



- Services at your fingertips -

In addition to their natural beauty, the appeal of the Region of Valencia's beaches lies in the comfort and options offered by the services.

Playgrounds, areas for all kinds of water sports, libraries, varied restaurants, spaces set up for dogs, frequent cleaning, tourist information points... And of course, the medical assistance stations, lifeguard service and information on the state of the sea are of vital importance.

Accessible beaches have reserved parking spaces, ramps and special walkways for wheelchairs, shaded areas, adapted cabins and support staff. They also have water wheelchairs and amphibious crutches available. Amphibious crutches enable complete autonomy for people with reduced mobility, and water wheelchairs go into the sea.



- Bathing tips -

All of the Region of Valencia's beaches are safe, and there are specific policies and measures in place to avoid as far as possible any risks that could arise in these environments. However, certain recommendations should be taken into account in order to avoid any scares or trouble on what should be a memorable day on the Mediterranean.

1/ Pay attention to the flags. They indicate the state of the water. If the red flag is raised, swimming is not permitted. If the flag is yellow, you need to be extremely careful and avoid deep water. If caring for children, it is preferable to wait for the green flag.

2/ Know where the lifeguard post stations are located. This will help you to get there quickly in case of emergency, and will also serve as a point of reference on the beach.

3/ Protect yourself from the sun. Not only to avoid burning, which is harmful in the long term, but also to prevent possible heat strokes and fainting. Avoid sun exposure during the middle of the day and always use sunscreen.

4/ Stay properly hydrated. It is also essential so as to avoid the possible negative effects of the heat and dizziness, which are common when doing physical activity under the sun.

5/ Take particular care with children. Beaches are places where it can be difficult to keep sight of anyone, even more so if they are small children. Always keep them under supervision and give them instructions on what to do in case they get lost, such as staying calm, going to lifeguard post stations and reporting their situation to people who seem trustworthy.

6/ Avoid the more dangerous areas. Although the beaches in the Region of Valencia are safe, some have rocky areas that can be visible or lie below the surface, which can be dangerous in strong tides. Use extreme caution or avoid these areas, especially if there is a yellow flag.



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The charm of the coast in the Region of Valencia

map Beaches

REGION OF VALENCIA

Beaches and coastlines activities.

The quality of the beaches

The Region of Valencia has taken giant steps in recent years to offer its visitors much more than Blue Flag beaches. This recognition, granted by the Foundation for Environmental Education, ensures the quality of the water, sand and services, but it is true that destinations are increasingly seeking to receive more accreditations backed by official organisations.

For this reason, extra quality management and environmental management systems have been implemented, largely inspired by the International Organization for Standardization's ISO 9001 and 14001 standards. It is also becoming a trend to achieve an increasing number of Q flags, a recognition granted by the Institute for Spanish Tourism Quality that recognises the effort for excellence made by destinations and tourism companies. And finally, the Qualitur strategy is in place, developed by the Valencian Government to improve the quality of the tourism sector.

The ultimate goal is to make the experience of visiting a beach in the Region of Valencia not only unforgettable and comfortable thanks to the services offered, but also sustainable in the long term, reducing the possible environmental impact of the use of the coasts, and inclusive, so that no one with physical functional diversity misses out on enjoying the Mediterranean. An increasing number of beaches in the Region of Valencia have adapted access, as well as other services and activities designed for everyone to enjoy them on equal terms.

The beaches and the coastal charm



The Region of Valencia is a paradise in the Mediterranean sea that captivates everyone with its idyllic beaches and coastal charm.

Its warm, sunny climate for much of the year contributes to making it the perfect destination for visitors looking to enjoy the sun and sea with guaranteed quality and services. Its varied terrain and crystal clear waters offer a varied coastline, from long golden sandy beaches to small coves hidden among rocky cliffs.

The Region of Valencia's beaches are full of treasures, including lush plant life on many of its virgin, secluded and semi-urban beaches. This natural beauty is complemented by the vestiges of an exciting past as these coasts have witnessed maritime trade since ancient times as well as piracy. In fact, it is dotted with watchtowers that were used to protect against possible attacks and that today form part of the Region of Valencia's charm and heritage.

The union of the mountains and the coastline has created a beautiful landscape of hidden beaches, caves and islets, as well as stunning panoramic views over the sea. A multitude of old fishing towns and villages, as well as important cities, have developed their history looking to the sea, and are now idyllic places to spend one or many days enjoying the coast, the gastronomy, the local people and the many experiences you can have here.



Discover the warmth of the Mediterranean in the Region of Valencia!



- Varied coastline -



The Region of Valencia's coast is very heterogeneous in terms of orography, the different beaches you can enjoy and the personality that its towns at the foot of the sea have given it. So much so that you can find different demarcations with their own personality, where you will surely find exactly what you are looking for.

Among the many virtues of the Castelló coast are its almost virgin and very quiet beaches. In fact, it has some of the most interesting and important protected natural spaces in the Region of Valencia, including Sierra de Irta, Prat de Cabanes-Torreblanca and the Columbretes Islands Marine Reserve. But along its coast there are also towns and cities of great historical importance, known to all, such as

- A whole range of options to choose from



01/ Open beaches



Much of the geography of the Valencian Community has allowed the sea, over time, to mould large stretches of uninterrupted beaches of different grains; fine, white sand, darker-coloured sand or pebbles where the water is more transparent.



Many of the region's beaches are open and can be found in urban settings, such as **Els Terrers** in Benicàssim, semi-urban, such as **Les Bovetes** in Dénia, or other more secluded and virgin places, such as **L'Ahuir** in Gandia, where contact with the immensity of the sea and nature becomes more palpable and exciting.



On the Region of Valencia's open beaches you can enjoy water sports such as windsurfing, sailing and diving, although they are also excellent places for other kinds of sport including running, beach football and volleyball, or simply walking.



02/ Urban beaches

If you are looking for a beach experience with all the comforts at your fingertips, throughout the Region of Valencia you will find numerous urban beaches in the heart of coastal towns and cities. The three provincial capitals have excellent examples, such as **El Pinar** in Castelló de la Plana, **La Malvarrosa** in Valencia and **Postiguet** in Alicante. But you will also find endless examples in many other coastal towns such as **Peñíscola** with its **Nord** beach, **Cullera** with **San Antonio** and **Benidorm** with **Levante**, to name a few examples.

On all these beaches you will enjoy a wide variety of services and activities for the whole family, such as popular promenades, restaurants, shops and shopping centres, car parks and a vibrant nightlife. They also have nearby accommodation for a few days of hassle-free well-deserved rest.



03/ Semi-urban beaches



If you are looking for something in between the urban and the wild, the Region of Valencia's extensive coastline also offers numerous beaches in semi-urban environments. They are generally located near towns and cities, so you have a multitude of options and services within a short distance, but at the same time they have kept a quieter atmosphere with closer contact with nature.

On beaches such as **Saldonar** in Vinaròs, **Terranova-Burguera** in Oliva and **Tamarit** in Santa Pola, you can enjoy the beauty of the Mediterranean and the calm of its waves without giving up services such as restaurants, lifeguard post stations and water sports.



04/ Virgin beaches

The Region of Valencia's coast is so extensive and has been so well cared for over the last few decades that there are numerous beaches with full contact with nature. You will find a refuge of tranquillity in a wild environment, without housing developments or large buildings facing the sea, such as **Ribamar beach** in Alcalà de Xivert, **Devesa de El Saler** in Valencia and **La Marina** in Elx.

Some of these beaches are located in protected natural areas or in locations that are difficult to access, such as among pine forests or in hidden coves, while others are closer to urban centres and can be easily reached. However, their special state of conservation does not represent an impediment for certain basic maintenance and support services.



05/ Coves



With the many ways that the land and sea merge on the Mediterranean shore, its coves always surprise with their cosy beauty, the clarity of their waters and their wild natural environments. Among small or large cliffs and marine plant life, you can enjoy peace and quiet to relax and disconnect.

Although it is in Alicante province where you will find the most coves, such as **Cala Racó** in **Conill** in La Vila Joiosa and **Granadella** in Xàbia, you can also find good examples in Castelló and Valencia provinces, such as **Oropesa la Vella** in Oropesa del Mar and **Cala del Faro** in La Cullera.



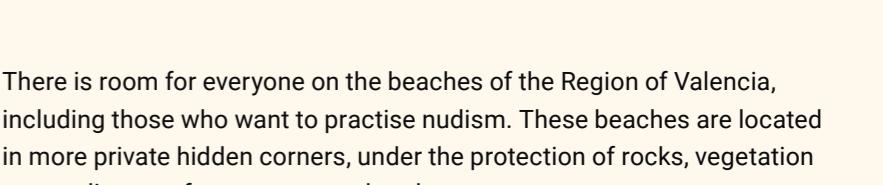
06/ Dog-friendly beaches

Although pets are generally not permitted on most beaches in the Region of Valencia, there are some that are set up for dogs. They have spaces to run and play, as well as essential services for these animals, such as showers and rest areas.

So if you want to enjoy a day at the beach with your best friend, you can do so at **D'Aiguaviva** beach in Vinaròs, **Barranquet** in Benicàssim, **Pinedo** in Valencia, **Doggy Beach** in Alicante and the beach known as **Mar y Montaña** in Altea.



07/ Nudist beaches



There is room for everyone on the beaches of the Region of Valencia, including those who want to practise nudism. These beaches are located in more private hidden corners, under the protection of rocks, vegetation or at a distance from more populated areas.

Playa el Brosquil in Cullera, **El Carabassí** in Elx and **Cala Blanca** in Alcalà de Xivert are just some of the nudist beaches that you have at your disposal. There are many more to discover!



Peñíscola, Oropesa del Mar, Benicàssim, Vinaròs and the capital of the province, Castelló de la Plana.

The province has succeeded in harnessing the potential of its gastronomy, as well as the excellent conditions for water sports and hiking along the seashore. On the beaches of **Pebret y Russo**, **Morrongo**, **Pinar**, **Gurugú**, **Heliópolis** and **Morro de Gos**, with the Costa de Azahar Golf Club very close. These are all excellent options, where you will undoubtedly find the marine experience you are looking for.

Further south, **Valencia** province is full of unique towns overflowing with history, a life bathed by the Mediterranean and endless beaches. From the impressive city of Sagunto, which Hannibal himself couldn't conquer, to the immensity of Oliva and Gandia's golden sands, the Valencian Mediterranean shore is characterised by its



predominantly flat relief facing the sea, which has created a large number of open beaches that are perfect for sailing. Some of the most outstanding, to name just a few, are **Almadrà** in Sagunt, **Sant Antoni** in Cullera, **Daimús**, **Nord** in Gandia and **Aigua Blanca** in Oliva.

Valencia city is home to surprising kilometres of bustling urban beaches, such as **Malvarrosa** and **El Cabanyal**, and others much quieter and more secluded, including **Pinedo**, **La Devesa** and **Saler** beach. The latter is within the **Albufera** Natural Park, a famous wetland that is a true natural paradise just a few kilometres from the big city.

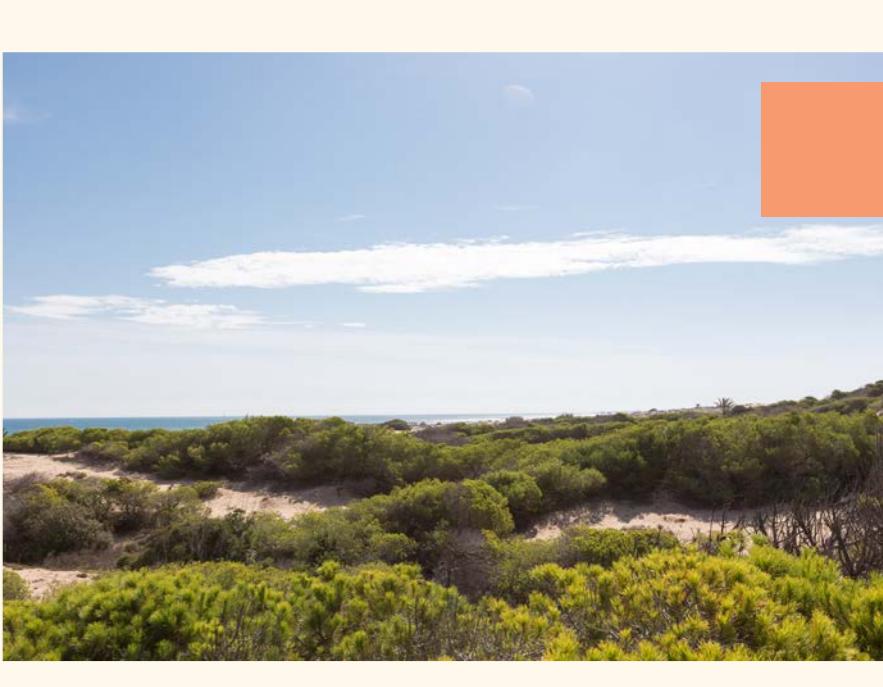
The **Costa Blanca** is characterised by the mixture between its impressive mountain ranges and seascapes. In addition to its lively beaches and the towns' night life, this coastline harbours natural spaces of great importance and beauty, such as the cliffs of the capes of **Sant Antoni** and **La Nao**, **Serra Gelada**, the **Lagunas de La Mata y Torrevieja** Natural Park, **Les Salines** in Santa Pola and the chains of dunes in **Guardamar del Segura**.



This varied geography and the way in which people have settled over the millennia have produced of all kinds of beaches, from open and in urban spaces, such as **La Fossa** in Calpe and **San Juan** in Alicante, to others more hidden among the rocks and nature, such as **La Granadella** in Xàbia and **Cala de Finestrat**. Not to overlook the small protected paradise of **Tabarca** islet, which you can visit by boat.

Protected in a privileged way by the **Serra Gelada** Natural Park, magnificent Benidorm rises with its innumerable skyscrapers like a small Manhattan on the Mediterranean. Don't let the feeling of dense urban concentration fool you: the city has become an example of sustainability thanks to the optimisation of its resources and environmental awareness.

It is a first-class tourist destination that takes great care to protect the essence it has which attracts visitors throughout the year thanks to its natural surroundings, its varied offer of attractions and the quality of its seabed and well-kept beaches, such as **Levante**, **Poniente** and the coves of **Mal Pas** and **Tio Ximo**.



The city of Elx is famous for the beauty of its extensive palm grove that is a World Heritage Site, as is the sacred **Misteri d'Elx** play. This is a city that has always been important throughout history; it was a major Roman colony, but its name comes from its Iberian stage, **Heliké**, as does its most iconic symbol, the Lady of Elche.

As for its 9 kilometres of beaches, many of them in a practically virgin state, they are divided in its municipal area by Santa Pola. The dunes are the protagonists in the northern stretch, where **Arenales del Sol** and **El Carabassí** are located, while in the south you will find a welcoming landscape of pine forests facing the sea and beaches famous for their beauty, such as **La Marina**, **L'Altet** and **El Rebollo**.