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P R E S E N T A T I O N
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TEAM RETREATS

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, bond, solve problems and develop creativity. Our mission is to provide a space where every moment offer individual and group growth.



SOLAR ALEGRIA

A Perfect Setting for Corporate Retreats:
Empowering Teams and Leaders at Solar Alegria
Nestled in the heart of Portugal's picturesque countryside, Solar Alegria offers a unique and inspiring environment tailored for corporate retreats, team-building, and leadership development.

Our expansive 1000 sqm venue, a beautifully renovated property dating back to 1852, is now a year-round retreat center designed to foster collaboration, focus, and personal growth in a serene and private setting.

The tranquil atmosphere, lush landscapes, and complete privacy make Solar Alegria the ideal venue for companies seeking to enhance team dynamics, boost motivation, and drive productivity. Situated at the end of a quiet road, the venue ensures full confidentiality and provides a transformative environment for teams to engage, innovate, and recharge.

Whether for strategic planning, leadership workshops, or team-building activities, Solar Alegria offers a tailored experience that encourages focus, collaboration, and connection — fostering extraordinary results for your team and business.



SOLAR ALEGRIA

“At Solar Alegria, we understand the power of nature to drive transformation, focus, and collaboration.

Whether you’re here for a corporate retreat, leadership development, or team-building activities, our mission is to provide an environment where your team can focus, connect, and achieve extraordinary results.

At Solar Alegria we offer a dedicated space where your team can recharge, work cohesively, and embrace the tranquility of nature. It’s the perfect setting to foster creativity, innovation, and collaboration away from the distractions of the office.

With our personalized services and tailored experiences, every retreat is designed to meet your specific needs, ensuring your team returns motivated, engaged, and ready to reach new heights together.

- Jennifer
Deiana,

**Solar Alegria
Director &
Experience lead**



WHY A RETREAT AT SOLAR ALEGRIA WORKS

Natural Environment

The peaceful countryside and stunning natural surroundings at Solar Alegria provide an ideal backdrop for team building, relaxation, and focus.

Holistic Approach:

Combining activities like yoga, team-building exercises, outdoor adventures, and reflective work sessions helps balance productivity with relaxation and personal growth.

Tailored Experience:

The retreat can be customized based on the specific needs and goals of the team, whether it's focused on leadership development, creativity, or improving communication skills.

A team retreat at Solar Alegria offers a unique opportunity for your team to bond, grow, and work together in a way that traditional office activities simply can't replicate. It's an investment in the long-term success of both individuals and teams, providing benefits that ripple throughout the workplace once the retreat is over.

HIGHLIGHTS

Energizing Morning Sessions

- **Mindfulness and Yoga:** Begin each day with calming yoga sessions to ground your team and encourage mental clarity.
- **Healthy Breakfast:** Fuel up with nutritious, locally sourced meals, providing the energy needed to take on the day's challenges.

Team-Building and Focused Work

- **Collaborative Workshops:** Engage in hands-on, interactive workshops designed to enhance team dynamics, trust, and communication.
- **Strategic Planning & Brainstorming:** Dedicated work sessions allow your team to tackle important projects and brainstorm innovative solutions away from the usual distractions.

Outdoor Adventures and Team Bonding

- **Guided Hikes:** Explore breathtaking trails in the surrounding nature, strengthening teamwork through shared experiences.

Relaxation and Reflection

- **Leisure Time:** Enjoy some downtime with the option to relax by the gardens, enjoy the swimming pool, or unwind with a game in the entertainment room.
- **Wellness Focus:** Rejuvenate with 20-minute relaxing massages and private yoga classes, helping your team recharge physically and mentally.

Evening Fun and Connection

- **Locally Sourced Dinner:** Savor delicious, fresh meals that showcase the region's best ingredients.
- **Team Bonding Activities:** End your day with informal, fun activities like games or a bonfire under the stars, deepening connections and building lasting memories.

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:

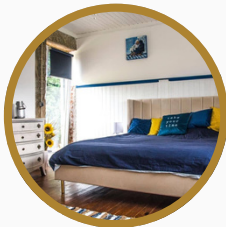
- 7 rooms (Private and shared) with stunning views over the valley
- A fully equipped activity room for yoga, meditation, and group sessions
- Working spaces
- Meeting room
- Cozy lounges for relaxation and social gatherings
- Outdoor terraces and gardens for peaceful moments in nature
- An outdoor pool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

The venue seamlessly combines modern amenities with the rejuvenating energy of its natural surroundings, creating an ideal environment for relaxation, team bonding, and transformative experiences.



OUR ROOMS

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 or 2 individual beds
- 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)

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



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

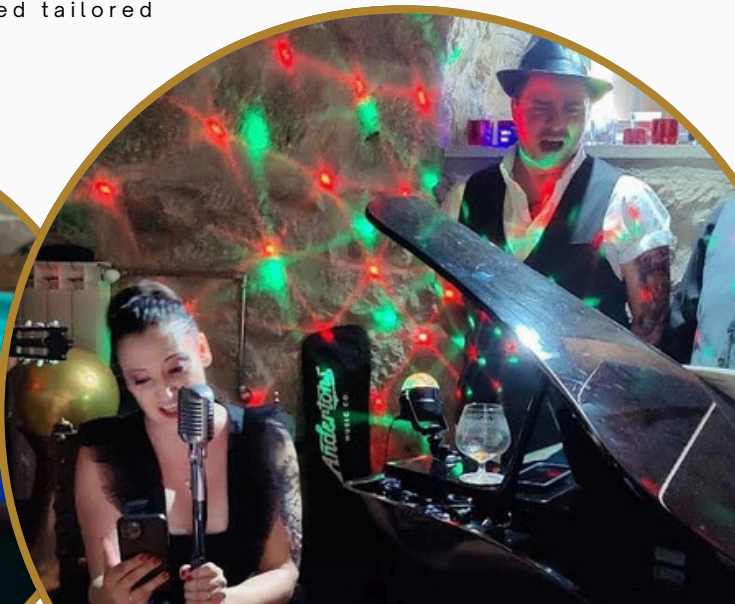


ACTIVITIES AT THE VENUE

- **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 !



TAILORED TO YOUR TEAM'S NEEDS

At Solar Alegria, we offer a flexible environment that can be customized to meet the specific goals of your corporate retreat. Whether it's tailored meal options, personalized team-building activities, or specialized services, we ensure your retreat experience is designed to meet the unique needs of your group.

As retreat organizers, leadership coaches, and holistic practitioners, we understand the key ingredients to creating a truly transformative experience. We will be with you every step of the way — from planning to execution — ensuring that your retreat is impactful, memorable, and aligned with your objectives. Our commitment is to help you deliver an exceptional experience for your team.

With spacious rooms, peaceful surroundings, and a broad selection of activities, Solar Alegria provides the ideal setting for your next corporate retreat. Foster collaboration, deepen connections, and inspire creativity and growth in the beauty of nature.



Escape the office routine and immerse your team in a transformative experience at Solar Alegria, located in the serene countryside. Our corporate retreats are designed to foster collaboration, boost motivation, and enhance productivity in an environment that encourages relaxation, creativity, and personal growth.

A Unique Experience for Your Team

At Solar Alegria, we believe in the power of nature, relaxation, and focused collaboration. Our retreats are designed to inspire innovation, foster stronger team dynamics, and reignite passion for the work ahead.



Book Your Corporate Retreat Today

Contact us to learn more about customizing your team retreat at Solar Alegria.

contact@solaralegria.com

Whether you're focusing on strategic planning, leadership development, or creative brainstorming, we provide the perfect environment for your team to thrive.

EXAMPLE OF PACKAGE

A 4-night, all-inclusive stay at Solar Alegria offers your team an immersive experience designed to foster collaboration, boost productivity, and recharge motivation.

Package Inclusion

Accommodation:

- 5 nights in Double Rooms or Family Suites, each designed for comfort and relaxation
- All rooms feature modern amenities with views of the lush natural surroundings

Meals:

- Daily Breakfast: Healthy, locally sourced options to fuel the day ahead
- Lunch and Dinner: Tailored to your dietary preferences (vegetarian, vegan, gluten-free, etc.), served in our peaceful dining area. Includes local specialties and international dishes.

Wellness & Team Building Activities:

- Mindfulness or Yoga Sessions: Start the day with a calming group yoga or mindfulness practice to foster mental clarity and team alignment.
- Team Building Workshops: Facilitated group workshops focusing on leadership, communication, and collaborative problem-solving.
- Focus Days: Designated days for strategic planning, brainstorming, or tackling key projects in a distraction-free environment.
- Outdoor Team Building: Engage in guided hikes through the breathtaking local landscapes to enhance teamwork and energize the group or a tour of Porto.

Private Coaching Sessions:

- 2 one-on-one leadership or personal development coaching sessions for key team members to support individual growth.

Relaxation Time:

- Evening Group Activities: Enjoy informal team bonding over games or a bonfire.
- Free Time: Ample opportunities for relaxation, allowing your team to unwind with massages, quiet walks, or downtime to explore the property.

Pricing

4 Nights for 10-15 Guests: Starting at **€9,800 per group** (price varies based on accommodation choice, activities, number of guests and customizations).

CONTACT US

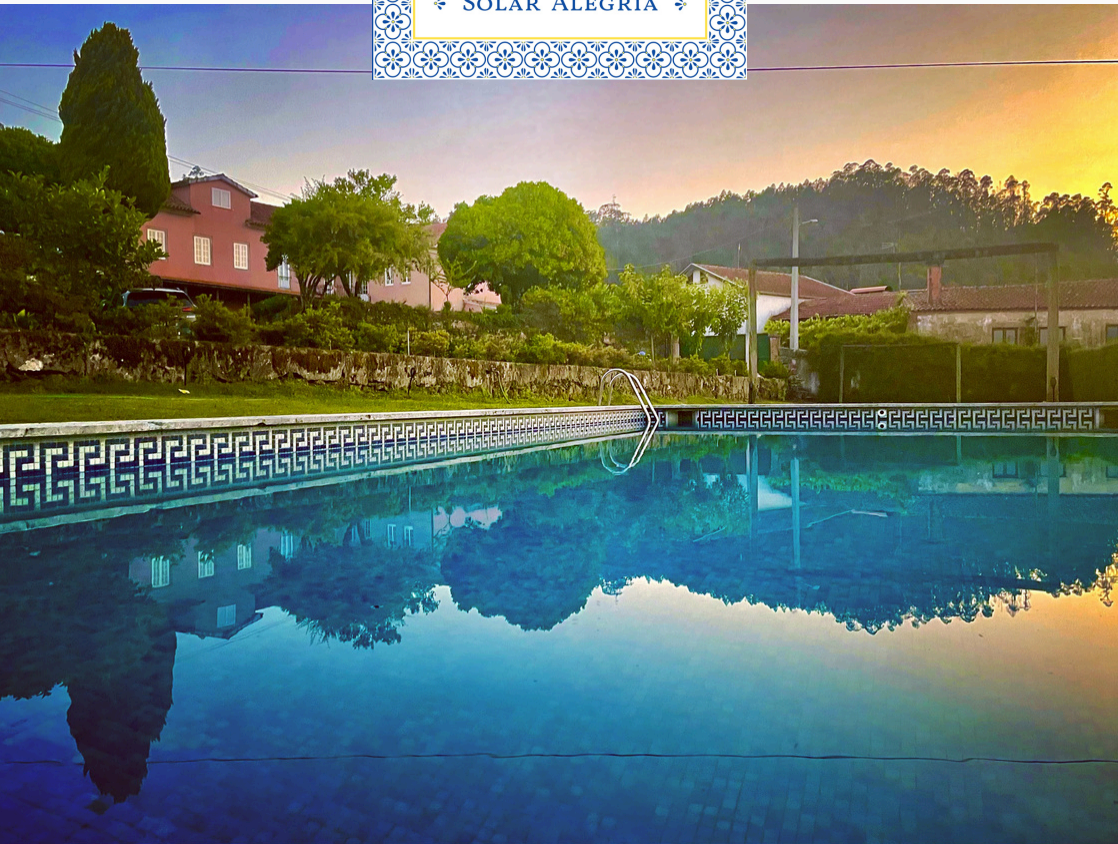
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AROUND SOLAR ALEGRIA

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.