

▼  
**wHat's iNside?**

**Liberty**

Check out what the Naval Station Rota Single Sailor program has to offer.

**Fitness/Sports**

Fitness Center, Golf, Bowling, Aquatics & Various Sports.

**Travel/Tours**

One Day Tours to: Cadiz, Seville, Ronda, Jerez de la Frontera and more!

**Hospitality**

Champions Sports Bar, Pinz American Cafe, Bombers, Gourmet Bean Cafe, Pizza Villa, and Tower Pub!



# vaMOS!

MWRROTA ON-LINE MAGAZINE  
FOR DEPLOYED FORCES



## MWRROTASPAIN

Morale, Welfare & Recreation Department

U.S. Naval Station Rota, Spain  
PSC 819 BOX 14 - FPO AE 09645  
Tel: 011 (34) 956-82-1517 - Tel (On Base): 727-1517  
[www.navymwrrota.com](http://www.navymwrrota.com)

Bienvenidos Rota

## MWRROTASPAIN

Morale, Welfare & Recreation Department

U.S. Naval Station Rota, Spain  
PSC 819 BOX 14 - FPO AE 09645  
Tel: 011 (34) 956-82-1517 - Tel (On Base): 727-1517  
[www.navymwrrota.com](http://www.navymwrrota.com)



### Fleet Visit Point of Contact

Eric Flagg  
MWR Deployed Forces Coordinator Naval  
Station Rota, Spain

DSN: 727-1462  
COM: 011 (34) 956-82-1462  
E-mail: Eric.p.Flagg.naf@us.navy.mil

Welcome to Naval Station Rota Spain! Rota MWR and both the on base and off base Community look forward to helping you enjoy some much needed rest, relaxation, and recuperation during your port visit in Rota. We hope you enjoy your time with us and look forward to your stay.

This guide is designed to help provide you with information and options to maximize liberty time during your stay in Spain. The earlier your MWR representative reaches out to me, the more successful your visit will be.

Rota MWR is the premier MWR program within EURAFCENT and home of the most diverse and entertaining port visit available in 5th and 6th Fleet. We are at your service!

Important: Please CC your primary POC, Eric Flagg, on all correspondence.



### Lodging

#### On Base Lodging:

BOQ / BEQ  
Tel: 956-82-1750

Navy Lodge  
NavyLodge-Rota@nexweb.org  
Tel: 956-82-2643

Navy Gateway Inn & Suites  
Tel: 956-82-1871

#### Off Base Lodging:

Aparthotel la Espadaña Av. de la  
Diputación, 150  
Tel: 956 846 103  
www.hotelespadaña.com

Hotel Playa de la Luz Avda. de la  
Diputacion, s/n  
Tel: 956 810 500  
www.hace.es

Hotel Caribe  
Avda. La Marina, 60  
Tel: 956 810 700  
www.hotel-caribe.com

Hostal la Giralda  
Avda. San Fernando, 34  
Tel: 956 816 208  
www.hostallagiralda.com

Hostal Macavi  
C/ Ecija, 11  
Tel: 956 813 336

Hostal Playa Hidalgo  
C/ Cordoba, 1  
Tel: 956 815 409

Hostal Rest. Sixto  
Plaza Barrosa, 6  
Tel: 956 846 310

Apartamentos Turisticos  
"Mar del Golf Ocio"  
C/ Pez Espada, 7-Urb. Costa  
Ballena  
Tel.: 956 847 030  
www.mardelgolf.com

### Getting Around

Most MWR facilities and NEX facilities are several miles from both piers, so the shuttle service is a nice option for Service Members.  
Supply Shuttle Service – Contact Fleet Support at 011-34-956-82-1195.

Taxi Service – Rota Taxi Info (956 82 2929)

Puerto Taxi info (956-85-8584)

### Navy Exchange

- NEX Main Store, 727-2890– open 0900-1900 daily.
- NEX Mini Mart next to new NEX, 727-2443 - open 0700-2100 daily.
- Barber Shop, NEX, 727-4034. Mon-Sat 0900-1900, Sun 0900-1800
- Beauty Parlor, NEX, 727-4034, - Located inside new NEX. Open Mon-Sat 1000-1900, Sun 1000-1800. Services include new cuts, trims, hair coloring, permanents, manicures, pedicures and waxing. Also available are premium brand hair care products.
- New Car Sales, NEX, 727-2353, Tax-free, American made cars and motorcycles. Mon 1100-1500. Tues-Sat 1000-1730
- Rent a Car, Bldg. 2, 727-2675 (located in the Air Terminal). Mon-Fri 0800-2000; Sat & Sun 0800-1600
- Dunkin Donuts, Nathan's & Healthy Express, Bldg. 2, Air Terminal. Daily 1030-2300

### Banking Services

Euros can be obtained from ATMs on and off base.

Navy Federal Credit Union, bldg. 1 - This branch office is open Mon-Fri 0800-1600. USD can be obtained at these three ATM machines are located: outside the NEX, La Plaza and at the NFCU (Bldg 1).

### Useful MWR Facility DSN Numbers:

Tickets and Travel/Outdoor Recreation: 727-3101  
Fitness Center: 727-2565  
Aquatics Center: 727-2129  
Golf Course: 727-2260  
Pinz Bowling Alley/American Cafe: 727-2112  
Bombers Fresh Mex: 727-3712  
Tower Pub: 727-3712  
Flix Movie Theater: 727-3709  
Pizza Villa: 727-3212  
Liberty Center: 727-2527

### Liberty Center (Single Sailor)

Brandi Sage, Liberty Coordinator



Liberty Center

Welcome to Liberty, the Navy's home for positive recreational options targeted at single and unaccompanied service members.

Explore Andalucía! One day and extended trips within the local commuting area allow Sailors to get to know their local sights, sounds and flavors. The Rota Liberty Center also offers international trips throughout the year. Some of our most popular Liberty trips include: canyoning, rock climbing, snowboarding, kite surfing, paint-balling, go-karting, kayaking, mountain biking and just exploring the Spanish countryside.

The Liberty Center also offers outings to local sporting events, bull fights, cultural festivals and concerts. Every month, our single sailors are invited to join the Liberty staff for Liberty Night at the Movies, Liberty Dining Out, Liberty Cosmic Bowling Night and Liberty Golf Day-all free!

Liberty offers Sailors the chance to try out and learn new leisure activities and skills—pursuits they will continue to enjoy for years to come. Active duty members can sign up for a variety of classes at the Liberty Center, including: flamenco dancing, guitar, piano, Spanish and much more.

We have an enclosed movie room with an HD Projector and surround stereo sound. There are over 800 movies to choose from! Check out our movie marathons or televised sporting events, like UFC fights! Make yourself at home. There is plenty of comfortable furniture to relax with your friends, including recliners and couches.

The Liberty Center helps Sailors stay connected with their friends and family around the globe. Free Wi-Fi is available throughout the facility. Computers are available with internet, scanning and printing capabilities.

Have some fun...there's no excuse for being bored with Liberty around. We've always got something fun to do for our hard working single Service Members—that's why we're here!



Liberty Center





## Champions Entertainment, Food & Beverage Information

Sara Fine, Food and Beverage Director  
DSN: 727-1429

### La Plaza:

#### Champions Bar

Looking for something to do? Champions is your number one choice for entertainment. There are pool tables, 1 big screen TV, slot machines and video games for your enjoyment. Come watch your favorite sport events on AFN with friends! Sit at the bar, and sip your favorite drinks with friends or have some laughs dancing on our large dance floor in the dining area. Champions also plays host to DOD bands and AFE shows on a regular basis. FREE Wi-Fi!



#### Pizza Villa

Currently the largest pizza operation in the entire U.S. Navy, Pizza Villa is proud to offer you American favorites including pizzas, calzones, salads and oven baked sandwiches! Pizza Villa is one of the most popular dining facilities on Naval Station

Rota. Each year, PV rolls out more than 120,000 pizzas! PV has an air-conditioned dining room and an outside patio dining area, both overlooking the golf course. There is ample parking with plenty of lighting in front of the facility.

Pizza Villa is open daily  
Summer Hours: 1100 - 2300  
Winter Hours: 1100 - 2200

#### Gourmet Bean Cafes

We are proud to be serving Starbucks coffee at two locations to better serve you. Fleet Landing (attached to the NEX Laundry Service near the Piers) and attached to the Library (near the base chapel).

Open Mon-Fri: 0730-1400



### El Patio:

#### Bombers Fresh Mex

Craving that Fresh Mex style food? We've got you covered at Bombers Fresh Mex we offer made to order burritos, bowls and salads along with beverages, smoothies and a variety of cookies.

Monday-Friday, 1100-1900

Saturday-Sunday, Closed

#### Tower Pub

Tower Pub offers a selection of handcrafted cocktails and adult beverages served alongside our signature a la carte menu featuring appetizers, house made BBQ plates and more.

Monday-Friday, 1600-2300 (last order 2230)

Saturday-Sunday, 1400-2100 (last order 2045)

Open to adults (18 years and older) only. Except when accompanied by an adult to order food and take-out.

#### Flix Movie Theater

Rota's state of the art movie theater! Offering showings on two screens, for movie showings and times visit our website at [www.navymwrrota.com](http://www.navymwrrota.com) and online ticket purchases. To book command showings, contact Marilo Martorell at 727-3709.



#### Pinz Bowling Alley and American Cafe

The twelve state-of-the-art lanes are equipped with automatic pin setters, synthetic lanes and automatic scoring systems.

Enjoy food and beverages offered by our American Cafe and order a cold adult beverage at the bar.

Celebrate a special event at Pinz. The music and festive atmosphere make it an ideal party spot for your command!

Contact Pinz Bowling to reserve a party. [Rota\\_Bowling@eu.navy.mil](mailto:Rota_Bowling@eu.navy.mil)  
Sunday-Thursday, 1100-2200  
Friday and Saturday, 1100-2300

## Tickets & Travel Info

Details are on the pages to follow.

- Seville Historical Tour
- Bullring & Wine Tour
- Cádiz Tour
- Night Kayak and Santi Petri Castle Tour
- Dinner and Flamenco Show
- Canyon Descending Tour

### Important Details:

- Dates for tours should be communicated at least three days prior to the tour date so that arrangements can be made.
- To expedite the loading of registered guests on Tours, it is highly suggested that we receive, in advance from the Rec. Services Officer, a list of participants for that particular tour and assistance in ensuring those guests are present.
- Outdoor Recreation/Tickets & Travel Department, is open from 1000 - 1800 Monday - Friday and is located in building #48





## Seville Tour #1

According to legend, "Sevilla" was founded by Hercules and its origins are linked with the Tartessian civilization. It was called Hispalis under the Romans and Isbiliya with the Moors. Its high point in its history was following the discovery of America.

Sevilla lies on the banks of the Guadalquivir River and is one of the largest historical centers in Europe. It has the minaret of La Giralda, the cathedral (one of the largest in Christendom), and the Alcázar Palace. Part of its treasures include Casa de Pilatos, Torre del Oro, the Town Hall, Archive of the Indies (where the historical records of the American continent are kept), the Fine Arts Museum (the second largest picture gallery in Spain), convents, parish churches and palaces.

Trip includes transportation, guided tour of Sevilla and entrance fees to the Cathedral (including minaret) and Alcazar. Your tour departs from Pier (1 or 3 depending on where ship is docked) at 0730 by deluxe motor coach. Upon arrival in Sevilla (approx. 2hrs 15 min travel time), you will meet your English-speaking guide for a historical tour of the city including the Cathedral and Real Alcazar. After the tour, there will be free time in the city center for shopping, lunch, and additional sightseeing.

NOTE: Remember to bring Euros for lunch and souvenirs, sunglasses/sunscreen, and a jacket if necessary.

Approximate arrival time back to the Pier at Naval Base Rota is 1800. Itinerary is subject to change.

Tour Includes:

Tour Includes:

- Round/trip bus transportation
- Depart Pier from Naval Base Rota at 0730, return approximately 1800
- Historical tour of city with local English-speaking guide
- Visit the Cathedral and Real Alcazar
- Free Time to sightsee and eat lunch

**\$60 per person**  
minimum 25 people

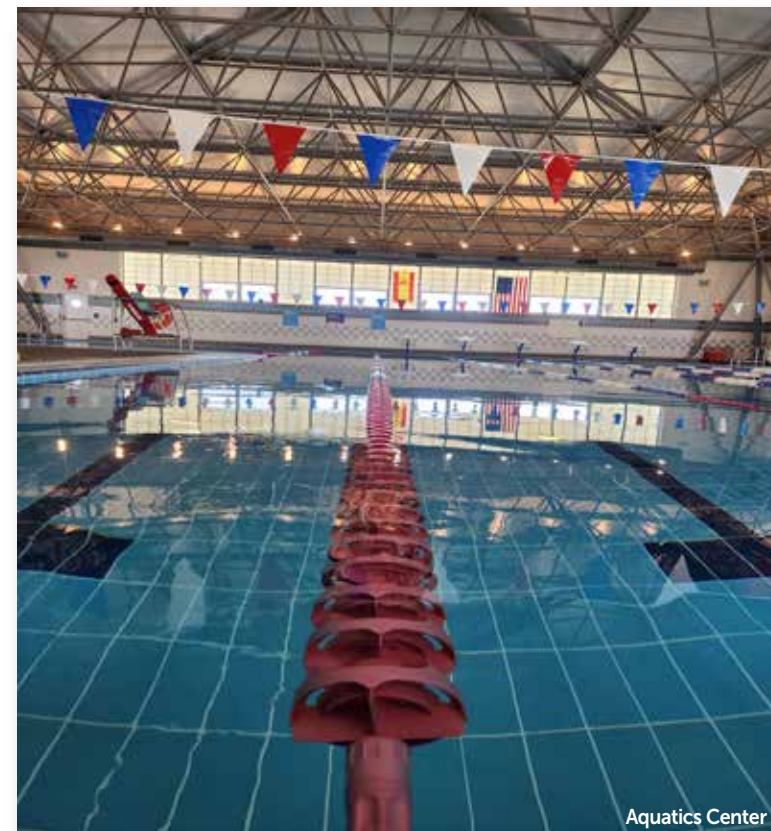


## Aquatics Center

Nate Spencer, Aquatics Manager  
DSN 727-2129

The indoor Aquatics Center meets your fitness and recreational swimming needs. The pool is open if you would like to swim laps to stay in shape, get ready for that next PFA, practice for the Triathlon or for your enjoyment with family and friends.

- Water Aerobic Group Classes for commands.
- Within walking distance of the Fitness Center, Pinz Bowling Center, Liberty Center, library, Gour-met Bean Cafe, and La Plaz
- L-Shaped indoor 25-meter heated pool and dive well with 5 racing platforms.



Aquatics Center

## Golf Course

Richard Knapp, Golf Course Manager  
DSN 727-2260

You can enjoy our picturesque golf course all year around. This a challenging course for beginners and pros alike. This 18-hole golf course has a driving range, chipping-and-pitching area and a putting green. We also offer rental clubs, carts and electric carts for your convenience. You can purchase all your golfing supplies at our full-service Pro Shop. Our Golf Pro staff is available for both group and individual lessons. We can also arrange a tournament for you with enough advanced notice.



## Golf Course Fees

- GREEN FEES  
(9 holes, 18 holes or all day)  
E4 and below:  
\$17 (9-hole) \$21 (18-hole) Week day rates  
\$19 (9-hole) \$22 (18-hole) Weekend rates  
E5-E6:  
\$18 (9-hole) \$23 (18-hole) Week day rates  
\$20 (9-hole) \$24 (18-hole) Weekend rates

- GREEN FEES  
(9 holes, 18 holes or all day)  
E7-O4:  
\$19 (9-hole) \$25 (18-hole) Week day rates  
\$21 (9-hole) \$26 (18-hole) Weekend rates  
O5-O10:  
\$21 (9-hole) \$28 (18-hole) Week day rates  
\$23 (9-hole) \$29 (18-hole) Weekend rates

- RENTALS:  
Rentals are available for electric carts (both single and double rider), Pull cart, basic clubs, VIP clubs and lockers.





**Tune into Cardio Theater!**

Watch TV on our flat screens or listen to the radio while you push yourself on any of the cardio machines.

**Additional Facilities available:**

- 10 tennis Courts
- Softball Fields
- Sand Volleyball Court
- Spinning Room (Bldg 227 next to the Fitness Center)
- Locker Rooms equipped with showers and daily rental lockers Get in shape with MWR.

All you need is you!

**Fitness and Sports**

Beth Winsper - Fitness Director  
DSN: 727-3264

**Fitness Center:**  
The MWR Fitness Center has everything you need to get into shape:

- Personal training service
- Free group exercise classes (Monday-Friday)
- Nautilus Center
- Weight Room (free weights and exercise balls for core training)
- Basketball Court
- 2 Multi-purpose Rooms
- 1 Group Exercise Room
- Sports/Exercise Equipment available for check-out

**Varsity Sports**

Marina Sanchez Oridales, Intramural Sports Coordinator  
DSN: 727-1916

Naval Station Rota has a number of teams who would love the opportunity to play during your visit. Officiated games can be arranged for softball, basketball, flag football, rugby, volleyball and more!

★ Please communicate your wishes at least 3 days prior to the date you would like to play so that arrangements can be made.



**Canyon Descending**

**Tour #2**  
Canyon descending (known as canyoning in the U.S.) is traveling in canyons using a variety of techniques that may include other outdoor activities such as hiking, scrambling, climbing, jumping, repelling, and swimming. Very close to Marbella, through the Guadalmina River from Benahavis village. In beautiful natural surroundings, you will learn the basic techniques for canyoning accessible to all. From the start, you will enjoy jumps from different heights to a deep water reservoir in an idyllic location surrounded by mountains.

Those who still don't feel daring enough for the small jumps, will be able to opt for a fun rock slide. As we make progress, the gorge will narrow showing us a landscape we could never have imagined.

**Tour Includes:**

- Round/trip bus transportation
- Depart Pier from Naval Station Rota at 0700, return approximately 2100

**You Will Need To Bring:**

- Sports shoes (preferably mountain/walking boots) able to get wet.
- Swimwear
- Water bottle
- Change of clothes and dry shoes (change after descending the gorge)
- Requirements: Ability to swim

**\$ 85 per person**  
minimum 8 people



## Bullring & Wine Tour Tour #3

This lively town is situated on the Costa de la Luz across the bay from Cadiz. There are 22 kilometers of Atlantic coastline around the town with 8 beaches. El Puerto de Santa Maria, is the location where Christopher Columbus set sail on his 2nd voyage to America and it was also an important fishing port. Its main industry now is the production of sherry and tourism.

The El Puerto de Santa María's bullring has an eclectic architectural style and was completed in 1880. It is the work of Manuel Portillo de Avila y Herrera. The arena is 99 meters in diameter. It is estimated to hold 12,186 spectators, making it one of the largest rings in Spain including Madrid's Las Ventas and the ring in Valencia. You will be introduced to the different areas of the facility and their purposes and experience a mock bullfight for pictures and memorabilia.

### Tour Includes:

- Round/trip bus transportation.
- Depart Pier from Naval Station Rota at 1000 return approximately 2000.
- Wine Tour and tasting
- Entrance to the Bullring and mock bullfight experience
- Lunch

**\$ 60 per person**  
minimum 25 people



## Dinner & Flamenco Show Tour #6

Andalucía is a place that burns with life, color, and romance. It is a place of music and dancing, of plucked guitar strings, and the snapping of fingers, clicking castanets, and the stamping of feet, all of which mould together to create this wonderful culture we know as flamenco. Andalucía has a reputation for fiestas and celebrations that are overflowing with music and dance, women in colorful gypsy style dresses, silk shawls, and hand painted fans in an array of dazzling designs. The old men, faces scorched and cracked like the bark of an olive tree, their fraying straw hats an emblem of their past, and the courting couples dancing the most dramatic sevillanas are symbolic of life in this wonderful part of southern Spain. Trip includes transportation, dinner (drinks included during dinner only), and Flamenco show.

Your tour departs from Pier at 1800 by deluxe motor coach. Upon arrival in Jerez (approx. ½ hour travel time), you will be taken to a local restaurant for dinner and the Flamenco show. NOTE: Euros optional (to buy drinks after dinner at the restaurant.) Approximate arrival time back to the Pier at Naval Base Rota is 2230. Lunch hours available upon request (1300-1700). Itinerary is subject to change.

### Tour Includes:

- Round/trip bus transportation
- Depart Pier from Naval Station Rota at 1800, return approximately 2230
- Dinner and Flamenco show

**\$ 80 per person**  
minimum 25 people





## Night Kayaking Tour Tour #5

The Castillo de Sancti Petri is a defensive fortification located on an island located in the municipality of the City of San Fernando (Cadiz-Spain) in the Atlantic Ocean. This stronghold of great strategic and military importance was part of the line of fortifications that protected the entrance of Sancti Petri.

Here you will discover the true meaning of virtues like courage, loyalty, sacrifice and teamwork, with which the troops of Sancti Petri Castle fought for two and a half years fighting for freedom and values for Spain's Constitution of 1812.

**Tour Includes:**  
Transportation, Sancti Petri Castle guided tour and all gear.

**What to Bring:**

- Water
- Food / Snacks
- Camera
- Dry Clothes.

**\$ 85 per person**  
minimum 25 people

**For the most up-to-date tour and activity information please scan the QR Code**



*SCAN ME*



## Cadiz Tour #4

Cádiz, located in southern Spain is believed to be one of Europe's oldest cities and once served as home to bona fide voyagers like Ferdinand Magellan and Amerigo Vespucci. Almost entirely surrounded by water, the city appears isolated. It stands on a peninsula jutting out into the bay, dramatically defining the surrounding landscape. The old central quarter is probably the most beautiful part of the city. It's famous for its picturesque charm. The narrow and cobbled streets open out onto pretty little squares. People sit outside in cafes all day long enjoying the heat, and gazing up at the Moorish architecture.

**Trip includes transportation, guided historical tour of Cádiz.**

Your tour departs from Pier (1 or 3 depending on where ship is docked) at 0900 by deluxe motor coach. Upon arrival in Cádiz (approx. 1 hour travel time), you will meet your English-speaking guide for a historical tour of the city including the Cathedral and local sites. After the tour, there will be free time in the city center for shopping, lunch, and additional sightseeing.

NOTE: Remember to bring Euros for lunch and souvenirs, sunglasses/sunscreen, and a jacket if necessary.



**Tour Includes:**

- Round/trip bus transportation
- Depart Pier from Naval Station Rota at 0900, return approximately 2000
- Historical tour of city with local English-speaking guide
- Visit the Cathedral and local sites
- Free Time to sightsee and eat lunch

**\$ 60 per person**  
minimum 25 people





# NAVSTAROTA



## MWR Facilities

### MWR ADMIN

- 1 Support Services, Bldg. 1A, 727-1517
- 2 Marketing / IT Office, Bldg. 1870, 727-2090 / 1566
- 3 Child Development Center, Bldg. 1963, 727-1100
- 4 School Age Care, Bldg. 41, 727-2839
- 5 Youth Sports, Bldg. 41, 727-4721
- 6 Youth Center, Bldg. 3053, 727-4625

### COMMUNITY RECREATION

- 7 Community Classes, Bldg. 48, 727-2354
- 8 Tickets and Travel, Bldg. 48, 727-3101
- 9 Outdoor Recreation, Bldg. 48, 727-3101
- 10 Special Events, Bldg. 48, 727-1410
- 11 Liberty Center, Bldg. 48, 727-2527
- 12 Deployed Forces Support, Bldg. 48, 727-1462
- 13 Library, Bldg. 3306, 727-2418

## Dining and Entertainment

- 14 Pizza Villa, Bldg. 49, 727-3212
- 15 La Plaza, Bldg. 49, 727-6323  
Cash Cage  
Champions  
Game Room  
Pizza Villa Express
- 16 Gourmet Bean Library, Bldg. 3306
- 17 Gourmet Bean Fleet Landing, Bldg. 3184
- 18 El Patio, Bldg. 3348  
Flix Theater, 727-2328  
Bombers Fresh Mex, 727-3712  
Tower Pub, 727-3712
- 19 Pinz Bowling and American Cafe, Bldg. 228, 727-2112
- 20 Golf Pro Shop, Bldg. 231, 727-2260

### SPORTS / FITNESS

- 21 Fitness Center, Bldg. 44, 727-2565
- 22 Aquatics Center, Bldg. 45, 727-2129
- 23 Housing Pool, Bldg. 591, 727-4882

## Useful Numbers

**Emergencies,** 727-2911 / 956-82-2911  
**Emergency Dispatcher (Base Security),** 727-2000  
**Hospital Emergency Room,** 727-3307 / 3308

**Base Pass and ID,** 727-3247  
**Space-a-info,** 727-2411 / 2171  
**Fleet and Family Service Center (FFSC),** 727-3232  
**The Gateway Galley,** 727-1655  
**Navy Exchange (NEX),** 727-2391  
**NEX Vehicle Rental,** 727-2002 / 2675  
**Navy-Marine Corps Relief Society Rota (NMCRS Rota),** 727-1614

**Lodging**  
**Navy Gateway Inn & Suites (NGIS),** 727-1871  
**Navy Lodge,** 727-2643

**Taxi**  
**Rota Taxi,** 956-84-0085  
**El Puerto de Santa Maria Taxi,** 956-85-8584



www.navymwrrota.com



(Calling on base: 727-ext. Calling from off-base or mobile phone: (34) 956-82-ext.)