



LA DONAIRA

GUEST EXPERIENCES



## RELAXATION & WELLNESS

### SPA

Get inspired by our luxurious, infinity pool with exquisite views of the surrounding nature. Feel beautiful as you step into our hammam to detoxify, relax and purify your body and mind, or warm yourself up in our natural, wood fired sauna available on demand. The spa is exclusively for adults (16 years or older) and for hotel guests. Children under the age of 16 years old are allowed to enjoy the Spa exceptionally during the daily Happy Hour: from 10:00 am to 13:00 am and must be supervised by an adult.

### BEAUTY RITUALS

*Lavender and Goat's Milk Ritual.*

Duration: 75 mins.

Price: €150

*Rejuvenating and De-stressing Facial.*

Duration: 60 mins.

Price: €110

*Protective Vitamin C Facial*

Duration: 60 mins.

Price: €120

*Calming Sensitive Skin Facial*

Duration: 60 mins.

Price: €120

*Cooling Aloe Vera and Vit E Facial*

Duration: 60 mins.

Price: €120

*Brightening & Hydrating Yoghurt and Honey Facial*

Duration: 60 mins.

Price: €120

*Relaxing Lavender Manicure*

Duration: 40 mins.

Price: €60

*Refreshing Citric Pedicure*

Duration: 60 mins.

Price: €80

*Holistic Body Treatment*

Duration: 90 mins.

Price: €150

*Moroccan Hammam Experience Spa-kit*

Includes: Black Soap, Ghassoul Body Mask, Argan Oil Hair Mask, Kessa Exfoliating Glove and Instructions.

Price: €70

Available mornings from 10:30 to 11:30

### MASSAGES

*Sweet Almond Oil Massage*

*Relaxing Massage*

*Deep Tissue Massage*

*Oriental Massage*

*Pre-natal Massage*

*Osteopathy*

*Cooling Aloe Vera Massage* (available from June to September)

*Personalised Massage*

Choose between our signature La Donaira Massage Oil Blends:

- Energising
- Relaxing
- Muscular Tension Relief
- For Her (supporting women's health)
- For Him (supporting men's health)

60 mins. – €130

90 mins. – €190

### AQUA GYM

Duration: 45 mins.

Price: Private session, €60 • 2 people, €40 per person

3 people, €30 per person • 4+ people, €20 per person

### PILATES

Duration: 60 mins.

Price: Private session, €80 • 2 people, €60 per person

3 people, €40 per person • 4+ people, €30 per person

### YOGA

*Hatha Yoga*

*Sivananda Yoga*

*Vinyasa Flow Yoga*

*Power Yoga*

*Yin Yoga*

*Breathwork (Pranayama)*

Price: Private session, €80 • 2 people, €60 per person

3 people, €40 per person • 4+ people, €30 per person

### AERIAL YOGA

Price: Private session, €100 • 2 people, €75 per person

3 people, €60 per person • 4+ people, €45 per person

\* Personalised yoga classes tailored to guests' individual needs & health conditions available upon consultation.

### MEDITATIONS

*Mindfulness Meditation* (60 mins.)

*Osbo Kundalini Meditation* (60 mins.)

*Silent Walking Meditation*

*Chakra Balancing Meditation* (60 mins.)

Price: Private session, €80 • 2 people, €60 per person • 3–6 people,

€40 per person • 7+ people, customised price

### BEE SOUND MEDITATION

Learn about natural beekeeping practices and meditate on our bee-bed placed right upon beehives.

Duration: 30–50 mins.

Price: €70

Available in Spring, Summer and Autumn from 8:30 to 11:30

### SHINRIN YOKU (FOREST BATHING)

Meditative walk through the forest.

Duration of the tour: 2 hours.

Includes a picnic after the walk.

Price: private session, € 130 • 2 people, € 110 per person • 3-6 people, € 90 per person

Available from Friday to Sunday.



## ADVENTURE

### WALKING, RUNNING & CYCLING

La Donaira offers a range of guided hikes on and off the finca designed to suit all fitness levels. Available daily, with night walks when the moon is full.

Picnics can be prepared by the kitchen if desired – please consult with one of our hosts.

All routes are available on the application Wikiloc, which allows you to follow the tracks using your mobile device.

### PARAGLIDING

Experience breathtaking views and incredible sensations. Flying with your life partner, friend or family is also possible in tandem with a second instructor.

Price:  
Regular flight, 10-25 mins.: €280 per person.  
Long flight, 35-50 mins.: €380 per person.

### STARGAZING

Learn about the Universe, discover galaxies, planets, stars, nebulae; and get to know better the closest satellite to the Earth, the Moon, with our Celestron CPC 800 telescope.

Available daily subject to weather conditions.  
Duration: 50 mins • Free of charge.



## HORSES

La Donaira has more than 80 Lusitanos raised in accordance with the principles of Natural Horsemanship or horse whispering.

Dressage Lessons are for all levels, including beginners.  
Hacks are available for intermediate and advanced riders only.  
Minimum age: 10 years old.

### DRESSAGE LESSON

The Arena.

BASIC: Work in walk, trot, canter.  
MEDIUM: Basic combined with side lateral movements and single flying changes.  
ADVANCED: medium combined with collected movements and flying changes in series.

60 mins: €80 / 30 mins: €50

### HACKS

BASIC: Hilly landscape in walk.  
MEDIUM: Hilly landscape combined with climbing in walk and trot.  
ADVANCED: Hilly landscape combined with climbing, walk, trot and canter.

60–90 mins: €80

## NATURAL HORSEMANSHIP TRAINING SESSIONS

Assist and observe in one of the daily training sessions of our young horses, between 6 months and 3 years old.

15–30 mins: €50 / 30–45 mins: €80

### GROUNDING ON HORSEBACK (AN INTRODUCTION)

An exercise in strength, balance and trust. By slowing down the breath and relaxing into the natural rhythm of a horse, people can feel a great sense of connection and relaxation. An excellent way to overcome a fear of horses.

Duration: 10-15 mins.  
No riding experience necessary • Free of charge.



## DONKEYS

The Andalusian donkey is a breed native to Andalusia. With some 3000 years of existence, it is now threatened by extinction. At La Donaira we are committed to the welfare of the breed, and to making this wonderful animal better known. Although traditionally used as a work and burden animal, they are great companions for experiences of well-being and enjoyment in nature.

### SOUND OF NATURE WALKS

Walking with the donkeys, enter into the world of the flora and fauna of the farm and the fascinating surroundings of the Serranía de Ronda, where a delicious picnic will be prepared for you to enjoy.

Duration: 2 hours  
Private tour, € 120 • 2 people, € 90 per person • 3-6 people, € 70 per person • Free for children under 12 years old.  
Available from Friday to Sunday.

### MINDFULNESS WITH DONKEYS

Through breathing and caring for donkeys in nature, reach a state of mindfulness in the present moment. Let problems recede and stress disappear, giving way to a state of calm and inner harmony.

Duration: 60 minutes  
Private tour, € 80 • 2 people, € 60 per person • 3-6 people, € 40 per person. Available from Friday to Sunday.

### COURSE ON HISTORY, ETHOLOGY AND CARE OF DONKEYS

Get to know one of the most emblematic and endearing animals in the human history. Learn about their behavior, handling, basic care and their differences with horses.

Duration: 2 hours  
Private training, € 130 • 2 people, € 110 per person • 3-6 people, € 90 per person. Available from Friday to Sunday.



## FARM AND GARDEN

### MEDICINAL GARDEN

A guided tour through this magical space is a chance to learn about La Donaira's approach to holistic permaculture.

Our garden has more than 300 types of healing and edible herbs and flowers.

Duration: 60 mins. • Free of charge

### FARM TOUR

**BASIC FARM TOUR:** Our Basic Tour is 45-60 minutes long and includes an overview of La Donaira's history, what agriculture looks like in the modern era, and what we hope our role to be in the natural world. A visit to the market garden and the closest group of animals from the Cortijo will be provided on this short tour.

Private tour, €60 • 2 people, €40 per person • 3-6 people, €30 per person • Free of charge for children under 12 years old.

**INTERACTIVE FARM TOUR:** Our Interactive Farm Tour is 1.5 hr - 2 hrs long and expands on our Basic Farm Tour by allowing guests to participate on a Farm Activity. These activities will vary within the seasons but some examples will be in the following areas: mycology, animal care, herbal medicine, basic plant propagation techniques, and natural cosmetics to name a few. Our hope is that these activities will spark a bit of curiosity in our guests and help weave nature into their daily lives.

Private tour, €80 • 2 people, €60 per person • 3-6 people, €40 per person • Free of charge for children under 12 years old.



## WORKSHOPS

### FARM TO FORK COOKING CLASS

In an afternoon session, guests will learn to cook some of our most popular dishes using fresh, seasonal and organic products from the finca and enjoy what they prepare, all together at dinner.

Duration: 3 hours.

Price: Private session, €150 • 2+ people, €90 per person (Max 8 people)

### SOAP MAKING WORKSHOP

Beginner's workshop in the art and science of soap-making that includes a step-by-step guide through the basics of the Cold Process Method. Using natural materials from our farm this is a fun activity suited for individuals and whole families alike.

Duration: 90 mins.

Price: Private session, €80 • 2 people, €60 per person • 3 people, €40 per person • 4+ people, €30 per person.

## THE AROMATIC WORKSHOP

Could you recognize aromas blindly? Join us and have fun by discovering how good your sense of smell can be and improve your olfactory memory. We use the herbs, fruits and spices from our Medicinal Garden and our surroundings. Take it to the next level by mixing several components together and testing out more complicated aromas, similar to what you can find in complex wines.

Duration: 60 mins.

Price: Private session, €60 • 2 people, €40 per person • 3 or more: €30 per person.

## KID'S CLUB

La Donaira offers a Kid's Club for our younger guests to enjoy time outdoors. Activities are inspired by nature and change seasonally. Our facilitator will work on your children's interests in order to provide for a fun and worthwhile activity we're confident they will enjoy.

Duration: 2 hours.

Price: 1-2 kids, €50 • 3-4 kids, €75 • 4 kids +, €100



## WINES

Enjoy by discovering the exciting world of wines, in our "Tasting Room" with views, guided by our sommelier, with the possibility to choose from a diverse range of thematic tastings. At La Donaira we follow the principles of biodynamic farming in all the wines we serve.

### THE WINES OF LA DONAIRA

Guided visit to the vineyards and wine tasting of the different range of wines produced at La Finca over the years.

Duration: 90 mins. 6 Wines.

Price: Private session, €80 • 2 people, €60 per person • 3 or more: €40 per person.

### ANDALUSIAN WINES

Explore the wines made in Andalusia, under our principles, taste its local grapes, its different climates, different terroirs, and its different styles. Discover a very unknown region full of hidden gems.

Duration: 90 mins. 5 Wines.

Price: Private session, €80 • 2 people, €60 per person • 3 or more: €40 per person.

### MEDITERRANEAN WINES

A journey into the story of wines travelling from Caucasus Mountains through Greece, Slovenia, Croatia, Italy and finishing in Spain. Orange wines, amphoras, diversity of indigenous grapes. Taste the story!

Duration: 90 mins. 6 Wines.

Price: Private session, €110 • 2 people, €80 per person • 3 or more: €55 per person.

## **TASTING AND UNDERSTANDING NATURAL AND BIODYNAMIC WINES**

What does natural wine mean? How do we interact with natural wines? Can they last in time? Guided tasting of a great and iconic selection of natural wines from all of Europe to answer those questions.

Duration: 90 mins. 6 Wines.

Price: Private session, €110 • 2 people, €80 per person • 3 or more: €55 per person.

## **A JOURNEY INTO SHERRY WINES**

La Donaira is located very close to Jerez, a region with an age-old tradition of fortified wines. Invented in the times of America's discovery, alcohol was added to wines to keep them drinkable during their long voyage across the Atlantic Ocean. Sherries are fine, complex, versatile with food and full of character. Discover our selection chosen from small wineries or from very old and special casks.

Duration: 90 mins. 5 Wines.

Price: Private session, €100 • 2 people, €70 per person • 3 or more: €45 per person.

## **THE MAGIC BUBBLES**

Enjoy a refreshing and elegant tasting. Learn about the different styles of sparkling wine: Champagne, Cava, Prosecco, and the latest trend of Pet Nats. Bubbles can be the best option to go with your food or just to enjoy while watching the sunset over the rolling hills of the finca.

Duration: 90 mins. 6 Wines.

Price: Private session, €180 • 2 people, €100 per person • 3 or more: €80 per person.

**Pre-booking of activities (48 hours in advance) is highly recommended to ensure you can experience them during your stay.**