

SPORTS PROGRAMME - 12 days / 11 nights during Summer**SUNDAY - DAY 1 - ARRIVAL ON THE MARESME COAST**

Arrival of the group and check-in at the hotel.

Afternoon: Discovery of the village at your own pace

MONDAY - DAY 2 - WATER SPORTS AND BEACH DAY

The day will be dedicated to water sports. Divided in smaller groups, they will enjoy sailing, kayaking and getting on the banana boat.

Lunch at the hotel

Afternoon: free time to relax on the beach.

**TUESDAY - DAY 3- DAY IN BARCELONA (Gothic Quarter, Paella making workshop with official tour guide all day)**

Morning: The group will make its way to Barcelona. They will visit the Gothic Quarter, the Cathedral, walk down the Ramblas, visit the Boquería market and the Picasso Museum.

Lunch: The group will learn how to make their own traditional Spanish paella. Once the dishes are cooked, they will be having them for lunch, with a Mediterranean salad, soft drinks and dessert.

Afternoon: Free time to walk around the port and enjoy some time at the Maremagnum shopping centre. Located in the port of Barcelona, it is full of restaurants, bars and shops.

Journey back to hotel, dinner and accommodation

WEDNESDAY - DAY 4 - FULL DAY AT A WATER PARK

The group will enjoy a full day at a popular water amusement park. With more than 50 rides, a world of emotions and fun awaits them in one of the best amusement parks in Europe.

Picnic lunch

Journey back to the hotel, dinner and accommodation

THURSDAY - DAY 5 - DALI MUSEUM GERONA AND VISIT OF PALAMOS

The group will make its way towards Figueres and the famous Dali Museum. There, the group will discover and appreciate the paintings and sculptures by the genius of Surrealism.

Picnic lunch

After lunch, we will visit Palamos, a charming coastal village on the Costa Brava. The visit at the "Canó de Palamos" is a compulsory stop for those who wish to learn more about the history of this lovely little town.



FRIDAY - DAY 6 - CATAMARAN DAY

Day out aboard a catamaran

The group will navigate for about an hour along the wonderful Costa Brava. They will then drop the anchor in a hidden little cove of cristal-clear waters, where they will have time to snorkel and enjoy the marine landscape and wildlife.

Tapas lunch and soft drinks included with the experience

Free time in the afternoon to relax on the beach of discover a coastal village.

SATURDAY - DAY 7 - PORT AVENTURA

The group will have fun spending the day at this famous amusement park! The great and modern rides, shows, restaurants and shops await them.

They will discover the mysteries of Imperial China; earn some respect in the Far West, explore the jungle of Polynesia, walk through exotic Mexico and relive scenes of the Mediterranean life. A day they will not forget in a long time.

Picnic lunch

Dinner and accommodation at the hotel

SUNDAY - DAY 8 - FREE TIME

Today, the participants will be free to go to the beach, lounge by the pool or go on an excursion to a coastal village.

Optional picnic lunch

Dinner and night at the hotel

MONDAY - DAY 9 - BEACH GAMES

Morning: the group will organize games at the beach (Volleyball, human foosball,...)

Lunch at the hotel

Afternoon: Free time

Dinner and night at the hotel.



TUESDAY - DAY 10 - VISIT TO BARCELONA, GAUDI CIRCUIT

The group will make its way towards Barcelona. The visits of the day will be themed around Gaudi's work. They will be able to admire the great avenue of Paseo de Gracia, the Casa Batlló (which represent the myth of Sant Jordi and the dragon) and La Pedrera from the outside.

Typical Spanish lunch in a city-centre restaurant (tapas and paella)

After lunch, the group will visit the Sagrada Familia and the Park Guell.

Dinner and night at the hotel

WEDNESDAY - DAY 11 - MULTI ADVENTURE CIRCUIT

The group will enjoy a sports and adventure-filled day at an adventure park.

The participants will walk through a Canooping and an Emotion circuit, each made up of 20 challenges and lasting approximately 2 hours. They will walk between trees thanks to bridges, nets, cables and zip-lines without ever touching the ground. The circuits are both extremely secure.

Picnic lunch

Dinner and night at the hotel

THURSDAY - DAY 12 - DEPARTURE

Breakfast

Departure to return to your town of origin.