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January 2024

Number 310

www.streetwise.es



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Price: €185.000

Ref: NV.SUS

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Spacious ground floor apartment, comprises large living-dining room with sat. TV, private garden, interior terrace, equipped kitchen, bath, toilet and 2 beds. A/C, communal swimming pools, bars, restaurants, etc. bus service to Nerja and the beaches.

Price: €245.000

Ref: Casa Swallow



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.

Reduced to : €165.000

Ref: NV.P080B



**Nerja Villas
wish everyone
a very
healthy, peaceful and
happy 2024.**



Nice townhouse, approx.. 90m2, comprises 2 floors. Ground floor: terrace, double bed, bath with a shower, washing machine and a 2nd bed. Upper floor: spacious living-dining room with TV, equipped kitchen, terrace with sea views. A/C and wifi access. Furnished. Communal swimming pool.

Price: €272.000

Ref: Villa Robles



Great duplex in Capistrano Village. Comprising 1st floor: living room, kitchen, bathroom, bedroom and a large terrace with beautiful views of the sea. A spiral staircase connects both floors. 2nd floor: bathroom with a bathtub, bedroom and a terrace with views. The house enjoys beautiful views of the sea and the Capistrano area.

Price: €259.000

Ref: NV.B8



Townhouse in Capistrano Village. Divided into 2 floors: - Ground floor: Living room, fully equipped kitchen and access to large garden. 1st floor: 2 beds, bath. Master bed, access to a large balcony with beautiful views. South facing. Community swimming pools, garden areas and security services.

Price: €330.000

Ref: NV.002



Beautiful villa divided into 3 areas: Separate living room with entrance from the garden Ground floor: large garden, terrace area, living room/kitchen. 2nd floor: bedrooms, bathroom. Beautiful views from both floors, great location, parking and swimming pools very close. Easy to make a third bedroom in the living room.

Price: €399.000

Ref: NV.62



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

Price reduced: €790.000

Ref: NV.EXO



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 reduced: €790.000

Ref: NV.JAZ



Terraced apartment with 180° of sea views, sun all day round. Comprises 2 beds, bath, lounge/dining room with cable TV, equipped kitchen with washing machine and ample terrace. A/C and wifi. Communal pools, gardens. Restaurant, bar, mini-market close. Steps to access apartment, not suitable for people with reduced mobility.

Reduced to: €210.000

Ref: Casa Capuchinos

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Country Property of the month

Torrox: **Price: €670.000** **TCP230**



Located just 5 minutes drive from the white washed village of Torrox is this stunning and spacious villa with incredible panoramic views towards the mountains, the town of Torrox and the sea. All on one level comprising of 4 beds, 3 baths and a spacious living room with a kitchen. Connected to the main house we find a completely independent studio, at the entrance we have a small kitchen area, to the left of this a spacious bedroom and an en-suite bathroom with a shower. This is perfect if you have friends or family over, it has everything you need and offers a lot of privacy. The plot has approxi-

ately 5.000 m2 with beautiful gardens surrounding the property and with a wide variety of fruit trees (mangoes, lemon trees, orange trees, etc) with automatic irrigation system. This amazing property offers a lot of outdoor space including many terraces, with a 10x5m swimming pool (heated) and a Jacuzzi, ideal to relax and enjoy the spectacular views as well as the Best Climate in Europe. Above the swimming pool there is a small shed with a gym and sauna.



Sayalonga: **Price: 99.000€**



- Living space: 70m²
- Bedrooms : 1
- Pool: No
- Garage : No
- Terrace: Yes
- Bathrooms: 1
- Views: Village
- Area: Village

Ref. AP272

Cómputa: **Price: 470.000€**



- Living space: 118m²
- Bedrooms : 3
- Pool: Yes
- Garage: Yes
- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Countryside

Ref. CP624

Cómputa: **Price: 465.000€**



- Living space: 154m²
- Bedrooms : 4
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 3
- Views: Mountain
- Area: Countryside

Ref. CP633

Canillas de Albaida: **Price: 349.000€**



- Living space: 110m²
- Bedrooms : 3
- Pool: Yes
- Garage: Yes
- Terrace: Yes
- Bathrooms: 2
- Views: Mountain
- Area: Countryside

Ref. CP637

Canillas de Albaida: **Price: 139.999€**



- Living space: 91m²
- Bedrooms : 2
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 1
- Views: Sea views
- Area: Village

Ref. TH1099

Torrox: **Price: 445.000€**



- Living space: 182m²
- Bedrooms : 6
- Pool: Yes
- Garage: Yes
- Terrace: Yes
- Bathrooms: 3
- Views: Sea views
- Area: Village

Ref. TTH610

In conjunction with Cómputa Properties S.L.

Construction & Services

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Welcome to Streetwise magazine -

**Happy New Year
and a big thank you
to all Streetwise
clients, contributors,
readers and friends.
Have health,
happiness and wealth
in 2024!**

Dawn x



**Enero/Jan 2024
Issue Nº 310**

Published by Streetwise
Apartado de Correos 136,
Torrox, 29770 Málaga, España
Publisher: Dawn Ashurst
Sales: (0034) 638 474 718
Design work: Dawn Ashurst
Design work: Chelsea Ashurst
Deposito Legal: MA 3272-2009

Web Site: www.streetwise.es

Email: info@streetwise.es

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**Horoscopes, puzzles, Nerja map, directory,
Spanish news, what's on and much more...**

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Ref: 5555PDF



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Lovely holiday apartment on Peñoncillo beach in Torrox Costa. Comprising of 2 bedrooms, bathroom, lounge with open kitchen and a very large terrace. Communal pool and garden. Close to the beach, restaurants and a supermarket. Sold furnished.

Price: €189.000

Ref: 6550AP2



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Spacious villa just outside the village comprising of 3 beds, 2 baths, kitchen, lounge and a large covered terrace. Huge basement / garage of 87 m² with a lift connecting house & garage. Including a private pool, sauna and a roof terrace.

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Ref: 6532VI4



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Price: €147.000

Ref: 6513AP1



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2 1/1 85 m2

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3 2 114 m2

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Continued on page 14

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Frigiliana Ref: 300/P Price: €245.000
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Nerja Ref: 301/P Price: €149.000
 Studio for sale in Edf. Torresol, Nerja, 24M2, sea views, fully furnished and equipped, communal pool. Great rental potential.



Torrox Pueblo Ref: 135/P Price: €112.000
 2 bed apartment in Torrox Pueblo, completely new, very centrally located. Parking space included.



Cerro Gordo Ref: 302/P Price: €990.000
 Luxury villa for sale in the natural park of Cerro Gordo. Build 433M2 on 4 floors. Plot 1.000M2. Stunning views to the sea.



Torrox Ref: 118/P Price: €685.000
 Luxury detached villa in Torrox Costa. Comprising of 3 beds, 3 baths, garage and a gym. Lovely garden with BBQ. Stunning sea views.



Torrox Costa Ref: 202/P Price: €330.000
 Semi-detached house. Comprising of 3 beds, 2 baths, private garage, 2 terraces and a garden. South facing with sea views.

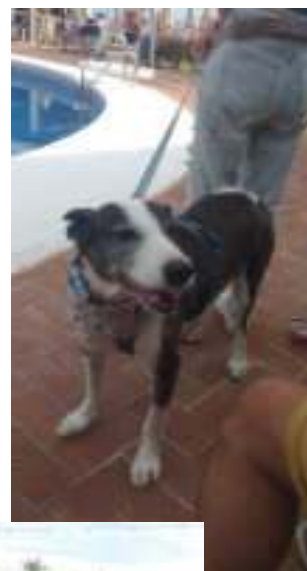


Torrox Pueblo Ref: 205/P Price: €110.000
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Urb. Naricha, Nerja

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Price: 199,000 euros Ref. JG732TPM

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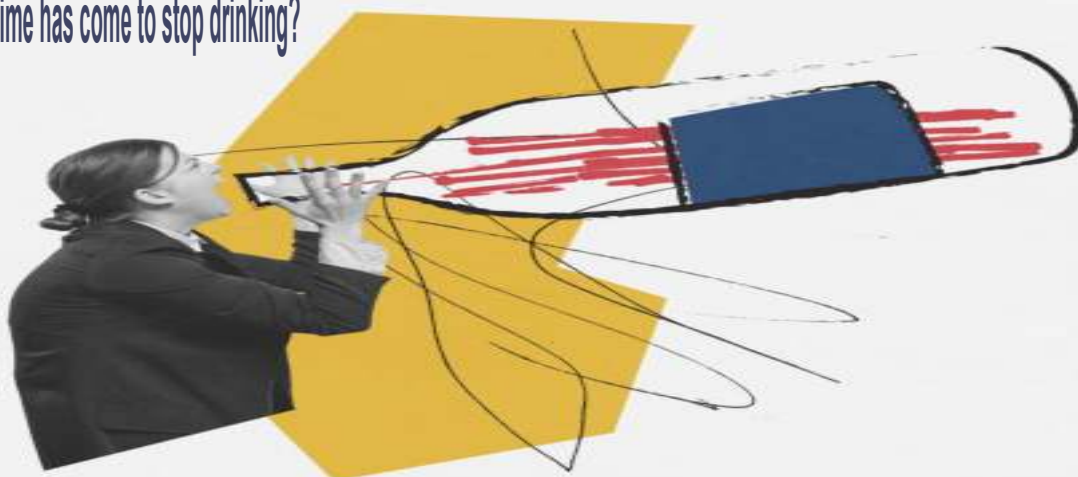
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Do you feel like the time has come to stop drinking?



The holiday season is almost over. January, the month of moderation and resolutions is now upon us. Did you over-indulge? Have you made promises to cut-back, reduce, or completely stop drinking? Promises that you are now finding impossible to keep.

Deep down you know things can't carry on as they are. The consequences of your drinking are catching you up. The hangovers are killing you; maybe you are starting to drink earlier, or once you pick up a drink you don't know how it will end. Physically your body isn't doing well, relationships are suffering, people are commenting.

Yet, no matter how hard you try, how many promises you make - to yourself, to your family, to friends - the compulsion to drink is just too strong. Sound familiar? Then you are not alone.

Millions of people worldwide, struggle with problems related to alcohol use. If you often drink more or for longer than you planned too; have tried to cut back (or stop) and found you couldn't; drink to deal with feelings and emotions; or if your drinking is interfering with your life - your responsibilities, relationships, finances, or health. Then you could have a problem with alcohol.

There is a solution, Alcoholics Anonymous (AA) is a 12 Step fellowship support group, that has helped people all over the world, with their problem drinking. If the consequences of your alcohol use are getting too much, if you are ready to stop drinking, or want support to help you try, then don't wait until it gets any worse.

Here Nick and Trish, two members of Alcoholics Anonymous, talk about how they came to AA in desperation, and it has turned their lives around. Nick - "I am 58 years old, I don't come from a family of drinkers. There was alcohol around as I was growing up,

it was never an issue for other family members, just me! It led to the breakdown of my first marriage, to not being around for my kids, and to me nearly losing my second wife. To anyone who is struggling with alcohol, I would say, if you want a better life without drinking, just try. Never-say-never. I didn't think I could do it; and my journey is just beginning. My life is so much better now. No hangovers. I am of service to others. I have a better relationship with my children, my wife. I understand myself much more."

Trish - "I am in my 70s. In my youth, I was a party girl, I drank, so did all my friends and my husband. Following a devastating tragedy in my 30s, my drinking increased. I used alcohol to numb myself, and to anaesthetise the



My physical health began to fail, and was told I had to stop drinking. I went to treatment and found out I was an alcoholic. I cried for hours. I thought my life was over and my opinion of alcoholics was very derogatory. Then I went to my first meeting and imagine my surprise. Everyone looked so well they all seemed to have jobs, families ... and they were happy. My journey began. It wasn't easy, and there were some blips in their beginning, but with the

continuous help of AA, I had my last drink when I was 40. 30 (plus) years later and I am still sober! I'm also still a party girl, just nowadays - thank God - a sober one!"

There are meetings of Alcoholics Anonymous, with friendly people who will understand, held daily throughout the Costa del Sol. Meetings are free to attend, and anyone who thinks they may have a problem with alcohol is welcome.

Call the English-speaking AA helpline for support: +34 600 379 110 or visit the website for help and information: www.aacostadelsol.com

CALL THE AA HELPLINE FOR SUPPORT:

+350 200 73774 Gibraltar or +34 600 379 110 Costa del Sol or visit the website for help & information:

www.aacostadelsol.com





Gardening in Spain – What you need to know!

Did you know that, in 2014 there were around 27 million Brits who enjoyed gardening, and that approximately one third of all UK adults in that year gardened at least once a week!

Looking at these facts then, it's pretty safe to say then that if you're moving to Spain from Great Britain, you're likely to be a green-fingered gardener who wants to know more about the lie of the land in your new country. Even if you're not a fully fledged flower-master, knowing all types of plants, herbs, fruits and vegetables you can grow in Spain might come in quite handy, especially if you like the sound of becoming self-sufficient so that you can live on a varied and healthy Mediterranean diet.

What type of gardening conditions can I expect in Spain?

Clay soil, ...Oh no, not the dreaded clay soil! But it's not as bad as you think!

Now it may worry you to learn that the main soil type in Spain is clay. But whilst clay soil can be a nightmare for UK gardeners because it is so hard to work, (especially with all the wet weather our little island gets), clay soil in Spain actually works quite well! With the amount of sun throughout the year in Spain (approximately 2700 hours compared to just 1500 hours in the UK), the ground can be quite arid. However, drought is much less damaging on clay soils than any other type, and the clay soil in Spain also doesn't take as long to warm up as it would do back in the UK, so it's easier for plants to germinate and grow healthily.

Also, because the rainfall in Spain is just over half of what it is per year than in Britain, (Spain sees roughly 636mm per annum, where as Blighty gets 1220mm), you don't have to worry about your garden getting wet, cloggy, and unmanageable.

For some, having an arid garden might sound appealing, almost boring and drab, but whilst it can be frustrating to maintain an oasis of colour and scent in a place that doesn't have much rainfall, having a bright, colourful garden in Spain isn't impossible. With some hard-work and dedication, your new Spanish garden will flourish.

But I won't have a garden when I get to Spain, I'll only have a terrace or balcony...

Don't fret! Plants can still grow very happily in pots filled with a high quality compost.

So what type of plants, trees and vegetables can I grow in Spain?

For other types of plants that work well in clay soil and under a lot of sun, please see the list below:- Yucca, Yarrow, Oranges, Tulips, St. John's Wart, Strawberries, Succulents, Passion Flower, Bell Peppers, Pineapples, Pistachios, Plumbago, Ornamental Onions, Bee Orchid, Melons, Geraniums, Grapes, Hibiscus, Ironweed, Lavender, Daylily, Cacti, Canna, Avocados, Aster, Black-eyed Susan, Almonds and Apples.

How can I make sure my Spanish garden will grow well, and stay healthy?

An important ingredient to help your garden grow – collect your own rain water. The most important part of maintaining a Spanish garden is watering. Less

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frequent, deep soakings are best as this will increase the drought tolerance of your plants.

Because of the weather conditions in Spain, it's likely that you'll have to water, on average, twice a week. That's why it's a good idea to gather rainwater when you can. It will significantly reduce your water consumption (which is metered in Spain) and you can easily make your own, low-cost, rain barrel out of, well anything!

As long as it holds water and you have a way to screen out debris and mosquitos, then you're all set to capture nature's H₂O. Check out this handy title, step-by-step guide which shows you how you can make your own rain barrel.

Another way to make sure that your Spanish garden flourishes is to improve it's soil condition, where you can. You can repair day soil by using compost, which is readily available in Spain, particularly in the region of Extremadura, where donkeys are still the favoured mode of transport! Even though, in short term, it's a good idea to whip your clay soil into shape by mixing in organic matter regularly and deeply, it's not a good idea to do this every month because the less you disturb your improved clay soil, the better. That's because extensive tillage stimulates the microbes deep in the soil, and they begin to devour all the nice, organic matter that are keeping your plants healthy. To determine whether your clay soil needs an organic boost, roll some of it between your palms into a ball about an inch in diameter. If, when you pinch the soil between your thumb and finger causes the soil to crumble into pieces, you know you can add some more compost. Along with adding compost, you should also plant 'cover crops' in any areas of your garden which would otherwise be left empty. Cover crops help to smother weeds, they reduce erosion and increase infiltration.

When it comes to flower or crop rotations, or if you just fancy a re-arrange, pull out your cover crops, and bob in your new plants. Your new occupants will adore their lovely home, filled with rich, organic matter that'll help them grow into strong plants and veggies.

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Cómpeta **New this month!**
Beautiful 3 bed, 2 bath villa (155m²) with pool. Magnificent mountain and sea views, just a short drive to Competa. Bright and spacious interiors with rustic charm. Plenty of outside space with covered outside kitchen. Excellent rental history.

Price: 399,000 euros
ref: v 1522 **EPC: G**



Online video

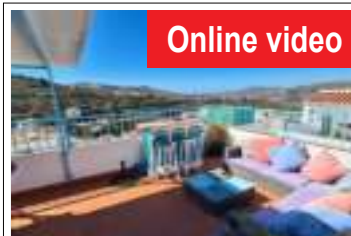
Salares **Full of character!**
Gorgeous traditional Moorish style 3/4 bed, 2 bath townhouse (131m²) sympathetically restored, living/dining with separate kitchen, upper & lower terraces with views over the roof tops and countryside.

Price: 185,000 euros
ref: t 1513 **EPC: In progress**



Archéz **New this month!**
Spacious, modern 3 bed 2 bath villa (176m²) with stunning sea views and good access. 15 mins walk to Competa. Superb sunroom, heated pool and great outside space make this property the perfect permanent or holiday home or rental investment.

Price: 499,000 euros
ref: v1508 **EPC: E**



Online video

Cómpeta **New this month!**
Lovely 5 bed, 5 bath (171m²) townhouse, fully licenced B&B, lounge and separate kitchen/dining, storage room, great roof terraces with sea, countryside & village views, prominent position off main plaza.

Price: 360,000 euros
ref: b1519 **EPC: E**



Compéta **Spacious villa!**
Wonderful 4 bed, 3 bath (281m²) countryside villa, bright living/dining with separate kitchen, utility room, gas central heating, fantastic terraces with sea and countryside views, private parking, free style pool and jacuzzi.

Price: 495,000 euros
ref: v1499 **EPC: in progress**



Online video

Sedella **Rustic charm!**
Character 2/3 bed, 2 bath townhouse (179m²), spacious rooms, bright and airy living space, enclosed courtyards and roof terrace with countryside and village views.

Price: 165,000 euros
ref: t1491 **EPC: In progress**

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.

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VSR4034 LA EXOTICA

Price: €369.000

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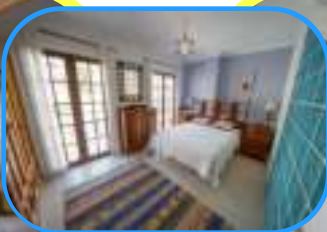
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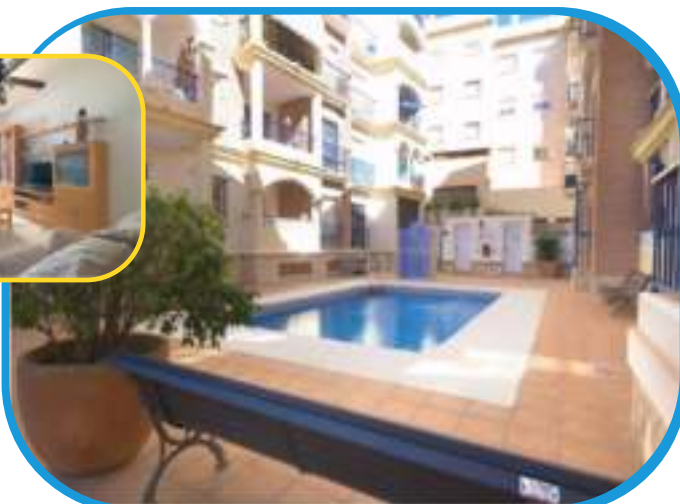
PROPERTIES OF THE MONTH



VSR1033 FRIGILIANA

Apartment on two floors. Comprising three bedrooms, two bathrooms and a lounge. Terrace. The apartment is fully furnished. Large roof terrace. Village location.

Price reduced: €259.000



VSR4027 TORROX COSTA

Penthouse apartment. Comprising two bedrooms and two bathrooms. South facing with a private terrace of 70m2. Communal pool. The penthouse is close to the beach with private parking. Great rental potential.

Price: €228.000

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Benji

Patch was rescued by the Costa Animal Society (CAS) back in February of 2020 as part of a litter of four pups who were living rough in a field near Hotel Caracoles on the Frigiliana to Torrox Road and they were placed into kennels just before the pandemic hit. These pups were about 6 months old at the time and were quite timid around people but it was clear they had some contact with humans when they were younger so it was thought they could be tamed with some patience.

Over the next several months they began taking treats by hand and a CAS volunteer worked with them several times a week until they could be touched and handled. The patience and hard work paid off because two of Patch's siblings eventually found homes in the Netherlands and one found a home in Sweden but Patch is proving to be a more difficult case as she was the shyest of the litter. Unfortunately, despite being a sweet girl Patch has difficulty in trusting new people and she has lingered in kennels as one of the longest resident. She is now 3-4 years old and is in good health. Patch has trust issues but once she gets to know someone she is a lovely girl who has even learned a few tricks like giving high fives. She has been spayed and is fully vaccinated.

The Costa Animal Society...

If you would like to meet Benji or Patch, please contact Seacrest Kennels at 711 028 847 or 646 613 885, 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. If you would like to help CAS in their work and donate, please go to our website where you will find our bank details, costa-animal-society.square.site

Benji and Betty were from a litter of pups that were dumped on the Costa Animal Society (CAS) doorsteps. Betty found a new home fairly quickly but perhaps due to Benji's timid nature or due to a stroke of bad luck he has remained in kennels, making him our longest resident. He was actually chosen for adoption at one time by a lady who lived in Jersey but could not travel to Spain because of the Covid outbreak. Unfortunately, during lockdown the lady changed her plans about moving to Spain and the adoption was never finalised. Benji is a medium size boy who comes below knee height and weighs about 20 kilos. He is a brindle coloured Staffy mix who is in good health and has been vaccinated and castrated. Benji loves to play with other dogs but would not be good with cats and he has a sweet but shy disposition.



Patch

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AXARQUIA ANIMAL RESCUE



AAR2703 – Treacle

Treacle is 6 Years old. Small to Medium in size. Unfortunately Treacle's owner has recently died, leaving Treacle and his other dog Maisie Rose in need of new homes. Treacle is a happy dog, and just loves mooching around, she is very close to Maisie, **and it would be ideal if we could rehome them both together**, she has been neutered and is fully vaccinated. If you could offer Treacle a home, or both together, please contact axarquia-rescue@hotmail.com for more information.



AAR 2398 - Maisie Rose

Maisie is a 2 year old Bodeguera who was rehomed by us 2 years ago after she was abandoned at birth. Unfortunately, her owner has recently died, and a new home is needed. Maisie is a happy girl, but a bit confused with her situation at the moment. Ideally, we would like to rehome her with the owners other pet, a female dog called Treacle - see other post - but we know this is a big ask. Both dogs are loyal, affectionate and playful. They are very close and are good with other dogs and cats. If you are able to offer either or ideally, both of these lovely girls a loving home. Please contact axarquia-rescue@hotmail.com



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Axarquia Animal Rescue



Scooby

AAR2712 - Scooby

Scooby is a boisterous and fun loving, 9 month old GSD cross.

He's been saved from the pound, but has to spend most of his time alone.

Unfortunately, his saviours female dog does not like him at all, and they are having to be kept apart.

Scooby just wants to play, but she can't tolerate even seeing him, his saviours have done all they can over the last few months, but the situation has got worse, and Scooby really needs, and wants, to mix and play.

He needs plenty of exercise and companionship. He is neutered, chipped and will be fully vaccinated.

Scooby is available for adoption now, or if you could offer him a foster home, where he can be himself, that would be fantastic.



Kyra and Deedee

AAR2550 - Kyra & AAR2656 Deedee

Kyra and Deedee are 9 months old and living in a foster home. Their mum is a Bodeguero, and the vet thinks that dad may be a German Shepherd type. Not expected to be big in size, more on the medium, weighing approx 15kg now. They are fully vaccinated and have basic training. Loving and affectionate, super smart and keen to please, as you can see from the photo.. 2 peas in a pod. These girls can be adopted separately or together.

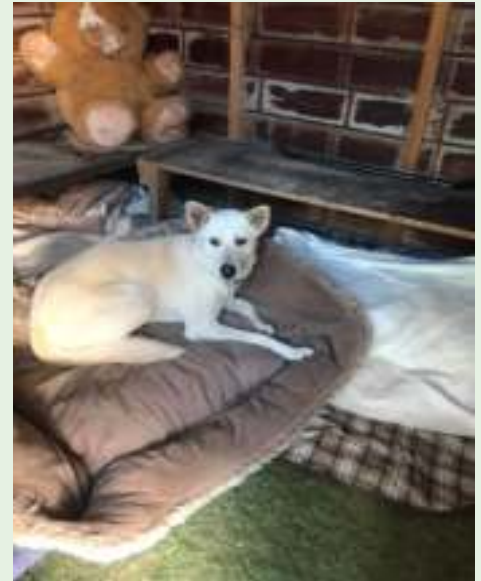
Email axarquia-rescue@hotmail.com for more information.



Ziggy

AAR2604 - Ziggy

This is our very own "Ziggy Stardust" he is a true star in our eyes. Born deaf Ziggy lives in a silent world but copes really well. He has been learning sign language and understands the signs for "No" and "Recall" He is learning the signs for "Good Boy" & "To calm down". Ziggy has different coloured eye's but his vision is good, He is a happy boy who loves to be in the company of humans and other dogs, not keen on cats. He is 37kg of solid muscle and 92cm floor to top of head. Probably best suited to a home with no young children, purely because of his deafness and maybe sudden approach from behind. Could you be that someone special to give him the loving home he so deserves. Please email axarquia-rescue@hotmail.com for more information.



Toby

AAR2657 - Toby

Toby is a beautiful, gentle soul. He is approximately 2.5 years old. Medium in size.

Toby has been in our care since March 23, and has come on quite well in kennels, from the frightened, shut down dog he was. He is still wary of humans until he knows you, then he just loves to be stroked and made a fuss of.

The big outside world still scares him, therefore, he needs someone with patience and understanding to continue to build his trust. He is fully vaccinated and neutered and would need secure outside space, he is good with other dogs, and really needs a loving home of his own.

Please email axarquia-rescue@hotmail.com for more information.

SHORT AND LONG TERM FOSTER HOMES URGENTLY NEEDED!!

It has been a very tough year for us, and most Rescue Charities. What with the after math of covid where people took in dogs, and then decided they didn't want them anymore, and now the new laws and all the uncertainty is putting people off from adopting, plus the normal abandonments that we still sadly see on a regular basis. We rely on volunteer foster homes and reduced rate kennels to house the dogs that we take under our care. Foster homes are desperately needed to help us continue with what we do, we supply all items necessary, food, and of course cover vet costs. If you could open your home to an animal in need, please contact us - we are desperate for long term and short term fosters.

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What Is Dog Agility?

Agility is a sport for humans and dogs. Like any sport it can be trained and competed at different levels. It can be just a hobby for you and your dog in your free time or you can compete more seriously at top-level international competitions – still not forgetting having fun!

The roots of the sport go back to 1970s England, when it was created as a demonstration sport. The first time dog agility was shown to an audience was at Crufts dog show in 1978. It immediately took off and within a couple of years it was given official dog sport status in the UK. Nowadays, agility is one of the most popular dog sports around the world. Agility courses are made up of lots of different obstacles, and the order of these obstacles varies in each competition. The judge designs the course in competitions and handlers have five minutes to walk-through the course without their dogs. In these precious five minutes handlers memorise the order of the obstacles and



plan their handling strategy. Dogs are allowed to start competing at a certain age (usually around 18 months), and again the rules vary in different countries. Competing starts at the lowest level with the easiest courses. As they gain experience and successfully complete the lower levels, dogs can move forward to more challenging levels.

Agility works for pretty much every dog, no matter the breed, size or age. If your dog is social, physically fit and likes to learn, they will most likely enjoy agility. Older dogs or certain breeds that might normally be characterised as couch potatoes often come to life when given extra attention and mental and physical stimulation from agility.

Benefits of Agility Training

There are plenty of ways you can use agility training to help your dog thrive, well beyond the course.

1. Physical and Mental Exercise

Walking is great, but usually isn't enough stimulation for our dogs. Agility works both physically and mentally to stimulate and tire our dogs out in the best way. Learning how to get your dog to go over, under, around, or through different obstacles as you call out directions, while running to keep up with them, is the best kind of all-purpose exercise for you both.

2. Healthy Weight and Mobility

By Karen Wallace

You can't have agility without "agile." It's all about the base — teaching your dog to be aware of their back end helps keep their body in great working order. They need to know how to keep their back paws close to obstacles to get around them efficiently.

3. Refresh Basic Commands

The good news is agility training doesn't require your dog (or you) to have any specific skills before you start. But it is helpful to at least have an understanding of basics like sit, down, watch me, and stay. If you've been along to any of the classes at Dog School then perfect — you'll have exactly what you need to get started!

4. Strengthens Bond

Agility is 100% present time with your dog. No phones, no distractions. Totally tuning in to them makes it possible to start thinking and moving as one. Spending extra time training your dog will teach you a lot about their personality as well as strengthen the bond between you. Find out what motivates them most: toys, praise, food or a combination?

5. Builds Confidence and Lowers Anxiety

Agility training might be the perfect way to give fearful dogs their moment. Although it isn't an absolute cure for fearfulness or other issues like separation anxiety or reactivity, it definitely lowers anxieties. Learning life skills in a playful way allows your dog to get rid of stress. And because agility training requires using their minds, dogs will burn energy quicker and focus less on things they perceive as scary. Pro tip: If your dog isn't a fan of other dogs, you'll want to start with private sessions or on familiar turf.

How to Get Started

If you and your dog are new to agility, it's helpful to start by joining at a beginners



or foundation level. At Agility Club at Dog School, Level 1 is for the absolute novice who has never tried agility before, or who has tried it once or twice and would like to progress. It's the ideal way to start on your agility training journey.

All our equipment is professional but built for beginners so that you can work at much lower heights than those in competitions, making it much less challenging for your dog (and you!). Your instructor (me!) is a qualified Agility Instructor and together we'll have fun working our way round a course!

If you'd like to join our Agility Club then get in touch or book a place in the next course via the website at www.dogschoolnerja.com

If you have questions or need any help please drop me a message on social media or

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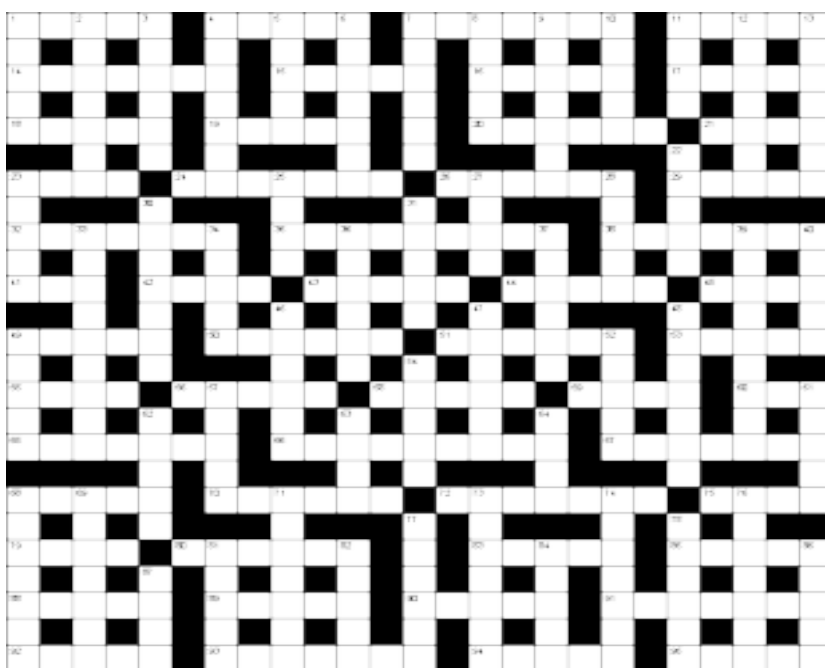
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Across

1. Incorrect (5)
4. Stories (5)
7. Asinine (7)
11. Larceny (5)
14. Indication (7)
15. Relating to the countryside (5)
16. Assembly of witches (5)
17. Mother-of-pearl (5)
18. Crude (5)
19. Flower (5)
20. Wore away (6)
21. Serene (4)
23. Matured (4)
24. Persevere (7)
26. Dissertation (6)
29. Paragon (5)
32. Gave way (7)
35. Horticulture (9)
38. Forestall (7)
41. Pouch (3)
42. Sodium chloride (4)
43. Supple (5)
44. Competitor (5)
45. Female relative (4)
49. Small boat (5)
50. Reverberated (6)
51. Pressing (6)
53. Measuring stick (5)
55. Halo (4)
56. Circumvent (5)
58. Large marine mammal (5)
59. Leave out (4)
60. Conclusion (3)
65. Considerate (7)
66. Capricious (9)
67. Erased (7)
68. Forgo (5)
70. Vertical fin (6)
72. Perplexed (7)
75. Land measure (4)

Down

1. Bet (5)
2. Vague (7)
3. Graceless (6)
4. Shiver (7)
5. Slow, broad musical performance (5)
6. Edible crustaceans (7)
7. Fusillade (6)
8. Secret store of valuables (5)
9. Conspicuous (7)
10. Scorch (5)
11. Military vehicle (4)
12. Enclosed territory (7)
13. Rising warm air current (7)
22. Beverage made from apple juice (5)
23. Chasm (5)
25. Mentor (4)
27. Ice pellets (4)
28. Reddish brown (5)
30. Long and eventful journey (7)
31. Stringed instrument (5)
79. Precipitation (4)
80. The month preceding the present one (6)
83. Fruit (5)
85. Planet (5)
88. Frequently (5)
89. Excuse (5)
90. Combine (5)
91. Discussed (7)
92. Lure (5)
93. Stark (7)
94. Highly emotional episode (5)
95. Acquires by effort or action (5)



33. Bizarre (9)
34. Dig into (5)
36. Rue (6)
37. Profited (6)
39. High-spirited (9)
40. Private instructor (5)
46. Unilluminated area (6)
47. Romp (6)
48. Easily cracked (7)
49. Map (5)
52. Domesticated (5)
54. Pursue (5)

57. Still legally acceptable (5)
61. Deceitful scheme (5)
62. Tender (5)
63. Passport endorsement (4)
64. Musical symbol (4)
68. Supreme military leader (7)
69. Insanely irresponsible (7)
71. Dried grapes (7)
73. Made a formal request (7)

74. Spiny anteater (7)
76. Custodian of a collection (7)
77. Loudness (6)
78. Weak (6)
81. South American animal (5)
82. Speak up (5)
84. Sports field (5)
86. Conceals (5)
87. Jealousy (4)



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WORD SEARCH

Happy New Year!



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 TIMES SQUARE / TOAST /
 TRADITION / TUXEDO /
 VOW / YEAR





ARIES:- (March 21 - April 19)

Mercury's link to Jupiter will encourage you to think seriously about how you can improve both your career and your earning power. Just make sure the ideas you come up with are practical, daydreaming about change won't get you far.

Luckiest day:- Friday

TAURUS:- (April 21 - May 21)

You may be unhappy with the way a creative project is working out but you must not abandon it. You have come a long way in a short period of time and maybe that's why you are impatient now, so give it time to get back on track.

Luckiest day:- Monday

GEMINI:- (May 21 - June)

As your ruling planet Mercury is nicely aligned with Jupiter, planet of good fortune, you can be sure the odds are stacked in your favour. Long-term financial decisions will go well for you now, so don't be afraid to take the occasional risk.

Luckiest day:- Saturday

CANCER:- (June 21 - July 22)

Plan your next move carefully but plan it with confidence too. So long as you don't expect good things to just land in your lap this could be and should be a beneficial time for you. Don't waste the opportunity to do something special.

Luckiest day:- Tuesday

LEO:- (July 23 to August 22)

Set yourself a challenge that other people say is impossible and enjoy proving them wrong. Even if you fail to reach your number one goal you will still reach other goals that are worth the effort, and may even turn out to be of more importance.

Luckiest day:-Wednesday

VIRGO:- (August 23 - Sept. 22)

What looks like a hopeless situation to some people will look relatively easy for you, because you know what you are capable of and you know you have won through against greater odds in the past. They say it can't be done but you know it can.

Luckiest day:- Sunday

LIBRA:- (Sept. 24 - October 23)

Make an effort to talk to partners and loved ones today and find out what they think about your long-term plans. Most likely they will be supportive but if they do come up with some difficult questions you may need to adjust your strategy a bit.

Luckiest day:- Friday

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

If you focus on a problem to the exclusion of everything else you will surely find the answers that have been evading you for so long. This is not the time for daydreaming or even lateral thinking, focus is the key to success.

Luckiest day:- Thursday

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

Many things seem to be coming together now but there is a danger you could start taking outcomes for granted and tempt fate to teach you a lesson. The best way to keep the good times going is to make the right moves over and over again.

Luckiest day:- Saturday

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

Mercury in your sign, linked to luck planet Jupiter, urges you to listen to what loved ones and friends are trying to tell you. Not everything they say will be correct but enough of it will be to give you an advantage over your rivals.

Luckiest day:- Wednesday

AQUARIUS:- (Jan 21 - Feb. 18)

Everyone knows you are a star, so why are you trying so hard to prove yourself? Maybe it's that worm of self-doubt you have been unable to get rid of. Just remember that the higher you climb in life the further there is to fall.

Luckiest day:- Friday

PISCES:- (Feb.19 - March 20)

It does not matter how many times you failed in the past, it matters only that you try again and keep trying until you get it right. The good news is you won't be alone on your journey, you have friends who will assist you at every step.

Luckiest day:-Saturday

Horoscopes.

by Kristian Marconi

Tony Foster



WELL known Nerja resident, Tony Foster, died suddenly in hospital on December 4 aged 79.

Tony, who had lived in Nerja since 1979, was an Estate Agent and had written the book "The Complete Guide to buying a Property in Spain."


Tony's daughter Karen, who lives in Cambridge, said that when he first met her mother Tony was "a leader of the pack kind of guy – all leathers and a lot of swagger." "He loved to act out the Mick Jagger moves and took pride in getting his first parking ticket in Cambridge published in the local paper. "As a young man my dad lived life to the full. He never lost his love of people and was a born salesman through having the gift of the gab. He travelled round the country mostly selling food mixers to housewives. Somehow he managed to write off several cars on his journeys," Karen commented.

Tony spoke fluent Spanish and was a familiar figure at RnR's, Goodstuff and, until it closed, The Cottage restaurant.


Ill health in recent years eventually resulted in Tony having his legs amputated. Yet he remained cheerful and stoic in adversity.

Since May 2023 he had been living at Casa Residencia Hermanas del Buen Samaritano in Nerja.

Even so he still managed to travel by taxi to RnR's for lunch twice a week and rarely missed watching his beloved Arsenal's matches on television there. Two days before his death he watched them for the last time when they were top of the Premier League.



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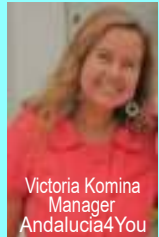


Accessed down a solid track which is mostly concreted, with no passing traffic, offering stunning views, in a peaceful setting, 10 minutes from the main road. This is a lovely south facing three-bedroom, two-bathroom finca located between Canillas de Aceituno and Sedella.


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Set in the picturesque landscape of Frigiliana, this enchanting 2-bedroom cortijo invites you to experience the best of Andalusia. Conveniently situated just a mere 5-minute drive or a leisurely 10-minute walk from the heart of the village, this property offers a perfect blend of both accessibility and serene privacy.

A unique feature of this estate is the separate 35m2 outbuilding, brimming with potential. It awaits transformation into an independent 1-bedroom apartment, presenting an exceptional opportunity for those considering rental income or an idyllic guest retreat.

Step inside the main residence to discover a welcoming lounge that flows seamlessly into a dedicated dining space. The adjacent kitchen, equipped with all essential amenities, ensures you have everything you need to cater to family and friends. Two spacious bedrooms and a modern bathroom round off the internal living spaces.

Outside, the expansive grounds captivate with a large, private swimming pool – the perfect oasis for cooling off during those hot Spanish summers. The surrounding gardens, meticulously maintained and thoughtfully landscaped, provide a tranquil backdrop for relaxation and al fresco dining.

This cortijo is not only a home but an opportunity. Priced for a swift sale and available for immediate viewing, don't miss your chance to own a slice of Frigiliana paradise.

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CENTRALLY LOCATED HOUSE IN FRIGILIANA

This historic village house in Frigiliana offers ample space for renovation and personalization. It features a spacious lounge, dining area, 3 bedrooms, and multiple private terraces, including a roof terrace. The property also includes storerooms that can be converted into additional rooms. With access from two streets, it has potential for creating a separate apartment or multi-level development, such as a hostel or apartment hotel.

975,000€



DETACHED LUXURY VILLA IN FRIGILIANA

This luxury villa, just a 5-minute drive from Frigiliana, offers a grand retreat in the heart of southern Spain. With 7 spacious bedrooms and 5 well-appointed bathrooms across its 520 square meters, it provides ample space for both family and guests. The villa boasts traditional Andalucian charm and luxury, featuring a welcoming lounge, stylish dining area, and a fully equipped kitchen. It connects indoor and outdoor space perfectly.

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1 BEDROOM HOUSE FOR SALE IN ALMACHAR

This 1-bedroom townhouse in Almachar offers great renovation potential and customization opportunities. It features an open-plan lounge and dining area, an equipped kitchen, and 1 bathroom, making it a cozy and manageable living space. The property is not only suitable for personal use but also holds promise as an investment for rentals or long-term holding. It is attractively priced and ready for immediate viewing.

65,000€



CENTRALLY SITUATED HOUSE IN BENAMOCARRA

Featuring a cozy lounge and dining area that seamlessly connects to the equipped kitchen, offering a functional and inviting space for entertaining and relaxation. Two comfortable bedrooms and a well-appointed bathroom ensure everyday convenience. While the property is livable as is, it presents a exciting opportunity for personalisation and renovation to create your dream home. There are many standout features.



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Leftover Turkey and Ham recipes



Creamy Leftover Christmas Turkey Spaghetti

Serves: 6

Ingredients:-

250g pack of spaghetti or any pasta – wholemeal is best
 1 large onion peeled and diced
 2 sticks of chopped celery
 4 cloves garlic crushed
 1 tsp olive oil
 1 cup sliced fresh mushrooms
 2 cups light milk
 Sea salt and pepper
 1/2 cup Philadelphia light cream cheese
 1/6 cup grated Parmesan cheese
 3 cups flaked cooked turkey breast

Preparation:-

Cook the spaghetti. Then in a large pan lightly cook the onion, celery and garlic in the olive oil. Next add the mushrooms and stir in the milk, bringing to the boil. Next add in the turkey and cream cheese and stir to

combine well. Drain the spaghetti then add into the sauce with the Parmesan cheese. Season to taste. When all of the cheese is melted it is ready to serve.



Zucchini Muffins

Serves:- 12 muffins

Ingredients:-

1 ½ cups zucchini grated, 375g
 1 carrot grated, 80g
 125g tinned corn
 1 onion finely diced, 90g
 100g thinly sliced leg ham chopped
 1 cup wholemeal self raising flour 170g
 6 eggs beaten
 1 cup grated cheese 130g

Preparation:-

Preheat oven to 180C. Lightly spray a 12 hole muffin tin with cooking oil spray.
 Cook the onion in a non stick fry pan. Allow to cool.
 Place all ingredients into a large mixing bowl. Mix until well combined.
 Divide the mixture between the 12 muffin holes.
 Bake for 25 to 30 minutes or until muffins are golden and a skewer comes out clean.
 Great served hot or cold.



Easy Cheesy Quiche Cups

Serves:- 12

Ingredients:-

6 eggs
 1.5 cups skim milk
 1 cup low fat tasty cheese grated
 1 cup baby spinach leaves
 1 cup zucchini grated
 1/2 cup mushrooms roughly chopped

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1 cup cooked sweet potato cubed
2 tbsp olive oil
Olive oil spray to grease the tins
Salt and pepper to taste

Preparation:-

Preheat oven to 180C. Spray 2 x 6 muffin capacity tins with olive oil spray to grease or use regular olive oil and kitchen paper.

Heat remaining olive oil over medium heat in a large saucepan. Add mushrooms and spinach and stir till spinach begins to wilt.

Remove from heat and add zucchini while pan is still hot.

Add the cooked sweet potato.

Transfer veggies into a large bowl.

Whisk eggs, milk, 3/4 of the cheese, salt and pepper together in a separate bowl. Add veggies to the egg mix and stir well.

Divide mixture across the trays. Top with remaining cheese.

Place in the oven to bake for 15 minutes or until firm and starting to turn golden on top.



Turkey & Leek Pie

Serves:- 6

Ingredients:-

2 rashers bacon
1/2 bunch of thyme
Olive oil
2kg leeks
800g cooked turkey meat
2 heaped tbsp plain flour
2 pints stock
2 tbsp creme fraiche
500g rolled puff pastry
1 beaten egg



Preparation:-

Preheat oven to 190°C/375°F/gas 5. Cut bacon into chunks and fry with thyme leaves.

Add chopped leeks, fry for a few minutes then put a lid on, turn down heat and cook for 30 minutes, stirring occasionally.

Add turkey meat and mix in. Add flour, mix well then add stock. Add creme fraiche then bring to the boil. Sieve pie mixture, extracting the gravy for later.

Put pie mix into a dish, cover with rolled puff pastry, slice and wash with the egg.

Bake in the oven for 35-40 minutes, reheat the gravy and serve.

Ham and Potato Soup

Serves:- 6

Ingredients:-

2 tablespoons extra virgin olive oil
1 ½ cups chopped onion

3/4 cup chopped parsnips or carrots
3/4 cup chopped celery
1 clove garlic, minced
1 meaty ham bone from a ham, or a meaty ham shank
6 cups low-sodium chicken stock
2 bay leaves
2 sprigs thyme
2 pounds potatoes, peeled and cut into 3/4-inch cubes
1 ½ cups cubed ham (if using a ham bone), 3/4-inch dice
1/2 teaspoon ground pepper
1/4 cup whipping cream
Salt to taste

Preparation:-

Heat olive oil in a large, thick-bottomed pot on medium high heat. Add the onions, parsnips or carrots, celery, and sauté for 7 to 8 minutes. Add the garlic and cook for a minute more. Add the ham bone or ham shank to the pot. Add 6 cups of stock. Add bay leaves and thyme. Bring to a boil, lower the heat to maintain a simmer. Cover and simmer for 45 minutes. Add the potatoes and simmer for 15 more minutes, until they are cooked through.

Remove the ham bone or ham shank from the soup. Purée half of the soup so that some of the potatoes get puréed to give the soup body, and there are still whole chunks of potatoes for texture.

If using a ham shank, cut away the meat and chop into 3/4-inch cubes. Add the chopped ham and black pepper to the soup.

Stir in the cream.

Add salt and pepper if needed.



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ACUPUNCTURE, MIGRAINE AND SCIENCE



A Systematic Review of scientific studies published in the Journal Neurology and Therapies shows that acupuncture is effective and safe in treating migraine

Migraine is a health problem that can disable the normal life of those who suffer from it, causing absences from work and class, as well as the inability to perform normal tasks and have an adequate social life. It affects 14.7% of the world population (chronically affecting 1.4% - 2.2%), with a higher prevalence in women between 18 and 49 years of age.

Some of the factors related to the appearance of migraine are the

abuse of medication for acute migraine, obesity, depression and as well as high levels of stress.

This disorder is related to an alteration of the pain modulator system in the body, in which there is a disruption of neural networks, in particular of the trigeminal-vascular system. It can be associated with fatigue, concentration difficulties, nausea, irritability and present with moderate to severe throbbing pain, photophobia, and sonophobia.

Treatment for migraine in the first instance is usually pharmacological, consisting of NSAIDs, triptans, ergot alkaloids, dopamine antagonists, corticosteroids, opioids, etc. Other non-drug treatments include neurostimulation on trigeminal, riboflavin, or coenzyme Q10.

Evidence for acupuncture

Various investigations show the efficacy of acupuncture in treating migraine headaches. A Cochrane Systematic Review reported in 2016 that acupuncture is a valid treatment option, since it reduces the duration and frequency of migraine, both episodic and chronic. Similarly, numerous studies have shown greater efficacy of real acupuncture compared to sham acupuncture or simulated acupuncture.

There is also evidence that the efficacy of acupuncture is not inferior to that of medications such as topiramate or propranolol. Acupuncture, therefore, is

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considered a safe therapy that can be helpful as an alternative in patients who do not respond to medication, or in a complementary way.

Acupuncture in the treatment of migraine is usually significantly effective after a minimum of sessions (usually between 6-8).

Scientific studies on acupuncture and migraine

The review shows up to 20 different scientific references where the role that acupuncture can play in the treatment of migraine is highlighted.

They explain various physiological mechanisms produced by acupuncture when treating this disorder, such as brain metabolic regulation and modulation of functional connectivity in the frontoparietal network. It also explains the beneficial effects of auriculotherapy, as well as electroacupuncture.

In conclusion

Acupuncture and its different techniques, such as auriculotherapy or electroacupuncture, can play an important role in the treatment of migraine headaches, being able to reduce the frequency, intensity and duration of attacks.



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healthwise

Simple Tips To Kick-Start Your Health Journey Today

by Kim Sian

Simple Tips To Kick-Start Your Health Journey Today

Getting started with a healthy lifestyle can be somewhat challenging, no matter if it's your first time or you are getting back to it after a long break.

We all have been there. Making resolutions to kick-off our new year with a new lifestyle and breaking it just after having delicious yet "high-calorie" food. It's not as easy as it seems. Easier to say than to stick to.

Basically, every failed life goal has a lack of motivation and procrastination. To deal with these, you must find the space, to be honest about your unhealthy living style. Understand the challenge and the reason behind the hindrance to your fitness journey.

Whether you have skipped the gym for a year or so or haven't made it to the gym ever in life, we will help you with some tips that are certainly going to benefit you.

Set Your Goals For Your Health Journey

Jotting down your goals and devising a plan to achieve them should be the initial step towards your fitness journey. Never underestimate the power of penning down your concrete goals and plans. Being honest about why you want to achieve a healthy lifestyle can motivate you every time you lose your patience.

To start with "getting healthy", you can form a goal planner and list your calendar according to it. Always ensure you are making efforts to block time for your planned schedule.

Limit Your Cravings

Saying NO to junk food can be a great footfall in your fitness journey. There will be times when you won't be able to resist your cravings, but that should not stop you from achieving your best body.

Street food and drinks are high in calories and add up to your unhealthy living of style.



Urinary Tract Infections – Complicated and Uncomplicated

Urinary tract infection (UTI) is the most common of all bacterial infections and can occur at any time in the life of an individual. The urinary system is designed to keep out microscopic invaders and generally does a pretty good job at it – but sometimes the defences fail. About 95% of the time bacteria multiplies at the opening of the urethra and travels up to the bladder. Even then, when bacteria is introduced into the bladder, there are a number of defence systems protecting the urinary tract against an active infection. Some of these defences include:

- Urine is normally sterile and itself works as an antiseptic, washing out bacteria during normal urination.
 - Ureters work to prevent urine from backing up into the kidney when the bladder forces out the urine through the urethra.
 - The bladder's mucous lining has antibacterial substances that eliminate many pathologic organisms.
 - The prostate gland secretes infection fighting substances in men.
 - A healthy women has lactobacilli in the vagina, which maintains an acidic low pH environment that is hostile to other bacteria.
- Still sometimes bacteria manages to enter despite the body's various defences and a urinary tract infection ensues. Less frequently but more seriously, the bacteria spreads and infects the kidney causing pyelonephritis. Urinary tract infections are not treated alike depending if they are classified as complicated or uncomplicated. Uncomplicated UTI's are usually found in non-pregnant, pre-menopausal women. Complicated UTI's are defined variably but generally include patients with underlying disease such as diabetes, post-menopausal women, pregnancy, alcoholism, under 12 years of age, all men, structural abnormalities, and catheter use – just to name a few. There is a significant difference in the treatment of complicated and uncomplicated UTIs. Too often I am seeing patients who fall in the complicated category given antibiotics regimen suitable for an uncomplicated infection. I usually see these



patients in a significant level of distress. They tell me tales of weeks of on-going treatment with changing antibiotics all resulting in no cure for their pain and discomfort.

From diagnosing to treatment, there is a difference in what is effective for complicated and uncomplicated UTIs.

Uncomplicated UTIs

The popular and quick “dipstick” to test urine is acceptable for pre menopausal women with an uncomplicated presentation (no fever or kidney pain). The optimal duration of treatment in these cases is three days. Single-dose therapies have an unacceptable rate for the infection to come back mutated and nastier! If these patients are still symptomatic after three days, they require a laboratory urinalysis along with a microbacterial culture to identify the causative organism. Numerous studies have shown that it is not acceptable to simply change the antibiotic with out having that culture!

Complicated UTIs

Pretty much everybody else with UTIs fall into the complicated category of infection and need their first urine sample sent for biochemistry and culture in a lab as well as a dipstick at the doctor's surgery.

Why not just use the “dipstick”? Not for these more complicated infections. The main disadvantage of the dipstick is that, while “instant”, the information may not be very accurate. Additionally, the information given in dipstick testing is pretty limited as the dipstick is a qualitative test rather than a quantitative one – it does not give a precise measurement of the quantity of the abnormality. Therefore, dipstick urine results do not show both normal and abnormal values.

The ability of the dipstick to replace microscopy is an ongoing controversy. Many studies, including those presented to the American Academy of Emergency Medicine, show that a negative dipstick test simply cannot be counted on to rule out pyruia - pus in the urine.

Post menopausal women need laboratory urinalysis and gynaecological evaluation with ultrasound are needed.

Many complicated UTIs require a urological exam with ultrasound to rule out underlying structural or anatomical abnormalities. Antibiotics in complicated UTIs need to be taken for ten to fourteen days.

Urinary tract infections in all men, as a general rule, are considered complicated infections and the possibility of the infection having ascended to the kidney or having ascended from the prostate must be considered. Laboratory urinalysis, microbacterial culture and specialist urological consultation are required.

If you are concerned about the health of your urinary tract system, take a look at the www.urologyhealth.org , the website for the American Urological Association.

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Understanding Your Body Needs And Nutrition

You can fuel your fitness journey by understanding the requirements of your body and what suits you best to achieve your body goal. For this, educating yourself on nutrition can give you an overall idea of what to practice and what not. A balanced diet with enough protein and fiber is sound for a healthy diet.

Moreover, you can add collagen protein powder as a regular intake to boost your health ride. Recently introduced as one of the most critical add-ons in one's diet, collagen powder benefits your overall health.

Exercise, Exercise, Exercise - But With Rest

Exercise should not be seen as a chore but as a reward for your body with the right diet. You can look out for your favourite workouts and tone your body with what you actually like. A workout partner would be a nice company. You can also get a personal trainer who can guide you through. Moreover, you can find different styles of exercise like practicing any sports, classes and training programs.

Yes, exercise is necessary but resting your body is more. So never skip your body rest in this journey. Adequate sleep should be a priority, not an option.





Early Bird Habits

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Let's Wrap Up

Start with one baby step every day as too many goals can be a lot for your body and can be overwhelming and tiresome. Go with the basics first, and choose the health plan that you most like.

Just remember this, "Right balance is a much needed approach towards a healthy body."

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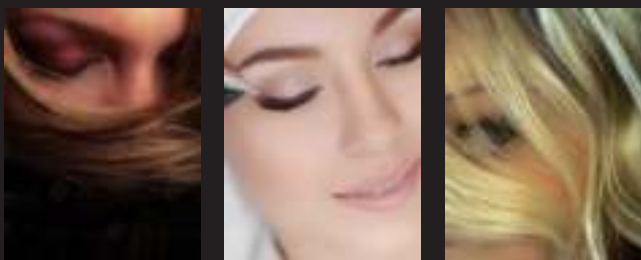
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The 24 Hour Fast: Benefits and How To

By Liam McAuliffe Updated on April 19, 2023
Tags: intermittent fasting



The 24 hour fast is an intermittent fasting strategy that can yield powerful benefits, even when practiced once a week.

When you stop eating for 24 hours you trigger various beneficial and regenerative bodily processes that:-

- support metabolic health
- reduce the risk of heart disease
- metabolize fat stored body fat
- regulate blood sugar
- improve cholesterol and triglycerides levels
- stimulate human growth hormones
- activate autophagy and stem cell production
- reduce the risk of various cancers

In this article, we'll explore how to do a 24-hour fast, and the ways that fasting can support your health goals.

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- What Happens To Your Metabolism on a 24 Hour Fast?
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- Weight Loss and Improved Body Composition
- Cellular Renewal (Autophagy)
- Increased Stem Cell Production and Intestinal Healing
- Improved Insulin Sensitivity
- Reduced Inflammation
- Potential Drawbacks of a 24-Hour Fast
- Foods to Eat Before and After a 24-Hour Fast
- 24-Hour Fast: The Takeaway

What is the 24-Hour Fast?

A 24 hour fast calls for abstaining from food and drinking only non-caloric beverages for a 24-hour period between meals. The 24 hour fast is often associated with the „Eat Stop Eat“ intermittent fasting cadence that calls for abstaining from eating for 24 hours once or twice a week with two to five days between fasting periods.

Eat Stop Eat was developed by nutritional researcher Brad Pilon based on data from his studies at the University of Guelph.

His findings were popularized in the popular book „Eat Stop Eat“.

How to Do a 24 Hour Fast?

A 24 hour fast usually begins at sundown on the first day and ends at the same time the next day.

Linking your fasting period with circulation rhythms takes advantage of innate metabolic processes in your body that are governed by natural light and dark cycles.

What Can I Drink on a 24 Hour Fast?

It's a given that you can't eat food during a 24 hour fasting period, but beverages can be a grey area. Most people stick with mineral water, while others drink black coffee or tea. A cup of black coffee contributes 2-3 calories, which isn't enough to interfere with the fasting metabolic state.

What Happens To Your Metabolism on a 24 Hour Fast?

After restricting calories for 12-36 hours of fasting your body will begin breaking down fatty acids. Concurrently, at the 16-18 hour mark, your body will activate a process of cellular repair and renewal called autophagy. But it's important to keep in mind that intermittent fasting only stimulates significant autophagy when you align your fasting period spans overnight.

24-Hour Fast Benefits

Now that you're familiar with the basics of a 24-hour fast, let's explore the various possible health benefits, including:-

- Improved body composition
- Improved insulin sensitivity
- Improved cellular health
- Increased GHG production
- Increased BDNF production
- Reduced inflammation

Weight Loss and Improved Body Composition

The 24-hour fast is widely used as a way to "melt" away excess body fat.

Animal studies show that fasting rapidly increases "fatty acid oxidation," which means the breakdown and use of stored body fat as energy. The process of fat oxidation occurs when the absence of carbs causes the hormone insulin to drop and norepinephrine to rise.

Increased fat oxidation due to intermittent fasting has been shown to promote weight loss and increase lean muscle mass. Studies show that intermittent fasting can result in the loss of up to 9.9% of body weight.

Another factor in intermittent fasting weight loss is increased metabolic rate. Studies show that fasting can raise metabolic rate by 14%.

A higher metabolic rate means that your body is burning calories even at a resting state.



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Nerja Arts Society

Lecture date: January 9th 2024
18.00 Centro Cultural Nerja

The Pre-Raphaelite Brotherhood: Art World Rebels

Sarah Ciacchi MA

The Pre-Raphaelite Brotherhood were a group of young artists who came together in 1848 to shake up an art world they considered stultified and untruthful because artists were encouraged to copy only the Old Masters, especially the art of Raphael rather than find their own their own artistic path. So the Pre-Raphaelites looked for inspiration from artists that came before Raphael (hence Pre-Raphaelite) and looked for more truthful and honest subject-matter, challenging the rule that had been codified by the Royal Academy of Art. Not only were they art world rebels, but they also produced works of art that enjoy great popularity today, which we will explore in this talk.



About Sarah Ciacchi

Sarah Ciacchi has an MA in History of Art (Late 19th century French Painting and 20th Century Art) from University College London. She has been a Blue Badge Guide for London since 2008, specialising in art, museums and galleries, so relevant tours and visits for talks can be arranged. Since 2008 she has trained Blue Badge Guides in the National Gallery and is an art lecturer for trainee guides in Tate Britain, Tate Modern and for a period the National Portrait Gallery. She is a gallery educator and Adjunct Faculty at Richmond University (since 2008) teaching the History of British Art, the History of Museums in London and the History of London, and runs regular courses and independent lectures on a variety of art historical periods.

Lecture date: January 23rd 2024
18.00 Centro Cultural Nerja

Latin American Heartbeat in Flamenco: From Cuba to Cádiz

Antonio Guerra and Company

Cantes de ida y vuelta is a group of Flamenco songs that have their roots in Latin America, especially Cuba. It literally means roundtrip songs, rhythms that "travelled back" from Latin America to Andalucía and were flamencofied. Usually they have a more mellow and merry character than the traditional harsh laments in traditional flamenco.

The exchange of musical influences was particularly important at the end of the Spanish–American War in 1898, when the United States gained control over Cuba, the last Spanish territory in Latin America. The defeat involved the return of many Spanish emigrants to Spain, popularly called indianos, to Andalucía, to Cádiz.

Federico Garcia Lorca, one of the greatest poets of Andalucía loved Flamenco and Cuba where he wrote beautiful lyrics for Flamenco.

We will hear the rhythms of Cuba, Mexico and Argentina in wonderful elegant and evocative Flamenco songs like the Guajira, which is always danced with a fan, the Colombiana, the Rumba or the Tango.

The Dance Company of Antonio Guerra will show these dances live while Helen Sijssling will be the narrator and explain in English.

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Parish priest: Father José Maria.

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 an hour and half. 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 11.00 a.m.
Prayer Meetings Wednesdays 11.00 a.m.
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 11 a.m. 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.
Vélez Málaga, Holy Communion or Morning Prayer. Sunday mornings at 10.30 a.m. in the Antigua Capella de San José, Calle Linares 7, Vélez Málaga.
Chaplain: Fr.Louis Durrant, Tel: 630 909 131
Email: info@stgeorgemálaga.org or contact one of the chaplaincy wardens. More information can be found at: www.stgeorgemálaga.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



NEWS & What's ON

Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1ªIª, (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@lux-mundi.org

LUX MUNDI, TORRE DEL MAR JANUARY COMING EVENTS & EXCURSIONS

We continue our regular activities: Spanish practice groups (limited numbers per group) Wednesday and Friday. Time 10.00a.m. to 1.00p.m.

Every Wednesday - The art group, along with the crochet and craft group meet at the Centre to share knowledge and develop new techniques. It is a very active group and all are welcome. Time 10.00a.m. to 1.00p.m.

Our shop will be open Wednesday and Fridays. Time 11.00a.m. to 1.00p.m. Offers now a good selection of Autumn/Winter clothes at very good prices. Donations in good conditions are always welcome.

Every Thursday Spanglish. General conversation between Spanish and English friends. Time 4.30p.m. to 5.30p.m.

Every Friday - Coffee morning. Come and meet friends and relax in our beautiful garden. Time 11.00a.m. to 1.00p.m.

Thursday 18th January - Fuengirola. Miramar Centre and Iceland January Sales. Please come and join friends. On arrival you can either get off at the bus station and visit the acclaimed Bioparc, visit Dunnes' store, see the new street art and walk along the promenade to have lunch, or you can be dropped off at the Miramar shopping centre and have lunch there. The bus will pick up those in town at 2:30p.m. and drop them off at either the Miramar centre or Iceland and will then return at 5:20p.m. to pick up friends at Iceland and at the Miramar centre at 5:30p.m. Tickets available at the Centre, price: 18€ with a Friends card and 20€ for visitors. (Proceeds for fundraising). Departure times: Algarrobo (Lidl) 9:15a.m., Caleta (Vets) 9:20a.m., Torre del Mar (bus station) 9:30a.m.

Thursday 18th to Thursday 25th January - Week of Prayer for Christian Unity. You are welcome to join us at the Church Services which will be held in various churches in Andalucía through the week. There will be a special service in the Cathedral in Malaga on Saturday 20th at 11.30a.m. Please contact the Lux Mundi Centre or your church for full details.

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

COMING EXCURSION - Monday 18th March to Friday 22nd March - Excursion to Valencia for the Fallas Festival. Tickets available at the Centre price: double room 549 euros person with a Friends card, visitors 569 euros, single room 799 euros with a Friends card, visitors 819 euros. Travel insurance included (Proceeds for fundraising). Departure times: Torre del Mar (Bus station) 7.15a.m., Caleta (opposite Vets) 7.25a.m., Algarrobo (Lidl) 7.30a.m.

Phoenix Club

The Phoenix Social Club is open to all nationalities but the lingua franca is English. It is registered social club with the Ayuntamiento in Velez Malaga, is a non political and secular organisation & during these very difficult financial times we try to keep costs down.

We offer an opportunity to make lasting friendships, to help each other & share information but primarily to have fun in a friendly and inclusive association. You do not have to be a member to join us on our trips.

Do come along and meet us.

We meet every Tuesday between 12 and 2 pm at Restaurant and Bar La Vega in Torre del Mar

Trips & Events

January 2024

4th - Trip to Gib €18 and includes €1 for the driver.

12th - Trip to the Sierra Nevadas – let it snow, let it snow, let it snow!

27th - Fuengirola Saturday Market €18pp

February 2024

2nd - Trip to Gib €18 and includes €1 for the driver.

23rd – Marbella Old Town

March 2024

1st - Trip to Gib €18 and includes €1 for the driver.

22nd - IKEA & Guzmans Garden Centre

April 2024

5 day trip to Madrid including 2 day trips.

For more information contact Gail.

For further information, please contact Gail on 95 106 7723 or 626 370 695 or email:- phoenixsocialclub@yahoo.co.uk or check out our FB page.

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NEWS & What's ON

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.

A.P.A Animal Charity Shop C/. Chaparil, Nerja
Tel:- 634 406 659



41 CLUB NERJA PRESS RELEASE -

"WE MEET AGAIN, AT LAST!"

"Absolutely thrilled and delighted", exclaimed Brian Karet, 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, whomay 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 Brian Karet can be contacted via email at briankaret@sky.com

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.



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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.

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?

Vélez-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.

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.




Could you foster for us?
We are desperately in need of foster homes, to help us help more abandoned animals!!!


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.
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Duplex, Torrox Costa
Ref: PS-2023-148
Charming Studio-Penthouse renovated and furnished in 2022, in a closed residential area 50 meters to the beach, close to El Morche promenade. Sea views from west-facing terrace, fully equipped American kitchen, large roof terrace (45m2 approx) with relaxation area and BBQ. Communal pool.

€139,000



Apartment, Torrox Costa
Ref: PS-2023-103
Beautiful apartment for sale in Punta del Faro, a luxury urbanization, comprising 2 bedrooms, 2 bathrooms, spacious living room with access to a 30 m terrace (approximately) morning sun and beautiful views of the urbanization and sea. Parking included. Fantastic home or rental investment.

€359,000



Apartment, Torrox Costa
Ref: PS-2023-125
Something special! Quality, stylishly furnished apartment in "Residencial Paraíso Sol" 250m to the beach. Spacious with 2 bedrooms, living-dining room with direct access to a 40m² terrace (approx), completely new fitted kitchen and bathroom. Storage rooms on the terrace. Communal pool.

€210,000



Terraced House, Torrox Costa
Ref: PS-2023-097
Are you looking for something very special? These exclusive 3 bedroom, 3 bathroom villas with private pools are in the best hillside location in Peñoncillo playa. Be the first to own a unique, futuristic new build with a modern style, luxurious fittings and Mediterranean views.

€489,000



Apartment, Torrox Costa
Ref: PS-2023-151
Lots of sun and panoramic views from this spacious property in a beach location in Centro Internacional, 2 bedrooms, living room/dining area and direct access to a south-west facing sun terrace, renovated bathroom and new kitchen. Communal pool. Steps to the Ferrara seafont promenade.

€265,000

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TORROX

REF: 7607

Spacious south facing Villa with spectacular panoramic Sea views, 10 minutes from the coast with 2 bedrooms, 2 bathrooms, lounge with open plan kitchen. Garage, private pool, gas central heating, laundry room and storage.

Built: 106 m² Plot: 8.110 m² EPC: In Progress

PRICE: €349.900



ALMAYATE

REF: 7620

Large semi-detached house walking distance from amenities and the beach with 5 beds, 2 baths, 2 lounges, 2 kitchens, wood burner stove, basement, garage, roof-terrace, patio, Sea & mountain views.

Built: 213 m²

EPC: in progress

PRICE: €370.000



SAYALONGA

REF: 7579

EXCLUSIVE: Fantastic Finca in Sayalonga with guest apartment 15 minutes from the coast; 3 beds, 2 baths, 2 lounges with fireplace, 2 kitchens, private pool, garden, storage, patio, porch, stable; amazing Sea views.

Built: 207 m²

Plot: 10.200 m²

EPC: E

PRICE: €327.000



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