

## CAMI DE CAVALLS with TORRALBENC: A JOURNEY THROUGH MENORCA'S PAST

*January 2017* - This season, Torralbenc is inviting guests to discover the famous *Camí de Cavalls* trail - an ancient path of 185km that was used to defend the Menorcan coast and which today has become the island's must-see attraction.

The *Camí de Cavalls* originates from the 15th century, when Menorca was under threat from pirate invasions from the infamous *Barbarroja* - feared for their ruthless attacks - when defending the island was crucial. The *Camí* was originally used for military purposes: lookouts used to guard the coast and use the path to go from one watchtower to another, to protect the island from potential enemies. Later in the eighteenth century, the coastal route was used strategically during the English and French invasions and later to connect the various estates on the island.

Today, *Camí de Cavalls* is a 185 km trail that encircles the island, crossing gullies, rocky zones, valleys, wetlands and farming areas and an important cultural landmark for Menorca. Following an extensive restoration project, and extensive support from the organisation "*per la defensa del Camí de Cavalls*", the *Camí de Cavalls* was inaugurated as a public footpath in 2010. It is now part of the European Grand Tour routes network, under reference GR223.

Beyond the obvious attraction for keen hikers and cyclists, *Camí de Cavalls's* rich and beautiful landscapes are perhaps best discovered in true ~~in-true~~ Menorcan style - on horseback. Riding Menorcan horses is a wonderful way to discover the endless number of unique views and beaches from a totally different perspective.

Torralbenc offers its guests the very best equestrian tours of the trail, each tailored to their individual preferences. Riding excursions are bookable for riders of all level of experience and for adventures of varying length - from a few hours to several days. For the most adventurous, guests can complete the full circuit of the island on horseback splitting the ride into several stages over a week. Specialist instructors are on hand to ensure that the tour is totally authentic, and the best local knowledge is shared.

Torralbenc can also arrange for hiking or cycling on the *Camí de Cavalls*. These trips take in different estates and farms along the way, highlighting Menorca's outstanding diversity of flora and fauna, allowing guests to partake in traditional Menorcan cheese and sausage making, admire the work and creativity of the local workshops, visit the renowned shoe factory and shop *Jaime Mascaró*, or visit other local craft workshops where the famous "*Avarques*" sandals are made.

To complete a *Camí de Cavalls* adventure, where better place to stay than Torralbenc; opened in 2013, the property is set on a 70-hectare farm estate, surrounded by gardens and vineyards overlooking the sea. Its 27 rooms ~~and suites~~ are set in former farm-buildings that were lovingly restored. Torralbenc achieves the perfect harmony of landscape, architecture, comfort, gastronomy, service and wellness to offer guests a truly unique experience in Menorca.

Torralbenc offers a wide range of exclusive spa treatments, using the renowned Natura Bissé product range. Treatments range from traditional therapeutic massages to more exotic and sophisticated treatments using bamboo canes, hot stones or *lomi lomi nui*, practiced with the forearms and of Hawaiian origin.



At Torralbenc's restaurant, local, seasonal ingredients star in authentic dishes - with a contemporary twist from a creative kitchen. The cuisine holds a deep respect for ingredients and authenticity at the forefront, expertly mixing flavours from land and sea.

The gastronomic experience at Torralbenc is made truly unforgettable by the restaurant's setting - amid 70 hectares of private farmland, vineyards and olive groves, with views down to the Mediterranean Sea as the sun sets. The restaurant is set in a former farm-building that was lovingly restored. The restaurant continues Torralbenc's story with a new take on Mediterranean cuisine to be enjoyed in the dining room or on the shady outdoor terrace.

The property has a total of 27 rooms, four of which are Albencs - located in the main building, with deeply comfortable, serene, contemporary interiors characterised by the textures of limestone, wood and natural fabrics to provide roomy, peaceful and relaxed accommodation. There are also **eleven** Double Superior rooms that allow guests to enjoy the tranquillity of the beautiful landscapes of the area from the private terraces and balconies. The nine Sea View rooms are the most spacious and boast views of the Mediterranean Sea - with The Grand Sea View sitting at the highest point of the building with incredible views over the vineyards and the Mediterranean. The Garden Cottage ~~rooms-are~~ **is** set in ~~their~~ **its** own standalone building with a private garden, cosy living room, a separate bedroom and its own courtyard. The Pool Cottage ~~suites-all-have-their~~ **has its** own plunge pools with views of the Mediterranean.

*Riding experiences at Torralbenc start from €100, including transport. Stays at Torralbenc are from €242 per night based on two sharing a sea view room on a B&B basis.*

*The Spring Special package includes a Camí de Cavalls riding experience for two including transfers and Camí de Cavalls gift book, a traditional Menorcan picnic lunch for two, one dinner for two from the gastronomic menu with wine pairings, a two-night stay in an Albenc double room on a bed & breakfast basis. Total price for the 2-night package from €950, **valid for March and April 2017** (excluding Easter weekend). During high season, price upon request.*