

LIVE WORK PLAY

LIFESTYLE MAGAZINE



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Urbania

A PHILOSOPHY OF DEVELOPMENT

Urbania is a property developer that has gained recognition on a national and international level, with a wide range of projects both big and small – involving the creation of new communities as well as restoring historic districts to their former glory. At the heart of it all is a founding philosophy that remains the guiding light for this developer that follows its own path.

The world of property development is all about business. In its execution it is a technical discipline, involving engineers, architects, builders, suppliers, land surveyors, planning regulations and a wide range of technicians, but at the bottom it remains above all a financial exercise controlled by investment funds, accountants and people who at the end of the day want a return on their investment. Giving the amounts of money invested, the latter is taken very serious, a sobering factor that tends to take much of the romance and artistry out of what is potentially one of the most creative fields of all.

If you think of it, what could be more creative than designing the places where people live, work, study, shop and relax? It is a highly aesthetic and artistic field that also encompasses interior design and landscaping, and in so doing property development not only gives one the power to contribute to the urban landscape we live in, but in the sense that you're building communities there is also a not insignificant social element involved. In reality, property developers, architects and anyone else invol-

ved in the process carries an important social responsibility, but in a world still focused almost entirely on returns this is often sacrificed to commercial interests and overlooked.

When development is a passion

There are of course those for whom property development is not just a way to maximise returns, but actually a passion. This is true of the founders of Urbania, who developed the company as a diversified and highly successful commercial enterprise but have always done so from a personal passion for their work and a sense of responsibility in what they do. "We believe we balance the two sides, having a rational head for the business side of things and a great deal of passion and heart for what we do. We also realise that we don't develop in an abstract bubble, but that what we create has an impact on the urban landscape and communities, so we have always felt the need not just to do what is necessary to sell properties, but to go the extra mile and make stand the test of time and be something

we can hold our heads high to. In the process, we have built up a great portfolio and a reputation that carries the Urbania brand before it."

In other words, the development philosophy of Urbania is built out of a more birds-eye perspective of urban planning than simply the production of isolated commercial products – and it shows in the properties delivered. "We apply this approach regardless of whether we are creating a large master-planned resort, industrial estate or residential community in Brazil or Spain, renovating beautiful historic buildings in Madrid or Barcelona, or working on small-scale boutique projects, and I'm glad to say this extra heart for what we do is not only the right thing to do – it has also paid off for us as a business." With clients searching out the Urbania brand and partners and investors keen to work with it, this is a company with a different but highly successful formula – proving that property development in the 21st century needn't be cold and unsympathetic to the environment and the human communities it affects, but actively engaged with them.



ecoliving

RECENT YEARS HAVE SEEN THE RISE OF THE 'ECO-COMMUNITY', A RESIDENTIAL AREA OR COUNTRY VILLAGE SPECIFICALLY DESIGNED NOT JUST TO HOUSE PEOPLE AND FORM THE BASIS OF A SOCIAL COMMUNITY, BUT ALSO TO BE SUSTAINABLE.

By Michel Cruz



LIVING IN AN **eco-community**

This falls in line with the overall drive, as supported by governments and local authorities in many countries, to reduce energy consumption by producing homes that are better insulated, ventilated and generally more energy efficient, thus reducing the need for – and cost of – heating and cooling during the diurnal and seasonal cycles. Eco-communities, however, go further, expanding the energy efficiency of homes to develop a concept of housing that is not only environmentally friendly but ultimately energy-neutral. In other words, homes that produce as much energy as they consume – and this forms part of the core goal of eventually building homes and communities that no longer have a negative impact on the natural environment, but rather exist in harmony with it, nurturing nature's beauty as we reside within it.

'GREEN' LIVING

In its purest form an eco-community aims to even be economically self-sustained, but in the greater world the concept has the greatest value when it can be applied on a larger scale, by which entire suburbs and property developments can hugely reduce their energy consumption and environmental impact by making use of modern technology, clever engineering and sensible design. The idea is not entirely new, as the earliest model villages like Port Sunlight, and garden cities like Welwyn Garden City date back to over a century ago.

Today, the focus remains on creating a pleasant, green environment that can be at the heart of a community where people can live, work, entertain and raise their children. The idea of children being able to run free implies large car-free zones around the homes, with clever design slowing down road speeds and putting residents and pedestrians before motorists once they enter the residential area. The first example of this on the Costa del Sol is Higuero West, a new luxury residential development designed around the principles of an eco-community – complete with charging stations for electric cars, shuttle bus services, car-free play zones for kids and homes whose insulation, engineering and also orientation are carefully created for optimal comfort and energy efficiency.

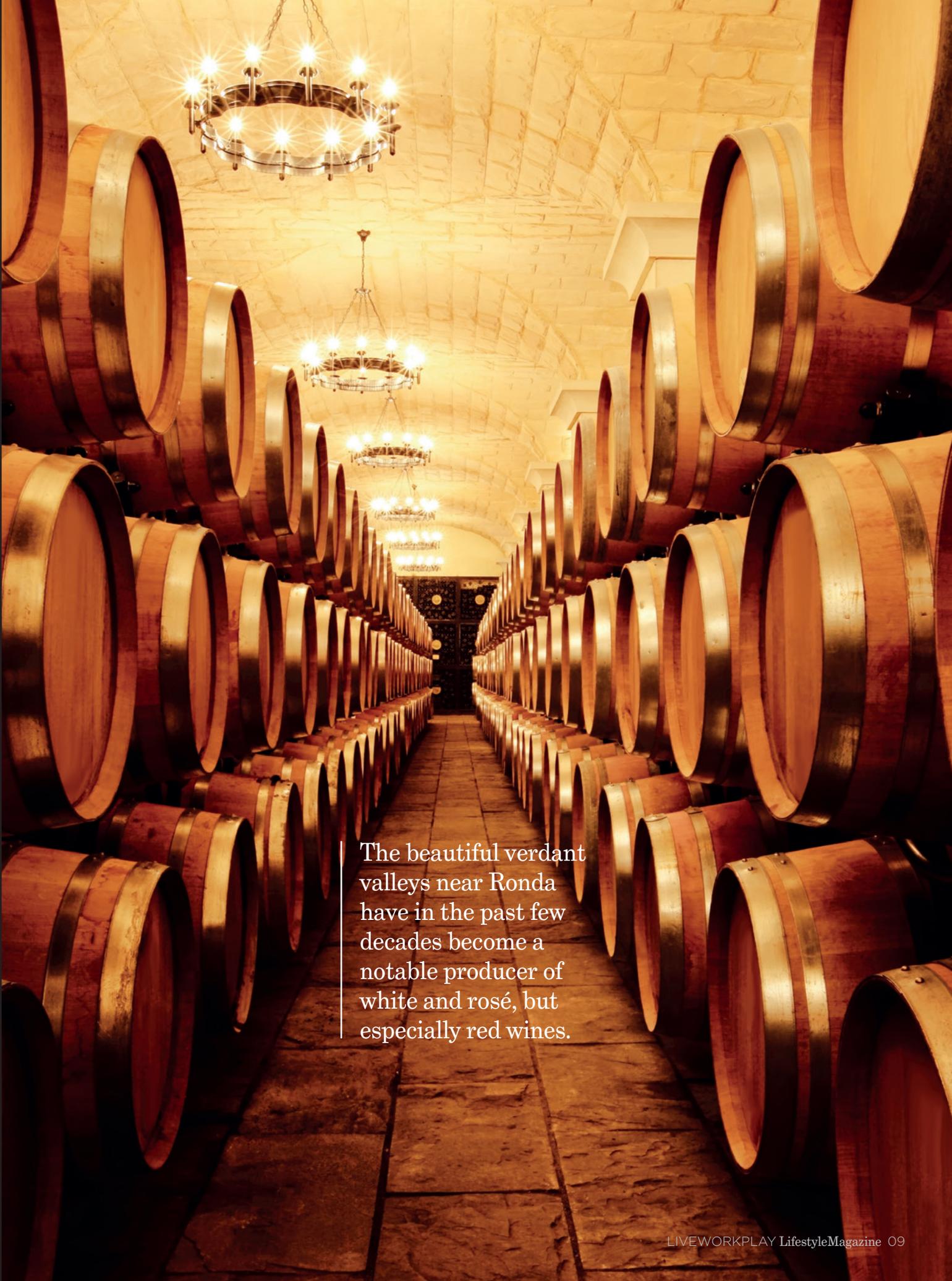
Homes surrounded by greenery that doesn't require large external water resources, environmentally focused construction, easily accessible services and community amenities, and the return of organic garden plots and herbal gardens further enhance the desire to balance modern life. This together with a return to healthy, balanced living in which we define quality of life as being able to enjoy peace, security, natural beauty, a sense of community and the time to be with our loved ones. It's what defines true luxury in the 21st century.

Organic Ronda

Wine

The Ronda highlands, which extend behind the Costa del Sol, are home to some of the finest wines in Andalucía – as well as being a pioneering organic wine-producing region!

By Michel Cruz



The beautiful verdant valleys near Ronda have in the past few decades become a notable producer of white and rosé, but especially red wines.



Not so long ago Spanish whites came from Rueda, reds from Rioja or Ribera del Duero and sherry from Jerez de la Frontera. The only wine this region was known for was Málaga Dulce, a sweet dessert wine typical of the mountains that lie to the north of the provincial capital. Its export was once one of the main businesses in the province, but while this muscatel is still produced for the domestic and international markets, Málaga is becoming increasingly famous for a different wine region altogether.

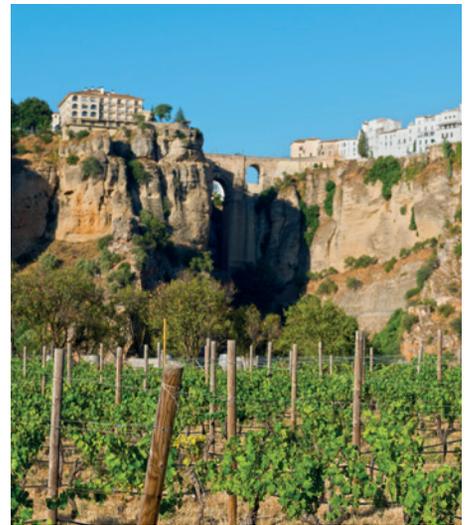
While still a 'wine wilderness' not so long ago, the beautiful verdant valleys near the gracious country town of Ronda have in the past few decades become a notable producer of white and rosé, but especially red wines. Here you will not find the sweet muscatels of Málaga and Manilva, but a maker of mainstream wines that is growing in reputation under the D.O. banner of Sierras de Málaga – or Málaga Mountain Ranges. Not only do its bodegas produce wines that are increasingly appreciated for their quality, but a significant proportion of the wine-growers in the area are classed as 'organic'





ORGANIC PIONEERS

Organic wine is still not exactly mainstream and has not yet been able to take over the market, though as a 'niche' sector it is growing in importance and market share all the time. This is not surprising when you consider the advantages it offers - including sustainable, eco-friendly cultivation that is chemical-free as instead of pesticides it cleverly uses natural weeds planted in the furrows between the vines that attract insects away from the crop. Moreover, being covered with these drought-resistant weeds makes the furrows less prone to overheating, frost and soil erosion.



And for us consumers there is the considerable advantage of not suffering from hangovers when you over-indulge - this because organic and especially naturally-grown wines are almost free of the tannins and phosphates that cause the dreaded dehydration and day-after symptoms. Many a wine lover believes this, however, is the price one pays for enjoying the best quality wines, and while many of the top award-winning vintages are still 'conventionally' grown, there are more and more organic wines winning international prizes and enjoying a breakthrough in recognition.

This is also true of Ronda, where bodegas such as Schatz, Vetas, Kieninger, Descalzos Viejos, Samsara, Doña Felisa Chinchilla, Viloría Lagarejo, Joaquín Fernández and many others are proving that sustainable, organic wine can measure itself with the very best, most refined and delicious vintages available today, so head out into the beautiful green hills and visit a bodega for a personal wine tasting - it will be a memory to savour.

MÁLAGA

‘the other Barcelona’

By Michel Cruz





T
e

Just as Barcelona was once 'discovered' and its beauty and charms related across the globe through the likes of Lonely Planet, so Málaga has since been undergoing the same process - leading this Mediterranean port city to be dubbed 'the other Barcelona'.

Some years ago cities such as Barcelona, Bilbao and Seville joined the pantheon of must-see beauty spots on the planet, and just a relatively short time ago it was Málaga's turn to join this international Hall of Fame. The why of it is no accident, as it coincides with a process of beautification and development that has indeed transformed Andalucía's second largest city from one often overlooked into a veritable Cinderella. Now a beautiful city of museums, art, culture, fine dining and shopping in a spectacular Mediterranean setting, Málaga breathes Andalusian passion along with a newfound sense of big-city sophistication.

Its historic buildings sparkle newly renovated, grand squares and former traffic choke points are the elegant domain of shoppers and café society, and the tree-lined avenues are grand once more. It is fair to say that Málaga has been 'discovered', making it a top European destination in its own right for the 220 cruise ships and 18 million passengers that dock every year or for those who jet in from abroad. In addition, the city has also become the cultural and gastronomic jewel in the crown of the Costa del Sol, and at under an hour from most of the resort towns along this coastal stretch is a fantastic resource for local residents and property owners too.

**Málaga breathes
Andalusian passion
along with a newfound
sense of big-city
sophistication**



MUSEUM CITY

To many across the world Málaga has become a museum city to rival the likes of Paris, London, Madrid and Florence. This revolution started with the opening of a museum dedicated to the city's most famous son, Pablo Picasso. Its success paved the way for more, and now the city can boast of the Carmen Thyssen, the CAC centre of contemporary art, the Glass Museum, a fantastic car and design museum, as well as its very own Pompidou. If you're an avid fan of culture also don't overlook the Interactive Music Museum, the Museo Jorge Rando, the Museo del Patrimonio, the Revello del Toro, Sea Museum, Russian Art Museum and the Málaga Wine Museum, which very nicely rounds off a fantastic offering of art and culture in this bustling city.

THE ARCHITECTURE
IN THE OLD QUARTER
IS BEAUTIFUL,
ENLIVENED BY SHOPS
AND RESTAURANTS
THAT BREATHE LIFE
INTO MAJESTIC
STRUCTURES



AUTHENTIC VIBE

The millions who visit Málaga throughout the year are also drawn by the vibrant authenticity of an archetypal Andalusian city that still lives to its typical daily routines. Visit the flamenco tablaos and, if your Spanish is up to it, the local theatres. You can also immerse yourself in local colour by visiting the wonderfully ambient food market or strolling around the streets and cafés of the Bohemian quarter near the Teatro Cervantes. Students keep the vibe as young as it is Spanish, while traditional little shops stand close to glamorous modern outlets as a living testament to the Spain you would have encountered in the not so distant past. Much of it is still alive if you follow your nose and fan out from the main shopping street around Calle Larios.

SHOPPING SURROUNDED BY HISTORY

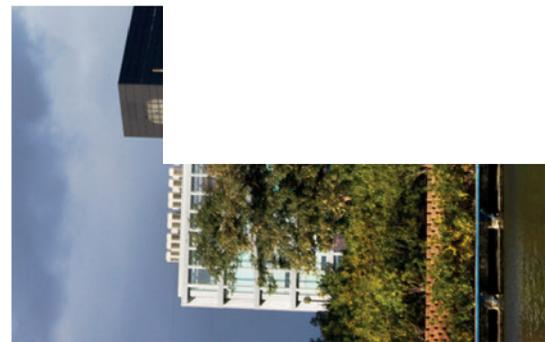
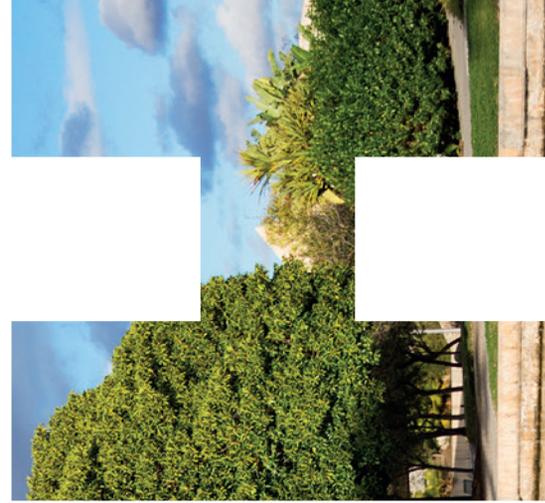
Málaga has its shopping malls, but the idea of high street shopping in a classic quarter surrounded by the sights and indeed sites of over 2,000 years of history is a rather exotic and bewitching one. Calle Larios, once a busy road leading off the main boulevard, is now a beautifully tiled pedestrian street blissfully free of traffic. Its shops, cafés and tapas bars have blossomed to the point where it now exudes that big city refinement, but stroll across this pedestrian district and you'll find a full range varying from exclusive and chic to young and trendy, rustic and even surprising. The architecture in the old quarter is beautiful, enlivened by shops and restaurants that breathe life into majestic structures, squares and parks where Phoenician archaeological findings blend with an unearthed Roman amphitheatre, Baroque churches and the soaring battlements of a Moorish fortress.

DELICIOUS MÁLAGA

This city on your doorstep is everything you want it to be: romantic, exciting, cultured, trendy and just fun. Stroll along classical streets or head for the modern minimalism of quayside Muelle Uno, where you look back across the port and the nearby city centre. For an even better view there is a modern Ferris wheel, but the best panorama is undoubtedly to be had from the Moorish Alcazaba fortress that sits atop a mount overlooking the city, port and the Mediterranean coastline as it stretches towards Fuengirola and Marbella. Though a monument, this expansive 11th century complex is also home to a luxury Parador hotel, so in Málaga you can enjoy good food from the water's edge and hill tops right into the smallest streets and squares.

El Pimpi is perhaps the best-known of the many excellent tapas bars, while the elegant Puerta Oscura and authentically rustic Antigua Casa de Guardia are also must-do experiences. The classic Lepanto patisserie also belongs in this category, but really you can enjoy dining in Málaga from Michelin star restaurants all the way to charming family-run ones, with a world of cuisines in-between. With this sparkling city little more than half an hour from the coastal towns of the Costa del Sol, there is every opportunity for local residents to regularly enjoy what visitors from across the world travel far to savour just once.





Málaga

TECHNOLOGY PARK

OFFICIALLY NAMED THE PARQUE TECNOLÓGICO DE ANDALUCÍA BUT POPULARLY KNOWN AS THE MÁLAGA TECHNOLOGY PARK, THIS LARGE FACILITY ON THE NORTHWEST SIDE OF THE CITY IS A CENTRE OF INNOVATION AND RESEARCH THAT IS LEADING THE DEVELOPMENT OF ADVANCED, KNOWLEDGE-BASED ECONOMIC ACTIVITY IN THE REGION.

IT IS AN INDUSTRIAL HUB
FOCUSED ON TECHNOLOGY
AND RESEARCH, WITH THE
BULK OF FIRMS SPECIALISING
IN ELECTRONICS, IT,
TELECOMMUNICATIONS
AND COMPUTING





Part of an ambitious development project that stretches back to the mid-nineties and also included the general beautification of Málaga's historic city centre, the science park is a large business complex that is home to over 600 businesses and employs 17,000 people, most of them highly qualified.

It is an industrial hub focused on technology and research, with the bulk of firms specialising in electronics, IT, telecommunications and computing, These include important engineering firms and support services in the form of specialist laboratories, training centres, R&D facilities, consultancies and technical advisory bureaus.

The large international corporations present here account for much of the employment at the Málaga Technology Park, including amongst them Oracle, IBM, Accenture, Huawei, TDK, CGI and Ciklum. Though generally much smaller in their operations than these multinationals, local firms also play an important role – not just in creating jobs but also in developing the skills and expertise needed to create a thriving 21st century technology-based economy in the Málaga region.

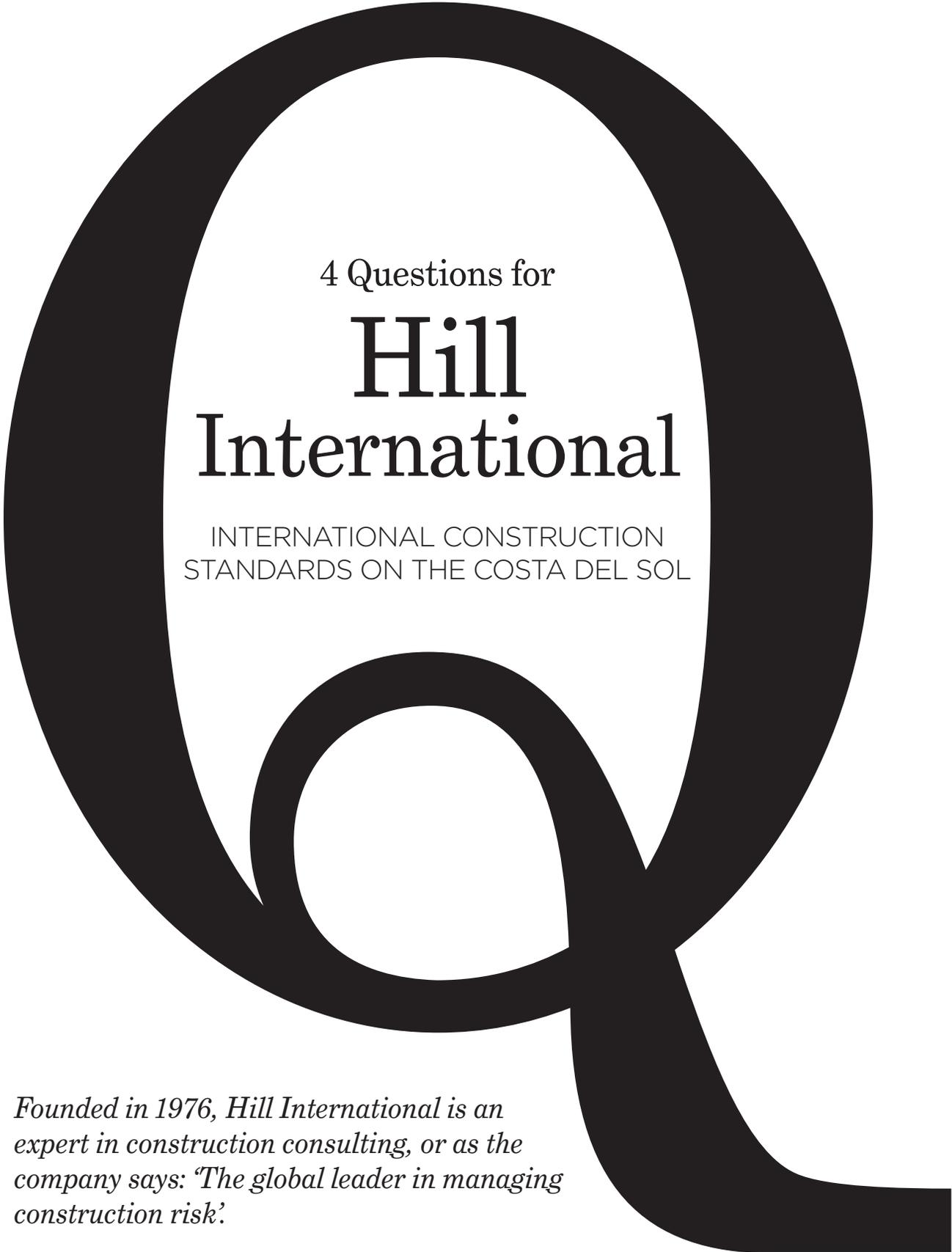
INCUBATING NEXT-GENERATION SKILLS

In this the science park works closely with Málaga University and other academic institutions both in Spain and abroad. A core part of the initiative is to give university and college leavers specialised vocational skills, an international perspective and the entrepreneurship not just to work for companies, but to create their own products and businesses. Stimulating the founding of value-added start-ups is therefore an integral part of the formula.

For this reason there are exchange programmes with international universities and technology centres around the world, but especially in the USA and South Korea, two global leaders in the field of digital technology. The students and employees who return from one or two-year stints abroad not only deepen their technical knowledge, but also improve the language skills, world vision and creativity needed to really succeed in the new world.

This exchange also extends to the key members of embryonic tech start-ups, many of which encounter growing problems within the first few years of their founding. It has seen burgeoning Andalusian Bill Gates contenders acquire invaluable experience in situ with Silicon Valley companies or even includes the incubation of a small Málaga start-up within such a large corporation.

In this way, the Andalusian Technology Park is opening new frontiers for economic development in this part of Spain, and the fact that it is the world headquarters of the International Association of Science Parks underlines its position as one of the most important centres of its kind in the Mediterranean.



4 Questions for
Hill
International

INTERNATIONAL CONSTRUCTION
STANDARDS ON THE COSTA DEL SOL

Founded in 1976, Hill International is an expert in construction consulting, or as the company says: 'The global leader in managing construction risk'.

A diversified company that offers a comprehensive cover of project management, construction claims and consulting services for a global market, Hill International has become the international reference in its field – so it is all the more exciting that they are now also bringing this level of professional expertise to the Costa del Sol.

Itself a Spanish-based but internationally active property development company, Urbania has taken the sector in this region to the next level by contracting a company of the stature of Hill International to manage the technical development process of Higueron West. We spoke with them about the project.

Was this the first project Hill International has undertaken in this part of southern Spain?

We're a global leader in managing construction risk, with a 20-year history in Spain and previous experience in the region, although it has only been in the past three years that we have taken on larger projects in southern Spain. We are currently also involved in the development of several hotel and retail projects in the region.

What was the brief and what are the project's distinguishing features?

This is not just a residential project or a place to live, but a way of life, and understanding the needs of the community was an essential part of the development. One of the most challenging features is to maintain respect for the environment in every single aspect and create an eco-community with lots of green areas and outdoor activities. Another differentiating feature was to bring a

villa concept to the apartments, integrating the kitchen, living, dining and terrace area to create a unique space, with the extraordinary views as a background to the home.

How does Hill International work and add value to construction projects of this kind?

Our value proposition focuses on the initial phases of the project. We use our experience to materialise the concepts and goals into a real and viable project. Putting together specialists in different disciplines who are able to identify the risks and opportunities at the beginning of the project is paramount, and that is what we have done for Urbania, working closely from the beginning with its teams and developing a strategic plan that covers all phases of the project - ensuring a maximum control of quality and a timely delivery.

What features of the new project are you going to be most proud of?

Our company is usually proud of all its projects; however, Higueron West is particularly special due to its impact on the real estate industry on the Costa del Sol. This project can be considered as a landmark in terms of residential development, and we also feel proud to form part of such a distinguished team.



ANOTHER DIFFERENTIATING FEATURE WAS TO BRING A VILLA CONCEPT TO THE APARTMENTS INTEGRATING THE KITCHEN, LIVING, DINING AND TERRACE AREA TO CREATE A UNIQUE SPACE, WITH THE EXTRAORDINARY VIEWS AS A BACKGROUND TO THE HOME.

BIOPARC (Fuengirola)

A great day out for young and old
www.bioparcfuengirola.es

CASTILLO SOHAIL (Fuengirola)

Free entry to this symbol of Fuengirola that offers beautiful views. Set within a park, it includes a small museum

PARQUE FLUVIAL FUENGIROLA

Park and picnic area with children's' playground area on the river bank, close to Sohail Castle and Myramar shopping centre

PARQUE DE LA PALOMA (Benalmádena)

One of the most beautiful parks on the Costa del Sol, this is a haven of peace and serenity
952 579 800 · www.andalucia.org

KARTING EXPERIENCE (Mijas)

Karting circuit with tracks for grownups and children.
951 033 197
www.miramarcc.com/local/karting-experience

AMAZONIA (Elviria)

Largest adventure park in Andalucía, with 20 zip-lines distributed over 6 circuits for all ages, including the longest 240-metre treetop zip-line in Andalucía
952 835 505
www.aventura-amazonia.com

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951 211 196
www.mariposariodebenalmadena.com/en

SELWO MARINA (Benalmádena)

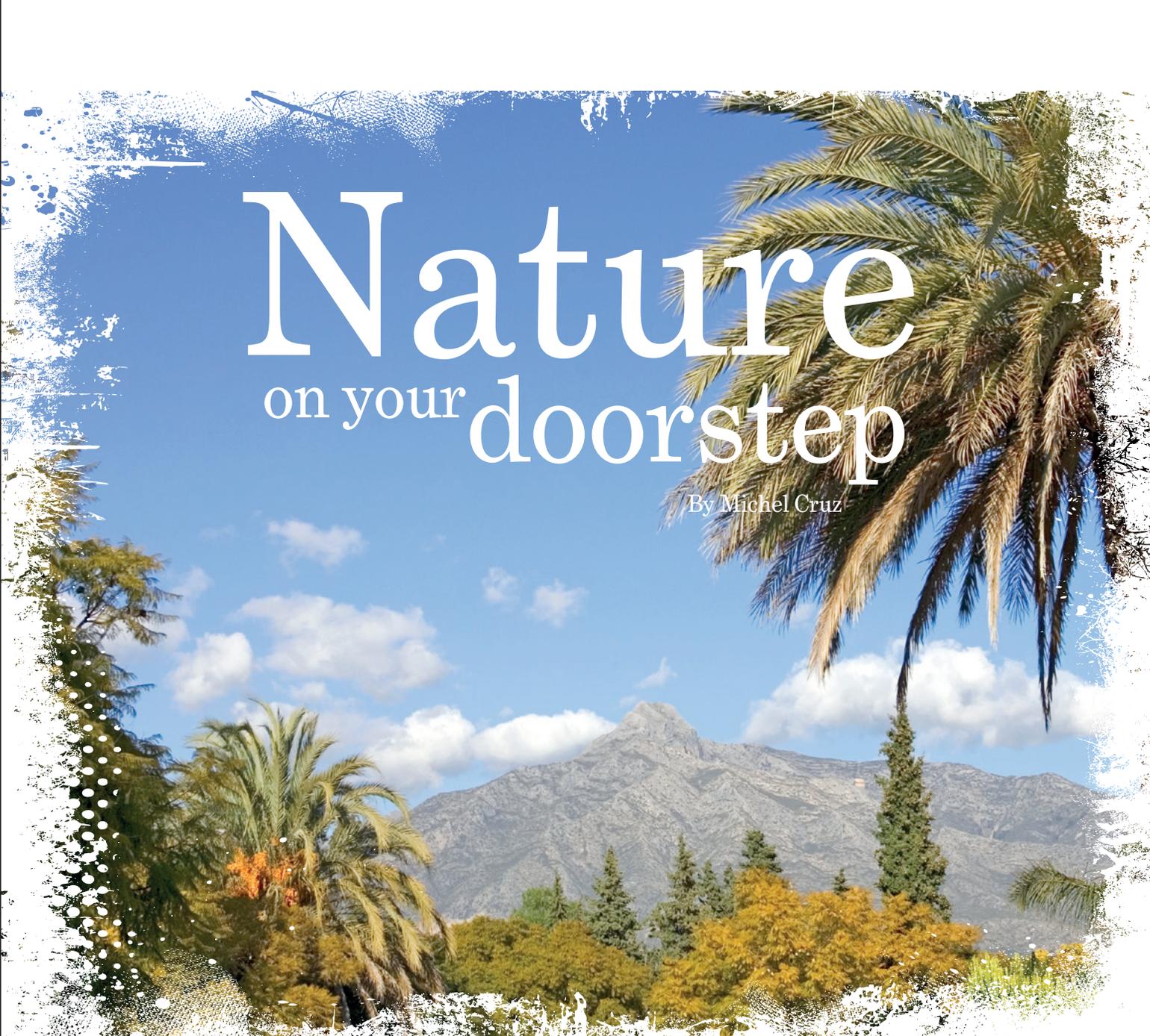
View aquatic species up close in the Benalmádena marina, and then head on into the yacht harbour itself.
951 560 324 · www.selwomarina.es

TIVOLI WORLD (Benalmádena)

This amusement park in the heart of Benalmádena is fun for all ages
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AQUAMIJAS (Mijas Costa)

The most popular water park on the coast, with great slides, a wave pool, kids' play area, snacks, lockers and lounge chairs
952 460 404 · www.aquamijas.com



Nature

on your doorstep

By Michel Cruz

When you think of the south of Spain it is images of the beach, sea, resort hotels, golf courses, luxury homes set in green gardens and trendy summer spots that come to mind, not open nature. But turn away from the focal point of the sea and you'll find that fantastic open scenery is right there.

If you fix your gaze on the curtain of mountain ranges that roughly trace the shoreline about ten kilometres inland, you'll begin to notice more detail in what earlier looked like a simple mass of rock. The coastal shield of mountain, to which the Costa del Sol thanks its famous climate, is far more varied than it looks at first glance, with successive rows of mountain range exten-

ding inland into the inner depths of the grand Serranía de Ronda region. They create a dreamy effect, but you'll also notice that each range, or sierra as they're called here, has a look and feel of its own, ranging in the tone and texture of different rock types, converging shapes and heights, and also the varying density of vegetation and tree cover.



- SIERRAS-

At 1,215 metres above sea level, La Concha Mountain dominates the entire Marbella area with its height and the distinctive shell-like shape after which it is named. Los Reales in Estepona is even higher, and its red rock differs markedly from the brownish-grey of most of the mountains in this region. Each sierra is home to a rich local ecosystem that offers hikers and mountain climbers beautiful, natural scenery in which fantastic coastal views are complemented by wild flowers, green valleys, mountain rivers, waterfalls and even natural pools.



Look up and you'll likely spot eagles and vultures riding the thermals, and while the mountain goats, badgers, rabbits, otters, deer and wild boar are harder to spot, there are birds and turtles in the lakes, dams and rivers in this area. It's a local tradition to climb La Concha, picnic in the nearby Refugio de Juanar and head into the Serranía de Ronda for a daytrip, but if you want to turn it into an unforgettable experience why not take a safari tour to picnic spots you would otherwise never reach?

- A LAKE DISTRICT-

Those in the know navigate their way to the natural rock pools in the Sierra de las Nieves national park behind the village of Istán. Though it's just a short distance from Marbella the mountain range is named for the snow that regularly turns its landscape into a winter wonderland. Less than an hour northeast of here is an entire lake district popular with campers, fishing enthusiasts, birdwatchers and day trippers. It's an expansive zone of wooded hills and little beaches washed by the inlets of a large dam system.



If you have the nerve (and book in advance) you can follow the three-kilometre long Caminito del Rey, a pathway that clings to a sheer rock face 100 metres above a narrow river canyon. Originally hewn into the rock in 1905, during the building of the dam system, it fell into disrepair before being turned into a spectacular new (and safe) attraction complete with glass floor section! If you prefer terra firma, the coastline also offers a protected natural area in the form of the Artola Dunes, where a far less scary walkway takes you between sandy dunes, umbrella pine and succulent plant species – just beware of the nearby nudist beach!





Olive Oil

Spanish gold

From surprisingly small beginnings, Spain has done very well to become the dominant force in what is a market with an increasingly global appetite.



The world is opening up for the health and flavour benefits of Mediterranean olive oil, and Spain's rising stature in top-end cuisine has played its role too.

Though it seems hard to imagine now, there was a time when Italy was the international reference when it came to the golden nectar. The country had earned a reputation for producing quality olive oil to match its renowned cuisine, which has the tradition of being simple but built upon fantastic raw materials. Small half-litre bottles that carried an Italian label could command prices of \$30 or

more in the gourmet-driven markets of New York, Paris, Tokyo and London, making this a noble but also highly profitable industry.

Where was Spain in all of this? Having missed out on the brand perception for which the Italians are so renowned, the country was reduced to supplier status, and with its vast land resources and Italy's shortage of suitable

production terrain Spain suffered the indignity of shipping large quantities of olive oil to Italy, only to see it double or quadruple in value once bottled there and exported around the world. Spain had long since become the world's largest producer of the golden oil, but few were aware of its quality and even fewer would pay a premium for a chance to measure it against the more fashionable Italian brands.



- A LIQUID REVOLUTION -

The past twenty years have seen that change dramatically. Italian olive oil still has a great reputation, as do brands from countries such as Portugal, Greece, southern France and Tunisia, but as in wine it is Spain that has taken the world by storm, establishing credentials for quality and variety that now see it established as not just the largest producer of olive oil, but also the greatest. In a relatively short period of time, quality, marketing and reputation have joined production diversity to make this the

dominant force in a sector that has been enjoying rapidly expanding popularity across Europe, the Americas and Asia.

The world is opening up for the health and flavour benefits of Mediterranean olive oil, and Spain's rising stature in top-end cuisine has played its role too. Today the country produces more than half the annual global output, but it's not just about quantity, as the International Olive Council - which has its headquarters in Madrid

- sets out to apply the same regional qualifications, or Denominaciones de Origen, that help to catalogue and value wine. While most production is in the Jaén and Córdoba regions of Andalucía, you can also explore fantastic olive oils from Extremadura, La Mancha, Catalunya and other parts of the country. Ranging in colour from gold to green and beyond to reddish and dark tones, they offer the full range of flavours from bitingly bitter to soft and creamy - with every distinction in-between.



Ríofrio Caviar

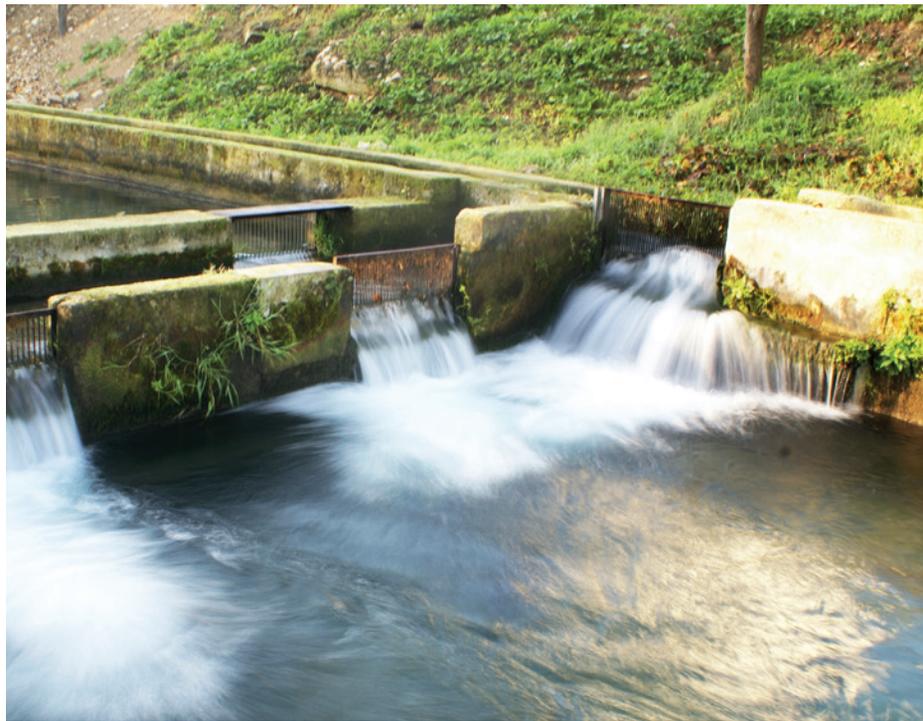
Mention caviar and you think of the privilege and elegance of the Russian and Persian courts, and the Caspian Sea that lay between them, but today one of the most notable suppliers of quality caviar comes from just across the hills – and it's a sustainable source too.

By Michel Cruz

From classical literature and period dramas to Bond movies, we have been reminded that caviar is the food of kings. Most typically Russian kings and Persian emperors, who drew from the rivers and estuaries of their region, but above all from the Caspian Sea, to stock their tables with the fish egg delicacy that has become renowned the world over as Beluga Caviar.

Few realise that while this huge predatory fish is indeed most typically associated with the Caspian Sea, the Black Sea and the Volga estuary, it also exists in the Mediterranean Sea, where it is heavily protected today and fishing is severely limited. This, combined with the environmental problems of the Caspian, has made the sturgeon – and hence caviar – rare, but thanks to the rise of ‘farming’ in on-land hatcheries, the overfished sturgeon is being given a chance to restock while a ready supply of sustainable caviar satisfies a growing share of global demand.





RÍOFRIO CAVIAR

Interestingly enough, the epicentre of this trade in Europe lies not in Russia but in Spain's Granada province, where the little town of Ríofrio has established a name for itself as one of the leading producers of quality caviar in the world. The hatchery was first founded in 1956, and now has been in operation for over 60 years, growing and improving all the while until it first made inroads into serious caviar production and by now has won-over most doubters and 'purists' who hitherto believed that farmed caviar could never compete with its fished equivalent.

The brand is now a luxury marque in its own right, and recognised as one of the leading sturgeon breeders in the world. What's more, Ríofrio is also the only producer of caviar and sturgeon that has been certified as organic for the way in which it does so. Spain is not new to quality caviar production, but now it supplies the finest shops, restaurants and hotels, as well as exports its products across the world in a manner that is responsible, humane and sustainable – providing not only quality caviar but also quality cuts of sturgeon fish as well.

Ríofrio has established a name for itself as one of the leading producers of quality caviar in the world





Resort

FACILITIES

RESERVA DEL HIGUERÓN RESORT, WHICH BORDERS THE NEW LUXURY HIGUERÓN WEST RESIDENTIAL COMMUNITY, HAS A GREAT RANGE OF RESORT AMENITIES THAT RESIDENTS AT HIGUERÓN WEST WILL HAVE ACCESS TO. NOW WELL-ESTABLISHED, IT IS AN EXCELLENT COMPLEX TO HAVE NEXT DOOR.

RESERVA DEL HIGUERÓN

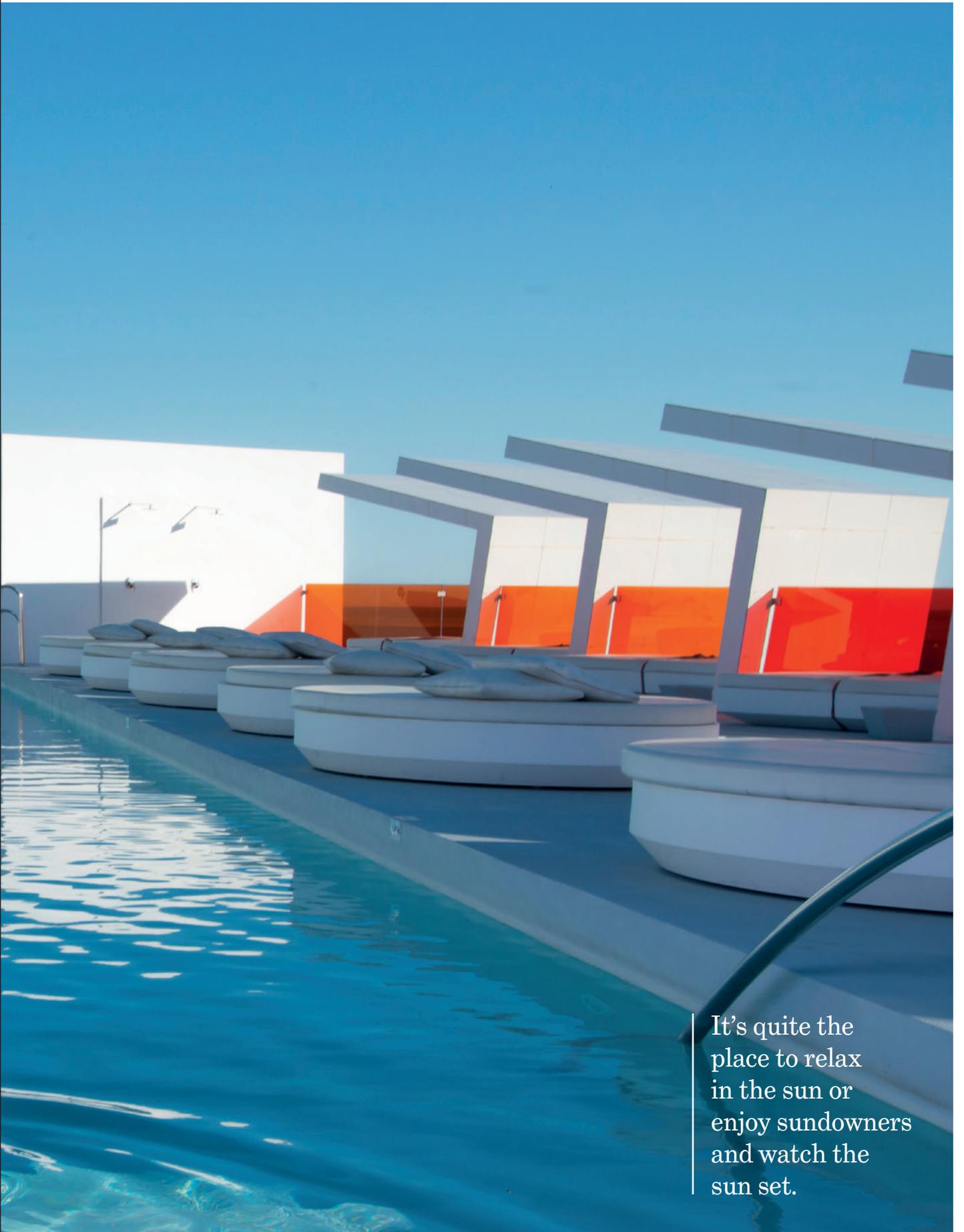
Reserva del Higueroón Resort is a mature, consolidated residential resort made up of villas and apartments just to the east of the new-concept Higueroón West development. Like its ground-breaking neighbour, it makes the most of gentle slopes to enjoy panoramic views across the coastline from Fuengirola towards Marbella. Set at the point where the two communities meet is a modern hotel with accompanying spa, sports and dining options that truly add to life in Higueroón West.

- DOUBLETREE HOTEL BY HILTON -

The Doubletree Hotel by Hilton stands at the heart of the complex. Its sleek contemporary lines are home to attractively decorated rooms and luxury suites that are ideal for visiting guests, while the public areas sport a touch of retro-modern styling combined with a dash of pop art fun. The hotel is the hub for the spa, restaurants and sports club that

surrounds it and features a good breakfast bar with panoramic terrace, a poolside restaurant perfect for light lunch snacks and an imposing rooftop pool with the Infinity cocktail bar and chill-out lounge that offers fantastic views down to the coast. It's quite the place to relax in the sun or enjoy sundowners and watch the sun set.





It's quite the place to relax in the sun or enjoy sundowners and watch the sun set.

- HIGUERON SPORTS CLUB -

Bordering the large lake-style pool and expansive lawn near La Higuera restaurant is a truly impressive sports club that conveniently connects with the gym, physiotherapy centre and spa. It's a leading racket club in the area, featuring 12 glass paddle tennis courts, one conventional tennis court and a sandy area where beach volleyball, beach handball, beach football and even beach tennis can be played. Coaching is available on-site for youngsters and grownups, and the sports club is also an important host of padel tennis, beach volleyball and beach handball competitions, events that are accompanied elegant hospitality areas. In addition, the lovely poolside area surrounded by greenery offers a perfect spot for al fresco classes in Pilates, yoga and spinning.





- CONVENIENCE -

With all these facilities at their fingertips, residents of Higuero West will enjoy peace and privacy combined with convenience. There are a great many facilities in the surrounding areas, but a shuttle service takes you down to the beach and back at fixed times during the day, while the stylish community shopping centre at the top entrance to Reserva del Higuero Resort provides a Carrefour supermarket, a pharmacy and a selection of restaurants. It means that you don't have to leave your immediate environment to have access to a very complete range of services.



- NAGOMI SPA -

The Nagomi Spa is a self-contained wellbeing centre situated at the lower end of the hotel. It offers a state-of-the-art gym with the latest professional equipment and qualified fitness instructors in addition to a full range of health and beauty services. These centre upon the large thermal pools, Jacuzzis, steam baths, sauna and hydrotherapy cabins, but also include anti-stress, detox and revitalising treatments as well as skincare and a full hair and beauty salon. It's ideal to have these amenities right on your doorstep, or just to come and work out or relax in a peaceful, cossetting environment whenever you feel like it.





WELLNESS IN BODY AND MIND

Nagomi Spa is a place to work out and tone the body, relax and be pampered – but also find a new level of balance and harmony, which just happens to be the key ingredients of happiness.

We are all guilty of it at some level – letting modern life, work, stress and the drive for success and material recompense get the better of us at times. These are the moments, more and more frequent these days, when the world seems to be a frantic place, not the cornucopia of love, warmth and admiration we dream of.

So what is it that makes us truly happy? No-one is saying that work, family and financial success are not fulfilling, but human beings are best able to cope with stress, take on challenges and enjoy both success and interpersonal relationships when they are centred within themselves. In other words, it is only when we're at peace with ourselves that we are also at peace with the world and our place within it – and this contentedness and lack of anxiety are the bedrock of being able to fully enjoy life.

Massages, yoga and taking time out to relax and remind yourself of the important things in life are ways of keeping the stresses of today's way of living at bay, but if you want to take your emotional wellbeing to the next level and go through life in a balanced way, with an inner harmony that makes you stronger in difficult times and better able to

enjoy the good ones, then it is good to know someone like Daniel Raimundo.

DANIEL RAIMUNDO

Resident at the Nagomi Spa, Dani is the kind of person who makes you feel calmer and more at ease just by being in his presence. With a personally designed or group programme that draws heavily from Chi Kung, an ancient Chinese exercise and healing technique, and its components Kung Fu and Tai Chi, he leads people through exercises, breathing techniques, personal dialogue and advice to a level of meditation and fitness that produces results even when your life is busy and you don't have the time to become a toned athlete or a serene yogi.

Dani makes it all accessible even if you don't have the chance to spend your days in a secluded retreat. His exercises and dietary advice are aimed at restoring physical health and vitality, while his personal advice and meditational techniques are a journey through which the spirit is reawakened, positive energy flows back and you become more tolerant towards yourself and others. It is all about finding peace within yourself and being able to see the beauty all around you. "Once this happens, you accept yourself again, begin to feel a lust for life and have the strength to overcome challenges, but most importantly, you develop the ability to fully enjoy the good things in life."

There aren't many chefs that achieve Michelin star status whilst on a singular mission to offer quality organic food, but rising star Diego Gallegos is taking natural cuisine to new heights.

The food connoisseurs at the renowned Michelin Guide are not blind to trends. Though their main focus is and hopefully always will be the quality, skill and innovation offered by a chef's kitchen, there is an increasing appreciation for those who manage to do the above while also promoting not just fine ingredients, but also organically grown, healthy and sustainable raw materials that create a sensible cycle connecting production, consumption and the environment.

That said, pioneers of this kind do not yet represent the mainstream in the upper echelons of fine dining, or for that matter the wine industry, but if ever there was an example that the two can be well matched it is the ground-breaking cuisine created by Diego Gallegos for his signature restaurant, Sollo. In it the young chef blends his own experience, background and passion to offer a rather unique melange of Spanish/Andalusian, Brazilian and Peruvian dishes.

It is 'fusion cuisine' but not of the European-Asian kind normally used for mutual inspiration. This in itself makes Sollo a singular experience,

but add the fact that Diego wishes to make his as near as possible to a 'zero-kilometre' restaurant where produce is locally sourced and it begins to add additional layers to a restaurant where the level of creativity, skill and presentation have attracted international attention. "Though we offer other kinds of dishes Sollo specialises in sturgeon-based fish and caviar, which form the signature part of our offering. It, together with the vegetables, fruit and other meats on our menu are either cultivated organically here in El Higueron or procured from organic sources situated as close as possible to the restaurant."

Having acquired a Michelin star in a short period of time for the concept and execution that make Sollo unique, Diego now has his sights set on a second star. "We use it to drive ourselves to create new flavour sensations and continue to raise the standard of the dining experience at Sollo," says the chef who also stands out for his flexibility, having also created a high cuisine-inspired tapas menu for the Arara Bistro Bar in El Higueron. "Sollo has become a destination for food lovers, but we know that there is also a need for quality food that is less formal yet delicious, fun and more easily accessible. And it was fun to adapt the top-end Sollo concept to this kind of dining, so come and try it out and let us know what you think."





Diego Gallegos

MICHELIN STAR CHEF WITH
ORGANIC CREDENTIALS





- DINING -

The Higueron resort also proudly boasts a Michelin star restaurant. Sollo, created by chef Diego Gallegos, has achieved this feat thanks to the innovative, beautifully crafted cuisine it offers around the concept of the finest organic produce. The restaurant even has its own organic vegetable garden and large rearing ponds for sturgeon, its signature fish. For a quick snack there is Palmeral, or La Higuerita poolside restaurant, but you can also opt for Japanese food at the Akira or delight in the international creations of Diego Gallegos in the Arara Bistro Bar, where Brazilian, Peruvian, Asian and Andalusian inspiration come together.

Restoring

PRIME HISTORIC PROPERTIES



URBANIA IS KNOWN ABOVE ALL AS A DEVELOPER OF NEW RESIDENTIAL AND COMMERCIAL PROJECTS IN SPAIN AND ABROAD, SPECIALISING NOT ONLY IN THE DESIGN AND COMMERCIALISATION OF SUCH DEVELOPMENTS, BUT ALSO IN THEIR URBAN PLANNING, INFRASTRUCTURE AND LANDSCAPING.



However, in addition to newly conceived and constructed real estate, the company is also a specialist in the restoration and repurposing of beautiful historic buildings in prime urban locations.

New construction and the renovation of historic city centre buildings are diverse disciplines united only by their property and building sector ties. Madrid-based Urbania is well known in the industry for the impressive list of both individual developments and master-planned projects that carry its name, but fewer people know of its expertise in restoring classic buildings back to their former glory and giving them a new lease of life as luxury apartments, offices or hotels.

It is a sector for which there is a great deal of scope, especially in Spain, where much investor interest exists for the top residential districts of Madrid and Barcelona in particular, but also in cities such as Seville, Valencia, Málaga and Bilbao. Here the prime downtown areas are rich in historic buildings of architectural note, yet while they represent excellent potential in top locations, many are undervalued due to poor maintenance and standards of fitting.

When restoring projects of this kind, the company therefore also focuses heavily on modernising the amenities and bringing levels of comfort and infrastructure up to current standards to create apartments, hotel suites, offices or other

commercial premises that combine the best of classic style and charm with today's technology and comforts. In essence, this makes it possible to enjoy a modern property with beautiful classical features in a top city location.

URBANIA RESTORATION EXAMPLES:

HARTZENBUSCH 5 - MADRID

Situated in the Trafalgar area of Chamberí, a central part of Madrid that offers excellent quality of life, this historic rental apartment project will see Urbania manage both the restoration process as well as the subsequent property management.

GENERAL RODRIGO 13 - MADRID

This former hospital in the university district of Madrid is being transformed into attractive modern student accommodation - a segment of the property market that is in full development in Spain. Again, the company is involved with both the repurposing of the building and its management.

DIAGONAL 331 - BARCELONA

Set upon the prestigious Avenida Diagonal, this magnificent building represents one of Urbania's first projects in Barcelona. Demand for this kind of property and location is keen, all the more when it has been converted into a series of luxurious two to four-bedroom suites blending the best of architectural charm and 21st century specifications.

LIVING SPACES



Design elements may be modified for technical reasons.

By Michel Cruz

There was a time – not so long ago – when people bought houses because they were well-equipped, close to amenities and surrounded by an attractive urbanisation. Location remains of undiminished importance but today’s buyer looks for much more than bricks and mortar alone.

Compare the standards of construction, technology and styling – particularly interior design – of today’s homes and those sold 30 or 40 years ago. As charming as older properties are it is fair to say that there has been a quantum leap in the past ten years that is nothing short of a modern design revolution, also encompassing landscaping, interior layout and ‘under the skin’ infrastructures. To start with, homes built today look different to those of just a few years ago, thanks to a revival of what is generally referred to as ‘modern architecture’. The lines are sharper, there is more window surface and the materials used are less about bricks and mortar and more about concrete, stone, iron and wood.



ALWAYS DIFFERENT

Even the interior distribution is different, and this affects the way we live in a very direct and daily way, as homes have become less 'boxy' with small individual rooms separated by corridors opened up into open-plan lifestyle areas in which kitchens, dining rooms, lounges and outdoor terraces and gardens merge into one. Dead spaces such as corridors are largely avoided and where indispensable are enlivened with natural light and decorative detail. The bedrooms of old have similarly been upgraded into private suites complete with en-suite bathrooms and in many cases dressing areas and/or terraces. Kitchens and bathrooms are lean and minimalist, and beneath the surface homes bristle with technology to offer optimal temperature control and full connectivity for work and leisure.







21ST CENTURY LIFESTYLE

The above trends are pretty much universal, but when put into the context of a secondary 'holiday home' market such as that of the Costa del Sol, the shift from the 20th century house to the 21st century lifestyle environment is even more evident. Those people who look for properties in the region are in the first instance drawn by this region's wonderful climate and free, outdoor lifestyle. The rich Andalusian culture, beautiful landscapes and dynamic cosmopoli-

tan nature are further pulls that set the tone for an overall appeal that equates in its essence to lifestyle.

Northern cities offer a great deal in terms of culture, economic opportunities and development, but they increasingly fall short of people's lifestyle aspirations, especially among those who have worked hard to achieve a level of comfort and success. Among them, the status of owning a property abroad is certainly a contri-

buted factor, but in today's fast-moving world it is above all a luxury built not just on sun, sea and an excellent offer of quality leisure facilities, but also on the intrinsic privilege of spending time with loved ones, having the chance to recharge and refocus, and exploring new, memorable moments. In other words, people are increasingly looking not just for a house – or a house in the sun – but for a canvas on which to build their ideal lifestyle and treasured experiences.

A PICTURE OF WHAT LIFE CAN BE LIKE

This emotional connection to a property in which style, comfort and practical functionality are taken as a given is something that architects, property developers and even landscapers and interior designers – or at least those with their ear to the ground – take note of these days. Building a nice apartment complex is no longer enough in itself; homeowners are looking for a property that enthralls them, with which they can make

an emotional connection because it offers them a picture of what their lives can be like there. A place that provides not only rooms and well-appointed kitchens but the setting, design, amenities and supporting services that enable you, the owner, to pursue your preferred way of living in style.

The design is therefore not an exercise by itself, but something that is inherently part of and flows

from the concept of the urbanisation as a whole, and the lifestyle it offers to its occupants. Here again the elements are not isolated and do not begin and end with the property itself, but form a collective built out of the location, the views, the complex, the immediate surroundings and the accompanying services that complement gorgeous design and make it a special environment to live in and call home.

People are increasingly looking not just for a house – or a house in the sun – but for a canvas on which to build their ideal lifestyle and treasured experiences



SKI & SURF



2 HOURS to different worlds

By Michel Cruz

YES, THE COSTA DEL SOL IS A PLACE OF BEACHES AND GOLF COURSES, A COSMOPOLITAN BEAUTY SPOT THAT CAN BOAST OF HAVING THE BEST CLIMATE OF EUROPE. TWO HOURS IN EITHER DIRECTION, YOU'LL ENCOUNTER TWO ENTIRELY DIFFERENT WORLDS.

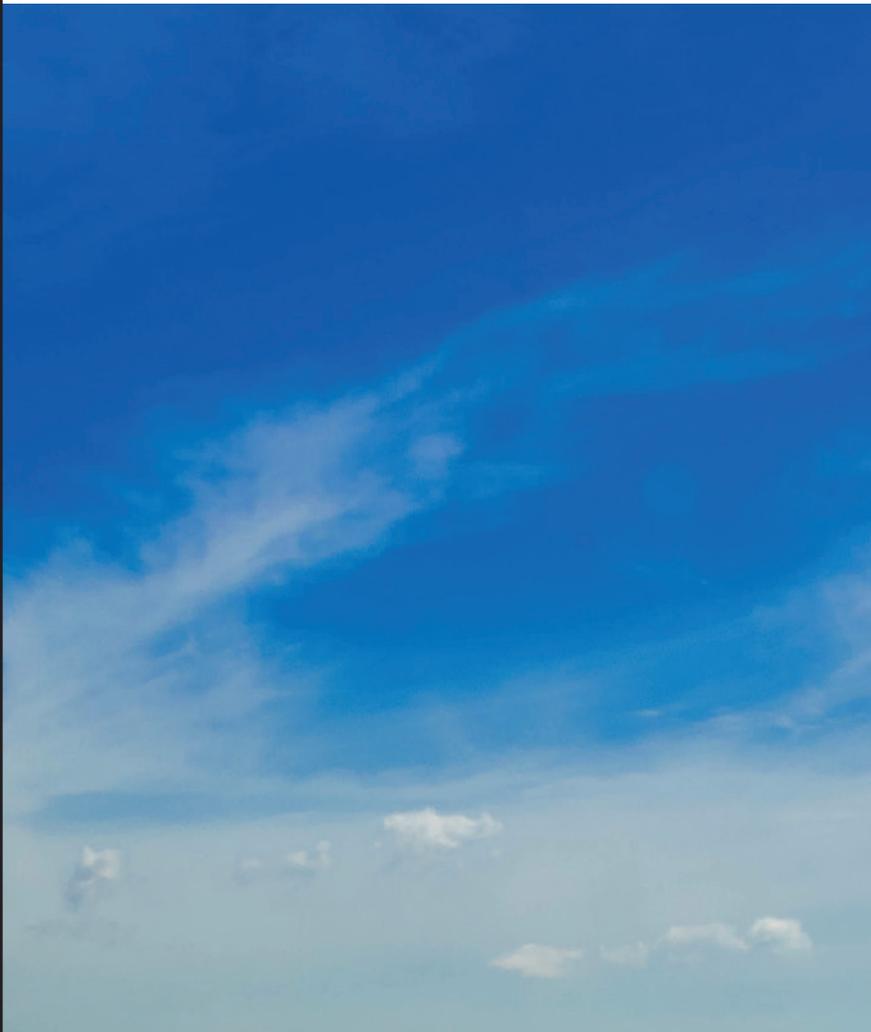
With this sunny coastline as your home base, the world is your oyster. They say that life is what you make it, but if you have the Mediterranean Sea, elegant suburbs arranged around golf courses, lively resort towns, beautiful mountain scenery and the big city attractions of Málaga on your doorstep you certainly have a head start. People who can't live here year-round fly in from abroad to enjoy what Europe's southern coast has to offer, but those who do have a world of diverse experiences available to them, ranging from historic cities and rural Andalucía to ski slopes and an international surf capital.



SIERRA NEVADA SNOW

Just two hours away you'll find the tallest mountain range in Spain and one of the highest in Europe. As home to the southernmost ski destination on the continent, the Sierra Nevada also has the longest winter sports season, running roughly from November up to May. This means there are months when you could play golf, surf and ski within a single day. The towering mountain range and its 128 runs are just two hours away from the Costa del Sol, so grab your skis and head for the snow. The conditions are good enough to host international competitions in both ski and snowboarding, and with cable cars and ski lifts a plenty, not to mention classes, advanced and beginners' areas, and a crèche for the kids, it's the Alps come to the Mediterranean.

On clear days you can see right across the sea to the African continent, but as you book into a cosy chalet hotel or spa resort, book a table at one of the varied restaurants or head into Pradellano for some après-ski fun it does feel pretty alpine. The facilities cover many needs, including entertainment, as well as cultural and sporting events, and thanks to a long season and short distance you can pop onto the slopes outside of the busiest times.



TARIFA SURF

How different is the experience if you head west instead of northeast. In less than two hours you'll pass Gibraltar and meet the Costa de la Luz, a beautiful and partly untamed coastal region whose fantastic sandy beaches are washed by the Atlantic Ocean. The water is colder here but the climate is delightfully mild in summer, the scenery stunning and the surf among the best you'll find. Though surfers and windsurfers flock here too this is particularly true of kite-surfing, where Tarifa has attained legendary status as one of the global capitals of the sport and its accompanying shabby-chic cool vibe.

As a result, Tarifa has a young and trendy feel, with campings, boutique hotels and laid-back beach clubs dotting the expansive beaches around the little town that looks straight across to Cape Spartel in Morocco. You can catch a ferry and be in Tangiers within an hour from here, but also spare time to wander through the cobbled streets of the historic centre, visit the hippy curio shops, try the vegan-style cuisine and bask in the chilled atmosphere. Join a beach party or go out to spot whales and dolphins – and if you're an avid sports enthusiast chances are you'll be snowboarding on ski slopes in winter and kite-surfing during the long summer season. Life's what you make it!



Workspaces





THE RISE OF CO-WORKING SPACES IS A REFLECTION OF A CHANGING WORLD AND A FAST-EVOLVING WORK ENVIRONMENT.

The era we live in has been described as 'Schumpeterian', and indeed, the 'Creative Destruction' described by the Austrian-American political economist is in evidence everywhere, with new technologies creating new opportunities and industries just as they challenge old certainties. Where we once all commuted to work at the large factories and offices of often national corporations there is now a varied range of possible work environments.

In reality we are in the midst of change and haven't arrived at a completely different model yet, so while many still commute much like previous generations did, a growing number of today's economically active people are independent professionals and entrepreneurs with more freedom to choose their own work hours, conditions and setting. It is around this and the growing trend towards small business and tech start-ups that a new kind of office space has evolved - the co-working environment.

FLEXIBLE, DYNAMIC OFFICES

Once we might have belonged to a certain department, interacting daily with colleagues within it but seldom straying beyond this unless the job involved selling. Modern co-working spaces take the stasis out of the workspace to make them exactly what you need them to be. The fact that this varies at different times and

for different people means a co-working office is by its very nature highly diverse, offering a business centre style reception and staff pool to draw on, along with a flexible range of options that includes private offices and cubicles, meeting and conferencing rooms, presentation facilities and also tech support.

The larger ones may even have a day care centre for children but most are fitted out with a trendy coffee shop, fast internet, relaxing lounges, open-plan desk areas and regular networking events. In essence, they form a rather cool, modern workplace that gives professionals greater freedom of movement and reduces the overheads involved with running a full-time office of your own. Especially among younger businesspeople and those in tech fields it is a way of working that has caught on fast and is growing apace.

WEWORK

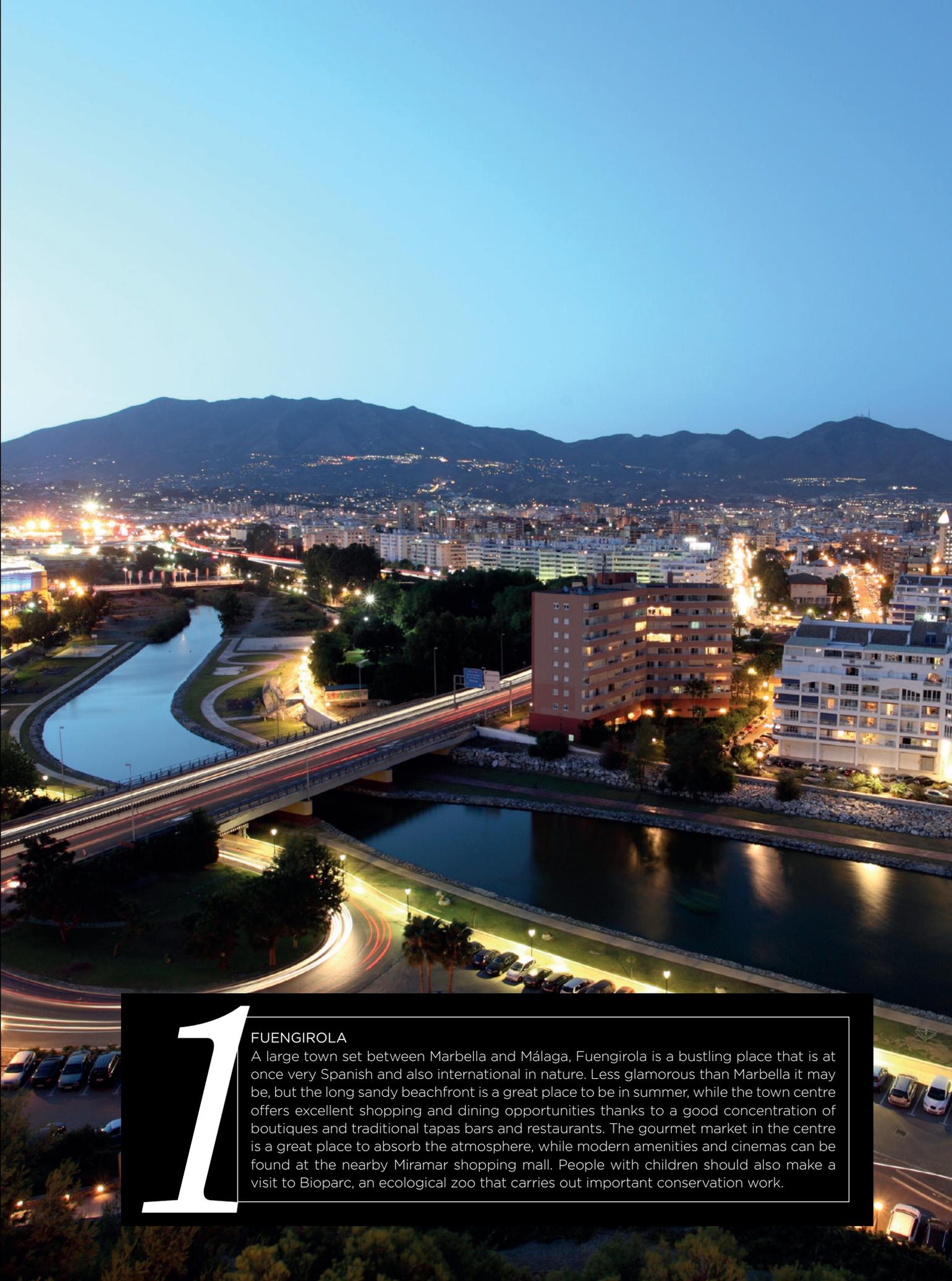
One of the most prominent players in the field is WeWork, a specialist in developing shared workspace that was founded in 2010 and now has over a million square metres under management. WeWork develops a wide range of professional environments in 18 countries around the world, offering its more than 100,000 members not only innovative real and virtual workspaces but also health insurance, business development incubators and workshops.

What's around

THE COSTA DEL SOL OFFERS A WORLD OF EXPERIENCES WAITING TO BE ENJOYED WITHIN A COASTAL STRIP OF LESS THAN 100 KILOMETRES. IT IS HERE THAT YOU WILL FIND CULTURE, NATURE, SHOPPING, DINING, ENTERTAINMENT AND ALSO LOTS OF FAMILY-ORIENTED PASTIMES.

The main part of the Costa del Sol extends between Estepona and Torremolinos, where it touches the provincial capital of Málaga. Ensnared within are a series of coastal resort towns and traditional white Andalusian mountain villages straddling the first line of mountain ranges that overlook the long coastal plain. It is a highly diverse area that is cosmopolitan and exciting, yet also retains authentic, traditional zones. Apart from a sunny climate and good quality of life, the best thing about the Costa del Sol is exactly this, the fact that it offers something for everyone.





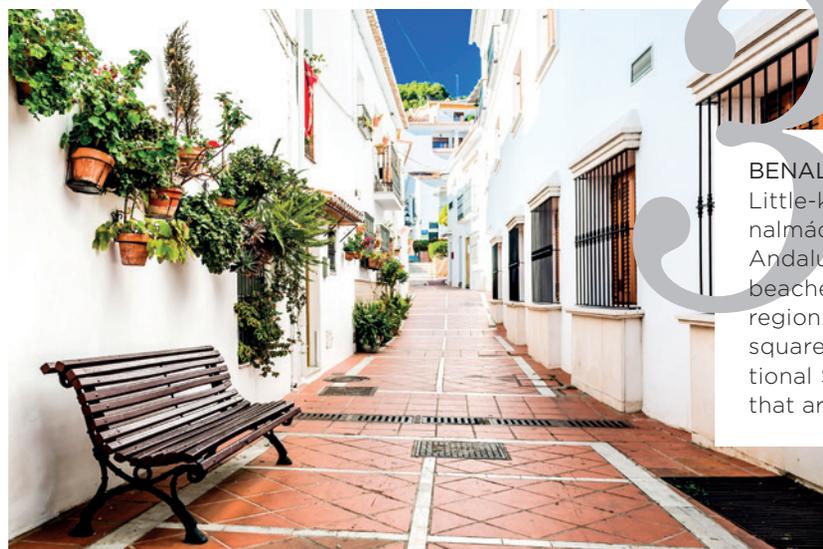
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FUENGIROLA

A large town set between Marbella and Málaga, Fuengirola is a bustling place that is at once very Spanish and also international in nature. Less glamorous than Marbella it may be, but the long sandy beachfront is a great place to be in summer, while the town centre offers excellent shopping and dining opportunities thanks to a good concentration of boutiques and traditional tapas bars and restaurants. The gourmet market in the centre is a great place to absorb the atmosphere, while modern amenities and cinemas can be found at the nearby Miramar shopping mall. People with children should also make a visit to Bioparc, an ecological zoo that carries out important conservation work.

BENALMÁDENA

A little further east lays Benalmádena, a coastal town made up of several distinct areas that include the Andalusian village charm of Benalmádena Pueblo - tops for authentic dining - the rustic residential areas straddling the hillside and the beachside resort town, where the lively marina is a hub of restaurants, cafes and entertainment, including the Selwo Marina oceanarium. It is also home to the Bateria and La Paloma parks, as well as Tivoli Park, a large theme centre geared towards children from where you can hitch a ride in the Telesférico cable car to the top of the coastal mountain chain, where a natural fauna centre and quite unforgettable views await. Interestingly, you will also find a real Buddhist stupa and meditation centre in the upper part of the town, from where to contemplate deeper questions.



BENALMÁDENA PUEBLO

Little-known to many on the Costa del Sol, Benalmádena Pueblo is a charmingly authentic Andalusian village within a short distance of the beaches, marina and attractions of the coastal region. Among its rustic streets and quaint little squares you will find an excellent choice of traditional Spanish restaurants, tapas bars and cafes that are well worth a visit.



MIJAS

For a completely different experience, head into the nearby hills to discover the white-washed village of Mijas, now also a centre for artists and craftsmen. The cobbled streets and tightly packed houses are charming, the food hearty and the hillside parks offer a delightful place from which to look down upon the golf valley and coastal strip that fall within its municipal boundaries. La Cala is the seaside version of Mijas, complete with peaceful little streets and lively bars and restaurants, while its coves are popular with visitors - many of whom make use of the ever-expanding coastal walkway, which will eventually connect the entire Costa del Sol shoreline.



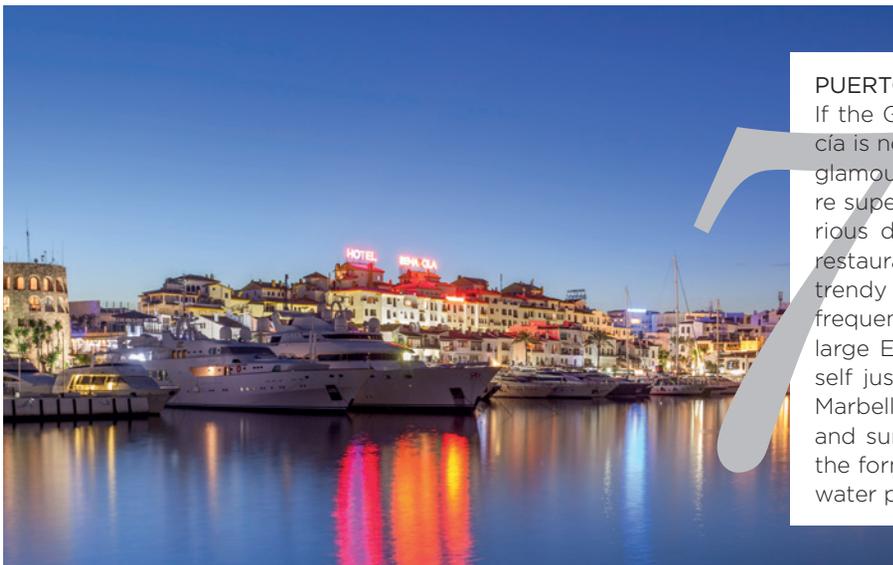
ELVIRIA

Elviria is the centre of the residential strip extending between Fuengirola and Marbella. The broader area includes suburbs such as Riviera del Sol, Calahonda, Las Chapas, El Rosario and Los Monteros, but Elviria is the unofficial centre, with an open-air commercial centre and excellent choice of restaurants. It caters to both tourists and residents, all of whom love the best sandy beaches and dunes in Marbella, as well as chiringuito bars, fish restaurants and beach clubs like Nikki Beach at the Don Carlos Hotel. The area is also rich in first-class golf courses, while the quaint little Cabopino marina is a delightful out-of-the-way place to stop for lunch and bask in the sun.



MARBELLA

The centre of Marbella town is dominated by its tree-lined Ricardo Soriano Avenue, which continues on into the famed Golden Mile that connects it to Puerto Banús. Here you find the internationally renowned Marbella Club and Puente Romano hotels, bastions of old-school style and glamour. However, do take in the beachside pleasures as you stroll along the town's Paseo Marítimo, and make sure you don't miss out on the gorgeously charming historic quarter of Marbella, a place filled with quaint shops, tapas bars and good restaurants.



PUERTO BANÚS

If the Golf Valley of nearby Nueva Andalucía is not your thing and you like a touch of glamour, then head into Puerto Banús, where super yachts are docked alongside luxurious designer boutiques, jewellery shops, restaurants and nightclubs. It is an area of trendy beach clubs where celebrities are frequently spotted, but is also home to the large El Corte Inglés department store, itself just a ten-minute drive removed from Marbella's popular La Cañada mall. Marbella and surroundings also offers family fun, in the form of cable skiing, floating beachside water parks and the Selwo game reserve.





8

EXPLORING FURTHER AFIELD

You have to set a specific geographical area when exploring the Costa del Sol, for there is so much to see and do, and when you're ready to venture further afield there's the scenic country town of Ronda, the gastronomic village of Benahavis, the caves of Nerja and also the exclave towns of Gibraltar and Ceuta – a Spanish territory on the Moroccan coast – to start with. A short ferry ride will take you across the Mediterranean to a whole new continent and culture – and this is only the start of what is to be found in and around Spain's southern coast.

GYMS

ALTAFIT GYM CLUB (Fuengirola)

Over 1,500 m2 facilities & more than 200 training positions
91 299 90 13 · www.altafitgymclub.com

STUDIO 1 (Fuengirola)

Fitness centre, offering sauna, gym, TRX training, World Jumping & Zumba
952 47 52 06 · www.gymstudio1.es

COLISEO SPORT CENTER

(Fuengirola)

Fitness and beauty centre, Muay Thai, Step-Tone, Pilates & AeroBox
951 26 24 44 · www.coliseosportcenter.es

LEW HOAD TENNIS & PADEL CLUB (Mijas)

Wellness & Fitness centre, saltwater pool, Physiotherapy, Boutique, Restaurant, Club. Carretera Mijas, Km. 3.5 · www.lew-hoad.com

SPA CENTRES

DOUBLETREE BY HILTON HOTEL RESORT & SPA RESERVA DEL HIGUERÓN (Higuerón)

952 573 964 - 951 50 51 01
spa@reservadelhigueronresort.com
www.reservadelhigueronresort.com/nago-mi-spa/

HOTEL IPV PALACE & SPA

(Fuengirola)

Tel.: 952 92 20 00
www.hotelipvpalace.com/el-spa.html

SHOPPING

MIRAMAR COMMERCIAL CENTRE

(Fuengirola)

119.000 m2 Shopping centre, 160 shops including Primark, food court, 12 cinemas
952 19 81 95 · www.miramarcc.com

PLAZA MAYOR SHOPPING CENTRE

(Málaga West)

A leisure park for the whole family, with restaurants, bars, cinemas, bowling alleys, nightclubs and gym with heated pool, (close to IKEA) · www.plazamayor.es

STREET MARKET (Fuengirola)

Every Tuesday and Saturday on Fuengirola fairground near the town centre

OLD TOWN (Fuengirola)

Shopping and dining area surrounding the Plaza de la Constitución

PHONES OF INTEREST

EMERGENCY PHONE: 112

POLICE (EMERGENCIAS): 092

FIRE BRIGADE: 080

AMBULANCE: 061

Tourist office: (+34) 952 467 457

Tourist attention: (+34) 952 589 357

Radio Taxi: (+34) 952 471 000

RENFE: Train station in Fuengirola . Avda.

Jesús Santos Rein. Tel. (+34) 952 128 079

www.renfe.com/EN/viajeros/cercanias/malaga/index.html

MÁLAGA AIRPORT:

AENA (Information and Customer service)

RESTAURANTS

SOLLO RESTAURANTE (Higuerón) DOUBLETREE BY HILTON RESORT & SPA, RESERVA DEL HIGUERÓN

Michelin star dining
951 385 622. www.sollo.es

BODEGA CHAROLAIS (Fuengirola)

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www.bodegacharolais.com

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LA LANGOSTA (Los Boliches)

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www.restaurantelalangosta.net

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LOST AND FOUND OFFICE

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Email: objetosperdidosagp@aena.es

INTERNATIONAL HOSPITAL

VITHAS XANIT FUENGIROLA

Emergencias 24 h - 900 407 407

www.xanit.es/en

Avda. Ramón y Cajal - Edificio Beroe

DIRECTORY



PEDRO PEÑA

INTERIOR DESIGN

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