

Spanish Retreat 2022

Cal Arnau, Cami de les coves
Sant Julia de Ramis
Girona

Day 1 Thursday 15/09/22

12pm Landing at Terminal 2C Barcelona
1.30pm Car Rental pick up
3pm arrive at Cal Arnau (Name of the House)
4.30pm a 5 mile walk by the river around Sant Julia de Ramis
6pm Yoga with Raul
8pm Dinner (3 course meal with wine)

Day 2 Friday 16/09/22

7am breakfast
8am leave to do a circular hike of approximately 4.50h with a total distance of 17.5km
9am start Massif of the Ardenya from Sant Feliu de Guixolls
Will take a packed lunch of sandwiches and fruit.
4pm return to Cal Arnau for a swim in the pool
6pm Yoga with Raul
8pm Dinner and Bunco (dice game)

Day 3 Saturday 17/09/22

7am Breakfast
8am leave to do a circular hike of approximately 3.30h with a total distance of 14.7km
9am start From Perelada to Cabanes
2pm light Lunch at Cal Arnau
4pm Head of to Girona city for a walk around the roman wall and a bit of shopping!?
7pm Wine tasting By Ramon
8pm Dinner at Cal Arnau

Day 4 Sunday 18/09/22

8am Breakfast
9am Yoga with Raul
11am a gentle circular hike in Madremanya of approximately 8km around 1.3h
Return for a swim and chill by the pool
2pm Lunch at cal arnau
4.30 travel towards Barcelona airport.