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HERDADE  
MALHADINHA  
NOVA

SPORT MASTER

“ALL IS POSSIBLE FOR THOSE WHO DARE.”

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**Adventure in Herdade da Malhadinha Nova and feel the adrenaline in the Alentejo plains.**

**DAY 1**

Arrival at Herdade da Malhadinha Nova followed by a welcome drink with one of the Herdade's wines;

Tour of the estate in our vintage four-by-fours. Get to know the biologic procedures of our viticulture team and enjoy the scenery that Alentejo provides;

Winery tour followed by a wine tasting accompanied by our wine tourism team;

To start the evening, dine with us and discover the perfect marriage between gastronomy and the wines produced on the Estate;

Night orienteering event. Grab the lanterns, the map and in the dark of the Alentejo night under the guidance of the stars find the Country House always accompanied by our team. See the starry sky as you have never seen it before.

**DAY 2**

Guided jog through the property. In the early morning, enjoy the vast Alentejo plains that Malhadinha has to offer;

Wake up with the morning freshness. Feel the first aromas and enjoy a breakfast filled with fruit, jams and natural juices;

Guided Quadbike ride through the Estate's tracks. In an extreme experience, get to know the property and enjoy Malhadinha's beautiful scenery;

Light lunch – try the salads and the biologic vegetables from Herdade da Malhadinha Nova, accompanied by our delicious PDO meats;

Parachute jump - Feel the thrill of flying, contemplating the beautiful landscapes of the Alentejo, in a tandem jump; (\*)

Themed dinner. Feel the perfect combination between the refinement of our restaurant and the passion we put into our dishes.

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### DAY 3

Sports training class. Breathing fresh air while doing physical exercise: a revitalising moment;

Breakfast – Enjoy Malhadinha's landscape while tasting the delicacies that the Chef has prepared especially for you;

Muscular training with your Personal Trainer in the Estate's maintenance circuit;

Light lunch, combining the best flavours the estate has to offer;

Intense Cross Fit training. Put your skills to the test with this complex Cross Fit training;

Sports Massage in the Spa – enjoy a massage specially made for athletes performed by our Team of therapists;

Dinner – After an exhausting day, you deserve a delicious meal created by our kitchen team with our best products.

### DAY 4

Breakfast – Start the day in the best possible way with a breakfast filled with fresh and tasty products, overlooking the best landscapes in the Alentejo;

Tennis lesson on the court at Herdade da Malhadinha Nova. Test your tennis skills in an intense competition;

Picnic in the vineyards of the Estate, where you will be able to taste all the features of our Farm to Table cuisine;

Sports training class. Continue to enjoy the estate to release all tension and relieve stress with another personalised training class;

Gastronomical dinner at the restaurant. A moment of pure pleasure combined with the charm and refinement of our cuisine.

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## DAY 5

Wake up to the morning freshness. Feel the firsts aromas and enjoy a breakfast filled with fruits, jams and natural juices;

RZR ride through the Estate's tracks. In an extreme experience, get to know the property and enjoy Malhadinha's beautiful scenery;

Light lunch. Remember the best flavours of Malhadinha;

Check-out.

## VALUE OF THE EXPERIENCE

On Request [Experience per person in a Double Room at Monte da Peceguina]

On Request [Experience per person in a Suite at Monte da Peceguina]

On Request [Experience per person at Casa do Ancoradouro]

On Request [Experience per person at Casa das Artes e Ofícios]

On Request [Experience per person at Casa da Ribeira]

On Request [Experience per person at Casa das Pedras]

0-3 years on request / 4-6 year on request/ 7-12 years on request

[Includes] 4 nights stay. All meals mentioned in the program. All activities mentioned in the program.

[Excludes] Every drink not mentioned on the program, during meals or otherwise.

(\*) Optional activity. Price per person - On Request

[Confirmation and cancellation policy] Reservations can be changed or cancelled more than 5 days before the arrival date. In case of cancellation after 5 days before check-in, you will be charged 100% of the reservation amount. In case of no-show or early departure you will be charged 100% of the reservation amount.