

10-Day El Salvador Wellness & Adventure

- 10 days
- 2 cities
- 12 experiences
- 2 hotels
- 3 transports

El Tunco → Barcelona

Days 1–9 · Oct 28 – Nov 5

El Tunco

El Tunco is a vibrant beach town known for its surfing spots, laid-back atmosphere, and stunning sunsets. It's perfect for combining adventure activities like surfing and exploring nearby natural attractions with wellness experiences such as yoga and beachside relaxation. The town offers a unique blend of local culture, great food, and a welcoming community, making it an ideal destination for a me

Arrive · Oct 28

BCN → SAL

1 stop

Stay · Days 1–9 · Oct 28 – Nov 5 · 8 nights

Boca Olas Resort Villas

km 42 Carretera Al Litoral, Playa El Tunco, 01101-La Libertad · 9.1

Itinerary · Days 1–9

Day 1 · Oct 28 · 1 experiences

Arrival and Relaxation at El Tunco

Nawi Beach House

Day 2 · Oct 29 · 1 experiences

Wellness and Beach Day

El Tunco Beach Restaurant

Day 3 · Oct 30

Adventure and Exploration

Day 4 · Oct 31 · 1 experiences

Horseback Riding and Local Flavors

La Oveja Negra

Day 5 · Nov 1 · 1 experiences

Mindful Wellness and Spa

Cafe Sunzal

Day 6 · Nov 2 · 2 experiences

Surfing and Sunset Views

The Surf Bar · Puka Bar

Day 7 · Nov 3 · 1 experiences

Nature Walk and Cultural Experience

El Zonte Beach Club

Day 8 · Nov 4 · 1 experiences

Free Day and Farewell Dinner

Nawi Beach House

Day 9 · Nov 5

Departure Day

Barcelona

Barcelona is a vibrant city known for its stunning architecture by Gaudí, beautiful beaches, and rich cultural scene. It's a perfect starting point for your adventure and wellness trip, offering a mix of urban excitement and relaxation before you head to El Salvador. Enjoy the delicious Catalan cuisine and the lively atmosphere of the city.

Arrive · Nov 5

SAL → BCN
1 stop

Transfer · Day 9

Barcelona: El Prat Airport (BCN) Private Transfer
Travel time: 30m

Stay · Days 9–10 · Nov 5 – 6 · 1 night

Catalonia Passeig de Gràcia 4* Sup
Gran Via de les Corts Catalanes, 644, 08007 Barcelona · 9.2

Itinerary · Days 9–10

Day 9 · Nov 5 · 1 experiences

Arrival and Relaxing Evening in Barcelona
Cervecería Catalana

Day 10 · Nov 6 · 3 experiences

Montserrat Monastery and Scenic Mountain Hike
From Barcelona: Montserrat Monastery & Scenic Mountain Hike · Old Town · El Nacional