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ALICANTE

Cartagena

land, called La Manga, which is 24 km long.

Cabo de Palos Lighthouse (19th century). Important lighthouse in south-east Spain which once housed a lighthousekeepers school. Documentation and Exhibition Centre in Cabo de Palos. In this centre you will have the opportunity to discover the region's unique and rich seabed.

Beaches. The beaches of municipalities such as Los Urrutias, Los Nietos, Islas Menores, Mar de Cristal, Playa Honda and Cabo de Palos offer a relaxing swim in the sea, perfect for the entire family.

Los Alcázares

Balneario de la Encarnación. It was built in 1904 on the shores of Mar Menor and still preserves many characteristics of the beginning of the 20th century.

Torre del Rame. Fortress of Arabic origin which used to be a watchtower on the coast of Mar Menor. Municipal Aeronautical Museum. Run through the history of this military enclave, which was built in 1915 and became

Roman baths of Los Diegos. Hidden for nearly 2,000 years. It is not certain what these baths were used for but it is envisaged that they were part of a larger hydraulic complex connected to a settlement or some type of industrial exploitation. Monuments: Al Huertano, al Minero, al Pescador and Monolito de la Independencia

San Javier

The Parish Church of San Francisco Javier. 16th century romanesque temple with a baroque facade. **Museum of Local History.** It has different areas which show San Javier's history.

Acrobatic Flight. Patrulla Águila is the Spanish army's acrobatic flight team. Its headquarters are in San Javier. Santiago de La Ribera. Noteworthy are its beaches, promenade and early century summer manor houses.

Tomás Maestre Marina (La Manga del Mar Menor). Important sports, shopping and leisure area.

San Pedro del Pinatar

Quintín y Calcetera Mills. Salt mills built at the beginning of the 20th century to transfer water from Mar Menor to salt marsh pools.

Baron Benifayó Palace or Casa de la Rusa. A19th century neo-mudjar style building, which houses the main archaeological finds of the municipality, as well as fossils from different eras. There is also a collection of antique toys and another for classic movies

Finca de San Sebastián or *Casa del Reloj*. Art nouveau building from the 19th century. *Museo del Mar* Collection. Collections including fish and mollusk remains, reef knots and cartographic maps.

The Regional Park of Las Salinas v Arenales de San Pedro del Pinatar. It is, every summer, one of the stops of pink flamingos travelling to the north of Africa. Las Salinas Visitor Centre. Representation of all the Park's ecosystems, salt ponds, reed, saline ground, pine forest, dunes and weirs.

Valle de Ricote and Cieza Rural Tourism

Archena / Villanueva / Ulea / Ojós / Ricote / Blanca/ Abarán / Cieza It was the last Moorish redoubt in Spanish Levante. Its sites, caves, manor houses and waterwheels, together with the Murcian orchards, will fill you with energy to enjoy nature, relaxation and leisure.

WHAT TO SEE

Archena. Archena Museum, Esparto Museum, the iron bridge on the Ruta de Vicente Medina and Paseo Ribereño, the Church of San Juan Bautista (BIC), the Casa Grande (BIC), the Villa Rías Mansion and Gardens (BIC). The Irrigation Ferris Wheels and Chimneys and the Don Mario Castle.

Villanueva del Río Segura. The Church of Nuestra Señora de la Asunción (BIC). It is located in the old part of the town and is one of the region's most important neoclassical temples.

Ulea. The Church of San Bartolomé and the Vera Cruz. Constructed over a mosque. Parish House or Eiffel House.

Ojós. The Church of *San Agustín*, the Washing Place and the Solvente Dam are musts.

Ricote. The Church of San Sebastián. It was built in Murcian baroque style.

Blanca. Pedro Cano Foundation. It hosts some of the best works of this artist from Blanca. Blanca Castle. Strategic fortification during Muslim rule.

Abarán. The Hermitage of Santos Médicos San Cosme y San Damián. Excellent panoramic view of the Valle de Ricote. Cieza. Medina Siyâsa. Eleventh to thirteenth century Islamic site. Siyâsa Museum. Preserves the objects and architectural remains from the Palaeolithic period. Esparto Museum. About the industry, handling and transformation of esparto grass. Molino de Teodoro Museum. Old hydraulic flour mill built in 1507. Folklore Centre. Ethnographic museum and folklore museum. Holy Week Museum-House. Exhibits the imagery of the different brotherhoods.

Archena. Fantastic route from the Archena writer Vicente Medina and the riverside walk. Miradores del Ope lookouts. Holy Week, Saint's Day of Corpus Christi, Thermal Spring in Balneario de Archena, Thermal waters with medicinal properties. **Villanueva.** Ecotourist walk of Villanueva. A tour through the village streets and fitted out lookouts in *El Valle*. **Ulea.** Salto de la Novia. Massif with an interesting legend. It offers a nice view over the valley. Gurugú Viewpoint. Natural

balcony overlooking the valley. It has a tower of Arab style. Ojós. Azud de Ojós. Perfect for fishing and other river sports. Paseo de los Palmerales. Gardens and paths next to the river.

Ricote. Sendero de los Miradores de Ricote. On foot or by bike.

Blanca. River Beaches. Perfect to cool down in summer and to practise canoeing. Alto de Bayna Viewpoint. Amazing view complete panoramic view of the dam of the Azud de Ojós and of the municipality of Blanca.

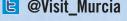
Abarán. Waterwheel Route. It shows the waterwheels used since the Muslim period. The Noria Grande -Big Waterwheelstands out for being Europe's biggest operational waterwheel.

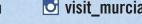
Cieza. The Sanctuary of Virgen del Buen Suceso, Located at the Collado de la Atalava, Panoramic view, Cañón de Almadenes. It is a protected area. Walk along the hillsides of this impressive ravine. Sima de la Serreta Cave. It is in the Cañón de Almadenes and has some rock paintings (World Heritage). Frailes Street Market. First Sunday every month from October until May. Flowering Routes. In spring. Amazingly beautiful routes. Holy Week. Declared of National Tourist Interest. Riverside walk. Along the Segura River and Cieza countryside, ideal for the entire family to do so.

BIC: Asset of Cultural Interest.



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Águilas and Mazarrón

and monuments, swim in different coves or enjoy nautical sports in many wonderful settings.

Águilas

San Juan de las Águilas Castle. 18th century fortress which has been restored and turned into a museum. From its highest part (85m high) a beautiful panoramic view of the city and its surroundings can be admired.

El Hornillo pier and surroundings. Constructed by the British south-eastern railway company, in the late 19th century. A veritable open air museum, following the former railway line to one of the former unloading tunnels and to El Hornillo Pier lookout. **Archaeological Museum.** Gives an overview of the history of the town from the Neolithic period (3000 BC). **Roman Baths.** 1st century. Caldarium remains.

Torre de Cope. 16th century tower which was used to warn of approaching Berber pirates.

José Matrán Museum Hall. It has a great collection of the artist's works. Plaza de España. Garden built in 1874; it has a wide variety of plants and trees such as hundred-year-old ficuses from Brazil. Among its restored facades fr om the 19th century, the Town Hall's Neomudéjar facade stands out.

Rincón del Hornillo. Beautiful spot with a handcrafted tiled staircase in front of the Hornillo beach. Natural Areas. Cabo Cope and Puntas de Calnegre. Natural setting between the municipalities of Águilas and Lorca. It is an ideal place for fishing and walking enthusiasts. Cuatro Calas Protected Landscape. Calarreona, La Higuerita, La Carolina and Los Cocedores are the names of the four calas -coves- which make up one of the Region of Murcia's most particular volcanic outcrops. Sea Interpretation Centre (CIMAR). Displays the natural heritage of the Águilas coastline. Having three different areas: A fishing boat which can be visited, a museum area and an aquarium.

Casas Consistoriales (Town Halls). A 19th century civil building, one of the examples of modernist eclectic architecture of the region, constructed during the mining boom.

Churches. The Church of La Purísima (19th century) which renders worship to the image of the Immaculate Conception, the patroness of the town. The Church of San Andrés (16th century) and having one of the most important mudjar coffered ceilings in

Roman Salting Factory. This interpretation centre exhibits the remains of one of the main salting and fish industrial complexes dating from the late Roman period

Mazarrón archaeological sites. La Casa Romana de la calle Era (4th century). Archaeological remains, salt basins and a former water deposit in the Roman ponds can be found in the village of Alamillo.

Beaches. Mazarrón has 35 kms of coastline with varied beaches: children's beach, accessible beach, three dog beaches and 10 kms of natural coves which can be enjoyed year-round. Erosiones de Bolnuevo. It is the most outstanding landscape of the locality and one of the most particular and appealing ones

of the whole Region of Murcia. Torre de los Caballos Interpretation Centre. It was built in the 16th century in order to protect the coastline from the

approach of Berber pirates. It guaranteed peacefulness at fishing together with the towers Molinete and Santa Isabel Phoenician Vessel Interpretation Centre. Exhibition hall which counts on a replica of the Phoenician vessel called "Mazarrón 2". The original vessel is still submerged.

Sierra Espuña

Alhama de Murcia / Totana / Aledo / Pliego / Mula Sierra Espuña is considered to be the Region of Murcia's green lung, and is perfect to enjoy hiking, climbing or paragliding. Come and get to know its villages as well as its rich cultural and craftwork tradition.

Alhama de Murcia. Historic quarter. An accessible route includes Vieja Square and the Church of San Lázaro (BIC) and the Alhama Castle (BIC), an eleven and twelfth century fortress of Islamic origin. Los Baños Archaeological Museum (BIC). It keeps archaeological remains of the Roman baths, the Islamic baths and the 19th century balneario. *Ricardo Codorniú* Visitors Centre. (Sierra Espuña). 12 kms away from the city centre, right in the centre of the Regional Park, the information service and exhibition hall so as to become acquainted with the natural values of this protected space. Pozos de la Nieve. Curious structures from the 16th century located on the highest part of Sierra Espuña which served as "refrigerators" in order to store snow and to provide ice to nearby towns.

Totana. Historic District. Important elements are the Santiago Temple (BIC), and the Ollerías Arch, a fragment of the aqueduct which was built in freestone in 1753. The Sanctuary of La Santa (BIC). It is located seven kilometres away from the town, in the middle of Sierra Espuña. Its origins are medieval and it is devoted to the worship of Santa Eulalia de Mérida, the town's patron saint. **Aledo.** Homenaje Tower. Fortified tower of Arab origin, which is a defensive symbol of this border land. The Church of Santa

Pliego. Calle del Agua. In this emblematic street you will be able to admire two different flour mills: the La Almazara building and the Fuente de Los Caños. Pliego Castle. Defensive construction from the 12th century.

María La Real, 18th century, houses the Virgen de la Aurora and la Dolorosa by Salzillo.

Mula. El Cigarralejo Iberian Art Museum (BIC). Only monographic museum on Iberian archaeology which hosts the pieces found at the excavation of the necropolis of the same name. Casa Pintada. Cristóbal Gabarrón Museum which includes a retrospective of this Murcian artist. Via Verde del Noroeste and Senda del Agua. You can go hiking through a wide variety of typical Murcian landscapes, from desert badlands to Sierra Espuña's aleppo pine forests. Historic Quar listoric-Artistic Site. The Convent of San Francisco (BIC) houses the Mula City Museum. An accessible route from the door of the Church of San Miguel (BIC), Plaza del Ayuntamiento to the Hospital Square and Convent of San Francisco (BIC).

WHAT TO DO

Alhama. Cultural visits. On the weekend, there are quided or dramatised guided tours of the historical heritage. Sierra Espuña car route. Contrasting landscapes commencing from the Canyons of Gebas, a lunar landscape with an absence of vegetation and ending in the Collado Bermejo contemplating the lush majesty of the Espuña valley. Active tourism. Hiking in the network of marked trails, scaling the Paredes de Leiva, skydiving at the airfield, paragliding in the Sierra de la Muela or mountain biking with Espubike, the BTT route which runs along for 146 kms in the Sierra Espuña.

Totana. Saint's Craft Market. Last Sunday of each month except December, January, July and August. Noteworthy are the pottery products. Argaric site of La Bastida. Founded around 2200 B.C. it was one of the largest settlements in Western Europe, known as the Troy of the West.

Aledo and Pliego. Go hiking or by bike through exceptional landscapes.

Mula. Villaricos Roman Villa. Remains of an old Roman villa. Cuatro Plazas Street Market. Second Sunday of the month, from September to May. The products you will find in it are cold cuts, bread, cakes, pottery, carpets, cheese, wood, s (Holy Week). Festivity declared to be of National Tourist Interest: the drums can be heard on Holy Tuesday, Holy Wednesday, Good Friday and Easter Sunday. Adventure Sports in the Mountain Centre of Casas

Murcia **CULTURAL TOURIS**

In Murcia, the capital city of the region, you can walk everywhere to enjoy a wide variety of museums, outstanding monuments, shows and typical tapas in the open air.

Cathedral Ensemble. This Cathedral is tremendously beautiful and has different architectural styles. The most striking elements are the baroque facade with its bell tower, the *Puerta de los Apóstoles*, the gothic *Vélez* Chapel and the renaissance Junterón Chapel. Next to the Cathedral is the baroque Bishop's Palace.

Real Casino in Murcia. This building is in the historic downtown district, it has been declared a national historic and artistic

monument and is considered a BIC. You shouldn't miss the Arabic Courtyard, the Ballroom, the Ladies' Restroom, the Tearoom or the Pool Hall.

Salzillo Museum. The museum exhibits works by the Murcian sculptor Francisco Salzillo, such as the groups of sculptures that take part every year in the *Good Friday* Procession in the city of Murcia, and a wonderful nativity scene with more than 500 pieces.

The Monastery of Santa Clara la Real (15th to18th century) and Museum. The Church, the Museum and the Islamic remains, over which the monastery was built, are musts.

Baroque Churches Route. San Nicolás de Bari, San Miguel, San Juan de Dios, Santa Eulalia, Santo Domingo and the Convent of Santa Ana. among others.

More Museums. The MUBAM, the *Ramón Gaya*, Archaeological, City museums and the *Monteagudo* Visitors Centre.

The Nature Park of El Valle y Carrascoy. It is located 10 minutes away from the city centre. You can visit the Sanctuary of Virgen de la Fuensanta, El Valle Visitor Centre, the Iberian Sanctuary of La Luz and San Antonio El Pobre Visitor Centre. **Tapeo.** The good weather invites one to go on a *tapas* bar crawl sampling tapas in the taverns and squares throughout the year. Noteworthy are those in San Juan, Santa Catalina and de las Flores and the bar areas of La Merced and Plaza de Europa.

Do not forget to have a "marinera" (Spanish potato salad on a roll crowned with an anchovy), a "matrimonio" (the love story

between an anchovy and whitebait - (anchovies (brine) and whitebait (pickled) on a piece of bread)), a "tomate partío" (diced and seasoned tomato), a "zarangollo" (frittata of zucchini, onion and eggs) or a few slices of roasted octopus. Festivals. The Murcia Tres Culturas International Festival (May) is the meeting point and coexistence of the Christian, Jewish and Muslim cultures. The SOS 4.8 Festival (May) is Europe's reference cultural event that takes place each spring in Murcia. It combines music, art and meditation in one place. The Mediterranean Folklore International Festival (July) turns the city into a

living stage of folklore and traditional expressions, as well as art from many different countries and regions. **Shows.** The Romea Theatre, the Circo Theatre and the Victor Villegas Auditorium and Conference Hall make up a comprehensive cultural offer. Festivities. Holy Week (International Tourist Interest). A singular Holy Week in Spain known for its thrones and sharing of

sweets and gifts between the general public. Spring Festival. The Peñas Huertanas or Huertano groups set up in the city gardens of the city "barracas" which offer typical local cuisine. Noteworthy is El Bando de la Huerta and El Entierro de la Sardina, of International Tourist Interest. The September Fair is a festival dedicated to the Virgen de la Fuensanta, with activities and festivals, noteworthy are the Moors and Christians, the *Huertos del Malecón*, the bullfighting fair of Murcia and the Romería day.

Shopping. The best shopping in the city centre (*Traperia*, *Plateria*, *Jabonerias* streets or the *Gran Via*) and the shopping centres (El Tiro, La Noria, Thader or Nueva Condomina).

Two seas and one coast, mild temperatures, heavenly beaches and wild coves, lively ports, charming villages and tourist complexes invite you to enjoy all kinds of activities.

Nautical sports. Lovers of water sports activities will enjoy an exceptional site so as to play all kinds of sports. Sailing, scuba diving, windsurfing, catamaran sailing, kite surfing, ski bus, canoeing, stand up paddle, kayaking etc ... Scuba diving. The seabed is of an extraordinary beauty with a rich variety of fauna and flora, in which one can undertake

shallow and simple dives, or routes only recommended for expert divers. Noteworthy is the Cabo de Palos-Islas Hormigas Marine Reserve and the sea beds of Cartagena-La Azohía, Águilas and Mazarró Mar Menor- Cabo de Palos Marine Resort. Offers a complex of nautical, sporting and tourist facilities, accommodation

and other services for the general public in a common area: the Mar Menor and Cabo de Palos. Beaches for everyone and for every taste. Family beaches, sports beaches, wild beaches, naturist beaches, accessible

Cetacean sighting. Áquilas and the bay of Mazarrón are some of the best locations for a cetacean sighting on the high seas. You will have the opportunity to see dolphins, pilot whales and, sometimes, rorquals and sperm whales. Fish auctions. Fresh fish auctions are a classic experience in these coastal areas. Do not leave without visiting the fish

markets of Águilas, San Pedro and Mazarrón Take a tour of the coast. Without leaving the sea behind, cycling or walking along trails and seafront promenades, pleasant routes in unparalleled surroundings

Let's go to the flea market. Highly recommended are the typical summer flea markets. Mondays: San Pedro del Pinatar; Tuesdays: La Unión, Los Belones and Los Alcázares; Wednesdays: Cartagena, Santiago de la Ribera and El Mirador (afternoons); Thursdays: San Javier, Los Urrutias and Lo Pagán; Fridays: Islas Menores and El Algar; Saturdays: Los Narejos, Águilas and Mazarrón; Sundays: Mazarrón Port, Cabo de Palos, Los Nietos and San Javier (drive-in cinema) Hole in one. The Costa Cálida has become one of the favourite destinations for the lovers of golf due to the numerous golf

Mens sana in corpore sano. Have a relaxing holiday and treat oneself to a health bath which is made possible in the health spas, thalassotherapy and spas centres of the coast of Murcia.

Cuisine. Discover the flavours of the sea by tasting a delicious caldero, prawns from Mar Menor, roast octopus, lobster rice, pastel de cierva, tomate partío, salted fish (roe, mojama, tuna and albacore), Mazarrón-style monkfish, red mullets from Áquilas, albacore noodles or cazuela empaná. To finish, try a tocino de cielo dessert and an asiático coffee. Festivities. Águilas Carnival. One of the most emblematic carnivals in the Region of Murcia. Romería de San Blas in San Javier (February). San Pedro del Pinatar Holy Week. It is the only Holy Week in Mar Menor. Los Alcázares Berber Pirates Approach (Holy Week). It recalls the scourge of Berber pirates suffered by the locality during the 16th and 17th century. *Virgen del Carmen* Festivities in San Pedro del Pinatar (16th July), La Huerta y el Mar International Week in Los Alcázares (August). Combination of folklore, traditional and popular music with typical Murcian cuisine. Romería de Bolnuevo -*Mazarrón* (November). It commemorates Bolnuevo miracle. *Inmaculada* Festivities in Mazarrón (December). Festivals. International Jazz Festival (San Javier - July). A date with the best jazz and blues on the current scene.

Infanta Doña Elena Auditorium and Convention Centre (Águilas). Wonderful and modern beachfront premises where a wide range of shows and events are scheduled.

International Theatre, Music and Dance Festival (San Javier - August).

Northwest of the Region of Murcia RURAL TOURISM

Bullas / Cehegín / Moratalla / Calasparra / Caravaca de la Cruz It is a land of contrasts, where you can enjoy activities in the middle of nature, admire extensive vineyards or walk through mountain villages with a huge cultural heritage.

WHAT TO SEE

Bullas. Don Pepe Marsilla House-Museum. It recreates the local lifestyles at the beginning of the 20th century. Wine Museum, Located inside a winery dating from the end of the 19th century. The Roman Villa of Los Cantos. Agricultural villa (2nd century BC; and 5th century AD) where one can find the pars urbana (where the owner and his family lived) with the domus (master) and the thermal resort, and the pars frumentaria (storage rooms), for the manufacture and storage of the agricultural and livestock production.

Cehegín. Begastri Town. Archaeological site with remains from the Iberian, Roman and Visigothic cultures. Historical Quarter. Includes the Archaeological Museum, the Duques de Ahumada House, the Coso Garden and the Church of Santa María Magdalena

Moratalla. Moratalla Castle. Fortification of Arab origin. Casa de Cristo Rock Art Interpretation Centre. Come and discover the Region of Murcia's rich rock art heritage. Calar de la Santa, Cañaíca del Calar and Fuente del Sabuco. Group of rock shelters of great archaeological value (World Heritage).

Calasparra. The Sanctuary of Nuestra Señora de la Esperanza. Hermitage inside a natural shelter. Casa Granero Rice Museum. It shows the complete process of rice cultivation. La Encomienda Archaeological Museum. It recalls the locality's history.

WHAT TO DO

Bullas. La Rafa Setting. Natural setting known as the entrance to the northwest. Salto del Usero. Setting of beautiful landscapes and great hydrological, geomorphological and sedimentological interest. Wine Route. Enables one to be acquainted with the cultural richness associated to the D.O. Bullas wine. El Zacatín Flea Market. The first Sunday of each month. Wine Festivities (February). Wide range of activities related to wine. Cehegín. Sierra de Lavia, Burete, Quípar and the Coto de las Maravillas Active Tourism Park. The mountains of this

municipality have many forest trails and hiking trails such as the as 21 km long Sendero de las Maravillas. El Mesoncico

crafts market is held the last Sunday of each month. The most famous *Tapas* Route of the region (March). The Wine School offers numerous activities around the world of wine. Cehegín belongs to the Bullas Wine Route. Patron Saint festivities (September) in honour of the Virgen de las Maravillas. Moratalla. Drums. The nights of Holy Thursday and Good Friday and Easter Sunday. In El Sabinar there is a forest of sabinas albar, one of the few reserves of this species which still are in the peninsula. Revolcadores. The Region's highest peak; down is The Sanctuary of La Rogativa. Urban Tourist Route on foot through the old part of the town, horse riding in

the mountain, hiking. Moratalla Town Celebration (July) honouring the Stmo. Cristo del Rayo. The running of the bulls has taken place each year without interruption since 1621 **Calasparra.** Descent down the *Almadenes* Canyon. Passing through a protected natural area of riverbank woodland. Calasparra Rice. The quality of its varieties has made it well known across the world. First rice with a Guarantee of Origin in Spain, *Puerto* Cave. The biggest in the region which has been fitted out for tourism purposes. It has spectacul stalactites and stalagmites with a wide range of colours. Pozo Rock Shelter and Monigotes Cave. Archaeological area,

Cartagena y La Unión

next to the river Segura, with schematic cave paintings.

CULTURAL TOURISM Lorca

Cartagena, a city with more than 3,000 years of history, is a port of cultures, where the sea becomes a source of civilisation, tradition and legend. La Unión is a town full of folklore and tradition.

Roman Theatre and Museum. A time tunnel which takes you to the Roman Cartagena and arrives directly to one of the biggest monuments from this period: the Roman Theatre. Come and admire its cavea dug out of the rock, as well as its stage. Barrio del Foro Romano in Cerro del Molinete. Thanks to the excavations, a complete block from the Roman Cartagena has been discovered. Formed by two buildings: a thermal complex (1st century) and edificio del atrio (1st century BC). Cartagena Port of Cultures. The interpretation centres show the history of Cartagena from the Roman period to the present time. Punic Wall (3rd century BC), House of Fortune (1st century BC), Augusteum (1st and 2nd century), Fuerte de Navidad,

Museo-Refugio de la Guerra Civil, Panoramic Lift and Concepción Castle. The National Underwater Archaeology Museum (ARQUA) has two specific areas: one for shipbuilding and navigation, the other for Mediterranean vessels and ports.

Archaeological Museum. Built around a late Roman necropolis (4th-5th century), with one of Spain's best collections of Other Museums. Historical-Military Museum, having the largest collection of twientieth century artillery of Spain, as well as the collection of the world's largest military miniatures. Naval Museum noteworthy is the Isaac Peral Room where the first

submarine torpedo boat in the world is exhibited Art Nouveu. Numerous buildings from this period in Cartagena: Palacio Consistorial, Aguirre Palace, Beltrí House and Gran

Hotel. In La Unión: Mercado Público and Piñón House **Port.** One of the most important ports in the Mediterranean since Phoenician times.

The **Regional Museum of Modern Art (MURAM)** hosts various temporary avant-garde art exhibitions.

Cuisine. The cantonal salad, grilled octopus, michirones or the famous caldero. Following dessert an asiático coffee. The Regional Park of Calblanque, Monte de las Cenizas y Peña del Águila. Allowing one to go hiking, bicycle riding and bird watching. Hiking up Mount Roldán and La Muela. The climb up Mount Roldán offers one at 490 metros above the sea, breathtaking views of the coastline of Cartagena. Noteworthy is *Roldán* gun tower (BIC).

Sierra Minera de La Unión-Cartagena. Strong mining activity since the times of Carthaginians and Romans up to the twentieth century. La Unión Mining Park (BIC) shows visitors the entire process of the underground mining industry in the 19th and 20th century. Noteworthy is the *Agrupa Vicenta* mine and the Interpretation Centre of *Las Matildes* Mine. **Beaches.** Its coastline stretches along the beaches of municipalities such as *Los Urrutias, Los Nietos, Islas Menores, Mar de* Cristal, Playa Honda, Cabo de Palos, Isla Plana, El Portús or La Azohía. No forgetting La Manga del Mar Menor with its two seas. Festivals. La Mar de Músicas (July), one of the best festivals with all kinds of shows. Cante de las Minas de la Unión International Festival (August), which takes place in a building called Antiguo Mercado Público, known as Cathedral of Flamenco Singing; it is the meeting point of 'cante jondo' and flamenco. Cartagena Jazz Festival (November). Two weeks of traditional and modern jazz.

Festivities. Carnival, every year attended by more participants and visitors. Holy Week. Declared as International Tourist Interest and characterised by the order. The images have the quality and brand of the best sculptures. Carthaginians and Romans, of National Tourist Interest, recreate the history of the city. **Shows.** El Batel Auditorium and Conference Hall and Nuevo Teatro Circo. Offering a comprehensive cultural programme.

Shopping. Open Shopping Centre, in several streets of the city centre and the Mediterranean Space Shopping Centre.

The Region of Murcia has three 'vitamines' for you to start feeling good. Thanks to them, you will be able to switch off from the daily routine and stress: vitamine B (Balnearios), vitamine T (Thalassotherapy) and vitamine S (Spas).

A balneario or thermal spring spa has mineral-medicinal waters declared of public interest, medical services and adequate

premises to carry out any prescribed treatments. The waters of balnearios, during their way under the ground, take the minerals which give them mineral-medicinal

properties. Thanks to these features, balnearios are perfect for bone aliments, muscular pain, respiratory and dermatological problems, since they optimize rehabilitation.

Balnearios in the Region of Murcia:

- Balneario de Archena (Archena) - Balneario de Leana (Fortuna)

Thalassotherapy includes sea water, its setting and the sun's radiation. These aspects make the positive ions accumulated in our body –which produce stress, exhaustion and discomfort- disappear. And, thanks to oxygen and negative ions present in a sea atmosphere, you will experience a feeling of well-being and freshness.

Seaweeds, plankton, mud and sea trace elements make treatments with sea water very helpful to fight stress, rheumatism, dermatological problems, osteoporosis, muscular problems...

Mar Menor is a health sea, and its properties and muds are unique. There are no waves, the sea is not deep and salinity is high: all this increases flotation and helps to move more easily.

Thalassotherapy establishments in the Region of Murcia: - Balneario Marino Termas Cartaginesas (La Manga del Mar Menor-Cartagena)

- Centro de Salud Vital Aguas Salinas (Lo Pagán-San Pedro del Pinatar) - Centro de Talasoterapia Lodomar (San Pedro del Pinatar)

Thalasia Costa de Murcia Hotel & Balneario Marino (San Pedro del Pinatar)

'Salus per Aquam', health through water, known as SPA. These centres offer you everything your body and mind need to enjoy a better life through water. In the Region of Murcia, you can combine swims at the best beaches with water bubble action at many different spas.

- Spa Hyltor Hotel (Archena)

Spas in the Region of Murcia: Spa Hotel Puerto Juan Montiel (Águilas)

- Spa Jardines de Lorca (Lorca)

Spa Mangalán Hotel

- Spa La Manga Club (Los Belones-Cartagena) Spa Fitness Hotel Cartagonova (Cartagena) - Spa Hotel Costa Narejos (Los Narejos- Los Alcázares) (La Manga del Mar Menor-San Javier)

- Hotel Intercontinental Mar Menor Golf Resort & Spa (Torre Pacheco) Spa Hotel Torre Pacheco (Torre Pacheco)

CULTURAL TOURISM

Northeast of the Region of Murcia RURAL TOURISM

Abanilla / Fortuna / Jumilla / Yecla Go through the old towns in this area, which are full of charming spots. You can indulge in relaxation thanks to the thermal spring in Fortuna, and also taste wines with a Guarantee of Origin from Jumilla and Yecla.

Abanilla. House of La Encomienda, Public Wash house, Church of San José, Lugar Alto and the façades of the Pintada and Cabrera Houses. So essential so as to be acquainted with the civil and religious architecture of Abanilla.

Fortuna. Cueva Negra. Roman Sanctuary (1st to 3rd century) with inscriptions in Latin of "The Aeneid" by Virgil. Convent House. Old art nouveau mansion. Town Hall Lobby (BIC). It has oil paintings (Panneaux). The Parish Church of La Purísima, 18th century. Baroque Murcian style.

Jumilla. Castle. It is over a hill from which it dominates the locality. Its first fortifications date from the Bronze Age (1800 BC). Vico Theatre. It is a jewel of art nouveau architecture, to which the most modern facilities have been adapted. The Franciscan Convent of Santa Ana del Monte. Singular construction (16th century) which contains one of Spain's biggest reliquaries. The Church of Santiago. Constructed between the 15th to 19th century, a blend of Gothic, Renaissance, baroque and neoclassical styles. Noteworthy is the sixteenth century altarpiece. Jerónimo Molina Municipal Museum. It includes sections of Ethnology and Natural Science, Holy Week and Archaeology. Wineries. Interesting routes with wine tasting of the D.O. Jumilla wines.

Yecla. The Basilica of *La Purísima*. Neoclassical style and Latin cross floor; it keeps the Virgen de las Angustias group of sculptures by Francisco Salzillo. Concha Segura Theatre in Yecla. Constructed over the Casa Panera del Pósito in 1886; opera, dance and theatre performances. Museums. Cayetano de Mergelina Archaeological Municipal Museum, El Greco Réplicas Museum, Holy Week Museum, Patron Saint Celebrations Marian Museum and Bullfighting Museum.

WHAT TO DO

Abanilla. River Chicamo. The river Chicamo's runoffs have developed a particular and rough landscape. Santisima v Vera Cruz and Moors and Christians Festivities (May). During several weeks there are parades of both armies in a gunpowder atmosphere. El Olivar de Abanilla, a stroll among ancient and millenary examples which commence and end in an olive-growing cooperative.

Fortuna. The Regional Park of Sierra de la Pila. Natural area which includes more than 450 vegetable species and medicinal plants. Humedal de Ajauque and Rambla Salada. Protected natural area formed by a salt river and a salt marsh. Leana Thermal Spring, 52°C thermal spring with great healing effects, Sodales Ibero-Romanos Festivities (August). They commemorate the annual visits of Romans to Fortuna's thermal spring. Jumilla. La Estacada Botanic Garden. It has more than 150 plant species from the Mediterranean climate. The Regional Park

of Sierra del Carche. Great fauna of birds of prey; perfect area for air sports. Cave Paintings (World Heritage). The Canto Blanco and Buen Aire Natural Shelters and the Peliciego Cave stand out Fiesta de la Vendimia (August). Great Wine Parade Jumilla Wine Route. To enjoy the area's cuisine, wines with a Guarantee of Origin and products. Yecla. Conjunto de la Plaza Mayor. Architectural ensemble including the Town Hall, the Alarcos Palace, the Lonja, the Alhorín

or Pósito de Pan, the Clock Tower and the Old Church. Monte Arabí. It has several archaeological sites from the Palaeolithic and the Bronze Age. Rock Shelters. Canto de la Visera and Mediodía Cave (World Heritage). Po (December). Declared an Asset of Nonmaterial Cultural Interest. Saint's Day Festivities of San Isidro (May). Celebrations centred on Spring. Yecla Wine Route. It shows visitors the wine and cuisine diversity developed in the town throughout time.

Lorca offers a journey through history, with its medieval, renaissance and baroque buildings. It is protected by the fortified

Visitors Centre. The Convent of *La Merced*. Its permanent exhibition takes a journey through the history of Lorca through

Fortaleza del Sol. The Lorca Castle has been transformed into a thematic space where the Middle Ages, its Torres Alfonsina

and Espolón, cisterns and Medieval Synagogue welcome visitors to relive its history. And from the Napoleonic era are the

Lorca Monumental. The environs of the *Plaza de España* was set up as a centre of power from 16th century; wherein is

Holy Week Embroideries Museums. They host the rich heritage of the Brotherhoods (Paso Blanco, Paso Azul, Paso

Encarnado and Paso Morado), which organise the 'Desfiles Bíblico-Pasionales' declared a Fiesta of International Tourist

Interest. Cloaks with silk and gold embroideries and audiovisual presentations which make it possible for visitors to get

Rural tourism. Lorca is the first largest non-capital municipality in Spain. Its 39 districts allow one to partake of the rural

Cuisine. Based on garden produce products and the Chato Murciano (authchonotous breed of pig), rich dishes such as Olla

Fresca, Rice and Turkey; cured meats such as lorcan sausage; and delicious desserts such as Milhoja or la Tortada. But also

Lorca's **Holy Week** is intense. Nobody could turn a blind eye to the show of Lorca's Good Friday. You will see scenes

representing Assyria, Babylon, Greece, Israel, and prophets, emperors or kings on magnificent embroideries. Fiesta declared

Feria Chica and Feria Grande. The Feria Chica is held in September in honour of the patron saint of Lorca, Virgen de las

Fiesta of San Clemente (November), Christian troops, Muslims tribes and Jewish communities organise acts to

Puntas de Calnegre Beaches. Located in the Cabo Cope Natural Park—Puntas de Calnegre; is 10 kms of unspoilt

coastline. Only the fishing village of Calnegre offers some services such as restaurants and accommodation

crespillos, sweets such as chochos and the picardías; wines, nougat, oil, pickles and so on and so on.

Huertas. The Feria Grande is held in the Huerto de la Rueda with activities for the entire family.

found the most important buildings in Lorca, the Town Hall, the Collegiate Church of San Patricio with its Chapterhouses, to

Synagogue and Jewish quarter. Archaeological remains of the Lorcan Jewish Quarter from 15th century. The

prehistory up to the present day and age, ending in the audiovisual documentary "crew members of time".

walls of its castle, which is nowadays the 'Fortress of the Sun'.

familiar with Lorca's Holy Week throughout the year.

commemorate the conquest of Lorca by the Christian troops.

environment and accommodation is possible.

WHAT TO DO

FESTIVITIES

of International Tourist Interest.

Hornos and the Polvorín, now converted into a bar Las Caballerizas del Castillo.

synagogue is unique in Europe due to its excellent state of preservation and repair.

which is attached the Plaza del Caño with the Pósito and the old Casa del Corregidor.

Guided visit. During the year tourists are shown the city with guided and dramatised tours.

warm and welcoming atmosphere. Alcantarilla. Ethnological museum of traditions, customs and folklore from the *Huerta de Murcia*. A journey with which to become acquainted with the life of the *huertanos* (inhabitants of Murcia).

is the Horno del Concejo Museum and Casa del Folclore and the Church of Nuestra Señora de la Asunción (BIC). Castle

Puerto Lumbreras. Nogalte Castle. Islamic medieval castle constructed between the twelfth and thirteenth century. century manor house. Incorporates the Ethnographical Centre of agricultural and livestock traditions. Casa de los Duendes.

The Graphology Museum stands out. Cabezo de la Jara. A natural landscape which has an Astronomical Observatory, youth hostel and an interpretation centre. Torre Pacheco. Lo Ferro Festival (July). One of the most intensely popular flamenco festivals. Cabezo Gordo Archaeological Site. Triassic marble structure with the Sima de las Palomas, one of the most important sites in the world with remains from

Campo de Cartagena. Volcanic plain of striking formations. Reference place for the cultivation of a wide range of fruits and

Active Tourism

Trails: Over thirty short distance trails (PR) and a dozen long-distance (GR) trails, cutting through the mountains and roads of Murcia. Noteworthy is the GR - 92 which runs along the coast of Murcia, the GR - 7 from Northern Europe, the Via Verde of the Northwest between Murcia and Caravaca de la Cruz, the Vía Verde Cartagena-Totana / Mazarrón-Totana and the Senda del Agua via Sierra Espuña. Camino de Levante. A pilgrim route from Orihuela (Alicante) to Caravaca de la Cruz.

Torreta in Moratalla, the Sima del Buitre and the Caneja in Caravaca, the Sima del Talayón in Lorca and the Sima de la **Climbing:** The varied orography of the region makes it possible to climb rocky limy walls which are hundreds of metres long.

Routes of Mazarrón. Two routes having a minimum length of 50 km which run through almost intact spaces of the Costa Cálida (Warm Coast).

Hang Gliding and Paragliding: Peaks, mountain masses and mountain ranges, perfect to enjoy numerous adventu sports. Sierra del Carche, Carrascoy, Yechar, Sierra de la Muela, La Paca, Sierra de la Pila, Peña Rubia, Bolnuevo, Sierra de Ascov. Aledo. Bordillo and Zarcilla de Ramos.

It is a pilgrimage town, as well as Rome, Jerusalem, Santiago de Compostela and Santo Toribio de Liébana. Thousands of

Castle and Basilica-Sanctuary of the Santisima y Vera Cruz. Houses the relic of the True Cross, which contains in its

interior a Lignum Crucis. On the same premises is the Vera Cruz Museum. Includes collections of ornaments, jewellery and Civil and religious architecture. From 17th and 18th century. Noteworthy: the churches of El Salvador and La Concepción;

Fuentes del Marqués. Located 2 kms from the city centre, is a natural landscape wherein the largest group of springs in the Region of Murcia is found. It is listed as a Historic Site. The Nature Interpretation Centre is located, in the Torreón de los

Caballos del Vino Museum-House. Located in an 18th century manor house, undertakes a journey of this festivals from its origins to the present day and age. Of special interest are complete harnesses which are on display.

Palaeolithic to the Middle Ages through the items found at the sites of the municipality. Barranda Ethnic Music Museum (Carlos Blanco Fadol Collection). Houses a comprehensive collection of instruments and music from around the world.

Ángel Reinón Miniature Ethnographic Museum. Exhibits a collection of pieces made of iron and wood of traditional

collection of his major works Crucis Caravacensis Exhibition. Makes a journey through the history of the Cross of Caravaca from 15th -19th century in

Cuadrillas de Barranda Festivities (January). Of National Tourist Interest. Several thousands of persons come with the aim of enjoying an entire day of popular music and folklore, turning the streets of the town into a huge stage. Santísima y Vera Cruz Festivities (May). Of International Tourist Interest, is composed of the Caballos del Vino (Candidates to the UNESCO Intangible cultural heritage of humanity), and the Moors and Christians.

Medieval Market. It is held on the Constitution long weekend. Visitors are transported to the medieval ages through

Cuisine and Rural Tourism. Caravaca is the second municipality with the most number of rural houses in the Region Murcia. Similarly, the city enjoys a varied cuisine which includes rice, migas (crumbs) and lamb prepared dishes. Desert wise

Activities The municipalities of **Águilas and Mazarrón** have 63 kilometres of coastline along which you can walk among history

Health and beauty

with more than 300 sunny days a year and 18°C average annual temperature.

cultural and leisure offer, or get away to the interior of the Region of Murcia.

22 high-level courses within a 35 kilometre radius for amateurs and professionals to enjoy golf. Now you have the perfect excuse to practise your beloved sport all year round.

The courses have been designed by golf stars such as Jack Nicklaus, Dave Thomas and Severiano Ballesteros. They have contributed with their experience and passion by creating stimulating rounds in which technique is combined with

The Region of Murcia is Europe's new golf tourist destination. Here you can play your favourite sport in an ideal setting

Tourist complexes in the area make the Region of Murcia a place to live golf to the full. Here you will find schools with the best professionals, as well as luxury villas, apartments overlooking the course and hotels from the best hotel chains,

restaurants offering local cuisine, tennis and paddle tennis courts, gyms and spas. After a couple of holes, you will have the opportunity to relax bathing at any of the beaches on the Costa Cálida, enjoy the

- Real Golf La Manga Club (Los Belones-Cartagena)
- Golf Altorreal (Molina de Segura) Mar Menor Golf - GNK Nike Golf (Torre Pacheco)
- La Torre Golf GNK Nike Golf (Roldán-Torre Pacheco) - El Valle Golf - GNK Nike Golf (Baños y Mendigo-Murcia)
- Hacienda Riquelme Golf GNK Nike Golf (Sucina-Murcia) Saurines Golf - GNK Nike Golf (Roldán-Torre Pacheco)
- Alhama Signature GNK Nike Golf (Autovía Mazarrón-Alhama) - La Peraleja (Sucina-Murcia)
- Roda Golf & Beach Resort (San Javier)

Golf

- Hacienda del Álamo (Fuente Álamo) Lorca Golf Course (Lorca)
- Aguilón Golf (Águilas) La Serena Golf (Los Alcázares) New Sierra Golf (Balsicas-Torre Pacheco)
- La Tercia (Gea y Truyols-Murcia) Corvera Golf (Corvera-Murcia) Pitch & Putt Torre Pacheco (Torre Pacheco) Mossa Trajectum (Murcia)
- Sensol Golf (Mazarrón)

Other rural areas There are other areas in the Region of Murcia where you can choose among orchards, land or mountains to relax and enjoy a

Ceutí. La Conservera. Meeting point of world cutting-edge contemporary art.

Molina de Segura. Enclave de la Muralla Museum (MUDEM). A journey through the history of the fortification of Andalusian origin. Los Postigos Centre, retains a section of the ancient wall which surrounded the city. Similarly noteworthy

Lookout. Site with remains of the former citadel. Between Chimneys, a journey through these symbols of the canning activity Cave-House Ensemble. Only dwellings dug out of the rock which can be visited in the Region of Murcia. *Casa del Cura.* 19th

Homo Neanderthalensis. Windmills. Eighteenth and nineteenth century rural constructions which facilitated the milling and extraction of water activities to our ancestors.

Santomera. Casa del Agua. Located in the Santomera basin, where one can play water sports and other activities.

The Region of Murcia offers infinite possibilities to practise all kinds of sports and activities.

Speleology: Noteworthy is the *Cueva del Puerto* Cave in Calasparra, the *Sima Destapada* in Mazarrón, the *Sima de la*

Valle del Leyva in Sierra Espuña, El Almorchón in Cieza, Cresta del Gallo and Sierra de Ricote are some of the most important **Bike tourism:** Journey through the corners of the region respecting the natural environment and enjoying the sport. Mountain bike: Espubike is a 146 km BTT route divided into four sections, which runs through the Sierra Espuña. IMBA

Caravaca de la Cruz CULTURAL TOURISM

visitors go to Caravaca de la Cruz in order to worship the Vera Cruz -True Cross-, which every 7 years celebrates its Jubilee.

San José monastery and the churches of El Carmen and Santa Clara, ancient churches of La Compañía de Jesús and La Soledad, the Templete, etc.

Templarios (Templars Tower). Festival Museum. Located in the Los Uribe Palace, wherein all matters related to the Festivals of La Santísima y Vera Cruz de Caravaca, costumes and ornaments of the Moors and Christians and the harnessing of the Caballos del Vino.

La Soledad Archaeological Museum. Located in the Cuesta del Castillo, displays the history of the city from the

human professions and activities. **Carrilero Museum.** Located in what was once the family home of this 'caravaqueño' artist, displays a representative

Germany, Austria, Poland, France, Czech Republic, Italy and the Netherlands.

El Peregrino Craft Market. Third Sunday of each month, from October to June, in the Corredera, with animations.

noteworthy are the yemas and alfajores.