



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 Central Portugal Caminos & Culture

7 Night Hiking Excursion

Lisbon – Cascais – Sintra – Setubal - Evora

Next to France, Italy or Spain, Portugal is one of Europe's lesser visited destinations yet it holds tremendous value for the discerning traveler. A historical powerhouse for global navigational dominance, Portugal contains some of the richest architecture from this period including a vast array of geographical treasures and of course a fantastic gastronomy and some pretty tasty wines too – especially the Port! For the hiker, Portugal may not exceed 8000 feet but it offers spectacular coastal landscapes and many forested hill ranges and of course the illustrious Azorean archipelago – there is so much to discover here. **Bemvenido!** We welcome you on this exploratory hiking tour of Portugal's mainland highlights.



ITINERARY



Day 1 – Lisbon Greeting and Walking Tour of Center

Welcome to Lisbon – Or Lisboa as it's locally known. Your tour begins this morning when you meet your guide and group at our city center hotel! Today we have a Guided Walking Tour of central Lisbon (Moderate with some climbing), This tour focuses on the quarters of Lisbon below the castle known as Alfama and the upper barrio of Mouraria, including a visit to the Se Cathedral and Castle de Sao Jorge, entrance included. This day will be entirely on foot. Lunch is not included but a

restaurant option is provided during the tour. Expect the guided tour to be finish by 3 pm, offering you extra time to visit some of Lisbon's other great attractions such as the Gulbenkian Museum or the famous barrio of Belem (train ride required). Hotel 4 star city center. A Welcome Dinner is included tonight.

Day 2 – Estoril & Cascais Seaside Wonders

Breakfast from 7:00 and departure 09:00 am. Today we drive 45 minutes to the wonderful seaside towns of Estoril and Cascais, also considered the Riviera of Portugal. Although it's adorned with palaces and wonderful gardens, the region remains accessible for all visitors and you will feel very welcome! On route we'll visit Belem and the famous monuments to Portugal's most historical figures as well as see the Tower (Torre de Belem). In Cascais we'll check into the beachside hotel and have a guided walk on the wonderful seaside promenade and



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through the historic quarter. There's much to see and do here and we don't rule out a swim in the ocean right outside the hotel door! Hotel 3 star Baia. Breakfast included.

Day 3 – Atlantic Coast & Cabo da Roca Coastal Walking Tour

Breakfast 7:00 am and departure at 9:00 am. Today we have a beautiful coastal

tour on foot and via our private coach. Walking today is Moderate / coastal with hills that brings us along the headlands and sandy coves of the Sintra coastline (Easier options are available!). We start Cascais where we visit the Mouth of the Bull blow hole region followed by a board

walk hike around a protected dunes overlooking one of Portugal's most incredible beaches – Praia do Gincho. At Cabo do Roca, we'll see Continental Europe's most westerly point and we can hike the wonderful coastline in stages to reach Azenhos do Mar. Cold drink breaks beachside during the walk, a possible swim too! Picnic lunch to be carried. A 20 minute transfer brings us into the sleepy medieval town of Sintra where we'll have 2 nights. Hotel Sintra Jardim Boutique Rural Hotel. Breakfast and picnic lunch and dinner included.



Day 4 – Sintra Town Visit & Walking Tour

Breakfast from 8:00 and departure 09:30 am. Our Sintra hotel is a 19th century aristocrat's summer mansion that has a rambling garden, pool, bar services, wireless internet and set in a fantastic forest location within view of the Moorish fort. We have designed the day so you can choose the pace and take time to return to the hotel to enjoy its splendour! Our walking tour is moderate / slow paced and has climbs on good steps / lanes). Sintra is a mystical hilltop town offering a vast array of Palaces, a Moorish fortress, manor houses and a charming medieval quarter. As a result, the town layout is, as expected, mountainous and covered by an almost rainforest flora that is like no other region in Portugal.

Getting around on foot is pleasure and by far the best way to experience Sintra. Our walking tour brings us to the door of nearly every major attraction yet still allows us to appreciate the green spaces of this special place. Expect to be on foot for most of the day – with ample breaks for taking in the views, having a coffee and having our picnic lunch in up on the hilltop. There are nearly a dozen monuments to visit in Sintra – all of them have fees which we can discuss with you. Expect the walking tour to finish around 3 pm, allowing extra time to visit other local attractions or just soak up the atmosphere of Sintra & the rural hotel. Hotel Sintra Jardim Boutique stay / Breakfast & Dinner included.

Day 5 – Setubal and The Sierra de Arrabida Reserve area

Breakfast from 7:30 am and departure at 09:30 am

Transfer to Palmela (approx 1 hr 20 min)

Walking Tour (Moderate) from Palmela to Azeitao via the Serra do Louro and descending the Vale de Alcube. This walk, approximately km 6-10 km takes





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us over beautiful natural countryside and vineyards before reaching a well preserved cork forest along the Alcube River. The walk is largely on camino and for the most part, descending gently throughout the day. A particular highlight is the beginning portion where we pass a number of traditional hill top windmills with some still functioning. A picnic lunch is to be carried.



Vineyard Stop at the Quinta de Alcube. Here we make a short visit to this very traditional wine making family's vineyard at the bottom of the Alcube Valley. A beautiful farm and an opportunity to learn about the local wine industry. Wine tasting with local cheese, bread and olives is included before we continue onwards to Setubal via the scenic route of the Serra Da Arrabida Reserve (approx 1 hour). Hotel 4 star city center and a special local dinner in a colourful barrio of the city! Breakfast, picnic lunch and dinner included.

Day 6 - Setubal , Troia, The Estuario do Sal Reserve area & Evora

Breakfast from 7:30 am and departure at 8:45 am

Walking Tour of Setubal (flat / easy). We set off from the hotel and tour the old quarter of Setubal where we find remnants of a classic fishing port transformed into an elegant commercial area before hopping on a passenger ferry. The 20 minute ferry takes us to the Peninsula of Troia, a small resort located on a sandy spit of land that is part of the Reserve. A gentle dunes and beach walk taking in areas of the salt marshes and enjoying views back to Serra da Arrabida followed by a walk through the Roman Ruins historic site. From here our private bus transfers us further south to the Alentejo Region and in Comporta you can take lunch from a tasty diner where fish and rice are specialties! Famous for it's cork forests, fine wines and low populations density, we'll tour by bus through the Alentejo, stopping to see Alcacer do Sal before arriving to Evora, the jewel of central Portugal. Hotel 4 star town center. Breakfast and dinner included.



Day 7 – Evora Walking Tour

Breakfast 7:30 am and departure at 8:30 am

Walking Tour of Evora (Easy / flat) Our walking tour of Evora's wonderful old quarter, Europe's first Unesco World Heritage Site will cover a scenic route that takes in all the city's attractions. Included in the tour are the Aqueduct and Roman Temple with further time made available for self guiding to monuments such as the famous bone-ridden Largo de San Francisco Church, Evora's most visited attraction, and perhaps a visit to the Gothic/Roman Se Cathedral. Time permitting we'll

explore some of Evora's wonderful countryside around the village and capture insights of rural life. A final tour night in Evora and a farewell dinner.



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Day 8 – Transfer to Lisbon / End of Tour

Breakfast 7:30 am and departure at 09:00 am. This morning after breakfast our private transfer returns us to Lisbon Centre where you may extend your stay or journey towards home. Breakfast included. Extending your visit to Portugal is easy and well worth it. Consider the wonderful Algarve State in the very south or head north to Coimbra and Porto for more cultural delights! If your really adventurous, return with us to experience the Azores Islands where we lead wonderful hiking tours.

INCLUDED in your Tour Price:

- 7 tour nights' accommodation in comfortable 3 and 4 star hotels – centrally located
- Meals as per itinerary
- All transfers as per itinerary (including ferry)
- Entrance fees to attractions as per itinerary
- Wine tasting experience
- Hiking / cultural guide throughout the tour
- Tipping for meals provided in itinerary, bus transfer tips and tips for local Portuguese guides
- Wireless Internet service available for free at all hotel destinations

NON INCLUSIONS are *PERSONAL TRAVEL INSURANCE, additional entrance fees to larger attractions, additional transfers, Lisbon airport transfers, beverages at meals, personal room expenses etc.

*NOTE we strongly recommend that participants take out CANCELLATION INSURANCE along with their health travel insurance policy.

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. Traveller's Cheques are **rarely** accepted these days, bank ATM cards or Visa / MC are best.
- Language of the mainland is Portuguese and English is spoken largely in the main tourist areas.
- The Azores islands are volcanic and seismic activity can occur. Large, destructive earthquakes or lava flows have not existed in current history and the Portuguese Government regularly promotes the region as a family, holiday destination with minor risks.



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- *Road travel in Portugal is good but expect narrow, winding, tarmac roads through mountainous countryside. Our transfers are normally less than 1 hour at a time and with frequent stops at scenic locations. We do have some transfers that are up to 2 hours on this excursion.*
- *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. Immunisations or travel vaccinations are not necessary. However we always recommend that travellers bring their own prescriptions (including glasses), from home. Tap water is generally very safe 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.*