

## PORTUGAL – LUZ & WESTERN ALGARVE

8-day / 7-night centre-based group GUIDED National Park & coastal walks in the south of Portugal



Portugal's premier holiday destination is the Algarve and this walking holiday takes you away from the beach crowds to focus on the spectacular National Parks. Explore the wild Atlantic coast with dramatic cliffs and the most westerly point, Cape St Vincent. From the town of Luz, walk well-made paths through a variety of landscapes; green hills with eucalypts and colourful wild flowers with prolific bird life and the many typical and historical towns. Discover the nearby town of Lagos with its colourful tiled buildings, old town wall and fishing port and also Silves with its imposing hill fort and old Roman bridge over the tidal river Arade. Savour the fabulous local food and immerse yourself in Portuguese culture as you meander the cobbled streets of the old towns.

Our one-hotel walking holidays offer a choice of two guided walks each day – usually an easier walk or a more challenging option – you decide which one best suits your interests and fitness levels. There is also a free day midweek for you to explore or relax and an excursion may be arranged to local places of interest.

**Cost from:** \$2185 per person (twin share) Single room supplement from \$380

**Departures:** 5<sup>th</sup> March; 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> October; 1 2<sup>th</sup>, 19<sup>th</sup> November, 2022, 21<sup>st</sup>, 28<sup>th</sup> January, 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> February; 4<sup>th</sup>, 11<sup>th</sup> March, 2023

**Includes:** 7 nights in comfortable hotel room with ensuite bathrooms, 7 breakfasts, 7 evening meals, experienced walks leader, 5 guided walks, local transport to and from the walks.

**Not Included:** Meals and drinks not mentioned, personal expenses, transport / excursions on the free day. Airport transfers from Faro can be pre-booked at extra cost and we recommend you take these – ask for details.

**Accommodation:** **Hotel Belavista da Luz** - A 4-star hotel which enjoys an elevated position overlooking the coastal resort of Luz. The hotel is shaped like a horseshoe surrounding colourful gardens and the two outdoor swimming pools. There are 39 spacious, air-conditioned ensuite rooms with a balcony or terrace.



**Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations**

**Suggested itinerary:** *The itinerary each day is determined by the walk leaders and could be subject to change.*

**Day 1: Arrival day** – Plan to arrive at the hotel by mid-afternoon. Your guides will meet with you and your fellow walkers after dinner tonight to discuss the walking routes planned for this week.

**Day 2: Burgau to Ponta Piadade** - Our first day of walks starts with a short transfer to the fishing village of Burgau, which still retains its original charm and character. The rock strata between Burgau and Ponta Piadade are varied and very colourful, from white to red sandstone, with many minerals giving rise to different colours. Ponta Piadade (Point of Piety) is truly unforgettable and on a calm day you can see a perfectly transparent sea washing the dramatic rock bridges and grottoes. Long stairways have been cut in the cliffside down to sea level.

**Day 3: Seven Hanging Valleys** - Today we travel to the coast east of Luz and Lagos. The Easier walk starts at the lighthouse of Cabo Carvoeiro, with dramatic views down to the sea. While the Harder walk starts at the pretty Sentianes Beach. The path undulates along the amazing cliffs, with some descent to hidden coves, and ascent to the cliff tops. Both walks end at the delightful chapel of Senhora da Rocha.

**Day 4: Figueira to Sagres** - These walks explore the coast line in the Cabo de Sau Vicente Natural Park. Figueira, which still retains its old farming atmosphere, remains virtually unspoilt and is well known for its rich variety of wild flowers and birdlife. We walk along cliff tops and then descend to beautiful undeveloped beaches, and return to the cliff tops once more. Our final descent is at Martinhal Beach, and into the village of Sagres.

**Day 5: Free Day** – No walks are organised. You may like to take an excursion to visit Lagos by local bus and walk the town trail or take a boat trip from Luz or Lagos. Perhaps enjoy a leisurely day and just laze by the pool at the hotel.

**Day 6: Monchique** - Today we head for the hills of the Serra de Monchique. Monchique is set in a valley between the two highpoints of the Algarve, Foia and Picota at 997m and 773m respectively. Both parties start their walks in the town and head to the foothills of Picota before descending to the spa at Caldas de Monchique. The harder walkers have the option of ascending Picota to be rewarded by the magnificent views.

**Day 7: Carrapeteira and Pontal** - Today's walks take us through the village of Carrapeteira and to the West Atlantic coast. We walk through spectacular coastal and country scenery. The village is famous for its multi coloured cliffs at the Pontal headland. There is a rich variety of coastal scenery as we head south towards the beautiful Praia do Amado (the Lovers Beach), very popular with surfers. Both groups will meet at a restaurant overlooking the beach to enjoy a memorable lunch. A short walk takes us back to the village and our coach.

**Day 8: Departure day** – Tour ends after breakfast.

**Please Note:** This suggested itinerary should give you a good feel for the walks on this tour, but is subject to change. Further information will be sent to you prior to your holiday; however, the final selection of walks during each week will be made by your walking leaders.

### Footpath information



**Easier Walks:** From 7 to 12km on gently undulating paths with up to 215m of ascent in a day.



**Harder Walks:** From 10 to 18km over undulating terrain with occasional short, steep ascents with up to 400m of ascent in a day.

**For those short on time we also offer a 5 night guided walk** in the **Eastern Algarve** at Tavira in Portugal, from \$1600 per person twin share. Ask for more details. Places on these popular holidays are limited so contact us soon to secure your place on this holiday.

**Outdoor Travel** offers similar centre-based guided walking holidays in France or Italy including **Provence, the Alps, the French Riviera**, in the beautiful **Cinque Terre, Umbria, Dolomites**, or on the **Amalfi Coast**. Other European destinations include **Croatia, Turkey, and Ireland**. Similar walks are also available in many areas of England and Scotland including Wainwright's challenging **Coast-to-Coast** walk, the scenic and wild **West Highland Way** or the **South Downs Way**.

**Contact Outdoor Travel for more details and reservations:**

- Call Toll free 1800 331 582 or (03) 5755 1743 or Fax (03) 5750 1020
- Email: [info@outdoortravel.com.au](mailto:info@outdoortravel.com.au)
- Web: <http://www.outdoortravel.com.au>
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright, VIC 3741, Australia