

Alenda Golf Life

Magazine sponsored by Alenda Golf Property

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November 2023



Bienvenida ...

Bienvenido a Alenda Golf Life, una Revista diseñada para informar a los Residentes, Visitantes y Propietarios sobre lo bueno que es vivir, jugar o visitar Alenda Golf.

He vivido en Alenda Golf durante 18 años, desde que la Casa Club estaba detrás de la gasolinera y tenía acceso limitado al campo de golf.

Ahora, 18 años después, tenemos una Casa Club espectacular y moderna, vistas hermosas sobre el campo hacia el mar, 18 hoyos excepcionales de un desafiante Campeonato de Europa de Golf, una zona amplia de Prácticas, un Campo de Prácticas de 25 puestos y un Bar Restaurante que ofrece una variedad de Tapas deliciosas y Comidas con amplia selección.

Alenda Golf Property ha estado activamente involucrado ayudando a sus clientes - sea Propietarios o Compradores en Alenda Golf durante los últimos 18 años.

Alenda Golf Property es una Consultora Inmobiliaria, independiente y especializada únicamente en Alenda Golf.

Somos capaces de demostrar 18 años de experiencia y durante este período hemos desarrollado y formado una gran red de contactos – como especialistas de Oficios Locales, el Sector Legal, Abogados, Gestores, Notarios, Arquitectos Técnicos y Bancos... por ejemplo, y tenemos buenas comunicaciones con las varias Comunidades dentro de Alenda Golf y colaboraciones con el Ayuntamiento y la Policía Local.

Estamos totalmente comprometidos a ofrecer un servicio abierto y honesto a los clientes que deseen comprar o vender una propiedad en Alenda Golf... ante todo - vamos a ser vecinos si deciden vivir o comprar en Alenda Golf.

También creemos que los vendedores deben obtener un valor de mercado honesto por su inmuebles y los compradores deben obtener un rendimiento bueno para su inversión.

Alenda Golf Property - Nada mas Sencillo y Seguro Gracias y Saludos,

Gloria Cornelius



Alenda Golf Property
info@alendagolfproperty.com
www.alendagolfproperty.com
+34 649 649 018



Welcome ...

Welcome to Alenda Golf Life, a Magazine designed to inform Residents, Visitors and Owners how good it is to Live, Play or Visit Alenda Golf.

I have lived at Alenda Golf for 18 years, since the Clubhouse was behind the petrol station and had limited access to the golf course.

Now, 18 years later, we have a spectacular modern Clubhouse, beautiful views over the course towards the sea, 18 exceptional holes of challenging European Championship Golf, a large Practice area, a 25 hole Driving Range and a Bar Restaurant offering a variety of delicious Tapas and a wide selection of meals.

Alenda Golf Property has been actively involved in helping its clients - both Owners and Buyers at Alenda Golf for the past 18 years.

Alenda Golf Property is an Independent Property Consultancy specialising solely in Alenda Golf.

We are able to demonstrate 18 years of experience, and during this period we have developed and built a large network of contacts of specialists in Local Trades, the Legal Sector, Lawyers, Accountants, Notaries, Technical Architects and Banks, and we have good communications within the various Communities of Alenda Golf and collaborations with the Town Hall and Local Police.

We are totally committed to offering an open and honest service to clients wishing to buy or sell a property in Alenda Golf ... after all, we will be neighbours if you decide to live or buy in Alenda Golf.

We also believe that Property Owners should get an honest market value for their property and Buyers get a good return on their investment.

Alenda Golf Property - A Secure and Simple Process Gracias y Saludos,

Gloria Cornelius



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Small Advert Pages ...

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Simply Spanish Wine

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by golfers for golfers

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When moving your money from the UK to Spain or visa versa we think it should be a simple and secure process that is cost effective that's why we recommend Worldwide Currencies.

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- Best Currency rates available
- Expert guidance

Need help and direction call +34 649 649 018

Buying a property abroad?
Save up to 4% on exchange rates



Worldwide currencies

Frontline Villa 4 Bedrooms 3 Bathrooms (1 En Suite)

This frontline golf villa is in an ideal location, close to the clubhouse and private school with views over the golf course towards the mountains.

Reference: TSAG

395,000€



Frontline Golf Apartment

This frontline golf apartment is in an ideal location, close to the clubhouse and private school with views over the golf course towards the mountains

Reference: PMAG

119,000€



Immaculate Townhouse For Sale

Sold Fully Furnished with High Quality Furniture.

In excellent condition no decoration required.

Glass Curtains, Garden and Private Parking

Reference: KADLA

220,000€



Great Family Home For Sale

3 Floor Townhouse | 3 Bedrooms | 2.5

Bathrooms | Basement Leads to Pool | Back

Garden | Fully Fitted Kitchen | Beautifully

Furnished

Reference: KTAG

195,000€



SSD	VS	HDD
faster	✓	✗ slower
more expensive	✗	✓ cheaper
non-mechanical (flash)	✓	✗ mechanical (moving parts)
shock-resistant	✓	✗ fragile

Speed Up your computer!

Concentration at work is essential to do a good job and not make mistakes; The speed of the computer is essential so as not to lose concentration waiting for the computer with each click.

For this reason, we always encourage people to ask us if the computer can be made faster, because there are still computers that do not have the disk upgrade for speed, and they are working at less speed than the computer can provide.

Today there are solutions that can make our 3-year-old or older computer work almost twice as fast, respond almost 5 times faster, save more energy and make the computer weigh less, just by changing a component that requires a \$99 repair. .

Don't lose concentration while working, and you will work better and with fewer errors.

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Acelere su ordenador

La concentración en el trabajo es esencial para hacer un buen trabajo y no cometer errores; La velocidad del ordenador es esencial para no perder la concentración esperando al ordenador con cada clic.

Por esta razón, siempre animamos a la gente a que nos pregunte si se puede hacer el ordenador más rápido, porque todavía hay ordenadores que no tienen la actualización de disco para la velocidad, y están trabajando a menos velocidad de la que el ordenador puede proporcionar.

Hoy en día existen soluciones que pueden hacer que nuestro ordenador de 3 años o más trabaje casi el doble de rápido, responda casi 5 veces más rápido, ahorre más energía y haga que el ordenador pese menos, sólo cambiando un componente que requiere una reparación de 99 dólares. .

No pierdas la concentración mientras trabajas y trabajarás mejor y con menos errores.

Need help getting a mortgage?



Due to the volume of business Mortgages Direct process on the Costa Blanca North area, they are able to offer their clients bespoke mortgage solutions with exclusive rates and conditions. Whether you are buying an investment property, holiday home, or main residence, you will benefit from their level of expertise as an accredited Real Estate Loan Assessor by the Bank of Spain. Since the recent legislation of new mortgage rules and regulations, now more than ever, Mortgage Direct can ensure that as a foreign buyer, you achieve the best financial product for your particular needs and requirements.

SAN ALBERT MAGNO ...



Durante este mes de noviembre tendremos 2 días destacables en el Colegio San Alberto Magno: el día 17 que conmemoramos a San Alberto Magno, un memorable científico, con actividades divertidas; y el día 20 que será el día del niño.



Por otro lado, el último día de clase del trimestre será el 22 de diciembre en el que celebraremos nuestro tradicional festival de Navidad por la tarde.



Como noticia destacable les compartimos que nuestra alumna África Oliva de 3º ESO ha obtenido una tremenda e impecable victoria en el Campeonato de España de Federaciones Autonómicas Infantil 2023 de golf, que se ha celebrado en Vallromanes (Barcelona).

Por otro lado, ha estado acompañada por sus compañeros de la Selección Valenciana junto a los cuales ha conseguido reeditar de forma brillante el título logrado el año pasado y volver a colgarse la medalla de oro tras vencer con claridad a Madrid en la final (3.5-1.5).

¡Enhorabuena!



During this month of November we will have 2 notable days at San Alberto Magno School: on the 17th we commemorate Saint Alberto Magno, a memorable scientist, with fun activities; and the 20th will be Children's Day.

On the other hand, the last day of class of the term will be December 22, when we will celebrate our traditional Christmas festival in the afternoon.

As notable news we share that our Secondary 3 student África Oliva has obtained a tremendous and impeccable victory in the 2023 Spanish Children's Golf Championship of Autonomous Federations, which was held in Vallromanes (Barcelona).

On the other hand, she was accompanied by her teammates from the Valencian National Team with whom she has managed to brilliantly repeat the title achieved last year and win the gold medal again after clearly beating Madrid in the final (3.5 -1.5).

Congratulations!



Simply Spanish Wine was created to connect international residents in Spain with the amazing selection of wines that Spain has to offer.

We offer a carefully curated list of wines for sale which represent the different styles and regions, and which give expats in Spain access to affordable, high-quality wines produced by small to medium sized vineyards across Spain.

We also help our customers get better acquainted with Spanish wine. Through a series of articles, videos and more, Simply Spanish Wine aims to simplify the world of wine and help its followers gain a better understanding of what goes into a bottle, so wine lovers can make more informed choices about which wines to buy and enjoy.

DEPAULA – BODEGAS PONCE

Bodegas y Viñedos Ponce is a family winery that has really helped put DO Manchuela on the map.

Schooled at Telmo Rodríguez's Compañía de Vinos, chief winemaker Juan Antonio Ponce set up the winery in 2005 at the tender age of 24.

His aim was to produce "clean, pure, simple, straightforward wines without any make-up".

The vineyard is located between the Júcar and Cabriel rivers and sits at an altitude of 700-820 metres.

That means the vines benefit from good temperature variations between day and night, and steady winds help keep the vines healthy.

Juan works to a biodynamic calendar and uses no chemicals in the vineyard (although a small amount of sulphur is used in the winery for bottling).

Whilst Juan works mostly with Bobal grapes, he makes a few wines using other regional grapes. And Depaula is a great example of them.

Made with 100% Monastrell, it offers intense aromas of red and black fruits accompanied by herbal and balsamic notes and a touch of minerality.

In the mouth it's wonderfully fresh, full of fruit, and with a hint of Mediterranean flowers.

This is a rounded, elegant wine that is sure to delight your tastebuds.



Available now on [Simply Spanish Wine](#).



- Producer: Bodegas y Viñedos Ponce
- Region: DO Manchuela
- Vintage: 2022
- ABV: 12.5%

Alenda Golf



The Alenda Golf course was designed and built by Roland Favrat maximum respect for the original lay of the land and the estate's natural vegetation, avoiding any aggressive movements of earth during the construction process.

The golf course was completed in October 1999. It covers 49 hectares of land, 18 holes, par 72 and 6,257 metres length, as well as an excellent practice area..



Qualifying School Venue



CI J KLMI OMPL LQKI RI KSMILQWNI VLQ / QLNUVS 2017
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www.alendagolf.com | 965 62 05 21

Golf School ...



The Alenda Golf National School has an excellent practice area with 25 driving range stations and areas where you can practice all levels of short and medium game.

There is a large putting area where you can practice chipping and putting, There is also a 9 hole practise golf course with holes across the lake which can be challenging

It has an audiovisual room equipped with the very latest technology (computer swing analysis), where the theory classes are held.

All our teachers are qualified and endorsed by the Royal Spanish Golf Federation.

Alenda Golf offers a range of courses for individuals and groups, with beginners' and advanced classes to meet our students' requirements.

Tel: +34 965 620 521 Email: cadymaster@alendagolf.com

Classes	Members	Non-Members
1 Person 1 Hour	35€	40€
2 Persons 1 Hour	47.50€	60€
10 Classess / 1 Person / 1 hour	315€	360€
10 Classes / 2 Persons / 1 hour	427.50€	540e

Prime Investment Opportunity

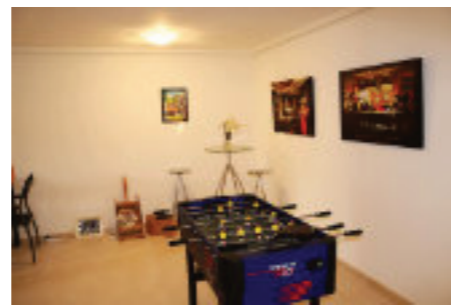
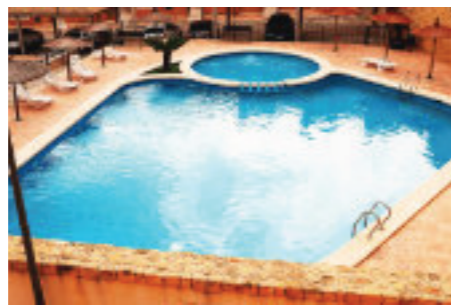
3 Floor Townhouse | 3 Bedrooms | 2.5 Bathrooms
Basement Leads to Garden & Pool Area

195,000€

Prime Investment Opportunity at Alenda Golf

Situated amidst the tranquil mountains, this three-storey townhouse at Alenda Golf is a gem for investors eyeing the Airbnb or holiday letting market. Its strategic location, combined with top-tier amenities, ensures a consistent demand from visitors year-round.

The property boasts three luxurious bedrooms, including a master with an ensuite, a modern kitchen, and a spacious lounge that opens to a balcony overlooking the pool. The basement, elegantly decorated, leads to a garden with direct pool access.



Alenda Golf offers a range of amenities: an Olympic gym, a tapas bar with golf course views, a restaurant, and a supermarket.

Located just 10 minutes from Alicante and 15 minutes from its international airport, with four other golf courses within 30 minutes, it's an ideal spot for golf enthusiasts.

Seize this opportunity to invest in a property that blends luxury with promising returns.

The Alenda Golf Course

Alenda Golf offers 18 holes of championship golf designed and built by Roland Favrat.

The golf course was completed in October 1999 and covers 49 hectares of land, 18 holes, par 72 and 6,257 metres in length, as well as an excellent 9 hole practice area.

The Golf School is guided by the Golf Federation of the Valencian Community.

Alenda Golf has been used as a European Tour Qualifying School and many Senior Spanish Championships have been held here.

A perfect and complete Golf Rental Opportunity, call Gloria on + 34 649 649

Teléfonos de Interés

Servicios Públicos

Farmacia Jesús Juana Roa, C/Castro Richart,12, Tel. 965620034

Farmacia Javier Llopico, C/Vinalopó 2b, 1, Tel. 965621754

Farmacia-Ortopedia Charo Ayela, C/ Hermanos Kennedy, 3, Tel. 965620364 –

Centro De Salud, C/ Agost,52 , Tel. 966908050

Correos Y Telégrafos, Avda. De Aspe, 17 Bajo, Tel. 965620285

Coop. Agrícola, Camino Agozador, 2, D. Manuel Ramón Fernández, Tel. 965620281

Comunidad De Regantes, Avda. De Alicante, 123, D. Carlos Ibarra, Tel. 965620330

C.P. Jorge Juan, Enrique Santos, S/N, Tel. 965 620 130

Colegio S.Alberto Magno, Avda. De Levante, 10, Tel. 965625200

IES Monforte, Avda. Miguel Candela, S/N, Tel. 96 6908125 / 96 5621492 Campo Golf

Alenda, Avda. Del Mediterráneo, 52, Tel. 965620521

Campo Golf Font Del Llop, Ctra. Alicante-Aspe Cv 847 Km 3,5, Tel. 966126767

Ayuntamiento

Policía Local, Plaza De España, 3, Tel. 965620239/609903189

Oficina Guardia Civil, Plaza De San Pascual, Tel. 966195756 Casa

Consistorial, Plaza De España, 1, Tel. 965620025/6 Oficina De

Turismo, Plaza De España, 1, Tel. 965626417 Museo Íbero, Plaza

Bonifacio Amorós,10, Tel. 966186345 Servicios Sociales, C/ Joan Miró,

13 Bajo, Tel. 965621828 Biblioteca, C/Juan De La Torre, 8, Tel.

966195733

Fpa Monforte, C/ Joan Miró, 13, Tel. 966195780

Club 3ª Edad, Avda. De Alicante, 43, Tel. 965620787

Hotel De Asociaciones, C/ Colombia S/N, 965620043

Escuela Infantil, C/ Vicente Blasco Ibáñez, 2, Tel. 965621443

Televisión Monforte, C/ Ramón Y Cajal, 9 1º, Tel. 965626422

Pabellón Municipal, Ronda Maestro Rodrigo, S/N Tel. 966195757

Polideportivo, Avda. Jaime I, S/N, Tel. 965621266

Campo De Fútbol, C/ Eusebio Sempere, S/N, Tel. 966180215 Centro

De Información Juvenil, C/ Colombia S/N, Tel. 965621190

Zona Acampada Orito, Subida Vehículos Hacia Cueva, Tel. 965620025/6

Casa De La Música, C/ Guillén Gras, 6, Tel. 965620710/678623547

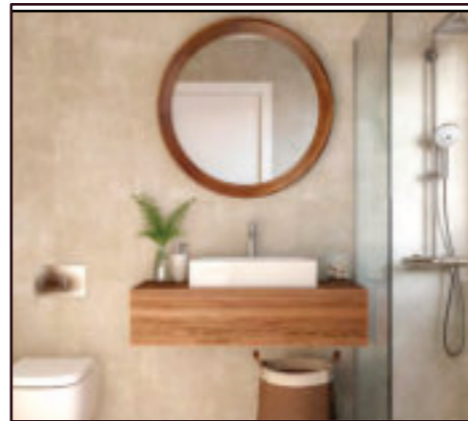
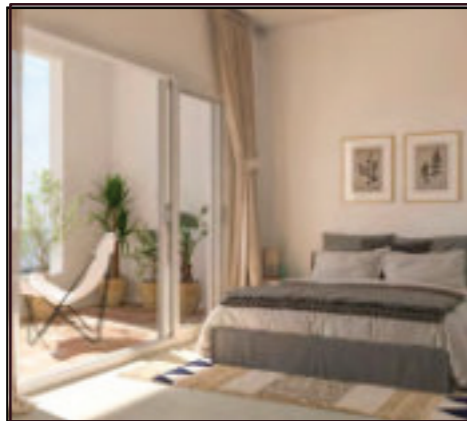


Video

Monforte Del Cid



Sunrise Views... Alenda Golf

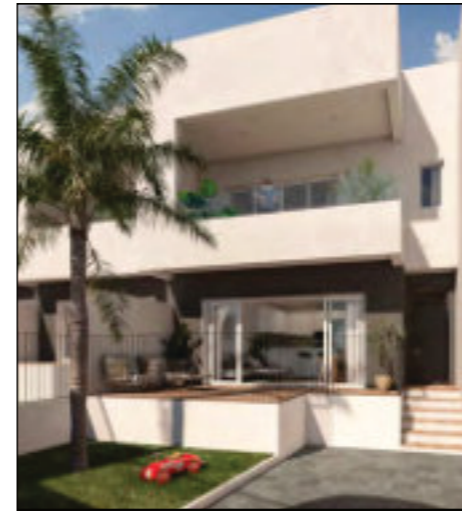


Sunrise Views se encuentra ubicada en un entorno tranquilo en las inmediaciones de Alenda Golf Course. Las viviendas cuentan con aerotermia completa, sistema de renovable que aprovecha la energía ambiental exterior.

Sunrise Views is located in peaceful surroundings at Alenda Golf Course in Monforte. The houses are provided with a complete aerothermal energy system for heating, air conditioning, and domestic hot water, a renewable energy system that takes advantage of external environmental energy.

DESDE / FROM 280,000€

For more information please call Gloria on + 34 649 649 018 or info@alendagolfproperty.com



Viviendos Tipo 1 | Houses Type 1

Enjoy a spacious duplex house with 3 bedrooms, 2 bathrooms, 1 guest toilet, a large front garden, and a roof solarium.

Type 1 properties have a garage space inside the individual plot, next to the garden.

Disfruta de una amplia vivienda en dúplex de 3 dormitorios, 2 baños, 1 aseo, amplio jardín delantero y zona solarium en azotea.

Las viviendas tipo 1 cuentan con una plaza de garaje en el interior de la parcela individual, junto al jardín



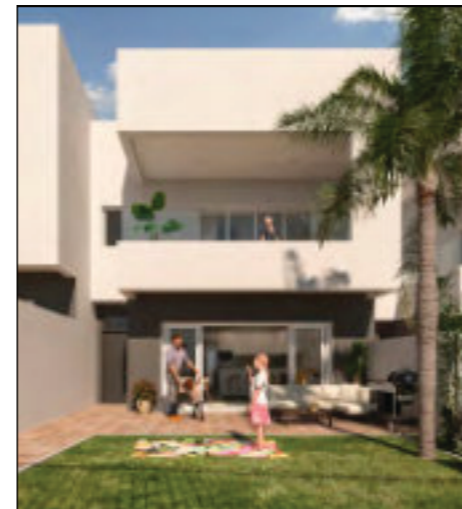
Viviendos Tipo 1G | Houses Type 1G

Enjoy a spacious duplex house with 3 bedrooms, 2 bathrooms, 1 guest toilet, a large front garden, and a solarium on the roof.

Type 1 properties have a garage space inside the individual plot, next to the garden.

Disfruta de una amplia vivienda en dúplex de 3 dormitorios, 2 baños, 1 aseo, amplio jardín delantero y zona solarium en azotea.

Las viviendas tipo 1 cuentan con una plaza de garaje en el interior de la parcela individual, junto al jardín.



Viviendos Tipo 2 | Houses Type 2

Enjoy a spacious duplex house with 3 bedrooms, 3 bathrooms, two of them en suite, a basement, a large front garden, and a solarium on the roof.

One parking space on the private street within the urbanization.

Disfruta de una amplia vivienda en dúplex de 3 dormitorios, dos de ellos en suite, 3 baños, un sótano, amplio jardín delantero y zona solárium en azotea.

Plaza de parking en calle interior común.



Viviendos Tipo 2E | Houses Type 2E

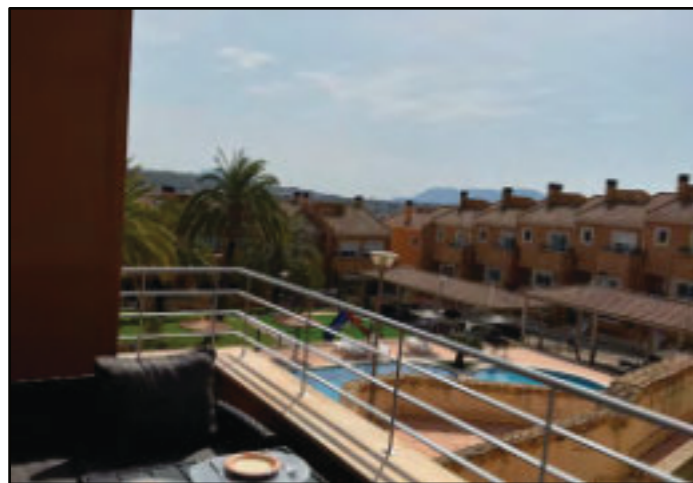
Enjoy a spacious corner duplex house with 3 bedrooms, 3 bathrooms, two of them en suite, a basement, a large front garden and a solarium on the roof.

Type 2E properties, as they are situated on corner plots, benefit of a large garden with a parking space on the individual plot.

Disfruta de una amplia vivienda en dúplex de esquina de 3 dormitorios, dos de ellos en suite, 3 baños, un sótano, amplio jardín delantero y zona solárium en azotea.

Las viviendas tipo 2E, al tratarse de parcelas de esquina, disfrutan de amplias zonas ajardinadas con garaje en el interior de la parcela individual.

Rent4Golf ... Alquiler vacacional



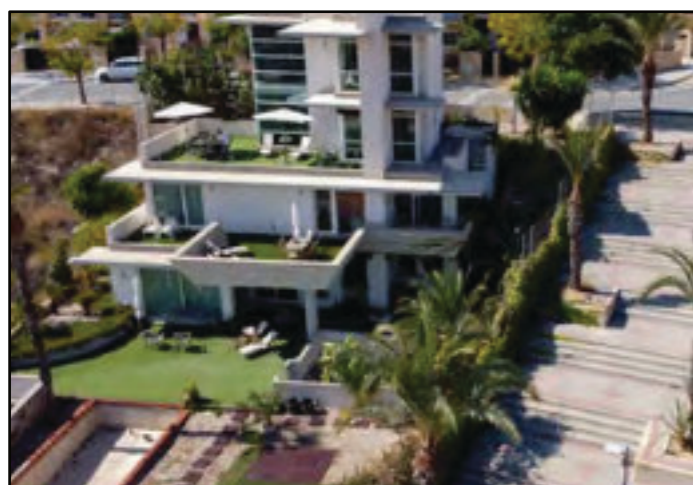
Modern and spacious house for rent during holiday seasons. The house is a 2 floors terrasse house situated in centre of Alenda Golf, providing best facility for golf lovers and not limited to, easy to reach Alicante within less than 15 minutes, as well a great communal facilities such as 2 pools, one for children's and one for adults.

It self the house provides you with 3 bright and big bedrooms (double-rooms), a spacious living room as well full equipped kitchen, 3 bathrooms (one service bathroom and 2 main bathrooms), a spacious terrasse as well one balcony to enjoy the weather while relaxing 'home'. Call + 453 1230954 | melissa_oanaa@yahoo.com Furthermore, the house is fully furnished with a touch of Danish design, comfortable and modern furniture's from BoConcept to leverage the cozy'ness of your stay in Spain-Alenda.



New semi-detached townhouse with 2 bedrooms and communal swimming pool, equipped with air conditioning and private parking space.

Just 100 meters from the golf course. Price €140 per night.
Avenida del Mediterraneo
Alenda Golf
Monforte del Cid
03670 Alicante
Spain
Email: didier.mindaa@gmail.com
Telephone: 688 790 444



Loft independiente en Alenda Golf, Con baño, dormitorio, y amplia terraza en Planta Baja y en Planta Alta se encuentra el Sal3n, zona de lectura, comedor y cocina . Si te gusta la naturaleza, Golf, Senderismo, Bicicleta, etc. Cerca de Alicante, Elche, Playas, Aeropuerto.

En una ubicaci3n privilegiada, con unas vistas geniales al campo de Golf y a la Bah3a de Alicante, en una vivienda singular de nueva construcci3n , con jard3n.

Estancia m3nima 2 d3as. Telf : 627532310

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80€ noche / 50€ limpieza estancia

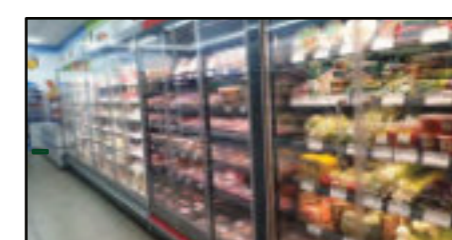
¿Tiene una propiedad en Alenda Golf que alquila? ¿Le gustaría anunciarse aqu3 en Alenda Golf Life?

Puede hacerlo y es gratis, no tiene que pagar nada, env3enos una imagen de su propiedad y una breve descripci3n y la a3adiremos a esta p3gina en la pr3xima edici3n. Env3a informaci3n a Info@alendagolfproperty.com

Do you own a property at Alenda Golf that you rent out? Would you like to advertise here on Alenda Golf Life?

You can and it's free, nothing to pay, Send us an image of your property and a brief description and will add it to this page in the next edition. Send info to Info@alendagolfproperty.com

Learn the LanguageAprender el Idioma



Horario / Hours
De Lunes a Sabado
Monday to Saturday
de 8h a 15h / de 17h a 21h
Domingo y Festivos
Sunday and Holidays

Here's a list of common words you might find helpful when shopping at Dicost.

mucho	much	aqu3	here	por favor	please
adi3s	good bye	o	or	con	with
muchos	many	arriba	up	por qu3	why
fuera	out	otra vez	again	cosa	thing
muy	very	as3	like this / lthat	porque	because
ahora	now	otro	other	cual	which
necesito	I need	a3n	still	primero-primera	first
al	to the	para	for / in order to	cuando	when
no	no / not	bueno-buena	good	puede	you can
amigo-amiga	friend	pero	but	chico-chica	small / little
nosotros	we / us	casi	almost	puedo	I can
amo	I love	pienso	I think	de	from / of
nuestro-nuestra	our	como	like	que	that
antes de	before	por	for	debajo	under

Gimnasio Alenda Golf



Apertura Cierre

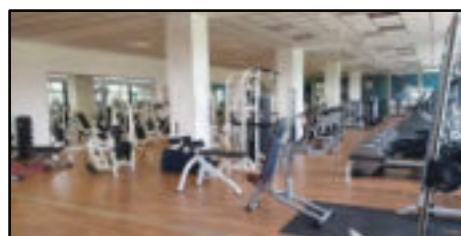
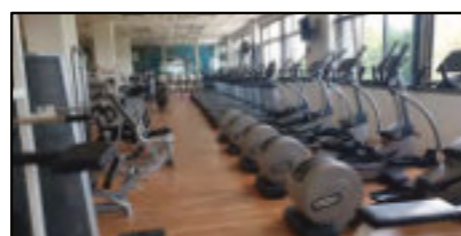
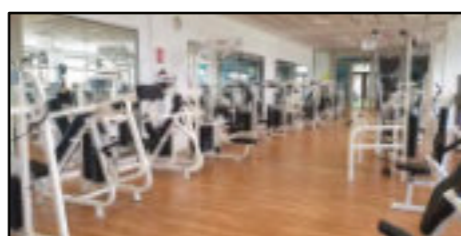
De Lunes a Viernes

8:00 21:15

Sábados - Domingos - Festivos

8:00 14:00

Hora	Lunes	Martes	Miercoles	Jueves	Vienes
9:30 - 10:30	Ciclo Indoor Virtual	Ciclo Indoor Virtual	Ciclo Indoor Virtual	Ciclo Indoor Virtual	Ciclo Indoor Virtual
18:00 - 18:30	Aeropump	HIT High Intensity Interval Training	Aeropump	HIT High Intensity Interval Training	
18:30 - 19:00	Abdominales	TRX	Abdominales	TRX	
19:00 - 20:00	Ciclo Indoor		Ciclo Indoor		Ciclo Indoor
20:00 - 21:00	Cross Training	Ciclo Indoor	Cross Training	Ciclo Indoor	Abdominales



Get Golf Fit - Improve Your Game

Golf, often misconceived as a leisurely game with little physical demand, is a sport that requires a significant level of fitness. A golfer's power, precision, and endurance on the course are intricately linked to their physical condition.

A well-toned body, core strength, and flexibility are not just ancillary benefits; they are prerequisites for anyone looking to play great golf. The swing, the walk, and even the focus are all enhanced by physical fitness. As such, a regular workout regimen, especially one tailored for the specific demands of golf, is indispensable.

10 Gym Machine Exercises for Golfers:

Leg Press: Why: Strengthens the lower body, enhancing stability during swings.
How: Sit on the machine, place your feet on the platform and push, focusing on using your legs and hips.

Cable Pulleys : Why: Improves rotational strength, crucial for powerful swings.
How: Hold the cable handle, rotate your torso while keeping your hips stable.

Treadmill: Why: Boosts endurance, essential for long hours on the course.
How: Incorporate interval training for enhanced stamina.

Rowing Machine: Why: Works on upper body strength and cardiovascular fitness.
How: Maintain a steady pace, focusing on form and rhythm.

Lat Pulldown: Why: Strengthens the back muscles, aiding in a stable and controlled swing.
How: Pull the bar down to your chest, keeping your back straight.

Leg Curl Machine: Why: Enhances hamstring strength, supporting a strong stance.
How: Curl your legs towards your buttocks, keeping the movements controlled.

Chest Press: Why: Builds chest and arm strength, contributing to powerful drives.
How: Push the handles away from you, focusing on your chest and arms.

Elliptical Trainer: Why: Offers a full-body workout and improves cardiovascular health.
How: Use both the arm and leg movements for an effective workout.

Abdominal Crunch Machine: Why: Strengthens core muscles, essential for balance and swing power.
How: Focus on using your abdominal muscles to lift the weight, keeping your back straight.

Hip Abductor/Adductor Machine: Why: Improves hip strength and flexibility, aiding in a fluid and powerful swing.
How: Move your legs away from and towards the centre, focusing on the hip muscles.

Incorporating these gym machine exercises into your fitness routine can significantly enhance your golfing performance.

A stronger, more flexible, and enduring physique not only elevates the quality of each swing but also bolsters overall gameplay, ensuring that you are as formidable on the 18th hole as you are on the 1st.

Respect Our Environment ...

The Environmental Impact of Litter on Golf Courses: A Call to Action

Golf courses, with their sprawling greens and meticulously maintained landscapes, are often seen as sanctuaries of leisure and sport.

However, like any other outdoor space, they are susceptible to the detrimental effects of littering. Leaving rubbish strewn around a golf course not only mars its beauty but also poses significant threats to the surrounding environment.

Here's a closer look at the impact of such negligence and a plea for responsible behaviour.

1. Harm to Wildlife:

Discarded rubbish can be fatal to the local fauna. Animals, birds, and even aquatic life can mistake smaller pieces of trash for food, leading to ingestion. This can cause blockages, poisoning, or even death. Moreover, creatures can become entangled in discarded items, restricting their movement, and leading to prolonged suffering.

2. Soil and Water Contamination:

Many items of rubbish, especially plastics, take hundreds of years to decompose. As they break down, they release harmful chemicals into the soil. These toxins can then leach into groundwater or be carried to nearby water sources, affecting both aquatic life and the quality of water that may eventually be used for drinking.

3. Aesthetic Degradation:

Litter detracts from the natural beauty of a golf course. Instead of pristine greens and clear water hazards, players and visitors are met with the unsightly presence of discarded wrappers, bottles, and other refuse. This not only diminishes the experience for golfers but can also affect the local economy.

4. Increased Maintenance Costs:

Clearing litter requires additional labour and resources. Golf course staff must spend extra time cleaning up, which could have been better utilised in enhancing the course's features. This not only increases operational costs but can also lead to higher membership or entry fees.

5. Disruption to Natural Processes:

Organic waste, like food remnants, can alter the nutrient balance of the soil. This can lead to overgrowth of certain plants or algae in water bodies, disrupting the natural ecosystem and potentially harming native species.

A Plea for Responsibility:

The solution is simple: if you bring it in, take it out. Golf courses often provide bins at various points, making it easy for players and visitors to dispose of their waste responsibly. If, for some reason, a bin isn't accessible, take your rubbish with you and dispose of it at home.

Golf is a sport that celebrates the outdoors, nature, and tranquillity. Let's ensure that our actions reflect a commitment to preserving these very elements that make the game so special. Remember, a clean golf course is not just about aesthetics; it's about respect for the environment and the creatures that call it home.



Golf Skills & Rules ...



Rules: Teeing Off Rules?

Definition of Teeing Area: It's a two-club-length rectangle measured and bounded by the front and outside edges of the tee markers.

In the game of golf, the tee box, also known as the teeing ground, is the designated starting point for each hole. According to the Rules of Golf set by The R&A and the USGA, when teeing off, players must ensure that their ball is placed between the tee markers and not in front of them. The ball can be teed up to two club-lengths behind the tee markers, but not outside this area. If a player mistakenly tees off outside this designated area, they are in breach of the rules and must incur a two-stroke penalty in stroke play or loss of hole in match play. After incurring the penalty, the player must then re-tee within the correct area.

Furthermore, while on the tee box, players should practise good etiquette. This includes not teeing off until it's their turn, refraining from making unnecessary noise or movements that could distract other players, and ensuring safety by waiting until the group ahead is out of range before taking their shot. Proper conduct in the tee box ensures a smooth and respectful game for all participants.

Reglas: ¿Reglas de salida?

Definición del Área de Salida: Es un rectángulo de dos longitudes de club medido y delimitado por los bordes frontales y exteriores de las marcas de salida.

En el juego del golf, el área de salida, también conocida como el terreno de salida, es el punto de inicio designado para cada hoyo. Según las Reglas del Golf establecidas por The R&A y la USGA, al salir, los jugadores deben asegurarse de que su bola esté colocada entre las marcas de salida y no delante de ellas. La bola puede ser colocada hasta dos longitudes de club detrás de las marcas de salida, pero no fuera de esta área. Si un jugador sale por error fuera de esta área designada, está infringiendo las reglas y debe incurrir en una penalización de dos golpes en el juego por golpes o pérdida de hoyo en el juego por hoyos.

Después de incurrir en la penalización, el jugador debe volver a colocar la bola dentro del área correcta. Además, mientras están en el área de salida, los jugadores deben practicar una buena etiqueta. Esto incluye no salir hasta que sea su turno, abstenerse de hacer ruidos o movimientos innecesarios que puedan distraer a otros jugadores y asegurarse de esperar hasta que el grupo de adelante esté fuera de alcance antes de hacer su tiro. Una conducta adecuada en el área de salida garantiza un juego suave y respetuoso para todos los participantes.

R

Respect

Respect our environment

Respeto

Respetar nuestro entorno

Remove

Remove your rubbish

Retirar

Elimina tu basura

Mandatory Dog Insurance ...

Seguro obligatorio para perros ...

Mandatory Dog Insurance in Spain to Take Effect from 29th September 2023

In March of this year, after months of negotiations, the pioneering Animal Welfare Act, known as Law 7/2023, was successfully passed. Among its groundbreaking measures, a significant provision has been introduced, which mandates all dog owners to have public liability insurance for their pets. This requirement will come into force on 29th September 2023, marking a considerable advancement in pet protection.

Article 30 of this revolutionary legislation clearly requires individuals who have dogs to obtain and maintain liability insurance covering potential third-party damages for the duration of the animal's life. This comprehensive cover not only includes possible harm caused by the dog but also those responsible for the dog's actions. The objective is to ensure that adequate financial protections are in place to cover any ensuing costs.



El seguro obligatorio para perros en España entrará en vigor a partir del 29 de septiembre de 2023

En marzo de este año, tras meses de negociaciones, se aprobó con éxito la Ley de Bienestar del Animal, conocida como Ley 7/2023. Entre sus medidas pioneras, se ha introducido una importante disposición que obliga a todos los dueños de perros a tener un seguro de responsabilidad civil para sus mascotas. Este requisito entrará en vigor el 29 de septiembre de 2023, lo que supone un avance considerable en la protección de los animales de compañía.

El artículo 30 de esta revolucionaria legislación obliga claramente a los particulares que tengan perros a obtener y mantener un seguro de responsabilidad civil que cubra los posibles daños a terceros durante toda la vida del animal. Esta amplia cobertura no sólo incluye los posibles daños causados por el perro, sino también a los responsables de las acciones del perro. El objetivo es garantizar una protección financiera adecuada que cubra los costes derivados.

El Pilates - Alenda Golf

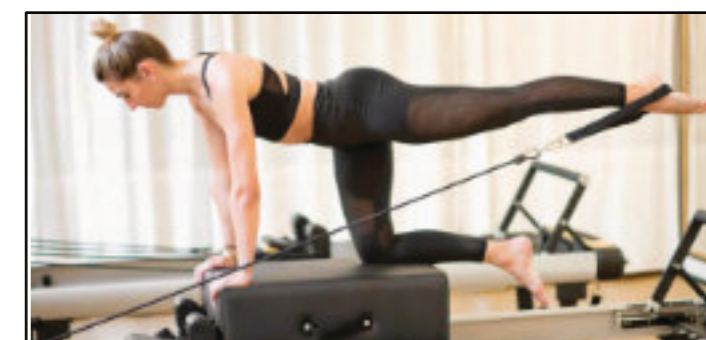
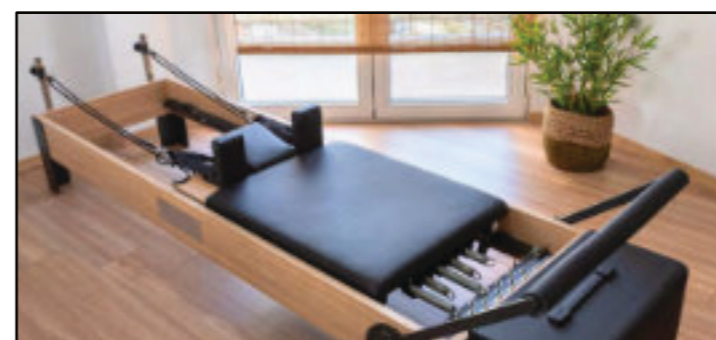
Lunes Monday	Martes Tuesday	Miércoles Wednesday	Jueves Thursday	Viernes Friday
9:30 a 10:30	8:15 a 9:15	9:30 a 10:30	8:15 a 9:15	9:30 a 10:30
18:00 a 19:00	9:30 a 10:30	18:00 a 19:00	9:30 a 10:30	18:00 a 19:00
19:00 a 20:00	17:00 a 18:00	19:00 a 20:00	17:00 a 18:00	
	18:00 a 19:00		18:00 a 19:00	
	19:00 a 20:00		19:00 a 20:00	

Precio:

1 día a la semana 45 euros al mes (abonados 40 euros)

2 días a la semana 80 euros al mes (abonados 72 euros)

*Reserva en Pro Shop
Book in the Pro Shop*



En pilates Alenda, disponemos de 8 camas Reformer con todo tipo de accesorios, destinadas para un máximo de 8 personas por clase.

Hacemos estos grupos reducidos, para poder estar pendiente de cada alumno e incluso de personalizar algún ejercicio, acorde a sus limitaciones.

La duración de cada clase es de 1 hora.

Lo idóneo, sería la asistencia a la semana de dos clases, ya que en una trabajamos más el tren superior y en la otra el tren inferior, siempre desde el enfoque en el núcleo (core) y con un preciso control de movimientos.

Para cualquier consulta, no duden en contactar con nuestro monitor Hugo Pastor Balart, Licenciado en Ciencias de la Actividad Física y del Deporte y con una gran formación en Pilates Reformer.

At Alenda Pilates we have 8 Reformer beds with all kinds of accessories, intended for a maximum of 8 people per class.

AS these are smaller groups, we are able to be aware of each students' requirements and help by customizing some exercise, according to the client's limitations.

Each class is 1 hour long.

To maximise benefits we recommend that clients attend two classes per week.

This allows us the time to concentrate on upper and lower body development.

However, we always focus on the body core with precise control of movements in every lesson.

For any questions, do not hesitate to contact our monitor Hugo Pastor Balart, Bachelor of Science in Physical Activity and Sport. Specialist training in Pilates Reformer.

Great News ...

Ouigo Introduces Additional High-Speed Train Service Between Alicante and Madrid

Good news for travellers between Alicante and Madrid! Starting from 12th December, an additional high-speed train service will be available, thanks to the private company, Ouigo. This enhancement in the train service is a testament to the growing demand and the commitment of service providers to cater to the needs of the public.

The French-based firm made the announcement this Wednesday, highlighting that the frequency of trains operating on the Alicante-Albacete-Madrid route would be increased. Previously, there were two trains per day in each direction. However, with this new addition, passengers can now choose from three daily services in both directions.

This move by Ouigo not only offers more flexibility for travellers but also signifies the strengthening ties and improved connectivity between these two major Spanish cities. Whether you're travelling for business or leisure, this increased frequency ensures that you have more options to choose from, making your journey smoother and more convenient.



Ouigo Introduce un Servicio Adicional de Tren de Alta Velocidad Entre Alicante y Madrid

¡Buenas noticias para los viajeros entre Alicante y Madrid! A partir del 12 de diciembre, estará disponible un servicio adicional de tren de alta velocidad, gracias a la empresa privada, Ouigo. Esta mejora en el servicio de trenes es un testimonio de la creciente demanda y del

compromiso de los proveedores de servicios para satisfacer las necesidades del público.

La firma con sede en Francia hizo el anuncio este miércoles, destacando que la frecuencia de los trenes que operan en la ruta Alicante-Albacete-Madrid se incrementaría. Anteriormente, había dos trenes al día en cada dirección. Sin embargo, con esta nueva adición, los pasajeros ahora pueden elegir entre tres servicios diarios en ambas direcciones.

Este movimiento de Ouigo no solo ofrece más flexibilidad para los viajeros, sino que también significa el fortalecimiento de los lazos y la mejora de la conectividad entre estas dos importantes ciudades españolas. Ya sea que viaje por negocios o por placer, esta mayor frecuencia asegura que tenga más opciones para elegir, haciendo que su viaje sea más fluido y conveniente.

What our clients say ...

I have recently sold my villa on Alenda Golf complex using the local sales agent 'Alenda Golf Properties'.

They took control from the start, giving me a valuation more realistic than other agents, setting up promotion and advertising, bringing in interested viewers and ultimately the buyer.

They organised all necessary paperwork and contractual requirements and it took less than four weeks from agreeing a sale to completion.

I put the property on the market in January this year, a sale was agreed in July and the sale completed in August.

Thanks to Alenda Golf Properties for a job well done. Les Monks



Empezamos las negociaciones antes del verano, que sabíamos que iba a ser complicado. Pero han sido todo facilidades por parte de Gloria y aún siendo algo difícil por ser los vendedores de otro país, todo ha sido muy fluido y cómodo gracias a ella, y finalmente ya puedo disfrutar del ansiado piso.



Increíble trato, muchas gracias por hacer realidad nuestro sueño.

Es increíble poder encontrar gente como vosotros, profesionales y tan cerca de nosotros que hacéis que todo sea sencillo.

Enhorabuena por vuestro trabajo August 2022

Miguel Garcia

Si volviese a comprar, no dudaría en contactar con ellos.

Hugo Pastor



100%Weiterempfehlung 100%Professionell 100%Service zu 100% Alenda Golf Property

Wir haben unseren "Happy Place" an der Costa Blanca genauer in Alend Golf gefunden.

Alenda Golf Property hat uns professionell,akribisch und vertrauensvoll geholfen den Traum von einem Eigenheim in Spanien zu verwirklichen.

Dank der professionalität und des guten Netzwerks um sich herum hat uns Alenda Golf Property beim finden der richtigen Immobilie, beim erledigen und dem beantragen für den Kauf notwendiger Formalitäten außergewöhnlich unterstützt...und das obwohl ich so gut wie kein spanisch und nur Schulenglisch spreche.

Auch nach dem Kauf der Immobilie ist Alenda Golf Property für einen als Ansprechpartner vor Ort (Property Management Service)

1000 Dank Gloria and George und Ihr komplettes Netzwerk,daß

Sie uns so sehr geholfen und unterstützt haben unseren "Happy Place" zu finden und Ihn nun zu 100% genießen zu können.

Muchas Gracias Alenda Golf Property Mit den allerbesten Grüßen aus Deutschland Marcus,

Verena und Marcel

We had the pleasure of working with Gloria from Alenda Golf Property to sell our house. She sold it in record time and for a great price. Unlike other agents who simply put up a sign, and expect results, she makes things happen and quickly!

We were totally impressed with her level of expertise in the area and her professionalism. What had been a stressful process in the past became a truly enjoyable one with her. I give my highest recommendation and wouldn't dream of using anyone else

Carlos & Simon Spain



¿Quiere vender su propiedad?

¿Por qué elegir Propiedades de Alenda Golf?

Durante más de 18 años, no sólo hemos residido en el corazón de Alenda Golf, sino que también nos hemos dedicado por completo a su floreciente sector inmobiliario. Nuestra larga experiencia nos ha permitido cultivar un profundo entendimiento, establecer sólidas alianzas y obtener insights incomparables de la comunidad de Alenda

A lo largo de este viaje, hemos tenido el privilegio de asesorar a numerosos clientes en sus esfuerzos tanto de compra como de venta.

Hoy, muchos de ellos no son sólo nuestros clientes, sino también nuestros vecinos, queridos amigos y socios de confianza que siguen confiando en nosotros con sus propiedades, especialmente cuando residen en el extranjero. Ya sea que esté buscando vender tu propiedad o esperas encontrar la casa de tus sueños en Alenda Golf, estamos aquí para guiarte expertamente a través del proceso.

Llama a Gloria Cornelius + 34 459 459 018.



SOLD/VENDIDO

- Tomaremos fotografías profesionales de alta resolución de su propiedad.
- También realizaremos y produciremos un video digital para publicar en la página de su propiedad.
- Crearemos un folleto que los posibles compradores pueden descargar.
- Trabajaremos con nuestros clientes para asegurarnos de que el contenido promocionado sea correcto.
- Siempre representaremos a nuestros clientes con la mejor capacidad posible.
- Hemos vivido aquí durante 18 años, por lo que podemos demostrar experiencia local.
- Trabajamos activamente y apoyamos a nivel local con las Juntas y la Policía.
- Siempre acompañaremos a los posibles compradores cuando visiten su propiedad.
- Somos un negocio local ético y experimentado que trabaja arduamente para vender propiedades.
- Le informaremos después de cada visita de un posible cliente.
- Le comunicaremos todas las ofertas, para que esté informado y pueda tomar decisiones adecuadas.
- Investigaremos la situación financiera del comprador lo mejor que podamos.
- Publicaremos su propiedad en la revista **Alenda Golf Live**.
- Publicaremos su propiedad en **Google, Facebook, LinkedIn, YouTube**.
- Publicaremos su propiedad en el **Portal Idealista**.
- Añadiremos su propiedad a **www.costablancagolfproperties.com**

Want to sell your property?

Why Choose Alenda Golf Properties to Sell Your Property?

For over 18 years, we've not only resided within the heart of Alenda Golf but have also dedicated ourselves to its thriving real estate sector. Our tenure has enabled us to cultivate a profound understanding, establish solid partnerships, and gain unparalleled insights into the Alenda Golf community.

Throughout this journey, we've had the privilege of guiding numerous clients in both their buying and selling endeavours.

Today, many of them are not just our clients but our neighbours, cherished friends, and trusted partners who continue to entrust us with their properties, especially when residing abroad.

Whether you're looking to sell your property or hoping to find your dream home in Alenda Golf, we're here to expertly navigate you through the process.

Call Gloria Cornelius + 34 459 459 018



- We will take professional high-resolution photographs of your property
- We will also take and produce a digital video to post on your property page
- We will produce a brochure that potential buyers can download
- We will work with our clients to make sure marketed content is correct
- We will always represent our clients to the best of our ability
- We have lived here for 18 years so we can demonstrate local experience
- We actively work with and support locally with Juntas & Police
- We will always accompany potential buyers when viewing your property
- We are an ethical and experienced local business working hard to sell property
- We will report back to you after every potential client visit
- We will pass on all offers, so you are aware and able to make informed decisions
- We will investigate the buyer's financial situation as best we can
- We will post your property in the **Alenda Golf Live magazine**
- We will post your property on **Google, Facebook, LinkedIn, YouTube**
- We will post your property on the **Idealista Portal**
- We will add your property to **www.costablancagolfproperties.com**

ALENDAGOLFPROPERTY

FOR SALE

649 649 018

SE VENDE



Alenda Golf Property Page ...

With over 18 years experience in helping clients buying their dream homes, Alenda Golf Property has a unique position in eliminating the usual uncertainties and headaches associated with buying a property, whether it be an investment, a holiday home, or your main residence.

We make sure that your new home fulfills all your needs and expectations. We will assist you throughout the essential legal procedures to complete your buying or selling process including taking care of the registration of your new property and the transfer of utilities.

Alenda Golf Property makes the process straightforward and secure.

In addition, we can offer financial solutions; The opening of Bank Accounts; Introductions to Banks that can be adapted to your financial needs; Mortgage Brokers and Mortgage Intermediaries.

We can also introduce you to Leaders in the Foreign Exchange market - who offer great savings with favorable and competitive exchange rates - if you have to transfer currencies for a Purchase or in the case of a Sale and convert the Euro back to your usual currency.

Additional client support include assistance with NIE applications and Translation Services.

We not only sell - we accompany you throughout the whole process... Our goal is to provide an unparalleled, comprehensive, and superior level of service... See what our customers say on our Alenda Golf Property website.

Should you need to purchase furniture, curtains, decor, or install lighting, we can supply you with a list of professional providers.

If you are out of the country, we can ensure the works are completed through our Project Management Service.

Being a dual citizen and bilingual in both English and Spanish, we understand both British and Spanish cultures and their respective expectations.

Having previously worked in the City of London with Morgan Stanley as Personal Assistant to the Managing Director Investment Banking, and their Stock Exchange.

Combining my considerable experience in the Spanish real estate market, we are in a unique position to help our clients overcome any linguistic and legal challenges they may encounter in Spain.

Alenda Golf Property - A Secure and Simple Process.



Gloria Cornelius
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