

# FAMILY FUN & FSV ACTIVITIES

## FAMILY TIME, THE FSV WAY

January invites families to slow down, explore, and share meaningful moments. The calendar below highlights all the experiences waiting for you this month.

MON	TUE	WED	THU	FRI
Jan 5, 2026 Welcome Party Walk to Quarteira	Jan 6, 2026 Aqua Relaxation Vilamoura Walk	Jan 7, 2026 Water Walking	Jan 8, 2026 Quinta da Tôr Wines	Jan 9, 2026 Quiz
Jan 12, 2026 Welcome Party Walk to Quarteira	Jan 13, 2026 Aqua Relaxation Vilamoura Walk	Jan 14, 2026 Water Walking	Jan 15, 2026 Salt Mine Visit	Jan 16, 2026 Bingo
Jan 19, 2026 Welcome Party Walk to Quarteira	Jan 20, 2026 Vilamoura Walk	Jan 21, 2026 Aqua Relaxation	Jan 22, 2026 Discover Loulé	Jan 23, 2026 Quiz
Jan 26, 2026 Welcome Party Walk to Quarteira	Jan 27, 2026 Aqua Relaxation Vilamoura Walk	Jan 28, 2026 Water Walking	Jan 29, 2026 Explore Faro	Jan 30, 2026 Bingo

COLOUR CODE: ● EXCLUSIVE FOR MEMBERS | ● DISCOVER & EXPLORE | ● ENERGIZE & REVITALIZE | ● FSV TOURS | ● FUN & GAMES | ● LIVE MUSIC

## FSV TOUR ● QUINTA DA TÔR WINES

Uncover the Algarve’s winemaking heritage with an exclusive visit to Quinta da Tôr. Explore a family-run vineyard, learn the craft from vine to bottle, and enjoy a curated tasting set against peaceful rolling hills.

### DETAILS

Thursday, January 8th  
10:15 am – 1:30 pm | 36€ per person

Book at Reception at least 24 hours in advance | Minimum 6 participants  
Bring comfortable shoes, a relaxed spirit and a palate ready for discovery.

## FSV TOUR ● LOULÉ’S SALT MINE VISIT

Descend into Loulé’s underground world and uncover the Algarve’s geological story on a guided tour through ancient salt chambers. Quiet, cool, and full of wonder.

### DETAILS

Thursday, January 15th  
10 am to 1:15 pm | 44€ per person

Book at Reception at least 24 hours in advance | Minimum 6 participants  
Bring comfortable shoes, water, and a light jacket, temperatures can drop underground.

## FSV TOUR ● DISCOVER LOULÉ

Explore Loulé on a relaxed half-day tour through cobbled streets and historic landmarks, from medieval castles to ancient baths, each with a story to share.

### DETAILS

Thursday, January 22nd  
9:30 am – 1 pm | 28€ per person

Book at Reception at least 24 hours in advance | Minimum 6 participants  
Bring comfortable shoes, and a adventurous spirit. Weather-dependent.

## FSV TOUR ● EXPLORE FARO

Discover Faro on a half-day walking tour rich in history and culture. Stroll cobbled streets, visit historic sites, and enjoy lively squares for a true glimpse into the Algarve’s past.

### DETAILS

Thursday, January 29th  
9:30 am – 1:30 pm | 30€ per person

Book at Reception at least 24 hours in advance  
Minimum 6 participants  
Wear comfortable shoes and be ready to explore. Activity is weather-dependent.



## ENERGIZE & REVITALIZE ● INDOOR POOL SESSIONS

Step into the pool for a morning session to refresh the mind and energize the body. Check the calendar for dates.

### DETAILS

**Aqua Relaxation Flow, 9:30–10:15 am**  
Slow stretches, deep breathing, and stress relief

**Mindful Water Walking, 9:30–10:15 am**  
Gentle resistance walking for posture and calm

Free of charge | Booking advisable up to the day before

## DISCOVER & EXPLORE ● VILAMOURA WALK

Join us from **4 to 5 pm** for a **free** afternoon walk designed to awaken your senses and refresh your spirit.  
**Book at Reception at least 24 hours in advance (minimum 5 participants).** Bring walking shoes, water, and an open mind, and **note**, this activity is weather-dependent.

## QUARTEIRA MORNING WANDER

Between 9:15 am and 12 pm, enjoy a refreshing morning walk from Four Seasons Vilamoura to Quarteira and back, taking in coastal charm, lively markets, and the colourful details of daily life along the shoreline.  
**Book at Reception at least 24 hours in advance (minimum 5 participants).** Wear comfortable shoes and bring water. Activity is weather-dependent.

## FRIDAY GAMES ● JOIN THE FUN

Bingo or Quiz, a dose of fun, luck, and friendly rivalry every Friday. Check the calendar to see what’s on, and bring your game face!  
Fridays, 3–3:45 pm | Book at Reception  
Min. 5 participants | Free of charge

## INSIDER TIP

**Make It Yours**  
Be adventurous, take plenty of photos, and let curiosity guide you. Every walk and tour is a chance to learn and create lasting memories.