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Price reduced: €750.000

Ref: REST



Apartment in excellent condition in Capistrano Village. Consists: Spacious Living room - kitchen, fully renovated bathroom and a large bedroom. There is a terrace with access to the communal swimming pool. A/C, wifi and parking close by. There is also a possibility to make a second bedroom.

Price: €198.000

Ref: Casa Argentina



Nice apartment in Capistrano Village. The apartment consists of 2 bedrooms, 2 bathrooms, living room-kitchen and a nice terrace with sea views. Good location, very close parking space and also very close to the community pool, supermarket and the bus stop.. It has great rental potential.

Price: €332.000

Ref: NV1B



Attractive top floor apartment in Capistrano village. Comprising of 2 bedrooms, bathroom and a kitchen-living room. There is also a large terrace.

Price: €265.000

Ref: NV.101

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Price: €329.000

Ref: Maravillas



Beautiful townhouse in Capistrano Village. Divided into 2 floors. Ground floor:- living room-kitchen with access to the large garden. Upper floor:- 2 bedrooms and a bathroom. The master bedroom has a large balcony with beautiful views. South facing and communal swimming pool.

Price: €350.000

Ref: NV.002



It's ideally located, very close to the beach, with beautiful sea views. It also has parking and a communal pool.

Price: €219.000

Ref: Carabeo



Villa in Urb. Alhambra. Comprising 3 bedrooms, 2 bathrooms, fully equipped kitchen and various terraces with views. Communal pool and parking. Totally reformed with high quality materials.

Price: €519.000

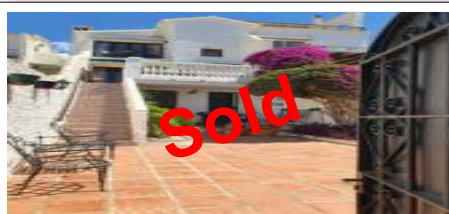
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Impressive villa with private pool and sea views, in Capistrano Village. Built on 2 floors. Comprises 6 beds, 3 baths, kitchen, living room and garage (3 cars). Huge garden with a private pool. Build 200m2, plot 600m2. Renovated and ready to move in.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

Price reduced: €790.000

Ref: NV.EXO



Beautiful 3 bed villa in Capistrano Village. 1st and 2nd floor: 2 beds, bath, kitchen and terrace with sea views. Ground floor: Independent studio. Great location, very close to main pool, supermarket and parking.

Price: €370.000

Ref: NVL03



House in Maro, 146 m2 built and distributed over two floors. It consists of four bedrooms, living-dining room, kitchen, bathroom, patio, terrace and a solarium with sea views.

Price: €475.000

Ref: NVMAR4

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AAR's Annual Dog Show will take place this year on Sunday 19th October at the picturesque Restaurante Puerto Niza in Benajárfate. Once again it is set to be a brilliant day out for both you and your furry friends. Along with the dog show where all dogs are catered for from the best pup to the waggiest tail, there will be stalls and raffles, plus you will get the chance to meet our dogs and also those of other animal charities, who like us will also be there to raise some much needed funds. Great venue, delicious food, and a lot of happy dogs. What's not to love? So, stick the date in your diary. Detailed itinerary coming shortly so keep an eye on our Facebook page: AAR - ANIMAL RESCUE, www.axarquiananimalrescue.com, email: axarquia-rescue@hotmail.com



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Nerja Caves



Discovery of the Nerja Cave

The Nerja Cave was discovered on January 12th, 1959, by five boys: José Luis Barbero, the brothers Manuel and Miguel Muñoz, Francisco Navas, and José Torres.

They often visited a small cavity known as "Las Minas del Cementerio," but that day, they decided to enter through a narrow opening used by bats. From there, they reached a large space, now known as the "Cascada" or "Ballet Hall," and continued advancing until reaching what is now known as the "Sala de los Fantásmas" (Hall of Ghosts).

In this latter area, they discovered two skeletons on the ground, leading them to believe that they belonged to other explorers who, like them, had entered but did not manage to exit.

Therefore, they decided to retrace their steps and return to the surface.

They informed two of their teachers, Carlos Saura and Manoli Mora, about their discovery, and these teachers accompanied them to the cave a few days later to verify the finding.

Thus began the adventure of the Nerja Cave in modern times... Three months after its discovery, on April 19th, the photographer from Nerja, José Padial, immortalized the cave with photographs. These images were published in the Diario Sur newspaper of Málaga the same month, introducing the Nerja Cave to the world.

On November 17th of that same year, Francisco Navas discovered the Galerías Altas (Upper Galleries) of the Nerja Cave. Ten years later, the Galerías Nuevas (New Galleries) were found, thanks to systematic speleological explorations in the cave conducted by the Speleology Section of the Provincial Archaeological Museum of Málaga. Both areas cannot be visited due to conservation and accessibility reasons.

Touristic development after the discovery of the Nerja Cave

Touristic development work on the Nerja Cave began in September 1959, eight months after its discovery. The goal was to create a more accessible entrance than the small opening used by the discoverers, resulting in the current entrance to the cave. Additionally, various staircases were constructed to address the different levels within the cave.

Inauguration of the Nerja Cave

On June 12th, 1960, the Nerja Cave was officially inaugurated. This occurred one year and five months after its discovery, following the completion of the necessary preparations for its tourist use. During the inauguration ceremony, the Ballet Le Tour de Paris performed in the Cascada Hall. This performance later gave rise to the Cueva de Nerja Music Festival, which continues to this day. The discovery of the Nerja Cave forever changed life in the town. Nerja ceased to be solely dedicated to agriculture and fishing and gradually became highly valued as a tourist destination.

History of Nerja Cave

The history of Nerja Cave began millions of years ago. In fact,

Continued on page 8



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Country Property of the month

Cómputa:

Price: €695.000

CP742



Exceptional country house with a private pool located a short distance from the whitewashed village of Cómputa with stunning views of the Mediterranean sea. The main house comprises:- ground floor with two double bedrooms, family bathroom with a shower, the third bedroom is located up a flight of stairs and overlooks the pool area. This bedroom has an ensuite bathroom. Spacious and bright living area, dining area and fully equipped kitchen. Exterior stairs lead to the guesthouse with a private terrace. Comprises:- a spacious living

room, fully equipped kitchen, two bedrooms, one ensuite bathroom, and a large family bathroom. The enormous terrace has a large bbq and pizza oven and is furnished with several seating areas to choose from, each with fantastic and stunning views of the Mediterranean and the mountains. The beautiful 7x3.5m pool, with a hot and cold outdoor shower and sun loungers, completes everything you need for a perfect holiday under the Spanish sun!



Torrox Costa:

Price: 649.000€



- Living space: 177m²
- Bedrooms: 3
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Near beach

Ref. NTH047

Periana:

Price: 80.000€



- Living space: 96m²
- Bedrooms: 3
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 1
- Views: Village
- Area: Townhouse

Ref. TH1227

Torrox:

Price: 189.000€



- Living space: 114m²
- Bedrooms: 3
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Townhouse

Ref. TTH679

Cómputa:

Price: 395.000€



- Living space: 215m²
- Bedrooms: 5
- Pool: Yes
- Garage: Yes
- Terrace: Yes
- Bathrooms: 2
- Views: Mountain
- Area: Countryhouse

Ref. CP738

Torrox:

Price: 112.500€



- Living space: 24m²
- Bedrooms: 1
- Pool: Yes
- Garage: Yes
- Terrace: Yes
- Bathrooms: 1
- Views: Mountain
- Area: Countryhouse

Ref. TCP253

Cómputa:

Price: 190.000€



- Living space: 126m²
- Bedrooms: 2
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Townhouse

Ref. TH1225

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Welcome to Streetwise magazine -

During August we've got lots of things to enjoy.

The Málaga Feria celebrations will take place in Malaga city centre and the Cortijo de Torres Fairground from August 16th to 23rd with festivities beginning on the evening of August 15th.

The Starlite Festival, a three month long music and cultural event in Marbella will run until August 29th. The concerts will be held at the Cantera de Nagüeles.

Benamargosa Feria will take place from August 1st to August 3rd. The daytime fair takes place in the streets with music and tapas, with night time concerts held in the official tent.

The El Morche Feria takes place from August 13th to the 17th. Stay safe and have fun!



streetwise

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our ancestors already knew it: they lived in it, decorated it, and used it as a sacred burial place. Evidence of all this has survived to the present day, making this cave a key for the study of our predecessors and their ways of life.

Human occupation throughout the history of Nerja Cave

Nerja Cave was used and frequented by human groups during prehistory, from about 35,000 years ago to about 3,600 years ago, according to the information provided to date by archaeological excavations that reveal the history of Nerja Cave. They used the cave as a shelter and a place of residence, where they could rest and carry out their daily activities. The deeper areas were used for creating cave paintings and engravings. It was also used as a burial site.

The earliest dated surface evidence reaches back to the Aurignacian period, around 35,000 years ago, a time of glacial conditions with climatic instability during which they produced laminar tools – such as scrapers or burins – and bone tools – to create elements like handles for these utensils. The documented period of human occupation in the cave's living areas spans from the Gravettian (29,940 to 28,580 cal. BP) to the Chalcolithic (4,830-3,600 cal. BP).

Findings that illustrate the history of Nerja Cave

Archaeological excavations in Nerja Cave began almost as soon as it was discovered, providing a wealth of information about its history and its inhabitants. As a place of habitation, they carried out their daily activities there, such as the production of stone or bone tools, the creation of body ornaments, daily food preparation, and the processing of food for preservation. Traces of all these activities have been found.

They also created various cave paintings and engravings that can be seen at numerous points in the cave. In addition to the artistic expressions themselves, archaeological remains of the lighting methods they used have been discovered, such as small cupules where they placed resinous woods to create fire, which allowed them to illuminate the decorated areas.

Furthermore, our ancestors considered the cave a sacred place for burying their deceased, which is why skeletal remains and

items used in funerary rituals have been found. This was primarily during the Neolithic, Chalcolithic, and possibly into the early Bronze Age.

All these actions have left their mark on the cave, and thanks to archaeological excavations, they have come to light in our time. Many of these artifacts and discoveries can be seen at the Nerja Museum, which is included with the cave visit to enhance your understanding.

Types of Individual Visits to Nerja Cave

To see the different types of visits and information about each, use this link address:- <https://entradas.cuevadenerja.es/en>

Technological Service to Complement the Visit

Virtual Reality Room. A space to experience a 360° simulation that allows an immersive experience and viewing of elements of Nerja Cave not shown during the visit for conservation reasons, such as rock art. It's also a perfect type of visit for those visitors who cannot access the cave due to health reasons.

Special Services for Families and Children

Children's Playground. A space for the little ones to have fun, equipped with multi-play structures, climbing elements, swings, slides...

Nursing Room. A comfortable and private place for families with babies and young children.

Rest Areas

Bench areas in the gardens of the complex. Throughout the complex, there are several spaces to rest and enjoy the natural beauty of this environment.

Bench areas inside the cave. Likewise, during the visit to the grotto, there are 2 rest areas with benches, to relax and calmly admire the wonders of Nerja Cave.

Continued on page 12



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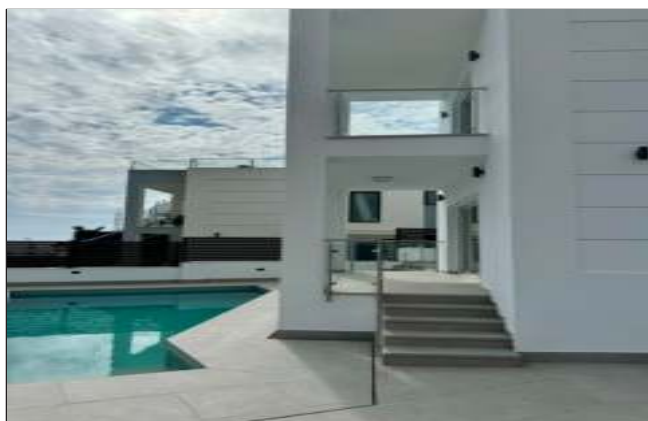


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Area for Storing Objects

Locker Space. Several numbered lockers are available to store items not needed on the tour. To use them, 1 euro is required, which will be refunded after use. Baby strollers, which cannot be taken inside the grotto, can be left here.

Services in Nerja Cave for Photos, Gifts, and Information

Information Office. A space where the staff of the Nerja Cave Foundation answers any questions. **Gift and Souvenir Shop.** Here, you can find various items and merchandise from Nerja Cave to give as gifts: bracelets, stones, books, t-shirts... **Photography Service.** Upon entering Nerja Cave, if desired by the visitor, a photograph is taken in front of a green chroma which, at the exit of the visit, is transformed into a background of the cavity. This image can be purchased voluntarily.

Personal Care Areas and Parking Lots

Accessible Bathrooms. A renovated and easily usable space. **Nursing Room.** A place to offer comfort to visitors with babies and young children. **Parking Lots.** We offer a large parking area, a spot is available for the entire opening hours of Nerja Cave. **Bicycle Parking.** There is also a parking area for bicycles. **Bus Stop.** It is possible to reach Nerja Cave by bus, the complex

has a stop area, prepared to wait for it and equipped with a bathroom area.

Road Tourist Train. From the town of Nerja, one can reach the cave with a fun tourist train that travels by road in both directions.

In the Center of Nerja

Nerja Museum. Where you can learn about the history of the town of Nerja and get much more information about Nerja Cave, as well as view findings from the cave and replicas of its rock paintings thanks to new technologies.

Nerja cave visit

An audio-guided visit through the different rooms of the Cave, in a pleasant walk to discover the many secrets that the cave keeps.

It includes: • Ticket to visit Nerja Cave + • Free audioguide if you download it before in your mobile phone Here! + • Ticket for the Museum of Nerja (more info about opening hours and days) + • Virtual Reality Room.

Online price from: €16.50

Free cave

An free visit, from Monday to Friday at 09:30 hours, with limited capacity of 60 daily tickets for members of the European Union, through the different chambers of the Cave, in a pleasant walk. **ON NON-WORKING DAY, THERE ARE NO FREE VISITS.** These tickets can only be purchased online, at 9:30 a.m. 48 hours before the day of the visit. Maximum of 2 tickets per person. Audio-guided not included. They are valid to enter, exclusively, at 9:30 am. It's not possible to enter after that time, so please arrive on time. • Virtual Reality experience not included in these tickets, it can be contracted separately during the purchase process.

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Almijara, Nerja Townhouse (430) Price: €350.000
 Townhouse on 2 floors. Ground floor:- terrace with jacuzzi and chillout area at the entrance, living room, separate kitchen, bathroom and backyard converted into a cosy relaxation area. Top floor:-3 bedrooms and bathroom. Facing East/West with panoramic views towards the mountains. Very bright and sunny. Quiet urbanization, approx. 5 minutes from the centre and the beach. Communal pool and residents parking. In good condition, ready to live in.



Commercial premises, Nerja (445) Price: €215.000
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Torrox Pueblo (442) Price: €180.000
 Townhouse over 3 floors. Ground floor:- spacious living room and a fully furnished independent kitchen. First floor:- 2 bedrooms and a large family bath with bathtub. Second floor:- 2 bedrooms and a small terrace where you can access the sunny roof terrace with south orientation and great views of the village and the sea. A few minutes walk from the town centre, in a quiet, pedestrian street with good neighbours.

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ARIES:- (March 21st - April 19th)

Try not to make life too complicated for yourself. With the Sun about to move in your favour all you have to do is keep things simple and let the universe guide you. One of the very best times of the year is about to begin. Enjoy it.

Luckiest day:- Saturday

TAURUS:- (April 21st - May 21st)

If the old way of doing things no longer seems to be working for you that is your wake-up call to try a different approach. That applies to all areas of your life.

Luckiest day:- Friday

GEMINI:- (May 21st- June 20th)

Be careful what you say during this month because your words will be taken seriously by just about everyone. If you toss in a remark that is meant to be humorous you may find that others take it at face value, which could be embarrassing.

Luckiest day:- Saturday

CANCER:- (June 21st- July 22nd)

You don't have to devote every hour of every day to getting ahead in the world. Cancer may be a cardinal sign and ambitious by nature but it's not all about personal glory. Your main task now is to be an enabler for other people's dreams.

Luckiest day:- Thursday

LEO:- (July 23rd to August 22nd)

With mind planet Mercury in its retrograde phase it may be difficult to get a clear view of what needs to be done. But as the Sun moves into your sign this week that won't stop you for even a moment. You still trust your instincts.

Luckiest day:- Sunday

VIRGO:- (August 23rd - Sept. 22nd)

Your mind may be overflowing with big ideas but there is no way you can do justice to them all, so take some time out this month to identify your top three goals for the rest of the year – and don't let anyone or anything distract you from them.

Luckiest day:- Wednesday

LIBRA:- (Sept. 24th - October 23rd)

If there is an issue you feel strongly about you must make it your business to let those around you know that you intend doing something about it. The fact that you are so passionate about the matter will make finding a solution so much easier.

Luckiest day:- Tuesday

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

Your razor-sharp mind will come up with solutions to problems that your rivals are unaware even exist. While they are struggling to make sense of events you will be working towards finding the kind of answers that can make those problems go away.

Luckiest day:- Friday

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

This month brings news that excites and delights you. The Sun's move into the most adventurous and imaginative area of your chart and will make it easy for you to see that your glass is not just half full but actually overflowing.

Luckiest day:- Tuesday

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

If you are in the market for romance there is a real chance that you will find it this month, so stay alert when out and about and don't be shy about making the first move if a special someone catches your eye. They are looking at you too!

Luckiest day:- Monday

AQUARIUS:- (Jan. 21st - Feb. 18th)

You may have a great many duties and responsibilities to take care of but you can still make time for amusement. Even if you are on the go from early until late, events in your immediate environment will bring opportunities to have some fun.

Luckiest day:- Friday

PISCES:- (Feb. 19th - March 20th)

At some stage during this month you will realise that if you want to be successful in your creative endeavours you will need to make radical changes to your methods and routines. Don't just tinker around the edges, be revolutionary in your approach.

Luckiest day:- Wednesday

Horoscopes



Edf. Florida, Nerja

New to the market, this fully refurbished 2 bedroom apartment offers stunning panoramic sea views from its south-facing terrace. Located within walking distance of Nerja's town center, it's part of the desirable Edf. Florida complex, with a large communal pool, gardens, and secure parking. Ideal as a full-time residence or holiday rental investment.

Price: 350,000 euros Ref. JG1053

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Residencial Valparaíso, Nerja

Located in the sought-after Valparaíso complex, this west-facing apartment offers comfort and one of the largest terraces in the development. It includes 2 bedrooms, 2 bathrooms, a spacious living area, a fully equipped kitchen, and access to lush communal gardens and pools. Sold furnished, with A/C throughout and optional underground parking (€18,500).

Price: 378,000 euros Ref. JG1062



Castillo Alto, Nerja

Villa with private pool situated in Castillo Alto, on the road from Nerja to Frigiliana. The property comprises three bedrooms and two bathrooms. It has a roof terrace with very nice sea and mountain views. Outside the house there is a large sunny terrace, a patio with mature trees, a BBQ area and a small workshop room. There is also a garage space with automatic door.

Price: 289,000 euros Ref. JG135

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Country house in Torrox

Charming two-storey country house with sea views and privacy, set on a 5,326 m² plot. It features 3 bedrooms, 2 bathrooms, an open-plan kitchen-living area, and a terrace off the master bedroom. Includes private pool, Jacuzzi, barbecue area, and parking. Ideal for nature lovers seeking peace and comfort.

Price: 295,000 euros Ref. JG1033

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in Frigiliana

€399.000



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3

2

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About the Property

From Vintage Finca to Dream Retreat? AI Reimagines La Casita! Imagine transforming this 1940s Frigiliana finca into your perfect Andalusian sanctuary – we did! AI-powered visions showing how La Casita could evolve! 173 m² constructed in a 1300 m² plot.



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Visualise its possibilities

Why this property inspires us: 1,300m² (50+ fruit trees + veg garden!). Dual-dwelling potential (live in one, rent the other). 10 mins to Nerja beaches yet totally private.

La Casita awaits YOUR personal touch on its timeless structure.

Located in La Molineta, Frigiliana.



These are CONCEPT IMAGES – AI generated to envision how this property could evolve.

Contact us to view this fantastic property!



Scented flowers and plants during the summer months in Spain



Lavender

In Spain, several scented flowers and plants thrive, adding fragrance and beauty to gardens and terraces. Lavender, rosemary, and thyme are popular choices, especially for their aromatic leaves and flowers. Spanish lavender (*Lavandula stoechas*), known for its unique "rabbit ear" bracts, is particularly well-suited to the Spanish climate. Jasmine, with its fragrant white star-shaped flowers, is another excellent option, especially for climbing walls.

Here's a more detailed look at some fragrant options:

Lavender:

Spanish lavender (*Lavandula stoechas*) is a classic choice, thriving in the dry, warm climate of Spain. It's known for its fragrant, dark purple flower heads and grey-green leaves.

Rosemary:

This aromatic herb is perfect for adding fragrance to your terrace and is also ideal for flavouring dishes.



Rosemary

Thyme:

Another fragrant herb that does well in the Spanish climate, thyme is versatile and can be used in cooking or simply enjoyed for its scent.



Thyme

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Jasmine:

Jasmine's fragrant white flowers make it a popular choice for Spanish-style gardens, adding an exotic touch.

**Jasmine****Garden Phlox:**

This plant offers big clusters of sweet-scented blooms in the summer, adding a vibrant splash of colour and fragrance.

**Garden Phlox****Night Blooming Jasmine:**

Cestrum Nocturnum is a fast-growing, woody shrub with fragrant blooms that can sometimes have an unruly growing habit. At dusk and during the night its flowers emit a very pleasant fragrance during the summer months.

**Night Scented Jasmine**



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Online video

Canillas de Albaida New this month!

Bright interior, 3 beds, 2 baths villa (131m²) newly renovated and spacious living spaces. Mature gardens, covered terraces and BBQ. This property delivers exceptional value and lifestyle appeal.

Price: 385.000 euros

ref: v 1571 EPC: E



Online video

Torrox New this month!

These new 2 beds, 2 baths apartments (73m²) are located in a prime area, offering stunning sea views and crafted with the highest quality materials for a luxurious living experience.

Price from: 220.000 euros

ref: t1563 EPC: In progress



Online video

Cómpeta New this month!

Modern new-build villa (150m²) 4 beds, 2 baths, and bright open-plan living. Plot 500m² in upper Cómpeta with pool, terraces and panoramic mountain views. High-quality finishes, ideal for comfort, style and year-round enjoyment.

Price from: 510.000 euros

ref: v 1575 EPC: In progress



Online video

Canillas de Albaida Sea views!

Beautifully renovated 1 bed 1 bath village house (90m²) with sofa bed in the spacious lounge. Attractive rustic style traditional house, many stunning features. The superb sunroom and roof terrace have open countryside and sea views.

Price: 152.000 euros

ref: t1565 EPC: In progress



Online video

Periana Fantastic views!

Fantastic, private 4 beds, 4 baths villa with spacious outside space that includes cover outside kitchen and glazed garden room. Stunning sea and lake views and surrounded with beautiful gardens.

Price: 795.000 euros

ref: v1511 EPC: In progress



Online video

Cómpeta Sea views!

Spacious 4 beds, 1 bath (154m²) townhouse, needs some updating with a large roof terrace with magnificent sea views. Plus an undeveloped area of approx 147m², great project for someone with vision and design flare.

Price: 189.000 euros

ref: t1483 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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VSR2192 TORROX - Detached villa, 3 bedrooms, 2 bathrooms, air con, private pool, terraces, views to the countryside, easy access, on a private plot of 3,667m2 with fruit trees. Double garage. 15 mins drive to the beach. Immaculate condition. **Offers towards €425,000 Book a viewing now!**



VSR4095 EAST NERJA - Townhouse across 3 levels, 3 bedrooms, 2 bathrooms, private garden, roof terrace, SEA VIEWS, lovely communal pool and gardens, great for a holiday investment, or all year round living, quiet location, communal parking. **Offers towards €390,000 Book a viewing now!**

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VSR2202 **EDIF. TOBOSO**
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VSR4116 **WEST NERJA**
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open plan lounge, leading to a private terrace, SEA VIEWS,
communal pool, roof terrace, lots of outside space, great
rental potential. Must be viewed.
Price:- €425,000 Book a viewing now!



VSR2194 **EL PENOÑCILLO**
NEW Townhouse, 156m2, 2 beds, 3 baths, large
private terrace, stunning SEA VIEWS, communal
pool, private garage, store room, unfurnished.
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VSR2206 **ALMIJARA III, NERJA**
Exclusive townhouse. sea views, spacious lounge/diner,
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terrace, panoramic views. Communal pool, walking
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The Costa Animal Society...

Join Us to Help Animals in Need

Together, we can make a difference

Costa Animal Society Needs You!



During the months of July and August, some of our shop volunteers travel back to the UK to be with their families. That means for the ones left behind, sometimes it's a bit of a juggle to sort out the weekly rota. This year, unfortunately, has been more difficult than usual to make it all work. Please, if there is anybody out there that would like to help our charity during those two months, it would be really appreciated.

You would be working with one of our regular volunteers in the shop, so no experience is necessary.....just a willingness to help our customers and a smile!

You can contact us via Facebook, search for Costa Animal Society - CAS or email us at costaanimalsociety@gmail.com

You can also visit our shop Monday to Saturday between 10:00 - 14:00 where any of our staff will be willing to give to more information.

Costa Animal Society would like to thank your readership and ask if anyone would be willing to donate a small amount of their time to help us in our shop. You don't have to commit to regular hours, unless you want to. Duties range from customer facing till management to organising merchandise, sorting incoming donation, ironing and cleaning. If you are interested or just want to know more about the charity, then please feel free to call into our shop on Calle Antonio Millon, Nerja.

The shop opens Monday to Saturday 10:00 till 2:00 and we are currently trialling a couple of evenings a week, Wednesday and Friday 6:00 till 9:00

BENJI AND PATCH

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.

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.



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 Calle Antonio Millon 13 (Next to Café Aloha), 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

AXARQUIA ANIMAL RESCUE

Spare change, coin collecting

Do you have some spare change cluttering up your sideboard or thrown in to a drawer?

Then why not give it to AAR.

As a not-for-profit charity every penny counts, and your spare change can soon add up to make a huge difference.

Before you know it your jar is full and it will be enough for AAR to buy some well needed medicine or food for the animals in our care.

Every little helps.

Full jars can be dropped off at either Trapiche Market or our charity shop in Torre del Mar, or just contact us and if one of our volunteers lives nearby we would be only too happy to collect it.

For more information and other ways to raise much needed funds please visit our website at www.axarquiaanimalrescue.com/donate

Fostering

Here at AAR we are crying out for fosterers. Could that be you?

Fostering is vital to the welfare of the animal. It gives them a better chance of finding their forever family and teaches them what it's like to live in a home and be cared for. Maybe you've had a dog or cat in the past, but you're worried having a pet would tie you down; or maybe you're concerned about the rising cost of owning an animal, after all veterinary care isn't cheap. Well, here at AAR we work with you.

All our dogs are fully funded so you are never expected to pay for anything. Plus, if time is a concern, then we offer a buddy service to help you on the days having an animal to care for isn't convenient. Fostering brings so many rewards, and not just for the animal. You know you're making a real difference as you watch them thrive and find their forever home. Yes, there will be tears, but they will be happy tears as you say goodbye knowing it was a job well done. If you're interested in fostering or becoming a buddy, then please get in touch as we would love to hear from you.

Email: axarquia-rescue@hotmail.com or call Diane on 0034 692 962 429.

Don't forget to join AAR on Teaming and donate 1 euro per month so AAR can keep helping dogs like Benny - click on the link and follow the instructions.

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www.teaming.netaxarquiaanimalrescue

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Axarquia Animal Rescue



Remember Benny - well look at him now... Meet Dr. Benny, expert in cuddles and calm vibes. Our lovely senior gentleman Benny (a Labrador-Mastin mix) had his 6-month vet review this week, and he says he is part of the clinic team now! Once a sad boy due to the tough times he faced before rescue, Benny now walks into the vet's office like he owns the place — calm, happy, and ready to charm everyone (which he did, of course). This visit was for a routine check-up, a weigh-in, a nail trim, and a blood test — and he handled it all like a pro. We suspect he's actually giving the vets tips now. It's hard to believe this happy, healthy, gentle soul once carried the weight of so much neglect. Today, he radiates trust, joy, and resilience. He truly lives in the moment — and what he's missing now is a forever home to call his own. Ready to welcome this wise and wonderful boy into your life? Learn more and apply to adopt Benny at www.axarquiaanimalrescue.com

AAR 2801 - Coco Nearly 11 years old, Spanish Water Dog. Sadly, Coco has recently come into our care due to illness of his owner. As you can see from the photos he has recently had a hair cut. He is a lovely, friendly boy, but not lived with other dogs for a long time. Fully vaccinated, neutered etc. He likes nothing more than to plod around, lie in the sun or shade and share his life with a human. Having lived in a quiet area for all his life, town life wouldn't suit him, we feel he would be better as an only dog as he has had a lot of upheaval in his life the last few months. If you can offer Coco a loving home please contact us at axarquia-rescue@hotmail.com



AAR - 2743 Daisy A 5 years old Podenco, fully vaccinated and neutered. Daisy has come on so well over the last 17 months that she has been in our care. It took a long time for her to come out of her shell, and to learn to trust people and other dogs. But, she has done it. Daisy has been in a foster home now for the last few weeks, and is learning what home life is all about, and she has also learnt very quickly how wrap her foster around her paws. She is still a bit wary about crossing the threshold to come into the house, but once in, she will make herself comfy wherever she is allowed, your bed included. If you can offer Daisy a home where she can feel comfortable and move on at her own pace, please contact us - she just needs that one special person or family to allow her time to settle, and she will be your best friend. Email axarquia-rescue@hotmail.com for more information.



AAR 2744 - Valentia Vali for short, Vali is 5 years old, and was rescued from the campo with her puppies in March last year. Vali has been in kennels for 16 months now, and has come on really well, from the shy, scared dog that she was. She now has learnt to look for human attention, and is no longer scared. She enjoys going out for walks, is good with other dogs, fully vaccinated, neutered and ready for a loving home of her own. Vali would now benefit from a foster home, or better still, a home of her own. If you can help Vali, or would like more information please email us at axarquia-rescue@hotmail.com



New puppies, born in our care. 10, yes 10 - born end of June. Mum is medium size, father unknown. Mum and pups doing well. Pups will be available for adoption or foster at approximately 8 weeks old.

For more information contact us at: axarquia-rescue@hotmail.com



AAR's Annual Dog Show will take place this year on Sunday 19th October at the picturesque Restaurante Puerto Niza in Benajärfe. Once again it is set to be a brilliant day out for both you and your furry friends. Raising some much needed funds. Email: axarquia-rescue@hotmail.com



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Keep Cool: How to Manage Your Dog in the Heat of Summer

From the Team at Dog School Nerja

As the sun intensifies over the Costa del Sol, summer in southern Spain can be glorious—but also potentially dangerous, especially for our four-legged companions. At Dog School Nerja, we've seen how the heat can impact dogs' health and behaviour, and we want to make sure pet parents are equipped with the knowledge to keep their dogs safe, happy, and cool throughout the hottest months of the year.

Why Summer Heat Poses a Risk to Dogs

Dogs are far more sensitive to heat than we are. Unlike humans, they don't sweat through their skin. Instead, they regulate temperature primarily through panting and a small amount of sweat through their paw pads. In high temperatures, this natural cooling system can become overwhelmed, leading to dehydration, overheating, and even heatstroke—a serious and sometimes fatal condition. Some dogs are particularly vulnerable, including flat-faced breeds like Bulldogs and Pugs, elderly dogs, puppies, and those with thick or dark coats. Rescue dogs who may not yet be fully acclimatised to the Andalusian climate can also struggle.

Top Tips for Keeping Your Dog Safe in the Heat

1. Rethink Walk Times

Avoid walking your dog during the hottest parts of the day. Early morning and late evening are the safest times for exercise. Before stepping out, test the pavement with your hand—if it's too hot for you, it's too hot for your dog's paws.

2. Offer Plenty of Shade and Water
Make sure your dog has constant access to fresh, cool water and shaded areas. This applies both at home and when you're out and about. Adding ice cubes to their water bowl can be a fun and effective way to help them stay cool.

3. Cut Back on Intense Exercise
Summer is not the time for high-energy ball games or long runs. Instead, try low-intensity enrichment activities like scent games, puzzle toys, or frozen treat-dispensing toys to keep their minds active without risking overheating.

4. Never Leave Dogs in Cars
Even with the windows cracked, a parked car can become a furnace

within minutes. Temperatures can rise to dangerous levels extremely quickly, putting your dog at serious risk. It's simply not worth the gamble.

5. Keep Them Groomed (But Not Shaved!)

Regular grooming helps remove excess fur and reduces overheating, but don't shave double-coated breeds—these coats are designed to protect against both heat and sunburn.

What's Happening at Dog School Nerja This Summer?

Here at Dog School Nerja, we take the wellbeing of our dogs seriously. That's why we've paused all group training classes for the summer. Outdoor training under the scorching sun just isn't safe for dogs or their humans.

But don't worry - I'm still available for private training sessions throughout the summer months. These one-on-one sessions are tailored to you and your dog's needs and can be arranged in shaded outdoor spaces, at your home, or during the cooler hours of the day. Whether you're working on basic obedience, recall, reactivity, or confidence-building, we can continue making gentle, positive progress - even in the heat. Private sessions also provide a more focused environment, allowing for deeper connection and quicker breakthroughs, especially for dogs who may find group settings



overwhelming.

Stay Informed, Stay Prepared.

A little planning can go a long way when it comes to summer safety. Understanding your dog's limits and adjusting routines accordingly helps prevent unnecessary stress and ensures your dog enjoys summer just as much as you do.

For more training advice, tips on seasonal dog care, or to book a private session, visit:

👉 www.dogschoolnerja.com

Stay safe, stay cool,
and keep enjoying life with
your dog by your side.

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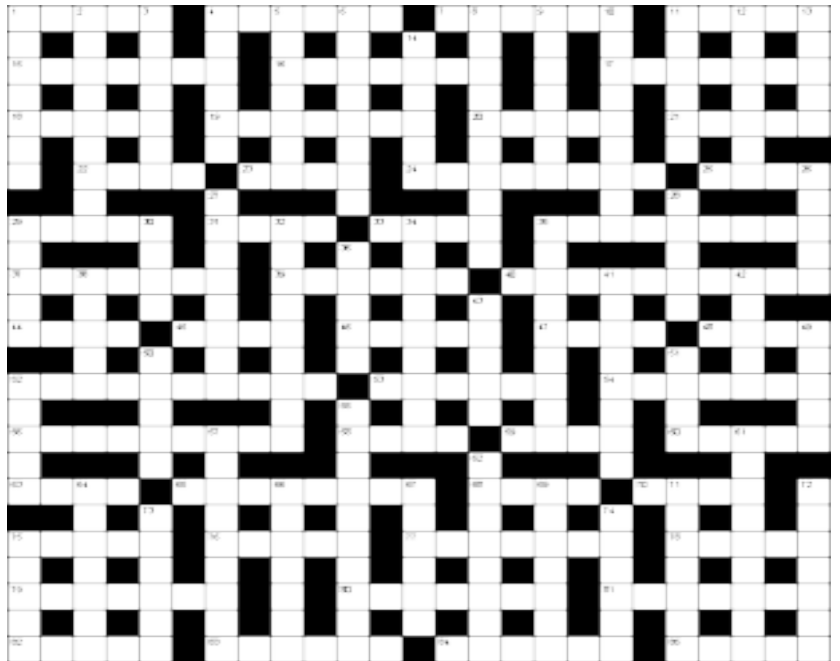
1. Fruit (5)
4. Pill (6)
7. Adjusts (6)
11. Combat (5)
15. Vegetable (7)
16. Sewing implements (7)
17. Floorshow (7)
18. Performed (5)
19. Instructor (7)
20. Protective stratosphere layer (5)
21. Each and all (5)
22. Totals (4)
23. Sharp (4)
24. Narcissus plant (8)
25. Molecule (4)
29. In front (5)
31. Pleasant (4)
33. Impartial (4)
35. Winning move (9)
37. Dissimilar (7)
39. Sharp pain (6)
40. Vanishes (10)
44. Nobleman (4)
45. Group of players (4)
46. Diffident (5)
47. Unit of length (4)
48. Metallic element (4)
52. Simple (10)
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54. Small edible fish (7)
56. Revolt (9)
58. Thin fog (4)
59. Capital of Norway (4)
60. Elude (5)

63. Gape (4)

65. Roomy (8)
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70. Requests (4)
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76. Component parts (5)
77. Acquired knowledge (7)
78. Moderate purple (5)
79. Surprised greatly (7)
80. Ancient god of wine (7)
81. Kindled (7)
82. Top tournament players (5)
83. Peril (6)
84. Paragons (6)
85. Early warning system (5)

Down

1. Mattock (7)
2. Mediate (9)
3. Stashed (7)
4. Pact (6)
5. Dressing (7)
6. Large mammal (8)
8. Soreness (10)
9. Small flute (7)
10. Tightlipped (9)
11. Short moral stories (6)
12. Article of clothing (7)
13. Shabby (5)
14. Flamboyant (6)
26. Encounters (5)
27. Innate (8)



28. Similar to a giraffe (5)
29. Intense (5)
30. Pulpit (4)
32. Type of sailing boat (9)
34. Differences of opinion (9)
35. Felons (9)
36. Presents (5)
38. Concur (5)
41. Progenitor (8)
42. Legal excuse (5)
43. Byword (5)
49. Paper with crinkled texture (5)
50. Stringed instrument (5)
51. Desiccated (4)
52. Ahead of time (5)
55. Totally unlikely (10)
57. Confiscated (9)
61. Threw into disorder (9)

62. Appended (8)
64. Greeting (7)
66. Domestic fowl (7)
67. Choose (6)
69. Memory loss (7)
71. Conference (7)
72. Slim (7)
73. Reptiles (6)
74. Allows in (6)
75. Jobs (5)



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Rincon de la Victoria Caves

Rincón de la Victoria has a unique place in Europe, Treasure Cave (Cueva del Tesoro). It is one of the only three marine caves known so far in the world. The other two are located in Asia and Central America. For all the locals, visitors and tourists of Malaga it is a must see destination, as history, archaeology and legend merge together in Treasure Cave. Paleolithic and Bronze Age remains, along with some Cave Paintings were found in the galleries of Treasure Cave.

Originally there were 3 caves: El Higuero, El Suizo and La Victoria. After recent work, El Suizo Cave (Lake Room) and El Higuero Cave were connected in what nowadays is the The Virgin Room. In the late 70s, the more Prehistoric section of this union was preserved from tourism. Nowadays, you may visit it along with Victoria Cave, in an independent way from the Treasure Cave as such.

This is a comfortable walk through its cavities where you can enjoy the curious forms and shapes that water has shaped over millennia. If you are lucky, you may found the famous treasure which is said to still remain in the cave!

Treasure Cave has the following services:-

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Bathroom.

Access information:-

The Treasure Cave is not fully accessible. Most areas of the cave are of low difficulty. There is the option to take an elevator down to the first chamber, which allows access for people with reduced mobility to that area only. The rest of the cave includes several flights of stairs.

The visit is self-guided with an audio guide that can be downloaded for free to your own mobile device, so the use of headphones is recommended.

Free entry is available with prior reservation through the official website, from Monday to Friday at 10:00 a.m. during the winter schedule and at 10:30 a.m. during the summer schedule.



Winter Season (October 1st to April 30th):-

From 10:00 a.m. to 1:00 p.m. and from 3:00 p.m. to 5:00 p.m.

The site closes at 2:00 p.m. in the morning and at 6:00 p.m. in the afternoon.

Summer Season (May 1st to September 30th):

From 10:30 a.m. to 1:00 p.m. and from 4:30 p.m. to 7:00 p.m.

The site closes at 2:00 p.m. in the morning and at 8:00 p.m. in the afternoon.

The Treasure Cave will be closed on December 24th, 25th, and 31st, as well as on January 1st and 6th.

Staged Visit:-

The staged visit takes place every last Sunday of the month in a double performance at 11:00 and 12:30. Caliope Teatro, a theatre company from Málaga is in charge of this performance. It is directed by Aki Gamazo, along with the actresses Paula Millán and Nuria Berdugo, as well as Juan Carlos Ledesma. Caliope Teatro is a personal project from Aki Gamazo as a producer. He has had a successful career and has received a Gold Medal for the Performing Arts in 2019, as well as being named Member of the Málaga Academy for Arts and Letters. This is one of the activities that catches the families attention most. It is an ideal plan for both children and elder to visit together.

Please remember that these visit will always take place in groups of up to 30 people.





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SCAN ME



Spiced Chicken Skewers

Spiced Chicken Skewers

Serves:- 6

Ingredients:-

8 skinless chicken thigh fillets, cut into thin, flat strips
Lettuce leaves and lemon wedges, to serve.

Spice rub

2 tsp coriander seeds
1½ tsp cumin seeds
2 tsp paprika
¼ tsp turmeric
Pinch of ground cloves
Pinch of ground cinnamon

Preparation:-

For spice rub, dry-roast coriander and cumin seeds until fragrant (20-30 seconds; see cook's notes p168). Coarsely crush with a mortar and pestle, then combine with remaining spices and a large pinch of salt in a large bowl. Add chicken, toss to coat and leave to marinate for 5 minutes.

Heat a barbecue. Folding the strips of chicken back on

themselves, thread chicken onto metal or bamboo skewers. Brush chicken with oil, then cook, turning occasionally, until golden, charred and just cooked (2 minutes each side). Serve with lettuce and lemon.



BBQ Corn with Chipotle Salt and Sour Cream

Barbecued Corn with Salt and Sour Cream

Makes:- 6

Ingredients:-

6 corn cobs, with husks and silks
80 gm butter, melted

To serve: sour cream

Chipotle salt

2 dried chipotle chillies

2 tsp sea salt

Finely grated rind of 1 lemon and 1 lime

Preparation:-

For chipotle salt, pound chilli and 1 tsp salt in a mortar and pestle until finely ground, stir in rind and remaining salt, set aside.

Peel back husks from cobs but don't detach, then remove and discard silks. Replace husks, tie ends with kitchen string, place in a large bowl, cover with cold water and soak for 20 minutes. Drain well. Heat a barbecue. Grill cobs, turning occasionally, until tender (10-12 minutes). Remove from grill, peel back husks, brush corn with butter, then grill, turning occasionally, until slightly charred (6-8 minutes). Scatter with chipotle salt and serve hot with sour cream.



Grilled Peppers and Flatbread Salad

Barbecued Corn with Salt and Sour Cream

Makes:- 4

Ingredients:-

650 gm mixed peppers (about 5 large peppers)
1 tsp sumac
145 ml extra-virgin olive oil
2 large pita
Juice of 1 lemon
1 tbsp oregano, plus extra to serve
1 garlic, crushed
100 gm small olives
1 cucumber, shaved into ribbons

Preparation:-

Preheat a barbecue to high. Add peppers and grill, turning,

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until well charred and softened (10-12 minutes). Remove from heat, sprinkle with sumac and drizzle over 1 tbsp oil. Cool to room temperature, then split peppers length ways (discard seeds and pith).
Brush pita with 2 tbsp oil and grill until charred and crisp (2 minutes each side).
Whisk remaining oil with lemon juice, oregano and garlic in a bowl. Season to taste.
To serve, tear pita into pieces and arrange on a platter with peppers, olives and cucumber. Drizzle with dressing and scatter with extra oregano.



Cos with Lemon Anchovy Butter Dressing

Grilled Cos with Lemon Anchovy Butter Dressing

Serves:- 6

Ingredients:-

4 baby cos lettuces, halved
For brushing: olive oil
To serve: crusty bread
Lemon-anchovy butter dressing
80 gm Italian cultured butter, coarsely chopped
2 anchovy fillets, finely chopped
2 tbsp rosemary, finely chopped
1 garlic clove, finely grated
Finely grated rind and juice of 1 lemon

Preparation:-

Heat a char-grill pan over medium heat. Brush cos with olive oil and grill cut-side down until charred (2-3 minutes). Turn and grill other side (2-3 minutes), then transfer to a large serving dish.

For lemon-anchovy butter dressing, stir butter, anchovies and rosemary in a small saucepan over medium heat until butter melts, season to taste, add remaining ingredients and stir to combine. Drizzle warm dressing over lettuce and serve with crusty bread.



Whole Barbecued Fish with Lemon

Whole barbecued fish with lemon

Serves:- 6

Ingredients:-

1 sole (about 2kg), skin slashed in several places)

1 lemon, thickly sliced, plus extra wedges, to serve
4 spring onions, coarsely chopped
For drizzling: olive oil

Preparation:-

Heat a barbecue to medium-high heat. Stuff the cavity of the fish with lemon and spring onion and season to taste. Drizzle fish with oil, season generously, then barbecue, turning once, until golden and just cooked through (15-20 minutes). Serve hot with lemon wedges.

Cava Sangria

Ingredients:-

4 cups diced assorted fresh fruit (such as strawberries, peaches, and grapes)
small oranges, thinly sliced, seeded
1/2 cup brandy
1/2 cup peach liqueur
1/2 cup white grape juice
4 small fresh mint sprigs
2 750-ml bottles chilled cava or other sparkling white wine



Preparation:-

Combine diced fruit, sliced oranges, brandy, liqueur, grape juice, and mint in large pitcher. Chill at least 1 hour.

Can be made 3 hours ahead.

Cover; keep chilled.

Pour wine over fruit mixture. Stir to blend. Ladle sangria into glasses.



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EXERCISE AND CANCER. HOW? WHEN? WHY?



Introduction

Too often we are greeted by cancer patients with low levels of physical activity and/or generalized disacondition. Sometimes this situation comes from afar and occurs because the person has never been physically active or has performed little exercise, but many times we encounter patients who were active and have ceased to be so because they believed that in their situation the exercise was discouraged or because they are afraid that their symptoms will worsen. Although this trend has been reversed over time among patients with chronic pathologies, especially cardiac or respiratory diseases, mainly thanks mainly to the efforts of the scientific community to investigate and disseminate the

positive effects of exercise, in the case of cancer patients we find that this trend still persists. However, the truth is that over the past two decades, multiple studies have been conducted that have shown that exercise in the oncology population is safe and feasible and is effective in improving physical condition, cancer-related fatigue and health-related quality of life. In fact, as with respiratory or cardiac patients, physical exercise in cancer patients not only does not worsen fatigue or dyspnoea, but is the main treatment for them. But the benefits of cancer exercise are not limited to symptom control, but recent studies have observed among other effects a decrease in body weight in breast cancer, a reduction in tumour growth in patients with colon cancer, or an

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18:00H	TORREDA PLATES*** práctico	TORREDA YOGA*** práctico	TORREDA PLATES*** práctico	TORREDA YOGA*** práctico	CLASES PRIVADAS -CON RESERVA	
19:00H	TORREDA PLATES FUNKY	TORREDA PLATES	TORREDA YOGA 19:00-21:00H*** práctico	TORREDA PLATES FUNKY	TORREDA YOGA 19:00-21:00H*** práctico	CLASES PRIVADAS -CON RESERVA
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increase in adherence and completion rate of anti-cancer therapies such as chemotherapy.

Benefits of physical exercise at different stages of cancer

The benefits of exercise in cancer patients extend throughout the clinical process and even begin at the preventive level. In this sense, it has been found that the practice of physical exercise is related to a lower risk of certain types of cancer such as colon, prostate or breast and very possibly has effects on the incidence of others such as lung or ovarian cancer.

According to a systematic review published in 2015, performing the equivalent of 2.5 hours of exercise per week meant a 13% reduction in the risk of cancer death. Specific programs have been launched in patients who have recently been diagnosed with cancer and are still in the pre-therapeutic phase aimed at optimizing the functional status and physical condition of patients in preparation for anti-cancer therapies, especially in the case of surgical treatment. Oncology pre-provisioning, as these programmes are known in the scientific field, are generally based.

Specific programs have been launched in patients who have recently been diagnosed with cancer and are still in the pre-therapeutic phase aimed at optimizing the functional status and physical condition of patients in preparation for anti-cancer therapies, especially in the case of surgical treatment. Oncology pre-provisioning, as is known in the scientific field to these programs, is usually based on a multimodal intervention in which smoking disinhabitation, psychological support and nutrition are included in addition to physical exercise. Although these programs are not yet implemented in clinical practice, several studies have shown that such programs are effective in increasing aerobic capacity, muscle strength and optimizing the nutritional profile prior to surgery, as well as accelerating post-surgery recovery. For patients receiving chemotherapy or radiation therapy, physical exercise may help to mitigate the effects of these treatments, improve physical condition even in patients in advanced stages, and improve response to treatment and survival.

As with other types of chronic pathologies, the real challenge in cancer patients is to keep the exercise practice in time. To this end it is important to emphasize from the outset that the benefits of exercise are only preserved if the person remains physically active on a regular basis and therefore the planning of the exercise in this population must be accompanied by a motivational

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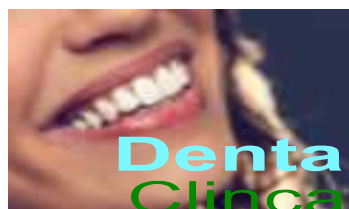


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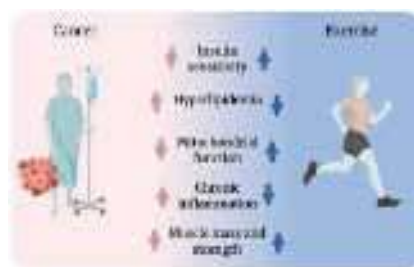
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interview in which the preferences of the individual are identified as well as the possible barriers and facilitators. In cancer patients, in addition to the well-known benefits of regular physical activity in the general population (reduction of cholesterol and/or blood glucose levels, reduced blood pressure, increased muscle and bone mass, etc.), in cancer patients the practice of exercise both during and after treatment is linked to a reduction in the risk of relapse and risk of death either from cancer or any other cause.



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The Doctors Guide to Better Sleep

The Doctor's Guide to Better Sleep: Can Cognitive Shuffling Help You Rest?

For many people, falling asleep is not as simple as closing their eyes. The mind often refuses to shut down, replaying events of the day, worrying about tomorrow, or clinging to stressful thoughts. This inability to disconnect can lead to prolonged sleeplessness, affecting energy levels, cognitive function, and overall health. Sleep techniques have evolved over time, with methods like deep breathing, meditation, and melatonin supplements commonly recommended. However, a lesser-known strategy, *cognitive shuffling*, has recently gained attention for its ability to quiet the mind and facilitate sleep by redirecting mental focus.

What Is Cognitive Shuffling?

Cognitive shuffling is a mental exercise designed to disrupt repetitive, intrusive thoughts by engaging the brain with random but structured word associations. The technique involves selecting a word—such as "Pluto"—and thinking of unrelated words that begin with the same letter: *plane, puzzle, panda, piano.* Once those words are exhausted, the process continues with the next letter of the word: *lamp, lemon, ladder, lagoon.*

The purpose is to mimic the way the brain naturally transitions into sleep. Research has shown that as people doze off, their thoughts become fragmented, disorganized, and less focused on problem-solving. Cognitive shuffling encourages this shift by preventing structured thinking and rumination, which are common barriers to sleep.

The Science Behind the Technique

Cognitive scientist Dr. Luc P. Beaudoin developed cognitive shuffling over 15 years ago as a potential solution for sleep difficulties. His research suggests that the method helps the brain disengage from stress and intrusive thoughts, creating a mental state more conducive to sleep. A 2016 study tested the effectiveness of cognitive shuffling alongside other sleep techniques, including a structured worry-writing exercise. Participants who used cognitive shuffling found it helpful, particularly when combined with constructive worry exercises. While further research is needed to establish it as a primary treatment for insomnia, the technique aligns with established sleep science principles.

Experts recognize that one of the biggest challenges in falling asleep is the tendency to engage in *problem-solving mode*. The brain, rather than unwinding, attempts to analyze, plan, or worry. Cognitive shuffling interrupts this process, replacing structured thinking with a more passive, neutral mental activity.

Who Can Benefit From Cognitive Shuffling?

This technique is particularly useful for individuals who struggle with overthinking at night. Whether due to work stress, personal concerns, or irregular sleep schedules, cognitive shuffling provides a



non-pharmacological way to ease into rest.

It is a low-risk, cost-free strategy that requires no external tools, making it accessible to anyone. However, for those with chronic insomnia, it is best used in conjunction with other proven methods, such as *cognitive behavioral therapy for insomnia (CBT-I)*.

Some variations of cognitive shuffling may work better for certain individuals. Instead of using random words, some people visualize unrelated objects or think of different food combinations—such as *chocolate cake with vanilla frosting, blueberry muffins with honey glaze, lemon tarts with raspberry sauce.* The key is to avoid logical storytelling or problem-solving, ensuring that the brain remains engaged but not stimulated.

Continued on page 38

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Rebecca Curtis

Opening Times: Tuesday - Saturday
10.00am till 6.00pm

952 530 122 (voicemail service)

651 956 284



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The centre is situated behind Mena Cafe
Urb. Laguna Beach, Centro Comercial
B, nº 16, Torrox Costa, 29793, Málaga

Additional Sleep Strategies

If cognitive shuffling does not induce sleep within 20 minutes, sleep specialists recommend getting out of bed and engaging in a quiet, relaxing activity. Reading in dim light, stretching, or working on a simple puzzle can help shift the mind away from frustration.

Creating a sleep-friendly environment also plays a crucial role. Keeping the bedroom cool, limiting blue light exposure before bedtime, and maintaining a consistent sleep schedule can enhance the effectiveness of any sleep technique.

While cognitive shuffling may not be a universal solution, it offers a promising and easy-to-implement method for those who struggle with racing thoughts at night. By redirecting mental focus away from stress and into a sleep-friendly state, it provides an alternative approach to achieving restful, uninterrupted sleep.

**Dr. Paula Anthony,
Clinica Sta.Cecilia,
Calle Los Huertos 46,
Nerja.**

**Tel: (+34) 952 521 024
<http://clnicanerja.com/>**

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Tel: 952 521 994**

Creamy Pineapple Cucumber Smoothie

Calories:- 225

Ingredients:-

1/2 cup sliced cucumber (skin on)
1 heaping cup cubed pineapple
1/2 large ripe, peeled, frozen banana
1/4 cup light coconut milk*
1/2 cup filtered water
1 medium lime, zested + juiced
(-1 tsp zest / 2 tbsp (30 ml) juice per 1 lime)
1 large handful greens (spinach or kale // organic when possible)
2-4 ice cubes



Preparation:-

Add cucumber, pineapple, frozen banana, light coconut milk, water, lime zest, lime juice, greens, and ice cubes to a blender and blend on high until creamy and smooth, scraping down sides as needed. For a thicker smoothie, add more ice. For a thinner smoothie, add more liquid of choice. Taste and adjust flavour as needed, adding more lime juice or zest for acidity/brightness, banana or pineapple for sweetness, coconut milk for creaminess, and greens for more intense green colour. Serve immediately. Leftovers will keep covered in the refrigerator up to 24 hours, though best when fresh.

Mark Shurey D.O.

Osteopath



Consultations: Mon/Wed/Fri
Contact: 618 994 590

Calle Antonio Ferrandiz "Chanquete" 16, Edif. Vegamar.
(Opposite the Pharmacy)
For general enquiries - Tel/Fax:- 95 252 6881

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

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Opening times:-

Monday - Friday 10.00-14.00 / 17.00 - 20.30

Saturday:- 10.30 -13.30

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Tel: 95 252 5876 / 608 395 729

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www.innovadent.info
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29780, NERJA, (MA)

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Contact Kerry
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kerry@timeoutspas.com



Ctra. Málaga-Almería, km. 291, CP.29780 Nerja (Málaga)

Airport Assistance

Whenever I'm asked a very specific question I try to research and come back with some useful information.

The Assistance at the airport is FREE. Book at least 72 hours ahead of your flight. TSA care form or call 855 787 2227. The boarding pass of a disabled person may be marked MAAS (this means Meet and Assist). Other " codes" include:-

Blind –ie visually impaired.

Deaf – impaired hearing / deaf or mute.

Dpna – intellectual or developmental impaired.

Wchr – needs wheel chair to cover distances but can move around the plane.

Wchc- totally wheel chair bound and needs to be carried onto the plane and to their seat.

Airlines do have a right to refuse passengers if they do not consider them "Fit to fly"... A doctor's note is advisable,(within 7 days of flying) in the following conditions:-

Recent surgery.

Uncontrollable psychiatric conditions.

Pulmonary illness COPD,bronchial asthma.

Angina.

Infectious diseases eg chickenpox / shingles.

Recent heart attack.

Ear infection.

Uncontrolled Blood Pressure.

Pregnant women.

Young babies.

What to expect from the Assistance Services:- Transport through the airport to the gate with your hand baggage..

What they don't do:-

1. Manage your suitcases.

2. Stop at the duty free.

3. "Sitting/supervision" - if you can't leave your family member you need to take them with you (wherever you go).

4. They don't give medication or provide carer services.

Always remember to pack a "comfort pack " to avoid discomfort as airlines are often delayed"...

English Nurse Care Team support Elderly and Infirm who need support returning to their home country.



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- And we welcome guests for the day



Sarah Lazenby is a UK trained Senior Physiotherapist who works at Jubilee House, using her expertise in elderly rehabilitation and falls prevention to increase the independence of the clients. She provides holistic and individualised treatment using her broad knowledge of musculoskeletal and neurologic conditions.

Tel:- 951 55 05 81 / Mobile:- 692 419 548
englishnurse@rocketmail.com
www.englishnurse.net



**Property Select
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University of the Third Age (U3A)

COFFEE MORNING - This is a group designed to get members together informally over a drink, to meet each other for a chat. It will be held on the last Thursday of the month, at Mena Golf, Laguna Beach at 11am. At least one member of the committee will attend, to meet and greet old and new members. August's will be on the 28th. This is ideal for people who would like more information about our club.

TABLE GAMES - is held EVERY Monday of the month at Mena Golf, Laguna beach - 1pm for a 1-30pm start - just turn up or contact judyannspain@yahoo.com This is a very popular group.

HISTORY GROUP - held the 4th Monday of the month at El Pozuelo, Laguna beach at 11am. All welcome. Contact Sue @ suelharrison@hotmail.com

MONTHLY MEAL DEAL (MMD) - held on the 2nd Wednesday of the month. Various venues. The idea is to stick to the Menu del Dia of the chosen restaurants. The August MMD lunch will be at La Piscina restaurant in Laguna Beach, (by the swimming pool) PLEASE NOTE: This month's will be held on TUESDAY 12th August (not Wednesday!) All welcome but must contact judyannspain@yahoo.com to reserve a place.

LECTURE GROUP - held on the 3rd Wednesday of the month, at Media Caña, Penoncillo at 11am Contact norma2kk@aol.com

BOOK CLUB/READING GROUP - held on the last Wednesday of the month at La Cabaña cafe in Algarrobo Costa. Please contact Robert Skippon (Skip): skippon@gmail.com

MUNCH BUNCH - held on the 3rd Thursday of the month. Must contact Norma to go on her members list for this month's' details. norma2kk@aol.com

MEDITATION GROUP - to be held on the 1st and 3rd Saturdays, online or at Sue or Norma's house. Contact Ewa Celinska: celinska21@gmail.com for more information.

DISCUSSION GROUP - held on the 2nd Friday of the month at Media Caña, Penoncillo at 11am. Contact Gerry: gersil197@yahoo.com. This group covers all sorts of topics, usually concerning worldwide news, but lighter topics too.

SAMPLE, discussion topics for July's meeting:-

A) Processed food. Boiling an egg, frying fish is processing it. How much further has processing advanced? What does it do to our diet? What do you think?

B) Will the current detente in Europe be enough to replace NATO?

C) Recent outbursts at the Glastonbury festival by performers have upset many. Are people right to be upset or not.

D) What three words would people use to describe you?

E) The Besos wedding celebration in Venice has drawn many comments. What are yours?

F) Your best childhood memory. Why?

G) Recently, mental health has been a much discussed issue. In Britain the biggest surge in welfare benefits. Right or wrong? You tell us. NB next meeting September.

WRITERS WORKSHOP - held on the 2nd & 4th Tuesdays of the month. Contact norma2kk@aol to go onto her waiting list. There may be a space coming up shortly for this.



Too hot to move, too hungover to care? When holidays become something more

August on the Costa del Sol is peak holiday season. But for some, a break that should be about rest and relaxation turns into little more than a bar crawl. You might plan to visit the sights, go on a boat trip, or take a hike, but instead, it's drinks at midday, cocktails before dinner, and waking up too hungover to make it to the beach.

It's easy to fall into that pattern, especially when everyone around you seems to be doing the same. But if you find yourself constantly chasing the next drink, or secretly wondering why you can't stop, it may be time to ask: is this more than just a holiday habit?

For some, what starts as fun quickly becomes dependence. Alcohol takes over more than the day, it begins to dominate thoughts, relationships, health, and hope.

If you're feeling stuck, Alcoholics Anonymous (AA) offers a safe and confidential space to share, listen, and begin to recover.

Here is the real story of someone who found a new life through AA:

"I finally found peace, and myself, through sobriety."

At 57, Paul was a full-time father, recently divorced and still drinking heavily.

"I thought everyone drank like me. I'd always show up to work, to the gym, to training, but violence followed my drinking, and deep down I knew something wasn't right."

Things spiralled after a failed attempt to stop on his own. "It triggered a mental crisis like nothing I'd ever experienced. I was still working but barely functioning."

Eventually, a friend took him to a meeting. "At

first, I thought it was a setup, everyone sharing felt like they were talking about me. But once I realised it wasn't, the relief was enormous."

He's now been sober since July 2015.

"The 12 Steps gave me an education I never had. Life is now meaningful. Peaceful. And, for the first time, I know who I am."

"If I can do it, you can too."

Natasha, 43, hit rock bottom at her son's birthday party.

"I showed up off my face, drinking vodka from a Coke bottle, sneaking off to use in the toilet. I caused a scene, got thrown out, took back my son's present and spent the money on more drugs. I disappeared for two days. I lost everything."

She knew she needed help and remembered AA.

"I went to the newcomers meeting. I had nothing, no car, no job, living in a garage. But I met people who helped me. And I never looked back."

Today, she's been sober since March 2019.

"The Steps keep me sober. I use them daily to be the best version of me. This programme works if you work it."

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





Directory

AIR CONDITIONING/HEATING SUPPLIERS

Malagaclima – 95 296 7803
Avda. Victoria Kent 3A, Torre del Mar

ART GALLERIES

Galeria de Arte – 669 678 967
Pasaje Fuente de Cantarero, Blq. 1, bajo D, Nerja

BEAUTICIANS

All about beauty – 95 296 7968
C/. Infantes 23, Torre del Mar

All about beauty

Micro needling - Microdermabrasion - Chemical peels
Permanent makeup - HIFU non surgical facelifts
Facials - much more...
First class hair and styling, colours, low/highlights,
perms and much more...

C/. Infantes 23, Torre del Mar Tel:- 95 296 7968

Rebecca Curtis Wellness Centre – 95 253 0122

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

CAR RENTALS

Lessaggo – 95 252 4699

C/. Los Huertos, Nerja

CHARITY SHOPS + CLUBS

Axarquia Animal Rescue
email:- axarquia-rescue@hotmail.com

Choir group

657 951 755 Vélez Málaga

689 111 352 Almuñecar/Salobreña

Club 41 Nerja – 678 059 288

Cudeca – 95 256 4910

Give me 5 animal charity –

603 416 632

Lux Mundi – 95 254 3334

Avda. Moscatel 1 (Jardines Viña),
Torre del Mar

Pocapucunia Charity Shop

Avda. Rodriguez Acosta, Edif.

Tucaman, Nerja

Royal British Legion -

+44 759 071 7384

CLOTHING ALTERATIONS

Carmen – 95 190 3595

C/. Bronce 2, Nerja

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the latest offers

DENTAL TECHNICIANS

English Dental – 633 157 891

DENTISTS

Clinica Dental Innodenta –

95 252 4003

Plaza de la Ermita 9, Nerja

Dentadanes – 95252 9666

C/. San Miguel s/n, Maro Club, 125,
Maro

ESTATE AGENTS

Andalucia4you – 95 272 0832

Avda. Andalucia 125, Caleta de Vélez

Casa Nerja – 95 154 3517

Edif. Rocamar Baja, Prolongacion

Hernando de Carabeo, Nejra

Cómpeta Properties - 95 251 6107 /
95 253 8337

Avda. Sayalonga 24B Còmpeta

Avda. Constitución Edif. Costezuela

Local 1, Còmpeta

Country Properties - 95 251 6178 /

95 253 9125 / 95 254 1886

Plaza Almijara 21, Còmpeta

C/. Elisa Ortigosa 7, Torrox

Avda. Andalucia 32B, Torre del Mar

Juan Garrido – 95 252 3699

Plaza Cantarero, Edif. Cantarero

bajo 1, Nerja

Nerja Property Services –

95 252 0343

Rosarico la Joaquin 18, Frigiliana

Nerja Villas – 95 252 3853

El Capistrano Village, Nerja

Pérez Oglietti – 653 782 878

Torrox Costa

Property Select – 95 108 4054

Urb. Costa del Oro, Centro Comercial

B, Torrox Costa

Spanish Management – 618 940 829

Office in Viñuela (next to farmacia)

Sunny Palm – 95 296 7595

Avda. Peñoncillo 16, Edif. Oasis Club,
Torrox Costa

Sunset Properties Spain –

601 626 525

Avda. Andalucia 65c, Torre del Mar

Villasol – 95 252 7201

C/. Antonio Millon 10, Nerja

Villa Solutions – 696 522 171

El Cruce de Puente don Manuel,

local D, Alcaucin

For advertising offers call
Dawn on 638 47 47 18

FINANCIAL ADVISORS

Blevins Franks – 900 670 047

Email:-

southernspain@blevinsfranks.com

FURNITURE STORES

Brea – 95 252 1408

C/. Carabeo 39, Nerja

De Tropen – 680 480 276

Autovía del Mediterráneo A7, exit

953, Vélez Málaga

Muebles Piramedes – 95 255 0669

Avda. de Andalucia 187, Caleta de

Vélez

GARDEN CENTRES

Garden La Palma – 95 123 7013

Camino de Remanentes s/n, Vélez

Málaga

GYMNASIUMS

Manantia – 95 177 4819

Avda. Garcia Peñalver, Blq. 76, Bajo

6, Torrox Costa

HAIRDRESSERS

Nora Gerritzen – 95 252 2762

C/. Chapàril, Nerja

HOUSE AND HOME

MATERIAL SUPPLIERS

Grupo Mostazo -

+34 744 624 212 Edif. Los Olivos,

Cruce Puente Don Manuel, Alcaucin

INSURANCE COMPANIES

Axa – 95 252 0952

Pasaje Fuente de Cantarero, Blq. 1,

bajo D, Nerja

Mapfre – 95 252 7185

Avda. de Pescia 13, Nerja

KITCHEN STORES

Idecocina – 95 254 1895

C/. Los Prados 4, Torre del Mar

MEDICAL CENTRES

Clinica Cecilia – 95 252 0124

C/. Los Huertos no.46, Nerja

Clinica Europa – 95 253 0908

Centro Internacional, Blq. 86, Torrox

Costa

MOBILITY EQUIPMENT

Blue Badge – 95 296 7015

Costa del Oro, Blq. 3 nos. 3 + 10,

Torrox Costa

OPTICIANS

Chaves – 95 252 1994

Avda. Castilla Pérez 24, Nerja

Heiko by Heiko 95 296 7923
Avda. Andalucia 119, Torre del Mar
Nerja Vision – 95 252 3911
Avda. Castilla Pérez 3, Nerja
Nueva Optica – 95 2525 5876
Avda. Pescia 18, Nerja
ORTHOPAEDICS
Chatelin – 658 773 857 / 695 481 082
C/. de la Cruz no.60, Nerja
PET SCHOOLS/TRAINING
Dog School Nerja – 711 020 098
www.dogschoolnerja.com
PHYSIOTHERAPY CENTRES
Fisio Nerja – 95 252 8144
Avda. Pescia no.1 bajo, Nerja

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RESTAURANTS

Restaurant Jing – 95 253 4637
Blq. 9, local 8 (on sea front) Torrox
Costa
RnR Bar & Dining - 95 215 5620
C/. Los Huertos 40, Nerja



SOLICITORS

Del Prado – 95 252 7274/1747
Plaza Cavana no.5 bajo, Nerja

STAIRLIFTS

618 490 186 / 95 296 7015

VETERINARIANS/PET STORE

Fiercillas Pet Shop – 95 252 7295
Avda. Castilla Pérez 14, Nerja
Laguna Veterinary Clinic – 95 253 0463
Urb. Laguna Beach, Torrox Costa
San Fernando – 95 252 1838
C/. Chaparfil, Edif. Corona, Local 5, Nerja

**Advertise here
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WINDOWS + DOORS MANUFACTURERS

Juan Verdun – 95 250 2527
Pol. Ind. LA Mata, Cno. del Higueral
9, Vélez Málaga

NEWS & What's ON

Emergency numbers

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

Guardia Civil

Frigiliana-952 533 003
La Herradura-958 640 015
Nerja-952 520 091
Torrox-952 538 008

Local Police

Frigiliana-952 533 126
Nerja-952 521 545
Torrox-952 539 828
Torre del Mar-952 549 238

Bus Stations

Almuñecar-958 630 140
Málaga-952 350 061
Nerja-952 521 504
Torre del Mar-952 540 936
Vélez Málaga-
952 501 731

Taxis

Frigiliana-952 533 231

Nerja-952 524 519
La Herradura-958 630 017
/ 670 995 257
Torrox-952 531 030

Airports

Granada-958 245 200
Málaga-952 048 804

Train Stations

Granada-958 271 272
Málaga-952 239 261

Consulates

Belgium-952 599 159
Denmark-952 211 797
France-952 226 590
Germany-952 363 591
Ireland-952 475 108
Sweden-952 604 383
UK-902 109 356 /
913 342 194

Tourist Offices

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

Street Markets

Monday - Torrox Costa
Tuesday - Nerja,

Salobreña
Wednesday -
Algarrobo Costa,
Rincon de la Victoria
Thursday - Frigiliana,
Torre del Mar -
Friday Almuñecar,
La Herradura -
(summer only)
Saturday - Cómpeta
Sunday - Nerja (car boot),
Vélez Málaga

Town Halls

Frigiliana-952 533 002
La Herradura-958 827 794
La Herradura Foreign
Residents-958 838 618
Nerja-952 548 400
Nerja Foreign
Residents-952 548 401
Torrox Pueblo-
952 538 200
Torrox Costa-952 538 010

Hospitals

Motril-958 603 506
Nerja Ambulatorio-
951 289 662
Vélez Málaga-
951 067 000
Carlos Haya-951 290 000

Church Services

Anglican Church of Nerja & Almuñecar Iglesia de SanMiguel (St.MichaelsChurch), Nerja. Tel:- 952 52 1339.
www.nerjaalmuñecaranglican-church.co.uk
Sundays at 12 noon and Capilla de Nuestra Señoradel Carmen (FishersmanChapel), Chinasol, Almuñecar, Sundays at 9.30am.
Chaplain:- Fr.Nigel Thomas.

Community Bible Fellowship

Calle Pintada 35, 2nd floor, Nerja. Tel: 952 521 776. English/Spanish service Sundays at 10am. El Salvador, Balcon de Europa, Nerja.
Tel: 952 52 0291. Mass times, English and Spanish Sundays 10.30am, 12 noon and 8pm.
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 1ªI", (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 AUGUST COMING EVENTS & EXCURSIONS

The Food Drive is still taking place every month. We appreciate your contributions with a packet of imperishable food or monetary donations given to our reception for that purpose.

Every Tuesday - Axarquia Business Networking group. Time 07.00 to 09.00.

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 10.00 to 13.00.

Our shop will be open Wednesdays and Fridays. Offers a good selection of Household goods, spring and summer clothes, shoes, handbags and fashion accessories at very good prices. Donations in good conditions are always welcome. Time 10 to 13.00.

Every Thursday - NA (Narcotics Anonymous) English group. Time 19.00 to 20.30.

Every Friday - Conversation group. Time 10.00 to 11.00. A donation of 3 Euros per session to support the Centre.

Every Friday - Coffee morning. Come and meet friends and relax in our beautiful garden. Time 10.00 to 13.00.

COMING EXCURSION

Friday 5th September - Coach excursion to Carratraca to join the Embrujo Andalusia de Carratraca. Please come and join us for a fun evening at the Night of Enchantment Festival originally founded in 1997. For three nights the narrow streets of the village are transformed. They are decorated, perfumed and illuminated with thousands of small candles and lights, giving them a magical and picturesque atmosphere. There is a captivating spell in the streets, with music, art, theatre and dance, and the smell of delicious foods and flavours which may be purchased. Tickets available at the Centre: 22 Euros with a Friends card, 25 Euros for visitors. Includes travel insurance. Proceeds for fundraising. Departure times: Algarrobo (Lidl) 17.15, Caleta (Vets) 17.20, Torre del Mar (Bus station) 17.30. Leaving Carratraca at 23.00.

Tuesday 30th September to Saturday 4th October – Coach excursion to Benidorm, Valencia, Denia and Calpe.

Phoenix Club

The Phoenix Social Club is open to all nationalities but the lingua franca is English. We offer an opportunity to make friends, 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.

Our handmade greetings cards are for sale weekly with all proceeds to the Red Cross.

We meet every Thursday between 12 and 2 pm at Chine in Caleta, just off the coast road to/from Algarrobo.

For further information on any of our trips, please contact Gail on 951 067 723 or 626 370 695 (Whatsapp) or email phoenixsocialclub@yahoo.co.uk or check out our FB page.



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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.
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If you have any information regarding charitable work, events or news, please don't hesitate to contact Streetwise magazine.
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YOGA FUSION DANCE
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For more information contact Sissi on (0034) 699 037 998 or email: isabelgilton@gmail.com

41 Club Nerja

41 Club Nerja Chairman Brian Karet can be contacted via email: briankaret@sky.com
41 Club Nerja Press and Recruitment Officer Steve Ryan can be contacted via email: steve.ryansr56@gmail.com or tel: +44 754 640 2770 41 Club
Website: www.41clubnerja.org
You can also find 41 Club Nerja on facebook.

Want to join a choir?
Coraxalia multi-national Choir (Director: Celia Varo Aragon) welcomes new singers.
Coraxalia, based in Vélez-Málaga rehearse on Thursdays, 17:30 - 20:00 in the Casa Hermandad de la Cofradía de los Estudiantes, Plaza de los Sastres, 1, CP 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 653 150 058 (Spanish) or email: coraxaliacoral@gmail.com

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Please contact Kimon on tel: +44 798 802 9001 or email: kim_bowe1@hotmail.com
For any information about the Branch contact Eddie, our Chairman on tel: +44 759 071 7384 or email: eddiebowe1@hotmail.com

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