

# TRAVEL GUIDE

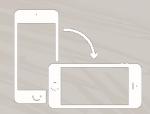
COMPORTA 2021



"Make the most out of your stay"



### FOLLOW THE LINKS



Comporta Spirit's Travel Guide is a user-friendly interactive document, that allows you to not only, navigate through the document easily, through the smart links, but also connect you directly to the website where you can arrange the booking or access the venue's information.

The content page further bellow, will take you to each related section and in each section, you will find a "back to the top" box, which will bring you back to the content page.

For now, the in-document navigation links only work with IOS devices or any PC – however links to websites will work with all software's.



"Make the most out of your stay"

www.comportaspirit.pt



# ABOUT COMPORTA

Having been compared as the Hamptons of Western Europe, Comporta's bohochic village is most possibly, Portugal's best kept secret. The region has 60 Kilometers of pristine beaches, surrounded by untouched cinematic dunes, umbrella pine forests and dotted with rice paddies. The flora and fauna found in this sublime region, make-up for a rich and unique biodiverse ecosystem, where over 600 species have been listed.

In this wild paradise life is both untamed and poetic. It's a heaven for hedonists of the bohemian persuasion, where there is both nothing and everything to do.

Comporta's style is about the simplicity, authenticity and raw beauty. It's the perfect integration between the natural environment while keeping the respect for local traditions. The predilection of a "Slow Life" has strongly inspired numerous architects and decorators, whose work has been featured in countless renowned fashion and interior decorating magazines.

An irresistible and unparalleled crossroad between the raw natural world, tradition and the ultra-modern refined architecture!



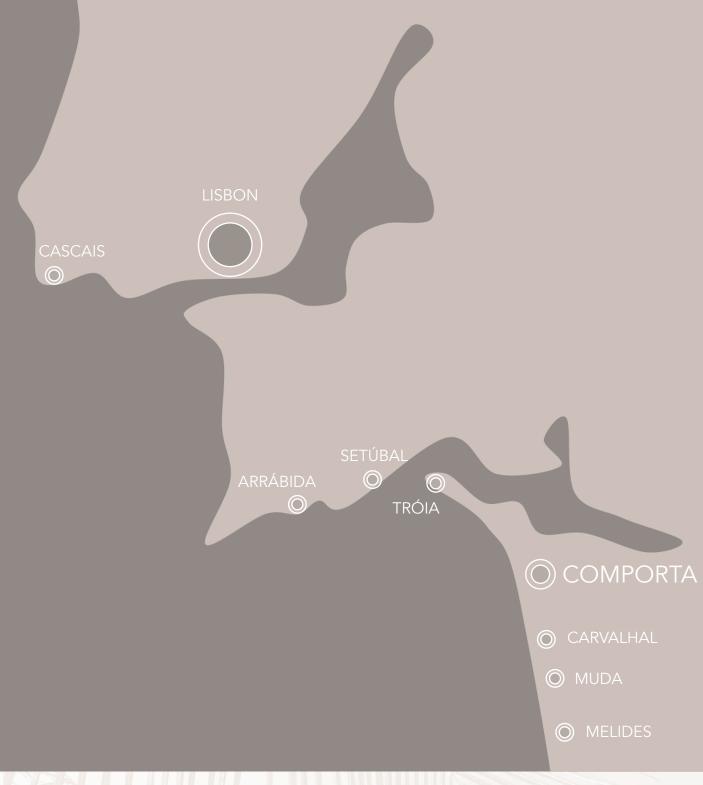
LISBON 🛧 1h15

FARO 🛧 2h

"Make the most out of your stay"



MAP



"Make the most out of your stay" www.comportaspirit.pt



RENTALS

**HOTELS** 

TRÓIA

COMPORTA

RESTAURANTS

TRENDY

ON THE BEACH

TRADITIONAL

DRINKS

BRUNCH

SERVICES AT HOME

**CULTURAL** 

SHOPPING

SPA

BEACH

ACTIVITIES

FOR THE LITTLE ONES

TRANSPORTATION

EMERGENCY CONTACTS

PORTUGUESE CRASH COURSE

ABOUT US

"Make the most out of your stay"





### RENTALS





### A SELECTION OF BESPOKE VILLAS

INQUIRE RENTAL

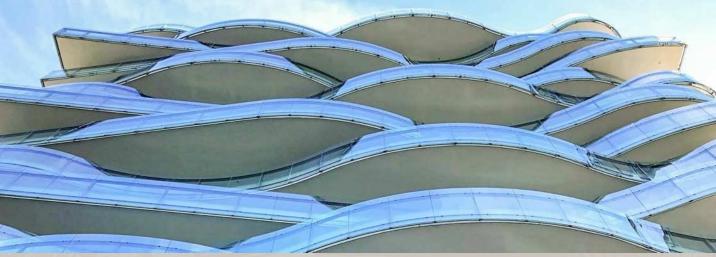
**INVEST IN A PROPERTY** 

"Make the most out of your stay"





# HOTELS | TROIA



### **BOOK HERE**



"Make the most out of your stay"



# HOTELS | COMPORTA



#### SUBLIME COMPORTA

Seldom have we seen such harmony between a name and its owner. Nestled on a stunning 17 hectares estate, Sublime Comporta is precisely what it reads - sublime. This dreamy hotel, with 23 rooms & suites and 22 villas is surrounded by undulating pines and cork trees and over 60 kms of pristine white-sand beaches, it offers amazing food and has a marvelous SPA. This is a place that reminds us what if feels like to be alive.



#### QUINTA DA COMPORTA

This Wellness Boutique Resort will definitely set your heart aflutter, offering its guests a memorable and authentic getaway. Built in the heart of Comporta's idyllic natural reserve, the hotel embraces the fundamental pillars of sustainability, through the use of solar panels, water reutilization, bikes and electrical buggies. Spacious and elegant rooms, as well as beautiful suites and pool villas. Infused with a contemporary feel, simplicity unveils elegance in every detail and invites you into a deep retreat, where wellness and tranquility play a leading role. Here, you will also find a bar & restaurant, with fresh organic products, magnificent overflow pool facing the rice fields, a cosy cinema lounge and a signature SPA area.

**BOOK HERE** 

"Make the most out of your stay"

www.comportaspirit.pt



# HOTELS | COMPORTA





**BOOK HERE** 

"Make the most out of your stay"





# RESTAURANTS | TRENDY



### CAVALARICA

With a big city pedigree, Cavalariça is a hip, chic restaurant in a former horse stables in the stylish summer vacation spot of Comporta. Both Chef Bruno Caseiro and Pastry Chef Filipa Gonçalves spent time working in the competitive London restaurant scene. They've returned to their native Portugal to present a cosmopolitan approach to traditional products and flavors of the Alentejo region. Cavalariça in Portuguese means stables. An apt name for Cavalariça in Comporta, as the restaurant itself is inside a renovated horse stables. Former horse stalls are transformed into private booth seating. Sturdy calcada-like tiles remain on the floor.



#### QUINTA DA COMPORTA RESTAURANT & BAR

Experience a Culinary Journey in the indoor lounge and outdoor terrace of Mar d'Arrozal restaurant and discover the authentic and natural flavors that define Comporta. The restaurant incorporates a selection of exquisite dishes with the best seasonal and organic ingredients that are locally sourced and were fresh fish and seafood reign supreme. An uninterrupted view of the magnificent rice fields creates the perfect blend of colors as the sun sets with sublime waves of pink, orange and red merging into the deep and lush green on either side of the Cocktail Bar. Here, colors inspire a selection of signature cocktails and drinks that capture Comporta's characteristic aromas and flavors harvested in the in-house Bio-Garden.

"Make the most out of your stay"

www.comportaspirit.pt



# RESTAURANTS | TRENDY



### JACARÉ DA COMPORTA

Jacaré da Comporta is a sophisticated Brazilian and Italian restaurant, inspired by Trancoso (the boho trendy trendy spot in Bahia, Brazil), maintaining the charm of Comporta. The pizzas are prepared in a wood oven, the pastas are freshly prepared and the risottos are irresistible. Jacaré is also worth a visit at night, offering great cocktails from local ingredients in its bar and lively music.



#### **SEM PORTA**

Sophisticated yet relaxed, this beautiful restaurant is located at the Sublime Comporta, where both the landscape and the natural surroundings inspire its creations. In keeping with the essence of Comporta, the architecture at Sem Porta finds its inspiration in the local rice storing facilities. Chef Hélio Gonçalves uses regional products working with local fishermen and wineries to reinvent typical Portuguese and Alenteio dishes.

"Make the most out of your stay"

www.comportaspirit.pt



### RESTAURANTS | TRENDY



#### MUSEU DO ARROZ

This sophisticated yet eclectically-designed restaurant, with an unobstructed view overlooking the rice fields from the outdoor terrace, is located within a restored rice warehouse, just outside of the Comporta village. The name 'Museu do Arroz' means 'Rice Museum', in English, and here rice is honored and along with the regional food heritage. Some of their specialties include: Clam rice, codfish rice and cuttlefish (in ink) rice, duck and Alenteiano pork.



#### EOOD CIRCLE

This dynamic space is located in the middle of the Organic Garden at Sublime Comporta and offers a "gardento-table" experience with a menu based on the principles of permaculture. Here, fire plays a leading role in the cooking process, as well as the homegrown ingredients in the garden and regional products provided by local suppliers.

"Make the most out of your stay"
www.comportaspirit.pt





# RESTAURANTS | ON THE BEACH



#### SUBLIME COMPORTA BEACH CLUB

A meeting place where friends and families get together to enjoy a meal and a day at the beach with the quality of the Sublime Comporta experience. Here, the stars are grilled local fish and Portuguese seafood complimented by several international dishes. Only 10 minutes away from the hotel, the Beach Club is located in one of Europe's most beautiful coastlines, offering amazing views to the white-sand beaches and wild sand dunes at Carvalhal Beach



#### SAL RESTAURANTE

A restaurant with a simple and relaxed atmosphere, framed by the Beach and stunning ocean views. Sal offers the best fresh fish and other typical local flavors. Wild beauty continues to be the calling card of this beach and Sal became part of the landscape. The outdoor terrace makes-up the perfect setting for a lunch at the beach.

"Make the most out of your stay"

www.comportaspirit.pt



# RESTAURANTS | ON THE BEACH



#### COMPORTA CAFÉ

If your idea of the perfect meal includes swinging in a hammock, toes in the sand with the stunning waters of the Atlantic just meters away, then Comporta Café is the place for you. The relaxed, chill vibe is reflected in the restaurant's tasteful, yet unpretentious décor. However, it is the stark white Adirondack chairs, cozy hammocks and comfy sofas on the sand that have diners arriving early.



#### A ILHA DO ARROZ

Located on Comporta Beach, Ilha do Arroz (Island of Rice) is a great place to enjoy a beverage, a bite to eat or a full meal of regional-inspired dishes, featuring fresh seafood, and, of course....rice! Their menu is vast offering options, such as, grilled fish, rice dishes, cataplana or regional meats. The ambience is lively and relaxed and a sundowner on their terrace lounge absolutely a must!

"Make the most out of your stay"

www.comportaspirit.pt





### RESTAURANTS | TRADITIONAL



#### DONA BIA

Dona Bia is a must do when visiting Comporta. Why? For one, it is conveniently located on the road EN 261, on your way to Comporta, but more importantly, for the consistently good traditional Portuguese food that attracts residents and tourists alike - and keeps them coming back for more. The space resembles a traditional style villa with indoor seating and a front terrace. The décor is Portuguese beachy, with nautical motifs interspersed with artisan crafts made in the area.



#### SÃO JOÃO

This restaurant is traditional in every way! Octopus rice, prawn rice, grouper rice, seafood rice and a large choice of cataplanas. There's also Alentejo pork and clams, Portuguese mussels and a selection of grilled fresh fish. A variety of meat and poultry dishes are also available. Don't forget to save room for the chocolate mousse, strawberry cheesecake, egg pudding or lime and cream tart.

"Make the most out of your stay"

www.comportaspirit.pt





### DRINKS



#### SUBLIME COMPORTA BEACH CLUB

Located in Praia do Carvalhal, this is a modern chic option with a beach hut vibe to it! The neutral tones and organic materials characterize the indoors, while the straws and contrasting blue ocean, make-up for the outdoors. Apart from the restaurant, there is also a bar, serving delicious cocktails, and a beach area with sun loungers and a dedicated bar.



#### IACARÉ DA COMPORTA

Jacaré da Comporta is a sophisticated Brazilian and Italian restaurant, inspired by Trancoso (the boho trendy trendy spot in Bahia, Brazil), maintaining the charm of Comporta. The pizzas are prepared in a wood oven, the pastas are freshly prepared and the risottos are irresistible. Jacaré is also worth a visit at night, offering great cocktails from local ingredients in its bar and lively music.

"Make the most out of your stay"

www.comportaspirit.pt



# DRINKS



#### A ILHA DO ARROZ

A great place to have a beverage and a bite to eat, while soaking up the sun, enjoying a fresh cocktail watching the sunset and the stars! Their lively and relaxed terrace lounge facing the ocean is an absolute must for a great end of the day!



#### COMPORTA CAFÉ SOLTROLA BEACH CLUB

An outdoor space with sea view, integrated by a restaurant, a pool and a kiosk serving a selection of drinks, icecream and snacks. Thatched hats and sun loungers, next to the pool, are an alternative for those who do not want to walk the walkway to the beach.

"Make the most out of your stay"

www.comportaspirit.pt



### DRINKS



#### COLMO BAR

Located within the white-washed village of Comporta, this eco-chic space spills onto the sidewalk with benches and tables repurposed and upcycled from local doors and windows. Tiny, yet charming, by down it transforms into the local hangout for regional wine and fruit-inspired summer cocktails.



#### SUBLIME COMPORTA

Sophisticated yet relaxed, this beautiful restaurant is located at the Sublime Comporta, where both the landscape and the natural surroundings inspire its creations. The hotel's bar is open every day until the evening serving a large variety of cocktails custom-made to individual taste.



#### QUINTA DA COMPORTA HOTEL

An uninterrupted view of the magnificent rice fields creates the perfect blend of colors on either side of the Cocktail Bar. Here, colors inspire a selection of signature cocktails and drinks that capture Comporta's characteristic aromas and flavors harvested in the in-house Bio-Garden.

"Make the most out of your stay"

www.comportaspirit.pt





### BRUNCH



#### GOMES ESPUMANTARIA E JARDIM

A little gem you will just fall in love with! Located in the heart of Comporta Village, this recently opened place serves the most delicious breakfast, brunches, lunch and snacks. It has the cutest little terrace and a divine menu. They also have a flower shop corner, a bakery selling fresh bread and home made jams, a gourmet shop selling from champagne, caviar, books and "to-die-for" sweets.



#### BE COMPORTA

A space where you'll find everything modern-day breakfasts and snacks should have: porridge bowls or detox smoothies; oatmeal and carob pancakes; eggs Benedict; avocado toasts ... Well, there is nothing missing from a list full of healthy delicacies. The brunch, very complete, is always a great option. Sit in one of the colorful chairs in the pleasant indoor space or on the relaxing terrace and prepare for a parade of culinary delights.

"Make the most out of your stay"

www.comportaspirit.pt

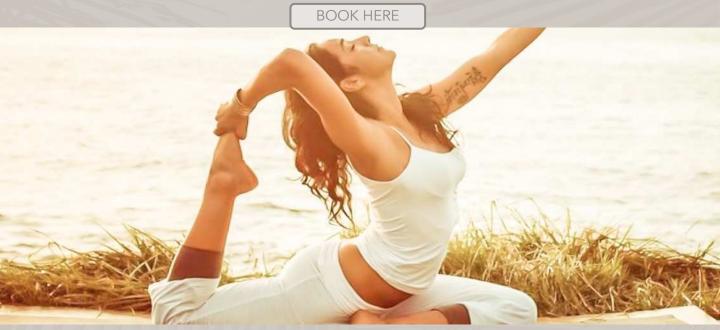






### MASSAGE

Enjoy the therapeutic benefits of a exceptional massage from the comfort of your home and choose from a variety of treatments such as: deep tissue or relaxation massage, lymphatic drainage, reflexology, head and feet massages, facial treatments and massages or even access bars for – a unique expanding consciousness therapy.



#### YOGA

A time for for peace, sharing, healing and deeply connecting. An opportunity to leave the accelerated pace of your days and find the time to reflect about your well-being, your projects, your emotions and set new goals. This service is carefully tailored for small groups, aiming at accomplishing a deep emotional work, while adapting to which ever level.

**BOOK HERE** 

"Make the most out of your stay"

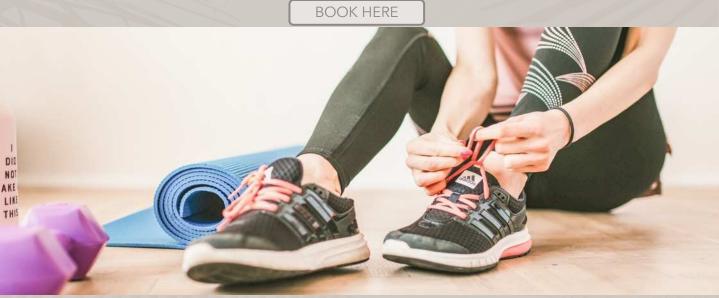
www.comportaspirit.pt





#### PRIVATE CHEE

The best restaurant is at home! Book yourself a Chef to takeover all the hustle of hosting your next lunch or dinner, choosing from a variety of international and national cuisine menu's. The Chef will lease with you for adjustments to the menu, arrive with all needed ingredients, prepare the meal from your kitchen, serve your guests... and the best part? Leave the kitchen flawless before they leave! The Chefs can be made available for just a meal or for a full-time basis, preparing 1, 2 or 3 meals a day for you and your guests!



#### PERSONAL TRAINER

Train accompanied by a specialized PT who plans and personalizes your training routine, corrects technical execution and motivates you to achieve each day more. This service is tailored for individuals or small groups who wish to obtain quicker results in an effective and safe way. From the comfort of your home, garden or beach, you decide the when and where!

**BOOK HERE** 

"Make the most out of your stay"





### **BOOK HERE**



**BOOK HERE** 

"Make the most out of your stay"





#### BABYSITTER

Holidays mean pausing all obligations and cherishing the moment with your loved ones, which include the family. This can sometimes also mean a pause from your kids so that you can enjoy a quiet moment with your spouse! Weather its for 3 hours or a full day, we have the reliable and trustworthy solution- a babysitter that can attend this need!

### **BOOK HERE**



#### SWIMMING CLASSES

Apart from being a fun home activity it's important for every child to master water survival skills. Infant aquatic programs will also boost their breathing skills, coordination, strength and flexibility. The instructor will bring all the needed material. This activity can be done from 1 year onwards.

### **BOOK HERE**



#### MINI CHEE WORKSHOP

Holidays are made to switch off, and that includes not thinking about the house errands! Autonomous, efficient organized, a good cook, with a positive attitude, for just a few hours, a few days or for the entire length of your stray? Tell us what you look for in a made and we'll handle the rest!

**BOOK HERE** 

"Make the most out of your stay"

www.comportaspirit.pt



### HOME









**BOOK HERE** 

"Make the most out of your stay"





### CULTURAL



#### PALAFÍTICO PORT

Located in the fishing village, Carrasqueira, which lies on the left bank of the Sado River, you will find a multitude of wooden jetties on stilts, zigzagging along the muddy marshes. At low tide, the Sado estuary made it impossible for fishermen to board their boats as the water does not reach the shore. So, the local community, over two centuries ago, constructed this traditional anchorage system which is still the norm for locals to navigate and access their boats. Photo's taken here at sunset, will probably be some of the best you can take, with the sunset and Serra da Arrabida Nature Reserve in the backdrop.



#### ROMAN RUINS

A few minutes from Troia's central area, travel back in time to the ruins of the largest center of fish-salting industry known from the Roman Empire, built during the 1<sup>st</sup> century and occupied until the 6th century. Wander among ruins of factories, houses, tombs, tubs for hot and cold baths and a sports arena New vestiges are being discovered every year, which you can see in the archaeological exhibitions, guided visits and thematic events.

"Make the most out of your stay"

www.comportaspirit.pt





# SHOPPING



#### FIO D'AGUA

Master the bohemian-chic spirit of Comporta! Because swimwear is a serious matter there, be sure to visit this store to find the perfect beach piece - whether you are looking to scamper-out in the waves in a one-piece, tan in a bikini or going from the beach directly to a restaurant. The difficulty? Every piece is simply mind-blowing and it will be no easy task to choose a favorite! Brands such as, Lenny Niemeyer, Salinas, Cia Marítima and Blue Man can be found here and complemented with stunning matching accessories.



#### ORYZA LAB

The story of these holistic rice-based skincare products began in Comporta, when the French cosmetic expertise combined with the cultural heritage of Comporta – a place where rice is a precious resource and at the heart of the formulation for its extraordinary & beneficial properties. Oryza Lab has a range of nine products, thought for all ages and skin types, all of which have a conscious, clean and allergens-free expert formula, with an ecoresponsible packaging and production.

"Make the most out of your stay"

www.comportaspirit.pt





### RICE - HOME DECOR BY MARTA MANTERC

Rice is the home and lifestyle shop by designer Marta Mantero. More like a showroom, the space in Comporta features sophisticated and stylish furniture, art and decorative items suitable for either beachfront or cosmopolitan homes. Styling here is truly a sort of laid-back chic. Unique designs with an artisan's eye, made from natural materials, maintain a fresh, coastal vibe.



### LAVANDA CONCEPT

The white-and-blue buildings appear to be so humble, but sometimes you step inside and find a fashion playground. Lavanda is one of those surprises, stocking an extensive array of women's, men's, and children's garments, accessories, and home goods that are the picture of breezy bohemian luxe. Here you can find brands such as: Scotch & Soda, Mr. Mood, Antik Batik , Greek Arthaic Kori, Devotion, Absolute Cashmere, Mabe and many more!

"Make the most out of your stay"

www.comportaspirit.pt





### CÔTÉ SUD FASHION & LIFESTYLE SHOP

A hidden gem behind unassuming walls, Côté Sud is a go-to spot for top-quality (and top-price-tag) swimwear from exclusive international brands, such as: Madeline Weinrib pillows and rugs, Pippa Holt kaftans, and Lenny Niemeyer swimsuits. Available is also a selection of beach accessories: gauzy cotton tunics, ethnic-print dresses, floopy straw hats, and graphic textiles for the home.



### TRACES OF ME - TM COLLECTION

Portuguese designer Teresa Martins sells her dreamy clothing and nature-inspired home goods at luxury boutiques, all around the world. One of the most beautiful shops in the village, with intricate chandeliers crafted of tree branches, oversize silk lamps, wooden tables and pallets that serve as couches with colorful cushions.

"Make the most out of your stay"

www.comportaspirit.pt





### LATITID

This well-established Portuguese swimwear brand was thought for irreverent and bold woman, who appreciate cosmopolitan destinations, but also embrace the fusion of culture, art and modernity. The name suggests a mix between 'Latitude' and 'Attitude'. The confection is 100% Portuguese, while the high-quality materials are mostly sourced from Italy, while comfort and durability are a quarantee of the brand.



### MANUMAYA MADE WITH LOVE

Manumaya is a tribute for central America and Guatamala. The colorful handmade arts and crafts, were particularly attractive and endearing. Products "made with love" at the heart of the relaxed and traditional village of Comporta.

"Make the most out of your stay"

www.comportaspirit.pt





### RICE MUSEUM STORE

Inside this store located in the Comporta Village, you'll find an eclectic selection of bohemian-beach chic apparel and accessories, as well as, singular art and design pieces for the house. Capullete shoes, La Paz shirts, old Greece inspired resort wear dresses by Ancient Kallos, White Raven handcrafted dresses or Brazilian Osklen bermuda shorts can be found side by side. Here you'll also find Assouline coffee table books, straw ceiling lamps from Turkey and works from American photographer Slim Aarons.



### **GULATO**

Tucked away in the sleepy, tranquil village of Possanco, about a Km from Comporta, on the verge of the Sado Estuary and the endless green of the rice paddies lays GULATO, our very own local artisanal gelato-makers and purveyors of sweet, happy moments. GULATO's terrace is a pleasant outdoor leafy space, where one can enjoy a graceful shower of warm afternoon sun, together with gelato crafted with exceptional, locally-sourced ingredients. Take-away tubs to enioy at home are also available.

"Make the most out of your stay"
www.comportaspirit.pt





### GOMES ESPUMANTARIA E JARDIM

A little gem you will just fall in love with! Located in the heart of Comporta Village, this recently opened place serves the most delicious breakfast, brunches, lunch and snacks. It has the cutest little terrace and a divine menu. They also have a flower shop corner, a bakery selling fresh bread and home made jams, a gourmet shop selling from champagne, caviar, books and "to-die-for" sweets.





### COMPORTA PERFLIMES

The perfume line dreamed-up and designed by Pedro Dias represents stories, experiences and memories from around Comporta, the amazing natural, white sand infinite beaches, with the Atlantic sea breeze, bordered by vast green rice fields. An olfactory journey of summer love affairs on ethereal nights, salt water kisses, spicy aromas in the air, long walks on autumn humid pine and juniper tree trails or a bite on the dunes on afresh dewy crowberry. The bottle tells the story of a partnership with Vista Alegre, one of the most prestigious Portuguese porcelain brands. The result is a stunning piece of art, a glass bottle that embodies the wooden stakes of Comporta's Palafitic port.

"Make the most out of your stay"

www.comportaspirit.pt







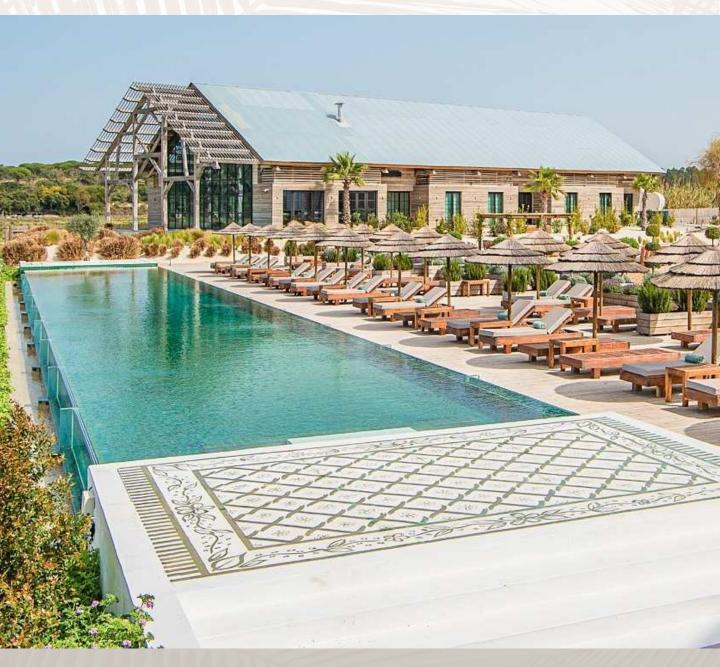


"Make the most out of your stay"

www.comportaspirit.pt



SPA



### DAILY PASS – QUINTA DA COMPORTA RESORT

Enjoy a day at the facilities of the idyllic resort that has been inspired by nature and the slow living lifestyle that defines Comporta! The daily pass will allow you access to the magnificent overflow pool facing the rice field, the bar and restaurant, as well as their signature SPA having an indoor – outdoor heated pool, a gym, hammam and sauna. The daily pass will offer you a credit, which can be used towards one of the many therapies offered in the Oryza SPA. Discover a new sense of belonging in a place where wellness and tranquility play a leading role.

**BOOK HERE** 

"Make the most out of your stay"

www.comportaspirit.pt

# BEACH COMPORTA & NEAR



# BEACH | COMPORTA & NEAR



### PEGO BEACH

Pego beach is possibly one of the most well maintained beaches, popular also due to its famous restaurant SAL and its elite crowd. Counting with sunbeds on the beach rented on a first-come first take basis, and with its own private parking lot that usually fills-up, so arriving early is recommended.



### COMPORTA BEACH

Comporta Beach is a regular summer favorite, given good means of access and plenty of parking space. A more young and chilled alternative, which also sets the delights for the water sports enthusiastic. The Comporta Café Restaurant is located at the beach, offering a selection of lounge beds and hammocks.



### CARVALHAL BEACH

With good access via a tarmac road leading through fields of rice paddies giving way to pine trees, the huge sandy expanse of Carvalhal Beach is surrounded by dunes and bathed by a calm sea. The beach offers a good car parking infrastructrure, and over the last years has become increasingly popular, more recently also due to the opening of the Sublime Comporta Beach Club.

"Make the most out of your stay"

www.comportaspirit.pt



# BEACH | COMPORTA & NEAR









**BOOK HERE** 

"Make the most out of your stay"

www.comportaspirit.pt









**BOOK HERE** 

"Make the most out of your stay"

www.comportaspirit.pt





### **SURF**

In Comporta you'll find the perfect surfing infrastructure to deliver a memorable experience! Different surf courses are available to cater for different levels of skills. Children, teenagers or even adults are welcome in group or individual private lessons. The surf instructors are accredited by the Sports Institute of Portugal and all their students are covered by their insurance, having access to all the necessary material.



### TPOIA GOLE

In the heart of the peninsula, you'll find one of Portugal's most engaging and challenging golf courses. Voted one of Continental Europe's best 10 resorts by Golf World magazine in 2019. A 6-hectar, 18-hole and par 72 golf course alongside the beach with a dazzling views of the Arrábida Mountain. Regardless of your handicap, the Robert Trent Jones Sr. course is ideal for improving your technique and for expecting the best performance.

**BOOK HERE** 

"Make the most out of your stay"

www.comportaspirit.pt





### YOGA

In the midst of a pine tree forest, with bright green rice fields on the horizon, ending with infinite sand dunes, lays this sanctuary of mindfulness. The style practiced here is Hatha Yoga Flow and Vinyasa with meditation at the beginning and end of each class. Every summer, from June to September, Yoga classes are available.

### **BOOK HERE**



### STAND UP PADDLE

This is surely a fun activity for both parents & kids, or friends to enjoy together in the beautiful landscapes around Comporta! You will be able to choose from two different locations (a lagoon in Melides or the rice fields of Carvalhal) and weather you want to join a group class or rather book the activity private just for you and yours!

**BOOK HERE** 

"Make the most out of your stay"

www.comportaspirit.pt





### FLECTRIC BICYCLES

Go on an adventure on the sandy beaches or explore the rice fields, whether alone or in family, a pleasant day is guaranteed. These "fatbikes" allow you to explore the surroundings of Comporta without effort, as they are equipped with wide, under-inflated tires, which ensures that you can move easily over all types of terrain- on the beach rice fields or forest!



### WINE TASTING

Some are more than content to enjoy a sommelier-recommended glass of vino, whilst others may wish to improve their knowledge of local wines. If you fall in the latter category, take a break from the vitamin D sunrays of Comporta and enjoy a local wine tasting. The unique soil which is sandy and slightly salted by the sea, along with the coastal climate give birth to a blend of harmonious, soft and easy to drink wine.

**BOOK HERE** 

"Make the most out of your stay"

www.comportaspirit.pt





### PICNIC EXPERIENCE

Enjoy a wonderful picnic at the beach, rice paddies or even in the comfort of your home. A charming picnic basket will be delivered to the place of your choice along with a healthy meal: that includes: salads, fresh juices, fruits and sandwiches. This is an excellent way to savor a fresh meals in the beauty of the nature!

### **BOOK HERE**



### FARM TO TABLE COOKING EXPERIENCE

This unique gastronomic experience aims to link guests with the terroir through ways of creating food in a conscious and sustainable way. In the morning guests visit an organic farm located in the center of Melides, where together with the Chef, seasonal vegetables and herbs are chosen to later be cooked together. The kitchen? A wild kitchen set up in a Melides barn with a woodfire, handmade barbecue and outdoor stoves. The cooking/ degustation experience includes a three-course meal, mineral water, wine and natural squeezed juice.

**BOOK HERE** 

"Make the most out of your stay"

www.comportaspirit.pt



# ACTIVITIES - BOAT TRIPS



### 6H BOAT TRIP - ARRÁBIDA & SESIMBRA (RIBEIRO DO CAVALO BEACH)

Cruise along the coast of Arrábida to one of the most stunning beaches in Portugal: Ribeiro do Cavalo, with crystal clear water & rocky carved cinematic cliffs. During the cruise there will be plenty of stops for photos and swimming.

BOOK HERE



### 4H BOAT TRIP – ARRÁBIDA, SAND BANKS & WATER SPORTS

Spend an amazing day enjoying the coast of the Arrábida Mountain and the white sand & crystal-clear waters of the sand bank, located at the entrance of the Sado River estuary! On this tour you will have the possibility enjoy some water sports and sightsee some dolphins!



### 6H BOAT TRIP – SADO RIVER & ALCÁCER DO SAL (BIRD WATCHING)

Cruise along the Sado River estuary all the way to the traditional village of Alcácer do Sal, a heaven for wildlife and biodiversity! During the trip, there will be time for many photography & bird watching stops, as well for time for swimming in the Soltróia River. Optional lunch in Alcácer do Sal.

**BOOK HERE** 

"Make the most out of your stay"

www.comportaspirit.pt



# ACTIVITIES - BOAT TRIPS







**BOOK HERE** 

"Make the most out of your stay"

www.comportaspirit.pt





### HORSEBACK RIDDING - CLASSES

An array of classes with different formats, carefully curated to adapt to all levels of experience of each person are available for those who want to learn or improve their equestrian techniques. The classes can be taken in a group or as private lessons, for adults or children of any age-ponies available.



### SWIMMING CLASSES

Apart from being a fun home activity it's important for every child to master water survival skills. Infant aquatic programs will also boost their breathing skills, coordination, strength and flexibility. The instructor will bring all the needed material. This activity can be done from 1 year onwards.

**BOOK HERE** 

"Make the most out of your stay"

www.comportaspirit.pt





the Sado River for dolphin viewing, with a stop in sand bank for some dives & fun! Optional lunch or snacks onboard with can be tailored to your taste!





**BOOK HERE** 

"Make the most out of your stay"

www.comportaspirit.pt





### SURF - CLASSES

In Comporta you'll find the perfect surfing infrastructure to deliver a memorable experience to your children! Different surf courses are available to cater for different levels of skills. Children, teenagers or even adults are welcomed in group or individual private lessons. The surf instructors are accredited by the Sports Institute of Portugal and all their students are covered by their insurance, having access to all the necessary material!



### MINI CHEF WORKSHOP

In this workshop the younger ones will try their hand at making the perfect party menu. They will learn delicious tricks while having fun and sharpening their taste for gastronomy. The workshop includes the preparation of mini pizzas, mini hamburgers in colorful bread, potatoes with home made mayonnaise and ketchup and decorated cupcakes or a Pinhata birthday cake!

**BOOK HERE** 

"Make the most out of your stay"

www.comportaspirit.pt





### BADOCA SAFARI PARK

Live the Safari adventure and embark on an amazing journey into the wild! The Safari offers children and adults a unique opportunity to get up close with wild animals that live freely. The visitors can do the African Rafting, Feeding The Lemurs, visit the Primates Island, African Forest, Tropical Forest and see the carnivorous birds presentation. A VIP experience is available, which enables meeting giraffes, interaction with lemurs and falconry.



### **BABYSITTERS**

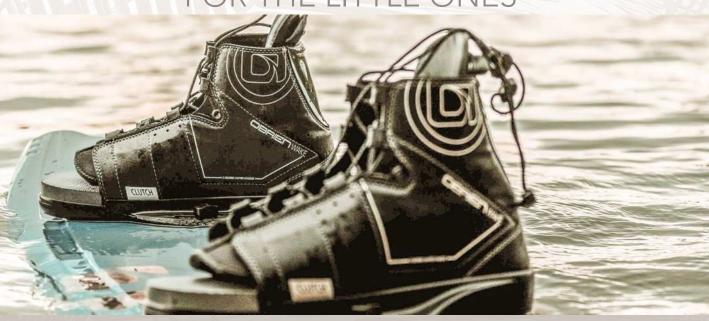
Holidays mean pausing all obligations and cherishing the moment with your loved ones, which include the family. This can sometimes also mean a pause from your kids so that you can enjoy a quiet moment with your spouse! Weather its for 3 hours or a full day, we have the reliable and trustworthy solution- a babysitter that can attend this need!

**BOOK HERE** 

"Make the most out of your stay"

www.comportaspirit.pt





### WATER SPORTS

Spend an amazing day enjoying the white sand and crystal-clear waters of the sand bank, located at the entrance of the Sado River estuary! On this tour you will have the possibility enjoy some water sports and sightsee some dolphins! Water Ski, Wakeboard and a floater are included in the day, however Stand Up Paddle boards and a Kayak can also be added. For those with less experience, classes will be provided!

### **BOOK HERE**



### **GOLF - CLASSES**

Giving your child the gift of golf can be a life-changer for them. The values, relationships and skills learned through this great game will serve them for a lifetime. According to Golf Digest, a child as young as 3 years of age, is fit to initiate this sport! Troia Golf offers the opportunity for your children to learn golf, while having have fun!

**BOOK HERE** 

"Make the most out of your stay"

www.comportaspirit.pt





### KIDS YOGA

Yoga at an early age encourages self-esteem and body awareness with a physical activity that's noncompetitive. Fostering cooperation and compassion, is a great gift to give our children. Children derive enormous benefits from yoga. In the midst of a pine tree forest lays this sanctuary of mindfulness. The style practiced is Hatha Yoga Flow and Vinyasa with meditation at the beginning and end of each class.

### **BOOK HERE**



### STAND UP PADDLE

Surely a fun activity for both parents & kids, or friends to enjoy together in the beautiful landscapes around Comporta! You will be able to choose from 2 different locations (a lagoon in Melides or the rice fields of Carvalhal) and weather you want to join a group class or rather book the activity private just for you and yours!

**BOOK HERE** 

"Make the most out of your stay"

www.comportaspirit.pt





### **BIRTHDAY PARTIES**

Being in a remote place on holiday is no longer an excuse to not celebrate the Birthday of the little special one! Themed Birthday parties can be crafted and tailor made to expectations and budget. Various themed options can be chosen from, such as: cake & catering, party decoration and a piñata. Multiple activities can be arranged, such as, a bouncy castle, facial painting, magic show, puppet theatre, creative dance, treasure hunt, large soap bubbles and circus arts.



### CHILDREN'S ANIMATION

A series of children's animation events that sporadically, take place in different locations, will grant the opportunity for kids to enjoy an afternoon in a fun and safe environment and the parents to have some moments for themselves! Kids will be able to play fun games, be challenged to paint or learn a sport, but most of all, a time where the kids will be able to simply be kids! Get in contact with our team to know when and where the next initiative will take place!

**BOOK HERE** 

"Make the most out of your stay"

www.comportaspirit.pt





# TRANSPORTATION | COMPORTA



### HELICOPTER

Flying to Comporta means escaping the bustling city, the crowds, possible traffic jams and the stress. This is the perfect and quick getaway to an amazing and unique voyage over the Lisbon Region, where you will see the absolute stunning views from the top of Lisbon, Cascais, Sintra, Setúbal and the Arrábida Mountains. In Lisbon there are 2 pick-up/ drop-off points: Lisbon airport and Belem, however a driver can pick you up from whichever



### PRIVATE DRIVER

You choose the car, the route and the dates! All drivers are credited by the Portugal Tourism, speaking 3 languages and available 24/7. The available fleet to choose from is: Mercedes E Class (fits 4 ppl), Mercedes S Class (fits 3 ppl), Mercedes V Class (fits 7 ppl), Mercedes Sprinter (fits 8 ppl), Mercedes Mini-Bus (fits 16 ppl) an Mercedes Mini-Bus (fits 19 ppl). Most cars come wit he following extras: black leather interior, heated seats, dvd player, on board wi-fi and mobile charger! Also available full-time drivers, dedicated only to you and yours for the number of days needed.

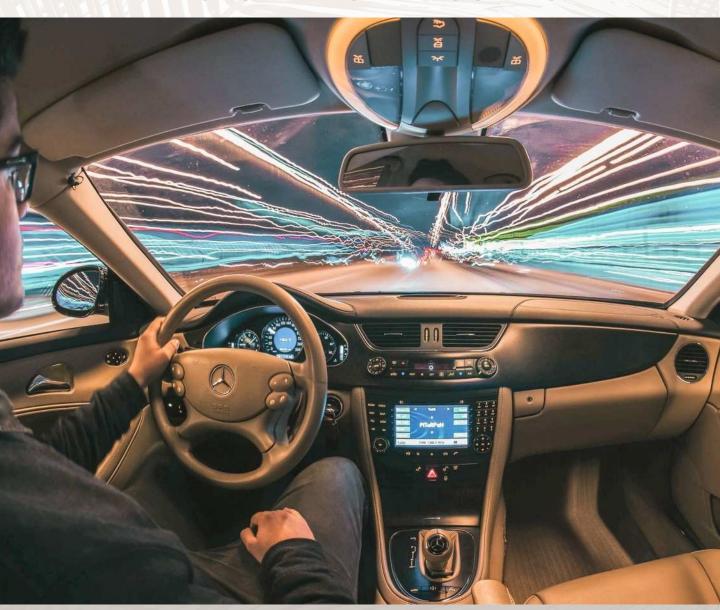
**BOOK HERE** 

"Make the most out of your stay"

www.comportaspirit.pt



# TRANSPORTATION IN COMPORTA



### SHUTTLES IN COMPORTA

Going-out for a fun dinner and not having to stress about drinking and catching police on the road, is no longer a worry! Having to wait a long time in a queue to park your car at the beach is no longer necessary Scheduling a car to take your kids to a horse or golf class while you stay chilling by your pool is possible in Comporta!

Although Comporta has no Ubers or taxis, there is a fleet of 2 Vans (fitting 7 and 8 people) ready to drive you and yours around in the region. It is advisable to schedule ahead of time to guarantee availability.

**BOOK HERE** 

"Make the most out of your stay"

www.comportaspirit.pt



# **USEFULL CONTACTS**

# NATIONAL EMERGENCY CONTACTS

PAN-EUROPEAN EMERGENCY NUMBER
112

SEA RESCUE LISBON +351 21 4 401 919

FOREST FIRES

# **CLOSEST HOSPITAL**

HOSPITAL DO LITORAL ALENTEJANC

Monte do Gibardinho, 7540-230 Santiago do Cacém

open 24 hours

+351 26 981 8100

# **CLOSEST CLINIC**

UCSP ALCÁCER DO SAL - POLO COMPORTA

Rua 24 de Junho, n°13, 7580-628 Comporta

FRIDAY TO MONDAY: 8AM to 8PM

+351 26 549 0520

# **CONTACT US**



FOLLOW US



"Make the most out of your stay"

www.comportaspirit.pt



# PORTUGUESE CRASH COURSE

### **GREETINGS**

Hello - Olá

How are you doing? - Tudo bem?

Goodbye - Adeus

### IF YOU BUMP INTO SOMEONE OR WANT TO GET SOMEONES ATTENTION

Pardon me - Desculpe

Please - Por favor

Your welcome - De nada

Thank you (male) - Obrigado

Thank you (female) - Obrigad<u>a</u>

Sir - Senhor

Madam - Senhora

### SOME PHRASES THAT WILL COME HANDY WHILE DINING OR EXPLORING THE COUNTRY

A coffee - Um café

Water - Água

Wine - Vinho

Beer – Cerveja

Breakfast - Pequeno almoço

Lunch - Almoço

Dinner - Jantar

Drinks - Copos

I have a booking - Tenho uma reserva

Where is the bathroom? - Onde fica a casa de banho?

The bill, please - A conta por favor

### SHOPPING

How much is it? - Quanto custa?

I'm just looking, thank you - Estou só a ver, obrigado

Do you accept credit card? - Aceita cartão de crédito?

### A FEW MORE ESSENTIALS

Yes - Sim

No - Não

Mavbe - Talvez

One - Um

Two - Dois

Three - Três

Four - Quatro

Five - Cinco

Six - Seis

Seven - Sete

Eight – Oito

Vine - Nove

Ten - Dez

"Make the most out of your stay"

www.comportaspirit.pt



We've curated a handful of services & experiences, designed to optimize your days-off in Comporta and help you craft incredible memories! Allow us to step-in so that your only obligation, this holiday, is to cherish the "here and now" moment with those you love while gifting, yourself and them, with the biggest legacy:

### TIME AND MEMORIES

Our mission is to understand, anticipate and meet your needs before and during your stay in Comporta, while guaranteeing a unique and comfortable experience. For your holiday we will go above & beyond to ensure your needs are completely satisfied.

UPGRADE YOUR HOLIDAY EXPERIENCE IN COMPORTA, WITH US BY YOUR SIDE!



### **BOOKINGS - FOR EVERYONE**

Our catalogue of services and experiences are listed on our website and through there, you will be able to request availability and booking, based on your preferred time. There is a little of everything that might be needed before and during your trip!



**VIEW SERVICES** 

"Make the most out of your stay"

www.comportaspirit.pt



# **ABOUT US**

## MEMBERSHIPS

For a personalized and extra dedicated service you can upgrade to a Comporta Premium Membership, where you will have your own relationship manager create 360°, a tailor made stay for you and yours. A weekly membership, curated to quickly respond to any on-call request, provide you with useful tips and recommendations, arrange & manage your bookings, while guaranteeing emergency solutions.

### MAIN BENEFITS OF COMPORTA PREMIUM

- ✓ WhatsApp group with the team
- ✓ Extended schedule
- Emergency solutions
- ✓ Real-time online agenda
- ✓ Notifications about bookings
- ✓ Tailor made pre-travel arrangements
- ✓ On-going assistance throughout stay
- ✓ Tips recommendations & solutions
- Ouicker time response

### WHO IS IT IDEAL FOR?



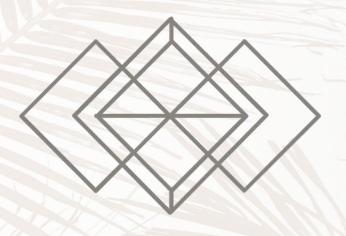
- ✓ Large groups
- ✓ Multiple bookings requests
- ✓ Longer than 4 days stay

PREMIUM SERVICE



"Make the most out of your stay"

www.comportaspirit.pt



# COMPORTA SPIRIT

"Make the most out of your stay"

BY COMPORTA SPIRIT

COMPORTA EDITION: 2 DECEMBER 2021

