



## 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 Multi Activity Tour

## Porto - Lisbon - Sintra – Setubal – Lagos

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 traveler, Portugal offers spectacular coastal landscapes and sun swept hill ranges, medieval villages and of course delightful nature reserves and wonderful food! – there is much to discover here. **Bem-vindo!** We welcome you on our multi-activity tour of Portugal's finest highlights.



### Tour Features & Highlights

This activity tour comprises 9 nights in 3 destinations – **Porto, Lisbon & Lagos**. To suit the autumn climate and season of travel, we make visits to the north, central and south regions of Portugal. We offer guide-led activities and cultural visits throughout – including wine tasting opportunities and a special focus on authentic local dishes, amazing architecture and all things **Portuguese!**

Expect lush flora and fauna - particularly local seasonal flowers, indigenous and non-native plants, birds and marine life. The daily activities, including river cruising, hiking, biking, kayaking

and urban tours are suitable for everyone over gentle to moderate terrain. A private bus is used for our daily transfers and cultural visits and where applicable, easier day options can be offered.

## ITINERARY



**Day 1 Arrival to Porto, Portugal** Welcome to Porto, Portugal's enigmatic northern capital! You can self-transfer easily to our group hotel. After checking in, we have a short introduction & trip orientation meeting followed by a 1-hour river cruise of Porto's historic quarter & bridges, leading up to dinner at the hotel! **Hotel Carris Porto Ribeira** (4 stars) <https://www.carrishoteles.com/en/carris-porto-ribeira-hotel/>, in city's historic quarter. **Welcome dinner** is included.



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### Day 2 Porto City Tour & Explorations

After breakfast our guided tour begins! This morning we're guided on foot through this energized city of bridges and hear wonderful stories dating back to the *Age of Discovery!* From the upper historic quarter to the Sé Cathedral and down to the *Douro River* we'll keep busy on our feet – taking in breathtaking vistas and hearing stories of Portugal's glorious past and dynamic present times. Finishing the afternoon in a classic *Port House* to sample their famous wine goes without saying. **Same hotel as previous night** – Breakfast included today.

**Principal Activities:** City walking tour in the morning 3 hours; and a Port Wine Tour.



### Day 3 Douro Valley Eco Trail Cycle Experience

This morning we'll transfer inland to *Amarante* in the heart of wine-growing country. Here we'll cycle the fabulous *Eco-Trail of Tamega* – a repurposed train line with incredible scenery. After our half day ride, we can visit the *Train Heritage Museum* followed by a local vineyard to sample wines from Portugal's most beloved wine region! **Same hotel as previous night** – Breakfast and a wine tasting experience included. **Principal Activities:** Cycle tour (linear) that is 25 miles long and a steady but moderate gradient. Note – Regular (non E-Bikes) are included today for the riding tour (Ebikes by pre-order only).

Lunch will be provided at our Vineyard Tour today after the riding tour.



### Day 4 Coimbra & Lisbon

Today after breakfast we depart south by private coach and visit one of central Portugal's most prominent locations – *Coimbra*. In Coimbra we'll walk the historic quarter with a specialist guide discovering one of Europe's oldest Universities and perhaps experience a version of *Fado* music unique only to this region. After our guided tour, feel free to lunch on Coimbra's local cuisine and perhaps try the famous *GinJinha liquor* served in chocolate cups! After a full day touring and travel, we'll arrive to Lisbon – Portugal's enigmatic capital for check in by dinner time. **Hotel 4 Star VIP Eden**

<https://www.vipedenaparthotel.com/en/>. Breakfast included today. **Principal Activities:** Town guided walking tour of Coimbra; *Note, there are 4 hours of coach travel time built into today's program* (broken up by our town visits on route).



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### Day 5 Lisbon City Explorations

This morning we explore all things Lisbon based on foot with an afternoon boat excursion on the Tejo River. From our hotel, our specialist guide walks us through Lisbon's unique history taking in the *Rossio district* and the *Alfama Moorish Quarter* where the Romanesque *Sé Cathedral* exists and of course the upper *St. George Castle*, the last stronghold of the Muslims before the Crusaders claimed victory in 1147. This afternoon you are free take lunch in the charming Alfama Quarter and discover the many *Largos* (plazas) of Lisbon's

daily life – sipping espresso and tasting *pastel do nata* (custard tarts). Later this afternoon get ready for some atmosphere while we cruise the Tejo River – seeing Lisbon from the water and enjoying music and beverages to set the tone! **Same hotel as previous night** – Breakfast included. **Principal Activities:** City walking tour in the morning 3 hours and a late afternoon atmospheric boat cruise.



### Day 6 Sintra, The Medieval Land & Coastal Tour

Today we transfer 1 hour to *Sintra's National Forest Park* and take in sweeping ocean views and historic monuments throughout the day. Our visits combine historic sites with mystical forests as we hike the Sintra mountain paths under the walls of the *Moorish Castle*, leading to the outrageous *Pena Palace complex* occupied by the last royal family of Portugal! We'll visit remote hunting grounds and botanical gardens from the Middle Ages and descend upon Sintra's wonderful hamlet itself for a visit. Later in the day we'll return to Lisbon by private coach via the dramatic *Cabo da Roca* – continental Europe's most westerly point offering incredible ocean views. This evening we'll enjoy a special *Fado* music performance with

dinner in a nearby tavern (20 min walk), to round off your evening! **Same hotel in Lisbon** with Breakfast included today. **Principal Activities:** Hiking in nature (3-4 hours); Sightseeing Pena Palace; Visit to Cabo da Roca Cape and a Fado dinner show is included tonight.



### Day 7 Palmela Windmill Hike, The Alentejo Region & Lagos, The Algarve

This morning we'll travel south by private coach through the beautiful cork forests of the *Alentejo* region towards the sun-swept coast of the *Algarve*. We begin with a short visit to *Belem* to explore the *Age of Discovery Monument* and witness the charming *Tower of Belem* and *Pont (Bridge) of April 25* – one of the great suspension bridges of last century. Carrying on south, we'll hike the historic *Caminho dos Mohinos Way* (route of the windmills), with sweeping views of the *Arrabida Nature Reserve* and Setubal region before we continue to the Algarve itself and the pretty coastal

town of Lagos – our base for the final 3 nights. **Hotel 4 stars Tivoli Lagos**

<https://www.tivolihotels.com/en/tivoli-lagos>. Breakfast and Dinner (in hotel) included today. **Principal Activities:** Hiking in nature (3 hours / easy); Sightseeing of the Alentejo region.



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**Day 8 Lagos - Kayak Tour & Cookery Course** This morning we'll explore wonderful *Lagos* and the Algarve region by kayak. After breakfast we'll take a boat to the beautiful rocky outcrops south of the town where long, sun-swept beaches and sandstone pinnacles and caves make a superb backdrop to the amazing colours of the Atlantic! Here we'll embark on a kayak exploration of these natural features and weather permitting, snorkel and swim in the crystal-clear waters! After lunch and some free exploration time, we roll our sleeves up and take part in a **Portuguese traditional cookery class** in a local restaurant with *Joana* and her team! Be sure to

lend a hand as you'll be preparing your dinner this evening!

Lagos town itself is charming and there are museums, cafes, craft shops, wine bars and more to explore to get the full flavour of the Algarve! **Same hotel in Lagos** with Breakfast & Dinner (cookery course) with wine included today. **Principal Activities:** Boat and Kayak excursion (3-4 hours); and afternoon cookery course. *\*Note that the kayak tour is rated easy (beginner). The kayaks are sit-on-top and unsinkable models. Full safety equipment and supervision is provided and the boat and kayak experience is included in your tour package.*



**Day 9 Sagres: Cycling to Land's End** This morning a 45-minute coach transfer brings us to the region of *Sagres* – Europe's original "Lands' End" and the home of *Prince 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 cycle some of the prettiest

coastal stretches and visit Sagres Town and the Fortress itself. **Same hotel in Lagos** with Breakfast, Lunch in a local restaurant and Dinner (at hotel) included.

**Principal Activities:** Cycle Tour half day on regular bikes (3-4 hours / gentle); Sightseeing Sagres village, Cape St. Vicente and the Fortress of Sagres. Note that the bike rental & guiding is included in your tour package.



**Day 10 Return to Lisbon (end of tour)** This morning after breakfast we can take a direct transfer back to Lisbon. Transfer time from Lagos to Lisbon International Airport (LIS) is 3 hours (not including rest stop). Please note there is not hotel accommodation provided today. Meals included are breakfast.

From Lisbon Airport, our adventure finishes and you are free to make your way onwards or continue exploring the region or perhaps the **AZORES** Islands of Portugal!



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### INCLUDED in your PORTUGAL Tour Price:

- 9 tour nights' accommodation in comfortable tourist class hotels throughout
- Meals as per itinerary (please note that beverages are not included at all dinners), Included meals are:
  - 3 dinners in hotels (no beverages included)
  - 1 Fado dinner with wine
  - 1 cookery course dinner with wine
  - 1 lunch on bike tour on day 9
  - All buffet breakfasts
- All transfers as per itinerary in private coach and where necessary, local shuttles. Group airport transfer at end of tour (and at beginning upon request only).
- Entrance fees to attractions as per itinerary
- Activity program as per itinerary (including river cruise, boat tours, wine tastings x 2, monument visits, kayak tour, 2 x cycle tours, cookery course and more). The bicycle provisions on day 3 and day 9 are included in the tour package. Note that the bikes for these 2 x included tour days are regular bikes (not E-bikes) as routes are easy, however E-bikes for some have been ordered in advance.
- Adventurebug Tour Manager throughout the tour as well as local guides (regionally) for specific visits.
- Included tips: for meals provided in itinerary, bus transfers and tips for any local regional guides
- Wifi available at all hotel destinations



### NON INCLUSIONS

*\*PERSONAL TRAVEL INSURANCE; Additional entrance fees to other attractions; optional activities such as bike rentals where not listed as part of tour; the Lisbon boat tour; additional transfers outside of what's scheduled for the group; Beverages at included meals other than breakfast; Lunches are not included on this tour program – except for the final day's lunch on bike tour in Sagres; Lunch in vineyard on day 3 after riding (to be paid locally); Personal room expenses; Tipping for Tour Manager (non-obligatory).*

*\*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



**ARRIVAL AND DEPARTURE LOCATIONS FOR THIS TOUR** The tour program begins in **Porto**, northern Portugal and is completed at **Lisbon** airport. A single Group airport transfer is arranged for the arrival and departure of your tour.

Getting to Porto can be either via a direct flight or via a connecting flight from Lisbon or via train or bus from Lisbon. Note that **TAP Airlines** offer flexible fares for arrival and departure flights from different destinations in Portugal (stopovers with no fees). <https://www.flytap.com/en-gb/>



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### WEATHER IN PORTUGAL

Generally Spring and Autumn weather in Portugal is wonderful. It's a mild month for activities like hiking, biking and exploring – reaching highs of 75 to 80 F daily and nights in the 60s. Expect some rain and at times wind gusts as this is the beginning of our autumn weather changes.

The weather in Porto (northern Portugal) from the Algarve (Lagos in the south), can be substantially varied – much warmer and sunnier in the south in general. Bear this in mind when packing and for bringing beach wear!

### OTHER HELPFUL FACTS FOR PORTUGAL

- 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. The principle routes from Porto to Lisbon and then Lisbon to the Algarve are on high quality 4 lane toll roads.
- 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. Health-wise 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 is also generally 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 – especially for gluten free and vegan diets.

### 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, laptops and tablets which NORMALLY 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.

