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PORTUGAL & WINES & THALASSO

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)
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) + Scottish Shower + Relaxation massage or therapeutic
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 wine estate Quinta Vale do Armo, and the Historical Center of Vila do Sardoal

Free Lunch in Sardoal

Visit to Vila de Rei: Geodesic Centre of Portugal and Museum of the villages, in the village of Grass

Dinner in Hotel

Night in Hotel

Quinta Vale do Armo has produced linen in times of World War II. Hence the origin of its name because the Armo is the part that makes up the wheel, instrument weaving flax.

The space was abandoned but in 2004 was acquired and the vineyard was planted the following year, initially with 10 hectares.

At this time and after the last plantations arrived at 60 hectares.

The **Sardoal** has a captivating historic center. It is also known as Garden Village.

Can be visited several churches and the monastery of St. Mary of Charity.

In the historic center through the streets and cobbled squares, with traditional houses.

In **Vila de Rei**, the located in the center of Portugal, you can visit the Municipal Museum as well as the Market.

The Geodesic Centre of Portugal, with an altitude of 600 meters, allows its visitors a 360 degree view over a vast territory.

In this place there is the Museum of Geodesy with a thematic exhibition room, small auditorium, gift shop and bar.

DAY 5

Visit the estate of wines Quinta da Lagoalva in Alpiarça

Visit to Santarem (Portas do Sol and Historical Center), Azinhaga (José Saramago Foundation) and Golegã (Cultural Center Equuspolis)

Free Lunch in Santarém

Dinner in Hotel

Night in Hotel

The **Quinta da Lagoalva de Cima** on the south bank of the Tejo, has a long tradition in wine production, since 1888.

The 45 hectares of vineyards are made up of the national and world varieties with better enologicamente proven skills.

The winery combines an effective winemaking with great versatility of oenological options, based on dialogue between the model the "new world" and European traditional options.

The wines of Quinta da Lagoalva de Cima are the result of the producer's philosophy, the strong castes personality and its microclimate.

Santarém has temples built between the thirteenth and fifteenth centuries, hence it is known as "Capital of the Gothic" Portuguese.

The Jardim das Portas do Sol is an obligatory stop to enjoy the view of the river and the fields of the plains.

In the county, the practice of outdoor related activities are an irresistible proposal.

Also important the unique Ribatejo linked to horse tradition, the bull and the campino, or to the ancestral flavors that come from the earth and the river.

DAY 6

Free day in 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) + Face treatments

Free Lunch in Nazaré

Gastronomic dinner 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 other 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.