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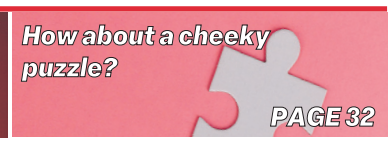
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Spain battles to ease escalating household costs

Spain has joined a growing coalition of European Union nations urging Brussels to introduce a bloc-wide windfall tax on energy companies, as surging fuel prices linked to tensions in the Middle East continue to strain households and businesses across the continent.

In a coordinated move, Spain aligned with Germany, Italy, Portugal and Austria in signing a joint letter to the European Commission, calling for urgent measures to address what ministers describe as "market distortions" in the energy sector. The letter was addressed to EU Climate Commissioner Wopke Hoekstra and highlights the growing economic pressure caused by escalating oil and gas prices.



Spain's Economy Minister, Carlos Cuerpo, said the initiative aims to ensure that the financial burden created by rising energy costs is shared more equitably. Writing on social media platform X, he argued that a windfall tax could help "ease the burden on consumers and taxpayers," particularly as inflationary pressures intensify across the eurozone.

At the heart of the proposal is a push for collective European action rather than fragmented national responses. The signatories stressed that a unified approach would prevent disparities between member states and send a strong political signal. They argued that companies benefiting from extraordinary profits driven by geopolitical instability should contribute more to offsetting the wider economic impact.

The call comes amid renewed volatility in global energy markets following the escalation of conflict in the Middle East. Since late February, when hostilities involving U.S. and Israeli forces and Iran intensified, oil prices have climbed sharply. The disruption has been exacerbated by constraints on shipping through the strategically vital Strait of Hormuz, through which roughly a fifth of global oil and gas supplies typically pass.

Although the European Union relies on a diverse range of suppliers, its heavy dependence on imported energy leaves it exposed to global price shocks. The latest surge has already fed through to consumer prices, with eurozone inflation rising to 2.5% in March, up from 1.9% a month earlier.

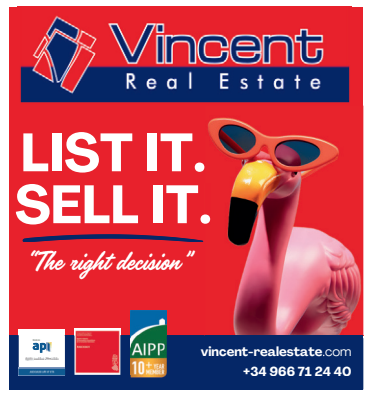
EU Energy Commissioner Dan Jorgensen warned that the effects of the disruption are unlikely to ease quickly, cautioning that fuel prices may not return to previous levels in the near future. His remarks underscore growing concern among policymakers that prolonged instability could undermine economic recovery and deepen cost-of-living pressures.

The proposal draws on a precedent set in 2022, when the EU introduced a temporary "solidarity contribution" targeting excess profits made by energy firms in the wake of the Russian invasion of Ukraine. That measure was implemented as inflation surged across Europe, in some cases reaching double-digit levels.

While the current proposal does not specify the scope or rate of a potential levy, it reflects mounting political momentum for intervention. The ministers called on the European Commission to act swiftly in designing a legally robust mechanism that could be applied across all member states.

As energy prices remain volatile and geopolitical tensions persist, the debate over how to balance market forces with social protection is expected to intensify, with Spain positioning itself at the forefront of calls for a coordinated European response.







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Supreme Court rules that kissing a woman's hand without consent is sexual assault

Spain's Supreme Court has upheld a sexual assault conviction against a man who kissed a woman's hand without her consent at a bus stop in Madrid, ruling that the act went beyond mere harassment and carried a clear sexual component.

The incident dates back to 2023, when the man approached a woman at a bus stop, kissed her hand and made gestures suggesting she should follow him in exchange for payment. He was found guilty of sexual assault and fined €1,620, a decision that was upheld by Madrid's provincial tribunal before the man took his case to the Supreme Court.

His legal team argued that there had been no violence or intimidation involved and that while the woman "might have felt bothered, offended, victim of an intrusion into her comfort zone, there was never a clear risk for her sexual integrity."

They also pointed out that the incident had taken place in a public space, near a police station and in broad daylight, and argued that at most it should be considered the lesser offence of sexual harassment in a public place.

The Supreme Court disagreed. In its ruling, it found that the encounter had gone beyond harassment, stating that there had been "a clear sexual component because he even kissed her hand."

A woman, the court added, "cannot tolerate being subjected to a man taking her hand and kissing her without consent in acts that have a clear and obvious sexual connotation."

The ruling wasn't unanimous though. Two magistrates issued dissenting opinions, arguing that a hand kiss did not amount to sexual assault.

"A kiss on the hand of another person is, in our culture, a form of greeting, now obsolete," they said, adding that along with a kiss on the cheek or a handshake, such gestures "are not acts of a sexual nature."



The case is the latest in a series of high-profile moments that have kept the issue of sexual consent firmly in the public eye in Spain. The country's so-called 'Only Yes Means Yes' law, passed in 2022, shifted the legal emphasis onto consent and removed the requirement to prove violence or intimidation for an act to be classified as sexual assault.

The following year, former Spanish football federation president Luis Rubiales sparked a national controversy when he kissed player Jenni Hermoso on the lips during the Women's World Cup final celebrations.

Rubiales maintained the kiss was consensual, a claim Hermoso denied, and he was ultimately found guilty of sexual assault in 2025.

Provincial Council demands release of one billion euros for local municipalities



Alicante Provincial Council has called for the +Cerca 2026 Plan, an aid line that will distribute 8,8 million euros between the 141 municipalities of the province.

The council meeting was marked by a clash between the governing team of PP and the PSOE over the use of the remaining funds, the economic crisis stemming from the conflict with Iran, and the upcoming commission of inquiry into the management of the Trade Bonds.

The session approved a motion from the People's Party calling on the Spanish government to suspend fiscal rules and allow for greater flexibility in the use of treasury surpluses. It was argued that the current international situation, marked by the Iran war and its potential economic repercussions, justifies an exceptional measure similar to those adopted in previous periods, first during the pandemic and then during the war in Ukraine. According to the PP this would allow for the mobilisation of more than 1.000 million euros which are currently blocked and could be used for investments and aid in the municipalities.

The motion was passed with the support of Vox and Compromís. PSOE voted against the motion. Therefore, the +Cerca 2026 Plan has been approved unanimously, which supports one of the main economic injections planned across the provincial municipalities.

Ana Serna claimed that the Provincial Council could expand its response capacity if the central government lifted the current restrictions. During the plenary session, she stated that they could have more resources "if the Prime Minister, Pedro Sánchez, comes down to earth and allows us to use the savings of the people of Alicante."

Serna also recalled that in the previous legislature, with fiscal rules suspended due to Covid-19 and subsequently due to the war in Ukraine, the Provincial Council was able to make a significant investment in the province. In this context, she again called on the central government to allow access to these withheld funds.

Finance Deputy, Marina Saez emphasised the economic justification for the proposal. He explained that the international crisis is generating economic uncertainty that is already affecting citizens' quality of life. Therefore, he requested that, as in previous crises, fiscal rules be suspended "to provide financial resources for social assistance, support for local businesses, and the maintenance of public services."

The approved plan will allow for distribution of more than 8,8 million euros between the municipalities of the province and the three smaller local entities. The Provincial Council presents it as a tool to ease the burden on municipal coffers, especially in the lead-up to the summer period, when many town halls face increased spending due to the reinforcement of services, activities, and visitor services.

Seven injured after hotel roof collapse in Benidorm

Seven people, including a child, have suffered minor injuries after part of a hotel roof collapsed in Benidorm. Around 60 guests were dining in the three-star Poseidon Palace Hotel for Easter lunch when sections of plaster board and air conditioning ducts collapsed.

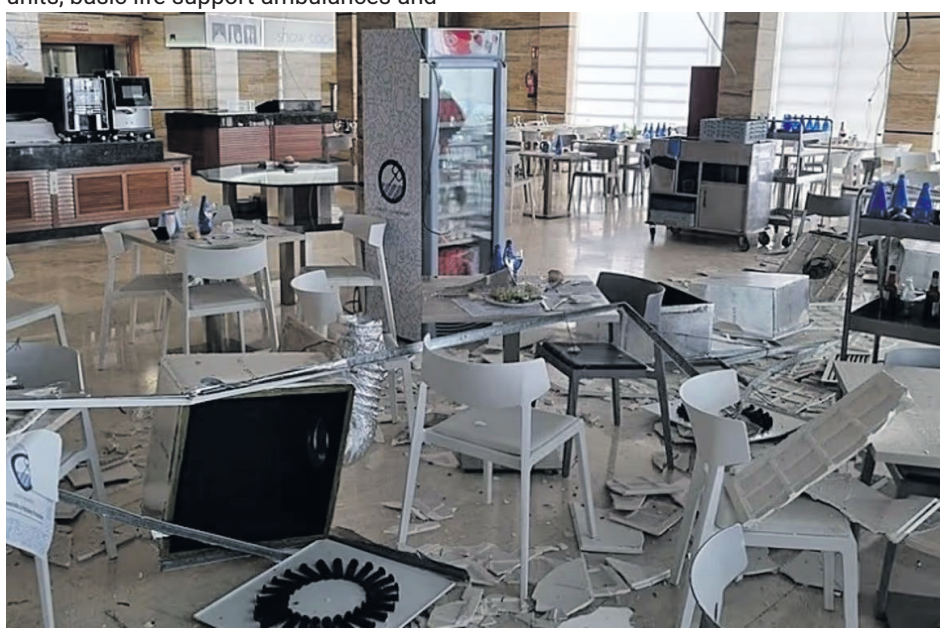
The collapse caused chaos in the main restaurant as people panicked, trying to get out of the way.

The emergency call was received at around 2.20pm on Sunday (5th April). According to the Emergency Information and Co-ordination Centre, three ambulances were dispatched to the scene. Authorities deployed SAMU advanced life support units, basic life support ambulances and non-assisted transport vehicles.

Medical teams treated five men and two women at the scene for contusions. Red Cross teams were also called to help the injured.

An eight-year-old child and a 78-year-old man were discharged at the scene. The remaining five patients, aged between 33 and 80, were taken to the Clínica de Benidorm and the Marina Baixa Hospital for further treatment. Both were discharged later in the day.

The cause of the collapse has not yet been confirmed.



Torrevieja Policeman pulls gun on man with knife



A tense incident unfolded in Torrevieja on the promenade of Juan Aparicio Promenade, where a municipal police officer was forced to draw his service weapon to subdue a knife-wielding suspect.

The situation began at approximately 7:30pm, when local officers were addressing a group of unlicensed street vendors operating outside a nearby Burger King. Upon noticing the police presence, the vendors fled the scene. However, as officers returned to their patrol vehicle shortly afterward, they discovered that all four tyres had been deliberately slashed.

A witness at the scene identified a man believed to be responsible for the damage. When officers attempted to detain him, the suspect allegedly brandished a knife—the same weapon used to vandalize the police vehicle—and threatened the officers in a crowded public area. Authorities confirmed the individual was already known to police due to prior incidents and suspected involvement in illegal street vending.

Faced with an immediate threat, one of the officers drew his regulation firearm. With the assistance of his partner and an off-duty member of the Guardia Civil, the suspect was successfully subdued and taken into custody without further injury.

The man remained in detention until appearing before the court. He was later released from the local Palace of Justice, facing charges of serious criminal damage, as well as disobedience and resistance to authority.

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Judge renews push to put Spanish PM's wife on trial

A judge who has spent two years investigating Begoña Gómez, the wife of Spanish Prime Minister Pedro Sánchez, over alleged corruption made a renewed effort to bring her case before a jury.
The inquiry, led by Judge Juan Carlos Peinado, forms part of a series of corruption-related cases involving individuals close to the socialist (PSOE) leader, raising fresh questions over the stability of his minority coalition government.
Peinado first launched the investigation in April 2024 to examine whether Gómez may have used her position as the prime minister's wife for personal gain – an accusation both she and Sánchez have consistently denied.
Earlier this year, in February, an attempt by the judge to send Gómez to trial on charges of public embezzlement tied to the hiring of an assistant – who is also under investigation – was overturned on appeal.

At the time, the Madrid court ruled that the move was 'premature and lacks factual, legal and procedural grounding', and instructed that the case return to the preliminary investigation phase.

On Wednesday, however, Peinado notified the parties of a revised request to proceed with a jury trial, now citing alleged embezzlement, influence peddling and corruption.
Gómez did not attend the court hearing in Madrid, exercising her right not to appear. She was instead represented by her legal team, who once again called for the case to be dismissed, the source added.

Sánchez has repeatedly rejected the allegations against his wife, portraying them as part of a politically motivated campaign by the right aimed at weakening his administration, which has called for his resignation.
The pressure on the government is compounded by other ongoing cases: Sánchez's brother, David Sánchez, and former close ally and ex-transport minister José Luis Ábalos are both set to stand trial in separate corruption proceedings.

These legal challenges add to the difficulties facing Sánchez's minority coalition government, which relies on protracted negotiations with a patchwork of smaller parties and regional separatist groups to push legislation through parliament.

Spain tells Trump to mind his own business over euthanasia

The Trump administration has reportedly launched an investigation into Spain's handling of the euthanasia case of Noelia Castillo, the 25-year-old Spanish woman who died last week after a lengthy legal battle to end her life on her own terms.
Spain's government has responded with barely concealed irritation, telling Washington in no uncertain terms to keep its nose out.
According to the New York Post, the State Department contacted the US Embassy in Madrid requesting information about how the case was handled and what decisions allowed the procedure to go ahead. Anonymous US officials cited by the paper expressed concern about what they described as "numerous human rights violations" and questioned whether the system had done enough to protect a vulnerable person.
They also claimed that Noelia had expressed "doubts" about the procedure that were allegedly ignored, although no detail was provided to support that claim.
Spain's Health Minister Mónica García didn't take long to fire back.
"He should stop feeding the ultra-international agenda by sticking his nose into everything," she said on social media, referring to Trump. "Spain is a serious country, with a solid healthcare system and a framework of rights that protects and cares for all people, including those who decide to ask for help to die with dignity in contexts regulated by law, evaluated by clinical committees, and upheld by the courts."
She also pointed out that thousands of Americans die every year without health insurance, "while Trump supports and carries out human rights violations between Gaza and Iran."
Adding to the confusion, the Spanish Ministry of Health stated it had received no formal communication whatsoever from the US government about the case, which rather raises the question of what exactly is going on in Washington.
What is clear is that Noelia's case went through every legal channel available. Her request for euthanasia was approved by Catalonia's independent Guarantee and Evaluation Commission in July 2024, and her right to die was upheld at every stage of a lengthy court process that went all the way to the European Court of Human Rights. At no point did any court find that she lacked the capacity to make her decision.
The president of the Christian Lawyers Foundation, José María Fernández, who had supported Noelia's father in opposing the procedure, said they had held out hope "until the very last moment" that she might change her mind.

He described the case as "a failure of the healthcare system," a view that Spain's government and its courts clearly do not share.

Seven arrested in Elche over alleged drug trafficking

Seven people have been arrested in Elche after National Police officers and Customs Surveillance officials from the Tax Agency dismantled a suspected drug trafficking organisation.

Five men and two women, aged between 36 and 42, are accused of drug trafficking, illegal possession of weapons and belonging to a criminal group. Five of those detained have been remanded in custody by a court.

The investigation began with the arrest of one alleged member found with 200 grams of cocaine. A second suspect was later detained while transporting 3.5 kilos of cocaine hidden in false compartments inside his vehicle and concealed in powdered milk and ground coffee packets.

During raids carried out in Elche, officers seized 17 kilos of vacuum-packed marijuana, 110 grams of cocaine, 260 marijuana plants, a firearm with ammunition, €78,240 in cash, jewellery, five precision scales and seven vehicles, some fitted with hidden compartments. Authorities have also requested the freezing of property, vehicles and bank assets linked to the group.

More than 1.3 million Easter journeys

Spain's Directorate-General for Traffic has completed the second phase of its Easter special operation, which ended at midnight on 6 April. More than 1,364,820 journeys were made on roads across the Valencian Community during this period, a 2.03% increase on last year.

In Alicante province, congestion on the A-70 between kilometre 0 and 31.2 around Alicante's ring road, and on several sections of the N-332, including access to Altea, the El Altet–Santa Pola coastal area, and Torrevieja led to the usual Easter travel misery.

Government delegate Pilar Bernabé had urged drivers to act responsibly during what is one of the busiest travel periods of the year. Police reinforced checks on speeding, distractions, and drink and drug driving, with particular attention to short trips and secondary roads.

Across both phases of the operation, long-distance journeys in the Valencian Community reached 2,355,660. During the first phase, from 27th to 29th March, 582,428 journeys were recorded and one person died in Valencia province. Nationwide, 17,070,000 journeys were expected over the Easter period.

Man injured in Sierra de Orihuela fall

A 56-year-old man has been injured after falling from a mountain in the Sierra de Orihuela, in Alicante province.

According to the regional Emergency Information and Co-ordination Centre, the man suffered multiple injuries as a result of the fall. Emergency teams were dispatched to the scene after the incident was reported.

He was later transferred to Vega Baja Hospital for further assessment and treatment. Health officials have not released any additional information about his current condition.

The circumstances surrounding the fall have not been confirmed.



Orihuela boosts street cleaning and rubbish collection

The Orihuela City Council has strengthened its street cleaning and waste collection services with the addition of six new trucks and five support vehicles, marking a significant step in improving efficiency, coverage, and responsiveness across the city, coast and districts.

The six newly deployed trucks, each weighing 3,500 kilograms, are equipped with modern features including tilting bodies, electric rear lifting platforms, and GPS geolocation systems. These upgrades are expected to optimise collection routes, enhance real-time monitoring, and reduce unnecessary journeys, while also lowering fuel consumption and emissions.

Three of the trucks will operate in Orihuela city and surrounding districts, while the remaining three will be assigned to Orihuela Costa, with a particular focus on the collection of bulky items and selective waste such as paper and cardboard.

With the new additions entering service immediately, the council has significantly expanded its operational capacity—from one vehicle per area to four—allowing for a more continuous and agile service throughout the year without relying on rented vehicles during peak demand.

Mayor Pepe Vegara described the initiative as "an important step to improve a basic service throughout the municipality," adding that the investment ensures teams have the necessary resources to work more efficiently and better serve residents.

He noted that improvements in waste collection and street cleaning would become noticeable in the coming days across Orihuela city, its districts, and coastal areas. Further reinforcements are already planned, including the upcoming addition of pressure washers, tank trucks, and boom vehicles to expand service capabilities.

In parallel, five new vehicles have been introduced to support technical staff. Three passenger vehicles will facilitate efficient daily travel across the municipality, while two pick-up trucks—designed for greater load capacity and traction—will enable access to rural and hard-to-reach areas and assist with maintenance of urban infrastructure.

Councillor for Street Cleaning and Waste Collection Rocío Ortuño said the new vehicles would improve service organisation, streamline routes, and enable faster responses to daily demands. She highlighted selective waste collection and the removal of bulky items as key priorities, noting that enhanced coordination and resources would deliver a more efficient and accessible service.

The fleet expansion is part of a broader, ongoing renewal strategy. By the end of April, the municipality plans to add seven more collection trucks—four side-loading and three rear-loading vehicles—representing an investment of €1.85 million. These will complement five trucks already introduced last August.

Officials say the upgrades aim not only to improve service delivery and coordination but also to enhance worker safety and environmental performance by replacing older vehicles with more efficient, sustainable alternatives.

Inquiry launched into San Fulgencio senior Police officer

The National Police unit attached to the Valencian Community has opened a confidential preliminary inquiry into its Elche-based chief, Fernando Gómez, following controversy over police inspections in San Fulgencio.

In March, officers carried out a two-day operation inspecting around 20 small businesses in the town centre. The action followed confirmation of a 120-euro municipal fine issued to Gómez in December after he was allegedly seen dumping rubble into a domestic waste container. The Guardia Civil reported the incident to the Local Police, who imposed the fine under local by-laws.

The regional Home Affairs department has described the inquiry as a routine, confidential step to establish whether any disciplinary offence may have been committed. It is not a sanction in itself, although it can lead to formal proceedings. Such reviews are common within police forces and are often closed without further action.

San Fulgencio Town Hall has confirmed receiving complaints from residents and business owners about the inspections, which reportedly focused on issues such as accessibility, capacity and safety. Municipal sources said up to 20 businesses were checked. The unit, which operates under the regional administration, has around 500 officers across the Valencian Community, including 75 in Alicante province.



Transparent Torrevieja tops regional list

Torrevieja City Council has reaffirmed its position as the most transparent municipality in the Valencian Community, achieving a transparency score of 85.8% in the independent DYNTRA ranking of Spanish local administrations. The announcement was made by the Councillor for Innovation, Ricardo Recuero, who highlighted the municipality's continued leadership in openness and accountability.

This recognition reflects a sustained commitment to transparent governance, public access to information, and responsible management. In addition to leading the region, Torrevieja has made remarkable progress at the national level, rising to 22nd place in Spain—a substantial leap from its previous ranking of 167th.

The city's success is the result of a long-term strategy focused on administrative modernization, effective coordination across departments, and a strong institutional culture of transparency. These efforts have positioned Torrevieja as a benchmark for open government practices.

The DYNTRA index assesses a wide range of indicators related to public management and information accessibility, including citizen participation, financial transparency, public procurement, urban planning, and the availability of open data.

A key factor behind this achievement has been the development of the Municipal Transparency Portal, which has significantly improved public access to information and aligned municipal practices with modern digital and open government standards.

Recuero emphasized that this accomplishment demonstrates the City Council's dedication to fostering citizen engagement, improving efficiency, and ensuring accountability in public administration.

The evaluation highlights particularly strong performance across several core areas:

* Full compliance (100%) in municipal organization and asset information
* Full compliance (100%) in accounting and budget transparency
* Full compliance (100%) in reporting municipal income and expenditure
* Full compliance (100%) in public contracting procedures
* 96.3% in overall economic and financial transparency
* 95% in urban planning and public works transparency

These results underline the City Council's commitment to clear, accessible, and responsible governance, enabling residents to better understand how decisions are made and how public funds are managed.

Beyond simply publishing information, the municipality aims to actively involve citizens in public life and strengthen communication between the administration and the community. The introduction of digital tools, improved customer service systems, and expanded participation channels has enhanced engagement with residents, supporting a more modern, efficient, and citizen-focused model of governance.



Torrevieja announces summer of shows

The Councillor for Culture, Antonio Quesada has announced the cultural programme for May-August 2026. The summer will see more than 90 shows, with a wide and varied offering that includes concerts, theatre, comedy, magic, zarzuela and much more.

A cultural review of the first four months of the year highlighted 67 scheduled events, with around 29,000 attendees. The number of sold-out shows during these months is also noteworthy, as in March alone, 8 of the 14 scheduled shows sold out.

After this rather busy start to the year, the cultural programme for 2026 continues with great artists and performances, both at the Municipal Theatre and the International Auditorium of Torrevieja, again with more than 60 performances scheduled until September 1st between the two.

May
The cultural programme for the next four months begins with the highly anticipated return of Sidecars to Torrevieja, who will kick off their national tour in the city to present their new album, "Everest." The following day, renowned artist Abraham Cupeiro will present his show "Pangea," featuring music from around the world. This concert, previously performed with the Royal Philharmonic Orchestra of London at Abbey Road Studios, now comes to the city as a celebration of the cultural diversity of our planet.

The month will continue from the 7th to the 10th, with the May Fair, followed by another edition of the Gala of Europe and the following concerts: "El Gran Guateque" by Los Salerosos, "Un Conciertazo para Todos" by the Casanovas Orchestra, "Brahms" by the Torrevieja Symphony Orchestra and the UMT & Johan de Meij show.

Days later, the plays "Mitad y Mitad" will be presented, with David Fernández – the Chikilicuatre – and Carlos Chamarro (known for the Torrente saga); and "Mejor no decirlo" with Imanol Arias and María Barranco, the latter after its season in Buenos Aires and tour in Uruguay, Chile and Paraguay was an absolute sell-out.

The month will end with the monologue "The Weird One of the 90s" by David Domínguez, followed by the National Performing Arts Competition and the magic show "Nothing Is What It Seems" by The Invisible Magician, which includes teleportation, disappearance, mentalism and illusions using items from the audience.

For the little ones, the play "Yo, tarzán" and during May and June there is also have two new proposals of theatre in the street "Sal pa'fuera", with LLAR from the Federico Menini company and the one entitled NON-CRASS, respectively.

June
It will begin with the acclaimed play "A View from the Bridge," a tragedy that explores the emotional and social tensions in an Italian-American community in Brooklyn during the 1950s and features a stellar cast, including María Adánez and José Luis García Pérez. This will be followed by "Essencial," an ABBA tribute that will revive the Swedish group's greatest hits.

A few days later, Commander Lara – accompanied by Vicente Ruidos and Jesús Tapia – will present the comedy "Travel with Us" followed by the zarzuela "Marina" by the Alicante Lyric Company and the first Candlelight concert of the season.

The month continues with three completely sold-out performances of Juan Dávila 's monologue "The Palace of Sin," and the irreverent play "The Lovers," starring Kiko Hernández. A few days later, "The Threepenny Opera," starring Coque Malla, will be presented, a play about money, power, and morality.

June will end with a new edition of the Copla Festival, entitled "Inmensos" and paying tribute to Raphael and Rocío Jurado, and the dance shows "Discovering Neverland" by the Mery Academy, the 40th Anniversary of the Elena Ruso Academy, as well as the show "7 Temptations" by the Angela Esteban Academy, among others.

In addition to the above, there are several events being organised by local academies and municipal schools, such as the School of Painting and School of Dance joint collaboration entitled "The journey of colour".

July
July is packed with local talent, including concerts by the "Francisco Casanovas" Flute Orchestra, the "Mario Bustillo" Torrevieja Choir, and the 31st Night of Habaneras on the Beach, featuring the Ukrainian female choir UAnima and the group La Trova del Llano from Albacete.

There is also a children's theatre show presented by La Cueva de Melpómene, with the play "I caught you, Little Red Riding Hood".

With humour, pain and irony, Paloma San Basilio will star in the play "Dulcinea" and, later on, the XXIV International Festival of Music Bands City of Torrevieja and the VI National Festival of Youth Bands will take place, an event that will feature the participation of the Redován Musical Union, the Loureiro Music Band (Portugal), the Maestro Ibáñez Musical Group of Valdepeñas and the youth bands of the Torrevieja City Musical Society and the Redován Musical Union, among others.

However, as every year, the biggest event in July will be the 72nd International Habanera and Polyphony Competition, to be held from 19th to 25th July, where choirs from around the world will perform the most iconic habaneras. The opening gala will feature Ainhoa Arteta, one of the most renowned sopranos in the world of opera.

The month will end with a new edition of Candlelight, and two major festivals: BigSound, which will turn Torrevieja into the epicentre of urban music for two days, with artists such as Myke Towers, María Becerra, Ana Mena, Juan Magán, Omar Montes, Leire Martínez, Marc Seguí, among others; and Low Festival , with Dani Fernández, Love of Lesbian, Fangoria and La Casa Azul, among many others.

August
In August, the last month of the summer season, there will be another Candlelight Concert; and the Paya's Dance School will present "Paya's Bowl Over", followed by the symphonic version of "Songs of a Lifetime", a show by the Orihuela City Philharmonic Orchestra, along with the voice of José Manuel Mas.

A new cycle of "Music in the Park" will begin with the OST, followed by a new edition of the "Solera, Salero y Compás" Festival organised by Casa Andalucía and the 8th Chirigotas festival, organised by the Chirigota Los Sangochaos Cultural Association.

A new edition of the Brilla Torrevieja festival will also take place with confirmed artists such as Leiva, Remember and Los Delinqüentes; and the fun theatrical piece "Lo que callamos a los 30" with Marta Valverde, Lara Dibildos, among others.

Tickets for almost all of these events are now available for purchase, both at the Municipal Theatre box office and on the website www.culturatorrevieja.com. Don't miss the opportunity to enjoy exciting artistic experiences and immerse yourself in a world of creativity and entertainment.

Alicante airport launches new direct flights to Morocco

Alicante-Elche Miguel Hernández Airport has added a new direct connection to its international line-up, with Royal Air Maroc launching flights between Alicante and Casablanca from the start of the summer season this week.

The route, which reinstates a connection that previously operated at the airport, will run three times a week on Wednesdays, Fridays and Sundays.
As well as giving travellers a straightforward link to Morocco, the Casablanca connection opens up Royal Air Maroc's wider international network, including destinations across Africa, the Americas and the Middle East, all accessible via the airline's Casablanca hub.

Royal Air Maroc has been operating in the Spanish market for more than 50 years and already flies to nine Spanish airports, connecting five Moroccan cities with numerous destinations across the country via more than 80 weekly flights.

The Alicante route forms part of a broader expansion strategy that the airline is pushing ahead with, partly in anticipation of co-hosting the 2030 World Cup alongside Spain and Portugal.

The new service also strengthens Alicante airport's growing presence in the North African market. The airport already offers Vueling flights to the Moroccan city of Tangier and the Algerian city of Constantine, as well as up to seven weekly flights to Oran and nine to Algiers.



Motorcyclist injured on N-340

A 37-year-old motorcyclist sustained minor injuries on Wednesday morning following a collision with a car on the N-340, near the descent from the Orihuela tunnel in the direction of Murcia.

Emergency services were alerted to the incident shortly after it occurred at a stretch of road known for frequent accidents due to heavy traffic flow. The crash took place just beyond the tunnel exit, an area where vehicles often converge at speed.

A Basic Life Support (BLS) ambulance was dispatched to the scene, where medical personnel treated the injured rider. The man suffered several abrasions as a result of the impact but was found to be in stable condition.

After receiving on-site medical attention, paramedics confirmed that his injuries were not serious. He was discharged at the scene and did not require hospital transfer.

Authorities have not released further details about the circumstances surrounding the collision.

Disney's movie Tangled to be filmed in Alicante

Disney is bringing Tangled to life in Spain with an eight-month shoot centred at Ciudad de la Luz studios in Alicante. The live-action version of the 2010 animated film, based on the Brothers Grimm tale of Rapunzel, will also use locations across the Valencian Community, including the city's famous Castle of Santa Barbara. It's the first major international production at the Aguamarga sets since the third Venom film in 2024.

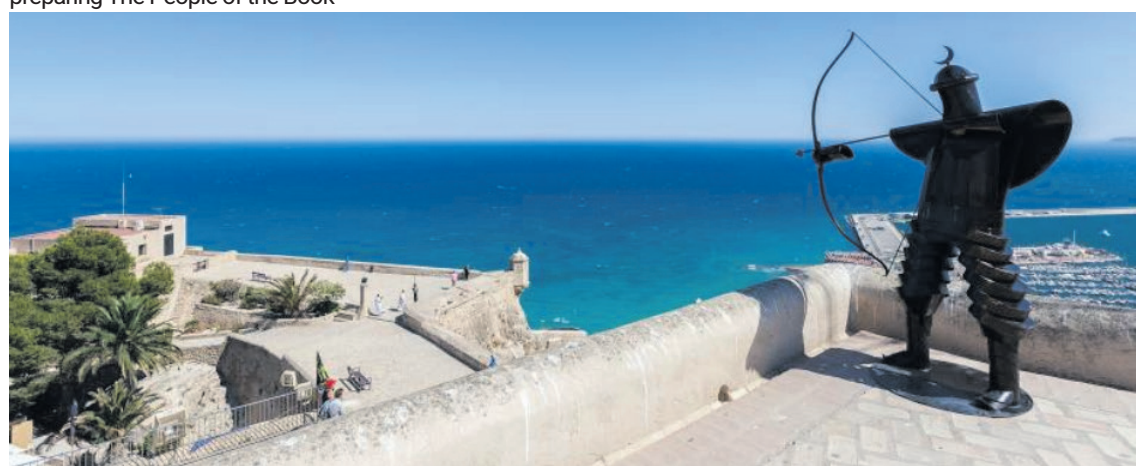
The project is expected to have a big impact locally. When the last major production was filmed in the area, it created around 570 jobs, generated more than 22,000 overnight stays, and worked with over 325 local suppliers, adding roughly €35 million to the local economy. Disney's film looks set to create similar benefits, with crews operating across Alicante and beyond for most of the year.

Currently in pre-production, the project has been confirmed by Juanfran Pérez Llorca, president of the Generalitat Valenciana, who said the studio has chosen Alicante as the 'coordination centre' for the film. Negotiations took about six months and filming is now moving quickly. Alongside Ciudad de la Luz, the cameras will also return to Alicante's Castle of Santa Barbara, following other recent shoots like Alejandro Amenábar's El Cautivo (2024) and the musical Camino a Belén (2023) with Antonio Banderas.

Director Michael Gracey, known for The Greatest Showman, is leading the project, with Teagan Croft as Rapunzel, Milo Manheim as Flynn Rider, and Kathryn Hahn as Mother Gothel. The goal is to bring Rapunzel's story to life with real actors, though many details remain under strict confidentiality.

Tangled also comes as part of a wider revival at Ciudad de la Luz. British company Good Films is preparing The People of the Book along with several other projects, while Netflix is filming a docudrama on the 1990s Sala murder case at various city locations. The studios remain under the public company SPTD, with no new management tender planned.

Exciting times ahead for Alicante, keep an eye out as the city turns star-studded and you might just cross paths with one of your favourite actors!



Construction waste dumped in Segura River

Authorities have reported an illegal dumping incident in the Segura River, where construction materials, including concrete, were discharged directly into the riverbed through a hose, posing a significant environmental risk.

Police identified the individuals responsible and discovered that the workers involved were not formally employed, lacking an official employment contract. Additionally, the vehicle used for the dumping did not have civil liability insurance, leading authorities to seize it and transfer it to the municipal impound lot.

The police have issued a warning about the dangers of such practices, highlighting the threat they pose both to the natural environment and to road safety.

Officials emphasised the importance of adhering to environmental regulations and protecting natural spaces like the Segura River, stressing that the responsibility for conservation lies with all citizens.



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Housing prices in Spain rise by 14.3% in one year

Housing prices in Spain continue to climb sharply, with new data showing a strong year-on-year increase during the first quarter. According to valuations by Tinsa by Accumin, the average cost of housing rose by 14.3% compared with the same period last year, reaching €1,987 per square metre. Adjusted for inflation, the real increase stood at 11.8%.

On a quarterly basis, prices for both new and existing homes increased by 3.2%, reflecting widespread growth across the country. The sharpest rises were concentrated in areas near major employment hubs and popular tourist destinations, where demand remains particularly strong.

Despite the sustained growth, property values have not yet fully returned to the peak levels seen during the 2007 real estate bubble. Prices remain 4.5% below those highs. However, the recovery since the post-crisis low in 2015 has been significant, with housing now 68% more expensive in nominal terms. When adjusted for inflation, the increase since that low stands at 32%, leaving prices still 34% below their historic peak.

Tinsa spokesperson Susana de la Riva warned that upward pressure on prices is likely to continue as long as demand outpaces supply. However, she also cautioned that affordability constraints are becoming more pronounced, potentially slowing the pace of growth in the coming months as households reach their financial limits.

Regional data shows particularly strong increases across several autonomous communities. The Community of Madrid recorded a 19.2% rise, closely followed by the Valencian Community at 19.1% and Castilla-La Mancha at 18.8%. Other notable increases were seen in the Canary Islands (17.8%), Cantabria (16.2%), Murcia (16%) and the Balearic Islands (15.5%).

In nominal terms, the Balearic Islands, Madrid, Melilla and, newly this quarter, the Canary Islands have already surpassed their 2007 price peaks. However, once inflation is taken into account, only the Balearic Islands are close to matching those historic levels.

At the provincial level, the largest price increases were recorded in Toledo (23.2%), Albacete (19.6%), Madrid (19.2%), Santa Cruz de Tenerife (19%), Alicante (18.3%) and Castellón (18%). Zamora was the only province to register a decline, with prices falling by 3.8%.

Major cities have also seen significant increases, with 30 provincial capitals reporting year-on-year rises above 10%. San Sebastián remains the most expensive city at €4,975 per square metre, followed by Madrid (€4,600) and Barcelona (€4,417).

Affordability remains a growing concern. On average, households now spend 33.9% of their income on housing, though this figure rises sharply in certain regions, reaching 54% in the Balearic Islands and 49% in Madrid.

The report notes that demand for housing remains resilient despite a slight year-on-year drop in sales recorded in January, with overall activity showing signs of gradual stabilisation.

However, external factors may cloud the outlook. The ongoing conflict in the Middle East is introducing uncertainty into the market, with potential implications for inflation, interest rates and household purchasing power. Rising geopolitical tensions could also push up construction costs, particularly through higher prices for building materials, further complicating access to housing in the months ahead.

Spanish PM takes swipe at Trump with baseball cap slogan

Spanish Prime Minister Pedro Sánchez has drawn international attention after posting a video on TikTok that appears to take a pointed swipe at U.S. President Donald Trump.

In the clip, Sánchez is seen wearing a red cap styled after Trump's well-known "Make America Great Again" slogan — but with the altered message "Make Science Great Again." Filmed in selfie mode, the Spanish leader delivers the phrase "Vamos a darle caña," a colloquial expression suggesting determination or intensity.

The video then shifts to footage of Sánchez cycling along rugged mountain trails, accompanied by an instrumental version of the theme from the Disney series Hannah Montana, which has recently been re-released. The post forms part of a broader social media strategy in which Sánchez frequently shares his outdoor activities.

The video has sparked widespread reaction in Spain, where commentators have described the cap as a sarcastic gesture aimed at Trump. Its impact has extended beyond Spain, gaining traction in the United States amid a politically charged climate.

The timing coincided with widespread "No Kings" protests across the U.S., where demonstrators voiced concerns over what they view as growing authoritarian tendencies and criticised Trump's decision to align with Israel in military action against Iran.

Observers see Sánchez's post as the latest development in an increasingly tense relationship between Madrid and Washington. Diplomatic friction has intensified in recent weeks after Spain declined to allow the United States to use its military bases at Morón and Rota for operations linked to strikes on Iran. Spain has also barred U.S. military aircraft associated with the conflict from crossing its airspace.

Trump responded sharply, warning of potential economic retaliation and threatening to sever trade ties with Spain — a measure that has not been implemented but underscores the seriousness of the dispute.

The disagreement reflects a broader shift across Europe, where governments have moved from initial alignment with Washington's stance on Iran to a more critical position, citing concerns over energy costs and inflation.

Sánchez has emerged as one of the most vocal Western critics of the U.S.- and Israeli-led offensive, reinforcing his profile as a political counterweight to Trump, particularly on issues such as foreign policy, immigration and social reforms.

The slogan featured in the video also aligns with the "Make Science Great Again" movement, an international campaign — largely rooted in the United States — advocating stronger support for scientific research and evidence-based policymaking.

Spain's government has already taken steps in that direction. In 2025, Sánchez's administration approved €45 million in funding aimed at attracting researchers affected by cuts in the U.S., encouraging them to continue their work in Spain.

Against this backdrop, the video is widely interpreted as both a symbolic statement and a calculated political message, highlighting Spain's positioning on science, international policy and its evolving relationship with Washington.

Spanish drug tunnel linked Ceuta to Morocco

Spain's National Police have dismantled a major international drug trafficking network after discovering an advanced underground tunnel system in the North African exclave of Ceuta.

The tunnel, described by investigators as highly engineered, was used to transport large quantities of hashish from Morocco into Spain. Equipped with rails, wagons, pulleys and cranes, the system enabled traffickers to move tonnes of drugs efficiently and without detection.

Hidden beneath an industrial warehouse, the entrance was concealed behind a soundproof refrigerator. The structure consisted of three levels: a vertical shaft for access, a mid-level storage chamber, and a lower passage connecting directly to Morocco. Officers said the design allowed drugs to be transferred without direct contact between operatives on either side of the border.

The intermediate chamber—dubbed a "narco pantry" by investigators—served as a staging area where drug bales were stored and prepared before being lifted to the surface. Below, a network of tunnels resembling a mining system featured rail tracks capable of transporting heavy loads across long distances.

To maintain operations, the network installed water pumps to manage underground flooding and advanced soundproofing to avoid detection.

Spain remains a key gateway for hashish entering Europe, with Ceuta and Melilla forming the European Union's only land borders with Africa.

The discovery followed a months-long investigation into what police described as a "network of networks" dedicated to large-scale trafficking. The operation began in early 2025 and focused on a Ceuta-based organisation with the capacity to distribute drugs across mainland Spain and wider European markets.

Authorities identified two principal figures behind the operation. One, based in Morocco and arrested on 26 March, is believed to have designed the tunnel infrastructure and overseen its construction. A second leader, operating in Ceuta, allegedly coordinated shipments and distribution.

The investigation intensified after a house fire in Ceuta's Príncipe district led to the seizure of 510 kilograms of hashish, exposing links to the group's logistics chain. Further seizures followed, including 432 kilograms in Ceuta and a major haul of 15 tonnes in Almería from a lorry arriving from Nador, Morocco.

Police also uncovered the group's use of high-speed boats to transport drugs along the Andalusian coast and via the Guadalquivir River, as well as connections to trafficking operations in Galicia using fishing vessels. As enforcement pressure increased in southern regions, the network began shifting activity northward.

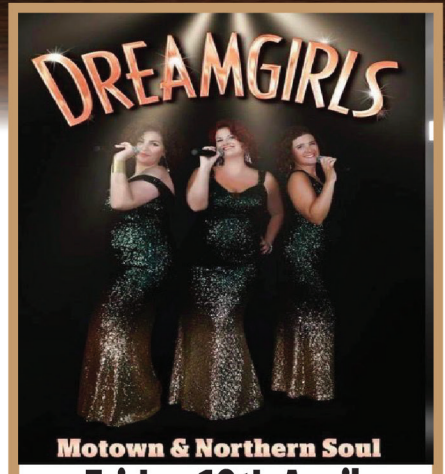
By late 2025, investigators had identified the tunnel as the organisation's primary method for smuggling drugs into Spain.

A coordinated police operation involving more than 250 officers was carried out across multiple locations, including Ceuta, Málaga, Huelva, Cádiz and Pontevedra. Authorities conducted 29 searches, seizing an additional 228 kilograms of hashish and 88 kilograms of cocaine, along with €1.43 million in cash, dozens of communication devices and 15 luxury vehicles.

In total, 27 suspects have been arrested and more than 17 tonnes of narcotics confiscated. The case is now under the supervision of judicial authorities in Ceuta, with further investigations ongoing.

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Spain's birth rate declines as scheduled deliveries reshape trends

Spain's birth rate continues its downward trajectory, according to the latest data released by the National Statistics Institute (INE). A total of 318,005 births were recorded in 2024, marking a 0.8% decrease compared to the previous year. At the same time, the country's fertility rate has dropped to an average of 1.10 children per woman, underscoring a long-term demographic shift.

The data also highlights a significant change in the profile of motherhood in Spain. Births to foreign mothers now account for roughly one in three, reflecting the growing influence of international populations on the country's demographic landscape.

Beyond the overall decline, the statistics reveal how modern medical practices are influencing when births occur. While childbirth is a natural process, the timing is increasingly shaped by scheduling decisions. Births are now more likely to take place on weekdays, when medical staff and hospital resources are fully available.

An analysis of INE microdata from 2010 to 2020 shows that caesarean sections are significantly more common during the working week, with a probability of 28% to 29% from Monday to Friday. This figure drops to 21% on Saturdays and 20% on Sundays, indicating fewer planned procedures over the weekend.

The trend extends beyond weekly patterns to include public holidays. Planned births are often avoided during these periods, resulting in noticeable dips. Previous analyses found that the likelihood of births during weekends or Easter holidays fell by between 10% and 25%. Similarly, 15 August—the Assumption of the Virgin—recorded 19% fewer births despite falling on a weekday in 2016. Christmas Eve, Christmas Day, New Year's Eve, and the Constitution Day holiday period also saw birth rates drop by up to 25% compared to average levels.

Long-term data reinforces this pattern. A historical study covering births between 1921 and 2020 identified 1 January as the most common birth date in Spain, while 25 December consistently recorded the fewest. These extremes suggest that holidays, long weekends, and hospital scheduling practices continue to leave a clear imprint on national birth statistics.

The INE compiles its Birth Statistics using data from Civil Registries and the Statistical Bulletin of Childbirth. Since 2015, the system has been further enhanced through the ANDES service, which incorporates hospital-registered birth data, providing a more comprehensive picture of demographic trends across the country.

Province sees strong Easter tourism boost led by Benidorm

The Easter holiday period has delivered a strong start to the tourism season across Spain's Alicante province, with hotel occupancy rates showing promising figures. Leading the surge is Benidorm, where bookings exceeded 80%, positioning the city among the top-performing destinations in the Valencian Community.

Across the wider region, hotel occupancy ranged between 75% and 77.4%, confirming a solid demand during one of the most important travel periods of the year. This year's Easter fell earlier than usual—spanning the final days of March and the beginning of April—effectively marking the early launch of the spring tourism season.

Tourism officials attribute the strong performance to the province's diverse appeal, combining sun-and-beach offerings with a rich mix of leisure activities, gastronomy, cultural attractions, and traditional festivities. These factors helped draw both domestic and international visitors.

Benidorm once again stood out as a key driver of tourism, maintaining its reputation for attracting a broad mix of travellers. Its high booking levels place it alongside other leading destinations in the region, including Valencia and Peñíscola.

Favourable weather conditions further boosted last-minute travel decisions. With dry, sunny days and mild temperatures hovering around 20°C, many local tourists opted for spontaneous trips, particularly those within a three- to four-hour driving distance.

Industry sources also point to government measures aimed at easing fuel costs as a contributing factor. These initiatives made travel more accessible and improved the competitiveness of coastal destinations throughout the province.

Meanwhile, international demand remains a critical component of the tourism rebound. Airports across the Valencian Community have reported record seat availability, signalling strong inbound travel flows during the Easter period.



National Police arrest Torrevieja jewellery thieves

The National Police have dismantled a mobile criminal group accused of carrying out a series of sophisticated jewellery store thefts across multiple Spanish provinces. The operation, named 'IOCUS, culminated in the arrest of three individuals in Torrevieja.

The investigation began last August in Zaragoza, where authorities first detected the group's presence. Further inquiries revealed their involvement in thefts in jewellery stores in Zaragoza, Vizcaya, Malaga, Toledo, Alicante, and other provinces, linking them to at least eight clarified cases with stolen goods valued at over 50,000 euros.

According to police reports, the gang employed a method known as "carelessness." Members posed as wealthy customers, confidently displaying wads of cash while browsing high-value jewellery. They would wait for brief lapses in staff attention to discreetly steal items before leaving the store.

The National Police emphasised that the gang operated in an organized and coordinated manner, with clearly defined roles and high geographical mobility, making them difficult to trace.

Once the suspects were identified, police established a targeted operation in Torrevieja, resulting in the capture of the three main members. Investigators have also identified additional collaborators connected to the group.

Those arrested, all with extensive criminal records, were charged with multiple counts of theft and participation in a criminal organisation. They have been released with charges after giving statements to authorities.



Drug trafficking network that moved drugs in cars busted in Elche

A joint operation of the National Police and Customs Surveillance of the Tax Agency has dismantled a criminal organisation dedicated to drug trafficking in Elche. The gang used vehicles with hidden compartments to transport the narcotics. The operation resulted in seven arrests, five men and two women, aged between 36 and 42 years, all on charges for alleged drug trafficking offences, illegal possession of weapons and membership of a criminal group.

The investigation unfolded in several phases. In the first operation, officers arrested one of the group members and seized 200 grams of cocaine. Later, they arrested another member of the network while he was transporting drugs in his car, hidden in a secret compartment. Officers seized four packages of cocaine camouflaged in containers of powdered milk and ground coffee, with a total weight of 3,5 kilograms.

Based on these actions, investigators focused their attention on the main suspect, whom they consider the leader of the organisation. The group had a hierarchical structure and differentiated roles: some members were in charge of acquiring the drugs using vehicles with hidden compartments, while others handled their concealment and subsequent distribution to third parties. Once the sales were made, the money obtained was handed over to the ringleader.

In the final phase of the operation, officers carried out six simultaneous raids in Elche and the complete dismantling of the group. Officers seized 17 kilograms of vacuum-packed marijuana buds, 110 grams of cocaine, 260 marijuana plants, a firearm with ammunition, 78.240 euros in cash, valuable jewels, five precision scales and seven vehicles, some of them adapted with double floors in the rear seats.

In addition, the blocking of various assets linked to the organisation was requested, including real estate, vehicles and bank accounts.

Five of those arrested have been brought before the duty magistrates of Elche. After appearing before the judicial authority, all were remanded in custody.



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Alicante's pet population booms

Pet ownership is clearly on the rise in Alicante province, with the latest figures showing a total of 487,587 registered dogs and cats. That's a healthy 14% jump in just one year, bringing the numbers ever closer to half a million animal companions sharing homes with families across the area. With roughly one pet for every four people, it's no surprise that pets have become such an important part of daily life here.

Alicante city is out in front when it comes to new registrations, with 7,924 animals added to the list in 2025. Close behind are Elche on 4,954 and Torrevieja with 2,880. The top ten also includes Orihuela, San Vicente del Raspeig, Alcoy, Benidorm, Dénia, Xàbia and La Vila Joiosa, showing just how much pet love there is right across our communities.

Dogs still hold the top spot as the favourite choice, now totalling 387,248 after 28,467 new registrations last year. You'll find more than 330 breeds in the mix, though the largest group is our friendly mixed-breeds who bring so much joy to homes every day.

But it's cats that have really stolen the show this time around. Their numbers shot up by an impressive 37.05% with 23,409 new feline friends registered, taking the total to 96,247. Whether it's their quiet nature or their easy-going company, more people than ever are choosing cats as their perfect housemate.

The registry goes beyond just dogs and cats too. There are 1,455 potentially dangerous dogs listed, plus some more unusual pets like a boa constrictor among 537 reptiles, 158 families with pet pigs, and 18 goats. On the equine side, 8,604 animals are registered, mainly horses at 7,081 and donkeys at 1,273. Mules number 215, including 14 hinnies (the offspring of a male horse and female donkey) and there are even 21 zebras adding a touch of the exotic.

All these animals are microchipped and registered as required by Spanish law, helping to keep track of lost pets, ensure their welfare and support public health. It's a great sign of how responsibly we're all looking after our four-legged family members here in Alicante.



Brit dies in Alicante hospital after taking pre-flight overdose

A 36-year-old man from Rhondda in South Wales died at a hospital in Alicante in February after what an inquest concluded was a drug-related death, with the court hearing he had likely taken an overdose of illicit substances before boarding his flight to Spain.

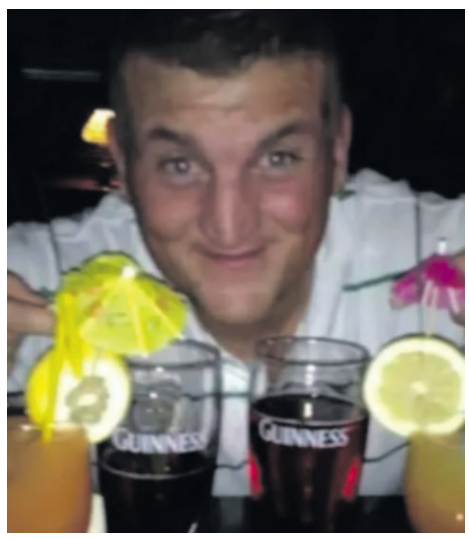
Paul Jones was declared dead at Marina Baixa Hospital on February 27. Pontypridd Coroners' Court heard that he had probably taken the overdose around five days before his death, prior to getting on his flight. His condition continued to worsen after he landed, and coroner Rachel Knight told the court that "upon arrival he became increasingly unresponsive and was taken to hospital in Alicante."

Paul had a past history of drug use, according to evidence heard at the inquest. He died of hypoxic ischaemic encephalopathy, a serious brain injury caused by a reduction in oxygen supply.

Coroner Knight recorded a conclusion of drug-related death, and the court heard that there was "no evidence" that Paul had intended to die.

The inquest is the second in recent months to record a drug-related death involving a young Welsh man on holiday in Spain. Last month, a separate hearing at Pontypridd Coroners' Court examined the death of Harvey Dominy from Merthyr Tydfil, who died in his hotel room in Benidorm just hours after arriving for his first lads' holiday.

Harvey and his friends had bought cocaine and MDMA shortly after arriving at the resort and toxicology reports confirmed he had alcohol, cocaine and MDMA in his system when he died. Authorities estimated his death occurred between 9pm and 10.30pm on July 16, 2024.



Baby airlifted to Alicante after dog attack in Abanilla

A five-month-old baby remains in hospital after being attacked by a dog in Abanilla, in an incident that has left police investigating exactly what happened. The child was being pushed in a stroller by family members in Cañada de la Leña, a small rural hamlet on the border with the Alicante province municipality of Pinoso, when the animal lunged at him and bit him on the head.

The dog then ran off, and the Guardia Civil is now trying to trace its owner. Officers are also checking whether the animal was listed as potentially dangerous, as they work to establish which dog was involved and who was responsible for it. According to sources close to the case, the animal's documentation was in order, but the investigation is continuing.

Emergency services were quickly called to the scene, with Guardia Civil officers and paramedics attending the child before he was taken first to the health centre in nearby Pinoso. From there, he was airlifted by helicopter to Doctor Balmis Hospital in Alicante, where he remained in the ICU this Holy Monday with a guarded prognosis, according to health sources.

The hamlet where the attack happened is very small, with fewer than 200 residents, and it is an area where animals are often left to roam freely. Sources close to the matter say that in rural places like this it is common for residents to let dogs move around without muzzles, although that can pose a risk to other people.

The case has brought back unhappy memories of similar attacks in the Region. Last year, around this time, a four-year-old boy was injured after being bitten by an American bully in Torreagüera, while last August a 13-year-old boy was attacked by two dogs in San Javier. In both cases, the victims were left injured but alive, and emergency services were able to respond in time.

For now, the focus remains on the baby in Alicante and on the Guardia Civil's search for the dog and its owner.



Animal charity to benefit from Guardamar dog show

If your dog has any kind of talent, questionable or otherwise, this one's for them. The Bar in Guardamar Park is hosting its first charity dog show on Saturday 11th April, starting at 12pm, with all funds raised going to Big Reds Animal Association, a local rescue charity doing vital work in the area.

The event, brilliantly named Canine Chaos, has categories to suit all shapes, sizes and skill levels. Whether your dog is a natural on an obstacle course, has a party trick worth showing off or simply bears an uncanny resemblance to their owner, there's a category with their name on it.

The full line-up includes presentation, look-alike, obstacle course, obedience, trick and fancy dress.

Entry is just €4 per category, with the entry forms available at The Bar or via WhatsApp on 711 072 194. If you'd like to contribute a little more, gift and money donations are also very welcome on the day.

Spectators are more than welcome too, so even if your dog has absolutely no discernible talents, it still sounds like a brilliant day out. Basket meals will be available on site to keep everyone going.

Spaces are limited so it's worth getting your entry in sooner rather than later.

The Bar is located at kilometre 2.5 on the CV920 in Guardamar Park, Guardamar del Segura.



Orihuela invests in city park

The City Council of Orihuela has put out to tender the comprehensive renovation of Ingeniero Juan García Park and its surroundings, with a budget of 484,996 euros and an execution period of six months, financed entirely by the Generalitat Valenciana.

The Councillor for Infrastructure, Víctor Valverde, stressed that "this is a very necessary action in one of the most used parks in the municipality, which presents a significant deterioration due to its age and continued use, especially in areas such as the playground or the sports court".

The project includes the comprehensive remodelling of the space located next to Avenida Príncipe de Asturias, with the aim of improving its functionality, safety and quality for all users. Among the main planned actions is the complete renovation of the playground, with the removal of the existing elements and the installation of new approved games, as well as the execution of a new safety flooring. The adaptation and expansion of the sports court will also be undertaken, which will have dimensions of 44 by 22 meters, allowing the practice of different sports.

The project also incorporates the installation of an ornamental fountain, as well as the creation of a new dog park with agility elements, responding to the neighbourhood demand for this type of space.

Valverde explained that "urban furniture will also be upgraded, with the renovation of pergolas and benches, as well as the incorporation of new elements such as game tables, petanque court and ping pong table, with the aim of boosting the use of the park".

The mayor of Infrastructures has pointed out that "this action is part of the commitment of the government team to continue improving the public spaces of Orihuela, both in the urban area and on the coast and the districts, with real investments and concrete projects".



Orihuela tackles mozzie increase

The Department of the Environment for Orihuela, led by Noelia Grao, has ramped up it mosquito control programme in several areas across the municipality, after detecting an increase in their presence in recent weeks.

This increase is directly related to the recent rains recorded and mild temperatures, which have favoured the accumulation of water at different points and the reactivation of larvae. In this sense, Grao explained that "many of the spaces that remained dry have once again become areas conducive to the development of the mosquito's biological cycle".

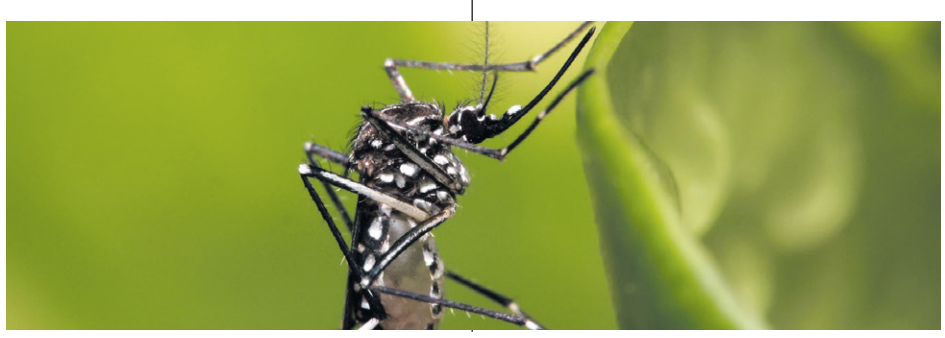
To deal with this situation, the mosquito control service has reinforced its actions, increasing the frequency of treatments and expanding the areas of intervention. The work focuses both on the larval stage, through the inspection and treatment of breeding foci, and on the control of adult mosquitoes.

The actions are being carried out mainly in sensitive areas such as the sections of the river with stagnant water, drainage scuppers and other points where water accumulates, without ruling out other areas of the municipality where outbreaks have been detected.

The mayor of the Environment has pointed out that "we are aware of the inconvenience that this situation can generate among neighbours, so we have intensified the work to minimise its impact as soon as possible", while calling for citizen collaboration.

The department reminds people of the importance of avoiding the accumulation of water in private spaces, such as outdoor pots, buckets or disused swimming pools, as they can become breeding grounds, especially in the case of the tiger mosquito.

The City Council has made available the usual channels to report incidents related to the proliferation of mosquitoes, in order to be able act more quickly and effectively in the points detected.





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Woman files criminal complaint after botched police raid in Elche

A woman has filed a criminal complaint with an investigating court in Elche, accusing National Police officers of forcing entry into her home by mistake during an anti-drugs operation in the Carrús district. The complaint alleges breaches of fundamental rights, including the inviolability of the home and personal liberty.

According to the filing, the incident happened at around 6.20am while she was at home with her grandchildren, aged six and eleven. Her lawyers claim between 12 and 15 officers broke down the door without presenting a warrant, entered with firearms and handcuffed her for about 20 minutes while asking for a man she says she does not know.

Police sources have acknowledged that officers entered the wrong address but insist the mistake was identified "within seconds" and that no search took place. They say the operation had been authorised by a judge and targeted a neighbouring property, adding that handcuffing the woman was in line with standard safety protocols.

The complaint also cites alleged psychological harm to the woman and the children, as well as damage to the front door, which she says she has had to replace herself. Her legal team is seeking a criminal investigation and the identification of the officers involved. Police state that any material damage would fall under the civil liability of the Interior Ministry.



Torrevieja Spring Expo

Expo Torrevieja proudly returns to Torrevieja's International Auditorium on Saturday 11th April and Sunday 12th April for its highly anticipated ninth edition. This two-day event will unite the Costa Blanca community for a weekend of connection, inspiration and charitable giving.

This Spring's Expo will feature more than 150 exhibitors, combining an Arts and Crafts Fayre with the region's largest Clubs and Associations Weekend. Expo Torrevieja is Spain's largest international lifestyle event, a vibrant meeting place where residents and visitors can explore services, discover new ideas and celebrate community life on the Costa Blanca.

"Expo Torrevieja is delighted to bring you our first event for 2026," said Keith Nicol, one of the founders of the Expo, alongside his late Scandinavian partners, Alexander Ottoson and Kjetil Hamre. "The Expo remains an important hub — a place where people can exchange ideas, find inspiration, and enhance their quality of life here on the Costa Blanca."

Mayor Eduardo Dolón and members of his team will attend, engage with residents, exhibitors plus clubs and associations from across the region."

"Doors are open from 10:00 a.m. to 3:00 p.m. on both days," added Nicol who launched the Expos in 2017. "Admission and parking are free and every visitor will also have the chance to win a free cruise.

There will be a classic car and specials show on Sunday morning and anyone who would like to show off their pride and joy, on two or four wheels, is very welcome to do so. It's a perfect opportunity to ask local clubs and associations questions, find a new hobby and make new friends, all in the one place.

There are still spaces available for more classic and specialist cars. For more information, please contact Keith at videokeith@mac.com or WhatsApp 609 063 614.



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NEWS IN BRIEF

Inspection campaign in San Fulgencio sparks controversy after police chief fined

Business owners in the small town of San Fulgencio have raised concerns after an intensive inspection campaign in early March resulted in substantial proposed fines for a range of local shops.

The inspections were carried out by the National Police unit attached to the Valencian regional authority. They followed a December incident in which the unit's chief, Fernando Gómez, was fined €120 by the Local Police for allegedly dumping rubble and furniture in a domestic waste container. Reports say he unsuccessfully appealed the sanction.

According to local sources, the March operation affected hairdressers, workshops, butchers and bakeries, despite the unit typically focusing on hospitality venues under regional public entertainment laws. Traders have described a significant police presence in the town centre.

Some of those fined have suggested a link between the December sanction and the subsequent inspections. On Monday, attempts to obtain comment from the regional department responsible and from the officer concerned received no response. The local government has said it supports law enforcement but believes coordination with Local Police is important.

Six arrested after cannabis clubs dismantled in Orihuela Costa

The Guardia Civil has dismantled two cannabis associations in Orihuela Costa as part of an operation targeting suspected drug trafficking. Six people – three men and three women aged between 37 and 66 – were arrested, while five others remain under investigation for alleged offences against public health and membership of a criminal group.

The investigation began in January, led by the ROCA team in Torrevieja, which analysed the activities of cannabis associations operating in the area. Officers concluded that two of the organisations were allegedly operating as drug distribution points under the guise of non-profit entities.

During coordinated searches officers seized 2.1 kg of marijuana, 2.2 kg of hashish, 113 hashish pellets, 1,169 cannabis cigarettes, cannabis-infused sweets and chocolates, CBD products, packaging equipment and around 1,000 euros in cash. Both premises were sealed and closure has been requested through the courts. The detainees have been released pending trial.

Two minors, aged 16 and 17, are also under investigation for allegedly using falsified identity documents to gain entry to one of the clubs. The operation was carried out with support from Orihuela Local Police, which recently closed another premises in La Regia after seizing drugs and cash.

Alicante records more than 10,800 gender violence complaints in 2025

Alicante recorded 10,851 complaints of gender-based violence in 2025, involving 10,230 victims, according to the annual judicial report. The figures make it the second highest province in the Valencian Community for reported cases. Regionally, 27,743 complaints and 25,545 victims were recorded, giving a rate of 92.7 victims per 10,000 women — the third highest in Spain after the Balearic Islands and Navarre, and well above the national average of 74.

One of the most striking figures in Alicante is the number of victims who chose not to testify against their alleged attacker. A total of 1,622 women exercised this right, the highest number in the region, ahead of Valencia with 1,597 and Castellón with 344. Across the Valencian Community, 3,563 victims — almost 14% of the total — declined to give evidence.

Valencian courts processed 4,913 protection orders during the year, granting 3,805 of them, meaning nearly eight in ten applications were approved. In addition, 8,704 rulings were issued in gender violence cases, with 7,359 resulting in convictions, an overall conviction rate of 84.5%.

The report also includes new data on cases of sexual violence outside intimate partner relationships, handled by specialised courts. In the final quarter of the year alone, 354 such complaints were filed across the region.

Anti-jellyfish nets to return to five Mar Menor beaches this summer

Anti-jellyfish nets will be installed at five beaches around the Mar Menor from June to September. The Regional Ministry of the Environment has put out a tender worth €90,000 to cover 4.4 km of coastline at La Mota, Villananitos and La Puntica in San Pedro del Pinatar, and Veneziola and Pantalán in La Manga, San Javier.

The nets are designed to create a barrier that keeps jellyfish away from bathing areas while still allowing water to circulate naturally. Officials say this also helps prevent the build-up of organic matter in swimming zones. The system has been reintroduced in recent summers following high numbers of Cotyloryza tuberculata, commonly known as the fried egg jellyfish.

Jellyfish remain an important part of the Mar Menor ecosystem, feeding on plankton and helping to maintain ecological balance. The Ministry has said the nets will only be installed where they are most needed and will be handled carefully to avoid harm to seahorses and other protected species. Authorisation is in place to install nets along up to 43 km of Mar Menor beaches if required, with permission running until 2028.

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Celine Dion return after medical diagnosis

Celine Dion is set to return to live performance later this year, announcing a limited concert residency in Paris following her diagnosis with Stiff-person syndrome.

The Grammy-winning singer confirmed she will perform a series of 10 shows at Paris La Défense Arena between September 12 and October 14, marking her first major run of live performances since stepping back from touring due to health concerns.

Dion was diagnosed with the rare neurological autoimmune condition in December 2022. The disorder is known to cause progressive muscle stiffness and severe spasms, significantly impacting mobility and performance ability. Her upcoming concerts represent a significant milestone after several years away from the stage.

The residency, titled "Celine Dion Paris 2026," is expected to showcase a selection of her most well-known material in both English and French. Anticipation has been building among fans in the French capital, where promotional posters featuring some of her best-known songs appeared ahead of the official announcement.

Among the tracks associated with the shows are signature hits such as My Heart Will Go On and The Power of Love, with audiences also likely to hear favourites such as It's All Coming Back to Me Now and I'm Alive.

The announcement signals a return to performing for one of music's most recognisable voices, following a prolonged period focused on managing her condition and recovery.



Coleen Rooney celebrates 40th birthday

Preparations for Coleen Rooney's milestone 40th birthday began days in advance, with the television personality and her husband, former footballer Wayne Rooney, transforming the grounds of their £20 million Cheshire mansion for a lavish Easter weekend celebration.

A large marquee was erected in the couple's front garden, complete with outdoor heaters to accommodate guests over the holiday period. The event marked just one of several celebrations planned by Coleen, who turned 40 on April 3 and opted to extend festivities across multiple gatherings with family and friends.

Speaking ahead of the occasion, she expressed enthusiasm for the milestone, explaining that the Easter timing meant some guests would be away, prompting her to spread out the celebrations over time.

The Rooneys' sprawling property, set within one of Cheshire's most exclusive areas, is said to feature a range of luxury amenities including a private cinema, snooker room, wine cellar and even a football pitch. The couple moved into the mansion around five years ago after reportedly purchasing the surrounding 50 acres of land in 2017.

Beyond the birthday preparations, Coleen recently spent time with the couple's four sons—Kai, Klay, Kit and Cass—on a family trip to Disneyland Paris during the school half-term break.

Coleen first rose to public attention as a teenager when Wayne signed for Everton, with the pair having met years earlier in Liverpool. Their long-standing relationship, however, has faced significant public scrutiny over the years.

In previous interviews, including one with British Vogue, Coleen has spoken candidly about challenges in their marriage, describing periods as difficult following revelations about Wayne's past infidelities. Early controversy emerged in 2004 when reports surfaced about incidents involving the footballer before their relationship had fully developed.

Reflecting on those experiences in later years, Coleen acknowledged the strain they placed on their relationship, revealing there were times of intense conflict as they navigated the fallout together.

Despite past challenges, the couple have remained together, now marking a new chapter with a series of celebrations for Coleen's 40th birthday.

Coronation Street actress Helen Worth reveals why she really quit

Helen Worth has revealed the reasons behind her departure from Coronation Street, more than a year after her high-profile exit from the long-running ITV soap.

The actress, now 75, brought to a close a remarkable 50-year run as Gail Platt, one of the programme's most endearing and recognisable characters. Her decision to step away followed increasing fatigue associated with the demands of filming, particularly in the final stages of her tenure after appearing in thousands of episodes.

During her time on the show, Gail Platt became central to some of the soap's most dramatic and memorable storylines. The character was married six times, including to Brian Tilsley, played by Christopher Quinten, whose storyline ended in a fatal stabbing, and Martin Platt, portrayed by Sean Wilson.

Other major plots included her daughter Sarah's teenage pregnancy and the death of her fourth husband Joe McIntyre, played by Reece Dinsdale, in a failed insurance scam. One of the most iconic moments in the show's history came in 2003 when Gail discovered that her husband Richard Hillman, portrayed by Brian Capron, was a serial killer.

By the time of her departure, the long-running nature of the role and the intensity of production had begun to take a toll, contributing to her decision to leave the series and not return in a full-time capacity.

Worth's final scenes aired on Christmas Day 2024, marking an emotional conclusion to Gail's story as the character left Weatherfield to begin a new life abroad with Jesse Chadwick, played by John Thompson.

Following the broadcast, the actress shared a farewell message with viewers on social media, expressing gratitude for decades of support and reflecting on her time as part of the Platt family, one of the show's most prominent storylines.

Her departure marked the end of an era for Coronation Street, closing the chapter on one of its longest-serving characters while leaving a lasting legacy within British television history.

Ulrika's transformation after years of sun damage

Ulrika Jonsson has unveiled the results of an extensive skincare transformation, following a six-month programme of non-surgical treatments aimed at improving her complexion and addressing long-term sun damage.

The 58-year-old television presenter shared before-and-after images highlighting visible changes to her skin, after undergoing a tailored plan developed by cosmetic practitioner Dr Benji Dhillon. The approach focused on enhancing her natural appearance rather than dramatically altering it.

The treatment programme included the use of biostimulators designed to boost the body's natural collagen production, alongside additional procedures such as laser resurfacing, injectable skin boosters and targeted laser treatments to reduce pigmentation. A collagen-stimulating product known as Juläine also formed part of the regimen.

According to the practitioner, the objective was to achieve a refreshed look that remained consistent with Jonsson's natural features and age, rather than attempting to create a significantly younger appearance.

Jonsson has previously spoken about her concerns regarding the effects of ageing and sun exposure on her skin, describing the process as an effort to improve how she looks for her stage in life. She later expressed satisfaction with the outcome, noting that the results appeared natural and balanced.

The transformation follows a period of public scrutiny over her appearance. In 2025, Jonsson responded to online criticism that emerged after a podcast appearance with Spencer Matthews, where discussion about her past alcohol use was overshadowed by commentary on her looks.

Writing in The Times at the time, she defended her decision to appear without makeup and criticised the focus on ageing, emphasising that physical changes should not overshadow personal experience or character.

Jonsson, a former host of Gladiators, has since continued to speak openly about ageing, confidence and self-image, positioning her recent treatment as part of a broader effort to feel comfortable and confident rather than conform to unrealistic beauty standards.



THIS WEEK'S FILM PICKS

Sister Act 2: Back in the Habit

Friday 10th April, Film4, 7.50pm



Sequel in which nightclub singer Deloris Van Cartier is asked to get back into her habit when her old friends at St Catherine's Convent find difficulty in controlling a school filled with juvenile delinquents. Convincing everyone that Deloris is a nun is going to be a challenge in itself, especially with a group of incompetent monks trying to hinder their efforts.

Final destination: Bloodlines

Sunday 12th April, Sky Premiere, 6.10pm



This sixth instalment of the inventive horror series that started back in 2000 was the biggest box-office hit so far. Stefanie (Kaitlyn Santa Juana) is plagued by a recurring nightmare in which various relatives suffer gruesome deaths – and when she returns to the family home, she discovers that death has been stalking them since long before she was born. Could her grandmother hold the key to breaking the cycle and saving the bloodline? The Final Destination movies always deliver tension, core and gleefully grisly demises, and this is no different. Look out for late horror legend Tony "Candyman" Todd, returning for his final performance as the cryptic mortician.

TV Guide

Tuesday 7th April 2026

BBC

BBC ONE

11:15 Homes Under the Hammer
12:15 Bargain Hunt
13:00 BBC News at One
14:00 Just One Thing
14:30 The Travelling Auctioneers
15:00 Escape to the Country
15:45 I Made It at Market
16:30 The Finish Line
17:15 Pointless
18:00 BBC News at Six
18:30 BBC London
18:55 Party Election Broadcasts: Labour
19:00 The One Show
19:30 EastEnders
20:00 Sort Your Life Out
21:00 Babies
22:00 BBC News at Ten
22:30 BBC London
22:40 Brooklyn
00:20 Weather for the Week Ahead
00:25 Joins BBC News

BBC TWO

13:00 Impossible
14:30 Lightning
15:00 Clive Myrie's Italian Road Trip
15:30 Hidden Kingdoms
16:30 Antiques Roadshow
17:15 Flog It!
18:00 Richard Osman's House of Games
18:30 Ronan Keating's Wild Atlantic
19:00 Great British Menu
Four chefs compete for London and south east England with blockbuster canapes, starters and fish
20:00 Britain's Biggest Warship
21:00 Pilgrimage
22:00 QI
22:30 Newsnight
23:00 Inside Britain's National Parks
23:55 Killing Sherlock: Lucy Worsley on the Case of Conan Doyle
00:55 The Apprentice

ITV

ITV1 HD

12:30 ITV Lunchtime News
12:55 ITV News London
13:00 Celebrity Catchphrase
14:00 Dickinson's Real Deal
15:00 Deal or No Deal
16:00 Tipping Point
17:00 The Chase
18:00 ITV News London
The latest news and
18:25 Party Election Broadcast: Labour Party
18:30 ITV Evening News
19:30 Bradley & Barney Walsh: Breaking Dad
20:00 Emmerdale
20:30 Coronation Street
21:00 I'm a Celebrity... South Africa
22:20 ITV News
22:50 ITV News London
23:05 The 1% Club Rollover
00:05 Shop on TV

ITV2

11:15 The Real Housewives of Beverly Hills
12:10 Supermarket Sweep
13:10 I'm a Celebrity... South Africa
14:40 Deal or No Deal Banker's Best Battles
15:10 The Only Way is Essex
16:10 The Real Housewives of Atlanta
17:00 The Real Housewives of New Jersey
18:00 Deal or No Deal Banker's Best Battles
18:30 I'm a Celebrity... South Africa
20:00 The 1% Club
21:00 WhatsApp Obsession: The Murder of Stephanie
22:00 Family Guy
23:30 American Dad!
00:35 Bob's Burgers

Channel 4

Channel 4

11:10 Ramsay's Kitchen Nightmares USA
12:05 Channel 4 News Summary
12:10 Find It, Fix It, Flog It
13:10 Matt Baker: Our Farm in the Dales
Matt creates the ultimate covered feeding station and the whole family transform old bits and pieces into an
14:10 Countdown
Colin Murray, Rachel Riley and Susie Dent host, with Levi Roots in Dictionary Corner, as contestants race
15:00 A Place in the Sun
16:00 A New Life in the Sun
17:00 Chateau DIY
18:00 Jasmine Harman's Renovation in...
19:00 Channel 4 News
20:00 Our Welsh Chapel Dream
21:00 Grand Designs
22:00 The Hunt: Prey vs Predator
23:00 Gogglebox

Channel 5

5

11:30 Storm & Alexis
Two of 5's much-loved faces team up to focus on the issues that matter most to viewers - with your
12:45 5 News at Lunchtime
12:50 Matt Allwright
14:00 Vanessa
15:00 The Hardacres
16:00 Bargain-Loving Brits in the Sun
17:00 5 News at 5
18:00 Love Nature
18:05 Susan Calman's Grand Day Out
19:00 Do You Have OCD?
20:00 The Yorkshire Vet
A large African leopard tortoise struggles to walk on her sore back legs and needs Peter Wright's help.
21:00 China with Ben Fogle
22:30 Fare Dodgers: At War with the Law
23:30 The Bailiffs
00:30 Police Code Zero: Officer Under Attack
A simple traffic stop and

Entertainment

Sky Max HD

11:00 The Simpsons
12:00 David Attenborough's Dragons And Damsels

13:00 Hawaii Five-0

14:00 NCIS: Los Angeles

Best Seller: When Sam's
15:00 S.W.A.T.

16:00 Police 24/7

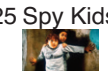
17:00 The Simpsons
18:00 The Office (US)

19:00 The Simpsons

20:00 Rob & Romesh Vs...
21:00 Coleen Rooney: The Real Wagatha Story
22:00 The Mechanic


Sky Family

12:00 The Hobbit: The Battle Of The Five Armies

The future of Middle-earth hangs is at stake as Peter Jackson's epic trilogy concludes. Martin Freeman
14:25 Spy Kids

Two kids must rescue their secret agent parents and
16:00 Charlie And The Chocolate Factory

18:00 The Smurfs

19:50 The Hobbit: An Unexpected Journey

22:40 The Hobbit: The Desolation Of...

Martin Freeman returns as Bilbo Baggins, whose journey across Middle Earth edges closer to an epic

Sky Documentaries

11:05 The Seventies
12:00 Hawking: Can You Hear Me?

14:00 I Am Raquel Welch

15:45 My Icon: Denise Lewis

16:00 Discovering: Leonardo DiCaprio
17:00 David Fincher: The Directors
18:00 The Movies

18:55 Burden Of Proof: Who Killed Jennifer Pandos?
20:00 I Am Johnny Cash
21:45 My Icon: Thierry Henry

In the next episode of this
22:00 Bruno V Tyson
23:50 Seen & Heard: The History Of...

U&Dave

11:00 Rick Stein's Road to Mexico
Monterey to San Diego:
12:00 Border Force America's Gatekeepers
14:00 How Britain Worked
15:00 Top Gear
17:00 Hairy Bikers' Best of British
Food Pairings: Si and Dave explore how British ingredients can combine to make classic pairings. The
18:00 Rick Stein's Road to Mexico
19:00 Would I Lie To You?
19:40 Richard Osman's House of Games
21:00 Have I Got A Bit More News For You?
22:00 Frankie Boyle's New World Order
22:40 QI XL
Sandi Toksvig is joined by Bridget Christie, Rosie Jones, Cariad Lloyd and Alan Davies to find out
23:40 Mock the Week
00:20 Would I Lie To You?

DMAX

11:00 Deadliest Catch
12:00 Cooper's Treasure
13:00 Expedition Unknown
15:00 Alaska: Homestead Rescue
17:00 Outback Opal Hunters
The Blacklighters are hit with a double dose of disaster. The Bushmen are blindsided by a government
19:00 Deadliest Catch
21:00 Hoffman Family Gold
22:00 Deadliest Catch
Sig and Keith risk fishing far from land and encounter a gauntlet of Bering Sea
00:00 Naked And Afraid

HGTV

11:00 The Big Bang Theory
14:00 Mike & Molly
15:30 Young Sheldon
17:00 The Big Bang Theory
21:00 No Strings Attached
Emma and Adam set up a seemingly perfect arrangement: no strings attached. But when a fling
23:15 Dr. Pimple Popper

RTÉ One

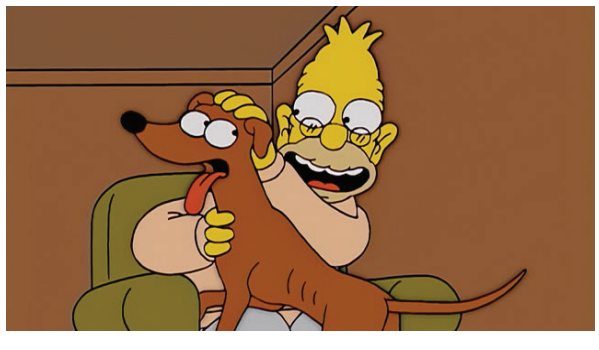
11:20 Father Brown
12:15 The Complaints Bureau
12:45 Telly Bingo
13:00 RTÉ News: One O'Clock
13:10 Home and Away
13:40 Shortland Street
14:10 The End Of The World With Beanz
14:55 EastEnders
15:30 Today
17:40 Nuacht RTÉ
17:55 RTÉ News with Signing
18:01 RTÉ News: Six One
18:30 Reeling In The Years
19:00 Home of The Year
19:30 EastEnders
20:00 Fair City
20:30 Our Farm - A GIY Story
21:00 RTÉ News: Nine O'Clock
21:35 Prime Time
22:15 This Town
23:25 Wolf Hall: The Mirror...

Sport

Sky Sports Mix

11:00 Japanese F1 GP Highlights
12:00 IPL 2026 Highlights
14:00 PL Greatest '11
14:15 Premier League Greatest Games





TV Guide

Wednesday 8th April 2026

BBC

BBC ONE

11:15 Homes Under the Hammer
12:15 Bargain Hunt
13:00 BBC News at One
14:00 Just One Thing
14:30 The Travelling Auctioneers
15:00 Escape to the Country
15:45 I Made It at Market
16:30 The Finish Line
17:15 Pointless
18:00 BBC News at Six
18:30 BBC London
18:55 Party Election Broadcasts:
19:00 The One Show
19:30 EastEnders
20:00 The Repair Shop
21:00 Ambulance
22:00 BBC News at Ten
22:30 BBC London
22:40 UEFA Champions League
23:40 Weather for the Week Ahead
23:45 Joins BBC News

BBC TWO

13:00 Impossible
13:45 The Tournament
14:30 Lightning
15:00 Clive Myrie's Italian Road Trip
15:30 Hidden Kingdoms
16:30 Antiques Roadshow
17:15 Flog It!
18:00 Richard Osman's House of Games
18:30 Ronan Keating's Wild Atlantic
19:00 Great British Menu
20:00 Digging for Britain
21:00 Michael Jackson: An American Tragedy
22:00 Twenty Twenty Six
22:30 Newsnight
23:00 Captive Audience: A Real American Horror Story
Two decades after Steven went missing near Yosemite, three tourists
23:45 Killing Sherlock: Lucy Worsley on the Case of Conan Doyle
00:45 Murder Case

ITV

ITV1 HD

12:30 ITV Lunchtime News
12:55 ITV News London
13:00 Celebrity Catchphrase
14:00 Dickinson's Real Deal
David Dickinson is in Wolverhampton with
15:00 Deal or No Deal
16:00 Tipping Point
17:00 The Chase
18:00 ITV News London
18:25 Party Election Broadcast:...
18:30 ITV Evening News
19:30 Celebrity Lingo
20:00 Emmerdale
20:30 Coronation Street
21:00 I'm a Celebrity... South Africa
22:05 The Assembly
22:30 ITV News
23:00 ITV News London
23:15 The 1% Club Rollover
00:10 Shop on TV
Teleshopping. [HD]

ITV2

11:15 The Real Housewives of New Jersey
12:10 Supermarket Sweep
13:05 I'm a Celebrity... South Africa
14:25 Catchphrase
15:10 The Only Way is Essex
16:10 The Real Housewives of Atlanta
17:00 The Real Housewives of New Jersey
Family, Family, Family: US reality series. Teresa kicks
17:55 Catchphrase
18:40 I'm a Celebrity... South Africa
In the second instalment of the series, the campmates are in split camps which causes drama, and two
20:00 The 1% Club
21:00 Hell's Kitchen
22:00 Family Guy
23:25 American Dad!
00:25 Bob's Burgers

Channel 4

Channel 4

11:10 Ramsay's Kitchen Nightmares USA
12:05 Channel 4 News Summary
12:10 Find It, Fix It, Flog It
13:10 Matt Baker: Our Farm in the Dales
14:10 Countdown
Colin Murray, Rachel Riley and Susie Dent host, with Levi Roots in Dictionary Corner, as contestants race
15:00 A Place in the Sun
16:00 A New Life in the Sun
17:00 Chateau DIY
18:00 Jasmine Harman's Renovation in...
19:00 Channel 4 News
20:00 New: Help! I Bought It at...
...Auction with Sarah Beeny: In the South Downs National Park, Michelle and Derek take on a cosy
21:00 New: The Copenhagen Test
23:20 24 Hours in A&E
00:20 Emergency Helicopter Medics

Channel 5

5

11:30 Storm & Alexis
Two of 5's much-loved faces team up to focus on the issues that matter most to viewers - with your
12:45 5 News at Lunchtime
12:50 Matt Allwright
14:00 Vanessa
15:00 The Hardacres
16:00 Bargain-Loving Brits in the Sun
17:00 5 News at 5
18:00 New: Love Nature
18:05 Susan Calman's Grand Day Out
19:00 Electric Cars: Are They Really...
20:00 Warship: Life in the Royal...
21:00 New: China with Ben Fogle
22:30 New: A&E After Dark
Patients include a man with life-threatening brain injuries from a punch, a 22-year-old with possible
23:30 Ambulance: Code Red
00:30 Car Pound Cops

Entertainment

Sky Max HD

11:00 The Simpsons
12:00 Shark With Steve Backshall
13:00 Hawaii Five-0
14:00 NCIS: Los Angeles
15:00 S.W.A.T.

16:00 Police 24/7
17:00 The Simpsons

18:00 The Office (US)

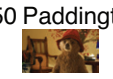
Koi Pond: After he is
19:00 The Simpsons

20:00 A League Of Their Own
21:00 New: The 'Burbs

22:00 Rob Beckett: Giraffe

23:45 Grimm


Sky Family

11:05 The Smurfs
12:50 Paddington

14:40 Cloudy With A Chance Of Meatballs
16:25 Harold and The Purple Crayon
18:00 The Hobbit: The Desolation Of...
20:45 The Hobbit: The Battle Of The Five Armies
23:10 Paddington

Sky Documentaries

11:05 The Seventies
12:00 Elvis: The Searcher
16:00 Discovering: Kate Winslet
17:00 Nancy Meyers: The Directors
18:00 The Movies
18:55 Burden Of Proof: Who Killed Jennifer Pandos?
20:00 Amy (2015)
22:30 I Am Patrick Swayze

U&Dave

11:00 Rick Stein's Road to Mexico
12:00 Border Force America's Gatekeepers
14:00 Speed with Guy Martin
15:00 Top Gear
17:00 Hairy Bikers' Best of British
18:00 Rick Stein's Road to Mexico
19:00 Would I Lie To You?
19:40 Richard Osman's House of Games
Richard is joined by comedian Maisie Adam, satirical impressionist Rory
21:00 QI XL
22:00 Frankie Boyle's New World Order
22:40 Have I Got a Bit More News for You
23:40 Mock the Week
Jeremy Corbyn's landslide win hogs the headlines as Ed Byrne, Nathan Caton, Ed Gamble and Sara
00:20 Would I Lie To You?

DMAX

11:00 Deadliest Catch: Inside the...
12:00 Cooper's Treasure
Darrell visits the Atocha, a valuable shipwreck Cooper recorded 50 years ago. Experts send Darrell to an
13:00 Expedition Unknown
Josh Gates dives into the mysteries of the Bermuda Triangle. He goes to the ocean floor, the skies and
15:00 Alaska: Homestead Rescue
17:00 Outback Opal Hunters
19:00 Deadliest Catch
A huge tidal surge threatens Josh and Monte as they chase their bounty deep into an Arctic storm.
21:00 New: Maine Cabin Masters
The team tackle a lakeside camp, adding a new deck, wood exterior, and open layout. They must contend
22:00 New: Barnwood Builders
23:00 Aussie Gold Hunters
00:00 Naked And Afraid

HGTV

11:00 The Big Bang Theory
Leonard and Howard engineer a distraction for Sheldon to keep him from hindering progress on the guidance-system project.
14:00 Mike & Molly
Carl and Samuel host a party in hopes of attracting some ladies. Meanwhile, Molly reveals secrets from
15:30 Young Sheldon
Sheldon is at odds with Paige once again when she considers enrolling at East Texas Tech. Mary seeks
17:00 The Big Bang Theory
Leaving the baby in daycare proves to be tough for Bernadette, and geologist Bert digs up a
21:00 New: Dr Pimple Popper: Breaking...
...Out. Jason isolates due to a giant neck growth. Marisa dreads spider veins after surgery and Kobe hums to
23:00 Dr. Pimple Popper
Drag queen Tameru is covered in tiny clusters of cysts on his chest, arms and neck. He discovered his bumps over a decade

RTÉ One

11:35 Father Brown
12:30 The Complaints Bureau
13:00 RTÉ News: One O'Clock
13:10 Home and Away
13:40 Shortland Street
14:10 Fair City
14:55 EastEnders
15:30 Today
17:40 Nuacht RTÉ
17:55 RTÉ News with Signing
18:01 RTÉ News: Six One
18:30 Reeling In The Years
19:00 Nationwide
19:30 EastEnders
20:00 Eva Pau's Asian Kitchen
20:30 Neven's Ulster Food Tour
21:00 RTÉ News: Nine O'Clock
21:35 Blue Lights
22:35 The Great House Revival
23:40 Call The Midwife

Sport

Sky Sports Mix

11:00 ATP Final: Bucharest
12:00 IPL 2026 Highlights
14:00 PL Greatest Games: L'pool/Newc 96
14:15 PL Greatest Games:Newc/Leics





TV Guide

Thursday 9th April 2026

BBC

BBC ONE

11:15 Homes Under the Hammer
12:15 Bargain Hunt
13:00 BBC News at One
14:00 Just One Thing
14:30 The Travelling Auctioneers
15:00 Escape to the Country
15:45 I Made It at Market
16:30 The Finish Line
17:15 Pointless
18:00 BBC News at Six
18:30 BBC London
18:55 Party Election Broadcasts: Liberal
19:00 The One Show
19:30 EastEnders
20:00 Race Across the World
21:00 The Apprentice
22:00 BBC News at Ten
22:30 BBC London
22:40 Cannabis Cove: Operation Seal Bay
00:40 Weather for the Week Ahead
00:45 Joins BBC News

BBC TWO

13:00 Impossible
13:45 The Tournament
14:30 Lightning
Comedian Zoe Lyons presents the electrifyingly fast quiz with a £3,000 jackpot. Six plucky
15:00 Clive Myrie's Italian Road Trip
15:30 Hidden Kingdoms
16:30 Antiques Roadshow
17:15 Flog It!
18:00 Richard Osman's House of Games
18:30 Ronan Keating's Wild Atlantic
19:00 Great British Menu
20:00 This Farming Life
Adam and Lucy have a bold idea to save on feed costs, but it means persuading their dairy cows to adopt
21:00 Inside Barlinnie
HMP Barlinnie is Scotland's largest jail, housing over 1,400 inmates in five
22:00 The Apprentice: Unfinished Business
22:30 Newsnight
23:00 Respect

ITV

ITV1 HD

12:30 ITV Lunchtime News
12:50 ITV News London
12:55 Celebrity Lingo
13:30 ITV Racing: Grand National Festival
17:00 The Chase
Bradley Walsh hosts the show where thousands of pounds are at stake - all that stands between Ishan
18:00 ITV News London
18:25 Party Election Broadcast:...
...Liberal Democrats. A Party Election Broadcast on behalf of the Liberal Democrats. [S,HD]
18:30 ITV Evening News
19:30 Why Are We So Tired? Tonight
20:00 Emmerdale
Kerry wades in. Robert gets
20:30 Coronation Street
21:00 I'm a Celebrity... South Africa
22:15 ITV News
22:50 ITV News London
23:05 The 1% Club Rollover
00:05 Shop on TV

ITV2

11:15 The Real Housewives of New Jersey
12:10 Supermarket Sweep
Rylan Clark-Neal hosts a revamp of the iconic game show where three pairs of shoppers go wild in the
13:05 I'm a Celebrity... South Africa
14:10 Catchphrase
15:10 The Only Way is Essex
16:10 The Real Housewives of Atlanta
17:00 The Real Housewives of New Jersey
18:00 Catchphrase
Stephen Mulhern presents a celebrity edition of the popular game show as
18:55 I'm a Celebrity... South Africa
20:00 The 1% Club
21:00 Hell's Kitchen
22:00 Family Guy
23:25 American Dad!
00:25 Bob's Burgers

Channel 4

Channel 4

11:10 Ramsay's Kitchen Nightmares USA
12:05 Channel 4 News Summary
12:10 Find It, Fix It, Flog It
13:10 Matt Baker: Travels with Mum & Dad
Matt Baker takes his mum Janice and dad Mike on
14:10 Countdown
Colin Murray, Rachel Riley and Susie Dent host, with Levi Roots in Dictionary Corner, as contestants race
15:00 A Place in the Sun
16:00 A New Life in the Sun
17:00 Chateau DIY
18:00 Jasmine Harman's Renovation in...
19:00 Channel 4 News
20:00 New: Paul Merton: Driving...
21:00 Taskmaster
22:00 New: The Copenhagen Test
False Flag: Spy thriller with Simu Liu. With his fake life up and running, Alexander must decide if he's willing to
00:15 Sky Coppers

Channel 5

5

11:30 Storm & Alexis
12:45 5 News at Lunchtime
12:50 Matt Allwright
14:00 Vanessa
15:00 The Hardacres
16:00 Bargain-Loving Brits in the Sun
17:00 5 News at 5
Join Dan Walker and the team for the news that matters to you.[S]
18:00 New: Love Nature
18:05 Susan Calman's Grand Day Out
19:00 Secrets of the River Clyde
The River Clyde is one of Britain's most important rivers with an incredible history. It has been a
20:00 New: Yorkshire's Poshest Hotel:...
21:00 New: Jane McDonald in Nashville
22:00 Forensics: Murder Scene
A man is shot at point blank range in a newsagents,
23:30 New: Murder 360
00:30 Car Pound Cops

Entertainment

Sky Max HD

11:00 The Simpsons

12:00 Shark With Steve Backshall
13:00 Hawaii Five-0

14:00 NCIS: Los Angeles

15:00 S.W.A.T.
16:00 Police 24/7

17:00 The Simpsons

18:00 The Office (US)

19:00 The Simpsons
20:00 Indiana Jones And The Temple Of Doom

22:15 Mr Bigstuff
23:15 Grimm


Sky Family

11:30 The Bad Guys 2

Struggling to adjust to their new lives, the Bad Guys are offered one last job by a group of all-female
13:20 The Karate Kid (2010)

Moving to China, young Jaden Smith is bullied by
15:45 How To Train Your Dragon (2025)

An unlikely friendship holds the key to Vikings and dragons forging a new future together as an
18:00 The Bad Guys 2

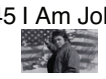
20:00 The Hobbit: An Unexpected Journey

23:00 Spy Kids 2: Island Of Lost...


Sky Documentaries

11:05 The Seventies

12:00 Stevie Van Zandt: Disciple

14:45 I Am Johnny Cash

16:25 Discovering: Jamie Foxx

17:15 Clint Eastwood: The Directors

18:05 The Movies

18:55 Burden Of Proof: Who Killed Jennifer Pandos?
20:00 Tina

22:15 Billy Joel: And So It Goes


U&Dave

11:00 Rick Stein's Road to Mexico
12:00 Border Force America's Gatekeepers
14:00 Speed with Guy Martin
15:00 Top Gear
17:00 Hairy Bikers' Best of British
18:00 Rick Stein's Road to Mexico
19:00 Would I Lie To You?
19:40 Richard Osman's House of Games
Richard is joined by comedian Maisie Adam, satirical impressionist Rory Bremner, Olympic gold
21:00 QI XL
22:00 Frankie Boyle's New World Order
22:40 Have I Got A Bit More News For You?
23:40 Mock the Week
00:20 Would I Lie To You?
Germaine Greer and Jermaine Jenas - together at last. Pointless co-host

DMAX

12:00 Cooper's Treasure
13:00 Expedition Unknown
Josh Gates touches down in Normandy to investigate battles on land, air and sea. The expedition reveals a
15:00 Alaska: Homestead Rescue
17:00 Outback Opal Hunters
19:00 Deadliest Catch
21:00 Expedition X
Phil and Jess venture into the Great Smoky Mountains
22:00 Expedition Unknown
23:00 Aussie Gold Hunters
00:00 Naked And Afraid

HGTV

11:00 The Big Bang Theory
14:00 Mike & Molly
15:30 Young Sheldon
17:00 The Big Bang Theory
21:00 New: 90 Day: The Single Life
22:00 New: Sister Wives
23:00 Dr Pimple Popper: Breaking Out

RTÉ One

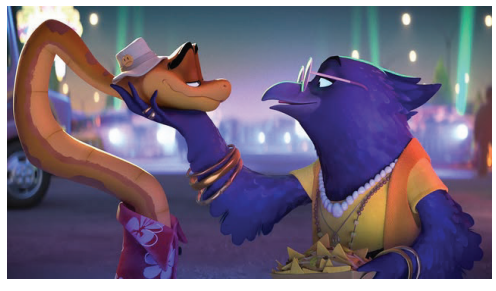
11:20 Father Brown
12:15 The Complaints Bureau
12:45 Telly Bingo
13:00 RTÉ News: One O'Clock
13:30 Home and Away
14:00 Shortland Street
14:30 The End Of The World With Beanz
15:00 EastEnders
15:30 Today
17:40 Nuacht RTÉ
17:55 RTÉ News with Signing
18:01 RTÉ News: Six One
19:00 High Road, Low Road
19:30 EastEnders
20:00 Fair City
20:30 Heat My Home
21:00 RTÉ News: Nine O'Clock
21:35 Prime Time
22:15 Intinní Áille - Beautiful Minds
23:15 Red Eye

Sport

Sky Sports Mix

11:00 Ladies European Tour Golf Hlts
12:00 IPL 2026 Highlights
14:00 PL Greatest : Man U/Man City 2009





TV Guide

Friday 10th April 2026

BBC

BBC ONE

11:15 Homes Under the Hammer
12:15 Bargain Hunt
13:00 BBC News at One
14:00 Father Brown
14:45 Escape to the Country
15:45 I Made It at Market
16:30 The Finish Line
17:15 Pointless
18:00 BBC News at Six
18:30 BBC London
18:55 Party Election Broadcasts: Green
19:00 The One Show
19:30 Extraordinary Portraits
20:00 Beyond Paradise
21:00 Have I Got News for You
21:30 The Young Offenders
22:00 BBC News at Ten
22:30 BBC London
22:40 The Claudia Winkleman Show
23:25 Something in the Water
00:45 Weather for the Week Ahead
00:50 Joins BBC News

BBC TWO

13:00 Impossible
13:45 The Tournament
14:30 Lightning
15:00 Clive Myrie's Caribbean Adventure
15:30 Nature's Epic Journeys
16:30 Antiques Roadshow
Michael Aspel invites members of the public to bring along their antiques for examination. Nelson,
17:15 Flog It!
18:00 Richard Osman's House of Games
18:30 Ronan Keating's Wild Atlantic
Ronan completes this leg of his journey along Ireland's
19:00 Greatest Gardens with Diarmuid Gavin and Carol Klein
19:30 Beechgrove Garden
20:00 Gardeners' World
21:00 Big Cats 24/7
22:00 Live at the Apollo
22:30 Newsnight
23:00 Tenet
A hardened CIA agent is recruited into a mind-bending mystery with cause and effect 'inverted',

ITV

ITV1 HD

12:30 ITV Lunchtime News
12:50 ITV News London
The latest news and weather from London and the South East. [S,HD]
12:55 Celebrity Lingo
13:30 ITV Racing: Grand National Festival
Coverage of horse racing from all over the UK that includes major events. [S,HD]
17:00 The Chase
18:00 ITV News London
18:25 Party Election Broadcast: Green Party
18:30 ITV Evening News
19:30 New: It'll Be Alright on the Night
20:00 Emmerdale
Robert decides to come clean. Dawn is shocked.
20:30 Coronation Street
21:00 I'm a Celebrity... South Africa
22:05 New: The Assembly
22:30 ITV News
23:00 ITV News London
23:15 The 1% Club Rollover
00:20 Shop on TV

ITV2

11:15 The Real Housewives of New Jersey
12:10 Supermarket Sweep
13:05 I'm a Celebrity... South Africa
14:25 Catchphrase
15:10 The Only Way is Essex
16:10 The Real Housewives of Atlanta
17:00 The Real Housewives of New Jersey
Housewarming History Lesson: US reality series. The divide between Teresa, Joe and Melissa is at a
17:55 Catchphrase
18:40 I'm a Celebrity... South Africa
20:00 The 1% Club
21:00 No Time to Die
22:10 FYI Daily
Latest news from the world of entertainment.
22:15 No Time to Die
00:15 Family Guy
Anarchic animated sitcom about a dysfunctional family in a wacky Rhode Island

Channel 4

Channel 4

11:10 Ramsay's Kitchen Nightmares USA
12:05 Channel 4 News Summary
12:10 Find It, Fix It, Flog It
13:10 Matt Baker: Travels with Mum & Dad
14:10 Countdown
Colin Murray, Rachel Riley and Susie Dent host, with Levi Roots in Dictionary Corner, as contestants race
15:00 A Place in the Sun
16:00 A New Life in the Sun
A VIP visits Paul and Fiona's villa in France. In
17:00 Chateau DIY
Kathryn and Steve battle to revive their collapsing 14th-century kitchen. And Becky and Mark push hard
18:00 Jasmine Harman's Renovation in...
19:00 Channel 4 News
19:30 New: Unreported World
20:00 Battle of the Brands
21:00 Gogglebox
22:00 New: First Dates
23:05 Taskmaster
00:10 Jerry & Marge Go Large

Channel 5

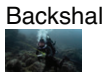
5

11:30 Storm & Alexis
12:45 5 News at Lunchtime
National and international news.[S]
12:50 Matt Allwright
14:00 Vanessa
15:00 The Hardacres
16:00 Bargain-Loving Brits in the Sun
17:00 5 News at 5
Join Dan Walker and the team for the news that matters to you.[S]
18:00 New: Love Nature
A look at a species of auk called black guillemots, known locally as Tysties, that nestle in the harbour
18:05 Susan Calman's Grand Day Out
19:00 Motorway Cops: Catching Britain's Speeders
20:00 New: Building the Impossible...
21:00 New: Jane McDonald in Nashville
22:00 Some Mothers Do 'Ave 'Em: Secrets & Scandals
23:05 New: Piers Morgan: Uncensored

Entertainment

Sky Max HD

11:00 The Simpsons

12:00 Shark With Steve Backshall

13:00 Hawaii Five-0

Lapa'au (Healing): The
14:00 NCIS: Los Angeles
15:00 S.W.A.T.
16:00 Police 24/7
17:00 The Simpsons
18:00 The Office (US)
19:00 The Simpsons

20:00 An Idiot Abroad

21:00 James Acaster: Hecklers Welcome

22:30 Intelligence
23:00 Grimm

Sky Family

12:50 The Borrowers
14:30 Paddington 2
16:30 Flushed Away
18:00 Stardust
20:20 The Hobbit: The Desolation Of...

23:05 Karate Kid: Legends

Sky Documentaries

11:05 The Seventies
12:00 Bruno V Tyson
13:40 When We Were Kings
15:20 I Am Joe Frazier
17:00 David Frost Vs
18:00 Ang Lee: The Directors
18:55 Burden Of Proof: Who Killed Jennifer Pandos?
20:00 Kurt Cobain: Montage Of Heck
22:30 Billy Joel: And So It Goes

U&Dave

11:00 Rick Stein's Road to Mexico
12:00 Border Force America's Gatekeepers
14:00 Speed with Guy Martin
15:00 Top Gear
17:00 Hairy Bikers Everyday Gourmets
18:00 Rick Stein's Road to Mexico
19:00 Would I Lie To You?
19:40 Richard Osman's House of Games
21:00 QI XL
22:00 Frankie Boyle's New World Order
22:40 Have I Got A Bit More News For You?
Alexander Armstrong is guest host as panellists Mishal Husain and Geoff Norcott join team captains
23:40 Mock the Week
UKIP and Mr Corbyn are
00:20 Would I Lie To You?

DMAX

11:00 Deadliest Catch
It's cloak and dagger time on the Bering Sea as Keith and Junior form a covert alliance, and Elliot finally
12:00 Cooper's Treasure
13:00 Expedition Unknown
One of the puzzles of The Secret, a case Josh Gates has been chasing for years, might have been solved.
15:00 Alaska: Homestead Rescue
17:00 Outback Opal Hunters
Oscar sends The Cheals on an important mission to unearth a rare green-orange gemstone for
19:00 Deadliest Catch
21:00 Cops UK: Bodycam Squad
22:00 Street Cops UK
23:00 Aussie Gold Hunters
00:00 Naked And Afraid
An ex-marine and a Southern girl try to survive the Panamanian jungle. Constant downpours, cabin

HGTV

11:00 The Big Bang Theory
Sheldon and Bert collaborate on a research project, while Penny and Bernadette coach
14:00 Mike & Molly
15:30 Young Sheldon
While Meemaw opens a secret gambling room,
17:00 The Big Bang Theory
Amy and Leonard bond during a series of experiments. Bert replaces Howard in Footprints on the
21:00 New: 90 Day Fiancé: Before The 90 Days
Lisa comes fully clean to Daniel. Elise and Joshua get to know each other in person. Things get tense as
23:00 Zero Stars First Look
Best friends and comedians Roisin Conaty and Sara Pascoe are visiting locations with the most
23:15 Dr. Pimple Popper
Jen has growths on her ears that cause her depression, pain and vertigo. Plus, Juliet is in

RTÉ One

11:20 Father Brown
12:15 The Complaints Bureau
12:45 Telly Bingo
13:00 RTÉ News: One O'Clock
13:30 Home and Away
14:00 Shortland Street
14:30 Fair City
15:00 EastEnders
15:30 Today
17:40 Nuacht RTÉ
17:55 RTÉ News with Signing
18:01 RTÉ News: Six One
19:00 Nationwide
19:30 Fair City
20:00 Imelda May - Amhráin na nGael
20:30 Tracks and Trails
21:00 RTÉ News: Nine O'Clock
21:35 The Late Late Show
23:10 The Young Offenders
23:45 My Left Foot

Sport

Sky Sports Mix

11:00 Masters Round 1 Highlights
12:30 ICC T20 WC Highlights
13:00 IPL 2026 Highlights





TV Guide

Saturday 11th April 2026

BBC

BBC ONE

11:30 Bargain Hunt
12:00 Football Focus
12:45 BBC Weekend News
12:55 BBC Weather
13:00 Women's Six Nations Rugby
16:30 Final Score
17:20 BBC Weekend News
17:30 BBC London
17:35 BBC Weather
17:40 Bridge of Lies
18:25 Blankety Blank
19:00 Michael McIntyre's Big Show
20:00 The Weakest Link
20:45 Casualty
21:35 Not Going Out
22:05 BBC Weekend News
22:20 BBC Weather
22:25 Match of the Day
23:35 The Football Interview
23:50 Legend

BBC TWO

11:00 Pilgrimage
12:00 Great British Menu
13:00 Rugby League: Challenge Cup
15:30 Flog It!
16:25 Women's Six Nations Rugby
The first round of the 2026
19:00 My Hero
Miranda Hart explores the life of her comedy idol, Eric Morecambe. She visits the places he performed, meets
20:00 The Morecambe and Wise Show
20:45 McCartney: The Hunt for the Lost Bass
22:15 Paul McCartney at the BBC
A compilation of TV appearances from the post-Beatles career of Britain's most successful
23:45 ... Sings The Beatles
00:45 One Fine Morning

ITV

ITV1 HD

12:30 ITV News
12:45 ITV Racing: Grand National Festival
Ed Chamberlin presents
15:15 ITV Racing: Grand National Live
17:00 ITV Evening News
17:10 ITV News London
The latest news and weather from London and the South East. [S,HD]
17:20 Millionaire Hot Seat
17:50 Celebrity Catchphrase
18:45 New: Britain's Got Talent
20:00 Celebrity Sabotage
21:00 The 1% Club
22:00 New: The Jonathan Ross Show
23:00 ITV News
23:20 English Football League Highlights
00:45 Shop on TV

ITV2

11:00 Deal or No Deal
12:05 Sing
13:05 FYI Daily
13:10 Sing
14:15 Britain's Got Talent
The auditions continue as further acts take to the stage with performances to impress the crowd and
15:35 Peter Pan
16:40 FYI Daily
16:45 Peter Pan
17:45 E.T. the Extra-Terrestrial
18:50 FYI Daily
18:55 E.T. the Extra-Terrestrial
20:00 Transformers: The Last Knight
21:05 FYI Daily
21:10 Transformers: The Last Knight
23:10 Family Guy
00:35 American Dad!

Channel 4

Channel 4

11:10 The Simpsons
Homer Goes to Prep School: Homer joins an off-the-grid survivalist group who have a top-secret
12:10 A New Life in the Sun
13:10 Four in a Bed
15:50 Kirstie and Phil's Love It or...
16:55 Channel 4 News
Channel 4's flagship news programme. Including the weather. [S]
17:25 Transformers: Rise of the Beasts
(2023) Seventh instalment in the frenetic sci-fi franchise. The Maximals - part animal, part robot - join
19:45 Jumanji: Welcome to the Jungle
22:00 No Hard Feelings
00:00 Taskmaster
Cube Is Good: Amy Gledhill, Armando Iannucci, Joanna Page, Joel Dommett and Kumail

Channel 5

5

11:00 Ben Fogle: New Lives in The Wild
In the wilds of central Portugal, Ben meets creative homesteaders Luke and Sarah, a Maltese
12:05 Dogs Behaving (Very) Badly
13:05 Catching Up with the...
14:05 Zulu
16:45 Reuben Owen: Life in The Dales
18:35 5 News Weekend
18:40 Michael Portillo's Long Weekends
In the vibrant, bustling
20:05 Frogmore House
21:00 Death of a Prince: The Tragedy of William of Gloucester
22:00 Those Were The Days
00:00 The Best Ever Disco Music

Entertainment

Sky Max HD

11:00 The Simpsons

12:00 Gillette Soccer Saturday: Build-Up

Follow the pre-match build
15:00 Gillette Soccer Sat: Live Scores

17:00 The Simpsons

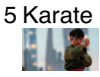
18:45 The Ultimate Adventure Movies
19:45 Indiana Jones And The Last Crusade

22:00 New: Saturday Night Live UK

23:15 Ania Magliano: I Can't Believe You've Done This


Sky Family

12:35 Flushed Away

Rich rodent Hugh Jackman takes the S-bend express into London's sewers, where savvy scavenger
14:15 Karate Kid: Legends

16:05 The Bad Guys 2

18:00 The Hobbit: An Unexpected Journey

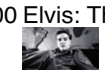
20:50 The Hobbit: The Desolation Of...

Martin Freeman returns as Bilbo Baggins, whose journey across Middle Earth edges closer to an epic
23:35 Peter Rabbit

Beatrix Potter adaptation with James Corden voicing the mischievous rabbit whose feud with the

Sky Documentaries

12:45 Paul Simon: In Restless Dreams

15:00 Elvis: The Searcher

19:00 Lancaster

21:00 The Essex Murders: Who Killed.

...The Essex Boys? Ecstasy and Agony: The eyes of the nation are on Essex as the '90s rave scene creates a

U&Dave

11:00 Would I Lie To You?
21:00 Red Dwarf
22:55 Not Going Out
23:30 Not Going Out Christmas Special: The True Meaning of Christmas
00:25 Have I Got A Bit More News For You?

DMAX

11:00 Outback Opal Hunters
13:00 Gem Hunters Down Under
After a run of bad fortune, the Bushies are back digging on Max's claim. The Richardsons return to a
16:00 Aussie Gold Hunters
The Poseidon Crew are desperate to find fine gold to fund their expensive
19:00 Extreme Cheapskates
Jeff goes through other people's rubbish and sleeps on his friends' sofas to save cash - but the budget
21:00 New: Paranormal Caught On Camera
A couple has a cabinet that holds knickknacks and a whole lot of ghosts, a UFO eclipses an eclipse, and a
22:00 New: Kindred Spirits
A dark entity has reportedly taken refuge in an abandoned schoolhouse. The owners call on Amy,
00:00 Body Bizarre: Allergic To Light

HGTV

11:00 The Big Bang Theory
Sheldon accuses Amy of not following the bathroom schedule. Meanwhile, Howard and Bernadette's staycation is interrupted by hot tub interlopers. S10/Ep5
22:00 Zero Stars First Look
Best friends and comedians Roisin Conaty and Sara Pascoe are visiting locations with the most hilarious, baffling and terribly bad reviews.
22:15 xXx: Return Of Xander Cage
When a group of mercenaries steal a hi-tech weapon that poses a global threat, Xander Cage leads a team of adrenaline junkies on a recovery mission.
00:15 Dr. Pimple Popper
Gerald returns to see Dr. Lee and a hand specialist about a huge, intrusive bump on his finger. Vinnie has an embarrassing birthmark on his neck. S2/Ep8

RTÉ One

11:55 Young MasterChef
13:05 RTÉ News: One O'Clock
13:15 Cheap European Homes
14:15 The Money List
15:15 Amazing Hotels: Life Beyond The Lobby
16:15 Realtaí Na Gaeltachta
16:45 The Great House Revival
17:45 Nuacht RTÉ
17:55 RTÉ News with Signing
18:01 RTÉ News: Six One
18:35 Madagascar Escape 2 Africa
20:10 Pat Shortt's Entertainment From
20:45 RTÉ News: Nine O'Clock
21:15 The Tommy Tiernan Show
22:30 The Young Offenders
23:05 The 2 Johnnies Late Night Lock In

Sport

Sky Sports Mix

12:30 Ladies European Tour Golf Hlts
13:30 PGA Tour Golf Highlights
14:30 EFL 06/07: N. Forest v Yeovil
14:45 EFL 10/11: Peterborough v
15:00 WTA Final: Charleston
16:00 Ladies European Tour Golf Hlts





TV Guide

Sunday 12th April 2026

BBC

BBC ONE

11:35 BBC Weekend News
11:45 Weather for the Week Ahead
Detailed weather forecast.
11:50 Songs of Praise
12:30 Rugby League: Challenge Cup
15:05 Crookhaven
16:35 BBC Weekend News
16:50 BBC London
16:55 BBC Weather
17:00 Countryfile
18:00 Secret Garden
19:00 Antiques Roadshow
20:00 The Other Bennet Sister
21:00 The Capture
22:15 BBC Weekend News
22:40 BBC London
22:45 Match of the Day
00:00 The Claudia Winkleman Show
00:45 The Repair Shop

BBC TWO

11:30 Great British Menu
The two highest-scoring chefs from London and south east England must go head-to-head and cook
12:30 Bargain Hunt
13:10 Pilgrimage
14:10 Rear Window
16:00 Secret Garden
17:00 Big Cats 24/7
A new generation of big cats is coming of age. First-time lion mum Serami's tiny cubs surprise
18:00 This Farming Life
Adam and Lucy have a bold idea to save on feed costs, but it means persuading their dairy cows to adopt
19:00 Olivier Awards 2026
21:00 Forensics: The Real CSI
22:00 The Good, the Bad and the Ugly
00:50 Forensics: The Real CSI

ITV

ITV1 HD

11:30 Fletchers' Family Farm
12:30 Love Your Garden
13:30 ITV News
13:40 Celebrity Lingo
Adil Ray hosts the game of words as EastEnders royalty Natalie Cassidy and
14:10 Jurassic Park
16:30 Tipping Point: Lucky Stars
17:35 The Chase
18:30 ITV Evening News
18:45 ITV News London
19:00 Emmerdale
Set in the heart of the beautiful countryside of the Yorkshire Dales, this realistic down-to-earth
19:30 Coronation Street
20:00 Grace
22:00 ITV News
22:15 New: Savage River
00:15 Shop on TV

ITV2

11:35 Deal or No Deal Celebrity Special
12:40 Celebrity Sabotage
13:45 Celebrity Catchphrase
Stephen Mangan, Kemi Rodgers and Tom Allen join
14:50 Kung Fu Panda
15:50 FYI Daily
15:55 Kung Fu Panda
16:40 Britain's Got Talent
17:55 New: Britain's Got Talent: Unseen
18:20 Liar Liar
19:20 FYI Daily
19:25 Liar Liar
20:00 Fast & Furious: Hobbs & Shaw
21:10 FYI Daily
21:15 Fast & Furious: Hobbs & Shaw
22:45 Family Guy
00:10 American Dad!

Channel 4

Channel 4

13:00 The Simpsons
14:25 George Clarke's Amazing Spaces
15:10 Hamleys: Top 100 Toys of All Time
Hamleys opens its doors for a celeb-packed celebration of the toys that defined generations. From timeless
16:15 Soul
18:10 Channel 4 News
18:40 Inside Legoland at Christmas
19:40 New: The Great Celebrity Bake...
21:00 New: Your Song
Alison Hammond hosts the new series giving
22:00 Gogglebox
22:55 First Dates
Sparks fly as First Dates returns. A former Lioness meets a cat lover. A yoga teacher contemplates a
00:00 Our Ladies

Channel 5

5

11:05 Hotel Benidorm: Sun, Sea & Sangria
12:05 Holidaying with Jane McDonald: Florida
14:05 The Railway Children Return
15:05 Entertainment News on 5
15:10 The Railway Children Return
16:10 Matilda
18:10 5 News Weekend
18:15 Supermarket Clothes: Are You
19:05 M&S: Secrets of the Food Hall
20:00 Rich Holiday, Poor Holiday
21:00 Rich House, Poor House
22:30 When Train Journeys Go Horribly Wrong
00:05 Police 999: Night Shift

Entertainment

Sky Max HD

12:00 Police 24/7

15:00 The Simpsons

My Life as a Vlog: Through a series of YouTube recommended videos, the story of the rise and fall of
17:45 Agatha Raisin

19:45 Indiana Jones And The Kingdom of the Crystal Skull

22:00 New: Saturday Night Live

Politicians and celebrities
23:30 Brassic

The acclaimed Sky Original comedy returns as the gang try to lure Vinnie out of hiding with a new business

Sky Family

11:40 Peter Rabbit

13:20 Teenage Mutant Ninja Turtles:...

15:15 The Hobbit: The Desolation Of...

Martin Freeman returns as Bilbo Baggins, whose journey across Middle Earth edges closer to an epic
18:00 Antz

19:40 E.T. The Extra-Terrestrial

Steven Spielberg's hugely successful sci-fi drama about a young boy who
21:40 The Hobbit: The Battle Of The Five Armies


Sky Documentaries

12:00 Stevie Van Zandt: Disciple

Trace Stevie Van Zandt's career as a producer, musician, activist and more, with exclusive interviews
14:45 After The Bite

16:30 The Armstrong Lie

Emmy-winning filmmaker
19:00 Spitfire

21:00 God Bless Ozzy Osbourne

Celebrate the life of Ozzy Osbourne with this intimate documentary following the Black Sabbath frontman on
23:00 Nick Cave's Veiled World


U&Dave

11:00 The Americas with Simon Reeve
Simon Reeve travels through Texas and Mexico and joins the US Border Patrol - who pick up
13:00 Mortimer & Whitehouse: Gone Christmas Fishing (2020)
Bob Mortimer returns to his
14:20 Hairy Bikers' Best of British
16:20 Robson Green's Weekend Escapes
17:00 The Americas with Simon Reeve
19:00 Special Ops: To Catch A Criminal
21:00 Have I Got A Bit More News For You?
22:00 QI
22:40 Mock the Week
George Osborne's weird Tory conference stance is meat and drink to savage panel show satirists Hugh
00:00 Live at the Apollo

DMAX

11:00 Chasing Classic Cars
12:00 Garage Rehab
14:00 Kindig Customs
Lloyd Carney is an engineer and gear head with an extensive car collection full of classics,
17:00 Shorty's Dream Shop
19:00 Expedition Bigfoot
21:00 Ancient Unexplained Files
23:00 Expedition X

HGTV

11:00 The Big Bang Theory
Amy tries to convince Sheldon that he has a more laid-back side, meanwhile, Raj and Stuart compete to
20:00 New: Georgie & Mandy's First...
21:00 New: Zero Stars
22:00 The Big Bang Theory
Sheldon's comic book store experience changes when Neil Gaiman puts Stuart's
23:00 Dr. Pimple Popper
00:00 Zero Stars

RTÉ One

11:00 Sunday Worship
12:00 For Peat's Sake
13:00 RTÉ News: One O'Clock
13:10 Home of The Year
13:40 The Hardacres
14:35 Ireland's Hidden Treasures
15:35 Romancing The Stone
17:40 Nuacht RTÉ
17:50 RTÉ News with Signing
18:01 RTÉ News: Six One
18:30 Cheap European Homes
19:30 The Money List
20:30 Fair City
21:00 RTÉ News: Nine O'Clock
21:30 The Great House Revival
22:30 Leonard and Hungry Paul
23:05 The Tommy Tiernan Show

Sport

Sky Sports Mix

11:00 Masters Round 3 Highlights
12:30 PL Darts: Brighton
16:30 S/Lge: St Helens v Wigan
19:00 S/Lge: Hull KR v Hull FC
21:45 PL Greatest '11
22:00 IPL 2026 Highlights

Movies

Sky Premiere

12:55 Superman (2025)
15:10 Caught Stealing (2025)
When his neighbour asks
17:10 Final Destination: Bloodlines
19:10 Blue Moon (2025)
21:00 Weapons (2025)
23:15 Caught Stealing (2025)

Sky Greats

11:15 Tootsie
13:15 Ace Ventura: Pet Detective
14:45 Ace Ventura: When Nature Calls
16:25 Big Daddy
18:10 Beverly Hills Cop
20:00 Beverly Hills Cop II
21:45 Beverly Hills Cop III
23:30 Big Daddy

Film4

11:00 The Mark of Zorro
12:30 Cheaper by the Dozen 2
14:20 Dante's Peak
16:25 Jumanji: The Next Level
18:45 Gemini Man
21:00 Tombstone
23:40 The Predator
(2018) Unrestrained reboot

TV Guide

Monday 13th April 2026

BBC

BBC ONE

11:15 Homes Under the Hammer
12:15 Bargain Hunt
13:00 BBC News at One including BBC...
14:00 Shift the Thrift
14:30 Designing the Hebrides
15:00 Escape to the Country
15:45 I Made It at Market
16:30 The Finish Line
17:15 New: Pointless
18:00 BBC News
18:30 BBC London News
18:55 Party Election Broadcast by...
19:00 The One Show
19:30 EastEnders
20:00 Trump's Immigration Crackdown -...
20:30 Trace, Track, Get My Car Back
21:00 Babies
22:00 BBC News and Weather
22:30 BBC London News
22:40 Have I Got News for You
23:10 Tinker Tailor Soldier Spy

BBC TWO

12:15 Politics Live
13:00 Impossible
13:45 The Tournament
14:30 Lightning
15:00 Clive Myrie's Caribbean...
15:30 Nature's Epic Journeys
16:30 Vintage Antiques Roadshow
17:10 Flog It!
18:00 Richard Osman's House of Games
18:30 Great Japanese Railway Journeys
Michael begins his journey
19:00 Global Eye
19:30 Extraordinary Portraits with...
20:00 Mastermind
20:30 University Challenge
21:00 Miriam Margolyes Made Me Me
22:00 Charmain and the Prophet
22:30 Newsnight, followed by Weather
23:00 Michael Jackson: An American...
00:00 The Misadventures of Romesh...

ITV

ITV1 HD

12:30 ITV Lunchtime News
12:55 ITV News London
The latest news and weather from London and
13:00 New: Celebrity Catchphrase
14:00 Dickinson's Real Deal
15:00 Deal or No Deal
16:00 Tipping Point
17:00 The Chase
18:00 ITV News London
18:25 Party Election Broadcast: Reform UK
18:30 ITV Evening News
19:30 New: How to Clean Up for Cash
20:00 Emmerdale
Set in the heart of the beautiful countryside of the Yorkshire Dales, this realistic down-to-earth
20:30 Coronation Street
21:00 New: I'm a Celebrity... South Africa
22:15 ITV News
22:50 ITV News London
23:05 The Thief, His Wife and the...
00:00 Shop on TV

ITV2

11:05 The Real Housewives of New Jersey
Housewarming History Lesson: US reality series. The divide between Teresa, Joe and Melissa is at a
12:00 Supermarket Sweep
13:00 I'm a Celebrity... South Africa
14:05 Catchphrase
15:05 The Only Way is Essex
16:05 The Real Housewives of Atlanta
17:00 The Real Housewives of New Jersey
17:55 New: Celebrity Catchphrase
19:00 I'm a Celebrity... South Africa
20:00 The 1% Club
21:00 TikTok: Murder Gone Viral
22:00 Family Guy
23:35 American Dad!
00:35 Bob's Burgers
Crystal Mess: Animated comedy. When Mr Frond lends Tina a crystal which his girlfriend claims has

Channel 4

Channel 4

11:10 Ramsay's Kitchen Nightmares USA
12:05 Channel 4 News Summary
12:10 Find It, Fix It, Flog It
13:10 Matt Baker: Travels with Mum & Dad
14:10 Countdown
Colin Murray, Rachel Riley and Susie Dent host, with
15:00 A Place in the Sun
16:00 A New Life in the Sun: Where...
...Are They Now?: We revisit Adam and Alicia at their cocktail bar on the Costa del Sol. Coach tour
17:00 Chateau DIY
18:00 Jasmine Harman's Renovation in...
19:00 Channel 4 News
20:00 New: The Dog House
21:00 New: 24 Hours in Police Custody
The Cold Case Murder: The case of the brutal murder of 86-year-old Una Crown in 2013 is re-opened. Police
22:00 The Disappearance of Jay Slater
23:20 Gogglebox
00:20 New: Walter Presents: French...

Channel 5

5

11:30 Storm & Alexis
Two of 5's much-loved faces team up to focus on the issues that matter most to viewers - with your
12:45 5 News at Lunchtime
12:50 Matt Allwright
14:00 Vanessa
Raw, unfiltered, authentic and personal, Vanessa Feltz wants you to tell her what's on your mind. Fiery
15:00 The Hardacres
16:00 Bargain-Loving Brits in the Sun
17:00 5 News at 5
18:00 Love Nature
18:05 Susan Calman's Grand Day Out
19:00 Police Interceptors
20:00 Motorway Cops: Catching Britain's Speeders
21:00 Missed Call
Gripping drama. When
22:00 Police 999: Night Shift
23:05 Traffic Cops
00:05 Police Interceptors
A white van makes a break for it after ploughing into a parked car and the driver of a stolen car is brought to a

Entertainment

Sky Max HD

11:00 The Simpsons
12:00 Whale With Steve Backshall
13:00 Hawaii Five-0

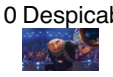
14:00 NCIS: Los Angeles
15:00 S.W.A.T.
16:00 Police 24/7
17:00 The Simpsons

18:00 The Office (US)

19:00 The Simpsons
20:00 UFO

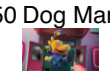
21:00 Andor
22:00 New: Rooster
22:40 Saturday Night Live UK
23:55 Grimm


Sky Family

11:10 Despicable Me 4

13:00 Paddington 2

When everyone's favourite marmalade-loving bear is framed, the Brown family must fight to clear his
15:00 The Hobbit: An Unexpected Journey

18:00 Lemony Snicket's A Series Of...

19:50 Dog Man

21:25 Paddington 2

23:15 The Hobbit: An Unexpected Journey


Sky Documentaries

11:05 The Eighties

12:00 Man On Wire

14:00 I Am Joe Frazier

15:45 My Icon: Duke McKenzie

16:00 John Sturges: The Directors
17:00 Discovering: Sir John Mills

17:55 Spector
18:55 The Yogurt Shop Murders
20:00 Murder In The Valleys
22:00 Tina


U&Dave

11:00 Rick Stein's Road to Mexico
12:00 Border Force America's Gatekeepers
Officers find a suspicious compartment within the trailer of a truck returning to
14:00 Speed with Guy Martin
15:00 Top Gear
17:00 Hairy Bikers Everyday Gourmets
18:00 Rick Stein's Road to Mexico
19:00 Would I Lie To You?
19:40 Richard Osman's House of Games
21:00 Have I Got A Bit More News For You?
22:00 Frankie Boyle's New World Order
22:40 QI XL
23:40 Mock the Week
00:20 Would I Lie To You?

DMAX

11:00 Deadliest Catch
12:00 Cooper's Treasure
13:00 Expedition Unknown
15:00 Alaska: Homestead Rescue
17:00 Outback Opal Hunters
19:00 Deadliest Catch
21:00 Crikey! It's the Irwins
22:00 The Zoo
23:00 Aussie Gold Hunters
00:00 Naked And Afraid

HGTV

11:00 The Big Bang Theory
14:00 Mike & Molly
Molly needs to adjust her spending habits on shoes if she wants to maintain
15:30 Young Sheldon
17:00 The Big Bang Theory
21:00 Mock The Week
22:00 Zero Stars
23:00 Dr. Pimple Popper

RTÉ One

11:35 Father Brown
12:30 The Complaints Bureau
13:00 RTÉ News: One O'Clock
13:30 Home and Away
14:00 Shortland Street
14:30 Fair City
15:30 Today
17:40 Nuacht RTÉ
17:55 RTÉ News with Signing
18:01 RTÉ News: Six One
19:00 Nationwide
19:30 EastEnders
20:00 10 Things To Know About
20:30 Scannal!
21:00 RTÉ News: Nine O'Clock
21:35 Forever Young
22:35 Trackers: The People v The Banks
23:40 The Late Late Show

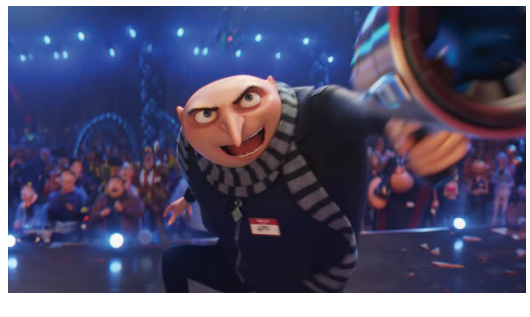
Sport

Sky Sports Mix

12:30 ICC T20 WC Highlights
13:00 IPL 2026 Highlights
14:00 PL Greatest Games:ManU v
14:15 PL Greatest









Alicante Airport Easter boom with 4,200 flights

Alicante-Elche Miguel Hernández Airport is through one of its first big tests of the season, and after a bumper Easter the numbers already suggest a very busy summer ahead.

Alicante-Elche Miguel Hernández Airport flew through its first big tests of the season, just as work on its new VIP lounge began to add another layer of interest to the terminal. With Holy Week at an end, the figures show that airlines scheduled 4,275 flights to the provincial airport between Friday 27th March and Monday 6th April, a rise of 5.79% compared with the same period last year.

Over the 11-day holiday period, the airport handled more than 350 flights a day. That is below the average daily figure seen in July 2025, which was the airport's busiest month, but it still shows just how intense activity was over Easter. The busiest day of Holy Week was Saturday 4th April, with 436 flights planned. That was followed by Thursday 2nd April with 401, Sunday 5th April with 398 and Monday 6th April 6 396. The quietest day was Friday 27th March, although even then 350 flights were scheduled.

The Easter period is always watched closely because it offers a useful preview of how the rest of the summer might look. At this stage, the overall growth forecast for the full season is still unknown, but several airlines have already revealed their plans. Ryanair, which accounts for around 40% of airport activity, has announced an 11% increase in seats between the end of March and the end of October, with 89 routes on its schedule. EasyJet expects a 3% rise, while Vueling has said it will offer up to 18% more tickets.

Earlier estimates compiled by the Costa Blanca Tourist Board suggest the summer could bring a 9% rise in tickets compared with the same period in 2025. Those forecasts point to up to 16 million seats being made available on 230 routes linking Alicante with 32 different countries. They also suggest stronger activity with the United Kingdom and Germany, plus new or returning connections to markets in the east and North Africa, including a new route to Armenia and the return of flights to Casablanca.

For Alicante Airport, Holy Week is not just about Easter travellers. It is also a sign that the main summer season is already beginning to take shape.



Time Out names Spanish retreat best in Europe

Europe's all-inclusive resorts continue to captivate travellers in 2026, offering a combination of convenience, luxury, and activities that appeal to everyone from families to solo adventurers. Fixed prices, abundant dining options, and on-site facilities make these resorts a popular choice for those looking to relax without the stress of planning every detail.

On Time Out's 2026 ranking of Europe's best all-inclusive stays highlights resorts in Greece, Spain, Portugal, and Türkey, with one property emerging as the clear standout: Ikos Andalusia.

Located on 21 acres just outside Marbella, Ikos Andalusia offers 425 rooms and easy access to the tranquil Alborean Sea. Guests are less than a kilometre from Guadalmansa Beach, one of the Costa del Sol's most picturesque stretches of sand. The resort combines beachside relaxation with a range of activities, including yoga and aerobics classes, walking tours, canoeing, and cycling.

Culinary offerings are a major highlight. The resort features menus crafted by Michelin-starred chefs, alongside eight stylish bars serving drinks and snacks throughout the day. Beyond dining, the resort boasts nine pools and a dusky sand beach, providing plenty of space for swimming, sunbathing, and outdoor activities.

The resort's combination of premium amenities and diverse recreational options has helped it claim the top spot on Time Out's list. Guests can enjoy everything from spa treatments to organized sports and wellness sessions, making it suitable for both active vacations and those seeking rest and rejuvenation.

Costa Cruises joins the growing list of Alicante offerings

Alicante is rapidly building a reputation as a serious cruise departure point and this year looks set to be the most significant yet. Costa Cruises is preparing to launch its first embarkation and disembarkation services from the port on April 15, marking the start of a trial run that will alternate with Valencia and run right through until September.

The ship making the journey is the Costa Pacifica, a 190-metre vessel built in 2009 with capacity for 3,780 passengers and a crew of 1,110. It's one of the larger ships in the Costa fleet, with 521 balcony cabins, nine pools and whirlpools, six restaurants and eleven bars on board.

The eight-day Mediterranean itineraries will include stops in Rome, La Spezia, Savona, Marseille and Palma, with further scheduled calls in Alicante on June 3, 10 and 17 and again on September 16.

A transfer service between Alicante and Valencia will be included for passengers depending on which port their sailing departs from, and the setup is expected to encourage travellers to arrive early and spend a night or two in the city before boarding.

The trial is being watched closely. If the results stack up, Costa could establish Alicante as a regular home port in future years, which would be a huge boost for the local tourism economy.

In addition to Costa, MSC Cruises, which has been using Alicante as a home port since 2022, returns this year with 15 sailings aboard the MSC Opera starting on May 10, carrying up to 2,679 passengers per voyage. Several other MSC ships including the MSC Virtuosa and MSC Magnifica will also make transit stops between April and December.

British cruise line Fred Olsen is also joining the mix, with a departure planned from dock 14 on October 8 aboard the Balmoral, a smaller and more intimate ship carrying 1,250 passengers.

It'll be the line's first departure from Alicante and another indicator that the port is increasingly on the radar of cruise operators looking for alternatives to the busier Mediterranean hubs.



WORLDWIDE HORIZONS





NCL CRUISE
Barcelona to Lisbon
Palma, Valencia, Motril,
Gibraltar, Seville, Portimao,
Lisbon Balcony Cabin,
All Inclusive
Incl. 2 nights Lisbon
& flight to Alicante
From 1948€ pp
Dep 1st June 2026



VIRGIN VALIENT LADY
Barcelona to Palma,
Valencia, Cannes, Ibiza
Overnight & Barcelona
Full Board,
Interior Cabin
From 870€ pp
Dep 14th June



ROYAL CARIBBEAN
Barcelona to Palma,
Provence, La Spezia,
Rome, Naples
& Barcelona
From 999€ pp
Dep 7th June 2026



CELEBRITY CRUISES
Direct flight Alicante
4 nights B&B Athens
Cruise All Inclusive
Exterior Cabin, 7 nights to
Santorini, Rhodes,
Ephesus, Mykonos,
Thessaloniki & Athens
From 2199€ pp
Dep 11th June 2026



SHARM EL SHEIK
Direct flight Madrid
Transfer & 7 nights
4* All Inclusive
Barceló Tiran Sharm
From 975€ pp
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Wetherspoons to open two new pubs in Spain

British pub chain Wetherspoons is expanding further into mainland Europe, announcing plans to open two new airport locations in Spain following the early success of its first continental site.

The company confirmed that both new pubs will be located at Barcelona-El Prat Airport, one of Spain's busiest travel hubs. The first venue is scheduled to open in Terminal 1 by September 2026, with a second site in Terminal 2 expected to follow in January 2027.

Both locations will be situated airside, meaning they will only be accessible to passengers who have passed through airport security. Combined, the two venues are expected to accommodate nearly 600 customers, significantly increasing the brand's footprint in Spain's airport hospitality sector.

The expansion comes shortly after Wetherspoons launched its first mainland European pub at Alicante Airport in early 2026. The venue, named Castell de Santa Barbara, marked the company's debut outside the UK and Ireland and has reportedly proven popular with international travellers, particularly British tourists passing through the region.

While specific details about the Barcelona locations, including their names and final designs, have not yet been released, the pubs are expected to follow a similar format to the Alicante site. This includes a menu combining traditional British dishes with a selection of Spanish options, catering to a broad mix of passengers.

Operating hours for the new venues are expected to run from early morning through late evening, with doors opening as early as 5 a.m. daily. Like their UK counterparts, the pubs are also anticipated to serve a range of alcoholic beverages, including real ale. Pricing has not been officially confirmed, though drink costs are expected to align with those at the Alicante location, where beer prices are positioned competitively for an airport setting.

The move signals a broader European growth strategy for Wetherspoons, with airports identified as a key focus for future openings. High passenger volumes and steady foot traffic make transport hubs an attractive environment for the brand, which has traditionally thrived in busy, high-turnover locations.

Spain has already shown demand for British-style pub experiences, with venues such as 100 Montaditos often compared to Wetherspoons due to their low-cost food and drink offerings. Other imitators, including independently branded pubs inspired by the chain, have also emerged in tourist-heavy areas.

Back in the UK, Wetherspoons continues to expand domestically, including new openings at holiday destinations such as Haven parks. However, the company's latest moves suggest that international travel hubs may play an increasingly central role in its future growth plans.

San Miguel takes sunshine to the UK

San Miguel has been named the most popular mainstream beer brand in Britain, according to the most recent data from YouGov and Google Trends, which reported a 61% "favourability score" for the Spanish lager. The ranking placed San Miguel ahead of other leading brands, including Corona, Heineken, Stella Artois, Guinness, Peroni, Kronenbourg, Budweiser, and Birra Moretti.

The brand's latest campaign coincides with the start of British Summer Time, a period research from YouGov suggests it marks the unofficial start of summer for many UK residents. The survey found that half of the population views the clocks going forward as the beginning of summer, while six in ten said longer evenings improve their mood.

San Miguel's parent companies say the timing highlights the link between longer daylight hours and social activity. The research indicates that 57% of consumers are more likely to socialise outside the home during this period, including visits to pubs, bars, and restaurants.

AB InBev, the worlds largest brewer, has said the campaign is intended to reflect the energy and spontaneity of Spanish lifestyle, reinforcing the brand's modern premium positioning. Alongside the campaign, San Miguel is rolling out a new visual identity across Spain and key European markets, including the UK, drawing on the brand's warm Spanish heritage.

The refreshed marketing push aims to capitalise on seasonal social habits while maintaining the momentum that made San Miguel the UK's favourite mainstream beer, demonstrating the enduring appeal of the Spanish lager across British consumers.





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Study finds one drink is linked to lower risk than others

A large-scale study of UK adults suggests that the health risks linked to alcohol consumption may depend not only on how much people drink, but also on the type of beverage consumed.

The research, highlighted in a March 19 released by the American College of Cardiology, analysed data from more than 340,000 participants tracked between 2006 and 2022. The findings are scheduled for presentation at the organization's Annual Scientific Session held from March 28 to 30.

Using data from the UK Biobank, researchers examined self-reported drinking habits and grouped participants into four categories based on their level of alcohol consumption. Intake was standardized across beverage types, with a typical serving — such as a 12-ounce beer, a 5-ounce glass of wine or a 1.5-ounce serving of spirits — containing roughly 14 grams of pure alcohol.

The study found notable differences in mortality risk depending on the type of alcohol consumed. Moderate wine consumption was associated with a 21% lower risk of death from cardiovascular disease compared with people who drank rarely or not at all. By contrast, even low levels of beer, cider or spirits consumption were linked to a 9% higher risk of cardiovascular-related death compared with the same baseline group.

Researchers also identified increased risks tied to higher levels of alcohol intake overall. Individuals classified as heavy drinkers were 24% more likely to die from any cause, 36% more likely to die from cancer, and 14% more likely to die from cardiovascular disease.

Differences between beverage types were evident even at lower consumption levels. Beer, cider and spirits were consistently associated with higher mortality risks, while comparable levels of wine intake were linked to lower risk. These patterns suggest that alcohol-related health outcomes may vary more than previously understood when beverage type is taken into account.

Despite the findings, researchers emphasized that the study was observational, meaning it can identify associations but cannot establish cause-and-effect relationships. Health experts caution that such results should be interpreted carefully, particularly given the influence of lifestyle, diet and other factors that may differ among drinkers.

The study contributes to ongoing research into alcohol and health, indicating that risk is shaped by both the amount consumed and broader behavioural context, rather than representing a simple all-or-nothing relationship.



Spain's nightlife evolves



Spain is considering changes to its nightlife and dining regulations that could affect closing times for bars and restaurants, as the government seeks to balance the country's vibrant social culture with residents' needs.

The proposed updates are part of broader reforms in the hospitality sector, including efforts to reduce the national working week to 37.5 hours. Under the new measures, bars and restaurants could be required to close by 1 a.m., with penalties of up to €600,000 for establishments that fail to comply.

Discussions about the reforms are ongoing, with authorities exploring ways to align operating hours with modern dining and late-night social habits. Bars in Spain often serve multiple roles, functioning not only as casual tapas spots but also as small restaurants and essential social centres. Adjusting closing times would impact how these establishments operate, particularly in popular dining and nightlife hubs.

The proposals reflect a broader effort to modernise regulations in the hospitality industry while addressing public concerns about noise, safety, and work-life balance. If implemented, the changes could mark a significant shift in how Spaniards experience late-night dining and socializing.

Two stunning shows at Hotel Algorfa

Get ready for a lively night of music and entertainment this Saturday 11th April, as two standout tribute performances take the stage for an unforgettable evening.

Fans of Robbie Williams can expect plenty of laughs alongside the hits, with a comedy-infused tribute act that captures the cheeky charisma and stage presence that made him a household name. From witty banter to energetic renditions of classic songs, this performance promises to be as entertaining as it is nostalgic.

Sharing the spotlight is a dazzling tribute to Madonna, celebrating the Queen of Pop's legendary career. Expect iconic looks, powerful vocals, and all the timeless hits that defined generations. With high-energy choreography and striking visuals, this act brings Madonna's unmistakable style and attitude to life on stage.

Taking place at 8:30 pm, this special event offers free entry, making it the perfect opportunity to gather friends, enjoy great music, and experience two world-class tribute acts in one fantastic night.

Whether you're there for the humor, the nostalgia, or simply a great night out, this is a show not to be missed

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French Fish Pie

In this indulgent and decadent fish pie, the fish pieces are poached in a creamy dill béchamel sauce with leek and fennel, then topped with buttery mashed potato and baked until crispy.

Ingredients
- 500 g white fish fillets, skinless, ~2cm / 0.8" thick, cut into 5cm / 2" x 3cm / 1.2" pieces (any firm white fish, like cod, halibut or snapper)
- 1/2 tsp cooking salt

Fish pie sauce
- 1 tbsp extra virgin olive oil
- 30 g unsalted butter
- 1 brown / yellow onion, diced 0.6cm
- 0.5 fennel (stalks cut off), diced 0.6cm
- 1 leek, (white and pale green parts only), halved lengthwise, then cut into 2cm / 0.8" pieces
- 3 garlic cloves, finely minced
- 75 g plain flour / all-purpose flour
- 125 ml dry white wine, any type
- 375 ml HOT milk, full fat preferred
- 250 ml HOT thickened cream
- 1 tbsp fresh dill, finely chopped (substitute with parsley or 1/2 tbsp tarragon)
- 3/4 tsp cooking salt
- 1/4 tsp black pepper

Mash potato topping
- 1kg / 2lbs starchy potatoes, peeled, cut into large chunks 5cm / 2" x 4cm / 1.6"
- 30 g unsalted butter, cold, small cubes
- 80 ml hot milk, full fat preferred, but works with light milk too
- 3/4 tsp cooking salt / kosher salt, half for table salt
- 1/8 tsp ground white pepper
- olive oil spray (optional)

Instructions
First place potatoes in a large saucepan, cover with cold water. Bring to a boil, then simmer 25 minutes until very soft. You can start making the sauce while the potatoes are cooking.
Preheat oven to 200°C / 390°F (180°C fan). Place a baking tray lined with foil at the bottom of your oven to catch any bubbling filling that may leak during baking.
Season fish – Pat fish pieces dry with paper towels and sprinkle all sides with salt. Set aside.
Sauté vegetables – Heat oil and butter in a 26cm / 10" cast-iron skillet over medium-high heat. Add onion, fennel, leek and garlic. Cook 5 minutes until softened and light golden. Stirring regularly.
Make sauce – Add flour, stir for 30 seconds. Pour in white wine. It will simmer rapidly at first, then mix it in, it will look pasty. Slowly pour in the HOT milk and cream while stirring. Add salt and pepper. Bring to a simmer, cook 1 minute until thickened. The sauce should be quite thick, fully coating the back of the spoon then gently run down it. Set aside.
Finish filling – Stir in dill. Add the fish pieces to the sauce, gently nestling them in so they're mostly submerged. Then, using a spatula, carefully stir and move them around just enough to coat them in the sauce. Smooth the surface.
Potato topping – Prepare mashed potato as below, then pipe mounds of mashed potato swirls on the surface. My swirls have a 4.5cm base (1.6"), about 4cm tall (1.4"), then fill gaps with small swirls/blobs. Make sure to use all the mash! Spray lightly with olive oil.
Bake – Bake 35 minutes, rotating halfway, until golden on top. If it's not golden enough, place it under the grill for a few minutes.
Serve – Rest for 10 minutes before serving to cool slightly and let the sauce thicken a bit more.

Mashed Potato:
Finish mash – Drain well. Pass through a potato ricer or return to the pot and mash well with a potato masher. Do not use a stick blender, it will overwork the starch, turning the mash gluey instead of fluffy. Add butter, salt and white pepper, stir until combined then add hot milk. Stir until smooth. It should be creamy but not loose (so it holds its shape when piped). Piping bag – Transfer into a piping bag fitted with a star tip.



Chicken Skewers

These super tasty skewers are so heavily flavoured they're practically crusted with seasoning. Given we are in Spain they are great on the BBQ, but in April they are honestly just as good on the stove. Cook straight away, but if you've got the time, an overnight marinade will take the flavour to another level.

Ingredients
- 800 g boneless chicken thighs, cut into large 2.5cm / 1" squares
- 45 - 60 ml olive oil, for cooking

Chicken marinade:
- 1 1/2 tbsp garlic powder (or 2 garlic cloves finely grated)
- 1 tbsp onion powder (or more garlic powder)
- 1 tbsp paprika, regular/sweet (not spicy) or smoked
- 1 tsp mustard power (or 1 tsp Dijon or yellow mustard, not spicy)
- 1 tsp dried oregano (or thyme)
- 1/2 tsp curry powder is the 'secret ingredient'
- 1 1/4 tsp cooking salt
- 1/2 tsp black pepper
- 45 ml extra virgin olive oil
- 30 ml lemon juice or white wine/red wine vinegar, or similar

For serving – options
- Sauce options – Lemon Yoghurt Sauce, Hummus, Tzatziki, Avocado Sauce
- Flatbreads – pita / Lebanese breads or a simple homemade no-yeast flatbread
- Seasoned/flavoured rice – Garlic Butter Rice, Hot Buttered Corn Rice or Chicken

Seasoned Rice
- Shredded lettuce, tomato slices (2 – 3 whole), finely sliced red onion or a Greek Salad

Instructions
Marinade – Mix the Marinade ingredients in a bowl, it should be like a paste. Add chicken pieces and toss well to coat every piece well.
Marinate for 12 to 24 hours (even 3 hours helps) though they are still tasty cooked straight away.
Skewer – Thread the chicken pieces onto skewers. Make 10 to 12, with 3 to 4 pieces on each. You can skewer and then marinate.
Stove cook – Heat a large non-stick pan on medium high with enough oil to lightly coat the base. Cook the skewers in batches for 3 minutes on each side, controlling the heat as needed so the spices don't burn. Transfer onto a plate, loosely cover with foil to keep warm. Wipe black bits out of the pan using a paper towel, add more oil and continue cooking.
BBQ option – Brush the grills or flat plate lightly with oil. Heat on medium (or medium high, if your BBQ is not that strong). Cook skewers for 3 – 4 minutes on each side, adjusting the heat as needed so the spices don't burn.
Serve the skewers with flatbreads or pita pockets, shredded lettuce, tomato and onion slices with sauce of choice (see ingredients section for options). Or make plates with a side of seasoned rice (see options above), a fresh Greek Salad and sauce of choice.

Garlic Rice

Garlic Rice is the easiest, best tasting side dish to serve with anything. From roast chicken to chops, stir fries to fish, Middle Eastern or Mexican food. Even better, this buttery rice is so full of flavour you can eat it plain. Have some tonight and freeze some for later.

Ingredients
- 50 - 75g/ 4 - 5 tbsp unsalted butter, divided
- 5 garlic cloves, finely minced
- 400 g white rice (uncooked) – long grain, medium grain, short grain or basmati
- 750 ml chicken stock/broth, low sodium
- 0.75 tsp cooking or 1/2 tsp table salt
- 1 tbsp parsley, finely chopped, plus extra for garnish (optional)

Instructions
No need to rinse the rice. The rice will be fluffy because this recipe uses the right ratio: 1.5 cups liquid for every 1 cup of rice.
Sauté garlic – Melt half the butter in a large saucepan over medium high heat. Once foamy, add the garlic and cook for 30 seconds until it turns light golden.
Coat rice – Add the rice and stir for 30 seconds or until the grains turn translucent.
Simmer – Add stock and salt. Turn heat up to high, then once the water starts bubbling, put the lid on and immediately turn the stove down to low (or medium low, if your stove is weak/small).
Cook 15 minutes – Cook the rice for 15 minutes. No stirring and don't lift the lid.
Rest 10 minutes – Tilt the saucepan and have a quick peek to ensure all the water is absorbed. Then remove off the stove, with the lid still on, and rest for 10 minutes.
Fluff rice, then fluff through remaining butter until melted. Toss through parsley, then tumble into serving dish. Sprinkle with extra parsley then serve.





Give us this day...

Sourdough is having a moment... again. From Taylor Swift casually name-dropping her starter to endless waves of loaves popping up on TikTok, the tangy bread is reclaiming its spot in kitchens and cafes alike. Restaurants are embracing the trend, putting sourdough front and centre on menus, while wellness enthusiasts highlight its fermentation credentials for gut health. But is sourdough genuinely better for you than other breads, or is it simply more fun to bake?

At its core, sourdough is deceptively simple: flour, water, and salt. What sets it apart is the fermentation process. That bubbly jar of starter you may remember nurturing during the early days of the pandemic is what gives sourdough its characteristic tang, chewy texture, and natural rise—without commercial yeast. The starter—a mixture of flour and water left to capture wild yeast and lactic acid bacteria from the environment—powers this slow leavening process, which can take anywhere from 12 to 24 hours. The result: a crusty exterior, tender interior, and a loaf that, for some, is easier to digest than typical bread.

Nutritionally, sourdough isn't radically different from other breads made with the same flour. A 100g slice contains around 319 calories, slightly higher than white (238 calories), whole wheat (252 calories), or multigrain bread (265 calories). Protein content is a little higher at 13g, compared to 10.7g for white bread and 12.4g for whole wheat. Fibre content, however, is lower—3.1g versus 6–9g in other breads—while fat content remains modest at 2.14g.

Where sourdough shines is in the fermentation perks. The process produces probiotics—beneficial bacteria that support gut health—and prebiotics, which feed these microbes. It also lowers the glycemic index, helping prevent spikes in blood sugar. The slow fermentation partially breaks down gluten and starches, easing digestion for many, although it does not eliminate gluten entirely. People with IBS may find it gentler on the stomach, but anyone with celiac disease should avoid it, as gluten remains present and can trigger a reaction.

Not all sourdough is created equal. Many supermarket versions labelled "sourdough" are hybrids, relying heavily on commercial yeast with only a touch of starter. These shortcuts compromise the digestive and nutritional benefits. True sourdough, experts say, should list just flour, water, salt, and a starter—no baker's yeast included. Whole-grain flours and long fermentation (12–24 hours) yield the best flavour and health benefits.

In the end, sourdough isn't a miracle food—but it is a loaf worth celebrating. Its tangy taste, chewy texture, and subtle gut-friendly benefits make it a standout in the world of bread. For those willing to nurture a starter or hunt for a long-fermented whole-grain version, sourdough offers a little more than just carbohydrates: it delivers craftsmanship, flavour, and a nod to centuries of baking tradition—all while quietly supporting digestive wellness.

Sourdough vs. Other Breads: How Does It Stack Up?

Feature	Sourdough	White Bread	Whole Wheat Bread	Multigrain Bread
Calories (per 100g)	319	238	252	265
Protein	13 g	10.7 g	12.4 g	13.4 g
Fiber	3.1 g	9.2 g	6 g	7.4 g
Fat	2.14 g	2.1 g	3.5 g	4.23 g
Fermentation Benefits	✅ Probiotics & prebiotics	❌	❌	❌
Glycemic Index	Lower than typical breads	Higher	Moderate	Moderate
Digestibility	Easier for some due to long fermentation; gluten partially broken down	Standard	Standard	Standard
Gluten-Free?	❌ Not suitable for celiac	❌	❌	❌

Strength training made simple

The Rise of Minimal Equipment Training: Big Results, Less Gear
Gone are the days when building strength meant committing to a fully equipped gym. A growing shift in the fitness world is proving that you don't need rows of machines or heavy barbells to get stronger. Instead, minimal equipment training—built around dumbbells, kettlebells, and bodyweight—has emerged as one of the most effective and sustainable ways to train.

At the heart of this trend is a simple truth: the easier a workout is to access, the more likely people are to stick with it. Whether at home, in a park, or in a small studio, streamlined routines remove barriers like travel time, crowded gyms, and complicated programming. And consistency, more than anything else, is what drives results.
But convenience isn't the only advantage. Minimal equipment training encourages a return to fundamentals—movements that work with your body rather than isolating it. Exercises like goblet squats, push-ups, rows, and kettlebell swings engage multiple muscle groups at once, delivering efficient, full-body workouts in less time. For busy schedules, that efficiency is a game changer.

Why Simpler Can Be Smarter
Training without machines forces the body to stabilize itself through each movement. This builds not just strength, but coordination, balance, and control—qualities often referred to as "functional strength."
Instead of relying on fixed paths, your muscles, joints, and nervous system work together to guide each repetition.

This approach also reduces over-reliance on single muscle groups and promotes more natural movement patterns. Everyday actions—lifting groceries, climbing stairs, carrying luggage—become easier because your training mirrors real-life demands.
Research increasingly supports this style of training. Multi-joint, free-weight, and bodyweight exercises can build strength and muscle just as effectively as machine-based workouts when structured properly. In some cases, they may even offer greater carryover to real-world performance.

How to Build an Effective Routine
You don't need dozens of exercises to see progress. In fact, a focused routine built around key movement patterns is often more effective.
Aim to include 4–6 core movements in each session:

• Squat (e.g., goblet squat)
• Hinge (e.g., kettlebell deadlift or swing)
• Push (e.g., push-ups or dumbbell press)
• Pull (e.g., rows or pull-ups)
• Carry (e.g., farmer's carry)
• Core (e.g., planks or leg raises)

Perform 2–4 sets of 8–12 repetitions per exercise, training three to four times per week. This structure provides a balance of intensity and recovery while allowing for steady progress.

Progress Without More Equipment
One of the most common concerns is how to keep improving without constantly adding weight. Fortunately, progression doesn't rely on heavier equipment alone.

You can increase intensity by:
• Slowing down the lowering (eccentric) phase of each movement
• Reducing rest time between sets
• Increasing repetitions or total sets
• Adding pauses or holds during exercises
• Improving range of motion and control

Even small adjustments can significantly increase the challenge and effectiveness of a workout.

A More Sustainable Way to Train
Minimal equipment training isn't just a trend—it's a shift toward smarter, more sustainable fitness. By removing unnecessary complexity and focusing on fundamental movement, it makes strength training more approachable and adaptable to everyday life.

For beginners, it offers a less intimidating entry point. For experienced lifters, it's a way to refine technique and maintain consistency outside the gym. And for everyone in between, it proves that you don't need more equipment—you just need a better plan.
In the end, the appeal is simple: fewer excuses, more movement, and results that fit into real life.



Three simple changes to lower your health risks

Small, everyday changes to sleep, diet and physical activity may significantly reduce the risk of major cardiovascular diseases, according to new research that highlights the combined impact of lifestyle habits on heart health.

The study, led by researchers at the University of Sydney, examined how modest improvements across three key behaviours—sleep duration, physical activity and diet—work together to influence the likelihood of serious conditions such as heart attacks, strokes and heart failure. While each of these factors has previously been linked to cardiovascular health on its own, the new analysis focused on their combined effect.

Researchers analysed data from 53,242 adults with an average age of 63, tracking their health outcomes over an eight-year period. Information was collected using wearable devices to monitor sleep and physical activity, alongside questionnaires that assessed dietary habits. The study also accounted for a range of other variables that can influence heart health, including age, sex, smoking status and alcohol consumption.

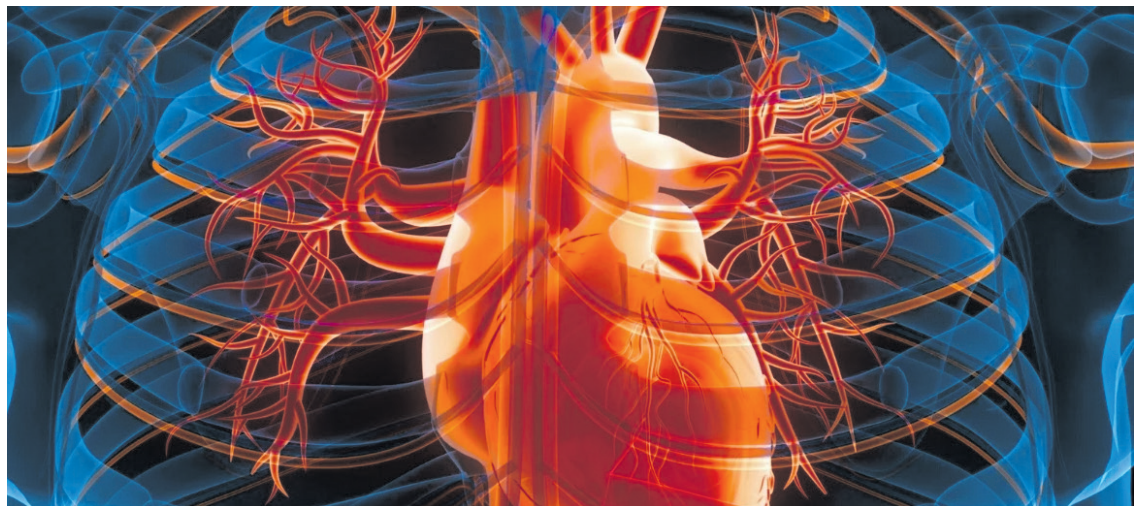
The findings suggest that even small adjustments can produce measurable benefits. Participants who increased their nightly sleep by an average of 11 minutes, added just 4.5 minutes of moderate-to-vigorous physical activity to their daily routine, and consumed an additional quarter cup of vegetables each day experienced a 10% reduction in the risk of major cardiovascular events over the study period.

These results point to a cumulative effect, where incremental improvements across multiple areas of lifestyle combine to lower overall risk. Although the study was observational and cannot establish direct cause-and-effect relationships, the associations reinforce existing evidence that healthier habits contribute to better cardiovascular outcomes.

The research also identified a more optimal combination of behaviours linked to substantially greater benefits. Individuals who consistently achieved between eight and nine hours of sleep per night, engaged in at least 42 minutes of moderate-to-vigorous physical activity daily, and maintained a higher-quality diet showed a 57% lower risk of major cardiovascular events compared with those with the least healthy lifestyle profiles.

Moderate-to-vigorous activity in the study included common daily movements such as brisk walking, climbing stairs or carrying groceries. Diet quality was assessed based on higher consumption of fruits, vegetables, fish and whole grains, along with lower intake of processed meats and sugary drinks.

The analysis highlights how these lifestyle factors are interconnected. Improvements in one area may support gains in another—for example, increased physical activity can contribute to better sleep, while improved diet may enhance energy levels and support exercise. By examining these behaviours together, researchers were able to better understand how they collectively influence disease risk.



The findings also point toward practical applications, including the potential development of digital tools designed to help individuals adopt and maintain healthier routines. Such tools could focus on manageable, incremental changes rather than drastic lifestyle overhauls, making them more accessible and sustainable for a wider population.

Cardiovascular diseases remain the leading cause of death globally, underscoring the importance of identifying effective prevention strategies. As research continues to explore the complex interactions between lifestyle and health outcomes, there is growing recognition that small, consistent improvements can play a meaningful role in reducing risk.

The study adds to a broader body of evidence suggesting that heart health is shaped by a combination of daily habits. Rather than relying solely on major interventions, the findings indicate that gradual, achievable changes—applied consistently over time—can contribute to long-term cardiovascular protection and may also encourage further positive lifestyle adjustments.

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Turn to page 38 for all puzzle results

Word Ladder — Easy (4 letters)

Change one letter at a time to turn the start word into the end word. Every step must be a valid word.

1	S A L T	START
2	- - - -	
3	- - - -	
4	- - - -	
5	- - - -	
6	P E A R	END

Word Ladder — Hard (6 letters)

Change one letter at a time to turn the start word into the end word. Every step must be a valid word.

1	W O N D E R	START
2	- - - - - -	
3	- - - - - -	
4	- - - - - -	
5	- - - - - -	
6	- - - - - -	
7	- - - - - -	
8	P O U N D S	END

WORD SEARCH

V	A	J	P	M	T	T	U	P	Z	B	X	I	G	U	O	U	C	K	P
F	V	S	Y	A	R	L	M	A	B	F	F	O	Q	I	H	V	L	Y	F
K	U	Y	X	E	U	P	I	P	D	I	N	N	A	H	Y	N	Q	F	Q
Q	T	O	T	S	A	J	X	Q	J	I	X	I	B	S	R	Q	P	I	A
N	H	X	E	T	O	Z	J	N	F	M	T	M	A	O	Q	J	C	G	B
C	R	Q	H	R	L	D	I	B	M	U	V	A	B	S	T	L	D	F	T
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8. TEACHER 9. MOVIE 10. WALLET 11. BUTTERFLIES 12. WINDSCREENS

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Three spectacular Spanish road trips to do by campervan

Campervan travel has been growing steadily across Europe for several years now and this time of year is one of the most popular times to take the plunge. You set your own schedule, you take your accommodation with you and you're not at the mercy of flight times, hotel availability or anyone else's itinerary. If you want to stay an extra night somewhere because it turns out to be wonderful, you just do.

It also makes financial sense more often than people expect. When you factor in flights, hotels, car hire and eating out for every meal, a campervan trip can work out surprisingly competitive, particularly for families or groups travelling together.

Spain is one of the best countries in Europe for this kind of travel, with an enormous variety of landscapes, coastlines and inland scenery all reachable within a few hours of each other.

Here are three routes that work particularly well for a three-to-five-day getaway.

Costa Brava and the Catalan Pyrenees

Starting from Barcelona, this route heads north up the coast towards the Costa Brava, taking in beautiful coastal towns like Tossa de Mar and Cadaqués before turning inland through the Empordà region and up into the Catalan Pyrenees.

Natural parks including Cap de Creus and Cadí-Moixeró offer dramatic scenery and plenty of walking trails, and the contrast between the turquoise coves of the coast and the mountain landscapes inland makes this one of the most varied routes in the country.

The White Villages of Andalucía

Málaga makes an ideal starting point for exploring one of Spain's most iconic landscapes. Heading inland, the route winds through the famous white villages of Andalucía, with stops in Ronda, Zahara de la Sierra and Grazalema among the highlights.

The combination of winding mountain roads, natural parks, local food and those brilliantly whitewashed villages make this route one that tends to leave a lasting impression. The drive back down to the coast in that final leg gives you the best of both worlds.

The Cantabrian Coast

For something completely different, the north of Spain offers possibly the most spectacular coastal scenery on the Iberian Peninsula. Setting off from Bilbao, the route follows the Basque coast before continuing into Cantabria and on towards Asturias.

Highlights include the extraordinary rocky island of San Juan de Gaztelugatxe, the medieval town of Santillana del Mar and the towering Picos de Europa mountains looming behind the coastline.

The north is greener, cooler and considerably less crowded than the Mediterranean coast, which for many people is reason enough to choose it.



AI traffic light system underway

The Ministry of Transport and Sustainable Mobility has started work on installing an artificial intelligence-based traffic light system at the Punta Prima roundabout on the N-332, at kilometre 52.8 in Alicante province. The project started on Monday 30 March and will involve partial traffic closures until the end of May to ensure safety.

The system will use machine learning and reinforcement learning techniques to monitor and manage traffic flows. Cameras and data collection devices will be installed at each access to the roundabout, alongside new traffic light posts. An AI-based control system will then adjust signal cycles automatically according to real-time traffic conditions.

The technology combines neural networks, large-scale data analysis and traditional traffic engineering methods to identify the most efficient solution for road users. The aim is to improve traffic flow and management at the busy junction while laying the groundwork for wider use of intelligent systems across the State road network.

The project has a budget of 409,370 euros, including VAT, and is funded through the European Union's Recovery, Transformation and Resilience Plan.

Eat to avoid traffic accidents

Spain's traffic authority is urging drivers to rethink a habit many barely notice: getting behind the wheel on an empty stomach. In new guidance, the Dirección General de Tráfico (DGT) has warned that skipping meals before driving—whether due to busy schedules, early departures or dietary routines like intermittent fasting—can impair concentration, slow reaction times and subtly increase the risk of accidents.

The message may come as a surprise to motorists more accustomed to warnings about speeding or mobile phone use. But officials say nutrition and hydration play a quiet yet important role in road safety, particularly during longer journeys or high-traffic periods.

According to the DGT, driving is as much a mental task as a physical one. It depends on sustained attention, quick decision-making and the ability to process rapidly changing situations. When drivers have not eaten, those abilities can be compromised—even if the effects are not immediately obvious.

Low energy levels caused by missing meals can lead to fatigue, irritability and reduced focus. These changes are often subtle, building gradually rather than appearing all at once. As a result, drivers may not recognize that their performance has declined until they are already less alert.

One of the key concerns is the effect of low blood sugar on the brain. Without sufficient fuel, cognitive processing slows down. In everyday situations this may go unnoticed, but behind the wheel, even a slight delay can matter.

Traffic conditions can shift in an instant—a car braking suddenly, a vehicle merging without warning or a pedestrian stepping into the road. In these moments, reaction time is critical. A delay of even a fraction of a second can reduce the margin for error and increase the likelihood of a collision.

"Drivers may still react," the guidance suggests, "but just a little later than they normally would." In high-speed or dense traffic situations, that small difference can be decisive.

The risks become more pronounced the longer a driver goes without eating. Some individuals may begin to feel light-headed or drowsy, while others experience a steady decline in concentration. Because the change is gradual, it can be difficult to detect in real time.

Dehydration can further compound the problem. Even mild fluid loss has been linked to increased fatigue and reduced alertness, particularly during extended periods of focus such as long-distance driving. Combined with hunger, it can leave drivers feeling far more tired than expected.

Part of the challenge, the DGT notes, is that driving on an empty stomach does not feel inherently dangerous. Skipping breakfast and heading out with a coffee is routine for many people, especially those trying to beat traffic or reach a destination early. For others, fasting is a deliberate lifestyle choice, making it even less likely to be associated with road safety risks.

Yet officials emphasise that these everyday habits can have real consequences. Unlike more visible dangers—such as excessive speed or distracted driving—the effects of hunger and dehydration are harder to spot, making them easier to overlook.

Rather than imposing strict rules, the DGT's advice focuses on balance and prevention. Drivers are encouraged to avoid extremes, including both heavy meals that can cause sluggishness and complete fasting that can drain energy.

A light meal or snack before setting off is considered sufficient. Foods that are easy to digest and provide steady energy are preferable to greasy or overly large portions that may induce drowsiness. Equally important is maintaining proper hydration, with water intake helping to sustain alertness over time.

For longer trips, regular breaks remain a cornerstone of safe driving. The DGT recommends stopping approximately every two hours, or every 200 kilometres, to rest, stretch, and refresh. These pauses also provide an opportunity to eat something small and rehydrate, helping drivers maintain focus for the remainder of their journey.

The guidance takes on added significance during peak travel periods, such as holidays, long weekends and summer road trips across Spain. During these times, drivers often set off early, delay meals and face heavier traffic conditions—all factors that can amplify fatigue.

Aries (21 Mar – 19 Apr)
Life
This week, Aries, your energy could light up a small city. Use it wisely! Consider channelling some of that enthusiasm into a creative project. Just remember, enthusiasm is contagious, so spread it around like glitter—responsibly.

Mind
This week, focus on balancing your high energy with some calming routines. Try taking short, mindful breaks throughout your day. A simple walk in nature or listening to your favourite music can refresh your spirits.

Heart
This week, Aries, embrace open conversations with your loved ones. A small gesture of kindness can strengthen your bond. Plan a fun activity that brings joy to both of you, allowing your relationship to flourish.

Taurus (20 Apr – 20 May)
Life
Taurus, slow and steady wins the race, but make sure you aren't racing a turtle. Take a moment to smell the roses, or at least water your plants. A little appreciation for the small things could bring unexpected joy.

Mind
Ground yourself with stability by sticking to a routine that comforts you. Cooking a homemade meal or organizing your space can provide a sense of accomplishment. Embrace the simple joys and let them recharge you.

Heart
Taurus, this is a great week to indulge in shared passions with your partner. Plan a cozy night in with your favourite movies or books. Remember, small acts of appreciation go a long way in reinforcing your connection.

Gemini (21 May – 20 Jun)
Life
Gemini, your chatty nature may lead to some delightful discoveries this week. Listen as much as you talk, and you might just learn something new. Try a new hobby or strike up a conversation with someone interesting.

Mind
Your curiosity is piqued this week, so channel it into a new hobby or learning experience. Set aside time for reading or exploring an interest online. Balancing your enthusiasm with structured rest will keep you motivated.

Heart
Gemini, communication is your key strength this week. Share your thoughts and listen attentively to your partner's needs. A surprise note or message could bring an unexpected smile, adding a spark to your relationship.

Cancer (21 Jun – 22 Jul)
Life
Cancer, your nurturing vibes are off the charts. This week, focus on self-care just as much as caring for others. Snuggle up with a good book or treat yourself to an afternoon of tranquility.

Mind
This is a good week to nurture your emotional well-being by connecting with loved ones. A heartfelt chat with a friend or family member can bring comfort. Create a cozy space at home where you can unwind and feel at peace.

Heart
Cancer, focus on nurturing your emotional connections. A heartfelt conversation can open new doors in your relationship. Consider spending quality time with your loved one, whether it's cooking together or a simple walk in nature.

Leo (23 Jul – 22 Aug)
Life
Leo, the stage is yours, but don't forget to share the spotlight. Teamwork could lead to a standing ovation. Practice a little humility this week, and you might just find yourself a new fan club.

Mind
Let your creative energy flow by engaging in a project that excites you. Whether it's art or writing, express yourself freely. Remember to balance your social time with moments of solitude to recharge your spirit.

Heart
Leo, your vibrant energy is contagious this week. Use it to plan an adventure with someone special. Expressing gratitude for the little things can make your relationships even more rewarding and joyful.

Virgo (23 Aug – 22 Sep)
Life
Virgo, put down the to-do list and embrace a bit of spontaneity. A surprise adventure could yield delightfully unexpected results. Remember, life is as much about the journey as it is about the destination.

Mind
Focus on organizing your surroundings to bring clarity and peace. Decluttering a small area or planning your week can boost your productivity. Make time for mindfulness practices that help calm your active mind.

Heart
Virgo, this week offers a chance to deepen your emotional ties. Be supportive and patient, as it will bring harmony and understanding. Try a new hobby together, something that encourages teamwork and fun.

Libra (23 Sep – 22 Oct)
Life
Libra, your diplomatic skills are in high demand. Balance will be key in navigating social events. Offer your unbiased opinion when asked, and watch how harmony follows you like a shadow.

Mind
Seek harmony by balancing your social activities with quiet reflection. Consider journaling your thoughts or taking a relaxing bath. Maintaining equilibrium in your routine will bring a sense of fulfillment.

Heart
Libra, balance is key in your relationships this week. Share your dreams and listen to your partner's aspirations, creating a joint vision for the future. A romantic gesture, like a handwritten letter, can strengthen your bond.

Scorpio (23 Oct – 21 Nov)
Life
Scorpio, mysteries might tug at your curiosity, but not all need solving right away. Take time to ponder before diving deep. A little patience could reveal the answers you seek in the least expected places.

Mind
Deepen your self-awareness this week by exploring meditation or gentle yoga. These practices can help you centre your thoughts. Connecting with nature, even by tending to a small plant, can ground and refresh your energies.

Heart
Scorpio, your passion is at a peak this week. Channel it into meaningful interactions with your partner. A spontaneous date night or thoughtful surprise can reignite the excitement and bring you closer together.

Sagittarius (22 Nov – 21 Dec)
Life
Sagittarius, your sense of adventure is calling! Plan a weekend getaway or explore a new part of your city. Just remember, the journey itself can be just as rewarding as the destination.

Mind
Your adventurous spirit will thrive with a new simple challenge, like learning a few phrases in a new language. Keep your mind active, but also allow time for rest. A short, leisurely trip nearby could reignite your joy.

Heart
Sagittarius, adventure beckons, and it's best shared with someone you love. Plan an outing or explore a new place together. Embrace the laughter and light-hearted moments, as they will enhance your connection.

Capricorn (22 Dec – 19 Jan)
Life
Capricorn, your practical nature is an asset, but don't forget to dream a little. Let your imagination take the reins this week. Consider brainstorming new ideas or tackling a home project.

Mind
Patience and persistence are your allies this week. Set realistic goals and take slow, steady steps towards them. In your downtime, enjoy a hobby that lets you unwind and appreciate your achievements.

Heart
Capricorn, your relationships benefit from your steady and reliable nature this week. Show appreciation through actions rather than words. A small, thoughtful gift or act of service can convey your love more than you realize.

Aquarius (20 Jan – 18 Feb)
Life
Aquarius, your innovative ideas could spark some intriguing discussions this week. Embrace your uniqueness and share your visions. Don't be afraid to sprinkle a little creativity in your daily routine.

Mind
Let innovation guide you by brainstorming fresh ideas at work or home. Engage in a creative project that allows your uniqueness to shine. Balance this with moments of serenity by disconnecting from screens for a while.

Heart
Aquarius, creativity in your relationships flourishes this week. Suggest an artistic project or dive into a shared passion. Let your unique way of expressing love shine, bringing a fresh and exciting dynamic to your connections.

Pisces (19 Feb – 20 Mar)
Life
Pisces, your empathetic heart is your superpower, but remember to protect your energy. Set healthy boundaries and find joy in quiet moments. A good movie night could provide the perfect escape.

Mind
Nurture your artistic side by immersing yourself in creative expression, such as painting or playing an instrument. Balance this with peaceful activities like reading poetry or listening to calming music to soothe your soul.

Heart
Pisces, this week is about emotional harmony. Be open with your feelings and listen to your partner's emotional needs. Plan a peaceful evening together, perhaps stargazing or a quiet dinner, to enhance the tranquility in your relationship.



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Compensation deal signed for church sexual abuse victims

Spain moved closer on Monday to establishing a new system to compensate victims of sexual abuse within the Catholic Church, marking a significant moment in the country's long and contentious reckoning with clerical abuse.

Officials from the Spanish government and the Catholic hierarchy formalized an agreement that outlines how victims can seek reparations in cases where alleged perpetrators are deceased or where crimes can no longer be prosecuted due to the passage of time. The deal reflects months of negotiation between state authorities and church leaders, as well as mounting pressure from survivors demanding accountability.

At the centre of the agreement is a mechanism that gives the country's ombudsman the decisive role in determining compensation. Earlier this year, Spain's bishops accepted that the ombudsman would have the final say—an unusual concession for the Catholic Church, which has often managed such processes internally in other countries.

Archbishop Luis Argüello, who leads Spain's Episcopal Conference, confirmed that the system will come into force on 15th April. He emphasized that the framework avoids setting fixed compensation amounts, instead prioritising a more flexible and individualized approach.

"This process is not about predefined figures," Argüello said, noting that expert teams will now begin developing the criteria and procedures needed to assess claims.

Justice Minister Félix Bolaños echoed that position, explaining that each case will be evaluated on its own merits. Factors such as the severity of abuse, the age of the victim at the time, and whether the abuse was repeated will all play a role in determining compensation. He stressed that fairness requires moving beyond one-size-fits-all payments.

The agreement stands out internationally because of the Spanish state's direct involvement. In many other Western European countries, compensation schemes have been administered either solely by the church or by independent bodies. In Spain, however, the government will act as a central intermediary, giving public authorities an unprecedented level of oversight.

The move comes as Spain continues to confront decades of abuse allegations and institutional cover-ups. Investigative reporting, particularly by the newspaper El País, helped bring the issue into the national spotlight and prompted political action.

In 2023, the national ombudsman delivered an extensive report to parliament documenting hundreds of confirmed cases and suggesting that the true number of victims could reach into the hundreds of thousands. Church officials disputed that estimate, citing their own inquiry, which identified hundreds of abusers since the mid-20th century and noted that a majority are now deceased.

Under the new system, victims will first submit claims to the Justice Ministry, which will forward them to the ombudsman for review. The ombudsman will then recommend compensation, which a church-appointed body will assess. If disagreements arise, a joint committee including representatives from the church, the ombudsman's office, and victims' groups will attempt to resolve them. Should that fail, the ombudsman's decision will prevail.

Bolaños described the arrangement as a groundbreaking model in which "the state has the final say and the church pays," signalling a new balance of power in addressing one of Spain's most sensitive and enduring scandals.

Spanish airspace off limits to war planes

Spain has escalated its opposition to U.S. and Israeli military operations in the ongoing Iran conflict by closing its airspace to American aircraft involved in the war, a move that underscores growing tensions between Madrid and Washington.

The announcement, made by Defence Minister Margarita Robles, extends an earlier decision by Spain's government to deny the United States access to jointly operated military bases on Spanish soil. According to Robles, the restriction on airspace follows the same principle: Spain will not facilitate any activity with what it considers an unlawful conflict.

"This was made perfectly clear to the American military from the very beginning," Robles said, emphasising that neither Spanish bases nor its airspace would be authorized for operations tied to the war. She described the conflict as "profoundly illegal and profoundly unjust."

Prime Minister Pedro Sánchez has been one of Europe's most outspoken critics of the war, repeatedly condemning the actions of the United States, Israel, and Iran. He has urged all parties to de-escalate, warning that retaliatory actions risk spiralling into broader catastrophe. "You cannot respond to one illegality with another," Sánchez said earlier this month, "because that's how humanity's great disasters begin."

The decision to block both airspace and military bases marks a significant diplomatic step. Spain had already refused U.S. access to the Rota and Morón bases in southern Spain—facilities that have long been central to American military logistics in Europe and North Africa. The additional restriction on overflights further complicates U.S. operational planning in the region.

The move has drawn a sharp response from U.S. President Donald Trump, who has threatened trade retaliation against Spain. Tensions between the two governments were already strained following earlier disputes over defence spending within NATO. Washington had previously pressured Madrid to increase its military budget in line with alliance targets, while Spain argued it could meet its commitments with lower spending levels.

Spain's stance also reflects a broader pattern in Sánchez's foreign policy. His government has been a vocal critic of Israel's military campaign in Gaza, drawing repeated rebukes from Israeli officials and positioning Spain as one of the most critical voices within the European Union on Middle East conflicts.

While rare, Spain's decision is not without precedent among NATO allies. The alliance itself declined to comment on the development, directing inquiries back to national governments. Historically, allies have occasionally refused U.S. military access in controversial operations. During the 1986 United States bombing of Libya, both France and Italy denied U.S. aircraft permission to use their airspace. Similarly, in the lead-up to the 2003 Iraq War, Turkey refused to allow American troops to launch an invasion from its territory, though it permitted overflights.

Even countries that opposed U.S. actions have sometimes drawn a distinction between political disagreement and military cooperation. At the time of the Iraq War debate, France—despite strong public opposition—still allowed U.S. and British aircraft to cross its airspace, citing longstanding alliance practices.

Spain's latest move, however, signals a departure from that approach, placing it among the most assertive European critics of the Iran war and raising fresh questions about unity within NATO at a time of heightened global instability.

Three members of a family arrested for a shooting

A man of 47 years was shot in the neck in Alicante and three people from the same family have been arrested as alleged perpetrators of the crimes of attempted murder, illegal possession of weapons and crimes against public health.

The events happened in the neighbourhood of Virgen del Carmen after a dispute between relatives of the same family. According to the information provided, those arrested are two men aged 24 and 45 and a 45-year-old woman, all of them members of the same family unit: father, mother and son. The victim is the brother of the woman who was arrested.

The investigation suggests that the three detainees are responsible for the shooting of the injured man, who sustained at least one gunshot wound to the neck. The cause of the argument that preceded the shooting is currently unknown.

During the course of the investigation, officers seized two handguns, various ammunition and 310 grams of cocaine.

The three detainees have already been brought before the duty magistrate of Alicante. Following his court appearance, it was decreed that provisional imprisonment would be given to the 24-year-old male, who is allegedly responsible for the shooting.

Prosecutors seek 55 years for alleged cash machine gang

Prosecutors have requested combined prison sentences of 55 years for eight defendants accused of belonging to a criminal organisation that stole cash machines across eastern and southern Spain.

The group allegedly used stolen crane lorries to rip cash machines from bank branches in provinces including Alicante, Murcia, Almería, Valencia, Tarragona and Barcelona. Prosecutors say more than 341,000 euros was taken in nine robberies between April and November 2024, two of which were attempted. Material damage is estimated at more than 334,000 euros.

Investigators from the Guardia Civil's Central Operational Unit led Operation Plumajero, arresting suspects in November 2024. All were initially remanded in custody, but they are now on provisional release. The two alleged ringleaders were said to be based in Playa de San Juan and Los Montesinos.

The prosecution is seeking sentences ranging from six to eleven years, depending on each defendant's role, and is calling for compensation to cover the stolen money and damage caused. The trial is scheduled to take place in Cartagena, unless a plea agreement is reached beforehand.



San Miguel GS at Saurines de la Torre

If we hadn't known better, we would have thought the wind was an April Fool's joke. Honestly, standing on that first tee in the blazing sunshine with the wind whipping around our whatnots! Well, it wasn't a joke, so the earlier groups battled against the gusts for the first few holes. Then, it was glorious, layers were shed quickly and better golf set in (for some… read on). We were only here a few weeks ago and the course was, again, in good condition.
The greens at Saurines are not for the faint hearted; undulating and tricky. What should have "sat" didn't and "rolled off". Still a bit sandy but the greenkeepers are working hard to keep the course in good shape. Peter Turbefield thought it was a swimming competition and decided to take a dip on the first….
Thirty-seven golfers, 32 members and 5 guests contributed to some good scores (and one or two just didn't contribute much at all!). There were a couple of single and double Match-plays being played without the general competition also.

The main scores today were as follows:

Gold: Richard McCann (40 pts and best score of the day)
Silver: Alan Bryce (39 pts)
Bronze: Mike Seymour (36 pts)
Singles Matchplay: Dave Rowe vs. Guy Wade Palmer (Dave Rowe win); Rita East vs. Peter Turbefield (Rita East win)
Doubles Matchplay: The McCann Clan vs. Barry Roehrig & Steve Fleet (McCann win); Phil de Lacy & Robin Eastman vs. Dave Friedman & Alan Bryce (de Lacy/Eastman win)
Ner a two was had today so the "Twos Pot" will rollover until next week. Nearest the Pins were Bill Hogg (2nd), Sten Rønsen (6th), Peter Turbefield (10th) and Alan Bryce (14th). Bill Crighton won the football card with Celtic and the "McBride Bottle" was received by Sandra "OD" Dibble who doesn't do middle ground, just wins or loses…. (she'll enjoy it with her steak tonight with a score which would made her legally eligible!). Two best guests this week were Bill Hogg (37 pts) and Andrew Drinkwell (32 pts). Well-done to everyone.

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Winners pictured (L to R) Alan Bryce (Silver), Mick Pryke (Captain), Richard McCann (Gold), Bill Hogg (Best Guest), Mike Seymour (Bronze), Andrew Drinkwell (Best Guest) and taking prime position, front and centre – Sandra "OD" Dibble (McBride Bottle).

'It's a Fair Cop Trophy' for Sheerin's



It was a fantastic day for our new sponsor Keith and Barbara James for the It' A Fair Cop Trophy. Twenty-five players took part and the format was full handicap Stableford playing in two groups with an overall winner.

On arrival at Altorreal, we received the usual friendly greeting from Antonio and his team with everything ready and waiting, the course was in better condition than the previous week. Weather on the day was blue skies and a temperature of 23 degrees with some players starting to wear shorts.

We had three players recording 38 points, one player from group A and two from group B so it came down to count back for the overall winner who eventually came from group B and it was Paul Jones with 38 points runner up was "Sat Nav" Steve Day also on 38 points and third place was "Flying Scotsman" Andy Ramage with 37 points.

Group A winner was Gary Hill with 38 points, runner up was Ray Hamilton with 36 points and third place went to "Twelve trees" Steve Ayre with 35 points. There were six nearest the pins, group A, hole 2 no winner, hole 9 Gary Hill and hole 13 guest George O'Sullivan, group B hole 6 "The Mighty Quinn" Kevin Quinn, hole 12 no winner and hole 17 Paul Jones.

Best front 9 went to our sponsor Keith James with 19 points and best back 9 G went to guest George O'Sullivan with 21 points, the two's pot on hole 8 was not won so will be carried over to the next game with a pot of €30.

Thank you to Keith and Barbara James for providing all the prizes, also thank you to Kellie, Katie and staff at Sheerin's for the great hospitality.

The football card was won with Hull by John Fairbrass winning €40 and raising €40 for our charities 2026.

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Photo shows Keith James presenting the It's A Fair Cop Trophy to winner Paul Jones.

Cyclist Jaume Guardeño in the UCI after colliding with a car while training

The Alicante cyclist James Guardeno, one of the great promises of the Spanish peloton, remains hospitalised in the UCI at Tauli Hospital with serious injuries after suffering a collision with a car while training.

Following the impact, the rider, who lives in Caldes de Montbui was evacuated by helicopter to the Barcelona hospital. His condition required his immediate admission to intensive care, where his condition remains under observation, reflecting the severity of the injuries sustained in the accident.

According to sources close to the cyclist, the accident occurred when Guardeño rode over a rock in the road during his training session. The obstacle caused him to lose his balance and veer off course, colliding with a car that was driving the wrong way down the road. The greatest impact was concentrated on the cyclist's head, causing him a severe blow, resulting in a traumatic brain injury.

This type of injury requires extreme caution and maintaining a continuous surveillance. Therefore, his admission to the ICU is due to the need to permanently monitor his neurological status and react quickly to any change. Progress in the first hours and days is usually a determining factor in assessing the final extent of the damage.

The team Caja Rural RGA, Guardeño's team, released a statement expressing their support and encouragement to the rider during this difficult time and wishing him a speedy recovery. These messages reflect the team's concern for one of their most promising cyclists and the emotional impact such an accident has on the group.
Guardeño, just 23 years old, had just completed one of the outstanding performances in the last Volta a Catalunya and in the latest edition of the Back to Spain, in which he came fourteenth in the final overall classification and was the second best Spanish rider. These results had established him as a promising rider and a future prospect for national cycling.

Looking ahead to this season, the cyclist was expected to be part of the team in its historic participation in the Caja Rural RGA at the Tour de France. His accident causes uncertainty regarding his presence in the French Grand Tour and forces a rethinking of the team's sporting plan, which relied on his contribution in the demanding mountain stages. The team is awaiting news on how his health evolves in the coming days.

Real Madrid Foundation and Las Colinas Golf renew partnership

The Real Madrid Foundation, Las Colinas Golf & Country Club and the Callosa de Segura Town Council have renewed their collaboration to continue supporting the socio-sporting school for people with disabilities.

The ceremony took place at the Las Colinas Golf & Country Club Clubhouse and began with a welcome address from Javier Rodríguez, Head of Operations at Las Colinas Golf & Country Club.

He said: "For Las Colinas Golf & Country Club, this school represents a way of understanding our commitment to society: a genuine investment in inclusion and the creation of opportunities through sport."

The agreement was then signed by Ricardo Gallego, ambassador of the Real Madrid Foundation; José Ginés Pelegrín Sánchez, Councillor for Sports at Callosa de Segura Town Council; and Javier Rodríguez, representing Las Colinas Golf & Country Club.

José Ginés Pelegrín stated: "It is a pleasure for us to continue this collaboration. Seeing the children play and interact demonstrates the enormously positive impact it has on their development. For the Town Council, this is a valuable project, and that is why we want to keep supporting it and moving towards a more caring society."

Ricardo Gallego added: "This school shows that sport is an effective tool for improving autonomy, self-esteem and inclusion, and for opening new opportunities in life." Javier Rodríguez added that "the collaboration with the Real Madrid Foundation and Callosa de Segura Town Council proves that, when we work together, we are capable of generating a positive, sustainable and measurable impact on society."

The Callosa de Segura inclusive school, launched in 2023 with the support of Las Colinas Golf & Country Club and the use of facilities provided by the Town Council, has become the go-to adapted leisure and sporting activity in the area. The project, which this year serves around thirty participants, has seen growing demand, making it possible to expand the programme and create an additional group to accommodate more families. Beyond sports training, the initiative has fostered a family and community support network, becoming a stable space for sharing experiences.

The school uses sport as a vehicle to develop personal autonomy, self-esteem, teamwork, motivation, and healthy habits. Through adapted training sessions and tailored activities, participants build essential skills to improve their quality of life and increase their independence.

Following the institutional ceremony, the delegations visited the Callosa de Segura school, where they were welcomed by the participants and took part in a communal session that included a group photograph and the presentation of gifts.



Clocks changed but energy savings remain minimal

Spain has officially moved into summertime after clocks went forward in the early hours of Sunday 29th March, but the long-standing justification for the change is increasingly being called into question.

In the early hours, clocks jumped from 2.00am to 3.00am, meaning the day was just 23 hours long. In the Canary Islands, the change took place at 1.00am, moving straight to 2.00am. The shift, which takes place every spring, is designed to make better use of longer daylight hours as the seasons change.

The idea behind daylight saving time has always been simple: use natural light more efficiently and reduce energy consumption. But in reality, the savings appear to be far smaller than many expect. Estimates from the Institute for Energy Diversification and Saving (IDAE) once suggested households could cut lighting costs by around 5%, or roughly €6 a year. However, more recent assessments paint a different picture. The government now describes these savings as "marginal", largely due to modern energy-efficient appliances and widespread use of LED lighting.

The Spanish Consumers and Users Organization (OCU) goes even further, suggesting savings amount to just €0.30 per hour in the home. As one summary puts it, "the most frequently repeated idea is that the time change has a positive impact, but it doesn't have as much as our planet needs."

There are also trade-offs to consider. While lighting costs may fall slightly, this can be offset by increased use of air conditioning during the hotter summer months, particularly in June, July and August.

Despite ongoing debate, Spain continues to follow the twice-yearly clock change, a system that has been in place across Europe for decades. The practice itself dates back even further, first introduced in 1918 as a wartime energy-saving measure.

Spain's current time zone has its own historical roots. In 1940, the country shifted its clocks forward to align with Germany, a decision that remains in place today. This means Spain is still one hour ahead of countries like Portugal and the United Kingdom, despite sharing a similar geographical position.

Although the European Parliament proposed ending seasonal clock changes in 2018, no agreement has yet been reached among member states on whether to keep summer or winter time permanently.

For now, the clocks will continue to change twice a year. But with limited financial savings and growing questions around health and wellbeing, the debate looks set to continue long after this weekend's lost hour of sleep.



PUZZLE SOLUTIONS

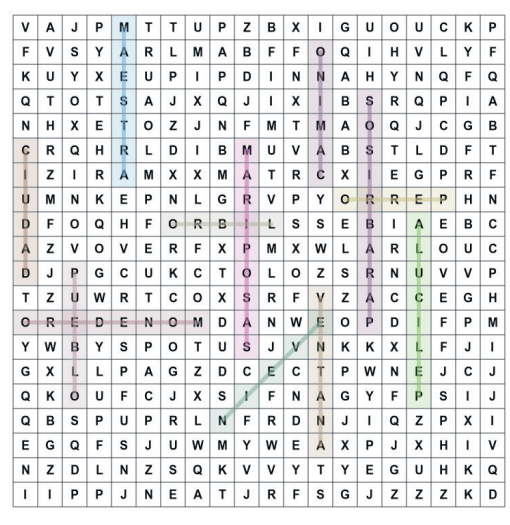
Word Ladder — Easy Solution

1	SALT	START
2	SALS	
3	PALS	
4	PELS	
5	PEAS	
6	PEAR	END

Word Ladder — Hard Solution

1	WONDER	START
2	SONDER	
3	SONDES	
4	SONNES	
5	SOWNES	
6	SOWNDS	
7	SOUNDS	
8	POUNDS	END

7	3	5	8	9	4	6	2	1
2	9	1	7	3	6	5	4	8
8	4	6	1	5	2	9	3	7
1	6	7	4	8	9	2	5	3
3	8	2	5	6	1	4	7	9
9	5	4	3	2	7	1	8	6
6	2	8	9	4	3	7	1	5
4	7	3	6	1	5	8	9	2
5	1	9	2	7	8	3	6	4



Spain turns to Algeria to keep the gas flowing

Spain has struck a deal with Algeria to increase natural gas exports through the Medgaz pipeline as the government moves to protect the country's energy supply against the ongoing disruption caused by the conflict in the Middle East.

Foreign Minister José Manuel Albares confirmed the agreement after travelling to Algiers, where he met with Algerian President Abdelmadjid Tebboune and two of his ministers.

According to Albares, the two countries have agreed to deepen their energy relationship and increase the volume of gas exported to Spain, although the finer details are still being worked out.

The pipeline has the capacity to deliver an additional 500 million to 1 billion cubic metres on top of the 30 to 35 billion cubic metres Spain already imports from Algeria annually, making it by far Spain's biggest gas supplier.

The closure of the Strait of Hormuz as a result of the conflict has sent shockwaves through global energy markets and Spain is clearly keen to shore up alternative supply routes before things get any worse. Algeria's neighbour Italy, which also has energy ties to the country, made a similar move this week.
Spain and Algeria also agreed to look beyond gas, with discussions around potential cooperation on solar and green hydrogen also on the table.

It's worth noting though that while the Spanish government has moved to cut VAT on fuel and electricity to help households cope with rising costs, gas hasn't received the same treatment. In fact, the price of a butane cylinder, which many people across Spain rely on for heating and cooking, went up by 0.7% last week, bringing the new price to €15.58.



Spanish woman left paralysed after gang rape dies by euthanasia aged 25

A 25-year-old Spanish woman who was left paralysed following a horrific gang rape has died by euthanasia in Catalonia, bringing an end to a deeply painful journey that touched on some of the most difficult questions around personal autonomy, family conflict and the limits of the law.

Noelia Castillo died on Thursday 27th March after years of chronic physical pain and profound psychological suffering. Her life changed irreversibly in 2022 when, in the aftermath of a sexual assault, she attempted to take her own life. The attempt left her with a severe spinal cord injury and paralysed from the waist down.

She later described further suicide attempts during her time in psychiatric care, explaining in her only interview that she had always been certain about what she wanted.

"I was very clear about it from the beginning," she said.

Noelia formally requested euthanasia in April 2024 and it was approved three months later. What followed was a prolonged legal battle initiated by her father, who challenged the decision through multiple courts including the High Court of Justice of Catalonia, the Supreme Court, the Constitutional Court and ultimately the European Court of Human Rights.

Every appeal was dismissed, with the courts consistently ruling that Noelia had full capacity to make her own decision.

She described her father's opposition as a source of deep additional pain, recounting that he had accused her of being cold and heartless for pursuing her wish to die.

"My father started yelling at me, telling me I had no heart, that I was very cold, that I didn't feel or suffer," she recalled.

Despite everything, she said she held no grudge.

Noelia passed away in her own room, wearing her favourite clothes, on her own terms.

Spain legalised euthanasia in 2021 for those with serious and incurable conditions who are experiencing intolerable suffering, although cases like Noelia's continue to prompt difficult debate about how the law protects those in the most vulnerable situations.

Pilar Canine March is back

Dogs (and their humans) are invited on the fun walk to Las Higuericas beach as the Pilar de la Horadada's popular Canine March returns for a new edition on Sunday 19th April, and those at both ends of the lead are welcome.

The walk starts at 9.30am from the Puente del Beso, next to the Virgen del Pilar School, and follows the rambla all the way down to Las Higuericas beach before looping back to the dog park.

It's a scenic stretch of nature at its best, and with the perfect mix of dogs, owners and fresh air, it tends to be a pretty sociable and enjoyable morning out for all concerned.

The organisers have promised a few surprises waiting at the dog park on the return, so it's worth sticking around for those with the tiniest legs to finish.

To register, just send your name and your pet's name either by email to: sanidadanimal@pilardelahoradada.org or via WhatsApp on 639 911 670.



Torrevieja riders protest over alleged exploitation by delivery platforms

Dozens of delivery riders gathered in Torrevieja to protest against what they describe as labour exploitation by digital platforms, with particular criticism aimed at Glovo. The demonstration took place in Plaza de la Constitución outside the Town Hall, where participants displayed banners denouncing "false employment" and demanding fair treatment.

The riders, who deliver food and other goods through mobile apps, argue that the current model leaves many workers without basic employment rights. For years, platforms classified riders as self-employed, meaning they had to cover their own vehicle costs, fuel and social security contributions, without guaranteed minimum pay, paid holidays or protection from dismissal.

Spain's so-called Rider Law requires platforms to employ delivery workers as salaried staff. However, unions including Comisiones Obreras say some companies are still using arrangements that undermine the spirit of the legislation. The union backed Sunday's protest and has repeatedly warned about growing insecurity in the platform economy.

Organisers say the demonstration in Torrevieja forms part of a wider national and European movement. Riders are calling for transparent contracts, full accident and sickness cover, and greater professional recognition and stability within the rapidly expanding delivery sector.

Company selected for major revamp of Los Locos Beach

Pavasal has emerged as the leading bidder to carry out the improvement works at Los Locos Beach in Torrevieja, after the opening of financial offers by the municipal contracting committee. Eleven companies submitted bids for the project.
The company offered €8,592,352, representing a 14.65% reduction on the original tender price. The committee is expected to propose Pavasal as the provisional contractor in the coming days, before requesting the final documentation required to award and sign the contract. The scheme will pedestrianise more than 1,100 metres of coastline, linking Avenida de la Purísima and Calle La Sal with Avenida Roentgen and connecting the area to the Punta Margalla promenade. Plans include wider pedestrian areas, improved beach access, new green spaces, tree planting, children's play areas, outdoor fitness zones and upgraded street furniture.

The total intervention will cover 21,044.75 square metres, with the aim of strengthening the connection between the city and the seafront while adapting the area to modern accessibility and urban design standards.



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