

A photograph of a two-story, light-colored building with a tiled roof and arched windows. The building is surrounded by lush green trees and foliage. A large tree trunk is visible on the right side of the frame. The text "CATALOGUE OF ACTIVITIES" is overlaid in white at the top. The text "MAS SALAGROS EcoResort & AIRE ancient baths" is overlaid in white at the bottom.

CATALOGUE OF ACTIVITIES

MAS SALAGROS
EcoResort & AIRE ancient baths



Workshop

ORGANIC CUISINE

Flavor and sustainability in one place! Join our workshop with organic products and discover a unique culinary experience led by our Chefs. Savor fresh ingredients, cultivated with respect for nature. Learn innovative gastronomic techniques. Delight in delicious and conscious dishes

TRENDY STARTERS

1. Preparation Acapulco-style Ceviche.

Experience the fresh and authentic taste of Acapulco-style Ceviche. A delicacy marinated with passion and tradition.

2. Smoked steak tartar

Enjoy the intense smoky flavor of Smoked Steak Tartare, a gourmet delight prepared with culinary mastery and passion.

The workshop is demonstrative.

DURATION : 45 - 60 min

LOCATION : At Mas Salagros EcoResort 5*

LANGUAGES: Catalan / Spanish / English

PRICE: as from €50/pax (VAT included) + €5 apron

This workshop is demonstrative.

Conditions: Subject to availability, must be booked beforehand.

Minimum 6, maximum 25



Workshop

SHOWCOOKING

Elevate your culinary skills to a spectacular level! Discover the art of live cooking with our exciting showcooking workshop. Learn while delighting in the magic of live preparation

Workshop

SHOWCOOKING

The showcooking workshop will make you live a unique gastronomic experience as a team, it will promote creativity and good atmosphere in the group while showing culinary skills to the test. Although it is an activity that can be tailored according to the group needs. You can choose :

- Paella contest
- Preparation of recipes

Practical workshop with a private chef.

DURATION: 2h

PLACE: Mas Salagros EcoResort 5*

LANGUAGES: Catalán / Spanish / English / French

PRICE: According to activity design.

Conditions : Subject to availability and previous reservation.

Minimum 6 people.



Workshop

WINE TASTING

Embark on a unique and environmentally-responsible wine journey. Mas Salagros' organic wine tasting will surprise you with authentic aromas and flavors. Our sommelier will guide you through a sustainable pleasure trip. Elevate your senses and savor every glass.

Workshop

WINE TASTING: MAS SALAGROS SELECTION

Immerse yourself in a unique sensory experience with our wine tasting guided by an expert sommelier. Discover aromas, flavors, and pairings that will captivate your senses.

Workshop:

- What organic wine is and its properties
- How wine and cava are made
- Explanation of the Alella D.O.
- Theory on how to carry out a good wine tasting

Tasting of 2 wines and 1 cava:

D.O. Alella white wine

D.O. Alella red wine

Brut Nature Cava (D.O. Alella)

DURATION: 60 min

LOCATION: At Mas Salagros EcoResort 5*

LANGUAGES: Catalan / Spanish / English

PRICE: as from €30/pax (VAT included)

Conditions: Subject to availability, must be booked beforehand.



Workshop

GINTONIC TASTING

Immerse yourself in the world of Gin and Tonic with our exclusive workshop. Discover the perfect blend of botanicals and flavors that will turn your cocktails into masterpieces.

GIN TONICS TASTING

Learn preparation and presentation techniques from expert mixologists. Strengthen bonds among colleagues while discovering unique flavors and mixology skills. Our experts will guide an exclusive evening, creating innovative cocktails. An opportunity to relax, enjoy, and foster creativity.

Workshop:

Short history of the cocktails world

Main differences between gins

Gins and its characteristics

How to combine and pair the gins

How to elaborate a good gin tonic

DURATION: 1:30h

PLACE: En Mas Salagros EcoResort 5*

LANGUAGES: Catalán / Spanish / English

PRICE: as from 60€/pax (VAT included)

Conditions : Subjecto to availability and previous reservation



Workshop

WINE TASTING AT THE ALTA ALELLA WINERY

Discover the charm of winemaking in Alta Alella. The winery visit immerses you in a wine paradise. Marvel at biodynamic vineyards and award-winning organic wines. Learn from the passion of their winemakers and be captivated by exquisite tastings. An unmatched oenological and cultural experience that will delight your senses and enrich your knowledge of wine.

WINE TASTING AT ALTA ALELLA WINERY

CLASSIC VISIT

It involves walking among the vineyards, visiting the wine cellars and wine and cava tastings at the Oenology Tourism Centre that is located within the vineyard itself, boasting sea views. Consists on tasting 4 wines and cava.

DURATION: 1:30h

LOCATION: Alta Alella Wineries

LANGUAGES: Catalan / Spanish / English

PRICE: €22/pax

TRANSFER NOT INCLUDED

These prices can be increased depending on the time of the activity

EXCLUSIVE VISIT 4X4

It involves an excursion around the vineyard in a 4WD, visiting the wine cellars and tasting 4 wines at the Enology Tourism Centre, which is located within the vineyard and boasts sea views.

DURATION: 1:45h

LOCATION: Alta Alella Wineries

LANGUAGES: Catalan / Spanish / English

PRICE: 1 to 4 people: as from €160. As from 5 people : € 40 / pax

TRANSFER NOT INCLUDED

These prices can be increased depending on the time of the activity

Conditions: Subject to availability, must be booked beforehand.

WINE TASTING AT ALTA ALELLA WINERY

THE GOURMET VISIT

For gastronomy lovers we recommend this activity, which consists of a pairing with gourmet tapas designed to harmonize with 6 wines and cavas. This visit is private and includes, previously, a walk through the vineyards and a visit to the winery and cellar.

DURATION: 2h30m

Price up to 4 people : as from 220€

Price as from 5 people : as from 55€/pax

(As from 10 pax, ask for quotation)

Transfer not included

These prices can be increased depending on the time of the activity

WINE PAIRING WITH "IBERICO" CURED HAM

Walk through the vineyards and visit the winery and the cellar. The activity ends with a tasting of Iberico cured ham paired with 4 winers and cava Alta Alella.

DURATION: 1h30m

PRICE: as from 42€/pax

Transfer not included

These prices can be increased depending on the time of the activity

Conditions : Subject to availability and previous reservation.



Workshop

CUPPING COFFEE

Experience the art of coffee in our exciting tasting. Discover the richness of aromas and flavors with expert guides. Awaken your senses and learn to appreciate the subtlety of each cup. Immerse yourself in coffee excellence!

CUPPING COFFEE

Embark on an exciting coffee journey! Our coffee tasting immerses you in a world of delight and knowledge led by expert guides. Learn with your team and strengthen bonds as you unravel captivating aromas, nuances, and flavors. This workshop fosters communication, cooperation, and teamwork creativity.

Workshop:

Brief introduction to the coffee world and specialty coffee

Tasting instructions

Competition among teams to guess the sensory notes of the coffees

DURATION: 2:00h

LOCATION: At Mas Salagros EcoResort 5*

LANGUAGES: Catalan / Spanish / English

PRICE: from XX€/pax (VAT included)

Conditions: Subject to availability and reservation in advance. This workshop requires a minimum of 10 people-



Wellbeing

AIRE ANCIENT BATHS VALLROMANES

Part of our ancient farmhouse from 1497 has been converted into a dreamlike space where you can experience unique moments of complete relaxation and enjoyment. An unforgettable journey of sensations.

WELLNESS BY AIRE ANCIENT BATHS VALLROMANES

SPECIAL MICE

30' The Ancient Thermal Bath & 30' relaxing massage 75,00€*

AIRE ESSENTIALS

60' The Ancient Thermal Bath & 30' relaxing massage 90,00€

45' The Ancient Thermal Bath & 45' relaxing massage 106,00€

30' The Ancient Thermal Bath & 60' relaxing massage 118,00€

INDULGENCE EXPERIENCES

Floating Escape, Athlete, Holistic, The Ancient Argan Ritual...

SIGNATURE EXPERIENCES

The Himalayan Salt, The Four Handed, The Ultimate Blossom...

Conditions: Subject to availability and reservation in advance. Please check the regulations and cancellation policies of AIRE Ancient Baths."

The Special MICE price is valid from Monday to Thursday. Prices are only applicable to Mas Salagros EcoResort 5 customers. Not applicable on holidays, holiday eves, Holy Week, July, August, 6th & 8th of December, and Christmas holidays (from December 23rd to January 7th, both inclusive).*



Wellbeing

YOGA OR STRETCHING

*Find the balance between body and mind, surrounded by
nature in an incomparable setting*

YOGA OR STRETCHING

The yoga classes teach balance and breathing exercises consisting of inhaling and exhaling air at different paces, allowing for achieving maximum concentration. Perfect for relaxing the mind and leaving stress behind.

If you would rather carry out an activity that requires slightly more physical exertion, we also offer the possibility of participating in our stretching classes. You will feel your body strengthen by means of a number of exercises aimed at improving your elasticity and flexibility.

The activity may take place outdoor on the the EcoResort or in a hall.

DURATION: 1:30h

LOCATION: At Mas Salagros EcoResort 5*

LANGUAGES: Catalan / Spanish

CAPACITY: minimum 2 pax

PRICE: group class as from 150€

Conditions: Subject to availability, must be booked beforehand.



Wellbeing

FOREST BATH

This is a sensory experience of connecting with nature to promote physical and mental health, well-being, and minimize stress levels.

FOREST BATH

It is a e sensorial experience that connects you with the nature. This activity is designed by the Forest Bath Institute and Mas Salagros EcoResort 5* to decrease the stress level and promote the good health and the wellbeing.

The Forest Bath or Shinrin-Yoku is originary from Japan and was created as a program designed to reduce the stress of the population. Is based on the full attention principles, opening the senses to the forest atmosphere , reduce the walking speed and to inhale the forest air, getting an emotional connection with the landscape.

This activity is the last tren against stress and it is perfect for team building creating a good and trusting atmosphere.

Consists on a forest bath or one hour and a half and a 30 minutes workshop to integrate the experience on the quotidian life of the group.

DURATION: 1:30h + 30 minutes, 2 hours total

PLACE: Mas Salagros, Natural Park Serralada Litoral

LANGUAGES: Catalan/Spanish / English

PRICE: as from 500€ (mínimum for 20 people)

Conditions : Subject to availability and previous reservation



Wellbeing

GOLF INITIATION CLINIC

Improve your game and enjoy golf like never before with our clinics. Expert instructors will guide you in techniques and strategies to reach your full potential. Learn in a fun and motivating environment, connecting with other golf enthusiasts.

GOLF INITIATION CLINIC

Golf Clinics are a fun, healthy activity that fosters team building. Additionally, clinics are adaptable to the size of the group and the time available.

This workshop includes:

- Technical materials and changing rooms
- Golf clubs and practice balls
- Access to changing rooms and towels
- Water bottle
- Tournament: Small competition including trophies and commemorative souvenirs for all participants.

DURATION: 2:00h

LOCATION: Vallromanes Golf Club. 1.200 mts from the resort

PRICE: as from €52/pax (VAT included) 1 coach for every 6-7 people, as well as swing, short game and putting class.

TRANSFER NOT INCLUDED

Conditions: Subject to availability, must be booked beforehand.



Wellbeing

WALKING THROUGH THE NATURAL SECRETS OF MAS
SALAGROS

*Outings to discover the surrounding nature: its diverse insects,
traces of nocturnal inhabitants, flowers with surprising
aromas, plants for traditional games, and many more
curiosities!*

WALKING THROUGH THE NATURAL SECRETS OF MAS SALAGROS

You will discover the surroundings and surprises within the protected park of Serralada Litoral with a guide from Naturwalks company.

It is recommended to do this activity in the morning during the year and in the late afternoon during summer.

DURATION: 2:00h

LOCATION: Protected park of Serralada Litoral

DIFFICULTY: Easy. Less than 1km with no significant slopes. **LANGUAGES:** Spanish / Catalan / English / German (upon request)

PRICE: from 45€ / person (minimum 4 participants)

Conditions: Subject to availability, must be booked beforehand.



Wellbeing

A TRIP AROUND THE MEDITERRANEAN DIET: WILD TAPAS

*Outings to get to know the nature that surrounds us,
its different insects, the tracks of nocturnal animal, flowers
with surprising scents, plants with which to play traditional
games and much, much more!*

A TRIP AROUND THE MEDITERRANEAN DIET. WILD TAPAS WHILE YOU WALK

Experience Mas Salagros' surrounding areas with a Naturwalks guide. During the walk, you will get to know about the trees and wild plants around the estate and taste the tapas nature has to offer.

This activity is recommended for the mornings throughout the year and at the end of the afternoon in the summer.

DURATION: 2:00h – 3:00h

LOCATION: Serralada Litoral Protected Park

DIFFICULTY: Easy - average Less than 1km, presenting no significant inclines.

LANGUAGES: Spanish / Catalan / English / German (upon request)

CAPACITY: Minimum 4 pax

PRICE: as from €60 / pax

Conditions: Subject to availability, must be booked beforehand.



www.massalagros.com