

## Singing in Catalonia, Spain April 14<sup>th</sup> - 21<sup>st</sup> 2012 Holiday details

We are delighted to welcome you to become part of a fabulous week of singing and exploring Catalonia, of eating and drinking delicious fare and of having the chance to make new friends and go home with a multitude of memories.

There will be small group of 14 participants and most mornings we will gather together and sing until lunch. The afternoons will then be for exploring, either alone or with the group. This will include mountain walks, wine and olive oil tasting and visiting local places of interest including a tortoise sanctuary! There may well also be some yoga, body-work, and flower essence sessions on offer for those who are interested. Teresa has a particular interest in using silence to enhance the beauty of all the sound we will be creating so she will help you find different ways of experiencing this. We plan to have an evening of dancing, and one of singing Taize.

**Where are we going?** We shall be in the Priorat region of Catalonia, south of Barcelona and inland from Tarragona. Mother's Garden, an organic olive farm, is the home of Maggie Whitman and Martin Kirby - who originally hail from Norfolk, and are known by many as subjects of the channel 4 documentary 'No Going Back'. Martin is also a journalist who writes regularly for various local British papers, including the EDP.

This area of Spain maintains a passionate regional independence and is hugely diverse. Very locally there is evidence of habitation dating back to Neolithic times, and of Roman settlements. More recently, several world famous artists were born here, including Dali and Miro and the excellent wine and olive oil is becoming highly sought after.

**Sleeping arrangements.** We will be using a variety of accommodation, **on a first come first served basis**, to suit different budgets.

### **Ca La Voila**

This is a friendly, family run hostel right in the centre of the village, 10 mins walk from Mother's Garden. There is one single room, three twin and one double.  
[www.calaviola.org](http://www.calaviola.org)

### **La Vinya del Pare (Mother's Garden Guest House)**

This is the guesthouse on the grounds of the farm. Two twin/double rooms with a shared bathroom. [www.mothersgarden.org](http://www.mothersgarden.org)

### **Mas Figueres**

A delightful small family luxury hotel that has it's own winery. Lovely accommodation for those who want to really treat themselves. There are two twin rooms and several double, all ensuite. 10 mins walk from Mother's Garden. [www.masfigueres.com](http://www.masfigueres.com)

**Accessibility** The areas where we will be living, singing and walking are quite hilly and sometimes rough underfoot. Sadly therefore this would not be a holiday for anyone with limited mobility, unless they wanted a big challenge. If you need to talk this through then please do.

**Food and Drink** Included in the price of the holiday are all breakfasts, 5 main meals and 6 light meals, taken either at Mother's Garden or at local restaurants. (at the main meals your first glass of wine is included). We will be having a day out, probably to Tarragona, where you will buy your own lunch at very reasonable cost - 3 course with wine costs about £12. If you have any dietary needs please let us know.

The Catalonian diet is deliciously varied, always with healthy lashings of olive oil, and excellent local wine. The meat, vegetables and salads are sourced locally and fish comes from the coast nearby. They tend to assume that vegetarians eat fish so it is important to specify about this.

**Facilities** There are a few local shops in the village for essential items and a more extensive range and a weekly market in Falcet, about 2km away. There are swimming pools at Mother's Garden and Mas Figueres and a good public one in the village. Beautiful walks in all directions can be taken where you will see fabulous carpets of wild flowers and butterflies, and a host of unusual birds, (eagles, peregrine, bea eaters) returning for their nesting season.

If you want to bring a non-singing partner/friend, there are plenty of places to paint, to hike and visit a plethora of interesting historical sites, vineyards, olive groves etc.

**Climate** We expect the weather to be beautifully warm, but not too hot, but as we all know - things are changing so it is important to check the forecast before packing!

**Getting there** The closest airport is Reus, but we have to wait for Ryanair to put up their Spring schedule (we will let you know as soon as the flights become available). Once we have this we will plan which flights we can meet. Cost of your flight is not included (last year a return from Stansted was less than £100), but transfer from the airport is. If Ryanair is not forthcoming we will use Barcelona airport. Please bear with us on this one.

**Facebook** Teresa will set up a private Facebook page for participants so that those who want to can swap ideas and get to know each other a bit before the holiday. This could be really nice if you are sharing a room with someone you don't know.

**And Finally** We, Teresa, Maggie and Martin are not professional holiday planners, however we all have special skills that we love to share with other people. We have come together to create a wonderful holiday that is fun, relaxing, and inspirational, that allows you to leave the stresses of home behind, and take home some magical memories. Our small number, of both men and women, will be enough to be singing in parts and making good friends. Some things will not go according to our first plan, but we are confident that this in the end will work for the best.

So please do come and join us, - you will need to book and pay the deposit of £100 no later than 15<sup>th</sup> January. As places are so limited I do however suggest that you **book early** in order to get your accommodation preference. Details are on the booking form, but please do contact any of us if you have questions.

[teresaverney@tinyworld.co.uk](mailto:teresaverney@tinyworld.co.uk) 01263 570117  
[mothersgarden.es@gmail.com](mailto:mothersgarden.es@gmail.com) 0034 977 178346