

@solaralegria  
www.solaralegria.com

MINI GUIDE OF  
ACTIVITIES  
2025



# CREATING MEMORIES

SURROUNDED BY THE POWER OF NATURE

*At Solar Alegria, we believe that nature has an incredible power to help relax fully, heal and transform. Our mission is to provide a space where every moment becomes a memory.*



# SOLAR ALEGRIA

Nestled in the heart of Portugal's stunning countryside, Solar Alegria is a unique venue that offers a tranquil escape surrounded by the healing power of nature.

Our 1000 sqm home, a beautifully renovated property dating back to 1852, has been transformed into a year-round wellness and retreat center.

The serene atmosphere, lush surroundings, and complete privacy make it the perfect place for groups seeking peace, personal growth, and connection.

Located at the end of a peaceful road, Solar Alegria ensures total privacy, providing an ideal environment for transformation and healing.

Whether you're hosting a retreat or seeking a quiet getaway, Solar Alegria offers an environment that fosters relaxation, growth, and extraordinary experiences.



# SOLAR ALEGRIA

*“At Solar Alegria, we believe in the transformative and relaxing power of nature.*

*Whether you are here for a well-being retreat, to discover the true heart of Portugal, or to spend quality time with family, our mission is to offer you a space where each moment becomes a cherished memory.*

*Nestled at the end of a peaceful road, our location ensures total privacy, allowing you to fully embrace tranquility, reconnect with yourself, and experience authentic local culture.*

*With our tailored services, every stay is fully personalized to make your time with us even more special.”*



# MEALS

At Solar Alegria, we believe that food is not just sustenance, but a key element of the experience. Our meals are crafted to nourish both the body and soul, using locally sourced ingredients.

- **Full Board Options:** Enjoy freshly prepared meals throughout your stay, including breakfast, lunch, & dinner.
- **Locally Sourced Ingredients:** We prioritize fresh, seasonal produce from local farms and markets, ensuring that every meal is not only nutritious but also supports sustainable farming practices.
- **Traditional Portuguese Flavors:** Indulge in authentic Portuguese dishes that reflect the rich culinary heritage of the region, offering a true taste of local culture.
- **Private Dining:** Whether for a special occasion or a private gathering, we can offer personalized dining experiences tailored to your group's preferences.
- **Pizza Nights:** Enjoy fun, informal gatherings with pizza nights, perfect for bonding with your group while savoring delicious food cooked in the wood oven.

*"At Solar Alegria, every meal is an opportunity to gather, share, & create lasting memories."*

- Jennifer Deiana



# ACTIVITIES AT THE VENUE

At Solar Alegria, we offer a variety of activities to make your stay truly special and unforgettable. Whether you're here for a well-being retreat, a private getaway, or a family gathering, there's something for everyone to enjoy:

- **Yoga & Meditation:** peaceful yoga & mindfulness sessions in our tranquil surroundings (including mindfulness hikes).
- **Wellness Services:** soothing massages, detox programs, and other well-being services to rejuvenate both your body & mind.
- **Pool & Jacuzzi (Mai to September):** Relax and unwind in our beautiful outdoor pool or indulge in the jacuzzi, surrounded by nature.

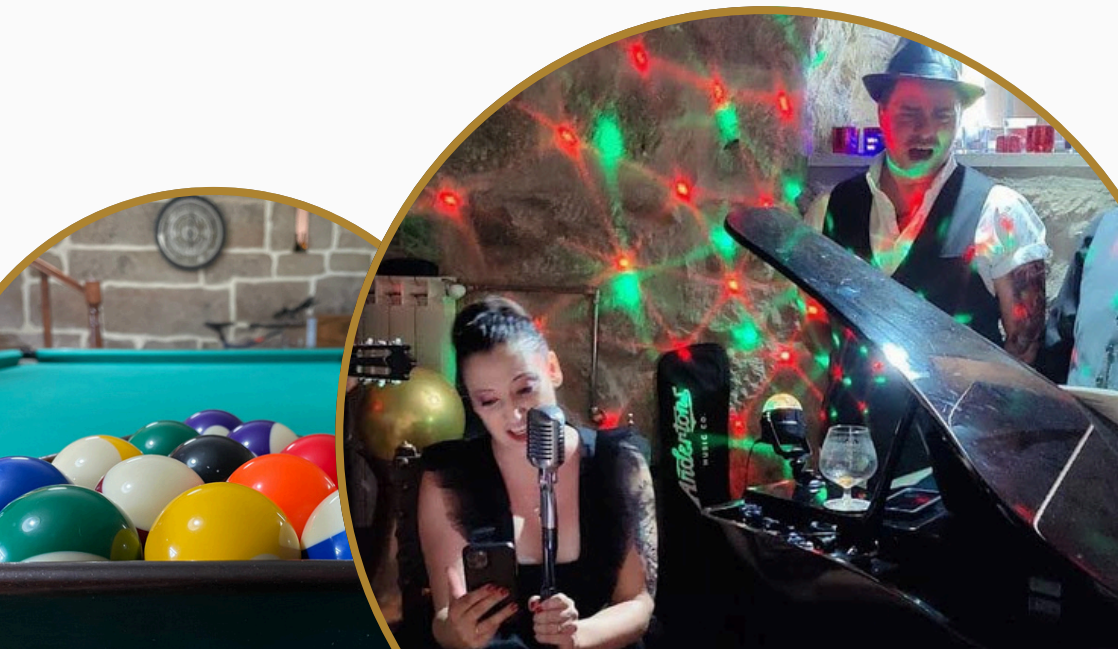


# ACTIVITIES AT THE VENUE

- Games Room: For a bit of fun... enjoy our games room and try to be the owner ! Equipped with board games, pool table, foosball, darts and more.
- Pizza Nights: Enjoy a delicious and fun evening where you'll do your own pizza. Perfect for families and groups to share a fun moment & savor.
- Karaoke & Cinema Nights: Let loose with a lively karaoke session or unwind with a cozy cinema night.
- Live Music: Experience the joy of live music, adding a special touch to your evenings, whether it's a relaxing acoustic session or a more vibrant performance.

Whether you're seeking peace, connection, or entertainment, Solar Alegria offers an array of activities to enhance your stay, ensuring that every moment is filled with unforgettable memories.

We are well prepared tailored activities... so get creative !



# AROUND SOLAR ALEGRIA

## 1. Hiking Trails - Rio e Levadas & More



The Rio e Levadas hike, just 8 minutes away by car, is one of the most beautiful in Portugal, offering breathtaking views through lush forests and alongside rivers. In addition to this well-known trail, there are hundreds of hiking trails around Solar Alegria, with many starting just a few minutes' walk from the venue. Whether you're looking for a short walk through nature or a longer, more challenging hike, these trails provide the perfect opportunity to explore the stunning landscapes of the region.

## 2. Cascata da Cabreia (Cabreia Waterfall)



Just a short drive from Solar Alegria, the Cascata da Cabreia is a must-see for nature lovers. This picturesque waterfall is located in a tranquil, forested area, making it a perfect spot for a relaxing day out in nature. You can take a scenic walk to the waterfall and enjoy the peaceful surroundings as the water cascades down the rocks.

## 3. Cycling on the Cyclopista



For cycling enthusiasts, the Cyclopista offers a 50 km cycling path that runs through forests, villages, and open fields. Just a short walk from Solar Alegria, this scenic route offers a unique way to explore the region and enjoy the fresh air. Whether you're an experienced cyclist or a casual rider, the Cyclopista provides a fun and scenic journey through Portugal's countryside.

# AROUND SOLAR ALEGRIA



## 4. Exploring the Historic Town of Águeda

Just a 15-minute drive from Solar Alegria, the charming town of Águeda offers a rich cultural experience. Stroll through its historic streets, visit local museums, or enjoy the famous Águeda Umbrella Sky Project, where colorful umbrellas hang overhead, creating a unique and picturesque atmosphere. You can also visit local cafes and boutiques for a taste of traditional Portuguese culture.



## 6. Cultural Experiences and Wine Tasting

For those interested in Portuguese culture and wine, the region offers plenty of opportunities for local wine tasting and exploring historic vineyards. Visit nearby wine estates and indulge in tastings of some of Portugal's best wines, paired with traditional delicacies. Learn about the region's rich winemaking heritage and enjoy the scenic beauty of the vineyards.



## 7. River Tours and Kayaking

Explore the nearby rivers through guided tours or a peaceful kayaking adventure. Whether you're looking to paddle along the river's calm waters or enjoy a more adventurous journey, the nearby rivers provide a wonderful way to connect with nature and enjoy the tranquility of the region.



# DAY TRIPS: EXPLORE THE BEST OF THE REGION

Solar Alegria offers not only a peaceful retreat but also easy access to some of the best attractions and activities in the surrounding region.



## **1. Paiva Walkways & Arouca Suspension Bridge – 1 hour**

Walk along the world-renowned Paiva Walkways and cross the Arouca 516 Suspension Bridge, the longest in the world. A truly breathtaking experience for nature lovers and adventure seekers.



## **2. Bussaco Forest – 1 hour 20 minutes**

A historical forest park with walking trails, botanical gardens, and beautiful lakes, ideal for a tranquil day of exploration.



## **3. Aveiro & Costa Nova – 1 hour**

Known as the "Venice of Portugal," Aveiro offers beautiful canals, colorful boats, and charming streets. Just a short drive away, visit Costa Nova to see the iconic striped houses and enjoy the beach.



## **4. Porto – 1 hour**

Explore the vibrant city of Porto, famous for its riverfront, historical architecture, and world-renowned port wine cellars. Stroll through the picturesque streets, visit the Livraria Lello bookstore, or enjoy a traditional Francesinha dish.

# DAY TRIPS FROM SOLAR ALEGRIA: EXPLORE THE BEST OF THE REGION



## **5. Douro Valley – 1 hour 30 minutes**

A UNESCO World Heritage site, the Douro Valley is famous for its stunning terraced vineyards and scenic river views. Take a river cruise, visit wine estates, and sample some of Portugal's best wines in this picturesque, tranquil region.



## **6. Óbidos – 1 hour 15 minutes**

A medieval town surrounded by ancient walls, Óbidos is known for its charming streets, castle, and cobblestone lanes, offering a truly picturesque experience.



## **7. Mosteiro da Batalha (Batalha Monastery) – 1 hour 30 minutes**

A UNESCO World Heritage site, this stunning monastery is a masterpiece of Gothic architecture and a must-see for history and culture enthusiasts.



## **8. Conímbriga Ruins – 1 hour 15 minutes**

Discover the fascinating Roman ruins of Conímbriga, one of the largest and best-preserved Roman sites in Portugal, offering a glimpse into ancient history.



**9. São Pedro do Sul – 20 minutes**

A charming spa town known for its therapeutic hot springs, perfect for those looking to relax and unwind in a beautiful natural setting.



**10. Peniche & Berlengas Islands – 1 hour 30 minutes**

Explore Peniche, known for its stunning coastline and surfing spots. From here, take a boat trip to the Berlengas Islands, a nature reserve with crystal-clear waters, dramatic cliffs, and diverse wildlife—a perfect escape for adventure seekers and nature lovers.



**11. Valley do Dão – 1 hour**

Known for its incredible vineyards, the Valley do Dão offers a peaceful and scenic escape. You can explore charming villages, taste award-winning wines, and take in the beautiful landscapes of this hidden gem.

*At Solar Alegria, you're never far from exciting and enriching experiences. From outdoor adventures and cultural discoveries to relaxing moments in nature, you'll find plenty to explore just a short drive away.*

# PORTO

Porto and Vila Nova de Gaia are vibrant cities located across the Douro River in northern Portugal, rich in history, culture, and gastronomy. Whether you're a history lover, nature enthusiast, or foodie, this guide will help you make the most of your visit.

## BEST PLACES TO VISIT

### Ribeira District (Porto)

A UNESCO World Heritage site, Ribeira is Porto's historic center, known for its colorful buildings, cobblestone streets, and lively atmosphere. Stroll along the Douro River, explore its quaint cafés and shops, and enjoy the traditional Portuguese architecture.

### Livraria Lello (Porto)

One of the most beautiful bookstores in the world, with its stunning neo-Gothic interior and winding staircase. A must-see for book lovers and architecture enthusiasts. Booking highly recommended.



Livraria Lello (Porto)

### Porto Cathedral (Sé do Porto)

Dating back to the 12th century, this imposing cathedral offers incredible views of the city and is a fine example of Romanesque architecture.

### Palácio da Bolsa (Porto)

A magnificent 19th-century building, known for its stunning neoclassical architecture and the ornate Arab Room. Guided tours provide insights into its history.



Sao Bento Train Station (Porto)

### Sao Bento Train Station (Porto)

Famous for its stunning tile murals depicting scenes from Portuguese history, São Bento is not only a major transport hub but also a visual masterpiece. Be sure to visit its hall to admire the artwork.



Wine Cellars (Vila Nova de Gaia)

### **Wine Cellars (Vila Nova de Gaia)**

The famous port wine cellars are located across the river in Vila Nova de Gaia. You can take a guided tour to learn about the production of port wine and sample different varieties. Sandeman and Graham's are among the best-known brands.

### **Jardins do Palácio de Cristal (Porto)**

These gardens offer beautiful views of the Douro River and the city of Porto. Perfect for a peaceful walk or picnic.

### **Monastery of Serra do Pilar (Vila Nova de Gaia)**

A hilltop monastery with panoramic views of Porto and the Douro River. It's especially beautiful at sunset.

### **Foz do Douro (Porto)**

A picturesque neighborhood where the Douro River meets the Atlantic Ocean. It's a lovely spot for a relaxing beach day, and you can walk along the beach promenade, enjoy the ocean views, and visit charming cafés and bars by the shore.



Monastery of Serra do Pilar (Vila Nova de Gaia)

## **BEST PLACES TO SEE THE SUNSET**

### **Miradouro da Serra do Pilar (Vila Nova de Gaia)**

One of the best spots for a sunset view. Situated across the river from Porto, it offers a breathtaking panoramic view of the Porto skyline with the iconic Dom Luís I Bridge in the foreground.



Miradouro da Serra do Pilar (Vila Nova de Gaia)

## BEST ACTIVITIES



Douro River Cruise

### **Douro River Cruise**

A boat trip on the Douro River is a relaxing way to enjoy the views of both cities, passing under the Dom Luís I Bridge and admiring the riverside architecture.

### **Port Wine Tasting Tour**

Explore the cellars in Vila Nova de Gaia, where you can taste different varieties of port wine and learn about the region's winemaking traditions.

### **Walk Across the Dom Luís I Bridge**

This iconic bridge connects Porto to Vila Nova de Gaia. It's a great way to walk between the two cities and get fantastic views of Porto's riverside.



Street Art Tour (Porto)

### **Street Art Tour (Porto)**

Porto is known for its vibrant street art scene. Take a guided tour to discover the city's murals and learn about the artists and their work.

### **Foz do Douro**

Head to the mouth of the Douro River, where it meets the Atlantic Ocean. It's a lovely spot for a walk along the beach or to enjoy a drink at one of the trendy seaside bars.



Douro Estuary Nature Reserve (Vila Nova de Gaia)

### **Douro Estuary Nature Reserve (Vila Nova de Gaia)**

A peaceful and beautiful nature reserve located near Vila Nova de Gaia, the Douro Estuary is a haven for birdwatchers and nature lovers. The reserve is home to a variety of bird species, including migratory ones, and offers scenic walking trails with views of the Douro River. It's an ideal place to relax and enjoy the natural beauty of the region.

### **WOW (Vila Nova de Gaia)**

A cultural and artistic space located in Vila Nova de Gaia, WOW is a must-visit for art lovers. It includes museums dedicated to wine, fashion, chocolate and contemporary art, offering interactive exhibits and stunning views of Porto. It's a perfect place for a cultural experience with a "wow" factor!

# BEST RESTAURANTS

## **DOP (Porto)**

Price: Expensive

Michelin-starred restaurant by renowned chef Rui Paula, offering innovative Portuguese cuisine with a modern twist.

## **Ode Porto Wine House (Porto)**

Price: Expensive

Located in the Ribeira district, this charming restaurant offers gourmet Portuguese dishes paired with excellent wines.

## **Cantinho do Avillez (Porto)**

Price: Mid-range

A creative and sophisticated take on traditional Portuguese cuisine, from the famous chef José Avillez.

## **Taberna dos Mercadores (Porto)**

Price: Mid-range

A cozy and rustic spot serving modern Portuguese tapas with a twist. Known for its fresh seafood and inviting atmosphere.

## **Café Guarany (Porto)**

Price: Mid-range

A historical café with beautiful art deco interiors, offering a mix of Portuguese and international dishes.

## **Fogo de Chão (Vila Nova de Gaia)**

Price: Mid-range

A great place for grilled meats, including vegetarian and vegan options. Traditional

## **Brazilian churrasco-style dining.**

### **Muu (Porto)**

Price: Mid-range

A popular modern steakhouse with various vegetarian and vegan options, offering an innovative dining experience.

## **Casa Portuguesa (Vila Nova de Gaia)**

Price: Cheap

A casual eatery serving traditional Portuguese comfort food like the famous “francesinha” sandwich and other local specialties.

## **Rua da Alegria (Porto)**

Price: Cheap

A charming neighborhood with affordable, delicious vegetarian and vegan eateries offering everything from soups to main dishes.

**Da Terra (Porto)**

Price: Cheap

A vegetarian buffet with a wide variety of fresh, healthy, and locally sourced dishes, including many vegan options.

## VEGETARIAN AND VEGAN OPTIONS

**Euskalduna Studio (Porto)**

A Michelin-starred restaurant offering gourmet dishes with vegetarian and vegan options.

**Essência (Porto)**

A vegetarian and vegan restaurant with a contemporary twist on Portuguese flavors. Perfect for plant-based meals that don't compromise on taste.

**Faz Fruta (Porto)**

A vegan-friendly café serving fresh fruit juices, smoothies, and healthy bowls. Ideal for a light, nutritious snack.

**Da Terra (Porto)**

As mentioned above, a great place for vegetarian and vegan buffets at a very reasonable price.



## TRADITIONAL FOOD



Bacalhau

Porto and Vila Nova de Gaia offer a rich culinary heritage, with plenty of traditional dishes to try.

**Francesinha**, a beloved Porto sandwich, is a must-try for meat lovers – it's a hearty, indulgent dish made of layers of bread, steak, ham, and melted cheese, smothered in a spicy sauce.

**Bacalhau à Gomes de Sá** (salt cod with potatoes, onions, and olives) is another local classic.



Caldo Verde

## FOR VEGETARIANS

**Caldo Verde** (green soup) is a comforting option, made with kale, potatoes, onions, and olive oil, often served with a slice of cornbread.

You can also find tasty vegetarian pastéis de bacalhau, croquettes made with codfish but easily adapted with vegetables or chickpeas.

When it comes to sweets, Porto is famous for its **Pastéis de Nata** (custard tarts), a rich, flaky pastry filled with sweet egg custard.

**Tarte de Amêndoa** (almond tart) is another local favorite, often enjoyed with a glass of Porto wine.

For a truly indulgent treat, try the **Baba de Camelo**, a dessert made from sweetened condensed milk, eggs, and caramel – a perfect way to end your meal.



Pastéis de Nata

# BEST PLACES TO HAVE A DRINK

## **Park Bar (Porto)**

A rooftop bar offering stunning panoramic views of Porto, the Park Bar is perched atop a parking garage, providing an incredible cityscape of Porto's rooftops and the Douro River. It's perfect for a sunset drink while enjoying the relaxed atmosphere and creative cocktails.

## **The Yeatman Bar (Vila Nova de Gaia)**

Located within the luxurious Yeatman Hotel, this bar boasts one of the best views in the city. Overlooking Porto and the Douro River, the bar offers a wide selection of fine wines, cocktails, and spirits, making it a sophisticated spot for an evening drink.

## **Ginza (Porto)**

For a more modern vibe, Ginza is a chic cocktail bar offering an extensive range of innovative cocktails. Located in the heart of Porto, it has a trendy and elegant feel, making it an ideal spot for an after-dinner drink.

## **Café Majestic (Porto)**

An iconic café in Porto, known for its beautiful Belle Époque architecture. While it's more famous for its coffee and pastries, it also serves a delightful selection of drinks in a glamorous setting. It's perfect for those who enjoy a classic, sophisticated atmosphere.

## **Cais de Gaia (Vila Nova de Gaia)**

A charming riverside area in Gaia, where you'll find several bars and restaurants offering refreshing drinks with views of Porto. It's a great spot to unwind after a day of sightseeing, with plenty of outdoor seating to enjoy the lively atmosphere by the river.

## **Prova (Vila Nova de Gaia)**

For wine lovers, Prova offers a delightful experience, featuring an extensive wine list with a focus on Portuguese wines. It also provides a beautiful view of Porto across the river, perfect for a drink with a view.

## BEST JUICES

### **Faz Fruta (Porto)**

Known for its delicious, fresh fruit juices, smoothies, and acai bowls, Faz Fruta offers an array of healthy and vibrant options. Whether you're craving a refreshing juice or a nutrient-packed smoothie, it's the perfect spot for a healthy drink.

### **The Green Affair (Porto)**

A great choice for plant-based lovers, The Green Affair offers freshly pressed juices and healthy smoothies made from organic fruits and vegetables. It's an ideal stop to energize after a long day of sightseeing.

### **Juicy & Healthy (Vila Nova de Gaia)**

This charming juice bar serves up fresh, made-to-order juices and smoothies, with a focus on natural ingredients. It's a great option for a refreshing, vitamin-packed drink, especially after a visit to the Douro Estuary Nature Reserve.

## BEST COCKTAILS

### **Galeria de Paris (Porto)**

A stylish and artsy cocktail bar located in the heart of Porto, Galeria de Paris offers expertly crafted cocktails in a cozy, trendy setting. The drinks are beautifully presented, making it a great spot for cocktail enthusiasts.

### **Café Progresso (Porto)**

One of the oldest cafés in Porto, Café Progresso serves creative cocktails in a relaxed and welcoming atmosphere. It's the perfect place to enjoy a classic cocktail with a modern twist.

### **Tasca da Viúva (Vila Nova de Gaia)**

A laid-back spot known for its craft cocktails and local specialties, Tasca da Viúva in Gaia offers a more intimate, unique experience. The bartenders here craft flavorful cocktails with fresh, locally sourced ingredients.

# CONTACT US

WWW.SOLARALEGRIA.COM

CONTACT@SOLARALEGRIA.COM

+ 44 7856 836096

+ 351 920 045 086

facebook, Instagram & Youtube Channel  
solaralegria

