



















## Rota Vicentina

### Along the fisherman's trail along the wild Atlantic coast

The Portuguese region of Alentejo, located on the Atlantic coast, is characterised by its extensive nature reserves and traditional villages. This wonderful hiking destination is also highly renowned for its pristine sandy beaches and untouched coastal landscapes. Alentejo stands out as one of the regions in Portugal where you can discover a rich diversity of plant life. Listen to the melodious birdsong in the cork oak forests, savour the fragrant aroma of herbs, and relish the soothing sounds of the sea.

The Alentejo region of Portugal is a picturesque and tranquil destination that offers the perfect setting for unforgettable walking holidays. Located in the southern part of the country, The Alentejo region is a hidden gem for those seeking a slower pace of life and an authentic Portuguese experience.

Walking holidays in Alentejo are a delight for nature enthusiasts and history buffs alike. The region boasts a diverse range of walking trails that wind through cork oak forests, vineyards, and olive groves, allowing you to immerse yourself in the beauty of the countryside. As you explore the scenic paths, you'll encounter an array of historical sites, from ancient castles and fortified towns to rustic farmhouses and Roman ruins, providing a fascinating glimpse into Portugal's rich history.

## Details of the walking holiday in Alentejo

Begin your hiking journey with a walk through the historic town centre of Vila Nova de Milfontes. The subsequent leisurely walking tour along the enchanting Atlantic coast is a unique pleasure. Along the way, you will pass romantic fishing villages, fragrant pine forests, and artistically shaped cliffs. To cool off in the glittering Atlantic, you'll find the beaches of Alteirinhos, Carvalhals, Machados, and Amálias. Don't miss the captivating views of Odeceixe beach from one of the hilltops on your way to São Teotónio. Continue on to Odemira before finally reaching São Luís.

## Highlights of the Alentejo walking tour:

- **Vila Nova de Milfontes:** The historic town centre is a magical attraction for history buffs. From sea feeling to rural idyll: Discover not only the wonderful Atlantic coast but also the interior of the Alentejo region.
- **Ribeira do Torgal:** Where lush mixed forests line the riverbanks, there is a unique view of the nature of the Alentejo region.
- **Costa Alentejana National Park:** View landscapes that otherwise only exist in picture books.

## Things to know about the hiking tour on the Rota Vicentina

The eight-day hike takes between four and a half to seven hours each day, leading from the coastal town of Vila Nova de Milfontes to São Luís in the interior. The daily stages cover distances ranging from 15 to 25 kilometres. Despite the relatively small differences in altitude, participants should possess a certain level of basic fitness.

Are you already packing your bags because the description of the hiking tour through Alentejo has convinced you? Perfect! Then book your hiking tour in Portugal right away!

Tour information



Challenging



8 Days / 7 Nights



Self-Guided



Luggage transfers included










Total walking distance: approx.  
114 km

To the online version



# Itinerary

DAY 1	<b>Arrival in Vila Nova de Milfontes</b>	
<p>This charming coastal town is celebrated for its picturesque beaches and well-preserved historic city centre</p>		
DAY 2	<b>Vila Nova de Milfontes – Almogrove</b>	approx. 15 km   5 hours
<p>As you embark on the second day of your hiking adventure, get ready to be captivated by breathtaking views overlooking Vila Nova de Milfontes and the Mira River, seamlessly blending with the ocean in this enchanting area. Today's hike serves as an ideal introductory experience, enabling you to fully savour the magnificent landscape.</p>		
<div><div> ca. 4,5 to 5 hours</div><div> 15 km</div><div> 90 m</div><div> 120 m</div></div>		
DAY 3	<b>Almogrove – Zambujeira do Mar</b>	approx. 22 km   7 hours
<p>Small fishing villages, crimson sand dunes, the aroma of pine forests, and the presence of over 20 bird species nesting in the rugged cliffs combine to create a sensory-rich hiking experience.</p>		
<div><div> ca. 6 to 7 hours</div><div> 21 km</div><div> 200 m</div><div> 190 m</div></div>		



DAY  
4**Zambujeira do Mar –  
Odeceixe**approx. 18 km | 7  
hours

During your hike, you'll traverse fishing trails along the picturesque shores of Alteirinhos, Carvalhal, Machados, and Amália. Along the path leading to Azenha do Mar, you'll encounter a pristine natural fishing harbour. As you reach Ponta em Branco, prepare to be amazed by the panoramic vista of Odeceixe Beach and the serene Seixe River.



ca. 6 hours



18 km



260 m



280 m

DAY  
5**Odeceixe – Aljezur**

approx. 22 km | 7 hours

As you journey along the Seixe River delta, you'll be enthralled by the rich biological diversity and enveloped in the delightful scents of numerous aromatic shrubs. Following that, you'll trek along the historic fisherman's route, now integrated into the Algarve region, winding your way through wetlands and coastal heathlands on your way to Aljezur.



ca. 6 to 6,5 hours



17 km



400 m



250 m

DAY  
6**Aljezur – Vila do Bispo**

approx. 16 km | 6.5 hours

During this exceptionally scenic stretch, you'll be treated to breathtaking panoramas, including the Barranco da Pena Furada gorge, imposing rock formations, and impressive beaches like Praia do Amado. Your journey along the coastal plateau will lead you to your overnight destination, Vila do Bispo.



ca. 6 hours



19 km



170 m




340 m


DAY  
7


**Vila do Bispo – Cabo de Sao Vicente/Sagres**


approx. 21 km |  
7 hours

From Vila do Bispo, your path leads to the southwestern tip of the European mainland, Cabo de Sao Vicente. A unique ambience awaits you at the cliffside and the renowned lighthouse. Following the cliffs, your journey takes you to the well-known fishing village of Sagres.

 ca. 7,5 hours

 25 km

 440 m

 270 m

DAY  
8

**Departure or extension**

Departure from Sagres or continue to another part of Portugal.



# Route information

A good basic level of fitness is required for the daily hikes, which range from 15 to a maximum of 25 kilometers and involve slight changes in altitude. The routes lead along hiking trails and sandy paths, traverse cliffs, and venture through untouched nature in the Costa Alentejana Nature Park.



# Prices and dates

Price calculation and check availability: **Alentejo: Rota Vicentina**

Place of arrival: Vila Nova de Milfontes

	Season 1 09.02.2024 - 24.03.2024 28.10.2024 - 24.11.2024 Wednesday, Friday, Saturday and Sunday	Season 2 25.03.2024 - 26.05.2024 30.09.2024 - 27.10.2024 Wednesday, Friday, Saturday and Sunday	Season 3 27.05.2024 - 29.09.2024 Wednesday, Friday, Saturday and Sunday
Rota Vicentina, PO-POWVS-8X			
Base price	689.00	779.00	859.00
Single room surcharge	359.00	359.00	359.00

**Hotel information:** Traditional, family-run hotels and guesthouses (some with pool)

Additional nights can be booked in each stage port. Prices on request!

# Additional nights

Place of arrival: Vila Nova de Milfontes

	Season 1 Feb 9, 2024 - Mar 24, 2024 Oct 28, 2024 - Nov 24, 2024 Wednesday, Friday, Saturday and Sunday	Season 2 Mar 25, 2024 - May 26, 2024 Sep 30, 2024 - Oct 27, 2024 Wednesday, Friday, Saturday and Sunday	Season 3 May 27, 2024 - Sep 29, 2024 Wednesday, Friday, Saturday and Sunday
Vila Nova de Milfontes			
Double room p.p.	59.00	59.00	89.00
Single room surcharge	65.00	65.00	65.00
Cabo de Sao Vicente/ Sagres			



	<b>Season 1</b> Feb 9, 2024 - Mar 24, 2024 Oct 28, 2024 - Nov 24, 2024 Wednesday, Friday, Saturday and Sunday	<b>Season 2</b> Mar 25, 2024 - May 26, 2024 Sep 30, 2024 - Oct 27, 2024 Wednesday, Friday, Saturday and Sunday	<b>Season 3</b> May 27, 2024 - Sep 29, 2024 Wednesday, Friday, Saturday and Sunday
Double room p.p.	95.00	105.00	115.00
Single room surcharge	69.00	69.00	69.00

Prices per person in GBP

# Included services and travel information

## Services

### Included:

- Accommodation as already mentioned
- Breakfast
- Luggage transfers
- 1 Transfer Aljezur - Carrapateira (8-day tour)
- Carefully elaborated route description
- Detailed travel documents 1x per room (German, English, French)
- App for Navigation and GPS data available
- Service hotline

## Arrival information

### Included:

- Lisbon or Faro Airport, from there to the train station and bus terminal.
- Arrival by train to Lisbon (Sete Rios) and by bus in approx. 3 hours to Vila Nova de Milfontes ([www.rede-expressos.pt](http://www.rede-expressos.pt)). Or by train ([www.cp.pt](http://www.cp.pt)) from Lisbon (Oriente) in approx. 2 hours, or from Faro in 1.5 hours to Funcheira (Garvão). From there by taxi in approx. 45 minutes to Vila Nova de Milfontes, approx. EUR 50 per fare.
- Return journey by bus from São Luis in approx. 3 hours to Lisbon. Or by taxi in approx. 45 minutes to Funcheira (Garvão) and by train to Lisbon or Faro.
- Return journey from São Luis to Vila Nova de Milfontes by taxi, approx. 30 minutes, approx. EUR 20 per fare.

### Important information:

- Tourist tax, if due, is not included in the price.