

minuvida EXPERIENCES

MINUVIDA AZORES offers you curated experiences based on your interests below are some examples. Please inquire for availability and to sign up.

HIKING



ENDLESS VISTAS, challenging volcanic slopes, Jurassic-like forests. We offer one guided hiking experience during your stay. **Mondays or Wednesdays**

Full hiking experiences examples in second sheet. 20€ per person supplemental fee for the Cozido hike (includes dinner). No children under 12 on hikes unless you've confirmed an exception with us.



FOOD

TASTE THE AZORES! We marry the traditional with the innovative and creative. We only serve local and in season. Many of the ingredients come directly from our orchard. Five-course dinner or cooking classes included in your stay* **Fridays**

**There is a 20€ per person supplemental fee for the cooking class.*

YOGA

Catch up with yourself during your vacation and join a yoga class with Rimi.

Check the schedule www.rimiyoga.com to see what is available during your stay.



MINUVIDA AZORES, LDA
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EASYGOING

Experiences focus on nature walks with light yoga and-or mindfulness. Ideal for leisure-focused groups or individuals.

WE HEAD TO FURNAS and visit the most active volcanic region on the island. Experience a nature walk along Furnas lake including guided mindfulness. Have lunch by the lake and a post-hike soak in our favorite hot springs. **Total experience duration approx. 6- to 8 hrs. Hike length can be adapted to group, generally about 2 or 3 km.**

ENJOY A COASTAL HIKE along cliffs and geological formations, followed by guided meditation near the Buraco de S. Pedro, an impressive cliff formation on the north shore of the island. Light yoga also possible, depending on weather conditions. Hike may be followed by Azorean wine tasting (winery visit when possible). **Generally half-day. Total experience duration approx. 5 hrs.**

Start the day with a majestic view over the **SETE CIDADES RANGE** and lakes (twin lakes), followed by scenic walk (about 2 km) with mindfulness Continue with a scenic drive on the lake ridge and north shore of the island, with possibilities for stops at ocean hot springs. **Total experience duration approx. 7 hrs. Experience is highly weather dependent, due to foggy mountain location.**

MEDIUM

For the enthusiast hiker seeking more vigorous trails + learning about the ecosystem. Doesn't mind breaking a sweat. Happy in rain or shine.

COZIDO HIKE We prepare this traditional meat stew and lower it into a volcanic vent in Ribeira Grande, where it will slow-cook for 6 hours. We then start our 3-hour (7.5 km) circular hike through a spectacular waterfall where you can swim (seasonal for most). Upon our return the traditional cozido picnic meal (just-lifted from the ground) will be waiting. Meal includes salad, main course + dessert, paired with local wines and served by the hosts picnic-style or at **minuvida orchard lodge**. Hike includes a few steep inclines and stairs. Not recommended if you suffer from vertigo. Fish options possible. **Full vegetarian not possible. Total experience duration approx. 7 hrs.**

Start at the top of the **FURNAS VOLCANO** with a 1.5 km steep and slippery descent through a magnificent forest to Furnas lake, where we break for lunch. We then start a 5 km ascent to the top, with a silent meditative walk to catch your breath. Post-hike water tasting and hot spring soak. Held on Mondays or Wednesdays, depending on availability. **Total experience duration approximately 5- to 8 hours.**

Enjoy a 2-hour hike over some of the most scenic mountains on the island, featuring stops at several lakes and beautiful endemic mosses. See the stunning birds-eye view over **SETE CIDADES LAKES** (weather dependent) and finish it off with a off road drive over the famous caldera ridge road with possibilities for stops at ocean hot springs. Held on Mondays or Wednesdays, depending on availability. **Total experience duration approx. 7 hrs. Experience is highly weather dependent, due to foggy mountain location.**

HARDER

Experiences for the hardcore hiker; someone looking to hike over 10 km a day. Relishes harsh conditions. Loves nature and learning about the island.

HIKE RIDGES AND CLIFFS, cross rivers and swim in waterfalls (or on the beach) in this 10- to 14 km hike option on the north shore Maia region. We will stop mid-hike to enjoy our packed lunch. You will push your limits on steep descents and ascents, but will feel the reward of accomplishing your goal. You can finish the day with a cold beer at a local hangout. Held on Mondays or Wednesdays, depending on availability. **Total experience duration approx. 7 hrs.**

CONQUER THE TALLEST MOUNTAIN on the island, Pico da Vara, at 1105 meters. The hike only about 7 km long, but it is a steady uphill, then a steady downhill coming back with the added challenge of possible wind, fog and rain. It's a real mountain. At the top, if the weather gods allow, you will see stunning views over the Povoação region, on the South shore, all the way to the ocean and also sweeping views over the entire island, from east to west. Hike features several passages over high gorges and canyons. This is a protected area, so please respect the surrounding natural preserve, home to the highly endangered Azorean bullfinch. **Groups of 4 minimum. Additional charges may apply. Highly weather dependent. Lunch included.**

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