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JUNE 2026

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# *June in Spain*

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# LETTER FROM THE EDITOR

**Welcome to our June edition.**

As summer truly begins, June brings with it a wonderful sense of energy and anticipation. The days are longer, the skies are brighter, and thoughts naturally turn to sunshine, seaside escapes, outdoor dining, and making the most of every warm evening. It is the month when many of us start planning beach days, family gatherings, holidays, and enjoying the very best of the season.

In this edition, we celebrate everything that makes June such a special time of year. From stylish home updates for summer living to ideas for creating beautiful outdoor kitchen spaces, we have filled these pages with inspiration for the month ahead. Whether it is refreshing a terrace, adding lighter touches indoors, or preparing your home for entertaining, now is the perfect time to embrace a more relaxed seasonal style.

Food also takes centre stage this month, as June invites us to eat lighter, fresher, and more sociably. We look at seasonal dishes, alfresco dining ideas, summer entertaining, and delicious ways to enjoy the abundance of produce available at this time of year. From long lunches to sunset suppers, there is no better season for gathering around the table.

Of course, June is also the start of the holiday mood. Beach bags reappear, sunglasses are close at hand, and weekends begin to revolve around the coast, the pool, or simply time spent outdoors with friends and family. It is a time to slow down, enjoy simple pleasures, and appreciate the lifestyle that summer brings.

As always, we are proud to support the many local businesses featured throughout this magazine. Their creativity, passion, and services help make our community vibrant throughout the busy summer season, and we encourage you to discover all they have to offer.

We hope this June edition inspires you to enjoy every sunny moment, every delicious meal, and every opportunity to make wonderful memories in the weeks ahead.

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# Barcelona in June: Style, Sunshine and the Spirit of the City

There are few European cities that embrace the arrival of summer quite like Barcelona. By June, the city begins to glow with a new energy. The days are long and sun-filled, terraces are alive with conversation, beaches become part of daily life, and the streets hum with that unmistakable Mediterranean rhythm. It is a month when Barcelona feels especially vibrant – elegant, creative, and effortlessly cosmopolitan.

For lovers of homes, interiors, and design, Barcelona is a city of endless inspiration. Its architecture alone tells a remarkable story, where historic façades sit beside contemporary spaces, and centuries-old craftsmanship meets bold modern living. From grand apartments with original tiled floors and soaring ceilings to sleek penthouses overlooking the sea, the city blends heritage with innovation in a way few places can rival.

June is the perfect time to appreciate the Barcelona lifestyle. Balconies are dressed with greenery, shutters are thrown open to welcome the breeze, and rooftop terraces become private sanctuaries above the city streets. Outdoor living is woven naturally into everyday life here, making the city a masterclass in how to maximise space beautifully. Compact terraces become stylish dining areas, courtyards are transformed with planting and lighting, and interiors are designed to flow seamlessly from indoors to out.

Colour palettes often mirror the city itself – warm stone tones, crisp whites, sea blues, terracotta, olive greens, and sun-faded neutrals. Natural materials such as wood, linen, rattan, and ceramic feature strongly, creating homes that feel calm, inviting, and deeply connected to the Mediterranean setting. It is a style that is both relaxed and refined.

Food, naturally, is central to Barcelona life in June. Markets overflow with seasonal produce, seafood is at its freshest, and long lunches stretch easily into the afternoon. From neighbourhood cafés to elegant restaurants, dining is as much about atmosphere as cuisine. Shared plates, chilled wine, fresh bread, and beautifully simple ingredients capture the spirit of summer in the city.

June is also one of Barcelona's most exciting cultural months thanks to the world-famous Festival of Sant Joan, celebrated on the evening of 23rd June. Marking the summer solstice, this magical event fills beaches, streets, and plazas with fireworks, bonfires, music, and gatherings that continue long into the night. Families and friends celebrate the shortest night of the year with food, cava, and a joyful sense of community. For visitors and residents alike, it is one of the city's most memorable annual traditions.

Elsewhere, art galleries, design fairs, open-air concerts, and

waterfront events bring even more life to the city throughout the month. Barcelona in June offers that rare combination of culture, coast, and contemporary style, making it one of Europe's most desirable summer destinations.

What makes Barcelona truly special, however, is the way it lives. It understands beauty without formality, sophistication without stiffness, and luxury through experience rather than excess. Whether sitting beneath the shade of a leafy square, exploring a design-led apartment, browsing a local market, or watching fireworks over the sea, there is a sense of enjoyment in the everyday.

For Home & Living readers, Barcelona in June is more than a destination – it is a source of inspiration. It reminds us that the finest spaces are those filled with light, character, comfort, and life itself.

Stylish, sun-soaked, and endlessly creative, Barcelona in June is summer living at its most appealing.



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# Sun, Style and Shine: Hair Colouring in Spain's Mediterranean Climate

Life in Spain offers many luxuries — beautiful sunshine, outdoor living, sea air, and a relaxed Mediterranean lifestyle. Yet while the climate is wonderful for wellbeing, it can present unique challenges when it comes to maintaining healthy, vibrant hair colour. Strong sunshine, salt water, chlorine, and heat can all affect the condition, tone, and longevity of coloured hair. The good news is that with the right professional techniques and expert care, beautiful colour can thrive in the Spanish sun.

Hair colouring in Spain is often about balancing glamour with practicality. Clients want hair that looks polished and radiant, but also withstands long beach days, poolside afternoons, and regular sun exposure. This is where experienced colourists make all the difference, selecting shades and techniques designed not only to flatter, but to endure the climate.

One of the most popular choices across Spain is balayage. Its soft, natural blend of lighter tones creates the sun-kissed effect many people love, while allowing gentle regrowth that requires less maintenance. In a country where outdoor living is part of everyday life, balayage offers elegance with convenience. It grows out beautifully and reflects the effortless sophistication associated with Mediterranean style.

Warm blondes, honey tones, caramel brunettes, rich chocolates, and glossy coppers are especially flattering in Spain's natural light. Sunshine enhances dimension and shine, making multi-tonal colour particularly striking. Rather than flat block shades, modern colouring focuses on movement, softness, and luminosity.

However, the same sunshine that flatters colour can also fade it. UV exposure may cause blonde tones to become brassy, brunettes to lose richness, and red shades to fade more quickly. Salt water can dry the hair, while chlorine may alter tone and weaken already processed strands. For this reason, professional salons increasingly recommend protective colour systems and restorative treatments as part of every colouring service.

Hair health is now as important as colour itself. Leading salons use advanced formulas with nourishing ingredients that minimise damage and preserve shine. Bond-building treatments are especially valuable for clients who lighten their hair or spend significant time in the sun. These treatments help maintain strength, softness, and elasticity, ensuring hair looks as healthy as it does beautiful.

Regular toning treatments are another secret to maintaining colour in Spain. A gloss or toner between appointments can refresh faded shades, neutralise unwanted warmth, and

restore mirror-like shine. For many clients, these quick salon visits are the key to keeping hair looking freshly coloured all season long.

Home care also plays an essential role. Sulphate-free shampoos, hydrating masks, UV protection sprays, and heat defence products help protect the investment made in salon colour. Just as skin needs protection from the sun, coloured hair benefits enormously from daily shielding and moisture.

Grey blending is also increasingly popular among clients living in Spain. Softer highlights, natural lowlights, and subtle root blending create elegant, low-maintenance colour that suits an active outdoor lifestyle. Rather than frequent full coverage, many now prefer a more natural, sophisticated finish.

Ultimately, hair colour in Spain should work with the lifestyle, not against it. It should feel effortless, polished, and resilient enough for sunshine-filled days and warm evenings out. With expert guidance, the right shades, and a focus on condition, colour can remain radiant in every season.

In a country known for style, sunshine, and confidence, beautiful hair is more than a finishing touch — it is part of the lifestyle itself.





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# A Confident Smile:

## How Modern Dentistry Is Changing Lives

A healthy, confident smile can have a remarkable impact on the way we feel about ourselves. It influences first impressions, boosts self-esteem, and plays an important role in our overall wellbeing. Thanks to continuous advances in dental technology and treatment techniques, modern dentistry now offers more comfortable, effective, and natural-looking solutions than ever before. Whether restoring missing teeth, enhancing appearance, or simply maintaining oral health, today's dental care can truly transform lives.

One of the most significant developments in recent years has been the rise of dental implants. Widely regarded as the premium solution for replacing missing teeth, implants offer strength, stability, and a highly natural appearance. A titanium post is carefully placed into the jawbone, where it integrates securely to act as an artificial tooth root. A bespoke crown is then fitted on top, blending seamlessly with surrounding teeth.

Unlike removable dentures, implants feel secure and allow patients to eat, speak, and smile with confidence. They also help preserve the jawbone and facial structure, preventing the bone loss that often occurs when teeth are missing. For many patients, dental implants are not simply a cosmetic improvement — they are a life-changing investment in comfort, health, and confidence.

For those looking to enhance the appearance of their smile, cosmetic dentistry continues to grow in popularity. Professional teeth whitening remains one of the quickest and most effective ways to refresh the smile, lifting years of staining caused by coffee, tea, red wine, or smoking. For chipped, worn, uneven, or discoloured teeth, porcelain veneers can create a beautifully balanced and natural result. Composite bonding is another popular option, allowing dentists to subtly reshape or repair teeth in a minimally invasive way.

Even small aesthetic improvements can have a profound effect. Many patients report feeling more confident in social situations, happier in photographs, and more willing to smile freely after cosmetic treatment.

Another exciting area of modern dentistry is clear aligner orthodontics. These discreet, removable aligners have revolutionised teeth straightening, especially for adults who may have avoided traditional braces in the past. Custom-made to gradually move teeth into better alignment, clear aligners are comfortable, practical, and almost invisible when worn. They offer an excellent solution for crowded teeth, spacing issues, or bite correction while fitting easily into a busy lifestyle.

Of course, while advanced treatments attract attention, prevention remains the true foundation of excellent dental care. Routine examinations, professional hygiene appointments, and early diagnosis are essential in avoiding more complex problems later on. Gum disease, decay, and worn teeth can

often be treated far more simply when caught early. Preventative dentistry saves time, discomfort, and expense in the long term.

Today's dental practices are also placing greater emphasis on patient comfort. Digital scanning, 3D imaging, minimally invasive techniques, and gentle sedation options have helped make dental visits far less stressful than many people remember. Patients who once felt nervous about treatment are often pleasantly surprised by how smooth and comfortable the modern experience can be.

Choosing the right dental professional is equally important. A trusted dentist will take time to listen, explain treatment options clearly, and tailor recommendations to each patient's needs and goals. The best results come from a partnership between clinician and patient, built on communication and trust.

Investing in your smile is about far more than appearance alone. It is about health, confidence, comfort, and quality of life. Whether considering implants, cosmetic improvements, orthodontics, or simply maintaining excellent oral health, there has never been a better time to explore the possibilities of modern dentistry.

A brighter, healthier smile may be closer than you think.





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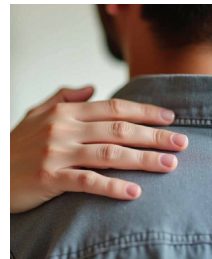


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# TV NEWS

June is here and soon we will be half way through another year! Time really does fly by and the older you get the quicker it goes! June will bring the start of the summer weather – we will all be waving our hands saying how hot it is. The Rainbow house is all fine – the dogs are well as are the other animals around. The garden has been a bit neglected but a weekends work will bring it all back to shape. Will have to start my weekly watering soon – so far this year not watered once – we have always had enough rain.

TV NEWS – The excellent internet provider – Starlink – have altered their terms and conditions. For the domestic pack they are limiting speeds to 200mbs and reducing the price by one euro! Lots of people are asking if this will affect them and we really will not be sure until it happens, but it should not be a problem. Generally, we have all been caught up in this internet speed “circus” with companies offering 1000mbs for peanuts.

Firstly, most households would cope fine with 100mbs – it is the quality of the supply that is important and none of us can measure this. These cheap offers often use cheap routings and equipment – we had a man with 1000mbs but TV was unwatchable – we swapped him to Movistar 300mbs and everything works fine. Generally, the three big names in Spain – Movistar, Vodafone and Orange offer the best quality internet service – generally the most expensive but it really is worth it.

We often get told “well I have fibre internet, it can’t be a problem” when often it is. We often take a 4G router (mobile phone data) into a house that gets 20 maybe 30mbs and show clients perfect TV – we then swap to their 600mbs supply and TV becomes unwatchable. This is always a good way to get information that can be used to complain to the client’s provider who always say “the internet is fine – nothing wrong” but tell them 4G 20mbs is fine and their 600mbs

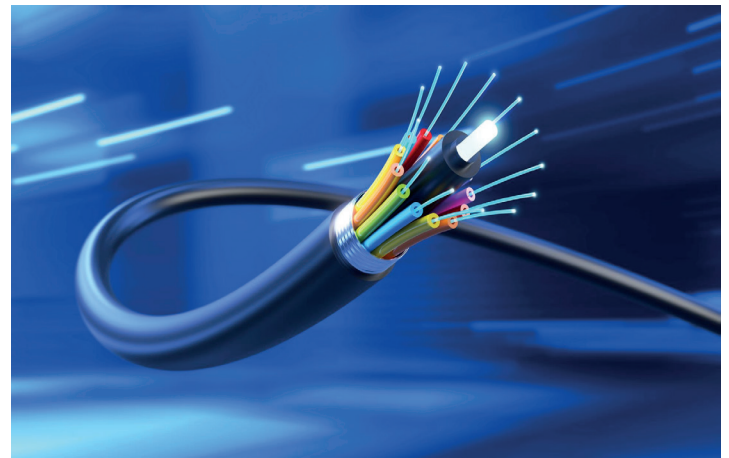
is hopeless and they start to look at the supply.

You really do get what you pay for – don’t be led solely by price as everyone seems to be these days – quality is important and that applies to most things including TV supply – we at Rainbow are not the cheapest TV provider but we are one of the best.

Have a weeks free trial of our system if yours is not performing well and see the difference. If the problem turns out to be your internet, we will help you complain to your supplier. We at Rainbow can usually help all nationalities get their own language TV – unfortunately our language skills are fairly limited but WhatsApp a message to us and Google translate can help us chat to each other!

That’s it for June – more TV information in July Article sponsored by RAINBOW SATELLITES SL – the TV company for ALL your TV and Radio needs in the region of Murcia.

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# VICTORY CHURCHES SPAIN

We at Victory have had an amazing Month of May; Victory Europe was joined by Victory Asia for our Rooted conference. Victory is part of a global family and having the chance to meet our brothers and sisters from across the world is such an amazing opportunity. Being part of a bigger picture allows for the word of God to be spread worldwide and we here at Victory Spain want to introduce you to it. Daily prayer is a way of communicating with God, we can do this in whatever way we choose, silently in our heads or out loud like any conversation we would have with our friends and family.

Jesus taught us how to pray with the Lord's Prayer Matthew 6:9-13

"Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever. Amen."

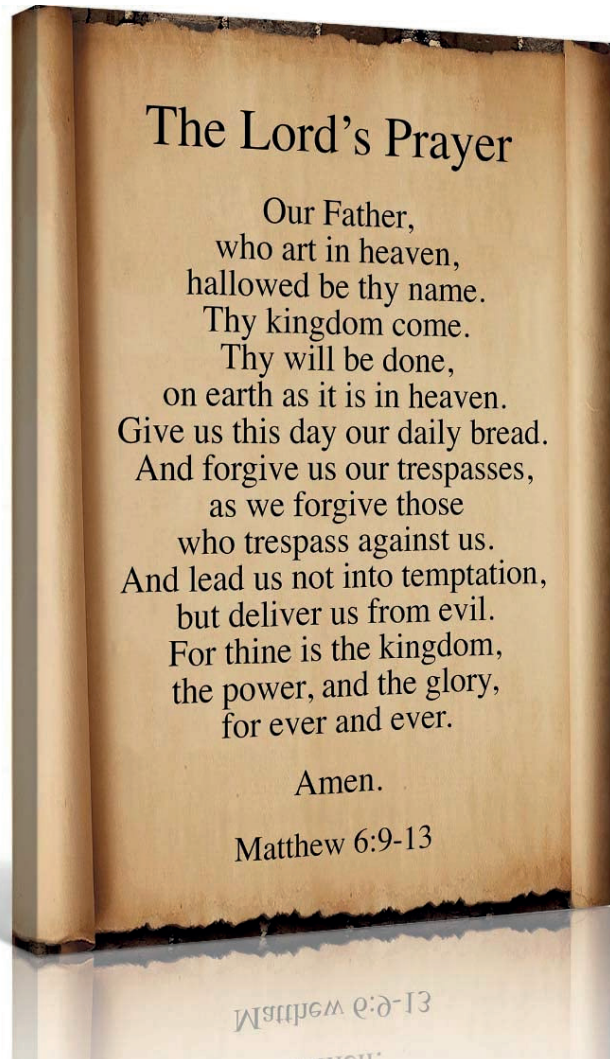
This is a version most of us will remember from school, it uses the word trespasses. "Trespasses" was popularised by early English translators like Tyndale and the Book of Common Prayer. "Trespasses" refers to transgressions or crossing boundaries, often interpreted as sins against God and others.

We don't need to be versed with the bible to be able to Pray.

Do you ask yourself, "What is it all about?" "Is there more?" "Why is life so difficult?". We face so many challenges along this pathway through life it can be difficult to see the road ahead. Jesus helps us face those challenges and He guides us through daily obstacles that can cloud our vision and bring unrest and confusion. He promises to be with us at all times even through our trials. Encouraging us along the way. Prayer is a way of drawing closer to God, and it allows for us to connect by simple conversation.

Why not come along and see for yourself what Jesus looks like. Come and meet others who, like you, were questioning "Is there more?"

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## Spain in June: Festivals, Fire, Music and the First True Taste of Summer

June is when Spain fully steps into summer. The days lengthen, the evenings soften into warm light, and life naturally moves outdoors. Across the country, from historic cities to coastal towns and Mediterranean beaches, a rich calendar of festivals, traditions, music events, and cultural celebrations creates a month defined by atmosphere, energy, and connection.

It is a time when plazas fill with conversation, terraces stay busy long after sunset, and beaches become gathering places for music, fire, and celebration. Tradition and contemporary culture sit comfortably side by side, shaping one of the most vibrant months in the Spanish year.

### **National Celebrations: Tradition and Summer Energy**

Among the most visually striking events of the month is Corpus Christi, celebrated in cities such as Toledo, Sitges, and Pontearreas. Streets are transformed with floral carpets, ornate decorations, and religious processions that reflect centuries of heritage. In Toledo especially, the medieval streets become a living stage of colour, ceremony, and craftsmanship.

As June progresses, anticipation builds towards one of Spain's most iconic nights – Noche de San Juan (St John's Eve) on 23–24 June. Marking the summer solstice, it is celebrated across the country with bonfires, fireworks, music, and gatherings that continue into sunrise. From Barcelona's beaches to Galicia's coastline and the Valencian shore, people come together to welcome summer in a shared moment of fire, sea, and tradition.

June is also one of Spain's most important months for music. International festivals such as Primavera Sound and Sónar in Barcelona attract global audiences and major artistes, while regional festivals across Madrid, Valencia, Galicia, and Andalusia bring everything from indie and electronic music to flamenco, pop, and Latin sounds. The result is a country-wide soundtrack to early summer.

Adding to the atmosphere, the Formula 1 Spanish Grand Prix in Barcelona brings a sporting highlight to the month, combining speed, glamour, and international attention on the Mediterranean coast.

### **Alicante & Costa Blanca: Fire, Art and Coastal Celebration**

On the southeastern coast, Alicante becomes one of the most exciting places in Spain during June thanks to the spectacular Hogueras de San Juan (Bonfires of Saint John).

From around 20–24 June, the city is transformed by towering artistic monuments displayed across neighbourhoods. These intricate creations are eventually burned in the dramatic La Cremà, a powerful ritual symbolising renewal and the arrival of summer. The atmosphere is electric, with daily



fireworks, parades, traditional dress, music, and the famous *masclètàs* filling the city with sound and energy.

Along the wider Costa Blanca, the season begins in earnest, with beach gatherings, evening celebrations, and local fiestas marking the start of summer life by the sea.

### Costa Cálida & Murcia Province: Coastal Nights and Local Traditions

Further south, the Costa Cálida offers a more relaxed but deeply atmospheric version of June's celebrations. Along beaches such as La Manga, Mazarrón, and Águilas, Noche de San Juan is marked with bonfires on the sand, fireworks over the water, midnight swims, and music that carries into the early hours.

Inland and across Murcia province, June brings village fiestas, cultural programming, and early summer fairs. Corpus Christi is celebrated in historic towns, while Murcia city and surrounding areas host open-air concerts, theatre, and evening events that reflect the region's growing summer cultural calendar.

Local markets are particularly abundant at this time of year, showcasing seasonal fruit, fresh vegetables, seafood, tapas, and the simple, sun-driven cuisine that defines Mediterranean living.

### Moors and Christians

This epic 4 days of activity are in both, the 'pueblo' and on the 'playa', culminating on the last day with an extravagant procession through the village.

This major, annual, and vibrant event celebrates the town's history through spectacular parades, theatrical battles, medieval markets, and lively, colourful, and costumed celebrations in the streets and at local festival camps. This takes place early to mid-June (11-14th this year)

At the time of going to print the official programme had not been announced but the event normally starts with blunderbuss firers and gathering of the troops on the edge of the 'pueblo', before making their way to the centre of the village. Saturday sees the battle between two sets of troops on the 'playa' and includes belly dancing, horsemanship, a medieval tournament and procession to the Parque Comercial to be joined by entertainers. The evening ends back in the 'pueblo' where the party continues until the early hours.

Sunday is when the pueblo really comes alive with hours of processions and where people come from miles around to celebrate

This really is one weekend of fun and partying and if there's one thing you must do is come and join the party!

### The Spirit of June in Spain

What makes June in Spain so distinctive is not just the events themselves, but the way they are lived. It is a month shaped by outdoor dining, coastal evenings, music drifting through city streets, and a strong sense of shared celebration.

From the fiery spectacle of Alicante's bonfires to Barcelona's world-class festivals, from historic Corpus Christi tradi-

tions to the relaxed beach culture of the Costa Cálida, June captures Spain at its most expressive. It is a country stepping fully into summer – warm, social, creative, and alive with moments that linger long after the night has ended.



# Weekly Spanish Street Markets: long-standing tradition



Weekly Spanish street markets are a long-standing tradition – blending local produce, artisan goods, fashion, and everyday essentials with a distinctly Mediterranean atmosphere.

These markets are not just places to shop; they are part of the weekly rhythm of life. Early mornings bring the best produce, mid-morning is social and lively, and by midday the stalls are filled with colour, conversation, and the scent of fresh fruit, herbs, and baked goods.

## Torrevieja Markets

Torrevieja is home to one of the largest and most popular street markets in the region.

### Torrevieja Weekly Market (Friday)

Held near the Avenida Delfina Viudes, this is the main market day in the city. It is one of the biggest open-air markets on the Costa Blanca, offering everything from fresh fruit and vegetables to clothing, footwear, household goods, plants, and accessories.

The atmosphere is lively and international, reflecting the city's diverse community.

### La Mata Market (Wednesday)

Located in the nearby coastal area of La Mata, this market is smaller and more relaxed. It has a strong local feel, with fresh produce, baked goods, and traditional Spanish products alongside clothing and homeware stalls. Its setting close to the beach makes it especially popular during warmer months.

### Orihuela Costa Markets

The Orihuela Costa region is known for its rotating weekly markets across different urbanisations, each with its own character.

### Playa Flamenca Market (Saturday)

One of the most popular markets in the area, held at Calle Nicolás de Bussi, Playa Flamenca. It offers a wide variety of fresh produce, clothing, crafts, and household items. It is particularly busy and has a strong expat and local mix.

### Campoamor Market (Sunday – seasonal/occasional depending on area schedules)

A smaller, more relaxed market atmosphere depending on the season, often featuring local produce and artisan stalls.

### Zenia Boulevard Market Events (occasional)

While primarily a shopping centre, Zenia Boulevard sometimes hosts seasonal artisan markets and pop-up craft fairs, especially during holiday periods.



## Nearby Inland & Coastal Town Markets

The surrounding towns also offer traditional Spanish market experiences worth exploring:

### Guardamar del Segura (Wednesday)

A well-established weekly market offering fresh produce, clothing, and local goods. Known for its friendly atmosphere and proximity to pine forests and dunes.

### Almoradí (Saturday)

One of the most traditional inland markets in the region, particularly strong for fresh produce, cheeses, meats, spices, and local delicacies.

### San Miguel de Salinas (Wednesday)

A smaller but popular hill-town market with a strong local Spanish feel and excellent views over the salt lakes.

### Los Montesinos (Friday – small market)

A compact, community-style market ideal for essentials and fresh produce.

## MAZARRÓN

There are actually two markets to choose from, which makes it easy to visit both in one weekend.

The Mazarrón town market takes place on Saturday mornings from 8am to 2pm in the Plaza del Convento, in front of the pretty white church that dominates the square. It's a fairly big market with around 80 stalls and is popular with expats, many of whom head for a coffee in one of the surrounding bars afterwards.

The Puerto de Mazarrón market on Sunday mornings is a much bigger event, with around 300 vendors. It's located in the Urbanización Bahía next to the municipal tennis and padel courts, also open from 8am to 2pm.

Around 40 stalls at the Puerto market sell a mix of fresh produce, clothing, nuts and prepared foods – one side focuses

on fresh fruit, vegetables and dried fruits from local growers, the other on clothing, textiles and household goods. Most stalls are cash only, so bring euros. Get there early in summer as parking fills up fast.

There's also a monthly artisan market on the third Saturday of each month at the Plaza de las Comunidades Autónomas by the marina, running 10am to 2pm in winter and until midnight in summer – plus a Sunday flea market at Cañadas del Romero park with antiques, handicrafts and second-hand items.

## MOJÁCAR

The weekly Mojácar market is held every Wednesday morning from around 9am to 12pm, next to the sports centre in Mojácar Pueblo. It's smaller than other markets in the Almería area, but offers a nice blend of fresh produce, clothing, leather goods and local accessories.

On Sunday mornings there's also a flea market around the Centro de Usos Múltiples at the La Fuente area, where you can browse books, pictures, trinkets, antiques and second-hand items.

One practical note: parking in Mojácar Pueblo on market day can be chaotic – the easiest option is the local bus, which costs around €1.20 from Mojácar Playa. And if you want something larger, nearby Turre holds a Friday market, and Vera has markets on both Monday and Saturday – all reachable by bus for roughly the same price.

## The Market Experience

Local markets share a common rhythm – early morning bustle, seasonal produce at its best, and a sociable, open-air shopping experience under the Mediterranean sun.

In this part of Spain, markets are not simply places to shop – they are part of the cultural fabric of coastal life.



# Living in the Right Place at Exactly the Right Time

Whether you came to Spain for the sunshine, the food, the pace of life — or simply because nowhere else quite compared — this summer hands you an unexpected gift. The world's greatest sporting event arrives in the Americas on 11th June, and Spain, ranked number one on the planet, intends to win it. You couldn't have timed your move better.

## A Summer Spain Was Born For

There are World Cup summers, and then there is this one. The 2026 FIFA World Cup — hosted across the United States, Canada, and Mexico from 11th June to 19th July — is the largest tournament in the competition's 96-year history. Forty-eight nations. One hundred and four matches. And leading the field, seeded first in the world, wearing red: Spain.

For those of us living in Spain — whether we arrived last year or a decade ago, whether we hold a Spanish passport or are still navigating the bureaucracy of residency — there is something rather wonderful about sharing a country's football fever at full force. Spain does not merely watch its national team. It lives alongside it, argues about it, weeps for it and roars with it. Streets fall quiet when La Roja plays. Bars fill hours before kick-off. The evening air carries something electric and communal that is, frankly, one of the great pleasures of life here.

This summer, that experience arrives with extraordinary stakes. Spain are not just participants — they are favourites. And if you have ever wondered what it feels like to be at the epicentre of a nation holding its collective breath, you are about to find out.

*"Spain does not merely watch its national team. It lives alongside it, argues about it, weeps for it and roars with it."*

## The New Format — What You Need to Know

For those catching up: the World Cup has expanded from 32 to 48 teams, arranged into 12 groups of four. The top two from each group advance automatically to a brand-new round of 32, joined by the eight best third-placed sides. From there, it is pure knockout football — the kind that produces the moments we spend the following four years talking about.

The tournament also introduces two separate pathways to the semi-finals, designed to prevent the highest-ranked sides meeting before the final. Spain and Argentina — ranked first and second respectively — have been drawn into opposite pathways. Should both sides reach the final, they will meet on 19th July at MetLife Stadium in New Jersey. It is the script the footballing world is already writing.

One hundred and four matches across 39 days. The only rest days fall on 8th, 12th, 13th, 16th, and 17th July. For everyone else: the schedule is enclosed, and it is formidable.

## The Timing — Perfect for Life in Spain

Here is one of the great advantages of watching this World Cup from Spanish soil: the kick-off times. Spain operates on Central European Summer Time (CEST), which places it firmly in the sweet spot of the tournament's schedule.

The majority of group stage matches kick off between 18:00 and midnight. The 18:00 slots are civilised early-evening viewing — aperitivo hour elevated to occasion. The 21:00 and 22:00 matches align perfectly with Spain's famously late dining culture; there is something almost poetic about sitting down to supper as the warm-up begins. Even the late-night fixtures — kicking off around midnight for the Americas-based games — are manageable on a Spanish schedule, where nobody considers 1am an unreasonable hour.

La Roja's own matches fall at: **18:00 on 15th June (Spain vs Cape Verde, Atlanta); 18:00 on 21st June (Spain vs Saudi Arabia, Atlanta); and 02:00 on 28th June (Spain vs Uruguay, Guadalajara — the late one, but worth every minute).** Those are the dates to clear entirely.

## La Roja — The Case for Going All the Way

It would be remiss to spend this editorial discussing any nation at length before addressing Spain. They arrive in North America as the world's top-ranked side, technically immaculate, tactically evolved, and carrying the quiet confidence of a team that knows, deep down, that this is their moment.

Group H is navigable: Cape Verde, Saudi Arabia, and Uruguay. Spain should emerge from it without drama — though football, as we know, has a talent for drama regardless. The knockout pathway then opens towards what could be a quarter-final against the likes of France or Norway, a semi-final against the upper bracket's survivor, and — if the footballing gods are in generous mood — a final against Argentina at MetLife on 19th July.

That last scenario has been the subject of considerable discussion in bars, living rooms, and WhatsApp groups across Spain for months. It is not mere fantasy. It is, on current evidence, a genuine possibility. And if it happens, you will want to be watching it somewhere with people who understand exactly what it means.

## Your Country in the Draw — A Guide for Expats

Of course, not everyone watching this summer will be cheering for La Roja — at least not exclusively. One of the particular joys of expat life is the split loyalty: the adopted homeland on one side, the country of birth on the other. Here is where the major expat communities' sides stand:

**England** — Group L: Croatia (17th June, Dallas), Ghana (23rd June, Boston), Panama (28th June, New Jersey). England enter with a formidable squad and cautious optimism — a combination the English have long perfected. The group is navigable; the knockout draw could open up beautifully.

Worth planning your watch parties around.

**Germany** — Group E: Curao (14th June, Houston), Ivory Coast (20th June, Toronto), Ecuador (25th June, New Jersey). Resurgent and purposeful. Germany have a habit of arriving at tournaments looking merely solid and departing having threatened the summit. Do not underestimate them.

**France** — Group I: Senegal (16th June, New Jersey), Playoff 2 (22nd June, Philadelphia), Norway (26th June, Boston). An embarrassment of riches in terms of talent. Les Bleus are among the genuine contenders and could meet Spain before the final if the bracket falls that way.

**Netherlands** — Group F: Japan (14th June, Dallas), UEFA Path B (20th June, Houston), Tunisia (26th June, Kansas City). The Dutch have quietly assembled one of the more interesting squads in the tournament. They tend to be quietly brilliant until they very suddenly are not. Keep an eye on them.

**Ireland & Scotland** — Scotland make their return to the World Cup stage in Group C alongside Brazil, Morocco, and Haiti. A romantic draw, and one that captures the imagination. Ireland did not qualify, but Irish expats in Spain — a considerable and convivial community — will no doubt adopt Scotland warmly for the group stage.

**USA & Canada** — Both host nations qualify automatically and will carry enormous home support. The Americans (Group D, opening vs Paraguay on 12th June in Los Angeles) and Canadians (Group B, opening on 12th June in Toronto) have substantial expat communities in Spain who will be watching with particular pride.

### Where to Watch — Spain's Finest Options

Spain offers, in this writer's view, the finest conditions on earth for watching football communally. The question is not whether to watch in company, but where.

The local bar remains the gold standard. Every Spanish town and city has its sports bar — usually with a screen large enough to see from the back, a barman who cares about the result as much as you do, and a crowd whose reactions require no translation. Find yours early; the regulars already have their seats.

Fan zones and outdoor screenings will proliferate across Spain's major cities for the duration of the tournament, particularly for Spain's own matches. Madrid, Barcelona, Seville, Valencia, and Bilbao will all host public viewings of La Roja's games. These are exceptional experiences — thousands of people, shared emotion, the kind of collective joy that reminds you why you moved somewhere with this much life in it.

The home gathering is, of course, unbeatable for the matches that matter most. A well-organised terrace or sala with the right people around you, the game on screen and the Mediterranean evening providing its usual backdrop: there is genuinely nowhere better to be.

### Setting the Scene — Food, Drink and the Art of the Watch Party

One of the genuine pleasures of hosting a World Cup gathering in Spain is that the culinary infrastructure is, frankly, already excellent. You do not need to overthink it.

For the early 18:00 kick-offs: a spread of charcuterie and cheese, good olives, and something cold to drink serves perfectly. Fino sherry — still criminally underrated outside Andalucía — is an ideal companion to a summer evening's football.

A cava, well chilled, works for the occasion. For those who prefer beer, a cold Estrella Damm or Mahou requires no justification whatsoever.

For the 21:00 matches, lean into Spain's gifts: a proper tortilla de patatas made ahead and served at room temperature; pan con tomate with good jamon; patatas bravas that require only a hot oven and a bottle of brava sauce. These are dishes that can be prepared before the whistle, set out for guests to graze upon, and require absolutely no attention from the cook once the game begins. Which is, of course, the point.

For the late fixtures — those midnight or 02:00 kick-offs where the Americas' time zones make themselves felt — keep it simple: good bread, a board of something substantial, and perhaps a gin tonic of the quality that Spain, quite rightly, considers a high art form.

A word on the morning after: Spain's culture of the café solo and the mid-morning tostada con aceite was designed, one suspects, precisely for the day following a late-night football match. Embrace it without guilt.

*"You do not need to speak perfect Spanish to understand what a last-minute goal feels like. That language is entirely universal."*

### Make It an Occasion

The full match schedule is enclosed with this issue. We suggest you keep it somewhere prominent — pinned to the fridge, bookmarked on your phone, or tucked into the pages of whatever you are reading on the terrace this June.

Plan your gatherings around the fixtures that matter to you. Identify the bar where you will watch the important ones. Stock the house with the provisions the occasion demands. And then, when the 11th of June arrives and the Estadio Azteca in Mexico City fills with noise for the opening match, settle in and allow yourself to be entirely absorbed.

Because here is the thing about living in Spain during a World Cup where Spain are favourites: it does not simply feel like watching football. It feels like being part of something. And whether you have lived here for thirty years or thirty months, that feeling — the city alive, the screens glowing, the whole country leaning forward as one — belongs to you too.





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# FIFA WORLD CUP 2026 MATCH SCHEDULE

All times are Eastern Time (ET)

## GROUP A MEXICO • SOUTH AFRICA • SOUTH KOREA • CZECH REPUBLIC

Thu, Jun 11 - 3 PM Mexico City Stadium	MEX			RSA
Thu, Jun 11 - 10PM Estadio Guadalajara	COR			CZE
Thu, Jun 18 - 12AM Atlanta Stadium	CZE			RSA
Thu, Jun 18 - 9PM Estadio Guadalajara	MEX			COR
Wed Jun 24 - 9PM Estadio Monterrey	RSA			COR
Wed Jun 24 - 9PM Mexico City Stadium	CZE			MEX

## GROUP B CANADA • QATAR • SWITZERLAND • BOSNIA AND HERZEGOVINA

Fri Jun 12 - 3PM Toronto Stadium	CAN			BOS
Sat Jun 13 - 3PM SF Bay Area Stadium	QAT			SUI
Thu, Jun 18 - 3PM Los Angeles Stadium	SUI			BOS
Thu, Jun 18 - 6PM BC Place Vancouver	CAN			QAT
Wed Jun 24 - 3PM Seattle Stadium	BOS			QAT
Wed Jun 24 - 3PM BC Place Vancouver	SUI			CAN

## GROUP C BRAZIL • MOROCCO • SCOTLAND • HAITI

Sat Jun 13 - 6PM New York New Jersey	BRA			MAR
Sat Jun 13 - 9PM Boston Stadium	HAI			ESC
Fri Jun 19 - 6PM Boston Stadium	ESC			MAR
Fri Jun 19 - 9PM Philadelphia Stadium	BRA			HAI
Wed Jun 24 - 6PM Miami Stadium	ESC			BRA
Wed Jun 24 - 6PM Atlanta Stadium	MAR			HAI

## GROUP J ARGENTINA • ALGERIA • AUSTRIA • JORDAN

Tue Jun 16 - 9PM Kansas City Stadium	ARG			ALG
Tue Jun 16 - 12PM SF Bay Area Stadium	AUT			JOR
Mon Jun 22 - 1PM Dallas Stadium	ARG			AUT
Mon Jun 22 - 11PM SF Bay Area Stadium	JOR			ALG
Sat Jun 27 - 10PM Kansas City Stadium	ALG			AUT
Sat Jun 27 - 10PM Dallas Stadium	JOR			ARG

## GROUP K PORTUGAL • COLOMBIA • UZBEKISTAN • DR CONGO

Wed Jun 17 - 1PM Houston Stadium	POR			RDC
Wed Jun 17 - 10PM Mexico City Stadium	UZB			COL
Tue Jun 23 - 1PM Houston Stadium	POR			UZB
Tue Jun 23 - 10PM Estadio Guadalajara	COL			RDC
Sat Jun 27 - 7:30PM Atlanta Stadium	RDC			UZB
Sat Jun 27 - 7:30PM Miami Stadium	COL			POR

## GROUP L ENGLAND • CROATIA • GHANA • PANAMA

Wed Jun 17 - 4PM Dallas Stadium	ING			CRO
Wed Jun 17 - 7PM Toronto Stadium	GHA			PAN
Tue Jun 23 - 4PM Boston Stadium	ING			GHA
Tue Jun 23 - 7PM Toronto Stadium	PAN			CRO
Sat Jun 27 - 5PM Philadelphia Stadium	CRO			GHA
Sat Jun 27 - 5PM New York New Jersey	PAN			ING

## ROUND OF 32

MATCH 73 - SUNDAY, JUNE 28	
2A	2B
MATCH 74 - MONDAY, JUNE 29	
1E	3 <sup>A-B</sup> <sub>C-D</sub>
MATCH 75 - MONDAY, JUNE 29	
1F	2C
MATCH 76 - MONDAY, JUNE 29	
1C	2F
MATCH 77 - TUESDAY, JUNE 30	
1i	3 <sup>C-D</sup> <sub>E-H</sub>
MATCH 78 - TUESDAY, JUNE 30	
2E	2i
MATCH 79 - TUESDAY, JUNE 30	
1A	3 <sup>C-E</sup> <sub>F-H</sub>
MATCH 80 - WEDNESDAY, JULY 1	
1L	3 <sup>E-H</sup> <sub>I-K</sub>
MATCH 81 - WEDNESDAY, JULY 1	
1D	3 <sup>B-E</sup> <sub>F-I</sub>
MATCH 82 - WEDNESDAY, JULY 1	
1G	3 <sup>A-E</sup> <sub>H-I</sub>
MATCH 83 - THURSDAY, JULY 2	
2K	2L
MATCH 84 - THURSDAY, JULY 2	
1H	2J
MATCH 85 - FRIDAY, JULY 3	
1B	3 <sup>E-F</sup> <sub>G-I</sub>
MATCH 86 - FRIDAY, JULY 3	
1J	2H
MATCH 87 - FRIDAY, JULY 3	
1K	3 <sup>D-E</sup> <sub>F-I</sub>
MATCH 88 - FRIDAY, JULY 3	
2D	2G

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**GROUP D**

USA • PARAGUAY • AUSTRALIA • TURKEY

Fri Jun 12 - 9PM  
Los Angeles Stadium  
Sat Jun 13 - 12PM  
BC Place Vancouver  
Fri Jun 19 - 3PM  
Seattle Stadium  
Fri Jun 19 - 12PM  
SF Bay Area Stadium  
Thu, Jun 25 - 10PM  
SF Bay Area Stadium  
Thu, Jun 25 - 10PM  
Los Angeles Stadium

USA   PAR  
AUS   TUR  
USA   AUS  
TUR   PAR  
PAR   AUS  
TUR   USA

**GROUP E**

GERMANY • ECUADOR • IVORY COAST • CURAÇAO

Sun Jun 14 - 1PM  
Houston Stadium  
Sun Jun 14 - 7PM  
Philadelphia Stadium  
Sat Jun 20 - 4PM  
Toronto Stadium  
Sat Jun 20 - 10PM  
Kansas City Stadium  
Thu, Jun 25 - 4PM  
Philadelphia Stadium  
Thu, Jun 25 - 4PM  
New York New Jersey

ALE   CUR  
CDM   ECU  
ALE   CDM  
ECU   CUR  
CUR   CDM  
ECU   ALE

**GROUP F**

NETHERLANDS • JAPAN • TUNISIA • SWEDEN

Sun Jun 14 - 4PM  
Dallas Stadium  
Sun Jun 14 - 10PM  
Estadio Monterrey  
Sat Jun 20 - 1PM  
Houston Stadium  
Sat Jun 20 - 12PM  
Estadio Monterrey  
Thu, Jun 25 - 7PM  
Dallas Stadium  
Thu, Jun 25 - 7PM  
Kansas City Stadium

PBA   JAP  
SUE   TUN  
PBA   SUE  
TUN   JAP  
JAP   SUE  
TUN   PBA

**GROUP G**

BELGIUM • IRAN • EGYPT • NEW ZEALAND

Mon Jun 15 - 3PM  
Seattle Stadium  
Mon Jun 15 - 9PM  
Los Angeles Stadium  
Sun Jun 21 - 3PM  
Los Angeles Stadium  
Sun Jun 21 - 9PM  
BC Place Vancouver  
Sat Jun 27 - 11PM  
BC Place Vancouver  
Sat Jun 27 - 11PM  
Seattle Stadium

BEL   EGI  
IRA   NZL  
BEL   IRA  
NZL   EGI  
NZL   BEL  
EGI   IRA

**GROUP H**

SPAIN • URUGUAY • SAUDI ARABIA • CAPE VERDE

Mon Jun 15 - 12AM  
Atlanta Stadium  
Mon Jun 15 - 6PM  
Miami Stadium  
Sun Jun 21 - 12AM  
Atlanta Stadium  
Sun Jun 21 - 6PM  
Miami Stadium  
Fri Jun 26 - 20:00hs.  
Houston Stadium  
Fri Jun 26 - 20:00hs.  
Estadio Guadalajara

ESP   CAB  
ARA   URU  
ESP   ARA  
URU   CAB  
CAB   ARA  
URU   ESP

**GROUP I**

FRANCE • SENEGAL • NORWAY • IRAQ

Tue Jun 16 - 3PM  
New York New Jersey  
Tue Jun 16 - 6PM  
Boston Stadium  
Mon Jun 22 - 5PM  
Philadelphia Stadium  
Mon Jun 22 - 20:00hs.  
New York New Jersey  
Fri Jun 26 - 3PM  
Toronto Stadium  
Fri Jun 26 - 3PM  
Boston Stadium

FRA   SEN  
IRK   NOR  
FRA   IRK  
NOR   SEN  
SEN   IRK  
NOR   FRA

**ROUND OF 16**

W MATCH 89 - SATURDAY, JULY 4 W  
74     77  
W MATCH 90 - SATURDAY, JULY 4 W  
73     75  
W MATCH 91 - SUNDAY, JULY 5 W  
76     78  
W MATCH 92 - SUNDAY, JULY 5 W  
79     80  
W MATCH 93 - MONDAY, JULY 6 W  
83     84  
W MATCH 94 - MONDAY, JULY 6 W  
81     82  
W MATCH 95 - TUESDAY, JULY 7 W  
86     88  
W MATCH 96 - TUESDAY, JULY 7 W  
85     87

**QUARTER-FINAL**

W MATCH 97 - THURSDAY, JULY 9 W  
89     90  
W MATCH 98 - FRIDAY, JULY 10 W  
93     94  
W MATCH 99 - SATURDAY, JULY 11 W  
91     92  
W MATCH 100 - SATURDAY, JULY 11 W  
95     96

**SEMI-FINAL**

W MATCH 101 - TUESDAY, JULY 14 W  
97     98  
W MATCH 102 - WEDNESDAY, JULY 15 W  
99     100

**BRONZE FINAL**

L MATCH 103 - SATURDAY, JULY 18 L  
101     102

**FIFA WORLD CUP 2026 FINAL**

W MATCH 104 - SUNDAY, JULY 19 W  
101     102



**WORLD CHAMPION**

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# Summer Kitchens:

## Stylish Ideas for Mediterranean Living in Spain

There is something effortlessly glamorous about a summer kitchen in Spain. More than simply a place to prepare meals, it becomes the social heart of the home during the warmer months — a space where lunches drift into late afternoons, evening drinks become dinner, and family and friends gather with ease. In a country known for sunshine, outdoor living, and a love of food, the summer kitchen is less a luxury and more a natural extension of everyday life.

Whether it is a fully equipped outdoor kitchen beside the pool, a shaded barbecue terrace, or an elegant indoor kitchen opening onto a patio, the most successful spaces combine practicality with style. They are designed not only for cooking, but for living well.

One of the defining features of Mediterranean homes is the seamless connection between inside and outside. In Spain, terraces, courtyards, gardens, and pool areas often become extra living rooms during summer. A kitchen that opens directly onto these spaces instantly feels larger, brighter, and more sociable. Wide sliding doors, bi-fold panels, or even traditional French doors can transform how a home functions in the season, allowing hosts to cook, serve, and socialise without feeling separated from guests.

When designing a summer kitchen, materials are particularly important. Spain's climate demands surfaces that can withstand heat, sunlight, and frequent use while still looking beautiful. Natural stone worktops, porcelain tiles, stainless steel fittings, microcement finishes, and treated timber all offer durability with timeless appeal. Terracotta remains a classic Mediterranean choice, bringing warmth and authenticity, while lighter colours help reflect sunlight and keep spaces feeling cool.

Colour palettes tend to work best when inspired by the surrounding landscape. Soft whites, sandy neutrals, olive greens, sea blues, warm taupes, and sun-bleached woods create a calm, elegant setting that feels entirely in tune with Spanish summer living. These shades also pair beautifully with natural textures such as rattan, linen, woven grasses, and ceramic accessories.

Functionality should never be overlooked. A successful summer kitchen is built around convenience. Preparation surfaces, refrigeration, sinks, and storage should all be positioned to make entertaining simple. Under-counter fridges for chilled drinks, integrated ice drawers, discreet waste storage, and weather-resistant cupboards can make a noticeable difference when hosting regularly.

For those who love to cook, outdoor appliances have become increasingly sophisticated. High-quality barbecues, planchas, smokers, pizza ovens, and wine fridges can elevate the experience while adding a touch of luxury. Yet equally, a modest setup with a grill, a generous table, and excellent company can be just as inviting. In Spain, atmosphere often matters more than extravagance.

Shade is essential in the Mediterranean sun. Pergolas draped with fabric, wooden structures covered in climbing plants, retractable awnings, or stylish sail shades can all create welcome shelter during the hottest part of the day. Ceiling fans or discreet cooling systems are another worthwhile addition, helping spaces remain comfortable throughout July and August.

Lighting deserves careful consideration, particularly for evening use. Soft ambient lighting transforms a kitchen after sunset, allowing the space to move effortlessly from daytime family hub to evening entertaining area. Pendant lanterns above dining tables, wall sconces, candles, and subtle garden lighting create warmth and atmosphere without overpowering the setting.

Styling is where personality comes alive. Linen tablecloths, large platters, artisan ceramics, baskets of lemons, fresh herbs in terracotta pots, and oversized glassware all evoke effortless Mediterranean charm. Olive trees, lavender, rosemary, and bougainvillea nearby complete the scene, blurring the line between garden and home.

Even indoor kitchens can embrace summer with a seasonal refresh. Replacing heavy accessories with lighter textures, adding fresh flowers, decluttering worktops, and introducing bowls of citrus or seasonal fruit instantly brightens the room. Sheer window dressings, open shelving, and natural materials can also create a cooler, airier feel.

Above all, a summer kitchen in Spain should reflect the lifestyle it supports: morning coffee in the sunshine, leisurely lunches with family, tapas prepared for unexpected guests, and long evenings where no one feels in a hurry to leave the table.

In a country where food, hospitality, and outdoor living are deeply woven into daily life, the summer kitchen is more than a design trend. It is a celebration of living beautifully, entertaining effortlessly, and making the most of every sun-filled day.





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# Mediterranean Shores: Alicante, Costa Cálida, Almería & the Orihuela Costa

Along Spain's southeastern coastline, the Mediterranean reveals a rich and varied tapestry of beaches — from lively resort promenades and family-friendly sands to hidden coves and untouched natural stretches. In Alicante, the Costa Cálida, Almería, Torrevieja, and the Orihuela Costa, beach life is not just a seasonal pleasure, but an essential part of everyday living, especially as summer arrives.

This is a coastline shaped by light, warmth, and contrast — where each area offers its own rhythm, atmosphere, and character.

## Alicante: City Energy Meets Coastal Ease

The beaches of Alicante offer an effortless blend of urban energy and relaxed Mediterranean living. Wide golden sands sit just moments from the city centre, where palm-lined promenades, cafés, and beach bars create a lively but laid-back atmosphere.

Morning brings calm waters and quiet swims, while afternoons fill with families, sunseekers, and long seaside lunches. As evening approaches, the beaches become one of the city's most atmospheric spaces — perfect for sunset walks, open-air dining, and watching the light fade across the bay.

Beyond the city, smaller coves and coastal inlets offer a more secluded experience, with rocky backdrops and clear waters ideal for swimming and snorkelling.

## Torrevieja: Salt Lakes, Beaches and a Cosmopolitan Coast

Further south, Torrevieja offers one of the most distinctive coastal settings in the region. Known for its unique pink and green salt lagoons, the town combines natural curiosity with a long stretch of accessible beaches.

The main urban beaches are wide, sandy, and family-friendly, with calm waters and full promenade facilities. They are designed for ease — sunbathing, swimming, and long summer days by the sea.

Just outside the town centre, quieter stretches of coastline provide a more relaxed atmosphere, while the nearby natural parklands around the salt lakes create a striking contrast between inland landscape and coastal life. The combination of wellness, scenery, and beach culture gives Torrevieja a character that feels both practical and picturesque.

## Orihuela Costa: Coves, Cliffs and Coastal Living

Stretching between Torrevieja and Pilar de la Horadada, the Orihuela Costa is known for its series of well-kept beaches, rocky coves, and clear blue waters.



Here, the coastline becomes more varied and intimate. Small sandy bays sit between rocky outcrops, offering sheltered swimming spots and scenic viewpoints. Beaches such as those around Cabo Roig, La Zenia, and Campoamor are particularly popular, combining natural beauty with a relaxed, residential feel.

The area is also known for its promenades and coastal walks, where sea views stretch uninterrupted along the cliffs. It is a place where beach life feels integrated into daily routines — morning coffee by the sea, afternoon swims, and sunset walks along the shore.

### **Costa Cálida: Warm Waters and Easy Rhythm**

Across the Costa Cálida in Murcia, the coastline takes on a softer, more natural pace. True to its name — the “warm coast” — this region is known for some of the highest sea temperatures in mainland Spain.

The Mar Menor offers calm, shallow waters ideal for swimming and watersports, while the outer Mediterranean coast near Mazarrón and Águilas provides more open, rugged beaches. The contrast between lagoon calm and wild sea creates a unique coastal experience.

Life here is unhurried and local — early swims, long seaside lunches, and evenings spent close to the water define the summer rhythm.

### **Almería: Wild Coastlines and Desert Light**

Further along, Almería province introduces one of Spain’s most dramatic coastal landscapes. In Cabo de Gata-Níjar Natural Park, beaches are framed by volcanic rock, dunes, and wide-open skies.

Coves such as Monsul and Genoveses are among the most iconic in Spain — untouched, cinematic, and naturally preserved. The landscape feels raw and elemental, where sea meets semi-desert in a powerful visual contrast.

Elsewhere, long stretches of sand remain quiet and open, offering space, solitude, and some of the most striking natural light on the Mediterranean coast.

### **A Coastline Defined by Contrast**

From the lively beaches of Alicante to the salt lagoons of Torrevieja, the coves of the Orihuela Costa, the warm waters of the Costa Cálida, and the wild beauty of Almería, this stretch of Spain offers an extraordinary range of coastal experiences.

What unites them is the Mediterranean itself — warm, luminous, and ever-present. Whether vibrant or remote, social or serene, each coastline reflects a different expression of summer living.

Together, they form one of Spain’s most compelling coastal regions — a place where beach life is not an escape, but a way of life.



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# Motoring | Spanish Grand Prix: A Summer Showcase of Speed and Precision

As the European summer begins to gather pace, one of the most anticipated fixtures in the Formula 1 calendar takes centre stage on the Mediterranean coast – the Formula 1 Spanish Grand Prix, hosted at the renowned Circuit de Barcelona-Catalunya.

For the 2026 season, the Spanish Grand Prix is scheduled to take place over the weekend of 5–7 June 2026, placing it firmly within the opening chapter of the summer racing calendar. Set just outside Barcelona in Montmeló, the circuit has long been considered a key benchmark for teams, offering a demanding mix of high-speed straights, technical corners, and a surface that tests both tyre management and aerodynamic balance.

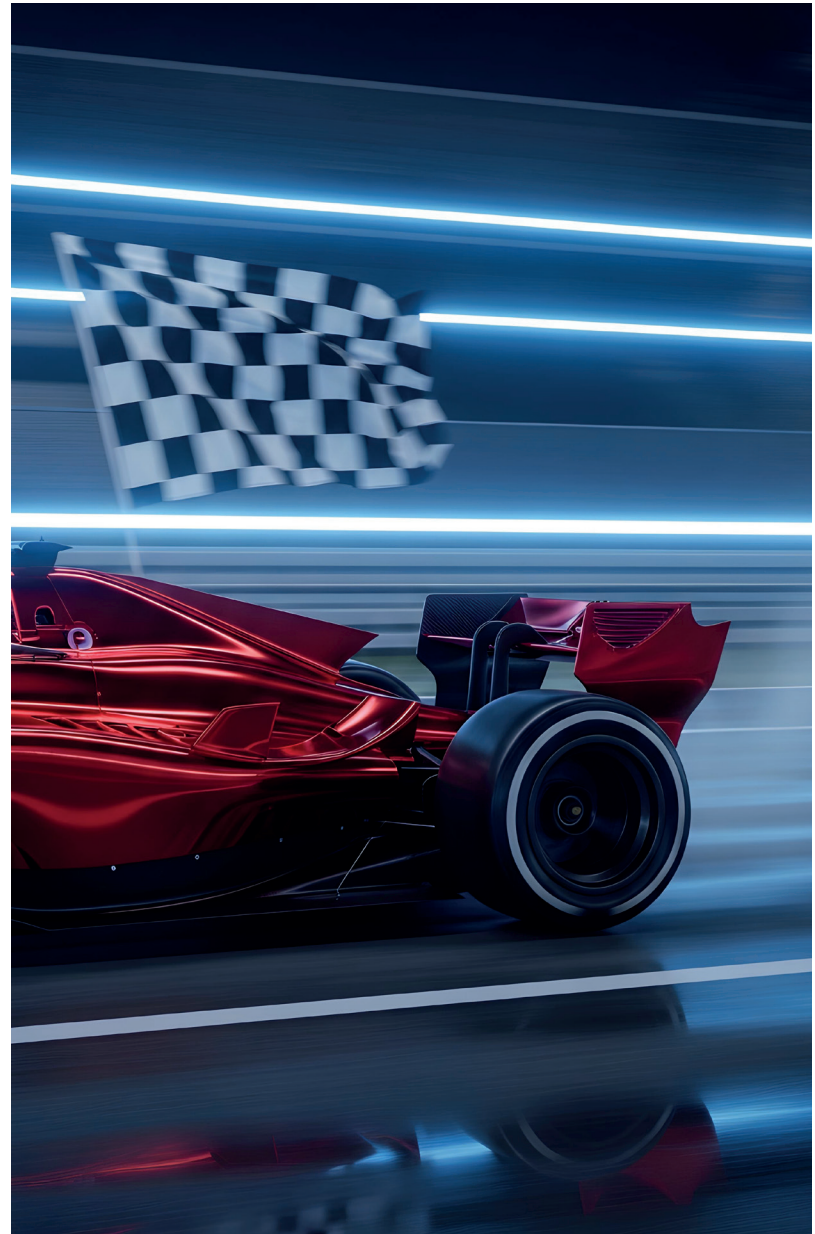
Built in 1991, the Circuit de Barcelona-Catalunya has become one of Formula 1's most familiar and respected venues. Its layout rewards precision and consistency, making it a favourite among engineers and drivers alike for understanding car performance across a complete race weekend. Overtaking opportunities are earned rather than given, with strategy often playing as significant a role as outright speed.

Beyond the track, the Spanish Grand Prix has evolved into a defining lifestyle event. Barcelona itself becomes an extension of the circuit, with visitors filling hotels, restaurants, and rooftop venues across the city. The combination of motorsport and Mediterranean living creates a distinctive atmosphere – part sporting spectacle, part summer social occasion. Fans arriving for the weekend can expect more than just racing. The surrounding region offers a full experience: coastal dining along the Barceloneta, late-night city energy in the Gothic Quarter, and a growing culture of F1 hospitality events that blend entertainment, design, and gastronomy.

On race day, the grandstands come alive with colour and sound as the cars take to the grid under the Spanish sun. High temperatures often add an extra layer of challenge, pushing both drivers and machinery to their limits. Tire degradation, pit-stop strategy, and split-second decisions frequently determine the outcome, making Barcelona a true test of endurance as well as speed.

In the broader context of the Formula 1 season, the Spanish Grand Prix remains a pivotal moment. It often marks a point where teams bring significant upgrades, refining their performance after the opening rounds of the championship. As such, it is not only a celebration of racing, but also a crucial indicator of how the season may unfold.

Combining technical importance with a vibrant summer setting, the Spanish Grand Prix continues to stand out as one of the most complete weekends on the Formula 1 calendar – where cutting-edge engineering meets the relaxed glamour of a Barcelona summer.



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# Recipes

## Coconut Chicken



A tropical twist on your classic chicken dish! Crispy on the outside, juicy on the inside, and infused with the rich flavours of coconut. Perfect for a quick dinner or a delicious meal prep option!

### Ingredients:

- 4 boneless, skinless chicken breasts
- 1 cup unsweetened shredded coconut
- 1/2 cup almond flour
- 2 large eggs
- 1 tbsp coconut oil (for frying)
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp paprika
- Salt and pepper to taste
- 1 tbsp fresh lime juice (optional, for added flavour)

### Instructions:

#### Prepare the breading:

In a shallow bowl, combine shredded coconut, almond flour, garlic powder, onion powder, paprika, salt, and pepper.

Duration: 2 minutes

#### Dip the chicken:

In a separate bowl, whisk the eggs until smooth. Dip each chicken breast first into the egg, then coat it thoroughly with the coconut mixture.

Duration: 5 minutes

#### Cook the chicken:

Heat coconut oil in a large skillet over medium heat. Once the oil is hot, add the chicken breasts. Cook for about 5-6 minutes per side, until golden brown and the internal temperature reaches 165°F (74°C).

Duration: 12 minutes

#### Finish and serve:

Remove the chicken from the skillet and let it rest for a couple of minutes. Drizzle with lime juice, if desired. Serve with your favourite veggies or over a bed of cauliflower rice for a low-carb meal!

Duration: 2 minutes

Prep Time: 10 minutes | Cooking Time: 15 minutes | Total Time: 25 minutes

Kcal: 350 kcal | Servings: 4 servings

# Thai Chicken Peanut Wraps



Wrap up a burst of flavour in every bite with these Thai Chicken Peanut Wraps! Packed with tender chicken, crunchy veggies, and a creamy peanut sauce, they're the perfect fresh and healthy meal. Quick to make and even quicker to devour!

## Ingredients:

- 2 boneless, skinless chicken breasts, grilled and sliced
- 4 large lettuce leaves (romaine or butter lettuce work great)
- 1/2 cup shredded carrots
- 1/2 cucumber, julienned
- 1/4 cup fresh coriander, chopped
- 1/4 cup roasted peanuts, chopped
- 1 tablespoon sesame oil
- 2 tablespoons soy sauce
- 2 tablespoons peanut butter (smooth or chunky)
- 1 tablespoon lime juice
- 1 tablespoon honey or maple syrup
- 1 teaspoon grated ginger
- 1/2 teaspoon chili flakes (optional, for heat)

## Instructions:

### Prepare the Chicken:

Grill or pan-cook the chicken breasts until fully cooked, about 6-7 minutes per side. Let it rest for a few minutes, then slice thinly.

Cook time: 12-14 minutes

### Prepare the Peanut Sauce:

In a small bowl, whisk together sesame oil, soy sauce, peanut butter, lime juice, honey, ginger, and chili flakes (if using) until smooth and creamy.

Prep time: 3 minutes

### Assemble the Wraps:

Lay a large lettuce leaf flat on a plate. Add a few slices of grilled chicken, shredded carrots, julienned cucumber, and fresh coriander.

Prep time: 5 minutes

### Drizzle the Peanut Sauce:

Drizzle the prepared peanut sauce over the ingredients in the lettuce wrap. Sprinkle with chopped roasted peanuts for extra crunch.

Prep time: 2 minutes

### Roll and Serve:

Carefully fold the sides of the lettuce leaf over the filling and roll it up tightly. Repeat with the remaining wraps. Serve immediately with extra peanut sauce on the side for dipping.

Prep time: 3 minutes

Prep Time: 13 minutes | Cooking Time: 14 minutes | Total Time: 27 minutes

Kcal: 350 kcal | Servings: 4 servings

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4	3	1	6	9	7	5	8	2
9	6	8	5	2	4	1	3	7
2	7	5	3	8	1	4	9	6
5	8	7	9	6	3	2	1	4
3	1	2	4	7	5	8	6	9
6	9	4	8	1	2	7	5	3
1	5	6	7	4	9	3	2	8
7	2	9	1	3	8	6	4	5
8	4	3	2	5	6	9	7	1

# Life Outside: why the pool is the heart of the Spanish home

Ask anyone who has spent a summer in Spain and they will tell you the same thing. At some point — probably around midday, when the heat has become something solid — life simply moves outside. The table shifts to the terrace, the kitchen empties, and everything that matters for the next several hours revolves around the pool.

It is one of the great pleasures of living here: that the outdoor space is not a supplement to the home but an extension of it. And nowhere is that more true than around the water. Whether it is a compact plunge pool in a walled city garden or a wide sun-soaked terrace wrapping a rural finca, the Spanish pool sets the tone for an entire way of spending the day.

## The Morning Swim

There is something quietly wonderful about an early swim in Spain. The air is already warm but not yet fierce, the water cool from the night, and for a short while the world feels entirely manageable. Many families structure their whole summer morning around it — coffee on the terrace, a swim before the heat peaks, then the long drift into lunch.

It sounds simple because it is. But it is also the reason so many people who move to Spain say the pool changes not just their home but their daily life. Mornings that were once rushed become unhurried. Children who might otherwise spend the day indoors are outside from breakfast. The pace of everything slows, pleasantly and permanently.

*“The pool does not just give you somewhere to swim. It gives you a reason to be outside all day.”*

## Setting The Terrace

The pool on its own is only part of the story. What surrounds it matters just as much — and this is where outdoor living in Spain really comes into its own. A well-thought-out pool terrace is a proper room: shaded, furnished, equipped for hours of comfortable use.

A pergola draped in jasmine or wisteria gives welcome relief from direct sun and creates a sense of enclosure without blocking the breeze. Good outdoor furniture — loungers wide enough to actually lie on, a solid table that seats the whole family — makes the difference between a terrace that is used and one that is not. Add an outdoor kitchen or even a simple built-in barbecue and the space becomes entirely self-sufficient from mid-morning until well after dark.

Lighting is worth taking seriously. String lights threaded through overhead planting, a few lanterns at ground level, perhaps a soft uplighter on a mature olive tree — these small touches extend the terrace into the evening and transform it from a daytime space into something altogether more atmospheric once the sun has gone down.



## Plants and Poolside

The planting around a pool can make it feel like it has always been there — or give away the fact that it has not. The most successful pool gardens in Spain lean on what already grows naturally in the landscape: lavender, rosemary, agapanthus, bougainvillea and ornamental grasses that move in the breeze without dropping debris into the water.

Tall terracotta pots are a practical and beautiful solution — they can be moved, replaced with the seasons, and add height and structure without the long-term commitment of in-ground planting. An olive tree or two, if the space allows, brings instant maturity and provides the kind of dappled shade that no parasol quite replicates. The effect should feel relaxed, slightly informal, and entirely at home in the Spanish heat.

## Keeping it Simple

One of the most common regrets among homeowners with pools is not having thought carefully enough about maintenance before they built. The reality is that a pool needs regu-

lar attention — and the simpler the system, the easier it is to manage. Saltwater filtration has become popular in Spain for good reason: it is gentler on skin and eyes, lower in running costs, and requires less daily intervention than traditional chlorine systems.

A good pool cover is one of the best investments you can make. In the Spanish heat, evaporation is significant, and a thermal cover cut to the shape of the pool will retain both water and warmth overnight. Automatic covers, while a higher upfront cost, are used consistently precisely because they require no effort. In a country where water conservation matters more each year, it is also simply the responsible choice.

Beyond that, the principle is the same as for the rest of the outdoor space: keep it easy to use, comfortable to be in, and well-suited to the life you actually want to live. The Spanish pool, at its best, is not complicated. It is just the loveliest place in the house to spend the day.



# What on?



## EVERY DAY



- Noah's ARC Dog Walking @ Mazarrón
- Market @ Alhama & Huerca Overa
- Camposol Walking Football Club @ Pto de Mazarrón 10am-11am
- Forget Me Not Respite Care @ The Social Centre, Camposol B 10.15am
- Friends of Mazarrón Animals Collection @ Camposol B Lower Car Park 10.30am-11am
- Andrea's Animal Rescue Collection @ Camposol B Car Park 11am-1pm

## EVERY MON



- Market @ Alhama & Los Gallardos
- Los Bandidos Cycle Ride from Mojácar Playa. See their FB page for times
- Loose Woman on Tuesday Meeting @ Marsalada, Mojácar Playa 1.30pm
- Helping the Perrera Dogs Volunteering @ Mazarrón Perrera 9am
- Helping the Perrera Cats Volunteering @ Mazarrón Perrera 9am
- Anda's ARC available for donations @ Spar, Mazarrón Country Club 10am-12pm
- Qi Gong & Tai Chi on the beach. Meet at Samsara, Mojácar Playa 11am Proceeds to PAWS-PATAS & MACS

## EVERY TUES



- Market @ Totana & Mojácar
- Los Bandidos Run/Walk/Jog from Mojácar. See their FB page for times
- Los Bandidos Sea Swimming Club @ Mojácar. See their FB page for times
- Victory Churches Spain Prayer Meeting @ Calle Villaricos de la Alumbres 17, Mazarrón 4pm
- Climbing Workshop-Mothers & Children @ Mojácar 5.15pm & 6.30pm

## EVERY WED



- Market @ Lorca
- Los Bandidos Cycle Ride from Mojácar. See their FB page for times
- Camposol Walking Football Club @ Pto de Mazarrón 10am-11am
- Los Amigos de Mazarrón FC Meeting @ Camposol A 4pm
- Over 60's Memory Workshop @ Centro de Usos Múltiples, Mojácar Pueblo 5pm
- Friends of Mazarrón Animals available for donations @ Pto de Mazarrón 10-10.30am
- Forget Me Not Respite Care @ The Social Centre, Camposol B 10.15am
- Mazarrón AA Meeting @ Cañadas de Gallego 5.30pm (Call 646 290 420)

## EVERY THURS



- Market @ El Pareton, Garrucha & Puerto Lumbreras
- Camposol D Bucket Collection @ The Hut, Camposol D 9.30am-12pm
- Los Palacios Gardening Group Library @ Camposol A 10am-12.30pm
- Climbing Workshop-Mothers & Children @ Mojácar 5.15pm & 6.30pm
- Line Dancing @ Centro de Usos Múltiples, Mojácar 5€ 4-8pm (proceeds to Charity)
- Helping the Perrera Dogs Volunteering @ Mazarrón Perrera 9am
- Helping the Perrera Cats Volunteering @ Mazarrón Perrera 9am
- Noah's ARC Stall @ Camposol B Commercial Centre 9.30am-1pm
- Friends of Mazarrón Animals Collection @ Isla Plana Social Centre 1-1.30pm

## EVERY FRI



- Market @ Fuente Alamo, Mazarrón, Aguilas & Vera
- Free Guided Walk @ Mojácar until end May (call 950 615 025 to reserve)
- Los Bandidos Run/Walk/Jog from Mojácar. See their FB page for times
- Guided Visit @ La Bastida, Totana 10am/12pm from 2.50€
- Harlequin Rock Choir Rehearsals @ The Social Centre, Camposol B 1.30pm

## EVERY SAT



- Market @ Pto de Mazarrón
- Antique and Second Hand Market @ Cañadas del Romero 8am-1pm
- Car Boot Sale @ Camposol A
- Beach Dog Club Meeting @ Bolnuevo Beach 9am
- Beach Dog Club Meeting opposite Pueblo Best Indalo, Mojácar 9.30am
- Los Bandidos Cycle Ride from Mojácar. See their FB page for times
- Rastro Market @ Centro de Usos Múltiples, Mojácar Pueblo
- Guided Visit @ La Bastida, Totana 10am/12pm from 2.50€
- St Nicholas Church Service @ Camposol D20 C/Sobrija 11am

## EVERY SUN





- Victory Churches Spain Sunday Service @ Calle Villaricos de la Alumbres 17, Mazarrón 11am
- Dog Walking/Socialisation @ Turre (from Plaza Constitución) 11am
- JUKEBOX DJ Zeppelins, Mojácar Playa 9pm, 1€ a song, all proceeds to PAWS-PATAS

PLEASE SUPPORT OUR LOCAL GROUPS & CHARITIES – THANK YOU!



# What on? JUNE

 <b>MON 1</b>	<ul style="list-style-type: none"> <li>Fiestas Trinitario-Berberiscas, Torre Pacheco</li> <li>Bereavement Café, Mazarrón @ Casa Club, Camposol 3-5pm</li> </ul>
<b>TUES 2</b>	<ul style="list-style-type: none"> <li>Monthly 'B' Clean Meeting @ Camposol B 4pm</li> <li>GoMad available for collections @ Camposol A Car Park 10.30am-12pm</li> </ul>
 <b>THURS 4</b>	<ul style="list-style-type: none"> <li>PAWS-PATAS Bingo Lunch Club @ The Snug, Mojácar Playa 1.30pm 10€ inc lunch</li> </ul>
<b>SUN 7</b>	<ul style="list-style-type: none"> <li>St Nicholas Church Songs of Praise @ Camposol D20 C/Sobrija 11am</li> <li>Victory Churches Spain Sunday Service @ Calle Villaricos de la Alumbres 17, Mazarrón 11am</li> </ul>
 <b>TUES 9</b>	<ul style="list-style-type: none"> <li>PAWS-PATAS Book Sale @ Scotty's, Mojácar Playa 10.30am-1pm</li> <li>HELP MMM Coffee &amp; Company @ Calle Helena, Los Alcázares 11am-12.30pm</li> </ul>
<b>WEDS 10</b>	<ul style="list-style-type: none"> <li>St Nicholas Church Coffee Morning @ Camposol D20 C/Sobrija 9.30am-12pm</li> </ul>
 <b>THURS 11</b>	<ul style="list-style-type: none"> <li>Moors &amp; Christians Fiesta, Mojácar (up to &amp; inc 14th)</li> </ul>
<b>SUN 14</b>	<ul style="list-style-type: none"> <li>St Nicholas Church Holy Communion @ Camposol D20 C/Sobrija 11am</li> <li>Victory Churches Spain Sunday Service @ Calle Villaricos de la Alumbres 17, Mazarrón 11am</li> </ul>
 <b>SUN 21</b>	<ul style="list-style-type: none"> <li>St Nicholas Church Morning Prayer @ Camposol D20 C/Sobrija 11am</li> <li>Victory Churches Spain Sunday Service @ Calle Villaricos de la Alumbres 17, Mazarrón 11am</li> </ul>
<b>WEDS 24</b>	<ul style="list-style-type: none"> <li>San Juan Fiesta, Mojácar Playa</li> <li>San Juan y San Pedro, Los Alcázares</li> <li>St Nicholas Church Coffee Morning @ Camposol D20 C/Sobrija 9.30am-12pm</li> </ul>
<b>SAT 27</b>	<ul style="list-style-type: none"> <li>Noche de Romantica (Romantica Night), Mojácar Pueblo</li> </ul>
<b>SUN 28</b>	<ul style="list-style-type: none"> <li>St Nicholas Church Holy Communion @ Camposol D20 C/Sobrija 11am</li> <li>Victory Churches Spain Sunday Service @ Calle Villaricos de la Alumbres 17, Mazarrón 11am</li> </ul>

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## THY WILL BE DONE



**Paul Blackmoore (Practice Principal) with little helper Benny, his rescue French Bulldog**

In Spain when you buy a property with your partner, it is usual that you will both be registered on the Escritura (Land Registry) as owning 50% each.

If the first party dies and leaves their 50% to the surviving partner, the survivor will then own 100% of the property.

This sounds perfectly reasonable, however, should the survivor then remarry or go into care, the whole property

## IF YOUR PARTNER REMARRIES OR GOES INTO CARE AFTER YOU DIE – PROTECT YOUR CHILDREN’S INHERITANCE

would be at risk of being lost as an inheritance to the children/beneficiaries.

There is a way though that the first to die can **guarantee** that their share of the property will go to the beneficiaries that they state within their Will while at the same time protecting the survivor and enabling them to live within the property until such time as they either die, remarry, go into care or otherwise move out of the property (for example they move into a new partner’s home) without any risk of being forced out of the property or the property being sold from under them beforehand.

It is called an “usufructo” clause.

If a new Will is written, giving the survivor an usufructo right to live within the half of the property belonging to the first to die, then the survivor is free to carry on living within the property

until such time as they themselves die or move out, but will not actually “own” the deceased’s share. This means if the survivor then subsequently remarries or goes into care for example, only their own half could be at risk of being lost because, after the first party dies, during the ensuing probate process, the beneficiaries stated within their Will are registered on the Escritura as being the legal owners of the deceased’s share of the property.

To find out more about this option and what you need to consider, just give Thy Will Be Done a call on **865 756 058**, Monday to Friday 9-5 or complete their contact form at [www.thywill.es](http://www.thywill.es) and they will call at a convenient time for you.

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