

## Spain

# Wellness hiking, connecting with your inner self!

Immersing in wild nature, enjoying vibrant, nourishing food, and practising mindfulness for a 100% rejuvenating journey! Soaking up the sun and warmth while experiencing something truly unique, magical, and enriching.

Step by step, becoming aware of our bodies and sensations while moving along the path of an “open heart.” Connecting with the present moment, nourishing our bodies with wholesome, vibrant food, and exploring, through psycho-corporal and ancestral practices, an inner space of peace. Meeting our four dimensions – physical, mental, emotional, and spiritual – over the course of the days to harmonise Body and Mind.

A journey nourishing both the soul and the body!

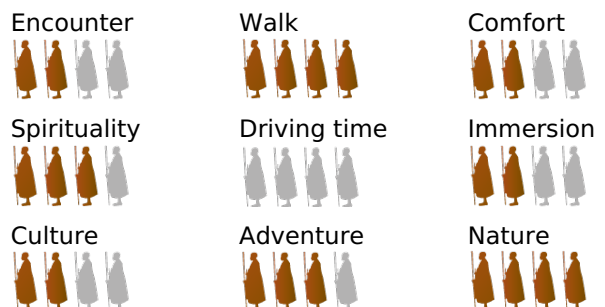


At the heart of Cabo de Gata Natural Park, walking between land and sea, coves and mountains, in wild and unspoilt surroundings. While hiking, becoming aware of your body and mind, nourishing them with healthy, vibrant food. Using practices such as shamanism, mindfulness, and personal development to foster a deeper connection with yourself and others!

## You will like

- 👉 Experiencing the unusual through beach bivouacking
- 👉 Alternating hiking and swimming in hidden, inaccessible spots
- 👉 Enjoying natural landscapes between sea and mountains
- 👉 Embracing ever-present spirituality and self-discovery
- 👉 Discovering vibrant, nourishing food

## Barometer





## Practical information

- 🕒 **Age & public** : For adults  
Small groups and families on request
- 🕒 **Duration** : 7 days on site
- 🕒 **Dates & travel periods** : All year round – see guaranteed departures
- 🕒 **Number of travellers** : From 2 to maximum 8 travellers (solo travellers and groups of +9 people: on request)
- 🕒 **Travel package** : Journey into the heart of oneself ("Vibration" package)
- 🕒 **Regions & landscapes** : Mountains and beaches
- 🕒 **Accommodation** : 5-bedroom house and one night in a bivouac on the beach
- 🕒 **Transport** : Private transport: car, train, bicycle, motorised canoe...
- 🕒 **Luggage handling** : None (luggage transported by vehicle), except for the night in the bivouac

## Program

**Legend: B L D** = meals included in the price of the trip (**B**reakfast, **L**unch and **D**inner)

**Note** : the outline of this program (steps, activities, etc.) is given for information purposes only.  
It may undergo modifications or adjustments depending on technical criteria, safety requirements, current climatic conditions and availability. Our guides always do everything possible to make the best possible decisions and options.

### little note :

Tout voyage qui sort des sentiers battus comporte parfois des événements imprévus (grève, route coupée, fête locale...) ; votre capacité d'adaptation aux conditions locales (transports, nourriture, hébergements, imprévus, aléas climatiques), comme à des événements inattendus sera aussi une clé à la réussite de votre voyage.  
Nous comptons sur vous pour avoir un esprit délibérément « positif » et ne jamais oublier votre sens de l'humour.  
Nous vous souhaitons un très beau et riche voyage .

**Departure near your home** : departure from the most convenient airport for you.

Arrival airport: Almeria (or Alicante with an additional cost)

Depending on your preference, we can take care of purchasing your tickets or not.

### Day 1

Arrival at the airport and transfer to your accommodation.

Settle in, then explore the town and take a short hike with a stunning panorama.

Dinner and overnight stay in a guesthouse.

### Intermediate days

Programme:

- Hike exploring Cabo de Gata Natural Park, between mountains and sea, along small rocky trails;
- Following the rhythm of "psycho-corporal" practices: mindfulness meditation, awakening the senses, slow walking, conscious breathing, yoga, shamanism...;
- Discovering healthy, vibrant food: fresh and dried fruits, raw vegetables and legumes, cereals and starchy foods, spirulina and roots, smoothies and herbal teas...;
- Sharing and talking circles;

- Spirituality: meditation, guidance cards, daily intentions, gratitude journaling...;
- Cultural visits: authentic villages, historical monuments...;
- ...

### Last day

Free time before your airport transfer for your return flight.

**Going back home** : arrival at the most convenient airport for you.

*Depending on your preference, we can take care of purchasing your tickets or not.*

## Prices and conditions

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### Price per person

- **€1,299** per person

### Included

- TRound-trip transfers, private transport, English-speaking local guide, accommodation, programme, meals, hotel taxes

### Supplement

- Single room: from +€250
- Transfer for arrivals/departures at a different time than the first registered travellers: +€75 per transfer

### Optional

- Group trip for 9 people or more
- Individual massage – 60 or 90 minutes

### Flights

- The price may vary depending on the booking date, airline, and travel dates

### Alternatives to flying

- Possibility of travelling by train, coach, or via BlaBlaCar to Spain

### Included in the price

- Trip organisation – travel booklet and itinerary booklet
- Welcome and transfers from the airport, train station, or meeting point to your accommodation, round trip
- Transport throughout the trip
- English-speaking guide and/or local guides
- Full board except for meals not mentioned
- Complete “Emotion Planet” activity programme
- Invitation to take part in relationship-based activities, a journey to the heart of oneself
- Pharmacy (*first aid*)
- Hotel and tourist taxes

### Not Included

- Anything not listed in the “Included” section, and any changes to the itinerary during our stay
- Transport to destination: domestic and/or international flight, round-trip train...
- Carbon offsetting of your flight and travel (*on a voluntary basis*)
- Travel insurance (*highly recommended*)
- Meals not included (*budget: €30 per person*)
- Personal expenses

## Contact

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Discover these colorful countries, the heart & values that drive us and comments from former travelers.

**Contact person for your trip :**



📞 **Clara**

📞 +33 (0) 619 041 473

📧 [Travel@emotionplanet.com](mailto:Travel@emotionplanet.com)

🌐 [emotionplanet.com](http://emotionplanet.com)

« **Emotion Planet**, the world is never far away when its men are not strangers to us. »