

TODAY THERE'S NO STOP- PING ME

Active Tourism and Diving
Region of Murcia



Region of Murcia not-typical

www.murciaturistica.es
www.no-typical.tv

TODAY THERE'S NO STOPPING YOU

**Today you're part of nature.
Today the hares will be showing you the way and hopping
alongside you as you conquer the highest peaks.
Today your flying companions are the birds.
Today the fish will be opening their doors to you and
revealing the hidden treasures of their shipwrecks.
Today you feel ready to take on the whole world, land,
sea and air.
Today adventure beckons and you're up for everything
there is in store.**

**Today you've got a thousand and one plans in the Region
of Murcia.
WELCOME!**



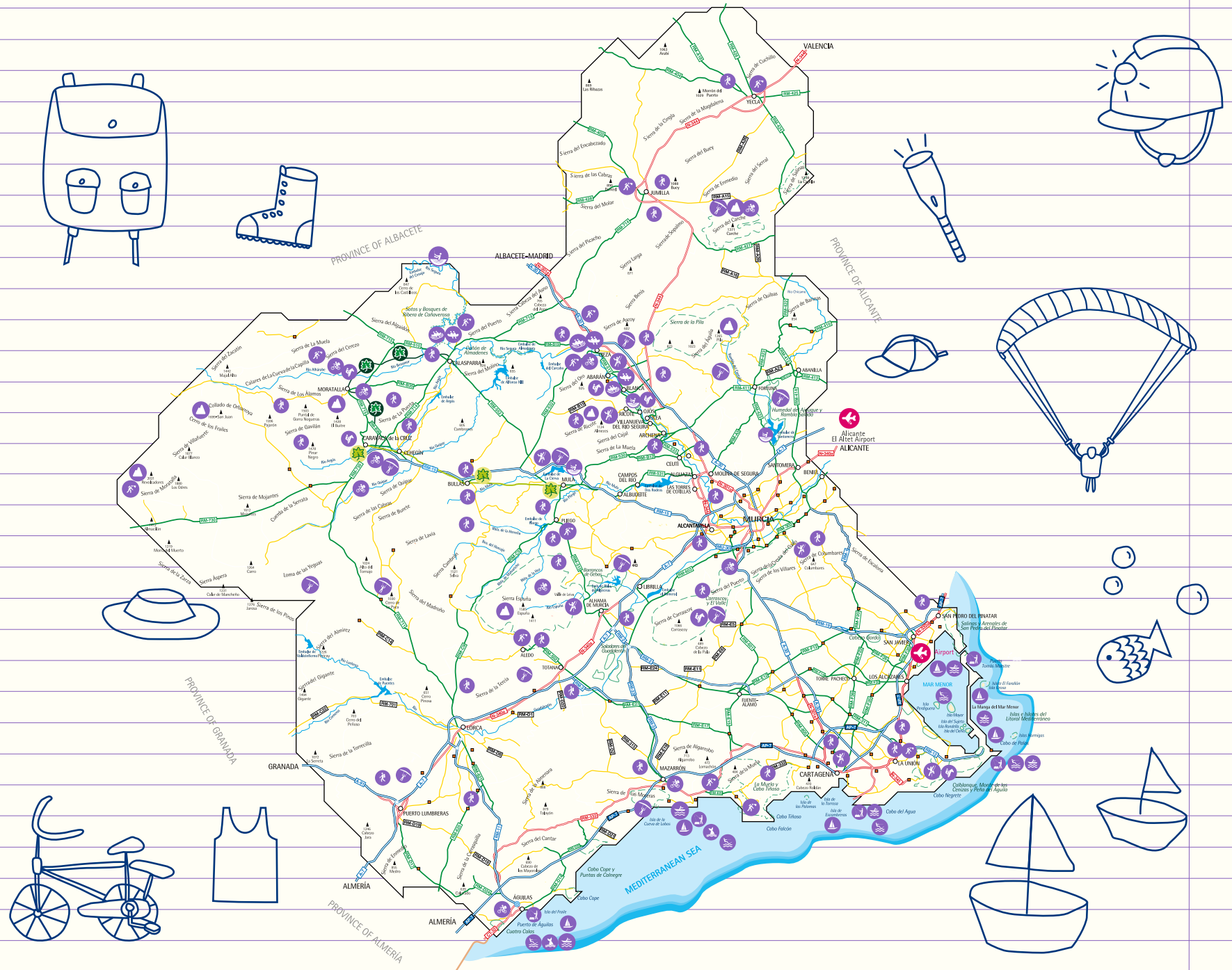
Photography: Miguel Ángel García Gallego, José Luis Montero, A.Ros, J. Llamusi, FERM, David Frutos, Panxo Pi-Suñer, Daniel Cruells, Asociación de Centros de Buceo de la Región de Murcia (ACBRM), Rafael Fernández, Txomin, César Cachón.

Information updated January 2010

TODAY YOU'RE FEELING ACTIVE IN THE REGION OF MURCIA

In the **Region of Murcia** we'd like you to be really active, every single minute of the day. Here there are **peaks** for you to conquer, **waters** to row, **woods** and **caves** to explore and **skies** to furrow. You're in a land full of stories in the making, where you are the leading character. Wander **trails** on foot, by bike or on horseback. Reach the crest of a **mountain** or a wave. Tackle the River Segura head-on in a raft. Venture down into the depths of the earth or fly as high as a falcon. Get in touch with your most adventurous side.

Today your adrenaline is guaranteed to be pumping!



TODAY YOU'VE GOT YOUR FEET ON THE GROUND

On foot, by bike, climbing or on horseback... Explore every last corner of the Region of Murcia along our Recreational (PR) or Long-Distance (GR) Routes while keeping in shape in the great outdoors. Conquer mountains such as those in the Sierra Espuña, Revolcadores or the Pico de El Almorchón, or those around Cartagena or the Monte de las Cenizas. Forget about the hustle-bustle of everyday life in regional parks such as El Valle y Carrascoy. Climb Leiva's rock faces or journey to the depths of the earth through amazing caves and chasms, adapted both for visitors and for expert cavers alike.

Today you're definitely in 4-wheel drive!





THESE BOOTS WERE MADE FOR WALKING



01 TREKKING

- **Recreational routes (PR):** 48 officially approved PR routes spread across the Region of Murcia.
- **Long distance routes (GR):** 9 officially approved GR routes across the Region of Murcia.
- **Local footpaths (SL):** 14 officially approved SL footpaths right across the Region of Murcia.
- **GR7 E4:** Runs through the Region of Murcia on its route from northern Europe.

 **Vía Verde del Noroeste - North-West Green Route (GR250):** 48 km (between Baños de Mula and Caravaca de la Cruz).

 **Ruta Verde del Noroeste - North-West Green Path:** Link to the North-West Green Route from Calasparra to Caravaca de la Cruz, via Moratalla.

02 HILL CLIMBING (ON FOOT OR BY BIKE)

- **Pico de Revolcadores** (Moratalla, altitude 2,021 m).
- **Morrón de España** (Totana, 1,583 m).
- **Cima de La Madama** (Sierra del Carche, 1,371 m).
- **Villafuerte** (from Calar de la Santa, 1,750 m).
- **Buitre** (Moratalla, 1,428 m).
- **Sierra de la Pila** (Fortuna, 1,265 m).
- **Sierra de Ricote** (1,124 m).

03 CLIMBING

- **Paredes de Leiva** (Alhama de Murcia). Almost perfect rock-face, almost 200 m high and over 2 km long with 244 climbing routes).
- **Pico de El Almorchón** (Cieza).
- **Cresta de El Gallo- Panocha** (Murcia).
- **Embalse de la Cierva** (Mula).
- **Cabezo de la Fuente** (Los Belones).
- **Peñas Blancas** (Cartagena).
- **Sierra de Ricote**



04 CAVING

Caves for Visitors

- **Cueva del Puerto** (Calasparra).

Caves for Sport Caving Enthusiasts

- **Sima Destapada** (Cartagena).
- **Sima de La Higuera** (Pliego).
- **Cueva del Pulpo** (Cieza).
- **Cueva Arco-Orón** (Cartagena).
- **Cueva del Pozo** (Jumilla).

Of particular interest due to presence of rock paintings

- **Cueva de La Serreta** (Cieza).
- **Sima de la Yedra** (Jumilla).
- **Canto de la Visera and El Mediodía Rock Shelters** (Yecla).

Others

- **Agrupación Vicenta underground mine** (La Unión).

05 CYCLING TOURS & MOUNTAIN BIKING

- **Sierra España**
- **North-West**



- **El Arco del Nevazo** (Caravaca de la Cruz).

- **Sendero de los Miradores** (Caravaca de la Cruz).

- **Moratalla**

- **North-East**

- **Sierra del Carche** (Jumilla).

- **Ricote Valley**

- **Cieza**

- **Mazarrón**

- **Águilas**

- **El Valle y Carrascoy Regional Park** (Murcia, Fuente Álamo, Alhama de Murcia).

- **El Relojero**

06 HORSE RIDING

- **Calblanque** (Cartagena).

- **Blanca**

- **Serranía de Caravaca**

- **Moratalla**

- **El Valle y Carrascoy Regional Park**

- **Abarán**



Trekking in Cabo Tiñoso
Cartagena



La Higuera Cavern
Pliego



Climbing on La Panocha
Murcia



Mountain biking
Lorca

TODAY YOU'RE LIKE A FISH IN WATER

Being able to enjoy water sports all year round without worrying about ending up frozen is a real treat. In the Region of Murcia we have two seas, a river, an average annual temperature of 18°C and more than 3000 hours of sun a year.

The Mar Menor and the Costa Cálida (Warm Coast) are ideal for sailing, windsurfing, kitesurfing and kayaking amongst other activities. You can also enjoy sports such as these in Águilas, Mazarrón, Cabo de Palos, La Manga and various places along the Cartagena coast such as El Portús, La Azohía or Isla Plana.

The Estación Náutica Mar Menor offers visitors a wide variety of water-based activities on La Manga and the Mar Menor. If you are more of a fresh-water person, the River Segura is the place for you. The journey down the river from the Puente de Hierro (Iron Bridge) in Cieza is an unforgettable adventure, taking you through protected landscapes of outstanding natural beauty by canoe, kayak or raft.

Bet you just can't wait!



Kayaking at Cabo de Palos

LET'S MAKE A SPLASH!

01 RIVER SPORTS (CANOEING - KAYAKING)

- Blanca
- Abarán
- Cieza
- Calasparra

02 RAFTING

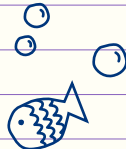
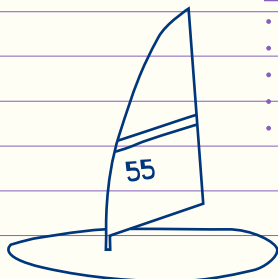
- Blanca
- Cieza
- Calasparra

03 SEA KAYAKING

- Mar Menor
- La Manga
- Cabo de Palos
- Mazarrón
- Águilas
- Cartagena

04 SAILING

- Águilas
- Mazarrón
- Cartagena
- La Manga
- Cabo de Palos
- Mar Menor



05 WHALE & DOLPHIN WATCHING

- Mazarrón
- Águilas

06 WATER SKIING / JET SKIING / WINDSURFING / KITESURFING

- Mazarrón
- Águilas
- Mar Menor
- La Manga
- Cabo de Palos
- Cartagena

07 FRESH-WATER FISHING

- Santomera
- La Cierva Reservoir (Mula).
- El Cenajo Reservoir (Moratalla).
- El Azud de Ojos Reservoir (Blanca).

08 SEA FISHING

- Águilas
- Mazarrón
- Cartagena
- La Manga
- Cabo de Palos



Rafting on the River Segura
Calasparra



Windsurfing
Mar Menor

TODAY YOU'RE UP, UP AND AWAY

The time has come to change perspective. The **Region of Murcia** would like to suggest you look at things from a different, much, much higher angle. Discover a landscape full of contrasts and peaks, massifs and mountain ranges; perfect natural vantage points for you to enjoy any number of adventure sports. **Paragliding, hang-gliding, zip wiring, gliding, light aircraft tours or parachuting** are some of the activities our skies have to offer and which are sure to fulfil your desire to fly unaided.

Choose your favourite type of wings and soar through the skies. Feel like a bird for a while and experience the height of enjoyment in the utmost safety.

All you're missing are the feathers!



IS IT A BIRD? IS IT A PLANE?



Zip wiring
Cresta del Gallo

01 PARAGLIDING, HANG GLIDING

- Sierra del Carche (Jumilla).
- Carrascoy (Murcia).
- Yechar (Mula).
- La Muela (Alhama de Murcia).
- La Paca (Lorca).
- Peña Rubia (Cehegín).
- Sierra de la Pila (Fortuna).
- Peña Rubia (Lorca).
- Bolnuevo (Mazarrón).
- Sierra de Ascoy (Cieza).
- Aledo
- El Bordillo (Fortuna).
- Zarcilla de Ramos (Lorca).



Paragliding
Jumilla

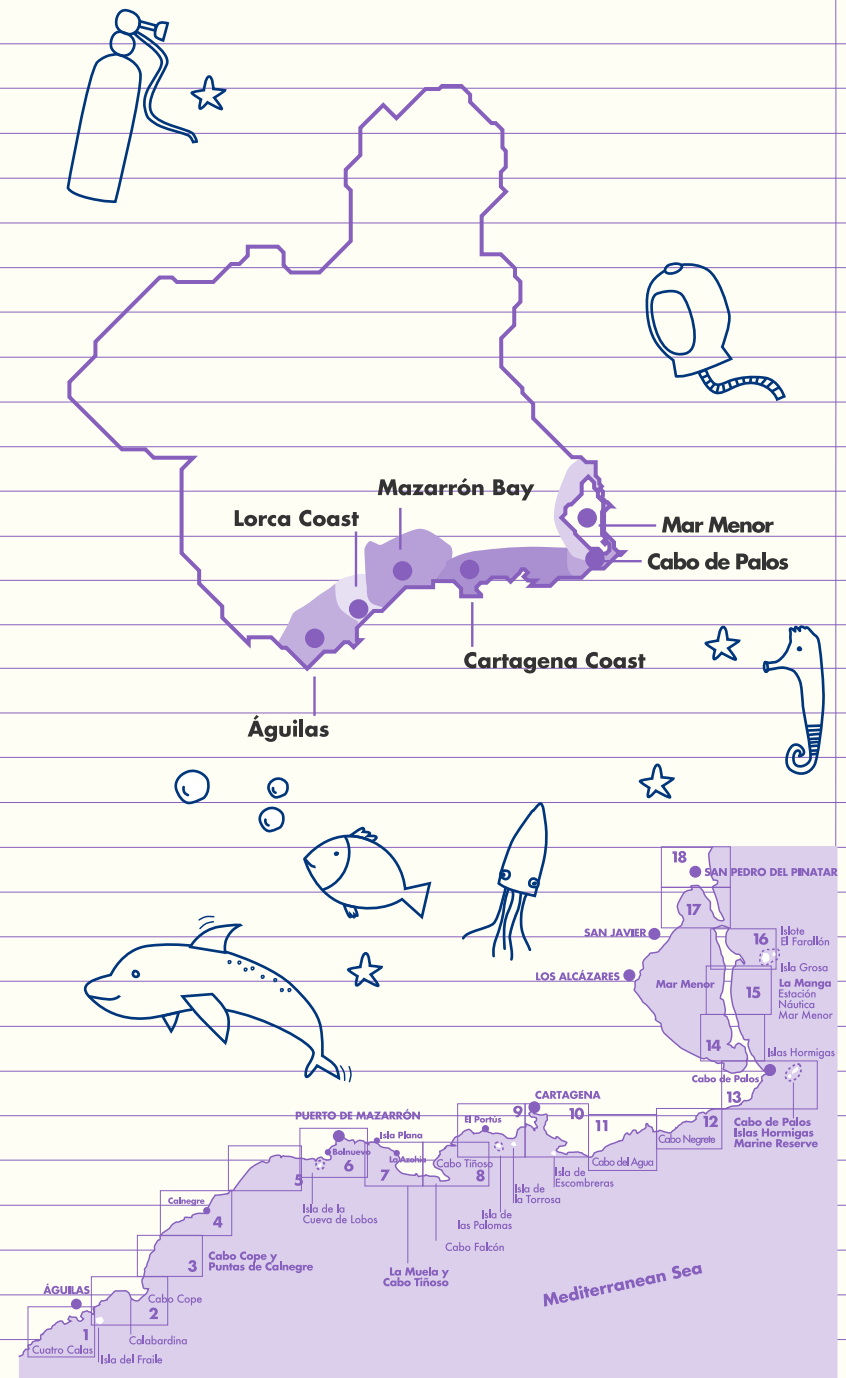
TODAY YOU'RE DIVING IN THE REGION OF MURCIA

Grab your mask and wet suit and get ready to enjoy new horizons. The underwater world awaits.

Discover the wealth of marine life and the beauty of our seabed and dive among wrecks that have great stories to tell. In Cabo de Palos - Islas Hormigas - Isla Grosa, Cartagena - La Azohía, Mazarrón and Águilas you can enjoy everything from easy dives in shallow waters to more challenging routes recommended only for the most experienced divers.

The Region of Murcia has numerous diving centres that provide courses and offer introductory diving experiences. Whether you are a complete beginner or a seasoned sea dog, we have just the activity for you.

Immerse yourself in the Region of Murcia!



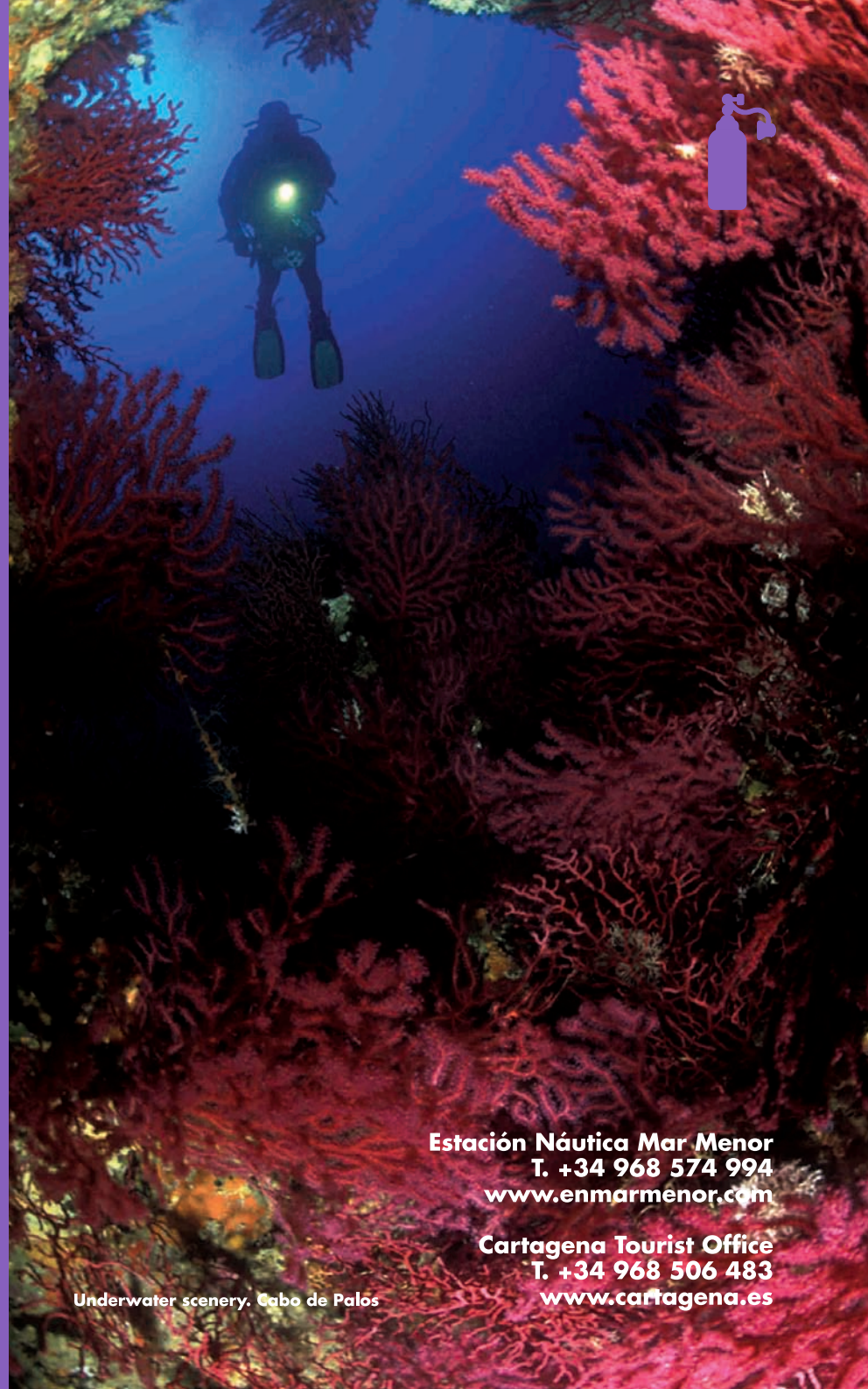
CABO DE PALOS / ISLAS HORMIGAS / ISLA GROSA

Get to know the Region of Murcia's exceptional underwater landscapes. In Cabo de Palos, Islas Hormigas and Isla Grosa you'll be just another fish in the sea, swimming at your leisure.

Cabo de Palos is located in a privileged setting on the open sea, with numerous species passing through. To the north-west, a series of fabulous reefs have earned the Cabo de Palos - Islas Hormigas Marine Reserve, created in 1995, its excellent reputation. You can also go on wreck dives here. At Isla Grosa you'll be flipping your fins over an authentic underwater garden, amid stunning scenery and extensive sea-grass meadows. This area is considered one of the best in the Mediterranean for diving.

The Estación Náutica Mar Menor offers visitors an extensive choice not just of activities but also accommodation and other services, all of the highest quality.

Bet you feel like taking a dip!




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Cartagena Tourist Office
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Underwater scenery. Cabo de Palos


DIVE SITES


IN THE CABO DE PALOS - ISLAS HORMIGAS MARINE RESERVE

 **01 Piles I (13).** 75-metre long rocky ridge. Depth: 7 - 29 m.


 **02 Piles II (13).** This second ridge is located just beyond Piles I. Depth: 11 - 32 m.


 **03 Bajo de Dentro (13).** Rocky pinnacle emerging from the depths. Depth: 3.3 - 50 m.


 **04 Bajo de la Testa (13).** Enormous meseta-type rock formation surrounded by a field of sea-grass and coralligenous algae. Depth: 8 - 24 m.


 **05 Bajo de Fuera (13).** Rocky, 100-metre long reef with needle-like crests just 3 metres below the surface. The Sirio, the Nord América and the Minerva all went down here. Depth: 3 - 60 m.


OUTSIDE THE CABO DE PALOS - ISLAS HORMIGAS MARINE RESERVE


 **01 The 'Carbonero'.** Wreck of a 120-metre freighter on the sandy sea bed. Home to species such as scorpion fish, cod, moonfish and kingfish. Depth: 44 m.

 **02 La Laja (16).** 1.4 miles from the Tomás Maestre port. This shoal provides refuge to barracuda, dentex, sargo and large clams. Depth: 2 - 20 m.

 **03 Bajo del Descargador (13).** Isolated rock some 50 metres in diameter, which stands alone on the sandy sea bed. Depth: 2.5 - 17 m.

 **04 El Farallón / Isla Grosa (16).** 1.2 miles from the Tomás Maestre port. These volcanic islets boast a great variety of marine life. Depth: 0 - 20 m.

 **05 The 'Stanfield' (13).** A fantastic dive for experienced divers to a 120-metre by 14-metre wreck. Depth: 45 - 60 m.

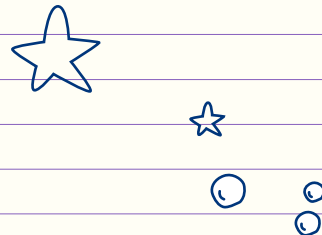
 **06 The 'Isla Gomera' (13).** Wreck known popularly as the "Naranjito", which sank in upright position 1.36 miles from the Tomás Maestre port. Depth: 27 - 46 m.



Wreck dive
Cabo de Palos



Underwater scenery
Cabo de Palos



CARTAGE- NA / LA AZOHÍA

There's much more to diving than just swimming among fish and underwater landscapes. There are places where emotion meets history, as is the case in **Cartagena**, one of the Region of Murcia's most fascinating and unspoilt recreational diving destinations. Protected from the Levante wind and benefiting from excellent diving conditions, Cartagena offers you the opportunity to discover the historical and archaeological wonders that the sea bed has in store.

For an easy, enjoyable and safe dive, head to **La Azohía**. This is a lovely fishing village with a real Mediterranean flavour, where age-old fishing methods such as the use of almadraba nets are still in use. The protection offered by the cliffs of **Cabo Tiñoso** ensures a calm and current-free sea, with numerous dive sites suitable for divers of all levels. Dives are at depths of 12 to 42 metres, following the cliffs, with rocky ridges and several underwater caves that offer superb light effects and are home to abundant flora and fauna.

Neoprene is your second skin!


Cartagena Tourist Office
T. +34 968 506 483
www.cartagena.es




Sea horse


DIVE SITES

IN CARTAGENA


 **01 Isla de las Palomas (9).** Three different dives, the highlight of which is the route around the island. Depth: 5 - 25 m.

 **02 Bajo de las Palomas (9).** Crest of an underwater mountain beyond the island. Depth: 10 - 30 m.

 **03 Cueva de Neptuno or de la Virgen (9).** Cave located to the east of Cabo Tiñoso. One of the most visited caves, with easy access, leading up to a lagoon connected to the surface. Depth: up to 14 m.


 **04 Isla de Escombreras (10).** Three different dives, the highlight being the Pared del Capitán (500 m in length). Depth: 0 - 25 m.


 **05 Bajo de Escombreras (10).** Crest beyond the island. Depth: 8 - 35 m.


 **06 Navy Diving Centre Wrecks (10).** Remains of a tug and an aircraft cabin. Depth: 12 - 22 m.


 **07 Las Siete Colinas (9).** Group of seven crests. Depth: 10 - 30 m.


IN LA AZOHÍA


 **01 Cala Cerrada (7).** Cove with a single access to the sea. Ideal for first diving experiences. Depth: up to 30 m.

 **02 Cueva del Lago (7).** Cave suitable for all levels, leading to a natural lake more than 70 metres long inside. Depth: 3 - 12 m.

 **03 El Arco (7).** One of the area's signature dives where you can see all the Mediterranean's underwater landscapes. Depth: up to 37 m.

 **04 Punta Falcón (8).** Sea bed protected from the Levante wind, which enjoys a unique position in the Iberian Peninsula. Depth: up to 34 m.

 **05 La Farola (8).** The tip of Cabo Tiñoso is subject to a gentle current resulting from the confluence of the two bays, which provides for a constant stream of shoals of predators, a variety of benthonic species and unique flora. Depth: up to 54 m.

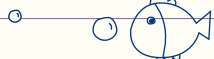
 **06 La Garita (7).** At the foot of an old military construction, the rock forms a series of staggered terraces, where you can still see triton sea snails, a species at risk of extinction. Depth: up to 30 m.



Underwater scenery
Cartagena



Underwater scenery
La Azohía



MAZARRÓN

The wind caresses your face, the sun fills you with energy and the shimmering water catches your eye. What are you waiting for? It's time to explore Mazarrón's deep blue sea.

Feel the sense of weightlessness experienced when floating in a completely different, magical and mysterious world. A good place to do so is the **Port of Mazarrón**. Situated between **Cabo Cope** and **Cabo Tiñoso** on the **Gulf of Vera**, the port is blessed with natural surroundings unmatched elsewhere on the Mediterranean. There are some 35 kilometres of beaches, a multitude of deserted coves, stunning diving territory and several underwater caves. Just like virtually the whole of the Murcian coast, the sea off the Port of Mazarrón is full of interest, both for beginners and for more experienced divers.

The area for diving is located mostly within a 10-mile radius of the port. Throughout this area it is possible to dive at depths of up to 60 metres.

Compared to you, the Little Mermaid is a complete beginner!

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www.mazarron.es



Underwater scenery. Mazarrón

DIVE SITES

01 **Bajo de Emilio or Piedra del Muelle (6).** Crest of an underwater mountain, which is home to grouper, conger eels, dentex, sargo, moonfish, etc. Depth: 14.4 - 33.5 m.

02 **La Isla de Paco (6).** Ideal for those with some experience. Large variety of animal and plant life. Depth: 0 - 14.4 m.

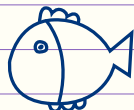
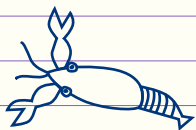
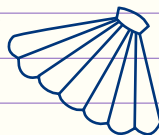
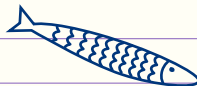
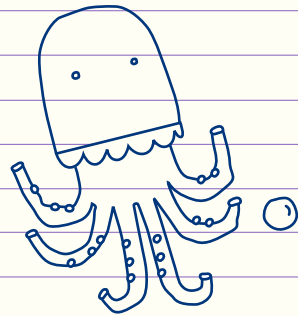
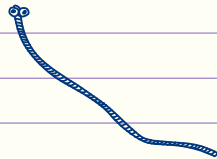
03 **Azores (6).** Large marine life: grouper, lobster, moray and conger eels amongst others. Depth: 42 m.

04 **El Freo (6).** Variety of large species. Depth: 37 m.

05 **Isla de Cueva Lobos (6).** Extensive meadows of sea grass and marine life. Depth: 0 - 24 m.

06 **The 'Nalón' (6).** Navy minesweeper scuttled in 1999. Depth: 33 m.

07 **Cala del Faro (6).** Ideal for beginners' courses. Sea grass meadow and small species such as octopus, damselfish, plaice and comber. Depth: 2 - 9 m.



Wreck
Mazarrón



Underwater scenery
Mazarrón

ÁGUILAS

Try diving and you'll fall in love with the sea. You'll soon be used to playing hide-and-seek with the fish, underwater landscapes and drifting amid colourful seaweed and coral... Each dive is different and sure to leave you eager for the next.

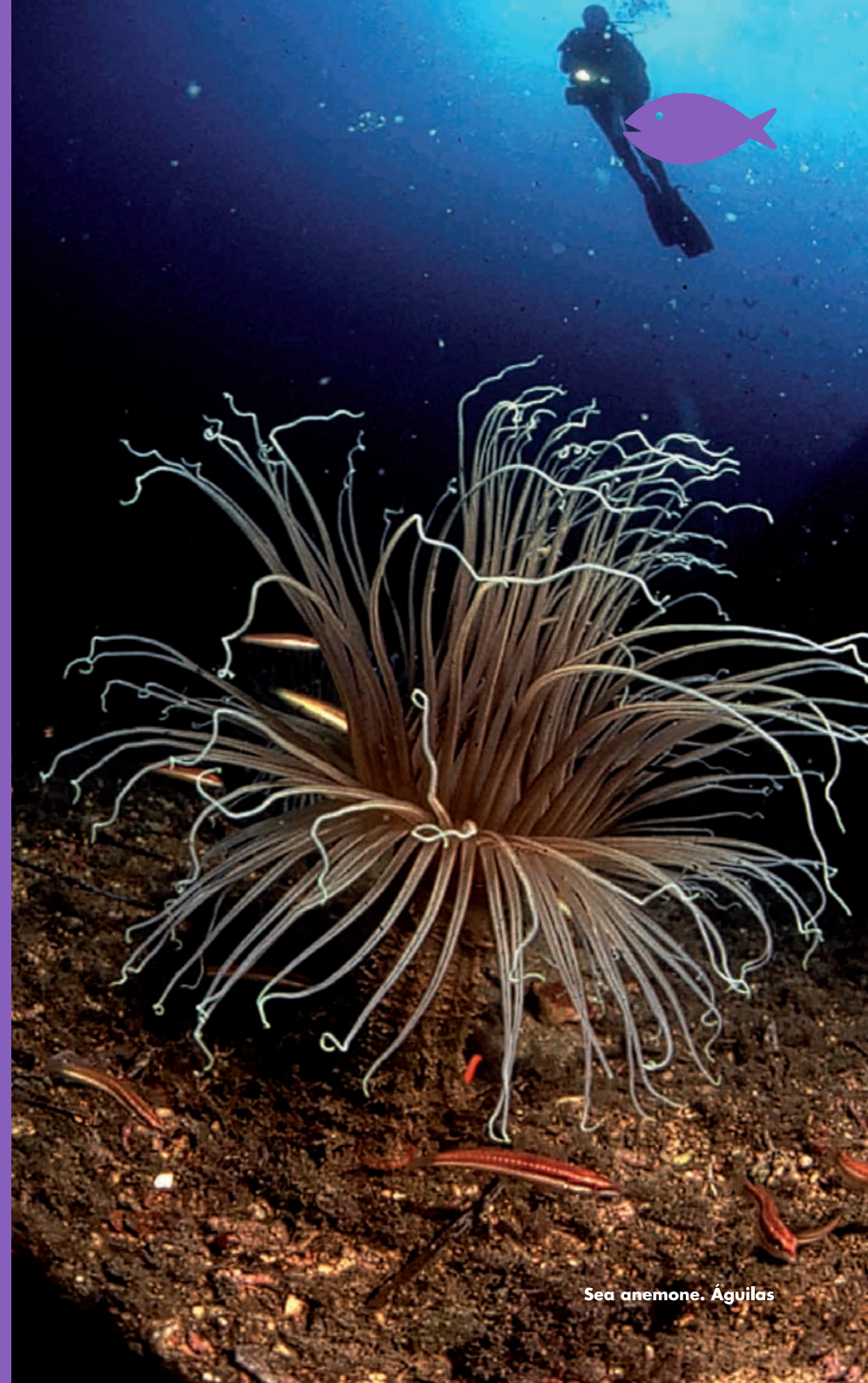
In **Águilas** you can give free rein to your fins. Opening out from the present-day port of Águilas, is a vast underwater region that stretches from the **Peñón de la Cueva de los Lobos** to Punta Parda. In the shelter of majestic cliffs and beautiful beaches you'll find dive sites that are well out of reach of the vagaries of the weather.

The nature of the coast itself, the protection provided by the crags and mountains of the **Sierra del Cantar** and the temperature of its waters make Águilas the ideal place for diving enthusiasts. The feared Levante and North winds have their route blocked, the Poniente can scarcely get through and only the southerly Lebeche occasionally affects these warm, tranquil Mediterranean waters.

With such good conditions you're sure to cover more leagues than the Nautilus!

Águilas Tourism Consortium
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Sea anemone. Águilas

DIVE SITES

01 La losa del Cobacho (2). Advanced dive with wrecks such as the Montoya, El Sable and Hermanos Mayor. Home to grouper, barracuda, dentex, swallow-tails and moonfish. Depth: 24 - 42 m.

02 El Rescullador (2). Area protected from the Levante wind. Rocky sea bed with abundant meagre, sea urchins and multicoloured fish. Depth: 10 - 20 m.

03 El Jardín (2). Very easy dive with an abundance of grouper, sargo, octopus, slipper lobster, moray and conger eels. Depth: 25 m.

04 Piedra de Santa María (2). Ideal for beginners. Lobster, spet, doncella and ornate wrasse. Depth: 17 - 21 m.

05 Cueva del Mármol (2). Cave offering easy access and diving. Known as the marble cave due to the light effects created by its white limestone walls. Depth: 15 - 20.5 m.

06 Cueva de la Virgen (2). Easy and virtually current-free. Home to the tail of a light airplane and two wrecks, the Ana María and the Nueva Mi Teresa. Depth: 25 m.

07 The 'Fontanet' (2). Easy, chance of strong currents. As well as the stern of the Fontanet there are rat-tails, lizard fish and the occasional torpedo fish. Depth: 12 - 19 m.

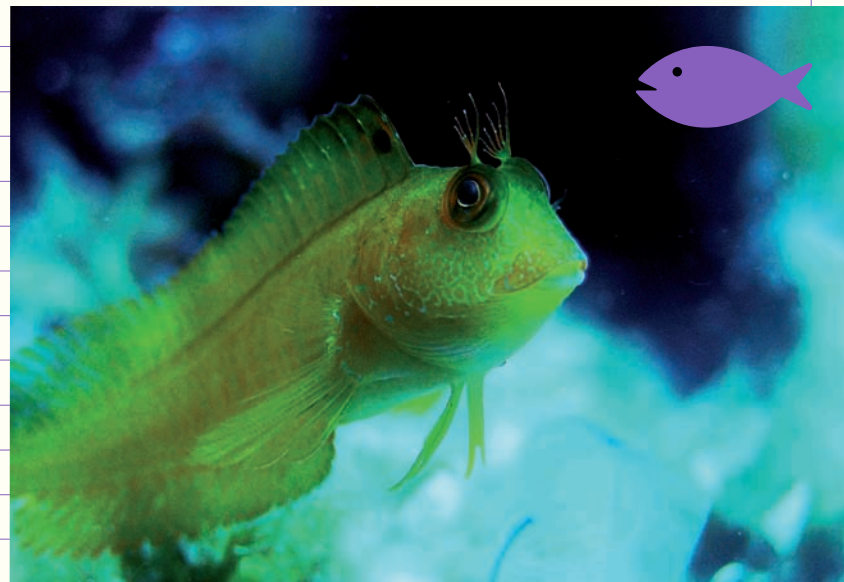
08 The 'San Francisco de Asis' (2). Intermediate. Direct access via a cape. Depth: 21 m.

09 La Fuente de Cope (2). Advanced. Shoals of kingfish, barracuda, damselfish, rainbow wrasse, octopus... Depth: 30 - 32 m.

10 La Losa (1). Challenging deep dive with occasional currents and intermediate visibility. Depth: 30 - 34 m.

11 La Piedra de la Rosa (1). Deep, intermediate to advanced dive with a scuttled fishing boat creating a reef. Depth: 38 - 40 m.

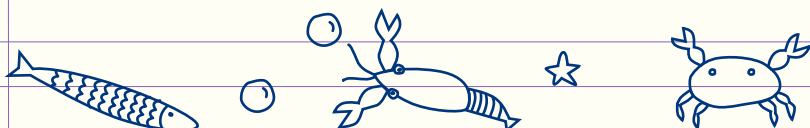
12 Isla del Fraile (2). Rockfall dive, with occasional currents and intermediate to good visibility. Depth: 25 - 28 m.



Underwater scenery
Águilas



Underwater scenery
Águilas



**THERE ARE
MANY
WAYS OF
EXPERI-
ENCING
THE SAME
PLACE...
YOURS
AND ALL
THE REST**