



La Manga

Photo: Andrey Lebedev/Shutterstock.com



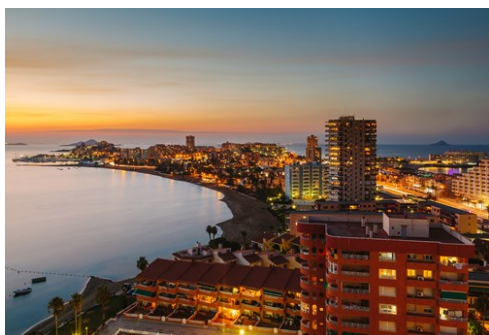
holbox/Shutterstock.com

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. The warm waters of Europe's largest lagoon washing over its western shore are known for their exceptional healing properties. The strip is also renowned for its golf courses.

NOTE: This Guide has been limited to 20 points of interest per section. For the full guide, please visit ArrivalGuides.com



Alex Tihonovs/Shutterstock.com



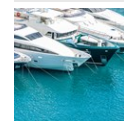
VICTOR TORRES/Shutterstock.com

QUIZ

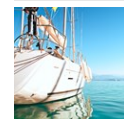
*What Type of Traveller
Are You Based on
Your Travel IQ?*

TAKE THE QUIZ

Top 5



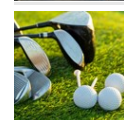
Marina Tomas Maestre
North of La Manga on the spit lies the Tomas Maestre marina, a port set up d...



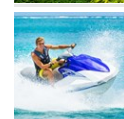
Boat Tours
Apart from primarily utilitarian trips across the Mar Menor to settlements l...



La Punta Brava
If time allows, do make the trip to Punta Brava across Mar Menor from La Man...



Golf
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Water Sports
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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 the place to be for beach-goers and golders (Veneziola Golf enjoys rave reviews), 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.

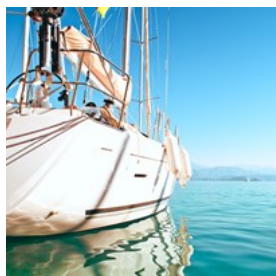
Photo: Konstantin Yolshin/Shutterstock.com

Address: Oficina Puerto, La Manga

Phone: +34 968 14 08 16

Internet: www.puertomaestre.es

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

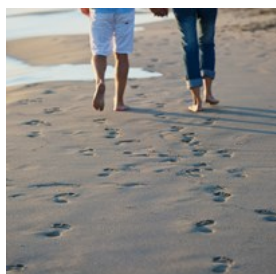
Address: Punta del Pedruchillo Km.8, La Manga

Phone: +34 606 80 67 95

Internet: www.solazlines.com

More Info: Barco Solaz

La Punta Brava

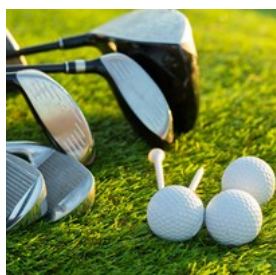


If time allows, do make the trip to Punta Brava across Mar Menor from La Manga. Some of the best views over the Strip (and Sierra Mineras on

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, 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 makes it the perfect location for 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

Aqua Adicta Watersports

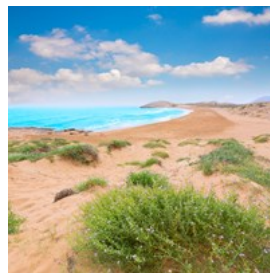
Calle Pintor Rosales 28, Mar de Cristal, La Manga

+34 659 43 48 11

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 along all necessary supplies - and perhaps a picnic!

Photo: holbox/Shutterstock.com

Address: Cartagena, Murcia

Opening hours: Daily 9.30am-7pm

Phone: +34 968 12 88 00

Beaches



La Manga boasts a number of stunning beaches for both sunbathers and water sport enthusiasts. The best known of these are

Playa de San Javier, Playa Paraiso, Playa La Manga, Veneziola, and Playa de Callblanque, which is also the starting point for a hiking trail.

Photo: Rupert Ruppeltdt (image cropped)

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-gearred 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

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.

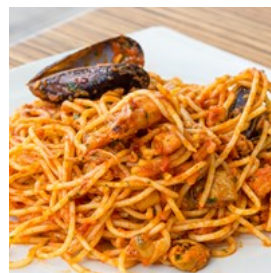
Photo: Solis Images/Shutterstock.com

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

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

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

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

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. Veneziola 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

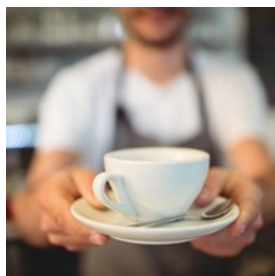
BARS & NIGHTLIFE



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_Vasilikov/Shutterstock.com

Address: Plaza Bohemia, La Manga

Opening hours: Mon-Sat 10.30am-2pm

Phone: +34 968 14 07 02

Internet: www.labotavara.eu

Email: 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

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

TOURIST 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

Passport / Visa



Spain can be visited visa-free for up to 90 days by citizens of Australia, New Zealand, Japan, South Korea, Taiwan, Malaysia, Israel, UAE and

most countries in America. If you are unsure whether or not you need to apply for a visa, we recommend contacting the embassy or consulate in your country. International (non-Schengen) travelers need a passport that is valid for at least 3 months after the end of their intended trip in order to enter the Schengen zone. Citizens of Schengen countries can travel without a passport, but must have a valid ID with them during their stay.

Photo: TukTuk Design/Shutterstock.com

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

Photo: ArrivalGuides

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

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-gear 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

Destination: La Manga
Publishing date: 2020-06-04

lamanga@marmenor.es
www.marmenor.es

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