

Spanish Fitness Challenge

May 14 - May 22, 2016

Group Leader:

Nicole Bishop

Group ID:

230096

Depart From:

Oklahoma City



our promise

In educational travel, every moment matters. Pushing the experience from “good enough” to exceptional is what we do every day. Our mission is to empower educators to introduce their students to the world beyond the classroom and inspire the next generation of global citizens. *Travel changes lives.*

“Our tour guide was phenomenal; he went above and beyond my expectations. His knowledge of the area and the history behind it was most impressive.”

Matthew L. Participant

trip itinerary - 9 days

May 14, 2016: Overnight Flight

Depart from the USA.

May 15, 2016: Barcelona

Arrive in Barcelona, meet your Tour Manager and drop your luggage at your centrally located hotel. Enjoy an orientation with your Tour Manager and time for lunch. Your trip includes six passes to local gyms that you can use to participate in any workout from their set schedules (which will be provided). Get together for dinner this evening. Please note: dates of excursions and competitions are subject to change. (D)

May 16, 2016: Barcelona

Visit a nearby gym this morning for your first workout in Spain! Later meet an expert local guide who will introduce you to some of Barcelona's cultural highlights including entrance to the world famous Sagrada Familia by Gaudi then continue to Parc Guell, an iconic Barcelona landmark. After your visit of the park, head back down to your hotel. Dinner tonight features a classic Paella Valenciana. (B,D)

May 17, 2016: Barcelona

This morning's workout is led by a Spanish instructor on Barcelona's beach. This specially tailored workout will prepare you for the beach component of your two day international competition. This afternoon and evening are free to explore Barcelona at your leisure. You may decide to visit other architectural gems by Gaudi such as La Pedrera or Casa Battlo or take in the incredible Palau de Musica. This evening for dinner why not explore the many atmospheric Tapas bars in the Gothic Quarter, nearby your hotel. (B,D)

May 18, 2016: Barcelona

Begin your first day of international competition against Spanish athletes. Today's competition takes place indoors at one of the best gyms in the Barcelona area. Private motorcoach transportation to and from your competition venue is included. Enjoy dinner together tonight. (B,D)

May 19, 2016: Barcelona

Today is the second day of your international competition...on the shores of the Mediterranean Sea!!! This specially designed beach competition will challenge your fitness with the elements of sun, sand and sea! Return to Barcelona for dinner. (B,D)

May 20, 2016: Barcelona

You may want to use your pass for a workout this morning, then join an excursion into Cava country, Spain's premier sparkling wine. Your private motorcoach will bring you to the heart of the Penedes region where bikes await for a scenic ride to a winery for a visit and tasting. Return to Barcelona for a free evening. (B,D)

May 21, 2016: Barcelona

This morning's workout combines with Spanish culture! Take a run up Montjuich Hill for views of the city and then visit the



Olympic Complex for a workout. This afternoon you can use your pass for one last session or enjoy strolling Las Ramblas and taking in the scene at the Olympic Port. Tonight get together for a farewell dinner. (B,D)

May 22, 2016: Departure

Depart for the USA. (B)

This is a preliminary itinerary for your group.

