

Georgia's Yoga & Adventure Retreat to the Azores

Welcome! Bem-vindo!

Wed. Oct. 18 | ARRIVAL + SETTLE IN

- ▶ Early morning arrival post red-eye
- ▶ Light breakfast, rest, explore neighborhood
- ▶ 3pm Orientation +snack followed by orchard tour by João + Rimi
- ▶ 5:30-7pm Yoga
- ▶ 7:30pm Welcome dinner at the quinta

Thurs. Oct. 19 | FEEL THE VOLCANO - FURNAS

- ▶ 8:15-9:45am Yoga
- ▶ 10am Breakfast
- ▶ 11:30am Depart for excursion to Furnas with hike, picnic lunch + hotsprings
- ▶ 7pm: dinner excursion

Fri. Oct. 20 | OPTIONAL EXCURSIONS

- ▶ 8:15-9:45am Yoga
- ▶ 10am Brunch
- ▶ FREE TIME/opt. excursions/ massage*
- ▶ Snack at 3pm
- ▶ 7:30pm Dinner excursion

Sat. Oct. 21 | FEEL THE CRATER - SETE CIDADES

- ▶ 8:15-9:45am Yoga
- ▶ 10am Brunch
- ▶ 11:30am Depart for excursion to Sete Cidades with hike, picnic lunch + visit to points west
- ▶ 7:30pm Dinner Excursion

Sun. Oct. 22 | OPTIONAL EXCURSIONS

- ▶ 8:15-9:45am Yoga
- ▶ 10am Brunch
- ▶ FREE TIME/opt. excursions/ massage*
- ▶ Snack at 3pm
- ▶ 8pm Farewell Dinner at the Quinta

Mon. Oct. 23 | DEPARTURE

- ▶ 8:15-9:45am Yoga
- ▶ 10am Brunch
- ▶ Free time
- ▶ 3pm Departure

* Optional excursions, massages not included in your cost; sign-up sheet + info in reception

There will be light nourishment available before morning yoga classes as well as afternoon snacks on non-excursion days.

Taxi CONTACT

Rui Pavão (contact on WhatsApp)

+351. 914. 578. 284

Possible off-site excursions

Explore the neighborhood | WALK

- ▶ There are several *canadas* or old farming roads that are enjoyable to walk. We have several walking guides for suggested routes including one to the Chocolate Factory (!) and a nearby beach

Beaches | WALK OR CAB

- ▶ Santana Beach is 2km walk. Currently the beach access is under construction but this beach has spectacular views
- ▶ Santa Barbara Beach is 5km away. This is the largest sandy beach on the island and has a great beach cafe with fantastic coffee / food / drinks. Cabs are typically 5-7 € each way.

Hot springs | CAB

- ▶ Caldeira Velha is a beautiful natural park and hot spring not currently planned into your week. You can call a cab and spend a few hours there, cab is 25-30 euros each way.

Ponta Delgada | CAB

- ▶ Great to spend at least a half-day or more in the city. It's more vibrant on the weekends and has a bustling farmers market. Cab to the city is roughly 12-17 euros one way.

Adventure | EXPERIENCES

- ▶ Check out our partner's website [Picos de Aventura](#) for info on dolphin + whale watching, canyoning, mountain biking and more; for 6+ we can arrange group discounts
- ▶ Other options: visit a lava tunnel and cave, take a surfing lesson or visit a tea plantation, check out a world-famous modern art museum

Rua de São João, 48
Rabo de Peixe,
São Miguel, Açores

+351 911 895 591 | 910 753 103

