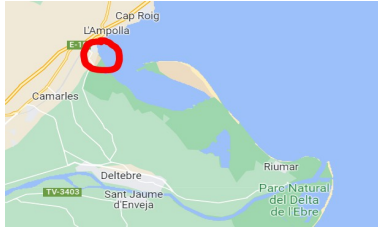
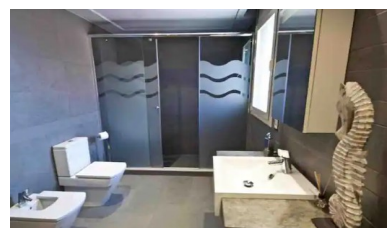
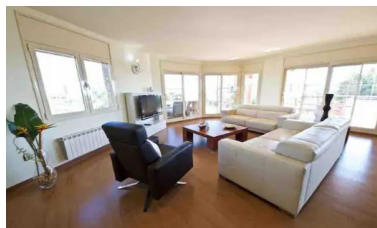


Yoga, beach and outdoor activities holiday June 13th - 17th 2024 L'Ampolla

L'ampolla is a beautiful little fishing village 2 hours south of Barcelona, on the edge of the protected nature reserve Delta de l'Ebre.



The property is a beautiful, newly rennovated 7 bedroom/4 bathroom villa with swimming pool, close to the beach. It's ideally located on the edge of the village with the center a 5 minute walk to the left and the beginning of the Delta 5 minutes walk to the right.



Thursday 13th

Arrive and relax

Arrive Barcelona airport

Coach from the airport to Tortosa (2 hours). Taxi (15 mins)

Pre-dinner gentle Yoga class to arrive and connect

Dinner in a local restaurant



Friday 14th

Cycle around the Delta day - Electric Bikes!

Yoga

Breakfast

Short drive to the heart of the Delta to get fitted up on your E-Bike

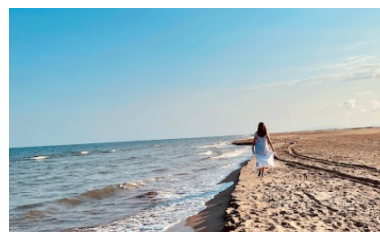
Cycle to the open air Museum of the Delta (which is known for it's rice and bird watching)

Lunch – Paella lunch in the famous restaurant 'La Casa de Fusta' (the house of wood)

Cycle back to L'ampolla (via the beach)

Yoga nidra pre dinner

Dinner



Ssturday 15th

Beach day with optional snorkeling

Yoga

Breakfast

5 km Walk to the beach 'Cap Roig' following a beautiful coastal path which passes through a number of little, picturesque bays

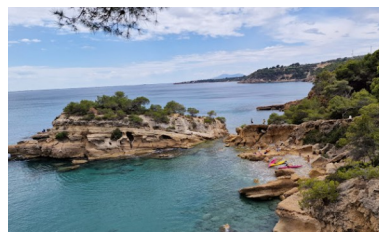
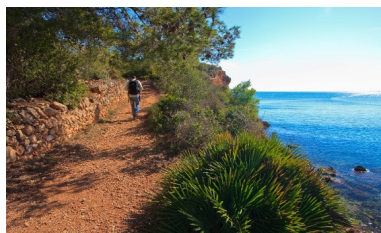
Lunch at a lovely beach restaurant

Relax on the beach snorkel, play beach games or just do nothing, your choice

Walk back to L'ampolla (whenever you want)

Yoga

Free evening (no dinner planned), do whatever you want, eat at 'home' go out into L'ampolla, entirely up to you.



Sunday 16th L'ampolla Lunch and party night

Yoga

Breakfast

3 course Lunch in one of the best local restaurants, sat on a terrace overlooking the harbour

Free afternoon

Sacred, Sunday, sharing ceremony

Evening wine and Tapas in the villa, Pub quiz, music and sharing night



Monday 17th Wind down and head home

Closing yoga session

Breakfast

Coach back to the airport

Getting there

Fly to Barceona where you'll be met by David who will make sure you get on the right coach to Tortosa (2 hours), from there it's a 15 minute taxi ride to L'Ampolla.

Cost

2 people sharing: 845€ per person (£735*)

*Please note the prices quoted in pounds are based on the exchange rate of £1 = 1.15€ correct as of 30/10/23 these fluctuate so are likely to change.

What's included? - Basically everything! (except Flights and Dinner Saturday).

Message Carly for more information and to secure a space.