



## WalkingWomen Yoga by the Ocean – Algarve, Portugal

**Dates:** Sunday 13th October to Sunday 20th October 2024

**Duration:** 7 nights

**Goat guide:** 2 goats

**Price:** £1700

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## About this trip

WalkingWomen has been coming to Portugal for over 20 years and the Algarve is a wonderful place for lower coastal walks with great nature and birdlife. There is so much culture, history and fabulous Portuguese food and wine to discover. On this trip you also walk to Spain! This is very special holiday as you stay in an eco hotel with not just walking but opportunities for so much more to help nourish and relax - yoga, pilates, swimming, cycling, spa, massage or for the more energetic tennis and pádel. Do join us for a reviving Autumn break.

We base ourselves at the Monte Gordo hotel because it is situated on one of the biggest and best stretches of sand in the east Algarve. You can walk along it or simply stop and stare and have a drink in one of the beach side bars on the raised broadwalk above it.

The beach is gently sloping and is backed by sand dunes. There is a claim that the waters are the warmest in the Algarve but they may be a little chilly in October – maybe those brave souls might take a dip!

Your walks will help you discover the richness of this area and at the end of the day there is plenty to do at the hotel or along the seashore.

## Trip Overview

**Dates:** Sunday 13th October to Sunday 20th October 7 nights/8 days walking

**Guide:** Woman Portuguese guide – english speaking

**Walking Grade:** 2 Goats. This is a holiday for relaxation and a chance to explore this beautiful ocean area. There are some long walks of up to 25km/15 miles but ascent/descent is always minimal as most paths are flat. The coastal views are stunning. This holiday has opportunities to be very active or simply relax – the hotel offers so much variety.

**Base:** Hotel Prime Energize near Monte Gordo 400m to the Monto Gordo beach which is known as one of the most stunning in the Algarve. This is a 4 star hotel and you can walk from the hotel door. It is a large hotel but we use his hotel for its warm welcome and variety of activities on offer. There the chance to do a range of activities from yoga, cycling, tennis,pádel, swimming and you could even horse ride.

The nearest airport is Faro where you will be met for your group transfer.

**Arrivals:** MPlan to arrive latest 14.00 for a 15.00 group transfer from Faro Airport. Monte Gordo is approx 60km from the airport.

**Departures:** 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.

## Price

**£1700** per person per holiday ( 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 at an additional cost.
- 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.
- This is the holiday for those looking for gorgeous walks, a coastal experience, opportunities to do other activities , perhaps learn yoga and to have a week full of variety. Including visiting Spain as well as Portugal.

# Itinerary

**Itinerary may change depending on the weather and at the discretion of the guide. You will be briefed each morning about the day ahead.**

## Day 1

Arrival and Pick up from Faro Airport approx 15.00

Transfer to Monte Gordo. If time allows an introductory walk will be offered.

## Day 2

**Morning Yoga Class and Walking to Spain (Vila Real de Santo António and Ayamonte)**

Today we start the day with a walk through the Monte Gordo pine forest. The first part of the walk finishes in Vila Real de Santo António, a charming town with a fascinating history and architecture, in the estuary of the Rio Guadiana, which separates Portugal from Spain.

We will take you for a closer look at this city, founded in 1774, under the Enlightenment principles. It was built as a replica of central Lisbon's street layout after the 1755 devastating earthquake.

We will then take the ferry to Ayamonte, in Spain. We'll tour around the city, soaking the atmosphere, and enjoy a meal of traditional tapas (included). After lunch, we offer the option of walking with the tour leader back to the hotel, or to stay in Vila Real for further exploration, with return by taxi/public bus (not included).

## Day 3

**Morning Pilates Class and coastal walking from Altura to Monte Gordo**

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

Raised walkways 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.

At lunchtime, we'll have the opportunity for a picnic lunch (not included) at the Monte Gordo seafront.

We then return to the hotel for a free afternoon to enjoy the sun and the sea, or book a massage, or other spa facilities at the hotel.

## Day 4

### Free Day

Today is a free day, perfect to enjoy the hotel's spa facilities: interior heated pool, Jacuzzi, sauna (free use to clients) massages, kneipp therapy (not included). There are also activities and classes: stretching, hydro gymnastics, Pilates, aqua yoga, yoga. Previous booking is required at the reception, and subject to availability.

Free time for lunch.

During the afternoon, an optional walk in the Monte Gordo pine forest is offered, to explore the local wildlife and birdlife, and the seafront with the fishing boats.

## Day 5

### Morning Yoga Class and Cycling to Tavira

A charming route, running along the coast and the Ria Formosa on the coastal ecovia. En route you will visit the quintessential coastal village of Cacela Velha with its Moorish influenced architecture. You pass through Cabanas where cafés line the attractive waterfront. You finish again in Tavira, one of the most unspoilt towns in the Algarve. There will be time to stroll around & enjoy this lovely town.

Our route takes you to the train station where you can train back to Monte Gordo with the bicycle.

## Day 6

### Morning Pilates class and Cycling to Castro Marim Nature Reserve

A local circuit centred on the local Nature Reserve, visiting the headquarters and information centre on the banks of the river Guadiana and the salt works of Castro Marim around which an abundance of birds have made their home. You also visit the attractive and historic small town of Castro Marim dominated by its ancient castle and more recent fortifications guarding the river & giving great views over the surrounding countryside.

## DAY 7

### Exploration day to Olhão

Today, we will move West, from Monte Gordo to Olhão, a picturesque coastal town inspired by Moroccan architecture. Its beauty attracts artists, writers, and photographers.

You'll have free time to discover the town and lunch (not included).

The city centre has a collection of white houses with roof terraces and minarets that form a patchwork of layering cubes.

This earned Olhão the epithet of "cubist" city. The waterfront avenue near the Ria Formosa is lined with gloriously tile-fronted, 19th-century townhouses, with verandas and wrought-iron work. The highlight is the colourful atmosphere at the Municipal Market, which fulfils its traditional function by day and is the setting for lively nightlife bars.

Afternoon time to discover the barrier Islands of the Ria Formosa. We'll take a boat tour and visit one of the islands, in a short walk. Return by ferry. Transfer back to Monte Gordo.

## DAY 8

### Departure

Transfer after breakfast to Faro Airport.



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