FESTIVAL DAS FRUTAS FRESCAS

26th to 28th June 2026

Pedrógão Pequeno - Portugal

Experience
FRUIT BASED RAW FOOD
at the Cabril

Festival das Frutas Frescas Portugal

We started celebrating the FFF Portugal 2023 and now it goes to its 4th year!
Our goal is to promote true health through the NEW START principles: **Nutrition**, original fresh fruits created for us, **exercise**, **water**, **sunlight**, **temperance**, **air pure**, **rest** and **trust in divine power.**













Love & Health

High quality raw vegan delicious meals prepared with much love by our experienced chefs for our special guests.











Program *Festival das Frutas Frescas Portugal* 2026

Hour	Friday, 26th June	Sabbath, 27th June		Sunday, 28th June
8:30 – 9:15	Preparation (Staff)	*Prayer walk (Helder_Português)*	*Prayer walk (Raphael_English)*	*Earn your breakfast: biking, walking, running, swimming; (Helder)*
9:15 – 10:00		**Breakfast**		
10:00 – 11:00		*Thoughts about culture* (Helder)		*Fruit combining* (Raphael)
11:00 – 12:00		*Men's circle* (Raphael)	*Women's circle* (Erzsi)	*Make yourself your Apfelstrudel (with Rose and Raphael)*
12:00 – 13:00		*Let's prepare together our lunch* (Staff)		*Final ceremony EBC* (Helder)
13:00 – 14:30		**Lunch**		
15:00 – 16:00		*Scientific facts about raw food* (Lothar)		*Questions and Answers* (Staff)
16:00 – 17:30		**Free time** (water activities, relaxing at the Cabril)		*Adeus* / Good bye See you next time!
17:30 – 18:30	*Bem-vindos* / Welcome Explanations & introductions (Helder)	*Bible / spirit of prophecy and the original diet* (Helder)	*Help prepare the diner* (staff)	
18:30 – 19:30	**Diner**			
19:30 – 20:30	**Interview I (Vasco interviews Raphael)**	**Interview II (Vasco interviews Rosemary)**		
20:30 – 21:30	**Free time** (music, water activities, relaxing at the Cabril)			



Price

175€ p. person

for **3 days** with

7 meals (raw vegan),

7 workshops about health

water activities and **relaxing** at the Cabril Dam

Children (with their parents) up to 12 **free**

Teens up to 17 only €**75**

Registration until **22nd June 2026**

Discount: **bring a second person** and **pay only €150** (both)!

Registration

- By **e-mail** (**bosquedocabril@gmail.com**)
- and **bank transfer**

Helder Ferreira de Lima

IBAN: **PT50 0010 0000 6038 5450 0019 2**

BIC: **BBPIPTPL**

designated use: **FFF + name**

- Number of participants: max. **30 adults**

First come, first served!



The venue

(39.923390, - 8.123094)

Pedrógão Pequeno, Portugal





EBC

Escola Bosque do Cabril

From abroad to the venue

- **Airport Porto** (Francisco Sá Carneiro) or **Lisbon** (Humberto Delgado)

→ Possibility of a rental car

OR

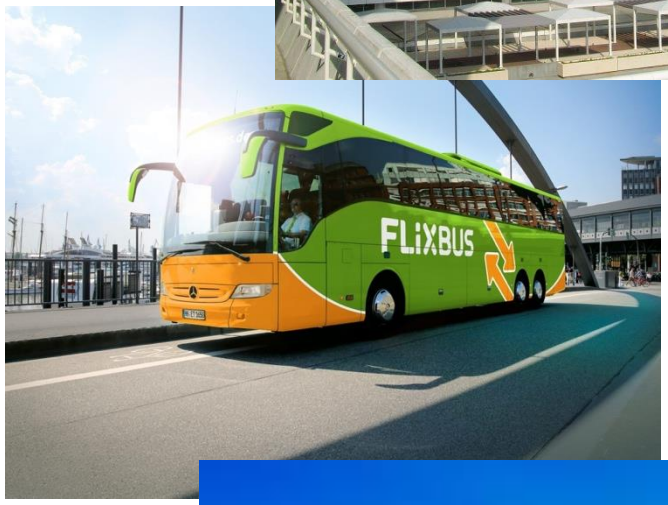
- **Flixbus** (https://www.flixbus.pt)
- **Rede Expressos** (https://rede-expressos.pt)

from both airports **to Coimbra**

- **Rede Expressos** from **Coimbra**

to **Pedrógão Grande**







Accommodation

- **Hotel da montanha in Pedrógão Pequeno**

(https://www.hoteldamontanha.com)



- **Lothar & Erzsébet Hillenkötter‘s place**

(ask **them** for more information)



- **Quinta Lima in Pedrógão Pequeno**

(https://park4night.com/en/place/519473)

