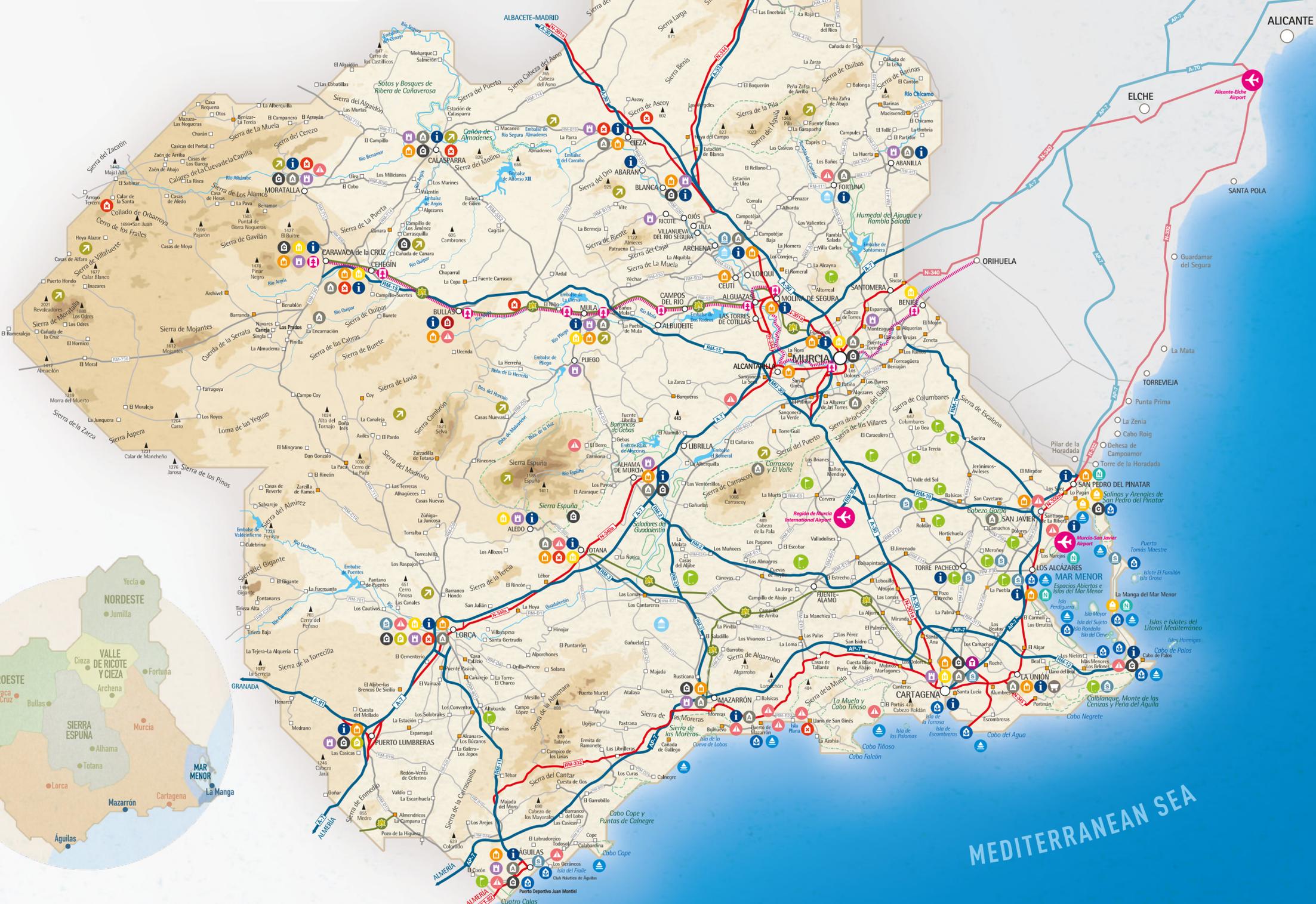


TOURIST MAP

REGIÓN DE MURCIA
SPAIN



KEY TO SYMBOLS

	TOURIST OFFICE		AIRPORT		WINERY
	VISITOR CENTRE		MARINA		GOLF
	ARCHAEOLOGICAL AREA		SEA SPORTS RESORT		PARADOR
	WORLD HERITAGE ROCK ART		NAUTICAL SPORTS		GREEN ROUTE
	ROMAN THEATRE		BALNEOTHERAPY		EASTERN ROAD - WALKING PILGRIM
	CASTLE		SPA		MINING PARK
	SITE OF HISTORICAL / ARTISTIC INTEREST		THALASSOTHERAPY CENTRE		ADVENTURE SPORTS
			MUSEUM		CAMP SITE

NATURAL PARK & PROTECTED AREAS

- REGIONALES PARKS
- PROTECTED LANDSCAPES
- NATURAL AREAS
- NATURE RESERVES

ROADS

- MOTORWAY / DUAL CARRIAGEWAY
- NATIONAL
- DISTRICT
- LOCAL

TOURIST OFFICES

- ABANILLA**
Calle Pio XII, 12B - C.P. 30640
T: +34 968 684 075
turismo@abanilla.es
www.abanilla.es
- ABARÁN**
Calle David Templado, 54 - C.P. 30550
T: +34 968 770 040 ext.304
turismo@abaran.es
www.abaran.es
- ÁGUILAS**
Plaza Antonio Cortijos, s/n - C.P. 30880
T: +34 968 898 519
turismo@aguilas.es
www.aguilas.es
- ALCANTARILLA**
Pza. Escultor Anastasio Martínez Valcárcel, 3
C.P. 30820
T: +34 968 898 519
turismo@ayto-alcantarilla.es
www.alcantarilla.es
- ALHAMA DE MURCIA**
Plaza Constitución 10 - C.P. 30840
T: +34 968 633 512
turismo@alhamademurcia.es
www.turismoalhamademurcia.es
- ARCHENA**
Avenida Río Segura, 10 - Museo de Archena
C.P. 30600
T: +34 626 241 884 / +34 630 612 998
marisaperezdiaz@hotmail.com
www.archenas.es
- BLANCA**
Avenida Río Segura
Centro de Interpretación de la Luz y el Agua
C.P. 30540
T: +34 968 775 093
turismo@blanca.es
www.blanca.es
- BULLAS**
Avenida de Murcia, 75 - C.P. 30180
T: +34 968 652 244
turismo@bullas.es
www.bullas.es
- CALASPARRA**
C/ Mayor, 14 - Edificio Casa Granero
C.P. 30420
T: +34 968 745 325
oficinadeturismodescalasparr@gmail.com
www.turismocalasparr.es
- CARAVACA DE LA CRUZ**
Calle de las Monjas, 17 - C.P. 30400
T: +34 968 702 424 / +34 968 701 003
info@caravaca.org
www.turismocaravaca.org
- CARTAGENA**
Plaza A. Bastarache, s/n - C.P. 30202
T: +34 958 128 955 ext 1
infoturismo@ayto-cartagena.es
www.cartagenaturismo.es
- CEHEGÍN**
Calle López Chichón, 8 - C.P. 30430
T: +34 968 723 550
oficinaturismo@cehegin.es
www.turismocehegin.es
- CIEZA**
Plaza de España, s/n - C.P. 30530
T: +34 968 453 500
oficinaturismo@cieza.es
www.ciezatourismo.org
- FORTUNA**
Avenida Juan Carlos I, s/n - C.P. 30620
T: +34 968 685 586
oficinaturismo@aytofortuna.es
www.aytofortuna.es
- JUMILLA**
Plaza del Rollo, 1 - C.P. 30520
T: +34 968 780 237
oficinaturismo@jumilla.org
www.jumilla.org

- LA MANGA DEL MAR MENOR**
Gran Vía Km. 0 - C.P. 30380
T: +34 968 146 136
infoturismolamanga@ayto-cartagena.es
www.cartagenaturismo.es
www.sanjavier.es
- LA UNIÓN**
Calle Mayor, Edif. Casa del Piñón, 55
C.P. 30360
T: +34 968 541 614
turismo@ayto-launion.com
www.ayto-launion.com
- LORCA**
Plaza de España 7 - C.P. 30800
T: +34 968 441 914
ciudadelsol@lorca.es
www.lorcatourismo.es
- LOS ALCÁZARES**
Avenida 13 de Octubre, 12 - C.P. 30710
T: +34 968 575 756
turismo@losalczares.es
www.losalczares.es
- MAZARRÓN**
Plaza Toneleros, s/n - C.P. 30860
Puerto de Mazarrón
T: +34 968 594 426
turismo@mazarron.es
www.visitamazarron.com
- MOLINA DE SEGURA**
C/ Pensionista, 3 - C.P. 30500
T: +34 968 398 322
oficinadeturismo@molinadesegura.es
www.molinadesegura.es
- MORATALLA**
Calle Barrio Nuevo s/n - Bajos Ayuntamiento
C.P. 30440
T: +34 968 730 208
turismo@ayuntamientomoratala.net
www.ayuntamientomoratala.net
- MULA**
Doña Elvira - C.P. 30170
T: +34 968 661 501
turismo@aytomula.es
www.mula.es
- MURCIA**
Plaza Cardenal Belluga,
Edificio Ayuntamiento
C.P. 30004
T: +34 968 799 694
turismomurcia@esatur.com
www.turismodemurcia.es
- PUERTO LUMBRERAS**
Avda. Juan Carlos I, S/N Salida autovia 649
C.P. 30890
T: +34 968 436 153 / +34 652 902 268
oficinadeturismo@puertolumbras.es
www.turismopuertolumbras.es
- SAN JAVIER**
Calle Padre Juan, Centro Cultural Principe de Asturias (Santiago de la Ribera)
C.P. 30720
T: +34 968 571 704
turismo@sanjavier.es
www.turismo.sanjavier.es
- SAN PEDRO DEL PINATAR**
Avenida de las Salinas (Edificio CIT), 55
C.P. 30740
T: +34 968 182 301
turismo@sandepredelpinatar.es
www.sandepredelpinatar.es
- TORRE PACHECO**
Plaza Ayuntamiento, 1 - C.P. 30700
T: +34 968 579 937
turismo@torrepacheco.es
www.torrepacheco.es
- TOTANA**
Plaza de la Balsa Vieja - C.P. 30850
T: +34 968 418 153 / +34 968 424 058
turismo@totana.es
www.turismototana.es
- YECILA**
Plaza Mayor, Casa de los Arcos, s/n
C.P. 30510 YECILA
T: +34 968 754 104
turismo@yecila.es
www.turismo.yecila.es

La Manga and Mar Menor

SUN AND BEACH

Cartagena / Los Alcázares / San Javier / San Pedro del Pinatar

Mar Menor is a big coastal lagoon, 170 km2of warm salt water. It is separated from the Mediterranean Sea by a stretch of land, called La Manga, which is 24 km long.

WHAT TO SEE

Cartagena

Cabo de Palos Lighthouse (19th century). Important lighthouse in south-east Spain which once housed a lighthouse-keepers 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 Spain's first seaplane base.

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 Mínero, 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. Patulla 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 Benítez Palaco or Casa de la Rusa. A 19th 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 y Arenas 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 veirs.

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 Irigation 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 Bartolome* 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 Sýsda*. Eleventh to thirteenth century Islamic site. *Sýsda* 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 influence of the different brotherhoods.

WHAT TO DO

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 filled out lookouts in El Valle.

Ulea. *Salto de la Novia*. Massif with an interesting legend. It offers a nice view over the valley. *Guargu* 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 Waterwheel– stands out for being Europe's biggest operational waterwheel.

Cieza. The Sanctuary of *Virgen del Buen Suceso*. Located at the *Collado de la Atalaya*. 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.

Águilas and Mazarrón

SUN AND BEACH

The municipalities of **Águilas** and **Mazarrón** have 63 kilometres of coastline along which you can walk among history and monuments, swim in different coves or enjoy nautical sports in many wonderful settings.

WHAT TO SEE

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 veniable 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 *fraxus* from Brazil.

Among its restored facades fr om the 19th century, the Town Hall's Neomudjar 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.** Calarrena, La Higuerita, La Carolina and Los Cedoceros 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.

Mazarrón

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 the Region.

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 Eia* (4th century). Archaeological remains, salt basins and a former water deposit in the Roman ponds can be found in the village of Alamoillo.

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.

Activities

SUN AND BEACH

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.

WHAT TO DO

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 *Mazarrón*.

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 beaches...

Cetacean sighting. Águilas 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, orquals 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 unparallelled 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 Beltrones and Los Alcázares; **Wednesdays.** Cartagena, Santiago de la Ribera and El Mirador; **Thursdays.** San Javier, Los Urrutias and La 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 courses located in this area.

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*, tomato parrot, salted fish (ore, mojamá, tuna and albacore), Mazarrón-style monkfish, red mullets from Águilas, albacore noodles or *cazeña empaná*. To finish, try a *tocino de cielo* dessert and an *asaiáto* 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 18th 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. International Theatre, Music and Dance Festival (San Javier - August).

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

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.

Chegín. *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. *Galera de la Sierra, Cañalca 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 Encarnenda* Archaeological Museum. It recalls the locality's history.

WHAT TO DO

Bullas. *La Raña* 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 Hea Market*. The first Sunday of each month. *Wine Festivities* (February). Wide range of activities related to wine.

Chegín. *Sierra de Lavía, Burete, Ouppar* 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 Mesonico* 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. *Chegín 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 Sabánar* 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 due to the Sanctuary of *La Rogativa*. Urban Tourist Route on foot through 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* Caves. 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 spectacular stalactites and stalagmites with a wide range of colours. *Pozo Rock Shelter* and *Monigotes* Caves. Archaeological area, near the river Segura, with schematic cave paintings.

Cartagena y La Unión

CULTURAL TOURISM

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.

WHAT TO SEE

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 from 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), *Augustum* (1st and 2nd century), Fuente 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.

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

Archaeological Museum. Built around a late Roman necropolis (4th-5th century), with one of Spain's best collectors of funerary epigraphy. **Other Museums.** *Historical-Military Museum*, having the largest collection of twentieth 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 House. Numerous buildings from this period in Cartagena: *Palacio Consistorial, Aguirre Palace, Beltri House* and *Gran Hotel* / La Unión; *Mercado Público* and *Pirón House*.

Port. One of the most important ports in the Mediterranean since Phoenician times.

WHAT TO DO

Cuisine. The cantonal salad, grilled octopus, *michirones* or the famous *caldero*. Following dessert: an *asaiáto* coffee. **The Regional Park of Calblanca. Monte de las Centas 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 metres 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 *Agrupá* *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 Portico* or *La Azohía*. Not forgetting *La Manga del Mar Menor* with its two seas. **Festivals.** *La Mar de la Unión* (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 *Roma* 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 "barraças" 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 *Huertas del Malicón*, the bullfighting fair of Murcia and the *Romería* day.

Shopping. The best shopping in the city centre (*Trapería, Patería, Jabonerías* streets or the *Gran Vía*) and the shopping centres (*El Tiro, La Noria, Thader* or *Nueva Condomina*).

Health and beauty

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: vitaminine B (Balnearios), vitaminine T (Thalassotherapy) and vitaminine S (Spas).

BALNEARIOS

A balneario or thermal spring spa has mineral-medical 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-medical properties. Thanks to these features, balnearios are perfect for bone ailments, 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

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)

SPAS

'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.

Spas in the Region of Murcia:

- **Spa Hotel Puerto Juan Montiel** (Águilas)

- **Spa Hyllor Hotel** (Archena)

- **Spa Fitness Hotel Cartaganova** (Cartagena)

- **Spa Jardines de Lorca** (Lorca)

- **Spa Mangalán Hotel**

- **Spa Hotel Costa Mar Negro** (Torre Pacheco)

- **Spa Hotel Torre Pacheco** (Torre Pacheco)

Northeast of the Region of Murcia

RURAL TOURISM

Abanilla / Fortuna / Jumilla / Yecla

Go through the old towns in this area, which are a field 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.