

EXPLORE!

BEST SELLER

Remote Coastal Trails of Portugal

8 days

Portugal - Trip code POR



Remote Coastal Trails of Portugal

Based in the historically important small coastal town of Sagres, this walking holiday explores a remote corner of Portugal. Following beautiful coastal paths to discover impressive cliffs, quiet sandy beaches and remote inland villages, walk the last section of the long distance path 'Rota Vicentina' to Cabo Sao Vicente, the lighthouse at the most southwesterly point of Europe, and pass the remarkable rock formations at Ponta de Piedade south of Lagos. Sample the delicious local cuisine and crisp wines en route. The climate is ideal for walking, including early and late in the year.

Trip highlights

- ★ Coastal walks - Along beautiful paths with stunning views
- ★ Cabo Sao Vicente - The most south-westerly point of continental Europe
- ★ Sagres - An historically important harbour town, surrounded by a spectacular coastline
- ★ Aljezur - Explore the old village and enjoy the views from the ruins of the medieval castle
- ★ Ponta de Piedade - Dramatic rocky coastline, rock arch and turquoise seas
- ★ Beautiful beaches - Relax on one of the many natural, sand beaches

ACCOMMODATION GRADE:

Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

WALKING GRADE:

Easy

Suitable for most people in good health, these easy walks are predominantly on good paths, at low altitude and on undemanding terrain. Previous walking or trekking experience is not necessary.

GROUP SIZE:

10 - 16

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join trip at Faro airport and drive to Sagres

Our trip starts at Faro airport from where we drive due west for approximately one hour and a half to the coastal town of Sagres. As we arrive early there will be plenty of time to explore this historically important port, linked to the early Portuguese explorers. It was here that Prince Henry the Navigator built his navigation school during the 'Age of the Discoveries'. His fortress, Fortaleza de Sagres rebuilt in the 18th century, can also be seen from our hotel. Today Sagres is a small tranquil town with a picturesque harbour and several nearby beaches. Within a short walking distance of our hotel is a choice of local restaurants and bars, and a town beach.



Accommodation: Hotel Navigator (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: None

DAY 2 - Walk from Carrapateira to inland village of Bordeira

For our first walk we travel by taxi or minibus to the village Carrapateira, approximately forty minutes away. From here we follow a trail along the coast, then head inland to the pretty village of Bordeira where we can relax in a local café before heading back to Sagres by taxi or minibus. Today's walk is 13 kilometres and takes approximately four hours. Total ascent and descent +100m / -70m.



Accommodation: Hotel Navigator (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 3 - Coastal walk to sand beach at Praia do Zavial

Today's walk takes us east out of Sagres along the beautiful coastal path to Praia do Zavial, with paddling / swimming opportunities along the way. Praia do Zavial is a sheltered sandy beach and we have time to relax here before returning to Sagres by taxi. Refreshments are available at the beach café when open. Today's walk covers 11 kilometres along coastal paths, and lasts approximately three hours. The terrain is mainly flat.



Accommodation: Hotel Navigator (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 4 - Cliff walk along Rota Vicentina to Cabo Sao Vicente

After breakfast we travel the short distance to the nearby town of Vila do Bispo and onto the local beach, Praia Castelejo by taxi. From here we follow the long distance marked coastal trail 'Rota Vicentina' along dramatic cliffs to the lighthouse at Europe's most south-westerly point Cabo Sao Vicente - the subject of many local photographs. From here we return to Sagres in taxis. Sunset in this area is a stunning spectacle and worth making the effort to see. Our walk today covers 14 kilometres along a marked trail, and takes approximately four hours. Total ascent and descent +150m / - 150m.



Accommodation: Hotel Navigator (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 5 - Free day; opportunity to go dolphin watching

Today is a free day to relax by the hotel pool, explore the local area further or take the opportunity to join a dolphin watching boat

tour. There is also an optional walk.



Accommodation: Hotel Navigator (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 6 - Coastal walk from Burgau to the town of Lagos

We arrive to the coastal town of Burgau by taxi or minibus for the start of our walk along this dramatic coastline to the resort town of Lagos. En route we see the fascinating rock formations, including the photogenic rock arch, at Ponta da Piedade just south of Lagos. After sometime exploring the lovely old centre of the town and taking refreshment we return to Sagres on the public bus. We walk today for 16 kilometres over approximately four and a half hours along a coastal path. Total ascent and descent +100m / -100m.



Accommodation: Hotel Navigator (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 7 - Explore the historic village of Aljezur; walk to Arrifana beach

This morning we travel by taxi or minibus along the coast for approximately an hour to the village of Aljezur. We spend some time walking around the centre of the old village and if open the small local market selling fresh fruit and vegetables, and locally caught seafood. We can also visit the ruins of the medieval castle which has great views over the area. We then walk through the countryside to the coast. En route we will see a project re-introducing native fir and pine trees to the area. At Arrifana we can relax on the beach or in the beach café, before returning by taxi or minibus to Sagres. Today's walk covers 13 kilometres and takes approximately four hours along an unmade trail. The total ascent and descent is + 115m / - 75m.



Accommodation: Hotel Navigator (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 8 - Trip ends at Faro airport

Our trip ends this morning at Faro airport.

 Meals Provided: Breakfast

Walking and Trekking information

DAILY DISTANCES



 Optional walk

Walking grade

Easy

Trek details

Walks on 5 days for between 3 to 4.5 hours mainly along coastal paths, with an additional optional walk on day 5.



What's included?



Included meals

Breakfast: 7



Transport

Bus
Minibus
Public Bus
Taxi



Trip staff

Explore Tour Leader
Driver(s)



Accommodation

7 nights standard hotel

Trip information

Country information

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Climate

Overall, spring, early summer and autumn are ideal times for a trip to Portugal - though the weather varies enormously from region to region. The northern high plains has both extremes, stiflingly hot in summer, bitterly cold and swept by freezing winds in winter. The Atlantic coast, in contrast, has a tendency to damp and mist, and a relatively brief, humid summer. The Mediterranean south is warm virtually all year round. The islands have very different weather patterns due to their positioning and can have sudden rain falls throughout the year so waterproofs are recommended even in the summer.

Time difference to GMT

0

Plugs

2 Pin Round

Religion

Roman Catholic

Language

Portuguese

Budgeting and packing

Optional activities

Sagres - Dolphin Watching €35 per person Sagres - Sagres Fort €3 per person Sagres - Wellness Spa at Pousada Sagres - treatments must be prebooked, prices available from Pousada Sagre hotel. Sagres - Bike hire: €10 per day for a city bike, €14 per day for a mountain bike Sagres - Public Beaches: Mareta Beach, Beleeira Beach, Martinhal Beach (transport not included)

Clothing

Lightweight cotton clothing is best from June to September, light rainwear may be needed at any time of year, but especially after

mid-September, and a warm fleece/light jacket is recommended for cooler evenings and nights at the beginning and end of the season.

Footwear

Bring good walking/hiking boots with good ankle support for the walks and trainers and/or sandals for travelling and general wear.

Luggage

20kg

Luggage: On tour

One main piece of baggage and daypack. Remember you are expected to carry your own luggage so don't overload yourself.

Equipment

We also recommend taking a water bottle, insect repellent, and sun cream. You may find a walking pole useful.

Tipping

Explore leader

At your discretion you might also consider tipping your Explore Leader in appreciation of the efficiency and service you receive.

Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour. Accordingly, we recommend approximately 15€ per person for tipping. 10% is recommended at meal times.

Country Information

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Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Dinner price

£15

Beer price

£2.00 - 3.00 depending on your location, well touristed areas are usually slightly more expensive.

Water price

£1.4

Foreign Exchange

Local currency

Euro.

Recommended Currency For Exchange

Take the majority of your spending money in Euros cash.

Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

ATM Availability

Cash-point machines are available in all major towns. Bankcards with the Cirrus logo are accepted.

Credit Card Acceptance

Visa and Mastercard are generally accepted in larger restaurants and some shops.

Travellers Cheques

Travellers cheques can be exchanged in all major towns but are not recommended due to the high rate of commission.

Transport, Accommodation & Meals

Transport Information

Bus, Minibus, Public Bus, Taxi

Accommodation notes

Booking a Single Room

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

Hotel Navigator is situated on cliffs overlooking the sea, just a short walk from Mareta Beach and the centre of the town. It has a swimming pool to relax by, and an indoor lounge. The apartment rooms are spacious and have a kitchenette, sitting area and small balcony. A buffet breakfast is included.

Essential information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa Information

Portugal: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office. You should confirm all visa related questions with the relevant Embassy prior to departure.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

Booking conditions

Before booking your Explore trip, please ensure that you read both our [Essential Information](#) and [Booking Conditions](#).

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

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Vaccinations

Nothing compulsory but Tetanus is usually recommended as a precaution. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider. Vaccination requirements are subject to change and should be confirmed before departure.
