

# Flavours of Andalusia

Duration 5 days/4 nights



## Overview

Our 'Flavours of Andalusia' tour, is a shorter tour focusing on enjoying the aspects of Andalucía that are not City based. From the famous 'Pueblo Blancos' white villages to its gastronomy, the region is a gem for guests wishing to get under its skin and sample some of its unique and amazing countryside, produce and life.



The tour is not run to a published schedule. It is a Private tour for a minimum of 4 guests and we run it to meet your preferred dates, subject to our availability.

Many previous guests of ours have said how they would love to come back to Andalucía and, having visited the spectacular Cities, would really like to see and experience more of the region, so this tour is ideal for them as well as lovers of regional culture and produce.

For this tour, you stay at the 4\* Antequera Parador Hotel for four nights and enjoy being transported to some of the best places outside of the Cities that Andalusia has to offer. You will visit an Organic Wine Bodega and an Organic Olive Oil Producer. In the evenings you get to enjoy the delightful and historic Antequera with its great restaurants and attractive architecture.

**Day 1: ARRIVAL** We collect you in Málaga from the airport, train station or local hotel and, subject to time, we take you to visit the pretty 'Pueblo Blanco' mountain village of Mijas. The Pueblo Blancos are the white villages of Andalusia. Set high above the Costa del Sol with lovely views over the Mediterranean below, you can wander the pretty lanes with colourful trailing geraniums in bright blue pots contrasting against the white walls. Have some lunch in the shady 'Secret Garden' of Restaurant/Cafeteria 'AROMA' and maybe make some purchases from the craft stores that surround the main Plaza and down the little lanes. The quality of the leather goods in Mijas is exceptionally high. Originally founded by the Tartessians in prehistoric times, the Romans used to mine Marble from the area, calling the village *Tamisa* before it became a Moorish mining town *Mixa* which morphed later on into *Mijas*. The Mijas residents resisted the attacks from the Catholic Monarchs during the siege of Málaga in 1487, but after Málaga fell, the inhabitants surrendered with most being sold into slavery. A beautiful jewel of the Costa Del Sol, it sits 400m above sea level offering superb vistas all around. It is the ideal location to ease yourself into a holiday frame of mind and relax. During the Spanish Civil War which started in 1936, Manuel Cortés Quero (1906-1991), aka 'El Topo de Mijas' (The Mole of Mijas) was the last Republican Mayor of Mijas during the Civil War. On 6 February 1937, Cortés fled Mijas, soon to be assaulted by the Nationalists, together with his wife, Juliana, and their daughter, María, aged one year and a half. One day later, he asked Juliana to go back to Mijas with María and joined a group of fighters heading to Almería. Secretly back to Mijas on the evening of 17 April 1939 after the disbanding of his unit in Valencia, Cortés hid in his own house for the next three



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decades in a secret room with the entrance through a wardrobe. On 28 March 1969, he heard on the radio the amnesty granted by the Government for all "crimes" committed between 18 July 1936 and 1 April 1939. After his "re-birth", Cortés said to his friends: "The war is finally over for me". A replica of the bedroom has been reconstructed in the Folk Museum of the village.

**Day 2:** At 10:00, we take you to the white Moorish village of Frigiliana, one of the prettiest villages in Andalusia and the whole of Spain. Wander through the Moorish quarter and enjoy a tapas lunch in the mountain setting with sea views. Frigiliana is historically important. *El Fuerte*, the hill overlooking the village, was the scene of the final bloody defeat of the Moors of the Axarquía region in their 1569 rebellion. At the top of the hill are some remains of an ancient fort from which some of the Moors reputedly threw themselves rather than be killed or captured by the Spanish. It is said that bones and rusted weapons dating from this encounter still lie among the scrub on *El Fuerte*.



Whilst it is a magnet for visitors, Frigiliana hasn't yet succumbed to the demands of mass tourism with innumerable souvenir shops and overpriced bars. It retains its traditional feel and charm.

A spiders web of narrow cobble streets packed with whitewashed houses, brilliant red geraniums tumble from bright blue pots attached to the wrought iron railings. Small plazas provide a welcome shade and a place to relax and admire the beautiful setting. As expected, local craft shops selling pottery and ceramics, including decorative Arabic design plates are abundant in the village.

After lunch, we visit the amazing Nerja Caves *Cuevas de Nerja*, a system of limestone caves with large columns, stalactites and stalagmites. Stretching for almost 5 kilometres, the caverns are one of Spain's major tourist attractions. Concerts are regularly held in one of the chambers, which forms a natural amphitheatre.

Seismic movement and landslides forced the water to find new pathways through the cave system and began the formation of the giant stalactites and stalagmites. Approximately 5 million years ago, during the Upper Miocene, water penetrated the fissures of the marble rock and dissolved it, forming a huge cavern.

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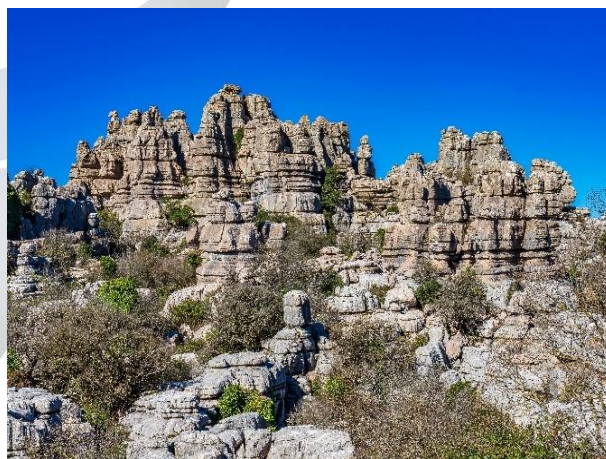
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Skeletal remains found in the caverns indicate that they were inhabited from about 25,000 BC, up until the Bronze Age. Cave paintings from the Paleolithic and post-Paleolithic eras have been discovered on the walls of the cave.

For about 4,000 years from 25,000 BC the caves were used seasonally by a small group of humans, and were occupied by cave hyena during the periods that the humans were absent. By 21,000 BC the human population had taken up year-round residence in the caves and had increased in number. A culture based on hunting in the local area had evolved, illustrated by first cave paintings found in the cave

which date to around the time. Pine nuts and snails were also important elements of the diet. Up until around 10,800 BC the hunting culture continued to develop with more prey species being taken, including goats, rabbits, fish and marine mammals. A wide variety of animal bones, shells and fish bones from this time have been found in the cave, including the remains of a number of offshore species, along with stone and bone tools. By 4500 BC, domesticated animals were being kept and the area around the cave was being used for farming and the production of pottery. By 3800 BC textiles and more advanced styles of pottery were being produced and parts of the cave were being used as a burial chamber. The caves were re-discovered in modern times on 12 January 1959 by five friends, who entered through a narrow sinkhole known as "La Mina". After the visit, we return to Antequera arriving around early evening.



## Day 3: EL TORCAL & ORGANIC OLIVE MILL At 09:30,

we drive up to the stunning El Torcal National Park where you can have a 45 minute walk of 1.4km through the amazing rock formations. Wear suitable footwear. A magnificent park of towering limestone columns and 'pancake' shaped layered rocks, formed millions of years ago under the sea, this Karst limestone is the result of weathering of the sedimentary layers of the rock. It is possibly the finest example of such formations in Europe. In the park, there is an interesting reception and exhibit centre and a nice cafeteria where you can sit and enjoy the scenery if you don't wish to undertake the walk.



The limestone is about 150 million years old and was laid down in a marine corridor that extended from the Gulf of Cádiz to Alicante between the present Atlantic Ocean and Mediterranean Sea. These sea beds were uplifted to an elevation of over 1300 meters during the Tertiary era, resulting in a modest mountain range of flat-lying limestone, which is rare in Andalusia. Later, a series of fractures, cracks and faults at right angles were exploited by erosion and produced the alleys between large blocks of limestone

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visible today. The blocks themselves have been subjected to both dissolution by water (karstification) and freeze-thaw splitting action which, working on the limestone's horizontal beds, resulted in the various shapes visible today, many of which resemble, and have been named after, everyday objects such as the Sphinx, the Jug, the Camel, the Screw, etc.

Other flat surfaces have been karstified into rugged, rocky lands.

Like many massive limestones, El Torcal includes caves and other underground forms, some of them of historical importance like the Cueva del Toro (Cave of the Bull) with its Neolithic artifacts. If you are lucky, you may catch glimpses of the Spanish *Ibex*, a large mountain goat resembling a small deer.



After the visit to El Torcal, we take lunch and then visit an Organic Olive Oil producer.

Andalusia's latitude, climate and soil fertility gives Olive oil extraordinary character and quality.

You will see how the modern olive oil mill works to produce some of the finest quality oil and enjoy a tasting.

**Day 4: ANTEQUERA DOLMENS & WINE BODEGA** At 10:00, we visit the 5,000 years old monumental megalithic structures, the Dolmens of Antequera.



The largest of these Menga is the largest monumental megalithic burial site in Europe. The three structures also represent amongst the most complete megalithic structures of their type in the continent.

In 2016, the dolmens, along with two mountains closely connected to the dolmen complex, were declared UNESCO World Heritage. The Antequera Dolmens are the seventh WH site in Andalusia. The Menga Dolmen is famous for its significant geographical location - on the summer solstice, 21 June, the morning sun shines over the peak of the Rock of the Lovers *Peña de los Enamorados* and straight along the dolmen's entrance

corridor. This very exact positioning would have held mystical importance for the prehistoric tribes who built the dolmen thousands of years ago.

After the visit, we take lunch and visit a Wine Bodega in the Ronda area for a tour and tasting.

**Day 5: DEPARTURE** Depending upon your time of departure, we will either take you straight to the airport/train station/local hotel or down to Málaga to enjoy time before you leave. If you have the time, we will go to a local's *Chiringuito* in East Málaga, where the barbeque fresh fish near the Mediterranean, to have lunch.

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## What's included

- All return tour transportation from accommodation in one of our air conditioned tour vehicles
- Transfers from airport, train station and local Malaga Hotels between the hours of 09:00 and 18:00
- Dedicated Tour Leader
- Bed and breakfast accommodation for 4 nights
- Entrance to the Nerja Caves
- Organic Olive Oil Visit with tour, tasting
- Organic Wine Bodega Visit, tasting and tour
- Spanish Sales Tax



## What's not included

- Any other meals, drinks, subsistence
- Any shows, performances,
- Any Monument entrance fees
- Any air/train/bus/taxi fares
- Any expenditure not detailed above

## Tour Price

Accommodation (4 nights)	Per person	Single Supplement
4* Antequera Parador	£865	£140

## Notes

- The hotel is subject to availability.
- All bookings are subject to our terms and conditions, a copy of which are included in the booking form.
- The tour is for a minimum of 4 guests and subject to our availability
- It is a Private tour, not a small group tour, and is scheduled to meet your preferred dates. if possible.
- Prices are based on two guests sharing a room, single supplement is detailed above
- Prices are in £GBP

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