

ACTIVITIES RECOMMENDATIONS

SUBLIME COMPORTA COUNTRY RETREAT & SPA

2019 / 2020



Comporta is a small oasis on the Alentejo coast with beaches of white sand and bright blue and unforgettable water. It retains its wild side, with frequent sightings of dolphins, horses and low-flying storks. We want you to enjoy every day of your stay, so we created a suggestion list for leisure activities and restaurant to you.

We will guarantee you a SUBLIME stay with us!

Your Guest Experience Team

For further information please contact +351 269 449 376 or email
experiences@sublimecomporta.pt
EN 261-1, CCI 3954, 7750-337, Muda, Grândola

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1. SUBLIME ACTIVITIES

1.1. SUBLIME SPA

At Sublime Spa we see Nature as the foundation of Wellness and life. It is our aim to deliver beauty, well-being and emotional balance in a personalized and unique way so as to enrich each experience. As we feel responsible for your skin and well-being, we are committed to deliver excellence and effectiveness in the purest and most conscious way to you and to our planet.



1.1.1. YOGA/MEDITATION CLASSES

Choose between a private yoga session designed specifically for your preferences or a group lesson with our experts.



Schedules: Upon Reservation

Prices: Villa **95 €/h** maximum 2 people (3rd person pays 50% - **47,50€**)

Terms & Conditions: Please allow 12 hours' notice of cancellation in order to avoid a 100 percent charge. Cancellations, modifications to a different service, day or time, lower duration or failure to keep your appointment will also result in a 100 percent charge.

1.2. TENNIS LESSONS



Schedules: Upon Reservation

Prices: Private Lessons **70 €/h** for 1 or 2 people

Terms & Conditions: Please allow 12 hours' notice of cancellation in order to avoid a 100 percent charge. Cancellations, modifications to a different service, day or time, lower duration or failure to keep your appointment will also result in a 100 percent charge.

1.3. PADDLE LESSONS



Schedules: Upon Reservation

Prices: Private Lessons **75 €/h** for 1 or 2 people

Terms & Conditions: Please allow 12 hours' notice of cancellation in order to avoid a 100 percent charge. Cancellations, modifications to a different service, day or time, lower duration or failure to keep your appointment will also result in a 100 percent charge.

1.4. WINE TASTING

Exquisite wine tasting experience where one of our sommeliers will guide you through our rich history.



Schedules: Upon Reservation

Prices: "A journey through the region of Setúbal" **35€**

"Fortified wines of Portugal, a story of passion" **55€**

"Portuguese vines, a unique treasure" **65€**

"Moscatel de Setúbal Wines, tradition, passion and knowledge" **75€**

"Formidable wines, from North to the South" **85€**

Terms & Conditions: This experience needs a booking with 24 hours in advance. Please allow 12 hours' notice of cancellation in order to avoid a 100 percent charge. Cancellations or failure to keep your appointment will also result in a 100 percent charge

1.5. ORGANIC GARDEN

Don't miss the chance to explore our Sublime Comporta's Organic Garden. Stroll in, observe the colors and the aromas, taste the flavors, feel the energy...imagine the secrets the garden wants to share. Feel the rhythm of slow-living and lose yourself in time. A self-guided walk through over 300 varieties of aromatic herbs, vegetables and edible flowers. If you prefer there's also the possibility to do a guided tour with the responsible of the garden.



Schedules: Upon Reservation

Prices: Free of charge

Terms & Conditions: This experience needs a booking with 24 hours in advance for the guided tour.

2. EXTERNAL ACTIVITIES

2.1. LAND

2.1.1. CAVALOS N'AREIA

This earthly paradise offers guests amazing beaches with seemingly endless golden dunes, green rice fields, traditional fishermen's dwellings, unrivalled cuisine and the close contact with a myriad of indigenous animal species. This experience takes 1h30m.



Contacts: info@cavalosnaareia.com | +351 935 075 353

Schedules: 1 Oct - 31 Mai : 11AM & 3 PM

1 Jun - 30 Sep : 8 AM & 9:30 AM & 11:30 AM | 3 PM & 5 PM

Prices: 16 Sep – 31 Mar : **60 €** | 1 Apr – 31 May : **70 €** | 1 Jul – 15 Sep : **90€**

Private Tours: Season price + 150€

Directions: once you are out of the hotel, turn to your right side and go all the way straight for 11 KM (10 minutes). You will find a big white sign on your left side with the name of the company (sandy road).

GPS: 38°20'57.8"N 8°46'41.0"W

Terms & Conditions: Minimum age to ride is 12 years old. Maximum weight to ride is 100kg. Please note that they only accept the payment by cash. Cancellation policy requires at least 24 hours in advance to cancel/change the reservation without fee. In case of now-show the full amount of the activity will be charged.

2.1.2. CAVALOS DE MELIDES

The ride will take you into the hills that give you panoramic view over the country side and coast line. You will have full contact with the forest of the *Serra de Grândola* where the famous cork trees have grown for centuries, in one on the untouched environments of Portugal.



Contacts: info@passeiosacavalomelides.pt | + 351 917 474 865

Schedules: 1 Jul - 30 Sep : 9:30 & 11:30 | 17:30

1 Oct – 30 Jun: 10:30 & by reservation

Prices: 1 Jul - 30 Sep: **53 €** | 1 Oct – 30 Jun : **45 €** (Riding in the mountains)

1 Jul - 30 Sep: **60 €** | 1 Oct – 30 Jun : **53 €** (Riding on the beach)

Directions: once you are out of the hotel turn to your left side. Drive for 11Km and turn right towards "Sines/Santiago do Cacém". keep driving for 10KM till you find an entrance to a sandy road in your right side (next to the sign of 35km). Follow that road for 2KM and you will find the entrance on you left side (2nd blue gate).

GPS: Beach 38° 9'24.19''N, 8°45'51.32''W; Hills 38° 7'42.89''N, 8° 40'23.79''W

Terms & Conditions: Minimum age to ride is 7 years old. Reservations need to be done with 24 hours in advance. Cancellation policy requires at least 24 hours in advance to cancel/change the reservation without fee. In case of now-show the full amount of the activity will be charged.

2.1.3. BIRDWATCHING

Stroll into the Natural Reservations of Lagoons of "Santo André", the second largest in Portugal near Santo André, with specialized guide and equipment for bird watching. In this area there are registered more than 250 species of birds. This activity has a duration of 3/4 hours



Contacts: info@passeiosecompanhia.com | +351 968 084 584

Schedules: Upon reservations

Prices: **255€** (1- 4 pax) between 2h-3h

GPS: Santo Adré Lagoon - 38°06'10.4"N 8°47'21.3"W

Terms & Conditions: The company provides a transfer that has the pick-up at the hotel. Cancellation policy requires at least 24 hours in advance to cancel/change the reservation without fee. In case of now-show the full amount of the activity will be charged.

2.1.4. BIKE TOURS

Our main purpose is to make known the rich and well-preserved heritage of the regions visited, through various types of activities ranging from bicycle tours, walking tours, bicycle that can be considered more radical.



Contacts: info@passeiosecompanhia.com | +351 968 084 584

Schedules: Upon reservations

Prices: Upon request

Terms & Conditions: The company provides a transfer that has the pick-up at the hotel. Cancellation policy requires at least 24 hours in advance to cancel/change the reservation without fee. In case of now-show the full amount of the activity will be charged.

2.1.5. GOLF

In the heart of the peninsula, you'll find one of Portugal's most engaging and challenging golf courses, the *Troia Golf*. Unwind in this 6-hectar, 18-hole and par 72 golf course alongside the beach with a dazzling view of the *Arrábida Mountain*.



Contacts: golf@troiaresort.pt | +351 265 494 024

Schedules: Upon reservations

<u>Prices:</u>	Green Fees 18 Holes 102€	Green Fees 9 Holes 78€
	Buggy 38€	Buggy 28€
	Trolley 5€	Trolley 5€
	Club Rental 35€	Club Rental 25€
	40 Balls 4€	Driving Range (40 balls) 4€

Directions: once you are out of the hotel, turn to your right side and go all the way straight for 30 KM (27 minutes). At the three first roundabouts take the 2nd exit. At the last two roundabouts take the first exit. After 350m turn to your left side. You will arrive to Tróia Golf.

GPS: 38° 29' 33.68'' N 8° 54' 3.77'' W

Terms & Conditions: In case of groups of 4 guest the policy requires at least 8 days in advance to cancel/change your reservations without any fee. In case of now-show the full amount of the activity will be charged.

2.1.6. THE ROMAN RUINS

Discover the island of *Ácala*, as it was known in the days of ancient Rome. A few minutes from Tróia's central area, travel back in time to the ruins of the largest fish-salting centre known from the Roman World. Wander about ruins of dwellings, tombs and hot and cold baths built of marble.



Contacts: arqueologia@troiaresort.pt | +351 265 499 400

Schedules: 1 Mar - 31 Oct (Tuesday to Sunday): 10am – 1pm & 2:30pm – 6pm

Guided Tours: 1 Mar to 31 May & Oct – 1st Saturday of the month at 3pm

June and September – Saturday at 3pm

July and August – Wednesday and Saturday at 10.30am

Prices:

Self-guided visit

Adults (> 14 years) **5.50€**

Adults (+65 y) **4.50€**

Hikers and Bickers **3.50 €**

Guided Tour

Adults (> 14years) **7.50€**

Adults (+65 y) **5€**

Hikers and Bickers **4 €**

Directions: once you are out of the hotel, turn to your right side and go all the way straight for 30 KM (27 minutes). At the first two roundabouts take the 2nd exit. At the third roundabout take the 1st exist through the gates of the roman ruins.

GPS: 38°29'10.9"N 8°53'05.0"W

2.2. WATER

2.2.1. SETÚBAL ALIVE

Setúbal Alive will unravel the mysteries of this region so full of history, show you the most beautiful corners, worthy of being seen, in a unique and private way.



Contacts: setubalalive@gmail.com | +351 967 622 469

Schedules: Upon reservations

Prices: Depends on the boat and the duration.

Directions: once you are out of the hotel, turn to your right side and go all the way straight for 30 KM (27 minutes). At the roundabout take the 1st exit and follow the direction to Tróia harbour. Meeting Point -Lacoste store at Tróia harbour.

GPS: 38°31'18.1"N 8°53'05.7"W

Terms & Conditions: Cancellation policy requires at least 24 hours in advance to cancel/change the reservation without fee. In case of now-show the full amount of the activity will be charged.

2.2.2. VERTIGEM AZUL

Observation of the resident bottlenose Dolphin community of Sado estuary. Our qualified monitors will teach you all about this interesting family. It's an activity that takes between 2h30/3hours.



Contacts: vertigemazul@mail.telepac.pt | +351 916 982 907

Schedules: Open every day: 10:15 AM & 3PM

Prices: Adults – **35€** | Children (3-12 y) – **20 €**

Directions: once you are out of the hotel, turn to your right side and go all the way straight for 30 KM (27 minutes). At the roundabout take the 1st exit and follow the direction to Tróia harbour.

GPS: 38°26'15.3"N 9°06'55.8"W

Terms & Conditions: Cancellation policy requires at least 24 hours in advance to cancel/change the reservation without fee. In case of now-show the full amount of the activity will be charged.

2.2.4. SURF IN COMPORTA

They are a local surfer family with the best knowledge about our coast. With certification by Portuguese surf federation, 20 years of experience and 10 years teaching, you will be in safe hands and, above of all, in a fun time. This company also provides the activity of Paddle at Melides Lagoon.



Contacts: surfincomporta@gmail.com | +351 962 475 961

Schedules: Open every day: 8AM – PM (upon reservation)

<u>Prices:</u>	Class in group 40€ pax	Surfboard 15€ per hour
	Private class 150€ pax	Bodyboard 5€ per hour
	Private class 225€ 2pax	Suit 5€ per hour

Directions: once you are out of the hotel, turn to your right side and go all the way straight until you find the "Carvalhal" signal in your left side. Take the 2nd exit in the first two roundabouts that you'll find. At the 3rd roundabout take the 1st exit. Drive straight for 300m and you will arrive Carvalhal beach.

GPS: 38°18'20.1"N 8°46'47.0"W

Terms & Conditions: Cancellation policy requires at least 24 hours in advance to cancel/change the reservation without fee. In case of now-show the full amount of the activity will be charged.

2.4. WINE ESTATE

2.4.1. BREJINHO DA COSTA

To visit "Quinta do Brejinho" is to meet a place like no other. So unusual as our wines, this is a land that joins long beaches and fruitful sandy soils called *brejinhos* with a great stone pine forest. The first portuguese vessels called *naus* that crossed the Cape of Good Hope were built from this majestic raw material, asserting these special lands with an everlasting promise of discovery. Visit Quinta do Brejinho and find out why we're a unique destination!



Contacts: online@brejinho.pt | +351 269 440 030

Schedules: Upon reservation

Prices: Upon reservation

Directions: Once you are out of the hotel turn to your left side. Drive straight for 2.7KM. Turn to your right side towards "Brejinho D'Água / Pinheiro da Cruz". The winery is a 3.3 KM ahead on your right hand-side.

GPS: 38°25'79.4"N, 8°70'54.6"W

Terms & Conditions: The reservation has to be done with a maximum of 24 hours prior the date requested. Cancellation policy requires at least 24 hours in advance to cancel/change the reservation without fee. In case of now-show the full amount of the activity will be charged.

2.4.2. HERDADE DA COMPORTA

"Herdade da Comporta's" wines are the result of a commitment to a bold and modern-day wine producing concept which mixes cutting edge technology with traditional wine making in mechanized vats. Recognized for their quality the wines have won awards in several international competitions. Good wines, protection of the landscape and respect for the environment, are only a few of the characteristics that are, ever increasingly, factors in attracting tourism and a part of the culture.



Contacts: info@herdadecomporta.pt | +351 265 499 900

Schedules: 1 May - 30 Sep (every day) : **10:30am – 6:30pm**

1 Oct to 30 Apr (Wednesday to Sunday) : **10:30 AM to 5PM**

Closed on Monday and Tuesday

Prices: Visit the wine cellar and tasting 2 types of wines **-4€ per guest**

Visit the wine cellar and tasting 4 types of wines **-8€ per guest**

(The wine tasting can be served with regional appetizers at an extra cost of **5€ per guest**)

Directions: once you are out of the hotel, turn to your right side and go all the way straight for 15 KM. You will find the winery on the main road on your left side.

GPS: 38° 22'48.67'' N 8° 47'25.00'' W

Terms & Conditions: Cancellation policy requires at least 24 hours in advance to cancel/change the reservation without fee. In case of now-show the full amount of the activity will be charge.