



ECO HOTEL



CUEVA DEL GATO

RETREAT PROPOSAL

A TRANSFORMATIVE EXPERIENCE IN THE HEART OF NATURE

Nestled in the stunning Andalusian countryside, Eco-Hotel Cueva del Gato offers the perfect setting for a retreat that will restore your mind, body, and spirit.

Surrounded by natural beauty and tranquility, our retreat program combines wellness workshops, nourishing meals, and immersive activities that foster connection, relaxation, and personal growth.

Join us for an unforgettable experience where nature and holistic wellness come together to inspire and rejuvenate.

ECO HOTEL



CUEVA DEL GATO

proposed schedule

Day One (Friday)

- 16:00 – 16:30 Guests Arrive
- 16:30 – 18:30 Workshop 1
- 19:00 – 20:00 Dinner
- 20:15 – 21:00 Firepit (available 16.10 – 01.05)

Day Two (Saturday)

- 08:15 – 09:00 Breakfast
- 09:00 – 09:30 Inspirational Talk 1
- 09:30 – 11:00 Workshop 2
- 11:00 – 12:00 Brunch
- 12:00 – 14:30 Free Time
- 14:30 – 15:30 Lunch (Family-style)
- 15:30 – 17:00 Health Talk 1
- 17:00 – 17:30 Vegetable Picking
- 17:30 – 18:30 Evening Walk
- 19:00 – 20:00 Dinner
- 20:10 – 21:00 Sound Bath

Day Three (Sunday)

- 08:15 – 09:00 Breakfast
- 09:00 – 09:30 Inspirational Talk 2
- 09:30 – 11:00 Workshop 3
- 11:00 – 11:30 Lake Plunge
- 12:00 – 13:00 Brunch
- 13:15 – 14:00 Health Talk 2
- 14:00 – 15:00 Closing Circle
- 15:00 – 15:45 Small Bites
- 16:00 Departure

ECO HOTEL



CUEVA DEL GATO

proposed menu

Day One

- Welcome Drink & Snacks
 - Energy peanut butter balls, seasoned nuts
 - Elixir, fruit-infused water, pure green juice
- Dinner
 - House garden salad with toasted walnuts & honey vinaigrette
 - Roasted herb chicken, roasted & sweet potatoes
 - Fresh fruit salad
 - Fruit & herb-infused water, house wines
- Firepit
 - Marshmallows, Almond milk cacao & turmeric lattes

Day Two

- Breakfast
 - Energy Bites: Energy peanut butter balls, seasoned nuts
 - Broth & Tea: Chicken & veggie broth, lemon & fresh herb tea
- Brunch
 - Gluten-free banana bread with caramelized bananas, date cacao, and macadamia nuts
 - Vegetable frittata with organic feta
 - Avocados, olives, tomato, sardines, salmon
 - Homemade breads with butter & ghee
 - Ginger & turmeric shots, green juice, coffee, decaf, matcha, herbal teas
- Lunch
 - Spinach & rocket salad with fresh figs, Manchego, pomegranate molasses drizzle
 - Roasted beet & pumpkin over coconut yogurt
 - Spanish tortilla with garden vegetables
 - Apple cider vinegar shots, fruit & herb-infused water
- Dinner
 - Garden salad with tomatoes, peppers, onions, avocado, lemon vinaigrette
 - Roasted cod over pesto with tomato purée
 - Avocado & chocolate mousse with seasonal berries, fresh fruit plate
 - Fruit & herb-infused water, house wines

Day Three

- Breakfast
 - Energy peanut butter balls, seasoned nuts
 - Chicken & veggie broth, lemon & fresh herb tea
- Brunch
 - Superfoods (honey, bee pollen, cacao nibs) with coconut yogurt pots & chia seed puddings
 - Scrambled & soft-boiled eggs, avocados, olives, tomato, sardines, salmon
 - Homemade breads with butter & ghee
 - Ginger & turmeric shots, green juice, coffee, decaf, matcha, herbal teas
- Small Bites
 - Homemade baba ganoush, hummus, crudités
 - Peanut butter & almond stuffed dates dipped in cacao, topped with sea salt flakes



CUEVA DEL GATO

terms & conditions

Thank you for considering Eco-Hotel Cueva del Gato for your retreat. To ensure an enjoyable and enriching experience for all participants, we kindly ask you to review the following terms and conditions before confirming your reservation.

Booking & Payment

- **Reservation:** Your reservation is confirmed once we receive the deposit. Full payment must be made 14 days before arrival, as specified during the booking process.
- **Group Size:** A minimum of 10 participants is required, along with a buy-out of all seven rooms, which includes exclusive use of all public areas.
- **Deposit:** A non-refundable deposit of 20% of the total amount is required to secure your booking. The balance is due 14 days before the retreat start date.
- **Late Payments:** If the balance is not paid by the due date, your booking may be canceled, and the deposit forfeited.
- **Currency:** All prices are quoted in euros and must be paid in euros.

Cancellation & Refunds

- **Participant Cancellation:** If a participant needs to cancel, please notify us as soon as possible.
- **Cancellations made more than 14 days before the retreat** will not incur additional costs.
- **Cancellations made less than 14 days before the retreat start date** are non-refundable.

Travel Insurance

- We strongly recommend participants obtain travel insurance that covers cancellations, delays, medical expenses, accidents, and lost luggage. The hotel and retreat organizers are not responsible for travel-related incidents.

Health & Safety

- **Medical Conditions:** By participating in the retreat, participants confirm they are physically able to engage in the scheduled activities. Please notify us in advance if any participants have medical conditions, injuries, or allergies.
- **Liability:** While we take every precaution to ensure safety, the hotel is not liable for injuries, illnesses, or accidents that occur during retreat activities.
- **Personal Responsibility:** Participants should listen to their bodies and avoid pushing beyond their limits during the retreat.

Accommodations & Meals

- **Room Selection:** Rooms are assigned based on the organizer's instructions. Specific requests should be included in the room allocation file sent to the hotel at least seven days before the retreat.
- **Meals:** Please inform us of any dietary restrictions or allergies at least 14 days in advance, so we can accommodate your needs.
- **Personalized Meals:** We are happy to tailor menus to your schedule and preferences.
- **Breakfast:** A simpler daily buffet featuring a main dish, fresh breads, homemade jams, teas, organic coffee, juices, and fruit.
- **Brunch:** A vibrant mix of sweet and savoury dishes, including frittatas, buddha bowls, granola, loaves, and fresh fruit, served with herbal teas, coffee, and spreads.
- **Lunch:** A lighter offering with soups, salads, and sides. Dessert or an afternoon snack can be added upon request.
- **Dinner:** A creative buffet, share plates, or individually plated meals featuring seasonal ingredients, followed by a beautifully presented dessert.



terms & conditions cont.

Environmental Responsibility

- As an eco-boutique hotel, we prioritize sustainability. We encourage participants to conserve water, limit waste, and use provided eco-friendly products.
- Please respect the natural surroundings, avoid littering, and take care not to disturb the local wildlife.

Photography & Media

- Participants are welcome to take photos and videos for personal use but should be mindful of other guests' privacy.

Force Majeure

- Cueva del Gato is not liable for cancellations, interruptions, or delays caused by events beyond our control, including natural disasters, war, pandemics, or government restrictions.

Rates, Pricing & Commissions

- Room rates vary by season, so we encourage organizers to confirm retreat dates early. Once dates and participant numbers are provided, we will issue a detailed quote for accommodations and meals.
- Meal prices (breakfast, brunch, lunch, and dinner) are €100 per person (VAT not included), including beverages.
- Water is unlimited, and wine is calculated at one bottle per four guests. Additional beverages, including wine or long drinks, will be charged directly to participants.
- All payments for items outside the retreat plan (e.g., food, beverages, massages, experiences) must be settled before check-out. Unpaid balances will be billed to the organizer and deducted from room commissions.
- Organizers will receive a 10% commission on room charges, payable within 10 working days after the retreat.

By confirming your reservation and paying the deposit, you agree to these terms and conditions. We look forward to offering you a rejuvenating and peaceful retreat experience and welcoming you to our home in the mountains.