

| ISSUE NO 3 |

CONCIERGE



MAY 2024

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We want to extend our warm welcome to our guests and thank you for choosing SUL Villas & Spa as your home! It is a pleasure to host you, and our goal is to guide you to make this trip the best holiday in the beautiful island of São Miguel!

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For true relaxation moments, here you'll find all of our different treatments, made with love from our masseuse in our space inside the property.

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One of the best things here is the food! We provide you with a list of restaurants based on our guests feedback and our own.





WELCOME TO SÃO MIGUEL!

Written by our Guest Ambassadors

**Thank you for booking your stay with us!
We are very happy to be hosting you in our beautiful property and be of assistance in making your stay the best possible!**

While there is plenty to do for free in São Miguel, we have put this booklet together to also display and present the different activities we have on the island for your choice and preferences. 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 that the information on this booklet is for your use and reference. However please also 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 onestop 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.

SPA SERVICES

FIND YOURSELF

• ROSTO • FACE TREATMENTS

DVINE DOURO BEAUTY ESSENCE

LIGHT HARVEST

Pele saudável, suave, hidratada e revigorada. Os produtos light harvest preservam a luminosidade incomparável da pele ao fornecer ingredientes bioativos de eficácia comprovada na proteção antioxidante e na hidratação fundamental.

Healthy, smooth, hydrated and invigorated skin. Light harvest products preserve the skin's unparalleled radiance by providing bioactive ingredients of proven efficacy in antioxidant protection and key hydration.

40 min, 50€

GOLD HARVEST

Pele revitalizada e mais jovem. Um novo nível de eficácia anti idade com as suas fórmulas infundidas por ouro puro para uma radiância imediata. As solidez do ouro aliam-se a antioxidantes derivados da uva, estratos botânicos e ingredientes anti idade.

Revitalized, younger-looking skin. A new level of anti-aging efficacy with its pure gold infused formulas for immediate radiance. The solidity of gold is combined with grape-derived antioxidants, botanical extracts and anti-aging ingredients.

60 min, 75€



TRATAMENTOS & MASSAGENS MASSAGES & TREATMENTS

SUL
VILLAS & SPA

FROM THE ISLAND TO YOU

TRATAMENTO CORPORAL • BODY TREATMENT

Esfoliação corporal com chá verde, sal marinho, azeite e limão, envolvimento corporal em algas kelp. Massagem revigorante de aromaterapia e para terminar, máscara facial com pó de basalto.

Body scrub with green tea, sea salt, olive oil and lemon, body wrap in kelp seaweed. Invigorating aromatherapy massage and to finish, face mask with basalt powder.

90min, 140€

Esfoliação corporal com banana e açúcar mascavado. Massagem profunda e relaxante com ananás ou mel.

Body scrub with banana and brown sugar. Deep and relaxing massage with pineapple or honey.

90min, 140€

VOLCANIC LOVE

MOMENTO A DOIS • MOMENT FOR TWO

Duas massagens corporais com chocolate e pedras quentes de basalto.

Two body massages with chocolate and hot basalt stones.

60 min. 175€ 2 Pessoas/ 2 people



MAGIC TIME

RELAXAMENTO • RELAXATION

Massagem localizada de aromaterapia.

Localized aromatherapy massage.

30 min, 50€

Massagem corporal de aromaterapia.

Aromatherapy body massage.

50 min, 75€ | 75 min, 90€

Massagem personalizada com a magia da vela de flor de laranjeira aquecida.

Personalized massage with the magic of heated orange blossom candle.

50 min, 90€

Massagem de aromaterapia com pedras quentes ou pindas aquecidas de alfazema, alecrim ou incenso.

Aromatherapy massage with heated pindas of lavender, rosemary or incense.

85 min, 115€

ATLANTIC RECOVERY

RECUPERAÇÃO MUSCULAR • MUSCLE RECOVERY

Massagem de recuperação desportiva com eucalipto e alecrim.

Recovery massage with eucalyptus and rosemary.

65 min, 85€

Massagem Shiatsu em cadeira.

Shiatsu chair massage.

20 min, 20€



NOT TO MISS



SETE CIDADES/WEST

- Grota do Inferno viewpoint (about 20min walk)
- Vista do Rei viewpoint (go to the top of the abandoned hotel for the best view!)
- Sete Cidades lakes/village
- Ferraria (go when its low tide to catch hot water in the ocean)
- Mosteiros beach for the best sunset
- Pico do Carvão viewpoint (you can see both sides of the island!)



PONTA DELGADA

- Pontas do Mar
- Sao Brás Fort
- "Plantação de Ananás dos Açores" (pineapple plantation)
- Mercado da Graça (farmer's market)



LAGOA DO FOGO/CENTER

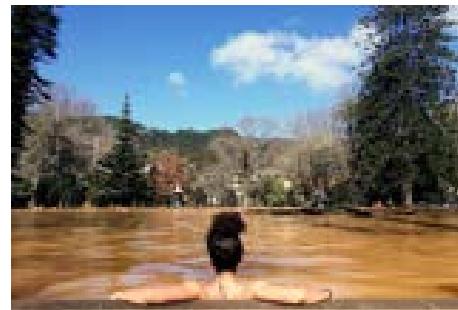
- Hike down on Lagoa do Fogo or simply admire its beauty from up top
- Caldeira Velha Hot Springs
- Salto do Cabrito - waterfall
- Miradouro da Barrosa (viewpoint)

Northern-Centre

- Tukátulá Bar
- Santa Barbara beach
- Caldeiras of Ribeira Grande
- Lagoa de São Brás
- Miradouro Santa Iria
- Porto Formoso

Southern-Centre

- Agua d'Alto beach (there's 2, the big and the small one that has a small waterfall)
- Bar Caloura for the freshest fish with an amazing view
- Vila Franca islet (June to September only)
- Senhora da Paz viewpoint
- Lagoa natural tide pools



FURNAS/SOUTHEAST

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



NORDESTE/NORTHEAST

- Ribeira dos Caldeirões (park)
- Miradouro Ponta do Sossego (viewpoint)
- Hike Faial da Terra/Salto do Prego
- Hike Poço Azul
- Hike Moinho do Félix
- Miradouro Ponta da Madrugada (viewpoint for the sunrise!)



QUICK SUGGESTIONS



ADVENTURE SEEKERS

- Surf Lessons
- Buggy / Quad Tours
- Canyoning
- Coasteering
- Scuba Diving
- Jeep Tours
- Swimming with dolphins
- Zip line
- Rock climbing



FAMILIES

- Buggy/Quad Tours
- Horseback Riding
- Swimming with Dolphins
- Bike Rental/Bike Tours
- Canyoning
- Jeep Tours
- Vila Franca do Campo islet
- Quinta da Paródia (animal farm)



RELAXING MOMENTS

- Whale & Dolphin Watching
- Yoga
- SUP (stand up paddle)
- Sunset boat tour
- Sailing Experience
- Evening Thermal Bath & Massage
- Nature Meditation
- Walking tours/Trails
- Gin Library



BABY MOONERS

- Yoga
- Tour in Fishing Boat (apparently pregnant ladies bring luck to the boat!)
- Group or private van tours
- Golf
- Tea plantation
- Pineapple plantation



TRAILS/WALKING TOURS

With a total surface of 759.41 km², São Miguel is 65 km long (from East to West) and 14 km wide (from North to South).

The climate is mild with average temperatures of 16° C (61° F) in spring, 23° C (70° F) during the summer, 18° C (64° F) during fall and 13° C (57° F) in the winter, which contributes to an exuberant vegetation.

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 all the trails on our island, please visit:

<http://trails.visitazores.com/en/trails-azores/sao-miguel>

We at Sul Villas also love to explore and enjoy our beautiful island! With that being said, we will make a list of our favorite hikes and their information:

PRC
35
SMI

Percurso Pedestre / Walking Trail

Moinhos da Ribeira Funda

Ilha de São Miguel / São Miguel island



TRAIL INFORMATION
Category - Circular
Difficulty - Medium
Extension - 3.3 km
Time average - 2h00

**PR
27
SMI**

Percorso Pedestre / Walking Trail

Praia da Viola

Ilha de São Miguel / São Miguel island



TRAIL INFORMATION
Category - Linear
Difficulty - Easy
Extension - 4.8 km
Time average - 2h00

TRAIL INFORMATION
Category - Linear
Difficulty - Easy
Extension - 2.1 km
Time average - 01h30

**PR
39
SMI**

Percorso Pedestre / Walking Trail

Quatro Fábricas da Luz

Ilha de São Miguel / São Miguel island



TRAIL INFORMATION
Category - Circular
Difficulty - Easy
Extension - 7.6 km
Time average - 2h30

**PRC
37
SMI**

Percorso Pedestre / Walking Trail

Rota da Água - Janela do Inferno

Ilha de São Miguel / São Miguel island



TRAIL INFORMATION
Category - Circular
Difficulty - Medium
Extension - 4.5 km
Time average - 2h00

**PRC
09
SMI**

Percorso Pedestre / Walking Trail

Sanguinho

Ilha de São Miguel / São Miguel island



TRAIL INFORMATION
Category - Circular
Difficulty - Medium
Extension - 4.5 km
Time average - 2h00

RENT-A-CAR SERVICES



We work with two local companies (Funchaldrive and Auto Ramalhense) if you pretend to rent a car with us. They are very reliable and we have a great feedback from our guests!

Their rates are seasonal and if you wish to find out availability and additional informations, we ask that you contact us at the reception via email **(reservations@sulvillasazores.com)** or by telephone **(+351 296 247 630)**

Keep in mind that if you book through us you'll have more benefits than booking directly with them, such as the waive of any caution or need to pay a deposit, as honored by our partnership.

SHUTTLE SERVICE/AIRPORT TRANSFER

We work with a local company that provides this service, the pricing is also seasonal and depends on the number of people (up to 8 people).

The driver usually waits upon arrivals holding a sign with your name on it and in case of any delay we will also ask for an available number upon landing in case he needs to contact you for any reason.

For bookings or any additional information, feel free to reach us via email or phone contact, that we've already mentioned above.

WHALE & DOLPHIN WATCHING



If you'd like to do Whale & Dolphin Watching with us, our two partners are "Futurismo" and "Terra Azul".

The prices oscilate between 60€-75€ (seasonal), the tours last for about 3 hours and there's usually 3 schedules for departures: 08:30, 12:30 or 15:30.

For a safer and more standardized tour, we suggest "Futurismo" because they have a big catamaran boat with space for over 50 people and bathrooms on board.

For a more adventurous option, we suggest doing it with "Terra Azul", they only do it on their zodiac boat (semi-rigid) and also they have a special extra included, for the last 30 minutes of the tour they will dedicate it to exploring around the islet of Vila Franca do Campo.

Feel free to reach out for any help with bookings or request any additional informations.

GROUP OR PRIVATE VAN TOURS



A good option to explore our island if you don't plan to rent a car is booking a group or private van tour with one of our partners!

Enjoy the best views and learn about every detail from our culture with one of the amazing guides from either "São Miguel Tours" or "Artur Tours".

Feel free to contact us if you're interested in booking this service or have any questions.

JEEP TOURS



If you're looking for more scenic views and into the middle of our tropical rainforests, we highly suggest doing a Jeep Tour.

For this activity we work with either "ANC - Azores Holidays" or "Futurismo".

These tours are done mostly in dirt roads in the middle of the nature around the main lakes and lagoons! It's a truly amazing and unique experience with a bit of bumps!

Reach out to us for bookings or any additional information.

CANYONING & COASTEERING



For the more adventurous spirits, these two activities are growing more and more in our island and are definitely worth doing! Enjoy these moments with our partners at either "Azores Adventure Islands" or "Futurismo".

Canyoning navigates down waterways by abseiling down waterfalls, clambering over rocks, or jumping into water rock pools.

Coasteering is an exhilarating experience combining rock and water activity with coastal landscapes.

Let us know if you feel like booking these activities or if you have any questions.

BIKING/HIKING TOURS



If you feel like doing a hike and you prefer doing it with a guide, we also have that option available with our partners from either “Azores Adventure Islands” or with “Futurismo”.

For those who feel the need to exercise even more while exploring our island, we have also some Biking Tours available.

Just let us know in case you pretend to book it or if you have any additional questions.

BUGGY/QUAD TOURS



For a more fun experience, you can also do either a Buggy or Quad Tour around the Lagoa of Sete Cidades (translates to lagoon of seven cities) or the Lagoa do Fogo (translates to lake of fire) with our partners from “ANC - Azores Holidays”.

These tours are done with a guide and if you'd like you can share the vehicle with a friend, family member or that special person!

For bookings or any additional information, we are here to help.

ZIP LINE OR ROCK CLIMBING



For those who are searching for more adrenaline, you can also practice either Zip Line or Rock Climbing with our radical partners at “Azores Adventure Islands”!

Rock Climbing is done either at the village of Água de Pau or the village of Remédios, both in Lagoa.

As for the Zip Line, it is done only in the area of Furnas.

Feel free to reach out for assistance booking any of these activities, or if you need any further clarification.

HORSEBACK RIDING



There’s also the possibility of enjoying horseback riding in our beautiful green fields with our professional partners over at “Quinta da Terça”.

Just reach out to us for any additional information.

DIVING/SNORKELING



If you wish to explore the depths of our sea and meet different species, you can also do Diving or Snorkeling with our water partners at “Azores SUB - Dive Center”.

For bookings or any additional information, just let us know!

SUNSET BOAT TOURS, SAILING, BOAT RENTAL OR FISHING



If you want to spend a day at sea or just do some fishing, you can do so with our wise captains over at “Sailing Side”.

Our sunset is also very beautiful if you wish to romanticize the end of any afternoon with your beloved one!

Reach out for any additional information.

BIKE RENTAL




If you're looking to rent any type of bike, our partners over at "AzorOnBike" have some special prices if you book this service through us.




They do free deliveries in our space and it's a great choice if you're looking to explore the surroundings or even take it to the main lagoons so you can easily explore around them.

Here at the side you'll find their rates for the bikes and also for the important equipment.

Please contact us in order to book, or in case you need any additional information.

	4h	8h	24h
City bikes	15€	20€	25€
MTB bikes	25€	30€	35€
e-bikes	45€	50€	55€

 LOCKER INCLUDED

 Bike helmet 2,50€	 Children chair 5€	 Surfboards support 5€
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SURFBOARDS & WETSUITS RENTAL OR SURF LESSONS



If you're up to learn how to surf the waves on our island, the best choice is with the teachers over at "Santa Barbara Surf School".

If you're just looking to rent out some equipment, you can also do that with them.

BEACHES & FAMILY ACTIVITIES

Our island is known for our black sand, and there's over 30 different beaches all over our island!

Here we try to summarize the ones that are worth visiting and some important informations as well.



Praia de Água d'Alto, Grande

Located in Vila Franca do Campo you'll find the two beaches of Água D'alto, one is called big (grande) and the other is called small (pequena).

In the big one you have more space, it's a lot safer and you'll enjoy a great view as well to the Pestana Bahia Praia hotel.

While in the small one, there's less space and usually a bit of rocks on the ocean when you are going in. But on this small beach you'll find a small waterfall that you can take a refreshing bath on (picture below).



Praia Pequena de Água d'Alto



Praia das Milicias

This is the most famous beach in all the island, it's located on the center, in the village of São Roque.

The space is very safe and well maintained. Access is very easy and there's parking on both sides.



Praia do Areal de Santa Bárbara

If you are a fan of bigger waves and enjoy a swim in the ocean at the end of the afternoon, then the best choice would be this beach that's located on the north coast, in the city of Ribeira Grande.

Also, here is the beach to go if you want to surf or do any other sports.

The access is very easy and also there you'll find a great bar right next to the beach if you want to enjoy a good meal and amazing cocktails with a great view, it's called "Tukatula bar".



Praia do Fogo

Located in the east side of our island you'll find the "Fire Beach" in the small village of Ribeira Quente.

Set in a bay of outstanding natural beauty, with the green of the mountains as its backdrop, Praia do Fogo or Praia da Ribeira Quente is a small but welcoming sandy beach.

Another of its attractions is the temperature of the seawater: due to the existence of underwater hydrothermal springs, the water is always pleasantly warm.



Praia da Viola

For the more adventurous spirits, there's a huge beach located on the northside coast, in the small village of Lomba da Maia, in the city of Ribeira Grande.

It's only accessible if you do a small hike there and it's very private and it's almost always empty because of it's hard access.

We think this is a very special beach that is definitely worth visiting.

A very special fact is that there's also a huge waterfall facing the ocean at the side of this beach and you can even swim on it!



For joyful family moments or just to meet our happy animals living on our island, you should definitely visit either **“Quinta da Paródia”** or **“Quinta do Agricultor”**.

In either you'll find a huge space with lots of farm animals, like cows, ducks, geeses, goats, pigs, rabbits, chickens, ponies, etc...

Also you can do little activities with most of the animals or to see their plantations of some of our fruits and vegetables from the island and of course, have a little explanation of everything and how it works.

Both are great options if you want to provide happiness to the little ones that are travelling with you.



PINEAPPLE & TEA PLANTATIONS



Last, but not least, we highly advise to visit our pineapple plantation called **“Plantação de Ananás dos Açores”** or one of the only two tea plantations still working the industrial way in all of Europe, the biggest one and most known is **“Fábrica de Chá Gorreana”** and the other smaller one, but also worth visiting is called **“Fábrica de Chá do Porto Formoso”**.

Pineapple (*Ananassa Sativus*): Grown in greenhouses on the island of S. Miguel, it was originated in South America and was introduced on the island as an ornamental plant in the mid-nineteenth century. The first greenhouses date back to 1864. The result of a laborious process, which over the years has been guided by an improvement of the techniques used with a view to an increasingly better quality, the Ananás de São Miguel has already reached the status of “souvenir of the island”, for those who visit it .

Tea, whose plant was brought from China to the Azores around 1801, being first cultivated on Terceira Island and extending some tens of years later to São Miguel, where two Chinese were purposely moved to teach to its producers the secrets of the culture and the manufacture of this delicious drink. At the moment circumscribed to a very localized zone of that last island, the plantations of the tea stand out in the landscape of the Gorreana or Porto Formoso, by the picturesque form of its lush and green shrub plants.

For all these spaces the access is very easy and parking as well.

RESTAURANTS

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

Restaurant	Location	Type of food	Average price
Lagoa			
Borda D'água	Largo Do Porto, 52	fish	30 € per person
Boca Aberta	Largo Do Porto, 52	fish and seafood	30 € per person
Sunset Beach	Estr. Regional do Pópulo 132	Fast food, mediterranean food	20 € per person
Água de Pau - nearby Lagoa			
Bar Caloura	Rua da Caloura, 20	fresh fish	20/30 € (doesn't accept reservations)
Casa do Abel	Rua Largo do Barracão 1	Steak house	30 € per person
Ponta Delgada			
Gastronomo	Rua da Boa Nova, 49	regional food	20/30 € per person
Saca Rolhas	Rua da Corujeira 3	mediterranean	50 € per person
Tasquinha Vieira	Rua António Joaquim Nunes da Silva 21	regional food	doesn't accept reservations
Casa Do Bife O Galego	Bairro da Praia dos Santos 21	steak	doesn't accept reservations
Otaka	Rua Hintze Ribeiro, 5 a 11	Japanese/South american	50 € per person
A Tasca	R. do Aljube 16	seafood, regional food	20/30 € (doesn't accept reservations)
Casa do Bacalhau	Rua Diário dos Açores 8 - 14	codfish	N.A.
		Fado nights (Wednesday, Friday and Saturday)	
Rotas da Ilha verde	R. de Pedro Homem 49	Vegan/Vegetarian only	20 € per person

RESTAURANTS

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

Ribeira Grande			
Associação Agrícola	Recinto da Feira, Campo de Santana	Steak house	20 € per person
O Silva	Rua Direita de Cima, 41	steak, seafood	20 € per person
Tuká Tulá	Praia do Areal de Santa Bárbara	beach bar, tuna burger	15/20 € per person
Furnas			
Ponta do Garajau	Rua Dr. Frederico Moniz Pereira, 9	regional food	20 € per person
À Terra (Octant Hotel - Furnas)	Av. Dr. Manuel de Arriaga	modern, portuguese food	30 € per person
Restaurante Tony´s	Rua Largo Teatro	Furnas Stew	20/30 € per person
Terra Nostra Garden Restaurante	Rua Padre José Jacinto Botelho 5	Furnas stew with garden view	30 € per person
Caldeiras e Vulcões	R. Das Caldeiras 36	Furnas Stew, regional food	20/30 € per person
Vila Franca			
Atlantico Azorean Restaurant	R. Vasco da Silveira 10	Steak house, seafood, sushi	25/30€ per person
Mercado da Vila	R. Vasco da Silveira 36	sushi, traditional food, italian	25/35€ per person

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

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