



Herdade da  
Malhadinha Nova  
Alentejo • Portugal



# FAZER DA VIDA UMA FESTA MAKE LIFE FUN

## RADICAL EXPERIENCE

"A little of adventure frees the captive soul of the tormentor routine." Clarice Lispector

If you like to feel the pleasure of freedom and adventure, then this is your opportunity: accept the challenge of the Herdade da Malhadinha Nova and come exceed your limits in full contact with nature!

### DAY 1

Feel the aroma and reinforce the senses with a welcome appetizer at the Country House; A bike ride around the estate followed by a visit to the winery and wine tasting;

Sports Massage – Relax in our SPA with a massage that releases the body and the mind and allows muscle activation;

Dinner at the restaurant gourmet – A gastronomic menu with healthy products; In the dark of the night, dare up to a proof of night orientation with GPS and find your instincts..

### DAY 2

Start your day with a sporty walk around the estate - Wake up the sense of adventure in you;

The snap of homemade bread, the seasonal fruits, jams, natural juices...

Get ready for a quad bike ride adventure – Discover the wild paths of the Alentejo plain;

Lunch at the Country House - Our chef prepared a sports menu based on fresh pasta;

In the early afternoon, a microlight flight and fly over the Alentejo plain – See Malhadinha as you have never seen;

End your day with a TRX, a workout in suspension that reveals functional, intensity and innovation.

At the gastronomic Restaurant, our chefs will prepare you a menu rich in fibers that harmonizes with our wines.

End your evening with the movie "Million Dollar Baby" of Clint Eastwood in the comfort of the Country House.



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

### DAY 3

Wake up with the snap of homemade bread and feel the breakfast flavors, the seasonal fruits, jams, natural juices...

Start off towards to the last stronghold of the great river of the south Portugal, river Guadiana, and make a canoeing descent between Briches and Quintos;

Revitalizing lunch in the vineyards – keep yourself in nature with a healthy lunch.

Enjoy and put your sight in proof with a target shooting session in the middle of the Malhadinha vineyards;

Release all the adventure feeling and risk it on a bike ride in the Malhadinha tracks; Replace your energy with a menu full of proteins prepared by our Chef Bruno Antunes.

End your evening in the Comfort of the Country House and see the most radical moments of your experience.

### DIA 4

Breakfast at the Country House – Enjoy the best combination for a great start of the day!

Release the adrenaline in you and let yourself go through the adventure of a Tandem Jump Breakfast – a unique feeling of complete freedom [Optional]

Say goodbye to Malhadinha with a lunch at the Country House with a dish full of flavors and aromas from Alentejo!

Late Check-out.

1000 € [Experience per person in a Double Room]

**[Includes]** 3 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

**[Opcional]** Tandem Jump Breakfast [140 € per person]

**[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.