Walking Lisbon & Serra de Sintra

Trip Code: SGLS

Version:

WALK & TREK	SELF-GUIDED	3 LEISURELY



HIGHLIGHTS

- Explore Lisbon and experience history brought to life with your own private guided tour
- Visit picture-perfect Pena Palace with its colourful botanical gardens
- Walk on the wild Atlantic coast and visit Cabo da Roca, Europe's most westerly point
- Spend 2 nights in the heart of Lisbon and 2 nights in a family run hotel in Sintra

AT A GLANCE

- Short break
- 3 days walking & sightseeing
- Daily departures
- Join at Lisbon / End in Sintra

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

It is said that 'you can only discover Lisbon by getting lost amongst its calcadas (paved streets), travessas (lanes), and escadinhas (staircases)'. This fantastic short break not only allows you to explore this multifaceted city with your own personal guide; it also takes you to Serra de Sintra, the playground of the wealthy during the Age of Discovery. The region's geographically strategic location has given rise to a city with a fascinating history just waiting to be discovered, and there is no better way to do this than on foot. Accompanied by the sweet smell of pastel da natas, the sound of Fado music, and the waves crashing along the coast while the cool breeze of the Atlantic wisps through your hair, you are sure to fall in love with this region of Portugal.

On this holiday you will spend two nights in both Lisbon and Sintra, allowing you plenty of time to absorb the local culture and sample the region's cuisine. Your walks will take you to the most westerly point of Europe - Cabo da Roca - through forests, and over rolling hills, to unveil spectacular palaces. You will even explore the historic streets of Lisbon accompanied by your own private tour guide.

Is this holiday for you?

This fabulous self-guided holiday is all about exploring the vibrant city of Lisbon and the wild Atlantic coast on foot and at your own pace. With the addition of your personal private tour guide in Lisbon on day 2, you are sure to discover much more of the city's special history and hidden gems compared with doing so on your own. Your Serra de Sintra walks will take you on well-established coastal paths, along promenades, and through woodland, walking for 4-5 hours a day with no more than around 400m of ascent in a day. If you love to combine sightseeing with walking, then this is the ideal short break for you.

Itinerary

Version:

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Private guided tour of Lisbon on day 2
- Train tickets from Lisbon to Sintra on day 3
- Train tickets from Sintra to Lisbon on day 5
- Tickets for Pena Palace and Park in Sintra
- Tickets for Moorish Castle in Sintra
- GPX tracks supplied

What's not Included

- Travel insurance
- Travel to / from Lisbon
- Visas (if applicable)
- Tourist taxes may apply and are usually under 5 Euros per person per night
- Some meals as described in the Meal Plan
- Transport on day 4
- Entrance fees and other public transport not listed as included
- Personal equipment
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

Your trip starts at your hotel in Lisbon. All of our self-guided holidays are sold on a Land Only basis, allowing you the flexibility to choose the travel method that best suits you. The nearest airport is Lisbon Airport, which is well-served with many departures from UK regional airports.

Lisbon airport is just 6 miles from the city centre and transport connections between the airport and the city are extremely good. It is possible to take the metro from Terminal 1 to the city centre with one change. The journey takes approximately 25 minutes and tickets can be purchased from ticket machines in the station. Tickets cost approx. €1.50 for a single journey or it is possible to purchase a daily ticket for €6. For more information visit https://www.cp.pt/passageiros/en

Another option is to take the bus to the city centre from outside the arrivals hall. Several bus lines stop at the airport arrivals terminal, taking you to different parts of the city. However, please note that the maximum baggage size allowed on these buses is 50x40x20cm. If your baggage exceeds this size, you must take the airport's shuttle buses (Aerobus and Airport Shuttle). For more information about city buses please visit http://www.carris.pt/. For more information about the Airport Shuttle please visit https://www.visitlisboa.com/en/places/coimbra-airport-shuttle.

If you have booked a private transfer with us you will make your way to the arrivals hall where you will find your driver holding a sign showing your name.

Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

The Portuguese are passionate about food. It is a reason for celebration, time with family and socialising with friends, and as is typical on the Med, evening meals are enjoyed late into the evenings with a glass of wine. Portugal's national obsession is Bacalhau, a dried salted cod which will feature heavily on menus alongside other delicious seafood. After all Portugal has almost 1800km of coastline. But it is not all just seafood as Portuguese cuisine is all about simple, fresh cooking with many meaty stews such as Cozido a Portuguesa which includes beef, pork and chicken served with fresh vegetables and usually accompanied by one of the countries fantastic wines.

And it's not just savoury dishes and wine the Portuguese are passionate about. The pastel da nata is not just a dessert but a constitution, served in almost every café. This delicious custard filled pastry topped with cinnamon is flaky, creamy and utterly delicious. Originally known as a Pasteis de Belem this delicious pastry is the creation of the Masteiro des Jernimos monks and you can still enjoy this delicious treat in the building next to the monastery where they have been sold since 1837.

Accommodation

During your trip, you will spend the first two nights at a 3-star hotel handily located in the heart of Lisbon, just a short walk from many shops and restaurants that you can enjoy.

You will then spend the second two nights of your trip at a beautiful historic family-run 2-star boutique hotel in Sintra, that has been in the Bernardo family for four generations and offers well-appointed rooms, a peaceful terrace, lounge area, bar and breakfast room.

Both hotels have been specially selected for their warm hospitality and excellent locations, and both are booked on a bed and breakfast basis in twin or double en-suite rooms.

During high season you may be booked into an alternative accommodation of a similar standard in the area.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace however getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable your walks will be. You should be comfortable with walking 4 to 5 hours for consecutive days and its always a good idea to spend some time walking in the footwear you are going to use on this holiday.

Climate

Lisbon and the surrounding area enjoy a Mediterranean climate with mild, rainy winters and hot sunny summers with temperatures averaging around 25 degrees in the summer months cooled by the breeze from the Atlantic. Late spring and early autumn provide warm days but some occasional showers too, perfect if you prefer not to walk in the heat.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Night Train to Lisbon - Pascal Mercier
- Lonely Planet Pocket Lisbon
- Secret Lisbon - Vitor Manuel Adriao
- Sintra: A Glorious Eden - Malcolm Jack

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Self Guided Equipment List

- Hiking boots with good-grip soles
- Hiking socks
- Long / short hiking trousers
- Functional base layer top and leggings
- T-shirts
- Fleece / extra warm layer
- Windproof jacket
- Waterproof jacket
- Waterproof trousers
- Hat, gloves, and neck gaiter
- Sunscreen
- Sunglasses
- Sunhat
- Small first aid kit inside your rucksack
- Water bottle or hydration pack
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover

- Camera (and batteries / memory card)
- Reusable sealable picnic boxes for picnics
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Walking poles
- Headtorch with spare batteries
- Personal wash kit
- Your self-guided route notes
- Rucksack (approx. 20L)

Land Only Information

Please note that our 'from' price listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers including solo travellers - contact our Sales Team for a quote.

When considering your travel dates, you might like to investigate any seasonal opening times of attractions and points of interest.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights' accommodation before or after your self-guided trip - please ask our Sales Team to find out more about this.

Our Sales Team will be happy to provide you with a quote for scheduled flights, or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

We offer some transfers to your accommodation from the nearest airports - please refer to the 'Joining Arrangements & Transfers' section for further details for this trip.

Why Choose KE

Why KE?

This is the perfect short getaway that blends sightseeing in Lisbon with the opportunity to enjoy coastal walking away from the hustle and bustle.We have included a private guided tour of Lisbon to ensure you get the most from your time in the city and see the best it has to offer, as well as an entry to Pena Palace and its tropical gardens and to the Moorish Castle, both in Sintra.

Please Note This document was downloaded on 30/10/2026 and the trip is subject to change