

Highlights of Menorca

Tour Style: European Centre Based
Destinations: Spain & Balearic Islands
Trip code: MNLCL
1 & 2



HOLIDAY OVERVIEW

In spring and autumn, Menorca has a sleepy ambience and its sun-drenched coastline is very peaceful. This leisurely guided walking and sightseeing holiday will take you on walks along gentle paths in low-lying terrain through the pretty countryside and along the coast. During some of the walks we'll pass by some of the island's 1,500 Megalithic sites giving a glimpse into the lives of Menorca's earliest inhabitants. A sightseeing day in the fascinating old island capital of Ciutadella accompanied by an expert local guide will reveal more of the island's interesting history. Our base for the week is the port town of Mahon which is home to some 18th century British fortifications built in recognition of the strategic importance of Mahon's large natural harbour.

WHAT'S INCLUDED

- A full programme of guided walks with 2 options every walking day plus 1 full sightseeing day
- All transport to and from the walks
- The services of experienced HF Holidays' leaders
- "With flight" holidays include return flights from the UK and hotel transfers
- 7 nights accommodation in en-suite rooms
- Half Board - continental breakfast and evening meal

HOLIDAYS HIGHLIGHTS

- This tranquil island offers gentle coastal walks to sandy beaches and quaint fishing villages
- Enjoy a day's sightseeing at fascinating Ciutadella, influenced by the Baroque and Gothic eras
- Walk through green rolling scenery to traditional Menorcan villages
- See a wealth of pre-historic monuments including standing stones and burial chambers
- An ideal location for a relaxing walking holiday, full of commerce and culture
- Stay at a popular 4-star hotel overlooking Mahon harbour

TRIP SUITABILITY

This is a level 1 and level 2 graded Activity, Easier walks: 4 to 7 miles (6½ to 11km) generally on gently graded but sometimes on rocky paths. Up to 600 feet (180m) of ascent in a day. Harder walks: 7 to 10 miles (11 to 16km) sometimes on rocky paths. Up to 800 feet (240m) of ascent in a day.



ITINERARY

Day 1: Arrival Day

Welcome to Hotel Port Mahon. Unpack and settle in.

Day 2: Coastal Defences To Punta Prima

Menorca has an impressive collection of ancient Talayotic sites. Both groups have a short visit to Trepucó – the ruins of a village which dates back to the Megalithic period. There are the remains of stone buildings and defence towers but the most noticeable feature is a giant stone table (taula). Both walks then follow the coast which allows good views of Mahon harbour and its impressive fortifications.

Option 1 - Coastal Defences To Punta Prima

Distance: 6 miles (9½km)

Total ascent: 500 feet (150m)

In summary: After a short bus journey to the delightful inlet of Cala de Sant Esteve, there is an opportunity to make a short visit to Fort Marlborough. Built by the British in the 18th century it is largely hidden from view. Leaving the fort we head south passing two further defensive towers. Our route follows the Cami de Cavalls coastal footpath passing modern day resorts to reach the resort of Punta Prima with its sandy beach and lighthouse.

Highlight: The Cami de Cavalls, an important historic route.

Option 2 - Es Castell To Punta Prima

Distance: 8 miles (13km)

Total ascent: 700 feet (210m)

In summary: Leaving Trepuco it's only a short journey until we arrive on the outskirts of Es Castell. This has a very military feel to it as the centre is a former parade ground. A short walk leads to Calas Fonts with its attractive harbour before we join the Cami de Cavalls en route to Cala de St Esteve. From this point we follow the easier group route to arrive in Punta Prima.

Highlight: Walk along the peaceful coastline with views out to sea.

Day 3: Ciutadella Sightseeing

Today we'll visit Ciutadella, the second largest town on the island situated at the western end. Originally settled by the Moors, this was formerly the island's capital until this was switched to Mahon by the British. The historic centre is clustered around its narrow harbour and contains a maze of narrow alleys and Moorish buildings. We continue to Monte Toro, the highest peak of the island, to enjoy the view before visiting Fornells, a picturesque fishing village on the north coast.

Day 4: Along The Coast To Es Grau

Today we'll travel to the north of Mahon to enjoy walks along the east coast. We'll pass delightful beaches taking in views over the coastal village of Es Grau and beyond to the island of Colom. Our journey takes us to a protected nature reserve which overlooks the S'Albufera Lake before reaching the village of Es Grau.

Option 1 - Es Grau And Albufera Des Grau

Distance: 5 miles (8km)

Total ascent: 500 feet (150m)

In summary: From Es Grau, our walk takes us north along the beach to meet the Cami de Cavalls which we follow passing secluded beaches, only accessible on foot, to reach the boathouse at Cala de Sa Toretta. Here we can enjoy lunch before retracing our steps to Es Grau beach. At this point the route visits S'Alburfera Lake, an important site for migrating birds; we can spend time here or relax in the local bars.

Highlight: Visit the Cap Favartix lighthouse.

Option 2 - Cami De Cavalls And Cap Favartix

Distance: 8 miles (13km)

Total ascent: 800 feet (240m)

In summary: The walk follows the Cami de Cavalls leading to Cap Favartix lighthouse. In just a couple of kilometres the landscape changes dramatically from lush countryside to a lunar landscape. After a visit to the

lighthouse our route turns south to follow the east coast to Es Grau. We pass secluded beaches and Bassa de Morella Nature Reserve before reaching Cala de Sa Toretta. The walk then joins the easier route to Es Grau and its inviting bars, beach and nature reserve.

Highlight: Pass Bassa de Morella, a lagoon rich in wildlife.

Day 5: Free Day

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently or visit local places of interest. Some options for your free day may include:

Mahon: A 10 minute walk from the hotel will take you to the centre of Mahon. With a population of around 25,000, this is the island's capital and it has a good selection of shops, cafés and facilities. The city's great harbour has long been recognised for its strategic importance and over the years has been a base for the British and Spanish fleets. Boat trips around the harbour depart from the main quayside and are a great way to see its full scale. The city's main historic sites, including the cathedral, can be found on the hill just above the harbour and display a variety of different influences from the island's various rulers.

La Mola Fortress: The immense fortress of La Mola was built between 1848 and 1875 to guard the entrance to Mahon Harbour. This is the most impressive historic site on Menorca and a visit lasts about 2½ hours. It is best reached by taxi or hire car. Please check with hotel reception for opening hours and possible guided tours.

Local information website: For information on Menorca please visit www.spain.info

Day 6: Cliffs And Coves Of The Southwest Coast

Today's walks head to southwest Menorca for some particularly attractive coastal walks. Both walks visit sandy beaches before finishing in the resort of Cala Galdana, a popular resort with sandy beaches, pine clad headlands and plenty of bars to relax in after a day's walking.

Option 1 - Santa Galdana And Cala Mitjana, Azure Coves

Distance: 6 miles (9½km)

Total ascent: 400 feet (120m)

In summary: The day begins with a choice – Lithica stone quarry for an hour's visit or stay on the coach to Son Xoriguer where the harder walk starts. Best described as a butterfly walk, the easier route visits two coves local to Cala Galdana. The first, to the east of Cala Galdana is Cala Mitijana. After returning to Cala Galdana you may decide to explore its facilities whilst the group visits the second cove, Cala Macarella to the west. We then return to Cala Galdana for our transport to Mahon.

Highlight: Explore the two beautiful coves on this delightful walk.

Option 2 - Southwest Coast Path, Son Xoriguer To Cala Galdana

Distance: 9 miles (14½km)

Total ascent: 700 feet (210m)

In summary: Our journey to Son Xoriguer takes about an hour. The walk follows the Cami de Cavalls coastal path with sections of limestone paths, woodland, low cliff tops, beaches and coves. We will pass this generally natural coast of remote and deserted caves and several tempting beaches. The walk finishes in Cala Galdana with its many facilities.

Highlight: A fantastic coastal walk.

Day 7: Limestone Valley And Sandy Beaches

On the final day we head to the south for walks which combine both inland and coastal scenery. A limestone valley descends from Es Mighorn Gran to the sea and is well known for an enormous cave, Cova des Coloms (cave of the pigeons), said to be large enough to accommodate a cathedral. Both groups visit this impressive site.

Option 1 - Leisure And Legend, Cova Des Coloms

Distance: 6 miles (9½km)

Total ascent: 600 feet (180m)

In summary: We follow the track from the village to Barranco de Binigaus, where the path becomes more rugged and descends via the Cova des Coloms to reach the beach at Binigaus. There is the option to visit a small bar for lunch in St Thomas. After lunch we continue to return to Es Mighorn Gran.

Highlight: A beautiful coastal walk.

Option 2 - Two Cathedrals, Son Bou To Es Mighorn Gran

Distance: 9 miles (14½km)

Total ascent: 900 feet (270m)

In summary: Our walk starts in Son Bou, and follows the new routing of the Cami de Cavalls which heads to the marshland of Sant Jaume. The route turns south to the sea and then west of St Thomas. It may be tempting to stay for lunch or a swim before continuing to Binigaus and its barranco. The rugged path ascends close to Cova des Coloms, our second "cathedral" of the day before returning to Es Mighorn Gran.

Highlight: A walk of great variety from coast to lush countryside.

Day 8: Departure Day

We hope to see you again soon.

ACCOMMODATION

Hotel Port Mahon - Menorca

Hotel Port Mahon occupies an excellent position overlooking Mahon harbour. The hotel is located in a peaceful residential area above the marina and just 15 minutes' walk from the historic city centre. The hotel is owned by Set Hotels, a small chain with hotels on Menorca and mainland Spain. Most of the staff speak good English and are very keen to ensure that our guests have an enjoyable stay. The hotel features a piano bar on the ground floor with comfortable seating and an outdoor swimming pool and gardens.

Accommodation Info

Rooms

Hotel Port Mahon has 82 bedrooms in the main hotel building.

All bedrooms have:

- En-suite bathroom with shower or bath

- Hairdryer
- Telephone
- Satellite Television

Facilities

The main public space at the Hotel Mahon is the piano bar on the ground floor which has lots of comfortable seating.

In the hotel grounds there is a good sized outdoor swimming pool and gardens.

The main reception desk is manned throughout the day and sells postcards and stamps, and you can book a hire car if you would to explore the island on your free day.

Internet access is also available in the reception area.

Food & Drink

Our holidays at Hotel Port Mahon are on a Half Board basis and include breakfast and evening meal.

Breakfast

Hotel Port Mahon offers an extensive self-select buffet for breakfast, served in the dining room. A typical breakfast will offer a choice of, cereals, bread, croissants and pastries, jams and honey etc, cooked ham, fruit juice and fresh fruit, cheese and yogurt, bacon, sausages, eggs, tomatoes, tea and coffee.

Lunch (Payable Locally)

It is possible to order picnic lunches from the hotel; these should be ordered the night before. Alternatively you may prefer to buy ingredients from one of the many shops and supermarkets in Mahon. On some days it may be possible to visit shops or eat in a local café during the day; your leaders will advise you of the options.

Evening Meal

Hotel Port Mahon offers a four-course evening meal and is served buffet style. First course comprises soups and salads, the main course has a variety of hot dishes, followed by a large dessert buffet, with a choice at each course. There is a good choice of vegetarian options. For guests who have special dietary requirements we suggest you tell our reservations team at the time of booking.

Drinks

The hotel has a well-stocked bar serving beer, wine and spirits.

Your Evenings

The friendly atmosphere of our holidays continues into the evening.

Enjoy a glass of wine or local beer before hearing about the next day's activities.

You may wish to take a stroll with your leader along the harbour front and marina, where there is a number of cafés and bars, or even try a little flutter at the casino.

Your leader will also be checking for any local events going on nearby.

Alternatively you may like to relax on the terrace or in the bar with a drink and chat with your fellow guests. The atmosphere is relaxed and friendly. There is normally a good mix of ages, of new clients and 'regulars' from

Britain and overseas, and of couples, friends and people travelling alone.

TRAVEL DETAILS

THE HASSLE FREE OPTION

Book your holiday 'with flight' and choose between Gatwick, Manchester and Birmingham flights to Mahon airport. For flight times and prices please see the Dates & Prices tab.

If you choose this option we automatically include return transfers between the airport and the hotel. The short coach transfer takes approx 15 minutes to the Hotel Port Mahon.

THE FLEXIBLE TRAVEL OPTION

Alternatively, tailor your journey to suit you by booking your holiday 'without flight' allowing you the freedom to book your own flights from your local airport.

If you choose this option, transfers are not included in the price. However, below are some suggestions to help you reach your destination:

- We can book you a seat on the **HF Holidays' transfer coach** from Mahon airport. This short transfer is timed to meet the HF Holidays' flights* (provisional flight times can be found on the dates and prices tab or you can call us on 020 8732 1220 for more information). Cost per single journey is £12.50
- Why not let us book you a **private taxi transfer** at a cost of £27 per single taxi journey?

Transfers must be pre-booked. Please call 020 8732 1220 for more details

* Please note that HF Holidays is not responsible for your onward travel if you fail to meet the transfer coach

USEFUL HOLIDAY INFORMATION

Essential Information

Passport Requirements

You may need to renew your British passport if you're travelling from 1 January 2021.

On the day you travel, you'll need your passport to both:

- have at least 6 months left
- be less than 10 years old (even if it has 6 months or more left)

Use the [government website](#) to see if your passport is valid for this holiday

EHIC Cards

The UK government has officially launched the Global Health Insurance Card (GHIC), which will replace the European Health Insurance Card (EHIC). UK residents can now apply for one of the GHIC cards, which will gradually replace the EHIC cards as they reach their expiry dates. Every family member travelling requires a GHIC. You can make an application for yourself and on behalf of your partner and any dependent children under the age of 16. Both cards will offer equivalent protection for emergency and medically necessary healthcare needs when in the EU on a temporary stay, which includes holiday, study and business travel.

Necessary healthcare includes things like

- emergency treatment and visits to A&E
- treatment for long-term or pre-existing medical conditions
- routine medical care for pre-existing conditions that need monitoring
- oxygen and kidney dialysis

The public only need to apply for their free GHIC cards when their current EHIC expires. The process is likely to take two weeks. For more information visit <https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>.

The GHIC is not an alternative to travel insurance. We advise all holidaymakers to also invest in travel insurance that covers healthcare, so they are covered for other issues that may arise, as well as cancellations and lost luggage.

Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety and comfort are our priorities, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents.
- Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares).
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended.
- Waterproof jacket and waterproof over trousers.
- Warm hat and gloves.
- Denim jeans and capes are not suitable on any walks.
- Rucksack with a waterproof liner.
- Thermos flask for hot drink.
- Water bottle (at least 2 litre).
- Spare high-energy food such as a chocolate bar.
- Small torch.
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed).
- Sun hat and sunglasses
- Sun cream.

Optional Equipment

- Walking poles are useful, particularly for descents.
- Insect repellent.
- Camera.
- Gaiters.

Useful Information

Is considered safe to drink, but if you prefer, bottled mineral water can be purchased from the hotel or local supermarkets.

If the international number you wish to call starts with a 0, you must drop the starting digit when dialling the number.

To dial a UK number 0044

To dial a Spanish number 0034

Local Currency

The local currency of Menorca is the Euro.

Electricity

220 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

ATM Availability

There are several ATM machines in Mahon where you can obtain money.

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 5.30pm, Saturday: 9am – 1pm, Sunday & Bank Holiday Monday: closed

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £30 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: National Westminster Bank, Account Name: HF Holidays Limited, Account Number: 48904805, Sort Code: 60-00-01, IBAN: GB90NWBK60000148904805

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

Your final balance payment is due 6 weeks before departure if you are staying in an HF Holidays UK country house, 8 weeks before departure if you are travelling on one of our holidays in Europe and 10 weeks before departure if you are on a Guided Trail staying in one of our partner hotels or are travelling on a Worldwide holiday. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on [01702 427 236](tel:01702427236) or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

Document produced: 17-01-2022

