



rota vicentina - the fishermen's trail

explore europe your way

A UTracks active holiday is all about exploring Europe your way. It's about walking or cycling the incredible trails of Europe and becoming completely immersed in your travel experience. Since we began in 2007, UTracks has been the leader in active European holidays. Our itineraries have always been creative, rewarding, and very affordable. With over 450 active trips across the continent, UTracks offers unique opportunities to discover an untrodden Europe that spans postcard-perfect landscapes, centuries-old cultures, rural lifestyles and tempting gastronomic delights. You can choose to set your own pace on a flexible self guided journey or enjoy the benefits of an experienced local guide on a small group tour. We cater to all fitness abilities with our honest graded system that defines our trips from introductory to challenging. Plus we offer exceptional value with many inclusions on all our trips, allowing you more freedom to enjoy the natural and cultural wonders of Europe. Whether you prefer cycling or walking, 2-star or 4-star, small group or self guided, land, river or sea – UTracks helps you explore Europe exactly the way you want.

As the trip price is based on twinshare, a single supplement is payable if you are not sharing with a friend / family member - or a solo traveller supplement if you are travelling solo*. Please refer to the price options for costs or ask our office for details. Note regarding single rooms - The single supplement guarantees the privacy of your own room, however, rooms can at times be small and in some places may not enjoy the same facilities as double/twin rooms.

*The solo traveller supplement is only available on trips deemed suitable for solo travellers. It is usually more expensive than the single supplement due to the extra cost for luggage transfers and organisation.

IMPORTANT NOTES

H-High Season

DN1-High season is from 15 to 29 Mar and 1 Jun to 30 Sep. Supplement applies to high season departures.

Note:-Public holidays, special events and festivals may attract further supplements.

Note:-It is not possible to do this trip in December due to hotel closures.

TRIP NAME:	ROTA VICENTINA - THE FISHERMEN'S TRAIL
TRIP CODE:	RVC
TRIP DURATION:	7 DAYS
GRADE:	MODERATE TO CHALLENGING - 4 1 2 3 4 5
ACTIVITY:	SELF GUIDED WALK
ACCOMMODATION:	6 NIGHTS IN RURAL B&BS AND 3 STAR HOTELS
DATE DETAILS:	DAILY FROM 1 FEB TO 30 NOV



highlights

- Hike through the impressive coastal scenery of the Alentejo region
- Stay in comfortable family run accommodation in pretty coastal towns
- Swim at remote beaches away from the busy resorts
- Get away from the crowds on this new long-distance walking path

the trip

The Rota Vicentina is a long-distance footpath which opened in 2013 and represents a successful eco-tourism initiative to develop low impact tourism in a relatively untouched region of Portugal. The trail connects Cape St Vincent, Portugal's most south-westerly point, to the village of Odeceixe, where it splits into two trails; the Historical Way which heads inland and the Fishermen's Trail which follows the coast to Porto Covo. This trip follows the Fishermen's Trail from Porto Covo to Odeceixe. To the south of the bustling capital of Lisbon awaits a contrasting landscape of wild beauty, where tourists rarely visit despite endless beaches and authentic fishing villages. This is the Alentejo region, covering a third of Portugal's land mass but just 4% of its population. Following this dramatic coast where wildflowers and butterflies keep company with just a handful of hikers, there is ample opportunity to take a swim or a rest break overlooking the endless ocean. In the evening, enjoy carefully handpicked accommodation where your hosts take pride in the cuisine and culture of the region and where delicious seafood and delectable wine is standard.





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itinerary at a glance

Day 1	Arrive in the picturesque fishing town of Porto Covo
Day 2	Walk to Vila Nova de Milfontes along white sand beaches (6-7hrs)
Day 3	Continue along rugged cliffs to Almogrove (5hrs)
Day 4	A scenic walk to the white village of Zambujeira do Mar (6-7hrs)
Day 5	Enjoy spectacular ocean views on your way to Odeceixe (6hrs)
Day 6	Day at leisure to relax at the beach or optional walk (3-4hrs)
Day 7	Trip concludes

detailed itinerary

DAY 1	Arrive in the picturesque fishing town of Porto Covo Make your own way to the first hotel in Porto Covo, or we can assist with a transfer from Lisbon on request (ask for our rates). Porto Covo is a picturesque resort town located on the western Alentejo coastline, with whitewashed cottages, cobbled streets and pretty squares, and surrounded by some of the finest beaches of central Portugal. meals: NIL
DAY 2	Walk to Vila Nova de Milfontes along white sand beaches (6-7hrs) On your first day's walk you will head south, following the Alentejo coast along the vast sand dunes area of Ilha do Pessegueiro, Aivados and Malhão beaches. You'll discover small deserted coves. The terrain today is constantly sandy and there are some moderate climbs and descents, but the diversity of the beaches you pass will surprise you. Before reaching Vila Nova de Milfontes, there are stunning views of the mouth of the river Mira. Overnight in Vila Nova de Milfontes. Distance: 19km/11.8mi, ascent +540m/1772ft, descent -425m/1395ft meals: B
DAY 3	Continue along rugged cliffs to Almogrove (5hrs) This stage combines isolated beaches, cliffs and vegetation. The trail often runs parallel to the coast, offering panoramic views of the Atlantic Ocean. Leaving Vila Nova de Milfontes, you can walk or avoid the first few kilometres and cross the river by boat (not included). The natural vegetation covering the hillsides attracts a variety of bird and small mammal species. At low tide you will be able to see the marshes on the river bends, which are partially submerged and covered with reeds. Continue along rugged cliffs to Almogrove, where you will stay overnight. Distance: 15km/9.3mi, ascent +275m/902ft, descent -279m/915ft meals: B
DAY 4	A scenic walk to the white village of Zambujeira do Mar (6-7hrs) Today you will walk past small fishing harbours and reddish sand dunes, all while delighting in the scent of pine tree forests and the sight, seen nowhere else in the world, of storks nesting on the cliffs. The cliffs you will see during this part of the journey, despite being exposed to the salty ocean winds, are the nesting site for over twenty species of bird! These include Jackdaw, Shag, Common Kestrel, Rock Dove, White Stork, Peregrine Falcon and Black Redstart. This afternoon you will arrive in the white village of Zambujeira do Mar - your destination for today. Distance: 21km/13.1mi, ascent +473m/1552ft, descent -474m/1555ft meals: B



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DAY 5 Enjoy spectacular ocean views on your way to Odeceixe (6hrs)

Today is another interesting walk, offering a combination of coastal landscapes and rural areas. Along the way you will pass the beaches of Alteirinhos, Carvalhal, Machados and Amália. You'll find a natural fishing harbour at Azenha do Mar. A real highlight of today is the stunning views of Odeceixe beach seen from the majestic Ponta em Branco. Overnight in Odeceixe, located at the mouth of the river Seixe.

Distance: 19km/11.9mi, ascent +605m/1985ft, descent -623m/2044ft

meals: B

DAY 6 Day at leisure to relax at the beach or optional walk (3-4hrs)

Today you have the choice of spending the day at leisure or taking a short walk along the Odeceixe beach circuit. The circuit takes you along the coast on fishermen's trails. You'll walk among the dunes, passing the Seixe river and enjoying views of yesterday's walk. Overnight in Odeceixe.

Optional walk distance: 9km/5.6mi

A picnic lunch can be ordered from the hotel if you choose to do the optional walk. Allow EUR10-15 per person, payable locally. Ask for details on arrival at the hotel.

meals: B

DAY 7 Trip concludes

The trip concludes after breakfast in Odeceixe.

meals: B

additional deposits

Due to the commercial requirements of our local partner this trip requires the payment of an additional non refundable deposit. Please speak to your travel consultant regarding the amount of this additional deposit which is to be paid on booking to confirm your place on the trip. Should your booking take place within 70 days of departure, full payment will be required. We recommend you take out travel insurance at the time of booking.

inclusions

- 6 breakfasts - usually continental inclusive of breads, cheese, ham, tea, coffee & juices.
- 6 nights in rural B&Bs and 3 star hotels on a twin share basis with ensuite facilities
- Digital information pack including walking notes, maps and GPS tracks
- Luggage Transfer, 1 piece maximum 20kg, supplement applies for excess
- Emergency hotline

items not included

- Travel to Porto Covo and from Odeceixe
- Meals not listed as included, drinks
- Travel insurance - mandatory
- Guide - this is a self guided walking holiday
- A supplement will apply if you are travelling solo or book a single room
- Entrance fees not listed as included
- Transfers not listed as included
- Transfers by taxi or public transport if you need to skip a stage
- Excess luggage
- Hotel taxes if applicable - payable directly to the hotel
- Items of a personal nature

getting there

BY CAR

Driving routes can be accessed via the following websites: www.viamichelin.com





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BY AIR

The closest airport is Lisbon Airport. Flights arrive into Lisbon Airport from points throughout Europe and beyond. From Lisbon you will need to follow the directions for travel by bus. Or we can assist with a private transfer from Lisbon airport (LIS) to Porto Covo on request - please ask for our rates. Also from Faro airport.

BY BUS

Porto Covo is not on the train line so you will need to take the bus from Lisbon. The bus service is operated by Rede Expressos (www.rede-expressos.pt). The trip takes around 2.5 to 3 hours, with several services each day. We can assist with a private transfer from Lisbon centre on request - please ask for our rates.

trip grading - moderate to challenging

GRADE 4 - this trip involves walking between 3 and 7 hours per day over undulating terrain, often on the beach and on sand, with some short steep ascents and descents. Daily distances range from 9-20km. We do not recommend this trip for anyone who suffers from vertigo. The trip is graded moderate to challenging and is considered suitable for active people who have a good level of fitness.

dietary requirements

Please advise any dietary requirements when completing your booking form, or speak with us before booking to confirm what is possible on your chosen trip. Vegetarian meals can usually be catered for, as well as some medically recommended diets for allergies and intolerances. However, certain requirements - particularly gluten free and coeliac (celiac) diets - can be difficult to accommodate due to limited food availability, small kitchens, and the risk of cross-contamination. In remote places such as mountain huts or refuges, suitable alternatives may be very limited or unavailable. If you require a strict gluten free diet or have complex dietary needs, you must bring your own staple foods to supplement meals and carry appropriate snacks. We cannot guarantee a peanut-free or allergen-free trip. Travellers with severe or life-threatening allergies must take all necessary medical precautions, travel with required medication, and be able to self-administer if needed. We will communicate your requirements to our local partners, but you should also remind hotel, hut and restaurant staff in person throughout your journey. The earlier you let us know, the better we can assess feasibility and suggest practical solutions.

a note on our self guided adventures

Self guided walking or cycling requires individuals to use problem solving skills, be adaptable and have a keen eye. On self guided cycling tours it is expected that you will know how to repair punctures and make minor adjustments to gears, handlebars and seats. For anything more serious, our local partner will be able to assist. It is recommended that you are comfortable map reading, referring to route notes and that you have a good sense of direction (or are willing to work on improving this!) Sometimes route finding, losing your way, finding it again and asking the locals for help is all part of the adventure. If you've never been on a self guided trip, after the first couple of days you will get the hang of it as the vast majority of our first time travellers attest. Please be assured that our written material and navigational app provided to you for route finding is updated regularly and we provide a 7day service hotline in the event of any problems. There is a certain level of the unknown that comes with self guided trips, however with a methodical approach potential problems will be averted. The freedom of a self guided trip is something that, once experienced, is sought time and time again.

joining instructions

On confirmation of your booking you will receive via your client portal pre-departure information including a gear list. A few weeks before departure you will receive your digital final documents. On arrival at your first hotel you will receive luggage tags.

accommodation

DURING TOUR





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During the trip you will stay in a combination of simple but clean family-run pensions and comfortable hotels. All rooms with ensuite bathroom. Breakfast is served at the hotels and included in the price. Dinner is not included but there is always a restaurant close by.

fast facts

COUNTRIES VISITED Portugal

VISAS **IMPORTANT NOTE**

The introduction of the ETIAS has been delayed. No action is required from travellers at this point.

The European Union will inform about the specific date for the start of ETIAS several months prior to its launch.

see https://travel-europe.europa.eu/etias_en

Until ETIAS is launched, visas not required for citizens of Australia, Canada, USA and New Zealand for up to 90 days in a period of 180 days for all Schengen countries (see https://home-affairs.ec.europa.eu/policies/schengen-borders-and-visa/visa-policy_en . Please ensure your passport is stamped on arrival in the Schengen area. For all other nationalities and for longer stays in countries covered by the Schengen Agreement (Australian New Zealand, Canadian and US passport holders), please contact the relevant embassy. Stays of longer than 90 days in the Schengen area require a long stay visa for the country you are spending most time in. However long stay visas are unlikely to be issued unless there is a valid reason (eg. studying in country). Unfortunately we cannot assist in obtaining visas for long stays due to individual country visa requirements.

CLIMATE July – August is the peak tourist season in this region with an average daytime temperature of 28°C, rising to the mid 30's during the middle of the day. Spring and autumn are the best times to walk along the Rota Vicentina. Winter is mild with a minimum average of 15°C in January during the day. The Alentejo region where much of the trip takes place, it is more exposed to the Atlantic and can experience cooler and wetter conditions in winter.

MIN GROUP SIZE 1

MOBILITY REQUIREMENT This trip is not suitable for people with limited mobility.

SPECIALIST GEAR REQUIRED Daypack, wet weather gear, good walking boots / shoes, water bottle and sun protection. A comprehensive gear list is included in the pre-departure information provided on booking.

how to book

Booking a UTracks holiday is simple. You can book online, via our secure payment facility, at your own convenience. Alternatively, contact your nearest UTracks or World Expeditions office, or travel agent, who can provide you with a booking form. UTracks has access to competitive airfares to Europe. Contact us, or your travel agent, for assistance with your travel arrangements including flights, travel insurance & additional accommodation.

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There's even more tips and ideas on our blog at <http://www.utracks.com/discover>





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webinars & events

You're invited to attend our inspiring Active Travel Webinars. These informative sessions are hosted by UTracks' experts who offer insight and advice from their own experiences. They cover a range of topics, including popular trails and trending destinations, and these free webinars can be conveniently watched live or on demand from the comfort of your home. Find upcoming shows listed on the UTracks website.

e-newsletter

To keep up to date with our new and exciting active holidays in Europe, special promotions and webinars, subscribe to our monthly e-newsletter! You can do this on line through our website, www.utracks.com or contact our office.

IMPORTANT NOTE

THESE TRIP NOTES REPRESENT THE MOST CURRENT INFORMATION AVAILABLE FOR THIS ITINERARY.

talk to us

If you require any further assistance regarding this trip or any other adventure, please contact your nearest UTRACKS or World Expeditions office.