

## A Walking and Eating Holiday along the Wild West Coast of Portugal

Across rocky headlands, along expansive bays and through fishing villages, unchanged by time.



### Highlights

- Explore the Fishermen's Trail for six days, immersing your senses in the wild beauty of Portugal's west coast.
- Discover diverse flora, birdlife, and geological marvels guided by experts who share the secrets of the region.
- Indulge in a culinary journey, savouring pastries, local seafood, and the best of Portuguese cuisine.
- Enjoy a personalized adventure with a small group size, capped at eight participants for a more intimate experience.
- Leave the logistics to us – from seamless transfers to exquisite dining experiences, every detail is handled for a stress-free, unique journey.



## The Route

Day	Start	End	→	↑	↓	Hrs	
1	Meeting point Lisbon airport & travel to Porto Covo	Monte Bem Posto	-	-	-	-	
2	Porto Covo		12km	74m	74m	4	
3	Monte Bem Posto	Vila Nova de Milfontes	16km	70m	80m	5	
4	Vila Nova de Milfontes	Almogrove	16km	205m	190m	4	
5	Almogrove	Zambujeira do Mar	23km	300m	275m	7	
6	Zambujeira do Mar	Odeceixe	19km	400m	425m	6	
7	Odeceixe	Odeceixe	14km	130m	130m	4	
8	Departure: Return transfer to Lisbon						

*"The path is the goal"*

As always our goal is to appreciate all the little things along our routes- scenery, culture and the magic of the great outdoors. We will take time out along our journey to rest, dip our toes in the Atlantic and sample the local catch and cakes along our route.

### Activity level requirements

Previous hiking experience, steady footing & a head for heights, fitness for walking 5- 7 hours on mixed terrain (rocky, sandy and short sections of exposed trails)



### Accommodation

Accommodation along this route has been selected for its character and traditional atmosphere. We mainly are in private guest houses or hotels – in **twin** rooms, most with private bathrooms. Single rooms are bookable for a surcharge and according to availability. (Due to the small nature of the guest houses in this region, this might mean staying in a different accommodation close-by). Rooms will be allocated on a single-sex basis. Bedding and towels are provided everywhere saving us space and weight in our rucksacks. Breakfast is provided at all accommodations.



**Cost**  
€1550/person  
Earlybird  
€1495\*

\*valid on bookings before 01.01.2024

### Confirmation and payment:

- Via website booking form
- Booking confirmation, certificate of bond insurance and payment information will be sent on upon registration.

### Included:

- ✓ 6 days personalised guided hike with German and English-speaking hiking and travel guide
- ✓ 7 nights lodging in private guest houses/ hotels- twin rooms including bedding and towels
- ✓ 3 x fabulous evening meals (2 x 3 course at accommodation, 1 x 4 course at Michelin \* restaurant)
- ✓ 7 x breakfast
- ✓ All transfers within tour – private transfers and taxis
- ✓ Luggage transfer from start point to end point (for any luggage not needed during hike)
- ✓ Pre-tour information package (including local information, packing & travel guide)
- ✓ Pre-tour preparation webinar (1 month before)
- ✓ Special 4elements' trek souvenir
- ✓ Tour photo album

### Not included (please ask if you need any advice):

- Snacks, lunches, 4 dinners (We will mainly have picnic lunches along the route)
- Drinks
- Personal insurance (travel insurance and personal accident insurance)



### Travel

Our meeting point is Arrivals at Lisbon airport on Saturday 19<sup>th</sup> October. We will meet approx. 14:30 and take a direct transfer (approx. 2hrs) to the west coast and our first accommodation.

**Flights:** Flights are **not** included in the tour price. We recommend the following airlines from Munich: TAP & Lufthansa.

We recommend booking directly with the airline.

### Getting in and out of Central Lisbon

Central Lisbon is easily accessible by public bus or metro. It will take approx. 30 mins and cost €1.60 (2023). We will provide detailed information in the final joining instructions.



### Your guide, Ceri Temple

A British/German outdoor enthusiast who has spent years working and playing in Bavaria, the Alps and Northern Italy. A hiking guide and International Mountain Leader, Ceri has a passion for long-distance hiking and the balance being in nature brings to well-being in everyday life – elements of mindfulness and appreciation of the natural world flow through her events. Ceri looks forward to exploring this fascinating route and region with you.

