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P R E S E N T A T I O N  
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# CREATING MEMORIES

S U R R O U N D E D   B Y   T H E   P O W E R   O F   N A T U R E

*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 anyone seeking peace, personal growth, nature 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 attending 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.”*

- Jennifer Deiana,  
Solar Alegria Director &  
Experience lead



# OUR VENUE

Solar Alegria is a 1000 sqm, beautifully renovated property that combines comfort and elegance while preserving the historical charm of the original building, dating back to 1852.

The venue includes:

- 7 rooms (Private and shared) with stunning views over the valley
- A fully equipped activity room for yoga, meditation, and group sessions
- Cozy lounges for relaxation and social gatherings
- Outdoor terraces and gardens for peaceful moments in nature
- An outdoor pool (May to September) & jacuzzi for relaxation
- A dedicated dining area for group meals, featuring locally sourced ingredients
- Plenty of secret spaces for private meals or chilling.
- A games room and a cinema room.

The venue's design blends modern comfort with the healing energy of the surrounding nature, offering the perfect environment for rest, transformation, and connection.



# OUR ROOMS

*Check in 3 pm - check out 11 am*

## SUITES



### **Casa do Amor**

- Independent Tiny House
- 40 sqm
- Fully equipped Kitchen
- Bathroom with Powerjet Shower
- King size Bed
- Individual Sofa bed
- Private Patio
- Panoramic view on the valley



### **Suite Nomad**

- Independent apartment
- 50 sqm
- Fully equipped Kitchen
- Bathroom with Bathtub
- King size Bed
- Double Sofa bed
- Private Terrace
- Panoramic view on the valley

## DOUBLE BEDROOMS



### **Bela Vista**

- 20 sqm
- Bathroom with Bathtub
- Queen size Bed
- Panoramic view on the valley



### **Carousel**

- 25 sqm
- Bathroom with Bathtub
- Queen size Bed
- Panoramic view on the valley

# OUR ADDITIONAL ROOMS FOR GROUPS



## 1 DOUBLE BEDROOM

### The Secret Room

- 30 sqm
- Bathroom with Bathtub
- King size Bed



## 2 SHARED BEDROOMS (4 GUESTS)

### Bela Vista

- 80 sqm
- Bathroom with Bathtub
- 4 to 5 Individual Beds in private booths
- Panoramic view on the valley



# 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:** Relax and unwind in our beautiful outdoor pool or indulge in the jacuzzi, surrounded by nature.
- **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.



# 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.

- **Half board or Full Board Options:** Enjoy freshly prepared meals throughout your stay, including breakfast, lunch, & dinner. Different formats and styles can be tailored to your needs.
- **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



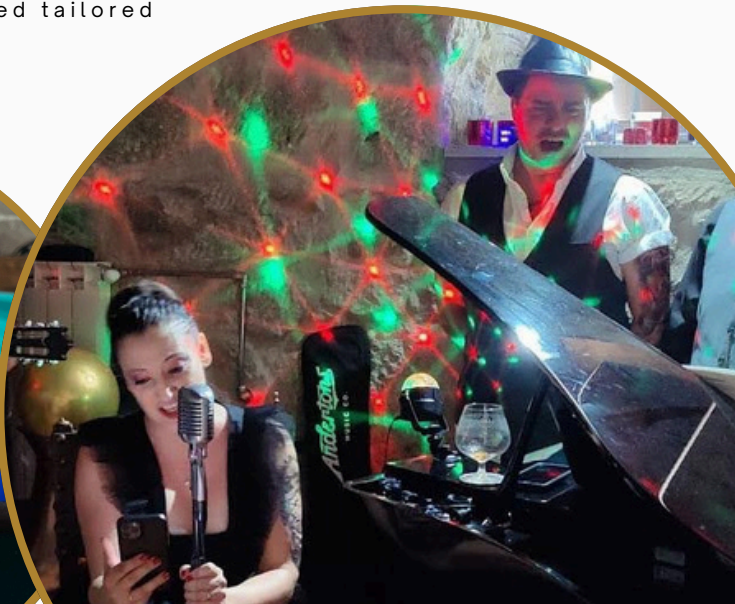


# ACTIVITIES AT THE VENUE

- **Swimming Pool & Jacuzzi:** Relax and rejuvenate in our swimming pool or enjoy a tranquil soak in the jacuzzi, offering a perfect opportunity to unwind while surrounded by nature. (Swimming pool opened from May to September)
- **Outdoor Activities:** Enjoy a range of fun outdoor activities such as badminton, disc golf, and more. Whether you prefer a relaxed day or some light competition, these activities provide the perfect way to enjoy the fresh air and beautiful surroundings.
- **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.

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

## 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.



## 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 drive 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 – 1 hour 10 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.*

# IN-HOUSE RETREATS & WORKSHOPS

At Solar Alegria, we proudly host our own well-being retreats, designed to create transformative experiences for individuals and groups. With our deep understanding of wellness, mindfulness, and personal growth, we curate retreats that combine relaxation, reflection, and rejuvenation, all within the serene environment of nature.



## My Experience

*“As a seasoned retreat organizer, I bring years of experience in curating meaningful, impactful retreats. Having worked in the wellness and corporate sectors, I understand the importance of offering an environment that supports both physical and mental well-being. My experience as a certified yoga teacher, meditation guide, and well-being coach ensures that each retreat is carefully designed to cater to the needs of all participants, allowing them to reconnect, heal, and grow.”*

- Jennifer Deiana

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