

Adventure in Portugal! Lisbon and Algarve 12 days!

Join me to Experience Portugal! Keep Active, Hiking in Nature, Stretch daily with Yoga, Learn about the Culture and History, while enjoying the Amazing Food and Wine of Portugal!

PROGRAM:

21st April - Departure from Toronto to Lisbon

22nd April - Arrival in Lisbon

Airport Transfer to your Hotel
Hotel Check-in/4 Night Stay with Breakfast
Rest of day at Leisure

23rd April - Lisbon Tour

In this tour we will get to know Lisbon's history, culture and cuisine by visit its monuments, and wandering in its typical districts. After the tour we will have dinner in a Fado house where you can breathe Portuguese's most genuine culture.

Program:

- Santa Justa Viewpoint
- Coffee in Brasileira
- Tram 28 ride "A tour through Old Lisbon"
- Typical Lunch
- Visit to "Castelo de São Jorge"
- Visit to "Sé de Lisboa"
- Santa Luzia Viewpoint
- Visit to Lisbon's typical district of Alfama
- Dinner in Fado House "Boteca da Fá"

24th April – Arrábida Tour

This time we will know one of the most beautiful natural spaces of Mediterranean influence: "Serra da Arrábida". In this pedestrian walk, we will visit an ancient monastery and a peculiar place called "Lapa da Gruta de Santa Margarida", an ancient chapel inside a cave, near the sea. Another point of interest is a small beach from this protect region where we will stop to have a picnic.

A centenary winery will welcome us later for a guided tour to the farm and wineries. In the end, there will be a fantastic tasting experience with the famous muscatel wine and regional pastry "tortas de azeitão".

Program:

- Pedestrian Walk in Arrábida (6km)
 - Visit to Arrábida Monastery
 - Visit to "Lapa de Santa Margarida"
 - Visit to Alpertuche beach
- Visit to "Quinta José Maria Fonseca"

25th April – Sintra Tour

We start this tour with a visit to Piriqueta, an old cheesecake factory and imperative stopping place in Sintra where you can taste the delicious Sintra “queijadas” and “travesseiros”. Then we will continue the visit to this world heritage village and we will know two of its most famous monuments. The tour ends at the western-most point of Europe “Cabo da Roca”.

Program:

- Visit to Piriqueta
- Visit to “Quinta da Regaleira”
- Lunch – Taverna dos Trovadores
- Visit to “Palácio da Pena”
- Visit to Cabo da Roca

26th April – Arrival in Algarve

Transfer Lisbon - Algarve

Check-in in Hotel

Day at leisure to explore the area or relax on the beach!

27th April – Wine Tasting Route

Come with us in a trip of discovery of Algarve wines. You will know three wine producers from Lagoa and Silves. The grape varieties and the methods used vary; however, all of them create wines with great quality.

In each of the farms takes place a guided tour with an explanation of the wine making process and a wine tasting. Lunch is in a typical restaurant in the old capital of the Algarve, Silves, where you can enjoy its historical heritage and its people.

28th April – Trekking in Vicentine Coast + Yoga

In this walk, we will visit two wonderful beaches of Vicentine Coast. In Amoreira beach, despite the harsh conditions, there is a strong endemic flora occupation. The mouth of the Aljezur river is a paradise for birdwatching lovers. Carriagem beach, during low tide, is a good place to observe the peculiar coastal geology.

This tour ends with an outdoor Yoga practice with **Mona Leedale** surrounded by nature in Amoreira Beach.

Distance: 7 km

Duration: 3h30m

Type of path: circular

Difficulty: easy

29th April – Algar Seco + 7 Hanging Valleys Hike

The route begins in the village of Carvoeiro where we will know a little of its history. Always following along the coast, we will go to Marinha beach. Over millions of years, the sea has carved the limestone rocks that make up this coast, giving rise to curious rock formations such as sinkholes, stacks, caves, arches and other rock recesses. Discover secluded beaches only accessible by sea and unique habitats for marine and terrestrial life. Seven rivers that culminate at sea give rise to the seven hanging valleys. This route ends in Marinha beach, where you can enjoy a magnificent view.

Distance: 8,5 km

Duration: 3h

Level of difficulty: medium

Type of path: linear

30th April – Tour Road N268

In this tour we will take you to know these natural park magical places: fisherman villages, unique beaches, unspoiled natural landscapes, historic towns, culture, heritage and cuisine.

Program:

- Cape Saint Vincent
- Amado beach + visit to Islamic fishermen's settlement
- Bordeira Beach + Pontal da Carrapateira
- Lunch in "Museu da Batata-doce" – Rogil
- Odeceixe beach
- Azenha do Mar
- Zambujeira do Mar
- Sardão Cape

1st May – Costa D'Oiro Cliffs Hike

This pedestrian path runs along the cliffs of Lagos, in a scenario of geological formations and caves famous for their beauty. It is obligatory to stop to admire the magnificent view at Ponta da Piedade, considered the most beautiful place of the Algarve coast. The ocher tones that contrast with the blue-green sea give a special note to this natural landscape.

When we arrive to Lagos, we will make a small circuit in the historical center.

Distance: 13 km

Duration: 4h

Level of difficulty: medium

Type of path: linear

2nd May – Day at Leisure and Farewell Lunch or Dinner

3rd May – Transfer to Lisbon for your Flight Home!

Cost per person:

LAND ONLY: \$2695 Deposit: \$1500. Final Payment due Feb. 28, 2019

(Airfare to be booked at time of deposit)

Prices Subject to change until group is confirmed

Based on 7 passengers

Double Room/Lisbon City Center

Double or Triple Share Fully Equipped Apartments Algarve, Sea View/Beach front.

One Bedroom Apt. Dbl share/Two Bedroom, 2 bathroom Apt. Triple Share

Price Includes:

Transfers : Arrival and Departure to and from Lisbon Airport

Transfer from Lisbon to the Algarve

Double Share Accommodation for 11 Nights/ 4 Star Hotels: Lisbon City Center

4 Nights/Algarve Beach Stay 7 Nights!

English Speaking Tour Guide/ Driver for all Tours

4 Breakfasts/ Lisbon

3 Lunches/Sintra/Silves/Rogil

2 Dinners/Lisbon Welcome Dinner/Algarve Farewell dinner or lunch

Tours as per Program

Tour Leader Mona Leedale

Not Included:

International Airfare: Toronto to Lisbon/Lisbon to Toronto

Meals not mentioned above

Gratuities to hotel staff, driver and guide

Insurance: Must have Medical Insurance

Personal Expenses