

# Timeless Trails of Portugal's Algarve

Trip Code: PAW

Version: PAW Timeless Trails of Portugal's Algarve



WALK & TREK



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Enjoy a few of the Algarve's 300 days of sunshine, eat picnics in deserted coves and swim from golden beaches
- Stay at our outstanding, eco-friendly lodge, with welcoming hosts and excellent home grown food
- Walk on the Vincentian Coast, in the Inner Algarve and along the south coast to Sagres
- Watch the sunset from Cape St Vincent the most south-westerly point in Europe

## AT A GLANCE

- 5 days centre-based walking
- 1 day sightseeing/optional activities
- Join at Faro

## ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 5 Lunches
- 6 Dinners
- 7 nights Lodge

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

# Introduction

This one week walking holiday on the south west coast of Portugal offers the perfect relaxing retreat for those looking to get away from the busy bustle of everyday life and be enchanted by the remote and wild Atlantic coastal trails and the 'Inner' Algarve's rolling hills and white painted villages. Centre-based at a charming lodge just 10km from the very tip of Portugal, over the course of the week we will enjoy five handpicked walks, each designed to showcase the wild splendour of this region; the dramatic cliffs, sand dunes, hidden coves and sweeping golden beaches of the south-west coast and the contrasting interior, offering a lush green tapestry of farmland, cow meadows and forests of chestnut, eucalyptus and cork. The Algarve is blessed with an exceptional climate, boasting over 300 days of sunshine a year, but we think it is just perfect for walking in the spring and early summer, when wild rock roses and almond blossom decorate the hill sides, and in the glow of the autumn, when delicious fresh figs and almonds can be plucked straight from the trees.

We've also included a free day to enjoy a cultural visit to nearby Lagos or take part in another optional activity such as kayaking, or a beginner's surf lesson. A unique holiday highlight will be our delightful accommodation where we will be made to feel very welcome by our friendly hosts, Jon and Vio. Nestled amongst 150 acres of farmland close to the village of Aldeia Da Pedralva in the Cape St Vincent National Park, the lodge is a beautiful, tranquil place. Evenings will be sociable as we gather around the dining table for a feast of home cooked Portuguese cuisine, often created from ingredients grown in the lodge's garden, or sit around the fire pit under the stars telling stories and chatting over a glass of local wine. Those seeking a little peace and solitude can retire to the lounge to curl up by the corner fireplace and read a book; there is something here for everyone. You will be incredibly well taken care of, fed and watered in the evenings. It's a winning formula and we guarantee you won't want to leave!

## Is this holiday for you?

This holiday is centre-based making it ideal for anyone who likes a walking holiday with the option to opt in and out of the walks, a highlight of the holiday are the evenings spent relaxing and socialising alongside enjoying some excellent home-cooked food! We will enjoy 5 varied day walks during our week, each designed to show off the best of the region. We will be walking for between 4 - 6 hours on these days, with daily accumulative ascent and descents varying from 200 - 600m and covering distances of 10 -15 km. We will be walking on a mix of quiet rural paths, well defined coastal trails, over some rougher trails and rocky sections and along beaches. There will be no more than 600m of accumulative ascent on any one day, but as we will be walking from the cliff tops, down to bays/beaches and vice versa on several occasions there will be a few short and sharp inclines! While there is sufficient

walking on each day to satisfy regular hikers, it is intended that this should be a relaxing holiday with a gentle pace.

# Itinerary

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## DAY 1

**Arrive at Faro Airport. A single timed transfer to the accommodation is provided.**

The group will meet at our accommodation just north of Sagres, on the very tip of the Algarve. A single time transfer from Faro Airport is provided. We have a late buffet lunch at the lodge before exploring the delightful property and surroundings, including its fresh water lake. This evening we will settle in and have the first of our delicious home cooked dinners on the veranda overlooking the surrounding cork forest.

Meals: L D



**Accommodation**  
Lodge

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## DAY 2

**Walk from our lodge to the golden beach of Praia da Amado on the rugged west coast.**

Today's walk will be the perfect introduction to the varied terrain and landscapes of this beautiful region, as we will begin on the green and peaceful trails of the inner Algarve and end on the sea cliffs of the rugged west coast and the stunning golden beach of Praia da Amado. After a relaxed breakfast, we walk out straight from our doorstep with a short climb out of the valley, where we can enjoy the emerging views of the surrounding hills. In spring the hillside is coloured white and pink, and the air sweetly scented, by the flowering rock roses (cistus) for which the Algarve is famous. It won't be long until we reach our high point for the day and are rewarded with our first glimpse of the Atlantic Ocean way in the distance. As we leave the rolling hills and valleys behind us our track winds gently down towards the west coast, passing through pine forests, cow meadows and eventually eucalyptus forest, before the valley opens up before us to present the beautiful long white sanded beach of Praia da Amado; the perfect spot to relax and enjoy our picnic lunch and take our first refreshing dip in the wild Atlantic. After lunch we climb from the beach up onto the sea cliffs, offering breath-taking coastal views in all directions, and continue on to Carrapateira, a small fishing village where we can stop in one of the traditional cafes for a coffee and a delicious Pasteis de Nata. We have time to wander around pretty Carrapateria, before making the short 10 min drive back to the lodge with time to relax before dinner. We can kick back in a hammock and read, relax over a coffee in the lounge or with a chilled glass of Vinho Verde on the deck. After dinner if we wish we can take a stroll into the small hamlet of Pedralva, to take a look around or enjoy an after dinner drink.

Meals: **B L D**

 <b>Accommodation</b> Lodge	 <b>Ascent</b> 180M	 <b>Descent</b> 200M	 <b>Time</b> 4 - 5 hrs walking	 <b>Distance</b> 14KM
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**DAY 3****Explore the south coast trails on a circular walk from Zavial.**

A day exploring the coastal trails of the south coast. Our walk begins at Zavial, a famous hotspot for surfers and just a 20min drive from the lodge. Our route climbs up from the beach onto the sea cliffs, from where we will get a fantastic view of the surfers enjoying the waves. The south coast is far less rugged than the west coast, with calm turquoise seas, prolific colourful flora and pretty white fishing villages. Our path follows the coastline, leading up onto the eroded sea cliffs and ambling down onto the sandy white beaches, which are dotted with large rock formations. It is advisable to carry our swimwear today as there will be time to enjoy one or two quick dips in the calm south coast sea. We will stop to take lunch in a hidden cove with a light offshore wind cooling us from the midday sun. After lunch and sometime to wander around the impressive sea cliff fortress around our lunch spot, the walk turns inland to the small town of Figuera, a sleepy Portuguese village with plenty of cafes and bakeries to tempt those looking for some additional post lunch refreshment. We leave Figuera via a small village road which takes us through authentic Portuguese farmland. The trail winds its way back to Zavial beach following an inland path with great views of the magical and historic Cabo St Vincent. From Zavial we transfer back to the lodge, stopping en route at an artisan Portuguese pottery shop; Portugal is famous for its high quality ceramics and here we will find a great display of traditionally decorated, hand painted tiles and pots. Arriving back to the lodge we've time to freshen up before dinner. Tonight we can enjoy sampling some local cheese and tasting some Portuguese wines before dinner.

Meals: **B L D**

 <b>Accommodation</b> Lodge	 <b>Ascent</b> 250M	 <b>Descent</b> 250M	 <b>Time</b> 5 - 6 hrs walking	 <b>Distance</b> 12KM
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**DAY 4****Follow the beaches and cliffs of the South coast from Praia da Ingrina towards Sagres and Cabo St Vincent.**

Our walk today begins just a 15 minute drive from the lodge at Praia da Ingrina, a small south coast hamlet with a beautiful beach. Our trail runs adjacent to the stunning windswept cliff tops and along stretches of long white beaches all the way to Sagres. This beautiful, but barren and windswept landscape is the most south western point of mainland Europe. The town of Sagres has a rich nautical past; famous explorers such as Christopher Columbus knew this site as "the end of world", as it was the place from where they launched many of their expeditions. In Portuguese Sagres means 'sacred' and this is also an area with a strong Celtic history; along our path today we will have encountered one of the

largest concentrations of Menhirs (standing stones) in the whole Algarve. Dating from around 3000BC, these standing stones are signs of presence of humans in the area since Neolithic times. As we wander around Sagres town the areas more recent cultural history is also clear to see, in its abandoned cliff top fortress and ancient monastery. We'll have an unforgettable end to our walk at 'Alice's', the best gelateria in the Algarve, famous for its incredible homemade ice cream made from only natural ingredients! We'll have some time to explore the town or head down to the beach to enjoy the calm sea and the warm afternoon sun. We return to our accommodation in the late afternoon.

Meals: **B L D**

 <b>Accommodation</b> Lodge	 <b>Ascent</b> 200M	 <b>Descent</b> 200M	 <b>Time</b> 4 - 5 hrs walking	 <b>Distance</b> 9KM
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## DAY 5

### River and nature walk through the Cabo St Vicente Nature Reserve.

Today's walk is designed to showcase the unspoilt nature of this wild region. Our route runs parallel to the river, through forests of cork oak where the tree tops are alive with birdlife. Our path is flanked by a flowing backdrop of impressive hills, part of the unspoilt nature reserve of Cabo St Vicente. The trail passes through Villarina, a hamlet lost in time, surrounded by countryside sculpted by timeworn Portuguese farmers, who still live here in quaint white houses encircled by rolling cow meadows. Here our trail departs from the river, heading up towards the hilltops from where we will have a great view of the valley behind and the west coast and the ocean ahead. We take the zigzagging path down the hill to the village of Carrapateira below. We will stop here to take lunch in an authentic Portuguese Bistro\cafe where we can sample something local and truly delicious in the shade away from the midday sun. After lunch the route passes through large sand dunes eventually arriving at the long beach Praia da Bordeira where we have option of taking a dip in the wild west coast sea, or we may just want to enjoy wandering among the sand dunes or watching the local fisherman looking for oysters in the shallows. We'll end the walk just off the beach at a local café, which has a variety of exotic freshly made juices for us to enjoy. We'll then head back to the lodge (just a 5min drive) for an early dinner, as tonight we will drive out to Cabo Sao Vincente to watch the dramatic sunset on the most south western point of Europe.

Meals: **B D**

 <b>Accommodation</b> Lodge	 <b>Ascent</b> 300M	 <b>Descent</b> 300M	 <b>Time</b> 4 - 5 hrs walking	 <b>Distance</b> 13KM
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## DAY 6

### Free day for independent sightseeing in Lagos or optional outdoor activities.

Today is free to relax at the lodge, to take part in some optional outdoor activities or to enjoy a cultural day trip to Lagos. Lagos is one of the Algarve's most scenic and historic towns. Surrounded by 16th



century walls, the interior of the old town is a maze of cobbled streets, churches and pretty piazzas. Within walking distance are some of the Algarve's best beaches, and beautiful rocky coves where we can also spend the day relaxing or exploring. For those wishing to visit Lagos our hosts will provide a complimentary transfer after breakfast and a pick up to return to our accommodation in the late afternoon. There are also optional outdoor activities on offer for those wishing to do something a little more energetic. You might want to try your hand at kayaking on the estuary, or enjoy a surf lesson with a local expert. Our hosts will be on hand during the week to discuss the possibilities and help you arrange your activities for this day. This evening we will wander into nearby Pedralva to enjoy dinner at an authentic Portuguese restaurant. Tonight's dinner is not included so that we can have our own choice of menu/budget.

Meals: **B**



#### Accommodation

Lodge

### DAY 7

## Walking the wild and dramatic west coast from Castellejo beach to Amado beach.

On our final walking day we will head out to explore the coastal trails of the wild west coast, including some of the most impressive scenery on the Portuguese coast. We will pass through hidden white coves, following meandering fisherman's trails through the unspoilt natural coast line, beneath us we can watch the crashing of huge Atlantic swells against the imposing black sea cliffs. We start in the nearby local village of Villa do Bispo, at the beach of Castellejo. From here our path follows the sea cliffs and beaches for several kilometres before turning inland for a short while until lunch, which we will take on a completely hidden beach only accessible by foot. There is the option of taking a swim in the beautiful bay, or we can just sit in the shadow of the cliffs enjoying the views. After lunch our week of walking culminates amongst some of the most spectacular scenery in the Algarve. We will cross a series of four unspoilt coastal valleys, requiring a reasonable amount of ascent and descent! Our walking efforts will be rewarded with the most impressive views of the week and of course the accomplishment of completing a challenging route through this breath-taking landscapes. We finish at Amado beach, where we can relax in a café and reminisce over the week gone by. In the evening, back at the lodge, we will celebrate with a delicious sea food dinner freshly prepared by our hosts and accompanied by good wine and good company.

Meals: **B L D**



#### Accommodation

Lodge



#### Ascent

600M



#### Descent

600M



#### Time

5 - 6 hrs walking



#### Distance

13KM

### DAY 8

**Departure day. A single timed transfer to Faro Airport is provided.**

After and early breakfast we say our goodbyes. A single timed transfer to Faro Airport is provided.

Meals: **B**

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## Holiday Information

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### What's Included

- A professional and qualified tour leader
- Single timed airport transfers on arrival & departure
- All accommodation as described
- Meals as described in the Meal Plan
- All land transport required by the itinerary

### What's not Included

- Travel insurance
- Some meals as described in the Meal Plan
- Any additional activities/excursions indicated as optional
- Tips
- Miscellaneous personal expenditure - drinks and souvenirs etc...



## Joining Arrangements & Transfers

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### 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 our eco-lodge accommodation near Sagres.

A single transfer (1hr 30mins) is provided from Faro Airport to the accommodation at 12 midday of Day 1 the Land Only itinerary.

On the last day of the Land Only Itinerary there will be a single transfer back to Faro Airport in the morning. This will connect with flights leaving at 1100 at the earliest. Those with later departures can take this transfer and have lunch in Faro (5mins in a taxi), or take a trip to one of the islands. There is baggage storage at the airport.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy.

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

### Meal Plan

All meals are included except for 2 lunches and 1 evening meal. This allows you to experience the local cafes/restaurants/bistros.

## Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

On the 6 nights where we eat in at the lodge in the evening meals will be 3 course feasts, with local wine, juice and water. We will generally return to the lodge after our walk each day to find it filled with the comforting smells of freshly baked bread, grilling vegetables or meats, or the smoky aromas of pizza baking in the oven or notes of sugar and spice and chocolate - hints of what might be that night's tasty dessert treat.

A note from your hosts: We love food; good food is one of our greatest pleasures in life. We believe that the better, the fresher, the more naturally produced the original products are, the higher the quality of the meals we serve. We strive to produce foods here on the farm that are in harmony with the environment; no pesticides or un-organic fertilisers. Planting our veggie garden is a labour of love, and the crunchy salad straight from the garden is credit to this. We believe local is great and it's this greatness we search for when we visit shops and markets and our own pantry to produce meals for our guests. Herbs, spices and fresh food are our inspiration! We cook delicately spiced meat dishes, exotic vegetarian meals, tasty vegan and gluten-free feasts - Violeta can make you something special, whatever your needs and desires, but please inform us of any dietary requirements on booking. A tasty surprise this winter was the discovery that our farm produces an array of the most incredible edible mushrooms!

We will take breakfast at the lodge each day, which will include fresh bread, porridge, eggs, bacon, fruit and croissants. On most of our walking days we will carry with us a freshly prepared packed lunch, usually including a couple of rolls, fruit and a snack bar.

There are 2 lunches and 1 dinner which are not included, leaving you free to sample the delicious treats offered by some of the traditional Portuguese bistros/restaurants or pick up a simple lunch from a café or bakery.

## Accommodation

A unique holiday highlight is our charming eco-lodge accommodation, where we will be made to feel very welcome by our friendly hosts, Jon and Violeta.

Nestled amongst 150 acres of farmland close to the village of Aldeia Da Pedralva in the Cape St Vincent National Park, our lodge is a beautiful, tranquil place. The buildings have been tastefully renovated and designed to integrate into the natural splendour of the landscape. The accommodation is 'off grid' and the electricity comes from solar power. The rooms only have 12V, enough for the lights. The main room has 220V for charging equipment.

We will be accommodated in individual cottages set among the Cork oak forest and surrounded by unspoilt nature. Each room/cottage is a unique space, individually designed and offering its own cosy areas. There are 5 twin/triple/double bedrooms, 3 with ensuite bathrooms and 2 with a shared bathroom. If you are travelling by yourself, you will be paired up with another single client(s) of the same sex. A limited number of single rooms (may still have shared bathroom) are available for a supplementary cost. Please contact the KE office if you have specific rooming requirements. We try to ensure that everyone is happy with the rooming.

All rooms/cottages are their own bathroom or shared bathroom, but should you wish to get back to nature, you can try the outside 'bush showers' overlooking the river. Hidden among the trees you are secluded from the outside world and can shower surrounded by nature.

There is much to explore in the grounds, including a fruit orchard and a vegetable garden, hammocks hanging in the shade, a sun deck for breakfasting in the morning sun, a traditional pizza oven and an outdoor fire pit.

Our evenings will be sociable as we gather around the dining table for a feast of excellent home cooked Portuguese cuisine, often created from ingredients grown in the garden, or sit around the fire pit under the stars telling stories and chatting over a glass of local wine. Those seeking a little solitude might want to curl up in the lounge by the corner fireplace to read, write, drink tea or play board games.

You will be incredibly well taken care of, fed and wined in the evenings. It's a winning formula and we guarantee you won't want to leave!

## Group Leader & Support Staff

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

## Spending Money

Approximately £100 (or equivalent in US dollars or Euros) should cover you for non-included meals, miscellaneous expenses, tips, drinks, snacks etc... This figure does not take into account optional activities or alcoholic beverages. Some wine is included with dinners and other drinks can be paid for directly at the end of the week. Euros can be withdrawn from ATMs at Faro Airport and locally. If you are intending to buy expensive souvenirs, you should budget accordingly (credit cards can be useful in this respect).

## OPTIONAL ACTIVITIES:

Please note that these prices are correct at time of writing, but are subject to change without warning. All prices are in Euro's. Optional activities taken outside the KE holiday are at your own risk.

Surf Lesson/Kayaking - €45pp

## 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.

## Optional Activities

On our free day we have the option of taking part in some optional half day activities arranged by our host, these include surf lessons or kayaking. Each activity will be led by a qualified guide and costs approx. €45 per person, this includes transfer, guide and any specialist equipment required. Activities can be arranged over the course of the week with our hosts and paid for directly.

There is also the option to visit Lagos on our free day. Our hosts will provide a complimentary transfer after breakfast and picking up in the late afternoon for those wishing to take this option.

## 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

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## 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.

You should be aerobically fit and comfortable with walking 4 to 5 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardiovascular fitness and stamina

## Climate

The Algarve enjoys a sunny microclimate with usually over 300 days of sunshine a year. Summers are dry and hot, but the south-western tip of the continent enjoys a mild climate all year round thanks to the influence of the ocean.

Spring (April to June) and autumn (September and early October) are delightful, but a little rain is possible. We can expect day time temperatures between 16-22 degree Celsius, with matching sea temperatures. Temperatures will be a little warmer in the Autumn than in the Spring.

## 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](http://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](http://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.

## 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.

## Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through one of our international partners. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

# 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 or approach shoes
- Trainers or sandals/flip flops
- Socks and Underwear
- Trekking trousers
- Waterproof jacket
- Waterproof over-trousers



- T-shirts and/or casual shirts
- Sunhat
- Sunglasses
- Fleece or warm jumper
- Warm hat or buff
- Daypack 30 litres
- Headtorch and spare batteries
- Sun protection
- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries
- Antibacterial handwash
- Swimwear
- Small towel

Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets.

### **The following items are optional:**

- Trekking poles
- Shorts
- Insect repellent - (DEET)

- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

## 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 at the accommodation near Sagres, Algarve. A single transfer is included from/to Faro Airport.

# Why Choose KE

## Why KE

This is the perfect mix of walking, sunshine, peace and tranquility, delicious food, good company AND it's great value. Don't believe us? Just take a look at all the wonderful 5 Star reviews from happy KE travellers!

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