

THE LA MANGA STRIP AND MAR MENOR



The La Manga Strip is a piece of land that separates the Mediterranean Sea from the Mar Menor. La Manga is Spanish for sleeve and aptly describes this 21 kilometre long, 300 metre wide spit. It is a great place to visit at any time of the year, during the summer when it is very busy or during the winter when it is a lot quieter.

All along the Strip on both sides, there are beautiful beaches with white sands, rocky outcrops, marinas and plenty of watersport schools. A great selection of bars, cafes, restaurants, hotels and tourist shops amongst other facilities line the road. There is an impressive marina, called the Tomas Maestre Marina where you can sit and admire the boats, as well as a couple of boat trip options across the Mar Menor or out to the Mediterranean Sea.



The strip encloses the **Mar Menor** which directly translates as the small (inland) sea, although it is the largest lagoon in Europe. It has a surface area of 130 square kilometres and a maximum depth of 8 metres. The crystal clear waters are warm, calm and rich in salts and minerals, in fact the temperature never falls below 18 degrees.