



# Aragon Active

## Cooking & Walking Holiday

**The perfect blend of cooking, food & wine visits and mountain hikes**



### Full Itinerary

The itinerary below gives an idea of what we will be doing during a typical week. Some weeks coincide with local food fairs, in this instance we change the itinerary to visit the fairs.

Each evening after supper we talk about the following day. Any changes to the itinerary are made to maximise the best use of time and to ensure you have a full and enjoyable holiday. It will depend a great deal on the weather, as well as the availability for our local supplier visits.

### Cooking

Please note this is NOT a formal Spanish cookery course: we normally run 3 workshops during the week, plus some optional extras. The workshops are designed to be fun and easy. The recipes we use are a mix of Spanish dishes and some of our own favourites (not so Spanish) but we always use locally sourced or home-grown ingredients whenever possible.

### Hikes

In between the cooking workshops are local supplier visits and beautiful hikes. Being in the mountains, the terrain can be rocky and uneven with some climbs and rocky downhill, so a moderate level of fitness is needed. We grade this week as easy to moderate walking. [See our walking grades.](#)

## DAY 1

### Arrival

- Minibus taxi transfer from Zaragoza airport and train station. (see website for times).
- A welcome drink on arrival at our farmhouse, Casa Allué, and a chance to meet Simon and Lucy, your hosts.
- After the evening meal we will have a chat about the week ahead, and the program for the following day.



## DAY 2

### Ara Valley Walk to Janovás

- After a day of travelling we take an introductory walk directly from the farmhouse.
- We will follow easy tracks and quiet roads, in part on the “Camino de San Urbez” (our local saint), on a medieval path that links the local villages. Along the way we find 50-million-year-old sea fossils and learn how the Pyrenees were formed.
- Our lunchtime stop is the once abandoned village of Janovás. Here we discover its turbid history, one which had implications for the entire valley.
- After a picnic lunch we return to Casa Allué in our minibus.
- Time to relax and freshen up before our first cooking workshop.
- Distance 6 km, Ascent 100m, descent 300m,





## DAY 3

### Ordesa Valley Hike & Goats Farm Visit

- Excursion with our local mountain guide to the valley of Ordesa. We walk along wide forest tracks gently ascending through beech woods to reach 3 stunning waterfalls within this amazing glacial canyon.
- We will stop for our packed lunch at one of the waterfalls.
- On the way back to the guesthouse we stop at a tiny goats farm, learn about their project, meet the goats and sample the cheese!
- Back at the guesthouse there is a short workshop to learn how to filet fish to top restaurant standard.
- Distance 7km, Ascent 200m.



## DAY 4

### Winery & Olive Oil Visit

- We travel to our closest wine region in Aragon. This is Somontano, meaning “below the mountain.” The perfect area for wine and olive oil production.
- Here we visit a special “bodega” and sample 3 of their wines.
- Afterwards we drive to the Moorish fortress town of Alquezar for a meal in one of our favourite restaurants.
- After lunch we visit a traditional olive oil mill where we learn how to taste extra virgin olive oil before heading back up to Albella for a light salad supper.



## DAY 5

### Rest Day & Paella in Albella

- A day without travelling and a chance to rest and recharge.
- Relax with a book, take a short walk from the farmhouse, or go wild swimming.
- Late morning optional cooking workshop to help prepare Paella, followed by a leisurely lunch outside on the terrace.
- Afternoon optional guided visit to our local chapel to learn the full story of our saint San Urbez “the rain man!” and how the chapel survived through the Spanish civil war.
- In the evening, we prepare a few easy tapas to go with a light buffet supper.



## DAY 6

### Añisclo Canyon Hike - Ordesa National Park

- This 1km deep limestone canyon was carved out by the karstic action of the river Bellos.
- A good warm up climb to start as we follow a medieval pathway. We go to a restored village (200m ascent) with a beautiful Romanic church in a breathtaking setting.
- We then head down a rocky path into the canyon, stopping to take in the spectacular views both above and below.
- Once at the river level, we find a picnic spot before heading downstream, passing cascades and the cave chapel of San Urbez.
- A short final climb takes us back to our start point.
- Back at Casa Allué there is time to rest and freshen up before the final evening workshop.
- Distance 10km. Ascent 400m.



## DAY 7

### Hike in Revilla, Vultures & Ainsa

- We visit an area that supports the highest population in Europe of the magnificent Bearded Vulture.
- In the morning, we all walk to three viewing balconies. Here we hope to spot these birds, as well as Griffon vultures.
- A short walk along an undulating rocky path above the gorge, taking us to 3 viewpoints. Quite unique; we hope to see vultures flying above and even below us!
- We then take a short steep climb up to a plateau for views of the majestic “Castillo Mayor” mountain, before descending to our starting point in the village of Revilla.
- In the afternoon we visit the medieval town of Ainsa, one of Spain’s prettiest towns. for a short tour and a chance to buy local produce to take home.
- Distance 6km. Ascent 250 m.



## DAY 8

### Departure

Depart for Zaragoza and onward journeys home.

### Make a Reservation

Use our online booking system on the holiday page to reserve your place.

There are only 8 places available on this trip.

Accommodation, transport, guides, meals and drinks are all included. The only additional cost is the optional gratuities for the guides.

We charge no single supplement.

If you have any questions, please contact us using the details below:

Email: [holiday@aragonactive.com](mailto:holiday@aragonactive.com)

Telephone: 0034 679 345 623.

**Please note this is strictly a no-smoking holiday.**