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## Accommodation

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### Algarve

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#### São Brás de Alportel

##### Hotel Rural Rocha da Gralheira

Tourism in the Country / Rural

##### Hotels

**Address:** Rocha da Gralheira cx 10 RG,8150-039 São Brás de Alportel

**Telephone:** +351 289 842 394; +351 91 757 61 04

**E-mail:** rochadagralheira@gmail.com **Website:**

**http://www.rochadagralheira.com**

##### Characteristics and Services:

Swimming-pool; Number of beds: 20; Number of rooms: 11; Television room; Central air conditioning; Central heating; Internet Access; Reserved area for smokers; Restaurant; Baby Sitting; Bar; Smoke free; Laundry service; SPA; Paddling pool; Garden;

##### Access:

Outdoor parking; Covered garage; Buses; Transfer service; Bike friendly;

##### Room facilities:

Heating in room; Television in room; Hair dryer in room; Internet access in room; Air conditioning in room; Telephone in room; Steel safe in room; Mini-bar in room;

##### Timetable:

Breakfast timetable: 7.30am - 10.00am;

##### Payments:

Credit cards accepted; Guiding price: \$\$ (30€ - 60€); "All inclusive" rates;

##### Accessibility:

Disabled access; Facilities for disabled; Reserved parking spaces; Accessible route to the entrance: Total; Accessible entrance: Total; Reception area suitable for people with special needs; Accessible circulation inside: Total; Accessible areas/services: Bedrooms, Meeting rooms, Restaurant, Bar/Café, Patio, Swimming pool, Spa; Care skills: Visual impairment, Motor disability; Support products/services available: Motor disability;

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### Centro de Portugal

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#### Abrantes

##### Monte da Várzea

Tourism in the Country / Country

##### Houses

**Address:** Casa Branca2205-134 Alvega

**Telephone:** +351 241 822 284 **Fax:** +351 241 822 284

**E-mail:** reservas@montedavarzea.com **Website:**

**http://www.montedavarzea.com**

##### Characteristics and Services:

Games room; Swimming-pool; Number of beds: 34; Number of rooms: 12; Double rooms with toilet: 12; Television room; Central air conditioning; Central heating; Internet Access; Reserved area for non-smokers; Restaurant; Pets allowed; Bar; Jacuzzi; Smoke free; Laundry service; SPA; Garden;

**Access:**

Outdoor parking; Transfer service; Bike friendly;

**Room facilities:**

Heating in room; Television in room; Hair dryer in room; Internet access in room; Air conditioning in room; Telephone in room; Steel safe in room; Mini-bar in room;

**Payments:**

Credit cards accepted; Travellers Cheques accepted; Guiding price: \$\$\$ (60€ - 90€); "All inclusive" rates;

**Accessibility:**

Disabled access; Facilities for disabled; Reserved parking spaces; Accessible route to the entrance: Total; Accessible entrance: Total; Reception area suitable for people with special needs; Accessible circulation inside: Total; Accessible areas/services: Bedrooms, Meeting rooms, Restaurant, Bar/Café, Patio, Swimming pool, Spa; Care skills: Motor disability; Support products/services available: Motor disability;

A space where is what more hunger: the time to enjoy pleasure.

Among corns and rails comes the Lowland Monte perfectly integrated into the countryside and easily accessible from anywhere in the country by national highways. Located a few 38km from the Geodesic Center of Portugal, lies about 1h30 from Lisbon, Oporto 1h45, 1h00 of Coimbra, 50 minutes of Fatima and 1h15 of the sea.

The vast terrain along the Tagus provides a variety of activities to make the most of your stay and keep in touch with nature.

In Lowland Hill find activities for all tastes and ages. A relaxing walk through the countryside, down the river by canoe, ride a horse or even venture into one of the many mountain biking trails.

## Oleiros

**Vale de Moses****Tourism in the Country / Country****Houses**

**Address:** Amieira6160-052 Amieira, Oleiros

**Telephone:** +351 272 63 40 06

**E-mail:** [andrew@valedemoses.com](mailto:andrew@valedemoses.com) **Website:**

<http://valedemoses.com/>

**Other informations:**

Minimum stay 1 week. Sundays to Saturdays. March to November.

**Characteristics and Services:**

Games room; Swimming-pool; Number of beds: 10; Number of rooms: 5; Central air conditioning; Central heating; Internet Access; Reserved area for non-smokers; Reserved area for smokers; Restaurant; Indoor swimming-pool; Baby Sitting; Baby-care facilities; Laundry service; SPA; Garden;

**Access:**

Outdoor parking; Buses; Transfer service; Bike friendly;

**Room facilities:**

Heating in room;

**Timetable:**

Breakfast timetable: 10:30 am;

**Payments:**

Travellers Cheques accepted; Guiding price: \$\$\$ (>90€); "All inclusive" rates;

**Accessibility:**

Disabled access; Facilities for disabled; Reserved parking spaces; Accessible route to the entrance: Total; Reception area suitable

for people with special needs; Accessible circulation inside: Total;  
Accessible areas/services: Bedrooms, Meeting rooms,  
Restaurant, Patio; Care skills: Visual impairment, Mental  
disability; Support products/services available: Visual  
impairment, Mental disability;

Spend a week in this stunning yoga retreat in the mountains of  
central Portugal. Practice yoga twice a day, eat 3 daily delicious  
vegetarian meals, get massaged, walk in the forest and swim in  
rivers.