



# Local Guide — Las Lagunas & La Cala de Mijas

*Your complete insider guide to the Costa del Sol area*



## Fitness & Activities

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### Padel — The Local Sport

Padel is absolutely huge in the La Cala and Fuengirola area. With over 300 days of sunshine, outdoor padel courts are open year-round. The local padel scene is welcoming and social — easy to join games or find a club. Many clubs have coaching programs, cafés, and equipment rental.



### Golf

As mentioned in Beach & Outdoors, the area is world-renowned for golf. La Cala Golf Resort alone has three 18-hole courses. Most courses offer tuition and club hire. Perfect for beginners and experienced golfers alike.



### Water Sports — La Cala & Calahonda

Jet skiing, windsurfing, paddleboarding, kayaking, snorkelling — all available to hire on the main beaches. Full tuition courses also available for beginners. The calm Med conditions around La Cala are ideal for learning water sports.



### Boat Without Licence

Rent a small motorboat without needing a boat licence and explore the coastline independently. A fantastic way to discover hidden coves and enjoy the sea at your own pace.



### Quad & Buggy Tours — Mijas Mountains

A wildly popular activity: 1–2 hour quad or buggy tours through the Mijas mountain tracks with stunning views of the coastline. Organised tours available from multiple operators. Suitable for beginners and no driving licence is required for some models.



### Cycling

The coastal path and surrounding countryside offer good cycling routes. Bikes can be rented locally. For a more scenic ride, head up towards Mijas Pueblo or follow the promenade between beaches.



### Yoga & Wellness

Several yoga studios and wellness centres operate in La Cala and La Cala Resort area. Check local listings for classes, retreats, and spa treatments.



### Cinema in English

Fuengirola's Miramar Shopping Centre has a cinema complex that shows a film in English every day. Great option for a rainy afternoon or a relaxed evening.

### **Live Music & Nightlife**

La Cala has a lively live music scene. Key venues: The Cazbah Live Lounge (great line-up of live acts), Olivia's La Cala (luxury beachfront bar with entertainment, live DJs), and Peña Flamenca Del Sur for authentic flamenco shows that embody the soul of Andalusia.