



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 Northern Portugal

Light Walking & Cultural Tour

8 Nights Lisbon – Sintra – Coimbra – Porto



Portugal is an astonishingly beautiful country; the rivers, forests and lush valleys of the north are a splendid contrast to its contorted southern coastline of beaches, cliffs and coves. This tailor made journey takes us west of Lisbon and northwards to Porto, where we experience the finest blend of coastal heritage with the bountiful medieval towns and forts that dot the forested and mountainous landscapes of

the interior. Add to your experience the superb cuisine of Portugal, particularly in the north, and of course some of Europe's top wines – especially Port!

Combining a variation of light nature hikes with cultural visits to towns, monuments and historical sites, this tour promises a wide range of insight into Portuguese urban, rural and coastal life. From medieval palaces to battle worn abbeys and flower lined coastal footpaths this tour takes in plenty of variety. Travelling in a comfortable, private coach throughout with the highlights of a boat tour up the Douro and turn of the century tram cars we intend to make your visit to Portugal as authentic as possible!

Adventurebug is pleased to offer this exceptional journey to central and northern Portugal. We welcome those interested in walks, talks, tasty meals, cozy modern hotels that are centrally located and above all great company in superb surroundings... Sejam muito bem-vindos a PORTUGAL!

Tour Features & Highlights

8 Nights / 9 days duration in 4 hotel destinations (LISBON, SINTRA, COIMBRA and PORTO) – comfortable 3 & 4 star hotels – Transfers by private coach services throughout - Guided walking and cultural highlights program - Wine tasting opportunities and special focus on authentic local dishes – wide variety of flora and fauna found in both coastal and forested, mountain park regions – optional cultural bonuses such as Fado Music evening.





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ITINERARY



Day 1 – Lisbon Historic Quarter Walking Tour (D)

Meet at our tour hotel this morning to begin a walking tour of the historic centre of Lisbon. Today's walk 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. Today 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 wander a will through the

lower baixas (barrios). A welcome dinner is included this evening. Hotel 4 star Legendary Lisboa Suites

Day 3 – Sintra Town Visit & Walking Tour (B, D)

Breakfast from 7:30 and departure at 09:00 am

Transfer to Sintra (approx 1 hr pending morning traffic conditions)

This morning we have a short transfer to our Hotel Sintra Jardim where we can deposit our luggage and have an interpretive session before the guided walk. Our hotel is a 19th century aristocat'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.

Walking Tour (Moderate climbs on good track / transport option available too) 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. We provide entrance and a tour of the magnificent Palace of Pena & Gardens. Another 'must see' is the Fairytale Palace Quinta da Regaleira which we pass by about 2/3 of the way into our tour. Expect the walking tour to finish around 5pm, allowing extra time to visit other local attractions or just soak up the atmosphere of Sintra. Breakfast and Dinner included. Hotel Sintra Jardim Heritage Stay



Day 4 – Cabo da Roca Coastal Walking Tour / Sintra (B, L)

Breakfast 8:00 am and departure at 9:30 am

Transfer to Cabo da Roca, Continental Europe's most westerly point, and a wonderful landmark with impressive views that is a place of great pride amongst the sea-fairing Portuguese. (approx 40 min travel time) Walking Tour (Easy to Moderate options / coastal paths) today we walk sections of the famous Atlantic Route (Grand Route of Europe number 11), that brings us along the headlands and sandy coves of the Sintra coastline. Our destination is Azenhas do Mar, a wonderful seaside hamlet, offering us a full



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day of hiking and sightseeing as we pass through the hillside coastal towns and some fascinating temperate forests offering lush vegetation. A cool drink break beachside during the walk and picnic lunch to be carried. Transfer return to Sintra (30 min) from Azenhas do Mar. Breakfast and Trail Lunch included. Same Hotel.



Day 5 – Obidos, Batalha Abbey and Coimbra (B, D)

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

Transfer to Obidos (approx 1 hr)

Walking Tour (Easy to Moderate) Here we explore the charming medieval village of Obidos (known as the wedding village since the Middle Ages), as we soak up this remarkable

little corner of Portugal and enjoy the coastal views to Peniche port. Following this we make a transfer to Batalha, for a visit to the Battle Abbey (Mosteiro de Santa Maria da Vitoria), a UNESCO World Monument, considered a supreme achievement of Portuguese architecture.

Transfer onwards to Coimbra and check into hotel (approx 45 min).

Hotel Reception at Hotel Oslo (3 star) Central based traditional style hotel with modern amenities, free wifi internet in rooms, elevator, cooked buffet breakfast, bar / café, Satellite television channels.

Breakfast and Dinner included.

Day 6 – Coimbra (B)

Breakfast from 7:30 am and departure at 09:00 am

Walking Tour of Coimbra, situated on a hill top and once Portugal's capital for over a century. Our tour includes a visit to the world famous architecture of the University and an exploration of the city surroundings with some countryside rambling to please those seeking a longer walking journey on this day. An optional visit to a local Fado club for those wishing to experience the unique expression of Coimbra Fado, with a local vinho in hand, can be arranged. Hotel remains the same as last night. Breakfast included today.



Day 7 – Porto (B, D)

Breakfast from 7:30 am and departure at 9:00 am

Transfer to Porto (1 hr 15 min) and here we'll check into the hotel and then explore on foot Porto's main highlights including the Cathedral, the Tower of Clerigos and the impressive hall of the railway station San Bento. The riverside here is lined with Port wine cellars, so it's only proper that we sample some Porto and have a guided tasting by the experts! Hotel Reception - Hotel Sao Jorge Porto (3 stars) is centrally located in the historic quarter. Breakfast and Dinner included.

Day 8 – Porto and the Rio Douro Valley (B, L)

Breakfast from 7:30 am and departure at 9:00 am

Porto Rio Douro Tour This morning we make the pleasant and scenic train / boat journey up the Rio Douro into some of the most spectacular wine growing scenery around. The





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tour, lasting a full day offers insight into the age-old tradition of the port industry. A tasty boat lunch with wine is included today. Same hotel. Breakfast and Lunch included.



Day 9 – Return transfer to Lisbon / End of Tour

Breakfast Pending group transfer departure time

This morning we say Adios to Porto and our private shuttle returns us to Lisbon Airport and / or city centre. Arrangements for extended visits to other parts of Portugal can be made. We recommend a journey south to the Algarve or you may carry on to the incredible Azores Islands! Breakfast included today.

TOUR INCLUSIONS

This tour includes 8 nights' accommodation in comfortable 3 & 4 star hotels – centrally located

- *Meals as per itinerary*
- *All transfers via private vehicle, boat tour and street trolleys where applicable*
- *Guided tour program led by Adventurebug and local guides where applicable*
- *Entrance fees as per the itinerary*
- *Local taxes, booking and service fees*
- *Coach driver tips included*

NON INCLUSIONS *are personal travel and cancellation insurance, flights, additional entrance fees to additional attractions (outside of itinerary), additional transfers and / or airport transfers, beverages at meals (except mineral water is provided and on some occasions wine is as well), room bills for communication, bar, etc.*