

Walking in Madeira

Trip Code: MFS

Version: 2024- MFS - Walking in Madeira



WALK & TREK



GUIDED GROUP



LEISURELY



HIGHLIGHTS

- Discover the varied landscape of Madeira on a series of easy paced walks
- Visit a rum distillery, a Madeira wine cellar and Funchal's Mercado dos Lavradores
- Walk the flower fringed Caldeirao Verde and the Levada das 25 Fontes
- Seafront hotels in pretty Porto Moniz and the charming fishing village of Paul do Mar

AT A GLANCE

ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 6 Lunches
- 5 Dinners
- 4 nights Hotel with swimming pool
- 2 nights Hotel
- 1 nights Guesthouse

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Discover the footpaths and flavours of Madeira, from the rugged North to the delightfully sunny South, on this relaxed walking holiday; each of our walks will be elegantly embroidered by the fantastically colourful flora, flavoursome cuisine and a warm welcome from Madeira's friendly islanders. During the course of our week we will walk along flower fringed levada and through lush laurel forests, take picnics in quiet coves and follow coastal paths with sweeping Atlantic ocean views; we will also take the easy route to the island's highest point, Pico Ruivo. Our walks are designed to showcase the island's rich variety of landscapes and are sure to delight both seasoned and budding gardeners. Madeira offers beautiful blooms to admire all year around and, whether or not you know your Aloe from your Agapanthus, you are sure to be charmed by the island's colourful and abundant flora.

Along the way we will stay in comfortable hotels, complete with swimming pools and spas, in pretty villages, coastal towns & fishing villages, where we will also have plenty of time to sit back, relax and soak up the year round sunshine. Much more than just a walking holiday, we'll also get to discover the flavours of the island from the countless tropical fruits on display in the bustling Mercado do Lavradores in Funchal, or the slab of delicious honey cake in our picnic lunch, to the sweet and rich Madeira wine and potent sugar cane rum (best saved till post walk!). If you're looking for a relaxed walking holiday, which will help you discover the real essence of Madeira, then this is the perfect choice.

Is this holiday for you?

This holiday is designed for you to enjoy the best of Madeira with a variety of easy paced walks and active sightseeing. On average we will be walking for around 4hrs per day, on trails that are good underfoot. Madeira is famous for its levada trails and volcanic topography, therefore we will encounter some short exposed sections and a reasonable amount of descent on some of the days. All walks can be considered optional and you'll only need to carry a small day pack. Each day there will be some free time relax and enjoy the hotel's pool and spa facilities or for exploring at your own leisure. This holiday is suitable for anyone looking for an active way to really explore the diversity of the island and to experience its varied footpaths, flora and flavours!

Itinerary

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DAY 1

Meet at the group hotel in Funchal. A single timed transfer from Madeira Airport is provided.

Meet at the group hotel in Funchal. Flight time allowing you can spend the afternoon relaxing at one of the nearby cafes, wandering around the port or the Mercado dos Lavradores or just enjoying the seaviews from the roof terrace. Food for thought: There is an active coffee culture in Madeira and one of Funchal's small cafes are the perfect place to relax and enjoy your first 'Bica' of the week. A Bica is the Portuguese equivalent of an Espresso, but served in a slightly more generous portion and smoother to the taste. The name 'Bica' is an abbreviation of "Beba Isto Com Acucar" ("drink this with sugar", but this is not obligatory! If you do want to feed your sweet tooth, you might want to enjoy your coffee with a slice of Bolo del Mel or honey cake. this deliciously dark slab of treacle-filled goodness is Madeira's oldest and most moreish dessert.



Accommodation
Guesthouse






DAY 2

Visit Funchal's market. Walk along the Sao Lourenco Peninsula, picnic on Prainha Beach. Rum distillery tour. Transfer to Santana.

This morning we begin by visiting the Mercado dos Lavradores, Funchal's busy market. Here we will discover a bewildering array of tropical fruits and flowers, and a heady aromatic mix of herbs, spice and all things nice, hidden behind the stunning Art Deco façade. Afterwards we take a short transfer to the very east end of the island, the peninsula of Sao Lourenco. With sheer cliffs of multi-coloured rock and wave-carved coves, the Peninsula is a dramatically desolate, rocky cape reaching out into the wild Atlantic and a wonderful contrast to the lush green flora so ubiquitous across the rest of the island. We follow a good path, including man made steps, out along the peninsula for some wonderful views out across the gulf. Today we will enjoy a picnic lunch on the black sand Prainha beach, one of the few naturally sandy beaches on Madeira, which is nestled in a small bay. This is also a great place for spotting seabirds like the rare Berthelot's pipit. We then take the road to the north coast, stopping to visit the rum distillery at Porto Da Cruz along the way. Madeira's tropical climate means that sugar cane grows abundantly, nowhere is this better exploited than at this distillery. This could be an excellent place to try our first poncha, a traditional Madeiran punch. In the late afternoon we reach Santana, where we will stay for the next two nights. In Santana we will find some examples of some traditional houses, small triangular structures with thatched roofs that look like they have been lifted straight out of a fairytale. We check into our comfortable hotel, which has a pool and spa facilities. Food for thought: Poncha is a

delicious alcoholic tippie made by mixing Aguardente de Cana (white rum), honey, sugar and orange/lemon juice. The ingredients are mixed together using a special wooden cocktail muddler called a mexelote or caralinho ("little cock") and then poured over ice to serve. Historically Poncha was consumed by Madeira's fishermen, before heading out to sea on their trawlers, as a prophylactic against the flu and other sicknesses; we think it is much better sipped slowly whilst sitting in the sunshine at the end of a good day's walk. Food for thought: One of Madeira's biggest exports is the banana, in various varieties. As you wander around the fruit stalls of the Mercado dos Lavradores, you should be sure to sample a traditional Madeira Banana, which are much smaller and sweeter than those commonly found in a British fruit bowl. You should also look out for the much rarer Philodendron Fruit, the fruit of the Swiss Cheese Plant, which looks a bit like a pineapple, but tastes more like a banana.

Meals: **BLD**

	Accommodation Hotel with swimming pool		Ascent 400M		Descent 400M		Time 4 - 5 hrs walking
	Distance 11KM						

DAY 3

Follow the verdant Caldeirao Verde (Green Cauldron). A lush levada trail from Pico das Pedras to Ilha de Sao Jorge. Return to Santana.

Today we will walk along one of Madeira's famous levada trails. The levada are a labyrinth of irrigation channels, some dating back to the 16th century, originally designed to take water to remote fields in the island's interior. They now also serve as pathways, providing a unique, and sometimes improbable looking, way of exploring the green volcanic ridges of the island's interior. We first drive to Picos das Pedras where we will begin our hike. We are soon passing through magnificent forest, making it easy to see how the Caldeirao Verde earned its name. As we follow the levada we will pass through a series of small tunnels (head torches at the ready!) and along some short exposed sections, which are protected by a fence. The flora is sublime, the rock faces are decorated with thick moss and a variety of ferns and orchids burst from every nook and cranny. The ancient forest of tree heather and laurel that surrounds us dates back to the origin of the island. We eventually descend to Ilha de São Jorge via a beautiful path, from where we can admire the distant views of the golden sanded island of Porto Santo, another island in the Madeira archipelago. From Ilha Sao Jorge we return by road to our hotel in Santana. Food for thought: Espetada Maderiense is a delicious local dish, which creatively utilises the abundant laurel you will see growing all over the island and especially on today's walk. For this dish hunks of beef are skewered onto a stem of bay laurel and are roasted over hot coals. Espetada Maderiense is usually served with Bolo do Caco, Madeira's traditional and omnipresent flat bread, which is at its most delicious when served warm and slathered with a herby garlic butter, or with Milho Frito, delightful golden nuggets of fried polenta which are crunchy on the outside and soft on the inside.

Meals: **BLD**

**Accommodation**

Hotel with swimming pool

**Descent**

400M

**Time**

4 hrs walking

**Distance**

14KM

DAY 4**Walk from Achada do Teixeira to the roof of the island, Pico Ruivo (1862m). Visit a wine cellar and sample some Madeira wine. Transfer to Porto Moniz.**

This morning we visit the roof of the island, Pico Ruivo (1862m), from where we should have some outstanding views over the island's high ridges. We first drive to the village of Achada do Teixeira, from where we will have our first panoramic view of the day - this time of the Sao Jorge Valley. Here we pick up the paved path towards Pico Ruivo (1862m), Madeira's highest point. We will reach the summit in under 2hrs. As we walk along all the scenery that surrounds us will be a reminder of the island's immense volcanic history: the green embankments and rocky ridges, old lava flows, collapsing valleys, and past black, ochre and brown rocks. The mists rising from the valleys also add to the atmosphere. We will also witness how plants have adapted to this unique environment, like the succulent houseleeks, gorse and broom. In good weather, we will have superb views out across most of the island from the summit of Pico Ruivo: its peaks, valleys and coast. We return back to Achada do Teixeira where we meet our driver. On our way to Porto Moniz we will stop at Quinta do Furo, a famous wine estate, where we can take a look around the wine cellars, taste a glass of Madeira wine, and learn about the winemaking process. In the afternoon we drive to Porto Moniz on the northwest coast of the island, where we will stay for two nights. Food for thought: Did you know that the Madeirans first started fortifying their wine to stop it spoiling on long sea voyages? Its unique taste comes from repeatedly heating the wine during the winemaking process; something we will learn all about today! Available in both dry and sweet varieties, the drier wines are usually served chilled as an aperitif, with the sweeter variations best enjoyed at room temperature as a delicious post-dinner digestif.

Meals: **B L D****Accommodation**

Hotel with swimming pool

**Ascent**

350M

**Descent**

350M

**Time**

3 hrs walking

**Distance**





6KM

DAY 5**Free time in Porto Moniz. Afternoon walk the Levada de Rabacal to the Risco Waterfall and the Lagoon of 25 Fountains. Return to Porto Moniz.**

After breakfast we have some free time to relax or explore Porto Moniz. We can wander the promenade, use the hotel pool, or take a dip in the amazing natural salt water swimming pools which have been formed by the sea out of the volcanic rock. We will meet our guide just before lunch and in the early afternoon we transfer to Rabacal where we join the Levada do Risco, which will lead us to the Risco

waterfall and the 25 Spring Lagoon (Lagoa das 25 Fontes), named for the multiple springs that feed it. The waters come down from the mountain marsh (Paul da Serra) high above and seem to mysteriously appear from behind the wall that frames the lagoon. There is a local legend that says that whoever dives into the waters here will never resurface! This is a stunning walk and understandably one of Madeira's most famous, the majority of visitors will choose to make the walk in the morning, so heading here in the afternoon means we'll miss the crowds. We follow the levada, including another section of tunnel, to Garagem where we will meet our transport and transfer back to Porto Moniz.

Meals: **B L D**





 Accommodation Hotel with swimming pool	 Descent 400M	 Time 4 hrs walking	 Distance 14KM
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DAY 6

Dramatic sea views as we follow sections of the Levada Nova to a local organic farm. Descend to Paul do Mar.

We begin today with a short transfer to Raposeira, a small village on the sunny south coast, where we can enjoy plunging views of the ocean from the belvedere. From Raposeira we follow a section on the Levada Nova, walking through fields of sweet potatoes, yam, cabbage, mangoes, passion flowers and bananas. This is the Island of Eternal Spring and we will also be surrounded by agapanthus, amaryllis, hydrangeas, and bougainvillea, which create an explosion of botanical colour. We take a break from our walk at the working farm of Quinta Pedagogica de Prazeres, where we can explore their aromatic herb garden and sample their local products. Those seeking some refreshment can sample the farm's traditional cidre, which is produced on site. We continue to the colourful volcanic cliffs overlooking the fishing village of Paul do Mar to where we will descend on a spectacular ancient paved path until we finally reach the water's edge. Tonight we will stay in Paul do Mar. Food for thought: The fishing village of Paul do Mar is the perfect place to sample one of Madeira's more unusual specialities: Black Scabbard Fish (Espada) with banana and passion fruit sauce. The unusual looking Black Scabbard Fish, which has the look of a ferocious (albeit tiny) prehistoric sea monster, can be found in plentiful numbers in the deep waters that surround Madeira. The islanders like to season the fillets with salt, pepper and garlic, and served them fried and accompanied by bananas fried in breadcrumbs and a cold sauce made from mayonnaise, tobacco, orange juice and passion fruit. An interesting mix of savoury and tropical sweetness that defies description; it has to be tasted to be understood!

Meals: **B L D**

 Accommodation Hotel	 Ascent 100M	 Descent 650M	 Time 4 hrs walking
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DAY 7

Discover Funchal. Visit Monte for views over the Bay of Funchal and enjoy a picnic lunch. Afternoon is free to explore.

We travel up the coast to Funchal, Madeira's bustling capital, named for the abundant wild fennel discovered here by the first settlers. In the morning we will enjoy a guided walking tour of the centre. We then drive up to Monte overlooking the Bay of Funchal, where we can enjoy a picnic lunch of local produce whilst admiring the view. The afternoon is free to explore independently, you can return to the centre of Funchal or visit the impressive Botanical Gardens, higher up on the hillside. Funchal is a lively town and come the evening the streets of the old town take on a party atmosphere, with locals and visitors mingling over good food and a glass or two of Poncha; we can join them as we celebrate the end of our holiday!

Meals: **B L**



Accommodation
Hotel



Time
3 hrs walking

DAY 8

Departure day. A single timed transfer to Madeira Airport is provided.

The holiday ends after breakfast. A single timed group transfer to the airport is provided.

Meals: **B**

Holiday Information

What's Included

- A professional and qualified tour leader
- Single timed airport transfers on arrival and departure
- Meals as described in the Meal Plan
- All land transport required by the itinerary
- All activities mentioned except where specified as 'optional'
- All accommodation as described

What's not Included

- Travel insurance
- Tips for local staff
- €2 per night hotel tax (paid directly to the hotel)
- Airport transfers (other than group transfers)
- Some meals as described in the Meal Plan
- Miscellaneous personal expenditure - drinks and souvenirs etc

Joining Arrangements & Transfers

TRAVEL TO YOUR DESTINATION

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

The group will meet at the hotel in Funchal.

There will be a single timed transfer from the airport to the group hotel on Day 1 of the Land Only itinerary.

On the last day of the Land Only itinerary there will be a single timed transfer from the hotel to the airport.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals except 2 dinners are included in the holiday price. For our first night and last night in Funchal, where there are a wide variety of dining options, it makes sense to leave the choice of restaurant/budget up to you. We recommend you budget €20-25 for each of these meals.

Food & Water

Many places on this holiday have drinkable water from the tap to fill your personal water bottles. Please check with the leader at the various locations. Please take a filter bottle (such as a [Water-To-Go bottle](#)) or purification tablets for days when drinking water out of the tap is not available. We do not encourage the purchasing of single use plastic bottles but this may be unavoidable in some locations, particularly during a hot dry season.

Madeiran food is fresh and delicious. Many of the local dishes are prepared from ingredients grown on the island or caught from the sea. Popular dishes include:

Espetada - Grilled beef marinated in garlic, bayleaf and rock salt and cooked on a skewer made from local laurel wood.

Espada com banana e maracuja (black scabbard fish with banana and passionfruit) - This unusual sounding dish features on just about every menu!

Bolo del Mel (honey cake) - This deliciously dark and dense slab of treacle-filled goodness is Madeira's oldest and most moreish dessert and is great with coffee. There is an active coffee culture in Madeira and one of Funchal's small cafes are the perfect place to relax and enjoy your first 'Bica' of the week. A Bica is the Portuguese equivalent of an Espresso, but served in a slightly more generous portion and smoother to the taste.

Madeira wine is world famous and there are vineyards all over the island. However there are also many local wines which are well priced and of reasonable quality - and it will always be plentiful!

Evening meals will be taken either at the hotel or a nearby local restaurant and there will be plenty of opportunity to try all of Madeira's most famous dishes during the holiday.

Breakfasts will be continental with tea, coffee, bread, jams and fruit.

You will be given a packed lunch to carry on each day's walk. This normally consists of a sandwich made with cheese, tomatoes, olives, ham or other meats, or sometimes a pasta salad, plus some fruit. We recommend that you take a small tupperware box (and spork) to carry your lunch.

Accommodation

There will be 2 nights at a hotel in Funchal, within walking distance of the port, city centre and market, 2 nights in a comfortable hotel with a pool in Santana, 2 nights in a sea front hotel in Porto Moniz, which has an indoor pool and is also adjacent to the natural swimming pools, and 1 night in a seafront hotel in the pretty fishing village of Paul do Mar.

All rooms are en suite. Accommodation is twin share, if you are travelling by yourself, you will be paired up with another single client of the same sex. Single rooms are available for a supplementary cost. If you are planning to extend your holiday additional nights are available on request.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

Spending Money

We estimate that approximately £100-150 (or equivalent in US dollars or Euros) should be allowed for non-included meals, soft drinks, snacks, and miscellaneous expenses, including tips for your guide. If you buy many drinks in the afternoon/evenings, or take full advantage of the spa facilities of the hotel and enjoy lots of massages, you may need to budget more. You can withdraw money in local currency from ATMs on arrival at the airport and in the main towns, and credit cards can also be used to pay for most goods and services.

Guidance on Tipping

Tipping is the accepted way of saying 'thank you' to your leader and local team. Tipping is entirely voluntary and should be dependent on good service. We recommend that you decide levels of tipping and give any tips as a group rather than from individual group members.

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.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

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.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Health & Vaccinations

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. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Currency

The currency for part or all of this holiday is the Euro.

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

Climate

Madeira has a mild sub-tropical climate, with the Gulf Stream ensuring pleasant warm temperatures all year round. The hottest months are July and August with average temperatures around 23 °C, in February and November the maximum temperature is around 18-20 °C. There would be no beautiful greenery in Madeira without a little rain, however there are many micro climates across the island, with the southern lowlands being the driest and the mountainous northern parts receiving the most rain. Madeira generally has sunshine all year around, with May through to September being the driest months with very little rain. October through to March can be wetter, but with still just an average of 6 days of rain per month.

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 prior to 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. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

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 direct 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

- Walking in Madeira - Cicerone Guide, Paddy Dillon Walk!
- Madeira - Discovery Walking Guides, Shirley & Mike Whitehead
- Madeira Landmark Guide, Richard Sale
- Madeira & Porto Santo - Cadogan Guides Madeira - Insight Guide

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.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

YOU SHOULD BRING THE FOLLOWING ITEMS:

- Hiking boots
- Trainers or sandals
- Socks and underwear
- Walking trousers
- Lightweight waterproof overtrousers
- Baselayer (wicking) shirts/T-shirts and/or casual shirts
- Fleece jacket or warm jumper
- Lightweight windproof/waterproof jacket
- Lightweight gloves
- Sunhat

- Warm hat
- Sunglasses
- Daypack c. 25 - 30 litres
- Headtorch and spare batteries (on some days we will be walking through tunnels!)
- Sun protection (including for lips)
- Water bottles 1 Litre (x2)
- Tupperware box for lunch salad (approx 15x10x3cm)
- Plastic fork/knife/spoon for eating lunch
- Washbag and toiletries
- Basic First Aid Kit. Including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, Insect repellent, and re-hydration salts (Dioralite).

THE FOLLOWING ITEMS ARE OPTIONAL:

- Shorts
- Swimwear (most hotels have pools)
- Towel (for swimming)
- Small plastic cup for tea/coffee at lunch (guide carries a flask)
- Antibacterial handwash
- Trekking poles (recommended)
- Insect repellent - (DEET)
- Camera

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [>> Find out more](#)

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts/ends at the accommodation in Funchal and a single timed transfer is provided from/to Madeira Airport.

Why Choose KE

Why KE

FLY FROM UK REGIONAL AIRPORTS KE's departures run Monday to Monday, rather than Saturday to Saturday, allowing you to take full advantage of the range of reasonably priced low costs airlines flights offered from a wide variety of UK regional airports.

Please Note This document was downloaded on 07/09/2024 and the trip is subject to change