



VALE^{DAS}LOBAS

**Nature & Health
Sanctuary**

Welcome

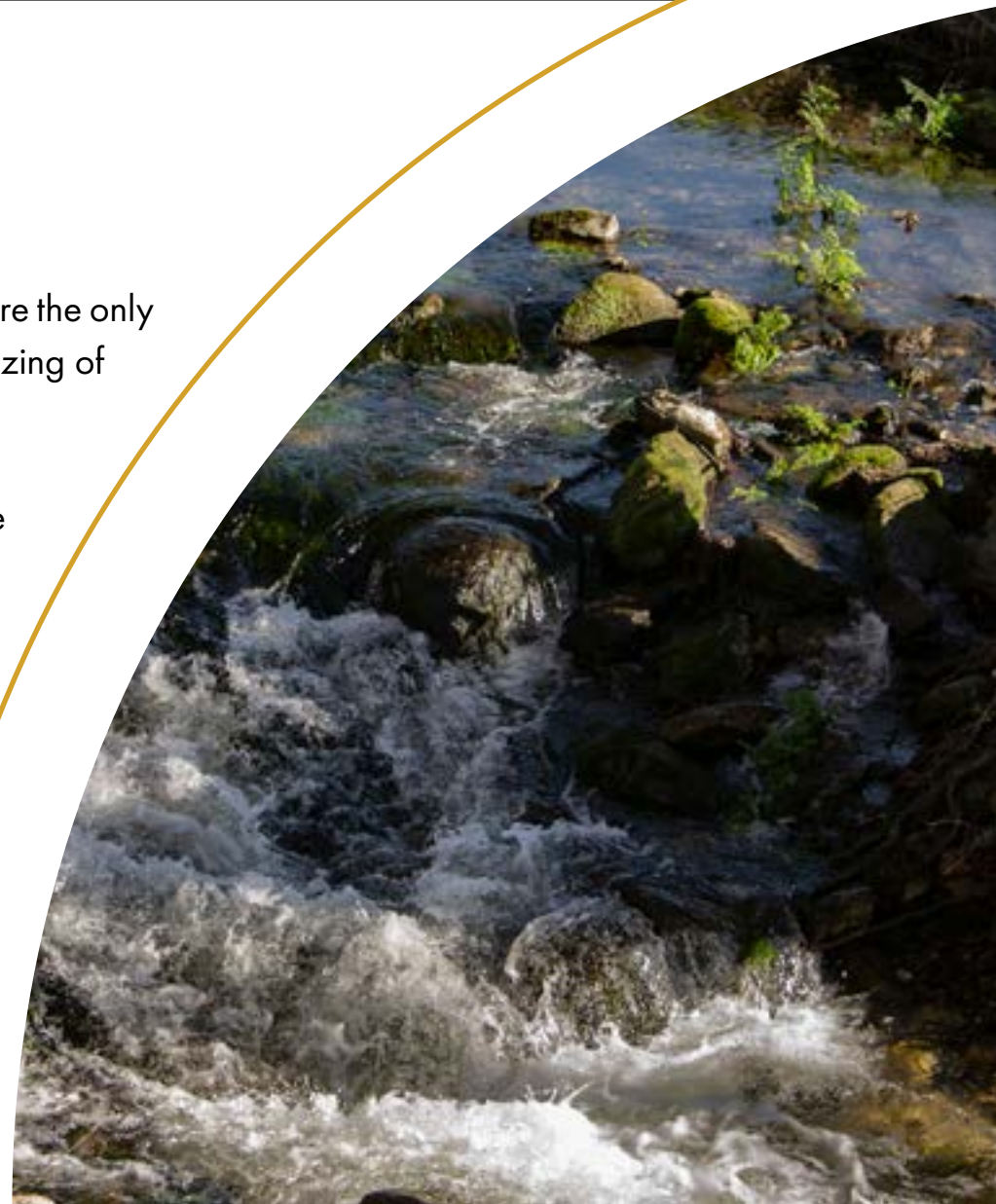
Imagine

A place with clean air, natural springs, and traditional farming, where the only sounds to break your meditation are the trickling of water and the buzzing of bees.

An ancient valley with sacred sites from the neolithic era – full of the power of wild nature, where the connection between humanity and nature is still intact, as is the unbroken link to ancestral wisdom.

A place which subtly supports your reconnection with yourself and with nature.

Just being here is revitalising....



A Sustainable, Peaceful and Healthy World

The Earth is sacred, and it is our task to take care of her wisely. This is a period of emergence and emergency, a crucial moment in our history, in which we must come together, transcend divisions and unite in a vision of Peace – a lasting World Peace where each generation hands on a better world than the last. It is time to make a choice about what kind of future we want for our children.

Vale das Lobas is a model for rural regeneration, based on a holistic approach. The goals are to restore health, revitalize community and regenerate biodiversity. This is being achieved by the creation of economically and environmentally sustainable businesses, in nature tourism, regenerative agriculture, natural building and artisan crafts.

“But man is a part of nature, and his war against nature is inevitably a war against himself.”

- Rachel Carson



We are living in a period of emergency and emergence

Humanity is becoming increasingly disconnected from nature, This disconnection results in a myriad of problems, from chronic disease to cultural deprivation, and many are now searching for a deeper connection that links them again with ancestral tradition and with nature.

Throughout Southern Europe, rural landscapes that once had vibrant communities, where the land was well managed and provided an abundance of produce and materials, are now abandoned.

During the 20th century, populations left for a life in the cities. In many villages, only the elderly remained to take care of the farms; the final custodians of an ancestral tradition.

The Vale das Lobas initiatives encourage and support the return of original migrants, create opportunities for a new migration, and provide nature-based discovery and well-being experiences for visitors.

This model could be successfully applied in many depopulated rural areas.

Respite, recreation and renewal in nature



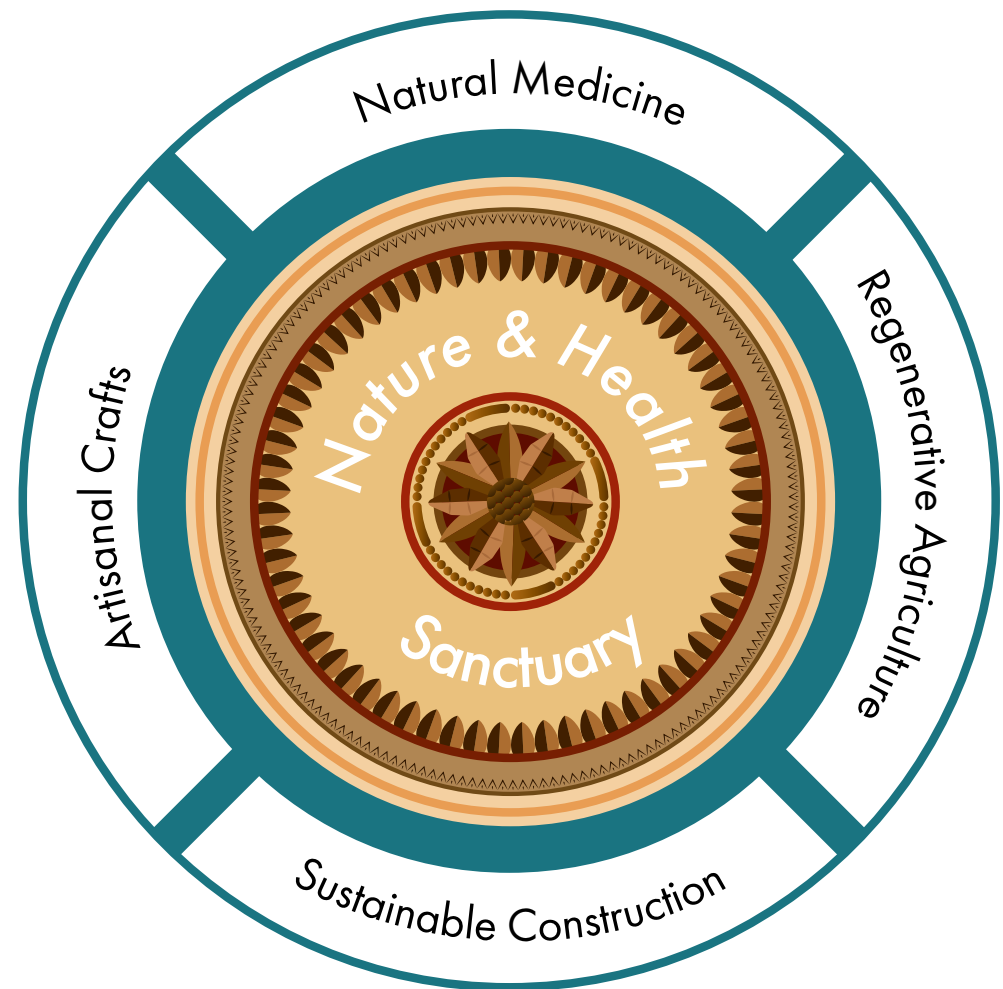
Interventions



Where Nature Heals

Vale das Lobas is a rural regeneration initiative, to restore health, revitalise community and regenerate ecology.

The interventions have been carefully designed to integrate ancestral traditions with innovation, using sustainable construction, regenerative agriculture, natural medicine, and artisanal crafts.



Holistic medicine that harnesses the healing power of nature, including the human body's inherent self-healing mechanisms, to prevent and cure illness.

- **Nutrition** – Detox the system and food as medicine
- **Homeopathy** – Rebalancing vital energy
- **Herbalism** – Plants that heal
- **Aqua-therapy** – The waters of Life.
- **Yoga** - Kundalini and other styles
- **Cranio-Sacral Therapy** - Rebalancing somatic energies
- **Healer's Journey** - Inner Transformation

**Reconnection with Self and Nature
for healing and well-being**



**The healing power
of Nature**

Regenerative Agriculture

The foundation of human well-being lies in healthy soils and healthy food. The best indicators of ecological regeneration are improving soil quality and increasing biodiversity.

Organic Production

Olives • Chestnuts • Walnuts • Fruits • Corn • Rye • Chickpeas
Farm-to-Table Vegetables

Organic Transformation

Olive Oil • Chestnut Flour • Dried and Prepared Fruit products

"Serra Lusa" Biodiversity Park

A haven for wildlife and for nature - a community driven initiative to repurpose abandoned lands, including groundwater management, reforestation, soil biome enhancement, rewilding, agro-forestry and natural fire protection.

**A new balance
between agriculture and nature**



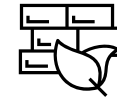
Sustainable Construction

Inspirational and innovative designs using **natural and local materials** that minimize environmental impact.

Principal construction materials used are Granite, Lime, Straw Bales and Compressed Earth Blocks (CEB).

Buildings made with natural materials create the ideal atmosphere for living. Homes from CEB stay cool in summer and cosy in the winter. The walls can breathe, and have high thermal mass.

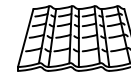
**Extensive use of
renewable energy
sources and
water recycling**



Compressed Earth Blocks
Wall Construction



Cork
Insulation



Traditional Portuguese Tiles
Roof



Wood
Floors & Roof



Photovoltaic
Energy



Vortex Hydro-Turbine
Energy



Geothermal
Heating



Biological Filtration
Water Treatment



Rainwater Harvesting
Irrigation



Creativity and inspiration

Ancestral traditions combined with innovation

A catalyst for social and economic growth in the region.

Artisan Market Place

Venue for regional artisans and crafts-persons to offer their products and produce.

Festivals and Celebrations

Participatory music and dance events linked to the agricultural calendar - Milho, Vindima, Magusto, Azeitona and more...

Workshops and Courses

Apprenticeships and trainings

Facilities & Experiences



A destination for Well-Being, Discovery and Biodiversity, in the heart of rural Portugal



Biodiversity Park

Refuge for wild nature, inspired and driven by community engagement



Camping Park

Gateway to adventure and nature discovery



Nature Spa Hotel

Well-being programs, spa retreats, courses and conferences



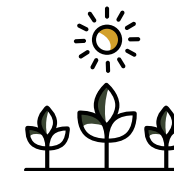
Riverside Restaurant

Serving delicious organic food from our own gardens



Artisan Village

Residential tourist village, with 26 eco-homes



Regenerative Organic Farm

Agro-ecology put into practice in our gardens, orchards and forests

Nature Spa Hotel - The spiritual heart of Vale das Lobas

- * Restored 17th century manor house including “Capela do Girões”
- * 23 bedroom Hotel (3 stars), with Restaurant and Conference facilities
- * Spa with natural mineral water from ancient water mines
- * Botanical & medicinal gardens and Apothecary



Well-Being Programs:

Reconnect with the Rhythms of Nature

Reconnect with the rhythms of nature, and listen to the wisdom of your soul. The Well-Being program provides a deeply restorative experience, full of inspiration, introspection and magic. The therapeutic and nutritional support is designed to facilitate deep change.



Courses & Conferences:

Learning for Life

Regenerative Agriculture, Natural Medicine, Sustainable Construction and Artisan Crafting with an integrated approach and understanding.



**Grand
Opening
in 2022**



**Opening
2022**

- * Restored iconic 19th century granite olive mill
- * Café/bar with waterside terrace
- * Vortex hydro-electric turbine
- * Dining area for 120 people
- * Gallery and performance space



Gastronomical discovery

International menu with focus on local, organically grown produce from own gardens served with traditional Beira Alta hospitality.



Artistic discovery

Celebrations, festivals, music and dance events; venue for private parties.



Opening 2022

Newly constructed Camping Park set in a 7 hectare olive grove with capacity for 90 people

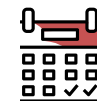
- * Reception building
- * Yin-yang circular bath-house
- * Communal kitchen and recreational space
- * Luxury Camping Units
- * Natural Swimming Pool



Accommodation:

Quality at budget price.

Individual, group and family camping
Autocaravans



Reception and booking services:

Discovery Experiences

Hiking, mountainbiking, horseriding,
wildlife watching

Artisan Village

Residential Tourist Village with 26 detached properties, each with private garden and driveway

Set within 20 hectares of meadows, forest gardens and hillsides with stunning views and 1km of river frontage

1 bed eco-studios, 3 bed eco-bungalows and 5 bed eco-villas

Recreation area with natural swimming pool and Kids Adventure Park



Residential

Eco-homes for sale off-plan, with choice to permanently reside or to rent for tourism



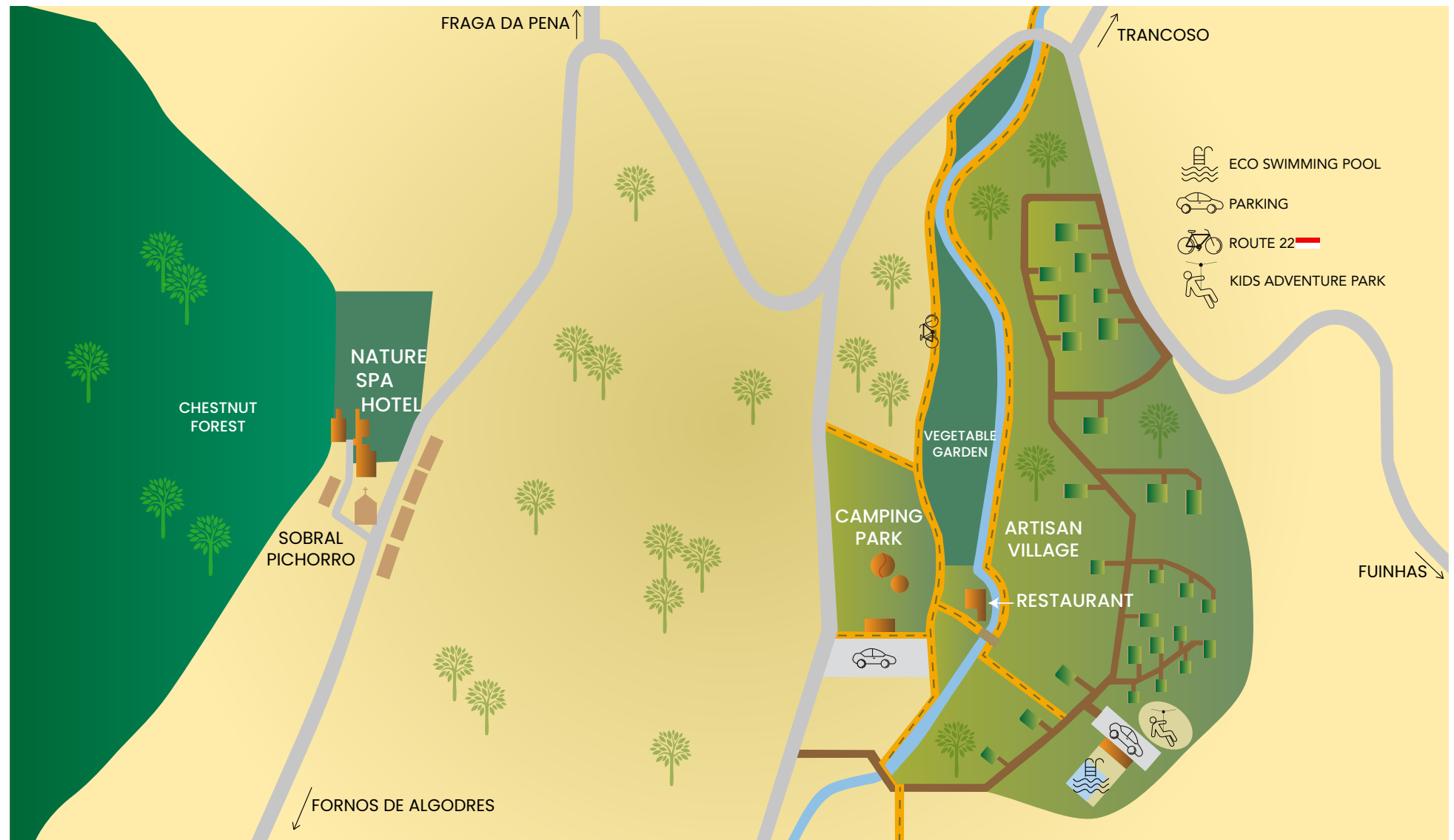
Tourist Rental Services

Luxury four star accommodation for individuals, families and groups

Opening
2024



Vale das Lobas Master Plan





Get involved

Residential Eco-Homes

Buying an eco-home in **Artisan Village** is more than investing in a property. It is an opportunity to own your sustainable rural house, and you are also investing in regeneration, biodiversity and sustainability, and getting a return on your investment.

Property owners can opt to live as full-time residents, or to rent their home to vacation guests through our rental program.

Artisan Village property owners will benefit from a comprehensive range of support services. Be assured of a well-managed, perfectly maintained property and the ideal stay for yourself and your guests.

Being at home in Nature



[Click here to learn more](#)

Circle of Guardians

The Circle of Guardians is a community of service givers who are aligned with the mission of Vale das Lobas. The service can take the form of wise counsel, technical know-how, research, guidance, prayer, financial support or other.

Being a Guardian is an honorary position. A successful applicant is invited to join the Circle of Guardians in the spirit of mutual trust and celebration. You can choose in which form to give your support to Vale das Lobas.

Guardians who are able to support Vale das Lobas financially can do so with a Guardian Loan. The loans, and the other support provided by our Guardians, are vital to the health of this development.

Join the Circle
Be part of the solution



[Click here to learn more](#)



Sacred Earth Investments

Vale das Lobas Lda. is a purpose driven social enterprise.

A more-than-profit company, aware that profitability creates long-term security and sustainability, confers trust, and allows the realisation of the mission, goals and objectives.

Vale das Lobas is opening a call for equity investment, allowing interested parties to join in the spirit of partnership.

Sacred Earth Investments Lda holds Investor Shares in Vale das Lobas Lda, providing a framework for new investors to join.

**Put your money
where your heart is**



[Click here to learn more](#)

Employment and Traineeship

Employment Opportunities

There are currently more than thirty people working directly or indirectly for the Vale das Lobas project, in architecture, engineering, construction, agriculture, forestry, administration, marketing and management. As the Grand Opening approaches, there will be further opportunities in catering, hospitality, and many other areas.

Traineeship Program

The “Thirteen Moons” internship program is a training in the theory and practice of Natural Farming, Natural Building and Natural Medicine. It is a course for people who are already qualified in one of these areas, to help them widen and deepen their personal and professional practice, towards a truly holistic and integrated understanding.

Working for a Healthy World



[Click here to learn more](#)

Vale das Lobas has good accessibility with air, road and rail connections



Road

Guarda 20 minutes; Viseu 30 minutes; Porto 2 hrs;
Lisbon 3 hrs 30 mins; Madrid 4 hrs

Rail & Bus

Porto 2hrs 30 mins; Lisbon 3hrs 30 mins.
Direct rail links to Madrid and Hendaye -
French border.

Nearby distances

Fornos de Algodres 12 km
Celorico da Beira 15 km
Trancoso 15 km
Gouveia (Serra da Estrela) 28 km
Torre ski resort 65 km



Where Nature Heals

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