

Monsaraz

BEST FOR Foodie delights.
BED DOWN AT São Lourenço do Barrocal.
 A couple of hours' drive from Lisbon, in the countryside of Alentejo, olive groves and vineyards fill the 780 hectares surrounding the farmstead of São Lourenço do Barrocal. In the same family for generations, it's been lovingly restored and the result is magical. Forty beautiful rooms and cottages sit either side of a cobbled street lined with orange trees. And when it comes to dining, from slabs of honeycomb and freshly baked bread to kitchen-garden veggies, the food is farm-to-table and exquisite. The whole place has an unhurried vibe, the air is silent bar the occasional hoopoe call or rustle of the trees, and the spa, by Susanne Kaufmann, is an instant mellow.
 ● Rooms from £150 a night, including breakfast. barrocal.pt



Don't miss

Learn about the estate-made olive oil and wine on a tour, then taste it at a picnic laid out on rugs in the farmstead's prettiest grassy nooks. When it comes to venturing out, the medieval town of Monsaraz lies in the distance: the steep paths to get there are worth it for the old-as-time-feeling tavernas and countryside panoramas. Ask the Barrocal team to arrange a sailing trip around Alqueva Lake – which has mesmerising views of the surrounding hills, and is part in Portugal, part in Spain, so you visit two countries in one trip.
 ● See visitportugal.com



Torres Vedras

BEST FOR Nature-loving hippies.
BED DOWN AT Areias do Seixo.
 It's hard to believe the wild coast of Torres Vedras, in Portugal's central region, is just an hour's drive north from Lisbon. An uplifting eco-haven, Areias do Seixo is the perfect place to recharge post-wedding. Despite its modern exterior, connections to nature abound. Decor is country-barn cool, bikes are labelled 'pick one and fly' and swing seats bob at reception. The 14 rooms and 13 villas feature doors scrawled with poetry, African-inspired art and four-poster beds. Pick Prata for its Jacuzzi and bathroom fireplace or Oxalá for views of wide lawns and pine-tree forests.
 ● Rooms from £240 per night, including breakfast. areiasdoseixo.com



Don't miss

Life here rolls along to an unhurried beat and simple pleasures are the order of the day; join a woodland yoga class or enjoy a private al-fresco dinner and candlelit cinema screening. Oh, and there's a dinky spa and pool, too. Borrow a bike and pootle past crop fields to the near-deserted sand dunes of Praia de Santa

Rita or, for an adrenaline hit, go surfing at nearby Noah's (noahsurfhouseportugal.com). Whether or not you wave-ride, dining at its rustic seaside restaurant – on the catch of the day and pots of gooey grilled cheese – is a must. Swell junkies should day-trip to Peniche, a surfing hotspot half an hour to the north.
 ● See centerofportugal.com →

