



SPORT, SKI & SCUBA

Tour: **The Costa Brava**
Sports: **BASKETBALL-SOCCER-TENNIS**
Destination: Platja d'Aro & Barcelona, Spain
Itinerary: 8-days / 7-nights total trip

The Costa Brava - Spain Sports Tour						
BASKETBALL - SOCCER - TENNIS						
Day		Morning	Afternoon		Evening	
1	Sat	Travel overnight to Barcelona, Spain				
2	Sun	Arrive Barcelona, clear customs, transfer to Platja d'Aro on the Costa Brava	Hotel Check-in & refresh	Welcome, Safety & Orientation	Welcome Dinner	Mini-Golf Challenge
3	Mon	Kayaking & Snorkeling on the Mediterranean	Beach Time	Coaching Session	MATCH 1	Dinner
4	Tues	Barcelona City Tour - Montjuic, Barri Gotic, La Ramblas, Port Vell and more		FC Barcelona: Camp Nou Stadium & Museum Tour	Dinner	Free Time
5	Wed	Park Mico Aventura - Climbing Park	Beach Time	Coaching Session	MATCH 2	Dinner
6	Thur	Montserrat & Dali Museum, Figueres		MATCH 3	Pizza Night	Karaoke Party
7	Fri	Day Trip - Port Aventura Theme Park			Farewell Dinner	
8	Sat	Depart Costa Brava for Barcelona; return flight home				



As with all sample itineraries, please be advised that this is an 'example' of a schedule and that the activities and hotels shown may be variable dependent upon dates, weather, special requests and other factors. Itineraries will be confirmed prior to travel.



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Platja d'Aro, Costa Brava, Spain

Our Spanish Center of Sports Excellence is based in Platja d'Aro on the stunning Costa Brava, just northeast of Barcelona. Situated in the heart of the region, Platja d'Aro is an up-market Spanish seaside resort with its own golden sandy beaches, idyllic little bays, excellent sporting facilities and teams that welcome competition. With over twenty years of experience in school tourism of this region, our exceptional relationship with local staff has enabled us to provide an unrivalled service to ensure you have a stunning European tour abroad.

BASKETBALL – SOCCER – TENNIS

(ask us about our Costa Brava Rugby Tournament, late May 2023)

Our Spanish sports tours include 3 matches against local or visiting competition (Spanish or English, dependent upon time of year), plus 2 training workshop sessions if traveling for soccer, or facility use for personal training if traveling for basketball or tennis. Also included is a day in Barcelona with a city tour plus a visit to FC Barcelona for a Camp Nou Stadium & Museum Tour. Additionally, enjoy a morning with kayaking and snorkeling on the Mediterranean, an "Everest Climbing Frame" at the park Mico Adventura Climbing Park, a visit to Montserrat and the Dali Museum in Figueres, plus a full day excursion to Costa Dorada and the Port Adventura Theme Park. Schools can also opt in for an afternoon at WaterWorld (water park) in Llorat de Mar. Evening activities included are a mini-golf challenge and a karaoke party. It's going to be a great week!

Day 1

Meals on own / dinner in flight

Start your outbound journey across the pond! In most instances, flights will be an overnight option. Meals are generally served in flight however it is dependent upon your airline. In some cases, meals will be available for purchase. Bring a good book and an eye mask so you can get some shut eye! Tomorrow we'll wake up in Spain!



Day 2

Breakfast in flight, lunch (dependent upon arrival time) & dinner included

Rise and shine Spain! Today we'll wake up as we're nearing Barcelona. After landing and clearing customs, we'll board our transportation and head northeast to the Costa Brava region. On arrival at our hotel, we'll get checked in and then your Ambassador will conduct an in-depth welcome, safety and orientation meeting.

Platja d'Aro & the Costa Brava – The Costa Brava is one of the main tourist destinations in northeast Spain. It is a coastline measuring more than 200kms on the coast of Girona. Localities like Cadies, Lloret de Mar, Castell d'Aro, Roses, Pals, Tossa de Mar and Palamos form part of this stunning coastal area and describe perfectly what tourism to the Mediterranean is meant to be. Since the Costa Brava borders with the Pyrenees, the possibilities of exploration are endless. The beach, rural areas and aquatic activities are the area's most important heritage and the reason why millions of tourists come annually to this region. It is a land where great Catalonians like Salvador Dali decided to make this destination his home. Mild temperatures, moderate rainfall, Mediterranean gastronomy, sun, and historical heritage are just a few of the great qualities of the Costa Brava.



Sample Hotel: Hotel Aromar – Located directly on the beach in a quiet residential area, Hotel Aromar is the perfect base for groups. Hotel Aromar is a three-star hotel property where guests may enjoy a quiet beachfront location, yet within a 10-minute walk of the town center. All rooms are spacious and are complete with bathroom, satellite television and balcony. On-site facilities include a swimming pool, bar-cafeteria, restaurant, television room and pool tables. An extensive range of all-you-can-eat buffet is served to suit all appetites.



Aparthotel Comtat Sant Jordi – Located only 500 feet from the sandy beach and slightly over a half-mile from the town center, the Sant Jordi is another favorite with groups with all the advantages of staying in an apartment complex. All rooms are fully equipped with a kitchen area, living/dining room, double pull-out couch, satellite television, air-conditioning and heating, and a balcony. Rooms sleep four to six students. Other facilities include a swimming pool, market, snack bar, restaurant and games room.



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Tonight, we'll enjoy a wonderful dinner at the hotel and then we're off for a **Mini-Golf Challenge** to kick off the start of our tour!

Day 3

Breakfast, lunch & dinner included

Good morning Spain! After a leisurely breakfast, we'll head for the beach of Sant Pol, the perfect sports center for students to get their feet wet – literally!

Kayaking & Snorkeling on the Mediterranean – Welcome to Sant Pol's Sailing & Kayaking School. Here we'll visit coves, caves, islets and channels that are only accessible by sea. Our instruction team will show us the secrets and beauty of the Costa Brava and the Mediterranean Sea - a natural environment that fascinates with its landscape, colors and nature.



After our kayaking program we'll have time to relax and unwind on the beach. How about a game of beach volleyball? Later, we'll head back to the hotel to get ready for a coaching/practice session and our first match!

Coaching Session – Coaching sessions for soccer are run by our local team trainers. If you are traveling for basketball or tennis, enjoy time and facility use, training on own.



Match 1 – Played against local Spanish teams or visiting UK teams, dependent upon time of year. This area is known across Europe for school sports travel so you very well might meet teams from all over Europe. Games are played on 4G astro pitches with official referees. Games are usually played early evening, but this will vary based upon the time of year you are traveling.

After our full day, dinner will be served at the hotel.

Day 4

Breakfast, packed lunch & dinner included

Hello Costa Bravo! we're off to explore fabulous Barcelona! After a great breakfast, we'll board our motorcoach and head to the city, approximately 1.5-hours, to discover this fascinating medieval region, home of the 1992 Summer Olympics, outstanding architecture, and wonderful culture!



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Barcelona - In a privileged position on the northeastern coast of the Iberian Peninsula and the shores of the Mediterranean, Barcelona is the second largest city in Spain in both size and population. It is also the capital of Catalonia, one of the seventeen Autonomous Communities that make up Spain. There are two official languages spoken in Barcelona - Catalan, generally spoken in all of Catalonia, and Castilian Spanish. The city of Barcelona has a population of 1.6 million, but this number spirals to more than 4 million if the outlying areas are also included.



The capital of Catalonia is unequivocally a Mediterranean city, not only because of its geographic location but also and above all else, because of its history, tradition and cultural influences. The documented history of the city dates back to the founding of a Roman colony on its soil in the second century B.C. Modern Barcelona experienced spectacular growth and economic revival at the onset of industrialization during the second half of the 19th century. The 1888 World's Fair became a symbol of the capacity for hard work and the international outlook projected by the city. Culture and the arts flourished in Barcelona and in all of Catalonia; the splendor achieved by Catalonian modernism is one of the most patent displays.

Barcelona City Tour – Your guide will show you around this fantastic city! There’s so many areas for walking and exploring, your senses will be on high alert!

Montjuic – Montjuic, the hill overlooking the city center from the southwest, is home to some fine art galleries, leisure attractions, soothing parks and the main group of 1992 Olympic sites. You'll see Parc Joan Miró and his sculpture Dona i Ocell (Woman and Bird). Nearby, the Palau Nacional houses the Museu Nacional d'Art de Catalunya, which has an impressive collection of Romanesque art. Stretching up a series of terraces below the Palau Nacional are fountains, including the biggest, La Font Màgica, which comes alive with a free lights and music show on summer evenings. In the northwest of Montjuic is the 'Spanish Village', Poble Espanyol. The Anella Olímpica (Olympic Ring) is the group of sports installations where the main events of the 1992 games were held. Down the hill, visit masterpieces of another kind in the Fundacio Joan Miro, Barcelona's gallery for the greatest Catalan artist of the 20th century.



La Rambla – Five separate streets strung end to end, La Rambla is a tree-lined pedestrian boulevard packed with buskers, living statues, mimes and itinerant sales people selling everything from lottery tickets to jewelry. The noisy bird market on the second block of La Rambla is worth a stop, as is the nearby Palau de la Verena, a grand 18th-century rococo mansion. Next door is La Rambla's most colorful market, the Merat de la Boueri. The next section of La Rambla boasts the Gran Teatre del Liceu, the famous 19th-century opera house. La Rambla terminates at the lofty Monument a Colom (Monument to Columbus) and the harbor. Just west of the



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monument, on Avinguda de les Drassanes, stands the Reials Drassanes (Royal Shipyards), which houses the fascinating Museu Marítim.



Barri Gotic (Gothic Quarter) - The Barri Gotic contains a concentration of medieval Gothic buildings only a few blocks northeast of La Rambla, and is the nucleus of old Barcelona. It's a maze of interconnecting dark streets linking squares with plenty of cafes and other eateries. Most of the buildings date from the 14th and 15th century when Barcelona was at the height of its commercial prosperity and before it had been absorbed into Castile. Around the Cathedral, one of Spain's greatest Gothic buildings, you can still see part of the ancient walls incorporated into later structures.

Port Vell - Before the Barcelona Olympics in 1992, the Port Vell, the city's old obsolete harbor was filled with empty warehouses, industrial buildings, refuse dumps and railroad yards. In one of the most drastic urban renewal projects, the area was transformed into a yacht basin and entertainment center, opening the city up to the sea. A coastal road was moved underground and a pedestrian street now stretches from the Columbus monument to the Barceloneta neighborhood. A wooden pedestrian bridge, the Rambla de Mar, connects the Rambla with the *Maremagnum*, a complex with shops, cinemas, bars and restaurants. Behind the Marèmagnum are an IMAX theater and Barcelona's aquarium.



La Sagrada Família - La Sagrada Família inspires awe with its sheer verticality and, in the true manner of the great medieval cathedrals it emulates, it's still not finished after more than 100 years. You could spend a couple of hours in here – the more you scrutinize decorative details, the more you see. The church was the project to which Antoni Gaudí dedicated the latter part of his life. He stuck to a basic Gothic cross-shaped ground plan, but devised a temple 95m long and 60m wide, with capacity for 13,000 people. Up to four daily guided tours, lasting 50 minutes, are offered. Combined tickets with Casa-Museu Gaudí in Park Güell are available. (This tour is not included with your trip and is optional. Please let us know if you wish to add tickets.)



Next, we're off to discover the land of FB Barcelona!



FC Barcelona: Camp Nou Stadium & Museum Tour - Explore the heart and soul of the Catalonian people, FC Barcelona's spectacular Camp Nou. Get a taste of the exhilarating feeling your favorite players experience, as you walk through the players' tunnel and soak in the panoramic views of the mammoth stadium on this 90-minute self-guided tour. See places that are otherwise only accessible to the players and the staff as you enjoy exclusive access to the press box, the museum, the press room, the tunnel, the ground, and the 'Messi Area' where you can marvel at his 5 Ballon d'Or trophies. Feast your eyes on the glorious trophy cabinet and the symbols of hard-won triumphs it contains, including 5 European Cups and 24 La Liga titles.

Following our day in this outstanding city, we'll travel back to our hotel for dinner and then the night is ours. Perhaps a walk or just some rest and relax time.

Day 5

Breakfast, lunch & dinner included

Rise and shine Platja D'Aro! After breakfast, we'll climb into some fun!

Everest Costa Brava / Park Mico Aventura – Enjoy a unique adrenaline ecosystem on the Costa Brava! Aerial circuits with suspension bridges, skill games and guaranteed fun; a challenge for all ages and levels with 90 games.



Afterwards, we'll hit the beach by our hotel to rest and prepare for today's matches.

Coaching Session – Coaching sessions for soccer are run by our local team trainers. If you are traveling for basketball or tennis, enjoy time and facility use, training on own.

Match 2 – Played against local Spanish teams or visiting UK teams, dependent upon time of year. Games are played on 4G astro pitches with official referees. Games are usually played early evening, but this will vary based upon the time of year you are traveling.

Tonight, dinner will be served in our hotel.

Day 6

Breakfast, packed lunch & dinner included

Good morning Costa Brava! Rise up because it's time to go exploring! After breakfast at our hotel, we'll head off for a day of fun! First stop – Montserrat!

Montserrat - The Benedictine Monk retreat at Montserrat offers you some of the most spectacular mountain views of Catalunya. Students will learn about the holy grotto where visitations by the Virgin Mary were reported,

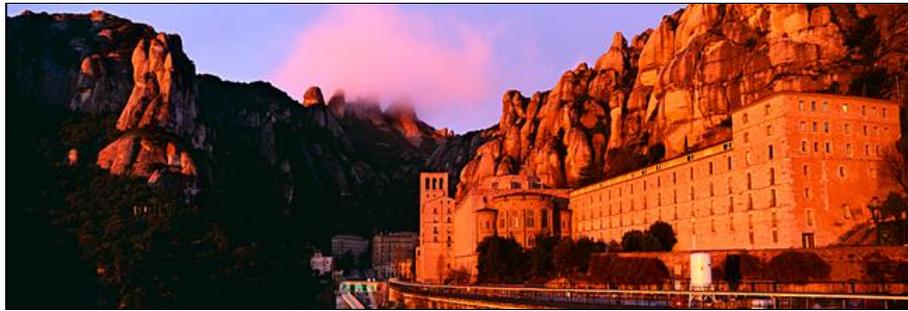


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the **world-famous Montserrat Boys Choir** recitals, plus mountain walks with breathtaking views. For many visitors a trip to Montserrat Spain is the highlight of their visit.



Another highlight of a visit to Montserrat monastery is to listen to the famous Basilica boys choir performances of Gregorian chants and other genres of religious choral music. The performances can be heard free of charge in the Basilica at 1 PM daily with the exception of Christmas holidays, July and some other festive periods during the year. Montserrat music is very popular throughout the world and the Monastery choir boys have recorded over 100 albums of choral music.

The history of Montserrat is fascinating and started in 880 when a small group of shepherd children saw a bright light descending from the sky in the Montserrat Mountains. In the same moment the children heard angels singing and the music filled their hearts with a radiant joy. Overwhelmed by the experience the children ran home to frantically recall the experience to their parents. The parents were skeptical but knew their children were trustworthy so they went to where the children had experienced the visions to see if they could see what all the fuss was about. For the whole month following the first visitation the parents were also witness to the same heavenly experiences and were left with only one conclusion: The visions were a sign from God. A local vicar was brought to the scene and witnessed the same experiences as the children and parents.

The visions occurred in the same location in a cave on Montserrat Mountain. When this cave was explored by the religious elders of the community they found an image of the Virgin Mary. And from that moment on, the cave became a holy sanctuary for religious pilgrims. Today the site of the visions has been marked by a Holy Grotto on the mountain. You can walk to the Holy Grotto and see first-hand where these events took place. The Holy Grotto has now been ordained a holy place and is visited by pilgrims and curious onlookers from all over the world.

Dali Museum - Inaugurated in 1974, the Dalí Theatre-Museum was built upon the remains of the former Figueres theatre. It contains the broadest range of works spanning the artistic career of Salvador Dalí (1904-1989), from his earliest artistic experiences and his surrealist creations down to the works of the last years of his life.

The different collections managed by the Gala-Salvador Dalí Foundation include 4,000 pieces of all kinds of works of art: painting, drawing, sculpture, engraving, installation, hologram, stereoscopy, photography, etc. Of these, some 1,500 are on show in the Dalí Theatre-Museum Dalí of Figueres.

When we get back, we'll prepare for our final matches of the tour.



Match 3 – Played against local Spanish teams or visiting UK teams, dependent upon time of year. Games are played on 4G astro pitches with official referees. Games are usually played early evening, but this will vary based upon the time of year you are traveling.

After, its time for a **pizza** at a local restaurant and a **karaoke party!**

Day 7

Breakfast, packed lunch & dinner included

Hello Spain! It's our last full day here so we're going to wrap up our week with a day of fun!

Port Aventura Theme Park – Located a two-hour ride from our hotel, Port Aventura is an amazing park divided into five areas with a wealth of attractions and shows. Visit all five themed areas of the park - from the Mediterranean to China via Mexico, Polynesia and the Far West. In the park, enjoy a multitude of shows, from the dazzling wonders of China's Imperial Theatre to the exotic dances of Polynesia, or go for stronger emotions running from one attraction to another without stopping for a second! It's a journey filled with imagination, laughter and entertainment.



After a full day at the park, we'll head back to the hotel for our farewell dinner.

Day 8

Breakfast included, based on departure times

Good morning Costa Brava! Today is our last day. After breakfast and dependent upon travel times, we'll start packing our bags and begin to say goodbye to this awesome region as we head off for home, taking memories with us that will last forever!



THE COSTA BRAVA SPORTS TOUR - SPAIN

Minimum Booking Numbers: 20 students

What's Included:

- Round-trip international flights
- 6-nights' accommodation in Platja d'Aro, Costa Brava
- Breakfasts, lunches & dinners daily starting with lunch in the hotel on Day 2 and ending with breakfast on Day 8
- Transportation for programmed activities & airport transfers
- 3 MATCHES, PER TEAM
- 2 coaching sessions for soccer groups
- Use of training facilities for basketball & tennis groups
- Day trip to Barcelona with City Tour – Montjuic, Barri Gothic, La Ramblas, Port Vell and more
- Barcelona FC's Camp Nou Stadium & Museum Tour
- Montserrat excursion with Boys Choir Concert when available
- Dali Museum, Figueres
- Port Adventura Theme Park
- Mini-Golf Challenge
- Karaoke Party
- Personal Tour Ambassador
- Fund-a-Forest: A tree is planted in the name of each guest
- Dollar\$ For Scholars: \$2 donation in the name of each guest
- 24-hour emergency cover

What's Not Included:

- Fully comprehensive insurance (mandatory)
- Transfers to/from home airport
- Transportation for activities not shown in the itinerary
- Cost of visas, full or collective passports
- Cost of inoculations or medication required for travel
- Sightseeing / Entertainment Options not shown as included
- Hotel incidental deposits & bills – meals, mini-bar items, recreation charges, purchases billed to room, etc.
- Any gratuities – drivers, maid service, bellman service, ambassador

As always, our staff are always available to you to answer any questions you may have regarding programming. If we may serve you in any way, please do not hesitate to contact us.

