



SIX SENSES

DOURO VALLEY

Your Business Retreat in the Heart of the Douro
Where ideas flow as naturally as the river below.

An aerial photograph of a large, multi-story resort manor with a red-tiled roof and a mix of traditional and modern architectural elements. The manor is surrounded by lush greenery, including manicured lawns, hedges, and several palm trees. In the foreground, there is a swimming pool with lounge chairs and a small circular fountain. The background features rolling hills covered in terraced vineyards, with a river visible in the distance under a clear sky.

A Landscape That Inspires

Perched high above the vineyards, our 19th-century manor overlooks the River Douro.
A place where history, wellness, and nature converge to create focus and fresh perspectives.



Beyond Meetings. Towards Connection.

Corporate retreats here combine productive meeting spaces with experiences that restore energy and spark creativity. Each moment is crafted to balance business with well-being and cultural discovery.



Experiences Crafted for Teams

Imagine your team...

- Unwinding at a private wine tasting led by our sommeliers
- Learning the secrets of the iconic Pastel de Nata
- Exploring olive oils with a Douro producer
- Finding focus in a morning yoga session on the terrace
- Sailing the river at sunset on a vintage wooden boat

Create shared stories of reconnection that last long after the retreat ends.

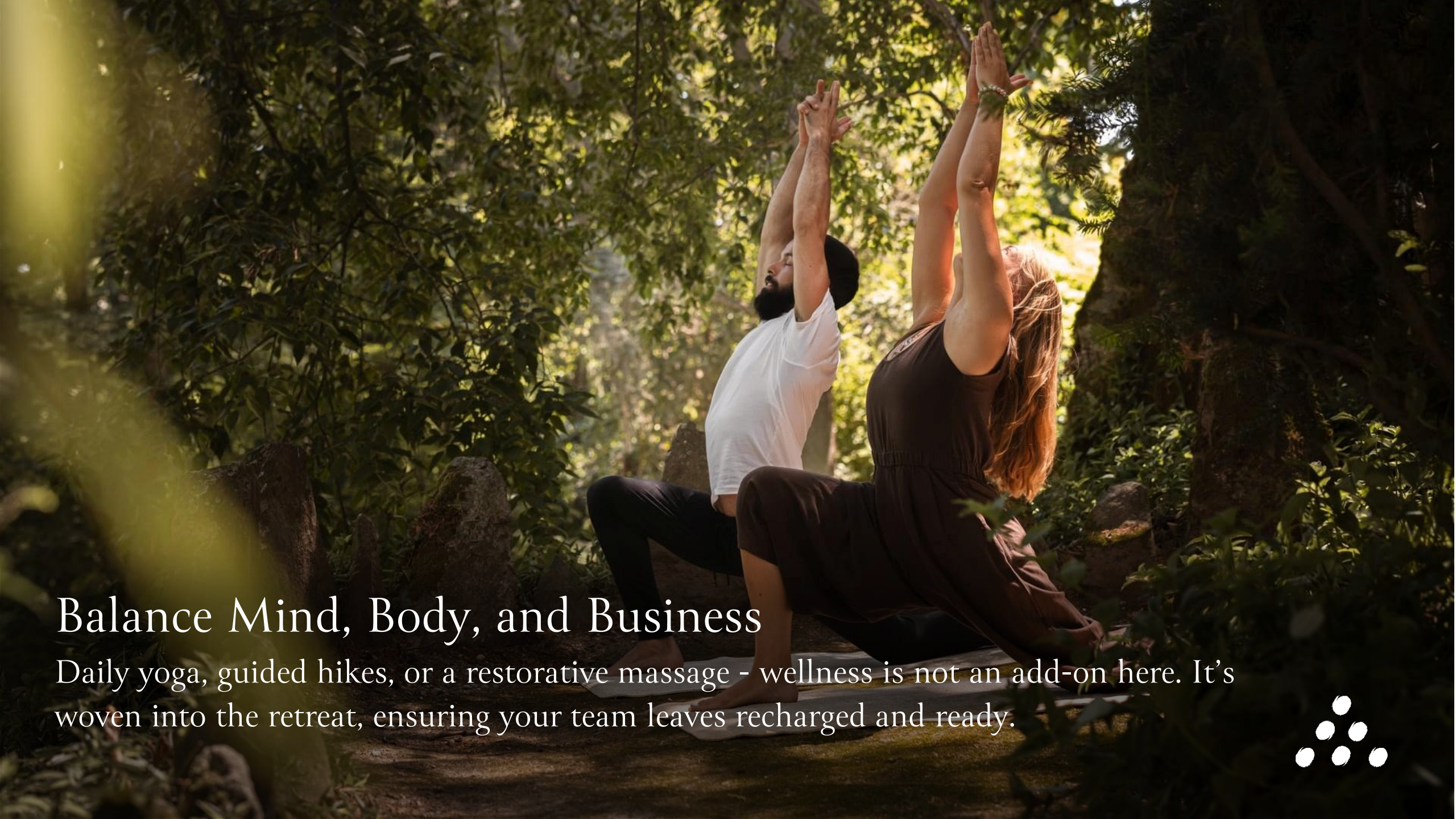




From Alchemy to Innovation

Our Alchemy Bar turns natural ingredients into balms and scrubs - a playful, hands-on workshop that encourages creativity and teamwork. Or recharge with Biohacking recovery sessions, designed for busy leaders who need to perform at their best.



A man and a woman are practicing yoga in a lush, sun-dappled forest. They are both in a low lunge position with their arms raised high, hands clasped together. The man is wearing a white t-shirt and dark pants, while the woman is wearing a dark, long-sleeved dress. They are standing on a light-colored yoga mat. The background is filled with dense green foliage and trees, with sunlight filtering through the leaves, creating a warm and serene atmosphere.

Balance Mind, Body, and Business

Daily yoga, guided hikes, or a restorative massage - wellness is not an add-on here. It's woven into the retreat, ensuring your team leaves recharged and ready.



Designed for Focus

Two fully equipped meeting rooms, ideal for up to 20 participants, along with intimate breakout spaces across our gardens and lounges. Productivity comes naturally when your surroundings inspire.





Rooms & Suites

Spacious rooms & suites with vineyard or river views.

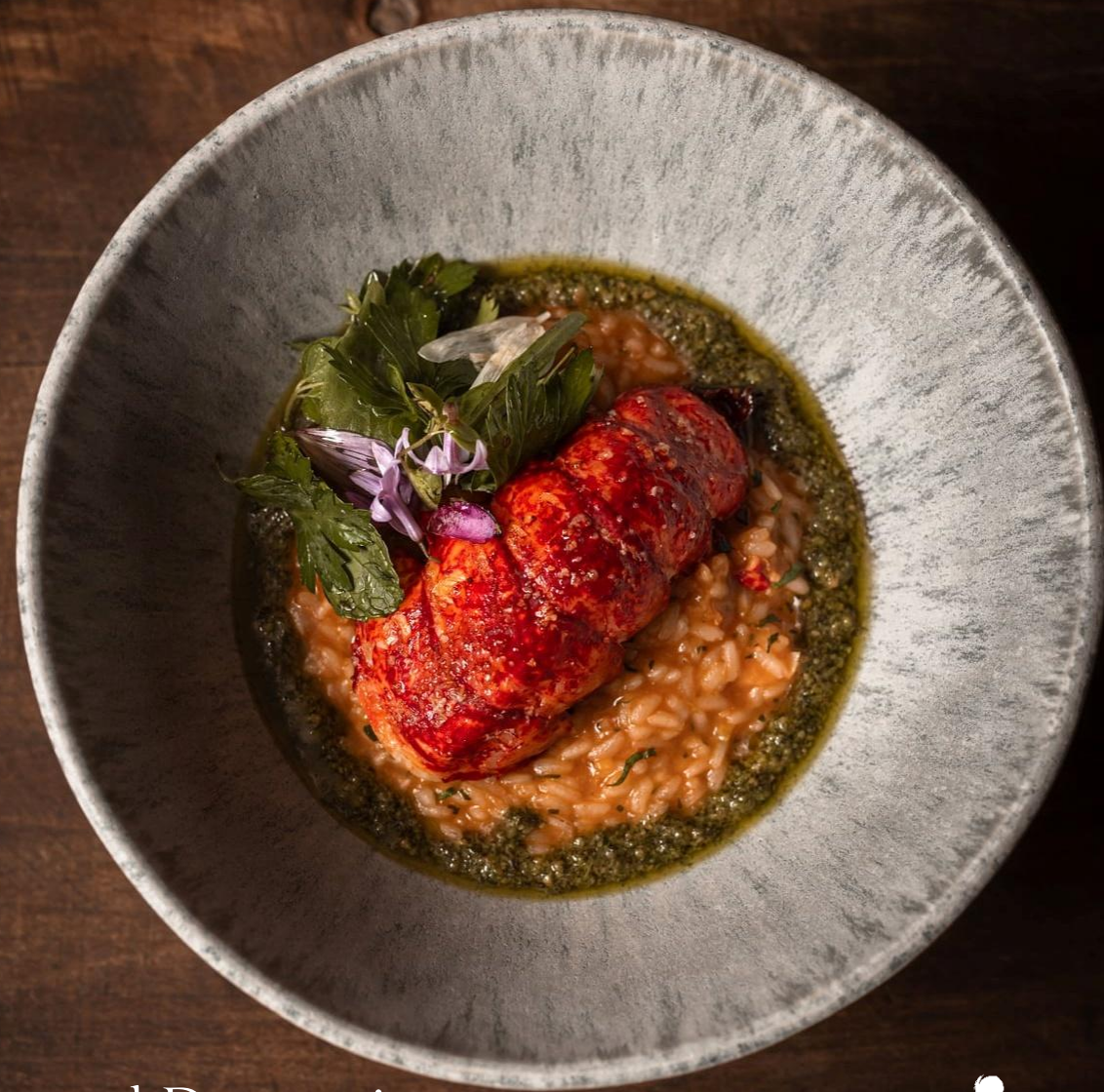




Rooms & Suites

Every detail crafted to reflect place and purpose.





Dining

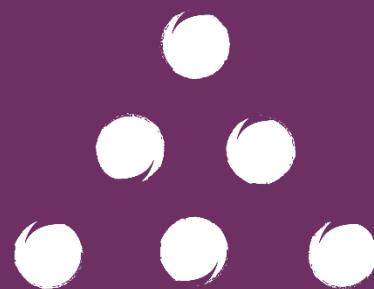
Dishes that celebrate seasonal produce, local flavors, and Douro wines.



Bring Your Team to the Douro Valley

Because the best ideas are born when people connect.





SIX SENSES

DOURO VALLEY

Groups & Events:

reservations-dourovalley@sixsenses.com

+351 254 660 600

Quinta Vale de Abraão, Samodães
5100-758 Lamego, Portugal

sixsenses.com