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**WWW.VELOSOLCYCLING.COM/FITNESS**

**HORARIO**  
**LUNES 08:00 - 21:30**  
**MARTES 08:00 - 21:30**  
**MIERCOLES 08:00 - 21:30**  
**JUEVES 08:00 - 21:30**  
**VIERNES 08:00 - 21:30**  
**SABADO 09:30 - 13:30**  
**DOMINGO CERRADO**

**USEFUL WEB SITES**

**GENERAL**  
 Ministerio de Sanidad: Ministry of health  
**www.msssi.gob.es**  
 Provincial Tesorería General de la Seguridad Social (TGSS) - Social security offices  
**www.seg-social.es**

**HEALTH CARE & EMERGENCIES**  
 Local Health Centre  
**administracion.gob.es/**

Doctors appointment  
**www.san.gva.es/citaprevia**  
 Farmacias de Guardia de Alicante - Emergency Pharmacies in the Alicante Region  
**www.costacomunicaciones.es/farmacias/**  
 Health Information  
**www.healthcareinspain.eu**

**SUPPORT**  
 Spanish Red Cross (in Spanish)  
**www.cruzroja.es**  
 Alcoholics Anonymous  
**www.aaspain.org**

Age Concern España  
**acespana.org**  
**SAMARITANS**  
**www.costablancasamaritans.com**  
**TRANSPORT - TRAMS/TRAINS**  
**www.tramalicante.es • www.renfe.com**

**BUSES**  
**www.alsa.es • www.autocarescarrio.es**  
**CAR ITV - www.circuitv.com**  
**UK PASSPORTS - www.gov.uk/apply-renew-passport**  
 Order a copy of a birth, death or marriage certificate  
**www.gov.uk/order-copy-birth-death-marriage-certificate**

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**www.restaurante-pepe.es**  
**Restaurante La Solana**  
 Tel: 96 648 21 40 / 644 421 375  
**Restaurante Los Amigos**  
 Tel: 96 648 2270  
**Restaurante Castellvi**  
 Tel: 96 648 2481  
**Bar La Torre**  
 966 48 26 49  
**Bar Toni**  
 Tel: 806 197 352  
**Bar Porche**  
 Tel: 96 648 2123  
**Casa Pinet**  
 965 88 42 29

**BENIDOLEIG**  
**The El Cid Bar and Restaurant**  
**www.theelcid.com** 606 900 583  
**El Temple, Restaurante & Gastropizza** Tel: 96 640 4632

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**Everest View**  
 631220072 WhatsApp 605726835  
**Velosol Cycling Bar**  
 Tel: 642 036 187  
**Harina Cafeteria/Panaderia,**  
 Avinguda Rei Juan Carlos I,  
 59, Xaló  
**Panaderia Belga**  
 +0032 473 99 08 53  
**Tia Sara**  
 966 48 09 50  
**Dockers Hangout**  
 602 24 44 49  
**Restaurante Riurau**  
 96 648 0506  
**Bar Juan's**  
 600 351 211  
**Planeta Eco (Vegetarian)**  
 616 16 20 55  
**Casa Aleluya,**  
 96 648 0030  
**Casa Caty**  
 660 832 838  
**Bar Cafe Ole**  
 96 648 0012

**LIJUNA**  
**Liuna Llunera**  
 96 648 0840  
**Bistro Selene**  
 602 60 07 51  
**Boca Dushi**  
 654 70 33 69

**LLOSA DE CAMACHO**  
**Bar Emilio**  
**www.baremiio.com**  
 Tel: 96 648 2899

**PARCENT**  
**Restaurante Tramonti**  
 Tel: 96 640 5184  
**Restaurante La Piscina**  
 Tel: 96 640 5126  
**Bar L'estufa**  
 Tel: 96 640 5236  
**Restaurante El Paraiso**  
 617 337 012  
**Bar Casino**  
 Tel: 96 640 5009  
**Victoria Restaurant & Tavern (Bar Planet)**  
 Tel: 96 640 5398  
**Restaurant L'Era**  
 Tel: 96 640 5298  
**Co-operativa El Progrés**  
 Tel: 96 640 5315  
**Oscars Bar**  
 Tel: 96 640 5433  
**Coll de Rates Restaurant**  
 Tel: 96 644 5604

**ORBA**  
**Restaurante La Plaça,**  
 96 558 3380  
**www.restaurantelaplaça.com**  
**La Palmero**  
 679 97 64 30  
**Ca Pep** 96 558 3028  
**Les Arcades Restaurant**  
 679 343 924 / 96 508 8445  
**Bar/Cafe Citrus**  
 665 824 933  
**New India Gate**  
 96 558 4399 / 662 573 977  
**www.newindiagate.com**  
**Nou Portet**  
 96 507 2203 / 695 372 828  
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 686 427 901

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**info guide**

Don't forget to put your clock FORWARD on Sunday 31st March 2018, at 2:00am

Issue No.12  
 Jan-March 2019

Your essential guide to the **Jalon Valley**

JALON, ALCALALI, LLIBER, PARCENT, BENIGEMBLA & MURLA  
 This guide is FREE and full of important telephone numbers and maps to help you find shops, bars, restaurants, chemists, doctors or even where to park your car!

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We URGENTLY NEED people flying to HOLLAND/GERMANY to travel with our adopted dogs. Pam **676 53 44 86** or email **akirashelter@aol.com**

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**2** **RESTAURANT Bistro Selene**

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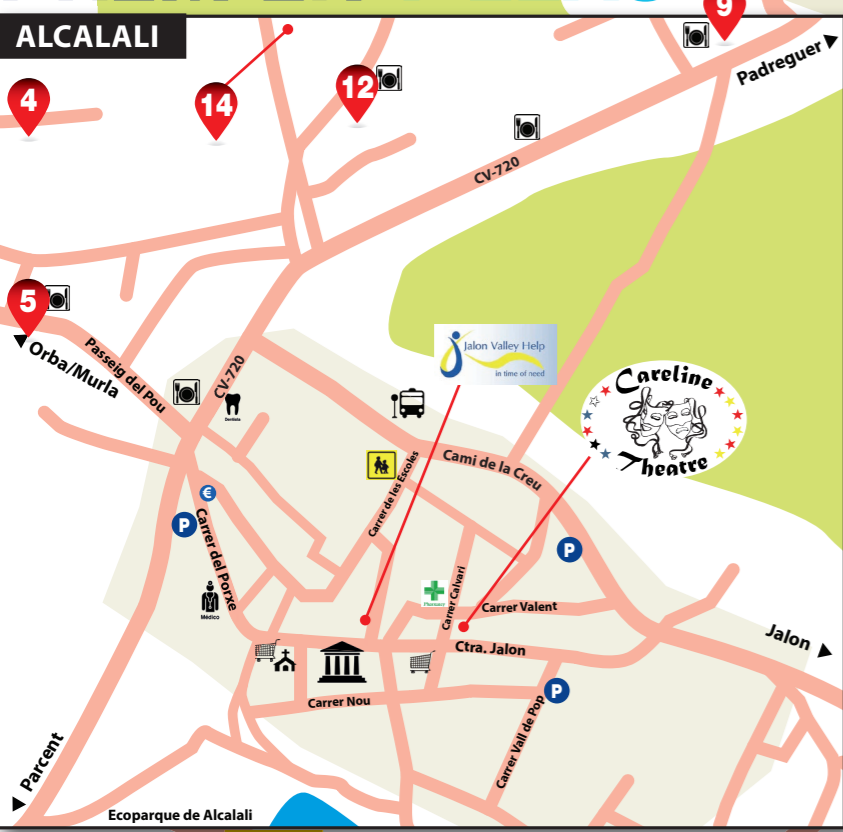
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<b>Ayuntamiento/Town Halls</b>	Alcalali 966 48 20 24	<b>Farmacia</b>	Alcalali 966 48 20 55
Benigembla 965 58 10 67	Benigembla 965 58 12 69	Benigembla 965 58 10 67	Jalon 966 48 04 36
Jalon 966 48 01 01	Jalon 966 48 04 36	Jalon 966 48 01 01	Lliber 966 48 04 36
Lliber 965 73 05 09	Murla 965 58 12 00	Lliber 965 73 05 09	Murla 965 58 12 00
Murla 965 58 10 01	Orba 96 558 33 86	Murla 965 58 10 01	Orba 96 558 33 86
Orba 96 558 30 01	Parcent 966 40 53 01	Orba 96 558 30 01	Parcent 966 40 53 01
Parcent 966 40 53 01		Parcent 966 40 53 01	
Tourist info Jalon 966 481 017		<b>Colegio Publico/Schools</b>	
<b>Policia Local/Local Police</b>	Alcalali 3-12 yrs 966 48 21 34	Alcalali 3-12 yrs 966 48 21 34	Jalon Infantil 3-5 yrs
Alcalali 966 48 20 24	Jalon 6-12 yrs 966 48 03 13	Alcalali 966 48 20 24	Jalon 6-12 yrs 966 48 04 67
Benigembla 965 58 10 67	Lliber 3-12 yrs 965 73 15 17	Benigembla 965 58 10 67	Lliber 3-12 yrs 965 73 15 17
Jalon 619 223 996	Parcent 3-12 yrs 96 640 50 08	Jalon 619 223 996	Parcent 3-12 yrs 96 640 50 08
Lliber 606 431 818		Lliber 606 431 818	
Murla 965 58 10 01		Murla 965 58 10 01	
Parcent 966 40 53 01		Parcent 966 40 53 01	
Guardia Civil 966 48 01 04 or 062		<b>Iberdrola</b>	900 225 235
<b>Guardia Civil Emergencies</b>	900 322 044 - in English	Guardia Civil 966 48 01 04 or 062	Repairs 902 10 22 10
965 73 07 22		<b>Agua/Water</b>	
<b>Emergencies 112</b>	Hidraqua 96 649 16 05	Hidraqua 96 649 16 05	Repairs 24 hours: 900 101 270
<b>Medico/Doctor/Health Centre</b>	Aquagest 696 44 09 07	Alcalali 966 48 22 96	SUMA Benissa 965 29 20 00
Alcalali 966 48 22 96	Pego 965 29 20 30	Benigembla 965 58 13 63	Gas (Repsol): 96 573 05 72
Jalon 966 48 05 43	Movistar 1004	Lliber 965 73 34 72	Taxi Parcent 677 216 639
Murla 965 58 11 71	Taxi Benissa 965 73 14 07	Parcent 966 40 53 19	Tren/Train station 96 526 27 31
Clinica Xaló 966 48 13 85	Aeropuerto Alicante 902 404 704	Hospital/ A & E Benissa 965 73 24 77	Aeropuerto Valencia 902 404 704
<b>Hospital/ A &amp; E Benissa</b>	Leña de Olivio (Wood) 630 105 990	Hospital/ A & E Orba 965 58 30 11	Oil (Heating) 965 58 30 34
Hospital/ A & E Denia 966 42 90 00	Emergency Vet Jalon 629 930 909	Cruz Roja/Red Cross 96 574 09 50	Llosa de Camacho 647 22 32 17
<b>Bombers/Fire Brigade</b>		965 781 185 or 085	

**Jalon Valley Help**  
 in time of need

**Jalon Valley ARC**  
 Charity Shop at:  
 Carrer Benissa, Jalon 03727  
 Dogs - Jayne: +34 649 31 02 85  
 Cats - Sally: +34 625 985 689  
 Español - Francés: +34 638 265 711

Jalón Charity Shop: 96 648 0944  
 Alcalalí Charity Shop: 96 648 2970  
[jalonvalleyhelp@gmail.com](mailto:jalonvalleyhelp@gmail.com)  
[facebook.com/jalonvalleyhelp](https://www.facebook.com/jalonvalleyhelp)

**PUBLIC HOLIDAYS - MARCH TO AUGUST 2019**

19 March 2019 (Tues)	St. Joseph's Day/Father's Day	Regional
19 April 2019 (Fri)	Good Friday	National
22 April 2019 (Mon)	Easter Monday	Regional
01 May 2019 (Wed)	Labour Day	National
24 June 2019 (Mon)	St John's Day	Regional
15 Aug 2019 (Thurs)	Assumption of Mary	National

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