

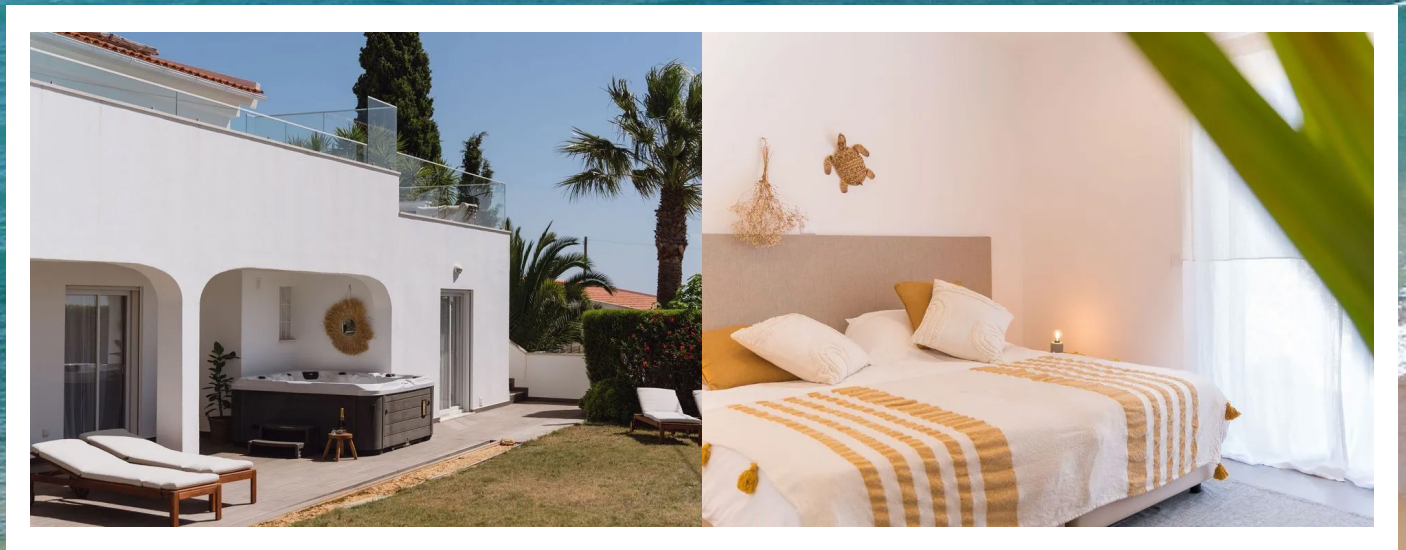
# WALK & TONE

escapes

21–25 October 2025 (4 Nights)

# RETREAT

## Buden, Portugal



---

Walk and Tone  
Pilates  
Yoga  
Paddleboarding

---



WALK & TONE

[walkandtone.co.uk](http://walkandtone.co.uk)



# WALK & TONE

## PORTUGAL RETREAT 2025

*Join us in Buden, Portugal  
for a five-day Walk & Tone retreat*

---

### THE PACKAGE: £550

**Four night stay at Honest Place guesthouse (21-25 Oct 2025)**

**Tuesday** arrival: meet and greet evening with canapés and drinks reception.

**Wed/Thurs/Fri:** Breakfast included. Fitness activities throughout the day: Walk and Tone, Pilates, Yoga, Paddleboarding (sunrise or sunset).

**Saturday:** Breakfast and a HIT or PiYO session (optional) before leaving.

**Food:** Breakfast included in package price (continental pastries, fruit, toast, cereal, eggs, tea, coffee and juices).

**Take time out to read or relax** at the guesthouse or explore the nightlife and local sights. Taxi services are affordable and it's only a mile down the road to both Bergau and Salema.

**Included:** Weight management and nutrition consultation (20-30 min.)

#### **Extras available:**

- Massages (cost TBC)
- Extra paddleboarding sessions (£50)

**Cost:** £550 per person (based on two people sharing a room).  
25% deposit to secure your booking.

#### **Not included:**

Lunch and dinner not included. Lunchtime is for your leisure time to explore. For dinners, we will book tables in local restaurants if you would like to join as a group for a social, enjoying a glass of wine or local beer together, but this is optional. Flights to Faro International Airport and transfers not included. Please arrange your own travel insurance.



[walkandtone.co.uk/retreat](https://walkandtone.co.uk/retreat)