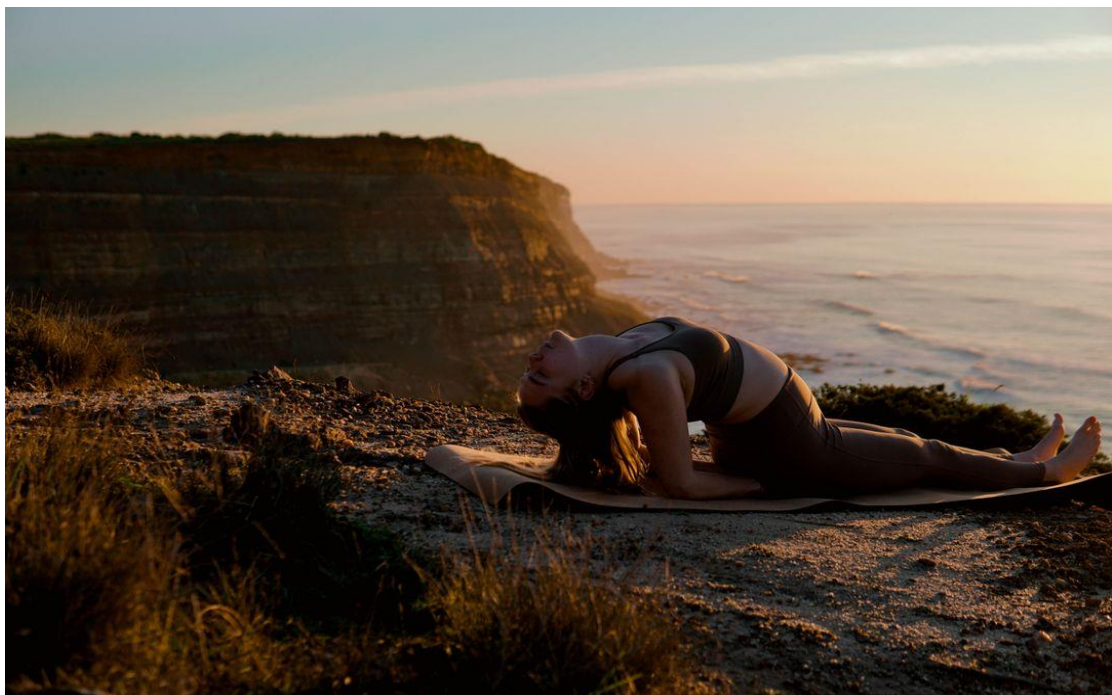
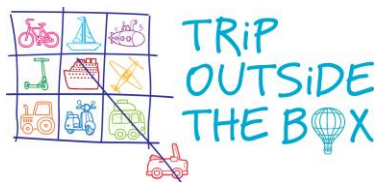


## **Portugal**

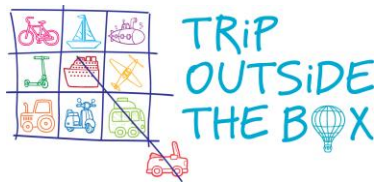


- Accommodation in a wonderful 5\* Luxury Hotel in Portugal's Surf Coast, facing the Atlantic Ocean. This hotel in Ericeira brings serenity to conscious travelers in a natural setting. A secluded property surrounded by nature, gazes over the Atlantic from a cliff. From waking up to a salt breeze on the balcony to counting the waves as you fall asleep – every guest finds a ritual for connecting with the sea !









- **Breakfasts / Meals / Dining options :**

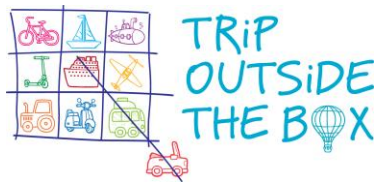
Inspired by the beauty of Portugal's Silver Coast

Be it a shaded lunch on the terrace, dinner in the modern yet cozy restaurant, or a refreshing drink by the pool, their restaurants and bars offer the ideal setting for any time of day.

Views as inspiring as the food !

Any good meal is enhanced by a spectacular vista !



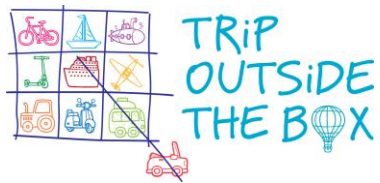


### **Onda Restaurant**

The vibrant, delicious dishes are shareable, sustainable, and seasonal, honoring both land and sea with produce sourced from local farms and seafood straight from the fishing boats of Peniche Harbour.



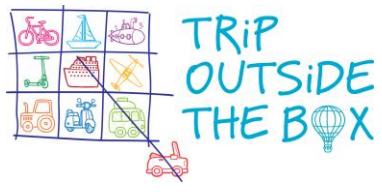




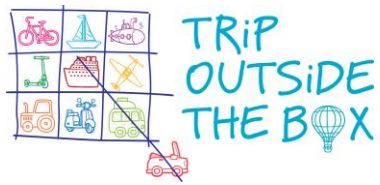
### **Onda Bar**

Relax at ONDA Bar, where fresh seafood flavors and expertly crafted cocktails create the perfect pairing. With its laid-back atmosphere, ONDA Bar is the ideal spot to enjoy fresh bites, sip a delicious drink, and unwind with friends. Whether you're stopping by for a light snack or a lively evening, the inviting space encourages you to linger and connect.







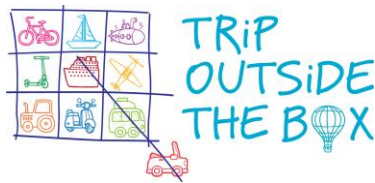


- **Wellness & Retreats**

**Relax & Unwind**

Whether soaking in the steam or feeling the relaxing power of touch, heading to their wellness areas will provide you with renewed energy – and blissful calm.



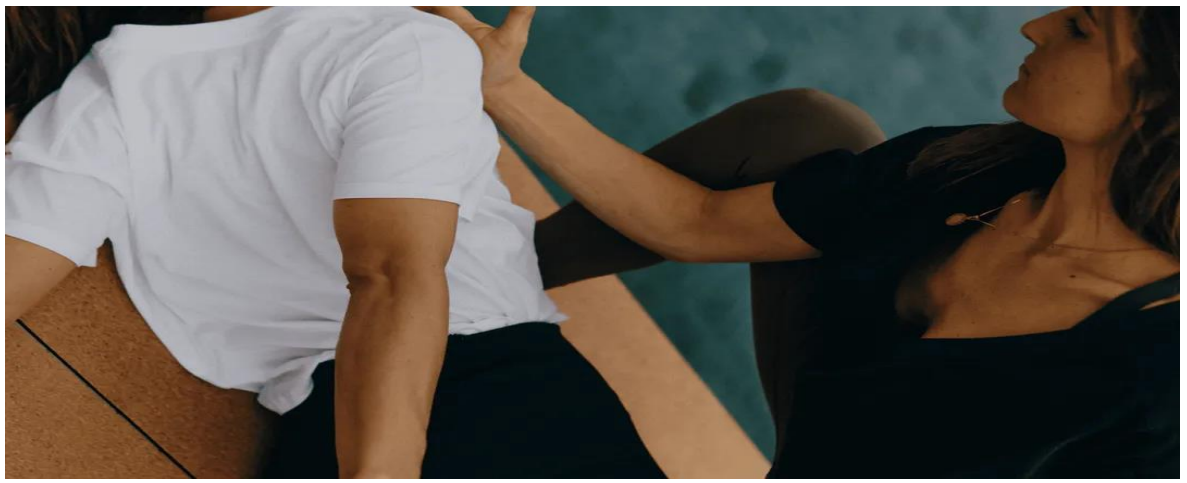


**You may chose from the below options :**

### ***Sea Bones – Bodywork Alignment***

These sessions bring together the perfect balance of optimal strength, flexibility, and freedom of movement. Identifies and restores the body's dysfunctions/imbbalances that lead to common injuries and stiffness. Followed by a symmetric, precise, and flow bodywork sequencing, through the assistance of manual adjustments.

This experience becomes powerful when we combine conscious movement with the warm signature massage afterward, imbuing a sense of complete restoration.

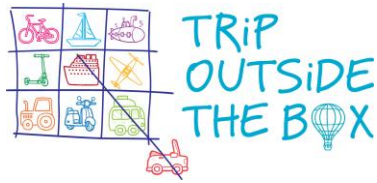


### ***Chi Kung Sessions***

Chi Kung is the ancient Chinese art of Qi cultivation. Qi (Chi) means the universe's vital energy (within and around us) and Gong (Kung) means "inner energetic development". It is inspired by the nature elements interaction principles. It will transform and empower you ! This practice promotes the energetic harmony inside the body. Its goal is to break and prevent energetic blockages, as well as to heal unbalanced emotional states.







### ***Ice & Breath Immersion***

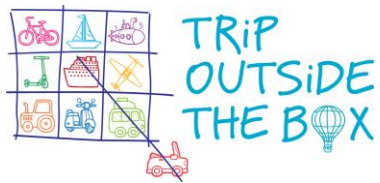
Awaken, breathe and expand. An experience that will transform the way you breathe, feel and live. Allow yourself to deeply connect with your body and mind through breathing techniques and ice immersion, challenging your limits. Each step has been designed to take you beyond what you thought was possible, creating a sense of mental clarity, focus and balance.

This program is designed to help you:

- Naturally regulate the dopamine system, promoting focus and well-being;
- Reduce inflammation and optimize muscle recovery;
- Build physical and mental resilience;
- Improve connection with your breath and expand vital energy.

Are you ready to awaken your inner power ?



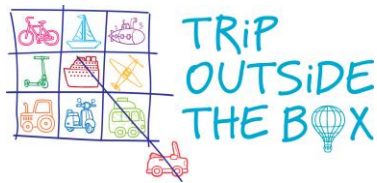


### ***Yoga Sessions***

Yoga Vinyasa classes are strong and dynamic, synchronising breath with movement to create flow and steadiness of mind and body. Each class is a complete practice and often incorporates pranayama (breath work) and a sweet restorative savasana to close.







### ***Slow Flow***

A meditative inspired flow with a slower, more mindful pace. Movements that encourage body awareness, alignment and the release of stored tension. A calming experience that leaves you feeling refreshed, restored and grounded.

Slow Flow is a restorative yet intentional practice, this class is designed to help you move your body with intention, release stored stress and create space for balance and calm. Through thoughtful sequences guided by breath, Slow Flow serves as an active restoration - helping you reconnect with your body and mind at a gentle pace.

Perfect for winding down or finding ease in the midst of life's demands.

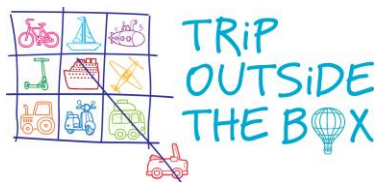
Slow Flow is your invitation to returning to yourself, move with presence and care.



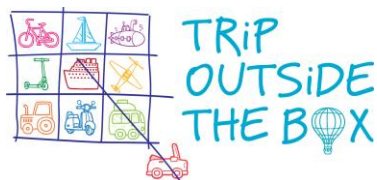
### ***Pilates Session***

A stabilizing practice : strengthen and lengthen back / front whole body.

Pilates will help you discover the power of precise movements and the principle of control as you strengthen and lengthen your muscles. With a particular focus on postural work, spine, pelvic floor, core, hamstrings and shoulders freedom, this class offers the perfect opportunity to compliment any other practice and enhance your overall wellbeing.







### ***Morning Walk***

Meet the Aethos Hotel surrounding villages and country views !

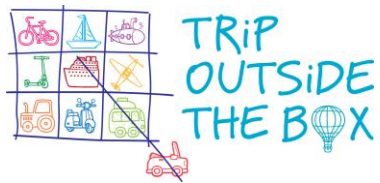
What could be better than a relaxing walk around the villages and countryside landscapes near Aethos Ericeira after a fantastic breakfast ? You may do a very easy hike of 7.5 km, which will activate your body and relax your mind.

This hike will take around 2 hours, and you will see the local farm fields and small villages, which show us the perfect interaction between man and nature.

So grab your snack at the reception, put on your comfy shoes and enjoy this beautiful walk throughout the Nature.







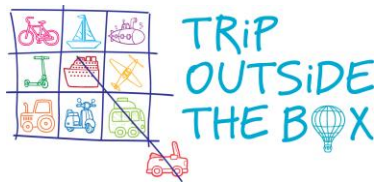
- **Activities & Day Tour options**

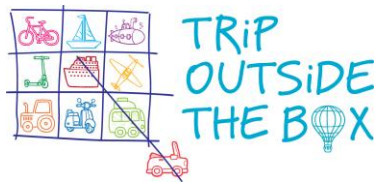
***Wine O' clock Tour & Lunch***

Guided Wine Tour, followed by lunch with wine pairing in one of the area's most awarded wineries !









### ***Picnic Basket on the Beach***

Indulge in a gourmet adventure with Onda Picnic experience. Savor the flavors of Portugal while immersing yourself in breathtaking coastal views.

Our carefully curated picnic basket includes :

**Artisanal Salads :** Choose from vibrant options like beetroot-orange with blue cheese or avocado-mango ceviche.

**Gourmet Sandwiches :** Delight in local flavors with choices like cured ham and Serra da Estrela cheese bagel or chicken-avocado sandwich.

**Sweet Endings :** Indulge in traditional Portuguese treats – the almond-egg "Ouriço" or the iconic "Pastel de Nata."

**Refreshing Beverages :** Enjoy still or sparkling water, accompanied by artisanal sodas in unique flavor combinations.

**Portuguese Wines :** Complete your meal with a selection of local wines, from sparkling to red.

Elevate Your Experience by :

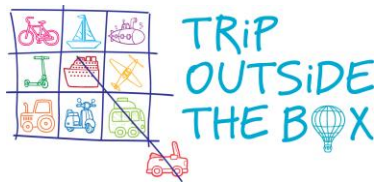
Enhancing your picnic with a curated cheese and charcuterie board.

Capturing memories with our Instax camera rental, complete with film for 20 photos.

Asking about wine upgrades for a truly special occasion.





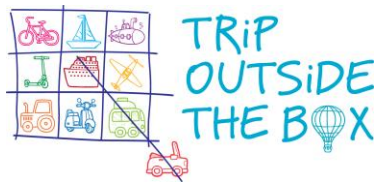


### ***Private Surf Session***

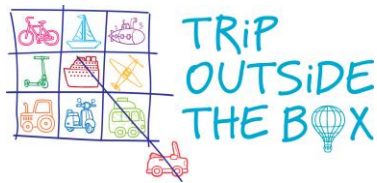
A private surf session which is specifically tailored to your needs ! Whether you are a beginner or intermediate surfer looking to improve your skills, this private surf session is specifically tailored to your needs. Your surf instructor will use his/her knowledge of breathing practices, combined with their passion for surfing to create specific sequences of body movements to advance to the next level.

Please note that surfing is depending almost entirely on nature. This means that the exact start of the session depends on the conditions and can vary. Please allow for some flexibility. They will re-confirm with you the start time of your session the day prior.









### ***Nazaré Jet Ski Experience***

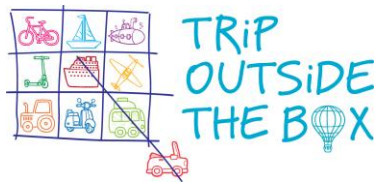
Nazaré is the big wave surfing Mecca of Europe and has become THE location to come and experience elite big wave surfers from all over the world.

Feel the power of Nazaré on a jet ski with the professional Big Wave rider JOANA ANDRADE and experience the giant waves firsthand. After a safety introduction and some insights about how these big waves are being formed, our jet ski will bring you to the giant wave zone. This one-of-a-kind experience !

Please note that surfing is depending almost entirely on nature. This means that the exact start of the session depends on the conditions and can vary. Please allow for some flexibility. We will re-confirm with you the start time of your session the day prior.

This experience is only available in the winter months.





### ***Hike & Wine***

Hike around Cheleiros village and landscapes and finish your tour with wine & tapas taste experience.

Walk through the historic wine village Cheleiros and enjoy the surrounding landscapes. We will visit the recovered village Mata Pequena and the remains of a very old Volcano that together with the salty air, are elements that give the soil its unique characteristics for this wine production.

After a 7km Hike we leave you in the hands of a professional team that will explain everything about the local wine and you can visit the museum and the facilities.

At the end you will taste 6 fantastic wines and taste local products like cheese, olive oil, bread and others.

Don't miss the opportunity to experience the countryside life and its flavors.



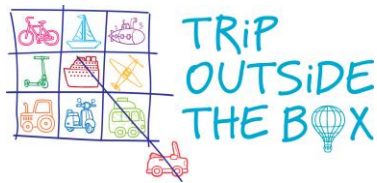




Alternatively, you may visit the village of Cheleiros on a classic car tour or on an e-bike, which will only the elevate the fun !







### ***Climbing by the Ocean***

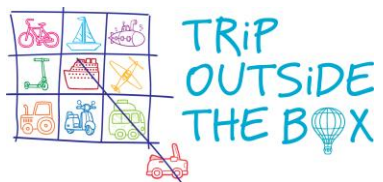
Bouldering Ericeira = Book your slot to join the guided rock climbing tour, either to learn how to climb or to explore new boulders.

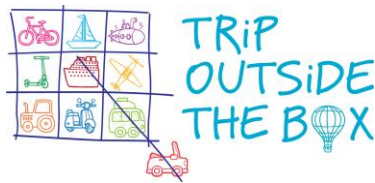
Ericeira Boulder has been offering guided rock climbing and bouldering tours in Ericeira since 2019. They have developed many climbing sectors in the area, in collaboration with local climbers. They just opened their own indoor climbing center and will keep offering guided outdoor climbing tours. They offer climbing tours for all ages and levels of climbers (beginners, intermediates and advanced).

Better safe than sorry : besides their well-educated guides who will keep you safe, all their clients are covered by insurance, which is included in the price - Safety always comes first !









## ***Waves watching***

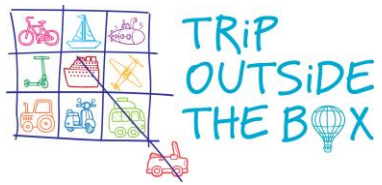
Visit the surf Meca of Nazaré and the magnificent big waves !

This tour offers a unique and immersive experience, combining Nazaré's natural beauty, rich maritime history, world-class surfing, and authentic local flavors into an unforgettable adventure.

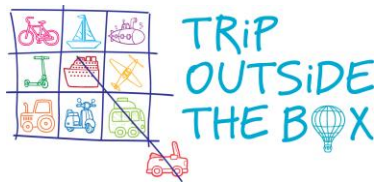
- Lighthouse - Located on top of a promontory, offering breathtaking views of the Atlantic Ocean.
- Enjoy stunning views and gain insights into the giant waves of Nazaré.
- Surf Museum - Exhibits featuring historic surfboards and surf equipment.
- The history of surfing in Nazaré and the rise of the giant waves.
- Key moments in surfing history, including achievements of surfers who have taken on Nazaré's massive waves.
- Fish Museum - A deep dive into the history of traditional fishing and the connection between fishermen and the sea. Displays of traditional fishing tools, such as nets and boats, and artifacts.
- Learn about the local marine life and the impact of fishing on the town's development.
- Traditional Nazaré Lunch - Enjoy a cozy and authentic atmosphere while tasting traditional local dishes (full meal included).
- Backstage of the Nazaré Surf Championship - Exclusive access to the behind-the-scenes of the world-renowned surf event.
- Visit areas such as athlete preparation zones and giant wave monitoring points.
- Hear stories from surfers about their preparations and experiences with Nazaré's giant waves.
- Traditional Sweets Tasting - Learn about the origins and traditional ingredients of these local sweets.
- End the tour on a sweet note with delicious treats at one of the local pastry shops.



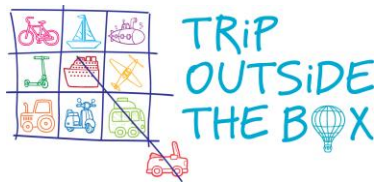


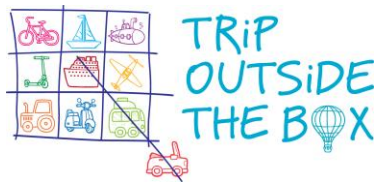








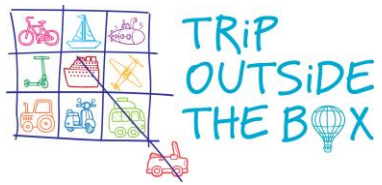




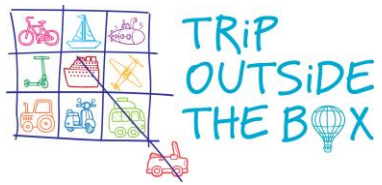
***Guided Day tour in Lisbon & Sintra***











***Lisbon Fados Night out***

