



**¡V A L E!**

**ESCUELA DE IDIOMAS**



**SPANISH SUMMER COURSES FOR  
ADULTS EN LAS NOGUERAS**

**7 days, 6 nights**  
**359 €/ PAX**

## • INCLUDES

- Full board accommodation in School of Nature "Las Nogueras".
- Check in at 12:00 and check out after lunch.
- Our facilities.
- Accident and civil liability insurance.
- Native Spanish teachers.
- Native Spanish monitors.
- Material necessary for any activity.
- Cultural visits to Úbeda, Baeza and Córdoba.
- Flexible program adapted to the student´s needs (number of stay days, activities, etc.)

**FREE OF CHARGE**  
Coordinator

**NOT INCLUDED**  
10% VAT

## • CONDITIONS

- 1.** Fill in the **reservation form**.
- 2.** **Deposit as a reservation** of the facilities for the requested days.
- 3.** Send listings with all attendees **15 days** before the stay.
- 4.** Payment of the activity **1 week before** the stay.

## • SERVICE TO BE PROVIDED

- Balanced menu during the stay. The menus will be adapted for all those with allergies and / or food intolerances.
- Staff and cleaning in days of 8 hours a day distributed in two shifts.
- One person for the maintenance of the facilities in a day of 8 hours a day.
- Coordinator who will attend the logistics of the installation coordinating the work of the staff and will advise on the management of the facilities and the means made available to them.
- Maintenance and cleaning of boxes and riding school, swimming pool, bins and all areas of common and shared use.
- A washing machine available for the groups own use from 6:00 p.m. to 10:00 p.m. every day and clothesline.
- Souvenir shop.
- Beverage machines.



# PROGRAM



| TIMETABLE    | DAY 1   | DAY 2                     | DAY 3                         | DAY 4                                 | DAY 5                             | DAY 6                   | DAY 7           |
|--------------|---|---------------------------|-------------------------------|---------------------------------------|-----------------------------------|-------------------------|-----------------|
| 9.00H        |   | BREAKFAST                 |                               |                                       |                                   |                         |                 |
| 10.00-14.00  | ARRIVAL<br>12:00 approx.<br>Room layout<br>Rules of coexistence | CULTURAL VISIT TO CÓRDOBA | SPANISH CLASSES               | SPANISH CLASSES                       | CULTURAL VISIT TO ÚBEDA AND BAEZA | SPANISH CLASSES         | SPANISH CLASSES |
| 14.00-16.00  | LUNCH and FREE TIME   |                           | LUNCH and FREE TIME           |                                       |                                   | LUNCH and FREE TIME     |                 |
| 16.00- 17.30 | Pool, activities o rest   |                           | Pool, activities o rest       |                                       |                                   | Pool, activities o rest |                 |
| 17.30        | SNACK   |                           | SNACK                         |                                       |                                   | SNACK                   | FAREWELL        |
| 18.00-20.00  | FARM<br><br>Animals   |                           | ADVENTURE<br>Zip line<br>Lake | ADVENTURE<br>Archery<br>Climbing wall |                                   | HIKING                  |                 |
| 20.00-21.00  | Showers   |                           |                               |                                       |                                   |                         |                 |
| 21.00        | DINNER  |                           |                               |                                       |                                   |                         |                 |
| 22.00-00.00  | EVENING AND GAMES   |                           |                               |                                       |                                   | FAREWELL PARTY          |                 |

\*\*\* The program can be adapted to the needs of the student.

## ACTIVITIES

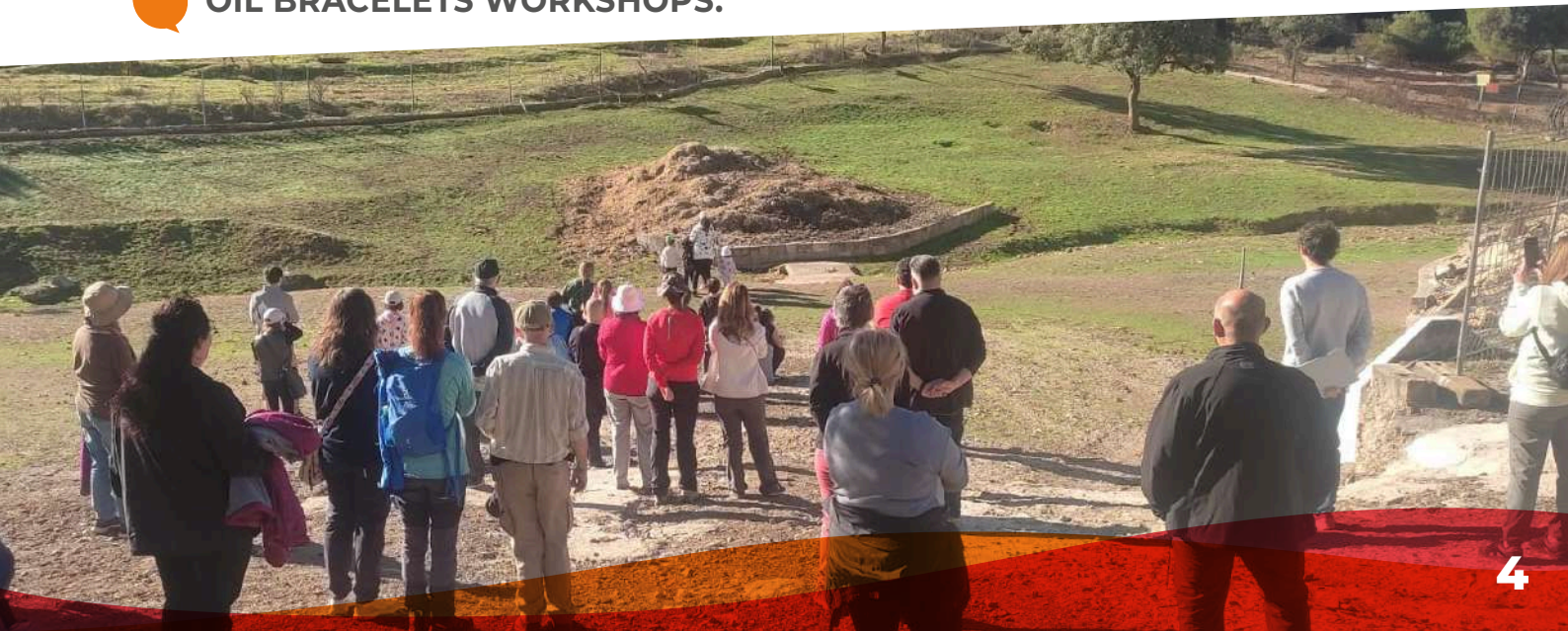


### • FARM-SCHOOL

- **BREAD WORKSHOP:** With the artisanal elaboration of the dough.
- **ORCHAD WORKSHOP:** Sowing, harvesting, fertilizing and irrigation according to season.
- **ANIMALS WORKSHOP:** Care and contact our animals and RIDING.

### • ARTISANS-NATURE

- **PERFUME WORKSHOP:** Collection of aromatic plants and extraction of the essence in an individual jar.
- **CERAMICS WORKSHOP:** Realization of ceramics in lathe.
- **CORK CERAMICS WORKSHOP:** Realization of cork ceramics in lathe.
- **PHOTOGRAPHIC FRAMES OF THE NATURE:** Realization of frames on photographic paper with the camp lantern.
- **ORIENTATION WORKSHOPS.**
- **OIL BRACELETS WORKSHOPS.**



## • ADVENTURE

- **ARCHERY:** basic notions about this sport discipline and practice with initiation bows on targets.
- **CLIMBING WALL:** climb of an artificial vertical wall with climbing techniques.
- **ZIP LINE:** sliding by a cable or rope from an elevated point to a lower point (110 meters travel) over a lake.
- **CANOEING:** notions about safety in nautical activities, basic techniques of canoeing and canoeing or boat ride on a lake within the facilities.
- **SWIMMING POOL**
- **HIKING:** Walk through the Natural Park of Despeñaperros.
- **MOUNTAIN BIKES.**



# HIKING

We propose the following routes through the Natural Park of Despeñaperros.

## • ON FOOT FROM OUR FACILITIES

- El Batán Mill. Difficulty: Medium. Distance approx. 6 km linear/circular.
- La Aliseda and views scene of the famous Las Navas de Tolosa Battlefield. Difficulty: Low. Distance approx. 6,85km linear.
- El Empedradillo (ancient roman stone road). Difficulty: Medium. Distance approx. 9km circular.

## • WITH SMALL BUS RIDE

These routes would be made on the 4th day and require one more day of bus, so they represent a small increase.

- La Cimbarra Waterfall.
- Ravine of Valdeazadores.
- Caves of Jose María “el tempranillo”, with ancient cave paintings and the reserve of vultures of the mountain of Los Órganos.
- Cave of Los Muñecos with ancient paintings.

### INFORMATION CENTERS IN THE PARK

Information Center of the Natural Park

Information Center  
of the Battle of Las Navas de Tolosa

### CULTURAL VISITS

Úbeda and Baeza - Córdoba - Granada  
Toledo - Almagro - Cazorla - Linares





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