



# TOURIST EXPERIENCES PAMPLONA / NAVARRE 2022

[WWW.VISITNAVARRA.INFO](http://WWW.VISITNAVARRA.INFO)

Created by

**ASOCIACIÓN  
HOSTELERÍA  
Y TURISMO**  
N A V A R R A

[www.hostelerianavarra.com](http://www.hostelerianavarra.com)

Collaborators



Kingdom of  
**Navarra**

Subsidized by the Government of Navarra  
[www.visitnavarra.es](http://www.visitnavarra.es)

**PAMPLONA ! ES MUCHO MÁS**  
TURISMO IRUÑA ! ASKOZ GEHIAGO DA

With the collaboration of the Pamplona City Council  
[www.pamplona.es/turismo](http://www.pamplona.es/turismo)

# ASOCIACIÓN HOSTELERÍA Y TURISMO

N A V A R R A



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Pamplona - Iruña  
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its advantages and  
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## See everything that awaits you in Navarre...



CLOSE TO YOU

## NAVARRE, JUST A STEP AWAY

Navarra shares a border with France, while it is just a three-hour train journey from Madrid, and its motorway and road network is one of the best in Spain. The Autonomous Community of Navarra enjoys excellent accessibility to the main communication hubs, while it also has good connections by rail and air. Pamplona is served by the airport at Noáin and it is also less than 250 kilometres away from six other airports.



### BY ROAD

The road network in Navarra has a radial pattern, with Pamplona as its hub. Its two main axes cross the autonomous community from north to south, connecting Spain to Europe.

- **N-121-A** and **N-121**: Behobia - Pamplona and Pamplona - Tudela.
- **AP-15**: Motorway of Navarra (Tudela-Pamplona- Irurzun). In addition, several free motorways link Navarra with the main neighboring cities: A-10, A-12, A-15, A-21 and A-68.



### BY PLANE

Navarra has daily direct flights to Madrid, departing from the airport at Noain, located just 6 kilometres from Pamplona. The L16 city bus line links Pamplona with the airport. In a radius of 96 to 250 km, there are six airports with daily connections to the main cities in Spain and also to cities in Europe.



### RAIL

The train service in Navarra has regular lines connecting with the principal Spain's cities like: Barcelona - Madrid - Bilbao - Irún A Coruña - Valencia - Zaragoza, etc...





## THE CAPITAL OF THE KINGDOM **PAMPLONA**

The capital of the kingdom is a comfortable city with a rich heritage that improves every day. The ramparts and the citadel, the parks and green areas, coupled with top quality accommodation, food and shopping turn every visit to Pamplona into a highly enjoyable experience.

Pamplona has a charm that is difficult to forget. It is a simple city that is both ancient and modern. With barely 196,000 inhabitants, it boasts an excellent life style with no bottlenecks, smoke and with good health care services. The new quarters are really attractive with all the facilities close by, but the nucleus of social and commercial life is set in the beautiful old part of the city.



## AN EXCELLENT **GASTRONOMY**

Our cuisine is unquestionably one of the greatest attractions of Navarre, with dishes based on traditional recipes, handed down from our ancestors and fine quality fresh ingredients. In Navarre, eating is a social event...

The delicious produce from our market gardens, particularly those of La Ribera in southern Navarre, are famous throughout Spain and abroad: artichokes, piquillo red peppers, cardoon, asparagus, fresh white haricot beans ... As well as flavoursome Navarre-raised meat such as veal and T-bone steaks. And some of our most spectacular desserts: Roncal valley cheese; junket; custard fritters and cream horns. Without forgetting our typical red, rosé and white wines.



## SLOW TOURISM **RESTFUL TOURISM**

We welcome unhurried travellers. Those who enjoy, good moments, quiet contemplation and a leisurely chat. Those who breathe deeply and live to the fullest. All those who seek and find. Those who love life.



## AUTHENTIC PEOPLE **TRADITIONS THAT ENDURE**

Stories, legends, public festivals, ancestral traditions, the Navarrese are faithful to what they were and what they are.

They are also natural, authentic people, good friends, welcoming, and so say those who visit us...

In Navarre you will feel good.



## AN EXCELLENT RANGE OF **ACCOMMODATIONS**

Pamplona and its region have a wide offer of accommodations that puts at the service of visitor the highest quality standards and service, in addition to being equipped with rooms to host to congresses, events or meetings, whatever its nature.

Pamplona and Navarra are destinations for gastronomical tourism, cultural tourism, business tourism and health tourism. For all of them, enjoy our excellent range of accommodations.



## THE UNIVERSAL FEAST **SAN FERMÍN**

In July, Pamplona becomes the venue of the universal feast. Thousands of visitors from around the world come to discover it and enjoy the fun.

The streets become the main stage. They are flooded with music, red and White colours and long standing traditions such as the running of the bulls.

July 6th at noon, thousands people erupt in jubilation when they listen the "Viva San Fermín, Gora San Fermín" and the Chupinazo from the balcony of the City Hall of Pamplona. It starts like this, the 9 days of the party more universal: San Fermín.



## KINGDOM OF NAVARRE **THE HISTORY OF A KINGDOM**

Landscapes and villages; castles, churches and fortresses. The memory of the kingdom of Navarre is present throughout the territory and speaks of its history, its kings and noblemen, of what we are today; our history and our character.



## GATE TO THE **ST. JAMES WAY**

The authentic way, the French Route, listed as a world heritage site by Unesco, enters Spain through Navarre.

Witness the traces left by pilgrims over the centuries and have a unique and singular life experience.



## LAND OF CONTRASTS **THRILLING NATUR**

You will be thrilled to discover the contrast between the Irati Forest, the Bardenas Reales desert (Biosphere Reserve), the peaks and valleys of the Pyrenees, the undulating hills of the middle zone and the fertile plains of The Ribera.



## ACCOMMODATION AND TOURIST EXPERIENCES IN NAVARRE

[www.VISITNAVARRA.info](http://www.VISITNAVARRA.info)

### HOTEL AND TOURISM ASSOCIATION OF NAVARRE

The official website for tourism experiences in Navarra is [www.visitnavarra.info](http://www.visitnavarra.info).

On this site you will find all **accommodations, restaurants and activities** and experiences that appear in this catalog. It also collects the information referring to niche tourism products in which the Association works on, such as **medical tourism, MICE or motor**

Find the perfect plan among all those who put at your disposal a wide range of **activity companies and receptive travel agencies of Navarra**.





VISIT PAMPLONA

# PAMPLONA IS MUCH MORE

PAMPLONA CITY COUNCIL

**PAMPLONA** ! ES MUCHO MÁS  
TURISMO IRUÑA ! ASKOZ GEHIAGO DA  
[www.pamplona.es/turismo](http://www.pamplona.es/turismo)

Located in a privileged enclave, equidistant between the Cantabrian Sea, the summits Pyrenees and the desert of the Bardenas Reales, Pamplona is more than accustomed to receive visitors since time immemorial. And he does it with open arms, generous and welcoming, willing to share their secrets with all those who have the privilege of entering its walls.

Pamplona is known internationally for the festivities of San Fermín, which attract the Navarre capital to thousands of people every July 6. Celebrations begin with the Chupinazo outbreak, which unleashes nine days of intense hubbub in which all, neighbors and visitors, knot the red scarf around his neck to enjoy the magic together. The best parties in the world. The incomparable emotion of the encierros, the spectacular dancing of the giants or the jocular joy of the rocks are difficult moments to forget for any lucky person who has had the pleasure of enjoying them.

But Pamplona is much more apart from the Sanfermines. The thousands know it very well of pilgrims who have been walking the cobbled streets for centuries on their way to Santiago de Compostela and enjoying the hospitality of its people. Pamplona is the first city that crosses this millenarian route, and its legacy remains very alive in every corner, on every street, in every square. Nowadays, in addition, the Camino is the column vertebral on which to know the vestiges of medieval Pamplona and discover their fortified churches of high towers, among which the imposing cathedral of Santa stands out María la Real

A tour of the Old Town is a lesson in history. The Renaissance wall, one of the first abalone systems in Europe and undoubtedly the best preserved, brings us closer to past times when the city needed to defend itself of foreign attacks. Today, walk along the Paseo de Ronda observing the spectacular view that give the centuries-old walls is a pleasure for the senses and a nice way to get to know the city and its evolution over the years.

And after so much walking, there is no better way to recover the strength than tasting delicious skewers or dishes made with the best local products and with the mimo of the expert hands of some of the best chefs of the moment. In this city, gastronomy does not play a secondary role. Any visitor will be given quickly account of it when walking along the street Estafeta and mingle with the Pamplona at the time of the aperitif.

Pamplona is, therefore, a city endowed with good services and a great quality of life, with spacious green areas virtually around every corner and nice squares and walks. A city in which the weight of history has left its imprint well marked. In short, a close and friendly city, in which one always feels welcome.



## PAMPLONA-IRUÑA CARD

Request your PIC card and get discounts on Restaurants, Shops and Shows in the city

[www.pamplonacard.es](http://www.pamplonacard.es)

# TOURIST EXPERIENCES PAMPLONA / NAVARRA 2022

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# 01 **ACCOMMODATIONS**



# PAMPLONA HOTELS

Pamplona offers a wide assortment of quality hotels, from small boutique hotels to luxury establishments, as well as tourist apartments with all the necessary services to provide top quality accommodation.

The 32 accommodation establishments are disseminated throughout the centre of Pamplona and its surrounding metropolitan area, all perfectly communicated with the city's entrances and direct access to stations and the airport.

Pamplona's hotels offer an attractive range of food, cultural, artistic and traditional experiences to ensure you thoroughly enjoy your stay in Pamplona, capital of Navarre.

## List of hotels

- GRAN HOTEL LA PERLA\*\*\*\*\*
- ALMA PAMPLONA\*\*\*\*\*
- ALBRET\*\*\*\*
- ANDIA\*\*\*\*
- BLANCA DE NAVARRA\*\*\*\*
- CASTILLO DE GORRAIZ HOTEL & SPA\*\*\*\*
- MAISONNAVE\*\*\*\*
- PAMPLONA CATEDRAL\*\*\*\*
- PAMPLONA EL TORO HOTEL & SPA\*\*\*\*
- TRES REYES\*\*\*\*
- AGORRETA\*\*\*
- AVENIDA\*\*\*
- BED4U PAMPLONA\*\*\*
- SANCHO RAMÍREZ\*\*\*
- SERCOTEL EUROPA\*\*\*
- SERCOTEL IRIGUIBEL\*\*\*
- SERCOTEL LEYRE\*\*\*
- VILLAVA\*\*\*
- YOLDI\*\*\*
- A PAMPLONA\*\*
- ALAIZ\*\*
- DON CARLOS\*\*
- PAMPLONA PLAZA\*\*
- CASTILLO DE JAVIER\*

## CONTACT / RESERVATIONS

**Company:** PAMPLONA HOTELS ASSOCIATION  
**Address:** c/ Pedro I, nº 1, 1º - 31007 Pamplona (Navarra)  
**Telephone:** (+34) 948 268 412  
**Contact:** Jorge Fernández (General Secretary)  
**Mail:** jfernandez@hotelespamplona.com  
**Web:** www.hotelespamplona.com  
**Business hours:** Mon-Thu 09:00-14:00 and 16:00-18:30 h. | Fri 09:00-15:00 h.



# FINE HOTELS OF THE KINGDOM

Nobles del Reyno Hotels (Fine Hotels of the Kingdom) is a selection of charming and exclusive hotels for their stars, their services, facilities, location and esthetic.

## LIST OF HOTELS

BALNEARIO ELGORRIAGA\*\*\* SEÑORÍO DE URSÚA\*\*\* VALDORBA\*\*\*\*  
LA JOYOSA GUARDA\*\*\*\* TXIMISTA\*\*\*\*

## EXCLUSIVE PACKAGES

### PACK 2 NIGHTS

Minimum stay: 1 night in two hotels  
Present at room: one night (a bottle of wine); second night (fruit)  
You can leave at 14:00 h.  
120 € | breakfast and VAT included | supplement of 180 € in Arantza Hotel

### PACK 4 NIGHTS

Minimum stay: 1 night in two hotels  
Present at room: one night (a bottle of wine); second night (fruit)  
You can leave at 14:00 h.  
If the customer stays 2 nights at the same hotel, he/she can get a free experience  
**Check the price**

### PACK 6 NIGHTS

Minimum stay: 1 night in two hotels  
Present at room: one night (a bottle of wine); second night (fruit)  
You can leave at 14:00 h.  
If the customer stays 2 nights at the same hotel, he/she can get a free experience  
**Check the price**

## CONTACT / RESERVATIONS

**Company:** ASOCIACIÓN DE HOTELES NOBLES DEL REYNO  
**Address:** c/ Pedro I, nº 1, 1º - 31007 Pamplona (Navarra)  
**Telephone:** (+34) 948 268 412  
**Contact:** Andrea Chocarro (Gerente)  
**Mail:** comunicacion@noblesdelreyno.com  
**Web:** www.noblesdelreyno.com  
**Business hours:** Mon-Thu 09:00-14:00 and 16:00-18:30 h. | Fri 09:00-15:00 h.



# CAMPINGS NAVARRRE

The Camping Association of Navarre, has selected 20 of the best campsites in the region distributed throughout Navarre, from the mountain, passing through land Estella to Ribera Navarra, thus forming a network of natural accommodation with all the services and access necessary to enjoy, with friends, as a couple or as a family, our spectacular landscapes, cuisine and customs.

Fully equipped with the necessary services, our campsites also have special spaces for the little ones, and for the not so small, where they can develop all the activities they want based on their age and for the whole family to enjoy.

Each campsite takes full advantage of the natural resources offered by its location, so that no visitor miss the spectacular corners of our Navarre geography and can enjoy them with the wide range of activities they offer.

## List of campings

ACEDO	ARITZALEKU	ASOLAZE	EL MOLINO	IRATXE	OLITE
ARALAR	ARIZTIGAIN	BARDENAS	ETXARRI	URROBI	OSATE
ARBIZU	ARTAZA	BAZTÁN	EZCABA	LIZARRA	URBASA

## CONTACT / RESERVATIONS

**Company:** CAMPINGS NAVARRRE ASSOCIATION  
**Address:** c/ Pedro I, nº 1, 1º - 31007 Pamplona (Navarra)  
**Telephone:** (+34) 948 268 412  
**Contact:** José Ignacio Calvo (General Secretary)  
**Mail:** ncalvo@hostelerianavarra.com  
**Web:** www.campingsnavarra.com  
**Business hours:** Mon-Thu 09:00-14:00 and 16:00-18:30 h. | Fri 09:00-15:00 h.



# TUDELA HOTELS

The 4 hotels that make up the hotel association of Tudela are modern and functional. Accommodations with all services to offer quality stays in the capital of The Ribera Navarra Region.

Located in historic buildings, in the financial and commercial center of Tudela, or on the border with the Bardenas Reales Natural Park, the hotels of Tudela will guide you through a tourist experience to enjoy a rich artistic and cultural heritage, a environment without equal in Navarra and a gastronomy of flavors and nuances, with its garden vegetables. to the head.

Tudela, capital of the Ribera Navarra Region, and on the banks of the River Ebro, is at the same time urban, industrial and rural, fertile plain, fortress, bridge, crossroads and cultures; a privileged city. It has Romanesque, Gothic, Renaissance and Baroque art, as well as a luxury of landscape variety (Bardenas Reales, Peñalén, Roscas de Fitero, etc ...).

At the entrance of Tudela is the emblematic bridge of the Ebro, with seventeen eyes. Many are examples of religious architecture: Church of the Magdalena (Romanesque building of the XII century declared National Monument) or the Cathedral of Santa María (National Monument of 1884). Of civil architecture: Palace of the Marquis of San Adrián (16th century), Palace of the Marquis of Huarte, Plaza de los Fueros or Muñoz Sola de Tudela Museum.

The gastronomic offer of Tudela is varied and of quality, guided by its vegetables and fruits. The stew is the most well-known and appreciated dish, an authentic symphony of vegetables, consisting of asparagus, artichokes, peas and fresh beans. Pochas beans take their name from their pale color, since they are consumed before their maturity. Among the meats stand out the ribs and the lamb chops, the bull meat and the popular stew. All washed down with the typical rosé wines of the earth or new red wines with an excellent palate. And all kinds of fruit, especially peaches and cherries, or cakes, like cafeales.

## HOTELS LIST

AIRE DE BARDENAS \*\*\*

SERCOTEL HOTEL TUDELA BARDENAS \*\*\*

SANTAMARÍA \*\*\*

AC CIUDAD DE TUDELA \*\*\*\*

## CONTACT /RESERVATIONS

**Company:** ASOCIACIÓN DE HOTELES DE TUDELA  
**Address:** c/ Pedro I, nº 1, 1º - 31007 Pamplona (Navarra)  
**Telephone:** (+34) 948 268 412  
**Contact Person:** José Ignacio Calvo (Secretario General)  
**Mail:** ncalvo@hoteles tudela.com  
**Web:** www.hoteles tudela.com  
**Office hours:** Lunes-jueves 09:00-14:00 y 16:00-18:30 h. | Viernes 09:00-15:00 h.



# 02 GASTRONOMY

ACTIVA EXPERIENCE  
**GUIDED ROUTE: "DE PINCHOS EN TUDELA"**

EXPERIENCE

After your visit to Bardenas Reales and the Ribera de Navarra, recover forces tasting Tudela.

This land is known for its pintxos. Because "ir de pintxos" is something more than having a snack, it is a gastronomic rite in a relaxed atmosphere and in a good mood that becomes a social act.

We understand "picoteo" as an act of meeting without formality or previous appointment. Add to this a careful selection of Navarra gastronomy and a good wine or beer, to your taste. Every place has its specialty.

We offer you a guided tour of Tudela's old town where is mixed the history and gastronomy, tasting an effort selection of the best pinchos in the area and accompanied by a good D.O Navarra wine.

- Price per person: €35
- Minimum 4 persons
- Approximate duration: 2 hours



CONTACT/ RESERVATIONS

**Company** ACTIVA EXPERIENCE  
**Address:** Ctra N121C, Tudela - Tarazona, km 7, 7, 31520 Cascante, Navarra  
**Telephone:** (+34) 948 850 448 | (+34) 654 500 512  
**Contacto:** Stefania Guinea  
**Mail:** info@activaexperience.com  
**Web:** www.activaexperience.com  
**NºReg.Turismo:** UETAC0015



HOTEL BED4U  
**PINCHOS 4U**

EXPERIENCE

OFFER INCLUDES:

- \* Accommodation in a double room
  - \* Buffet breakfast with natural orange juice
  - \* Welcome detail in the room
  - \* WIFI + GYM + SAUNA + FREE PARKING
  - \* Selection of Navarrico pintxos at the Restaurant (located in Paseo Sarasate de Pamplona)
  - \* 10% Discount on restaurant at the Restaurant Am
  - \* Hotel gift: Visit to the Olite Wineries with small tasting.
  - \* Check-in from 10:00 and Late Check-out until 3 p.m. (subject to hotel availability)
- From 69/night (VAT included)  
5% and discount using the DISCOUNTWEB code during the booking process  
Offer valid every day of the week. Except San Fermin from 5 to July 14 and Easter



CONTACT/ RESERVATIONS

**Company:** HOTEL BED4U  
**Telephone:** (+34) 948 292 808  
**Mail:** pamplona@bed4uhotels.com  
**Web:** bed4uhotels.com



## TRUFFLE MUSEUM AT METAUTEN (NAVARRA) DAUGHTERS OF THE GODS AND MIRACLE OF NATURE (Cicerón)

### EXPERIENCE

In the shelter of the Sierra de Santiago de Lokiz, in the heart of Tierra Estella (Navarra) is located our:

- \* TRUFFLE ECO MUSEUM
- \* METAUTEN INTERPRETATION CENTER – NAVARRA

A modern building located in a fantastic setting, dedicated to publicizing the esteemed mushroom known as "THE BLACK DIAMOND" of the kitchen.

#### ACTIVITIES:

The museum offers a wide range of activities for all audiences. In addition, we also have a terrace, a garden with a playground and a large parking area.

#### AUDIOVISUAL

In this area, we can learn about the process that the truffle follows from its collection to its tasting with the audiovisual "Encountering the Truffle".

#### THE LOKIZ WINDOW

A spectacular corner for gastronomy that allows us to savor truffles and truffled products or local products accompanied by local wines and craft beers.

## TRUFFLE MUSEUM AT METAUTEN (NAVARRA) VISIT & TASTE

### EXPERIENCE

Guided tour lasting 30 minutes, which passes through the unique floor of the museum.

Next we will see the audiovisual «To the encounter of the Truffle». We will finish with a tasting of truffled products.

#### Information of interest:

- \* Building accessible for people with reduced mobility.
- \* Children under 4 years free.
- \* Possibility of guided tours in: Basque, English

PRICE: 15€ (IVA INCLUIDO)

#### The Experience Includes:

- \* Guided tour of the Truffle Museum
- \* Audiovisual «Encountering the truffle»
- \* Tasting of truffled products: Truffle paté and cheese, truffled sausage, truffle oil toast with truffle and quail egg with truffle + drink

#### Important note:

- \* The return of tickets purchased online is not allowed.
- \* It is essential to respect the start time of the visit; 30 minutes after the same, the schedule reservation is lost, having to wait for the next schedule with availability.
- \* Reservations that include a guided tour must be presented at the meeting point fifteen minutes before the visit.
- \* All visits will start on time.
- \* In the event that any of the persons have the right to enter reduced, you must prove it when entering the venue.

#### GROUP VISITS:

- \* Reservations in advance
- \* We will organize the visit in a way that suits your schedules.
- \* Possibility of guided tours in: Basque, Catalan, English and French

### CONTACT/ RESERVATIONS

**Company:** MUSEO DE LA TRUFA  
**Address:** Carretera de Ganuza, 1 - Metauten 31241 (Navarra)  
**Telephone:** (+34) 722 250 346  
**Mail:** info@museodelatrufa.com  
**Web:** https://museodelatrufa.com/



# 03

## WINE TOURISM



EXPERIENCES FAR BEYOND MERE WINE TASTING  
**NAVARRA DESIGNATIONS OF ORIGIN**

EXPERIENCIAS

**WINE TOURISM IN NAVARRA**

Designations of Origin to understand that this is a land of wine. We have our own D.O. Navarra and share D.O. Rioja with Rioja and the Basque Country. Both designations are recognised all around the world for their outstanding quality.

Navarre's vineyards turn out reds, rosés, whites and sweet wines. But make no mistake; Navarre isn't behind the rest of the pack in the world of sparkling wines, either; the magnificent cavas made in Mendavia and Viana bear the D.O. Cava.

**EXPERIENCES FAR BEYOND MERE WINE TASTING**

And food tourism here has come up with experiences which go far beyond mere wine tasting. You can join in with the grape harvest and grape treading, ride through vineyards in a horse and cart, attend workshops to develop your more creative side, do yoga in vineyards or treat yourself to a vinotherapy session.

Not to mention taking a traditional tour of a winery, wine tasting included.



DON CARLOS RESTAURANT-HOTEL  
**NAVARRA D.O. WINES GUIDE TASTE AND PAIRING MENU**

EXPERIENCIAS

**NAVARRA D.O. WINES GUIDE TASTE GUIDED BY PROFESSIONAL SUMILLER**

Get to know the best wines of our land in a tasting led by a specialized sommelier and enjoy the gastronomy of Navarre with the tasting of a Pairing Menu.

\* 5 D.O. Navarra wines:

White | Rose | Red aging | Red book | Sweet wine

PRICE: 28€ (VAT included)



**PAIRING MENU**

- Appetizer
- Appetizer to choose with its pairing
- Second to choose with its pairing
- Dessert to choose with its pairing
- Bread, water and coffee included

PRICE: 42€ (VAT included)



CONTACTO / RESERVAS

Company: DON CARLOS RESTAURANT-HOTEL  
Address: c/ Dorraburu, 1 – 31620 Huarte (Navarra)  
Telephone: (+34) 948 330 077  
Mail: eventos@hdoncarlos.com  
Web: www.hdoncarlos.com



## WINE CELLAR PAGO DE LARRAINZAR GUIDED VISIT & TASTING IN CELLAR PAGO DE LARRAINZAR

### EXPERIENCE

Enjoy an experience that combines nature, tradition and the best wines of Pago de Larrainzar, a small boutique winery, internationally recognized for the quality of its red wines.

The visit begins in the Experimental Garden, where 24 different ways of conducting and pruning systems of the vineyard are shown and you will learn the treatments and works that are applied to the vineyard in each season of the year. It is the perfect way to bring the visitor closer to the world of viticulture and something really unique in Spain.

Then you can enjoy a walk along the 17 hectares vineyard, with a fantastic view of the Monastery of Irache.

Next, in the winery, a modern style building designed by the prestigious Navarran architect Fernando Redón, you will learn all the steps of the winemaking process. It is an entertaining and didactic tour guided by qualified staff of Pago de Larrainzar.

The visit ends in the social room where, with the calm that a good wine demands, you will enjoy a guided tasting accompanied by some Idiazábal cheese from the region.

**You can choose different tastings:**

- Basic Tasting: guided tasting of 3 different red wines, with different varieties and types of ageing. Price per person: 10 euros.
- Vertical Tasting: guided tasting of three different vintages of the most awarded wine of the winery, Pago de Larrainzar Reserva Especial. The best way to see how time molds the wines and how the climate leaves its mark on each vintage. Price per person € 27
- Premium Tasting: guided tasting of three red wines from our most exclusive and recognized range, Pago de Larrainzar Reserva, Pago de Larrainzar Cabernet Sauvignon and Pago de Larrainzar Merlot, all of very limited productions. Price per person € 30.

Pago de Larrainzar offers an entertaining experience to all those who want to know more about the world of wine, to see, smell and taste this wonderful environment.

**Commission: 10%**

**Minimum number of assistants: 2 people**



### CONTACT / RESERVATION

**Company:** WINE CELLAR PAGO DE LARRAINZAR  
**Contact person:** Marian San Martín  
**Telephone:** (+34) 609 606 188 | (+34) 948 550 421  
**Mail:** info@pagodelarrainzar.com  
**Web:** www.pagodelarrainzar.com



### EXPERIENCE

#### THE WINE GAMES: VISIT AND TASTING GAMES IN CELLAR

Pago de Larrainzar invites you to live a fun group experience around the world of wine. A very complete activity in which you will discover the secrets of wine making in one of the most recognized wineries in Navarra, with important international awards. In addition, you will be an active part of the experience, as players of the Tasting Games.

The visit begins in the Experimental Garden, where 24 different ways of conducting and pruning systems of the vineyard are shown and you will learn the treatments and works that are applied to the vineyard in each season of the year. It is the perfect way to bring the visitor closer to the world of viticulture and something really unique in Spain. Then you can enjoy a walk along the 17 hectares vineyard, with a fantastic view of the Monastery of Irache.

Next, in the winery, a modern style building designed by the prestigious Navarran architect Fernando Redón, you will learn all the steps of the winemaking process. It is an entertaining and didactic tour guided by qualified staff of Pago de Larrainzar.

The visit ends in the social room where, with the calm that a good wine demands, you will enjoy a guided tasting of three red wines accompanied by some nice Idiazábal cheese from the region.

This experience continues with the Tasting Games, where visitors will face different challenges by teams:

- Assembly Game: Each group will have different Pago de Larrainzar wines without assembling. They will have to decide the final blend, using the wines and percentages that they consider appropriate. The winemakers will decide which wine is the most liked.
- Aromas Game: Different essences will be used so that each group can identify the aromas linked to the world of wine.
- Vintages Game: Try to identify the correct succession of different vintages of Pago de Larrainzar.
- Spanish regions Game: Match different wines to its area of origin.
- Price ranges Game: assign a price range to different wines.
- Mystery Game: identify Pago de Larrainzar wine among other wines.

A fun activity, designed for groups of friends or families in a unique environment, where history and family tradition are linked to the magic of the world of wine.

**Price per person: 35 euros | Comisión: 10%**

**Minimum number of assistants: 8 people**



## WINE CELLAR PAGO DE LARRAINZAR FAMILY EXPERIENCE AND CHILDREN'S TASTING

### EXPERIENCE

Enjoy an experience for all ages, combining nature, tradition and fun in Pago de Larrainzar, a small boutique winery, internationally recognized for the quality of its red wines.

This activity is designed for groups traveling with children who want to visit a winery and taste their wines. In Pago de Larrainzar children can have fun playing to be older and taking part in a blind tasting of non-alcohol musts, while their parents enjoy the visit and tasting.

The group will visit the Experimental Garden and the beautiful vineyard, with spectacular views of the Irache Monastery, and continue the walk in the winery, with entertaining and didactic explanations for adults and children.

The visit continues in the social room, where parents and children will enjoy their different tastings.

- Adults: Guided tasting of 3 different red wines, with different varieties and types of aging, accompanied by some local Idiazabal cheese.
- Children: Accompanied by snacks, this activity is a challenge, where children will play and compete in different games:
- Blind tasting of two grape juices.
- Aromas Game, where to identify different aromas related to the grapes and the cellar.
- Drawing workshop: children will participate in the Larrainzar Drawing Contest, with a prize for the best drawing of the month, which they will receive at home.

#### Price per Person:

Adults: 10 euros

Children until 18 years: 5 euros

Assignment: 10%

Minimum number of assistants: 8 people



### CONTACT / RESERVATION

**Company:** WINE CELLAR PAGO DE LARRAINZAR

**Contact person:** Marian San Martín

**Telephone:** (+34) 609 606 188 | (+34) 948 550 421

**Mail:** info@pagodelarrainzar.com

**Web:** www.pagodelarrainzar.com



## WORK MEETING AND TEAM BUILDING

### EXPERIENCE

This is a Team building activity around wine at Bodegas Pago de Larrainzar, where you can enjoy a day of teamwork in a beautiful setting, next to the Irache Monastery.

Gather your company's work team in a winery just for you.

In addition to a time for your work meeting or presentations, you can discover the secrets of wine making of one of the most renowned wineries in Navarre, with important international awards.

After the guided tour to the vineyard and winery by qualified staff, the group will enjoy a tasting of 3 red wines, accompanied by some local Idiazabal cheese.

Afterwards, the players will be divided in groups to compete in the Tasting Games, where they will be able to show everything they have learned in different challenges:

- Assembly Game: Each group will have different Pago de Larrainzar wines without assembling. They will have to decide the final blend, using the wines and percentages that they consider appropriate. The winemakers will decide which wine is the most liked.
- Aromas Game: Different essences will be used so that each group can identify the aromas linked to the world of wine.
- Vintages Game: Try to identify the correct succession of different vintages of Pago de Larrainzar.
- Spanish regions Game: Match different wines to its area of origin.
- Price ranges Game: assign a price range to different wines.
- Mystery Game: identify Pago de Larrainzar wine among other wines.

A fun activity, designed for groups in a unique environment, where history and family tradition are linked to the magic of the world of wine.

This is the perfect combination of a work meeting/presentation with a guided tour, tasting and a different game, where players will have to cooperate in a relaxed atmosphere full of fun.

Price per person: to consult

Commission: 10%

Minimum number of assistants: 8 people



## OTAZU WINERY

## WINE, ART, HISTORY AND NATURE

## HISTORIA

Bodega Otazu is the most northern PDO Pago winery in Spain. It is located 8 km from Pamplona, only 60 km from the Cantabrian Sea and 35 km from the Pyrenees in a small valley crossed by the Arga River and surrounded by the Perdón and Sarbil mountain ranges.

The philosophy of Bodega Otazu is to produce quality wines that transmit their origin and the richness of their terroir. For this reason, all its wines are made exclusively with grapes from the 116 hectares of its own vineyards surrounding the winery: Tempranillo, Cabernet

Sauvignon, Merlot, Chardonnay, Pinot Noir, Cabernet Franc and Berués. In addition to having the D.O. Navarra, Bodega Otazu is one of the 19 wineries that have the Protected Denomination of Origin Pago, the highest category a vineyard can obtain in Spain, which guarantees the selection and inimitable personality of each of its wines.

The concept of wine tourism in Otazu contains a universe that encompasses history, culture, nature, terroir, emotions...

The magic of Bodega Otazu can be enjoyed through visits, tastings, meals or personalized customized events such as weddings, corporate meetings and VIP experiences.



## OTAZU WINERY

## THE WINERY: GUIDED VISIT AND TASTING

## EXPERIENCE

A 120-minute tour of the winery, recognised in October 2020 as "Best winery open to tourism" by Acevin. We visit the old 19th century winery building converted into a wine museum and the contemporary art spaces of the Otazu Foundation, winner of the "A" Award for Collecting 2020, awarded by the ARCO Foundation.

The new facilities of the winery are also on display, including the impressive barrel room known as "the Cathedral of Wine", the winemaking room Cathedral of Wine", the winemaking room and the wine cemetery. The visit ends with a tasting of 3 wines, each one paired with a pintxo with an elaborate pintxo.

Timetable: Visits by appointment:

Tuesdays and Thursdays at 11am or 11.30am - Saturdays at 10am or 10.30am.

Adult price: 39,95€ - Child price: 8€ - Group price: 39,95€.

Minimum number of people: 2 - Maximum number of people: 50

This Experience Includes:

Visit to the museum, visit to the Art Foundation, visit to the winery, tasting and pintxos.

10% commission for tour operators and agencies



## CONTACT / RESERVATION

**Company:** WINE CELLARS OTAZU  
**Contact person:** Marian San Martín  
**Telephone:** (+34) 948 329 200  
**Mail:** info@otazu.com



## OTAZU WINERY

## THE LORDSHIP OF OTAZU: VISIT AND TASTING

## HISTORY

The "Señorío de Otazu" visit lasts approximately 150 minutes around the winery, recognised in October 2020 as the "Best winery open to tourism" by ACEVIN. It includes a walk through the historic Señorío de Otazu dating back to the Middle Ages, which is made up of a 12th century Romanesque church, a 14th century dovecote tower and the 16th century palace. In its gardens you can see a collection of cultpures by internationally renowned artists, some of which have been designed especially for these spaces.

Next, we visit the Old Winery, converted into a historical museum and contemporary art space of the Otazu Foundation, which has been awarded the "A" Prize for Collecting 2020, awarded by the ARCO oundation. The tour continues in the winery's new facilities, where the underground barrel room designed by Jaime Gaztelu, known as the Cathedral of Wine, an international architectural reference. The visit ends with a tasting of three wines, each paired with an elaborated pintxo.

Languages: Spanish, English and French

Price for adults and groups: 49,95€ - Price for children: 9€.

Includes: Visit to the Otazu estate, visit to the museum and the Otazu Foundation, visit to the winery, tasting and pintxo.

Minimum number of people: 2 - Maximum number of people: 50

Timetables by appointment: Tuesdays and Thursdays at 11am or 11.30am, Saturdays at 10am



## CONTACT / RESERVATION

**Company:** WINE CELLARS OTAZU

**Contact person:** Marian San Martín

**Telephone:** (+34) 948 329 200

**Mail:** info@otazu.com



## OTAZU WINERY

## PLAY BEING AN ENOLOGIST

## EXPERIENCE

A unique opportunity to play a decisive role in final assembly, one of the crucial steps in the elaboration of a wine. There will be a full tour of the winery, starting at the historic 12th century Señorío de Otazu. On the way to the winery, the particularities of our vineyard will be discussed, before continuing the visit in the winemaking room, bottle cellar and barrel room, known as the "Cathedral of Wine". During the activity, participants will become familiar with all the stages that lead a grape berry to become part of a great wine. With the help of the technical team, they play with different assemblages to understand what the different varieties contribute to the blend until eventually arriving at the desired wine, designed by the "new oenologists".

Languages: Spanish, English and French

Timetable: Check availability

Prices:

Groups of 10 people or less: 1.350 € for the activity.

Groups of 11 to 14 pax: 126 € per person

Groups of 15 to 20 pax: 119€ per person

Groups from 21 to 30 pax: 113 € per person

Minimum number of persons: 9 - Maximum number of persons: 30

This Experience Includes:

Full visit to the Señorío de Otazu, winery, museum and art collection, activity of making your own wine assemblage.

10% commission for tour operators and agencies



## OTAZU WINERY

## OTAZU PRIVATE CELLAR

## HISTORY

It is a unique experience in which palate and emotions come together to create a 225-litre barrel of a unique blend of red wine with a personalised label.

In this activity, the group not only learns and makes the assemblage of the wine to their liking, but a complete 225-litre barrel is made, which will be kept in our Wine Cathedral during the whole ageing process.

Participants sign their barrels and also have the opportunity to design the label for the bottles.

When the wine is at its perfect moment, our staff bottles it and the resulting 300 bottles are labelled and sent to the participants.

Languages: Spanish, English and French

Price on request

Includes: Complete visit to the Señorío de Otazu, the winery, its museum and art collection, Private Cellar activity.

Minimum number of participants: 4 - Maximum number of participants:

20 Schedules by appointment: Check availability



## CONTACT / RESERVATION

Company: WINE CELLARS OTAZU

Contact person: Marian San Martín

Telephone: (+34) 948 329 200

Mail: info@otazu.com



## OTAZU WINERY

## A WEDDING AMONG VINEYARDS

## EXPERIENCE

Bodega Otazu is an idyllic setting for dream weddings. A special place where artistic heritage, contemporary art and avant-garde architecture merge in a unique way.

A civil ceremony among the vineyards or a religious ceremony in the 12th century Romanesque church of San Esteban, lunch or dinner of high gastronomy, prepared by our BB Otazu catering service, a photo shoot...

A unique and charming celebration in a dream place.

Languages: Spanish, English and French

Timetable: Check availability

Prices on request

Minimum number of people: 50 - Maximum number of people: 300

Included: Space rental, aperitif, lunch or dinner.

10% Commission for tour operators and agencies

Contact Person: Paz Doria

Email: paz@bbotazu.com

Telephone: 948329200



## IRACHE WINERY GUIDED TOUR OF THE WINERY AND TASTING

### EXPERIENCE

#### HITORIC WINERY

One of the oldest wineries in Navarre, which served as food and cure for pilgrims on the Camino de Santiago, these wines from our land were served at the banquets of the royal family of Navarre and were exported to France and Portugal.

Today the land is worked in such a way as to bring out the special qualities of Tierras de Estella, in order to obtain powerful, fresh wines with the particular character of this marvellous area of Navarre.

#### WINE TOURISM

- \* Visit to the Wine Fountain
  - \* Guided visit to the winery (1:30 hr duration)
  - \* Tasting of 3 DO Navarra wines
  - \* Appetizer of Ham and Cheese from Navarre.
- Price 16 (VAT included) Saturdays



### CONTACT / RESERVATION

**Company:** BODEGAS IRACHE  
**Telephone:** (+34) 615 718 806  
**Web:** [www.irache.com/es](http://www.irache.com/es)



## ACTIVA EXPERIENCE BY BUGGY THROUGH THE VINEYARDAS

### EXPERIENCE

Route by buggy through the vineyards of Cascante with interpretative stops accompanied by technical staff from the winery.

Leaving from the winery in our 6-seater buggies or in our 4x4, we will go through the fields where the grapes are harvested for these characteristic wines of the area.

A wine tasting of one of the winery's will take place en route.

On our return to the winery, we will visit the winery and then we will have a tasting to appreciate the different qualities and features of these different wines and to review what has been learnt en route.

Dates: Scheduled for Sundays from 15 September to the end of October.

Time: 10:30 in the morning.

Duration: 2 hours

Price:

- Buggy route, wine tasting, winery visit and tasting: 55€ per person.

- 4x4 route, tasting, winery visit and tasting: 40€ per person.

Consult prices for groups.



### CONTACT / RESERVATION

**Organisation / Company:** ACTIVA EXPERIENCE  
**Address:** Ctra N121C, Tudela - Tarazona, km 7, 7, 31520 Cascante, Navarre  
**Telephone:** (+34) 948 850 448 | (+34) 654 500 512  
**Contact Person:** Stefania Guinea  
**Mail:** [info@activaexperience.com](mailto:info@activaexperience.com)  
**Web:** [www.activaexperience.com](http://www.activaexperience.com)  
**Tourist Registration No.:** UETAC0015



## ARINZANO PROPERTY EXPERIENCE IN A UNIQUE ENVIRONMENT

### EXPERIENCE

#### HERITAGE

With a history dating back to 1055 and located in the northwest of Spain, between La Rioja and Bordeaux, you will find the impressive Arinzano property, a protected space that constitutes a rich natural habitat. The entrance to the winery, designed by the famous Spanish architect Rafael Moneo, serves as inspiration for a new brand identity of Arinzano.

#### EXPERIENCES FROM PASSION TO THE 5 SENSES:

In the intimacy of this genuine treasure of history and architecture, Arinzano reveals himself through a complete proposal of experiences for the 5 senses, from wine, gastronomy, and nature.

- Visits to the vineyard and the winery
- Wine tastings, gastronomic pairings
- Personalized stays with a playful approach
- Introductory courses to tasting
- Wine assemblage experiences



### CONTACT / RESERVATION

**Organisation / Company:** WINERY ARINZANO PROPERTY, S.L.  
**Address:** Ctra. Tafalla NA-132, Km. 3,1 - 31264 Aberin (Navarra)  
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**Web:** https://arinzano.com/



## ARINZANO PROPERTY LIVE ARÍNZANO

### EXPERIENCE

#### ARÍNZANO EXPERIENCE

A walk through our surprising winery, the work of Rafael Moneo, following the natural path from grape to wine, and experiencing our wines at the heart of their production, tasting our most prestigious products from the barrels.

- Visit of the winery and historical buildings
- Barrel tasting
- Duration: 1h15 / 1h30 approx.
- Price: € 10

#### ARÍNZANO PREMIUM EXPERIENCE:

Beyond the Arinzano Premium experience, we invite the visitor to focus the senses on the close relationship that exists between the land, time, human labor and the quality of wine. From the hill that dominates our vineyard, towards the barrel cellar and the tasting room, it allows us to discover the secrets of our Great Wine line, understanding the importance and impact of the terroir.

- Visit to the Vineyard in 4x4
- Visit to the winery and historical buildings
- Arinzano Gran Vino Barrel Tasting (White and Red)
- Tasting of ordinary vintages-Arinzano Gran Vino range
- Duration: 2h / 2h30 approx.
- Price: € 50





ARINZANO PROPERTY  
ARINZANO IN SUMMER

## EXPERIENCE

## FIELD DAY IN ARINZANO

Property of Arinzano invites you to enjoy as a couple or as a family, a full day in the countryside, outdoors, walking through our vineyard, and along the banks of the Ega River. You can rest in our organic garden with a selection of Iberian ham and a few glasses of our best wines, and in season, taste our salads, tomatoes and aromatic herbs.

- Exclusive access to property and facilities
- Picnic with a selection of Iberian products with 1 bottle from Hacienda de Arinzano \*
- Access to harvest and consume fresh produce from the garden
- 1 ticket included from 2 adults, 2 tickets from 4 adults.

All our wine list will be at your disposal for more options

Price per person: € 49



## CONTACT / RESERVATION

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**Web:** <https://arinzano.com/>

ARINZANO PROPERTY  
ARINZANO IN WINTER

## EXPERIENCE

## EXPERIENCES ARINZANO WINE AND TRUFFLE

Premium Tasting Arinzano Wine and Truffle: 45€ per person

- Visit to the Truffle Museum in Metauten, experience with truffle dogs
- Visit to the Bodega Property of Arinzano with a focus on the production of Pago Wines and barrel wine tasting
- Tasting of 3 pintxos made with fresh truffle and paired with the great Pago de Arinzano Wines.

## Lunch Arinzano Wine and Truffle Premium

- Visit to the Truffle Museum in Metauten, experience with truffle dogs
- Visit to the Bodega Property of Arinzano with a focus on winemaking Payment and barrel wine tasting
- Arinzano meal with a special 5-course menu made with fresh truffle and paired with the great Pago de Arinzano Wines.

## Weekend Arinzano Wine and Truffle - 495€ (2 people inclusive)

- Arinzano welcome drink
- Dinner for 2 with La Casona Traditional Menu
- Night in a double room with 2 breakfasts
- Visit to the Truffle Museum in Metauteny experience with truffle dogs
- Visit to the winery Property of Arinzano with a focus on the production of Pago wines and barrel wine tasting
- Arinzano meal with a special 5-course menu made with fresh truffle and paired with the great Pago de Arinzano Wines.

## Gourmet Arinzano Wine and Truffle

- Truffled Poche Egg on Parmentier with Iberian crumbs  
Wine: Hacienda de Arinzano Rosé
- Foie Bruschetta with Fresh Truffle Cuts  
Wine: Hacienda de Arinzano Tinto
- Pumpkin soup with truffled oil  
Wine: Arinzano Great White Wine
- Penne Rigatoa the Parmesan cream, York Ham, Fresh Truffle and Thyme  
Wine: Arinzano Gran Vino Tinto



## ARINZANO PROPERTY

# ARÍNZANO GOURMET

### EXPERIENCE

Our experiences do not include visits to the winery, but if you wish you can request this service in advance

#### ARÍNZANO IBÉRICO HAM CELLAR: € 45 / Person

- Lunch of Ham and a selection of 100% Acorn-fed Iberian Products from our cellar
- Wines by the glass
- Organic Merlot, Great Red Wine and Great White Wine

#### ARÍNZANO GASTRONOMIC TAPAS: € 50 / Person

- Arinzano Gastronomic Tapas
- Millefeuille of caramelised foie
- Tahide Spider Crab with Wakame
- Gazpachuelo with partridge
- Tail dumplings
- Chicken Rabas with Brava Sauce
- Mushroom croquettes
- Green peas
- Dessert: Vanilla Roll
- Wines by the glass: Hacienda Rosé, Hacienda Chardonnay and Great Red Wine

#### ARÍNZANO TRADITIONAL "LA CASONA": € 60 / Person

- Starter: One thousand foie leaves with raspberries
- First Course: Poached Beans stewed with Piparras
- Second Course: Beef Cheek
- Dessert: Caramelized Torrija
- Wines by the glass: Hacienda Rosé, La Casona and Great Red Wine



### CONTACT / RESERVATION

**Organisation / Company:** WINERY ARINZANO PROPERTY, S.L.  
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**Web:** <https://arinzano.com/>



## ARINZANO PROPERTY

# ARÍNZANO GOURMET

### EXPERIENCE

#### WINERY VISITS

Follow the natural route from grape to wine and discover our prestigious wines in the heart of its elaboration, tasting directly from the barrels.

#### DELIGHT VISIT:

Discover Propiedad de Arinzano best kept secrets, visit the winery and historical buildings and taste our unique wines directly from the barrels.

#### DELUXE VISIT:

Discover Propiedad de Arinzano best kept secrets, visit the winery, historical buildings and the vineyards in a 4x4 and taste our most prestigious wines.

#### FOOD-PAIRING EXPERIENCES IN A UNIQUE SETTING

Propiedad de Arinzano offers unique settings for discerning food lovers. From the Ham Room, located in the 16th century medieval Tower, to a beautiful belvedere located in the highest parcel in the property, the possibilities are endless.

- Ham & Wine experience.
- Tapas & Wine experience.
- Traditional menu & Wine experience.
- Truffle & Wine experience.



## ARINZANO PROPERTY EXCLUSIVE ACCOMMODATION

### EXPERIENCIA

#### La Casona

A stay in La Casona is a luxury for the senses and an indelible memory. Resting in a room with the charm of an 18th century building, with the most current details and comfort, is an unforgettable experience.

La Casona has 4 luxury rooms as well as intimate and cozy spaces to enjoy a wonderful stay between vineyards in the most exclusive way.

Each room features unique views of the vineyard, contemporary decoration, a double bed, an en suite bathroom and WIFI service.

#### ARÍNZANO DELIGHT:

- Welcome drink.
- La Casona \* Traditional Menu Dinner for 2.
- 1 Double Room with Breakfasts.
- Arinzano Premium Plus Payment Experience \* for 2 people.
- Ham Bar \* experience for 2 people.
- Price: € 380



### CONTACT / RESERVATION

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**Web:** <https://arinzano.com/>



## ARINZANO PROPERTY EXCLUSIVE ACCOMMODATION

### EXPERIENCIAS

#### THE VILLA

El Chalet offers a familiar, intimate and privileged atmosphere for an unforgettable experience.

El Chalet is equipped with 4 double rooms to enjoy a charming stay.

Each room provides a contemporary yet cozy decoration, a double bed, an ensuite bathroom and WIFI service.

The Villa offers the possibility of renting by rooms or complete, for weekends or for long stays, with or without kitchen and cleaning service.

#### WEEKEND VILLA ACCOMMODATION OPTION (1 NIGHT - 2 PEOPLE)

- Welcome drink.
- Dinner Traditional Menu for 2.
- 1 Double Room with Breakfasts.
- Arinzano Premium Plus Payment Experience \* for 2 people.
- Ham Bar \* experience for 2 people.
- Price: To consult according to season

Consult all the information of the activities, services that include, prices, dates or any doubt you need.

Or call the following number: +34 948 555 285 / Extension 2008



## BODEGAS PAGO DE CIRSUS WINERY HOTEL & RESTAURANT

### EXPERIENCIAS

#### WINERY

Located in the municipality of Ablitas, in the extreme south of the region of Navarra, Spain; at an altitude of 395 meters above sea level, the Bolandin Estate is 200 hectares in size. The Vineyard, Winery, Hotel and Restaurant are located on the Estate.

The Pago de Cirsus Winery grows all its grapes and bottles all its wines on the property, where the Ebro River, the Cierzo and the Moncayo mountains provide exceptional value. The land, the microclimate, the varieties, the production method and aging come together to produce a special character and personality that is reflected in each bottle.

#### RESTAURANT

Among the vineyards and spectacular views you will find an authentic selection of traditional dishes with a modern twist and a strong emphasis on organic and local products. Innovative market cuisine that preserves the typical flavours of the area, where the main ingredient is seasonal produce.

#### HOTEL

Surrounded by vineyards, olive trees and beautiful views of the Sierra del Moncayo, our Boutique Hotel, with its 12 exclusive rooms, is a destination where you can experience wine, gastronomy, nature and fresh air.

Rooms include: Welcome drink, Complimentary bottle of wine, Late Check-out



### CONTACT / RESERVATION

Organisation / Company: WINERY PAGO DE CIRSUS

Address: Carretera de Ablitas a Ribaforada, km 5  
31523 Ablitas - Navarra - España

Telephone (Winery): (+34) 948 386 427

Telephone (Hotel): (+34) 948 386 426

Mail: <https://www.pagodecirsus.com/es/contacto.html>

Web: <https://www.pagodecirsus.com/es>



## BODEGAS PAGO DE CIRSUS LA FINCA BOLANDÍN DE PAGO DE CIRSUS

### EXPERIENCIAS



## PAGO DE CIRSUS WINERY GASTRO-ENOLOGICAL EXPERIENCES

### EXPERIENCE

#### FOOD & WINE EXPERIENCES

Among the vineyards and spectacular views you will find an authentic selection of traditional dishes with a modern twist and a strong emphasis on organic and local products. Innovative market cuisine that preserves the typical flavours of the area, where the main ingredient is seasonal produce.

#### RESTAURANT MENU:

- Sensations Menu: 48€
- Flavours Menu: 68€
- Senses Menu: 88€
- Breakfast: 18€

#### TERRACE MENU:

TAPAS AND SHARING DISHES. A gastronomic concept based quality products and traditional flavours which are ideal for pairing with our wines.



## PAGO DE CIRSUS WINERY ADD A DREAMY NIGHT

### EXPERIENCE

#### WINE'S LOEVERS

For wine lovers we have designed this experience that accompanies the accommodation in our hotel, with a visit to our cellar and barrel room, discovering the Pago wines.

Learn about our history and philosophy through a guided tour of approximately 60 minutes. We end the experience with a tasting of 3 of our wines.

This promotion includes: Lodging, Bottle of wine, Continental breakfast, Dinner in our Gourmet restaurant, Visit to our Pago de Cirsus Winery and Barrel room, Tasting of 3 wines, Aperitif, Use of bicycles to tour the surroundings of the estate.

#### ACCOMMODATION + GUIDE TOUR + TASTING

- Standard Room + Tasting + Guide Tour: 273€
- Superior Room + Tasting + Guide Tour: 314€
- Junior Suit + Tasting + Guide Tour: 359€



### CONTACT / RESERVATION

Organisation / Company: WINERY PAGO DE CIRSUS

Address: Carretera de Ablitas a Ribaforada, km 5

31523 Ablitas - Navarra - España

Telephone (Winery): (+34) 948 386 427

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Web: <https://www.pagodecirsus.com/es>



# 04 CULTURAL

## LEYRE HOTEL-HOSPEDERÍA

# LIVING PEACE · MONASTERY OF LEYRE

### EXPERIENCE

#### LIVING PEACE · Monastery of Leyre

Located in the Sierra de Leyre, just 50kms from Pamplona along the highway, the Monastery of Leyre is one of the most important monuments in Navarre. It is surrounded by woodlands and pathways and, from its esplanade, visitors can take in the magnificence of its scenery, ranging from the nearby Yesa water reservoir to the far distant peaks of the Pyrenees. Adjoins the monastery, the Hotel Hospedería de Leyre offers 32 recently-refurbished rooms, whit ensuite bathroom, central heating, ceiling fan, mosquito nets, hair dryer and WiFi. The Restaurant looks onto the Patio de los Canteros (stonemason's patio); Visitors can enjoy an exquisite menu prepared with fresh local produce, including sturgeons and caviar from the nearby fish farm at Yesa.

The Monastery Guided Tour Service offers visitors the opportunity to take a journey through the history of Navarre, a history which is reflected in this monumental complex which holds many of the secrets of the Old Kingdom Gregorian Chants at Leyre: The Monastery of Leyre is a living monument, inhabited and cared for by a Benedictine Community which invites everyone wishing to do so, to take part in its daily liturgies.



#### DAY 1

- \* Arrival at the Monastery of Leyre
- \* Tasting of cava and organic caviar
- \* Assistance to the Office of Vespers to hear the Gregorian Chant of the monks
- \* Dinner at the restaurant of Leyre
- \* Lodging at the Hotel Hospedería de Leyre

#### DAY 2

- \* Buffet breakfast
- \* Guided visit to the monastery of Leyre
- \* Walk to the Fountain of San Virila (without guide)
- \* Meal in the restaurant of Leyre
- \* Tasting of the liquor of Leyre, elaborated by the monks and the cake of Txantxigorri
- \* Dinner at the Restaurante de Leyre
- \* Lodging at the Hospedería de Leyre

#### DAY 3

Breakfast buffet and check-out.

#### SUGGESTIONS OF ACTIVITIES FOR THAT DAY

1. Pilot for a day at Lumbier Flight Center: Paraje Lardín s/n · 31440 Lumbier  
Phone: (+34) 610 461 941 | consultas@pyrineum.com
2. Face Descent of Lumbier with Nattura. Phone:(+34) 671 24 75 96 | info@nattura.com
3. Visit Josenea: guided visits for groups of all ages to plant medicinal aromatic plants located in the term of Bordablanca in Lumbier | visitas@josenea.bio | (+34) 662 381 227

#### EVENING ACTIVITIES SUGGESTIONS

1. Visit the Javier Castle (+34) 948 884 024 | castillodejavier@jesuitas.es
2. Degustation of the Licor de Leyre, prepared by the monks and the txantxigorri cake
3. Dinner at Leyre's restaurant
4. Accommodation at the Hospedería de Leyre hotel

#### PRICE / PERSON AT DOUBLE ROOM

195€ High Season (Holy Week and from July 1st to September 15th)

185€ Low Season (rest of the year)

\* It includes 2 nights accommodation in a double room, 2 breakfasts, 1 meal, 2 dinners, a guided tour, tasting cava and caviar and tasting Licour of Leyre and txantxigorri cake.



### CONTACT / RESERVATIONS

**Company:** LEYRE HOTEL HOSPEDERÍA  
**Address:** c/ Monasterio de Leyre - 31410 Yesa (Navarra)  
**Telephone:** (+34) 948 884 100  
**Mail:** hotel@monasteriodeleyre.com  
**Web:** www.monasteriodeleyre.com



NAVARSOL TRAVEL AGENCY

# ANOTHER WAY TO KNOW THE NAVARRO PYRENEES

## EXPERIENCE

### EXPRESS PIRINEO NAVARRO

Routes of Green Valleys, Noble Pink stone hamlets and large balconies, enchanted towns with their caves and witches, mild climate of mills, land of hidalgos, palaces, smugglers and hunters, who live with architectures Belle Epoque, DO YOU WANT TO EXPERIENCE IT?

#### Day 1 - PAMPLONA

Arrival - Lunch - Guide Visit around Pamplona - Dinner

#### Day 2 - BAYONA - BIARRITZ - ELIZONDO-VALLE DEL BAZTÁN

Bayona - Biarritz - (Traslate to the hotel for lunch) - Arizkun - Amaiur - Elizondo (Dinner)

#### Day 3 - ELIZONDO-RONCESVALLES - SAINT JEAN DE PIED PORT

SAINT JEAN-PIED-DE-PORT - RONCESVALLES (Luch and Guide Visit) - Traslate at hotel for Dinner Cena and accomodation.

#### Day 4 - PAMPLONA

Breakfast - free morning - gastronomy experience at lunch Experiencias gastronómicas almuerzo following our Pintxos Route eating and drinking around some pubs at down town in Pamplona. End of our services

Price/Person 290 € (Group minimum 25 People)

Price/Person 540 € (Minimum 2 People)

Price/Person 780 € (day 1<sup>o</sup> to 4<sup>o</sup> with guide and car) Minimum two people

#### Price Included:

- Accommodation at Baztan Hotel 3\*\*\* Elizondo. Services according programm
- Accommodation at Misonnave Hotel 4\*\*\*\* Pamplona
- Food régime according itinerary
- Rent Car (2-5 person) Not included group
- Local Guides at destination
- Detailed visit at program
- Travel insurance

# PAMPLONA: HISTORY, PARTY AND GASTRONOMY, EVERY YEAR

## EXPERIENCE

### PAMPLONA EXPRESS (2 DAYS)

#### 1<sup>st</sup> DAY.

Pick up at hotel + Lunch at one of our history down town Restaurant (Tasting Menu) + Complete Visita round Pamplona (Bulls travel + Bulls Place) + Accommodation at 4\*\*\*\* Hotel (at History down town)

#### 2nd Day

Meeting with our staff to visit Pamplona's Down Town + Cathedral Museum. Lunch at our Pintxos Route at tree pubs at Down Town. Included: Accommodation 4\*\*\*\* Hotel at down town ( 1 night + Breakfast + Lunch at Restaurant not included drinks + Guided visit at Pamplona + Luch at our famous Pintxos Route

PRICE: 245€/Person

NAVARSOL TRAVEL AGENCY

# NAVARRA OF CINEMA

## EXPERIENCE

Itineraries of green valleys, noble hamlets of pink stone and large balconies, enchanted cities with theirs. Caves and witches, temperate climate of mills, land of hidalgos, palaces, smugglers and hunters.

#### DAY 1 - PAMPLONA

Arrival in Pamplona and transfer to the restaurant for lunch. Visit through Pamplona; Casco Antiguo de Pamplona, Tour of the San Fermin limits, Plaza del Ayuntamiento, Pamplona city walls and the Church of San Nicolás will show us the history of the old one. Burgos and the creation of a single municipality. After the visit, transfer to Hotel Pamplona. dinner.

#### DAY 2 - BAYONA - BIARRITZ - ELIZONDO-VALLE DEL BAZTÁN

Breakfast and departure to BAYONA, the city located north of the French Basque Country. We will arrive BIARRITZ, a traditional vacation spot for rich families, as evidenced by its homes and palaces, and its 6 km of beaches with therapeutic properties exploited by spas and Thalassotherapy has positioned it as a quality tourist destination. Back to the hotel. lunch, departure to visit ARIZKUN and AMAIUR, picturesque villages of the valley of Baztán and ELIZONDO, that we will surprise you with its many mansions and palaces and where we will have dinner and we will stay to finish the day.

#### DAY 3 - ELIZONDO-RONCESVALLES - SAINT JEAN DE PIED PORT

Breakfast and departure to SAINT JEAN-PIED-DE-PORT, a beautiful French city near Ostabat, where three of the great Jacobean roads converge within the French territory, surrounded by pink stone walls, cobbled streets and landmarks of old houses, we will continue towards RONCESVALLES. You will have lunch and visit its monumental Collegiate Church and the starting point of the Giacobina road. towards santiago de compostela. Back to the hotel. Dinner and accommodation

#### DAY 4 - TRAIN DEL RHUNE - ZUGARRAMURDI - AINHOA

Breakfast and free morning. Optional excursion to SARE, Tren de la Rhune, an old car from which we will have a magnificent view. I return to the hotel for the lunch. Departure to AINHOA and ZUGARRAMURDI, Population known for its caves, stage of the Akelarres (meetings of Bruges), we will visit one of its caves (entrance included) Return to the hotel. Dinner and accommodation

#### DAY 5 - SAN JUAN DE LUZ - HENDAYA - ELIZONDO

Breakfast and departure to visit SAN JUAN DE LUZ, former pirate refuge and current tourist center for Belle Epoque style construction, beaches and spas. We will continue with your neighbor. ENDAYA and we will return to the hotel for lunch. In the afternoon visit of ELIZONDO, and its manifolds. Manor houses and palaces, to return to the hotel with dinner and accommodation.

#### DAY 6 - BERA DEL BIDASOA - PAMPLONA

Breakfast and departure for the visit of BERA DEL BIDASOA, a typical town of the Pyrenees of Navarra that has a beautiful country house and that houses in its interior the church of San Esteban Protomartir, one of the best organs of Europe. I return to the hotel for the lunch. The end of the trip

PRICE PER PERSON 490 EURO (Minimum group 25 people)

PRICE PER PERSON 740 EUROS (Minimum 2 People)

PRICE PER PERSON 940 EURO (2 to 5 days with guide and car) Minimum 2 people

#### The price includes:

- Stay at Hotel Baztán 3 \*\*\* Elizondo. Services based on programs.
- Stay at the Hotel Maisonnave 4 \*\*\*\* Pamplona + Lunch at a restaurant in Pamplona and Roncesvalles. - Car rental for 1 to 5 people. Group not included
- Local destination guide + Detailed visits in the program + Travel insurance

## CONTACT / RESERVATION

Company: NAVARSOL TRAVEL AGENCY

Address: Avda Sancho El Fuerte, 8 - 31007 Pamplona

Telephone: (+34) 948 198 758 | Fax: (+34) 948 171 735

Mail: info@navarsol.com

Web: www.navarsol.com





# **05**

## **NATURE**

METAUTEN TRUFFLE MUSEUM (NAVARRA)

WALK TO THE IRANZU RIVER CANYON

EXPERIENCE

Enjoy a guided walk and a tasting of organic products from the Earth  
With this guided tour we will learn about the history of the Monastery of Iranzu, one of the most impressive monasteries on the peninsula Iberian and that had great power especially in medieval times, the great relationship of the canon with the Cistercian monks who were very knowledgeable about the channeling of water.

We will also learn about the legends and history of witchcraft in Navarre, specifically in the Iranzu River Canyon.

The path runs through an area of pastures, oaks and impressive beech trees, which border the whimsical shapes that the river has carved into the rock, its pools and its crystalline waters.

Geology, along with the great diversity of flora and fauna, will be the main protagonists of this tour.

We will finish the visit with a tasting of organic salts with virgin olive oil, Gazta Zaharra cheese and local wines.

INCLUDES

- \* Tasting of organic products
- \* Guide
- \* Sure

HE MUST KNOW:

- \* Minimum group 4 people
- \* Reservations in advance
- \* Duration 2 hours

CHARACTERISTICS:

- \* For all audiences
- \* Linear travel
- \* Distance 4.4km
- \* Difficulty: Low
- \* Elevation: 105m

WEEKEND OPTIONS:

- Combine this experience with a weekend in accommodation
- \* Rural house Artea
  - \* Don Roque
  - \* Babes
  - \* Lazkua
  - \* Etxarrienea
  - \* The Burrow of Tomaso
  - \* Nekasenea Apartments



MUSEO DE LA TRUFA DE METAUTEN (NAVARRA)

PARAPENTE: EL PLACER DE VOLAR

EXPERIENCE

FEEL THE PLEASURE OF FLYING

Two-seater paragliding flight  
Enjoy the best natural environments of Tierra Estella from the air Sierra de Urbasa; Alloz Swamp; Monjardin Castle; Sierra de Codes; Montejurra

Information of interest:

- \* Monitor and insurance
- \* Video gift
- \* From Mondays to Sundays
- \* Reservations 48 hours in advance
- \* Suitable for children from 5 years
- \* May be modified by the weather
- \* Price / Person: From € 80



CONTACT/ RESERVATIONS

**Company:** MUSEO DE LA TRUFA  
**Address:** Carretera de Ganuza, 1 - Metauten 31241 (Navarra)  
**Telephone:** (+34) 722 250 346  
**Mail:** info@museodelatrufa.com  
**Web:** https://museodelatrufa.com/



**06**

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**THE WAY OF ST. JAMES**

# 07 HUNTING

## COTO VALDORBA HOTEL RESTAURANT

## COTO VALDORBA HUNTING PRESERVE + HOTEL + ACTIVITIES

## EXPERIENCE

## HUNTING PRESERVE + HOTEL + RESTAURANTE

Valdorba is located between the dry region of the South and the Pyrenees in the North of Navarre, being able to enjoy Mediterranean forests alternating with beech and oak Atlantic forests, as well as fields of cereal with wildflowers, mushrooms and truffles, the treasure that Valdorba trees hide among its roots that visitors can enjoy in season, and results in the area to important mycological routes and careful cuisine.

For lovers of art, in the silence of the Valley emerge, timid but impressive, some of the most beautiful Romanesque churches in our community, grouped in a Romanesque route which has guided visits.

## GUIDED ACTIVITIES

- \* Route through the Romanesque hermitages of Valdorba.
- \* Mushroom route.
- \* Guided visits by Olite, Castle and Museum of Wine.
- \* Visits to wine cellars and wine tastings.

## FLEXIBLE PACKAGES

- \* From September 1st to March 31st (Partridges)  
Hunting 10 partridges + Accommodation at Hotel\*\*\*\* (Full Board)  
Clay pigeon shooting 4 tickets (100 plates) ó Paintball 100 balls
- \* From April 1st to August 31st (Quails)  
Hunting 50 quails + Accommodation at Hotel\*\*\*\* (Full Board)  
Clay pigeon shooting 4 tickets (100 plates) ó Paintball 100 balls

## PRICE PER PERSON: 328€

Dates: from April 1st to August 31st



## CONTACT / RESERVATIONS

**Company:** COTO VALDORBA HOTEL RESTAURANT  
**Address:** c/ Santa María de Sansoain, 17 - 31395 Sansoain (Navarra)  
**Telephone:** (+34) 948 721 021  
**Mail:** coto@valdorba.com  
**Web:** www.valdorba.com



# 08 CYCLING

## ACTIVA EXPERIENCE

## GROUP BTT PATHS

## EXPERIENCE

## BTT PATHS AND GROUP ACTIVITIES

For mountain bike enthusiasts we offer a wide variety of mountain bike routes BTT of variable duration and difficulty, to know the landscape of southern Navarra, and by of course, go through the Bardenas Reales Natural Park, one of the most desert area in Europe.

## TREASONS OF THE NAVARRA RIBERA

An Experience in a Natural and Different Environment , enjoying the landscape , bicycles and not, visiting a typical olive oil mill or a wine cellar. A suitable activity for all ages and physical conditions , ideal for families with children, groups, friends or family who do little sport...we will practically walk the roads plush us, no difficulty.

The starting point is our hotel, RuralSuite Hotel Apartments , where you will also find we offer the possibility to rent all kinds of bicycles : Mountain bike, tandem, children's carriage, baby chair and even a bikeholder for your car.

Rates : consult | Valid for all levels | Includes visit and tasting at Almazara or wine cellar

## BTT GUIDE SERVICE IN REAL BARDENS

Cycle through the desert and explore its history with an BTT guide  
If your group of cyclists stay at our hotel, we can offer you the service guide to accompany you on any of the different routes proposed. Discover a stunning landscape with our custom-made BTT routes for groups.

RuralSuite Hotel is also suitable for groups who are staying in our special hotel for cyclists.

Apartments, we offer services of guard-bikes, workshop repair, washing area of bike, track delivery, guide service and route counseling

Rates : consult | Medium-Advanced Level | Group Only



## CONTACT / RESERVATIONS

**Company:** ACTIVA EXPERIENCE

**Address:** Ctra N121C, Tudela - Tarazona, km 7, 7, 31520 Cascante, Navarra

**Telephone:** (+34) 948 850 448 | (+34) 654 500 512

**Contact:** Stefania Guinea

**Mail:** info@activaexperience.com

**Web:** www.activaexperience.com

**NºReg.Turismo:** UETAC0015



## METAUTEN TRUFFLE MUSEUM (NAVARRA) TRUFFLEBIKE

### EXPERIENCE

#### ENJOY A MTB ROUTE THROUGH THE METAUTEN VALLEY

It starts from the Truffle Museum and passes through Metauten and Ollogoyen to enter the slopes of the Sierra de Lokiz passing through Ganuza, an oak grove of Aramendia, a town that we walk through its narrow streets and that takes us to Muneta and Galdeano.

#### INCLUDES:

- \* Little breakfast
- \* Complete tasting of truffled products
- \* Guide and insurance

#### HOURS AND PRICES

- \* Saturdays, Sundays and holidays - 10:00 a.m.
- \* Book 48 hours in advance
- \* Price / person: € 40



## MUSEO DE LA TRUFA DE METAUTEN (NAVARRA) EBIKE ROUTE LARREGOIKO

### EXPERIENCIA

#### ENJOY A MTB ROUTE THROUGH THE METAUTEN VALLEY

Very simple route that will bring us closer to some of the most beautiful places in Mount Limitations.

It stands out for the relevance and beauty of the places to which we will arrive.

Larregoiko's viewpoint and refrigerator and the mouths of some caves. We will finish in the txabola of the young shepherdess Nerea with a great tasting of her cheese.

#### INCLUDES:

- \* Qualified guide
- \* Appetizer
- \* Sure

#### DESCRIPTION:

- \* All public
- \* Difficulty: Low
- \* Route: 30km
- \* Elevation: 250+
- \* Duration: 3:30 hours

#### TIME AND POINT OF DEPARTURE:

- 10: 00h - Camping de Urbasa
- \* Accessories for children included (chair, car and tugboat)
- \* Availability of 18 e-bikes



### CONTACT/ RESERVATIONS

**Company:** MUSEO DE LA TRUFA  
**Address:** Carretera de Ganuza, 1 - Metauten 31241 (Navarra)  
**Telephone:** (+34) 722 250 346  
**Mail:** info@museodelatrufa.com  
**Web:** https://museodelatrufa.com/





# **\_09\_ GOLF**

LIZASO PITCH & PUTT SPORT CLUB

# GOLF: PITCH & PUTT LIZASO EXPERIENCE

## EXPERIENCE

### GOLF: PITCH & PUTT LIZASO EXPERIENCE

Course with a lot of desire to bring you an exciting sport, made in your measure, young, vital and in a unique natural environment, an activity. tremendously relaxing, at the same time fun. Do not worry about the material, we will provide it to you.

**FAST:** Pitch & Putt is fast, very fast and is very motivating. Travel in just 1h 30

**ECONOMIC:** Pitch & Putt is an affordable sport, cheap

**SOCIAL:** yes. Approximate, fun, accessible

**SIMPLE:** playing golf without complication

(\* We will provide the material)

## FARES 2018/2019

Persons	Weekday	Weekend
1 / 2 people	12€ / person	15€ / person
3 to 5 people	10€ / person	12€ / person
6 to 10 people	8€ / person	10€ / person
11 or more people	6€ / person	8€ / person

## CONTACT / RESERVATIONS

**Company:** LIZASO PITCH & PUTT SPORT CLUB  
**Address:** c/ San Simón, 49<sup>a</sup>, 31799 Lizaso (Navarra)  
**Telephone:** (+34) 619 700 456  
**Mail:** info@lizasogolf.com  
**Webs:** www.lizasogolf.com



# 10 EQUESTRIAN

## AÑÉZCAR EQUESTRIAN CENTER

# SPAIN BY HORSE

### EXPERIENCE

#### TRAIL 1: AÑÉZCAR - IRATI (1.485€)

4 days. Riding level: intermediate. Group of 5-8 riders.

Day 1. Añézcar - Ultzama. 26 kms. 5h

Day 2. Ultzama - Velate. 22km. 4h

Day 3. Velate - Monte Sayoa - Quinto Real - Eugi. 29 kms. 5h.

Day 4. Eugi - Irati- Embalse de Irabia. 39 kms - 6h

#### TRAIL 2: PARQUE NATURAL DE LAS BARDENAS (1.166€)

3 days. Riding level: intermediate. Group of 5-8 riders

3 days to explore the wild beauty of the Bardenas Nature Park

Between 20 - 30 km a day

#### TRAIL 3: BARDENAS - CAÑADAS DE LOS RONCALESES (1.958€)

5 days. Riding level: intermediate. Group of 5-8 riders. The transhumance trail. From the desert-like landscape of Las Bardenas as far as the Pyrenees mountains. 5 days on horseback to enjoy the range of scenery and host of colours that form part of the geography of Navarra.

#### TRAIL 4: LEKUNBERRI (1.111€)

3 days. Average riding level. 5-8 pax

Día 1. Añézcar - Lekunberri. 36 km. 6h

Día 2. Lekunberri - Huici - Lekunberri 11 Kms 4h.

Día 3 Lekunberri - San Miguel de Aralar 18 km. 4h.

#### TRAIL 5: ALTERNATIVA - LEKUNBERRI (1.111€)

3 days. Riding level: all levels from beginners 5-8 pax

Departures 3 days from Lekunberri \*, to explore the surroundings

\* First day: possibility of riding class for beginners at the Equestrian Club Añézcar and ride on horseback through the countryside.

#### TRAIL 6: NAVARRA MONUMENTAL (1.821€)

2-3 hours on horseback per day + cultural visit

4 days. Riding level: all levels from beginners. 5-8 pax

Day 1. Roncesvalles (colegiata) - Zubiri. Visit: Colegiata Roncesvalles.

Day 2. Zubiri - Pamplona. Visit: Cathedral, walls, Old Town of Pamplona

Day 3. Olite Palace - surroundings. Visit: Palace (Accommodation Parador of Olite)

Day 4. Leyre - Javier. Visit: Monastery of Leyre + Castle of Javier

### EXPERIENCE

#### TRAIL 7: WAY OF ST. JAMES

Possibility of doing part of any stage (Please enquire)

##### 1st STAGE: 2.970€

RONCESVALLES - ZUBIRI: 23 Km.

ZUBIRI - PAMPLONA: 21 Km.

PAMPLONA - PTE. LA REINA: 26 Km.

PUENTE LA REINA - ESTELLA: 28 Km.

ESTELLA - LOS ARCOS: 22 Km.

LOS ARCOS - VIANA: 23 Km.

VIANA - NAVARRETE: 23 Km.

NAVARRETE - NÁJERA: 18 Km.

NÁJERA - STO. DOMINGO DE

LA CALZADA: 22 Km.

##### 2nd STAGE: 3.960€

STO. DOMINGO - BELORADO: 22 Km.

BELORADO - S. JUAN DE ORTEGA: 23 Km.

S. JUAN DE ORTEGA - BURGOS: 24 Km.

BURGOS - HONTANAS: 30 Km.

ONTANAS - BOADILLA DEL CAMINO: 28 Km.

BOADILLA - CARRIÓN DE LOS CONDES: 24 Km.

CARRIÓN - TERRADILLO DE LOS TEMPARIOS: 26 Km.

TERRADILLO - CALZAD. LOS HERMANILLOS: 25 Km.

CALZADILLA - MANSILLA DE LAS MULAS: 23 Km.

MANSILLA - LEÓN: 14 Km.

LEON - S. MARTÍN DEL CAMINO: 24 Km.

S. MARTÍN - ASTORGA: 23 Km.

##### 3rd STAGE: 2.970€

ASTORGA - RABANAL DEL CAMINO: 20 Km.

RABANAL - PONFERRADA: 31 Km.

PONFERRADA - TRABADELO: 31 Km.

TRABADELO - OCEBREIRO: 18 Km.

O CEBREIRO - SAMOS: 30 Km.

SAMOS - PORTOMARIN: 36 Km.

PORTOMARIN - PALAS DEL REY: 24 Km.

PALAS - ARZUA: 28 Km.

ARZUA - SANTIAGO: 37 Km.

##### Prices include

\* Horse hire and transport

\* Back-up car for the Way of St James

\* Guide

\* Insurance

\* Accommodation in double room (single room - please enquire)

\* Breakfast and evening meal at the hotel.

Lunch in the countryside

\* Taxi to take riders to the start of the trail and

to return to the hotel at the end of the day

\* Transfer from the train station, bus station or airport at Pamplona

Price per person for groups of 5 - 8 riders.  
(For smaller or larger groups, please enquire).

Service starts on the first day at the meet-up point and ends after breakfast on the last night of the stay.



### CONTACT / RESERVATIONS

**Company:** AÑÉZCAR EQUESTRIAN CENTER

**Address:** Carretera Larragueta s/n, 31195 Añézcar (Navarra)

**Contact:** César Pérez de Zabalza

**Telephone:** (+34) 620 852 300 | (+34) 664 790 214

**Mail:** trading@cizurmenor.com

**Web:** anezcar.com



# 11 BULLS

## PAMPLONA BULLRING

## GUIDED VISIT

## EXPERIENCE

## COME TO KNOW THE HEART OF SANFERMINES

Visit the Plaza de Toros de Pamplona, an emblematic and different place. The enclosure, the square, the pens, the big block, the horse courtyard, the chapel...the heart of the party on a guided tour to discover its history, the most anecdotal curious and all related to the most emblematic place of San Fermin.

Enjoy a visit where you will meet the party on site, surprise yourself with the audio-visuals that will make you understand and live in your skin what you always saw on TV.

Touch the Arena of Spain's Second Largest Square and the Most Media Outlet, pick up and take a picture of the trip.

Guided visits in Spanish at 11 a.m., 12 p.m., 1 p.m., 4 p.m., 5 p.m. and 6 p.m.

English, French, German and Spanish languages must be booked in advance.

Audio guides in Spanish, Basque, Catalan, English, French, German, Dutch, Italian, Portuguese and Chinese. Other languages to consult.

Business and family events and celebrations

Space adapted for people with wheelchairs and children's carts

Pet friendly, come with your pet.

Free Wi-Fi



## CONTACT / RESERVATIONS

**Company:** PLAZA DE TOROS DE PAMPLONA

**Telephone:** (+34) 948 225 389 | (+34) 636 722 045

**Mail:** info@plazatorospamplona.com

**Web:** www.feriadeltoro.com



# 12 SAN FERMÍN

## NOVOTUR - NAVARRA TOURISTIC GUIDES

## SAN FERMÍN TOURS

## EXPERIENCE

## DISCOVERING PAMPLONA IN SAN FERMIN

A lot of people come to Pamplona with what we call a "Julius Cesar kind of attitude": they come, they see, they conquer and they go. Bucket list item ticked off the list. Next! But we know you are different. We know you've been waiting for a long time for this. We know you want to take it all in, mingle with the locals, try our wonderful gastronomy and learn why we are the way we are and why we do the things we do. So, thank you for taking the time to find out a little bit about us, our festival and our precious city.

Let us show where and when all the action is happening and make the most of your time while in Pamplona!!

For an hour and a half, your friendly San Fermin guide will share some of the locals' secrets, and will help you get acquainted with the city's many charms during the festival.

**Meeting point:** outside Gran Hotel La Perla (Plaza del Castillo 1)

**When:** July 5th at 18:00 - July 6th No tour available - July 7th through 14th 13:00

**Duration:** 1,5 hours

**Price:** 50€ / person

**How:** book with us in our website [www.pamplonafiesta.com](http://www.pamplonafiesta.com)

Maximum 15 people per tour



## EXPERIENCE

## "LEARN HOW TO RUN THE ENCIERRO" TOUR

Question: Do you comprehend the implications of this sentence written by Hemingway himself? "The bulls lowered their heads, charged the crowd. The crowd took to its heels, the bulls stampeding in pursuit". There are four keywords here we want to emphasize: bulls, charged, stampeding and pursuit. These four words alone paint a very clear picture of what you are about to face: a stampede of bulls charging against you and pursuing you for 875 meters. Another question: are you prepared for it? Sure, you're very fit. Yes, you are an excellent runner. And of course, you are an adrenaline junky. But probably never had to navigate your way through a stampede of raging bulls averaging 1300 pounds in weight in a crowded and narrow alley. If that's the case and you are planning on running with the bulls in San Fermin, you need to "learn how to run with local experts".

Yes, there's no denying it – we are talking about full on "crazy and wild"! However, there are some techniques we can teach you to have a safer run. These include:

- How to access the route of the run
- How when and where you should locate yourself depending on your physical abilities and your fitness level
- What you should do before, during and after the run

**Punto de encuentro:** outside Gran Hotel La Perla (Plaza del Castillo 1)

**When:** every day from July 6th to the 13th at 16:00pm

**Duration:** 1 hour

**Price:** 50€ / person

**How:** Book with us in our website [www.pamplonafiesta.com](http://www.pamplonafiesta.com)

Maximum 15 people per tour



## CONTACT / RESERVATIONS

**Company:** NOVOTUR - NAVARRA TOURISTIC GUIDES

**Address:** Av. Bayona 37, 6°C, 31011 Pamplona (Navarra)

**Telephone:** (+34) 629 661 604 | (+34) 617 348 844

**Mail:** [francisco@novotur.com](mailto:francisco@novotur.com)

**Web:** [www.novotur.com](http://www.novotur.com)





NOVOTUR - NAVARRA TOURISTIC GUIDES  
**SAN FERMÍN TOURS**

EXPERIENCE

**BALCONY RENTAL**

What a concept! Renting out a balcony? Just the balcony? Well, yes and no. The balcony is the focal point of the event, but when you rent out a balcony, you are, in fact, sharing a once-in-a-life-time experience with locals who know the event and, in many cases, have run it themselves! Renting a balcony in Pamplona during El Encierro gives you the incomparable opportunity to feel the intensity of the chase, watch the intricate maneuvers of the runners, hear the crowds cheer for their heroes... And all, from a controlled and safe environment. And with a full stomach! Because, when you rent a balcony in Pamplona from us, you will also be sharing a breakfast of local produce which, we know you are going to love!

- We have a large number of balconies available ideally located in strategic vantage points of the itinerary.
- We are locals (or expats who have lived in Pamplona for more than 15 years) with an extensive knowledge of the bull run tradition and history.
- Our apartments are modern, well-presented and extremely clean.
- You'll receive a Spanish-style breakfast before 8 am.
- You will not feel rushed at any point during this experience and will be able to take as many photographs and/or videos as you'd like (however, please note that you will not be able to use your tripod as there's not enough space for everyone's photographic equipment in the balconies).
- We will replay the event after it's finished on TV and comment on it.

PRICE: 150€ -200€ / person  
How: Book with us in our website [www.pamplonafiesta.com](http://www.pamplonafiesta.com)



CONTACT / RESERVATIONS

**Company:** NOVOTUR - NAVARRA TOURISTIC GUIDES  
**Address:** Av. Bayona 37, 6ºC, 31011 Pamplona (Navarra)  
**Telephone:** (+34) ) 629 661 604 | (+34) 617 348 844  
**Mail:** [francisco@novotur.com](mailto:francisco@novotur.com)  
**Web:** [www.novotur.com](http://www.novotur.com)



PAMPLONA BULLRING  
**GUIDED VISIT**

EXPERIENCE

**COME TO KNOW THE HEART OF SANFERMINES**

Visit the Plaza de Toros de Pamplona, an emblematic and different place. The enclosure, the square, the pens, the big block, the horse courtyard, the chapel...the heart of the party on a guided tour to discover its history, the most anecdotal, curious and all related to the most emblematic place of San Fermín.

Enjoy a visit where you will meet the party on site, surprise yourself with the audio-visuals that will make you understand and live in your skin what you always saw on TV. Touch the Arena of Spain's Second Largest Square and the Most Media Outlet, pick up and take a picture of the trip.

Guided visits in Spanish at 11 a.m., 12 p.m., 1 p.m., 4 p.m., 5 p.m. and 6 p.m.  
English, French, German and Spanish languages must be booked in advance.  
Audio guides in Spanish, Basque, Catalan, English, French, German, Dutch, Italian, Portuguese and Chinese. Other languages to consult.  
Business and family events and celebrations  
Space adapted for people with wheelchairs and children's carts  
Pet friendly, come with your pet.  
Free Wi-Fi



CONTACT / RESERVATIONS

**Company:** PLAZA DE TOROS DE PAMPLONA  
**Telephone:** (+34) ) 948 225 389 | (+34) 636 722 045  
**Mail:** [info@plazatorospamplona.com](mailto:info@plazatorospamplona.com)  
**Web:** [www.feriadeltoro.com](http://www.feriadeltoro.com)



## NAVARSOL TRAVEL AGENCY

## TREE WAYS TO LIVE SAN FERMÍN

## EXPERIENCE

## SAN FERMÍN EXPRESS (2 DAYS)

**1st DAY:** reception by our staff at the Hotel + Lunch at the Historic Town Restaurant + Bullfighting tickets (shadow) + Balcony departure from Peñas + Dinner tapas + Fireworks + Lodging at 4 \*\*\*\* Hotel (Downtown)

**2nd DAY:** meeting with our staff to go to see the Encierro with breakfast in the best balconies 1st floor Estafeta Street + Dance Alpagata and full tour of the encierro

(Coralillos + San Fermín Chapel + Bullring Plaza)

**Includes:** Accommodation Hotel 4 \*\*\*\* City center 1 night + Lunch in a restaurant without a drink + Shaded entrance +1 square in a balcony Preferential 1st floor to see the exit Peñas and witnessing the day's confinement + Dinner Tapas and fires private terrace Baluarte + Visit of Pamplona with a guide

**PRICE ONE PERSON: 730€**

## EXPERIENCE

## VIP SAN FERMÍN (3 DAYS)

**1st DAY:** reception by our staff at the Hotel + Lunch at Europa Restaurant 1 Michelin Star + Bullfighting tickets (shadow barrier) + Balcony departure from Peñas + Dinner tapas + Fireworks + Lodging at 4 \*\*\*\* Hotel (Center)

**2nd DAY:** meeting with our staff to go to see the Encierro with breakfast in the best balconies 1st floor Calle Estafeta + Baile Alpagata and visit full tour of the encierro (Coralillos + San Fermín Chapel + Bullring Callejón) + section of the bulls n Patio de caballos de la Plaza de Toros + Lunch in Restaurant in Estafeta Street without drinks + Lodging in 4 \*\*\*\* Hotel (Center)

**3rd DAY:** meeting with our staff to go to see the confinement of a unique and different place at ground level in a Burladero in the middle of Calle Estafeta with breakfast and later Sanferminero Lunch. Includes: Lodging Hotel 4 \*\*\*\* City Center 2 night + Lunch in Europa restaurant and in Zanpa Restaurant without drinks + Entrance Shadowed barrier Bulls +1 square in balcony 1st floor to see exit Peñas and witnessing the day's closure + 1 place preferential in our Burladero of Estafeta Street to see the encierro + Dinner Tapas and fires private terrace Baluarte + Lunch Sanferminero and Visit of Pamplona with guide

**PRICE ONE PERSON: 1.280€**

## EXPERIENCE

## LIVE SAN FERMÍN ON STREET FOOT

From the fence that is mounted on the facade of the Zanpa you can see how the runners prepare, their conversations, how to warm up, train and even pray. You can practically touch the bull, you can feel it, you can hear it until you can breathe. To the beauty of seeing the encierro, the races and the bulls is added the adrenaline of being almost at the height of a runner. And then to get strength and have lunch.

**Includes:** welcome breakfast + view of the enclosure from the Zanpa fence + typical San Fermín lunch.

**PRICE ONE PERSON: 150€**

## EXPERIENCE

## BALCONY LOCATION TO WATCH THE RUN BULLS

The Fiesta de San Fermín has a very special moment and its lived experience is unique and that moment is the Encierro

100€/Persona

## DISCOVER PAMPLONA IN SAN FERMIN

1.5 hour walk tour, we will show you the most important historical sites of the city, as well as the most popular places of the party and we will recommend restaurants and areas to go out at night. We will learn about our old kings, about Ernest Hemingway and the traditions of San Fermín.

Price per person: € 50 PAX

## OTHER ACTIVITIES IN SAN FERMÍN:

Balloon trip (Parties from the sky for 30 min): € 250 / Person

Lunch Sanferminero at 10:00 hrs.: € 25 / Person

Dance of the espadrille and tour visit of the encierro: € 35 / Person

Guided tour of Pamplona: € 50 / Person

Visit the corralillos where bulls are waiting the run, and the streets of the run bulls: 50€/P

Fireworks and tapas dinner: € 100 / Person

**FULL DAY VIP PROGRAM: (acompañados por personal):** Balcony run bulls + Lunch + Pintxo + Food + RingBulls + Balcony looking the popular output from RingBulls with pinchos and wine + Dinner Tapas + Fireworks:

Price: € 575 / Person

**MORNING VIP PROGRAM:** Balcony watching Runbulls + Lunch + Visit through Pamplona + Section with Pincho + Food in Restaurant:

Price: € 280 / person

## LEARN HOW TO RUN THE BULLS WITH AN EXPERT

Practical class of 1 hour for the route of the encierro, from the corals, where the bulls sleep the night before the race, until the bullring where the confinement ends. We will teach you all the techniques so that you are as safe as possible when you run and especially what to do and what not to do before, during and after the first rocket. Price per person: € 50



## CONTACT / RESERVATION

**Company:** NAVARSOL TRAVEL AGENCY

**Address** Avda Sancho El Fuerte, 8 - 31007 Pamplona

**Telephone:** (+34) 948 198 758 | Fax: (+34) 948 171 735

**Mail:** info@navarsol.com

**Web:** www.navarsol.com



# 13 SHOWS

## HOTEL AND TOURISM ASSOCIATION OF NAVARRA THE BEST SHOWS IN THE CAPITAL OF NAVARRA

### EXPERIENCE

We update and offer information on the best shows in the city.

All the agenda offered by the theaters, conference centers, event centers ..., in Pamplona, so that you can organize a perfect trip with the best shows and for all ages.

Our best infrastructures at the service of Art and Culture

We help you enjoy any event, call and organize free of charge.



### CONTACT / RESERVATION

**Company:** SERVICIO DE ACOGIDA DE NAVARRA

**Address:** Calle Pedro I, 1 - 1º Pamplona

**Telephone:** (+34) 948 268 412 - +34 621 209 115

**Mail:** [acogida@visitnavarra.info](mailto:acogida@visitnavarra.info)

**Web:** <https://espectaculospamplona.com/>

# 14 FAMILY

BIDASOA KULTUR ZERBITZUAK

# BAZTAN ABENTURA PARK y BERTIZ ABENTURA PARK

EXPERIENCE

BIDASOA KULTUR ZERBITZUAK offers you Multi-Adventure Sports in 2 Adventure Parks Baztán Abentura Park and Bertiz Abentura Park

If you want to experience a lot of new sensations we offer you a wide range of Multiadventure Activities: Giant and Small Zip Lines, Natural Aquapark Canyon, Canoeing, Via Ferrata, Mega-Pendulum, Tree Climbing, Paintball... Choose your plan!

All the Activities are adapted to all types of public: Adults, Children, Families, Associations, Groups...

Our company, dean in the Tourism Sector of the Baztan-Bidasoa Region, has been awarded the first prize for Active Adventure Tourism in the 2015th Edition of the International Tourism Fair Fitur

HIGHLIGHTS:

- \* We have two hostels: Kattalin (Legasa) and Bertiz (Narbarate)
- \* We offer our own Transport Service
- \* We offer two Adventure Parks: Baztan Abentura Park (Elizondo-Baztan) and Bertiz Abentura Park (Narbarate)
- \* Our parks are equipped with Safety Systems in Accordance with EU Requirements

CONTACT / RESERVATIONS

**Company:** Bidasoa Kultur Zerbitzuak  
**Contact Person:** Mattari Alzuarte Gaztelu  
**Telephone:** (+34) 948 59 23 22/ (+34) 646 75 57 60  
**Mail:** info@navarraaventura.com  
**Web:** www.navarraaventura.com



BAZTAN ABENTURA PARK (Barrio Bearzun, km. 3 - 31.700 Elizondo-Navarra)	Children & Young People (-18 años)	Adults
<b>SMALL ZIP LINES (+4 Years Old)</b> Circuit of 4 zip lines of 40-45-50 and 65 meters long and 20 meters high	17,00	
<b>GIANT ZIP LINES (+8 Years Old)</b> Circuit of 4 zip lines from 300 to 460 meters long and over 120 meters high	17,00	20,00
<b>LARGE VIA FERRATA (+8 Years Old)</b> Climb of a rock of about 200 meters through a continuous line	17,00	20,00
<b>AQUAPARK NATURAL CANYON (+8 Years Old)</b> Natural Aquapark with Water Slides, Pool Jumps, Rappels, Via Ferrata.	23,00	25,00
<b>LARGE PENDULUM (+15 Years Old)</b> The platform located at 100m height allows us to make a spectacular jump with a flight of about 140 meters	30,00	40,00
<b>ZIP LINES + VIA FERRATA</b>	30,00	35,00
<b>ZIP LINES + CANYON</b>	35,00	40,00
<b>ZIP LINES + LARGE PENDULUM</b>	40,00	50,00
<b>CANYON + LARGE PENDULUM</b>	45,00	55,00
<b>3 ACTIVITIES</b>	53,00	65,00
<b>4 ACTIVITIES</b>	62,00	72,00
<b>OPEN FROM MARCH TO OCTOBER BOOKING IN ADVANCE IS ESSENTIAL</b>		

BERTIZ ABENTURA PARK (31793 – Narbarate – Navarra)	Children & Young People (-18 años)	Adults
<b>CIRCUITS WITH GAMES AND ZIP LINES</b> Aimed at Adults and children from 3-4 years old. The park is made up of various circuits of different difficulties (greenyellow- red and black) with more than 60 games and 6 zip lines. It has the latest technology in safety "Lifeline".	18	22,00
<b>PAINTBALL</b> Aimed at Adults. The field is in a forest plane, it is divided into two groups and different games are played.		32,00
<b>BERTIZ ABENTURA PARK + PAINTBALL</b>		50,00
<b>OPEN FROM MARCH TO OCTOBER BOOKING IN ADVANCE IS ESSENTIAL</b>		

PROGRAMA ESPECIAL SALIDAS DE FIN DE SEMANA	Children & Young People (-15 años)	Adults (+ 15)
<b>WEEK-END + 1 ACTIVITY</b>	48,00	53,00
<b>WEEK-END + 2 ACTIVITIES</b>	58,00	63,00
The price includes a full board (Saturday dinner, hostel accommodation, breakfast and Sunday lunch), 1 or 2 activity (s), activity material, specialist monitors and RC insurance and assistance.		
Activities (Choose one or two): Natural aquapark canyon, canoe descent from the Bidasoa, zip line circuit, via ferrata and arborismo (circuit between trees).		
<b>OPEN FROM MARCH TO OCTOBER BOOKING IN ADVANCE IS ESSENTIAL</b>		

TUDELA ME PONE

# CHILD'S ROUTES WITH ARCHEOLOGY WORKSHOPS

EXPERIENCE

**TUDELA ME PONE**, offers you cultural and archeology routes in Tudela. We believe in the importance of the smallest of the house begin to know the story as soon as possible. With that motivation We create our Child's Routes with an archeology workshop to have fun learning.

Workshops Price:

- \* Children: 6€/child
- \* Adults: free



CONTACT / RESERVATIONS

Company: TUDELA ME PONE  
Address: 31500 Tudela - Navarra  
Telephone: (+34) 680 886 318 - (+34) 609 257 449  
Mail: info@tudelamepone.com  
Webs: www.tudelamepone.com



TUDELA ME PONE

# HISTORIC ROUTES

EXPERIENCE

**TUDELA ME PONE** offers you to know a city full of diversity, where more than 400 Muslim, Jewish and Mozarabic people lived together, leaving an interesting legacy, our routes offer you to enjoy one of the cities of Europe with greater historical value:

Test all your senses with a Guided Tour in which you will listen to historical stories, you will see and touch the architectural and cultural heritage, and you will smell and taste our delicious gastronomy.

- \* **Black History Route:** The main crimes and the evolution of justice in Tudela narrated in a single route
- \* **Route of the Jewish Quarters:** Meet the most important Jewish quarter of the Kingdom of Navarra in the thirteenth century
- \* **Route of the Walls:** Immerse yourself in the history by visiting the remains of the fortifications that are still preserved

SCHEDULES AND CONDITIONS:

Monday to Sunday: 11:00 h. (Departure from OT Plaza de los Fueros)  
On special days check schedule  
Monday to Saturday: 5:00 p.m. (Departure from OT Plaza de los Fueros)  
Individual reservations 1 month in advance  
Group reservations 3 days in advance

PRICE:

5€/ Person  
150€/Groups (minimum 30 people / maximum 60 people)



## IRRISARRI LAND LEISURE AND ADVENTURE PARK

### EXPERIENCE

Specially designed and designed for families, we are a rural resort and leisure and adventure park ideal for all members of the family, a set of accommodation facilities, restaurants and a multitude of activities, all concentrated in an idyllic environment. Surprise your whole family with an unforgettable day in IrriSarri Land.

Various accommodation options

**Price per adult: € 14 per day.**

**Price per child (up to 12 years): € 12 per day**

Complete your family experience in our 750,000 square meters designed to run, jump, play, or simply walk or rest becomes an incomparable experience. : giant zip lines, BBT, v acuum jumps, Tibetan bridge of 140 meters, Canopy circuit, Pendulum, Bike Park, Climbing wall, disk-golf, children's circuit with pedal cars, inflatables, trampoline, different thematic routes; mythology, nature, adventure



### CONTACT / RESERVATION

**Company:** IRRISARRI LAND

**Teelephone:** (+34) 948 928 922

**Mails:** info@irrisarriland.es | gerencia@irrisarriland.es



## ACTIVA EXPERIENCE

# THE STARS IN THE BARDENAS DESERT

### EXPERIENCE

Night Astronomical Observation in the surroundings of Bardenas Reales Stellar tourism experience, ideal for families and groups.

Live the magic of looking at the stars from RuralSuite Hotel Apartamentos. The location of our hotel in a natural and private environment offers an incomparable setting to enjoy this experience without light pollution. A guided journey of thousands of kilometers using our eyes and the help of a professional to understand the wonders of a starry sky. An expert monitor will be in charge of the development of the activity, will carry out constellation recognition workshops and the use of the planisphere as well as the observation of objects through a 150mm refractor telescope and long-range binoculars.

Exclusive activity for groups

\*Price to consult

\*Approximate duration: 2,5h

\*Groups maximum 40 people



### CONTACT / RESERVATION

**Company:** ACTIVA EXPERIENCE

**Address:** Ctra N121C, Tudela - Tarazona, km 7, 7, 31520 Cascante, Navarra

**Telephono:** (+34) 948 850 448 | (+34) 654 500 512

**Contaco:** Stefania Guinea

**Mail:** info@activaexperience.com

**Web:** www.activaexperience.com

**NºReg.Turismo:** UETAC0015





ACTIVA EXPERIENCE  
**CYCLING ROUTES FOR  
FAMILY**

EXPERIENCE

The Tarazonica Greenway arises from the old train route that linked Tudela with Tarazona. Its 22km of route with a slight drop of 200m, have become an ideal space to develop from walks, continuous running or interesting bicycle rides. During the tour, you can appreciate not only the beauty of the natural environment that surrounds it, but also old stops and train stations.

A total of 9 marked routes adapted to all types of users, ideal for enjoying the practice of this sport, comfortable, fun and sustainable, touring the Bardenas Reales desert.

Rental of conventional bikes and electric folding bikes: They fold in less than 30 seconds and are very easy to transport. In addition to their great autonomy, up to 70km, they will allow you to travel all kinds of roads.  
All bikes include: helmet, repair kit and bottle of water.

MTB adult: € 20 | Electric bike: € 50 | Tandem: € 40 | Child bike: € 15 | Baby Carriage (1 or 2 seats): € 20 | Child carrier: € 12



CONTACT / RESERVATION

**Company:** ACTIVA EXPERIENCE  
**Address:** Ctra N121C, Tudela - Tarazona, km 7, 7, 31520 Cascante, Navarra  
**Telephono:** (+34) 948 850 448 | (+34) 654 500 512  
**Contacto:** Stefania Guinea  
**Mail:** info@activaexperience.com  
**Web:** www.activaexperience.com  
**NºReg.Turismo:** UETAC0015



ACTIVA EXPERIENCE  
**ON HORSEBACK IN THE  
MUGA**

EXPERIENCE

Horseback riding: coming with children is not a problem, on the contrary, a family excursion can be an ideal activity for the little ones to also enjoy nature and the horse.

Exclusive activity for clients of our hotel.

Roads in the muga between Navarra and Aragon, perfect for riders with little experience but wanting to enjoy and learn the basics.  
We can organize à la carte routes of greater duration and level.

Tours adapted to all types of families:

- \*Approximate duration: 1 hour
- \*Price per person and hour: € 35
- \*Minimum 2 persons



CONTACT / RESERVATION

**Company:** ACTIVA EXPERIENCE  
**Address:** Ctra N121C, Tudela - Tarazona, km 7, 7, 31520 Cascante, Navarra  
**Telephono:** (+34) 948 850 448 | (+34) 654 500 512  
**Contacto:** Stefania Guinea  
**Mail:** info@activaexperience.com  
**Web:** www.activaexperience.com  
**NºReg.Turismo:** UETAC0015



## SENDAVIVA VIAJES

## FAMILY TRIPS

## EXPERIENCE

**SENDAVIVA** is an amusement park located next to the natural park of the Bardenas Reales in Navarra (Spain). It covers an area of approximately 120 hectares, divided into four zones, the Village, the Farm, the Forest and the Fair. The areas are connected to each other by various paths and internal transport, and in the center is an artificial lake of about 15,000 m<sup>2</sup>. Its capacity is 6,000 people.

The tour of the park is divided into four areas: "El Pueblo", "La Feria", "The" Forest" and the "Farm". Upon entering the site, you will find "El Pueblo", starting point of the tour.

## GROUPS

- \* Group access
- \* 1 night at hostel
- \* 1 activity group

**PRICE:** from 49€ / person (minimum group of 20 people)



## CONTACT / RESERVATIONS

**Company:** SENDAVIVA VIAJES  
**Address:** Carretera Virgen del Yugo s/n - 31513 Arguedas (Navarra)  
**Telephone:** (+34) 948 088 100  
**Mail:** info@sendaviva.com  
**Web:** www.sendaviva.com



# 15 MOTOR

AUÑAK TOURISTIC SERVICES  
**IRATI FOREST ·  
GUIDED VISITS IN 4X4**

EXPERIENCE

**IRATI FOREST: GUIDED VISITS IN 4X4**

Discover, in a few hours, the immensity of the Irati Forest.

We will show you, in addition to the impressive forests, how the human being has been modeling the landscape little by little, through the livestock, forestry activity.

The Royal Orbaizeta Weapons Factory, the wars, the border, the contraband, the cromlechs, the Urkulu tower, the aezkoa granaries, ...

Departures: From Garralda, next to the church tower, every day, in the morning or in the afternoon, with prior reservation and availability

Possibility of transfers or pick-ups, with our taxi (8 seats), from anywhere

**PRICE: 4 people (220€)**

Another number of people: contact us



CONTACT / RESERVATIONS

**Company:** AUÑAK TOURISTIC SERVICES

**Address:** Garralda 31693 (Navarra)

**Telephone:** (+34) 609 411 449

**Mail:** excursiones@aunak.es

**Web:** www.aunak.es



NATAVEN NATURE AND ADVENTURE  
**ACTIVITIES AROUND THE BARDENAS  
REALES DESERT (BY SEGWAY)**

EXPERIENCES

**GUIDE EXCURSION BY SEGWAY AROUND THE BARDENAS REALES DESERT**

Activity time: 3,3 hours

PRICE: 95€ / person

**PACK: SEGWAY BARDENAS AND HOTEL "CAMINO DE LAS BARDENAS"**

\* Segway route + accommodation + breakfast PACK. PRICE: 135€ / persona

\* Segway route + accommodation + breakfast + lunch PACK.

PRICE: 150€ / persona



CONTACT / RESERVATIONS

**Company:** NATAVEN NATURE AND ADVENTURE

**Address:** Plaza de Azucarena, 5 - 31500 Tudela (Navarra)

**Telephone:** (+34) 629 425 577

**Mail:** info@nataven.es | **Web:** www.nataven.es



ACTIVA EXPERIENCE  
**BUGGY ROUTES**

**EXPERIENCE**

**2 HOURS ROUTE**

We ride up to 800 meters , reaching "Alto de la Muga". Our most demanding tour outside Bardenas, we will ride up to 800 meters, direction Moncayo mountain.

An awesome tour for those who want to experience more off-road and more action!

Our most demanded tour is designed to give you more time on the quad to experience the ride up into the hills.

**PRICES**

Buggy 2 seats: 150€  
Buggy 6 seats: 250€  
Comission: 10%

**5 HOURS ROUTE: Bardenas Reales**

The Bardenas Reales Nature Park and Biosphere Reserve, a desert-like landscape, is one of the main and most attractive tourism offers in Navarra and Activa Experience is the only company to offer guided tours with automatic buggys ( arctic cat ) , quad bikes and jeep to discover this enigmatic landscape.

A guided tour with more than 100 km to enjoy a sharp and beautiful contrast between the landscape that surrounds us: gentle slopes, Bardenas desert, Ebro River, Tudela...

Our guides will explain the ecological and geographical values of Bardenas and will ensure to fulfil the norms and procedures of the National Park being based on strict compliance with environmental protection procedures.

**PRICES**

Buggy 2 seats: 300€  
Buggy 6 seats: 500€ - Comission: 10%  
Comission accommodation + activity: 20%



**CONTACT / RESERVATIONS**

**Company:** ACTIVA EXPERIENCE  
**Telephone:** (+34) 948 850 448 | (+34) 654 500 512  
**Mail:** info@activaexperience.com  
**Web:** www.bardenasrealesnavarra.com



**ACCOMMODATION**

**ACOMMODATION OFFER RURAL SUITE – HOTEL APPARMENTS**

**Our appartments**

9 fully equipped apartments decorated with modern and trendy design and located in two different buildings

**Exclusive groups accommodation**

Exclusives villas (12) 5 people  
Row appartments (20) 7 people  
Hotel in exclusivity (32) 12 people

**PRICES**

\* Suite 2 people: 150€ / night  
\* Suite 4 people: 200€ / night  
Comission: 10%  
Comission accommodation + activity: 20%



## NAVARIDER MOTORBIKE ROUTES THROUGH NAVARRA

### EXPERIENCE

#### WHY IS NAVARRA THE IDEAL DESTINATION FOR MOTOR ENTHUSIASTS?

Because Navarre has 2,001 kilometres of roads made to enjoy driving, through many different settings of exceptional beauty.

Because there's a wide range of restaurants, bars and accommodation throughout Navarre, offering excellent service and hospitality, and fine cuisine based on regional produce.

Because Navarre is a land of incredible scenic diversity. In just a few kilometres, the scenery changes from the Pyrenees to the Cantabrian valleys, from Mediterranean landscapes with grapevines and olive trees to the Irati forest, from the desert-like scenery of the Bardenas Reales to the meadowlands in the valleys. All to be found in an area of just 10,500 km<sup>2</sup>.

Because Navarre is the history of a Kingdom and the entry of the Way of St James into Spain. Because Navarre is home to the world-famous fiesta: the San Fermin fiesta of Pamplona. And because Navarre has the best circuit in the north of Spain: The Navarre Circuit (Los Arcos)

#### NAVARIDER, the motor experience in Navarre

2,001 kilometres of routes to get your adrenaline going!  
[www.navarider.com](http://www.navarider.com)

### CONTACT / RESERVATIONS

**Company:** NAVARIDER

**Address:** c/ Pedro I, nº 1, 1º - 31007 Pamplona (Navarra)

**Telephone:** (+34) 948 268 412

**Mail:** [info@motorutas.com](mailto:info@motorutas.com)

**Web:** [www.navarider.com](http://www.navarider.com)



ACTIVA EXPERIENCE  
**BUGGY ROUTES**

**EXPERIENCE**

Feel traveling, not a tourist!  
Live new experiences, discover, share, and disconnect from everyday life with the largest number of active tourism, cultural and leisure activities in the south of Navarra.  
We have all the resources to organize your incentive trip, event private, unique meetings and experience travel.  
We propose activities in the natural environment, especially in the Natural Park de las Bardenas Reales (desert) and the Ribera Baja de Navarra gastronomic as cultural, as well as adventure or disconnection activities.  
Enjoy a wide range of activities that associate the richness of our region respecting environment and fun with friends, working group, family, couple, or why not, alone.  
We take a sustainable and accessible approach that raises awareness in our own clients on biodiversity and natural richness of our sites emblematic and other unknown.  
We do inclusive ecotourism, accessible tourism for all, without distinction. Our values and principles are based on equality, dedicated to the provision of active tourist services, where you can feel traveling, not tourist and with a qualified, committed and responsible human team with the environment.  
We are a company that believes in sustainability as a fundamental pillar of our actions, we feel integrated into the environment and with a clear respect for the environment.  
We design experiences for companies in Bardenas Reales. Teambuilding Outdoor Training and Enterprise Incentive Activities as Guided Routes on buggy, quad and 4x4 to discover the wonderful scenery of Bardenas. We have extensive experience organizing all kinds of working meetings, workshops, product

**CONTACT / RESERVATION**

**Company:** ACTIVA EXPERIENCE  
**Address:** Ctra N121C, Tudela - Tarazona, km 7, 7, 31520 Cascante, Navarra  
**Telephone:** (+34) 948 850 448 | (+34) 654 500 512  
**Contact:** Stefania Guinea  
**Mail:** info@activaexperience.com  
**Web:** www.activaexperience.com  
**NºReg.Turismo:** UETAC0015



**ACCOMMODATION**

Do you encourage yourself to enjoy your guided tour of Buggy in the Bardenas Desert? Real?  
Combine our buggies as you like!  
Experience an unrepeatable feeling in the safest way with our guided routes. If you want to enjoy an experience in the wonderful desert scenery of Bardenas, whether it's with your family, your partner or your friends, a guided tour with our vehicles are the best choice.  
La Ribera Navarra offers a very characteristic landscape and its diverse nature that in a few minutes we pass the spectacular semidesert landscape of the Bardenas Reales to the fertile valleys of the Ebro, not forgetting the olive trees and vineyards of the Valle del Queiles and Alhama.  
Any special requests, extra services (picnics, snacks, tasting),



# 16 LUXURY



IRRISARRI LAND  
LUXURY SLOW TOURISM EXPERIENCE

## EXPERIENCE

**CABIN DELUXE "BOARD BASAJAUN BASOA".**

Exclusive board: One large room, panoramic lounge, kitchen and whirlpool

**THE YRISARRI PALACE RESTAURANT**

Dinner and / or lunch in a 16th century mansion, with a panoramic restaurant in front of the mountains of Izu, Pagolleta and Beltzutza, where the gastronomy of 5 villas has its own name in front of our Cheff Teresa Gil and a letter based on seasonal products, vegetables and meat from Navarra, fish and desserts ... with traditional elaborations and winks to the latest trends in the kitchen

Price/Person:

Accommodation 1 noche + 1 Diner + 1 Breakfast: Since 149,5 € / Person

\*Previous Booking

\*We also have exclusive boards for 6 and 4 people

\*If you want to add an activity to your Luxury experience, do not hesitate to consult



## CONTACT / RESERVATIONS

**Company:** IRRISARRI LAND

**Telephone:** (+34) 948 928 922

**Mails:** info@irrisarriland.es | gerencia@irrisarriland.es

NAVARSOL TRAVEL AGENCY  
PAMPLONA VIP EXPERIENCE (3 DAYS)

## EXPERIENCE

**DAY 1**

Reception by our staff at the Hotel + Lunch at Europa Restaurant 1 Michelin Star (tasting menu) + Complete visit of Pamplona (tour of the Running Bulls + Bullring) + Accommodation in 4 \*\*\*\* Hotel (Historic Center)

**DAY 2**

Meeting with our staff for Pamplona Historical Visit + Museum and Cathedral. Lunch at Street Estafeta Restaurant with tasting menu Sidrería with Txuletón (our typical stick of beef+ Accommodation Hotel 4 \*\*\*\* Historic Town

**DAY 3**

Meeting with our staff at the time indicated for a last unique Gastronomic experience in Pamplona Food on the Pintxos route (Typical miniature food), we will visit the three most famous bars for these miniatures

**PRICE PER PERSON: 395 €**

## CONTACT / RESERVATIONS

**Comapany:** NAVARSOL TRAVEL AGENCY

**Address** Avda Sancho El Fuerte, 8 - 31007 Pamplona

**Telephone:** (+34) 948 198 758 | Fax: (+34) 948 171 735

**Mail:** info@navarsol.com

**Web:** www.navarsol.com



# 17 THERMALS / SPA

## ELGORRIAGA THERMAL SPA

## THERMAL TRAVEL AT ELGORRIAGA SPA

## EXPERIENCE

## THERMAL TRAVEL

We offer a full range of experiences and sensations. Explore water with the highest salinity in Europe in our "thermal circuit".

## Pool features:

\* Swim upstream/ Waterfalls /Cold contrast pool / Massage jets for/ lower extremities/ Goosenecks/ Jacuzzi inside/ Seats with lumbar jets/ Beds of relaxing bubbles

## Rest of the tour:

\* Sweet-ludic pool with lumbar jets and relaxation area  
\* Dry/Finnish Sauna  
\* Sauna wet / steam room  
\* Contrast showers  
\* Bucket shower | shower sensations | relaxing shower | misting shower | waterfall shower  
FLOTARIUM, You won't find a pool with higher salinity in Europe. You will get the same buoyant feeling you would get in the Dead Sea.

**ACCESS RATES TO THE ROUTE THERMAL:** 24€ / person

## OTHER FACILITIES

Fitness/ Whirlpool/Hydrotherapy, Single and double/ Still Jet/ Vichy Shower/ Hand Baths/ Swedana Steam Bath with aromatherapy individually/ Pediluviums/ Inhalations

## MASSAGES

The Balneario Elgorriaga Hotel provides an exclusive and extensive menu of massages, body treatments and beauty rituals to enhance your relaxation during your stay with us.

## RECOMMENDATIONS

To enjoy the journey, don't forget to bring a towel, bathrobe, slippers, or hat. We also highly recommend snorkelling



## CONTACT / RESERVATIONS

**Company:** ELGORRIAGA THERMAL SPA  
**Address:** c/ Errotaldea - 31744 Elgorriaga (Navarra)  
**Telephone:** (+34) 948 456 045  
**Mail:** reservas@balnearioelgorriaga.com  
**Web:** www.sanvirilahoteles.com



## FITERO THERMAL SPA

## THERMAL TRAVEL AT FITERO SPA

## PACKAGES

Two springs emerge from the depths of the earth, bringing to life one of the most important thermal spa resorts in Europe.

The excellent therapeutic qualities of its waters, which surface at a temperature of more than 50°C, are particularly recommended for rheumatic and respiratory disorders and rehabilitations.

## CLASSIC PACKAGE

- \* 3 nights half-board stay
- \* 1 general bath with a pressure jet and underwater massage
- \* 1 sauna in our natural stone cave
- \* 1 half-hour session in a hydrothermal pool with underwater jets and cascades and bubble beds
- \* Free access to the outdoor 34°C hydrothermal pool

**PRICE:** from 183€ / person

## SPECIAL OLDER THAN 55 YEARS OLD

- \* 5 nights full-board stay (from Sunday to Thursday inclusive)
- \* Medical consultation at the Spa to assess and monitor the patient's condition
- \* 5 half-hour sessions in a hydrothermal pool with underwater jets and cascades and bubble beds
- \* Free access to the outdoor 34°C hydrothermal pool

**PRICE:** from 333€ / person

- \* Back Program
- \* Rehabilitation
- \* Heavy Legs
- \* Respiratory Tract Therapy

## CONTACT / RESERVATIONS

**Company:** FITERO THERMAL SPA  
**Address:** c/ Extramuros, s/n - 31593 Fitero (Navarra)  
**Telephone:** (+34) 948 776 100  
**Mail:** info@balneariodefitero.es  
**Web:** www.balneariodefitero.es



HOTEL BED4U PAMPLONA  
**URBAN SPA**

**EXPERIENCE**

From 75€/night (VAT included)  
(5% off using the promo code DESCUENTOWEB during the booking process)

WE HAVE PREPARED A SPECIAL PLAN SO YOU CAN GIVE YOURSELF A WHIM AND PAMPER YOUR BODY AND MIND WITH THIS GETAWAY RELAX4U THAT WE PROPOSE YOU.

- One night hotel in Accommodation (2 people)
- Buffet Breakfast (2 people)
- Romantic welcome in the room.
- Two tickets for the Spa & Sport Itaroa Huarte (complete circuit of hydrotherapy and relaxation (3 hours)
- Late Check out until 15:00 (subject to hotel availability)
- Pack Tourist information and routes to visit Pamplona.
- In addition to being a Bed4u customer you can enjoy a 10% discount on all massages and treatments.

\*The Spa is located a 10-minute drive from the hotel.  
Valid offer every day of the week. Excepting San Fermin Festivak from 5 to 14th July, and Semana Santa 2019.



**CONTACT / RESERVATION**

**Company:** BED 4 U HOTELES  
**Telephone:** (+34) 948 292 808  
**Mail:** pamplonabed4uhotels.com  
**Web:** www.bed4uhotels.com



HOTEL EL TORO PAMPLONA SPA  
**SPA EN PARAJE NATURAL**

**EXPERIENCIA**

**ENCLAVE PRIVILEGIADO**  
Pamplona El Toro Hotel & Spa \*\*\*\* is in a building with four centuries of history behind it and great artistic and cultural value, having been transported in 1968 to its current location, piece by piece, from its place of origin, 30 kilometres away. Its rooms, facilities, services, restaurant and location in a natural setting all make this the ideal place for those looking to enjoy Pamplona and its surroundings.

**THE PERFECT PLACE TO LEAVE BEHIND THE TENSIONS AND ENTER THE SEARCH FOR RELAXATION**

- Thermal Beds
- Salt Sauna
- Wet Sauna
- Hydromassage Pool
- Schedule: 9:00 a.m. to 8:00 p.m.
- Duration of the circuit: 50 minute
- Prior reservation according to availability



**CONTACTO / RESERVAS**

**Entidad / empresa:** HOTEL PAMPLONA EL TORO  
**Dirección:** Ctra. Guipuzcoa, Km 5 - 31195 Berrioplano (Navarra)  
**Teléfono:** (+34) 948 302 211  
**Mail:** reservas@hotelpamplonaeltoro.com  
**Web:** https://www.hotelpamplonaeltoro.com/



Centro de Retiros del Pirineo Navarro

# YOGA AND MEDITATION

## EXPERIENCES

### YOGA WITHDRAWAL AND MEDITATION

Designed to make you feel relaxed and recover the energy you need to confront our day by day, so that you travel inside, you find and discover the answers that you need.

Conceived to focus on what is really important to you, to away from the daily junctures and get a better perspective of your fate, of your objectives and your life in general.

Reflections of reflection, empowerment and transformation.



## CONTACT/ RESERVATION

**Entity/Company:** CENTRO DE RETIROS DEL PIRINEO NAVARRO

**Address:** San Lorenzo, 41- 31438 - Arrieta (Navarra)

**Telephone:** (+34) 660488550

**Mail:** [info@retiropirineos.com](mailto:info@retiropirineos.com)

**Web:** [www.retirosyogapirineo.com/](http://www.retirosyogapirineo.com/)



### OUR WITHDRAWALS INCLUDE:

- Single or shared double room in a completely renovated palace house of the SXIII
- Vegetarian, ayurvedic and ecological food from our farm or from friendly orchards
- We offer a purification diet based on the routine of Ashram, with an abundance and full brunch or breakfast/lunch after morning and early lighter dinner
- Yoga, pranayama and guided meditation sessions at dawn and sunset
- Walk guided by a hayedo, in the vicinity of the center
- Practice of millenary techniques of relaxation and awareness in nature
- Tea and seasonal fruit available all day
- Transportation to the Center not included

PRICE: Double occupancy room 2 people (C2Q) - From 220€  
We speak English, Spanish, Basque, French and Italian



## Centro de Retiros del Pirineo Navarro YOGA AND MEDITATION

### EXPERIENCES

#### WITHDRAWAL 4 DAYS

Withdrawal of Yoga and Meditation:  
Designed to make you feel relaxed and  
with energy, with the goal of  
centers on what is really important  
for you.

Price: From €369  
Regime: Full Pension  
Duration: 4 days  
Minimum x persons



#### WITHDRAWAL 3 DAYS:

Withdrawal of Yoga and Meditation:  
Retreat designed to travel inside you,  
find and discover the answers that you  
need

Price: From €220  
Regime: Full Pension  
Duration: 3 days  
Minimum x persons



SEE DATES AND PROGRAMS 2021-2022 ON OUR WEB

[www.retirosyogapirineo.com](http://www.retirosyogapirineo.com)

### CONTACT/ RESERVATION

**Entity/Company:** CENTRO DE RETIROS DEL PIRINEO NAVARRO  
**Address:** San Lorenzo, 41- 31438 - Arrieta (Navarra)  
**Telephone:** (+34) 660488550  
**Mail:** [info@retiropirineos.com](mailto:info@retiropirineos.com)  
**Web:** [www.retirosyogapirineo.com/](http://www.retirosyogapirineo.com/)



#### WITHDRAWAL 3 DAYS:

Yoga meditation and Conscience:

Day 1:  
7:00pm - Arrival and welcome  
7:30 p.m. - Satsang and introduction to retirement  
9:30 p.m. - Dinner  
Day 2:  
8:00am - Tea and fruit  
8:15 a.m. - Meditation and Pranayama  
9:00am - Hatha yoga  
10:45 a.m. - Brunch (lunch/lunch)  
11:30 a.m. - Free time  
12:30 p.m. - Exit at the hayedo. Forest bath  
and Pranayama  
6:30 p.m. - Dinner  
8:00pm - Satsang: Meditation, Kirtan and Reading

Day 3  
8:00am - Tea and fruit  
8:15 a.m. - Meditation and  
Pranayama  
9:30 a.m. - Hatha yoga  
11:30am - Brunch (lunch/lunch)  
1:00pm - Farewell  
Price: From €369  
Regime: Full Pension  
Duration: 4 days  
Minimum x persons

#### WITHDRAWAL 3 DAYS

Day 3:  
08: Tea and fruit  
08: 30h Departure to Irati Forest  
09: 00h Irati Forest  
Breakfast  
Meditation and Pranayama  
Hatha Yoga  
Walk  
Picnic

18: 30h Dinner  
20: 00h Satsang: Meditation, Kirtan  
and readings  
Day 4:  
8:00am Tea and fruit  
8:15h Meditation and Pranayama  
9:30am Hatha Yoga  
11:30am Brunch (lunch/lunch)  
1:00pm Farewell

#### WITHDRAWAL 5 DAYS

Reflection, Empowerment, Transformation...

Day 5  
8:00am Tea and fruit  
8:15h Meditation and Pranayama  
9:30am Hatha Yoga  
11:30am Brunch (lunch/lunch)  
1:00pm Farewell



# **18**

## **SUSTAINABLE TOURISM**



## ENTHEOSBIO

## BIODYNAMIC AGRICULTURE

## WE ARE

Entheos is an advisory and training company in Biodynamic Agriculture, in which we also seek to spread the practice of this type of agriculture for the benefit of the environment, the land and the quality of the food that comes from it.

Biodynamic Agriculture is a natural and sustainable technique that is based on the responsible use of natural resources and respect for the environment, and that works with the vital energies of nature, without using chemical substances and prioritizing local production, taking into account the ancient knowledge:

- \* Respect the rhythms of nature.
- \* Produces balanced foods,
- \* Food full of flavor
- \* Foods with more vitamins and various mineral salts
- \* Food without added pollutants, with high quality.
- \* Living and healthy foods
- \* Food with the essence of the place, with the quality of minerals, plants, animals and humans that interact there



## ENTHEOS SUSTAINABILITY farm organism

Our sustainability project at the Entheos farm organization is structured in three main parts: the plant world, the animal world and an interface that unites the two worlds, a point of contact between the aquatic and the terrestrial, our raft.

In continuous change and learning, we are creating Entheos as a unique place, taking advantage of the privileged natural setting on the banks of the Ega river and at the foot of the great rock on which the town of Lerín sits.



Our purpose is not only to help you learn to cultivate in a more respectful way, we want to know you, know your land, its characteristics, see your potential and take it out into the world.

## ENTHEOSBIO

## BIODYNAMIC AGRICULTURE

## SERVICES

## PLANNING AND STUDY OF THE FARM

Initial assessment of the needs and potential of the farm. The study of the farm includes an annual planning and calendar of actions with a firm commitment on the part of the farm

## BIODYNAMIC ADVICE

Transmission of agronomic knowledge aimed at the healthy improvement of the farm: the land, the plant and the social organization.

## CROP MONITORING

Constant and active monitoring of rhythmic processes throughout the year: germination, growth, flowering and fruiting.

## PREPARATION AND USE OF PREPARATIONS

Specific training in biodynamic preparations: what it is, what it is for, how it is made and what is its function.

## CATTLE RAISING

Following the ecological and sustainable criteria: Interpretation of the animal kingdom on the farm as a contribution to a living fertility, the animal must be included as a vital part of the farm organism: Collaboration in livestock and holistic grazing, Production of feeding: forages and cereals, crop rotation.

## USING THE MARIA THUN CALENDAR

In each season of the year, suitable works are carried out at the most favorable moments related to the cycle of heaven and earth.

## CREATION OF THE FARM ORGANISM

Design of an autonomous entity in an agricultural farm in a way balanced with the proper proportions of the various kingdoms: mineral, plant, animal and human for the creation of a self-regulating ecosystem.

## TRAINING AND EVENTS

Training center specialized in biodynamic agriculture, with Qualification approved both for professionals in the sector and for people with an interest in organic agriculture and the natural lifestyle.

## CONTACT / RESERVATIONS

**Company:** ENTHEOSBIO BIODYNAMIC AGRICULTURE

**Address:** Calle Baigorri, 56 - 31260 - Lerin (Navarra)

**Telephone** (+34) 618 888 558

**Mail:** info@entheosbio.es

**Web:** <https://www.entheosbio.es/>



## ENTHEOSBIO SPECIAL SPACES

### EXPERIENCE

Located in an idyllic place to relax, between the pine forests, the banks of the River Ega and the foot of the great rock on which the town of Lerín, in Navarra, sits.



Among all our services you can enjoy a large room where you can meet to celebrate your family or business events, even plan an activity or a sport in the surroundings of the farm.

Let your imagination fly and count on Entheos for your project.



### CONTACT / RESERVATIONS

**Company:** ENTHEOSBIO BIODYNAMIC AGRICULTURE

**Address:** Calle Baigorri, 56 - 31260 - Lerín (Navarra)

**Telephone** (+34) 618 888 558

**Mail:** info@entheosbio.es

**Web:** <https://www.entheosbio.es/>



## ENTHEOSBIO RURAL ACCOMMODATION

### EXPERIENCE

THE RURAL ACCOMMODATION has been built under the parameters of sacred geometry, understanding the importance of shapes to harmonize a place. Everything is thought out, so that our tenants arrive, disconnect from the stress of the daily maelstrom, rest and surrender to the rhythm of nature, to recover their vital energy.



#### ALL YEAR IS A GOOD TIME TO VISIT US

Farm located between the pine forests and the Ega river, under the rock where Lerín (Navarra) sits. with capacity for 28 people (6 rooms) couples, individuals or groups.

Private farm with large special Parking for cars, vans, trucks, trailers, motorcycles, quads, horses ...

Large capacity room to celebrate business or family events, plan activities or sports in the surroundings of the farm, disconnect from stress, rest and feel the rhythm of nature to recover vital energy.

Let your imagination fly and count on Entheos for your project



## ENTHEOSBIO

## AUTUMN COURSES

## EXPERIENCE

## BIODYNAMIC AGRICULTURE

This seminar was created to promote ecological, sustainable and environmentally friendly agriculture.

The need arises for a unified and orderly content so that people learn to drive the forces of life on earth.

## FRIDAY November 5

18:00 h. - Reception, welcome and presentation

18:30 h. - Round table

19:30 h. - Biodynamic agriculture of yesterday and today:

- \* Inspiration from the earth
- \* Decomposition forces.
- \* Goethe

21:00 h. - Closing

## SATURDAY November 6

9:00 a.m. - Reception and welcome

9:30 a.m. - Understand the seasonal process that begins in autumn on earth from biodynamics.

- \* Connection with nature
- \* Fertility. Biodiversity.
- \* Biodynamic preparations of this time

15:30 h. - Field practices: preparation of preparations

19:00 h. - Closing

## AIMED AT:

- \* Farmers
- \* Technicians
- \* Professionals
- \* People who have the concern to know more

## TAUGHT BY ÁNGEL AMURRIO

DURATION: 13 SCHOOL HOURS

PRICE: € 75 / Person (Food included)

\* Possibility of accommodation on the farm: € 40 / person / night

RESERVATION: info@entheosbio.es / T.: 618.888.558



## ENTHEOSBIO

## GOETHEAN OBSERVATION

## SERVICES

## INTRODUCTION COURSE TO GOETHEAN OBSERVATION

## OBSERVATION, GOETHEANISM AND THEORY OF KNOWLEDGE

Based on Rudolf Steiner's Theory of knowledge, as a faithful and safe way to discover Anthroposophy and its intimate relationship with the future of the Human Being, this activity has been put at the service of the creation of community through the perception of others companions on the way and from the implementation of the "creation from nothing", moral principle of the Philosophy of Liberty.

In this meeting, as we usually do, we will first give instructions for individual exercise. After this practice, we will share the processes that have taken place and in this way walk towards the ideal of Social Art. We seek the way to conquer the feeling of authorship own and individual on the path of self-knowledge oriented according to the indications of Goethe, Steiner, Benesch and Jaime Padró.

## PROGRAM:

## Saturday (all day) and Sunday (morning only)

- \* I work with the attention force of the senses and the forces of the scenery.
- \* Gaze attention exercises
- \* What is Phenomenology? Observation, description, recreation and synthesis.
- \* The observation of an artificial object.
- \* The laws of polarity and the expression of contrast
- \* The description as a gateway to the Theory of Knowledge
- \* The description as a key to find me watching
- \* The observation of the mineral, the plant and the animal
- \* The observation of a text. Illuminate the interior space with attention in thinking.
- \* The passage from Philosophy to Anthroposophy. Individuality and Philosophy of Liberty.

## TAUGHT BY JESÚS ATENCIA

DATES: Saturday 13 and Sunday 14 November (Rest Consult)

PRICE: € 65 / Person

\* possibility of meal € 12 and / or accommodation info@entheosbio.es

## CONTACT / RESERVATIONS

Company: ENTHEOSBIO BIODYNAMIC AGRICULTURE

Address: Calle Baigorri, 56 - 31260 - Lerín (Navarra)

Telephone (+34) 618 888 558

Mail: info@entheosbio.es

Web: <https://www.entheosbio.es/>



ENTHEOSBIO  
**LIFE FOR THE BEE**

EXPERIENCE

**BEEKEEPING COURSE**

PROGRAM:

- \* Bees in nature.
- \* What can be learned?
- \* Biology of the honey bee.
- \* Biology of varroa.
- \* Resistant colonies: a glimmer of hope.
- \* Diagnosis of varroa.
- \* Biodynamic beekeeping 1
- \* Biodynamic beekeeping 2:
- \* Varroa treatments: Detailed introduction in physical methods, chemical and biotechnological.
- \* The common story of man and the bee.
- \* The common future of man and the bee

TAUGHT BY JOHANES WIRZ

DATES: November 19 and 20, 2021 (Other Consult)

PRICE: € 279 / Person

\* Possibility of accommodation: € 40 / night / info@entheosbio.es



CONTACT / RESERVATIONS

Company: ENTHEOSBIO BIODYNAMIC AGRICULTURE

Address: Calle Baigorri, 56 - 31260 - Lerin (Navarra)

Telephone (+34) 618 888 558

Mail: info@entheosbio.es

Web: https://www.entheosbio.es/



ENTHEOSBIO  
**LITTLE KNOWLEDGE**

EXPERIENCE

**WEEKEND DES\_CONNET**

Treat yourself to a weekend with us, you will disconnect from day to day to connect with you and yours.

Visit us as a family, as a couple, with co-workers ...

COMPLETE YOUR EXPERIENCE WITH OUR LITTLE KNOWLEDGE:

SPECIALTIES:

- \* Composting
- \* Preparations
- \* Medicinal plants Handicrafts
- \* Phytotherapy

OTHERS:

- \* Crystallizations
- \* Astronomy

DATES: Consult

LITTLE KNOWLEDGE: Consult according to available program and dates

ACCOMMODATION: € 40 / Person / Night

We are preparing new products and activities for all audiences, check our website

UN ESPACIO PARA CONECTAR CONTIGO Y LOS TUYOS



# 19 CIRCUITS & EXCURSIONS

## SENDAVIVA VIAJES

**COMBINABLE EXCURSIONS  
FROM 2 TO 8 DAYS****EXPERIENCES****GETAWAY TO TUDELA AND BARDENAS (2 DAYS)**

Your stay in the Ribera capital from €90 / pax:

- \* 3 and 4 star hotels - Double Room accommodation. (2 nights with accommodation and breakfast)
- \* Guided Tour of La Bardena Real of Navarre
- \* Guided Tour of the city of Tudela

What's more, we suggest:

- \* Theatrical Tour of Tudela: €15 / pax
- \* Horseback Rides: €30 / pax two-hour riding session through the Ebro river groves
- \* 4X4 visit to Bardenas: €35 / pax, Natural Park, Biosphere Reserve

**GETAWAY TO RONCAL AND PYRENEES (2 DAYS)**

Your stay in Roncal from 105 € / pax:

- \* 2 and 3 star hotels - Double Room accommodation. (2 nights with accommodation and breakfast)
- \* Guided Tour of Ochagavía, Isaba and Belagua
- \* Visit to the Cheese Museum

What's more, we suggest:

Visit the Mesa de los Tres Reyes mountain from €15 / pax

**GETAWAY TO TIERRAS DE JAVIER AND GORGES (2 DAYS)**

Your stay in Tierras de Javier from 115 € / pax

- \* 3 and 4 star hotels in the city of Pamplona - Double Room accommodation. (2 nights with accommodation and breakfast)
- \* Guided Tour of Javier and Sangüesa and the city of Pamplona

What's more, we suggest:

- \* Guided Tour of Olite: €15/pax
- \* Visit the Lumbier and Arbayún Gorges (without guide)

**CONTACT / RESERVATIONS**

**Company:** SENDAVIVA VIAJES

**Address:** Carretera Virgen del Yugo s/n - 31513 Arguedas (Navarra)

**Telephone:** (+34) 948 088 100

**Mail:** info@sendaviva.com

**Web:** www.sendaviva.com



## NOVOTUR TOURIST GUIDES OF NAVARRA

# DISCOVERING PAMPLONA

### EXPERIENCE



#### DISCOVERING PAMPLONA

Pamplona is the capital of Navarre. A city where history and ancient traditions go hand by hand.

On this tour, we will learn all the history of this ancient town while we stroll through the narrow streets of the historic quarter. We will stop at some of our magnificent churches, and we can learn all about our gothic Cathedral. We will walk on the middle age ramparts, they will tell us the stories of the pilgrims going to Santiago de Compostela.

We will find the spots where the Running of the bulls takes place. We will walk on Ernest Hemingway's footsteps to discover the reason why so many people are attracted to this dangerous tradition.

We will finish our tour in Plaza del Castillo visiting Café Iruña. The place where Hemingway wrote his world-famous book "The sun also rises". One minute away from here you will be able to taste the most incredible variety of tapas (we call them PINCHOS). There are hundreds of tapas places. We will point you into the right direction.

Price: from 145€ (price for groups)

Duration: up to 2,5 hours

Availability: All year round, except the week of San Fermin (July 6th-14th)

### CONTACT / RESERVATIONS

**Company:** NOVOTUR TOURIST GUIDE OF NAVARRA  
**Address:** Av. Bayona 37, 6ºC, 31011 Pamplona (Navarra)  
**Telephone:** (+34) ) 629 661 604 | (+34) 617 348 844  
**Mail:** francisco@novotur.com  
**Web:** www.novotur.com



# 20 **BUSINESS INCENTIVES AND CONGRESSES**



## IRRISARRI LAND "MIRADOR DE YRISARRI"

### EXPERIENCE

Mirador de Yrisarri is a unique building designed for multifunctional use for corporate events, social events, institutional events, weddings, banquets, camps and more.

- Companies and Congresses
- Business meetings  
Ideal for business meetings, face-to-face forums, thematic symposiums, product fairs, job fairs and coworking days.
- Company Formation  
Suitable space for days of intensive training for work teams of different sizes in different configurations
- Work meetings: we have different spaces to hold work meetings, with all the technological guarantees of audio, video and connectivity. And all catering services, accommodation, leisure and activities, transportation or any other required.
- Congresses and conventions: this building can host congresses of up to 400 participants in an incomparable setting of nature, forest and mountain.



\* CHECK AVAILABILITY AND PRICES

### CONTACT / RESERVATIONS

**Company:** IRRISARRI LAND  
**Telephone:** (+34) 948 928 922  
**Mails:** info@irrisarriland.es | gerencia@irrisarriland.es



## CELLAR PAGO DE LARRAINZAR WORK MEETING AND TEAM BUILDING

### EXPERIENCE

This is a Team building activity around wine at Bodegas Pago de Larrainzar, where you can enjoy a day of teamwork in a beautiful setting, next to the Irache Monastery. Gather your company's work team in a winery just for you.

In addition to a time for your work meeting or presentations, you can discover the secrets of wine making of one the most renowned wineries in Navarre, with important international awards.

After the guided tour to the vineyard and winery by qualified staff, the group will enjoy a tasting of 3 red wines, accompanied by some local Idiazabal cheese. Afterwards, the players will be divided in groups to compete in the Tasting Games, where they will be able to show everything they have learned in different challenges:

- Assembly Game: Each group will have different Pago de Larrainzar wines without assembling. They will have to decide the final blend, using the wines and percentages that they consider appropriate. The winemakers will decide which wine is the most liked.
- Aromas Game: Different essences will be used so that each group can identify the aromas linked to the world of wine.
- Vintages Game: Try to identify the correct succession of different vintages of Pago de Larrainzar.
- Spanish regions Game: Match different wines to its area of origin.
- Price ranges Game: assign a price range to different wines.
- Mystery Game: identify Pago de Larrainzar wine among other wines.

A fun activity, designed for groups in a unique environment, where history and family tradition are linked to the magic of the world of wine.

This is the perfect combination of a work meeting/presentation with a guided tour, tasting and a different game, where players will have to cooperate in a relaxed atmosphere full of fun.



**Precio por persona:** to consult  
**Commission:** 10%  
**Minimum number of assistants:** 8 people

### CONTACT / RESERVATIONS

**Company:** WINE CELLAR PAGO DE LARRAINZAR  
**Contact:** Marian San Martín  
**Telephone:** (+34) 609 606 188 | (+34) 948 550 421  
**Mail:** info@pagodelarrainzar.com  
**Web:** www.pagodelarrainzar.com



OTAZU CELLAR

RENT SPACES FOR COMPANIES

EXPERIENCE

Bodega Otazu has all the necessary facilities for organization of business meetings or congresses with possibility lunch, lunch or dinner for groups of up to 300 people sit-ins. The facilities include Wi-Fi, screens, projectors, microphones and all necessary equipment.

Languages: Spanish, English and French

Time: Check availability

Prices to Query

Minimum People: 10 - Maximum People: 300

This Experience Includes: Rental of spaces

10% Commission tour operators and agencies



CONTACT/RESERVATION

**Company:** BODEGAS OTAZU

**Contact:** Marian San Martin

**Telephone:** (+34) 948329 200

**Mail:** info@otazu.com



# 21 **MEDICAL**

HEALTH TOURISM / NAVARRA HEALTH TOURISM  
**HEALTHY NAVARRA**

**HEALTH**

**MEDICINE, INNOVATION AND QUALITY OF LIFE**

Medicine, a commitment to research and to groundbreaking medical technology are all part of our DNA. The University Clinic of Navarra is, and always has been, a benchmark centre for all those seeking the highest quality of care. It is ranked in first place among the private hospitals with the best reputation in terms of the services provided, while it practically doubles the score of the hospital immediately below it in the ranking. The excellent quality of the San Juan de Dios Hospital and the Sannas Dentofacial Clinic, in addition to the drive of six technology centres, the CIMA and three universities in Navarra, create the perfect environment for an excellent healthcare service that is constantly improving. In Navarra, we enjoy living life to the full. We appreciate every moment in time, the beauty of our environment, the flavours of our cuisine and the pleasure of having everything nearby. We have the lowest unemployment rate in Spain, while we are one of the safest autonomous communities in the country and take third place with regard to per capita income. We offer an excellent range of accommodation, as well as a rich and varied cuisine. Pamplona, our capital city, is attractive, peaceful, safe and convenient. While we are forward-looking, we are proud of our roots and our history. We love sharing our lives with visitors to our land.

**A KINGDOM FULL OF HISTORY**

Navarra was, and still is, a kingdom: the Kingdom of Navarra is present in our landscapes and settlements, castles, churches and fortresses. Their walls conceal stories of kings and noblemen, wars and peace treaties, legends and fables. Furthermore, the Way of St James, the real Way, declared a UNESCO World Heritage site, crosses through our land, showing the marks left by pilgrims over the centuries

**LIVING NATURE**

The slogan says that Navarra is a land of diversity. And this is completely true. In just 10,400 square kilometres, you can find deserts, sierras, rivers and mountains. The lunar landscape of the Bardenas, the Biosphere Reserve, is in sharp contrast to the greenery of the northern valleys of the Pyrenees, the lushness of the Irati Forest, the sheer walls of the limestone Gorge of Lumbier and the fertile market gardens of La Ribera in southern Navarra. Each and every corner of Navarra holds a secret. And each one is different.

**CONTACT / RESERVATIONS**

**Company:** NAVARRA HEALTH TOURISM  
**Address:** c/ Pedro I, nº 1, 1º - 31007 Pamplona (Navarra)  
**Telephone:** (+34) 948 268 412  
**Mail:** info@navarrahealthtourism.com  
**Web:** www.navarrahealthtourism.com



**HEALTH**

**1. WHAT IS IT**

It is a PERSONALIZED MARKETING SERVICE for patient care doctor who offers facilities to the vulnerable situation of this tourist, with the aim to spread to other tourist segments throughout Navarrese territory

- FREE: The goal is to generate synergies and boost the tourism sector's Navarra (agencies, companies, activities, hospitality...)
- \* CUSTOMIZED: Generating added value to any segment of tourism and promoting trusted destination
- INTEGRAL: For national or international tourism with the aim of increasing generating synergies between the insteps of the hospitality sector, increasing the growth of the company's companies, hospitality occupation, Tourist experiences, transportation...

**2. WHAT IT OFFERS**

Focused on any segment of the tourism sector, the Welcome organizes and facilitates a personalized service for every need:

- Welcome and reception at airport, train or bus station.
- Transfers, processing, management and confirmation of travel
- Accommodation (for groups, couples, family or individual)
- Information and re-ers in Restoration and Leisure
- Tourist experiences adapted to every need
- Support for companies to organize their trips, receptions and meetings
- Services of tour guides, lively, stewardesses...
- Other services that the tourist needs: Shopping, gyms, beauty...

• .....  
This Service works through an Online Booking Engine, typical of the AEHN, where our partners can join to market and promote their accommodation and/or tourist products, offering an integrated service for each tourism segment: Medical, Tourism Industry, Film, Sports..., and thus being the tool and liaison between large companies and/or tour operators, and our tourist suppliers

**CONTACT / RESERVATIONS**

**Company:** NAVARRA HEALTH TOURISM  
**Address:** c/ Pedro I, nº 1, 1º - 31007 Pamplona (Navarra)  
**Telephone:** (+34) 948 268 412  
**Mail:** info@navarrahealthtourism.com  
**Web:** www.navarrahealthtourism.com



CENTRES

CLÍNICA UNIVERSIDAD DE NAVARRA

HEALTH

UNIVERSITY OF NAVARRA CLINIC

www.navarrahealthtourism.com

A medical-hospital center located in Pamplona, Spain, which is characterized by its high degree of medical expertise, its constant technological renewal and its care Custom.

The Clinic is a pioneer in the implementation of medical techniques in Europe and at the University of Navarra Clinic has become a reference center national and international. Numerous awards and awards endorse their work.

THE PATIENT IN THE CENTER:

Personalized medicine, focused on the patient and his family, thanks to the dedication exclusive to our professionals, at the medical level and above all human

WE GENERATE KNOWLEDGE:

It is the hospital of the University of Navarra. Specialists, in addition to treating patients, are in continuous training, research and teaching.

RESEARCH TO CURE:

We research to offer new solutions to our patients. With research we are changing the course of disease.

ALWAYS TEAM:

In our DNA is the collaboration of specialists in multidisciplinary teams to comprehensively address the disease and offer the best to each patient.

MEDICAL TECHNOLOGY, UNIQUE IN SPAIN:

The hospital has the most advanced equipment for the diagnosis and treatment of all diseases

HIGH RESOLUTION MEDICINE:

More advanced diagnostic technology and work multidisciplinary to facilitate diagnosis in the first 24-48 hours and treatment within of the first 72 hours.

CONTACT / RESERVATIONS

Company: CLÍNICA UNIVERSIDAD DE NAVARRA

Address: Avenida Pio XII, 36, 31008 Pamplona, Navarra

Telephone: (+34) 948 25 54 00

Mail: [atpacientecun@unav.es](mailto:atpacientecun@unav.es)

Web: [www.cun.es](http://www.cun.es)

Solicitar Cita: <https://www.cun.es/pida-cita>

Consulta 2ª Opinión: <https://www.cun.es/consulta-segunda-opinion>

Citas Pacientes Internacionales: <https://www.cun.es/pacientes-internacionales>



CENTRES

CLÍNICA UNIVERSIDAD DE NAVARRA

EXPERIENCE

BECAUSE TECHNOLOGY AND RESEARCH MEAN NEW OPPORTUNITIES FOR OUR PATIENTS

Investment in equipment is ongoing and we can ensure that we have the the most advanced technology on the market

Europe's Most Advanced PROTON THERAPY UNIT

Magnetic resonance imaging with greater diagnostic imaging accuracy  
One of the fastest-speed TACs "TAC SOMATOM DRIVE



PET-TAC Maximum image accuracy, early detection and minimal radiation

HYBRID CHIRALS for maximum intraoperative accuracy

LINEAL ACCELERATOR for greater accuracy in radiation management and reduction sessions



DA Vinci ROBOTIC SURGERY For greater surgical precision, less invasive and elimination of natural tremor from the surgeon's hand

ELECTROFISIOLOGY LABORATORY with advanced navigation and imaging systems for the most complex cardiac procedures

HIFU Noninvasive Focused Ultrasound captures the heat of thousands of beams of ultrasonics and concentrates them on a target



SANNAS EXPERIENCE - EFFICIENCY, CUSTOMIZATION AND INNOVATION  
**CLÍNICA SANNAS DENTOFACIAL**

**HEALTH**

**A DIFFERENT WAY OF DENTAL CARE:**

The Specialty Center, Sannas Dentofacial, offers all services in dentistry in the same space with medical facilities at the hospital level, which has become a reference center of dentistry in Pamplona for the great variety treatments:

**HOOP - HIGH DENTAL PERFORMANCE**

Performing numerous and varied procedures in the fewest sessions, several seals or exodontics or implants at once or a combination of them at the same time, and under the effect of combined sedation, optimizing the management of the time, in addition to the experience of enjoyable experience for both the patient and the solving almost all of the problems in a single treatment plan Orals.

**ANXIETY AND FOBIA BEFORE MEDICAL VISIT:**

Conscious sedation and painless anesthesia allows us to reduce the number of visits our patients make the clinic, solving their problems as soon as possible and with positive experience, keeping the patient in a state of well-being.

**SPECIALITY CENTER:**

- \* Comprehensive Diagnosis
- \* Facial Aesthetics
- \* Integral Orthodontics
- \* Treatments for Sleep Apnea and ATM
- \* Periodontics...

- \* Manipulation Pains
- \* Gum pain or problems
- \* Dental malposition
- \* Patients with impaired behavior and special needs

**OWN DENTAL LABORATORY**

Express treatments thanks to our own dental laboratory, biotechnology, cad design cam, as well as the manufacture of high-precision custom prostheses,.



VIP INTEGRAL DIAGNOSTIC ORAL HEALTH Program (3 days - 2 nights)

1 day

Transfer from Pamplona RenFE Airport / Station to the hotel.

Transfer from the Hotel to the center of Pamplona

Gastro-Tour of Pamplona (2-3 HOURS)

Transfer to the hotel.

2 day

Breakfast at the hotel.

Transfer to SANNAS Clinic.

Reception of the patient by the staff of the Clinic.

Comprehensive diagnosis. Includes:

- \* Temporomandibular joint study
- \* Bite study
- \* Bone structure study
- \* Study of the gums
- \* Study smile design
- \* (+) FACIAL STATIC STUDY (+50 EUROS/PERSON)

Transfer Bodegas Pago de Cirsus by private car

\* Winery Guided Tour (1 hour)

\* Pairing menu with wines from the winery

Re-recorded hotel

3 day

Breakfast at the hotel.

Transfer to Pamplona RenFE Airport / Station.

PRICE PER VIP TOURIST PACKAGE

\* 1 PERSON TREATMENT + ROUTE: 867

\* 2 PEOPLE TOURIST ROUTE + 1 TREATMENT: 1,362

\* 4 PEOPLE TOURIST ROUTE + 1 TREATMENTS: 1350

\* COMPLETE TREATMENT WITH A FACIAL AESTHETIC STUDY FOR +50€/PERSON Includes:

\* 2 NIGHTS IN HOTEL OF 4\* (Double Room and Breakfast).

\* COMPREHENSIVE ORAL HEALTH DIAGNOSIS

\* ALL TRANSFERS FROM ARRIVAL INCLUDED IN THE PROGRAM (Maximum

4 pax)

\* CITY TOUR OF PAMPLONA (Maximum 4 pax)

\* GUIDED TOUR IN BODEGA WITH PAIRING (2 pax)

**CONTACT / RESERVATIONS**

Company: SANNAS DENTOFACIAL

Address: C/ Madres de la Plaza de Mayo, 16. Artica, Pamplona

Telephone: (+34) 948 38 44 22 / (+34) 948 38 44 33

Mail: info@gruposannas.com

Web: <https://www.sannasdentofacial.com/>



SANNAS EXPERIENCE - EFFICIENCY, CUSTOMIZATION AND INNOVATION

CLÍNICA SANNAS DENTOFACIAL

HEALTH

A DIFFERENT WAY OF DENTAL CARE:

The Specialty Center, Sannas Dentofacial, offers all services in dentistry in the same space with medical facilities at the hospital level, which has become a reference center of dentistry in Pamplona for the great variety treatments:

HOOP - HIGH DENTAL PERFORMANCE

Performing numerous and varied procedures in the fewest sessions, several seals or exodontics or implants at once or a combination of them at the same time, and under the effect of combined sedation, optimizing the management of the time, in addition to the experience of enjoyable experience for both the patient and the solving almost all of the problems in a single treatment plan Orals.

ANXIETY AND FOBIA BEFORE MEDICAL VISIT:

Conscious sedation and painless anesthesia allows us to reduce the number of visits our patients make the clinic, solving their problems as soon as possible and with positive experience, keeping the patient in a state of well-being.

SPECIALITY CENTER:

- \* Comprehensive Diagnosis
- \* Facial Aesthetics
- \* Integral Orthodontics
- \* Treatments for Sleep Apnea and ATM
- \* Periodontics...

- \* Mandipulation Pains
- \* Gum pain or problems
- \* Dental malposition
- \* Patients with impaired behavior and special needs

OWN DENTAL LABORATORY

Express treatments thanks to our own dental laboratory, biotechnology, cad design cam, as well as the manufacture of high-precision custom prostheses,.



VIP INTEGRAL DIAGNOSTIC ORAL HEALTH Program (3 days - 2 nights)

- 1 day  
Transfer from Pamplona RenFE Airport / Station to the hotel.  
Transfer from the Hotel to the center of Pamplona  
Gastro-Tour of Pamplona (2-3 HOURS)  
Transfer to the hotel.
- 2 day  
Breakfast at the hotel.  
Transfer to SANNAS Clinic.  
Reception of the patient by the staff of the Clinic.  
Comprehensive diagnosis. Includes:
  - \* Temporomandibular joint study
  - \* Bite study
  - \* Bone structure study
  - \* Study of the gums
  - \* Study smile design
  - \* (+) FACIAL STATIC STUDY (+50 EUROS/PERSON)
 Transfer Bodegas Pago de Cirsus by private car  
 \* Winery Guided Tour (1 hour)  
 \* Pairing menu with wines from the winery  
 Re-recorded hotel
- 3 day  
Breakfast at the hotel.  
Transfer to Pamplona RenFE Airport / Station.  
PRICE PER VIP TOURIST PACKAGE
  - \* 1 PERSON TREATMENT + ROUTE: 867
  - \* 2 PEOPLE TOURIST ROUTE + 1 TREATMENT: 1,362
  - \* 4 PEOPLE TOURIST ROUTE + 1 TREATMENTS: 1350
  - \* COMPLETE TREATMENT WITH A FACIAL AESTHETIC STUDY FOR +50€/PERSON Includes:
    - \* 2 NIGHTS IN HOTEL OF 4\* (Double Room and Breakfast).
    - \* COMPREHENSIVE ORAL HEALTH DIAGNOSIS
    - \* ALL TRANSFERS FROM ARRIVAL INCLUDED IN THE PROGRAM (Maximum 4 pax)
    - \* CITY TOUR OF PAMPLONA (Maximum 4 pax)
    - \* GUIDED TOUR IN BODEGA WITH PAIRING (2 pax)

CONTACT / RESERVATIONS

Company: SANNAS DENTOFACIAL  
 Address: C/ Madres de la Plaza de Mayo, 16. Artica, Pamplona  
 Telephone: (+34) 948 38 44 22 / (+34) 948 38 44 33  
 Mail: info@gruposannas.com  
 Web: https://www.sannasdentofacial.com/



HYPERBARIC MEDICAL EXPERIENCE IN NAVARRA

**OXIEN Hyperbaric Rehabilitation**  
**HEALTH**

**A DIFFERENT WAY OF DENTAL CARE:**

Hyperbaric medicine is a medical specialty that treats physiological and human pathological conditions, subjecting them to pressures higher than atmospheric pressures with medicinal oxygen.

This innovative therapy is complementary to the patient's usual treatment. Therefore, the hyperbaric doctor will be in constant communication with the doctor who treats patient for evaluation and follow-up.

**WHAT IS IT?**

Contribution to our body medicinal oxygen (99.5% wealth) within a hyperbaric chamber at a pressure higher than atmospheric pressure, which dissolves in the blood plasma achieving large amounts of oxygen in arterial and venous blood that take advantage of the fabrics.

These elevated oxygen levels cause effects such as anti-infective, detoxifying, blood vessel-forming, collagen stimulator, which increases the rate of healing among others.

**FOR WHOM?**

Neurological Patients  
Chronic Fatigue Fibrosialgia and Syndrome  
Peripheral Vascular Disease  
Sports Medicine  
dentistry  
Carbon Monoxide Poisoning

**FOR WHAT?**

Contribution of major O2 to injured tissues  
Activating blood vessel formation  
Reducing edema  
Bactericidal and Bacteriostatic cicatrization  
Tissue preservation  
New Bone Formation  
Decreased half-life of toxic substances  
Chronic pain contros



**VIP INTEGRAL DIAGNOSTIC ORAL HEALTH Program (3 days - 2 nights)**  
**1 day**

Transfer from Pamplona RenFE Airport / Station to the hotel.  
Transfer from the Hotel to oxien Clinic:  
. Reception of the patient by the staff of the Clinic.  
See your doctor  
18:00 hours: Gastro-Tour of Pamplona (2-3 HOURS)  
Transfer to the hotel.

**Day 2 to day 11**

Breakfast at the hotel.  
Transfer to Oxien Clinic - 1st - 10th Session  
Return to the hotel

**Day 12**

Breakfast at the hotel.  
Transfer to Pamplona RenFE Airport / Station.  
PRICE PER MEDICAL PACKAGE: TREATMENT + TRANSFERS + ACCOMMODATION  
\* TREATMENT + ACCOMMODATION + TRANSFERS: 1,9018  
(Treatment for 1 person and Accommodation and transfers for 2 people)  
Includes:  
\* 11 NIGHTS IN HOTEL OF 4\* (ACCOMMODATION AND BREAKFAST in double room).  
\* CONSULTATION WITH HYPERBARIC DOCTOR  
\* HYPERBARIC TREATMENT (10 SESSIONS)  
\* TRANSFERS INCLUDED IN THE PROGRAM  
\* WELCOME WITH INFORMATIVE WALK THROUGH PAMPLONA  
OPTIONAL: From 150o/Route/Day/Person  
More days in Pamplona and excursions around Navarra and its surroundings  
\* Route of Castles and Monasteries of Navarra  
\* Wine Route: wineries D.O. Navarra and D.O. Rioja  
\* Navarra Film Route  
\* Navarre Desert Route  
\* Northern Route: San Sebastian one step away  
These Routes include:  
\* 4 Different routes to know Navarre  
• Visits and Tickets to places of interest  
• Explanation of the guide  
• Absolute availability of driver and guide  
• Restaurant reservations

**CONTACT / RESERVATIONS**

**Company:** OXIEN Rehabilitación Hiperbárica  
**Address:** C/ Madres de la Plaza de Mayo, 16. Artica, Pamplona  
**Telephone:** (+34) 948 06 80 80  
**Mail:** info@oxien.es  
**Web:** https://www.oxien.es





THE AESTHETICS INCORPORATED INTO HEALTH SERVICES

FIVE - MEDICAL AESTHETICS

HEALTH

MEDICAL AESTHETICS FOR HOMBE AND WOMAN

We incorporate aesthetics into our health services. Currently the motivations for going to a medical and cosmetic surgery center facials are innumerable, both for men and women; correct derived injuries accidents, burns or scars and seek to make the result as aesthetic as possible improving the patient's quality of life and, therefore, their well-being

FIVE HEALTH AND BEAUTY TREATMENTS

1\_ Facial Hygiene:

We touch our face and expose it to aggression pollution, cold, sun..., so you need a complete and personalized hygiene for each patient, eliminating toxins, regaining light in the face and purified and hydrated skin.

2\_ Reducing and/or Relaxing Body Treatments:

Improves blood and lymphatic circulation, provides a state of well-being to the patient, to relieve tension of the day-to-day that so low our defenses.

3\_ Hair removal: We offer the hair removal technique that the more it suits each patient.

4\_ Advice on daily cosmetics:

We design customizable home packs that accompany your treatment

5\_ Flash Events Effect:

It regains luminosity and provides a look revitalized and healthy to your face



FIVE MEDICAL AND SURGERY TREATMENTS

plastic

- \* Rejuvenating Treatment and/or Hydration
- \* Eyelid surgery
- \* Blepharoplasty
- \* Ripped Lobes
- \* Otoplasty - Ear Surgery
- \* Rhinoseptoplasty and Rhinoplasty - Nose Surgery
- \* Breast Surgery - Increase or Reduction
- \* Mastopexia
- \* Abdominoplasty - Abdominal Surgery
- \* Oncology Reconstruction
- \* Lifting - Ritidoplasty
- \* Liposculpture
- \* Polka Dot Surgery - Nevi

FIVE SKIN TREATMENTS

- 1\_ ANTI-ACNE
- 2\_ MATURE SKINS (Cellular Bio)
- 3\_ COUPEROSIS: small veins
- 4\_ ANTI-MANCHAS: By age, natural external agents or Treatments
- 5\_ FOR CANCER PATIENTS: Before and after chemotherapy

SPECIAL FACIAL SKIN PROGRAM

FIVE - MEDICAL AESTHETICS

EXPERIENCE

FACIAL SKIN EXPERIENCE: PERSONALIZED SKIN DIAGNOSIS AND TREATMENT

Ideal for a girls' getaway, a weekend to take care of yourself and relax in the best company, a gift for all.

Depending on the type of skin you have and the needs; bring luminosity, redefinition, nutrition..., one treatment or another shall be applied:

- \* Revitalizer with holm oaks
- \* BioCellular
- \* Radio frequency
- \* DNA treatment

SKIN FACIAL EXPERIENCE (2 nights - 1 day)

Day 1

Arrival at the hotel or transfer from airport/train or bus station

Hotel dinner and rest

Day 2

Breakfast in hotel

Transfer to five clinic

Reception and consultation with specialists diagnosis

Personalized Treatment

Transfer to the city centre

Gastronomic Route through the center of Pamplona

Transfer to hotel/airport/train or bus station

Includes:

2 Nights in a 4-star hotel - double room with breakfast and dinner welcome

4 Transfers: Transfers welcome + hotel to clinic + clinic to city center + farewell city center

1 Personalized skin diagnosis and treatment

1 Gastrotourism route through the center of Pamplona (pinchos + gastronomic culture)

Price per person with treatment: 338 euros/person

Price 2 people 1 treatment: 104 euros/person

CONTACT / RESERVATIONS

Company: FIVE Estética Médica

Address: C/ Madres de la Plaza de Mayo, 16. Artica, Pamplona

Telephone: (+34) 948 06 00 12

Web: www.fiveestetica.com



FITERO THERMAL SPA

FITERO THERMAL TOUR

PACKAGES

From the depths of the earth, two springs emerge that bring one of the Europe's most important thermal stations. Excellent therapeutic qualities of its waters, which emerge to the surface at a temperature above 50oC, are especially indicated for rheumatological, respiratory and Rehabilitations.

CLASSIC PACKAGE

- \* 3-night half board stay
  - \* 1 general bath with pressure jet and underwater massage
  - \* 1 sauna in natural stone grotto
  - \* 1 circuit in hydrothermal pool of 1/2 h. underwater jets and cascading and bubble beds
  - \* Free access in outdoor hydrothermal pool at 34oC
- PRICE: from: 183 euros / person

SPECIAL OVER 55 YEARS

- \* 5-night stay (Sunday to Thursday included) on full board basis
  - \* Review and follow-up health consultation of the Spa
  - \* 1/2 hour hydrothermal pool circuit of underwater and cascading jets and beds bubbles
  - \* Free access in outdoor hydrothermal pool at 34oC
- PRICE: from: 333 euros / person
- \* Back school
  - \* Recovery
  - \* Heavy legs
  - \* Airway therapeutics

CONTACT / RESERVATIONS

**Company:** BALNEARIO TERMAL FITERO  
**Address:** c/ Extramuros, s/n - 31593 Fitero (Navarra)  
**Telephone:** (+34) 948 776 100  
**Mail:** info@balneariodefitero.es  
**Web:** www.balneariodefitero.es



ELGORRIAGA THERMAL SPA

THERMAL TOUR IN BALNEARIO ELGORRIAGA

EXPERIENCE

TERMAL TOUR

We propose a tour full of experiences and sensations, through the waters with the highest salinity in Europe, in our thermal circuit you will find:  
Swimming pool with:

- \* Swim against current/ waterfalls / cold contrast pool
- \* Massage jets in lower extremities / swan necks / indoor jacuzzi
- \* Lumbar jet seats / relaxing bubble beds

Rest of the tour:

- \* Relaxation area with relax sun loungers / sweet-playful pool with lumbar jets and relaxation area
- \* Dry-Finnish sauna / wet sauna-Turkish bath
- \* Contrast showers (cube shower, sensations, relaxing, nebulizer, waterfall)
- \* Flotarium: Get the same sense of floating as in the Dead Sea

**THERMAL TRAVEL PRICE: 24€**

REST OF FACILITIES

Gym/ individual and double hydrotherapy baths / jet yet / Vichy shower  
Maniluvios / Swedana, steam bath with individual aromatherapy / pediluvios  
Inhalations  
Massages

The Hotel Balneario Elgorriaga offers you a select and extensive menu of massages, body treatments and beauty rituals so you can enjoy your moments of relax during your stay with us.

Recommendations

To enjoy the tour do not forget to bring towel /bathrobe, flip flops, cap and, highly recommended, diving goggles.



CONTACT / RESERVATIONS

**Company:** BALNEARIO TERMAL ELGORRIAGA  
**Address:** c/ Errotaldea - 31744 Elgorriaga (Navarra)  
**Telephone:** (+34) 948 456 045  
**Mail:** reservas@balnearioelgorriaga.com  
**Web:** www.sanvirilahoteles.com



# 22 TRANSPORT

## DAREVA AERO, EDSA AND PARRA TRANSPORT RENTAL

### DISPLACEMENT

Navarre is an easy region to travel around for a tourist. There are four highways that cross the territory from North to South and East to West, as well as several main roads that are ideal for motorcyclists.

It is a unique region in Spain that offers mountains, the sea and desert-like landscapes just one hour (or less) from Pamplona. Without a doubt, it offers the greatest variety of landscapes in southern Europe.

For visitors arriving by air, the best option is to rent a car – with or without a driver – or coach travel if you are travelling in a group.

In Spain chauffeured vehicle hire for the transportation of travellers is regulated so as to offer clients the highest guarantees and safety.

This type of service is offered with high-range vehicles, 24 hours a day, 365 days a year, with punctuality, reliability and discretion. It operates both nationally and internationally.

### AIRCRAFT

#### DAREVA AERO

\* Modern SOATA TBM 850 aircraft with turbine technology, for 4 passengers or exceptionally 5.

\* Operating cost much more competitive for users who need to optimize their flight.

\* Operating ceiling of 31,000 feet and speed of 600km / h.

\* Operates in both large and small airports or aerodromes

\* 2 pilots and 1 highly experienced technician offer the services, in flight and by plane, that the passenger may require



### CONTACT / RESERVATIONS

**Company:** DAREVA AERO  
**Contact:** César Santesteban  
**Telephone:** (+34) 609 494 811  
**Mail:** cesar@acinversiones.es  
**Facebook:** avionprivadopamplona

### HIGH-END VEHICLES

#### EDSA

- \* Rental of luxury cars with driver
- \* Exclusive and personalized transfers
- \* Buses and Microbuses
- \* Collected in airports, weddings, tourist routes, support pilgrims on the Camino de Santiago ...
- \* Human team with experience and demonstrable professionalism

### CONTACT / RESERVATIONS

**Company:** EDSA CARS  
**Telephone:** (+34) 948 131 933  
**Mail:** sergio@edsacars.com  
**Web:** www.edsacars.com



### BUSES

#### BUSES PARRA

- \* Modern Fleet with the latest advances
- \* High-end and fully equipped cars
- \* Monovolumes adapted for groups, families and PMR
- \* Large group travel from 19 to 72 seats

### CONTACT / RESERVATIONS

**Company:** AUTOBUSES PARRA  
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**TRAVEL AGENCIES AND  
ACTIVITIES COMPANIES**

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## RECEPTIVE TRAVEL AGENCIES

## SERVICIO DE ACOGIDA DE NAVARRA

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## MUSEO DE LA TRUFA DE METAUTEN

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**Mail:** info@sendaviva.com | **Web:** www.sendaviva.com  
**Tourism Registration Number:** C.I.NA-080 | **Classification:** wholesale travel agency - retailer  
**Tourism Registration Number Active and Cultural Tourism:** UETAC041



## SERVICIO DE ACOGIDA DE NAVARRA

**Company:** SERVICIO DE ACOGIDA DE NAVARRA  
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## NAVARSOL TRAVEL AGENCY

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**Tourism Registration Number:** C.I.NA013



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## ACTIVITIES COMPANIES

## COTO VALDORBA HOTEL RESTAURANT

**Company:** COTO VALDORBA HOTEL RESTAURANTE  
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## LIZASO PITCH &amp; PUTT SPORT CLUB

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## AUÑAK TOURIST SERVICES

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**Telephone:** (+34) 629 425 577  
**Mail:** info@nataven.es | **Web:** www.nataven.es  
**Clasificación:** empresa de turismo activo | **Tourism Registration Number:** UETA0013



## NOVOTUR - NAVARRE TOURIST GUIDES

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## HOSPEDERÍA DE LEYRE HOTEL

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**Mail:** hotel@monasteriodeleyre.com  
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## AÑÉZCAR EQUESTRIAN CENTER

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**Tourism Registration Number:** UETA0041 | **Clasificación:** active and cultural tourism company



## ACTIVA EXPERIENCE

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**Tourism Registration Number:** UETAC0015  
**Clasificación:** activities company



## TUDELA ME PONE

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## PAMPLONA BULLRING - PLAZA DE TOROS DE PAMPLONA

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**NºReg.Turismo:**



## CENTRO DE RETIROS DEL PIRINEO NAVARRO

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**Mail:** info@retiropirineos.com  
**Web:** www.retiroyogapirineo.com/





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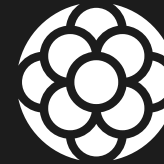
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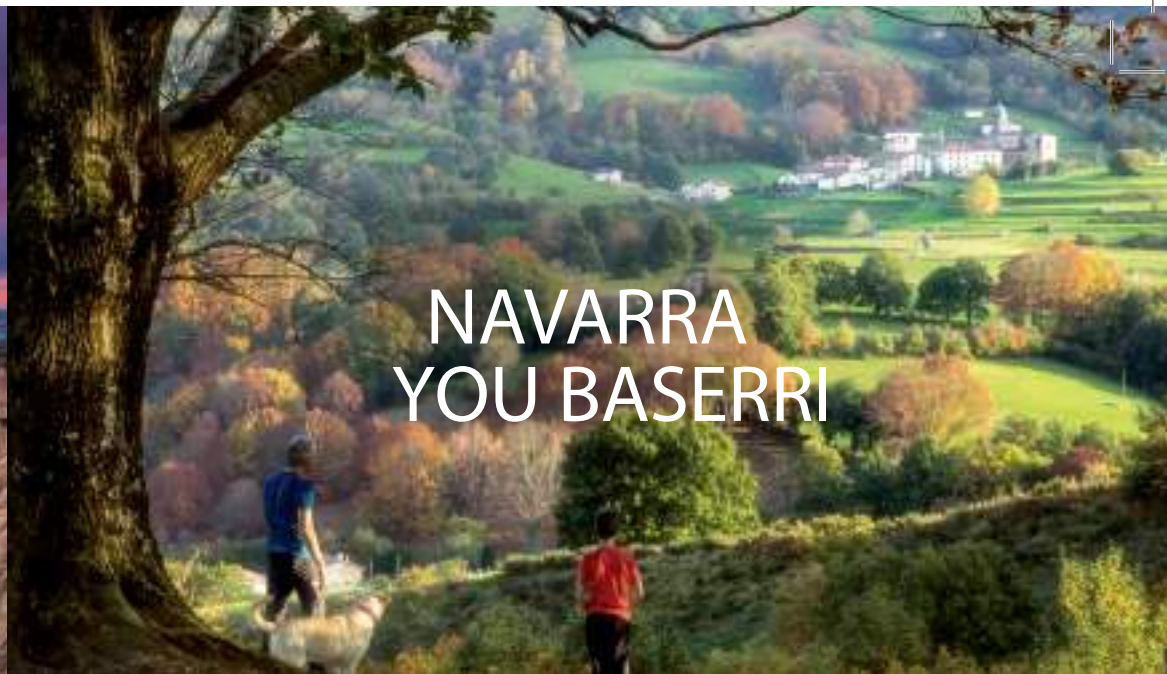
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