

GERUNDA FUGA

AN ADVENTURE FOR THE SENSES

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Salut i bellesa
Costa Brava
Pirineu de Girona



Girona Costa Brava Tourism Board Health and Beauty Club

Presents Gerunda Fuga

Gerunda Fuga is a body treatment which covers every inch of skin with tradition and leaves the imprint of the Costa Brava and Girona Pyrenees' historic legacy, a mythical land rich in medicinal properties for body and soul.

It is an experience which dates back to the millennial lands of the Greeks and Romans, and can be enjoyed in Girona Costa Brava Tourism Board's Health and Beauty Club hotels and spas.

Gerunda Fuga

It is the eve of Sant Joan and we are in the Girona Pyrenees witnessing the ceremony where Gentil is about to be knighted.

The queen of the festivity, Griselda, in love with Gentil, offers him a crown of flowers as proof of her love for him, but the knight's father forbids him to accept it.

Hours later, with his mind set on attaining this forbidden love, the young man decides to set out on a voyage. On horseback, he crosses forests and torrents in order to reach the top of the mountain and be able to take a faerie's mantle, which will grant him the wish he most desires. There, he is discovered by Queen Flordeneu, the pure incarnation of his beloved Griselda.

Riding a carriage, Flordeneu and Gentil travel the Pyrenees, while she shows him all the beauty of the region. At the peak of a mountain, in Ribes de Freser, they see a shepherd that is talking to a siren:

*At the top of the hill there is a shepherd,
in the sea there is a siren;
he sings in the morning when the sun is high,
she sings when the moon is full.*

*She sings: - Shepherd, you make me restless.
The shepherd sings: - You make me restless, Siren.
- If you knew how pretty the sea is!
- If you saw the light on the ridge!
- If you came down here you would be my spouse.
- If you came up here you would make my joy complete.*

*The siren came slightly this way,
and the shepherd went slightly down the mountain,
until they found each other right in the middle of the plain
and with their love they planted a cabin...
Which was l'Empordà.*

The shepherd, his mind set on finding the siren, sets off on a long voyage from the mountains to the sea, travelling through the most beautiful places of Girona's geography.

He reached Sant Pau de Segúries tired, but happy to be able to ask a sea dog the way to the coast. "My good man, I am the enemy of the sea, as she took all that I loved. I no longer sail the seas; many a trail have I followed to be able to anchor on land. But if you wish to find her, it is no secret: follow the course of the rushing waters and you will find the way."

And so the shepherd asked the villagers of Llanars where he could find the rushing waters that would take him to the sea.

When he reached Girona, the Cocollona cries out, singing its song:

*I am the Cocollona,
the monster of Girona.
When the moon is full at night,
through rain or dew,
I walk along the river Onyar*

Half-way through his journey, tired by the dusty snow from the peaks of the mountains, the freezing waters of the rivers, ponds, lakes and torrents, he arrived at Caldes de Malavella and feels the joyous sensation of bubbling hot water. There, he rests, and feels how the strength that had so far been waning from his body returns.

In Lloret de Mar, surrounded by gardens, he hears a Habanera sing of romance between shepherds and sirens. On the way out of Santa Clotilde, he goes to the edge of the sea, like every other night, and whistles a bridal tune.

In Tossa de Mar, the siren that bears the same name gives him a sea-shell that holds the voice of King Poseidon. The sea-shell mutters incomprehensible words that Gentil and Griselda will make understandable.

While bathing in Sant Feliu he notices a tremor which, without being able to control himself, takes hold in his heart. Te shepherd swims and smiles, and the fish, from L'Escala, bring him caresses full of the siren's love.

While going through Platja d'Aro, the landscape of pine trees, seagulls and roses mingle with the crabs and fish that swim around the rocks.

As the moment of the reunion grows near the siren sings where she waits, nervously, for her beloved to arrive. The chosen place is magical, and holds many secrets: the ruins of L'Escala will capture the grand moment. The siren settles in to wait for her sweetheart's arrival, and the millennial rocks show her how to shine.

The siren readying herself, the shepherd taking a rest, but a smiling faerie appears in his path and takes him to Rocaberti. The spinning naiads make him a fine robe, full of details, which the shepherd contemplates agog and spellbound. They pamper him, comb his hair, garnish him and lead him along the way.

Before arriving they explained that all along the mountains the notes of the festival of love were already resounding. Flordeneu and Gentil marry, and the shepherd and the siren are invited to the ceremony.

The night becomes emblazoned over Empúries when they meet. A trail full of adventures. The dream of Ithaca! An indescribable moment. At last, the essence of the sea and the essence of the mountains are united!

As they set of on the return journey, from Roses towards the foot of the Pyrenees, the trails fill up with water; the naiads, sirens and faeries had brought it in abundance.

And behold, over the centuries, this fleeting story has created structured trails all over Girona.

If you want to feel cared for through the essential remedies that the princesses of the clear waters on full moon-lit nights granted to Gentil, the shepherd and the siren, all you have to do is allow yourself to be seduced by the treatments Gerunda Fuga has to offer.



Resguard dels Vents



Grèvol Hotel-Spa



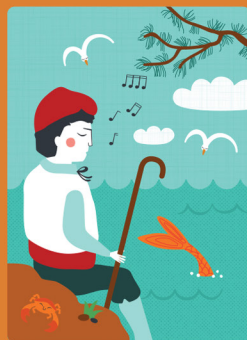
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