

## PORTUGAL – LISBON, SINTRA & ESTREMADURA

8-day / 7-night centre-based group **GUIDED** walk from Ericeira on the scenic Lisbon coast



Portugal's wild and beautiful west coast has great coastal walks and the surprisingly green hills of the Serra de Sintra. This enchanting area of Estremadura attracted the Romans, Moors, various European kings and poets. It is abundant in leisurely walking trails, as well as a rich history and culture. Based in Ericeira, just an hour from Lisbon, a resort town noted for its surf beaches, with this walking holiday a full day is spent sightseeing in Lisbon, the vibrant capital of Portugal, and in Belem, from where many of the 14<sup>th</sup> Century voyages of discovery set sail.

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.

**Cost from:**            **\$2500** per person (twin share)            Single room supplement from \$560

**2023 Departures:**    22, 29 April,    6, 13, 20 May,    30 September,    7, 14, 21 October

**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 your free day. Please allow €40 per person for sightseeing (entrance fees, etc). Airport transfers from Lisbon can be pre-booked at extra cost – please ask for details when booking.

**Accommodation:**    The historic 4-star **Hotel Vila Galé Ericeira** is located in a traditional village in an enviable sea front location. It is a local landmark building, listed for its unique green tiling. Low tide exposes the rocks immediately in front of the hotel and a lovely sandy beach. Outside the hotel is a swimming pool overlooking the sea and very attractive gardens. Inside, there are several bars, main restaurant and a wellness centre with a sauna, Turkish bath, gym and Jacuzzi, which are free of use for guests of the hotel. A wide range of health and beauty treatments are also available for a small charge. The hotel also offers a laundry service and free WiFi.

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

## Suggested itinerary:

**Day 1: Arrival day** – Plan to arrive at the hotel by mid-afternoon, with some time to explore Ericeira after checking in. You may like to join the coach transfer at a set time from Lisbon airport to the hotel – please ask for details and costs when booking. Over dinner tonight the leaders will explain more about the walking and sightseeing program and there will be plenty of time to meet with your fellow guests.

**Day 2: Scenic Coastal Walks** – We transfer along the coast north of Ericeira and walk back to the hotel along cliff-top paths enjoying views of the usually benign but sometimes wild Atlantic. We visit small villages with narrow streets and follow a dramatic cliff-top path, passing ruined forts and sandy beaches. There should be time for refreshments in one of the villages or at a popular surfing beach, and then we continue along the coastal path into Ericeira, passing the harbour and fishing boats.

**Day 3: Mafra Palace** – Our walks take us through Mafra Tapada, the former royal hunting grounds adjoining Mafra Palace. We follow good trails in the rolling hills of this walled protected landscape with a chance of spotting wild boar and deer, and we may have a chance to visit the former royal stables, coach houses, and a dining house once frequented by royal hunting parties. In the afternoon a short coach journey takes us to Mafra town where we visit the former royal palace and monastery, a huge 18<sup>th</sup> Century edifice reflecting the past glory of Portugal's rich kingdom. This is the most important baroque monument in Portugal.

**Day 4: Estremadura countryside** – We walk through undulating countryside, exploring typical Estremadura villages like Cabrera, with its ancient wells. We may walk alongside the Cabrera River, or to a remote hillside covered in wildflowers, or to the ruined village of Broas. If time permits we will visit the archaeological museum at Odrinhas, which has an extensive collection of locally found Roman artifacts.

**Day 5: Free day** – No guided walks are offered. You may like to walk independently, or just relax at the hotel.

**Day 6: Lisbon** – We travel by coach to Lisbon where our local guide takes us around the principal attractions and historic buildings in the city centre. There will also be time to explore, to shop or have lunch before we drive along the River Tagus to Belem, where the story of Portugal's maritime history and exploration is told.

**Day 7: Cabo da Roca** – Our walks take us to Cabo da Roca, the most westerly point of mainland Europe. Those on the harder route walk through sand dunes to recently excavated Roman ruins and along a cliff-top path to the large beach of Praia Grande, whilst the easier walk starts in the authentically Portuguese village of Almocageme. Both groups of walkers will visit a cliff-top blowhole, a deep fissure in the rocky cliff where waves create a water spout, and the charming village of Ulgeira, then continue on to windswept Cabo da Roca for extensive views.

**Day 8: Departure day** – Tour ends after breakfast. Ask to join the coach transfer at a set time to Lisbon airport.

**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 and walk information:



**Easier Walks:** 6.5 - 9.5km generally on good paths and tracks. Up to 210m of ascent and 330m of descent in a day.



**Harder Walks:** 8 - 14.5km generally on good paths and tracks, with some rougher sections. Up to 400m of ascent in a day.

**Outdoor Travel** offers centre-based guided walking holidays in Portugal based in the Eastern Algarve at Tavira or in the western Algarve at Luz.

Walks available in **Provence, the Alps, the French Riviera**, in the beautiful **Cinque Terre, Umbria, Dolomites**, on the **Amalfi Coast**, or the **Dalmatian Coast** of Croatia. 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**. Self-guided inn-to-inn walks, with luggage transfers, are also available in many areas of Europe including the **Camino de Santiago**, the Way of St James, from Le Puy in France to Santiago de Compostela in Spain and the **Via Francigena**, the *pilgrim's road to Rome* in Italy.

## 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