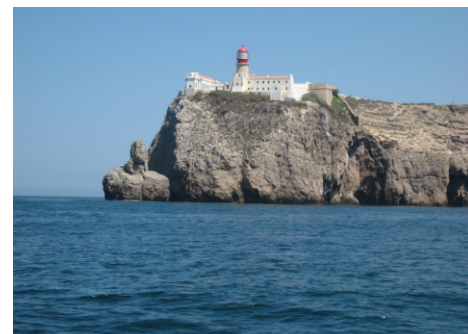


In aid of
Essex & Herts Air Ambulance
 Your local life-saving charity
 Charity Number: 1108989

Essex & Herts Air Ambulance Trust – Trek To The End Of The World 2027



ACTIVITY

Trek

ACCOMMODATION

Hotel

CHALLENGE FACTORS

Terrain

DURATION:

6 days

GRADE



This beautiful 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. It’s a windswept wilderness at times, but 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 CO₂ 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 Vila 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 before we meet up again for a slap-up dinner to celebrate all your 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 more free time 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

CHALLENGE INFORMATION

DETAILED INFORMATION

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.

PREPARING FOR THE CHALLENGE

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.

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](#).



logo aito



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 19 Jun 2026, and the challenge is subject to change.