



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819

Classic Azores & Portugal Caminos & Culture

8 Night Active Tour Program

Ponta Delgada – Furnas – Sintra – Setubal – Lisbon

Next to other European destinations, Portugal and its island group, the Azores, are less known yet hold amazing treasures for the discerning traveler! A historical powerhouse for navigational dominance, Portugal has some of the richest architecture from this period including a vast array of geographical delights and of course a fantastic gastronomy and some pretty tasty wines! For the hiker, Portugal and the Azores may not exceed 8000 feet yet it offers spectacular coastal landscapes and sun swept hill ranges, medieval villages and of course the illustrious Azorean Volcanic archipelago – there is so much to discover here. **Bemvenido!** We welcome you on our exploratory hiking & cultural tour of the Azores and Portugal's mainland highlights.



Tour Features & Highlights

This activity tour comprises 8 Nights in 5 hotel destinations. We have visits to the Azores Sao Miguel Island, and the mainland of Portugal. We offer guided hikes and cultural visits throughout – including wine tasting opportunities and special focus on authentic local dishes! Expect lush flora and fauna - particularly local seasonal flowers, indigenous and non-native plants, birds and marine life. The daily hikes are suitable for anyone who can be on their feet 4-5 hours a day over gentle to moderate terrain. A private bus is also used for our trail head transfers and cultural visits and where applicable, easier day options can be offered.



ITINERARY

Day 1, Oct 9 – Arrival to Ponta Delgada, Azores

Welcome to Ponta Delgada, the Azores capital on Sao Miguel Island (normally USA flights arrive by 7 am). Airport transfers are included and a driver will escort you to our hotel. After settling in and rest we'll meet at 14:00 for an easy walking tour of Ponta Delgado with a special focus on ethnography and Island traditions including a walk through the Jardim (Garden) Antonio Borges – a pleasant

introduction and acclimatization to begin our discovery of the region. Tour time 2-3 hours over easy terrain. This evening we'll dine in a local restaurant specialising in Azorean dishes. Hotel Marine Atlantico (4 stars). <https://www.bensaudehotels.com/hotelmariinaatlantico/> This morning an early arrival buffet breakfast is included as check-in may not be available this early. Tonight a welcome dinner of tasty local gastronomy is included!



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Day 2, Oct 10 - SAO MIGUEL ISLAND (Ponta Delgado - Sete Cidades Village & Crater Walk)

Today we hike the *Sete Cidades* lake and volcanic cone region, a rural area of natural beauty and geological wonder. This charming village area is located on the shore of a lake (Lagoa Azul) at the bottom of an extinct volcano caldeira (crater). We hike the scenic caldeira taking in widespread views of the Ocean and Atlantic fishing villages - enjoying a vast array of regional

botany. After a post-hike café or cold beer in the local village, we return via the island's pretty west coast landscape on our bus. Time permitting, we'll visit a unique pineapple plantation with a tasting of this local delicacy! Today's hiking will be 5 miles approximately over a good track – finishing with a long descent. Transport by private bus service from Ponta Delgada. Accommodation: Ponta Delgado – Hotel Marino Atlantico / breakfast a picnic lunch included. Tonight you're free to explore some local restaurants based on our recommendations!

Day 3, Oct 11 – North Shore Sao Miguel Island & Furnas Village

Today we transfer to the central highlands and the Lagoa do Forno (Lake of Fire) crater. Before the hike we'll make a short visit to a traditional ceramic factory and witness age-old methods of pottery and tile design. Today's scenic hike into the crater offers a range of island botany and diverse topography - this is a linear route (out and back). Following the hike, we'll drive to Ribeira Grande for a scenic tour of this historic North Shore town. Before arriving to our destination of Furnas, we'll visit Europe's only tea plantation, The Gorreana Cha Farm (dating back to 1800's). We then drive 30 minutes to arrive in Furnas where we'll have 2 nights stay in the famous Terra Nostra Botanical Gardens. Hiking time 4 hours / elevation gain 600 feet. Transport via private bus from Ponta Delgado. Accommodation: Furnas – Hotel Terra Nostra



<https://www.bensaudehotels.com/terranostragardenhotel/> / Breakfast, picnic lunch and dinner included.



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Day 4, Oct 12 – Furnas Explorations & Volcano

Cooking Today we explore Furnas and the wonderful Botanical Gardens & steamy caldeiras (geysers). We'll also hike up to Furnas Lagoa (lake). Reaching the lake is a highlight as we pass the numerous hot steam vents where stew dishes are cooked in the earth near colonial farmsteads, bamboo forests and jungle like forests. This hike offers lake views and a wide variety of birds and unique flora along the way. Total hiking time today approximately 4-5 hours / 900 feet elevation gain and very easy footing. This afternoon be sure to soak in the hotel's massive natural hot spring and discover more of the botanical garden where our

hotel is located! Accommodation: Furnas – same as previous night / breakfast, picnic lunch and a special Caldera cooked stew (from the earth) dinner is included!

Day 5, Oct 13 – Flight to Lisbon, Mainland Portugal

This morning we'll have an early departure from the Azores for a direct flight to Lisbon – *note, this flight should be arranged when you book your TAP or SATA airlines flight from Boston (they will offer you a free stopover in Lisbon when booking Boston-Ponta Delgada return!)*.

Pending arrival time today, we'll explore a bit of Portugal's west coast highlights by bus before arriving to Sintra where we have 2 nights stay in a historic manor house. Hotel Sintra Jardim Boutique Rural Hotel.

<https://www.hotelsintrajardim.pt/> Breakfast and dinner included. For lunch today, we'll aim for a café/restaurant area on the mainland.



Day 4, Oct 14 – Sintra Town Visit & Walking Tour

Sintra is a forested hilltop village offering a vast array of Palaces, a Moorish fortress, manor houses and a charming medieval quarter. The town layout is, as expected, mountainous and covered by an almost rainforest flora that is like no other region in Portugal. Roaming around on foot is a pleasure and by far the best way to experience Sintra. Our walking tour brings us to the door of nearly every major attraction yet still allows us to appreciate the green spaces of this unique place. Expect to be on foot most of the day – with ample breaks for taking in the sights and having lunch in a local café or a cold beer on the terrace! Expect the hiking tour to finish

around 3 pm, allowing extra time to visit other local attractions or just soak up the atmosphere of Sintra & our rural hotel. (same hotel as previous night). Breakfast only included today.



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Day 5, Oct 15 – Setubal Vineyards and The Sierra de Arrabida Reserve area

This morning we depart for a 1 hour 20 min transfer to the Setubal Peninsula and Arrabida Nature Reserve. Transfer. At the wine growing region of Palmela, we have a beautiful hike to Azeitao via the Serra do Louro and descending the Vale de Alcube. This walk, approximately 5 miles takes us through scenic natural countryside and vineyards before reaching a well preserved cork forest along the Alcube River. The hike is largely on camino and for the most part, descending gently throughout the day. A particular highlight is the beginning portion where we pass a number of traditional hilltop windmills with some still functioning. A picnic lunch is to be carried today.



Vineyard Stop at the Quinta de Alcube. *At the end of our hike, we make a visit to this very traditional wine making family's vineyard at the bottom of the Alcube Valley. A beautiful farm and an opportunity to learn about the local wine industry. Wine tasting with local delights is included before we continue onwards by our private coach to Setubal via the scenic route of the Serra Da Arrabida Nature Reserve (approx 1 hour). Hotel 4 star city center and a special local dinner in a colourful barrio of the city! Breakfast, picnic lunch and dinner included.*

Day 8, Oct 16 – Lisbon Exploration on Foot!

Welcome to Lisbon – Or Lisboa as it's locally known. Today we have a Guided Walking Tour of central Lisbon (Moderate with some climbing), This tour focuses on the quarters of Lisbon below the castle known as Alfama and the upper barrio of Mouraria, including a visit to the Se Cathedral and Castle de Sao Jorge, entrance included. This day will be entirely on foot. Lunch is not included but restaurant / cafe options are provided during the tour. Expect the guided tour to finish by 4 pm. Please note, this morning we transfer 45 minutes from Setubal to the famous barrio of Belem for a visit here before we start our Lisbon tour. Hotel 4 star city center. A Farewell Dinner is included tonight.





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Day 9, Oct 17 – Lisbon / End of Tour

This morning after breakfast our tour ends and you are free to depart for the airport (15-20 min taxi or metro train transfer), or you may extend your stay. Perhaps visit Portugal's northern city of Porto to sample the wonderful Port Wines – or head south to the sunny Algarve region for vast sandy beaches, golf courses and wonderful gastronomy!

INCLUDED in your Tour Price:

- 8 tour nights' accommodation in comfortable tourist class hotels throughout – centrally located
- Meals as per itinerary including wine / mineral water
- All transfers as per itinerary (not including flights)
- Welcome transfer direct to hotel in Ponta Arenas, Azores
- Entrance fees to attractions as per itinerary
- Wine tasting experience
- Hiking / cultural guide throughout the tour
- Included tips: for meals provided in itinerary, bus transfers and tips for any local city guides
- Wifi available at all hotel destinations

NON INCLUSIONS are *PERSONAL TRAVEL INSURANCE, additional entrance fees to other attractions, additional transfers, Lisbon airport transfers at end of tour, other beverages at included meals (outside of wine, beer soft drink and water inclusions), personal room expenses etc.

*PLEASE NOTE – It's obligatory that participants have a personal health travel insurance policy and we strongly recommend cancellation insurance as well for any unforeseeable disruptions.

ABOUT YOUR FLIGHT ITINERARY (If flying from Boston)

The two Portuguese airlines, TAP and SATA (also known as Azorian Airlines), both offer a FREE stopover of up to 5 nights for this itinerary. This can be booked simply online – on either of the airlines websites. When it comes to entering your flight plan on the website(s), be sure to indicate BOSTON to PONTA DELGADA as your destinations – and then SELECT the option for "add a free stop over". It will ask you where you want this stop over – choose LISBON. For the exact dates of travel on this itinerary, use the following:

CONFIRMED TRIP DATE

Oct 9-17, 2023 (Monday start / Tuesday departure) (8 nights)

Airport arrival Oct 9 = To Ponta Delgada (PDL)

Flight to Lisbon = Oct 13 (this should be pre-booked with your SATA or TAP airline offers as a free stay over!)

Airport departure Oct 17 = From Lisbon (LIS)

TAP AIRLINES: <https://www.flytap.com/>

SATA AIRLINES: <https://www.azoresairlines.pt/en>



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TRAVEL IN PORTUGAL: What to Know

- *Euros are the currency. Bank ATM Machines are widely available and we recommend obtaining small amounts of Euros for your daily travel. Traveller's Cheques are **no longer accepted**, bank ATM cards or Visa / MC are best.*
- *Language of the Azores and mainland is Portuguese - however English is spoken in the main tourist areas and hotels.*
- *The Azores islands are volcanic and seismic activity can occur. Large, destructive earthquakes or lava flows can occur - but have not existed in current history and the Portuguese Government regularly promotes the region as a family, holiday destination with low risk.*
- *Road travel in Portugal is good but expect narrow, winding, tarmac roads through mountainous countryside. Our transfers are normally less than 1 hour at a time and with frequent stops at scenic locations. We do have some transfers that are up to 2 hours on this excursion.*
- *Weather patterns throughout Portugal are erratic and similar to the maritime climates of the Eastern US – however usually much warmer. Rain, squalls and strong winds are the norm for certain hours of the day and periods during the year. The Azores has a moderate and warm climate however it's not uncommon to have light rain nearly every day at least on one part of the island!*
- *Travel disease issues are not a concern in Portugal. Immunisations or travel vaccinations are not necessary. At time of print, COVID continues to be classified as a Pandemic so therefore regular precautions are advised (wearing a mask in crowded areas, washing hands, avoiding close company if feeling cold symptoms, etc). Portugal does not require testing to enter at this time. We always recommend that travellers bring their own prescriptions (including glasses), from home. Tap water is safe to drink throughout Portugal.*
- *Hospital and health coverage for visitors is very good and meets European criteria. Please ensure your travel insurance is up to date and covers your stay in Portugal and the Azores.*