

# Western Algarve Guided Walking Holiday

**Tour Style:** European Centre Based

**Destination:** Portugal

**Trip code:** AGLCL

2 & 3



## HOLIDAY OVERVIEW

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Discover the wild and beautiful Atlantic coast on guided walks which take in dramatic cliffs that overlook large stretches of golden sand beaches and secluded coves. One walk includes visiting Cape St. Vincent, the most westerly point of the Algarve. As well as walking pretty coastal routes, we'll head inland where groves of figs, oranges and almonds are found in abundance. The national parks in this area are filled with wild flowers and are renowned for their birdlife, including storks which build large, eye-catching nests on buildings and telegraph poles. The free day gives the chance to visit the historic town of Lagos with its interesting walled old town.

## WHAT'S INCLUDED

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- A full programme of guided walks with 2 options every walking day
- All transport to and from walks
- The services of experienced HF Holidays leaders
- 'With flight' holidays include return flights from the UK and hotel transfers

- 7 night's accommodation in en-suite rooms
- Half Board –buffet breakfast and 3-course evening meal

## HOLIDAYS HIGHLIGHTS

- Stunning coastal scenery in this picturesque corner of Europe
- Soak up the Portuguese culture in the traditional cobbled streets of Lagos
- Uncover the paradise of green hills, wildflowers and eucalyptus trees around Monchique
- Cape St. Vincent with its lighthouse and striking, high sea cliffs

## TRIP SUITABILITY

This is a level 2 and level 3 graded Activity, Easier walks: 4 to 7 miles (6½ to 11km) sometimes on rough and rocky paths. Up to 700 feet (210m) of ascent in a day. Harder walks: 6 to 11 miles (9½ to 17½km) sometimes on rough and rocky paths. Up to 1,300 feet (390m) of ascent in a day.



## ITINERARY

### Day 1: Arrival Day

Welcome to Hotel Belavista. Unpack and settle in.

### Day 2: Burgau To Pona Piadade

Our first day of walks starts with a short coach ride to the fishing village of Burgau. This is one of the most unspoilt villages on the Algarve coast and it still retains its original charm and character.

#### Option 1 - Burgau To Porto De Mos

**Distance:** 6 miles (9½km)

**Total ascent:** 600 feet (180m)

**In summary:** We walk east towards Luz where the coastal scenery changes dramatically from tall cliffs to coastal plain. Passing along the promenade of Luz we ascend to the Watch Tower of Atalia and once more are on rugged cliffs but very easy paths before descending to the resort of Porto de Mos.

**Highlight:** A great coastal introduction to the Western Algarve.

## Option 2 - Burgau To Ponta Da Piadade

**Distance:** 7½ miles (12km)

**Total ascent:** 800 feet (240m)

**In summary:** The harder walkers follow their route from Burgau along the coast to Ponta da Piadade on foot passing through the houses then gaining the cliff paths again. There will be a little time at Ponta da Piadade before returning to the hotel.

**Highlight:** The magnificent sea stacks and grottos at Ponta da Piadade

## Day 3: The Seven Hanging Valleys Trail

Today we travel to the coast east of Luz and Lagos.

### Option 1 - Six Hanging Valleys

**Distance:** 5 miles (8km)

**Total ascent:** undulating

**In summary:** The Easier walk starts at the lighthouse of Cabo Carvoeiro, with dramatic views down to the sea. The path undulates along the cliffs, with some descent to hidden coves, and ascent to the cliff tops.

**Highlight:** On this walk, you will see stacks rising from the sea, the typical geology of the Western Algarve coast.

### Option 2 - Seven Hanging Valleys

**Distance:** 6½ miles (10km)

**Total ascent:** undulating

**In summary:** The Harder walk starts at the pretty Sentianes Beach and meanders along the tops of the amazing cliffs. We then finish at the delightful chapel of Senhora da Rocha.

**Highlight:** Watch out for the interesting geology, typical of the Western Algarve.

## Day 4: Figueira To Sagres

These walks explore the coast line in the Cabo de Sau Vicente Natural Park. Figueira, which still retains its old farming atmosphere, remains virtually unspoilt and is well known for its rich variety of wild flowers and birdlife.

### Option 1 - Praia Da Ingrina To Sagres

**Distance:** 5 miles (8km)

**Total ascent:** 500 feet (150m)

**In summary:** Today, our walk starts from the beach at Ingrina. We follow the cliff top, before descending to the

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unspoilt Praia do Barranco. We then continue back up to the cliff top and finish our walk in Sagres.

**Highlight:** This section of coast is in the Park Natural do Sudoeste Alentejano e Costa Vicentina

## Option 2 - Figueira To Sagres

**Distance:** 9 miles (14½km)

**Total ascent:** 900 feet (270m)

**In summary:** We begin our walk in the hamlet of Figueira. Our passes through countryside, sometimes with ocean views to descend to the beach at Zavial. From here we head inland to Ingrina, then follow the route of the easier group along the coast to Sagres.

**Highlight:** Sagres is the most south-westerly community in Europe.

## Day 5: Free Day

Today there are no organised walks, allowing you time to explore the local area or just relax in the hotel or at the beach. You could visit Lagos by local bus and walk the town trail or take a boat trip from Luz or Lagos.

**Lagos:** This historic town is easily accessible by bus directly from outside the hotel. Take a stroll through the warren of cobbled streets in its old town to see ancient Roman and Moorish walls, historic whitewashed houses and pretty harbour. Lagos was once the capital of the Algarve and has a rich seafaring past including a grim period when it was a key port in the slave trade. One of the area's heroes is Henry the Navigator whose expeditions to explore Africa in the 15th century departed from Lagos harbour. The building which housed Europe's first slave market – the Mercado dos Escravos – is still standing and is now home to a museum which details the cruel realities of the slave trade. Along the coast from Lagos there are many interesting rock formations in the eroded cliffs at Ponta Piadade with large sea caves, rock arches and grottos. There is a choice of boat trips to view the cliffs from the best vantage point.

**Boat trips from Luz:** Boat trips to Ponta Piadade also operate direct from Luz or you could opt to go in the opposite direction and take a fast boat to Sagres for views of the coast including Cape St Vincent.

## Day 6: Monchique

Today we head for the hills of the Serra de Monchique. The town of Monchique is set in a valley between the two highpoints of the Algarve, Foia and Picota at 997 and 773 metres respectively.

### Option 1 - Monchique And Caldas

**Distance:** 5½ miles (9km)

**Total ascent:** 700 feet (210m)

**In summary:** Our walk begins on a quiet road that winds its way into the foothills of Picota. We make our way down to the Boina river valley where we are rewarded with a marvellous panorama of the coast over the rolling hills.

**Highlight:** Spend a little time in the town of Monchique.

### Option 2 - Monchique Picota Caldas

**Distance:** 7½ miles (12km)

**Total ascent:** 1,300 feet (390m)

**In summary:** Our route takes a track further into the foothills of Picota than the easier group, then descends

into the Boina valley, ending in Caldas.

**Highlight:** The option to reach the summit of Picota. Well worth it for the panoramic views.

## Day 7: Carrapeteira And Pontal

Today's walks take us through the village of Carrapatiera and to the West Atlantic coast.

### Option 1 - Carrapeteira And Pontal

**Distance:** 5½ miles (9km)

**Total ascent:** 400 feet (120m)

**In summary:** Today, we start our circular walk in Carrapeteira and follow the coastline to Praia da Bordeira. From here we will cross some boardwalk, which offer spectacular views of the coast.

**Highlight:** The boardwalk offering a different view of the coastline.

### Option 2 - Monte Velho And Carrapeteira

**Distance:** 8 miles (13km)

**Total ascent:** 700 feet (210m)

**In summary:** From Carrapatiera we head towards a remote hamlet called Vilarinha but before reaching it we turn off to pass the famous retreat called Monte Velho. The path ascends to a very broad ridge passing a trig point and down to the outskirts of Carrapeira.

**Highlight:** Monte Velho is in an idyllic spot with two small lakes.

## Day 8: Departure Day

We hope to see you again soon.

## ACCOMMODATION

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### Hotel Belavista Da Luz - Western Algarve

The 4-star Hotel Belavista da Luz enjoys an elevated position overlooking the coastal resort of Luz. The hotel is built in a horseshoe shape wrapped around colourful gardens and the two outdoor swimming pools. Modern and stylish bedrooms have either a balcony or terrace and some have distant sea views. The restaurant produces a delicious mix of meals with some traditional Portuguese dishes as well as international favourites. A short walk down the hill takes you to shops, services and the extensive beach.

#### Accommodation Info

#### Rooms

There are 39 spacious en-suite bedrooms offering:

- Air conditioning
- Television
- Telephone
- Bathtub with overhead shower

- Hairdryer
- Refrigerator
- Tea and coffee making facilities
- Safe
- Balcony or terrace

## Facilities

As a guest, you can enjoy the use of:

- Two outdoor swimming pools
- Tennis and pool facilities
- Free access to a small gym
- Steam room and sauna

## Your Evenings

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

Enjoy a glass of wine or beer whilst listening to your leaders outlining the next day's walks. On some evenings there may be some live music and the leaders will be checking for local events going on nearby. You may just like to relax in the hotel bar or on the terrace outside chatting with your fellow guests.

## TRAVEL DETAILS

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### *THE HASSLE-FREE OPTION*

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Book your holiday 'with flight' and choose between Gatwick and Manchester flights to Faro 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 1 hour to the Hotel Belavista da Luz.

### *THE FLEXIBLE TRAVEL OPTION*

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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 Faro 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 £24.50

Why not let us book you a private taxi transfer at a cost of £82.00 per single taxi journey?

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

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## USEFUL HOLIDAY INFORMATION

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### 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 is an ATM machine in Luz, close to the local supermarket, 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

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## HOW TO BOOK

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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: 9am – 1pm Sunday & Bank Holiday Monday: closed

### 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 £20 per person per holiday. Alternatively, full membership is available from £100 – visit [hfholidays.co.uk/membership](http://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](http://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](http://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.

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