

Erasmus + Training Course

RUTEA LA RIOJA

2026

28 july - 5 august La Rioja, Spain



Co-funded by
the European Union



MANFRED
ON TOUR



GOBIERNO
DE ESPAÑA

MINISTERIO
DE JUVENTUD
E INFANCIA

injuve

OUR ORGANISATION

Manfred on Tour is a youth non-profit association based in Logroño, Spain, established in 2020 to provide learning opportunities for participants from diverse countries, cultures, and backgrounds, which focuses on promoting youth development and mutual understanding.

Since launching our first youth exchange six years ago, we have grown and expanded our knowledge of the Erasmus+ program. From activities with youth workers to longer collaborations and even seminars with decision-makers, our topics have consistently focused on entrepreneurship, personal development, and leadership.

This time, we have the pleasure of presenting an exciting step forward for us. With this project, we aim, for the first time, to **take the classroom, literally, outside**. We launch a long-time dream, an itinerant route that combines nature, group work, personal development and physical challenge.

We plan this adventure to be an insightful one. **Green, sustainable, youth-led.**



MANFRED ON TOUR

THE PROJECT

Rutea La Rioja 2026 is an **8-day itinerant youth trail** across La Rioja, in Northern Spain.

We will hike through mountains, explore caves, climb natural rock walls, visit cultural and artistic venues, participate in local events and concerts, and immerse ourselves in the historical richness of the region — all while living together in a dynamic, non-formal learning environment.

THIS IS NOT JUST A ROUTE.
IT'S A MOVING CLASSROOM.
A SHARED ADVENTURE.
A EUROPEAN YOUTH EXPERIENCE IN MOTION.

LEARNING HAPPENS

On the mountain

On the trail

Around the table

Under the stars

EVERYWHERE.

OBJECTIVES

The main objectives are:

- To promote environmental sustainability through experiential outdoor learning
- To foster intercultural dialogue and European identity
- To develop teamwork, leadership, and resilience skills
- To connect young people with cultural and historical heritage
- To encourage personal growth through physical and social challenges
- To strengthen youth participation through non-formal education



THE ROUTE CONCEPT

- 👟 Mountain hiking & trail routes
- 🧗 Rock climbing sessions
- 🕒 Cave exploration (speleology experience)
- 🏛️ Visits to historical sites
- 🎨 Artistic and cultural encounters
- 🎵 Local summer events & concerts
- 🌿 Reflection circles & non-formal workshops

THE DESTINATION

The project will be held in La Rioja, in the north of Spain.
The smallest region of the country, world-famous for its vineyards, will show diversity of landscapes, people and cultures, becoming the best learning sandbox possible.

THE ITINERARY

8 days

7 valleys

30 villages

100 km to be hiked

5.000 years of history

A land of contrasts.

PARTICIPANTS

Youth workers, volunteers, youngsters.
Legally residents of an EU country
Nature lovers
Adventurers
Physically active
Rural developers
Change makers
Dynamic and curious
Independent English users
Between 18 and 35 years old

SELECTION PROCESS

We can't wait to hear from you :), [fill out this form](#) before 1st April and send us the application video!

Do you fit the description?



WHAT TO BRING

An extended list will be provided to selected participants.

Basic stuff required will cover:

Hiking boots (mandatory)

Big bag of 50-60L

Small bag of 25L

Light sleeping bag

Sleeping mat

Reusable water bottle

Sun protection

Swimsuit

Rain jacket

European Health Insurance Card

Energy & good vibes

Energizers

Food and materials for the intercultural night

TRAVELING

Participants are required to travel with the cleaner transportation means possible up to 3 days before or after the project dates. Keep all tickets needed from your hometown (residence) to the place of activities in La Rioja.

We recommend you travel to Madrid or Barcelona if closer destinations (Zaragoza or Bilbao) are not available. From there, you can easily take buses/trains to go to Logroño where we will meet the 28th of July at 19.00.

REIMBURSEMENT

According to the Erasmus+ programme, participants in training courses can have their travel expenses reimbursed within the amount given by the Erasmus + guidelines. This averages on 300 hundred euros depending on distance and means of transportation - the greener the higher the reimbursement limit. All tickets used must be kept and shared with the organization to justify your reimbursement.

Distance	NORMAL	GREEN (TRAIN OR BUS)
10-99km	28€	56€
100-499km	211€	285€
500-1999km	309€	417€

28 JULY
5 AUGUST
2026

... - SAVE THE DATES - SAVE THE DATES - SAVE THE DATES