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Menopause, Andropause And Other Hormone Imbalances
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Costa del Sol Golf Courses

By Ruth Polak

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The Costa del Sol, recently renamed the Costa del Golf, is an absolute Paradise for golfers of all standards. Offering some world-class golf courses in some beautiful locations combined with the highest number of sunshine days per annum in Europe it is hard to beat. Plentiful and cheap flights to Malaga, Gibraltar and now Jerez make it accessible all the year round and not content to rest on it's laurels new golf courses and academies are being opened up on a regular basis which is why so many golfers return here year after year as there are always new and exciting challenges.

Just A Few of the Many Costa del Sol Golf Courses.

Valderrama, home to the Volvo Masters (1988-96), the Ryder Cup (1997) and the World Golf Championships (1999-2000), Valderrama surpasses its reputation as number 1 in Europe and it has twice received the accolade of "Best Golf Club in Europe"

La Duquesa Golf Course, designed by Trent Jones has some wonderful Mediterranean views , which could play havoc with your scoring! It is probably the most complete club on the coast offering tennis, swimming pool, squash, gym etc. along with the picturesque Duquesa Port just across the road. There is also an excellent bar and restaurant, and not forgetting of course the world class and demanding golf course itself.

La Cañada was designed free of charge by Tent Jones and is the first municipal golf course of the Costa del Sol. It's nine holes are laid out on a hillside and do not present any particular difficulties.

Alhaurin Golf is a little inland from the Costa del Sol but is well worth the trip as the scenery is stunning and the course superb.

La Quinta Golf and Country Club is home to the former World Champion Manuel Piñero's Golf School. It is a technical course that reflects the designer, Manuel Piñero's, own playing characteristics in that it

rewards accuracy rather than long hitting.

Alcaidesa Golf is the best and only true links course in Spain. It has recently undergone an extensive programme of re-modelling with fairways being improved and widened and greens levelled off with the result that the layout is now suitable for golfers of all levels.

For further information on some of the best Golf Courses that the Costa del Sol has to offer visit www.costadelsol-vacationrentals.com where you will also find a lovely selection of villas and apartments to rent close to some of the best golf courses on the Costa.

Ruth Polak is the owner of <http://www.costadelsol-vacationrentals.com> which has a good selection of villas and apartments to rent near some great Costa del Sol Golf Courses.

The Costa Brava Insight

By Christopher B. Longmore

Starting at Blanes to the south and ending at Cadaques in the North, the Costa Brava offers purchasers natural beauty, proximity to the great city of Barcelona, historic medieval villages, world-famous restaurants like "El Bulli" at Roses, innumerable excellent sporting opportunities including world famous golf courses and ski-ing in the Pyrenees.

Girona/Costa Brava airport now has four flights a day from London Stansted. There are innumerable flights from almost everywhere in the UK to Barcelona, and local train services are excellent, as is the road network. English is widely spoken, but it is a big asset if you speak a little Spanish. No-one expects you to speak the local language - Catalan.

Although cooler in winter than the Costa del Sol further south, it is also cooler in summer with daytime temperatures around 30c. Lunch on the terrace is a year round option except perhaps in December and January. The atmosphere is also very different, more sophisticated. Incomers are of many nationalities, usually retired or soon-to-retire professionals. Generally they are well travelled, fairly well-off, and sociable, but there are no foreign "ghettos" as occurs further south, so no English restaurants, pubs and bars. Eating out locally is however an inexpensive, and therefore frequent, pleasure.

This is not a travel guide. Our aim in telling you about the main towns and resorts of the Costa Brava, is to try to give you a feel for what would be the right area for you. When making a buying decision, do make sure that you are clear about what you want. Some parts of the Costa Brava die out of season. That may not matter if you don't plan on being here out of season, but can be soul-destroying otherwise.

You can find all information complementing this article at Costa Brava Homes (
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The original article is at

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Is highly recommended that you visit

, a page

containing a map of the most important towns and resorts in the Costa Brava.

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The Costa Brava Insight

Why Are Golf Courses Designed The Way That They Are

Ten reasons to move to the Costa Brava

Traveling In Costa Rica

Proper Golf Attire Is Good For The Golf Course Establishment

Power Profits Autoresponder Course

The Amazing Bonus Pack

Domain Alarm – Is your site working?

Gate Crash into the Interior Design Industry.

How to create killer mini-sites that sell like crazy!



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