

# Experience the true taste of Spain with Camino Lifestyle Breaks

Submitted by: Camino Holidays

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Media information from Camino Holidays

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Relax in style with Camino Lifestyle Breaks

Gardening is becoming increasingly popular as a hobby and interest and in particular interest in food gardening is one of Britain's fastest growing pastimes.

We all know that the classic Mediterranean diet, rich in local fruit, vegetables and salads keeps the Spanish living long and healthy lives. Camino Holidays offer a fabulous five day holiday (October 12-18) for anyone who would like to discover the world of Spanish organic food gardening.

Imagine the smells and sights of Spanish fruits and vegetables ripening in the sun, fruit trees loaded with oranges and lemons waiting to be picked and crushing fresh, fragrant Spanish herbs in your hands.

- Discover the secrets of Spanish food growing, how to grow traditional food in your own garden, and visit organic farms, smallholdings and plant nurseries.
- Dig in the warm Spanish earth with the sun on your back as you try your hand at organic food gardening, guided by the local gardeners and farmers.
- This holiday is based in Jerez de la Frontera, staying in a family run three star, eco-friendly hotel in the oldest part of this attractive town in Andalucia and from here you'll travel all over the area.
- Most meals are included in the holiday and you'll be eating traditional and organic food grown in this area.
- Holiday Prices: £530 (single room) £460 (per person, twin/double room)

Getting away from it all is an important part of our lifestyle maintenance and in these stressful cash crisis times, we need to be able to re-charge our batteries.

Rosi Reed runs Camino Holidays, a boutique travel firm that organizes bespoke breaks and holidays in the unspoilt Costa de la Luz area of Southern Spain. Uniquely the company features activities based around the traditional culture of the area, using local specialists as tutors and guides. Our Spanish Gardens holidays are always popular, but to celebrate the launch of our food gardening holidays we are offering this package holiday for all food and garden lovers.

ENDS

For further information, high res images and interviews please contact

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