

Hotel

Set within the dazzling landscape of the Aguieira Reservoir, between Viseu and Coimbra, the Montebelo Aguieira Lake Resort & Spa holiday resort offers a new concept of tourism, leisure and housing. Spread out over 35 hectares, it holds 152 different lodgings, from modern apartments to spacious villas.

The crystal clear, quiet waters of the Aguieira dam set the stage for a number of recreational and leisure activities which have been the main calling card for those who enjoy true contact with nature.

Where the slopes, descending from the ridges, meet the rivers peaceful waters, we have developed a touristic and residential resort that is truly unique on a national scale, at the heart of one of the countrys most beautiful landscapes.

Link to the Hotel: <http://www.montebeloaguieira.pt/default.aspx?lang=en>

Location/ How to reach to the Hotel

This Center is located in the center of Portugal and it is 160 km away from Porto and 190 km from Lisbon. The village is called Aguieira and it is only 10 km away from a city called Mortágua. Other bigger cities are also very close, Coimbra (42km) and Viseu (50km). To reach these cities you have 2 options:

- 1 Ask the hotel to take you to the nearest bus station or, if they have availability, they might take you directly to the city. This will only work with small groups.
- 2 You can rentacar. Ask in the reception for more information.

If you want to go to Porto or Lisbon, you can contact the hotel. They will give you timetables and prices of the buses and trains. The best option is to take the train from Coimbra.

In Mortágua you can find all the amenities you might need, such as Pharmacies, Supermarkets, banks, shops, restaurants, bars and other type of facilities.

As nearby attractions you can find some archaeological sites, churches, castles, old universities and wonderful landscapes.

GPS coordinates

Latitude: 40° 20' 46" N

Longitude: 8° 11' 16" W

Resort

Houses

This resort has a system based in Villas. The Villas are cleaned every day and the sheets/ towels changed every 2 days. Still, we would like to recommend the following rules, in order to keep the comfort and typical style of the Hotel:

- . do not dry clothes in the balcony or in any other place outside your room
- . use the drying items in the restrooms or the laundry service
- . do not move furniture
- . do not take the towels from the room to the gym or for other purposes
- . if there is some technical problem in the room don't try to fix it, just call maintenance.

Meals

The meals are served in a buffet style.

The schedules are:

Breakfast: 7:30 – 10.00

Lunch: 12.30 – 15.00

Dinner: 19.30 – 22.00

The main dishes are composed by soup, salad, bread, the main dish, desert, water, juice and coffee. The menu for each week is previously decided and can be consulted in the reception, if you require something special or different please request in advance. We also recommend you to be punctual and to respect these timetables.

Phone

All the houses have a phone. To do an external phone call you must dial 0 first. The price depends on the destination. Ask prices in the reception.

Internet

There is an Internet cable system in the houses. Ask for the cable in the reception and turn it on to the phone line.

Common Areas

The main common areas in the resort are: restaurant, bar, gym and leisure outside areas. The main building has most of the common areas: restaurant, bar, gym and SPA. All meals will be served in the main room. The bar, where you can drink and eat some snacks, is open until 23h. There's also an outdoor swimming pool (free) and a kid's playground. As common areas it is used by other guests so we kindly request you to respect them.

Shopping

The hotel can take you to the supermarket depending on their availability. Contact the reception for more infos.

Laundry

Your laundry can be done by the hotel maids. If you want to have them dry cleaned an external company will do it. Ask for prices in the reception.

Gym

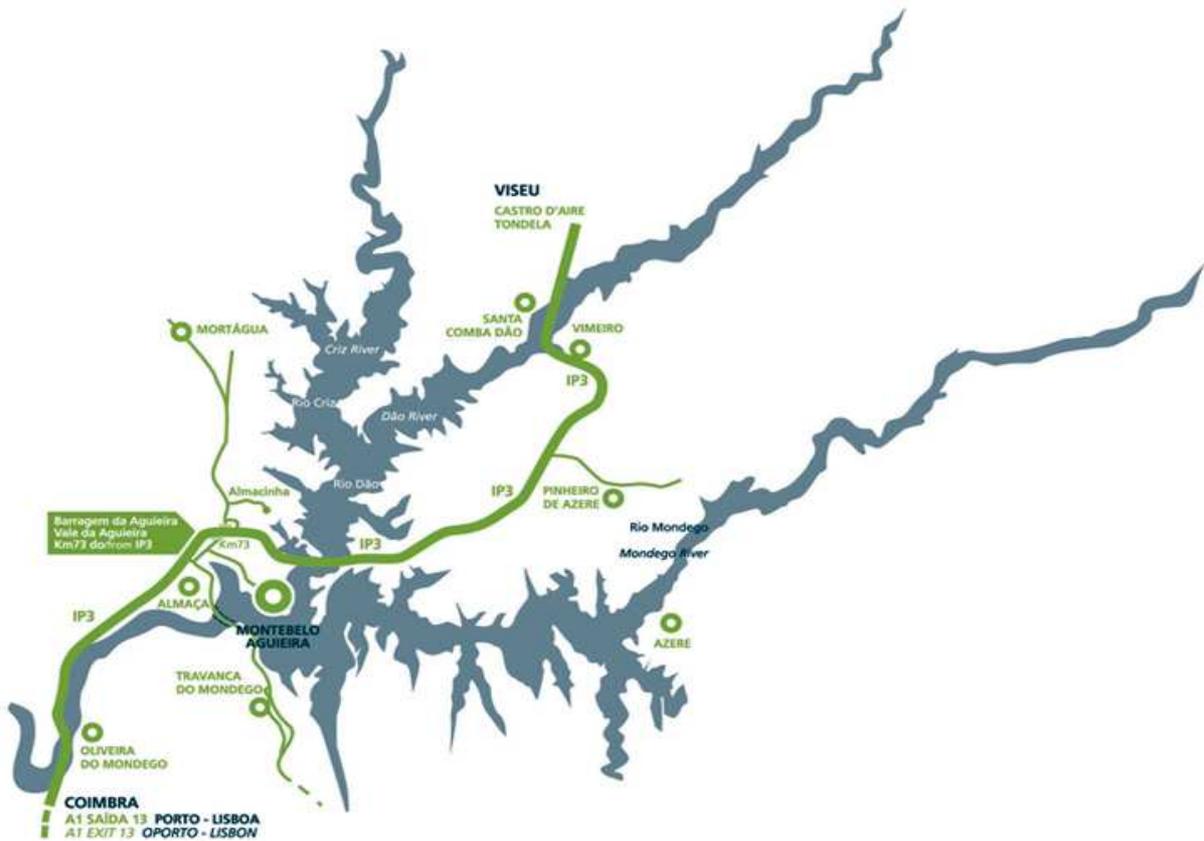
The gym is located in the marina.

The use of the gym can be conditioned by schedules when many teams stay in the hotel. Ask your manager for your training hours.

The use of towel is compulsory. The use of the gym is at your own risk.

Training**Paddling**

The dam is called Aguieira, it's 80 km long with various widths over it's three main branches. See the map below to see some marks for distance:



Nelo is lending kayaks to the teams training here. They will be stored close to the dam (as well as the motor boat). We kindly appreciate that you treat the boats as your own. If there is any problem with the boat, please contact Nelo immediately.

Start System

Method of use:

0. Ask the key and equipment in the reception (only if you have booked before)
1. Connect the compressor in one of the electricity "towers" in the Marina
2. Connect the red and green hose to the gray box attached to the compressor, there are colour indications on where to connect.
3. Turn the compressor on.
4. Press the command button.
Red - to prepare the system
Green - to start

Important notes:

it's necessary make a reservation with the day and time you wish to use, at least 24hours in advance; the reservation is made with us, through an e-mail (marisa.magalhaes@nelo.eu)



You will be responsible for all equipment during your time of use.
If you encounter some problems during the use, stop using immediately and inform us.

There is a Nelo tool box with spares and basic tools accessible to the team manager at the boat shed, the keys can be picked up from reception.

Motor Boat

We have 11 motorboats in this hotel.
The motorboats should be used:

- 1 According to the instructions in the boat
- 2 Respecting the other teams on the water
- 3 Not as speed boats or for any other purpose than following athletes on the water.

When there is more than one user per boat in the Center, they should agree a timetable and/or distribution of the boats.

Gas – Is responsibility of each team. They can ask at the reception of the hotel if they have availability to take them to a nearest bus station, or if they might take them directly to the city. This will only work with small groups.

The gas tanks should be removed every day from the boats and stored the boat shed.

Transfers

A minimum of 100 nights is required to access the free transfer.

If you don't reach the required nights and if you want, we can manage the booking, but you have to ensure the payment.

Prices:

. Taxi:

250€ - from Lisbon
120€ - from Porto

. Mini van 9 seats:

325€ - from Lisbon
190€ - from Porto

. Bus, 55 seats:

550€ - from Lisbon
300€ - from Porto

Payment of the stay

The payment should be done before or during your stay.

Nelo Survey

After your stay the hotel will ask you to fill a satisfaction survey. We would like to know your opinion to be always improving our services and for that we need your help.