

STROLLING AMONGST THE DUNES

Go down the hotel steps and as you exit the door, smell the scent of the lavender while you walk the path of olive trees! Further ahead, before our vegetable garden, turn right in direction of the white sand dunes. Bask in the aromas, colours, PEACE and savour the wonderful taste of simplicity! And how about taking off your shoes and feeling the white sand invading your soul? Head in the direction of the Atlantic, and let yourself be slowly lulled by the sound of the waves. Find a wooden bench perched on the cliff...sit down, feel the sea breeze and the beat of your heart!. In the distance, perhaps you can make out Berlenga Island. To access Praia do Seixo, a few metres to the left of the bench you will find 100 steps! Below, a magnificent beach....wonderful for a walk at low tide.

On your return to the hotel, don't forget to visit the organic vegetable garden and nursery, which boast countless vegetables and herbs.

