

# THE PORTUGAL

WELLNESS ADVENTURE

QUICK GUIDE

27 SEPT—  
2 OCT 2025



11—16 APRIL 2026

# ABOUT THE TRIP

DISCOVER A NEW KIND OF ADVENTURE IN SOUTHERN PORTUGAL, WHERE WELLNESS MEETS THE WILD. OVER 6 UNFORGETTABLE DAYS IN THE ALENTEJO REGION, YOU'LL HIKE, TRAIL RUN, AND WILD SWIM THROUGH SUN-SOAKED COUNTRYSIDE, FLOW THROUGH ENERGISING YOGA SESSIONS, AND SAIL ACROSS SERENE ALQUEVA LAKE. BY DAY, EXPLORE PEACEFUL TRAILS AND VINEYARD-LINED LANDSCAPES. BY NIGHT, PADDLE UNDER THE STARS AND TAKE A MOONLIT DIP YOU'LL NEVER FORGET.

STAY IN A CHARMING GUESTHOUSE IN THE HISTORIC VILLAGE OF TERENA, UNWIND BY THE POOL, AND SAVOUR LOCAL WINES ON A GUIDED TASTING TOUR. JOIN A LIKE-MINDED GROUP OF 14 FOR A UNIQUE BLEND OF MOVEMENT, CONNECTION, AND CALM — AN ADVENTURE DESIGNED TO RESET AND RECHARGE.

## DATES:

**27 SEP - 2 OCT 2025**

**11 - 16 APRIL 2026**



## ABOUT ALENTEJO

Nestled in the heart of southern Portugal, the Alentejo region is a serene escape known for its rolling golden plains, ancient cork forests, and charming whitewashed villages. With its slower pace of life, breathtaking landscapes, and unspoiled coastline, Alentejo offers the perfect backdrop for our wellness and adventure retreat.

Whether you're trail running through lush trails, meditating under olive trees, or exploring the rich cultural heritage of the region, Alentejo invites you to reconnect with nature and yourself in a truly peaceful setting.



## Launch Offer: £100 Off, Ends 14 May

Twin Room (same sex)  
£1,295 per person (Normally £1,395)

### Payment Options:

1) Payment Plan - £150 deposit & spread the balance over 4 monthly instalments.

2a) Pay a 25% deposit & the balance by 1st August 2025. **(SEPT 2025 TRIP)**

2b) Pay a 25% deposit & the balance by 1st March 2026. **(APRIL 2026 TRIP)**

3) Pay in full

## Your Adventure

We know that when you book a special bucket list trip like this one, you want to know how much the trip is going to cost you, without hidden, last minute costs.

Luckily, our trips are inclusive, and our pricing is transparent. Here's what's included in the trip.

### What's Included :

-  Qualified International Mountain Guides
-  x5 nights boutique countryside guesthouse (exclusive for us)
-  Private transport in Portugal
-  x2 guided trail runs (10-12km)
-  x1 guided hike (14km)
-  x1 dutch sail boat experience
-  Stargazing session with Dark Sky Alqueva Team
-  Local vineyard & wine tasting tour
-  x1 guided night kayak under the stars
-  Meals: 5 breakfasts, 5 dinners, all dietary types catered for.
-  Wild swim spots and use of guesthouse pool
-  Pickup & drop off from Lisbon airport
-  All route planning and logistics taken care of

### What's not included :

-  Flights to & from Lisbon
-  Lunches throughout
-  Travel insurance
-  Extra alcoholic drinks

Remember, you can pay in monthly instalments to spread the cost of your trip.

If you have any questions regarding pricing feel free to contact us on  
+44 7748 722282 or  
[hello@trailpursuit.com](mailto:hello@trailpursuit.com)

# ITINERARY

## DAY 1: ARRIVAL

Welcome to Portugal!

You'll be collected from Lisbon Airport & transferred to our guesthouse in Alentejo. After settling in and meeting your team, you'll head out on a stargazing experience on the Alqueva Lake.

Meals Included: Chef dinner  
Accommodation: Boutique Country Guesthouse



## DAY 2: GUIDED TRAIL RUN IN MONSARAZ COUNTRYSIDE. LUNCH IN CASTLE TOWN & YOGA



Start your day with an invigorating 12K guided trail run through the scenic Monsaraz countryside, where sweeping views and fresh air set the tone for adventure.

Afterwards, we'll head into the historic hilltop town of Monsaraz for a well-deserved lunch, soaking in its medieval charm and panoramic vistas. The day winds down with a grounding yoga session to restore and relax both body and mind.

Meals Included: Breakfast & dinner  
Accommodation: Boutique Country Guesthouse



## DAY 3: ACTIVE MORNING FLOW & LAKE ADVENTURE



We'll begin the day with an energising active yoga flow to awaken the body and set a positive tone. Then, we'll hop aboard a charming vintage Dutch sailboat for a peaceful cruise across Alqueva Lake. Enjoy a picnic of local cheese, fruit, cured ham, and wine as we sail. We'll stop at Golden Island for some sunshine, a walk, or a refreshing swim. On the way back, you can even jump into the lake from the boat! It's a relaxing and memorable experience that feels like a small adventure at sea.

Or you can try stand-up paddle boarding for a bit of fun and movement. We'll end the day with a gentle evening yoga session to unwind and restore under the Alentejo sky.

**Meals Included: Breakfast & Dinner**

**Accommodation: Boutique Country Guesthouse**

## DAY 4: GUIDED HIKE & NIGHT-TIME KAYAK ADVENTURE



We'll start the day with a scenic 14K guided hike from the accommodation to the historic village of Monsaraz, taking in the peaceful countryside and sweeping views along the way. As night falls, the adventure continues on the water. Our evening kayak experience on Alqueva Lake, part of the renowned Dark Sky Alqueva activities, begins at sunset, when the sky shifts through a stunning palette of colours.

As we paddle, your guide will share stories about the lake's rich natural and cultural history. We'll stop on a small island to enjoy local snacks and, for those who wish, a magical night swim. On the return journey, we'll glide silently under a sky blanketed with stars, where the lake and heavens seem to merge into one unforgettable scene.

**Meals Included: Breakfast & Dinner**

**Accommodation: Boutique Country Guesthouse**



## DAY 5: SACRED VALLEY TRAIL RUN, LAKE REFRESH & ESPORÃO VINEYARD VISIT

We'll start the day with a guided (10-12K) trail run through the scenic countryside near Terena, exploring the stunning landscape of what locals call the Sacred Valley of Luceférit.

With its rolling hills, woodlands, and winding stream (if flowing), this culturally rich and spiritual area offers the perfect backdrop for a mindful and invigorating looped run starting and ending at our accommodation. Afterward, cool down with a refreshing dip in the pool.

In the afternoon, we'll head to the renowned Esporão estate for a relaxed and elegant wine tasting experience. Set among olive groves and vineyards, this historic estate showcases the Alentejo region's diversity of soils and sustainable winemaking practices. We'll tour the vineyards and learn about their organic methods before enjoying a guided tasting of two white and two red wines, either in the atmospheric cellar or out on the terrace with views of the surrounding plains.



Meals Included: Breakfast & Dinner  
Accommodation: Boutique Country Guesthouse

## DAY 6: FAREWELL & DEPARTURE

After a restorative and adventure-filled week in the heart of Alentejo, it's time to say goodbye. We'll share one final morning together, perhaps a quiet coffee, a last dip in the pool, or simply a moment to soak in the stillness of the surroundings, before guests begin their journeys home. We leave with full hearts, new friendships, and memories rooted in nature, movement, and connection. Until next time!



# ACCOMMODATION

## Boutique Country Guesthouse

Nestled near the village of Terena, Herdade D. Pedro offers a tranquil retreat in the heart of Alentejo. The property features a selection of rustic apartments, each equipped with modern amenities including air conditioning, fireplaces, and fully equipped kitchens.

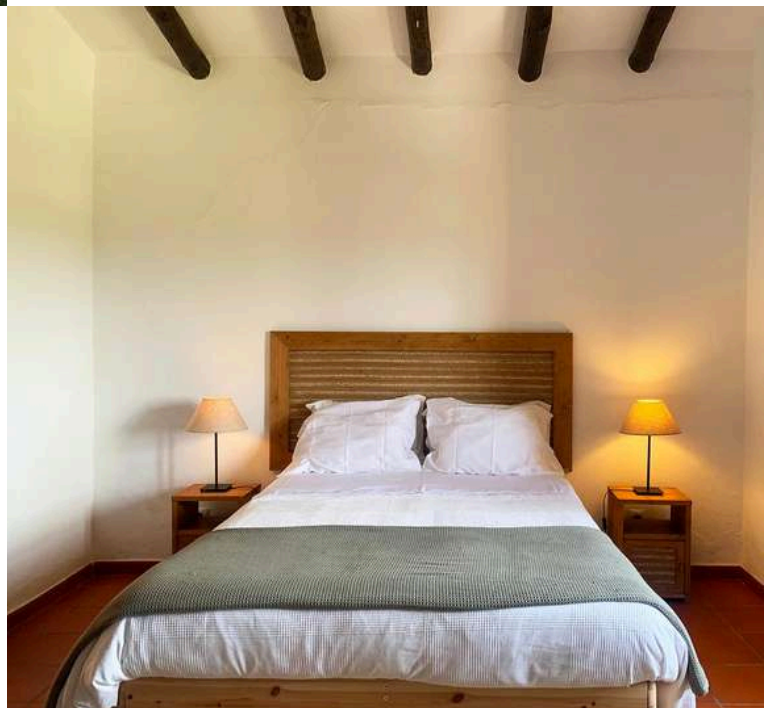


The estate boasts an outdoor pool with scenic views, perfect for unwinding after a day of activities. Guests can enjoy various on-site amenities such as a garden, barbecue facilities, and a bar.

For those interested in local culture, the village of Terena is just 5 km away, offering opportunities to explore regional gastronomy and traditions.

Herdade D. Pedro offers beautifully designed rooms that blend rustic charm with comfort, creating a welcoming space to rest and recharge.

Surrounded by open countryside and the gentle sounds of nature, it's a truly peaceful place, ideal for unwinding between activities and soaking in the calming energy of the Alentejo landscape.



# Travel Information & Advice

## Fitness Level Required

Participants are required to be healthy & in good physical shape, managing a mix of activities across 5 days.

Your adventure is completely customisable & you can participate in as many or as few activities as you wish.

## Travel Insurance

For International Trail Pursuit: Adventures you are required to take out cover, which most activity insurance companies will provide, this needs to include emergency evacuation and medical care.

Sports Cover Direct offer a comprehensive range of sports travel insurance.

## Note on Itinerary

The itinerary and duration of the activities are subject to change due to group abilities and preferences, weather conditions and forecasts, water levels, special events of interest, etc.

Trail Pursuit guides will do their utmost to ensure the best possible experience for their guests without compromising safety at any time.

This may mean changing the original itinerary to avoid discomfort or risk which could be caused by exceptional situations, and Trail Pursuit reserves the right to alter the itinerary accordingly.

## Payment Options

We have 3 options for you to choose:

1) Payment Plan - £150 deposit & then spread the balance over 4 monthly instalments

2a) Pay a 25% deposit & the balance by 1st August 2025. (**SEPT 2025 TRIP**)

2b) Pay a 25% deposit & the balance by 1st March 2026. (**APRIL 2026 TRIP**)

3) Pay in full

Book with confidence:  
 - 14 day cooling off period  
 - If Trail Pursuit have to cancel or postpone the trip for any reason, you can either be credited to a future trip or receive a full refund.

# Co-Host and Yoga Instructor

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## Rebecca

**Born and raised in the heart of Alentejo, Rebecca brings a deep-rooted connection to the land, shaped by a childhood spent among the wide skies and wild beauty of rural Portugal. With British parents who moved to the region in the 1980s to start a farming life along what was once the River Guadiana, now the Alqueva Lake, her roots are grounded in nature, simplicity, and adventure.**




**Rebecca's journey with yoga reflects her calm yet vibrant spirit. Certified through The Sacred Fig in Portugal, her teaching blends mindful movement, breath awareness, strength, and playfulness. Inspired by the rhythms of the natural world, her classes invite you to slow down, reconnect, and meet yourself with curiosity, presence, and joy, both on the mat and in everyday life.**








# KIT LIST

Please find a detailed kit list below. We find most people already own the kit for our trips. You can buy or hire these items. Here are the basics:

## BAGGAGE

-  Large travel backpack or suitcase
-  Day Rucksack (20L)
-  Dry bag (Keeping personal items dry near water - i.e phone/camera)

## PERSONAL ITEMS

-  Cash
-  Personal toiletries & sun cream
-  Sunglasses & sun hat
-  Personal water bottle (you will be able to refill)
-  Universal travel plug adapter

## CLOTHING AND SHOES

-  Trail running shoes & run kit
-  Activewear: Tee, short, socks etc
-  Good quality waterproof jacket
-  Mid layers (fleece jacket or similar)
-  Warm clothes for the evening
-  Swimsuit and towel
-  Trainers, hiking boots & flip flops

## OPTIONAL EXTRA

-  Hiking poles

Please note, all baggage and belongings will be transferred in our private mini buses.

# TESTIMONIALS

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## BEST TRIP I'VE HAD IN A WHILE!

Really the best trip I've had in a while! Highly recommend Trail Pursuit to anyone who wants a fully organised, fun adventure with like minded people and full of activities. I spent 5 days in Slovenia staying beside beautiful Lake Bohinj with an amazing bunch of people and we managed to fit in hiking, swimming, kayaking, canyoning, trail running, zip-lining and cycling.

A wonderful mix of being outdoors in stunning surroundings, having fun and challenging/pushing yourself. I also felt the trip was well planned and all activities had adequate guides and equipment to feel safe  
Highly recommend, thank you :)

**TAMSIN GLASGOW**

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## IT WAS MIND BLOWING!

I joined TP on a trip to Norway and can only say it was mind blowing. It was very well organised and we had an amazing guide, David, not only an amazing guide, but amazing chef too. We had 6 days of super fun in the mountains and on the fjords. Ed made sure we were all in good spirits and having a blast...which really helped getting through the long days of hiking and kayaking. I highly recommend Norway to anyone, it's a bucket list must do! Thanks TP for an amazing adventure!

**ESTELLE ALBERTYN**

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## MAKING MEMORIES IN MOROCCO

I've just come back from my first trip with Trail Pursuit and what an experience it was! From the organisation to the activities to the people, everything was spot on!! I would like to say a massive thank you to Ed & the team and I can't wait to share an adventure with you again in the not too distant future.

**HOWARD SUSMAN**

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## SECOND TRIP WITH TRAIL PURSUIT

Second trip abroad with Trail Pursuit & what a week! Croatia is simply stunning. Loved the variety of activities & landscape. Our guides, Vanna & Kiki were fantastic! A truly memorable week, topped off with amazing new friendships made :-)

**CAROLINE SMITH**

# TESTIMONIALS

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## FOR ME...IT'S THE COMMUNITY WE MADE ALONG THE JOURNEY

Recently just completed the Slovenia trip with Trail Pursuit and it was an absolute blast. Ed, our guide and facilitator was extremely knowledgeable and thorough in making sure we were prepared and ready for each day. The pace of the trip was blended perfectly with downtime and activities where I never felt rushed or worn down.

If I could give 10 stars I would. For me, it wasn't so much about the activities, it was the community and friendships I made over the week that have followed me back to London. It's a great networking opportunity to meet like minded people. I definitely would be back again.

**LUKE HELOU**

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## AN EPIC ADVENTURE!

This was my third trip with Trail Pursuit and it didn't fail to deliver once again. This was an incredible way to explore the wild of Norway, and really get into nature : we didn't see another person for days! Each part of the trip was well planned and thought out, and contrast of getting to explore the mountains AND the fjords blew my mind. Absolutely loved it !!

**LAUREN EVERET**

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## TRAIL PURSUIT SLOVENIA

Returned from Slovenia, my 3rd Trail Pursuit trip and delighted to share another wonderful experience.

16 people in our group which created a really strong team environment as we tackled challenging trail run, hiking, kayaking and canyoning.

Amazing location with great views, hotel and food and just that great Trail Pursuit vibe that keeps me coming back for more !!

**SIMON ROBERTS**

# JOIN OUR COMMUNITY!



# FAQS AND FURTHER INFORMATION

## HOW FIT DO I NEED TO BE?

Guests are required to be healthy and in good physical shape. Your adventure is completely customisable and you can participate in as many or as few activities as you wish!

If you have any concerns about your fitness level, please don't hesitate to contact us to discuss your options and help you choose the right adventure holiday for you. [hello@trailpursuit.com](mailto:hello@trailpursuit.com) or call +44 7748 722282

## WHICH AIRPORT DO WE FLY INTO?

Our Start & Finish Point for the trip is Lisbon Airport. Please book your flight separately. You'll then be transferred to our Guest House for the first evening, with time to relax ahead of a team briefing and welcome meal.

From hereon all transport in Portugal is provided by Trail Pursuit & you'll be transferred back to the airport on the final day. You can also arrive earlier / stay longer if you wish!

There are regular flights to Lisbon, from major airports across the UK, Europe and the US.

You are welcome to arrive a day early & make your way back to the airport pickup if that is preferable.

## CAN I PAY IN FULL OR MONTHLY INSTALMENTS?

Yes, available payment options include:

- 1) Payment Plan - £150 deposit & then spread the balance over 4 monthly instalments
- 2a) Pay a 25% deposit & the balance by 1st August 2025. **(SEPT 2025 TRIP)**
- 2b) Pay a 25% deposit & the balance by 1st March 2026. **(APRIL 2026 TRIP)**
- 3) Pay in full

## WHAT IS THE FOOD LIKE?

We cater to all dietary preferences, so please share your requirements when booking. Our meals are prepared with fresh, high-quality ingredients and served in generous portions. The menu offers a variety of options, including chicken breast, seasonal vegetables, and both egg and meat-based dishes.

Portuguese food is hearty, flavorful, and deeply rooted in tradition. It celebrates simple, high-quality ingredients, think fresh seafood, olive oil, garlic, herbs, and seasonal vegetables. Dishes often reflect the country's rural and coastal heritage, from grilled sardines and octopus rice to slow-cooked stews and creamy custard tarts. Meals are unhurried and generous, often shared around the table with local wine and plenty of warm conversation.

If you wish to discuss any aspect of the adventure, then please contact us on +44 7748 722282 or email [hello@trailpursuit.com](mailto:hello@trailpursuit.com).  
We will be happy to help.

# FAQS AND FURTHER INFORMATION

## I'M TRAVELLING SOLO, WILL I BE OK?

Yes absolutely! The majority of our guests come solo, and some with a friend or partner. Our adventures are carefully curated as supportive and inclusive experiences for everyone. You'll connect with people who have a shared passion for adventure and no doubt come away with new friendships!

Guests are typically aged 25-55 and form a close team throughout.

## DO I HAVE TO BE FROM THE UK TO JOIN?

No, we welcome guests from all over the world!

## HOW BIG IS EACH GROUP PER TRIP?

Each group will have a maximum of 14 guests plus the guides. We welcome guests of all ages who are in good physical health & love adventure.

Age range is typically between 25-55 years old.

## ARE WE SHARING ROOMS?

Throughout the trip, twin rooms (same sex) are available on a first-come, first-served basis. If you're traveling with a friend or partner and prefer to stay in the same room, please let us know once you've booked.

## CAN I ARRIVE SOONER / STAY LONGER?

Absolutely, you are welcome to arrive earlier & stay longer after the trip if you wish. Please meet us at Lisbon Airport on arrival day and coordinate times with us.

## WILL THERE BE A TEAM WHATSAPP GROUP?

Yes, a Whatsapp Group will be made where we can confirm kit lists, logistics & answer any questions you may have. Team effort!

If you wish to discuss any aspect of the adventure, then please contact us on +44 7748 722282 or email [hello@trailpursuit.com](mailto:hello@trailpursuit.com).

We will be happy to help.

# WE CAN'T WAIT TO WELCOME YOU!



✉ [hello@trailpursuit.com](mailto:hello@trailpursuit.com)

📷 [@trail\\_pursuit](https://www.instagram.com/trail_pursuit)

🌐 [www.trailpursuit.com](http://www.trailpursuit.com)