

Breathe Retreat Itinerary April 11-18th

Friday April 11th	
TBD	Airport pickup and drop off Tivoli Resort. Guest check in
7:00 pm	Dinner and meet and greet at the <i>The One</i> restaurant Tivoli Resort
Saturday April 12th	
7:30-10:30 am	Complimentary breakfast served Tivoli Resort
10:00am	Depart hotel to Tavira, Portugal
11:00-12:30pm	Explore Tavira center and enjoy lunch at <i>Flavour Cafe</i>
12:30-1:00pm	Ferry out to Tavira Island. Beach day and dinner on the island
7:00pm	Return to Tivoli hotel for rest and relaxation
Sunday April 13th	
7:30-10:30	Complimentary breakfast served at Tivoli Resort
9:30 am	Depart hotel to Seven Hanging Vally Trail Hike to Carvahlo Beach, picnic lunch, Kayak/SUP, swim, sunbathe, explore, enjoy the stunning views
5:30 pm	Dinner on Carvahlo beach
7:00 pm	Return to Tivoli hotel for rest and relaxation
Monday April 14th	
7:30-10:30 am	Complimentary breakfast served at Tivoli Resort
9:30 am	Depart hotel to Lagos, Portugal
11:00-3:00 pm	Catamaran Boat tour and lunch
3:00-5:30 pm	Explore historic Lagos, enjoy café and pastry, shop in the city center
6:00 pm	Meet at the Marina for dinner at <i>Lucky Jacks</i>
8:00 pm	Return to Tivoli hotel for rest and relaxation
Tuesday April 15th	
7:30-10:30 am	Complimentary breakfast served at Tivoli Resort
8:30 am	Depart hotel to Loule, Portugal
10:00-1:00 pm	Quad Adventure Tour (all comfort levels)
2:00 pm	Eat lunch, shop and explore Loule castle
4:00 pm	"Breathe Day" take advantage of a day of rest after your adventure! Relax by the pool, schedule your spa treatment, sit on the beach or just take a nap
7:00 pm	Join us for dinner at <i>Levels</i> restaurant in Carvoeiro
Wednesday April 16th	
7:30-10:30 am	Complimentary breakfast served at Tivoli Resort
8:30 am	Depart to Seville, Spain
12:30-2:00 pm	Lunch and Check into Monte Tiana Hotel
3:30-5:30 pm	Tour the Seville Cathedral and Royal Alcazar Palace
5:30 pm	Free time to shop and tour the beautiful city (ask us for suggestions)
8:30 pm	Meet for dinner at <i>Maria Trifulca</i> , then hit the city again or enjoy amazing views of the Cathedral from the rooftop bar and pool area
Thursday April 17th	
7:30-10:30 am	Complimentary breakfast served at Monte Tiana
10:00 am	Depart Seville Spain return to Tivoli Carvoeiro Resort, Portugal
12:00 pm	Lunch followed by a final "Breathe Day"- take advantage of a day of rest after your adventure! Relax by the pool, schedule your spa treatment, sit on the beach or just take a nap!
7:00 pm	Farewell Dinner at Tivoli Resort or Carvoeiro with departing gift
Friday April 16th	
7:30-10:30 am	Complimentary breakfast served at Tivoli Resort and transport to Faro Airport
1:00 pm	Final check out