



Walk, talk and eat in Port de Soller Mallorca. 6-8 people.

Walking in Mallorca is a perfect way to get in to summer mode in early spring, April or May, or enjoy some last walks in warm temperatures in September or October before we head for winter.

We meet in the Port de Soller by the sea in the beautiful Tramuntana mountain range on the island of Mallorca. By car it takes 45 minutes from the airport in Palma. This is where we will have our base when we explore different beautiful walks on the west coast of Mallorca. Port de Soller is a wonderful little village with a harbour and a beach. There is a fantastic old tram connecting the harbour to the main village of the area, Soller, situated further inland.



Walk, Talk and Eat
Cecilia Swenson Health Coach





Staying in Port de Soller means that we have great access to some of the best walks on the island and at the same time the value of going for a swim in the sea when we get back from the walks.

Along the shore there are plenty of nice restaurants that serve good Mediterranean foods in the evening. We will be staying in one of the nice hotels linked below where you share double rooms and where breakfast buffet is included.





We start our days in Port de Soller with a yoga class of 1-1,5 hours. After breakfast we head out for different walks in the area. We mix walking along the cliffs above the deep blue sea with hikes that take us up on altitude to the nice summits in the area. We will walk among olive, orange and lemon trees, passing haciendas, enjoying the beautiful landscape of the island.

Either we will stop for a picnic lunch along the way or stop at one of the haciendas that serve food.





One of the days we will access the walk by a boat trip to one of the coves north of Port de Soller, from where we will walk back.

In the afternoons when we get back to Port de Soller there is time to swim or relax on the beach or in the beautiful garden of the Hotel (

There is also a possibility to go to Palma and see the beautiful old town and enjoy one of all the good restaurants there for dinner. By bus or train to get there and then taxi back to Port de Soller in the evening.





Virya Yoga

Virya yoga is a dynamic form of yoga which focuses on biomechanics. In systematically composed yoga series you will discover in each and every class a tough, fun way to practice yoga that nourishes your mind with positive, philosophical themes. "Virya", in Sanskrit, means "enthusiasm", "energy", or "power", and the aim of Virya yoga is that it will empower and energize you. Enthusiasm comes with the delightful playfulness that will hopefully inspire you to explore the landscapes of your body and mind.





Optional places to stay:

<http://www.hotelesport.com/en/hotel.php>

<http://www.hotelmariasoller.com>

<http://www.sonbleda.com/english/> Finca between Soller and Deia

Price: Price range for 6 persons CHF 900-1100 per person

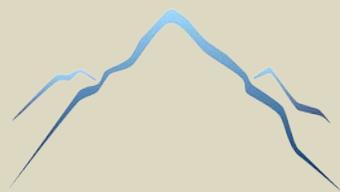
Included in the price

Accommodation, breakfast and lunch

Yoga every day

Walking guide

Cecilia Swensson lives in Verbier and work as professional Ski Instructor at the Swiss National Ski School. She is a trained trekking guide and worked in the Scandinavian Mountain Range for 10 years, while also doing various Treks/Climbs in the Alps, Nepal, Pakistan and China. Cecilia is also a certified massage therapist, integrative nutrition health coach and Yoga Teacher and has been offering Trekking trips with yoga and massage in Verbier, Italy, Spain, Norway and India since 2006.



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