

KATE MITCHEOM AZORES ITINERARY

Welcome! Bem-vindo!

Wed Oct 2 | ARRIVAL + SETTLE IN

- ▶ Early morning arrival post red-eye
- ▶ 1pm Lunch followed by orientation with Kate
- ▶ 4:00- 5:30pm Property tour and neighborhood walk with center owners
- ▶ 7:15pm Walk across the street to dinner

Thu Oct 3 | EXCURSION DAY WITH HOSTS

- ▶ 8am - 10am Morning session
- ▶ 10:00am Breakfast
- ▶ 11:30am Depart for hiking + sightseeing excursion: see detail on right
- ▶ 7:30pm Dinner at the quinta

Fri Oct 4 | FREE DAY + OPTIONAL EXCURSION

- ▶ 8am - 10am Morning session
- ▶ 10:00am Breakfast
- ▶ FREE TIME-Optional whale watching* (weather dependent) or horseback riding to be arranged; lunch on own*
- ▶ 5:30pm - 6:30pm Afternoon session
- ▶ 7:30pm Dinner excursion out

Sat Oct 5 | EXCURSION DAY

- ▶ 8am - 10am Morning session
- ▶ 10:00am Breakfast
- ▶ 11:30am Depart for hiking excursion (see detail on right)
- ▶ 7:15pm Dinner at farm to table restaurant

Sun Oct 6 | CHILLAX + AFTERNOON EXCURSION

- ▶ 8am - 10am Morning session
- ▶ 10:00am Breakfast
- ▶ FREE TIME
- ▶ 1:30pm lunch at the quinta followed by excursion to Caldeira Velha hot springs + geological interpretation Center
- ▶ 7:30pm Dinner excursion out

Mon Oct 7 | FREE DAY + OPTIONAL EXCURSION

- ▶ 8am - 10am Morning session
- ▶ 10:00am Breakfast
- ▶ FREE TIME-Optional whale watching* (weather dependent) or horseback riding to be arranged; lunch on own*
- ▶ 7:30pm Farewell Dinner at the quinta

Tue Oct 8 | DEPARTURE

- ▶ 8am - 10am Morning session
- ▶ 10:00am Breakfast
- ▶ 12pm check out of rooms, departure at 1pm

NOTE: There will be light nourishment available before morning yoga classes (coffee / tea / fruit / etc.)

Detail on excursions

Hiking Excursion to Furnas | HIKING + NATURE

We head to Furnas and visit the most active volcanic region on the island. Experience a nature walk or hike along Furnas lake including a lunch by the lake, followed by a post-hike soak in our favorite hot springs.

Excursion to Sete Cidades | HIKING + NATURE

We head west to Sete Cidades, one of Portugal's seven wonders and the iconic twin lake images of São Miguel. A hike and stop to various viewpoints is followed by lunch and visit to points west.

Excursion to Caldeira Velha | LEARN + SOAK

Caldeira Velha is a beautiful natural park featuring three hot springs and an informative environmental interpretation center. A perfect place to walk, soak and learn about the magical island you're visiting.

Horseback Riding | OPTIONAL EXPERIENCE*

Booking required at least 48h in advance* Our partners find the right horse for everyone and offer small groups (up to 4) with experienced guides, who know both the island with its natural treasures and the horses well. Pick-up and drop-off at quinta minuvida included. Total experience duration around 3 hours. Cost is between 50-75€ per person*

Whalewatching | OPTIONAL EXPERIENCE*

Booking required at least 48h in advance* Note this is weather and sea conditions dependent. Join our partners for an afternoon of observing the many native and migratory whale and dolphin species. Pick-up and drop-off at quinta minuvida included. Total experience duration around 5-6 hours. Cost is between 60-75€ per person.

Beaches | OPTIONAL EXPERIENCE*

Santa Barbara Beach is 5km away. This is the largest sandy beach on the island and has a great beach cafe (Tuka Tula) with fantastic coffee / food / drinks. You can walk or take a cab.

Ponta Delgada | OPTIONAL EXPERIENCE*

Great to spend at least a half-day or more in the city. It's more vibrant on the weekends and has a bustling farmers market and great shopping. You can call a cab to go to / from the city.

* At participant cost, not incl. in retreat

