



Traveling to Spain during the Covid era and going back home

This section will be updated in an annex the week before the Training School (TS). Previous info :



Meeting venue

Málaga TS-ENABLE “Working with Patients on Medication Adherence-Practical Solutions” will take place at Yusuf Hamied Institute for Training and Research in Palliative Care at Avenida del Cosmos S/N, 29631 Benalmádena. In this center, professionals from various backgrounds are trained to improve the quality of palliative care, including the development of innovative interventions and research models, applying the global vision of the institution CUDECA.



How to get there

From Málaga Airport to the city center :

By Train

The journey time from Malaga Airport to the city center is approximately 12 minutes. It is the C1 Line and the destination is Málaga-Centro Alameda. Once at the destination stop, it is necessary to walk for approximately 10 minutes to reach the city center. It is important to keep in mind that the hours are from 06:44 a.m. to 00:54 a.m., it is not available during the night.

By Taxi

The taxi Rank is located on Floor 0-Arrivals. The journey time from the airport to the city center is approximately 10 minutes. Some of the available taxi companies are Taxi Unión Málaga (+34 690.040.404) or Unitaxi (952.33.33.33). The taxi service is available 24 hours a day.

By Bus

If you choose the bus as your means of transport, the journey time is, from the airport arrivals terminal to the city center by Bus Express, approximately 45 minutes. You should get off at the Paseo del Parque stop (Plaza de la Marina, stop number 1956). It is important to keep in mind that this service is not available at night.



Airport information



From Málaga Airport to Benalmádena

Benalmádena is located just over 10 kms from Málaga Airport. To get to Benalmádena from the airport, we can choose the following possibilities:

By Train

The C1 line of Cercanías RENFE, which covers the route between Málaga and Fuengirola, stops in front of Terminal T3. It is very important to choose the direction of travel towards Fuengirola. Trains have a frequency of 20 minutes and take 18 minutes from the airport to the Benalmádena-Arroyo de la Miel train stop and 22 minutes to the Torremuelle train stop.



Renfe information

By Taxi

There are two taxi ranks on the airport, belonging to the companies Unitaxi (+34 952.333.333) and Radiotaxi (+34 952.040.804). The taxi service is available 24 hours a day. Taxis take about 20 minutes from the airport to Benalmádena. You can find more information about Benalmádena at the following link: <https://disfruta.benalmadena.es>

Accommodation

HOTELS with special collaboration with the TS (special prices and travel aid)

1-The Holiday World Riwo Hotel (<https://www.holidayworld.es/es/hotel-holiday-world-riwo-en-malaga/>)

Special Price for Training School Enable participants for accommodation and breakfast per night:

- Rooms for single use: 104 € per person
- Double rooms: 68 € per person (136 € per room)

Booking by email: reservas@holidayworld.es Telephone: 0034 952 57 97 57

2-The Best Sirocco hotel (<http://bestsirocco.hotels-benalmadena.com/en/>)

Special Price for Training School Enable participants for accommodation and breakfast per night:

- Rooms for single use: 65 € per person/night

3-The Best Triton hotel (<http://lnnk.in/b8ey>)

Special Price for Training School Enable participants for accommodation and breakfast per night:

- Rooms for single use: 76 € per person/night

For these two hotels (Best Sirocco and Best Triton): The booking (by email: aappsur@globaliact.com) until 1st of April with a possibility of extension to 15th of April depending on the booking made up at this moment. Reference meeting: CA19132. Indicate the name of the person staying, the chosen hotel (Sirocco or Tritón), type of room, and dates of entry and exit from the hotel. For the invoice: Full name, ID, Full address, Telephone. For the payment: Credit Card Number, Date of Expiry.



4-Hotel Las Vegas (<https://www.sohohoteles.com/hotel-soho-vegas-en-malaga/>)

In Málaga city, a hotel next to the beach of La Caleta (Malagueta) and 1.5 km from the city center with the following prices for our event for accommodation and breakfast:

Double rooms with breakfast (€109 per night), €54.5 per person/night.

Deadline for this price April 18, 2022 and once reserved until April 29 without cancellation fees.

Reservations by email: jguzman@sohohoteles.com, in the subject indicate the name of the ENABLE Project and for the reservation the following information: dates of entry and exit from the hotel, name, DNI, telephone, email, credit card number for payment .

HOTELS with special geographical interest (no collaboration with TS)

5-Málaga.

On the selected date, the average room price for 3 nights (minimum 3-star hotels, less than 1km from the center) ranges between 220 and 333 euros, according to the Booking.com website.

- **Sercotel Tribuna Málaga**, Calle Carretería nº 6 (250 m from city center): 264 euros.
- **Hotel Eliseos**, Paseo de Reding nº 19 (1 km from city center): 220 euros.
- **Hotel Ilunion Málaga**, Paseo Marítimo Antonio Machado nº 10 (1 km from city center): 335 euros.
- **Hotel Barceló**, Calle Héroe de Sostoa nº 2 (next to train station María Zambrano): 283 euros.

6-Benalmádena.

On the selected date, the average room price for 3 nights (minimum 3-star hotels) ranges between 160 and 200 euros, according to the Booking.com website.

- **First Flatotel International**, Ronda del Golf oeste 75: 159 euros.
- **Medplaya Hotel Bali**, Avenida Telefónica nº 7: 192 euros.

Restaurants

Restaurante Venetiis

(Calle San Miguel, 1 Benalmádena Pueblo)



Restaurante La Perla

(Calle Ibiza, 12, 29631 Benalmádena Pueblo)





La Pala d'Oro

(Pasaje Alcalde Valderrama, 6, Benalmádena)



Taberna Uvedoble

(Calle Alcazabilla 1, 29015 Málaga)



Other restaurants with solidarity dishes

Restaurants of Málaga, Benalmádena and Marbella that collaborate with the "solidarity dish" of institution CUDECA :



What to try: Food specialties

-**Sabor a Málaga:** this brand and its logo indicates a selection of typical local products, with a guarantee of quality and tradition. You can find it in local shops and supermarkets.



- **Olive oil:** Olive oil is known worldwide for its beneficial properties and for its use in the Mediterranean diet. In Malaga an olive oil of excellent quality is produced. You can enjoy it in many different ways, such as on toast, in salads, tomato hash, among others.



-**"Espeto":** this particular Malaga typical meal was born on the beaches of "El Palo", and consists of sardines skewered on rods and grilled at the embers. A local legend said that King Alfonso XIII, after a visit to Malaga, authorized this meal to be eaten without cutlery using only the fingers. Where to try it? : everywhere along the beaches of Malaga. For example, "Chiringuito Rocamar" placed on the Paseo Marítimo Antonio Machado.





-**"Fritura malagueña"**: the "fritura malagueña" o "pescaíto frito" seems to have its origin in the culture of the Sephardic Jews, where leftover fish was fried and seasoned with vinegar. Currently, it has become one of the emblems of Malaga and you can enjoy it in any "chiringuito" on our beaches, seasoned with lemon and salt.



-**"Camperos"**: Sandwich of Ham, cheese, lettuce, tomato and Mayonnaise on Mollete bread.



-**Moscatel wine**: introduced by the Phoenicians, cultivated by the Romans and perfected by the Arabs, the Moscatel grape has become one of the symbols of Malaga. Its harvest and its subsequent drying in "los paseros" give it a sweet taste that is highly appreciated by our visitors. Where to try it?: "El Pimpi"; house founded in 1971 and is one emblem of the gastronomy and culture of Malaga. It combines tradition and innovation within its walls, a place of pilgrimage and a meeting place for local artists.



- **Churros with chocolate**: if you fancy something sweet and warm, we recommend the churros with chocolate. Despite not being a very healthy option, because it is a dessert made from fried flour dough usually accompanied with hot chocolate, although you cannot leave Málaga without trying them. You can find them in several establishments; one of the most famous in our city is Casa Aranda at Calle Herrería del Rey, 3, 29005 Málaga



- **"Tortas locas"**: it is a post-war "hunger" sweet, its recipe has remained practically intact until today. It consists of two discs of puff pastry with pastry cream, covered with an orange glaze and topped with a dot of icing. You can find them in many pastry shops, one of them is La Princesa Pastelería located at Calle Granada 84, 29005 Málaga.





Places of interest

More info in english at MalagaTurismo.com :



1. Calle Larios: Malaga's main street, known worldwide for its Christmas light shows, is a traditional shopping street where the main international brands have their place. An obligatory walk to get to know the city.



While walking on Malaga's streets, you may meet vendors of "Biznagas": made with jasmine flowers and a stem of thistle, these are made when the flowers are still closed, allowing them to open at night and release their characteristic smell.



2. Cathedral of "La Encarnación": Known by the people of Malaga as "La Manquita", it owes its name to the absence of one of its towers. It can be visited from 10:00 a.m. to 6:00 p.m. on weekdays and Saturday, for a price of €6.





3. Roman theater: dating from the 1st century and located in the heart of Malaga, it reminds us of the Roman past of the capital of Malaga. Closed on Mondays, from Tuesday to Saturday the visit is free from 10:00 a.m. to 4:00 p.m.



4. La Alcazaba: dating from the 11th century, it was initially built as a defensive building, becoming one of the most important Arab remains in the province. From Monday to Sunday, it is available from 9:00 a.m. to 6:00 p.m. The visit has a cost of €3.50.



5. Gibralfaro: built on Phoenician ruins, the Arabs rebuilt it to reinforce the defensive profile of the citadel. Today it has become an obligatory walk from the city center, from where you can enjoy excellent views of the city. Available from Monday to Sunday from 9:00 a.m. to 6:00 p.m. Ticket has a cost of €3.50.



6. Muelle Uno: enjoy a walk through the port of Malaga surrounded by shops and renowned restaurants with a panoramic view of the cathedral, the Alcazaba and Gibralfaro.





7. Mercado de Atarazanas: Built in the 19th century, it is currently being developed as the gastronomic focus of the city of Malaga, where you can find some of our most typical ingredients and where you can taste touches of gastronomy and local products. You can find it in Calle atarazanas nº 10.



Some Museums/Outdoor visits/Free tours

Picasso Museum



Carmen Thyssen Museum



Center Pompidou



Other museums:



Outdoor visits:

**Stupa of Enlightenment,
Buddhist temple in Benalmádena**
(Av. Retamar, s/n, 29631 Benalmádena)



**Colomares Monument Castle,
Benalmádena**
(Finca La Carraca. Ctra. Costa del Sol S/N 29639 Benalmádena)



Butterfly Park, Benalmadena
(Autovía del Mediterraneo A7, Salida 217. C/ Muérdago, s/n)



The Cable Cars, Benalmádena





Bil-Bil Castle, Benalmádena



FREE TOURS:

Are you looking for an opportunity for a guided tour of Malaga? Here we offer you some options for you to get to know our city through "free tours".



Cities nearby

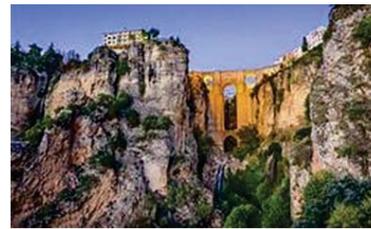
Benalmádena

More info: <https://disfruta.benalmadena.es/en>



Ronda

At 102 km from Malaga (90 min by car)



Antequera

At 51 km from Malaga (50 min by car)



Nerja

At 58 km from Malaga (48 min)





Marbella y Puerto Banús

At just 61 km from Malaga (55 min by car)



Mijas Pueblo

At 33 km from Malaga (30 min by car)



Coastal Footpath, La Cala de Mijas

At 40 km from Malaga (35 min by car)



Weather

Weather in this season generally is a mix between high temperatures during day but still a little bit chilly during nights, This section will be updated in an annex the week before the TS.



ENJOY YOUR STAY!