

**DOSSIER FOR WELLNESS AND  
SPORTS & FITNESS GROUPS**

# **YOGA, WELLNESS, MINDFULNESS, HIKING, CYCLING, HEALTH AND SPORT RETREATS**

## **Hotel Tossal d'Altea**

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## WHAT WE OFFER?

- Multi-purpose room
- Special Menus
- Accommodation

If you are part of a group or want to organize a yoga, health, mindfulness, hiking, cycling or wellness retreat (or a workshop/course), we would love to hear your project.

### MULTIPURPOSE ROOM:

We have a spacious multipurpose room of 61 square meters and open-plan, with audio-visual equipment, air conditioning and heating, natural light through large windows, a private bathroom and set up tables and chairs. In this private room, you can carry out your activities.



## COMPLEMENTARY OFFER WITH OPTION OF RESTAURANT AND ROOMS

### HEALTHY MENUS:

We offer you the option of serving you special healthy menus adapted to all dietary needs in our hotel restaurant.

### ROOMS:

If you need group accommodation in our hotel, we have very competitive prices (with exclusive discounts) when booking rooms.





## ORGANIZATION PROCESS FOR YOUR RETREAT OR GROUP

### Steps to follow:

- Ask us about our availability of dates to organise the retreat or the group.
- Tell us what the retreat consists of and what services you want (use of the multipurpose room and equipment, menus, rooms...) so that we know what to offer you.
- We will offer you a proposal for the services you wish to contract, making an indicative budget.
- We will ask you for a deposit (an amount of money to guarantee the reservation) and we will start with the reservation of space, menus and rooms (if needed).





**Our  
Mediterranean  
cuisine  
Restaurant is  
based on quality  
and seasonal  
products**

## OUR CULINARY OFFER

- **Full and healthy breakfast**
  - **Lunch and dinner menus**
  - **We adapt to dietary needs**
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- In our hotel restaurant we offer you our Carta, a daily menu, a lounge bar menu and also the possibility of preparing special menus for the food requirements of each client.
  - We can adapt our cuisine to vegetarian, gluten-free or allergy-free options.
  - If you need a packed breakfast or lunch with a sandwich or "bocadillo", fruit, energy bar and water, we will prepare it.
  - Our restaurant and cafeteria service can adapt to your schedules.





## SALONS AND DINING ROOMS FOR GROUP MENUS

- Dining room "Menjador Almàserra"
- Salon "Altea"
- Cafeteria Lounge
- Covered terrace







## BREAKFAST

- Aconditioned Breakfast room
- Covered Terrace near the garden to have a breakfast full offer with natural and healthy products
- Breads, Iberian cold cuts, Iberian ham, cheeses, pastries, juices, cereals, teas, fruit, extra virgin olive oil, coffee, milk, eggs, yoghurt, oats, butter, jams, cakes...





## ROOMS

- Special prices for groups on accommodation
- Discounts according to number of nights and rooms

### Types of rooms:

- Classic room available as single or double.
- Twin room with balcony.
- Standard double room.
- Attic double room with terrace or balcony.
- Superior double room with a canopy bed and terrace.
- Twin room adapted for disabled people.
- Family King Size suite with sauna, hot tub and terrace.

**Rustic and cozy rooms with air conditioning and heating, minibar, TV, telephone, WIFI internet connection...**



## FITNESS GYM

We have a gym with an elliptical bike, exercise bike, weight bench, abdominal bench, dumbbells, sauna...





## SEASONAL SWIMMING POOL AND GARDEN

Enjoy our seasonal  
outdoor swimming pool  
(not heated) and the  
large garden area





**Hotel Tossal d'Altea** is a traditional hotel and gastronomic establishment located on a 300-year-old olive oil mill in Altea (Alicante). This historic building has been restored and it was a farmhouse and a farm of olive, almond and orange trees known as "Almàssera de Guillem". Located just 500 m. from the popular "Casco Antiguo" or also known as Old Town (Well of Cultural Interest as a Historic Site), this family run hotel retains the atmosphere of old time to move to the rural Altea that defends the local values and the memory of our ancestors. Stay in our nice and rustic rooms, taste our Mediterranean cuisine at our Restaurant, visit our landscapes, soak up the aroma of tradition, savor and smell the olive oil, relax in our rural environment, or take a walk to the "Casco Antiguo". If you are part of a group or want to organize a retreat (Yoga, mindfulness, wellness, health, hiking, cycling, fitness, sports...), or a workshop, we will love to know your project.

- More information:

**[www.hoteltossalaltea.com](http://www.hoteltossalaltea.com)**

## LOCATION AND ABOUT US

**Hotel Tossal d'Altea, an old olive oil mill, is located just 500 m. from the popular "Casco Antiguo" (also known as Old Town)**

