



ADVENTURES
in good company



PORTUGAL: HIKING, KAYAKING, & CULTURE

Trip Summary

HIGHLIGHTS

- Hiking through a myriad of cinematic landscapes, from white sand beaches and thick forests, to limestone cliffs and rocky outcrops
- Visiting historic castles, monasteries, and two sets of dinosaur tracks
- Kayaking in Maritime Reserve Luiz de Saldanha
- Exploring the culture of the nation's capital with a walking tour of some of Lisbon's oldest and most interesting neighborhoods
- Experiencing the unique maritime cuisine of Portugal

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TRIP AT A GLANCE

Location:	Portugal
Activities:	Hiking
Arrive:	We will be meeting in the lobby of our Lisbon hotel at 12:00 noon on Day 1
Depart:	You can fly out any time after breakfast on the last day of the trip

Trip Overview

Portugal is the oldest nation-state in Europe, ancient in history and rich in maritime culture. We'll enjoy the view from the westernmost point of Europe, and soak in Portugal's diverse landscape by hiking along white sand beaches, through thick forests, and kayaking along the coast. We will explore fascinating historic sites including ancient castles, a lavish palace, two abandoned monasteries, and the sites of two sets of dinosaur tracks. We will immerse ourselves in this unique culture with walking tours in some of Lisbon's oldest and most interesting neighborhoods. Along the way we'll experience Portugal's cuisine and have the opportunity to indulge in some Portuguese wine. **Maximum group size:** 12 participants.

Rating

This trip is designed for women who enjoy hiking and want to explore Portugal on foot. Hiking is generally 3 - 6 hours with elevation changes on dirt trails, rocky paths, and occasionally uneven footing. A rating of 3 requires some aerobic conditioning, such as walking vigorously up hills, jogging, cross country skiing or stair stepping for 30 - 45 minutes at least 3 - 4 times a week. The area of Portugal we will be exploring is hilly, we recommend that you include stairclimbing in your fitness routine. **Rating:** 1 2 **3** 4 5.

What's Included

- A local guide and an AGC guide (If there are fewer than 8 on the trip, there will not be an AGC guide)
- 8 nights double occupancy lodging
- All meals from lunch on the first day through breakfast on the day of departure
- All transportation within Portugal
- All entrance fees and activities as described in the itinerary

Not included: Airfare to and from the Lisbon Portela Airport (LIS), transfers to and from the trip hotel, alcoholic beverages, gratuities, and travel insurance.

OUR ITINERARY

Below is the itinerary we have planned for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

We will meet at noon at our hotel in Lisbon. After greetings, introducing ourselves, and having a brief orientation to the trip, we will have lunch before starting our guided walking tour of Lisbon. Our tour will take us through the heart of the city center where we will pass some of the famous squares and monuments before continuing to Alfama, the oldest neighborhood in Lisbon known for its warren of small winding streets. Alfama is the oldest and to some the most interesting part of Lisbon. We will end with a visit to the Castelo de Sao Jorge. This ancient castle has recently been restored to its formal glory. We will return to our hotel in time to clean up and relax before sharing our first dinner together. Overnight in Lisbon. Walking: approximately 3.5 miles, city streets

DAY 2

After breakfast we head to Sintra, name of both the town and the Natural Park, and our home for the next three nights. It is one of Portugal's best known and most beloved sites, both past and present, as evidenced by the castles and palaces that were built here over the centuries. We will start from the Pena Park created by King Ferdinand II, a forest and luxuriant gardens with over five hundred different species of trees originating from all over the world. We will walk through the lovely grounds of Pena Palace to the palace itself, a multihued castle full of both quirks and history. We will tour the Palace before descending down the hill on the way to the Castelo Dos Mouros (Castle of the Moors), one of the oldest buildings here and originally built as a defensive outlook when Portugal was part of the Moorish Empire. We will continue via many flights of stairs to the town of Sintra. We will spend the next three nights in Sintra. Walking: approximately 7 miles, steps, paved trail/dirt/rocks; steep sections. 1,500 feet elevation gain and loss 1,500 feet elevation gain/loss

DAY 3

We start the day with a ride on an historic tram from Sintra to Praia das Macas, a nearby beach known for its white sand. It would be tempting to stay here but today we are walking along sandy paths and cliff tops to Cabo da Roca (Cape Roca), the westernmost point of Europe, once thought to be the edge of the world. Along the way we descend to Adraga beach, where we can enjoy a bowl of traditional soup. Depending on our desire and energy level we will head down to Ursa Beach, a much wilder and less visited beach with striking rock formations and crashing surf, along with very steep trails in both directions. Alternatively, we can take the cliff route to Cabo da Roca through grapevines and fields. There are several endemic species of plants here found nowhere else in Portugal. From here we take a 30-minute ride back to Sintra for our second night there. Walking: approximately 7 miles: beach/gravel path/rocky trail; steps 1,000 feet elevation gain, 650 feet loss

DAY 4

Today we hike in the Serra, Sintra's Forest and Natural Park, to Convent of the Capuchos. We start with a public bus ride to our trail head. We will hike to the Convent of the Capuchos, no longer an active monastery but open to the public and providing insight into the traditional and very basic life of a Franciscan monastery. The hike through the forest is a lovely contrast to yesterday's beaches, showing yet a different kind of vegetation. After our picnic lunch, we will return to Sintra where you are free to explore the town, shop or just relax for the afternoon. We will spend our last night in Sintra. Walking: approximately 4 miles, forested path 1,100 feet elevation gain, 300 feet loss

DAY 5

We completely change gears today as we head for Arrabida Nature Park on the other side of the Tagus River where we'll spend the next three days. A 2-hour drive brings us to Arrabida. Whereas Sintra is known for its fascinating history and amazing buildings, little of its vegetation is endemic. In contrast, this area is almost untouched in its natural equilibrium and is one of the most beautiful and fascinating natural regions of Mediterranean influence. We hike on a path that follows the coastline to Cabo Espichel on the southwestern tip of the Setubal Peninsular. Along the way we will stop to visit dinosaur footprints: The Pedra da Mua track from the Late Jurassic era and the Jazidas de Lagosteiros track from the cretaceous period. These intriguing sets of tracks are separated by 500 meters and 50 million years! From the Cape we transfer to the town of Sesimbra, our home for the next two nights. Although parts of it have become quite built up, it still retains its fishing roots. We will spend the next three nights in Sesimbra. Walking: approximately 5.5 miles, dirt, rocks, some steep sections. 800 feet elevation gain and loss

DAY 6

Arrabida's marine ecosystems are also of great national and international importance and are preserved in Maritime Reserve Luiz de Saldanha, created in 1998 to protect a diverse array of species including invertebrates, crustaceans, and many types of fish. This morning we will head towards the fishing Harbor of Sesimbra for a kayaking tour along this spectacular coastline, with incredible rock formations, secret beaches of white sand and crystal-clear waters, and caves we can hide in. It feels like paddling in a giant alive aquarium! We will kayak to a beach where we will have a simple but delicious lunch and relax on the beach or have a quick dip before kayaking back. In late afternoon, we will walk up 750 feet to the Moorish castle of Sesimbra. The castle stands high above the village and has guarded it since its early founding. The castle was one of the first conquests of the Christians over the Moors in the 12th century and its strategic positioning was important for the defense of early Portugal. Our climb will be rewarded with stunning panoramic views over Sesimbra and the surrounding coastline. We will spend our second night in Sesimbra. Kayaking: approximately 5 miles. Hiking (to castle) approximately 3 miles: streets, dirt paths, and steps 700 feet elevation gain and loss

DAY 7

We will head out to Arrabida Monastery which sits on a plateau 1,000 feet above town. Built in the 16th century, we will have a guided tour of the Monastery learning about the physical deprivation monks subjected themselves to and wondering if it was offset by the beauty of their surroundings. We then hop in the vans for a quick ride to the trail head where we will hike through the Arrabida Natural Park. Our trail will take us through fields, along the high cliffs above the ocean and town where we will be awed at the long and stunning views of the town and coastline. We will spend our final night in Sesimbra. Walking: approximately 7.5 miles, hard-packed path/sandy trail/some rocky & steep sections. 600 feet elevation gain, 1,200 feet loss

DAY 8

Today we say good-bye to Sesimbra. After breakfast and loading the vans, we will head to Belem. Belem is a district of Lisbon, located on the Tagus River, where historically Lisbon's elite resided. It is famous for many things, including its historic role as the departing point of the great Navigators, and its current role as home of a unique pastry, Pastéis de Belem. We will walk through the Jeronimos Monastery and all its architectural splendor. It is also the burying place of Vasco da Gama and the poet Luis de Camoes. We will have lunch and walk to visit the Monument to the Discoverers and the Belem Tower. The remainder of the day can be spent visiting one of the many museums in Lisbon, walking around Alfama, shopping or relaxing. We will get together for one last dinner and an evening of Fado music. Our final accommodation will be in Lisbon.

DAY 9

You are free to leave anytime this morning. The hotel can arrange a taxi for you, or you can take the Metro, there is a station near the hotel.

ADDITIONAL TRIP INFORMATION

Getting There

Plan to fly into the Lisbon Portela Airport (LIS). We will offer a group transfer to the hotel at approximately 10 a.m. on Day 1. If you come the day before or arrive earlier or don't want to wait, we will be providing details on how to get to the trip hotel. The trip will officially start in the lobby of our hotel at 12:00 noon.

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exitto Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Most of the international airlines are in-network for Exitto, so they do not charge extra for their services (and often have access to discounted rates). When necessary, processing fees out-of-network carriers are minimal at around \$35-\$50 per ticket.

Accommodations

All accommodations are quality inns or guest houses. The trip cost is based on double-occupancy. We will pair you with another traveler unless you specify a roommate or request a single supplement. There are a limited number of single supplements available at additional cost. Availability of each room type is noted on your registration form.

Travel Insurance

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit www.travelexinsurance.com or call 1-800-228-9792 and reference location number 06-0331.

Travelex Insurance Services, Inc CA Agency License #0D10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

CANCELLATION POLICY

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

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