



CELEBRATE WELL

19th of December 2023 – 6th of January 2024



CAMIRAL

GOLF & WELLNESS

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 groups, taught by Rocío Gil.

- *Group Mat Class*
- *Private Sessions*

Subject to availability. More information and reservations at the Wellness Centre reception.



Organic and vegan cosmetics workshop (Ringana)

December 15, 18:00h

Wellness Centre

Discover how to have healthy and nourished skin in winter with vegan products. Taught by Montse Reus, nutritionist specializing in hormonal health and hypothyroidism. By participating in this exclusive fresh, organic and vegan cosmetics workshop you get:

- Free individualized test to detect your skin type.
- Experience the 4 essential steps to protect and care for your skin.
- Night and morning routine of fresh cosmetics.
- Add immediate lifting effect to dazzle at Christmas.
- Internal micro nutrition strategies to show off beautiful skin.
- Gift for all attendees.

*Aimed at women over 30 years old.
English language.*



Workshop: tricks to enjoy a healthy Christmas

December 22 and 27, 18:00h

Wellness Centre

Discover the secrets to enjoy Christmas without neglecting your health. We will learn practical tips, healthy recipes and strategies to maintain a nutritional balance during the holidays.

*Taught by Mireia Cervera, nutritionist at Camiral Golf & Wellness.
English language.*

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

PERSONALISED ACTIVITIES

As well as our Christmas 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

We invite you to spend the most magical time of the year at Camiral Golf & Wellness. Join in the wonderful local Christmas traditions, from Caga Tió to cosy Christmas films and pottery workshops.

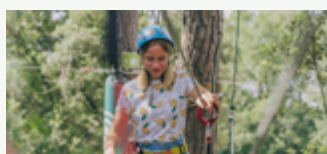
19 TUESDAY	20 WEDNESDAY	21 THURSDAY	22 FRIDAY	23 SATURDAY	24 SUNDAY
Fitness Lesson 9.00 - 10.00	5Km Running Group 9.00 - 10.00		Fitness Lesson 9.00 - 10.00	Stretching 9.00 - 10.00	5Km Running Group 9.00 - 10.00
Bike Tour (Ermita Santa Margarida route) 10.00 - 13.00	Pilates 11.00 - 12.00	Forest Park 11.00 - 13.00	Bike Tour (Caldes de Malavella route) 10.00-13.00	Forest Park 10.00 - 12.00	Christmas Treasure Hunt 11.00 - 13.00
					"Caga Tió" 15.00 - 16.00
Forest Park 16.00 - 18.00	Tennis Tournament 15.00 - 18.00	Basketball 3x3 Tournament 15.00 - 18.00	Camiral Wildlife Discovery 15.00 - 17.00	Find the "Tió" 16.00 - 18.00	
			Mini golf 17.00 - 18.00		Special Santa Visit 17.00 - 19.00
				Pottery Workshop & Film 18.00-20.00	
26 TUESDAY	27 WEDNESDAY	28 THURSDAY	29 FRIDAY	30 SATURDAY	31 SUNDAY
Fitness Lesson 9.00 - 10.00	5Km Running Group 9.00 - 10.00		Fitness Lesson 9.00 - 10.00	Stretching 9.00 - 10.00	
Bike Tour (Thermal route) 10.00 - 13.00	Pilates 11.00 - 12.00	Forest Park 11.00 - 13.00	Bike Tour (Caldes de Malavella route) 10.00-13.00	Forest Park 10.00 - 12.00	
Forest Park 16.00 - 18.00	Paddle Tournament 15.00 - 18.00	Multisport Camp 15.00 - 17.00	Kids' Crafting Workshop 15.00 - 17.00	Buggy Orienteering Race 16.00 - 18.00	
			Mini golf 17.00 - 18.00		
				Pottery Workshop & Film 18.00-20.00	
2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY	6 SATURDAY	7 SUNDAY
Fitness Lesson 9.00 - 10.00	5Km Running Group 9.00 - 10.00		Fitness Lesson 9.00 - 10.00	Stretching 9.00 - 10.00	
Bike Tour (Ermita Santa Margarida route) 10.00 - 13.00		Forest Park 11.00 - 13.00	Bike Tour (Caldes de Malavella route) 10.00-13.00	Forest Park 10.00 - 12.00	
Forest Park 16.00 - 18.00	5x5 Indoor Soccer Tournament 15.00 - 18.00	Handball Tournament 15.00 - 18.00	Camiral Wildlife Discovery 15.00 - 17.00	Buggy Orienteering Race 16.00 - 18.00	
			Mini Golf 17.00 - 18.00		

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



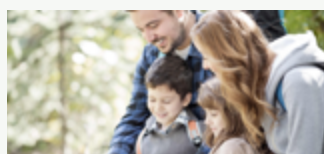
Camiral Wildlife Discovery

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



Forest Park

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



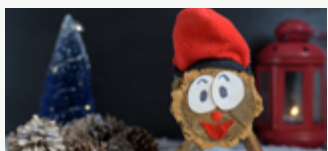
Christmas Treasure Hunt

Can you find Camiral's Christmas Treasure before anybody else? The race is on!



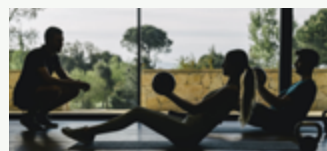
Find the "Tió"

Find the Christmas tio hidden somewhere in the resort and learn first-hand about the local tradition of the Christmas "Tió".



"Caga Tió"

Before the visit of Santa Claus, we will experience first-hand the typical local tradition of "caga el Tió" with the "Tió" we found in the Camiral surroundings.



Fitness Lesson

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



Kids' Crafting Workshop

Search for leaves and flowers around the resort and create your own calendar with them to take home.



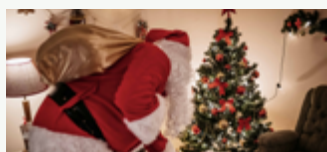
Pottery Workshop & Film

A lovely activity for the whole family. The adults can enjoy a clay workshop while the little ones snuggle in to watch a Christmas film.



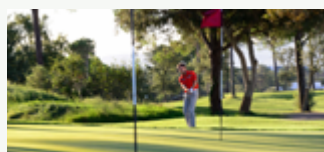
Buggy Orienteering Race

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?



Special Santa Visit

There's nothing more thrilling for little ones at Christmas than meeting Santa himself! Simply bring your gifts to the Residents' club and Santa will make gift giving extra special this year.



Mini Golf

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



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.



5km Running Group

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



Pilates

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



Golf Initiation

Never played golf? No problem! Have an introductory session with one of our Golf Pros.



Handball Tournament

A fun and relaxed tournament adapted to all levels.



Stretching

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



5x5 Indoor Soccer Tournament

5x5 indoor soccer tournament adapted to different levels in our Residents Club sports area.



Bike Tours

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)



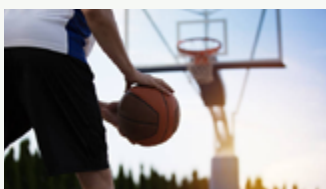
Tennis Tournament

Fancy a bit of friendly competition? At our tennis tournaments we create groups based on experience and attendees.



Paddle Tournament

Paddle tournament adapted to all levels on our Residents Club courts.



Basketball 3x3

A fun activity for teams of 3 that consists of scoring 21 points playing on half a basketball court.

GOLF TOURNAMENTS

In a superb natural setting, golf lovers have two excellent 18-hole courses at their disposal as well as the perfect practice facilities to enjoy a competitive game of golf or a social tournament. There is a format for everyone to make the most of the No.1 Golf Resort in Spain.



DECEMBER 2ND

ORDEN DE MÉRITO

Tour Course *Individual Stableford*
* Members only

DECEMBER 8TH

MATCH GOLF

Tour Course *Individual Stableford*
Open

DECEMBER 9TH

MATCH GOLF

Tour Course *Individual Stableford*
Open

DECEMBER 16TH

CHRISTMAS

Stadium Course
Fourball/Betterball
* Members and Residents only

DECEMBER 29TH

END OF THE YEAR

Tour Course *Scramble*
* Members and Residents only

DECEMBER 30TH

CAMIRAL WINTER OPEN CUP

Stadium Course *Individual Stableford*
Open

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



- 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.
- Prices: €18 per activity except Pilates, €25. Residents: 10% discount.

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www.camiral.com

