



Monte da Bemposta

turismo rural

ACTIVITIES

Subject to availability, booking in advance
+351 964 513 088 · res@montedabemposta.pt



Free activities

Bicycles

Swimming in our outdoor pool all year round

Padel from 8 am to 11 pm · racquets and balls available

Interaction with animals every day at 9 am and 5 pm · children up to 10 years old

Other activities

Relaxing full body massage	'60 min	70€
Recovery for cycling / hiking massage	'50 min	60€
Craniosacral therapy	'60 min	70€
Massage for 2 people	'60 min	160€
Reiki	'60 min	80€
Yoga	'60 min	35€
Surf lesson	'60 min	from 40€
Horseback riding	'60 min	from 60€
Boat Trip in Vila Nova de Milfontes		Desde 20€

Rota Vicentina Fisherman's trail, 15 km

With picnic	from 15.00€ / person
With transfer	from 35.00€ / person

