

# Portugal | June 7 - 16

**In case of an emergency while in Portugal, call 112.**

Your Tour Guides:


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## Itinerary

*Itinerary is subject to change due to weather and group preferences.*

Day 1	Saturday, June 7th
Summary:	Our tour will begin at 2pm local time on the start date at the Humberto Delgado Airport (LIS). Please plan to arrive by 2pm or earlier that day, in order to be picked up at the airport along with the rest of the group. We will have orientation at 3:30pm at <a href="#">Quinta das Caçadoras</a> , and enjoy an afternoon of getting to know each other and a welcome dinner together. This will be a wonderful opportunity to settle in, connect with fellow travelers, and set the tone for our adventure!
Itinerary	<ul style="list-style-type: none"> <li>• <b>2pm:</b> Meet at Humberto Delgado Airport (LIS)</li> <li>• <b>3:30-5pm:</b> Check in and orientation at <a href="#">Quinta das Caçadoras</a></li> <li>• <b>7pm:</b> Dinner at <a href="#">Quinta das Caçadoras</a></li> </ul>
Lodging	Hotel: <a href="#">Quinta das Caçadoras</a> Address: 📍 Quinta das Caçadoras


Day 2	Sunday, June 8th
<b>Summary:</b>	On Day 2, we'll visit the <a href="#">Traditional Dream Factory</a> , a vibrant ecovillage and creative hub in Portugal developing an innovative economic system. This 5-hectare regenerative project in Abela features a syntropic food forest, market garden, glamping, van parking, and a coworking space. With reforestation efforts, event space, and a focus on sustainability, it's a hub for community and innovation.
Itinerary	<ul style="list-style-type: none"> <li>• <b>9am:</b> Breakfast at <a href="#">Quinta das Caçadoras</a></li> <li>• <b>10am:</b> Travel along the coast <ul style="list-style-type: none"> <li>◦ Travel time: 1h15 (plus stops, includes optional bathing)</li> </ul> </li> <li>• <b>1pm:</b> Lunch in <a href="#">Traditional Dream Factory</a></li> <li>• <b>3pm:</b> Community Talk and tour at <a href="#">Traditional Dream Factory</a>, followed by sauna</li> <li>• <b>7pm:</b> Dinner at <a href="#">Traditional Dream Factory</a></li> <li>• <b>9pm:</b> Outdoor cinema</li> </ul>
Lodging	<a href="#">Traditional Dream Factory</a> Address:  Traditional Dream Factory Contact: <a href="mailto:traditionaldreamfactory@gmail.com">traditionaldreamfactory@gmail.com</a> Laundry: Not available

Day 3	Monday, June 9th
<b>Summary:</b>	Next we'll visit <a href="#">Tamera</a> , a pioneering community in Portugal dedicated to ecological, social, and spiritual regeneration. Known for its holistic water retention landscape, permaculture projects, and experiments in trust-based living, Tamera offers a glimpse into a future of harmony between people and nature. We'll explore their innovative systems, learn about their vision for global peace, and experience the unique energy of this transformative community.
Itinerary	<ul style="list-style-type: none"> <li>• <b>8.20am:</b> Breakfast at <a href="#">Traditional Dream Factory</a></li> <li>• <b>9am:</b> Depart for <a href="#">Tamera</a> <ul style="list-style-type: none"> <li>◦ Travel time: 45 min</li> </ul> </li> <li>• <b>10am:</b> Community Talk and tour at Tamera</li> <li>• <b>12pm:</b> Lunch at Tamera</li> <li>• <b>2pm:</b> Afternoon activity at Tamera</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>7pm:</b> Check-in at <a href="#">Herdade de Alagões</a> <ul style="list-style-type: none"> <li>◦ Travel time: 1h</li> </ul> </li> <li>• <b>8pm:</b> Dinner at <a href="#">Vila Velha</a> <ul style="list-style-type: none"> <li>◦ Travel time: 20min</li> </ul> </li> </ul>
Lodging	Hotel: <a href="#">Herdade de Alagões</a> Address: 📍 Herdade de Alagões Contact: <a href="mailto:reservasalagaes@gmail.com">reservasalagaes@gmail.com</a> Laundry: TBA

Day 4	Tuesday, June 10th
Summary:	Today we'll visit <a href="#">Terra Sintropica</a> , a regenerative agroforestry project in the heart of Alentejo, Portugal. Dedicated to restoring ecosystems through Syntropic Farming, this initiative demonstrates how agriculture can work in harmony with nature and with the local community. We'll explore their thriving food forests, learn about soil regeneration techniques, and gain hands-on experience with sustainable land and community management. This visit offers a deep dive into regenerative practices that heal the land while producing abundant food.
Itinerary	<ul style="list-style-type: none"> <li>• <b>8.30am:</b> Breakfast at <a href="#">Herdade de Alagões</a> and introduction tour</li> <li>• <b>9.30am:</b> Depart for Mértola for <a href="#">Terra Sintrópica</a> tour               <ul style="list-style-type: none"> <li>◦ Travel time: 20 min</li> </ul> </li> <li>• <b>10am:</b> Community Talk and tour at Terra Sintrópica</li> <li>• <b>12.30pm:</b> Lunch at local tavern</li> <li>• <b>2pm:</b> Afternoon activity at Terra Sintrópica</li> <li>• <b>5pm:</b> Travel to <a href="#">Centro Co.Re</a> <ul style="list-style-type: none"> <li>◦ Travel time: 1h20</li> </ul> </li> <li>• <b>6.30pm:</b> Check into <a href="#">Centro Co.Re</a></li> <li>• <b>7.30pm:</b> Dinner at <a href="#">Espaço Nativa</a></li> <li>• <b>Evening:</b> Local concert at the village of São Luís</li> </ul>
Lodging	Hotel: <a href="#">Centro Co.Re</a> Address: 📍 Centro Co-Re

	Phone Number: +34 687 80 68 12 Laundry: Yes
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Day 5	Wednesday, June 11th
Summary:	<a href="#">Ser Vivo</a> is a retreat center and community space nestled in the serene valley of the Arrábida Natural Park. Dedicated to human development through art, dance, meditation, and other transformative practices, Ser Vivo offers a sanctuary for connection, joy, and personal growth. Surrounded by stunning natural beauty, this tranquil space invites rest, regeneration, and deep inspiration as we explore its vision for a more connected and love-filled way of living.
Itinerary	<ul style="list-style-type: none"> <li>• <b>8am:</b> Breakfast at local cafés in São Luís</li> <li>• <b>10am:</b> Depart for <a href="#">Ser Vivo</a> <ul style="list-style-type: none"> <li>◦ Travel time: 1h45</li> </ul> </li> <li>• <b>12am:</b> arrival and check in to Ser Vivo, optional community lunch cooking</li> <li>• <b>2pm:</b> Lunch at Ser Vivo</li> <li>• <b>3.30pm:</b> Community Talk, tour, Q&amp;A and afternoon activity at Ser Vivo</li> <li>• <b>7pm:</b> Dance class at Ser Vivo (Gaga/Chi Gong) - optional, ~10€ donation per person</li> <li>• <b>9pm:</b> Dinner at Ser Vivo</li> </ul>
Lodging	<a href="#">Ser Vivo</a> Address:  SerVivo Phone Number: +31 6 43181454 Laundry: TBA

Day 6	Thursday, June 12th
Summary:	<a href="#">Vale Das Lobas</a> is a sanctuary for reflection, connection, and transformation. Nestled in the foothills of the Serra da Estrela (Star Mountains), this fertile valley has been a place of spiritual retreat since ancient times. With its flowing springs, rich biodiversity, and deep ancestral wisdom, Vale das Lobas invites us to reconnect, with ourselves, our community, and the natural world. Through healing, learning, and immersive experiences, we'll explore this sacred land

	and its vision for regeneration and renewal and learn about its current creation process.
Itinerary	<ul style="list-style-type: none"> <li>• <b>7am:</b> Breakfast at Ser Vivo</li> <li>• <b>8am:</b> Depart for Serra da Estrela <ul style="list-style-type: none"> <li>◦ Travel time: 4h</li> </ul> </li> <li>• <b>12pm:</b> Lunch at <a href="#">Half Arroba</a></li> <li>• <b>2pm:</b> Community Talk and tour at <a href="#">Vale Das Lobas</a></li> <li>• <b>7.30pm:</b> Checkin at <a href="#">Lugar da Pedra Alta</a> <ul style="list-style-type: none"> <li>◦ Travel time: 30min</li> </ul> </li> <li>• <b>8pm:</b> Dinner at <a href="#">Paolourinho</a></li> </ul>
Lodging	<p>Hotel Name: <a href="#">Lugar da Pedra Alta</a></p> <p>Address: <a href="#">Lugar da Pedra Alta</a></p> <p>Phone Number: +351 966 415 747</p> <p>Laundry: TBA</p>

Day 7	Friday, June 13th
Summary:	Today we'll visit <a href="#">Veredas da Estrela</a> , a regenerative project in the stunning Serra da Estrela region of Portugal. Focused on ecological restoration, community resilience, and sustainable living, this initiative demonstrates how humans can live in harmony with nature. We'll explore their rewilding efforts, agroecology practices, and deep connection to the land, gaining insight into the power of regeneration and collective stewardship.
Itinerary	<ul style="list-style-type: none"> <li>• <b>8am:</b> Breakfast at <a href="#">Lugar da Pedra Alta</a></li> <li>• <b>9am:</b> Depart for <a href="#">Veredas da Estrela</a> <ul style="list-style-type: none"> <li>◦ Travel time: 45min</li> </ul> </li> <li>• <b>10am:</b> Talk and hike with <a href="#">Veredas da Estrela</a> association</li> <li>• <b>1pm:</b> Light lunch and afternoon local activity (includes water)</li> <li>• <b>7pm:</b> Depart for <a href="#">Ananda Kalyani</a> <ul style="list-style-type: none"> <li>◦ Travel time: 1h -&gt; please read the <a href="#">welcome guide</a></li> </ul> </li> <li>• <b>8pm:</b> Dinner at <a href="#">Ananda Kalyani</a></li> </ul>

Lodging	<a href="#">Ananda Kalyani</a> Address: 📍 Ananda Kalyani - Master Unit Phone Number: +351 914 031 214 Laundry: Washing machine and dryer available: 3€ for washing, 5€ washing+drying
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Day 8	Saturday, June 14th
Summary:	On Day 8, we'll visit <a href="#">Ananda Kalyani</a> , a thriving sustainable community in the breathtaking Serra da Estrela region of Portugal. Rooted in ecological restoration, spiritual growth, and holistic living, this project integrates permaculture, education, and collective well-being. As we explore their regenerative practices and vibrant community life, we'll gain insight into how intentional living can foster harmony between people and nature.
Itinerary	<ul style="list-style-type: none"> <li>• <b>7:30am:</b> Yoga &amp; Meditation (optional, 5€/person)</li> <li>• <b>9am:</b> Breakfast at <a href="#">Ananda Kalyani</a></li> <li>• <b>10am:</b> Community talk at <a href="#">Ananda Kalyani</a></li> <li>• <b>1pm:</b> Lunch at <a href="#">Ananda Kalyani</a></li> <li>• <b>3pm:</b> Open space technology and river time</li> <li>• <b>14:30 to 18:30:</b> Afternoon snack available at the Beach Bar</li> <li>• <b>8pm:</b> Dinner at <a href="#">Ananda Kalyani</a></li> </ul>
Lodging	<a href="#">Ananda Kalyani</a> Address: 📍 Ananda Kalyani - Master Unit Phone Number: +351912456704 Laundry: Washing machine and dryer available for a small fee

Day 9	Sunday, June 15th
Summary:	On our visit to <a href="#">Spirala Ecovillage</a> , we'll experience a vibrant community dedicated to permaculture, natural building, and holistic living in the heart of Portugal. As we explore their regenerative landscapes and hands-on projects, we'll gain insight into how sustainability and intentionality shape a thriving, earth-connected way of life.

Itinerary	<ul style="list-style-type: none"> <li>• <b>7:30am:</b> Yoga &amp; Meditation (optional, 5€/person)</li> <li>• <b>8.30am:</b> Breakfast at <a href="#">Ananda Kalyani</a></li> <li>• <b>9.30am:</b> Travel to Monsanto <ul style="list-style-type: none"> <li>◦ Travel time: 1h30</li> </ul> </li> <li>• <b>1pm:</b> Lunch at <a href="#">Spirala Ecovillage</a> <ul style="list-style-type: none"> <li>◦ Travel time: 20min</li> </ul> </li> <li>• <b>3pm:</b> Community Talk and tour at <a href="#">Spirala Ecovillage</a></li> <li>• <b>7pm:</b> Dinner with <a href="#">Casa da Velha Fonte</a> <ul style="list-style-type: none"> <li>◦ Travel time: <a href="#">20min</a></li> </ul> </li> <li>• <b>9pm:</b> Stay at <a href="#">Casa das Jardas</a> <ul style="list-style-type: none"> <li>◦ Travel time: 30min</li> </ul> </li> </ul>
Lodging	<p>Hotel Name: <a href="#">Casa das Jardas</a></p> <p>Address: <a href="#">Casa das Jardas</a></p> <p>Phone Number: +351 938 181 676</p> <p>Laundry: No</p>

Day 10	Monday, June 16th
Summary:	<p>As our journey in Portugal comes to an end, we'll unwind and celebrate together with a refreshing swim in a serene lake, surrounded by the beauty of nature. Our tour will conclude back at Humberto Delgado Airport (LIS), where our journey began. We will arrive in the afternoon on the last day of the tour, so participants can book a flight departing anytime after 3 PM local time or arrange for drop-off at a nearby location.</p>
Itinerary	<ul style="list-style-type: none"> <li>• <b>8.30am:</b> Breakfast at Casa das Jardas</li> <li>• <b>9.45am:</b> Departure</li> <li>• Travel time: 3h</li> <li>• <b>1pm:</b> Arrival at <a href="#">Humberto Delgado Airport</a></li> </ul>