



## Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763  
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819

# Classic Portugal

## Lisbon to the Algarve

### Hiking Discovery Tour



**Lisbon - Sintra – Setubal – Lagos - Lisbon**

Next to other European destinations, Portugal is less known yet holds amazing treasures for the discerning traveler! A historical powerhouse for navigational dominance and European world expansion, Portugal has some of the richest architecture from this period including a vast array of geographical delights and of course a fantastic gastronomy and some pretty tasty wines! For the hiker, Portugal may not possess high mountains yet it offers spectacular coastal landscapes and sun swept hill ranges, medieval villages and of course delightful nature reserves – there is much to discover here. **Bem-vindo!** We welcome you on our exploratory hiking tour of Portugal's finest highlights.



#### Tour Features & Highlights

This hiking tour comprises 10 Nights in 4 hotel destinations. To suit the spring climate and season of travel, we make visits to the central and south regions of Portugal. We offer guide-led hikes and cultural visits throughout – including wine tasting opportunities and a special focus on authentic local dishes, crafts and all things Portuguese! Expect lush flora and fauna – particularly local seasonal flowers, indigenous and non-native plants, birds and marine life. The daily hikes are suitable for anyone who can be on their feet 4-5 hours a day over gentle to moderate terrain. A private bus is also used for our trail head

transfers and cultural visits and where applicable, easier day options can be offered.

## ITINERARY

**Day 1 Arrival to Lisbon, Portugal** Welcome to Lisbon! Airport transfers are not included and there are easy and affordable bus, train and taxi options to the group hotel.

No activities planned today and we recommend (time permitting), riding a tram car to Belem or visiting parts of the city that won't be covered on our final tour day – we can advise you on this. The Gulbenkian Museum is also a very good option for today. Hotel TBA (4 stars), within the city's historic quarter.

Tonight, a welcome dinner of tasty local gastronomy is included and an opportunity to meet our fellow travellers and trip guides!





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## Day 2 Sintra Hiking the Medieval Quarter

After breakfast we transfer 45 minutes direct to Sintra - a forested hilltop village offering a vast array of Palaces, a Moorish fortress, manor houses and a charming medieval quarter. The town layout is, as expected, mountainous and covered by a rainforest-like flora that is like no other region in Portugal. Roaming around on foot is a pleasure and by far the best way to experience Sintra. Our hike brings us to the door of nearly every major attraction yet still allows us to appreciate the green spaces of this unique place. Expect to be on foot most of the day – with ample breaks for taking in the sights and having lunch in a local café or a cold beer on the terrace! We'll also explore the outrageous La Pena Palace and hike the

extensive gardens – a former hunting estate of the Royals. Expect the hiking to finish around 3 pm, allowing extra time to visit other local attractions or just soak up the atmosphere of Sintra & our rural hotel. Hotel Sintra Jardim Boutique Rural Hotel. <https://www.hotelsintrajardim.pt/>. Breakfast & Dinner included today. Lunch can be accessed in the palace café or you can bring your own items. **Hiking Distance:** 6 miles minimum **Elevation Gain** (approximate): 1000 feet



## Day 3 Sintra – Cabo da Roca Coastal Hike

A short transfer this morning brings us to continental Europe's most westerly point and our trail head at Cabo da Roca (the Rock Cape). This famous lighthouse offers dramatic coastal cliffs and raging seas and from here we set off on a beautiful and diverse hike through coastal farms, small hamlets and pine forests. Our destination is the pretty seaside town of Azenhas do Mar. Same hotel in Sintra with Breakfast and Picnic Lunch included today.

**Hiking Distance:** 7 miles **Elevation Gain** (approximate): 700 feet

## Day 4 Sintra – Hiking the Upper Monasteries

Today we hike Sintra's National Forest Park and take in sweeping ocean views and historic monuments on route. Today's route combines historic paths with country lanes and some quiet forestry roads. We'll visit remote monasteries from the Middle Ages and make time for final visits to Sintra's wonderful heritage treasures where you can optionally visit in the afternoon. Same hotel in Sintra with Breakfast and Picnic Lunch included today. **Hiking Distance:** 7 miles **Elevation Gain** (approximate): 1200 feet



## Day 5 Setubal Vineyards and The Sierra de Arrabida Reserve area

This morning we depart for a 1 hour 20 min transfer to the Setubal Peninsula and Arrabida Nature Reserve. Transfer. At the wine growing region of Palmela, we have a beautiful hike to Azeitao via the Serra do Louro and descending the Vale de Alcube. This walk, approximately 6 miles takes us through scenic natural countryside and vineyards before reaching a well-preserved cork forest along the Alcube River. The hike is largely on camino and

for the most part, descending gently throughout the morning. A particular highlight is the beginning portion where we pass a number of traditional hilltop windmills with some still functioning.



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**Vineyard Stop at the Quinta de Alcube** At the end of our hike, we make a visit to this traditional wine & cheese making family's vineyard at the bottom of the Alcube Valley. A beautiful farm and an opportunity to learn about the local wine and agriculture industry. Wine tasting with local delights is included before we continue onwards by our private coach to Setubal via the panoramic route of the Serra Da Arrabida Nature Reserve (approx 1 hour). Hotel 4 star Luna Esperanca and dinner in a colourful barrio of the city. Breakfast, picnic lunch and dinner included. **Hiking Distance:** 6 miles **Elevation Gain** (approximate): 500 feet



## Day 6 Setubal & Troia Peninsula

This morning we cross the Sado Estuary by ferry to hike the flat peninsula known as Troia. This unique spit of land offers easy hiking both beach and forest based and we'll visit the Roman Site of Troia as part of our explorations. Later we can swim in the clear ocean waters before returning to Setubal. An afternoon extension hike can be arranged to visit the upper fort of Setubal or you can visit the museums and highlights of the city at your own pace! Same hotel in Setubal with Breakfast included today. Lunch can be sourced locally today.

**Hiking Distance:** 4 miles **Elevation Gain:** sea level



## Day 7 The Fisherman's Trail: Vila Nova de Milfontes

This morning we'll transfer 2 hours south by private coach to Vila Nova de Milfontes, a historic and beautiful seaside town of the Alentejo region of Portugal. From here we'll hike the famous "Fisherman's Trail" to Almogrove. A 9-mile route that explores the coastline, pastures and woodlands between these outlying villages in remote Portugal. From Almogrove village we'll continue south by coach for 1.5 hours to arrive at Lagos in the Algarve region of Portugal and our home for the next 3 nights. Hotel 4 stars TBA. Breakfast, Picnic Lunch and Dinner included today.

**Hiking Distance:** 9 miles **Elevation Gain** (approximate): 650 feet



## Day 8 Lagos: The Algarve of Portugal Free Day

Today there's options to explore the Algarve region of Lagos. There are easy hikes to the beautiful rocky outcrops south of the town; Long sun-swept beaches great for swimming; amazing kayak and paddle board opportunities through rocky coves and more. Lagos town itself is charming and there are museums, cafes, craft shops and more to explore to get the full flavour of the Algarve! Same hotel in Lagos with Breakfast only included today.



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## Day 9 Sagres: The Coastal Path to Land's End

This morning a short bus transfer brings us to the region of Sagres – Europe's original "Lands' End" and the home of Henry the Navigator's famous school of navigation dating back to the Middle Ages. It was from this most south westerly corner of continental Europe that many adventures and fortunes were sought! Today it's a laid-back but thriving tourist town catering to surfers, food lovers and history buffs. For us it's a wonderful example of Portugal's most beautiful coastal scenery with towering limestone sea cliffs and golden beaches in hidden coves. Today we'll hike some of the prettiest coastal stretches and visit Sagres itself. Same hotel in Lagos with Breakfast,

Picnic Lunch and Dinner included today. **Hiking Distance:** 5 miles minimum **Elevation Gain** (approximate): 750 feet



## Day 10 Lisbon

This morning after breakfast we take a direct transfer back to Lisbon. Upon arrival we'll have a panoramic walking tour and visit the main highlights of the city's architecture and overall history – including hiking up through the Alfama historic quarter for a visit to the Castle of St George to enjoy sweeping views of the city!

Same hotel in Lisbon (as first night) with Breakfast and Dinner included today. Please note, an optional FADO music performance can be arranged for your final evening in Lisbon. This unique Portuguese contribution to the world of music is very popular and makes for a great final

experience! **Hiking Distance:** 4 miles **Elevation Gain** (approximate): 700 feet

## Day 11 Departure from Lisbon

This morning your adventure finishes after breakfast and you are free to make your way onwards or continue with our extension hiking tour of **Andorra in the Pyrenees!** There are no group transfers today from Lisbon and easy and affordable options are available to reach the airport.



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### INCLUDED in your PORTUGAL Tour Price:

- 10 tour nights' accommodation in comfortable tourist class hotels throughout
- Meals as per itinerary (beverages NOT INCLUDED at dinners)
- All transfers as per itinerary in private coach and where necessary, local bus or taxis
- Entrance fees to attractions as per itinerary
- Wine tasting experience in the Arrabida National Reserve
- Hiking / cultural guide throughout the tour
- Included tips: for meals provided in itinerary, bus transfers and tips for any local city guides
- Wifi available at all hotel destinations

### NON INCLUSIONS

*\*PERSONAL TRAVEL INSURANCE, additional entrance fees to other attractions, optional activities on free day, additional transfers, Lisbon airport transfers at beginning and end of tour, beverages at included meals other than breakfast (outside inclusions), personal room expenses.*

*\*PLEASE NOTE – It's obligatory that participants have a personal health travel insurance policy and we strongly recommend cancellation insurance as well for any unforeseeable disruptions.*

### TRAVEL IN PORTUGAL: What to Know

- *Euros are the currency. Bank ATM Machines are widely available and we recommend obtaining small amounts of Euros for your daily travel. Please inform your bank (and cell phone provider), that you will be travelling in the EU and wish to use the services of bank cards and possible cell phone packages for connectivity.*
- *Language of the region is Portuguese however English is spoken in the main tourist areas and hotels.*
- *Road travel in Portugal is good but expect at times narrow, winding, tarmac roads through rural countryside.*
- *Weather patterns throughout Portugal are erratic and similar to the maritime climates of the Eastern US – however usually much warmer. Rain, squalls and strong winds are the norm for certain hours of the day and periods during the year.*
- *Travel disease issues are not a concern in Portugal. We always recommend that travellers bring their own prescriptions (including glasses), from home. Tap water is safe to drink throughout Portugal.*
- *Hospital and health coverage for visitors is very good and meets European criteria. Please ensure your travel insurance is up to date and covers your stay in Portugal.*
- *Wifi is frequent, free and of high quality in our chosen hotels (note - it may not always be available in rooms)*
- *Most special diets and allergies can be tolerated and provided for but it may be very limited at times. Please bring supplements just in case.*



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### Portugal Electrics

*Note that Portugal uses 220 volts so an adapter and power converter is needed if you are bringing electric items from North America (with the exception of plugging in cell phones, lap tops and tablets which SHOULD have built in power convertors).*

*Portuguese plugs are based on Type F so bear this in mind when plugging in items with a North American plug.*

### Additional Nights pre/post Tour

Please consult with us directly if you require additional pre or post tour nights at our hotels. We will try book this for you in advance or put you in touch for direct booking by credit card as this is often easier for participants to arrange (to fit their personal travel needs). The room rates will be announced in due course but online it may be a better rate via [www.booking.com](http://www.booking.com) or similar, for example.

### PACKING & EQUIPMENT LIST

Please bring only what you need, this helps you to travel light and without straining yourself. There are a number of times you are required to roll (or carry), your principal luggage on/off trains, planes and to/from buses. Some of the hotels are in non-urban settings and may require short paths, trail and stairs to access rooms. Generally, your guiding team is on hand to assist, but this may not always be the case.

We recommend a mid-sized or conservative rolling suitcase or soft rolling pack (that can be locked) for carrying your daily clothes and personal items. Your daypack should have a waist belt and a chest strap to give your back / shoulders a rest and to support the personal items you need to carry daily (water, snacks, layer of clothing, camera, etc). During the activities and visits, you are required to carry your own water and rain wear, etc.

- \_\_\_ Hiking / active clothing – loose fitting, quick dry, cool light layers, good hiking socks and spares
- \_\_\_ Good walking shoes with solid grip designed for rural paths with ankle support (worn in beforehand)
- \_\_\_ Extra pair of shoes to wear like sandals or sneakers for evening and post activity sessions
- \_\_\_ Loose, comfortable wear for evenings in the tropics (non formal) that is light to carry
- \_\_\_ Light Rain layer for the small possibility of an afternoon shower
- \_\_\_ Day pack for day visits / activities (25 litre minimum / waterproof or with rain cover)
- \_\_\_ Water bottle (refillable) or water bladder (camel bak)
- \_\_\_ First aid or medication supplies such as band aids, blister support, Tylenol, Aleve/Advil, prescriptions, etc.
- \_\_\_ Walking pole(s) recommended for the varied terrain
- \_\_\_ Toiletries (soap, shampoo, etc) & spare reading glasses
- \_\_\_ Zip lock bags
- \_\_\_ Towel and swim wear including a sun protective swim top
- \_\_\_ Large, sun-protective hat cover that is light and cool
- \_\_\_ (head light) and extra batteries
- \_\_\_ Pocket knife or multi tool (remember to pack in your checked baggage on flight)
- \_\_\_ Hand wash, antibacterial – for washing hands before meals, etc.
- \_\_\_ Quality Face Mask(s) for disease prevention
- \_\_\_ Good waterproof sun block / SPF lip protection & polarized sunglasses
- \_\_\_ Optional shoe covers (gators), to prevent rock / sand from entering top of boots
- \_\_\_ Other optional: Camera, binoculars, phrase book, water-sand proof cover for phone (zip-lock bag?), energy snacks / fluids, duct tape for minor repairs, mask/snorkel, small master lock and key, small waterproof bag for canoe, kayak and river float, battery pack & charger for phone and camera