Lapped by the nature of the Mediterranean Sea, the Costa del Sol comprises over 150 kilometres of coastline in the provinces of Málaga. In the south of the Vélez-Premuda, not for nothing was it named “the Sun Coast”, over 326 days of sunshine per year combined with a mild climate add up to a peculiar location with beaches to suit all tastes.

From the cliffs of Maro, passing through Nerja with its Balcon de Europa and Cave, the expanse of Vélez-Málaga, the exquisiteness of Cabo de Gata, the provincial capital of Málaga, the picture of Torremolinos, Benalmádena, Fuengirola, Mijas, Marbella, Estepona and Manilva and the tranquility of Casares, the Costa del Sol is a dream location in which to spend a holiday, and one which offers endless possibilities.

The western Costa del Sol

Benalmádena, our next destination, consists of three areas: Benalmádena Pueblo, situated in the mountains, is a typical Andalusi village with whitewashed houses decorated with potted flowers; Arroyo de la Miel is closer to the coast and is the business and shopping centre, while Benalmádena Costa overlooks the sea and features an impressive promenade offering a variety of opportunities for leisure and recreation; the highlight being its picturesque harbour. The last stop on our route is Torremolinos. Sea breezes bring a soothing cooling effect. The beach bars or restaurants provide the ideal place to enjoy a meal after a pleasant stroll strolling the promenade with the sound of the waves in the background. Torremolinos boasts the widest range of hotel accommodation on the Costa del Sol and in addition to the best infrastructure for the staging of congresses and all other events in the shape of the Pabellón de Actos Municipales Auditorium.

This route takes us through the towns that lie in the area between the provinces of Cádiz and the city of Málaga, and the Casares. Our journey begins in Casares, a mountain village restored by the Sierra Bermeja, officially declared an area of historical and artistic importance. The centre of Casares is of Arab origin, as are the remains of the fortress and La Hedadita Balba, also worthy of note are La Ermita del Cristo de la Caridad and La Ermita de Santa María del Chorro.

The next stop is Marbella, where we will visit Santa María de la Encarnación Church and San Blas Church. Marbella Castle is recommended, along with a stroll through Las Vegas Park, a real delight for nature lovers and visitors. The beach, one of the best in Europe, offers the ideal place to enjoy the sun, a perfect place for sports enthusiasts.

The eastern Costa del Sol

Málaga, city of light and other, is home to one of the best beaches in Europe, Vélez-Málaga. Miniature basilica, Roman Theatre and Gibralfaro Castle, which offers spectacular views, are a must. We will visit the old town, a privilege to visit, featuring locations such as Plaza de la Merced, Plaza de los Descalzos, Plaza de la Constitución, Plaza de la Merced with its Picasso Museum and the house where the famous Málaga painter was born, along with the best of buildings and cemeteries.

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Cuisine

The Costa del Sol boasts a rich and varied cuisine. Typical mountain fare includes squid dishes such as galloscones, a sauce complex, as well as snails and garlic aioli. In addition to these, we can enjoy the many local seafood, such as fish, mussels, clams and squid, which are predominantly grilled or fried and served in different dishes, such as tapas or large plates. The seafood served in the Costa del Sol is characterised by its freshness and quality, which is reflected in the wide variety of dishes available.