

View Activities | Pole with a View
Retreat Brochure 2025



HOST YOUR RETREAT

YOUR DREAM POLE GETAWAY IN SUNNY ALGARVE, PORTUGAL

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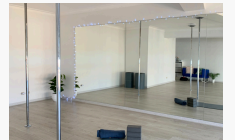
Say hello to this beautiful Portuguese town.



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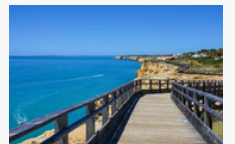
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A NOTE FROM THE FOUNDERS

HELLO FROM VIEW ACTIVITIES!

We're thrilled to introduce ourselves and share a bit about our journey.

With roots in both English and Portuguese cultures, we launched our company 4 years ago as Pole with a View, bringing unique pole fitness experiences to the Algarve's stunning landscapes. Since then, we've expanded into View Activities, offering not just a world-class pole studio, but a range of unforgettable moments from Event Entertainment, to Pole & Prosecco Parties and Outdoor Cinema Under the Stars.

Our mission is simple: to create breathtaking experiences with second-to-none customer service. We're passionate about what we do and with us, your retreat is in safe hands. Thank you for considering us as the perfect match for your pole retreat—we can't wait to make your vision a reality!

*With warm regards,
Lauren Crank & Darniel Santos*



Meet Lagoa

Nestled in the heart of Portugal's Algarve region, Lagoa is a true gem of the "Golden Coast," where dramatic cliffs meet the crystal-clear waters of the Atlantic.

Within easy driving distance of breathtaking beaches like the renowned Praia da Marinha and Benagil, consistently ranked among the world's most beautiful.

Whether lounging on golden sands, exploring hidden sea caves by boat or basking in over 300 days of sunshine each year, nature lovers and sunseekers alike are captivated by its pristine beauty and clean environment.

The warmth of the locals reflects the charm of the region, welcoming visitors with genuine hospitality. Lagoa is also a culinary treasure, boasting fresh seafood, traditional dishes like cataplana, and exquisite local wines from its celebrated vineyards.

Lagoa & its surroundings provide a vibrant yet tranquil destination—a perfect haven for those who visit.





How to get here

FLIGHT TIMES TO FARO

Lisbon

45 minutes

Porto

45 minutes

Madrid

1 hour 20 minutes

Barcelona

2 hours

Paris

2 hours 30 minutes

London

2 hours 30 minutes

Dublin

2 hours 45 minutes

Manchester

2 hours 50 minutes

Rome

3 hours

Vienna

3 hours 10 minutes

Berlin

3 hours 30 minutes

Budapest

3 hours 30 minutes

Warsaw

3 hours 40 minutes

Copenhagen

3 hours 50 minutes

Stockholm

4 hours 30 minutes

Athens

4 hours 30 minutes

Helsinki

5 hours

New York

7–9 hours

GETTING TO LAGOA

Car/Transfer

The trip takes 40–45 minutes. A pre-booked transfer or taxi is the fastest and most convenient option.

Bus

The journey can take 2 hours. You typically need to transfer at Faro's main bus station or use regional routes, which are less direct.

Train

The regional train from Faro to Estômbar-Lagoa takes 1 hour and 20 minutes. From Estômbar-Lagoa station, you'll need a taxi or local bus.



The Studio

A woman with long brown hair, wearing a white short-sleeved crop top, grey shorts, and white ruffled leg warmers, is performing a pole dance move. She is holding onto a silver pole with both hands and has one leg raised and bent. She is wearing silver high-heeled shoes. In the background, other women are also performing pole dance moves in a bright, modern studio with large windows and mirrors.

A warm & vibrant space welcoming dancers from across the world.

Located on Lagoa's main street, where you can find local restaurants & coffee shops and be truly immersed in the Portuguese culture. Situated on the first floor with large windows letting in the glorious natural light, our studio offers a stunning aesthetic complete with high end amenities. Bright, comfortable and serene, it's the perfect environment for pole fitness, dance & yoga.



Your rental includes use of the following equipment & facilities:

- 7 indoor x-poles
- Yoga mats & blocks
- Lupit Pole crash mats
- Bluetooth speaker
- LEDs
- Cloths & sprays
- Storage Space
- Blankets
- Bathroom
- Floor to ceiling mirrors

Our dedicated team will provide full support including pre & post workshop cleanings and water & fruit can be found daily at the studio.





Outdoor

TOP UP YOUR RETREAT WITH ONE OF OUR UNFORGETTABLE OUTDOOR EXPERIENCES!

From glamorous Prosecco Pole Parties by the sea and Pole Rentals for Photoshoots with stunning backdrops, to magical Outdoor Private Cinema events for your group and lively Karaoke nights.

Our unique activities are designed to provide your students with memories they'll treasure forever.

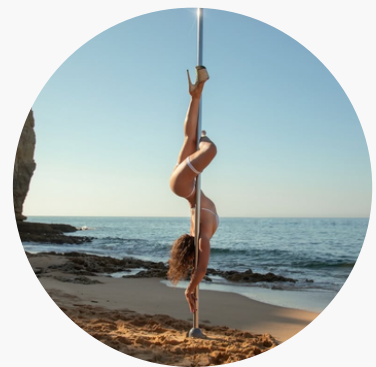
Let us help you create a retreat that's truly extraordinary!





Photoshoot Pole Rental

Capture stunning moments with our hassle-free pole rental perfect for photoshoots by the cliffs or on the beach. Complete with full setup, flexible sunrise or sunset options, yoga mats, cold water and speakers for an unforgettable experience.



Pole & Prosecco Party

Add a touch of sparkle and celebration with our Pole & Prosecco Party, featuring a full setup of 3 stage poles overlooking the ocean, complete with sound system - perfect for a pole jam & dancing, complete with free flowing Wine, Prosecco & Mimosas.

Drone Footage

Capture your special moments from breathtaking new heights with our drone footage! Whether it's a pole rental or a movie night, our aerial shots ensure memories that are as stunning as they are unique. Drone footage can be added to any activity.



Private Cinema

A Night to Remember Forever!

Step into the enchanting world of outdoor cinema with Movies with a View! Let us bring a unique and unforgettable cinematic experience to your group, where magic meets the open sky. Choose your favorite movie or ask us for inspiration.



Includes:

- Full complete outdoor cinema set up private for your group.
- Comfortable deck chairs, cozy blankets, small side tables and fairy lights.
- State of the art headphones, projector and cinema screen.
- Unlimited fresh popcorn.
- On site technician to make sure everything runs smoothly.
- A pre movie sunset hour with ambience and music.
- Cinema bar & unlimited drink packages available during your movie.
- Karaoke on the big screen can be added before the movie or as a separate service.



Restaurants & Activities

We've put together a list of our favorite restaurants, bars and activities across the Algarve, so you can soak up the best of the region during your visit.



Tasca 26

Our favourite and a must do for a wonderful meal, service & ambience! Amazing cocktails/wines and meat boards. Located in Alporchinos, a 10 minute drive from Lagoa.



Café Inglês

In the heart of medieval Silves, a 10 minute drive from Lagoa. A well loved spot right next to the castle, with amazing pizza and great live music options on the weekend. Sit on the terrace to enjoy the good weather.



Levels

A trendy bar in Carvoeiro's main square with beach views, just a 7 minute drive from Lagoa. Perfect to sit on a sunny day & enjoy a glass of wine. Nice menu with light bites to share.



Earth Cafe

Lovely breakfast & lunch dishes, good coffee & organic wine. A beautiful place to start the day. Also located in Carvoeiro.





Pull the Bar

A laid back, trendy bar & restaurant with great decor and delicious cocktails. Located in Alvor – a beautiful fishing town, 25 minute drive from Lagoa.



Edd's Beach

A stunning bespoke beach club with a pool, at the edge of Pintadinho Beach, just a 10-minute drive from Lagoa. Perfect for a glamorous afternoon sipping Prosecco in the sun.



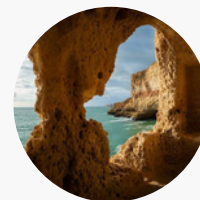
Carvoeiro Caves

A trusted agency offering boat tours to explore the iconic sights and cliffs from the water. A must-do bucket list experience when visiting the Algarve!



Quinta dos Vales

The perfect vineyard, located just 5 minutes from Lagoa. Book a wine tasting to learn about their grapes and sip from their delicious wines in a stunning environment.



Carvoeiro's Boardwalk

A boardwalk with stunning ocean views that links the fishing village of Carvoeiro to the renowned Algar Seco area. Head down the stairs for amazing photo opportunities through the natural cliff windows.



Pricing List

SERVICE	PRICE	DURATION
Studio Rental	For group use/workshops - €65 per hour Individual use - €20/1h €30/2h	min 2 hour rental min 1 hour rental
Outdoor Pole Rental (starting at 1 X-Stage)	1 X-Stage - €100 (First hour) Each additional Hour - €75 Each additional X-Stage/Lollipop - €50	min 2 hour rental
Pole & Prosecco Party (includes 3 X-Stage poles + free flow wine, prosecco & mimosas)	€30 per person Each additional 30min: +€5 per person	1.5 hour (Min group size 10)
Private Cinema (any movie of your choice)	From €345 to €500 (group size dependent)	2 hour 30 min
Karaoke (2 microphones, lyrics on big screen)	€100 (per hour)	min 2 hour rental (1 hour if paired with cinema)
Drone (all unedited footage plus 1 edited video)	€65	30 min flight time

View Activities Bar
(À la carte or free flow)

Min €100 consumption
(full menus & prices on request)

Available for all
activities

*30 minute increments available on services after minimum durations.

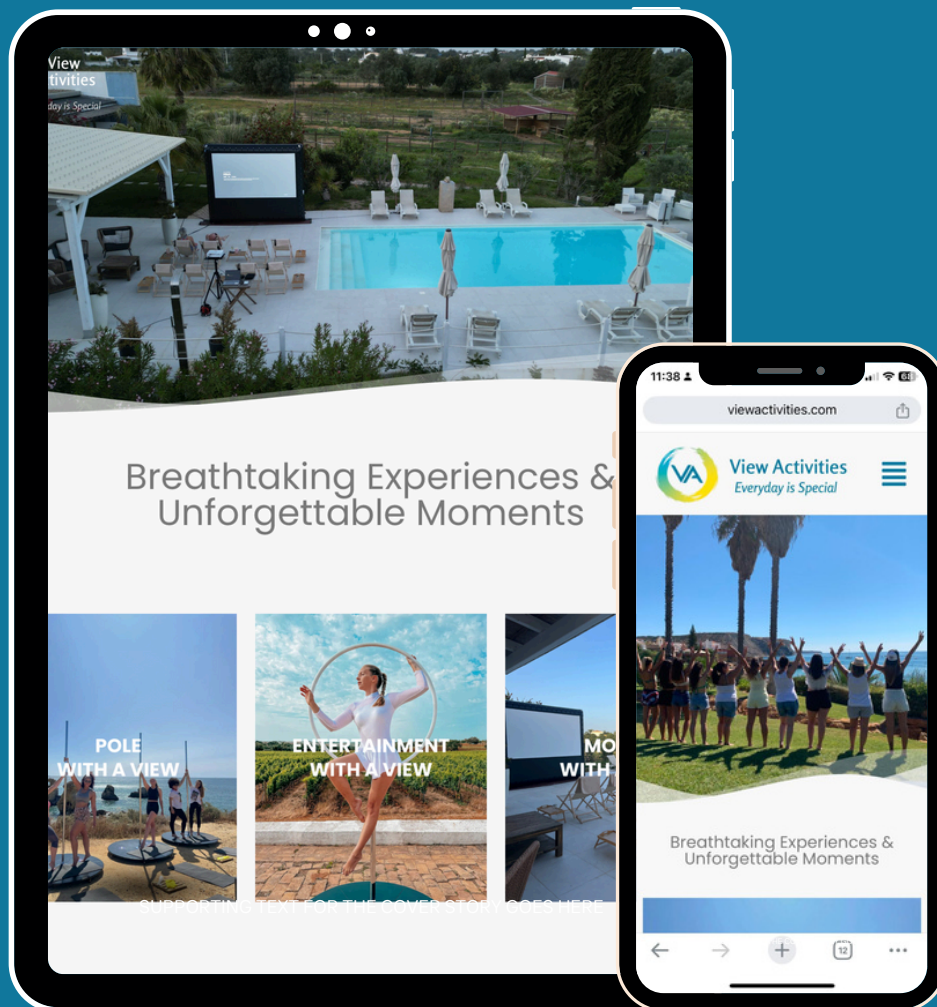
** Retreat instructors can join activities free of charge (pole party, private cinema & karaoke).

***A 25% deposit is required on the full studio rental to secure your retreat booking. Other services & activities can be booked at a later date and remaining payment can be made at the time of your retreat.

VIEW ACTIVITIES

At the end of the day, it's not just about the services – it's about the people who support you every step of the way.

We take immense pride in creating a personalized, seamless, and hassle-free experience for our partners. Your retreat's success is our priority, and we're here to ensure everything runs smoothly, allowing you to focus on what truly matters: delivering an unforgettable experience to your guests.



Let's stay in touch

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