

HOTEL VALLE DE NÚRIA

Activities in August and September 2026

Welcome to the Núria Valley! Let yourself be transported by its wonders through your five senses. A journey designed to guide our visitors in discovering a valley rich in history, breathtaking panoramas, and profound emotions.



To welcome

Welcome to the Núria Valley! Let yourself be captivated by its wonders through your five senses. A carefully designed route to guide our visitors in exploring a valley steeped in history, breathtaking landscapes, and intense emotions.

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1. Program Vision

The Hotel Valle de Núria's activity program has been designed to offer experiences that allow guests to immerse themselves in the natural, cultural, gastronomic, and emotional environment of the valley. Each activity is centered on respect, creativity, and well-being, ensuring every visitor a stay that is both enriching and unforgettable.

2. Harmony and connection with nature

Suggestions designed to promote serenity, inner unity and balance with the natural setting of the valley.

Forest immersion

A sensory experience in the forest that encourages you to slow down, breathe mindfully, and reconnect with nature through your senses. Inspired by the Japanese tradition of Shinrin-yoku, forest immersion creates a haven of peace and mindfulness in the heart of the valley's natural surroundings.



Yoga in the meadow of Valle de Núria

An outdoor yoga session in the heart of the valley's iconic meadows. This harmonious practice combines calming postures, mindful breathing, and guided meditation, adapting to all levels and ages. The natural setting enriches the experience, offering a sense of inner peace and deep connection.

"Inhaling the pure mountain air is the first step towards inner harmony."

 A feeling of serenity and fulfillment.

 Accessible ways to cherish the body and mind.

 A captivating adventure in the heart of nature in an exceptional setting.

 A priceless treasure of the valley of Núria.



3. Nature et exploration

Legends and myths of the valley.

This program invites you to explore the stories, myths, and characters that feed the collective imagination of the Núria and Ribes valleys. Through moving narratives and exquisitely sculpted landscapes, participants will immerse themselves in a cultural heritage steeped in magic and tradition.

Daytime version

A family gathering to immerse oneself in the most iconic legends, connected with fascinating illustrations and visual resources.

Night version

A captivating experience under a starry sky, in an atmosphere reminiscent of evenings of long time ago around the fire, where darkness and the whispers of nature breathe new life into stories.

Discovering the skies

As night falls, the Vall de Núria transforms into an exceptional place for stargazing. This experience offers an immersion in the night sky, combining observation, discovery, and respect for our precious natural environment.

Participants will have the opportunity to learn to recognize the most captivating constellations, identify some of the brightest stars, and discover fascinating facts about the sky as it reveals itself throughout the seasons. Furthermore, the importance of preserving natural darkness and reducing light pollution to continue enjoying this natural treasure will be emphasized.

“Preserving natural darkness means protecting our right to marvel at the universe.”



4. Creativity in the Mountains

Natura Sketch

An outdoor art experience that encourages you to appreciate nature serenely and transform your surroundings into works of art through drawing and sketching. No prior experience is necessary; the goal is to savor the creative journey while discovering the nuances of the landscape.

Mandalas with natural elements

An artistic and collaborative project centered on creating mandalas from stones, branches, leaves, and other natural elements, while deeply honoring our environment. This ephemeral art form encourages observation, imagination, and ecological awareness.

5. Program Aspirations

Much more than just an activity program, it's an authentic immersion in the Núria Valley. This program aims to offer exciting experiences that allow our visitors to explore the valley in a dynamic, respectful, and fulfilling way.

Nos aspirations

- Encourage physical and emotional well-being by cultivating spaces of serenity, rest and inner harmony.
- To showcase the natural heritage of the Núria Valley, to encourage understanding and appreciation of this exceptional environment.
- Celebrating the culture, traditions and legends that form the essence of the Valley.
- Cultivating creativity by stimulating artistic expression and awakening observation of our natural environment.
- To encourage harmony by establishing spaces for participation, collaboration and exchange between individuals of all generations.
- To encourage actions that respect our planet, to raise awareness of the need to protect our environment for future generations.

Each activity is an opportunity to discover, learn, share and create memorable moments.

* Values of the Hotel Vall de Núria and the Entertainment Service

We create memorable moments.

At the heart of the Activities department, we understand that an activity transcends mere leisure. It embodies an opportunity to be excited, to explore, to learn, and to share. That's why, every day, with passion and commitment, we strive to offer quality experiences that embody the values of the Hotel and the Valley, willingly contributing to make every stay a memorable.



Our values

- Professionalism. We offer experiences crafted with meticulous precision, exceptional quality, and sustained attention to detail.
- Proximity. We offer each participant delicate, warm and personalized attention.
- Creativity. We craft extraordinary experiences that spark curiosity, imagination, and emotions.
- Respect. We celebrate respect for individuals, cultures, and the natural environment around us.
- Inclusion. We create accessible and welcoming experiences so that everyone can enjoy the Núria Valley, regardless of age or condition.
- Sustainable development. We are taking decisive action to protect our natural environment, encouraging best practices and conscious tourism.

“Each activity is a wonderful opportunity to discover, learn, share, and create lasting memories.”



*There are places you visit;
The Núria Valley is something you live through it.*

Each activity is an opportunity to explore the Núria valley
through the five senses.



Scent: Upon arrival, you are greeted by the captivating fragrances of forests and wildflowers.

View: Each season transforms the valley into a vibrant canvas of captivating colors.

Taste: The regional cuisine reveals authentic flavors from the mountain peaks.

Hearing: The calm, the gentle murmur of the river and the melodious song of the birds call for serenity.

Touch: Experience the softness of the grass and the invigorating freshness of the water and snow.

***This enchanting place goes far beyond what is indicated on a map;
it is an adventure for the five senses.***
