

The Palol is a Balnàstery, a center of Physical, Mental and Spiritual regeneration; a place of Peace and Harmony where Goodness and Beauty are one.

The Palol, Balnàstery, has been a Benedictine monastery for nine centuries (X – XIX), a retreat where monks dedicated themselves to prayer and agriculture. The project is very respectful of this legacy.

Entering the Palol is already a meditation; it invites introversion alongside nature and in harmony with the environment, in which forms and materials have been carefully considered.

The Palol is built on an estate of 65 acres of countryside and is limited to the south by the river Fluvià, which gives the estate great beauty and mystery. The Palol has a great variety of trees, some unique in their beauty. It is a water-rich land and even has an underground grotto fed by water from the mountains.

The new buildings are organic and sustainable, two principles that are true in nature and in our own bodies. The old building (XI, XIII and XIX) has been respected and the new elements also follow the same principle.

The Balnàstery project consists of 15 rooms – all different from each other and very spacious- and 12 newly-built bungalows, all organic and each unique. The restaurant we propose offers healthy and creative food, with all the fruits and vegetables supplied from our own organic garden.

It will also have an indoor pool with a large window overlooking a forest of oaks, designed with a retractable roof for summer weather. It will also include a natural outdoor pool and a spa with a variety of treatments chosen with love and knowledge. Within the estate there will be different paths for guests to explore and enjoy. We also propose a yoga center, where different physical and cultural activities can take place. Similarly, our intention is to organise workshops for the guests to work with clay, or to paint and sculpt.

The Palol is located in the Alt Empordà in the province of Girona, 120 km from Barcelona and 15 km from Figueres where the AVE (a high-speed train running from Paris to Madrid) stops en route to Madrid via Girona and Barcelona. The border of La Junquera (France) is 30 kms away, and the Mediterranean is only 7 kms away. Girona Airport is about half an hour's drive, and Barcelona an hour and a half's.

The Palol Balnàstery is a living project that will continue to grow at the hands of the family who owns it, the guests themselves, and everyone who brings wisdom to it.