

Mountain & Water Adventures Accommodation Fees



ACTIVE
CULTURAL
HOLIDAYS





Active cultural holidays provide outdoor sports, travel and nature, together with direct experience of the local culture. We want you to feel you really got to know the place and the people. Active cultural holidays help you understand and participate in what you see. It is active outdoor learning at its best, led by our passion to share.

We are an outdoor active group of friends and family with a love for the mountains and sea. We are passionate about bringing you a true and deep understanding of the place where you are briefly living. Its background, its history, its daily life and people.

We want to inspire and satisfy your interests through active tourism, cultural trips and exciting adventures. You will be walking, hiking, diving, swimming and if you want, exerting yourself quite a lot! You will be learning about nature, Andalusian culture and architecture, about local fairs and traditions, the history and its influence on daily life of Andalusian people. All planned in a way which is tailored to the needs of your group and everyone taking part. This is our menu, and you are welcome to pick and choose.

We are based in a small whitewashed Andalusian town called Frigiliana, which is located 45 minutes' drive east from Malaga Airport. From here we offer authentic Spanish accommodation and guidance in active cultural trips to breathtaking places in Andalusia. Your stay with us is an opportunity to learn by truly experiencing the place, the people, and the beauty of nature.

Gorge walking Rio Verde

Fun and learning: combined rock and water adventure where you are journeying by foot along a river system. Gorge and canyon walking up and down a river and its numerous crystal clear water pools.

Understanding the rivers and its various forms, how canyons and gorges were formed, observing the nature and how it adapted to this unique environment.

For more adventurous and fitter groups more advanced option can involve climbing, small jumps, scrambling with some slides as well as climbing behind waterfalls.

Duration and participation: summer activity with medium to high level of difficulty. Slippery rocks, trekking passes at great heights. Full day, 90 minutes drive.

This trip is for water and rock lovers, only suitable for older children* with good physical prowess.

Prices start at 40 Euro per person – depending on group size and whose car we use to get there (petrol required to do 120 km return journey)



Gorge walking Rio Higueron

Fun and learning: combined rock and water adventure where you are journeying by foot along a river system. Gorge walking up and down a river and trekking trails.

Understanding the rivers and its various forms, how canyons and gorges were formed, observing the nature and how it adapted to this unique environment.

Duration and participation: available most of the year. Some years in July and first half of August access to Rio Higueron is closed due to high risk of forest fire. Level of difficulty low to medium, some slippery rocks.

Time to accomplish 5 hours, leaving from Frigiliana. There are two different itineraries of this trip.

It is for water and rock lovers, suitable for children* of all ages that can walk confidently in shallow water.

Prices start at 30 Euro per person – depending on group size.



Gorge walking Rio Chillar

Fun and learning: combined rock and water adventure where you are journeying by foot along a river system. Gorge walking up and down a river and its numerous crystal clear water pools.

Understanding the rivers and its various forms, how canyons and gorges were formed, observing the nature and how it adapted to this unique environment.

Duration and participation: only in summer, out of mid summer water is too cold. Level of difficulty medium, some slippery rocks. Time to accomplish 5 hours, leaving from Frigiliana.

It is for water and rock lovers, suitable for children* of all ages that can walk confidently in waist deep water.

Prices start at 30 Euro per person– depending on group size.



Coasteering Nerja

Some of you will ask: “What is coasteering?” In one sentence it is a combination of old classic water and mountain sports in one unforgettable journey.

Fun and learning: It involves coastal scrambling, sea swimming, snorkelling and low-level cliff jumping in one exhilarating activity. Coasteering allows a person to move in a zone between the sea water and the coast where waves, tides, wind, and sea life come together.

We are going to swim circulating around majestic cliffs, we will snorkel to observe sea life, we will enter sea caves and negotiate easy cliff traverses, the bravest will join us cliff jumping. The return starts at a small beach and it leads through a long tunnel formed from Spanish Reed and passes by a small settlement of mountain caves that are still inhabited.

You will learn about geological wonders and Mediterranean sea life. Try to understand what it is like to live away from society and surrounded by nature in a settlement of carved in rock caves.

Duration and participation: level of difficulty high: good swimming and basic rock scrambling skills required. Most of the year. 30 minutes approach, 4 hours adventure and 30 minutes return, leaving from Maro (10 minutes drive from either of our houses).

This is for water and rock lovers suitable for children* 10+, maximum two children per group.

Prices start at 50 Euro per person – depending on group size.



Kayaking from Nerja to La Herradura

Fun and learning: kayaking that starts from Playa Burriana in Nerja or from Playa de Maro to Playa La Herradura, additional snorkelling at a location plentiful of sea life.

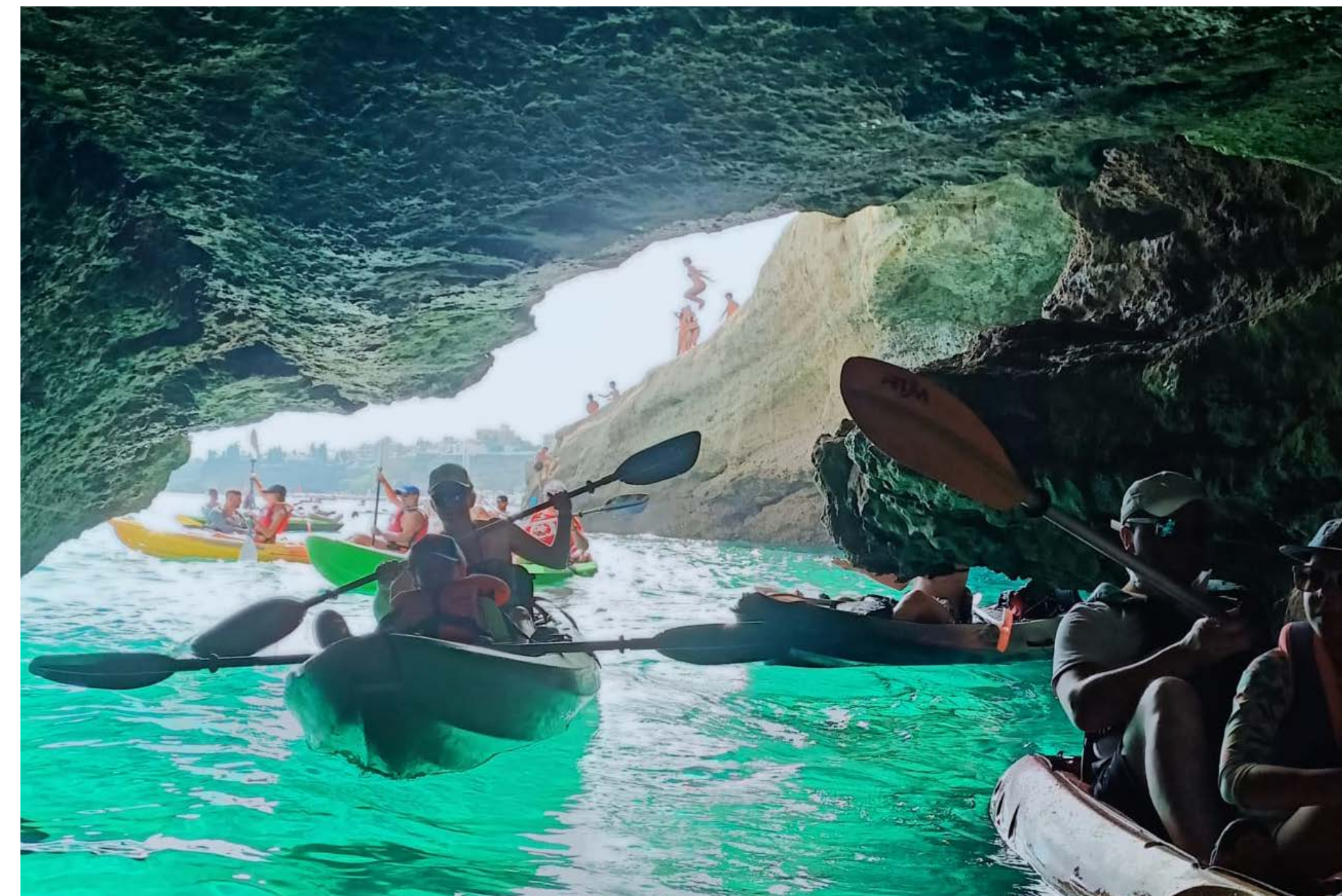
This voyage takes us along a dozen of some of the best Andalusian beaches. Ranging from long and wide, Natural Reserve beaches, to rocky ones or tinny secret ones that can only be accessed from water. We will pass by waterfalls and sea stack formations and enter numerous caves. Will make a stop for a lunch and short snorkelling.

You will learn about geological wonders and Mediterranean sea life.

Duration and participation: extended summer. Level of difficulty medium, endurance required. Takes entire day.

This is for water and nature lovers, long day so only suitable for children* over 10 years old, shorter trip possible with younger children.

Prices start at 50 Euro per person – depending on group size.



Snorkelling in Natural Parks

Fun and learning: relaxed, safe and educational trip to observe Mediterranean flora and fauna. On sea bed we could find colourful fish, crabs, flying gurnards, big anemones, sponges and flowered corals.

We will explain how to use snorkelling equipment and we will assist you during adventure. After the tour we will spend time together on the beach and have some snacks and soft drinks.

You will learn about Mediterranean sea life.

Duration and participation: extended summer. Level of difficulty low. Tour takes few hours to half a day.

This is for water and nature lovers, suitable for children* over 10 years old, shorter trip possible with younger children.

Prices start at 35 Euro per person – depending on group size.



Mountain biking Frigiliana

Fun and learning: cycling itinerary starts in unusual hotel called “Los Caracoles”. Snail shell-shaped houses, build with money from a lottery winning ticket - “Los Caracoles” provide one of the best view points on the mountains and sea. Cycling on mountain bikes up and down tarmacked road and dirt track we will pass by traditional Andalusian fincas, holiday villas and tropical fruit orchards. Cruising through a pine forest, down a fast downhill we will reach Acebuchal. It is a tiny village with rich history and a family run restaurant that serves local venison, home made bread and cakes.

Learning about nature, Andalusian rural life and agriculture, history and architecture.

Duration and participation: all year round. Level of difficulty medium: endurance and some previous experience in mountain biking required.
Half a day trip.

This is for mountain bikes and nature lovers, suitable for children* over 10 years old.

Prices start at 40 Euro per person – depending on group size.

A full day ebike trips start at 110 Euro per person, depending on group size, including bike hire. Refundable 200 Euro deposit will be charged at bike hire.



Hiking and Trekking in Natural Parks

Fun: we have a range of one day long trips in local Parque Natural de Sierras de Tejeda. Easier hikes and slightly more demanding treks that follow ridges, cross the valleys or lead to moderate peaks like El Fuerte or El Cielo. We can guide you around spectacular places like El Torcal de Antequera or Los Cahorros in Monachil, which are located within 90 minutes drive from us.

Learning: each itinerary is packed with stunning views, intricate geological formations, fauna and flora observations, Andalusia history lessons and climbing adventures' stories. It will not be boring whatever the age.

Looking up we will be able to spot Eurasian Griffon, Snake Eagle, Peregrine Falcon, and Spanish Ibex, little eyes can spot a Praying Mantis, Common Camelon, Gecko and other reptiles. If we are super lucky while coming back at night we can come across a cute nocturnal Common Genet.

Duration and participation: all year round, excluding the hottest months of full summer. Level of difficulty low. Most hiking are a day long trips.

This is for mountain and nature lovers, families with children* aged 4+, we have a child carrier backpack for tough dads and mums.

Prices start at 40 Euro per person – depending on group size. On trips further away petrol charges will apply if we are all going in our cars.



Wild beaches of Costa Tropical

We are going to take you on a wonderful hike to wild beaches. We will choose and explore with you two most beautiful wild beaches and the trip will end with a pleasing walk to a view point peninsula. You will see places where colourful fish swim just by the shore. There are no hotels but unspoilt nature.

Fun and learning: in good weather we will snorkel with full face mask surrounded with school of sardines and lemon fish. For food we could take you to a beach tavern with superb view and delicious fish and seafood meals. Table reservation in advance. Alternatively, we will take a picnic. You will learn about Mediterranean sea life, beach games and sports.

Duration and participation: extended summer. Level of difficulty low. Snorkelling for 30-40 minutes, approach could take up to 20 minutes. All day.

It is for all water lovers, children* of all ages.

Prices start at 40 Euro – depending on group size. On trips further away petrol charges will apply if we are all going in our cars.

** In all our active trips children have to be able to listen and to obey their parents. Our excursions are definitely not for parents who are not able to control their children. We are taking children for the adventure but it is the parents who are wholly responsible for their children.*



Events and carnivals in Frigiliana

Frigiliana is all year round amusing, entertaining, educating and relaxing. The carnivals selected below are the most important must-visit events. Some of them have variable dates. If you wish to plan your visit around those celebrations please contact us.

San Sebastian takes place on January 20th and it starts with a mass in honour of San Sebastián. The main event is a procession carrying the statue of San Sebastián through the village. It is accompanied by spectacular fireworks along the processional route.

Carnival - celebrated a few days after the beginning of Lent in February/March. The crowd marches through the streets of Frigiliana. The celebrations begin in the newer part of Frigiliana and then move to the old town visiting just about every part of it. Music, drums, rattles and hundreds of people in fancy dress make it a loud colourful experience.

Holy Week - begins on the Friday before Palm Sunday (March or April) just before the events commemorating the passion, death and resurrection of Jesus. El Viernes de Dolores, Friday of the Sorrows – the largest brotherhood in Frigiliana, goes in procession dressed in hooded black robes in the Pharaonic style.

The May Crosses – during this captivating tribute to the spring season of flowers Frigiliana presents itself dressed with many crosses made from fresh cut flowers.



Events and carnivals in Frigiliana

The Fair of San Antonio – this annual fair is held in honour of the town's patron Saint Anthony of Padua. This festival takes place on 13th of June. Traditionally it starts with a salvo of gun shots, followed by a contest of Miss of the Fair and a chase of raging bulls. It finally concludes with a spectacular display of fireworks.

Three Cultures Festival – during the last week of August Frigiliana gets decorated to begin its probably most spectacular party. Thousands of people celebrate the coexistence of three cultures that have influenced Andalusia over the centuries and that have left their visible mark on Frigiliana.

The town becomes an open-air festival enriched with food, music, arts, crafts and traditions reflecting different aspects of Christian, Arabic and Jewish cultures.

For three days and nights restaurants create special menus, musicians play exotic music and street theatre performers entertain the participants in this exhilarating and iconic show.

Art Route. In early October some 50 artists of different nationalities exhibit their work in 23 locations in Frigiliana. The art is shown in houses, museums, gardens and courtyards. It is an incredible opportunity to talk with the artists and participate in art workshops and seminars.



El Jardin villa rental fees

El Real Alcazar apartment

The prices per night start with 100 Euro for two persons plus 70 Euro cleaning charge for El Real Alcazar and 200 Euro refundable deposit. 20 Euro for each additional person. In winter we provide olive wood for wood burner, charged at 15 Euro for a 25kg bag.

El Patio apartment

The prices per night start with 100 Euro for two persons plus 70 Euro cleaning charge for El Patio and 200 Euro refundable deposit. 20 Euro for each additional person. In winter we provide olive wood for wood burner, charged at 15 Euro for a 25kg bag.

Al Alhambra apartment

The prices per night start with 80 Euro for two persons plus 50 Euro cleaning charge for Al Alhambra and 200 Euro refundable deposit. In winter we provide olive wood for wood burner, charged at 15 Euro for a 25kg bag.



Monasteria and Lemon House rental fees

The prices per night start with 100 Euro for two persons plus 70 Euro cleaning charge for Monasteria and 200 Euro refundable deposit.

20 Euro for each additional person and 50 Euro cleaning charge for Lemon House.

In winter we provide olive wood for wood burner, charged at 15 Euro for a 25kg bag.

