



The Combination of Everything



*Camiral Golf & Wellness—
Golf's No. 1 Resort in Spain.*

By Mark Pazdur, Publisher

GIRONA, SPAIN (one hour outside Barcelona): The Royal Road of Europe is an ancient trail traders used for centuries to travel across the continent to barter goods and services. There's truth to the expression "all roads lead to Rome," referring to the vast network of paths established during the Roman Empire that stretched for thousands of miles.

The pathway (now more symbolic in nature) is steps away from the practice facility at Camiral Golf & Wellness (formerly PGA Catalunya).

Earlier this year, my wife and I traveled with our



CAMIRAL GOLF & WELLNESS offers two outstanding tracks: The Stadium Course and Tour Course. My favorite was a combination of the back nine of the Stadium Course and the front nine of the Tour Course, offering multiple holes with elevated tees and undulating fairways. One commonality? Both courses have stands of mature pines that we nicknamed lollipop trees for their straight trunks and almost perfectly round canopy of needles. The tree lines reminded me of what you would see in Carmel, California, and Pebble Beach. One funny-side note, during the first day of play, was that all of our shots were coming up about two clubs short. At first, I thought it might be jet lag. It wasn't until the fourth hole that we noticed the GPS screen on the cart was calculating meters, not yards (about a nine percent difference)!



The Stadium Course is a stop on the DP World Tour schedule, and a former host to three Spanish Opens. It's walkable with massive undulating fairways and tricky greens where a two-putt isn't guaranteed. The Tour Course is softer and kinder with a back-nine parklike setting.

CAMIRAL'S ORGANIC GARDEN produces herbs used to create local drinks, including Ratafia with a flavoring essence whose taste resembles bitter almonds. Honey is also produced on-site from a hive with more than one million bees.

INSIDER TIP: If you are traveling intra-Europe, consider flying into Girona Airport (GRO) instead of Barcelona (BCN).

longtime friends to experience all aspects of the posh resort. Unlike most American resorts that pair golf and spa amenities, Camiral takes the term wellness to heart. While a menu of traditional massage treatments is available, there is a strong focus on overall wellness—including cryotherapy and photobiomodulation (light) therapies.

WELLNESS BEYOND SPA

"Consider making our resort the hub for your trip to Spain," advised David Plana, CEO of Camiral Golf & Wellness. "There are



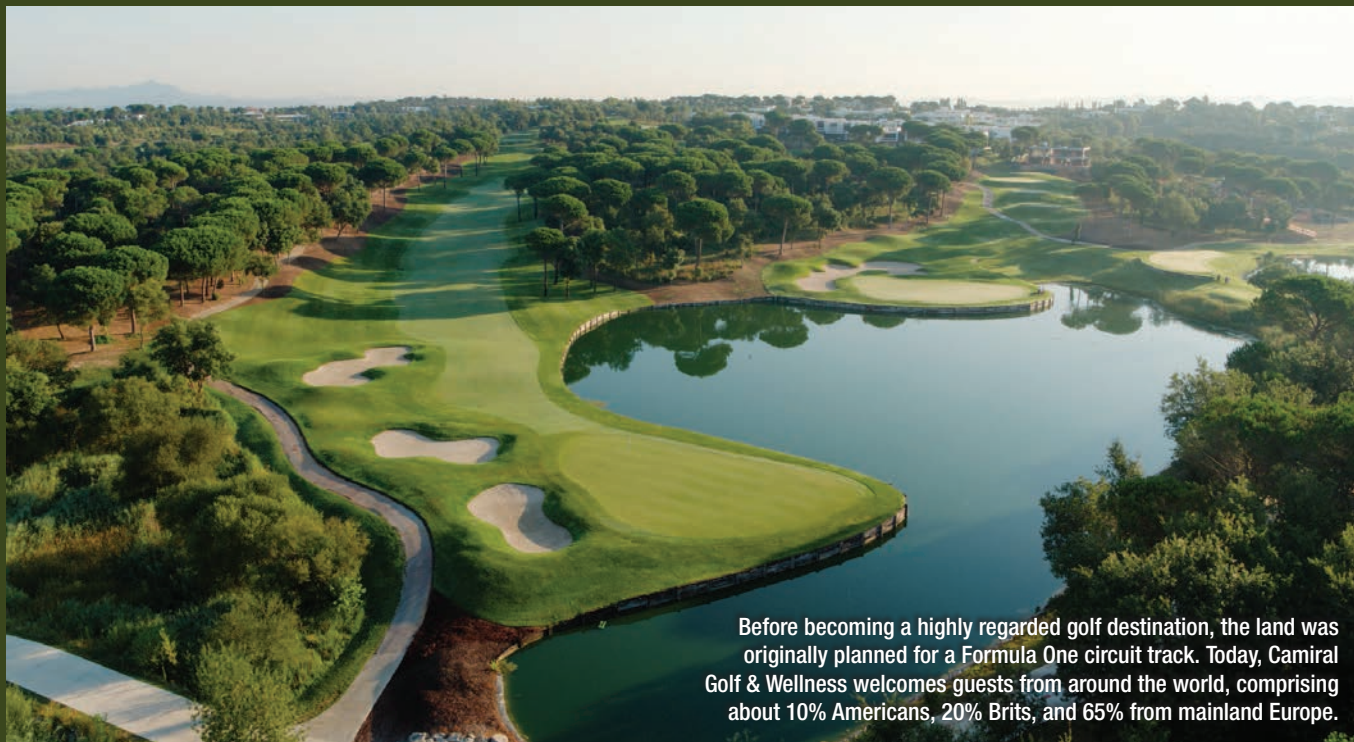
Camiral Golf & Wellness

Mark Pazdur ready for evaluation. Most systems rely on low resolution approximations of swing data, with algorithmic estimates filling in the gaps. Gears provide hard stats that actually measure the entire swing as it unfolds, taking over 600 images per swing.



“THE GOLF HUB AT CAMIRAL is the ultimate practice zone with Spain’s largest short game area, featuring five different bunker scenarios, a double-ended driving range fitted with Trackman technology, and a Stadium Course par-3 replica for that focused target practice. If you are seeking quantifiable data on your swing, consider a lesson with camera analysis at our Gears Performance Institute, offering the same digital technology that made the movie franchise *Avatar* gross over \$5 billion in worldwide ticket sales.”

— FLAVIO PAPA, DIRECTOR OF GOLF

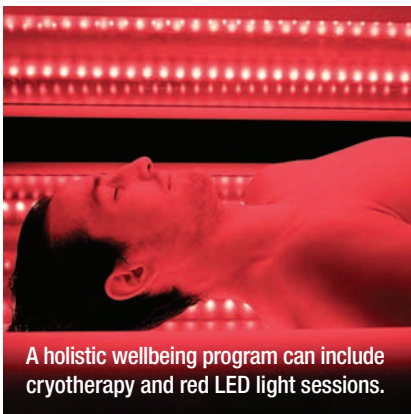


Before becoming a highly regarded golf destination, the land was originally planned for a Formula One circuit track. Today, Camiral Golf & Wellness welcomes guests from around the world, comprising about 10% Americans, 20% Brits, and 65% from mainland Europe.

DID YOU KNOW? The region is well established as a capital of cycling with 200+ professional riders training in Girona (at least part of the year). During his record-setting seven consecutive Tour de France victories, Lance Armstrong called the area home.

ENJOY ONE OF THE MOST LAVISH BREAKFAST BUFFETS, including sobrassada, a raw, cured sausage from the Balearic Islands of Spain made with ground pork, paprika, and spices.

Rooms are oversized by European standards.



A holistic wellbeing program can include cryotherapy and red LED light sessions.



After a mat Pilates class, my instructor joked a shot of WD-40 in all my joints might prove beneficial!



Our visit to the Eccocivi Winery on a chamber of commerce day. Left to right: Mark and JoAnn Pazdur with Karina and Ed Underhill

few destinations that can match our choice of activities and easy access to vast options. Consider us the ‘combination of everything.’ Where else, within a two-hour drive, can you play the best of golf, visit the wine/cheese country of France, snow ski, visit the historic city and beaches of Barcelona, tour the Salvador Dali Museum, or dine at one of the 13 Michelin starred restaurants in Girona [only 10 miles away].

“Another one of our recommended day trips is to the

Eccocivi Winery for the vinification of our organic grapes grown on-property,” continued Plana. “After maturing in oak barrels for nine months, our rosé, white, and red varietals are bottled under our own label. Camiral Wines are produced in small batches with only 9,000 bottles produced annually exclusively for the resort.” ■

For more information on seasonal golf packages, please visit Camiral.com.