

WESTERN POINT OF EUROPE & THALASSO



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7 Days 6 Nights - Group Program: minimum 20 pax

DAY 1

Arrival at Lisbon Airport
Shuttle from Airport to Hotel
Lunch in Hotel

Afternoon wellness and health treatments in the Thalasso: Thalasso Circuit (Dynamic pool with heated sea water, counterflow, pedestrian hall, Turkish bath, contrast showers, ice fountain and relaxation) + Relaxation or therapeutic massage

Dinner in Hotel
Night in Hotel

Thalasso Portugal is sophisticated center that uses therapeutic qualities of seawater to provide health care, wellness and beauty.

The center collects water from the sea 300 meters below, with influence of the sea air rich in iodine, known in Portugal for healing rheumatic diseases and respiratory problems.

The sea water is heated, no additives, and constant renewal for treatments by a team of professionals.

There are several types of treatments like, respiratory, circulatory, rheumatism, skeletal, psoriasis, dermatological, neurological as well as beauty treatments, anti-aging, anti-stress, weight loss, among others.

DAY 2

Visit to the Winery Farm: Casal das Freiras (Tomar)
Free Lunch
Visit to Tomar and Convent of Christ
Dinner in Hotel
Night in Hotel

Tomar

The historic city of Tomar has several monuments such as the Castle of Tomar and the Convent of Christ, declared by UNESCO as World Heritage Site.

The Convent of Christ belongs to the Knights Templar, deployed on top of a rise above the lowland which extends the city.

It is surrounded by the walls of Tomar Castle and woods fence.

Today it is a cultural, tourist and even a devotional space.

The architecture shares Romanesque, Gothic, Manueline, Renaissance, Mannerist and Baroque features.

DAY 3

Free day to visit Nazaré

Wellness and health treatments in Thalasso: Thalasso Circuit (Dynamic pool with heated sea water, counterflow, pedestrian hall, Turkish bath, contrast showers, ice fountain and relaxation) + Vichy shower with full massage

Free Lunch
Gastronomic dinner with wine tasting
Night in Hotel

Sanctuary of Nossa Senhora da Nazaré

Marian devotion Sanctuary frequented by fishermen. It consists of the Church and the Chapel of Remembrance. This site was built after the miracle of Nossa Senhora da Nazaré who saved D. Fuas Roupinho falling from the headland. The Sanctuary is dominated by two bell towers. Inside there is a painting alluding to the miracle.



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Nazaré Funicular

The funicular of Nazaré was designed by a disciple of Gustave Eiffel, Raoul Mesnier de Ponsard.

Due to difficulties in accessing, The Sítio only developed from the mid-seventeenth century.

The construction of the mechanical funicular connecting the Beach of Nazaré and the Sítio, in 1889, allowed a new progress, since that time it was much visited by pilgrims and penitents.

DAY 4

Visit the Western Point of Europe, Peniche, to visit the Fortress and Museum
 Free Lunch in Peniche

Visit to Obidos, with Ginja tasting

Return to Nazaré through Foz do Arelho e São Martinho do Porto

Dinner in Hotel

Night in Hotel

Peniche

Fishing village par excellence, Peniche is located at the end of a peninsula with an incomparable natural beauty.

Peniche has sand beaches with waves internationally known by surfers.

Among the places of interest stands the Fort of Peniche, a historic monument and symbol of resistance against the Estado Novo dictatorship.

The Cape Carvoeiro, on the point of the peninsula, has an incomparable view, with the typical lighthouse and privileged view over the Berlengas archipelago.

Obidos

Medieval town well preserved, Obidos offers visitors the possibility of a trip to the past.

Through a tour by the Castle walls, and the ancient cobbled streets, centuries-old homes evoke tales of princesses and brave knights.

Visitors can pass through the Town Gate, the Church of Santa Maria, the ancient Church of Santiago and enjoy the magnificent view that the high wall offers, well preserved until the present day.

DAY 5

Visit the ruins and Conímbriga Museum

Free Lunch in Coimbra

Visit to the Wine Museum of Bairrada

Dinner in Hotel

Night in Hotel

Conímbriga is one of the largest Roman settlements that there remains in Portugal, classified National Monument.

The Roman archaeological site was at the time of the Roman invasion of the Iberian Peninsula's main town of Conventus Scallabitanus, Roman province of Lusitania.

Conímbriga is one of the rare Roman cities that retains the outer wall.

Particularly notable for the plant and the richness of the mosaics that pave.

In work with the South wall was uncovered a large building whose purpose would be public spa, with its characteristic divisions.

Coimbra

The city of Coimbra has a very own mystique as a result of a past full of important events, and also the memories of many Portuguese who attended the university.

First capital of the kingdom, in the time of our first kings, for nearly two centuries, gained new projection with the founding of the University, which provided the formation of the urban center with notable buildings.

It is from 1537 that arise numerous colleges, verifying two spaces reserved for the study: next to the Praça Real (High) and Rua Sofia (Lower).

In the eighteenth century Coimbra maintained its academic vocation, strengthened by the reform of the University, led by Marquês de Pombal.

New construction, resulting from this reform, changed the appearance and structure of the university town, valuing the Natural Science and Experimentation.

Bairrada Wine Museum

O Museu do Vinho Bairrada está instalado num edifício construído de raiz para o efeito.

The permanent exhibition, called Wine Pathways, has pieces of archaeological, ethnographic and technical, combined with the collaboration of many winemakers, local and national entities.

The Museum also has an Enoteca, a wine shop, an auditorium for 80 people, with multimedia equipment, a media library, a library and restaurant area with garden.

DAY 6

Free day in Nazaré

Wellness and health treatments in the Thalasso: Thalasso Circuit (Dynamic pool with heated sea water, counterflow, pedestrian hall, Turkish bath, contrast showers, ice fountain and relaxation) + Scottish shower + Facial Treatment

Free Lunch

Gastronomic dinner buffet with wine tasting and Fados

Night in Hotel

DAY 7

Check out from Hotel at 8 o'clock

Visit to Lisbon

Free Lunch

Departure from the airport

Those who imagine **Lisbon** with its white houses on the hills will be surprised.

The facades adopted pastel and ocher colors.

Modern buildings are also inserted in the urban area of the capital.

After passing through Avenida da Liberdade, visit the Belém area to meet the Mosteiro dos Jerónimos, Padrão dos Descobrimentos and Belem Tower.

Take the opportunity to taste the famous Pastel de Nata, one of the most popular candy from Portugal.

The **Nations Park** includes the area where they held the World Expo 1998 with a magnificent view of the other side of the river and the Vasco da Gama Bridge, the longest bridge in Europe.

After EXPO'98 the zone kept several buildings and is one of the capital's visit points: the Pavilion of Portugal, the Atlantic Pavilion, Oceanarium, the International Area, the Oriente Station, among others.