

All about Summer activities

Issue 163 June 12 2013

31



Great Outdoors

With summer finally upon us it is time to look for an outdoor adventure



THE playground of Europe has finally come alive.

As millions descend on Andalusia for their early summer breaks – Prime Minister David Cameron, footballers, TOWIE and all – the beaches and restaurant terraces are filling up again.

But, while the majority of tourists baste themselves on the beach, many more of you will be looking for a certain something more.

Whether looking for an activity for the kids, or up for an outing, then Andalusia is full of excellent options.

Whether you want to take out a mountain hike, hire a sailing dinghy or meet Europe's only wild monkeys in Gibraltar, the region has it all.

From the unspoilt windswept coastline of the Costa de la Luz – where surfing and windsurfing spots are among the best in the world – to the beautiful mountains above the Costa del Sol, there is so much to do.

Why not take a trip to the Axarquía or the Serranía de Ronda for wine tasting, or visit the charming Lake District, near Ardales, for a spot of canoeing or a daredevil walk along Europe's most death-defying walkway the Caminito del Rey?

Then, of course, there is always water skiing, dolphin watching, ballooning, cycling, canyoning and rafting, all fantastic activities to get your teeth into.

Whatever you do, get out and about and have fun.

Rent a bike



HATHA YOGA CLASS



Tuesday & Thursday 8 am
Monday & Wednesday 8 pm

El Patio - Asociación Estepona
Flamenco,
Ave. San Lorenzo Nº 40

Teacher: Graciela Heredia
email: graciagogo@gmail.com
or call (English & Spanish)
951 249 732 / 620 449298

10€ a month

FANCY a cycling holiday in Andalusia, but don't want the hassle of bringing your bike? Well, here is the solution. Marbella Rent a Bike was set up by cyclists for cyclists. With over 200 bikes of well known brands, not only can you collect them from their shop in Nueva Andalusia, near Marbella, the company can offer a home delivery service from Fuengirola to Sotogrande. For further information contact the team on 628 147 930

Christmas Extravaganza and New Year Party



PUERTO MARINA
BENALMADINA *****
Christmas 245€ or
New Year 265€



IJEROSTAR *****
Nova Sancti Petri - Special
reduced prices for Golf & Spa
Christmas 245€ or New Year 265€



VALLE DEL ESTE *****
Near Almería
- Unlimited free Golf & Spa
Christmas 295€ or New Year 305€

Fabulous food and entertainment including a five star Christmas or New Years Eve Gala Dinner with fine wine



GASTON GOLF TOURS | T: 952 936 803
info@gastongolf.com | www.gastongolf.com

Christmas holiday: 23rd to 28th Dec. | New Year holiday: 28th Dec. to 2nd Jan.
Prices are per person for 5 nights half board, twin room

MediaStreamz.com

tel. (0034) 951 127 022



Free BBC
Free ITV
Free Channel 4
Free Channel 5
Free BBC iPlayer
Free ITV Player

MediaStreamz
to launch new
set top box for
your TV at the
end of June

Our set top box connects you to UK
IPTV broadcasts and TV Catch Up
services. Why not find out more?

Register your interest now on our
website to qualify for a €25.00 no
obligation launch price discount.

Point your browser at
www.mediastreamz.com
and click on **OFFER**

This offer is limited to first 1,000 respondents and cannot be used in conjunction with any other promotion.

LOOKED back at the iconic Rock as we sailed away with the wind in my hair - and a little less glamorously - the spray in my face. We were on board Dolphin Adventure's catamaran in search of dolphins in the Bay of Gibraltar.

As it turns out, the bay is the permanent home of three different species of dolphins; common, striped and bottlenose, with transient dolphins visiting the bay for food, shelter and to breed in their hundreds.

They are attracted to the area by the clean water coming from the Atlantic which is rich in nutrients and brings lots of smaller fish such as sardines and mackerel that the dolphins feed off.

We had been warned as we set off from Marina Bay that you see fewer dolphins in winter and there was a chance our search would be in vain, but everyone on board remained optimistic as we scanned the waves. Sure enough minutes later we spotted a pod of around 20

There are three types of dolphin swimming around the Bay of Gibraltar

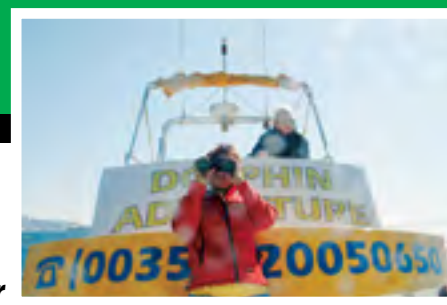
striped dolphins and our captain Angie headed straight for them.

"To be honest we almost always see dolphins and if punters are unlucky we give them a voucher so they can come back another day for free," explains our guide

It was a magical feeling to watch these creatures playing in their natural habitat

Georgia.

"There are literally hundreds of dolphins in the bay, in the winter you see them in pods of between 15 and 50 but in the summer they come together and you can see them in their hundreds.



"In the wild they live for 35 to 40 years whereas in captivity the common dolphins live for 15 years," adds Georgia.

It was a magical feeling to watch these creatures in their natural habitat, with the common and striped dolphins playing together.

They had soon come right up to the boat, swimming at our feet and playing with us, seemingly as curious about us as we were of them.

You could even hear them breathing as they came up for air - they can hold their breath under water for up to five minutes - and swam around and under the boat.

I was completely mesmerised watching them and time stood still until they vanished just as quickly as they had arrived.

It was clear from the smiles on board, that everyone had enjoyed the experience as much as I had.

"It is the best job in the world," smiled Georgia. You had to agree, it couldn't be far off.

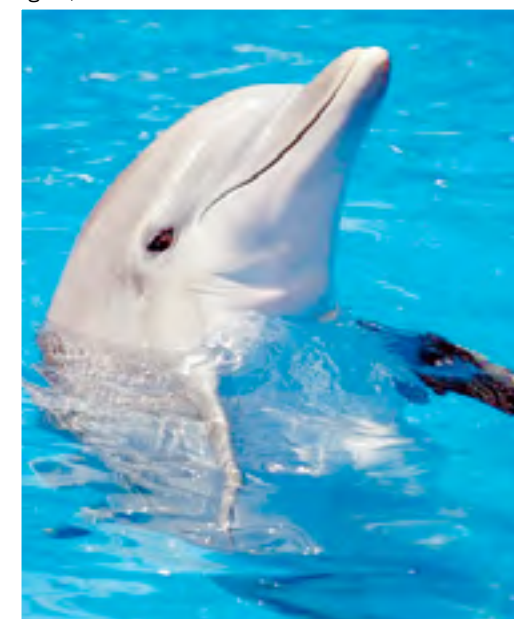
Southern horsepitality



THE oldest horse race in Spain is to burst onto the beach of Sanlúcar de Barrameda on the Costa de la Luz this summer. The series of races which sees horses thundering along the sand just inches away from the waves of the Med dates back to 1845.

The experience comes complete with spectator stands, bookies and paddocks - with the crowd just a hair's breadth away from the action.

This year's event will take place as ever in August.



A SENSE OF PORPOISE: Dolphins in the bay live on average for up to 40 years while in captivity they generally do not live much longer than 15 years

THE GREEN BAR



BOWLS CLUB
Behind Bar Los Arcos - Benavista

English Breakfast ☛ Homemade Tapas
Dally Special ☛ Snacks & Lunches
Free WIFI ☛ Happy Hour 4-6pm
Large Sunny Terraces ☛ Everyone Welcome

www.facebook.com/TheGreenBarBenavista

Flipping fantastic

NEW DOLPHIN BOAT

GIBRALTAR'S top dolphin tour company, Dolphin Adventure, has started building a new boat. The new boat, a 14 metre Blyth catamaran, is expected to be in service this summer.

Angie Watkins, Dolphin Adventure Operations Manager, explains: "Many of our customers have never been on a boat before, we want to give them the best that is possible, an amazing dolphin experience with a neutral level of intrusion for our dolphins," she said.

Dolphin Adventure, which has been based in Ocean Village/Marina Bay for over 20 years, has seen its passenger numbers grow and grow.

"We started out with a boat that could carry 12 passengers, this year's new arrival will take us up to 120 passengers on two boats," says Angie. The building of the new boat can be followed on the Facebook page, Dolphin Adventure Gibraltar. www.dolphin.gi



Avoid going potty this summer with pottery painting

POTTERY Painting is a great summer activity for all ages. One of the best places on the coast to do this is at Sotofiesta, where you design and paint whatever you choose on a piece of unglazed pottery and have it fired to be taken home.

Run by specialist cake maker Sinead and partner Tony, this is always fun for the kids.

Both are balloon artists and offer an Aladdin's cave of delights including all the paraphernalia for a party, plus a pottery studio and party shop.



Thirsty, Hungry, Kids bored? Planning a Party? Come to Sotofiesta!

Enjoy cupcakes and drinks while the kids create in our pottery painting studio. Browse our amazing party store to make the best party ever! Order personalized cakes, balloons, banners, wrapping... you name it we've got it, call 956 695 983 or come and find us next to the M340 near Sotogrande.

Sotofiesta S.L.

Calle Sierra Bermeja, S/N, Vía de Servicio (N-340), Pueblo Nuevo de

Guadaro, San Roque 1131, Cadiz

Tel: 956 695 983 Mob: 661 254 175 & 697 623 148

Email: sineadfligate@hotmail.com & softailtone@hotmail.com

DOLPHIN ADVENTURE

See Gibraltar's dolphins wild and free!

20%
discount
for online
bookings

Tel: (00 350) 200 50650 www.dolphin.gi
MARINA BAY - OCEAN VILLAGE, GIBRALTAR

REMEMBER what I told you, yelled my instructor Robin. "Let your arse slide, roll your shoulders and bend your knees, but above all just relax," he grinned, before gunning the engine on the speed boat.

A second or so later I was being wrenched out of the water and onto my feet - which were strapped to an apparatus known as a wakeboard.

It all seemed so simple and for a few triumphant seconds I rode literally on the crest of a wave, zipping along wondering what all the fuss was about. This is easy I thought. But suddenly I tensed up my knees and the board went from under me and I came to a violent stop - using my face as a brake.

"You certainly ate a lot of s*** there mate," exclaimed Robin, who is a current Irish champion.

And so ended my first run on what was to be a tiring, but extremely enjoyable introduction to the world of wakeboarding.

On a creation similar to a snowboard, as far as the tuition goes I couldn't have been in better hands.

Not only are the majority of instructors at Xtreme Gene current champions for their respective countries, but the little-known spot is one of Europe's top destinations for

Rude a-wakening



James Bryce gets his hair wet on an incredible centre for waterskiing and wakeboarding near Cordoba

watersports teams. Nestled around the 'secret' Embalse de la Brena reservoir, near Almodovar del

It is a great place to bring the kids to learn to waterski, as well as canoe, fish and swim

Rio, the 'camp' of a dozen wooden cabins is a wonderful place for a weekend break.

Not just ideal for sports enthusiasts, it is a great place to bring the kids, who can learn how to ski, as well as canoe, fish and swim.

Tucked away at the end of an unassuming dirt track off the old Cordoba to Sevilla road, few places in Andalucia offer such wonderful wilderness with wonderful soaring views across the Sierra Morena.

Actually set up as long ago as 2002, its owners Debbie and Matt Southam and former Spanish champion Andreas Alijo bring a wealth of differ-

ent experiences to the table. Like chalk and cheese, professional waterskier Matt has represented England, while Debbie spent years working in marketing for Ministry of Sound nightclub in London and Bacardi.

"I used to organise loads of events around the world and, in particular, in Ibiza," she explains. "I had big teams under me and so setting up a business like this came naturally to me."

A fun-loving pair, they are now well integrated into the local community and are credited with bringing considerable benefits to the economy.

They certainly have a knack of getting the best teachers. Several of the instructors divide their time between teaching and competing at the key international championships.

All of which left me wondering how many other activities allow complete novices like myself such unprecedented

access to athletes who truly are at the top of their sport.

Essentially it's no different to rocking up to your local tennis club and having Rafael Nadal giving you pointers on how to improve your backhand.

And, perhaps surprisingly, the teachers were remarkably patient as I floundered around in the brine, not knowing what had happened.

"We often get total beginners, as well as stag weekends, so they have to be patient," explains Matt, who was once ranked at fourth in the world.

By the evening, I was ready for a quiet drink at the bar watching the fantastic sunset with an unobtrusive backdrop of ambient music, which gave the place a distinctly Ibiza vibe.

Although there is often a deep divide in ability on the water, the atmosphere on dry land was distinctly inclusive, with everyone made to feel like part of the family.

Meals are provided twice a week, although a lack of self-catering facilities leaves guests with little choice but to venture into town on other nights.

That said, there are plenty of eating options in Almodovar, including the brilliant La Taberna, an atmospheric place with a great menu.

I was given a demonstration by another of the UK's great slalom skiers Jade Maryan

Only 15 minutes away you will also find the wonderful city of Cordoba, with its famous Mezquita, while nature lovers will enjoy a trip into the nearby Parque Natural Sierra de Hornachuelos.

As morning broke to the sound of my creaking limbs, it was time to try the more traditional aquatic activity of water skiing before heading for home.

This time I was given a demonstration of how it should be done by another of the UK's great slalom skiers Jade Maryan, who effortlessly slalommed her way through a series of buoys on a mono-ski.

Thankfully, despite the pressure of being watched by both Jade and instructor Matt I somehow managed to maintain some degree of dignity.

Then it was away from waterworld, certain in the knowledge that this place will not remain a secret for much longer.



waterski & wakeboard camp
Xtreme-gene
cordoba spain

World class coaching here at Europe's most popular waterski and wakeboard holiday destination and self great value for money!!!

Based in an amazing part of Southern Spain great facilities including a bar & restaurant on a stunning calm fresh water lake.

Catering for all skiers and riders from beginners to Pros.

Various accommodation choices to suit all from lakeside cabins, hotels, villas, & apartments.

Wakeboard, Wakeskate & Surf training by our amazing team of World Class riders including Andres Alijo, David Coates, & Carro Dipju.

Waterski and Trick coaching by World Class skier Matt Southam and his Team.

FOR MORE INFORMATION GO TO:
WWW.XTREME-GENE.COM
EMAIL: INFO@XTREME-GENE.COM
OR CALL: 0034 957057010
0034 667739392



TALENT: James gets wet and wild with Jade

Yearning for yoga



It is that time of year when you need to get your body in shape.

And there is nothing like a bit of serious yoga to limber up and make yourself look lithe.

Estepona-based Graciela Heredia is now offering yoga classes up and down the coast, principally of the Hatha discipline.

The Argentinian, who is married to an osteopath, will put you through your paces and help your posture and all round fitness.

In particular she is now offering classes at the Asociacion Estepona Flamenco, on Avenida San Lorenzo, in Estepona, on Thursday at 8am and Wednesday at 8pm. Contact her at gratangog@gmail.com or call 951 249 732 / 620 449298.