



Experience the REAL Portugal

Welcome to my very first Flockless Retreat! A chance to explore a new place, learn some new skills and hopefully make some new like minded friends. Co owners Lynn and Grace are excited to welcome us to their beautifully decorated hotel The Silver Seahorse Garden Retreat. A hotel just round the corner from Consolação beach in the town of Peniche.

The rocky peninsular fishing town of Peniche, is just an hour north of Lisbon. Famous for miles of unspoilt sandy beaches, white windmills and raging Atlantic waves which gives it the nickname surf central!

This area has been around for over a million years. In addition to relaxing and grounding yourself on the long sandy beaches you can lay on the healing iodine rocks, said to help with bone conditions and thyroid problems and a definite favourite with the locals!

This tiny piece of authentic Portugal is known for its year round mild temperatures with a climate like San Francisco in the winter months. In fact it is the mildest winter evenings in the whole of mainland Europe. When we visit in May it will not be super hot. Expect temperatures to be in the late teens to early twenties but they have had a high of 31c before, just to warn you!

The restaurants dotted along the beachfront are unaffectedly charming. Foodies will delight as local eateries cater to the palate of seafood lovers, meat eaters and vegetarians alike. Salads taste the way salads used to! All washed down with jugs of sangria, deliciously crisp local verde wine or iced beer. If you are a coffee monster like me you will leave lamenting how crap the coffee is in the UK and dream about it for years to come!

There's plenty to do, with bicycle hire for just 15 euros per day, windsurfing and skateboard hire and lessons. There's massage and reflexology available just round the corner at an extra charge for those who want to treat themselves.



Nearby Castelo de Óbidos is a breathtaking example of a cobbled medieval fortress town from 1200 and is said to be one of Portugal's most charming towns. It is a huge success with artists and Instagrammers alike. It's not uncommon to hear

the sounds of fado permeating through the cobbled walkways and if you like a bit of retail therapy you will find it here for sure.

One local drink which is a must try is Ginja de Óbidos made with sour cherries, served in a chocolate cup with a cherry on top. It's a liquor which is an after dinner favourite with the Portuguese. I would be super surprised if you aren't heading for the shelves to buy a bottle to bring home! I did! I only wish I had bought two!



Just 10km from Peniche is the world's first nature reserve, the Archipelago known as The Berlengas. With varied marine life such as swordfish, whales and dolphins it's no wonder

UNESCO have named this a biosphere reserve, meaning it is now protected. Trips to see the caves on glass bottomed boats and hikes through the rugged terrain are popular as is a visit to the Fort of Berlengas which was influential in stopping the Spanish fleet kidnapping Queen Maria Francisca of Savoy. We always like a story which involves a strong woman getting away with her life! The original monastery from the 16th century was set up with the support of Queen Eleanor of Viseu and was there to help those poor souls who were shipwrecked.

Peniche itself with it's scenic harbour and white windmills has been the inspiration for artists like Maurice Boitel.



The Silver Seahorse Garden Resort:



The hotel stands in a walled garden just 400 meters walk to the beach. It's in a quiet road away from the main town of Peniche. The reviews give this hotel an average score of 9.1

with ‘impeccable cleanliness’ featured frequently together with comments about the friendly staff (both I can vouch for).

There is a lovely garden to chill and an unheated swimming pool with nearby heated jacuzzi! The pool bar serves the most delicious cocktails in addition to the normal bar offerings and there is a restaurant which serves food and offers room service also.



The rooms at the Silver Seahorse are delightfully decorated to a high standard with en suite and a superb breakfast included. We are offering three tiers in the room selection. See below for the description of what the rooms include:

Tier one

A standard room which can be a double or twin. Beautifully decorated with en suite.

Tier Two

A deluxe room which has that extra special feature such a king sized bed and some come with balcony or a deep bath for relaxation! Not all deluxe rooms have balconies but they are nice and roomy and are decorated to a high standard.

Tier Three

Premium Deluxe rooms for that little bit of luxury. There are only three of these in the hotel and they come with balconies and beautiful bathrooms for that indulgent experience.



King sized beds too!

All rooms include breakfast.

The prices you see are for single occupancy and I think you will agree that it is almost unheard of to have a beautiful room for single occupancy at such reasonable prices.

If you decide to come with a partner or friend the price of the room will be discounted. The next thing we must talk about is:



The programme included:



Excursion to The Berlengas and cave tour in a glass bottomed boat.

Excursion to Europe's biggest sculpture park the Buddha Eden which includes transport there and back and the ticket to get in!

A trip to medieval fortress town of Castelo de Óbidos with transport included.



A three course buffet on the first night with welcome drink!

A three course buffet on the last night with a glass of wine/beer or soft drink.



Yoga/Pilates/Aqua classes with qualified Yoga/Pilates teacher Michelle Pound.
Beach walk to Peniche harbour lead by yours truly - London Herstory Tour Guide Mandy Morrow.



Throughout the week we shall be sharing the various skills and talents of our guests already signed up, so expect some art classes, interesting talks, latin dancing classes and pub style quizzes TBA.



The Penultimate night:

Our week coincides with the Eurovision song contest and with the help of co owner Lynn Ashman we intend to put on a Eurovision party to rival all others. I suspect even if you

don't like the event you will be itching to channel your inner diva! Dressing up is definitely encouraged with a prize for the best costume.

Why not combine this trip with a night or two either side in Lisbon? It's really easy and cheap to get from Lisbon airport by train into the centre of the city and if you have never been before I am sure you will find it interesting. Tag a day on in front or behind and by playing around with arrival and departure dates you can pick up some bargains on your flight price.

Booking flights on days other than Saturday and Sunday and also early or later in the day will greatly reduce flight costs.

What is not included:

Your flights. I will suggest a few of options and obviously if you decide to book this holiday you must look for your own flights and booking early is encouraged as Lisbon gets extremely busy.

Travel insurance is not included and travelling is not advised without it as we are no longer part of the European Union and should you need medical attention it might end up being an expensive affair without the relevant cover.

Food & Drink unless stated above. But you will find a supermarket very near and there are many restaurants to suit all budgets nearby. Also the hotel provides a menu which is varied and reasonably priced.

Transfers: The hotel is located an hour north of Lisbon. There are a few options for getting there. The hotel will run a chargeable mini bus which they will do if several of you come in on the same flight. The other two ways of getting there are with the FLIX bus which can be booked beforehand and leaves to the right of the terminal. Finally there is UBER and BOLT which will take you there quite reasonably. Please ensure you are there before the evening of the first day for the welcome buffet and get to know your fellow travellers night!

If you require a special diet please advise us before booking to make sure it is achievable.

I will be taking a deposit to secure your booking at the hotel and on the programme and then the full amount will be expected 60 days before arrival.

This retreat is offered by Flockless But Free a company owned by Mandy Morrow trading as Flockless But Free Tours/Merchandise and Services.

Registration

Retreat Details	
Location :	SILVER SEAHORSE GARDEN RETREAT , PENICHE, PORTUGAL
Duration & Date :	MONDAY 12TH MAY - SUNDAY 18TH MAY 2025 (6 NIGHTS)
Included:	6 NIGHTS 7 DAYS ACCOMMODATION WITH BREAKFAST 2 X THREE COURSE BUFFET DINNER WITH A DRINK 3 EXCURSIONS WITH TRANSPORT & TICKETS WHEN NEEDED. YOGA & PILATES CLASSES + ORGANISED WALKS SERVICES OF ORGANISER
Name	
Address	
Phone number	
Email address	
Dietary Needs	

COST

For single occupancy:

Tier One £ 559

Tier Two £ 584

Tier Three £ 654

If you share a room:

Tier One £445

Tier Two £460

Tier Three £512

- ◇ Please email completed forms to mandymorrow@yahoo.co.uk.
- ◇ Deposit of £100 per person to secure a place.
- ◇ Alcoholic drinks are not included except for the two buffets where you will receive one drink.

Payment

Deposit £100 per person

100% balance 60 days before event (latest 13th March 2025)

Bank Transfer details:

Starling Business Account

Account name: Flockless But Free (Maura Morrow)

Account Number: 58050139

Sort Code: 60-83-71

*on all payments please add the reference Retreat and YOUR FULL NAME

Cancellation policy

Please note if cancelling 60 days or less before the event a refund will only be given if a replacement is found.

Some Suggestions for flights:

Outbound 12th May 2025

TAP

Heathrow - Lisbon 1120hrs arrives 1400hrs

EASYJET

Gatwick - Lisbon - 1225hrs arrives 1515hrs

BA

Heathrow 1505hr arrives 1620hrs

RYAN AIR

Stansted- Lisbon 1255hrs arrives 1550hrs

Inbound

TAP

Lisbon - Heathrow 1255hrs - 1535hrs

EASYJET

Lisbon - Luton 1100hrs arrives 1345

BA

Lisbon to Heathrow 1710hrs arrives 1955hrs

RYAN AIR

Lisbon - Stansted 1240hrs - arrives 1525hrs

Lisbon - Stansted 1720hrs - arrives 2005hrs

Check www.cheapflights.co.uk for the best deals

