



HOTEL BOUTIQUE

## ACTIVITIES MENU



# HORSEBACK RIDE

## TAKE LESSONS O GO FOR A RIDE

It's never too late to learn. Although it is true that it is a complex sport that requires a lot of dedication, it is no less true that it is an activity that both adults and children are passionate about and that you will enjoy at any age. A horseback ride is something fun, relaxing, positive for the body and the mind; but if you do it in the countryside and with your friends and/or family, it is spectacular. The horses are eager to go for a ride, they love it, they enjoy it even more than us. Ready?

## HORSE RIDING WITH FAMILY AND FRIENDS

We are fascinated by the idea of outdoor and landscape riding. That's why we want equestrian fans to be able to enjoy horse riding in a natural environment through our different and outdoor activities.

Our stables have horses adapted to all levels, so that the rider feels comfortable and safe. In our equestrian you will be able to enjoy three work tracks, one inside and two outside. From La Doma by Mario we help you to carry out a pleasant riding, based on dedication, love and respect towards the figure of the horse.



PACK 1  
DURATION: 5 hours

HORSEBACK RIDE in a natural setting within the municipality of Monesterio and its surroundings, being able to discover amazing landscapes and privileged places.

### PLANNING:

- Welcome coffee.
- A short walk on our outdoor track in order to get to know your horse little by little and create a feeling of well-being, security and trust between both of you.
- Let's start the ride!
- Return and farewell snack in the welcome Room



PACK 2  
hours

HORSEBACK RIDE in a natural setting within the municipality of Monesterio and its surroundings, being able to discover amazing landscapes and privileged places.

### PLANNING:

- Welcome coffee.
- A short walk on our outdoor track in order to get to know your horse little by little and create a feeling of well-being, security and trust between both of you.
- Let's start the ride!
- Return and farewell snack in the welcome Room

DURATION: 2,5



PACK 3

HORSEBACK LESSONS adapted to each level or expertise

### PLANNING:

- Welcome coffee.
- 1 hour lessons at the tracks



## BUGGY ROUTES AND EXPERIENCES

Enjoy freedom and off-road adventure with our Buggy 4x4 routes. You will discover areas full of mystery, culture and nature. We have tours for all driving levels.

WE HAVE BUGGIES FOR FAMILIES  
up to 4 people

ASK US FOR AVAILABILITY

### ¿WHAT'S INCLUDED?

For routes from 1 to 2 hours long

- Short briefing.
- Route with visits to places of natural-landscape and cultural interest.
- Interpretation of nature.
- Gas.
- Helmet and/or goggles (not required)
- Accident insurance and R.C for tourist activities
- Material necessary for the development of the activity.
- Mechanical assistance.

For routes of more than 2 hours

- Short briefing.
- Local guide..
- Route with visits to places of natural-landscape and cultural interest.
- Interpretation of nature.
- Gas. (only 1 full deposit)
- Helmet and/or goggles (not required)
- Appetizer: soft drink and tapa
- Accident insurance and R.C for tourist activities
- Material necessary for the development of the activity.
- Mechanical assistance.





## BIKE ROUTES

At the Hotel we have mountain and electric bicycles available with which you can get to know our 550-hectare estate full of nature typical of an Extremadura dehesa. You can reach the highest point and observe the spectacular views or follow the path of a stream. Ask our team for our GPS routes.

If you feel more adventurous, we recommend our guided mountain bike tours with a specialized team that will take you along the most visited routes. Starting from the town of Monesterio, you can do sections of the famous “Ruta de la Plata” that crosses this town so visited by pilgrims.





## STELLAR OBSERVATION

We customize a telescope observation for you, according to the number and age of the participants. You will be able to see through a professional telescope and keep those images in your memories forever.

Our rates depend on the number of participants for the activity:

Extremadura has several territories that have received the Starlight Tourist Destination certificate.

Throughout the community, and therefore, in Tentudía and its region, there is one of the cleanest skies free of light pollution in Europe and it is one of the few areas on the planet where stargazing is a privilege.

“Carta Estelar Tentudia” is born as a result of the passion of Víctor M. Guareño, an architect who is fond of astronomy and its dissemination.

He is in charge of guiding the observations and bringing the sky closer to both, residents of the Community of Tentudía, as well as tourists who come to discover the southern region of Extremadura or the provinces of Cáceres and Badajoz.

In small groups of up to 18 people, and with a duration of 2 hours, you will learn to orient yourself in the sky, to recognize the main constellations of each season and the mythological stories that are associated to them.

You will become aware of the size of the Universe and the position we occupy in it.

Depending on the month, you will be amazed by some planet, the impressive Moon with its craters, seas, faults and mountain ranges, and you will delve with the telescope into deep sky objects such as open and closed clusters, nebulae where stars are formed and born and even a galaxy!





## ETHNOLOGICAL ROUTES IN THE ESTATE

The most beautiful activity to really get to know the farm where the hotel is located.

Get to know the meadow with a pleasant walk, in which we will enjoy the fauna and flora of the environment, we will learn about the different medicinal and healing uses of the plants that we will find.

We will observe how the natural environment of the farm offers us many ecosystems in which man connects with nature in a sustainable way.



At different times of the year we can collect asparagus, mushrooms, watercress, tagarninas, with which we can appreciate the authentic flavors of the field.

This activity, for us one of the most special and beautiful, we can personalize and adapt it to each guest. You can't miss it!

PRICES WILL BE DETERMINED ACCORDING TO DURATION AND PERSONALIZATION OF THE EXPERIENCE





## YOGA AND MESSAGES

Our wellness sessions are perfect for reducing stress, connecting with nature and finding your inner peace. To take care of yourself, achieving a feeling of well-being that will help you feel better on your daily basis. No experience in yoga or meditation is necessary.

### YOGA:

- Kundalini
- Ashtanga Yoga
- Hatha Yoga

### MEDITATION:

- Dinamic
- Guided

### MASSAGES:

- Thai

It is generally stronger massage with pressure and stretching. It is a therapeutic and invigorating massage and it's done with loose clothing to be able to perform each stretch comfortably.

- Relaxing

The relaxing massage consists of performing superficial maneuvers in which the intensity of the pressure is soft and the rhythm is slow and repetitive, so that, upon receiving repeated and constant contact, the sensation of pain is lost and the muscles relax. This massage focuses on making the experience something pleasant and stress-free.





## GASTRONOMIC EXPERIENCES



### VISIT A LOCAL PRODUCER

Live with us a 100% Iberian and sensorial experience and learn the secrets of making the best ham in the world.

Tour our cellars, where the curing process of Iberian ham remains unchanged generation after generation. Learn all the stages of making acorn-fed Iberian ham.

Continue with a knife cutting ham masterclass following the explanations and demonstrations of one of our master ham cutters, and learn to apply cutting and tasting techniques.

It ends with a tasting of Iberian products at the hands of an expert butcher, an irresistible moment for lovers of ham and gastronomic tourism.

And if you are left wanting more, stop by their store, where you will find the best selected Iberian products.

PRICES WILL BE DETERMINED ACCORDING TO DURATION AND PERSONALIZATION OF THE EXPERIENCE

### PICNIC AT THE ESTATE

Choose your favorite tree and enjoy a picnic under its shade. We will prepare a menu of your choice, such as appetizers of wines and cheeses, such as the famous Extremaduran cheese from La Serena or torta del Casar, or of course, the inevitable Iberian ham.

If you prefer, let us organize a dinner under the stars.





All activities are subject to availability.

Buggy routes, stargazing and balloon routes require prior reservation upon arrival at the hotel due to their high demand.

We recommend making reservations for activities at the time of formalizing the reservation at our hotel.

For reservations of activities contact:

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