

## minuvida EXPERIENCES

**MINUVIDA AZORES** offers several experiences in food, hiking and yoga to its guests at a discount from the listed rates. Please inquire for availability and to sign up. *Sign ups generally 24 to 48 hours in advance.*

### HIKING



**ENDLESS VISTAS**, challenging volcanic slopes, Jurassic-like forests. That's the premise of a hike in the Azores. We offer easy, medium and more challenging hikes available with stops for contemplation and meditation.

**65€ full day | 40€ half-day**

*Full details on hiking experiences and pricing in back.  
Children 12 to 16 are 50% off. No children under 12 on hikes.*



### 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. Hosted dinners and cooking classes available.

**30€ minuvida dinner | 50€ cooking class**

*Dinners and classes generally held weekly on Fridays.*

## YOGA | *Catch up with yourself during your vacation and join a yoga class with Rimi.*

**SUNDAYS** quinta minuvida, 10:30 a.m. - noon

**TUESDAYS** Santa Bárbara Beach Resort, 6 - 7:30 p.m.

**THURSDAYS** quinta minuvida, 10:30 a.m. - noon

**SATURDAYS** Hotel Caloura Resort, 10:30 a.m. - noon

*All classes led by Rimi. Mats and props available in studio.  
Transport outside **quinta minuvida** not provided.*

**8€ per person**



**MINUVIDA AZORES, LDA**

RRAL n° 475 | n° 16/2016/RAA

Rua de São João, 48

Rabo de Peixe,

São Miguel, Açores

+351 911 895 591 | 910 753 103



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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. 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 can be followed by Azorean wine tasting (winery visit when available) paired with Azorean fruits, cheeses, sausages and jams. **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 and picnic lunch. 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. Half-day option doesn't include ridge drive or hot springs. Experience is highly weather dependent, due to foggy mountain location. Lunch included if full day.**

## 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 on Mondays or Wednesdays, depending on availability. **Total experience duration approximately 5 hours for half-day and 8 hours for full-day. Lunch, water tasting and hot spring soak available only for full day.**

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 on Mondays or Wednesdays, depending on availability. **Total experience duration approx. 7 hrs. Experience is highly weather dependent, due to foggy mountain location. Lunch included if full day.**

## 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 on Mondays or Wednesdays, depending on availability. **Lunch included. 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 6 minimum. Highly weather dependent. Lunch included.**

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