



## Adventures in Andalucia – a hacienda holiday

**Duration:** 7 nights

**Goat guide:** 2 goats

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## About this trip

Many women have told us they would like holidays to get away from it all to totally switch off and relax and revive. We have found a beautiful Hacienda in Andalucia which is just the place. There is a swimming pool, fabulous walking and the option to do daily yoga sessions. This is a little oasis in an undiscovered part of Spain.

Our holidays focus on Andalucia as we have connections here and we love to share our favourite places. This idyllic Hacienda is located in a quiet valley between Zahara de la Sierra, one of the most beautiful white villages in Spain and the traditional village of Algodonales. The white villages are a feature of this area and you will have the chance to walk and experience the simple, slow life of southern Spain.

The Hacienda Molino Nuevo is set in stunning landscape with wonderful walks all around. It has a terrace with outstanding views and will give you a real taste of this lesser known, tranquil part of Spain. If you are in need of a true break this is the perfect place to relax in peace. The pool is lovely for an early morning or evening dip between walks and yoga. And there is always time to read or simply sit and stare.

We will also visit the beautiful town of Ronda only 1 hour away to experience more of the area and maybe try some tapas.

This is the ideal starting point to visit the nearby city of Seville or a little further off Malaga , or perhaps spend time on the beaches of the Costa del Sol or Costa Tropical. We can help if you would like to extend your holiday.



## Trip Overview

**Guide:** Local guide and our WalkingWomen host Nina. We also have our fabulous Yoga Teacher Beca offering vinyasa flow yoga during your holiday. This is an active practice with options for people of all levels – a great way to relieve the muscles after being out hiking.

**Walking Grade:** 2 Goats – we offer a range of walks and you will be briefed each day. If you decide you would prefer a rest day one day that is an absolutely fine.

**Base:** This is a place to unwind and relax in pristine peaceful countryside. The Hacienda Molino Nuevo is located in the beautiful area of Algodonales in Andalucia. This has been called 'paradise on earth' It is a place for a range of wellness activities – wonderful walks, yoga and wholesome plant based food prepared by your host Nina. All rooms are equipped with air conditioning and there is Wifi in every room. There is a swimming pool for hot days and a fire place for cold days.

WalkingWomen will be the only guests in the hotel. There are 10 rooms and the maximum group size will be 14.

The nearest airport is Seville only an hour away. Malaga is 2 hours away and has more flights. We will arrange pick up from either airport. There is an airport at Jerez which is 77km away – we can arrange a transfer at your own cost.

You could arrive by train to either Malaga or Seville and join the transfer. We can advise on train routes – a lovely journey.

There is free parking at the Hacienda for anyone coming by car.

**Arrival:** Arrive by 14.00 to Malaga Airport or Seville Airport for a group transfer to the Hacienda at approx 15.00.

**Departure:** Book flights from 14.00 from Malaga or Seville for a group transfer arriving at the airport 12 noon ish.

If you want different flight times we can arrange pick ups at an additional cost to you.

If you would like to extend your trip we can help you to arrange it. You may like to explore Seville or Malaga whilst you are in Andalucia – both beautiful Southern Spanish cities.

## Holiday Includes

- Solo occupancy ensuite rooms
- Breakfast, Lunch and Dinner each day
- Snacks, fruit, tea, coffee, water throughout the day
- Wine, beer and soft drinks
- Local english speaking guided walks including a visit to Ronda with an experienced city guide
- Yoga on 5 days – optional and you can join as you wish.
- Airport transfers on arrival and departure.
- Local transport needed for walks and excursions.

### Not included:

- Additional Alcoholic beverages or activities not on the itinerary.

*You really don't need to spend anything during this week.*

# Itinerary

The itinerary may change depending on the weather but you can expect a fantastic programme to explore this part of southern Spain. The Zahara adventure experience is little known and the walks are a treat.

- Each day starts with breakfast together between 8 and 9.30am
- Each evening you will eat your evening meal together.
- You may want to start the day with a solitary walk around the Hacienda or take a dip in the hotel pool. Or watch the sunrise over the hills.
- There is the option to do yoga every day and the time will be fixed with the yoga teacher on the first day. We expect early evening sessions before dinner.
- Walks will be varied to show you the area and give you the best of this part of Andalucia.

## Day 1 Thursday: Arrival and settle in to the Hacienda

- Time for a swim and dinner together.

## Day 2 Friday: Llanos del Rabel approx 3 hours

- oga class at a time to suit the group.
- This hike is completely flat, but it will take us to the heart of the Natural Park. Our goal on this day will be to reach El Pinsapar, a forest that has existed here since the last ice age. This is one of the most unique forests in the world, and our guide will explain the characteristics of this place. This is one of the most protected areas in Spain; thus, we will have the chance (if we are lucky) to observe different animals, such as deers, mountain goats and a variety of different birds.. It will definitely be one of the highlights of the trip. You will have a packed lunch together.
- The rest of the day is free to relax after travelling and enjoy the Hacienda with its pool and chilling areas.

## Day 3 Saturday: Arroyo de Bocaleones. Approx 3 hours

- Yoga class at a time to suit the group.
- This route follows the river to the entrails of our most magnificent canyon: "La Garganta Verde", within the Sierra de Grazalema Natural Park. You will enjoy a marvelous path through a riparian forest, that hides one of our most vital biodiversity hotspots. Our guides will interpret its ecological and historical value, which will allow us to understand the importance of it. We will get into the river and follow its current into a canyon within a Biosphere Reserve. Here, we will find "fairy pools" with clear blue waters, which are placed at the heart of the Sierra, protected by tall canyon walls. This is a very special experience that cannot be found in many places.

## Day 4 Sunday: A rest day

You may want to visit the local town , stay and rest at the hacienda. Your host and guide will suggest options for you the evening before.

**Day 5 Monday:** Ronda Tour Approx 2 hours with free time to explore

- Yoga class at a time to suit the group.
- This tour will consist of walking and discovering more about Ronda, the city where Spanish poets and bullfighters have lived since the romantic times of the 19th century. We will be able to understand the importance of the city for this region. We will see the Roman, Moorish and Christian heritage of the city, as well as the oldest bullfighting square in the world. Our guide will delight us with incredible legends and stories of the city, as well as with anecdotes of artists that has lived here as: Orson Welles, Rilke and many more. After that, we will have the time to walk around the city to see the local shops and other scenic areas of the city.

**Day 6 Tuesday:** Ermita Garganta Verde. Approx 4 hours

- Yoga class at a time to suit the group.
- This is one of the most beautiful hikes around our mountain range. We will be descending to the Garganta Verde Canyon. Our guide will introduce you to the history and landscape of the Natural Park. Once we reach the canyon, we will be delighted to watch its tall walls (300m tall) and to observe how the forest has changed from a Mediterranean forest to a Riparian Forest (the most biodiverse of the Mediterranean region). Then, we will walk back along the same path back to where we started. The way back is steep and might be hard. However, we will take our time and enjoy the views.

**Day 7 Wednesday:** Cruz de Algodonales

- Yoga class at a time to suit the group.
- We walk from the Hacienda to the town of Algodonales, to finish and say cheers to end our trip at its beautiful cross. This cross is at the very top of the “Sierra” and it has been part of many legends and spiritual encounters. It is a more challenging walk due to its elevation, but we will walk steadily. The top will be worth it. We will have beautiful views from the local landscape, and we will be able to see from the distance all the different routes that we have accomplished during the week. This is one of the most authentic hikes of the week. If some of you do not want to do such elevation, you will have the chance of staying and walking around Algodonales, which is a nice walk.

**Day 8 Thursday:** Departure

- Departure after breakfast around 11am for flights from 14.00



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