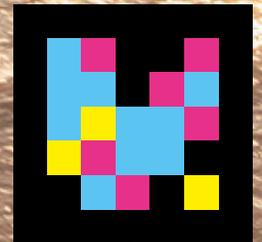


Activity guide for seniors in Benidorm



Benidorm

An aerial photograph of Benidorm, Spain, at sunset. The sky is a mix of deep blue, orange, and pink. The city skyline is illuminated with warm lights, featuring numerous high-rise buildings. In the foreground, a rocky pier extends into the sea, with a marina filled with boats. The waves are breaking on the shore, and the overall scene is vibrant and scenic.

Benidorm is the first tourist destination committed to senior care, certified by AENOR. With an average temperature of 19°C throughout the year, its unique climate makes it a perfect destination to enjoy an unforgettable holiday.



Beaches for everyone

An aerial photograph of a wide, sandy beach. The water is a vibrant blue, transitioning from shallow turquoise near the shore to deeper blue further out. The beach is populated with many people, some sitting on towels, others walking. In the foreground, there are several tall palm trees and a curved, light green structure, possibly a playground or a modern architectural element. In the background, a coastal town is visible, built on a hillside with a prominent rocky cliff.

With nearly 6 kilometers of urban beaches and two coves just minutes from the city center, you can take long walks along the sea or even take a dip at any time of the year. On our beaches, you will find biblioplages (beach libraries), foot showers, accessible areas, umbrellas, and sunbeds.



Accessible beaches

We have **three accessible spots** for people with reduced mobility, assisted by lifeguards who help them enter the water using amphibious chairs. A disability certificate or card is required.

These three spots are located at:

- Parque de Elche
- Playa de Levante, near Calle Murcia
- Playa de Poniente, opposite Avenida Mont Benidorm

The three accessible spots are open almost all year round, **except from January 15th to February 14th.**

The opening hours change from winter to summer:

- Winter: 10:30 AM to 2:30 PM
- Summer: 9:30 AM to 6:30 PM

In addition, next to the Accessible Beaches spot at Parque de Elche, a railing area is set up in the summer to facilitate Access to the water for people with mobility difficulties, along with 22 seats in the water covered with a canopy that provides shade from the sun.



A city full of life

An aerial view of a city, likely Tel Aviv, showing a mix of modern high-rise buildings and older, more colorful residential structures. The foreground features a large, circular pedestrian plaza with green spaces, trees, and people walking. A prominent blue and white building on the right has vertical text that reads "LOUNGE & BAR" and "PLANTA restaurante 21". The sky is clear and blue.

The old town is mostly pedestrian, making it an ideal place for walking, and it offers a wide variety of bars, restaurants, and shops to suit all budgets. In some cafés and hotels, you can enjoy live music and dancing—a perfect plan for a pleasant afternoon.



Rest and enjoy

Along the main streets and shopping avenues of Benidorm, such as Gambo, Mediterráneo, and Jaime I, as well as on the promenades along our beaches, there are numerous **benches** where you can rest and enjoy a calm moment after strolling or shopping.

WC We also have **public restrooms** located along the beaches, in the main parks, and at other strategic spots. *See map.*

Markets and Flea Markets

Don't miss our markets:

- **Els Tolls**, in the Foietes area

- **Mercadillo Pueblo** in Rincón de Loix

Open from 8:00 AM to 1:30 PM on Wednesdays.

Mercadillo Pueblo is also open on Sundays.

El **Cisne Flea Market**, on the outskirts.

Open Thursday, Saturday, and Sunday, from 9:00 AM to 2:00 PM.

Here you will find antiques, jewelry, and vintage clothing, as well as live music, bars, and restaurants with affordable prices.





Wellness Areas

Throughout the city, we have outdoor bio-healthy parks—green spaces equipped with exercise equipment to help you stay fit and prevent or treat various ailments or injuries.



List of bio-healthy parks

- Paseo de Tamarindos
- Calle Luís Prendes
- Avenida de Benissa
- Avenida de la Marina Alta
(*Natural, unpaved ground*)
- Parque de Poniente
- Avd. Adolfo Suárez, Instituto
- Parque de Elche
- Plaza de España
- Avenida Venezuela
- Foietes, exterior
- Foietes (zona mercadillo)
(*Natural, unpaved ground*)
- Paseo de La Castellana
- Avenida Beniarda
- Aiguera, Plaza de Toros
- Aiguera, zona baja
- Avenida Italia
- Avenida Doctor Orts Llorca
- Avenida Europa
- Parque de la Sequia Mare
(*Natural, unpaved ground*)
- Avenida de Zamora,
Polideportivo António López
- Rincón Loix, frente a mercadillo
- Rincón de Loix, calle Ciudad
Real
- Periodista José Ramón Alonso
- Parque del Moralet
(*Natural, unpaved ground*)

(See map)



Sports and Activities





Sports and Activities

At the **Palau d'Esports**, we offer adult swimming, aquagym, and maintenance gymnastics at various times in the morning. Registration is open to everyone, both residents and non-residents.

MAINTENANCE GYMNASTICS:

On the beaches, you can enjoy fitness classes for free, according to the following schedule:

SUMMER, *from the end of june until mid-July (only working days)*

- Parque de Elche, Monday to Friday, 10:00-11:00 AM

WINTER, *from the beginning of October until the end of May (only working days)*

- Parque de Elche, Monday to Friday, 10:00-11:00 AM

- Playa de Levante (corner of Av. Europa)

Monday, Wednesday, and Friday, 11:30 AM-12:30 PM

- Playa de Poniente (corner of Av. Vicente Llorca Alós)

Tuesday and Thursday, 11:30 AM-12:30 PM



In addition to these municipal activities, there are also **private facilities** for practicing golf, paddle, and tennis.



Hiking and Green spaces





Hiking and Green spaces

For nature and hiking enthusiasts:

- **Serra Gelada Natural Park**

With spectacular views of the impressive cliffs over the sea and several trails of varying difficulty.

- **Parque El Moralet**

A green oasis of 1 million square meters, with three recreational areas and 17 kilometers of paths and trails.

- **Parque de la Séquia Mare**

which houses the historic Séquia Mare canal dating back to the 17th century. It features a large green area with spaces for walking, cycling, and petanque, among others.





AP-7

National Road N-332

TRAM Station BENDORM

TRAM Stop Terra Mítica

TRAM Stop CC Marina

Alicante

Las Rejas Benidorm Golf de Poniente Pitch and Putt

Ciudad Deportiva

Capitán Cortés

C. Antonio Bayona

Paseo de la Castellana

Goya

Paseo de las Acacias

Atocha

P. de L'Im

P. Ne

P. de España

Maravall

P. de España

Parque de Eiche

Mal

Bea

Av. Juan Pablo II

Avenida Vicente Pérez Devesa

Avenida de Cuba

Avda. de Nicaragua

Avenida del Rei Jaume I

Av. de la Armada Española

Avenida de México

Av. República Argentina

Avenida Brasil

Av. Mural

Av. de Benissa

AV. Marina Alta

Av. de La Vila Joiosa

Av. Vicente Llorca Alos

Luis Prendes

La Cala

Paseo de Tamarindos

Poniente Beach

Boat to Benidorm Island



Poniente Beach		Old town	
City Centre		Rincón de Loix	

Finestrat Beach

Benidorm Island

Urban Parks





Urban Parks

Discover the three main parks within the city, all of them featuring spacious green areas, benches, restrooms, and bio-healthy zones with exercise equipment:

- Parque de Elche,

Stretches along the sea from the port to Playa de Poniente.

- Parque de l'Aigüera

With two open stages for cultural, musical, and festive activities throughout the year.

- Parque de Foietes

Offering large spaces for walking and relaxing.

Besides, you will find smaller parks and gardens scattered throughout the city, perfect for enjoying at any time.



Bike Lanes

Benidorm has a large number of bike lanes and companies offering rental of electric or regular bicycles. For people with reduced mobility, there are also establishments that rent electric scooters.



Community Centres and Activities





Community Centres and Activities

At the **Centro Social Llorca Llinares**, we can meet and enjoy a good time playing dominoes, cards, and chess. The center has a bar with affordable prices, and its schedule is as follows:

- Monday to Friday: 7:45 AM – 10:00 PM
- Saturday: 10:00 AM – 9:00 PM
- Sunday: 4:00 PM – 9:00 PM

Also, on Saturdays from 4:00 PM to 8:00 PM, there is music and dancing for a pleasant time.

- **Centro Social Llorca Llinares**

Calle Goya, s/n (Foietes)

Tel: 965 867 071



Senior Support Office

The **Senior Support Office** has been established at the administrative branch on Calle Maravall nº 33 to assist you with various administrative procedures.



Municipal libraries



WESTERN

CIENCIA FICCIÓN

AVENTURAS

Premio Planeta

La que se
de la compra
Francisco

Niebla en
Tánger

Niebla en
Tánger

Cristina
Lopez
Barrio

DONZALO
CINER

LA BRUMA
VERGE



Municipal libraries

Our municipality has **two municipal libraries**, open Monday to Friday:

CENTRAL LIBRARY

Plaza SSMM los Reyes de España

- Regular schedule: 8:30 AM – 8:00 PM
- Special schedule in August: 8:30 AM – 2:00 PM

RINCÓN LIBRARY

Avenida Juan Fuster Zaragoza

- Schedule from October to May: 9:00 AM – 2:30 PM
- Schedule from June to September: 9:00 AM – 2:00 PM

At the Central Library, we offer an support service for people over 60. This service is available to anyone aged 60 or older. Simply go to the lending desk, and the library staff will assist you, guide you, and help you choose your reading materials.

At both libraries, you can enjoy:

- Book lending.
- Daily newspapers to read in the library.
- Audiobooks.
- Large-print books, available in the Adapted Reading section.
- Reading Club (Central Library): held every other Thursday. Each session discusses different authors and their works. This is an open activity designed to share the love of reading.

Beach libraries





Beach libraries

We have **three beach libraries**, where you can enjoy reading daily newspapers and a wide variety of books, located at Playa de Levante, Playa de Poniente, and Parque de Elche.

- LEVANTE BEACH LIBRARY

Tuesday to Sunday, 11:00 AM – 4:00 PM

Av. de Madrid / Av. de Europa

Closed only January 15th to February 15th

- PONIENTE BEACH LIBRARY

Tuesday to Sunday, 11:00 AM – 4:00 PM

Paseo de Colón

Open from June 1th to October 31th

- LA CALA BEACH LIBRARY

Tuesday to Sunday, 11:00 AM – 4:00 PM

Av. Vicente Llorca Alós / Calle Aigües

Open from June 1th to October 31th



Museums, Festivities and Shows





Museums, Festivities and Shows

You can visit the **Boca del Calvari Museum** and the **Casa-Museo L'Hort de Colón**, as well as exhibition spaces such as Aula del Mar and La Casilla.

The **most prominent local festivals** are the Major Patron Saint Festivities, celebrated on the second weekend of November, but they are not the only ones: Fallas, Moors and Christians, pilgrimages in honor of the Virgin, festivities of various Regional Houses, and many more.

Other attractions include **entertainment venues** such as Benidorm Palace, El Molino, and Burlesque. There is also an amateur choir that meets daily on the Paseo de Colón and on Playa de Levante, where the public sings popular songs, as well as a dance group on Playa de Poniente, in front of the Hotel Villa del Mar.



Tourist Information





Tourist Information

For more information, visit our Tourist Information Offices:

Plaza de Canalejas, 1

Tel: 965 851 311

- Winter hours (*December 1th – February 28th*):

Monday to Friday: 9:00 AM – 7:00 PM

Saturdays, Sundays, and holidays: 10:00 AM – 5:30 PM

- Rest of the year:

Monday to Friday: 9:00 AM – 9:00 PM

Saturdays, Sundays, and holidays: 10:00 AM – 5:30 PM

Calle Gerona / corner of Calle Derramador

Tel: 966 805 914

- Winter hours (*October 1th – May 31th*):

Monday to Friday: 9:30 AM – 5:30 PM

Saturdays, Sundays, and holidays: 10:00 AM – 2:00 PM

- Rest of the year:

Monday to Friday: 9:00 AM – 9:00 PM

Saturdays, Sundays, and holidays: 10:00 AM – 2:00 PM



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