



La Manga Biking



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GUIDE  
& Running, Walking  
Cycling



La Manga Club is the ideal destination for walking, cycling and running. Bordered on two sides by a Natural Park, it is virtually unequalled in offering numerous, little-frequented trails through unspoilt countryside within moments of your accommodation.

This guide has been designed to help you discover the beauty of the region for yourself and provides details of a variety of routes, suitable for a wide range of ages and levels of fitness, all easily accessible from La Manga Club.

If you would like any further advice or recommendations, the Biking La Manga will be pleased to assist.

Whilst every effort has been made to ensure the accuracy of these routes at the time of printing please note that tracks and access restrictions can change and that this guide does not guarantee right of way. Please respect the environment so that it can continue to be enjoyed by many others in the future. If you find that a route or access has changed please inform the Biking La Manga on Tel. +34 968 33 8260 or ext. 2260.

Biking La Manga



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## Route to Los Belones

### Description

Los Belones is the nearest village to La Manga Club and is a popular destination for those wanting a gentle route on dirt tracks. This route takes you to Los Belones but is also the start of the routes to Calblanque, Mar de Cristal and La Fuente, popularly known as the Lion's Head.

- 1 Leave the Biking La Manga and turn **right** out of the car park onto Calle de la Salud.
- 2 Take the next road on the **right** (Calle de la Estrella).
- 3 Head over the first crossroads and turn **left** at the next crossroads into Calle de La Rambla.
- 4 This takes you down past Las Higueras and Las Brisas. Continue to the roundabout.
- 5 Turn **right** at the roundabout and you will see a large metal gate. The gate is locked but there is a zig zag concrete wall to the **right** of the gate for pedestrian and cyclist access. Leave the resort through this access (please note that the access is tight with a bike and you will need to wheel the bike though by the back wheel).
- 6 Standing with the gate to your back you will see the track in front of you.
- 7 Follow this track, after 1/2 a mile (approx. 3/4 km) continue straight across the crossroads (you will see a sign to the right of the track which says "Calblanque, Monte de Las Cenizas and Peña del Águila).
- 8 After a further 1/2 mile (3/4 km) the track turns **left** and, shortly after, turns **right** as it crosses a rambla (dried up river). The track runs straight for another few hundred metres before it turns to the **left** again.
- 9 When you reach the crossroads, continue straight on and you should quickly reach tarmac again.
- 10 Continue until the T-junction where you turn **left**.
- 11 The tarmac road takes you down the hill, over the bridge and into Los Belones.



## Cenizas Guns (direct route)

### Description

The old gun emplacement at Cenizas offers some of the most spectacular views of the area. Additionally the two enormous 38.1 cm guns are impressive. The guns are British built (Vickers and Armstrong) and date back to the late 1920's.

It's a long hard climb up the hill but well worth the effort. The route described below is the easiest to follow and is also accessible by bike. The gradient up the hill is fairly constant but is made difficult by the loose surface. By bike it is recommended only for more experienced cyclists.

- 1 Leave the Biking La Manga and turn **left** out of the car park onto Calle de la Salud.
- 2 Take the next **right** just before the petrol station.
- 3 When the road veers right (just past Security Gate no. 2) continue straight on (keeping the main football ground on your right).
- 4 You will soon meet the Portman-Los Belones road, turn **left** here.
- 5 Continue on this road for about a mile (1.6 km) and you will see a dirt road on your left (it is not far after the turning to the right signposted to Llano del Beal). Note: if you start to head downhill on the tarmac road you have gone too far. Take this turning on your **left**, there is a green gate at the entrance to prevent vehicle access which you have to go around. There is a sign by the gate which reads "Camino Monte de las Cenizas".
- 6 Then there is a long climb up this dirt road until you reach the derelict gunnery at the top. Expect to take about 20 minutes by bicycle or about 45 minutes on foot until you see the archway at the entrance. Continue through the archway and on to the top.
- 7 Return by the same route, taking real care if you are descending by bicycle.



## Calblanque Natural Park

### Description

The Calblanque park is an area of outstanding beauty on the Mediterranean coast. Once behind the hills in the park you feel as if you are much further off the beaten track than you really are.

Please note that there is nowhere to get refreshment or water within the park area, so take everything that you need with you. The park offers some beautiful beaches, however swimming is NOT recommended on this stretch of coast.

This route is most suitable as a cycling route due to the distance involved.

If you plan to drive to Calblanque, do not try to follow these instructions, it is much better to pick up the dual carriageway in the La Manga (strip) direction and turn off just beyond Los Belones where it is signposted "Calblanque via servicio".

- 1 Follow the route for Los Belones up to point 10, turning **left** at the T-junction.
- 2 Take the next **right** turn, it is not signposted but as you take the turning, the house on your right is called "La Rondinella".
- 3 After you pass a few cottages, the road changes back to a dirt track.
- 4 Continue along the dirt track, which then merges into another dirt track leading up the hill. You are heading towards a distinctive pink cottage.
- 5 Continue past the pink cottage and over the ridge (where there is a short section of concrete track).
- 6 Continue down the hill, past the turn-off to Cobaticas and on past the Information Centre (keeping the Information Centre to your left, the route is signposted "Playa de las Cañas y Negrete" and "Área de Acampada").
- 7 Continue down the hill on the concrete section of road. Shortly after this stretch of concrete ends, take the next **left**, signposted "Salinas de Rasall".
- 8 Take the next **left**, again signposted "Salinas del Rasall" and you will find yourself overlooking the salt flats.
- 9 Continue and you will reach a small turn-off on your right leading to the birdwatching hides. Continue past this and you will soon reach a fork in the road. Turn **left** at the fork and you will head up



the hill and away from the coast. (However if you want to break on one of the beaches take a right turn at the fork and continue beyond the salt flats, then retrace your route to this point).

- 10 Once beyond the brow of the hill, take the next **left-hand** turn which after about 50 m reaches another track. Turn **left** here and you will soon reach another concrete section of road.
- 11 When you reach the next T-junction you should recognise the Information Centre to your left. Turn **right** here and you will rejoin the track that you entered the park on. Retrace your route from here back to La Manga Club. (Remember when you head downhill after the pink cottage to take the left fork).

## La Cala

### Description

A picturesque cove on the Mediterranean, La Cala is also the closest beach to the Hyatt Hotel and part of La Manga Club. Whilst the route is not that long it can be a tough climb back up the hill from the coast.

- 1 Leave the Biking La Manga and turn **right** out of the car park onto Calle de la Salud.
- 2 Take the first **right** onto Calle de la Estrella.
- 3 Head straight on at the first two crossroads and continue up the hill.
- 4 Continue on onto Calle de la Zorrera (note Calle Q merges in from the right).
- 5 Continue past El Forestal.
- 6 Shortly afterwards you will head over the ridge as the road turns to a gravel surface and heads downwards towards La Cala.

## Route to Mar de Cristal

### Description

Gentle ride on dirt tracks to Los Belones and from then on to the Mar de Cristal beach. The beach at Mar de Cristal offers the shallow warm water of the Mar Menor and is also the location of the Watersports Centre. It follows paved roads from Los



Belones and is particularly suited as a bike ride to extend the Los Belones route whilst still staying on flat, gentle terrain.

- 1 Follow the route to Los Belones and you should arrive at the crossroads in the centre of Los Belones the Cajamurcia bank to your left.
- 2 Turn **right** and follow the main street as it leaves the village of Los Belones.
- 3 Continue straight across the roundabout and follow the road as it sweeps left.
- 4 When you reach the junction turn **left** and follow the road to Mar de Cristal (this road is quite distinctive as it is lined to the right with palm trees).
- 5 As you near Mar de Cristal, continue straight across the next roundabout and follow the road to the end where you will see a small cinema (cine).
- 6 Turn **right** at the cinema.
- 7 Take the 2<sup>nd</sup> **left**.
- 8 Take the next **right** and you will see the Mar de Cristal beach.



## Llano del Beal

### Description

This route is part gravel roads, part tarmac and crosses the hills through the disused mining area between Portman and Llano del Beal.

- 1 Leave the Biking La Manga and turn **left** out of the car park onto Calle de la Salud.
- 2 Turn **right** just before the Petrol station.
- 3 When the road veers right (just past the security gate), continue straight on (keeping the main football ground on your right).
- 4 You will soon meet the Portman road where you turn **left**.
- 5 Continue on this road for about one mile (1.6 km) and you will see a dirt road on your right signposted to Llano del Beal. Turn **right** here.
- 6 Follow the road up to the ridge, down the other side and past the turn-off to Llano del Beal, back onto the gravel road.
- 7 At the end of the road you will come to a T-junction with a tarmac road. Turn **left** at this T-junction.
- 8 You will soon reach another junction, turn **right** here, heading back towards Llano del Beal.
- 9 Continue on this road until you see the main dual carriageway, turn **right** following the signs to "La Manga". You will feel as if you are about to join the dual carriageway however before you do, take the slip road marked "servicio".
- 10 Continue past the Peugeot garage and take the next **right** signposted "Atamaria" and "Coto Ana".
- 11 At the end of this road you will meet up with the Los Belones to Portman road. Turn **right** and you will soon find yourself on the road between the golf courses.
- 12 Turn **left** at the crossroads and left again through the main security gates to return to the Biking La Manga.



## Woodland Route to the Coastal Footpath

### Description

Behind Bellaluz and Los Altos, a shady woodland footpath leads out to the Mediterranean coast. The final section of the track narrows to a walking only route, however the first part of the track is suitable for biking and running. As a walk, the route is relatively short and gentle with rewarding views at the end.

The end of this route meets up with the coastal footpath (GR92) which is suitable for more experienced walkers.

- 1 Leave the Biking La Manga and turn **left** out of the car park onto Calle de la Salud.
- 2 Follow the road past the petrol station and continue towards Bellaluz.
- 3 Turn **right** just after the Casa Victor restaurant.
- 4 Continue to the top of the hill.
- 5 At the top, you will see a wide gravel track, go round the chain that is across the track and continue up the hill.
- 6 About 200 m up the hill, the main road takes a sharp turn to the left but you will see a narrower (about car width) track continuing straight on into the woods. Take this track.
- 7 Follow this track as it undulates through the woods and finally reaches a turning circle (by bicycle it is recommended to stop at this point).
- 8 On foot you will see a narrow path which drops into a dried up stream and heads steeply out the other side. Follow this path.
- 9 Follow this path (towards the end it gets rockier) and you will emerge from the woods with a view of the Mediterranean.



## La Fuente (Lion's Head)

### Description

The La Fuente hill is one of the most distinctive features in the local area and is often referred to as the Lion's Head or Sleeping Lion due to its shape.

The hilltop can be reached via a narrow footpath. The track is steep and rocky in places and requires good footwear. To reach the base of the hill follow the route for Los Belones up to point 10.

- 1 At the T-junction turn **right** (away from Los Belones).
- 2 Take the next road **left** (you will see a water fountain to the right of the turning and a house called "La Pedriza" to the left).
- 3 Continue to the end of the tarmac road where you will see a house in front of you and to the left ("Los Chopos").
- 4 Turn **left** here. The track turns to gravel but is still car width.
- 5 Follow the track past the "No Acampar" sign. At this point the gravel track loops back on itself, but you will see a footpath leading off from it.
- 6 Following this footpath, you will be heading up the left-hand valley to the left of the Lion's Head.
- 7 Keep to this path (it splits temporarily in a few places) and you will soon come out in view of the coast, where the track heads right and on up through the woods.
- 8 Eventually you will come out with a view of La Manga Club. Turn **left** here (however look behind you and take a note of where you are, as this turning is easy to miss when you return).
- 9 Keep following the track to the very top. At the end the track becomes hard to follow and involves scrambling over the rocks.
- 10 Finally you will reach the post that marks the peak of the hill. Beware of the steep drop on the seaward side of the peak.



## Coastal Circuit

### Description

The coastal circuit takes you through the woods from the back of Bellaluz out to meet the cliff top footpath (GR92) and gives you the option of completing a circuit back to the top of La Cala road. This route however follows a narrow, rocky cliff-top footpath and is only suitable for experienced walkers and requires good footwear. This is the most difficult terrain of the routes described in this brochure and should only be attempted if you are comfortable with the red grade routes. The starting point of this route is the end of the Woodland Route to the Coastal Footpath.

- 1 Follow this route until you emerge from the woods and first see the sea. At this point there are three options:
  - The track that you are following continues to the **right** and downwards.
  - The track to Cenizas Guns is to the **right**.
  - A narrow track to the **left** (marked by red and white stones) heads up and along the coast.
- 2 Take the track to the **left** and follow the red and white markers. The start of the track is difficult to spot, but once you are on it there are regular red and white markers. After only a few metres you will pass the remains of a small stone building.
- 3 After about 10 minutes of heading uphill you will arrive at the remains of another small stone building. The track continues on the other side of these remains (it is easier to pass around the left-hand side of the remains).
- 4 The track then continues along a ridge and you will be able to see La Manga Club. It is easy at this point to take the wrong route and head inland. Look carefully for the red and white markers as the tracks stays on the seaward side and heads over the next brow bringing you in clear view of La Manga Club. (Note that you still have to continue in front of and almost past the resort before reaching the entrance back in at the top of La Cala road).
- 5 The track now starts to head downwards. Take care to follow the markers as the track keeps seaward and eventually you will head down towards the villas at the edge of the club. Pass round the seaward side of these, beyond which you will see a wooden bench. The path continues steeply up past the bench.
- 6 Keep following the red and white markers and you will eventually join the club at the top of La Cala road near the El Forestal turn-off.
- 7 Follow Calle de La Zorrera back towards the club and continue as it becomes Calle de La Estrella.
- 8 Continue on Calle de La Estrella all the way to the end, turn **left** at the end of the road and you will arrive back at the Biking La Manga.



## Portman

### Description

A walking route to Portman using a stretch of the GR92 footpath. The path is narrow and rocky but not steep.

- 1 Leave the Biking La Manga and turn **left** out of the car park onto Calle de la Salud.
- 2 Turn **right** at the roundabout just before La Plaza and the petrol station.
- 3 When the road veers right (just past the security gate) continue straight on (keeping the main football ground on your right).
- 4 You will soon meet the Portman road, where you turn **left**.
- 5 Continue on this road for about one mile (1.6 km) until it starts to head downhill. Once the road heads downhill, look for a footpath to your **left**. It starts just before the beginning of the stone wall on your **left** and is marked by a wooden post labelled GR92 and sign to "Calzada Romana".
- 6 The footpath winds down the valley to the left of the main road and finally meets up with the road to the lighthouse. At this point, turning **left** takes you to the lighthouse and the small fishing harbour. Alternatively turn **right** and then turn **left** at the roundabout onto the main road which leads into the village of Portman.
- 7 Return by the same route.



## Cenizas Guns (via Coastal Footpath)

### Description

The coastal footpath is a picturesque route to the gun emplacement between La Manga Club and Portman. However, this route follows a narrow, rocky cliff-top footpath and is only suitable for experienced walkers and requires good footwear.



- 1 The starting point of this route is the end of the Woodland Route to the Coastal Footpath. Follow this route until the point where you emerge from the woods and first see the sea. At this point there are three options:
  - The track that you are following continues to the **right** and downwards.
  - A narrow track also heads to the **left** (marked by red and white stones).
  - The track to Cenizas is a bit harder to spot. If you look to your **right**, but almost behind and above you, you should spot the red and white painted stones that mark the path.
- 2 Take the track to the **right** and follow the red and white markers. The first section is hard to follow and involves scrambling over rocks in the beginning, but the track does improve later on.
- 3 Continue on this narrow rocky track until you finally meet up with a wider, car-width gravel track.
- 4 Turn **left** onto this track and continue up the hill.
- 5 Eventually you will arrive at the archway marking the entrance of the old barracks.
- 6 Continue through the archway to the top of the hill.

## Running Routes around La Manga Club

1.2 miles / 1.9 km

Starting from Las Lomas Village

Head down the hill to the main crossroads. Continue across the road. Turn **left** through the main security gate and follow the road pass past the hotel towards there the Biking La Manga.

1 mile / 1.6 km

Starting from Biking La Manga

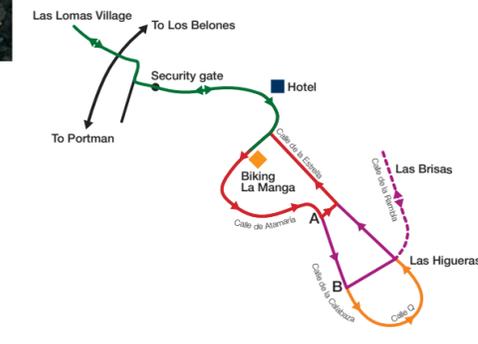
Leave the Biking La Manga car park and turn **left** onto Calle de la Salud. Follow the road past the petrol station and on past the turnoff to the tennis centre. Take the next **left** turn (A), head down the short hill and turn **left** at the crossroads onto Calle de la Estrella. Turn **left** at the T junction back to the Biking La Manga.

1.8 miles / 2.8 km

Continue past the turning (A) up the hill and turn **left** onto Calle de la Rambla (B). Take the next **left** onto Calle de la Estrella and continue towards the T junction. Turn **left** onto Calle de la Salud and back to the Biking La Manga.

2.2 miles / 3.5 km

Continue past the turning (B) and then left onto Calle Q. Take the next **left** onto Calle de La Estrella. Follow this road to the T junction and turn **left** onto Calle de la Salud and back to the Biking La Manga.





**bike, (walk)**

**walk**

- █ Los Belones  
Grade █ (as a bike route)  
Distance 8 miles / 13 km round trip  
Suitable bike, walk, run
- █ Calblanque Natural Park  
Grade █  
Distance 14 miles / 23 km round trip  
Suitable bike, walk, run
- █ Mar de Cristal  
Grade █ (as a bike route)  
Distance 12 miles / 19 km round trip  
Suitable bike, walk, run  
This route is best suited to cycling
- █ Cenizas Guns (direct route)  
Grade █  
Distance 7 miles / 11 km round trip  
Suitable bike, walk, run
- █ La Cala  
Grade █  
Distance 4 miles / 6 km round trip  
Suitable bike, walk, run
- █ Llano Del Beal  
Grade █  
Distance 12 miles / 19 km round trip  
Suitable bike

- ▬▬▬ Woodland Route to the Coastal Footpath  
Grade █  
Distance 4 miles / 6 km round trip  
Suitable walk, run
- ▬▬▬ Coastal Circuit  
Grade █  
Distance 5 miles / 8 km round trip, (allow about 3 hrs. as a round trip from the hotel)  
Suitable walk
- ▬▬▬ Cenizas Guns (via Coastal Footpath)  
Grade █  
Distance 7 miles / 11 km round trip (allow about 3 hrs. as a round trip from the hotel)  
Suitable walk
- ▬▬▬ La Fuente (Lion's Head)  
Grade █  
Distance 8 miles / 13 km round trip  
Suitable walk
- ▬▬▬ Portman  
Grade █  
Distance 7 miles / 11 km round trip  
Suitable walk



Start routes from Biking La Manga



**Grades**

Where a route is labelled as suitable for cycling it is generally on car-width gravel tracks and therefore also suitable for walking and running. As such these routes are intended for mountain bikes. Good quality mountain bikes suitable for these routes can be rented from Biking La Manga. Where a route is labelled for walking then it is typically on a narrow or rocky track and is not suitable for cycling or running. Routes are graded based on the terrain, approximate distances or estimated times are also given as a guide.

- █ EASY  
Suitable for the family.
- █ INTERMEDIATE
- █ DIFFICULT  
For cycling, red routes usually indicate hillier terrain.  
For walking, red routes usually indicate narrower rocky paths where suitable footwear is required.
- █ VERY DIFFICULT

**Advice**

- General  
Always carry plenty of water. Remember that it is always safer to cycle / walk in pairs or groups.  
If you do cycle / walk / run on your own please tell a friend where you are going.
- Cycling  
It is recommended that you always wear a helmet when cycling.



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