



**SILVERWEEK™** · HEALTHY EATING ·

A TASTE OF THE MEDITERRANEAN

**L**et us help you to get the most out of the best future investment that you can make: YOUR HEALTH. Our exclusive healthy holiday **SILVERWEEK™ experiences** combine the support of specialists with the unique features of the Costa del Sol to generate great experiences that you won't be able to forget. You will also learn new habits that will change your life.

Our proposal **to enjoy a quality, long and independent life** is based on programmes that are specifically designed to generate emotions and positively motivate you in four key areas:

- Healthy body
- Healthy relationships
- Healthy mind
- Healthy eating

In order to age in an active way, not only do we have to be informed about how to improve our health, but we have to change our lifestyle.

We can begin this change by understanding that first we have to get rid of our bad habits. Once this has been done, we can start to learn and acquire new habits related to the four key health pillars.

Join us and embark on this new journey. Come to the Costa del Sol to receive that dose of health and wellbeing that you need so badly!

A large, colorful stained glass window depicting a Mediterranean scene. The window is divided into several panels. The top panel shows a town with a castle on a hill and a church. The middle panel shows a ship with red sails on the water. The bottom panel shows a smaller boat on the water. The window is set in a dark frame with ornate carvings. The background is a clear blue sky.

A TASTE OF THE MEDITERRANEAN  
**SILVERWEEK™**

SILVERWEEK™  
• **A TASTE OF THE MEDITERRANEAN** •

Our objective is to help you to broaden your knowledge about the four key health pillars through our platform and our healthy holiday SILVERWEEK™ experiences. For one week, we will focus on all four of the basic pillars on which our health and wellbeing are based: Healthy body, Healthy relationships, Healthy mind and Healthy eating. The A TASTE OF THE MEDITERRANEAN SILVERWEEK aims to introduce you to the basic principles of the rich and varied Mediterranean diet. We encourage you to enjoy all of its flavour whilst you develop new healthy eating habits.

· COSTA DEL SOL ·



## COSTA DEL SOL · **WELLBEING** ·

All of our healthy holiday SILVERWEEK<sup>TM</sup> experiences are carried out on the COSTA DEL SOL. The Costa del Sol is a unique spot in Europe. It has an extremely mild climate with an average annual temperature of 19°C and over 300 days of sun each year.



• DETAILS ABOUT THE EXPERIENCE •

## HOTEL ★★★★★:



### HOTEL ★★★★★ SOL HOUSE ALOHA

Frontline beach location. Modern, recently refurbished suites with beautiful sea views. New bar area with a pool and direct access to the sea

## RECENT REVIEWS

### AN INCREDIBLE WEEK

The hotel has a great atmosphere. The staff are amazing. If you want to go for a quiet walk, you can as the area is amazing.



### IDEAL LOCATION

The hotel is only a few steps away from the beach and the promenade which is fantastic for evening walks. The temperature is ideal. In the winter it was 17°C.



## IMPORTANT INFORMATION

- We reserve the right to alter the timing and/or order of the trips programmed in the itinerary under exceptional circumstances. However, we will always respect the content of the programme.
- Hotel extras such as the individual use of rooms, items purchased from the mini bar, telephone calls made from the room etc. are not included in the price and should be paid for separately at the end of the SILVERWEEK™ Experience.
- We cannot be held responsible for missed flights that have not been communicated to us with sufficient warning by the airline carrier.

## IS THIS TRIP FOR ME?

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Style of trip  
CALM

To enjoy unique locations on the Costa del Sol, get to know the basic elements of the Mediterranean cuisine and taste some of it too!

Physical Rating  
MODERATE

Being active forms part of good physical health along with healthy eating. We will have a daily session with our personal trainer and go on an outdoor walk to enjoy the natural areas on the coast.

What's  
included?  
UNIQUE SERVICES

4★ frontline beach hotel, private transport, full board at the hotel and at selected restaurants, guides and professional trainers. Continued contact and information from our local health influencer.

Who will I be  
travelling with?  
SMALL GROUPS

To encourage interaction with other people who have similar interests to your own. Maximum 26 people.

# YOUR SILVERWEEK™ ITINERARY:

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## Day 1

### Welcome

Flight to the Costa del Sol and welcome dinner.

#### ARRIVE IN MALAGA

The SILVERSPAIN bus will be waiting at a specific location to take you to your hotel (transfer 10.5 km-18min).

The room will be prepared. Check-in, get settled and start to explore. In the afternoon, a meeting is planned with your local health influencer who will be your group's host for the week.

The meal will be held at the hotel with a special menu designed by specialists in healthy lifestyles, taking advantage of the best of the Mediterranean cuisine.

#### HOTEL SOL HOUSE ALOHA ★★★★★

This frontline beach hotel has direct access to the fabulous Carihuela beach. It is located next to the Puerto Marina entertainment complex, one of the most popular tourist attractions on the Costa del Sol featuring an array of shops, restaurants, bars and nightclubs.

Address: Salvador Allende, 45 Torremolinos – Spain.

Telephone: (+34) 952 387 066

Email: sol.house.costadelsol@melia.com

## RECENT REVIEWS



I WOULD RECOMMEND THIS HOTEL 100%  
I recommend it to everyone. Location, cleanliness, completely refurbished, fantastic staff and an amazing top quality restaurant. Don't miss the breakfast buffet.



EXCELLENT  
Frontline beach hotel. It is located in a great area and is a short walk away from Puerto Marina in Benalmadena. Fantastic junior suite type rooms. Young and modern atmosphere.



# YOUR SILVERWEEK™ ITINERARY:

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Day 2  
Let's get  
started!

Begin your  
SILVERWEEK™.

## WINE CULTURE

We begin with a series of exercises led by our personal trainer. Following this workout, taste the natural energy with the smoothie of the day, a healthy habit that you will love. This is also included in the hotel breakfast.

We take a short trip by our private bus (102km/1:30h) towards the Ronda mountain range in order to discover the secrets of the region's wine culture at the **BODEGA CORTIJO LOS AGUILARES**, a company with three vineyards of different varieties of grapes which produce excellent wines. We will visit the vineyards and the wine cellars where the wine is produced.

For lunch, we will get up close and personal with the city of **RONDA** with an unforgettable guided tour. The magic of this city will not leave you indifferent.

When we arrive back at the hotel, there will be a short walk around the local area before we have dinner at the restaurant and wine cellar **RESERVA DE ANTONIO**. It is located on the promenade by the sea and here we will be able to taste some of the typical local dishes.

## RECENT REVIEWS

### UNBEATABLE WINE CELLAR



A marvellous wine cellar in a great location. The family that run it treated us so nicely. It is a very beautiful and interesting experience, especially if you like wine. Totally recommended.

### A VERY SPECIAL RESTAURANT



The location is perfect and both the food and the excellent service make this place highly recommendable. There is a lot of variety and the ingredients used are of high quality.



# YOUR SILVERWEEK™ ITINERARY:

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## Day 3

### On the move

We continue with your SILVERWEEK™.

#### **AN UNFORGETTABLE DAY IN MALAGA**

We begin with a series of exercises led by our personal trainer. Following this workout, taste the natural energy with the smoothie of the day, a healthy habit that you will love. This is also included in the hotel breakfast.

We take a short trip by our private bus (45km/1:15h) to the **MONTES DE MALAGA NATURAL PARK**, where we will go for an easy walk to soak up the nature and to enjoy some unique views of the City of Malaga, with the Mediterranean sea as our backdrop. We will eat in this beautiful setting, enjoying dishes from Malaga and Andalusia at the **HOTEL HUMAINA**, a place within the natural park where time stands still.

We will return to the hotel and enjoy some free time. In the evening, we will walk the short distance to Puerto Marina where we have our dinner plans at the **EL MERO** restaurant, a classic choice in the area where you can enjoy different Spanish specialities.

## RECENT REVIEWS

#### A FANTASTIC PLACE

Perfect location in the Malaga mountains, where all you can hear are the cicadas and birds. Excellent service and great food.



#### GREAT RESTAURANT

El Mero is a beautiful place. They offer high quality dishes that are very well prepared. We loved it. Regarding the service...you can't beat it!



# YOUR SILVERWEEK™ ITINERARY:

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## Day 4

### In full swing

We continue with your SILVERWEEK™.

#### SPECIAL FLAVOURS

We begin with a series of exercises led by our personal trainer. Following this workout, taste the natural energy with the smoothie of the day, a healthy habit that you will love. This is also included in the hotel breakfast.

We take a short trip by our private bus heading west to the heart of the Axarquía region (56km-1hora) to visit **SABOR & SALUD**, a small company that specialises in the fascinating cultivation of tasty and healthy herbs for salads, aromatic plants and edible flowers which can be used in top quality modern cooking. In the nearby city of Velez-Málaga, we will be able to enjoy, at first hand, some of these excellent ingredients as part of a delicious menu created especially for us by the chef of the restaurant **EL CONVENTO**.

On the way home, we will stop in **MÁLAGA** for a guided tour that will take us on a journey to discover the main points of interest in the city. The tour will include different emblematic bars and restaurants in the centre where we will enjoy a selection of different tapas as part of a very Mediterranean dinner experience.

## RECENT REVIEWS

10 out of 10

A spectacular place, perfect decoration and great food. The staff are very attentive. The selection of olive oil alongside salts from around the world is very interesting. An excellent place.



INNOVATIVE TAPAS

The tapas at El Convento are truly surprising. They range from more traditional options to tapas that are innovative in their texture, shape and taste. There is always something new. The service is great too!



## YOUR SILVERWEEK™ ITINERARY:

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Day 5

Farewell

Flight back home.

### THE TIME HAS COME TO SAY GOODBYE

At the end of the daily exercise routine, our personal trainer will give you some recommendations to keep you active at home. Some time for relaxation, our special smoothie of the day and breakfast at the hotel.

We will hold a meeting with our health influencer to analyse the experience together, what we have learnt and what we will take away, including new friendships with other people in the group.

Before heading off, we will enjoy a farewell lunch at the **SOL HOUSE** hotel, to celebrate we have met and recall the good moments of the week.

The SILVERSPAIN private bus will then take you to the airport. We are already looking forward to welcoming you again soon!

NOT READY TO GO  
BACK YET?



WOULD YOU LIKE TO EXTEND YOUR SILVERWEEK EXPERIENCE? CHECK THE NEXT PAGE FOR MORE DETAILS.

## WHY NOT EXTEND YOUR SILVERWEEK™ EXPERIENCE?

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Days 6 & 7

Toes up

Enjoy the weekend.

### TAKE SOME TIME FOR YOURSELF

Would you like to extend your trip in Malaga? Simply contact us to include our "Toes Up" package, which will provide you with a few extra days to relax, unwind and continue to discover Malaga and the surrounding areas.

The Toes Up package offers you the chance to extend your SILVERSPAIN experience for as many days as you want. Simply contact us, tell us how many days you would like to extend your holiday by, and we will get back to you with a quote and a selection of 4\* hotels to choose from.

The three options available include:

- Toes up in the city: Include a few extra days to discover the beautiful city of Malaga.
- Toes up on the beach: Include a few extra days to relax and unwind on the beautiful beaches of the Costa del Sol.
- Toes up in the countryside: Include a few extra days to discover the beautiful countryside of the Axarquía region in Malaga.

Bed and breakfast accommodation is included. There are no activities planned so that you can enjoy the Costa del Sol at your own pace. A perfect addition to your SILVERSPAIN adventure!

OUR PLATFORM



DON'T FORGET TO VISIT OUR PLATFORM FOR A WEALTH OF INFORMATION ABOUT HEALTHY LIFESTYLE HABITS.

## PRICE

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Manchester  
From £749

Birmingham  
From £749

Bristol  
From £749

London  
From £749

### IMPORTANT INFORMATION

- The final price for the · A TASTE OF THE MEDITERRANEAN· SILVERWEEK™ depends on the departure date. Contact us for a quote (without any obligation).
- The price of your experience includes return flights (from the departure airport of your choice), transfers during your entire stay, meals and culinary experiences, accommodation and different activities included in the programme (unless otherwise specified).

## CONTACT US FOR MORE INFORMATION

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**REQUEST A CALL BACK**

*hello@silverspain.com*



**VISIT OUR PLATFORM**

*silverspain.com*



**REQUEST A FREE BROCHURE**

*hello@silverspain.com*



**TALK TO AN ADVISOR**

*077 0875 8015*

## **BASIC SERVICES:**

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### **PRIVATE TRANSPORT:**

A modern fleet of private buses which provide maximum comfort and comply with the European safety regulations.

### **CULINARY EXPERIENCES:**

All of our SILVERWEEK™ experiences include breakfast, lunch and dinner. Should you have any specific dietary requirements, please don't hesitate to contact our team.

### **GUARANTEED DEPARTURES:**

All of our SILVERWEEK™ experiences are subject to a minimum amount of participants. If the minimum amount of participants is not reached and the trip is cancelled, you will receive a full refund within 24 hours.

### **AIRPORT TRANSFERS:**

A private airport service will be provided for SILVERSPAIN clients between Malaga airport and your hotel.

### **EXPERIENCES:**

All of our SILVERWEEK™ experiences include excursions and experiences focused on physical, mental, nutritional and social health with a greater emphasis on the pillar on which your experience is based.

### **SPECIALIST GUIDES:**

Throughout your SILVERWEEK experience, a SILVER specialist will take care of the organisation of the trip.

### **FLIGHTS:**

Return flights are included for all experiences.

### **TRAVEL INSURANCE:**

All of the reservations include, without any additional cost, basic travel insurance.

### **24-HOUR ASSISTANCE:**

Our SILVER team will be available 24-hours a day for any emergency or problem you may have.

### **TRANSFERS:**

All of the SILVERWEEK™ experiences include return transfers to the location where the activities take place, and at the appropriate times.

### **HOTELS:**

Accommodation in 4 star hotels, in rooms with a bath and/or shower. In this leaflet, you can find additional information about the hotels.

## **TERMS AND CONDITIONS:**

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### **ORGANISATION:**

The organisation of these services and trips has been carried out by SILVERSPAIN.

### **PRICE:**

The price of the services on offer has been calculated using the exchange rate, transport costs, fuel costs and taxes. Any variation of the price of the aforementioned costs could lead to a change in the final price of the trip.

### **FORM OF PAYMENT:**

When you make a reservation request, SILVERSPAIN does not require any advance deposit. Once the reservation has been made and confirmed, the client will have to pay the total price of the trip.

### **PERSONAL DOCUMENTS:**

Personal documentation should be valid at the time of departure and the client should check that their passport is valid for the country that they are visiting. Check with the corresponding Embassys and Consulates.

It will be the client's responsibility to obtain their own passport or to comply with any other requirements in place. If the documentation is rejected by an authority, the client is denied entry to a country for not complying with the necessary requirements or the client does not have the correct valid documentation, these will not be considered as reasons to cancel the contracted service and a refund will not be given.

### **FLIGHTS:**

The client is responsible for their belongings at all times. SILVERSPAIN cannot be held

responsible for the changes made by the airline.

### **TRANSFERS:**

If your luggage is lost during your flight, we ask you or a member of your party to inform the SilverSpain transfer team so that they can take the appropriate measures. A HEALTH INFLUENCER is not always present on the transfers.

### **LUGGAGE:**

The client's luggage and other personal belongings should be kept close at all times. SILVERSPAIN cannot be held responsible for the loss of any item during the trip.

### **CANCELLATION COSTS:**

The client can cancel their holiday without any fee when this cancellation is made (at least) 30 days before the date of departure. If the cancellation is made less than 30 days prior to departure, a fee of 50% of the total price of the trip will be charged. We recommend that you take out a private insurance in order to guarantee a full refund in case of cancellation, ensuring that this type of occurrence is covered by your policy.

### **EARLY RETURNS:**

SILVERSPAIN will not provide any refund or pay for new flights should an early return be needed.

### **THEFT:**

SILVERSPAIN will not be held responsible for any loss or theft that clients may suffer during the trip. These events should be communicated to the competent authorities of the destination country.

**Our  
Philosophy.**



## Healthy mind

The balance between a person and their sociocultural environment.



## Healthy body

The physical condition of the body.



## Healthy eating

Balance and variety are key to a healthy lifestyle.



## Healthy relationships

State of wellbeing related to the interaction with others and with participation in society.



# Healthy body

## **You control your body**

And not only the voluntary control of your muscles, but also the “involuntary” actions that we create as daily habits.

In order to look and feel better, you have to get moving. Get active by changing small routines such as going up stairs, walking to the shops or visiting Friends. Walk the dog, learn to dance Zumba or start doing a sport, when possible, outdoors.

There are thousands of fun and simple ways of doing exercise and improving your health. Chose your way.



# Healthy mind

**Always be  
positive**

Remaining young, keeping active and continuing to enjoy life is all in the mind. Happiness can be trained. Work on your health to keep your self-confidence strong and to develop more skills.

Our brains are prepared for continuous learning, to process new stimuli and experiences, to be open to creativity and emotions, to continue to grow and evolve as a person.



# Healthy eating

**Tell me what  
you eat...and I'll  
tell you how  
long you'll live**

Healthy food is the base for everything else. It is good for you to know what you eat, discover new foods and learn how to prepare them in such a way that they provide your body with what it really needs to work better and prevent illness.

Enjoy food, make the most of the advantages of the Mediterranean diet and feed your soul with the smells, colours and textures of a varied and balanced diet that will help you to be more healthy.



# Healthy relationships

**The joy of  
sharing  
experiences  
with other  
people**

We are social beings by nature. With the family, at home, at work, with friends... there is a continuous interaction with other people. We like to be considered as trustworthy people, and to have other people in who we can trust.

Enjoying people that are close to you, getting to know new people and establishing new bonds and relationships are all factors that make us active people in society.

**Would you like to  
know the secret  
to a long and  
healthy life?**



**THE ANSWER**  
**lies in our**  
**SILVERWEEKS™**



**A HEALTHY BODY, HEALTHY MIND, HEALTHY RELATIONSHIPS AND HEALTHY EATING  
ARE KEY TO A QUALITY, LONG AND INDEPENDENT LIFE**