



# Stay Well

September to October 2022



**PGA CATALUNYA**  
GOLF AND WELLNESS

Rejuvenate yourself with a weekend break at our tranquil retreat. PGA Catalunya; relax well.

Join us for a whole host of special activities each weekend throughout September and October. From our bike tours to flying through the forest at our adventure park, you'll find something to suit you.



## Forest Park

*Hidden in the resort's woodland, this exciting forest adventure features adrenalin pumping zip lines and wooden bridges in the trees.*

### Days

17, 24 Sept and  
1, 8, 15, 22 Oct

### Time

11.00-1.00 p.m.

### Days

23 Sept and 7, 21 Oct

### Time

3.00-5.00 p.m.



## Bike Tour

*Discover the delights of the local surroundings on two wheels with a guided bike tour.*

### Days

16, 17, 24, 30 Sept and  
1, 8, 14, 15, 22 Oct

### Time

3.00-5.00 p.m.



## Mini Golf

*Test your putting prowess with a 9 holes of mini golf, plus a warm-up.*

### Days

17, 24 Sept and  
1, 8, 15, 22 Oct

### Time

5.00 – 6.00 p.m.



## Paddle & Tennis Lessons

*Looking to improve your tennis and padel skills? Our coach is on hand to help you perfect your game. Available for all ages, from 6 years old.*

### Day

16, 23, 30 Sept and  
7, 14, 21 Oct

### Time

5.00 – 8.00 p.m.



## Fitness Lesson

*Keep fit with our instructors, in this electrifying exercise session. Class suitable for all levels.*

### Day

17, 24 Sept and  
1, 8, 15 Oct

### Time

10.00 – 11.00 a.m.

# Personalised activities

As well as our weekend specials, we've got a whole host of personalised activities to choose from. Why not try your hand at our tennis courts, or simply relax and rejuvenate with a bit of yoga? There's something for everyone.

Forest Park

Bike Tour

Birdwatching

Remarkable  
Trees Trail

Ecodiversity  
Tour with our  
Biologist

Fitness  
Lesson

Buggy  
Orienteering  
Race

Yoga

Mindfulness

Tennis

Running  
Circuit

Golf  
Lesson



## Discover our new 1-day Bike Tours

- Girona Classic Climbs Road Bike Tour
- PGA Surroundings MTB Tour

· From €130/Day  
· Includes route design and support vehicle if necessary  
· Additional Services: bike hire, restaurant reservations, transfers and other activities.

\* Taylor made 2-5 days tours available

# Special Halloween weekend

There are no tricks, just treats at PGA Catalunya this Halloween.

From frightful films to a ghost-filled treasure hunt, there's plenty to keep you entertained.



## Trick or Treat

With face-painting and costume workshops, our Halloween extravaganza is a real treat.



## Beeswax Candlemaking Workshop

Find out about the important role of bees in the ecosystem whilst making candles with beeswax from the resort's own beehives.



## The Art from our Land

Expression workshop through cultivation. Enjoy an inner journey through the processes of cultivating on the earth. After living the experience of picking a fruit, the attendees will artistically capture everything they have felt and transform that fruit or vegetable into an artistic object through their hands.



## Yoga

An introduction to yoga for all ages is a great way to explore a practice that's renowned for promoting physical and mental wellbeing.



## Wine Tasting

Sample a selection of excellent wines from different regions with our experts.



## Forest Park

Hidden in the resort's woodland, this exciting forest adventure features adrenalin pumping zip lines and wooden bridges in the trees.



## Multisport Camp

Give your children a chance to try their hand at a range of different sports, from football to basketball, baseball to tennis at this 2-hour multisport camp. Suitable for 3-12 year olds.



## Beginners Padel Clinic

Boost your game on court with our group padel classes. Available for kids and adults.

## Bike Tour

Discover the delights of the local surroundings on two wheels with a guided bike tour.

Oct 27 - Thursday	Oct 28 - Friday	Oct 29 - Saturday	Oct 30 - Sunday	Oct 31 - Monday	Nov 01 - Tuesday
	Morning Yoga 9.00-10.00		Morning Yoga 9.00-10.00		
	Natural Candle Workshop 11.00-13.00	Forest Park 10.00-12.00	Bike Tour 10.00-12.00	The Art from our Land 11.00-13.00	Bike Tour 10.00-12.00
Wine Tasting 17.00-18.00					
		Multisport Camp 16.00-18.00	Forest Park 16.00-18.00		
	Padel Clinic kids 17.00-18.30 adults 18.30-20.00			Trick or Treat 17.00-19.00	

Family & Kids -  
TOGETHER WELL

Sports & Wellness -  
LIVE WELL

Bio Activities -  
EXPLORE WELL

Gastronomical -  
EAT WELL

\* €15/person and activity except Art from our land (€25/person). Residents -10%.

\* Places limited.

\* All activities are subject to availability and must be reserved at [activities@pgacatalunya.com](mailto:activities@pgacatalunya.com) or +34 972 181 020.

\* We have protocols in place to keep you safe and give you the freedom to enjoy the activities.

\* Please note: the dates and times of activities are subject to change, please book in advance to avoid disappointment. Undersubscribed activities are subject to cancellation and outdoor activities may be affected by the weather.

\* Children under 14 must be accompanied by adult

# Wellness

9th Sept – 2nd Dec

## Pilates

The 55 minute pilates sessions are designed to be enjoyed on the mat or in the studio and are for individuals or groups, taught by Maria Earle and her team of teachers.

### Every Friday:

11:00 Group Mat Class in Wellness Centre Studio (10 people Max)  
12:15 Trio Studio Session  
13:30 Private or Duet Session in Studio  
15:00 Private or Duet Session in Studio  
16:00 Private or Duet Session in Studio  
17:00 Private or Duet Session in Studio



Pilates Studio at Hotel Camiral

Group Mat Class €25/person  
Private Sessions from €70/person  
\* Special prices for Residents.

24-28th October

## 5-day Balance Retreat

Join us for a five-day journey to reconnect, nourish and grow through menopause or perimenopause. This retreat combines naturopathic and holistic therapies with state of the art technologies to mitigate symptoms, from anxiety to bad sleep.

### Included:

- 5-Day Balance Retreat with activities and treatments
- Stay at 5-star Hotel Camiral, part of The Leading Hotels of the World, in a Superior Deluxe room



- Nutritional meals
- Complimentary access to Wellness Centre Spa facilities throughout

## Workshops



17th Sept – 18h

### Winefulness

Can you imagine a wine tasting that awakens all of your senses? Winefulness is a multisensory wellness experience among vineyards, giving you the opportunity to enjoy wine in a different way and boost your health.

Mindfulness techniques will be used to fully immerse yourself, as the sound of nature around you helps to open your senses in a creative, fun way.

An activity directed by Edgar Tarrés, co-founder of the Institute of Silence.

( includes Camiral wine tasting in our vineyards)

### Price:

€25 person.

### Meeting point:

Wellness Centre



21th Oct – 16h

### Body Concept by Bioline Jatò

Exclusive for Residents

An immersive workshop to learn about our new firming, anti-cellulite and draining treatments from the team of Bioline therapists.

### Price:

Complimentary

### Meeting point:

Wellness Centre



18th Nov – 11h

### Flax & Kale Vegan Cheeses

Presentation of Flax & Kale vegan cheeses and vegan cheesecake show cooking.

### Price:

Complimentary

### Meeting point:

Wellness Centre

Information and reservations: [wellness@pgacataunya.com](mailto:wellness@pgacataunya.com)



Fall 2022

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