Highlights of Menorca



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Guided Walking Holidays	Spain & Balearic Islands	4 & 6	528kg CO2

HOLIDAY OVERVIEW

The most easterly of the Balearic archipelago, the laid-back Mediterranean island of Menorca is the perfect choice for walks through sleepy whitewashed villages, protected natural environments, and along a stunning coastline. Highlights include exploring the former capital of Ciutadella, admiring the numerous megalithic sites dotting the landscape, and spending time enjoying cultural offerings in Mahon – the charming port city built upon a cliff overlooking a natural harbour.

WHAT YOU'LL LOVE

- Enjoying coastal walks to sandy beaches and fishing villages
- Exploring the cobbled lanes of Ciutadella, once the island's capital
- Admiring the wetlands in S'Albufera Natural Park
- Visiting Cova des Coloms (Cave of the Pigeons)
- Spotting archaeological remains scattered across the island
- Staying in Mahon, the biggest natural harbour in the Med

WHAT'S INCLUDED

- Return flights from London Gatwick, including baggage and transfers (flights available from other airports - price may vary)
- A choice of 2 guided walks per day with local leaders (on walking days)
- HF Holidays Tour Manager
- 7 nights' accommodation in Mahon
- 7 breakfasts & 7 dinners
- All in-destination transport

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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 Trepuco – 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: 5½ miles (9km)

Total ascent: 350 feet (100m)

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.

Please note that Fort Marlborough is currently closed due to ongoing safety concerns following a rockfall and the risk of further landslides in the surrounding area; if access remains restricted, an alternative route will be followed.

Option 2 - Es Castell to Punta Prima

Distance: 8½ miles (14km)

Total ascent: 620 feet (200m)

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.

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

Day 3 Ciutadella Sightseeing Day

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: 5½ miles (9 km)

Total ascent: 540 feet (170m)

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: The local nature reserve to ES Grau - known for migrating birdlife and a good chance of spotting tortoises

Option 2 - Cami de Cavalls and Cap Favartix

Distance: 8 miles (13km)

Total ascent: 940 feet (290m)

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. Mahon Museum is a gem and that's well worth a visit. Boat trips depart regularly from Mahon harbour or you can visit the Xoriguer Gin Distillery to sample Menorca's most famous gin - believed to have been introduced to the island by the British!

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: 5½ miles (9km)

Total ascent: 540 feet (170m)

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 the coves, 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 viewpoint above the cove of Cala Macarella to the west. We then return to Cala Galdana for our transport to Mahon.

Highlight: Explore the beautiful cove on this delightful walk.

Option 2 - Southwest Coast Path, Son Xorgiuer to Cala Galdana

Distance: 9 miles (15km)

Total ascent: 980 feet (300m)

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 Migjorn 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: 5½ miles (9km)

Total ascent: 600 feet (190m)

In summary: We follow the track from the village to Barranco de Binigaus, where the path becomes more rugged 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 Migjorn Gran, on the return there is the option to visit the Cova des Coloms.

Highlight: Experiencing a rugged landscape which in spring is full of flowers and birdsong.

Option 2 - Two Cathedrals, Son Bou to Es Migjorn Gran

Distance: 9 miles (14km)

Total ascent: 900 feet (280m)

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 Migjorn Gran.

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

Day 8 Departure day

We hope to see you again soon.

DAILY WALK OPTIONS



Gentle walking grade 4

The most active Gentle grade, with longer walks, some ascent, and possible steps, stiles, or off-path uneven ground. Typically, 6-7 miles (10-12km) with around 1,000ft (300m) of ascent.



Moderate walking grade 6

Longer full day walks with more ascent and varied terrain. Good fitness and agility are needed. Typically, 9-10 miles (15-16km) with around 1,500ft (460m) of ascent.

ACCOMMODATION

Senator Port Mahón 4* - Menorca

Refurbished in 2023, the Senator 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 Senator 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.

The swimming pool is open seasonally from May to October, subject to local weather conditions and at the discretion of hotel management.

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.

FOOD & DRINK

Dining at the Hotel Port Mahon

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

Items for lunches can be purchased 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 buffet style dinner. There is a wide choice of of salads and hot dishes together with soup and bread. Desserts are offered as well as fresh fruit, yogurts and ice cream. 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.

ROOMS

Your room at the Hotel Port Mahon

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
- Safe
- Tea and coffee making facilities
- Fridge
- Wi-Fi

ABOUT YOUR STAY

Facilities at the Hotel Port Mahon

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

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

Internet access is also available in the reception area.

TRAVEL DETAILS

Address

Hotel Port Mahon
Av. Port de Maó
07701 Mahon
Menorca

Tel: 0034 971362600

LOCAL AREA

An introduction to the area

In the summer months Menorca is a popular holiday destination; in spring and autumn it is much quieter and has a sleepy ambience. Most of the local population live in the five main towns of Mahon, the island's capital, Alaior, Es Mercasel, Ferreries and Cuitadella, which are all linked by one main road which runs from one end of the island to the other. Away from this central highway are peaceful traditional villages and a few modern tourist resorts.

Just 30 miles long and 12 miles at its widest point, Menorca is an idea island for a week of exploration. It's highest points is Monte Toro in the centre of the island which rises to a height of 1,175ft.

Menorca's long and fascinating history dates back to prehistoric times and one of the highlights is to visit the extraordinary concentration of prehistoric monuments, standing stones and burial chambers. There are several hundred such sights on Menorca and we will visit some of the best examples.

Local Highlights

Mahon - Spend more time exploring this interesting town including a visit to the Mahon museum (this beautifully restored building is home to many artefacts discovered on the island throughout its history and tells the history of Menorca from ancient times) and the La Mola fortress, also known as Isabel II, in honour of the queen who ordered its construction in the 19th century during the Spanish dominion.

Ciutadella - described as dignified, aristocratic, ancient, secretive and deliciously Mediterranean – Ciutadella is an historic showpiece which has failed to be ruined by the 20th century. Like Mahón, it was originally named by the Carthaginians, who called it Jamma. It was the original capital of Menorca until the British changed the capital to Mahón in the 18th century. However the Bishop refused to move and consequently Ciutadella still remains the religious capital of Menorca.

Shops & facilities:

There are plenty of shops, banks, bars and cafés in Mahon, with the market on Tuesday in the old convent. There is a very good SPAR shop close to the hotel selling a good selection of packed lunch ingredients. There is also an excellent bakery, a mini-market and a newspaper shop close to the hotel.

VACCINATIONS & HEALTH

Vaccinations & health information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

PASSPORTS & VISAS

Passport & Visa information

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.
We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.
British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:
https://www.gov.uk/foreign-travel-advice

ESSENTIAL INFORMATION

Packing list

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Swimcap (compulsory in Itialian resorts)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags

- Rubbish bags
- Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device (excluding Bhutan, Georgia and India)

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

Book your holiday 'with flights' and you can choose to depart from selected UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

JOINING INSTRUCTIONS (WITHOUT FLIGHTS)

Without flights

If you are booking on a land-only basis, you can join the group transfer at an additional cost. To do so, your arrival and departure times must be in line with the scheduled group flight timings. Guests travelling at different times will need to arrange their own transfers. Please contact us before booking to discuss the available options and costs.

USEFUL INFORMATION

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

For more information about healthcare and its costs, please visit: https://www.nhs.uk/using-the-nhs/healthcare-abroad/

Drinking Water

Drinking Water

Standards for drinking water vary widely around the world. In many destinations, tap water may not be safe to drink, brush your teeth with, or use for making ice. Where advised, you should drink only bottled or treated water and ensure that bottle seals are intact before use. If bottled water is unavailable, water should be boiled or filtered.

Staying well hydrated is particularly important in hot climates and during active holidays. Carry water with you and drink regularly.

If you are unsure about local water safety, check official country-specific health advice before travel, or ask your accommodation or local guides for guidance once you arrive.

Ticks information

Ticks are tiny creatures that live in vegetation and can attach themselves to passing animals or walkers and may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information: https://www.nhs.uk/conditions/lyme-disease/

Telephone Code for Menorca

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 is the Euro (€)

ELECTRICITY

Electricity information for Menorca

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

ATM AVAILABILITY

ATM availability for Menorca

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

TRIPNOTE VALIDITY

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.

Document produced: 24 November 2026