

## LA MATA



**La Mata**, a suburb of Torrevieja, is a traditional seaside village which has an iconic watch tower beside its main square. There is a long high street, a helpful tourist office, a medium sized market every Wednesday morning, a lovely variety of bars, cafes and restaurants and the Molino de Agua (water) Park. The beach is sandy and you can walk along it north to Guardamar or south via the wooden walkway to Torrevieja.

On the other side of the N332 is the Laguna and Natural Park of La Mata, an important bird reserve and vineyard, there is a visitors centre, picnic tables, a sign posted wine walking route and many other unmarked but well worn walking and cycling trails.