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## Ficha viaje



### FAMILY ACTIVITY ADVENTURE HOLIDAY IN PORTUGAL 7 DAYS

A week of unforgettable moments, games and smiles abound: **canoeing, climbing, abseiling, zip wire, surfing, mountain biking; raft building, archery, traditional games, and tasty barbecues in the field...** a lot of positive energy and the contact with the traditions of one of the most well-preserved areas of Europe.

- Price includes 4 lunches (barbecues) and 1 dinner (goodbye dinner), B&B, professional instructors, all equipment, personal insurance, transfer from and to airport **and accommodation (apartment)**

## Resumen del viaje

**Day 1: Saturday - Arrive** and meet the team. Airport transfers to your apartment where after a drink and cocktail the staff will introduce themselves and the week's activities, an opportunity to meet all the participants.

**Day 2:** Orienteering, canoeing and cycling. Leaving the accommodation the first challenge is to find the small harbor with a help of a map in the old part of the village where the canoes are waiting for you. You will have to cross the river Mira trying to reach several points marked on the map. On the other margin we go walk and refresh ourselves in a waterfall. At lunchtime we will have a Mediterranean meal in the pinewoods of the Milfontes estuary. After lunch we will follow a gentle track along the coastline starting close to a lighthouse: untouched nature, amazing scenery.

**Day 3:** Surfing. An active and enjoyable day at the beach. Plenty of exercise and good fun. The Portuguese coastline is widely known for the quality of its waves breaking onto clean beaches. A full day of tuition will even enable beginners to get "stoked up" when standing for the first time. You will want more.

**Day 4:** Canoeing, family building games and photo orienteering. Our starting point is Moinho da Asneira in the margins of River Mira where we will be surrounded by nature. We will start the journey with a sedate downstream canoe trip to Zambujeiro Velho, a real chance to interact with the local fauna and flora. At lunch time we will have a barbecue and after: more action! We have prepared a pitch for a healthy competition between families. You will have to be fit, to run, jump and do an all bunch of funny and interactive exercises to conquer the victory. Otherwise we have an orienteering game to offer you the opportunity of "achieve" (known) the most popular and cultural

places, in Vila Nova de Milfontes, by photos and interact with the local persons.

**Day 5:** Free day or optional activities. Today you decide! There is a huge range of activities available locally including games competition between families, horse riding, rent a bike and surfing. Alternatively, you may just want to simply relax by the pool or on the beach.

**Day 6:** Abseiling, Climbing and Zip Wire. We move away from the water to try our hand on zip wire, climbing wall and abseiling. Our instructors will make sure you get the most from your new experience. Lunch included.

**Day 7: Multi activity day.** We go into a stunning spot set in a steep sided river valley. You will discover this magic place by yourself. We will give you the details to explore the track until the natural Lagoon. But first you are going to “wake up” by doing some suspended abseiling from a bridge called “sunset”. Along this journey you will have the opportunity to build a raft and test your handy work on the water, swim in the lagoon and jump from a rope swing. For lunch we will have a fantastic Menu. Farewell dinner in the evening.

## Itinerario ampliado

This trip has full days packed with adventures in the fresh air and sunshine of the enchanting **Alentejo** countryside.

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Always following the rule that happy children make for contented parents our programmes for families have been very successful, introducing new skills for a more healthy and active life for all ages.

This week of adventure is a tonic for stress and an opportunity to make new friends. It's based in **Vila Nova de Milfontes**: a little relaxed town on the banks of the **river Mira** where it flows into **Atlantic Ocean**. You will stay a group of equipped apartments, near river and sea.

The **coast of the Alentejo** is known for its tranquility: deserted beaches, surrounded by beautiful steep cliffs, dales dams and cork oaks, the magnificent serpent-shaped River Mira, temperate weather all year long and a gastronomy based on fresh fish and seafood and a menu full of tasty meals. A trip for those who want **different holidays** away from crowds and **packed-holidays**. An opportunity to live together with homely and hospitable people, in a rural surrounding dominated by little white villages and traditional agriculture.

We specialize in organizing events based around activity holidays that include sports, **adventure and nature** with guest house type accommodation. Our mission is to provide a pleasurable mix of **adventures** within the beautiful Portuguese country side.

**Activities available: canoeing; surfing; fishing; zip wire; climbing; abseiling; climbing; paragliding; horse riding; walking; mountain biking; cycling; paintball; archery; traditional games; orienteering.**

The activities are designed and run on a personalized basis. Flexibility is guaranteed; you choose which to take part in.

Minimum number of participants is 3 people.

**COUNTRY: Portugal**

**LOCATION: Alentejo**

DEPARTURES:

This trip can be tailor-made throughout the year for a minimum of 3 people and can be adapted to suit your interests, budget and requirements as necessary

5 days of adventures:

- Canoeing
- Surfing

- Abseiling
- Zip wire/Zip Line
- Initial Climbing
- Cycling tour
- Archery
- Raft buiding
- Traditional games
- Orienteering game.

**PRICE:**

From 975 euros per person/per week, excluding flights (min 3 people).

## Incluido

Includes:

- 7 nights' accommodation in one apartment (breakfast included/equipped kitchen)
- 5 days with activities (full equipment)
- Airport transfers
- Leaving dinner
- 4 Barbecues
- Daily transfers to and from activities
- Personal insurance
- 24-hour assistance.

## No Incluido

excluding flights (min 3 people).

## Hoteles

We use this accommodation in Vila Nova Milfontes (Alentejo Coast)