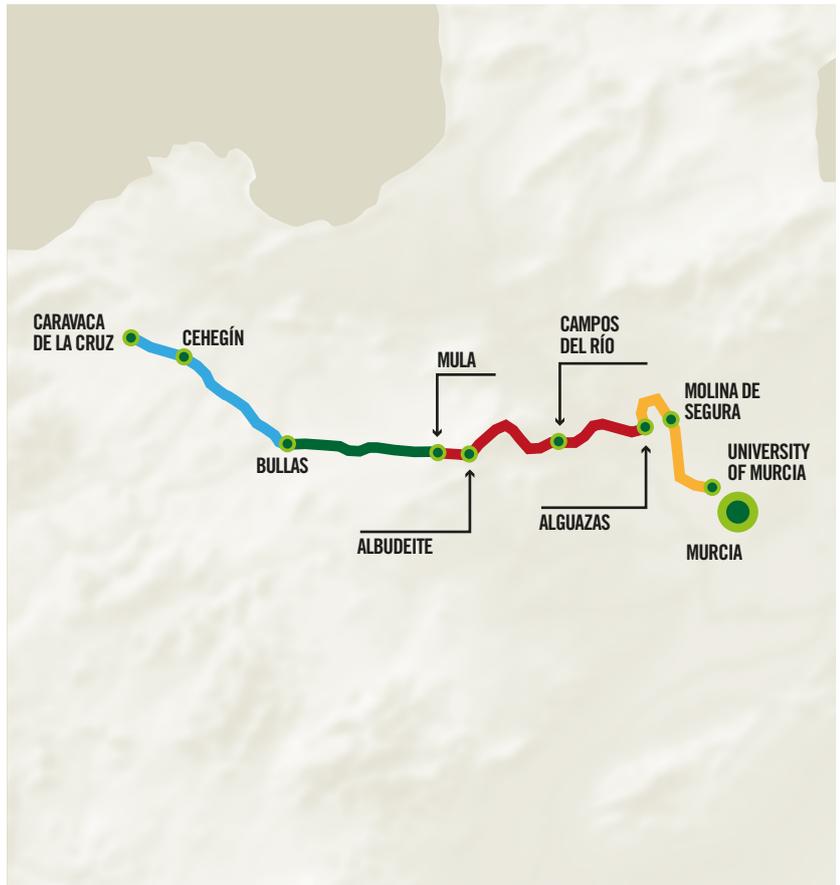
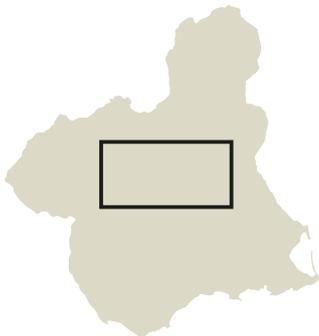
# NORTHWEST

## VÍA VERDE

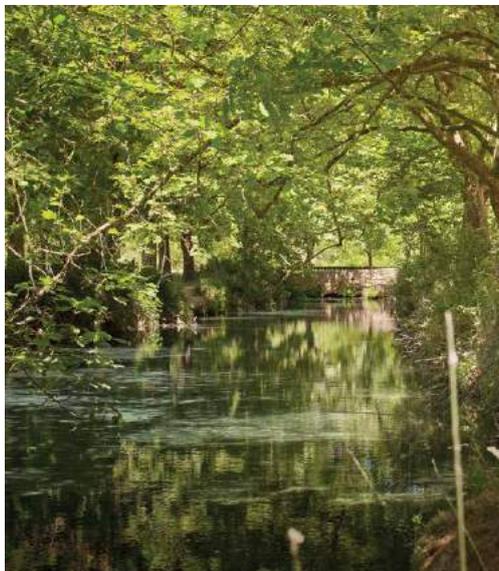


Do you enjoy nature, history and active tourism? If so, the Northwest Vía Verde will meet all of your expectations. This old railway line linking Murcia with Caravaca de la Cruz extends along 80 km of land and can be accessed on foot, horseback or via bicycle. This route has been equipped since 1998 and has a compact layout of asphalt and gravel to facilitate your journey. Enjoy unusual landscapes, such as the rare "badlands", mountains with large pine forests and a rich architectural heritage.

The Vía Verde is ideal to take a walk in four stages. On bicycle it can be traversed in one day or leisurely in several stages.



- Stage 1: From Campus de Espinardo to Alguazas: 10 km
- Stage 2: From Alguazas to Mula: 25 km
- Stage 3: From Mula to Bullas: 23 km
- Stage 4: From Bullas to Caravaca de la Cruz: 22 km



On-going:  
**Vía Verde del Campo de Cartagena,**  
between Totana and Cartagena, 51 km.

**Vía Verde de Mazarrón,**  
between la Pinilla (Fuente Álamo) and  
Mazarrón, 15 km.

**Vía Verde de Xixarra,**  
through the municipalities de Cieza,  
Jumilla and Yecla, 64 km.



[www.viasverdesregiondemurcia.es](http://www.viasverdesregiondemurcia.es)



Along the route you have a network of 9 hostels with accommodation and restaurants.



[www.alverdes.es](http://www.alverdes.es)



**EL SALTO DEL USERO**

Situated in the bed of the River Mula, this is an area of great beauty. Erosion on the bed has caused its particular vault morphology. Water falls from a cascade of 4 metres in height. Because of the environmental richness of its surroundings and crystalline waters, el Salto del Usero is perfect for hot summer days in the countryside. Refresh yourself!



**THE FLAVOURS OF THE NORTHWEST VÍA VERDE**

Vía Verde cuisine is sure to whet your appetite, providing energy for your travels and satisfying your taste buds. Succulent roasts, meat with potatoes, "empedrao", rice with cod and white beans, rice with pollo campero, rabbit and snails, meatball, spinach stews, bread crumbs for those rainy days, delicious with pickled sauce, stuffed squid, loin of luff, pig's trotters and michirones make up a varied and delicious menu. Absolutely scrumptious. Bon Appetit!



**CARAVACA AND THE TRUE CROSS**

The layout of the Northwest Vía Verde ends at the Jubilee City of Caravaca de la Cruz. Whether it is sport, leisure or religious pilgrimage, whoever you are or wherever you come from, there is always a reason to visit Caravaca.

John Paul II granted the celebration of the Jubilee Year "In Perpetuum" to Caravaca de la Cruz in 1998, every 7 years with the next in 2017. The relic of the Blessed and True Cross, which keeps the splinters of wood from Christ's own cross, has inspired devotion since the Middle Ages. According to legend, the cross descended from the heavens carried by two angels on the 3rd of May of 1232.





# CYCLING IN THE REGION OF MURCIA

The Region of Murcia offers three cycling routes located in nature reserves and the coast, combining tourism and sport. While travelling long distances, you can also visit tourist attractions. Enjoy travelling on two wheels at your own pace. Routes can be completed in one day or several weeks. Below are some suggestions. Safe travels!



# THE ESPUBIKE CHALLENGE OF SIERRA ESPUÑA

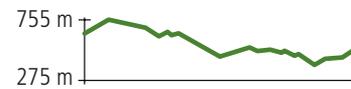


One of the best challenges is to complete the full Espubike route on your mountain bike. What steps do you need to take? It's very simple: sign up online and at the beginning of the route you will be given a passport that must be stamped at each of the official points. If you complete all of the sections, you will be awarded an official Espubike brand jersey. Remember that there are four sections, starting and finishing in Berro, 146 kilometres on bike with 4,300 metres of upward gradient. Are you ready to take on the challenge?

The stages are:

## Section 1: El Berro - Gebas

Distance: 25 km  
Upward gradient: 500 m  
Difficulty: Average  
Approximate time: 3 hours



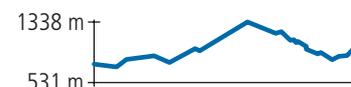
## Section 2: Gebas - Casas Nuevas

Distance: 32 km  
Upward gradient: 543 m  
Difficulty: Average - Low  
Approximate time: 3,5 hours



## Section 3: Casas Nuevas - Las Alquerías

Distance: 36 km  
Upward gradient: 1400 m  
Difficulty: High  
Approximate time: 4 hours

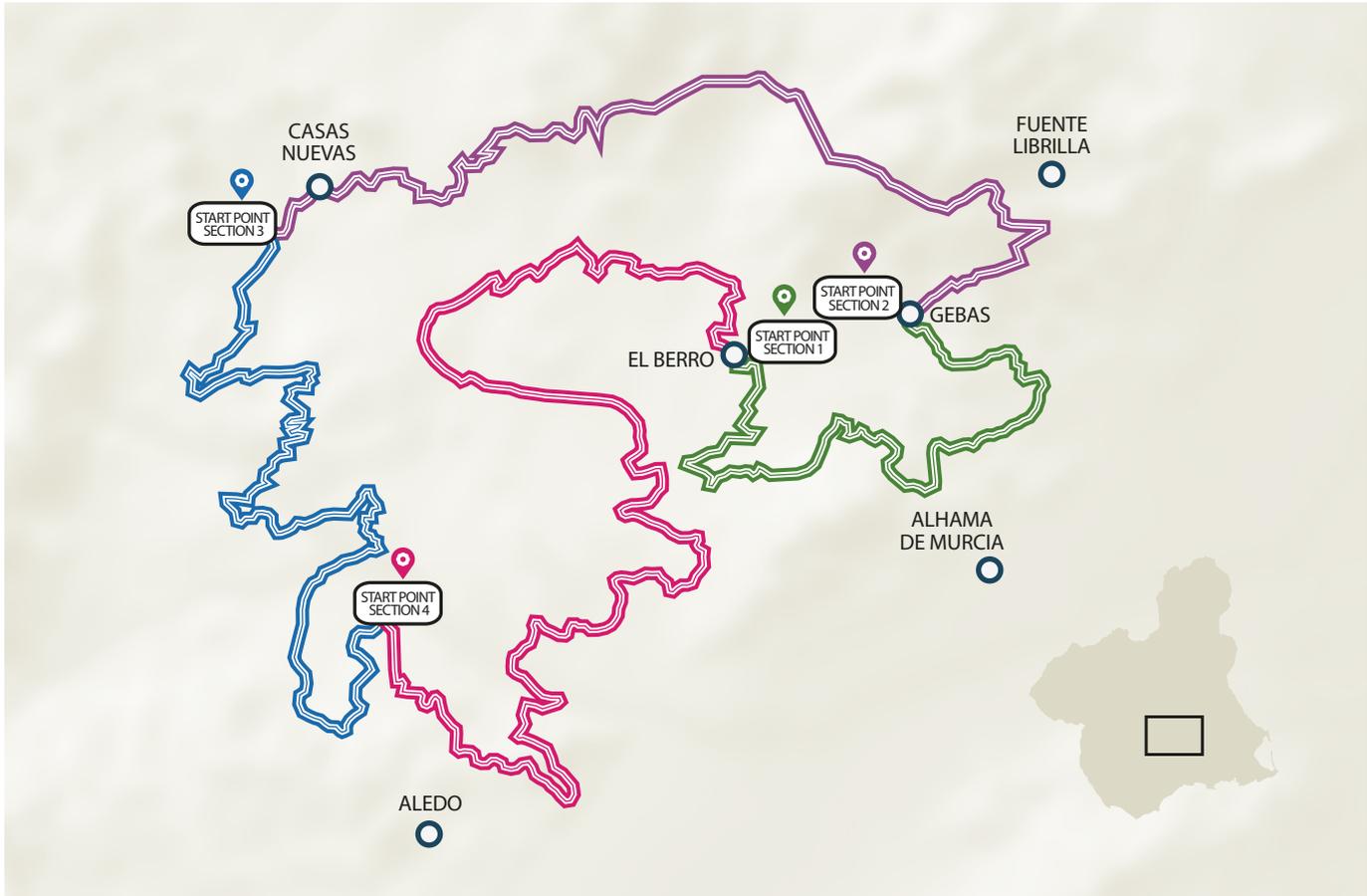


## Section 4: Las Alquerías - El Berro

Distance: 53 km  
Upward gradient: 1270 m  
Difficulty: High  
Approximate time: 5 hours



[www.espubike.com/en](http://www.espubike.com/en)



### STRAITS OF LA AGUALEJA

Also known as the Straits of la Arboleja, this is one of the most unique and beautiful natural terrains of Murcia, just two kilometres from Aledo. A small corner full of riparian vegetation in the Lébor ravine that transports you to an other-worldly place of Jurassic landscapes in the form of narrow walls through which to ride. Start your adventure here!

### SNOW WELLS

Do you ever wonder how food was refrigerated hundreds of years ago? Storage, cartage and distribution of ice from the snow wells to Murcia, Cartagena and Lorca were developed between the sixteenth and twentieth centuries as a flourishing commercial activity. The ice was a precious commodity to preserve food, cool drinks and make ice cream. There are 25 wells located some 1,400 metres above sea level on the northern slopes of the Morrón de Espuña.



### THE FLAVOURS OF THE ESPUBIKE ROUTE

Whether or not you finish the challenge, you've earned your reward just by trying. After cycling, what better way to relax than trying some local delicacies? One of the star dishes of Espubike is the rice with rabbit, a favourite for Sunday dinners. Other dishes to look out for are stews with meatballs, cod, fennel, spinach and chard leaves.



# IMBA CERTIFIED ROUTES IN MAZARRÓN



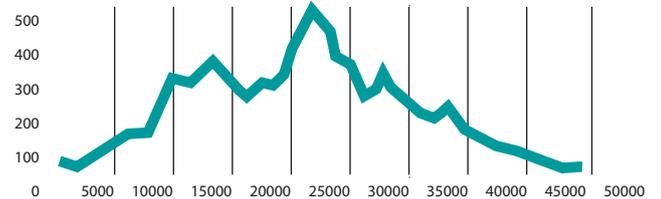
Cycling near the sea is an experience that cannot be missed when you are in Mazarrón. This municipality features two mountain bike routes (BTT) along the Murcia coastline, which have been approved by the IMBA (International Mountain Bicycling Association). What does this involve? Based on sustainability criteria, they must have a minimum length of 50 kilometres and include a Mountain Biking Centre. Some sections of the routes cover nearly-untouched areas of the Costa Cálida, with a great wealth of botanical, geological and landscape features. Without a doubt, the healthiest way to discover the cultural and natural heritage of Mazarrón. Get cycling!



The two mountain biking routes of Mazarrón include:

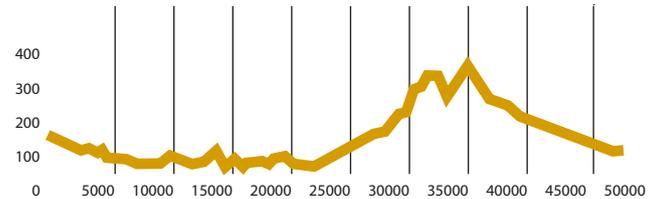
## 1.- Route of la Perdiz

Distance: 44.7 km  
Type: circular  
Total gradient: 420 m  
Difficulty: High



## 2.- Route of las Calas

Distance: 48.9 km  
Type: circular  
Total gradient: 710 m  
Difficulty: High





**BOLNUEVO EROSION**

Known as the "Enchanted City", you've never seen anything so magical. Wind and sea erosion of the rocks, along with the special features of the white sand, have created a unique landscape for the Playa de Bolnuevo. From here you can follow the coastline through a simple hiking route that runs through many small coves, famous for pioneering the practice of naturism in the Region of Murcia. Nature awaits.

**MINING HILLOCKS OF SAN CRISTÓBAL AND LOS PERULES**

At various period, Mazarrón has been a mining leader in the extraction of iron, lead, silver, zinc, copper, alum and red ochre. The first evidence of its mineral wealth dates back to Phoenician times. This is demonstrated through several quarries and two shipwrecks dating back 2,700 years on the island beach, in the Port of Mazarrón. Take this unique walk through history.



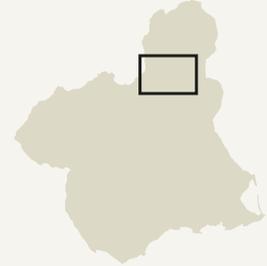
**THE FLAVOURS OF THE MAZARRÓN ROUTE**

The garden and the sea inspire the local cuisine with mouth-watering tomatoes and salted fish -roe, Mojama, tuna and bonito. Mazarrón Monkfish or grouper, tomato and garlic salad, hake dumplings and sardine casserole are the stand out dishes. Rice and lobster, pasta with bonito fish, empanada casserole, talvina and milt a l'ail round out the kitchen's gastronomic delights.



[www.visitamazarron.com/en](http://www.visitamazarron.com/en)

THE MOUNTAIN BIKING WINE ROUTES OF **JUMILLA**



If you enjoy wine culture and cycling, then you're in the best place possible. We suggest a different way to cycle: in the municipality of Jumilla you can ride through vineyards and different areas within the Sierra del Carche. From an accessible level all the way through to the most challenging. It's up to you. The wine routes also provide visits to the city of Jumilla, as well as itineraries to coincide your cycling with the grape harvest. Toast to your health.



**THE CASTLE OF JUMILLA**

The Castle of Jumilla, dating from the fifteenth century, is one of the most identifiable architectural elements of this town's landscape. Standing on a hill that had already been inhabited in the Bronze Age, it can be seen throughout the region. Discover one of the most beautiful castles in the Region of Murcia.

**SANTA ANA ROUTE**

This route runs through a mountainous area of great natural beauty and high environmental value. On your route you will discover numerous sites of special historical significance. The Sierra de Santa Ana is located 6 kilometres to the south of Jumilla and has asphalt access with various forest roads and trails. In the heart of the mountains is the Convent of Santa Ana, of the Franciscan Order, from the sixteenth century.

**THE FLAVOURS OF THE WINE ROUTE OF JUMILLA**

One of the most famous dishes of the Murcia altiplano, the Jumilla gazpacho, is linked to the world of wine. A mixture of Murcia and Manchego gastronomy delighting visitors in the chill of winter. Gachamiga, meatballs, potato empanadas and goat and Murcia cheese with wine are the typical delicacies of this area.



[www.jumilla.org](http://www.jumilla.org)

# Caving

## GO INSIDE THE EARTH: VISIT OUR CAVES



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Get ready to discover deep inside the Region of Murcia. There are numerous catalogued limestone caves and chambers that were formed via the networks of underground water throughout millions of years. When empty, you can find natural treasures yet to be discovered by professional and amateur speleologists. They are known as hypogenic caves.

## FOR THE PUBLIC

### PUERTO CAVE (CALASPARRA)

With around 4.4 kilometres of topography and 114 metres of depth, this is a cave with the longest horizontal path in the Region of Murcia and high tourist value. Step into one of its rooms that have been conditioned and opened for guided tours. If you are an adventure-seeker and expert caver, you can access the undiscovered cavities.



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[www.cuevadelpuerto.com](http://www.cuevadelpuerto.com)  
[www.turismocalasparra.es](http://www.turismocalasparra.es)

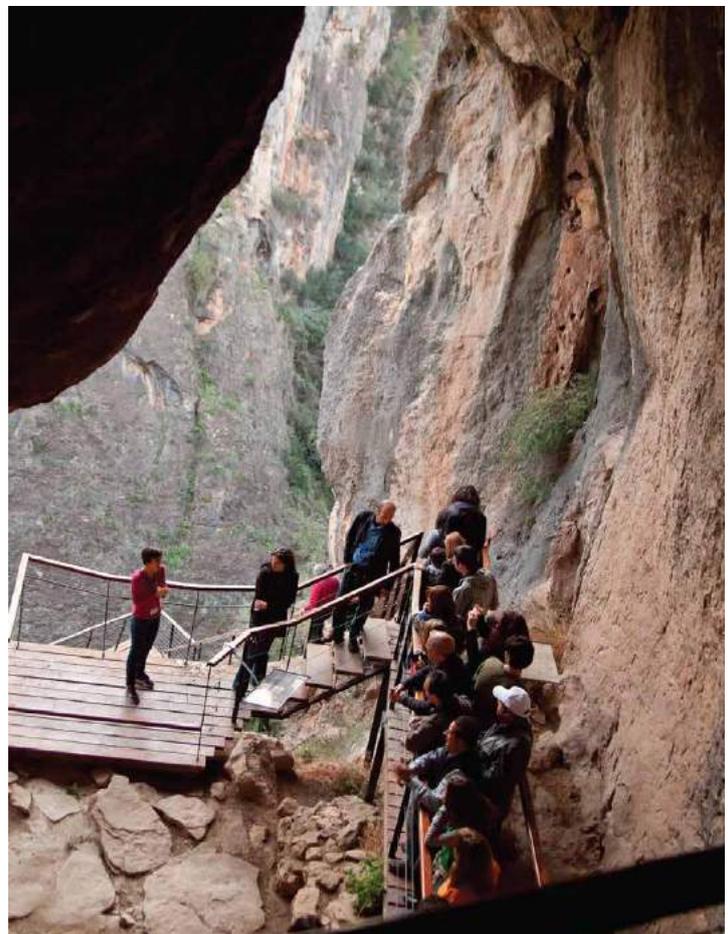
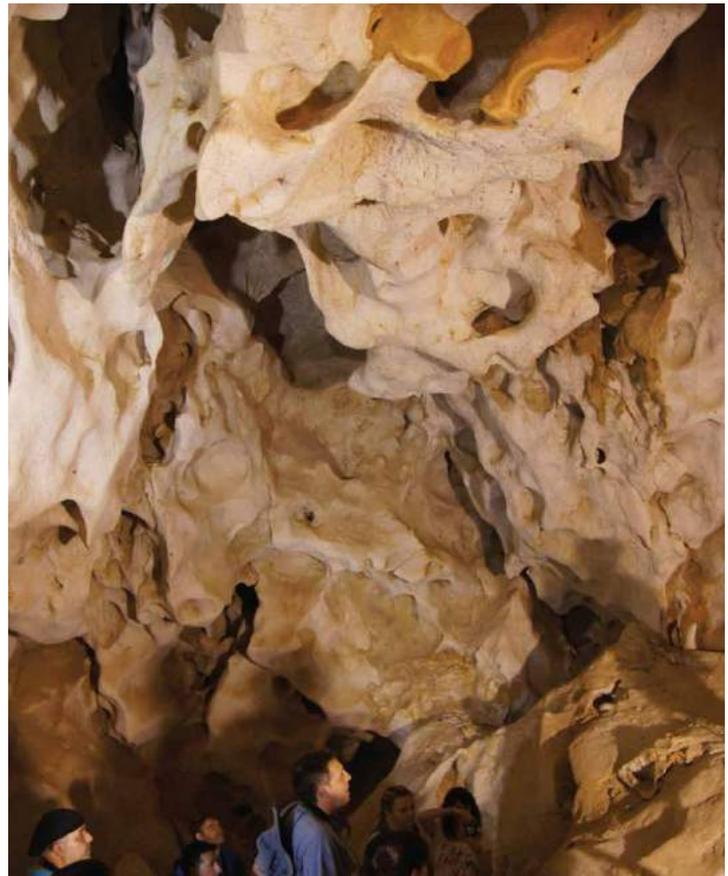
### CAVE - CHASM OF LA SERRETA (CIEZA)

Do you want to discover the primitive origins of painting? The Segura River flows to the covering of the Almadenes Canyon, between Calasparra and Cieza, escorted through walls that shelter the countless chasms and caves of enormous natural and cultural value. The interior of La Serreta, declared a World Heritage Site in 1998, is an authentic sanctuary of civilizations and one of the best exhibits of Murcia rock art due to its fifty figures of perfectly preserved Neolithic schematic art. La Serreta is unique in Europe because of its preservation of prehistory, Roman, and Islamic Middle Age vestiges.



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[www.ciezaturistica.es](http://www.ciezaturistica.es)





## SPORTING CAVES

All you need is a helmet, ropes, muskets, a lamp and an adventurous spirit. Besides being accessible to the public, there is a wide range of spectacular caves in the Region of Murcia, which are reserved for the technical practice of caving. One of the most studied by experts throughout the world is the Chasm of la Higuera, in the municipal area of Pliego.



[www.cuevasdemurcia.com](http://www.cuevasdemurcia.com)

## WHERE CAN YOU PRACTISE CAVING IN MURCIA?

Chamber	Location	Travel information	Uses/Activities
Chasm of la Higuera	Alto de Espuña, Pliego	Route 5.500 m Gradient -156 m	Specialised sporting use. Request authorisation at: <a href="http://www.simadelahiguera.es">www.simadelahiguera.es</a>
Destapada Chasm	Isla Plana, Cartagena	Route 3.400 m Gradient -246 m	Specialised sporting use. Information at: <a href="http://www.cuevasdemurcia.com">www.cuevasdemurcia.com</a>
Cave of la Moneda	Sierra Espuña, Totana	Route 53 m Gradient -27 m	Specialised sporting use. Authorisation from the owners and Regional Park of Sierra Espuña is required. Information at: <a href="http://www.cuevasdemurcia.com">www.cuevasdemurcia.com</a>
Pulpa Chasm	Los Losares, Cieza	Route 4.780 m Gradient -114 m	Specialised sporting use. Information at: <a href="http://www.cuevasdemurcia.com">www.cuevasdemurcia.com</a>
Neptuno Cave	Cala Aguilar, Cartagena	Cave diving Route 125 m Gradient -30 m	Specialised sporting use. Must be accompanied by diving guides. Information at: <a href="http://www.cuevasdemurcia.com">www.cuevasdemurcia.com</a>
Water Cave	Isla Plana, Cartagena	Cave diving Route 2.560 m Gradient -21 m	Specialised advanced sporting use. Complex areas and labyrinthine network. Muddies easily. Information at: <a href="http://www.cuevadelaagua.net">www.cuevadelaagua.net</a>



## BY WATER

It doesn't matter if you enjoy salt or fresh water. The Region of Murcia, with two seas on one coast, the Mar Menor and the Mediterranean, and the River Segura guarantee fun for everyone. Impressive cliffs, heavenly and secluded white sand beaches that seem to have no end, lively ports and wild coves with crystal clear water will ensure an unforgettable holiday. With more than 3,000 hours of sunshine per year and mild temperatures, even in winter, with annual average temperature of 18° C, this is the Costa Cálida, an ideal destination for both winter and summer.

# DOS MARES NAUTICAL ACTIVITIES



From the fishing town of Águilas to the white dunes of Playa de El Mojón in San Pedro del Pinatar, there lie kilometres upon kilometres of secluded beaches and coves for swimmers, boaters, fishing enthusiasts and divers. There are also delightful and picturesque fishing villages, such as La Azohía and Isla Plana or Cabo de Palos, where you can spend a few days; ports such as Puerto de Mazarrón for a fun evening filled with splendid gastronomic delights after a day at the beach; natural paradises, unique in the Mediterranean, like the beaches of Calblanque and Calnegre, along with one of the most prized tourist areas in the Mediterranean: La Manga and el Mar Menor. A paradise found between two seas, with infinite beaches, sandy bottoms and crystal clear waters, endowed with an excellent hotel infrastructure. Ideal places for water sports, such as sailing, windsurfing, kite surfing and canoeing.



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





← **MARINE RESORT**

Prepare to swim like a fish in the waters of the Mar Menor - Cabo de Palos Marine Resort. Its facilities offer accommodation, training and leisure in Mar Menor and La Manga. Active tourism has become a global phenomenon of well-organised activities and services to be enjoyed by the entire family.

There are bases and schools to learn, improve upon or simply enjoy a variety of activities, including: sailing, windsurfing, canoeing, boating, kite surfing, catamaran, stand up paddle, sailboat rental, with or without a skipper, and diving. In addition to the hotels, there are apartments, campsites and youth sports residences. Travel packages include accommodation and water sport, along with rentals.



[www.enmarmenor.com](http://www.enmarmenor.com)



← **WHALE/MARINE LIFE WATCHING**

Have you ever seen a dolphin swimming in the open sea? Whale/marine life watching throughout the year is one of the most impressive activities on the Costa Cálida. Step onto the boat and sail a few miles offshore from the coast of Cartagena, Mazarrón and Águilas. Take pictures of all types of marine fauna: bottlenose dolphins, whales, birds and sea turtles.



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



**UNDERWATER ACTIVITIES**

The Region of Murcia has an enviable climate throughout the year and a coastline that has remain unchanged over time. But what is truly unique about this coast is its waters: their transparency, with an average temperature of 20°C and important environmental significance, make the coast of Murcia a singular place for underwater activities and, especially, diving, a sport that can ben practiced all year round.

The richness of its sea beds, in both the variety of their fauna and the beauty of their flora, along with their numerous shipwrecks, make the area of Cabo de Palos - Islas Hormigas - Isla Grosa, La Azohía, Mazarrón and Águilas an exceptional diving site. In any of these locations you can make shallow and simple dives to more complicated ones, which are only recommended for experienced divers.

In addition, the Region features many diving centres where courses are held, for both beginners and the more experienced, where you'll be able to see great shipwrecks, underwater caves and undersea chasms.



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

# RIVER ACTIVITIES



The waters of the River Segura travel through the inland areas of the Region of Murcia, passing through farming areas and wild landscapes that shape spaces of great beauty. In addition to its natural value, being able to practice active tourism is an added incentive if you want to make the most of the area. What are you waiting for?



## ROUTE OF THE WATER WHEELS

Abarán is a town with the most reusable water wheels in Spain. We recommend a short path of just 4 kilometres to visit the four wheels of the village. One of these, the Great Water Wheel from 1805, is the largest active waterwheel in all of Europe. Impressive, right?



[www.abaran.es](http://www.abaran.es)





## DESCENDING RIVER SEGURA

Enjoy the River Segura as it passes through Calasparra, Cieza and Blanca. There you can descend by canoe or kayak and take in a tranquil riverside tour. If you're feeling bold, you can then raft through incredible stops like the Almadenes Canyon or Ricote Valley.

The river descent can be done in three sections located in:

### Calasparra

One of the most beautiful natural landscapes in the Northwest, paintings, archaeological sites, culture, nature sport and, quite possibly, the best rice you've ever tasted await you in this town. The River Segura leaves Calasparra amongst its rice paddies and flows into one of the most majestic sites in Murcia, Almadenes Canyon, which is shared with Cieza.

### Almadenes Canyon

This natural space, with a special protection area (SPA) for birds included in the 2000 Natura Network, extends along 9 kilometres by the River Segura. Your kayak or canoe journey runs through sections located between high rock walls and lush forests. In the tour through the Canyon, you can visit the Pozo Cave or Cave of los Monigotes, a prehistoric cave with paintings that are only accessible via river. At the top of the Almadenes Canyon, you can visit the Cave of la Serreta, where vestiges of Levantine cave art are saved and have been declared a World Heritage Site.

### Cieza

One of the most exciting ways to enter into Cieza's natural and scenic wealth is by rafting. While passing through this town, the waters of the River Segura are rough and perfect for adventure seekers. The descent begins in the Arenal Garden near the village. From there, the rafts, led by expert monitors, descend into the current's rhythm. These fun descents are suitable for everyone. This spectacular route passes through Abarán and reaches Blanca, in the heart of the Ricote Valley.



[www.ciezaturisticas.es](http://www.ciezaturisticas.es)

### Blanca

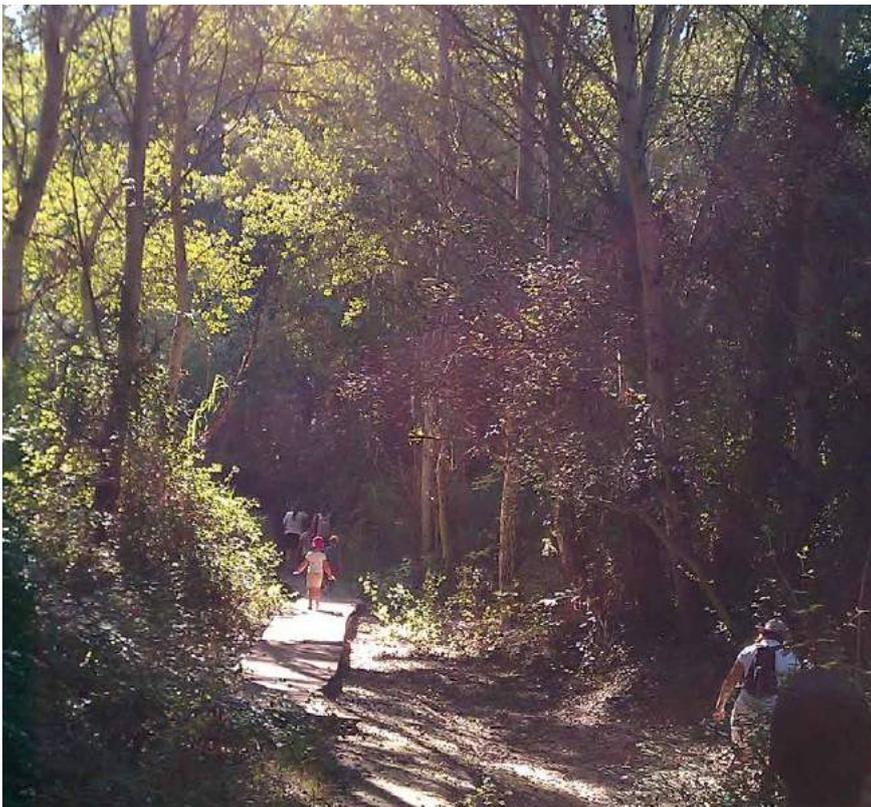
In the heart of the Ricote Valley, on the banks of the River Segura, Blanca (or "White") appears, known long ago, paradoxically, as La Negra ("The Black") because of the colour of the area rocks. The river journey culminates in one of the most unique places in the Ricote Valley, el Azud de Ojós. Passing through this town, you'll be able to visit both the Light and Water Interpretation Centre, which shows how the municipality used water throughout its history as well as the Foundation of the famous painter Pedro Cano, both of which can be seen from the river.

### Alto de Bayna Lookout

The Alto de Bayna is a neighbourhood of Blanca and an avant-garde designed lookout point overlooking the River Segura, on el Azud de Ojós. From here, you can take spectacular photos of the entire Ricote Valley, Blanca orchard and Sierra de Ricote. Just hold your camera, look through the viewfinder and press click.



[www.blanca.es](http://www.blanca.es)



### CAÑAVEROSA

If you're seeking nature and religious architecture, we suggest the route through the nature reserve of Cañaverosa, next to the River Segura. An easy distance of 6 kilometres along the Huertecica path (PR-MU 86.1), near the Shrine of Our Lady of Hope, nestled in a riparian forest landscape. If you're lucky, you might be able to see some otters.



[www.turismocalasparra.es](http://www.turismocalasparra.es)



## BY AIR

With a view from the sky, the Region of Murcia showcases all of its grandeur: a geography that is full of contrasts. Summits, ranges and hills stand out, which become perfect natural watchtowers for adventure sports. If you're a passionate person seeking an adrenaline rush, don't think, just do: you can go paragliding, hand gliding, zip lining or gliding.

Many companies organise these activities, adapting to the experience level of each person, so as to ensure maximum enjoyment and safety.

It is also possible to take sightseeing flights aboard aircraft that cross the region from the coast to the inland.

You can take flight from any of the aerodromes that are spread throughout Murcia, such as those located in Totana, Los Martínez del Puerto (Murcia), Alcantarilla or San Javier, among others. For the more adventurous type, there is also parachuting.



### HOT AIR BALLOON RIDES

If you prefer something a bit more laid back, we recommend taking a trip on a hot air balloon. Seeing Murcia from the highest of heights is an unforgettable experience. Feel the world at your feet while you float through the sky: it's the closest thing to flying. Let your imagination lead the way on this airborne activity.



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





# REGIONAL PARKS



## REGIONAL PARK OF LAS SALINAS AND ARENALES OF SAN PEDRO DEL PINATAR

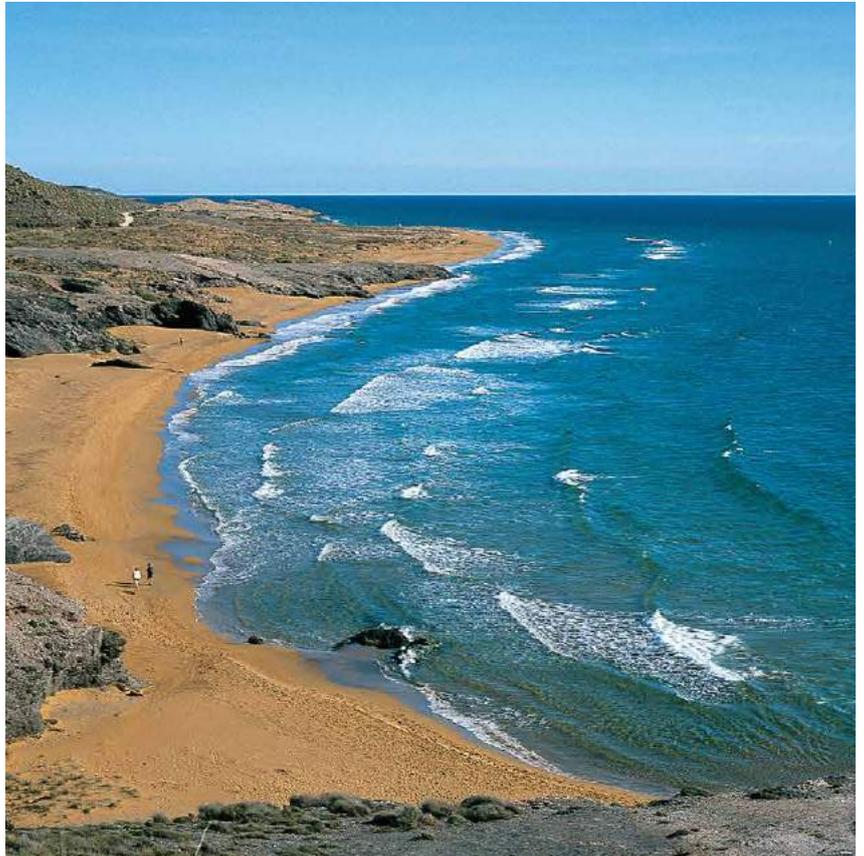
The Regional Park of las Salinas de San Pedro is located next to the extreme northern area of Mar Menor.

Despite its small size, there are interesting sedimentary coast formations and dunes. Additionally, it is a prime example of how an old lagoon can transform into salt flats.



## CALBLANQUE REGIONAL PARK, MONTE DE LAS CENIZAS AND PEÑA DEL ÁGUILA (CARTAGENA AND LA UNIÓN)

Calblanque Regional Park is located at the eastern end of the Costa Cálida and features pleasant temperatures year round. If you enjoy bird watching, the park has two bird observatories and a Visitor Information Point, located in Cobaticas.



## REGIONAL PARK OF CABO COPE-PUNTAS DE CALNEGRE (ÁGUILAS AND LORCA)

The Regional Park of Calnegre and Cabo Cope is located in the coastal mountains on the eastern coast of Murcia. Fossil dunes, beaches, coves and cliffs make up its unique physiognomy, on which the Torre de Cope (sixteenth century) defensive bastion still stands undaunted.



**SIERRA ESPUÑA REGIONAL PARK  
(ALEDO, ALHAMA DE MURCIA, MULA,  
PLIEGO AND TOTANA)**

Sierra Espuña Regional Park is located in the heart of the Region of Murcia. It has a mountainous limestone massif that reaches more than 1,500 metres above sea level. At the Ricardo Codorníu Visitor Centre you can find general information and materials, or visit its permanent exhibit. If you'd like to go hiking, you can explore a network of forest paths and trails that are closed to vehicle traffic.



**THE EUROPEAN CHARTER FOR  
SUSTAINABLE TOURISM (CETS)**

The Sierra Espuña Regional Park is the first protected natural reserve in the Region of Murcia endorsed by the European Charter for Sustainable Tourism (CETS). The commitment to sustainable tourism seeks to minimise the impact of tourist activity on the environment and to improve the life of the local population. Park managers and tourism businesses jointly define participatory strategies in addition to this initiative promoted by the EUROPARC Federation. The aim is to promote sustainable tourism in protected natural areas of Europe.

**REGIONAL PARK OF LA SIERRA DE LA PILA  
(BLANCA, ABARÁN, MOLINA DE  
SEGURA AND FORTUNA)**

The Regional Park of Sierra de la Pila is located in the north-eastern quadrant of the Region of Murcia. Its steep slopes are part of the Cordilleras Béticas. It is a medium altitude mountain range whose highest levels peak at around 1,200 metres.

**THE SIERRA DEL CARCHE REGIONAL PARK  
(JUMILLA AND YECLA)**

The Sierra de El Carche Regional Park is located in the northwest of the Region of Murcia. Its relevance is threefold: the natural species that inhabit it, its geological composition and the remains of the Bronze, Iberian, Roman and Middle Ages. The park provides routes for mountain biking or walking. The climb to the summit of La Madama from the La Peña hostel is an alternative brimming with natural charm.



**REGIONAL PARK OF EL VALLE AND CARRASCOY  
(MURCIA, ALHAMA DE MURCIA AND FUENTE ÁLAMO)**

The Regional Park of El Valle and Carrascoy is a mountain range consisting of several pre-coastal mountains. This mountainous alignment of steep slopes is found between the Valley of the River Guadalentín and Campo de Cartagena. The extensive network of lookout points provides excellent views of the orchard, lunar landscape, King Kong walls and coastal plains. If you love hiking, there are paths and routes that lead you to the most unique corners of this wilderness.





**Costa Cálida**  
Region of Murcia - Spain

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