

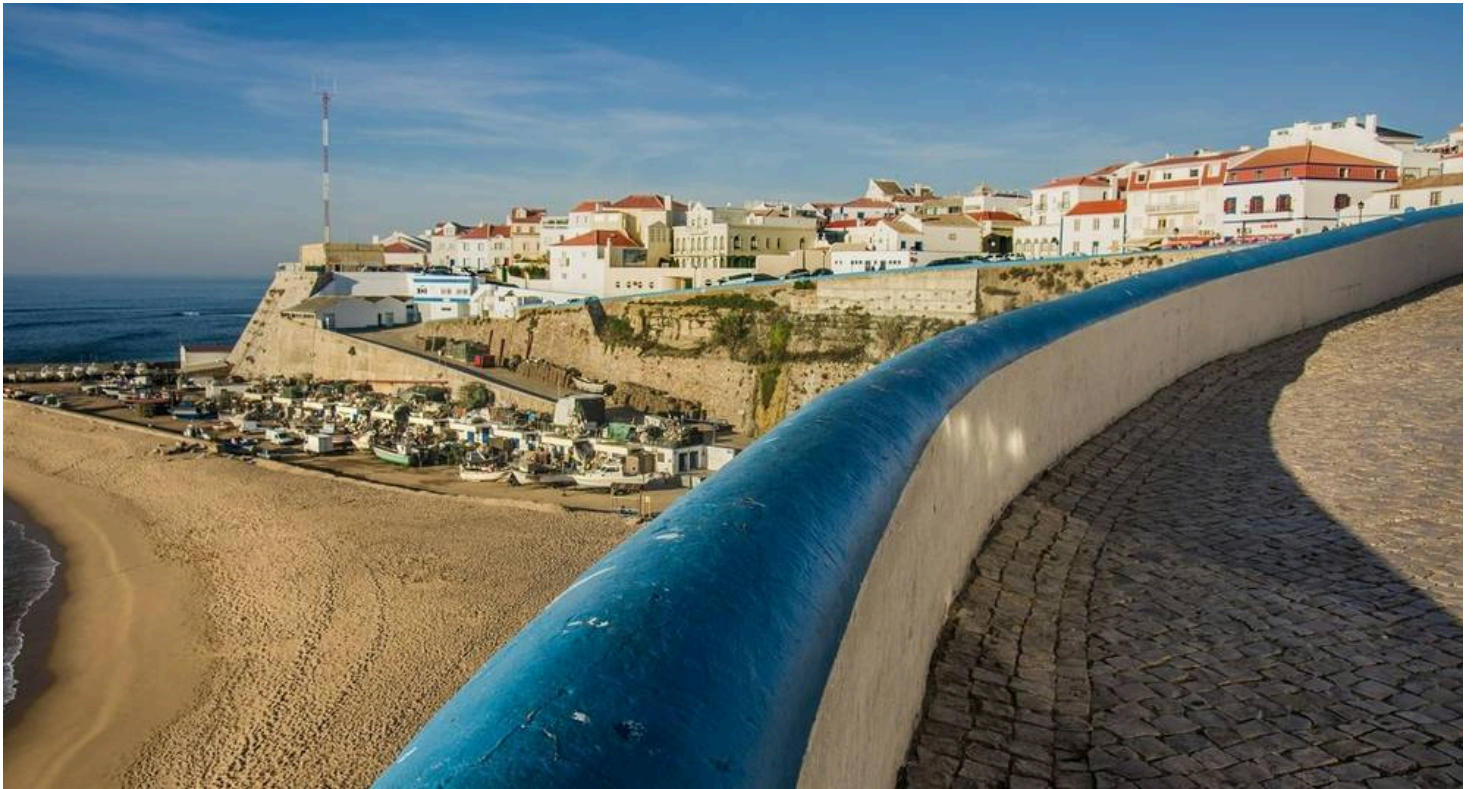
Lisbon Coast Guided Walking Holiday

Tour Style: European Centre Based

Destination: Portugal

Trip code: EELCL

1 & 2



HOLIDAY OVERVIEW

This enchanting area of Estremadura, Portugal, attracted the Romans, Moors, kings and poets, and is abundant in leisurely walks as well as rich history and culture. The rugged Atlantic coast that runs along Ericeira offers delightful walks accompanied by the crashing waves and refreshing sea breeze. A guided sightseeing day in Lisbon will allow you to sample this fascinating capital, bursting with maritime history. Situated on Portugal's dramatic Atlantic coast less than an hour away from Lisbon, Ericeira is a charming traditional fishing town with narrow lanes, fountains and white washed houses picked out with cobalt blue. A fishing fleet is still active and wonderful seafood is always available. The whole area is a perfect fusion of Portuguese heritage and food. Only minutes from our hotel, Ericeira's laidback centre with its pedestrianised streets has attractive shops, cafés, patisseries, bars and restaurants. This coastline has over forty sandy beaches which have a strong surfing culture and host international competitions. We visit Lisbon to get a taste of Portugal's capital city with its grand buildings, Moorish quarter and the maritime history of Belem. Mafra has an extraordinary former royal palace with hunting grounds where deer and wild boar can still be spotted, as well as a Franciscan monastery. One of our walking days takes us to Cabo da Roca, the most westerly point of mainland Europe. Sintra can be visited on your free day; the summer playground of the Portuguese royal family, with its former royal palaces, mansions, museums and rich history. Ericeira is a great resort to relax in, to enjoy scenic walks and to discover some of the history and culture of Portugal.

WHAT'S INCLUDED

- A full programme of guided walks with 2 options every walking day plus 1 full sightseeing day
- All transport to and from the walks
- The services of experienced HF Holidays' leaders
- 'With flight' holidays include return flights from the UK and hotel transfers
- 7 nights accommodation in en-suite rooms
- Half Board – extensive breakfast and evening buffet meal

HOLIDAYS HIGHLIGHTS

- Discover great coastal walks and the green hills of the Serra de Sintra
- Enjoy exploring compact and vibrant Lisbon – once the cradle of Portugal's opulent empire.
- Visit the Cabo da Roca, the most westerly point in Europe, with a huge variety of flora and fauna
- See Sintra, a small town in the middle of the Serra de Sintra bursting with culture and history, and only half an hour away from Ericeira

TRIP SUITABILITY

This is a level 1 and level 2 graded Activity, Easier walks: 4 to 6 miles (8 to 14½km) generally on good paths and tracks. Up to 700 feet (210m) of ascent in a day. Harder walks: 5 to 9 miles (8 to 14½km) generally on good paths and tracks with some rougher sections. Up to 1,200 feet (360m) of ascent in a day.



ITINERARY

Day 1: Arrival Day

Welcome to Hotel Vila Gale Ericeira. Unpack and settle in.

Day 2: Scenic Coastal Walks

Both groups have a short coach journey 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.

Option 1 - Coastal Walk: Ribamar To Ericeira

Distance: 6 miles (9½km)

Total ascent: 400 feet (120m)

In summary: Our walk will start in the small village of Ribamar with its narrow streets and small cafés. We walk down to the sea and follow a cliff-top path, passing dramatic cliffs, ruined forts and sandy beaches. We will have an opportunity to stop at a popular surfing beach for refreshments before continuing on our coastal route into Ericeira, passing the harbour and traditional fishing boats.

Highlight: Walking atop the dramatic limestone and sandstone cliffs and exploring the beaches below for fossils or sea urchins (Ericeira's namesake).

Option 2 - Inland From Quintas To Ericeira

Distance: 9 miles (14½km)

Total ascent: 600 feet (180m)

In summary: We travel a little further to start our walk in the small inland village of Quintas. Our walk will take us through quiet farmland along sandy tracks and paths and into the village of Ribamar, where we pick up the route of the easier walk.

Highlight: The views from the timber staircase that guides us up the cliffs from the beach at *Praia De Ribeira De Ilhas*.

Day 3: Mafra – The Palace, Hunting Grounds And Monastery

Today's walks give us the chance to visit Mafra Tapada, the former royal hunting grounds adjoining Mafra Palace. We follow good trails in the rolling hills of this entirely walled protected landscape with a chance of spotting wild boar and deer. In the afternoon a short coach journey takes us to Mafra town where we visit the former royal palace and monastery, a huge 18th century edifice reflecting the past glory of Portugal's rich kingdom.

In the afternoon: Explore Mafra Palace, a huge 18th century edifice reflecting the past glory of Portugal's rich kingdom. This is the most important Baroque monument in Portugal. After the morning's walk, a short coach journey takes us to Mafra town where we visit the former royal palace and monastery.

Option 1 - Royal Hunting Grounds Circuit And Mafra Palace

Distance: 6 miles (9½km)

Total ascent: 700 feet (210m)

In summary: Our circular trail in the hunting grounds follows a quiet track with wooded sections giving welcome shade. We pass a preserved lime kiln and visit the former royal stables, coach houses and a dining house once frequented by royal hunting parties.

Highlight: Look out for wild boar and deer.

Option 2 - A Tour Of The Mafra Tapada

Distance: 7 miles (11km)

Total ascent: 900 feet (270m)

In summary: Our circular trail in the hunting grounds is similar to but a little longer than the easier walk. We follow a quiet track with wooded sections, passing the preserved lime kiln and visiting the former royal stables, coach houses and dining house.

Highlight: Visit the former royal palace and monastery.

Day 4: Lisandro River And Archaeological Museum

Today we travel about 10 miles south of Ericeira to walk in rolling countryside, explore typical Estremadura villages and, if you wish, visit a superb archaeological museum.

Option 1 - Lisandro River, S. Julião & Baleia

Distance: 5½ miles (9km)

Total ascent: 700 feet (210m)

In summary: Walking from the hotel, we take a quiet path on Praia do Sul, then detour inland to a pretty village before following the Lisandro river to an old fisherman's village and the delightful sandy beach of S. Juliao where there is a lovely cafe for refreshments. Our walk finishes in the village of Baleia, where we will take our transport to the Archaeological museum.

Highlight: The remains of the Roman Villa of São Miguel de Odrinhas and its fantastic mosaics uncovered in this open air museum.

Option 2 - River Lisandro, S.Julão And Santa Susana

Distance: 9 miles (14½km)

Total ascent: 900 feet (270m)

In summary: We follow a similar route to the other party, heading along the Lisandro river, and stopping at S. Juliao for refreshments. After lunch, we take quiet paths and tracks to the village of Santa Susana before our transport takes us to the archaeological museum, where we can learn more about the history of the area.

Highlight: The delightful cafe on the beach of S. Juliao, where you can enjoy a refreshment looking out to the sea.

Day 5: Free Day

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently or visit local places of interest. Some options for your free day may include:

Ericeira: Explore this interesting town further, following its narrow winding streets and sampling the delicious pastries.

Sintra: You can take one of the frequent public buses to Sintra to explore some of the historic sights including the romantic hilltop Pena Palace or the National Palace with its impressive state rooms and kitchens with distinctive conical chimneys. Quinta da Regaleira has amazing grottoes, fountains and mystical creations or there's the partially restored Moorish Castle with countless airy steps and superb views.

Lisbon: We do visit Lisbon later in the week but it's impossible to see everything in a day. You can take an express bus from Ericeira along the motorway to Lisbon and use the city's efficient Metro system to explore attractions such as St George's Castle, the cathedral, historic churches, aquarium, fine shops and several world class museums including the Gulbenkian. Take a ride on a vintage city tram, an experience not to be missed.

Local information website: For information on Ericeira please visit www.ericreira.net

Day 6: Sightseeing Day

Our day begins with a coach ride to the centre of Lisbon where we meet our local guide who will take us around the principal attractions, historic buildings and places of interest in the city centre. There will also be time to explore, shop or have lunch before taking our coach down the River Tagus to Belem. Here our guide will show us some of the places which represent Portugal's proud and exciting maritime history and discoveries.

Highlight: The stunning Jeronimos Monastery with the tomb of Vasco da Gama. Also, sample the celebrated Pastéis de Nata, a small custard tart with a caramelised top.

Day 7: Walking To Cabo Da Roca

Today both groups travel south of Ericeira to walk to Cabo da Roca, the most westerly point of mainland Europe.

Option 1 - Almocageme, Ulgueira And Cabo Da Roca

Distance: 5 miles (8km)

Total ascent: 700 feet (210m)

In summary: We begin our day exploring the authentically Portuguese village of Almocageme with its cafés and supermarket. We walk down a quiet road to Praia da Adraga with its sandy beach and dramatic cliffs (and another café!) before making our way up a track to view a cliff top blowhole – a deep fissure in the rocky cliff where waves create a water spout. We continue up a quiet track to the charming village of Ulgueira where we can enjoy our picnics. After lunch we continue our walk to Cabo da Roca where we can celebrate the lofty views above this windswept headland.

Highlight: The mighty headland at Cabo da Roca is the most westerly point in mainland Europe. From the lighthouse there are outstanding views along this rugged stretch of coast.

Option 2 - Along The Coast From Praia Grande To Cabo Da Roca

Distance: 8 miles (13km)

Total ascent: 1,200 feet (360m)

In summary: Our walk begins at Rodizio near Colares and takes us through dunes to see the remains of a recently excavated Roman sanctuary, then we walk along a clifftop path to the huge beach of Praia Grande. We continue high above the waves and take a sandy path down to Adraga beach. We detour to view the

cliff-top blowhole and take a quiet track to Ulgueira where we can explore before continuing our walk to Cabo da Roca on the route of the easier walk.

Highlight: Both groups take a small detour to visit a cliff-top blowhole – a deep fissure in the rocky cliff where waves create a water spout high above the Atlantic.

Day 8: Departure Day

We hope to see you again soon.

ACCOMMODATION

Hotel Vila Galé Ericeira - Lisbon Coast

Located in a traditional village in an enviable sea front location, the historic 4-star Hotel Vila Galé Ericeira 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. Guests can relax at the health club which offers sauna, Turkish bath, hot tub and spa treatments. Rooms with balconies and sea views are available.

Accommodation Info

Rooms

All the 202 en-suite bedrooms are spacious and offer a high standard of comfort.

Each room has:

- Air conditioning
- WiFi
- TV
- Telephone
- Room safe
- Minibar

Facilities

Outside the hotel is a swimming pool overlooking the sea and 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.

Food & Drink

Our holidays at Ericeira are on a Half Board basis and include breakfast and evening meal.

Breakfast

There is an extensive selection of hot and cold options for breakfast from a self-select buffet.

Lunch (Payable Locally)

You can buy ingredients for your picnic lunch in the nearby shops. On some days it may be possible to visit shops on the walk, or eat in a local café; your leaders will advise you of the options.

Evening Meal

The evening meal is served in the open, airy restaurant, which offers a varied buffet catering for most diets, including vegetarians. If you have any special dietary requirements, please speak to the hotel staff on arrival.

Drinks

The hotel has a well-stocked bar serving beer, wine and spirits.

Your Evenings

The friendly atmosphere of our Guided Walking holidays continues into the evening.

Enjoy a glass of wine or local beer before hearing about the next day's walks. On most evenings you can enjoy the hotel's entertainment programme or take a walk on the beach. Alternatively relax in the bar with a drink and chat with your fellow guests or walk into Ericeira for an ice-cream or coffee in one of the many pavement cafés.

One evening we have arranged for a speaker to come and talk to our groups about this very interesting region.

TRAVEL DETAILS

THE HASSLE-FREE OPTION

Book your holiday 'with flight' and choose between Heathrow or Manchester flights to Lisbon airport. For flight times and prices please see the Dates & Prices tab.

If you choose this option we automatically include return transfers between the airport and the hotel. The coach transfer takes approx 45 minutes to the Hotel Vila Galé Ericeira.

THE FLEXIBLE TRAVEL OPTION

Alternatively, tailor your journey to suit you by booking your holiday 'without flight' allowing you the freedom to book your own flights from your local airport.

If you choose this option, transfers are not included in the price. However, below are some suggestions to help you reach your destination:

- We can book you a seat on the **HF Holidays' transfer coach** from Lisbon airport. This is timed to meet the HF Holidays' flights* (provisional flight times can be found on the dates and prices tab or you can call us on 020 8732 1220 for more information). Cost per single journey is £19.00
- Why not let us book you a **private taxi transfer** at a cost of £65.00 per single taxi journey?

Transfers must be pre-booked. Please call 020 8732 1220 for more details

* Please note that HF Holidays is not responsible for your onward travel if you fail to meet the transfer coach

USEFUL HOLIDAY INFORMATION

What To Bring

Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety and comfort are our priorities, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents.
- Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares).
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended.
- Waterproof jacket and waterproof over trousers.
- Warm hat and gloves.
- Denim jeans and capes are not suitable on any walks.
- Rucksack with a waterproof liner.
- Thermos flask for hot drink.
- Water bottle (at least 2 litre).
- Spare high-energy food such as a chocolate bar.
- Small torch.
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed).
- Sun hat and sunglasses
- Sun cream.

Optional Equipment

- Walking poles are useful, particularly for descents.
- Insect repellent.
- Camera.
- Gaiters.

Useful Information

Language: Portuguese

Currency: Euro

Changing money: There are several ATM machines in Ericeira where you can obtain money.

Electricity: 220 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

Tap water: Is considered safe to drink, but if you prefer, bottled mineral water can be purchased from the hotel or local supermarkets.

Telephone code: If the international number you wish to call starts with a 0, you must drop the starting digit when dialling the number.

To dial a UK number 0044

To dial a Portuguese number 00351

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday & Sunday: 9am – 1pm Bank Holiday Monday: 9am – 1pm

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £10 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

Document produced: 18-01-2020

