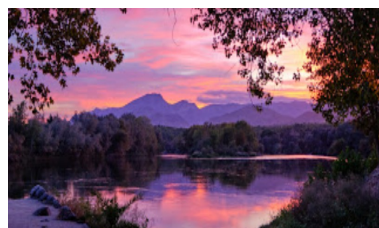


Yoga, wine and walking holiday June 6th - 10th 2024

Xerta, Catalunya, Spain

Xerta

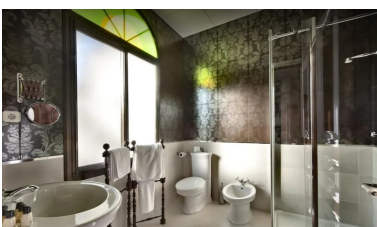
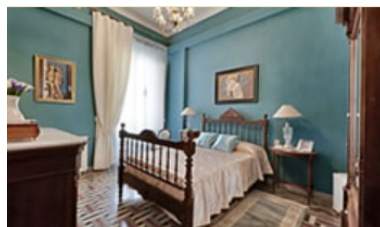


Approximately 2 hours drive south of Barcelona and a beautiful little village, surrounded by mountains and on the river Ebro, Spains second largest river.

Hotel Casa Ceremine



A boutique, historical Hotel in the center of the village with lovely gardens and a large swimming pool. There are 8 rooms which can accommodate 3 people with 1 double and 1 single bed in each room.



Thursday 6th

Arrive Barcelona airport

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

Pre-dinner gentle yoga class to arrive and connect

Dinner

Friday 7th

Salute the sun and awaken the breath with yoga before breakfast

Breakfast

5km walk down the 'Via verde' to the village of Aldover for Lunch

Walk back to Xerta

Reset the body with a gentle yoga practice pre dinner

Dinner and wine tasting evening, selection of local wines paired with tapas

Saturday 8th

Salute the sun and awaken the breath with yoga before breakfast

Breakfast

15km cycle ride down the Via verde. Starting from the town of Horta de San Joan to Bot

Visit to a well known wine cellar for a tour and tasting

Lunch

17km continue cycling down from Bot to Xerta

Yoga nidra pre dinner

Dinner

Sunday 9th

Salute the sun and awaken the breath with yoga before breakfast

Breakfast

Yoga workshop

Paella lunch

Free afternoon

Dinner

Monday 10th

Closing yoga session

Breakfast

Taxi

Bus back to the airport

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Everything is optional, do as much or little as you like.



The 'via verde' (green way) - originally a train line running through the mountains from Aragon to Catalunya is now a tarmaced cycle path. It passes through stunning landscape and a handful of villages (including Bot). The 32km ride from Horta de San Joan to Xerta is downhill all the way!



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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 Xerta.

Cost

2 people sharing: 795€ per person (£691*)

3 people sharing: 695€ per person (£604*)

*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).

Message Carly for more information and to secure a space.