



Local Guide — Las Lagunas & La Cala de Mijas

Your complete insider guide to the Costa del Sol area



Beach & Outdoors



Playa de La Cala — The Main Beach

The heart of La Cala de Mijas. A lovely sandy beach with a lively promenade, chiringuitos, sun lounger rentals, and lifeguards in season. The sea here is calm and clear — perfect for swimming and paddleboarding. Water sports equipment (jet skis, paddleboards) is available for hire near the central lifeguard station.



Playa de Calahonda / La Butibamba — Water Sports Beach

A wider, wilder beach about a 10-minute drive east. Famous for water sports — windsurfing, jet skiing, paddleboarding, snorkelling. Rental shops and schools cater to beginners and experienced alike. Over 4km long, with a more active, adventurous feel.



Playa del Chaparral — Natural & Quiet

A quieter, more natural beach backed by pine forest. Perfect for picnics, walks, and a more relaxed beach day away from the summer crowds. Less developed, more rugged charm.



Boat Trips & Dolphin Watching

From La Cala's small port, you can hire catamaran trips to see dolphins and swim in the sea. Glass-bottom boats let you observe marine life without diving. Private boat hire is also available for groups.



Hiking — Sierras de Mijas Natural Park

The dramatic mountains behind La Cala are criss-crossed with hiking trails for all levels. Key routes include: the El Juncal dam route (beginners, lovely sea and mountain views), the Sendero de los Pescadores (challenging cliffside trail from La Cala beach through pine trees), and the 6km coastal path (flat, parallel to the sea — perfect for running or cycling). The Ermita route through the Sierras is especially recommended.



Golf — World-Class Courses Nearby

La Cala de Mijas is one of Europe's top golf destinations. Top courses within easy reach: La Cala Golf Resort (3 x 18-hole courses), Miraflores Golf Club (directly near the penthouse), Chaparral Golf Club, Calanova Golf Club, and Santana Golf & Country Club. All offer stunning natural surroundings.



Parque La Batería — Family Park


A beautiful park near La Cala where kids can use playgrounds, paddleboat on the lake, and run around in open green spaces. A great family outing after the beach.


AquaMijas — Water Park

A water park in Las Lagunas — a great day out for families with children. Check their website for seasonal opening dates and times.

Horseback Riding

Riviera Horseback Riding Center offers riding experiences for all levels in the natural landscapes around Mijas. A unique way to explore the countryside.

 *The coastal path (6km, flat, between beaches) is ideal for a morning run, cycle, or gentle walk. Rent bikes locally.*

 *Mijas Pueblo, the white village up the hill, has an extraordinary viewpoint (El Paseo de La Muralla) with panoramic views of the coast. Combine it with a visit to the historic bullfighting ring.*