Foodie & Wellness Retreat

Malaga, Spain 3-8 October 2025

- @Generations of flavour is organising another irresistible flavourful retreat for those who seek authentic foodie experience, slow down and connect with like-minded people. It’s a journey of Andalusian flavours, heritage and culture;

- Gourmet farm-to-table dinners, escapes to olive oil mill and yards, tasting bodegas wines, locally produced cheeses and hams, cooking traditional pueblo dishes with local grandmothers, re-connecting with nature, hiking with picnic on top of the hill with stunning sea-view, learn to dance flamenco, ceramic workshop and soak in private villa pool surrounded by extraordinary forest and mountains.



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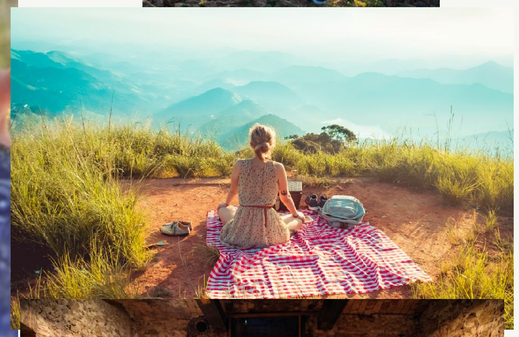
Who are we?

@Generationsofflavour

- Generations of flavour is run by the founder Izabela Calik. She has worked for the last 15 years in luxury hospitality management and run her event company in London (@luxurynetworkingic), where her passion comes for quality food and customer experience.

- Today we are based between London and Malaga, organising international events, foodie and wellness retreats to connect you with authentic flavours, quality time, local experts and people who inspire you to Mediterranean lifestyle.










Where you will stay

Malaga, Spain

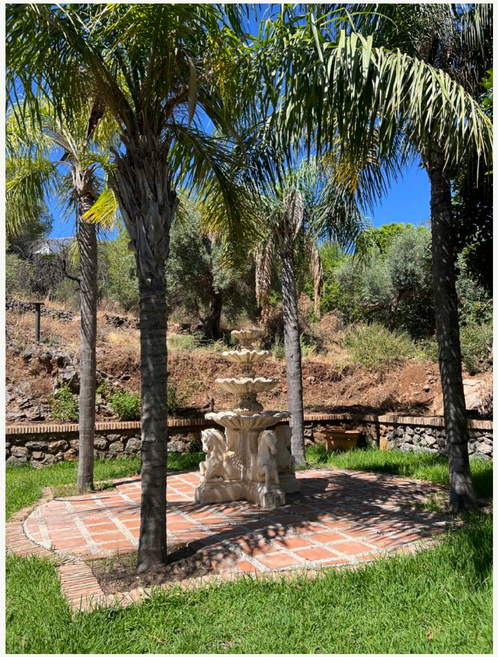
- The Retreat is taking place in Malaga, Spain. You will be located in Alhaurin de la Torre (part of Malaga, only 25mins from the airport and centre. Car/ Taxi or direct bus to the town available)
- It’s a beautiful private villa surrounded by mountains and entrance to the forest, the views are just stunning. Large garden, swimming pool, meditation room and large terrance/balconies with Malaga over-view.
- Each room can accommodate max 2 people and has its own ensuite bathroom.
- Twin rooms and single rooms available





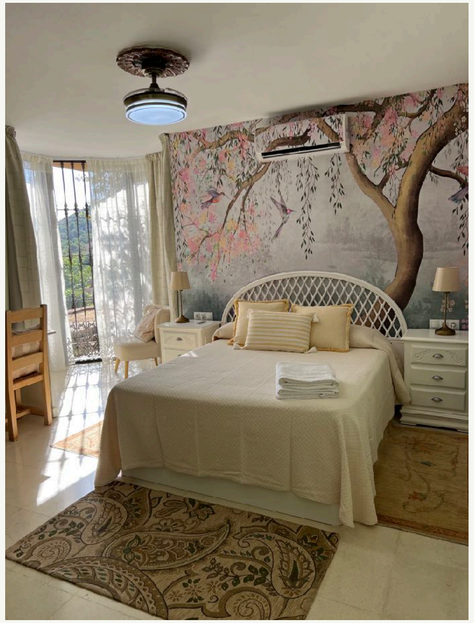


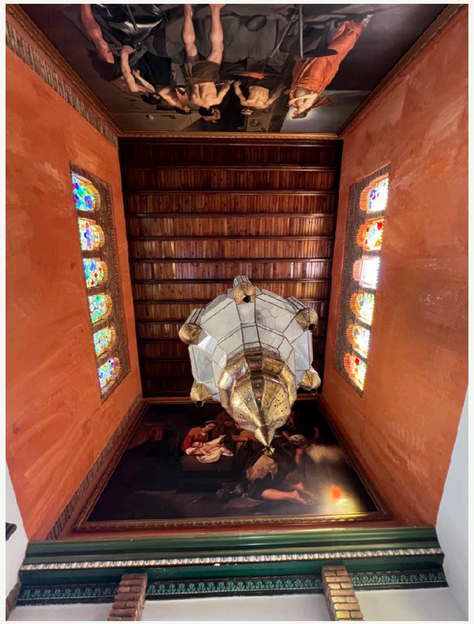
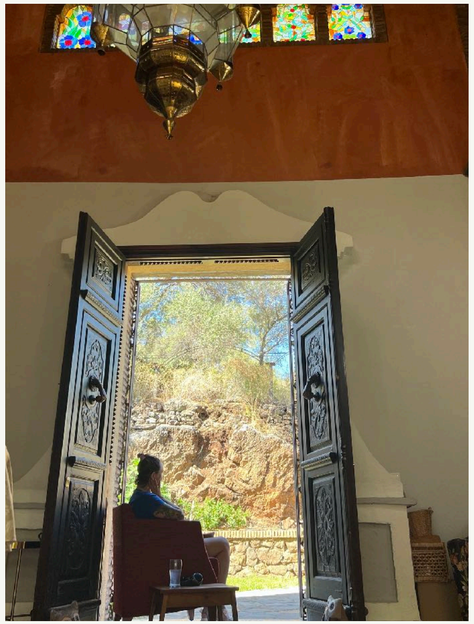


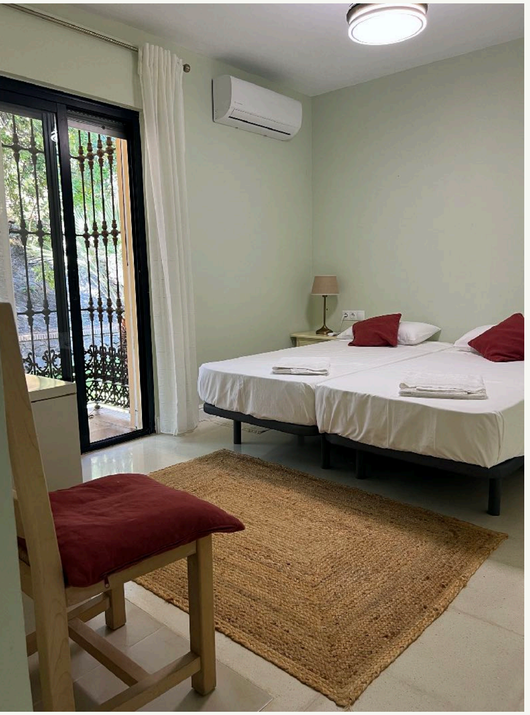
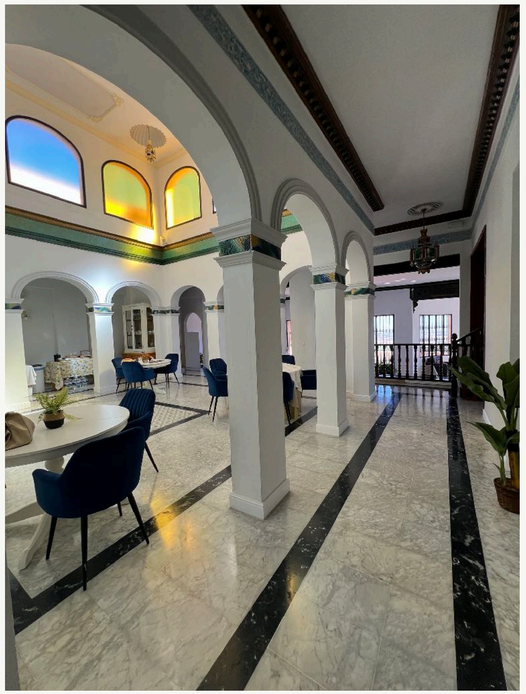
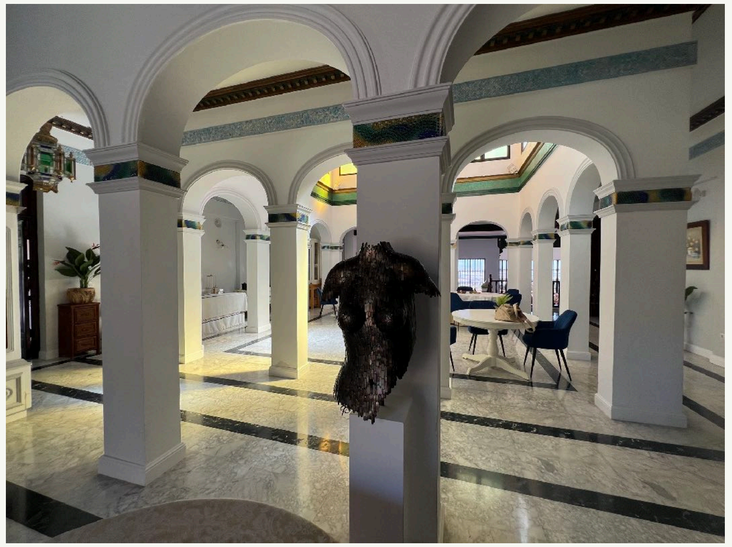









Program
3-8 October



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Farm-to-Table Foodie Experience

- Welcome and arrival at the property
- (Guests are arriving at their convenient time during the day) and make themselves comfortable at the accommodation and facilities of the property (swimming pool / terraces with stunning views)
- Outdoor Introduction Dinner with Gourmet local products: Farm-to-Table Foodie Experience
- Serving Traditional Malaga produce from regional farmers and local markets
- High quality produce of regional spreads, Traditional Malaga cheeses, authentic jamón ibérico v serrano, rustic breads, Andalusian tapas, cured meats, tapas, local Salchichón, seasonal fruits , handmade pastries from heritage bakeries, regional wine and more. Over 15 high-end products to taste.
- Sharing authentic food stories and flavours from locals and elder generations



FARM-TO-TABLE FOODIE EXPERIENCE

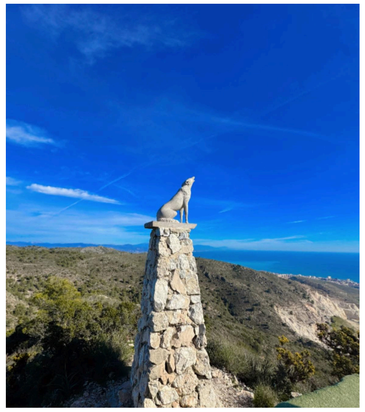
AUTHENTIC GOURMET PRODUCE OF ANDALUCIA

Sea-View Picnic on Top of the Hill / Hike

- Picnic on TOP OF THE SEA-VIEW HILL
- A beautiful hike through Malaga forest and mountain. It’s about 2/3h hike with moderate level of walk, but so worth it! You will be rewarded by stunning sea-views from 'Canada de Lobo’ and tasteful picnic with local food and artisan pastries on top of the hill (for people who are unable to hike we offer a artisan picnic basket to enjoy next to the pool with views)













Hiking Trip Cañada del Lobo

RECONNECT WITH NATURE & RECHARGE THE BATTERIES

One of the most breathtaking spots in the Malaga province. Guided hike - surrounded by forest, mountain air, panoramic views all the way to the sea. Immerse yourself with wild beauty of Andalucia

- A moderate guided hike through mediterranean forest
- Arrival at the Cañada del Lobo viewpoint with stunning sea views over Costa del Sol
- Learn about local flora
- Connect with nature
- De-stress

Time: around 5 hours round trip

Cost:

Difficulty: Moderate - suitable for most fitness levels with comfortable walking shoes

Recommended: Bring your water / snack/ hat

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Spanish Cooking Class

With Local Grandmas from Malaga

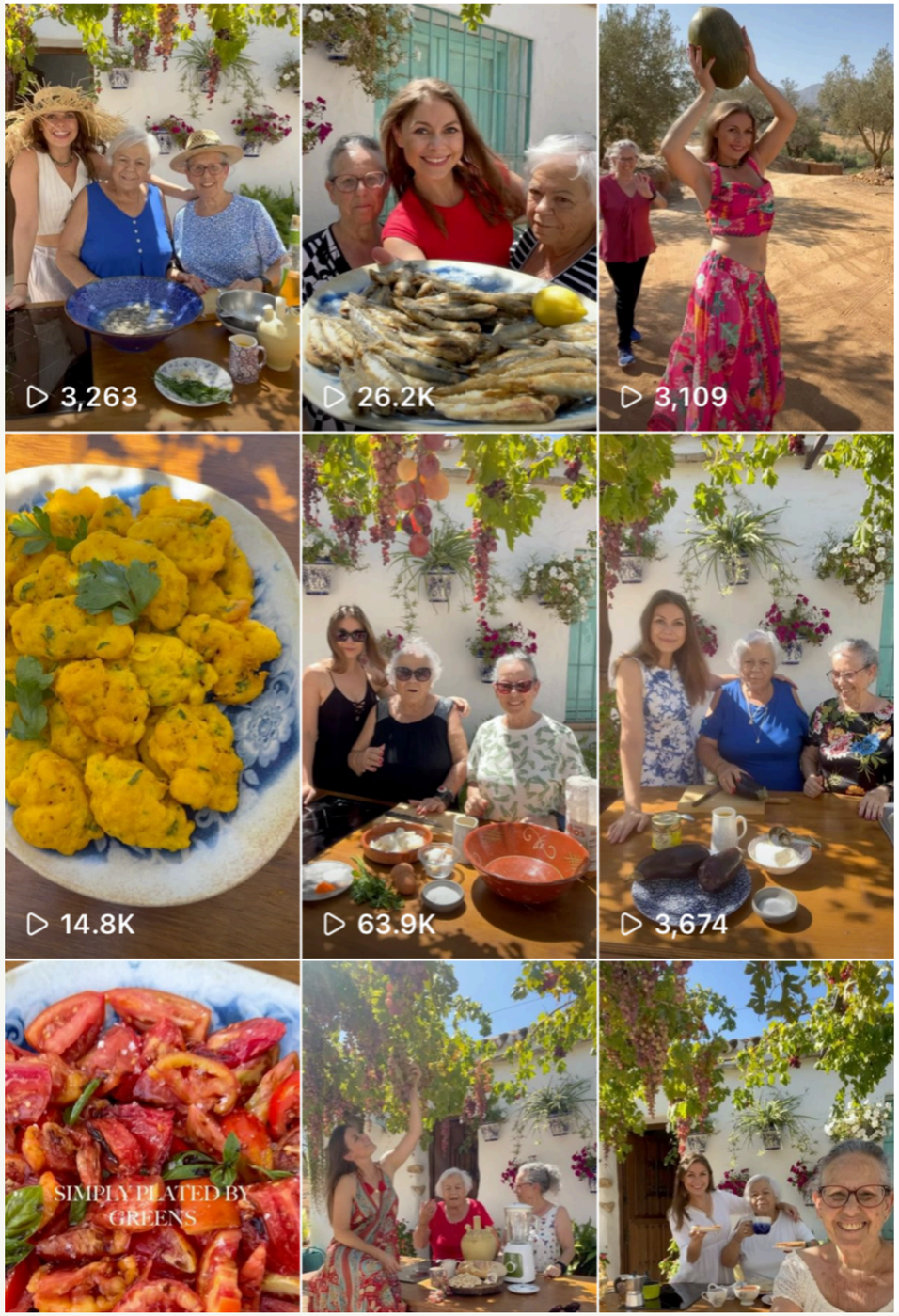
- We want you to learn to cook Spanish Traditional dishes from the best chefs! And no one cooks better than our ‘Abuelas’ - Grandmothers with over 82 years old who shares with you the authentic, antique recipes passed down through generations from their grandmothers and mothers.

- You will join hands-on cooking class to prepare classic tapas and family dishes from Malaga’s countryside (secret recipes from Malaga families)

- True Foodie Experience to learn and cook with them, they share their culinary secrets, tips but as well their culture, way of living, preparing dishes from scratch and love.

- Mediterranean Lifestyle, slowing down and appreciating the live values and its flavours.
‘Sabor de vida / Flavour of Life’.







CHECK FOODIE INSTAGRAM @GENERATIONSOFFLAVOUR





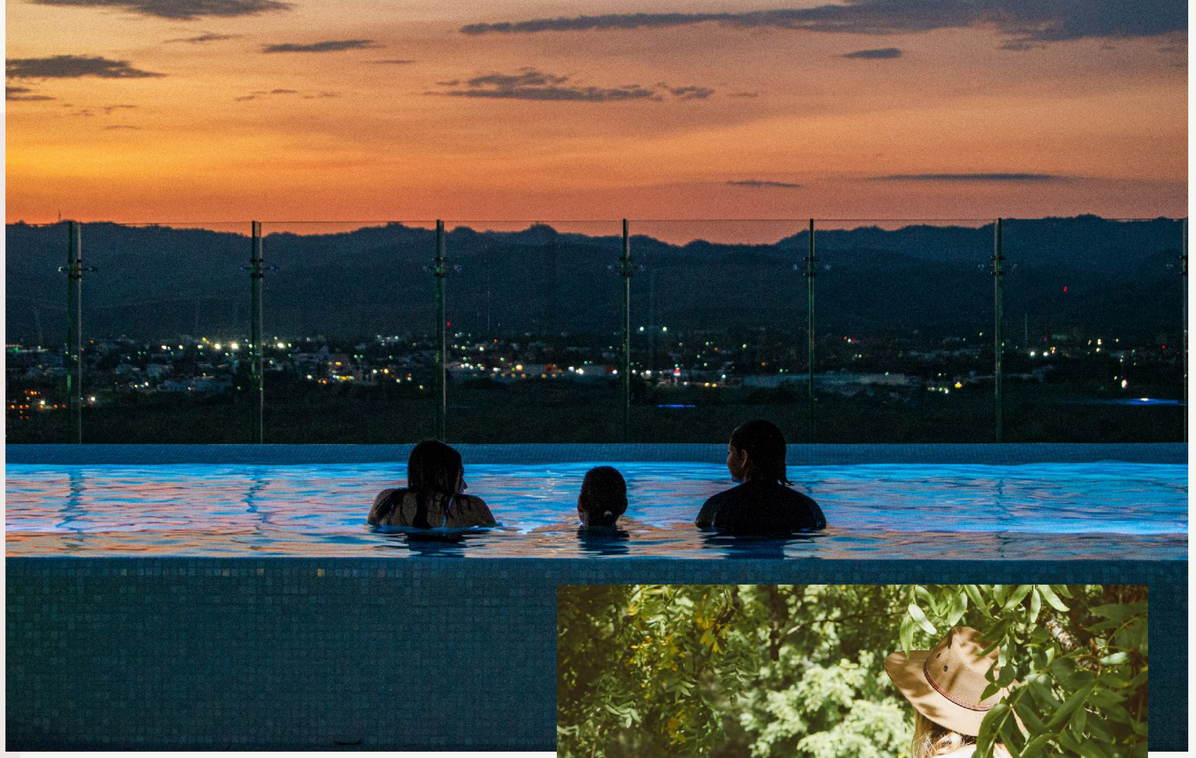
Sweet Night Connecting

Homemade Ice-cream from Antique ‘Heladeria’ under the sky

CONNECT WITH LIKE-MINDED PEOPLE

- Let’s finish the beautiful day with homemade ice cream discovering the vintage flavours from antique ice-cream shop with tradition of over 150 years.

- Relax time outdoor, connecting with like-minded people









Olive Oil Yard & Mill Visit

Olive Oil Mill and Private Olive Yards

- Learn about olive oil production process with our local guide tour and taste the extra virgin olive oils from Malaga.
- Discover the harvesting the olives in antique private olive oil yard, quality check and taste differences
- Olive oil workshop - taste the difference and avoid international scams (taste 3 different olive oils)
- Olive Oil factory / mill visit with full workshop and tasting



Oleotourism with a unique flavour













Olive tourism is **a special way of travelling**, based on visiting olive-growing regions and oil mills, highlighting the process of obtaining extra virgin olive oil, the main element of the Mediterranean diet.
At Aceites Molisur you will get to know first-hand the careful process of producing our extra virgin olive oils, guided by the love of the olive grove, traditions and culture. **We want you to discover the true world of extra virgin olive oil**, to know the tree, the fruit, its care and its elaboration.
Being an olive farmer for a day, sponsoring an olive tree, learning how to taste an oil, are some of the experiences you can enjoy in our facilities.

Paella and Sangria

COOKING WORKSHOP

- We invite you to cook Paella (arroz de Malaga version) and make traditional sangria drink in between stunning olive oil yard.
- Spanish Families make their paella/food outdoors, bringing fire and smell of countryside herbs together. Taste the Malaga through traditional local food and refreshing drinks surrounded by beautiful rural lands.
- You will enjoy the cooking experience and food in Malaga’s countryside surrounded by nature and over 120 olive oil trees in the land.









Visit in Traditional Breakfast Taverna

Spanish Breakfast Delicacy

- Traditional breakfasts in Malaga it is something what can’t be skipped! One thing is to try the classic food, but where is prepared and how - it is all different story to taste! We take you to local, no touristic tavernas where food is prepared by families through generations.
- From longevity recipe - ‘Masa madre’ bread with gold olive oil and ripped local tomatoes to ‘plates de los montes’ with the best meat cuts of classic ‘lomo de Manteca’ or carne mechada with homemade omelet (vegetarian options available)
- Discover different coffee names what exist only in Malaga
- This breakfasts are must to try to understand the heritage of the region and food stories behind the dishes











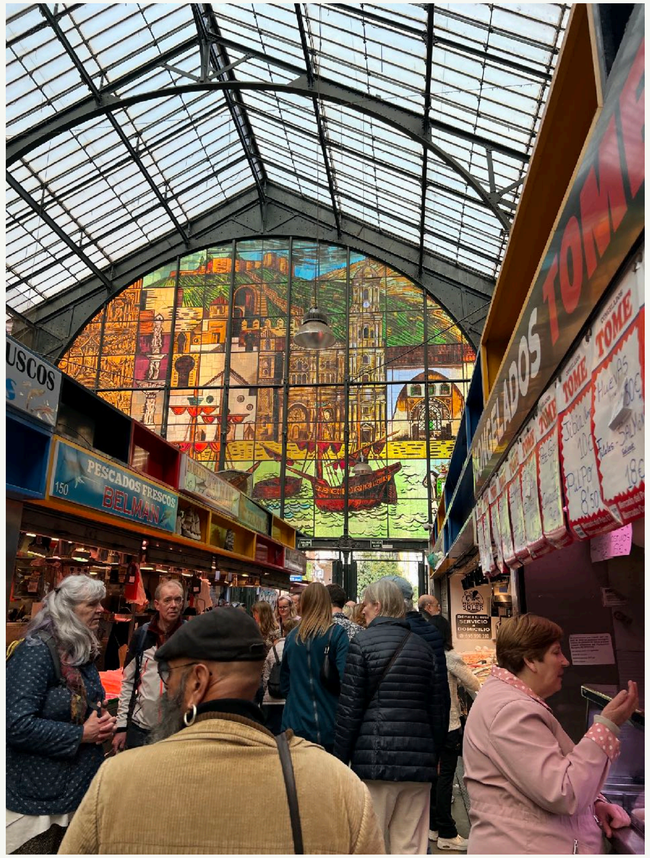


Central Malaga

Tour

- Malaga Tour to discover iconic places and feel the soul of old town (Cathedra, old plazas, charming small streets)
- Historic Mercado de Atarazanas - a colourful stalls of malaga’s most iconic market, you will get to known fresh produce, meet producers and regional farmers, explain the history of Andalusian ingredients (back to 14th century)
- Antique places to make the churros with chocolate - tasting (family run from 1932)
- Antique Wine Bodega and Tasting (from 1840)
- Visit Vintage Ice-cream and turron shop (heritage flavours since 1842)
- Free time in central of the city



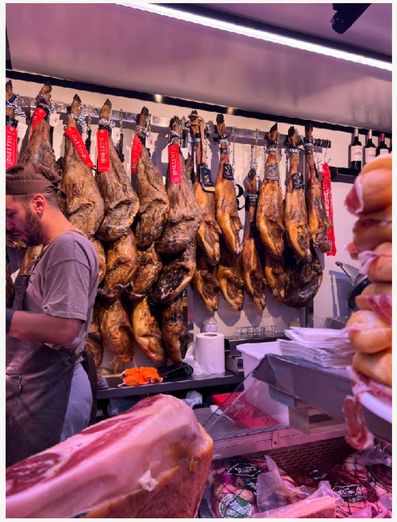

PESCADOS FRESCOS
BELMAR




MOSCATEL Nº 2
PEDRO XIMEN
PIEDAD




Pure Saffron thread









CHURROS

TASTING

- We take you to the most antique Churro cafe in Malaga, run by family owners through centuries
- Taste the tradition on the plate with homemade chocolate and learn how to order in Spanish



Sommelier Night

En Enchanting evening of Wine and Stars

- Enjoy outdoor experience under the stars with wine expert
- Savour hand-selected five wines from Andalusian boutique Bodegas while learning about unique characteristics, production methods, and stories behind each bottle
- The evening is perfectly paired with artisanal cheese boards and gourmet spreads, creating cozy and delicious atmosphere beneath the night sky









Ceramic Painting

Workshop of Andalusian Art

- Create your own piece of art inspired by centuries of Tradition - cultural heritage of Andalucia with hands-on ceramic tile / plate painting workshop
- Learn the ancient techniques of decoration patters and colours
- Hand-paint your own ceramic and take it home
- Discover the regional art and every-day use











Flavours of Malaga's Pueblo

Rural Flavours

- Spanish food that's not only tapas, paella and prawns.. there is much more flavours being develop on rural Malaga lands, dishes cooked by elder generations transporting the Sabor de Malaga through each spoon.

- You will be invited to taste the Pueblo dish what developed during the last 300 years and has changed its character from humble, poor dish to rich, posh plate served in high-end restaurants - Gazpachuelo; recipe of local grandmas. White soup with fish and prawns - when sea and land meets.

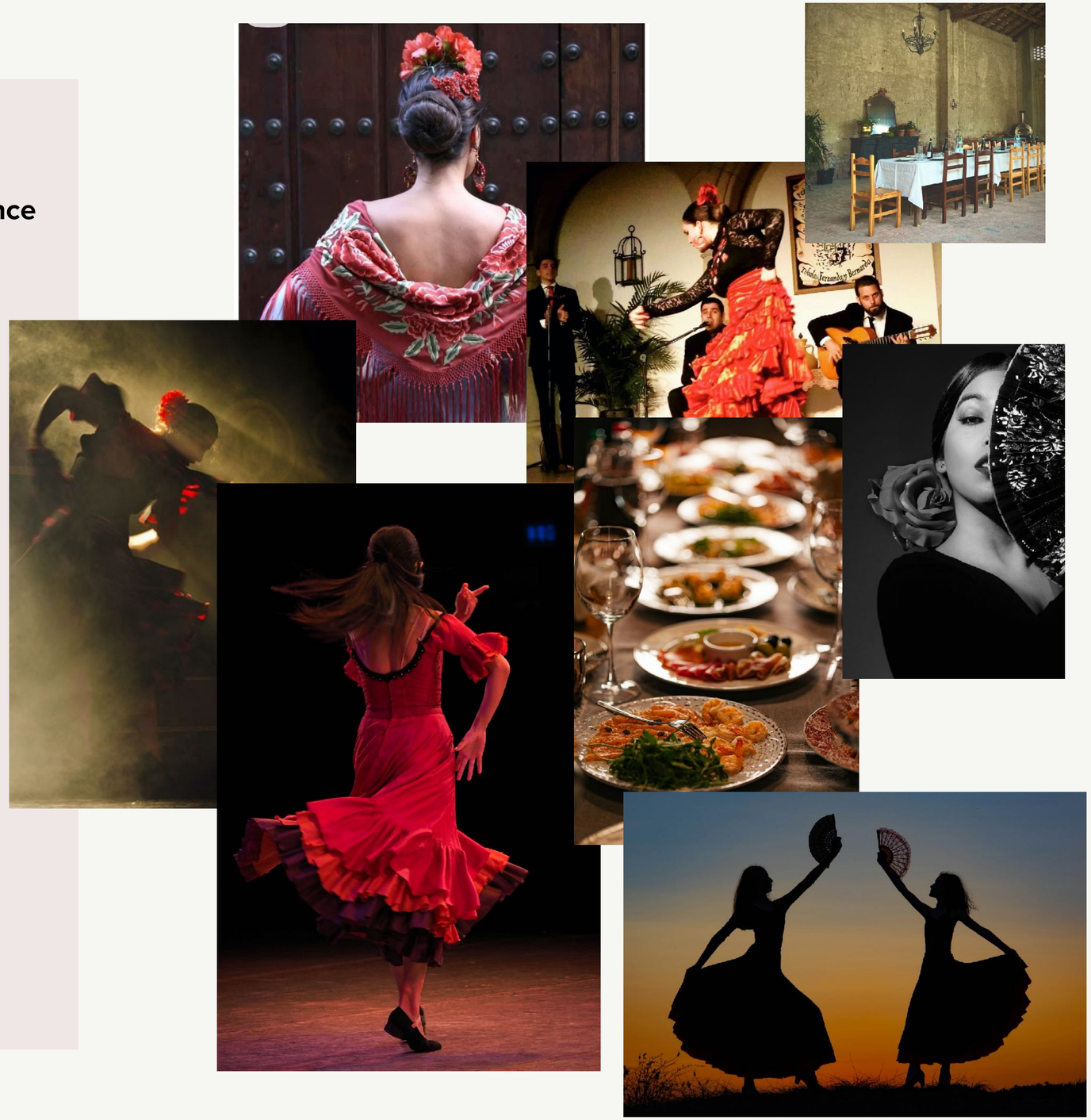
- Lunch dedicated to countryside, rural flavours - cook and eat like locals



Flamenco Night

Outdoor magical dinner with passionate flamenco experience

- Celebrate your final evening with a magical outdoor experience in the heart of Andalusian countryside. Set against a garden with golden sunset hues and intimate flamenco performance by professional artist - full of passion, rhythm, and soul.
- You will join a lively and authentic flamenco dance class under the open sky guided by the dancer. Get to know the basic movements and feel the Spanish passion
- Gourmet Andalusian dinner with local wine



What's included:

- Accommodation for 5 nights in luxury villa
3rd-8th of October
(check in available from 10am, check out till 12.00)

- All foodies and wellness activities stated above

- Authentic regional workshops

- Cooking classes with Spanish Grandmas

- Gourmet Food and Wine Tastings

- Sommelier Night with Andalusian Bodegas Wine Tasting

- Vintage Malaga Bodega Visit

Atarazanas Market

- Farm-to-table Experiences

- Picnic with Sea-View on Top of the Hill / Hike

- Malaga Guided Tour

Churros Tasting in antique churro place

- Olive oil Tour with Workshop and Tasting

- Flamenco Lesson

- Andalusian Ceramic Workshop

- Paella and Sangria Workshop and Tasting

- Original Antique, Pueblo Food Tasting

- Food mentioned above, plus additionally breakfasts, lunch-dinners in program menu

- Transportation to activities
(transport from the airport is not included, there are directly buses to Alhaurin de la torre from the airport and we can pick you up from the nearest bus station. You can order uber as well/ taxi. The bus costs about 2 euro

The detailed daily program schedule is re-confirm and provide a week before the retreat, so you will know in advance what activities are placed on each day and what time.
@Generationsofflavours is reserving the right to it's own term&conditions to adjust the program if unexpected situation occurs

BOOKINGS

GENERATIONS OF FLAVOUR

Foodies & Wellness Retreat

3-8th of October

We accept limited groups; Bookings open until middle of September.

Price:

- €2,250 per person - twin room with ensuite bathroom (perfect for 2 friends, couple, family)

- €2,600 per person - single accommodation in double bed room

Payments:

Available 3 instalments payments. Full amount need to be paid until 20th of September

Invoices Available

Payment Details:

Izabela Calik

Bank Sabadell
IBAN: ES20 0081 5165 4600 0134 4335
SWIFT/BIC: BSABESBBXXX

Contact for more info: 0034 687 897 980 contact@izabelacalik.com

Instagram @generationsofflavour

Note:
If you are vegetarian please inform us in advance to replace the meat dishes with traditional Andalusian vegetarian options