

▼
wHat's iNside?

Liberty

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

Fitness/Sports

Varsity Sports, Golf, bowling, aquatics and the Fitness Center.

Travel/Tours

One Day Tours to: Cadiz, Seville, Ronda, Gibraltar and more!

Hospitality

Champions Sports Bar, El Rompidillo, Pizza Villa, and Special events!



◀ **vaMOS!** ▶
a Rota

MWRROTA ON-LINE MAGAZINE
FOR DEPLOYED FORCES

RotaSpain2012



MWRROTASPAIN

Morale, Welfare & Recreation Department

U.S. Naval Station Rota, Spain
PSC 819 BOX 14 - FPO AE 09645
Tel: 011 (34) 956-82-2527 - Tel (On Base): 727-2527
www.rotamwr.com



Fleet Visit Point of Contact

Doug Hasselbring
MWR Deployed Forces Coordinator
Naval Station Rota, Spain

DSN: 727-1462
COM: 011 (34) 956-82-1462
CELL: 011 (34) 682-473-192
E-mail: douglas.hasselbring@eu.navy.mil

We are happy you are visiting Naval Station Rota Spain. Enclosed in this packet is information about special tours, entertainment, facilities and services that MWR can offer your crew. Feel free to copy this packet or convert the tour pages to fliers to post around your unit or ship.

There are also points of contacts (POC) for all our programs and general information of

operations for our facilities. We think Rota is one of the best port visits you'll have, so if there is anything we can do to make your stay better, please don't hesitate to contact me.

Important Information: Please CC your primary POC, Doug Hasselbring, on all correspondence.

MWR Department Contacts:

Scott Jungk, MWR Director
DSN 727-1507 / COM: 011 34 956-82-1507
scott.jungk@eu.navy.mil

Jeff Sias, MWR Recreation Director
DSN 727-2326 / COM: 011 34 956-82-2326
jeffrey.sias@eu.navy.mil

Isaiah Mincks, Fleet Recreation Coordinator
DSN 727-1410
isaiah.mincks@eu.navy.mil

Robert Wood, Hospitality Director
DSN 727-1511 / COM: 011 34 956-82-1511
robert.wood@eu.navy.mil

Laurie Allard, Athletic Director
DSN 727-2326 / COM: 011 34 956-82-2326
laurianne.allard@eu.navy.mil

Robert Coronado, Sports Coordinator
DSN 727-1916 / COM: 011 34 727-1916
sports@rotamwr.com

Javier Gomez, ITT/Outdoor Rec Manager
DSN 727-3101 / COM: 011 34 956-82-3101
ittrotamwr.com

Tom Abrahamson, Golf Course Manager
DSN 727-1483 / COM: 011 34 956-82-1483
golf@rotamwr.com

MWR liBerty

fleet & single sailor program

Liberty Center (Single Sailor)

Doug Hasselbring, Liberty Coordinator
DSN 727-1462
COM: 011 34 956-82-1462
Email: douglas.hasselbring@eu.navy.mil



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, paintballing, go-karting, scuba diving, kayaking, mountain biking and just exploring the Spanish country-side.

The Liberty Center also offers outings to local sporting events, bull fights, cultural festivals 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: photography, flamenco dancing, computer skills, piano, Spanish, poetry and much more.

The Liberty Center is your hub for entertainment. There are pool, air hockey, ping pong and foosball tables, interactive arcade games, on-line PS3, Xbox, Kinect and Wii gaming systems,

an updated paperback library and 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 are 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. Expeditions offers thirty recreational usage computers with internet, scanning and printing capabilities. You can also check out lap tops to be used in the Liberty Center. Headsets are available for Skyping. AT&T telephones and calling cards are also available in private booths.

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 Sailors—that's why we're here!



Liberty Center



ITT - Tours Info

Javier Gomez, ITT/Outdoor Rec Manager
DSN 727-3101

itttota1@rotamwr.com

COM: 011 34 956-82-3101

ITT has 6 major tours planned for you. Fliers are attached for your convenience.

- One Day Seville Tour
- One Day Ronda Tour
- One Day Gibraltar Tour
- One Day Cádiz Tour
- One Day Bodega Tour, Dinner, and Flamenco Show
- One Day Dinner and Flamenco Show

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 ITT Tours, it is highly suggested that we receive, in advance from the Rec. Services Officer, the list of participants for that particular tour and assist in ensuring those guests are present.
- For all ITT trips, there is a 25 person minimum and a 50 person maximum.
- Traveler, the ITT/Outdoor Recreation Department, is open from 9 a.m. – 6 p.m. Monday - Friday and 9 a.m.-1 p.m. on Saturday and is located at Expeditions (Bldg 48).

Seville ITT Tour # 1 (one day tour)

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, a camera, sunglasses/sunscreen, and a jacket if necessary.

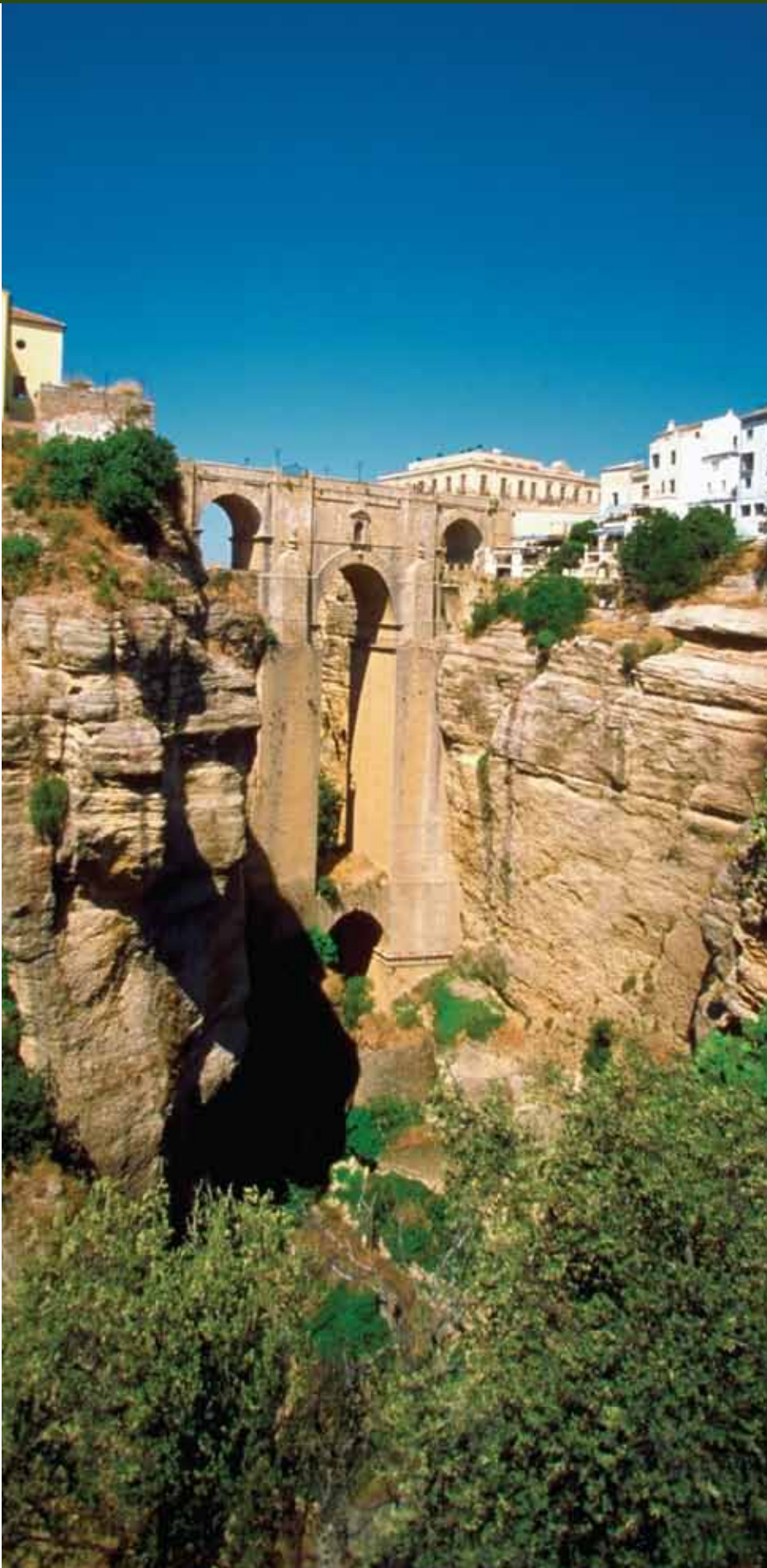
Approximate arrival time back to the Pier at Naval Base Rota is 1800. Itinerary is subject to change.

Tour Includes:

- 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





Ronda ITT Tour #2 (one day tour)

Ancient Ronda is a colorful tapestry woven of tangled threads which make it one of the most interesting cities in all Andalusia. The landscape, the layout of the town, its history, the romantic legend of its bandits with their evocative names, the cradle of bullfighters and artists whose names have gone down in history: all this makes Ronda a unique city. The city invites you to take a leisurely stroll through its streets, absorbing every detail of this ancient Arab "medina" on the south bank of the Guadalquivir River, whose walls are still partially standing. You can cross the Puente Nuevo ("new bridge") and wander around the Alameda del Tajo, then eat in one of the restaurants offering an abundant selection of dishes from the local cuisine.

Trip includes transportation, guided tour of Ronda and entrance fees to the Monuments listed.

Your tour departs from Pier (1 or 3 depending on where ship is docked) at 0730 by deluxe motor coach. Upon arrival in Ronda (approx. 2hrs travel time), you will meet your English-speaking guide for a historical tour of the city beginning with the Tajo, followed by the Don Bosco Palace, the Arabic Quarter, and ending at Spain's oldest bullring. 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, a camera, 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:

- 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 Tajo, Don Bosco Palace, Arabic Quarter, and Spain's oldest bullring
- Free Time to sightsee and eat lunch

\$50 per person
minimum 25 people

Gibraltar ITT Tour #3 (one day tour)

Thought to be one of the two Pillars of Hercules, a trip to southern Spain would not be complete without seeing "The Rock" of Gibraltar and mingling with the Barbary apes!

Trip includes transportation, guided tour and entrance fees to the Rock with visits to the siege tunnels, St. Michael's cave, the Barbary apes, and the Moorish tower.

Your tour departs from Pier (1 or 3 depending on where ship is docked) at 0730 by deluxe motor coach. Upon arrival in Gibraltar (approx. 2hrs travel time); there will be free time in Casemate's Square for shopping, lunch, and additional sightseeing. At 1400, you will meet your English-speaking guide for a tour of the Rock. NOTE: Remember to bring your passport, Euros (The currency in Gibraltar is the British pound, but most places accept Euro also) for lunch and souvenirs, a camera, sunglasses and sunscreen, and a jacket if necessary. Approximate arrival time back to the Pier at Naval Base Rota is 1900. Itinerary is subject to change.

Tour Includes:

- Round/trip bus transportation.

- Depart Pier from Naval Base Rota at 0730, return approximately 1900.
- Tour of the Rock with local English-speaking guide
 - Free Time to sightsee and eat lunch.
 - **REMEMBER YOUR PASSPORT!**



\$60 per person
minimum 25 people



Cádiz ITT Tour #4 (one day tour)

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, a camera, 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:

- Round/trip bus transportation
- Depart Pier from Naval Base Rota at 0900, return approximately 1800
- Historical tour of city with local English-speaking guide
- Visit the Cathedral and local sites
- Free Time to sightsee and eat lunch

\$50 per person
minimum 25 people



Bodega Tour, Dinner & Flamenco Show

ITT Tour #5
(one day tour)

Andalucía is a place that burns with life, color, and romance. It is a place of music and dancing, of plucked guitar strings, the snapping of fingers, clicking castanets, and the stamping of feet, all of which meld 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, visit to Bodega with tasting, dinner (drinks included during dinner only), and Flamenco show.

Your tour departs from Pier (1 or 3 depending on where ship is docked) at 1830 by deluxe motor coach. Upon arrival in Jerez (approx. ½ hour travel time), you will meet your English-speaking guide for a tour of the Bodega including a tasting of their sherry wine. After the tour, at 2130 you will be taken to a local restaurant for dinner and the Flamenco show. NOTE: Euros optional (to buy sherry at the Bodega or drinks after dinner at the restaurant.)



Approximate arrival time back to the Pier at Naval Base Rota is 0030. Lunch hours available upon request (1200-1700). Itinerary is subject to change.

Tour Includes:

- Round/trip bus transportation
- Depart Pier from Naval Base Rota at 1830, return approximately 0030
- Visit Bodega with tasting, dinner, and Flamenco show

\$75 per person
minimum 25 people





Dinner & Flamenco Show ITT Tour #6 (one day tour)

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 (1 or 3 depending on where ship is docked) at 2030 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 0030. Lunch hours available upon request (1300-1700). Itinerary is subject to change.

Tour Includes:

- Round/trip bus transportation
- Depart Pier from Naval Base Rota at 2030, return approximately 0030
- Dinner and Flamenco show

\$60 per person
minimum 25 people





Fitness and Sports

Laurie Allard, Athletic Director

DSN 727-1518 laurianne.allard@eu.navy.mil

COM: 011 34 956-82-1518

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 Racquetball Courts
- 2 Multi-purpose Rooms
- 1 Group Exercise Room
- Sports/Exercise Equipment available for check-out
- Jacuzzi
- Sauna

Varsity Sports

Robert Coronado, Sports Coordinator

DSN 727-1916 sports@rotamwr.com

COM: 011 34 727-1916

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

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

Varsity Sports Include:

- Basketball
- Flag Football
- Soccer
- Softball
- Volleyball
- Rugby



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. We provide the walkmans and TVs, all you bring are your personal earphones. After a long workout, relax your muscles in the jacuzzi or sauna.

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!





Aquatics Center

- L-Shaped indoor 25-meter heated pool and dive well with 5 racing platforms.

Aquatics Center

Tara Rather, Aquatics Manager
DSN 727-2129 aquatics@rotamwr.com
COM: 011 34 727-2129

The indoor Aquatics Center meets your fitness and recreational swimming needs. During fall, winter and spring, 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. During summer hours, the Aquatics Center is open limited hours for command PT, lap swimming and exercise only. Recreational and family swimming during the summer is located at the Housing Pool.

- Water Aerobic Group Classes for commands.
- Within walking distance of the Fitness Center, Bowling Center, Expeditions/Liberty Center, Library/Coffee Shop, and La Plaza/Champions Entertainment Center.

Golf Course

Tom Abrahamson, Golf Course Manager
DSN 727-2260 golf@rotamwr.com
COM: 011 34 727-2260

You too 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)

E6 and below, their dependents, military retiree (equivalents, and their dependents): **\$16**

E7 and above, their dependents, military retiree (equivalents, and their dependents, and all civilians): **\$22**

Guests of eligible patrons: **\$30**



Golf Course

- **CART RENTAL**
Pull Cart: \$4
Riding Cart (9 holes): \$15
Riding Cart (18 holes): \$25
- **DRIVING RANGE**
1 Token (30 balls): \$2
- **CLUB RENTAL**
Club rental available starting at \$5
Each golfer on the course must have a bag

Entertainment, Food & Beverage Information

Robert Wood, Hospitality Director
DSN 727-1511 robert.wood@eu.navy.mil
COM: 011 34 956-82-1511

Champions

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. If you're the physical type, a horse shoe pit and basketball court are located right outside of Champions off the back patio. 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!



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, as well as an outside enclosed, sunny patio and large playground for children. There is ample parking with plenty of lighting in front of the facility. Pizza Villa is open from 1100 – 2300 daily.



El Rompidillo

El Rompidillo is a Spanish-style family friendly restaurant located in La Plaza, bldg 49. The menu of the day uses fresh and local products to include salad, entrée, café or fruit.

Children's menu is available featuring spaghetti, chicken breast or hamburger. Wine is available by the bottle and dinner menu features salads, pastas, steak, chicken, seafood and pork.



Bowling – Rota Lanes

Rota Lanes' Brunswick system features fun animation and easy to use player set-up and language selection.

The sixteen shiny lanes are equipped with automatic pin setters, synthetic lanes and automatic scoring systems. If bowling is your thing, ask about our year-long leagues. Form your own team, or we'll find one

for you. Rota Lanes sells game enhancing items such as shoes, bags, talc pouches, towels, and balls. Celebrate a special event at Rota Lanes. The arcade, music and festive atmosphere make it an ideal party spot for any age! Contact the Bowling Center to reserve a party. The Bowling Center is open from 1100-2300 daily.

Lodging

On Base Lodging

BOQ / BEQ

Tel: 956-82-1750

Navy Lodge

Navylodge-Rota@nexweb.org

Tel: 956-82-2643

Off Base Lodging

4 Stars ★★★★★

Duque de Najera

C/ Gravina, 2

Tel: 956 846 020

www.hace.es

Hotel Playa de la Luz

Avda. de la Diputacion, s/n

Tel: 956 810 500

www.hace.es

3 Stars ★★★

Hotel Caribe

Avda. La Marina, 60

Tel: 956 810 700

www.hotel-caribe.com

Hotel la Espadana

Avda. de la Diputacio, s/n

Tel: 956 846 103

www.hotelespadana.com

2 Stars ★★

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

Posada la Espanola

C/ Garcia Sanchez, 9

Tel.: 956 810 098

Hostal Transito

Avda. de la Diputacion, 24

Tel: 956 814 407

Getting Around

Most MWR facilities and NEX facilities are several miles from both piers, so the shuttle service is a nice option for the Sailors.

Supply Shuttle Service – Contact Fleet Support at 011-34-956-82-1195.

Taxi Service – Rota Taxi Info (956 82 2929 or 727-2929)

Puerto Taxi info (956-85-8584)

**ALWAYS ASK
THE TAXI
DRIVER WHAT
THE TAXI FARE
WILL BE,
BEFORE HAND.**

Navy Exchange

NEX Main Store, 727-2890– open 1000-1900 daily.

NEX Mini Mart next to new NEX, 727-2443 - open 0700-2100 daily. Mini market with Subway Sandwiches, Starbucks, bookstore, package store (alcohol & tobacco), house wares, snacks, video rental, health & beauty aids.

- Barber Shop, NEX, 727-4034. Mon-Sat 0900-1900, Sat 0900-1800, 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
- Runway Cafe, Bldg. 2, Air terminal. 24 hours.
- Taco Bell & KFC, Bldg. 2, Air Terminal. Daily 1030-2300

Telephone and Banking Services

Telephone booths are located on Pier 1 next to the Port Ops Bldg., available 24 hours for collect and credit card calls. International telephone services are available at Expeditions Recreation Center, Champions Sports Club, Pizza Villa and Rota Lanes bowling center. You may reach an American operator by dialing the following access codes from any public phone on base.

ATT 99-900-9900-11

MCI 99-900-9900-14

Sprint 99-900-9900-13

Banking and Euro Sales

Euros can be obtained from any of three ATM's on base, one located in the Commissary, one located at the Pierside Event Center and one located by Banco de Andalucía (near the Indoor Pool). These ATM's are operated by Banco de Andalucía and will cost your NFCU account \$1.00 to use. Euros can also be obtained from any ATM outside of the base.

Navy Federal Credit Union, bldg. 1 - This branch office is open Mon-Fri 0900-1700. Three ATM machines are located on station, one outside the NEX, one at La Plaza and one at the NFCU (Bldg 1).

NEX Main Store – The NEX is open for Euro Sales during operational hours of the NEX. Generally you will find that the NEX offers a better exchange rate than using an ATM.

