

ACTIVITIES GUIDE 2017/2018

Health & Racket Club – Water Sports – Land & Air –
 Equestrian Center – Spa & Wellness – Oitavos Dunes Golf



The Oitavos is located within the natural surroundings of the Sintra National Park, overlooking the Atlantic Ocean and only 5 minutes from the Cascais village and its international marina. Many activities are available in the region and we are happy to help you organize them.

Health & Racket Club

The Health & Racket Club is a fully equipped sporting center prepared for fitness, pilates, yoga and dance **group lessons** or tennis and paddle clinics.

Fitness, dance, pilates and yoga	Price on request
Tennis Clinics	Price on request
Padel Clinics	Price on request



Water Sports

Sitting by the Atlantic Ocean, The Oitavos can offer a great variety of water sports fit for all tastes.

Speedboat	Price on request
Catamaran	Price on request
Kayak	From 50€
Surf, Paddle Surf, Kite Surf or Wind Surf	From 26€ 1h30 (4 to 5 pax in each group)



Land & Air

Feel the thrill and excitement on radical tours or create your own mini-race with go-karts of segways.

Bicycles	From 15€ per person
Segways	From 35€ per person
Jeep Tours	From 45€ per person
Motorbike tours	From 50€ per person
Luxury / unique car experiences	Price on request
Helicopter Tours	Price on request



Equestrian Center

Located within the estate and only 5 minute drive from the hotel, can accommodate group tours and provide a great outdoor experience along a vast forest area and natural sand dunes.

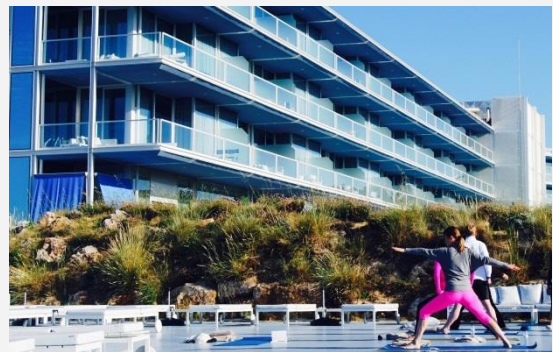
Quinta da Marinha Estate	70€ 1 hour
Golf & Atlantic Ocean	70€ 1 hour
Malveira da Serra to Peninha (2 persons max, experience required)	240€ 3 hours



Spa & Wellness

Find some time to ease your body and mind in a peaceful environment surrounded by nature.

Spa Treatments	Treatments from 45€
Yoga/Pilates/Fitness	
Individual lesson	From 42€ - 30' From 63€ - 50'
Group lessons (2 or 3 persons)	From 67,50€ - 50'



Oitavos Dunes Golf

An 18 hole golf in golf out golf course (1st Tee – 100 meters from the hotel) – Oitavos Dunes Links, ranked #55 in the TOP 100 courses in the world by GOLF Magazine.

1 round of golf	From 58€ per person
Golf Clinic	From 160€ (4 to 60 persons)



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