

# MAS SALAGROS

## ACTIVITIES

For adults, children and families

Welcome to Mas Salagros!

Our EcoResort is located in an exclusive environment surrounded by an exceptional natural landscape. An idyllic place to walk quietly, meditate in silence or just to enjoy the peace provided by our surroundings.

At Mas Salagros EcoResort, we have selected a number of activities for children and adults to enjoy their holidays in our farmhouse.

We wish you a happy stay!

Activities Team of Mas Salagros

## WELLNESS BY AIRE

Children under 16 years can enjoy the AIRE experience at the specified times with a supplement of 30€ and subject to availability.

Do not forget to check our rituals and treatments at reception!

### CONTACT NUMBERS

Reception 24h: 9 · Restaurant 1497: 1073  
Granja Salagros & Room Service: 1020

Wellness by AIRE: 1035

Wifi: salagros

11:00 AM - 08:00 PM

## MONDAY

### KIDS

- 1:00 - 2:00 PM **Kids entertainment.** Visit of the vegetable garden and the farm of Mas Salagros
- 2:30 - 4:00 PM **Kids entertainment.** Finger painting
- 4:00 - 6:00 PM **Kids entertainment.** Crafts
- 6:00 - 7:00 PM **Kids entertainment.** Activities in the nature
- 7:00 - 8:00 PM **Kids entertainment.** Playroom

### ADULTS OR FAMILIES

- 11:00 - 1:00 PM **Routes & strolls.** La Roca Foradada
- 4:00 - 6:00 PM **Routes & strolls.** Torre Tavernera
- 7:00 - 8:30 PM **Tasting.** Beer tasting (\*)

## TUESDAY

### KIDS

- 11:00 - 1:00 PM **Kids entertainment** Visit of the vegetable garden and workshop with the Chef
- 1:00 - 2:00 PM **Kids entertainment.** Activities in the nature
- 2:30 - 4:00 PM **Kids entertainment.** Finger painting
- 4:00 - 6:00 PM **Kids entertainment.** Crafts
- 6:00 - 7:00 PM **Kids entertainment.** Dance / Sports
- 7:00 - 8:00 PM **Kids entertainment.** Playroom

### ADULTS OR FAMILIES

- 4:00 - 6:00 PM **Routes & strolls.** Roca Foradada
- 5:00 - 6:00 PM **Wellness.** Yoga classes

\*It is done once every two weeks. Ask the conditions and price to the desk team. Limited capacity

11:00 AM - 8:00 PM

**WEDNESDAY**

**KIDS**

- 12:00 – 1:00 PM **Kids entertainment.** Activities in the nature
- 1:00 - 2:00 PM **Kids entertainment.** Visit of the vegetable garden and the farm of Mas Salagros
- 2:30 - 4:00 PM **Kids entertainment.** Finger painting
- 4:00 - 6:00 PM **Kids entertainment.** Crafts
- 6:00 - 7:00 PM **Kids entertainment.** Activities in the nature
- 7:00 - 8:00 PM **Kids entertainment.** Playroom

**ADULTS OR FAMILIES**

- 11:00-12:00 PM **Fitness.** Zumba classes
- 4:00 - 6:00 PM **Routes & strolls.** View point
- 6:00 - 7:00 PM **Workshop.** Gintonic (10€)\*

**THURSDAY**

**KIDS**

- 11:00 - 12:00 PM **Fitness.** Zumba classes
- 12:00 – 1:00 PM **Kids entertainment.** Activities in the nature
- 1:00 - 2:00 PM **Kids entertainment.** Visit of the vegetable garden and the farm of Mas Salagros
- 2:30 - 4:00 PM **Kids entertainment.** Finger painting
- 4:00 - 6:00 PM **Kids entertainment.** Crafts
- 6:00 - 7:00 PM **Kids entertainment.** Activities in the nature
- 7:00 - 8:00 PM **Kids entertainment.** Playroom

**ADULTS OR FAMILIES**

- 12:45 - 1:30 PM **Workshop.** Paella with the Chef (45€/adult 28€/kid)

**POOL OPENING HOURS:  
FROM 11:00 AM TO 7:00 PM**

11:00 AM - 10:00 PM

**FRIDAY**

**KIDS**

- 12:00 – 1:00 PM **Kids entertainment.** Activities in the nature
- 1:00 - 2:00 PM **Kids entertainment.** Visit of the vegetable garden and the farm of Mas Salagros
- 2:30 - 4:00 PM **Kids entertainment.** Finger painting
- 4:00 - 6:00 PM **Kids entertainment.** Crafts
- 6:00 - 7:00 PM **Kids entertainment.** Activities in the nature
- 7:00 - 8:00 PM **Kids entertainment.** Playroom

**ADULTS OR FAMILIES**

- 11:00-12:00 AM **Fitness.** Yoga Zumba classes
- 4:00 - 6:00 PM **Routes & strolls.** View point
- 5:00 - 5:45 PM **Cooking workshop** with the Chef

**SATURDAY**

**KIDS**

- 11:00-12:00 PM **Fitness.** Zumba classes
- 12:00 – 1:00 PM **Kids entertainment.** Activities in the nature
- 1:00 - 2:00 PM **Kids entertainment.** Visit of the vegetable garden and the farm of Mas Salagros
- 2:30 - 4:00 PM **Kids entertainment.** Finger painting
- 4:00 - 6:00 PM **Kids entertainment.** Crafts
- 6:00 - 7:00 PM **Kids entertainment.** Dance/Sports
- 7:00 - 8:00 PM **Kids entertainment.** Playroom
- 8:00 – 10:00 PM **Kids entertainment.** Dinner & cinema (18€/kid)

**ADULTS OR FAMILIES**

- 4:00 - 6:00 PM **Routes & strolls.** View point
- 6:00 - 7:00 PM **Wine tasting** workshop

**Room service**

**From Monday to Sunday: 7:00 AM - 2:00 AM**

\*Limited capacity. Book 48 hours in advance.

THE FIRST 100% ORGANIC TOURISM DESTINATION OF THE IBERIAN PENINSULA

9:30 - 20:00H

SUNDAY

KIDS

- 1:00 - 2:00 PM **Kids entertainment.** Visit of the vegetable garden and the farm of Mas Salagros
- 2:30 - 4:00 PM **Kids entertainment.** Finger painting
- 4:00 - 6:00 PM **Kids entertainment .**Crafts
- 6:00 – 7:00 PM **Kids entertainment.** Activities in the nature
- 7:00 - 8:00 PM **Kids entertainment.** Playroom

ADULTS OR FAMILIES

- 09:30 - 10:30 AM **Wellness.** Yoga class
- 11:00 – 01:00 PM **Routes & strolls.** View point
- 04:00 - 06:00 PM **Routes & strolls..** Torre Tavernera

A 100% ORGANIC EXPERIENCE

The first 100% organic EcoResort of the Iberian peninsula. Open all year long!

Live an experience in an incomparable setting of calm, peace and nature in the protected park of the Catalan Coastal Range. At Mas Salagros EcoResort we put at your disposal all the facilities and services for you to discover the philosophy slow in order to break out of your routine.

We recommend you to taste the high organic Mediterranean gastronomy that we offer in our restaurant 1497, relax in our AIRE spa and enjoy the trekking and bike routes in this wonderful environment.

At reception you will find information about all the daily activities and scheduled excursions that we have to complete your stay.

We wish you a happy stay!

OPENING HOURS

1497 Restaurant

Monday to Sunday: 7:30 PM -10:30 PM

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Sunday noon: 1:00 PM- 3:30 PM

Tasting Menu & Grand Tasting Menu

Monday to Sunday: 7:30 PM -9:15 PM

Saturday night: 8:00 PM - 10:00 PM

Sunday noon: 1:00 PM- 2:30 PM

Cibus Restaurant

Monday to Sunday: 1:00 PM 3:30 PM

Monday to Sunday: 7:30 PM -10:30 PM

Saturday night: 8:00 PM - 10:00 PM

Gastro Wine Bar

Monday to Sunday: 1:00 PM -11:30 PM

Kitchen schedule: 1:30-3:30 PM /

7:30h-10:30PM

MAS SALAGROS  
EcoResort & AIRE ancient baths

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