

PORTUGAL: PORTO, MINHO & DOURO VALLEY

Guest Handbook

A Self-Guided Walking Adventure





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Travel Style

Our Self-Guided Walking Adventures are ideal for travelers with an independent spirit who enjoy exploring at their own pace. We provide authentic accommodations, luggage transfers, and some meals, along with comprehensive Route Notes, detailed maps, and 24-hour emergency assistance. This gives you the freedom to focus on the things that matter to you—no group, no guide, and no set schedule to stand in the way of enjoying your adventure, your way.



Overview

The northern reaches of Portugal exude a rural beauty unlike anywhere else. At once rugged and peaceful and wholly magnificent, the steep granite mountains of Minho and gentle hills of the Douro Valley each embody a distinct Portuguese spirit and exploring them by foot is a true privilege. You'll begin in the spellbinding province of Minho, a rich patchwork of soaring slopes and emerald-green terraces criss-crossed and climbed by ancient, rugged shepherd trails that link tiny secluded stone villages. This is the most contemplative, and immersive, way to experience rural Portugal: your solitude is part of the adventure as Garrano horses, Cachena cattle and a shepherd tending his flock may be your only companions. Pathways then point to the Douro River Valley, where vintners have been producing Portugal's prized port wines for generations. Traverse gentle downhill slopes past lush vineyards and the elegant wine estates known as *quintas*. Pause for a glass of wine or two while taking in breathtaking vistas of the celebrated winding river. And marvel at scenic vine-laden slopes from the river during a small group boat excursion. Along the way, join local guides on informative walks through historic Guimarães, birthplace of Portugal, and Porto, one of Europe's most authentic cities. This is Portugal at its purest.



Daily Itinerary

DAY 1

Arrival in Porto. Transfer to Parada with visit to Lindoso. Orientation meeting upon arrival to your guesthouse. Peneda-Gerês National Park: Trilho dos Moinhos de Parada (Path of the Mills); 3.6 miles, easy to moderate, 550-ft cumulative elevation gain and loss

Arrive in Porto and make your way with a Country Walkers representative north into Portugal's remote Minho province at the Spanish border. Your destination is the country's first and only national park, Peneda-Gerês, a striking landscape of forested hills and isolated villages that evoke the rich rural traditions of Portugal. As one of the country's least developed regions, accommodations here are simple and trails are not perfectly maintained. Therein lies its adventure and its charm, as you'll discover during a two-night stay that puts you at the heart of this tranquil and unspoiled place. You'll follow paved granite trails through deep wooded valleys and up to remote uplands reaching up to 4,900 feet, passing through tiny villages that haven't changed for centuries. It's common to walk an entire day without passing anyone else here, save perhaps a shepherd guiding his flock.

Stop in the small town of Ponte da Barca for last-minute items before arriving in the village of Lindoso, best known for its 13th-century medieval castle and its

dozens of 19th-century *espigueiros*, granite corn granaries elevated on pillars to keep rats and mice at bay. The castle is one of Portugal's finest examples of medieval military architecture with its Vauban-style, star-shaped wall and dramatic situation above the valley of the Lima River. Central to the nation's identity, it played a major role as the Minho region changed hands between Spain and Portugal in the 1660s.



After time to explore the castle and its *espigueiros*, continue with your representative to Parada, an old granite village dripping with rural, old world charm. Cows and goats not only share the narrow streets with residents; they also share the houses, relegated to street level while owners live upstairs. On your way to your rustic guesthouse, you might pass women doing laundry in the communal wash basin. At your modest guest house, you will meet your host, Patricia, over a light lunch and then accompany your representative on a warm-up walk along the Trilho dos Moinhos de Parada (Path of the Mills). Ascend a steadily climbing, wide cobbled pathway in the shade of grape arbors. Moss-covered stone walls and small vineyards of Portugal's famed *vinho verde* grape line your trail, as do magnificent views of the Lima Valley, the slopes of Peneda Mountain dotted with tiny villages, and Parada and its granaries. Later, your wide path narrows into uneven stone footpaths and ancient shepherds' trails that lead past towering oak trees. As you reach the plateau, you're surrounded by the pristine Terras de Lindos mountains, overlooking deep valley contours and soaring peaks of the Serra Amarela. After time to admire the sweeping view, and perhaps the wild, free-roaming Garrano horses that frequent the area, follow stone cairns downhill through yellow gorse and purple heather and over ancient granite bridges to Poço da Gola, one of the park's many natural pools, with its abandoned water mill. Take a dip here if you'd like, then continue on this trail back to the village, passing the historic jailhouse, city hall, and courthouse along the way. Your Country Walkers representative will leave you to delight to a true Portuguese rustic dinner (prepared by your host) in your eat-in kitchen.



Overnight in Parada/Lindoso

DAY 2

Peneda-Gerês National Park: Gavieira to Peneda; 5.2 miles, moderate to challenging, 1,350-ft cumulative elevation gain and loss

After a hearty breakfast, transfer 40 minutes to the stone village of Gavieira

amidst the granite uplands of Serra da Peneda. Today's walk is sometimes gentle and sometimes challenging. It begins along a pilgrimage route, heading out of the village on a moderate trail through a varied terrain of narrow paths, river banks, and an emerald-green patchwork of terraced pastures. Continue up a gentle slope under the hushed canopy of oak and chestnut trees, later stepping into a more humid environment of ferns and mossy stone walls. A trail through a pine forest leads to open fields of rocks dotted by stone cairns, which lead you over a hillock and up a granite mountain trail through tall vegetation. At the plateau, more cairns point the way to a picturesque artificial lake formed by a dam. On the distant hillsides, you might spot the region's ubiquitous Cachena cattle with their long lyre-shaped horns or even see more Garrano horses. You're sure to find an ideal spot to enjoy the picnic lunch that Patricia prepared for you this morning. A steady descent down a magnificent old granite stairway, one of Portugal's great mountain routes, delivers you to the large main square of Peneda, straddling a deep ravine at the foot of a towering cliff draped in green.

The focal point of Peneda has long been the Sanctuary of Senhora da Peneda, a pilgrimage destination for many of the devout who call these mountains home. Each September, the Nossa Senhora da Peneda Festival fills a music-filled square with thousands who have walked the same trails that brought you here. In the open portico, take a moment to admire statues of the four evangelists and the 20 chapels representing the Stations of the Cross. If you wish, you can take in the ambiance of this quiet village at an outdoor café before a meal of simple mountain food at your hotel.

Overnight in Peneda

DAY 3

Branda da Aveleira to Padrão or Sistelo; 5.2 mile or 6.7 miles, moderate with challenging sections, 300-ft cumulative elevation gain and 1,950-ft or 2,700-ft cumulative elevation loss. Transfer to Guimarães with visit en route to the Sanctuary of Bom Jesus do Monte in Braga



Today's walk follows the Romeiros da Peneda, a shepherd's trail through stunning agricultural landscapes. Your route traces the seasonal pathways used by shepherds as they moved their flocks to higher pastures and dwellings (*brandas*) in warm months and lower pastures and dwellings (*inverneiras*) in cold months. From the summer hamlet of Branda da Aveleira, you will head out on a wide rocky dirt track through fields and past long-horned cattle to descend into the Rio Vez Valley, a U-shaped glacial-cut expanse littered with large, smooth granite boulders. You'll cross the Rio Vez and pass the stone dwellings of picturesque Branda do Furado and later ascend a wide grassy path to a steep rocky climb. This ancient cobbled path through a majestic oak forest past mossy stone walls leads to the pinnacle of today's hike in the Serra da Peneda. Take time to soak in the rugged mountain vistas, keeping a watch for vultures overhead. When you're ready, follow the stone cairns through high pastures where shepherds often tend to their herds. Through an open pine forest, follow an ancient stone path known locally as a *carreteiro* for its past use as an ox-cart trail. Still today, it is marked by centuries-old wheel ruts. Numerous summer dwellings point the way to the mountain village of Porta Cova, a short distance from your final destination, Padrão. This small hamlet is known for its *socalcos*, perfectly preserved terraces of deep fertile soil held in place by heavy stone walls. They are an astonishing sight in this rugged mountain terrain.

Padrão embodies the typical mountain community of old Portugal. Compactly arranged, the communal-like houses make the most efficient use of space, keeping maximum land available for farming. Padrão and villages like it are many things to the local people: an entry into the surrounding fields for farming, a starting point into the mountains for grazing, a private space for families, and a meeting place for neighbors. Despite their remoteness, they were designed with brilliant intention for function and sociability.



If you wish, you may join your affable taxi driver here for a lift to the lovely village of Sistelo. But we recommend you continue walking for another hour. The cobbled path is downhill, bordered by stone walls with spectacular views of farming terraces. Lush grape arbors, vineyards, vegetable gardens and their farmers lend a beautiful rustic ambience to the day's final leg. Once in Sistelo, you

can rest your feet and grab a drink at a local bar, then join your driver for a transfer to Guimarães. En route, pause to marvel at the hilltop church of Bom Jesus in Braga, one of the most important pilgrimage sites in the country. Its spectacular Baroque stairway of some 600 steps zigzags upward. Some of the chapels on the stairs' many landings date to the 14th century.

Arrive in Guimarães later today in time for dinner. Birthplace of the Portuguese kingdom and a UNESCO World Heritage site, the city is a treasure trove of history and a revered point of pride for locals. There'll be time to explore tomorrow when you're joined by a guide. Tonight, you'll have many dining options before retiring to your room in the heart of the city.

Overnight in Guimarães

DAY 4

Guided walking tour of Guimarães; 2–3 miles, easy

Guimarães enjoys a stunning setting, surrounded by emerald hills. This gracious city is the birthplace of Portugal, as it was here that Afonso Henriques declared himself king in 1139. The place of *his* birth, the Castelo de São Miguel, originally built to deflect Moors and Normans in the 10th century, lords over the town with its massive square keep and imposing battlements. It was the Battle of São Mamede in the nearby countryside that determined Portugal's fate as Afonso led his troops to victory. For several decades after, the city was the national capital until the needs of the famous Reconquest required the seat of government to be moved to Coimbra.

After a hearty breakfast today, you will join a local guide for a three-hour walking tour that traces the city's rich history. From your hotel on the Largo da Oliveira, the main square, stroll over to the Church of Our Lady of the Olive Tree,

founded by Henriques and named for a centuries-old olive tree that is said to have lit the altar lamp with its oil. After time to admire the interior, walk up the cobbled lane of Rua de Santa Maria, passing the Convent of Santa Clara and many stately houses adorned with ornate Baroque statuary. You will pass the 15th-century Paço dos Duques, or Palace of the Dukes of Braganza, before arriving at the Castelo de São Miguel. Take some time to admire its battlements. (If you wish, you may return later on your own to visit the interior of the palace and castle at your expense.) Your route back to your hotel passes through the Couros district, named for the small river that once fed a thriving leather and tanning industry.



You will have the afternoon to spend as you please, shopping or dining around the Largo da Oliveira. Return to the Paço dos Duques or Castelo de São Miguel to delve more deeply into the city's past. Browse the fascinating exhibits at the Museu Martins Sarmiento, a rich repository of archaeological finds from the region. For some peace and tranquility, climb aboard the cable car for a 10-minute ride to a 2,000-foot peak simply known as "Penha." Your ride casts you afloat in the air over the back gardens of Guimarães residents and delivers you to walking trails, grottoes, cafés and lovely picnic spots with fantastic views. This evening, you may find a restaurant for dinner on your own.

Overnight in Guimarães

DAY 5

Transfer to Pinhão with guided visit en route to Casa de Mateus in Vila Real. Douro Valley: Provesende to Pinhão; 4.6 miles, easy to moderate, 1,700-ft cumulative elevation loss

After breakfast, transfer for about an hour to Vila Real, a busy town perched upon the edge of a gorge. Here, the striking Casa Mateus Palace, a masterful Baroque *solar*, or manor house, boasts what may be the finest formal gardens in Portugal. On a guided visit, you will see the ornate chapel, the wood-paneled library with its collection of 2,000 parchments and royal charters dating back five centuries, and several other richly adorned rooms with period furnishings. In the garden, admire richly textured topiary originally laid in the 1930s and 40s,



including a visitor favorite: an aromatic 115-foot tunnel sculpted from tightly planted cedars.

Continue to the village of Provesende in the heart of the wine-growing Douro River Valley. In this unassuming little hamlet, Porto's 17th-century wine elite established the regulations for port production. Following lunch in a rustic

local restaurant or armed with a lovely picnic lunch (equivalent value; based on restaurant opening times and availability), set off on your walk into the Douro Valley, a UNESCO World Heritage site. Descend a gentle hill, traversing the area's famed terraced vineyards, olive trees and stone walls, with views of the sparkling Douro River. From the pretty whitewashed village of São Cristóvão do Douro, continue to Pinhão on the banks of the river. Here, we have scheduled a winery tour and port tasting for you at the Quinta do Bomfim, across the street from your hotel. This family-owned *quinta*, one of the region's many wine estates that dot the countryside, has been making port for five generations. This evening, savor dinner in your hotel's elegant dining room, the award-winning Rabelo restaurant.

Overnight in Pinhão

DAY 6

Douro River small group boat excursion and winery visit with tasting. Douro Valley: Casal de Loivos to Pinhão; 3.9 miles, easy to moderate, 150-ft cumulative elevation gain and 1,150-ft cumulative elevation loss

To get a true sense of the beauty of the Douro River and the terraced hills that guide its course, you will follow breakfast today with a small group two-hour boat excursion (by sail or motor, conditions permitting). Meet your captain, Paolo, at the Pinhão dock and embark on a leisurely morning among breathtaking vistas of sloping river banks blanketed with vineyards and dotted with charming white *quintas*. Along the way, Paolo will regale you with stories and history of the region that he knows so well. After, continue (along with any other boat passengers) into the hills with Paolo to his family's historic *quinta*. Operating since the 18th century, it is one of the valley's oldest. Despite the estate's modern look and feel, the family proudly produces wine using the most

traditional methods, providing you a more intimate glimpse into Douro viniculture. You are Paolo's guests for lunch, a generous spread of ingredients sourced from his family's farm and paired with its wines.

After, your host will drive you either back to your hotel or to the starting point of today's walk, depending on your energy! If you wish to walk, begin at the small village of Casal de Loivos in the hills. The views from its *miradouro*, or Douro viewpoint, are considered the best of the valley. From here, enjoy a leisurely downhill to the valley floor, passing the Quinta da Roêda, where you may stop for another tasting if you'd like. Once you arrive back at the river, follow its shores back to your hotel. Dinner is on your own tonight.

Overnight in Pinhão

DAY 7

Transfer to Porto. Guided walking tour of Porto; 2–3 miles, easy

A taxi takes you to Porto this morning, about 1½ hours away. Upon arrival at your hotel, you will meet a guide for a three-hour food tour and orientation walk of this authentic city. Porto has long benefited from commerce, whether providing provisions to medieval crusaders on their way to the Holy Land, importing goods during Portugal's famed Age of Discovery, or exporting its fortified port wine to Britain. The grand yet unpretentious architecture you'll see was built on that wealth. Your hotel is on the edge of the city's Cathedral district, putting the city's mammoth church within easy reach. As you explore, you'll sample the flavors of a city heralded for its cuisine. Stop at a local café for a drink and appetizer. Settle in at a traditional *taberna* for lunch, perhaps trying codfish *pataniscas* (fritters) or the classic *francesinha* (pork and beef sandwich with melted cheese and a spicy sauce). And cap off your moveable feast at one of Porto's historic cafés for coffee and dessert.

This afternoon is free for you to return to the sites that interested you during your tour. Or perhaps you'll step into the São Bento train station to admire its artful display of *azulejos*, Portugal's famed painted tiles. Linger in the Ribeira district, where *rabelos* (small wooden boats) bob on the river's currents. These





modest vessels laden with casks transported wine to Porto from the *quintas* upriver until the railroad came along. Admire the girders of the Ponte de Dom Luís I bridge, designed by an apprentice of Gustave Eiffel. Or head over to Vila Nova de Gaia across the river, where wines brought downriver from the valley are still matured and prepared for shipping at local *armazéns*,

or wine lodges.

Overnight in Porto

DAY 8

Departure from Porto

After breakfast, you may depart at your leisure.



ITINERARY CHANGES

Please bear in mind that this is a typical itinerary, and the actual activities, sites, and accommodations may vary due to season, special events, weather, or transportation schedules. We reserve the right to alter the itinerary, since tour arrangements are made up to a year in advance and unforeseen circumstances

may arise that mandate change. Itinerary changes are made to improve the tour and your experience.

RESPONSIBLE TRAVEL

Country Walkers is a leader in active travel with responsible tourism an integral part of our core values. Our tours reflect our dedication to best travel practices—and to the preservation of indigenous cultures and the environment. Country Walkers has made a donation on behalf of every traveler to the CW Travelers Fund, which supports designated projects in the communities and habitats in which we travel. We invite you to learn more about our efforts and initiatives for giving back at countrywalkers.com/sustainable-travel.

Tour Facts at a Glance

TOUR LENGTH

8 days, 7 nights

DEPARTURES

This tour is available starting Wednesday–Sunday, on-request, from May 1 through June 30 and September 15 through October 31, 2019. Please note that the tiered tour price is based on a guarantee of a specified number of guests—should your group decrease in size, we reserve the right to alter the per person price if necessary as reflected in the Tour Price table. Please also note that the tour price includes one arrival transfer from Porto to Parada on Day 1 of the tour. If traveling in a group of two or more with separate arrival times, additional charges will apply for multiple transfers.

TOUR PRICE

| 2019 departures | Per person 2–3 guests | Per person 4+ guests | Single + | Solo Surcharge |
|-----------------|--------------------------|-------------------------|----------|--|
| May 1–May 14 | \$4,398 | \$3,598 | \$940 | Not available for solo travelers |
| May 15–Jun 30 | \$4,598 | \$3,998 | \$940 | Not available for solo travelers |
| Sep 15–Oct 15 | \$4,598 | \$3,998 | \$940 | Not available for solo travelers |
| Oct 16–Oct 31 | \$4,398 | \$3,598 | \$940 | Not available for solo travelers |

STARTING POINT

Porto, Portugal (airport, train station, or city hotel)

Based upon individual arrival times

(Due to planned visits, lunch, and an afternoon walk, guests arriving by air or rail on Day 1 of the tour must arrive in Porto by **10:00 a.m.**)

ENDING POINT

Night 7 Hotel, Porto, Portugal

At leisure after breakfast

ACTIVITY LEVEL

This tour is one of our Self-Guided Walking Adventures, rated moderate with challenging sections with an average of 4–7 miles of walking per day. This itinerary also includes informative walks with local guides in both Guimarães and Porto. Throughout this tour, cumulative elevation gains are up to 1,350 feet and cumulative elevation losses are up to 2,700 feet. The first portion of the tour is in the remote Peneda-Gerês National Park. Walks here follow a variety of terrain that is often roughly maintained and may not be well marked—over hard-packed trails, paved-granite paths and stairways, and cobbled routes—through villages, forests, and pastures, past agricultural terraced landscapes, and over shallow river crossings and high-elevation routes marked by stone cairns. Some of these routes are quite steep and rugged and will require your careful attention. This is a secluded area of northern Portugal; it is unlikely that you will pass others along your trails so you need to be a confident, sure-footed, and self-sufficient walker; a handheld GPS unit will be provided at your orientation meeting for additional reassurance. Walking sticks are highly recommended to aid with steep ascents and descents and uneven rocky trails involving loose rocks that are often slippery, especially when wet or mossy. Following an interlude in Guimarães, a UNESCO World Heritage site, the second portion of the tour traces the soft contours of the Douro River Valley along gentle hills, terraced vineyards and olive groves, with opportunities to break up your easy-to-moderate, mostly downhill walks with wine tastings and a relaxing boat excursion. Your tour concludes with a guided walk through the authentic streets of Porto. Reaching these locations requires transfers of up to 2 hours. **Remember: preparation is key to your enjoyment; the more you walk or participate in aerobic exercise prior to your trip, the more rewarding your experience will be!**

INCLUSIONS

- » Breakfast daily, six lunches (days 1, 2, 3, 5, 6, and 7), and three dinners (days 1, 2, and 5); beverages not included
- » Guided visit to Casa de Mateus in Vila Real (day 5)
- » Winery tour and port tasting at Quinta do Bomfim (day 5)
- » Winery tour and wine tasting at historic family *quinta* (day 6)
- » Douro River small group boat excursion (day 6)
- » Guided walking tours of Guimarães (day 4) and Porto (day 7)
- » All accommodations while on tour
- » Local transfers as noted in the itinerary
- » Luggage transfers between the hotels
- » Detailed water- and tear-resistant Route Notes, maps, and use of a handheld GPS unit
- » 24-hour tour-related support provided by Country Walkers' local partner
- » 24-hour travel-related support provided by One Call International Emergency Hotline and Travel Assistance
- » Orientation meeting with a Country Walkers representative
- » The unbeatable and cumulative experience of the Country Walkers staff

LET THE JOURNEY BEGIN

Prior to your adventure you will receive:

Within 24 hours of reservation confirmation:

A Confirmation Email with a link to our online guest portal, My Account, which allows you to view important information and manage parts of your account online. Similar to other web-based portals you may already use for online banking or shopping, My Account will let you:

- a. View your active reservations.
- b. Make a payment.
- c. Access the latest version of your reservation invoice.
- d. Access your guest profile where you'll be able to update essential information and preferences (passport information, important dietary considerations, allergies, etc.).

- e. Ensure that your contact information is the most up to date (name, address, phone number, email).
- f. Provide us with your tour arrival and departure details so that we may arrange any included arrival and departure transfers and/or orientation meetings.

One day following reservation confirmation:

An Online Participation Agreement Form to sign and submit (emailed).

Within one week of reservation confirmation:

- a. Your reservation invoice (emailed).
- b. Welcome Documents including your specific dated Hotel Itinerary and this Guest Handbook (emailed).

Approximately one month prior to departure:

Your Travel Documents including the following items (mailed):

- a. Printed water- and tear-resistant Route Notes (day-to-day walking directions; emergency contact information; detailed daily itinerary; information regarding included meals, transfers, and daily logistics; restaurant recommendations for non-included meals; town maps; and information regarding optional activities and transportation).
- b. Printed Travel Documents (your specific dated Hotel Itinerary, Daily Itinerary Overview, and—if included—Arrival & Departure Transfers Overview).
- c. Luggage tags.

At your orientation meeting:

- a. Maps.
- b. A handheld GPS unit (to be returned at the end of your tour).

GRATUITIES

Standard gratuities for all hotels, meals, and services that are included in your tour price will be paid by Country Walkers; however additional tips are always welcome, especially by your driver(s). Should you wish to tip for meals or services not included in the cost of the tour, please do so at your discretion. Local currency is preferred.

Traveling To and From Your Tour

STARTING POINT

Porto, Portugal (airport, train station, or city hotel)

Based upon individual arrival times

(Due to planned visits, lunch, and an afternoon walk, guests arriving by air or rail on Day 1 of the tour must arrive in Porto by **10:00 a.m.**)

Upon arrival in Porto, a local representative (typically Isabel Sousa; otherwise a partner of hers) will meet you at either the Porto Airport, the Porto Campanha Train Station or Porto São Bento Train Station (in the Arrivals Hall, holding a sign with your name or Country Walkers on it), or a Porto city hotel and transfer you 1½ hours to the village of Parada in the heart of Peneda-Gerês National Park, where you will spend the first night of your tour. En route, you will stop in the small town of Ponte da Barca for last-minute items before a brief visit to the village of Lindoso, best known for its 13th-century medieval castle and its dozens of 19th-century *espigueiros*.

Upon arrival at your first guesthouse in Parada, our local Rep will introduce you to your host for the night, Patricia, over a light lunch and orientation meeting, ensuring you are comfortably settled and answering any questions you may have. Your maps and handheld GPS unit will also be provided at this time. Our local Rep will then accompany you on a warm-up walk before leaving you to dine independently (on a homemade dinner prepared by your host) at your guesthouse.

In order to arrange your arrival transfer and orientation meeting, please provide us with your arrival and departure details at least 45 days prior to departure through our online portal, My Account. (A Confirmation Email with a link to My Account will be sent to you within 24 hours of reservation confirmation.)

Please note that the tour price includes one arrival transfer from Porto to Parada on Day 1 of the tour. If traveling in a group of two or more with separate arrival times, additional charges will apply for multiple transfers.

MOST CONVENIENT AIRPORT

Francisco Sá Carneiro Airport (OPO; also known as Porto Airport), Portugal
aeroportoporto.pt

GETTING TO THE STARTING POINT

By Air: TAP Portugal (flytap.com), Portugal's national airline, operates a twice-weekly direct flight between Newark and Porto, in addition to regular, direct flights to Lisbon (from Boston, Miami, Newark, and New York (JFK)), from where you can easily and inexpensively connect to Porto by air (in 1 hour) or rail (in 2½–3 hours). United (united.com) offers daily direct flights from Newark to Porto, along with direct flights from both Newark and Washington, D.C. (IAD) to Lisbon. Numerous other airlines offer flights with one or more stopovers on the way.

If spending pre-tour time in Porto, you may reach the city center in a number of ways, the most convenient being by taxi. Readily available outside the arrival and departure terminals, a taxi from Porto Airport to the city center takes approximately 25–30 minutes and costs approximately 25–30 euros. Make sure the meter is turned on at the beginning of the journey and always ask for a receipt. Rates increase by 20% in the evening hours (9:00 p.m.–6:00 a.m.), automatically reflected by the taxi meter.

You may also reach the city center via metro, shuttle, or public bus; please visit aeroportoporto.pt/en/opo/access-parking/getting-to-and-from-the-airport/public-transportation for specific information on these methods of transport.

If traveling between Lisbon and Porto by train: There are two different train services connecting Lisbon and Porto; the Intercidades (IC) and the Alfa Pendular (AP), both requiring reservations. The Alfa Pendular service is recommended as it is faster and offers a high standard of comfort and facilities including free Wi-Fi, more leg room, and on-board snacks and beverages offered at your seat (the IC service also offers free Wi-Fi while snacks and beverages are available in the bar car). Both train services are direct and depart from the same train stations. The Alfa Pendular train journey takes 2.5 hours while the intercity train service is just over 3 hours. There are numerous daily departures in each direction.

In Lisbon, all trains services stop at the Oriente Train Station and most (but not all) stop at the Santa Apolonia Train Station.

- *Santa Apolónia Train Station (Estação da Santa Apolónia):* conveniently located in the heart of Lisbon at the foot of the Alfama district, this is Lisbon's oldest train station. Most international trains depart from here, along with trains to main cities in Portugal.

- *Oriente Train Station (Estação do Oriente)*: built by master architect Santiago Calatrava with a roof of glass and steel made to look like a row of trees, this major train, bus, and metro station is one of the most stunning modern sights in Lisbon. With 75 million passengers per year, it is also as busy as Grand Central Terminal in New York, providing travel connections to the whole of Portugal, and an obligatory stop for just about every train that passes by Lisbon. Local service is available from here to Lisbon's Santa Apolonia Train Station on several regional/urban trains arriving from different towns.

In Porto, all train services stop at the Campanha Train Station; this station is to the east of Porto and is outside of the city limits. São Bento is the central Porto station (located just a few minutes' walk from this tour's final hotel) and a second train must be caught from Campanha to São Bento. This is a short train journey of less than 10 minutes and there are multiple departures per hour. The journey from Campanha to São Bento is included in the ticket price and a further ticket is not required.

For further rail information, including reservations, up-to-date schedules, and fares, please visit the website of Comboios de Portugal (CP), the national railway of Portugal, at cp.pt/passageiros/en. We recommend making train reservations in advance for major train routes. Please note that tickets from Comboios de Portugal can typically only be reserved up to 60 days in advance.

You may also contact Rail Europe at 800.438.7245 or consult their website at raileurope.com. Please note, however, that only vouchers (without guaranteed seat assignments) are provided by Rail Europe for Portuguese train journeys. Upon arrival in Portugal, you would need to go to a ticket office to exchange the voucher for an actual ticket with an assigned seat. Moreover, an extra fee would be charged and should your desired train be sold out, you would be forced to choose the next available train.

ENDING POINT

Night 7 Hotel, Porto, Portugal

At leisure after breakfast

There are no walks scheduled for the last day of the tour. You may depart the final hotel after breakfast and prior to the hotel's checkout time of 11:00 a.m. The hotel staff can assist with any taxi transfers you may require.

MOST CONVENIENT AIRPORT

Francisco Sá Carneiro Airport (OPO; also known as Porto Airport), Portugal
aeroportoporto.pt

LEAVING THE TOUR

Please refer to the “Getting to the Starting Point” section for assistance with travel arrangements.

PRE- AND POST-TOUR ACCOMMODATIONS

There is a multitude of hotels to choose from; however, you may wish to stay at the same hotel where you spend the final night of the tour. Country Walkers would be pleased to make a reservation on your behalf. Please contact us to request this service as soon as possible. The cost is payable directly to Country Walkers and is due with your final payment 90 days prior to departure. Our normal cancellation policy applies. These rooms are reserved as a service for you and include a service charge. Better rates may be available online; however, please note that if you make your post-tour reservation directly with the hotel, you may not be able to secure the same room as assigned to you for the night on tour (Country Walkers uses “Double Rooms”). Please call for current rates. For other hotel and restaurant suggestions in Porto or Lisbon, please visit

uk.visitportoandnorth.travel or visitlisboa.com.

Information & Policies

GUARANTEED DEPARTURES

Country Walkers guarantees the departure of every tour*, which gives peace of mind for every guest. From the moment your reservation is confirmed, you can start preparing for your adventure. We take care of all the details to ensure a seamless Self-Guided experience. For best availability, reserve your trip early.

**except in cases of force majeure*

RESERVATIONS

Please note that the method by which Self-Guided Adventures are reserved differs in important ways from typical scheduled tours. We encourage all guests to refrain from purchasing plane tickets or making contingent plans until they receive confirmation from us. Here's how the process works:

1. **Reservation Request.** The process begins when you make a reservation request for this tour, either online at countrywalkers.com or by calling Country Walkers at 800.464.9255. Please note the online form does not on its own constitute a final reservation or a guarantee of tour space. If you use the form, one of our Tour Consultants will call within one business day. Outside of 90 days prior to the tour start date, a \$350 per person deposit is required at the time of the reservation request. Within 90 days prior to the tour start date, your final tour cost is required. If we are unable to accommodate you on your preferred dates/tour (or an alternative of your choice), this payment is fully refunded.
2. **Reservation Request Receipt.** Upon receipt of your deposit and preferred tour start dates, you will be provided with an emailed reservation request receipt, stating your reservation number and reconfirming the details of your reservation request (tour name, departure date, and tour price), while we get working on securing availability with all the hotels.
3. **Confirmation.** Our goal is to confirm your reservation request within five business days; however, this may take longer for a variety of reasons. All of our accommodations are available on a request basis; we do not hold blocks of rooms and, therefore, must confirm availability at the time of your request. If possible, we recommend you provide a range of back-up tour start dates at the time of your initial request. Once your reservation is confirmed, a Tour Consultant will contact

you. Once you have received our official confirmation, you can make flight reservations.

4. **Final Payment.** Final tour payment is due 90 days prior to tour departure date. As pricing is determined over a year in advance, we may be forced to change our listed price over time. However, please note that once your reservation is confirmed, we will always honor the price quoted when you booked.

TOUR ACCOMMODATIONS

Hotel Availability: Since we typically use small, boutique properties for Self-Guided tours, securing availability can sometimes prove challenging, especially on short notice. (Again, we encourage guests to book early and be flexible.) On some tours, if our standard property is not available, we may have alternate hotels of equivalent quality that we have approved. We'll book one of these alternates if the standard property is not available. If the hotel or room type requires a surcharge, we will contact you prior to reserving it. We will not reserve non-approved properties.

Room Category: We typically book standard rooms. If you are interested in upgrading your room type, please contact a Tour Consultant. Please bear in mind that upgrades are not available at every hotel; surcharges will be determined once we know what's available. Triple rooms (or rooms with two beds) can be a rarity. Should you desire such an accommodation, we may need to offer two rooms—supplements may apply. Please allow us extra time to sort the options out.

ORIENTATION MEETING & TRANSFERS

Though Self-Guided tours are a predominantly private experience, there are occasions where you may be in contact with others. Because guests are allowed to pick their own start dates, there may be other Country Walkers travelers staying in the same properties as you or even starting on the same date. For this reason, we may need to combine your orientation meeting with that of other guests or ask you to share on-tour transfers. This does not mean you need to walk together.

GUEST RESPONSIBILITIES

Each guest has the responsibility to select a trip appropriate to his/her abilities and interests and to prepare for the trip by carefully reading the confirmation materials. To join this trip, you must be in good health and capable of

completing activities as described in the day-to-day itinerary. Our in-house experts welcome the opportunity to discuss the tour in more detail. In order to meet your needs, we ask that you please share any relevant physical limitations or health conditions when you make your reservation. Prior to your adventure you will be asked to sign a Participation Agreement to accept your responsibilities.

CHANGES IN PLANS

After booking, you may change your reservation's destination, departure date, departure city, or Tour Extensions for a \$100-per-person administrative fee. We will waive this fee for changes made within the first two weeks of booking. Any cancellation charges or applicable fees imposed by hotels or operators will be passed along to the guest. We encourage you to consult our cancel policy for the particular trip you have booked. All changes are subject to availability and cannot be guaranteed. Please note that tours with seasonal pricing may involve a higher price point. Please note: This change policy does not apply to Special Departures. Please notify us in writing.

CANCELLATIONS AND REFUNDS

Cancellations must be made in writing and fees are applied as noted. Cancellation refunds will be calculated as of the date we receive your written cancellation. All payments for travel services not provided to the guest will be refunded in accordance with these Terms and Conditions and in accordance with Country Walkers' cancellation policy. Exceptions to this cancellation policy cannot be made for any reason, including personal emergencies, illness, or weather. Please note that the tiered tour price is based on a guarantee of a specified number of guests—should your group decrease in size, we reserve the right to alter the per person price if necessary as reflected in the Tour Price table.

Self-Guided Adventures

- » Cancellations received on or before 91 days prior to the start of the trip: \$150 per person
- » Cancellations received 90 to 61 days prior to the start of the trip: 25 percent loss of trip price
- » Cancellations received 60 or fewer days prior to the start of the trip: 100 percent loss of trip price

TRAVEL PROTECTION PLAN

We offer guests the opportunity to purchase a Travel Protection Plan. Please contact us for details.

SELF-GUIDED FLIGHT CONCIERGE

Our knowledgeable team will happily find flight itineraries that sync perfectly with your international Self-Guided Adventure. Simply request a price quote at the time of booking and, once your reservation is confirmed, we will contact you with available options. Please note that you are under no obligation to purchase the quoted flight itinerary.

Learn more about the Self-Guided Flight Concierge—including our complete policies—on our website at: <https://www.countrywalkers.com/self-guided-air-terms-and-conditions/>.

Other travel arrangements not included in the price of your trip (such as local train tickets or post-tour excursions) can be purchased through your local travel agent, or Better Travel, a Vermont-based agency (800.331.6996 or bettertravel@madriver.com).

Portugal & Madeira at a Glance

ENTRY REQUIREMENTS



U.S. citizens: Passports are required. To minimize any inconveniences during travel, the State Department recommends that passports be valid for at least six months following your scheduled return. Visas are not required for stays of up to 90 days. For more information, see travel.state.gov, or check with the nearest Portuguese Consulate-General in New York at (212) 221-3165, or visitportugal.com. The information here applies in Madeira as well as continental Portugal.

Travel Tip

Have a variety of payment options to start your trip: ATM card(s), credit card(s), some dollars to exchange, and some euros in small denominations.

CURRENCY

Portugal uses the euro (EUR). For current exchange rates, visit oanda.com.

Many businesses in Europe will no longer accept credit cards without PIN numbers (chip and pin cards). Always contact your bank or your credit-card company for details on fees and card use when traveling.

There is a national network of ATMs, identified by the symbol MB (Multibanco). Banks are open 8:30 a.m.–3:00 p.m. five days a week.

TIME ZONE

Portugal and Madeira operate on Western European Summer Time GMT/UTC +1 hour from the last Sunday in March until the last Sunday in October. During the remainder of the year, the time is GMT. Both destinations are 5 hours ahead of US Eastern Time throughout the year. For more information, see:

worldtimezone.com. The Portuguese use the 24-hour clock, rather than “a.m.” and “p.m.”.

PHONE & INTERNET

Portugal country code: +351

Portugal has one of the highest rates of cell phone usage. Three network service providers, TMN, MEO, and Optimus, have



roaming agreements with most international mobile phone companies and provide good coverage nationwide, but cannot be guaranteed to be accessible on all American mobile carriers or to function at all times while on the trail or in remote areas. For more information regarding international phone use, please refer to countrywalkers.com/phones.

Internet access is available throughout Portugal, and many municipalities maintain spaces providing free Wi-Fi. For more details regarding Wi-Fi availability at the hotels on your tour, please refer to the Itinerary Overview.

LANGUAGE

Portuguese is the official language of Portugal. Many Portuguese people are also able to communicate in English, Spanish, and French. Portuguese is the 5th most spoken language in the world, used by roughly 11 million in Portugal and 250 million people living on every continent.

While knowledge of the local language is not necessary, you may want to learn some fun and useful phrases. See bbc.co.uk/languages/Portuguese.

ELECTRICITY

Alternating current of 220V at 50 Hz is used in both Portugal and Madeira. Sockets comply with European standards, and accept type C and F plugs with two round prongs. You will need adaptor plugs for appliances, and possibly a voltage converter as well. For a full listing of electrical outlets worldwide, see electricaloutlet.org.

WEATHER

Weather in Portugal is generally moderate. Atlantic breezes cool coastal areas at night after the warm summer days, and bring rain during winter (January–March), when the average high temperature is around 60F, warming to 68 April–June and 77 July–September. In the interior, summers can be hotter, and winters colder, with occasional snow in the northern mountains. Spring and fall are ideal times to visit Portugal, when temperatures are not so warm and there are fewer crowds.

On Madeira, they like to point out that it's "always summer" and many Europeans go there for some winter sun. Daytime temperatures range from 68–

Travel Tips

- Bringing your own hair dryer or other electrical device? You'll need a travel converter, available at most hardware, travel, or consumer electronic stores.
- For laptops or an electronic device with a dual voltage switch, you'll need the adaptor plug, but not a converter.

75 in December with only 7 days of rain on average (contrasted with 77–84 with little rain in August and September).

For up-to-date forecasts, see qwikcast.com. For historical average temperatures and rainfall, see weatherbase.com.

Travel Tip

Beware the *Couvert*! Once you're seated in a Portuguese restaurant, your waiter will bring appetizers "*couvert*" like olives and bread to your table. It's fine to decline these; but if you accept them, you'll be charged for them, whether or not they are consumed. It's perfectly ok to ask the price of these tempting, tasty items ("*quanto custa?*" is the phrase) so you can make an educated choice.

FOOD & DRINK

Portuguese cuisine is definitely Mediterranean, with its three key elements of bread, wine, and olive oil. Portuguese dishes are enhanced with sautéed onion and garlic, flavored with coriander, other aromatic herbs and chilies – and seasoned black and green olives, which find their way to the table as starters too.



Famous for its olive oil and cheeses like *Queijo da Serra* (from Serra da Estrela), creamy sheep's cheese, and *Castelo Branco*, made from goat or sheep's milk, Portugal produces wonderful breads and delicious

butter. Meals often begin with soup, such as cabbage soup (*caldo verde*) made with potatoes, onions, olive oil, garlic, chorizo, and kale, considered the national dish. Fish soups are popular, delicious, and prepared in a variety of ways from region to region.

The Portuguese love fish, and cod is their favorite, though it comes from the North Atlantic, not local waters. You'll encounter it baked, poached in cream, fried, and served with quite an array of vegetables and condiments. Octopus is popular throughout Portugal, as are sardines in summer (June to September). Fish is grilled on skewers in many places as well.

Pork is another favored protein throughout Portugal, and acorn-fed pigs raised in the Alentejo hills are used in a popular dish stewed with clams and potatoes. A traditional chicken dish (*piri-piri*) is charcoal grilled and seasoned with chili.

Portugal's fine wines are a source of pride for those who produce them and delight for those who imbibe. Port, a fortified wine with a high alcohol content is the most famous; full-bodied but with fine flavor and aroma. *Vinho verde* from the Minho region is fresh, and slightly acidic. Grapes ripened during long, sunny days in the Douro and Alentejo regions produce strong, aromatic red and white

wines with Mediterranean/Continental characteristics. Portugal possesses more than 250 native grape varieties—most of which do not exist anywhere else in the world—resulting in a wide array of Portuguese wines. You'll encounter white wines with a blend of grape varieties such as *Antão Vaz*, *Roupeiro*, and *Arinto* and red wines with a blend of grape varieties such as *Touriga Nacional*, *Trincadeira*, and *Alicante Bouschet*.

Looking for a modern culinary approach? A number of young Portuguese chefs are striving – and succeeding – in bringing new techniques and imaginative approaches to local ingredients, including in the Douro region. A list of Lisbon and Porto restaurants featuring their efforts can be found at visitportugal.com.

On *Madeira*, the general rule is that fresh, local items, simply prepared, are the very best. Start out exploring the outdoor market (*Mercado dos Lavradores*) to see beautiful produce fresh from the source.

Good meal starters include grilled limpets, garlic bread (*bolo do caco*), or tomato and onion soup. For the main course, tuna steak (*atun*) marinated in olive oil with salt and oregano, then fried and served with fried cornmeal cubes (*milho frito*). Cod (*bacalhau*) prepared in various ways and squid are also very popular. Black scabbard fish fillet (*espada*) with banana is another specialty.

Not a fish lover? No problem. Try traditional *espetada*—beef chunks with a garlic/salt rub grilled on a laurel skewer over smoldering wood chips, or *picado*, a traditional sauté of beef, garlic, and peppers, served in a large dish surrounded by French fries and shared by all at the table.

Sweets and desserts – many made with local tropical fruits – are a popular indulgence, available at many cafés and bars. Don't miss honey cake (*bolo de mel*); it dates back to the 15th century when Madeira was producing sugar cane. *Queijadas* are small cakes whose main ingredient is cottage cheese.

Travel Tip

Fado Faux Pas and How To Avoid Them: visiting a fado club while in Portugal is a not-to-be-missed cultural experience. Traditional fado is melancholy and reflection-inducing music with philosophical and political implications and associations too complicated for outsiders to fully understand. That being the case, try to be sensitive to the mood of those around you and strictly observe the “absolutely no chatting during a performance” rule. Although performances start late in the evening and conclude even later, it's also impolite to leave early, or even to excuse yourself to visit the loo. If you must leave your table, wait until one of the evening's performers has finished her or his 3-4 song set.

Let's not forget Madeira's namesake, Madeira wine, known and prized for more than three centuries. It's made from 30 different varieties of grapes (*Sercial*, *Boal*, *Verdelho* and *Mahasia* being the finest) and drunk as either aperitif or digestive. Honey, lemon, and orange juice are mixed with sugar cane honey and a white alcohol called *aguardente* (made from distilled sugar cane) to produce *poncha*, another local favorite found throughout the island.

Travel Tip

There are limits on what you can bring into the country duty-free in many categories, such as alcohol, tobacco, perfumes, coffee, and tea; and you must declare to the customs authorities money of 10,000 euros or more. (see visitportugal.com, All about Portugal, Duty and tax-free exemptions).

LIFE IN PORTUGAL

Shopping and banking hours

Shops are generally open from 9:00 a.m. to 7:00 p.m. on weekdays, but closed between 1:00 p.m. and 3:00 p.m. for lunch. They are open Saturday mornings, but closed on Sundays. Shopping centers maintain longer hours and are open on weekends.

Banks are open Monday through Friday from 8:30 a.m. to 3:30 p.m.

Museums are usually open from 10:00 a.m. to 5:00 p.m., but closed on Mondays.



Meal times

The Portuguese eat a light breakfast between 7:30 a.m. and 10:00 a.m., consisting of coffee or fruit juice and toast or a sandwich, often in a local café or cake shop. Lunch is eaten between 12:00 p.m. and 2:30 p.m. Sometimes they enjoy a drink and cake at around 5:00 p.m., followed by dinner, a full meal with soup, main dish, and dessert, between 7:30 p.m. and 10:30 p.m.

Restaurants are usually open noon to 3:00 p.m. for lunch and from 7:00 p.m. to 10:00 p.m. for dinner, but are closed one day a week; downtown restaurants' closing day may be on the weekend.

Tipping

Service is included in restaurant bills, although it's customary to leave an additional 5-10% tip. Taxi drivers are also tipped 5-10% of the fare paid, or by rounding up to the nearest euro.

TRAVEL RESOURCES

National Portuguese tourist board official site

visitportugal.com

PUBLIC HOLIDAYS

To assist in travel planning, it may be helpful to be aware of Portuguese public holidays, festivals, or calendars of events. Visit the Portuguese tourist board's website noted above, then click on Useful Information, Public and School Holidays (there are ten fixed dates and two moveable public holidays, Good Friday and Corpus Christi).

TRAVEL IN PORTUGAL



Trains

Comboios de Portugal is the Portuguese railway company (cp.pt). It offers an extensive network throughout the country with several service levels from the more luxurious, speedy “Alfa Pendular” to regional and local trains. The website offers a wealth of information in English.

Raileurope: raileurope.com or 800.622.8600, a U.S.-based company that provides schedules, reservations, and ticketing for all European train networks (their multi-day/-week/-month passes in one country or combinations of countries may be an economical and convenient choice for European train travel.)

Buses

Buses are sometimes a good option both regionally and within major cities. See rede-expressos.pt for full information. Tickets are available online.

Metro

Both Lisbon and Porto have excellent metro service; Lisbon's metro has been renovated and is quite extensive.

Taxis

Taxis are usually cream color, abundant, and can be hailed or ordered for a small additional charge.

Travel Tip

Should you lose your passport (and of course you have a photocopy of the main page stowed separately in your luggage!) or need other assistance from the US Embassy in Lisbon, its website is portugal.usembassy.gov; click on U.S. Citizen Services.

Travel Tips

- If traveling by bus, it's best to buy a ticket in advance and be sure to validate it by having it stamped in the machine near the driver. There are substantial fines for traveling without a ticket.
- It's a good idea to avoid public transportation of all types during rush hour (8:00 a.m.–10:00 a.m. and 5:30 p.m.–7:30 p.m.) in Lisbon and Porto.

OTHER TRANSPORTATION

In addition to its excellent rail network, Portugal's national airline, Air Portugal (flytap.com) is the main carrier to Madeira and other domestic destinations (as well as 50+ international destinations). Major airports are found in Lisbon, Porto and Faro.

Rental car services are available at airports, international rail terminals, and in larger towns. You'll need a passport and driver's license. For detailed information on important laws governing driving, see visitportugal.com, All About

Portugal, Useful Information, Driving.

And don't miss Portugal's most entertaining modes of transportation! Trams, funiculars, and – on Madeira – wicker two-seater sledges that speed downhill from Monte to Funchal.

MUSEUM INFORMATION AND ONLINE RESERVATIONS

Again, visitportugal.com is a great resource. Under the heading Looking For ?, click on Museums, Monuments, and Sites (there are nearly 1200). You can sort alphabetically or by "most visited," and each site's website and contact info are provided.

Packing List

PACKING TIPS

Pack light! Keep in mind most hotels are small and family-run and may not provide luggage assistance from the reception area to the room so there will be times you may have to carry your own luggage short distances. **Due to space constraints on pre-arranged transfers, we require you to limit your luggage to one backpack (that you carry with you on the trail) and one medium piece (approximately 18x15x29 inches or 8,000 cu. in.) not exceeding 30 lbs (15 kg) per person. Additional charges will apply should you exceed this limit; please contact Country Walkers in advance if this is necessary.** Please also note that due to health and safety reasons, our local representatives are not permitted to carry (individual) bags that exceed 30 lbs (15 kg). We recommend packing any personal necessities, medications, your hotel itinerary/emergency contact information, your hiking boots (or shoes), and extra clothes in your carry-on luggage in the event that your baggage is delayed. We suggest leaving valuable jewelry at home. A copy of your passport or other important documents should be kept in a separate area of your luggage. Always be alert when carrying a purse, camera, money belt, or backpack in busy cities, airports, and train stations.

FOOTWEAR

- » Hiking boots or shoes. There are many brands to choose from. Proper fit is crucial, so try on new boots or shoes while wearing socks you plan to use on tour. Be sure to break in new footwear well before your tour begins. If you are bringing a favorite pair of older boots, please check that soles and seams are in good shape before you depart! By the time you're ready to join your walking tour, you should be able to complete 4-7 miles of walking without discomfort. We require lightweight boots or shoes with proper ankle support and good tread to ensure stability on all types of terrain. Waterproof footwear keeps feet dry in heavy rain and water resistant footwear keeps feet dry in heavy dew.
- » Comfortable shoes for evening strolls
- » Synthetic, moisture-wicking socks (cotton socks are not recommended for walking as they will quickly cause blisters)
- » Blister remedy

CLOTHING

- » Lightweight, wash-and-wear long pants
- » Long-sleeved, wash-and-wear shirt
- » T-shirts and shorts
- » Polar fleece or light wool pullover (it will keep you warm even when wet)
- » Dinner attire: dress varies from casual to smart casual

OUTERWEAR

- » Waterproof (not only water resistant) rain gear: jacket, pants, hat, or hood
- » Windbreaker with hood (your rain gear may be suitable)
- » Hat with a broad brim or visor
- » Lightweight fleece or wool hat and gloves

EQUIPMENT

- » Cell phone (an International cell phone or your own cell phone with an International calling plan): for both practical and safety reasons, **we strongly advise that you carry a cell phone while traveling and at all times while you are out walking.** (Please note you may encounter intermittent coverage while on the trail or in remote areas.)
- » Travel adapter/s (connectors that change the plug shape to match the electrical outlet, thereby allowing a dual-voltage appliance or a converter from one country to be plugged into the wall outlet of another country) and converter/s (only if bringing electric appliances, such as a hair dryer, iron, or any appliance that has a mechanical motor. If the appliance is electronic, which contains a computer chip, a converter is usually not required.)
- » Pack (minimum size of 25L): large enough to carry water, extra clothing, rain gear, lunch, and personal items (camera, etc.)
- » Waterproof cover for pack
- » Telescopic walking sticks
- » Water bottle, canteen, or CamelBak-type water reservoir or hydration pack to carry your own water while walking (equivalent of one liter)
- » Sunblock and lip balm
- » Insect repellent
- » Sunglasses

- » Toilet kit for when facilities are not available on the walks. Include zip-lock baggies, tissues, and moist towelettes, which can be disposed of upon return to the hotel
- » Personal first-aid kit including any medications you ordinarily take (in their original container)

OPTIONAL

- » Binoculars
- » Bathing suit for optional use of hotel pools or spas
- » Flip flops or water sandals
- » Camera and charger and/or extra batteries
- » Zip-lock bags (to keep camera and valuables dry)
- » Small notebook and pen
- » Field guides
- » Folding umbrella
- » Waterproof poncho (in addition to aforementioned rain gear, especially if expecting wet weather): while the aforementioned rain gear may suffice, a poncho offers the advantage of being lightweight, compact, big enough to cover both you and your backpack, long enough to allow for sitting on wet surfaces or act as a shelter, cool enough to wear during summer rains, and is cheap!
- » Bandana
- » Washcloth (many European hotels do not provide them)
- » Hand sanitizer and/or moist towelettes
- » Motion sickness bracelets or other non-sleep-inducing remedy if prone to motion sickness on bus, car, or boat rides
- » Alarm clock

ONLINE STORE

To help you prepare for your trip, we've carefully selected a range of comfortable, easy-packing travel apparel and accessories from leading brands such as Eagle Creek, Craghoppers, Patagonia, Tilley, and others. Whether you're traveling to Vietnam, walking in Canada, or exploring the hills of Ireland, our Travel Shop is here to ensure you're ready to enjoy your adventure to the fullest.

Visit the CW Travel Shop at cw.newheadings.com.