

WEEKLY WALKING RETREATS IN SOUTHERN PORTUGAL

Sado, Alentejo



Detailed tour information 2018

Available dates:

September 9 - 16
September 30 - Oct. 7
October 28 - Nov. 4

(groups are between 4 - 14 people)



ALENTEJO: A WEEK-LONG GUIDED WALKING TOUR

Detailed Tour Description:
Day by day descriptions of the tour
2018 tour dates and prices
What's included in the package price
Handy packing list
Single traveler and family packages
Maps & photos



"I just want to be in a safe, peaceful and beautiful natural environment. I miss the forest and the bird song."

"I'd love it if someone would take really good care of me."

"It would be so great to get away from the big city for a while."

"I'm intrigued by Portugal, it seems like a really special place. Perhaps that's what I'd like to experience next."

If one, or several (or all!) of these phrases feel true to you, then our Alentejo walking tour may be just the retreat you've been looking for.

Tour Highlights

- guided walking tours through wetlands, salt flats, rice fields, marshes and beaches
 - dolphin watching
 - relaxation, yoga and breathing practice
- visit cork trees and participate in a cork atelier
 - visit a rice production museum
 - enjoy picnics on a wild beach coast
 - delicious, healthy vegetarian meals
- enjoy the slower pace of life and discover the unique character of rural Portugal



General Description

Covering more than 23,000 hectares (57,000 acres), the Sado Estuary Natural Reserve is one of the country's most important areas offering striking landscapes characterized by a biologically rich area of wetlands, breathtaking coastlines and beaches with many different natural features and systems (dunes, marshes, heath land, woods, salt flats, rice fields and peat bogs) which attract a wide variety of birds (more than 200 species have been identified) and very rare species of Mediterranean vegetation which make this reserve a place of high environmental value.



Day 1 - Transfers

We travel from Lisbon Airport to Olival das Hortas, a typical Portuguese farm located close to the village of Grândola, in Alentejo.

It is a charming rural complex of 5 cosy units, with individual beds and kitchenette. All rooms have private bathroom and central heating, and open on a large covered porch, ideal for a 'siesta' or a bit of afternoon reading. *You will find more information and images regarding the accommodation below.*

Day 2 - Wild Beach Coast (10.4km)

Relaxing walk from Praia da Galè along the spectacular coast. Visit of Barrocal and Barrocalinho. Picnic where the explorer Fernão Mendes Pinto was abandoned by french pirates. Tour continues towards 'Praia Aberta Nova', passing the Ribeira das Fontainhas stream along the dune overlooking the beaches. Free time to bath or relax on the beach. Passage through Pinheirão and nice promenade to the Monte Do Vão, along the north side of the Lagoon of Melides, to reach Vigia's summit and the beach restaurant south of the lagoon to enjoy the gorgeous panorama.

Day 3 - Garum Route (13.1 km)

Today we enjoy an easy walk from Praia de Troia to the ruins of one of the largest fish salting complexes of the Roman Empire, following the longest European coastline of Grândola. From



there we head south to Comporta Village to enjoy a picnic lunch before continuing towards the Carvahal Beach, passing by the Swamps of Carregueira.



Day 4 - Rice Route (9km)

This is a full day tour starting from the village of Carrasqueira, renowned for its unique pier, the only one built with irregular timber stakes zigzagging into the Sado, ensuring access to fishing boats at low tide. Then it's a smooth walk to Comporta for a small break to visit this lovely and typical village, before heading south along the floodplain towards Torre village. The first part of the day will end at Torre beach for a nice picnic. After lunch we've planned a country crossing to discover the rice fields kept green and bounteous by a net of irrigation canals. You'll have the chance to visit a Rice farming and Production Museum.

Day 5 - Environmental Craft Tour

The largest cork forest in the world is the spotlight of the picturesque region of Alentejo. Fertile lands provide half of the world's total supply of cork! The day starts with a 3 hours tour in "Herdade da Ribeira Abaixo" to enjoy its rich wildlife and to visit the open cork forest of Montado. A picnic is served at 1p.m. in a beautiful meadow before we head back to the farm, where a local artist will invite you to participate in an artistic atelier where you'll learn to work with cork.

Day 6 - Dolphin Tour

Experience a boat trip where the Sado River meets the Atlantic Ocean. Enjoy the beautiful scenery of the Sado estuary, where a permanent, resident population of bottlenose dolphins live off mainland Portugal and can be observed in their natural habitat. The cruise takes approximately three hours depending on the sea and weather conditions. You'll have free time in the afternoon to fully enjoy your last day in Alentejo.

Day 7 - Transfer

We will arrange for your transfer from Olival das Hortas back to Lisbon Airport.



Dates and pricing guide (2018)

We can accommodate from 4 - 14 people on each tour.

- September 9 - 16
- September 30 - Oct. 7
- October 28 - Nov. 4

INDIVIDUAL	COUPLES	FAMILY PACKAGES
€930 / person	2 adults : €1750 total (€875 / person)	2 adults : €1650 total (€825 / person) and infants (under 2 years) : <i>no additional charge</i> children (under 12 years) : €650 / child adolescents (aged 13-18 years) : €750 / teen <i>Contact us to confirm the total cost for your family package</i>
Includes: 7 nights stay at Olival das Hortas Full room and board (vegetarian meals)		
Check in: 3PM on Sunday Check out: 12PM on Sunday		



What's included in the price

- 7 nights stay at Olival das Hortas
- 2 meals daily (breakfast and dinner); all meals are vegetarian
- Airport transfer to and from Lisbon or Faro airports (please inform us of your itinerary and flight times)
- Guide fees for all nature walks
- Rice museum entrance fees
- Artisanal cork atelier
- Dolphin watching boat trip

What's not included in the price

Lunch!

AND You'll need to arrange for your travel to and from your hometown to either Lisbon or Faro airport.

We will take care of the rest!

Additional costs covered directly by our guests:

- any tips/gratuities (if desired)
- personal purchases such as souvenirs
- extra services such as massages or excursions not included in this tour

What to bring with you

Along with your other personal items we also suggest the following:

- comfortable clothes
- swimwear and beach towel
- clothes for rain (in case of unseasonable weather)
- good shoes for walking/hiking, preferably that are already well broken in
- bag, backpack and drinking bottle

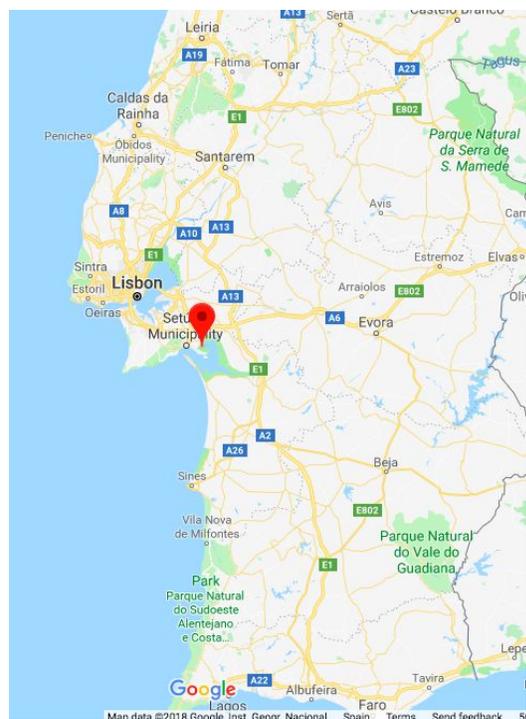


Maps and Photos

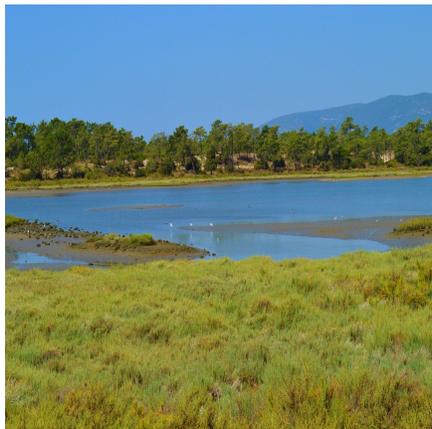
Location of the Alentejo and Algarve regions in southern Portugal



Close-up on Sado Estuary Natural Reserve



Images from the tour



Accommodation at *Olival das Hortas*

Olival das Hortas is located in Serra de Grândola and is surrounded by a variety of fruit trees. There is an outdoor swimming pool and one of the houses has a terrace with scenic views over the mountain.

All units feature a fireplace and a private bathroom with a hairdryer. They also come with an equipped kitchenette, dining area and a living room. Free WiFi is provided.

Guests are welcome to cook their own meals in the equipped kitchenette at their disposal.

The 12-hectare property has several hiking trails, hammocks in the trees and various cycling paths. Massages are available (at additional cost). Additional information and images are available at www.booking.com

