

Walk the Rota Vincentina – life in the Alentejo

FROM €3,250 PER COUPLE

The Rota Vincentina is a long distance path along the Alentejo Coast of Portugal. The Alentejo Coast stretches from the southern banks of the mighty Tejo River to the northern mountains of the Algarve. A land of myth; of mystery. More Moorish than Portuguese according to the Huffington Post. The Rota Vincentina comprises two routes the Historical Way and the Fishermans Trail. The Historical Way runs through the main towns and villages of south west Portugal. The Fishermans Trail is comprised of four sections in the Alentejo and five complementary circuits in the Algarve totalling 120km. It is a single track along the cliffs which can only be travelled by foot and is more demanding from a physical point of view.

Take yourself on a walk which can be as short as you like or as long as you like. Our Fishermans Trail journey gives you 70km of walking over 5 days followed by 3 days of rest and pampering near the village of Monchique, one of the spa areas of Portugal.

The Fishermans Trail brings you amazing scenery with the sea and mighty cliffs as your travelling companions. You will come across some of the most beautiful mystical beaches in Portugal. Twenty species of birds nests in the cliffs along this coastline. You will see sea otters in their natural habitat. In spring the colours and smells of over 750 species of plants and flowers will confront you.

ITINERARY

DAY 1

- Lisbon to Portocovo.



- Walk Portocovo to Vila Nova de Milfontes (20km).
- Accommodation at Três Marias.
- Dinner at Três Marias.

DAY 2

- Vila Nova de Milfontes to Almogrove (15km).
- Accommodation at Três Marias.
- Dinner at Três Marias.

DAY 3

- Almogrove to Herdade do Touril (18 km).
- Dinner Herdade do Touril.
- Accommodation Herdade do Touril.

DAY 4

- Day trip to Aljezur and beaches.
- Dinner Herdade do Touril.
- Accommodation Herdade do Touril.

DAY 5

- Relax at Herdade do Touril.
- Enjoy a bike ride, a boat trip, fishing or scuba diving.
- Or enjoy a massage.
- All arranged by your hosts.



- Dinner at Herdade do Touril.

DAY 6

- Herdade do Touril to Odeceixe (22 km)
- Transport to Monchique.
- Accommodation Vila Foia.
- Studio room.

DAY 7

- Spa treatment at Vila Foia.
- Rest of day at leisure.

DAY 8

- Massage or other spa treatment at Vila Foia.
- Day trip to Portimão, Lagos and Sagres.

DAY 9

- Depart for your next CoolPortugal experience.

INCLUSIONS

- Two nights accommodation and breakfast Trés Marias
- Two dinners at Trés Marias (excluding beverages and subject to minimum numbers)
- Two dinners at a local restaurant if meals not available at Trés Marias (but excluding beverages)
- Three nights accommodation and breakfast Herdade do Touril
- Three dinners with wine at Herdade do Touril
- Choice of one activity per person on Day 5 at Herdade do Touril
- Three nights accommodation and breakfast Vila Foia in a studio
- Four days of guided walks (Days 1,2,3, and 6)
- Packed lunch and drinks for walk days
- Transport to and from drop off and pick up points for walks
- Transport Lisbon to Porto Covo (Day 1)
- Transport Monchique to Lisbon (Day 9)
- Transport of luggage from Trés Marias to Herdade do Touril
- Transport from Herdade do Touril to Vila Foia
- Transport to and from Aljezur and beaches
- Two massages or spa treatments per person at Vila Foia
- Guided tour Portimão, Lagos and Sagres including packed lunch


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