



**STEP 1 - SOMATIC IFS RETREAT WITH
SUSAN MCCONNELL AND CO-LEAD
MARCELLA COX
PORTUGAL,**

APRIL 22 - 29, 2026.

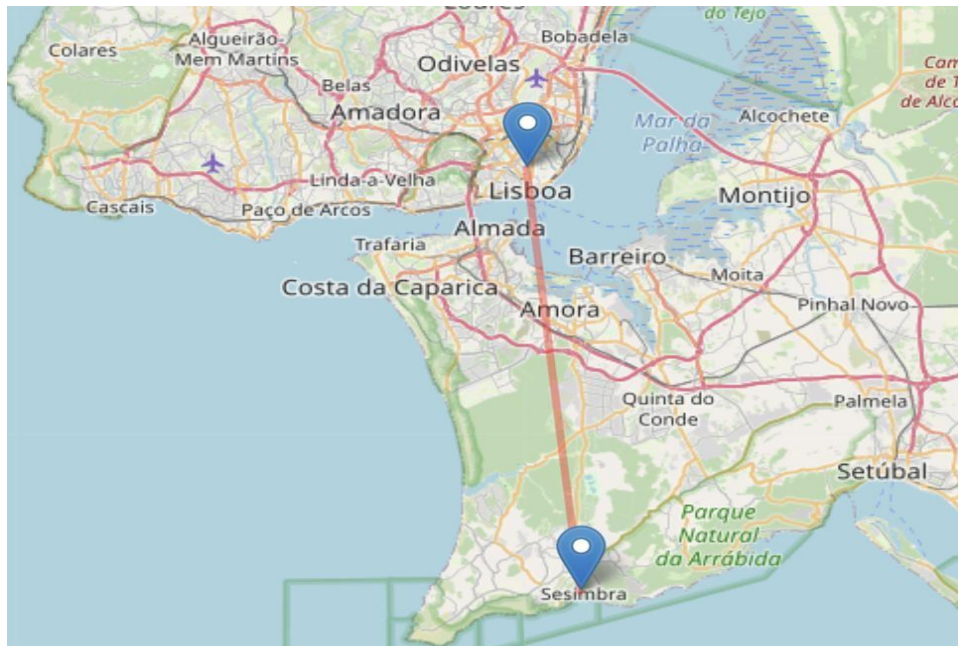
Sesimbra Oceanfront Hotel, Portugal.

<https://www.sesimbraoceanfront.com/en>



Here is some general information which you might find useful as you plan your trip to beautiful Portugal for this wonderful retreat. If we have missed anything or you have any further queries, please don't hesitate to let us know.

How to get there.....and more!!



Lisbon (Airport) approximately 45km north of Sesimbra

Portugal is located at the southwestern tip of Europe, with mainland dimensions of 218 km wide and 561 km long, and boasts 832 km of stunning Atlantic coastline. This remarkable country, known for having the oldest borders in Europe, features a diverse array of landscapes and a rich cultural heritage where tradition and modernity beautifully intertwine. Portugal's exquisite cuisine, fine wines, and warm, welcoming people make it an extraordinary destination.

Portugal's capital is Lisbon (Lisboa). Lisbon's Humberto Delgado Airport serves as a major hub, with most major international airlines offering direct flights to the city. Additionally, many European airlines provide flights from cities such as Dublin, Manchester, London, Paris, Munich, Frankfurt, Madrid, Rome, and more. For specific routes and flight options, please check with your international and domestic airlines for both direct and indirect flights to Lisbon International Airport.

Sesimbra: The Retreat Location:

Sesimbra is a charming town located 42 km south of Lisbon in the Setúbal district, home to a small yet significant fishing port. Nestled in an area of natural beauty, Sesimbra is known for its stunning white sandy beach, kissed by the turquoise waters of the Atlantic. A scenic boardwalk runs along the beach, extending the length of the town. This vibrant locale features narrow streets that open into small piazzas, lined with quaint shops and restaurants offering delicious locally caught fish dishes. There's plenty to do in Sesimbra, from engaging in sea sports to hiking in the nearby national park. Visitors can also explore the town's historic buildings and discover the rich cultural heritage of the region.



Sesimbra Oceanfront Hotel..

The Retreat will be held at the 5-star Sesimbra Ocean Front Hotel, situated at an elevated point in the town. This prime location offers stunning views of the fishing port and the beautiful white sandy beach that stretches along the coast. Convenient access to the beach and town is available via elevators that take you directly from the hotel to the boardwalk and beach. Lisbon's Humberto Delgado Airport, the main international gateway, is approximately 45 km from Sesimbra, with a travel time of around one hour by car, depending on the time of day.

Getting to the Retreat Hotel in Sesimbra:



Taxi?

There are three main modes of transport to travel between Lisbon Airport and Sesimbra:-

Regular Taxi or Uber Taxi: The most affordable taxi option from Lisbon City or Lisbon Airport to Sesimbra Ocean Front Hotel in Sesimbra is an Uber, costing approximately €28 per person. In contrast, a local standard taxi, typically available at Lisbon's bus and railway stations or outside the airport's arrivals area, can charge up to €70 per person for the same route. Therefore, we recommend using Uber for a cost-effective and convenient ride. Before you travel, please download the Uber app. Upon arriving at Lisbon Airport, whether at Terminal 1 or 2, the Uber pick-up and drop-off point is at the Departures area in Terminal 1. The Departures area is located on the first floor. After exiting the terminal, cross the street and wait for your Uber driver at the 'kiss & fly' parking lot.

Taxi from Hotel Do Mar to Lisbon City or Airport: Uber Taxi's in and around Sesimbra are hard to obtain, so when going from Sesimbra Ocean Front Hotel, back to Lisbon City/Airport it is advisable to get a standard taxi which can be booked at the hotel reception. The standard Taxi cost to Lisbon City/Airport can be up to €70 (Euro) per person, however a taxi can be shared which can bring the price down to €35 per person. The hotel reception will also be able to advise if there are any mini bus type taxi's available which could bring the travel cost down further per person.

Rental Car :- All major car rental companies are available at Lisbon International Airport, providing a range of options for your travel needs.



Aerobus

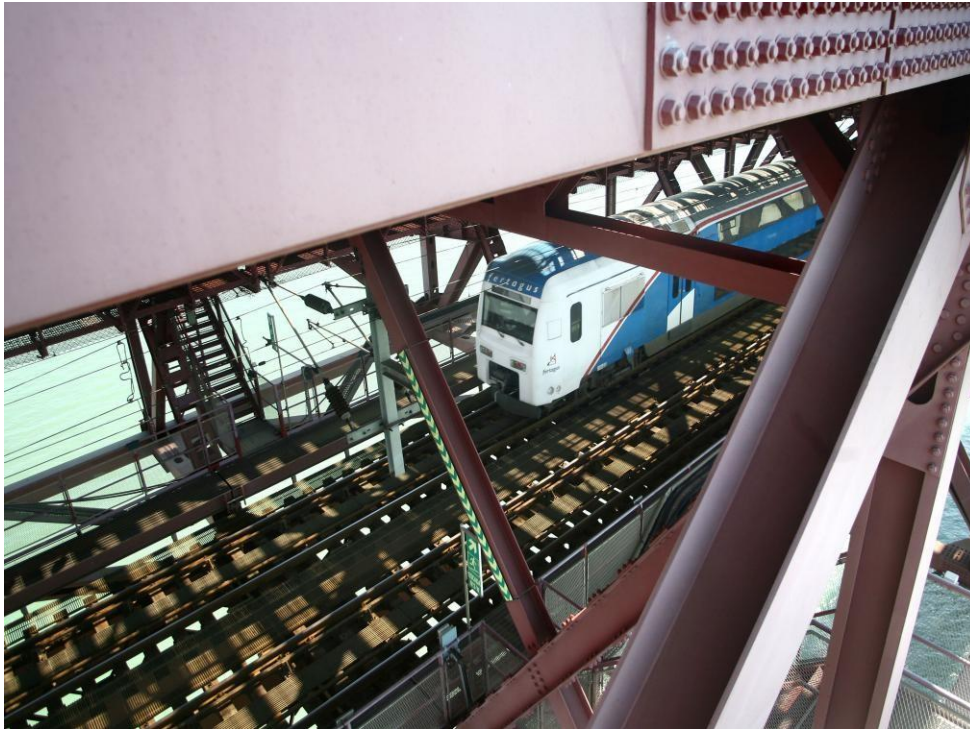
By Bus -: From the airport, you can take the AEROBUS Line 2, which travels into Lisbon city center to the Sete Rios Bus and Rail Station. The bus departs from Lisbon Airport every 20 minutes, and single fare tickets cost approximately €4 per person.

The Aerobus Line 2 also departs Sete Rios Bus Station to go back to the airport .

From **Sete Rios Bus and Rail Station** you get a public bus (Carris Metropolitana) to Sesimbra, Route number - 3721 This bus is direct and costs in the region of €5.50 per person for a single trip. Duration – 1 hour and 20 minutes depending on traffic

You can book a transfer by private car, taxi, train or bus to Lisbon City Centre from this link - <https://www.lisbonairport.eu/transport/buses.shtml>

Further information link for Lisbon Airport buses - <https://www.portugalvisitor.com/portugal-travel/aerobus>



Fertagus Trains.

By Train:- The train is a good option if you have a little more time and no rush when thinking about how to get from Lisbon to Sesimbra. There is also an option to get from Lisbon to [Sesimbra](#) indirectly by train. However, **it is longer and a bit more expensive than catching the bus**. Approx. (€6.55 (Euro) single Fare). You have to take the Fertagus train from the **Entrecampos Station in Lisbon to Setúbal**. In Setúbal, you need to get off the train and get on the 230 bus. However, this bus doesn't run very often. So if you're unlucky, you'll have to wait quite some time until you catch a bus.

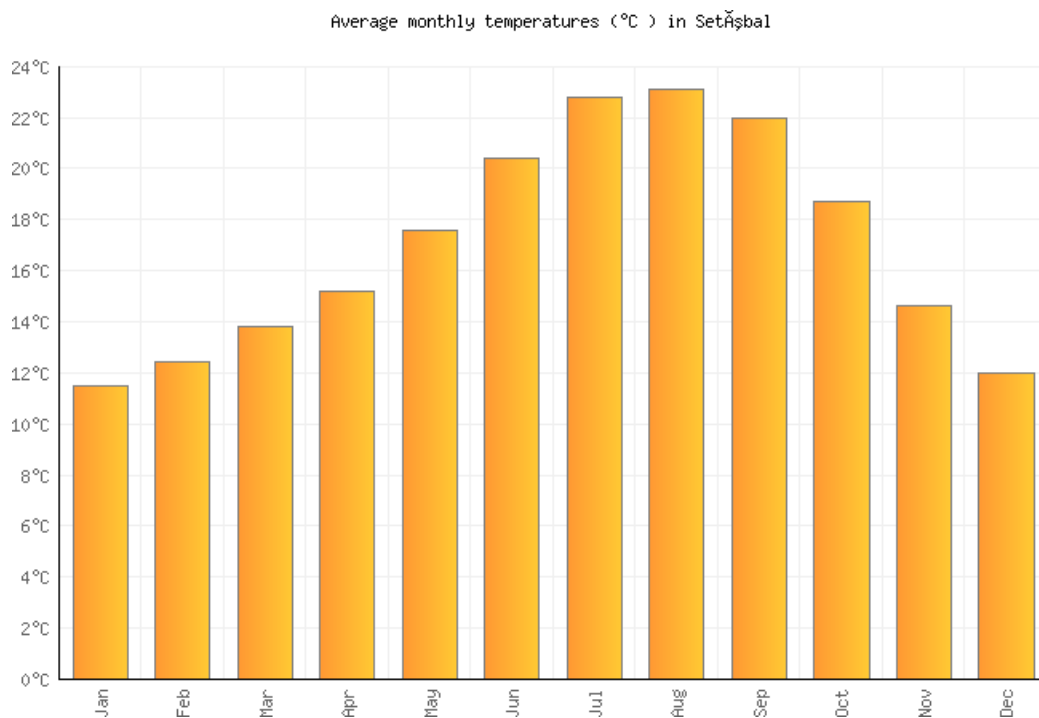
A **taxi** from Setúbal to Sesimbra will cost around €20. If you need to wait too long for the bus, this might be a good alternative to get from Setúbal to Sesimbra. The **train departs every 20 minutes** during the week. On www.fertagus.pt you can consult the timetables and fares.

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The Weather:

The weather in Sesimbra is generally mild all year round. It can go as low as 12c in January and reach as high as 25c to 28c in the summer months. Rain fall and cooler winds are at their peak in December and January. In spring temperatures rise to from 14c to 18c and in Autumn 14c to 20c. If you like it really warm then August is the hottest month. The best season to visit Sesimbra is during the spring or Autumn when the weather is warm enough to explore the region.

Average monthly temperature index in Sesimbra, Setubal Region:-



What to bring:



So what to bring! Firstly, swim wear for the indoor and outdoor pools and Spa. Or if you like to swim in the sea that's an option also. It is advisable for the retreat to bring light casual clothes so light pants, shorts, t-shirts and casual relaxed wear generally. As Sesimbra enjoys sunshine 300 plus days a year, please bring your shades, sunhat and some sun protection The evenings can cool down a little so it might be a good idea to bring clothes that allow you to layer up or layer down depending on the time of day. Jeans and a fleece or two for the evenings might be a good idea. If you are a keen walker, the hotel is near a large national park with walking paths so if that tweaks your interest, please ensure to bring comfortable walking shoes or sneakers.....and as much as we hate to say it, maybe pack a light raincoat...just in case!!!!

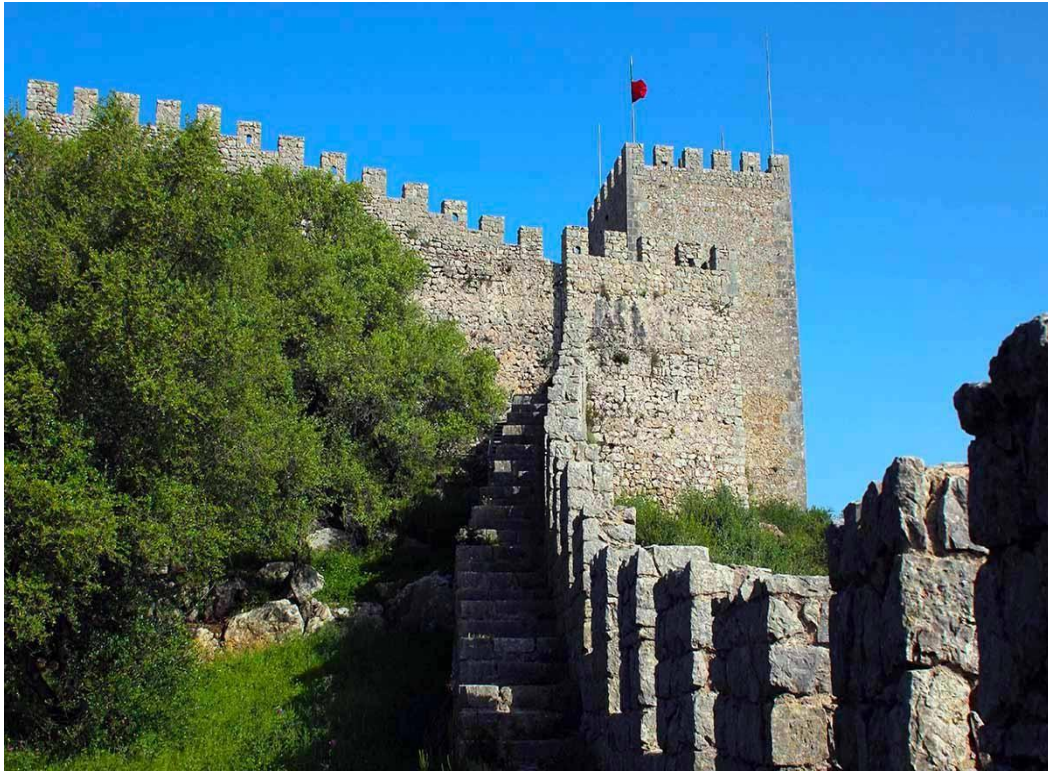
Where you will be staying for the retreat:



Sesimbra Oceanfront Hotel, Portugal.

Sesimbra Oceanfront Hotel a beautiful 5 star, modern bright and airy hotel with a warm welcoming Portuguese feel. The hotel offers a atmosphere of tranquillity right from the minute you stand in the reception area. Every window in the hotel including all the bedroom windows/balconies face down on to the wonderful panoramic view of the Sesimbra beach and the Atlantic ocean. From the hotel access to the beach and Sesimbra town is via elevators that bring you directly down unto the boardwalk and the beach. Sesimbra is a vibrant town in the Portuguese tradition of narrow streets leading to small piazza's. The town is very much a centre for locals and apart from the attraction of the beach there are lots of café's shops and restaurant's to browse or sit and watch the world go by The Hotel is renowned for its calm and comforting surroundings, good food, large outdoor swimming pool, Turkish baths, jacuzzi, cold baths, Sauna rooms and wonderful Spa.

If you require a rental car, Taxi, a rental bicycle or location maps while on your stay, just contact the "Sesimbra Oceanfront Hotel" reception.



Sesimbra Castle.

The Hotel surroundings are themselves one of the Hotels many highlights and apart from the vibrant town centre and the white sandy beach there is also Sesimbra Castle or as it's also known locally the "Castle of the Moors" which is a 15 minute walk away from the hotel. There are tree lined walking paths around the castle and of course different points where you can admire the views over Sesimbra town and the countryside. The hotel does not feel too small nor too big which creates a warm, relaxing and intimate atmosphere so you will hopefully feel right at home. The staff are very friendly and they are available at all times to assist you if needed. A member of staff from Souliology will also be available throughout the retreat week if you need help with anything. Other things to see and do in Sesimbra, check out this link - <https://www.visitsesimbra.pt/en/to-visit>

OUR COVID – 19 POLICY

Please review our FAQs page on our website for details about Covid-19 -
<https://www.souliology.com/faqs>

Finally, in light of the current global circumstances, we recommend taking out travel insurance which includes trip cancellation insurance plus we recommend booking refundable flights to the retreat venue. While we are fully committed to hosting the retreat in person, we wish to acknowledge the uncertainties, and we believe it's wise to safeguard your financial investment. (you may be able to avail of some cover through your credit card; so please don't forget to inquire).

If you require any further information, please do not hesitate to contact us at contact@souliology.com. We are here to help.

We are looking forward to welcoming you on retreat with in Sesimbra and thank you for choosing us to be part of your personal healing journey!

