

Flamenco with MAribel in Estepona 2005

A holiday for the flamenco aficionado in the amazing sun of the Costa del Sol. High energy classes with Maribel La Manchega

Dates and Prices 27 March to 3 April - £529.00

Unique Features

Your Holiday

What's Included

- | Return flights from a London based airport to Málaga
- | Meet & Greet upon arrival at the airport
- | Return airport transfer for all arrivals and departures coinciding with the standard Dance Holidays flight
- | 7 nights bed and breakfast accommodation at the Hotel Aguamarina
- | 12 hours and thirty minutes dance tuition
- | Bilingual Dance Holidays Tour Host
- | Time to relax and enjoy the local sights
- | Welcome Drink
- | Orientation Pack on arrival

Your Destination,
includes
sightseeing

Estepona lies on the Mediterranean coast about one-third of the way between Gibraltar and Málaga. Originally a small fishing *pueblo*, it has developed in recent years into a modern resort much favoured by Spanish holiday-makers. It still retains a working fishing port alongside a modern marina and has miles of clean sandy beaches dotted with log cabin *chiringuitos* (beach cafés). The old town still exists in the middle of new Estepona and its famed *Plaza de Flores* is a delightful place to sit and drink and meet your friends surrounded by trees and the heady scent of flowers. The town has many bars and restaurants and, whilst Estepona's *speciality* is its seafood, even vegetarians have been known to survive and thrive! From Estepona, it is easy to make day trips by bus or car to Gibraltar, Ronda, Marbella, Málaga, etc., or weekend trips to Sevilla, Córdoba, Granada, Cádiz, Jerez, Doñana National Park, etc. Spectacular street processions with floats and bands and the singing of *saetas flamencas* take place in Estepona throughout the *Semana Santa* (Easter week)

Climate and
weather

One of the main reasons why Costa del Sol has become so famous is because of its Mediterranean climate, with good weather right through the year and a mean temperature of 18 centigrade degrees. The summer temperatures vary between 25 and 30 degrees, and in winter, they rarely drop below 14 degrees.

Your
Accommodation

Aguamarina - Hotel** (Bed & Breakfast) (Included)
The two star Hotel Aguamarina is located at just 150 mts. from the beach, 20 Kms from Marbella and at 45 minutes from Malaga Airport with easy access to both the center of town. Each room offers a telephone, satellite television, air conditioning, hair dryer, ironing table, radio-clock, modem connection, laundry-room service. All rooms are en-suite. Breakfast is included. The hotel also has a safe, a lounge and a bar-restaurant.

Classes and
Workshops

Each course is designed as a progressive two week workshop involving 2 and a half hours tuition per day over 5 weekdays. The courses will include tuition in técnica flamenca (flamenco dance technique) and selected coreografías de baile (dance choreographies).

Dance Studios: The classes will take place at a dance room provided by the Estepona Town Hall. These are studios with air conditioning, mirrors and changing rooms with showers.

Nightlife

Outside of the classes, you are free to do whatever you like. However, most participants like to get together for joint informal activities. In the evenings we will meet up to go tapas bar hopping or go for a meal

Your Teachers

Maribel La Manchega, the director and principal teacher of Academia Flamenca, was born in the town of Almodóvar del Campo, La Mancha. Already showing a precocious talent for dance at the age of eight, she was sent to the prestigious Circulo de Bellas Artes in Madrid, to study under María Teresa Ibarz. At twelve, Maribel was already teaching, and by seventeen had completed two major tours of Europe. She first toured the UK and appeared in London, aged 18, as principal dancer with the Compañía Alfredo Arla. Her next UK tour was as artistic Director and principal dancer with Solera de España. Maribel also danced the lead role in Manuel de Falla's La Vida Breve which helped launch BBC2.

Since settling in London in 1984, Maribel has worked with guitarists Paco Peña, Carlos Borell and Juan Martín, dancers Antonio Vargas, El Sali, Cristóbal Reyes and Juan Ortega, as well as director Derek Jarman (in his film The Garden), to name but a few. In 1985, Maribel was invited to dance before the King and Queen of Spain, Juan Carlos I and Sofia, and in 1990 and 1991 she again toured the UK as joint choreographer and principal dancer with Mariano Torres in Camino Flamenco, and more recently choreographed several pieces for The Kosh. Maribel has made numerous stage and television appearances and has produced and directed performances of her own students at various festivals and on London stages including the Waterman's and the Bloomsbury theatres. Many of the ex-pupils have turned professional and are now teaching independently in the UK and abroad, including Spain. Maribel helped found the ever-popular Peña Flamenca de Londres (London Flamenco Club) in 1984, and is joint President together with Paco Peña.

Food and Meals

Breakfast is included in your holiday. Lunch and Dinner are not included in your holiday.

Lunch: It is the custom in Spain for lunch to be the main meal taken at 2 or 3 p.m. We encourage you to take the meal ticket that we offer as an optional extra (see above). Sometimes we arrange to meet informally so that whilst the meal is not paid for in advance you have the opportunity to eat together.

Tapas/dinner in the evening: tapas are the typical way of eating in the evening and constitute an informal meeting point where the meal is not paid for in advance. We suggest you visit the kind of bars/restaurants where we, who live here, and our friends might go, and to be honest, they are not accustomed to working in the travel industry. In most tapas bars you don't sit down. Rather, you stand at the bar and order according to your appetite and budget. The pace of life is slower and more relaxed here so take your time and enjoy the real Spain. Alternatively we may go for dinner which will be offered as an optional extra.

Vegetarianism is not a very mature concept in Spain. A lot of Spaniards, especially bar and restaurant owners, don't understand someone who doesn't eat pork. However contrary to popular belief there are some real treats for vegetarians - Mediterranean vegetables, bread and olive oil are of excellent quality. If you are vegetarian we will give you some more tips on arrival.

The food and water is just as well regulated in Spain as back home and the chances of falling sick because of what you eat are equally unlikely in both countries. However some people are upset by the change in diet. This can be minimised by ordering carefully.

Optional Extras

Single Room Supplements, Upgrades and Budget Options

Option 1 - Included

Aguamarina - Hotel** Bed & Breakfast - (27/03/2005 to 03/04/2005 - 7 nights)

Twin Room (1 Person)	56.00 GBP
Twin Room (Based on 2 sharing)	Included
Twin Room (Single occp.) (1 Person)	56.00 GBP

Flights and Transfers

Flights: Flights are from a London based airport to . Please check in two hours prior to departure. Those wishing to fly from regional airports within the UK and abroad can request a quote through Dance Holidays. Please note supplements may apply.

Meet & Greet and Airport transfer: There will be a meet & greet upon your arrival at the airport. Return airport transfers are provided for all those passengers whose flights coincide with the arrivals and departures of the standard Dance Holidays flight. Please look out for a Dance Holidays representative in the Arrivals Lounge. Times of the Airport transfer: Please see www.clubdanceholidays.com or contact our UK Reservations Team to find out the times of our Airport transfer (+44 870 286 6000).

Making your own way to the hotel for ground only package

Making Your Own Way to Estepona: For those whose flights don't coincide with our Airport coach transfer, we suggest the following mode of transport between Malaga and Estepona.

By Bus: take a taxi to Malaga Bus Station. When there, buy ticket to Estepona from the Portillo Bus company ticket office. Buses will display sign with final destination "Algeciras". Buses leave every day at 5:00 (except Sundays), 7:00, 7:30, 9:45, 10:15, 11:00, 11:45, 13:15 (except Saturdays, Sundays & Festivals), 14:00, 14:30, 15:30, 16:45, 17:30, 18:15, 19:15, 22:00.

The bus takes about 2 hours and will stop in Estepona bus station to let passengers off.

What to Expect in terms of Organisation

On Arrival: You will receive a detailed itinerary and annotated map, details of any optional extras including the meal ticket and any extra classes we are running. We also include information on the local sights and recommended restaurants and other helpful tips.

Independence within the social activities: Although your holiday is fully hosted, we believe our guests do not like to be over-organised. So we give you quality information and an itinerary including a map and all the addresses of where we have organised social and dancing activities. You can decide for yourself if and when you want to turn up. You are fully independent on these holidays. If you are travelling on your own the tour host will be at all the meeting points on the itinerary and there is always company and normally the chance say to share a taxi back the hotel.

Tour Host: During your holiday you will have the perfect host, that is to say Maribel herself, who will be available to help you with any questions that you may have. She will be present from your welcome Drink until you go home, and also actively participate in the social events. Whilst it should be noted that she cannot be present at every moment (as she sometimes must prepare other activities for your holiday), their role is to facilitate as much as possible that you have an unforgettable holiday. She normally go to bed at around midnight and you should continue to enjoy your evening.

Overview of the Week and Welcome Drink: At the beginning of your holiday there is an Overview of the Week where Maribel will tell you about all details of your holiday and answer any questions you might have. Also at the start of the week, Club Dance Holidays will invite you to a drink.

Getting Around: You are responsible for making your own way to the dance classes and meeting points on the itinerary. Most of the time you can find your way around on foot. At some points on the itinerary we may recommend taking a taxi.

Before Your Go

Books on Spain It may be worth your while reading up on your destination before you go. Penelope Casas writes beautifully on Spain, such as 'The Blue Guide' or 'The Foods and wines of Spain'. Ian Gibson's 'The Fire in the Blood' is one of the most fascinating insights into Spanish Culture. 'The Rough Guide to Andalusia' is the best guide book. Tales from the Alhambra by Washington Irving is worth buying and makes a nice present and can easily be bought locally.

Useful Things to Bring

Camera

Shoes suitable for spending a long time walking around the streets

Dance shoes

Spring clothing for day

Warm coat for evenings

Swimming costume for Arabic Baths (op extra)

Suncream and swimming gear

This fact sheet and Joining Instructions

Passport, money, plane ticket.

What to Bring for Dancing:

Shoes: You do not need to special flamenco shoes or clothes. Shoes should have a court heel or a boot heel. Trainers are not appropriate. You can buy shoes out in Spain for around 30 - 50 euros. You don't need nails in your shoes to make the stomp as they're for gripping the floor not for making the noise.

Clothes: wear something cool and comfortable – tracksuit, shorts, skirt.

Budgeting for your holiday: In our experience people vary enormously in how much they choose to spend on a holiday. So this is just an example, to help you do your own calculations.

2 optional extra meals 53 euros

Tapas and drinks on optional extra meal days 5 @ 12 euros 60 euros

Food and drink on non op extra meal days 2 @ 25 euros 50 euros

Other optional extras (check and see what attracts you)

Taxis aren't really necessary

Health and Fitness: There are no particular health requirements for a dance holiday. However you should be able to dance for at least two hours a day in order to be able to enjoy the dance classes.

Insurance, Visa and Passport Requirements: Refer to the information supplement for full details. In brief, Insurance is a condition of booking. Visas may be required for non EU citizens. British nationals need a full passport to travel to Spain.

Joining Instructions: You receive these about five days before the start of your holiday. They will include your air ticket, confirm the address and phone number of the hotel, transfer details, and emergency contact numbers.

At Your
Destination

Banks and Money: The easiest way to buy obtain euros is by using a credit card at one of the numerous cash points. You can buy small amounts, as often as you like, at any time, without queuing. You will need to know your P.I.N. Bank opening hours are normally 9.00am to 2.00pm Monday to Friday. Banks will change cash and will sell you currency on your credit card providing the lines are open. You will always need to show your passport at a bank.

Tipping is generally not that common in Spain. There is no need to tip taxis but it is usual to leave a 5 - 10% tip at a restaurant if you are particularly pleased with your dinner/lunch.

Making friends with the Locals and people not on the holiday: If you make friends with a local and would like them to come along to the activities organised by us, then just ask your Tour Host and except for the dance classes and provided they pay their way there should not be a problem. We are here after all to interact with the locals. Generally, however, we discourage people who are not on the holiday from coming out with us or joining the activities and we ask for your discretion in this respect.
