



BLUE EXPERIENCES

THE BEACH BAR ROUTE



With the arrival of summer in the Region of Murcia, the days of the beach, eating in beach bars and terraces overlooking the sea and enjoying the Costa Cálida without timetables we love to enjoy Murcia's gastronomy by the sea, an experience that activates all the senses..

<https://blog.murciaturistica.es/blog/chiringuitos-playa-murcia>

NORDIC WALKING MAR MENOR

Nordic Walking Mar Menor



Walk with poles using the 'Nordic Walking' technique and experience the pleasure of walking to your health in the Mar Menor. You can enjoy an introductory class and a guided tour.

[Nordic Walking Mar Menor : Official Murcia Region tourist site \(murciaturistica.es\)](http://murciaturistica.es)

COASTERING IN CARTAGENA



Discover this sporting combination that combines coastal hiking with jumps from the cliffs into the sea and snorkelling to discover the marine ecosystem of the coast of Cartagena in a unique way.

[Coastering : Web oficial turismo Región de Murcia \(murciaturistica.es\)](http://murciaturistica.es)

MARINE TOURISM



Experience first-hand the oldest art of fishing in the region. Discover how a real fishing boat works and experience the energy of an auction at the San Pedro del Pinatar fish market. Fishing, tourism and gastronomy from the hand of the protagonists of our sea.

<https://www.1001saboresrm.es/sabores/post?post=257>

GUIDED TOUR: CABO DE PALOS LIGHTHOUSE



Make your reservation and enjoy one of the best views of the Region of Murcia, while we tell you the incredible stories of the civilisations that have passed through here, their shipwrecks and the most curious anecdotes of the area.

[Reservar Visita guiada Faro de Cabo de Palos - Turismo Región de Murcia \(murciaturistica.es\)](http://murciaturistica.es)

KAYAK CROSSING CARTAGENA – LA AZOHIA



Immerse yourself in the unique experience of kayaking along an unknown and wild coastline. Discover dreamlike places, sailing between reefs, skirting cliffs and resting in virgin coves. Enjoy the Mediterranean from an exclusive point of view. [Travesía de dos días en kayak Cartagena-La Azohía. ¡Vive la aventura!](#)



NAUTICAL MULTIADVENTURE



Dinghy sailing, windsurfing, canoeing, stand up paddle... Which water sport do you prefer? You can do them all in the Mar Menor. With this activity you can enjoy the unique characteristics of this saltwater lagoon and practice water sports any day of the year.

[Multiaventura Náutica en el Mar Menor : Web oficial turismo Región de Murcia \(murciaturistica.es\)](http://www.murciaturistica.es/es/espacio_natural/espacio-natural-protegido-arenales-y-salinas-de-san-pedro-4500/)

JURASSIC NATURE



The Regional Park of Salinas y Arenales de San Pedro is one of those immaculate paradises of primeval nature, perfect for those who shun overcrowding and tourist complexes. In this waterfowl and migratory bird reserve you can spot flamingos, walk along trails, enjoy a refreshing dip in the Mediterranean and watch one of the most spectacular sunsets on the coast.

https://www.murciaturistica.es/es/espacio_natural/espacio-natural-protegido-arenales-y-salinas-de-san-pedro-4500/

HEALTH IN THE OPEN AIR



The good temperatures of the Mar Menor throughout the year, its hours of sunshine and its high concentrations of minerals mean that it can be considered a great open-air spa, ideal for relaxation and wellness treatments. Did you know that San Pedro is home to the largest open-air mud therapy area in Europe?

[Mar Menor Muds : Official Murcia Region tourist site \(murciaturistica.es\)](http://www.murciaturistica.es/es/espacio_natural/espacio-natural-protegido-arenales-y-salinas-de-san-pedro-4500/)

ESSENCE OF THE SEA



All the essence of San Pedro del Pinatar's fishing tradition is reflected in its fish market. It is best to go early in the morning to see the boats arrive after a day's work, escorted by the seabirds. Once the fishing boats arrive in port, the auction begins. A good opportunity to see the catch of the day.

[San Pedro del Pinatar : Official Murcia Region tourist site \(murciaturistica.es\)](http://www.murciaturistica.es/es/espacio_natural/espacio-natural-protegido-arenales-y-salinas-de-san-pedro-4500/)

A FILM SET



Like in a science fiction film, the Bolnuevo Erosions in Mazarrón appear: rock formations carved and moulded by water and wind, forming a fantasy landscape that is well worth a visit.

[Erosiones de Bolnuevo : Official Murcia Region tourist site \(murciaturistica.es\)](http://www.murciaturistica.es/es/espacio_natural/espacio-natural-protegido-arenales-y-salinas-de-san-pedro-4500/)

MR. GILLMAN AND THE RAILWAY



Step into a British legacy, climb aboard a carriage and take the monthly Railway Trail. You can visit the Railway Museum, the Hornillo Tunnel, the Ore Deposits and the Hornillo Wharf.

[Águilas : Official Murcia Region tourist site \(murciaturistica.es\)](http://www.murciaturistica.es/es/espacio_natural/espacio-natural-protegido-arenales-y-salinas-de-san-pedro-4500/)



SEA LIFE



Are you ready to see cetaceans in the open sea? The Bay of Mazarrón is one of the best locations for spotting dolphins, sperm whales and pilot whales. From a quiet vintage schooner and always respecting the animals and their habitat.

[Cetáceos y Navegación : Official Murcia Region tourist site \(murciaturistica.es\)](http://murciaturistica.es)

ON FOOT OR BY BIKE



If you are a lover of routes, whether on foot or by bicycle, Mazarrón and its surroundings offer landscapes of great beauty with outstanding contrasts between the mountains and the coast, such as the Mazarrón Greenway.

[Vía Verde de Mazarrón : Official Murcia Region tourist site \(murciaturistica.es\)](http://murciaturistica.es)

LUNAR LANDSCAPE



Nowadays, the old mines of the town of Mazarrón have become almost a film set where travellers can stroll through an authentic lunar landscape in which water of an intense red colour is the protagonist.

[Minas de San Cristóbal y los Perules : Official Murcia Region tourist site \(murciaturistica.es\)](http://murciaturistica.es)

FEEL LIKE A ROMAN



The Museum of the Roman Theatre of Cartagena is the greatest symbol of the city. A fascinating architectural ensemble in which each room surpasses the previous one. Relive history and discover the key scenes of past events, you will feel like a child in ancient Cartagonova.

[Museo del Teatro Romano : Official Murcia Region tourist site \(murciaturistica.es\)](http://murciaturistica.es)

BIRD'S EYE VIEW



Come and live the experience of feeling like a real aviator for a day. Turns, climbs and glides await you. Beautiful views of the Mar Menor and La Manga.

[Escapadas Región de Murcia - PILOTA UNA AERONAVE ULTRALIGERA \(escapadasregiondemurcia.com\)](http://escapadasregiondemurcia.com)

CARNIVAL OF ÁGUILAS.



Experience a few days full of colour at one of the most spectacular carnivals in Spain, that of Águilas. Declared of International Tourist Interest, this carnival fills the streets with joy, music, dance and fantasy. Don't miss the Battle between Don Carnal and Doña Cuaresma, the paper costume contest and the parades.

[Canaval de Águilas : Official Murcia Region tourist site \(murciaturistica.es\)/](http://murciaturistica.es)



GREEN EXPERIENCES

ROUTE ALONG THE VIA VERDE ON FOOT OR BY BIKE



These old train routes are a real delight. You will travel through beautiful scenery and pass through viaducts and tunnels in a magnificent state of preservation. This is an adventure not to be missed, either on foot or by bicycle. [RUTA POR LA VÍA VERDE A PIE O EN BICICLETA : Web oficial turismo Región de Murcia \(murciaturistica.es\)](#)

BIRDING WITH THE FAMILY



Enjoy a great family day out with binoculars in hand. Birding, birdwatching or ornithological tourism, an activity that can be enjoyed at any age. Connect with nature while hiking with the great challenge of identifying the different species on our way through Sierra Espuña. [BIRDING EN FAMILIA, ruta para el avistamiento de aves en Sierra Espuña : Web oficial turismo Región de Murcia \(murciaturistica.es\)](#)

VIA FERRATA



If climbing and zip-lines are your thing, we have several sections of the via ferrata for you to enjoy:

[VÍA FERRATA ALMADENES + BARRANCO](#)
[VÍA FERRATA SALTO DEL CIERVO. SIERRA ESPUÑA](#)
[VÍA FERRATA PORPUZ](#)
[VÍA FERRATA SALTO DEL CIERVO. SIERRA ESPUÑA](#)

RAFTING AND ECOTURISM



The tourist descent takes place in a Protected Natural Area by raft or kayak and the visitor can enjoy the flora and fauna of this unique spot. Halfway down the river we make a stop to visit the Abrigo del Pozo, declared World Heritage Site, where there are various panels of cave paintings and the sighting of numerous native species.

[Rafting Eco-turístico Desfiladero de Almadenes y Arte Rupestre en los Abrigos del Pozo : Web oficial turismo Región de Murcia \(murciaturistica.es\)](#)

TANDEM PARAGLIDING FLIGHT



Experience where we will fly over places such as the Sierra de la Muela, the Cabezo del Molino, the village of Aledo and its medieval castle, sighting great landscapes such as those offered by the great forest of Sierra Espuña.

[Vuelo en parapente, conoce el Territorio Sierra Espuña a vista de pájaro. : Web oficial turismo Región de Murcia \(murciaturistica.es\)](#)



FOREST BATHS



Shinrin yoku, a Japanese therapy, consists of walking slowly through a natural space, without haste, connected through our senses, being aware and dedicating the necessary time to it, with the sole objective of improving the health, well-being and happiness of each one of us, to connect with nature.

[Baños de Bosque. Sumérgete en la atmósfera de la naturaleza : Web oficial turismo Región de Murcia \(murciaturistica.es\)](#)

SPELEOLOGY: SIMA DE LA SABINA



This is a cavity located right in a transverse diacalse. It contains a 12-metre abseil to access the main room. Inside this cave we can visit different rooms and formations. Due to its access it is a very well preserved chasm and what characterises it most is the large concentration of "helictites".

[ESPELEOLOGÍA SIMA DE LA SABINA : Web oficial turismo Región de Murcia \(murciaturistica.es\)](#)

ESPUTREK, TREKKING SIERRA ESPUÑA



Strategically designed to take you through natural corners of incalculable value. To give you breathtaking panoramic views and to get to know this historic forest. If you like adventure, more than 100 kilometres of traditional paths and trails await you. With a local guide who will make you enjoy this wonderful place in a unique way. [ESPUTREK, TREKKING DE HASTA SEIS DÍAS EN SIERRA ESPUÑA. : Web oficial turismo Región de Murcia \(murciaturistica.es\)](#)

Companies of active tourism and links to book:

JD SIMON GUIDE	https://www.murciaturistica.es/es/empresa_turismo_activo/jdsimonguide---mountain-guide-7496/
AKTIVECO	https://www.murciaturistica.es/es/empresa_turismo_activo/aktiveco-8701/
NORDIC WALKING MAR MENOR	https://www.murciaturistica.es/es/empresa_turismo_activo/nordic-walking-mar-menor-8860/
SIROCO	https://www.murciaturistica.es/es/empresa_turismo_activo/siroco-aventuras-4581/
TURISMO MARINERO	https://www.murciaturistica.es/es/empresa_turismo_activo/turismo-marinero-murcia-6623/
PORTUSKAYAK	https://www.murciaturistica.es/es/empresa_turismo_activo/portuskayak-4951/
QALAT	https://www.murciaturistica.es/es/empresa_turismo_activo/qalat-4537/
CAÑON Y CAÑON	https://www.murciaturistica.es/es/empresa_turismo_activo/ca%C3%B1on-y-ca%C3%B1on-multiaventura-4814/
NATURACEA	https://www.murciaturistica.es/es/empresa_turismo_activo/naturacea-9130/
ANIMACIÓN Y AVENTURA	https://www.murciaturistica.es/es/empresa_turismo_activo/animacion-y-aventura-5301/



GASTROEXPERIENCIES

[Gastroexperiencias : 1.001 Sabores Región de Murcia \(murciaturistica.es\)](#)

DISCOVER AND TASTE A BEST-SELLING LIQUEUR



Discover the origins and secrets of the most famous Spanish liqueur in the world. The Licor 43 factory has a sensory area designed especially for these experiences. It is the perfect place to learn about its history and taste Licor 43-based cocktails. [DESCUBRE Y DEGUSTA EL LICOR MÁS VENDIDO DEL MUNDO, EN EXPERIENCIA LICOR43. CARTAGENA. : 1.001 Sabores Región de Murcia \(1001saboresrm.es\)](#)

TASTING AND PAIRING OF CRAFT BEERS IN CANANA BREWPUB



Visit to the brewery, where the architecture of the premises and the brewing process are described, with a tasting of the 6 styles paired with foods that highlight their flavour. [DESCUBRE Y DEGUSTA EL LICOR MÁS VENDIDO DEL MUNDO, EN EXPERIENCIA LICOR43. CARTAGENA. : 1.001 Sabores Región de Murcia \(1001saboresrm.es\)](#)

MEET THE FAMILY FARM AT FINCA LA YERBERA.



Visit to the cheese factory and label of one of the products which they then take home. Visit to the farm and taste the whole range of La Yerbera products with a pairing of products from the region. [CONOCE LA GRANJA EN FAMILIA EN FINCA LA YERBERA. CARTAGENA. : 1.001 Sabores Región de Murcia \(1001saboresrm.es\)](#)

GET TO KNOW THE TECHNIQUE AND TASTE HUEVA, MOJAMA AND TUNA



Find out from the Valera Salazones team about the salting process of roe of different species, mojama tuna and canned tuna, and don't miss the tasting of each of the pieces. [CONOCE LA TÉCNICA Y DEGUSTA HUEVA, MOJAMA Y BONITO EN VALERA SALAZONES. MAZARRÓN. : 1.001 Sabores Región de Murcia \(1001saboresrm.es\)](#)

SAIL AND TASTE THE WINES OF AN UNDERWATER WINERY



Enter the marvellous world of an underwater winery, where its wine mature 42 metres under the sea. Discover the flavour of three underwater wines on a boat with an underwater view, paired with three representative dishes from the gastronomy of Águilas. [NAVEGA Y CATA LOS VINOS DE LA BODEGA SUBMARINA MAR DE ÁGUILAS. ÁGUILAS. : 1.001 Sabores Región de Murcia \(1001saboresrm.es\)](#)



DISCOVER THE FOOD OF THE FUTURE: MICROALGAE AND SPIRULINA



Spirulina became famous when NASA included it as part of the astronauts' diet. Learn about the cultivation and production in greenhouses and a laboratory. [DESCUBRE LA ALIMENTACIÓN DEL FUTURO: MICROALGAS Y ESPIRULINA, DE SALZILLO FOOD. SAN JAVIER. : 1.001 Sabores Región de Murcia \(1001saboresrm.es\)](#)

CREATE AND TASTE YOUR OWN CHOCOLATE PRAWN



Discover the secrets of chocolate and make your own cocoa seafood. Mar Menor prawns, native crabs and seahorses. Choose your shape and immerse yourself in this wonderful sweet workshop overlooking the sea. [CREA Y DEGUSTA TUS PROPIOS TRAMPANTOJOS DE CHOCOLATE. SAN PEDRO DEL PINATAR. : 1.001 Sabores Región de Murcia \(1001saboresrm.es\)](#)

DISCOVER THE PAIRING: 5 WINES AND 5 CHEESES FROM MURCIA



Delve into the world of the Region's wines, discovering the the 3 DO's. You will enjoy five glasses of wines that are committed to the exaltation of our territory. They will be paired with five excellent local cheeses. [DESCUBRE EL MARIDAJE: 5 VINOS Y 5 QUESOS MURCIANOS. MURCIA. : 1.001 Sabores Región de Murcia \(1001saboresrm.es\)](#)

DISCOVER THE BREWERY AND TASTE THE MURCIAN BEER ESTRELLA DE LEVANTE.



Visit the malting plant, the brewing room and the rest of the sections to discover how the beer is produced and finish with a tasting of its different varieties accompanied by traditional tapas [DESCUBRE LA FÁBRICA Y DEGUSTA LA CERVEZA MURCIANA ESTRELLA DE LEVANTE. MURCIA. : 1.001 Sabores Región de Murcia \(1001saboresrm.es\)](#)

BECOME AN ARTISAN CHEESEMAKER FOR A DAY



In Águilas, you can enjoy the process of making and maturing cheese, from the moment you receive the milk until the final product is made. <https://www.1001saboresrm.es/sabores/post?post=256#comprar>

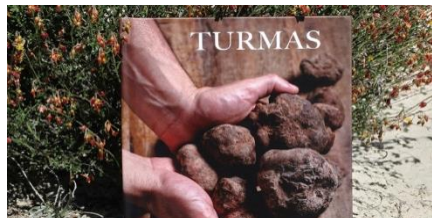
ARTISAN BEEKEEPING



You can enjoy a honey experience, tasting seasonal fruit with all its honeys and tasting the delicious honeycombs, reminiscent of the flavours of yesteryear. [CONOCE LA APICULTURA ARTESANA Y LAS ELABORACIONES CON PANALES DE LA COLMENA. MURCIA. : 1.001 Sabores Región de Murcia \(1001saboresrm.es\)](#)



TO BE A DESERT TRUFFLE GROWER.



Learn about the cultivation of desert truffles. You will get to know the land where they are grown, to taste different dishes with desert truffles and other ingredients from the farm itself and learn about the history of the farm related to gastronomy for more than a century. [SER TURMICULTOR DE TRUFAS DEL DESIERTO. CORVERA. MURCIA. : 1.001 Sabores Región de Murcia \(1001saboresrm.es\)](http://1001saboresrm.es)

1001 FLAVOURS COOKING WORKSHOP



If you like cooking and want to learn new techniques you will learn about traditional techniques to prepare a one hundred percent Murcian menu, consisting of "caballitos", "empanada murciana", "arroz caldero" and "paparajotes", delicious! [TALLER DE COCINA DE LOS 1001 SABORES EN ESPACIO UMAMI. MURCIA. : 1.001 Sabores Región de Murcia \(1001saboresrm.es\)](http://1001saboresrm.es)

EMBARK ON THE RIVER SEGURA AND TASTE THE WINES OF DOP JUMILLA.



Discover the wines of Jumilla from the solar boat that sails on the Segura River as it passes through the centre of Murcia. Taste three different wines from DOP Jumilla, in a unique tasting, with privileged views, and accompany it with three snacks, paired with each wine to make it a memorable experience. [EMBÁRCATE EN EL RÍO SEGURA Y CATA LOS VINOS DOP JUMILLA. MURCIA. : 1.001 Sabores Región de Murcia \(1001saboresrm.es\)](http://1001saboresrm.es)

EXALTATION OF THE HUERTA TRADITIONS IN MURCIA



Enter fully into the traditional huertano universe and learn about traditional irrigation systems, visit a typical hut and the huertano nativity scene, as well as learn how to make a Murcian salad, taste a huertano menu, make paparajotes, and take part in different huertano games.

[EXALTACIÓN DE LAS TRADICIONES HUERTANAS EN MURCIA: CULTURA, GASTRONOMÍA Y JUEGOS. MURCIA. : 1.001 Sabores Región de Murcia \(1001saboresrm.es\)](http://1001saboresrm.es)

OLIVE OIL TOURISM IN A VALLEY



Walk through this olive grove, in the Ricote Valley, and identify the different varieties of olive trees. You will also find some areas where you will see fossilised sea beds. This experience ends with a tasting of EVOO in the middle of this natural setting, paired with products from our Region. [OLEOTURISMO: DESCUBRE Y CATA EL ENCANTO DEL AOVE ALQUIBLA. OJÓS. : 1.001 Sabores Región de Murcia \(1001saboresrm.es\)](http://1001saboresrm.es)