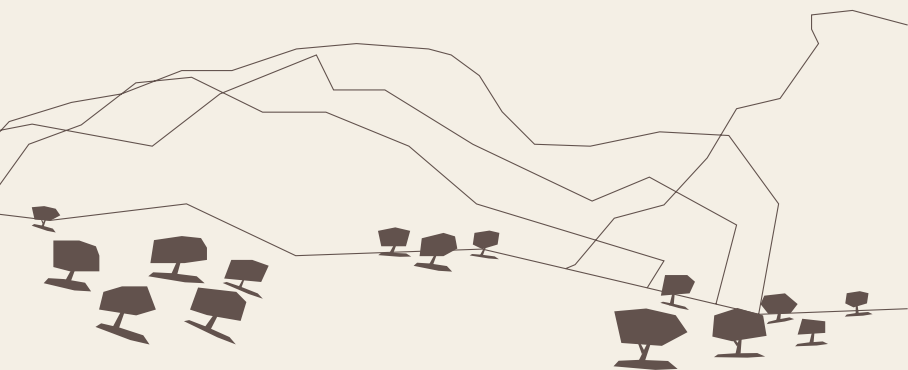




LA DONAIRA

SIGNATURE EXPERIENCES





RELAXATION & WELLNESS

SPA

Enjoy our one-of-a-kind infinity pool with its exquisite views of the surrounding nature. Step into our steam bath to detoxify and relax or warm yourself up in our natural wood fired sauna.

BEAUTY RITUALS

Lavender and Goat's Milk Ritual

Lavender flower & goats milk footbath, lower leg exfoliation & massage, followed by a nourishing anti-aging face mask and face massage.

Duration: 75 min.

Holistic Body Treatment

This calming treatment includes head to toe exfoliation accompanied by a relaxing massage with an aromatic oil of your choice.

Duration: 90 min.

Brightening & Hydrating Yogurt and Honey Facial

Duration: 60 min.

Nourishing and Calming Aloe Vera & Vitamin E Facial

Duration: 60 min.

Relaxing Lavender Manicure

Duration: 40 min.

Refreshing Citric Pedicure

Duration: 60 min.

MASSAGES

Relaxing Massage, Deep Tissue Massage, Oriental Massage, Pre-natal Massage, Personalised Massage, Vibrational Massage with Tibetan Singing Bowls.

Duration: 60 min./90 min.

Couples massage available upon request, minimum duration 90 minutes.

PILATES

Duration: 60 min.

YOGA

Hatha Yoga, Vinyasa Flow Yoga, Power Yoga, Yin Yoga, Breathwork (Pranayama), Restorative Yoga with Tibetan Singing Bowls, Yoga for Horse Riders.

Duration: 75 min.

AERIAL YOGA

Duration: 75 min.

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

MEDITATIONS

Mindfulness Meditation, Osho Kundalini Meditation, Chakra Balancing Meditation, Nataraj Meditation – The Dancing Meditation, Sound & Vibration Bath (sound waves and vibrations from various instruments), Bee Sound Meditation (meditation on our bee-bed placed right upon beehives), Shinrin Yoku (Forest Bathing).

Duration: 60 min.

Personalized meditation classes tailored to the client's individual needs upon request.



ADVENTURE

WALKING, RUNNING & CYCLING

La Donaira offers a range of hikes on and off the finca designed to suit all fitness levels. All routes are available on the application Wikiloc, which allows you to follow the tracks using your mobile device.

Full suspension mountain bikes are available free of charge for your enjoyment.

ROCK CLIMBING



Our rock-climbing routes are suitable for a wide range of ages, from 8 to 80 years old. Nestled well off the beaten track, in one of the best-hidden corners of the mountain overlooking the farm, the picturesque valleys, villages, foothills and peaks of the surrounding landscape.

Duration: 45-60 min.





HORSES

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

Dressage Lessons are for all levels, including beginners.

Hacks are available for intermediate and advanced riders only. Minimum age: 10 years.

DRESSAGE



Classic riding lesson for all levels.

Initial riding experience evaluation by our team, followed by skill-matched lessons. For Kids (between 5 and 10 years old), we offer various activities with our ponies, from grooming and saddling to riding.

Duration: 30 min./60 min.

HACKS

Trail ride to explore the property.

Initial riding experience evaluation by our team, followed by skill-matched hack routes. Only available for intermediate and/or advanced riders.

Duration: 60 min./90 min.

NATURAL HORSEMANSHIP TRAINING SESSIONS



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

30–45 min.

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 min. • Free of charge

No riding experience necessary

CARRIAGE RIDE AROUND THE ESTATE



Duration: 45 min.

Maximum of people: 2 adults + 2 kids





DONKEYS

The Andalusian's 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 make 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.

SHINRIN YOKU (FOREST BATHING) WITH DONKEYS

A Japanese practise combining mindfulness, nature and donkeys. Deeply relax and connect with nature, while enjoying several proven health benefits.

Duration: 120 min.

SOUND OF NATURE WALK



A walk with the donkeys, entering into the fascinating world of the flora and fauna so unique to the Serrania de Ronda. Free for children under 12 years old.

Duration: 90 min.

DANCING WITH DONKEYS



Grooming, touching, feeling. Playfully enjoy the company of our sweet donkeys.

Duration: 60 min.



FARM AND GARDEN

MEDICINAL GARDEN

An exciting introduction into the primordial world of original scent and flavour in our Medicinal Garden with more than 300 types of healing and edible herbs and flowers.

Duration: 60 min.

FARM TOUR



Experience the beauty of La Donaira on this one- hour long tour. From our market garden to animal visits, the tour will provide a “Behind the Scenes” look into the operations of the farm. It includes an overview of LD’s history, what regenerative agriculture looks like in the modern era, and what we hope our role to be in the natural world.

Duration: 60 min.





WORKSHOPS

SOAP MAKING WORKSHOP

Beginner's workshop in the art and science of soap-making that includes a step-by-step guide through the basic 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 min

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 min.

KID'S CLUB



For our younger guests (+5 years old) to enjoy a great time outdoors. Activities such as flower painting, animal care, gardening or soap making, are inspired by nature and change seasonally. Our facilitator will work with your child's unique interests for a fun and worth-while activity.

Duration: 120 min.



WINES

Discover the exciting and inspiring world of natural wines, in different locations of our Finca guided by our sommelier. Choose from a diverse range of thematic tastings:

The Wines of La Donaira, Roca Viva, Andalusia, The Mediterranean, Biodynamic Pioneers, Sherry, Sparkling Wines.

Duration: 90 min.

Version 02/23.
All prices in EUR, including VAT.
Experience content and pricing subject to change.

