

AZORES. TRAVEL. EXPERIENCE.

minuvida

HIKING 



FOOD 



YOGA 



FEEL THE AZORES with **minuvida azores experiences.**

Our small group experiences in HIKING, FOOD and YOGA will give you a true insider's perspective of S. Miguel. Experiences are tailored to each group.

Please see reverse side for detailed descriptions. →

VOLCANO COZIDO HIKE*

João prepares this unique take on a meat stew and lowers it into a volcanic vent in Ribeira Grande, where it will slow-cook for 5 1/2 hours. We then start our easy 3-hour circular hike through a spectacular waterfall. Upon our return the traditional cozido picnic meal will be waiting.



GUIDED HIKES Take to the trails! Learn about the island's volcanic history as well as endemic flora and fauna. Choose from full or half-day experiences, ranging from medium to difficult. **Full-day 90€; half-day 60€*** per person. Transportation included. Meals included for full-day only. Children under 12 are half off. Group discounts available.



HIKE + WINERY TOUR*

We start with a coastal hike on the north shore and then visit the island's only *real* winery and learn how wine is produced in the Azores. We'll of course taste some of the wines, along with Azorean cheeses and jams.



FORAGING HIKE*

The Azorean countryside is full of edible plants. During this hike, we will identify several edible vegetable and fruits and pick them to use in salads and jams. During the late summer, the highlight will be the wild black raspberry and during the fall and early winter the Azorean mountain blueberry will be the star.

FEEL THE VOLCANO*

We head east to Furnas and visit the most active volcanic region on the island. Experience a brief walking meditation and yoga class among geothermal mists and hike around the emerald Furnas lake. Enjoy a post-hike soak in the hot springs.



*Experience cost is **90 euros**, per person/full day. Transportation/meal included. Children under 12 are half-off. Group discounts available. Payment is due before start of experience. Cash, PayPal and major credit cards accepted. Capacity limited to six people. Outdoors experiences weather-dependent but we will do our best to notify participants with sufficient notice if a cancellation is warranted.



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