



# Magical Moments this Summer

Our brimming activities calendar will keep you busy everyday, from flying down zip wires at the Forest Park to sampling our crisp home-grown wines at our wine tastings.



**PGA CATALUNYA**  
GOLF AND WELLNESS

# Wellness Workshops



## Well tanned

*Would you like to know how to get a great summer tan? Our therapist, is on hand with tips to give you a long lasting, natural tan by simulating your melanin.*

**Price**  
Complimentary.  
Maximum 10 people.

**Days**  
June 4 and 24

**Time**  
4.00 p.m. (1 hour duration)

**Space**  
Wellness Centre Studio



## Vibrational therapy sessions

*With Tibetan quartz bowls under water. Vibrations in water offer an experience like no other. Giving guests a sense of wellbeing, relaxation and tranquility, the healing properties that water has through therapy will leave you feeling calmer with reduced stress and anxiety.*

**Price**  
€120 per session  
(individual sessions)

**Days**  
Thursday  
during the month of July

**Time**  
11.00 a.m. – 2.00 p.m.  
and 3.00 – 8.00 p.m.

**Space**  
Wellness Centre pool



## Facial cosmetics

*A good facial routine is a very important part of our skincare. Our facial specialist, will explain how to create a facial routine that is appropriate to your skin type, environment, stress and emotions.*

**Price**  
Complimentary.  
Maximum 10 people.

**Days**  
July 2 and 8

**Time**  
6.30 – 7.30 p.m.

**Space**  
Wellness Centre Studio



## Toxins on the plate

*It's sometimes hard to spot obesogens and chemicals that enter our bodies through food, its packaging, drinks and kitchen utensils. This workshop will give you the tools you need to help avoid them.*

**Price**  
Complimentary.  
Maximum 15 people.

**Day**  
July 15

**Time**  
6.00 p.m. English workshop  
7.00 p.m. Spanish workshop

**Space**  
Wellness Centre Studio



## Hair cosmetic

*If you'd like the healthiest hair possible, this workshop is for you. Will be available to share her tips on how to take care of your hair during the summer. She will explain how to improve the scalp after the summer and how to nourish it after sun exposure.*

**Price**  
Complimentary.  
Maximum 10 people.

**Day**  
August 5

**Time**  
6.30 – 7.30 p.m.

**Space**  
Wellness Centre Studio

# Special Events

Don't miss out on the opportunity to take part in the unique activities in this season's program.

July 2 and 16

## Emotions and painting workshop

*Hosted by Laia Bedós, this workshop is suitable for all abilities and ages - yes, children will love this class, too!*

**Price:** €35 person.  
Minimum 10 pax.

**Time:** 10.00 – 11.30 a.m.

**Meeting point:** Hotel Camiral

July 30 and August 13

## BdeGust visit

*Visit the Masia de BdeGust in Girona and enjoy a tasting of four beers and one surprise drink. This visit includes a look at the process of making craft beer, a tour of the hop plantations and a beer tasting. Transfers included.*

**Price:** €18 person.  
Minimum 6 pax.

**Time:** 11.00 a.m. – 12.30 p.m.

**Meeting point:** Hotel Camiral

*Please note 10% discount for residents*

July 9 and August 27

## Bike Tour S'Agaró + Shuttle

*Cycle to S'agaró beach on a picturesque route that traces the path of the old railway (tandem bike or electric bike). After a refreshing dip in the sea, hop on our shuttle to return to the resort.*

**Price:** €35 person.  
Minimum 8 pax.

**Time:** 9.00 a.m. - 14.00 p.m.

**Meeting point:** Hotel Camiral

August 6 and September 3

## 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.*

**Price:** €20 person.  
Minimum 6 pax.

**Time:** 10.00 a.m. – 12.00 noon.

**Meeting point:** Hotel Camiral

July 23 and August 20

## Ecodiversity Tour with our Biologist

*Discover the abundant natural environment at PGA with our resident biologist who will be your guide to areas of special interest and the local flora and fauna.*

**Price:** €25 person.  
Minimum 6 pax.

**Time:** 10.00 – 12.00 a.m.

**Meeting point:** Hotel Camiral



## 23rd June – 11th Sep

For a limited time only, hotel and rental guests will be pleased to know that our vast range of activities are all included within the resort fee (at 15€ per room, per night). It includes all group activities as well as individual experiences, if you'd rather a bit of 'you time'. It also includes our weekly special events on Saturdays with new experiences added each week. On demand activities, tailored specifically to you, can also be arranged at an extra charge.

You'll be pleased to know that our Stay Well programme includes a packed itinerary for kids, including sports and a fun bio trip to take in the nature PGA Catalunya has to offer. For the adults, a bike tour of S'Agaró, a picturesque village on the Costa Brava or one of our many Wellness Workshops might take your fancy.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Golf initiation 9.00-10.00	Walking Tour 9.00-10.00	Golf Initiation 9.00-10.00	Fitness 9.00-10.00	Walking Tour 9.00-10.00	Golf initiation 9.00-10.00	Fitness 9.00-10.00
Bike Tour 9.00-11.00	Birds Observ 11.00-12.00	Forest Park 10.00-12.00	Bike Tour 10.00-12.00	Tortoises 11.00-12.00	Bike Tour 9.00-11.00	Forest Park 10.00-12.00
Forest Park 15.00-17.00	Forest Park 16.00-18.00		Forest Park 15.00-17.00	Forest Park 16.00-18.00		Forest Park 10.00-12.00
Multisport camp* 17.00-19.00	Mini Golf 19.00-20.00	Bike Tour 18.00-20.00	Multisport camp* 17.00-19.00	Wine Tasting 17.00-18.00	Footgolf 17.00-20.00	Showcooking 12.00-13.00
		Sunset Yoga 20.00-21.00	Champagne & Oyster Music 20.30-22.30	Mini Golf 19.00-20.00	Family Buggy Race 17.00-19.00	
			Sunset Sessions 20.30-22.30	Sunset Sessions 20.30-22.30	Sunset Sessions 20.30-22.30	Sunset Sessions 20.30-22.30

Family & Kids -  
TOGETHER WELL

Sports & Wellness -  
LIVE WELL

Bio Activities -  
EXPLORE WELL

Gastronomical -  
EAT WELL

\*Not included in the resort fee

For further information on any of our activities, please contact [activities@pgacatalunya.com](mailto:activities@pgacatalunya.com) or +34 972 181 020  
Please note, residents are very welcome to join in with our activities for €13.5 per activity or 10 activities for €105.

## Group activities

Golf Initiation

Forest Park

Fitness Lesson



### Foot Golf\*

*Foot Golf, where golf and football come together to bring the family together. Whether you play in teams or as individuals, we guarantee you'll enjoy every minute.*

*\*This activity will be located at the Forest Park. Saturdays from 5-8pm. Kick Off times every 10 minutes and last Kick Off time at 7.30 p.m.*

Bike Tour

Walking tour

Tortoises



### Sunset Sessions

*With the sun setting behind the hills and the gentle sounds of live music filling the air, spend an evening at the Hotel Camiral Terrace and unwind after your day. Live music includes: jazz, blues, flamenco and much more. Sunset Sessions take place on Friday, Saturday and Sundays.*

Running

Mini Golf

Wine Tasting



### Champagne, Oysters and Live Music

*Take in some live music on the terrace of the lounge bar with champagne and oysters served from 8.30 p.m. every Thursday.*

Bird Observation

Sunset Yoga

Buggy Orienteering Race



### Showcooking

*Have you ever wondered how our Chefs at Restaurant 1477 create such amazing dishes? Come and watch a demonstration to see how they are creating delicious rice dishes for this season's menu.*

## Individual activities

Tennis & Padel

Bike Hire

Running Circuit

Remarkable Trees Trail

# On demand

## Tennis & Paddle Lessons

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

## Fitness Lesson

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

## Girona Food Tours

Enjoy a 4-hour morning tour of Girona City where you can discover the local food, wine and history behind one of Spain's most famous foodie regions

- Girona Flavours Tour (morning)
- Tapas and wine tour (afternoon)

## Golf Lessons

Improve your game with a golf lesson from one of our Pros. Classes suitable for all levels.

## Boat Trip

Relax on one of our 4 or 8 hour boat trips off the Costa Brava coast as our Captain shows you the sights from the water in Costa Brava and Palamós Town.

# Special for Kids and Juniors

## Kids Club

Spend time playing, drawing, learning, discovering new things and making friends at the Kid's Club. Your children will ask to come back every time. Available for children between 3 and 12 years old. Previous booking is recommended.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Table Games 10.00-11.00	Aim Games 10.00-11.00	Table Games 10.00-11.00	Treasure hunt 10.00-12.00	Table Games 10.00-11.00	Treasure Hunt 10.00-12.00	Sport Games 10.00-11.00
Sport Games 11.00-12.00	Hiding Games 11.00-12.00	Sport Games 11.00-12.00		Sport Games 11.00-12.00		Olympic Games 11.00-12.00
Traditonal Games 12.00-13.00	Bio trip 12.00-14.00	Traditonal Games 12.00-13.00	Crafts 12.00-13.00	Bio trip 12.00-14.00	Sport games 12.00-14.00	Traditonal Games 12.00-13.00
Crafts 13.00-14.00		Crafts 13.00-14.00	Hiding Games 13.00-14.00			Hiding Games 13.00-14.00

### Table Games

Quiet board games for all levels and ages.

### Treasure Hunt

Put yourself to the test and find PGA's treasure before anyone else!

### Sport Games

Run and have fun trying different games and sports.

### Crafts

Have fun making crafts and take them home.

### Bio Trip

Discover the nature of the resort with our monitors and biologist.

### Olympic Games

Relive the Olympic Games with the most emblematic tests.

### Hiding Games

Hide and seek games around the resort.

### Traditional Games

Discover the oldest and funniest games.

### Aim Games

Aim games for all levels.

\*\* 2 hours included with the resort fee. Extra hours: 1h €15, 2h €25, 3h €35 or 4h €40. Please note, 10% discount for residents



## 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.

**Dates:** Every Monday and Thursday 5.00-7.00 p.m.

**Meeting point:** Tennis Court

**Price:** €20/person and day  
€80 Pack (5 days)



## Summer Golf Camp\*

Outdoor summer golf camp for children and youngsters from the age of 6-16 years old during July and August at PGA Catalunya Golf and Wellness.

**Dates:** From 4 July to 12 August, Monday to Friday.

**Price:** €260 per week



## Junior Elite Golf Camp\*

High performance camp at PGA Catalunya Golf and Wellness. For juniors aged 12-18 with a maximum handicap of 15.

**Dates:** 11 to 15 July /18 to 22 July.

**Price:** €600 per week

Information and bookings: [proshop@pgacatalunya.com](mailto:proshop@pgacatalunya.com) +34 972 472 577\*

*\* Places limited*

**RESIDENTS**

*\* All activities are subject to availability and must be reserved at [activities@pgacatalunya.com](mailto:activities@pgacatalunya.com) or +34 972 470 103*

**HOTEL GUESTS**

*\* 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.  
Outdoor activities may be affected by the weather*

*\* Children under 14 must be accompanied by adult*

# Magical Moments this Summer

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