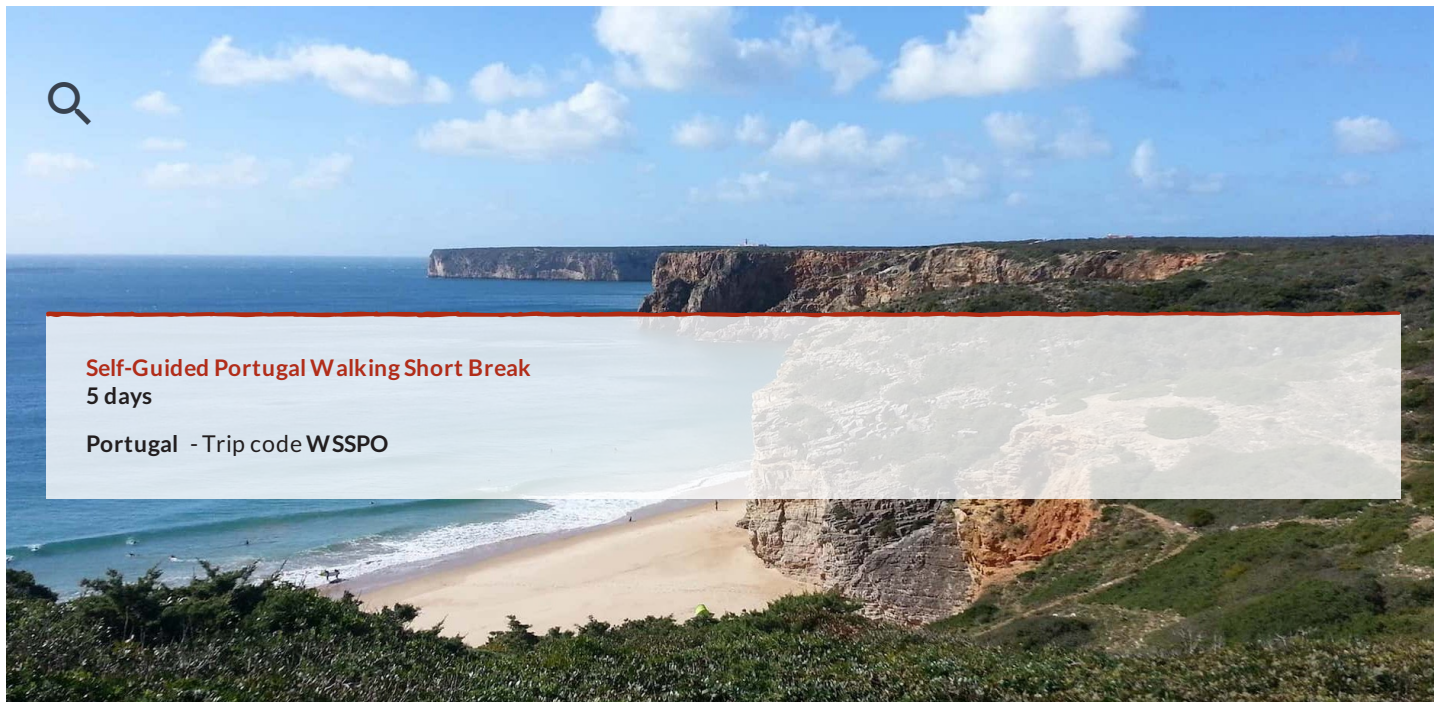


EXPLORE!



Self-Guided Portugal Walking Short Break

5 days

Portugal - Trip code WSSPO

Self-Guided Portugal Walking Short Break

Follow the Rota Vicentina along the coast from Cavaleiro to the attractive village of Odeceixe on this short break walking holiday to Portugal's unspoilt south-west. Spend three days hiking between villages, through the natural park of 'Sudoeste Alentejano e Costa Vicentina'. Walk along well-marked trail along cliff tops, amongst dunes and beside dramatic rocky shorelines. Enjoy the traditionally relaxed Portuguese lifestyle, golden beaches and sample delicious fresh seafood and wine along the way.

Trip highlights

- ★ **Coastal landscapes** - Explore unspoilt beaches, dunes and steep cliffs and make the most of beautiful points along the way
- ★ **Get off the beaten track** - Follow a 45 km section of the Rota Vicentina along this little-known part of the western Algarve, discovering the Sudoeste Alentejano e Costa Vicentina
- ★ **Relaxed pace** - Walk at your own pace and take time to enjoy the lifestyle, 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:

Easy To Moderate

This grade is ideal if you want to enjoy both easy and moderate level walks on the same tour. You'll be walking mainly on good paths and at low altitude, with occasional more demanding ascents or descents.

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. A transfer from Lisbon Airport to your accommodation is included on this holiday and takes approximately two hours. After checking-in, you may choose to spend some time exploring this charming village, set against a backdrop of wild beaches and rugged cliffs. There are several small cafes serving delicious, fresh custard tarts and coffee which you can enjoy. The cafes at the bottom of the village have wonderful views out to sea and great vantage points for sunset. This evening, we recommend enjoying a dinner of freshly-caught fish in one of the family-run restaurants in the village.

On some days of your trip the walks are affected by tide times. Please check these in advance and plan your walks accordingly.



Accommodation: Hospedagem Rosa dos Ventos (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - Walk along the 'Rota Vicentina' from Cavaleiro to Zambujeira do Mar

This morning starts with a short taxi transfer to the village of Cavaleiro. From here, your walk takes you along a coastal section of the famous 'Rota Vicentina' footpath. Shortly after leaving Cavaleiro you reach the cliff path and the lighthouse at Cape Sardoal, from here on there are fantastic coastal views for most of the day. The route follows a wide path for most of the time but there are narrower sections and one short, steep descent towards the end of the walk. You can expect today's 12 kilometre walk to take approximately five hours. If you would like a longer walk today there is the option of starting in the village of Almogrove. This section begins with a wide gravel path parallel to the coast and then turns into gentle sandy dunes. For the most part you stick on the coast but a short section which winds in to a pine forest offers a beautiful complement to the coastal scenery. Starting in Almogrove, the total distance walked today is 21 kilometres and will take approximately 7 hours.

You can expect today's 12 kilometre walk to take approximately five hours. If taking the longer option the walk is 21 kilometres and will take approximately 7 hours



Accommodation: Hospedagem Rosa dos Ventos (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 3 - Walk along the coast from Zambujeira do Mar to Odeceixe

Today's walk follows another section of the Rota Vicentina along the stunning Atlantic coast. This route alternates between rolling dunes and rocky cliff paths where storks nest, the views along the way are beautiful and there is no shortage of spots to stop for a snack and to take it all in. Following the coast, you pass pristine golden beaches and the fishing village of Azenha do Mar before reaching the mouth of the River Odeceixe. Here you turn inland and follow the river to reach the attractive, laidback village of Odeceixe, where you will spend the next two nights.

You can expect today's 20 kilometre walk to take approximately six hours. There are two steep sections on today's walk, both are very short and covered in just a few minutes but walking poles would be useful (but not essential) for these sections.



Accommodation: Casas do Moinho (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 4 - Circular walk from Odeceixe

On today's circular walk from Odeceixe first you follow the Rota Vicentina inland. Walk along an irrigation channel as it winds through farmed fields, then across an open landscape of heather and fragrant shrubs to the coast. Follow the fishermen's path across a beautiful natural area to the beach of Odeceixe. Enjoy a relaxing afternoon on the beach or if you prefer walk back to your accommodation and cool off in the pool.

You can expect today's 13.5 kilometre walk to take approximately four hours.



Accommodation: Casas do Moinho (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 5 - Trip ends Odeceixe

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



Meals Provided: Breakfast

Walking and Trekking information

DAILY DISTANCE

Day 2 12km 9km

Day 3 20km

Day 4 13.5km

Optional Walks

Walking grade

Easy to moderate

Trek details

On this journey you walk 45 km over 3 days (an average of 15 km per day). The walks are mainly on unsurfaced tracks, coastal trails and footpaths. We have graded this trip as easy but there is an option on day 2 for a longer moderate grade walk.

Max walking altitude (m)

145



What's included?



Included meals

Breakfast: 4



Transport

Taxi



Accommodation

4 nights standard hotel

Trip information

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

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

We recommend well worn, sturdy walking boots with good ankle support. Some people prefer to complete the walks in trainers or sandals as some of the walks are on beaches. Sandals and trainers are recommended for relaxing in the evenings.

Luggage

20kg

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

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

Recommended airport

Faro or Lisbon

Flying to your destination

We'd recommend flying into and out of Lisbon. Lisbon is served by the following airlines; Easyjet, Ryanair and British Airways and TAP.

Arrival and departure information

At the start of your trip a private transfer is included from Lisbon Airport to the first nights' accommodation.

Departing By public transport from Odeceixe to Lisbon airport

From Odeceixe there is a direct bus to Lisbon every morning at 09:20 hrs and arrives at Lisbon bus station at 12.50 (3.5 hrs and costs approx. 20 Euros). This bus needs to be booked in advance, you can't buy tickets on the bus. Tickets can be bought from <http://www.rede-expressos.pt/> you either need to print tickets or show them on your phone when you get on. Alternatively you can book a private transfer through Explore.

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.

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](#)

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, 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.

Maximum altitude (m)

145

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.
