



SILVERWEEK™ · HEALTHY RELATIONSHIPS ·

ROMANTIC MÁLAGA

Let 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 romantic photograph of a couple walking hand-in-hand through a sunlit field. The man is on the left, wearing a plaid shirt and light-colored trousers. The woman is on the right, wearing a floral dress. The scene is bathed in warm, golden sunlight, creating a soft glow and lens flare.

• ROMANTIC MALAGA **SILVERWEEK™** .

SILVERWEEK™
• ROMANTIC MALAGA •

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 ROMANTIC MALAGA SILVERWEEK aims to bring people together within a safe and comfortable environment. All of our activities are carried out in a fun and relaxed way and will help you to create new bonds and friendships.

· COSTA DEL SOL ·



COSTA DEL SOL · **WELLBEING** ·

All of our healthy holiday SILVERWEEK™ 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 ★★★★:



BOUTIQUE HOTEL ★★★★ CORTIJO BRAVO

It is located in the Axarquia area of Malaga, in a beautiful natural setting with sea views. The hotel has all the modern facilities whilst maintaining the charming identity of the area, where each new place will inspire you.

RECENT REVIEWS

A GREAT EXPERIENCE

This was my second visit to this country house that is surrounded by avocado trees and vegetation, making it feel as if you are staying in the middle of an orchard. The room was very big and very nice with an extremely comfortable mattress.



COUNTRY HOUSE AMONGST MANGOS ★★★★

I was pleasantly surprised by this hotel which has an authentic Andalusian country house style. The interior of the hotel is well decorated and the rooms are inviting, with views of the Mediterranean and the forest of fruit trees.

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?

Style of trip
CALM

Diverse and special activities, with plenty of time to get to know the rest of the group and enjoy yourself in a relaxed and fun atmosphere.

Physical Rating
MODERATE

Doing exercise is a way of spending time with other people. A daily session with our personal trainer and an outdoor walk will help us to get our legs moving whilst enjoying the beautiful natural landscape of the area.

What's included?
UNIQUE SERVICES

4★ hotel in a special and relaxing location, 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:

| 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 54km-50min).

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.

CORTIJO BRAVO SMALL BOUTIQUE HOTEL★★★

Housed in a contemporary building that recalls an old Andalusian country house from the 19th century, this hotel has 20 rooms each with their own personality. They combine the typical elegant decoration of the stately Andalusian houses with the cosmopolitan and romantic style of Malaga.

Address: Carretera Velez-Alhama a Benamocarra, Malaga- Spain.

Telephone: (34) 951 550 048

Website: <http://hotelcortijobravo.com>

RECENT REVIEWS

A BEAUTIFUL COUNTRY HOUSE

A beautiful country house in the Axarquia area in Malaga, with marvellous views of the surrounding area. The rooms are spacious with a terrace and inviting decoration.



A LOVELY SURPRISE

I stayed here last week and the hotel was perfect. It is pretty, charming, in a great location and with lovely views. The beds are comfy, the swimming pool is ideal for a bit of peace and quiet and the breakfast and service were great.



YOUR SILVERWEEK™ ITINERARY:

Day 2 Let's get started!

Begin your
SILVERWEEK™.

BREAKING THE ICE

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 (12km/25min) towards the coast and the border between the provinces of Malaga and Granada. Here, we will visit the **ACANTILADOS DE MARO-CERRO GORDO NATURAL PARK** where we will get to know one another on a short walk which will take us to Cantarrijan beach. We will have lunch at the **LA BARRACA Restaurant** on their terrace which overlooks the sea in a small and exclusive bay which is typical in this unique landscape.

When we arrive back at the hotel, we will dedicate the afternoon to the healthy exercise of laughter. Laughter is the best medicine, and our specialist in **LAUGHTER THERAPY** will show us how it can help us in a practical and, above all, fun workshop.

To shake things up a bit at dinner, the tables will be prepared in such a way so that guests can change places after every course, giving you the opportunity to get to know the rest of the group. Following the meal, we invite you to join us for our live entertainment.

RECENT REVIEWS

PERFECT

La Barraca is a 10/10 restaurant in a 10/10 setting. We took recommendations from the waiters and everything was incredible. Peace and quiet, good atmosphere and great food all in one. We will definitely be going back.



YOUR SILVERWEEK™ ITINERARY:

Day 3 On the move

We continue with your
SILVERWEEK™.

FOCUSING ON OUR OBJECTIVE

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 will take a short trip by our private bus to **FRIGILIANA** (28km/35min), which is without a doubt one of the most charming white villages in Malaga. It has whitewashed walls, narrow, winding streets, and a historic centre that is full of Moorish history. Frigiliana was given the title of "Historic Artistic Area" in 2014. We will take a break at one of the streets in the centre to enjoy the exquisite local food at the **TABERNA DEL SACRISTÁN**, located next to the San Antonio de Padua Church. As tradition has it, people pray to this saint to find lost objects or to find a romantic partner.

After lunch we will head back to the hotel where our specialist in **SEXOLOGY** will help us to break taboos and myths about love and sex for older people.

Today we have our special dinner at the hotel, with our "spicy" menu that is specially designed to delight our senses, exploiting the sensuality of the ingredients and the way they are presented. To round off the day, we invite you to join us on our live-music show.

RECENT REVIEWS



A MARVELLOUS PLACE

We ate here in winter. The restaurant is located in a lovely square. It was sunny and we were able to sit on the terrace. The food is delicious and the village is beautiful.



YOUR SILVERWEEK™ ITINERARY:

Day 4 **In full swing**

We continue with your
SILVERWEEK™.

A DAY TO REMEMBER

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.

Dancing is a great way to stay fit and also provides an excellent opportunity to get to know other people, have a great time and generate new friendships. Through a practical workshop, we will introduce you to different **STYLES OF DANCE** so that you can learn the main steps. We hope that you discover your own specific style that you can continue to practice when you are back at home and through which you can show off all of your skills.

After lunch at the **HOTEL**, we will take a short trip by our private bus to the City of **MALAGA** (42km/45min), for a guided visit to discover some of the secrets of the Capital of the Costa del Sol. We will finish off our tour by visiting some of the most emblematic traditional establishments, enjoying a selection of different tapas and local wines. You will also have some free time to get to know the city by yourself.

RECENT REVIEWS



UNBEATABLE

We had a great time on the Tapas Route. We discovered some places that have some amazing tapas and pinchos. An unbeatable way to have dinner.



YOUR SILVERWEEK™ ITINERARY:

Day 5
Farewell
Flight back home.

TIME 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 **CORTIJO BRAVO** 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?

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

Manchester
From £749

Birmingham
From £749

Bristol
From £749

London
From £749

IMPORTANT INFORMATION

- The final price for the · ROMANTIC MALAGA · 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



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:

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:

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. Choose 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
SILVERWEEKSTM**



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