



SUMMER ACTIVITIES

22nd of June - 31st of August 2024



CAMIRAL
GOLF & WELLNESS





Our activities calendar is packed with something for everyone, from art workshops to bike tours as well as our ever-popular Winefulness workshop.

The majority of our calendar is included within the resort fee, but we also have a range of extra special classes for you to join over the Summer for an additional charge.

You can also enjoy special activities from our Solstice Party on 23rd of June to the outdoor cinema available to enjoy each Sunday throughout the Summer.



RESORT FEE CALENDAR

Throughout the Summer months, a resort fee is included in the price of your stay.
This resort fee gives you access to a huge calendar full of activities for both you and your family.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5km Running Group 9.00 - 10.00	Bike Tour (Ermita Santa Margarida Route) 9.00 - 11.00	Golf Initiation 9.00 - 10.00	Organic Garden 9.00 - 11.00	5km Running Group 9.00 - 10.00	Bike Tour (Caldes de Malavella Route) 9.00 - 11.00	Golf Initiation 9.00 - 10.00
Pilates* 10.30 - 11.30	Fitness Lesson 11.00 - 12.00	Yoga 11.00 - 12.00		Fitness Lesson 11.00 - 12.00		
		Catalan Vermouth 12.00 - 13.00	Ratafia Workshop 12.00 - 13.00	Bird Nest Workshop 12.00 - 14.00		Showcooking 12.00 - 13.00
Body Pump 14.00 - 15.00	Zumba 14.00 - 15.00		Body Pump 14.00 - 15.00		Zumba 14.00 - 15.00	
Forest Park 16.00 - 17.00	Forest Park 16.00 - 17.00		Forest Park 16.00 - 17.00		Forest Park 16.00 - 17.00	
				Wine & Cheese Tasting 17.00 - 18.00		Family Buggy Race 17.00 - 19.00
Multisport Camp 18.00 - 20.00	Footgolf 19.00 - 20.00	Bike Tour (Caldes de Malavella Route) 18.00 - 20.00	Multisport Camp 18.00 - 20.00	Mini Golf 19.00 - 20.00	Footgolf 19.00 - 20.00	
				Sunset Sessions 20.30 - 22.30		
						Outdoor Cinema 21.30 - 23.30

Family & Kids - **TOGETHER WELL**
 Sports & Wellness - **LIVE WELL**
 Bio Activities - **EXPLORE WELL**
 Gastronomical - **EAT WELL**

For further information on any of our activities, please contact activities@camiral.com or +34 872 591 616.

Please note, residents are very welcome to join in with our activities for €15 per activity.

*Exclusive for hotel guests.





RESORT FEE KIDS AND JUNIORS CALENDAR

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 15 years old. Prebooking is highly recommended.

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



KIDS (3-9)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kitchen Garden 8.00 - 10.00	Symbolic Play 8.00 - 9.00	Table Games 8.00 - 9.00	Treasure Hunt 8.00 - 10.00	Bio Trip 8.00 - 10.00	Sport Games 8.00 - 10.00	Traditional Games 8.00 - 9.00
	Birds Observation 9.00 - 11.00	Sport Games 9.00 - 10.00				Bio Trip 8.00 - 11.00
Table Games 10.00 - 11.00		Traditional Games 10.00 - 11.00	Crafts 10.00 - 11.00	Symbolic play 10.00 - 11.00	Storytelling 10.00 - 12.00	Crafts 11.00 - 12.00
Crafts 11.00 - 12.00	Sport Games 11.00 - 12.00		Hiding Games 11.00 - 12.00	Crafts 11.00 - 12.00		

JUNIORS (10-15)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Football 8.00 - 9.00	Tennis 8.00 - 10.00			Paddle 8.00 - 9.00		
		Basketball & Baseball 9.00 - 11.00	Organic Garden 9.00 - 11.00		Bike Tour 9.00 - 11.00	Walking Route 9.00 - 11.00

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SPECIAL ACTIVITIES



Artistic Mindfulness Workshop

Create a work of art with clay while practicing mindfulness to fully immerse yourself. You'll make something to take home with you.

- 13 July and 10 August from 7 p.m. to 9 p.m.
- 2 h sessions. €125/person
- Maximum 15 people



Kayak & snorkel

Enjoy a trip to the beaches of S'Agaró where you will learn to kayak and snorkel. The trip includes return transportation to and from Camiral.

- 4 July, 1 and 22 August from 9 a.m. to 1 p.m.
- Maximum 20 people.
- €60/person



Via ferrata Cala el Molí (Sant Feliu de Guíxols)

Experience a hit of adrenaline as you scale the rocks with panoramic sea views for company. This is a family favourite. The trip includes return transportation to and from Camiral.

- 11 July and 8 August 4 p.m. to 8 p.m.
- Maximum 20 people.
- €60/person



S'Agaró E-bike tour

Take an electric bike trip to S'Agaró where you can take in the sights and enjoy a dip in the sea before being transported back to the resort

- 18 July and 29 August 9 a.m. to 1 p.m.
- Maximum 20 people.
- €80/person



Girona E-bike tour

Take an E-bike to Girona and spend your time wandering around the old quarter before being transported back to the hotel.

- 25 July 9 a.m. to 1 p.m.
- Maximum 20 people.
- €80/person



SPECIAL EVENTS



Summer Party

Join us as we celebrate the Summer Solstice with live music on 23rd of June.

- 10.00 p.m. - midnight. (Pool Bar)



Champagne, Oysters & Live Music

Take in live music on the terrace of the Lounge Bar from 20:30h every Thursday. Our menu will include champagne and oysters at an additional cost.



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 terrace and unwind after your day. Live music includes: jazz, blues, flamenco and much more. Sunset Sessions take place on Thursday, Friday and Saturdays.

- 8.30-10.30 p.m.

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.

Individual paddle or tennis lessons or groups of 4 maximum



Fitness Lesson

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

- Pilates
- Stretching
- Personal training



Golf Lessons

Improve your game with a golf lesson from one of our Pros.

Classes suitable for all levels.



Bike Hire

Explore the area by bike and enjoy breathtaking scenery and charming towns along the way.



Paddle & Tennis courts & equipment hire

Our Tennis & Padel courts and equipment are at your disposal for a daily game with your friends or family.



Girona Food Tours

A 4-hour morning tour in Girona city will allow you to enjoy and discover local food, wine and the history behind the Catalan Mediterranean culture day to day life!

- Girona Flavours Tour (morning)
- Tapas & Wine Tour (afternoon)

Transfer not included.



DISCOVER OUR NEW 1-DAY BIKE TOURS

Girona Classic Climbs Road Bike Tour
Camiral 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



WELLNESS



Aquatic Osteopathy

Aquatic osteopathy is a therapy that combines classical osteopathy in an aquatic environment. Experience the benefits of switching the treatment table for a pool of warm, salty water to aid your recovery. Thanks to floats, you'll find yourself in a state of weightlessness.

- 1,8,15,22 and 29 July from 10 a.m. to 1 p.m.
- Wellness Centre interior pool
- 60 minutes sessions. €165/person



Mindfulness

Calm the mind and body, reduce stress and regulate your heart rate with this relaxing practice based on simple breathing techniques.

- 2,9,16,23 and 30 July at 9 a.m.
- Wellness Centre Studio
- 50 minutes sessions. €30/person
- Maximum of 15 people



Harmonic Concert

Lose yourself in the soft sound of gongs, Tibetan bowls, percussion and harmonic chants as the sun sets. Curated to leave you with a sense of peace and relaxation.

- 25 July 7.30 p.m.
- Wellness Centre exterior pool
- 60 minutes session. €35/ person
- Maximum of 15 people



Barre

Barre is a functional workout that mixes ballet, yoga and Pilates using a barre. Improve body control and tone muscles with precise, isometric movements and music, alternating between the bar and the floor.

- 8,15, 22 and 29 August, 5 p.m. or 6 p.m.
- Wellness Centre Studio
- 60 minutes sessions. €25/ person
- Maximum of 5 people



Winefulness

Winefulness gives you a unique experience: tasting Camiral wines among our vineyards to awaken your senses and improve your well-being. With mindfulness techniques, we explore the healthy benefits of nature and its fruits.

- 28 August 7.30 p.m.
- Camiral vineyards
- 90 minutes session. €80/person
- Maximum of 15 people



GOLF

TOURNAMENTS

JUNE 23RD

ORDEN DE MERITO

Tour Course

Individual Stableford

** Members only*

JULY 14TH

ORDEN DE Merito

Tour Course

Individual Stableford

** Members only*

JULY 27TH

CICA GOLF

Tour Course

Individual Stableford

** Members only*

AUGUST 3RD

**WHITE PARTY BY
EL CLAUSTRE**

Tour Course

Fourball Stableford

**Members and Residents*

AUGUST 16TH

NATIONS CUP

Tour Course

Individual Stableford

**Members and Residents*

AUGUST 17TH

ORDEN DE MERITO

Tour Course

Individual Stableford

** Members only*

AUGUST 21ST

MEMBERS VS STAFF

Tour Course

Scramble

**Members and residents*

AUGUST 31ST

SUMMER & BBQ

Tour Course

Fourball Stableford

**Members and residents*



Summer Golf Camp

Outdoor Summer golf camp for children and youngsters from the age of 6–16 years old during July and August at Camiral Golf & Wellness.

Dates: From 1 July to 16 August, Monday to Friday.

Price: €300 per week.



Junior Elite Golf Camp

High performance camp at Camiral Golf & Wellness. For juniors aged 12-18 with a maximum handicap of 15.

Dates: 8 to 12 July.

Price: €700 per week.



DISCOVER NEW TRACKMAN

Trackman's tour-proven technology has now been installed at Golf Hub. Golfers of all skill levels can access detailed shot analysis, virtual course play, and entertaining games via the Trackman App or on one of the ten interactive screens, offering a new way to experience golf at Camiral and help you *Play Well*.

INFORMATION AND BOOKINGS

proshop@camiral.com · +34 972 472 577



- **Places are limited.**
- **All activities are subject to availability and must be reserved at activities@camiral.com or +34 872 591 616.**
- 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 an adult.
- Residents: €15 per resort fee activity.

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www.camiral.com