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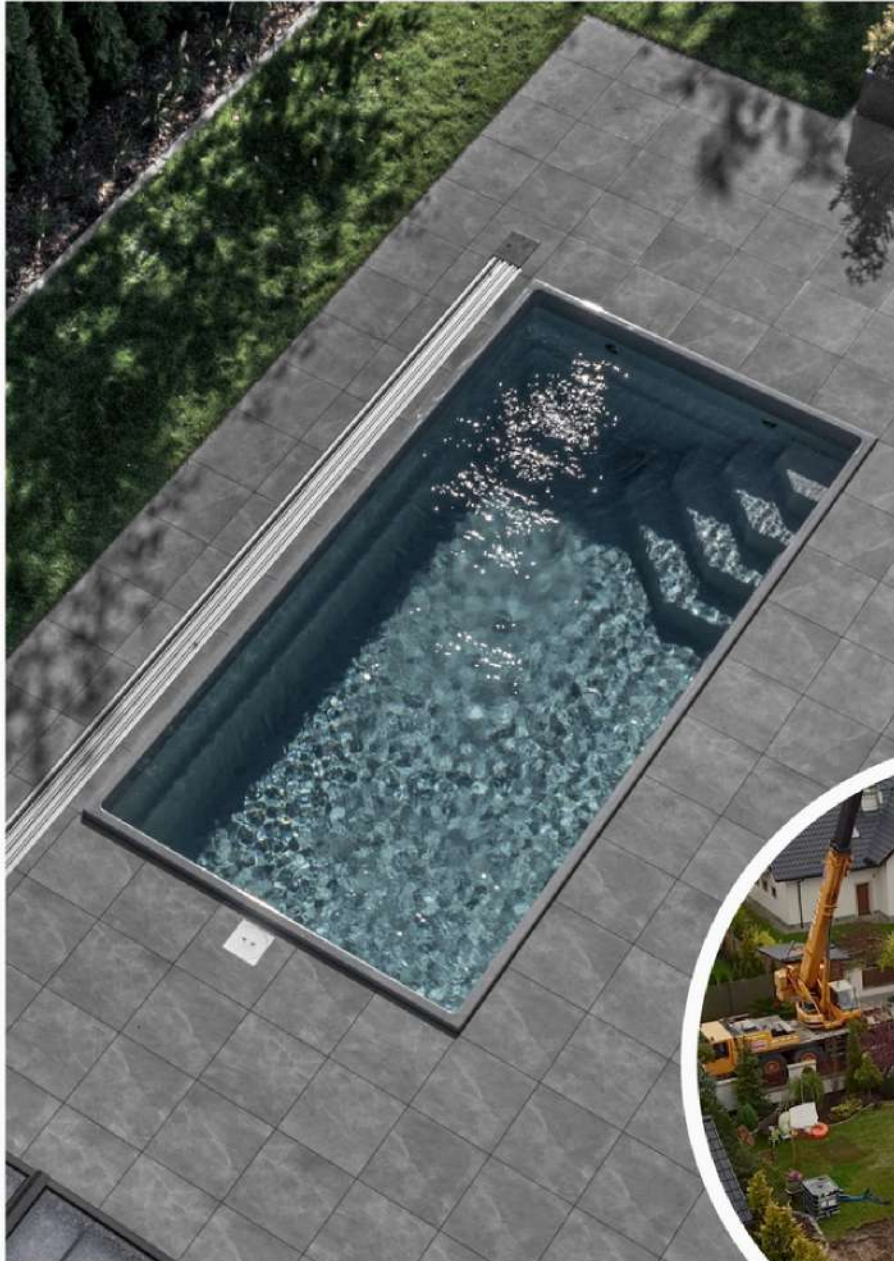


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Malaga: Where History, Culture and Beaches Unite

explore



E xplore Malaga:

Nestled on the sun-drenched shores of Spain's Costa del Sol, the vibrant city of Malaga beckons travellers with its enchanting fusion of history, culture, and coastal beauty. From ancient marvels to modern delights, Malaga offers a multifaceted experience that captivates the senses and ignites the soul.

Delve into the rich tapestry of Malaga's past as you wander through its historic streets. From the Phoenicians to the Romans, Moors to Christians, the city's heritage is a testament to the diverse civilisations that have shaped its identity. Marvel at the imposing Alcazaba, an 11th-century Moorish fortress, and ascend to the heights of Gibralfaro Castle for panoramic views of the city and sea. Lose yourself in the labyrinthine alleys of the historic centre, where centuries-old buildings whisper tales of times gone by.

Art enthusiasts will find solace in Malaga's cultural offerings, as the birthplace of one of the world's most renowned artists, Pablo Picasso. Immerse yourself in his legacy at the Picasso Museum, where a treasure trove of his works provides insight into the mind of a creative genius. The city's art scene extends beyond its native son, with the Contemporary Art Centre and Carmen Thyssen Museum showcasing a diverse array of contemporary and traditional masterpieces.

Of course, Malaga's greatest allure lies in its golden beaches and azure waters. From the lively shores of Malagueta Beach to the secluded coves along the eastern coast, there's a stretch of sand to suit every mood. Bask in the Mediterranean sun, take a refreshing dip in the crystal-clear waters, or partake in exhilarating water sports against the backdrop of stunning coastal vistas.

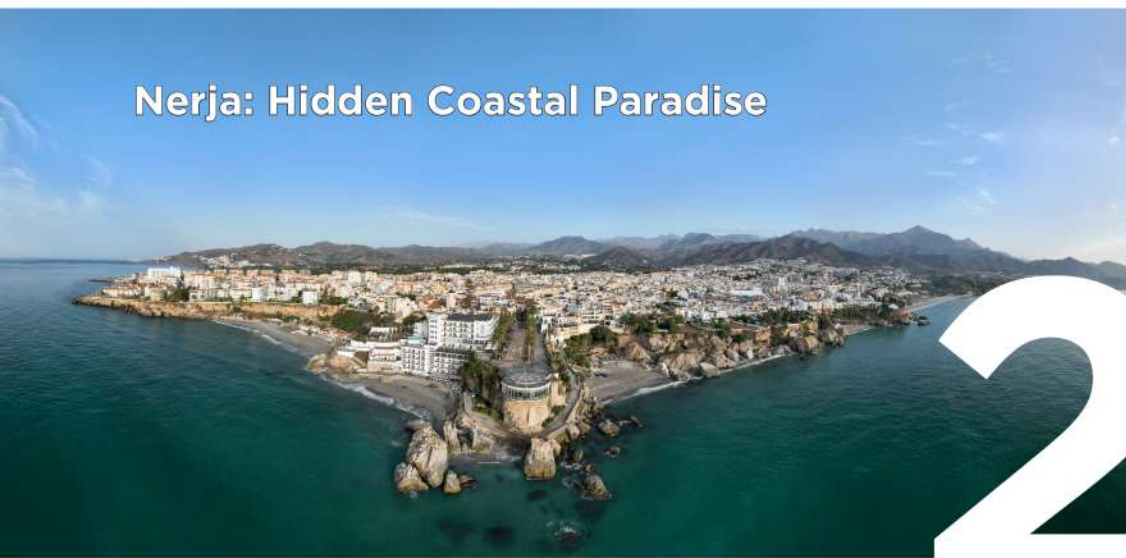
No visit to Malaga is complete without indulging in its culinary delights. Explore the bustling markets, where stalls overflow with fresh seafood, aromatic spices, and ripe produce. Sip on local wines, such as the sweet Muscatel, and savour the flavours of traditional tapas at charming taverns tucked away in hidden corners of the city.

Throughout the year, Malaga comes alive with a vibrant calendar of festivals and events. Join the revelry of the Malaga Fair in August, where music, dance, and gastronomy converge in a week-long celebration of local culture. Experience the solemn beauty of Semana Santa, as intricate processions fill the streets with religious fervour and tradition.

Plan your escape to Malaga and immerse yourself in the timeless charm of Spain's southern gem. Whether you're tracing the footsteps of history, indulging in culinary delights, or simply soaking up the sun on its shores, Malaga promises an unforgettable journey that will linger in your heart long after you've bid farewell.



Nerja: Hidden Coastal Paradise



To the east of Malaga and nestled along the sun-drenched shores of the Costa del Sol, Nerja welcomes travellers to discover its scenic beauty, rich history, and tranquil Mediterranean ambiance. Dubbed the "Jewel of the Costa del Sol," Nerja offers a captivating fusion of natural wonders, cultural treasures, and warm hospitality.

Its coastline is a breathtaking masterpiece of nature, boasting pristine beaches like Burriana Beach, known for its lively atmosphere and fresh seafood. Yet, Nerja's quieter coves, such as Calahonda and Maro, offer serene retreats amidst rugged cliffs and crystalline waters. Nearby, the Maro-Cerro Gordo Natural Park beckons with hidden coves, underwater caves, and panoramic hiking trails, including the stunning Nerja Caves adorned with millennia-old stalactites and stalagmites.

The iconic Balcon de Europa provides sweeping views of the coast, perfect for romantic sunset strolls. In the charming old town, narrow streets lead to Plaza Cavana, alive with cafes and shops offering authentic tapas experiences. Throughout the year, Nerja hosts a variety of festivals including the Nerja Caves Festival and Semana Santa processions, celebrating its rich cultural heritage. Culinary delights await in Nerja, where Andalusian and Mediterranean flavours converge, especially in seafood specialties like grilled sardines and paella, paired with local wines.

Accessible from Malaga, Nerja invites visitors to plan their stay in advance, especially during peak summer months. This hidden gem promises an authentic Spanish experience, whether relaxing on pristine beaches, exploring the natural park, or immersing oneself in the town's historic charm. Nerja is a coastal paradise waiting to enchant and inspire, leaving travellers longing for more of its captivating allure.

Caminito del Rey: Thrilling Trail of Adventure



In the heart of Andalusia lies the Caminito del Rey, a hidden gem promising adventure seekers an unparalleled experience. Also known as the King's Little Pathway, this iconic trail winds through the breathtaking El Chorro Gorge, offering a mesmerizing blend of natural beauty, history, and adrenaline-pumping excitement.

Initially constructed in the early 20th century to facilitate access to hydroelectric power plants, the Caminito del Rey quickly became a magnet for thrill-seekers and daredevils, earning a reputation as one of the world's most dangerous paths due to its narrow, suspended walkway high above the Guadalhorce River.



However, due to its deteriorating condition over the years, the trail was closed to the public for safety reasons. It wasn't until 2015, following extensive renovations and safety enhancements, that the Caminito del Rey reopened, transforming into a safe yet thrilling attraction for visitors worldwide. Today, this 3.2-kilometer-long path winds through a narrow gorge, with sections hanging nearly 100 metres above the river below, offering awe-inspiring views of towering limestone walls and lush greenery.

As visitors traverse suspended walkways, bridges, and cliffside trails, they're treated to breathtaking vistas of the turquoise river waters, rugged cliffs, and diverse flora and fauna. The Caminito del Rey presents a photographer's dream, blending man-made structures with pristine nature. Before embarking on this adventure, planning ahead is crucial, with limited tickets requiring advance booking and appropriate attire, including comfortable hiking shoes. While safe, the trail isn't suitable for those with a fear of heights or mobility issues.

For adrenaline junkies, nature enthusiasts, and history buffs alike, the Caminito del Rey offers an unforgettable experience, combining adventure with the tranquillity of nature amidst the stunning backdrop of Andalusia. Whether seeking an adrenaline rush or longing to immerse oneself in breathtaking scenery, this trail promises an unforgettable journey, leaving visitors in awe of Spain's natural wonders.

Ronda: Majestic Jewel Perched on the Edge

Ronda is a captivating destination renowned for its breathtaking landscapes, historic charm, and rich cultural heritage, making it a must-visit spot in Andalusia. Ronda has a very diverse and bloody history as one of the last Moorish strongholds to fall into Spanish hands during the latter part of the 15th Century.

The town itself is divided by the dramatic El Tajo Gorge, crossed by the iconic Puente Nuevo, offering spectacular views of the natural wonder.

Its Old Town, La Ciudad, is a labyrinth of narrow streets, adorned with white-washed buildings and historic squares like Plaza de España and Plaza Duquesa de Parcent, showcasing its diverse history and architectural beauty. Inspiring artists and writers for centuries, Ronda, notably favoured by Ernest Hemingway, boasts a rich bullfighting tradition reflected in the historic Plaza de Toros de Ronda, one of Spain's oldest bullrings. Additionally, the town is home to museums like the House-Museum of Joaquín Peinado and the Lara Museum, offering insights into its cultural heritage through art and artefacts.

Gastronomically, Ronda delights visitors with its tapas culture and Andalusian flavours, featuring local specialities like rabo de toro and salmorejo, complemented by wines from the nearby Ronda wine region. Surrounded by the Sierra de Grazalema Natural Park, Ronda offers outdoor enthusiasts hiking trails through lush forests and stunning landscapes, with refreshing natural escapes like the Cueva del Gato and the Guadalevín River. Accessible from major Andalusian cities, Ronda invites exploration, especially during the pleasant spring or autumn seasons when tourist crowds are thinner. Whether marvelling at its dramatic gorge, strolling through historic streets, or indulging in local cuisine, Ronda promises a timeless Spanish experience that lingers in memory, beckoning travellers to return to its majestic embrace.



Antequera: Gem of History and Natural Beauty



The historic town of Antequera beckons travellers with a rich tapestry of history, stunning landscapes, and a captivating blend of cultures. Often referred to as the "Heart of Andalusia," Antequera is a hidden gem that offers an authentic Spanish experience that's both enlightening and breathtaking.



Antequera boasts a history that spans thousands of years, evident in its dolmens, megalithic tombs dating back over 4,000 years, and landmarks such as the Alcazaba, a Moorish fortress, and Renaissance-era churches and palaces. Surrounded by stunning natural landscapes, Antequera is a paradise for nature lovers, with attractions like El Torcal de Antequera's unique karst landscape as well as the opportunity to observe Iberian wolves at Lobo Park. One of Antequera's most iconic landmarks is the Peña de los Enamorados, or Lovers' Rock, shrouded in legends of star-crossed lovers and offering breathtaking vistas of the town and its surroundings. Antequera's rich religious heritage is reflected in numerous churches and convents, including the exquisite Real Colegiata de Santa María la Mayor, a masterpiece of Andalusian Renaissance architecture.

The town's highly recommended culinary scene delights with traditional dishes like porra antequerana and mollete, complemented by exceptional local olive oil. Throughout the year, Antequera hosts festivals and cultural events, such as the Holy Week processions and the August Fair, offering immersive experiences of its rich traditions. Conveniently located, Antequera is an ideal day trip from nearby cities like Malaga or Granada, but spending a few days here allows for a deeper exploration of its historical and natural treasures. Antequera, with its rich history, stunning landscapes, and warm hospitality, promises an immersive Spanish experience that leaves a lasting impression and a desire to return to its captivating embrace.

Frigiliana: Picturesque Jewel in the Hills



In the hills of Andalusia, Frigiliana enchants visitors with its rich history, culture, and natural beauty. Known as one of Spain's most beautiful white villages, it boasts narrow cobblestone streets, vibrant floral displays, and a charming atmosphere.

The historic centre, a labyrinth of alleys and whitewashed buildings, preserves its Moorish heritage, with ancient fortress walls and the 16th-century Palace of the Counts still standing. The Mirador de las Tres Culturas offers panoramic views of terracotta rooftops and the Mediterranean, while local artisans showcase their craftsmanship in pottery workshops.



Festivals like the Festival of the Three Cultures celebrate Frigiliana's cultural diversity, while its cuisine reflects Andalusian flavours with tapas bars serving gazpacho, migas, and fresh seafood dishes.

Nature lovers can explore the nearby Sierra de Almirajara for hiking trails and hidden waterfalls, making Frigiliana a perfect blend of history, culture, and natural wonders. Accessible from Nerja, it's best explored on foot, promising an unforgettable Spanish experience that beckons travellers to return. With its timeless charm and picturesque landscapes, Frigiliana captures the essence of Andalusia's allure, leaving visitors with lasting memories and a longing to revisit its captivating embrace. Whether wandering through its historic streets, immersing in its artisanal traditions, or simply basking in its scenic vistas, Frigiliana offers a journey that resonates deeply with the soul, inviting travellers to indulge in the beauty of Spain's hidden treasures.

Benalmadena: A Coastal Haven of Beauty and Entertainment

Benalmádena offers a delightful fusion of natural beauty, vibrant entertainment, and cultural charm. Renowned for its expansive golden sandy beaches, lively nightlife, and diverse attractions, Benalmádena caters to a wide range of travellers seeking coastal bliss.

From the bustling central beaches of Benalmádena Costa to the serene coves of Puerto Marina, visitors can indulge in sunbathing, swimming, and an array of water sports amidst the sparkling Mediterranean waters.

The crown jewel of Benalmádena, Puerto Marina, enchants with its picturesque marina, lined with vibrant buildings, restaurants, and bars that exude a lively atmosphere both day and night. Meanwhile, Tivoli World offers family-friendly entertainment with its amusement park rides, shows, and attractions, complemented by other diverse offerings like the Butterfly Park, Sea Life Aquarium, and the Stupa of Enlightenment.

Venturing into Benalmádena Pueblo, the charming old town, reveals cultural treasures such as the Iglesia de Santo Domingo and panoramic views from the Mirador de la Niña. Golf enthusiasts can indulge in excellent courses, while outdoor enthusiasts can explore the Montes de Malaga Natural Park through hiking, mountain biking, and horseback riding adventures.

The town's culinary scene delights with fresh seafood and traditional Spanish dishes, best savoured at waterfront restaurants. The vibrant nightlife scene offers a variety of bars and clubs to suit different tastes. Throughout the year, Benalmádena hosts festivals and cultural events such as the Feria de San Juan and Semana Santa processions, showcasing its rich traditions.

Accessible from Malaga via buses and a train station, planning a visit to Benalmádena is convenient for travellers. Whether seeking relaxation by the sea, family-friendly fun, or a taste of Spanish cuisine, Benalmádena promises a memorable and diverse coastal experience that lingers in cherished memories and beckons a return to its vibrant shores.





Malaga Destination

In recent years, Malaga has experienced a cultural renaissance, with the development of contemporary art spaces like the Pompidou Centre and the revitalisation of its waterfront area, including the new, stunning and aesthetically designed Port.

The city's accessibility, thanks to its international airport and well-connected transport infrastructure, further enhances its appeal to visitors from around the world.

While Malaga may not consistently top lists of the "best" cities in Europe, it certainly holds a special place in the hearts of many travellers for its unique blend of history, culture, and coastal beauty.

Ultimately, whether Malaga is considered one of the best cities in Europe depends on personal experiences and preferences.

Art. J.Karonska Hola Polacos
Editor Matt Jones

Málaga
Ciudad Genial



Rich Roots

The history of the city is characterised by the passing of several cultures that have left their significant imprint over the centuries in shaping the city we know today. Malaga is one of the oldest European cities, founded by the Phoenicians in the 8th century BC at the time known as Malacca, which probably came from the Phoenician word for salt.

After the period of Carthaginian domination, Malacca was ruled by the Romans, as evidenced by the ruins of a Roman theatre discovered in 1951. Built in the first century BC during the reign of Augustus I, it served its inhabitants until the third century AD.

Another important relic of this era is a bronze tablet found in 1851, on which was inscribed “Lex Flavia Malacitana”, the status of a Confederate city governed by its own laws. Today we can see fragments of it on the facade of the Centro de Interpretación del Teatro Romano.

Málaga was then conquered by the Visigoths, and became a Muslim city from the year 716, for the next eight centuries.

During this period, on the site of the Roman fortifications, one of the most distinctive landmarks of Malaga, the Alcazaba was built.

This is currently the best preserved Moorish fortress in Spain. For its defence in the first half of the 14th century, the Castle of Gibralfaro was erected on a mountain 131 metres above sea level, which, after the capture of Malaga in 1487 by the Christians, served as a garrison until the early 20th century.

Archaeological remains, showing the city's rich roots (Phoenician, Roman, Moorish) can be seen in the basement of the Palacio de Buenavista, which houses the Picasso Museum, as well as in the Hotel Vincci.



C limate

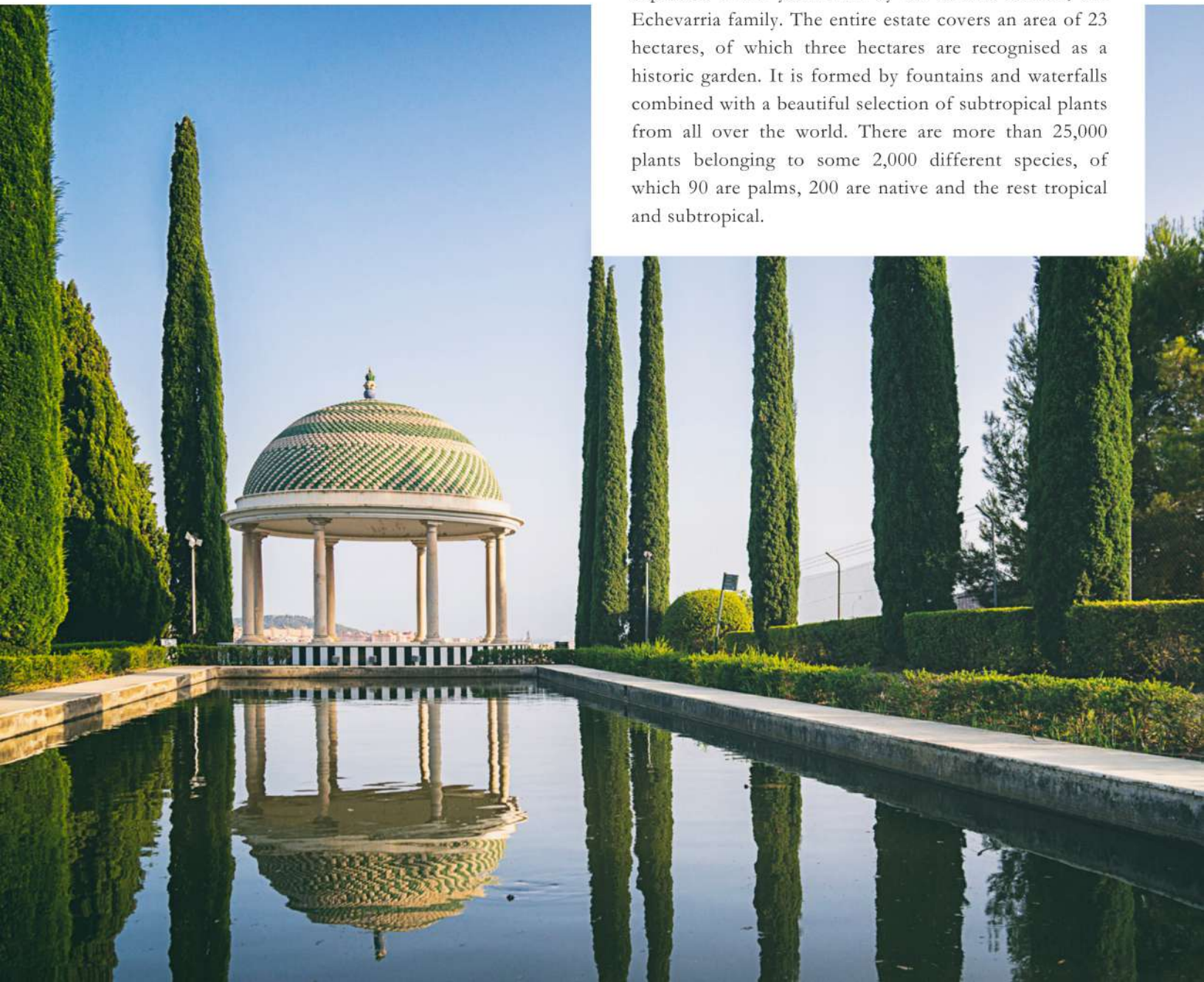
It is not without reason that Malaga is the capital of the sunshine coast. It shines in this region for an average of 320 days a year. Its mild microclimate, in turn, is due to the mountains that protect it from the waves of hot and cold air from the continent. Its peculiar location makes Malaga home to an interesting atmospheric phenomenon called the Terral - a hot wind that can reach temperatures of over 39 degrees.

As the name suggests, this wind comes from the ground, blowing from the north and northwest, and is closely related to the so-called Foehn effect, which is caused when an air mass meets an obstacle in its path, such as a mountain, meaning the air must rise. As it descends, it causes the air to lose moisture and become drier, making the air temperature rise.

F lora

The first example of a unique landscape in Malaga with lush vegetation is the Paseo del Parque, created in the late 19th century on land reclaimed from the sea. The area was designed from the beginning as a Mediterranean park with many tropical and subtropical species, making it one of the most important public parks in Europe in terms of exotic flora. More than 2,000 species of plants from five continents can be found here, including bamboos, many types of palms, and dragon dracaenas.

Another site is the Jardin Botanico-Historico La Concepcion Botanical Garden. The rural estate Finca de la Concepcion is one of the most beautiful and important tropical and subtropical gardens in Spain and one of the most highly regarded in all of Europe. It was created around 1855 by the Marquis of Casa Loring, and expanded a few years later by the second owners, the Echevarria family. The entire estate covers an area of 23 hectares, of which three hectares are recognised as a historic garden. It is formed by fountains and waterfalls combined with a beautiful selection of subtropical plants from all over the world. There are more than 25,000 plants belonging to some 2,000 different species, of which 90 are palms, 200 are native and the rest tropical and subtropical.





LA MANQUITA

The Cathedral of the Incarnation (Santa Iglesia Catedral Basílica de la Encarnación), built between the 16th and 18th centuries using the plans of Diego de Siloe on the site of Málaga's main mosque, is the undisputed symbol of Málaga. It is commonly referred to as the "one-armed lady." for although the work took more than 250 years, it has never been completed. The original project called for the construction of two towers, but a lack of funds prevented its expansion, and to this day no further work has been undertaken. Nevertheless, the cathedral is the tallest building in Malaga, and the city's zoning plans forbid the construction of any buildings that are taller.

Not everyone knows that in addition to a tour of the interior, it is also possible to "climb" to the roof of the cathedral, not only to admire the incredible views, but also to see La Manquite from a completely different perspective. The Bovedas Cathedral, or Cathedral Vault, is an excursion that takes you up 200 steps of the 18th century north tower, narrow corridors, and chapel terraces to climb 50 metres to admire Malaga in all its glory. During the guided visit you will not only hear the history of the cathedral, but also see up close the architectural differences resulting from its construction over the different centuries.

CITY OF MUSEUMS

Over the past few years, Malaga has become a real city of museums. Currently there are as many as 40 in total! Most of them are located in the historical centre, making Malaga one of the cities with the highest density of museums in the old city.

Particularly noteworthy is the Centro Pompidou, which is the first branch of a French museum of modern art located outside France.

Also worth a visit is the Museo de Malaga, one of the most important in Malaga's history. It is housed in a neoclassical palace building (Palacio de la Aduana), built between 1788 and 1826, which, in addition to being a maritime customs office, served as a snuff factory and as the alternate seat of the provincial government.

The museum was the result of the merger of the Museum of Fine Arts and the Archaeological Museum. As a result, the collection consists of more than 15,000 archaeological pieces and 2,000 works from the 19th and 20th centuries, having on display some of the most important pieces of Spanish art, such as the painting "Anatomia del corazon" (1890) by Enrique Simonet; "Dolorosa" by Pedro de Mena, and "Cabeza de mosquetero" (1968) by Pablo Picasso.





A FAROLA

Built in 1817 and still serving those at sea, the Malaga Lighthouse is one of two Spanish lighthouses with a female name (the other is in Tenerife), making it unique on a national scale.

ESPETOS DE SARDINAS

There is nothing more characteristic of Malaga than grilled sardines at a beach bar. The traditional way to eat them is to roast about 6 or 7 sardines on a skewer. The heat of the zarzo and a little salt gives them a unique flavour. This recipe was created in the 19th century by Miguel Martinez Soler, although it gained popularity during the visit of King Alfonso XII. It is said that malagueños eat espetos during months the spelling of which does not contain the letter "r", that is, the best of the best are tasted in May (Mayo), June (Junio), July (Julio) and August (Agosto). In addition, you will eat the tastiest and cheapest espetos de sardinas in the El Palo and Pedregalejo districts.



VINO DE MALAGA

Malaga has for centuries been a land of great wines, among the most famous of which is the wine of the appellation of origin: D.O. Malaga, which has its origins in 1833 and is one of the oldest in Europe. These are sweet, liqueur wines such as Lagrima, Pajarete, Pedro Ximenez and Muscatel, among others. In Malaga they can be tasted in practically every restaurant. Nevertheless, the most charming is the most famous and oldest winery in Malaga, Bodega Antigua Casa de Guardia. The winery was founded in 1840 by D. Jose de la Guardia, from whom it kept its name. Passed down from generation to generation, it continues to operate today intact.

CITY OF TERRACES

Spending time with friends on the terraces has become a part of Malaga's great nightlife. So it's no surprise that every year a new place appears, which tries to steal the hearts of faithful fans of drinking at height, a unique phenomenon compared to other cities of Andalusia. Among the most famous terraces we can include Hotel AC Palacio, the terrace of the Chinitas hostel, the San Juan terrace, La Terraza De Valeria or Cobalto 15.



LA BIZNAGA

I can't think of any other city in Andalusia that has its own flower, in this case a rather special one. La Biznaga is a bouquet of jasmine, characterised by its unique and intense fragrance, which is usually sold on the streets of Málaga on hot summer nights. The word Biznaga comes from the Arabic language and means "Gift of God." In ancient times it was used as an air freshener due to its pleasant fragrance and natural mosquito repellent. Biznagi are made by hand, using jasmine and lodyga nerdo (a type of thistle harvested pozna spring). The jasmine flowers are inserted on the nerdo bulb while they are still closed, and in the evening the flowers open, releasing their characteristic fragrance.

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Flamenco

Behind the scenes

If you've ever thought about trying your hand at dancing (and yes, flamenco is also a dance for men) and tap dancing to the accompaniment of a guitar straight from Paco de Lucia's recordings, where can you get better learning conditions and more dedicated teachers than in Andalusia - the cradle of this culture?

Yes, culture - not just dance - because flamenco is a whole culture, a tradition, a whole way of life. Years of hard work on expressing emotions with one's body movement and singing, to musical accompaniment. It's a tradition of gathering together in bars, in squares, in homes and creating this art together. What we know from colourful movies about flamenco in Andalusia is normalcy, everyday life and an ordinary way of spending leisure time.

We all have certain perceptions about flamenco; especially anyone who has lived in or visited Andalusia has certainly seen such a live performance at least once. Feelings are mixed, that's for sure.

A dancing man in traditional costume with a serious face, a disturbing guitar and a throaty singing - "screaming" singer - is this really what it looks like "from behind the scenes"?

Do so many young Spaniards, and increasing numbers of people from all over the world, choose to become a flamenco artist for those few odd moments on stage?

Not necessarily, because flamenco is actually a street style, and it is here in Andalusia where you will find the truest of it on the street and in the bars.

And how do you learn it? And which one?

(Practical hint: glossary at the end)



Street Style

As you have noticed for yourself, in flamenco we distinguish various palos, or in other words, dance styles. Most of them are now practiced exclusively on stage, but if you want to actively participate in the life of the local flamenco community, you should get acquainted first and foremost with sevillanas, bulerías and tangos.

S evillanas

If you've tried to take your first steps in tacones, you've certainly attended sevillanas classes, which are the first and usually mandatory courses for anyone starting out in this dance. Sevillanas is the only form of flamenco that can be danced solo, but also in pairs, and be careful - male-female, female-female, and, as can be seen at various ferias and celebrations - in pairs, where the dancer dances with... a horse.

Yes, the horse also has a rider, but it's not about the rider here. Sevillanas, due to their popularity, are one of the few varieties of flamenco that are actually danced on the street and at various occasions.

That's why it's a good idea to know at least the basic paso and not be surprised. However, it won't be easy to find a special course - in Andalusia, sevillanas is a style that children learn compulsorily in elementary school, so even when Spaniards say they don't know how to dance flamenco, they don't even think about sevillanas, which are as obvious to them as being able to even ride a bicycle.



B ulerias

This style is practised mainly in the cradles of flamenco, the regions where its street influences are still evident today, namely in Jerez, Cadiz and the entire Campo de Gibraltar.

Bulerias are an amazing style: on the one hand, it's a party style, a fiesta style, but on the other hand, there's no joking or clownishness in it. It's a little sexy, very proud, and above all, very fiery. The fiesta participants gather in a circle and perform a jaleo. A singer, accompanied by a guitar, begins to sing letras, and any fiesta participant who feels his moment has arrived goes out to the centre of the circle and often steals the show, creating his own choreography live, matching what the accompanists are performing, with the lively and incredibly dynamic support of the audience.

"This night I'm in charge, tomorrow can be ruled by whoever wants". - is the text of one of the most popular letras de buleria. And these words best describe the dance. Fiesta de Bulerias is also often held at the end of concerts and tablaos - then the singers, or family and friends of the dancers, often perform their "salida" as well.

A similar style is tangos, heavily propagated in stage performances, with simpler composition and steps than bulerías - it's worth checking out the courses.





Where to learn ?

Although most people have their own ideas on traditional dance classes, what's so special about the year-round courses held in Andalusia?

You might say that it is, after all, the same style of dance, so it is danced the same everywhere. And yet, while there are not that many differences, they are so fundamental that they change virtually the entire nature of the dance.

Flamenco in Andalusia is a passion, a duende, a style. Aside from technique, which in any country is the basis of learning and takes the most time (yes, flamenco is difficult. You won't learn it like salsa in one weekend; it's a dance for the patient), what matters most is the expression of your personality in the dance. Body posture, facial expressions, fluidity of movements - all these things, which after one to two years of study, people will take pleasure in watching you dance.

The same importance is attached here to the performance of flamenco as a whole - classes are often held to the accompaniment of live music - singing, guitar, which often change, so that the students are able to "respond" with their dance to the music and the situation on stage. In other words - to get along with the whole team.

This is a very difficult art, especially when learning such palos as bulerías - where each letra has a different melody, length and character, and the dancer, during his performance, must improvise with his own choreography so as to fit in with the ensemble. And what is perhaps the most difficult for all students, including Spanish students - each class in bulerías or tangos ends with a small fiesta - meaning each participant must dance his or her solo improvisation in front of the rest.

Breaking through is very difficult, but it prepares one for the clash with reality - that is, gathering the courage for a real live performance.



Flamenco glossary - what do they mean?

C ompas

the basic rhythm in flamenco, depending on the palo in question. Rhythms for 3, for 4, but also more complex rhythms for 6 or 12 are used, with accents in different parts of a given sequence.

P alo

style, a genre of flamenco, characterised by distinct compas, different style, emotions and even the dancer's clothing, e.g. alegría, bulería, Farruca, fandango.

A given palo can be joyful, sensual, serious, but also expressing suffering or sadness.

T acones

(literally: "heels") - in Flemish slang simply means dancing shoes, handmade by experienced cobblers, shod at the tips and heels with small nails that make a distinctive sound when stepping.

P aso

a dance step in flamenco; performed like steps in rumba or salsa, but also often involving whole sequences of foot movements; many pasos have their own separate names.

Z apateado

(from "zapatos": shoes) - the name of a step sequence performed by a dancer during a dance, usually very fast, rhythmic and precisely executed, with very delicate guitar accompaniment or only under compas, to emphasise the dancer's technical skills.

J aleo

(literally: "noise, commotion") is a specific form of cheering for dancers and musicians during a performance. Both in the theatre and on the street, you will notice people standing with the artists' team, clapping and calling out such as "ole!" "arsa!" "toma!" "fuego!" as well as such people will be among the audience. Often the performers' relatives - family, partners, friendly dancers - are invited to join the jaleo.

In Andalusia, this is a hugely important and even integral part of real performances. And it's hardly surprising, because nothing gives a dancer wings like that special energy received from the people.

L etra

(literally: "stanza") is a short, often live improvised text of popular palos such as bulerías and tangos.



Walking along the coastal path Senda Litoral

Andalusia is world-renowned for its exceptional walking and scenic routes, among which the following stands out on its pedestal, namely the Caminito del Rey (Royal Path).

Soon, however, this southern region of Spain will be gaining a new route that will undoubtedly attract hundreds of thousands of tourists every year. This is the Senda Litoral (Coastal Path) project.

New symbol of the Costa del Sol

The province of Malaga has one of the most picturesque coastlines in Spain, famous for its beautiful beaches, charming towns and unique landscapes. A new and important tourism project in the area is Senda Litoral, a new coastal path aiming to highlight the beauty of the amazing coastline and make it more accessible to tourists and locals. Senda Litoral is a tourism and leisure project that aims to create a coherent walking and cycling route along the Mediterranean coast, linking the many towns and beaches from Manilva to Nerja.

Art: AMK & S.Wojcik, Hafa Polanco
Editor: Mario Jorica



Along the route there is something for everyone

Senda Litoral attracts tourists from all over the world who want to discover the many delights of the Costa del Sol. It offers the opportunity to visit beautiful towns, enjoy the beaches and take in the rich nature and culture of the region. This project makes Andalusia an even more attractive place to visit and to enjoy the picturesque outdoors.

The route passes through areas of rich historical significance. Along the way, you will encounter the remains of ancient civilisations, such as Roman ruins and watchtowers that once guarded against pirate attacks.



Tourism development and environmental protection

Another important aspect is the strong emphasis placed on promoting sustainable tourism and environmental protection. In planning the entire route and the work involved in its creation, the initiators placed great importance on protecting the many wild flowers as well as the natural habitats of the birds and other animals that inhabit the Costa del Sol, while at the same time, also promoting responsible behaviour among tourists choosing to walk along the coast.

The path crosses several protected natural areas, showcasing the region's diverse flora and fauna. Look out for unique species of coastal plants and birds, including seagulls and cormorants.

Promotion of Andalusian villages

Many towns and villages along the Senda Litoral host cultural events and festivals throughout the year. These events often celebrate local traditions, music and cuisine, offering visitors the opportunity to immerse themselves in the vibrant culture of the Costa del Sol.

Numerous restaurants and chiringuitos (beachfront restaurants) are scattered along the coast. They offer the opportunity to enjoy fresh seafood dishes while enjoying panoramic views of the coast.

Along the route, one can also encounter various installations and sculptures by local artists. These provide an additional layer of cultural richness to the coastal experience of discovering the Costa del Sol.

Senda Litoral by bike

The Senda Litoral route has been designed to be accessible to people of all ages and abilities and allows different modes of travel.

It is a family-friendly destination - with wide, well-maintained paths that are suitable for walking.

On all sections, cyclists or those travelling on scooters, must give way to pedestrians.

Rules for cyclists vary from province to province and regulations imposed by the town halls of individual cities and towns should be observed.

Pay attention to them, especially on sections of the Paseo Marítimo (seaside promenade).

The Senda Litoral is a great place to enjoy the outdoors.

Discovering the wealth of nature, history and culture of the Costa del Sol has never been more fascinating.

Experience unforgettable moments on this unique walking and cycling route!



Discover

charms of the coast



127 Beaches

The Mediterranean Sea crashes ashore in the province of Malaga, which boasts a total of 200 km of outstanding and diverse coastline, running from Manilva to Nerja.



11 Ports

The 11 marinas on the Costa del Sol, whatever their size and location, offer a wide range of leisure activities. Admire the sea, take a nice long walk or even a boat trip to see dolphins at play.



14 Cities

Malaga, Torremolinos, Benalmádena, Fuengirola, Mijas, Marbella, San Pedro de Alcántara, Estepona, Manilva, Casares, Rincón de la Victoria, Vélez-Málaga, Nerja, Frigiliana and Torrox.



Over 160 km

The Senda Litoral de Málaga connects Manilva and Nerja (between 160 and 180 km long), which runs along the entire coast.



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Museums of Málaga

Malaga! Ach Malaga!

The vibrant coastal city in the southern region of Spain, is renowned for its rich history, stunning architecture, and thriving cultural scene. It also has 150 kilometres of one of the most beautiful coastlines of the Mediterranean Sea. Malaga holds old-world charm and modern sophistication in equal measure. Malaga is full of colour. It is a town of Flamenco, wine and delicious food from local tapas to Michelin starred restaurants.

Whether you're a history buff, a foodie, an art enthusiast, or simply seeking a relaxing getaway, Malaga is the perfect destination. Malaga is a city of art. Art can be found in any of Malaga's over 40 museums and many galleries that seem to be on every corner of the city. It is also the home of museums dedicated to the work of its most famous artist Pablo Picasso.

P icasso Museum

Dedicated to one of Spain's most famous sons, Pablo Picasso! After all, he was born in Malaga and lived there until he was 10 years old. Malaga was one of the three most important cities for him, next to Barcelona where his artistic dream was born and Paris, where he fulfilled himself artistically. It is therefore not really surprising that the presented works come largely from the beginning of his work and often differ from those for which the world loved him so much. One of them is a portrait of Lola, his younger sister, which he painted when he was only 13 years old. This museum houses an extensive collection of his paintings, drawings and sculptures, offering insight into his artistic evolution and legacy.

Art: Samanta Belling
Editor: Matt Jones



museo**PICASSO**málaga

Pompidou Centre

For any fans of the Center Pompidou in Paris, its branch in Malaga, which has been operating since 2015 (paradoxically, the idea of opening it was born during the France-Spain friendly match in 2008), should also appeal. From every angle, both inside and outside, it is intriguing and worthy of attention. The colorful cuboid shape of the museum is now one of the stand-out symbols of the city, and the permanent collection includes rotating exhibitions of modern and contemporary works of many famous artists including Marc Chagall, Frida Kahlo, Marcel Duchamp and Joan Miró. The common denominator of the collected works is, of course, the beach, the sea and holidays. Even if the subject matter may be seen to be trivial, these are extremely good examples of representation from a variety of artists.

The works on display include: *In My Solitude* by Billie Zangewa from Malawi. He is one of the few local artists from Africa. Just before the pandemic early in 2020, the global media dealing with cultural journalism started a debate on the marginalisation of contemporary African art in galleries and museums around the world. And there, in a straight line 17 kilometers from Africa, I had an interesting conversation on this topic. Zangewa is very good, but should an exhibit really be on show because of its origin and not its quality? Finally, *Der Zeit Ihre Kunst - der Kunst Ihre - Freiheit*, i.e. To all times - art, to all art - freedom.

This topic should return to public discourse, and although it may not happen this year, it will happen sooner or later.



Museum of Malaga

This museum is housed in the Palacio de la Aduana combines two previous museums: the Fine Arts Museum and the Archaeological Museum. It presents an impressive collection of archaeological finds and fine arts, including works from the Phoenician, Roman and Moorish periods.





Carmen Thyssen Museum

The main focus of the museum is 19th century Spanish paintings, predominantly Andalusian art, based on the collection of Carmen Cervera. Featured artists include Francisco de Zurbarán and Joaquín Sorolla, highlighting the region's artistic heritage.

Glass and Crystal Museum

This museum offers a journey through the history of glass making. It features exquisite pieces from different periods and cultures, all set within a beautifully restored 18th century house.

Municipal Heritage Museum

This is dedicated to the cultural and historical heritage of Málaga. It includes a wide range of artifacts, documents and artworks that narrate the city's rich history from its founding to the present day. It has a programme of activities including round table conference cycles, workshops and training initiatives promoting the development of Málaga City Council in its on-going commitment with culture.

Interactive Music Museum

An interactive museum that encourages visitors to engage with music through hands-on exhibits, showcasing an impressive collection of musical instruments from around the world and covering different time periods.

Automobile Museum

Car museum. It's impressive! The collection of this museum is undoubtedly very impressive. The museum has tried to create a beautiful collection appealing to both women and men. Specific to each car there is a mannequin with women's clothes typical of the given period. These dresses, headpieces and ornaments are beautiful and add to the ambience of the exhibitions. Additionally, it is interesting to find out who designed any given outfit and also who wore it. The cars need no mention, they just have to be seen to be fully appreciated.

Wine Museum

This is located in the historic centre of the city. It offers a walk through the history and culture of wine produced in the province of Málaga, with the main goal of disseminating and promoting wines with the designation of origin "Málaga" and "Sierra de Málaga". The entire wine collection in the museum consists of the best wines from the oldest vineyards in Málaga or its surrounding.

In conclusion, Málaga's cultural scene is beautifully showcased through its diverse array of museums. From the stunning works of Picasso at the Picasso Museum to the fascinating history of the Alcazaba fortress, each museum offers a unique glimpse into the rich heritage of this city. Whether you are a history enthusiast, an art lover, or simply seeking to immerse yourself in the local culture, Málaga's museums offer it all. All of this makes Málaga a must-visit destination for those eager to explore the intersection of art, history, and culture in the heart of Andalusia.





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This is a new, unique spot on the map of Marbella. The founders, Joanna and Marcin Ambroziak, have been running well-known and renowned aesthetic medicine clinics in Poland for over 20 years. Klinika Ambroziak España in Marbella offers top-quality and advanced treatments in the fields of **aesthetic medicine, cosmetology, laser therapy, dermatology and non-invasive body contouring**. Procedures are performed by the best specialists from Poland: qualified cosmetologists and outstanding doctors led by Dr. Marcin Ambroziak. Exceptional service quality, five-star patient care, the latest and innovative technologies, the best equipment, products, and unique procedures created by Dr. Marcin Ambroziak are the main features that distinguish Klinika Ambroziak España in this part of Europe.




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Hotel Parador de Granada

Would you like to spend the night in the Alhambra itself? Explore an unusual, atmospheric place, made for people who are tired of hotels that look the same in every corner of the world! The Hotel-Museum Parador De Granada - where Salvador Dalí and Rita Hayworth, among others, have stayed - makes an unforgettable impression on visitors and tourists.

At the heart of the Alhambra....

That is, in the fortified residence of the Moorish emirs of Granada. The building was erected in the 13th century, and its expansion continued until the 14th century. After the expulsion of the Arabs from the peninsula, the Spanish kings adopted the building as Granada's first monastery - the Monastery of Saint Francis. It was there that the first Mass of the Catholic Kings was celebrated on January 6, 1492.

Unfortunately the monastery in later times, was looted by Napoleonic troops, turned into barracks and then into housing for distressed families. In the 20th century it was also the residence of painters and artists. It wasn't until 1929 that it was restored to its current appearance, and in 1944, finally transformed into the Parador Hotel.

The walls of the nearly 1,000-square-metre mansion hide beautifully decorated interiors - some of which are covered with azulejos, or painted ceramic tiles. Inside there are also several courtyards with gardens, rooms decorated with marbles or ornaments. Each hotel room is different, and its decoration refers to the history and style of the Alhambra - in the bathrooms, for example, fragments of historic walls have been left exposed.

Art. Agnes Marciniak Kostrzewa
Editor Matt Jones





History and flavors of Andalusia

Hotels from the Parador chain, which includes the Granada property, are famous for their excellent cuisine, based on regional flavours and products. A stay here is therefore a feast not only for the eyes, but also for even the most sophisticated gourmets and seekers of ancient culinary traditions.

Walking through the corridors of the hotel, one can admire many souvenirs related to the history of Granada, photos and graphics showing ancient interiors and views. Each guest receives a guidebook encouraging them to learn more about the history of the Alhambra. The monastery chapel and courtyards with gardens, where you can relax in the shade by the water, are worth a look.

Queen Isabella, was so enamoured of this place that she wrote down in her will her wish to be buried here. Her body was laid to rest there on December 18, 1504, and on February 6, 1518 her husband, King Ferdinand II of Aragon, was buried next to her. When the Royal Chapel in Granada Cathedral was completed, they were both moved to their final resting place on November 10, 1521.



H otels in castles, fortresses, abbeys

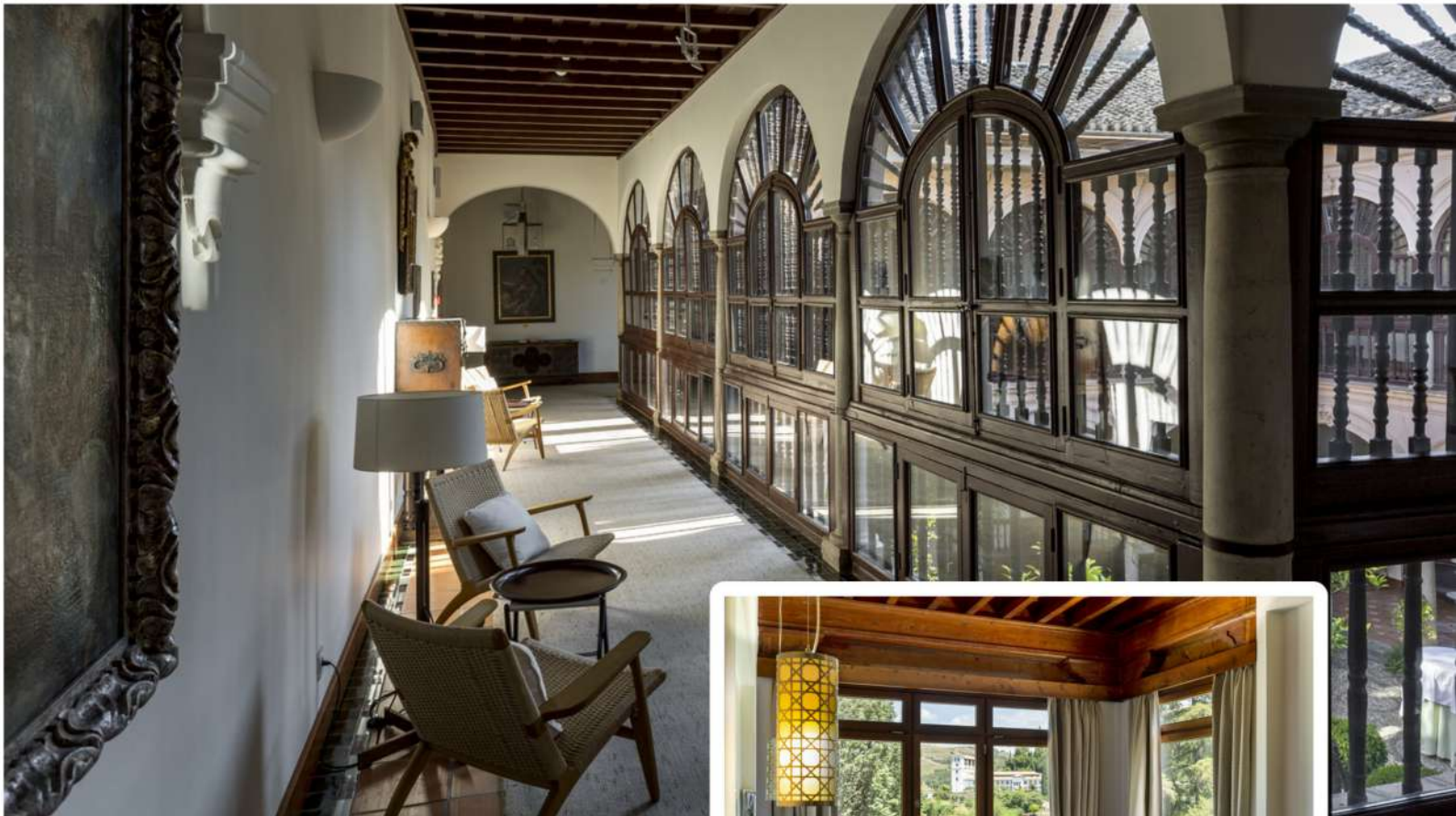
The word parador in Spanish means luxury inn. The hotel chain was established in the early 20th century, when King Alfonso XIII and the Spanish government wanted to support the development of tourism.

The first hotel opened in 1928 in the Sierra de Gredos, between Madrid and Ávila, amidst a beautiful landscape. Thus began the history of exceptional hotels, housed in historic buildings that witness Spain's history : castles, fortresses, monasteries, some of which are **UNESCO World Heritage Sites**.

The Parador chain is a great example of saving monuments, to maintain buildings of historical value.

In the 1960s, with the development of tourism in Spain, the golden era of Parador hotels began. Forty-three new establishments were built during this time. In the 1980s, the symbolic Hotel of the Catholic Kings in Santiago de Compostela, which is extremely important to Spain's heritage, was also added to the chain. Today, the chain consists of 95 hotels, so it's worth taking a trip through Spain on the trail of extraordinary Parador brand of hotels.

The Alhambra is also open for guided night tours during the summer. Parador de Granada is the best choice if you want to fully feel the atmosphere of this magical place full of history.



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Risky Critters



WARNING

While Costa del Sol in Spain is known for its stunning beaches and vibrant culture, it's important to be aware of potential encounters with dangerous creatures.

Along the coast, jellyfish species like the Portuguese Man o' War and the Box Jellyfish can pose a threat to swimmers with their painful stings. In addition, sea urchins hiding among rocks can cause painful injuries if stepped on.

On land, while encounters are rare, vipers such as the Lataste's viper and scorpions inhabit certain areas, so it's wise to watch where you step, especially while hiking or exploring rural areas. Taking precautions and being informed about local wildlife can help ensure a safe and enjoyable experience along the Costa del Sol.

Iberian Lynx

this beautiful but endangered feline is native to the Iberian Peninsula, including Andalucia. While encounters with humans are rare due to their elusive nature, they can pose a threat if provoked or cornered.



Vipers

and several species of venomous snakes, including the Lataste's viper and the Montpellier snake, are found in the Costa del Sol. While they typically avoid humans, accidental encounters can occur, especially in rural areas or whilst hiking.



Spiders

the Mediterranean black widow spider is native to the region and can deliver a painful bite, though fatalities are rare. Be careful when reaching into dark or cluttered areas.



Spanish Ibex

these wild goats inhabit the rugged mountainous regions. While not inherently dangerous to humans, encounters can become risky if the ibex feel threatened and decide to charge.



Scorpions

Andalucia is home to various species of scorpions, some of which possess venomous stings. While most are not lethal to humans, their stings can be painful and may cause allergic reactions in some individuals.



Tiger Mosquitoes

aedes albopictus, or tiger mosquitoes, are present along the coast and can transmit diseases like dengue fever and Zika virus. Use insect repellent and protective clothing to avoid bites.



Jellyfish

along the coast of Andalusia, particularly during the warmer months, certain species of jellyfish, can be present. Their tentacles can deliver painful and sometimes dangerous stings to swimmers.



Wild Boars

are large, powerful animals that roam the forests and countryside. While they typically avoid human contact, they can become aggressive if they feel threatened, especially when protecting their young.



Caterpillars

in Andalusia have urticating hairs or venomous spines that can cause skin irritation or allergic reactions. Avoid direct contact and seek medical attention if exposed.



Marine Predators

in addition to jellyfish, Andalusia's coastal waters are home to sharks, including the relatively rare but potentially dangerous species such as the great white shark and the oceanic whitetip shark.



Wolves

packs of feral dogs can sometimes be found in rural areas of Andalusia. While individual dogs may not pose a significant threat, encounters with aggressive packs can be dangerous, particularly for hikers or cyclists.



! NOTICE

While encounters with dangerous animals in Andalusia are relatively rare, it's always important to exercise caution and respect the wildlife when exploring the region's natural beauty. Being aware of potential risks and taking appropriate precautions can help ensure a safe and enjoyable experience.

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Málaga TechPark

That is, Spain's Silicon Valley in Europe

The Parque Tecnológico de Andalucía, also known as the Málaga TechPark, aims to foster economic development in Andalusia, attracting investors and companies from around the world. Today, the complex is one of the most important economic centres in all of Spain.



Development of Málaga TechPark

The official opening took place on December 9 1992, four years after formal preparations and construction work began. In its first period of operation, Málaga TechPark had just eight companies and 130 employees. Today, the Málaga tech zone is the most important of its kind in southern Spain.

After 30 years of operation, the Parque Tecnológico de Andalucía covers an area of more than 2 million sq.m, of which as much as 900,000 sq.m is green space! In addition, TechPark has high-quality infrastructure and services tailored to the needs of the companies operating in its area. Companies operating there have at their disposal all kinds of offices ranging from 20 sq.m to 3,000 sq.m. as well as a wide range of land ready for the construction of new space.



Today, the Málaga TechPark is home to more than 600 companies from 30 countries, employing some 20,000 people. The place has become an ideal partner for start-ups looking to launch in Spain, with 150 such entities currently affiliated.

Available data shows that the annual turnover of companies gathered in the Parque Tecnológico de Andalucía exceeds 2 billion euros.

However, the authorities of Málaga TechPark are not content with their achievements to date. Over the next 20 years, they plan to double the number of employees and companies belonging to Spain's Silicon Valley, as well as increase the development's footprint by 150,000 square metres.

Invest in Andalucía!

The Andalusian government is making every effort to attract investors to this Spanish region. A few years ago, the Invest in Andalucía initiative was established, which was formed by a team of internationally experienced investment experts from many fields who offer free services tailored to the needs of foreign companies planning to enter the Andalusian market.

The initiative hosts meetings and conferences where investors can get a closer look at local companies, and provides the formal and legal advice necessary to invest in the region



T echnology companies

The sectors with the strongest presence in Málaga TechPark are information technology, electronics, telecommunications and engineering and consulting services. Most companies focus on information technology, telecommunications and research and development. These include some multinationals such as Oracle, Ericsson, IBM, TDK, Ciklum, CGI, Accenture, Huawei and Ernst & Young.

The potential of the Parque Tecnológico de Andalucía is also recognized by Polish companies. In 2021, Wrocław-based Hicron, which provides IT and business services to large and medium-sized companies around the world, including Australia, the United States, the Middle East and Europe, joined the ranks of companies with headquarters or branches in Málaga TechPark.

The future presence of Citibank has recently been confirmed, a few weeks ago Vodafone confirmed its involvement in the capital of Malaga, also Google is starting to invest in the Iberian Peninsula.

Other multinationals, those less well-known, such as Accenture, Ciklum, Ravenpack, The Workshop and Adsmurai, are already on the Costa del Sol and are also recruiting employees.

Google's new cybersecurity centre in Málaga will consist of a 2,500-sq.m space, located on Paseo de La Farola - between Muelle Uno and La Malagueta beach, in the former headquarters of the Military Government. The new office of the US company will offer training, lectures, workshops, as well as mentoring in computer security, research and product development.

Google-owned Virus Total will begin operations at the new centre in Malaga. The company, which has an ongoing partnership with the University of Málaga to promote the technology ecosystem, will soon be able to do its work from this innovative centre of excellence in cybersecurity. With a team of 40 employees, Virus Total has the world's largest cybersecurity database, analysing more than two million files and URLs daily (half a million of which are suspicious). Among its clients, it has companies such as Facebook, Apple, Netflix and Samsung.

Fuencisla Clemares, Google's director in Spain, announced, that the corporation would invest 500 million euros in the country to "accelerate" digitisation. The adaptation work of this centre is already underway, and at a good pace.

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GOLF ALONG COSTA DEL SOL SOTOGRADE

The Costa del Sol, a picturesque stretch along Spain's southern coast in the province of Málaga, is famous for its beautiful beaches, vibrant nightlife, and exceptional golf courses. With over 70 golf courses, it stands as one of Europe's premier golf destinations, attracting enthusiasts worldwide who seek sunshine, challenging play, and luxurious amenities. The region's climate, offering more than 300 days of sunshine annually, provides ideal conditions for golfing year-round.

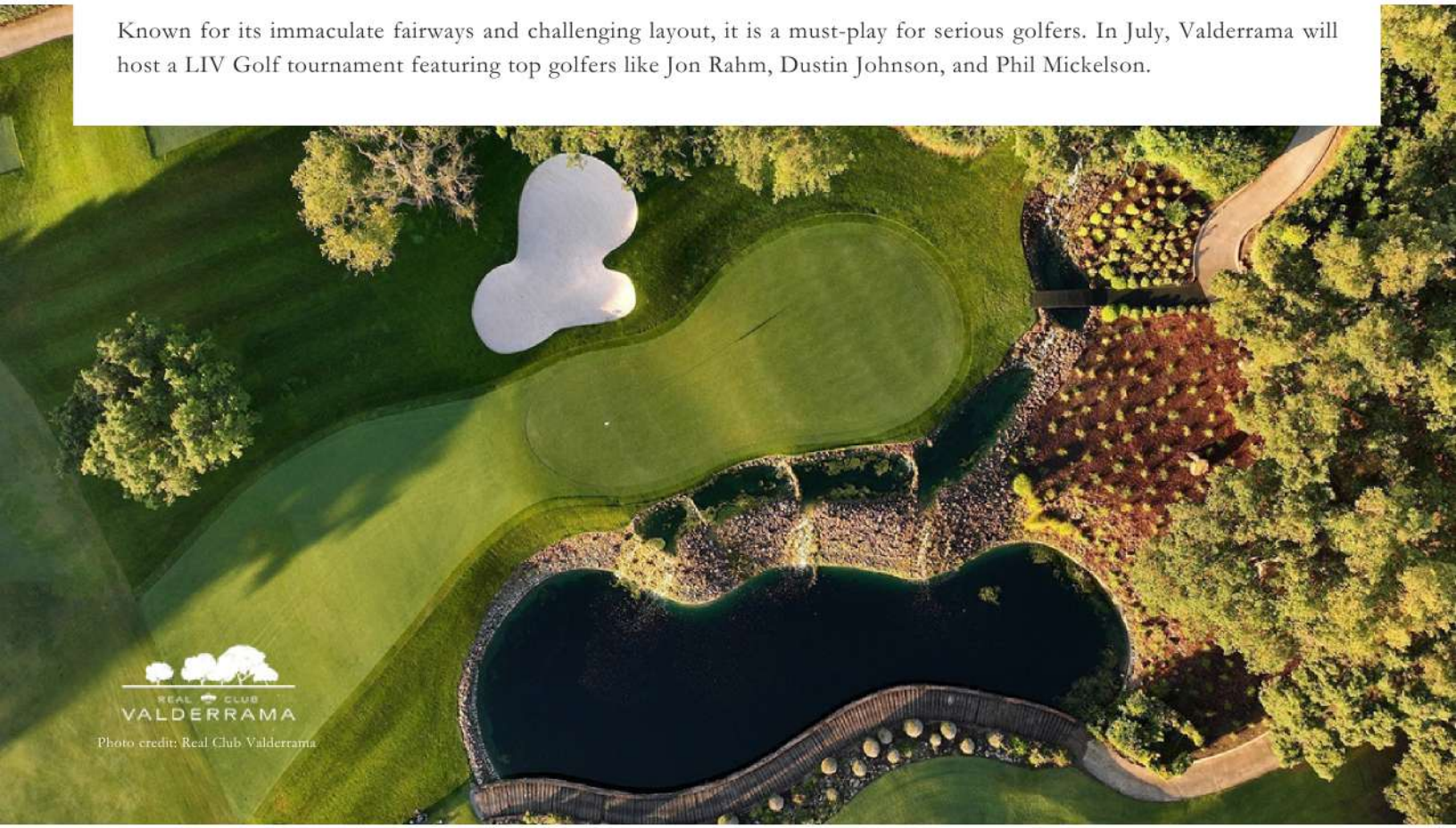


Among the various locales along the Costa del Sol, Sotogrande is particularly prestigious, often considered the epicenter of golf in the region. Located in the municipality of San Roque, Sotogrande boasts six world-class golf clubs, each with unique features and challenges:

R eal Club Valderrama (www.valderrama.com)

Designed by Robert Trent Jones Sr., Real Club Valderrama is one of Europe's most renowned courses. It has hosted significant tournaments, including the 1997 Ryder Cup and the Volvo Masters.

Known for its immaculate fairways and challenging layout, it is a must-play for serious golfers. In July, Valderrama will host a LIV Golf tournament featuring top golfers like Jon Rahm, Dustin Johnson, and Phil Mickelson.



La Reserva Club (www.lareservaclubsotogrande.com)

Designed by Cabell B. Robinson, La Reserva Club combines challenging play with stunning scenery, offering views of the Mediterranean Sea and surrounding hills.

The course's wide fairways and large greens provide a stern test for golfers of all levels, making it a visually and technically appealing course.

Real Club de Golf Sotogrande (www.golfsotogrande.com)

Opened in 1964, this course is another masterpiece by Robert Trent Jones Sr. It is regularly ranked among Europe's top courses. Known for its strategic design and fast greens, the course has a classic feel with mature trees and water hazards.

Almenara Golf Club (www.almenaragolfsotogrande.com)

Featuring a 27-hole layout designed by Dave Thomas, Almenara Golf Club offers three nine-hole loops that can be played in various combinations. The course meanders through pine forests and around lakes, offering a tranquil yet challenging golfing experience.

San Roque Club (www.sanroqueclub.com)

It is a prestigious golfing destination known for its renowned Old Course, which offers a challenging and scenic experience. Nestled in a lush, rolling landscape, the club also boasts luxurious amenities including a stylish clubhouse, fine dining options, and top-notch practice facilities, making it a favorite among golf enthusiasts from around the world.



La Hacienda Links Golf Resort (www.lahaciendagolf.com)



The only links course in southern Spain, offering stunning views of the Mediterranean and the Rock of Gibraltar.

It features the Links Course and the Heathland Course, providing both a traditional links-style layout and a contrasting parkland-style course.



Upcoming Events in Sotogrande

- LIV Golf Tournament: In July, 12th-14th, Real Club Valderrama will host a LIV Golf tournament, featuring top golfers like Jon Rahm.
- European Tour Event: In October, Real Club de Golf Sotogrande will host a European Tour event, attracting top players and showcasing the course's excellence.

In conclusion, the Costa del Sol, with its myriad of golf courses, provides an unparalleled golfing experience. Sotogrande, with its six world-class clubs and upcoming prestigious tournaments, stands out as a premier destination for golf enthusiasts. Combining this with the sport's rich history, fun facts, and global appeal, golf continues to be a fascinating and enjoyable pastime.



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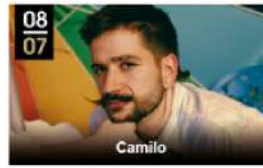


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Happy Kids

Costa del Sol in Spain offers a plethora of family-friendly attractions that are sure to delight kids of all ages. One highlight is the Bioparc Fuengirola, where children can embark on a thrilling journey through immersive habitats, encountering exotic animals like lemurs and gorillas up close. For those seeking adventure, Tivoli World in Benalmádena boasts an array of rides and attractions, from exciting roller coasters to classic carnival games. Sea Life Benalmádena provides an educational experience, allowing kids to explore the wonders of marine life through interactive exhibits and underwater tunnels. Additionally, Aqualand Torremolinos offers refreshing fun with its water slides, wave pools, and lazy rivers, perfect for cooling off on hot summer days. With its diverse range of entertainment options, Costa del Sol promises unforgettable experiences for families seeking adventure and relaxation alike.

Art. S.Wojcik
Editor Matt Jones



B ioparc Fuengirola

a zoo in Fuengirola offers a unique immersive experience, where animals roam freely in environments that replicate their natural habitats. Visitors can observe a variety of species, including lemurs, gorillas, and crocodiles up close in a setting designed to promote conservation awareness.

S elwo Aventura

located in Estepona. Selwo Aventura is a sprawling wildlife park that offers a safari experience. Visitors can embark on safari tours to see animals such as elephants, giraffes, and lions in semi-natural habitats. The park also features zip lines, tree-top walks, and other adventurous activities.

S unview Park Malaga (Tirolina)

offers an exhilarating adventure for thrill-seekers and nature lovers alike. Situated amidst scenic landscapes, this zip line adventure allows participants to soar through the air, taking in breathtaking views of the surrounding mountains and forests. With multiple zip lines of varying lengths and heights, it provides an adrenaline-pumping experience suitable for individuals, families, and groups looking for an unforgettable outdoor adventure in Malaga. Whether you're gliding through the treetops or admiring the natural beauty from above, Tirolina Malaga promises an unforgettable journey through the skies.

A qualand Torremolinos

with its array of water slides, wave pools, and lazy rivers, is sure to be a hit with kids of all ages. This water park offers plenty of opportunities for splashing and sliding in the sun, making it a refreshing escape from the heat during the summer months.

S ea Life Benalmádena

taquarium provides an educational and interactive experience for anyone fascinated by marine life. Visitors can explore various themed zones showcasing different ecosystems, from tropical reefs to ocean depths. Highlights include underwater tunnels, touch pools, and daily feeding demonstrations.

C rocodile Park

located in Torremolinos, offers a close encounter with these ancient reptiles. Visitors can observe crocodiles of various species and sizes, learn about their behaviour and conservation, and even hold a baby crocodile under supervision.

A dventure Golf

Costa del Sol boasts numerous adventure golf courses, where families can enjoy a round of mini-golf in themed settings featuring waterfalls, caves, and lush greenery. It's a fun and leisurely activity that appeals to both kids and adults



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Ajo Blanco Malagueño



Ajoblanco is a popular Spanish cooler. In simple translation, it is the white garlic of Malaga, found in this particular area of Andalusia.

A traditional Spanish dish that contains almonds, garlic and oil, among other ingredients. Over the years, it has spread throughout Spain and is now part of summer meals in most homes. The combination of almonds, garlic and bread incredibly stimulates the taste buds. Ajo blanco is very simple to make and no amateur of Andalusian cuisine should have a problem with the preparation. However, there are a few "hooks" that you need to pay attention to in order for our soup to come out perfect ...and so we start with the ingredients....

Ingredients:

- 1 clove of garlic
- 500 ml of cold water
- 200 g of raw almonds, peeled and unsalted
- 350 g of day-old crustless bread
- 125 ml of extra virgin olive oil
- 2 teaspoons of sherry vinegar
- Salt 1 flat teaspoon
- Sweet grapes and flaked almonds for garnish

Recipe:

Start preparing the ajoblanco by placing the almonds in a bowl of water to rehydrate them for about 45 minutes. In the meantime, cut the bread into small pieces and place in a container where all the ingredients will be mixed. Pour the water over the bread, wait five minutes for the bread to soak thoroughly and add the almonds, garlic and vinegar (it's important to cut out the garlic root so the soup won't pinch). Blend or mix all the ingredients thoroughly. When it gets to a white velvety cream, add vinegar, salt and olive oil and again blend thoroughly.



Chef  **Tomasz**
MARBELLA

Done!

Decorate with the fruit of grapes and flakes of dried almonds.

Enjoy!

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GYPSY WATER COCKTAIL!



Inspired by memories and tastes of my Childhood in Argentina where I remember the gipsy horse-drawn carts that sold watermelon by the road on hot summer days.

Ingredients:

- 50ml The Lovers Rum
- 10ml Fresh watermelon juice
- 15ml Fresh Lime Juice
- 15ml Watermelon Syrup - how to make it below
- 1 dash egg white
- 1 dash Angostura Aromatic Bitters (Optional)
- 500g white cane sugar
- 250ml water
- 200g watermelon skin

Recipe:

Add 3 to 4 watermelon cubes into an Old Fashioned Glass. Place all the ingredients into a cocktail shaker. Close the shaker without ice.

Shake briefly for a few second to emulsify the egg white. Add ice cubes into the shaker. Shaker vigorously for longer than before. Strain the contents of the shaker using a tea strainer or fine strain into the Old Fashioned Glass. **Slice thin watermelon slice cubes for garnish.**

To make watermelon syrup you need to place the water, watermelon skin and sugar in a saucepan. Whisk the sugar in the water to dissolve it. Once the water reaches a boil, turn down the heat and allow the watermelon skin to steep in the water for 5 minutes. After that time, turn the heat off. Leave to cool down. Using a tea strainer or fine strainer, remove any solids from the syrup.

Store in the fridge up to two weeks for freshness.

Cut the watermelon in cubes of 3cm by 3 cm diameter. Place the cubes in the freezer and leave it overnight.

Created by David Cordoba, Mr Daiquiri, circa 2008

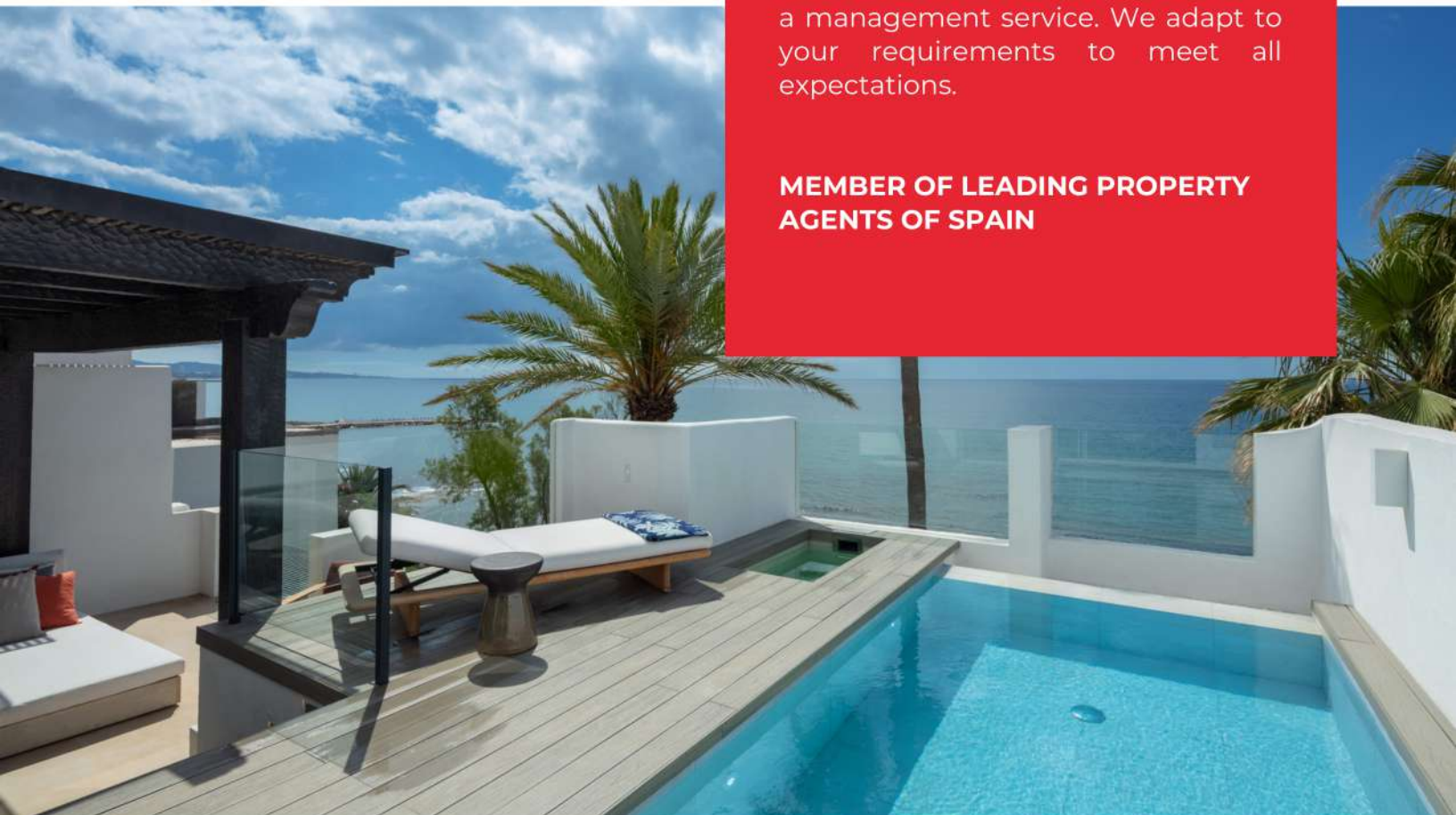


THE LOVERS RUM is a blend of rums, each with its own style, character, personality and flavour, much like our own mix of ethnicity and culture. We have combined these elements to ensure the bottle, label and liquid stands together as one. With a sturdy, heavy base and a delicate body and neck, this bottle encapsulates strength and beauty, as well as femininity and masculinity. The label's story is one of adventure, exploration and fantasy, full of hidden messages. Our blend combines the styles of five very distinctive Caribbean and Latin American rums This liquid starts with an initial delicate flavour combined with an aromatic fruity and sweet nose, developing into a complex palate of peppery notes, some dryness and delicate tannins that seduce you, causing a desire for more. THE LOVERS RUM is best enjoyed in a Daiquiri, Rum Manhattan, or a Rum Old-Fashioned. However, it is also incredible neat or over ice. The flavour allows the balance of wood, sweet notes and a touch of spice with delicate tannins to be savoured. Always enjoyed best amongst friends! THE LOVERS RUM name comes from the number "VI" Tarot card, The Lovers. This card has several meanings, depending on the position of the card; if the card is upright, the meaning can be Love, Harmony, Commitment, Choices or Faith, however if the card is reversed, then the meaning changes to Self-centred, Conflict or Imbalance. We feel that our first blend perfectly reflects a symmetry in the meaning of this card.

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