



La Manga Club

Information Guide

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La Manga Club – Information Guide

Welcome to La Manga Club and my apartment at Bellaluz. This information guide will ensure that you get the most out of your stay at La Manga Club, whether you are here for the fantastic sports facilities, to relax and soak up the sun at one of the many pools or at the private beach, to sample the varied restaurants and nightlife the Club has to offer or to explore the surrounding area. There is something for the whole family to enjoy at La Manga Club.

The Murcia Region

Flanked by the provinces of Valencia and Alicante to the north and Almeria and Granada to the south west, this region is one of Spain's best-kept secrets.

For the most part, its attractions remain undiscovered to foreign visitors - with the notable exception of **La Manga Club**, one of Europe's premier leisure playgrounds, famous throughout Europe and beyond for its outstanding luxury holiday accommodation and sporting facilities.

The Mar Menor, Europe's largest salt water lagoon, boasts over 170 square kilometres of shallow sparkling water which is surrounded by the districts of San Pedro del Pinatar, San Javier, Los Alcazares and Cartagena. The lagoon is divided from the open Mediterranean by a long narrow peninsula, which has blossomed into the lively resort area of La Manga del Mar Menor, a favourite destination for Spanish holidaymakers during high season.



Places of Interest

The best way to explore the region is by hire car giving you the freedom to come and go as you please. A 10 minute drive along the coast from La Manga Club will take you into the quaint fishing village of **Cabo de Palos** where you can sample some exquisite seafood in the many traditional restaurants along the sea front. Drive through the village and take a look around the bays below the lighthouse that towers over the peninsula of La Manga Beach.

No holiday here would be complete without a visit to the two historic cathedral cities of Murcia and Cartagena. The regional capital, **Murcia**, is a lively cathedral and university city surrounded by orchards. It is home to several fine museums, including the Archaeological Museum, the Museum of Fine Arts and the Cathedral Museum. The Cathedral itself is an example of Gothic and Baroque architecture, containing wonderful reliefs and altarpieces. Visit on Thursdays and you can also enjoy the colourful weekly market.

The region's second city is the fascinating port of **Cartagena**, a treasure-house of art and culture with a history stretching back over 3000 years. Surrounded by fortifications, it contains a number of fine churches, a museum appropriately dedicated to Marine Archaeology, an abundance of traditional restaurants and Tapas bars and is a great venue for a spot of shopping, especially for fashion and jewellery.

During your stay, you may be lucky enough to witness a carnival or fiesta, complete with traditional folk dancers, for as with everywhere in Spain there are numerous Saints' days and celebrations. As you travel around, you'll discover many smaller settlements, such as historic Lorca with its 10th-century fortress, or the old spa town of Los Alcazares on the Mar Menor, whose waters, rich in salt and iodine, are said to have therapeutic qualities. You'll come across roadside ceramics and craft workshops, and numerous bodegas in the towns along the way so venture forth and enjoy all the Murcia region has to offer, night and day.

Activities at La Manga Club

Golf

La Manga Club is without doubt any golfer's dream destination with three differing 18 hole courses and facilities that equal some of the finest golf resorts in the world. Tee times can be pre-booked.

The championship North and South courses, pars 71 and 72 respectively, sprawl between palm trees, lakes and barrancas with both 18th greens finishing beside the hotel. The South course is arguably the more difficult due to its extra length and requires a handicap certificate to play. The now well established West course with its stunning views, lush scenery and winding fairways offers golfers the ideal alternative to the ever-popular championship North and South courses. Additionally, there's the immaculate Par 47 pitch and putt course for that quick round after tea.

Next to the golf clubhouse is the golf academy with computer assisted video technology to help the professionals analyse your swing. There is a 5-day course with 3 hours tuition each morning suitable for beginners and improvers. Professionals are also available for individual lessons.

There is an 80-bay floodlit driving range, a practice bunker and practice putting greens.

Soft spikes are mandatory on all courses. Spikes can be changed for a small fee at the golf clubhouse. Gentlemen must wear a shirt with collar and socks, and either trousers or Bermuda shorts. Women may wear shorts, skirt or trousers with a blouse or polo shirt. No denims are allowed. Visit or call the Golf Administration office (00 34 968 175000 ext 8081) in the clubhouse to:

- reserve tee times (essential)
- collect score cards
- register for competitions
- reserve golf academy or lessons
- hire buggies, trolleys, clubs, shoes, lockers and practice balls
- change spikes to soft spikes
- buy top brand golf equipment and clothes in the pro-shop

To book tee times up to 12 months in advance you can send an email to golf@lamangaclub.com or send a fax to 0034 968 175058. Remember to mention number of players, dates, times and which course(s) you wish to play. Alternatively go to www.golf.lamangaclub.com and click on "Golf Booking Request".

Tennis

There are 28 top class courts in the centre of the resort for the tennis enthusiasts, including a floodlit Centre Court with seating for up to 1,200 people. Regular tournaments are held throughout the year and there is a very popular coaching course for the children. The tennis academy has the latest computer assisted video analysis in its air-conditioned room. There is a brand new clubhouse offering pre and post match refreshments and a wonderful healthy breakfast option (with or without Buck's Fizz). Players of all ages and levels can be accommodated. Visit, call tennis reception (0034 968 175000 ext 8089) or email tennis@lamangaclub.com to:

- reserve courts (essential July/August)
- register for tournaments
- book the academy or individual lessons (essential in July/August)

Beaches

The resort has its own small secluded cove called La Cala, which is very beautiful. It gets very hot and there are a limited number of parasols, so go early if you want some shade. There are many other beaches in the surrounding area on both the Mar Menor and Mediterranean coasts, ranging from the totally unspoiled to lively beaches with full facilities and water sports.

Bowling

There is a bowling green at the Tennis Centre with regular tournaments. Woods are available for hire.

Climbing

There is a climbing wall at the Tennis Centre with regular supervised sessions.

Crazy Golf

Available at the Tennis Centre and Las Lomas.

Spa and Fitness Centre

Located at Las Lomas is Spa La Manga. This is the ideal choice for anybody wanting a dedicated spa holiday or those simply looking to relax and take a treatment as part of their stay. There is also a fully equipped gym. Visit www.spa.lamangaclub.com for more details.

At the tennis centre there is a second gym and spa, with sauna, Jacuzzi and plunge pool. Book at the tennis centre reception.

Go-Karting

There is a go-kart track located on the MU-312 road near Cabo de Palos.

Hill Walking and Trekking

The hills surrounding the resort offer some excellent walking country with well marked paths and many stunning views.

Horse Riding

The Rancho de la Fuente has lessons, picnic rides, beach rides and excursions in the nearby village of Los Belones.

Hairdressing and Beauty Treatments

The hotel lobby has a hairdresser for both men and women. There is a Clarins salon based in the tennis centre which offers the usual range of facials, beauty treatments, depilatory treatments and massage.

Jogging

There are marked jogging trails around the resort. Maps available from Hotel Reception.

Mountain Biking and Cycling

Cycle hire is available from the Activity Centre located at Las Sabinas. Mountain bikers will love the varied terrain around the hills and there are flat country roads for explorers too. Visit www.bikinglamanga.com for more details.

Sailing

RYA courses for all levels are available at Team Unlimited in Estrella de Mar near Los Urrutias.

Scuba Diving and Snorkeling

The Adventure Divers Scuba Centre at Las Lomas offers PADI courses for all levels and arranges off-shore diving excursions. There is a marine reserve near Cabo de Palos which has an enviable reputation as a dive site.

Sea Fishing

Sea fishing excursions can be arranged locally in Cabo de Palos.

Squash

Situated at the Tennis Centre.

Swimming Pools

The swimming pool at Bellaluz is for the private use of guests. There are many other pools around the complex, and many prefer to use the multi level open air pool at the tennis centre (open in summer). This has 3 separate depths and a large sunbathing area around it, with a bar and restaurant on site. The aquaerobic classes take place here, bookable at the tennis centre reception.

Water Sports

The sheltered waters of the Mar Menor are ideal for jet skiing, windsurfing, water skiing and all sorts of water sports. There are a lot of centres along the coast offering both tuition and hire.

Children

Children are welcome at all restaurants and most bars on the resort, although there may be some time restrictions. These are clearly marked on notice boards at the entrances. Most restaurants have a special kids' menu and high chairs will be available on request.

There is an activity club the 'Mini Club Fiesta' next to the pool by the tennis centre for children aged 2 to 12, although experience suggests it is more suitable for the younger children. It is open from 0930 to 1830 and provides a safe environment for the children to play in. They can be contacted on 0034 968 175000 ext 8092.

Babysitting can be arranged - please enquire.

Tennis coaching is available for children aged 4 and over.

The pretty Par 47 pitch and putt course is next to the petrol station opposite the tennis centre.

If all else fails, there are always Cartoon Network and Nickelodeon on the TV.

Restaurants and Entertainment

The following are the restaurants within La Manga Club Resort:

Amapola Restaurant

Situated in the Hotel La Manga Club. For the most demanding gourmets, a unique menu with excellent wines. Popular Sunday lunchtime buffet with live musical accompaniment. During the summer, the terrace offers al fresco dining with spectacular views across the gardens and golf courses. Tel: 968 33 12 34.

Andale

Located at the Tennis Centre. Authentic Mexican ambience guaranteed throughout the evening as you enjoy traditional selections of Tacos & Tortillas, not forgetting the Margaritas. Tel: 968 33 12 34.

Asia

A new concept in Asian cuisine at Las Sabinas between the Hotel La Manga Club and the Tennis Centre. The chef's prepare authentic specialities in the open kitchen. Tel: 968 33 12 34

Canela

Set deep within the lemon groves, adjacent to La Manga Club. Excellent international cuisine in an unbeatable ambience. Closed on Monday. Tel: 968 13 73 35

Casa Victor

Situated before you get to Bellaluz, serving both international and Spanish cuisine. Closed on Tuesdays. Tel: 968 17 50 00. Internal extension: 2220

Deli-Café

Ideal place to shop for, or to savour, a wide selection of national & international delicacies. Also serves breakfast, coffees and wines. Tel: 968 33 12 34

Abela Teresa

Located in the Plaza Chica at Bellaluz. Serving Spanish cuisine. Tel: 968 17 50 00 internal extension: 2225

Si!

Located between the Petrol Station and the football pitches. Family restaurant and bar with many screens showing live sporting events.

El Bistro

Located in the Plaza Mayor at Bellaluz, open every day between 10.00 - 16.00 and 19.00 - 23.00. International and Spanish cuisine. Closed on Sundays. Tel: 968 17 50 00. Internal extension: 1355

La Cala

Located at the cove overlooking the Mediterranean. Serves the freshest Mediterranean fish and seafood. Seasonal opening please check with Hyatt Hotel for reservations. Tel: 968 33 12 34

La Caverna Lounge bar and restaurant

Located in the Casino. International snacks & light suppers in cave-like surroundings. Casino entry restrictions apply.

La Finca

Located near the road to the football pitches. Closed on Tuesdays. Excellent international cuisine and lovely surroundings. Tel: 968 17 50 00. Internal extension: 2228

La Rusticana

Situated on the road to the West course. Excellent Steaks. Tel: 968 17 50 00. Internal extension: 2327

Los Elefantes

Set deep within the lemon groves, adjacent to La Manga Club. An experience of sweet and pungent fragrances of the east. Delicate flavours of India, Asia & Turkey. Tel: 968 13 81 38

Luigi's

Located at Las Lomas. The delights of pizza and pasta in a beautiful setting prepared by Luigi himself. Tel: 968 33 12 34

Molinos Pool Bar

Located at Los Molinos. Restaurant open to all La Manga Club guests from 11.00 until 17.00, however pool side to Los Molinos residents only. Tel: 968 17 50 00. Internal extension: 2327

Mr Chan's

Located at Las Lomas. Very good Chinese restaurant with good service. Takeaways available.

Tom's Pizza

Located in Bellaluz Square. Pizza to eat in or take away.

Uncle Sam's

Located in La Plaza. Why don't you try the succulent ribs, finger-licking chicken, great burgers and sinful deserts of this family-style American Diner. Rocking background music and walls decked with memorabilia. Perfect for the whole family. Closed on Tuesdays. Tel: 968 33 12 34

Other restaurants within a 10 -15 minute drive from La Manga Club Resort:

Bar El Sol

La Manga Beach. English food. Try their fish and chips they are great !! Tel: 968 56 38 99

Campo Verde Los Belones

Traditional Spanish food & atmosphere. Closed on Mondays. Tel: 968 56 90 50

Daddy's Hobby

La Manga Beach. Castillo de Mar. German cuisine. Excellent steaks. (Evening meals only.) Tel: 968 14 31 44

El Pez Rojo

Cabo de Palos. Fish restaurant on the harbour front. Excellent special menu, that gives you a small taste of all they serve. Tel: 968 56 31 09

Jill's Village Restaurant

Los Belones. Open every day. We recommend Crispy Duckling & Nasi Goreng. International menu, at easy on-the-pocket prices. Call Jill on 968 13 72 60. Booking essential.

Los Churrascos

El Algar. Spanish cuisine renowned throughout the Region of Murcia and Spain. Tel: 968 13 61 44

La Tana

Cabo de Palos. Fish restaurant on the harbour front. Good paella at lunch time. Very popular on Sundays. Tel: 968 56 30 03

La Maribel

Located in Los Belones, opens every night. International and Spanish cuisine. Tel: 968 13 71 81

Oasis

Located in Los Belones. Excellent International & Spanish cuisine. Tel: 968 13 71 12

Restaurante Miramar

Cabo de Palos. Fish restaurant on the harbour front. Good Paella at lunch time. Very popular on Sundays. Tel: 968 56 30 33

Restaurante San Remo

La Manga Beach. Plaza Bohemia. International cuisine. Good value. Tel: 968 14 08 13

The following Bars are found within La Manga Club Resort

Bar 37

Located in the Golf Club House. Breakfast, lunches and a variety of snacks overlooking the 18th tee on the North course. Tel: 968 33 12 34

Half Way House

Situated adjacent to the 1st tee on the South course. Open between 09.00 and 17.00 for refreshments. Tel: 968 33 12 34

La Pergola

Located by the Las Lomas pool. Closed during the winter. Tel: 968 33 12 34

La Princesa

Located in the West course club house, open daily from 09.00 until 19.00, serving drinks and a variety of snacks. Tel: 968 33 12 34

Piano Bar

Located in Hotel La Manga Club next to the Amapola Restaurant, open from 11.00. Enjoy morning coffee, light lunches, all-day snacks or afternoon tea looking over the golf course, or one of the Hotel's cocktails. Live piano music from the resident piano entertainer and an unbeatable atmosphere from 23.00, Monday to Saturday. Tel: 968 33 12 34

Molinos Pool Bar

Located at Los Molinos. Restaurant open to all La Manga Club guests from 11.00 until 17.00, however pool side to Los Molinos residents only. Tel: 968 17 50 00. Internal extension: 2327

Mulligans

Located in La Plaza. Choice of draught & beers. Great atmosphere. Best for live coverage of all the top sporting events with its giant-screen TV and surround sound system. Also has a Game Zone for pool, nine-ball, darts, board games and more. Open from 15.30. Make it your ' local ' during your stay. Tel: 968 33 12 34

Spike's Bar

Situated adjacent to the Patio in the Hotel. This elegant and popular bar serves cocktails and an international supper menu featuring snacks and light meals from around the world, accompanied by the best in live dance music six nights a week (Tuesday to Sunday) plus the latest videos in a casual and relaxed atmosphere. Open from 19.00 until late. Tel: 968 33 12 34.

Fairways

Located in the Bellaluz Square. English style pub lounge serving tapas and snacks. Tel: 968 17 50 00. Internal extension:1355 Closed Sundays.

Tie Break

Great juices, revitalising snacks, light meals. You will find just the pick-me-up at the Tie Break at the Tennis Centre.

Directions from Murcia (San Javier) Airport (20 miles, about 25 minutes)

Leaving the airport, follow signs to Cartagena, taking the AP7 motorway. Continue along AP7 turning right at the signposts for La Manga (MU312). You will join MU312 via a slip road. As you pass two red fuel stations (one on either side of the motorway), take the next exit right (onto MU314) to Los Belones and Portman. At the roundabout at the bottom of the slip road turn right towards Portman and 'Campo de Golf'. Continue up this road until you see the La Manga Club sign and fountains on both sides of the road. Just past the left turn for the Golf Clubhouse you will come to a crossroads, where you turn left. (If you go past Restaurant Rusticana you have gone too far). Follow this road around the corners, turning left through the security control and you are in La Manga Club.

For Bellaluz, follow this road round several bends for about 2kms, past the hotel on your left, then shops on your left, the petrol station on your right, then Victor's restaurant and the pharmacy sign on your right. Turn right at the crossroads into Bellaluz. You will then see the Owners Clubhouse on your left. Bear to the right here and continue through the car park. You will see two blocks of apartments on your left. Block 17 is the second block. Park in front of Block 17, or as close as possible. Apartment number 5 in Block 17 is on the top floor on the left as you look from the road.

Directions from Alicante Airport (70 miles, about 60-75 mins)

On leaving the airport follow the blue and white motorway signs for Valencia and Murcia. Take the motorway in the direction of Murcia.

Continue on this road until you come to a blue and white motorway sign for Torrevieja and Cartagena (AP7). Follow the AP7 in the direction of Torrevieja and Cartagena.

You will pass through two tolls to the north and south of Torrevieja.

Continue along AP7 turning right at the signposts for La Manga (MU312). You will join MU312 via a slip road.

As you pass two red fuel stations (one on either side of the motorway), take the next exit right (onto MU314) to Los Belones and Portman.

At the roundabout at the bottom of the slip road turn right towards Portman and 'Campo de Golf'.

Continue up this road until you see the La Manga Club sign and fountains on both sides of the road. Just past the left turn for the Golf Clubhouse you will come to a crossroads, where you turn left. (If you go past Restaurant Rusticana you have gone too far). Follow this road around the corners, turning left through the security control and you are in La Manga Club.

For Bellaluz, follow this road round several bends for about 2kms, past the hotel on your left, then shops on your left, the petrol station on your right, then Victor's restaurant and the pharmacy sign on your right. Turn right at the crossroads into Bellaluz. You will then see the Owners Clubhouse on your left. Bear to the right here and continue through the car park. You will see two blocks of apartments on your left. Block 17 is the second block. Park in front of Block 17, or as close as possible. Apartment number 5 in Block 17 is on the top floor on the left as you look from the road.

Motorway tolls from Alicante to La Manga are €6 in high season (June to September and Easter) and €4 the remainder of the year. You can pay by credit card at the automatic toll booths or by cash. Get in the correct lane depending on how you are paying.

Taxis from Murcia and Alicante Airports

The approximate cost of taxis from the local airports are as follows:

Murcia Airport €47.00 (£40.00)

Alicante Airport €130.00 (£115.00)

If picking up a taxi at Murcia Airport I would recommend pre-booking La Manga Taxi Service on 0034 968 563125 (they speak English).

Information about the Apartment

The apartment is located in Block 17 and is apartment number 5 in Block 17. The following information will help ensure that your stay is as enjoyable as possible:

Property Management Company (Phoenix Property Management Services)

My property manager is conveniently located in Bellaluz in an office found between Blocks 9 and 10 on the way to the swimming pool from the apartment. The office is open every day (except Sunday) until 6pm. They will deal with any problems with the apartment during your stay. They have an emergency telephone number out of hours 0034 608 893120 or 0034 608 152965 but only use this in extreme circumstances as there is an expensive call-out charge.

Electricity

The maids should switch on the electricity for your arrival. If the electricity is switched off or trips off, the fuse box is located by the front door. Return all switches to the on position to activate the electricity.

Hot Water

There are two hot water cylinders, one serving the kitchen and one serving the bathrooms. There are 2 switches for the cylinders and are clearly marked. One is by the entrance to the kitchen and the other in the wardrobe in bedroom 2. They should be left on throughout your stay to ensure a plentiful supply of hot water.

Air Conditioning

Hot and cold air conditioning is available serving both bedrooms and the lounge/dining room. If cooling the apartment please only operate with doors and windows closed. There are also free-standing fans available.

Keys and Locks

The front door is self-locking. **Please ensure that you have all your keys with you before closing the front door.** If you close the door with a key in the lock inside the apartment you will not be able to get back in and a call out charge will be made by the management company to replace the lock. If you lose your keys or lock them in the apartment, additional keys can be obtained from my property manager during office hours (a charge applies outside of office hours).

Television

Cable TV is available which includes Sky/BBC/ITV and other foreign channels. There is a TV in the lounge and also a DVD player together with radio, CD player and cassette player.

Golf Clubs

If you wish to borrow a set of right handed golf clubs and a trolley they are kept at the offices of the property management company.

Internet Access

There is free wireless broadband internet access within the apartment. The Wi-Fi access code is RNFT3846. Just take a laptop that is capable of connecting to wireless broadband.

Telephone

There is a telephone in the apartment that allows you to make internal calls within the club (eg to book restaurants) and receive calls. To receive calls the person ringing you needs to dial from the UK 0034 968 175000 and ask for extension 1705. To make external calls please ask my property management company to activate the phone (but be warned this can be expensive and you will be asked to leave a credit card number).

Arrival

The maids normally prepare the apartment for your arrival between 11am and 4pm. If you arrive early before the apartment has been serviced please leave your baggage in the apartment and make use of the local bars, restaurants or swimming pool to allow the maids to prepare the apartment for you.

Departure

Please vacate by 11am to enable the maids to prepare the apartment for the next arrival. Remove all perishable food and leave reasonably tidy. Leave the electricity switched on but switch off the air-conditioning and hot water heaters.

Bedroom Shutters

Please operate the shutters with care. **Raise and lower the shutters slowly otherwise they can jam.**

Breakages

It would be appreciated if any breakages could be replaced. In addition to the two supermarkets at La Manga Club, other shops can be found at Los Belones.

Rubbish

Please do not leave stale food in the apartment. Rubbish bins are located adjacent to the parking area and are emptied daily. Note that there is a recycling scheme in operation and use the appropriate bin.

Noise

The volume of noise from hi-fi, radios, televisions etc. must not be such as to cause annoyance to neighbours. No noise must be audible externally between 11.30pm and 9am. If you are disturbed by continuous misbehaviour dial the 24 hour security staff on extension 1799 and await their arrival.

Security

At the control gates a vehicle licence plate recognition system is in place. When you arrive you may be required to register your vehicle so that the security gate operates automatically during your stay.

Swimming Pool

Please make full use of the Bellaluz swimming pool during your stay, which is solely for the use of residents of Bellaluz. In order to gain access to the pool area you are required to collect a pool pass from my property manager for which there is a returnable deposit. There is a poolside bar serving snacks and the occasional BBQ (seasonal). Sun loungers are free. Further pools are available at the Tennis Centre and at the Hyatt Hotel. There is also the private beach at La Cala which is well worth a visit.

Medical Services

There is a Medical Centre very close to the apartment. No appointment is required but it is advisable to phone during high season. There is also a 24 hour emergency service throughout the year (Telephone number 968175000 or internal number 1799) and ask for Medical Centre or Emergency Service as appropriate.

Information Guide

There is a useful information folder in the apartment covering La Manga Club and the surrounding area. Please feel free to add further information and recommendations to the folder for the benefit of other guests. My property manager has also provided an information folder with further useful information.

Other resort information

Baby Sitting

Baby sitting can be arranged and contact details can be obtained at Benito Management Services or you will see notices around the resort from residents offering this service. During the day there is the Mini Club at the Oasis Tennis and Leisure Centre.

Banks & Bureau de Change

There are numerous banks and cash machines around the resort. Many are located in Bellaluz Square and also the Las Sabinas Commercial Centre. Opening hours are normally 9.30am until 1pm. Monday to Friday.

Bus Service

A resort bus operates for anyone on resort during the summer months and will take people to most of the sports activities and restaurants on resort at designated stops. Local buses operate from Los Belones to Cartagena. There is also a bus service that runs along La Manga Beach. At other times a courtesy bus is operated by the Hyatt Hotel (details from the hotel).

Car Hire

If you do not pick a hire car up at the airport there are numerous car hire locations within the resort at Las Sabinas and La Plaza Commercial Centres.

Drinking Water

It is not advisable to drink tap water. Bottled water is widely available throughout the resort.

Chemist

There are 2 "farmacias". One is located in Bellaluz Square and the other in La Plaza opposite the petrol station.

Churches

There are two Catholic churches in the area, one in Los Belones and the other in Cabo De Palos. Mass is held on Sunday in Los Belones at 12 noon and 10.30 am in Cabo De Palos. Services are also held one Sunday a month at Las Lomas within La Manga Club.

Dentist

For emergency dental treatment the local dentist can be called on 968 137210 or 968 564979.

Doctors

There is a doctor on resort. The medical centre is situated by the telephone exchange near Bellaluz. No appointment is required although in high season it is advisable to phone beforehand. There is a 24 hour emergency service throughout the year (Telephone number 968 175000 and ask for the Medical Centre or Emergency Service as appropriate). The Club also has its own private ambulance.

Electricity

The standard current is 220v which is the same as the UK, but with a continental 2-pin plug. If you take appliances you will need a universal adaptor plug.

Hairdresser

A salon can be found in the lobby of the Hyatt Hotel. Open Monday to Saturday.

Mini Club

Located near the Tennis Centre, the air-conditioned Mini-Club Fiesta has just been extended and completely refurbished, offering youngsters a far greater range of facilities than ever before. At the Mini-Club, a team of experienced, caring staff will ensure that children aged 3 months to 12 years are well looked after, allowing parents the freedom to relax and do as they please.

Newspapers

English newspapers (printed in Spain) are available in Resort by about 10am same day. On sale at the supermarket in Bellaluz Square or in the lobby of the Hotel.

Petrol

The Club has its own petrol station open from 9am to 10pm. Credit cards are accepted.

Postage Stamps

On sale at the Post Office in Las Sabinas or at the tobacconist in Bellaluz Square. Post boxes can be found at the Hyatt Hotel, Bellaluz Square and Las Sabinas.

Shopping

Spanish opening hours are usually 10.00am - 1.00pm and 5.00pm to 8.00pm, although most supermarkets are open all day including the supermarket in Bellaluz Square. (Winter/Spring returns to shorter opening hours). Within the Resort there are numerous gift shops and fashion boutiques. There is also a well stocked golf shop and tennis shop. The Hyatt Hotel lobby also has a selection of shops.

Supermarkets

Within the Resort you can find supermarkets at Bellaluz Square, Las Sabinas (in the basement), and Las Lomas. Opening times vary but the Bellaluz supermarket is open daily from 8am to 8pm although times can vary during the winter months.

Telephone

To call the UK from Spain. Wait for the dialing tone then dial 00 (international), 44 (country code for the UK) followed by the area code (without the first 0) and then the telephone number. Telephone kiosks are located around the Club and on Bellaluz Square.

If you are using a mobile phone and ringing another UK mobile phone within Spain you will have to dial 0044 as above and omit the "0". This is treated as an international call and will be expensive.

If you are calling a local restaurant you can simply dial 968 followed by the 6 digit local number.

Time Difference

Spain is normally one hour ahead of the UK.

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- 49 Isabel Hairdressers J-10
- 50 Jogacon J-9
- 51 La Caixa Bank I-10
- 52 LMC Broadband F-4
- 53 La Manga Rent a Car H-9
- 54 La Manga Rent a Car Taxi Service I-9
- 55 Magda Moral Legal Matters H-6
- 56 MSB Abogados - Lawyers H-10
- 57  Parafarmacia I-9
- 58 Villa Management SL Construction G-10
- 59 Works Direct G-10

-  Car Park
-  Bus Stop
-  Fire Service
-  Security
-  Post Office
-  Fuel Station
-  Water Station
-  Tennis Centre
-  Beach
-  Golf Course
-  Swimming Pool
-  Football
-  Cricket