

# La Mata and Torrevieja Lagoons Nature Park

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Extending all the way across the municipal areas of Torrevieja, Los Montesinos and Guardamar del Segura are the La Mata and Torrevieja lagoons, which are still used for salt extraction, as they have been for many decades. Salt water is drawn from the Cabeç de la Sal in Pinoso and left to dry in the sun until the water evaporates. The marshlands here are an important wintering and nesting area for over one hundred bird species, such as the greater flamingo, the black-necked grebe and various duck varieties. To the north of the La Mata lagoon, near the mouth of the river Segura, are the Guardamar dunes, whose location is now stable due to large pine plantations that prevent them from moving inland.

- **Description:**
  - **Type:** Parques Naturales
- **Towns:**

- [Guardamar del Segura](#) <sup>[1]</sup>

- **Address:**

- Casa Forestal de La Mata - 03188 (Torrevieja)
- **Phone numbers:**
  - +34 965 721 650
- **Web:** [Parque Natural de las Lagunas de la Mata y Torrevieja](#) <sup>[2]</sup>
- **Email:** [parque\\_lamata@gva.es](mailto:parque_lamata@gva.es) <sup>[3]</sup>

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