

ONCE
UPON
A MOMENT

Experiences with a story



CASA
PALMELA

Hotel - Arrábida

SMALL
LUXURY
HOTELS
OF THE WORLD



Once upon a time, there were unique moments that became surprises and our memory carried for life.

In the same family since the XIX century, at **Hotel Casa Palmela** you will be welcomed as a member of the family and invited to sit down and listen to the story of the house.

Also get privilege information from local people that make part of the team. Who better to know the gossip of the house and the region?

Whether you are looking for a well-deserved rest in the nature, an active and sporty time, a fire-place in colder seasons or a reinvigorating swim in the region's white sand beaches and blue turquoise waters, the options are many, focused on discrete and exclusive moments.

With over 170 acres, 50 of which are planted with *Syrah* and *Moscatel* grape vineyards. This secular estate, inside *Arrábida* Nature Park, offers the opportunity to enjoy nature at its best whether on foot, by bike or horse riding.

Memorable moments to take home and tell a story.

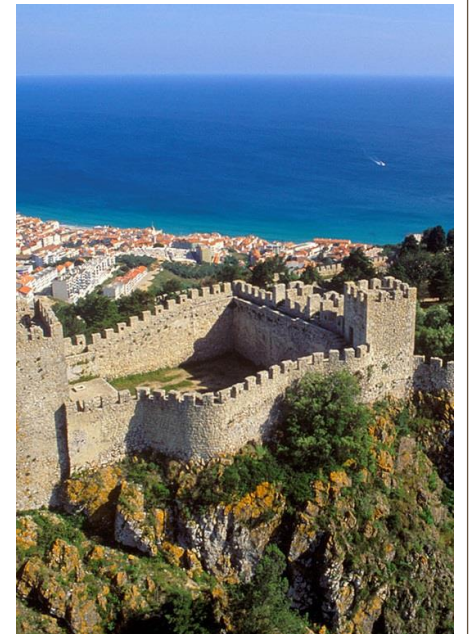
In the region, local villages like *Azeitão* or *Palmela* offer visits to cultural sites, traditional artisan workshops or well-known wine producers, such as *José Maria da Fonseca* or *Bacalhôa Vinhos de Portugal* as well as smaller boutique wineries like *Quinta de Alcube* or *Quinta do Piloto*.

For *gourmets*, we suggest visiting local small dairy factories, where the exquisite *Queijo de Azeitão DOP (Azeitão Cheese PDO)* is produced, and listen to stories, testimony the techniques and tools of this local artisanal production.

Crafts and arts, like crockery or tiles, using the traditional methods, are still to be seen and we strongly suggest a visit.

We cannot forget the city and district capital that is *Setúbal* with its historical heritage and riverside location, bringing us excellent gastronomic experiences and is a starting point to navigate along the coast of *Arrábida* or upriver *Sado*. Dazzle with the local dolphin community that makes part of *Luís Saldanha* Marine Reserve or dive into the turquoise waters of *Arrábida* beaches.

If you are into castles, proper castles with battlements, and thousand-year-old ones, around us we can visit three quite important ones. *Sesimbra*, *Setubal* and *Palmela*. Definitely worth a visit admire the architecture as well as the wide views.



HORSE GAITING IN ARRÁBIDA



It's all about animal companionship, this is a perfect experience to get to know the nature park in a different way.

The interaction between human and animal in its environment is absolutely unmissable.

In the *Arrábida* Nature Park, among cork oaks, arbutus, vineyards and other unique species of the region, this horse ride through *Quinta do Esteval*, where Hotel Casa Palmela is located.

Sights and scents throughout the paths, while enjoying the wonderful landscape in contact with nature.



≈ 1 hour (riding)



Hotel Casa Palmela



Min. 1 person



-



+12



-



€65,00/pax



Local guide available

PEDALLING AROUND



Regular bikes that can be used by guests, free of charge and upon availability.

These bikes are great to explore the estate through the indicated paths. Some more challenging then others.

Upon request we can also have available road bikes *Pinarello* or Off-road Bikes, *Trekk* both equipped with top level gear.

For those who still prefer to pedal, but with less effort, we can offer trail electrical bikes to wonder through the region of *Arrábida* and throughout the nature park.



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Hotel Casa Palmela



Min. 1 person



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House bikes free;
Special bikes from
€85,00/24h period



Local guide available

YUMMY REGIONAL PRODUCTS



In an enchanted place like *Quinta do Esteval*, wine is a reference around us and is always highlighted in the centre of the table.

Come and enjoy with us the best and most valuable characteristics of a good wine, from colour to aroma and palate paired with some local delicacies.

Boost your experience by accompanying with renowned regional *Azeitão* cheese.

At SPOT, on the cork oak deck or picnic mode anywhere in the farm you choose, there is no perfect place for this experience!



From 1 hour



Hotel Casa Palmela



Min. 2 persons



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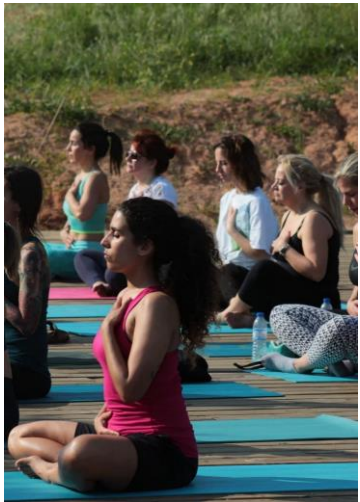
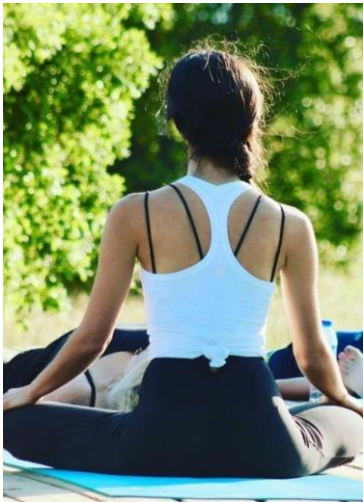


€30,00/pax



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GOOD MORNING YOGA



Start your day with a Yoga mind, a moment for yourself within a natural landscape, and beyond.

Relaxing, strengthening and opening positions, connecting you with a deeper sense of self training of mind and body for a healthier and better life.

Come and get acquainted.

Our teacher, a well travelled expert and yoga lifestyle lover, will help to bring the balance to your day when practicing outdoors, surrounded by an amazing scenery that changes everyday.

Both private or group sessions are available.



≈ 1 hour



Hotel Casa Palmela



Min. 1 person



-



12



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In group €25,00/pax
Private €65,00/pax



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STRETCHING AND FLEXIBILITY



An excellent activity to achieve physical relaxation, eliminate stiffness and increase the feeling of lightness.

With this practice you will be able to prevent muscle and tendon injuries due to its gentle and slow exercise pace.

Increase mental and body well-being through exercises combined with breathing and body awareness improving your mobility, flexibility and reducing fatigue by strengthening your muscles.

Add to these benefits, the fact of being outdoors, surrounded by vineyards and the lush green vegetation of *Serra da Arrábida*.



≈ 1h



Hotel Casa Palmela



Min. 1 person



-



12



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In group €25,00/pax
Private €65,00/pax



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IT IS A GREAT DAY FOR PILATES



The movements performed in Pilates provide the stretching and strengthening of the body in an integrated and individualized way, in addition to improving breathing, reducing stress, developing body awareness and balance, improving motor coordination and joint mobility and providing relaxation.

Low impact exercises with few repetitions provide effective results and, at the same time, less wear and tear on joints and muscles.

It is important that every Pilates practitioner is accompanied by specialized professionals, and we have them.



≈ 1h



Hotel Casa Palmela



Min. 1 person



-



12



-



In group €25,00/pax
Private €65,00/pax



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LOVE YOURSELF!



Surrounded by vineyards and natural landscape of *Serra da Arrábida*, the Slow Wellness Center is the perfect place to enjoy your moment, alone or as couple.

The use of products with natural ingredients from this untouched region, used by our specialized therapist, add the environmentally friendly feeling that Casa Palmela stands for.

All Treatments and Massages are specially made for your wellbeing and potions used are prepared on the moment.

Enjoy the careful and personalized care that you deserve.



From 1 hour



Hotel Casa Palmela



Min. 1 person



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16



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From €80,00/pax



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CREATING MY OWN TILE



Still using the traditional techniques, you will watch and learn how tiles, *Azulejos* in Portuguese, are made.

If you want to give it a try, you may join a workshop where, you will make your own tile from scratch.

If you like it and wish to deepen your talent, you may join a class of restauration.

This is a true local experience. You might mingle with people attending classes or a professional team working on tile panels to be installed anywhere in world.



≈ 1¹/₂ hour



Vila Fresca de Azeitão



Min. 1 person



Transfer not included



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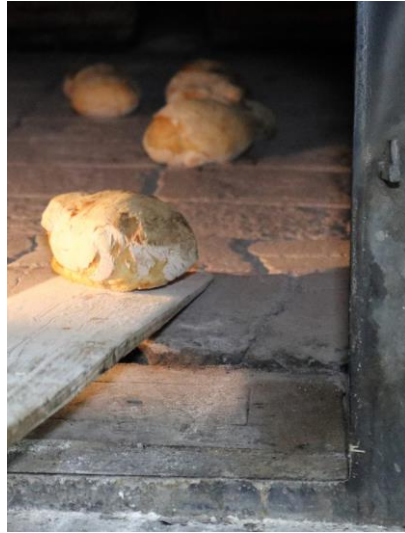


€18,00/pax



Local guide available

BE A BAKER, BE A BREAD MAKER!



At the *Centro de Moinhos Vivos* (Living Windmills), located in *Serra do Louro*, it is possible to bake in a wood oven, your own wheat flour bread.

The traditional wood ovens still maintain the production of the region's characteristic bread.

The heritage and scenic value of the *Moinhos de Vento of Serra do Louro* reflects the need to preserve this tradition by recovering the windmills and its surroundings. Thus, with the support of the Arrábida Nature Park, some of its owners have been recovering them. This is the case of the "*Moinhos Vivos*" Center, which maintains two windmills in full activity, which produce and sell bread from wheat flour.



≈ 1¹/₂ hour



Palmela



Min. 1 person



Transfer not included



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€8,00/pax
Children -12: €4,00



Local guide available

LET'S PLAY GOLF



Golf fans can find about 10 golf courses within 9 to 30 miles distance from the Hotel Casa Palmela.

This region has a variety of top-level courses that surely will surprise the most demanding players and thus enables the practice of this modality within short distance of the Hotel in the middle of the lush nature of *Arrábida*.

Book with us and do not worry about logistics. We will make every reservation you might need, from golf carts to clubs and caddies or transfer in and out, we can take care!

You just need to prepare your grip and swing.



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Quinta do Perú (9 mi from hotel)



Min. 1 person



Transfer not included



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From €51,00/pax



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Three different circuits, will take you to know what best there is to see and “taste” in our region. Ideal for nature lovers - be dazzled by the indescribable landscapes with Nature Affairs.

Blue Corner is a drive through *Serra da Arrábida* highlighting the beautiful white sand beaches.

Wineries & Vineyards circuit will take you to meet people and taste regional delicacies while *Arrábida* Nature Park will remain in mind, soul and body.

Each car with a story and a local guide onboard, by Nature Affairs.



≈ 3 hours



Start from Casa Palmela



Min. 2 persons



Transfer



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From €90,00/pax



Local guide available

THE CLASSIC EXPERIENCE



Every enthusiast knows it, THE perfect car doesn't exist, for each occasion there is a different car: sports coupé, convertible, off-road, Italian, German, French, etc. And we want them all!

The Classic Experience, makes this dream come true: for an evening, a week-end or your entire holidays!

From the "chrome years", "chic fifties" and "swinging sixties", to the "psychedelic seventies", this collection is a lot about cinema

Come and sit behind the wheel of cars made famous by James Dean, Steve MacQueen, Dustin Hoffman or Brigitte Bardot!



Half day or Full day



Start from Casa Palmela



Min. 1 person



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Lunch Box not included



On request



Local guide available

RIDE WITH STYLE



Choose a different way to get around. Whether just cruising' by *Serra da Arrábida* or visiting one of the local wineries, you decide where these stylish vehicles will take you.

The stunning views from the top of the mountain over the bay of *Setúbal*, member of the Club of the Most Beautiful Bays of the World, is definitely a ride to have in mind.

Another suggestion is full day, visiting the three castles in the area, *Sesimbra*, *Palmela* and *Setúbal* fortress, with lunch in traditional local restaurant.

Both vehicles are driven by a certified local driver.



Half day or Full day



Start from Casa Palmela



Min. 1 person



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Lunch Box not included



From €500,00/vehicle



Local guide available

ADRENALINE IN THE PARK



Join some of the best adventure Portugal can offer in this beautiful Nature Park. Hike to secret spots, climb amazing rock walls and snorkel in clear waters. A full or half day trip that you will talk about for a long time.

The location of this natural park with its unique features, fauna and flora are only to be seen in this part of the globe.

What is the best way to discovering a new place if not with the trust of a local?

Take home, photos and memories to forever remember.



Half day or Full day



Arrábida Nature Park



Min. 2 person



Transfer included



+14



Lunch Box included



€65,00/pax



Local guide available



Lisbon Helicopters provides flights as an experience as well as passenger transportation services in the Lisbon area.

Aiming to value the capital's heritage, architecture and views through a unique offer they operate one Robinson R44, for 3 passengers, and one AS350 Ecureuil, with 1st class interiors and capacity for 5 passengers.

Whether a short air stroll over the river Tagus or a longer flight to *Cascais* or *Sintra*, this is a great way to know a little bit more of Portugal with Exclusivity and Refinement.



From 10 min. (flight time)



Passeio Marítimo de Algés



Min. 1 person



Transfer included



-



Lunch Box not included



From €300,00



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I FISHED A FISH, THIS BIG...



The Portuguese coast has undoubtedly, the characteristics that attract coastal and offshore fishermen. *Arrábida* offers more than both worlds. Coastal, river and deep-sea fishing.

With unique navigation conditions, it is possible to find quiet spots as well as a “highway” to open seas.

With early morning pick up from the hotel, boats depart from the charming fishing village of *Sesimbra* to where the fish is biting.

From this blue water fishing action, you will definitely come out with a story to tell.



From 6 hours



Sesimbra (departure dock)



Min. 2 person



Transfer included



+14



Lunch Box included



From €100,00/pax



Local guide available

WALK, SWIM AND JUMP



The beauties of this untouched region are undeniable, and the ways to explore it maybe very creative. This activity allows to discover new landscapes with different approaches to the magnificent coast of the *Arrábida* Nature Park.

Coasteering consists of progressing along the coast through rocks and sea, using swimming, climbing and jumping.

Extra adrenaline can be added by the support speedboat at the beginning and end of the activity always, respecting the safety measures.

Come and explore!



Half day



Arrábida



Min. 2 persons



Transfer included



On request



Lunch Box included

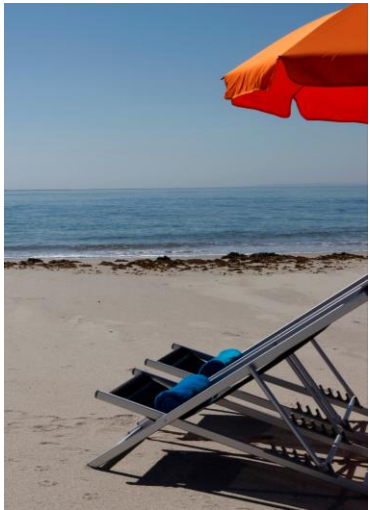


€85,00/pax



Local guide available

NO, I DON'T WANT THAT!



A Nature Park with a scenic lush green mountain scenery, white sand beaches bathed by turquoise crystal waters is not to be found “just around the corner”.

From *Hotel Casa Palmela* you can reach the coastline in approximately 10 minutes, and from there choose among several options to refresh yourself in the Atlantic Ocean.

A “secret” and discrete place, where you can enjoy quietness and comfortably read a book in your sun lounger enjoying the moment.

Maximize your experience with us!



Half day or Full day



Arrábida or Tróia beaches



Min. 2 persons



Transfer included



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Lunch Box included



€85,00/pax
Children -12: €30,00











Local guide available



Recognized and awarded for their nature conservation responsibility, *Vertigem Azul* is a partner with whom we love tailor experiences.

Jasmim, is a 58 ft. sailboat catamaran, built by *Fountaine Pajot* and with on board facilities that include kitchen and bar, living room, 5 bedrooms, 5 bathrooms, showers, lounge area and a net over the water.

Half or full day or even spending one night aboard, between the sea and the sky, are options that can be complemented with a gourmet experience.

- | | |
|---|---|
|  Half day or Full day and overnight |  Setúbal (departure dock) |
|  Max. 18 persons |  Transfer included |
|  - |  - |
|  On request |  Local guide included |



Green Breeze is an innovative project that is notable for its deep environmental concerns. This is a 48-foot that it runs on hybrid technology and has the best of both worlds, allowing you to navigate in an elegant, luxurious yacht while giving the sensation of being on a sailboat.

Silent, efficient and environmentally friendly – these are the details that maximizes the pleasure and comfort on a relaxing sea experience.

From just appreciating a sunset to a night aboard, there are innumerable reasons to go out navigating with this sustainable, yet luxurious, yacht.



Half day or Full day



Setúbal (departure dock)



Max. 10 persons



Transfer not included



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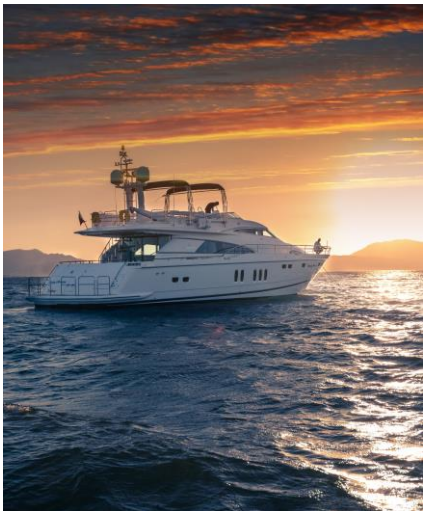
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From €770,00/boat



Local guide included



Who never said or heard that the best boat is a friend's boat?

Here's the friend, and the boat!

With a fully available work team, great range of options and fantastic premises with 6.150 sqm, of which 2.550 sqm are covered, and literally on top of water, dock with access ramp and car parking, providing all services you need and to welcome you in an incomparable manner all year long.

We value the professionalism and dedication of this partner always aiming to qualify this activity, creating the right conditions for our clients to enjoy the pleasure and the unforgettable experiences at the sea.



Full day or longer periods



Setúbal (departure dock)



Min. 1 person



Transfer not included



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From €275,00/day



Local guide available

FROM THE GRAPE TO THE GLASS



From the grape to the glass is an experience thought to teach and show the wine making process in a local winery.

Accompanied by an expert, you will have the chance to walk through the meanders of this so sought after world in an unique way.

From the Grape to the Glass will take you on a truly local experience where you will be able to meet the producer, his habits and daily activities.

You will be visiting 2 different typical boutique wineries and taste some of the best and most genuine wines this region has to offer.

A great world, seen from the inside!



≈ 3 hours



Peninsula de Setubal Wine Region



Min. 2 persons



Transfer included



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Lunch Box not included



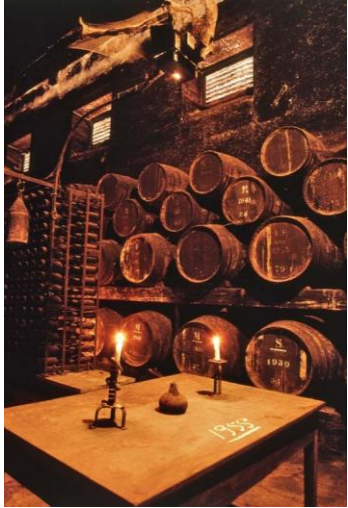
€95,00/pax



Local guide available

* under 18 are not legally authorized to alcohol consumption

LET'S MEET BACO, IN PERSON! BY JOSÉ MARIA DA FONSECA



This exclusive experience takes place in one of the most emblematic Portuguese wineries, and the first table wine producer in Portugal, José Maria da Fonseca.

The *Soares Franco* family, owner of the winery since its foundation in 1834, in addition to excellent wine producers, are also great hosts. A family proud of their roots.

Have dinner with the owners and listen to their stories in the most intimate ambiance. A story to hear and a wine to taste.

Family of Wines, Wines of a Family!



≈ 1¹/₂ hour



Vila Nogueira de Azeitão



Min. 10 persons



Transfer not included



_*



Lunch Box not included



€200,00/pax



Local guide available

*Please consult for smaller groups

** under 18 are not legally authorized to alcohol consumption

EXTRA SERVICES AND ACTIVITIES AVAILABLE ON REQUEST



Bilingual guides



Water sports



Bilingual baby-sitting services



Surf classes



Rent-a-Car service



Car with private driver



Personal trainer



Access pass to gym in Setubal (10 minutes drive from hotel)



Restaurant reservation service (while on transit)



Special meal Lunch Box

General Conditions

- Prices are per person or per group of persons when specified;
- All prices include VAT;
- Different reservation and cancellation policies may be applied;
- Prices can be changed without previous notice.

Reservation Policy

- Reservation and deposit conditions may differ between experiences and nº of persons;
- A deposit and/or credit card may be asked to guarantee the reservation.

Cancellation Policy

- Cancellation policies may differ between experiences. Please consult.

Rate Policy

- Prices are exclusive of Hotel Casa Palmela to the Guest/Agent and should not be negotiated with third parties.

Group Policy

- Our groups are individual groups, families, friends/acquaintances or corporate.

Map Key



Duration of activity



Location



Min./Max. nº of pax



Transfer



Minimum age



Lunch Box



Price in Euros



Local Guide

HEALTH AND SAFETY



With this measure, Turismo de Portugal intends to inform companies on the hygiene requirements and cleaning measures to ensure the safety of various establishments, according to the recommendations of the DGS - Directorate-General of Health, as well as promoting **Portugal as a safe destination** from the point of view of care with the spread of the Virus, reinforcing the confidence of those who visit the country.



The **first country** in Europe to obtain the “Safe Travels” seal, recognizing the fulfillment of **safety requirements** for all.

This seal aims to recognize destinations that comply with health and hygiene protocols aligned with the Safe Travel Protocols issued by the WTTC (World Travel & Tourism Council), helping, above all, to instill confidence in consumers, so that they feel they can travel safely as soon as restrictions are applied are raised.

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CASA
PALMELA
Hotel · Arrábida

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