

Torremolinos

Málaga · Spain

TRAVEL GUIDE

Tripomatic



Overview

Torremolinos is a beach resort on the Costa del Sol, about 12 km southwest of Málaga, next to the airport. It was one of the first resorts of the Costa del Sol in the 1960s, and it has a long sandy beach, a lively centre and a tradition of nightlife.

It is also a family destination, with water and amusement parks, and a well-known LGBTQ+ scene. Its fishing district, La Carihuela, has seafood restaurants by the sea.

When to visit

The beach season runs from May to October. July and August are hot and busy. Winters are mild, and the resort stays open. The Feria de San Miguel in September is the main fair.

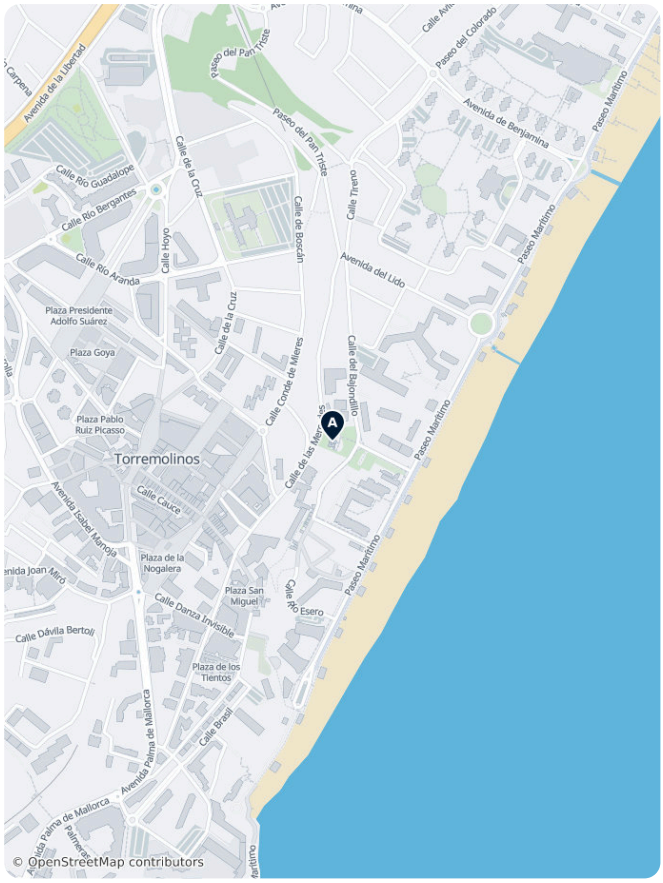
MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Good Good for sightseeing	15° / 19°	9° / 5°	Dry air · Calm winds
February	Good Good for sightseeing	16° / 20°	9° / 5°	Dry air · Calm winds
March	Great Great for sightseeing	17° / 22°	10° / 7°	Dry air · Calm winds
April	Great Great for sightseeing	19° / 23°	12° / 9°	Dry air · Calm winds
May	Great Great for sightseeing	22° / 27°	15° / 11°	22 sunny days · Dry air · Calm winds
June	Great Great for sightseeing	26° / 30°	18° / 15°	26 sunny days · Calm winds · UV 9 (Very high)
July	Great Great for the beach	29° / 33°	21° / 18°	28 sunny days · Humid air · Calm winds · UV 9 (Very high)
August	Great Great for the beach	29° / 33°	21° / 19°	27 sunny days · Muggy, humid air · Calm winds · UV 8 (Very high)
September	Great Great for the beach	26° / 30°	19° / 16°	20 sunny days · Humid air · Calm winds
October	Great Great for sightseeing	22° / 27°	16° / 13°	Calm winds
November	Great Great for sightseeing	18° / 23°	12° / 8°	Dry air · Calm winds
December	Good Good for sightseeing	16° / 19°	10° / 6°	Dry air · Calm winds

Best months: March, April, May, June, July, August, September, October, November

Climate data: NASA POWER + Copernicus ERA5-Land and ERA5 · 1996–2025

Top sights

- A Casa de los Navajas is a 19th-century villa, a historic house in the center with a notable interior.
- The Torre de Pimentel is a 15th-century tower in the historic district of Pimentel.
- The Molino del Inca botanical garden is a park with a waterfall and garden.
- Playa del Lido, Playa de los Álamos and El Gato are beaches in the center, and La Carihuela is the fishing district with a promenade.
- The Aqualand water park and the Crocodile Park are family attractions.
- The Calle San Miguel is a pedestrian street with shops and bars, leading to the sea.



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What to experience

- Spend a day on the beach and eat seafood in La Carihuela.
- Walk along the coastal promenade to Benalmádena.
- Visit the Molino del Inca gardens.
- Take the train to Málaga for the old town.

Day trips

- A Málaga (about 12 km): the Picasso Museum, the Alcazaba and the cathedral.
- B Benalmádena (about 6 km): a neighbouring resort with a marina and the Stupa.
- C Antequera (about 60 km): dolmens and churches.
- D Ronda (about 100 km): a town above a gorge.
- E Granada (about 130 km): the Alhambra.



Where to explore

Other places nearby:

- **Costa del Sol**: Málaga, Benalmádena, Marbella and Mijas.

Getting there

- **By air**: Málaga airport is about 5 km away, a short taxi, bus or train ride.
- **By train**: The Cercanías line C1 links Torremolinos with Málaga, the airport and Fuengirola. Long-distance trains are on Renfe from Málaga María Zambrano.
- **By bus**: Buses link the town with Málaga and the coast.
- **By car**: The A-7 and AP-7 motorways.

Getting around

- **On foot**: The center and beach promenade are walkable. The center slopes steeply to the sea.
- **Train**: The C1 line is fast along the coast.
- **Bus and taxi**: Available.

Getting around on foot & by bike

WALKABILITY

Moderate

The center and promenade are walkable, but the slope to the sea is steep.

CYCLING INFRASTRUCTURE

Moderate

The promenade is flat, but the town is hilly.

Driving

- **Is a car worth it?**: Not needed for the resort, as trains and buses are good. A car helps for inland excursions.
- **Parking**: Paid car parks in the center, and crowded in summer.
- **Roads**: Coast roads are busy in summer.

Food & drink

The local specialty is fried fish (*pescaíto frito*) and grilled sardines (*espetos*), served in beach restaurants in La Carihuela. Try *ajoblanco*, *porra antequerana* and *boquerones al limón*. The Málaga area also produces sweet wine.

What to eat & drink

BREAKFAST

Churros · Churros con Chocolate
Fried dough sticks served with a thick, dark hot chocolate for dipping — a classic Spanish breakfast or late-night snack.

LUNCH

Paella Valenciana
A saffron-scented rice dish cooked in a wide, shallow pan. The traditional Valencian version uses chicken, rabbit, and green beans — best eaten at midday.

Gazpacho
A cold, blended soup of raw tomatoes, cucumber, pepper, garlic, olive oil, and vinegar, originally from Andalusia. Served as a drink or a starter, especially in summer.

DINNER

Pulpo a la Gallega
Boiled octopus sliced onto a wooden board and dressed with olive oil, coarse salt, and smoked paprika — a signature dish of Galicia.

SNACKS & STREET FOOD

Jamón Ibérico
Dry-cured ham from acorn-fed Iberian pigs, sliced paper-thin and eaten on its own or with bread. The finest grade, jamón ibérico de bellota, is one of Spain's most prized products.

Tortilla Española
A thick potato and egg omelette, served warm or at room temperature, found in virtually every bar in Spain. Often eaten as a tapa or a quick meal.

Patatas Bravas
Fried potato chunks served with a spicy tomato sauce or aioli — one of the most common tapas across the country.

Pintxos
Small snacks anchored to slices of bread with a toothpick, the Basque Country's answer to tapas. Found in bar counters across San Sebastián and Bilbao, often with elaborate toppings.

Croquetas
Crispy breaded cylinders with a creamy béchamel filling, typically made with jamón, bacalà (salt cod), or mushrooms.

DRINKS

Rioja Wine · Vino de Rioja

Spain's best-known wine region produces full-bodied reds from Tempranillo grapes, aged in oak. The crianza, reserva, and gran reserva labels indicate increasing age and complexity.

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Safety & health

Torremolinos is a safe resort, though pickpocketing can happen on crowded beaches and streets. In summer, use sun protection. Look after drinks and valuables at night.

History

Torremolinos was a small fishing and farming village with a 15th-century tower, the Torre de Pimentel. In the 1950s and 1960s, it became one of the first tourist resorts of the Costa del Sol, attracting artists, writers and international visitors.

Modern development turned it into a mass-tourism destination, with hotels and apartments along the coast.

Country facts

Quick practical facts for Spain at a glance:

CURRENCY

EUR €

EMERGENCY

112

ELECTRICITY



Type C / Type F
230 V · 50 Hz

LANGUAGES

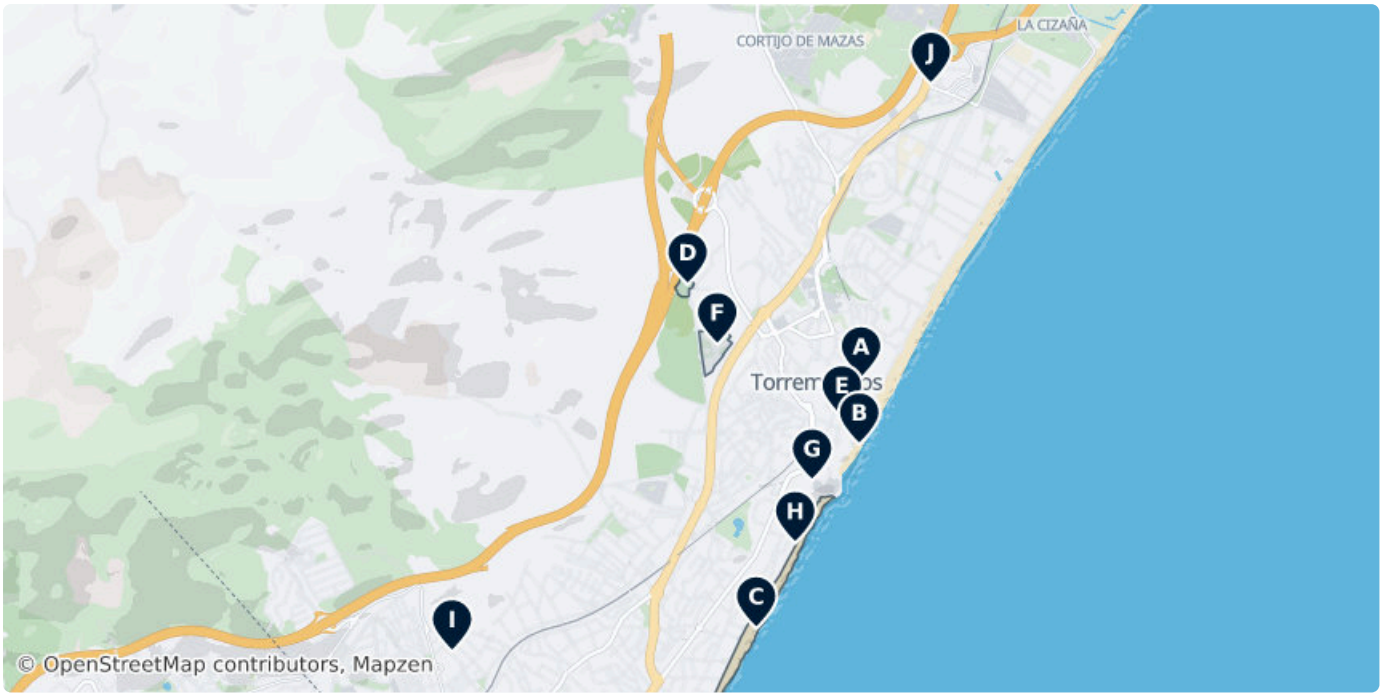
Spanish

TAP WATER

Safe to drink

Torremolinos Must-Sees

Torremolinos features a diverse selection of historical and recreational sites along the Costa del Sol. This list highlights the 15th-century Pimentel Tower and the Neo-Moorish architecture of Casa de los Navajas. For natural escapes, the Molino del Inca botanical garden spans four hectares of springs and exotic plants, while the town's maritime heritage is showcased at Playa de La Carihuela and Bajondillo Beach. The selection also includes established seafood restaurants and family-friendly attractions like the extensive Aqualand water park.





A The House of Knives

This beautiful Moorish style-influenced house was a residence of a once powerful family clan. Unfortunately, now in state of disrepair.

25 Calle de las Mercedes, Torremolinos 29620, Spain (36.62461, -4.49559)



B Bajondillo Beach

Long sandy beach lined with shops, hotels and apartments. There are busier and quieter parts - just walk and see what you like.

5R Paseo Marítimo, 29620, Spain (36.61990, -4.49575)

C Playa de la Carihuela

Former fishing district known for its dark sand and traditional beachside restaurants specializing in "pescaíto frito" (fried fish).

1 Calle Delfines, La Carihuela 29620, Spain (36.60683, -4.50489)



D Botanical garden "Molino del Inca"

A four-hectare garden featuring hundreds of palm species, exotic birds, and a restored 18th-century flour mill powered by natural springs.

(Unnamed Road), 29620, Spain (36.63130, -4.51098)

Tu–Su 11:30–14:00, 18:00–21:00

E Pimentel Tower

Also known as Torre Molinos, this imposing tower dates to the 15th century and has been a symbol of the town since then.

17 Calle Tras la Iglesia, Torremolinos 29620, Spain (36.62182, -4.49730)

F Aqualand Torremolinos

Water park boasting mega-attractions such as adventurous 100 meters long black hole or a crazy boomerang ride.

Torremolinos (36.62703, -4.50835)

aqualand.es/torremolinos/index.php, +34 95 238 88 88

G Plaza de Cantabria

Central urban square located near the town's main commercial and shopping areas.

(36.61734, -4.49994)

H Restaurante Juan

Established seafood restaurant in the La Carihuela district, specializing in traditional grilled fish and Mediterranean cuisine.

(36.61289, -4.50142)

restaurantejuan.es, +34 952 38 56 56

I Restaurante Pescadería Los Mellizos

Seafood specialist combining a traditional fish market with a restaurant serving fresh Mediterranean catches and rice dishes.

(36.60518, -4.53187)

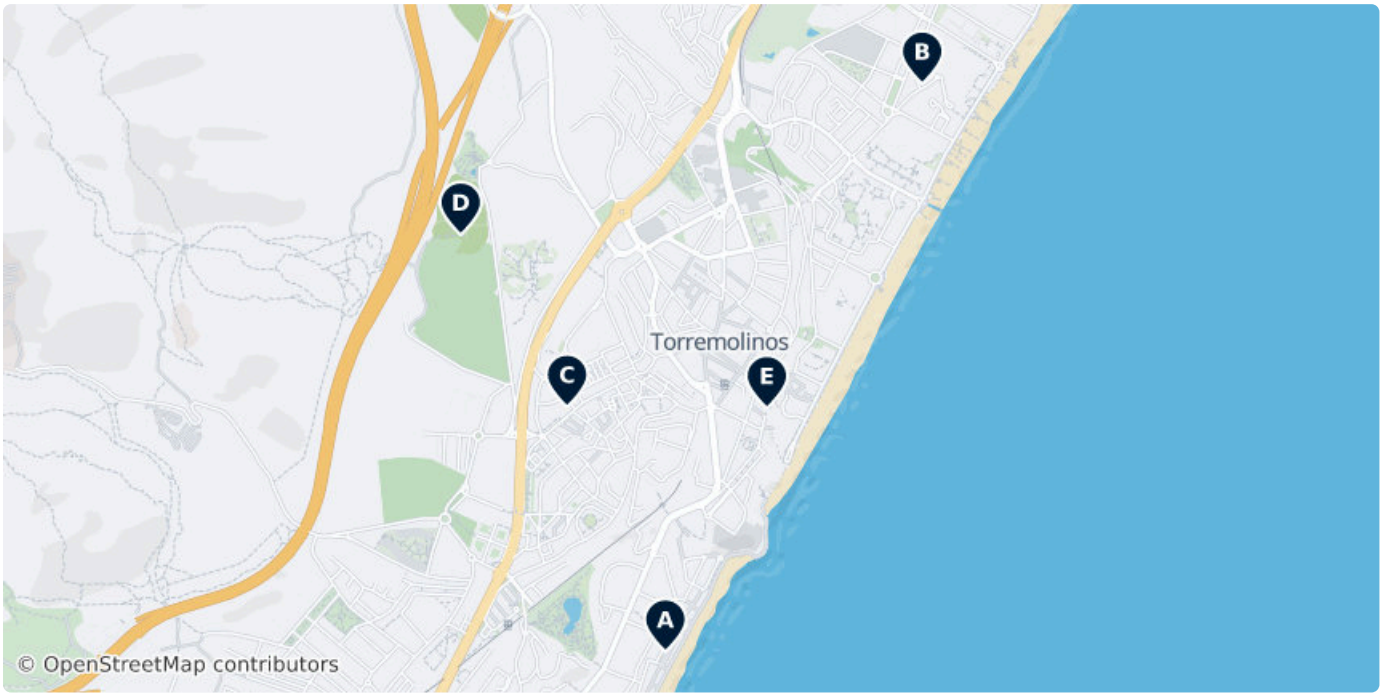
J Frutos

Long-standing restaurant recognized for its traditional Andalusian menu, featuring grilled meats and seasonal seafood.

(36.64557, -4.48940)

Notable Religious Sites

Torremolinos' religious architecture ranges from the 18th-century Church of San Miguel in the town center to modern structures like the circular Santa María del Mar. These sites reflect the town's evolution from a small fishing village to a coastal destination. Key locations include the Iglesia Virgen del Carmen in the historic La Carihuela district, traditionally linked to the seafaring community, and the Ermita de San Miguel, which serves as the focal point for the annual September pilgrimage through the Pinar de los Manantiales.



B Iglesia de Santa María del Mar

Modern Catholic church in the Playamar district, characterized by its unique circular white architecture and contemporary design.

4 Pasaje del Sanatorio, Playamar 29620, Spain
(36.63405, -4.49001)

A Iglesia Virgen del Carmen

Located in the historic La Carihuela fishing district, this church is dedicated to the patron saint of sailors and serves as a focal point for traditional maritime processions.

24 Calle San Ginés, La Carihuela 29620, Spain
(36.61264, -4.50209)

C Parroquia de Cristo Resucitado

Contemporary parish church featuring modern architectural elements, located near the town center and active in local religious community life.

(36.62187, -4.50671)

D Ermita de San Miguel

Located in the Pinar de los Manantiales pine forest, this chapel is the destination for the annual Romería de San Miguel, one of Spain's largest pilgrimages.

(36.62836, -4.51171)

E Church of San Miguel

This tiny church has a special peaceful atmosphere surrounding it. Come here for a few quiet moments.

Plaza San Miguel s/n, 29620 Torremolinos, Spain
(36.62182, -4.49731)

diocesismalaga.es/index.php, +34 952 38 08 05

Parks and Squares

Torremolinos offers a diverse range of green spaces, from the expansive 74,000-square-meter Parque La Batería with its navigable lake and historic artillery bunkers to the 28-hectare Parque Forestal Comandante Benítez, a former military camp. Central urban squares like Plaza Federico García Lorca serve as pedestrian hubs near the town hall, while smaller neighborhood parks like Parque Escultura Familiar and El Olivar provide local recreational space and Mediterranean flora.



A Plaza de Cantabria

Neighborhood square located in the northern part of the town center.

(36.61734, -4.49994)

B Parque Forestal Comandante Benítez

A 28-hectare former military camp converted into a forest park featuring walking trails and native Mediterranean vegetation.

29004, Spain (36.65245, -4.48471)

parquesyjardines.malaga.eu/es/parques-y-jardines-de-m...

C Parque La Batería

Large park featuring a navigable lake, a 15-meter-high lookout tower, and restored coastal artillery bunkers from the Spanish Civil War.

29620, Spain (36.61398, -4.50664)

Tu–Su	09:00–14:00, 17:00–23:00

D Parque Ocio Water wheel

Public recreation area featuring a traditional-style wooden water wheel.

(36.62920, -4.50492)

E Plaza de la Colina

Local park situated near the La Colina train station.

5 Calle Francisco de Salinas, El Pinar 29620, Spain
(36.64032, -4.49381)

F Parque del Sanatorio

Neighborhood green space located in the El Pinillo area.

(36.63376, -4.49136)

G El Olivar

Public park characterized by olive trees, located near the southern entrance of the town.

(36.60781, -4.51454)

H Parque Medina Azahara

Landscaped park situated in the southern residential district.

(36.60297, -4.52922)

I Parque Escultura Familiar

Green space featuring outdoor family-themed sculptures.

(36.63919, -4.49695)

J Plaza de la Colina

Urban square serving the residential area of La Colina.

(36.63900, -4.49493)

K Plaza Rio Aquas Vivas

Paved square located near the municipal sports complex.

(36.62292, -4.50561)

L Plaza Federico García Lorca

Pedestrianized central square adjacent to the Torremolinos Town Hall, used for local events and markets.

3 Calle Gran Cardenal, Torremolinos 29620, Spain
(36.62116, -4.50650)

M Plaza Vicente Aleixandre

Small urban square named after the Nobel Prize-winning poet, located in the town center.

(36.62242, -4.50602)

N Plaza Mercadillo

Open-air square that hosts local street markets and community gatherings.

(36.62418, -4.50716)

O Plaza San Joaquín y Santa Ana

Community square located in the northern district of Torremolinos.

(36.62918, -4.49956)

P Parque de la Riviera.

Landscaped garden area located near the coastal promenade.

(36.64263, -4.48151)

Parque Jesus Cautivo

Residential park located on the western edge of the municipality.

(36.60426, -4.53757)

DATA SOURCES

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