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SEA OF HEALTH

6 Days 5 Nights - Group Program: minimum 20 pax

SUNDAY

Departure from place of residence
 Arrival at Hotel Miramar (Check in at 2:00 pm for accommodation)
 Dinner at Hotel Miramar's restaurant
 Sleeping for well-deserved rest

MONDAY

Buffet breakfast at Hotel Miramar
 Shift by minibus to Thalasso
 Wellness and health treatments at Thalasso - Spa of Saltwater
 Lunch at Hotel Miramar
 Free afternoon to visit Nazaré
 Dinner at Hotel Miramar's restaurant
 Overnight stay

Thalasso Portugal is sophisticated center that uses therapeutic qualities of seawater to provide health care, wellness and beauty. The center collects water from the sea 300 meters bellow, with influence of the sea air rich in iodine, known in Portugal for healing rheumatic diseases and respiratory problems. The sea water is heated, no additives, and constant renewal for treatments by a team of professionals. There are several types of treatments like, respiratory, circulatory, rheumatism, skeletal, psoriasis, dermatological, neurological as well as beauty treatments, anti-aging, anti-stress, weight loss, among others.

TUESDAY

Buffet breakfast at Hotel Miramar
 Shift by minibus to Thalasso
 Wellness and health treatments at Thalasso - Spa of Saltwater
 Lunch at Hotel Miramar
 Free afternoon to visit Nazaré
 Dinner at Hotel Miramar's restaurant
 Overnight stay

Sanctuary of "Nossa Senhora da Nazaré"

King D. Fernando ordered the construction of the original church to house the sacred image and welcome a large number of pilgrims visiting "Nossa Senhora da Nazaré", becoming the oldest and most important Portuguese Marian Shrine.

This place was built after the miracle of "Nossa Senhora da Nazaré" that saved D. Fuas Roupinho from falling from the promontory.

It is composed by the Church and Chapel of Memory.

The Sanctuary is dominated by the two bell towers and inside there is a painting alluding to the miracle.

WEDNESDAY

Buffet breakfast at Hotel Miramar
 Visit to Alcobaca - Monastery of Alcobaca and Jardim do Amor (Garden of Love)
 Departure towards Batalha - Monastery of Batalha
 Free lunch
 Trip to Fatima - Sanctuary of Fatima
 Dinner at Hotel Miramar's restaurant
 Overnight stay

Monastery of Alcobaca

The main attraction of the city of Alcobaca is undoubtedly the Monastery of Alcobaca, and of all its vast heritage, the highlight are the famous tombs of D. Pedro and D. Inês de Castro.

These two figures in the history of Portugal represent the passion lived in



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the reality of a tragic love that eventually sentenced to death, all involved in the death of the beloved future king of Portugal who later crowned D. Ines as Queen of Portugal.

Tradition says that the tombs of the two lovers are facing one another so that the spirits will unite eternally when they arise on their day of the Last Judgment.

Jardim do Amor (Garden of Love)

In an original and singular initiative, the Municipality of Alcobaça created a new space of leisure that evokes the immortal love of Pedro and Inês.

Situated at the confluence of the Alcoa and Baça Rivers, the Jardim do Amor (Garden of Love) provides a different experience to all forms of love. There are 700 safes built into the walls of the garden with the purpose of exchanging correspondence between lovers, there are kits for sale with two keys, samples of Ginja and Apple of Alcobaça and also a small papyrus where you can write a dedication or swears of love.

Monastery of Batalha

The village was developed around the Monastery of "Santa Maria da Vitória", now known as the Monastery of Batalha.

It was ordered by King João I to fulfill the vow made to the Virgin, to dedicate a monastery to her if he defeated the Castilian invader in the Battle of Aljubarrota.

In 1498, Batalha was elevated to the category of village.

A few kilometers from Batalha is the field of the Battle of Aljubarrota, as well as the chapel of "São Jorge", built to celebrate the military victory.

Sanctuary of Fátima

It is considered one of the largest centers of Catholic pilgrimage in the world, which attracts an average of 6 million people annually, either to pay a promise or out of curiosity.

The sanctuary, which began with a small chapel on the site where in 1917, Lúcia, Jacinta and Francisco saw "Nossa Senhora" for the first time, today occupy an area twice the size of St. Peter's Square in the Vatican.

The most searched place and where one can observe the greatest demonstrations of faith is the "Capela das Aparições" (Chapel of the Apparitions).

It was there that the holm oak under which the Virgin appeared.

The tree was eventually destroyed by the pilgrims themselves, who plucked their branches.

Today, in its place, is the famous image of "Nossa Senhora".

There are masses, several times a day, in different languages, and beside it is an area where hundreds of candles are lit daily.

It is impossible to ignore the mesmerizing sound of them, mixed with whispers of prayers and bells.

THURSDAY

Buffet breakfast at Hotel Miramar

Free morning

Lunch at Hotel Miramar

Shift by minibus to Thalasso

Wellness and health treatments at Thalasso - Spa of Saltwater

Dinner at Hotel Miramar's restaurant

Overnight stay

Dry Fish Hanger

The tradition of drying fish remains alive in Nazaré.

This is a delicacy with a high demand search by tourists, with the dry fish hanger being a trademark of Nazaré, as well as one of the living symbols of the Nazarene maritime culture.

Nazaré Funicular

The Nazaré Funicular was designed by a disciple of Gustave Eiffel, Raoul Mesnier de Ponsard.

Due to the difficulties of access, the "Sítio" only developed from the middle of the seventeenth century.

The construction of the mechanical elevator linking the Praia (Beach) to the "Sítio" in 1889 allowed a new progress, since that time it was much visited by pilgrims and penitents.

FRIDAY

Buffet breakfast at Hotel Miramar

Check-out (up to 12h00)

Departure to the place of residence