



Six Senses Douro Valley, Portugal

Located in the beautiful UNESCO World Heritage-listed Douro Valley, Six Senses Douro Valley is touched with the romance of 19th century architecture wedded to contemporary interiors reflecting the inimitable Six Senses style. With the River Douro winding its lazy way through the oldest wine-producing region in the world, this serene setting is 77,67 miles (125 kilometers) from Oporto International Airport. The resort's estate covers 19 acres (8 hectares) with 71 guest accommodations, the Vale de Abraão restaurant with three different atmospheres: Open Kitchen, Terrace and Dining Room; a Wine Library featuring vintages from the valley and a stunning Six Senses Spa occupying 23,700 square feet (2,200 square meters).



CONCEPT

Positioned as the ultimate Douro wine and spa experience, the resort assumes its own regional identity. The stunning historic manor house is both contemporary and sophisticated. It was originally converted to a hotel in 2007 and renovated to adopt technical and material innovations, then totally recreated, becoming Six Senses Douro Valley, together with faultless service based on thoughtful details and little surprises.

ACCOMMODATIONS

Six Senses Douro Valley offers 71 guest accommodations, which range from rooms and suites to private villas.

ROOM AND SUITE FEATURES

- Sustainable bathroom amenities
- King or twin beds
- Air-conditioning
- Hair dryer
- Non-allergenic pillows
- Personal safe
- Tea/coffee making facilities
- 48 inch flat panel TV with satellite channels
- Minibar
- Six Senses bottled drinking water
- Bluetooth speaker
- IDD and WiFi





Quinta Rooms and Suites

A pattern of light and shadow is projected on each guest room floor entrance. Authentic materials gathered from the Douro Valley area, spacious bathrooms lined with dove gray Portuguese limestone, comfortable seating and wide luxurious beds add to the room's appeal. Sleep and rest inducing colors have been chosen to ensure a secluded retreat.

Vineyard Rooms and Suites

In the secluded Vineyard wing, the three guest rooms and seven suites are beautifully appointed for a very personal retreat. Each room and suite has a wine fridge with a selection of Douro wines, with temperatures specially regulated to keep the wines at the ideal temperature.

The bathrooms are spacious, and bedrooms feature two king beds in four rooms and super kings in three suites. All of the guestrooms on the fourth floor and the three suites have generous outside areas with comfortable seating plus hot tubs. Two of these suites on level six have private wooden bridges leading to secret gardens with seating and hot tubs – perfect for moments of meditation.

Valley Rooms and Suites

Situated on the other side of the organic garden is the property's original wine lodge. This has been restored and converted into nine separate ensuite Valley Rooms and Suites. When entering the building, there is a large and spacious lounge area with a magnificent fireplace as the central element. This welcoming lounge can host many convivial moments throughout the day, starting with a continental breakfast and coffee to greet sleepy heads before the morning activities get underway.

Guests are also welcome to enjoy a homemade farmhouse breakfast in the Open Kitchen. All through the day, the lounge is a natural gathering space for a glass of wine, and a bartender is on hand at sundown to prepare colorful cocktails.

The gardens are spread across different levels and are cleverly integrated into the valley at the foot of the gently terraced vineyard to offer uninterrupted views to the horizon. There are several lounge areas with different aspects to provide shade and sun, stepping down to a lawn on the ground level and shared swimming pool (14 meters by 4 meters). In the garden there is an oversized hot tub, a fire pit and a fragrant organic garden. Two gazebos, located on each side of the pool, are the perfect location to lie in the shade during the hot summer days.

Pool Villas

The One Bedroom and Two Bedroom Pool Villas feature locally inspired architecture and furnishings, enhanced with an array of modern comforts and amenities. Each has a fully appointed kitchen, separate dining and living areas, fireplace, and wine fridge. Outside, there is a separate entrance, heated pool with counter-current swimming machine, small lawn area with fragrant shrubs and private sundeck with day beds and gazebo. Anytime is the perfect time.





DINING

Dining options at Six Senses Douro Valley are a celebration of the region with much of the produce coming from the verdant valley and surrounding countryside. An organic garden of vegetables and herbs is located right on the estate. Fresh ingredients are harvested only as needed, assuring ultimate freshness and flavor.

The Vale de Abraão Restaurant

Open Kitchen and Terrace

Open Kitchen and Terrace open throughout the day and featuring seasonal menus of local and regional dishes. A bountiful breakfast is the perfect way to begin a day of discovery, relaxation and spa sessions. There's an open cooking station complete with wood-fired oven for bread baking and traditional oven dishes.

The Dining Room

The beautiful classic décor of this traditional room creates a warmly intimate atmosphere with a myriad of detail. The menu's market-inspired fare incorporates the best in regional cuisine, perfectly combining fresh ingredients and seasonings. To add some fun to the culinary experience, secret destination dining is a pop up experience with dinner tables tucked into the woods by the river. The location and the menu are kept secret until the last minute as a delightful surprise.

Wine Library & Terrace

As the heart of the resort, the Wine Library & Terrace features an eclectic collection of local materials and furnishings to create an authentic Douro Valley experience. It is also a pre-dining rendez-vous with a tempting selection of local tapas items and self-service wine tasting. Browse gifts, art objects and items from the valley. The room extends onto a covered stone terrace with comfortable armchairs arranged around a fire feature.

Summer Garden Barbecue

Open during the warm Douro summer nights from June to September, this pop up outlet has the best meat and fresh fish from the Atlantic as well as delicious seasonal vegetables from our Organic Garden.

The Pool Bar

The Pool bar will operate in season through the day with service ceasing at sunset. A special Pool bar menu that follows the food concept of the hotel allows a healthy and tasty experience to our guests.





SIX SENSES SPA

A very generously proportioned Six Senses Spa occupying 23,700 square feet (2,200 square meters) comprises 10 treatment rooms, a heated indoor pool with water jets and refreshment bar, plus a gym with the latest exercise equipment and professional guidance. It presents the Six Senses specialty treatments and multi-day programs. There is a range of locally-inspired therapies, which also include some grape and citrus fruit based.

With a décor of ecologically-friendly materials, the feeling is soft and hip; a meeting between nature, Portuguese tradition and the elements of water, nature, space, stone and wood. Such a welcoming space invites guests to interact with other guests.

From the moment of arrival there is a feeling of total relaxation; perhaps a little bit quirky but a promise of things to come. Venture further into the spa to the reception hub, with comfortable low seating for couples and individuals. To one side is the Nail Bar which offers refreshments during the treatment. Adjacent to this area is the access to the 10 other side of the reception area. The large well-equipped gym presents the feel of a private living room rather than an exercise area. Directly outside the changing rooms

is the unique Alchemy Bar, where potions of herbs, salt, grapes and a range of exotic ingredients are individually blended for scrubs and masks.

An organic herb and plant garden provides key ingredients that are used in spa treatments. In addition to the external pool, a large outdoor yoga deck blends beautifully with nature and is ideal for individual sessions and group training.

- 10 treatment rooms
- Changing area with lockers for male and female clients
- Vitality suite with wet facilities: Regular sauna/Infrared Sauna/Steam room/Laconium /Herbal sauna/Fitness room TechnoGym and LifeFitness equipment/Indoor and
- Outdoor Gym + Wellness activity studio
- Indoor pool with views over the Douro river with underwater sound therapy, color therapy and massage jets/Vitality Pool/ Cryotherapy
- Nail Bar with manicure and pedicure stations
- Retail area
- Magazines and books for on-site reading
- Alchemy Bar area



LEISURE ACTIVITIES

Golden by name – Douro – the sun-kissed valley is also golden by nature, with the River Douro flowing through amber-hued vine-filled terraces in the oldest demarcated wine region in the world,

The Guest Experience Makers at Six Senses Douro Valley can present a host of options. They can arrange a trip to the prehistoric rock art sites in Côa Valley, visits to some of the oldest wineries in the world; excursions by foot or vehicle to picturesque villages, historic churches and castles plus cruises and water activities on the river.

UNIQUE EXPERIENCES

The resort's weekly activities calendar offers daily yoga sessions, tile painting workshops, tree climbing, and so many others that will help our guests to enjoy, reconnect and leave us in better health, either in body as in mind.

Wine activities

Partake in a variety of wine making activities including wine and dine river cruises, interactive oenology courses, visits to nearby wineries where you will meet the winemakers. Although it only comes once a year, stomp grapes during harvest time in September and October, barefoot in stone lagares (granite stone tanks).

Douro excursions

Take a walking tour with a private guide around the Douro Valley, or speed the pace on an electric bicycle.

Earth Lab

Have a look at the Earth Lab, a place where every Six Senses property showcases their sustainability efforts to reduce consumption, produce locally and support communities and ecosystems.

Tile Painting

A fun way to practice mindfulness, is to book your spot at one of the lovely tile-painting workshops, a joyful and unforgettable moment where guests can learn and practice the traditional method to paint Portuguese ceramic tile azulejo and take home this personalized souvenir.



Sports

Down by the Activities Hut, a newly built padel tennis court, badminton court, table tennis and pétanque game are available and free to all guests.

Grow with Six Senses and the Climate Warriors

A program that will inspire children to have a positive impact on their environment and communities...all while having some fun! A program split across two days and the children by the end will become 'Climate Warriors'.

WINTER RETREATS

Combining the quiet and peaceful beauty of the landscape with Six Senses values join one of our retreats and whole new you will surface the light.

From November until March different retreat leaders will help our guests to embark in a journey of inner growth, empowerment, well-being and reconnection. Multi-day immersion programs will be available.



RESERVATIONS AND FURTHER INQUIRIES

T +351 254 660 600

E reservations-dourovalley@sixsenses.com

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

Room reservation toll-free numbers

Australia:	1800978681	Japan:	800969743
China:	4008894800	Russia:	88003014563
France:	0805542357	UAE:	08000120003
Germany:	08007236216	United Kingdom:	08004584466
Hong Kong:	800969743	United States:	8554960109

sixsenses.com