

Competa Properties s.l.
The best service you can get!


Avda. Sayalunga 24B
 Competa (Málaga)
 Tel: (0034) 952 516 107

Avda. Constitución 37B
 Competa (Málaga)
 Tel: (0034) 952 553 589

info@competaproperties.com
www.competaproperties.com

See our advert on page 5

Opticians
HEIKO BY HEIKO
 Your local
 English-speaking
 Opticians



Book your **FREE Eye Test**
 Avda. Andalucía 119, Torre del Mar
info@heikobyheiko.es
 Tel: 952 967 923 / 682 327 084
heikobyheiko.es

Pérez-Oglietti
 ESTATE AGENTS • MARBOLÉN • MÁLAGA

Are you selling your property?
 Do you want to buy a property?
 Contact us!

info@perezoglietti.com
www.perezoglietti.com
 +34 653 782 878

"Trying to make your life in Spain easier"

villasol REAL ESTATE AGENTS

**LEADING
 THE WAY
 IN SALES AND
 LONG TERM
 RENTALS**

See pages 20 & 21
www.villasolrealestate.com
 Tel: (0034) 952 52 72 01
 e.mail: info@villasolrealestate.com

LAWYERS • CONVEYANCE • TAX CONSULTANTS • ACCOUNTANCY • WILLS • MORTGAGES • INSURANCE

Don't settle for a copy...
 Be original!

**Del Prado
 & PARTNERS
 SOLICITORS**

**The best for you
 ALWAYS!!**

We are not second or third or even the fourth...
 We are not those who are resigned...
 We are not those who avoid making the effort...
 We are not those who do not understand you...
 Yes correct, we are Del Prado & Partners Solicitors...
 the best for you, now in Plaza Cavana...always
 for you...

See our advert on page 15
WWW.DELPRADOANDPARTNERS-ES.COM

streetwise

In Spain

The longest running **FREE** English language magazine in the Axarquía,
 over 25 years!

May 2023

Number 302

www.streetwise.es



Chaves
 Since 1980

Working in partnership with the
 social security agreement for outpatients

In Optica Chaves
 you enter as a customer,
 and leave as a friend!

Avenida Castilla Pérez, 24
 29780 NERJA, (Málaga)
 Tel: 952 521 994

NERJA VISIÓN

Castilla Pérez, 24
 29780 NERJA (Málaga)
 Tel: 952 521 994

● (Monday - Friday)
 10:00 - 14:00 & 17:00 - 20:30
 (Saturday) 10:30 - 13:30

● Contact Lenses; Frames;
 Sun Glasses
 ● The Best Brands!
 ● Free Eye Test & Glaucoma Test

● We Speak English

axarquía solicitors
 LAW OFFICE

Real Estate Law • Tax Services
 Wills • Inheritances
 Expats • Non Residents

Tel 952 901 225
mail@axarquiasolicitors.com
www.axarquiasolicitors.com



Los Pinos

CNS220323

Delightful 2 bedroom town house in the sought after Parador area, just a short walk from the Nerja town centre. Entry is through the communal gardens and swimming pool area, then via a gateway onto the private lower terrace. Comprising:- open plan sitting/dining area with fireplace and double doors leading out onto the terrace. Upstairs one double and one twin bedroom both with built in wardrobes and storage space. The master bedroom also has double doors out onto a small balcony with views over the pool and gardens. There is a family shower room and a separate toilet. Ideal as a holiday home or rental investment. Viewing is a must.

Price:- €330.0000



Edificio Bahamas

CNS191222

A bright one bedroom apartment a short walk from Burriana Beach in an established apartment complex. It has a large and sunny south facing balcony, overlooking communal swimming pool, terraces and delightful lawned gardens well stocked with tropical plants and fruit trees. The balcony wraps around two sides of the apartment so there is ample outdoor space and is part enclosed with glass providing a versatile extra area.

Price:- €199.000



Luxury apartment

Edificio Burriana,

CN100423

Completely refurbished apartment on the third floor of Edificio Burriana, located at the end of famous Calle Carabeo in central Nerja. Comprises spacious bedroom with a small walk in closet and private access to the balcony, full bathroom, bright living room with dining space, sofa bed, wall mounted TV and access to the terrace and a brand new open plan kitchen with dishwasher, washing machine, full fridge/freezer, oven, microwave and lots of storage. Outdoor lounge area with kitchenette, sofa, tables and sea view. Electric bbq, sink and tap for al fresco living. Total renovation finished in March 2023 with new floors, electricity, plumbing and digital centralized air conditioning.

Prices from €679 per week



Capistrano

CNS170223

Apartment in Capistrano Playa with sea view and proximity to the popular Burriana beach. This property has an L-shaped, south-facing terrace with views overlooking the sea and the charming pond with water lilies and fish in Capistrano Playa. There is an open kitchen, living room, bedroom, bathroom and storage. Capistrano Playa is one of Nerja's most popular urbanisations with whitewashed houses, colourful flowerbeds and magnificent views of the sea, beach and mountains. The property has generated good income from holiday rentals. There is a lovely pool area with a restaurant, as well as a lift for residents down to Burriana beach.

Price:- €239.000

Casa Nerja is one of Nerja's leading real estate companies and we pride ourselves on our customer service skills. We are devoted to finding the right property for the right person in and around the Nerja area. We have a wide ranging catalogue of properties including, re-sales, new builds, off plan, reformations and plots of land.

Casa Nerja can take the pain out of searching for your new home whether a villa, townhouse, apartment or cortijo.

Telephone:- (0034) 951 543 517 Mobiles:- (0034) 680 407 118 / (0034) 711 011 320

Edificio Rocamar Baja, Prolongacion Hernando de Carabeo, Nerja 29780, Málaga

www.casanerja.com - info@casanerja.com

WE CREATE HOMES

**30%
DISCOUNT**
ON OUR COMPLETE
PARIS RANGE IN MAY



PARIS - WHITE-OILED SOLID OAK WOOD DINING SUITE

DINING TABLE 90X140 - NOW 598 €, DINING TABLE 90X180 - NOW 665 €, DINING TABLE 100X200 - NOW 725 €, DINING CHAIR METTE - NOW 115 €, COFFEE TABLE 80X140 CM - NOW 438 €, CORNER TABLE 70X70 CM - NOW 290 €, SIDEBORD 3 DOORS - NOW 698 €, SIDEBORD 4 DOORS - NOW 880 €, WALL DISPLAY UNIT - NOW 498 €, DISPLAY UNIT - NOW 859 €, TV-TABLE - NOW 470 €



LOUNGE GROUP - 49374

MAINTENANCE FREE IN ALUMINUM AND EXTRA THICK CANE IN RATTAN-LOOK. PERFECTO FOR THE SPANISH CLIMATE - 1.695 €

ARTICULATED BED

WITH TWO MOTORS AND REMOTE CONTROL - 598 €
MATTRESS FROM 298 €



Find us on
Facebook

WE DELIVER AND ASSEMBLE ALONG THE COAST FOR FREE

Avda. de Andalucía, 187 · 29751 Caleta de Vélez · (Entrance to Caleta Port)

Tel: 952 55 06 69 · piramides@mueblespiramides.com · www.mueblespiramides.com

Opening hours: Monday to Friday 10 - 20 h. Saturdays: 10 - 14 h.

MUEBLES PIRAMIDES PUERTO
DANISH QUALITY AT SPANISH PRICES

YOUR SPECIALIST IN OUTDOOR FURNITURE

DE TROPEN®



How to get here:

Autovía del Mediterráneo A7, exit 953
Vélez-Málaga
entrance behind Repsol gas station
Free covered parking

Opening hours:

Monday - Saturday: 9 am - 8 pm
Sunday: Closed

Beauty comes from the outside.



DE TROPEN®
OUTDOOR FURNITURE

First picture: IBIZA Daybed XL by Ezpeleta®

From left to right: 5MINUTI Wood Oven by Alfa®, CALPI Dining Set and CALPI Lounge Set by 450® & Modular Outdoor Kitchen CROSSPAY 4B by Gredhall®



info@detropen.es
(+34) 680 480 276
www.detropen.es



Cómputa Properties s.l.

The best service you can get!

Avda. Sayalonga, 24B Cómputa (Málaga) / Tel: (0034) 952 516 107
 Avda. Constitución Ed. Costezuela Local 1 - 29754 Cómputa
 Paseo de las moreas 1, Torrox - Pueblo (Málaga) / Tel: 952 538 337
www.computaproperties.com / info@computaproperties.com



Country Property of the month

Canillas de Albaida: Price: €289.000 CP576



Beautiful country property built in 2002 with South/West views. Located 35 minutes from the coast. Driveway with space for several vehicles. Consisting entrance hall, with security door, lounge with an open fireplace, dining room, fully fitted kitchen with a separate utility/pantry area, rear door leading to a covered rear terrace with arches. Two double bedrooms both with built in wardrobes, one bedroom has an additional walk in wardrobe and the other bedroom has an ensuite shower room.

Beautiful, mature and well maintained garden that feature an open pergola terrace, pool, outside shower and a built in BBQ. Separate shed/storage room, another storage room, with the combi boiler for the central heating and hot water installed and a covered pergola carport of approximately 5m x 3.8m. Plot 7.700m2 planted with avocado, olive and fig trees, plus the odd plum, apricot, nectarine, orange, wall nut and banana tree.



Cómputa: Price: 310.000€



- Living space: 129m²
- Bedrooms : 3
- Pool: Yes
- Garage : Yes
- Terrace: Yes
- Bathrooms: 3
- Views: Sea views
- Area: Cómputa

Ref. CP350

Cómputa: Price: 395.000€



- Living space: 198m²
- Bedrooms : 5
- Pool: No
- Garage: Yes
- Terrace: Yes
- Bathrooms: 4
- Views: Sea views
- Area: Cómputa

Ref. CP494

Arenas: Price: 780.000€



- Living space: 138m²
- Bedrooms : 3
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 3
- Views: Sea views
- Area: Arenas

Ref. CP598

Torrox: Price: 139.000€



- Living space: 80m²
- Bedrooms : 3
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Torrox

Ref. TAP009

Torrox: Price: 79.000€



- Living space: 68m²
- Bedrooms : 2
- Pool: No
- Garage: No
- Terrace: No
- Bathrooms: 1
- Views: Village
- Area: Torrox

Ref. TH489

Torrox: Price: 130.000€



- Living space: 68m²
- Bedrooms : 3
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Mountain
- Area: Torrox

Ref. TTH570

In conjunction with Cómputa Properties S.L.

Construction & Services

Avd. Sayalonga 24 A, Cómputa 29754 (Málaga)

Tel / Fax: (0034) 952 553 435

celefernandez@computaproperties.com



**May/Mayo
2023
Issue Nº 302**

Published by Streetwise
Apartado de Correos 136,
Torrox, 29770, Málaga, España
Publisher: Dawn Ashurst
Sales: (00 34) 638 474 718
Design work: Dawn Ashurst
Design work: Chelsea Ashurst
Deposito Legal: MA 3272-2009

Web Site: www.streetwise.es
e.mail: info@streetwise.es

No part of this publication may be reproduced in any form without prior consent in writing from the Publishers. The publisher is unable to accept liability for the claims made by advertisers, or the contents of their advertisements.



San Isidro Nerja

Welcome to Streetwise magazine -

Welcome to the May edition of Streetwise.

This month is a busy month here on the Costa del Sol. During May we have the San Isidro festival, this is a great day out and the procession is well worth seeing if you are holiday. Also don't forget the Nerja Residents Day that takes place on Sunday the 7th May, from 12 noon until 6 p.m.

As always please support your local businesses and enjoy your time here on the beautiful Costa del Sol.

Here's another packed Streetwise for you all, enjoy!

Dawn x



"And, if you fall behind on payments, it drives itself back to the dealership."



"Hello? Control? It's going off Big Time down here!"



**E GALERIA DE ARTE
ART SHOP
GALLERY**

Pintura / expos / piezas únicas / objetos vintage / prints / postales
OPEN BY PREVIOUS APPOINTMENT / CITA PREVIA

Pasaje Fuente de Cantarero, blq. 1 b.j. d, 2978 Nerja (Málaga)
www.egalleryspain.com // 649 67 89 67

For ALL types of Insurance
Cars (private and business),
Health, Home, Furniture,
contact: 

NEW ADDRESS!
Begoña Fernández López
Exclusive Agent for AXA Insurance
Pasaje Fuente de Cantarero,
Blq. 1, Bajo D, Nerja 29780
Telephone: **952 520 952**
Fax: **951 919 744**
e-mail: begonerja@hotmail.com
www.mariabegonafernandez.oficinaaxa.es

Established in 2002
Villasolutions

E-mail: sales@villasolutions.net
Mobile: +34 696 522 171 - Skype: Villasolutions4u2002
Lake Vinuela and Alcaucin valley
property as featured in the
Channel 4 TV series **A Place in the Sun**

 **Tim Whiteley, Director/Owner**
Villasolutions, Local D
El Cruce de Puente don Manuel
Alcaucin 29711 Malaga

www.villasolutions.net

BREA FURNITURE RESTORER
Hand crafted furniture, also
incorporating your own design.
Mirrors and artefacts hand
made to order, any size
and many designs and finishes.



C/. Carabeo 39, NERJA

Contact Vikki on
95 252 1408



NERJA Villas

CAPISTRANO

ESTABLISHED SINCE 1999

El Capistrano Village (Nerja) Tel: (00 34) 95 252 3853 - Fax: (00 34) 95 252 8050

www.capistranovillage.com info@capistranovillage.com

'For properties in El Capistrano Area, we offer guaranteed Rentals'

For holiday rentals, see our ample range of nice properties !

SERVICIOS INMOBILIARIOS SALES-RENTALS -MAINTENANCE



Attic apartment 42m2, comprising twin bedroom, bathroom, equipped kitchen, washing machine, lounge-dining room with cable TV, wifi, a/c, nice sea views and terrace. Communal pools, restaurant, bar, mini-market, laundry, tennis courts and ample garden. Bus service to Nerja and the beach. Open all year round, etc.

Price: €185.000

Ref: NV.SUS



Beautiful villa in the prestigious urbanization of Capistrano Village. Built 100m2, 170m2 total. 1st floor bathroom, kitchen, living/dining room with a large sunny terrace. 2nd floor 2 beds, renovated bathroom and terrace. One bed has an adjoining room, (office or 3rd bed. Bedrooms have sea views. Private garden, parking.

Reduced to: €374.000

Ref: NV137



Attractive 2 storey penthouse apartment, comprising 2 beds, 2 baths, lounge-dining room with cable tv, wifi, a/c. and equipped kitchen with washing machine. South facing terrace with sun all day, lovely sea and mountain views. Several communal pools, restaurant, bar, mini market, laundry, ample garden areas, etc..

Reduced: €220.000

Ref: NV.GOL26



Attractive apartment, in the lovely urbanization EL Capistrano Village, comprises of pretty patio-garden, facing the south, with sun all day round and partial sea views, lounge-dining room, fitted kitchen, bathroom, bedroom. It has a big rental potential and enjoys facilities such as several swimming pools (within 1 minute walk), ample garden areas, bar, restaurant, security guard, bus service into Nerja and the beach.

Price: €178.000

Ref: NV.P080B

**We urgently
require...
Properties for
existing buyers!**

**Apartments, Town Houses
and Villas situated in and
around the Nerja Area.**

If you have a property for sale, contact us for a friendly, no obligation chat, and find out how we can sell your home!



Beautiful Villa in Capistrano Village. Comprising 3 beds, 2 baths and a toilet, kitchen, living room, several terraces, garden and private parking. Everything is on one floor, so it is very accessible. It has a large outdoor space with several terraces and gardens. Common areas of Capistrano Village, swimming pools, gardens, restaurant, security, etc.

Reduced to : €360.000

Ref: NV.PAL



Lovely apartment, ample terrace with sun all day. Beautiful sea and swimming pools views, lounge-dining room with cable TV, equipped kitchen, bathroom with shower, washing machine, double bedroom, wifi and air conditioning. Several communal pools, restaurant, bar, garden areas, security guard, bus service to Nerja and beach.

Price: €220.000

Ref: NV.PO117B



Semi-detached house in the Capistrano area, Nerja. 1st floor, fully equipped kitchen, bright living-dining room, toilet and terrace with sea views. 2nd floor, large bedroom with sea views, second bedroom and a full bathroom. Ground floor, bedroom, bathroom, small garden. Bright house. with good views, close parking, with low cost.

Price: €315.000

Ref: NV.RO



Apartment in Nerja. Consists: large master bedroom with lots of storage, 2nd bedroom as well, fully equipped kitchen and a cosy living room with fireplace. A/C, small balcony and private use of part of the communal terrace. Low community cost, under 30 euros per month, including water.

Price: €210.000

Ref: NV.CH



Detached house in Nerja, divided into 2 floors: - Ground floor: Fully equipped kitchen, spacious, bright livingroom, w/c and a wonderful terrace. - Top floor: 2 large bedrooms and bathroom. Garage included in the price. The chalet is located in the Noria area, a very well connected area. It is a great opportunity. Excellent value for money.

Price: €195.000

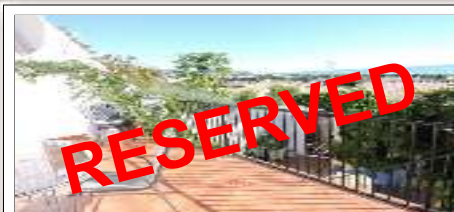
Ref: NV.NOR



impressive villa with private pool and sea views, in the prestigious urbanization of Capistrano Village. Built on 2 floors, 6 beds, 3 baths, kitchen, living room, garage (3 cars) and a large garden. Build 200m2, plot 600m2. Renovated and ready to move into. Great opportunity, to find such a magnificent villa in Capistrano Village.

Price: €820.000

Ref: NV.JAZ



Fully renovated villa, ready to move in to. Privileged location in Capistrano Village. 1st floor:- patio-garden, terrace with sun most of the day, bright living room with TV, dining room, equipped kitchen, toilet. 2nd floor:- beautiful sea views, double bedroom with en-suite, bedroom with 2 beds, bathroom. Pools, restaurant and bar.

Price: €440.000

Ref: NV.OL159

Due to our many successful sales, ...we urgently require properties for our extensive list of potential purchasers. Located in El Capistrano Village, we are open every day of the year. We Await your call or visit!

Young Musical Talent Contest 2023



The Department of Culture and the Municipal School of Music and Dance have convened the fourth edition of the Young Musical Talents Contest 2023 with the aim of promoting musical activity, culture and art created by young musicians from Nerja and Maro. The event will be held on May 19th and 20th at the Villa de Nerja Cultural Centre.

All young people between the ages of 8 and 21 may participate. The deadline for submitting applications will remain open until next Friday, May 5th. Three categories have been established: initiation level, from 8 to 10 years old, with prizes ranging between 180 and 80 euros; medium level, from 11 to 14 years old, with prizes between 250 and 130 euros; and professional level, from 12 to 21 years old, with prizes from 280 to 180 euros. In addition, the Jóvenes Valores Award is awarded, endowed with 150 euros.

The contest has the collaboration of the companies and entities Maremusic RBC SL, Pianos Francis, AMPA Santa Cecilia and the Nerja Hispanic-Nordic Association.



San Isidro Pilgrimage 15th May contest

An important part of the San Isidro festival is the horsemen, horse-drawn carriages, ox carts and mechanically-tractated floats. The City Council wants to recognize and reward the work of the residents for maintaining this tradition. All groups and individuals who wish to participate must register for the contest between April 24th and May 5th, at the City Hall Entry Register. Nerjeños and Mareños have been invited to participate in this San Isidro Pilgrimage. You can request more information about the call and the prizes at the email address tradicionespopulares@nerja.es.

San Isidro 2023 bar selection

From April 24th until May 4th at 12 noon, applications can be made for San Isidro 2023, bar stands. Associations and groups that are duly registered in the

Municipal Registry of Associations of Nerja may participate and must be carried out through the Municipal Electronic Office. Elena Gálvez has detailed that a total of ten bars will be drawn, "seven of them intended to serve drinks and three may also offer food service."

City Council will increase the Local Police by nine new officers

Nerja will increase the Local Police with nine new officers. The Governing Board has approved the appointment of five of them as trainee officials, at the proposal of the Selection Board, after the completion of the selection process. These new police officers will begin the entry course at the Institute of Emergencies and Public Security of Andalusia (IESPA), where they will receive specialized training according to their new police work.

Drug trafficker Piolín arrested on the Costa del Sol

The trafficker, one of the most wanted, leads one of the two large gangs also dedicated to human trafficking and extortion in Ceuta. The detainee had, according to the police, up to 70 people under his orders, and was armed at the time of his arrest.

Anselmo Sevillano, one of the great hashish drug traffickers arrested in Estepona

The drug trafficker Anselmo Sevillano has been arrested in Estepona by local police officers from that municipality and Marbella after a chase along the A-7 motorway and the housing developments in the area. Considered one of the most active hashish drug traffickers at the turn of the century, he had been arrested in Huelva in 2011 after six years on the run from justice.

Body of man found near road that leads to popular Nerja beach

The corpse of a man was found near a road that leads to Maro beach. An autopsy revealed signs that he had been beaten and suffered a blow to his head. Guardia Civil officers are investigating the death of a middle-aged Czech man whose body was found on March 27th near Maro beach, Nerja. The case is being treated as homicide as a forensic examination of the body showed signs that the man had been beaten and had a hole in his head. The body was taken to the Axarquía hospital in Torre del Mar.

Malaga Airport during the first quarter of 2023 had the third highest number of passengers in Spain

The number of passengers was 35.4 per cent more than last year. As a result, it placed third overall in Spain.

San Pedro chiringuito destroyed by fire

Local Police and the Fire Brigade arrived at the Playa Nini Restaurant and Beach Club to the sight of a raging inferno. No reports of any injuries but the chiringuito building was totally destroyed and the cause of the fire is now being investigated.

Hablamos español

We speak English

Wir sprechen deutsch



SUNNY PALM

P R O P E R T I E S

For 17 years your reliable partner in Torrox



TORROX PARK

Bright and sunny South facing penthouse. 76 m² with 2 bedrooms, one large bathroom, separate kitchen and very attractive lounge with fireplace and South facing terrace. Including a large roof terrace, air-con throughout, great sea views and private garage.

Price: €239.000

Ref: 6566AP2



CALACEITE

Wonderful new development of modern apartments with large terraces and great sea views. 2 bedrooms, 2 bathrooms, lounge with open kitchen, storage room. Including private parking space, storage room and communal pool.

Starting from: €290.000

Ref: 6416DEV



PUNTA DEL FARO

Spacious ground floor apartment (61 m²) with a large 32 m² terrace and 28 m² green garden. Air conditioned, fully furnished and including private parking. Fantastic community with extensive well maintained gardens with water fountains and 2 swimming pools.

Price: €280.000

Ref: 6567AP1



TORROX PARK

Wonderful South facing apartment with 2 bedrooms, one spacious bathroom, kitchen and a lounge with fireplace and a/c. Master bedroom and lounge have access to a large terrace with stunning sea views. Incl. furniture and a private garage.

Price: €219.000

Ref: 6557AP2



TORROX COSTA

Frontline beach apartment in excellent conditions. 72 m², 2 bedrooms, 2 bathrooms, fully fitted kitchen, lounge with South facing terrace and stunning sea views. Air conditioned, furnished and including underground parking space.

Price: €249.000

Ref: 6526AP2



PUNTA DEL FARO

Extraordinary penthouse in one of the most prestigious sea side urbanisation East of Malaga. 2 beds, 2 baths, round shaped lounge, separate kitchen and a very large L-shaped terrace with stunning sea and coastal views. 2 pools & private parking.

Price: €470.000

Ref: 6563AP2



TORROX

Stunning country villa with breath-taking panoramic sea views. 207 m² built size with 3 beds, 2 baths, guest toilet, spacious kitchen, lounge, large terraces, infinity pool and guest apartment. Only 10 minutes away from the village with good access.

Price: €850.000

Ref: 6231VI3



CAJIZ

Beautiful country villa with a total of 4 bedrooms, 3 bathrooms. Spacious 190 m² built. Large plot of 36.000 m² full of fruit and olive trees. 2 separate guest houses, 9 x 4 metre swimming pool and lovely terraces with sea views. Close to the coast.

Price: €890.000

Ref: Cajiz Finca



NERJA

Very large detached villa (313 m²) with 2 bedrooms, 2 bathrooms, beautiful kitchen, lounge and terrace plus a completely self contained guest apartment and a large garage. Private plot of 2.525 m² with pool, parking. Wonderful mountain & sea views!

Price: €695.000

Ref: 6109VI3

Avenida Peñoncillo 16 - Edif. Oasis Club - 29793 - Torrox Costa
Tel: 952 967 595 - Email: houses@sunnypalmproperties.eu
www.sunnypalmproperties.eu

YOUR TRUSTED REAL ESTATE

EXCLUSIVE



NPSV2082

1 1

149.000 €

SOLD

NICE APARTMENT FOR SALE - FRIGILIANA
Stunning views of the countryside and the sea from the bright living room and well-sized balcony. Communal pool & indoor pool with saunas.

WE SPEAK



EXCLUSIVE



NPSV2070

3 1

249.000 €

TOP FLOOR APARTMENT FOR SALE - FRIGILIANA
A well-designed apartment with great outdoor space enjoying an east facing good sized terrace, sunroom with amazing Mountain and Sea Views!

EXCLUSIVE



NPSV2065

2 1.5

269.000 €

TOWNHOUSE DUPLEX FOR SALE IN NERJA
Situated in Miramar complex, only 850 meters walk to Burnera Beach. In a pretty cluster of Andalusian style townhouses.

EXCLUSIVE



NPSV2040

8 7

1.250.000 €

EXCLUSIVE VILLA FOR SALE IN CORTUO SAN RAFAEL
Your Dream Home situated in the sought-after area of Cortijo San Rafael, with fantastic sea and mountain views.

EXCLUSIVE



NPSV2043

2 2

220.000 €

COTTAGE FOR SALE IN ACEBUCHAL, FRIGILIANA
"Casa on La Viria" located near to Acebuchal in Frigiliana, overlooking the Natural Park and on a plot of 1.901m²

EXCLUSIVE



NPSV2048

3 2

435.000 €

FANTASTIC VILLA FOR SALE IN TORROX COUNTRYSIDE
Casa Del Toro is situated in the heart of the Torrox Campo with the most breathtaking views over Torrox and down to the sea.

LONG TERM RENTALS

WINTER RENTALS

HOLIDAY RENTALS

idealista

thinkSPAIN

kyero

rightmove

habitaclia

YouTube

TikTok

Instagram

A Place of Sun

↓ ADVANTAGES OF PUBLISHING YOUR PROPERTY EXCLUSIVE WITH US ↓

📷 Professional photos

🎥 Professional video tours

📺 360° technology for virtual viewings.

🏠 Open Houses

📹 Videos & photos from above with our drone specialist.

🌐 Best marketing, sharing in all our channels.



VIEWS

In Torrox-Costa

88 m²

Ref. NPSV2109



Exclusive to Frigiliana Real Estate & Nerja Property Services

329,500 €

Apartment For Sale in Calacete

Welcome to your dream apartment, the perfect space to enjoy the sunshine and stunning views. Ideal combination of comfort and style, with the best sea views is this elegant two-bedroom, two-bathroom apartment located in the exclusive Vistamar urbanisation in Torrox-Costa



360°



2 bed / 2 bath



YES



SOUTHEAST



YES



YES



YES

☎ (+34) 952 52 03 43

📍 Rosarico la Joaquin, 18
Frigiliana



info@frigilianarealestate.com
reception@nerjapropertyservices.com



www.frigilianarealestate.com
www.nerjapropertyservices.com

LAWYERS • CONVEYANCE • TAX CONSULTANTS • ACCOUNTANCY • WILLS • MORTGAGES • INSURANCES

Don't settle for a copy...
Be original!

& Del Prado

PARTNERS

SOLICITORS

The best for you...
ALWAYS!!

- We are not second or third or even the fourth...
- We are not those who copy...
- We are not those who are resigned...
- We are not those who avoid making the effort...
- We are not those who do not understand you...
- Yes, correct, we are Del Prado & Partners Solicitors...
the best for you, now in Plaza Cavana...always for you...

Plaza Cavana No 5, Bajo (Next to the Balcon de Europa) • 29780 NERJA (Málaga)

Tel: (+34) 952 52 72 74 / (+34) 952 52 17 47 • Fax: (+34) 952 52 72 17 / (+34) 952 52 10 76

delpradoandpartners@delpradoandpartners-es.com

Ctra. Cártama, 48 Bajo, Izquierda • 29120 **ALHAURÍN EL GRANDE** (Málaga) • Tel: (+34) 952 49 19 96 • Fax: (+34) 952 59 72 02 • alhaurin@delpradoandpartners-es.com

C/ De la Tercia, 4 - Bajo • 29200 **ANTEQUERA** • Tel: (+34) 952 84 40 22 - 952 84 42 28 • Fax: (+34) 952 70 44 46 • antequera@delpradoandpartners-es.com

WWW.DELPRADOANDPARTNERS-ES.COM

100 free training courses for young people

The young people of Nerja and Maro will be able to benefit from a hundred free training courses through the online platform launched by the Youth Department of the City Council. The Councillor for Youth, Daniel Rivas, has indicated that "from the Youth Information Centre you can request information about the steps to carry out the registration for these courses, either by going in person or by calling the customer service telephone number 952526916".

The courses offered are related to office automation, first aid, nutrition and dietetics, food handler, mechanics, languages, accounting and human resources, among others.

Tests to obtain the municipal taxi driver certificate

Tests to obtain the Municipal Certificate of Aptitude for taxi driver. The Councillor for Security and Transportation, Francisco Arce, reports that the exam will take place next Thursday, May 18th at 11 am at the Villa de Nerja Cultural Center. Applications must be submitted by May 5th at the City Hall Entry Register or by Electronic Office.

Torrox Park will soon have its Green Park

The Torrox City Council continues to provide the municipality with new green areas and recreation areas. On this occasion, the mayor of the municipality, Óscar Medina, and the Councillor for Procurement, Paula Moreno, have announced that works will begin shortly for the creation of the Green Park in Torrox Park. Medina wanted to highlight that among the priorities of the government team was "that the children who go to the El Faro school in Torrox Park, a district with an increasingly larger population, have a recreation area in the afternoon, as do the neighbours of Los Llanos or Mare Nostrum". For her part, the Councillor for Procurement detailed that Torrox Park will have landscaped areas, lots of vegetation, pergolas, paths for both walking and cycling, as well as its own play area for the little ones. It is a plot with a total area of 3,048 m2 and work will be carried out practically in the entire area, 3,013 m2, leaving 2,849 m2 of usable area,



Bodies of two women found inside apartment in Malaga, Spain

Two sisters in their 80s found dead inside a house where they lived in Malaga by the National Police.

Continued on page 14



**As seen on
A Place in the Sun**



**Sales,
Rentals,**



Management

and



Holidays.



**Extended coverage to:
Rincon de la Victoria,
Benagalbon, Moclinejo
and local areas.**

OFFICE IN VIÑUELA (NEXT TO FARMACIA)

**Property Maintenance / Management
Project Work; Furniture Packages & Decor,
Swimming pools & Gardens, Paperwork
Assistance.**



Covering central
Axarquía, Viñuela
and the
surrounding villages.

**We speak:-
Spanish, English
& Dutch.**

**Viñuela - 618 940 829
Moclinejo -666 135 516**

**www.spanishmanagement.com
spanishmanagement1@gmail.com
spanishmanagementmoclinejo@gmail.com**



Medina to create five new underground car parks distributed throughout the municipality

Torrox has exceeded 20,000 inhabitants according to the official National Institute of Statistics as of January 1st 2023. It is clear that it is necessary to be prepared for the spectacular growth of Torrox-.

The first municipal authority has commissioned drafting projects for five new underground car parks with which the town will have a total of eight.

The three new ones on the coast will be located in the areas of El Peñoncillo, Conejito, and on the El Morche promenade and will join the one already planned in the Santa Rosa Sports and Leisure Complex, in Los Llanos, which will house the new El Morche soccer field and which is already under construction.

"We have to be a municipality that grows without ceasing to be a habitable municipality, facilitating the mobility of the inhabitants.

Grow but without ceasing to be a comfortable city for everyone", concluded the first local authority.

XV Loona Summer Festivals most ambitious at El Morche

The Loona Summer Festival will bring the most ambitious poster in its history to El Morche this summer.

The mayor of Torrox, Óscar Medina, the deputy mayor of El Morche, María de los Ángeles Ruiz, the councillor for Popular Festivals and Traditions, Salvador Escudero, and José Manuel Rico, on behalf of the festival organizers, have presented the cast of artists for next July 29th.

This year they have redoubled their efforts so that the event continues to grow and they have prepared a great leap in level in every way.

More investment in the shows and several new features on the venue, the El Morche soccer field, which has a capacity for 5,000 people.

The response is successful in the early stages of ticket sales after the first announcements of confirmed artists and now the expectation is growing with the publication of the full poster, where the icing on the cake has been Saiko, one of the artists of the moment.

Tickets are available at [enterticket.com](https://www.enterticket.com).

Man arrested in Malaga after woman falls to her death

A 46 year old man has been arrested by police in Spain following the death of a woman who fell from the sixth floor balcony in Malaga.



Robbie Williams to rock Fuengirola in June

Robbie Williams' career spans more than three decades. Robbie Williams, prepares to hit the stage for a one-night-only performance at Fuengirola's Mare Nostrum Auditorium on Thursday, June 15th. The Fuengirola concert was announced back in December 2022 and will be his only date on Spanish soil in June.

Williams is a symbol of success, both as a member of the iconic band Take That and as a solo artist with hits like 'Angels', 'Feels', and 'Let me entertain you'. His triumphs and enthusiastic fanbase have made him a legend, and his popularity continues to soar.

Doors for his Fuengirola performance open at 7.30 p.m. and the show starts at 10.30 p.m.

Tickets start at €89 and can be purchased online.



Continued on page 16



LESSAGGRO

Car rental - Transfer service - Insurances

Transfer + Car rental + Transfer
from the airport at least 1 week to the airport

FROM 310€*

Contact us: lessaggro@lessaggro.com - 952 52 46 99

*low season rates



Urb. San Juan de Capistrano

Exceptionally large apartment comprising two double bedrooms with fitted wardrobes, family bathroom, fully fitted kitchen and a bright open plan living & dining area with two large sliding doors opening out onto a spacious terrace (29m²) offering fantastic sea and mountain views. Air conditioning and heating throughout.

Price: 320,000 euros Ref. JG998

**GET SEEN,
GET SOLD:**

rightmove

A Place in the Sun

thinkSPAIN

Spainhouses.net



Urb. San Juan de Capistrano

Charming apartment on the sought-after San Juan de Capistrano with 1 bedroom and 1 bathroom, open plan fitted kitchen and living area with direct access to a spacious south-facing terrace and a further roof terrace with both offering fantastic views of the Mediterranean Sea and Nerja. Great rental potential.

Price: 199,500 euros Ref. JG996TPM



Señorío de Capistrano

Penthouse apartment comprising two bedrooms and two bathrooms, one is en suite. There is a fully fitted kitchen and a spacious living & dining area with direct access onto a massive terrace with uninterrupted views of the mountains, the village of Nerja and the sea beyond. It includes a parking space and storage room. Communal pool and well-kept gardens.

Price: 450,000 euros Ref. JG762TPM

**Google
AdWords**

idealista

**GET YOUR
PROPERTY
SEEN
BY MORE
THAN
5 MILLION
POTENTIAL
BUYERS
PER MONTH**



La Alcazaba, Tamango Hill

This apartment has a spacious east facing terrace with fantastic views of the Almirajara mountain range and some sea views. There is a bright lounge and dining area with sliding patio doors leading out on to the terrace. The kitchen is fully furnished and has a serving hatch overlooking the living area. There are two bedrooms, both with fitted wardrobes, and two bathrooms, of which one is en-suite. The property has central air conditioning and heating throughout. In addition, the apartment has a garage included in the price.

Price: 215,000 euros Ref. JG971

WE URGENTLY NEED MORE PROPERTIES FOR WAITING BUYERS



Plaza Cantarero, Edf. Cantarero Bajo 1, Nerja, Málaga





LUXAMUNDI
Torre del Mar



SEGOVIA, BURGOS, VITORIA, BILBAO & MUCH MORE

Monday May 29th to Saturday June 3rd 2023

Double 550€pp LUXAMUNDI OF 570€ pp

(sharing a double/twin room)

Single 730€ LUXAMUNDI OF 750€

Cancellation details available at time of booking

Algarobbo 07:15, Caleta 07:20, Torre del Mar 07:30.



(Insurance included).

FOR FULL DETAILS OF THE TRIP
PLEASE SEE THE ITINERARY

EXCLUSIVO LUXAMUNDI
SIN RESERVA
BONO: RESERVA TU TRIPLO
RESERVA TU TRIPLO
www.luxamundi.es

Reservado en



Nacha Pop heads the VIII Taytontos Festival

The eighth Taytontos Festival will have Nacha Pop as the headliner, there will also be a Band Contest launch. Francis Baena, representative of the Taytontos de Torrox Association, indicated that they are excited about this eighth edition, in which they have worked hard to bring a great line-up that will start with the Free Soul Band and Pinti Pop Rock Band, as well as DJ Blanco.

This festival has become one of the most important events in the municipality, a benchmark for eighties music at the regional level and which will bring a symbol of national pop music this year. In addition, he wanted to highlight that, like every year, he has a solidarity part and on this occasion part of the collection will go to Pasos 365, which is making its way in the municipality. Those interested in participating in the Band Contest must submit their demos before May 15th. The semi-finals will be on June 9th and the final on June 10th at La Granja.

The winning band will perform at the festival, which will be held on July 1st at the La Granja venue starting at 10.00p.m. Tickets can be purchased for 20 euros at ticketmaster and some establishments in the municipality.

At the box office it will be 23 euros.



MAPFRE
INSURANCES



Up to 50% discount
on your private
medical insurance:
Specialised in health
policies for
residency.

Your private
medical cover with
the latest technology, including digital
consultations and online medical chats,
all from our Mapfre Health App.

Contact us for a free quotation at:-

Avenida de Pescia, 13 - NERJA
(Opposite Irazos)
Edif. Autosol, Bajo
Tel: 952 527 185
WhatsApp: 651 866 832
vhardin@mapfre.com

AA HELP ing people
TURN their **lives** around

is located on the **Costa del Sol**
and there is a **MEETING** with
friendly people who will
understand your **problem**
somewhere on the coast
every DAY

Call our HELpline
600 379 110
For Support And Information

ALCOHOLICS ANONYMOUS
www.aacostadelsol.com



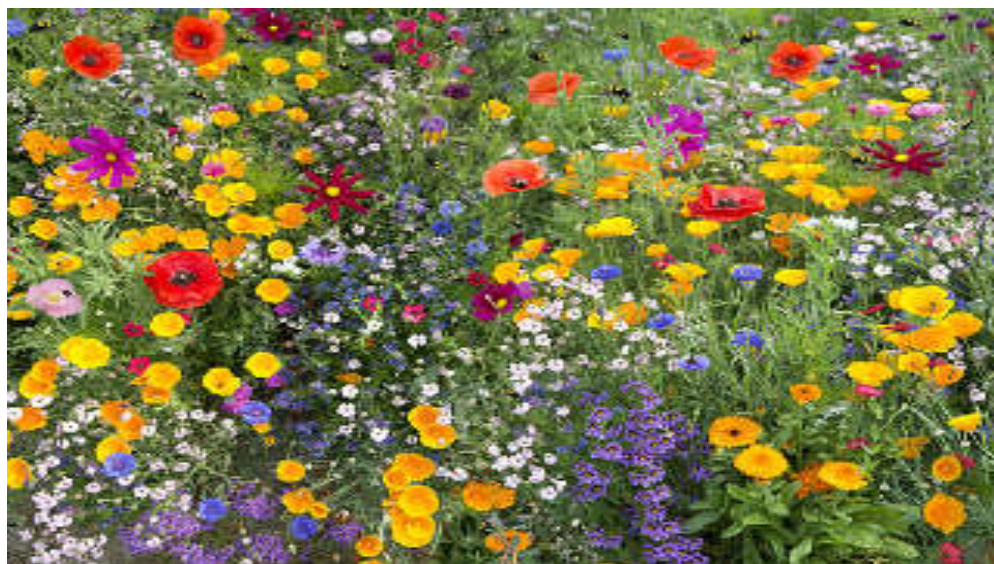
Step into the **Sun** Shine



Relax and let Streetwise take care of your advertising needs. Call Dawn on 638 47 47 18 or email info@streetwise.es for our advertising offers.



My garden in Spain...



Wild Flowers

On the morning I started to write this article, the heavens had opened (again) washing away the red, sandy dust from Africa that had fallen on us during the previous night.

When I described the 'deluge from the desert', to my friend in England, she replied, 'Well, all you need now is a swarm of locusts and a plague of frogs!' I didn't see any locusts, but the frog in the little pond seems to have invited all his mates in for a croak together, as the noise during the evening has been almost deafening. It's interesting though how one gets used to natural

noises, as it doesn't seem to stop us from falling asleep, even though the pond is only a few steps away from our bedroom window.

From reports in the local press, it should have rained in February. Farmers had reported that they could lose 15% of the first spring crops if something didn't happen soon! It did, so much so, that the water authorities had to offload the excess into the rivers!

April- Late

Over the past few weeks, I have gradually been clearing the sunken garden of tough weeds and grasses and stones, ready



Garden La Palma



We offer our clients a wide assortment of indoor plants and seasonal, shrubs, fruit trees and ornamental plants.

All kinds of goodies for your garden:- tools, compost, plant health products, ceramics, furniture and now also an area with products for your pet.



Garden La Palma

Camino de Remanentes, s/n, Vélez Málaga

Tel: 951 237 013 • Mobile: 648 163 907

Open: 9.00h - 20.00h Monday to Saturday

& 9.00h - 14.00h Sundays

See our special offers and promotions by visiting our blog: gardenlapalmavelezmalaga.blogspot.com and become friends with Garden La Palma on facebook

Our regular gardening column by Irene Beenham.
Throughout the year, Irene describes the range of emotions experienced in creating her very own 'Spanish Garden', offering help and advice along the way.

for sowing wild flower seeds. Well, I cleared it as far as my energy levels let me on a warm, still sunny day, down I went with a mix of 'Flores Silvestres' in a large plastic wallet and I scattered them all around.

I had already marked pathways out with canes so that I can walk through what I hope to be a mass of colour and 'landing pads' for all the visiting butterflies.

To scramble up the walls, I planted Ipomoeas in blues and pinks and a cutting of honeysuckle.

With all this rain, there is already a 'fuzz' of green over the bare soil and with the help of some more sun, perhaps it will not be too long before it is all 'a-bloom!' It was easy to find wild seed collections out here.

Most of the viveros have them including the larger DIY stores in Málaga.

The last packets I bought which were by Bricobi actually listed the flower types. They range from Achilleas to Dianthus, Alyssum to Gypsophila, Lavender, Poppies and many more.

The photograph on the front of the packet is beautiful and I am hoping for the same effect.

The perennial shrubs are all flourishing. The Heliotropium was quite a small plant last year when first planted. It is now three times the size with a mass of vanilla scented lavender coloured flowers. In the same flower bed is one of the easiest to grow perennials that I first discovered in England.

It is called Coreopsis; my variety is 'Early Sunrise'. A spreading and clump forming plant, with semi-double bright yellow blooms and it flowers in the first year, always a plus when planting perennials.

You 'dead head' regularly for continuous show throughout the summer. It is a lovely cut flower.



Sunset Properties Spain
on the Costa del Sol
 See new properties for sale on our Facebook page
www.sunsetproperties-spain.com
info@sunsetproperties-spain.com
 Tel: +34 618 295 063 Office: +34 601 626 525
 Avenida Andalucía 65c, Torre del Mar, 29740, Málaga



Online video

Neerja **Sea views!**
 Beautifully renovated 2 bed, 2 bath garden apartment (71m²), well located in Urb. Oasis in Neerja. Private terrace, sea views and a wonderful garden. A must to see!

Price: 369,950 euros

ref: t1490

EPC: E



Alcaucin **New this month!**
 Beautiful modern 5 bed 3 bath villa (268m²) located within walking distance of the village. Lower floor could make independent apartment. Private pool and terraces. Open views to the countryside, lake and mountains

Price: 349,950 euros

ref: v1501

EPC: in progress



Cómpeta **New this month!**
 Beautifully presented 2 en-suite bed townhouse (89m²), 2 guest wc's, bright open plan feel lounge/dining/kitchen, fantastic roof terrace with outside kitchen, lovely sea, countryside and village views.

Price: 199,500 euros

ref: t1494

EPC: in progress



Online video

Cómpeta **New this month!**
 Beautifully renovated, turnkey 2 bed, 2 bath townhouse (93m²), modern and bright interiors, fantastic terraces with sea, mountain and village views, sold fully furnished.

Price: 199,000 euros

ref: t1485

EPC: G



Online video

Cutar **Rustic style!**
 2 houses and an apartment (216m²) each with independent access. Rustic style interiors, separate terrace areas with views, edge of village location, great business opportunity for renting houses while living in the apartment.

Price: 169,000 euros

ref: t1476

EPC: in progress



Moclinejo **Fantastic views!**
 Magnificent south facing 2 storey 5 bed 3 bath villa (190m²) with easy access, infinity pool, extensive terracing & breathtaking sea views. This property is within a 15 minute walk to the village.

Price: 650,000 euros

ref: v1447

EPC: E

The advertised prices include all of the seller costs including commissions. They do not include the buyers costs which can be between 10-13% of the advertised price, this includes notary and registration fees, purchase tax 7% and any mortgage set up costs.

idealista

thinkSPAIN

kyero

villasol

Over 20 years
experience

Real Estate S.L.

www.villasolrealestate.com

Springtime is a great time to sell your property!



Exclusive

VSR1972 MIRADOR LAS LOMAS

Offers towards €499.000

Detached villa, 200m2, four bedrooms, two bathrooms, air con, fully furnished, roof terrace, jacuzzi and panoramic views to the SEA. Private pool, various terraces, parking, store room, quiet location, between Nerja and Frigiliana.



VSRS1000 TORROX

Price reduced to €439.000

Apartment close to the Beach, 2 bedrooms, 2 bathrooms, air conditioning, open plan, modern and bright, L shaped private terrace, SEA VIEWS and furnished to a high standard. Communal pool, private parking and store room. Great holiday rental Investment. must be viewed.

Calle Antonio Millon, 10, NERJA

Tel:- (+34) 95 252 7201  **686 009 408**

Email:- info@villasolrealestate.com

**Also Specializing in
Long Term Rentals**

villasol

Over 20 years
experience

Real Estate S.L.

www.villasolrealestate.com



VSRS1005 URB. ALHAMBRA, NERJA

€799.000

A beautiful detached villa, 175m2, 4 bedrooms, 2 bathrooms, spacious lounge/dining room, air con, log fire, private heated pool and garden area. Large roof terrace for outside living, SEA VIEWS, private gated parking, QUIET LOCATION, just a few minutes drive to the beach and town.

Why Villasol? We listen. We care.

- **Selling and renting from the same corner office, in NERJA, for 20 years.**
 - **Professional photos. Walk through videos.**
 - **We advertise on many websites and property portals.**
- **We work in partnership with many other agents. We offer flexible competitive commission rates.**
 - **We make the buying and selling process simple.**
 - **We work closely with local solicitors.**

We are a one stop property shop. Pop in and see us!

Calle Antonio Millon, 10, NERJA

Tel:- (+34) 95 252 7201  **686 009 408**

Email:- info@villasolrealestate.com

Request a free valuation!



The Costa Animal Society...



Toby is a good natured dog who was rescued from a neglectful situation where he was left on his own in the campo and was brought to kennels during the summer of 2022 because he kept escaping from a foster home whenever the owners went out. Toby is a sweet boy who loves to be around people and gets along well with other dogs if they are not aggressive. He is a Golden Retriever type dog with long fur who is about 2-3 years old and his reddish coat hints at a Setter in his gene pool. Toby is a medium size and weighs about 25 kilos and he is in good health apart from needing 2 pills a day for low level Leishmaniasis (Leish). The Leish has caused some scarring on his nose but the medication is keeping it in check so Toby should live a normal life for many years to come. He is quite clean in his kennel and likes his treats so he will easily be house trained but will need a fenced garden to keep him from wandering. Toby would make a wonderful companion to a single person or couple but would also be a good pet in a home with children.

If you would like to meet Toby, please contact:-
Seacrest Kennels at 95 252 1426, or email us on
costaanimalsociety@gmail.com

You can find us on Facebook - Costa Animal Society CAS
where there is more information.

Or pop into our shop in Castilla Perez 2, Nerja, Monday to
Saturday between 10:00 and 14:00 where our staff will be
able to help.

Also, if you would like help CAS in their work and donate,
please go to our new (still in development) website where
you will find our bank details.



Toby

Happy Ending for Buzz, who now spends
his time travelling around Europe



Buzz

Happy Tails Update on Buzz,

Buzz was found wandering the streets of Nerja in November 2021 and was brought by the rescuer to the Costa Animal Society.

(CAS) who placed him in kennels because no foster home was available at the time.

During the summer of 2022 a foster family took in Buzz where he demonstrated how much he really loved being around people but, unfortunately, Buzz also liked to chase the cats who lived there and after about a month he was returned to the kennels. He lingered there until last month when a very nice French gentleman came to CAS looking to adopt a dog.

The man has been travelling around Europe in his campervan and he wanted a companion to share his adventures with.

He grew up with Border Collies and felt an immediate connection with Buzz who returned the affection by sitting and nuzzling the man's hand.

After a week's trial the Frenchman made the adoption permanent and Buzz is now travelling around Europe as his constant companion.

Mon. to Sat. 9am till 2pm & 5.30pm till 9pm



PET SHOP

Food, Accessories, Gifts
and much much more...

Home Delivery Service

Customer Loyalty Discount Scheme

Avda. Castilla Perez 14, NERJA Tel: 95 252 7295

VETERINARY CLINIC

24h Hospitalisation with Intensive Care;
Fully Equipped Operating Theatre;
Electro-Cardiograph; In-house Laboratory;
Digital X-ray and Ultrasound.

Emergency Tel: 95 252 7295



DOG GROOMING

Large, Small and Exotic Pets
Grooming; Styling; Stripping;

Thinning; also Scissor Cutting if required



AXARQUIA ANIMAL RESCUE



Naia and her pups

Naia and pups

8 beautiful puppies, all very similar, were born 18 March 2023 after their mum, Naia, was rescued. 3 boys and 5 girls. Mum dog, Naia is a gentle and sweet girl with a lovely nature. She is reserved subject to our usual checks. We don't know who dad dog is. We will be looking for fosterers and adopters in a few weeks time once they are old enough to leave their mum.

For more information please email axarquia-rescue@hotmail.com

AAR 2664 - Metta

A young female Podenco type, abandoned in the countryside and taken in by her finder. Metta is a friendly, sociable pup, good with other dogs, and learning to live in a house. Soon to start her vaccinations, and after her vet visit, we will know more about her age etc.

For more information on Metta, please email axarquia-rescue@hotmail.com



Metta

RELAX
638 47 47 18 - info@streetwise.es
with an advert in

streetwise
In Spain

VETERINARY CLINIC
San Fernando
Clinica San Fernando
C/. Chaparil, Edif. Corona, Local 5,
29780 Nerja, Málaga, España
Tel: 95 252 18 38, Fax: 95 252 47 67
Mobile (24 Hours) 609 982 941

Clinic Open:
Mon. - Fri. 10.30am - 8pm
Sat. 10am - 2pm

We speak: English, German,
Danish and Spanish

POSH PAWS
Dog & Cat Grooming

Laguna Veterinary Clinic

Lda. Nieves María
Rico Sánchez.
Colg 626 (MÁLAGA)

Veterinary Consultations; Surgery; Clinical Analysis; X-ray;
Cytology; Endoscopies; Electrocardiograms; Ultrasound
Scans; Intensive Care, fluid therapy, oxygen therapy;
Hospitalisation; Dog and Cat Grooming Service;
Pet Accessories; High quality range of Dietary Food.

Urb. Laguna Beach, 29793 Torrox Costa. Tel: 952 530 463
24hrs. Emergency: 608 45 42 70

Animal Charity

GIVE ME FIVE

Contact:
Scott Huston

Tel:
603 416 632

E.mail:
givemefive@dentadanes.com

f [givemefiveanimalcharityspain](https://www.facebook.com/givemefiveanimalcharityspain)

Axarquia Animal Rescue



Lucy

AAR 2637 - Lucy

10 reasons to adopt a black dog!!

- 1 - Black dogs are just as loving as other dogs.
- 2 - Their dark fur makes them look more mysterious.
- 3 - They are easy to keep clean.
- 4 - They look very shiny
- 5 - They are already dressed for a formal event.
- 6 - They look like models if you take pictures of them in the snow.
- 7 - Well, they really look great in any photo because they're gorgeous.
- 8 - They are natural heaters, so they're great cuddle buddies.
- 9 - With black dogs getting adopted less frequently than other dogs, you'll be a trendsetter.
- 10 - Black dogs have bundles of love to give

If you would love a black dog of your own lovely LUCY (AAR 2637) is looking for a home of her very own. Born 29/12/22 this adorable girl is confident, happy, intelligent and has loads of love to give. She's great with other dogs and getting on well with cats and loves children. Likely to be medium/large

we think she may be border collie/lab cross - a wonderful mix!!

Email

axarquia-rescue@hotmail.com



Ziggy

AAR 2604 - Ziggy

At just 13 months old Young Ziggy is looking for a new foster home or forever home.

Ziggy has striking eyes, one being green and the other a beautiful blue. He is also deaf but that doesn't hold this boy back at all. He is very playful and keen to learn.

He will be the best friend and companion you could ever wish for, very loyal and loving.

Ziggy loves to learn and is eager to please.

Did you know you can teach deaf dogs to recognise and respond to sign language?

Ziggy is looking for a new foster home or his forever home.

Would you like to be the one to enhance his life?

If so just email:

axarquia-rescue@hotmail.com



Pedro

AAR 2648 - Pedro

Pedro is a 7 year old dog, he was hanging around in the Spanish village of Benamargosa, in search of food. He found himself a terrace where the owner fed him, she also gave him his name and she asked AAR for help. He clearly had a skin condition so the first step was to arrange a vet visit. He is still receiving treatment for his skin condition which is slowly improving. Pedro has now moved to a new foster family where he has settled straight in. He has the sweetest nature, gets on well with other dogs and pretty much ignores cats and absolutely loves humans. Once fully recovered Pedro will be looking for his very own forever home. He is good on a lead but not keen on walking to far or to fast so may suit the less energetic among us. If you are interested in offering Pedro his forever home you can express your interest now by emailing axarquia-rescue@hotmail.com and quote Pedro AAR2648.

AAR 2647 - Jenni

Jenni was found in January, alone and cold hiding in some concrete blocks when she was only a few weeks old.



Jenni

Although she may be small, Jenni is a brave little girl who is growing in confidence every day. If you are interested in offering Jenni her forever home please contact us at axarquia-rescue@hotmail.com



Axarquia Animal Rescue

Registered Charity No 105671 (Spain) | CIF G3245118

Dedicated to saving lives and re-homing abandoned and abused animals.
Dedicado a salvar vidas y encontrar nuevos hogares a los animales maltratados y abandonados.

Can you Foster, Adopt, Donate or Support?
Puede Acoger, Adoptar, Donar o Apoyar?

www.axarquianimalrescue.com
axarquia-rescue@hotmail.com

Follow Us On Facebook

www.facebook.com/groups/axarquia.animalrescue



DOG SCHOOL - NERJA

Karen Wallace

5 Golden Rules of Dog Training



Training your dog should be fun, especially if you do it right. It also provides your dog with a lot of benefits like mental stimulation and learning proper etiquette and discipline. It's a good idea to keep these 5 Golden Rules in mind when you start training your dog

#1. GET TO KNOW YOUR DOG

Every dog has a different temperament, learning style, and drive for certain things. One dog might have a hard time picking up new tricks, while another has no problem at all. With this in mind, you need to pay extra attention to your dog's needs and learning characteristics.

#2. MAKE IT AN ENJOYABLE EXPERIENCE

Just like in teaching young children, you need to keep dog training sessions fun. You can use treats, verbal praise, or even belly rubs to reward your dog. We all remember things that we enjoy doing, and want to do it again; the same applies to your dog!

#3. CONSISTENCY IS VITAL TO YOUR TRAINING SUCCESS

Consistency matters a lot in training your dog. For example, if you're going to teach your dog how to sit, make sure to

stick with the same verbal or physical cues. Otherwise, you end up confusing him/her. It's also helpful to maintain a schedule, especially for feeding, playing, and walking. It helps create that routine that will guide them every single day. Another way you can maintain consistency is to keep everyone in your family up to date on the training progress. More importantly, they have to know the rules you're trying to set for the dogs, otherwise they could undo all your hard work!

#4. LEARN WHEN TO CALL IT A DAY

Dogs get tired too! Eventually, when attention span lapses, they no longer feel interested in listening to you or following your instructions.

While it's tempting to keep each training session longer, you need to keep it brief each day to ensure that you don't

overwhelm your dog. Ideally, each lesson should last no more than 15 to 20 minutes each day. Give your dog ample time to rest. To reinforce what you taught him/her, you'll need to repeat the routine each day.

#5. AVOID PUNISHING YOUR DOG AT ALL COSTS!

Punishing your dog won't teach them anything, nor will it improve their behaviour. It can turn even the most well-mannered dog into an aggressive one. Instead of resorting to punishment, use positive reinforcement to teach your dog. Encourage them through verbal or physical cues. You can say "good boy!" or "Yes!" to show your approval. Training doesn't always have to involve food as the reward - find out what really motivates your dog the most and reward them often!

Why not come and join us at Dog School Nerja for some training classes? Check out the website for details of all the upcoming obedience and agility classes at

www.dogschoolnerja.com or drop me an email to

karen@dogschoolnerja.com



Telephone: 711020098

Facebook: Dogschoolnerja

Web: www.dogschoolnerja.com



DOG SCHOOL NERJA

Dog Training for everyone!

Our Services

- Weekly Group Classes
- Agility
- Private 121 Training
- RAW Food Stockist
- Rescue Dog Specialist
- Qualified & Accredited Trainer

Contact Us

www.dogschoolnerja.com
WhatsApp 711020098

IDECOCINA

Quality Kitchens

www.idecocina.com

Across

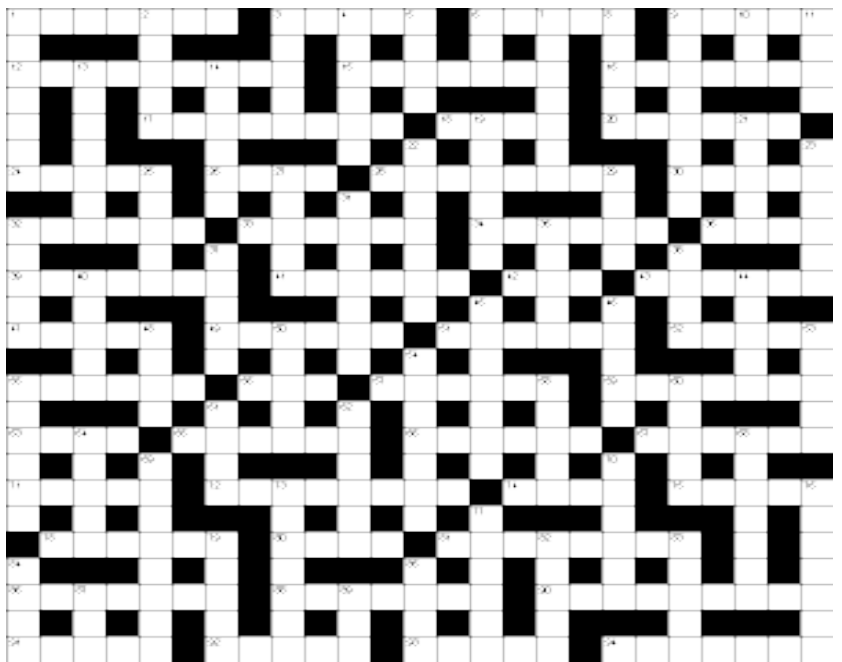
1. Number (7)
3. Lariat (5)
6. Small mallet (5)
9. Woodland deity (5)
12. Large spider (9)
15. Household implement (7)
16. Fruit (7)
17. Stress (8)
18. Notion (4)
20. Subjects (6)
24. Frighten (5)
26. Uncommon (4)
28. Evocative (8)
30. Happen (5)
32. Ripe (6)
33. Season (6)
34. Potion (6)
36. Yield (4)
39. Irritated (7)
41. Fraudulence (6)
42. Crafty (3)
43. Bombastic (6)
47. Prank (5)
49. Forthright (6)
51. Eerie (6)
52. Sailing vessel (5)
55. Canny (6)
56. Perform (3)
57. Colony of rabbits (6)
59. Bane (7)
63. Serene (4)
65. Dialect (6)
66. Measly (6)
67. Breath in (6)
71. Relating to one of the bones in the forearm(5)
72. Compliant (8)

74. Item of footwear (4)

75. Irrational motive (5)
78. Allow (6)
80. Greek letter (4)
81. Pupils (8)
86. Arms (7)
88. Graceful (7)
90. Stubborn (9)
91. Fragment (5)
92. Tripod (5)
93. Recess (5)
94. Thin (7)

Down

1. Countries (7)
2. Scope (5)
3. South American animal (5)
4. Unintelligent (6)
5. Portent (4)
6. Fuel (3)
7. Small settlement (7)
8. Jumped (5)
9. Arachnid with a sting in the tail (8)
10. Beverage (3)
11. State of public disorder (4)
13. Defensive wall (7)
14. Referee (6)
19. Ill-fated (6)
21. Hoard (5)
22. Flightless bird (7)
23. Ally (6)
25. Before time (5)
27. Quick (5)
29. Group of three musicians (4)



31. Lap (7)
32. Intended (5)
35. Ice hut (5)
37. Decree (5)
38. Ado (4)
40. Callow (5)
44. Twelve dozen (5)
45. Glitter (7)
46. Doglike mammal (5)
48. Part of a castle or fortress (4)

50. Mother-of-pearl (5)
53. Out of fashion (5)
54. Rearing (7)
55. Desert plant (6)
58. Compass direction (5)
60. Musical note (5)
61. Reverberation (4)
62. Severe (6)
64. Spear (5)
68. Memory loss (7)
69. Musical instrument (8)

70. Court game (6)
73. Flags (7)
76. Non-professional (7)
77. Unchanging (6)
79. One of the senses (5)
82. Type of bee (5)
83. Grab (5)
84. Exchange (4)
85. Sew (4)
87. Simian (3)
89. Snakelike fish (3)



- All the styles
- Free Estimates
- Reform Project Management
- 3D Design Imported
- Range Cookers
- Everything for the kitchen



Opening times: Mon - Fri 9.30 to 19.30 Sat 10.30 to 13.00

C/: Los Prados, 4 - Torre del Mar

Tel:- 952 541 895 ☎ 605 932 060

idecocina@idecocina.com

SUDOKO

		3			9	1		7
7	5			2				
				7			8	
	4				3		7	
	3					5		9
			9	6	4			1
		7	2					
	9			1			6	3
5	1	6					2	8

	9		2			4	8	
		6	8			5		
		3	4					
							3	4
	3				5			1
		1			7	9		
		9			6	8		
2			5			1		



The Beatles

M	E	H	N	O	S	I	R	R	A	H	R	S	A	J	I	F	R
H	L	L	U	A	P	Q	U	T	V	U	W	N	I	S	P	A	L
N	O	I	T	U	L	O	V	E	R	J	X	J	T	F	N	P	L
M	R	A	A	K	F	M	R	L	V	T	L	Z	I	S	Y	F	L
L	L	H	D	B	E	B	E	J	D	L	E	Q	R	P	V	O	K
O	R	S	A	R	F	N	W	B	P	Z	H	P	B	Y	K	X	D
O	M	F	A	N	N	E	G	R	O	E	G	U	O	O	Q	O	B
P	Y	B	R	O	H	P	W	X	E	R	N	V	Y	A	J	B	R
R	E	E	N	C	G	J	B	J	K	B	B	N	J	T	E	U	R
E	N	A	Y	A	F	G	H	N	H	E	L	P	Y	Y	Q	W	A
V	T	T	I	E	Z	Q	O	E	L	D	B	Y	R	L	A	Q	T
I	R	L	L	D	S	I	H	M	Y	Y	U	O	E	R	A	Z	S
L	A	E	K	O	S	T	G	Y	Z	J	A	U	Y	I	Z	N	K
F	C	M	D	A	R	G	E	H	K	D	U	X	C	N	U	A	E
U	C	A	V	M	Z	F	I	R	U	L	T	D	D	G	P	C	R
Q	M	N	C	M	L	V	K	C	D	T	L	H	E	O	J	L	R
Z	I	I	V	D	C	A	E	I	S	A	N	M	G	Y	W	N	K
J	W	A	I	Y	X	B	T	N	L	Y	Y	O	Q	E	R	B	B

Abbey Road

Apple

Beatlemania

British

Fab Four

Fans

George

Harrison

Help

Hey Jude

Invasion

John

Lennon

Liverpool

McCartney

Paul

Penny Lane

Revolution

Ringo

Starr

Yesterday

Yoko

4	6	4	7	6	3	2	1	4	7	3	3	0	9	9	3	0	9	3	8
7	0	5	9	5	8	9	6	2	6	2	4	5	7	8	7	9	0	6	8
2	6	2	0	1	9	6	6	5	2	6	9	1	9	3	1	2	5	8	0
2	5	8	1	5	4	4	9	4	2	0	5	7	1	4	3	9	6	4	6
0	3	5	7	4	0	1	3	0	1	1	3	2	4	1	6	6	1	4	5
1	2	5	2	5	5	5	7	6	2	6	1	7	0	3	0	1	1	5	
9	2	5	4	2	0	4	1	1	8	8	5	7	1	4	7	2	5	7	6
7	9	3	6	9	0	0	7	3	9	4	7	0	2	8	0	6	2	8	5
7	2	1	3	0	2	7	1	7	1	2	8	5	0	1	0	0	9	1	6
1	9	1	6	3	9	4	9	1	4	9	4	3	5	3	5	1	0	5	7
9	8	4	7	4	8	9	2	9	2	0	2	2	7	2	4	4	9	4	1
8	6	1	2	3	1	8	6	1	5	1	1	0	1	9	1	9	2	9	2
0	8	1	6	8	7	6	8	3	4	8	4	5	6	7	6	5	4	0	1
7	2	5	6	8	0	5	6	0	2	0	9	0	1	8	4	5	4	5	0
6	9	6	3	1	0	2	6	5	8	5	7	2	2	1	1	5	2	7	9
0	1	5	7	6	4	1	4	9	1	6	4	5	8	5	4	0	4	1	2
2	4	8	4	0	7	8	2	7	6	5	6	8	0	9	6	8	2	3	8
5	5	3	7	1	6	1	3	8	1	0	7	0	7	5	2	5	7	1	3
7	8	2	3	3	0	5	1	3	8	2	9	4	5	9	9	5	1	1	5
3	7	5	1	6	0	6	2	2	3	2	1	4	7	5	2	2	1	4	8

• 0450448

• 0885218

• 2144571

• 41254025

• 87854454

• 3200610

• 5320709

• 7845460

• 42174543

• 6652040

• 56347123

• 02145477

• 8521472

• 8325487

• 63214733

• 63252147



Tail Charity Fashion Show



Tail charity Fashion show on the 1st April 2023 was well supported by many different nationalities. During the day many of the clothes in the show were sold and a grand total of 540 euros was made to help the abandoned dogs in the Tail refuge.

The event organisers were Sheila McCaslan and Gill Ansted, on the mikes were Bob McCaslan and Gill Russell with music supplied by Ian Sutcliffe. Not forgetting the models who were fabulous on the day. They all deserve a huge pat on the back for the work they put in and for making the day fun for everyone.



**A big thank you to
Ian Sutcliffe
for supplying
the photos.**





ESTATE AGENCY - INMOBILIARIA - MAKELAARS
Andalucia4you.net
YOU ARE THE KEY TO YOUR PROPERTY!

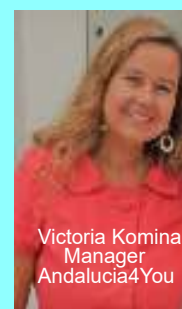


Andalucia4You

Our team is ready to help you with your property purchase and sale.

Our doors are open 4 you! With us you can count on:

- Professional advise and all round service
- Access to Dutch, Belgian and overseas markets
- Free listing and valuation
- Local experts and personal guidance



Victoria Komina
Manager
Andalucia4You

WHO WE ARE?

We are part of a professional partner's network and have an extensive range of properties and client databases. We 'MATCH' clients to the properties. As a result, we can often help both **BUYERS** and **SELLERS** with a successful sale.

10 years of experience in real estate



ALGARROBO Ref: A4U2312

EXCLUSIVE SALE: Quality built Spanish style Cortijo with panoramic sea views, easy access and parking, sep. large garage.

At walking distance (about 15 minutes) to the authentic and traditional village of Algarrobo and only 7 minutes easy drive from the Mediterranean coast and sandy beaches.

OUR CLIENTS ARE LOOKING TO BUY IN YOUR AREA!

TO ADVERTISE YOUR TOWN HOUSE, VILLA, FINCA OR APARTMENT PLEASE CONTACT VICTORIA:

WHATSAPP/MOBILE: (+34) 634357026



**Avenida Andalucia 125,
Caleta de Vélez, Málaga,
Spain**

Opening times Mon - Fri 10am to 6pm
Saturday 10am to 1pm

Contact us! / Contacte Nos!

Tel:- (+34) 952 72 08 32

634 35 70 26

Email

contact@andalucia4you.net

WWW.ANDALUCIA4YOU.NET





ARIES:- (March 21 - April 19)

Sometimes you find it hard to be honest about your feelings but today you can and you must let those around you know how much you care for them. The planets warn that loved ones could easily interpret your silence the wrong way.

Luckiest day:- Friday

TAURUS:- (April 21 - May 21)

You seem to be in one of your more forgiving moods but you must not let people, even family and friends, get away with things that are clearly wrong. If you do it could cause problems later on when there are more serious matters at stake.

Luckiest day:- Wednesday

LEO:- (July 23 to August 22)

A friend or loved one will need a shoulder to cry on today and while you are not the sort to enjoy displays of emotion you understand you must be there for them. When they finally stop sobbing, offer them some practical advice on their problems.

Luckiest day:- Thursday

VIRGO:- (August 23 - Sept. 22)

You could do worse as the new month begins than find yourself a quiet space away from all the noise and the chaos and get your head together. Your logical mind is desperate to make sense of the many comings and goings of recent weeks.

Luckiest day:- Friday

SAGITTARIUS:- (Nov.23 -Dec. 21)

Your ego may have taken a knockback or two in recent weeks but it's no big deal. Fortunately, as a Fire sign you rarely stay down for long, so jump up and get back into the fray. Learn from those setbacks and transform them into successes.

Luckiest day:- Friday

CAPRICORN:- (Dec.22 - Jan.20)

You seem a bit tense at the moment, which may have something to do with the presence of Mars in your opposite sign. If you find that little things rub you up the wrong way this month just steer clear of people for a while.

Luckiest day:- Monday

GEMINI:- (May 21 to June 20)

This is a really good time to be you and it is about to get even better. The current cosmic set-up endows you with the confidence to take a few risks and show those who doubt your abilities that you really are a force to be reckoned with.

Luckiest day:- Monday

LIBRA:- (Sept. 24 - October 23)

You may feel pretty confident at the moment but be careful you don't take your eye off the ball and make a silly mistake. The Sun in your opposite sign means there is sure to be someone who will try to take advantage of your error.

Luckiest day:- Tuesday

AQUARIUS:- (Jan 21 - Feb. 18)

Demand to be heard this month and demand that others pay attention to your advice. If friends, family members and colleagues have any sense they will recognize the wisdom in your words and do what you suggest. If not, well, it's their loss.

Luckiest day:- Thursday

CANCER:- (June 21 - July 22)

As one of the zodiac's Water signs you tend to be a person of strong likes and dislikes and if there is something you feel strongly about today you must make a noise about it. Don't get carried away but make sure others know why you are concerned.

Luckiest day:- Saturday

SCORPIO:- (Oct. 23 - Nov. 22)

Venus in your opposite sign has brought out the mellow side of your nature recently but as the planet of harmony changes signs you could easily revert to your old snappish ways. Try not to. Loved ones rather like the new you.

Luckiest day:- Saturday

PISCES:- (Feb.19 - March 20)

You may have a particular goal in mind at the moment but don't hold on to it too rigidly. The planets suggest there are some major upheavals a little way ahead, so be ready to change direction at a moment's notice. Adaptability is the key to success.

Luckiest day:- Wednesday

Horoscopes.

by Kristian Marconi

El Caminito del Rey

Places to visit when in Spain



El Caminito del Rey was once known as one of the most dangerous walks in the world and it's still one of the most intriguing places to visit in Costa del Sol.

Pinned to the steep walls over the 100ft El Chorro gorge in Andalusia, the original path was just one metre wide and so old and crumbling that it was closed to the public a few years ago. The new boardwalks are much safer, but it's still an awe-inspiring walk.

The great thing is that as you move, you can still see the old pathways beneath your feet –



and the seriously scary bridges that replaced any fallen parts. Even today, a train trundles through the dramatic rock formations. Now that's a train ride I'd like to take!



Opticians HEIKO BY HEIKO 2 X 1

2 pairs of glasses
for the price of 1
Includes varifocal lenses

Share the offer with a friend!

Book your
FREE
Eye Test
using our QR code



Avda. Andalucía 119 - Torre del Mar

info@heikobyheiko.es

952 967 923

Whatsapp: 682 327 084

heikobyheiko.es

We speak your language





Seafood Paella

Seafood Paella

Serves:- 6

Ingredients:-

3 tablespoons (42 ml) olive oil
6 ounces (170 g) dried chorizo sausage, sliced, and cut into half moons
1 tablespoon (8 g) garlic, minced
1 medium yellow onion, diced, about 1 cup
1 medium bell pepper, ½ sliced, ¼ -1 cup

1 teaspoon (1 g) thyme, diced
1 bay leaf
1 teaspoon (2 g) smoked paprika
salt and pepper
½ cup (117.5 ml) dry white wine
15 oz (425 g) crushed tomatoes
2 ¾ cups (687 ml) seafood broth or water
1 ½ cups (295.5 g) arborio rice
½ teaspoon saffron threads
¾ cup (120 g) frozen peas, thawed
1 pound (453 g) large shrimp, peeled and deveined
½ pound (226 g) black mussels
2 tablespoons (8 g) chopped flat-leaf parsley
1 lemon, sliced

Preparation:-

Heat 3 tablespoons oil in a large cast iron skillet or paella pan over medium high heat, add chorizo and sauté until browned, about 4 minutes. Using a slotted spoon, remove and set aside; leaving juices in pan.

Add in garlic, onion, red bell pepper, thyme, bay leaf, smoked paprika, pinch of salt & pepper. Sauté for 3 - 4 minutes until onions and peppers start to soften. Add in white wine and allow liquid to evaporate, about 1 - 2 minutes.

Add in the can of crushed tomatoes and seafood broth. Bring to a boil and add the rice and saffron threads. Stir the rice to combine, then lower heat to low and cover for 15 minutes. This achieves a crispy bottom layer. Add in the chorizo back in along with the thawed peas and stir. Then add the seafood on top, with the opening of the mussels facing up so they can open. Cover and cook for an additional 10 minutes then flip shrimp and cook for an additional 5 - 10 minutes. Shrimp should be pink and mussels should open.

Remove from heat, top with parsley, serve with fresh lemon slices.

RESTAURANTE
Cocina Asiatica

Asiatic Food at it's best

A large variety of Chinese
& Asiatic dishes. Good service

Open every day
12.30pm till 4.30pm
& 7.00pm till Midnight

Blq. 9, local 8
(on the sea front)
TORROX COSTA
Tel: 952 53 46 37

www.restaurantejing.com



New Potato Salad

New potato salad

Serves:- 6

Ingredients:-

750g new potatoes
1 tbsp nigella seeds
200ml tub of Greek yogurt
150g radishes, thinly sliced
good handful of fresh dill, chopped

Preparation:-

Put the potatoes in a pan of cold salted water, bring to the boil, then simmer for 12 minutes or until tender. Drain, then cut any large potatoes in half. Heat a non-stick frying pan, add the nigella seeds and dry-fry for 30 seconds or so until they start to crackle. Remove from the heat.

Put in a large bowl with the Greek yogurt and some seasoning. Mix in the warm potatoes, coating well, then toss through the radishes and most of the dill. Sprinkle over a little more chopped dill, then serve.



Spanish Style Cod and Chickpea Stew

Spanish-style cod and chickpea stew

Serves:- 4

Ingredients:-

100g diced chorizo
1 sliced onion
2 sliced garlic cloves
1 tsp smoked paprika
1 tbsp tomato purée
250ml vegetable stock
400g tin of drained and rinsed chickpeas
2 sliced roasted red peppers from a jar
500g cod loin
Chopped fresh flatleaf parsley
Crusty bread or rice, to serve

Preparation:-

Heat a large non-stick pan, then fry the chorizo and onion for 8 minutes or until soft and caramelised. Add the garlic cloves and smoked paprika and cook for 1 minute. Stir in the tomato purée, vegetable stock, chickpeas and roasted red peppers. Cook for 4-5 minutes until thickened. Cut the cod loin into 4cm chunks, then nestle into the sauce. Cook for 3-5 minutes or until cooked through and the fish flakes easily. Sprinkle with chopped fresh flatleaf parsley and serve with crusty bread or rice.

Pasta with pea pesto

Serves:- 4

Ingredients:-

400g shelled peas
350g fusilli, or similar
Small handful rocket
A few fresh mint leaves
1 garlic clove

15g blanched almonds
15g grated parmesan or vegetarian alternative, plus extra to serve
50ml extra-virgin olive oil
2 tbsp crème fraîche
Large handful pea shoots

Preparation:-

Cook the peas in boiling water for 2-3 minutes, drain and refresh under cold water.

Cook the pasta in boiling salted water for 10-12 minutes until al dente. Drain, reserving a little cooking water. Return to the pan along with the water.

Meanwhile, in a food processor, whizz two-thirds of the peas with the rocket, mint, garlic, almonds and parmesan. Season, then gradually drizzle in the oil, whizzing to a thick pesto. Add the crème fraîche and a little of the reserved cooking water to loosen.

Stir the pesto through the hot pasta. Add the remaining peas and the pea shoots. Season, then divide among bowls and serve with extra parmesan.



Pasta with Pea Pesto

ALL MAJOR SPORTS SHOWN
F1 - Football - Rugby - Tennis - Cricket - Golf

WE ARE OPEN AT 2PM TUE – SUN, AND 1PM ON SAT EVERY WEEK!!

DEDICATED BAR!!

GREAT WEEKDAY AND WEEKEND SNACK MENUS AVAILABLE!

SERVING HOT DRINKS, SOFT DRINKS & ALCOHOLIC BEVERAGES ALL DAY!

BEAUTIFUL SUN TERRACE AT REAR

C/ Los Huertos 40, Nerja
t: +34 952155620 / e: rnr-nerja@outlook.com

RnR Bar

Manantia Services and timetable

Intervention of Health Care
manantia



Physiotherapy Service
Atenea General Physiotherapy in April 2009

Pediatric Physiotherapy
Colic of the Infant,
Congenital Muscular Torticollis,
Infant Massage,
Respiratory Physiotherapy...

Manual Therapy
Therapeutic Massage,
Kinesiotaping,
Functional Bandages,
Osteopathy,
Massage deportivo,
Lymphatic Drainage,
Dry needling,
Stretching...

Sport Physiotherapy
Sprain,
Trauma Point,
Tendinitis,
Muscle Cramps...

Therapeutic Exercises
Backache, Cervical pain,
Tendinitis,
Sciatica,
Muscle Contractions...

Atenea, García Pelayán / Atenea del Duero nº 70 Bajo C,
24791 Torquemada, Burgos. 91 724519-92312042

healthwise

Acupuncture combats menopausal hot flashes



Acupuncture has been used in traditional Chinese medicine for thousands of years to combat different health problems such as nausea, headaches, asthma or osteoarthritis, among others, but now a meta-analysis of the North American Menopause Society (NAMS, in its acronym in English)) has shown that it can also be used to alleviate hot flashes in women with menopause.

This is clear from the results of a work that will be published soon in the edition of the journal

'Menopause', which analyzed more than one hundred studies that evaluated this method, of which only 12, with a total of 869 participants, met the Established criteria to prove its effectiveness.

In this way, and despite the fact that its benefits were contradictory to combat other symptoms related to menopause, they saw that acupuncture did positively affect both the frequency and severity of hot flashes.

In women between 40 and 60 years old who were included in the meta-analysis, the effects of various forms of traditional acupuncture were evaluated, including Chinese medicine acupuncture (TCMA), acupressure, electroacupuncture, laser acupuncture and ear acupuncture.

And interestingly, the researchers admit, the results show that all types of acupuncture reduce the frequency and intensity of hot flashes, a benefit that is sustained over time.

Although the study did not analyze what possible mechanisms may be behind such benefits, the authors believe that acupuncture succeeds in reducing beta -

LUNES/MONDAY	MARTES/TUESDAY	MIÉRCOLES/WEDNESDAY	JUEVES/THURSDAY	VIERNES/FRIDAY
PILATES 9.15H	TORROX PILATES 9.15H	NERJA PILATES 9.15H	PILATES 9.15H	TORROX PILATES 9.15H
				NERJA PILATES 9.15H
	PILATES 10.30H		PILATES 10.30H	
FITNESS PARA MAYORES 12.00H	YOGA 11.30H	FITNESS PARA MAYORES 12.00H	YOGA 11.30H	
PILATES + HIPOPRESIVOS 16.00H		PILATES + HIPOPRESIVOS 16.00H		
PILATES 17.00H	YOGA 17.00H	PILATES 17.00H	YOGA 17.00H	TALLER TEATRO INFANTIL 16.00H RESERVE SU PLAZA
ENTRENAMIENTO FUNCIONAL GRUPO 1 18.00H	YOGA AÉREO 18.30H	ENTRENAMIENTO FUNCIONAL GRUPO 1 18.00H	YOGA AÉREO 18.30H	COLUMPIO ACROBÁTICO ADOLESCENTES 17.30H 24TH SEP - 12TH DEC
ENTRENAMIENTO FUNCIONAL GRUPO 2 18.45H	PILATES 20.00H	ENTRENAMIENTO FUNCIONAL GRUPO 2 18.45H	PILATES 20.00H	DANZA DEL VIENTRE FUSIÓN 19.00H - 21.00H RESERVE SU PLAZA
NERJA PILATES 19.30H		NERJA PILATES 19.30H		
INFORMATE DE NUESTROS HORARIOS ADAPTADOS A TI - LLÁMENOS AL 648 517 092 O 951 774 819 PARA MAS INFORMACIÓN				

endorphin levels in the hypothalamus, as a consequence of low estrogen concentrations. Lower levels that could trigger the release of the calcitonin gene-related peptide (CGRP) that affects thermoregulation (the body's ability to regulate its temperature).

"This review shows that there is still much to learn about the causes and treatments of hot flashes in menopause," explains the executive director of the NAMS, Margery Gass, who advocates that acupuncture can be an "effective alternative" to reduce them, "Especially for those women who are looking for non-drug therapies without any side effects."

In fact, a recent work found that approximately half of women who begin to experience menopausal symptoms turn to alternative medicine to combat them.

The latter I can affirm by the growing influx of menopausal women who in recent years I have been treating with positive results in my clinic.

CLINIC OF PHYSIOTHERAPY OF NERJA.

**Carmen López y
Mariví Díaz.**

**Avda Pescia, N^a1
Groundfloor.**

29780 Nerja (Málaga)

Tel:

952528144 or 649964047





**Since
1985**

**Clínica
Europa**
your health partner

**General Medicine
Paediatrics
Dermatology
Cardiologist
Psychology
Other specialists
Acupuncture
Physiotherapy**

Jose Antonio Gonzalez
Maxillofacial Surgeon
English Speaking Dentist
Dr. Lucia Acosta
Chileme



Centro Internacional, Blq. 86, TORROX COSTA

Tel: 952 53 09 08

Please call for more information or send an e.mail: clinicaeuropatorroxcosta@gmail.com




DentaDanés
Clinica dental

**Nete G. Larsen
Martin Lazenby**

**Scandinavian, English, German
and Spanish spoken**

Please call between 10.00 and 17.00
(Monday - Friday)
to make an appointment



Tel./Tax: 95 252 9666
www.dentadanés.com
Calle San Miguel s/n, "Maro Club"
125 29787 Maro, Nerja


Chatelin

Orthopaedics
Fully Qualified Pedicurist

A company with over 30 years experience in the orthopaedic sector.


- Offering all your inlays and sports inlays
- Corsets, knee, ankle and wrist supports
- Wheelchairs, walking aids, beds, etc..



In house pedicure centre offering clients professional comprehensive treatment and care. Toenails - Corns and Callouses

Chatelin Orthopaedic & Pedicure Centre
Calle de la Cruz, No.60, Nerja 29780
Tel: 658 773 857 & 695 481 082
Open: Monday - Thursday 10.00am - 2pm & 3pm - 6pm





Opticians **HEIKO BY HEIKO**

2 X 1

**2 pairs of glasses
for the price of 1**
Includes varifocal lenses

**Share the offer
with a friend!**



**Book your
FREE
Eye Test**

Avda. Andalucía 119

Torre del Mar

info@heikobyheiko.es

Tel: 952 967 923

WhatsApp: 682 327 084

heikobyheiko.es

We speak your language



healthwise

Health and Fitness

Health can, generally, be measured on major three parameters: Physical, Psychological and Nutritional. Physical health means the physical appearance of a person; Nutritional health means the presence of essential nutrients in the body to fight diseases with immunity. Psychological health means the ability in a person to maintain patience, calm and composure in all circumstances of life. Health professionals consider cancer, diabetes and several other mental and physical health issues such as depression, lethargic attitude, etc to deficiencies in fitness and well-being of a person. Unhealthy and unfit lifestyle of a person also results in premature death. Obesity and lack of physical fitness in young generation sets the stage for diabetes, heart disease, and other serious health problems.

Walking, running, cycling, playing, swimming, gardening, skipping, weight-lifting and Yoga are some of the important activities which help us maintain fit and healthy lifestyle. A person who is fit both physically and mentally is strong enough to face the ups and downs of life, and is not affected by drastic changes in the circumstances.

One should also spend time outdoors in the sun, inhaling fresh air and taking part in healthy activities. Staying active makes you stay energetic.

Out of the several components that affect one's health, following are the seven key physical components to ensure the overall good health, fitness and mental well-being:

- 1 - Cardiovascular/Aerobic Conditioning**
- 2 - Strength Training and Muscular Development**
- 3 - Stretching – Muscles, Ligaments and Tendons**
- 4 - Core Stability – Both physical and mental**
- 5 - Nutrition and Supplementation – Balanced Diet**
- 6 - Mental Rest and Relaxation – Balanced lifestyle**
- 7 - Sleep – Regular sleep**

Eating healthy and nutrients rich food, exercising, taking sufficient sleep, avoiding intake of harmful substances are just few simple ways to stay healthy and fit. These are directly related to our mental, physical and emotional health. Fitness and mental well-being are essential parts of a healthy life. The benefits of an active and healthy lifestyle are undeniable by all means.

Whether you decide to increase your activity levels slightly or develop and participate in a thorough fitness plan, it will pay you off in the long run. Exercise is good for your health of various organs of your body and makes you feel stronger. Nutrition and fitness are essential for a healthy living. Not only we look and feel good, but by eating the right nutritional food and doing the right amount of exercise, we could also lower the chances of getting some pretty serious life-threatening diseases.

Things to be done for maintaining balanced healthy and fit lifestyle:

- 1 - Keeping body hydrated – Drink ample water**
- 2 - Washing hands before and after meals – Maintain sanitation**
- 3 - Regular exercise**
- 4 - Intake of nutrients**
- 5 - Regular, sound sleep**

Conclusion: Sound health not only means keeping a healthy body but it also includes a healthy mental condition. Our health depends upon several factors such as food, pollution, regular sleeping habits, fresh air, water, sunlight, and healthy mental condition. Morning walks and physical exercises are very helpful for ensuring the fitness of our mind and body.

It's May and the Mercury is rising

Clinica Santa Cecilia

Mercury poisoning has been plaguing society for centuries. It has been found in the tombs of Egyptian mummies, in recipes for life giving elixirs from the ancient Chinese, and in the cosmetics of the Romans. Our curiosity with mercury led to the toxic metal becoming a staple in medicines worldwide – which subsequently led to the deaths of those who could afford the liquid silver. While the myth of mercury has made its way out of modern medicine, mercury poisoning is still a modern concern. The consequences of industry upon the environment have caused mercury poisoning to become a global crisis. As mercury is released into the atmosphere, it is primarily reabsorbed by the oceans and, subsequently, by the micro-plankton at the bottom of the food chain. Through a process called biomagnification, the levels of mercury increase as you move up the food chain. In the predatory fish that find their way to our table, the mercury levels have often increased to toxic levels. These toxic levels of mercury can have extremely damaging effects on your health. Mercury poisoning can cause extreme birth defects in children caused by the levels of mercury in their mother's bloodstream. This includes developmental disorders – such as Asperger's, ADD and possibly autism – along with severe physical disabilities. Although the symptoms of mercury poisoning in adults take longer to develop, they can be equally as life-threatening. Symptoms are wide ranging and can include irreversible neurological damage, neuropathy, seizures and blindness. However, because of the insidious nature of mercury poisoning it is often



misdiagnosed – due to its non-specific symptoms and because of a lack of awareness within the medical community. Furthermore, the global scale of the fishing industry means that the regulation of mercury levels is very difficult. This means that certain fish in your supermarket will contain toxic levels of mercury.

They will carry no warning labels or health advisories, but are still extremely dangerous. Because of this, self-regulation is the only recourse for my patients.

Government agencies in the US and UK recommend limiting your intake of fish to twice a week – and completely removing larger fish such as a shark,

swordfish, cazon and marlin from your diet. This is especially important in high-risk groups such as pregnant mothers, women who plan on becoming pregnant, and children under 17.

When it comes to mercury, a zero level is a “normal” level. As long as you eat food that contains mercury, you are putting your body at risk. Ask your doctor to check your mercury levels today.

If you want to find out more about mercury levels in marine animals, view the Oscar winning documentary of The Cove .

Also read “Diagnosis Mercury: Money, Politics and Poison” by Dr. Jane Hightower for a science-based argument to raise awareness of mercury poisoning.

NEW LASER TREATMENTS

High-powered laser treatments (Alma Harmony XL Pro) in Nerja! Non-invasive & quick results.

Treating: Pigmented lesions, Leg veins, Acne, Scarring, Psoriasis, Tattoo removal, Vitiligo, Stretch marks, Vascular lesions, Surgical Incision and Excision, & more!

Personalised Medical Care in your language:

- Walk-in and Urgent Care
- General Medicine & Specialists: Cardiology, Dermatology, Internal Medicine, Urology, Orthopaedics, Gynaecology, Aesthetic Medicine, Psychologist

USA & EU doctors practicing evidence-based medicine:

- Clinical Ultrasound – Doppler
- Blood tests (urgent results available)
- COVID testing (PCR/LAMP/Antigen & travel certificates)
- Instant Diagnostic & Glucose Checks
- Advanced Cardiac Testing: Echocardiogram, Cardiac Stress ECG, 24/48 hour ECG + Blood Pressure monitor, Rapid Cardiac Enzymes (heart attack) testing, D Dimer (Blood Clot) testing



CLINICA S^{TA} CECILIA
C/Los Huertos #46, NERJA

BOOK NOW: 952 521 024 - CLINICANERJA.COM



Walking for good health

Part 2



Warm up and cool down after walking

The best way to warm up is to walk slowly. Start each walk at a leisurely pace to give your muscles time to warm up, and then pick up the speed. Afterwards, gently stretch your leg muscles – particularly your calves and front and back thighs. Stretches should be held for about 20 seconds. If you feel any pain, ease off the stretch. Don't bounce or jolt, or you could overstretch muscle tissue and cause microscopic tears, which lead to muscle stiffness and tenderness.

It's best to dress lightly when you do physical activity. too many layers can increase sweating and build up body temperature, making you uncomfortable during a walk or possibly cause skin irritations. A gradual cool-down will also prevent muscular stiffness and injury.

Footwear for walking

Walking is a low-cost and effective form of exercise. However, the wrong type of shoe or walking action can cause foot or shin pain, blisters and injuries to soft tissue. Make sure your shoes are comfortable, with appropriate heel and arch supports. Take light, easy steps and make sure your heel touches down before your toes. Whenever possible, walk on grass rather than concrete to help absorb the impact.

Make walking a pleasure

Some suggestions to help make regular walking a pleasurable form of physical activity include:-

1. varying where you walk.
2. walking the dog.
3. walking with friends.
4. joining a walking club.

Make walking interesting

Ways to keep your daily walk interesting

include:-

1. If you want to stick close to home and limit your walking to neighbourhood streets, pick different routes so you don't get tired of seeing the same sights. If you feel unsafe walking alone, find one or more friends or family members to walk with.
2. Walk at various times of the day. The sights to see first thing in the morning are bound to differ from those of the afternoon or early evening.
3. Drive to other reserves, park the car and enjoy the views while walking.
4. Explore what's happening around you; notice the sky, the people, the sounds.

Dog walking

A dog that needs regular exercise motivates you to walk every day. You might like the companionship too. If you don't have a dog, and aren't planning on getting one, consider offering to walk a neighbour's dog occasionally.

Suggestions for the safety of your dog and other people on foot include:-

1. Be considerate of other pedestrians and always keep your dog on its leash.
2. If you plan to walk in a park, check first to see if dogs are permitted. Many national and state parks and other conservation reserves do not permit dogs.
3. Other parks generally permit dog-walking on a leash. Many parks allow dogs off the leash – check with your local council.
4. Always take equipment such as plastic bags and gloves to clean up after your dog.

Walk with others

Walking with other people can turn a bout of exercise into an enjoyable social occasion. Suggestions include:

1. Schedule a regular family walk – this is a great way to pass on healthy habits to your children or grandchildren, and to spend time together, while getting fit at the same time.
2. If you are walking with children, ensure the route and length of time spent walking are appropriate for children, make sure the route and length of time spent





walking are appropriate to their age.

3. Babies and toddlers enjoy long walks in the pram. Take the opportunity to point out, highlight items of interest to young ones, such as vehicles, flowers and other pedestrians.

4. Look for the self-guided nature walks that have been set up in many parks. Younger children enjoy looking for the next numbered post; older ones can learn about the plants and animals of the park, and perhaps take photos or record their experience in other ways.

Safety suggestions while walking

Walking is generally a safe way to exercise, but look out for unexpected hazards. Suggestions include:-

1. See your doctor for a medical check-up before starting a new fitness program, particularly if you are aged over 40 years, are overweight or haven't exercised in a long time.
2. Ensure you read through the pre-exercise self-screening tool
3. Choose walks that suit your age and fitness level. Warm up and cool down with a slow, gentle walk to ease in and out of your exercise session.
4. Wear loose, comfortable clothing, and appropriate footwear to avoid blisters and shin splints.
5. Wear sunglasses, sunscreen, long sleeves and a hat to avoid sunburn.
6. Take waterproof clothing to avoid getting wet if it rains.
7. Before bushwalking, check the weather forecast and take appropriate safety measures (for example, pack correct clothing).
8. Look for hazards in alpine or coastal areas, such as cliff edges or large waves.
9. Drink plenty of fluids before and after your walk. If you are taking a long walk, take water with you.



International Wellness Center
manantia
International Centre
for the well-being
of body and mind

PILATES :: DANCE :: MASSAGE
YOGA :: MINDFULNESS :: TAI CHI
and more activities!

Tel: 951 774 819
Mobile: 648 517 092
Avda. del Faro 'García Peñalver'
Blq. 76, Bajo 6, Torrox Costa (Málaga)
www.manantiawellness.com
surymamarixa@hotmail.com





Nueva Óptica
CENTRO AUDITIVO
¡Ven y verás!

Avda. Pescia, 18 - 952 52 58 76 - 29780 Nerja (Málaga)
nuevaopticanerja@gmail.com

50% on all sunglasses

Opening times:-
Monday - Friday 10.00-14.00 / 17.00 - 20.30
Saturday:- 10.30 -13.30

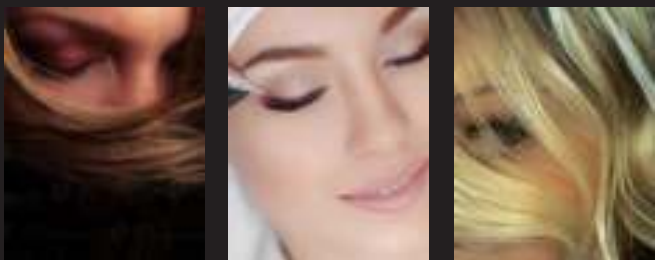
Avda. Pescia, 18, 29780 Nerja (Málaga)
Tel: 95 252 5876 / 608 395 729

We Speak English






all about beauty



- Micro-needling with electric Derma Meso pen
- We work with a Dermatologist and a Plastic Surgeon
- Home Derma roller kit • Microdermabrasion • Ultrasonic
- Chemical peelings • Permanent make-up • Eyelash extensions

First class Hair & Styling, Colours, Low/Highlights, Perms and much more!

BEAUTIFY YOURSELF!

Advanced facial treatments with visible results:

HIFU- The next best thing to a face lift.

HIFU is the most sought after lifting treatment for the face and neck. The treatment lifts, tightens, tones and reduces loose skin to counteract the effects of both time and gravity. The high intensity focused ultrasound penetrates the foundation layer of the skin, bypassing the surface of the skin and delivering a targeted energy specifically into the deep, structural tissues and muscles where collagen lives. As the collagen fibres rejuvenate and shorten there is a tightening effect and gently and gradually the skin and tissue memory is restored. The treatment really comes into its own for lifting and tightening the cheek area and sharpening the jowls and jawline; lifting the brow; reducing wrinkles around the forehead, eyes and lips; reducing excess skin on upper eyelids; improving the chin outline and reducing marionette lines; removing the ageing wrinkles from the neck; improving the skin quality and tightening loose skin.

Permanent Make-up

Semi-permanent make-up. Permanent Make-up or Micropigmentation are all exactly the same needle penetration treatments generally used to improve or create eyebrows, lips & eye definition. Its intention is not to replace make-up but to enhance and compliment your natural features.

All about beauty cosmeceutical products made exclusively by pharmacists: A cosmeceutical ingredient has the active potential to bring about visible changes to the skin and these changes will be backed by clinical evidence.

ERIC QUALIFIED HAIRDRESSER, TEACHER FOR HAIRDRESSERS, STAGE PERFORMER: Blond Expert, professional cutting and colouring techniques:

Dip Dye. Painting, fan hi/lo lights.

MAY 2023 : SPECIAL OFFER

Hifu full face and neck 199€



C/. Infantes 23, Torre del Mar
Tel. 952 967 968

healthwise

Pros & Cons of HIFU



Hifu facial treatment is a popular choice for those who want to achieve visible results without the downtime, incision, or cost of surgery.

There are many signs of ageing; lines and wrinkles, loss of skin elasticity and rough-textured appearance.

Luckily today we also have many effective and proven anti-ageing treatments.

High-intensity frequency ultrasound

Our skin constantly renews itself. But by the time we age, the renewal slows down and causes the skin ageing. When Hifu creates the controlled cellular damage on tissue, the skin renewal elevates and starts working as if the skin was 10-20 years younger.

Hifu treatment uses ultrasound energy targeting below-the-surface layers of the skin. Ultrasound energy heats the skin tissue rapidly and creates controlled cellular damage. This damage stimulates the cells to produce more collagen and promotes the skin renewal process.

Non-invasive Hifu

Hifu facial treatment is not an invasive treatment. There is no surgery involved. It is simply waking up the skin to work as it was when you were younger.

Hifu facial treatment is most effective on mild to moderately aged skin. It is seen as an ideal first defence to address ageing signs.

Pros of Hifu Facial Treatment

When Hifu is operated, the high-frequency ultrasound is focused on the tissue below the skin's surface. So there is no damage to the upper layers of the skin.

Hifu is not an invasive treatment. There is no incision, needles or scarring.

There is no downtime. You can get back to your daily life right after your treatment which is a massive appeal to many.

Right after your treatment, you will see some results. But for the maximum results, it usually takes up to 3 months.

Some of our clients choose Hifu because the treatment results get better over time. Plus the added advantage of not having to explain they've had any procedures done.

Hifu facial treatment is significantly cheaper than any surgical facelift. If you are looking for subtle changes to your appearance, you may not want to have surgical treatment. Surgery can be very expensive, risky and

prone to complications. With Hifu, you can rejuvenate your skin and appearance much easier. With surgical facelifts, there are always risks of bleeding, infection, blood clots, pain, scarring, and anaesthesia risks. On the other hand with Hifu you don't have these risks.

As Hifu facial treatment works by stimulating and promoting the skin's natural healing process, the results are very natural-looking.

Hifu facial treatment is suitable for all skin types. It is a very quick and highly tolerable treatment. You will not feel like you are going under a massive procedure. Hifu facial treatment has many benefits. It contours your face and promotes your skin to fight with ageing. As Hifu facial treatment mainly activates your skin's natural process, it provides an overall renewal as well as anti-ageing. It naturally wakes up your skin/body to work and produce collagen acting like it was 5 years younger.

Cons of Hifu facial treatment

Hifu promotes skin to regenerate rather than filling under the skin surface for a more plump look or getting rid of the extra skin with surgery.

As it is a way to promote the skin's natural process, the results depend on your skin's nature and ability to regenerate by itself. Hence results may vary from person to person. With surgery results are more certain.

This doesn't mean that Hifu will not be effective on your skin. Some people may benefit more from their treatment.

Some people may experience slight swelling and redness right after their treatment. Which will usually disappear quickly. The treatment area may also feel slightly sensitive for a week.

Hifu is most suitable for mild to moderate skin laxity. If you have very saggy skin you might consider other skin treatments.

Hifu facial treatment effects usually continue for around 12 months. After this period you may require repeated treatments to maintain the best results.

Contraindications for Hifu

- metal implants
- blood disorders
- silicone injections

Summary and next steps

We hope this has provided you with more information about the pros and cons of HIFU facial treatment. If you live in London and require more information about Hifu facial treatments or any of our other treatments, we will be happy to answer them and any other queries you may have.

Simply book a free consultation with skin expert Christina and find out if HIFU is for you.

All About Beauty
Calle Infantes 23,
Torre del Mar
Tel: 952 967 968

Clínica Dental Innodenta
 Telephone: 952 52 40 03
 www.innovadent.info
 Plaza de la Ermita, 9
 29780, NERJA, (MA)

Dentist Speaks Perfect English
German Dental surgery/practice
using the latest technology
situated in Nerja Town Centre
offering extensive treatment.

NORAGERRITZEN
 HAIRDRESSER · FRISEUR · ESTILISTA

TRY OUR NEW SERVICES:
 • MAKE-UP
 • MANICURE
 • FACIALS

WE SPEAK ENGLISH
 WIR SPRECHEN DEUTSCH
 HABLAMOS ESPAÑOL

www.norahair.com
 95 252 2762
 C/ Chaparril, Nerja

OPTICA
Chaves

Since 1980

Working in partnership with the
social security agreement for outpatients

In Optica Chaves
you enter as a customer,
and leave as a friend!

Avenida Castilla Pérez, 24
29780 NERJA, (Málaga)
Tel: 952 521 994



healthwise

Strawberry green goddess smoothie

Serves:- 2

Try this tasty breakfast smoothie to start your day, pairing sweet fruit with nutritious spinach and avocado for a dose of calcium, vitamin C, folate and fibre.

Ingredients:-

160g ripe strawberries, hulled
160g baby spinach
1 small avocado, halved and the flesh scooped out
150ml pot bio yogurt
2 small oranges, juiced, plus ½ tsp finely grated zest

Preparation:-

Put all the ingredients in a blender and whizz until completely smooth.
If it's a little thick, add a drop of chilled water then blitz again.
Pour into glasses and drink straight away.



● (Monday - Friday)
10:00 - 14:00 & 17:00 - 20:30
(Saturday) 10:30 - 13:30

- Contact Lenses; Frames;
Sun Glasses
- The Best Brands!
- Free Eye Test & Glaucoma Test

● **We Speak English**



BEAUTY AND WELLNESS CENTRE - HAIRDRESSING

Rebecca Curtis

Opening Times: Tuesday - Saturday 10.00am till 6.00pm
952 530 122 (voicemail service) Mobile:- 651 956 284

SPECIALIST FACIAL TREATMENTS
AROMATHERAPY MASSAGE
REFLEXOLOGY
WAXING
PERMANENT MAKEUP
(micro pigmentation)



Gel manicures (available with BIAB to add strength and promote growth of your natural nail). Spa pedicures. Acrylic extensions. Lash and brow tints. Henna brows (for long lasting colour).
Telephone:- 676 697 636



Tamara Haliwell

- Phobias
- Anxiety
- Addictions
- Depression
- Couples Therapy

Tel:- 657 424 933 - Email:- mindhealinguk@gmail.com



NAILS AND BEAUTY

SUZI JACKSON

- 651 956 284 / 711 047 122
- Rebecca Curtis Beauty and Wellness
- Urb. Laguna Beach, Centro Comercial B,16
- Torrox Costa, 29793

The centre is situated behind Mena Cafe.

English Hairdresser- Fridays & Saturdays

Urb. Laguna Beach, Centro Comercial B, nº 16, Torrox Costa, 29793, Málaga

DO WE SURVIVE DEATH?

When I was asked to give a talk on life after death, I could have described my own experience of seeing my father after he died, or my mother's visit four hours before her ashes arrived, or the friend who stayed in touch with me after she died. Although I'm convinced we survive death, my own subjective experiences will not convince the sceptics. Instead I decided to talk about the evidence for life after death, of which there is a great deal.

I began with a quote from Albert Einstein: "What we have called matter is energy whose vibration has been lowered to be perceptible to the senses. There is no matter." Most scientists acknowledge that they know relatively little about the universe. About 4% to be precise! Cosmologists say that dark matter and energy make up 96% of the universe but nobody knows what it is, how it works, or how it interacts with matter and energy. Stephen Hawking admitted: "We have no idea how the world really works. All we do is build up models which seem to prove our theories."

Many Quantum Physicists including Amit Goswami, Michio Kaku and Joyce Hawkes are exploring consciousness through Bio-Scientific research. Joyce Hawkes was an atheist until she had a near death experience in which she met her deceased mother, grandmother and a Being of Light. She is now a healer who works with shamans and conducts research into what happens in the brain when we are kind, compassionate and loving.

Rupert Sheldrake, a Cambridge don, researcher at the Royal Society, Harvard Scholar and Fellow of Clare College, is a pioneering biologist taking science away from materialism. He explores the nature of consciousness and writes about the kind of phenomena that science dismisses but people are fascinated by: telepathy, the success rate of alternative medicine, how dogs know when their owners are coming home, and how we know when we are being stared at. Animals and birds appear to behave in a non-local manner, e.g. when a certain number of birds in England learned how to open the tops of milk bottles left out by milkman, suddenly all birds in Europe began to do it. This supports the theory that distant particles, once in contact, somehow remain connected no matter how far apart they may be.

Physicists call these events "non-local". Change one particle and the other instantly changes to the same degree. A non-local interaction links up one location with another without crossing space and without delay. Henry Strapp, a leading interpreter of quantum theory, says that non-locality could be the "most profound discovery in all of science." Sheldrake explores the phenomenon of instantly shared remote knowledge which he calls Morphic Resonance. Animals hear frequencies in much higher ranges than we do. They know when an earth-quake is about to happen which Sheldrake suggests could be used to predict earth-quakes and evacuate people in time. Apparently, this is already being explored in China. Valerie Hunt is internationally recognized for her pioneering research on human energy fields. Holding advanced degrees in psychology and physiological science from Columbia University, she discovered vibrational patterns during pain, disease, and in emotional and spiritual states. She created the first human energy field model based on 25 years of sophisticated electronic field research and extensive clinical studies. The electro-magnetic human bio-field led to stunning new information about the mind, body, emotions and extraordinary human capabilities in higher states of consciousness. She used high frequency instruments, the first being the telemetry



instrument used by NASA to monitor the astronauts' physiological states during the first manned space flights. Dr Hunt also studied the effects of shamanic healing and consciousness. She discovered that brain waves create a slow wave from zero to 20 cycles per second but the heart creates a larger and faster wave up to 225 cycles per second. Life is electro-magnetic. All matter consists of electrons spinning around a nucleus whether alive or dead. We live in an electrical and magnetic field. The heart has the strongest electrical and magnetic field being 100 times stronger than the brain. It has been measured by the HeartMath institute in America. The ancient Egyptians recognised the Intelligence of the Heart and portrayed it being weighed against the Feather of Truth after death. NASA sent a satellite into space which recorded a huge shift in the Earth's magnetic field immediately after the death of Princess Diana and after 9.11. Collective human emotion created this shift. It could be called a Mass Movement of the Heart.

In humans there are two electrical systems. The first is the nervous system and brain. The 2nd system is an electro-magnetic field emanating from atoms. This energy is called an aura or energy field. It is unique in that it is 'continuous' while all other electrical recordings of heart, brain and muscles are on-off signals. This corona is a halo or mist around a living body and is called chi, life-force, prana and aura. Beyond the physical there is another field of energy at a higher frequency. It is 8 -10 times faster than the other biological electricity from the body's surface. Electrical currents associated with the mind and human consciousness were first recognised by Valerie Hunt at UCLA. This data has been incorporated into an area called "mind-field research" and shows that the mind is not limited to the brain. A DC shift, also called an open-mind field, occurs during meditation, hypnosis, trance or trauma.

Valerie Hunt wrote "Infinite Mind: the science of human vibrations of consciousness." Her Mind Mastery Meditation CDs and The Body Electric video are available on line.

Rosalyn Bruyere is a clairvoyant who sees auras and writes about the chakras. She has collaborated with physicians and scientists including Valerie Hunt. She is a healer who says disease first appears in the aura before it appears in the body, and at this early stage it can be prevented. During an altered state the aura is expanded.

Written by Marilyn Barry who writes about life after death and related topics.

**Look at her website
www.innerwayonline.com
for more information.**



Repairs and alterations

Come and see our collection of designer clothes!!

www.carmenbordas.com

Carmen

Tel: 0034 619 97 38 05
Calle Bronce 2, Nerja 0034 951 90 35 95

ENGLISH DENTAL TECHNICIAN

Over 20 years experience fully qualified

- Denture repairs • Adjustments •
- Duplications • Teeth whitening •

Based in Torrox Pueblo - We can visit if needed

Call Graham for confidential advice on any denture problem on 95 253 9219 / 633 157 891

**AWNINGS, BLINDS
MOSQUITO SCREENS**

ROLLER SHUTTERS

Roller Shutters Repairs
New Installations
Conversion from manual to motorised

Call JULIAN on 655 825 931

 **Blue Badge Mobility S.L.**

We specialise in the Hire & Sales of mobility equipment, to make your life easier in the sun.

- *Electric Scooters
- *Wheelchairs
- *Crutches & Walking sticks
- *Rollators

Costa del Oro
Block 3
Numbers 3 & 10
Torrox Costa
Tel: 95 296 7015
Mob: 635 445 279

ARTIKOSTA

Servicios Inmobiliarios

email: info@artikosta.com
Web site: www.artikosta.com

We RENT & SELL houses & apartments

Tel: 95 252 8059
Mobile: 687 873 225

Calle La Cruz, 10, NERJA

NEWS & What's ON

Emergency numbers

Emergency Services	112
Guardia Civil	062
Ambulance	061
Fire Brigade	080
National Police	091
Sea Rescue	900 202 202
Emergency Helpline in English	902 102 112

Guardia Civil	
Frigiliana	952 533 003
La Herradura	958 640 015
Nerja	952 520 091
Torrox	
Costa & Pueblo	952 538 008
Local Police	
Frigiliana	952 533 126
Nerja	952 521 545
Torrox	952 539 828
Torredel Mar	952 549 238

Bus Stations

Almuñécar	958 630 140
Málaga	952 350 061
Nerja	952 521 504
Torredel Mar	952 540 936
Veléz Málaga	952 501 731
Taxis	
Frigiliana	952 533 231
Nerja	952 524 519
La Herradura	
	958 630 017 / 670 995 257
Torrox	952 531 030

Airports

Granada	958 245 200
Málaga	952 048 804

Train Stations

Granada	958 271 272
Málaga	952 329 261

Consulates

Belgium	952 599 159
Denmark	952 211 797
France	952 226 590

Germany	952 363 591
Ireland	952 475 108
Netherlands	952 380 8884
Sweden	952 604 383
UK	902 109 356 / 913 342 194

Tourist Offices

Frigiliana	952 534 261
La Herradura	958 610 314
Nerja	952 521 531
Torrox Costa	952 532 155

Street Markets

Monday	Torrox Costa
Tuesday	Nerja, Salobreña
Wednesday	Algarrobo Costa, Rinconde la Victoria
Thursday	Frigiliana, Torre del Mar, Veléz Málaga,
Friday	Almuñécar, La Herradura (summer only), Salobreña
Saturday	Competa
Sunday	Nerja (car boot), Torre del Mar, Veléz Málaga

What's On information is published FREE!

Details should reach us by the 15th of the month previous.

Contact details are on page 6

Church Services

Anglican Church of Nerja & Almuñécar Iglesia de San Miguel (St. Michaels Church), Nerja.

Tel: 952 521 339. www.nerjaalmunecaranglican-church.co.uk. Sundays at 12 noon and Capilla de Nuestra Señora del Carmen (Fishermen's Chapel), Chinasol, Almuñécar, Sundays at 9.30am. Chaplain: Fr. Nigel Thomas.

Community Bible Fellowship

Calle Pintada 35, 2nd floor, Nerja. Tel: 952 521 776. English/Spanish service Sundays at 10am. El Salvador, Balcon de Europa, Nerja. Tel: 952 520 291. Mass times, English and Spanish Sundays 10.30am, 12 noon and 8pm. Parish priest: Father José María.

Presbyterian Church, Torre del Mar

We now meet at Legends Bar, Calle Pintor Cipriano Maldonado 9, Torre del Mar. The contact is Bill Bedford, tel no 694 471 005. On the first Sunday of the month we meet at 10.30am for Communion/ Breakfast, on the other Sundays we meet at 11.00 am.

New Life Church

Whether you live in Nerja or are visiting our area, you are very welcome to come and join us at our Sunday gathering. Join us for a time of Holy Spirit led worship and experience the presence of our God. Our teaching is Bible based as we honour God and obey His Word. During this time of uncertainty, God's Word reminds us that the Gospel shines brightest in times of darkness. Our service lasts for about 1 hour and 30 mins. With Tea and Coffee afterwards.

Jesus said, "I am the Way and the Truth and the Life. No one comes to the Father except through me".

John 14:6

Sunday Service 11.00am.

Prayer Meetings Wednesdays 11.00am

Pasaje San Miguel, Nerja, 29780.

Email: info@nlcnerja.com

Website: www.nlcnerja.com

Facebook: www.facebook.com/nlcnerja

Lux Mundi centre, Torre del Mar - St. Barnabas IERE (Anglican), Torre del Mar Every Saturday at 17.00.

Tel: 952 543 334. - Morning prayer 1st Sunday, Holy Communion 2nd, 3rd and 4th at 11am. Tel: 657286284 Tel: 952 030 461. www.stbarnabas-spain.com.

The Anglican Church of St. George, Málaga

Holy Communion or Morning Prayer. Sunday Mornings at 11am in the English Cemetery, Avenida de Pries 1, Málaga.

Veléz Málaga, Holy Communion or Morning Prayer.

Sunday mornings at 10.30am in the Antigua Capella de San José, Calle Linares 7, Veléz Málaga.

Chaplain: Fr. Louis Durrant, Tel: 630 909 131

Email: info@stgeorgemalaga.org or contact one of the chaplaincy wardens. More information can be found at:

www.stgeorgemalaga.org

Evangelical Church, Torre del Mar

Sundays at 11.30am, worship in English, Calle Solera 2, Local 2, 29740 Torre del Mar (across the street from the Bus Station) in the Violin Shop.

Tel: 634 540 519.

Minister Rev. Colin Dickson. Tel: 654 884 658

Nerja

Best quality Firewood
for sale, Olive,
Eucalyptus, Avocado,
etc. We also sell
Pine cones.

Joaquín
el de la Leña

Mar Mediterráneo

Pine cones.

**LOW COST
EFFECTIVE
ADVERTISING
EAST OF MALAGA
TEL: 952 535 404
Mob: 638 474 181**

No part of this map may be reproduced, in any form, without the express permission of the Publishers.
Apartado de Correos 136, Torrox 29770, Málaga
Telephone: 952 535 404 or e-mail: info@streetwisees

**Put your business
on THE map** 

Dr. Rik Heymans
Family Doctor
Calle Argentina 24, NERJA
(between bank offices, 500 meters)
English, French, Dutch, Spanish
24 HOURS & House Visits
Consultation: 10 euros
Sundays: 20.00 - 13.00, 16.00 - 19.00
Saturdays: 16.00 - 13.00 and by appointment
Telephone: 952 67 55 84, 618 54 21 81



NEWS & What's ON



Cudeca Nerja Support Group to help people who are living with the difficult situation of cancer or other life limiting illnesses, or those who care for them.

We meet on the 2nd Thursday of each month at 11.30 a.m. in Hermes Cafe, Plaza Espana (top of underground car park).

We can also assist by telephone 952 564 910

or e-mail cudeca@cudeca.org.

If you have any information regarding charitable work, events or news, please don't hesitate to contact Streetwise magazine.

We will publish your events or news. Please send all information to info@streetwise.es or call Dawn on 638 474 718. All information is required by the 15th monthly.

ROYAL BRITISH LEGION, NERJA BRANCH
Meets twice a month for lunch - on the 3rd Thursday at the Al Andalus Hotel, Maro and on the 1st Friday at the Nuevo Arenas Restaurant, La Herradura.
Everyone is welcome to join us.
Booking is essential.
Please contact Kimon tel: +44 798 802 9001 or email: kim_bowe1@hotmail.com.

For any other information about the Branch contact Eddie, our Chairman, on tel: (+44 759 071 7384) or email: eddiebowe1@hotmail.com.

Want to join a choir?

Velez-Málaga's Coraxalia International Choir's. Combined choirs, soloists, children's choir and symphony orchestra. We welcome new singers to come and take part. We rehearse, Thursdays, 17:30hrs - 20:00hrs in the Casa Hermandad de la Cofradía de los Estudiantes, Plaza de los Sastres, 1, 29700 Vélez-Málaga, near San Juan Church and the Language School. Parking nearby at the San Francisco market (1 euro). For more information please contact 657 951 755 (English) or 689 111 352 (Spanish). Also our sister choirs of Almuñecar (Coro Ciudad de Almuñecar) and Salobreña (Coro Villa de Salobreña) Tel: 689 111 352. Please note that you may join Coraxalia at any point in the Term time. Don't hesitate to give us a call!

The Phoenix Club has been in existence for the last 13 years and has a diverse membership and meets every Tuesday between 1200hrs & 1400hrs.



Could you foster for us? - we are desperately in need of foster homes, to help us help more abandoned animals. We rely on reduced rate kennels, and volunteer foster homes - all food, vet, equipment costs will be covered by us - all we ask is that you open your home to an abandoned kitten, cat, pup or dog, and treat them as if they were your own whilst we look for homes for them.
A safe, home environment is very important, and needed to help our dogs on their way to adoption. We give full team back up, and need emergency fosters, long term fosters, or short term - sometimes only a few days gives us time to take an emergency case - If you can help, and are in the Axarquia area, please contact us.

Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1^{er} 1^a, (Jardines Viña Málaga/Antigua Casa de la Viña), Torre del Mar, 29740. Opening hours mornings only Wednesday and Friday 10.00 till 13.00 For further information please contact the Centre, Torre del Mar Tel. 952 543 334 E-mail: luxmundi@luxmundi.org

LUX MUNDI, TORRE DEL MAR MAY & JUNE COMING EVENTS & EXCURSION PRESS RELEASE

We continue our regular activities: Spanish practice groups (limited numbers per group) Wednesday and Friday. Time 10.00 to 13.00 Our shop will be open Wednesday and Fridays. Time 11.00 to 13.00. Donations in good conditions are always welcome.

Every Thursday – Spanglish.

General conversation between Spanish and English friends. Time 16.30

Every Friday – Coffee morning.

Come and meet friends and relax in our beautiful garden. Time 11.00 to 13.00.

Wednesday 3rd May – Quiz Night.

Please come along to the Centre and have a fun night out with your team of up to 6 friends. Light refreshments will be available and drinks can be purchased. Tickets available at the Centre 6 Euros with a Friends card or 7 Euros without a card.. Doors open at 6.00pm and the fun starts at 6.30pm.

Tuesday 16th May - Talk on "The Horses I've fallen from" by Helen Harper.

Ticket price 4 Euros with a Friends card 5 Euros without, this includes tea or coffee and homemade cakes. Proceeds for fundraising.

Monday 29th May to Saturday 3rd June – Coach Excursion to Segovia, Burgos, Vitoria, Bilbao and Aranjuez. Your visit will be as follows:-

Monday - Travel to Segovia with a couple of stops along the way, arriving in Segovia mid-afternoon for a 1-night stay on a bed and breakfast basis in a 4-star hotel near the city centre. There will be free time to visit the city, late afternoon and evening. Tuesday – Breakfast and depart at 09:00 for the trip to Burgos, where a guided visit in English is included to see the Monastery of Las Huelgas and then to the old town for free time to have lunch, visit the Cathedral, etc. You will depart at 17:00 to go to Vitoria for 3 nights on a bed and breakfast basis in a 4-star hotel in the centre of city. Free time in the evening.

OFFICIAL KÖMMERLING MANUFACTURER

10 REASONS TO CHOOSE US



Glass Curtains available

- ✓ 30 YEARS EXPERIENCE
- ✓ ACOUSTIC AND THERMIC INSULATION
- ✓ TOP BRAND
- ✓ POST-SALES SUPPORT
- ✓ PROFESSIONALISM
- ✓ GUARANTEE AND QUALITY
- ✓ TOP FINISHINGS
- ✓ SECURITY
- ✓ CONSIDERATE
- ✓ SAVINGS
- ✓ UPVC SPECIALISTS SINCE 1997

No more excuses.
**POSSIBILITIES
FOR FINANCING**
call us for more information.
952 502 527

UPVC WINDOWS | PVC FENSTER      

Polig. Ind. La Mata | Cno. del Higueral, 9 | 29700 Vélez-Málaga | (Málaga)
T. 952 502 527 | F. 952 558 598 | juanverdun@juanverdun.com | www.juanverdun.com



KÖMMERLING



Wednesday – Breakfast and depart at 09:30 for the trip to La Bodega Campo Viejo winery for a group tour, including wine tasting. Later transfer to Laguardia with free time to have lunch and enjoy the town. Departure at 16:00. Free time in the evening to look around Vitoria.

Thursday - Breakfast and depart at 09:30 for a trip to Bilbao which includes a group visit to the Guggenheim Museum, after which there will be free time in Bilbao for lunch and to enjoy the city. Free time in the evening in Vitoria.

Friday - Breakfast and depart from the hotel at 09:30 for a visit to the historical town of Sepúlveda where there will be free time to have lunch and look around. Departure at 15:30 to go to Aranjuez to spend a night on a bed and breakfast basis in a 4-star hotel near the city centre. Free time in the evening.

Saturday - Breakfast and then leave the hotel to go into Aranjuez old town for free time to visit the Palace, the gardens etc and have lunch. Departure at 14:00 for the return trip to Torre del Mar, with 2 stops on the way. Arrival 19.30 approx.

Ticket price: Double room 550pp Euros, single room 730 Euros with a Friends card without a card Double 570pp Euros, Single 750 Euros. Travel Insurance included. 4-star hotels B.B. Departure Proceeds for fundraising. Times: Algarrobo (Lidl) 07.15, Caleta (Vets) 07.20, Torre del Mar (Bus Station) 07.30 (55 seater bus).

Friday 26th May - Taize Prayer. At the Parish Church of San Andrés, Torre del Mar. Time after the Mass.

YOGA FUSION DANCE

Yoga Fusion Dance online every Wednesday from 7p.m. to 8p.m. on the ZOOM platform.

Sissi, a former dancer at the Alcazar cabaret in Paris, has devoted herself to yoga for 30 years. Throughout her atypical career, she meets real yogis who teach her and pass on their knowledge.

Yoga dance was born from this fusion between dance and inner quest. Uniting these two disciplines, the science of Yoga and the creativity of dance, is the originality of her trajectory.

From this deep knowledge, she knows that healing does not come from postures or asanas but from the combination of the 5 vital breaths, the Pranas: apana, udana, prana, vyana, samana which allow the free circulation and fluidity of vital energy.

In a game of figures, Sissi makes the bridge by substituting certain Yoga postures with dance movements. An innovative, creative and fun way to approach the path to more consciousness.

For more information contact Sissi on (0034) 699 037 998 or email:- isabelgilton@gmail.com



If you have any information regarding charitable work, events or news, please don't hesitate to contact Streetwise magazine.

We will publish your events or news for free.

Please send all information to
info@streetwise.es

or call Dawn on 638 474 718.

All information is required by the 15th monthly.

POCAPECUNIA CHARITY SHOP

Avda. Rodriguez Acosta,
Edificio Tucuman (opposite Café Trebol),
Nerja.

Your unwanted things always
needed! - kitchenalia, crockery,
vases, pictures, books, clothing,
plastic bags, etc..

Anything you think will still be of
use to other people.

Opening hours:-
Monday to Saturday
10a.m. till 2.30p.m.



41 CLUB NERJA PRESS RELEASE -

"WE MEET AGAIN, AT LAST!"

"Absolutely thrilled and delighted", exclaimed Peter MacLeod, Chairman of 41 CLUBNERJA, at the news that after

20 long months our members are at last coming together for a proper social gathering.

"Our 40 plus members come from nine different Countries and this Pandemic has therefore had a really hard impact on us" explained Peter. "But we've kept

our strong friendships going through technology, swapping snippets of fun on our Whatsapp group and by embracing remote meetings through the wonders of Zoom".

"Now, as members are starting to travel again", Peter went on to say "We are able to meet up properly and we are so looking forward to meeting face to face and swapping all those Stories about how the Lockdown has affected us". Peter is also pleased to report that "The Club has been busy behind the scenes, improving our website and developing a new Face- book page, all aimed at increasing the Club's profile in the Community and recruiting some new members, while getting prepared for maybe just a little bit of normality". Peter finished off by inviting any Past Members of Round Table, from anywhere in the World, who may live or spend sometime in Nerja, or the wider area "East of Malaga", to get in touch and come along to see how we continue the Fun and Fellowship associated with the Round Table Family.

41 Club Nerja Chairman Peter MacLeod can be contacted via email at pmacleod5000@outlook.com or by phone on 0034 678 059 288.

41 Club Nerja Press and Recruitment Officer Steve Ryan can be contacted via email at

steve.ryan.sr56@gmail.com or by phone on 0044 7546 402 770.

41 Club Nerja Website is at www.41clubnerja.org

You can also find 41 Club Nerja on Facebook.



MALAGACLIMA

Simply better service

AIRCONDITIONING

SOLAR PHOTOVOLTAICA



In **MALAGACLIMA**
we offer the highest
quality products and
the best prices !!



Authorised Service Technician

Panasonic
ideas for life

DAIKIN

**MITSUBISHI
ELECTRIC**
Changes for the Better

HITACHI
Inspire the best

NEW SHOP



MALAGACLIMA

Avda. Victoria Kent, 3A
(between SUPECO and the Hospital)
29740 TORRE DEL MAR (MALAGA)

Tel/Fax: 952-96 78 03 Movil: 661 149 934
www.malagaclima.es

Nerja Arts Society

Lecture on 9th May

The Guggenheims: a Dynasty of Art Collectors

The Guggenheim family managed to amass extraordinary art collections, and design or acquire astounding buildings to display their art, their name even becoming a brand. This talk, based on my experience working at the Guggenheim in Venice, examines the celebrated museums in New York, Venice and Bilbao, as well as the stunning works they display.

About Andrew Hopkins

Previously Assistant Director of the British School at Rome from 1998 to 2002 and since 2004, Associate Professor at the University of L'Aquila. Part of his PhD (Courtauld Institute 1995) on Venetian architecture was awarded the Essay Medal of 1996 by the Society of Architectural Historians (GB). A Fellow at Harvard University's Villa I Tatti in Florence in 2003-2004, and in 2009 was the Paul Mellon Senior Visiting Fellow, Center for Advanced Studies in the Visual Arts, National Gallery of Art, Washington D.C. Amongst his many publications are, with Arnold Witte, Alois Riegl, *The Origins of Baroque Art in Rome* (2010), and Baldassare Longhena and the Venetian Baroque (2012).



Andrew Hopkins



Curve Stairlifts

Why compromise your lifestyle and freedom because of difficulty getting up and down the stairs?

Contact us today,
and give your life a lift...

952 967 015
& 618 490 186





Su agencia de confianza desde 1993
Quieres comprar o vender?



Your trusted agency since 1993
Do you want to buy or sell?



Ihr Immobilienpartner seit 1993
Möchten Sie kaufen oder verkaufen?



Apartment, Torrox Costa
Ref: PS-2022-131

F. PUEBLO ANDALUZ: bright 2 bed apartment of about 67m² with open terrace and sea views, 150 meters from the beach. Communal pool.

€182,000



Apartment, Torrox Costa
Ref: PS-2022-067

COSTA DEL ORO: a few steps from the seafront, bright 2 bed apartment with open south-facing terrace. Communal pool.

€195,000



Villa, Torrox Pueblo
Ref: PS-2022-143

Typical Andalusian village 4 bed villa renovated, over 2 floors with private courtyard, roof terrace & parking.

€199,000



Penthouse, Torrox Costa
Ref: PS-2023-018

TORROX PARK: apartment with large terrace, panoramic sea & mountain views, 2 beds, communal pool. Near beach.

€230,000



Apartment, Torrox Costa
Ref: PS-2023-014

COSTA DEL ORO: by the Beach! Fantastic 2 bed, 2 bathroom apartment with sea views from terraces. Communal pools.

€258,000



Apartment, Torrox Costa
Ref: PS-2022-087

CENTRO INTERNACIONAL: First line! Spectacular sea views, closed-in 15 m² terrace, 2 beds, communal pool.

€270,000



Penthouse, Torrox Costa
Ref: PS-2021-17

Beautiful penthouse on second beach line, 35m² terrace, 2 beds, 2 bathrooms, furnished, communal pool.

€325,000



Villa, Torrox Costa
Ref: PS-2021-130

Between the pueblo and the costa, well maintained, 500 m² terrace, 4 beds, 3 bathrooms, private pool.

€399,000



Penthouse, Torrox Costa,
Ref: PS-2022-089

PUNTA DEL FARO: Luxurious front-line penthouse, access to private beach, 2 beds, 2 bathrooms, communal pool, parking.

Price on request

Notary and Registry fees regulated by tariff are not included in the price. Professional fees of the Agency are included. The consumer has the right to be given a copy of the corresponding abbreviated housing report (DIA). Prices valid for 15 days, subject to availability and confirmation. All descriptions and prices indicated are believed to be correct. However, the information contained may be subject to errors or omissions. Properties may be subject to price change, sale or withdrawal from the market. Non-contractual information. More details at www.property-select.net.

Torrox-Costa | Urb. Costa del Oro | Centro Comercial B
 al lado / next to / neben Caixa Bank / Tails Charity Shop



951 084 054

info@property-select.net | WhatsApp +34 644 555 730





ALMÁCHAR

REF: 7629

EXCLUSIVE: Completely renovated traditional town house walking distance to amenities and 30 minutes from the coast; with 4 beds, 2 baths, summer kitchen, private patio, 2 terraces, EPC: In progress, 157 m², Mountain views.

CÓMPETA

REF: 7634

FABULOUS COUNTRY-VILLA a short drive from Cómpeeta with 3 beds, 2 baths, glazed dining-room, open plan living-room-kitchen, Jacuzzi, private patio, EPC: C; 95 m², Plot: 970 m²; fully fenced and gated plot. Mountain views.

29754 Cómpeeta
Plaza Almijara, 21
Tel.: +34 952 51 61 78

29770 Torrox
C/. Elisa Ortigosa, 7
Tel.: +34 952 53 91 25

29740 Torre del Mar
Avda. Andalucía, 32B
Tel.: +34 952 54 18 86

 609 176 586



www.countryproperties.net



sales@countryproperties.net

