

## Route 07 – Cycling round San Pedro del Pinatar

Leave Torrevieja on the N332 and head south until you come to the turn off for San Pedro (About 20kms) Turn left and head for the Plaza (We're in the car by the way with bikes on board). We parked outside the Thalasia Hotel, unloaded the bikes, helmets on and we were off headed for the centre of town cycling along the specially built cycle track. Once we arrived at the Molino de Quintin (Large Windmill) we turned left and cycled about 200 metres to the mud baths where we watched everyone covering themselves in mud, baking in the sun so we joined in and found it fantastic. After an hour we went back into the sea and washed our mud pack off. It was a great feeling - very therapeutic and supposed to have good healing properties. After getting dressed we were on our way following the same track along the Playa la Mota and the Mar Menor passing all the mud baths and salt lakes on our left until we came to another windmill (Molino de la Calcetera) which we cycled past and followed the track to the left heading towards the beach. We cycled all the way along the sand until we came to the Marina where we stopped and had a coffee. After looking at all the boats we continued on our journey following the cycle track through the salt lakes with flamingoes on both sides of the road all the way back to the main road into town, where we turned left back towards the car. We decided to pass the car heading back into town where we followed the track to a nice little restaurant where we had lunch. Afterwards we cycled for a couple of hours along the sea front. This was a great cycle ride suitable for any type of bicycle as the terrain is completely flat, we saw many fold up bikes as they are really easy to throw into the boot of your car

**Total Distance: Approx. 26 Kms**

**Time: 3 hours (or as long as you want)**

**Summary: Beautiful flat terrain suitable for all fitness levels.**

