



## PORTUGAL

### HIKING PORTUGAL'S VICENTINA TRAIL & BEYOND BY FOOT 8-DAYS

Starting and ending in Lisbon, this Portugal hiking adventure along the Alentejo and Algarve coastlines showcases some of Portugal's most iconic locations. The hike includes Roca Cape, Espichel Cape, Cabo San Vicente and more. Photo opportunities will be endless along this intensely beautiful coastline. You'll even have the chance to witness the astonishing fossilized footprints left by the Jurassic dinosaurs that once roamed freely in the area. Our adventure begins by hiking to the westernmost point in Continental Europe, at Roca Cape, but throughout the trip we'll encounter the region's multitude of beaches and cliffs. The entire region is rugged and wild in places, with the hike to Cabo San Vicente being one of the trip's most magical and enchanting hikes. Even mealtimes will be highly memorable experiences with scenic picnic stops planned during many of the day's hikes and a meal being hosted by a local family.

## Day 1

### LISBON

#### ARRIVAL, WALKING

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Upon arrival into the Lisbon International Airport, a BikeHike Adventures representative will greet you and transfer you to a comfortable hotel in the city. Please make sure to book a flight that arrives no later than 11:00am. Lisbon is a beautiful city, its architecture and design being a product of its distinct mix of Northern European and Southern Mediterranean influences throughout the centuries. Glancing up the winding, narrow streets of the old quarters, you'll notice numerous white houses with ochre rooftops and colourful mosaic tiles decorating the facades. This first afternoon, we'll go for a leisurely walk in the maze of Lisbon's downtown to visit the culturally inspiring old quarters of Alfama and Mouraria.

**Accommodation:** Hotel

**Meals:** Lunch, Dinner



## Day 2

### ROCA CAPE - SINTRA - LISBON

#### HIKING

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After a healthy early morning breakfast, we'll transfer to Almoçageme, the starting point for our hike to the westernmost point in continental Europe, Roca Cape. This walk is primarily a coastal one though we will pass through a small pine forest along with an area of cedar shrubbery before arriving at the cliffs. This hike is not strenuous but there will be moderate, rolling landscapes and some adventurous descents. Lunch will be a scenic picnic somewhere along the hike. Later in the afternoon, we'll drive to Sintra, a UNESCO world heritage site. Time permitting, we'll hopefully have the opportunity to hike up through the narrow winding streets to arrive at the picturesque Moorish castle perched overlooking Sintra.

**Hiking Distance:** 9 km / 6 mi

**Hiking Duration:** 5 hours (including picnic)

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner

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### Day 3

## ESPICHEL CAPE

### HIKING

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This morning, we'll drive to Cabo Espichel where we'll start the day's hike. Today's adventure will primarily take us along gorgeous limestone cliffs. Espichel Cape is a place of pilgrimage, fisherman having been visiting it since the 16th century to pay homage to Our Lady of the Cape. Along today's hike, we'll also pass some impressive fossilized footprints left by the Jurassic dinosaurs that once also roamed freely in the area. After lunch, we'll visit a tile workshop and learn how beautiful Portuguese mosaic tiles are made. Later in the afternoon, we will drive to Villa Nova de Milfontes on the Atlantic coast.

**Hiking Distance:** 10 km / 6 mi

**Hiking Duration:** 4.5 hours (including picnic)

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner

### Day 4

## PEHOE LAKE & FRENCH VALLEY

### HIKING

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Today we'll hike along the Fishermen's trail, a long route across the wild Atlantic coast, from Vila Nova de Milfontes to Almogrove. Vila Nova de Milfontes is a laid-back beach town filled with surfers and sun-seekers, where Hannibal, the famed general from Ancient Carthage, is said to have sheltered long ago. You'll enjoy spectacularly scenic views today as we pass by the mouth of River Mira alongside a lovely, sand-fringed estuary. We'll continue along the trail and pass through Zambujeira do Mar, a sleepy seaside village featuring fresh fish in family-run restaurants, blustering cliff top walks and a dramatic, empty coast.

**Hiking Distance:** 15 km / 9 mi

**Hiking Duration:** 5.5 hours

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner



## Day 5

### VICENTINA TRAIL - CARRAPATEIRA HIKING

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After a hearty breakfast, we'll set off from the village of Carrapateira for another scenic day of hiking. Carrapateira is a tranquil village spread-out along the dramatic coastline. The area boasts copper and ash-grey coloured cliffs, beautifully speckled with yellow and green scrubs. We'll pass various viewpoints along the way that will showcase the area's escarpments, Bordeira and Amado beaches and the ruins of an ancient Moorish fisherman settlement. The Moors thrived during the Middle Ages throughout the Iberian Peninsula. During low tide, Borderia beach becomes one of the largest stretches of sand on the Algarve coast. In the afternoon, we'll drive back to Aljezur.

**Hiking Distance:** 10 km / 6 mi

**Hiking Duration:** 3.5 hours

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Lunch

## Day 6

### VICENTINA TRAIL - CABO SAN VINCENTE

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#### STAND UP PADDLING AND HIKING

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Today we will hike towards the southwestern point of continental Europe, the tip of the Vicentina Trail. This hike to Cabo S. Vicente is arguably the trip's most magical and enchanting. Prepare to be mesmerized by the waves crashing along the rugged cliffs and by the long stretches of unspoiled coastline. Bird watchers will also delight here as you'll notice that the area attracts a wide variety of bird life. At the end of the day's hike, we'll drive back to Aljezur for our final night in the area.

**Hiking Distance:** 13 km / 8 mi

**Hiking Duration:** 5 hours

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner



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## Day 7

### MONCHIQUE - LISBON

#### HIKING

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Today, we will start by driving 50 minutes to the mountain village of Monchique, leaving the coast behind to officially meet the Algarve. After arriving at Monchique, we'll start a loop hike, following the windmill route. The hike will take us all morning. In the afternoon, we'll meet Helena, a local producer of the area's famous "Aguardente de Medronho," a strong traditional fruit brandy. The spirit is obtained from the fruit of the Medronho tree (also known as "the strawberry tree") that grows wild in rural regions of southern Portugal, especially in the inner Algarve. The trees are never commercially planted. Local farmers collect fruits by hand to process them privately. Here, we'll also enjoy a picnic. This final local style picnic is the perfect end to the trip, as we'll feast on a bounty of the region's fresh and organic products. Afterwards we will transfer back to Lisbon for our final night in Portugal.

**Hiking Distance:** 10 km / 6 mi

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner

## Day 8

### LISBON

#### DEPARTURE

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You will be transferred to the international airport for your flight back home.

**Meals:** Breakfast



## TRIP INCLUSIONS

### Trip Includes

Meals as indicated, local wines included with dinners, all entrance fees, all internal transportation, all accommodation (twin shared), airport transfers and English-speaking guides.

### Not Included

International airfare, airport taxes, gratuities, meals not included, and items of a personal nature.

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