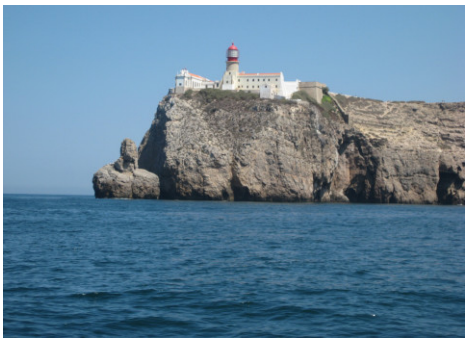
PORTUGAL

Wild Atlantic Coast Trek



ACTIVITY	ACCOMMODATION	CHALLENGE FACTORS	DURATION:	GRADE
Trek	Hotel	Terrain	6 days	

This beautiful coastal trek in south-west Portugal takes us to the 'end of the world' – Cape St Vincent, the southwestern-most point of mainland Europe.

Prepare to discover remote beaches and rugged coastline as we follow the Vicentina coastline, the west-facing Atlantic coast of the Algarve, known for its wild natural beauty and a world away from the tourist resorts of the sheltered southern coast. These colourful cliffs and miles of pounding surf offer a wonderful backdrop for trekkers.

Inland, we discover traditional farms and fishing-villages, which offer rural culture and plenty of variety to our surroundings. Every day is hilly, as we ascend the steep headlands and descend into hidden bays, but with its magnificent coastal beauty as our constant companion, this challenging trek offers an unforgettable experience.

This trip generates around **101 kg of CO_2 per person.** Because of our commitment to responsible travel, **we offset 100% of these emissions**, including flights booked with us.

DETAILED ITINERARY

Day 1: London – Faro – Aljezur

Depart London for Faro; transfer to Aljezur (approx. 1.5 hrs) check in to hotel, and relax! Depending on flight times, there may be time to explore the cobbled streets and whitewashed buildings of this old port town near the west coast, before meeting again for dinner and a trip briefing. Night hotel.

Day 2: Aljezur – Arrifana

The first day of our coastal adventure! Aljezur lies a few miles inland, and we set off towards the coast, following the famed Fishermen's Way. Once beyond the town, our path takes us uphill and along a ridge above the river valley. Dropping down when we reach the coast, we walk parallel to the sea for the next few hours. It's a long first day, but the views help the miles to pass quickly! We pass the beautiful golden surf-beach of Monte Clérigo, and follow the undulating coastal path towards Ponta da Atalaia, a headland known for its magnificent views, abundance of seabirds, and the remains of a 12th-century Muslim fort. Here we leave the coast and head inland, and yet more uphill, towards the small town of Arrifana. Night hotel.

Trek approx. 5-6 hours; 20km

Day 3: Arrifana – Carrapateira

Our day starts out uphill, as we leave Arrifana and ascend the craggy black cliffs that will lead us south along the coast. Legs may be aching from yesterday's efforts, but we take it steady and the views from the top are worth the effort! Look out for the famous landmark of Pedra de Aghulha (Needle Rock) – a tall, thin spire of rock emerging from the sea. We continue south on trails that weave through rugged hills and fertile farmland, descending at times to beach level, then (of course!) ascending again! Stunning vistas at Bordeira, where river meets sea in a lagoon among the dunes and wild waves, await us near the end, and then it's not far to the small, friendly surf-village of Carrapateira. Night hotel.

Trek approx. 6-7 hours; 24km

Day 4: Carrapateira – Vila do Bispo

Still walking south, we venture into new landscapes, discovering the untamed plateau inland. Our route takes us along rugged coastline, dotted with rock formations and wild surf, before tackling a succession of steep hills between rocky coves and quaint old fishing villages. The plateau is generally flatter, but not necessarily easier, with hidden ravines, scrub vegetation, and pockets of woodland, home to diverse flora and fauna. Known for its strong winds, the terrain may feel tougher than it looks! We will hopefully still have the energy to explore the narrow, cobbled streets and whitewashed houses of Vilo do Bispo, the beautiful village which is our home tonight. Night hotel.

Trek approx. 6-7 hours; 22km

Day 5: Vila do Bispo – Cape St Vincent – Sagres

Our final day of walking! We'll be taking the inevitable early climb in our stride now, as we follow weaving trails towards the coast. After pausing to marvel at the geological lines and faults of the colourful cliffs at Prado do Telheiro, we follow the gradually-descending cliffs towards our main landmark, Cape St Vincent, or Cabo do Sao Vicente – the most southwesterly point of Portugal and mainland Europe. Once thought to be the end of the world and a magical site, it became a popular pilgrimage site in the middle ages; its lighthouse is built on 16th-century monastery remains. Its 75m-high vertical cliffs are home to thousands of birds, from sea-birds to birds of prey, and dolphins and other marine life can often be seen in the ocean beyond. After taking time to soak up the views and reflect on our achievements, only a few kilometres remain of our big adventure! Enjoy every step of the last section to Sagres, where we'll check into our hotel and relax! Later, we enjoy a final dinner together to celebrate

all our efforts this week. Night hotel.

Trek approx. 5-6 hours; 19km

Day 6: Sagres – Faro – London

Transfer to Faro for the flight back to London. Depending on flight times, there may be free time to enjoy in Sagres.

(Lunch not included)

WHAT'S INCLUDED

- Return flights from London to Faro
- Transport and transfers as part of itinerary
- All accommodation in hotels on a twin-share basis
- All meals except where specified
- Discover Adventure crew (number dependent on group size)
- Local support and back-up equipment
- Entry to National Park and any other sites included in the itinerary
- **We offset 100% of the carbon emissions from your trip, including flights booked with us**

WHAT'S EXCLUDED

- Travel insurance
- Any meals specified 'not included' in the itinerary
- Personal spending money, souvenirs, drinks and tips for the local guides/support crew
- Fees for any optional sites, attractions or activities
- Any applicable surcharges as per Terms and Conditions

GRADE | YELLOW

All our trips are designed to provide a challenge. Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **YELLOW** range.

The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors. Trip duration, accommodation and living conditions are also taken into account. Some sections will feel more challenging than others, but the grade reflects the overall trip. Unusual weather

conditions can also have a significant impact.

The Accommodation icon indicates the living conditions while trekking/cycling. While there are usually several factors that present a challenge, the Challenge icon indicates the trip's most challenging element, for most people.

Trip grading explained

CHALLENGE INFORMATION

DETAILED INFORMATION

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first aid. You are in very safe hands with a Discover Adventure leader. Usually leaders are based in the UK or other English-speaking countries and lead for us regularly throughout the year in many different countries. In some instances, trips are led by in-country guides with a wealth of knowledge about the region; they have been trained by us to provide the level of support expected on a Discover Adventure trip.

Local Support Crew

Our local support crew is made up of local guides, assisted by drivers, porters, cooks and other support staff, depending on the type of trip. Local guides know the area well, and are a great source of knowledge about local lifestyles. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely. In some destinations we work together as a team with local guides to help set up or break camp, or prepare meals. Your leader will arrange a collection of tips for the local support crew at the end of your trek, and you will be provided with a guideline amount in advance. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something!

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with appropriate communication devices (eg phones, radios), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Flight Information

Group flights usually leave from London Heathrow or Gatwick but may also depart from regional airports, and are booked

through Discover Adventure Ltd under ATOL licence 5636. You will usually receive confirmed flight details several months before departure. We do not always use the same airline for each destination and low cost airlines may be used for short haul flights. If you wish to know the probable carrier and flight times, please call for details.

By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA). Our itineraries are always based on current flight schedules and are therefore subject to change by the airline. If you prefer to book your own flights please ask us for a land-only cost.

Accommodation

Accommodation is usually in well-located, comfortable 2-3* hotel(s); standards are generally very good though there may be some variation.

Roomshare Arrangements

Our trips are sold on a shared accommodation basis, usually twin-share. Occasionally we may use hostel-style accommodation.
You can tell us if you are travelling with someone else on the trip when you book or within your passenger portal, and we will do all we can to accommodate this request. It is important that both people complete the room share request on their bookings. For customers booking and travelling together, including same-sex couples, a double bed can be requested if available.
If you're not familiar with anyone in the group, rest assured, we always pair you with someone of the same gender (as per the information you provided when booking, or passport markers), and a similar age where possible. We're actively working to improve our system's gender restrictions to be more inclusive, and we've recently made significant strides in this area. If you identify differently from the gender marker on your passport and would like to discuss this before booking, please feel free to reach out to us.

Single Supplements

In most standard hotels, we can usually offer a limited number of single rooms. This is upon request, on a first-come, first-served basis, and additional charges apply. In more communal accommodation, single rooms are rarely an option. We do not charge a single supplement if you are a solo traveller in a shared room.

Food & Dietary Requirements

The food provided is plentiful, often local in style and freshly-cooked, and will give you plenty of energy. Sometimes we enjoy a buffet-style lunch-stop, other times we might have packed lunches. On some trips we stop at small local restaurants. Dinners are generally eaten at our accommodation each evening. In some regions there may be less variety than you are used to, and in others fresh meat or produce can be harder to come by. Any meals not included are listed in the itinerary and are generally on travel / free days, giving you the opportunity to explore and try other culinary experiences! There is always something to suit different budgets.

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance.

Please do not expect as much variety as you would have access to at home – we may be in very rural or remote areas, or among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat we strongly recommend you bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

Luggage

Your luggage, food, water and equipment is transported for you from one night-stop to the next. If there is easy road access this is done by vehicle; if not porters, mules or even camels might carry your bags, depending on the terrain.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft bag, rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already. You should also bring a small daypack to carry for items needed during the day as you will not have access to your main luggage until the evening.

PREPARING FOR THE CHALLENGE

Challenge Grading

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Trip grading explained

Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on

your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

Terrain

You will be trekking along cliff-tops, over inland plateau and on beaches. Paths are generally good; many are sandy, some uneven and stony. There are many hills, some steep. Some paths run close to steep drops, but not right on the edge, and vertigo is generally not a concern. Experience of walking on rough, exposed terrain is recommended. The days are long, and the continual hills sap energy, especially if windy as well.

Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, with plenty of information, and we are always available if you need advice.

Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the FCO's advice on entry requirements for your destination to be sure. Please ensure you allow plenty of time to apply for your visa; we will provide you will all necessary information 6 weeks prior to depature to assist with your application.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check the NaTHNaC Travel Health Pro website for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

Foreign Travel Advice

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check www.gov.uk/foreign-travel-advice.

Travel Insurance

Travel Insurance is compulsory on all of our challenges outside of the UK; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed, or as soon as you're able to purchase some, and at least 8 months prior to travel. Should you need to cancel prior to departure, you will need insurance to cover the costs involved

(registration fee and any trip costs depending on cancellation date).

We all hope never to need it, and thankfully most of the time we don't, but on those rare occasions when you do, you want it to cover you as best it can. Whilst it's a fairly boring admin task relating to your trip of a lifetime, it is really important you ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation, so make sure you're happy with the level of cover. There are lots of suppliers out there, with a wide range in levels of cover; generally speaking, you get what you pay for! Get and pay for the right level of cover and then you can go on your adventure not having to worry about the what-if's. For more details click here.

Once your travel insurance is arranged, just remember to let us know the policy number and 24-hr medical emergency phone number provided by your insurers.

Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by email or post. Your cancellation will be considered effective from the date the notice is received. Registration, administration and amendment fees are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of all cancellation charges may be found in the Terms and Conditions of booking.

Passenger Portal

We have a Passenger Portal which will give you more details of the challenge itself. It also enables you to see any outstanding information we need, the countdown to your challenge departure, see your outstanding balance, make payments and update your contact details. You can access this via the following link - Passenger Portal Log in.

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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 13 Nov 2026, and the challenge is subject to change.