

Welcome, and thank you for booking with Love Paragliding.

This guide provides some information to help you prepare for your trip. It is designed be read alongside our main FAQ page. We hope it helps answer some of those common questions you may have.

If there is anything else you would like to know, please get in touch on info@loveparagliding.co.uk.

Once again, thanks for choosing Love Paragliding and we look forward to welcoming you to Algodonales,

Ross, Kate & the Love Paragliding Team



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Local Services

Shopping

Supermercados (Supermarkets)

There are many small markets within the town, you will find one on nearly every street corner. The larger shops are marked on the map. The largest (marked on the map as S*) is Dia.

Shops are generally open Monday to Friday from 8-14, then close for siesta and reopen approximately 18-20. Most shops open Saturday morning from 9-13. Shops are closed Saturday afternoon and Sunday.

For shopping Saturday afternoon or Sunday, the tienda general (HiperChina) is open and stocks drinks and snacks. Supermarkets in the larger towns (Villamartin, Olvera or Ronda) are open Saturday afternoons (and do not operate siestas), but closed on Sunday. The small supermarket on Calle Biblioteca is open on Sunday from 10-2.

Opening time for festivals and holidays may vary. Please check before travel as opening hours can change at short notice.

Specialist Food Shops

At one end of the plaza, you will find a great range of local hams, cheese, honey, wine and chocolate at Jamon Jamon (Ana Mataliebres). At the other end, CampoHuerta caters to those with dietary requirements, stocking a wide range of gluten free, organic and vegan products.

The local greengrocers (fruiteria) regularly stock in season produce from the village (this will be marked "de pueblo"). The main local bakeries are 'Panaderia Paco' and 'Panaderia Orozco'. They supply most of the fresh bread in the village shops, and have their own shops towards the end of the main plaza.

There are three butchers (Carnicerias) and a range of fish shops (Pescaderias). These all stock local meats and fish.

Non-Food Shopping

There are two tienda generals (general stores) in the village. They stock a wide range of items, including electricals, homewares, basic household equipment, games and toys. You will be able to get adapters and most other forgotten items here. The tienda general marked on the map is open 7 days a week, with a siesta closure in the afternoon.

In addition, you will find a selection of shoe shops, ironmongers and most other services available to some extent in the village.

Eating Out/Takeaway

Eating Out

The majority of bars and restaurants are situated in the main plaza. Bars in the plaza are generally open for breakfast 7.30-10.30, lunch 2-4 and dinner 7.30-8 until 11-midnight.

Reservations are not generally necessary except in peak seasons (Oct/Nov, Mar/Apr). If you would like to eat, it is always worth checking if the kitchen is open as this can vary depending staff availability.

Some options:

1. Bar Canijo: widely rated as the best in town, with the most variety. Specials board changes weekly. Note this is closed in July.
2. Bar Asturiana: Good range of local dishes, particularly rated for the “Sandwich de Berenjena” (aubergine sandwiched with local goats cheese).
3. Bar Gallitos: Best vegetarian and vegan options.
4. Bar Versailles: Good traditional Spanish breakfast spot with lovely shady trees just off the plaza.
5. El Bolis: Traditional stews and slightly spicier dishes from the Bolivian owners kitchen.
6. Breakfast from the Churros van: Visits Thursday and Sunday (approx. 8-11), parks near the Ayuntamiento office at the end of the plaza. Opt for ‘papas’ (smaller and crispier) or ‘churros’ (long coils). Note that they do not serve chocolate to accompany the churros, but you can eat them in any local bar and order “chocolate caliente” – normally this will be ColaCao (the local brand of hot chocolate).

Nearby Eateries, Car Travel away

1. Locally – Venta Salas, El Cortijos and Venta el Castillejo are all nice local eateries on the outskirts of town. Venta Salas and Venta el Castillejo both offer shady outdoor space. Note these locations are particularly busy on weekends, when advance reservations are recommended.
2. Zahara de la Sierra –
 - a. Kiosko Enrico’s (Pizza): An outdoor kiosk offering great pizza and focaccia cooked in a wood fired oven. Collection possible. Closed Wednesday, dinner from 8pm, some lunchtimes also. Well worth a visit – great pizzas at good prices, very local.
 - b. Restaurante Al Lago: a higher end restaurant, offering lake views from the terrace. Contemporary Andalucian cuisine with global influences. Closed Wednesday.
3. Further afield – Ronda has a wide range of restaurants, from chain eateries through to Michelin star restaurants. Worth looking out for:
 - a. Las Maravillas – modern take on tapas, open all day
 - b. De Locos Tapas – great place for evening, book in advance

- c. Kutral – great steaks
- d. Bardal (2 Michelin star restaurant) - requires booking some months in advance.
- e. Restaurante Pizzeria Michaelangelo – lovely Italian food, good range of pizzas, pastas and more.

Takeaways (Para Llevar)

The majority of local bars will provide takeaway of any items on request, but do not offer delivery. There are no specific takeaway menus.

Health

Centro de Salud (Doctor's Surgery)

Telefono: +34 956 128 568

Reception Opening Hours: 8am – 2pm Monday to Friday

In an emergency, when reception is closed, ring the bell to the right of the main door. The local paramedics are generally onsite 24/7, or a sign will advise when they expect to return.

Centro de Urgencias (Accident & Emergency)

Hospital Comarcal Virgen Montanas, Villamartin, 11650

Approximately 20 minutes drive

Dentist

AlgoDent Clinica Dental

Telefono: +34 956 137 363

Opening Hours: 10 – 13, then 17 – 20.

Note: there are now 3 dentist surgeries in the village. This is the one with the most flexible opening hours, you can normally get an emergency appointment the same day. Walk ins are accepted.

Farmacias (Pharmacy/Chemist)

Farmacia Sotomayor OR Farmacia Villalva Sabina

Locations are marked on the map. Normal opening hours are 8.30 – 14.00 Monday - Saturday, then one location will open from 17.00 – 20.00 and again Sunday morning. There will be a sign in the window of Farmacia Sotomayor to indicate the nearest open farmacia. If the farmacia sign (big cross) is lit up, this indicates they are available for emergencies outside of opening hours. Ring the bell for attention.

“Over the counter” drugs

Note that sales of “over the counter” drugs (such as painkillers, cough syrup, etc) is much more regulated in Spain. You will only find these type of drugs for sales in a farmacia, no other shops are permitted to sell these items. Parafarmacias may sell herbal/alternative solutions.

Physiotherapy

There is a physiotherapy clinic located at the far end of the plaza, Curra Ramirez Carvajal. They can be contacted via WhatsApp on +34 611 536 207. Opening times vary so it is best to message to book an appointment.

Drinking Water

Tap water in the village is drinkable, please use reusable bottles where possible. You may prefer to drink the water/refill bottles from the multiple mountain springs around the village.

Transport

Public Transport

There are bus services between Malaga, Ronda and Sevilla. However, these are very limited and can be very slow (note that timetables may not be that reliable). Below is a link for the timetable:

<https://damas-sa.es/index.php/rutas-y-horarios/>

Services are also run (less regularly) by alsa.com, interbus.es and tgcomes.es.

Taxis

There are very limited taxi services to travel in or around the local area. If you are travelling from another village to Algodonales, we recommend asking in a bar for a local taxi service. If travelling from Algodonales, contact Rafa on 695 396 634 or Antonio on 617 03 99 83.

Car hire

There are no car hire providers in the village. The nearest is located in Ronda and is called Auto Ronda Rent a Car. We would always recommend taking supplemental insurance.

Airport transfers (pricing)

Expect to pay around 130 Euros for a private transfer to Malaga airport (drop off will be slightly less). Sevilla is around 110 Euros.

Longer distance, lower cost

Last minute and more flexible travellers may find blabla car the best bet for cheap travel. Note that this may not get you to your final destination (e.g. the airport) but is likely to get you to a transport hub. Most journeys are only listed around 72-48 hours in advance.

Suggested Packing List

Headlines to remember...

Dress to be active and comfortable, e.g. loose trousers and a t-shirt (for ground handling, we always suggest you wear full trousers, not shorts). We recommend a windproof coat, and layers that can be added or removed. The temperature at the top of the mountain can be 3-5 degrees different to the village, sometimes more with wind chill!

You will need suitable footwear with decent grip underfoot and ankle support (e.g. hiking boots). It is a good idea to also bring sunglasses, a hat and sun cream. For cooling off in hot weather, consider bringing swimming gear. To warm up when it's cold, bring lots of layers.

Paperwork – always remember to bring your BHPA membership card (see our FAQs page for details on how to join/update your membership), a copy of your insurance, your passport and (for UK residents) your GHIC card. We suggest taking photos of all documents and having these on your mobile phone in case you need them unexpectedly.

Suggested Packing List...

- **Windproof Jacket** – ideally a hard shell type wind/waterproof jacket, but a rain jacket will work.
- **Boots** – with ankle support and reasonable grip for moving quickly on rough terrain.
- **Trousers** – hiking trousers or similar. Think comfortable, durable, not too hot, not too cold. We don't recommend jeans or tracksuit bottoms.
- **Sunglasses** – ideally with good quality lenses, polarised to protect your eyes.
- **Hat** – Baseball cap or similar for sun protection before helmets are donned, or (in colder months), beanies for keeping you warm when needed.
- **Gloves** – you may want to bring gloves to keep your hands warm before flying during the colder season. Note that when flying, we do not recommend beginners wear gloves to help reduce any risk of hands slipping.
- **Fleece** - A mid weight long sleeved fleece is great for warmth and layering.
- **T-shirts** – ideally a mix of long and short sleeves to protect from sun and wind.
- **Personal Medicine** - Personal Medicines and a personal small 1st aid kit if you like. The instructor will carry a group first aid kit.
- **Lip Balm** - Vaseline and/or lip balm.
- **Sun Cream** – Get good quality sun cream that has a high UV protection rating.
- **Flip Flops** – Flip Flops or soft shoes are a good idea for wearing when relaxing, and give your feet a break from boots.
- **A reusable water bottle or flask** - to refill regularly (we recommend a 1l bottle at least). If it is a flask, ideally get one that can be used for hot/cold.

- **Ear plugs** – Whilst bedrooms are private, unfortunately people may snore next door....
- **Swimming gear** – After a long morning on the hill, cooling off in the pool or the lake is the best refreshment.
- **Battery Pack** - A battery pack is a useful item for charging phones / cameras etc when out and about.
- **Tissues/Toilet Paper & Small ziplock bags** – You will be out and about, potentially with limited access to sanitary facilities. If caught short, please bag up and take any paper with you.
- **Washkit** – for washing off the day's exertions. You may wish to consider bringing wet wipes for using whilst out (see above note)....
- **Paperwork** – your BHPA membership card, insurance details, GHIC/EHIC/Health Insurance card, passport.
- And last but not least – **wallet, phone, keys...**

This list is not exhaustive but we hope it helps you feel prepared. If you'd like any specific recommendations or have any other questions, just message us on info@loveparagliding.co.uk.

Want to do some paragliding research?

Most paragliding books are aimed at more experienced flyers, or those wishing to improve their paragliding knowledge. For students, the information contained in the BHPA Training Wings guide is perfect to get started:

https://www.bhpa.co.uk/pdf/BHPA_EP_Training_Guide.pdf

If you are someone who prefers to watch rather than read, pick a few key terms from the guide and you will find many instructional videos on YouTube. These vary in quality but be assured we will help guide you on the right path once you attend your course.

As you gain experience, you may wish to read more ...

1. 'Touching Cloudbase' by Ian Currer
2. 'BHPA Pilot Handbook' by Mark Dale
3. '50 Ways to Fly Better' by Bruce Goldsmith & Friends

And for watchers, search for videos from Chriegel Maurer, RedBull X-Alps, and Never Ending Thermals – the classic paragliding movie.

Emergency Contacts

EN CASO DE EMERGENCIA, LLAMAR 112

In case of Emergency, Dial 112.

You can also call the service directly on:

- Ambulance service (*ambulancia*): 061
 - Fire brigade (*cuerpo de bomberos*): 080
 - National police (Guardia Civil): 091
 - Local police (Policia Local): 092
-

Love Paragliding contact details:

Kate: +34 603 618 596

Ross: +34 722 448 540

Things to do locally (for non-flying companions)

Top 5 Local Trips

Within 30 mins drive.

1. Marvel at the history and gorge views in Ronda
2. Hike up to the castle; then walk, cycle or kayak the reservoir of Zahara de la Sierra
3. Explore the cave village of Setenil de las Bodegas
4. Drive through the mountain passes of Grazalema National Park
5. Cycle the Via Verde de la Sierra, enjoying a picnic en route

1. Ronda

Ronda is rightly famous for its stunning setting, and the old and new bridge over the gorge. Take the time to explore the side streets, find the original Arabian baths and wander down into the gorge. We don't need to persuade you – just search for some pictures!

2. Zahara de la Sierra

The fortified village of Zahara situated on the edge of the Grazalema National Park is the jewel in the crown of the white villages. Walk from the village square to the castle at the top of the hill to enjoy stunning views over the Grazalema mountains and the lake below. Returning back down, relax in one of the bars on the main square before heading down to the lake to hire a canoe, kayak or pedalo.

3. Setenil de las Bodegas

On a really hot day, the cave village of Setenil makes a great white village to visit. The main part of the village is situated in a shady gorge, with the river running through the centre. Most the bars are built into the caves, giving a unique feel and ambience to this little place.

4. Grazalema National Park

The Grazalema national park is typical of most of the scenery you see around the house – here the karstic mountains stretch up to 1800m, with deep gorges and caverns all around. Drive from the house to Grazalema village, crossing the Puerta de la Palomas and enjoying the amazing views and cooler mountain air. In summer, it is worth stopping for a dip at the public swimming pool in Grazalema to enjoy the stunning views. Note if you wish to go hiking, please obtain a permit from the visitor centre in Grazalema before starting your walk.

5. Via Verde de la Sierra

The Via Verdes are disused railway lines converted into cycle and walking tracks. The Via Verde de la Sierra runs from Olvera to Puerto Serrano through stunning mountain scenery, passing the biggest colony of nesting vultures in the whole of Andalusia. Hire a bike from one end (electric or regular!) and enjoy cool tunnels, stunning views and maybe a picnic in the middle!

Don't want to drive?

Local tour/activity options with pickup/in the village.

1. Ebike Algodonales

Website: <https://www.ebikealgodonales.com/>

Offers guided electric bike tours and ebike rental, based in the village. Note that there are limited day tours during July & August depending on the heat.

2. Ladron de Miel

Website: <https://www.ladrondemiel.com/>

Offers tours of their local beehives, information on beekeeping and purchase of local honey. Based in El Gastor (our neighbouring village).

3. Discovery Aventura

Website: <http://www.discovery-8.com/>

Offers a wide range of local adventure activities including hiking, mountain biking, climbing and via ferrata. Operates kayak and canoe hire for Lake Zahara. Multiple locations, multiple activity dates – see website for more details.

4. Grazalema Nature Tours

Website: <https://wildsideholidays.co.uk/nature-plus-grazalema/>

Offers guided tours with a particular focus on the natural flora and fauna within the Grazalema National Park. Tours tailored to your interests. Based in Grazalema village.

5. Yoga Classes

Website: <https://www.yogawithbeca.wordpress.com>

Offers pay as you go Vinyasa yoga classes (group or private) in a central location in the village. Classes are in English or Spanish, with beginners and more advanced options available.

Top 3 trips a little further afield

1-1.5 hours drive:

1. Cadiz: once Spain's capital, the little island city has a compact historic centre, beautiful architecture and stunning miles of beaches.
2. Sevilla: the beating heart of Andalusia, know for it's flamenco, tapas and nightlife, visit once and love it forever!
3. Jerez: home of sherry, this small town is world renowned for its bodegas. And the traditional hammam spa baths are pretty good too...

Take a look on the Andalusia tourism website, <https://www.andalusia.org/en/home> for more inspiration!