

# OCTANT

*Praia Verde*

*Experiences and activities*



## *Welcome to* Octant Hotels Praia Verde

We are Octant Hotels Praia Verde.

We exist between the green of the pine forest and the blue of the Atlantic Ocean.

We are simultaneously close to the Ria Formosa, with its delicate ecosystem and its slow tides that dictate the life of fishermen and shellfishers of the region, and to the Guadiana River that is the border between Portugal and Spain, old way of smugglers and that brings the Algarve mountain range to the sea.

We live in a place that sometimes seems to have been forgotten and where traditions persist.

In the immemorial history of this land is the key to the gastronomy of the region, which mixes mountains and sea in a blend of flavors, substance and forms of cooking. A gastronomy that changes as the seasons flow.

In the ancestral influences and in the climate of the South we explain the local craftsmanship and the livings that still exist, with its Roman and Arab origins, and Mediterranean influence.

We exist between nature and this particular civilization, and that is what we want to share with those who visit us. This Algarve of ours. Raw.

# OCTANT

*Praia Verde*



GPS: N 37°10'47.6" | W 7°28'56.0"  
Praia Verde - Altura  
8950-434 Castro Marim - Algarve  
☎ +351 924 119 270

[www.praiaverde.octanthotels.com](http://www.praiaverde.octanthotels.com)



## Index

---

### ALGARVE ALL YEAR

Spaces at Praia Verde  
Gastronomic experiences  
Wellness experiences  
Yoga & Meditation

---

07

---

### EXPLORE

Experiences  
Activities  
Places of interest  
10 things not to be missed

---

15



## *Stay* WITH US

When you arrive, take a deep breath and enjoy.

The Octant Hotels Praia Verde has several spaces that you can enjoy on long, bright summer days.

Take a dip in our pool, which has a bar and where you can drink a juice or have a light meal.

Alternatively, head to the beach where you will find golden sand and crystal-clear sea. You can walk the path through the pine forest whose shade will protect you from the sun or enjoy the ride of our buggy that makes trips between the hotel and the beach. There you will also find a support bar during summer months so that nothing is missing.

Enjoy our Lobby Market and buy your holiday souvenirs.

We have a collection of handmade and regional products that will make your delights.

We want to surprise you with everything you can do and experiment with us.

It is thinking of this that we organize a schedule of activities whose participation is free simply confirming your presence 24 hours in advance.

In addition we have a wide range of experiences to discover the local traditions, the most secret sites and the most remarkable adventures.

We also create tailor-made experiences. Challenge us to create your unique moment.



ALGARVE  
*All year*



## Spaces at Octant Hotels Praia Verde

---

### À TERRA Restaurant

To share  
Open all year round.

---

### Pool bar

Bar & snacks  
Open from 1 Apr to 30 Sep

---

### Lobby Market

Regional products store  
Open all year round.

---

### Kids Club

Children's space  
Open all year round.

---

## Gastronomic experiences

### À TERRA

The À TERRA Octant Hotels Praia Verde is much more than a Hotel restaurant: it's a place of encounters and synergies.

Led by Chef David Domingues, this is a cuisine forged in fire – in the wood oven or at the Josper, cooked in clay pots or in the iron – where the products of the sea and the Ria Formosa meet the products of the Algarvian barrocal.

At À TERRA we want you to try the best local products – coming directly from our vegetable garden, local producers with whom we work every day, or from the Vila Real de Santo António fish market – and discover the gastronomic traditions of this particular region. A cuisine made of an explosion of aromas, textures and flavors, but also of stories and sensations: the stories of the Algarve tradition and its products - figs, oranges, the bitter taste of lemon, the aromatic herbs, olives, the local cheeses and sweets, the dry fruits, salt flower, the algarvian meats but also the fresh fish and the seafood.

We want you to find the genuine and raw Algarve in every dish we make.

But also to open your palate to new gastronomic experiences – more ample and modern – with the everyday products.

Because we want you to enjoy the flavors of the South. Sit down with us and share this moment.





## Wellness experiences

For a relaxing experience, surrender yourself to us. Our concept of well-being is simple: we want to feed your essence. Relaxed but also fun and well with life.

### MASSAGES AND RITUALS AT CASAS DO JARDIM

#### Massages

Natura	50 min / €60
Bambu	50 min / €65
Sport	50 min / €70

#### Rituals

Natura	70 min / €70
Bambu	70 min / €80
Joyaux Atlantique by Thalgo	80 min / €80

### MASSAGES FOR YOU

Hands Therapy massage	50 / 80 min • €65 / €95
Couples massage	50 min / €115
Candle massage	50 min / €68
Bamboo massage	50 min / €65
Hot stone massage	60 min / €68
Special massage for pregnant	45 min / €60
Reflexology	45 min / €60
Sport massage	50 min / €65
Anti-stress massage	45 min / €60



# EXPLORE

## LIVE THE ALGARVE WITH US.

We have experiences that go from the Mountains to the Sea, so that you can enjoy everything that this region has to give you.



# Experiências / Experiences

Verão / Summer



---

## Aquatic sports

Be surprised by the magic of the Algarve's waters, standing on it. With an instructor, try new modalities in water.



---

## Solar boat trip

A stroll in the calm and quiet Ria Formosa where you can have all the sensations of tranquility in harmony with the nature.



---

## Oyster tasting

Put on your boots and roll up your pants. We'll show you the way to a paradise island where locals create oysters.



---

## Picnic on a secret spot

There are many secret spots to explore in the mountains or beach. Take a walk along the secret trails and stop for a picnic.



---

## Horse riding

Be surprised by the unspoiled side of the algarvian coast.



---

## Horseback riding lessons

Have you always wanted to do our horseback riding experience, but you don't know and wanted to learn more? We then suggest that you take the riding lessons.

# Experiences

Summer



---

## Tennis academy VRSA

With an instructor, play tennis in a professional court.



---

## Skyxpedition

Sit down behind the pilot, fasten your seatbelt and take off! Discover the Algarve like you have never seen it before. A 360 degree view.



---

## Private boat

Have you always dreamed of spending a day (or half) on an all-inclusive boat? Talk to us, we have the right experience.



---

## Tree climbing

An adventure park in Vila Real de Santo António, where emotion is present at the top of the trees, through various challenges with ropes, bridges, nets, giant slides and much more.



---

## Family golf

Ever tried golf? Our instructor David teaches you everything from driving range and the putting. Don't know what it means? It's time to learn about it.



---

## A day on the farm

An activity for couples or family, where we will meet the animals on the farm and interact with them.

---

# Experiences

Spring, Autumn & Winter



---

## Solar boat trip

A stroll in the calm and quiet Ria Formosa where you can have all the sensations of tranquility in harmony with the nature.



---

## Oyster tasting

Put on your boots and roll up your pants. We'll show you the way to a paradise island where locals create oysters.



---

## Picnic on a secret spot

There are many secret spots to explore in the mountains or beach. Take a walk along the secret trails and stop for a picnic.



---

## Horse riding

Be surprised by the unspoiled side of the algarvian coast.



---

## Horseback riding lessons

Have you always wanted to do our horseback riding experience, but you don't know and wanted to learn more? We then suggest that you take the riding lessons.



---

## Tennis academy VRSA

With an instructor, play tennis in a professional court.

# Experiences

Spring, Autumn & Winter



---

## Skypedition

Sit down behind the pilot, fasten your seatbelt and take off! Discover the Algarve like you have never seen it before. A 360 degree view.



---

## A day on the farm

An activity for couples or family, where we will meet the animals on the farm and interact with them.



---

## Family golf

Ever tried golf? Our instructor David teaches you everything from driving range und the putting. Don't know what it means? It's time to learn about



---

## Nature Safari

Discover the wildest side of the region in this activity that only promises great adventures.



---

## Tree climbing

An adventure park in Vila Real de Santo António, where emotion is present at the top of the trees, through various challenges with ropes, bridges, nets, giant slides and much more.



## Activities

@Octant Hotels Praia Verde

---

### Cocktails workshop

Become an excellent bartender and shine when you return home.

---

### Yoga

Enjoy our free yoga classes.

---

### Bike rides / tours

Take one of our bikes, ask us for tour tips to explore the region.

---

### Cookies workshops

Do you know the cookies we left in the room at the end of the day? You can learn how to do them in our activity.

---

## Perfeição de alecrim

---

### Learn how to make our delicious rosemary cookies

250gr salted butter, softened  
250gr fine sugar  
1 egg  
500gr plain flour  
15gr fresh rosemary, chopped

- 
1. Combine the butter, rosemary and the sugar in a bowl and beat till fluffy.
  2. Join the egg and combine well.
  3. Slowly stiff in the flour and combine.
  4. Let the dough rest for around half an hour in the fridge.
  5. Preheat the oven to 190 degrees.
  6. Shape the dough into a large sausage shape and use a sharp knife to cut into individual cookies.
  7. Place them on a baking paper and bake for around 10 minutes.
  8. Let them cool out before serving.
- 

### SUGGESTION

To give your cookies another twist add some spices like grinded coriander seeds, chopped thyme or cranberries. Try them as well adding instead of cacao powder some carob flour.



## Places of interest

### PLACES

#### Alcoutim

Villa on the banks of the Guadiana River, which borders Portugal and Spain. In front is the Spanish town of Sanlúcar, accessible via a ferry.

#### Cacela Velha

Village in front of Ria Formosa with one of the most beautiful panoramic views of the Eastern Algarve.

#### Castro Marim

City on the right bank of the Guadiana river where it is possible to visit the medieval castle built by D. Afonso III and the traditional salines, from where the salt flower is extracted.

#### Tavira

Town on the Algarve Coast whose origins go back to the pre-Christian period. In it it is possible to visit the medieval castle, the Roman bridge over the river Gilão, among other monuments.

### BEACHES

#### Barril beach

Beach located on the Island of Tavira and accessible via a pedestrian bridge that crosses the Ria Formosa.

#### Culatra beach

The beach is situated at the far end of the island of the same name, associated with an old fishing village, which until some ten years ago, was made up of wooden houses.

#### Fábrica beach

Part of the protected area of the Ria Formosa, it is characterized by an extensive sand and warm waters.



## 10 things not to be missed

### SUMMER

1. What do you say about a sunset in the beach?
2. Walk through Tavira City and visit its island.
3. The sunset from our upper floor.
4. Visit Barril beach and its anchor graveyard.
5. Strolling on the Ria Formosa - on foot, by boat, by horseback, or by however you want.
6. Discover the Algarve Mountains - by foot, by car, motorcycle or bicycle, or however you want.
7. Eat oysters in Cacela Velha.
8. The sunset at Fábrica beach
9. Getting to know Castro Marim Salines.
10. Bird Watching in the Sapal Natural Reserve.

### WINTER

1. What do you say about a sunset on the beach?
2. Bird Watching in the Natural Reserve of Sapal.
3. Visit Castro Marim, from its castle to its salt flats.
4. Get to know Vila Real de Santo António and climb its lighthouse with over 220 steps and 46 meters high.
5. How about some Yoga exercises in the green areas of the hotel?
6. Play golf by the river at Quinta do Vale.
7. Discover the Algarve Mountains - by foot, by car or bicycle, or however you want.
8. Walk through the center of Tavira in the end of the afternoon.
9. Strolling on the Ria Formosa - on foot, by boat, by horseback, or by however you want.
10. Try out the local gastronomy in our À TERRA restaurant.



Follow us for more experiences

*facebook / instagram*  
*@octant.praiaverde*



Praia Verde - Altura  
8950-434 Castro Marim - Algarve  
+351 281 530 600

*www.praiaverde.octanthotels.com*