

FIND YOURSELF IN THE LOST ISLAND

Holistic hikes retreats for Autumn

With reports predicting that 76% of people is willing to spend more on wellbeing focused travel this year Balearic Island hotspot Nobu Hotel Ibiza Bay offers two hiking retreats this Autumn inviting guests to experience a different side of the island. Making the most of the milder weather, the Holistic Hiking retreats will take place in **September and October** and include a schedule of hikes, accommodation for three nights, wellbeing experiences and 1-2-1 consultations.

Consisting of **three specially curated hikes** that combine adventure with wellness, guests will be taken to some of the most beautiful and lesser-known spots on the island while enjoying the therapeutic benefits of being outdoors in wild landscapes. Being surrounded by greenery has emerged as an antidote to digital fatigue and low moods following the impact of the pandemic and after recent studies suggesting that walking not only blasts fat but also has a dramatic anti-ageing effect on the body, the retreats provide an exhilarating, motivational and reinvigorating experience while allowing individuals to work on their fitness. Hosted by ex-CEO come founder of Ibiza Hikes, Manuel Ehrensperger, guests will be guided along ancient smuggler routes, past ruins of watchtowers, through dramatic gorges and hidden caves that lead to natural Jacuzzis and never-ending vistas while meditation and shout therapy help guests to **reconnect with nature** along the way.



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Whether a novice, intermediate or experienced hiker, **each will be adapted** to suit the group while providing an opportunity to experience Ibiza like never before. The hikes include an Es Vedra Hike - to witness the magic of the breath-taking backdrop steeped in myths and legends accompanied by the spiritual sound-track of hand pan drums, a Mindfulness Hike to Portal Del Cielo - to experience the untouched wild north of the island and a Natural Spa & Sound Healing Hike - to enjoy the best of Ibiza's natural Jacuzzis and a sound healing session with the inimitable acoustics of a seaside cave.

Back at Nobu Hotel Ibiza Bay, the Holistic Hiking Retreat includes **accommodation for three nights, breakfast** each morning in the beachside Chambao and an **Omakase dinner** at Nobu Restaurant Ibiza. To energise tired muscles, the package also includes a Signature **Holistic Zen Massage** and a Signature **Relaxing Foot Massage**.

Guests will be invited to start each morning with a pre-breakfast energiser on the newly opened Rooftop, yoga pavilion or beach, to enjoy the sunrise over Talamanca Bay. Complimentary activities throughout the retreat include yoga, Pilates, meditation and fitness, and to ensure guests are hike-ready an in-room welcome pack will be provided containing a Nobu Hotel Ibiza Bay light weight hiking backpack, ultra-light towel, rock shoes, water and healthy local snacks from Sal De Ibiza.

The Holistic Hiking Retreats will take place **Tuesday 20th - Friday 23rd September** and **Tuesday 11th - Friday 14th October** and start from 1930EUR pp.

For more information or to book email reservations-ibiza@nobuhotels.com or call +34 971 192 222.