



THE EPICURUS COURSE CADIZ

INFO & ITINERARY
4-day course

COURSE PRICE £485
*Includes all activities, excursions
plus Lunch/main meal 4 days*

The EPICURUS photography holiday course in Cadiz

INFO and ITINERARY 4-day mid-week course

www.luzia-photo-courses.com

Call us on: 00 34 856 174 694 or mobile (+34) 657 368 948 and ask for Nacho

For bookings, please contact us so we can discuss availability and suitability.

For 2015 courses check our [COURSE CALENDAR](#) to get the up-to date information.

Tutor: Ignacio Fando

THE LUZIA EPICURUS COURSE is perfect for the aficionado of life and photography. Luzia is based in one of the oldest civilized cities in the world, on the Atlantic Costa del Luz, far from the huge resorts. We enjoy the combination of a small, beautiful city, great beaches, and varied countryside with magical hidden retreats, and all you can wish for when it comes to locations and light. We have unique insider knowledge and access to these places. We know where the food is good (and where it's not!) and we know when the blazing sun hits a certain location just the right way.

This course celebrates beauty and pleasure, and is named after the philosopher Epicurus for that reason. We can't claim he was a local, but he could have been. The culture of eating and drinking here in Cadiz is tremendously important. Epicurus was not only about pleasure seeking in the hedonistic form, and he believed the way to attain pleasure was to live modestly and to gain knowledge of the workings of the world and the limits of one's desires. And here you will be, absorbing the culture of the Cadiz city and region, as you are learning more about photography.

The EPICURUS course is a real mix of enjoyment, food, drink and photography, in the company of likeminded people. We enjoy food and shoot it – or rather, the other way round! We eat and drink in restaurants and bars, ranging from the local authentic to the higher end gourmet restaurants, and take the opportunity to do some photography of food & drink, interiors, gardens and lifestyle while we're at it. Nacho is in fact well known as a food photographer here in Cadiz.

All the places we go to are stunning, great backgrounds for all kinds of photography. Depending on what's going on, we take you to a show or concert. We are right in the heart of Flamenco-land, so we promise you'll enjoy some proper authentic flamenco. We also love Sherry, and we take you to the home of Fino – Sanlucar de Barrameda, where we have an intimate tour of a family owned Bodega which looks amazing and where you can sample a few different sherry wines.

All along the way, we shoot, and we bring equipment that we can easily set up on location. See the next page for a day-to day itinerary.

DAY-TO-DAY ITINERARY

Note that days may be staggered to make the best of the weather!

DAY 1: TUESDAY

GETTING TO KNOW THE CITY OF CADIZ

At the **Luzia Headquarters** we'll meet and greet, and enjoy some stunning views of the city with **Torres Miradores** (watchtowers) and the rooftop landscape of Cadiz. We then take you to **Torre Tavira** and its **Camera Obscura**, with a presentation and a live projection of the city in a white dish!

We move on to the maze of atmospheric Cadiz streets, heading for **La Alameda Apodaca**, a beautiful tree-lined walkway next to the sea. It's home to some impressively gigantic trees, and it has a great atmosphere. Still following the sea, we enter **Parque Genovese**, a botanical park, which has an outdoor cafe and a bunch of dinosaurs!

A few minutes away is the **Caleta beach** and the **Castillo San Sebastian**, where you have a great chance to shoot perspectives against the afternoon sun. La Caleta is where Halle Berry emerges from the sea, in the 007 Bond film 'Die Another Day'. We sample the 'chicharrones' and ham in a **La Viña** traditional bar decorated wall-to-ceiling with images of bullfighters and flamenco singers.

DAY 2: WEDNESDAY

AMAZING DUNES AND A SECRET PLACE IN THE HILLS

We meet at HQ, where we show a couple of setups for **still life food & drink**, and then drive out of town on a mission to sample some fantastic grub, and do some food photography on location. We will take you to a **very special restaurant** in the province, located high up on a hillside, with spectacular views to Morocco and a great ambience. The food there is fresh, local produce. We shoot it, and then we eat it! After a short drive arrive at **Bolonia beach**, where we can shoot the dusk and enjoy the amazing **huge dunes**, which have an almost desert-like feel. We drive back to Cadiz after a long, pleasant day!

DAY 3: THURSDAY

PHOTOSHOP MORNING AND SAN FERNANDO AFTERNOON

We already have a lot of images to edit. We select and process the best shots, and discuss how to take them further. We then prepare for the afternoon's outing.

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San Fernando is quite close to Cadiz. The place we're going to is surrounded by fishing shacks, full of colour and charm. We enjoy the freshly caught seafood and **patatatas aliñadas** from heaven. It has a view over the bay towards Cadiz, with a light that changes by the hour into dusk, as we take the opportunity to shoot in the changing light and tides. This is an opportunity to shoot **colour and portraits**, as well as the place and the sea view.

The evening is free, but you are advised to visit the buzzing central food market which has recently become quite the place to hang out on a Thursday evening in Cadiz. It's full of little deli bars, where you can sample all sorts of food and drink, from the local organic fare to Sushi and various international foods.

DAY 4: FRIDAY

PHOTOSHOP MORNING AND SHERRY BODEGA AFTERNOON

This is our last day, so we start by making the selects from yesterday's shoot, and then optimise the images for best possible colour, perhaps improving crops, making black and white versions, and fine-tuning, making the images really vibrant.

In the afternoon we drive to **Sanlúcar de Barrameda** to a 6th generation family Bodega, where we'll take a tour sample the local **Fino** (dry Sherry) at the **Pedro Romero Bodega**. Their Sherry wines come in many variants, ranging from the sweet dessert types to the dry Finos. We'll also shoot here, and it is an excellent chance to practice low light and movement, as well as glass and liquids, as well as portraits. Learn more about our [visits to the Pedro Romero bodega](#) on our blog.

Finally back in Cadiz, we head out to enjoy **Flamenco at La Perla**. It's usually an intense experience, and great fun. We make sure you have the right setup for shooting, and you'll need a tripod. We brief you beforehand, so you're prepared to shoot as the show starts. This is also our farewell drink, so please have a **tinto de verano** on us!

ALSO LOOK AT THESE ITEMS ON THE WEBSITE:

[Course calendar and prices](#)

[Practical info](#)

[EPICURUS course page](#)

