

Spanish Sojourn in Andalucía
Featuring *The Art of Effortless Living* with Ingrid Bacci
September 20 to September 27, 2008

Hibiscus Tours takes you to quintessential southern Spain to Andalucía. Known for its natural beauty, spectacular monuments and charming mix of Christian and Muslim influence, this area is home to all things Spanish: flower-filled patios, bullfights, fragrant orange trees, flamenco-dancing gypsies, tapas, sherry and sunshine filled days.

This 8 day, 7 night trip begins in Seville and continues on to the beautiful and wild Sierra Norte Mountains and atmospheric Granada before returning to Seville. Seville, known as the Capital of Happiness, boasts the largest Gothic church in the world as well as the ancient Moorish Alcazar. We will visit these monuments, wander the winding streets of the medieval Barrio de Santa Cruz and see a Flamenco performance in the city of its origin.

In the spectacular mountains north of Seville Ingrid Bacci will join us for the three day seminar *The Art of Effortless Living: How to Move from Stress to Effortless Flow*. This seminar is perfect for women who want to identify what's keeping them from living as freely, effortlessly and joyfully as they are meant to, and it will offer simple, effective tools for creating an authentic, empowered self. Ingrid is an internationally sought-after intuitive who quickly helps her clients pinpoint and resolve the core issues limiting their lives.

The seminar will be held on a Finca, or farm, a converted 16th century olive mill set among oak forests, olive groves and

green meadows. Quiet and contemplative, the Finca is the perfect setting for self-reflection and long walks among the waterfalls and luscious scenery.

The Moorish charm of Granada is up next as we travel to see the renowned Alhambra palace, one of Europe's most breathtaking and sensual sights. After taking in the pleasure gardens of the sultan we will dine in the ancient Moorish quarter on the hills facing the moonlit Alhambra. We return to Seville where there is time for shopping and a final festive farewell dinner before we say our goodbyes.

Detailed Itinerary

Day 1 Seville

We meet this evening at our Seville hotel at 5:00 PM. You will have a chance to meet the other women in the group, ask questions and get a preview of what to expect in the upcoming week. After a short introduction to the city, we will walk together to a dinner in Barrio de Santa Cruz in the oldest part of town. Seated in a flower-filled courtyard we will sample typical Andalusian fare and begin to get to know each other

Meals - Dinner

Lodging - Hotel Petit Palace Santa Cruz

Day 2 Seville

In the morning we will begin to explore the treasures of Seville on a three-hour

walking tour with a local guide. Focusing on the highlights of the historical center, we will have a private guided tour of the Cathedral. This Christian cathedral is the third largest church in Europe beyond the Vatican and St. Paul's in London and the sheer size will leave you breathless. Climbing the Giralda Tower, the landmark of the city, will be one of the highlights of your time in Seville. Do not worry about the climb; the ramps were designed for a horse so they are gently sloping and easy to maneuver. You will have the afternoon free to visit the royal residence of the Alcázar and its famous gardens and to meander through the winding streets of the historic old town.

Today lunch is on your own and it is a perfect time to relax in a shady pocket-size courtyard and soak up the uniquely southern Spanish atmosphere.

In the evening we experience a traditional Flamenco show performed in a Sevillian patio in Barrio de Santa Cruz. After the show you will be in a fitting neighborhood to experience a magical evening, free to sample the finest of Spanish tapas or fine cuisine. Your guide will be happy to provide you with many suggestions.

Meals - Breakfast
Lodging - Hotel Petit Palace Santa Cruz

Days 3 through 5 Cazalla de la Sierra

After an early morning departure from Seville we will go by bus to Cazalla de la Sierra, a ride of approximately one and one-half hours. We will spend three days on this Finca, or farm, with Ingrid Bacci in a series of workshops and activities.

Join Ingrid and take the time to focus on yourself and learn and practice steps to gain clarity and flow in your life. With your fellow guests, identify what's keeping you from living as freely, effortlessly and joyfully as you are meant to, while learning simple, effective tools for creating your authentic, empowered self. Ingrid's workshop is highly playful, experiential

and mutually supportive. Daily sessions will include group dialogue, movement exploration, gentle emotional release work, intuition-building tools, and the seminar includes a private intuitive reading and healing session for each participant.

We will spend the three days on the Farm where the Cicorella-Tena family will prepare meals using the produce grown on the property. The charming small town of Cazalla de la Sierra is a 3K walk or short cab ride away from the property. You will have free time perfect to relax by the pool, hike the local trails or spent time in reflection.

Meals - Breakfast, Lunch and Dinner
Lodging - Finca Las Navezeuelas

Day 6 Granada

We depart Las Navezeuelas for Granada by private bus where we will go directly to our guided tour of the mysterious and extraordinary Alhambra and its stunning gardens.

After settling into our centrally located hotel we will take an orientation walk together and you are free to enjoy the balance of the afternoon however you like. The guide will provide plenty of suggestions for the day including a visit to a traditional tea house. Granada also features a fine Renaissance cathedral, an atmospheric Moorish quarter, and an elaborate baroque Cathedral. We will meet again for a special dinner in the Albayzin, the old Islamic quarter that has been compared to a tangled string of pearls with white washed houses and narrow streets tumbling down a hillside.

Meals - Breakfast and Dinner
Lodging - Anacapri Hotel

Day 7 Seville

We arrive back in Seville before noon on our last day to allow ample time to enjoy your last afternoon in Spain. Whether it is

sightseeing, strolling, shopping for the latest in leather bags, buying flamenco shoes for your niece or lazing in a flower-filled patio sampling tapas and sangria and thinking about your time with Ingrid, we will provide information and guidance so you can make this your perfect afternoon in Spain. After checking into the hotel, the guide will lead those who want to shop to Calle Sierpes (once home to a debtor's prison housing Miguel de Cervantes!) pointing out other sites of interest along the way for those who want to strike out on their own this afternoon.

We will reconvene at the hotel in the evening to walk together to a festive dinner as we celebrate our newfound effortless flow and the end of our journey together.

*Meals - Breakfast and Dinner
Lodging – Hotel Petit Palace Santa Cruz*

Day 8 Fare Thee Well

After breakfast, we will arrange for you to make your way to the airport for your departures home.

Meals - Breakfast

Price: \$4395

Included in the tour:

- Three-day seminar with well-known personal coach
- English speaking tour leader
- All accommodations
- Meals as indicated
- Transportation within Spain
- All sightseeing and cultural activities included on the itinerary
- All activities related to the seminar

What is not included:

- Airfare to and from Seville
- Airport Transfers in Seville
- Some meals as indicated
- Gratuities for the tour guides
- Optional and personal expenses

How to Register

If you wish to register for this trip, please go to www.GoHibiscus.com and to our registration form. We would be happy to speak with you about the trip, or Ingrid, or answer any questions you may have. You can also call us to check on availability for this or any one of our trips.

Once you have filled the form out, you can get it to us one of three ways.

- 1) Email it to us at Info@GoHibiscus.com
- 2) Fax it to us at 1-888-896-1116
- 3) Mail it to us at
Hibiscus Tours
Church Street Station
P.O. Box 1713
New York, NY 10008-1713

Once we have your information and your deposit, we will reserve your spot.

Meeting Time

We will be meeting in the lobby of Amadeus Hotel at 5:00 PM on Saturday September 20. We will end our trip on Saturday September 27 and you may depart any time to the airport.

Accommodations

Hotel Petit Palace Santa Cruz

Munoz y Pabon, 18,
Seville, Spain
Tel: + 34 954 22 10 32
Fax: + 34 954 22 10 32

Hotel Petit Palace Santa Cruz is located in a renovated 17th century mansion, situated in the heart of the Santa Cruz neighborhood of Seville. The area is in an excellent location for exploring the city on foot, and is very convenient to the major

monuments and sights. This boutique hotel, renovated to include two central patios and 35 guest rooms distributed over three floors, recently opened in March 2006. With three sides of the building facing the street, almost all of the rooms have balconies or exterior windows.

Amenities include in-room high speed internet access, and two Andalucían patios for relaxation.

The hotel is approximately 7K from the airport and is easily reached by cab from the airport or the train station.

Las Navezuelas

Ctra. A-432 Km 43, A.P. 14
Cazalla de la Sierra
Seville 41470
Tel: +34 954 88 47 64
Fax: +34 954 88 45 94

Located 3K from the small white washed town of Cazalla de la Sierra, this family-run 16th-century mill with sweeping views of olive and cork tree groves has been extended with skill and taste, and has a welcome pool. Explore the surrounding countryside – where wild pigs and goats roam – on horseback, foot or by car. Bedrooms are simple but comfortable, with whitewashed walls, tiled floors and cheerful curtains and quilts. The family prepares meals from the fresh home-grown produce.

It is a perfect location for privacy and reflection and the welcoming common rooms draw you into the homey setting. Bird watching, hiking and horseback riding can all be arranged.

Amenities include a pool.

Anacapri Hotel

C/Joaquín Costa,7
18010 Granada
Tel: +34 958 227 477
Fax: +34 958 228 909

This 3-star hotel is located in the very heart of the city, steps from the major

sights of Granada. The building retains a number of beautiful and well-preserved features from its original construction in the 18th century, including wood-beamed ceilings. The building also has a central courtyard, a typical feature of buildings of this period in Granada.

The hotel offers a cozy and quiet atmosphere and several common areas to relax and unwind. Among the Anacapri Hotel's facilities and amenities, guests can find a charming lounge bar cafeteria, a meeting room, a TV and reading room, and a splendid Granadian-style atrium, and Wi-Fi Internet access is available throughout the hotel

Trip Cancellation Insurance

It is *strongly suggested* you purchase trip insurance to protect your travel investment from unexpected circumstances beyond your control. Depending on when you cancel, in some instances Hibiscus Tours does not issue refunds. Travel insurance can bring you peace of mind and shield against unforeseen events and accidents that result in significant expense.

Extended Trip

If you decide to extend your trip or to arrive early, we will recommend a travel agent you can work with to plan your stay. We will be happy to book a room for you in Seville or Madrid.

Arrival and Departure Planning

Please plan to arrive in Seville on Saturday September 20. Currently no carrier flies non-stop to Seville from the US; most flights entail one stop. Nonstop flights arrive at Madrid and Malaga; Seville is easily accessible from both by fast AVE train if you prefer. If you are coming only for the week of the trip, we recommend you take a connecting flight

to Seville to maximize your time on holiday. We will provide information regarding traveling to and from the hotel and we are happy to arrange a transfer from the airport at an additional cost. If we have your arrival information we will group women together when possible.

Passports and Visa requirements

For entry into Spain, citizens of the United States are required to have a valid passport, which is stamped upon entry and exit, for stays up to 90 days. Currently no VISA is required to visit Spain under a US passport.

It is the responsibility of each traveler to ensure they have the proper travel documentation.

Currency Exchange and ATMs at the Airport

The currency in Spain is the Euro. There is an ATM machine and a currency exchange service at the airport.

Money

The official currency in Spain is the Euro. You can check the current exchange rate at www.x-rates.com/calculator.html. There are private and official foreign exchange services found throughout Spain. Rates vary so look around for the most competitive rate.

ATM Cards

The easiest way to obtain cash while in Spain is through an ATM machine. Cirrus and PLUS networks are found throughout

Spain. If your bank, credit, or debit card is affiliated with one of the major international credit cards (such as MasterCard or Visa), you should have no trouble getting money in Spain. You can check with your bank to locate ATMs in the area before you leave home. Spanish ATMs use only numeric PINs and limit PINS to 4-digits -- you might have to change yours before you go.

Credit Cards

Credit cards are a safe way to carry money, they provide a convenient record of all your expenses, and they generally offer good exchange rates. You can also withdraw cash advances from your credit cards at banks or ATMs, provided you know your PIN. Your credit card company will likely charge a commission (1% or 2%) on every foreign purchase you make, but you may be getting a good deal with credit cards when you factor in things like ATM fees and higher traveler's check exchange rates.

It is a good idea to call your credit card company and let them know of your travel plans outside the country before you leave home.

Departure Tax

There is no departure tax due when leaving Spain.

Additional Information

Hibiscus will send packages with information such as what to pack, electricity facts, tips for telephone calling and other helpful information once you have registered for the trip.