

Restorative Empowerment Retreat - Azores Portugal



ITINERARY

Day 1

PROTECTED LANDSCAPE OF THE SETE CIDADES LAKE

One of the 7 Natural Wonders of Portugal, it showcases the Green and Blue Lakes, which according to legend, were formed from the tears of a shepherd and a princess who shared a forbidden love. These lakes can be seen from the Vista do Rei (King's View) Lookout, named after King D. Carlos and Queen D. Amélia to celebrate their visit to the island in 1901.

ROMANTIC GARDENS

Dating back to the nineteenth century, they include the António Borges Garden, named after the greatest Azorean landscape architect, and the José do Canto Garden, which has rare collections of plants.

Day 2

NOSSA SENHORA DAS VITÓRIAS CHAPEL

Situated on the west shore of the Furnas Lake reflecting itself in the water, it is an impressive neo-Gothic building that is unique in the whole archipelago. The temple was built in the late nineteenth century by José do Canto (1820-1898), a renowned Azorean with a special taste for literature and botany who is buried there.

PONTA DA FERRARIA

Spa and bathing site with therapeutic water springs that have been used since the fifteenth century.

CANOEING/KAYAKING/SURFING

These sports can be practiced in the Azores both in internal waters on open sea. Whether one exploits the escarpments that surround the lakes that filled the volcanic calderas or rows around the small islets to watch sea birds or even to visit caves, all these activities involve a total physical and emotional involvement with the Azorean landscape.

Day 3

TERRA NOSTRA PARK

One of the most beautiful gardens in Europe, it features a thermal swimming pool and more than 2,000 different trees.

CANYONING

The Azores are located in the Mid-Atlantic Ridge. The region is composed of nine volcanic islands, three of which provide excellent canyoning conditions.

São Miguel, São Jorge and Flores offer a vast supply of beautiful canyoning options and itineraries, all of which are unique to each island.

Day 4

VILA FRANCA DO CAMPO ISLET

A nature reserve located approximately one km away from the coast, it features a salt water inlet inside. A popular spot for visitors during the summer.

WHALE WATCHING

The Azores are currently one of the world's largest whale sanctuaries. Among resident and migrant species, common or rare, more than 20 different types of cetaceans can be spotted in the Azores. It is an impressive figure and it corresponds to a third of the total number of existing species. This is an ecosystem with unique characteristics. With majestic whales and friendly dolphins, the blue Atlantic Ocean becomes even more magic around these nine islands

Day 5

GEOPARK

The genesis of the Azores is found upon 1766 volcanoes, nine of which are still active. Underground, almost three hundred volcanic cavities, including caves, ravines and cracks, have been surveyed. The landscape is filled with dry calderas, crater lakes, fumaroles and thermal water springs. In the sea, there are submarine geothermal springs. The mountain of Pico, majestic and with an intact cone, appears to be protecting all this geological wealth. The volcanism of the archipelago impresses for its diversity and creates its own magnetism. It is a witness to the power of Nature, and the basis for very special experiences.

LOCAL CUISINE CLASS | WINE TOUR

Guided culinary cooking class focused on traditional specialties, paired with wine and local brews.

Day 6

DAY AT THE BEACH | LOCAL SHOPS

Savor the end of our journey and unwind before re-entry into your busy life.

For pricing, accommodation options, dietary requirements and other information please contact:

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