

SPANISH IMMERSIONS

TIÉTAR VALLEY · SIERRA DE GREDOS



Your Immersion Experience

EXPLORE THE SPANISH CULTURE WITH VETONIA

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Welcome!

I'm Laura Almendros, Spanish teacher and lover of rural life and human connection. For years, I've been teaching Spanish online. Beyond being my profession, this work has brought me something truly valuable: meaningful relationships with my students. That's why I decided to take it a step further – to take learning from the screen into real life.

I, and a wonderful group of collaborators, created these immersion experiences to share our way of life in the beautiful Spanish countryside, and to offer you a truly meaningful experience while helping you take your Spanish to the next level.

Let me show you a glimpse of what you can expect....



Laura J. Almendros

*BA in Audiovisual Communication and
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The Location

The **Tiétar Valley** is a unique region where nature, village life and tradition come together.

Located just south of the Sierra de Gredos mountains and 110 km west of Madrid, it is known for its mild climate, fertile land and ample water resources. Rivers, natural pools and shaded paths create a peaceful environment where life moves at a different rhythm.

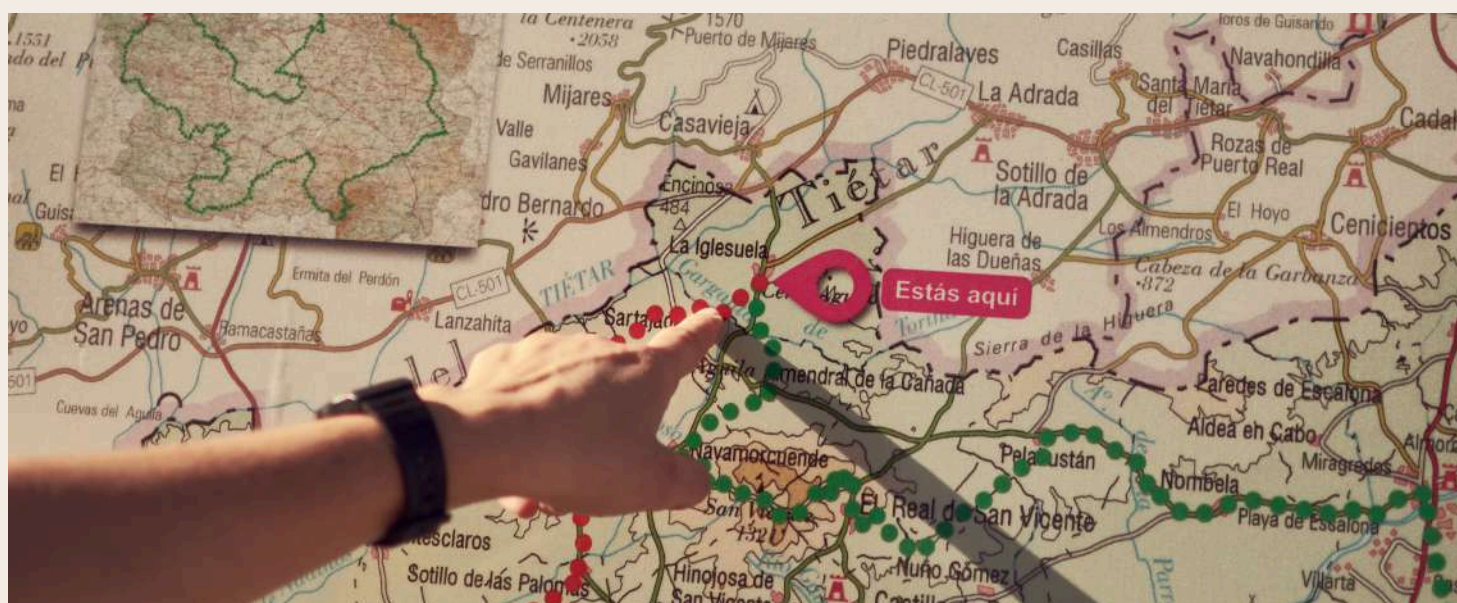
At the heart of the valley lies **La Iglesiasuela del Tiétar**, a small village where daily life still feels authentic and unhurried – the perfect setting to experience Spanish in a relaxed and meaningful way.



Transfer from / to Madrid & Barajas airport provided

Location & distances:

- Madrid → 110 km · 1h 40 min
- Madrid Airport → 120 km · 1h 45 min
- Talavera de la Reina → 50 km · 45 min



A Day of Immersion

By the time you arrive here, we'll already have learned many things about you, such as your interests, any specific needs and your level of Spanish (don't worry, we'll make sure you're never out of your depth!). This will allow us to prepare an experience that matches your goals.

A typical day begins with a relaxing communal breakfast in which you can ease into the day – and warm up your spoken Spanish! This is followed by a Spanish session that's focused on that day's activity, where you'll work on key vocabulary and common phrases to make the most of the experience.

In the late morning, we'll head out to the activity itself, which might be in nature or making crafts or immersing in daily local life. After lunch and some time to rest, we'll enjoy a visit to a nearby place of cultural interest, in which learning and leisure are naturally combined.

The day ends with dinner, where the group (or couple) will reflect on the day's activities while connecting with the other people – in Spanish! And don't worry, each experience includes a free period of time to explore at your own pace.



Explore the activities that will allow you to immerse yourself in Spanish culture.

ACTIVITIES

1. HIKING
 2. SPANISH COOKING
 3. HORSE RIDING
 4. WINE TASTING
 5. YOGA
 6. COMMUNITY GARDENS
 7. CASTILLIAN FOLK MUSIC
 8. LA ATALAYA SCHOOL
 9. POTTERY
 10. WOOL CRAFTS
-

Note: Activities may vary depending on the number of participants and the availability of local collaborators. However, each immersion experience always includes:

1. At least two hiking experiences in the valley (with the possibility of replacing one with horse riding, depending on availability and group preference)
2. A Spanish cooking experience
3. A visit to local organic gardens
4. A traditional craft workshop (wool or pottery)
5. A winery visit to Bodegas Huellas del Tiétar or a cultural visit to La Adrada Castle or Cuevas del Águila
6. A yoga or traditional folk music session

1. HIKING & NATURE

Explore the natural surroundings of La Iglesuela through scenic walks along the Tiétar River, ancient paths and historic bridges. Discover local flora and, with a bit of luck, spot wildlife – and, if the weather allows, enjoy a refreshing swim (or mushroom picking), all guided by a knowledgeable local expert.

Photo by Miriam Yeleq @medioqueso





2. SPANISH COOKING

Discover the flavours of the region with Mari Mar, owner and chef of Mesón Los Arcos. In this hands-on cooking experience, you'll prepare traditional dishes using local, seasonal ingredients. A true treat for the senses!

Photo by Miriam Yeleq @medioqueso

3. HORSE RIDING

Horseback riding is a truly unique way to experience the land. We'll follow peaceful trails through native forests and open landscapes, riding on majestic (and gentle!) horses that will no doubt win over your heart.

- Estimated duration: 1–2 hours
- Safety equipment included
- Suitable for beginners and experienced riders
- Age and weight restrictions apply
- Comfortable clothing (long trousers recommended)
- Flat, closed shoes



4. HUELLAS DEL TIÉTAR WINERY

Visit a local vineyard and discover how wine is made, from grape to bottle. Walk through the cellar, learn about the process and finish with a tasting of carefully crafted wines in a beautiful natural setting.

huellasdeltietar.com

5. OUTDOOR YOGA

Slow down, connect and experience Spanish in a special and enriching way through guided yoga sessions in a natural setting.

Learn vocabulary related to movement and the body while practicing with Antoine, a gentle and experienced teacher.



6. COMMUNITY GARDENS

One of the most distinctive experiences takes place at La Zarzosa, a local agroecological cooperative, where you will discover a more conscious way of growing and consuming food.

Learn how seasonal vegetables are cultivated using sustainable practices, with a focus on local production, shared responsibility and respect for the land. Plus, you'll learn Spanish related to farming, land and ecology.

7. FOLK MUSIC

Experience the local culture through traditional songs, voice and percussion. A simple and powerful way to connect with the memory and rhythms of the region.

This is guided by Laura Olivar, who will make it easy for you to connect with traditional songs while learning in a relaxed and fun way.

No previous experience required.



8. LA ATALAYA SCHOOL

Travelling with children? Kids aged 4 to 10 can spend time in a nature-based school, sharing activities with local children in a relaxed and playful environment.

Scheduling restrictions may apply.

Photo by Miriam Yeleq @medioqueso



Photo by Miriam Yeleq @medioqueso

9. POTTERY

Meet Alberto, the last traditional potter of Sartajada, part of a family of potters spanning three generations. For over 150 years, his family has shaped clay by hand, preserving a craft rooted in patience, skill and tradition. In this workshop, you'll have the opportunity to experience this way of working firsthand – kneading and shaping the clay just as Alberto does, following techniques passed down for a century and a half.

10. WOOL CRAFTS

Discover the art of working with wool dyed with natural pigments. In this creative workshop, you'll craft your own handmade piece while connecting with traditional techniques and a slower, more mindful way of creating.

Plus, you can take home a souvenir of the immersion from any of the handcraft workshops.



Programs

Choose Your Immersion

3-Day / Weekend

Duration 3 days / 2 nights

Immersion level Introductory immersion

Best for A first immersion experience

- A first immersion experience
- Short getaways
- Travellers in Spain

Most popular

5-Day Immersion

Duration 5 days / 4 nights

Immersion level Complete immersion

Best for Improving your Spanish in a short time

- Expats or professionals in Spain
- A complete immersion experience

7-Day Immersion

Duration 7 days

Immersion level Deep immersion

Best for Full language immersion

- Travellers visiting Spain
- A deeper cultural experience

All our immersion programs include:

- * Daily Spanish sessions in small groups
- * A wide range of cultural and outdoor activities
- * Full immersion in local life and nature
- * Transfer from/to Madrid (& Madrid airport)

Maximum of 8 participants per immersion.

7-Day Immersion

The complete Vetonia experience.

This full week allows you to truly live Spanish through language, nature and culture.

Designed for those who want to fully immerse themselves in Spanish: in conversation over a morning coffee, on a sun-drenched trail through the Tiétar Valley, kneading dough in a farmhouse kitchen, or sipping a glass of local wine as the evening winds down.

There is also time to rest and reflect, wander by yourself, and absorb the natural surroundings.

By the time you leave, Spanish won't feel like something you studied. It'll feel like something you *lived*.



Price: €1,550 per person

Coming with someone else? Ask about our discounts!

5-Day Immersion

A focused and balanced immersion experience.

This is the core Vetonia program, combining Spanish sessions with carefully selected activities throughout the week.

Each day follows a natural rhythm: language classes in the morning, picking mushrooms in the countryside or attending a craft workshop in the afternoon, Spanish conversation over a long lunch, and a glass of local wine and cheese as you watch the sunset. These activities aren't fillers between lessons; they *are* the lessons.

Ideal for those who can't spare a full week, but want more than a surface-level experience. You won't just leave with better Spanish, but a truly meaningful experience you'll remember forever.



Price: €950 per person

Coming with someone else? Ask about our discounts!

3-Day Immersion

A short escape to reconnect with Spanish.

Not every experience needs a week. The 3-Day Immersion is Vetonia distilled to its most essential: a short, powerful escape that leaves you wondering why you didn't do this sooner!

Surrounded by the culture and lifestyle, your Spanish will flow more freely than it has in months. Days spent hiking in the Tiétar Valley, authentic Spanish meals that you've learned to cook, outdoor yoga in which you forget you're supposed to be studying.

For first-timers, it's the perfect introduction to what Spanish immersion can feel like. For others, it's a perfect weekend getaway.



Price: €700 per person

Coming with someone else? Ask about our discounts!

Accommodation

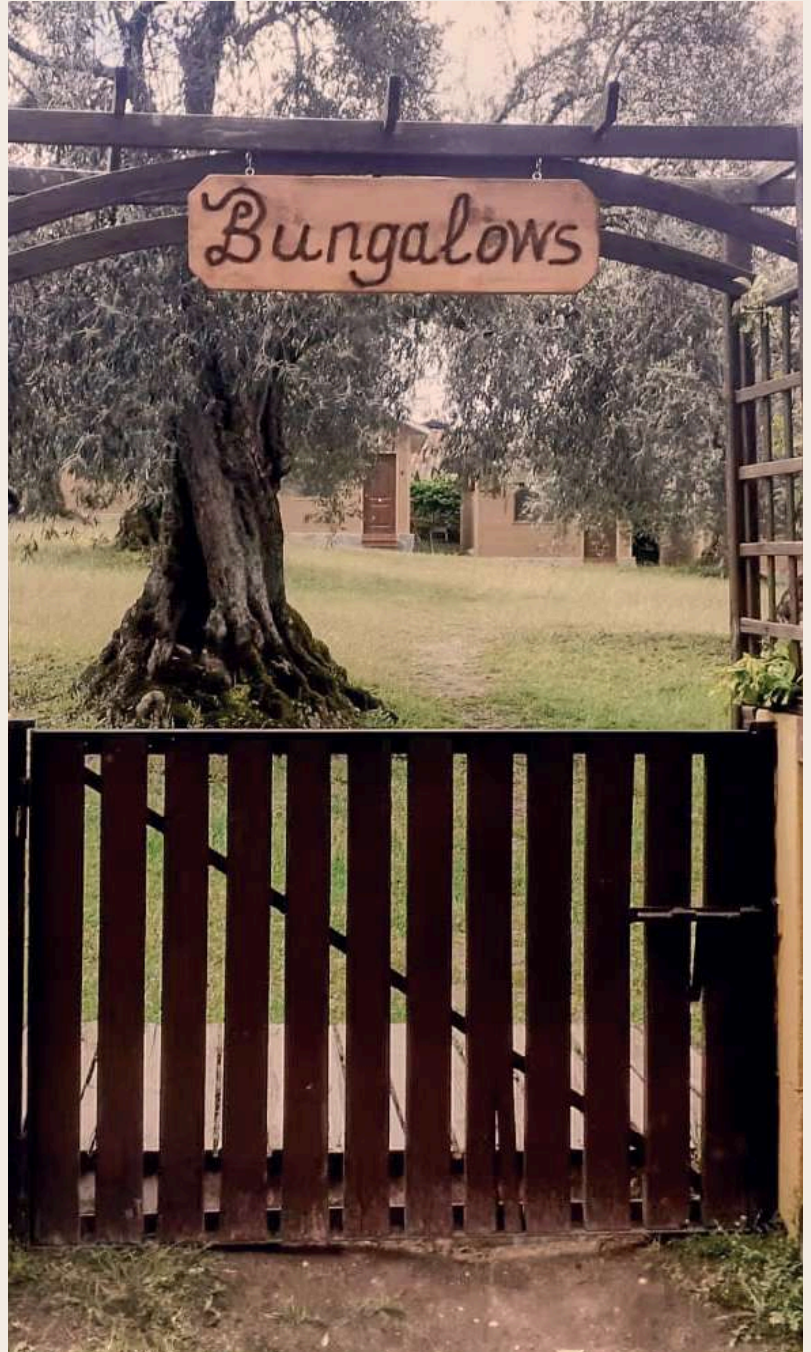
ChTiétar

Cozy cabins in nature.

A charming rural retreat with cozy wooden bungalows set in the heart of the Tiétar Valley. Surrounded by lush nature, it offers a peaceful and relaxing environment to unwind after a day of Spanish immersion.

Combining rustic charm with modern comfort, it's the perfect place to disconnect, enjoy the landscape and experience the quiet rhythm of rural life.

<https://chtietar.wixsite.com/chtietar>





TU CASA DE PUEBLO

A restored traditional village house.

A beautifully restored village house that preserves the character of traditional rural architecture from the 18th and 19th centuries. Original features such as the old cellar, courtyard and wooden balconies have been carefully maintained, combining authenticity with modern comfort.

Warm and welcoming, it offers a place to truly feel at home, slow down and experience the essence of village life surrounded by nature.

Website: [Tu Casa de Pueblo](#)

ROJO DEL TIÉTAR

A spacious rural house with beautiful views of the Sierra de Gredos.



Set in a former traditional barn, the house preserves its original stone character while offering modern comfort in a peaceful and quiet setting. Ideal for groups and shared stays, it combines space, warmth and a relaxed atmosphere, just a short walk from the village and surrounded by nature.

[Rojo del Tiétar](#)

*LA ENCINA GUAPA**

A private countryside estate surrounded by nature.

Set within a large private *finca*, this beautifully designed house offers space, privacy and a deep connection with the natural environment, with views of the surrounding mountains and landscapes.

A peaceful and unique retreat where you can disconnect, slow down and experience rural life in a more conscious and immersive way.



Want to see more? [Visit the website](#)

** Available for full groups seeking a more private and exclusive experience.*

Practical information

What level of Spanish do I need?

Our immersion experiences are designed for learners with at least a basic level of Spanish.

How many participants are in each group?

Each program is limited to a maximum of 8 participants.

Where does the immersion take place?

In La Iglesuela, in the Tiétar Valley, about 1.5 hours from Madrid.

Where will I stay?

We offer several rural accommodations—you can explore the options in this guide.

Are accommodation and meals included?

Yes, accommodation, meals and transport from/to Madrid are included.

Do activities change depending on the season?

Yes, some activities vary according to the season.

How do I get there from Madrid?

Transport from the city or airport is included.

Can I join the immersion on my own?

Yes, many participants come alone and quickly become part of the group.

Do I need health insurance?

EU participants need a European Health Card; non-EU participants require travel insurance.

Booking & Conditions

How do I book my place?

To reserve your place, a *deposit is required*. Fill in the immersion form to get started.

Booking & Payment

- 25% deposit to confirm your place.
- Balance due one week before arrival.

Cancellation policy

- More than 30 days before: Deposit used as credit within 12 months.
- 8–29 days before: 50% deposit as credit within 12 months.
- 7 days or less: Deposit is non-refundable.

If you have any questions, we'll be happy to help you plan your experience.

BOOKING & CANCELLATION DETAILS

You can reserve your place directly on our website:

vetonia.es/immersions/

or simply get in touch with us via email or WhatsApp – we'll be happy to guide you through the process.

To confirm your booking, we ask you to complete a short reservation form and pay a deposit online.

The deposit is 25% of the total course price.

In the weeks leading up to your immersion, we'll stay in touch to learn more about your interests, needs and goals. You can take a few online classes beforehand to create a more personalised, hybrid experience, or complete our short questionnaires as part of our Personal Learning Research (PLR).

When possible, we'll also ask about your travel plans. This helps us coordinate transfers and support a smooth arrival for all participants.

CANCELLATION

If you need to cancel your participation, here's how it works:

- More than 1 month before the course starts: Your deposit is non-refundable, but you can use it to book another course within the next 12 months.
- Between 8 and 29 days before the course starts. You will lose 50% of your deposit. The remaining 50% can be used as credit for another course within the next 12 months.
- 7 days before the course starts or once the course has begun: The full deposit is non-refundable

Have questions? We'd love to hear from you.

Contact



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