Dehesa Valdepajares *de* Tajo
EXTREMADURA

The Wellness Week*(ends)*



What's included in your Per Day, per Person Rate



At **The Wellness Weekends**, every detail is thoughtfully curated to create an effortless, memorable stay. Your experience is more than just accommodation—it's a seamless blend of comfort, nature, and personalized service.

✤ LIVING AND DINING SPACES

Elegant interiors designed for connection and relaxation, reserved solely for you and your group.

✤ ACCOMMODATION IN 10 DOUBLE BE ROOMS

Each with its own ensuite bathroom, offering serene comfort and privacy.

✤ ACCOMMODATION IN 10 DOUBLE BE ROOMS

Nutritious, seasonal menus crafted by **Teresa Sartorius**, Cordon Bleu chef and health coach. Menus are personalized in advance to fit your group's preferences. We proudly source ingredients from **local, km 0 providers** whenever possible, celebrating the flavors of our region.

BEVERAGES

During your stay, enjoy a thoughtfully curated selection of beverages, including soft drinks, beers, Spanish wines, and a variety of spirits. Our dining experiences are often complemented by signature cocktails, crafted with care by our kitchen team to elevate each meal.

✤ DEDICATED STAFF

A team of 4 to 5 dedicated staff members, depending on the size of your group, will be at your service to ensure every detail is seamlessly managed. They will organize meals, provide daily housekeeping, and attend to any requests to make your stay effortless and personalized.

Meals are typically served **family-style**, fostering a warm, communal atmosphere. However, our attentive staff will manage plate changes throughout your meal to maintain a refined dining experience. For a more formal setting, we are delighted to organize **plated, served dinners** upon request.

✤ DINING EXPERIENCES

Thoughtfully curated dining setups with beautiful tablescapes, fresh flowers, and elegant details. Enjoy **al fresco dining** when the weather allows or indulge in **picnic experiences** around the estate, specially organized upon request.

✤ IMMERSIVE NATURE EXPERIENCES

Guided **forest bathing** and **biodiversity learning** across our award-winning 256-hectare estate. The estate will be entirely private for your group.





✤ STATE-OF-THE-ART GYM
Fully equipped with Technogym machines and functional training equipment.

✤ SAUNA EXPERIENCE
A tranquil space designed for deep relaxation

✤ PADDLE COURT
Perfect for friendly matches under the open sky.

✤ ESTATE EXPLORATION
Complimentary use of buggies and electric bikes to discover hidden corners of our breathtaking landscape.

✤ VERSATILE 200 M^2 SPACE
A multipurpose venue ideal for group classes, workshops, or private celebrations.

While we can't ensure it, **Spain is renowned for its pleasant weather and sunny days**. Extremadura, in particular, enjoys **over 2,800 hours of sunshine annually**, meaning there's a high chance that a fair amount of sunshine will be part of your experience.

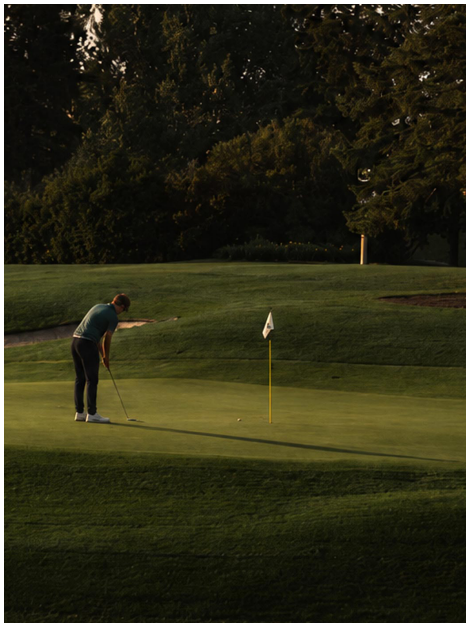
✤ TAILORED EXPERIENCE DESIGN
Complimentary use of buggies and electric bikes to discover hidden corners of our breathtaking landscape.

In line with our commitment to the environment, we refresh linens every three nights and towels every other day. If you prefer more frequent changes, simply let us know —we're always happy to accommodate.



Optional Experiences to Enhance Your Stay

Elevate your retreat
with bespoke activities.



✤ WELLNESS & MOVEMENT CLASSES

Private sessions with expert instructors in yoga, Pilates, functional training, and more. *Subject to instructor availability.*

✤ GOLF SESSIONS

We organize golf games at the nearby Valdecañas and Talayuela clubs, located approximately 30 minutes by car from the estate. A perfect opportunity to enjoy the sport in exceptional natural surroundings.

✤ TRANSPORTATION

Door-to-door service from Madrid or to any destination during your stay, organized for your group needs.

✤ HORSEBACK RIDING ADVENTURES

From gentle countryside rides to extended excursions, tailored for groups of up to X riders. *Subject to availability.*

✤ CULTURAL EXCURSIONS

Discover Extremadura's rich history with tours of historic towns such as **Trujillo, Guadalupe, Monasterio de Yuste** (where Emperor Charles V spent his final days) and Cáceres. In addition to arranging transportation, we are happy to organize **reservations at the best local restaurants**, as well as **guided tours of historic landmarks and museums**, ensuring an immersive and memorable cultural experience.

SCENIC HIKING ROUTES

Explore the natural beauty of the **Sierra de Gredos** and the **Monfragüe National Park.**



✤ SPA TREATMENTS

Indulge in massages and rejuvenating facial treatments, crafted.

✤ SHOW COOKING WITH TERESA SARTORIUS

Enjoy interactive culinary sessions—from "make your own pizza night" in our wood-fired oven to immersive "Nutrition 101" workshops. A delightful blend of fun, flavor, and learning.

We collaborate closely with a **high-end travel agency** to provide seamless travel arrangements, including

- Private plane and commercial flight bookings
- VIP welcome service at Madrid Airport
- Exclusive rates and reservations at the best hotels in Madrid
- Priority bookings at top restaurants in the city

Please note that the pricing for these additional activities will vary depending on factors such as the duration of the activity, the size of the group, and specific requirements. Our team will handle all coordination and management with trusted external providers to ensure a seamless experience tailored to your preferences.



The House Amenities

(01) Gym *and* Sauna
(02) Pavillion
(03) Bedrooms 01 *to* 04
(04) Swimming Pool
(05) Living room *and* porch
(06) Dining room
(07) Bedrooms 05 *to* 10
(08) Parking area
(09) Paddel court



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