





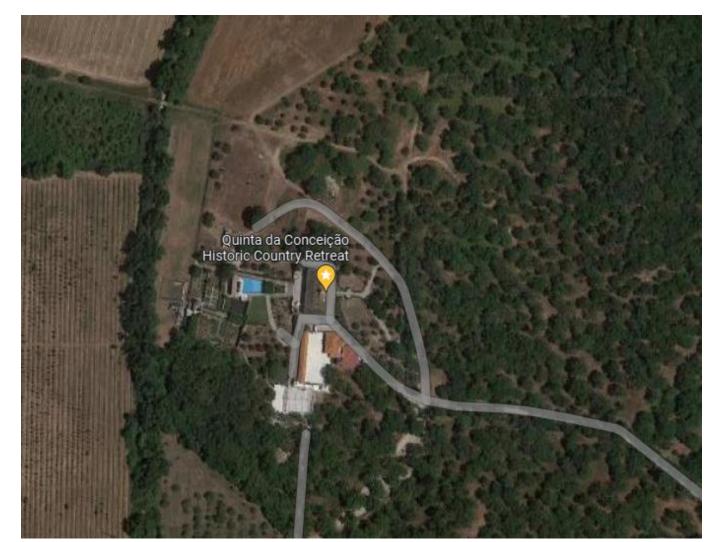
Location



Approx. Driving times

Lisbon airport 35 minutes
Lisbon downtown 30 minutes
Cascais and Sintra 60 minutes
Arrabida beaches 15 minutes
Praia do Meco / Atlantic Coast 20 min
Sesimbra 10 minutes
Setubal 20 minutes
Palmela 20 minutes
Evora 2 hours
Algarve 2 hours
Porto 3 hours

Google maps: GX83+5M Azeitão





Facilities

Historic Manor house with 16 bedrooms set in the middle of unspoilt countryside half an hour from Lisbon airport.

Ball room 140m2 / 1500 Sq foot space for classes and activities, with AC / Heating, toilets

Spa (Sauna, steam, massage).

Magnificent solar heated pool

Huge Guest Living and dining room

Breakfast, lunch and dinner service with multiple dining areas.

High speed Internet and wifi throughout the property

24 hour self service bar & café

Extensive gardens with multiple areas for activities

50 hectares of cork oak forests and countryside

A team of experienced staff to provide everything you need throughout your retreat.



















Accommodation

Room	Room Type	Beds	Bathroom	Notes .
1 Quarto dos Avos 1	Luxury double (best room)	Queen	bath and shower	Huge bathroom
2 Quarto Maria Ines ¹	Luxury double	Queen	bath with shower over	Four poster bed
3 Suite Babela ¹	Double with lounge & sofabed	Queen + single sofabed	shower room	Nice views
4 Suite das Armas ²	Double with lounge & sofabed	Queen + single sofabed	shower room	Garden step free access
5 Quarto Mateus ²	Double with sofabed	Queen + single sofabed	shower room	With TV
6 Suite Joao Vasco ²	Twin with sofabed	2 singles + double sofabed	shower room	Garden step free access
7 Quarto dos Pais 1	Twin	2 singles	shower room	Nice views
8 Quarto Emilia ²	Twin	2 singles	shower room	Can be let as suite with Mateus
9 10 Suite Laura ²	Family suite, 2 bedrooms 2 baths	1 Queen + 3 singles	2 shower rooms	Ideal for families / groups of 5
11 12 Suite Ze Carlos ¹	Family suite, 2 bedrooms 1 bath	1 Queen + 2 singles	Bath with shower over	Nice views
13 14 Casa do Antonio ³	Apartment 2 bed 2 bath, 1 double 1 twin	1 Queen, 2 singles	One shower, one bath	Own kitchen and lounge
15 16 Casa da Catarina ³	Apartment 2 bed 2 bath, 1 double 1 twin	1 Queen, 2 singles	2 shower rooms	Own kitchen and lounge .
TOTALS: 12 units	16 bedrooms	9 Queen, 15 single beds	15 bathrooms	

Summary:

12 letting units, of which 4 have 2 bedrooms, providing a total of 16 individual bedrooms.

9 are double rooms with queen beds, 6 are twins with 2 single beds and 1 is a triple with 3 single beds.

4 of the units have sofabeds allowing between 3 or 4 guests to occupy the unit, suitable for example for groups with children.

All bedrooms have their own bathroom except Suite Ze Carlos which has a large bathroom shared between 2 bedrooms, giving a total of **15 bathrooms**. 2 units have their own kitchen and living/dining areas so can be used as self catering apartments.

TOTAL NUMBER OF GUESTS WITH ALL ROOMS SINGLE OCCUPANCY 16.

TOTAL NUMBER OF GUESTS WITH ALL BEDS FULL 32 + 5 on sofabeds (i.e. 2 people in a double, all single beds occupied).

We have 4 travel cots available which can be placed in any room.

Location key: 1 Main house upstairs, 2 Main house downstairs, 3 Next to the main house



Food ethos: Homemade, homegrown, seasonal and healthy

We grow as much of our own food as we can with the absolute minimum use of chemicals. We produce a wide variety of fruits, vegetables, herbs, salads as well as walnuts, almonds, eggs and honey. We grow and make our own soups, jams, chutneys, sauces, teas, desserts, cakes.

Our daily dinner menu has a choice of meat, fish and vegetarian dishes based on classic Portuguese and international recipes.

We can offer full vegetarian and vegan menus for your group. We can cater to individual nutritional requirements and food allergies so long as we are informed at least 2 weeks before the arrival of your group. Additional charges may apply for special diets depending on the cost of ingredients.

We have three group options available, Bed and breakfast, Half board (breakfast and dinner) and Full board (all meals).

Please let us know at the time of booking what food options you require.

















Activities

The following activities are available at the Quinta or in the local area. We can organise all the activities you require for your retreat or group:

Golf (Close by Quinta do Peru, Aroeira, 10 courses within an hours drive)

Boat trips to see the famous Costa Azul / Arrabida.

Great local beaches: Arrabida (several), Meco, Sesimbra

Wine tasting: Jose Maria de Fonseca and Bacalhoa are headquartered in Azeitao.

Portuguese Ceramic Tile Workshop, paint your own tiles to take home.

Day trip to Lisbon (30 minutes drive)

Day trip to Sintra (1 hour drive)

Day trip to Comporta (90 minutes drive with optional ferry to Troia)

Horse riding in the Arrabida park

Setubal fish market, the largest in Portugal

Cabo Espichel, a hidden gem of baroque architecture

Palmela Castle, dating back to Moorish times

Dolphin watching in the Sado Estuary

Bird Watching in the Sado Estuary (flamingos)

Workshops on local botany, medicinal plants

Cooking classes: traditional Portuguese custard tarts etc

Fado performance



Other Services

As well as organising any activities you require for your group, we can also provide all the other services your group needs so you can focus on your retreat and we can ensure everything runs according to plan.

Taxi's:

Airport shuttle: Currently our local taxi service charges €55 for a car up to 3 passengers, €70 for a van with 6 passenger seats for airport pick up and drop off.

They can also provide small busses (up to 14) and even 30 - 50 seat coaches for excursions.

Spa: Our spa has a sauna and steam room

Eating out:

If you are not dining here, we can recommend and book restaurants according to your budget and food preferences. Eating out in Portugal is generally inexpensive for basic meals, although Lisbon hosts some exciting fine dining opportunities. In this region there are some great fish and seafood places in Sesimbra and Setubal.

Meals at local restaurants range from €20-30 at lunch time. Dinner from €25-40 per head.

Audio Visual Equipment: we have sound systems, large screen tv, flip board.

Laundry service



An experienced Team

Since we opened in 2016 we have hosted a wide range of very successful retreats, welcoming participants from Singapore to South Africa, United States to Israel, Spain to Chile.

Our aim is to be the ideal venue partner to your retreat, supporting you in all your activities, working with you to ensure retreat success and participant satisfaction.

Whether your retreat is therapeutic, creative, educational or recreational our team has the experience and track record to ensure your retreat runs smoothly and your participants have everything they need, are well fed and are supported and served according to their requirements.

We can buy in creative and any other materials you require for your retreat.

Retreats we have hosted here include: Yoga, oil painting, watercolour painting, teambuilding, corporate, business coaching, wellness, trauma healing, psychedelic, gastronomy, wine, golf ...



Rates & Availability

Please email us at: conceicaoazeitao@gmail.com with your required dates so we can send you more information about our rates, meal packages and available dates.

During LOW and MID season (Low season November, December, March) (Mid Season: April, October) we have retreat slots of 3 or more nights available.

During HIGH season (May-End September) we can only generally accommodate retreats mid week, arriving Monday for three or four nights. Occasionally longer stays including weekends might be available but special surcharges will apply.

Terms & conditions, cancellation

Bookings

All correspondence should be made in writing to conceicaoazeitao@gmail.com. We ALWAYS confirm availability and all bookings in writing via email.

Deposits and payments

We appreciate that planning a retreat can be a risky business should you not manage to sell your places. As a result we try as much as possible to accommodate our retreat partners requirements. We therefore usually do not require a deposit to be paid at the time of booking.

We will issue an invoice for 25% of the accommodation fee 90 days before the arrival date.

For weekend slots (if available) in mid or high season we will require a non refundable deposit of 50% of the accommodation fee to be paid at the time of booking.

We will issue an invoice for the remainder of your accommodation fee 28 days before the start date.

All accommodation payments must be made by bank transfer to our bank account within 10 days of receipt of invoice.

All fees for meals, drinks, transport and any other services paid by us on your behalf must be paid before leaving the property at the end of the retreat either by bank transfer, VISA, MASTERCARD or in cash.

Please note retreat participants are required to settle all personal bills for drinks and any other services incurred before leaving.

We allow the option of your participants paying for their meals and drinks directly either on a breakfast, half or full board option thus giving you the flexibility to include some or all meals in your retreat price.

Cancellation:

Please note that deposits are not refundable within 90 days of arrival (270 days in the case of weekend slots in mid and high season)

However you can change dates subject to availability.

Meals and Drinks:

We do our very best to provide delicious and nutritious freshly cooked meals using good quality ingredients whilst maintaining reasonable value for money. All food and drink consumed on the premises is exclusively supplied by us. Participants are welcome to go out to eat and drink at other restaurants, cafes and bars.

Our meal packages include water and free tea and coffee from our self service cafe. A reasonably priced selection of local wines, beers and other alcoholic and non alcoholic drinks are available from our self service bar at additional cost. Our wines start at €6 for a half bottle.

The meal prices quoted at the time of booking are guaranteed. Allergies and special diets are no problem for us however we need to know at least 2 weeks before arrival of any food allergies in order to plan and source ingredients. Special diets may be incur higher charges.

Contacts & Questions

Retreat Centre Director: Matt Gruninger

Email: conceicaoazeitao@gmail.com

Tel. +351 965 590 954

For more information about us and what our former guests have to say check our social media and reviews:

Instagram

https://www.instagram.com/quintadaconceicao/

Facebook www.facebook.com/quintadaconceicao

Read the reviews on <u>TripAdvisor</u> and google

Serenidade Absoluta LDA

Quinta da Conceição Historic Country Retreat CCI 809, Canais, 2925-677 Azeitão Setubal, Portugal TAX No. PT513806490



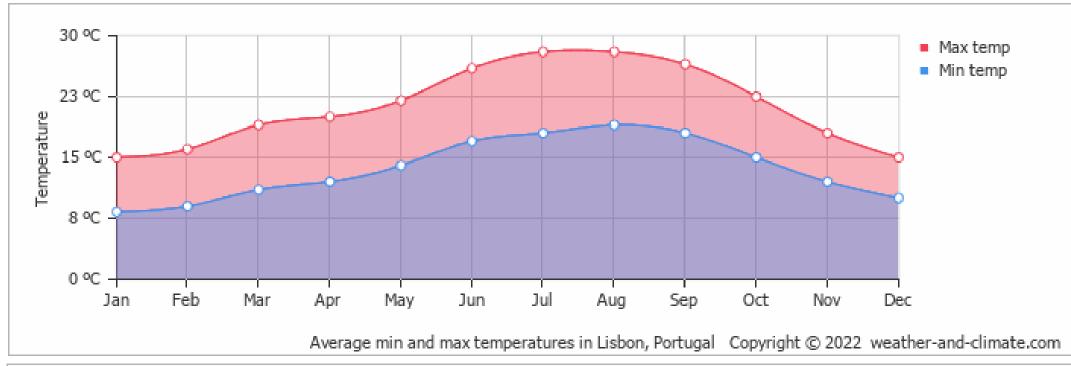
Scan here to watch our video presentation:

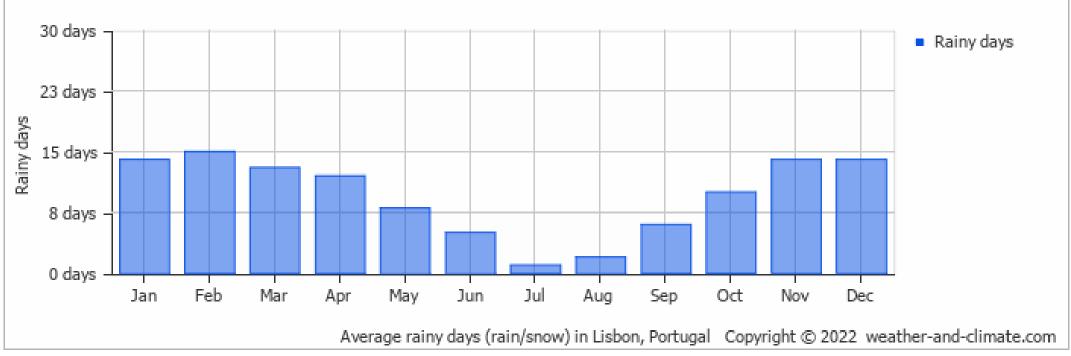
https://youtu.be/GB 225kNtcs

Climate and Weather

You can see more here:

https://weather-and-climate.com/average-monthly-Rainfall-Temperature-Sunshine,azeitao-lisbon-region-pt,Portugal













QUINTA DA CONCEIÇÃO - AZEITÃO - PORTUG CONTACTS: MATTGRUNINGER@GMAIL.COM

Recharge, Revive, RetrEAT

na Quinta da Conçeição



13 - 16

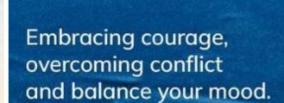
OCTOBER

THERAPEUTIC **PSYCHEDELIC** EXPERIENCES



personal growth emotional development healing clarity purpose

portugal



katesotero.p

ADAM CAVE FINE ART HOSTS

Painting in Portugal with David Dunlop

April 2022





MASTER CLASS

QUINTA DA CONCEIÇÃO/AZEITÃO