# **Weekly Programme**

Monday	05:00 pm	Activity: Show Cooking
Tuesday	05:00 pm	Activity: Wine Tasting
Wednesday	11:00 am 17:00 am	Hotel Tour Activity: Fitness time
Thursday of Santana	12:00 am	Activity: Baking Time - Typicall Bread
Friday	11:00 am 05:00 pm	Hotel Tour Activity: "Poncha" Lesson
Saturday	05:00 pm	Nature Activity: Guided Botanical Tour
Sunday	05:00 pm	Activity: Portuguese Lesson

To join each activity please make a reservation one day in advance at the reception.

Meeting Point for the Nature Activities is at the reception. Subject to Alterations!

## **Nature Activities**

## **Show Cooking**

After a visit in our vegetable garden and a detailed explanation of our different vegetables you will prepare with our executive chef a typical salad with fresh vegetables and fruits from Madeira. Here you will get a first impression what you can expect in our restaurant.

Take potluck what our executive chef will conjure for you.

## Wine Tasting

Come and visit our wine cellar! Here you will find the four typical wines of Madeira: Sercial, Verdelho, Bual and Malmsey. You will learn about the history of these Madeira wines.

Try the four different wines and get your own impression!

#### **Fitness Time**

In this class we will bring our guests and the staff together.

One hour with an experienced personal trainer filled with different workouts and stretching exercises.

BUT always adapted to the conditions, needs and wishes of the participants.

Come and join us to get fit together.

## Baking Time - Typicall Bread of Santana

Part of the tradition of the local community for several decades, the Bread of Santana made with sweet potatoes, is one of the delights that characterize this municipality. Follow us, visit our bakery and participate in its confection. (Max. 10 people)

#### "Poncha" Lesson

"Poncha" is the most traditional drink of Madeira. In our "Poncha" Lesson we will show you how to make a traditional "Poncha". It is made from regional Sugar Cane Rum, Lemon Juice and Honey. You can also make it with other seasonal fruits.

Join us and make your own "Poncha".

## **Guided Botanical Tour**

Our hotel has a large selection of green spaces which are governed by the nature. You can find here a big diversity of flora, including some predominant plants of the indigenous laurel forest. During our Botanical Tour you will learn about our own organic vegetable and herbs production and you will also get information about our fruit trees. Another part of this tour are our own vineyards. Come and join us to learn more about our green side!

## Portuguese Lesson

Due to the fact that each language is one of the most common means of communication to reach each individual around us, we are pleased to offer you the opportunity to learn a little bit Portuguese. Join us for this practical, simple and relaxing learning moment.