



# Portugal Historic Village Hiking

## Picturesque Trails from Lisbon to the Central Massif

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary and accommodations may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

**We love talking travel!**

Contact us at [info@mtsobek.com](mailto:info@mtsobek.com)  
or call **800-974-0300**



# Feel the difference

with **Mountain Travel Sobek**

## Unrivalled Expertise

MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Travel Company by Newsweek Readers' Choice Awards.

## Unique Trip Design

Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

## Small Groups

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.





# Leading the Way

## World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.





# Why take this trip with us?

## REASON 1

MT Sobek has been leading guests on spectacular routes through Europe for over 50 years and this unique hiking journey follows age-old paths through Portugal's most historic villages.

## REASON 2

In 8 days you will enjoy a memorable and well-paced hiking tour through the Central Massif, plus time to explore Portugal's capital, Lisbon, and enjoy a *fado* dinner show.

## REASON 3

Local expert guides lead you from one picture-perfect village to the next, providing insight into Portugal's people, culture, and heritage. Come away knowing the people as well as the place.

## At A Glance

### 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.



### KNOW BEFORE YOU BOOK

*"What a total comfort to know that with MT Sobek, you're in the hands of professionals who have been doing it so long and so well. That was part of why we landed on them as our operators for our dream trip, and everything about the experience they gave us—from tailored expertise to unswerving professionalism—confirmed the company's emphasis on excellence."* - Alex M.



# Portugal Historic Village Hiking

## Picturesque Trails from Lisbon to the Central Massif

Explore Iberian Europe's best-kept secret on this fascinating hiking tour through Portugal's picturesque countryside. Discover a land dotted with medieval castles and hilltop villages as you journey along Roman roads and ancient paths. Experience the old-world charm of Monsanto—where houses are wedged between giant boulders—and Sortelha, with its walled fortress. Head to the rugged Serra da Estrela Natural Park, where great hiking trails abound. Wander the winding streets of Lisbon on a walking tour of its delightful old quarter, and take in the haunting sounds of fado singers.

### 8 Days

**Start:** Lisbon, Portugal

**End:** Lisbon, Portugal

**Departing:** March, April, May, June, August, September, October

**Activities:** Hiking & Trekking

**Lodging:** Comfortable Hotels

**Group Size:** 4-16 Guests

#### ACTIVITY:



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*"This trip is magical. If you enjoy beautiful scenery, hiking through amazing places, going back through 3000 years of history beneath your feet and through your eyes, consistently enjoying culinary delights and wine that Michelin wouldn't have enough stars to describe, and staying in amazing and unique places this is the trip for you."*

- Michael M.

Check [mtsobek.com](https://mtsobek.com) for date-specific pricing.

# The Itinerary

## DAY 01

### 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.

**ACCOMMODATION:** Hotel Lisbon Plaza or The One Palacio da Anunciada

**MEALS:** Lunch | Dinner

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## DAY 02

### 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.

**ACCOMMODATION:** Hotel Fonte Santa

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 3-hour private van transfer

**ACTIVITY:** 4 hours/7.5 miles hiking with 954' elevation gain & 990' elevation loss

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## DAY 03

### 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.

**ACCOMMODATION:** Hotel Fonte Santa

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 1-hour private van transfer

**ACTIVITY:** 5.5 hours/7.5 miles hiking with 1,795' elevation gain & 495' elevation loss

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## DAY 04

### Explore the Villages of Sortelha & Belmonte

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 community in Portugal. Today ends at Penhas Douradas on the central high plains of Estrela Mountain.

**ACCOMMODATION:** Casa das Penhas Douradas

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 2.5-hour private van transfer

**ACTIVITY:** Three historic village walking tours

## DAY 05

### 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 late afternoon.

**ACCOMMODATION:** Casa das Penhas Douradas

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 1-hour private van transfer

**ACTIVITY:** 3 hours/5.5 miles hiking with 1,092' elevation gain & 1,046' elevation loss



## 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 Conceicao stands out among the shale houses. Reach today's destination, the charming town of Lousa, in the late afternoon.

**ACCOMMODATION:** Octant Palacio da Lousa

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 2-hour private van transfer

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## 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, return to Lisbon. Check in and head out for dinner in a casa de fado, a restaurant that features Portuguese fado music.

**ACCOMMODATION:** Hotel Lisbon Plaza or The One Palacio da Anunciada

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 2.5-hour private van transfer

**ACTIVITY:** 3 hours/4 miles hiking with 1,607' elevation gain & loss

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## Depart from Lisbon

Enjoy breakfast before your guide assists with your airport transfer.

**MEALS:** Breakfast



# Where You'll Stay

**These accommodations may be subject to change depending on your date of travel.**

## **Lisbon Plaza Hotel**

Located close to the historic center of Lisbon, the charming Lisbon Plaza Hotel features decorated rooms infused with Portuguese style. Enjoy modern amenities that include a free safe, a satellite TV, air-conditioning, a hair dryer, and a complimentary set of cozy bathrobes. Start your day with a delectable breakfast buffet, sip on refreshing cocktails at the bar, indulge in a workout at their fitness center, or simply unwind on their rooftop terrace.

## **The One Palacio da Anunciada**

Located in the heart of historic Lisbon, The One Palacio da Anunciada is a 5-star hotel within easy walking distance of Avenida da Liberdade and Praça dos Restauradores. The hotel's 83 rooms feature sophisticated interiors crafted from high-quality materials and decorated with hand-painted ceramics. Award-winning designer Jaime Beriestain combined the original 16th century building with the modern comforts of a top-notch hotel including a striking swimming pool and soothing spa.

## **Hotel Fonte Santa**

Recently renovated, the Fonte Santa is a charming, upscale hotel that was built in the early 1940s, surrounded by a wild natural landscape in the foothills of Penha Garcia. All rooms offer modern amenities such as flat-screen TVs, minibars and safes, and breathtaking views of the beautiful surroundings.



# Where You'll Stay

**These accommodations may be subject to change depending on your date of travel.**

## **Casa das Penhas Douradas**

A four-star boutique hotel nestled in the heart of the Serra da Estrela Natural Park, the Casa das Penhas Douradas showcases minimalist design that brings the natural surroundings to life. Rooms feature panoramic windows and a full spectrum of luxe amenities. The spa has a swimming pool and sauna, while the restaurant serves delicious gourmet fare.

## **Octant Palacio da Lousa**

Inside an 18th-century palace in Lousa's historical center, Octant Palacio da Lousa has been reimagined as a boutique hotel that blends the charm of an historical setting with state-of-the-art technology. Guests can enjoy an excellent meal in the restaurant, a dip in the pool, or a cocktail outside on the patio with great mountain views.

# Departure Dates

This trip is available to run in: March, April, May, June, August, September, October

**Book early for a greater choice of available dates.**  
Once you book, your price is GUARANTEED!

September 20-27, 2025

October 18-25, 2025

March 7-14, 2026

March 21-28, 2026

April 11-18, 2026

May 16-23, 2026

June 6-13, 2026

August 22-29, 2026

August 29-September 5, 2026

September 12-19, 2026

September 26-October 3, 2026

October 17-24, 2026

# What's Included

## PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portage

## PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses



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