



# PGA CATALUNYA

GOLF AND WELLNESS





PGA Catalunya Golf and Wellness is a fully- serviced lifestyle resort with an unrivalled location less than an hour from the vibrant metropolis of Barcelona, 25 minutes from the beaches of the Costa Brava and just 15 minutes from the historic town of Girona. Award-winning and recognized as one of the best golf resorts in Europe, it is one of the world's leading real estate developments and fully- serviced lifestyle resorts.

It incorporates two championship golf courses, a 5-star luxury hotel, the Hotel Camiral, a contemporary Hotel, Hotel Lavidà, Kids Club facilities and wide-ranging gastronomy options. PGA Catalunya Golf and Wellness offers a myriad of outdoor activities designed to encourage guests to enjoy the picturesque surroundings.

# Location



# Location



Location



# Location



FRANCE

ANDORRA

SPAIN



PGA CATALUNYA  
GOLF AND WELLNESS

CADAQUÉS

GIRONA

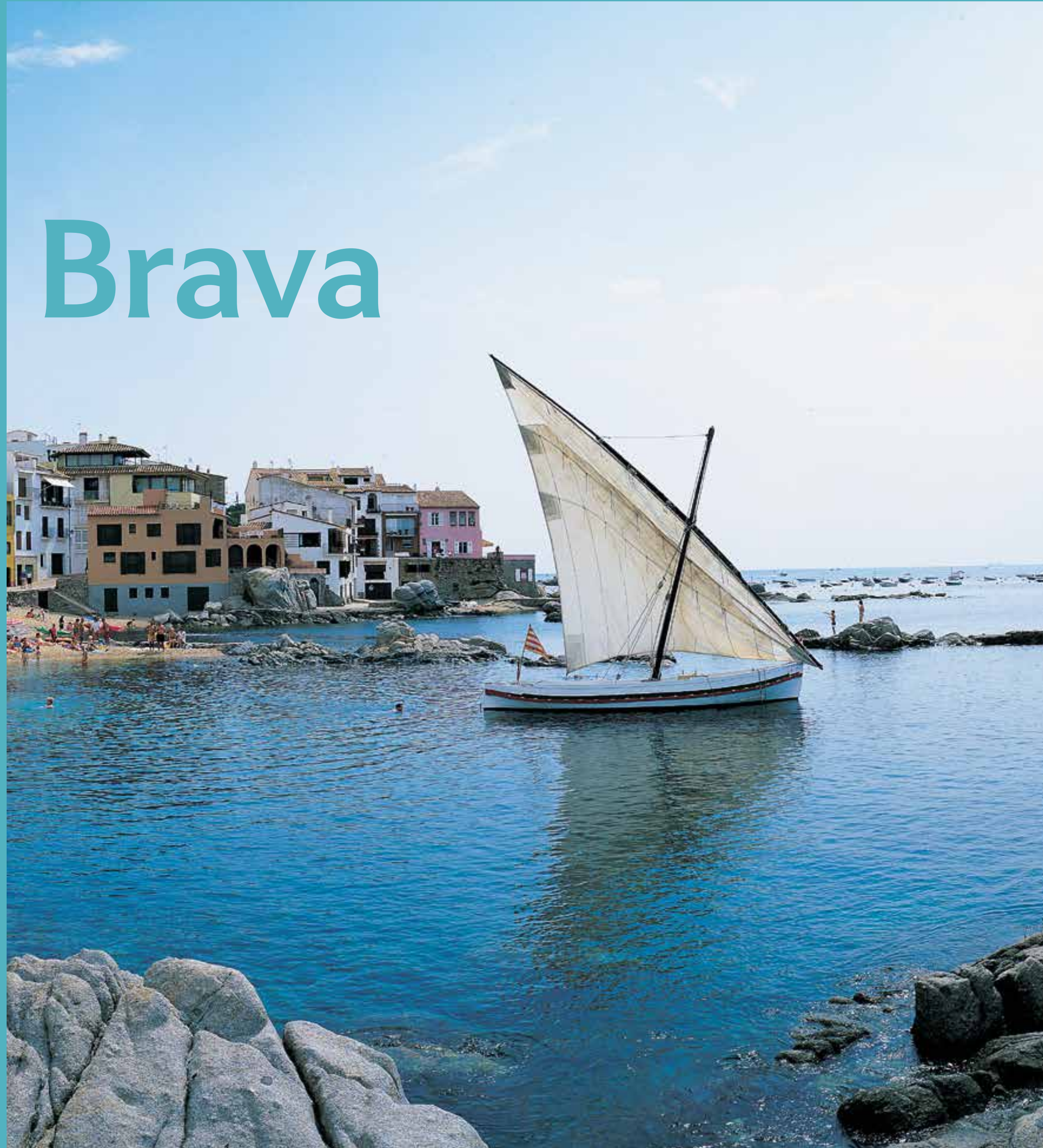
BEGUR

PLATJA D'ARO

BARCELONA



# Costa Brava





# Girona





A prestigious resort in a privileged location

Situated between mountains and sea, with an unbeatable climate.





# Resort Map

- ↑ Girona
- ↓ Barcelona







# The Stadium Course

The glorious 13th





**STADIUM COURSE**





# The Tour Course





TOUR COURSE



## WORLD-CLASS PRACTICE FACILITIES

The first Academy in Spain  
to install GEARS Golf -  
a full swing club and  
body tracking system used  
by PGA professionals

## THE GOLF HUB

 **TOPTRACER**  
RANGE

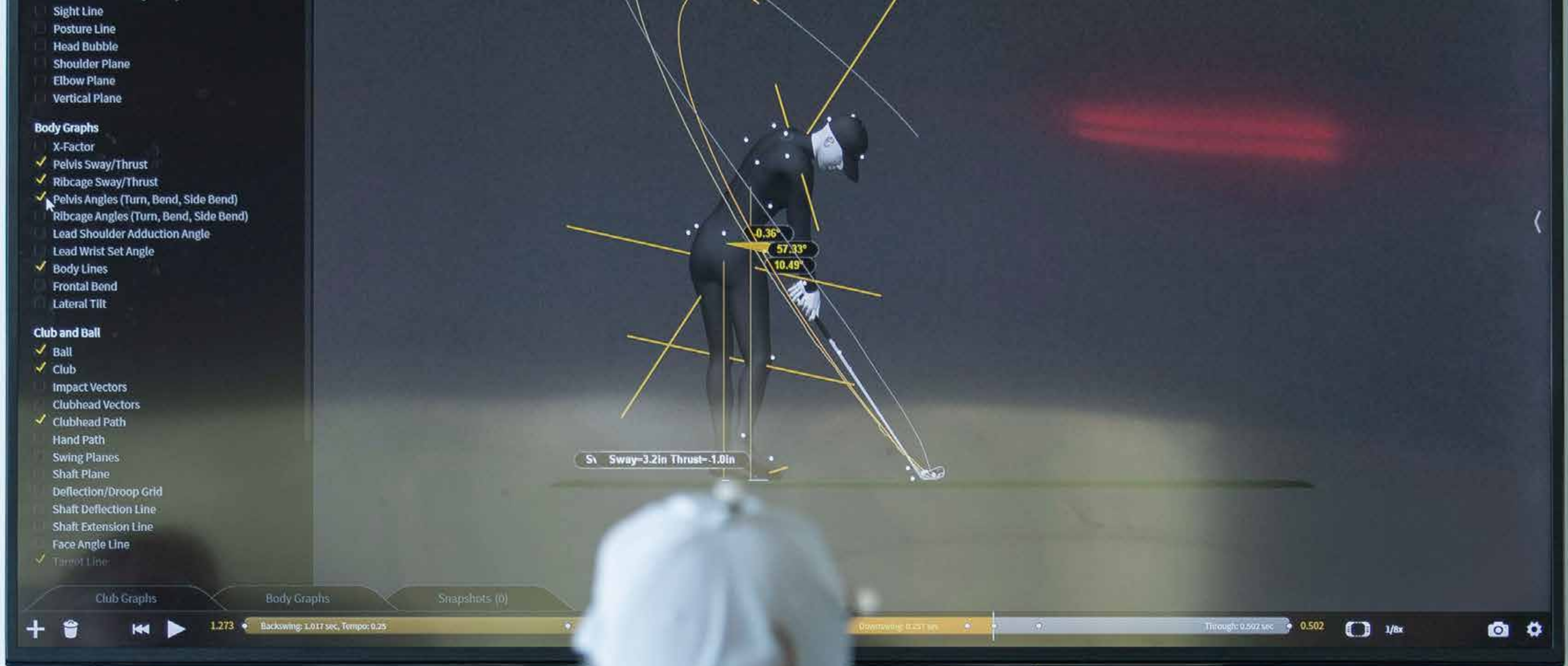
**TRACKMAN**  
UNLEASH YOUR POTENTIAL

 **GEARS**  
GOLF

 **TaylorMade**











THE GOLF HUB

Let's try golf





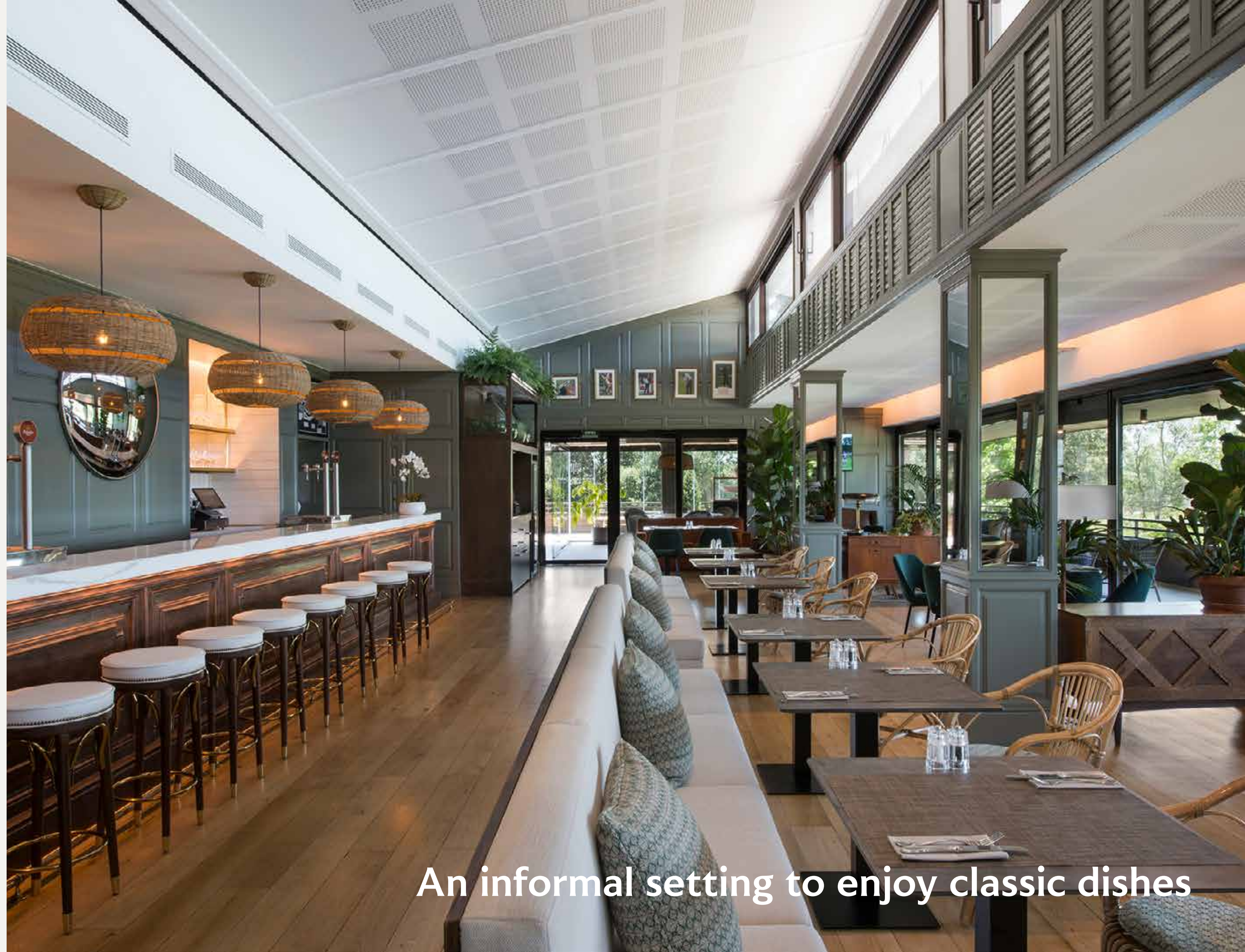
One of Europe's largest putting and chipping greens





Clubhouse spaces





An informal setting to enjoy classic dishes



5-Star hotel in the heart of a  
breath-taking region

A blend of modern  
aesthetics and natural  
environment

# HOTEL CAMIRAL



A MEMBER OF



THE LEADING HOTELS  
OF THE WORLD®



A modern, stylish living space with a large bookshelf, a brick fireplace, and a staircase. The room features a mix of textures, including leather, velvet, and wood. The lighting is warm and ambient, with large white pendant lamps. The overall design is clean and sophisticated.

# Beautifully Designed

Richly textured living spaces

HOTEL CAMIRAL





HOTEL CAMIRAL

to ensure you have everything you need  
for a perfect stay



2 Restaurants & Pool Bar  
8 Meeting & Banqueting Rooms  
Wellness  
Fitness  
Outdoor Heated Pool  
Sports facilities  
Tennis and Paddle courts  
Kids Club



**HOTEL CAMIRAL**





HOTEL CAMIRAL



Restaurants and terrace  
Outdoor heated pool  
Cycling facilities  
Buggy parking

Designed specifically for golf  
and cycling enthusiasts



**LAVIDA HOTEL**





LAVIDA HOTEL

Views to the hole 16 Stadium course





**LAVIDA HOTEL**

**Comfortable rooms**



From luxury apartments to villas we have a wide range of properties to suit your taste and budget

**HOLIDAY RENTALS**







**HOLIDAY RENTALS**



Holistic, personalised  
wellness where natural  
healing is accelerated  
by high-tech therapy



**WELLNESS CENTRE**

AT PGA CATALUNYA







**WELLNESS CENTRE**

Our philosophy reflects the overarching wellness ethos at PGA Catalunya Golf and Wellness.

We put guests at the centre of a holistic sphere that embraces movement, recovery, relaxation, traditional and cutting-edge therapies and expertise in nutrition.

We aim to meet our guests' needs in a holistic and personalised way, whether they are seeking an escape from the stresses of everyday life, or looking to make a conscious shift towards a healthier lifestyle.

# Holistic wellness for life



Wellness Centre is located beside Hotel Camiral, in a 1,000 sq m building designed by the renowned Lagula Architects with a light, bright indoor-outdoor feel that invites the natural surroundings in.

# Space to unwind

- Reception & waiting area
- Consultation areas
- Cryotherapy, oxygen & Photobiomodulation chambers
- Gym & yoga studio
- Full-facility treatment rooms - 8 single, one double
- Hammam
- Relaxation & recovery areas
- Thermal pavilion with steam & sauna
- Hot & cold plunge pools
- Changing facilities
- Boutique

Bookings of 90 minutes and over come with access to all areas of the wellness centre including the thermal pavilion, so you can spend time relaxing prior to treatments and integrating their benefits afterwards

Bookings of under 90 minutes are reserved for in-house hotel guests & residents



**WELLNESS CENTRE**





# An integrated approach

At Wellness Centre next-generation therapies, backed by the latest technology, work in synergy with traditional, natural treatments and rituals to accelerate and maximise the beneficial effects of taking time for yourself.

This integrated approach is rare to find in a relaxed resort setting.



Normally only accessible at residential wellness clinics or elite athlete facilities, these therapies are an integral part of our offering at Wellness Centre, offering a low-touch approach and instantly-felt benefits.

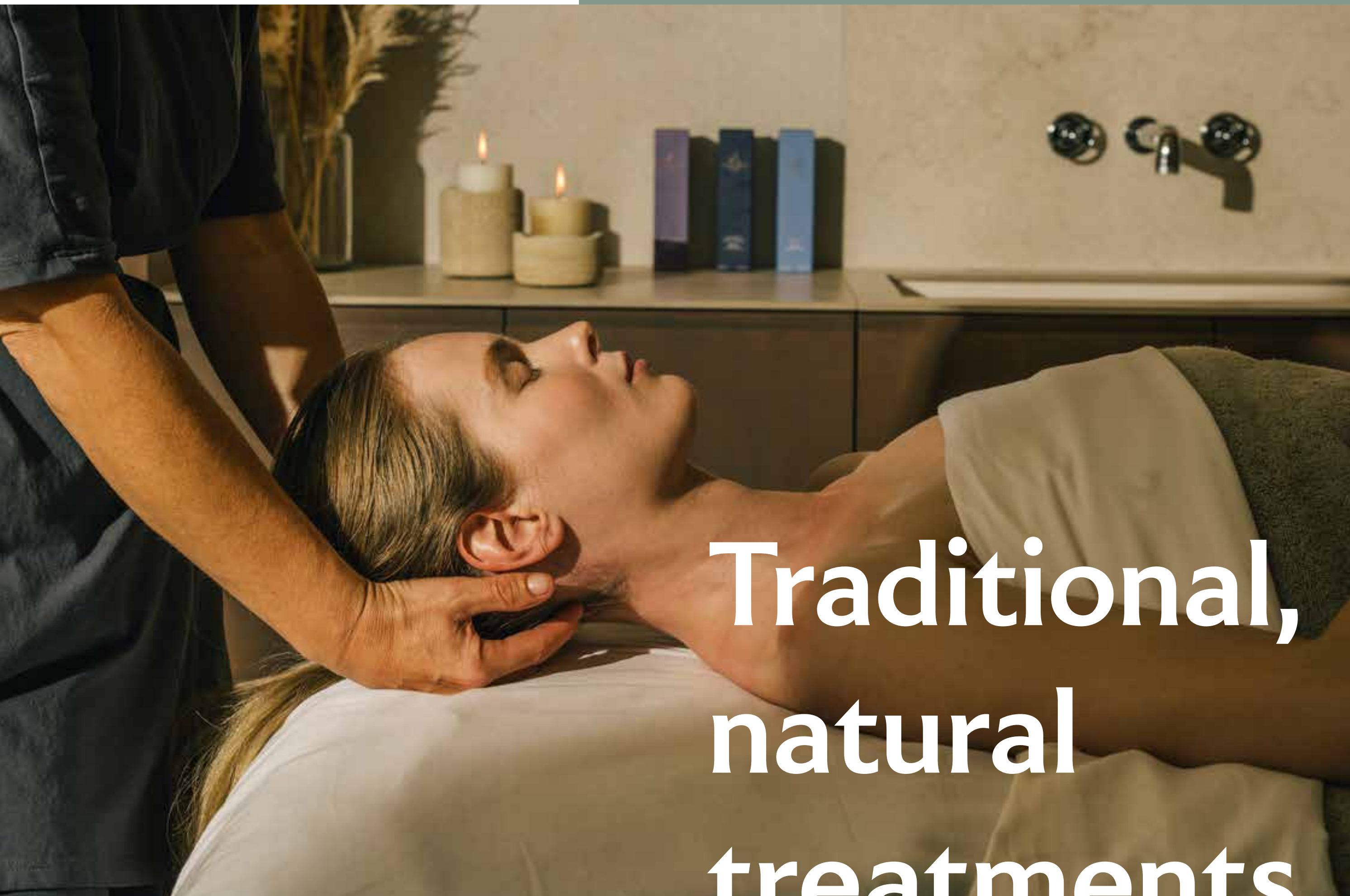
- Whole-body cryotherapy at -110C
- Oxygen therapy
- Intravenous vitamin infusions
- Photobiomodulation

# Our high-tech therapies

WELLNESS CENTRE







# Traditional, natural treatments & rituals

WELLNESS CENTRE

Our essential edit of treatments that bring tangible physical and emotional benefits.

## BODY TREATMENTS

- Signature hammam experience
- Essential oil holistic massages
- Miracle mother-to-be massage
- Hands & feet treatments

## FACIALS

- Aromatherapy Associates essential oil-based
- State-of-the-art science-based, by Biologique Recherche

## RITUALS

A choice of three two-hour mini retreats to take guests on a physical and emotional journey of the senses, reconnecting to the self for optimum revitalisation.





We offer a variety of one- and two-day programmes, focused around Celebration and Vitality concepts and thoughtfully crafted to reflect guests' needs, interests and time.

Our programmes are designed to maximise the effects of cutting-edge, high-tech therapies working in synergy with traditional, natural treatments - all within a relaxed, spacious environment where guests can take as much time as they need to feel the benefits.

# Inclusive, personalised programmes



# Our partners

We work with two of the world's leading brands to deliver our traditional treatments and rituals.

Aromatherapy Associates was a pioneer in the field of essential oil blending, understanding how each oil drawn from nature's healing palette plays a key, active role in supporting physical and emotional well-being.

Paris-based Biologique Recherche has been at the leading edge of science-based skincare since the 1970s, developing formulations based on pure, raw active ingredients for optimum effectiveness.







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