

Below is the proposed itinerary for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

**DAY 1**

Meet at Hotel in Lisbon, Walking tour of Lisbon, Welcome Dinner

We will meet at noon at our hotel in Lisbon. After greetings, introductions, and a brief orientation, we will have lunch before starting our guided walking tour of Lisbon. Our tour will take us through the heart of the city center where we will learn about the famous squares and monuments before continuing to Alfama, the oldest neighborhood in Lisbon. Known for its warren of small winding streets, Alfama is considered one of the most interesting part of Lisbon. We will end our walking tour with a visit to the Castelo de Sao Jorge. This ancient castle has recently been restored to its former glory. We will return to our hotel in time to clean up and relax before sharing our first dinner together. Overnight in Lisbon. Walking: approximately 3.5 miles, city streets. (L, D)

**DAY 2**

Transfer to Sintra, Walk to Pena Palace and Castelo dos Mouros

After breakfast we head to Sintra, name of both the town and the Natural Park, and our home for the next three nights. It is one of Portugal's best known and most beloved sites, as evidenced by the castles and palaces that were built here over the centuries. We will start at the Pena Park created by King Ferdinand II, luxuriant gardens with over five hundred species of trees originating from all over the world. We will walk through the lovely grounds of Pena Palace to the palace itself, a multihued castle full of quirky nuances and history. We will tour the Palace before descending down the hill on the way to the Castelo Dos Mouros (Castle of the Moors), one of the oldest buildings here and originally built as a defensive outlook when Portugal was part of the Moorish Empire. We will continue down via many flights of stairs to the town of Sintra. We will spend the next three nights in Sintra. Walking: approximately 7 miles, steps, paved trail/dirt/rocks; steep sections. 1,500 feet elevation gain and loss 1,500â€™ elevation gain/loss (B, L, D)

**DAY 3**

Walk from Praia das MaÃ§Ã¶s to Cabo de Roca, Westernmost Point of Europe

We start the day with a ride on an historic tram from Sintra to Praia das MaÃ§Ã¶s, a nearby beach known for its white sand. It would be tempting to stay here on the beach all day but today we are walking along sandy paths and cliff tops to Cabo da Roca (Cape Roca), the westernmost point of Europe, once thought to be the edge of the world. Along the way we descend to Adraga beach, where we can enjoy a bowl of traditional soup. Depending on our desire and energy level we will head down to Ursa Beach, a much wilder and less visited beach with striking rock formations and crashing surf, along with very steep trails in both directions. Alternatively, we can take the cliff route to Cabo da Roca through grapevines and fields. There are several endemic species of plants here found nowhere else in Portugal. From here we take a 30-minute ride back to Sintra for our second night there. Walking: approximately 7 miles: beach/gravel path/rocky trail; steps 1,000 feet elevation gain, 650 feet loss (B, L, D)

**DAY 4**

Hike in Sintra's Forest and Natural Park to Convent of the Capuchos, Free Time in the Afternoon

Today we hike in the Serra, Sintra's Forest and Natural Park, to Convent of the Capuchos. We start with a public bus ride to our trailhead. We will hike to the Convent of the Capuchos, no longer an active monastery but open to the public and providing insight into the traditional and very basic life of a Franciscan monastery. The hike through the forest is a lovely contrast to yesterday's beaches, showing yet a different kind of vegetation. After our picnic lunch, we will return to Sintra where you are free to explore the town, shop or just relax for the afternoon. We will spend our last night in Sintra. Walking: approximately 4 miles, forested path 1,100 feet elevation gain, 300 feet loss (B, L, D)

gam, 500 feet loss (B, L, D)

## DAY 5

### Transfer to Arrabida Nature Park, Hike Along Coast to Cabo Espichel

We completely change gears today as we head for Arrabida Nature Park on the other side of the Tagus River where we'll spend the next three days. A 2-hour drive brings us to Arrabida. Whereas Sintra is known for its fascinating history and amazing buildings, the Arrabida area is almost untouched in its natural equilibrium and is one of the most beautiful and fascinating natural regions of Mediterranean influence. We hike on a path that follows the coastline to Cabo Espichel on the southwestern tip of the Setubal Peninsula. Along the way we will stop to visit dinosaur footprints: The Pedra da Mua track from the Late Jurassic era and the Jazidas de Lagosteiros track from the cretaceous period. These intriguing sets of tracks are separated by 500 meters and 50 million years! From the Cape we transfer to the town of Sesimbra, our home for the next two nights. Although parts of it have become quite built up, it still retains its fishing roots. We will spend the next three nights in Sesimbra. Walking: approximately 5.5 miles, dirt, rocks, some steep sections. 800 feet elevation gain and loss (B, L, D)

## DAY 6

### Kayaking Tour Along Coastline, Walk to Moorish Castle of Sesimbra

Arrabida's marine ecosystems are of great national and international importance. As such, they are protected by the Maritime Reserve Luiz de Saldanha, created in 1998 to preserve a diverse array of species including invertebrates, crustaceans, and many types of fish. This morning we will head towards the fishing Harbor of Sesimbra for a kayaking tour along this spectacular coastline, with incredible rock formations, secret beaches of white sand and crystal-clear waters, and caves we can explore. We will kayak to a beach where we will have a simple but delicious lunch and relax on the beach or have a quick dip before kayaking back. In late afternoon, we will walk up 750 feet to the Moorish castle of Sesimbra. The castle stands high above the village and has guarded it since its early founding. The castle was one of the first conquests of the Christians over the Moors in the 12th century and its strategic positioning was important for the defense of early Portugal. Our climb will be rewarded with stunning panoramic views over Sesimbra and the surrounding coastline. We will spend our second night in Sesimbra. Kayaking: approximately 5 miles. Hiking (to castle) approximately 3 miles: streets, dirt paths, and steps 700 feet elevation gain and loss (B, L, D)

## DAY 7

### Visit Arrabida Monastery, Hike Through Arrabida Natural Park

We will head out to Arrabida Monastery which sits on a plateau 1,000 feet above town. Built in the 16th century, we will have a guided tour of the Monastery learning about the physical deprivation monks subjected themselves to and wondering if it was offset by the beauty of their surroundings. We then hop in the vans for a quick ride to the trail head where we will hike through the Arrabida Natural Park. Our trail will take us through fields, along the high cliffs above the ocean and town where we will be awed at the long and stunning views of the town and coastline. We will spend our final night in Sesimbra. Walking: approximately 7.5 miles, hard-packed path/sandy trail/some rocky & steep sections. 600 feet elevation gain, 1,200 feet loss (B, L, D)

## DAY 8

### Visit BelĂ©m, Eat Pastries, Free Time in Lisbon in the Afternoon

Today we say good-bye to Sesimbra. After breakfast and loading the vans we will head to BelĂ©m. BelĂ©m is the most western district of Lisbon, located on the Tagus River, where historically Lisbon's elite resided. It is famous for many things, including its historic role as the departing point of the great Navigators, and its current role as home of a unique pastry, PastĂ©is de BelĂ©m. We will walk through the Jeronimos Monastery and all its architectural splendor. It is also the burial place of Vasco da Gama and the poet Luis de Camoes. We will have lunch and walk to visit the Monument to the Discoverers and the Belem Tower. The remainder of the day can be spent visiting one of the many museums in Lisbon, walking around Alfama, shopping or relaxing. We will get together for one last dinner and an evening of Fado music. Our final accommodation will be in Lisbon. (B, L, D)

## DAY 9

Depart anytime this morning

You are free to leave anytime this morning. The hotel can arrange a taxi for you, or you can take the Metro, there is a station near the hotel. (B)