

PORTUGAL: LISBON & UNDISCOVERED ALENTEJO

Guest Handbook

A Self-Guided Walking Adventure





Table of Contents

Daily Itinerary	4
Tour Facts at a Glance	13
Traveling To and From Your Tour	17
Sintra & Pena Palace Optional Post-Tour Extension	21
Information & Policies	23
Portugal & Madeira at a Glance	27
Packing List	34

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. Orientation meeting upon arrival to your hotel

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.



Overnight in Marvão

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.

Overnight in 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.

Overnight in Évora

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 dyeing 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.

Overnight in Évora

DAY 5

Transfer to Cabo Sardão. SW Alentejo and Vicentine Coast Natural Park: Rota Vicentina from Cabo Sardão to Herdade de Touril* or Porto das Barcas* (*depending on hotel location); 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.

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 before arriving at your next hotel where dinner is served on site.



Overnight in Zambujeira do Mar or Odeceixe

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.

Overnight in Zambujeira do Mar or Odeceixe

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. After lunch on your own, meet your local guide 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 *bairro* of Alfama's delightful Moorish 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!



Overnight in Lisbon

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 21 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 at countrywalkers.com/sustainable-travel.

Tour Facts at a Glance

The following Tour Facts at a Glance pertain to the *Portugal: Lisbon & Undiscovered Alentejo* tour only. Please see page 21 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, 2019 (*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

2019 departures	Per person 2 guests	Per person 3-4 guests	Per person 5+ guests	Single +	Solo Surcharge
Mar 1–Mar 31 & Nov 1–Nov 15	\$4,048	\$3,898	\$3,798	\$940	\$780
Apr 1–Jun 30 & Sep 15–Oct 31	\$4,248	\$4,098	\$3,998	\$940	\$780

STARTING POINT

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

Based upon individual arrival times

ENDING POINT

Lisbon, Portugal (night 7 hotel)

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
- » 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

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

Based upon individual arrival times

Upon arrival, a local representative (typically Fernanda Gonçalves; otherwise a partner of hers) will meet you at either the Lisbon Airport, any of Lisbon's train stations (in the Arrivals Hall, holding a sign with your name and/or Country Walkers on it), 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 and a handheld GPS unit 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 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 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 aeroportolisboa.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.

ENDING POINT

Lisbon, Portugal (night 7 hotel)

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.

PRE- AND POST-TOUR ACCOMMODATIONS

There is a multitude of hotels to choose from in Lisbon; 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. Please call for current rates. For other hotel and restaurant suggestions in Lisbon, please see **visitlisboa.com**.

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, 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 Sassetti 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.

Overnight in 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: \$505, 5+ guests: \$405 (Single +\$180; Solo Surcharge for parties of 1 +\$210) / 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*, 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.

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



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.

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

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.

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.

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.

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 68–75 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.

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 creamy sheep's cheeses like *Queijo da Serra* (from Serra da Estrela), *Nisa*, and *Serpa*, 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 the 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.

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.

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.

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 *Mahvasia* 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.

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 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).

TRAVEL RESOURCES

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.

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.

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.

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.

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 5-8 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.