

PORTUGAL – LISBON & SINTRA

7-days / 6-nights SELF-GUIDED walking - departures year round



This delightful self-guided walking holiday starts and ends in Lisbon, capital of Portugal, a vibrant, thriving metropolis on the Tagus River estuary. It is a city that balances modernity and its historic past, best explored on foot to discover its many *calçadas* (footpaths with distinctive black and white paving), *travessas* (narrow cross-streets), *escadinhas* (little staircases), and *miradouros* offering expansive views over its iconic red-tiled roofs and across the majestic Tagus. A private guided walking tour of Lisbon is included, and your guide will share the secrets of the city and ensure you explore its many highlights, including the Bairro Alto, the centre of Lisbon's nightlife, and the maze-like laneways of the medieval Alfama, the only neighbourhood of Lisbon to survive the 1755 earthquake. In Sintra, explore UNESCO World Heritage listed sites, the wild and beautiful coastline, and the surprisingly verdant hills of the Serra de Sintra. The city and its region are home to many villas and palaces of different styles and colours, reflecting the multitude of cultural influences that have poured into Portugal. Walks include a windswept coastal hike from the 'end of the world', Europe's western-most point the Cabo da Roca, and a ramble through forest and past 19th century manor houses to the tiny wine region of Colares. Instead of returning to Lisbon for the last night of the tour, it is possible to end the tour with a night in Cascais, a stylish seaside city known as the jewel of the Portuguese Riviera – ask for details and request when booking.

Departs: Daily, year round (April-June and September-October recommended)

Cost from: **\$1740** per person twin share Season supplements \$70 - \$180 apply
Single room supplement and solo traveller supplement on request
Upgrade hotels available at extra cost from \$1470 per person – ask for details

Includes: 6 nights' accommodation in 2- and 3-star hotels; 6 breakfasts; luggage transfers between hotels; transfers on Days 3, 4, 5 & 6; digital travel documents including route book and GPX files; private guided Lisbon tour; entrance to Pena Palace, Moorish Castle and Monserrate Palace; emergency telephone assistance.

Not included: Lunches, dinners, drinks, other entrance fees, personal expenses, gratuities, tourist taxes, Printed route book & maps (one set per room) available for a supplement, ask for details.

Grade: Easy to moderate. The tour is a combination of city walks (Lisbon and Sintra are both hilly so these involve ascents & descents), and walks on paths, tracks, and occasionally quiet backroads. Trails can be rocky; good boots with ankle support are highly recommended. Hot, dry weather can make the walks more challenging, and there may be limited opportunities to refill water on some walks.

Call OUTDOOR TRAVEL on (03) 5750 1441 for details or reservations

Suggested itinerary:

Day 1: Arrive in Lisbon

Make your own way to your hotel in the centre of Lisbon. There is the option of a transfer from Lisbon Airport (at extra cost) or you can take the Metro. You have two nights in Lisbon.

Day 2: Guided tour of Lisbon

walking & sightseeing @ 5 hours

Meet your guide at 10am with for a day filled with discoveries on a guided walking tour of Lisbon. Uncover the city's secrets by wandering through its narrow laneways, tiny stairs and lesser-known squares. Visit some of the iconic neighbourhoods of this vibrant, colourful city, like cosmopolitan Mouraria, bohemian Bairro Alto, home to independent boutiques, art galleries and bookshops by day and lively bars and restaurants by night, and of course the maze-like medieval Alfama, where fado melodies echo in the streets. If you have a particular interest, like music, architecture or history, a themed tour can be arranged.

Day 3: Sintra: Pena Palace and its tropical garden

walking & sightseeing @ 5 hours

In the morning, transfer to Sintra. Follow a medieval path to the ancient Moorish castle, ascending through lush subtropical forest dotted with huge granite boulders. The battlements of the Castelo dos Mouros offer views stretching to the ocean. Continue up to Pena Palace, a colourful 19th century architectural confection built on Sintra's highest hill, one of Portugal's most visited sites. Its verdant park and gardens are planted with botanical treasures from across the world. Return to Sintra through Sao Pedro, a village of pastel-painted buildings and many artisan and antique shops and boutiques. You stay three nights in Sintra.

Day 4: Cabo da Roca, the western end of Europe

walking @ 10km

Start the day with a taxi transfer to the coast. Your walk begins at Cabo da Roca, Europe's westernmost point, its granite cliffs rising steeply and dramatically from the ocean. Windswept pathways offer panoramic views of the Atlantic Ocean and the Serra de Sintra. From the headland walk north, leaving the crowds behind, to Praia da Urso with its distinctive rock formations, then onwards to the beaches of Adraga and Praia Grande, where you may like to have a quick refreshing swim. Return to Sintra by transfer for your second night.

Day 5: The road to Colares

walking @ 11km

From Sintra, follow a small forest road passing notable *quintas*, lavish and fanciful manor houses built for wealthy merchants and nobles in the 19th century, when Sintra was at the heart of the Romantic architectural movement. The palace of Monserrate is surrounded by one of the most beautiful botanical parks in the country. Wander through the Mexican garden or the collection of prehistoric fern trees. Continue through forest and along country roads to the wine village of Colares. The wines of Colares are distinctive, often with a unique saline characteristic; vines, mostly the indigenous grape varieties Ramesco and Malvasia, are planted in sandy soil and sheltered by dunes from Atlantic winds. You may like to visit the regional wine cellar for a tour and tasting (not included).

Day 6: From Peninha to the ocean

walking @ 10km

Taxi transfer to the sanctuary of Peninha, perched on a rocky outcrop of the Sintra massif, with extensive views over the coast and the seemingly endless Atlantic Ocean. Descend along shepherds' paths and fishermen's trails on heathland scented with rockrose, rosemary, and Iberian lavender down to the coast. Abano Beach is an ideal spot for a break or a swim, weather permitting. Follow Praia do Guincho, a series of beaches and coves popular with windsurfers to the meeting point with your driver. Transfer to Lisbon (or Cascais) for the final night.

Day 7: Departure day

Tour ends after breakfast. Departure transfer to Lisbon Airport available at extra cost – ask for details.



Contact Outdoor Travel for more details and reservations:

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