



# SUMMER ACTIVITIES

20<sup>th</sup> of June – 31<sup>st</sup> of August 2025



**CAMIRAL**  
GOLF & WELLNESS





# RESORT FEE CALENDAR

This Summer, embrace the spirit of Camiral with a thoughtfully curated calendar of experiences designed to delight every guest. From tree-top adventures in our family-friendly Forest Park to leisurely afternoons sipping Catalan vermouth on the sun-drenched terrace, every moment is crafted with care. Many of our daily activities are included in the Resort Fee Calendar, while a selection of bespoke experiences, such as scenic boat trips or guided e-bike tours, are available at an additional cost for those seeking something more personalised. As evening falls, join us for our Sunset Sessions: live music, golden skies, and the gentle glow of dusk every Thursday to Sunday; a truly unforgettable way to end the day.

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
Bike Tour (Caldes de Malavella Route, 15km) 9:00 - 11:00	5km Biodiversity Walk 9:00 - 10:00	Dance 9:00 - 10:00	Body Combat 9:00 - 10:00	5/10km Running Group 9:00 - 10:00	Bike Tour (Caldes de Malavella Route, 15km) 9:00 - 10:00	HIIT 9:00 - 10:00
	Golf initiation 10:00 - 11:00	Forest Park 10:00 - 12:00	GAP 10:00 - 11:00			Golf initiation 10:00 - 11:00
Yoga 11:00 - 12:00				Yoga 11:00 - 12:00		
			Ratafia Workshop 12:00 - 1:00	Catalan Vermouth 12:00 - 1:00	Bdegust Workshop 12:00 - 1:00	
Forest Park 4:00 - 6:00	Bio Activity 4:00 - 6:00		Forest Park 4:00 - 6:00		Forest Park 4:00 - 6:00	
				Wine & Cheese Tasting / Wine Poker 5:00 - 6:00		Buggy Orienteering Race 5:00 - 7:00
Multisport Camp 6:00 - 8:00		Bike Tour (Vilob, 18km) 6:00 - 8:00	Mul- tisport Camp 6:00 - 8:00			
	Footgolf 7:00 - 8:00		Pilates 7:30- 8:30	Mini Golf 7:00 - 8:00	Group Padel Lesson (adults) 7:00 - 8:00	
		Local Legends Walk 8:00 - 9:30				
			Sunset Sessions 8:30 - 10:30			

Family & Kids -  
**TOGETHER WELL**

Sports & Wellness -  
**LIVE WELL**

Bio Activities -  
**EXPLORE WELL**

Gastronomical -  
**EAT WELL**

- Included in the resort fee & special prices:
- Kids’ Club included with the resort fee (morning calendar).  
Afternoon babysitting service: €35/hour.
  - Bike Hire: 2h/day included (€25/extra day or €15/4h)

For further information on any of our activities, please contact [activities@camiral.com](mailto:activities@camiral.com) or +34 872 595 952.  
Please note, residents are very welcome to join in with our activities for €15 per activity.



# RESORT FEE KIDS AND JUNIORS

## KIDS (3-9)

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 9 years old.

Prebooking is highly recommended.

Included with the resort fee (morning from 9:00 am - 1:00 pm). Afternoon babysitting service: €35/hour. Please note, 10% discount for residents.

## JUNIORS (10-15)

Available for juniors between 10 and 15 years old. Prebooking is highly recommended.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bike Tour 9:00 - 11:00	Walktrough 9:00 - 11:00	Basketball & Baseball 9:00 - 11:00	Organic Garden 9:00 - 11:00	Football 9:00 - 11:00	Padel 9:00 - 11:00	Tennis 9:00 - 11:00

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# GASTRONOMY



## **TASTINGS & WORKSHOPS** at Origin Restaurant Terrace

### **Ratafia Tasting**

Every Thursday 12:00 pm-1:00 pm

### **Catalan Vermouth Tasting**

Every Friday 12:00 pm-1:00 pm

### **Wine & Cheese Tasting / Wine Poker**

Every Friday 5:00 pm-6:00 pm

### **Bdgust Workshop**

Local beer produced with km 0 ingredients

Every Saturday 12:00 pm-1:00 pm



## **SUNSET SESSIONS COCKTAILS & LIVE MUSIC**

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.

Every Thursday\*, Friday, Saturday and Sunday 8:30 pm-10:30 pm at Lounge Bar Terrace at Hotel Camiral.

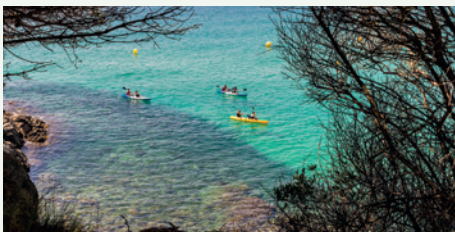
\*Thursdays special Japanese specialities at Camiral Bistro Terrace. Our menu will include sushi, sake cocktail and Japanese Beer at an additional cost.

Every Saturday 8:30 pm-10:30 pm at Bella's Restaurant Terrace at LAVIDA Hotel





# SPECIAL ACTIVITIES



## 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.

- 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.

- Maximum 20 people
- €60/person



## Eccocivi Camiral Wine

Visit to the Eccocivi winery in Sant Martí Vell, where Camiral wine is produced. Includes a tour of the vineyards, the farmhouse, the surroundings, wine and local cured meats tasting.

- €45/person
- Transfer not included





## 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.

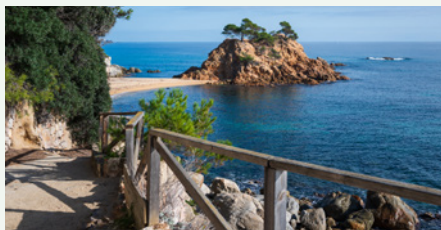
- Maximum 20 people
- €80/person



## Tennis & Padel 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 padel or tennis lessons or groups of 4 (maximum) available
- From €25 per person



## Discover Camí de Ronda

An exclusive guided tour through the Camí de Ronda discovering the most beautiful corners of the Costa Brava.

*Please check prices and excursion details.*



## 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.

- Maximum 20 people
- Check prices with our Activities team



## Padel & Tennis courts & equipment hire

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

- €20/h (€20 extra hour)



## Boat trip

Relax on one of our boat trips as our Captain shows you the sights from the water in Costa Brava and Palamós Town.

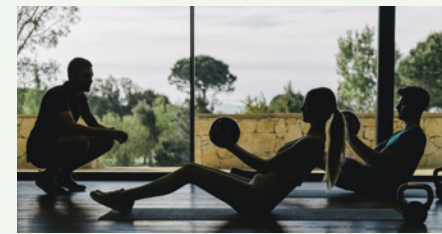
- From €585/day, includes skipper and fuel
- Different boat types available
- Transfer not included



## Girona personalised tours

Enjoy and discover local food, legends, culture and the history behind the Catalan Mediterranean culture's day to day life.

*Please check prices and excursion details.*



## Personal Training

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

- €59/person



# WELLNESS

Special prices for Residents. Reservations: [wellness@camiral.com](mailto:wellness@camiral.com)





## Pilates

Experience the benefits of Pilates with state-of-the-art equipment from the renowned Spanish brand ARREGON®. Our sessions are designed to strengthen your core, enhance sports performance, and provide restorative, deep muscle stretches.

- Individual sessions or for two people in studio
- Monday, Thursday and Friday on demand
- Pilates Studio
- 55 minutes minutes
- From €70/person



## Healthy Microbiome

Join our nutritionist Mireia Cervera and chef duo for an insightful session on how food can support gut health, immunity, and overall vitality.

- 28 June at 5:00 pm - 7:00 pm
- Wellness Kitchen
- Languages: Spanish / Catalan
- €60/ person



## 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.

- Every Monday at 8:30 am and every Thursday at 5:30 pm
- Pilates Studio
- 60 minutes sessions
- €25/ person
- Maximum of 6 people



## Yoga & Brunch Series

Recharge with our monthly wellness escape, guided by Navakarana Vinyasa specialist Sara Juan. Each session is aligned with the lunar cycle and includes:

- 60-minute yoga session
- 60-minute access to the Thermal Pavillion
- 60-minute seasonal, healthy brunch at The Wellness Kitchen
- 21 June · 19 July · 9 August
- Wellness Centre. €60 per person
- Limited spaces. Booking required



# GOLF



## 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 30<sup>th</sup> June to 15<sup>th</sup> August 2025, Monday to Friday.

**Price:** €345 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:** from 7<sup>th</sup> to 11<sup>th</sup> July 2025, Monday to Friday.

**Price:** €800 per week.

Information and bookings: [golfacademy@camiral.com](mailto:golfacademy@camiral.com) or +34 972 472 577





## Golf Lessons

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

*Classes suitable for all levels.*



## PGA National Golf Academy

Camiral Golf & Wellness' PGA National Academy is the only PGA-backed academy in Spain. With 30 years of golf tuition expertise, the PGA has a proven track record of transforming golfers' games.

Boasting some of the finest practice facilities in Europe and a carefully curated team of professionals, our Academy offers lessons tailored for individuals and groups of all ages and abilities.

### Technology:

- GEARS 3D
- TrackMan
- TrackMan Range
- Smart2Move 2D





- **Places are limited.**
- **All activities are subject to availability and must be reserved at [activities@camiral.com](mailto:activities@camiral.com) or +34 872 595 952.**
- 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. Reservation is required at least 1 hour in advance. If you are unable to attend the activity, please let us know in advance.
- 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 and 10% discount on personalised activities, except Wine & Cheese Tasting / Wine Poker.

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