

# Self-Guided Walking in Lisbon & Serra de Sintra

Trip Code: SGLS

Version: SGLS Self-Guided Walking in Lisbon & Serra de Sintra



WALK & TREK



SELF-GUIDED



LEISURELY



## HIGHLIGHTS

- Explore Lisbon and bring its history alive with your own private guided tour
- Visit picture perfect Pena Palace with its colourful tropical gardens
- Walk on the wild Atlantic coast and visit Cabo da Roca, Europe's most western point

- Spend 2 nights in the heart of Lisbon and 2 nights in a family run hotel in Sintra

#### AT A GLANCE

- Self-Guided
- Short break
- 3 days walking & sightseeing
- Daily departures available
- Private guided tour of Lisbon
- Join at Lisbon/ Ends in Sintra

#### ACCOMMODATIONS & MEALS

- 4 Breakfasts
- 4 nights Hotel

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

## Introduction

It is said that ‘you can only discover Lisbon by getting lost in its calcadas (paved streets), its travessas (cross paths) and escadhinhas (staircases)’. This fantastic short break not only explores this multifaceted city with your own personal guide, but also the Serra de Sintra, the playground to the wealthy during the Age of Discovery. The regions strong geographic location has given rise to a city with a fascinating history just waiting to be discovered, and there is no better way to discover it than on foot. Accompanied by the sweet smell of pastel da natas, the sound of fado music and the crashing waves of 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 western point of Europe, Cabo da Roca, through forests and over rolling hills to unveil spectacular palaces, plus you will explore the historic streets of Lisbon accompanied by your own tour guide.

### Is this holiday for you?

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

# Itinerary

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## DAY 1

### Arrive in Portugal's Capital, Lisbon.

Arrive at your hotel in the heart of Lisbon, a bustling city overlooking the Rio Tejo, beneath the protection of its seven hills. Depending on your arrival time you may wish to stretch your legs with a stroll along the riverside or out to one of the cities beaches. Another option is to enjoy a river cruise to enjoy the city and its rolling hills from a different perspective. In the evening there are plenty of restaurants to choose from and vibrant bars playing traditional Fado music to enjoy a drink.



**Accommodation**  
Hotel

## DAY 2

### Bring history alive with a private guided tour of Lisbon.

Feeling rested you will meet your guide at 10am who will be waiting to share the best of their city. Lisbon's strategic geography at the mouth of the Rio Tejo with its slow moving waters and surrounding mountains provided much needed protection for Roman sailors from the ferocious Atlantic Ocean. This natural harbour has provided Lisbon great power throughout its history and was a catalyst for wealth during the Age of Discovery as explorers returned to the city with treasures from the far corners of the globe, funding the extravagant palaces and monuments for which Lisbon is famed.

Your guide will ensure you discover the most iconic vicinities of the city including the multicultural Mouraria, the nocturnal Bairro Alto and not forgetting the Alfama, where fado melodies resonate through the narrow maze like streets. The advantage of having your own guide is they will be on hand to bring the history of the city to life and share the hidden secrets of this impressive city.

Meals: **B**



**Accommodation**  
Hotel



**Ascent**  
300M



**Descent**  
300M



**Time**  
5 hours

## DAY 3





## Transfer to Sintra and discover the spectacular Pena palace and botanical gardens.

Your day begins with taking the train to Sintra, where you will stay for the following two nights. The journey takes approx. 45 minutes as you watch the urban landscape melt away to the Serra de Sintra and the spectacular Pena Palace. After a quick stop at your hotel to leave your luggage it is time to discover this fantastic region with a hike up to the ancient Moorish castle. Your route will take you through the rich subtropical forest to emerge in the immense granite boulder fields. Your walk continues taking you up to the colourful Pena Palace, a true architectural fantasy of the 19th century sitting aloft of Sintra's highest peak. You will have time to explore the botanical gardens of this photogenic palace which hold treasures from across the globe waiting for you to discover. The final stage of your walk returns you to Sintra through Sao Pedro, a pastel coloured village filled with antique shops. Depending on the timing of your visit you may be able to visit the village's lively market, held on the second and fourth Sunday of each month since the 12th century.

Returning to Sintra you will have time to check in to your hotel and relax in the garden terrace before enjoying dinner in one of the local restaurants. Sintra itself is a popular day trip for visitors from Lisbon and the advantage of staying overnight in this popular town is that when the day visitors return to the city you have the luxury of savouring this magical town as you wander the once bustling streets in peace before dinner.

Meals: **B**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 400M		<b>Descent</b> 400M		<b>Time</b> 5 hours
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### DAY 4





## Discover the 'end of the world' at Cabo da Roca and walk along the wild Atlantic coast.

Today you will reach the most westerly point of Europe, Cabo de Roca. Your morning starts with taking the local bus to the coast, taking you past Colares a region famed for its fine wines. When dining this evening we recommend asking for the house wine with your evening meal, it is likely to be from the Colares vineyards.

Arriving at Cabo da Roca there is plenty of time to appreciate the views out to the Atlantic and the sound of the waves crashing against the bottom of the vertiginous cliffs. Your route will take you through multi-coloured fields and along the seafront to Praia Adraga Grande beach, regarded as one of Portugal's best beaches thanks to its stunning mix of clean golden sand enclosed by cliffs and jagged rocky outcrops. The cafe also makes for a good coffee stop and perhaps a paddle in the sea before your return to Sintra.

Meals: **B**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 250M		<b>Descent</b> 250M		<b>Time</b> 4 hours
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**DAY 5****Return to Lisbon for you onward journey.**

Enjoy breakfast in your hotel before taking the train to Lisbon where you may have time to do a little more exploring before making your onward journey. Alternatively, if you wish to extend your stay we can assist in booking additional nights in either Sintra or Lisbon. Please ask our sales team for more details.

Meals: **B**

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## Holiday Information

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**What's Included**

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Park and Palace tickets
- 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

**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
- Personal equipment
- Any additional activities/excursions indicated as optional
- Entrance fees not listed as included
- Transport on day 4

## 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, about 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 signed for courier so that you can track your package and know that they are safely on their 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 you set 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 do 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 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, please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days walking if a day of building sand castles, swimming in the pool or visiting museums is calling.

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

The trip starts at your hotel in Lisbon and ends at the train station in Lisbon on your return from Sintra. 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. The nearest airport for this trip is Lisbon Airport with many departures from regional UK 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 [www.metro.transporteslisboa.pt](http://www.metro.transporteslisboa.pt)

Another option is to take the bus to the city centre from outside the arrivals hall. The bus services run regularly with limited stops in the city. For more information on the routes please visit [www.carris.transporteslisboa.pt](http://www.carris.transporteslisboa.pt)

Alternatively, we offer a private transfer from Lisbon Airport to your accommodation. Please ask our sales team for a quotation.

## Meal Plan

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

## 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.

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 country's 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.



## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide 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 diet 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.

## Accommodation

During your trip you will stay in the 3\* Lisbon Central Park Hotel in the heart of Lisbon city centre for two nights and the fantastic family run 2\* Hotel Nova in Sintra, run by the Bernardo Family for four generations. All hotels have been specially selected for their warm hospitality and excellent locations.

Lisbon Central Park Hotel is situated opposite the Eduardo VII Park with the lively Avendia da Liberdade just a short walk away where you will find many shops and restaurants to enjoy. The hotel itself offers comfortable ensuite rooms, a restaurant and bar, perfect for unwinding at the end of the day.

In Sintra you will spend 2 nights in the beautiful Nova Sintra. Mario and his family have been welcoming guests to their small boutique hotel since 1946 and look forward to your visit. The hotel rooms are well appointed with ensuite bathrooms while the communal areas include a peaceful terrace, lounge area and breakfast room.

Both hotels are booked on a bed and breakfast basis in twin or double rooms.

## 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

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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

### 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.

## 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 it's 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 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.

## Books

- Night Train to Lisbon, Pascal Merier
- Pocket Lisbon, Lonely Planet
- Secret Lisbon, Vitor manuel Adriaio
- 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

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## Self Guided Equipment List

- Hiking boots with good grip soles
- Functional base layer
- T-shirts
- Hat
- Windproof jacket
- Fleece / extra layer
- Long/short hiking trousers
- Hiking socks
- Waterproof Jacket
- Waterproof Trousers
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack
- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover

- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics
- Walking poles
- Headtorch & spare batteries
- Your self-guided route notes

## 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

Please note 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.

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, ask our sales team to find out more about this.

Our sales team will be happy to provide you 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 hotel from the nearest airports, please refer to the 'joining arrangements and transfers' for further details for this trip.

# Why Choose KE

## Why KE?

This is the perfect short get away. We have incorporated 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 enjoying coastal walking away from the hustle and bustle.

**Please Note** This document was downloaded on 18/05/2024 and the trip is subject to change