SLOWAYS SRL - EMAIL: INFO@SLOWAYS.EU - TELEPHONE +39 055 2340736 - WWW.SLOWAYS.EU



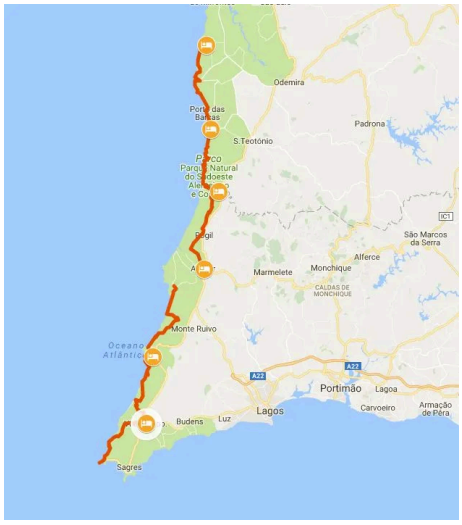
COASTS & ISLANDS SPRING & AUTUMN

type :	Self-Guided Hiking Tours
level :	
duration :	9 days
period:	Feb Mar Apr May Jun Jul Aug Sep Oct Nov
code:	PTSW006

Rota Vicentina, on the Portugese Coast - Portugal

Self-Guided Walking Holiday

9 days, PRICE FROM *€ 685*



A week of walking along the **Atlantic coast**, on beaches, dunes and steep cliffs through a peaceful natural area where sea mist bathes Mediterranean vegetation. The Portugese coast known as the Algarve offers much, much more than just sun and sea. Idyllic beaches edged by dunes and rocky cliffs, pretty coves backed up against steep rocks. The smell of the sea here interlaces with aromatic eucalyptus and thyme and a wide variety of **Mediterranean flora and fauna**. Our itinerary avoids the touristy south coast and concentrates instead on exploring the relatively little-known west coast, in a varied landscape: sand dunes, rocky cliffs, mediterranean woodland and heather-dotted paths.

You will have the chance to enjoy the traditionally relaxed Portugese lifestyle and all the pleasures of tasty food and good wine, from fresh fish dishes to the famed local white wine.

The walking routes follow the coastline going south, crossing the **Natural Park called 'Sudoeste Alentejano en Costa Vicentina',** to **Cabo de São Vincente**, the southwestern-most point of the European continent.

Route

Day 1 Arrival in Algarve

The starting point of the trip is the coastal village of **Zambujeira do Mar.** Here, you can bathe on the Zambujeira beach, or adapt immediately to the portuguese lifetsyle tasting local specialties on your first dinner of the trip.

Day 2 From Almograve to Cabo Sardão to Zambujeira do Mar, 20 or 12 km

After a short taxi transfer to **Almograve**, you will start your walk to Zambujeira along the marked Rota Vicentina route, a path often trodden by fishermen. Along the walk you will have the chance to see the **Cabo Sardão** lighthouse, in the pictoresque village of Cavalheiro, and you ill marvel at the extraordinary views **on the sea** and on the steep **cliffs** that characterise this portion of the coast.

If you do not feel up to walking the whole route, you can shorten the stage **cutting 8 km** with an optional transfer.

Distance: 20 or 12 km

Elevation gain: +175/-175 m

Day 3 From Zambujeira to Odeceixe, passing from Azenha, 20 km

Today you will again walk on the **Rota Vicentina**, passing from fishermen villages and sandy beaches: a wonderful path, where **dunes** alternate with rocky creeks where storks nest.

Towards the end of the leg you will make out, in the distance, the white houses and the orange roofs of **Odeceixe**, a rural village surrounded by the green of the **Natural Park of Costa Vicentina.**

Distance: 20 km

Elevation gain: +220/-230 m

Day 4 From Odeceixe to Aljezur, 17,5 o 20 km

Today you will walk inland, following the Rota Vicentina between rural tracks and quiet tarmac lanes, winding through the cultivated fields of the countryside, then continuing towards **Aljezur** accompanied by the scent of the heather bushes.

If you prefer to walk on the coast today, you can take a short detour at the start. This involves 3km on tarmac, so you may want to order a taxi to skip that section. Toward the end of the walk, you take another short detour, this time to Praia da Amoreira. You will need to arrange an extra transfer from Praia da Amoreira to Aljezur (optional – this not included in the trip price).

Distance: 17,5 or 20 km

Elevation gain: +145/-150 m

Day 5 From Arrifana to Carrapateira/Pedralva, 15,5 km / 23,7 km

After a short transfer to the village of Arrifana, you will be able to choose todays's route: you can follow the Rota Vicentina inland, between mediterreanean shrubland, cultivated fields, and **small villages** where you can stop for a typical iced coffee. As an alternative, if the tide level allows it, you can follow a coastline path.

The real treat however, awaits for you at the splendid **Bordeira da Carrapateira** beach, a surfers' paradise and one of Portugal's finest beaches, where the bravest will have the chance to celebrate today's arrival with a swim in the **Ocean**. A transfer will take you to Pedralva, an ex-ghost village now brought back to life after a fascinating restoration process.

Distance: 15,5 / 23,7 km

Elevation gain: +325/-425m

Day 6 Selection of Walks, 10 or 22 km

Today you can choose your walk.

Carrapateira Loop Walk, 10 km

Easy walk along wide dirt tracks / gravel tracks, with a short section on a sandy footpath across dunes and bit of tarmac near Carrapateira. You pass 2 beautiful beaches along the way.

Distance: 10 km

Elevation Gain: +120/-120m

Pedralva Loop Walk, 22 km

Today you start with a section along the coast, then head inland to follow the GR-11 via Pedralva back to the hotel. Most of the walk is along dirt tracks. You will traverse idyllic valleys inland, with the option of stopping in Pedralva for lunch

Distance: 22 km

Elevation Gain: +240/-240m

Day 7 From Carrapateira to Vila do Bispo, 19 km

Today's walk, after an initial transfer back to Carrapateira, will be a mix of coastline and inland paths towards Vila do Bispo: in the first section of the leg you might come across fishermen perched patiently on the cliffs. Vila do Bispo is a town full of history which preserves the heritage of the people that have inhabited the area: from prehistoric Menhirs to ruins of the Phoenician and Roman civilizations, that left temples and furnaces.

Distance: 19 km

Elevation gain: +400/-340 m

Day 8 Cabo São Vicente, 14 km

The last stage takes you through the fields and pastures of Portugal's south-western corner. You will walk on rocky shores through fishermen paths: if the weather is good, you will able to stop for a swim in the beach of Praia do Ponta Ruiva, a scenic point for the contrast of its red rocks with the sea blue. If you are lucky, you will be able to spot a majestic falcon in flight.

The destination of this last day is the windy Cabo São Vicente, that will offer a spectacular view on the Ocean as a Goodbye present. A transfer will take you back to Vila do Bispo for your last night.

Distance: 14 km

Elevation gain: +150/-200 m

Day 9 End of the trip

Our services end after breakfast

Accommodation

7 nights in double room in hotels, with private bathroom



Hospedagem Rosa dos Ventos - Zambujeira do Mar
This lovely B&B with Andalusian style is located 6 minutes by walk from the beach and it offers accommodations overlooking interior courtyard. Rooms are comfortable, clean and well-furnished with TV, fridge, free Wifi. All the necessary for breakfast is served in room.



Casas do Moinho - Odeceixe
Casas do Moinho is located inside a natural park, near many beaches. It offers both apartments with kitchenette and basic rooms. Furnitures are modern, accommodations are comfortable, spacious and clean with free Wifi, air conditioning, TV, electric kettle. In addition this hotel has a swimming pool in the external garden. Breakfast is good, staff is courteous.



Vicentina Hotel - Aljezur
Hotel Vicentina**** is surrounded by Aljezur hills and it has spacious, comfortablr and modern apartments and rooms with free Wifi, air conditioning, telephone, TV, balcony overlooking swimming pool or Aljezur Castle. Staff is helpful and careful about client's need. Breakfast is very good.



Aldeia da Pedralva - Vila do Bispo
This is a rebuilded small hamlet and it offers both rooms and apartments with common area where you can find wood oven, grill, picnic table. Accommodations have kitchenette, fridge, dishes, microwave and espresso machine. Free Wifi. The restaurant is very good and it offers typical dishes. Breakfast is very rich. Owners are helpful and welcoming.



Hotel Mira Sagres - Vila Do Bispo
The hotel is located in Vila Do Bispo and it has antique facades and overlooks the 16th century Mother Church. It features modern, comfortable and clean rooms, with TV, fridge, free Wifi. Hotel has a Spa and a covered swimming pool. Highly international breakfast.

Practical info

Arrival in Zambujeira do Mar

From Lisbon airport. Shuttle bus from Lisbon airport to Sete Rios bus station in Lisbon city centre. Then take bus from Lisbon-Sete Rios bus station to Zambujeira with company Rede Expressos (www.rede-expressos.pt)

From Faro airport. Shuttle bus from Faro airport to Faro bus station (Terminal Rodoviario – EVA bus company). If you are flying with TAP, you can make use of their free shuttle service.

From Faro Bus Station you travel first to Portimão (Timetables at www.eva-bus.com)

From Portimão you take the Rede Expressos bus to São Teotónio. Then from Sao Teotónio, you take a taxi to your accommodation in Zambujeira

Departure from Vila do Bispo

To Lisbon airport: From Vila do Bispo you travel with EVA to the bus station (terminal) in Lagos (30 to 45 minutes) or take a taxi from Vila do Bispo to Lagos. Then take a bus to Lisbon and then a shuttle bus or taxi to the airport.

To Faro airport; From Vila do Bispo, you can travel with EVA to the bus station in Lagos ('terminal') or take a taxi. From Lagos, you take the bus / train to Faro. From Faro bus station / train station to Faro Airport you can take a shuttle bus or a taxi.

Optional airport transfers

Private taxi transfers can be booked from/to the airport (Lisbon-LIS or Faro-FAO) through S-cape Travel. Prices on request

Thanks to our special APP, you will be able to follow the track of the whole trip on your mobile phone, with no need for internet. GPS tracks are available on request.

Included

What is included

- 8 Nights in double room in ** hotels , B&B and agriturismi with breakfast
- luggage transportation from hotel to hotel
- transfers described in the day by day program
- maps and detailed description of the itinerary
- Medical and luggage travel insurance
- 24h phone assistance

What is not included

- Transfers to the starting location and from the arriving location of the tour
- lunches and dinners, if not otherwise stated
- visits and entrance fees - tips
- personal expense
- possible sojourn taxes
- everything that is not mentioned in the "What is included" section.

Optional Services

These services can be added to the ones included in the base price of the tour:

- Single room supplement
- cancellation insurance