Wild Landscapes of Madeira



Trip style:	Destination:	Walking Grade	Carbon Footprint:
European holidays	Portugal, Portuguese Islands & Madeira	4 & 5	978kg CO2

HOLIDAY OVERVIEW

Measuring only 35 miles long and 14 miles wide, small-but-mighty Madeira wows visitors with gorgeous, flower-filled landscapes, interesting cultural sites, delicious food and wine, plus year-round sunshine. Our holiday on this Portuguese island introduces you to a landscape crisscrossed with levadas (irrigation channels used as walking trails), thundering waterfalls, prehistoric forests, green mountains, and sea cliffs that soar high above the Atlantic Ocean. You'll also have time to explore Funchal - the charming capital best known for its cathedral, colourful farmers' market, and seafood restaurants.

WHAT YOU'LL LOVE

- Exploring the island's rugged landscape
- Taking on Cabo Girao, the highest glass skywalk in Europe
- Discovering emerald-green mountains and dramatic coastlines
- Visiting Funchal, Madeira's picturesque capital
- Following the island's famous levadas to stunning waterfalls
- Sampling Madeira's famous fortified wine

WHAT'S INCLUDED

- Return flights from London Gatwick, including baggage and transfers (flights available from other airports - price may vary)
- A choice of 2 guided walks per day with local leaders (on walking days)
- HF Holidays Tour Manager
- 7 nights' accommodation in Canico de Baixo
- 7 breakfasts & 7 dinners
- All in-destination transport

ITINERARY - ITINERARY

Day 1 **Arrival Day**

Welcome to Hotel Sentido Galosol. Unpack and settle in.

Day 2 **The North of the Island**

Today our walks take us to the north of the island on two exciting routes in the Sao Roque Valley to Porto da Cruz. Our day will include a visit to the pretty bay of Porto da Cruz.

Option 1 - Into the North of the Island

Distance: 6 miles (10km)

Total ascent: 260 feet (80m)

Total descent: 0 feet (0m)

In summary: Starting from Cruz we ascend through farmland to join the Levada Castelejo. We follow the Levada upstream to enjoy views of the spectacular gorge before turning and following the Levada Castelejo and the Levada Nova through the quiet countryside to Referta.

Highlight: Exploring one of the greenest and most unspoiled valleys in Madeira followed by a visit to a seaside village.

Option 2 - Lombo Grande

Distance: 7 miles (11km)

Total ascent: 950 feet (290m)

Total descent: 1130 feet (345m)

In summary: Starting in the village of Roque do Faial we ascend through small farms to Lombo Grande then descend through woods to join the Levada Castelejo. The route follows the beautiful Sao Roque valley to Cruz and then on to Referta.

Highlight: Following a levada from its source, along a spectacular valley

Day 3 CABO GIRAO, MOORLAND & LEVADAS

Our walks today take us to the western end of the island. We'll travel past Funchal before entering the Ribeira Brava Gorge. The coach will then take us high onto the western moors. This side of the island differs greatly from the high volcanic peaks in the east. Here rolling moorland offers views over the sea in both directions on a clear day. Torches are useful on this day, when walking through one of the levada tunnels, which is 800m long. Before returning to the hotel we call at the dramatic Cabo Girao skywalk viewpoint.

Option 1 - The Moorland Levada

Distance: 6 miles (10km)

Total ascent: 100 feet (30m)

Total descent: 985 feet (300m)

In summary: Our walk follows a gentle levada path to a lovely viewpoint over the hills and woods of Rabacal before descending to Levada das 25 Fontes which will lead us via a tunnel through a mountain ridge to meet our coach. Before returning to the hotel, we'll stop to experience the magnificent Cabo Girao glass skywalk.

Highlight: Rabacal is considered one of Madeira's most beautiful areas.

Option 2 - Four Levadas in a day

Distance: 7 miles (11.5km)

Ascent: 460 feet (140m)

Descent: 985 feet (300m)

In summary: Following the Levada do Alecrim, we have sweeping views down the Rabaçal valley. Our route continues with views of the deep Ribeira da Janela valley, descending through woodland to a rock pool perched between two waterfalls. Our walk ends on the Levada 25 Fontes. Before returning to the hotel, we'll stop to take in the scenery at the Cabo Girao viewpoint.

Highlight: Traverse three of the five Levadas in the Rabaçal valley.

Day 4 Heart of Madeira & Pico Ruivo

We'll journey to the centre of the wonderful island of Madeira and marvel at Pico Ruivo, the island's highest peak at 1861m.

Option 1 - Achado Circular to Pico Ruivo

Distance: 3.5 miles (5.5km)
Ascent: 1020 feet (310m)
Descent: 1020 feet (310m)

Short, but incredibly rewarding, today we'll complete a circular route from Achado do Teixeira to the summit of majestic Pico Ruivo, where we'll enjoy spectacular views across the island.

Option 2 - Pico Ruivo and Miradouro di Picaroto

Distance: 5.5 miles (8.5km)
Ascent: 1020 feet (310m)
Descent: 2130 feet (650m)

Starting together from Achado do Teixeira, we'll follow the same trail as option 1 up to the peak of Pico Ruivo, before descending towards Miradouro do Picaroto, admiring the panoramic landscapes and mountain flora along our way.

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.

Funchal: Take the local bus into Funchal and explore further, including a visit to the Monte Palace Tropical Gardens via cable car from the harbour area. Absorb the colours and scents of the flower markets, do a spot of shopping or visit one of the city's museums or the Story of Madeira Exhibition.

Day 6 **São Lourenço Peninsula and the Cliffs**

Our walks today are at the far eastern end of the island. Walk along the São Lourenço peninsula and take a boat trip to the fishing village of Caniçal.

Option 1 - Canical and Coast

Distance: 2 miles (3km)

Ascent: 500 feet (150m)

In summary: We start our day in the town of Canical on the most easterly part of the island. From the Sao Lourenco peninsula, our coastal walk provides great views of the dramatic sea cliffs. At the end of the walk, we'll return to Marina Quinta do Lorde near Canical by boat and enjoy free time to explore its cafes and museums.

Highlight: Exploring the colourful and vibrant fishing village of Canical.

Option 2 - Canical and Sao Lourenco

Distance: 4.5 miles (7km)

Ascent: 1150 feet (350m)

In summary: This option follows the same route as the first, but after returning to Canical by boat the walk continues along the Levada do Canical for views over the Canical fishing village, terraced farm plots, and the Sao Lourenco peninsula.

Highlight: This is a spectacular stretch of coast with views to match.

Day 7 **Verada Do Larano**

Today's walks take us to the north coast on the eastern side of Madeira.

Option 1 - Ribeira Seca

Distance: 5 miles (8km)

Ascent: 690ft (210m)

Descent: 1150 feet (350m)

In summary: This walk takes us above the Ribeira Seca to the viewpoint at Boca do Risco. After a picnic we'll walk along the coast path that was once used to carry wine and rum from the Porto da Cruz to Machico. Continuing along this path, we'll make our way towards the outskirts of Porto da Cruz where we'll be met by our transfer that will take us back to the hotel.

Highlight: The views across the coastline from Boca do Risco.

Option 2 - Ribeira Seca and Porto da Cruz

Distance: 7.5 miles (10km)

Ascent: 690 feet (210m)

Descent: 1150 feet (350m)

In summary: Our longer walk follows the same route as option 1 but lengthens things by continuing along the coast path all the way into Porto da Cruz.

Highlight: The views of the coastline from Boca do Risco

Day 8 **Departure Day**

We hope to see you again soon.

DAILY WALK OPTIONS



Gentle walking grade 4

The most active Gentle grade, with longer walks, some ascent, and possible steps, stiles, or off-path uneven ground. Typically, 6-7 miles (10-12km) with around 1,000ft (300m) of ascent.



Moderate walking grade 5

Some walking experience needed. Full day walks which may include some short but steep ascents and descents throughout the day, and varied terrain. Regular stops. Typically, 8-9 miles (13-15km) with around 1,300ft (400m) of ascent.

ACCOMMODATION

Hotel Sentido Galosol

Located on Madeira's south-east coast, just a short bus ride from Funchal, the 4-star Hotel Sentido Galosol enjoys a clifftop setting with magnificent views of the Atlantic Ocean, the Ilhas Desertas and Madeira's dramatic coastline. The hotel is situated in the resort of Caniço de Baixo, a peaceful residential area with a selection of shops and local restaurants.

The hotel offers an excellent range of facilities, including indoor and outdoor swimming pools, a wellness centre, gym, bars and restaurants. Guests also have complimentary access to the Onda Revital Club and Galo Active, which provide a variety of fitness classes and activities, including yoga and jogging sessions.

Your evenings

On the return from your daily excursion, our local leaders will tell you about the the next day's activities and answer any questions you may have. During the evening why not relax with our tour manager and companions in the beautiful bar overlooking the sea.

FOOD & DRINK

Dining at the Hotel Galosol

Our holidays in Madeira are on a half-board basis and include breakfast and evening meal.

Breakfast

The buffet breakfast, served from 7.30am until 10am includes a variety of breads, jams, spreads, yogurt, cheese, fresh vegetables, muesli-bar, cereals, soft-boiled eggs, freshly cooked scrambled or fried eggs, omelettes and fresh fruit salad. There may also be some seasonal fruit such as bananas, passion fruit, papaya, melon and orange.

Lunch (payable locally)

You may be able to purchase a picnic lunch from the hotel. Alternatively it is possible to buy ingredients from local shops or on some days to eat at one of the local cafés; your leaders will advise you of the options.

Evening meal

This meal is a buffet and available from 6.00pm until 9pm. The hotel prides itself on serving fresh, locally sourced produce and offers daily meat, fish and vegetarian selections, plus plenty of salads. For dessert there are fruit pastries, delicious cakes and other fresh cream desserts. Tea and coffee is served after the meal.

Drinks

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

ROOMS

Your room at the Hotel Galosol

The hotel has 123 spacious en-suite bedrooms.

These air conditioned rooms are bright and offer modern, comfortable beds. The warm Mediterranean colours and decoration create a cosy atmosphere. The balcony comes with table and chairs - a great place to sit and gaze at the view.

Satellite TV with English channels is standard, as is the radio channel. Rooms also contain a minibar, kettle with tea and coffee, safe and swimming towels. The spacious bathrooms/WC are equipped with a large mirror, vanity mirror, hairdryer and have either a bath tub or a large shower.

ABOUT YOUR STAY

Facilities at the Hotel Galosol

Guests staying at Sentido Galosol can also enjoy access to a range of facilities shared with the neighbouring Sentido Galomar hotel. These include a private swimming bay with a seawater pool, indoor and outdoor freshwater pools, a gym, restaurants and bars, and a spa with panoramic ocean-view saunas and an additional seawater pool.

Some facilities and activities are subject to an additional charge, including yoga sessions, jogging activities, use of the sports courts, diving activities and selected fitness classes. Access to the spa facilities and wellness areas is complimentary but may require advance reservation during your stay.

There is a weekly entertainment programme including some live music.

Wi-Fi is free throughout the public areas of the hotel.

TRAVEL DETAILS

Address

Hotel Galosol
9125-031 Caniço de Baixo
Rua Francisco Santana
Madeira

Tel: 00351 291 930 930

LOCAL AREA

Over its history, Madeira has been visited by merchants, explorers and had brief periods of occupation including British troops, which has resulted in a diverse population from North Africa and blonde, blue-eyed Europeans. Christopher Columbus married the first Governor's grand-daughter in the 15th century when the Portuguese settlers arrived on the island. The island has a wealthy history of sugar cane plantations and has bred many romantic stories of pirates. Sugar cane is no longer the main crop; this has been replaced with vines that produce the famous Madeira wine. The amazing beauty of the island rising from the ocean with steep cliffs and high mountains was once believed to be the lost civilisation of Atlantis.

Funchal

The island's capital and main harbour, has white houses and distinctive tiled roofs, which flow down to the harbour. Reflecting its wealth and history, this capital boasts large hotels and is a good destination for shopping and sightseeing. There are three key elements: the market, old town and seafront. The old town has narrow, cobbled streets and older fishermen's houses. The market has two storeys, built in 1937, and is vibrant and colourful. At the seafront, a modern cable car station takes passengers to the hill top town of Monte. This is where the wealthy merchants of Funchal lived to enjoy the cooler air and is well known as the start of the famous wooden toboggan ride down the cobbled streets. There are also some beautiful botanical gardens to visit.

Did you Know?

Funchal flower sellers are obliged to wear traditional Madeiran dress, which comprises a hat with a stalk (carapuca), a red waistcoat and a colourful, striped skirt.

VACCINATIONS & HEALTH

Vaccinations & health information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

PASSPORTS & VISAS

Passport & Visa information

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.
We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.
British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:
https://www.gov.uk/foreign-travel-advice

ESSENTIAL INFORMATION

Packing list

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Swimcap (compulsory in Itialian resorts)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags

- Rubbish bags
- Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device (excluding Bhutan, Georgia and India)

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

Book your holiday 'with flights' and you can choose to depart from selected UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

JOINING INSTRUCTIONS (WITHOUT FLIGHTS)

Without flights

If you are booking on a land-only basis, you can join the group transfer at an additional cost. To do so, your arrival and departure times must be in line with the scheduled group flight timings. Guests travelling at different times will need to arrange their own transfers. Please contact us before booking to discuss the available options and costs.

USEFUL INFORMATION

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

For more information about healthcare and its costs, please visit: https://www.nhs.uk/using-the-nhs/healthcare-abroad/

Drinking Water

Drinking Water

Standards for drinking water vary widely around the world. In many destinations, tap water may not be safe to drink, brush your teeth with, or use for making ice. Where advised, you should drink only bottled or treated water and ensure that bottle seals are intact before use. If bottled water is unavailable, water should be boiled or filtered.

Staying well hydrated is particularly important in hot climates and during active holidays. Carry water with you and drink regularly.

If you are unsure about local water safety, check official country-specific health advice before travel, or ask your accommodation or local guides for guidance once you arrive.

Holiday Tips for Madeira Guided Walking

Language: Portuguese

Currency: Euro

Changing money: There are several ATM machines in Funchal and one in Caniço de Baixo 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.

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

TRIPNOTE VALIDITY

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.

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