

TOMAR

WELLNESS RETREAT

JUNE 2022





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“The real voyage of discovery consists
not in seeking new landscapes, but in
having new eyes.”

- M A R C E L P R O U S T



DISCOVERING TOMAR

... a sleepy town waiting to be discovered

Located in central Portugal, Tomar is a city of great charm with lots to offer visitors and residents. It's home to the long preserved Tomar Castle and Convent of Christ which boasts ornate medieval architecture and deep rooted history.

Surrounded by the National Forest of Seven Hills, Tomar is also divided by the Nabão River. Offering a relaxed yet welcoming spirit to its narrow-cobbled town and mosaic-tiled gardens. Mouchão Park has a wooden water wheel evoking the time when mills, oil presses and farmland along the river all contributed to Tomar's economic prosperity.

The Tomar region has a wealth of artistic talent through a long history of crafts including ceramics, embroidery and weaving. The town includes some of the oldest café where the delights of the local pastries can be appreciated: almond and squash queijadas (cheese cakes) and the traditional Fatias de Tomar (Tomar slices) made with just egg yolks and cooked in a bain-marie in a very special pot, invented by a local tinsmith in the mid-20th century.

Tomar also hosts the Festival dos Tabuleiros (Festival of Trays), every four years. Dating back to the 1300s this festival transforms the town into a colourful stage for celebrations. Women carrying baskets of bread and flowers parade the streets, with plenty of dancing, drinking and Portuguese cuisine.



STEEPED IN HISTORY & SHAPING THE FUTURE

...wellness is a connection of paths, knowledge, & action

Designed to restore and reignite, the Tomar Wellness Retreat will provide the ideal opportunity for guests to experience an authentic journey of discovery to wellbeing.

The site will focus around three main anchor points to drive the cohesive design concept. Creating a sense of exploration for guests on the site and the wider region of Tomar will be a major attraction for adventurous types or those who plan to soak in their surroundings in a more subtle manner.

Hotel and estate facilities will allow guests to fully immerse themselves into the culture and heritage of their environment. Understanding the processes and techniques used in traditional crafts will provide guests the opportunity to learn individually or in groups, creating a feeling of community, no matter the length of stay.

The grounds will have facilities to cater to guests varied needs, from a sports academy focused on peak training requirements for national and international athletes, through to casual relaxing activities of disc-golf and hiking, or relax and unwind in the natural environment.

- Local construction, trades, traditions & produce
- Geotourism, natural landscape & glamping
- Historical sites



- Olive oil making
- Wine tasting
- Classes; cookery, pottery, soap making



- Fitness; sports academy
- Health focus
- Spa; meditation, yoga

EXPLORE

... a landscape which begs to be explored

Awake your senses with solitary or guided group walks through the woodlands: the ground beneath your feet, the sky above you, the scent of pine in the air, sunsets among olive trees.

With opportunities to savour the extraordinary setting through hiking trails, bike riding and by foot. Guests will have the chance to visit the nearby aqueducts and take historical tours through the city, retreating to their hotel room, tree top cabin or even glamping ground in this rural escape.



I M M E R S E

...learning is a treasure that follows its owner everywhere

Curated for guests seeking highly tailored and culturally immersive experiences in a luxury setting. Local specialists will teach classes such as soap making, cookery and pottery making.

The fertile soils allow for vineyards and olive groves, ideal for olive oil making and wine tasting experiences with a picturesque backdrop.



RECONNECT

...helping guests reconnect with themselves, others, and the world around them.

Guests will have the chance to switch off from the pressures of fast-paced living and enjoy time with friends, family or just to be at one with nature.

The retreat will offer unrivalled settings for moments of pause and meditation with locally inspired spa treatments, mindfulness programs for improved sleep & nutritional health.

There will also be a fitness hub in the designated sports academy where residents, hotel guests and external sports people can appreciate the highest quality in modern training facilities.



A FRESH EXPERIENCE FOR ALL

... experience is the teacher of all things

The Restaurateurs

Lucas plans to taste the region's wine, olive oil and local produce to bring back to his Portuguese restaurant, run with his brother Miguel. With the hopes of taking a well deserved break from his demanding business.



THE
EXPLORER

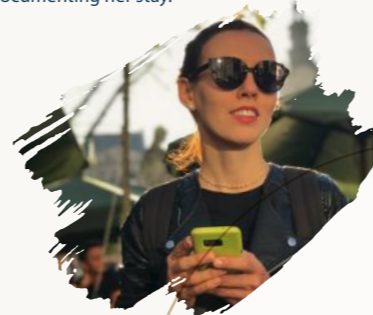


The Nomad

Josh continues his travels to Tomar seeking unique experiences, adrenaline, and adventure. Keen to meet new people and share cultural exchanges & activities in his free time from running his own online business.

The Travel Influencer

Natalie - Seeks adventure travel to promote destinations, attractions, and local products associated with Tomar and the coast by leveraging their social media influence. She plans to immerse herself in the culture whilst documenting her stay.



THE
EXPERIENCE
SEEKER



The Family

Susan & her family are undertaking an excursion to Tomar. Education and learning are primary parts of their trip. They want to enjoy nature, the outdoors and engage with workshops and educational activities.

The Honeymoon couple

Newly-weds Mark & Laura are seeking a well needed retreat after months of wedding planning and celebrations, they plan to soak in the culture of Tomar whilst making full use of the wellness spa facilities.



THE
WELLNESS
SEEKER



The Wellness lovers

Peter and Siobhan - Seeking rest, relaxation and wellness, yoga, meditation, and mindfulness practitioners. They want to experience the elements of nature, interacting with space, light, and sound.

RE-IMAGINE TOMAR

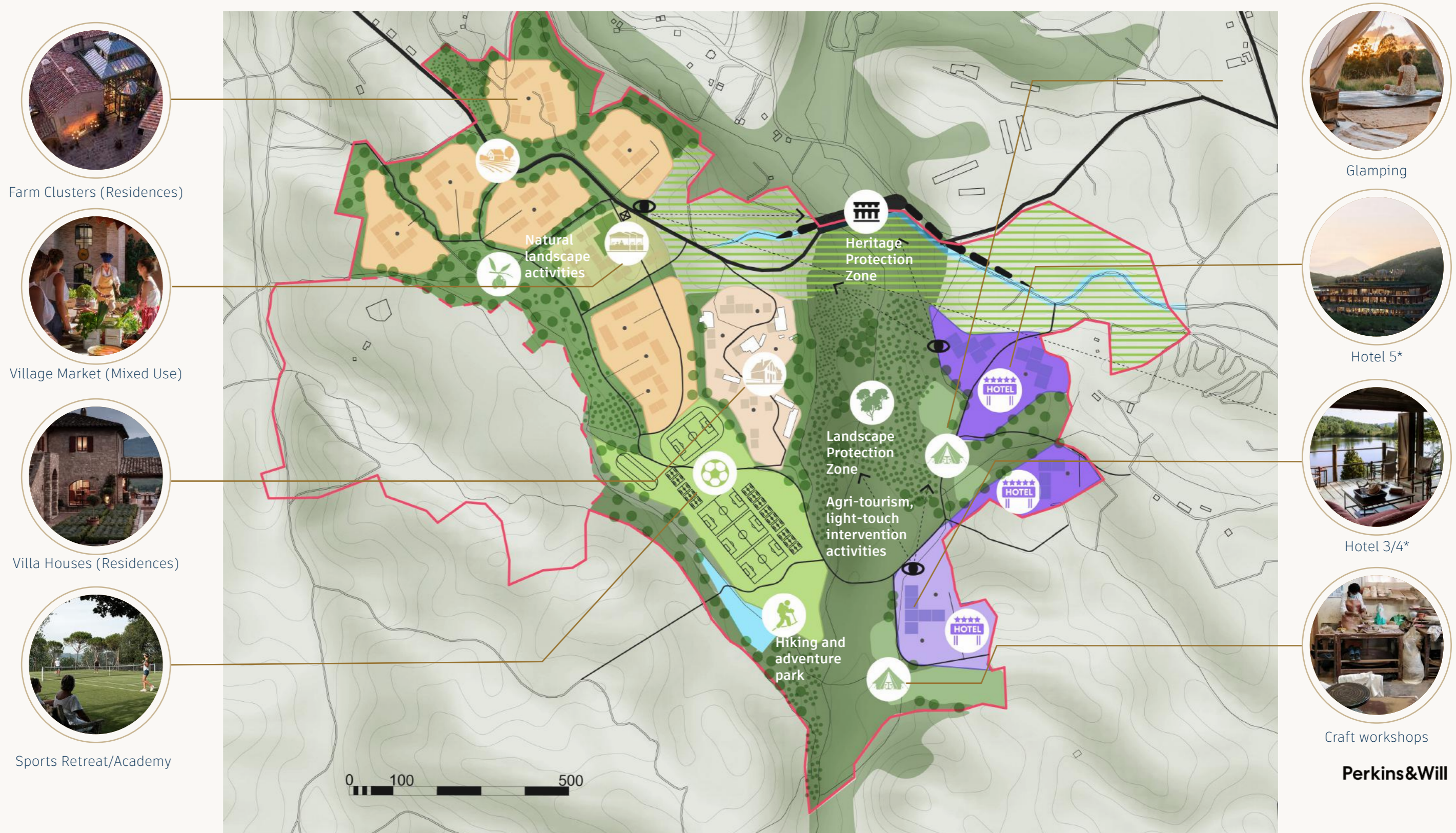
... a new chapter in the history of Tomar

- Add value to the Natural and Cultural Landscape - namely the Pegoes Valley and Aqueduct of the Convent of Christ (National Monument)
- The efficient management of water and environmental and economic optimisation of the proposed system of infrastructures.
- The promotion of efficient energy and waste management
- The promotion of comfort, environmental quality and safety.
- Organic approach to the design philosophy
- Utilising the best of local materials and craftsmanship
- Potential to be leader in sustainable, energy efficient hospitality.
- Sitting lightly on the planet
- Biodiversity net gain through landscape curation
- Improved water quality
- Positive social value
- Local schools/programmes/education centre.
- Bring new business opportunities to local people
- Raise awareness and profile of the region

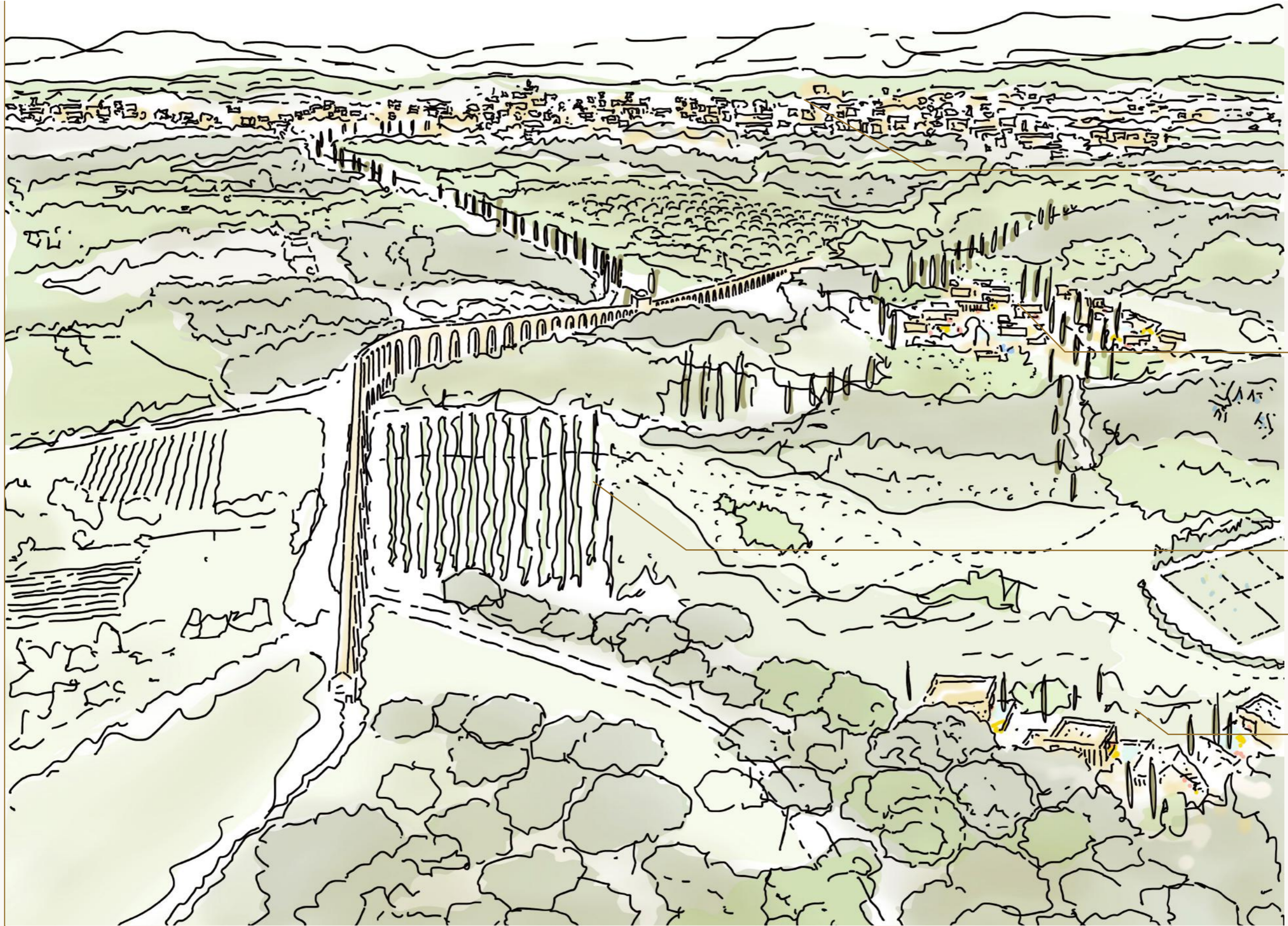


AN OPPORTUNITY UNIQUE TO TOMAR

A Balanced Plan for Future Development



AN OPPORTUNITY UNIQUE TO TOMAR



Tomar



5* Hotel



Agri-tourism



Branded Residences

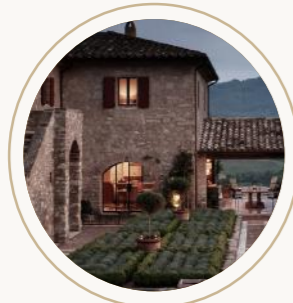
AN OPPORTUNITY UNIQUE TO TOMAR



Farm Clusters (Residences)



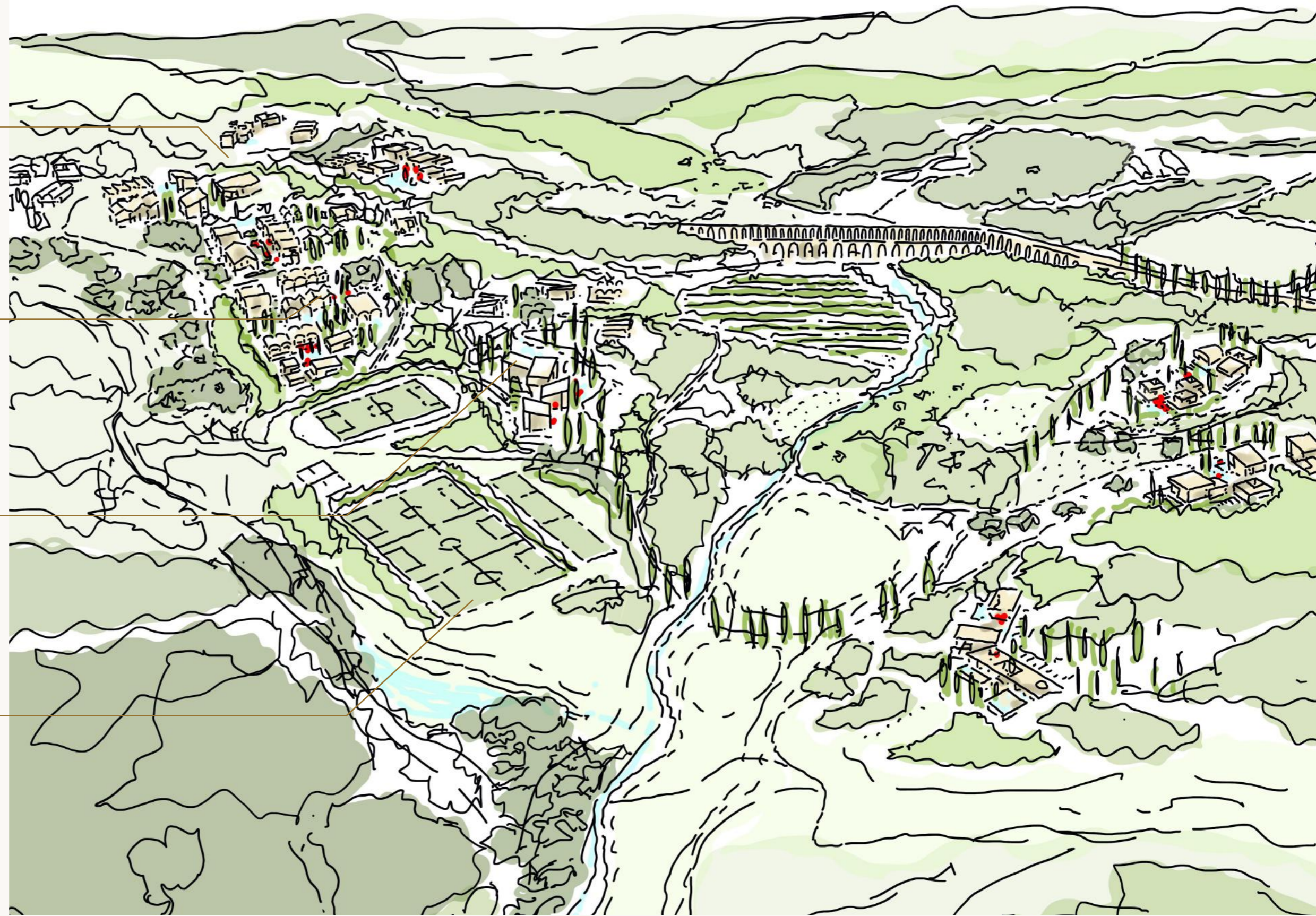
Village Market (Mixed Use)



Villa Houses (Residences)



Sports Retreat/Academy



CREATING QUALITY

... quality is not an act, it is an ethos



Ritz-Carlton Reserve, Nekajui

107 guest rooms and suites on Pochote Bay; scheduled to open in 2024



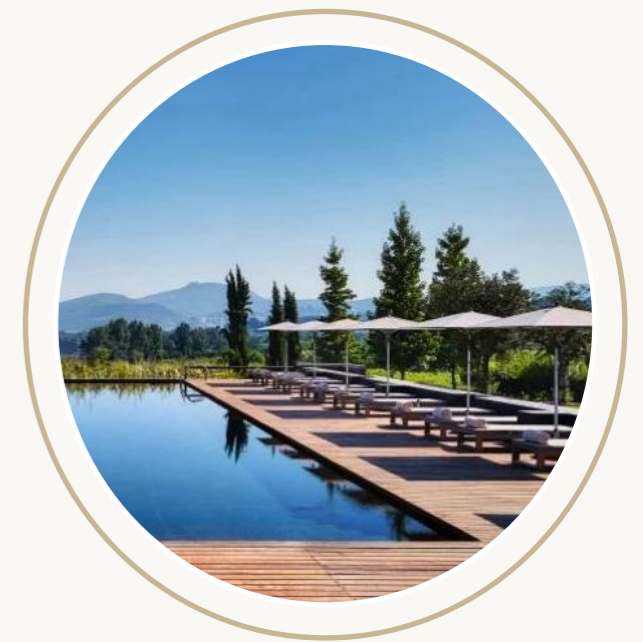
Six Senses Resort (Antognolla)
Umbria, Italy

The 107-key resort will include a striking medieval castle, luxury villas, contemporary designed spa suites in a newly-built borgo, Six Senses Spa, diverse cultural offering, an organic farm, and a state-of-the-art golf course.



Reschio Hotel & Estate, Umbria Italy

Scattered around the wild expanse of Reschio are 8 magnificent houses, available for rental. 36, including 25 suites



Six Senses Douro Valley
Portugal, Lamego

Nine Valley Rooms and Suites and two Pool Villas offering connected rooms, lounge spaces and generous gardens with pools. Open Kitchen and a host of artisan experiences and vineyard tours.

Tomar Wellness Retreat Vision June 2022
Urban Catalyst Aqueduct Estates

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