

FOA Málaga Travel Guide

for a beautiful journey to the Costa del Sol

What You Need to Know

The Oneness team wants you to have a wonderful time at **Field of Awakening in Málaga, Spain**.

And you will! ✨ This travel guide provides essential information about travel, accommodation, important addresses, and leisure tips.

Málaga, in the heart of the Costa del Sol, is a lively Mediterranean province that combines culture, history, and sunshine. Just minutes from stunning beaches and surrounded by charming white villages, Málaga is the perfect setting to deepen your inner journey during FOA.

You are warmly welcome! Spaniards are known for their hospitality, warmth, and relaxed lifestyle. English is widely understood in Málaga's hotels, restaurants, and tourist areas. You will quickly feel at home, whether you are strolling along the seaside promenade, enjoying tapas with friends, or discovering the province's rich cultural heritage. 🌴 🌻 🍊

Getting to Málaga

By Plane ✈️

The easiest way to reach Málaga is through **Málaga-Costa del Sol Airport (AGP)**, one of Spain's busiest international airports. It has direct flights from most European cities and several intercontinental connections.

- The airport is just **15 minutes by car** or **25 minutes by train** from the event venue (Hotel Higuerón, Fuengirola).
- **Cercanías C1 train:** runs every 20 minutes from the airport to Fuengirola. Closest stop to the hotel: **Carvajal** (approx. 15 min walk or short taxi ride).
- **Taxi/Uber/Bolt:** available at the terminal 24/7. A ride to the hotel costs around **35-40 €**.

By Train 🚆

Spain's high-speed train network (**AVE**) makes Málaga easily accessible:

- **From Madrid:** 2h 30min direct
- **From Barcelona:** 5h 30min
- **From Seville, Córdoba, Valencia:** fast daily connections

All trains arrive at **Málaga María Zambrano Station**, in the city center. From there:

- **Cercanías C1 train to Carvajal** → approx. 40 minutes.
- **Taxi/Uber** to Hotel Higuerón → approx. 25 minutes.

By Car 🚗

Málaga is well-connected through Spain's excellent motorway network:

- **A-7 / AP-7:** Main coastal highway connecting Málaga with Fuengirola, Marbella, and Gibraltar.
- **A-45:** From Córdoba and inland Spain.
- **N-340:** Scenic coastal route with Mediterranean views.

The Venue 🏨

Higuerón Hotel Málaga, Curio Collection by Hilton

Avenida del Higuerón, 48, 29640 Fuengirola (Málaga), Spain

📍 [Location](#)

The **Field of Awakening** will take place at the **Higuerón Hotel Málaga**, a 5-star resort overlooking the Mediterranean Sea. This modern and stylish hotel offers everything you need for a comfortable and inspiring stay during the event.

Highlights of the Venue ✨

- Large and fully equipped conference halls for the FOA sessions.
- Rooftop infinity pool with panoramic sea views.
- Wellness & fitness center, tennis and paddle courts.
- Multiple restaurants, including **Michelin-starred cuisine**.

- Shuttle service to the beach.

Location & Accessibility

- **15 minutes** from Málaga Airport by car.
- Easily reached by **train (Cercanías C1)**: closest station is **Carvajal**.
Important note: There is a 15-minute walk uphill from Carvajal Station to the hotel.
- Quick access from the **A-7 motorway**, exit “Carvajal / Higuerón”.

Practical Info

The hotel offers **parking facilities** (both free outdoor parking and paid underground).

- The climate in April is mild and sunny (average **20–22°C**), perfect for combining the event with some time outdoors.

Stay at the Venue – Higuerón Hotel Málaga

We warmly encourage you **to book your stay directly at the Higuerón Hotel**, where FOA will take place. By staying at the venue, you will enjoy **maximum convenience** — no commuting, no stress, just a seamless experience from morning to evening.

Staying at the Higuerón also means **being surrounded by fellow participants** throughout the retreat. You’ll be able to share moments, conversations, and meals together, creating a beautiful sense of community and connection that is an essential part of the FOA experience. Everything feels easier and more relaxed — no rushing, no traveling back and forth, just being fully immersed in the journey.

The Higuerón is a 5-star resort with breathtaking sea views, spa facilities, and exquisite dining. Rooms for FOA participants are limited, so make sure to **reserve early to secure your place** in this unique setting.

[Book your room at Higuerón Hotel](#)

- Breakfast is included.
- You can cancel your reservation free of charge up to 7 days before arrival.
- The hotel will ask for a credit card only to guarantee your booking. No payment will be charged now.

Nearby Hotels & Apartments

Important Information

If you decide **not to stay at the Higuerón Hotel**, please keep the local geography in mind when choosing your accommodation. As mentioned, the hotel is located halfway up a hill — and in fact, hills are quite common throughout this area of the Costa del Sol.

On a map, distances may look short, but in reality, some properties require walking up or down steep streets. For that reason, we recommend choosing accommodation **in Fuengirola**, where the **terrain is flat and easy to walk**.

You can stay either near the **Fuengirola Station** or the **Los Boliches Station** — both belong to the city of Fuengirola, both are **completely flat areas**, and both are just steps away from the beach, shops, and restaurants. The **Cercanías train** connects these stations with **Carvajal** in about **10 minutes**.

Some Hotels in Fuengirola and Los Boliches

All these hotels are located in **flat areas**, close to the **Fuengirola** or **Los Boliches** train stations, and just a short walk from the beach.

- **ILUNION Fuengirola – 4★**
Right by *Los Boliches Station* and overlooking the sea. A modern beachfront hotel with pool and restaurant.
 2-3 min walk to the station | 1 min to the beach
- **Hotel Yaramar – 4★**
Adults-recommended hotel directly on the seafront in *Los Boliches*. Very close to the train station and the promenade.
 4-5 min walk to the station | 1 min to the beach
- **Hotel El Puerto by Pierre & Vacances – 3★**
Central Fuengirola location, near the port and *Fuengirola Station*. Rooftop pool with panoramic views.
 5-6 min walk to the station | 2 min to the beach
- **Leonardo Hotel Fuengirola Costa del Sol – 4★**
Just a few minutes from *Fuengirola Station*. Contemporary style, seafront location, and excellent reviews.
 3-4 min walk to the station | 1 min to the beach

Other Options 🏠

If you prefer to stay closer to the venue, there are two hotels located directly by nearby train stations:

- **Hotel Vive Costa Azul** (at *Torremuelle Station*) — only **2–3 minutes by train** from Carvajal.
- **Hotel Monarque Torreblanca** (at *Torreblanca Station*) — also **2–3 minutes by train** from Carvajal.

⚠️ Both are convenient if you want to be near the venue, since they are right next to the stations. However, please note that **these hotels are not directly on the beach** — reaching the seaside from there will still involve walking downhill (and uphill on the way back).

💡 **Remember:** if you don't stay at the Higuierón Hotel, the one thing you won't be able to skip is the uphill walk from Carvajal Station to the hotel. Good morning stretch! 😊

If you have **mobility concerns**, please contact **Silvia (WhatsApp: +34610545153)** — she'll be happy to assist you. 💛

Public Transport in Málaga 🚉 🚌 🚗

Málaga and the Costa del Sol have a reliable and easy-to-use public transport network, mainly trains, buses, and taxis.

Cercanías Trains 🚉

The **Cercanías C1 line** connects **Málaga city ↔ Airport ↔ Torremolinos ↔ Benalmádena ↔ Fuengirola**.

- Closest station to the venue: **Carvajal** (15 min walk or 5 min taxi to Higuierón Hotel).
- Trains run every 20 minutes.
- Travel time:
 - Málaga Airport → Carvajal: ~30 min
 - Málaga city center (María Zambrano station) → Carvajal: ~40 min
- Price: about **€3–4 one way**.

Buses

- **Intercity buses** connect Fuengirola with Málaga, Marbella, and other Costa del Sol towns.
- **Local buses** run within Fuengirola and Benalmádena for short distances.
- Tickets: usually **€1.50–3** depending on the route.

Taxis, Uber & Apps

- **Taxis** are available in all towns and at the airport. Regulated rates, no bargaining.
- **Uber, Bolt & Cabify** work well in Málaga and along the coast — often cheaper than regular taxis.
- Approx. prices:
 - Airport → Hotel Higuerón: €35–40
 - Fuengirola center → Hotel Higuerón: €10–12

Tickets & Apps

- Tickets can be purchased at station machines or directly on buses.
- For **Cercanías trains**, use the **Renfe Cercanías App** (iOS & Android).
- Google Maps works very well for planning routes.

Must-See Sights in Málaga

If you have some extra time before or after FOA, discover the beauty of Málaga and the Costa del Sol.

History & Culture

- **Alcazaba de Málaga** – Moorish fortress with stunning views.
- **Castillo de Gibralfaro** – Hilltop castle overlooking the city and port.
- **Museo Picasso Málaga** – Celebrating the city's most famous artist.

- **Catedral de Málaga** – Known as *La Manquita* (“the one-armed lady”) because of its unfinished tower.
- **Teatro Romano** – Ancient Roman theater at the foot of the Alcazaba.

Worth a Visit 🌞

- **Muelle Uno & Palmeral de las Sorpresas** – Seaside promenade with shops and restaurants.
- **Atarazanas Market** – Vibrant indoor market for tapas and fresh produce.
- **Calle Larios** – Main shopping street, beautiful for a stroll.
- **Beaches of Fuengirola & Benalmádena** – Relax on the Mediterranean coast just minutes from the venue.
- **Bioparc Fuengirola** – Modern zoo with naturalistic habitats.

Day Trips 🚗

- **Mijas Pueblo** (15 min drive) – Charming whitewashed village in the mountains.
- **Marbella & Puerto Banús** (30 min drive) – Famous for luxury yachts and lively nightlife.
- **Caminito del Rey** (1h drive) – Spectacular walkway through dramatic gorges.
- **Granada & the Alhambra** (1h 30m) – World Heritage masterpiece of Moorish architecture.
- **Ronda** (1h 30m) – Stunning cliffside town with a legendary bridge.

Practical Tips 📄

Language 🗣️

- **Spanish** is the official language.
- In hotels, restaurants, and tourist areas, **English is widely spoken**.
- Learning a few Spanish words like *hola* (hello), *gracias* (thank you), *por favor* (please) will make locals smile.

Currency 🇪🇺

- Spain uses the **Euro (€)**.
- Credit and debit cards are accepted almost everywhere.
- ATMs are widely available in cities and towns.

Climate in April 🌞 🌸

- Average temperatures: **20–22°C daytime, 12–15°C at night**.
- Mostly sunny, but evenings can be cool → bring a light jacket.
- Perfect weather to combine the FOA with outdoor walks or beach time.

Electricity 🔌

- Standard European plugs (Type C & F).
- Voltage: **230V / 50Hz**.
- If you are coming from outside Europe, you may need a plug adapter.

Time Zone 🕒

- Málaga follows **Central European Time (CET) / CEST** in summer.
- In April: CEST (UTC +2).

Spanish Lifestyle Tips 🇪🇸

- **Meals are later** than in many countries:
 - Lunch: 1:30 – 3:30 pm
 - Dinner: 8:30 – 10:30 pm
- Shops often close for *siesta* (2–5 pm) in smaller towns, though malls stay open.
- People greet warmly with a smile, and often with **two kisses** (cheek to cheek).

🌟 Enjoy your stay in Málaga!

We hope this guide helps you make the most of your journey.

See you soon at **Higuerón Hotel Málaga** for Field of Awakening 2026! 🚀 ✨