



Suggested Exchange 2025

Eco Camping (May until end of August)

(All rented accommodation for at least 2 nights)

Own tent/car/caravan ----- 10€ person/night (250€ / month)

Bell Tent ----- 15€ person/night (min. 2 person)

Mattress, pillow, pillowcase and sheet ----- 5€ person/night

Sleeping bag with inner cover ----- 5€ person/night

“Sparrow’s Nest” Strawbale Guest room ----- 50€ night (double bed includes bedding and towels)

- Extra mattress on floor or cot for baby ----- **10€ night**

Caravan of Refuge ----- 35€ night (large single with space for another single mattress on floor)

Other Facilities and services ...

Using the camping kitchen (gas/electricity/utensils) ---- 5€ person/day

Meals (only if requested the previous day)

- **Big Breakfast** includes bread, local cheese, butter, jam, oats, seasonal fruits, coffee, tea, milks and our organic eggs (**from 8.30-10am**)----- **10€**
- **Community Lunch or dinner** is generally vegetarian (local, seasonal and organic) and shared with residents and other guests (**1 pm and 8pm**)----- **15€**
- **Order from local restaurant** (generally fish or meat. not vegetarian) ----- **17 €**

Pick-ups and rides (only if requested the previous day)

- Alpedrinha ----- **5€**
- Fundão -----**10€**

Natural Buildings or MoO Tour (Strawbale, wattle&daub, superadobe, cordwood, cob)
--- **20€**

Seasonal Vegetables & herbs from our garden, processed and fermented produce from our pantry, herbal teas, medicinal oils and tinctures and more are also available when requested.

This land is part of a NON-PROFIT ASSOCIATION called “WHITE STONE” since 2004 which main goals are to promote HEALTH and PERSONAL, SOCIAL, SPIRITUAL and ECOLOGICAL WELL BEING through contact with NATURE.

We follow PERMACULTURE ethics and principles and REGENERATIVE farming practices.

All donations and contributions are an exchange for our work and investment in this place and used for its maintenance and development in order to keep it available for those who will benefit from it in the future, the same way we are benefiting from it today. THANK YOU FOR SUPPORT