

# Alenda Golf Life

Magazine sponsored by Alenda Golf Property

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December 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



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# 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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# Christmas Traditions on the Costa Blanca - Spain



Christmas traditions on the Costa Blanca in Spain present a distinctive fusion of Spanish customs and festive celebrations. The following are some typical Christmas traditions in this region:

**Christmas Markets:** Known as "mercadillos de Navidad", these markets are a staple in the Costa Blanca, similar to other regions in Spain. Visitors can purchase holiday gifts, decorations, and traditional Spanish foods.

**Nativity Scenes (Belenes):** A fundamental aspect of Spanish Christmas traditions, many towns and cities in the Costa Blanca display elaborate nativity scenes, often featuring life-sized figures and detailed craftsmanship.

**Christmas Eve (Nochebuena):** This evening is marked by a celebratory dinner, commonly

consisting of roasted meats, seafood, and traditional Spanish dishes. It's a time for family gatherings and gift exchanges.

**Midnight Mass (La Misa del Gallo):** Attending Midnight Mass is a widespread tradition in the Costa Blanca and across Spain. The mass typically includes carol singing and is followed by social events.

**New Year's Eve (Nochevieja):** The region celebrates New Year's Eve with great enthusiasm. A unique tradition involves eating 12 grapes at midnight, one for each chime of the clock, believed to bring good fortune for each month of the new year.

**Three Kings' Day (Día de Reyes):** Celebrated on January 6th, Epiphany is when children receive their main Christmas presents. Parades featuring the Three Wise Men are customary, and children leave their shoes out to receive gifts.

**Christmas Decorations:** Streets and homes in the Costa Blanca are adorned with festive lights, nativity scenes, and other decorations, creating a joyful atmosphere.

**Traditional Sweets:** Popular Christmas treats include turrón (nougat), polvorones (shortbread cookies), and marzipan.

**Christmas Music and Caroling:** Traditional Spanish Christmas carols and music are a common feature in shops, restaurants, and public areas during the festive season.

**Holiday Parades and Festivals:** Some towns and cities may host holiday parades and festivals with music, dance, and various forms of entertainment.

Please note that specific traditions may vary from one locality to another within the Costa Blanca. It's advisable to consult with locals or check local event listings for the most current information on holiday festivities in your area.

# Prime Frontline Golf Building Plot for Sale

120,000€



Posición central con vistas claras de los hoyos 10 y 11 hacia las montañas y Elche.

Central Position with Clear Views over the 10th & 11th Holes Towards the Mountains & Elche

Esta magníficamente situada parcela edificable, que ocupa una posición privilegiada en primera línea del Alenda Golf, abarca 706 metros cuadrados en una ubicación codiciada, presumiendo de vistas panorámicas a lo largo de las calles 10 y 11 del campo de golf de Alenda, con las montañas y Elche proporcionando un telón de fondo pintoresco.

Enclavada en el corazón de Alenda Golf, la parcela goza de una ubicación conveniente, a un tiro de piedra de la casa club, del supermercado Dicost y de una prestigiosa escuela privada. Cuenta con todos los permisos de planificación necesarios, y la zona se caracteriza por una selección de viviendas de nueva construcción adyacentes al campo de golf de Alenda.

El entorno es tranquilo y sereno, ofreciendo un retiro pacífico, y aún así se encuentra a poca distancia de animados y bulliciosos pueblos y ciudades españoles. Elche está a tan solo 10 minutos de viaje, mientras que Alicante se puede alcanzar en apenas 15 minutos.

This excellently situated building plot, occupying a frontline position at Alenda Golf, spans 706 square meters in a coveted location, boasting panoramic views across the 10th and 11th fairways of the Alenda Golf course, with the mountains and Elche forming a picturesque backdrop.

Nestled at the heart of Alenda Golf, the plot is conveniently located a stone's throw away from the clubhouse, the Dicost supermarket, and a reputable private school. It comes with full planning consent, and the area is characterised by a selection of new-build homes adjacent to the Alenda Golf course.

The setting is tranquil and serene, offering a peaceful retreat, yet it remains within easy reach of vibrant and bustling Spanish towns and cities. Elche is a mere 10-minute journey away, while Alicante can be reached in just 15 minutes.



# 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

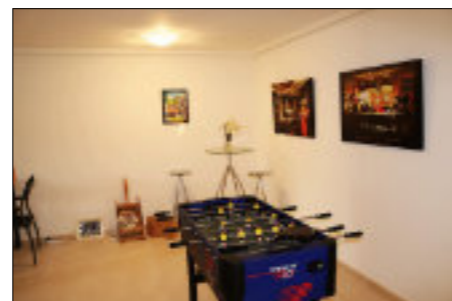
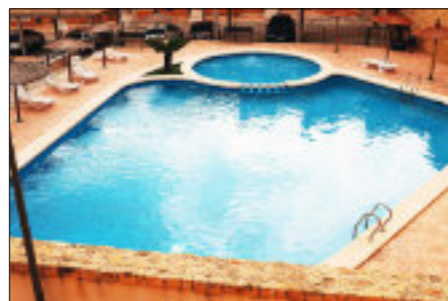
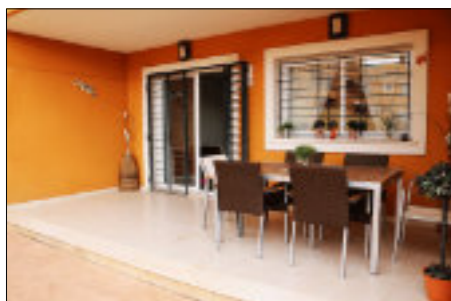
Alenda Golf offers 18 holes of championship golf designed and built by Roland Favrat.

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

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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

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Video

Monforte Del Cid



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# Alenda Golf Property Page ...

## 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€**



# TEC Corner



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## Maximizing Security and Efficiency in Remote Work: The Essential Role of VPNs

In today's fast-paced digital world, where remote work has become the norm for many, the importance of secure and efficient online communication cannot be overstated. For those regularly connecting remotely for work, sharing files, or managing multimedia and backups, the implementation of a Virtual Private Network (VPN) is not just a recommendation—it's a necessity.

A VPN is incredibly user-friendly and versatile, making it an ideal tool for a variety of online tasks. Whether it's sending photos and videos, engaging in telework, or handling large data transfers, a VPN streamlines these processes with ease and reliability. What sets a VPN apart is its ability to offer an added layer of security. In an age where digital threats are increasingly sophisticated, this extra protection is invaluable.

One of the key benefits of using a VPN is its cost-effectiveness. Contrary to popular belief, setting up a VPN network requires minimal maintenance and incurs low setup costs. It's an investment that pays off by safeguarding your online activities. Notably, a VPN encrypts your connection traffic, ensuring that your online movements are not monitored or spied upon. This encryption is crucial for maintaining privacy and security, especially when handling sensitive information.

If you haven't yet integrated a VPN into your digital toolkit, now is the time to consider it. For those unfamiliar with the technicalities, consulting a trusted IT specialist can provide clarity and assistance in getting started. With a VPN, you not only bolster your online security but also enhance your ability to work remotely with greater peace of mind and efficiency. It's a small step towards a safer, more secure digital experience.

## 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 ALBERTO MAGNO



San Alberto Magno es un Colegio bilingüe, de carácter internacional, que se centra en un Proyecto Educativo moderno e innovador, que atiende a las demandas de una sociedad actual y que prepara a sus alumnos con un enfoque integral y holístico, comprometido con la excelencia educativa y mediante unos valores muy claros y definidos, con un cuidado especial por su desarrollo emocional, para que estén suficientemente preparados y puedan elegir libremente lo que quieran ser en el futuro.

San Alberto Magno is a bilingual, international school that focuses on a modern and innovative Educational Project, which meets the demands of today's society and prepares its students with a comprehensive and holistic approach, committed to educational excellence. and through very clear and defined values, with special care for their emotional development, so that they are sufficiently prepared and can freely choose what they want to be in the future.

+34 965 625 200 | [administracion@sanalbertomagno.com](mailto:administracion@sanalbertomagno.com) |

Avenida de Levante nº 10-12 Urb. Alenda Golf

03670, Monforte del Cid (Alicante)

- **INFANTS**
- **PRIMARY**
- **SECONDARY**
- **BACCALAUREATE**



Simply Spanish Wine connects international residents in Spain with an amazing selection of Spanish wines.

Our carefully curated list of wines gives wine lovers in Spain access to affordable, high-quality wines produced by small to medium-sized vineyards across the country.

We also offer articles, videos and more, to help give our followers a better understanding of Spanish wine, so they can make more informed choices about which wines to buy and enjoy.

## WINE OF THE MONTH

El Tiempo Que Nos Une

“A work of art from a winery that is getting the highest plaudits.”

Producer: Bodegas Cerrón

Region: DO Jumilla

Vintage: 2022

ABV: 14%

Grape: Monastrell

Bodegas Cerrón is a family project run by siblings Juanjo, Lucía and Carlos Cerdán, who use traditional organic and biodynamic methods that have been handed down through the generations.

Dedicated to making wines that are expressive of the local area and geography, they separate the grape varieties at harvest time and ferment them separately by plot before deciding whether to bottle them as estate, site, or plot wines.

El Tiempo Que Nos Une is one of their entry-level offerings. It's reminiscent of the young wines that used to be drunk just after the harvest and shared among family and friends (hence the name “The time that brings us together”).

Made from 100% Monastrell grapes it's got plenty of ripe black fruit aromas and notes of black pepper and sweet spices. In the mouth, you get fresh fruit flavours and a lovely balsamic touch to balance the sweetness of the fruit.

It's a work of art from a winery that is getting the highest plaudits from Spanish and international experts alike.



# Alenda Golf

**BOOK  
HERE!**



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..



[www.alendagolf.com](http://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.

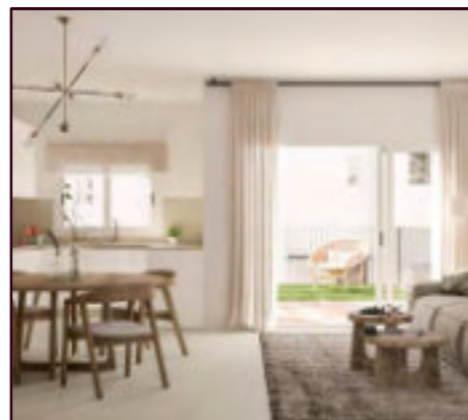
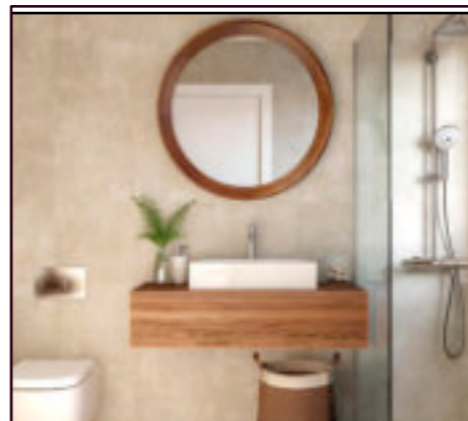
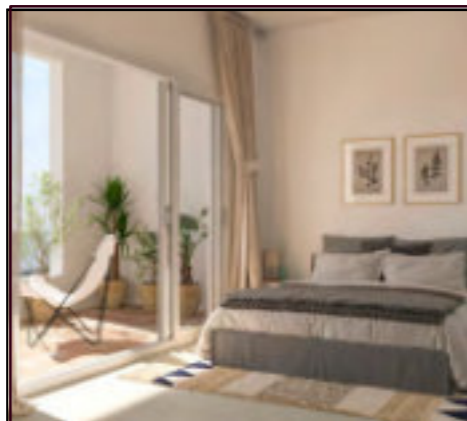
Alenda Golf offers a range of courses for individuals and groups, with beginners' and advanced classes to meet our students' requirements.

Tel: +34 965 620 521 Email: [cadymaster@alendagolf.com](mailto: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



# Sunrise Views... Alenda Golf

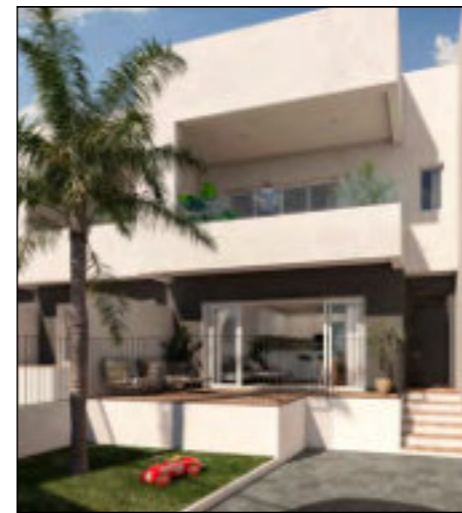


Sunrise Views se encuentra ubicada en un entorno tranquilo en las inmediaciones de Alenda Golf Course. Las viviendas cuentan con aerotermia completa, sistema de renovable que aprovecha la energía ambiental exterior.

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](mailto: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

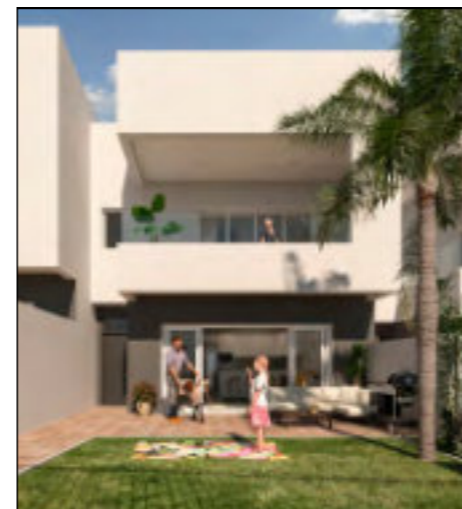


## Viviendos Tipo 1G | Houses Type 1G

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



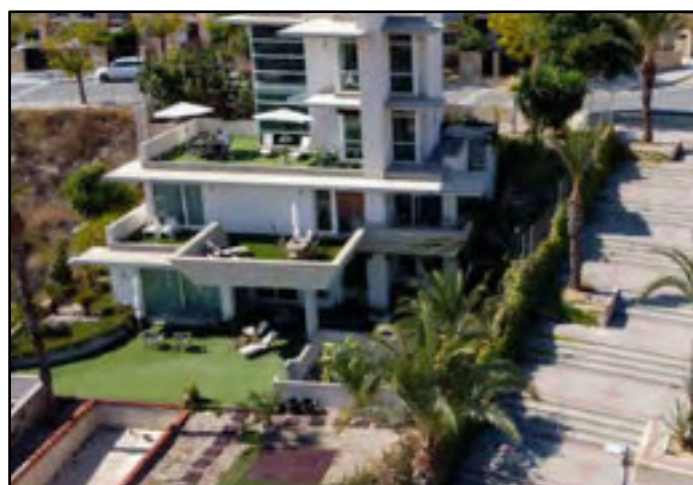
Modern and spacious house for rent during holiday seasons. The house is a 2 floors terrasse house situated in centre of Alenda Golf, providing best facility for golf lovers and not limited to, easy to reach Alicante within less than 15 minutes, as well a great communal facilities such as 2 pools, one 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  
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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 Salón, zona de lectura, comedor y cocina . Si te gusta la naturaleza, Golf, Senderismo, Bicicleta, etc. Cerca de Alicante, Elche, Playas, Aeropuerto.

En una ubicación privilegiada, con unas vistas geniales al campo de Golf y a la Bahía de Alicante, en una vivienda singular de nueva construcción , con jardín.

Estancia mínima 2 días. Telf : 627532310

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80€ noche / 50€ limpieza estancia

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

Puede hacerlo y es gratis, no tiene que pagar nada, envíenos una imagen de su propiedad y una breve descripción y la añadiremos a esta página en la próxima edición. Envía información a [Info@alendagolfproperty.com](mailto: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](mailto:Info@alendagolfproperty.com)

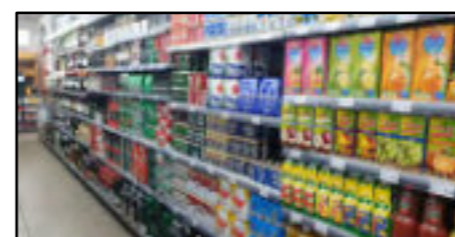
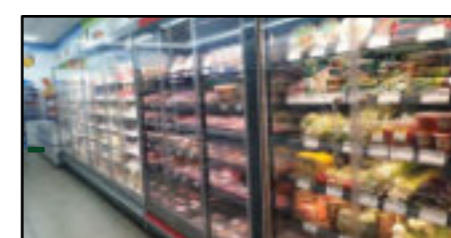
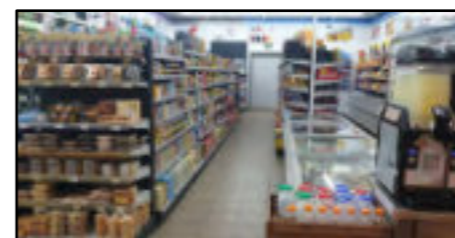
# The Best DICOST ... ...El Mejor DICOST



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Horario / Hours  
De Lunes a Sabado  
Monday to Saturday  
de 8h a 15h / de 17h a 21h  
Domingo y Festivos  
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Get your Paella ingredients when shopping at Dicost.

## Paella originated in Valencia

Paella was first cooked in the tiny fishing village of El Palmar, some 20 km south of Valencia.

This village is located in the Albufera National Park and is surrounded by 220 km<sup>2</sup> of rice fields. With a population of merely 750 people, El Palmar has 30+ restaurants and all of them prepare excellent paella.



Albufera is one of the best day trips from Valencia and no visit is complete without a paella feast.

Nobody knows exactly when the first paella was cooked. What we do know is that the first mention of paella appeared in a newspaper back in 1843. Therefore, it's likely that paella was born long before that, at the beginning of the 19th century or even earlier. Some even say that the origins of paella date back to the 16th century.

# Gimnasio Alenda Golf



Apertura Cierre

De Lunes a Viernes

8:00

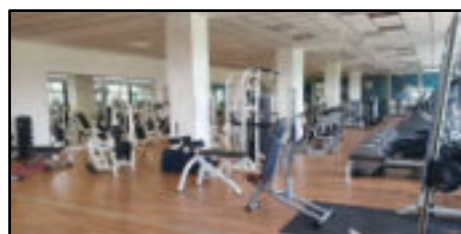
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Sábados - Domingos - Festivos

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



# Tinned Sardines Help to Improve Your Game

Eating tinned sardines can be beneficial for golfers over the age of 65 in several ways:

## Rich in Omega-3 Fatty Acids:

Sardines are an excellent source of omega-3 fatty acids, which are essential for maintaining heart health. Good cardiovascular health is crucial for golfers, as it ensures adequate blood flow and stamina, allowing them to play the game without getting easily fatigued.

## Joint Health:

The omega-3s in sardines also have anti-inflammatory properties, which can help reduce joint pain and stiffness. This is particularly beneficial for senior golfers who may suffer from arthritis or other joint issues.

## Muscle Strength:

Sardines are a good source of high-quality protein, which is essential for muscle repair and strength. Maintaining muscle strength is important for golfers, especially seniors, to ensure they can generate enough power in their swing.

## Bone Health:

Rich in calcium and vitamin D, sardines support bone health. Strong bones are important for golfers to prevent fractures and maintain a good posture during their swing.

## Brain Health:

The nutrients in sardines, including omega-3 fatty acids and vitamin D, are known to support brain health. A sharp mind is essential for strategizing and focusing during a game of golf.

## Weight Management:

Sardines are low in calories yet high in protein and other nutrients, making them a great food for maintaining a healthy weight. A healthy weight contributes to better mobility and endurance on the golf course.

Incorporating tinned sardines into the diet of senior golfers can thus support various aspects of their health, enhancing their overall performance and enjoyment of the game.

As with any dietary change, it's advisable to consult with a healthcare provider, especially for those with specific health conditions or dietary restrictions.



# Respect Our Environment ...

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

Golf courses, renowned for their expansive greens and well-kept landscapes, serve as havens for leisure and sport. Yet, they face threats from littering, which spoils their beauty and harms the environment. This overview highlights the damage caused by littering and urges responsible action.

**1. Wildlife Harm:** Litter can be deadly to local wildlife. Animals and birds may eat small trash, causing blockages or poisoning, sometimes fatally. Larger items can trap creatures, causing distress.

**2. Soil and Water Pollution:** Litter, particularly plastic, takes centuries to decompose, releasing toxins into the soil and water. This pollution can reach our drinking water and harm aquatic life.

**3. Visual Spoil:** Litter mars a golf course's natural appeal, replacing scenic views with waste like wrappers and bottles. This affects golfers' enjoyment and can tarnish the club's reputation.

**4. Higher Maintenance Costs:** Cleaning litter increases labour and costs. This diverts resources from course improvement, potentially raising fees for members and visitors.

**5. Ecological Imbalance:** Organic waste disrupts soil nutrients, potentially causing plant or algae overgrowth and disturbing ecosystems.

### A Call for Responsibility:

The remedy is straightforward – take your rubbish with you.

Golf courses usually have bins, but if one isn't available, dispose of waste at home.

Golf celebrates nature and tranquillity; our actions should preserve these qualities.

Remember, a clean course shows respect for the environment and its inhabitants.



# Golf Skills & Rules ...



## Why Repair Pitch Marks on Greens?

Repairing pitch marks on the green at Alenda Golf, or any golf course, is essential for several reasons:

**Maintaining a Smooth Playing Surface:** Pitch marks, which are small depressions created when a golf ball lands on the green, can disrupt the smoothness of the green's surface. This can affect the roll of putts, making the game unfair for players who come after. Repairing these marks ensures a consistent playing surface for all golfers.

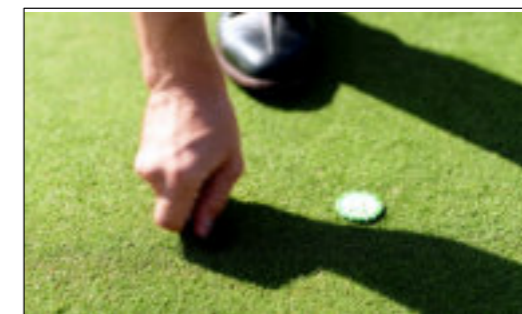
**Preserving Green Health:** If left unrepaired, pitch marks can damage the grass on the green, leading to unhealthy turf. This can cause long-term issues, such as uneven growth, bald spots, or increased susceptibility to disease. By repairing pitch marks promptly, the grass can heal quickly and maintain its health.

**Upholding Course Aesthetics:** A well-maintained green is not only good for play but also enhances the overall aesthetic appeal of the golf course. Regular repair of pitch marks contributes to the course's beauty, which is important for the enjoyment of the game and the reputation of the golf club.

**Promoting Good Etiquette:** Repairing pitch marks is a part of golf etiquette. It shows respect for the course and consideration for fellow golfers. Encouraging this practice helps maintain a positive and respectful atmosphere on the course.

**Preventing Further Damage:** Unrepaired pitch marks can lead to more significant damage over time, potentially requiring extensive and costly repairs. Regular maintenance helps avoid these larger problems and keeps the course in top condition.

**Can help to improve your score!**



Respect

Respect our environment

Respeto

Respetar nuestro entorno

Remove

Remove your rubbish

Retirar

Elimina tu basura

Replace

Pitch Marks

# Great Train 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.

222222



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 lhn 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



# Quieres vender tu 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 estés 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.

- 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 Costa Blanca Golf Property.



**SOLD/VENDIDO**

# 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.CostaBlancaGolfProperty.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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[www.alendagolfproperty.com](http://www.alendagolfproperty.com)