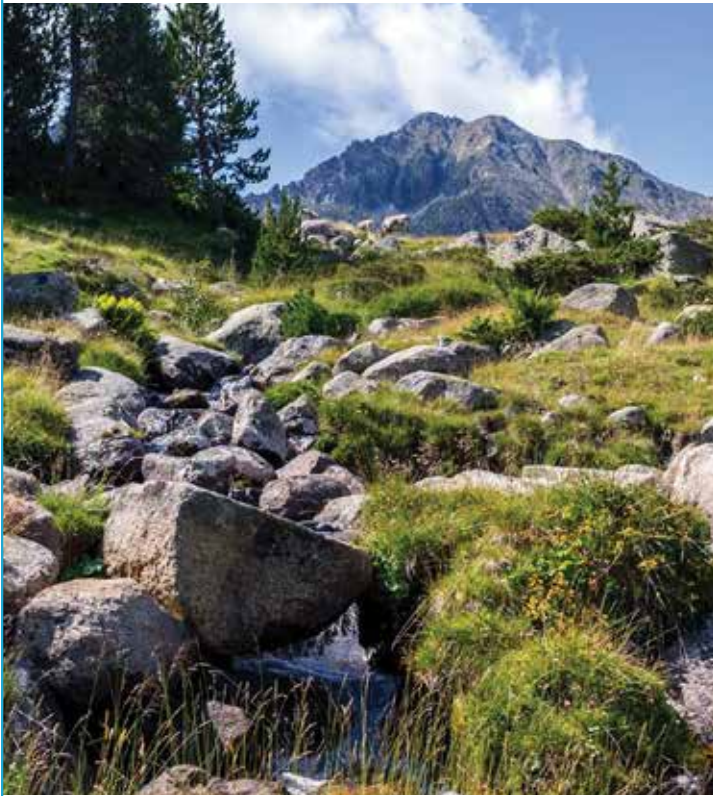


Andorra Summer/Winter Fitness Retreat



Let us take you to a fantastic little country between France and Spain, locked in the middle of the Pyrenees, ANDORRA. Indulge yourself in a beautiful retreat where every single detail has been prepared with a lot of care to make sure you make the most of it. The combination of mountains, valleys, rivers, lakes, altitude and pure air, makes Andorra an ideal place to practice many sports to improve your fitness and to detox yourself with lovely food and many mind-body experiences, such as, yoga, pilates, massages, thermal waters and calming soul walks.

This retreat is designed for any level of fitness, either if you want to experience all the activities that mountains can offer you for the first time or you are already a lover of altitudes sports, you will absolutely love all of it!! FROM BEGINNER TO ULTRA RUNNER, we will customised for you.

Summer Retreat Highlights

- Daily yoga/stretching sessions
- Fitness activities
- Walks on the mountains, following rivers and along lakes
- «Via ferratas» Hikes, to make the most of the mountains
- Bike rides
- Healthy, organic, plant-based nutrition
- Daily smoothies, teas, water, healthy snacks
- Professional chef designing amazing recipes
- Add to your stay: massages, body therapies or beauty therapies

Example of daily routine

- 6:30 Wake up, cup of hot water and lemon
- 7:00 – 8:00 Dynamic morning Yoga
- 8:15 Breakfast
- 8:00-12:00 Hike
- 12:30 Lunch
- 14:00-15:00 Chilling time
- 15:00 Smoothie
- 16:30 Body work
- 18:30 Mountain walk
- 20:00 Dinner

Winter Retreat Highlights

- Daily yoga/stretching sessions
- Fitness activities
- Ski and/or Snowboarding lessons
- Option to explore the mountains with mountaineer skis
- Walks on the mountains, following rivers and along lakes (wearing snowshoes or cross-country skis)
- Healthy, organic, plant-based nutrition
- Daily smoothies, teas, water, healthy snacks
- Professional chef designing amazing recipes
- Add to your stay: massages, body therapies or beauty therapies

Example of daily routine

- 6:30 Wake up, cup of hot water and lemon
- 7:00 – 8:00 Body work
- 8:15 Breakfast
- 9:15-12:30 Ski/Snowboard/Mountaineering ski
- 12:30 Lunch
- 14:00-16:00 Free time on the slopes or the mountains
- 16:00-17:00 Chilling time
- 17:30-19:00 Yoga/Pilates work
- 19:30 Dinner

Description of the different activities

- **Hikes:** If you love hiking, the Pyrenean country awaits. The best way to discover a country is on foot, step by step, immersing yourself in the landscape and uncovering the secrets it hides.

- **«Via Ferrata»:** A Via Ferrata (Via=route Ferrata = metal or iron) is route "built" on a rock face which has been equipped with specific elements (cables, steps, ladders etc) in order to help the climber in his progression and to maximise security. A Via Ferrata is a combination between trekking and rock climbing. The routes are accessible to all those that are capable of climbing a ladder and that are not frightened of heights. The Via Ferratas in Andorra are usually built in beautiful and spectacular surroundings.

- **Yoga:** is an ancient art based on a harmonising system of development for the body, mind, and spirit. The practice of yoga will lead you to a sense of peace and well-being, and also a feeling of being at one with your environment. Practicing yoga in the morning will energise your body to attack the many amazing activities. However, having a yoga session at the end of the day, will help to relax your muscles and your mind after a day full of physical activities.

- **Pilates:** art of controlled movements, which look and feel like a workout. It improves flexibility, builds strength and develops control and endurance in the entire body. Pilates puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

- **Body work:** Feel how your fitness improves by doing an extensive number of exercises that will increase your strength, balance, coordination, perception and fitness in general. By only using your body weight or with the help of a minimal equipment, such as TRX*, swiss balls or kettle weights.

TRX*: Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

- **Walks:** There are an infinite number of walks that can be followed in Andorra, flat and gentle or steep and challenging.

- **Bike Rides:** Andorra offers challenging bike riding trails. However, just across the border, only a 20 minutes drive away, we get access to more approachable trails, accessible for any level of fitness.

- **Climbing:** Being in the mountains, opens up to beautiful activities, such as climbing. An amazing sport that can be practised from a basic level of fitness to a high one. It helps to improve strength, balance and flexibility.
- **Ski/Snowboarding:** Let us put you in hands of the best instructors to start you up or to improve your already existing technique.
- **Ski mountaineering/Snow shoes:** enjoy this other activities away from the slopes to get fitter while exploring the overwhelming peaceful landscapes around you.

Food

We will offer you the best fresh, mostly organic, plant-based food (with the option to add high quality country meats) to maximise your energy and wellbeing. Enjoy the extra taste and nutrition of local seasonal produce with a lot of variety in products. Most of the vegetables and fruits come from local farmers.

We will prepare your daily delicious meals, brunch and dinner. The menu is designed to provide your body requirements and to detoxify without eliminating the essential nutrients required. All meals and drinks are included, and between the meals there will be plenty of good quality water, herbal teas, smoothies and fresh fruits. Let us know at the time of your booking if you have any special dietary requirements.

Exclusions

No alcohol is served during the retreat to keep the body and mind pure.

Accommodation

Stay in a typical Andorran accommodation, in a picturesque little town, located in the valley along the river. Wake up to the sound of the birds and the water, enjoy a valley that it's ruled by the Sun, and the scenic view of the mountains and the forest.

Flexible options: We understand that each person has different desires and needs and we are willing to make your stay as enjoyable as possible. Let us know your preferences to make your retreat a better experience.

Depending if you are coming by yourself, with friends or family, we will find the most comfortable stay, just talk to us, to make sure we find what suits you better.

Instructors

Tom Wellby, Imma Blanch, Mountain guides

Body therapies and massages

Imma Blanch, Tiffany Borra

What's included in the package

- 7 nights a charming Accomodation
- Daily healthy meals
- Fresh smoothies and fruits
- Outdoor activities
- Body Work
- Yoga/Pilates
- Thermal Water, 3 hours circuit, Sport Wellness Mountain Spa

What can be included as an extra

- Massages with Imma Blanch
- Sport Wellness Mountain Spa (link to menu)

How to get to Andorra

Andorra has no airport, but there are several options in both France and Spain. Barcelona's airport or Toulouse 's airport are the closest options. Many buses shuttle daily from both airports to Andorra. Alternatively, you can hire a car at the airport. The drive from both places is around two hours and magical.

What to bring in summer:

- Trail running shoes
- Light pair of training shoes
- Active wear
- Rain jacket
- Warmer clothes, for days and nights that could be cooler
- Swimming wear
- Head Torch
- Sun block / After block / Sun glasses / Insect repellent

What to bring in winter:

- Trail running shoes
- Gore Tex shoes/Waterproof shoes
- Light pair of training shoes
- Active wear
- Winter clothing
- Clothes to bring on the ski slopes (gloves, warm sock, hats, ...)
- Swimming wear
- Sun block / Sun glasses

