



WalkingWomen Walking the Eastern Algarve from Tavira

Dates: Friday September 6th to Friday September 13th 2024

Duration: 7 nights

Goat guide: 2 goats

Price: £1800

T: 01784 664 063

E: contactus@walkingwomen.com

www.walkingwomen.com



About this trip

A lovely part of Portugal away from the crowds and for those looking for late summer warmth and spectacular walks in and around one of the Algarve's prettiest towns. Walking through rolling hillsides, along golden sandy beaches, across salt pans and in the Cabanas natural park and discover the joys of the Eastern Algarve from the small town of Tavira. "Wonderful walks led by a wonderful local leader" said a guest

We choose Tavira because of the spectacular mix of walks in Natural Reserves and beautiful landscapes both in the interior and coastal East Algarve. We walk on Tavira Island in the Natural Park, taking in one of the most beautiful beaches in the world, and to pretty coastal villages such as Santa Luzia, Cabanas, and Cacela Velha. Inland we wind our way between hills and valleys to the low peak of Zimbral, with wide rewarding views.

We'll also enjoy dinners at local restaurants, giving the opportunity to sample the wonderful Portuguese cuisine.

The hotel is a great place for relaxing with its pool, small spa and roof top terrace good for gathering. For those wifi users it is a little patchy in bedrooms due to thick walls but good in communal areas such as the restaurant, bar and in reception.

More about Tavira

Tavira is an ancient Moorish town that has retained its unique character and heritage.

The town extends along the banks of the Gilão River and is a delightful mix of traditional Portuguese architecture with deep-rooted Moorish influences.

It is arguably the Algarve's prettiest town and exudes an authentic Portuguese charm. A true joy to explore with its plethora of historic buildings and decorative churches, all of which are set around charming plazas and pretty cobbled streets. The Roman bridge in Tavira also known as Ponte Antiga (Ancient Bridge) is one of the Tavira symbols.

Trip Overview

Dates: Friday September 6th to Friday September 13th 7 nights/8 days walking

Guide: Woman Portuguese guide – english speaking

Walking Grade: 2 Goats . These are low level walks exploring the local area with plenty of time to stop. Walks can be long so prepare for full days out. However there are points when you can decide to end your walk and return to the hotel. This is good for those who may want more flexibility and a chance to have some times by the sea,the pool or just wandering in Tavira.

Base: Hotel Maria Nova, Tavira – nearest airport Faro. The accommodation is for adults only and has a lovely chilled feel with a roof top bar and a swimming pool and spa. It is a walk to the centre of Tavira which is a lovely small coastal town to explore.

There is a train station in Tavira and this is a good destination if you are a train traveller and have time to journey across Europe by train.

Arrival: Plan to arrive latest 14.00 for a 15.00 group transfer.

Departure: Group transfer after breakfast to arrive at Faro Airport 12 noon. Plan flights from 14.00.

Our local partners will pick up outside these times. Taxi approx 45 euros each way.

This is the holiday for those looking for the last of the summer warmth and spectacular walks in and around one of the Algarve's prettiest towns. Walks will be through rolling hillsides, along golden sandy beaches, across salt pans and in the Cabanas natural park. Being by the sea there will be ample opportunities to swim and to simply relax taking in the sea views. Being based in Tavira we have plenty of time to explore and experience the local history, culture and foods.

Packages

Single person £1800 per person per holiday fully inclusive (this price is for solo occupancy) If you bring a partner/friend there is a discount for sharing. Price **£1500** pp.

Our holidays are small group holidays and this is limited to 12 women.

Includes:

- Ensuite accommodation in own room
- Extensive buffet breakfast
- All dinners with wine/beer or soft drinks
- Airport transfers – we suggest arriving for a 14.00 transfer but we are flexible to arrange more than one transfer.
- Local transport required for walks
- Experienced local English speaking guiding

Not included:

- Travel to Portugal where the nearest airport is Faro or it is possible to travel from the UK by train.
- Lunches and personal expenses are not included. Your guide will advise if it is a packed lunch day and there are nearby shops for buying very reasonably priced food. Sometimes there is a stop in a local restaurant.

Itinerary

Our itinerary may change depending on the weather. Our local guide will discuss walks with you each evening and if things change brief you in the morning. The walks are carefully designed to offer an optional shorter route on many of the walks so there is flexibility to walk the full walk or choose a shorter distance. Your guide will let you know if you need to prepare your own picnic lunch or if it is included at a local restaurant.

Day 1: Arrival in Faro

Approx 30 minute transfer to Tavira. If time allows an introductory walk will be offered to orientate yourself to the town and find out where the local shops and restaurants are.

Day 2: Zimbral Walk 14.6km/9 miles Ascent/descent 200m/400m

A wonderful walk through open rolling hillsides. Spectacular views allow a tremendous appreciation of the region. We walk through fascinating villages and descend to finish in a low fertile valley full of orange orchards and smallholding

Day 3: Santa Luzia and Tavira Island walk 15.3km / 9.5 miles minimal ascent/decent Santa Luzia and Tavira Island walk 15.3km / 9.5 miles minimal ascent/decent

A remarkably varied walk on the Ria Formosa Natural Park. Our walk takes us through Tavira's salt pans which date back thousands of years. We take a relaxing break in the fishing village of Santa Luzia with its glorious waterfront and then the beach regarded by many as one of the finest in the world with its vast stretches of golden sand and sparkling blue waters. The walk will feature a fascinating boat ride between Tavira and Tavira Island.

Day 4: Free Day

This is an ideal opportunity to relax and enjoy the attractions of Tavira and its surroundings. You can walk/tour independently, or visit local places of interest. From Tavira, there is a wide variety of sightseeing available (we can advise and/or recommend options according to your interests) In their free time, keen bird-watchers may wish to visit [Castro Marim](#) in the fens and marshes of the "[Reserva Natural do Sapal](#)", famous for their flamingos, or enjoy other local sightseeing tours.

Day 5: Manta Rota to Cabanas Walk 14km /8.6 miles with minimum ascent/descent

Classic coastal walk following the inner shoreline and visiting the iconic village of Cacela Velha before arriving in Cabanas for a well-earned rest in one of the many cafés lining this spectacular waterfront. From here we will return to Tavira.

Day 6: Altura to Monte Gordo Walk – 6.5km /4 miles

We'll leave the hotel this morning and take the public bus to Altura, a nearby coastal village. We then return walking along the long sandy beach and its wide line of dunes.

There are raised walkways which lead to various parts of the sands, and give us the opportunity (especially on the western walkway) to observe how the dune vegetation changes from the inland edge of the dunes to the side facing the sea. Next to the sea, where the dunes are higher, there is an abundance of European beach grass, sea holly, fluffy cottonweed and eye-catching beach daffodils. The beach is vast, stretching for as far as the eye can see, and the sea is calm and warm.

We will stop for a picnic lunch at the Monte Gordo seafront (please bring picnic lunch with you) We then return to the hotel for a free afternoon at leisure, with time to enjoy the sun and the sea, to book a massage, or other spa facilities at the hotel.

Day 7: Fuzeta to Tavira Walk 12km /7.5 miles minimal ascent/descent

A lovely walk following the Algarve's Ecovia. We pass by old estates with oranges, figs, and almond orchards and through the salt pans of Fuzeta where we are able to appreciate the rich birdlife of the area.

Day 8: Departure

Transfer to Faro Airport.



T: 01784 664 063

E: contactus@walkingwomen.com

www.walkingwomen.com

