



## THE LEVANTE COURSE CADIZ

INFO & ITINERARY  
4-day course

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

# The LEVANTE photography holiday course in Cadiz

## INFO and ITINERARY 4-day mid-week course

**[www.luzia-photo-courses.com](http://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*

If you're looking for an activity holiday by the sea, but want to avoid the high-rise tourist resorts of the eastern coast, the Luzia course has the perfect location, with fresh Atlantic surfing winds, endless blue flag beaches and varied countryside. Here you'll find all you can wish for when it comes to locations and light. At Luzia we have unique inside knowledge of the area.

You'll take part in cycling, Pilates and surfing, and shoot some acrobatic jumping on the beach. During each of these activities we instruct you on how to shoot it, capturing or freezing movement, aiming for some really dynamic shots. Half the group will be shooting, while the other half is engaging in the activities. Then we swop around so that all get a chance to do both shooting and activity. We also have a few hours of Photoshop optimization built into the course.

The LEVANTE course is a great chance to improve your motion photography and to sample some adventure at the same time. We named it the 'Levante' course after the eastern wind we get around here, a hot wind blowing right over from the Sahara. In Spanish Levantar means to raise, and it also refers to the sun that also rises from the East. In Cadiz, especially in winter, we also have a cooler wind from the West, called the Poniente.

All the excursions are to stunning places, making for great shots in the landscapes and seascapes, as well as some photographic challenges. It's a holiday, so we make sure you have a good time, and there is no pressure to 'perform'.

Some people may prefer more shooting and others may want to take maximum advantage of the activities. We'll make sure that there is a balance of people when we take bookings for the course.

*Itinerary on next page...*

# DAY-TO-DAY ITINERARY

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

## DAY 1: TUESDAY

### GETTING TO KNOW THE CITY OF CADIZ ON BIKES

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!

By midday we take to the streets on **bicycles**. To give you some bearings, we'll pass through **narrow streets** of the centre, and then cycle the **sea-side circumference of the city**. On the way there will be chances to stop and shoot. We continue along the paseo marítimo cycle path, to **Playa Cortadura**. At the new town beach we have a light snack picnic prepared for you on the dunes.

The return ride can be taken fast or slowly, depending on your form. We make sure we ride in groups and that no-one gets lost!



## DAY 2: WEDNESDAY

### SURFING AT EL PALMAR

In the morning we head off for **El Palmar**, one of the flattest places you can imagine, with an enormous beach and a 180° view of the sky. There you'll be **surfing!** This always depends on the weather. We aren't surfers ourselves, so we have a major surf dude instructor on the waves – sometimes even a 'dudress'. If you don't fancy the waves, this is also a great chance to do some shooting. We are as always on hand to help you get the best shot, so that you can catch the waves in camera.

In the Chiringuito season we will visit one of these beach bars, and outside the season we take lunch at one of the bars/restaurants on the seaside road.



## DAY 3: THURSDAY

### PHOTOSHOP MORNING AND SURFING AFTERNOON

At this point we already have a pile of images, so we start by introducing a speedy way of editing in **Photoshop** and Bridge. We then start with a leading image from each shoot, optimising the colours, crop/composition, and looking at how we can improve the dynamics in the image.

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In the afternoon you'll be **surfing again**, this time in Cadiz. After hosing down your wet suit we take you to a local bar/restaurant for a freshly made **Paella**, which will taste extra good after all that effort!

#### DAY 4: FRIDAY

#### OPEN AIR PILATES (OR YOGA) \* AND ACROBATIC JUMPS PHOTOSHOP EDITING AFTERNOON

In the morning we go straight to **La Caleta**, where there is always a hive of activity, from sand castle building to the kids jumping saltos on the beach. Some of these kids are acrobatic wonders, and we have hired a couple of them to **jump** for us. This is a great chance to do mixed light photos with flash and daylight.

We hope you're not too sore from yesterday's surfing! Today you'll get to use a different set of muscles! There is also the opportunity to do a **Pilates** or Yoga session on the beach.\* Whether we go for Pilates or Yoga depends a bit on season, but more likely Pilates. We have some really great instructors.

We take lunch on the beach before heading back to HQ.

This afternoon we edit the best picks of our images in Photoshop. We aim to make the images as dynamic as possible, in composition, movement and colour. The photos should communicate the experience, and we have some easy ways and a handful of tricks to make images stronger and more lively. The aim is to create a **montage** of your best shots. Finally, after making sure you have all your images and handouts, we enjoy a farewell drink.

*If you are staying on in Cadiz and you wish to do other sports activities or find more locations, we are happy to help. If you let us know in advance we can send you some contacts and also help you book.*

**ALSO LOOK AT THESE ITEMS ON THE WEBSITE:**

[Course calendar and prices](#)

[Practical info](#)

[Cadiz Beaches blog post](#)

[The LEVANTE course page](#)

