Walking the Eastern Algarve for Solos



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Guided Walking Holidays	Portugal	4	748kg CO2

HOLIDAY OVERVIEW

Designed exclusively for solos, this tour sees you join a small group of no more than 16 fellow independent holidaymakers to explore the best of the Eastern Algarve. Spanning a vast space between Olhão to Vila Real de Santo António and the Spanish border, the crowd-free Eastern Algarve is characterised by rolling countryside, vineyards, lagoons, white-washed villages, and the salt pans of Ria Formosa Natural Park. Discover the stunning Ilha de Tavira and learn about the history of Vila Real de Santo António – the Algarve fishing town on the banks of the Guadiana River, which marks Portugal's border with Spain.

WHAT YOU'LL LOVE

- Spotting wildlife at Ria Formosa Nature Park
- Spending time on the Ilha de Tavira with its golden sands
- Follow the Ecovia trail, passing orange groves and saltpans
- Exploring Vila Real de Santo António
- Enjoying coastal walks with Atlantic Ocean views

WHAT'S INCLUDED

- Return flights from London Gatwick, including baggage and transfers (flights available from other airports - price may vary)
- Guided walks with local leader (on walking days)
- HF Holidays Tour Manager
- 7 nights' accommodation in Cabanas de Tavira
- 7 breakfasts, 5 lunches & 7 dinners
- Welcome and farewell drink
- All in-destination transport

ITINERARY - ITINERARY

Day 1 **Arrival Day**

Welcome to AP Cabanas Beach & Nature in Cabanas de Tavira. Unpack and settle in. This evening there will be a welcome drinks reception where you will gather with your tour manager and meet the rest of your travelling companions for the week.

Day 2 **Pedras D'el Rei To Tavira**

Distance: 5.5 miles (9km)

Total ascent: 98ft (30m)

Our first full day explores Ria Formosa Nature Park – one of the most important wetland areas in Southern Portugal. Stretching for over 60km along the Algarve coast, this magnificent estuary is a magnet for hundreds of bird species migrating from Northern Europe to Africa plus a host of rare reptiles. This walk trails the golden sands of Ilha de Tavira – a stunning offshore island cherished for its wildlife-watching opportunities. After catching the ferry to Quatro Águas, we'll admire the snow-coloured salt pans as we make our way back to Tavira.

Day 3 **Casa Baixas Circular walk**

Distance: 5.5 miles(9km)

Total ascent: 720ft (220m)

This popular trail passes through the traditional villages that typify Tavira's countryside. Along the way, we'll enjoy far-reaching views over the Serra do Caldeirão – a gently undulating mountain range that forms the border between the Algarve and Alentejo regions. Keep your eyes peeled for sightings of the impressive Bonelli's Eagle flying overhead. With a wingspan of up to 180cm, it's one of the largest birds of prey on the Iberian Peninsula.

Day 4 **Fuseta to Quinta de Marim**

Distance: 5.5 miles (9km)

Total ascent: 98ft (30m)

Our walk today follows the Ecovia, a Path that extends from the east to the west of the Algarve, alongside the Ria Formosa, orange groves and saltpans. This is an area renowned for its rich birdlife, sea salt quality and tranquillity.

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. Cabanas is a charming and picturesque village with a relaxed, friendly atmosphere. It's around a 15-minute walk from the hotel to the start of the waterfront boardwalk, which runs the full length of the seafront. The village is packed with bars and restaurants, giving you plenty of choice if you'd like to eat out, and it's a lovely place to spend an evening strolling by the water. The hotel also provides a free-of-charge boat crossing to the sandy beach, making it easy to enjoy the coast (advance reservation required).

The historic town of Tavira is nearby and well worth a visit.

Day 6 Altura to Vila Real de Santo António

Distance: 6.5 miles (10.5km)

Total ascent: 32ft (10m)

Our walk today explore the wonderful sandy beaches and charming fishing villages between Tavira and the Guadiana River – the watery border between Portugal and Spain. The walk begins in the coastal resort of Altura and continues through Monte Gordo to the town of Vila Real de Santo António perched on the banks of the Guadiana. On arrival, there's free time to explore the upmarket marina area, take in the views from Faro del Vila Real de Santo António lighthouse, or stop for lunch in one of the many fine restaurants.

Day 7 Laranjeiras Circular Route

Distance: 5.5 miles (9km)

Total ascent: 800ft (245m)

This walk takes us along the course of the Guadiana River from the charming waterfront resort of Laranjeiras to Guerreiros do Rio before circling back via the scentic hilltop town of Corte das Donas. Along the way, there'll be the chance to visit the Roman ruins at Montinho das Laranjeiras and learn about life in the borderlands between Portugal and Spain in the River Museum. Tonight we will gather together before dinner for a farewell drink.

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.

ACCOMMODATION

AP Cabanas Beach & Nature

The 4-star AP Cabanas Beach & Nature is a modern, adults-friendly hotel set beside the Ria Formosa Natural Park, just outside the traditional village of Cabanas de Tavira. Surrounded by lagoons, salt marshes and landscaped gardens, it's an excellent choice for HF Solos guests, offering a peaceful environment with welcoming shared spaces in a beautiful natural setting. The hotel feels fresh and contemporary throughout and with around 340 rooms, generous gardens and sociable communal areas, there's a comfortable balance between spending time together and enjoying quiet moments. The hotel also provides a free-of-charge boat crossing to the sandy beach, making it easy to enjoy the coast (advance reservation required).

FOOD & DRINK

Restaurant & Bars

Breakfast and dinner are included and served buffet-style at Flor de Sal Restaurant, offering a wide selection of Portuguese and international dishes. The terrace overlooks the pool and the Ria Formosa, making it a pleasant place to dine together.

Additional dining options are available at extra cost, including Ria Restaurant, a set-menu restaurant highlighting Algarvian cuisine, The Grill for daytime snacks, and the Rooftop AP Cabanas Poolbar & Lounge, which offers lagoon views, music and a relaxed evening atmosphere. The Pool Bar also serves drinks and light bites during the day.

On walking days, pack lunches are included and are provided by the hotel.

Vegetarian and vegan diets can be accommodated; however, choice may be limited. Please advise any dietary requirements at the time of booking.

ROOMS

Room

Our rooms are Standard Land View Rooms, modern and comfortable, approximately 17 m^2, with twin beds only and a private balcony. They include air-conditioning, Wi-Fi, TV, safe, desk, tea-making facilities, and a private bathroom with shower.

ABOUT YOUR STAY

Facilities

- Two outdoor swimming pools
- Heated indoor pool (swimming caps required; available to purchase locally)
- Spa with sauna, Turkish bath and jacuzzi (treatments at extra cost)
- Gym
- Rooftop terrace with pool and evening entertainment
- Free Wi-Fi throughout

Location

The hotel is located in Cabanas de Tavira, close to the protected landscapes of the Ria Formosa Natural Park. The beach is easy to reach, with around a 10-minute walk to the boat crossing, followed by a short 5-minute boat ride to the island and a brief walk to the sandy beach.

The area Cabanas is a charming and picturesque village with a relaxed, friendly atmosphere. It's around a 15-minute walk from the hotel to the start of the waterfront boardwalk, which runs the full length of the seafront. The village is packed with bars and restaurants, giving you plenty of choice if you'd like to eat out, and it's a lovely place to spend an evening strolling by the water.

The historic town of Tavira is nearby and well worth a visit.

Sustainability

Sustainability is a key focus at AP Cabanas Beach & Nature. Access to the beach is provided via solar-powered boats, and the hotel actively supports responsible tourism within the Ria Formosa Natural Park.

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 Eastern Algarve Guided Walking

Language: Portuguese

Currency: Euro

Changing money: There are several ATM machines in Tavira 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

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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