

Beaches

Mar Menor Beaches

Mar de Cristal: A lovely sandy beach with a nice promenade for a stroll. Watersports are available with us at Aqua Adicta (prebooking is necessary).

Los Alcazares & Los Naranjos have a lovely sandy beach with sun loungers for hire plus many cafes and shops.

Santiago de la Ribera has a nice sandy Mar Menor beach but its main attraction is a wide and attractive promenade with cafes and restaurants.

Lo Pagan (San Pedro): A lovely sandy beach with the added benefit of Salinas (salt lakes with mineral rich mud). People come here to cover themselves in the smelly mud from the Salinas which they then allow to bake hard in the sun. The mud is then washed off in the Mar Menor leaving the skin soft and refreshed (apparently!!)

Mediterranean Beaches

Calblanque (Calblanque Nature Reserve): is an area of unspoiled sandy beaches and salt flats backed by arid hills. This area can only be reached by dirt tracks; the bumpy ride is worth it as these are the best beaches in the area. Some areas of these beaches are used by naturists so if you want to give the all over tan a try this is a good place! Note also that these beaches have no facilities so take food and drink with you, remembering of course to bring back any litter with you.

***** WARNING – These beaches do have undercurrents so do not swim too far out from the beach and keep careful watch on children.**

Cala Reona at Cabo de Palos is a small sandy cove carved into rocky hills. It has a café bar on the beach.

La Manga, a superb sandy beach runs the whole length about 20km of the Mediterranean side of La Manga del Mar Menor (the strip). The beach is backed by high-rise apartment blocks and there are restaurants and bars available.

Bars & Restaurants in Mar de Cristal

Restaurants and Cafes

Arena Cafe : A friendly beach front café – open all year round and with an extensive menu of both meals and tapa.

Piccalo : Italian restaurant located just behind the Arena Café on the promenade. Open all year round.

Caldero : Spanish restaurant located next to the tennis courts – open some weekends and during the summer.

Club Nautico Islas Menores : Located in the Islas Menores sailing club. Has both a restaurant and a bar. The bar is open all year round the restaurant opens for lunch at weekends and during the summer.

Camping La Manga: This is a short walk from us over the rough ground towards Playa Honda. The restaurant is very good value. There is also a café right on the beach which serves good value food and tapa. Open all year round.

Tennis Club : The café/bar here serves pizza and salads. The quality is good and the prices are reasonable. They are open all year round.

Chiringuito La Loma: A wooden beach bar located very close to our house. Serves seafood and basic café style meals. Open at weekends and during the summer.

Chiringuito ChiriGo: A wooden beach bar located near to the marina. Serves basic café style meals and snacks. Open at weekends from April - October and all week during the summer.

Bars

El Secreto del Agua : Bar located on the beach front next to the Arena Café. Prices are expensive but the location and ambience are good. Open at weekends and during the summer.

Las Brisas del Mar: Bar located next to the supermarket. A locals bar. Open all year round.

La Familiar: located next to the supermarket in Islas Menores (the road heading away from the marina). Serves snacks and drinks.

Places with many restaurants and bars

Los Belones (5 mins) – There are many good bars and restaurants in Los Belones. We recommend Casa Rufino for Spanish food and Cantalar for tapa. A square is located at the far end of the village (La Manga Club end) where there are 5 restaurants (Spanish, Chinese, Indian, Italian & Asian) and a bar all with outside seating.

Los Alcazares (20 mins) – There are two key places to find food in Los Alcazares. For those wanting English or Indian food there a plaza is located next to the Mercadona supermarket in the centre, which

has a wide variety of restaurants. Those who want to get a more Spanish atmosphere should head to the Hotel Encarnación on the seafront; this serves excellent food though it is expensive. They also have a tapa menu which you can enjoy looking over the Mar Menor. There are many other Spanish bars and restaurants in the streets surrounding the hotel.

Cabo de Palos (10 mins) – A wide range of restaurants, mainly Spanish with excellent fish dishes around the old fishing harbour. We would recommend La Tana as the staff always seem friendly and the food has always been good. We also recommend that you try some of the restaurants in the back streets which are frequented by the locals. Their menus may not be in English so if you don't speak Spanish take a dictionary!

La Manga Club (10 mins)– There are many up-market restaurants and bars, 21 in total including Indian, American/International/ Italian and Spanish, there should be a small colour guidebook in the tourist information. Restaurants on the club are generally more expensive than those outside however there are a few exceptions. The Maribel serves good quality Spanish food at a sensible price. It is located at the edge of the Club. Drive past the main entrance and drive towards Portman, the restaurant is on the right hand side just before the West Course parking area.

La Manga Strip – The strip is 18km long and has various areas with a concentration of restaurants and bars the main ones to try are:

Urbanización Babilonia (10 mins) – Gran Via salida 18 – has a number of restaurants cafes and bars all right next to the beach. This area has improved a lot over the last year and several new bars and restaurants have moved in. We like Casa Emilio – the owner is very friendly and the food is good.

Plaza Cavanna (12 mins) - km 3 – various bars and cafes are located near the Hotel Cavanna. There are also good beaches on the Mar Menor at this point. Parking in this area in the summer is impossible!

Plaza Bohemia (15 mins) – km 5 – this is really the centre of La Manga there are a number of bars, restaurants and cafes in this area. It does get very busy in the summer.

Please note – Restaurants change from year to year – we cannot guarantee that what was good last year will be good this year!