

| ISSUE NO 2 |

CONCIERGE



SEPTEMBER 2019

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We want to extend our warm welcome to our guests and thanks for choosing SUL Villas & Spa as your accommodation! It is a pleasure to host you and our goal is to guide you to help have the best holiday in São Miguel

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Relax in our hotel with our Spa treatments carried by Essentia Azorica.

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We tried to summarize our favourite spots by areas. You can grab any extra maps from the reception and we can show you the way!

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A summary on trails you can do around the island. See us in the reception for full maps !

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We tried to select the best activities of each partner to make your choice easier! Reach out to us for making those reservations!

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We provide you with a list of restaurants based on our own and our guests feedback.





WELCOME TO SÃO MIGUEL

WRITTEN BY OUR GUEST AMBASSADORS

Thank you for booking your accommodation with us! We are genuinely eager to welcome you to our property and to help you plan the best holiday possible in our beautiful Island of São Miguel!

While there is plenty to do for free in São Miguel, we put this booklet together to also display the different activities we have on the island for your choice. This way you can start planning your holiday with your dear ones. Specially during summer time it is best to book in advance to avoid disappointment.

We will be happy to do the bookings for you with our partners or we would be grateful if you could mention to them you are staying with us so they appreciate our token

DISCLAIMER

Please note the information on this booklet is provided for your use and reference. However please note that our Third Party Suppliers, such as car rentals, tour operators and freelancers are not employees of Sul Villas & Spa but independent contractors. Our Guest Ambassadors are happy to make the reservations for you and be your one-stop contact, but please note that your interaction with our Third Party Suppliers is at your own risk, and Sul Villas & Spa will have no liability with respect to the acts, omissions, errors, representations, warranties, breaches or negligence of any of our Third Party Suppliers or for any personal injuries, death, property damage, or other damages or expenses resulting from your interactions with our Third Party Suppliers.

SPA

The Aqua Room

Let yourself and your senses be transported to another place through a body massage or exfoliation massage, ending with the therapeutic power of a relaxing water shower.

Massage

Choice of:

- Relaxation Massage
- Deep Tissue Massage
- Combination Deep Tissue & Relaxation
- Detox / Lymphatic massage

60min, 90€

Full Body Scrub & Massage

Treatment consisting of massage and exfoliation with Sea Salt and Orange.

90 min, 130€.



The Body

Massage

Manual massage created and made accordingly to individual needs.

Choice of:

- Relaxation Massage
- Deep Tissue Massage
- Combination Deep Tissue & Relaxation
- Detox / Lymphatic massage

All massages are preformed with a focus on the areas of greatest need of the body and the use of natural oils based on the Grape Seeds.

30 min, 45€ / 45 min, 55€ / 60 min, 70€ / 90 min, 97€ / 120 min, 125€

Full Body Scrub & Massage

Complete body cleansing treatment through exfoliation with Sea Salt and Orange, wich will be removed using hot towels.

The treatment includes a hydranting and relaxing massage with natural Grape Seeds oils.

Blood circulation will be stimulated and the skin will be luminous and silky.

90 min, 110€

The Specials

Enjoy two treatments created for those looking for different sensory experiences.

Hot Stones

Body massage with the use of hot stones that promote muscle relaxation, relive stress or relive chronic pain.

90min, 115€

Champi Head Massage

Champi is an ancient art from India, also known in the West as Indian Head Massage.

The treatment focuses on massaging the scalp, face, neck and shoulders.

Coconut oil is used in this treatment, as it has nourishing and hair strengthening properties. Together with Sandalwood it promotes a greater state of calm, reducing possible states of anxiety, headaches, migraines, among other benefits.

50 min, 60€



MUST DO'S



SETE CIDADES

- Grota do Inferno Miradouro (about 20min walk to the viewpoint)
- Vista do Rei Viewpoint
- Sete Cidades lakes/village
- Ferraria ocean hot springs (go when its low tide)
- Mosteiros beach for sunset
- A good way of making this more interesting would be to do it together with a bike tour around the lake or for the more adventurous a buggy/quad tour

PONTA DELGADA

- Walk by the Marina
- Portas do Mar
- Sao Brás Fort
- "Plantação de Ananás dos Açores"
- Mercado da Graça
- Louvre Michaelense
- Pele & Osso Atelier



CENTRAL

- Hike down on Lagoa do Fogo or simply admire its beauty from up top
- Caldeira Velha Hot Springs
- Salto do Cabrito - waterfall

Northern-Centre

- Tukatula Bar
- Santa Barbara beach
- Caldeiras
- Correana Tea Plantation
- Lagoa de São Brás
- Miradouro Santa Iria

Southern-Centre

- Lagoa natural pools
- Agua d'Alto beach
- Bar Caloura for the freshest fish (go earlier as normally there are queues - you need to write your name on the chalk board)
- If you are interested you can also go visit the Vila Franca islet but please note the queues are usually long and max of 400pax allowed in the islet the whole day (June to September only)



FURNAS

- Lagoa das Furnas e Caldeira das Furnas
- Terra Nostra Park OR Poça da Dona Beija Hot Springs (take an old or dark swimsuit as the rusty water may damage the colour of it)
- Miradouro Pico do Ferro
- Praia da Ribeira Quente

NORTHEAST



- If you like driving through scenic viewpoints, take the road through the Northeast!
- Ribeira dos Caldeirões
- Miradouro Ponta do Sossego
- Hike Faial da Terra / Salto do Prego/ Sanguinho



QUICK SUGGESTIONS



ADVENTURE SEEKERS

- Canyoning Adventure
- Surf Lessons / Surf Guide
- Buggy / Quad Tours
- Boat Fun Activities
- Biking
- Diving



FAMILIES

- Buggy/Quad Tours
- Horseback Riding
- Swimming with Dolphins
- Bike Rental / Bike Tours
- Canyoning Experience
- Tour in fishing Boat
- Jeep Tours
- Vila Franca do Campo islet



RELAXING MOMENTS

- Walking Tours/ Trails
- Whale Watching
- Yoga
- Sunset boat tour
- Sailing Experience
- Evening Thermal Bath & Massage
- Nature Meditation



BABY MOONERS

- Yoga
- Tour in Fishing Boat (apparently pregnant ladies bring luck to the boat!)
- Walking Tours
- Van Tours / Self Driving
- Golf
- Porto Formoso beach and waterfall



TRAILS WALKING TOURS

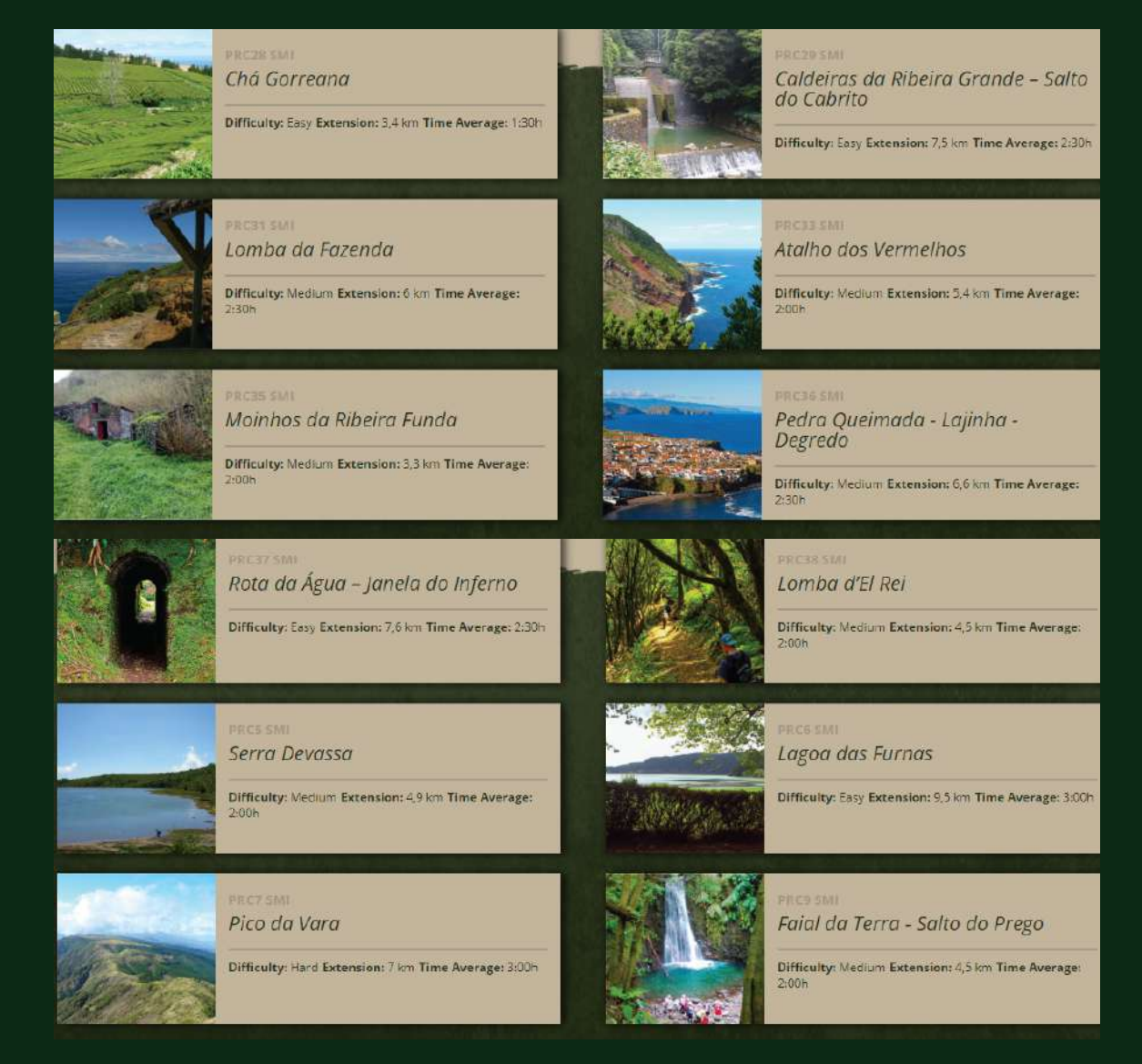
Northern-Centre	
 <p>PR1 SMI <i>Vigia de São Pedro</i> Difficulty: Easy Extension: 6,5 km Time Average: 2:00h</p>	 <p>PR11 SMI <i>Ribeira do Faial da Terra</i> Difficulty: Medium Extension: 6 km Time Average: 2:00h</p>
 <p>PR12 SMI <i>Agrião</i> Difficulty: Easy Extension: 5 km Time Average: 2:00h</p>	 <p>PR21 SMI <i>Padrão das Alminhas - Salto da Farinha</i> Difficulty: Easy Extension: 5 km Time Average: 2:00h</p>
 <p>PR27 SMI <i>Praia da Viola</i> Difficulty: Easy Extension: 5 km Time Average: 2:00h</p>	 <p>PR3 SMI <i>Vista do Rei - Sete Cidades</i> Difficulty: Easy Extension: 7,7 km Time Average: 2:00h</p>
 <p>PR39 SMI <i>Quatro Fábricas da Luz</i> Difficulty: Easy Extension: 2,1 km Time Average: 1:30h</p>	 <p>PR4 SMI <i>Mata do Canário - Sete Cidades</i> Difficulty: Easy Extension: 11,8 km Time Average: 3:00h</p>
 <p>PRC2 SMI <i>Praia - Lagoa do Fogo</i> Difficulty: Medium Extension: 11 km Time Average: 4:00h</p>	 <p>PRC20 SMI <i>Rocha da Relva</i> Difficulty: Medium Extension: 5,5 km Time Average: 3:00h</p>
 <p>PRC22 SMI <i>Grená - Pico do Ferro</i> Difficulty: Easy Extension: 6,2 km Time Average: 3:00h</p>	 <p>PRC26 SMI <i>Chá Porto Formoso</i> Difficulty: Medium Extension: 4,8 km Time Average: 2:00h</p>

São Miguel is home to scenic hiking trails, packed with lakes, creeks, volcano craters and waterfalls which you can only access by walking to it! For further details on these trails you can check the website <http://trails.visitazores.com>.

Our favourite trails are as follows:

- 1) Salto do Prego - for waterfalls
- 2) Janela do Inferno (in Lagoa!)
- 3) Gorreana for flatter trails with amazing picture spots around the tea plantations. Easy Difficulty.
- 4) Praia da Viola
- 5) Serra Devassa
- 6) Lagoa do Fogo / Praia - Hard trail
- 7) Moinhos do Félix Waterfalls (Lomba de São Pedro)

You should always take water with you and dont forget to bring a light jacket as the weather is very unstable in Azores.



RENT-A-CAR

AutAtlantis

Santa Barbara Eco-Beach Resort - White Exclusive Suites & Villas - Sul Villas & Spa - 2019				Prices valid from 01.Jan to 31.May.2019 & 01.Oct to 31.Dec.2019		Prices valid from 01.Jun to 30.Sep.2019		INSURANCE PACK SUPER RELAX		
GROUP	CARS	DOORS	SEATS	PRICE PER DAY		PRICE PER DAY		LIABILITY	SUPPLEMENT PER DAY	LIABILITY WITH PACK SUPER RELAX
				1-5 Days	7+ Days	1-6 Days	7+ Days			
ECONOMY	A TOYOTA AYGO / CITROËN C1 / similar	5	4	25 €	25 €	37 €	37 €	700 €	19 €	60 €
	C RENAULT CLIO / TOYOTA YARIS / similar	5	5	28 €	28 €	49 €	49 €	700 €	19 €	60 €
AUTOMATIC	E OPEL CORSA AUTOMATIC / similar	5	5	49 €	49 €	65 €	65 €	1 700 €	29 €	200 €
	E1 CITROËN C-ELYSEE aut. / similar	5	5	86 €	84 €	98 €	97 €	1 700 €	32 €	200 €
	E2 MERCEDES CLASSE A aut.	5	5	104 €	100 €	131 €	127 €	1 700 €	32 €	200 €
FAMILY CAR	G2 OPEL ASTRA CARAVAN 5W / similar	5	5	67 €	65 €	100 €	98 €	1 700 €	29 €	200 €
SUV	D RENAULT CAPTUR / CITROËN C4 /similar	5	5	60 €	54 €	74 €	72 €	1 700 €	22 €	200 €
INT. SUV	O JEEP RENEGATE/OPEL MOKKA /similar	5	5	100 €	97 €	128 €	125 €	1 700 €	32 €	200 €
MINI BUS	I RENAULT TRAFIC 9 Lug./OPEL VIVARO 9 Lug./similar	5	9	78 €	78 €	110 €	110 €	1 700 €	32 €	200 €

Price includes: VAT, unlimited mileage and special offer of CDW insurance and airport taxes.

Guarantee for cars groups A & C & D: 600€ (credit card)

Guarantee for cars groups E, E1, E2, G2, O & I: 1700€ (credit card)

Extras	
Young driver (21-23 yo)	10€ per day
Additional Driver	5€ per day
Baby seat or Infant Seat	5€ per day
	FREE for G2 rentals
GPS	10€ per day
	FREE for car group O rentals

ECONÓMICO ECONOMY

A TOYOTA AYGO



SMG, SMA, TER, PIX, SZ, FLW

C RENAULT CLIO



SMG, SMA, TER, PIX, SZ, FLW

G CITROËN C-ELYSEE



SMG, TER, PIX, FLW

D CITROËN C4



SMG, TER, PIX, FLW

E OPEL CORSA



SMG, SMA, TER, PIX, SZ, FLW

B SMART FORFOUR



SMG, SMA, TER, PIX, SZ, FLW

C1 OPEL CORSA CDI



SMG

G1 MERCEDES GLA



SMG

F DACIA DUSTER



SMG, TER, PIX, FLW

E1 CITROËN ELYSEE



SMG

BigBlue

Adventures



CHEF FOR A DAY

- Visit to "Mercado da Graça"/Vila Franca do Campo/Furnas/Gorreana's Tea Plantations /Santa Iria's View Point
- Minimum of 4 participants
- Full day
- 90€ per person

HIKING TOURS

- Walking guided tours
- Minimum of 2 participants
- Full day: 60€ per person
- Half day: 35€ per person



GUIDED TOURS

Half day



- 30€ per adult
- 18€ per child (up to 10 years old)

Full day

- 60€-65€ per adult
- 30€-32.50€ per child (up to 10 years old)



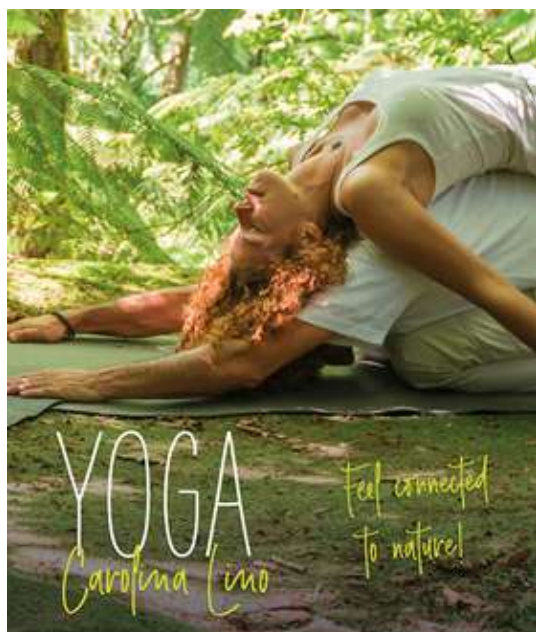
TRANSFERS

- 1-4 pax - 25€
- 5-8 pax - 30€
- Price per trip

SURF SCHOOL

Santa Barbara Surf School

- Surf Lesson – from 30€ per pax
- SUP lesson – from 50€ per pax
- BodyBoard Lesson – from 30€ per pax
- Board Rental – from 10€ per board
- Surf Guide – from 100€ (2pax)



YOGA

Carolina Lino

Hatha Yoga

Private lessons: 40€ per class

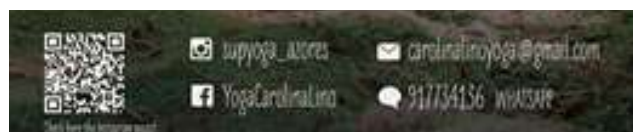
Group lessons:

- 30€ per pax (2 pax minimum)
- 25€ per pax (3 pax minimum)
- 20€ per pax (more than 3 pax)

SUP Yoga

Private lesson: 110€

Group lessons: 65€ per pax



HORSEBACK RIDING

Quinta da Terça

from 55€ per pax





BUGGY TOURS

ANC Azores Holidays

Half day from 70€ per pax
Full day from 99€ per pax

	Sete Cidades	Ribeira Grande	
Difficulty Level	1-5	Half Day - 2	Full Day - 3
Comfort	1-5	4	4
Duration		4 hours	8 hours
Price per person		70€	99€
Lunch Included		No	Yes
Number of People		min 2 / max 20	min 2 / max 20

	Sete Cidades	Ribeira Grande	
Difficulty Level	1-5	Half Day - 3	Full Day - 4
Comfort	1-5	3	3
Duration		4 hours	8 hours
Price per Person <small>(price quad for 1pax / quad for 2pax)</small>		80€ / 60€	109€ / 90€
Lunch Included		No	Yes
Number of People		min 2 / max 20	min 2 / max 20

QUAD TOURS

ANC Azores Holidays

Half day from 60€ per pax
Full day from 90€ per pax

BOAT FUN ACTIVITIES

ANC Azores Holidays

from 39€ per pax



The boat is equipped with kayaks, SUPs, snorkelling equipment and a jet ski that you can rent out for 70€ per 45min. Check-in for the boat tour must be done until 14:30h (departure at 15h). There is a possibility of sighting dolphins in their natural habitat during this tour. Total number of seats on the boat: 28 - Minimum number of passengers: 6. The date and time of the trip may be altered due to weather conditions, without any cost to the client.



Boat Fun Activities

Ponta Delgada Marina - São Roque Islet - Southern Coast of São Miguel - Vila Franca Islet - Caloura Beach - Nautical Activities - Return to Ponta Delgada

Price per Person: 39€



Dolphins



Kayaks



Jet Ski



Paddle



Beach



BUGGY TOURS



AZORES 579 OFF-ROAD XPERIENCE	Viatura (2 lugares)	Viatura (4 lugares)	Idade Min.
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Buggy Tours | HALF DAY

1.1. Half Day Sete Cidades	114,00 €	228,00 €	7
1.2. Half day Adventures	114,00 €	228,00 €	7
1.3. Half day Mud&Rain	114,00 €	228,00 €	7
1.4. Sunset	114,00 €	228,00 €	7

AZORES 579 OFF-ROAD XPERIENCE

Buggy Tours | PRIVATE

2.1. Custom

RYKER TOURS



AZORES 579 OFF-ROAD XPERIENCE

Viatura
(2
lugares)

Idade
Min.

Ryker Tours

1.1. Half Day Sete Cidades & Mosteiros	100,00 €	12
1.2. Half day Lagoa do Fogo	100,00 €	12
1.3. Half day Sunset	80,00 €	12
1.4. Full day Furnas	140,00 €	12
1.5. Full day Nordeste	140,00 €	12
1.6. Full day Sete Cidades & Lagoa do Fogo	140,00 €	12

AZORES 579 OFF-ROAD XPERIENCE

RENTAL

Ryker Rental

2.1. Rental - 3 hours	72,00 €
2.2. Rental - 7 hours	118,00 €



WHALE WATCHING

Futurismo

Price per adult - 55€

Price per child - 27.50€

SWIMMING WITH DOLPHINS

Futurismo

Price per adult -70€

Price per child - 35€

SUP/KAYAKS/BIKE RENTALS

Futurismo

7.5-10€ per hour, per item

*enquire also for packages of different packages



WHALE WATCHING

Terra Azul

Price per adult - 55-60€

Price per child - 42-47€
(depending on low/high season)

SWIMMING WITH DOLPHINS

Terra Azul

Price per adult -98€

Price per child - 77€

EXPLORE THE ISLET

Terra Azul

Price per adult -91€

Price per child - 75€

*during summer only
Full day trip



TOUR IN LOCAL FISHING BOAT

HáMar

Price per adult - 70€

Price per child - 35€



SAILING EXPERIENCES

AzoreSailExperience

Half Day / Sunset - from 70€ per pax

Full Day - from 115€ per pax

Able to do private tours

Max 6 pax capacity

JEEP DEFENDER TOURS

GreenZone

- Sete Cidades - 30€ per pax
- Lagoa do Fogo - 30€ per pax
- Furnas - 60€ per pax
- Nordeste - 70€ per pax





DIVING

Picos de Aventura

- First Diving Experience - Pool - 55€ per pax
- First Diving Experience - Sea - 90€ per pax
- 1 dive - 45€ per pax
- 2 dives - 75€ per pax
- 10 dives - 320€ per pax



COASTAL FISHING

Picos de Aventura

Half Day - 105€ per pax

Full Day - 185€ per pax

BIG GAME FISHING

Picos de Aventura

Half Day - 450€ per pax

Full Day - 750€ per pax



CANYONING

FUN Activities

- Canyoning – from 60€ per pax
- Canyoning + Bike Tour – from 95€ per pax

25% discount for children between 6-12 years old
Family with more than 3 elements - 10% discount

COASTERING

FUN Activities

Half Day - 65€ per pax
(75€ with pick up)

25% discount for children between 6-12 years old
Family with more than 3 elements - 10% discount

KAYAKING TOUR

FUN Activities

Half Day Caloura
40€ (50€ with pick up) per pax

Half day Vila Franca
50€ (60€ with pick up) per pax

25% discount for children between 6-12 years old
Family with more than 3 elements - 10% discount



CANYONING

Azorean Active Blueberry

- Canyoning – from 60€-100€ per pax
- Canyoning + Furnas tour – from 85-90€ per pax

COASTERING

Azorean Active Blueberry

Half Day - 70-75€





NATURE MEDITATION

Holistika

35€ price per pax

LIQUID AND SOUND JOURNEY

Holistika

25€ price per pax

Optional/extra costs:

- Relaxing Massage: 45min/ 48€
- Massage with volcanic mud: 45 min/ 60€



TOUR PACKAGES

Holistika

Deep East - 80€ per pax

Enchanted Furnas - 75€ per pax

Water Immersion - 75€ per pax

BIKING EXPERIENCES

Azores Green Bike

Full Day Tour - from 55€ per pax

Private Tour - from 250€ per pax



GOLF GUIDE

Pedro Silva

PGA pro Golf

Price on request

GIN TASTING

Solar Branco

Price per person: 45€



RESTAURANTS

Our team put this list together based on their own experience and guests feedback

Restaurants	Location	Type of food	Average price
Lagoa			
Borda D'Água	Largo do Porto 52	Good fish and seafood	30€/ person
Chef's Table - White ES&V	Rua Rocha Quebrada 10, 9560-420	Degustation menu 4/8 courses	50€-90€/ person
O Capitão	R. Padre João Furtado Pacheco 8	Traditional portuguese food, fish and seafood	30€/ person
Paladares da Quinta	Canada de Santa Bárbara 40	Traditional portuguese food	30€/ person
Sunset Beach	Estrada Regional do Pópulo 132, 9500-000	Fast food and traditional portuguese food	15€/ person
Água de Pau - nearby Lagoa			
Bar Caloura	Rua da Caloura 20, 9560-211	Fresh fish and seafood	30€/ person
Casa do Abel	Rua Largo do Barracão 1	Steak house	30€/ person
Ponta Delgada			
A Tasca	Rua do Aljube 16, 9500-018	Traditional portuguese food	20€/ person
Big 21	Rua Ernesto do Canto 17, 9500-308	Good for vegetarians	20€/ person
Casa do Bacalhau	Rua Dr. Aristides Moreira da Mota 59, 9500-000	Fado nights: Wednesday, Friday and Saturday	15-35€/ person
Casa do Bife O Galego	Bairro da Praia dos Santos 21. 9500-706	Steak house	30€/ person
Otaka	Rua Hintze Ribeiro 5 9500-049	Japoneso & south american food	30€/ person
Rotas da Ilha Verde	Rua de pedro Homem 49, 9500-040	Modern and tradicional azorean food with fresh local products - vegan & vegetarian	20€/ person
Taberna Açor	Rua dos Marcadores 41, 9500-092	Simple and delicious portuguese and azorean food	20€/ person
Ribeira Grande			
Alabote	Largo East Providence 68, 9600	Seafood and traditional portuguese food	20€/ person
Associação Agrícola	Recinto da Feira, Campo de Santana, 9600-096	Steak house	20€/ person
Santa Bárbara - Santa Bárbara Eco-Beach Resort	Estrada Regional, 1 Morro de Baixo, 9600-219	Excelent sea view, famous for sushi and sashimi	30€/ person
TukáTulá	Praia Areal de Santa Barbara, 9600-000	Beach restaurant, fast food	15€/ person
Furnas			
À Terra	Avenida Dr. Manuel de Arriaga, 9675-022	Modern portuguese restaurant, good for Furnas Cozido, good for vegetarians	30€/ person
Ponta do Garajau	Rua Dr. Frederico Moniz Pereira 9, Ribeira Quente	Simple and delicious portuguese and azorean food, local seafood	30€/ person
Restaurante Terra Nostra Garden	Rua Padre José Jacinto Botelho 5, 9675-061	View over Terra Nostra Park, good for Furnas Cozido	30€/ person

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***WE TRAVEL
NOT TO
ESCAPE LIFE.
BUT FOR
LIFE NOT TO
ESCAPE US.***

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