



WRESTLING

INVITATIONAL TOURNAMENT

BARCELONA - MANRESA
WINTER 2022



The **Manresa Cup #ignatianyear edition** will take place in Manresa, Spain between **December 27th 2022 and January 2nd 2023**. Come wrestle with fellow Jesuit and local teams and have the opportunity to visit and learn more about the life of **St. Ignatius of Loyola**. Retrace Ignatius' footsteps as described in his autobiography and visit Ignatian places in **Barcelona, Manresa** and **Montserrat**. Mix that with Barcelona's main attractions. A perfect cultural and wrestling combination that will surely create lifelong friendships and memories.



TRIP ITINERARY

DAY 1 | Tuesday December 27th, 2022

Arrive in Barcelona in the morning
Meet and greet at the airport
Bus Transfer to hotel and check in
Ignatian Barcelona walking tour
Free time for lunch
PM Visit to **Sagrada Familia Church**
Night in Barcelona



DAY 2 | Wednesday December 28th, 2022

Breakfast at hotel
AM practice
Free time for lunch
PM Guided visit to **Camp Nou Stadium and Museum**
Night in Barcelona



From St Ignatius' biography: *Three whole days were employed in this undertaking. He begged and obtained leave of his confessor to give up his horse, and to hang up his sword and his dagger in the church, near the altar of the Blessed Virgin".*

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DAY 3 | Thursday December 29th, 2022

Breakfast at hotel

Bus transfer to **Manresa**

DAY-1 MANRESA CUP

AM Wrestling competition (by teams)

PM Visit to **St Ignatius' Cave and Ignatian Manresa**

Night in Barcelona



St Ignatius' Cave, Manresa

DAY 4 | Friday December 30th, 2022



Breakfast at hotel

Bus transfer to **Manresa**

DAY-2 MANRESA CUP

AM wrestling competition (individual)

PM Guided visit to **Montserrat Monastery**

Night in Barcelona



DAY 5 | Saturday December 31st, 2022

Breakfast at hotel
Bus transfer to Manresa
Attendance to Manresa Cup basketball final game (optional)
MANRESA CUP farewell dinner
Night in Barcelona

DAY 6 | Sunday January 1st, 2023

Breakfast at hotel
Full free day to enjoy the city and the beach
Optional team activities available:
- Bicycle city tour
- Day trip to local medieval town + beach time
- Beach sports (soccer, volleyball, paddlesurf)
- Trekking: Ignatian Way walk (Montserrat to Manresa)
Night in Barcelona

DAY 7 | Monday January 2nd, 2023

Breakfast at hotel
Check out
Bus transfer to Barcelona International Airport
Flight back home

***** EXTEND YOUR STAY, VISIT A SECOND CITY, ADD GAMES AND GROUP ACTIVITIES *****

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