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# Portugal

## Casal Da Eira, The Algarve

8 days, Thursday to Thursday

Price: £1295 per person

Dates for 2018: 1–8 November

NEW

### The Location

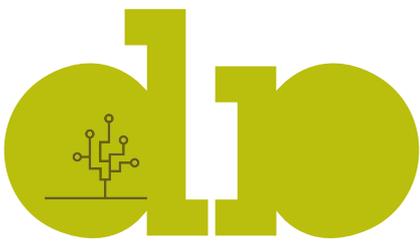
This year, due to feedback from our clients wanting to get away to sunnier climes, we have added a carefully designed holiday on Portugal's Algarve. This gorgeous coast has attracted winter sun-seekers for decades, largely appealing to those that have sought peace, authenticity, and beautiful sandy beaches. Away from its major resorts it retains a delightfully sleepy, lost in time, largely rural ambience, and features a number of small-scale, yet fascinating, historic cities. We aim to make this holiday as accessible as possible for people with dementia by the introduction of a number of adaptations and of course with the special attention to detail you have come to expect from us.

### The Accommodation

The base for this holiday is a beautifully restored farmhouse, Casal da Eira, which sits just outside the rural community of São Bras, in the heart of the region's principal area for cork production, only 12 miles from the coast. The English-speaking and warmly hospitable Dutch owners, Bert and Els, live in their own wing of the building with their affectionate dog Keira and three free-roaming cats. First renovated in 1877, Casal da Eira has six en-suite bedrooms all of which are on the ground floor. It has a sizeable lounge/dining room, a kitchen, an honesty bar, and a spacious terrace with a long table for eating breakfast 'al fresco'. There are garden areas to both the front and rear of the main building, the rear garden containing a large grassed area, multiple fruit trees, a swimming pool and sun lounging area.

Meal arrangements during the holiday will vary and will undoubtedly add to the experience. Breakfast is included each day at the Casal and can be taken outside on the terrace if the weather allows. Els's homemade jams, made from fruits from the Casal's own gardens feature on the continental breakfast buffet. Lunches are a mixture of picnics and light restaurant meals, and dinners will be prepared at the Casal by a visiting chef or members of the Dementia Adventure team.





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### Disclaimer note:

Although we do our best to ensure that everything runs smoothly, we are at the mercy of the weather and as such this itinerary may be altered slightly during the trip. We also aim to allow time for both carers and people living with dementia to relax and enjoy time both together and apart.

## Your Itinerary

### Day 1:

**Fly from a choice of UK airports to Faro airport in Portugal** where you will be met and driven to São Bras and the Casal da Eira where you will meet other holiday participants for the first time. In the evening we will enjoy a welcome dinner prepared for us by a visiting chef.

### Day 2:

Following our first Portuguese breakfast we will head for Faro, the capital of the Algarve. In the morning we see the marina and explore the ancient walled city a little before enjoying a light local lunch. Afterwards we will explore the Ria Formosa ('beautiful estuary' in English) that adjoins the city on a guided boat trip, taking in the city's walls and the estuary's wildlife. We shall also visit one of the most beautiful church interiors at Almancil, featuring highly detailed painted tile designs ('azulejos') and exquisitely wrought gilded woodwork ('talha dourada'). Back at the Casal we'll enjoy a little time at leisure prior to dinner.

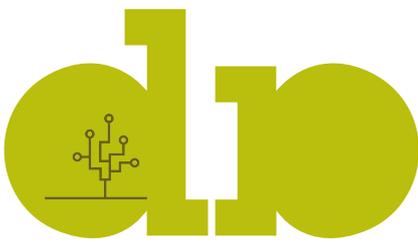
### Day 3:

Today we visit the historic country town of Loulé, which comes alive each Saturday, when it holds the most picturesque market in the Algarve. After taking coffee in one of its atmospheric street cafés we can watch the world go by or explore the market stalls. We will then drive to Carvoeiro, one of the prettiest fisherman's villages on the Algarve, for a light lunch overlooking the cove and sandy beach. Adventurous souls can take a dip in the sea. There is also time to enjoy a scenic clifftop stroll on a specially constructed boardwalk.

### Day 4:

Enjoy a relaxing Algarvian Sunday today. Options on offer for the morning include a lie-in or a countryside stroll. We will then light up the Casal da Eira's barbecue in preparation for a Sunday feast on its delightful terrace. In the afternoon, those that would like one, will be treated to a complimentary massage.





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### Day 5:

Time to take to the sea today. We explore the Algarve's beautiful bays, sandstone cliff formations, and sea caves aboard a large, accessible catamaran. More than anything else, it is its coastline that defines the Algarve. The rock formations and caves are amazing and best seen from the sea. We shall also be briefly visiting the Algarve's liveliest resort, Albufeira, to absorb a little of its atmosphere.



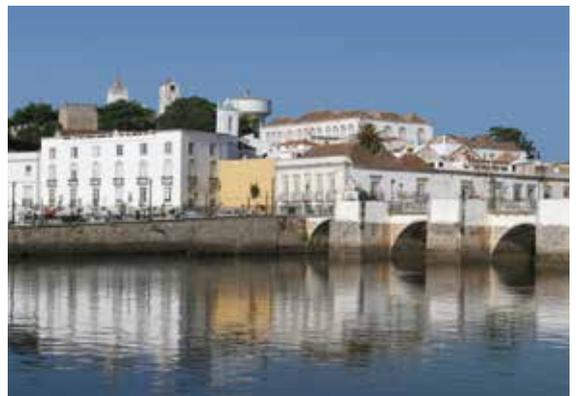
### Day 6:

Tavira beckons today. A highly unusual historic riverside town, that was formerly a significant port, prior to having its access to the sea blocked by silting and sand dunes, it features a wealth of traditional Portuguese architecture. We explore Tavira on a tourist mini train prior to enjoying a light lunch at a riverside restaurant. After lunch we attend an introduction to Portuguese Fado, a mournful and nostalgic style of highly characteristic Portuguese song.



### Day 7:

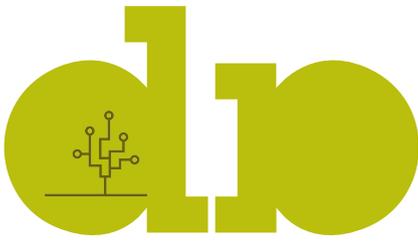
Today is dedicated to an exploration of the area around São Bras, our home for the week. We will spend the morning visiting a cork factory to learn about the process of manufacturing cork and its many uses, prior to lunching on traditional Portuguese fare in a historic family café in the town. This afternoon we can spend some time at leisure round the pool or picking up some souvenirs to take home.



### Day 8:

Today we bid 'Até logo' (farewell) to our Portuguese farmhouse and head for Faro Airport and our respective flights home.





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## Practical Considerations

### Air Travel

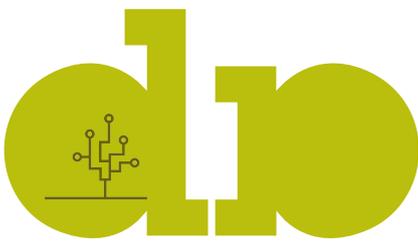
We understand that flying is probably the most daunting part of organizing a holiday abroad for people with dementia. Where you can fly from depends on where you live—we have quoted a standard price flying from Gatwick, Manchester or Birmingham, and other regional airports will be possible at a slight supplement. On these holidays we will be taking our usual team of DA helpers—ideally one of them can accompany you to and/or through the airport. We will of course book special assistance from the airline which is designed to make the experience as comfortable, and safe, as possible.

### Legal Statement

This holiday is arranged for Dementia Adventure by Personal Touch Holidays Ltd and will be subject to the booking terms and conditions of Personal Touch Holidays. All payments will be made directly to Personal Touch Holidays who are licensed by the CAA under ATOL number 5961 for your financial protection. Personal Touch Holidays also hold ABTA membership no. V9038 and subscribe to the AITO Quality Charter. For full details of Personal Touch Holidays and their booking conditions please visit their website at [www.personaltouchholidays.com](http://www.personaltouchholidays.com).

### Notes on physical abilities for this break

While we can accommodate people with slight mobility problems and the bedrooms are on the ground floor, you will be able to get the most out of this break if you are fairly mobile. Personal care services will not be available on this break. If you need a wheelchair to travel any distance, these can be accommodated but will need to be brought with you from the UK.



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### What's Included?

- All transport—flights, transfers and transport in a small bus with a Portuguese driver.
- All meals and soft drinks, tea and coffee at the house.
- Accommodation in twin or double rooms with private bathrooms.
- Entrance fees and tickets.
- The services of a bilingual guide as well as our usual dementia adventure team of volunteer supporters.

### What's Not Included?

- Travel insurance is compulsory mainly to protect you from curtailment or cancellation due to illness. You will also need a European Health Card.
- Personal care—if you are not self-caring, the carer who comes with you will need to be able to do this for you.
- Travel from home to the airport, although this can be arranged for you at a extra cost. We will of course book special assistance through airports.
- Alcoholic drinks (drinks can be brought with you or bought during the week).

### Things To Bring

- Sturdy walking boots or shoes
- Warm layers of clothing
- Wash kit and toiletries
- Waterproof jacket
- Sun screen and hat, scarf and gloves
- Insect repellent
- Water bottle and lunch box for picnics
- Binoculars
- Insurance documents
- Passports

### How Much Does The Holiday Cost?

Prices start from **£1295 per person** If you need further advice about funding please call us or visit [www.dementiaadventure.co.uk](http://www.dementiaadventure.co.uk).

### How To Book?

Please call us on **01245 237548** or email [info@dementiaadventure.co.uk](mailto:info@dementiaadventure.co.uk). We will go through an assessment process over the phone and ask you about your abilities, interests and expectations, ensuring we do everything we can to support you in taking part. We look forward to seeing you on this break!

Please read this in conjunction with our group holiday terms and conditions.

