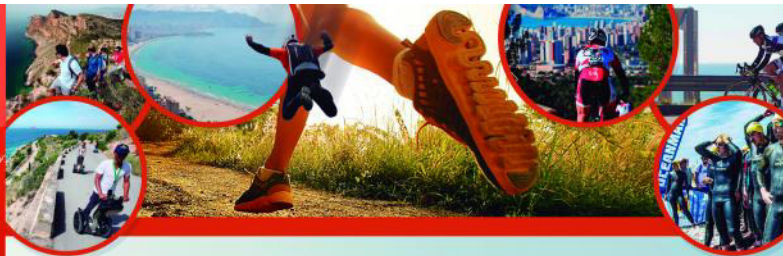


**tourist information**  
map location



Tourist information  
☎ +34 96 585 13 11  
[www.visitbenidorm.co.uk](http://www.visitbenidorm.co.uk)



Benidorm is an unbeatable destination for professional-level **golf**, with its fabulous climate and top level facilities on the shores of the Mediterranean, just a few minutes from the city. We have the right **golf courses to meet your needs**, whether you are an amateur or a more advanced player, with courses designed and equipped to host and European and world level tournaments and competitions.

There are also numerous opportunities for **horse riding** in the district, such as the Club Hípico Benidorm, which offers riding lessons and the chance to enjoy long rides through beautiful landscapes.

You can also visit the Sports Centre or one of the many private companies in the area that offer a wide range of leisure-sports activities, such as **tennis, paddle tennis, squash, athletics, bowling & lawn green bowling, basketball, Valencian ball, volleyball, handball, bocce, soccer and swimming pool as well as karting.**

Check out the other important competitions held during the year in Benidorm, such as **Base Jump**, the world BASE jump championship, and **Vertical Running**, a vertical race that is part of the world circuit which is also held in important big cities such as New York, Hong Kong and Paris. Both take part at Europe's highest hotel, the Gran Bali, which is 52 floors high; the **Oceanman**, international open water swimming circuit and the **Costablanca Bike Race**, an international mountain bike competition.



**SPORT**

**BENIDORM**

city&beaches  
Benidorm



Benidorm

Benidorm, lapped by the waters of the Mediterranean Sea and sheltered by the Serra Gelada nature park, is a unique spot for taking part in sport. With 3,000 hours of sunshine every year, a pleasant, mild temperature, and the sparkling clear waters of its two beaches and three coves, Benidorm is a perfect activity and adventure destination.

Calm waters, free of strong currents or tides and only a slight difference in temperatures through the year make the Bay of Benidorm excellent for water sports: **Swim in the sea, go fishing, sailing, paddle surfing or embark on a kayak excursion** to explore this marine wonderland. If this is your first time in a kayak, sign up for a lesson in the port, which is also where the excursions leave. If you are a speed and adrenalin junkie, then why not rent a **jet ski** or do some **parasailing**.

From Easter to October, cable-skiing is available in Benidorm, as well as **wakeboarding, water-skiing, kite surfing and kiting boarding**... in a square kilometre area.

If you would like to uncover the secrets of the sea bed, sign up for a **try-out dive** in the clear waters of one of the little coves. If you are already an expert, make for **Benidorm Island**. You'll find numerous caves hidden under the surface, which are part of some of the available **scuba diving routes**. If you like **free diving**, this is the place to do it. Plunge in for a dive you will never forget in a marine reserve brimming with protected species.

If you prefer to stay on the surface, then **snorkelling** is the sport for you.

Back on dry land, the Poniente beach has several areas equipped with nets and goal posts for playing **beach volleyball** and **beach football**.

Benidorm is also one of Spain's most popular regions for cycling. The Marina Baixa area, with its unique, rugged terrain, is the ideal place for mountain biking. Serra Gelada, Sierra Cortina, Puig Campana, Sierra Bernia and Sierra Altana are some of the most popular mountain destinations for cyclists and those who enjoy 'extreme' mountain biking.

You can also get about town on **city bikes** with the "Bicidorm" rental service.

It's never been easier to combine the sea and the mountains. This is the ideal space for training for the **triathlon, duathlon** and, of course **running**. There are also magnificent opportunities for enjoying **hiking and Nordic walking** in Benidorm. With cliffs soaring to over 300 metres high and covering an area of more than 5,600 hectares, the Serra Gelada nature park, the first land park in the Valencia Region, offers easy, medium and difficult routes, only suitable for professional hikers. Numerous routes are there to introduce you to beautiful coves and their flora and fauna, the L'Albir lighthouse or marvel at the view from the Punta del Cavall. For the intrepid among you, the Serra Gelada has wonderful places to hike, with an eight-kilometre track that takes around four hours to complete. There are also several via ferrat circuits for those who enjoy **climbing**.

There are a number of specialist extreme sport companies in town, including options for **paragliding, paintball** and **off-roading**.



Benidorm