



ADVENTURES
in good company



PORTUGAL COASTAL HIKING

TRIP SUMMARY

HIGHLIGHTS

- Hiking through a myriad of cinematic landscapes, from white sand beaches and thick forests, to limestone cliffs and rocky outcrops
- Hiking along the rugged coastline on the Fisherman's Trail
- Visiting historic castles, monasteries, and two sets of dinosaur tracks
- Exploring the culture of the nation's capital with a walking tour of some of Lisbon's oldest and most interesting neighborhoods
- Experiencing the unique maritime cuisine of Portugal

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TRIP AT A GLANCE

Location:	Portugal
Activities:	Hiking
Arrive:	The trip starts in the lobby of our Lisbon hotel at 12:00 noon on Day 1
Depart:	You can fly out anytime on the last day of the trip.

TRIP OVERVIEW

Portugal is the oldest nation-state in Europe, ancient in history and rich in maritime culture. We'll enjoy the view from the westernmost point of Europe, and soak in Portugal's diverse landscape by hiking along white sand beaches and through thick forests. We will explore fascinating historic sites including ancient castles, a lavish palace and abandoned monasteries. From there we head south to hike on the Fisherman's Trail of the Rota Vicentina, another of Portugals' jewels. The trail runs along the coastline where we will be awed by wild beaches, towering cliffs, speculator wildflowers and nesting storks. Along the way we'll experience Portugal's cuisine and have the opportunity to indulge in some Portuguese wine. Maximum group size: 12

RATING

This trip is designed for women who enjoy hiking and want to explore Portugal on foot. Hiking is generally 4 - 8 hours with elevation changes on dirt trails, sand, rocky paths, and occasionally uneven footing. A rating of 4 requires some aerobic conditioning, such as walking vigorously up hills, jogging, cross country skiing or stair stepping for 40 - 60 minutes at least 4-5 times a week. The area of Portugal we will be exploring is hilly, we recommend that you include stairclimbing in your fitness routine. **Rating:** 1 2 3 [4](#) 5.

WHAT'S INCLUDED

- A local guide and an AGC guide (If there are fewer than 8 on the trip, there will not be an AGC guide)
- 8 nights double occupancy lodging
- All meals from lunch on the first day through breakfast on the day of departure
- All entrance fees and activities as described in the itinerary

Not included: Airfare to and from the Lisbon Portela Airport (LIS), transfers to and from the trip hotel, trip insurance, alcoholic beverages and gratuities.

OUR ITINERARY

Below is the itinerary we have planned for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

Our first meeting as a group will be at noon at our hotel in Lisbon. After greetings, introducing ourselves, and having a brief orientation to the trip we will set out on a walking tour of the older and more interesting neighborhoods in Lisbon. Get ready for the stairs and hills! Starting in the Bairro Alto we walk down to Baixa-Chiado, the heart of the city center, and the perfect place to stop for lunch. Fortified by our meal, we continue to Alfama, known for its warren of small winding streets as befits the oldest neighborhood in Lisbon. Last but not least on our tour we visit the ancient castle Castelo de Sao Jorge, recently restored to its former glory. We return to our hotel in time to clean up and relax before sharing our first dinner together and undoubtedly an early bedtime. Walking: approximately 5 miles.

DAY 2

After breakfast we head to Sintra, name of both the town and the Natural Park, and our home for the next three nights. It is one of Portugal's best known and most beloved sites, past and present, as evidenced by the castles and palaces built here over the centuries. We will start from the middle of town and wind our way up to the Castelo Dos Mouros (Castle of the Moors), originally built as a defensive outlook when Portugal was part of the Moorish Empire. From here we walk through gardens that were inspired by the Romantic poets to the lovely grounds of Pena Palace and the palace itself, a multihued castle full of both quirks and history. We will tour the castle before descending the hill to the town of Sintra, with time to wander through the town on your own before dinner. Overnight, and the next two nights, at the Nova Sintra. Walking and hiking: approximately 9 miles.

DAY 3

Driving to the west coast of Sintra and Magoito beach, we start our hike on top of the cliffs. Passing through the crib-shaped village of Azenhas do Mar, we reach Praia das Maças beach known for its white sand and surfable waves. In the distance we see our destination, the lighthouse of Cabo da Roca (Cape Roca), the westernmost point of mainland Europe and once thought to be the edge of the world. Along the way we descend to Adraga beach, where we can enjoy a picnic on the beach or a bowl of fish soup (depending on the weather) at Ursa Beach, a much wilder and less visited beach with striking rock formations and crashing surf. There are several endemic species of plants here found nowhere else in Portugal. From Cape Roca we take a 30-minute ride back to Sintra for our second night there. Hiking: approximately 9 miles.

DAY 4

Starting from Peninha, a former sanctuary and pilgrimage site with amazing views of the Nature Park and surrounding area, we descend through the forest until we reach the coast. The ground changes from a deep orange to a tinge of red as we get closer to Guincho Beach. Guincho Beach is internationally famous for surfing, windsurfing, and kitesurfing due to the steady and strong northern winds. After wave-watching we head south to the lovely town of Milfontes, our home for the next two nights. Hiking: approximately 5 miles.

DAY 5

Today will be our first introduction to the Fisherman's trail or Rota Vicentina. The trail's charm derives from the sand dunes, a vast array of amazing colors, aromas, and shapes. The trail takes us to wild beaches, towering cliffs, and spectacular wildflowers. This area is known as the home of many Swifts: Alpine, Pallid and Common Swifts all nest along the coast. We should also see storks which love to make their nests in high remote spots along the trail. Does the ocean call you? There will be time to enjoy the beach and even take a dive if you feel like it. Hiking: approximately 11 miles

DAY 6

We will hike on top of high cliffs that are the nesting site for over twenty species of birds, admire small fishing harbors, cross reddish sand dunes and smell the scent of pine tree forests. At times large agricultural fields stretch right down to the ocean. We will also see plenty of recreational fishermen and small Stone Age quarries amongst the dunes, a reminder that humans have been shaping this coastline since time immemorial. We will leave Milfontes and hike to our accommodations in Touril. Hiking: approximately 11 miles.

DAY 7

Our hike will start in Zambujeira do Mar near the Chapel of Nossa Senhora do Mar, a white-washed simple nave temple dedicated to Our Lady of the Sea. Our trail crosses the beaches of Alteirinho, Carvalhal, Machados, and Amalia, the latter named after the most famous Portuguese Fado Singer Amalia Rodrigues who used to spend her holidays there. Continuing towards the natural fishing harbor of Azenha, we'll enjoy outstanding views at Ponta em Branco, the border between the regions of Algarve and Alentejo until we cross the shallow Seixe River (we will need our water shoes) and reach the beach of Odeceixe. Hiking: approximately 9 miles.

DAY 8

After a 2.5-hour drive, we'll spend our last full day in Portugal visiting historic Belem, a district of Lisbon located on the Tagus River. It's famous both for its historic role as the departing point of the great Navigators, and its current role as home of a unique pastry, Pasteis de Belem. We will walk through the Jeronimos Monastery, known for its architectural splendor and as the burying place of Vasco da Gama and the poet Luís Vaz de Camões. After lunch we'll walk to visit the Monument to the Discoverers and the Belem Tower. The remainder of the day can be spent visiting one of the many museums in Lisbon, walking around Alfama, walking along the river, shopping or relaxing. We will get together for one last dinner. Overnight Lisbon. Walking: 3-4 miles.

DAY 9

Sadly, we have to say goodbye today. You can plan to leave anytime today.

ADDITIONAL TRIP INFORMATION

GETTING THERE

Plan to fly into the Lisbon Portela Airport (LIS). We will offer a group transfer to the hotel at approximately 10 a.m. on Day 1. If you come the day before or arrive earlier or don't want to wait, we will be providing details on how to get to the trip hotel. The trip will officially start in the lobby of our hotel at 12:00 noon.

GETTING HOME

You can fly out anytime on the last day of the trip from the Lisbon Portela Airport (LIS).

AIRFARE

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exito Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Most of the international airlines are in-network for Exito, so they do not charge extra for their services (and often have access to discounted rates). When necessary, processing fees out-of-network carriers are minimal at around \$35-\$50 per ticket.

ACCOMMODATIONS

All accommodations are quality inns or guest houses.

Day 1, Lisbon Hotel.

Day 2-4, the [Nova Sintra](#) in Sintra.

Day 5-7 the [Herdade do Touril](#) in the countryside near Zambujeira do Mar.

Day 8, Lisbon Hotel.

TRAVEL INSURANCE

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit [Travelex Insurance](#) or call 1-800-228-9792 and reference location number 06-0331.

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CANCELLATION POLICY

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

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