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2017

Portugal Family Adventure

Sunshine and adventure are the key words for this trip.

Exciting water based adventures ideal for the whole family. It is a holiday for getting fitter and healthier with plenty of exciting activities and finish the day with home-cooked food, a glass of wine on the sun deck overlooking the jungle.

The Farm

Our base is a 46 hectare farm. The aim of the farm is to be self sustainable where we integrate the buildings into nature. The farm is set amongst rivers, and mountains and in a large indigenous cork oak forest.

The farm is situated on the most south western point of Portugal (Cabo de San Vincente) and is hidden from the main stream of tourists. It is about 5km from the beach but we do have a large fresh water lake on the farm that is ideal for swimming or just paddling.

The range of activities include sea kayaking, walking, climbing, abseiling, biking and archery. There is also a boat trip, a night walk, a chance to help out on the farm and an art class. We also incorporate a day on the beach where you will be able to snorkel and body board.

We will also take a trip to watch the sun set.

This is a perfect place for an activity based holiday for the entire family including Mums and Dads.





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The Adventure and Itinerary

Arrive Faro and be transferred by minibus to the farm, where you will meet your hosts Jon and Vi.

On most days we have an activity in the morning and another in the afternoon. On some days we may have a free afternoon where we can go for a swim or visit Lagos (a pretty coastal town).

The activities we offer are :

- Sea kayaking on an estuary—suitable for all the family (full day)
- Adventure Walk—a short walk that takes in the beach where we can stop for a swim have lunch and head back again (half day)
- Body Boarding—head to the beach for some fun in the sun—body boarding, paddling through caves and snorkelling (one and a half days)
- Climbing an introduction where can learn some basis skills, using gear, knots. The climbing is easy—you don't even have to leave the ground if you don't want to! (half day)
- Easy Abseiling (half day)
- Sea kayaking along the coast, stopping to swim on hidden beaches with a picnic lunch (full day, weather dependent)
- Boat trip to the most south-westerly tip of Europe—an afternoon trip with a chance to spot some dolphins.
- Archery—short session in one of our fields (filler activity)
- Art Class—a recent addition that has become hugely successful with adults and children. A fun class and a chance to escape for some shade and art (half day)
- Farm Experience—a chance to spend some time on the farm , collecting eggs, picking fruit, maybe help planting some trees (filler activity)
- Field Games—we have various games we can play depending on the age of the children—parents can join in if they wish! (filler activity)
- Night walk—bring your torches and we will head up onto the mountains for a night walk to hunt out any animals that only come out at night! Adults don't have to join in if they are too scared!
- Lake swimming and paddling on the farm (filler activity)

We choose the activities for the day according to the weather and the guests wishes. A lot of the trip planning happens the night before... days are planned around the weather, sea conditions and well being of all involved





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Fact and Figures

Suggested Kit List

You will need to provide the following:

- Lunch box
- Full waterproofs
- Small day rucksack
- Warm hat / Sun hat
- Warm jumper or fleece jacket
- Walking trousers (track suit bottoms)
- Walking shoes or boots
- Shorts
- Long sleeve shirt / t-shirt
- Swimming gear
- Socks
- Sun protection cream
- Torch and spare batteries / bulb
- Small first aid kit
- Trainers or sandals for canoeing
- Insect repellent
- Wash kit / Towel
- Camera / films
- Personal First Aid kit
- Insect repellent
- Water bottle / thermos flask

2017

- PFA1712 30 Apr - 6 May
- PFA171 27 May - 3 June
- PFA172 1—8 July
- PFA179 8—15 July
- PFA1710 15—22 July
- PFA173 22—29 July
- PFA174 29 July—5 Aug
- PFA175 5 - 12 Aug
- PFA1711 12 - 19 Aug
- PFA176 19 - 26 Aug
- PFA177 26 Aug—2 Sept
- PFA178 21—28 Oct



Land only price:

- Adults £699
- Under 18's £569



Price includes:

- Airport transfers
- Activity transport
- Accommodation - full board
- (7 nights in farmhouse)
- All specialist equipment for the activities.

Price does not include

- International air flight, spending money.

Experience Required None

Suitable for people aged 11 to 70

