

PORTUGAL – EASTERN ALGARVE

SOLO TOUR

8-day / 7-night centre-based group guided walking tour in the sunny South of Portugal



Portugal's Algarve is famed for its coastline, but the Eastern Algarve offers a quieter side of the region, where traditional villages, protected landscapes and rich cultural heritage remain at the heart of local life. Based in the charming town of Cabanas, this walking holiday explores the diverse landscapes of the Ria Formosa Natural Park, from tranquil lagoons and salt pans to golden beaches and coastal paths. Discover the region's fishing heritage, mountain scenery and the historic Guadiana River, which forms the border between Portugal and Spain.

Our one-hotel walking holidays include one guided walk on each of five days. Staying in the same hotel throughout your trip means you can settle in and enjoy exploring the surrounding area on foot without changing accommodation.

These departures are exclusively for **solo travellers**, offering a fantastic opportunity to explore beautiful destinations while meeting like-minded people and sharing the experience with fellow independent travellers.

Cost from: **\$4995** per person (single room)
Season supplement \$130 - \$200 per person applies to select dates, ask for details.

Departures: 4, 18 March, 29 April 2027

Includes: 7 nights' comfortable hotel accommodation with ensuite bathroom, 7 breakfasts, 5 packed lunches, 7 evening meals, experienced walks leader, 5 guided walks and local transport to and from the walks.

Not Included: Meals and drinks not mentioned, personal expenses, transport / excursions on your free day. Airport transfers from Faro are not included but these are recommended and can be pre-booked at extra cost - ask for details when you make your reservation.

Accommodation: The 4-star **AP Cabanas Beach & Nature** is located beside the Ria Formosa Natural Park, just outside the traditional fishing village of Cabanas de Tavira. This modern hotel offers contemporary rooms, spacious gardens, indoor and outdoor swimming pools, and welcoming shared spaces. The sandy beach is reached via a short walk to the boat crossing, followed by a brief boat ride to Tavira Island, making it an excellent base for exploring the Algarve coastline and surrounding natural landscapes.



Call OUTDOOR TRAVEL on 03 5750 1441 for details or reservations

Trip Grading: Walking is easy to moderate, with one walk of approximately **10 km** on each walking day. Routes are generally over gently undulating terrain, with ascents of up to **245 m**.



Suggested itinerary (Routes are determined by the walk leaders each day and are subject to change):

Day 1: Arrival day

Plan to arrive at the hotel by mid-afternoon. This evening, your guide will meet you for a welcome drink, giving you the opportunity to meet your fellow travellers for the week and discuss the walking routes planned for the days ahead.

Day 2: Ria Formosa Nature Park

Our route explores the saltpans and lagoons of the Ria Formosa, an important wetland area serving as a stopping point for many bird species as they migrate from northern Europe to Africa. We follow the park's network of paths that snake between salt marshes, lagoons, and tidal flats to the golden sands of Ilha de Tavira, an island known for its beaches and wildlife-watching opportunities. We take the ferry to Quatro Águas then walk the final short distance past snowy white saltpans back to Tavira.

Day 3: Montes Serranos Trail

A popular trail passes through the traditional villages that typify Tavira's countryside, offering far-reaching views over the Serra do Caldeirão, a gently undulating mountain range that forms the border between the Algarve and Alentejo regions. Keep your eyes open for sightings of the impressive Bonelli's Eagle overhead, with a wingspan of up to 180cm, it's one of the largest birds of prey on the Iberian Peninsula.

Day 4: Fuseta & Quinta de Marim

We follow the Ecovia, a coastal path winding through the diverse landscapes of the Ria Formosa. The route takes us past shimmering saltpans, fragrant orange groves and wetlands, where a variety of birdlife thrives. Enjoy ever-changing views across the lagoons as we experience the serenity of this protected coastline. Our walk finishes at Quinta de Marim, an estate within the Ria Formosa Natural Park, offering an insight into the region's natural habitats and traditional salt production.

Day 5: Free day

No walks are organised. You may like to take an excursion to historic Faro, perhaps enjoy a leisurely day around Cabanas, or just relax by the pool at the hotel.

Day 6: Vila Real de Santo António

We begin our walk in the coastal resort of Altura, following the shoreline through sandy beaches and charming fishing villages towards Vila Real de Santo António, situated on the banks of the Guadiana River: the natural border between Portugal and Spain. Built in 1773 by the Marquês de Pombal, the town reflects its maritime heritage, with reminders of the sardine and tuna fishing industries that once shaped its economy. On arrival, there is time to explore the upmarket marina area, admire the views from the Faro de Vila Real de Santo António lighthouse, or enjoy lunch in one of the town's many excellent restaurants.

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Day 7: The Guadiana River

Our walk today follows the course of the Guadiana River from the waterfront resort of Laranjeiras to Guerreiros do Rio before circling back via the scenic hilltop town of Corte das Donas. Along the way, we visit the Roman ruins at Montinho das Laranjeiras and discover the history and traditions of the borderlands between Portugal and Spain at the River Museum. This evening, we gather together before dinner for a farewell drink.

Day 8: Departure day

Tour ends after breakfast.



Outdoor Travel offers similar centre-based guided walking holidays in the **Western Algarve** in Portugal, and in areas of France, Italy and Spain including **Provence**, the beautiful **Cinque Terre**, or **Catalonia and the Costa Brava**. Other European destinations include **Croatia, Turkey, Slovenia, Norway and Ireland**.

Contact Outdoor Travel for more details and reservations:

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