



Escorted Tours in Andalusia

WELLNESS & CULINARY TOUR:

An Andalusian retreat

(Small exclusive group tour 6-12 people)

Taking a break out of our busy lives and the daily hustle and bustle to take care of ourselves has increasingly become a necessity.

Do you suffer from stress? Are you both physically & mentally exhausted and concerned about burning out? Or have you simply put your own health & wellness second to work, family & responsibilities and urgently need a complete wellness reboot? If so, this holiday is ideal for you; designed to help you reclaim control over your overall physical and mental wellbeing through a blend of mind and body therapies, gentle physical exercise and great food & wine, all working in synergy to help you to rest, heal and recharge.

This 6-night itinerary provides fantastic accommodation and a wonderful mix of experiences including outdoor activities, relaxation and wellness under the Spanish sun!

With this combination of yoga sessions, moderate walking and fun gastronomic activities, reset your mind, heart, lungs and palate.

So, come & join us in sunny Spain to give your health and fitness a real boost. We guarantee your batteries will be fully recharged.

This program is ideal for a small group of friends, families or a wellness community. The possibilities are endless however, and we have the flexibility to satisfy every specific need and requirement of each of our guests.

SUMMARY (6 Nights)

Start: Malaga

End: Malaga

Thursday to Wednesday

3 N Vejer

3 N La Viñuela

What's Included?

- All private transfers
- Hotels (3/4*)
- Breakfasts & all meals mentioned in the itinerary
- Fluent English speaking Tour Leader

What's not Included?

- International Air Flights
- Travel/medical Insurance
- Meals & Drinks, other than those mentioned in the itinerary
- Tips & Gratuities

HIGHLIGHTS

- Small exclusive group tour (6-12 people maximum)
- Stay at two stunning accommodations with privileged location, completely off the beaten path offering peace, relaxation and comfort.
- Total connection with nature
- Morning and evening masterclass with local yoga instructors various wellness techniques (yoga, tai-chi, meditation, pilates....)
- Handpicked activities to help you relax (spa circuits, massage, arabian baths...) and have fun (horse riding, cycling, cooking)
- Personalised walks to explore our beautiful countryside and to reconnect with nature, an activity vital for a healthy mind and body.
- Complete gastronomic immersion into the Mediterranean diet.
- Locally sourced and produced food, ensuring the very freshest produce possible. Dishes are prepared with in-season, unprocessed, unrefined and, wherever possible, organic products. Minimising packaging, transport distance while supporting local farmers and producers.
- Farm to the table experiences: local olive oil production, avocado farms, boutique wineries.
- Responsible tourism, we pre-screen every trip so you can travel knowing your holiday will help support the local economy and conserve the region's environment. We use recyclable / compostable bags, food containers & paper straws & bamboo cutlery for our "take out" & picnic food...



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ITINERARY

DAY 1: Arrival & welcome dinner

Upon arrival in Malaga, we will arrange for a private transfer to your hotel in Vejer de la Frontera (aprx. 2.5h).

You will be staying at a small luxury boutique hotel set in a restored 16th-century house located right in Vejer de la Frontera's historic old town. From its privileged hilltop position in this picturesque village of the Costa de la Luz, this gem of a hotel offers breath-taking panoramic views of the surrounding Andalusian countryside.

During your stay, enjoy a lovely drink on the hotel's stylish roof terrace which features a whirlpool tub and sunbeds. You could also indulge in private relaxing massages or body treatments either in your room or in a rather singular area; a repurposed water cistern which is accessed via a spiral staircase.



First **afternoon & evening** free to get acquainted with this pretty town and the fantastic hotel you will be staying at before heading to restaurant where you will enjoy a delicious Mediterranean welcome dinner (included).

Meals included: Welcome dinner

DAY 2: The flavours of Andalusia

Morning: Market tour & Cooking class

We are strong believers that the best way to appreciate the culture of any area is through its gastronomy and wine. Nowhere is this truer than in Southern Spain.

This **culinary experience** will begin with shopping for supplies in **Vejer's local market**.

Depending on the season, the dishes which you will help **prepare** and get to **savour** are likely to include *gambas al ajillo* (garlic shrimp), tuna & red pepper salad, *gazpacho* (melon & mint, traditional tomato or almond & garlic). Fresh boiled octopus and *boquerones* (anchovies) are also a delicacy of this region as it is close to the sea!

Your passionate guide will help you **uncover the secrets** for the perfect *tortilla* (Spanish omelette), introduce you to *albondigas* (Spanish meatballs) and treat you to a **yummy cake for dessert**.

Being in the province of Cadiz, this culinary experience would not be complete without sampling **the region's specialties**, which is why you will enjoy a **preserved tuna** and **sherry tasting**!

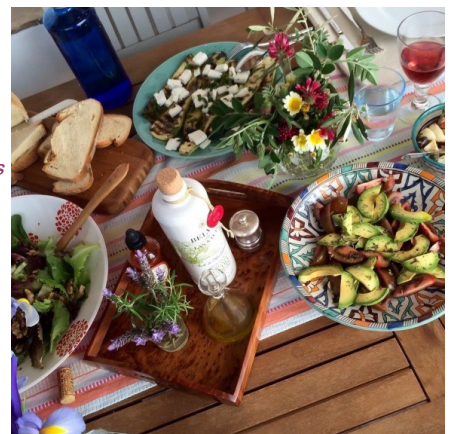
You will have the rest of the **afternoon** free to relax and enjoy at your leisure.

This **evening**, you will have a lovely **light dinner** at your hotel.



Based in beautiful Vejer de la Frontera, on the Costa de la Luz in Cadiz Province, Andalucía, this food tour will give you a unique insight into Spanish food culture. During this creative hands-on class using delicious local ingredients, a hint of exotic Moroccan flavours and more than just a splash of Spanish wine and Sherry, you will create authentic Spanish "slow food". With a relaxed and fun atmosphere, this cooking class is the ideal food experience, even for non-cooks!

Meals included: Breakfast, lunch & dinner



DAY 3: : A breath of fresh air

Early morning Yoga session

Start your day off right by taking the time to work on improving your health, flexibility and inner wellness.

Revitalize your body and mind with this 1-hour rejuvenating yoga class led by your hotel's professional Yoga instructor with more than 10 years of training in Hatha yoga, Vinyasa yoga, meditation, yoga anatomy, and movement anatomy.

Classes have a creative style and focus on Hatha and Vinyasa Yoga.



Morning Hike in the Los Alcornocales Natural Park

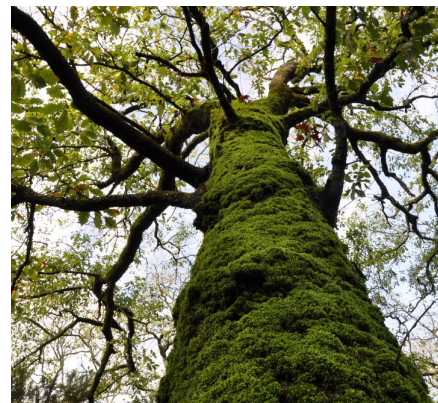
Your private driver and tour guide will pick you up from your hotel to take on a fabulous scenic drive through the Alcornocales Natural Park (aprx. 1h 45mins).

Once at the starting point of your hiking trail in the pretty white village of Jimena de la Frontera, you will enjoy a moderate walk of apr 2.5h. This will give you enough time to admire the beautiful surrounding of the natural reserve known and protected for its cork oak trees.

This is indeed a peaceful and virtually untouched corner of Andalusia. Walk amongst the century old cork trees, breath the fresh air and enjoy the sounds of this typical Mediterranean forest.

After your hike, you will enjoy a lovely outdoor picnic **lunch** in this gorgeous natural setting (included).

After lunch, you will be transferred back to your hotel where you will have the rest of the **afternoon free** to enjoy at your leisure before meeting up with your group again for a pleasant **dinner** (included).



*The vast **Alcornocales Natural Park** covers 167,767ha from Tarifa in the south to the Sierra de Grazalema Natural Park in the north. It is named after it's handsome and beautifully kept cork tree grove, the largest in the Iberian Peninsula and one of the most important ones in the world. It is the best example of what the densely wooded, primeval Iberian forests may have been like. The far south of the region is crossed by deep, narrow, humid V-shaped valleys, called canutos, which have been eroded by rivers and provide the ideal habitat for subtropical forests of great ecological value. Today, these forests only exist in Spain and Turkey but they used to grow in many other parts of Europe.*

Meals included: Breakfast, lunch & dinner

DAY 4: Relax & reconnect with Nature

Morning

You will spend a lovely day in the countryside on this truly rural adventure and delightful gastronomic experience. Today, we invite you to enjoy the quiet, tranquillity of rural Southern Spain and learn about organic farming.

This morning, you will be taken on a beautiful 2h drive to the Natural Park of Grazalema to take in and explore the surrounding wilderness and natural beauty of the Andalusian countryside.



La Dehesa Biodinámica is an **agro ecological** project that brings people closer to **biodynamic agriculture and permaculture** with the goal of teaching and re-educating us on our eating habits. With more than 700 hectares of land, the experience in *La Dehesa Biodinámica* covers different parts:

1. Direct **contact with the animals**: interacting with the beautiful Lusitano horses, cows, sheep and goats in the wild and being able to collect the eggs from the free-range chickens.
2. Enjoying nature and the landscape: the visit is done on an **eco-friendly 4x4 car** so you can have access to all the areas of the farm
3. Traditional **vegetable garden**: you will learn how they prepare the garden, create their own compost and biodynamic preparations.
4. Horse dressage (rejoneo): you will admire the strength of the **Lusitano horse in the farm's arena** showing the different dressage techniques.
5. Farm to the table experience: there is no better way to end this fabulous morning than tasting the fruits of countryside we have just discovered. You will try their olive oil, their wine and will be delighted with a delicious **lunch of seasonal and organic products** harvested in their garden, paired with organic drinks, water and homemade bread (yummy and healthy!).

Note: We can accommodate all sorts of food preferences and/or allergies. Please make a request when booking.

After lunch, you will be transferred to your hotel in La Viñuela.

The Sierra de Grazalema Natural Park in the northeastern part of the province of Cádiz encompasses a complex of mountain ranges. It is a karstic region and contains a number of large limestone caverns, including the Cueva del Gato, the Cueva de la Pileta, and the Garganta Verde. The Sierra de Grazalema is also home to many colonies of vultures, including a few pairs of Egyptian vultures, a species that is seriously threatened. The natural park was declared a biosphere reserve in 1977.

Afternoon Massage & Spa in La Viñuela

After checking-in, enjoy some well-deserved pampering at your hotel's marvellously relaxing on-location Spa and find your inner peace.

Start your journey by toning your body with the aromatherapy and contrast showers, then plunge into the Hamman, perfect to help release any muscle tension from your hike this morning.

Unwind in the sauna and tubs, both overlooking the beautiful La Viñuela reservoir offering breath-taking views of the natural surroundings.

Then, indulge in a 45-minute full body relaxing massage.

Finally, give free rein to your imagination and all your senses by savouring a delicious tea in the rest area.

This experience is sure to leave you feeling completely serene and calm: a unique and unparalleled unforgettable experience.

**We kindly request that customers inform us of any health-related issues: allergies, cardiovascular diseases, pregnancy, etc.*

You will then head to your hotel's restaurant for a delicious **dinner** (included).

*The charming village of **La Vinuela** (Little Vineyard) lies amongst some of the most spectacular scenery in Andalusia. Close by is the main-made reservoir Lake Vinuela, one of the most popular tourist attractions in the province of Malaga, and which not only serves to irrigate the surrounding land, but is also the perfect place for a picnic and watersports. A great spot to get-away spot, where the only sounds you hear are the calling of the birds and small animals that inhabit the countryside and olive groves.*

Meals included: Breakfast, lunch & dinner



DAY 5: A little country & a little zen

This day of adventure starts with either a **horseback riding** or a **cycling experience** in the heart of the Axarquía Nature Reserve. This will be followed with a visit to **one of Spain's most beautiful villages** and will end with a relaxing and centring **Yoga** session by the Mediterranean sea.

Your private driver picking you up to take you to meet your local guide for the day.

Option 1: Horseback riding between mango and avocado trees

Together you will head to the stables where you will meet horseback riding instructor who will help match you with the perfect horse and will provide helmets.

You will then be taken on a very enjoyable ride experience of aprx 2h to discover the Axarquía on horseback!

The route will take you through the **countryside** where you will get to see mango and avocado plantations which are very popular around this area.

Option 2: Cycling by the La Viñuela lake

Enjoy a guided mountain bike tour around the *La Viñuela* Lake. This comfortable ride will follow a 8,5 km (5.28 miles) trail ride which will bring you to the resting area of *Las Mayoralas*, in *Periana*, where you will enjoy a short break before heading back. This route offers spectacular views of the lake, *Sierra Tejeda*, *La Maroma* mountain and the white villages surrounding the area.

Bike and helmet included.

After your horseback or bike ride, you enjoy a well-deserved drinks & tapas for **lunch** in a very authentic local bar (included).

You will then be transferred to the charming white village of Frigiliana, where you will enjoy a **guided walk** through the whitewashed narrow streets stopping at the most breath-taking viewpoints.

Here, you will have the opportunity to take pictures of the ocean and the mountains.

The guided walk will be followed by some free time to wander around and do some shopping (local wine, leather or ceramics).

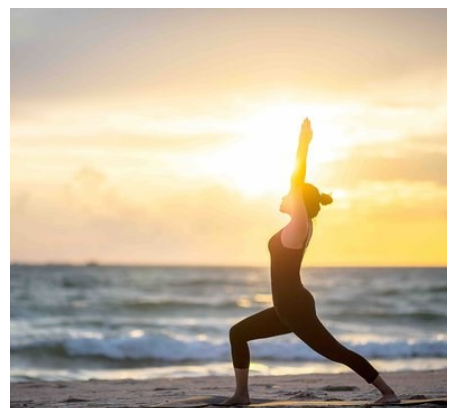
This fantastic day will be completed with a calming and centring **yoga session by the beach**.

You will then head back to your hotel for **dinner** (included).

*The **Axarquía** area is still a breathtakingly beautiful and unspoiled region of Malaga. The main attractions are the area's dramatic hill and mountain scenery, its unspoiled, whitewashed villages and the strong sweet wine that is made from sun-dried grapes. Because of the region's sub-tropical climate, this is also a region where some of the more tropical fruits, such as mango and kiwi are grown.*

***Frigiliana** is a maze of cobbled streets, with meticulously maintained whitewashed houses, that provide a stunning contrast against the blue skies and red slate roofs. The colorful plant pots brimming with bougainvillea, lavender, and jasmine all add an extra dash of color to this enchanting scene. As you wander up the hillside through the pedestrianized cobbled streets, past the white houses with doors painted an array of pastel colors, past tiny nooks and crannies and viewpoints that offer glimpses of the surrounding countryside and the coast below, you can fully understand why Frigiliana is considered by many to be one of the most beautiful villages in Andalusia. A village that has consistently won awards to that effect. Including being voted as the 'prettiest village in Andalusia' by the Spanish tourism authority.*

Meals included: Breakfast, lunch & dinner



DAY 6: The fruits of the Mediterranean

Fish Market visit and Catamaran with Paella show cooking

Your private driver will pick you up and will take you to Caleta de Velez, one of the busiest **fishing ports** on the entire Mediterranean coast of Spain.

You'll discover how fish prices are allocated and purchased at the local **fish market**.

You won't, however, be able to buy anything since only chefs or licensed vendors are allowed to do so.

Then, it's on to the port for a unique experience on a **Catamaran**. You'll get to see the beautiful **coast of La Axarquía** from another perspective and if you are lucky, you might enjoy the company of **dolphins**!

In addition to drinks on board, you'll have the opportunity to get some **snorkelling and swimming** in before the **Paella show cooking** begins!

After a lovely lunch on board (included), you will be driven back to your hotel where you will have the rest of the afternoon free before meeting up with your group again for your **farewell dinner** (included).

Caleta de Velez is a charming little fishing village to the east of Málaga with a vibrant fish market and harbor; the fish from the region comes from the Alborán Sea, a passage of water between the Atlantic and the Mediterranean rich in plankton. This, together with the high-temperature fluctuations of the water, enriches the flavor of the fish caught in the area giving a uniquely distinct taste.

More of an exchange than a market, "la Lonja" as it is known, sees local fisherman unload their daily catches fresh from the sea in separate boxes for display within the exchange. A large screen displays the various lots and the registered buyers make bids from handheld devices until bidding is closed and the money changes hands. Much of the fish purchased here will not even make it to market but will become dinner that same evening in many of the quality seafood restaurants all along the coast of Malaga Province.

Meals included: Breakfast, lunch & dinner



DAY 7: End of your trip

We will arrange for a private driver to take you to the Malaga airport for your flight home :(

Unfortunately all good things must come to and end.... We hope you enjoyed this small group tour with us.

If you can extend the duration of your trip and want to explore more of Andalucía and/or other regions of Spain, we will be happy to create a customised itinerary for the remain of your stay .

