

A family of four (a father, mother, son, and daughter) are walking through a field of yellow wildflowers. To their left is a vineyard with green leaves and wooden posts. The sky is blue with light clouds. The text 'SPRINGTIME MOMENTS' is overlaid in large white letters on the left side of the image.

SPRINGTIME MOMENTS

Enjoy a jam-packed Easter extravaganza at Camiral Golf & Wellness. Guests can take part in plenty of activities, from the Great Easter Egg Hunt for children to a bike tour of the surrounding woodland areas that everyone can enjoy. Create some lasting memories with your friends and family this Springtime.



CAMIRAL

GOLF & WELLNESS

SPECIAL FOR KIDS

23th March-1st April

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

25 MONDAY	26 TUESDAY	27 WEDNESDAY	28 THURSDAY	29 FRIDAY	30 SATURDAY	31 SUNDAY
Table Games 9.00 - 10.00	Traditional Games 9.00 - 10.00	Target Games 9.00 - 10.00	Storytelling Workshop 9.00 - 11.00	Table Games 9.00 - 10.00	Crafts 9.00 - 11.00	The Great Egg Hunt 9.00 - 11.00
Traditional Games 10.00 - 11.00	Bio Trip 10.00 - 12.00	Psychomotricity Games 10.00 - 11.00		Target Games 10.00 - 11.00		
Target Games 11.00 - 12.00		Karaoke and Dance 11.00 - 12.00	Crafts 11.00 - 12.00	Costume Workshop 11.00 - 13.00	Karaoke and Dance 11.00 - 12.00	Table Games 11.00 - 12.00
Free Games 12.00 - 13.00	Table Games 12.00 - 13.00	Costume Workshop 12.00 - 13.00	Free Games 12.00 - 13.00		Sports Games 12.00 - 13.00	Storytelling Workshop 12.00 - 13.00

1 SUNDAY
Traditional Games 9.00 - 10.00
Bio Trip 10.00 - 11.00
Crafts 11.00 - 12.00
Free Games 12.00 - 13.00

Table Games

Quiet board games for all levels and ages.

The Great Easter Egg Hunt

Find the Easter eggs hidden around the resort.

A different adventure dependent on your age!

Traditional Games

Discover the oldest and funniest games.

Target Games

Target games for all levels.

Crafts

Have fun making crafts and take them home.

Bio Trip

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

Psychomotricity Games

A fun selection of activities to stimulate children's psychomotor development, to improve hand-eye co-ordination.

Sport Games

Run and have fun trying different games and sports.

Costume Workshop

Have fun with our wide selection of costumes and transform yourself into one of your favourite characters.

Karaoke and Dance

The little ones will love dancing and singing to their favourite songs!

Storytelling Workshop

Settle down and enjoy a story or two by our Kids' Club team at our storytelling workshop.

Meeting Point: Kids' Club

2 hours included with the resort fee. Extra hours: 1h €15, 2h €25, 3h €35 or 4h €40. 20% discount for residents.

PERSONALISED ACTIVITIES

As well as our Easter calendar, 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

Bird-Watching

Remarkable Trees Trail

Fitness Lesson

Buggy Orienteering Race

Yoga

Tennis & Paddle Lessons

Running Circuit

Bike Tours

Golf Lessons



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

For details on pricing, please contact activities@camiral.com or +34 972 181 020
Please note, 20% discount for residents.

On demand activities, tailored specifically to you, can also be arranged at an extra charge.

25 MONDAY	26 TUESDAY	27 WEDNESDAY	28 THURSDAY	29 FRIDAY	30 SATURDAY	31 SUNDAY
Fitness Lesson 9.00 - 10.00	Stretching 9.00 - 10.00	Bike Tour (Ermita Santa Margarida Route) 9.00 - 11.00	5km Running Group 9.00 - 10.00	Fitness Lesson 9.00 - 10.00	Yoga 9.00 - 10.00	
					Forest Park 10.00 - 12.00	The Great Egg Hunt 10.00 - 12.00
Bike Tour (Caldes de Malavella Route) 11.00 - 13.00	Kitchen Garden 11.00 - 12.00	Pilates 11.00 - 12.00	Golf initiation 11.00 - 12.00	Bike Tour (Caldes de Malavella Route) 11.00 - 13.00		
Foot Golf 15.00 - 16.00						
	Forest Park 15.00 - 17.00	Mini Golf 15.00 - 16.00	Forest Park 15.00 - 17.00	Foot Golf 15.00 - 16.00	Camiral Wildlife Discovery 15.00 - 17.00	
Multisport Camp 17.00 - 19.00	Football 17.00 - 19.00	Tennis 17.00 - 19.00	Multisport Camp 17.00 - 19.00	Multisport Camp 17.00 - 19.00	Decorating Easter Eggs 17.00 - 19.00	Buggy Orienteering Race 16.00 - 18.00
						Stretching 18.00 - 19.00
1 MONDAY						
Bike Tour (Thermal Route) 9.00 - 12.00	Meeting Point: Activities Desk					

Meeting Point: Activities Desk



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

Ermita Santa Margarida Route
(18km, 1:30h)

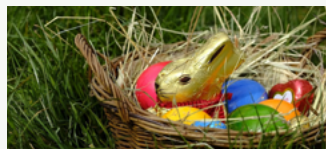
Thermal Route (34km, 3:00h)

Caldes de Malavella Route

(12km, 1:30h). Includes 2 photo stops at Balneario Vichy Catalan, and castle of Caldes de Malavella (romanic runes).



From tiny burrows to dizzying heights, discover Camiral's wildlife with us.



Can you find all the Easter eggs hidden around the resort?



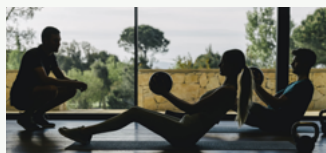
Younger guests can develop their more creative side with this seasonal workshop at Kids Club.



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



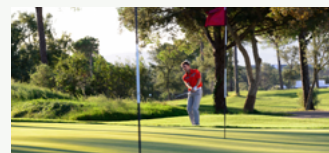
A 5km group run around the resort will be a frightfully fun way to start your day.



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



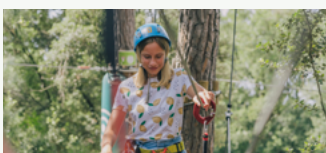
A relaxing group mat class in our Wellness Centre Studio, designed for all levels.



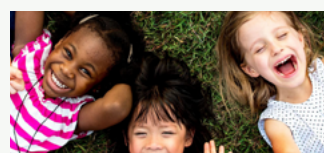
Test your putting prowess with a free 9 holes of mini-golf – plus a warm-up.



Put your navigation and buggy driving to the test. Can your family beat the rest by finding the locations and solving the questions in the fastest time?



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



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.



Taste ultra-healthy vegetables and learn the latest organic gardening techniques with our resident biologist in the organic garden. And pick your very own vegetables for picnics.



Stretching

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



Football

Introductory exercises and fun football activities focused on children up to 14 years old.



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.



Tennis

Introductory exercises and fun tennis activities focused on children up to 14 years old.

ON DEMAND



Tennis & Paddle Lessons

Looking to improve your tennis and paddle 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



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.



Horse Riding

Camiral Golf & Wellness, in collaboration with Vidreres Riding Club, offers the opportunity to enjoy horse riding through our superb surrounding area.

Meeting point: Hípica de Vidreres
Transfer not included.

For details on pricing, please contact activities@camiral.com or +34 972 181 020
Please note, 20% discount for residents.

WELLNESS



Pilates

The 55 minute pilates sessions are designed to be enjoyed on the mat or in the studio with Pilates reformer machines and are for individuals or duets, taught by Rocío Gil and Anna Capellera.

Monday: From 8:30 a.m. to 12:30 p.m.: individual sessions or for two people in studio (*Reformer*)

Wednesday: From 10:00 a.m. to 5:00 p.m.: individual sessions or for two people in studio (*Reformer*)

11:00 a.m.: Group Mat Class in the Wellness Center studio (10 people max.)

Friday: 08:30 a.m.: Group Mat Class in the Wellness Center studio (10 people max.)

From 9:30 a.m. to 12:30 p.m.: individual sessions or for two people in studio (*Reformer*)

. Group Mat Class €25/person . Private Sessions from €70/person

Special prices for Residents. Reservations: wellness@camiral.com



Pressotherapy

Introducing Pressotherapy, the latest addition to our Wellness Centre. This gentle air pressure treatment stimulates your lymphatic system, aiding in toxin elimination. Ideal for post-sport relaxation, it reduces fluid retention, aids in recovery, alleviates muscle tension, and rejuvenates your body. Treat yourself to this revitalizing experience after a long day, and complete it by unwinding in the thermal pavilion at the Wellness Centre.

Price: €50/session
Special prices for Residents

Reservations: wellness@camiral.com

GOLF



Junior Easter Golf Camp

A five-day active outdoor easter golf camp for children and youngsters aged 6–18 at Camiral Golf & Wellness. Five days to enjoy sport and fresh air; to practice and improve accompanied by top professionals.

- Putting
- Short game
- Long game
- Short holes
- Playing the course

. Dates: 25-29 March 2024
from 10.00 a.m to 13.00 p.m

. Price: €280/pax

. Venue: Golf Hub

Tournament - March 29th The Black & White Jacket

Tour Course
Medal Play
Members and Residents only

For more information and bookings, please contact: proshop@camiral.com



- **Places limited**
 - **All activities are subject to availability and must be reserved at activities@camiral.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
 - Rentals prices: 18€/activity and person
 - Please note, 20% discount for residents: 1 activity €15 (Pilates not included).
- For more information and bookings please contact activities@camiral.com or +34 972 181 020

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www.camiral.com