

PORTUGAL

Lisbon & Undiscovered Alentejo

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

It's a side of Portugal you never dreamed existed, where gently rolling hills slope to fertile farms dotted with cork trees, olive trees, and green vineyards ... where red sandstone walls plunge down to dream-like beaches and roiling Atlantic waters. This is Alentejo, meaning "beyond the Tagus River" to locals. We think you'll agree it's also beyond beautiful, rustic and magnificent rural lands that rise to stone villages and breathtaking coastal landscapes. In the northern reaches of Alto Alentejo, trace the medieval trails and old smugglers' roads of Serra de São Mamede Natural Park through cork oak woodlands and chestnut groves, pausing to explore tiny hamlets and imposing castles. In the southern region of Baixo Alentejo, follow the Rota Vicentina along towering seaside cliffs, nesting ground for a huge array of birdlife. Rest your feet in tiny fishing villages and soak them in the refreshing waters of pristine beaches accessible by rope ladder and stair. Along the way, break up your walks with full-day explorations of medieval Évora, remarkably preserved and a delight to explore, and Lisbon, whose narrow old world warrens and soulful fado singers are steeped in tradition and history. Join Country Walkers to experience the true essence of Portugal by foot.



Daily Itinerary

DAY 1

Arrival in Lisbon. Transfer to Marvão

Arrive in Lisbon and make your way with a Country Walkers representative to Alto Alentejo, the northern region of Portugal's rustic Alentejo Province of farmlands dotted with cattle, sheep, and black pigs. In just under three hours, you will arrive in one of the country's most dramatic settings: the stunning medieval hilltop village of Marvão, one of Portugal's most spectacular fortified villages. Located in the heart of the Serra de São Mamede Natural Park, Marvão drapes down a ridge of the park's namesake mountain range and offers sweeping views of the Alentejan plains and the Spanish frontier, just ten miles away. Perhaps you will spot the Bonelli eagle during your two-night stay; the raptor's presence has earned the town the nickname "The Eagle's Nest." You, too, will have the afternoon to "nest" in this tranquil place, meandering along narrow lanes lined by pristine whitewashed houses adorned with Portugal's traditional *azulejo* tiles.

For an invigorating warm-up walk, head to the town's pinnacle, its imposing largely crusader-era castle, for breathtaking views, strolls along the ramparts, and a glimpse of its massive cistern where both rainwater and eerie echoes have been collected for centuries. A lovely contemporary of the castle, the Igreja de Santa

Maria, the village church, hosts a museum of artifacts that span the ages. This evening, find the ideal spot from which to view a spectacular sunset over the plains. Savor your first dinner at your *pousada*, perhaps sampling a carefully prepared codfish or pork served with *migas*, a savory bread crumb pudding made with garlic and olive oil. As you dine, you'll take in magnificent views of the countryside below through your dining room's floor-to-ceiling windows.



Pousada de Marvão, Marvão

Tucked away amidst the sloping cobbled lanes of Marvão, the bright and elegant Pousada de Marvão recalls the village's deep past. This fully modern hotel occupies two medieval buildings whose character has been lovingly preserved. The property achieves a welcoming blend of sophistication and mountain-lodge ambiance throughout, from the restaurant and bar to the hushed, intimate lounges. Your superior room offers sweeping views over the plains of Alentejo. Simply decorated, it features ample amenities, whitewashed walls, tiled floors, period wood furnishings with hand-painted detail, and floral fabrics.

DAY 2

Serra de São Mamede Natural Park: Galegos to Marvão; 7.6 miles, easy to moderate, 1,350-ft cumulative elevation gain and 350-ft cumulative elevation loss

Look forward to a hearty breakfast of hot and cold selections every day throughout your journey—including fruit, cold cuts, cheese, yogurt, and eggs. Following today's morning meal, take a 15-minute taxi ride to the starting point of your walk, the tiny village of Galegos. This charming hamlet is located in the heart of the Serra de São Mamede Natural Park, a preserved landscape of agriculture and forests dense with oak and chestnut trees. As you get underway, ascend a pathway uphill past stone walls and sheep grazing in fields until you reach the fascinating Spanish frontier town of La Fontañera. During the Spanish Civil War, smugglers used La Fontañera as a base to exchange one of the most valuable contrabands between Portugal and Spain—coffee. The bean had been banned by the dictatorial regime, and the covert operation grew into a big business between 1935 and 1960. You may take some time to explore the village's charming main street, then continue along the smuggling path,



romanticized by local lore, poets, and writers. Once you reach the Zona de Espera dos Contrabandistas, where smugglers clandestinely met in the dead of night, take in picturesque views of Marvão high on its hill. Follow the banks of the Sever River and you're sure to find the ideal peaceful picnic spot for your packed lunch, provided by your *pousada*. A gently rolling landscape points

the way past enormous granite boulders, ancient stone walls, and beautiful *montados*, or cork oak woodlands. Alentejo is the kingdom of cork, home to the largest forests in the world. More than half of the world's cork supply originates here, impressive when you consider that one tree produces 4,000 wine bottle corks. A medieval cobbled path ascends through the *montados*, delivering you to Marvão. Dinner tonight is on your own in town.

Pousada de Marvão, Marvão

DAY 3

Serra de São Mamede Natural Park: Marvão to Castelo de Vide; 6.4 miles, easy to moderate, 500-ft cumulative elevation gain and 1,300-ft cumulative elevation loss. Transfer to Évora

Depart Marvão by foot this morning through one of its four village gates, the Porta de Ródão. Your downhill walk follows a well-preserved medieval cobbled path along Urra, the small hill connecting Marvão to the fortified town of Castelo de Vide, your destination. The chestnut groves you will traverse are a treasured PDO (Protected Destination of Origin) for the beloved Marvão chestnuts they produce. The nut's harvest, along with the season's latest wine, is celebrated each November during the Marvão Chestnut Fair, a celebration of dancing, singing, and street performances. Grassy dirt paths, stone walls, cobbled and paved roadways, and the gentle peal of sheeps' bells lead past small farms of olive groves into a stunning forest of Pyrenean oak. Throughout today's walk, you may pause at various signposts to learn about the ancient foundations, traditional huts, and churches you'll encounter. Upon arrival at Castelo de Vide, enter through the main gate, the Arco de Santa Catarina, and stroll into the elegant main square, the Praça Dom Pedro V, watched over by 17th- and 18th-century Baroque buildings, churches, and the Town Hall.

The roots of Castelo de Vide stretch back to Roman times. In the Middle Ages, the Jewish population grew here and established one of Europe's most thriving Jewish Quarters, the Judiaria. Time seems to have forgotten this historic district of cobbled streets and whitewashed houses with Gothic doorways. The oldest synagogue in Portugal was built here, though all that remains of it is a small room. The town's 14th-century castle houses its own medieval quarter, dripping with an ancient ambiance. Have lunch on your own here, then take time to explore the Jewish Quarter and perhaps follow flower-lined lanes up to the castle. You will meet your driver this afternoon for a two-hour transfer to Évora. Upon arrival, you'll find a wide array of restaurants to choose from for dinner.



Pousada Convento de Évora, Évora

Situated in the heart of Évora, the Pousada Convento de Évora occupies a beautifully preserved 15th-century convent. With ornately painted walls, sumptuously decorated ceilings, and gilded mirrors, it stands as one of the city's most historic buildings. Dine on Alentejo-inspired cuisine in the restored cloisters and enjoy a drink in the elegant lounges or inner courtyard. Your rooms were designed for the monastic life: small rooms with little soundproofing to fit a monk's quiet lifestyle. But they've been cleverly updated to make use of the space, adorned with bright colors and outfitted with comfortable beds and tiled bathrooms with claw-foot tubs.

DAY 4

Guided walking tour of Évora; 3 miles, easy. Visits to Arraiolos and Almendres Cromlech

Medieval Évora, a UNESCO World Heritage site, is a virtual open-air museum, a stunning collection of buildings that span every age. The Romans knew the city under the name *Ebora Liberalitas Julia*, given by Julio Cesar, before the Moors called it home for 450 years. After they were expelled, Portuguese kings transformed it into a center of learning and culture. The fruits of this most prolific time period still stand in the Old City, from the remarkably preserved 16th-century patrician houses to a splendid Gothic cathedral. Most impressively,



an enormous ancient aqueduct slices through the city. Far from an intrusion, it has been seamlessly and brilliantly incorporated into the city's design.

After breakfast, explore this magnificent time capsule of a city. Meander through atmospheric Moorish alleyways lined with old patrician mansions and whitewashed houses with bright yellow

trim. Your route leads you to the Roman baths beneath today's Town Hall and to the imposing Sé Cathedral, the country's largest Gothic medieval cathedral. Next door, the Évora Museum in the former archbishop's palace is a trove of ecclesiastical treasures, including period furnishings. The gallery of Flemish painting features *Life of the Virgin*, a 13-panel masterwork dating to 1500. Stop by the São Francisco to view its Chapel of Bones, lined with bones and skulls of about 5,000 souls. Throughout the morning, you will pause at each of these remarkable landmarks and hear about their rich history from your guide. Toast your discoveries with a wine tasting at a fine shop in the heart of the city.

Continue to the charming town of Arraiolos, dominated by its impressive circular castle. Since the 16th century, exquisite wool tapestries have been hand-woven here to adorn the palaces and manor houses of Portuguese kings and counts. Pause for a lunch of *petiscos*, a tapas-like Portuguese style of dining. Perhaps you'll sample charcuterie, sheep's cheese, minced chicken pie, or acorn flour biscuits. Satiated, you will stroll past pretty whitewashed houses with a blue trim meant to ward off the devil. In the main square, visit the Arraiolos Tapestry Interpretive Center, housed in a medieval-era hospital, where you can peruse an impressive collection of carpets and learn about the preservation of this traditional craft. Peer through the glass floors to see the dying pits once used to color the wool. You may have the chance to witness an artisan at work while you're here. After a coffee break in a local café and time to select your own carpet, continue to the Almendres Cromlech. This incredible megalithic circle of 95 stones, set on a scenic hillside among olive and cork trees, dates from 5000-4000 BC and was likely central to the sacred rituals of an ancient civilization. Back in Évora, you have many restaurants to choose from for dinner on your own.

Pousada Convento de Évora, Évora

DAY 5

Transfer to Cabo Sardão. SW Alentejo and Vicentine Coast Natural Park: Rota Vicentina from Cabo Sardão to Herdade do Touril; 5 miles, easy, no elevation gain or loss



Another full breakfast starts your day.

Then take a private 2.5-hour transfer to the southwestern region of Baixo

Alentejo. This is one of Europe's best preserved coastlines, draped in pristine beaches and soaring cliffs dotted with umbrella-like pine trees. You'll witness a rich biodiversity and an authentic welcoming culture in this very special corner of Portugal. For the next two days, you will walk the Rota Vicentina, a long-distance hiking path long used by fishermen and locals to access the best fishing spots and remote beaches. Begin at the lighthouse at Cabo Sardão, perhaps enjoying your picnic lunch on its grounds before setting off. As you do, you might ponder why builders a century ago constructed this beacon backward: the entry door faces the ocean and the light shines inland.

Commence your walk along the Fishermen's Trail, traversing high dramatic cliffs amid red-hued earth and sandstone, keeping your eyes open for the more than 20 species of bird that nest here. Watch for jackdaw, shag, common kestrel, peregrine falcon, and the pure rock dove, the original species of pigeon. Watch also for storks; this is the only place in the world where they nest on cliffs. This spectacular coastal trail reveals Portugal at its wildest, a passage over high ledges through salt-tinged brush with sweeping views of the Atlantic. Take your time and absorb the magnificent beauty at an easy pace. Your walk ends at your next hotel, a 900-acre working cattle-breeding estate where the crash of the tides echoes across the land.

Herdade do Touril, Zambujeira do Mar

The five whitewashed farm buildings of the Herdade do Touril are set on a tranquil 900 acres within view of the Atlantic Ocean. This cattle-breeding working estate has been run by the same family since 1826. Its thoughtful design keeps you connected to the Alentejo's rural beauty, with outdoor terraces, open spaces that afford breathtaking views, and brightly colored guest rooms of soft blue and yellow trim that open directly to the outside. The cozy living room features an honor-system bar and the pool is ideal for a post-walk swim. In keeping with the simple rural life of Alentejo, intimate guest rooms feature tiled floors and basic



wood furnishing. If you wish, you may borrow a bicycle to explore further. Enjoy a three-course meal prepared with fresh ingredients during your stay.

DAY 6

SW Alentejo and Vicentine Coast Natural Park: Rota Vicentina from Odeceixe to Zambujeira do Mar; 4.2-mile, 6-mile, or 8.7-mile options, easy to moderate,

1,200-ft cumulative elevation gain and 1,100-ft cumulative elevation loss

Begin today on the White Summit, or Ponta em Branco, named for the color of its sediment. Here, marvel at one of Alentejo's most spectacular views: Odeceixe Beach, or Praia de Odeceixe, against the backdrop of Mount Fóia, part of the Serra de Monchique range. The scenic Seixe stream marks the border between Alentejo and the Algarve. Then continue walking the cliffside Fishermen's Trail, passing pristine gold-sand beaches below, many of them only accessible via hanging ropes used by locals to gather shellfish. You'll have a choice of three walks today, from longest to shortest, with each starting point marked below.

Begin the longest option from Praia de Odeceixe, following the pathway into the domain of the Egyptian mongoose, weasel, badger, and other nocturnal mammals. The schist and greywacke of the cliffs was formed by sand, clay, and ash compressed at the bottom of an ancient ocean over millennia. Stop at Azenha do Mar (the starting point for today's medium-length walk). This natural fishing harbor is an idyllic spot to pause for a cold drink at an outdoor restaurant. As you continue, you might spot an endemic rabbit species; all rabbits are said to have descended from this local type. As the preferred prey of carnivores, it is critical to the balance of nature along the coast. You may stop to swim at Praia da Amália (starting point for the day's shortest route). This beautiful beach was named for the house perched above that was built by a beloved fado singer, Amália Rodrigues.

Today's walk is more undulating, with many ascents and descents from and to beaches of unimaginable beauty. Follow packed-dirt trails through pine, evergreen, oak, and eucalyptus forest and deep-sand paths through heath landscapes that hug the shore. Watch for stork nests along the cliffs of Praia dos Machados and surfers at Praia do Carvalhal. Finally, follow the signpost down a

staircase to Praia dos Alteirinhos to lie in the sand and soothe your feet in cool, refreshing waters. End the day's invigorating walk in the sleepy seaside village of Zambujeira do Mar, where small shops and cafés beckon. Linger here as long as you'd like before returning to your hotel for dinner.

Herdade do Touril, Zambujeira do Mar



DAY 7

Transfer to Lisbon. Guided walking tour of Lisbon; 3–5 miles, easy. Farewell fado show

A taxi takes you to Lisbon this morning, about 2.5 hours away. Your hotel is in the heart of the city, nestled within the walls of St. George's Castle among the steep streets and narrow warrens of the historic *bairro* of Castelo. More than any other Portuguese city, Lisbon carries the stamp of its Moorish past in the neighboring *bairro* of Alfama, from its narrow twisting alleyways climbing steep hills to the imposing fortress perched above it all like a crown. After the Moors were expelled from Portugal in 1147, King Afonso Henriques built his palace on the castle's grounds. It remained a royal residence for 350 years until King Manuel I moved his court to the waterfront, likely to closely supervise the growth of Portugal's overseas empire during his reign.

After lunch on your own, meet your local guide back at the castle for a private walking tour. Stroll downhill to a lookout point to admire the sweep of tiled roofs that add a distinct character and charm to the Old City. Cross the Tagus River into the Alfama's delightful maze of atmospheric and moody streets. Walk past the impressive Sé Cathedral, the Santo António Church, and the city's numerous and famous fado bars and restaurants. Your walk continues into the modern district and the Praça do Comércio, the city's main plaza facing the Tagus and long known as the Gateway to Lisbon and Portugal. With its wide-open space opening to the river and long arched arcades, it might remind you of St. Mark's Square in Venice. You may linger here as your tour draws to a close, or wander the splendid tree-lined Avenida da Liberdade.

This evening, participate in a cherished Portuguese tradition: a fado show with dinner. You will head to the Clube de Fado in the heart of Alfama to indulge in



fine Portuguese traditional cuisine, the strains of a traditional 12-stringed guitar and the sultry voices of the city's best fado singers, or *fadistas*. Traditional fado conveys mourning and longing, or *saudade*, a feeling of loss often associated with the sea or the struggles of the poor. Its origins may stretch back centuries, though its history can only be traced to the 1820s. During your meal, fado

etiquette dictates that you refrain from eating and talking during a performance. Sipping your wine, naturally, is encouraged. At Clube de Fado, owned by renowned fado guitarist Mario Pacheco, each performance lasts about 15 minutes, followed by a 15-minute break, making for a perfectly paced experience. It's the ideal way to bid farewell to Portugal!

Solar do Castelo, Lisbon

The Solar do Castelo enjoys one of the most unique settings of any hotel in Lisbon. Situated within the walls of St. George's Castle at the peak of the historic Castelo district, it occupies a small 18th-century mansion of the former Alcaçova Palace. Its inner courtyard is graced with a fountain and garden, making you feel far removed from a major city. Yet when you'd like to explore, it's just a 10-minute walk to the Sé Cathedral or the Praça do Comércio. Elegant furnishings were inspired by the medieval period and its cozy lounge and library invite complete relaxation after a day of exploring. Your room features modern and classic décor and all the amenities you'll require for a comfortable stay.

DAY 8

Departure from Lisbon

After breakfast, you may depart at your leisure. But we recommend spending an additional day or two in this historic and endlessly fascinating city (see page 24 for information on our optional full-day guided extension to Sintra and the Pena Palace).

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.

Itinerary Overview

PLEASE NOTE: your detailed Route Notes will be mailed to you approximately one month prior to your departure. While these Route Notes may list a number of accommodation options, your specific accommodations are listed below. Please make sure to bring this Itinerary Overview with you.

STARTING POINT

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

Based upon individual arrival times

NIGHTS 1 & 2

Pousada de Marvão

Rua 24 de Janeiro, 7
7330-122 Marvão, Portugal
Tel 011 351 245 993 201
Email recepcao.stamaria@pestana.com
pousadas.pt/en/hotel/pousada-marvao
Wireless Internet, hair dryers, and laundry service available.

NIGHTS 3 & 4

Pousada Convento de Évora

Largo Conde Vila Flor
7000-804 Évora, Portugal
Tel 011 351 266 730 070
Email recepcao.loios@pestana.com
pousadas.pt/en/hotel/pousada-evora
Wireless Internet, hair dryers, and laundry service available.

NIGHTS 5 & 6

Herdade do Touril

7630-734 Zambujeira do Mar, Portugal
Tel 011 351 283 950 080
Mobile 011 351 937 811 627
Email reservas@touril.pt
herdadedotouril.com
Wireless Internet and hair dryers available. Laundry service unavailable.

NIGHT 7

Solar do Castelo

Rua das Cozinhas, 2 (ao Castelo de São Jorge)

1100-181 Lisbon, Portugal

Tel 011 351 218 806 050

Email solar.castelo@heritage.pt

solarcastelo.com

Wireless Internet, hair dryers, and laundry service available.

ENDING POINT

Solar do Castelo, Lisbon, Portugal

At leisure after breakfast

Tour Facts at a Glance

The following Tour Facts at a Glance pertain to the *Portugal: Lisbon & Undiscovered Alentejo* tour only. Please see page 24 for additional details regarding the *Sintra & Pena Palace Optional Post-Tour Extension*.

TOUR LENGTH

8 days, 7 nights

DEPARTURES

This tour is available on-request starting any day of the week except Friday*, from March 1 through June 30 and September 15 through November 15, 2017 (*due to the closure of the Arraiolos Tapestry Interpretive Center on Mondays). 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 Lisbon to Marvão 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

2017 departures	Per person 2 guests	Per person 3-4 guests	Per person 5+ guests	Single +	Solo Surcharge
Mar 1–Jun 30 & Sep 15–Nov 15	\$3,798	\$3,598	\$3398	\$895	\$760

STARTING POINT

Lisbon (airport, train station, or city hotel), Portugal
Based upon individual arrival times

ENDING POINT

Solar do Castelo, Lisbon, Portugal
At leisure after breakfast

ACTIVITY LEVEL

This tour is one of our Self-Guided Walking Adventures, rated easy to moderate, with an average of 5–8 miles of walking per day; shorter and longer options are offered on Day 6 only. This itinerary also includes informative walks with local guides in both Évora and Lisbon. Throughout this tour, cumulative elevation gains are up to 1,350 feet and cumulative elevation losses are up to 1,300 feet. The first portion of the tour is in the Serra de São Mamede Natural Park. Walks here follow a variety of terrain—over uneven medieval cobbled paths, packed-earth, gravel, or grassy single tracks, and country roads—through a gently rolling landscape graced with enormous granite boulders, ancient stone walls, chestnut groves, and beautiful *montados*, or cork oak woodlands. Footing in many places includes loose stones and may require attention, particularly when wet. Following an interlude in medieval Évora, a UNESCO World Heritage site, the second portion of the tour follows the coastal Rota Vicentina over gently undulating terrain. Walks here follow both packed-earth and deep-sand single tracks through small sections of pine, evergreen, oak, and eucalyptus forest and along high dramatic cliffs, which may challenge those with vertigo. These walks have little coverage from the sun, which, depending upon the temperature, can increase the rigor of this tour. This diverse and rewarding itinerary leads you through some of Portugal's most scenic corners, from the undulating slopes and hilltop stone villages and castles of Alto Alentejo to the seaside cliffs and fishing villages of Baixo Alentejo. Your tour concludes with a guided walk up and down the hilly streets of Lisbon. Reaching these locations requires transfers of 2–3 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, four lunches (days 2, 4, 5, and 6), and four dinners (days 1, 5, 6, and 7); beverages not included
- » One wine tasting (day 4)
- » Guided walking tour of Évora, including entrance to the Termas Romanas (Roman baths), Sé Cathedral, Igreja de São Francisco (Church of St. Francis), and Capela dos Ossos (Chapel of Bones), followed by a guided visit of the Arraiolos Tapestry Interpretive Center and Almendres Cromlech (day 4)
- » Guided walking tour of Lisbon (day 7)
- » All accommodations while on tour
- » Local transfers as noted in the itinerary
- » Orientation meeting with a Country Walkers representative
- » Luggage transfers between the hotels
- » Detailed Route Notes (mailed to you approximately one month prior to your departure), a handheld GPS unit and maps (provided at your orientation meeting)
- » 24-hour tour-related support provided by Country Walkers' local partner
- » 24-hour One Call International Emergency Hotline and Travel Assistance
- » The unbeatable and cumulative experience of the Country Walkers staff

LET THE JOURNEY BEGIN

Prior to your adventure you will be asked to sign a Participation Agreement and you will receive:

- » A Guest Information Form to complete and return at least 45 days prior to your tour
- » Luggage tags
- » Route Notes and maps
- » Your trip invoice

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. 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

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

Based upon individual arrival times

Upon arrival, a local representative will meet you at either the Lisbon Airport, any of Lisbon's train stations, or a Lisbon city hotel and transfer you just under three hours to the village of Marvão in the heart of the Serra de São Mamede Natural Park, where you will spend the first two nights of your tour.

Upon arrival at your first hotel in Marvão, our local Rep will provide an orientation meeting to ensure you are comfortably settled and answer any questions you may have. Your maps will also be provided at this time.

In order to arrange your arrival transfer and orientation meeting, please provide us with your arrival and departure details by returning your Guest Information Form at least 45 days prior to departure.

Please note that the tour price includes one arrival transfer from Lisbon to Marvão 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

Lisbon Humberto Delgado Airport (LIS; also known as Lisbon Airport or Lisbon Portela Airport), Portugal

aeroportolisboa.pt

GETTING TO THE STARTING POINT

By Air: TAP Portugal (**flytap.com**), Portugal's national airline, operates regular, direct scheduled flights between Lisbon Airport and numerous cities worldwide. From the U.S., direct routes are offered on TAP Portugal from Boston, Miami, Newark, and New York (JFK). United (**united.com**) also offers direct flights from both Newark and Washington, D.C. (IAD). Numerous other airlines offer flights with one or more stopovers on the way.

If spending pre-tour time in Lisbon, 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 Lisbon Airport to the city center takes

approximately 20 minutes and costs approximately 20 euros. Make sure the meter is turned on at the beginning of the journey and always ask for a receipt.

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

By Rail: Lisbon is serviced by several train stations including:

- » *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.
- » *Rossio Train Station (Estação do Rossio):* the city's most central station (located downtown right between Rossio and Restauradores squares) serves the city's suburbs and is the departure point for a daytrip to Sintra.
- » *Cais do Sodré (Estação do Cais do Sodre):* a major bus, metro, train, and ferry terminal. This is where trains depart to Cascais and Estoril, and trams pass by on their way to Belem. The ferries link to Cacilhas across the river (a 10-minute journey worth taking for views of the city's skyline from the Tagus), where buses depart to towns south of the capital such as Setubal and Sesimbra, and bus 101 takes visitors to the Monument to Christ.

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.

If traveling between Porto and Lisbon 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 train services stop at the Oriente Train Station and most (but not all) stop at the Santa Apolonia Train Station.

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 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.

PRE-TOUR ACCOMMODATIONS

Although it is possible (depending on your point of origin) to arrive in Lisbon the day your tour begins, you may wish to arrive a day early to recover from jet lag and feel more refreshed. For hotel and restaurant suggestions, please visit visitlisboa.com.

ENDING POINT

Solar do Castelo, Lisbon, 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 12:00 p.m. The hotel staff can assist with any taxi transfers you may require.

MOST CONVENIENT AIRPORT

Lisbon Humberto Delgado Airport (LIS; also known as Lisbon Airport or Lisbon Portela Airport), Portugal

aeroportolisboa.pt

LEAVING THE TOUR

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

POST-TOUR ACCOMMODATIONS

There is a multitude of hotels to choose from; however, you may wish to stay at Solar do Castelo where you spend the final night of the tour. Country Walkers would be happy 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. Please call for current rates.

Sintra & Pena Palace Optional Post-Tour Extension

Sintra and its fairytale Pena Palace are just a short train ride from Lisbon, so if your schedule allows after your Self-Guided Walking Adventure, we invite you to spend the day discovering this little corner of Portugal. Set among wooded ravines and bubbling springs, Sintra was a favored summer retreat of Portuguese royalty. Today, the UNESCO World Heritage site is known not only for its historic architecture, but for its many alluring walking trails.

DAY 1

Train journey to Sintra. Walk to the Pena Palace

If you choose to explore more after you've checked out of your final hotel, join our full-day guided extension to Sintra and the Pena Palace. You will travel by train to Sintra, then meet your guide upon arrival. From the station, walk through the colorful Liberdade Garden and past the Santa Maria Church, following the trail that skirts the walls of the Moorish Castle. In total, you'll walk about 1.5 hours before reaching the Pena Palace, regally perched atop a scenic hill as if torn from a storybook. There'll be time to explore inside on your own. You can rejoin your guide for a hike in the surrounding park, a vast hillside forest with trees from around the world and many spots to pause for a lovely picnic lunch. If you wish, step into the fairytale Chalet of Countess Edla (at your own expense). Later, follow the Sasseti Trail down to Sintra, a delightful patchwork of narrow streets lined with cafes. Linger here as long as you'd like before returning to the station for your train back to Lisbon.

Solar do Castelo, Lisbon

DAY 2

Departure from Lisbon

After breakfast, you may depart at your leisure.

2 days, 1 night / per person price based on double occupancy: 2-4 guests: \$398, 5+ guests: \$298 (Single +\$170; Solo Surcharge for parties of 1 +\$195) / one breakfast and one lunch; full-day guide; round-trip train tickets to Sintra; and one night's accommodation included

Information & Policies

GUARANTEED DEPARTURES

Country Walkers guarantees the departure of every tour*—no exceptions and no disappointments! From the moment you make your deposit, 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 today!

**except in cases of force majeure*

RESERVATIONS

Reservations for this tour may be made by calling Country Walkers at 800.464.9255. A \$350 per person deposit is required at the time of the reservation request. Final tour cost is due 90 days prior to tour departure date. As arrangements are confirmed at least a year in advance, the tour price is subject to change.

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.

CANCELLATION POLICY

Cancellations received 91 days or more prior to the tour start date will incur a loss of \$150; cancellations received between 90 and 61 days prior to the tour start date incur a loss of 25 percent of the tour price; there are no refunds within 60 days of the tour start date. Up to 91 days prior to departure, you may transfer your reservation, depending on availability, from one departure to another in the same calendar year at no cost*. Please notify us in writing. 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.

**One transfer per year; afterwards a modest per person transfer fee will apply. Please note that tours with seasonal prices may involve a higher price.*

TRAVEL INSURANCE

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

TRAVEL ARRANGEMENTS

Air or other travel arrangements to and from your tour are not included in the price of your trip. We encourage you to contact your local travel agent, or Better Travel, a Vermont-based agency (800.331.6996 or bettertravel@madriver.com), for any additional air, hotel, rail, or transfer arrangements you may need.