

# EXPLORE!

**BEST SELLER**

**Self-Guided Coastal Trails of Portugal**

9 days

Portugal - Trip code **WSPO**



## Self-Guided Coastal Trails of Portugal

Follow the Rota Vicentina along the coast to Cabo Sao Vicente, the south-western most point of Portugal and continental Europe. Hike between villages through the natural park of 'Sudoeste Alentejano e Costa Vicentina'. Follow the marked trail along cliff tops, among dunes and beside rocky shorelines. En route relax on beautiful unspoilt golden sand beaches and enjoy the local food and wine.

### Trip highlights

- ★ **Coastal landscapes** - Unspoilt beaches, dunes and steep cliffs
- ★ **Get off the beaten track** - Walk the Rota Vicentina along this little-known part of the western Algarve
- ★ **Cabo de Sao Vicente** - Discover the south-western most point of mainland Portugal and continental Europe
- ★ **Relaxed pace** - Enjoy the lifestyle and food and wine of the region

#### 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:

##### Moderate

For those who are fit and active, these moderate walks are normally on good paths and tracks at low altitude. Days may include some fairly demanding ascents and descents, so previous experience is preferable but not essential.

## Itinerary

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

### DAY 1 - Trip starts in Zambujeira do Mar

Your accommodation for the first two nights of your holiday is in the coastal village of Zambujeira do Mar. After checking-in, you may choose to spend some time exploring this charming village, set against a backdrop of wild beaches and rugged cliffs. This evening, we recommend enjoying a dinner of freshly-caught fish in one of the family-run restaurants in the village. Details of how to reach the start point of your holiday can be found on our website in the tour specific dates and prices section by clicking on 'Joining Info' and then the 'Show More' button.



**Accommodation: Hospedagem Rosa dos Ventos** (or similar)



Standard Hotel



Single room available



Meals Provided: None

### DAY 2 - Walk along the 'Rota Vicentina' to Cape Sardo

This morning starts with a short taxi transfer to the village of Almogrove. From here, your walk takes you along a coastal section of the famous 'Rota Vicentina' footpath. Passing Cavalheiro and the lighthouse at Cape Sardo, you will be rewarded with spectacular views. If you prefer a shorter walk, just ask the taxi driver to drop you off in Cavalheiro, shortening your hike by nine kilometres. You can expect today's 21 kilometre walk to take approximately seven hours.



**Accommodation: Hospedagem Rosa dos Ventos** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

### DAY 3 - Walk along the coast to Odeceixe

Today's walk follows another section of the Rota Vicentina along the coast. Along your route, rolling dunes alternate with rocky shores where storks nest. Following the coast, you pass beaches and the fishing village of Azenha do Mar to reach the rural village of Odeceixe, where you will spend the night. You can expect today's 20 kilometre walk to take approximately six hours.



**Accommodation: Casa Hospedes Celeste** (or similar)



Simple Hotel



Single room available



Meals Provided: Breakfast

## DAY 4 - Choice of routes to Aljezur

Once again, today's route follows the Rota Vicentina, although this time you walk inland. After passing alongside an irrigation channel winding through farmed fields, the scenery opens out into a landscape of heather and fragrant shrubs. If you'd prefer to remain on the coast, at low tide an alternative route crosses ravines, from one beach to the next. Whichever route you choose, you will arrive to the interesting village of Aljezur. This is where we stay tonight so there is time to explore the 'old village' and the Moorish castle. You can expect today's 18 or 17.5 kilometre walks to take approximately seven and four-and-a-half hours, respectively.



**Accommodation: Hotel Vicentina** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 5 - Choice of routes to Carrapateira

Today, your choice of walk will once again depend on the tide. After a short taxi ride to the fishing village of Arrifana, if tides are low, you can walk along rocky strands and sandy beaches. If water levels are high, an alternate route takes you inland via Bordeira to Carrapateira, where you will find your hotel for the night. You can expect today's 12 or 24 kilometre walks to take approximately four and seven hours, respectively.



**Accommodation: Pensao das Dunas** (or similar)



Simple Hotel



Single room available



Meals Provided: Breakfast

## DAY 6 - Walk to historic Vila do Bispo

Setting off from your hotel, today's route incorporates inland and coastal sections, depending on the tides. Along your way, you're likely to spot fishermen perched high on the cliffs. Your route ends in historic Vila do Bispo, where you will spend the next two nights in a hospitable hotel, complete with indoor swimming pool and sauna. You can expect today's 19 kilometre walk to take approximately seven hours.




**Accommodation: Hotel Mira Sagres** (or similar)

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 Standard Hotel

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 Single room available

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 Meals Provided: Breakfast

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## DAY 7 - Walk to the far southwest point of Portugal

Your last day of hiking takes you through pastures and fields to the far southwest corner of Portugal, walking along flat tracks and narrow fishermen's paths above rocky shores. If the weather is warm, you have the option of stopping for a swim at 'Praia do Ponto Ruiva'. Your walk ends at windy Cape Sao Vicente, with sweeping views of the ocean. From here, you can either walk back to your hotel, or catch a public bus or taxi, before enjoying your final evening in Vila do Bispo. You can expect today's 14 kilometre walk to take approximately four-and-a-half hours. A walk back from Cape Sao Vicente will add an extra six kilometres and an hour-and-half to your route.




**Accommodation: Hotel Mira Sagres** (or similar)

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 Standard Hotel

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 Single room available

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 Meals Provided: Breakfast

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## DAY 8 - Trip ends in Vila do Bispo

After breakfast, the organised part of your holiday comes to an end.

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 Meals Provided: Breakfast

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# Walking and Trekking information

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### DAILY DISTANCE



 Optional Walks

### Walking grade

Moderate

### Trek details

On this journey you walk for 5 to 7 hours on 6 days, mainly on unsurfaced tracks, coastal trails and footpaths. The distance covered is a minimum of 104 km (an average of 17 km per day). On two days there is a choice of route depending on the tide.

### Max walking altitude (m)

145



## What's included?



### Included meals

Breakfast: 7



### Transport

Taxi



### Accommodation

5 nights standard hotel  
2 nights simple hotel

## Trip information

### Country information

### Portugal Holidays & Tours

#### 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

### Clothing

Light rainwear may be needed at any time of year, and a warm fleece/jacket is recommended for cooler evenings and nights early and late in the season.

### Footwear

Well worn, sturdy walking boots with good ankle support are essential for the walks. Sandals and trainers are recommended for relaxing in the evenings.

### Luggage: On tour

Bring one main piece of baggage as per your airline luggage allowance, maximum 20 kg per person. Remember you are expected to carry your own luggage during transfers by public transport so don't overload yourself. Luggage transfers between hotels are normally arranged by the hoteliers. Mark your bags clearly and leave them at the place and time arranged with them. When travelling on public transport you should always take your luggage with you.

### Luggage transfer

Included between each hotel.

### Equipment

A water bottle, sunhat and sunscreen are all essential and you may wish to bring a light torch. Walking poles recommended. Maps - Along with the destination manual and route notes you will be sent a set of maps that have been created specifically for this trip to help you navigate. The route is marked on each map together with a series of numbered waypoints which correspond with instructions in the route notes. Should you wish to purchase a more detailed commercially produced map we recommend the following:- General Map Grupo Anaya, Portugal, Madeira y Azores, 1:340.000 (2008) Topographic Map Rota Vicentina Mapa / Map, 1:55.000 (2013)

### Country Information

## Portugal Holidays & Tours

### 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

Taxi

## 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](#)

### 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.

## Maximum altitude (m)

145

## Portugal Holidays & Tours

### 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.

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