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### GROUP ACTIVITIES AVAILABLE NEAR LISBON

SURF CLINIC

GO KARTING

DOLPHIN WATCHING

LISBON OCEANARIUM

BOWLING

MOTO 4

PROFESSIONAL SOCCER MATCH

PAINTBALL

JEEPS + TEAM BUILING GAMES + LUNCH

CITY COACH TOURS



If surfing is something that you always wanted to try and you want to explore the marvelous beaches that the coastline has to offer, then these surf clinics are ideal for you. The proximity to the widerange of hotels in the area makes it very easy to enjoy a full day of sunbathing, lying around, swimming in the sea, playing beach rugby, amongst other activities.

With beautiful beachbreaks for beginners as well as Portugal´s hollowest point breaks and reefs, there

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something for everyone and all within a 25 minutes drive from Lisbon City Center. So, whether you are a beginner or you surfed since you were 6, the Lisbon surfing coast is one of the most consistent summer surf destinations in Europe.

#### Services Included:

- Half-day Surf Tuition;
  Qualified Surf Instructors;
  Surfboard and Wetsuit Hire;
  - Lunch at the beach;
  - Transfer Services.



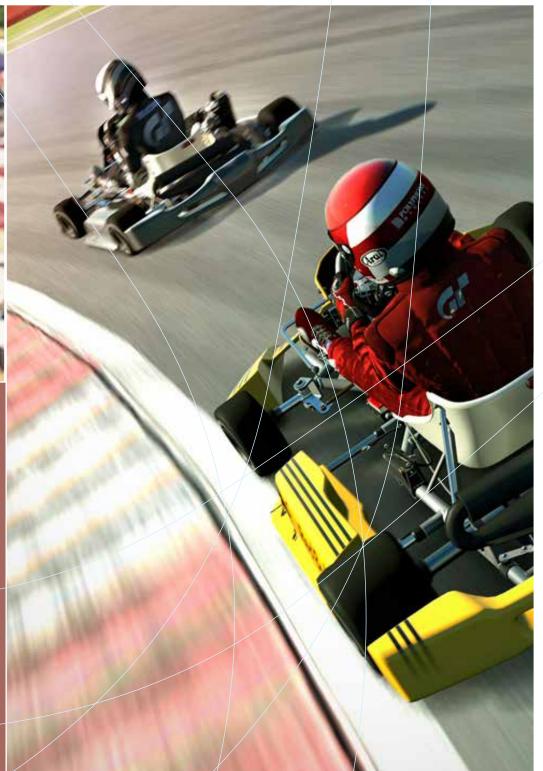




Located near Palmela in the south shore of Lisbon, this karting complex combines an excellent range of facilities with a track with over 1200 meters e 10 meters width.

This complex is part of a protected reserve in an area of rare natural beauty. From Lisbon centre to the Karting complex in Palmela it will take about an hour drive.

> Services Included: • Safety Insurance; • Transfer Services.





### MOVE SPORTS DOLPHIN WATCHING

This 3-Hour Boat Tour will guide you through the well kept secrets of the Sado Estuary and Arrábida Natural Park. Enjoy breathtaking experiences such as contemplating our resident bottlenose dolphins one of the only three estuarine populations in Europe - or relaxing on our secluded beaches listening to the gentle waves of the estuary and the sounds of birdlife in the trees. We think you will agree with us that we have many wonderful things for you to experience.

### Services Included:

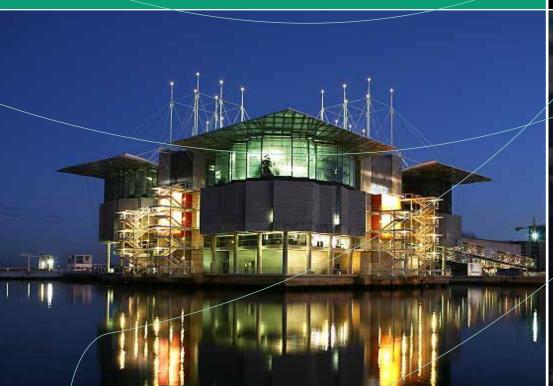
 Boat Tour - Visiting the Sado Estuary and the Arrábida Coast.
 Transfer Services



Dive into the fascinating underwater world of Lisbon's Oceanarium. Awarded the 2006 Medal for Tourism, the Oceanarium is a giant public aquarium dedicated entirely to oceans and their conservation. Home to an astonishing collection of 8,000 different plant and animal species, your viewing possibilities are as vast as the ocean itself.

### Services Included:

Entrance to the Oceanarium Fish Exhibition;
 Transfer Services.











Want to promote a competitive environment between the group whilst having some fun? Then it's time to go Bowling! "Strike" down this opportunity to strengthen the bonds between your entourage and have a good time.

Services Included:

• 3 Match Bowling Tournaments; • Transfer Services.



Let your journey begin with an expedition through our thrilling and beautiful green landscapes. For the adventurous at heart who seek the joy of an adrenaline rush, Bike 4 is the perfect activity for you. Get ready to head down to one of the several exciting places we have to offer and experience all the mesmerising sensations that the chosen environment can present you.

### Services Included:

Limited Insurance Coverage;
 Equipment (gloves, helmet, body protections);











There's no better sport than this to really enhance your teamwork ability and your individual skills at the same time. Run, dodge and camouflage yourself amongst the scenery, decide tactics and capture the flag for glory. It's a fun and safe activity, but it requires stealth and guts to overcome the opposition.

### Services Included:

Equipment (Gun, 300 Balls, Outfit and Mask);
Insurance Coverage.
Transfer Services.



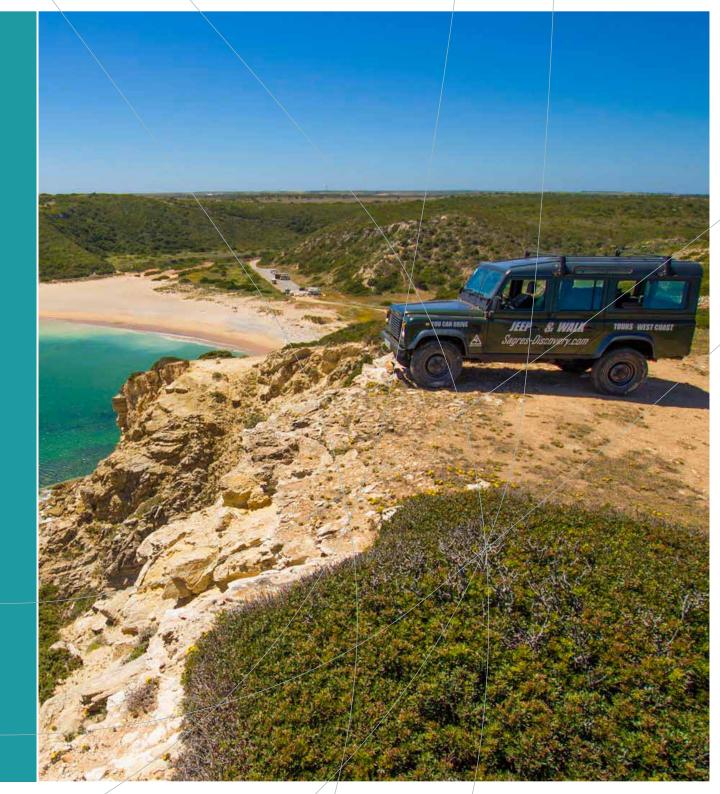
### JEEP + TEAM BUILDING GAMES + LUNCH

This is a full day Rally-Paper with adventure written all over its course. All participants will have the opportunity to enroll in several group activities whilst also enjoying and getting to know the beautiful area surrounding them.

The programme, which takes place in the Sintra Mountain near Estoril, includes lunch in a very good restaurant where the group will have a great opportunity to taste some of the best dishes that Portuguese traditional cuisine has to offer.

### **Rally-Paper Information:**

- 6 Pax per Jeep. Each Jeep will have it's own Driver/Guide;
- Participants are not allowed and insured to drive;Each team will have a road book with road maps,
- Each learn will have a road book with road maps distances and description;





#### **Attraction Points include:**

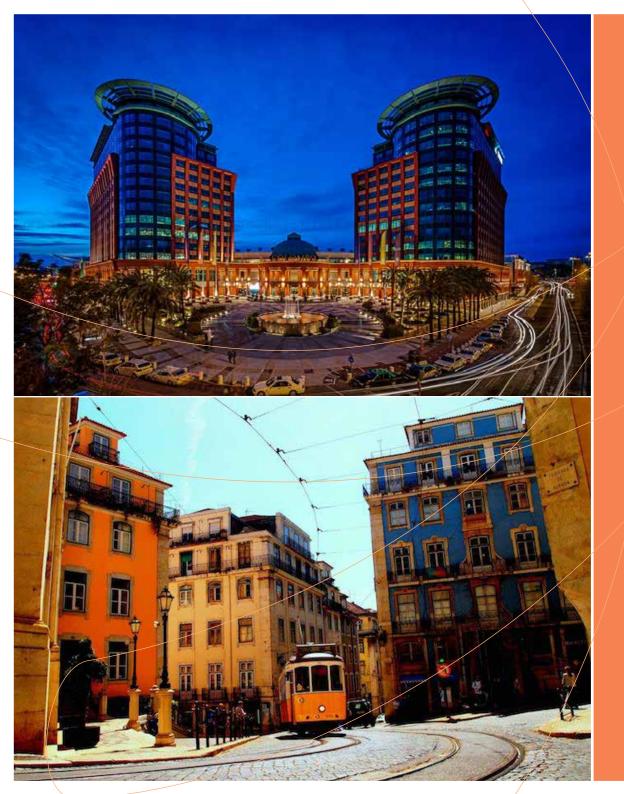
Guincho, Peninha, Cabo da Roca, Fojo da Adraga, Almoçageme, Penedo, Monserrate e Vila de Sintra.

# Lunch in Restaurante Adega das Azenhas (near Sintra):

Starters (Bread & Cheese);
Drinks Include: House Wine (Red & White), Juices, Mineral Water, Beer.
Main Course;
Dessert (Fruit or Cake);
Coffee.







# CITY TOUR & COLOMBO SHOPPING

Landscapes, monuments and fine pastry? You have just described the city of Lisbon. Known for its glorious history on maritime discoveries, Portugal's capital is an amazing city where you can absorb all the influences from its colonization periods. Jerónimos Monastery, Tower of Belém, Castle of São Jorge and Sé Cathedral are just some of the countless monuments with the most entrancing scenery that you will discover in Lisbon.

After the historical and gastronomic jiffy, be welcomed to one of largest shopping centers in the Iberian Peninsula. Here you can find all your favorite stores and amazing new ones. The only problem you'll face is that you won't be able to escape the shopping spree.

#### **Services Included:**

Lisbon City Tour in a Private Bus;

• Stop at Colombo Shopping Center.





### **PROFESSIONAL SOCCER MATCH**

If you're a person who possesses a huge passion for soccer, than this is the perfect program for you. Whether it is the monumental atmosphere of Estádio da Luz, or the vibrant colors of Estádio de Alvalade, this is a great opportunity to come and watch one of the best Portuguese professional teams play.

### Services Included:

• Transfer Services; Shortside Tickets for Scheduled Match.

# **CITY TOUR & BENFICA STADIUM**

**MOVE**SPORTS

This itinerary is the perfect combination for soccer fans that want to discover Lisbon in its different sides. Whether culture, tourism or soccer, this excursion is custom made, therefore it offers all you want in one tour.

The first part of your circuit will present you the highlights of Lisbon city center and monuments. The second part consists on visiting the stadium that hosted Euro 2004 and 2014 Champions League Finals - Estádio da Luz. The Benfica Tour includes access to the VIP Areas, Players' Tunnel, Dugouts and the Away Team dressing rooms.

### Services Included:

Lisbon City Tour in a Private Bus;
Full Tour of the Benfica Stadium (Museum excluded).









If you are an adventurous individual, or have a group of adrenaline enthusiasts, you will certainly enjoy this rope adventure package. Have a quick walk around the premises, show your climbing skills or simply let yourself slide down their rappel course. It's a day out like no other.

### Services Included:

Safety Insurance;
Highly Trained Rope Adventure Professionals;
Transfer Services.



### LISBON SUNSET WALK & FADO EVENING

During your trip to Lisbon, walking through its narrow and labyrinthic streets is a must. Admire the intricate architecture of churches and monasteries aboard a classic tramcar and climb over one Lisbon's seven hills to admire a panoramic view of the sun setting on the horizon. And when the night falls, enjoy an inspiring performance of live Fado Music, one of UNESCO's Intangible Cultural Heritage.

### Services Included:

Professional Tour Guide;
Classic Tramcar No. 28 Trip;
Ginja Licquor Tasting;
Portuguese Tradicional snacks;
Live Fado Show.





# MOVESPORTS CITY COACH TOURS Discoveries Tour

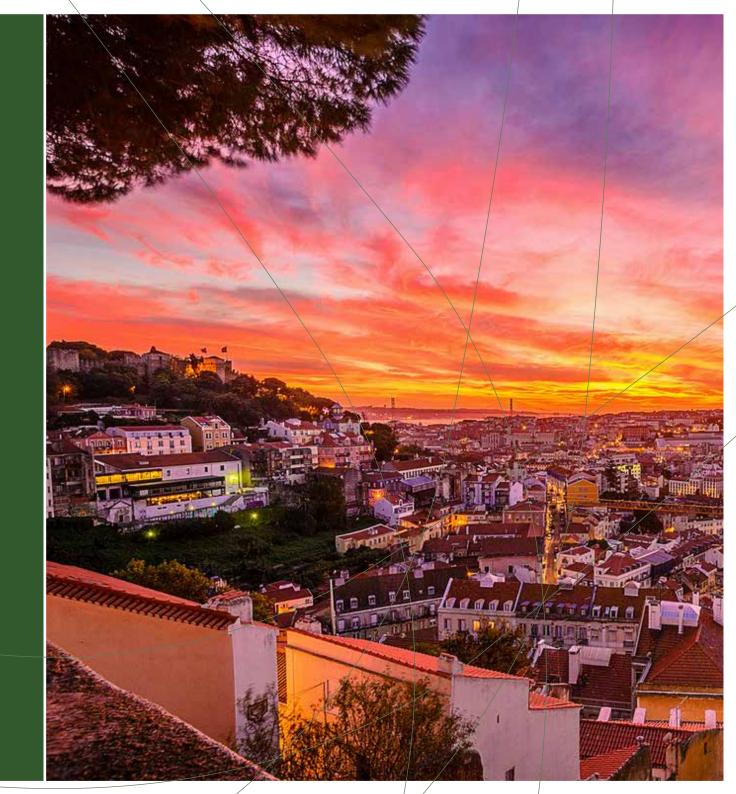
With the Discoveries Circuit, not only the city's most picturesque neighbourhoods - such as Mouraria and Alfama - may be seen, but also the most impressive areas where many of the city's important monuments are located may be found in Belém. The circuit even includes a visit to the Carris Museum and a stop at the Jerónimos Monastery with the personalised accompaniment of an official guide and interpreter.

> Running Period: Everyday

**Timetable:** January to December | 11:30, 14:30, 16:30

**Duration:** 1h50

**Languages Available:** Portuguese, English, and French





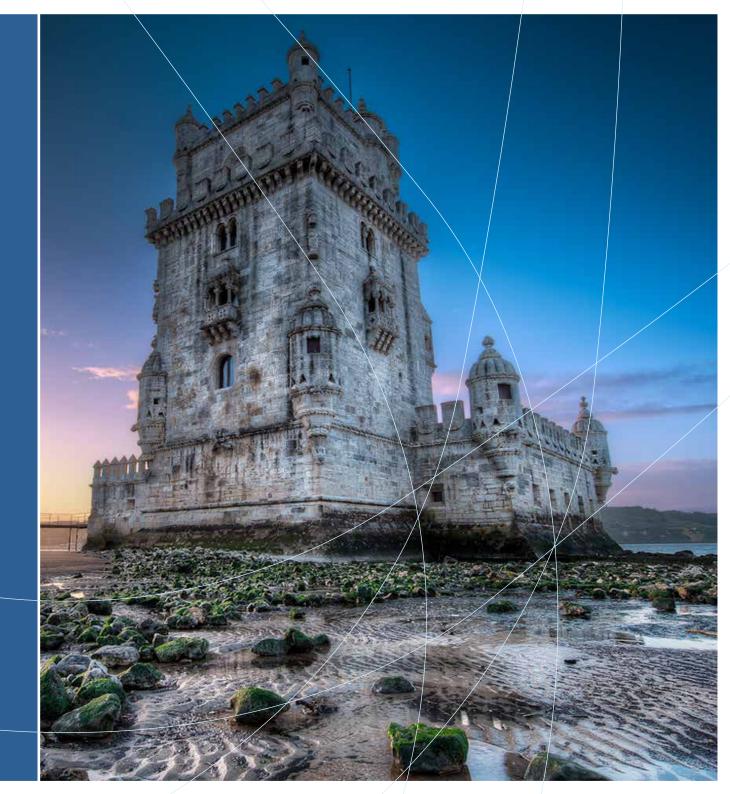
Take part in Lisbon's over 800-year-old history by joining a minibus tour that will lead you from the narrow alleys of Graça and Alfama to the splendour of Belém. On your way enjoy the breathtaking views over the city from fabulous viewing points.

> **Running Period:** Everyday Except Monday

**Timetable:** January to December | 10:30

> Duration: 2h30

**Languages Available:** Portuguese, English, and French



## MOVE SPORTS CITY COACH TOURS Colinas Tour

The Colinas tram, a typical form of transport in Lisbon, gives the tourist the opportunity to visit the city's finest old neighbourhoods and to see medieval Lisbon, with its narrow, winding streets and alleys that are constantly buzzing with life.

> Running Period: Everyday

#### **Timetable:**

October to May | 10:00, 10:00, 11:00, 12:00, 13:00, 13:30, 15:00, 15:30, 16:00, 17:00, 17:30, 18:00

### **Duration:**

1h20

**Languages Available:** Portuguese, English, French, German, Spanish, Italian and Dutch





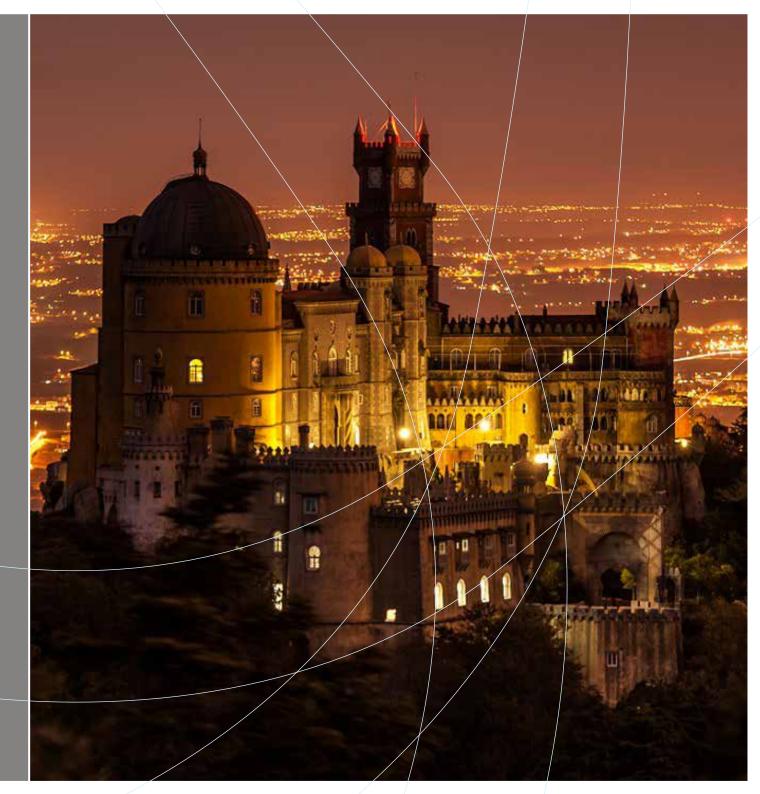
### CITY COACH TOURS Magical Sintra

The magic, beauty and charm which made Sintra a World Heritage Site, in an unforgettable journey that take you though the luxurious green setting of the Serra de Sintra to the immense blue of the sea.

> **Running Period:** Everyday **Timetable:** January to December | 14:30

> > **Duration:** 4h30

**Languages Available:** Portuguese, English, and French





# THANK YOU ENJOY OUR SUGGESTIONS

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