



## **PRACTICAL HINTS AND DIRECTIONS ESTEPONA - GOLDEN MILE – MARBELLA.**

Marbella area is a well-known holiday destination. It has one of the absolute best climates in Europe and high quality properties, restaurants and shops. During high season, Easter and July and August, the population is doubled. The living costs are higher than in other parts of Spain. Thanks to Sierra de las Nieves we have a unique micro climate that protects us from extreme high and low temperatures. In the summer we have a milder climate than our neighbour cities as Fuengirola, Torremolinos and Benalmadena and in the winter often warmer. Marbella area consist of the villages San Pedro de Alcantara, Puerto Banus, Nueva Andalucia, Guadalmina, Las Chapas just to mention some. Along the Golden Mile you will also find the mountain village Benahavis and the Mile ends at Estepona. Neighbour villages worth visiting are Ojen, Monda, Istan and Mijas.

### **Shops and opening hours (Tiendas y horarios apertura)**

Normally there will be a siesta 2,5 hour. Usual opening hours are 9 or 10 – 14 and 16 – 19. Large chains like Carrefour, Aldi, Zara, Mango, Lidl, Mercadona will be open 9 – 22. Sundays closed, but during the summer they may be open even on Sundays.

There are two large shopping centres, La Cañada and Corte Ingles (Puerto Banus). Open 10-22, and normally closed on Sundays, but during high season they are often open even on Sundays.

Along the Carretera de Cadiz you can find Sunday open grocer's shops as well as many larger gas stations have provisions.

Apple Store is situated in La Cañada

Home electronics – FNAC and Worten in La Cañada and Corte Ingles.

DIY Leroy Merling in La Cañada and Bricorama in Cancelada. Hardware store (Ferreteria) in San Pedro as well as a paint shop in the Boulevard.

8 minutes walk on the beach from Dominion Beach in direction Estepona you have the restaurant- and shopping centre Laguna Village.

Aldi, a grocery, is situated opposite Laguna Village

### **Markets**

Mondays Marbella, Thursdays San Pedro, Fridays Las Chapas and Saturdays Centro Plaza in Nueva Andalucia, in the harbour of Estepona. On Sundays there is a flea market on the way up to Benahavis and in Sabanillas, and on Saturdays a large one in Fuengirola.

### **Flowers, plants etc (Viveros)**

In San Pedro Linda Vista Garden Center, and Agrojardin halfway between San Pedro and Estepona.

Bouquets can be bought in Carrefour, La Cañada and on the market in Centro Plaza on Saturdays.



### **Post office (Correos)**

There is an office in Estepona along the board walk just opposite where the street turns up to the old town. You can also find an office in Corte Ingles shopping centre one floor down.

Stamps are also bought in Tabaco shops.

### **Locksmith (Cerrejero)**

Call 627 99 44 77. Situated close to Diana Centre.

### **Car wash (Lavado)**

Many gas stations have DIY car wash. Bring three one euro coins with you.

At Carrefour and La Cañada you find professional car wash companies.

### **Workshop/Car Repairs (Taller macanico)**

Talleres de Madrid is a reliable company in La Campana (Nueva Andalucia) Telephone +34696965242

### **Barber and beauty shop**

You can find barbers in Estepona town and in Carrefour. In Los Naranjos, Hair by Linda. The Nail Place, Spray, Beauty by Ida are examples of others.

### **Public Holidays, Ferias etc**

National holidays: 1 January, Good Friday (Semana Santo with parades most days), 1 May, 15 August, 12 October, 1 November, 6 December, 8 December, 25 December

Local Holidays: 5 February in the evening Cabalgata de Reyes Magos with a parade, 28 February Dia de Andalucia, 11 June San Bernabé ( Saint of Marbella), 16 July Virgin del Carmen i Marbella (saint of the seamen), 19 October San Pedro de Alcantara, Some small villages have their own holidays as El Ingenio i San Pedro. Nueva Andalucia, La Campana, Las Chapas, El Angel are other villages that have their own holiday as well as Romeria (religious pilgrim fiesta).

### **Museums**

In Marbella Museo Ralli is situated in the eastern part of the city (Art), Museo Del Bonsai, Museo Cortijo Miraflores.

Newly built Botanical Park in the centre of Estepona features a 17 meters waterfall that will help simulate the spaces originating orchids.

Malaga – 45 minutes drive – Museo Picasso, Centre Pompidou, Museo Carmen Thyssen, Museo Casa Natal, Museo del Vino, Museo del Vidrio y Cristal, Museo Alborania, Museo Ruso and one of the best Car museums in the world Museo Automovilistico.



## **Sport and golf**

Tennis – Punte Romano, Raquets Club, Royal Tennis Club

Paddel – Real Padel Club, Los Granados, Club de Padel Nueva Alcantara

Swimming – Marbella Antonio Lima. San Pedro Supera.

Surfing – best at Tarifa – Kite, Windsurfing etc

Skateboard – Marbella Skate Park, Estepona and Fuengirola have also skate parks.

Riding – Club Hipico Arrocha, Ranch Siesta Los Rubios, Los Caireles, Marbella Club

Gymnastics – Marbella Gymnastics Club, Gimnasia Ritmica

Judo etc – R K Judo Club, Judo Club Marbella, Jushirokan, Marbella Taekwondo

Golf – more than 40 golf courses within 20 minutes drive. Book at [www.golf-service.com](http://www.golf-service.com)

## **Yoga**

Lovely Shanti-Som or Yoga Eva Lindblom “Evita”

## **Personal Fitness**

Dominion Beach has its own training center

Panatta, Omega, Dynamic, Glow, Alfafit, Crossfit Marbella .....

Personal trainers: Jin Maria, Denice Andrée, Bodyfit .....

## **SPA/Wellness**

Six Senses SPA, Estrella del Mar, Thalasso SPA, Don Carlos, Los Monteros

## **Restaurants**

Dominion Beach has its own beach restaurant, bar and free sun chairs

Along the beach you will find Chirringitos that serve lunches and rent out sun chairs

8 minutes walk from Dominion Beach on the beach in direction Estepona you have Laguna Village with several restaurants.

Estepona old town and the streets parallel with the beach you find many small restaurants. You will also find several in the Marina area. See article about Estepona on this web site.

You can download a separate list of restaurants that we like, from [www.homecareestepona.com](http://www.homecareestepona.com)

## **Michelin restaurants**

Dani Garcia, El Lago, Messina and Skina



### **Ecological shops**

Origen, Organic Market&Food, Eco Marbella, Bio Natura, Iceland

### **Night life**

Popular night clubs are Olivia Valére, Suite Punte Romano, Ocean Club, Nikki Beach, Funky Buddha, La Sala, Sinatra Bar, Joy's Live Bar etc

Some of those are only open in the summer.

### **Excursions**

On our web site you can find some excursions.

Malaga is only 50 minutes away. Muelle Uno with shops and restaurants in the old harbour. Museums, see above. The oldest bodega in Spain. Calle Larios with all the shops.

Also visit Ronda, with its fantastic bridge, Mijas Pueblo, Casares, Sotogrande harbour, Nerja with Balcon Europe and the caves Cuevas de Nerja, the largest in Europe, Gibraltar (do not forget your passports, it is a must), Granada with Alhambra Palace and further away Sevilla, Cordoba, Cadiz, Tarifa with the lighthouse Trafalgar and the Roman town. Take the AVE train to Madrid.

### **Trecking/Walking-tours**

Once in your lifetime experience Caminito del Rey close to Ardales and El Torcal close to Antequera are a must. You do not need to be a climber, everyone can walk those paths.

Sierra de Bermejo, above Estepona, on top of the mountain, you have wonderful views over the coast all the way to Africa.

At Refugio de Junar (on the way to Ojen/Monda) several walking paths, even up to the mountain La Concha. Istan has a nice picnic area on the other side of the village. On the way to Benahavis you can walk along the river. Close to Castaño Santo in Sierra de las Nieves you find a 800 years old chestnut tree.

Walk along the "dry" rivers: Rio Castor in Estepona, Rio Guadalmina (Charca de las Mozas)

### **Buses, transport, taxi**

From Malaga Airport you can go to Marbella and Estepona. Buy the bus ticket just outside the exit doors (they do not sell tickets at the bus. When returning home, buy the ticket at the bus station.

Homecare can arrange with a private transportation.

Taxi from airport will cost about 100 euro

### **Rental Cars**

All major companies, i.e. Europcar, Avis but also local companies as Brunos Car, Costa Rent, Marbesol



### **Local News in English**

Sur in English can be picked up for free outside i e Carrefour and other centres

### **Dogs, cats etc**

Check with HomeCare if animals are allowed in the apartment you rent. Dogs are not allowed in the pool areas.

Dogs are not allowed on the public beaches in Spain. VeterinaryÖ: Pointer, Equus Can, Artemis, Diana

### **Health care**

Call 112 in case of emergency case.

Estepona has a emergency ward at Centro de Salud, Av Juan Carlos 1 902 505 061

For an appointment (cita previa) 902 505 066. They have English speaking doctors.

### **Important telephone numbers**

Emergencies 112

Ambulance 061

Policia National (emergencies) 091

Policia Local Estepona, Av Los Frutales 1 Call 092

Fire department 080

### **Insurance**

Please remember that you use the property at your own risk. HomeCare Estepona/The owner cannot be held responsible for any damage/losses that may result during your stay. Please check your travel insurance to ensure that you have adequate cover.

### **Pharmacy**

Gudalmina Centre

San Pedro: open 24h, Calle Marques del Duero 80

Estepona: on the way into Estepona

### **Chiropractor etc**

Centro Reque, Bjorn Solum, Charlotte von Scholten +34 952 858 170