

Torremolinos

Practising **Sports** in Paradise



Torremolinos
TURISMO



Welcome to Paradise

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Degree of
difficulty



Water



Lawn



Cloudy



Sand



City



Windy



Forest



Sunny



No Wind

Beach

Sports

TORREMOLINOS, A PARADISE FOR SPORT LOVERS. WARM CLIMATE, BEACH AND SUNNY ALL YEAR ROUND. THE BEST SPOT TO PRACTICE YOUR FAVOURITE SPORT.



WING FOIL · WINDSURF · PADDLE YOGA/SURF
BEACH VOLLEY · KAYAKING · OPEN WATER SWIMMING · JÁBEGA

Wing Foil



    Time to fly high above water! Have a go at this **innovative** and **daring** sport on the perfect beaches of Torremolinos. Fill your life with **adventures** in Paradise.

Windsurf

Feel the sea under your feet and the wind pushing you sail. Simply enjoy the view: beach life and natural beauty everywhere, a sport that will thrill you.



Paddle Surf/Yoga

Discover Torremolinos and its ideal spots during a relaxing activity when the waters are calm and the breeze blows gently. Practice Paddle Yoga or Stand-Up Paddle surrounded by the quiet sounds of the Mediterranean Sea. Enjoy the slow life in paradise!



Beach Volley

Enjoy more sports on wide beaches and feel the sun on your skin all year round. Want to improve your volleyball skills? The Costa Lago area in Torremolinos is a perfect spot to practice your favorite sport.



Kayaking



No doubt kayaking is a very accessible sport to be enjoyed by all. Plan your tour, either private or guided; chose a solitary or accompanied experience with family or friends. Enjoy!



Open Water Swimming



When in need of a daily challenge in the Mediterranean Sea, swim along the many beaches of Torremolinos as a routine. Beaches are wonderful places to enjoy the sea and discover different festivities. Have a go and attend the local competitions!



Jábega



The jábega is part of our most ancient fishing traditions. Torremolinos has long been the home of fishermen and sailors using jábega boats on its coasts. Practice rowing a jábega and get a glimpse of history and tradition during your stay.



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Mountain

Sports

NO MORE EXCUSES TO STAY HOME,
THERE IS NO SUCH THING AS COLD
WEATHER ON THE COAST. MOUNTAIN BIKE
WALK CALISTHENICS CIRCUIT HIKING.



MOUNTAIN BIKE · WALK · CIRCUIT OF CALISTHENICS
EXERCISES · HIKING

Mountain Bike



Enjoy both, the **mountains** and **cycling**, two healthy passions, in the natural environments of Torremolinos. Feel and discover nature on wheels.

Walking

Torremolinos has a lot to offer, discover the people but also the biodiversity and ecosystems. Take a walk through La Sierra de Torremolinos to learn more about the fauna and flora. Walk the Gran Senda of Torremolinos to discover its pure beauty all along the way.



Circuit of callisthenics exercises

Take a deep breath while training on a callisthenics exercise circuit; take a deep breathe and feel the aromas and scents around you. “Los Pinares de Torremolinos”, is a perfect spot to practise your running and walking abilities.



Hiking

In touch with nature at every step. Enjoy the natural beauty of the simple or more advanced trails. Discover part of La Gran Senda or climb to “La Cañada del Lobo” to enjoy the spectacular views of the coast.

Green Trails

Torremolinos is also a perfect place for adventurers with its unique and beautiful green paths



@qqbikes



Camino del Agua

Duration: 1h 45mins
Difficulty: Easy
Length: 4,47 km



Cañada del Lobo

Duration: 2h 30mins
Difficulty: Medium
Length: 4,9 km



Gran Senda

Duration: 4h
Difficulty: Medium
Length: 12,3 km





Urban

Sports

3

WALKING, RUNNING, CYCLING, SWIMMING.
PRACTICE YOUR SPORT AND ENJOY A
HEALTHY LIFESTYLE IN TORREMOLINOS.
MAKE THE MOST OF THIS CITY ON THE MOVE.



GOLF · CROSSFIT · CYCLING RUNNING
TRIATHLÓN · ROAD RACES

Golf



Torremolinos is home to the unique **Miguel Ángel Jiménez Golf Academy Course**. Beginners and professional players are welcome. Mark your sunny golf appointment in your agenda.

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CrossFit

Either alone or with friends, enjoy our 300 sunny days a year and practice CrossFit in our parks and adapted spots. El Parque de la Batería is a perfect place.

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Cycling and Running

Feel the late afternoon sun rays on your skin while riding your bike on the promenade or enjoy a weekend ride with your best friends on the Cañada del Lobo, for example.

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Running



Any place in Torremolinos can be added to your usual running circuit. Train your body, relax your mind and delight your senses with the emerging beauty of the city. Maintain your pace while discovering the seven kilometers of Beach Trail.



Triatlón



Test all your skills on a sports tour to unique spots. This is your best move, let yourself be carried away by one of the annual open races organized in Torremolinos. The moment is yours, enjoy!



Road races



Meet new people sharing your passion for running; rediscover the streets of Torremolinos and feel the excitement when crossing the finish line These are unique experiences you can now live fully during the road races at both, national and international marathons held in Torremolinos.





📍 Beach Sports

Wing Foil, Windsurf, Paddle Yoga/Surf, Beach Volley, Kayaking, Open Water Swimming, Jábega

📍 Mountain Sports

Hiking, Mountain Bike, Walks, Calisthenics Circuit

📍 Urban Sports

Golf, CrossFit, Cycling, Triatlón, Road Races

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|--------------------------------------|-------------------------|
| 1 Cañada del Lobo | 9 Casa de los Navajas |
| 2 Pinares | 10 Plaza Costa del Sol |
| 3 Villa Deportiva | 11 Plaza de la Nogalera |
| 4 Jardín Botánico | 12 Torre Pimentel |
| 5 Parque Acuático | 13 El Morro |
| 6 Palacio de Congresos | 14 Plaza del Remo |
| 7 Campo de Golf | 15 Parque de la Batería |
| 8 Centro Cultural Pablo Ruiz Picasso | |

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|------------------------|----------------------|
| Tourist Office | Gran Senda de Málaga |
| First Aid Centre | Senda Litoral |
| Cycling Trail | Camino del Agua |
| Public Toilets | Urban bus |
| Open air leisure space | Route |
| Parking | Pedestrian only |
| Health Center | LGTBI zone |
| Train Station | Stairs |



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