

SÃO MIGUEL

AZORES



ACTIVITY
GUIDE

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SEA ACTIVITIES

- **Half-Day Activity (2h30min)**
- **Whale Watching + Vila Franca Islet (from June to October, 7h30min)**
- **Whale Watching in Vila Franca (mid-June to October, 2h30min)**
- **Whale Watching in Rabo de Peixe with transportation (3h30min) or without transportation (2h30min)**

■ Cetaceo Observation



In the Azores we can observe around 28 species of cetaceans out of the 90 known species worldwide. These trips are always made in the company of a professional team of skippers, biologists and lookouts. Before heading out to sea, a briefing is given about cetaceans, methods of observation, safety rules and code of conduct for cetacean observation in the Azores.

These activities can be done on the two types of boats shown in the images. If both boats are available, you can choose the one you prefer.

Recommended technical equipment: windbreaker, hat, water, sunscreen, waterproof bag (to store cell phone and/or cameras).

■ Swimming with dolphins¹



Half day activity (2h)

This experience begins with a briefing in which it will be explained how the activity will take place. Please note that swimming takes place in open sea, so knowing how to swim is a mandatory requirement. Dolphins are located through the lookout who indicates where they are. When it's time for interaction, it is ensured that the animals are comfortable and available to share their environment with the participants. It will be an experience in their natural habitat and will certainly be one of the best memories of the visit to the Azores.

- **Minimum equipment required:** Fato de banho, calçado prático que possa molhar, toalha, água, protetor solar.
- **Recommended technical equipment:** Hat, water, sunscreen, waterproof bag (for cell phones and/or cameras), windproof jacket.

Dolphin swimming experience + cetacean watching - Semi Rigid (4.5 hours)

This activity includes two experiences: cetacean watching and swimming with dolphins. You can choose either one in the morning and the other in the afternoon. It begins with a briefing from a team of marine biologists, where you'll receive advice on interacting with dolphins and guidelines for behavior at sea to make the most of this experience. During lunchtime, you can take a break from the sea, and a picnic will be provided at the marina.

- **Minimum required equipment:** Swimwear, practical water shoes, towel, comfortable clothing, extra T-shirt or sweater, sunscreen, hat.
- **Recommended technical equipment:** Hat, water, sunscreen, waterproof bag (for phones and/or cameras), windbreaker.

¹ **Note:** This is an activity carried out between June 1st and mid-October and requires a minimum age of 12 years.

Sport Fishing



All these programmes include briefing, as well as all the necessary equipment for fishing, crew, insurance, fuel, snacks and drinks (regional products).

Meal (lunch) included in the price of full day programmes.

Medication for seasickness and first aid kit available.

Programas:

- **Sea Trip**
- **First Experience**
- **Sunset**
- **Costal Trolling**
- **Jigging**
- **Bass Fishing**
- **Spearfishing Reef**
- **Big Game Fishing**
- **Boat Rental**
- **Spearfishing Blue**
- **Tour around the Island**

■ Sea Experience: Discovering the Azores Sea (8h)



This is a unique activity that allows participants to discover marine biodiversity. The journey begins with a briefing conducted by a professional team of marine biologists who have a deep understanding of the seas around the Azores. All advice is given for interacting with dolphins and how to behave at sea in order to fully enjoy this experience.

After leaving the marina, participants will have their first contact with the marine environment to get accustomed to snorkeling equipment (mask and snorkel) and the deep blue of the Azores' sea. Subsequently, they will have the opportunity to observe whales, swim with dolphins, and encounter other marine life specimens in their natural habitat.

- **Minimum required equipment:** Swimwear, practical water shoes, towel, comfortable clothing, extra T-shirt or sweater, sunscreen, hat. It is recommended that participants tie back their hair (if applicable).
- **Recommended technical equipment:** Waterproof bag (for storing phone and/or camera), windbreaker jacket, lycra shirt and neoprene gloves

■ Canoeing



Canoeing (without transportation) - Duration: 2 hours.²

Explore the thrill of canoeing in the stunning waters of Lagoa das Furnas. As you embark on this adventure, paddle your canoe to the center of the lagoon, where the majesty of the volcanoes that sculpted our island is revealed in an imposing manner. The canoeing journey continues, taking you to the opposite shore, where a neogothic-style chapel, built in the 19th century, awaits to be discovered. Enjoy the serenity of the surroundings as we explore the shores and finally return to the starting point, near the fumaroles.

- **Difficulty Level:** Easy
- **Minimum Age:** 6 years (up to 18 years old, it is mandatory to be accompanied by parents or guardians, or bring a written authorization).
- **Minimum required equipment:** Swimwear, practical water shoes (e.g., sandals), towel, hat, sunscreen, backpack, snacks/water, and a change of clothes to wear after the activity.
- **Recommended technical equipment:** Flip-flops, water, sunscreen, waterproof bag (for storing phone and/or camera).

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area.

Note: The activity price does not include the entrance fee to the Cozidos da Lagoa das Furnas area.

■ Canyoning - Ribeira dos Caldeirões or Salto do Cabrito



The canyoning day begins with a 40-minute journey to Nordeste, passing through unique tea plantations in Europe. In Ribeira dos Caldeirões, participants are provided with equipment, walk for 20 minutes to the canyoning entrance, facing waterfalls with rappelling techniques, jumps, and playful areas. At Salto do Cabrito, the activity starts with equipment distribution, followed by a brief 15-minute walk to the entry point. The route includes 3 waterfalls, hikes, and the observation of an old hydroelectric power station. Both provide thrilling moments..

Half-day Activity (5h)

Full-day Activity (6h)

- **Difficulty Level:** Ribeira dos Caldeirões - Low; Salto do Cabrito - Medium.
- **Minimum Age:** 6 years (participants under 18 must be accompanied by parents or guardians or bring a written authorization).
- **Includes:** Transportation, thermal protection for participants, boots, helmet, harness, and technical descent equipment, collective material (ropes, transport bag), guidance by certified monitors, and insurance (Personal Accidents and Civil Liability).
- **Minimum required equipment:** Swimwear, towel, sunscreen, a change of clothes to wear after the activity (participants are recommended to tie back their hair, if applicable).
- **Recommended technical equipment:** Lycra shirt, waterproof bag (for storing phone and/or camera), underwater camera.

■ Sailing



Discover the beauty of São Miguel Island through captivating Sailing Tours. Choose from full-day, half-day, or weekend options and embark on exciting adventures to destinations such as Povoação, Vila Franca islet, Santa Maria, a tour around the island, or even a romantic sunset cruise.

- **Includes:** Skipper (an experienced captain will guide your journey), fuel, Cleaning fee, water, and juices.

Sailing Initiation Courses

Explore the thrill of sailing through initiation courses or experience the adrenaline of navigation through the activity: "First Time Sailor.". The courses include insurance, a manual, and two levels, ideal for learning basic sailing skills. The First Experience is a 2-hour cruise, perfect for those who want to feel the excitement of sailing without major commitments.

LAND ACTIVITIES

■ Hiking



Discover the natural beauty of São Miguel through exciting hiking trails in various locations on our island. In Sete Cidades, be mesmerized by the colorful lakes that create a breathtaking scenery. Climb to Pico da Vara to enjoy panoramic views of the island, explore the charm of Sanguinho, immerse yourself in the serenity of Lagoa do Fogo, or opt for a walk in Ribeira Funda, where you'll find Praia da Viola. For those seeking a more urban and cultural experience, we recommend walks through the charming city of Ponta Delgada, where you can discover the history behind the iconic monuments that tell the rich and fascinating narrative of this city.

Destination:

Sete Cidades - Half day (4,5 km, 3h30min)

Ponta Delgada - Half day (4h)

Pico da Vara¹ - Full day (7 km, 6h30min)

Sanguinho - Full day (5 km, 7h)

Lagoa do Fogo - Full day (15km, 6h30min)

Ribeira Funda / Praia da Viola - Full day (15 km, 7h)

- **Minimum Age:** 6 years (up to 18 years old, it is mandatory to be accompanied by parents or guardians, or bring a written authorization).
- **Minimum required equipment:** Suitable hiking footwear (hiking boots), comfortable clothing, lightweight jacket, extra t-shirt or sweater, snacks, water, swimsuit, towel, backpack, sunscreen, and a hat.
- **Recommended technical equipment:** Walking poles, gaiters (Winter), reusable water bottle.

¹ **Note:** High difficulty hike. Participants should be in good physical condition. Not recommended for individuals with low physical fitness, heart problems, severe to very severe asthma, or reduced mobility.

■ Bike Tours



Discover São Miguel through bike tours in Sete Cidades, Furnas, and Ponta Delgada. In Sete Cidades, explore the volcanic crater on a breathtaking route. Furnas offers a low to medium difficulty circuit around the lagoon, passing through the calderas and the charming Lombo dos Milhos. In Ponta Delgada, start the journey by visiting a pineapple plantation, the iconic fruit of the Azores, and the Natural Recreation Reserve of Pinhal da Paz. Enjoy unique landscapes and cultural experiences, from volcanic lakes to black sand beaches. These bike tours provide an enriching and diverse experience through the beauty of the island.

Destination:

Thematic Tour in Ponta Delgada - Half day (22 km, 4h)

Sete Cidades - Half day (15 km, 3h30min) or Full day (38 km, 7h30min)

Furnas - Half day (13Km, 3h30min)

- **Minimum Age:** 6 years (up to 18 years old, it is mandatory to be accompanied by parents or guardians, or bring a written authorization).
- **Minimum required equipment:** Suitable footwear, comfortable clothing, lightweight jacket, extra t-shirt/sweater, water, snacks, sunscreen, hat, sunglasses, and a backpack.
- **Recommended technical equipment:** Mountain biking gloves, reusable water bottle

■ Van Tours³



Discover the diversity of São Miguel through van tours in six enchanting locations. In Sete Cidades, immerse yourself in the serenity of the volcanic caldera, exploring gentle and contemplative landscapes. At Lagoa do Fogo, enjoy spectacular views around the lagoon and a panoramic vision of the city of Ribeira Grande.

Ribeira Grande and Lagoa offer routes that combine nature and history, exploring charming urban and rural landscapes. Visit the historic city center and indulge in the region's traditional liqueurs. In Nordeste, discover the untouched beauty of the Atlantic coast, enjoying challenging and scenic routes. In Furnas, explore the surroundings of the lagoon, getting to know the volcanic caldera, and appreciating the lush landscapes

Destination:

Sete Cidades - Half day (3h30min)

Lagoa do Fogo - Half day (3h30min)

Sete Cidades e Lagoa do Fogo - Full day (8h)

Ribeira Grande e Lagoa - Full day (8h)

Nordeste - Full day (8h)

Furnas - Full day (8 hours) - Includes entry to Lagoa das Furnas and Parque Terra Nostra.

³ **Note:** Up to 18 years old, it is mandatory to be accompanied by parents or guardians, or bring a written authorization).

■ Jeep Tours⁴



Discover the beauty of São Miguel on thrilling jeep tours through four fascinating locations. Explore the Sete Cidades, enjoying panoramic views and visiting charming lagoons. Venture through Lagoa do Fogo, exploring volcanic craters and enjoying the south and north coast of the island. In Furnas, marvel at lush landscapes and visit the Gorreana tea plantation. Head to Nordeste, discover incredible viewpoints, waterfalls, and the charming Village of Nordeste. A comprehensive tour that reveals the essence of São Miguel on every trail, culminating in the historic Vila Franca do Campo.

Destination:

Sete Cidades - Half day (3h30min)

Lagoa do Fogo - Half day (3h30min)

Sete Cidades e Lagoa do Fogo - Full day (8h)

Nordeste - Full day (8h)

Furnas - Full day (8h)

- **Includes:** Off-road vehicle, guide/driver, and insurance (Personal Accidents and Civil Liability).
- **Recommended equipment:** Closed and comfortable footwear, comfortable clothing, light jacket, water, sunscreen, hat, sunglasses, backpack, camera, swimsuit, and towel.

4 **Note:** Not Applicable (up to 18 years old, it is mandatory to be accompanied by parents or guardians, or bring a written authorization).

■ Quad Bike Tours - Sete Cidades



In this tour, you will be the driver of a quad bike/ATV (all-terrain vehicle), and this is probably the best way to explore and experience this part of the island. This tour will take you to the highest points of the mountains surrounding the Sete Cidades crater, through secondary paths and dirt trails, where you will have an incredible view of lagoons and dormant volcanoes

Know before you go:

- It is always recommended to wear comfortable, warm clothing and a waterproof jacket, as our climate changes very quickly and is unpredictable.
- The use of slippers is not allowed.
- The tour date can be changed depending on weather conditions.
- The itinerary may be adjusted according to the participants' driving capacity.
- All drivers must bring their driving license.
- Drivers must sign a responsibility statement to drive their vehicles.
- This activity is considered risky; participants must be in good to moderate physical condition.
- For a better and safer experience, we highly recommend that you know how to drive quads/ATVs or similar vehicles, such as motorcycles, for example.
- We advise the use of gloves. We do not provide gloves.

■ Buggy Tours - Sete cidades



This activity is ideal for families or couples looking for adventure and fun. This tour will take you to the highest points surrounding the Sete Cidades Volcano. The itinerary includes both asphalt and dirt roads, and if the weather is good, you can expect incredible views of the lagoons and the ocean.

Important information before starting:

- We always recommend wearing comfortable, warm clothes, and a waterproof jacket, as our weather changes very quickly and is unpredictable;
- The use of flip-flops is not allowed;
- Tour dates may be changed depending on weather conditions;
- The itinerary may be adjusted according to participants' driving

abilities;

- All drivers must bring their driver's license;
- Drivers must sign a liability waiver to operate the vehicles.

■ Horseback Riding⁵



For horse riding enthusiasts, this activity is a way to explore the most beautiful and unknown corners of São Miguel Island and to have a first contact with equestrian activities. For the more experienced, it is the ideal opportunity to practice this sport in a unique location.

The ride takes place in the Livramento parish, along secondary paths lined with old dry stone walls. The journey then continues to the lush area of Mata Santa, where, among other plants, you'll find heather, eucalyptus, acacias, and laurel.

Small walk (1h20min)

Tropical Forest (2h or 3h)

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Note: Payment must be made in cash on the day of the activity.



■ Yoga

Explore the stunning islands of the Azores, where the diversity of the landscape and the exuberance of nature form a sanctuary for connecting with the five elements. Seize the opportunity to immerse yourself in the unique energy of these Atlantic islands while surrendering to the transformative benefits of yoga. Yoga, practiced in the natural beauty of the Azores, becomes a powerful tool for balancing the body and mind. The solidity of the earth supports steadfast postures, the crystal-clear waters inspire the fluidity of movements, and the volcanic energy amplifies inner strength.



■ Massages

Explore the Azores islands and discover a sanctuary of relaxation where natural exuberance merges with the therapeutic touch of massages. Immerse yourself in a revitalizing journey, allowing ancestral massage techniques to intertwine with the unique energy of these Atlantic islands. Each massage is a sensory experience, integrating the healing benefits of the Azorean landscapes. Let the volcanic energy of the Azores amplify the sense of relaxation, revitalizing both the body and mind.

■ Batalha Golf Course



This golf course was conceived in 1986 and is located in Fenais da Luz, in Ponta Delgada, and offers 27 holes of golf spread over 120 hectares, with a magnificent setting, nestled among the hills that surround it and with breathtaking views of the ocean.

It also has large, flowing greens, wide fairways and generous bunkers with sinuous contours.

At Batalha Golf Course, you can take golf lessons as a family or on your own and choose the course that best suits your vacation.

- **Includes:** Equipment
- **Duration:** 3 to 3h30min

■ Furnas Golf Course



The golf course is close to the beautiful Lagoa das Furnas, one of the largest and most attractive lagoons on the island, famous for its thermal waters.

This glorious view also includes the stunning Cedros Valley, famous for its tropical vegetation and mineral water: all the names clearly demonstrate the volcanic origins of these islands, which offer the ideal climate for playing golf all year round.

At Furnas Golf Course, you can take golf lessons as a family or on your own and choose the course that best suits your vacation.

- **Includes:** Equipment
- **Duration:** 3 to 3h30min

■ Beach Ténis



Discover the exciting fusion of sport and leisure with Beach Tennis, a sport that is gaining more and more fans around the world! If you opt for lessons with an instructor, you'll learn both the technical and tactical aspects of the sport, guaranteeing a memorable experience for all skill levels. You can also choose to just rent the court, rackets and balls so you can enjoy the game with friends or family. Come and have fun, exercise and challenge yourself in a relaxed and welcoming atmosphere. Don't miss the chance to experience the contagious energy of Beach Tennis during your stay on the island!!

Option 1: Field rental and game equipment (1h)

4 participants are required to play. If there are only 3 people, the instructor can also play if necessary.

Option 2: Class for 1 person (1h)
 Class for 2 persons (1h)
 Class for 2 persons (1h)
 Class for 2 persons (1h)

ADVENTURE PROGRAMS

■ Furnas

Discover the magic of Furnas on a 7.5-hour journey where lush nature blends with the adrenaline of outdoor activities. Personalize your adventure by choosing from a variety of exciting experiences:

- **Minimum Age:** 6 years (participants under 18 must be accompanied by parents or guardians, or bring a written authorization).

- **Canoeing + Bike Tour**

Explore the serene waters of Furnas by canoe, followed by an exhilarating bike ride through the stunning landscapes surrounding the region.

- **Canoeing + Terra Nostra Park Tour**

Combine the excitement of canoeing with a visit to the incredible Terra Nostra Park, where lush nature and thermal waters provide a unique experience.

- **SUP + Bike Tour**

Glide smoothly on the waters on a stand-up paddleboard, followed by a bike ride to explore the charms of Furnas from a different perspective.

- **SUP + Bike Tour**

Experience the serenity of stand-up paddleboarding, followed by a relaxing dip in the thermal waters of Terra Nostra Park.

- **Canoeing**

Venture into the waters of Furnas on a thrilling canoeing journey, exploring the natural beauty of the region.

- **SUP**

Enjoy the tranquility of the waters while practicing stand-up paddleboarding in a breathtaking natural environment.

- **Bike Tour**

Explore the picturesque trails of Furnas on an exciting bike journey, absorbing the unique landscape of the region



■ Sete Cidades



Explore the west side of São Miguel Island. Start with a bike tour around the stunning Sete Cidades Lagoons. After the tour, relax in the Ferraria area with thermal baths, sauna, Turkish bath, heated indoor pool, and jacuzzi. Take some time to swim in the outdoor pool or the sea as well. The return to Ponta Delgada will be along the southwest coastal road. A complete journey of adventure and relaxation, combining the natural beauty of the Sete Cidades.

Bike Tour + SPA (7h)

- **Minimum Age:** 6 years (participants under 18 must be accompanied by parents or guardians, or bring a written authorization).
- **Minimum required equipment:** Suitable footwear, comfortable clothing, light jacket, extra t-shirt/sweater, swimsuit, water, snacks, sunscreen, hat, sunglasses, and a backpack.
- **Recommended technical equipment:** Mountain biking gloves, hydration pack, sneakers, and clip-in pedals

■ Sea and Land



Experience an exciting maritime adventure in the company of whales and dolphins during the Whale Watching activity. Seize the opportunity to encounter these magnificent marine mammals in their natural habitats. After lunch at a local restaurant, the Jeep Tour takes you to the stunning viewpoint of Lagoa do Fogo or Vista do Rei, depending on the chosen option. Along the way, explore picturesque lagoons such as Lagoa das Empadadas and do Canário, culminating in the magnificent Lagoa das Sete Cidades. Discover secondary roads to the calderas of Ribeira Grande, appreciating secondary volcanic phenomena, before returning to Ponta Delgada along the northern coast.

Whale Watching + Jeep Tour to Lagoa do Fogo (6h30min)

Whale Watching + Jeep Tour to Sete Cidades (6h30min)

- **Minimum Age:** N/A (up to 18 years old, it is mandatory to be accompanied by parents or legal guardians, or to bring a written authorization).
- **Minimum required equipment:** Comfortable footwear with rubber soles.
- **Recommended technical equipment:** Windbreaker jacket, hat, water, sunscreen, waterproof bag (to store the phone and/or camera).

GASTRONOMIC TRAILS AND CULINARY



■ Gastronomic Tour in Ponta Delgada (3h30min)

Discover Ponta Delgada on a relaxed stroll through the city center, exploring local food traditions. With small groups (up to 12 people per guide), enjoy 8 tastings, including bread, tea, fruits, artisan pastries, and stops at restaurants and tea houses. Learn about the culture and history of the Azores through engaging stories and visit iconic places such as the farmers' market, local restaurants, and food and beverage shops. A unique gastronomic experience that unveils the flavors and charms of Ponta Delgada!

- **Includes:** 8 tastings during the tour, bread and loose-leaf tea, seasonal fruits, fresh artisan pastries, two restaurant stops, a tea house visit, exclusive chef's dessert, 2 drinks of choice (soda, beer, house wine).

■ Wine & Food Tour (3h)

In this 3-hour evening tour, participants will have the opportunity to experience some of the finest establishments in Ponta Delgada, tasting Azorean wines and delicious appetizers. Through sips and stories, this experience delves into local traditions and the culture of consumption, from the historical production of Azorean wine to modern techniques. A truly enjoyable and fun experience, perfect for both serious beverage enthusiasts and beginners looking to expand their knowledge.

- **Includes:** 5 wines, food pairings, and an exclusive dessert.



■ Walking Tour & Fine - Dining in Ponta Delgada (4h)

This exclusive experience combines tourism with high-quality Azorean gastronomy. It begins with a tasting of local tea and delicacies, followed by a visit to historical landmarks. After the tour, participants enjoy an exquisite dinner at a renowned restaurant, featuring dishes crafted by one of the top local chefs. In addition to the specialties, participants can indulge in tastings prepared on a lava stone and sample Azorean wines.

- **Includes:** Exclusive chef's meal (including seafood and meat, handmade dessert), tastings of Azorean tea with pairings, fresh artisan pastries, drinks of choice (soda, beer, Azorean wine).

■ Full-Day Winery Tour on São Miguel Island (6h30min)

Join a wine tour on the Island of São Miguel, a memorable experience amidst picturesque landscapes, tastings, and visits to vineyards. Begin with a visit to the century-old stone corrals, uncovering the unique terroir that imparts a distinctive character to Azorean wines. Enjoy a delicious lunch at our culinary studio, featuring local cheeses, appetizers, and wines.

- **Includes:** Lunch featuring cheeses, snacks, and wine, 10 tastings of Azorean wines, and drinks of choice (soda, beer, Azorean wine).

■ Experiences



Cheese and wine experience in Ponta Delgada (2h)

Explore the Azorean flavors with cheeses and wines from different islands. With over 40 award-winning varieties, the Azores prove to be an undiscovered paradise for cheese and wine enthusiasts. Under the guidance of an experienced culinary guide, indulge in pairings involving homemade jams and local fruits.

Eat with locals (3h)

In this exclusive experience, visit an Azorean home, meet local residents, and immerse yourself in the authenticity of local flavors and lifestyle. Learn about life on the islands, their traditions, and enjoy Azorean culinary specialties accompanied by local wines.





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