

THE «MOLINOS»

of the most delightful spots for bathing are virtually unknown in the tourist. Perhaps this is the reason why the island is so peaceful and the effort is well worth while.

One of the advantages of the island is that you can find five small beaches which however all of them can be easily found and reached by car.

San Telmo is a beautiful small community with a fine beach right opposite the mysterious and still uninhabited island of the last resorts of Mallorca, a very worthwhile place to visit on the West point of Mallorca.

The Portals Vells beach is easy to reach from the booming tourist community of Magaluf/Palma Nova.

The Playa de la Rapita and San Jordi beaches, all highly recommendable, can be reached from the beautiful road that follows the Southeast coast starting in the Cala de Arenal. The La Rapita is a very nice beach fringed by pine forest, it is so secluded that people for years have practiced nude bathing there.

The Southwestern, Southeastern and Northern beaches of Mallorca form an endless chain of charming «calas» (small bays or lagoons) and «playas» (beaches), and in the heat of the summer these beaches are naturally the biggest attraction for visitors and locals alike.

Without exaggeration it can be stated that all the Mallorca beaches are good for bathing. However, their characteristics and location make some of them more idiosyncratic and appealing to different groups of people. In short, the island has beaches for every conceivable taste.

The largest and most frequented beaches are in the Palma bay area. The largest and most well known one is the enormous «Playa de Palma» which stretches itself as a straight uninterrupted sandy beach all the way along the «hotel-forest» of Cal Pastilla and Arenal. This almost endless beach is full of all the necessary conveniences including everything from the rental of beach chairs to a bar, souvenir stands, watch towers, water skiing etc. Nor the sea or the bottom offer any problems here and it is thus an ideal beach for people of all ages.

A number of beaches of similar characteristics regarding service and safety are found also on the western side of Palma in Cala Mayor, Illetas, Palma Nova, Magaluf and further in Sant Ponsa and Paguera. Wintertime when the water goes cool, one of the most idiosyncratic beaches is the one in Illetas (there is a permanent bus service from the center of Palma to this beach like to the Arenal beach) where the shallow water protected by a couple of small islets always holds a higher temperature than anywhere else.

One way around the part that you didn't expose in the beginning will easier get burned and you won't get a uniform tan.

After a dip in the salty water and going back to the sun your body will be covered with a thin layer of salt. Since this is negative for the skin we recommend you, if possible, to have a fresh water shower after your swim. If there is no shower we recommend you to bring a bottle of fresh water in your beach bag, to wipe yourself off with, after the swim.

BE CAREFUL SO YOU DO NOT GET BURNED!

SCHÜTZEN SIE SICH VOR SONNENBRAND

This cannot be repeated too much, sun and sea in combination can damage you much quicker than you can imagine. The pain from your burned red skin is not the worst of it but the consequences that follow. As you have been told your skin will peel off in ugly patches after a couple of days leaving not very handsome pink spots all over your body. Sometimes it will even result in small sores in the first hand on your shoulders and on your breast. These skin defects will be cured in a couple of days, but the spots will remain. The problem is that the skin afterwards will get darker pigmentation on those spots when exposed to more sun. This problem will stay with you for years and you will find it impossible to get a nice smooth tan.

But lazing around in the pleasant sunshine (don't forget to use your nose cap!) you'll always see some people "showing off" that smooth copper hue that you would like to attain and, then you stay longer just to catch up with them. However we'd like to tell you that basking in the sun is not at all the best way to attain the smooth colour you want. It is much better to move around in some sports or other activity since your body then gets its dose of sunshine from continually changing, different angles. At the same time you perspire more which also is good for the tanning process and you'll get that expensive holiday-color you wanted!

Strangely enough the experts insist that drinking much alcohol also is harmful to the tanning process and can be participating reason of sunburn. Apart from this we'd like to tell you that it is always dangerous to drink alcohol while out in the heat of the sun. Coming back from the beach the drink is very important. Back in your hotel, apartment or bungalow the best thing to do is to take a lukewarm shower. Use little or no soap, or for instance take a cream-bath. Dry yourself with a soft towel and use a moistening aftersun lotion or cream. This generally helps because penetrating it make the skin more supple. Use as little make-up as possible to let your skin breathe. Anyway you don't need it now!

If some part of your body has had too much sun you should be very careful the following day and give those parts a rest and wear for instance a T-shirt to cover them or protect them with a towel until the redness is gone.

A good way to check if you've had too much sun is to press your finger firmly against the skin. If taking the finger away a white spot appears, then you are starting to get a light sunburn. In more serious cases the skin gets taut and you can feel it hurt. The skin then becomes thicker due to slight swelling. You will also feel shivery and feverish like. The cure is a soft soothing lotion and no sun during the following days. In case small open sunburn-sores show up, the rule is to keep them clean but not to cover them with suffocating plaster. There are colorless non-burning disinfectants to be had at the chemists which keep the sore dry. This is the best way of curing it. Naturally sun is then out of the question and if you feel it's serious, ask your hotel reception or you courier for a doctor.

We hope that you, by reading this, will

San Telmo, Santa Ponsa, Palma Nova, Magaluf, Santa Ponsa, Paguera, Camp de Mar and the Port of Andorra which originally were just fishing harbours.

If you go East from Palma you'll find the longest beach and the greatest concentration of hotels on the island, starting in Cal Pastilla and extending itself four miles along the shoreline to the end of El Arenal which two decades ago was just a peaceful pine forest.

On the Northeast side of the island you'll find much famous resorts as Pollensa, Formentor, Alcudia, Can Picafort, Cala Ratjada, Cala Millor, Cala Bona and Porto Cricio, just to mention a few.

The beaches of Mallorca are great (see beach article) but don't forget to find out what there is behind them. When you get tired of sand and sunbath, I'd suggest a trip around this remarkable island. There are organized excursions you can participate in through your travel agency but you can also do it on your own renting a car or a vesp. Another alternative is to hop on a bus and go into town and just roam around in the great old city. You could go to the Belver castle on the hilltop West of the city, above seething El Terreno, you'll see a breath-taking view over the Palma bay and also the fascinating museum inside. Or go and see the Cathedral which is truly fascinating, and the fabulous riches of its museum. The narrow old streets around the Cathedral are also most inspiring to wander around in, as is the ageless Almudaina palace and the gardens on the old city wall.

There is an endless amount of places to see, like the old Arab Baths and La Lonja and you'll find hundreds of friendly bars and restaurants to relax in and hundreds of enticing shops to buy in. You'll also find a number of fine art galleries, some exhibiting works of some of the most famous artists in the world.

One of the external reasons that has given Mallorca its popularity is of course the climate. In comparison with it's neighbouring islands, the climate is much more pleasant.

The only permanent inhabitants are the endemic lizards which swarm all over the island, giving further strength to its name since in Mallorca they are called «DRAGONS» and the feathered visitors and nesters, among which are the prized rare Eleonora's Falcons, who no doubt are among those who are content to see the Dragonera remain a peaceful, natural island.

But few visitors to Mallorca will know where the dragonera is. It lies just off the south-west coast of Mallorca, facing San Telmo. Its nearly three million square meters are owned by a company which had hoped to construct a sea and mountain village of some 750 houses with a yacht marina and other tourist services. However, this plan is in absence due to a complicated fight which has been going on for ten years with an appeal against the latest planning refusals which will probably take another three years.

Deep in the heart of the Dragonera there is a cave, «Cova del Mor», with a freshwater lake and intricate stalactites and stalagmites. Human skeletal remains have been found in this cave and also broken water jugs, proof that many people have quenched their thirst in those hidden waters, whose origin is a scientific enigma.

The most common visitors in former times will have been the moorish pirates and more recently the smugglers. The pirates attacked Mallorca insidiously between the fourteenth and nineteenth centuries, and in particular the surrounding areas of Andorra. Many pirates, also the famous pirate «Redhead» made the Dragonera his favourite hiding place at from 1531. The caves were ideal for secreting their plunder and even hostages. These caves will have seen similar activities in more recent times, when smuggling was an accepted fact among local sailors at the beginning of the present century. Nowadays the pirate visitors to the island are the untiring lighthouse keepers who maintain the warning lights for passing sailors. So, if you wish to visit the island, we have to disappoint you, because there are no organised trips to the island except by private yacht.

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Gold, silver, copper, iron, lead, zinc, tin, cobalt, nickel, uranium, etc. And, everything mentioned being unknown, an unknown sport. This results from the fact in particular, that golf, rugby or swimming, is looked upon as an «elite-sport» and consequently has found popularity only among those classes of society, which people persistently like to refer to as «the happy few». And although this is not true actually (only very few golf clubs select their members), it must be admitted, that this sport has certain traits which will probably prevent it from even getting popular among the masses. For in the first place it is not a cheap sport. Membership of a golf club will cost one some 400 pounds yearly at the least, and for less than 200 pounds one won't be able to play a satisfactory equipment. Secondly: playing golf takes up quite a lot of time. The whole «course», mostly consisting of 18 «holes», has a total length seldom under 3,5 miles and one is expected to cover the whole of it relaxed and at one's ease. (Of course one can rent an electric car on many courses, but this way of locomotion seems popular only with Americans and people suffering from cardiac affections - which is not the same in all cases).

Moreover beginners have to take into consideration, that they will be admitted to the course for playing independently only after an intensive training-period: Spain after some 10 lessons, in other European countries not seldom after 1 or 2 years! Thirdly: golf is not a sensational sport. For spectators there are only few interesting situations to witness and that is why there generally are no spectators at all. Moreover golf is a sport, lacking in competition elements. People play matches or tournaments, true, but in reality there exists only one adversary: oneself! For this is what is essential in golf: the desire to improve oneself constantly, to reduce and to cut one's «handicap». And it is the patience, the concentration and the tendency to perfection one needs for that, which make golf a sport for «Einzelgänger», make it a «lonely» sport. And loneliness will never become popular.

Finally for those who don't like to twiddle their toes in the sand there is a very nice

Other coastal villages on the island also have their own fishing boats which provide their own port-areas with fresh fish for the restaurants and local fish markets (Lonjas) every day. With the onset of the high technology of the twentieth century, pollution has greatly reduced both the plant and the animal life previously existing in this sea! But the main reason why fish in the Mediterranean sea has decreased enormously is the large amount of fishing boats fishing all year around without any restrictions on quantity or sorts of fish. Some fishermen have told us that a few years ago the weight of the average fish they caught was three times as much as they are nowadays. In international Government law will have to force them to throw too small fish back into the sea otherwise the future looks very dark for both the fishermen as well as the consumers. As a result, the amount of fish harvested by the fishermen is far less than in former years. Spain being the European country where people eat more fish, than any other European country, this has had a dual economic effect on the fishing industry. Firstly, the prices in the local markets were forced up extraordinarily high; so that people who buy fish as their normal diet must cut back or not buy at all. Secondly, the Spanish government has found it necessary to subsidise the fishermen so they can continue to operate.

MAJORCAN FISHING BOATS

Majorcan fishing boats are small, sturdy craft called «lauds». They measure from five to twelve metres in length and are normally one-and-a-half to three metres at the beam. There are many types of lauds, most of them are adapted to have their own special system to catch their type of fish. Usually they go out in the middle of the night and return to the harbour at 5.30 in the morning to sell their catch directly to the wholesalers, a few hours later you will find this fish on your plate in the better fish restaurant (e.g. Casa Eduardo in the harbour of Palma). The Majorcan fishing fleet consists of eighty percent of lauds, the other twenty percent is a type of boat called «Barca de Bou». They are bigger, have sleeping- and cooking facilities, an enclosed-hold house and usually stay out a week or more before they return to

part of the year. And this has created this industry of sending plateloads of palefaced to the sunny south and getting them back with beautiful tans and sunburn to impress their friends with. But watch out, this may painfully turn you to a sore red tomato if you don't do it right! That Mediterranean sun is a powerful thing one shouldn't play with!

That is why we write this article; to save you from the pains of a bad sunburn and a consequently, destroyed holiday. Laying on a pleasant beach, with a mild seabreeze blowing your hair, and a sun really isn't that bad, you might tend to forget it but please don't, it's the enjoyment of your well earned holiday that is at stake!

The thing is to find out, the easy way, what your skin can stand. As there are as many types of skin as there are people, everybody has a different skin-structure. What we know is that people with dark hair generally have more pigmentation in their skin than the fairer ones, though it doesn't necessarily make the swarther people more invulnerable to the southern sun than the fair skinned one. It may be that some people seem to be more resistant to the effects of exposure to the sun, whereas others need two weeks to acquire the same, but for the sake of their health everybody should follow the same rule. **BE MODERATE WITH THE SUN!**

That first day when you walk out on the warm beach in your bikini is the most crucial one and a very serious trial for your hitherto unaccustomed skin. Take care like strong medicine, in small doses, in the beginning and don't go to the beach more than twice a day "a little while", and keep turning around every ten minutes.

Sun oil and sun lotion is another tricky subject. Avoid it on white skin because it might ruin you instead of protecting you. If you are a strong believer in these products we would anyhow advise you to use it only when your skin already has some tan. To start the getting brown procedure we would recommend you to use a suntan cream instead.

Some of the make-up of these suntan creams, these creams contain very refined oils and moistening and protecting components which are completely absorbed by the skin. The sun oils and lotions generally remain on the surface of the skin. The creams are a bit more expensive but they protect your skin more and keep it flexible.

The ladies who have with them more than one bikini will like to advise you to start off using the smallest one. We know that this will make it more difficult to keep the other sex at a distance, but if you start the

Before turning right or left at the end of the Borne we want to point out to you that you now are at the C & A - end of the Borne at the PIO XII SQUARE where you later will find a bus to take you home to your hotel. Here a bus stops every 15 - 20 minutes to carry the tourists from the western area back to their hotels. Tourists from the CAN PASTILLA - ARENAL area (east area) must catch the bus at PASEO MALLORCA (see map). However it's not time for that yet and we recommend you to walk up the Jaime III street and enjoy all the nice things in the shopwindows until you reach the GALERIAS PREFICIADOS department store that doesn't close lunch-time and contains practically anything on its different floors.

After browsing around in this very complete Spanish department store you might feel like a «quick one» which you could have relaxing for a moment at the shady tables of the cafe immediately behind the corner of the Jaime III street and PASEO MALLORCA some hundred yards away. Or

If you look at a world map you'll need a good magnifying glass to find the island of Mallorca. It's about half the size of Wales, but that's not very much either. Globally speaking, there are hundreds of other islands in the Mediterranean, and elsewhere that are easier to find on a map because they are bigger. But none has the fame, none is as well known as Mallorca. Why? What is so special about it? There are thousands of islands in the Mediterranean, bigger and smaller ones with similar geography and similar climatic conditions. Having spent over ten years on this piece of land in the sea the writer of this would say that it's this island's fantastic richness in variety that makes it different from any other in the world. That is why Phoenician, Greek, Carthaginian, Roman, Vandal, Moorish and Spanish Kings already thousands and hundreds of years ago fought over it and that is why Mallorca today is a meeting place for people from every part of our world.

Today, however, people don't come here to fight anymore, the millions of people that now visit the island every year come here to spend their well earned vacations, to relax and enjoy themselves each one in his or her own way. The beauty of it is that everybody in the international multitude that comes here actually can find what he or she is looking for.

Whether you just want to laze around on a warm beach gazing out at the blue sea, sip a fine wine and enjoy a fantastic meal in some downtown gourmet place, saunter around in the old city looking at beautiful old buildings with their centuries of history, whether you want to enjoy music, art or any type of sports, or take the challenge of the wild mountain range in the North or whether you want make a ball of in a real international type of nightlife with everything from discos to casinos, you got it all here and much more!

To me, the writer of these lines, every person who visits this island and enjoys it is a friend, somebody I have something in common with, that something being Mallorca, and I really wish that all of you that have come here really would see and enjoy the beautiful things this island has to offer. Because it is really fantastic how much this island, where the longest distances from one point to another are but little over 100 miles (76 kilometers North-South and 100 km. East-West), really contains.

Mallorca (The name comes from the word «major», largest) is the biggest island in the Balearics followed by Menorca 35 miles to the Northeast of Mallorca, Ibiza 46 miles to the South and Formentera which is very close to the eastern coast of Ibiza. The group also contains a number of smaller islands and islets, the most famous ones are Cabrera, Dragonera and Tagomago. By plane it only takes fifteen minutes from the Palma airport to either Menorca or Ibiza and half an hour to Barcelona which lies only about 132 miles away (244 km.) from Palma. The islands are in fact what once were the peaks of a mountain range that sunk into the sea. Mallorca is formed of about 1380 square miles (3.640 km²) with a coastline of some 180 miles (920 km.). The northern part of the island is very mountainous, the highest peak is Puig Major about 4.760 ft. (1.445 m.). The native population is well over half a million with the majority living in Palma.

In the last century a sparse but select tourism to the island began, stimulated perhaps by such famous visitors as Frederic Chopin and «George Sand». Those days it took weeks of arduous traveling by coaches and ships to reach the island where as it today can be reached in a couple of hours by

