



FAM TRIP EXPERIENCES COSTA CÁLIDA (NORWAY)

Costa Cálida - Región de Murcia

(From 31st May to 3rd June 2024)

THURSDAY 30TH OF MAY

13:30 Arrival of Mr. Siv Høyland (Moments AS.) in **Alicante**. Transfer to **La Manga del Mar Menor** and check-in in hotel****

Accommodation in hotel

FRIDAY 31ST OF MAY

06:50. - Departure of the flight Oslo - Alicante (DY1790)

10:35. - Arrival of the participants to **Alicante Airport**. Transfer to **Los Alcázares**

11:30. - Pick Mr. Siv Høyland up from hall of the hotel

12:00. - Visit Hotel Costa Narejos**** and Hotel 525****

Meeting point with Mr. Siv Høyland

14:00. - Transfer to a restaurant for lunch

15:30. - Transfer to **La Manga del Mar Menor** for having a rest in hotel

17:45. - Transfer to **Cabo de Palos**

18:00. - Walk through the coves and visiting the lighthouse

19:30. - Transfer to **La Manga del Mar Menor** for visiting Hotel Los Delfines/Las Gaviotas

20:00. - Sunset with dinner in a restaurant of Mar Menor

Accommodation in hotel

SATURDAY 1st OF JUNE

08:30. - Transfer to **San Pedro del Pinatar**

09:00. - Marine Tourism: traditional fishing art and fish market auction

14:00. - Lunch in a restaurant of the harbor

16:00. - Check-in in hotel with Spa****

17:00. - Visit to Natural Park of Arenales y Salinas de San Pedro del Pinatar



19:00. - Spa experience

20:30. - Transfer to a restaurant for dinner

Accommodation in hotel

SUNDAY 2nd OF JUNE

09:30. - Transfer to **Cartagena**

10:00. - Visit to the Roman Theatre, city center and boat trip

13:30. - Lunch in a restaurant of the city centre

15:30. - Transfer to **Mazarrón**

17:00. - Check-in Hotel***** for having a rest

18:30. - Visit to **Percheles beach** for a yoga session

19:20. - Transfer to **Puerto de Mazarrón**

20:30. - Dinner in hotel restaurant: Blind wine tasting before the dinner

Accommodation in hotel

MONDAY 3RD OF JUNE

08:30. - Transfer to **Los Belones**

09:30. - 11:30 - Workshop at Grand Hyatt Hotel***** with the accommodation and activities sector of the Costa Cálida

11:30 - 12:15 - Possible visit to the hotel and coffee break or early lunch cocktail style

12:15 - Transfer of the participants to **Alicante Airport**

15:45. - Departure of the flight from Alicante to Oslo (DY 1791)

19:25. - Arrival to Oslo Airport

16:30. - Transfer Ms. Hege Kathrine to Alicante Airport

19:55. - Departure of the flight from Alicante to Bergen (DY 1813)

23:30. - Arrival to Oslo Airport



Recommendations for the participants:

- Appropriate clothes and footwear
- Warm clothing for the early mornings and evenings
- Sunglasses
- Hat
- Sun cream
- Swimsuit
- Flip flops
- Yoga and cycling clothing

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