



Tour Information



Walking in Western Algarve & Costa Vicentina





Travel

Passports

You may need to renew your British Passport if you are travelling to an EU country. **Please ensure your passport is less than 10 years old (even if it has 3 months or more left on it) and has at least 3 months validity remaining from the date of travel.**

For more information, please visit: [passport checker](#)

Visas

If you're a tourist, you do not need a visa for short trips to Portugal. For all other passport holders please check the visa requirements with the appropriate embassy.

For further information, please check here: [travel to the EU](#)

Portuguese consulate: 3 Portland Place, London W1B 1HR; Tel: 020 7291 3770

Email: consulado.londres@mne.pt

Open Mon-Fri 0830-1600 (except Portuguese National holidays).



Tickets

You will be sent an e-ticket, which shows your flight reference number, with your final departure documents. You will need to quote / show this reference number at the check-in desk and you will be issued with your boarding pass.

Your Group Scheduled or Club Class ticket is non-transferable and non-refundable. No refund can be given for non-used portions.



Baggage Allowance

We advise you to check the baggage allowances carefully as you are likely to be charged the excess if you exceed the weight limit. Maximum weights for single bags apply.

With British Airways your ticket includes one hold bag of up to 23kg plus one cabin bag no bigger than 56 x 45x 25cm including handles, pockets and

wheels, and a personal bag (handbag or computer case) no bigger than 45 x 36 x 20cm including handles, pockets and wheels.

For more information please visit:

www.britishairways.com

Transfers

On arrival in Faro, coach transfer to Vicentina Hotel in Aljezur (approx. 1 hour).

Special Requests

If you haven't already done so, please notify Travel Editions of any special requests as soon as possible to allow sufficient time to make the necessary arrangements.

Border Control

At border control, you may need to show a return or onward ticket, show you have enough money for your stay, use separate lanes from EU, EEA and Swiss citizens when queueing.

Taking food into EU countries

You are not able to take meat, milk or any products containing them into EU countries.



Accommodation

Vicentina Hotel, Aljezur – 4 nights

The Vicentina Hotel is a modern, whitewashed four-star hotel, located in the heart of the Costa Vicentina national park and surrounded by the green hills of Aljezur, the hotel is ideally located to explore this stunning region. Facilities here include swimming pool, bar, restaurant and comfortable bedrooms with all modern amenities.

For more information, please visit the hotel website: <https://www.vicentinahotel.com>

Regency Salgados Hotel & Spa, Salgados – Albufeira – 3 nights

Located in the prestigious Salgados area of Albufeira, the four-star Regency Hotel and Spa offers a high level of facilities, cuisine and service. Facilities include swimming pool, spacious gardens, restaurant, bar, food truck, spa and

gym, as well as very comfortable bedrooms with all modern amenities.

For more information, please visit the hotel website:

<https://www.regencysalgados.com/en/>

Many hotels in Portugal do not have tea or coffee making facilities in the rooms as standard. Although kettles may be available by request, we would recommend carrying a small travel kettle/water heater should you want to ensure that you are able to make your own tea or coffee.



Food

The roots of Portuguese food lie in both native peasant cookery and the ingredients obtained through trade routes established many centuries ago. Bread, rice, spices, pastries, sausages, and seafood — especially cod — remain the staples of many Portuguese meals. Wheat bread has been a standard of the Portuguese table since the eighth century, though you'll find a lot of cornbread, acorn bread, and carob bread in Lisbon, too. Portugal is also Europe's largest consumer of rice. The short-grain *carolino* is the best for runny rice stews like *arroz de tomate* (tomato rice) and *arroz doce* (rice pudding with milk, eggs, and cinnamon).

At a time when honey was still the dominant sweetener in Europe, Portugal's sugar rush started early, with expensive sugar arriving from the Portuguese island of Madeira in the 15th century, and later, from Brazil. Convent cakes and desserts — including the *pastéis de nata*, or egg tart — were developed by nuns with skill and patience, and certainly wouldn't be the same without sugar. For an introduction to this important part of Portuguese culture, there's nothing like visiting a traditional *pastelaria*.

Salt cod has been part of Portuguese culture since the Vikings came to trade cod for salt. This convenient relationship was a powerful asset for Portuguese navigators — ships armed with supplies of salt cod could travel further with a source of protein that didn't spoil. Since then, the Portuguese have fished — or rather, overfished — this national staple and today the country is the world's largest consumer of cod. Portuguese cooking honors this tradition in hundreds of recipes: grilled, baked, stewed, as part of rice dishes, and deep fried as fritters or cakes.

Portugal's love for fish doesn't stop with cod — Portugal is one of the top countries in the world when

it comes to seafood consumption. Nothing makes a Portuguese person happier than a barbecue full of grilled fish, especially during the popular June festivals dedicated to Santo António and São João that turn Lisbon and Porto into sardine central, filled with smoke, loud music, sangria, beer, caipirinhas, and pork sandwiches known as *bifanas*. Once a poor man's food, sardines are now so in demand that they've become expensive and harder to procure. Overfishing in the past didn't help, nor does climate change, which is pushing the fish to colder waters in the northern European sea.

Some restaurants will offer a set meal at a fixed — *menú do dia* — at lunchtime, generally good value for money. Usually, a discretionary service charge is added to your bill in restaurants and bars, but it is customary to leave small change if good service is provided.

Generally speaking, mealtimes in Portugal are similar to the UK (and certainly earlier than in Spain). Lunch is normally taken around 1300: dinner is very often eaten any time after 1930.



Drink

Portugal is essentially a wine-drinking country. Port (*vinho do Porto*), the famous fortified wine or *vinho generoso* ("generous wine"), is produced from grapes grown in the vineyards of the Douro valley and mostly stored in huge wine-lodges at Vila Nova de Gaia, facing Porto across the Rio Douro. Portugal's wine regions — notably Alentejo, Bairrada, Dão, the Douro and the historic regions of Estremadura and Ribatejo — have acquired a strong reputation in recent years. Most wines are made in small cooperatives with local grape varieties, many peculiar to Portugal.

Portuguese wine lists (ask for the *lista de vinhos*) don't just distinguish between *tinto* (red), *branco* (white) and *rosé*, but between *verde* (green), meaning young, acidic and slightly sparkling) and *maduro* (mature, meaning the wines you're probably accustomed to). You'll find a decent selection from around the country in even the most basic of restaurants, and often in half-bottles, too.

Meals included in the price of your holiday are:

Breakfast — daily

Lunch — 3 snack box lunches included

Dinner — 5 dinners included



Destination

The Algarve, Portugal's southernmost region, is predominately known for its Atlantic beaches and golf resorts. Whitewashed fishing villages on low cliffs overlooking sandy coves were transformed in the 1960s, and now its central coast between Lagos and Faro is lined with villas, hotels, bars and restaurants. The region's western Atlantic coast and rugged interior are less developed. Experience the spring beauty on foot (and occasionally by boat). Our itinerary explores the diverse landscapes of the region, largely overlooked by modern tourists. From the architectural wonders of historic towns, hilltop castles, and Islamic villages to dramatic cliffs, vast sand dunes, expansive beaches, and stunning grottoes, this region offers unique sights few get to experience. There is even an Oriental garden and traces of Prehistoric Man. This tour is certainly not for those seeking a relaxing poolside getaway or looking to lower their handicap! As an added bonus, excellent local cuisine will reward you for your efforts!

Places of interest included in the tour:

Ribat of Arrifana

Ribat of Arrifana, an Islamic fortress-convent, occupied by warrior monks in the 12th century and dedicated to both prayer and guarding over the coast. It is the only known Ribat in Portugal, founded by Ibn Qasî, a political leader and spiritual guide of Islam's mystical practice, Sufism.

For more information about Ribat of Arrifana, please visit:

<https://maxvanberchem.org/en/11-archeologie/60-the-arrifana-ribat>

Ponta do Castelo

Ponta do Castelo serves as a testament to the Azores' rich natural heritage, combining geological, ecological, and historical significance in a single location. The small Islamic fishing village dates back to the 12th to 13th centuries. During the archaeological excavations of this town, remains of ceramics, hooks, harpoons, weights of fishing net and vestiges of marine fauna, including a whale bone were found.

For more information please visit:

<https://fishermen-ruins-carrapateira.freemaps.net/en/>

Odeceixe

Odeceixe is a charming village located by the Seixe River, which marks the boundary between the Alentejo and Algarve regions. It is the first village in the Algarve when traveling from the north and retains a peaceful, traditional atmosphere. Odeceixe beach can be seen from the majestic Ponta em Branco. Along this stretch of coast, the cliffs have been formed by sedimentary rocks that were laid down horizontally over aeons, with sand tubes dotting the cliff-face. There is abundant wildlife in the dunes, too including Egyptian mongoose and a vast population of rabbits, their preferred prey. Our route will also pass the mouth of the river Odeceixe, with a beach on either bank and a constantly shifting landscape crafted by the tides.

For more information about Odeceixe, please visit:

<https://www.algarveportugaltourism.com/guide/odeceixe.html>

Seven Hanging Valleys Trail

This trail has been selected as the best hiking trail in Europe by European Best Destinations, who described as "breathtaking & unforgettable". This scenic route runs from Praia da Marinha in the east to Praia de Vale Centeanes in the west, offering a string of notable stops at the Alfanizinha lighthouse, and at the Benagil and Carvalho beaches. At the end of the walk, you will have some free time in Ferragudo for a leisurely stroll and lunch, before heading to Portimão for our next adventure to visit the beautiful grottoes of the Algarve by boat. Beautiful cliffs, amazing grottoes and picturesque, small sandy beaches make this boat trip a magical experience. We depart from Portimão and cruise east to Carvoeiro, passing by beautiful secluded beaches to the grottoes at Algar Sêco and Benagil, with beautiful and spectacular natural rock formations created by the sea and wind erosion.

Tour manager

Your tour manager will be on hand throughout the tour to ensure that everything operated according to plan. If you have any problems or questions please see him or her immediately – it is often possible to resolve complaints or problems very quickly on the spot, and do everything to help you enjoy your holiday.

The Basics

Climate – The weather in the Algarve at this time of year is likely to be pleasant, but there is the chance of the odd shower. Our best advice is to come prepared.

Time – GMT +1 hours (Summer time Apr-Oct); GMT (Standard time Nov-Mar).

Language – Portuguese

Religion – Roman Catholic

National holidays – New Year's Day (01 Jan); Good Friday; Easter Monday; Freedom Day (25 Apr); Labour day (01 May); Corpus Christi (second Thursday after Whitsun; Portugal Day (10 Jun); St Anthony Day (13 Jun); St John the Baptist Day (24 Jun); Assumption of Mary (15 Aug); Republic Day (05 Oct); All Saints' Day (01 Nov); Restoration of Independence (01 Dec); Immaculate Conception (08 Dec); Christmas Day (25 Dec).

Currency – Euro. €1 = 100 cents. Notes are in denominations of €500, 200, 100, 50, 20, 10 and 5. Coins are in denominations of €2 and 1, and 50, 20, 10, 5, 2 and 1 cents.

Banks – Cashpoints compatible with international banking networks are located in all towns and cities, as well as airports, major train stations and other spots. They usually offer an attractive exchange rate. Those banks that still exchange foreign currencies into local money will always charge a transaction fee, so withdrawing money from an ATM usually represents the most logical means of obtaining euros.

Credit cards – American Express, Diners Club, MasterCard and Visa are widely accepted across the country. If you're eating at a restaurant, check prior to the meal that your card will be an acceptable form of payment. Even in cities, it's advisable to carry a supply of cash with you at all times. Varying amounts of commission can be charged.

Electricity – 220 volt, two-pin continental plug.

Drinking water – Tap water is safe to drink, although some complain it has a strange taste, so it is generally recommended to drink bottled

water, readily available in supermarkets and shops.

Shops and Museums – Shops are open Mon-Sat 1000-1400 and 1700-2000. Supermarkets and department stores tend to open 0930-2100/2200, and may open on Sundays in large cities.

Please note that some museums close on Mondays.

Clothes & Shoes – You may like to bring a warm sweater for cool evenings. Light rain wear for the occasional storm and good grip/flat walking shoes are recommended.

Camera – bring plenty of memory cards/film and any spare camera batteries as these are not always available. Please check with your guide before photographing people.

Bath plugs – The hotel has plugs for basins, but it is useful to carry a 'universal' one with you.

Telephones/mobiles – You should be able to use your mobile phone in France, depending on your operator and contract.

Tipping – To keep our tours affordable, we do not increase the tour price by adding in tips. However, in the tourism industry, there is a certain level of expectation that when receiving a good service, one does award with a tip. Tour Managers, Representatives, Guides and Drivers appreciate a tip at the end of their involvement with the tour, but this is entirely at your discretion. We believe in allowing you to tip according to your level of satisfaction with their services, but for your guidance about £2-3 per person per day for the tour manager is the norm. We would like to reiterate that tipping is an entirely optional payment and this information is given purely to answer any questions you may have about it.

Grading

This tour has been graded as **Difficult**: Some considerable hills (500 metres or more of elevation in a day) and some difficult terrain.



Health

General Health Advice

We suggest you take a good supply of your own individual medicines with you and always keep some in your hand luggage in case you get delayed, or your luggage goes astray. General-purpose supplies for bites, stings, or scratches, and your usual medication for headaches, or stomach upsets are always recommended. Oral re-hydration sachets are excellent for topping up salt and glucose levels.

Visit the NHS Fit for Travel website for more generally information specific to the country you are visiting – www.fitfortravel.nhs.uk

Doctor/Dentist/Chemist

Please talk to your tour manager if you are feeling unwell and they will organise for you to see a doctor.

Keep receipts for insurance claims.



Hospital

Your Tour Manager/hotel reception will assist if you need to visit a hospital during your stay.

Keep any receipts for insurance claims.

Sun Protection

Always ensure you take sufficient sun protection and moisturiser. A sun hat and sunglasses are also advisable.

Inoculations

You should check with your own doctor and take their advice as to which inoculations are required for the country you are visiting, as only they know your medical history and recommendations are liable to change at short notice.

Pharmacies

Pharmacies throughout Portugal are generally well-stocked and have knowledgeable staff who often speak good English. Pharmacists will often be able to give advice and medicine for minor ailments.



Insurance

We strongly recommend that you take out an appropriate travel insurance policy when you travel abroad.

To be covered under your Travel Insurance Policy, if you become ill, it is essential that you contact a local doctor and telephone the emergency number of your insurance company. You will **NOT** be covered for any claim unless this procedure is carried out. Your insurance company will then decide on the best course of medical attention.

Global Health Insurance Card (GHIC)

Before you travel, make sure you've got a valid European Health Insurance Card (EHIC) or UK Global Health Insurance Card (GHIC) or travel insurance with health cover.

You may not have access to free emergency medical treatment and could be charged for your healthcare if you do not have an EHIC or GHIC when visiting an EU country, or travel insurance with full healthcare cover when visiting Switzerland, Norway, Iceland or Liechtenstein. If you have an EHIC it will still be valid while it remains in date. Your European Health Insurance Card (EHIC) or Global Health Insurance Card (GHIC) will be valid if you are travelling to an EU country.

For further information about the GHIC please visit:

<https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>



Emergencies

Should an emergency arise, please call our offices on:

00 44 20 7251 0045

Outside office hours (Mon-Fri 0900-1700), telephone our emergency staff on:

00 44 7841 023807 or 00 44 7441 343850

PLEASE USE THESE NUMBERS ONLY IN THE EVENT OF A GENUINE EMERGENCY.

If you find that you are in need of consular assistance during your holiday:

British Consulate

Rua de São Bernardo 33

1249-082 Lisbon

info.consulate@fco.gov.uk

Telephone enquiries: 808 20 35 37 (if calling from within Portugal)

Consular phone lines are open 0900-1300 and 1430-1700.

Travel Editions

3 Youngs Buildings, London EC1V 9DB

Tel: 02072510045

Email: tours@traveleditions.co.uk www.traveleditions.co.uk

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