
BUCKET LIST GUIDE

SPANISH ADVENTURE

thebucketlistcompany.co.uk

The
BUCKET LIST
-COMPANY-

WHAT'S

The background of the page is a vibrant tropical scene. In the foreground, there are several tall palm trees with lush green fronds. In the mid-ground, there are various tropical plants, including some with purple flowers. In the background, there are rugged mountains with some mist or low clouds hanging between them. The sky is a clear, bright blue.

03 ABOUT THE TRIP

05 WHAT'S INCLUDED IN THE TRIP?

06 ITINERARY

DAYS 1-6

08 WHY GO WITH THE BUCKET LIST COMPANY?

09 TRAVEL INFORMATION AND ADVICE

10 WHEN IS THE BEST TIME TO DO THIS TRIP?

11 SAFETY AND SUPPORT

13 RESPONSIBLE TRAVEL

14 FAQs AND FURTHER INFORMATION



ABOUT THE TRIP

FROM
£650

Challenge rating:

Spanish Adventure



LOCATION
Spain, Europe



DURATION
6 Days



ANNUAL DAYS LEAVE
5 days max



MAX ALTITUDE
1406m



SEASON
June



ACCOMMODATION
Private Villa



GROUP SIZE
16 people max



DIFFICULTY

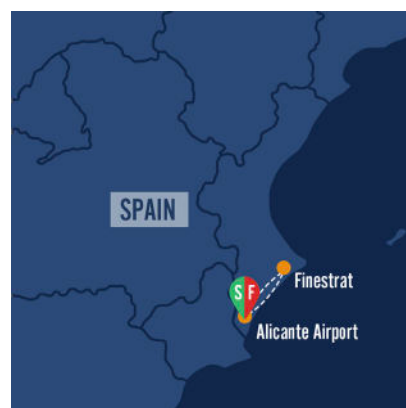


Multi Activity Holiday with some strenuous activities

This is a Special Bucket Lister Trip That we run once a year every year. We hire a private Villa in Spain to have a Bucket Lister Adventure Get Away!

This Trip will be a 6-day Trip where you will get to take part in the following Activities

- Climbing on the Spanish Crags of the Costa Blanca
- Via Ferrata – Learn this amazing sport and the skills required to tackle this 170m mountain climb
- Canyoning
- The Famous Downhill Bike Ride – 42 Kilometres of Downhill riding (Yep no peddling required) through the Spanish Mountains














WHAT'S INCLUDED IN YOUR TRIP?

You get adrenaline, adventure and awesome scenes whenever you travel with The Bucket List Company. But in terms of logistics, we offer two types of trip: **Bucket Lister+** or **Bucket Lister** (or both for certain destinations).









Look for the icon at the top of the destination page for your trip

You have the option to add in transfers when booking Bucket Lister trips on our website.

BUCKET LISTER + TRIPS

-  Flights (Group flights can be added with your booking)
-  Your own UK Bucket List Company guide who'll meet you before take-off and accompany your group throughout the trip
-  Your local Bucket List Company guide who'll join you in your destination country
-  All accommodation
-  All transfers (If booked on group flight)
-  All permits and entry fees
-  All equipment
-  Most meals (we'll tell you which aren't)
-  24-hour UK operations and emergency cover while you're in your destination country

BUCKET LISTER TRIPS

-  BYOF (Book your own flights)
-  BYOTT (Book your own transfers too!) 
-  Meet your local Bucket List Company guide at the first hotel
-  All accommodation within your Bucket Lister trip dates
-  All permits and entry fees while you're with your local guide
-  All equipment
-  Most meals (we'll tell you which aren't)
-  24-hour UK operations and emergency cover while you're in your destination country

The only things that aren't included in any trips are the usual: travel insurance, a few meals, tips for local crew and your own personal spending money.

Choose the right trip type for you...

1. Bucket Lister+ trips offer you a done-for-you service from start to finish. We organise everything for you and you just pack your bag (we'll even tell you what to put in it!)
2. Bucket Lister trips are great for saving when you already plan on being in your destination country.
3. Either way, you can spread the cost of your adventure in monthly instalments – just hit the **'Book Now'** button on your destination page when you book.

ITINERARY



ARRIVE IN SPAIN!

On arrival in Spain you can either make your own way to the Villa or one of the team will collect you from the airport. Today is a free day so if you arrive early you will have the day to explore the local area, or if you arrive later in the evening you won't have missed anything.

Accommodation: Villa - Room Share

Meals Included: Lunch



ROCK CLIMBING

Today we will head to one of the many crags of the Costa Blanca to try your hand at climbing. If you are new to climbing we will teach you all of the basics and get you on the rock, but if you have climbed before we can introduce you to lead climbing or give you a belay so you can climb to your hearts content!

Accommodation: Villa - Room Share

Meals Included: Breakfast, Lunch & Dinner



CANYONING

Canyoning, also referred to as canyoneering, consists of travelling in canyons and gorges using a variety of techniques that may include other outdoor activities such as hiking, scrambling, climbing, jumping, rappelling, and swimming. Some canyons are completely dry while others have active water sources and therefore require an extra level of preparation, knowledge, and safety. Most canyons in the Community of Valencia are dry but there are some wet ones too. Canyons of all difficulties and lengths can be found in this region, thereby providing enjoyment for people of all ages and skill levels.

Accommodation: Villa - Room Share

Meals Included: Breakfast & Lunch

THE DOWNHILL BIKE RIDE



Explore Spain's rugged Costa Blanca Mountains on "The Downhill Bike Ride" while gliding downhill for at least 30 kilometers on a bicycle. At the beginning you hop into a minivan and take a journey to the highest mountain of the Costa Blanca – the Aitana Mountain Range.

On arrival, pull on your helmet and hit the road! Spin down mountain roads to the villages of Penaguila and Alcoleja. Admire sweeping views inland and over the coast to the Spanish shoreline.

In the afternoon, wild animals will be waiting for you while you roll into Sella or beyond. After all, enjoy a refreshing drink in a local bar before you hop back into the minivan for the journey back to your accommodation.

Accommodation: Hotel - Room Share

Meals Included: Breakfast, Lunch & Dinner



VIA FERRATA

Today is your chance to try your hand on a Via Ferrata. A via ferrata is a climbing route in the mountains that employs steel cables, rungs, or ladders, fixed to the rock to which the climbers affix a harness with two lanyards, which allows the climbers to secure themselves to the metal fixture and limit any fall. The cable and other fixtures, such as iron rungs (stemples), pegs, carved steps, and ladders and bridges, provide both footings and handholds, as well.

Depending on the ability of the group we will decide which route to take, and will have choices to make sure everyone can achieve this amazing activity.

Accommodation: Villa - Room Share

Meals Included: Breakfast & Lunch



TIME TO GO)):

Today is the final day, depending on your departure time you may have time for a quick ascent of Puig Campana which you will have been staring at all week from the Villa. At 1406m high, this lump of rock is taller than Ben Nevis and in just a few hours you can be standing on the top!

If you have booked your transfers with us, we will drop you off at Alicante airport ready for your departure.

Accommodation: No Accommodation

Meals Included: Breakfast & Lunch



WHY GO WITH THE BUCKET LIST COMPANY?

QUALITY AND VALUE

We believe that our trips are once in a lifetime experiences and we want you to be talking about them for the next 20 years! Our adventure travel tours have been developed with the best leaders, in-country team, equipment and extra excursions to make sure every customer has an unforgettable experience.

EXPERTISE AND SUPPORT

Our team of trip leaders, in-country teams and office support staff live and breathe adventure travel. We are here to make sure you succeed in ticking off your bucket list goal, whether it's summiting Kilimanjaro or learning to scuba dive. From the moment you book until you return, we have the all experience necessary to help with every aspect of your trip.

JUST BOOK AND GO... WE DO THE REST

When you book a trip with us, we take all of the hassle away from you. We will book everything for you, all you need to worry about is getting yourself to the airport and getting yourself home again (however if you want us to organise this too, we can). We have the expertise and experience to ensure every aspect of your trip is planned to perfection, giving you complete peace of mind.

TRAVEL IN GOOD COMPANY

Our Bucket List travellers range from 18 years of age to 60+ years of age, but the special thing about our groups is that everyone gets on.

One thing is guaranteed when joining an adventure trip or expedition – you are going to make new friends to last. At The Bucket List Company, we are passionate about building the community around adventure travel - and you could be a part of it.

FLEXIBILITY

We know that everyone has different plans, interests and requirements, so with our trips you can bolt on extras. Let the team know what you want to achieve out of your trip and let us plan your dream itinerary.

SPREAD THE COST WITH MONTHLY PAYMENTS

Adventure travel is priceless - but we all know that paying for that bucket list trip can sometimes be daunting. That's why we offer monthly payments to allow you to spread the cost of your trip. You'll barely see the money leaving your account, and each month you'll know you're that bit closer to fulfilling your dream!



TRAVEL INFORMATION AND ADVICE

FLIGHTS AND ACCOMMODATION

For Bucket Lister Trips you will need to book your own flights to Alicante International Airport. Our itineraries are always based on current flight schedules and may therefore be subject to change by the airline. We always endeavour to find the best flights to match our itinerary and secure competitive group rates.

HEALTH AND VACCINATIONS

When you book the trip, we will send medical forms in your booking pack so you can let us know of any medical conditions or allergies you have. It is important to bring any medication you require, along with a first aid kit including diarrhoea tablets.

You should also see your GP around 8 weeks before your trip to check whether you need any vaccinations or other preventative measures.

FOOD AND DIETARY REQUIREMENTS

If you are a vegetarian or have other dietary requirements let us know well in advance and we should be able to provide for your needs.

If you know there are several foods you can't eat, you may wish to bring extra snacks from home to supplement your diet.

DOCUMENTATION

British nationals do not require a tourist visa in advance to visit Spain.

It is important to ensure you bring your passport and a photocopy of your passport, along with a passport sized photo. Also pack an emergency contact list and your travel insurance certificate.

When booking with The Bucket List Company, we require you to have full travel insurance valid for the duration of your tour. We will ask you for a copy of this before departure for our records.

WHEN IS THE BEST TIME TO EXPLORE THE COSTA BLANCA?

Costa Blanca, featuring beautiful beaches and a mountainous backdrop, offers a range of activities year-round. However, the best time depends on your preferred activities. For beach-goers, the warmest sea temperatures and plenty of sunshine make summer (June to August) ideal, but be prepared for crowds. Water sports enthusiasts will also enjoy this period due to calm sea conditions. Spring (March to May) and autumn (September and October) offer mild, comfortable weather perfect for outdoor activities such as hiking, climbing, or cycling in areas like the Montgo Natural Park.

Note that winter remains mild on the Costa Blanca, but sea temperatures could be too cool for swimming. Remember, specific events like the Bonfires of San Juan festival in June may also influence when you visit.

KNOW BEFORE YOU GO

SPANISH CULTURE

Spanish culture is a vibrant tapestry woven with influences from the Romans, Moors, and Catholic Church alongside regional differences. A significant part is its passionate expressions through flamenco music and dance, and bullfighting. Spanish cuisine is globally revered, characterized by regional dishes like tapas, paella, and sangria. The national language is Castilian Spanish, with notable regional languages including Catalan, Basque, and Galician. Spain is renowned for its traditional festivals. Its art heritage is prominent, with masters like Picasso and Dalí hailing from Spain. Family and social

Basic Spanish Phrases

- 🏹 Hello = Hola
- 🏹 Goodbye = adiós
- 🏹 See you again = hasta luego
- 🏹 I am sorry = lo siento
- 🏹 Thank you = gracias
- 🏹 Please = Por favor
- 🏹 Yes = si
- 🏹 No = no
- 🏹 My name is = mi nombre es



SAFETY AND SUPPORT

On any trip we run, your safety is our primary concern. We ensure that our trip uses the most highly qualified guides and best-rated equipment to keep you safe.

Our leaders are selected and trained by us to make sure they have the correct skills and personality to give you the experience of a lifetime. This ensures that you will be in safe hands at all times on your trip.

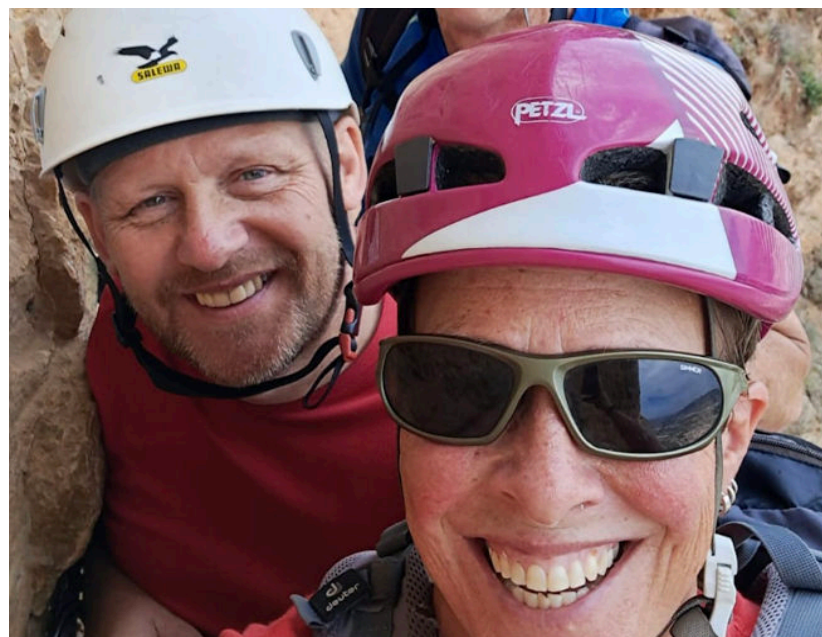


The leader will also be supported by an in-country team of guides and crew, who are also English speaking. All of our teams are also supported by our UK 24 hour support hub. The office is manned with a team that are on hand 24 hours a day to liaise with leaders, insurance companies and our on-call doctors. This is our essential contact point for every trip.

All of the guides we work with at The Bucket List Company are carefully chosen for their extensive international experience. They each have at least 10 years of experience running expeditions around the world. All have first aid qualifications of the highest standard, including at least one medic present on each trip.

As with any trip, your cooperation is required to keep you safe. Our guides will help you in every way possible, with support, guidance and medical care.

If they make a recommendation for your safety, it is very important that you follow it. After all, these are professionals with many years of experience in situations and environments just like this!
















RESPONSIBLE TRAVEL

Responsible and sustainable travel is very important to us at The Bucket List Company. We try to ensure all of our trips are as sustainable as possible in a number of ways.

This includes:

-  Using local guides and paying fair prices.
-  Promoting environmentally-friendly behaviours on the trek.
-  Limiting waste in meals and other elements.
-  Supporting local communities. Over the years we have helped refurbish schools and donated toys to children in various

Responsible travel tips:

-  Don't litter! When trekking, we expect every Bucketlister to follow the 'take nothing but memories, leave nothing but footprints' motto!
-  Pack sensibly – avoid taking unnecessary items that are hard to recycle.
-  Take biodegradable shampoo, shower gel and soap. This will ensure you don't contaminate the water around you, which other people may use to drink out of!
-  Wash at least 100 metres from natural water sources to avoid polluting.
-  Use local transport and support local businesses whenever possible.
-  Goodwill gestures such as giving presents and toys to underprivileged children is a great thing to do.
-  Ask before you take photos! Imagine how you would feel if you were hanging out your washing and a bunch of tourists got up in your face taking photos with "oohs" and "aahs". You'd probably feel a bit uncomfortable! So, make sure you ask permission before taking any portraits of people. Often, this will lead to an interesting conversation and a genuine connection with local people.



FAQS AND FURTHER INFORMATION

HOW MANY PLACES ARE ON EACH TRIP?

We aim to take between 8-16 people maximum on each trip. However, if we have a lot of interest in a certain adventure we may take two groups on the same adventure or put on an extra trip at another date in the year.

CAN I BRING MY CHILDREN ON THE ADVENTURE WITH ME?




Our trips are adult Group Adventure trips. For some trips they are suitable for children to join. Please contact the office on 01769 309007 to discuss this.

WHAT DO I NEED TO PACK?

For this trip there is a kit list. This will be provided in your App.

DO YOU HAVE TRIP GUARANTEES?

When we guarantee a trip and you book it, we promise that:





-  No single supplement if you are a solo traveller (unless you opt for your own room)
-  It will leave on the date advertised (unless, it is beyond our control, for example, airline changes).
-  You will have an amazing time!

WHEN WILL MY PAYMENT BE TAKEN OUT OF MY ACCOUNT?

If you choose to pay monthly, your payment will be taken out of your account on the 1st of every month, unless you have specified and we have agreed with you a different date. Your payment needs to be set up 6 days before the end of the month to make sure it comes out on the 1st, otherwise it will roll over onto the following month. The monthly payment is cost of the adventure split equally between the number of months left before you depart.

WHAT INFORMATION WILL I RECEIVE WHEN I BOOK?

Once we have received your booking form you will be issued with our App, this will give you the following information;

-  Detailed Itinerary
-  Kit List
-  Training Guide
-  Medical information

If you wish to discuss any other aspect of the trip, please contact us on **01769 309007** or email **letsgo@thebucketlistcompany.co.uk**. We will be happy to help.

