



Adventure Program **Sports Master**

“All is possible for those who dare.”

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



Herdade da
Malhadinha Nova
Alentejo • Portugal

Day 1

Arrival at Herdade da Malhadinha Nova. Welcome appetizer paired with Antão Vaz da Peceguina, the autochthonous variety of Alentejo.

Safari by Jeep through the property. 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 Winemaking team.

Dinner at the restaurant – a gastronomical menu with Malhaidnha's healthy products.

Nocturnal Orientation Test – Lose yourself in Malhadinha and go on this adventurous experience accompanied by our Guest Experience Team.



Day 2

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

Breakfast. On the day's first meal enjoy the traditional Alentejo cuisine paired with diversity.

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 at the Country House & Spa or Casa do Ancoradouro – the salads and the biologic vegetables from Herdade da Malhadinha Nova.

Dinner at the restaurant. Feel the perfect combination between our restaurant's refinement and the passion we put into our Gourmet dishes.



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Day 3

Sports training class. An invigorating sporting moment.

Breakfast – Enjoy Malhadinha's view while tasting the Chef's delicacies.

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

Light lunch at the Country House & Spa or Casa do Ancoradouro.

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.

Traditional Menu dinner at the Restaurant – Discover the Alentejo gastronomy with our traditional cook Vitalina Santos.

Day 4

Breakfast – Enjoy the best combination for a great start of day.

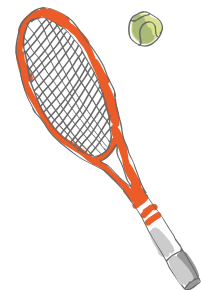
Tennis session at the Herdade da Malhadinha Nova court. Test your tennis skills in an intense competition.

Gourmet picnic at the Estate's vineyard. The details of our gourmet cuisine harmonize with one of the most beautiful landscapes of the Estate.

Sports training class. An invigorating sporting moment.

Wine therapy special bath in the room. A rejuvenating and invigorating moment awaits you in your room.

Gastronomical dinner at the restaurant. A moment of pure delight paired with our Gourmet kitchen's dishes' charm and refinement.



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Day 5

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

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

Light lunch at the Country House & Spa or Casa do Ancoradouro – the salads and the biologic vegetables from Herdade da Malhadinha Nova.

Late check-out.

VALUE OF THE EXPERIENCE

1900 € [Experience per person in a Double Room]

2250 € [Experience per person in a Suite]

[Includes] (except optional) 4 nights stay in a double room; all meals mentioned in the program; all activities mentioned in the program; Guest Experience Team; free use of the SPA (jacuzzi and Turkish bath); fruit and wine bottle in the room.

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

[Confirmation and cancellation policy] On taking the program a payment of 25% of the program's full price must be made. Cancels up to 7 days before the day have no cost whatsoever. Cancels with less than 7-day notice will be charged the full cost of the program. Cancelling on the day of the start of the program, or in the case of a no show, the full cost of the program will be charged.

A NEW MALHADINHA
REVEALS ITSELF...



Herdade da

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