



## Yoga & Walking Break Sample Itinerary

- Day 1:** Transfer to Hotel Molino del Santo, Estacion de Benaojan, and welcome drink.  
**Yoga session at 5/6pm (2 hours)**  
Free time to refresh and relax or enjoy the pool before dinner
- Day 2:** **Walk from Estacion de Benaoján to Ronda (9:00 start):** we will walk from the hotel down to the village and then along the river Guadiaro for a short distance. We will follow a track going over two passes with gorgeous views over Ronda on one side and the Sierra Blanquilla (part of the National park of Grazalema) on the other. The track will meander across meadows and eventually down to the old town of Ronda. Return to the hotel Molino del Santo.  
**Distance:** 10 km/8 miles – **Ascent:** 400m – **Descent:** approx. 300m  
Lunch and time to refresh and relax or enjoy the pool back at the hotel.  
**Yoga session at 5/6pm (2 hours)**  
Free time to refresh and relax or enjoy the pool before dinner
- Day 3:** **Visit of Ronda:** walk down the main shopping street “Calle la Bola”, over its famous bridge and gorges “El Tajo” and walk in the old town. If interested, visit of the Palacio de Mondragon or the Arab baths (the best preserved in the Iberian Peninsula) or the Bull ring (the oldest ones in Spain). Lunch in Ronda in one of its typical tapas restaurants and return to the Hotel.  
**Yoga session at 5/6pm (2 hours)**  
Free time to refresh and relax or enjoy the pool before dinner
- Day 4:** **Riverside walk from Estación de Benaoján to Estación de Jimera de Libar (09:00 start),** along the river Guadiaro with gorgeous views over Sierra Blanquilla (part of the National park of Grazalema). Return to the Hotel Molino del Santo.  
**Distance:** 7.5 km – **Ascent:** approx. 200m – **Descent:** approx. 250m.  
Lunch and time to refresh and relax or enjoy the pool back at the hotel.  
**Yoga session at 5/6pm (2 hours)**  
Free time to refresh and relax or enjoy the pool before dinner
- Day 5:** Transfer to Malaga airport

This planned itinerary may be subject to changes depending on the fitness level of the group, etc...  
All distances and height gains are approximate