Timeless Trails of Portugal's Algarve

Trip Code: PAW

Version:

WALK & TREK	GUIDED GROUP	4 MODERATE



HIGHLIGHTS

- Enjoy a few of the Algarve's 300 days of sunshine, eat picnics in deserted coves and swim from golden beaches
- Stay at an off-grid eco-lodge run by a welcoming local family - home-cooked dinners and evenings by the fire pit
- Visit Cape St Vincent, the most south-westerly point in Europe

- Walk on the Vincentian Coast, in the Inner Algarve, and along the south coast to Sagres on five hand-picked day walks
- Choose a free day in Lagos, or try kayaking, surfing, or yoga at the lodge

AT A GLANCE

- 5 days centre-based walking
- 1 day sightseeing/optional activities
- Join at Faro

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

This week-long walking holiday on Portugal's south-west coast is an ideal way to step away from the bustle of everyday life. Over the course of the week, we explore remote Atlantic trails and the 'inner' Algarve's rolling hills and whitewashed villages. Staying in one welcoming lodge, just 10km from Portugal's most westerly point, we enjoy five hand-picked walks designed to highlight the variety of this region: from dramatic cliffs, sand dunes, hidden coves and sweeping beaches, to the green interior with farmland, meadows and forests of chestnut, eucalyptus and cork.

The Algarve's climate makes it perfect for walking—over 300 days of sunshine a year—but we especially recommend spring and early summer, when rock roses and almond blossom brighten the hillsides, and autumn, when fresh figs and almonds are in season.

We've included a free day for you to visit nearby Lagos or try an optional activity, such as kayaking or a surf lesson. A highlight of the holiday is our accommodation: a sustainably-run lodge set in 150 acres of farmland near Aldeia da Pedralva, within the Cape St Vincent National Park. Our hosts, Jon and Vio, are known for their warmth and hospitality, and for the home-cooked dinners they create using produce from their own garden. Evenings are sociable, with meals shared around the dining table or time spent by the fire pit under the stars—when conditions allow. For quieter moments, the lodge's lounge offers a cosy place to relax with a book by the fireplace.

This combination of inspiring walks, comfortable accommodation and genuine hospitality makes this holiday a special experience that we guarantee you won't want to leave!

Is this holiday for you?

This holiday is centre-based making it ideal for anyone who likes a walking holiday with the option to opt in and out of the walks, a highlight of the holiday are the evenings spent relaxing and socialising alongside enjoying some excellent home-cooked food! We will enjoy 5 varied day walks during our week, each designed to show off the best of the region. We will be walking for between 4 - 6 hours on these days, with daily accumulative ascent and descents varying from 200 - 600m and covering distances of 10 -15 km. We will be walking on a mix of quiet rural paths, well defined coastal trails, over some rougher trails and rocky sections and along beaches. There will be no more than 600m of

accumulative ascent on any one day, but as we will be walking from the cliff tops, down to bays/beaches and vice versa on several occasions there will be a few short and sharp inclines! While there is sufficient walking on each day to satisfy regular hikers, it is intended that this should be a relaxing holiday with a gentle pace.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader
- Single timed airport transfers on arrival & departure
- All accommodation as described
- Meals as described in the Meal Plan
- All land transport required by the itinerary

What's not Included

- Travel insurance
- Some meals as described in the Meal Plan
- Any additional activities/excursions indicated as optional
- Tips
- Miscellaneous personal expenditure - drinks and souvenirs etc...

Joining Arrangements & Transfers

Travelling to your Destination

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 that 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 our eco-lodge accommodation near Sagres.

A single transfer (1hr 30mins) is provided from Faro Airport to the accommodation at 12 midday of Day 1 the Land Only itinerary.

On the last day of the Land Only Itinerary there will be a single transfer back to Faro Airport in the morning. This will connect with flights leaving at 1100 at the earliest. 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.

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

Meal Plan

All meals are included except for 2 lunches and 1 evening meal. This allows you to experience the local cafes/restaurants/bistros.

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.

On the 6 nights where we eat in at the lodge in the evening, meals will be 3-course feasts, with local wine, juice and water (drinks are chargeable separately). We will generally return to the lodge after our walk each day to find it filled with the comforting smells of freshly baked bread, grilling vegetables or meats, or the smoky aromas of pizza baking in the oven or notes of sugar and spice and chocolate – hints of what might be that night's tasty dessert treat.

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 non-organic fertilisers. Planting our veggie garden is a labour of love, and the crunchy salad straight from the garden is a 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 and fresh food are our inspiration! 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, but please inform us of any dietary requirements on booking. A tasty surprise this winter was the discovery that our farm produces an array of the most incredible edible mushrooms!

We will take breakfast at the lodge each day, which will include fresh bread, porridge, eggs, bacon, fruit and croissants. On most of our walking days, we will carry with us a freshly prepared packed lunch, usually including a couple of rolls, fruit and a snack bar.

There are 2 lunches and 1 dinner, which are not included, leaving you free to sample the delicious treats offered by some of the traditional Portuguese bistros/restaurants or pick up a simple lunch from a café or bakery.

Accommodation

A unique holiday highlight is our charming eco-lodge accommodation, where we will be made to feel very welcome by our friendly hosts, Jon and Violeta.

Nestled amongst 150 acres of farmland close to the village of Aldeia Da Pedralva in the Cape St Vincent National Park, our lodge is a beautiful, tranquil place. The buildings have been tastefully renovated and designed to integrate into the natural splendour of the landscape. The accommodation is 'off grid' and the electricity comes from solar power. The rooms only have 12V, enough for the lights. The main room has 220V for charging equipment.

We will be accommodated in individual cottages set among the Cork oak forest and surrounded by unspoilt nature. Each room/cottage is a unique space, individually designed and offering its own cosy areas. There are 5 twin/triple/double bedrooms, 3 with ensuite bathrooms and 2 with a shared bathroom. If you are travelling by yourself, you will be paired up with another single client(s) of the same sex. A limited number of single rooms (may still have shared bathroom) are available for a supplementary cost. Please contact the KE office if you have specific rooming requirements. We try to ensure that everyone is happy with the rooming.

All rooms/cottages are their own bathroom or shared bathroom, but should you wish to get back to nature, you can try the outside 'bush showers' overlooking the river. Hidden among the trees you are secluded from the outside world and can shower surrounded by nature.

There is much to explore in the grounds, including a fruit orchard and a vegetable garden, hammocks hanging in the shade, a sun deck for breakfasting in the morning sun, a traditional pizza oven, and an outdoor fire pit (an outdoor fire will often be available, weather and local conditions permitting).

Our evenings will be sociable as we gather around the dining table for a feast of excellent home-cooked Portuguese cuisine, often created from ingredients grown in the garden, or sit around the fire pit under the stars, telling stories and chatting over a glass of local wine. Those seeking a little solitude might want to curl up in the lounge by the corner fireplace to read, write, drink tea or play board games.

You will be incredibly well taken care of, fed and wined in the evenings. It's a winning formula and we guarantee you won't want to leave!

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

Spending Money

Approximately £100 (or equivalent in US dollars or Euros) should cover you for non-included meals, miscellaneous expenses, tips, drinks, snacks etc... This figure does 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. Euros 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.

Surf Lesson/Kayaking - €45pp

Guidance on Tipping

Tipping is the accepted way of saying 'thank you' to your leader and local team. Tipping is entirely voluntary and should be dependent on good service. We recommend that you decide levels of tipping and give any tips as a group rather than from individual group members.

Optional Activities

On our free day with have the option of taking part in some optional half day activities arranged by our host, these include surf lessons or kayaking. Each activity will be led by a qualified guide and costs approx. €45 per person, this includes transfer, guide and any specialist equipment required. Activities can be arranged over the course of the week with our hosts and paid for directly.

There is also the option to visit Lagos on our free day. Our hosts will provide a complimentary transfer after breakfast and picking up in the late afternoon for those wishing to take this option.

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.

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.

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

You should be aerobically fit and comfortable with walking 4 to 5 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardiovascular fitness and stamina

Climate

The Algarve enjoys a sunny microclimate with usually over 300 days of sunshine a year. Summers are dry and hot, but the south-western tip of the continent enjoys a mild climate all year round thanks to the influence of the ocean.

Spring (April to June) and autumn (September and early October) are delightful, but a little rain is possible. We can expect day time temperatures between 16-22 degree Celsius, with matching sea temperatures. Temperatures will be a little warmer in the Autumn than in the Spring.

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.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

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

To take your first step to an amazing adventure with your friends and family 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:

- Hiking boots or approach shoes
- Trainers or sandals/flip flops
- Socks and Underwear
- Trekking trousers
- Waterproof jacket
- Waterproof over-trousers
- T-shirts and/or casual shirts

- Sunhat
- Sunglasses
- Fleece or warm jumper
- Warm hat or buff
- Daypack 30 litres
- Headtorch and spare batteries
- Sun protection
- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries
- Antibacterial handwash
- Swimwear
- Small towel
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets.

The following items are optional:

- Trekking poles
- Shorts
- Insect repellant - (DEET)
- Camera

- Reusable cloth bag for shopping (to avoid plastic bags)

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 is the perfect mix of walking, sunshine, peace and tranquility, delicious food, good company AND it's great value. Don't believe us? Just take a look at all the wonderful 5 Star reviews from happy KE travellers!

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