

Monte da Vilarinha – the simplicity of rural Portugal

FROM €2,250 PER COUPLE

As our guide would put it this is more than a simple walk, it is an experience. The south west Alentejo and Vincentine Coast Natural Park was created in 1995 stretching for 110km along the south western coast line of Portugal. Our guide will tell you the story of the natural landscape as over 4 days you walk through a sequence of landscapes from gentle hills and pine groves, valleys and gorges, and footpaths leading to the wild beaches of the Atlantic and the cliffs that confront it.

ITINERARY

DAY 1

- Lisbon to Carrapateira.
- Accommodation at Monte da Vilarinha.
- Dinner at Monte da Vilarinha.

DAY 2

- Guided walk finding, recognising and collecting wild edible mushrooms and learning how to preserve and cook the mushrooms.
- Dinner with transport at Sítio do Forno.
- Accommodation Monte da Vilarinha.

DAY 3

- Guided walk on the shellfish trail collecting shellfish and learning how to cook shellfish.
- Dinner with transport to nearby restaurant.
- Accommodation Monte da Vilarinha.

DAY 4

- Morning guided tour to Aljezur.
- Cooking workshop.
- Dinner you cook yourself.
- Accommodation Monte da Vilarinha.



DAY 5

- Hiking experience Trail of the Fisherman (14km).
- Dinner at Monte da Vilarinha.
- Accommodation Monte da Vilarinha.

DAY 6

- Hiking experience Trail of the Villages (12km).
- Dinner at Monte da Vilarinha.
- Accommodation Monte da Vilarinha.

DAY 7

- Walking trip in Sagres followed by guided tour of Lagos.
- Dinner at Praia Arrafina.
- Accommodation Monte da Vilarinha.

DAY 8

- Depart for your next CoolPortugal experience.

INCLUSIONS

- Dinner with transport to Sítio do Rio (excluding beverages)
- Dinner with transport to nearby restaurant (excluding beverages)



- All breakfasts
- 2 one hour massages per person
- Guided walks on Days 2,3,5 and 6
- Guided trip to Aljezur
- Guided walk Sagres
- Guided tour to Lagos
- Transport for all guided tours
- Cooking workshop
- All accommodation in Monte da Vilarinha in either Casa Forno or Casa Ribeira room (seven nights)
- Transport from Lisbon to Monte da Vilarinha and return
- Four dinners at Monte da Vilarinha including wine
- Dinner at Praia da Arrafina (excluding beverages)

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