

ICON'S

MARBELLA

GUIDED EXPERIENCES



The Gentle Ascent – La Concha viewpoint + breathwork

Gentle · 2.5 hours · All fitness levels

A stunning gentle hike through the hills of Marbella to panoramic views of La Concha, overlooking Concepción Reservoir.

No steep climbing. No technical terrain. Just nature, fresh mountain air and a guided breathwork session to ground and relax at the viewpoint.

The perfect introduction to moving your body and calming your mind in one of the most beautiful natural settings in southern Spain.

The Sunrise Reset

Moderate · 3 hours · All fitness levels

A rewarding hike through the foothills of La Concha – reaching our peak at Cruz de Juanar, with breathtaking views over the whole of Marbella.

We move through forest and mountain terrain, stopping at key points to breathe, reset and take in the views. You will finish feeling physically alive and mentally clear.

What to bring: hiking footwear, water

The Summit Experience – La Concha Summit

Challenging · 5-6 hours round trip · Good fitness required

La Concha stands at 1,215 metres above sea level – shadowing over Marbella from wherever you look. This is a full day challenge.

The ascent takes approximately 3 hours, with the descent taking a further 2.5–3 hours. From the summit you'll see Marbella and the Mediterranean to the south, Gibraltar rising out of the sea to the west and Morocco on the horizon. This hike stays with you.

What to bring: hiking appropriate footwear/boots, water, snacks, light jacket for the summit

Note: not recommended for those with knee issues or a fear of heights. Early start essential.

The Ocean Reset – Breathwork and Cold Water Meditation

Gentle · 60-90 minutes · All fitness levels

Beginning with a deep subconscious guided breathwork session on the shore, this experience moves from conscious breathing into cold water meditation – using the sea as a tool for nervous system reset, find presence and clarity. No experience necessary. Just a willingness to show up, breathe and step into the water. Most people describe it as the most alive they have felt in years.