

# *Gastronomic Retreat*

—  
**A Luxurious Escape by the Mediterranean** —  
discover the soul of Costa Brava through local wines,  
fresh seafood, and seasonal harvests, all in a setting of  
pure tranquility just 40 km — from Barcelona and  
10 km from the Costa Brava.”

**Barcelona - From 1 to 7 of November 2025\***

7 days - 6 nights | Price: 2.500€/pp

*\*Exclusive only for 14 people*

Organized by **GRE  
NYAL**





# Mas Corazón

RETREAT





# Gastronomic Retreat – Itinerary



## *Day 1 – Saturday 1th of November | Arrival & First Taste*

Your journey begins with a warm welcome upon arrival at Mas Corazón, our exclusive luxury villa nestled just moments from the Costa Brava. Whether arriving from Girona or Barcelona airports, or directly from Barcelona Sants Station, we'll ensure a seamless transfer to your peaceful Mediterranean retreat.

### **Welcome drink**

As you settle in, enjoy a welcome drink on the terrace, taking in the surrounding beauty and gentle sea breeze.

### **Afternoon**

In the afternoon, immerse yourself in local culinary tradition with a Spanish Tapas Cooking Workshop at 5:00 PM. Guided by a local chef, you'll explore the rich flavors and techniques behind iconic small plates.

At 7:00 PM, gather around the table for a relaxed gourmet dinner, crafted from seasonal, locally sourced ingredients.

### **Night**

The day concludes with time to unwind and savor the silence of the countryside — rest begins at 9:00 PM, preparing you for the experiences that await.

# Gastronomic Retreat – Itinerary

## Day 2 – Sunday 2<sup>nd</sup> of November | Bubbles, Flavors & Freedom

Begin your morning slowly with a 9:00–10:00 AM breakfast, featuring a handpicked selection of fresh, local delicacies — artisan cheeses, seasonal fruit, crusty bread, and olive oil.

### Morning

At 11:00 AM, embark on a private visit to our gold medal-winning cava vineyard. Stroll through the sun-drenched vines, discover the secrets of traditional cava-making, and enjoy a tasting and gourmet lunch surrounded by the peaceful Catalan countryside.

### Afternoon & Evening

From 3:00 PM onward, the afternoon and evening are yours to enjoy at your own rhythm. Choose to unwind by the pool or enhance your retreat with one of our exclusive optional experiences.

Let us curate your perfect afternoon — or simply do nothing at all, and savor the silence.



# Gastronomic Retreat – Itinerary



## Day 3 – Monday 4th of November | Senses & Sunset Moments

Relax in the day with a breakfast from 9:00-10:00 AM celebrating the best of the region.

### Morning

From 11:00, enjoy free time to explore on your own. Whether you choose to relax in the villa or embark on one of our selected optional experiences, midday hours are yours.

### Afternoon

At 17:00, gather for a truly special experience: a Signature Cocktail Workshop led by the Catalan Cocktail Champion and runner-up in the Spanish national competition. You'll learn the secrets behind elegant locally inspired cocktails, and enjoy your creations along with a private dinner experience designed to complement each flavor.

### Evening

The afternoon ends with a good dinner with fresh and provided products and with enough time to relax and rest from 9:00 pm, embraced by the calm of the Catalan countryside.



# Gastronomic Retreat – Itinerary

## Day 4 – Tuesday 4th of November | The Mediterranean Calls

Start your day with a peaceful 9:00–10:00 AM breakfast, once again celebrating the authentic flavors of the land.

### Morning

At 11:00 AM, set sail for a private boat excursion across the Mediterranean Sea. Glide along the breathtaking coastline of the Costa Brava, discovering hidden coves, turquoise waters, and sun-kissed cliffs. A gourmet lunch on board is included, featuring fresh, local seafood and regional wines.

### Afternoon & Evening

Return to the villa around 4:00 PM for a restful afternoon. The evening is yours — enjoy a light dinner at your own pace or choose from optional curated experiences.

Let the day close softly, wrapped in the warmth of shared moments and the quiet beauty of the Costa Brava.



# Gastronomic Retreat – Itinerary



## Day 5 – Wednesday 5th of November | Distill & Discover

Enjoy a slow morning breakfast from 9:00 to 10:00 AM, once again savoring the flavors of the region.

### Morning

At 11:00 AM, dive into the fascinating world of spirits with a Craft Liqueur Workshop, where you'll learn how to create artisanal infusions using local herbs, fruits, and botanicals. This immersive session is followed by a lunch featuring seasonal dishes that pair beautifully with the liqueurs you've helped craft.

### Afternoon & Evening

The afternoon and evening (from 4:00 PM onward) remain open for rest or discovery. Choose from a final selection of optional experiences.

Let the day flow with ease, leaving space for inspiration, connection, and continued discovery.



# Gastronomic Retreat – Itinerary

## Day 6 – Thursday 6th of November | Celebration & Surprises

Begin the day with a 9:00–10:00 AM breakfast, enjoying once more the richness of local flavors.

### Morning

From 11:00 AM, enjoy a free and easy day — relax at the villa, explore the surroundings, or choose one of our optional experiences. Lunch is flexible and entirely up to you.

### Afternoon & Evening

Then, as the sun begins to lower, prepare for a magical close to the day: at 4:00 PM, join us for a joyful celebration, featuring special activities and a surprise dinner in a stunning, secret setting. Expect unforgettable flavors, music, and moments designed to honor the journey we've shared.

It's an evening to toast to life, connection, and the beauty of the Costa Brava.



# *Gastronomic Retreat – Itinerary*

## *Day 7 – Friday 7th of November | End of the retreat*

Your final morning will begin with a 9:00–10:00 AM breakfast, once again featuring the authentic products of the region — a last moment to savor the land, the calm, and the connections made throughout the retreat.

It will be a gentle farewell, not a goodbye — simply the close of a chapter filled with flavor, rest, and inspiration.

You will leave with a full heart, a renewed spirit, and unforgettable memories of the Costa Brava.

### **Private transfer service available**

For your convenience, we offer an optional private transfer service from and to Barcelona or Girona airports, as well as Barcelona Sants train station. Let us take care of your arrival and departure so you can relax from the very first moment. This service is available upon request and can be added to your booking.





# *Additional Services – Tailored Luxury*



EL CELLER DE CAN ROCA



**Michelin-star  
restaurant reservations**



**Private yacht excursions**



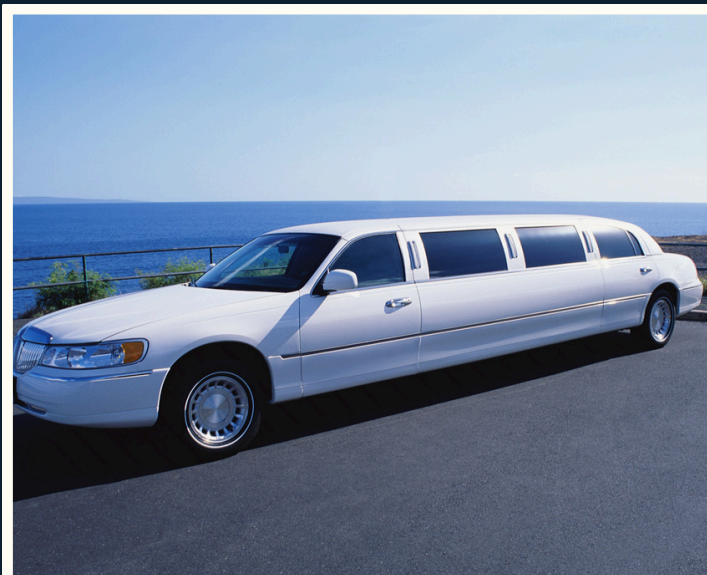
**Private guided tours**



**Hot air balloon flights**



**Luxury shopping  
experiences**



**Private transfers**



**Yoga sessions**



**Private massages**

**And any other personalized service you may need — just ask, and we will make it happen.**

# FAQ

## **Where is the retreat located?**

This edition of the retreat will take place at Mas Corazón, a traditional Catalan masia nestled in nature, just 50 minutes from Barcelona, 25 minutes from Girona, and 15 minutes from the Costa Brava beaches.

Surrounded by meadows, forests, and the silence of the countryside, Mas Corazón invites you to slow down and reconnect. The villa offers a peaceful pool area, a yoga room, a massage space, and a private tennis court.

You'll enjoy shared culinary moments, but also the opportunity for personal retreat — a perfect 7-day, 6-night blend of tranquility, culture, and nature.

Get ready to live an unforgettable experience between wine, wellness, and understated luxury.

## **What's included in the retreat?**

- Accommodation at Mas Corazón with full access to all private facilities
- Daily gourmet breakfast
- 6 curated activities, including all transportation and the related lunch or dinner
- Unlimited water and coffee throughout the day

## **What type of room is included in the price?**

The price includes a shared double room (twin or double bed). If you prefer a private room, just let us know — we'll be happy to offer you a quote.

The villa and all rooms are exclusively reserved for retreat participants.

## **Do I need cooking experience to join?**

Not at all! Our culinary workshops are designed for enjoyment, discovery, and fun — no experience is needed.

You'll learn how to prepare regional dishes in a relaxed, hands-on environment, and our chefs guide you in multiple languages. The idea is to bring these recipes and moments home to your loved ones.

# FAQ

## **Do I have to participate in every activity?**

Participation in all activities is highly recommended to fully experience the richness of the retreat. However, it's not mandatory — you are always free to rest or opt out if you prefer quiet time.

Please note that activities not attended will not be refunded, as the price reflects the full experience.

## **How do I get to Mas Corazón?**

- There are several options to reach the villa:
- Direct train from Barcelona or Girona airports to Tordera, with pickup at the station (approx. 60 min)
- Bus from the airport to Tordera, then a short taxi ride (approx. 90 min)
- Taxi from the airport (available on request)
- Private transfer (available upon request)
- Chauffeur service (available upon request)

## **How many participants will there be?**

The retreat is designed for a maximum of 14 guests, hosted in 7 double rooms. The villa and all activities will be exclusive to the group.

## **Is alcohol served during the retreat?**

Yes — many of our gastronomic experiences include local wines, cava, or spirits. If you prefer not to consume alcohol, we'll provide delicious non-alcoholic alternatives.

## **Do you accommodate food allergies, intolerances, or dietary preferences (vegetarian, vegan, gluten-free, etc.)?**

Absolutely. We always ask participants to share any dietary requirements in advance, and we'll adapt all activities and menus accordingly.

# *Gastronomic Retreat*

When luxury meets authenticity, memories are made.

Are you ready to live the experience?

We're here to make it happen

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