



VILLA EPICUREA

## EXPERIENCES MENU FOR RETREATS



### CHEF'S SHOW COOKING

Learn about the steps on how to cook more natural meals for a more sustainable and healthy lifestyle. This workshop is based on natural and vegetarian or vegan gastronomy.

Available for light lunch or dinner.  
group cook together and then you eat what you cooked.

- Lunch: main + dessert 30 € pp
- Dinner: starter + main+dessert 35 € pp

### PRIVATE PICNIC

Picnic during sunset — per your request we'll put together a picnic basket with the best products from local eco-farms and advise on the secluded areas with a stunning views.

- Price: 45€ (for 2) or 60€ (for 4)

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VILLA EPICUREA



WINE TASTING AND CULTURAL EXPERIENCE.

LEARN ABOUT LOCAL WINERY AND TRADITIONS WITH US.

- Prices: 150€ pp
- Duration: all day

9:25 AM: Departure

10:15 AM: Arrival at the "JF" Winery

Explore the charming cellars

Receive a guided tour by the producer, learning about the unique characteristics of the wines Tasting inc: 1 wine and 1 Muskatel

12:30 PM: Enjoy a delightful lunch in a cozy family home, savoring local delicacies, wines, and local homemade liqueurs

15:45 PM: Embark on a captivating journey to a traditional Portuguese ceramic tile factory specializing in azulejos

Get creative with a chance to craft and paint your own tile (will be ready at the next day and we will pick it up for you)

18:00 PM: Sunset vibe at Cabo Espechel

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## MACRAME WORKSHOP

- Price: 80€ (per person/3 hours, half day)
- Learn 3 basic knots of the technique.
  
- Price: 120€ (per person/5 hours, all day)
- Learn 4 basic knots of the technique.



EX MB is a Portuguese brand of handicraft works for interior design and a project that I created in November 2016, after 9 years of working as a television producer.

I make exclusive wallhangings using the macrame ancient technique – which consists of interweaving threads through knots. Each piece is unique and carries the marks of a work done entirely by hand. It implies a lot of involvement, and that's why the brand couldn't have another name than mine.

TEX comes from Martex – which in turn comes from Marta – and which is also the nickname by which my friends affectionately treat me. MB comes from Marta Barros.

Half a day:

With support, participants will create a small piece - a pot holder or a small panel - which they will take home.

All materials are included.

Min. Participants: 6 pax

• One day:

With support, participants will create a medium size wallhanging which they will take home.

All materials are included. A light meal will also be served.

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## VILLA EPICUREA



### WINE TESTING AT THE VILLA WITH LOCAL SOMMELIER VALERIA

Wine tasting Local Wine Producers  
Península de Setúbal & Lisbon Region

- Prices: 45€ (for groups with 10-15 participants)
- Duration: 1,5h

Embark on a journey through the wines of the Peninsula de Setúbal and the Lisbon Region. Uncover the charm of indigenous grape varieties as you indulge in a sensory exploration guided by a renowned wine expert.

The experience includes 6 wines :

- Sparkling wine (Lisbon Region)
- White wine (Península de Setúbal)
- White wine (Lisbon Region)
- Red wine (Península de Setúbal)
- Red wine (Lisbon Region)
- Desert wine from Muscat (Península de Setúbal)

**Villa Epicurea will provide special snacks table that works as a lunch or dinner and perfectly combines with wines (paid by organizers of retreat, not extra but included in daily price menu)**

Wine Expert: Valéria Zeferino Dip.WSET, wine critic, wine educator and international wine judge

To be able to provide you this experience we kindly ask you to make a booking as early as you can. Wine expert has a tight schedule.

If cancelled less than 48 hours before, then no refund issued, the full amount of booking due.

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## VILLA EPICUREA



### WINE TESTING AT THE VILLA WITH LOCAL SOMMELIER VALERIA

Wine tasting Extraordinary Wine  
Regions of Portugal

- Prices: 45€ (for groups with 10-15 participants)
- Duration: 1,5h

Embark on a journey through the 6 extraordinary wine appellations of Portugal. Uncover the charm of indigenous grape varieties as you indulge in a sensory exploration guided by a renowned wine expert.

The experience includes 6 wines :

- Tavora-Varosa
- Monção e Melgaço a very special subregion of Vinho Verde
- Douro
- Dão
- Bairrada
- Alentejo

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## MASSAGES

- Shiatsu (1h) - €75
- Swedish/Classic (1h) - €75
- Ayurvedic (1h) - €75
- Therapeutic (1h) - €75
- Sound Therapy for group (1.5h) - €250

- Price: from 75€ (per person)
- 10 days advance reservation required



## VILLA EPICUREA

### YOGA CLASS OR BREATHWORK OR QI-GONG

Experience an class surrounded by nature.

- Prices:
  - 50€ (individual class)
  - 35€ (per person - for classes with 2 people)
  - 30€ (per person - for classes with 3 people or more)
- Duration: 1h



### SURF LESSON

Learn how to surf in a Portuguese beach.

- Price: 35€ (per person - group lesson, 2 hours with all equipment)
- Surf School (group lesson at Costa da Caparica, 40 min drive)
- car for 6 people to and back 220€

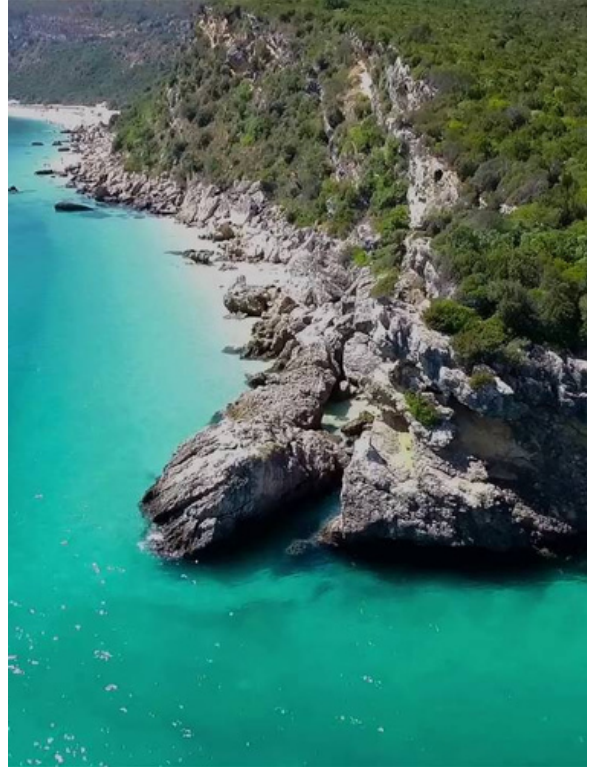


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## ADVENTUROUS SPORTS AND MORE

Canoeing, Climbing, Rappel, Trekking, Dolphin watch, Snorkeling and more

- Different prices
- 10 days advance reservation required



## HORSE RIDE AT THE BEACH

Enjoy a horse ride at the area (June, July and August near the beach, sea view only)

- Price: 70€ (per person)
- Duration: 1h
- 10 days advance reservation required



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## GO BACK TO THE ROOTS WALK

The human being has always sought in nature the remedies to cure their problems. Let's take a walk through Arrabida Natural Park and identify some species of plants useful for women's health. After the tour, we will explore a little about herbal medicine and natural biological cosmetics. We will make some creams, toothpaste, and lipstick with essential oils and plants.

- Price: 37€ (per person - min. of 4)
- Duration: 2-4h
- Transportation is not included

## BIKE RENT

Explore our surroundings with one of our bikes.

- Price: 12€ (per person/day)
- Duration: 12h
- 100€ deposit is required



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