



## **Activities & Excursions**

There are a wide range of activities in the Lagos area. We recommend booking in advance to avoid disappointment. Please ask us for additional information and to book. All deposits and payments for activities are to be made in cash at the time of booking, or if pre-booked on arrival at Quinta Bonita. Prices are subject to change at any time by the individual providers. Prices are for the tour only and in most cases do not include transport from Quinta Bonita to the activity itself. This can be arranged at additional cost.

### **On the water**

#### **Grotto Trip**

Leaving the Marina on a beautiful traditional Portuguese Sailing boat, once anchored you then board small motorboats that take you through the famous caves and rock formations of the Ponta da Piedade coastline. There is time for sunbathing and swimming from the Sailing boat. This is not a private activity.

Price: €32,50

Duration: 2 hours

#### **Stand-up paddle boarding – Sunrise Tour**

Discover the breathtaking coastline between Praia Dona Ana and Ponta da Piedade, at Sunrise! Be there to capture a magical moment as the first rays of light shine through the natural rock archways and flood into the mysterious caves. You will experience the phenomenal colours as the warm morning sun saturates the unique sandstone cliffs with red and golden hues.

With hidden caves, secret beaches and spectacular rock formations, this is a truly unforgettable SUP experience! Tour starts at 6am (time may vary depending on time of year).

Price: €55 per person

Duration: 3 hours

#### **Dolphin Watching**

The coastal waters of Portugal are the natural habitat of various species of wild dolphins.

A unique and unforgettable experience leaving from Lagos Marina with a 95% success rate in viewing dolphins. This is not a private activity

Price: €40 per person/Children (2-12): €25

Duration: 90 minutes

#### **BBQ Cruise**

Enjoy a trip on a traditional Portuguese sailing boat, take a swim or have a snorkel whilst enjoying a BBQ lunch including wine. This trip includes viewing of the famous grottoes and caves from a smaller boat. Snorkel gear not provided. This is not a private activity, but it could be, please ask for a quote.

Price: €62,50 per person, depending on the time of year.

Duration: 4 hours



### **Sailing Sunset Tour**

Departing from Lagos Marina, end your day on the ocean, enjoying all the colours of our beautiful sunsets aboard a traditional Portuguese sailing boat!

The experienced crew will welcome you with a bottle of chilled Prosecco while you relax and contemplate the magnificent Golden Coast of Lagos on this 2-hour trip.

No sailing skills are required, whether you're accompanied or alone, just relax and enjoy this unique atmosphere.

Price: €50 per person.

Duration: 2 hours

### **SeaSafari Boating Adventure**

A private boating adventure like no other with local guides who show you all the hidden secrets of the stunning South-West Coast. The boat comes with SUPs, snorkels, masks and wetsuits. The trip includes cruising along the beautiful coastline, paddling or swimming in and out of a few caves, putting down anchor and enjoying some time to swim and snorkel from the boat.

Price: 70euros per person (minimum 8 people, max. 17 people)

Duration: 3 hours

### **Surfing**

Learn to surf with a local who will show you some of the stunning hidden beaches of the West coast, many accessible only by dirt road. The full day includes pickup and drop off from Quinta Bonita, yoga warm-up, surfing in the morning and afternoon and a break for lunch to soak up some sun. Lunch is not included.

Price: From €70 in a group; €160 for private lesson including transportation

Duration: Full day (half day also available)

## **On land**

### **Lagos Daytime Walking Tour**

Enjoy a two-hour walk through the streets and squares of Lagos, which hide many interesting stories and sculptures referring to the time of Henry the Navigator (who lived in Lagos) and the Age of Discoveries.

We will end our tour in a typical “pastelaria” drinking coffee and tasting local sweets.

Price: €27 per person -based on a group of 10 people or more (coffee and sweet not included).

### **Guided e-bike Tour**

Discover the ultimate biking tour adventure in the Algarve with guided MTB, road bike, and E-bike tours. Suitable for all levels, professional guides will lead you through thrilling routes. Choose from guided group tours or request a personalized private tour.



Easy guided tour 2-3h, to the coastline with regular bikes. Min. 8 people from €60 per person.  
Guided mountain bike tour 2-3h. Min 8 people from €70 per person.  
If you prefer an e-bike, there's an extra cost of €20 per bike.

#### **Natura Tours - Experience the South-West Algarve**

Get a taste of the South-West Algarve – its untouched nature, unique landscapes, sweeping coastlines, tiny towns, fresh cuisine and local people.

Learn all about the fauna, flora, culture and history of the region, while you immerse yourself in the magnificent surrounding countryside.

There's time to visit the wonderful beaches along the way, sunbathe and go for a swim.

Lunch or Dinner is included and served at a typical restaurant on the clifftop near Praia do Amado, Carrapateira. Indulge in locally caught grilled fish, typical desserts and even a cup of “Medronho” (Algarve’s firewater) if you can handle it!

Price: This 6-hour tour costs €75 (half-day €45 without meal), including transportation in comfortable 4WD Portuguese Jeep.

#### **Natura Tours - Sagres Sunset Tour**

Watching the sunset is one of the greatest pleasures we have in our lives and there is no place in the world where this twilight event is more beautiful than in the "Cape St Vincent" of Sagres. Natura tours will make this possible, taking you there at the right time of day for this beautiful event. Portuguese wine and bread with chorizo are included.

Price: This 3-hour tour costs €45, including transportation in comfortable 4WD Portuguese Jeep.

#### **Natura Tours - The Mountain Tour**

Get to know the most amazing inland places of western Algarve. You will have a glimpse of the way of living in the Rural Algarve, where locals still make honey and “Medronho” (Algarve’s Firewater) the traditional way. Travel through unknown routes (including off-road) and head up to the highest peak in the Algarve (Fóia) where you’ll enjoy the breathtaking 360° view, on a clear day. Lunch is also included, and you’ll have a taste of the best the Algarve has to offer. On the way back, Natura Tours will take you to one of the most beautiful beaches in the Algarve.

Price: These 6 Hour Tour costs €75 (half day €45 without lunch), including transportation in comfortable 4WD Portuguese Jeep.

### **Tasty Treats**

#### **Lagos Evening Food Tour**

Visit 4 different restaurants on foot, tasting around 10 of the most traditional Portuguese dishes accompanied by wine, beer or soft drink. Accompanied by a local who shares their knowledge and tips and gives you a cultural and historical city tour along the way.



Price: €89 for the tour including food & drink tasting. Minimum of 2 participants and maximum of 10. Duration: 3 hours

### **Wine Tasting**

Visit one of the local family owned, boutique vineyards in the Lagos area. Sample white, rose and red wine with some light tapas. Sit back, relax and enjoy the spectacular setting.

Price: €40 - €55 depending on the winery (excluding transportation)

Duration: 2 hours

### **In the air**

#### **Hot Air Ballooning**

Ride the winds of the Barrocal valley in the Western Algarve taking in the breathtaking views and sharing in a true sense of freedom. The flight is approximately 1 hour and is usually done at sunrise. Includes insurance and a traditional flight celebration picnic with champagne.

Price: €230 as part of a group – private trips are also available

Duration: 3 hours including launch, landing and return to launch site

#### **Skydiving**

Tandem skydive above the spectacular Algarve coastline at 12,000feet, flying over Sagres and the South coast and landing at Alvor Airfield, just 15minutes down the road. Enjoy 1 minute freefall before 8 minutes with the parachute. Pick-up/drop off available for small additional fee.

Price: €179 for 10,000feet; €219 for 15,000feet; €365 for 15,000feet with beach landing

Duration: 2 hours

### **At Quinta Bonita**

#### **Cycling**

Bicycles for riding along the roads to the beach/town are available for hire from Quinta Bonita. Take a ride through the rolling hills to the peaceful woodland of Barão de São João or along the coastal road to one of the local beaches. Route map and directions provided.

Price: €25 per bike for half or full day

Note: Quinta Bonita has 6 bicycles, if more are required, we use an external provider and pricing may be different



### **Walking**

Quinta Bonita has route notes for many lovely walks in the area, both along the coast and in-land. Alternatively guided walks with a local expert can also be arranged with prior notice.

### **Breathwork and Metta Meditation**

Holotropic Breathwork to experience emotional and energetic release and inviting in an altered state of consciousness closing in Loving Kindness meditation

A powerful and emotional practice

Duration: 2 hour session

Price: €300

### **Discovering Your Dharma workshop**

Chloe will guide you gently to remember your soul's purpose, exploring beautiful methods of coming back to what you knew all along. Experience meditations, journalling, EFT and energy work.

You were born knowing, let yourself reconnect to the knowin

Duration: 2 hour session

Price: €300

### **Chakra Activation Workshop**

Embark on a journey through the 7 major Chakras, learning how to heal yourself, crafted to bring inner peace and personal power into your life. This course, perfect for those navigating the hustle of modern living, guides you through rejuvenating practices centered around the body's energy centers, or chakras. You will explore new ways to harmonise your energy, offering simple tools for stress relief and emotional well-being, helping you find balance and reconnect with your true self.

Duration: 2 hour session

Price: €300

### **Sound Bath**

A Sound Journey is an invitation to awaken the senses, enabling the physical, energetic, emotional, mental and spiritual balance of our Being. With the healing vibrations of instruments such as Crystal Singing Bowls, Gongs, Tibetan Bowls, Hand-pan, Shamanic Drum, Native American Flute, Shruti Box, Harmonium, Rav Drum, Voice, Guitar and many others- we reach a state of deep relaxation, self-awareness and expansion of consciousness, among other sensory experiences.

It is a true sonic bath that revitalizes, relaxes and harmonizes every cell in our bodies. It's an Inner Journey guided by the power of Intention, Sound and its Healing Frequencies. You'll be lying down comfortably on a mat & blankets in the QB Shala. Not recommended after a heavy meal.

Price: €420 - per session (fixed minimum price.) - for a group of up to 14 people, from then on, an extra 25€ per person up to a maximum of 20 people.

Duration: 2 hours

