Orada

Presentation Booklet

Orada

encontrando o norte a sudoeste

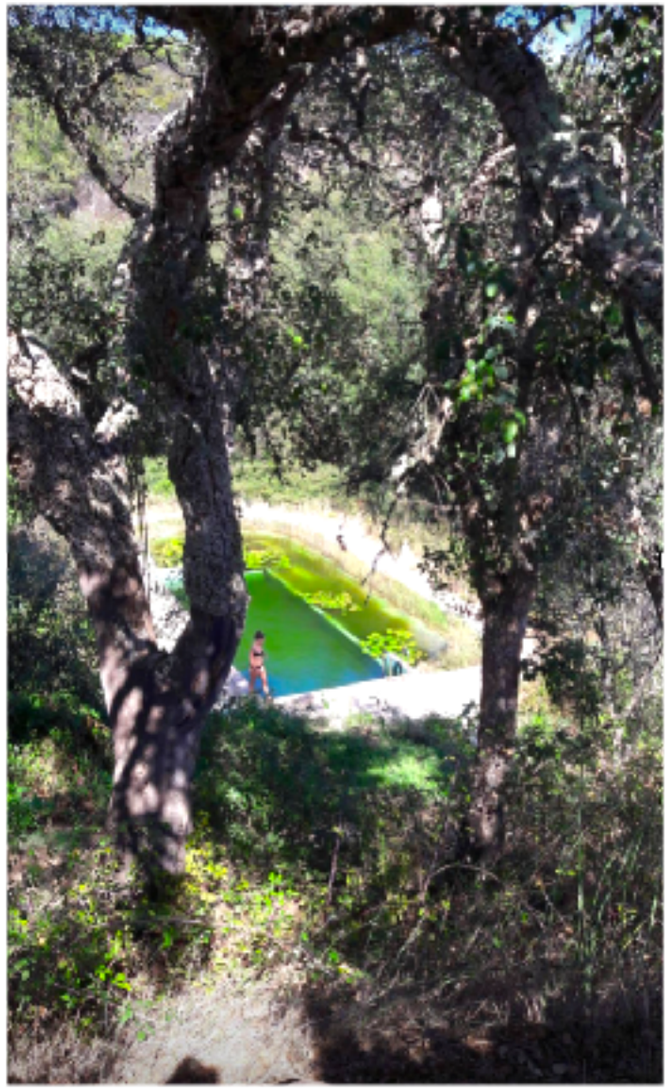
Welcome to Orada

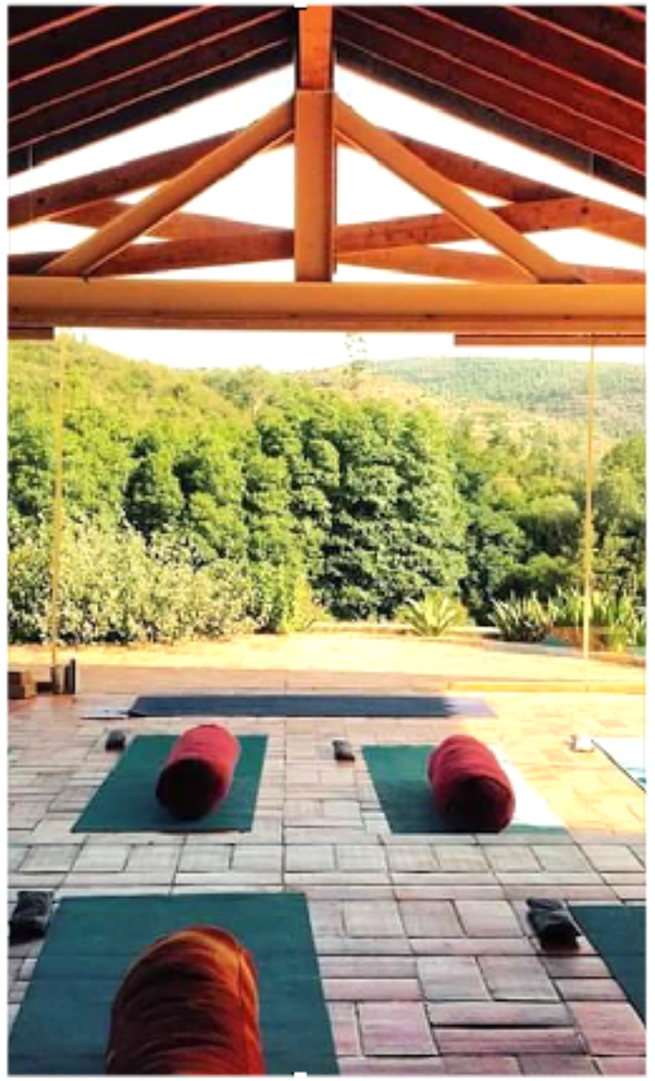
True North at SouthWest!

Located at Portugal's Southwest Atlantic Coast, bordering Algarve, it combines an amazing set of spectacular wild surf beaches and the Authentic Countryside tranquility of Alentejo. 1,5 hours away from Faro airport and 2,5 hours away from Lisbon. This isolated evergreen valley creates an abundant oasis where two creeks come together, as a womb, to nourish an ancient lush forest and wildlife vistas.

The name Orada means "prayed for" (since XVI century), according to local parish records, as this is one of the oldest buildings on record in this remote protected region, predating the town of São Teotónio. Legend goes that both people and animals once here would not want to leave until regaining their full natural and cosmic forces. This gave rise to the cult of the Madonna of Orada (Nossa Senhora da Orada).

Orada is a family run, eco-sustainable, permaculture based, soul retreat centre, nestled in 71 ha of nature and privacy, aligned with the aim of expanding health and proposing purposeful transformational moments. We provide vegetarian and vegan catering, organic farming, meditation and nature contemplation spaces. We are space holder community, a force for innovative possibilities, new mindsets, not a standard guesthouse nor a restaurant. The luxury at Orada is its Natural setting, the loving food and its inclusive informal atmosphere.





Our personal growth vision and purpose is to inspire an awakening and transition into an increasingly conscious mindset, spiritually and sustainable existence, reconnecting with the Source (Nature & Purpose), through a nourishing context of impactful possibilities:

Yoga Practice, Meditation in the temple or in Nature, fasting or juicing, Conscious Organic gardening and amazing vegetarian and vegan food, contact with plant wisdom, Breathtaking starry skies, sharing experiences with empathic and exciting like minded visitors and volunteers from all over the world.

To help one unwind further we suggest:

Hiking alongside the Vicentina Coastline with our guides, Horse riding on full moon, Surf Lessons at Odeceixe and Amoreira beach, Bird watching, Canoeing on the Mira river, Helping on our Organic Gardens, Stargazing next to the Bonfire, Enjoying an Outdoor Massage with birds chirping, Outdoor pizza night.

Functional spaces

Panoramic Nave

Multipurpose open space hall (yoga, workshops, meetings), 120m2, basic sound system, wifi, flipcharts, whiteboard, RGB lights and long coffee-break counter. (holds 80 people max or 45 yogis, (45 mats), blocks (60), belts (45), bolsters (40) are provided)

Nave Terrace

50m2 of terrace with amazing vistas to the valley, equipped with outdoor tables and benches for 40 people (perfect for meetings, feedback/ integration sessions and eating outside)

Panoramic Roof Deck

140m2 for outside practices (yoga, tai chi, martial arts, birdwatching, sunbathing lounge, restaurant terrace, it holds 60+ people)

Meditation & Mindfullness Temple

The temple is the perfect place to contemplate stillness and practice mindfulness, inspired by the breathtaking vistas. It has 2 stages (50m2+ 50m2) and holds up to 40 people. We provide mats, blocks, belts and bolsters.
Noble silence (no food, drinks, shoes, music)

Functional Spaces

Dining Hall

Our beautiful traditional Portuguese dining hall, has 80m2 holds 40 seated people, 2WCs, video projection, fireplace, wifi and social lounge.

Restaurant Terrace

60m2 of outdoor area with beautiful vistas, great for break-out meetings, feedback sessions or just eating outside.

Sacred Fire Amphitheatre

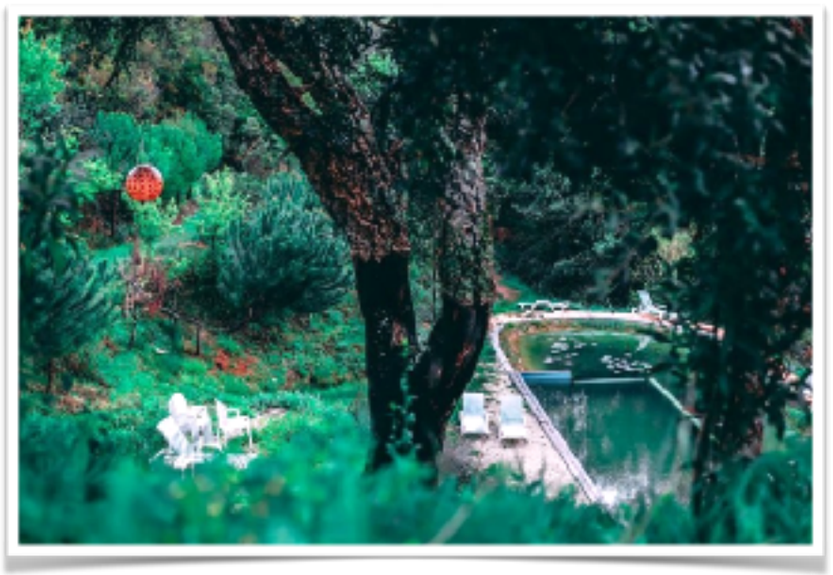
With stone seats for 50 people overseeing the valley and bonfire pit.

Perfect for ceremonies, with stone seats for up to 50 people overseeing the valley. It is often used as our outdoor cinema.

Biopool

A fully self-sustainable pool ecosystem which keeps the water oxygenated and chemical-free, perfect for swimming and relaxation.

We chose a bio pool, because it does not harm the environment, neither does it cause the skin problems which chlorine can provoke.



Irrigation Canal

It carries water from St. Clara Dam to the whole SW coast of the country, and guarantees an abundance of water to Orada.

It is refreshingly clean and good fun to float on downstream.

Accommodation: Suites

Suite 1: twin beds or double and private bathroom

Suite 2: twin beds or double and private bathroom

Suite 3: twin beds or double and private bathroom

Suite 4: One double bed and one bunk bed, bathroom

Suite 5: double bed and private bathroom

Suite 6: twin beds ore double and private bathroom

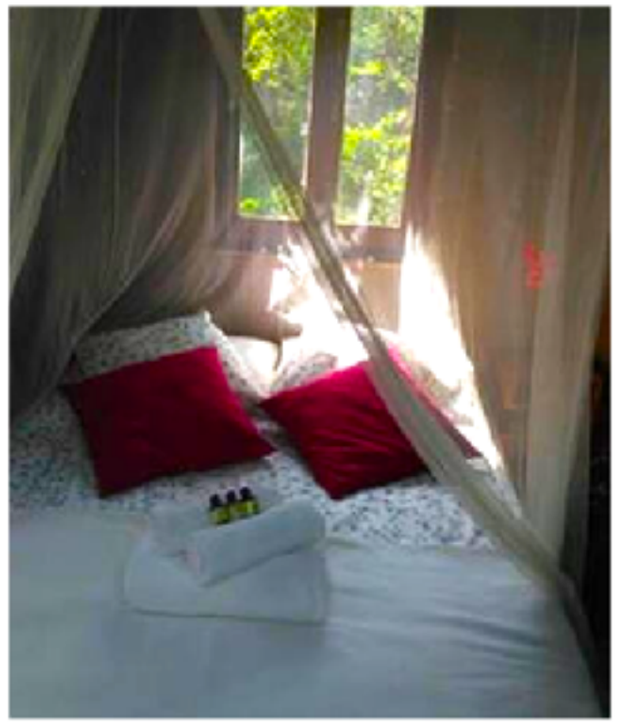
Main House

Main Retreat house
It hosts up to 18 people, has own kitchen & dining room and 4 bathrooms (plus access to community showers)

Rooms
Suite A: Double bed
Suite B: Twin bed
Suite A and B share a Bathroom
Dorm room: 8 bunkbeds
Mezzanine: 6 futon beds

Teepee

Tree House



Bungalow 1 & 2

Outdoor view of the bungalow 1

Takes 4 people, comfortably

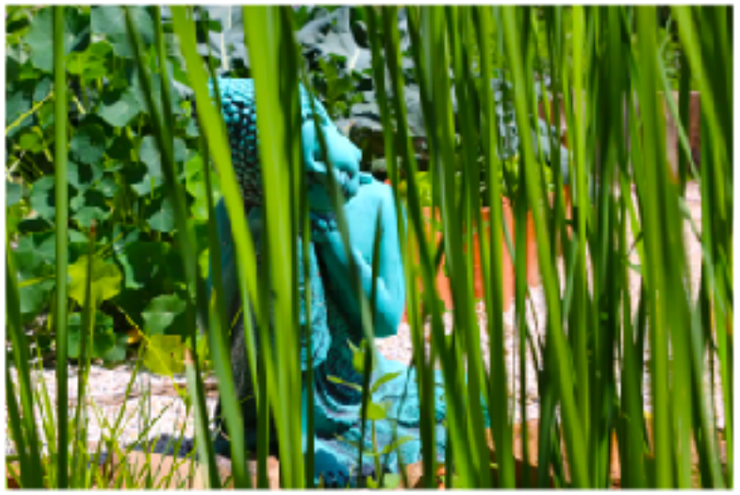
Outdoor shower and bathtub , plus two dry toilets with showers

The bungalows are a private independent area, perfect for silence lovers

Bungalows have an amazing view to the forest

Beautiful, cozy and comfortable

Gardens & Land Art



Catering at Orada

Given that we grow most of our own food, external catering or cooks does not make sense. We have a complete team in our kitchen, and our food is well known for being healthy and delicious. We are prepared to handle any dietary requirement, provided that special dietary needs are communicated in advance.

Our canteen serves a colorful buffet, presented by our chef when the whole group arrives. We appreciate punctuality to ensure everyone gets a chance to try all items. Our buffet is abundant, however we take food waste very seriously and recommend second serving after everyone has taken a first serving. We can set a serving aside for those alerting their late arrival.

Each participant with special dietary requirement will be charged as 20 euro extra per day (allergies, gluten free, sugar free, egg/ dairy free) since we will prepare a special meal for each guest alone, this guarantees gluten free bread, cereals, and plenty quality vegan protein like tofu, tempeh, nuts, nut cheese, etc.

Catering

Standard Breakfast: coffee, milk, home-made vegetable milk, herbal tea, orange juice, mango juice, porridge with apple, overnight oats, Corn flakes, muesli, granola, breads, toasts, rice and corn toasts, vegetarian pates, fruit jams, honey, butter, peanut butter, cheese, Chia pudim, yogurt and fruits (bananas, apples, pears, oranges, grapes, tangerines, melon, etc. depending on the season).

Lunch & Dinner: We serve a variety of salads at every lunch and dinner: (lettuce, ruccola, tomato, sprouts, carrots, beets, zucchini, squash, radishes, etc). The veggies are fresh and some come from our organic gardens whenever possible. We consciously prepare the menu to be healthy, balanced, nutritious and tasty.

Drinks:
We provide tea, ice tea, aromatized waters (ginger, lemon, mint, etc.). We strongly discourage alcohol consumption, since we are a detox health retreat centre, and part of our volunteers and team come here because we are a alcohol-tobacco free space.

Extras

Massages
Massages can be booked in advance; we have several external massage therapists to choose from. If you bring your own massage therapist, we charge 2€ per towel. Weather permitting massages can take place outdoors, otherwise inside the Panoramic Nave.

Surf lessons
We have 2 partnerships with local surf schools, equipment and transport included.

Yoga Lessons
We can provide easy intro Yoga lessons with our local teacher, 10€ per person. Pre-booking required.

Activities Partners
Hiking Guides, Horse riding, Kayaking

Washing Machine
We charge 10€ per washing bag, only when weather permitting

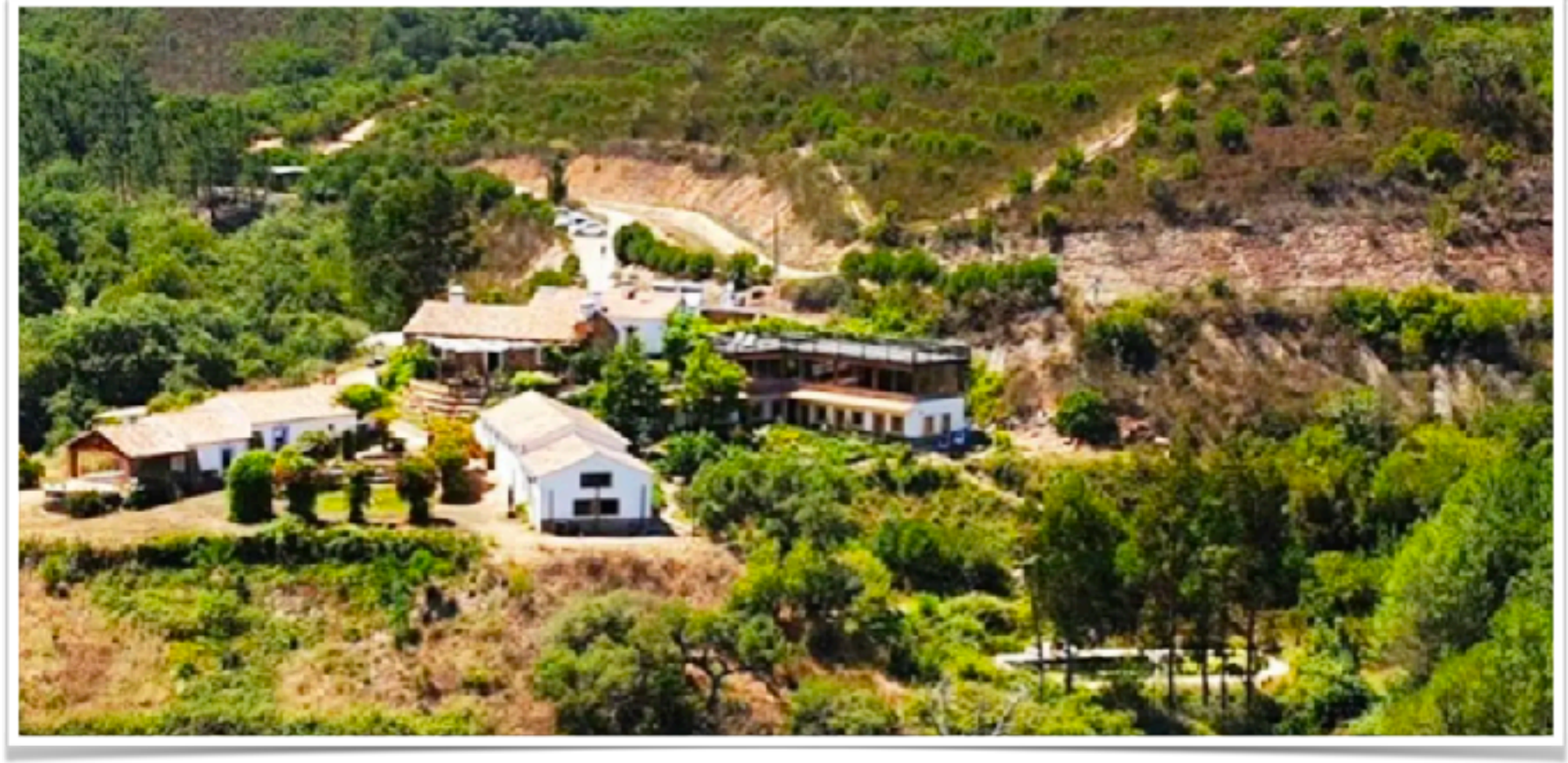
Room Service
New towels and room cleaning available upon request

Fire wood for heating
We provide the wood, ignition is up to the leader to organize it.

Bonfire
(50€ setup and firewood provided) - June to September is restricted due to fire hazard.

Digital
Video projector build in sound-system (25€ per screening).

Retreat Groups from 12 to 45 people



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We can share our video and photo promotional pack to aid your own event promotion, after booking is secured.