

Food Lovers Farm Retreat

The Dough House on Tour!

Itinerary

Day 1

Arrival/ transfer to Quinta Vermelha de Alcaria

Welcome drinks by the pool, with The Dough House and Quinta teams. This will be followed by a tour of the farm from Elisa, who's family owned the Quinta and farm for over 400 years. You'll learn about the farm's history and how it has developed over the last 6 years into the gorgeous farm you see today.

7.30pm: A delicious BBQ dinner including traditionally cooked Piri Piri chicken, Portuguese sides, bread, a fresh salad made using organic ingredients from the farm and drinks.

Day 2

8am: Start your day with yoga & meditation.

9am: An organic farm breakfast including homemade bread, farm eggs, Portuguese cheese, farm honey & jam and fresh fruits & vegetables.

10am: Harvest produce from the farm for using in the days cooking and baking.

11am: Our 1st cooking class. This will include making our 3 course Portuguese inspired lunch with pasta making and bread making preparation for the following day.

2pm: Enjoy our very own 3-course lunch with drinks under the gorgeous vine covered pergola.

3.30pm: A free afternoon to enjoy the serenity of the farm, lay by the pool or head to a local beach (a dedicated private driver will be available to take you).

8pm: A traditional Portuguese meal prepared by a local chef including Cataplana with drinks.

Day 3

8am: Start your day with yoga & meditation.

9am: An organic farm breakfast including homemade bread, farm eggs, Portuguese cheese, farm honey & jam and fresh fruits & vegetables.

10am: Harvest seasonal produce from the farm for using in the days cooking and baking.

11am: Preparation of a 3 course mediterranean meal and sourdough bread making. The bread will then be cooked in a traditional wood fire.

2pm: Enjoy our 3-course lunch with drinks under the gorgeous vine covered pergola.

4pm: Wreath making with Jo, from The Dough House team, using local plants and flowers to take home.

7.30pm: Traditional Portuguese stews prepared by a local chef with salad made from ingredients found on the farm and drinks.

Day 4

8am: Start your day with yoga & meditation.

9am: An organic farm breakfast including homemade bread, farm egg, Portuguese cheese, farm honey & jam and fresh fruits & vegetables.

10am: A Portuguese inspired afternoon tea baking class using in seasonal ingredients from the farm. We will also prepare the pizza dough for the next day.

1pm: A trip to the beach to enjoy our Portuguese afternoon tea and drinks with the backdrop of the Algarve's famous cliffs one way and beautiful clear blue waters the other.

3pm: Boat tour out the awe inspiring Benagil caves (TBC).

6pm: Beach yoga & meditation while watching the sun set over the water beautiful .

7.30pm: Dinner and drinks at a local seaside restaurant on route back to the farm.

Day 5

8am: Start your day with yoga & meditation.

9am: An organic farm breakfast including homemade bread, farm eggs, Portuguese cheese, farm honey & jam and fresh fruits & vegetables.

10am: Market tour where you will get to enjoy some food tasting and a sumptuous lunch including drinks.

2pm: A visit to a local pottery studio where you can purchase some of Portugal's famous pottery as a memento of your trip.

5pm: A visit from a local winemaker for some wine tasting.

7pm: Making pizza's using sourdough and fresh ingredients from the farm, which will be cooked in the wood fired pizza oven and enjoyed with fresh salad and the newly discovered local wines.

Day 6

8am: Start your day with yoga & meditation.

9am: An organic farm breakfast including homemade bread, farm eggs, Portuguese cheese, farm honey & jam and fresh fruits & vegetables.

10am: Preparations for the evening's traditional BBQ & lunch using ingredients bought at the market

12pm: A light lunch including charcuterie and cheese from the market

2pm: Essential oil soap making workshop.

4pm: Time to relax with a wander round the farm or time by the pool.

7pm: A traditional BBQ including Picanha meat with drinks.

9pm: A salsa class and closing party.

Day 7

All good things must come to end.

10am: Our final organic farm breakfast and your final chance for a stroll around the Quinta and farm.

12.30pm Transfer to Faro Airport.

Please note: All outdoor activities are weather permitting.

Vegetarian menus are available.