Family Adventures in the Algarve

Trip Code: FPA

Version:

MULTI ACTIVITY	FAMILY	LEISURELY
MA		2



HIGHLIGHTS

- As recommended by the Telegraph and The Times
- Centre-based at a charming farmhouse in a remote and unknown corner of Portugal
- Kayak along the river and swim in the fresh water lake at the accommodation
- Surf lesson, rock climbing, beach time, t-shirt painting, boat trips and much more!
- Enjoy delicious home-cooked food and local wine

AT A GLANCE

- 6 days multi-activity
- Centre-based
- SWIMMING: Every day
- Join at Faro

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

If you are looking to get away from the busy bustle of everyday life and be enchanted by remote, wild and quiet Portugal whilst enjoying fun activities with your family and others then this is the holiday for you. We are centre-based in a charming villa in the countryside just 10km from the most southwestern tip of Portugal. The area is also part of the South West Alentejo and Vicentine coast Natural Park, which is said to be some of the finest preserved stretches of European coastline.

Our hosts take us on a selection of activities over our time here. At the start of the week we kayak down the river to the sea, have an afternoon rock climbing, spend time on the beach and go for a bike ride. There is plenty to do in the large grounds of the accommodation with archery, table tennis, a zip line, the vegetable farm and hammocks in the shade - perfect for relaxing with a good book and perhaps a little tipple!

We finish the week with an optional boat ride along the rugged peninsula to Cabo de San Vincente where we might see dolphins, and experience one of the best sunsets, and then a day surfing with full instruction. In the evenings we eat delicious home-cooked meals using many ingredients grown in the garden, or we sit around the fire pit under the stars telling stories and chatting with a glass of wine. The exact order of play during the week is dependent on the weather and the group. Sunshine and adventure are the key words for this family holiday. A stress-free family friendly atmosphere surrounds the whole week and we will be well taken care of, fed and wined whilst relaxing and getting some exercise and fresh air. It's a winning formula.

Is this holiday for you?

Suitable for children from 8yrs old

This family adventure in Portugal is centre-based at a family run villa surrounded by cork forests. It is located around 5km from the beach on extensive grounds which include a fresh water lake. The order of activities during the week is influenced by the weather and to what suits the group the best. The group may include both English and French families, the tour is conducted in English. To enjoy the water based activities all participants have to be able to swim unaided for a minimum of 25m. No experience is required. The length of the bike ride will depend on the ages of the group. For all activities full safety equipment (buoyancy aids, helmets etc) will be provided as well as instruction by a fully qualified leader(s).

Itinerary

Version:

Holiday Information

What's Included

- Family friendly hosts
- Single timed group transfers from Faro Airport on Day 1 & Day 8
- Accommodation as described
- All activities including qualified instruction and equipment as described
- Meals as per the Meal Plan

What's not Included

- Travel insurance
- Airport transfers (other than the single group transfer in each direction)
- Any meals as per the Meal Plan
- Any additional/optional activities or excursions
- Miscellaneous expenses - drinks and souvenir's etc

Joining Arrangements & Transfers

TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on Travelling by Train.

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

The group will meet at the accommodation near Sagres, Algarve.

A single transfer (1hr 30mins) is provided from Faro Airport to the accommodation at 2pm of Day 1 the Land Only itinerary.

A money-saving tip is to fly on Friday and overnight in Faro, returning to the airport on Saturday for the transfer.

On the last day of the Land Only itinerary, there will be a single transfer to Faro Airport for flights departing at the earliest at approximately 1100.

There is a certain degree of flexibility with the transfer time depending on the best time for the flights of the group members, however everyone needs to leave the property by 1100.

Those with later departures can take this transfer and have lunch in Faro (5mins in a taxi), or take a trip to one of the islands. There is baggage storage at the airport.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, or you have an earlier flight, we can provide private transfers at an additional cost.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included except for 1 lunch and 1 evening meal. This allows you to experience one of the local restaurants.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

The food on this holiday which comes out of the kitchen of the accommodation is excellent. It is traditional, modern, tasty, homecooked and fabulous. Various plates and bowls of different foods are laid out and we help ourselves buffet style – which is always a hit for children.

Breakfast is always good with lots of options of bread, porridge, eggs, bacon and croissants. Lunch we take with us in picnic form and eat between activities. Dinner is a big affair and is always a highlight and is eaten on the big table on the breezy veranda. Dishes vary from chicken, curry, burgers, spag bol, tuna, sweetcorn, salads, On warm summer evenings we can sit around the African inspired fire pit, enjoying a seafood barbecue or a traditional Paella underneath the fabulous starlit sky. Another night we have pizzas made in the wood fired, hand built oven.

A note from your hosts: We love food; good food is one of our greatest pleasures in life. We believe that the better, the fresher, the more naturally produced the original products are, the higher the quality of the meals we serve. We strive to produce foods here on the farm that are in harmony with the environment; no pesticides or un-organic fertilisers. Planting our veggie garden is a labour of love, and the crunchy salad straight from the garden is credit to this. We believe local is great and it's this greatness we search for when we visit shops and markets and our own pantry to produce meals for our guests. Herbs, spices, fresh food and an inspiration to cook means that the food always goes down a hit. We cook delicately spiced meat dishes, exotic vegetarian meals, tasty vegan and gluten-free feasts - Violeta can make you something special, whatever your needs and desires. A tasty surprise for us this winter was the discovery that our farm produces an array of the most incredible edible mushrooms. Please inform us of any dietary requirements on booking.

Accommodation

Our private, hand-built eco-lodge accommodation is run by our family friendly hosts, Jon and Violeta, their son, and several other trusted volunteers. It is a sustainable farm of around 46 hectares, hidden away from the rest of the world in a quiet little valley just a few kilometres away from Cabo de San Vicente (the most south western point of Portugal) in the Algarve. It is surrounded by rivers, dams, indigenous cork forest and mountains, and is only 5km from the beach. The accommodation is off grid, with any electricity used, coming from solar power. The rooms have just 12V available, which is just enough for the lights. The main room has 220V, which means any chargers etc should be used here only, making it the perfect place for disconnecting from you devices.

In the main building there are a number of areas for relaxing, including the lounge with fireplace and cosy seating. Meals are taken in the dining area which has a large covered deck/veranda, getting the morning sun and is candle lit at night.

In addition to the main building, there are several individual buildings for accommodation, all set amongst the cork forest with hammocks slung between the trees and a variety of fruit trees and vines. There are 5-6 twin/double/triple and family en-suite bedrooms. Please contact the KE office if you have specific rooming requirements. We try to ensure that everyone is happy with the rooming and will do our best to arrange this.

Group Leader & Support Staff

Your hosts at the accommodation will lead you on the majority of the activities. They are fully qualified English speaking leaders/instructors. Where necessary for certain activities you will have additional specialised instructors. This is an English speaking trip.

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Spending Money

Approximately €250 per family (2 adults and 2 children) will be plenty for the non-included meals, miscellaneous expenses, tips, drinks, snacks, souvenirs etc. This figure does also not take into account optional activities or alcoholic beverages. Some wine is included with dinners and other drinks can be paid for directly at the end of the week. Cash can be withdrawn from ATMs at Faro Airport and locally. If you are intending to buy expensive souvenirs, you should budget accordingly (credit cards can be useful in this respect).

Optional Activities:

Please note that these prices are correct at time of writing, but are subject to change without warning. All prices are in Euro's. Optional activities taken outside the KE holiday are at your own risk.

Boat trip 1hr 30mins: €25 per adult, €20 per child

Guidance on Tipping

Tipping is the accepted way of saying ‘thank you’ for good service. It is important to remember that tipping is voluntary and should be dependent on good service. We estimate around £10 per family member.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Travelling with children aged 17yrs and under, who are not with their parent or legal guardian - Portugal

Children aged 17 and under travelling to Portugal alone or in the company of a person who is not their parent or legal guardian, must either:

- be met at the airport or point of entry by their parent or guardian, or carry a letter of authorisation to travel from their parent or guardian. The letter should name the adult
- in Portugal who will be responsible for them during their stay and the identification and contacts details of the parent or guardian.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency for part or all of this holiday is the Euro.

Climate

In the summer months the climate in this part of Portugal are reasonably stable. We can expect temperatures between 16-35 degree Celsius. In many of the summer months there is a wind which brings the temperature down a lot. As a general rule there is little rainfall in the summer months (1 or 2 days per month). We should look forward to long days of sun and warm evenings. The accommodation is situated in a little valley and has it's own micro climate, which cools down at night to a prefect sleeping temperature in the summer holiday months.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

FAQ's about our family holidays

We welcome all family dynamics and we will try to accommodate you in the roomings of your choice. The only stipulation for joining a family group holiday is that 1 party member is 17yrs or under, and they are accompanied by an adult. An average group size is around 10 members in total. Further general information and FAQ's are available here: KE Family Adventure Holidays general information.

Private Groups Information

Make this KE family holiday your own!

- Choose your own departure date
- Travel on this holiday with just your family and friends
- Tailor your holiday by adding extra days for relaxation or upgrade your hotels

If our standard dates do not fit with your school holidays or you wish to travel with just your family or with your family and friends, we will be pleased to set up a private departure for any of our family holidays.

Depending on what you are looking for we can look at tweaking the itinerary to allow you some extra relaxation time or upgrading the hotels. Our personal service means you'll be fully involved as we make the arrangements for your perfect family adventure holiday.

Independence with Security

Travelling as a KE private family group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for you and your family and friends by a reputable adventure travel company.

To take your first step to an amazing adventure with your family and friends complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through our international partner. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the ‘baggage allowance’ section for further details.

YOU SHOULD BRING THE FOLLOWING ITEMS:

- Walking shoes or trainers
- Sandals teva or shoes that are comfortable when wet for kayaking
- Lightweight walking trousers / shorts / skirt
- T-shirts and/or casual shirts
- Loose-fitting, long-sleeved shirt with collar (for sun protection)
- Socks & Underwear
- Lightweight waterproof jacket & overtrousers
- Fleece jacket or warm jumper
- Sunhat
- Warm hat
- Sunglasses
- Daypack 25-30 litres (depending on how much of the kids' stuff you want to carry)
- Sun protection (including total bloc for lips, nose etc.)
- Insect repellent
- Water bottles (approx 2 litre per person) (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries.
- Antibacterial handwash
- Swimwear
- Swim towels (poncho-style for changing on the beach are useful)
- Torch and batteries
- Basic First Aid Kit. Including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, and re-hydration salts (Dioralite).

THE FOLLOWING ITEMS ARE OPTIONAL:

- Pen-knife (note: always pack sharp objects in hold baggage)
- Camera
- Rash vest
- Goggles for the kids
- Flip-flops
- Reusable cloth bag for shopping (to avoid plastic bags)

NOTE:

All specialist equipment required for the activities on this holiday are provided.

Snorkels & masks are available to borrow at the accommodation

If possible please bring biodegradable soap and shampoo as the shower water run off goes into a natural area

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the accommodation near Sagres, Algarve. A single transfer is included from/to Faro Airport.

Why Choose KE

Why KE

This holiday is a complete digital detox for all of the family. You'll stay in a charming villa which is completely off-grid, with electricity and hot water exclusively from solar power. Your wonderful hosts Jon and Violeta, will take care of you from start to finish. All your activities are included and you'll eat delicious home-cooked meals every evening using many ingredients grown in the garden. 'Digital detox' means mobile phone use is restricted to just a couple of hours in the evening, so that you can reconnect as a family and leave the digital world behind for a week in the Portuguese sunshine! Ben Westwood, journalist for the Telegraph joined us on this holiday and told us he loves this remote corner of Portugal - peace, adventure, sunshine and good food. Take a look at his article. This holiday is also voted number 7 in The Times "20 dream family holidays in 2017".

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change