



# La Manga

Photo: Andrey Lebedev/Shutterstock.com



holbox/Shutterstock.com

Nestled between two seas, La Manga del Mar Menor (or simply La Manga, for short) is all beaches - an alluring summertime getaway for vacationers both local and international. Warm waters of Europe's largest lagoon washing over its western shore are known for exceptional curative properties, and the strip's major draw is world-class golfing, among others.

*NOTE: This Guide has been limited to 20 points of interest per section. For the full guide, please visit [ArrivalGuides.com](http://ArrivalGuides.com)*



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## THE STRIP



*Alex Tihonovs/Shutterstock.com*

La Manga del Mar Menor (or simply La Manga) is essentially a very long, narrow stretch of land forming a natural border between two seas - the Mediterranean and Mar Menor (or "small sea"), Europe's largest lagoon whose waters' temperatures almost never drop far below 18 °C.

Much like other resort destinations, La Manga really comes to life in summer, when sun-kissed vacationers bring a pleasant buzz to the narrow strip. Averaging about 300 meters in width, La Manga is a land spit where one is never too far from the beach, and being a destination popular with visitors it also boasts quite some tourist infrastructure. Apart from golfing, active pursuits in the area - unsurprisingly - revolve around water. Sporting equipment is available for hire, and popular sports range from canoeing to jet skiing and kite-surfing.

The spit's two most popular areas are Zoco and Plaza Bohemia, while Cape Palos to the south is the closest field trip destination on the mainland. The sleek Tomas Maestre Marina is another unmissable spot, a departure point for boat tours and simply a pleasant location for an afternoon stroll.

## DO & SEE



*Marta Cobos/Shutterstock.com*

The nearly 20 kilometer strip is where much revolves around beach-going and water sports (the area is also known for superb golf courses - Veneziola Golf enjoys quite some popularity), but further pursuits await on the mainland. Cape Palos, Calblanque Park and Punta Brava make for good day-trips, while the closest big city is Cartagena - a historic port settlement with plenty to explore.

### Marina Tomas Maestre



North of La Manga on the spit lies the Tomas Maestre marina, a port set up directly on the dividing line between Mar Menor and the

Mediterranean. Available activities other than marvelling at luxury yachts (and sea vessels of the more modest variety) include dining, bar-hopping, and shopping.

Photo: Konstantin Yolshin/Shutterstock.com

Address: Oficina Puerto, La Manga

Phone: +34 968 14 08 16

Internet: [www.puertomaestre.es](http://www.puertomaestre.es)

## Boat Tours



Apart from primarily utilitarian trips across the Mar Menor to settlements like Santiago de la Ribera and Los Alcazares, several boat operators

offer guided leisure rides - these often include a tour of coastal attractions, along with stops for swimming out at sea or one of the area's many beaches.

One company that offers these (and other) services is Solaz Lines:

Photo: Lukash Dmitry/Shutterstock.com

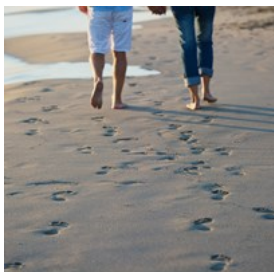
Address: Punta del Pedruchillo Km.8, La Manga

Phone: +34 606 80 67 95

Internet: [www.solazlines.com](http://www.solazlines.com)

More Info: Barco Solaz

## La Punta Brava

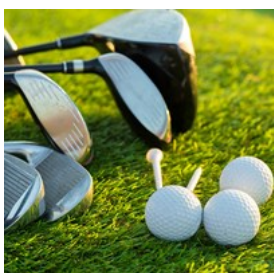


If time allows, do make the trip to Punta Brava across Mar Menor from La Manga. Some of the best views over the Strip (and Sierra Mineras on

the other side) unfold from here, and hiking along the coast rewards with ever more landscape vistas. Trains to Cartagena depart from the nearby Los Nietos.

Photo: Alessandro Colle/Shutterstock.com

## Golf



La Manga and surroundings are known as somewhat of a golfing destination, much due to the presence of multiple golf courses in the area.

One well-visited location is the 9-hole course in the Strip's north, called Veneziola Golf:

Photo: Tinny Photo/Shutterstock.com

Address: Av. Gran Vía de la Manga Km.17

Phone: +34 968 147 082

## Water Sports



La Manga's location smack in the middle of two seas couldn't be more perfect for engaging in water sports. Sailing, wind- and kite-surfing are

best done on the Mediterranean side, while the calm waters of Mar Menor are better fit for canoeing and jet skiing.

### La Manga Watersports

Salida 19, Hotel Cavanna Playa la Gola, La Manga

+34 634 35 04 37

[www.lamangawatersports.com](http://www.lamangawatersports.com)

### Aqua Adicta Watersports

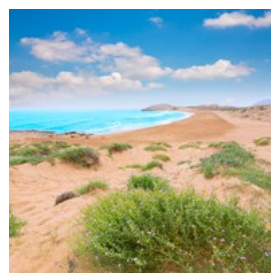
Calle Pintor Rosales 28, Mar de Cristal, La Manga

+34 659 43 48 11

[www.aqua-adicta.co.uk](http://www.aqua-adicta.co.uk)

Photo: EpicStockMedia/Shutterstock.com

## Calblanque Regional Park



Calblanque Regional Park is a spot of rare natural beauty open to visitors all year round. This protected natural area boasts stunning

landscapes, a beautiful shoreline with multiple small bays and coves, and a multitude of trails to explore. There is very little tourist infrastructure,

however, so do make sure to bring all necessary supplies along with you.

Photo: holbox/Shutterstock.com  
 Address: Cartagena, Murcia  
 Opening hours: Daily 9.30am-7pm  
 Phone: +34 968 12 88 00

## DINING



Artem Z/Shutterstock.com

Fish and seafood are the fundamental building blocks of regional cuisine - they feature prominently on restaurants' menus. Eateries abound in La Manga itself as well as the nearby Cape Palos, La Manga's slightly less tourist-g geared southern neighbour. Seafront dining is, naturally, available throughout.

### Escuela de Pieter



The beachfront restaurant is admittedly one of the most pleasant dining spots on the strip. Its secluded location in the north of La Manga secures relative tranquility, and the kitchen doesn't fail to meet expectations - Escuela serves excellent Mediterranean cuisine and seafood.

Photo: Karl Allgaeuer/Shutterstock.com  
 Address: Urb. Veneziola, La Manga  
 Phone: +34 968 43 70 59

### La Brasserie



Located in the Tomas Maestre Marina area, La Brasserie is an excellent choice for dinner - the restaurant serves a wide selection of great meat cuts and seafood dishes, all at rather reasonable prices. Cooking is Mediterranean with an emphasis on French, with even French essentials like snails featured on the menu.

Photo: Solis Images/Shutterstock.com  
 Address: Centro Comercial Darsena Cero, La Manga  
 Opening hours: Mon-Sat 7.30-11.30pm  
 Phone: +34 639 17 51 25

### Borsalino



The longstanding local restaurant is one that continues to entice both locals and tourists with a great value "menu del dia", its beach- and waterfront location and excellent quality Mediterranean (French and Spanish) cuisine. The wine list is pleasantly extensive.

Photo: FPWing/Shutterstock.com  
 Address: Calle Gran Via Pl 18, La Manga  
 Opening hours: Wed-Mon 12.30-3.45pm & 7.30-11.30pm  
 Phone: +34 968 56 31 30

### Miramar



When in Cabo de Palos to La Manga's south, do try and reserve a mealtime for this authentic local eatery specializing in the ubiquitous "caldero", and other fish and seafood dishes (along with meats and some international specialties). The setting is scenic, seating available overlooking the town

port.

Photo: Ramon grosso dolarea/Shutterstock.com

Address: Paseo del Puerto 14, Cabo de Palos

Phone: +34 968 56 30 33

Internet: [www.restaurantemiramar.com](http://www.restaurantemiramar.com)

## Di Mare



The always buzzing Italian eatery serves delectable foods and is, perhaps, one of the most popular dining spots in the marina. Despite its

popularity, the staff do their best to seat customers most of the time, but do book in advance to ensure being seated.

Photo: Denizo71/Shutterstock.com

Address: Calle Cornisa Del Estacio, La Manga

Phone: +34 968 14 02 00

Internet: [www.dimare.es](http://www.dimare.es)

More Info: Tomas Maestre Marina

## CAFÉS



*Dani Vincek/Shutterstock.com*

Quintessential La Manga cafes are the so-called "chiringuitos" - beach huts whose specialty is grilled fish (sardines cooked on a wood spit are rather typical). Another common local meal is the "caldero" - a rice dish cooked in flavourful fish broth, leaning almost more towards being a very thick soup than a main. The more classic variety of cafes with coffee and snacks dot the

spit, too.

## El Mosqui



For a taste of authentic local fish-stock rice dish, try El Mosqui in Cabo de Palos. The eatery has long been popular with locals, and enjoys a great reputation for its fish and seafood dishes. The caldero here is a must-try no one can leave without having.

Photo: Lapina Maria/Shutterstock.com

Address: Subida Faro 50, Cabo de Palos

Phone: +34 968 56 45 63

Internet: [www.restauranteelmosqui.com](http://www.restauranteelmosqui.com)

## Bonobo Playa



The beach side Bonobo is a spacious eatery popular with locals, and one that serves an impressive selection of great value Spanish dishes. Some of the highlights include paella and the mixed seafood grills, although there still remains some to choose from.

Photo: vsl/Shutterstock.com

Address: Gran Via La Manga Urb. Babilonia, La Manga

Opening hours: Daily 11am-1am

Phone: +34 618 31 41 37

## Casa Paco



Do not be deterred by the establishments simple furnishings - Spanish foods served here are of consistently great quality, even though the service may not be up to very high standards. Specialties include the usual suspects of rice and seafood,

with a few Colombian dishes thrown into the mix.

Photo: Elena Vasilchenko/Shutterstock.com

Address: Gran Via de La Manga Km.14.5, Urb. Las Palmeras, La Manga

Phone: +34 968 14 34 97

Internet: [www.casapacolamanga.com](http://www.casapacolamanga.com)

### Heladeria Taray



The cafe enjoys a convenient location right next to the popular Veneziola Golf, and is not too far from beaches in the area. As follows from the name, a selection of ice cream flavours are served, but the offer extends beyond those to freshly baked cakes and pastries.

Photo: JM Travel Photography/Shutterstock.com

Address: Urb. Veneciola 8, La Manga

### Pizzeria Rembrandt



This longstanding casual pizzeria is a safe bet when it comes to grabbing a bite in La Manga proper. It tends to get quite busy, but the consistent quality and value are worth the possible short wait. Located in lively Plaza Bohemia.

Photo: puhhha/Shutterstock.com

Address: Edificio Bohemia 5, La Manga

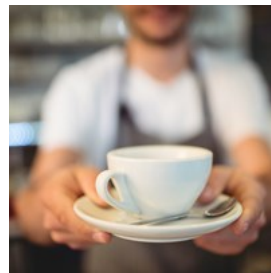
## BARS & NIGHTLIFE



Monkey Business Images/Shutterstock.com

When it comes to nightlife, the choice in La Manga is to be made between the areas of Zoco and Plaza Bohemia, or one of the many relaxing beach bars along the strip's two shores (if an evening on the quieter side is what you happen to be looking for). One would need to take a trip south (off the strip) to find some of La Manga's rowdier, club-type establishments, most featuring open-air terraces and some set directly by the water.

### Bar Galactica



Bar Galactica is essentially both a cafe and bar in one, with a pleasant airy outdoor seating space fit for a breakfast just as well as a sunset drink. The establishment serves good coffee, food and snacks, as well as dessert - all that and drinks from a fully stocked bar.

Photo: wavebreakmedia/Shutterstock.com

Address: Urb. Sirenas 3, Av. Gran Vía de la Manga, La Manga

Phone: +34 968 14 53 11

### Ya Te Vale



The indie bar Ya Te Vale is one of the starting points for a night out on the town in Plaza de Bohemia (one of La Manga's nightlife hot spots) or a drink before dinner at one of the restaurants in the vicinity. The bar plays good indie music and has a pleasant low-key vibe about it.

Photo: Arina P Habich/Shutterstock.com  
Address: Plaza Bohemia 5, La Manga  
Phone: +34 629 63 95 50  
Email: yatevale.indiebar.lamanga@gmail.com

### Trips Summer Club



Trips Summer Club is a glamorous nightlife establishment in Cape Palos, to La Manga's south. It's a large space fit to accommodate large groups of party-goers who frequent the disco during high season. There is pool at the club's center, with airy dance floors all around. A cover charge applies.

Photo: Ivan Neru/Shutterstock.com  
Address: Carretera Cabo de Palos, Km.2, La Manga  
Opening hours: Thurs-Sun 12pm-7am  
Phone: +34 968 14 62 15  
Internet: www.tripslamanga.com

### Van Gogh Pub



Van Gogh is one of the most popular bars in La Manga's busiest strip. It is often found teeming with customers who crowd its intimate, shaded courtyard while sipping on one of the

many cocktails off the bar menu. Service has received high regard despite the establishment's popularity.

Photo: ventdusud/Shutterstock.com  
Address: Gran Vía, Km.4.5 , La Manga  
Phone: +34 630 15 54 24  
Internet: www.vangoghpub.com

### Bondi Beach



Bondi Beach is one of the establishments most popular with 30+ visitors - both locals and guests to La Manga area. It is a venue with a lot going on - from live music shows to night-long dancing to a varied selection of music, from 80s hits to Latin beats.

Photo: archimede/Shutterstock.com  
Address: Carr. Subida al Faro 10, Cabo de Palos  
Opening hours: Daily 4pm-3am  
Phone: +34 650 81 82 81

## SHOPPING



Kzenon/Shutterstock.com

La Manga itself might not exactly fit the definition of shoppers' paradise, but its surrounding area certainly has some attention-worthy shopping spots - the Sunday market in Cabo de Palos, for example, is a good place to go head for bargains on foodstuffs and clothing, while the Dos Mares mall north of the

strip is the place to go for brand-name shopping. In La Manga itself, stay on the High Street and look around Zoco for best shopping opportunities.

### Zoco



La Manga's Zoco area is one (along with Plaza Bohemia) best fit for a small-scale shopping spree on the strip. Apart from a few shops and boutiques, Zoco is a spot where bars and eateries are found in high concentration, making it one of the liveliest areas around.

Photo: Ollyy/Shutterstock.com  
Address: Zoco, La Manga

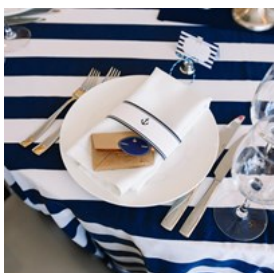
### Mercadillo Cabo de Palos



If you happen to be in La Manga on a Sunday morning, do try and pay a visit to Mercadillo Cabo de Palos and find some of the best bargains on clothing and various knick knacks. Other draws of the market are the fresh fruit and vegetables sold by local vendors.

Photo: Jack Frog/Shutterstock.com  
Address: Cape Palos, Murcia  
Opening hours: Sun 8.30am-2pm

### La Botavara Nautical Boutique



The marine-themed boutique (fittingly located on a strip of land between two seas) stocks everything from nautical clothing (both pattern-wise and in terms of practicality -

children's clothing to rain-proof vests) to home decor items and all sorts of paraphernalia one would require on a sea journey.

Photo: Andrey\_Vasiliskov/Shutterstock.com  
Address: Plaza Bohemia, La Manga  
Opening hours: Mon-Sat 10.30am-2pm  
Phone: +34 968 14 07 02  
Internet: [www.labotavara.eu](http://www.labotavara.eu)  
Email: [info@labotavara.eu](mailto:info@labotavara.eu)  
More Info: Edificio 2 Mares

### La Manga Club



La Manga's popular namesake resort is a small town of its own, complete with various entertainment options, including stores and

boutiques. Here, visitors will be able to drop into clothing, souvenir, and small corner shops (larger supermarkets are located outside resort premises).

Photo: EpicStockMedia/Shutterstock.com  
Address: Los Belones, Spain  
Internet: [www.lamangaclub.com](http://www.lamangaclub.com)

### Centro Comercial Dos Mares



For a more substantial choice of stores, the Dos Mares shopping centre may be a good pick - located on the Spanish mainland north of the

strip, Dos Mares is worth the trip if shopping for international (and some local) brand clothing and accessories is what you're looking for. There is a cinema and a few eateries on-site.

Photo: Pressmaster/Shutterstock.com  
Address: Carretera Nacional 332 Km.34, San Javier, Murcia  
Opening hours: Mon-Fri 10am-12.30am  
Phone: +34 968 54 70 00



Internet: [www.centrodosmares.com](http://www.centrodosmares.com)

## ESSENTIAL INFORMATION



Marta Cobos/Shutterstock.com

### Murcia-San Javier Airport



The airport closest to La Manga is Murcia-San Javier. Despite its relative territorial proximity, getting to La Manga proper may be difficult

with public transport alone - there are no direct buses, but those willing to take the economy route may first choose to take a quick ride to Santiago de la Ribera, from where coaches depart to La Manga twice daily.

The easiest and most comfortable options would be a pre-arranged transfer or taxi hire (the latter is readily available at the airport).

Photo: Juan Garces

Address: Ctra. del Aeropuerto, Santiago de la Ribera, Murcia

Phone: +34 902 40 47 04

### Public Transport



Alsa runs a bus service in La Manga, with buses connecting the settlement to Tomas Maestre Marina in the north and Cabo de Palos in the south. The

service tends to sometimes be unreliable, however, and bus frequency depends on the season.

Photo: Pierre-Luc Auclair

### Taxi



Taxi La Manga +34 628  
62 08 24 Taxi  
International +34 622 42  
68 00

### Post



Yellow "Correos" post boxes dot the settlement. One post office is located at:

Photo: Andy Fuchs

Address: Edif. Opalo, Calle de la Manga, La Manga

Phone: +34 968 56 49 81

### Pharmacy



Farmacia Zoco Calle de la Manga, La Manga +34  
968 14 36 35 Mon-Sat  
9am-10pm Farmacia  
Plaza Bohemia Ilopango,  
Plaza Bohemia, La

Manga

+34 968 14 08 72

Mon-Sat 9.30am-2pm & 5.30-8pm (Sat  
9.30am-2pm only)

Photo: Gemma Garner

## Telephone

Country code: +34 Area  
code: 968



Photo: Jardson Almeida

## Electricity

220v/50 Hz



Photo: Stirling Tschan

## Population

10,000 (2012)

## Currency

1 Euro = 100 Cents

## Opening hours

Opening hours may vary depending on the business, but most operate from 8-9am to 1-2pm, closing for an afternoon break and re-opening again at 4.30pm. Tourist-gearred establishments often stay open late into the night.

## Newspapers

Murcia Today (English)  
La Opinion de Murcia  
La Verdad

## Emergency numbers

112

## Tourist information

La Manga del Mar Menor Tourist Office  
Address: Playa Mistral, 30380, San Javier  
Tel: +34 968 146 136  
lamanga@marmenor.es  
www.marmenor.es

La Manga del Mar Menor Tourist Office  
Address: Gran Via, 30380 La Manga del Mar Menor,  
Cartagena (Murcia)  
infoturismolamanga@ayto-cartagena.es