



Don't miss out

Strolls along the beach

The greatest attraction in **Conil** is its **over 14 kilometres of vast beaches** with golden sand and crystal waters. The coastline of this traditional Andalusian fishing village is famous for its natural beauty which has all but disappeared on other Spanish coasts.

Visit to the old town

Conil isn't just a beach, though; it has a historical centre typical of a fishing village, with whitewashed, narrow streets which exude its **Arabic past**. Don't miss the Santa Catalina Church, Puerta 'Cai' (one of the old entrance/exits to the village) and the Guzmán Tower.

The best beaches

Conil, Costa de la Luz

Surfing, windsurfing, sailing, scuba diving, kitesurfing and bodyboarding; the beaches of **Conil de la Frontera** are a world apart when it comes to water sports or just relaxing, as there are areas to suit everyone's tastes:

Approximate distances from the Hotel **Fuerte Conil-Costa Luz**

✓ **Playa de La Fontanilla** (a 5-minute walk, just in front of the hotel)

Fantastic fine sand beach, perfect for relaxing or a long walk.

✓ **Playa de Los Bateles** (a 10-minute walk from the hotel , 5 minutes by bike)

The beauty of Los Bateles has made it into one of the most popular beaches along the Costa de la Luz, with a predominantly young atmosphere. If you carry on walking, across the river you come to Castilnovo beach, with a more secluded atmosphere, next to El Palmar.

✓ **Playa El Palmar** (a 30-minute walk from the hotel, 20 by bike or 10 minutes by car)

El Palmar beach is ideal if you are looking for a quiet spot. Eight kilometres long, it has retained its natural charm, making it, with Castilnovo, one of the most pristine beaches in Cadiz.

✓ **Calas de Conil** (1.30 h walking, 40 minutes by bike and 10 minutes by car)

The north coast offers cliffs and secluded coves, such as Calas de Roche with nudist areas and Cala del Aceite which has a more family-oriented atmosphere.

✓ **El Roqueo and Fuente del Gallo** (10 minutes walking)

A beautiful beach, although rockier than the others, but still lovely, quiet and great for families.

The best of the old quarter

Discover the old quarter of Conil

Conil is not just about beaches and having fun; its streets are full of history told through ancient towers and churches which extend above the orderly traditional white houses.

Sites of Interest: (Approximate distances from the Hotel Fuerte Conil–Costa Luz)

✓ **Puerta de la Villa (The Town Gate)** (10 minutes on foot)

The archway of the Town Gate leads to the old walled area that has become one of the most symbolic sites of the town. It takes us to the **narrow medieval lanes** where truly indigenous traditions survive.

✓ **Santa Catalina Church** (15 minutes on foot)

Dating from the 16th century and rebuilt in the 19th century with a curious combination of styles, today the Church presides over the square and gardens of the same name. At present it is used as an exhibition hall.

✓ **Torre Guzmán** (15 minutes on foot)

Symbolic of Conil, and an essential part of the coat of arms, the 14th century tower was erected in the centre of the town on the orders of Guzman "The Good".

✓ **Puerta de Cádiz (The gate of Cadiz)** (15 minutes on foot)

Popularly known as the "**Puerta Cai**", this was the former site of one of the four exits and entrances to the walled town.

✓ **Fishing port** (1.30 h on foot, 40 minutes by bike and 10 minutes by car)

Take a look at the boats used for tuna fishing in the **Almadraba (Andalusian tuna fishing technique) in the Port of Conil**. Do not miss the fish auction.

The best food

Specialising in fish

As a fishing town, Conil de la Frontera's gastronomy is a celebration of seafood. Try the *urta al horno* (baked sea bream), *cazón en adobo* (marinated dog fish), *atún encebollado* (tuna with caramelised onions) or *calamares rellenos* (stuffed cuttlefish).

Ruta del atún (The tuna route) (between May and June)

Almadraba tuna is one of the most delicious delicacies in the area; healthy and rich in Omega 3, it is also good for you.

Thanks to this tradition, Conil celebrates the *Ruta del Atún* in which more than twenty restaurants, beach bars and hotels, including the **Fuerte Conil-Costa Luz**, prepare the fish using most original recipes.

Stews and meat:

Other equally intense flavours can be found in the famous stews, *papas aliñás* (seasoned potato salad), *lomo mechado* (type of roast pork), *morcillas* (black pudding) and *chicharrones* (pork crackling).

Sweets from Conil:

Those with a sweet tooth will not be able to resist the choice of traditional sweets from Conil: *rosquetes*, *pestiños* or *tortas de aceite*.

Tapas:

People often go out for *tapas* in **Conil**. This lets you sample a wide range of flavours in the typical bars of the area, mostly found in the historic centre of the town.

Recommended places: (Approximate distances from the hotel Fuerte Conil-Costa Luz)

✓ **‘Los Hermanos’ Restaurant** (a 15-minute walk)

A small family-run bar where you can try a wide range of local fresh fish-based *tapas*.

✓ **La Fontanilla and Casa Francisco La Fontanilla Restaurant** (a 5-minute walk).

La Fontanilla is right on the beachfront of one of the most important beaches in the town. The two restaurants offer the chance to taste Conil's freshest fish, including the typical *tortillita de camarones*, (shrimp fritter), sea bream or tuna.

✓ **Chiringuito El Huerto** (5 minutes on foot)

This typical beach bar is just in front of the hotel Fuerte Conil - Costa Luz and offers a wide variety of dishes from Conil to enjoy by the sea.

More places offering a chance to sample a wide variety of *tapas* and some of the best wines from the province of Cadiz can be found around the Puerta de ‘Cai’ and in Calle Cádiz.



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VEJER (20 minutes by car)

✓ **'El Jardín del Califa'**

A magnificent setting providing Arabic food, 'El Jardín del Califa', is a restaurant offering some of the best Moorish snacks with an intense spicy flavour.

Sanlucar de Barrameda (1 h by car) and El Puerto de Santa María (40 minutes by car)

✓ **Fresh top-quality shellfish**

If Sanlucar de Barrameda and El Puerto de Santa María are known for anything, it is for the quality of their shellfish which is always fresh and of top quality. These towns offer some of the most mouth-watering culinary attractions in the area.

✓ **Fino, the golden liquid from Cadiz**

This is the best-known wine from the province of Cádiz. Highly aromatic and pale in colour, it is available dry, semi-dry or sweet and should be served chilled. Perfect for an aperitif or to accompany ham, shellfish and other *tapas*.

The best shopping

*Approximate distances from the Hotel **Fuerte Conil-Costa Luz**

✓ **Conil town centre** (15 minutes on foot)

The historic centre of Conil is the perfect place for your purchases, of particular note is Caur, a shop specialising in local products .

Another option is the weekly market held on Fridays, offering a wide range of products at good prices.

✓ **Bahía Sur Shopping Centre, San Fernando** (20 minutes by car)

This large shopping centre has many well-known brand stores of all types, ranging from clothes or shoes to accessories.

✓ **Cadiz City Centre** (30 minutes by car)

The capital city of Cadiz has an open shopping centre in the old quarter offering a wide range of products to suit everyone's tastes.

The best tours: Half day tours

Route of the White Villages

The province of **Cádiz** offers a marvellous route through the famous 'white villages', areas of unbeatable beauty, which have retained their charm and some of the most deeply-rooted traditions of **Andalusia**.

*Approximate distances from the hotel **Fuerte Conil-Costa Luz**

✓ **Vejer** (20 minutes by car)

Vejer de la Frontera is one of the most delightful white villages with a Moorish air to be found in the province of **Cádiz**. It offers **typical Andalusia scenery** with whitewashed walls and flower-filled courtyards. It also has one of the most beautiful and untouched beaches in the south of Spain, **El Palmar**.

✓ **Barbate** (20 minutes by car, 1 hour by bike and 2.30 h on foot)

One of the smaller natural parks in Andalusia, measuring 5000 hectares, the **Parque Natural de la Breña y Marismas del Barbate** extends from **Barbate to Caños de Meca** and inland to **Vejer de la Frontera**. Up to five different ecosystems can be found here: marine, cliff-top, pinewoods, salt marches and sand dune systems, where you can enjoy long beaches and amazing scenery.

Another place not to be missed is **Trafalgar Lighthouse**, a small island between the inlets of **Conil and Barbate**, joined to the mainland by a bar of sand, and the site of archaeological Roman remains and a lighthouse.

✓ **Medina Sidonia** (35 minutes by car)

Medina Sidonia is renowned for the beauty of its characteristic **white streets**, balconies and windows decorated with flowers, and an **excellent gastronomy**.



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The best tours: One day tours

Discover the province of Cadiz

Approximate distances from the Hotel **Fuerte Conil-Costa Luz**

✓ **Tarifa** (40 minutes by car)

The **beaches of Tarifa** are only 14 kilometres from the African coast. They include the majestic beach of Bolonia, preceded by the interesting **Baelo Claudia Ruins**. The white sand dunes are among the most popular tourist spots in the area, combined with a wide range of water sports or other activities including **whale watching**.

✓ **Jerez** (40 minutes by car)

Throughout history, Jerez has been much influenced by the different cultures that have settled on its lands and its cultural wealth is witness to this. The city is considered to be one of the cradles of **flamenco** in Andalusia and it also offers fascinating horse shows at the Real Escuela Andaluza del Arte Ecuestre (Royal Andalusian School of Equestrian Art) or interesting wine-based tours through the famous sherry and brandy cellars of Jerez.

✓ **Arcos de la Frontera** (1 hour by car)

Arcos de la Frontera occupies the top and side of a crag located on the right bank of the river Guadalete and is the entrance to the **Sierra de Cádiz**, which includes the marvellous **paraje natural Sierra de Grazalema** (a recognised site of natural beauty).

✓ **Cádiz** (30 minutes by car)

The city of Cadiz has been witness to and protagonist of some extraordinary events throughout its history, which have left their traces and an **architectural heritage**.

La Caleta Beach, the Falla Theatre, San Felipe Oratory, the Plaza de Abastos (the Market square), the Cathedral or La Viña neighbourhood are some of the sites not to be missed when visiting this beautiful city.

✓ **Tangiers** (1.15 hours by car and ferry)

There are barely 14 kilometres between the coastlines of Africa and Cadiz. Depart from Tarifa and visit a completely different continent, just half an hour away by ferry, and discover Morocco's charms and culinary delights.



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The best tours: Tours for children

✓ **Zoobotánico de Jerez** (Jerez botanical garden and zoo) (45 minutes by car)

The Botanical Garden and Zoo of Jerez is one of the oldest of its kind in Spain. Children have a wonderful time thanks to the large variety of animal and plant species.

✓ **Crocodile Farm** (45 minutes by car)

This farm has more than 1,300 specimens of reptiles that will arouse the curiosity of even the smallest among us.

✓ **Aqualand** (50 minutes by car)

An opportunity for a refreshing swim and a chance to try out the many slides at Aqualand Bahía de Cádiz, a fun alternative for all the family.



Fuerte Conil-Costa Luz is part of [responsible hotels](#). It's a hotel which makes the effort to minimize the negative impacts and maximize the positive ones on the environment and local community, that is, attempts to be as sustainable as possible.



Social projects

The hotel invests and is involved in projects that serve as an example of its commitment with the improvement of its economic, social and environmental impact as well as with its contribution for the local cohesion.



Waste recycling

The hotel separate waste and management of its residues removed, using methods of revaluing them (recycling and / or reuse) to achieve lower pollution impact on soil and groundwater.



Local suppliers

The hotel has declared to be making an effort to ensure the products it is provided with are as local as possible.



Sustainable policy

The property has a strong commitment to sustainability, which is reflected in a policy public to all its stakeholders. Through this policy the property transmits its core values on sustainable development.



Renewable energy

The hotel has renewable energy facilities obtained from natural sources and environmentally friendly. Its negative effects on the environment are significantly less than those of conventional energy. And they are almost always reversible.



Fair trade

The hotel uses Fair trade products, an alternative to conventional trade, in addition to economic criterion, taking into account ethical values that include social and environmental aspects.



Healthy food

The property offer food and beverage from organic production method by which agricultural production and livestock have a fundamental objective of obtaining high-quality food while maintaining soil fertility without using agrochemicals, or to use modified organisms genetically. This will conserve natural resources and respect life cycles.



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