

# MALLORCA

## SUMMER LIFE



### **Summer Calendar**

Concerts, cosmic moments, fiestas and island highlights

### **Eat like a Mallorcan**

Local dishes, traditions and the best places to eat

### **Our Mallorca Summer**

Favourite places, rituals and island secrets

**Mallorca  
Bulletin**

DID YOU KNOW?

Mallorca's hottest temperature so far this summer reached **42°C** during the July heatwave, with inland areas recording the island's highest temperatures.



# WHAT'S ON THIS SUMMER IN MALLORCA

## BELLVER CASTLE CONCERTS

● **JULY** brings a rich variety of musical styles, beginning with Francisco performing *Cançons de la Mediterrània* alongside the **Banda Municipal de Palma** on Friday, 17 July at 9pm. Opera lovers can enjoy Verdi's *Rigoletto* presented by **Ópera Garage** on Thursday, 23 July at 9.30pm, while the **Banda Municipal de Palma** returns on Friday, 24 July at 9pm with *Danses Frenétiques II*. Jazz takes centre stage on Tuesday, 28 July with **Geometrical Sardine** at 9pm, and the month concludes with **A Night of Zarzuela** at Bellver on Friday, 31 July at 9pm, featuring acclaimed tenor Josep Bros, soprano Maria Planas, baritone Pablo López, and the Banda Municipal de Palma.

● **AUGUST** programme begins on Thursday, 6 August at 9pm with the **Harlem Gospel Travellers** as part of the Palma Jazz Festival. The **3rd Dance Gala**, showcasing Mallorcan dancers, follows on Tuesday, 11 August at 9pm. On Thursday 13 August at 9pm, the **Pep Garau Sextet** performs as part of the Palma Jazz Festival, before **Sunny War and 2Mooncat** take to the stage on Friday, 14 August at 9.00 pm for the Sonsdenit series. Music continues on Tuesday, 18 August at 9pm with the **Marcel Cranc Ensemble** and the **Cor de Dones de la UIB**. The Palma Jazz Festival returns on Thursday, 20 August at 9pm with **Combo Betanga**, followed by María José Montiel and Miquel Estelrich in concert, presenting *De Puentes y Almas*, on Tuesday

25 August at 9 pm. On Thursday 27 August at 9pm, the **Maria Antonia Gili Quartet** continues the Palma Jazz Festival programme. The summer concert series concludes with two outstanding classical

performances: **Acadèmia1830** performs Beethoven's *Symphony No. 7* on Friday, 28 August at 9pm, followed by **Mahler Festival** presenting Gustav Mahler's *Symphony No. 1* on Saturday, 29 August at 9pm.



MUSIC

## British conductors in Mallorca

● Michael Francis is one of three British conductors for concerts in Mallorca this summer. Daniel Harding and Sir Mark Elder will be at the Pollensa Festival in August. Before their appearances, Michael Francis will be taking the baton for the last of the Balearic Symphony Orchestra's season of concerts at Bellver Castle. A one-time double bass player with the London Symphony Orchestra, his first performance as a conductor of a major

orchestra was in 2007. He has since moved to the US, where he is music director of The Florida Orchestra.

A British conductor, and appropriately so for a programme that will feature Edward Elgar's *Serenade for Strings*, Benjamin Britten's *Simple Symphony*, and Ralph Vaughan Williams' *Symphony No. 5*.

**Thursday, July 16; 9.30pm; Bellver Castle, Palma; 40 euros; simfonica-de-balears.com.**



## THE CORRS AT ES JARDI

● One of Ireland's most celebrated bands returns to Mallorca for a long-awaited concert at **Mallorca Live Venue**. More than two decades after their only previous appearance on the island, The Corrs will perform on **Saturday, 15 August**, bringing with them a catalogue of timeless hits that have defined pop music for more than 30 years. Made up of siblings Andrea, Sharon, Caroline and Jim Corr, the band rose to international fame with their 1995 debut album *Forgiven Not Forgotten*, blending pop-rock with Celtic folk influences.

and their trademark vocal harmonies. Their follow-up albums cemented their status as one of the most successful acts of the 1990s, producing worldwide hits including *Breathless*, *Runaway* and *So Young*. The current tour also celebrates the enduring legacy of *Talk On Corners* (1998), one of the UK's best-selling albums of the decade. Fans can expect an evening filled with much-loved classics as the Irish quartet makes its eagerly awaited return to Mallorca.

**Saturday, 15 August; Doors open 7pm; Show is at 10pm; Mallorca Live Showground. Camí Cala Figuera, 1, Magalluf. Tickets from 68.20 euros.**

MARKET

## Puerto Portals Sunset Market

● The Sunset Market returns to Puerto Portals this summer, bringing back one of Mallorca's favourite seasonal events. Celebrating its 13th edition, this year's market opens on **15 July** and takes place every **Wednesday and Thursday** until **13 August**, from **6pm to midnight**.

Spend a summer evening by the sea, browse the vibrant

market, admire spectacular Mediterranean sunsets, and enjoy the unique atmosphere of the waterfront. With over twenty carefully selected stalls showcasing fashion, jewellery, accessories, home décor, and handcrafted designs, there's something to discover around every corner.

Live music, entertainment for all ages, and the stylish setting of Puerto Portals make the Sunset Market the perfect destination for a relaxed summer evening with family and friends.





The most consumed foods in Mallorca during the summer are **trempó** (a fresh, raw chopped vegetable salad) and **tumbet** (a layered vegetable dish similar to ratatouille).

## Mallorca set for a spectacular total Solar Eclipse

On the evening of **Wednesday, August 12**, Mallorca will witness one of the rarest and most breathtaking sights in the natural world – a total solar eclipse. For just over 90 seconds, day will turn to dusk as the Moon completely covers the Sun, creating a spectacle that many astronomers describe as a once-in-a-lifetime experience.

Remarkably, the last total solar eclipse visible from Mallorca took place on **August, 30 1905**. More than 120 years have passed since the island last stood in the path of totality, meaning no one alive today is likely to have seen such an event here. While Mallorca has experienced partial eclipses since then, nothing compares to the dramatic darkness, the sudden drop in temperature and the appearance of the Sun's glowing corona that accompanies a total eclipse.

The eclipse will begin at around **7.38pm**, with totality expected at approximately **8.31pm, lasting around 1 minute and 36 seconds** before the partial phase continues until sunset. Because the Sun will be extremely low in the west-northwest sky, choosing the right location will make



all the difference.

The best viewing spots are those with an uninterrupted view of the western horizon.

The southwest and west coast of the island are expected to offer the finest vantage points, including **Andratx, Sant**

**Elm, Banyalbufar, Estellencs, Deya, Puerto Soiler and Pollensa.** Around Palma, elevated locations such as **Bellver Castle, the Dic de l'Oest and seafront promenades** with clear sea views should also provide excellent viewing, provided the horizon is free of buildings or trees. Astronomers recommend avoiding valleys or places where the Tramuntana mountains block the setting Sun.

Experts expect thousands of eclipse enthusiasts from across Europe to descend on Mallorca, attracted not only by the island's position in the path of totality but also by its historically good chance of clear August skies. Traffic around popular viewpoints is likely to be heavy, so arriving early is strongly advised.

Anyone planning to watch the eclipse should **use ISO 12312-2 certified eclipse glasses** throughout the partial phases. Ordinary sunglasses are not safe. Only during the brief period of totality, when the Sun is completely covered, is it safe to remove eclipse glasses and admire the solar corona with the naked eye before replacing them as sunlight returns.

For Mallorca, this will be far more than an astronomical event. It will be a piece of history returning to the island after more than a century—and one that many people may never have the opportunity to witness again.



**Juan Luis Guerra.**



**Hombres G.**

## Son Fusteret

Son Fusteret once again becomes one of Mallorca's leading live music venues this summer, with a programme spanning Latin music, Spanish pop, indie, electronic dance music and urban festivals.

● **JULY:** The season continues on Friday 10 July at 9.30 pm with Latin music icon **Juan Luis Guerra**, whose España Tour 2026 brings an evening of bachata, merengue and many of his greatest hits. **Hombres G** return on Saturday 25 July at 10pm with their *Los Mejores Años de Nuestra Vida* tour, performing the songs that have made them one of Spain's most enduring pop-rock bands.

● **AUGUST:** The August programme opens with **Danzú FSTVL 2026** on Saturday 1 August, followed by the **Fábula Music Festival** on

Saturday 8 August. Fans of classic reggaeton can enjoy **Reggaeton Viejo** on Saturday 15 August, while **Son Fusterock** takes over the venue on Friday 21 August, showcasing some of the best names in Spanish rock. The month concludes with the internationally renowned **EIrow** on Saturday 29 August, transforming Son Fusteret into one of Europe's biggest electronic dance music events.

● **SEPTEMBER:** The summer season continues into September with acclaimed Spanish singer-songwriter **Guitarricadelafuente** performing on Thursday 17 September, before **Danzú FSTVL 2026** returns for its closing event on Saturday 19 September. With its diverse programme of concerts and festivals, Son Fusteret remains one of Palma's premier open-air venues, attracting internationally renowned artists and thousands of music lovers throughout the summer.



**EIrow.**

## Port Adriano

The open-air Port Adriano Music 2026 series once again brings internationally renowned artists to one of Mallorca's most spectacular waterfront venues.

● **ARA MALIKIAN - JULY 31:** The programme begins on Friday 31 July, when celebrated violinist Ara Malikian takes to the stage. Renowned for his extraordinary virtuosity and charismatic performances, Malikian blends classical music with rock, flamenco, jazz and world music, creating an energetic and highly original live experience.

● **TONY HADLEY - AUGUST 1:** On Saturday 1 August, Tony Hadley, the unmistak-

able voice of Spandau Ballet, returns to Mallorca for an evening of classic hits and timeless favourites.

One of Britain's most iconic pop vocalists, Hadley will perform many of Spandau Ballet's best-loved songs alongside highlights from his solo career and tributes to legendary singers such as Frank Sinatra and Tony Bennett.

Concerts take place in the stunning setting of Port Adriano, with doors opening at 8.30pm and performances starting at 10pm. Tickets are available from €50 at [www.https://portadrianomusic.es/#tickets](https://portadrianomusic.es/#tickets)





Mallorca is home to many **spectacular superyachts** each summer, attracting owners and visitors from around the world to its stunning marinas, crystal-clear waters, and Mediterranean coastline.

BY ANDREW EDE

Demons raising a fiery hell, troupes of folk dancers, a local rock group belting out a number at the night party at 3am. Just some ingredients of Mallorca's summer fiestas, of which there are a great number, courtesy of the Virgin Mary and various saints and even without their blessings.

While the fiestas have much in common, there is also much that differentiates them, makes them more important than others and also qualifies them as being madder than others.

Marian devotion is such that there are three widely celebrated fiestas for the Virgin Mary, one of these being the **Mare de Déu del Carme**, Our Lady of Carmel. The **feast day is July 16**, this supposedly having been the day in 1251 when a Carmelite hermit from Kent, name of Simon Stock, had a vision of the Virgin Mary. For the Carmelites, Mary was their 'Stella Maris', Star of the Sea. She is the protector of those at sea, which is how she came to be the Spanish Navy's patron. These fiestas take place in Cala Bona, Cala Figuera, Cala Ratjada, Es Capdellà, Porto Cristo, Puerto Andratx, Sa Rapita and Puerto Pollensa, where the flotilla with the image of the Virgin Mary also has the image of Saint Peter, the patron of fishermen.

**Santa Praxedis** may be an obscure

## JULY FIESTAS - The Star of the Sea and the Triumphal Carriage



Festa de ses Clovelles (Almond Shells fiesta) in Petra.



Mare de Déu del Carme feast in Cala Bona. Below: The triumphal carriage with La Beata in Valldemossa..

saint, but she didn't used to be. Back in mediaeval times she was one of the most

important saints in Palma's religious calendar (the **date is July 21**). But nowadays only Petra has fiestas for Praxedis, and these fiestas include a so-called 'neo-fiesta', a fiesta within a fiesta of relatively recent origin. Known as the **Festa de ses Clovelles**, the Almond Shells Fiesta, it basically involves chucking around loads of almond shells and showering everyone with water.

**Sant Jaume** most certainly isn't obscure, as he is more generally known in Spain as Santiago, the national saint. The feast day is **July 25**. Alcudia, Algaida, Binissalem, Calvia, Manacor, Portocolom, Sa Pobla, Santanyi all celebrate Jaume.

In Valldemossa and Vilafranca, there are fiestas for **Catalina Thomàs**, who was Mallorca's only home-grown saint until Juniper Serra was canonised a few years ago. Valldemossa was her birthplace, and on **July 28** there is one of the most iconic of all the summer fiesta occasions - the procession of the **triumphal carriage with La Beata**, as she is known, but as a child. A six-year-old girl is accompanied by younger angels. Utterly charming.

Other July fiestas include Santa Margalida (July 20) in Sa Pobla, Santa Maria and Santa Margalida.



## Summer FIESTAS

July

**Mare de Déu del Carme (Our Lady of Carmel)** // July 16 // Cala Bona, Cala Figuera, Cala Ratjada, Es Capdellà, Porto Cristo, Puerto Andratx, Sa Rapita, Puerto Pollensa // Protector of those at sea; Spanish Navy's patron; includes a flotilla with the Virgin Mary and Saint Peter

**Santa Margalida** // July 20 // Sa Pobla, Santa Maria, Santa Margalida

**Santa Praxedis** // July 21 // Petra (only) // Includes the "Festa de ses Clovelles" (Almond Shells Fiesta) with almond shells and water



**Sant Jaume** // July 25 // Alcudia, Algaida, Binissalem, Calvia, Manacor, Portocolom, Sa Pobla, Santanyi

**Catalina Thomàs** // July 28 // Valldemossa, Vilafranca // Procession of the triumphal carriage with La Beata (Catalina Thomàs as a child)



**Abdon and Senen** // July 30 // Inca

Continues on page 6



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The **Mediterranean Sea** around Mallorca has already **reached nearly 27°C** this summer, making it perfect for swimming, snorkeling, paddleboarding, and cooling off on hot days.



The "Mucada" in Sineu.



Underwear race in Bunyola.



Sant Jaume fiestas in Santa Ponsa.

## August-September fiestas: Moors and Christians, the legendary Muc, underwear & the smashing of pots



**August 15** is regarded as the peak day of the summer, as the numbers of visitors tend to decrease over the second fortnight of the month. The fiestas for the **Mare de Déu d'Agost** are thus an absolute high point. A national holiday in Spain, the fiestas are for the Assumption of the Virgin Mary, the ascent to Heaven. Can Picafort is one place that goes big on these fiestas. On the fifteenth, there is the duck swim, which nowadays has plastic ducks as prizes rather than real ones, and a massive pyromusical fireworks display that can be seen and heard across the Bay of Alcudia.

In **Sineu**, there is a neo-fiesta. Known as the '**Mucada**', it is arguably the maddest of all fiesta events. Thousands descend on Sineu for a party which is based on a legendary bull-like demon who is meant to live on a nearby hill - the Muc or Much. Caimari, Cala d'Or, Campos, Puigpunyent and Sencelles also have fiestas for the Mare de Déu d'Agost.

Around mid-August, it becomes difficult to know which saint or representation of Mary is actually being celebrated. **August 16** is the day of **Sant Roc**, who is highly revered, especially in Porreres, for having got rid of the plague. Alaro, Cala Rajada and S'Alqueria Blanca are other places for Roc. Then there is **Sant Bartomeu**, Saint Bartholomew the Apostle (**August 24**). Until they were revived in Lloret, Montuiri was the only place in Mallorca to have maintained a tradition over the centuries - the 'rodelles' fire wheels. A demon runs up and

down while these devices spit fire. Capdepera, Consell, Ses Salines, Soller and Valldemossa also celebrate Bartholomew.

Right at the start of the month, **August 2** is the feast day for the **Mare de Déu dels Àngels**. Simply known in **Pollensa as La Patrona**, this is the day when the captain of Pollensa, Joan Mas, calls for the help of Our Lady of the Angels. "The pirates are here," bellows Joan. And then all hell breaks loose as the Christians of Pollensa confront the Moors led by Dragut for the annual re-enactment of events of 1550.

Other August fiestas include Sant Domingo (August 4, Lloret), Sant Feliu (August 1, Llubí), Sant Salvador (August 6, Arta), Sant Llorenç, including the Tears of Saint Lawrence, the Perseid meteor shower (August 10, Sant Llorenç, Selva), Santa Candida (August 13, Lluçmajor), Sant Agustí (August 28, Felanitx), Sant Joan (the death of John the Baptist) in Estellencs and Sant Joan (August 29).

The final of the big three Marian fiestas revolve around **September 8**, the **Virgin Mary's** birthday - Banyalbufar, Costitx, Fornalutx, Lloseta, Maria de la Salut. The latter of these villages/towns takes its name from what is the most common name for these fiestas. Mare de Déu de la Salut, literally the Mother of God of Health, comes from images of Mary being associated with the healing of epidemics and diseases. Palma's Basilica of Sant Miquel has such an image,

Mare de Déu de la Salut being one of the city's patrons. Celebrations for this patron have typically been very low-key. Last year they were not. There was a huge DJ party in the Parc de la Mar, as there will be again this year.

The most popular of September's fiestas are for **La Beata** and for a very important date in the history of Mallorca. If Valldemossa has La Beata as a child, then Santa Margalida has **Catalina Thomàs** as a woman. The highlight is the procession on the first Sunday of the month. Based on an old folk tale and rhyme, this involves the saint encountering the devil, who smashes pots in front of her. A great deal of **pot-smashing** goes on, as there is a whole gang of devils (or demons).

September 10, 1229 is when King James of Aragon and his forces disembarked in Santa Ponsa on what was to be the successful expedition to take Palma and Mallorca from the Muslims. The **fiestas of Rei en Jaume** therefore have a grand battle re-enactment in which the roles are reversed to those of Pollensa; the Christians are the invaders, the Moors are the defenders.

The summer draws to a close with the fiestas for **Sant Mateu (September 21)** in Bunyola. And the summer ends on a suitably daft note for a fiestas season that has more than its fair share of daftness. This is the Bunyola underwear race, which is less a race and more an excuse for only donning underwear.

### August

**Sant Feliu** // August 1 // Llubí

**Mare de Déu dels Àngels** // August 2 // Pollensa // Known as La Patrona. Includes a dramatic annual re-enactment of a 1550 battle against the Moors.

**Sant Domingo** // August 4 // Lloret

**Sant Salvador** // August 6 // Arta

**Sant Llorenç (including Tears of Saint Lawrence / Perseid meteor shower)** // August 10 // Sant Llorenç, Selva

**Santa Candida** // August 13 // Lluçmajor

**Mare de Déu d'Agost (Assumption of the Virgin Mary)** // August 15 // Can Picafort, Sineu, Caimari, Cala d'Or, Campos, Puigpunyent, Sencelles // National holiday in Spain. Can Picafort features a duck swim and a big pyromusical fireworks show. Sineu hosts the wild 'Mucada' fiesta based on a legendary demon.

**Sant Roc** // August 16 // Porreres, Alaro, Cala Rajada, S'Alqueria Blanca // Highly revered for having ended the plague.

**Sant Bartomeu (Saint Bartholomew the Apostle)** // August 24 // Lloret (revived tradition), Montuiri (historic 'rodelles' fire wheels), Capdepera, Consell, Ses Salines, Soller, Valldemossa // Fire wheels tradition involving a demon running with fire.



Sant

**Agustí** // August 28 // Felanitx

**Sant Joan (Death of John the Baptist)** // August 29 // Estellencs and other places celebrating Sant Joan

### September

**Virgin Mary's Birthday (Marian Fiesta)** // September 8 // Banyalbufar, Costitx, Fornalutx, Lloseta, Maria de la Salut

**La Beata (Catalina Thomàs as a woman)** // First Sunday of September // Santa Margalida // Involves a procession with a folk tale where the saint encounters devils smashing pots; lots of pot-smashing and demons

**Rei en Jaume (King James of Aragon's landing)** // September 10 // Santa Ponsa // Grand battle re-enactment where Christians are invaders and Moors defenders, commemorating the 1229 expedition to take Mallorca

**Sant Mateu** // September 21 // Bunyola // Summer closes with this fiesta

**Bunyola Underwear Race** // Around late September (end of summer) // Bunyola // A humorous event where participants wear only underwear; less of a race, more of a party

**Canamunt-Canavall Fiestas (Water Fight)** // Early September // Palma (Parc de la Mar) // Massive water fight

**Vilafranca Fiesta (Melon Fight and Pool)** // Early September // Vilafranca // Giant inflatable pool and melon throwing

**Vermar Fiestas (Grape Harvest)** // Late September (harvest time) // Binisalem // Grape harvest celebrations with a grape battle on the sports field



Mallorca's **summer sunsets** often light up the Serra de Tramuntana in deep orange and pink, making evenings just as magical as its beaches.

# WHAT DO WE DO IN THE **SUMMER**?



## BY ERICA LAY

My summer in Mallorca begins at an hour most normal people would describe as "the middle of the night."

By five (yep, AM), I'm clutching a turbo strength coffee, I've got my trail runners on, and my German Shepherd, Nala, is glaring at me because apparently I've taken far too long to get ready. By 5.15 we're heading into the Tramuntana mountains, because once the sun gets up, the only thing you'll be hiking is your electricity bill from running the air-con full noise.

People think Mallorca summers are all lazy days by the pool. They absolutely can be. But before that comes the annual game of "How much can I get done before it hits 35 degrees?" The answer, as it turns out, is surprisingly little.

The reward for our early starts, though, is spectacular. Sunrise over the mountains never gets old. The air is cool (well, compared to later on), the birds are living their best lives, the tourists are still asleep, and the goats are already judging your life choices. It's one of the few times on the island when everything feels wonderfully peaceful.

Back home, I become a part-time gardener and full-time negotiator with my vegetables. Every year I confidently plant tomatoes, convinced this will be the season they flourish. Every year the tomatoes remind me that they, too, have opinions. My cherry tomatoes are thriving. The larger ones have mostly chosen violence. Gardening has taught me patience, resilience, that courgettes will happily produce forty-seven flowers before committing to an actual vegetable, and that most plants just don't have what it takes to survive in the fast-paced environment that is my garden.

The hottest part of the day is reserved for work in my office which sadly does not have air-con, but it does have an industrial strength fan, and walls about three weeks thick to keep the heat out. My main job is superyacht crew recruitment – which thankfully gets very quiet over summer as all the yachts are fully crewed – so that



gives me a chance to breathe. Shame the temperature doesn't afford me the same luxury but that's why we have pools. Humble brag.

Summer also means visitors. Living in Mallorca is a wonderful way to discover just how many friends you've accumulated over the years. Apparently, my house has become a boutique hotel with excellent mountain views. Fortunately, I don't mind playing tour guide, although after a few days most visitors realise their perfect itinerary consists of "sit by the pool, read a book and Erica please stop making me get up at 5."

As evening arrives, the island comes back to life. Restaurants fill up, conversations drift across terraces and everyone collectively pretends it isn't still thirty degrees at ten o'clock at night.

The thing I love most about summer here, is how it forces you to slow down. Life starts earlier, finishes later and somehow becomes less about rushing from one thing to the next.

Mallorca has a funny way of reminding you that not everything needs to be done today. Unless it's a hike. Then you'd better be out of the door by five or you'll have Nala to answer to.

## BY VICKI MCLEOD

Summer in Mallorca is not so much a season as a full-body experience. It arrives loudly, brightly and with absolutely no concern for my plans, my hair, inbox or ability to function after 2pm.

People often imagine that living here means I spend the summer floating between superyachts, long lunches and sunset swims. And yes, those things do happen occasionally. But mostly, summer for me is a mixture of work, heat management, family logistics, stolen sea dips, late-night dinners and trying to remember where I left my sunglasses, again.

My summer usually begins with good intentions. I tell myself this will be the year I slow down. I will get up early, go for a swim, drink more water, plan my days sensibly and not try to do fourteen things before lunch. Then the island gets busy, clients need summer content, events start happening, visitors arrive, and suddenly my calm Mediterranean fantasy has turned into me answering WhatsApps in an overheating Kangoo in a car park.

But, I love the summer. I love the shift in rhythm: the cool early mornings be-

come precious. Early starts feel less like discipline and more like survival. There is a small time window when everything feels possible.

I love the food of summer too. Tomatoes with salt and olive oil, cold drinks that leave rings on the table, watermelon from the fridge, grilled meat, salads, and ice creams from Capri Ices in Port Andratx eaten too fast.

Some of my favourite summer memories are micro moments: driving home with salty skin, sitting outside after dark when the air finally cools, hearing cicadas in the afternoon, seeing the sea flash blue between buildings, or finding five minutes of peace under a tree. Summer also reminds me that relaxation does not have to be elaborate, it can be as simple as enjoying a breeze, taking a swim or sitting in the shade with a cold drink.

So what do I do in the summer? I work, I sweat, I complain about the heat, I forget to slow down, I try again, I swim when I can, I eat outside, I stay up too late, I look for shade, I make memories in between the chaos, and every year, despite everything, I fall in love with Mallorca all over again.

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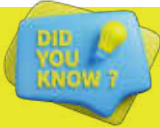
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The most consumed drink in Mallorca during summer is **beer**, especially the **caña**—a small draught beer universally ordered to beat the Mediterranean heat.



Sarah (left) and sister on summer holidays. On the beach (right). PHOTOS: SARAH FORGE

### BY SARAH FORGE

My personal memories of Mallorcan summers stretch way back. My grandfather's associate owned a small **casita** in Portals Nous, which they borrowed for holidays from the 1950s. By the time my sister and I arrived, our grandparents had invested in a permanent apartment there. This property quickly became our definitive retreat - and a nostalgic soupçon of vivid moments come to mind.

I distinctly recall the summer I learned to swim, triggering an obsession with the water. My dad and I would tie rock shoes to our trunks and swim out to the islet lurking off Portals, seaweed tickling my feet. We then graduated to circumnavigating the island and eventually swimming around the headland to the Hotel Bendinat. I was a determined young lady.

My diving skills were less competent. Dad taught me the basics by sneaking into the Hafria Hotel pool (now the Sallés Hotel Marina Portals). I later transferred these skills to the stone jetty at Cala Bendinat, where I misjudged the depth, dived headfirst into shallow water, and ended up stuck in the sand. The jetty has since crumbled, a good thing for future blundering divers.

Other more domestic dramas stand out. I remember our apartment lift shooting up and down with thick smoke billowing from the shaft - a common occurrence for a machine with a chaotic mind of its own. The mains water was also constantly cut off, so we would sneak back into the Hafria to rinse clean in their poolside showers. Then there was the time Grandpa lost his temper with the noisy neighbours. A ketchup fight on their side sent an army of ants marching onto our terrace.

Furious, he stormed round with a broom to read them the riot act, while my dad used a stepladder to reach over the wall and turn off their water cocks. We didn't hear a single tap run on their side for 24 hours - that taught them.

Health and travel mishaps were part of the charm. I once passed out from the intense heat at a bus stop, resulting in my dad carrying me back to bed - marking my first visit to Dr Stoma, a doctor I ironically still see today. On another holiday, I was repeatedly scolded for saying a blunt "what?" instead of "pardon?", only to discover back in the UK that I had a gross ear infection.

Transport was always an adventure. We once missed our bus connection from Andratx town and endured a gruelling five-kilometre walk in 30-degree heat—absolute madness in our flimsy jelly shoes. I also recall tackling the infamous 57 hairpin bends on the old road to Sóller, before the tunnel opened in 1997, watching tourist coaches hang precariously off cliff edges.

One day on Portals beach, a panicked Frenchman whose wife needed to flush sea urchin spines out of her foot asked my dad, "*Je peux emprunter le seau de ton fils?*". Luckily, my dad spoke fluent French. Luckily for my pride, I didn't. He'd asked for 'your son's bucket' - to be fair I did sport a terribly short Lego-style haircut back then.

Finally, I remember pocket money rituals, kept in a plastic tubular purse on a string. I spent my allowance on Chupa Chups, Pez tablet dispensers, and long strips of boiled sweets. Whatever money remained went on the spiral waterslide at Sporting Tennis Playa. I never went down that slide without firmly holding my nose and squeezing my eyes tightly shut. A waste of money really.

### BY JAMES KIDWELL

A perfect day in summer would need to include some time on and in the sea. I would head out early, before the sun is too strong, to Alcanada on the peninsula at the north end of the Bay of Alcudia. It's the best place I've found for SUP - Stand Up Paddle boarding, sheltered by the mountain range and a small island such that the water is usually flat.

As you paddle away from the houses, past the golf course, the coastline becomes rocky and steep with just the occasional tiny inlet. It is spectacular and somehow you appreciate it differently when bobbing along on the sea below. SUP is easy to learn on flat water although lately I've added a challenge by bringing my dog with me on the board. She has a tendency to get excited by the sight of sea birds and hasn't yet made the connection between her sudden movement and my ability to keep the board stable. However, she is unfazed by the odd dunking because her dog life jacket seems to inspire confidence. My top tip for newbies to SUP is not to forget to deflate the board partially in the hot sun after you have finished. I had one explode on the car roof for that reason and the bang was a lot louder than a balloon.

Lunch after, beside the water in the shade, is well worth making time for at

La Terraza in Alcanada. It's one of the prettiest sea views there is and as the name suggests they have a wonderful terrace overlooking the entire bay and serve very good fish and paella.

The oppressive heat in summer pushes sporting activity to earlier and later times of day. As a regular player of Padel tennis, you need to get on court by 8am or wait until after 7pm when the sun has gone down. I play at Club DuVA ([www.clubduva.es](http://www.clubduva.es)) in Puerto Pollença which has very nice facilities and quite apart from being a fun sport I have found it a great way to meet people by joining several WhatsApp groups. I love the way padel has engaged all age groups and nationalities and often leads to a chat over a beer or a coffee afterwards.

With the exercise done, and having put myself in a virtuous frame of mind, a trip to the ice-cream shop is fully justified. Everyone has their favourite shop and mine is Ca'n Noble Gelat Artesans which is in a little street off the Placa Major in Pollença. They make their own on site and have a remarkable range of flavours and some that you have never come across before. Part of the pleasure is considering the options and choosing what grabs you at the time. The owners have a delightful pride and "ice-cream cannot be compromised" attitude. I always skip the postre (the desert) and find my way to their shop instead.



### BY KATHLEEN BENDELACK

George Gershwin famously wrote, *Summertime, and the livin' is easy*. With the greatest respect to the man, I can only conclude he never spent an August in Mallorca. Had he done so, particularly with low blood pressure, I suspect the second line might have been, "...provided you remain within three metres of an air-conditioning unit." That's not romantic. That's survival.

I adore Mallorca. Before anyone writes me an angry email, let me make that perfectly clear. I have lived here for years. It is my home, my chosen island, and one of the most beautiful places on Earth.

It is also, during August, approximately the temperature of an enthusiastic pizza oven.

I have low blood pressure, which means that while everyone else is posting photographs captioned "Living my best life," I am wondering whether I have enough strength left to walk

from the sofa to the fridge without requiring medical assistance. Every year I convince myself this summer will be different. Every year summer responds, "That's adorable."

The sea is my salvation. I don't really swim so much as negotiate with the Mediterranean. I float with great commitment and occasionally move an arm to reassure nearby bathers that I am, in fact, alive. It counts.

The alternative is air-conditioning, mankind's greatest contribution to civilisation after antibiotics and decent coffee. Mine works around the clock with the dedication of an understudy determined to save opening night.

Have you noticed how heat changes people? Tempers shorten. Patience evaporates. Perfectly reasonable adults begin arguing over parking spaces as though they are competing for the throne of Westeros. If you've ever tried driving through Palma in August, you'll know that the phrase "holiday spirit" has several alternative

meanings. And yet, and this is where Mallorca always wins the argument, I wouldn't want to be anywhere else.

The evenings arrive like forgiveness. The light softens, conversations linger, restaurants fill, glasses clink, and suddenly everyone reappears pretending they hadn't spent the afternoon hiding from the sun. Mediterranean evenings are proof that the island knows exactly what it's doing. It simply makes us suffer first. So, when I'm not hiding in a gloriously air-conditioned cinema or lingering suspiciously in the frozen food aisle without the slightest intention of buying peas. At the moment I'm rehearsing for my next play. You see, theatre, unlike summer, makes perfect sense to me.

The play is a comedy thriller, *Margarita Never Answers*, with a wonderful new company of actors, that have become one of the unexpected joys of this summer. Rehearsals are a constant reminder that actors rarely arrive with just act-

ing. Some are musicians, some are writers, some teach, and some have careers in completely different worlds. Yet every one of them brings something unique into the rehearsal room. Watching those different talents collide and shape a production is one of the reasons I love theatre. A play is never created by one person; it grows through collaboration, curiosity, and the wonderfully unpredictable people who bring it to life.

So, summer and I remain in a long-term relationship that neither of us is willing to end. I complain. It ignores me. Every single year.

Still, before long autumn will arrive, rehearsals will become performances, and the theatre lights will once again feel warmer than the weather.

Until our next act, enjoy this extraordinary island. And if you happen to see me in August, please point me towards the nearest air-conditioning unit.

LIEVITO MADRE SAURTEIG MASA FERMENTADA SOURDOUGH SAUERTEIG SURDEG ZUURDESEM



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PAN SARRACENO



Mallorca is home to around **80 bodegas**, which come alive in summer, offering wine tastings in shaded courtyards with vineyard views and relaxed Mediterranean evenings.

Summer has always been the highlight of my year. The very word conjures up serene scenes of lazy, hazy days, golden sand, and warm turquoise seas gently lapping the shore. For me, sunshine is always partnered with water.

Indeed, my love of swimming has earned me the nickname La Sirena — the Mermaid. In my younger days I would fearlessly swim from one resort to another. Albeit, now my lengthy swims are somewhat tamer, accompanied by a float. The beach has always been my happy place and where better to enjoy than Mallorca, sprinkled with a myriad of beautiful beaches, overlooking glorious shades of cobalt. From tiny secreted coves, to sweeping Caribbean-style stretches of sand and crystal-clear sea, this island really has it all.

Living in Calvia, I'm spoiled for choice. My local Oratorio beach, beside Puerto Portals, is an easy walk away. There's something wonderfully exotic about lying on the sand gazing across sapphire-blue water towards the little island offshore. Actually called Illa d'en Salas, my late mother called it "Bali Ha'i", reminiscent of the enchanted island in South Pacific.

When we fancy a change of scene, we often head to Peguera. Its three beautiful bays offer plenty of space, calm shallow water and glorious views of the Malgrats island formation. Tora Beach is my favourite, not least because it's surrounded by tempting restaurants including Mar y Mar, La Vida and, best of all, Momo's, whose excellent value *Menu del Día* is hard to resist. Always accommodating, they are even happy to keep my

insulin in the fridge. Yes, even in this heat, I still think about food!

Some days we simply declare a holiday. We arrive early, claim the perfect spot and stay until the sun slips below the horizon. These days, wisdom has replaced youthful bravado, and my high-factor UV swimming top is an essential.



BY LAURA STADLER

Thus, there is nothing quite like an early evening swim when the sea is calm and silky, wrapping itself around you like warm satin.

Of course, a successful beach day requires military-style planning. Arriving early for the best location—rather like buying property, it's all about location, location, location! I also have a knack for spotting the quietest patch of sand, steering well clear of the tell-tale signs of energetic youngsters: buggies, buckets and inflatable dinosaurs.

Then come the essentials: plenty of water, generous amounts of high-factor sunscreen (you'll still tan, honestly), replenished every couple of hours. I always buy two inexpensive bikinis in the same style so I can mix and match, as I prefer not sit in a wet

costume. Likewise, I carry two towels, keeping one perfectly dry. Lightweight microfibre are ideal—they dry quickly and take up hardly any room.

However, beach lovers please note: sadly, leaving valuables unattended is no longer a sensible option. A friend discovered this the hard way, after a charming couple kindly offered to watch her belongings while she swam. She returned to discover, both the couple and all bags gone. These days I'm happy to pay for a beach umbrella with a lockable safe, where my phone, credit card and Kindle can stay safely tucked away while I enjoy the water.

Mallorca truly comes into its own in summer. Sunshine, sparkling seas, unforgettable beaches and that irresistible Mediterranean lifestyle—there is simply nowhere else I'd rather be.

## BY ANNA NICHOLAS

Recently, on a sizzling hot day, I schlepped into the municipal gym and flopped onto a static bike, basking in the air con. One of my local Sollerian gym buddies gave me a wink and laughed. Ah, said he, remember when we were young and the heat never bothered us? Now, as we get older, it becomes a thing we dread. Older, huh. Of course, the blighter was spot on.

When we first moved to Soller, and our son was a nipper, we spent sunny weekends with other parents enjoying beach parties, tennis matches, al fresco picnics and barbecues, often in olivars in the hills, and poolside dinners with chums. The temperatures were high, but it never

really seemed to bother me, and I don't recall running for the shade as if a hit man were on my tail. Now it's a different story. As soon as May passes, I look with trepidation at the calendar knowing that for the next three months I will morph into a veritable vampire or at least a bat, living like a prisoner in a cool, dark basement, tapping away at the keys of my computer while a raucous fan whirs and air con gasps and gurgles as I type.

It doesn't help that the summer has become a punishingly busy and stressful working time for me when every second at the computer counts. While others waft around in summer linen, sipping on mojitos and lounging on sun chairs watching the sun go down, I'm frantically trying to finish a deadline. But this little writer bat cannot stay forever in its cool

dark cell until the autumn. Oh no, sirree! I need to shunt around the busy island roads paying fast and frantic hotel visits, catching up on research and venturing to overcrowded Palma Airport for brief business trips elsewhere. I brace myself for the queues, chaos and noise, counting the hours until I'm back home again, able to squirrel myself away in my bat cave.

My exercise regime completely falls apart in the summer too. Running becomes treacherous unless leaving the house around 6.30am because sun stroke, I've recently discovered, is a very real thing. But the problem is that hot, sleepless nights mean that early forays are off the menu. Even my beloved pilates classes stop dead at the end of July for good reason. Not even my effervescent teacher has the stamina to cope in blazing August.

We lucky devils have a swimming pool at home, though bizarrely I'm a sucker for swimming early in the municipal pool where it's cool and no one's about. Any later, and hordes of holidaying rampant school kids descend to spoil any peace—the same goes for the gym when testosterone hyper teens attempt to lift weights bigger than themselves. My own pool is currently awaiting a new widget - don't ask me what - but while the young pool man frets, I'm blasé. *No te preocupes*, I tell him. I don't have time to swim, anyway.

Grumpy summers for me, sheer paradise for others, but when October comes, there will possibly be no one happier than me on the entire island. A long cool winter is my idea of heaven: peace, nature, crackling fires, empty esplanades, beaches and streets. Bliss.



## BY AMANDA J. BUTLER

Summer in Mallorca is a bit like Marmite – you either embrace the madness or spend three months complaining about the traffic! Personally, despite the madness and the heat, I try to embrace it.

I love seeing the island bursting with

life. The restaurants are full, the bars are buzzing, the shops are busy and everyone seems to have swapped their watches for flip-flops. After all, tourism is what keeps our beautiful island thriving, so it's lovely to see local businesses enjoying their busiest time of the year.

One of the best things about summer is

that there's always something happening. Traditional fiestas, live music, beach clubs, village celebrations, concerts, food festivals and, in recent years, a wonderful growth in holistic and spiritual events too. Whether you're looking for a lively night out or a peaceful sound bath under the stars, Mallorca has you covered.

Of course, when friends come to stay, I instantly become an unpaid tour guide! Out comes the list of favourite restaurants, secret viewpoints and "you have to see this" places. I never seem to tire of showing people around because I get to see the island through fresh eyes every time.

But here's my confession...

You'll rarely find me on a packed beach in August.

Instead, if I'm not working, you'll probably find me out on the water. I'm incredibly lucky to co-own a RIB with my bestie, Hamish, and honestly, I think it's the best investment I've ever made. While everyone else is searching for somewhere to squeeze a towel between a crowd of strangers, we're usually heading off in

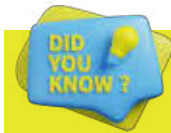
search of one of Mallorca's quieter little calas.

There's something magical about dropping anchor, opening up a picnic, diving into that ridiculously clear turquoise water and simply floating for a while. No notifications. No schedules. No background music (unless it's coming from a boat that's anchored just a little too close!). Just the sea, the sunshine and a few fishes enjoying the leftovers.

What still amazes me is that even in the height of the holiday season, if you're prepared to explore a little further, you can often find a little corner of paradise all to yourself. Those are the moments that remind me why I fell in love with Mallorca in the first place.

So yes, I love the buzz of summer. I love seeing the island full of happy faces and hearing a dozen different languages in one afternoon. But I also love knowing that just beyond the crowds, there's still a quiet little cala waiting to remind you that Mallorca's real magic has never gone away.

Now... if you'll excuse me, I think Hamish's turn is to bring the picnic.



Summer in Mallorca means “siesta time” slows the island down, with many locals pausing work during the hottest hours of the day.



### BY RICHIE PRIOR

“What do you do in the summer?” was the question.

#### Italy 1990

My first ever season in Mallorca, and England, after a slow start, were playing out of their skin. It was the emergence of Paul Gascoigne, and I can distinctly remember Punta Ballena going completely mad when David Platt scored a dramatic late winner against Belgium in the last 16. That was followed by a nervy 3–2 win over Cameroon, before a heartbreaking penalty shootout loss to our old foes, Germany.

#### United States of America 1994

This was an easy one, as England didn't even qualify! It was the tournament where Graham Taylor, the then England manager, famously said, “Do I not like that!”

#### France 1998

I can still see Michael Owen waltzing through the Argentinian defence as a young 18-year-old to score one of the World Cup's greatest goals. That was tempered by David Beckham kicking out at the wily Diego Simeone, leaving England with 10 men. They hung on gallantly, only to lose on penalties again.

#### South Korea and Japan 2002

This was a World Cup much like the one we are experiencing now, with some strange kick-off times. I remember watching Beckham's revenge over Argentina over breakfast! This World Cup, though, will be remembered for Ronaldinho lobbing David Seaman from 40 yards. Was it a fluke or an act of genius? Nobody really knows, but it meant England were saying Sayonara to Japan.

#### Germany 2006

England were sweating on the fitness of a young Wayne Rooney, who had a broken foot and was deemed to be the man to lead them to glory. He did go but was disappointing and failed to score a

single goal. They eventually lost to Portugal in the quarter-finals on, yes, you've guessed it... penalties! Scoring just one of the four they took.

#### South Africa 2010

Remembered for those damned vuvuzelas! I remember being back home in the UK for a family celebration and watching the Germany game with my brother-in-law, Anthony. It was the game that produced the “goal” that never was. Frank Lampard hit a shot that clearly crossed the line, but the referee didn't give it. England were outclassed, went on to lose the game, and were out. That incident led to the introduction of VAR.

#### Brazil 2014

A tournament to forget. Losing to Italy and Uruguay, and drawing with Costa Rica, meant we were home before the 14-day return period on my new England shirt was up!

#### Russia 2018

The first of Sir Gareth Southgate's tournaments, and the one where we finally broke our penalty shootout hoodoo against Colombia. Hands up if you had no faith in Eric Dier scoring the winning penalty! Unfortunately, we couldn't maintain that momentum and lost in the semi-finals to Croatia.

#### Qatar 2022

I would have put my house on Harry Kane scoring from the penalty spot. However, against France in the quarter-finals, he managed to hit a guy in Row Z, and we were out.

#### USA, Mexico and Canada 2026

From my first World Cup in Mallorca in 1990, standing on Punta Ballena, to now, I'm at the stage where my boys are sending me videos of themselves celebrating in the very same street while I'm in bed! Regardless of where I was, this was honestly one of the greatest football matches I have ever seen England play.

I was born in 1966, so it's sixty years of hurt...Never stop me dreaming!

### BY PETER CLOVER

One of my most pleasurable pastimes, at any time of the year, yet specifically throughout Mallorca's hot summer months, is indulging in a good gathering of treasured friends. I simply adore long, lazy lunches feasting at a homely, weathered table strategically parked in the welcomed, dappled shade of a tree, or sheltered from the sun on a traditional terrace with cool breezes blowing at diaphanous drapes; sipping, supping, engaging in idle conversation while platters of glorious delicacies are presented, grilled and gridled fresh from the ocean or flowing fields, sizzling peppers, gambas, fresh fish, juicy tomatoes the size of peaches, olives, and caramelised figs dressed with the peppery tang of virgin olive oil and citrus lemon squeezes, all laid out in their gastronomic glory, celebrating the idyllic, dreamy Mallorcan brunch fest lunch feast – my ultimate summer fantasy!

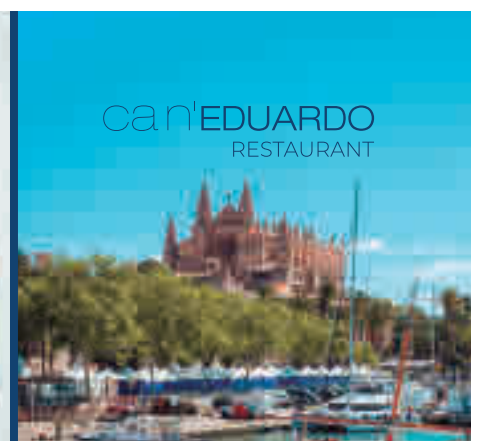
Then of course, there is also the traditional, rustic BBQ bomb, forever synonymous with entertaining ‘al fresco’, and another Mallorcan summer experience which tops the list of every expat's dream.

Although internationally used, the word ‘barbeque’ is thought to derive from the word ‘barabicu’ (native to Haiti) and loosely translated as ‘sacred pit of fire’. Yet, whatever its origins, the Barbie, a shortened autonym definitely hailing from Oz, is another of my firm favourites for social gatherings during the long hot summer, invariably ruled over supremely by the dominant male who wields his cooking

utensils like weapons of war. The female of the ‘barabicu’ species, affectionately known as the Barbie Queen, is often heard omitting a huge sigh of relief at this time of the year, as she cradles a large gin and tonic before retiring to the nearest sun lounger, grateful that her man will now be supplying meals, cooked over coals, for the next three months. Barbeque bliss!

One of the most memorable summer BBQ's I have ever attended was hosted by South African friends, who obviously knew a thing or two about a ‘braai’, and spatch-cooked an entire lamb over an open fire pit. It was outstandingly impressive, and mouth-wateringly magnificent. There were more ‘sides’ in play than teams in a World Cup tournament. And being super-stylish, all the guests were hand-picked, so conversation was titillating and the ambience, along with the hosting, sublime. Mind you, for me, the real star of the show was an enormous platter of English sausages, grilled to perfection, and piled high to the rafters of their wooden pergola. You can't beat a British Banger on a Balearic BBQ!

The Mallorcans are also huge fans of a ‘barbie’, and call their group gatherings ‘parrilladas’ or ‘torradas’, setting up bespoke BBQ grills at their country fincas, mostly customized from old oil drums, filling the air with that mouth-watering aroma of grilled pork ribs, botifarrón and spicy chorizo sausages. There's nothing quite so mouthwatering as that smoky smell of barbequed repast. And nothing pleases me more than the idea of spending an idle summer, feasting and gathering al fresco with good friends!



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Mallorca's **hottest year on record was 2022**, when extreme summer heatwaves pushed inland temperatures to **around 44°C**—the highest ever officially recorded on the island.

# Eating Out in Mallorca this summer

BY MIA NAPRTA

## THE VERDICT

A welcome addition to Portals village, offering honest cooking, relaxed surroundings and excellent value. If this is how La Taperia has started, it will be interesting to see how it develops over the coming months.



## LOCATION

La Taperia Portals

Carrer de la Marina, 2, 07181  
Portals Nous

Tel. 97116 56 86



@taperia\_portals



## THE BILL

Menu del día inc. bread and alioli and a drink €15.50



**VEGETARIAN FRIENDLY**  
Yes



**PETS ALLOWED**  
Yes



## OPENING TIMES

Mon-Sat 1-11pm  
Sun 6-11pm



Excellent value for money, delicious food, refreshingly different from the typical menu del día.

Salmon portion could have been slightly more generous.



## LA TAPERIA PORTALS NOUS

*A promising newcomer worth discovering.*

This week it was a pleasure to discover La Taperia, which opened its doors just over a month ago. Already attracting curious diners, this relaxed Mediterranean restaurant offers a refreshing alternative to the marina's more established names.

Tucked away among the boutiques and cafés, the restaurant combines contemporary styling with a welcoming atmosphere. Soft music drifts through the air, while the leafy garden terrace provides welcome shade from the Mallorcan summer sun. Thanks to a gentle breeze and discreet fans, even a hot lunchtime visit feels remarkably comfortable.

On this occasion I went alone, I needed to plan the rest of my week, without a distraction. My meal began with a **basket of fresh baguette served with aioli**. The bread itself was simple enough, but presentation immediately impressed. Served on a marble slab with the aioli in a charming little heart-shaped dish, topped with delicate watercress, it showed that attention has been paid to even the smallest details.

Next came a **cucumber salad with yoghurt and dill**, wonderfully light, fresh and exactly what you want on a warm summer's day. Thinly sliced cucumber was coated in creamy yoghurt with fragrant dill, creating a cooling starter that was both simple and delicious. Once again, the finishing touch of fresh watercress added colour without overwhelming the dish.

For the main course I chose **grilled salmon, served with mashed potato, creamed spinach and a dill and mustard based sauce**. The salmon portion was perhaps a little on the modest side, although keeping in mind the excellent value of the menu, it felt like a fair compromise. More importantly, the quality was excellent. The fish was cooked beautifully, with crisp golden skin and moist, flaky flesh.

The accompanying mashed potato tasted unmistakably homemade rather than industrial, while the creamed spinach was every bit as enjoyable as I had hoped. As someone who believes spinach improves almost anything, I was more than happy to polish off every last bite. The sauce added another layer of flavour

without overpowering the fish.

Dessert continued the honest, uncomplicated approach. A rich slice of **chocolate cake** arrived topped with a generous dollop of whipped cream, finished with slices of banana and a single fresh raspberry. The raspberry added just enough tartness to balance the sweetness of the cake, bringing the meal to a satisfying close.

Throughout lunch, service from a Canadian waitress was warm, attentive and genuinely friendly without ever feeling intrusive. For a restaurant that has only recently opened, the team already seems confident and well organised, helping to create an atmosphere that encourages guests to relax and stay a little longer.

Overall, La Taperia delivers exactly what many diners are looking for: well-executed, flavourful food, thoughtful presentation and genuine hospitality at a price that represents excellent value. It's not trying to reinvent Mediterranean cuisine or impress with unnecessary theatrics. Instead, it focuses on doing straightforward dishes well... And sometimes that's precisely what makes a restaurant memorable.

## Menu del día for 15.50€



Bread and alioli.



Cucumber, yoghurt and dill salad.



Grilled salmon, creamy spinach and mash potatoes.



Chocolate cake.

# When there is something strange in the Balearic sea, you are going to call the **Stingblade jelly busters!**

Don't fear as Stingblade is here. The world's first solution to the jellyfish sting and only scraping tool designed to treat the bane of divers' and swimmers' lives – jellyfish stings – is now available at the British company's new 'Stingblade Sting Station' shop in Puerto Portals, which opened on Tuesday and will remain open seven days a week until the end of August.

And while Stingblade is an extremely practical tool, it also represents the commitment founder Mark Dyer, who grew up swimming in Mallorcan waters, has to protecting sea lovers and professionals. He and his team seek to educate the public about jellyfish stings while offering an easy-to-use solution to address the problem of stings with the Stingblade Protocol.

"The Portals outlet is our Mallorcan hub which people can visit. We will be hosting cocktail evenings every Tuesday, to meet the team, learn about Stingblade and equip themselves with this groundbreaking tool which has been made and designed in the UK.

"Commander Stingblade is on the island with the team and we're here to convert and educate people about the Stingblade code, how it works and stress the need for every swimmer or yacht crew to have them.

"The coastguard along the Italian Riviera are all going to be packing them this year after seeing how effective they are, so that says something about the product and the need for these to be readily available either on the beaches or in coastal establishments be they bars, shops or hotels. We work on a sale and return basis, so there are no excuses," says Mark.

"Unlike the old ways of responding to a jellyfish sting, such as applying urine or vinegar, Stingblade does much more than soothe the problem, it permanently eliminates the pain because it removes the venom from the skin and prevents the pain returning or any other later reaction which, in the case of small children, can not only be physically worse but also leave a mental impression which could frighten people from going back in the sea.

"The message is quite simple, and I know from great experience, 'don't touch the sting, take it (the poison) off'. And that is done by using the Stingblade," Mark explained.

"Nobody likes getting stung and with the jellyfish invasion of Balearic waters



The new Stingblade Sting Station in Puerto Portals is now open for the summer and is fully equipped with the blades and the expert team.



and other areas of the Mediterranean continuing year-on-year, being equipped with a Stingblade has got to be top of list for swimmers," he added.

"I've been stung, used the Stingblade and been back in the water within no time at all. We have received a host of testimonials from people who have used Stingblades and benefited from the same successful results," he explained.

"Plus this year, apart from our Portals hub, we

"We have our Puerto Portals hub this year but if you can't come to us, our team will come to you anywhere on the island within 24 hours."

are going to be touring Mallorca and Ibiza to spread the word and have a number of appoint-

ments with hotels and shore-side establishments, but we would like more all round the Balearics. We know of serious problems, for example, ever year with Portuguese man o' war in Formentera. These can be deadly but Stingblade can help.

"Furthermore, while our Portals Stingblade Sting Station is fully equipped and the team want to hear your stories and offer vital help, we are just a call away from anywhere on the island.

"So for any establishment interested in our product, all they have to do is give us a call and team members, led by Liam Hare, will be there within 24 hours," Mark explained.

"The problem with jellyfish stings has been rife in the Balearics for decades and the situation is becoming more serious in some areas, but there is no need to fear jellyfish with a Stingblade at hand. Obviously it can't take away the initial shock, but it quickly tackles and removes the painful after-effects.

"Being equipped with a Stingblade provides peace of mind, and by using our App, you can follow the Stingblade code. It's as simple as that and I can't stress enough, from our Portals base we're spreading our tentacles far and wide across the Balearics when and where needed," he added.

**So, if you want to join the Stingblade rescue community: [enquiries@stingblade.com](mailto:enquiries@stingblade.com) or +44 7497 595 429**

**The new Mallorca hub opened on Tuesday evening and will hold gatherings every Tuesday evening.**





**Early morning** is the best time for a **summer swim** in Mallorca, when the sea is calm, crystal clear, and still crowd-free.



## Tumbet

This is a classic vegetable dish from Mallorca consisting of layers of fried peppers, aubergines and potatoes in a rich tomato sauce. I love to serve it with a few crispy, grilled lamb cutlets straight from the barbeque.

**Serves: 4**

8 potatoes (peeled and sliced)
6 aubergines, cut into thick slices
4 red peppers
2 green peppers
6 garlic cloves (peeled & crushed)
200ml olive oil
500ml fresh tomato sauce

Fry the potatoes in hot oil until golden brown. Add 3 garlic cloves and cook for a further 30–40 seconds. Remove the potatoes and place them in an earthenware dish, forming a layer. Cut the peppers in half and remove the seeds. Slice them lengthways and fry them for 3–4 minutes until soft. Add the rest of the garlic and cook for a further 30–40 seconds. Remove and place them on top of the potatoes to form another layer. Fry the aubergines in the same oil for 1–2 minutes on each side. Place the aubergines over the peppers and pour the tomato sauce over the vegetables. Bake in a moderate oven for 10–15 minutes. Remove from the oven and serve warm.



## "Moro" trampó salad

**Serves: 4**

4 very ripe vine-ripened tomatoes, peeled and finely diced	1/2 small onion, peeled and finely diced
2 long green peppers, de-seeded and finely diced	2 tbsp finely chopped flat-leaf parsley leaves
2 red chilli peppers, de-seeded and finely diced	1/2 tsp pomegranate molasses
1 small cucumber, peeled, de-seeded and finely diced	1 tsp sherry vinegar
	3 tbsp extra virgin olive oil
	Few fresh mint leaves, torn
	sea salt and freshly ground black pepper

In a salad bowl, add the chillies, cucumber and onion, parsley, pomegranate molasses, sherry vinegar and the extra virgin olive oil and stir well so that everything is very well combined.

Set aside to macerate for 20 minutes.

Season with salt and pepper, scatter with torn mint leaves and serve immediately.



## Herb-roasted Cor de Bou tomatoes

These 'meaty' tomatoes are just perfect for roasting, but any large beefsteak tomato will suffice.

**Serves: 4**

4 beefsteak tomatoes (preferably cor de bou)	12 sprigs thyme
25 basil leaves	Olive oil, for drizzling
	1 bunch chives, chopped
	sea salt and freshly ground black pepper

Preheat the oven to 180°C/350°F/gas mark 4. Remove the stalk from the tomatoes to create a small cavity and cut 2 slashes on each side. Push most of the basil leaves (reserve a few for garnish) and all of the thyme sprigs into the cavities and the slashes. Place the tomatoes on a baking sheet, drizzle with olive oil and sprinkle generously with salt and pepper. Bake for 25–30 minutes, until the tomatoes are cooked and lightly caramelised. To serve, carefully place the tomatoes in a serving bowl and drizzle with the cooking juices from the pan and some fresh olive oil. Garnish with chopped chives and fresh basil leaves.

# A taste of summer IN MALLORCA

Summer is all about enjoying the outdoors, spending time with family and friends, and relaxing over good food.

### BY MARC FOSH

The secret to good, simple food normally relies one hundred percent on the quality and freshness of our ingredients and the solution is also a very simple one: Put simply, it's time to make better food choices. That basically starts with the holy trinity of local, seasonal & organic and if we can eat locally produced, chemical-free food and try not to waste anything, just as our grandparents did, we can also try to live a more sustainable, environmental friendly existence and enjoy the natural flavours and the joys of seasonality once again.

The arrival of summer brings out the best in one of my favourite ingredients. Full of flavour, with a slightly aromatic scent, tomatoes are one of those magical ingredients that seem to make others sing and it's no surprise that Spanish growers produce some of the tastiest varieties in

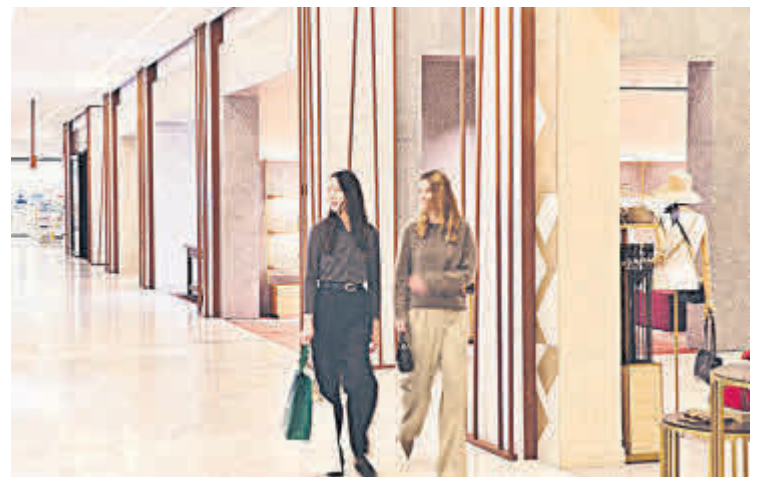
the world. For something different, try to find beefsteak tomatoes, known here as **cor de bou** (beef hearts). Some regard them as the 'pata negra' of tomatoes and it's hard to disagree. Unlike other varieties, the ripening process occurs from the inside out. So the best time to buy them is when the tomatoes begin to display orange streaks on the green skin. As they mature, the reddish streaks on the green skin become a deeper red. The flavour is equally delicious, but you will sacrifice some of the crisp texture. Although normally sold at a premium price, tomatoes still attached to the vine are well worth the extra expense. It is the stem that gives the distinctive aroma, rather than the fruits themselves, but they can be picked when they are very ripe and generally have a better flavour.

One of the recipes I return to every summer is **tumbet**, Mallorca's answer to ratatouille. Thin slices of potato, aubergine and red pepper are gently fried before being

layered beneath a slow-cooked tomato sauce made from perfectly ripe local tomatoes. Rich without being heavy, it can be served warm or at room temperature alongside grilled fish or roasted lamb, although I often enjoy it simply with a crisp green salad and a glass of chilled white wine.

Summer is all about enjoying the outdoors, spending time with family and friends, and relaxing over good food. And let's face it; nobody wants to be slaving over a hot stove, spending endless sticky hours in the kitchen during the summer months when the sun rises early and goes to bed late, so it's important to ditch complicated recipes and keep it simple. One of the most popular dishes consumed by Mallorcans in summer is **trempó** or **trampó salad**. It's a fresh salad whose name derives from the Mallorcan term 'trempar', which means to dress or garnish and is served as a starter or as an accompaniment to a main course, but it is

also perfect as a light summer lunch with crusty bread. The "Trampó" is a harmonious and refined mixture of tomato, Mallorcan green pepper, Mallorcan onion, oil and salt. In some recipes you might find other ingredients such as, apples, capers, olives, potatoes, boiled beans and even legumes. But the most important thing is the quality of the basic ingredients: The peppers must be juicy and whitish green, and the Mallorcan white onion must be tender. On the other hand, the mixture has to be proportionate: lot's of tomato, little green pepper and less onion. The correct sequence to make a good Trampó is to add the ingredients in the following order: Tomato, green pepper, onion, salt and oil. It's a simple dish but the best part is always dipping freshly baked bread into the olive oil-infused tomato essence at the bottom of the bowl. For my version of trampo, I'm giving it a little Middle Eastern favour with the addition of pomegranate molasses, red chilli and mint.



The El Corte Inglés department stores in Palma (Avenidas and Jaime III) are a must for all international customers who come to the city centre and want to enjoy a unique shopping and gastronomic experience.

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El Corte Inglés evokes the essence of Spanish hospitality through its exclusive services and unique spaces. PHOTOS: EL CORTE INGLÉS

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