



ACTIVITY SHEET 24th - 30th OCT



Time	Monday 24 th	Tuesday 25 th	Wednesday 26 th	Thursday 27 th	Friday 28 th	Saturday 29 th	Sunday 30 th
07:30		5k Chefs Run (Easy)		5k Chefs Run (Easy)		8h - Trail Run w/ Chef (Easy)	
		Reception – 8 th floor		Reception – 8 th floor		Reception – 8 th floor	
08:30	Core Workout 30 min max. 6	8:00 - Yoga Andreia 30 min max.10	Yoga Andreia 45 min max.10	Yoga Andreia 45 min max.10	Forest Walk Max.10 30 min	Yoga Andreia 45 min max.10	Yoga Andreia 45 min max.10
	Wine Library – 3 rd floor	Wine Library – 3 rd floor	Wine Library – 3 rd floor	Wine Library – 3 rd floor	Reception- 8 th floor	Wine Library – 3 rd floor	Wine Library – 3 rd floor
10:30	Walk & Taste to Port Knox 2h min:2 80€ p.p	10:00 - 4x4 tour with port wine tasting 3h min: 2 - 80€ p.p.	Local Villages E-Bike Tour (Activity Hut) 90 min max.5 75€ p.p.	Tile Painting 90 min max.6	Creative Ceramic Decorations 90 min max.6	Forest Wall Climbing (Activity Hut) 90 min Max: 6	10h00 - Historical Garden Tour 90min 35€ p.p.
	Activity Hut	Reception- 8 th floor	Reception- 8 th floor	Activity Hut	Activity Hut	Reception- 8 th floor	Reception- 8 th floor
11:30	Forest Walk Max.10 30 min	11:00 - Workshop: Pickles, Yogurts and Sprouts 60 min max. 5	12:00 - Organic Garden Tour 30min max:10	Core Workout 30 min max. 6	Downhill Mountain Bike - Easy (Activity Hut) 90 min max.5	Black Pottery Workshop 60 min max. 6	Tree Climbing (Mestre) 90 min max 6
	Reception- 8 th floor	Earth Lab – 3 rd floor	Earth Lab – 3 rd floor	Spa Reception – 2 nd floor	Reception- 8 th floor	Wine Library – 3 rd floor	Reception- 8 th floor
15:00	Organic Garden Tour 30min max:10	Alchemy Bar 30 min max.5	Tile Painting 90 min max.6	Alchemy Bar 30 min max.5 30€ p.p	Scenic Hike 1h30 min.2 45€ p.p	Tile Painting 90 min max.6 65€ p.p	Knock Up Paddle Tennis (Beginners) 30 min max: 6
	Earth Lab – 3 rd floor	Spa Reception – 2 nd floor	Activity Hut	Spa Reception – 2 nd floor	Activity Hut	Activity Hut	Activity Hut
16:00	16h30 - Flatbread Workshop 45 min – Max: 6	Vineyard Walk Max.10 45 min	Tree Climbing (Naturimont) 90 min max 6	Macramé Workshop 60 min max.6	Art & Nature 60 min max.6	Guided Meditation 30 min max. 6	Workshop: Shrubs, tonics & teas 60 min max.5
	Open Kitchen – 3 rd floor	Reception- 8 th floor	Reception- 8 th floor	Activity Hut	Activity Hut	Spa Reception – 2 nd	Lounge Bar – 3 rd floor
17:00	Paddle Tennis Class (Beginners) 30 min max: 6	Circuit Training 30 min max. 6	17:30- Functional Training 30 min max.6	Paddle Tennis Class (Beginners) 30 min max: 6	HIIT Training 30 min max. 6	Workshop: Pickles, Yogurts and Sprouts 60 min max. 5	Animal Flow (Beginners class) 30 min max. 6
	Activity Hut	Spa Reception – 2 nd floor	Spa Reception – 2 nd floor	Activity Hut	Spa Reception – 2 nd floor	Earth Lab – 3 rd floor	Spa Reception – 2 nd floor
18:00	Live Music	Managers Cocktail & Live Music	Live Music	Managers Cocktail & Live Music	Managers Cocktail & Live Music	Live Music	
	Lounge Bar Terrace	Lounge Bar Terrace	Lounge Bar Terrace	Lounge Bar Terrace	Lounge Bar Terrace	Lounge Bar Terrace	
18:30				Wine Tasting 45€ p.p			
				Wine Library – 3 rd floor			

ALL BOOKINGS MUST BE DONE BY 8PM PREVIOUS DAY

FOOD & BEVERAGES

EVERYDAY

12h30 Cooking classes | 140.00€ p.p. | Wines included

- Picnic | Price setting after selection

17h00 Workshop Fermented Beverages | 45€ p.p.

20h00 Chef's Table | 275€ p.p. | Max 2

WINE LIBRARY

19h30-22h00 Thursday, Friday and Saturday

SUNDAY

12h30 Brunch

LIVE MUSIC

Monday-Saturday: 18h00 – 21h30
(Lounge Bar Terrace)

Sunday:

13h30 – 15h (Restaurant Vale Abraão)

19h – 20h (Lounge Bar Terrace)



SIX SENSES SPECIALS

MONDAY

BBQ CLOSING EVENT

Next October 24th, Aurora Goy and Ana Magalhães will take over the kitchen of the barbecue, and use their creativity in an informal, relaxed and exclusive environment.



EVERYDAY

RECONNECT WITH OTHERS

Duration: 7 hours | Meet: Reception | 250€ p.p

- Samodães Hike
- Cooking Class
- Guided meditation
- Pickles, Yogurts and Sprouts workshop
- Fire Ceremony

Booking: Activity Hut (ext.3090)

