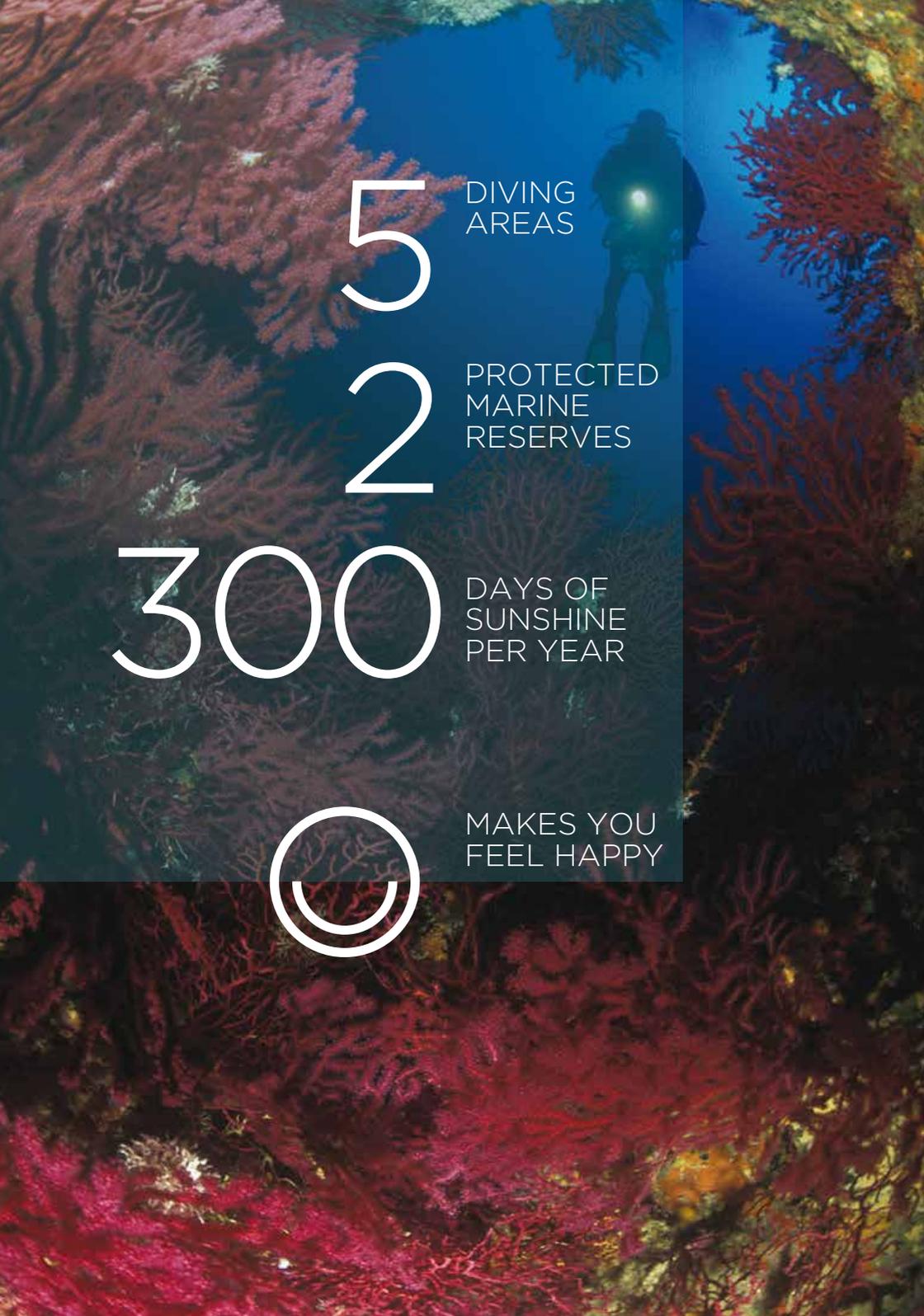


# DIVING



**REGIÓN  
DE MURCIA**

ONE OF THE GREAT  
MEDITERRANEAN  
DESTINATIONS

An underwater photograph of a coral reef. The water is a deep blue, and the coral is a vibrant reddish-pink. A diver is visible in the upper right, illuminated by a bright light. The overall scene is serene and beautiful.

5

DIVING  
AREAS

2

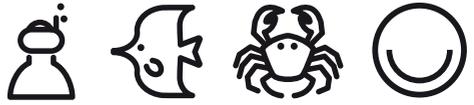
PROTECTED  
MARINE  
RESERVES

300

DAYS OF  
SUNSHINE  
PER YEAR



MAKES YOU  
FEEL HAPPY

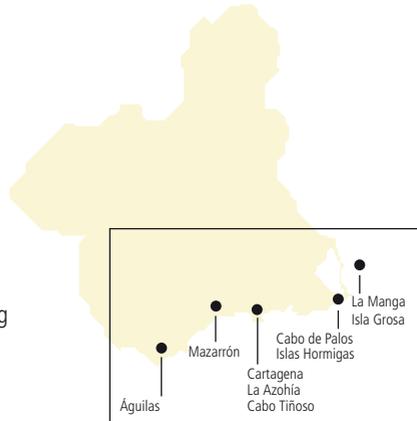


# REGIÓN DE MURCIA IN DEPTH

Take a deep breath and get your diving mask ready. Region of Murcia's seabeds will be a great surprise.

Discover its varied fauna and flora. Dive among shipwrecks keeping big stories. Costa Cálida has the largest concentration of historic shipwrecks in the Mediterranean.

In La Manga - Isla Grosa, Cabo de Palos - Islas Hormigas, Cartagena - La Azohía - Cabo Tiñoso, Mazarrón and Águilas you will find several diving centers offering courses for different levels. Dive into Costa Cálida!



Asociación de Centros de Buceo de la Región de Murcia  
 Telephone: +34 968 574 994 / +34 609 656 794  
 www.acbrm.org



MEDITERRANEAN SEA  
 COSTA CÁLIDA

# LA MANGA - ISLA GROSA



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## An underwater heritage site rich in biodiversity.

The northern area of La Manga offers a whole range of different diving possibilities, from photographing seahorses in the Mar Menor, to shipwrecks from World War I, to the protected area of the Isla Grosa (island).

Surrounded by Neptune Grass, the area's reefs generate veritable aquariums, not to mention remnants of the ancient Phoenician and Roman civilisations, or those of 19th-century freighters.

Thus, the range of diving options in this area offers something for everyone, from very basic dives, to more demanding ones, even technical diving.

In addition, on diving outings to the Isla Grosa one can spot numerous species of protected birds, such as the Audouin's gull, storm petrel, European shag and the peregrine falcon, as the island is a SPA (Special Protection area for Birds). La Isla Grosa and the Islote del Farallón (islet), of volcanic origin, are protected areas, as they have been designated both a SCI (Site of Community Importance) and a SPA.



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La Manga Tourist Office  
Telephone: +34 968 146 136  
[www.marmenor.es](http://www.marmenor.es)



## DIVING ZONES

- 16 **La Laja.** Ranging from 18 meters to 2, it constitutes a veritable trap for vessels. Its walls harbour mainly eels and octopuses. On days when there is a current, one can always find large schools.
- 16 **Farallón.** Islet where a couple of dives between 6 and 18 meters are possible. Of special note is the great variety of species that inhabit its protected waters, accounting for practically 80% of those found on our coast.
- 16 **Isla Grosa.** The island offers 4 different dives between 6 and 18 meters of depth. The sea bed features numerous cavities, serving as a magnificent breeding ground, for grouper and corvina, particularly.
- 16 **Amphitheatre.** A rock formation at 13 to 18 meters of depth, with an abundance of nudibranchs. On days with a current we can find schools of dentex and barracuda going after the meek damselfish. It is also very common to see manta ray gliding below.
- 16 **Cueva de la Grosa (cave).** 120 meters long, at a maximum depth of 6 meters. With crystalline waters and little light, it shelters mainly prawns and scorpionfish.
- 15 **Carbonero.** The 120-meter S.S. Thordissa was a steamer sunk by a German U-boat during World War I. It rests on a sandy bottom at 45 meters and its foredeck measures 35. It teems with bogue, mackerel, large corvina, lobster, conger, hake and dentex.
- 15 **El Cobre.** The 104-meter S.S. Doris, an Italian steamer, was sunk near Carbonero by the same German submarine, on the same day. It rest at a depth of 47 meters, about 5 miles from Tomás Maestre.
- 15 **Ulla and Turia.** Off the coast of La Manga, the Spanish Navy sank these two minesweepers in 1999.
- 15 **El Azufre.** The 72-meter Francoli, a steam/sail freighter, rests on a sandy bottom 47 meters down, off the coast of La Manga.
- 14 **Mar Menor.** You'll be surprised, as another type of diving is possible here, searching for species native to this protected area: sea horses, pipefish, sand smelt, fan mussels ...



Please check zone map on the first page

# MARINE RESERVE OF CABO DE PALOS - ISLAS HORMIGAS



Would you like to move like a fish swimming in a stream? In Cabo de Palos, Islas Hormigas and Isla Grosa you'll swim while you contemplate really inspiring sceneries.

Cabo de Palos is at a privileged setting open to the sea; a place where plenty of marine species pass by and where you'll be willing to stay. Take it easy! Heading to the northwest, the Marine Reserve of Cabo de Palos – Islas Hormigas has fantastic reefs. Dive into history in an original and entertaining way next to old shipwrecks. It is definitely one of the best areas in the Mediterranean to enjoy diving.

Go through a real underwater garden in Isla Grosa and discover its wide posidonia meadows.

Estación Náutica Mar Menor - Cabo de Palos offers a wide range of nautical activities suitable for all ages, as well as accommodation and other quality services.



Estación Náutica Mar Menor-Cabo de Palos  
Telephone: +34 968 574 994  
[www.enmarmenor.com](http://www.enmarmenor.com)



## DIVING ZONES

### WITHIN THE MARINE RESERVE OF CABO DE PALOS – ISLAS HORMIGAS

- 13 **Piles I.** Rocky ridge which is 75 m long. Depth: 7 - 29 m.
- 13 **Piles II.** This second ridge can be found right after the First Piles. Depth: 11 - 32 m.
- 13 **Bajo de Dentro.** Rocky spire emerging from depth. Depth: 3,3 - 50 m.
- 13 **Bajo de la Testa.** Huge rocky formation with the shape of a plateau. Surrounded by posidonia oceanica and coralline algae. Depth: 8 - 24 m.
- 13 **Bajo de Fuera.** Rocky bar which is 100 m long. With steep spires at just 3 m distance from surface. The Sirio, the Nord América and the Minerva sank there. Depth: 3 - 60 m.
- 13 **La Morra.** The seabed here is made up of various sets of rocks, creating a gorge between them where the mooring point is located. The sea life you can find at this diving site includes medium and large grouper fish, golden groupers, morays, large shoals of white and saddled seabream, and shoals of barracudas weaving between the rocks on the bed of this reserve. Depth: 10 - 28 m.
- 13 **Las Palomas.** The newest diving point in the reserve, located to the west of El Bajo de Testa. The sea life that populates this area is similar to the rest of the reserve, although it is less accustomed to diving activity, so it is slightly more evasive. Large rocks, gorges and ridges make up this seabed, making it a unique place of refuge for the huge variety of marine life. Depth: 6 - 20 m

### OUTSIDE THE MARINE RESERVE OF CABO DE PALOS – ISLAS HORMIGAS

- 13 **Bajo del Descargador.** Stone of some 50 m in diameter. Isolated on a sand bottom. Depth: 2,5 - 17 m.
- 13 **Pecio 'Stanfield'.** Wonderful for technical diving. Shipwreck with a length of 120 m and a beam of 14 m. Depth: 45 - 60 m.
- 13 **Pecio 'Isla Gomera'.** Commonly known as Naranjito. It sank here, 1.36 miles away from the Port of Cabo de Palos, and remained in navigation position. Depth: 27 - 46 m.
- 13 **Cala Escalerica.** Located under the area near the Cabo de Palos lighthouse, La Cala de la Escalera offers a variety of attractions for divers. It has a large number of routes and different diving options. Depth: 3 - 20 m.
- 13 **Cala Fría.** Just underneath the ever-turning Cabo de Palos lighthouse, you will find Cala Fría. The most open part of its waters also borders the marine reserve of Islas Hormigas, meaning that many of the surplus creatures from the reserve come to take refuge here among the variety of rocks, grooves, holes and other nooks and crannies. Depth: 2 – 18 m.



Please check zone map on the first page



# MARINE RESERVE OF CABO TIÑOSO - CARTAGENA - LA AZOHÍA



Would you like to go through history in depth? At the bottom of the sea in Cartagena is the key that will open the door to the past. At this destination, immersing yourself is much more than diving among fish. Let your emotions flow in crystal-clear waters at these fascinating seabeds, which are perfect for diving. Cartagena, protected from the easterly wind, offers the possibility of discovering archaeological remains in Costa Cálida.

If you wish to enjoy a water immersion initiation, La Azohía is the perfect place: a seaside village; a real delight. This small fishing village keeps Mediterranean traditions alive with ancestral fishing methods such as the almadraba.

The cliffs at Cabo Tiñoso protect this calm sea from currents. The numerous diving zones offer different depths from 12 to 42 m for all kinds of divers. Discover the bubbly backlightings of some underwater caves housing abundant marine fauna and flora.

Cabo Tiñoso was official declared a marine reserve in 2016 in order to protect the tributaries of nutrients of the the Mazarrón escarpment, the only ones of their type on the Mediterranean coast and a source of life for the Region of Murcia. Its cliffs, which plunge to up to 35 meters in depth, are a unique landscape of rugged rock forms, which house a rich biodiversity.



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Cartagena Tourist Office  
Telephone: +34 968 128 955  
[www.cartagenaturismo.es](http://www.cartagenaturismo.es)



## DIVING ZONES

### WITHIN THE MARINE RESERVE OF CABO TIÑOSO - LA AZOHÍA

- 07 **Cala Cerrada.** Inlet with just one access to the sea. Perfect for diving initiation. Depth: up to 30 m.
- 07 **Cueva del Lago.** Suitable for all levels. It takes to a natural inner lake which is more than 70 m long. Depth: 3 - 12 m.
- 07 **El Arco.** This is one of the area's emblematic diving options. Here you can contemplate all the Mediterranean underwater sceneries. Depth: up to 37 m.
- 08 **Punta Falcón.** Seabeds which are protected from the easterly wind and have a unique position in the Iberian Peninsula. Depth: up to 34 m.
- 08 **La Farola.** The edge of Cabo Tiñoso receives a soft current due to the confluence of two bays. This allows for the constant streaming of shoals of predators, benthic species and a unique flora. Depth: up to 54 m.

### WITHIN THE MARINE RESERVE OF CABO TIÑOSO - CARTAGENA

- 09 **Isla de las Palomas.** Three different diving options. The island tour stands out. Depth: 5 - 25 m.
- 09 **Bajo de las Palomas.** Underwater mountain ridge next to the island. Depth: 10 - 30 m.

### OUTSIDE THE RESERVES OF CABO TIÑOSO

- 07 **La Garita.** At the foot of an old military construction, the rock forms a group of stepped terraces where one can still see some specimens of charonia lampas. Depth: up to 30 m.
- 09 **Cueva Neptuno o de la Virgen.** Situated on the east of Cabo Tiñoso. It is among the most visited caves. Easy access and ascent to inner lagoon connected to surface. Depth: up to 14 m.
- 10 **Isla de Escombreras .** Three different diving options. The Pared del Capitán (500 m long) stands out. Depth: 0 - 25 m.
- 10 **Bajo de Escombreras .** Ridge next to the island. Depth: 8 - 35 m.
- 10 **Pecios del Centro de Buceo de la Armada.** Remains of a tugboat and cockpit. Depth: 12 - 22 m.
- 09 **Las siete colinas.** Group of seven ridges. Depth: 10 - 30 m.



Please check zone map on the first page



# MAZARRÓN



The wind caresses your face. The sunshine fills you with energy. The water reflection lights up your smile. What are you waiting for? It is time to explore the huge sea in Mazarrón.

Experience weightlessness while you float and leave behind the daily concerns. The Port of Mazarrón, situated between Cabo de Cope and Cabo Tiñoso, at Golfo de Vera, is a unique Mediterranean setting. Its 35 km of coastline offer plenty of deserted coves and impressive diving zones with underwater caves. It is not important if you are an expert diver or just an enthusiast. By the Murcian seaside you will find incomparable seabeds adapted to you such as a wetsuit.

The diving zone mainly occupies 10 miles around the port, where you can enjoy diving with depths of up to 60 m. Don't be scared!



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Mazarrón Tourist Office  
Telephone : +34 968 594 426  
[www.visitamazarron.com](http://www.visitamazarron.com)



## DIVING ZONES



- 06 **El Bajo de Emilio o Piedra del Muelle.** Underwater mountain ridge housing groupers, European congers, dentex, sargus, ocean sunfish, etc. Depth: 14.4 – 33.5 m.
- 06 **La Isla de Paco.** Perfect for initiates. Great variety of animal and vegetal life. Depth: 0 – 14.4 m.
- 06 **Azores.** Big marine animals: groupers, lobsters, morays and European congers among other. Depth: 42 m.
- 06 **El Freo.** Variety of big-sized species. Depth: 37 m.
- 06 **Isla de Cueva Lobos.** Big posidonia meadows and animal life. Depth: 0 - 24 m.
- 06 **Nalón.** Minesweeper of the Armada, sunk in 1999. Depth: 33 m.
- 06 **Cala del Faro.** Perfect for diving initiation courses. Posidonia meadows and small species such as octopuses, damselfish, righteye flounders and serranos. Depth: 2 - 9 m.



Please check zone map on the first page



# ÁGUILAS



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Once you try diving, you fall in love with the sea. Fish are playing hide-and-seek while seaweed and coral are floating around you at great seabeds. Each diving opportunity is different and you always want to go farther.

In Águilas you can definitely satisfy your thirst of adventure. There is a huge underwater region from Peñón de la Cueva de Los Lobos to Punta Parda. Plenty of diving zones protected by majestic cliffs and beautiful beaches, with every guarantee to avoid risks.

The configuration of the seaside of Águilas and the protection of crags and mountains of Sierra del Cantar, together with the temperature of the water, have turned Águilas into a perfect spot for diving enthusiasts. Check it for yourself!

The feared easterly and northerly winds do not arrive here and the westerly wind barely affects this area. Only the Lebeche (southerly wind) affects these calm Mediterranean waters of warm temperatures from time to time. With such unbeatable conditions, you'll definitely get farther than the Nautilus! Have a good journey!



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Águilas Tourist Office  
Telephone: +34 968 493 285  
Telephone: +34 968 493 173  
[www.aguilas.es](http://www.aguilas.es)





## DIVING ZONES

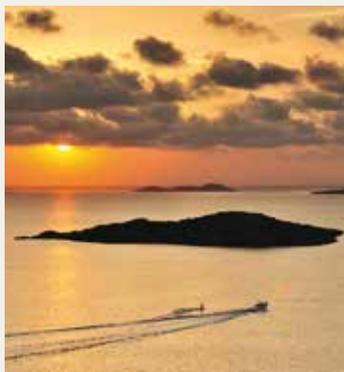


- 02 **La losa del Cobacho.** Advanced-level diving with shipwrecks such as Montoya, El Sable and Hermanos Mayor. There are groupers, barracudas, dentex and ocean sunfish. Depth: 24 - 42 m.
- 02 **El Rescullador.** Protected from the easterly wind. Rocky seabed with many black drums, urchins and multicoloured fish. Depth: 10 - 20 m.
- 02 **El Jardín.** Very easy diving with plenty of groupers, breams, dentex, octopuses, morays and European congers. Depth: 25 m.
- 02 **Piedra de Santa María.** Perfect for starters. There are lobsters, Mediterranean rainbow wrasses and fredis. Depth: 17 - 21 m.
- 02 **Cueva del Mármol.** Easy access and low difficulty. Its name is due to the play of light on the white limestone walls. Depth: 15 - 20.5 m.
- 02 **Cueva de la Virgen.** Easy and with almost no currents. It houses the rear of a light aircraft and two shipwrecks: Ana María and Nueva Mi Teresa. Depth: 25 m.
- 02 **Fontanet.** Easy, with possibility of some strong currents. In addition to the Fontanet's poop, there are Atlantic stargazers, diamond lizardfish and some torpedoes. Depth: 12 - 19 m.
- 02 **La Fuente de Cope.** Advanced level. Shoals of damselfish, barracudas, Mediterranean rainbow wrasses, fredis, octopuses... Depth: 30 - 32 m.
- 01 **La Losa.** Deep diving with possibility of finding some pelagic species. Lobsters guaranteed. Depth: 30 - 34 m.
- 02 **Isla del Fraile.** Diving with landslide seabeds. There are 3 diving options in the island from -3 m to -30 m. Seahorses guaranteed.



Please check zone map on the first page

# Have a deep sleep



After a busy day devoted to diving and filled with action and emotion, it's time to have a rest. In the Region of Murcia, you will be able to choose among a wide range of seaside and urban accommodation options according to your preferences. All modern establishments and buildings keeping their original classicism are fully equipped with all necessary services, so that your stay at Costa Cálida becomes a wonderful experience. Some of them also include spa and thalassotherapy treatments to pamper you as you deserve. Enjoy the best possible reward: have a deep sleep!

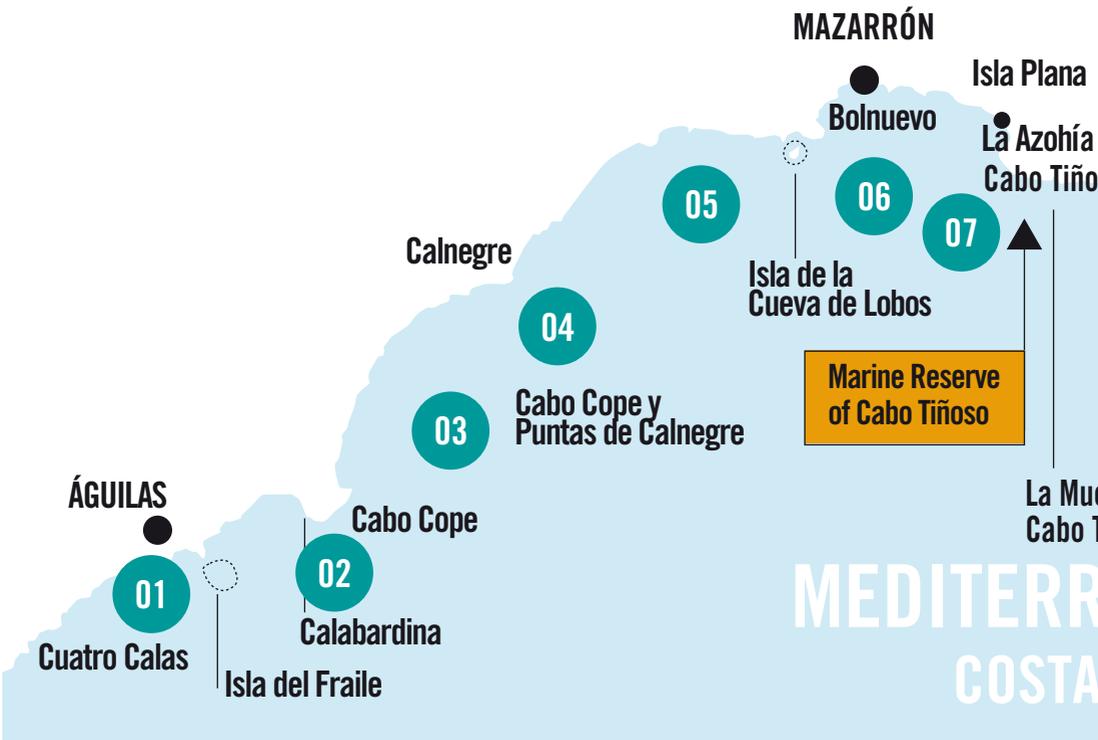
Telephone: +34 968 27 77 02  
[www.murciaturistica.es/en](http://www.murciaturistica.es/en)



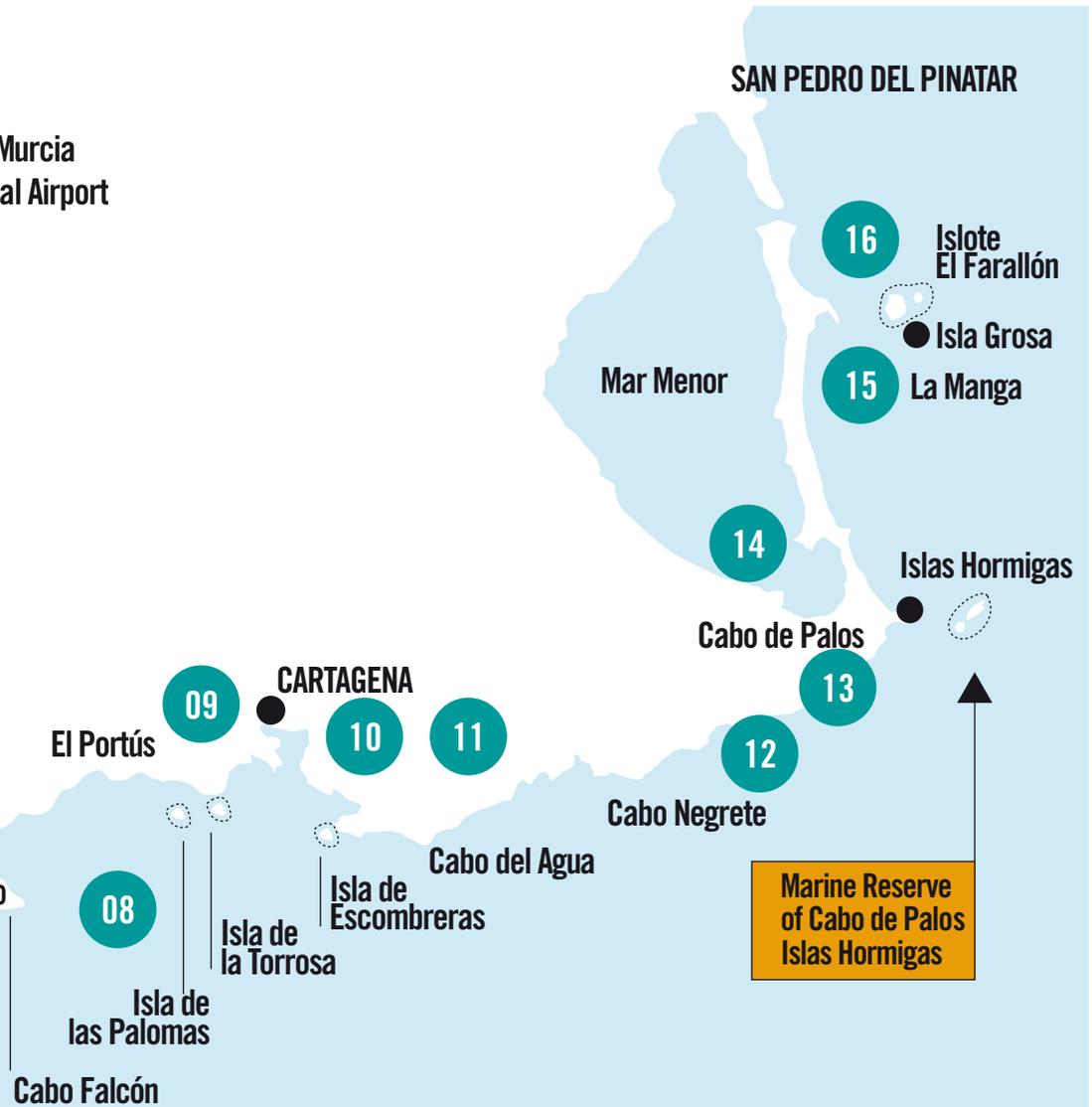
# REGIÓN DE MURCIA IN DEPTH



Región de  
Internacional



Murcia  
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**MEDITERRANEAN SEA**  
**CÁLIDA**



**DIVING  
ZONES**



Costa  
Cálida

Región  
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Spain

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