

# EXPLORE!

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BEST SELLER

## Remote Coastal Trails of Portugal

PORTUGAL - TRIP CODE POR

WALKING AND TREKKING

### Why book this trip?

Based in the small town of Sagres, this walking holiday explores an unspoilt corner of Portugal. Follow beautiful coastal paths to discover impressive cliff tops and quiet sandy beaches, sampling the delicious local seafood and crisp wines in the evening.

- **Cabo Sao Vicente** - Walk the long distance Rota Vicentina path to the most south-westerly point of Europe
- **Ponta de Piedade** - Dramatic rocky coastline, rock arch and turquoise seas
- **Seven Hanging Valleys trail** - Explore the spectacular coastal scenery of secluded beaches, hidden coves and limestone stacks



**INCLUDED MEALS**  
Breakfast: 7



**TRIP STAFF**  
Explore Tour  
Leader  
Driver(s)



**TRANSPORT**  
Bus  
Minibus  
Public Bus  
Taxi



**ACCOMMODATION**  
7 nights  
comfortable hotel



**WALKING GRADE:**  
Easy To  
Moderate



**GROUP SIZE:**  
10 - 16

## Itinerary

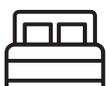
Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Join trip in Sagres

Our trip begins in the coastal town of Sagres, a small tranquil town with a picturesque harbour and several nearby beaches. 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. Our base for the week is Hotel Navigator, overlooking the sea and a short walk from Mareta Beach and the centre of Sagres town. The spacious apartment rooms are simply furnished, all have a kitchenette, sitting area and small balcony.

For those arriving on time our Leader plans to meet you in the hotel reception at 7pm for the welcome meeting and for those that wish, there is the chance to go out for dinner. There are no activities planned today, so you are free to arrive in Sagres at any time. If you would like to receive a complimentary airport transfer today, you'll need to arrive at Faro Airport (FAO) which is around one hour 30 minutes' drive to the hotel. Should you miss the meeting, your leader will inform you of any essential information as soon as you catch up.

If your flight arrives early in the day there is a choice of local restaurants and bars, and a town beach within a short walking distance of our hotel.



**ACCOMMODATION:**  
Hotel Navigator (or similar)

**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



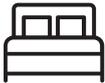
MEALS PROVIDED: NONE

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## 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 easy 13 kilometre walk is expected to take around four hours with 100 metres of ascent and 70 metres of descent.



ACCOMMODATION:  
Hotel Navigator (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 3 - Hike the scenic Seven Hanging Valleys trail

Today is a more challenging walk along the Seven Hanging Valleys trail with spectacular coastal scenery. It's a one hour's drive to Marinha Beach where we join the trail, walking along the coastal cliffs looking out to natural arches, secluded beaches, limestone stacks and caves at Benagil beach. The trail rises to pass Alfanzina lighthouse before arriving at Carvoeiro beach. At the end of the walk, you can relax at

Carvoeiro beach or take an optional boat trip with amazing views into the Benagil sea-cut caves.

Today's moderate 10 kilometre walk is expected to take around three-and-a-half hours with 150 metres of ascent and descent, with some steep sections.



ACCOMMODATION:  
Hotel Navigator (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



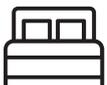
MEALS PROVIDED: BREAKFAST

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#### **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.

Today's moderate 14 kilometre walk is expected to take around four hours with 150 metres of ascent and descent along a marked trail.



ACCOMMODATION:  
Hotel Navigator (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE





SWIMMING POOL AVAILABLE

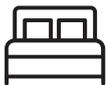


MEALS PROVIDED: BREAKFAST

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### **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)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **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.

Today's moderate 16 kilometre walk is expected to take around four-and-a-half hours with 100 metres of ascent and descent, along a coastal path.



ACCOMMODATION:  
Hotel Navigator (or similar)



## Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



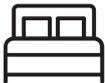
MEALS PROVIDED: BREAKFAST

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## DAY 7 - Coastal walk from Ingrina to Sagres

This morning we take taxis to Ingrina, a sheltered sandy beach. From here we walk back to Sagres along the unspoilt coastline with the opportunity to stop for a swim in the sea along the way.

Today's easy 11 kilometre walk is expected to take around three hours, along a flat coastal path.



ACCOMMODATION:  
Hotel Navigator (or similar)



## Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 8 - Trip ends in Sagres

The trip ends after breakfast at our hotel in Sagres.

There are no activities planned today, so you are free to depart from Sagres at any time. If your flight is departing later in the day luggage storage facilities are available at our hotel. If you would like to receive a complimentary airport transfer today, you need to depart from Faro Airport (FAO) which is around one

hour 30 minutes' drive from the hotel.



MEALS PROVIDED: BREAKFAST

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## Trip information

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### Country information

#### Portugal

##### 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	Plugs	Religion	Language
0	2 Pin Round	Roman Catholic	Portuguese

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### Budgeting and packing

#### Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Sagres - Dolphin Watching €35 per person

Sagres - Sagres Fort €3 per person

Sagres - Wellness Spa at Pousada Sagres - treatments must to 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)

Boat trip to Benagil caves 60min: €25 or 90min: €30

#### Clothing

Bring light and comfortable clothing that can be layered according to the temperature. It can become cool, especially at night, so bring warmer layers. Tops made from wicking materials which keep you drier, a warmer fleece is recommended as a mid layer, and walking trousers are preferable to trousers of heavier material such as jeans.

- Breathable wind and waterproof jacket (you may also wish to bring waterproof trousers)
- T-shirts
- Long sleeved tops
- Sunhat
- Shorts (if you prefer to walk in them)
- Long trousers (will be walking through shrubland on day 7)
- Swimwear and towel
- Midlayer Fleece/pullover
- Socks (liner and thicker pair)
- Insulated jacket

## Footwear

We recommend you bring walking/hiking boots with ankle support- leather or fabric are both fine. Make sure that your boots are worn-in and comfortable before the start of the trip. Also trainers or sandals for relaxing and general wear. We suggest that on international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your own boots are the one thing that will be irreplaceable.

## Luggage

20kg

### Luggage: On tour

Bring one main piece of luggage and a 20-30 litre day sack is recommended. You will need to carry what you need for the day which may include a raincoat, jumper, camera, sun-cream, water and picnic lunch. On hot days you will carry fewer clothes but more drinking water.

## Equipment

- Sunglasses
- Sun cream
- Small Torch (with spare batteries and bulb)
- Camera
- Walking Poles (if you usually use them and recommended for the Seven Hanging Valleys walk)
- Personal first aid kit - On each walk a first aid kit is carried but you should have your own blister kit, supply of plasters, aspirin and other essentials.
- Personal toiletries
- Insect repellent
- Small waterproof dry bag (for items such as your mobile phone)
- Reusable water bottle (minimum 1 litre) - Get 15% discount on a Water-to-Go bottle [www.explore.co.uk/about-us/responsible-travel/water-to-go-discount-with-explore](http://www.explore.co.uk/about-us/responsible-travel/water-to-go-discount-with-explore)
- Lunch bag/Tupperware (for packed lunches)

# Tipping

## Explore leader

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. You may however, want to recognise a leader that has done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It is a tricky one, and down to personal preference, but we would recommend £15 to £20 per person per week as a guideline.

## Local crew

Although voluntary, tipping is a recognised 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. Accordingly, you should allow approximately £20 of local currency for tipping. In order to make things easier for you, the Explore Leader may organise a group's tips kitty and if this is the case, they will account for it throughout the trip.

## Portugal

### 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

£18

#### 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      Recommended Currency For Exchange

Euro.                      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.

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## **Transport, Accommodation & Meals**

### **Transport Information**

Bus, Minibus, Public Bus, Taxi

### **Accommodation notes**

Our base for the week is Hotel Navigator, situated on cliffs overlooking the sea, just a short walk from Mareta Beach and the centre of the Sagres town. It has a swimming pool (open in the summer months), and an indoor lounge. The apartment rooms vary in size and are simply furnished (may seem a bit dated!), they all have a kitchenette, sitting area and small balcony. One thing to be aware of in Portugal is that breakfast tends to be a smaller affair, often just fruit juice or coffee and a pastry.

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## **Essential Information**

### **Government Travel Safety 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.

### **Price Guarantee**

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 and Passport 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 be able to apply through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://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.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

## 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 receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

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, Polar, 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. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. 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.

## **Portugal**

### **Vaccinations**

Nothing compulsory but Tetanus is usually recommended as a precaution. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

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## **Walking and Trekking information**

## DAILY DISTANCES

Day 2	13km	4hrs
Day 3	12km	3.5hrs
Day 4	14km	4.5hrs
Day 5	9km	3.5hrs
Day 6	16km	4.5hrs
Day 7	10km	3hrs

 Optional Walks

### Walking grade

Easy to moderate

### Trek details

Walks on 5 days for between 3 to 4 hours mainly along coastal paths, with an additional optional walk on day 5.

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### Additional Information



## Looking to spend longer exploring Portugal?

To see more of the Algarve you can combine our Remote Coastal Trails of Portugal with our [Walking in the Eastern Algarve](#) for a two week Portuguese walking holiday. Many of our dates work back to back, both holidays are centre based and they begin and end at Faro Airport, making extending your time easy!

Speak to one of our Adventure Travel Consultants to help you arrange this.

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## Reviews



AWARD WINNING  
EXPLORE LEADERS



PRICE GUARANTEE  
PROMISE



AIRPORT  
TRANSFERS