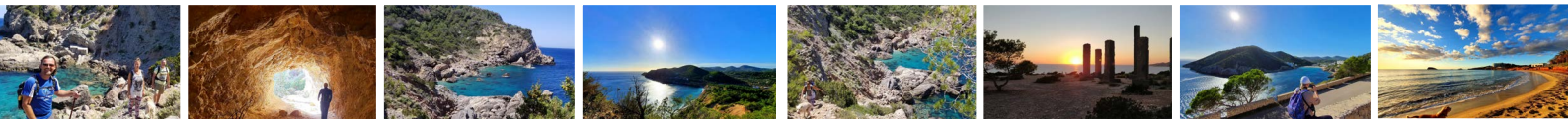




Important information

All the information you need for a comfortable, safe trip.



WHICH WALK IS FOR ME?

Wednesdays Are PURE – Nature Reset

On the **first Wednesday** of every month join us on a holistic walk, created to help you let go of the past and embrace the present. **Our guide, Lia**, a certified Yoga Teacher, Mindfulness Coach, will lead you through a series of mindfulness exercises and guided meditations, helping you to **clear your mind and focus on the present moment**. The experience will finish with a sharing circle of about 15 min to close the walk. Then some grounding **Chai tea & bliss balls** to close the walk.

Wednesdays Are PURE – The other Wednesdays in the month will be a **traditional 2 hour walk**, focusing on the most stunning walks with the most wonderful guides to lead the way, enabling you to enjoy nature with new and old friends, see stunning views and have time to explore the island.

Around The Island in 10 Saturdays











Walk around the entire coastline of our beautiful island in 10 consecutive Saturdays! (260 kms in total). You can join us for all 10 days, or decide to join only a few.

Sunday's Social Walks


Lead by the top Walking Ibiza guides, all madly passionate about the island, 8-10 kms, medium rated & paced, 3-4 hours with information and fascinating details and stories.

HOW DO THE COMMUNITY WALKS WORK?


What to bring

-  A small backpack so your hands are free
-  At least 1.5 litres of water
-  Some snacks to keep you going
-  Good footwear that has been worn in - trainers are generally ok as long as they have a good grip
-  Sunblock if required
-  Sun hat if required
-  Swimming gear in season
-  Torch for night time walks
-  Light shower coat, just in case
-  We have walking poles available to assist you if required.


Donation

-  Wednesdays are PURE and Sunday Social walks are by donation of €15, €20 or €25 per person. If you are on a tight budget please contact us...


Dogs

-  If you have a lovely, well-trained dog which is also socialized, please bring them along. They will need to be on a lead on the roads & some of the beaches.

Insurance

-  We have liability insurance, but do not have medical insurance - that is your responsibility.

Guides

-  All our guides are trained and can lead groups. They all carry a first aid kit and for larger groups, use walkie-talkies to keep in contact with a back marker to make sure the group stays together and is safe. We also have strict departure and return procedures to ensure everyone is accounted for. The trip and your safety are your responsibility and you must ensure you are covered for this before coming on the walk.

Don't hesitate contacting us if you have further questions.
Tel 00 34 608 692 901

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