

Sant Aniol

Mountains: Sant Aniol Nature Park

Our programs based near Barcelona in the Alta Garrotxa Nature Park, an hour's drive from the coast and 45 minutes drive from Girona Airport. Framed by the bare crests of the high Pyrenees, the Alta Garrotxa mountain range flows softly into the wide plains of the Costa Brava. It's an old land, rich in culture and with a history moulded by Greeks, Romans, and Arabs.

The Aniol valley is carved deep into colourful limestone cliffs by a clear mountain stream - a place of great natural beauty and power. In just a matter of kilometres, the meandering valley offers stunning views of steep cliffs, blue pools and shady tracks through deep forests, dry canyons and cascading waterfalls. Spending time in the valley is deeply relaxing. Participants often tell us how the atmosphere helped them to regain mental peace and clarity. The Sant Aniol valley has been our primary location of choice since 2001 and has revealed its magic to hundreds of participants.

