



Seminar in Barcelona Regatta, Tapas and Flamenco ...

Standing : 2 to 4 Day(s)

Nb of participants : 35 to 280 Persons

Location : Spain / Barcelona

Barcelona, a cosmopolitan and Mediterranean city where gather romans vestiges, medieval likewise the more beautiful examples of the contemporary art.



At your arrival, you will be welcomed at the « Cosmopolitan », located in the Olympic harbor.

Large and comfortable bedrooms will be at your disposal likewise all facilities of the « Cosmopolitan » will make of it the ideal place for your stay in Barcelona.

DAY 1 : Working / Cultural Rally / Evening Flamenco



MORNING : Breakfast and working session

NOON : Lunch on one of the terrace of the hotel

AFTERNOON : Cultural Rally following in the wake of Gaudi

The afternoon, let's start the « **Cultural Rally** ». Our animators will take you away to the **discovery of the Modernism Catalan, following in the wake of Gaudí.**



The animation proposed is a **challenge by teams**. Orientated in the old Barcelona thanks to road books several missions will be entrusted to you:

Enigmas

Identification of photos

Anecdotes and interrogations about the Architecture

Research of secret ingredients for a Catalan recipe

Suspense and good ambiance are guaranteed. The announcement of the results and the rewarding ceremony will be set in the **la Pedrera**, from where you will benefit of an undeniable view of the Paseo de Gracia.

For your aperitif, we are proposing you a glass of Cava (Spanish sparkling wine, of which the majority of the production is located in Catalonia, comparable to the champagne).



Evening Flamenco

Welcome at the Tablao Varadero where you will enjoy an Andalusian dinner before leaving the place for a Flamenco demonstration.

Let you seduce by the caliente and disoriented ambiance of this Mediterranean country where the dancers will transmit you their passion of rhythm and colors.

DAY 2 : Working Session / Regatta

MORNING : breakfast and working session

LUNCH : you will taste in terrace, on the harbor, the fineness of the cooking of a specialist Chief of Paëlla.

AFTERNOON : Regatta in the Bay of Barcelona

You will set worth for a sportive and invigorating activity : a regatta by sailing boats



Sailing federate and unite the crews, each member can implicate him/herself in a common aim. Our professional skippers speak French and English.

They will welcome you for a short briefing :

Presentation of the skippers to the crews

Explication of technical terms

Security instructions

First contact with the boat in the harbor

14:00 - 15:00 = 1st round

15:00 - 16:00 = 2nd round

16:00 - 16:30 = Back to the Harbor and rewarding ceremony

Back to the Olympic Harbor of Barcelona, our skippers will announce the winning team. An ending cocktail will be served during the ceremony of the rewards to end up this sportive afternoon.

Evening Gala

For your Evening Gala, we are proposing you to discover a privileged place in the Old City in order to taste some specialties of the Catalan gastronomy :



The « butifarra amb mongetes » (white beans at sausage)

The Jamon Iberico with its « pa amb tomàquet » (bread with tomatoes)

A Catalan crème brûlée

Afterwards, we will go to the « Mira Blau » where you will dance while enjoying the panoramic view of the whole Barcelona. The next day: working session or return at home.



Options :



Challenge 4x4 in the heart of the Natural Reservation of Montseny

Treasure Hunt in the market of Boqueria, Cooking workshop (Tapas), Opera Evening

Painting Workshop around/about the Picasso Museum

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