



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

Highlights of the Azores & Mainland Portugal

11 nights

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. **Bemvenido!** We welcome you on this exploratory hiking tour of Portugal's mainland and the Azorean Islands.



The **Azores archipelago** consists of 9 islands and a combined population of approximately 250,000 people living mostly in rural settlements. The region is a mid-Atlantic treasure that escapes tourism of grand proportions. On one hand, a throwback to old-style Portugal - one of narrow cobbled streets and red roofed townhouses with ornate shutters and wrought-iron balconies. On the other, a botanical Eden that rivals Hawaii in botanical diversity yet maintains an old world maritime culture. It is truly a land of contrasts and offers a feast of delights for the active traveler – primarily a marriage between a walking discovery over unique and somewhat

unreal landscapes and a journey back in time. White arum lilies, red cannas and spires of orange crocosmia grow wild. Hydrangeas make up roadside hedges while lines of bamboo separate fields. Then there are agaves, cacti, succulents, fir trees, plane trees with trunks and branches covered in lichen, and azaleas bursting into bloom. The Azores are a sheer delight.

Mainland Portugal and its thriving capital Lisbon is a throwback to its navigational heritage during the years of monarchy rule and its working class, socialist roots that dominated the last century. The countryside is bespeckled with red tile roofed houses clustered around each other amidst green orchards and forested hillsides. The coastline is rich in powerful sandy beach breaks and small fishing villages set on estuaries teeming with birdlife. The Portuguese people are soft spoken and somewhat shy compared to their European neighbors – perhaps humbled and preserved by generations of coastal living and enjoying the simple pleasures of their unique topography and brilliant climate.

On top of it all, Portugal remains one of the most liberal western societies to date. Welcoming millions of immigrants from former colonies, Portugal is blessed with a mixed heritage of ancestors from Brazil, Angola, India, Cape Verde and more – all adding to the unique diet, language, music and artistic endeavors we find spread throughout the country.



Combined, we'll introduce you to our favorite aspects of both the Azores and mainland Portugal – introducing you to the people, architecture, landscapes and of course the wonderful food and wine this country has to offer. Our explorations are largely on foot – at a level and pace we can all handle – ensuring that you can absorb the most this nation offers!



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Day 1 - Arrival to Sao Miguel, Azores (Ponta Delgada)

This afternoon in the hotel lobby, you'll meet your guide from Adventurebug and he'll lead a guided walking tour of Ponta Delgada's historic quarter for the rest of the afternoon. This evening will be our welcome dinner in a local restaurant specialising in Azorean dishes. Meals included: Arrival Greeting Dinner. Hotel: Hotel Marine Atlantico (4 star)
https://bestazoreshotels.com/hotel-marina-atlantico.php?utm_source=google-my-business&utm_medium=organicsearch&utm_campaign=hma_gmb



Day 2 - Furnas Lake, Sao Miguel Island

After breakfast we have a scenic 1 hour transfer to Furnas on the opposite side of Sao Miguel Island. Our stop(s) on route may include either a traditional ceramic exposition or visit to pineapple plantation (or both), and a lunch stop in Vila Franca – the island's original capital. These visits are no more than 1 hour in duration. At Furnas, we have scenic guided hike around the lake (2-3 hours), visiting the 'caldeiras' where locals cook food in hot chambers. From here we drive to our hotel giving you time to visit the lush botanical gardens and giant outdoor thermal pool. Meals included: Breakfast and a special stew dinner cooked in volcanic soil while we hiked! Hotel: Terra Nostra, Furnas (4 star) <http://www.terranostragardenhotel.com/>



Hotel: Terra Nostra, Furnas (4 star)

Day 3 - Ribeira Quente Hike and Coastal Visit

Breakfast followed by short transfer to trailhead (15 min). Hike along coastal forests and farmlands to Ribeira Quente fishing village (4 hours hiking time). Here we enjoy a vast array of botony and be on the watch for bird life and dolphins from our many sea views along the trail! After hiking through the village and an optional ocean swim with café time we return to Furnas to witness the steaming volcanic vents right in the town itself and after you can treat yourself to the thermal baths at the hotel. Meals included: Breakfast and Picnic Lunch

Day 4 - (Flight) Pico Island

Today we visit the historic Tea Plantations of Sao Miguel – including an hour and a half of hiking through the plantations themselves followed by a visit to the charming town of Ribeira Grande where you can take lunch in a wonderful setting. We then transfer to Ponta Delgada Airport (30 min) for a flight to Pico Island. Flight time to Pico is 1 hr / normally departs late afternoon. In Pico, we transfer 30 min from the airport to Madalena town – our base for the next 3 nights. Meals Included: Breakfast and Dinner (in hotel). Hotel: Caravelas, Madalena (4 star)
<http://www.hotelcaravelas.com.pt/>





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Day 5 - Pico Island – Vineyard Hike This morning you can choose options such as a whale watch experience; deep sea fishing; explore Madalena's heritage and swimming locations or taxi (15 min) to the Lava Tubes for an extraordinary underground experience (lasting 1 hour). These visits are not included in the trip price and Matt will assist in organizing options. After lunch, we regroup and hike the UNESCO world heritage vineyards (4-5 miles / flat), and explore some wonderful architecture. Meals Included: Breakfast only today. Hotel: Caravelas, Madalena (4 star)



Day 6 - Faial Island Visit

This morning we cross the straits by ferry (45 min crossing / 08:15 departure), to visit the Blue Island, Faial. Our tour takes us to Horta, the pretty harbour capital followed by a scenic tour of the island where we explore on foot both the Capelo Volcanic Complex and the highest point, the Faial Caldeira volcano itself. A highlight of today is the distinct plant life of Faial, the laid back atmosphere and the tasty cheese produced here. We return by ferry later in the afternoon. Meals Included: Breakfast, Picnic Lunch & Dinner. Hotel: Caravelas, Madalena (4 star)



Day 7 - FLIGHT TO PORTUGAL (LISBON / CASCAIS)

This morning we'll make our way to the airport for our morning flight to Lisbon. From Lisbon we have a 45 min transfer to Cascais on the Portuguese Riviera. We should be at our hotel by 3:30 pm in the afternoon, in which case we'll explore the pretty town and walk the seaside promenade admiring the turn of century mansions and unique architecture. Tonight you are free to explore the many options for dinner as Cascais is famous for its seafood and local Portuguese cuisine. Meals Included: Breakfast only. Hotel: Hotel Bahia, Cascais (3 star)

<http://www.hotelbaia.com/hotel-baia-cascais>

Day 8 - Cabo do Roca Coastal Hike

Today we make a visit to mainland Europe's most westerly point – visiting Cabo do Roca, a pilgrimage site for the sea-bound Portuguese, before taking a wonderful hike along the coast and beaches leading to Macas village, one of Portugal's most photographed coastal regions – we can have a cold drink and swim here at the end of our hike. We then travel to Sintra by coach (30 min) for our 2 night stay in this unique heritage hotel. Meals Included: Breakfast, Picnic Lunch & Dinner at the hotel. Hotel: Sintra Jardim Guest House / <http://www.hotelsintrajardim.pt/>

Day 9 - Sintra and the Pena Palace Hike

Today we hike from the hotel through Sintra's beautiful forested hills past a 1500 year old Moorish Fortress and to the *Palace of La Pena* for a 360 degree view of Portugal's West Coast and interior. After a visit of the Palace & Gardens we descend to the town of Sintra for glimpses of wonderful Victorian architecture set amongst verdant forests and stone walled alley ways.

Meals Included: Breakfast and Picnic Lunch

Hotel: (same) Sintra Jardim Guest House



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Day 10 -Cork Forest & Vineyard Hike of the Arrabida Natural Reserve

Departing Sintra, we make our way by bus (1 hour) to the Arrabida Natural Park, a highland situated across the Tagus River from Lisbon. Arrabida, in the state of Setubal is famous for its vineyards and lush cork forests. We'll hike the windmill route today and stroll through the cork oaks before enjoying a taste of Setubal's locally produced wines in a family run vineyard. Following a panoramic drive through the Arrabida Park (1 hour), we'll arrive at our hotel base in the historic city of Setubal.

Meals Included: Breakfast, Picnic Lunch and Dinner

Hotel: Luna Esperanca, Setubal center (4 star) www.lunahoteis.com



Day 11 - Lisbon Tour Day

This morning we'll transfer 40 minutes to Lisbon – the enigmatic heart of Portugal. Here we'll walk to the historic main praças (squares), the Sé Cathedral, the Sao Jorge Castle and the Alfama district where Lisbon's origins began. This is a fully comprehensive tour day of this glorious city. Meals Included: Breakfast and farewell FADO music dinner

show! Hotel: Legendary Lisbon Suites 4 stars <https://www.legendarylisboasuites.com/EN/hotel-.html> / Lisbon center.

Day 12 - DEPARTURE DAY

After breakfast this morning your tour comes to an end. There are plenty of good options for accessing the airport and / or extending your stay in Portugal. Your airport transfer from the hotel is not included and Adventurebug is on hand to make recommendations and bookings for you! Meals Included: Breakfast only

INCLUDED in your Tour Price:

- 11 tour nights' accommodation in comfortable 3 and 4 star hotels – centrally located
- Meals as per itinerary (Provided dinners include wine/beer and mineral water)
- Airport transfer for arrival to Ponta Delgada included. Departure transfer from Lisbon not included.
- All internal island ground transfers via private airconditioned bus vehicle
- Airline tickets (Ponta Delgada to Pico & Pico to Lisbon) single direction flights (1 x 23 kg baggage limit)
- Ferry transfer to/from Faial Island



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- Hiking / cultural guide throughout the tour
- Tipping for meals provided in itinerary, bus transfer tips and 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 (where applicable ie. Whale Watch Tours, Lava Tubes, Museums, etc.), additional transfers Lisbon airport transfer, some beverages at meals provided, personal room expenses etc.

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

TRAVEL IN THE AZORES & 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 Azores and mainland is Portuguese and English is spoken largely in the main tourist areas.
- The Azores are a series of small, sparsely populated islands that for many years was very impoverished. Society relies on fishing and agriculture for sustainability and tourism is the region's biggest income earner. Standards of living can be very different from what you are accustomed too. The pace of life on the islands is slower and levels of customer service may appear 'less ambitious' than what we are normally accustomed too.
- 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.
- 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 2 transfers that are over 2 hours on this excursion.
- Weather patterns throughout Portugal and the Azores are erratic and similar to the maritime climates of the Eastern US – however usually milder. Rain, squalls and strong winds are the norm for certain hours of the day and periods during the year. May can be a rainy month but most showers are short lived and spread over the islands.
- Travel disease issues are not a concern in the Azores or 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 in the Azores and the mainland.
- Hospital and health coverage for visitors is very good and meets European criteria. Please ensure your travel insurance is up to date and covers the Azores and mainland regions.
- The Azores are approximately 4 hours air travel time from Boston and is on GMT -1 hour (1 hour behind the UK time (GMT) zone. Mainland Portugal is a few hours further east of the Azores.