

Welcome to Cal Arnau

- *A beautiful retreat in the Spanish mountains*
- *The perfect base for hikers, cyclists and golfers.*



About Cal Arnau

- + Just a 15-minute drive to Girona City
- + 1hr 15min from Barcelona airport
- + On the edge of The Pyrenes

What would you do?

- Cycling – home to to the Rococorba summit
- Hiking – edge of the pyrenes
- Golf – PGA Catalonia



The Retreat...

4-Day Weekend

- Personal concierge service
- Welcome drinks/lunch at Cal Arnau
- Bespoke retreat for group activities



Most popular cycling routes

Wide range of routes to suit every ability

- + Rocacorba: 70km/ 1300m
- + Mare de Deu del mont: 118km/ 1500m
- + Els Angels & Santa Pellaia: 68km/ 1300m



Some of the biggest names in cycle racing have flocked to this Catalan town for its Pyrenean training routes, food and beauty

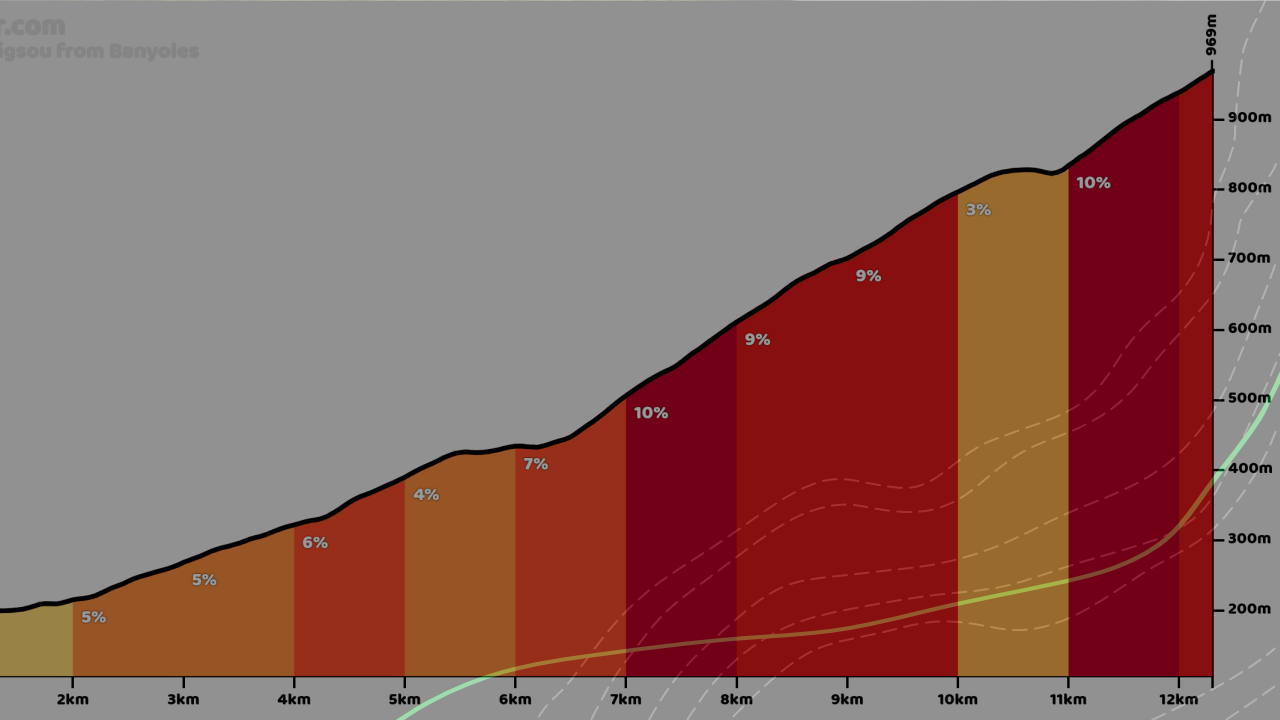
Fri 21 Aug 2015 11.00 BST

“Oh, that’s where Lance Armstrong lived.” Yeah! So what? He wasn’t the first pro-cyclist to move here. You can come here and avoid the herd, if you want, but the herd is here for good reasons: the climate, the routes, the training.

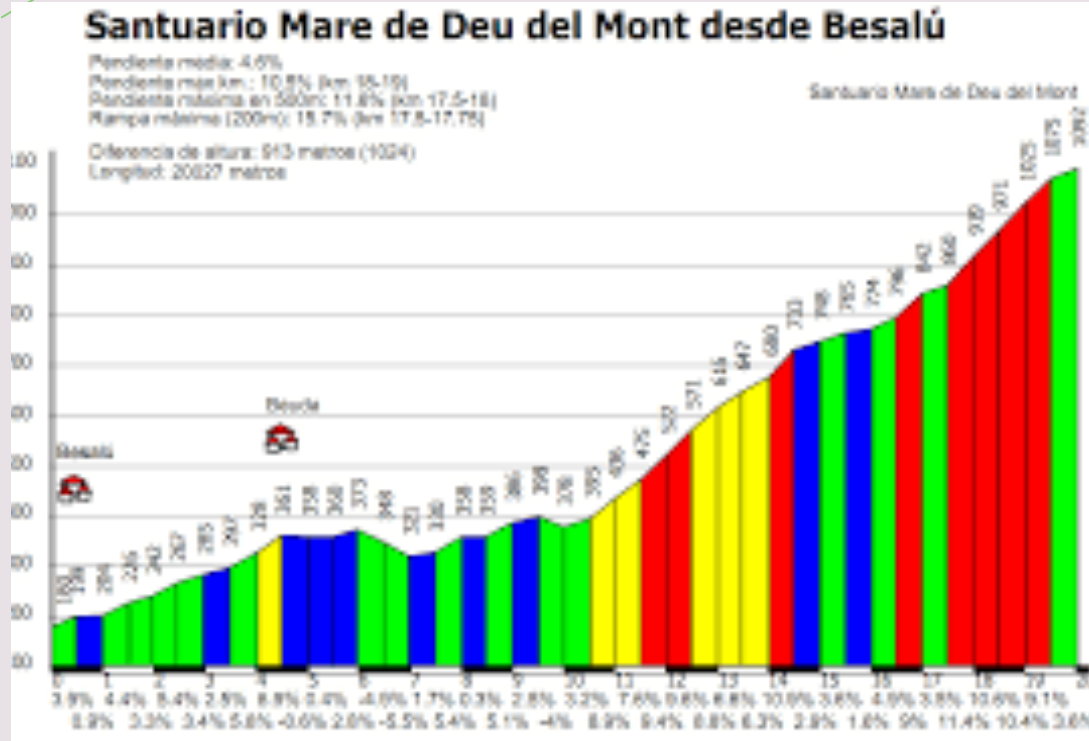
Dan Craven.



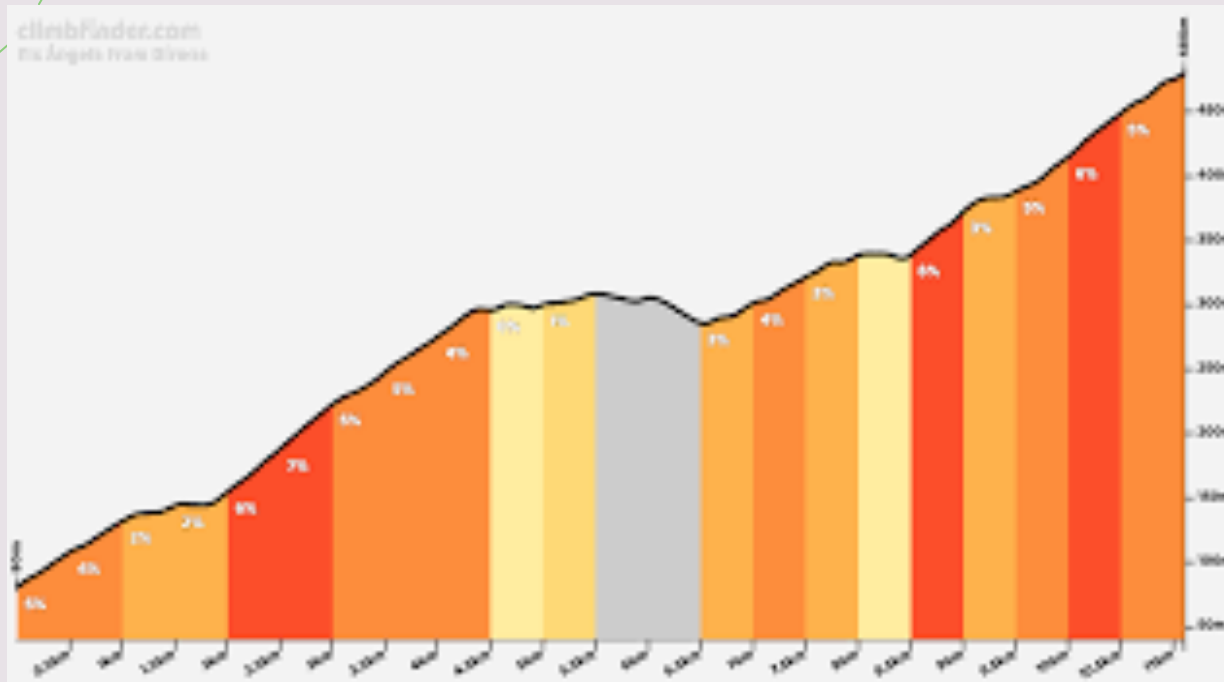
Rocacorba



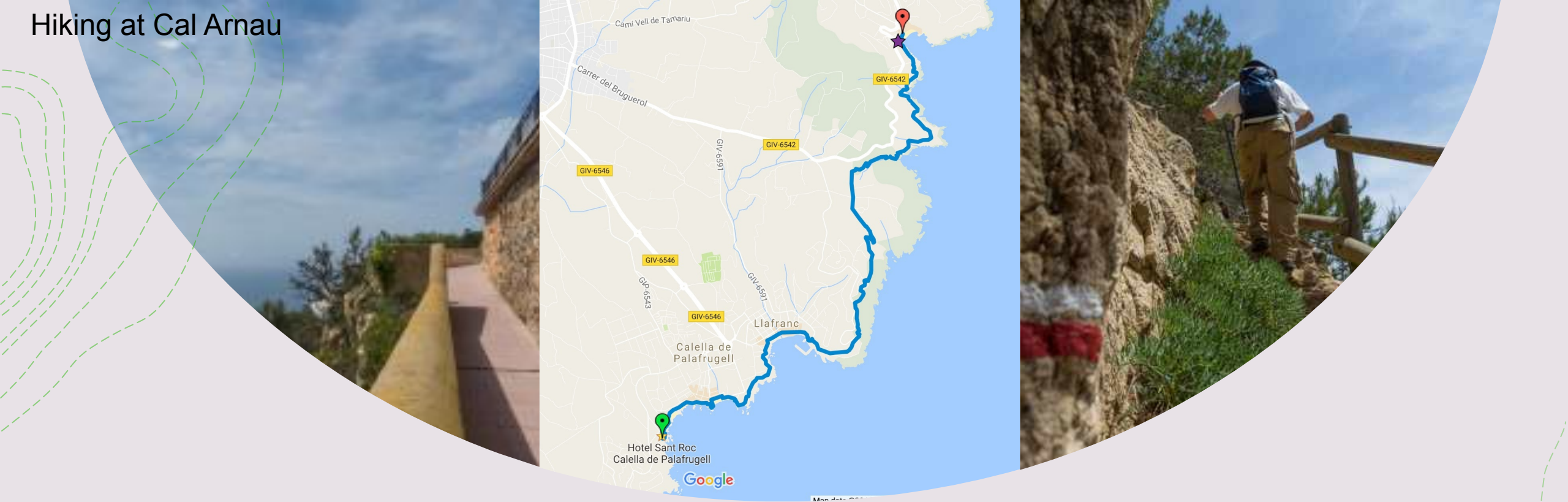
Mare de Deu del Mont



Els Angels & Santa Pellaia



Hiking at Cal Arnau



Cami de La Ronda

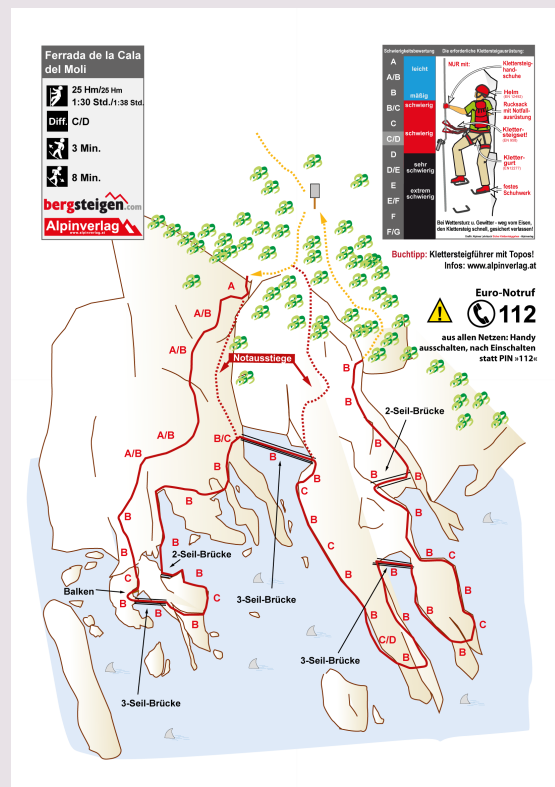
- + 8km
- + 2-3 h
- + Scenic (one of the most beautiful costal walks in Spain)
- + Swimming in the costa brava

Santa Pau, La comarca de Olot, Garrotxa, Gerona,

- + 15.3km
- + Circular route.
- + Experience hikers
- + 907m highest point
- + 4-5 hours



Via Ferrata (climbing) Cala Del Moli.



Golf Girona, Torremirona Golf club,



Club Golf D'Aro



+Mas Pages Golf



PGA Catalunya

- + The 13th hole at No.1 PGA Catalunya. PGA Catalunya is considered the best golf course in Spain amongst clubs that are popular with golfers. PGA Catalunya is one of the best golf courses in Spain and Europe. The resort has two beautiful courses, the Stadium and Tour course. The stadium course is renowned for hosting several European Tour tournaments and can be quite challenging, to say the least. It's a long course suitable for big hitters, though accuracy is also essential from the tee as the greens are surrounded by water. The Tour course is equally beautiful but plays a bit kinder than the Stadium Course



Relax by the pool, hammock or in the many sitting areas around the property grounds

Enjoy a cool beer or glass of local wine



NÍVIA – Mas Llunes. Score: 96/100. Class: White. ...

BLANC DELS ASPRES – Vinyes dels Aspres. Score: 92/100. Class: White. ...

SAULÓ – Espelt. Score: 91/100. Class: Red. ...

FINCA LA GARRIGA BLANC – Perelada. Score: 90/100. ...

ANTIMA – Empordàlia. Score: 88/100.

Food – locally sourced, home cooked



Lunch- sandwiches
and fruit/nuts and
drink

Evening meal- 3
course with local
Spanish food

Sleeps 8
or up to 24 sharing





Girona

- + Game of thrones was film here
- + Top Spanish cycling hubs
- + Three Michelin star restaurant; El Cellar de Can Roca

Golf

11am - Airport transfer on day of arrival and day of return with 8 passenger spaces- complimentary drink and snack.

2pm- Lunch on arrival

4pm- Rental if needed of clubs, and passes sorted if desired, transfers whenever needed

7pm- Return to the house for wine tasting

8pm- Evening meal

Next morning:

8am- Cooked or continental breakfast

9am- Snack and packed lunch or both depending on how long you choose to be out doing activities

Evening: sport massage available

Evening meal:

Saturday- same as day prior

Evening: can reserve a restaurant of your liking, can drop and collect or evening meal in the house if they prefer

Sunday: breakfast

Later: relatively shorter time golfing depending on times of flight- then make way to airport

Hiking

11am - Airport transfer on day of arrival and day of return with 8 passenger spaces- complimentary drink and snack.

2pm- Lunch on arrival (keeping in mind amount of exercise- meal will consist of high protein and balanced nutritious foods cooked on the premises)

4pm- Hiking with or without a guide (I can do this, or I can offer maps and routes depending ability, preference and time)

7pm- Return to the house for wine tasting

8pm- Evening meal

Next morning:

8am- Cooked or continental breakfast

9am- Snack and packed lunch or both depending on how long you choose to be out doing activities

Evening: sport massage available

Evening meal:

Saturday- same as day prior

Evening: can reserve a restaurant of your liking, can drop and collect or evening meal in the house if they prefer

Sunday: breakfast

Later: relatively shorter hike depending on times of flight- then make way to airport

Cyclist

11am - Airport transfer on day of arrival and day of return with 8 passenger spaces- complimentary drink and snack.

2pm- Lunch on arrival (keeping in mind amount of exercise- meal will consist of high protein and balanced nutritious foods cooked on the premises)

4pm- Bike rental in Girona can choose two options, with or without a guide

7pm- Return to the house for wine tasting

8pm- Evening meal

Next morning:

8am- Cooked or continental breakfast

9am- Snack and packed lunch or both depending on how long you choose to be out doing activities

Evening: sport massage available

Evening meal:

Saturday- same as day prior

Evening: can reserve a restaurant of your liking, can drop and collect or evening meal in the house if they prefer

Sunday: breakfast

Later: relatively shorter cycle depending on times of flight- then make way to airport

Questions I have for you-

- + Would you be happy with 4 days?
- + Would add on's such as robes, artisanal soaps be of interest etc?
- + With wine tasting- a selection of wines will be on offer and in the wine tasting you will have the opportunity to buy any bottles to have with the meals or house wine that will be included in the price-
- + What is usually missing in retreats that you have been to before?
- + What is it that you value most in retreats?
- + What would your usual budget be for something like this?