

Coastal Trails of Menorca

Single center  independent walking

- A glorious mix: stunning coastal scenery, lush countryside, gentle walking trails
- Golden sand beaches, sparkling azure bays and turquoise seas
- Rich cultural history: prehistoric settlements, fortresses, castles and watchtowers
- Fabulous flora: sea lavender, golden asphodels, serapia orchids, scarlet poppies
- Beautiful Spanish *finca* hotel with panoramic pool and sun terrace



There is a sense of peace and timelessness on Menorca – a tiny island that few people realise has more beaches than Mallorca and Ibiza combined, is a UNESCO Biosphere Reserve, and has the greatest concentration of prehistoric sites anywhere in western Europe.

Such natural bounty has been claimed in turn by Carthaginian, Roman, Greek, Moorish, Spanish, English and French armies, all desperate to control Mahon – the capital – set on the Mediterranean's most perfect natural harbour. The legacy of this historic struggle is still visible today, with castles, fortresses and watchtowers dotted along the coastline like forgotten chess pieces in a giant game. The watchtowers may be ruined, but the path that soldiers used to ride between them, the Cami de Cavalls – is not, and still provides the link between idyllic golden sand beaches, hidden coves and deep blue bays for walkers today.

This independent walking holiday combines a wonderfully varied walking itinerary that takes in many of these ancient sights, with plenty of stunning coastal scenery. With the freedom afforded you by a rental car, you really can take time to discover the island at your own pace.

Your base for the week is the gorgeous Morvedra Nou Hotel near Ciutadella in the south west of Menorca. A beautifully converted *finca*, it is run by Victoria Bendito, whose grandparents owned the original farm. Rustic rooms – all with garden terraces - are in the converted stables, and the pool terrace has views over pretty fields all the way to the sea.



COASTAL TRAILS OF MENORCA | DAY BY DAY

Friday Arrive in Menorca

On arrival in Menorca, pick up your rental car and drive (1 hour) to the hotel in time for a relaxing swim before dinner.

Saturday Santa Galdana Bays Walk 12km/7.5mi/4hr

A classic bay hopping walk from Santa Galdana winds on paths dotted with pink orchids and gladioli over three breezy headlands, dipping down to pristine pine fringed beaches to Cala Turquesa - named for its shimmering turquoise water. After a shady picnic, choose to return to Santa Galdana to end the walk, or stroll the country lanes back to the hotel, before a taxi back to the car.

Sunday North Coast Trail 11km/7mi/4hr

The dramatic red and purple rocks of the north stand in real contrast to the bays of the south. From a poppy strewn headland, the Cami de Cavalls leads along a series of beautiful lonely windswept beaches, before a farm track loops back inland through a host of golden asphodels. On the way back, perhaps drop into Fornells – a chic village with a pretty port for a drink, or drive up Monte Toro (357m) for panoramic views of the entire island!

Monday Punta Prima to Sant Esteve 11km/7mi/3.5hr

You can taste the salt spray along this stunning coastal path leading to Torre d'Alcaufar - a restored lookout tower. Perhaps enjoy lunch in Alcaufar before the Cami de Cavalls leads past fig trees and fortified farmhouses to the fortress of Sant Esteve – set on a tiny inlet - ending at a local café. After a short taxi ride back to the car – relax with a swim in the hotel pool before dinner.

Tuesday Es Grau and Torre Blanca 11km/7mi/4hr

Tamarisk, rosemary and yellow broome line the coastal path from the tiny village of Es Grau - good views of crumbling watchtowers and distant lighthouses. It's then a short detour inland to visit the 4m high taula of Torre Blanca dating to 3BC. Your final stretch takes you in to the Es Albufera Nature Reserve - look out for egrets and herons - and back via Mahon's pretty streets to your hotel for dinner.

Wednesday Sant Tomas Cave Walk 9km/6mi/3hr

From the golden sand beaches of Sant Tomas on the south coast, a path lined with white cistus and yellow crown daisies leads between lush terraces to the Cueva des Coloms – a gigantic limestone cave – ideal for echoes and shady picnics. From the top of the valley a pine scented track leads back down to the beach for a swim. On returning to the hotel, relax on your terrace with a cold drink as the sun goes down.

Thursday Son Xoriguer 13km/8mi/3.5hr

Today's route takes you back down to the south coast and across low creamy rocks covered in bright yellow seapoppy, wild thyme and pink cistus. Lunch by the sea in Son Xoriguer - lots of swimming options - then back via the former capital of fascinating Ciutadella.

Friday Leave Menorca

Drive back to the airport to drop off the car and depart.



"We would like to thank Headwater for providing such a wonderful range of varied holidays."

Mrs Elliott

Dates and Prices (US\$)

2010 Dates	Tour Only
May 7	\$2,127
May 14	\$2,153
May 21, 28	\$2,170
Jun 4, 11, 18	\$2,498
Sep 10, 17, 24	\$2,598
Oct 1	\$2,273
2011 Dates	
May 6	\$2,275
May 13, 20	\$2,331
Jun 10, 17	\$2,583
May 27, Jun 3	\$2,670

Singles: Please phone for details.

Child: Inquire for prices.

Holiday type: Independent walking, single center, no minimum group size, however car rental is subject to at least 2 people (in total) per booking.

Departs: Selected Fridays May 7 2010 to Jun 17 2011.

Duration: 8 days (7 nights).

Meals: Continental breakfast and evening meals.

Other details: For "What your holiday price includes," see "Booking Information" section pp 48-51.

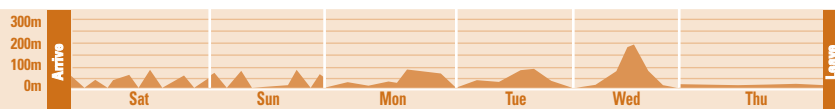
Tailor-made travel choices

Air connections: Flights are not included but can be arranged from most airports, prices on request.

Nearest arrival airport: Mahon Airport. Pick up your car rental (Europcar Group B air-conditioned rental car, included in tour price above). Drive to hotel, 1 hr. Return: Mahon Airport.

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COASTAL TRAILS OF MENORCA | WALKING DETAILS



Walks on this holiday are mostly coastal trails. Many surfaces are loose stone with some sandy paths. Inland sections are on easy country tracks and farm trails. Walking boots essential.



Average daytime temperature (°C):

16 18 21 24 19
APR MAY JUN SEP OCT



Average monthly rainfall (mm):

47 30 19 70 105
APR MAY JUN SEP OCT