



Herdade da  
Malhadinha Nova  
Alentejo • Portugal



# FAZER DA VIDA UMA FESTA

MAKE LIFE FUN

## NATURAL BREAK

**Put to the test your senses** while enjoying  
all the charm of the Alentejo plain.

"What nature delivers to us is never stale.  
Because what nature creates has eternity in it."  
[Isaac Bashevis Singer]

### DAY 1

- Feel the aroma and reinforce the senses with a welcome appetizer at the Country House;
- A tour around the estate and winery, followed by a wine tasting.
- Sports Massage – Relax in our SPA with a massage that releases the body and the mind and allows muscle activation;
- Theme dinner at the Restaurant – Sophisticated kitchen and natural products – Feel the power of the healthy flavors of Malhadinha;
- In the Comfort of the Hotel, a Mariage tea tasting with our homemade cookies.

### DAY 2

- Hiking around the property – Start your day with a sporty walk around the estate and discover the wild and natural resources of the region;
- The snap of homemade bread, the seasonal fruits, jams, natural juices...
- In the splendor of the Alentejo Dawn, enjoy a Yoga session by the pool of the Country House – Revitalise body and mind and relax with the melody of Malhadinha;
- Light Lunch at the Country House – Try a variety of natural and healthy salads prepared by our Chef



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A l e n t e j o , P o r t u g a l

Bruno Antunes;

- Go, with Chef Bruno Antunes, in direction of the orchards and vegetable garden of the estate, selecting fruits and vegetables of the season – Enjoy and relax in the serenity of the fields;
- Workshop of detox juices– Learn with our Chef, to prepare fully healthy and natural juices with the products selected by you;
- Special Winetherapy bath – Relax, in the Comfort of your room, and feel the relaxing power of our grapes;
- Dinner at the Restaurant – Our Chefs will prepare a dinner with healthy menu based on the fruits of our estate.
- Finish your evening with the movie “Eat Pray Love” of Ryan Murphy at the Country House bearing in mind the strawberries with light chocolate.

### DAY 3

- Release all the adventure feeling and risk it on a bike ride in the Malhadinha tracks;
- The snap of homemade bread, the seasonal fruits, jams, natural juices...
- Light Lunch at the Country House – Feel the aromas of the natural and healthy products of Malhadinha;
- Check-out.

### VALUE OF EXPERIENCE

**475 €** [Experience per person in a Double Room]

**[Includes]** 2 Nights Accommodation in Double Room – All the meals mentioned in the program – All the activities mentioned in the program - - Guest Experience Team – Free use of the Spa [Jacuzzi and Turkish Bath] – Fruit in the room and bottle of wine at check out.

**[Excludes]** All the meals and drinks not mentioned in the program

**[Upgrade]** 50 € per night for a Junior Suite - 100 € per night for a Main Suite

**[Cancellation Policy]** If cancelled up to 7 days before the date of arrival will not be charged any additional cost – For reservations cancelled on the same day and in case of no-show, will be charged the full amount of the experience.