

LAND OF

VALENCIA

Sports



www.comunitatvalenciana.com

One of the major attractions of the Land of Valencia is undoubtedly the quantity, quality and variety of its leisure lineup and the countless sports and activities it offers as a complement to beach-and-sun tourism. Its arresting mountain backdrop, startling natural beauty spots, excellent facilities, modern infrastructure - and its very special Mediterranean climate - make the Land of Valencia the ideal destination for those who want to enjoy the sporting life during their free time.

The harbours and coves along the coast provide lots of opportunities for sailing, diving and water-skiing. Inland, the streams and rivers flow through sometimes narrow defiles and ravines before opening out into lagoons and dams which are good for canoeing and rafting. The hills and mountains beckon to hikers and bikers, while the fine landscapes of the plains and valleys are perfect for crossing on horseback. Gullies and ravines in many places provide good ground for climbing and abseiling. There are many interesting caves for spelunkers and potholers. And in contrast, gentle breezes abound for high-flyers who want to practise parapenting or hang-gliding, or fly ultralight aircraft, gliders or light aircraft. Golfers can indulge their passion for the sport on any of 20 magnificent courses located in beautiful natural surroundings.

For motorcycling enthusiasts, the Ricardo Tormo International Race Circuit in Cheste is a must for major national and international trials in this sport.



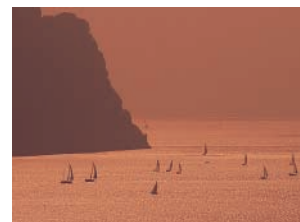


■ PASSION FOR THE SEA

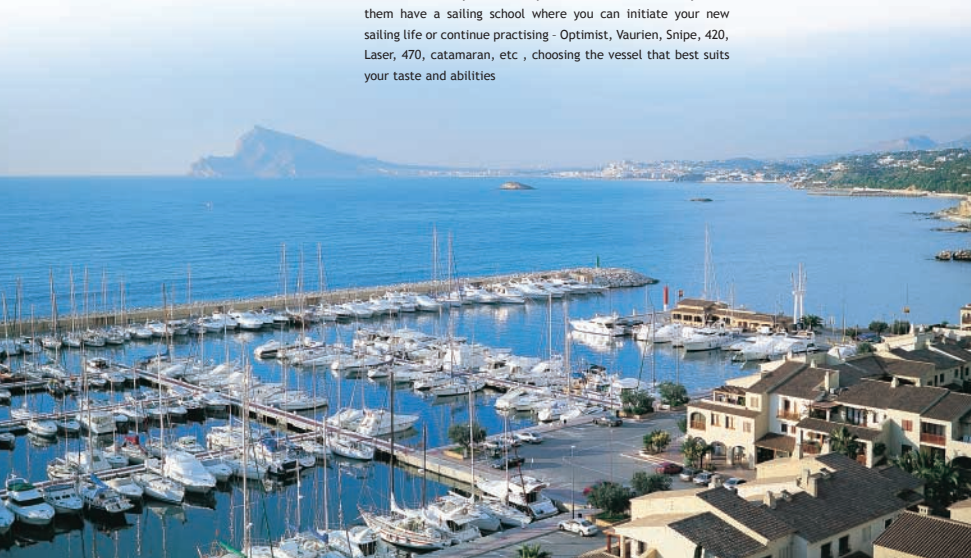
From north to south, the Land of Valencia has almost 500 kilometres of coastline. Beaches of fine, golden sand alternate with secluded coves, the former equipped with modern facilities and services such as floating platforms, water-ski lines, and volleyball and children's play areas. The coves are great for snorkelling and diving. In addition, there are wide bays for windsurfing where beginners can learn in safety.

The comfortable temperatures of the Mediterranean climate, with daylong sunshine at least 300 days a year, are complemented by good winds for sailing, with gentle morning breezes and, depending on the area, either the Garbí or the Llebeig breezes in the afternoons, making the delight of sailboat, catamaran and yacht enthusiasts.

In addition to the beauty of the coast and the warm, generous climate, there is a wide choice of modern facilities and harbour infrastructure in the region. Sporting and nautical clubs provide ample opportunities to get started in sailing sports or take part in the many competitions organised throughout the year. All it takes is a visit to your nearest yacht club or marina. Nearly all of them have a sailing school where you can initiate your new sailing life or continue practising - Optimist, Vaurien, Snipe, 420, Laser, 470, catamaran, etc., choosing the vessel that best suits your taste and abilities.



Page left, a panorama of the Luis Campomanes sports marina in the Bay of Altea, the silhouette of the Sierra Helada in the background. Above, catamarans in the Les Bassetes cove. A fleet of cruising yachts crosses north of the Rock of Ifach at sunset. Catamarans waiting at the ready to begin a regatta. Below, the Denia yacht club.



If you prefer cruisers, there are many clubs equipped with fleets for sea charters, all with comfortable cruising boats in which to sail along the entire coastline or across to the Balearic Islands. If you are a really committed yachtsperson, you'll want to know about the club regattas held every weekend of the year in the Land of Valencia, where territorial championships and some of the most important trials of the national yachting calendar are staged. You can get a competition itinerary from the Sailing Federation (*Federación de Vela*) as well as extensive information on federated schools and those with qualified instructors guaranteeing maximum safety.

Don't forget, however, that each level and type of sailing requires the right winds and geographical conditions. It is recommendable for absolute beginners to windsurf or sail small boats during the early morning hours, keeping close to the shore or in protected coves or bays. Along the Costa Azahar you can safely sail off the north beach of Peñíscola or in Alcossebre; in Valencia choose Cullera's Cap-Blanc Bay; and on the Costa Blanca you can opt between the Bay of Altea, the Arenal Beach in Jávea, the Cove of Les Bassetes, or the La Zenia Beach in Orihuela.





If you're an old hand at yachting you can enjoy the open sea, wait for the Garbí or Llebeig winds to blow in the afternoon and opt for Benicàssim on the Costa Azahar; the Pobla de Farnals or the El Saler beaches near Valencia; and on the Costa Blanca, the Dénia-Vergel area, the bay north of the Rock of Ifach, between Moraira and Calpe, the coves to the north of Santa Pola, or facing the sand dunes off the coast of Guardamar

If you've chosen to sail in a cruiser, the clean winds of the gulf of Valencia will give you all you need to tack and scuttle The Costa Azahar provides its most spectacular run between Alcossebre and Peñíscola, at the foot of the Sierra de Irta, and then you may want to set sail for the Columbretes Isles Along the Costa Blanca we suggest a run from the foot of Mount Montgó in Dénia to the Isle of Benidorm, passing close to the capes of San Antonio and La Nao, the headland of Moraira, the Rock of Ifach, and Bombarda headland of L'Alfàs del Pi Both routes offer the chance to take in the most beautiful natural reserves on the coast of the Land of Valencia, all of them protected areas and some, like Columbretes, Montgó or the Rock of Ifach, officially listed as Nature Reserves

In addition to the range of nautical clubs and sporting harbours, most beaches have seasonal summer facilities providing windsurf, catamaran, pedal boat and jet-ski hire The best advice for your own safety is that you keep within the specially buoyed areas set aside for these sports, and that you pick the right times for the right winds for your ability level This will let you enjoy the activities risk-free



Page left, pictures of a cruiseboat regatta on the Costa Blanca, a view of the Vila Jolisa Yacht Club, and windsurfers ready to enjoy wind and spray as they head out from the beach at Dénia. Above, cruisers sailing to the south of the impressive promontory of the Cape of San Antonio, small sailboats on the beach, and a view of Moraira Yacht Club with the Rock of Ifach on the horizon.



EXPLORING THE SEA DEPTHS

If what you really want is to explore the depths of the sea and enjoy spectacular views of the marine plant and animal life, you can find organisations offering subaquatic activities from beginners' courses to tours through the magnificent marine waters along this stretch of the Mediterranean coastline

Some of the best sites for diving are the marine reserves of the Columbretes Isles in Castellón province, or the Cape of San Antonio and the Isle of Tabarca in Alicante province. These, together with places such as Jávea's Isle of Portichol and Cove of Granadella, are certain to bait the interest of all lovers of submarine life. From the beaches of Benidorm you can see the L'illa - the so-called Isle of the Journalists (*Isla de los Periodistas*)



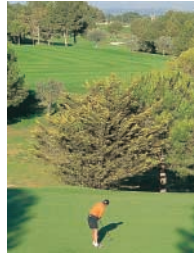
Exploring the depths of the sea and enjoying spectacular views of the marine plant and animal life are some of the attractions of the coastline in the Land of Valencia.

- one of the best places on the Spanish coast to go diving. And alongside this, you can find the Llosa of Benidorm, a submerged mountain that offers the added attraction of exploring the underwater terrain decorated with some of the Mediterranean's most beautiful marine plants and animals

The Federation of Subaquatic Activities can provide you with full details on the different spots where diving will prove a real entertainment, as well as information on the organisations you can approach to make reservations if you choose this sport or if you prefer to go diving on group outings

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Whether you choose landscaped courses in the country or in the heart of tourist resorts - but always in beautiful natural surroundings - the lie of the land and course design gives the keen golfer a good choice of the right course to match his or her level

There are twenty courses for all tastes and handicaps courses just right for beginners to enjoy; other courses where the degree of difficulty and risk calls for sharp concentration and pinpoint driving and putting

THE TEMPTATION OF GOLF

With 20 excellent golf courses and a magnificent, sunny climate of comfortable temperatures allowing play 365 days a year, the Land of Valencia is an authentic paradise for the ever-growing number of lovers of this passion-driven sport



A panoramic view of the Jach Golf Club near the Rock of Jfach, and other fairways, tees and greens belonging to some of the 20 fine golf courses in the Land of Valencia.

One suggestion for those just developing a passion for this sport choose a flat course with wide fairways like Campoamor in Orihuela, Escorpión in Valencia or the course at Jávea If you also want to take in great sea views, tee off at Don Cayo in Altea, or Ifach in Calpe If you're looking for a varied round, choose between the Panorámica club in Castellón province, La Sella in Dénia, and Oliva Nova in Oliva If your game is really sharp and you need a winding route between pines and dense greenery, the odd ditch, bunkers and fast greens, try Las Ramblas or Villamartin in Orihuela, Costa Azahar in Castellón province, or El Bosque in Valencia



Hugging the coast or set inland, the golf courses of the Land of Valencia provide enjoyment both for beginners and for those who thrill to the risk and difficulty of courses that call for pinpoint measuring of strokes.

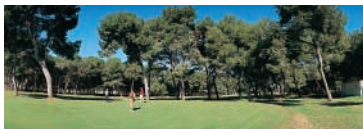


Well-known professionals of the calibre of Seve Ballesteros, Bernhard Langer, José Gancedo, Robert Trent Jones or Javier Arana - to name just a few - have designed holes and courses for you to enjoy while practising your favourite sport In the Land of Valencia playing golf is indeed a temptation



You could also opt to play a few rounds in the Mediterráneo, Castellón province, the course that honed the talents of Sergio García, "El Niño", considered to be one of the most promising talents currently on the international circuit And if you fancy playing at one of the 50 best courses in the world, El Saler, next to the Albufera Nature Reserve in Valencia, is every bit of a challenge

Hugging the coastline or further inland, on well-tended artificial lawns, between pine woods or over natural sand dunes, across flat and open fairways or through sinuous, densely vegetated Mediterranean soils, all these courses share the luxuries of high-quality design, well maintained facilities, and excellent services





GOLF COURSES



BIRD'S EYE VIEW



One unique and unforgettable way to explore the coast and the interior, discovering many more attractions in this land, is from the clear, blue sky. The Land of Valencia offers a full range of ways to do this. You can start off flying without an engine by parapenting, or hang-gliding. There's also the option of making a parachute jump, drifting through the air in a hot-air balloon or, simply, enjoying a trip in an ultralight aircraft or glider.

Three fine aerodromes and a great number of clubs offer you the chance to choose any kind of flight and practise these exciting sports. The Federation of Aerial Sports provides full information on these activities and will attend to your personal preferences.



If you choose engine-free flight, the lie of the land (flat or hilly) and the variety of winds are the main factors to take into account. Inland, thermal winds are the most important, while on the coast laminar winds must be considered. The best advice is to ask at one of the clubs and stick to the instructions the monitors give you.

Suggested routes for parapenting and hang-gliding are to fly over the Maestrazgo in Castellón province or in the skies surrounding the Las Palmas Desert. In Alicante province you can practise in Santa Pola, the salt-flats of Torreveja, the Sierra de Aitana, or the Puig Campana mountain. If you prefer to float through the sky in a hot-air balloon, from Bocairente you could cover the Sierra Mariola, or from Sagunto, the Camp de Morvedre. Whatever choice you make, the pleasure of flying is accompanied by the attraction of enjoying stunning landscapes from a different and privileged viewpoint, up in the heavens.

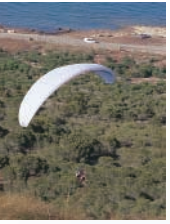
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If you decide not to rely solely on wind power and feel your abilities require the added security of an engine, a flight in an ultralight aircraft or a glider will prove just as unforgettable. There are many clubs around the Land of Valencia. Simply pick the one nearest to where you are holidaying.

As a pilot of an ultralight aircraft, you could fly in Valencia province over the district of La Safor and the beach at Gandia. You could also take in the immense rice fields of Sueca, the Albufera nature reserve and La Dehesa del Saler. In Castellón province, fly over the beaches at La Llota and Almenara. In Alicante province you can fly over the city outskirts, or at one end of the Beniarrés reservoir, to the south of the beautiful reserves of the Sierra de Benicadell, or over the plain of El Segura between Elche and Orihuela.



Up in a glider, ultralight aircraft, balloon, or parapenting, exploring the coast or interior makes for an unforgettable experience. Beauty spots like the Albufera Nature Reserve, the Sierra Mariola, or El Maestrazgo make unique and unrepeatable sights from the sky.



If you want really big thrills, face the challenge of a parachute jump from a light aircraft at 10,000 metres. You'll feel like Icarus steering your descent with your hands, marvelling at the minuteness of things on the ground. It is sure to be a unique experience. Visit any of the three aerodromes - Castellón, Valencia, Alicante - sign on for a course or simply choose to jump in tandem and get ready to experience emotions and sensations you won't easily forget.

Finally, for fans of model aircraft flying, the Land of Valencia has a number of specialised clubs organising weekend activities in which you can participate and compete. You'll get full information on these from the Federation of Aerial Sports.



■ SPIRIT OF ADVENTURE

Crossing sierras or valleys on horseback or mountain bike is a real adventure, and so too is climbing peaks, descending ravines, or investigating interesting caves. Slipping down rivers in rafts, traversing lagoons in a canoe, and rowing to secluded coves in a kayak - these are just more of the many activities you can enjoy during your stay in the Land of Valencia. Its varied mountain landscape and beautiful scenery provide one more good reason to practise adventure sports while making it easy to reach otherwise inaccessible areas. You can find full information on the best places to practise these sports in tourist info offices or from the federations dedicated to these sports.



TREKKING

For lovers of trekking there are two major routes, both included in the European Long Distance Hiking Route network. Using this you can cross the Land of Valencia from north to south. There is also a Short Distance network which allows you to combine the sport with the discovery of beautiful natural retreats. Information on routes and trails is available from tourist info offices and excursion centres.

HORSE-RIDING

Lovers of horse-riding can indulge in their favourite sport at a number of equestrian clubs offering everything from beginners' courses in riding and jumping to organised rides out to places as varied and appealing as La Plana de Castellón, the Sierra Calderona, Marjal de Gandia, Alto Turia, the Sierra Mariola, the Vega del Segura, and the mountains of Benissa. You can obtain further information from the Horse-Riding Federation.



Climbing down ravines, ascending peaks, doing bungee jumping from ancient bridges or riding a horse or bike along nature trails are some of the opportunities offered here.

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RAFTING

If you prefer the physical exercise that rowing offers but you are not an experienced rafter, take a sea kayak and choose a bay with calm water like Cap-Blanc in Cullera or Les Bassettes between Benissa and Calpe. You can also row round reservoirs like those in Valera province at Benagéber, Loriguilla, or Cofrentes, or El Regajo in Castellón province. If you are an expert and already handle a raft, why not cross the river Turia at its juncture with Ademuz. Raft through the ravines of Hoces del Cabriel or try the Albufera lake in Valencia where they train for competition. Whatever you choose, you'll enjoy being in genuinely beautiful surroundings.



The interior of the Land of Valencia will surprise you. Rafting down its rivers will lead you through incredible landscapes.

MULTI-ADVENTURE

Climbing, caving, bungee-jumping, rubber rafting, gully descents, and trekking all make interesting alternatives. The Land of Valencia is filled with great natural resources ideal for all these sports, all with impressive scenery. In Alicante province: Sierra Aitana, Mariola, Orxeta, and Benicadell. In Valencia province: Tejo, Negrete, Calderona, Macizo del Caroig. In Castellón province: Sierra de Irta, the Benifassá mountains, the Maestrazgo mountains, the massive Penayagolosa summit.

There are plenty of excursion centres and companies specialising in adventure tourism with all the necessary services and materials on offer for the safe practice of these sports. Ask at any tourist info office and you will be provided with extensive details about these centres and companies. Get in touch with them and live out your adventures in the Land of Valencia.

ADVENTURE TOURISM



MEDITERRANEAN SEA

■ VALENCIAN PELOTA



In a sporting publication it is de rigueur to highlight the local sport par excellence Valencian Pelota Even if you can't take part, you'll certainly have a good time seeing how spectacular a match can prove

From north to south, throughout the year, tournaments are held in closed precincts known as trinquetes (similar to a tennis court but smaller and narrower) or in wide, cordoned-off streets Let yourself be tempted to attend a match You'll discover why the sport is so popular with Valencians and you'll see just how much strength and concentration is needed to take part You might even become a big fan In any case, you'll certainly be surprised



■ FOR MORE INFORMATION

You can obtain further information from any tourist info office in the Land of Valencia There are tourist info offices in more than 50 towns and villages

Alicante Tourist Info

Rambla Méndez Núñez, 23 • 03002 Alicante
Tel: 96 520 0000 • Fax: 96 520 0243
e-mail: touristinfo.alicante@turisme.m400.gva.es

Castellón Tourist Info

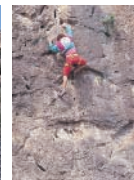
Plaza María Agustina, 5 • 12003 Castellón de la Plana
Tel: 96 435 8688 • Fax: 96 435 8689
e-mail: touristinfo.castellon@turisme.m400.gva.es

Valencia Tourist Info

Paz, 48 • 46003 Valencia
Tel: 96 398 6422 • Fax: 96 398 6421
e-mail: touristinfo.valencia@turisme.m400.gva.es

The tourist web site for the Land of Valencia offers you all kinds of information about practising your favourite sports during your stay Visit us at

www.comunitatvalenciana.com



USEFUL TELEPHONE NUMBERS

Sports Federations

ALICANTE

Gymnastics	Tel 96 593 72 19
Skating	Tel 96 593 72 16
Bowls	Tel 96 593 72 15
Rowing	Tel 96 593 72 17
Rugby	Tel 96 392 62 24
Archery	Tel 96 593 72 18
Mountaineering	Tel 96 543 97 47

VALENCIA

Sub-aqua	Tel 96 315 44 91
Chess	Tel 96 315 30 05
Athletics	Tel 96 385 95 08
Motoring	Tel 96 333 61 89
Basketball	Tel 96 346 50 01
Handball	Tel 96 384 45 37
Badminton	Tel 96 227 08 62
Baseball, Softball and American Football	Tel 96 372 65 00
Billiards and Pool	Tel 96 391 08 00
Bowling	Tel 607 91 27 41
Boxing	Tel 96 315 44 81
Hunting	Tel 96 334 83 63
Cycling	Tel 96 390 49 32
Pigeon sports	Tel 96 351 63 08
Pigeon raising	Tel 96 391 14 44
Special ability sports	Tel 96 346 57 26
Aerial sports	Tel 96 315 44 89
Combined sports	Tel 96 315 44 64
Winter sports	Tel 96 315 44 71
Sports for the disabled	Tel 96 391 74 89
Fencing	Tel 96 392 25 15
Spelunking	Tel 96 368 06 08
Football	Tel 96 351 06 19
Golf	Tel 96 393 54 03
Weight-lifting	Tel 96 391 35 33
Horse-riding	Tel 96 392 56 95

Hockey	Tel 96 374 19 20
Judo and associated sports	Tel 96 392 06 30
Traditional games and sports	Tel 608 06 12 74
Karate	Tel 96 392 48 17
Wrestling	Tel 96 357 25 63
Motorcycling	Tel 96 335 46 14
Water motor sports	Tel 96 395 71 11
Swimming	Tel 96 360 09 38
Pelota	Tel 96 382 32 63
Fishing	Tel 96 355 90 55
Valencian Pelota	Tel 96 374 95 58
Rugby	Tel 96 392 62 24
Rafting	Tel 96 315 44 67
Life-saving	Tel 96 315 50 24
Squash	Tel 96 392 16 35
Taekwondo	Tel 96 391 57 89
Tennis	Tel 96 384 93 54
Table tennis	Tel 96 315 44 61
Olympic shooting	Tel 96 315 44 97
Drag and Pull	Tel 96 127 03 53
Yachting	Tel 96 353 01 20
Volleyball	Tel 96 391 87 60

Excursion Centres

ALICANTE

Alicante Excursion Centre Tel 96 525 36 53

VALENCIA

Valencia Excursion Centre Tel 96 391 16 43

CASTELLÓN

Castellón Excursion Centre Tel 96 423 4490

Other numbers:

Valencian Youth Institute (IVAJ)
Tel 96 398 59 90

Sports General Management (Department of Culture)
Tel 96 386 50 00 / fax 96 386 65 08





TURISME

GENERALITAT VALENCIANA
AGENCIA VALENCIANA DEL TURISME