Hiking Portugal's Historic Villages

8 Days

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL
## Hiking Portugal's Historic Villages

The Iberian Peninsula’s best-kept secret, Portugal’s countryside is dotted with medieval castles and hilltop villages — a land characterized by old-world charm welcoming people. On this immersive journey, travel from one picturesque village to another, learning about Portugal’s people, culture, and rich history. Hear tales of Roman rule and successive invasions by Visigoths and Moors and take in the haunting sounds of fado singers on a walking tour of Lisbon’s old quarter. Feel the soul of old Portugal as expert local guides bring the past and present to life.

### Details

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<tbody>
<tr>
<td><strong>Arrive:</strong></td>
<td>Lisbon, Portugal</td>
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<td><strong>Depart:</strong></td>
<td>Lisbon, Portugal</td>
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<tr>
<td><strong>Duration:</strong></td>
<td>8 Days</td>
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<tr>
<td><strong>Group Size:</strong></td>
<td>4-16 Guests</td>
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<td><strong>Minimum Age:</strong></td>
<td>16 Years Old</td>
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<td><strong>Activity Level:</strong></td>
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### Testimonials

“This was an awesome trip. The itinerary was fantastic and the duration was perfect. The guides were welcoming, flexible, encouraging, and delivered an experience that will never be forgotten.”

Pamela K.

"All I can say is WOW. MT Sobek you have done it again. The trip to Portugal was above and beyond what I could ever hope for. The meals and hotels were excellent and the hiking was amazing.”

Todd J.
Why Take This Trip With Us?

REASON #01
This popular and unique MT Sobek journey follows an age-old route through Portugal’s most historic villages.

REASON #02
Expert guides lead you from one picture-perfect village to the next, providing insight into Portugal’s people, culture, heritage and rich history.

REASON #03
This memorable MT Sobek journey is bookended with a walking tour of Portugal’s capital, Lisbon, and a fado dinner show.

What to Expect

ACTIVITIES
Guided village-to-village hikes through gorgeous scenery and walking tours that take in the villages as well as the highlights of Lisbon.

LODGING
Boutique hotels exuding historical charm, restored palace hideaways, mountain resorts, and modern city hotels, all featuring upscale amenities.

CLIMATE
Portugal boasts a warm, Mediterranean climate, with dry summers. There is often a sea-breeze that helps to keep the summer months bearable.

Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips’ success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Carla’s love of the outdoors was sparked by traveling around Portugal with friends and family as a child. While studying at Universidade Nova de Lisboa, she became an avid hiker and kayaker in Portugal and around the globe. As the years passed, her regular job as an engineer didn’t fulfill her passion for adventure. She followed a normal path of a “travel junkie” and quit her regular job in 2013, bought a one way ticket to Kathmandu and spent the following two years in Asia, exploring the continent. Now, she is happy to be able to share her passion for Portugal’s beautiful outdoors with others.

Carla Henriques

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1.888.831.7526  INFO@MTSOBEK.COM
Itinerary

DAY 1 ARRIVE IN LISBON

Arrive at Lisbon Portela Airport in the morning and meet your MT Sobek representative, who will transfer you to the hotel. Enjoy some time to check in and freshen up before lunch, then take a walking tour through the old town of Lisbon, and the Mouraria and Alfama neighborhoods. Finish the first day with a festive welcome dinner at a local restaurant.

Meals: L, D

DAY 2 JOURNEY TO SALVATERRA DO EXTREMO & HIKE TO MONFORTINHO

After a hearty breakfast, begin the journey inland to the small village of Salvaterra do Extremo, near the border of Spain, to begin today’s hike on varied terrain along an ancient Roman road. Stroll around this charming place, a former stronghold used by the Romans and the Arabs, seeing traditional homes made of shale, the House of Sardoes (lizards), a moon-shaped well, the bell tower of Casa da Camara (complete with storks in the belfry!), and the cylindrical granite stiles. Continue on to Monfortinho, home for the next two nights.

Activity: 4 hours/7.5 miles hiking with 954’ elevation gain & 990’ elevation loss

Meals: B, L, D

DAY 3 HIKE TO THE VILLAGES OF IDANHA-A-VELHA, MONSANTO & PENHA GARCIA

Hike through a dazzling landscape today, from village to village. Begin in Idanha-a-Velha, a former Roman settlement dating back to 16 A.D. Hike up to ancient Monsanto, “the most Portuguese village in Portugal,” perched against the face of a rocky cliff where houses sit wedged between giant boulders. Hike up to the castle above it, for a picnic lunch and stunning panoramas. En route back, take a brief side hike to the village of Penha Garcia, with its labyrinth of streets winding among small, flower-covered houses. Hike back to Monfortinho for dinner.

Activity: 5.5 hours/7.5 miles hiking with 1,795’ elevation gain & 495’ elevation loss

Meals: B, L, D

DAY 4 EXPLORE THE VILLAGES OF SORTELHA, BELMONTE & LINHARES DA BEIRA

Leave Monfortinho after breakfast and head to the medieval village of Sortelha, with its walled fortress high atop a rocky promontory at 2,500 feet. Continue to Belmonte village, dominated by a 13th-century castle and a labyrinth of ancient alleyways that make up the old Jewish quarter; Belmonte is still home to the largest Jewish

Meals: B, L, D

DAY 5

HIKE IN SERRA DA ESTRELA NATURAL PARK

Today hike through the diverse landscapes of Penhas Douradas, a region of Serra da Estrela Natural Park marked by rocky outcrops, boulders and crags, several of which resemble human forms. The destination today is the dam of the Vale do Rossim, a picturesque lake with a small beach perfect for resting, soaking your feet, and enjoying a nice picnic. Then head back to the hotel, arriving in the early afternoon to relax or explore.

Activity: 3 hours/5.5 miles hiking with 1,092’ elevation gain & 1,046’ elevation loss

Meals: B, L, D

DAY 6

VISIT THE VILLAGE OF PIODAO & ARRIVE IN LOUSA

Today leave Serra da Estrela behind, heading towards the small town of Lousa. En route, visit the photogenic village of Piodao, where cobblestone avenues lined with shale houses cascade down a gentle slope. With its white facades and cylindrical buttresses, a beautiful 19th-century church dedicated to Nossa Senhora da Conceiciao stands out among the shale houses. Reach today’s destination, the charming town of Lousa, in the middle of the afternoon, with plenty of time to unwind or explore.

Meals: B, L, D

DAY 7

LEAVE LOUSA & ENJOY FADO IN LISBON

Start at the Castle of Arouce and hike on the magnificent Serra da Lousa trail, passing through villages seemingly lost in time. Wander through the winding alleyways of Talasnal and drink straight from the village’s spring fountain. Continue across bridges and creeks and climb towards the village of Casal Novo, then catch amazing views of the valley and the castle. After lunch, take a dip in a river pool before returning to Lisbon. Check in and head out for dinner in a casa de fado, a restaurant that features Portuguese fado music.

Activity: 3 hours/4 miles hiking with 1,607’ elevation gain & loss

Meals: B, L, D

DAY 8

DEPART FROM LISBON

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Enjoy breakfast before your guide assists with your airport transfer (3 hours before your scheduled flight).

Meals: B
Dates

May 2 - 9, 2020

Sep 12 - 19, 2020
Pricing

2019
$4,595 per person

Additional Cost
$500 Single Supplement

2020
$4,295 per person

Additional Cost
$600 Single Supplement

**PRICE INCLUDES**
- Expert leadership from experienced adventure guides
- Accommodations as noted in the itinerary
- Meals as noted in the daily itinerary
- Potable water and snacks throughout
- 1 glass of wine or beer at dinner
- All group entrance fees, activities, and ground transportation
- Arrival and departure day airport transfers

**PRICE DOES NOT INCLUDE**
- International airfare, any airport taxes, or excess baggage charges
- Optional tips to your adventures guide(s) and driver(s)
- Personal expenses such as medical immunizations, phone calls, laundry, or souvenirs
- Airport transfers if arriving outside of Day 1
- Optional travel protection

For full terms and conditions please visit www.mtsobek.com/terms. Please note that our itineraries may be subject to change.

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The World of MT Sobek

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world’s most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

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Awards

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