



# La Manga

Photo: Andrey Lebedev/Shutterstock.com

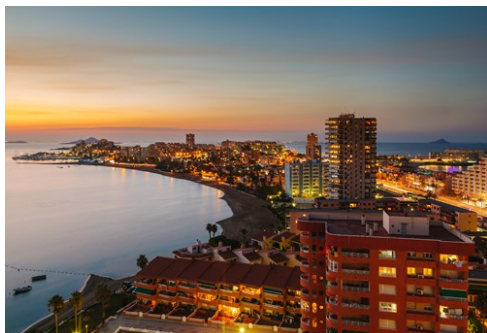


holbox/Shutterstock.com

La Manga del Mar Menor, also known simply as La Manga, is a stunning summer vacation destination that attracts both local and international travellers. Nestled between two seas, the area is comprised entirely of beaches, including the western shore, where the warm waters of Europe's largest lagoon provide healing properties. The strip is also famous for its top-notch golf courses.

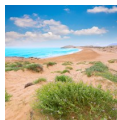


Alex Tihonovs/Shutterstock.com

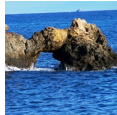


VICTOR TORRES/Shutterstock.com

## Featured

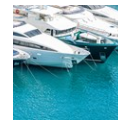


**Calblanque Regional Park**  
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**Beaches**  
La Manga boasts a number of stunning beaches for both sunbathers and water s...

## Top 5



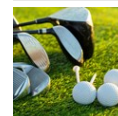
**Marina Tomas Maestre**  
North of La Manga on the spit lies the Tomas Maestre marina, a port set up d...



**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**  
La Manga's location smack in the middle of two seas makes it the perfect loc...



## THE STRIP



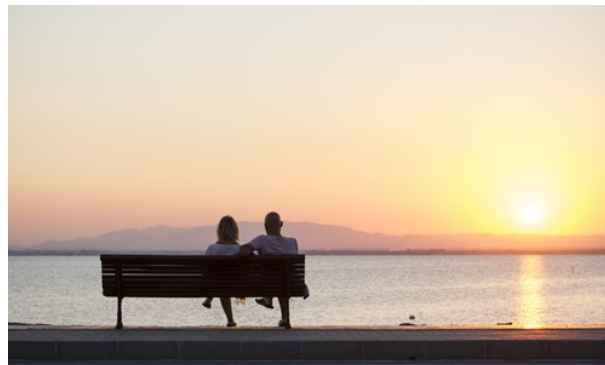
Alex Tihonovs/Shutterstock.com

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.

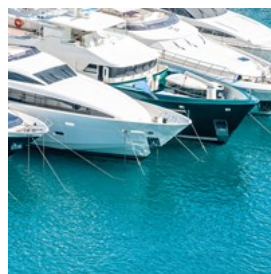
## DO & SEE



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](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

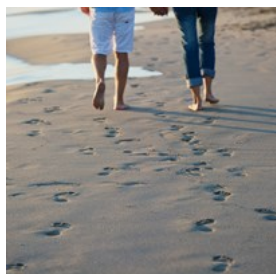
Address: Punta del Pedruchillo Km.8, La Manga

Phone: +34 606 80 67 95

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

More Info: Barco Solaz

### La Punta Brava

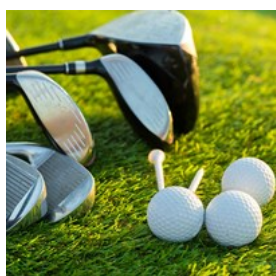


If time allows, do make the trip to Punta Brava across Mar Menor from La Manga. Some of the best views over the Strip (and Sierra Mineras on

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

#### Aqua Adicta Watersports

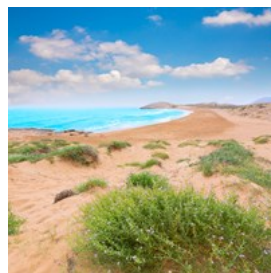
Calle Pintor Rosales 28, Mar de Cristal, La Manga

+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 along all necessary supplies - and perhaps a picnic!

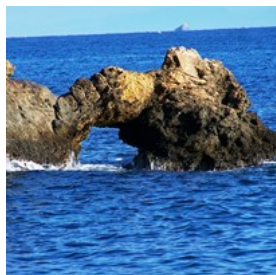
Photo: holbox/Shutterstock.com

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 Ruppeldt(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

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

## 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: C/ del Faro, 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 strip, 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: puhha/Shutterstock.com

Address: Edificio Bohemia 5, La Manga

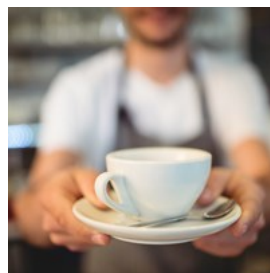
## BARS & NIGHTLIFE



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](http://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](http://www.vangoghpub.com)

### Bondi Beach



Bondi Beach is one of the establishments most popular with 30+ visitors - both locals and guests to La Manga. 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

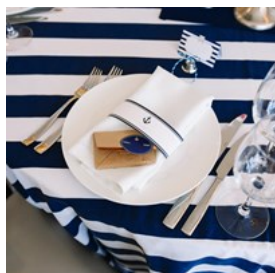
clothing and various knick knacks. Other draws of the market are the fresh fruit and vegetables sold by local vendors.

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)

## TOURIST INFORMATION



Marta Cobos/Shutterstock.com



## Airport



The Región de Murcia International Airport, commonly referred to as Murcia-Corvera, opened in January 2019 to replace the Murcia-San Javier Airport. It serves the municipality of Murcia and is the nearest airport to La Manga, located approximately 58 kilometres away.

The fastest and most convenient way to get to La Manga is by taxi. They are available 24/7 and the journey takes about 50 minutes.

You'll find a taxi rank on the 0 floor of the airport:

Radio Taxi: (+34) 968 248 800

Another option would be by bus. However, there is no direct bus line to La Manga, which means you'll have to take two different buses operated by Interbus:

[www.interbus.es](http://www.interbus.es)

Photo: Juan Garces

Address: Región de Murcia International Airport

Phone: +34 913 21 10 00

Internet:

[www.aena.es/en/internacional-region-de-murcia.html](http://www.aena.es/en/internacional-region-de-murcia.html)

## 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

Approximately 10,000 (2022)

## 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 (in English) – [murciatoday.com](http://murciatoday.com)

La Opinion de Murcia – [www.laopiniondemurcia.es](http://www.laopiniondemurcia.es)

La Verdad – [www.laverdad.es](http://www.laverdad.es)

## Emergency numbers

112

## Tourist information

Tourist information centre

Gran Vía de la Manga, km 0, Cabo de Palos

Opening hours: Mon–Fri 10am–1:30pm / 5–6:30pm; Sat &

Sun 11am–1pm

+34 968 14 61 36