



# Baixo Guadiana
## Experiences Catalogue

Choose Guadiana

# Routes

Routes with Tradition Soul and Flavour



*Routes That Take Us to Incredible Places*

**Choose Guadiana Routes** invites you to discover the Baixo Guadiana (*Lower Guadiana*) through experiences that reveal the richness and identity of this territory. Promoted by Odiana - Association for the Development of the Baixo Guadiana, this project brings together a set of proposals that value local resources, products of the land and sea, and cultural heritage, creating new ways of getting to know the region.

Drawn up by various entities and local partners, the experiences set out in this catalogue invite you to explore the destination in a genuine way, bringing you closer to the people, traditions and places that make the Lower Guadiana a unique territory.

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# *Getting to Know the Region*

Shaped by the Guadiana River, the Baixo Guadiana stands out for the wealth of its natural heritage, where the mountains, the sea and the Nature Reserve - the oldest in mainland Portugal - make up a landscape of great ecological value. The extraordinary biodiversity that characterises this territory makes it a refuge for countless species of fauna and flora.

This natural wealth is complemented by a historical and cultural heritage built up over the centuries, reflected in the villages, traditions and marks left by the different peoples who have lived here. Getting to know the Lower Guadiana region is discovering a territory where nature, culture, and identity remain deeply intertwined.

Choose Guadiana Routes

Routes with Tradition, Soul and Flavour

Medieval Salt Route

# Guided Tour of the Salt Flats of Castro Marim

"Discover the Craft of Artisanal Sea Salt in Castro Marim"

In the traditional salt flats of Castro Marim, where salt has been produced by hand for centuries, each crystal tells a story of sun, water, wind, and human knowledge. This guided tour invites participants to enter the fascinating world of traditional sea salt and fleur de sel production, closely observing the gestures, techniques, and knowledge that shape one of the most emblematic activities of the Lower Guadiana region.

Throughout the journey through the salt marshes, visitors discover how nature and human labour balance in perfect harmony, giving rise to a product of excellence which is internationally recognised. Depending on the time of year, it is possible to observe different phases of production and even take part in some of the traditional tasks carried out by the salt workers.

More than just a visit, this experience is an immersion into the cultural, natural, and human heritage of the Castro Marim salt flats - a unique territory where tradition, biodiversity and sustainability coexist side by side.

Castro Marim

April to November



| Type: Tour | | | | | |
|---|---|---|---|---|---|
| Participants | Duration | Languages | Price / PAX | Notes | Bookings |
| Min. 1 person<br>Max. 12 people | 1 hour | Portuguese<br>English<br>Spanish<br>French | 6€/PAX groups 4 or more people, €10/PAX for groups of 1 to 3. 50% discount for children under 14 years old. €6* | **includes:** Access to toilets, awnings and lounge chairs, lockers and changing rooms. Access to the salt products shop and to the snack bar and outdoor terrace. | 24h in advance |

*Indicative prices per person/group, subject to change.

## Programme

- **Reception** and an introduction to the history of the salt flats of Castro Marim;
- **Explanation** about the traditional production cycle of artisanal sea salt and fleur de sel;
- **Guided tour** through the salt flat's various production areas;
- **Observation** of the traditional techniques used by salt producers;
- **Interpretation** of the biodiversity and the surrounding natural landscape;
- **Participation** or observation of seasonal tasks (depending on the time of year);
- **Free time** for photos and a visit to the salt products store.

**Ideal for:**
Individuals or groups of up to 12 people.

Silence and calm are required during the visit. It is important not to disturb other visitors and salt flat workers.
No animals are allowed.









OPERATOR:
**Água Mãe**
Tel.no. (+351) 965 404 888 | turismo@aguamae.pt

History, Culture and Traditions of the Baixo Guadiana Route

# Cultural Boat Trip on the River Guadiana

"between history, flavours and living borders"

Step aboard for a unique journey along the River Guadiana, where the past sails side-by-side with nature and local flavours. This cultural tour invites you to explore the vibrant border between Portugal and Spain, on a one-hour journey where the river ceases to be a boundary and becomes a link between two peoples.

With the sun reflecting on the calm waters, the boat glides between banks bedecked in history. An experienced guide leads participants along ancient trade routes, revealing secrets of smuggling, alliances and rivalries, and how culture was shaped around this river axis.

More than just a scenic trip, it's a time for contemplation, sharing, and discovery, enriched by a tasting of local flavours - because learning about a region is also a matter of taste.

Vila Real de Santo António

April to October







Type: Excursion / Guided Tour

| Participants | Duration | Languages | Price / PAX | Notes | Bookings |
|---|---|---|---|---|---|
| Min. 3 people<br><br>Max. 18 people | 1 hour | Portuguese<br>English<br>Spanish | On request (from €23)* | **includes:** Travel insurance, gastronomic experience with local products.<br><br>**Does not include:** audio guides, teaching material | 24h in advance |

*Indicative prices per person, subject to change.

## Programme

- **Boarding** at the 818® Centro Náutico dock in Vila Real de Santo António;
- **Navigation** along the Portuguese and Spanish banks, with historical, cultural and economic interpretation;
- **Explanations** live on old trade routes, border dynamics and local traditions;
- **Tasting** regional products on board;
- **Return** to the dock with time for photos and sharing of final curiosities.
- **Route** VRSA - International Bridge of Guadiana - VRSA.

**Ideal for:**
Family tourism and conscious tourism.
Pet-friendly. Team-building events.

Outdoor activity: please wear clothing suitable
for the weather conditions
on the day. Hat, sunscreen, water.
Snacks are allowed on board.



OPERATOR:
**Nautitours**
Tel.no. (+351) 911 719 161 | sales@nautitours.pt

History, Culture and Traditions of the Baixo Guadiana Route

# Centenary Organic Mediterranean Farm

## - visit and tasting

"in harmony with nature"

A tour around a centuries-old farm converted to organic farming in 1994, focused on the production of traditional dried fruits and the ecological management of the landscape.

Beautiful and lush botanical gardens mingle with fruit trees along paths surrounded by aromatic herbs and flowers, native flora, and biodiversity protection zones, punctuated by traditional vernacular buildings such as the lime kiln and stables, where we will sample the farm's various products.

Castro Marim
Quinta da Fornalha
(*Fornalha Farm*)

September to June

Type: Guided Tour / Interpretive Trail

| Participants | Duration | Languages | Price / PAX | Notes | Bookings |
|---|---|---|---|---|---|
| Min. 4 people<br><br>Max. 16 people | 2 hours (10 a.m. to 12 p.m.) | Portuguese<br>English<br>Spanish | On request (from €29)* | **includes:** Guided Tour and Tasting of local products<br><br>**Does not include:** Drinks or souvenirs | 2 days in advance |

*Indicative prices per person, subject to change.

## Programme

**Ideal for:**
Groups, couples

Bring comfortable clothes.











OPERATOR:
**Quinta da Fornalha**
Tel.no. (+351) 917 107 147 | geral@quinta-da-fornalha.com

History, Culture and Traditions of the Baixo Guadiana Route

Bread and Cheese Route

# The Family Farm

## Animals, Nature and Joy

"Feel, Learn, Respect"

This tour invites families and children to discover Fornalha Farm in a relaxed and fun way. Along the way, we will walk among fields, trees, and natural areas, awakening our senses to everything around us: the smells of the earth and plants, the sounds of birds and wind, the colours of the landscape, and the different textures we encounter.

The tour was designed to stimulate curiosity and connection with nature, stopping off to observe, touch, listen and imagine. Through what they see on the farm - the vegetation, the animals, the insects, the water and the landscape - children are invited to actively explore the space, learning in a simple way using their senses.

A time to take a stroll without rushing, share with family and create memories, strengthening the connection with nature.

Castro Marim
Quinta da Fornalha
(*Fornalha Farm*)

September to June





| Type Guided Tour / Discovering the farm and creating memories | | | | | |
|---|---|---|---|---|---|
| Participants | Duration | Languages | Price / PAX | Notes | Bookings |
| Min. 4 people<br><br>Max. 16 people | 2 hours (10am to 12pm) | Portuguese<br>English<br>Spanish | On request (from €29)* | **includes:** Guided Tour and Tasting of local products<br><br>**Does not include:** Drinks or souvenirs | 2 days in advance |

*Indicative prices per person, subject to change.

## Programme





**Ideal for:**
Families with children

Bring comfortable clothes.

OPERATOR:
**Quinta da Fornalha (*Fornalha Farm*)**
Tel.no. (+351) 917 107 147 | geral@quinta-da-fornalha.com

History, Culture and Traditions of the Baixo Guadiana Route

# Guided tour through the Flavours and Know-how of the Malhada Estate

"Discover the prickly pear, traditions and nature of the Algarve's interior"

In the heart of the Algarve mountains, nestled amongst silent hills and landscapes that hold the secrets of the land, Herdade da Malhada (*Malhada Estate*) opens its doors to an authentic experience that connects the past to the present.

On this guided tour, visitors are invited to walk among traditional crops such as prickly pear, strawberry tree, carob, or acorn, learning about their histories, cycles, and uses, explained by those who cultivate them with dedication and respect for nature. Nelson Ventura, host and guardian of this knowledge, shares insights passed down through generations and innovatively adapted to the new rural landscape.

The visit culminates in a carefully curated tasting featuring products from the estate and local producers, a true celebration of the Algarve mountains - its flavours, know-how and landscapes. More than a visit, it's a reunion with the land, the people, and the living memory of food.

Alcoutim

March to October





| Type Excursion / Guided Tour | | | | | |
|---|---|---|---|---|---|
| Participants | Duration | Languages | Price / PAX | Notes | Bookings |
| Min. 4 people<br>Max. 15 people | 3 hours | Portuguese<br>French<br>Spanish<br>English | On request (from €70)* | **Does not include:**<br>Transport to the Estate.<br>Additional drinks are not included in the tasting.<br>Product purchases (they can be purchased separately) | 7 days in advance |

*Indicative prices per person, subject to change.

## Programme

- **Welcome** to the Malhada Estate and introduction to the mountain territory;
- **Interpretive trail** through the traditional crops of the estate, sharing information about agricultural methods, history and importance of each product;
- **Visit** to the main production areas: prickly pear (especially during the harvest season in August), strawberry tree fruit, fig, almond, carob, olive and acorn;
- **Harvesting experience** (where applicable, according to seasonality);
- **Rounding things off with a tasting** of local flavours, showcasing the estate's own produce, set in a charming rural atmosphere.

**Ideal for:**
Families seeking an educational and sensory experience in the countryside.

Groups (friends, companies, associations) looking for a cultural and gastronomic activity.

International tourists interested in exploring the Algarve mountains and their traditional products.







OPERATOR:
**Herdade da Malhada**
Tel. no. (+351) 963 501 976 | nelsonvrsa@msn.com

History, Culture and Traditions of the Baixo Guadiana Route

# Boat trip along the Ria Formosa
## with a local guide

"Cacela Velha and the Secrets of the Ria Formosa - Cabanas and Tavira"

We glide through the tranquil waters of the Ria Formosa, where every bend reveals ancient stories of the sea. A local guide leads us through the traditional fishing methods of octopus and tuna, with a special focus on the art of using octopus traps, sharing knowledge that still lives on in the people of these lands.

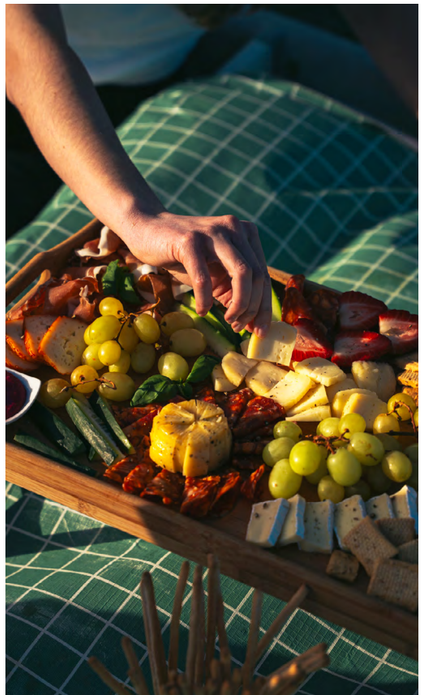
Along the way, we travel from Cacela Velha to the fishing villages of the Tavira municipality - authentic places where time slows down. In Cabanas de Tavira, nets dry in the sun by the estuary, reflecting the daily life of a community deeply connected to the sea.

It's a serene walk, where nature, culture and simplicity meet - inviting us to feel the true spirit of the Algarve.

Cacela Velha, VRSA

May to November





Type: Excursion / Guided Tour

| Participants | Duration | Languages | Price / PAX | Notes | Bookings |
|---|---|---|---|---|---|
| Min. 2 people<br><br>Max. 10 people | 3 hours | Portuguese<br>Spanish<br>English | On request (from €30 for adults, €15 per child)* | **includes:** Visit the boat tour with a local guide, enjoy mineral waters and sparkling water, a pair of binoculars.<br><br>**Does not include:** Food, swimwear, transfer | 1 day in advance |

*Indicative prices per person, subject to change.

## Programme

• Boat trip along the Ria Formosa, **departing from Cacela Velha**, exploring the natural channels and unique landscapes of this lagoon system.

• Along the way, passing through **Cabanas de Tavira** - where nets can be seen drying in the sun

• Continuing until **Tavira**, with interpretations about the local culture, traditional fishing, and biodiversity of the estuary.

• A **peaceful experience**, ideal for exploring the eastern Algarve from the water.

**Ideal for:**
Couples, groups, families with children

Bring a hat, swimsuit, comfortable footwear, sunscreen. Not suitable for babies.







OPERATOR:
**Titus Boat Tours**
Tel. no. (+351) 965 890 566 / 961 850 450 | justino_correia@sapo.pt

Tuna Route

# Tuna Land

## Cultural and Gastronomic Visit

### “From Sea to Plate in the Lower Guadiana"

In Vila Real de Santo António, tuna is not just a fish - it's history, identity, and collective memory. For centuries, this territory lived to the rhythm of fishing boats, canning factories, and the knowledge passed down through generations connected to the sea.

In this experience, participants are invited to discover the world of tuna, from its capture to its final product. The table explores unique traditions such as "ronqueio” - the art of cutting tuna - and the ancestral preservation methods that have brought international fame to the region.

Through heritage, culture, and gastronomy, this journey reveals how tuna has shaped the local economy, architecture, and flavours. The journey ends at the table, where the products come to life in authentic dishes that celebrate the best of the sea in the Algarve. More than a visit, it's an immersion into one of the greatest cultural legacies of the Lower Guadiana region.

VRSA

All year round






| Type: Guided Tour / Tasting | | | | | |
|---|---|---|---|---|---|
| Participants | Duration | Languages | Price / PAX | Notes | Bookings |
| Min. 6 people<br><br>Max. 20 people | 4 to 5 hours | Portuguese<br>Spanish<br>French<br>English | On request (from €55)* | **includes:** Meal<br><br>**Does not include:** transport to the meeting point (this service may be provided for an additional fee) | 3 days in advance |

*Indicative prices per person, subject to change.

## Programme

**10:00 a.m. - Meeting Point:** António Rosa Mendes Municipal Historical Archive.
**10:10 a.m. - Visit to the Museum Cent**re for the Canning Industry. Here, we explore the "Tuna Cycles," from the arrival of the fish at the fish market to the complex process of canning and oiling. This is the ideal context to understand why VRSA was nicknamed "Tuna Land".
**11:30 a.m. – Pombaline Walk and the Canned Goods Route** - A short walk through Marquês de Pombal Square, observing the geometry of the Enlightenment city, and a guided tour of the Hotel Bordoy Grand House and its history.
**12:00 p.m. - Visit to the Tuna Brotherhood** - Explanation about Muxama (known as "sea ham") and Estupeta, salted and dried products that date back to the time of the Phoenicians. Explanation of the differences between cuts of meat such as Ventresca, Tarantelo, and Sangacho. For the culinary connoisseur, this is the time to learn that “every part of the tuna is used”.
**1.00 p.m. - Tuna Tasting** at a local specialist restaurant, featuring a starter of Estupeta de Atum (a fresh tomato and pepper salad) followed by a main course of Tuna à Moda da Fábrica or Tuna Steak with Onions (Bife de Atum de Cebolada).
**2:30 p.m. - End** of Experience

**Ideal for:**
Small groups or individuals







OPERATOR:
**Transguadiana, Travel Agency**
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History, Culture and Traditions of the Baixo Guadiana Route

# Guadiana on Two Wheels

"Road cycling tourism in the heart of the authentic Algarve"

Guadiana on two wheels invites participants to discover the most authentic Algarve through carefully designed routes in the interior of the Lower Guadiana region. Away from the busiest areas of the coast, the routes traverse rural landscapes, traditional villages, paths and streams, and locations endowed with high natural value, providing a genuine experience of contact with the territory.

More than just a sporting activity, this is a way of travelling at the pace of the landscape, getting to know the people, the traditions of each stop, the flavours and stories of the places that make this region a unique destination.

Each route was developed to provide safety, comfort, and a memorable experience, allowing participants to discover the territory in an active, sustainable, and authentic way.

Monte Gordo, VRSA

October to May

| Type: Bike ride | | | | | |
|---|---|---|---|---|---|
| Participants | Duration | Languages | Price / PAX | Notes | Bookings |
| Min. 1 person<br>Max. 25 people | Minimum 3 hours<br>Maximum 6 hours | Portuguese<br>English | On request (from €516)* | **includes:** Giant TCR alloy road bike – Shimano 105 Triple (5700), support, tour route preloaded on GPS, helmet, and water bottle | 3 days in advance |

*Indicative prices per person, subject to change. Tourist package: Includes 7 nights' accommodation on a half-board basis, arrival and departure transfers from Faro airport, and a 6-day bicycle rental.

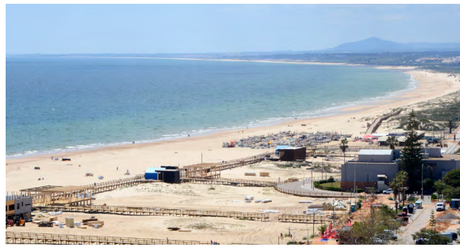
## Programme

- **Predefined and tested routes**, with distances adapted to different levels of physical fitness, ranging approximately between 35 km and 129 km.
- Participants have access to **bicycle tailored to your profile**.
- The routes go through different **areas of the Algarve and Lower Guadiana**, prioritising low-traffic secondary roads, rural landscapes, local heritage and tourist attractions.
- The programme may be operated in **self-guided or guided format,** depending on the type of route and the profile of the participants.

**Ideal for:**
National and international cycle tourists; road cycling enthusiasts; small groups of friends, cycling clubs, participants in active tourism programmes. Over 16 years old.









OPERATOR:
**Laranjatours**
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# *Experiencing the Region*

In the Lower Guadiana region, every experience is an opportunity to savour time, explore, and create a closer connection with the land. Whether enjoying the tranquility of the salt flats, strolling along the river, hiking, or taking a guided tour, each moment invites you to discover the region in an active and engaging way.

More than just visiting, experiencing the region means participating in its daily life, appreciating the authenticity of its landscapes, and enjoying experiences that reflect the rhythm, hospitality, and diversity that characterise the Lower Guadiana.

Choose Guadiana Routes
Routes with Tradition, Soul and Flavour

Medieval Salt Route

# Mineral Bath in the Salt Flats

"Floating in the Therapeutic Waters of Castro Marim Salt Flats"

In the salt flats of Castro Marim, where the sea, sun, and wind have shaped the landscape for generations, one can experience a rare sense of total peace of mind. Here, amidst pools of water and mountains of white salt, the body slows down and nature takes over. In this mineral flotation experience, participants immerse themselves in naturally hypersaline waters, rich in essential minerals, whose high density allows them to float effortlessly - a unique sensation of lightness and deep relaxation.

The silence of the salt flats, the sea breeze, and the natural warmth of the water create an atmosphere of contemplation and well-being that awakens the senses and promotes physical and mental balance. Inspired by the age-old benefits of salt water and the salt production traditions of the Algarve, this experience provides a true reconnection with nature.

More than just a swim, it's a ritual of slowing down in the heart of the Lower Guadiana.

Castro Marim

April to November



Type: Wellness Experience

| Participants | Duration | Languages | Price / PAX | Notes |
|---|---|---|---|---|
| Min. 1 person<br><br>Max. 20 people | 1 hour | Portuguese<br>English<br>French<br>Spanish | €8;<br><br>€4 for the under-14s* | **includes:** Self-exfoliation pre-treatment using salt flat mother water (água-mãe) and *fleur de sel*; saltwater shower; freshwater shower; organic shower gel; shade awnings and loungers, lockers, and changing facilities.<br>**Does not include:** towels, swimwear<br><br>**Bookings:** Not subject to booking |

*Indicative prices per person, subject to change.

## Programme

- **Reception** and an explanation of the experience;
- **Introduction** to the natural benefits of hypersaline waters;
- **Free experience** floating in a mineral pool naturally heated by the sun;
- **Relaxation time** and contemplation of the salt flats landscape;
- **Optional application of mineral-rich salt clay** available;
- **Access to support areas:** showers, changing rooms, sun loungers and snack bar;
- **Time to explore the traditional salt product shop**

**Minimum age:** 5 years old. Or older, depending on the child. The youngest children, particularly the girls, suffer from burning skin and are unable to go in the water.

**Ideal for:**
Individuals or small groups. Silence and calm are required during the experience. The aim is to relax. It is important not to disturb other visitors

**additional information:**
Bring beachwear. No animals are allowed. Children under 10 years old may not be able to bathe. Swimming and diving are prohibited. No props or any equipment are allowed in the pools. The company accepts no liability for loss, damage, or breakdown.
Open cuts and grazes will sting. The head must not be submerged. Guests with weeping skin conditions are not permitted. No animals are allowed.





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Medieval Salt Route

# Application of Saline Clay

## "A Natural Treatment in the Salt Flats of Castro Marim"

In the heart of the traditional salt flats of Castro Marim lies an ancient wellness ritual, deeply tied to the land's natural elements. This experience invites guests to envelope their body in a mineral-rich black clay, formed naturally through the continuous evaporation of saltwater in the salt flats. Rich in marine minerals, this clay is renowned for its revitalising properties, leaving the skin feeling deeply nourished while soothing muscular tension.

As the clay takes works its magic, the salt flats transform into a sanctuary of stillness, light, and contemplation. The harmony of the warm sun, the Atlantic breeze, and the natural scents of the landscape creates a unique sensory experience, where time slows down and the body restores its natural balance.

Inspired by traditional healing and wellness practices, this ritual celebrates the therapeutic power of salt, earth, and nature in the Lower Guadiana region.

Castro Marim

April to November

Type: Wellness Experience

| Participants | Duration | Languages | Price / PAX | Notes |
|---|---|---|---|---|
| Min. 1 person<br><br>Max. 20 people | 1 hour | Portuguese<br>English<br>French<br>Spanish | €8;<br><br>€4 for the under-14s* | **includes:** Self-exfoliation pre-treatment using salt flat mother water (água-mãe) and *fleur de sel*; saltwater shower; freshwater shower; organic shower gel; shade awnings and loungers, lockers, and changing facilities.<br>**Does not include:** towels, swimwear<br><br>**Bookings:** Not subject to booking |

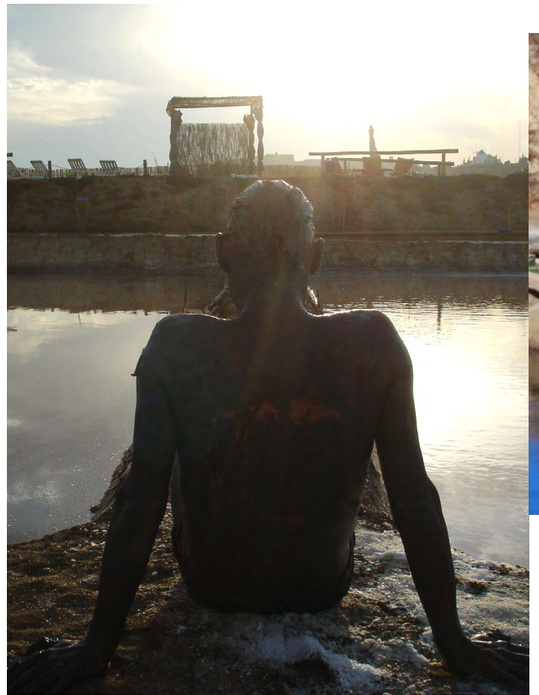
*Indicative prices per person, subject to change.

## Programme

- **Reception** and an explanation of the experience;
- **Explanation** about the origin and mineral properties of saline clay;
- **Self-application of natural black clay** to the body;
- Time to relax outdoors in a natural setting;
- **Full access** to the Salt Spa area throughout the ritual;
- **Clay removal** with saltwater and access to the support areas;
- **Access to the rest area**, snack bar and salt product store.

Bring simple beachwear made of strong, easily washable fabrics. Swimsuits can turn black from clay, but this usually comes off with vigorous rinsing with fresh water; in extreme cases, baking soda can help.
No animals are allowed.
People with open wounds and weeping skin conditions should not apply this product.
No animals are allowed.









OPERATOR:
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Medieval Salt Route

# A Mineral Experience in the Salt Flats

"Experience the therapeutic properties of Castro Marim Salt"

Discover the centuries-old tradition of the Castro Marim salt flats in a half-day experience dedicated to well-being, nature, and ancestral knowledge.

The experience kicks off with a guided tour of the salt flats, where you can learn about traditional salt production methods and the harmony between nature and the work of the salt workers.
This is followed by a relaxing floating bath in hypersaline waters, rich in minerals and trace elements, accompanied by the application of black mineral clay, for a profound moment of care and revitalisation.
The experience culminates in a 30-minute Ayurvedic massage in a private space surrounded by nature and the bird life of the salt marsh, followed by a relaxed tasting of snacks and natural fruit juice.

An invitation to slow down, disconnect from the world, and surrender to an experience of profound relaxation surrounded by nature.

Castro Marim

April to November



**Type: Wellness Experience**

| Participants | Duration | Languages | Price / PAX | Notes |
|---|---|---|---|---|
| Min. 1 person<br>Max. 4 people | 5 hours | Portuguese<br>English<br>French<br>Spanish | €95 | **includes:** Self-exfoliation pre-treatment using salt flat mother water (água-mãe) and *fleur de sel*; saltwater shower; freshwater shower; organic shower gel; shade awnings and loungers, lockers, and changing facilities.<br>**Does not include:** towels, swimwear<br>**Bookings:** 2 days in advance |

*Indicative prices per person, subject to change.

## Programme

- **Reception** and an explanation of the experience;
- Introduction to the natural benefits of hypersaline waters and mineral-rich salt clays;
- **Explanation** about the traditional production cycle for artisanal sea salt and fleur de sel.
- **Guided tour** through the different productive areas of the salt flat; • **Observation** of the traditional techniques used by the salt producers;
- **Interpretation** of the biodiversity and the surrounding natural landscape;
- **Free experience** floating in a mineral pool naturally heated by the sun;
- **Self-application of black clay** from the salt flats to the body;
- **Clay removal** in salt water showers.
- **Therapeutic massage** 30 minutes in an open room overlooking the landscape of the Nature Reserve and its waterways. Relaxation time and contemplation of the salt flats landscape; **Free** natural juice and a platter of snacks to enjoy.
- **Access to support areas:** showers, changing rooms, sun loungers and snack bar;
- **Time to explore the traditional salt product shop.**

Bring light clothing, a hat, and any sun protection required for strong sun exposure.
In the event of rain, this experience cannot take place.
Guided walking tour covering approximately 500 metres, outdoors.

No animals are allowed.

Minimum age 12 years old.
As this includes an outdoor walk in an area with strong sun exposure, please consider its suitability for young children and the elderly.

OPERATOR:
**Água Mãe**
Tel.no. (+351) 965 404 888 | turismo@aguamae.pt

History, Culture and Traditions of the Baixo Guadiana Route

# A Pirate Adventure on the River Guadiana

"An immersive theatrical experience on board"

Climb aboard and get ready to enter a world where the Guadiana River becomes the stage for adventures, mysteries, and epic battles. In this immersive theatrical experience, participants cease to be spectators and become part of the crew. Between Portugal and Spain, the natural setting of the river brings to life a narrative inspired by the imagination of pirates, where each participant receives a mission and embarks on a journey packed with challenges, discoveries, and unexpected moments.

Dressed and immersed in adventure right from the start, participants face water battles, follow clues, decipher riddles, and join forces to conquer the much-desired hidden treasure.

With actors and characters on board, this experience combines theatre, animation, nature, and fun in a memorable journey designed for families, groups, and anyone looking to experience the region in a different way.

More than just a boat trip, this is an adventure to sail, imagine, and create lasting memories.

Monte Gordo, VRSA

May to October

Type: Immersive Experience

| Participants | Duration | Languages | Price / PAX | Notes | Bookings |
|---|---|---|---|---|---|
| Min. 6 people<br><br>Max. 140 people | 2 to 8 hours | Portuguese<br>English<br>French<br>Spanish<br>German | On request (from €50)* | **includes:** A place on board, pirate masks, snacks from the chest.<br><br>**Does not include:** Transport to the departure point | 8 days in advance |

*Indicative prices per person, subject to change.

## Programme

- **Reception** and integration into the pirate narrative;
- Delivery of **themed accessories** and mission preparation;
- **Boarding** and introduction of the crew;
- **Interactive games and challenges on board**;
- **Water battle between boats;**
- Searching for clues and **treasure conquest**;
- Time for a break with **Pirate's Treasure Chest Snack**;
- Mission **finale** and victory celebration.

Minimum age 7 years










OPERATOR:
**Abarca Guadiana**
Tel. no. (+351) 965 697 778 | geral.par.pt@gmail.com

History, Culture and Traditions of the Baixo Guadiana Route

# Medieval Guided Tour of Castro Marim

"Amid Templars, flavours, and memories of the Lower Guadiana"

Get ready for an authentic journey through time, right in the heart of Castro Marim. In this immersive experience, visitors are greeted by costumed guides and led along a unique route through the medieval memories of the village.

The journey kicks off with a staged visit to the majestic Castro Marim Castle - the former headquarters of the Order of Christ and guardian of the stories and battles of the border region. Next, discover local flavours at a craft brewery, where you can sample the fusion of tradition and innovation. The visit continues through a shop inspired by Templar imagery, filled with artefacts, symbols, and curiosities.

To end on a high note, a true medieval banquet in a rustic tavern setting, where the flavours, costumes, and staging create a memorable experience that connects past and present.

Castro Marim

All year round

| Participants | Duration | Languages | Price / PAX | Notes | Bookings |
|---|---|---|---|---|---|
| Min. 2 people<br>Max. 20 people | 3 hours | Portuguese<br>French<br>Spanish<br>English | On request (from €60)* | **Includes:** Guided tour, castle entrance, craft brewery visit, beer tasting, Order House souvenir, medieval costume for the visit, and medieval banquet. | 4 days in advance |

*Indicative prices per person, subject to change.

## Programme

- **Reception** Medieval costumes (provided to participants);
- **Guided tour** to Castro Marim Castle, with a staged historical narrative;
- **Tasting** of local craft beers in a production and tasting environment;
- **Stop at the Templar Shop,** with an introduction to medieval symbolism and craftsmanship;
- A medieval-style **Banquet** in a historic tavern, with dishes and drinks inspired by the era.

**Ideal for:**
couples, families, groups

Bring comfortable footwear











OPERATOR:
**Velho Cavalinho Taberna Medieval**
Tel. no. 961 786 650 | cmgdocarmo@gmail.com



# *Doing and Learning*

The traditional know-how shaping the Lower Guadiana lives on through those who work the land, preserve ancient crafts, refine local produce, and keep age-old techniques alive across generations. This legacy reflects a deep connection to the land and forms an essential part of its identity.

Choose Guadiana Routes
Routes with tradition, soul and flavour

Bread and Cheese Route

# Tapas Tsunami

## Snack Class at Taberna Remexida

"Cooking, sharing and celebrating the Algarve at the table"

In the vibrant kitchen of Taberna Remexida, we prepare a selection of snacks inspired by the Algarve and Mediterranean creativity.

A relaxed, hands-on, and flavour-packed master class where guests cook together as a group and then share the meal.

Ideal for those who wish to learn, laugh, and feel truly part of the local culture - without any formality.

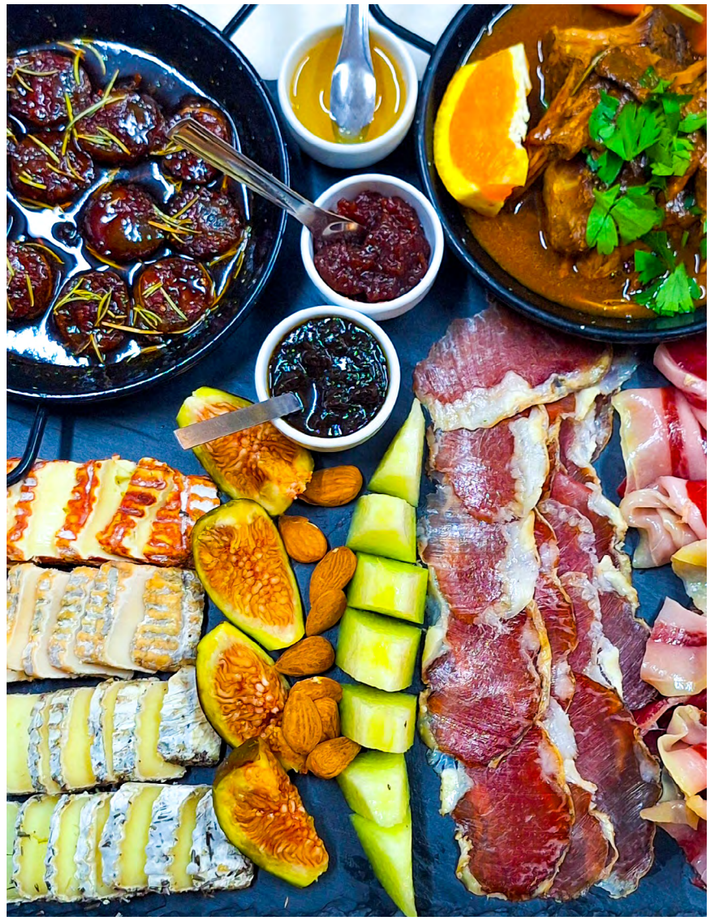
Castro Marim
Quinta da Fornalha
(*Fornalha Farm*)

September to May

Type: Workshop, Tasting and Meal

| Participants | Duration | Languages | Price / PAX | Notes | Bookings |
|---|---|---|---|---|---|
| Min. 4 people<br>Max. 8 people | 3 hours (11 a.m. to 2 p.m.) | Portuguese<br>English<br>Spanish | On request (from €75)* | **includes:** Workshop, all food items.<br>**Does not include:** Transport to the Farm, drinks and souvenirs. | 3 days in advance |

*Indicative prices per person, subject to change.



**Ideal for:**
Conscious tourism, foreigners, small groups, families

Minimum age
12 years







OPERATOR:
**Quinta da Fornalha (*Fornalha Farm*)**
Tel.no. (+351) 917 107 147 | geral@quinta-da-fornalha.com

Tuna Route

# Algarve Tuna Workshop

## Sea, tradition and recipes with soul.

"Tuna Blue, in the municipality of VRSA"

Tuna forms part of the coastal history of the Algarve.

In this culinary workshop, we explore traditional recipes and creative interpretations, using local ingredients and simple techniques.

We cook, taste, and talk about the link between the sea and the Algarve's cuisine. A delightful gathering for true lovers of gastronomy and heritage.

Castro Marim
Quinta da Fornalha
(*Fornalha Farm*)

September to June

Type: Workshop, Tasting and Meal

| Participants | Duration | Languages | Price / PAX | Notes | Bookings |
|---|---|---|---|---|---|
| Min. 4 people<br>Max. 8 people | 3 hours | Portuguese<br>English<br>Spanish | On request (from €75)* | **Does not include:**<br>Transport to the Farm | 3 days in advance |

*Indicative prices per person, subject to change.



**Ideal for:**
Conscious tourism, foreigners, small groups, families

Minimum age
12 years





OPERATOR:
**Quinta da Fornalha (*Fornalha Farm*)**
Tel.no. (+351) 917 107 147 | geral@quinta-da-fornalha.com

Bread and Cheese Route

# Gastronomic Immersion

## Market + 3-Course Cooking Class & Lunch

"A full day for those who travel through flavour"

We start off with a visit to the local market, where we choose ingredients and discover stories from everyday life in the Algarve.

Then, at the Tavern, we cook a complete three-course seasonal menu, guided by those who live and breathe this cuisine every day.

We round things off with a long, shared lunch. The most complete and memorable culinary experience in the collection.

Castro Marim
Quinta da Fornalha
(*Fornalha Farm*)

September to June

Type: Visit to the market, preparing lunch as a group, meal.

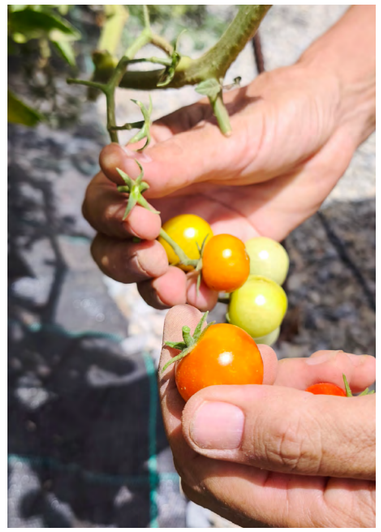
| Participants | Duration | Languages | Price / PAX | Notes | Bookings |
|---|---|---|---|---|---|
| Min. 4 people<br>Max. 8 people | 3 hours | Portuguese<br>English<br>Spanish | On request (from €75)* | **includes:** Visit to the Market, Preparation and Lunch<br>**Does not include:** Transport to the Farm and drinks | 3 days in advance |

*Indicative prices per person, subject to change.

**Ideal for:**
Conscious tourism, foreigners, small groups, families

Minimum age
12 years







OPERATOR:
**Quinta da Fornalha (*Fornalha Farm*)**
Tel.no. (+351) 917 107 147 | geral@quinta-da-fornalha.com

History, Culture and Traditions
of the Baixo Guadiana Route

# Help the Climate

## Plant a cork oak tree.

"A small gesture, a real impact"

Here, sustainability isn't just a word - it's an action.

In this experience, each participant plants a tree and learns how agroecological farming sequesters carbon and protects Mediterranean biodiversity. A direct encounter with living solutions for the future.

Ideal for those seeking meaning, connection to the land, and practical hope.

Castro Marim
Quinta da Fornalha
(*Fornalha Farm*)

September to June

| Type: Excursion / Tour and Workshop | | | | | |
|---|---|---|---|---|---|
| Participants | Duration | Languages | Price / PAX | Notes | Bookings |
| Min. 4 people<br><br>Max. 16 people | 2 hours<br>(10 a.m. to 12 p.m.) | Portuguese<br>English<br>Spanish | On request<br>(from €45)* | **includes:** Tree, materials and tools, we provide water and photos of the event.<br><br>**Does not include:** Transport to the Farm | 3 days<br>in advance |

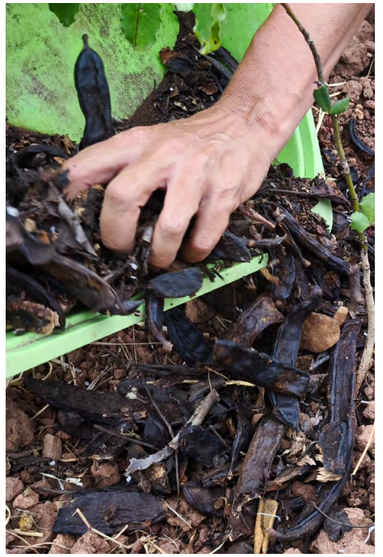
*Indicative prices per person, subject to change.



**Ideal for:**
Couples and groups seeking an experience of adaptation to climate change and ecological collapse.

Minimum age
4 years





OPERATOR:
**Quinta da Fornalha (*Fornalha Farm*)**
Tel.no. (+351) 917 107 147 | geral@quinta-da-fornalha.com

History, Culture and Traditions of the Baixo Guadiana Route

# Carob, Almond & Fig

## Algarve Desserts Workshop

"Old ingredients, sweet creativity"

Discover the most iconic flavours of the Algarve through a hands-on pastry-making workshop.

We use carob, almonds, and dried figs in recipes inspired by Mediterranean tradition. Through aromas, textures, and sharing, we create a handcrafted dessert that each participant takes home.

A delightful and unique experience.

Castro Marim
Quinta da Fornalha
(*Fornalha Farm*)

January to April

| Type: Algarve Pastry Workshop | | | | | |
|---|---|---|---|---|---|
| Participants | Duration | Languages | Price / PAX | Notes | Bookings |
| Min. 4 people<br>Max. 8 people | 2.30 to 3 hours (2 p.m. - 4.30/ 5 p.m.) | Portuguese<br>English<br>Spanish | On request (from €39)* | **includes:** Guided tour, tasting of local products, taking home the product you make.<br>**Does not include:** Transport to the Farm | 3 days in advance |

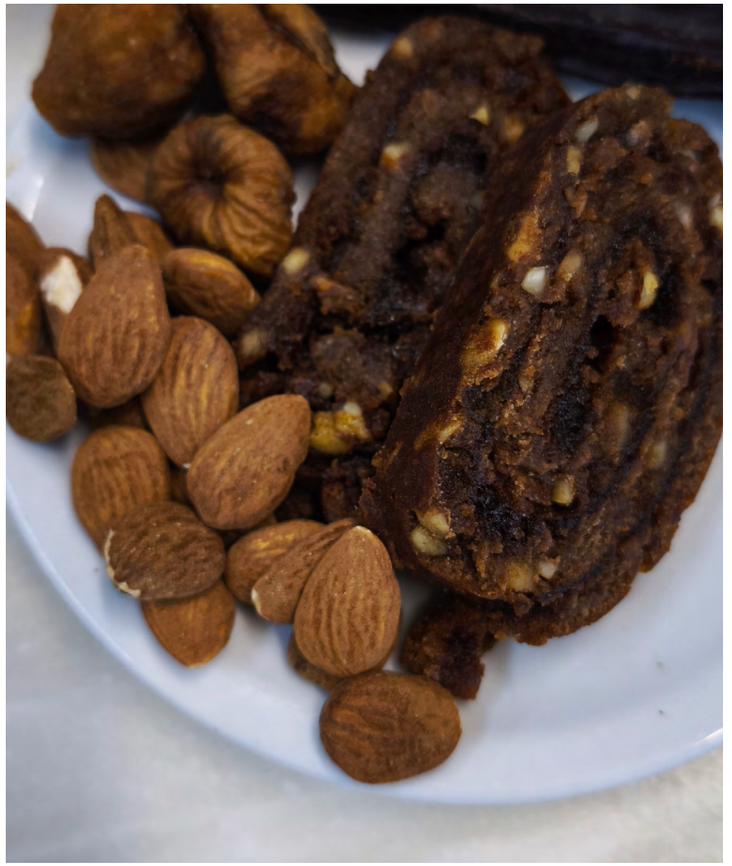
*Indicative prices per person, subject to change.

**Ideal for:**
Conscious tourism, foreigners, small groups, families

Minimum age
5 years old







OPERATOR:
**Quinta da Fornalha (*Fornalha Farm*)**
Tel.no. (+351) 917 107 147 | geral@quinta-da-fornalha.com

History, Culture and Traditions of the Baixo Guadiana Route

Bread and Cheese Route

# Dried Fig & Praline Truffles

## The Algarve fig transformed into a small jewel.

"Flavours that linger - Preservation & Memory"

In this indulgent workshop, dried figs take centre stage in handcrafted chocolates.

We learn how to create almond praline and how to mould rich, elegant and surprising truffles. A creative, photogenic moment deeply connected to the sweet heritage of the Algarve.

At the end, everyone takes home their box of truffles.

Castro Marim
Quinta da Fornalha
(*Fornalha Farm*)

January to April

| Type: Algarve Pastry Workshop | | | | | |
|---|---|---|---|---|---|
| Participants | Duration | Languages | Price / PAX | Notes | Bookings |
| Min. 4 people<br><br>Max. 8 people | 2 - 2.30 hours<br>(2 p.m. - 4/4.30 p.m.) | Portuguese<br>English<br>Spanish | On request<br>(from €39)* | **includes:** Guided tour, tasting of local products, taking home the product you make.<br><br>**Does not include:** Transport to the Farm | 3 days<br>in advance |

*Indicative prices per person, subject to change.








**Ideal for:**
Cultural and tourist public, family

Minimum age
5 years

OPERATOR:
**Quinta da Fornalha (*Fornalha Farm*)**
Tel.no. (+351) 917 107 147 | geral@quinta-da-fornalha.com

History, Culture and Traditions of the Baixo Guadiana Route

Bread and Cheese Route

# Carob & Almond Cream - The “Algarvian Nutella”

## A local, healthy, and unexpected flavour

### History, Culture and Traditions of the Lower Guadiana

Carob is a Mediterranean treasure, and here we transform it into a smooth, addictive spread paired with Algarve almonds.

In this hands-on experience, we blend, taste, and personalise flavours, creating a bespoke jar to take home.

A simple, contemporary workshop, perfect for families and lovers of sustainable, artisanal produce.

Castro Marim
Quinta da Fornalha
(*Fornalha Farm*)

January to April




Type: Algarve Pastry Workshop

| Participants | Duration | Languages | Price / PAX | Notes | Bookings |
|---|---|---|---|---|---|
| Min. 4 people<br><br>Max. 8 people | 2 hours<br>(2.30 - 4.30 p.m.) | Portuguese<br>English<br>Spanish | On request<br>(from €39)* | **includes:** Guided tour, tasting of local products, taking home the product you make.<br><br>**Does not include:** Transport to the Farm | 3 days in advance |

*Indicative prices per person, subject to change.




**Ideal for:**
Cultural and tourist public, family, food

Minimum age
5 years




OPERATOR:
**Quinta da Fornalha (*Fornalha Farm*)**
Tel.no. (+351) 917 107 147 | geral@quinta-da-fornalha.com

Bread and Cheese Route

# The Rhythm of the Earth

"An Authentic Experience: From Bread to Olive Oil"

A unique experience where time slows down and tradition is lived exclusively in the lands of the North Eastern Algarve. This experience invites you to take part in two of the oldest rituals in our culture: bread making and olive harvesting.

Hands-on, you'll learn how to transform flour, water, and time into artisanal bread, following gestures passed down from generation to generation. While the dough rests, in the olive grove ripe olives are harvested, in a ritual that celebrates the connection to the land and the excellence of the produce.

The experience is rounded off at the table, with freshly baked bread and freshly extracted olive oil using traditional methods. A carefully prepared workshop designed to provide a journey into the roots, flavours and aromas of the Mediterranean.

Castro Marim
Fernão Gil

October to December





Type: Tour / Visit and Workshop

| Participants | Duration | Languages | Price / PAX | Notes | Bookings |
|---|---|---|---|---|---|
| Min. 2 people<br><br>Max. 8 people | 8 hours<br>(7 a.m. to 3 p.m.) | Portuguese<br>English<br>Spanish | Child<br>(10-17 years)<br>€45;<br><br>Adult<br>(+ 18 years old)<br>from €108* | **includes:** Participation in the olive harvest in the grove, a loaf of bread baked by the participant to take home, lunch, bread and olive oil tasting, water, and insurance. Includes Guide.<br><br>**Does not include:** Travel to the Country Home | 7 days<br>in advance |

*Indicative prices per person, subject to change.

## Programme

- **Reception** of the participants
- **Kneading**
- **Harvesting the olives**
- **Shaping and moulding the bread**
- **Frying** the sour dough fitters (*bolinhóis*)
- **Sorting the olives using the traditional joeiro sieve**
- Açorda **lunch**
- **Take the bread** out of the oven
- Starting olive oil production
- **Bread and olive oil tasting with grilled chouriça**

**Ideal for:**
children aged over 10







OPERATOR:
**Natur Amêndoa**
Tel.no. (+351) 966 914 944 | naturamendoa@gmail.com



# *Savouring the Region*

In the Lower Guadiana region, gastronomy is an expression of the territory's identity. At the table, the flavours of the river, the sea, and the mountains intertwine, shaped by seasonality, local products, and the know-how passed down through generations.

Based on the principles of the Mediterranean Diet, the gastronomy of this region is an invitation to discover the culture, history and authenticity of the Lower Guadiana.

Choose Guadiana Routes

Routes with Passion Soul and Flavour

History, Culture and Traditions of the Baixo Guadiana Route

Bread and Cheese Route

# Slow Food at the Farm

## In-depth visit & lunch with the owner.

"Time, flavour and conversation in an intimate Algarve"

Here, sustainability isn't just a word - it's an action.

In this experience, each participant plants a tree and learns how agroecological farming sequesters carbon and protects Mediterranean biodiversity. A direct encounter with living solutions for the future.

Ideal for those seeking meaning, connection to the land, and practical hope.

Castro Marim
Quinta da Fornalha
(*Fornalha Farm*)

September to June

| Type: Tour / Visit and Meal | | | | | |
|---|---|---|---|---|---|
| Participants | Duration | Languages | Price / PAX | Notes | Bookings |
| Min. 2 people<br>Max. 10 people | 5 hours<br>(10 a.m. to 3 p.m.) | Portuguese<br>English<br>Spanish | On request<br>(from €169)* | **includes:** Excursion / Tour + Lunch<br>**Does not include:** transport to the farm and alcoholic beverages during lunch | 3 days in advance |

*Indicative prices per person, subject to change.








**Ideal for:**
Couples and groups seeking a deeper understanding of Algarvian tradition and culture, an authentic connection with local players, and inspiration from positive examples of adaptation to climate change and ecological collapse

OPERATOR:
**Quinta da Fornalha**
Tel.no. (+351) 917 107 147 | geral@quinta-da-fornalha.com

Tuna Route

Bread and Cheese Route

Medieval Salt Route

# Private Dinner "Between Mountains, Salt and Sea"

## "A Gastronomic Journey Through the Flavours of the Lower Guadiana"

This private chef experience comes about from an encounter between the Algarve region and its most intimate expression: its produce. More than just a menu, it's a gastronomic narrative built around the sea, the land, and seasonality - where every moment has been carefully considered to reveal layers of flavour with precision and lightness.

The experience unfolds progressively: first comes the sea, subtle and confident; then emerge the elements of comfort and depth drawn from the land; finally, the territory reveals itself entirely through a sequence of flavours that honours time, provenance, and the authenticity of every ingredient.

Every experience is crafted for an intimate and exclusive setting, hosted within luxury tourist accommodation, private residences, outdoor locations immersed in nature, or bespoke venues tailored to the guest.

The result is an elegant and immersive gastronomic experience, where the produce speaks louder than technique and the Algarve reveals itself in an honest, contemporary, and memorable way.

VRSA

March to November



Type: Premium Gastronomic Experience

| Participants | Duration | Languages | Price / PAX | Notes | Bookings |
|---|---|---|---|---|---|
| Min. 6 people<br><br>Max. 20 people | 3 hours (7 p.m. - 10 p.m.) | Portuguese<br>English<br>Spanish | On request (from €95)* | **includes:** Complete gastronomic experience, Private Chef, Table Service, Cleaning, Team Travel | 7 days in advance |

*Indicative prices per person, subject to change.

## Programme

The route presented is indicative and may be tailored in consultation with the client.

**Welcome Couvert**
Home-made Bread · Noisette Butter / Fleur de Sel · Carrots Algarvian Style · Fresh Goat Cheese Cream · Tuna Muxama / Olive Oil and Citrus

**Moment 1 – The Sea**
An opening that bridges land and sea, balancing freshness, acidity, and salinity.
Tuna Carpaccio

**Moment 2 – Depth and Gentle Heat**
A contemporary interpretation of Algarvian produce, presented in its most essential form.
Slow-Braised Octopus and Tuna Belly with Chickpea Puree

**Dessert – Sweet Memory (seasonal)**
Roasted Figs (when available)
Figs slowly caramelised in the oven, with carob soil and lemon granita.
Carob and fleur de sel Mousse with Mountain Honey

Wine pairing available upon selection.
The menu may vary throughout the year, respecting seasonality and product availability.





OPERATOR:
**T'avont - Sabores da Terra e do Mar**
Tel. no. (+351) 281 024 612 | tavont@outlook.pt

Tuna Route

Bread and Cheese Route

Medieval Salt Route

# Lower Guadiana Tasting Menu

"A Journey Through Traditional Flavours with a Contemporary Twist"

In the heart of the Baixo Guadiana, where the land meets the sea, a cuisine is born that tells stories through flavour. At the Salicórnia restaurant, every dish pays homage to local produce, seasonality, and the traditions that define Algarvian identity.

This gastronomic experience invites visitors to discover the territory through the palate, in a tasting menu that bridges ingredients from the mountains to the coast - from fresh fish to produce of the land, such as aromatic herbs, vegetables, and traditional preserves. Contemporary cuisine that respects its roots, reinterpreting recipes and wisdom with creativity and elegance.

More than a meal, it is a journey of the senses, reflecting a commitment to authenticity, sustainability, and the celebration of local producers - a true expression of the Lower Guadiana at the table.

Altura,
Castro Marim

April to September

**Type: Premium Gastronomic Experience**

| Participants | Duration | Languages | Price / PAX | Notes | Bookings |
|---|---|---|---|---|---|
| Min. 2 people<br>Max. 16 people | 01:30<br>(7 p.m. - 10.30 p.m.) | Portuguese<br>English | On request<br>(from €45)* | **includes:**<br>4-course tasting menu<br>**Does not include:** Drinks | 24h<br>in advance |

*Indicative prices per person, subject to change.

## Programme

- **Reception** at the Salicórnia restaurant, in the Verdelago Resort, in an elegant and welcoming atmosphere;
- **Presentation** of the gastronomic concept, focusing on local products and the identity of the territory;
- **4-course tasting menus**, inspired by the flavours of the land and the sea;
- **Interpretation of the dishes**, highlighting the ingredients, producers and associated traditions;
- The experience is supported by attentive and harmonious service, designed to deliver a complete and memorable journey.

**Ideal for:**
Families, families with children, couples, groups, companies / Minimum age: 12 years old









OPERATOR:
**Verdelago Resort**
Tel.no. (+351) 281 101 600 | info@verdelago.com

History, Culture and Traditions of the Baixo Guadiana Route

# Craft Beer Tasting

"Visit to a craft production unit with beer tasting"

Come and visit the Algarve's most celebrated craft brewery: The Senescal Brewery, located in the heart of the historic town of Castro Marim.

Learn about the brewing process directly from the master brewer and enjoy a special tasting to discover all the flavours that only genuine craft beer has to offer.

From iconic traditional styles to innovative combinations with local ingredients. Top quality craft beer!

Castro Marim

All the year round, except during the Medieval Days of Castro Marim

| Type: Tasting/Sampling | | | | | |
|---|---|---|---|---|---|
| Participants | Duration | Languages | Price / PAX | Notes | Bookings |
| Min. 2 people<br>Max. 12 people | 2 hours | Portuguese<br>English,<br>Spanish,<br>French | On request (from €15)* | **includes:** Visit the brewery and sample 4 or 8 varieties of beer depending on the package chosen.<br>**Does not include:** Transport and food. | 2 days |

*Indicative prices per person, subject to change.

## Programme

- **Part One:** Visit the facilities with an explanation about the craft beer brewing process.
- **Part Two**: Beer tasting with detailed information about each style and ingredients.

**Note:** We offer two packages: a tasting of 4 beers, or a tasting of 8 beers.

**Ideal for:**
Ideal for couples, families with children, and groups, although beer tasting is only offered to those 18 years of age and older.











OPERATOR:
**Senescal Brewery**
Tel.no. (+351) 969 899 201 | master@senescal.pt

History, Culture and Traditions of the Baixo Guadiana Route

# Brunch at the oldest hotel in the Algarve

"An experience on the banks of the River Guadiana, at the historic Bordoy Grand House Algarve, where Belle Époque style has combined with timeless elegance since 1926."

A brunch overlooking the River Guadiana, in the halls of the historic Bordoy Grand House Algarve, once a meeting point for merchants and entrepreneurs linked to the region's canning industry, now the setting for an experience that celebrates the centuries-old history and unique character of this place.

VRSA

All year round

| Type: Gastronomy | | | | | |
|---|---|---|---|---|---|
| Participants | Duration | Languages | Price / PAX | Notes | Bookings |
| Min. 6 people<br>Max. 24 people | - | Portuguese Spanish, English, Italian, French, German | On request (from €27)* | **includes:** Buffet of dishes and a rich selection of à la carte dishes. | Yes |

*Indicative prices per person, subject to change.

## Programme

A selection of fresh flavours and quality ingredients, with healthy options, hot dishes, Local specialities and international classics to enjoy at your leisure.

A relaxed experience in an elegant setting.












OPERATOR:
**Hotel Bordoy Grand House Algarve**
Tel.no. (+351) 963 406 607 | direccion.grandhousealgarve@bordoyhotels.com

History, Culture and Traditions of the Baixo Guadiana Route

# Picnic on the Beach

"A seaside flavour experience"

Enjoy a relaxing afternoon by the sea, with the gentle sound of the waves and the stunning ocean view as the perfect backdrop.

Our picnic offers a selection of fresh and authentic regional flavours and it is the ideal opportunity to create unforgettable moments, savouring good food, surrounded by natural beauty and good company.

Castro Marim

April to October

| Type: Dining | | | | | |
|---|---|---|---|---|---|
| Participants | Duration | Languages | Price / PAX | Notes | Bookings |
| Min. 2 people<br>Max. 8 people | 2.30 hours | Portuguese, Spanish, English | On request (from €170)* | **includes:** Food, drink and service | 48 hours |

*Indicative prices per person, subject to change.

## Programme

Just picture an idyllic seaside setting, where an elegant picnic accompanies the sunset, in an intimate and relaxed atmosphere, perfect for celebrating the moment with a glass of champagne.

The picnic includes a selection of cold dishes, with regional sausages and cheeses, traditional Algarve salads, shrimp brioche hot dogs, shrimp rissoles, and hummus with focaccia, as well as desserts and fresh fruit. The drinks include flavoured waters and a selection of white, red, or rosé wines, chosen by the sommelier according to your preference.

For the little ones, the menu includes cherry tomato and ricotta salad, brioche sandwiches with cheese and marmalade, tuna calzone, oxtail croquettes, popcorn and potato chips, finishing with chocolate mousse and fresh fruit. Served with fruit juice and flavoured water.





OPERATOR:
**Octant Praia Verde**
experience-praiaverde@octanthotels.com



*Choose the Guadiana,*
*Experience the Territory*

The experiences gathered in this catalogue are an invitation. "**Choose Guadiana Routes**": choosing paths, places and experiences that allow one to get to know the Baixo Guadiana region through the eyes of those who live, work and preserve its knowledge.

Each proposal brings visitors closer to nature, culture, produce, and the people who define the identity of this region, offering moments of discovery, engagement, and genuine connection with the region.

Through Odiana - **Association for the Development of the Baixo Guadiana**, Choose Guadiana Routes brings together and highlights these experiences, contributing to a form of tourism deeply rooted in the territory, founded on authenticity, the enhancement of local resources, and sustainability.

More than a visit, **it is a choice to truly experience the Guadiana.**


Castro Marim


Alcoutim


VRSA

## Castro Marim

### Água-Mãe, Lda.

| Contacts | Experiences | Offer |
|---|---|---|
| www.aguamae.pt<br>961 380 503<br>turismo@aguamae.pt | Tourist Experiences<br>Local Products | Traditional salt flats: guided tours, salt baths and treatments, salt and fleur de sel shop. |

### ANCCRAL – National Association of Breeders of Algarve Goat Breeds

| Contacts | Experiences | Offer |
|---|---|---|
| 281 495 232<br>anccral@gmail.com | Local Products | Association of Algarve goat producers; cheese and goat farming industry |

### Carlos do Carmo Turismo, Unipessoal Lda. (Taberna Medieval Velho Cavalinho)

| Contacts | Experiences | Offer |
|---|---|---|
| tabernavelhocavali.wixsite.com/tmvc<br>961 786 650<br>cmgdocarmo@gmail.com | Tourist Experiences<br>Dining<br>Events and Groups | Medieval tavern and shop: snacks, banquets, guided tours and historical entertainment |

### Fornalha P.S.U., Lda. – Quinta da Fornalha

| Contacts | Experiences | Offer |
|---|---|---|
| www.quinta-da-fornalha.com<br>917 107 147<br>geral@quinta-da-fornalha.com | Tourist Experiences<br>Stays<br>Dining<br>Events and Groups | Organic farm with guest houses, Taberna Remexida, shop, and cooking and pastry workshops. |

## Castro Marim

### Valter Pereira Matias — Natur Amêndoa

| Contacts | Experiences | Offer |
|---|---|---|
| facebook.com/NaturAmendoa<br>966 914 944<br>naturamendoa@gmail.com | Tourist Experiences<br>Stays<br>Dining<br>Local Products | Country house on an almond and fig farm; harvest, bread and olive oil; meals on request. |

### Oceanacontece, Unipessoal Lda. (TripAlg)

| Contacts | Experiences | Offer |
|---|---|---|
| www.tripalg.com<br>281 014 280<br>geral@tripalg.pt | Stays | Holiday rentals, transfers, car and bicycle rentals and experiences |

### Pátio Camaleónico, Unipessoal Lda. (Ocean Life Portugal)

| Contacts | Experiences | Offer |
|---|---|---|
| www.patiocamaleonico.pt<br>968 047 845<br>geral@patiocamaleonico.pt | Stays<br>Maritime tourism activities | Local accommodation, boat trips on the River Guadiana, diving, physiotherapy and Pilates. |

### Summer Portugal Resorts, S.A. - Octant Praia Verde

| Contacts | Experiences | Offer |
|---|---|---|
| praiaverde.octanthotels.com<br>281 530 600<br>info-praiaverde@octanthotels.com | Tourist Experiences<br>Stays<br>Dining<br>Events and Groups | Boutique hotel next to Praia Verde beach, with restaurant and event spaces. |

COMPANIES

## Castro Marim

### Terras de Sal — Com. e Transformação de Sal Marinho Tradicional, C.R.L.

| Contacts | Experiences | Offer |
|---|---|---|
| www.terrasdesal.com<br>281 531 467<br>geral@terrasdesal.com | Local Products | Traditional sea salt and fleur de sel cooperative |

### Titus Boat Tours

| Contacts | Experiences | Offer |
|---|---|---|
| www.titusboattours.pt<br>965 890 566<br>geral@titusboattours.pt | Tourist Experiences<br>Maritime tourism activities | Boat trip along Ria Formosa, water taxi and beach transfers |

### Verdelago, S.A. - Verdelago Resort

| Contacts | Experiences | Offer |
|---|---|---|
| www.verdelago.com<br>281 101 600<br>info@verdelago.com | Tourist Experiences<br>Stays<br>Dining<br>Events and Groups | Resort with villas and apartments. restaurants (Salicórnia), beach club and spaces for events |

### Senescal

| Contacts | Experiences | Offer |
|---|---|---|
| www.senescal.pt<br>969 899 201<br>master@senescal.pt | Tourist Experiences<br>Local Products<br>Events and Groups | Craft brewery with tours and tasting; beer production and staging of events |

## Alcoutim

### Barca Criativa

| Contacts | Experiences | Offer |
|---|---|---|
| 965 697 778<br>geral.par.pt@gmail.com | Tourist Experiences<br>Maritime tourism activities | Immersive Cultural Nautical Journeys on the Guadiana; On-Board Theatrical Experiences |

### Feito no Zambujal — Sociedade Agro-Industrial, Lda.

| Contacts | Experiences | Offer |
|---|---|---|
| @feito_no_zambujal<br>968 460 094<br>feitonozambujal@gmail.com | Local Products | Free-range Alentejo pork; cured meats, dry-cured hams and pork delicacies, no additives |

### Fun River — Animação Turística, Lda.

| Contacts | Experiences | Offer |
|---|---|---|
| @funriver_alcoutim<br>926 682 605<br>funriverlda@gmail.com | Maritime tourism activities | Boat trips, canoeing, jet skiing, mountain biking and van tours along the Guadiana |

### Lais de Guia — Associação Cultural do Património Marítimo (Cultural Association of Maritime Heritage)

| Contacts | Experiences | Offer |
|---|---|---|
| facebook.com/associacaolaisdeguia<br>964 686 729<br>associacaolaisdeguia@gmail.com | – | History, archaeology, and river and maritime heritage association |

COMPANIES

## Alcoutim

### NaturTrail — Atividades Turísticas (Recanto D'Aldeia)

| Contacts | Experiences | Offer |
|---|---|---|
| www.recantodaldeia.com<br>925 882 200<br>recantodaldeia.info@gmail.com | Stays | Rural schist cottages with swimming pool; hiking trails, mountain biking, canoeingand birdwatching |

### Nelson Ventura — Herdade da Malhada

| Contacts | Experiences | Offer |
|---|---|---|
| herdade-da-malhada<br>963 501 976<br>nelsonvrsa@msn.com | Tourist Experiences<br>Local Products | Organic production of prickly pear, strawberry tree fruit, carob and almond; guided tours on the estate |

### Quimeras Sortidas

| Contacts | Experiences | Offer |
|---|---|---|
| facebook.com/quimerassortidas<br>962 526 023<br>rui.romba.rodrigues@gmail.com | Tourist Experiences<br>Local Products | Tourist entertainment activities and gastronomic and nature experiences |

**Choose Guadiana Routes**

VRSA

### Deuses Rebeldes, Unipessoal Lda. (Nautiparque · Nautitours · Centro Náutico 818)

| Contacts | Experiences | Offer |
|---|---|---|
| www.nautitours.pt<br>www.nautiparque.com<br>934 516 930<br>nautiparque@gmail.com | Tourist Experiences<br>Stays<br>Dining<br>Maritime tourism activities | Shipyard and river marina, boat and kayak tours, bungalows and riverside restaurant. |

### Grupo Pestana Pousadas, S.A. – Pousada de Vila Real de Santo António (heritage hotel)

| Contacts | Experiences | Offer |
|---|---|---|
| www.pousadas.pt<br>281 249 120<br>fo.vrsantonio@pestana.com | Stays<br>Dining<br>Events and Groups | Heritage hotel in the Pombaline centre, with a restaurant open to the public. |

### Hotel Bordoy Grand House Algarve

| Contacts | Experiences | Offer |
|---|---|---|
| www.bordoyhotels.com<br>281 530 290<br>direccion.grandhousealgarve@<br>bordoyhotels.com | Tourist Experiences<br>Stays<br>Dining<br>Events and Groups | 5-star boutique hotel on the Guadiana, with restaurants and beach club |

### T'avont — Sabores da Terra e do Mar

| Contacts | Experiences | Offer |
|---|---|---|
| www.tavont.pt<br>281 024 612<br>tavont@outlook.pt | Tourist Experiences<br>Dining<br>Events and Groups | 5-star boutique hotel on the Guadiana, with restaurants and beach club |

COMPANIES

VRSA

### Transguadiana – Travel Agency, Lda.

| Contacts | Experiences | Offer |
|---|---|---|
| www.transguadiana.com<br>966 089 341<br>info@transguadiana.com | Tourist Experiences<br>Maritime tourism activities<br>Travel agents | Guadiana and Ria Formosa cruises, jeep safaris, and cultural and gastronomic tours |

### Turfortes — Agência de Viagens, Lda.

| Contacts | Experiences | Offer |
|---|---|---|
| www.turfortes.com<br>281 511 022<br>turfortes@gmail.com | Transfer services<br>Travel agents | Travel agency: excursions, cruises, car hire, transfers and private apartments |

### Viagens Laranja, Lda. – Laranjatours

| Contacts | Experiences | Offer |
|---|---|---|
| www.laranjatours.com<br>281 542 607<br>laranja@laranjatours.com | Tourist Experiences<br>Travel agents | Sports tourism agency: road cycling, training camps and group packages |

**Choose Guadiana Routes**




# Walking Trail Network

**135 km** of walking trails.

**19** trails to discover the Lower Guadiana on foot or by bike.

Download:



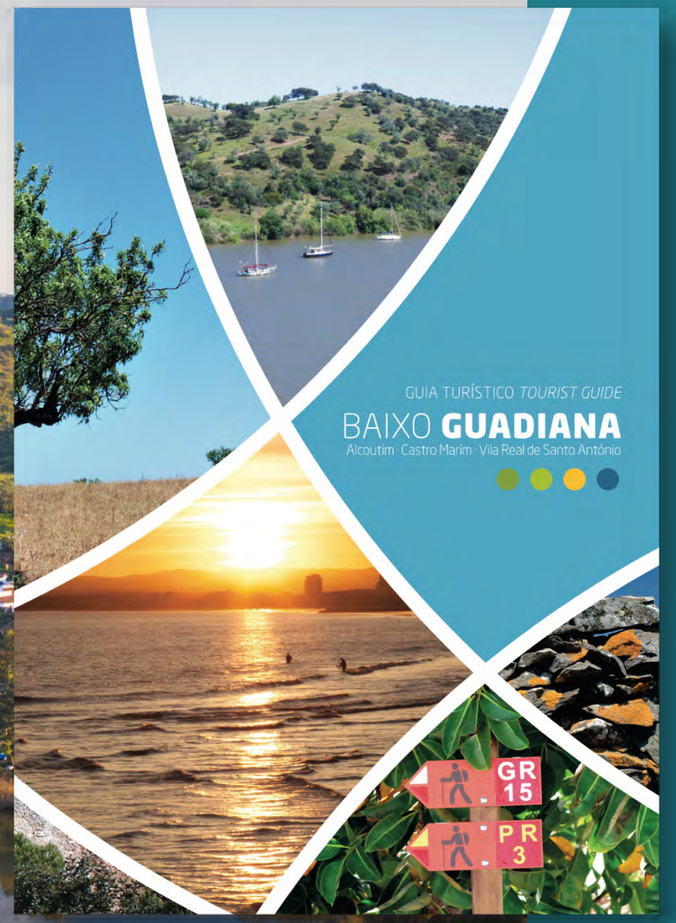




# Grande Rota do Guadiana
*(Guadiana Great Route)*
# (GR15)

**78.5 km** of nature, tradition and adventure, from the coast to the mountains, along the River Guadiana

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# Tourist Guide Baixo Guadiana

An essential guide to discovering the Lower Guadiana, bringing together heritage, landscape, culture and experiences all in one place.

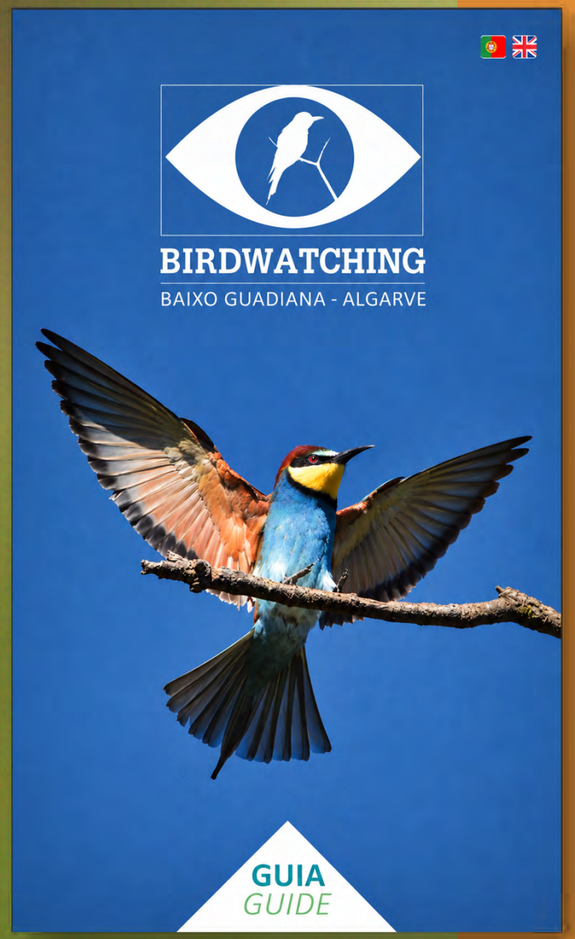
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# Nautical Guide

The Lower Guadiana Nautical Guide is an essential reference for anyone wishing to explore the region and delve into its maritime heritage.

Download:




# Birdwatching Guide

A guide to discovering the birds of the Lower Guadiana River and exploring nature through birdwatching.

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