

HIKING JOURNEY

A Journey Back in Time

WALKING IN ANDALUSIA, ALGARVE, LISBON AND DOURO VALLEY IN PORTUGAL

18 DAYS



WALKABOUT
GOURMET ADVENTURES

Journey Overview

Andalusia is one of the most diverse regions in southern Spain. It has a mild climate with wonderful unspoilt beaches and hidden coves. The land of flamenco songs and dances, dazzling white-washed villages set against an intense blue sky.

Olive groves stretching as far as the eye can see. The tiny villages are linked by old pathways and still used today. The beautiful local architecture and narrow winding streets remind us of a long Moorish heritage. Even 500 years after the departure of the Moors, we can still admire their advanced civil engineering skills when we walk along their elaborate system of aqueducts.

This tour offers a wonderful insight to this charming part of Spain. It takes you to beautiful mountain regions, gorgeous green river valleys with abundant and varied wildlife and a huge range of Andalusian flora.

In Granada we visit the legendary and incomparable Alhambra Palace, one of Europe's most romantic monuments.

The spectacular Sierra Nevada is home to the highest peaks in Spain and UNESCO has declared it a Biosphere Reserve. The typical whitewashed ancient villages, known as Las Alpujarras, are famous for their characteristic flat rooftops. Our walking track takes us through these intriguing, old-fashioned villages and constantly changing scenery. The views are truly unbelievable - from often snow-capped mountains to the glistening Mediterranean.

Ronda is one of Andalusia's loveliest towns, towering over a plateau and famous for its plunging river gorges. It is a spectacular base for walks to some of Spain's most beautiful pueblos blancos (whitewashed villages). We walk "fragrant" trails and follow an old smuggler's path in the Sierra de Grazalema Mountains.

We continue to magical Seville, one of the jewels in the crown of Europe. The elegant Andalusian capital is Spain's passionate city of flamenco and bullfighting, of artists and poets, of jasmine-scented gardens and Moorish monuments.

A dreamy sense of a life, long since disappeared elsewhere in Europe, envelops one in Portugal.

The Algarve conjures up images of golden sand lapped by azure waves. We discover hidden landscapes and a fascinating history. During our coastal walk we explore deserted beaches, fossilised cliffs, blowholes and the majestic Cabo de Sao Vicente,

the south-western most point in Europe. Time will pass quickly as we discover Lisbon, one of the most charismatic and vibrant cities of Europe.

Famous port wines add to the sweet taste of Portugal and we explore northern Portugal on hikes through vineyards perched above the beautiful Douro River.



Journey Schedule

DAY 1

Granada – Alhambra

DAY 2

Alhambra – Granada – Orgiva

DAY 3

The Walk of The Berber Villages

DAY 4

The Walk of The Ruined Mills & The Arab Bath

DAY 5

Orgiva – Ronda

DAY 6

From Ronda to Benaolan and The Walk of Mr Henderson’s Railway

DAY 7

Ronda – Free Day

DAY 8

The Walk of The Goatherd’s Leap – From Grazalema to Benaocaz

DAY 9

Ronda – West Coast – Sevilla

DAY 10

Sevilla – Free Day

DAY 11

Sevilla – El Roció – Sagres

DAY 12

Sagres – Cabo De Sao Vicente

DAY 13

Sagres – Lisbon

DAY 14

Lisbon – Free Day

DAY 15

Lisbon – Nazaré – Pinhao

DAY 16

Exploring the Douro

DAY 17

Hidden Villages and Vineyards

DAY 18

Pinhoa – Rivercruise – Porto

Journey Itinerary



DAY 1

Granada – Alhambra

We meet at 11.00 a.m. in the lobby of the magnificent Parador at the Alhambra in Granada where we have the exclusive opportunity to spend a night in the Convento de San Francisco.

Parador de Granada

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Built by Fernando and Isobel in the late 15th century on the site of a Moorish palace, it is now a Parador. Its fountains, trees, large arched windows and bedrooms, all different, exude a perfect Moorish-Christian communion. The views of the Generalife, Gardens of Secano and the Albaicin are a real luxury. It is certainly worth strolling around the beautiful Generalife gardens and visit the Alhambra Palace. It dates back to the Nasrid Dynasty (1238-1492), the last Islamic sultanate in the Iberian Peninsula. It is one of Europe's most romantic monuments and a visit promises to be an experience you will surely never forget. It is wonderfully atmospheric, with its orange-tinted walls, massive gates and expansive views over Granada. Within its thick walls are the magnificent Casa Real, a 14th century palace and the Alcazaba, an 11th century military fort that watches over the city. The complex features exquisite carvings, archways and fountains - water is an art form here and the mesmerizing sound of the fountain echoes throughout the halls. The once sizeable city was contained within the walls of the Alhambra and whilst most of this has since been reduced to ruins, there are a few other buildings remaining. Tonight, we enjoy the special atmosphere of our parador and eat at the hotel's restaurant.

 **2 HOURS**

 **ALHAMBRA GARDENS, GRANADA, SPAIN**



DAY 2

Alhambra - Granada – Orgiva

After breakfast we have time to discover the cobbled streets of the hillside neighbourhood called Albaicin, where ancient white-washed houses and tall cypresses preserve the atmosphere of old Granada. Albaicin is elegant with its 17th century Spanish houses, old stone bridges and ancient Christian churches. Like the Alhambra it has been declared a world heritage site. We stop for lunch in a typical tapas bar and arrive in the late afternoon at our charming hotel in Orgiva. The town was made the capital of Alpujarra by Isabel II in 1839 and today is an important market town.

There are few monuments to see in the Alpujarras, but the small towns and villages are full of interest and the clear air complements the varied and attractive scenery. Our hotel is on a large property amidst orange and olive plantations. From the garden, with its very large pool, we have marvellous views of the majestic Sierra Nevada. Dinner tonight is in Orgiva.

 **2 HOURS**

 **CAPILÉIRA, ALGARVE, SPAIN**



DAY 3

The Walk Of The Berber Villages

The villages of the Alpujarras cling to the southern flank of the Sierra Nevada and face out across the mediterranean to the Atlas Mountains of Morocco. The surrounding area is encompassed within the Parque Natural de La Sierra Nevada. As well as the Alpujarras, it includes mainland Spain's most lofty peaks, the highest of them being the mighty Mulhacen, rising to 3,481 metres.

The area's great natural beauty and its huge biological and geomorphologic diversity has meant that since the mid-eighties the Sierra Nevada has been one of UNESCO's Biosphere Reserves.

The villages left behind by the Moors still have an unmistakably north African feel with their flat-roofed, white-washed houses huddling tightly together on the steep hillsides. Our walk begins in the village of Juviles, a silk producing centre in Moorish times but now more known for its jamon serrano. We follow a large loop of the GR7, the long-distance path that crosses the southern flank of the Sierra Nevada. Our first steep descent takes us, in less than an hour, to Timar where the countryside opens out with great views across to the Contraviesa Sierra. We walk between groves of olives and almonds but as our track continues to descend, the landscape soon becomes more barren and there are lots of agave cactii. We cross the Guadalfeo river and walk along the ridge before we can see Lobras, our third village. Here we stop for lunch and then continue along a small country lane to the third village of Cadiar. It marks the end of the Western Alpujarras and heralds a change in the scenery to a more arid, undulating landscape.

Cadiar has an attractive central square and some nice bars where you might like to taste the "jamon serrano" (ham). It is the real thing and has attracted a certain mystique and tradition which we find difficult to understand. There is no bar or bodega "worth its salt" which would be seen without festoons of jamons hanging from the ceiling! We treat ourselves to a cool drink and some tapas before we go to our restaurant in Cadiar, where we dine tonight.

 **6 HOURS**

 **CAPILÉIRA, ALGARVE, SPAIN**

DAY 4

The Walk of The Ruined Mills & The Arab Bath

On this glorious circuit hike, we explore the Taha de Pitres, an ancient district of seven villages. Taha is an Arabic term for a district that shares the same irrigation system. Two of those villages we visit feature wonderful Arab buildings and the tracks, used since Roman times, are so narrow that only donkey and foot traffic are possible. Today's walk begins in the picturesque village of Ferreirola and takes us to Busquistar, one of the Taha de Pitres villages. Visiting these villages is a journey back in time. We explore the streets and charming, flower-filled alleys that run between the houses. In the afternoon we drop steeply down through terraces before reaching the river. From here a footbridge leads us across the river by a ruined mill and our path zigzags steeply up the other side of the gorge. Descending towards the Trevez river we reach the overgrown ruin of some Arab baths. After crossing the river, we come to a second ruined mill. From here we climb up to re-join the earlier track, taking us back to Ferreirola. By now, we might be thirsty enough to taste the water of the ferrous soda water of the community fountain!!

 **5 HOURS**

 **CAPILÉIRA, ALGARVE, SPAIN**



DAY 5

Orgiva – Ronda

After a relaxing breakfast at our hotel, we leave Orgiva and travel to the charming historic town of Ronda, our base for the next four days. Located on a plain in the Serrania de Ronda Mountains, our Parador was built alongside the Puente Nuevo in 1761 and the windows provide a panoramic view of the spectacular gorge - El Tajo - some 120 metres deep. The restaurant is well known for its delicious dishes like partridges, Andalusian soup and rabbit.

On the way, (time permitting) near Old Ronda, we visit the Bodega Doña Felisa vineyard. This winery is châteaux style, surrounded by vineyards and also the family home. It has managed to take its Chinchilla wines to far-flung places such as New York, Dublin, London, Mexico, Switzerland, Germany and Hong Kong. But that's not all. Famous chefs are using it in their gastronomic creations. We spend some time visiting the modern cellars before tasting the Chinchilla wines, which we combine with a light lunch. From here it is not far to Ronda. Located on a plain in the Serrania de Ronda Mountains. Dinner is at the Parador.

 **1 ½ HOURS**

 **RONDA, ANDALUSIA, SPAIN**



DAY 6

From Ronda to Benaolan and The Walk of Mr Henderson's Railway

After a very substantial breakfast, we start our walk from the Parador to Benaolan. Our path winds through the rural outskirts of Ronda and has some superb views. In April the countryside looks very green with crops and wildflowers everywhere. Once reaching the valley, we continue into the direction of the cat cave. In the distance we can see the amazing rock formation of El Hacho where thousands of years ago a huge flat plateau of rock suffered an enormous geological disturbance, tipping the rock up on one side, resulting in a dramatically steep slope. Our downhill track will take us past the Cueva del Gato (Cat Cave) where subterranean waters exit the cave via a waterfall into a natural pool. After a brief look into the cave's entrance we continue and take the short walk up the river to the Molino del Santo hotel, where we stop for lunch.

It takes a little bit of effort to leave this peaceful little paradise but we continue our walk in the afternoon and make our way back to the Guadiaro River, which provides the area with water all year round. The Benaolan region is also well known for its pig farming and the famous 'chacina benaolana', a tasty pork sausage which has been produced here for more than 100 years. We continue our walk along Mr Henderson's railway to the sleepy villages of Jimera de Libar Estacion. It will remind us of Mr Henderson, the English engineer responsible for the construction of the Ronda-Algeciras line.

The train that plied the route came to be known as the Smugglers' Express. It went so slowly that contraband butter, coca and tobacco from Gibraltar could be sold from the train's windows! After a short stop in a local bar we return to our hotel and the evening is at your own leisure...a good opportunity to try out one of Ronda's many restaurants.

 **6 HOURS**

 **RONDA, ANDALUSIA, SPAIN**

DAY 7

Ronda - Free Day

Today you have time to enjoy and explore the atmosphere of Ronda at your own leisure. There is indeed much to see in Ronda - the Roman theatre, the Moorish palace, the 18th century plaza de toros, Spain's very first bullring...and it has many tempting shops.

For those who would like to get away from the town, there is a walk, which takes you down to the Arab bridge and the Arab bath, considered to be the best-preserved in Spain.

In the evening we meet again at the restaurant of our hotel where some excellent local cuisine is waiting for us.

RONDA, ANDALUSIA, SPAIN



DAY 8

The Walk of The Goatherd's Leap - From Grazalema to Benaocaz

The Grazalema Natural Park encompasses the most south-westerly mountain range in Europe and its terrain is extraordinarily varied.

Jagged formations of karst give way to poplar lined valleys, thick stands of cork and evergreen oaks alternate with old groves of olive and almonds and with fields of wheat and barley.

The scenery changes with every turn in the path and the wildflowers are just splendid. The park is an ornithological wonderland and you are bound to see hoopoes, warblers and rock thrushes, to name a few.

Eagles are easily spotted and it is not unusual to see 100 or more griffon vultures at a time.

What makes Grazalema Natural Park a real treat are the pueblos blancos (whitewashed villages). Nearly all of them are of Moorish origin and contain some of Spain's most distinctive architecture.

Grazalema, right in the centre of the park, is one of the prettiest places in this area.

After buying our picnic and a short visit of the village we drive up to the Puerto del Boyar Pass. From here the track climbs up to a ridge and a few rocky uphill sections! Once on top the track continues mostly downhill. There are constant changes of terrain and wonderful views to the west across the Campina of Jeréz. Beautiful old stands of oaks, extraordinary karst formations and exceptional flora are certainly some of the highlights. With some luck you will spot griffon vultures perched on the cliffs above you.

After a refreshing drink in the pretty village of Benaocaz, we return to Ronda.

 **4 - 5 HOURS**

 **RONDA, ANDALUSIA, SPAIN**

DAY 9

Ronda - West Coast – Sevilla

Today we leave Ronda and travel through the mountains to Algeciras where we get a good view of the famous “rock” in the straights of Gibraltar. From here we continue to Tarifa, the southern-most point in Europe and famous for one of the best places for surfing. It is just over 13 kilometres from Morocco and the coastline of Tarifa offers great views of the Moroccan coast. From here we continue to an area known as “the painted fields” because of the large variety of flowers and visit the famous Roman ruins of Bolonia. Our late lunch consists of some fresh fish alongside the sea before we drive to Sevilla.

It is the Andalusian capital and Spain’s passionate city of flamenco and bullfighting, of artists and poets, of jasmine-scented gardens and Moorish monuments. The La Giralda, Spain’s highest tower, is the symbol of Sevilla, peeking over the rooftops from everywhere and offering wonderful views from its top.

Our elegant hotel in Sevilla is overlooking Plaza Nueva Square, located in one of the best locations - only 250 metres from the cathedral and the ancient part of the city. The rooftop bar is the ideal place to relax and enjoy our new surroundings. The rest of the evening is at your own leisure.

SEVILLA, ANDALUSIA, SPAIN



DAY 10

Sevilla - Free Day

Today you have the opportunity to absorb the true atmosphere of Sevilla.

Step back in time and enjoy the mythical atmosphere of the Alcazar – a palace built for King Pedro the Cruel in the 1300s, the mudejar decorative work of Pedro’s artisans, displayed in domed chambers, courtyards and facades, is breathtaking.

Sevilla’s 15th century cathedral, featuring a great rose window and double buttresses is said to be the largest Gothic building in the world. In the Barrio Santa Cruz district, a maze of narrow streets, whitewashed mansions and flower-bedecked windows are in perfect keeping with Sevilla’s romantic atmosphere.

At 18.00 we meet again as we have reserved tickets at one of the famous flamenco bars to watch a flamenco show.

SEVILLA, ANDALUSIA, SPAIN



DAY 11

Sevilla – El Roció – Sagres

Today we leave charming Sevilla and on our way to Sagres we stop at El Roció near the Donaña National Park. The sand covered streets and houses with verandas make it look like a set from a wild-west film. The town is the venue of the Rocio Pilgrimage where Catholic hermandades (brotherhoods) and countless others flock from all over Andalusia, Spain and beyond to the town to pay tribute to the Virgin del Roció, housed in her own church in the town – Nuestra Senora del Roció.

After lunch we continue and cross over the border to Portugal and drive to Sagres – at the most south-westerly point of Europe. The village has an important historical and maritime significance as it was from here, 500 years ago, where Henry the Navigator left to look for new countries.

Our Pousada has a superb location with stunning views over the cliffs and the Atlantic Ocean.

The restaurant serves a variety of Portuguese dishes including local clams, a selection of fish and grilled veal with mint.

SAGRES, ALGARVE, PORTUGAL



DAY 12

Sagres - Cabo De Sao Vicente

Our walk takes us into the heart of the 'Cabo de Sao Vicente Natural Park' – designated to protect the western coastline from the developers. The coastline is simply stunning and the whole area is home to a wide variety of rare plants and birds.

The remote headlands of Cabo de Sao Vicente and Sagres are renowned for their flowers, which are strikingly colourful and aromatic, especially during spring.

The Algarve has so much to offer yet much remains hidden if not explored on foot. We follow ancient tracks and footpaths taking our time to just enjoy the sheer beauty of the landscape.

Hundreds of years ago, the wind-blown 'Cabo de Sao Vicente' was believed to be the end of the world. The 60 metre cliffs fronting the Atlantic certainly present a most awe-inspiring aspect. The ocean waves have created long sandy beaches and carved deep caves into the cliffs.

Since the 15th century, Cabo de Sao Vicente has been an important reference point for shipping and its present lighthouse has a 95 km range, known to be the most powerful in Europe. From the lighthouse, we follow a timeless cliff top landscape with stupendous views. Before dinner we meet at the cosy hotel bar from where we can 'gaze' at the views while sipping a 'medronho' – the Algarve's most characteristic alcoholic drink from the fruit of the strawberry tree.

 **5 HOURS**

 **SAGRES, ALGARVE, PORTUGAL**

DAY 13

Sagres – Lisbon

Today we leave our unique position and travel north to Lisbon. Situated on the north banks of the Tagus River, the charm of Lisbon exists in its strong links to the past. It has many renovated palaces, magnificent churches and an impressive castle. Its eclectic blend of neighbourhoods, culture and architecture distinguish Lisbon uniquely from other European capitals.

Dinner tonight is in a cosy small restaurant.

LISBON, PORTUGAL



DAY 14

Lisbon - Free Day

After our short-guided city tour, the best way to discover Lisbon on our free day is to get lost in its narrow streets and up and down roads! Every narrow street will tell you a different story!

Lisbon's city centre, the Baixa is located around Rossio, Praça do Comércio and situated on the hill around St. George's Castle, Alfama and Mouraria. Lisbon's most traditional quarters with their typical streets, Bairro Alto and Madragoa, are set on the Tagus River. Belém offers an unforgettable experience of the city's past and the present.

Lisbon also hosts a great number of remarkable museums of ancient and modern art, some of which are Calouste Gulbenkian Museum, National Museum of Contemporary Art, National Coach Museum, and Carmo Archaeological Museum.

But Lisbon isn't all culture and history; Bairro Alto is the centre of nightlife with various restaurants and bars where melancholic traditional Portuguese music, Fado, can be enjoyed.

When tired of sightseeing, shopping in Lisbon will take all your tiredness away! One of the biggest shopping malls, Centro Commercial Colombo, will offer you numerous options. For those who prefer to shop in local markets, there is a fascinating flea market at the Campo de Santa Clara.

Dinner tonight is in a typical Fado restaurant.



DAY 15

Lisbon – Nazaré – Pinhao

Today we leave our unique position and travel north to Nazaré. Once upon a time it was Portugal's most picturesque fishing village but nowadays it has become internationally famous for having the world's biggest waves and without doubt is a surfing mecca. It has to be seen to believe it! The main season is in late autumn and winter when gigantic waves are often as tall as a 10 storey building and are caused by an underwater canyon. It is 200kms long and it ends just before Nazaré's shoreline. Surfers from all over the world have given the town a cool, cosmopolitan atmosphere but only the bravest and most experienced surfers have the courage to surf waves as high as 30 metres.

Named after the Virgin brought from Nazareth in the 4th century, this is a place of legends. Local traditions are mainly preserved for the visitors but fish is still put out to dry in the sun, colourful fishing boats remain on the beach and some older locals hold on to the traditional dress – berets for men and shawls and seven skirts or petticoats for women. No one knows for sure the origin of the use of the seven skirts, but it is believed that as the women waited at the beach for their husbands to return from the sea on colder days, the women would use the different layers to cover their arms and head. We finish our visit with a lunch and shouldn't miss to taste the delicious grilled sardines.

In the afternoon we continue our drive through undulating countryside to Pinhao. We arrive at our luxurious Vintage House, beautifully located on the left bank of the river Douro on an 18th century wine estate. Douro means 'of gold' and when the sun is glowing the river does resemble a twisting chain as it winds through the narrow valley between steep hills and terraced vineyards. Overlooking the river, the esplanade is an ideal setting for an unforgettable glass of port at sunset. The tennis court or swimming pool is there to stretch out after a day of travelling in the bus. Our restaurant spoils us with pure flavours of traditional gastronomy, using regional products, most of them organic. The wine list stores some wonderful surprises and balances our dinners.

PINHAO, DOURO, PORTUGAL

DAY 16

Exploring the Douro

The Douro River is the third longest and one of the most untouched and beautiful rivers in Europe. From meagre beginnings in the hills north of Madrid, the river meanders through northern Portugal to the ocean and the fascinating city of Porto. In the past, the harvest from the valley was loaded into enormous barrels and taken down the Douro River by special flat-bottomed crafts with square rigs. Today it has extensive barge traffic in its Portuguese section and has been harnessed for hydroelectric power.

Our walk takes us straight out of the hotel along some superb terraced trails. We pass through famed Porto vineyards from where we enjoy wonderful views of the twisting course of the Douro below us.

The history of port dates from the 17th century when British merchants added brandy to the wine of the northern Douro region to prevent it souring in transit. They found that the stronger and sweeter the wine, the better flavour it acquired. Methods of maturing and blending continue to be refined by the main port producers. Despite the consolidation of the global drinks' industry, much of the port trade is still in British hands and some firms are still family-run.

Our walk traverses Gouvães do Douro, a sleepy village high above the Douro River. We continue into the vineyards where we stop for lunch. The views from here of the surrounding countryside are superb. We then make our way down to the valley which eventually leads us to Quinta della Rosa where we stop for an excellent wine tasting. Rested and happy, we make our way back to our hotel in Pinhao.

 **5 HOURS**

 **PINHAO, DOURO, PORTUGAL**

DAY 17

Hidden Villages and Vineyards

Today's walk begins at our hotel and soon after we join one of the GR walking trails. The countryside is a mixture of open fields and vineyards and it all blends in beautifully with the architecture of the region. It is very much a rural area and we are likely to see farmers tending the land and the "vignerons" caring for their vines.

Walking through the vineyards, we explore the charming little village of Provesende – unchanged by passing centuries. With a heritage dating back to the 11th century and a population of just 400, Provesende sits high above the river, granting spectacular views of the surrounding countryside. Some of the magnificent mansions left date back to the 17th century, when nobles who owned vineyards in the Douro were required to build houses in the village. "That way the king kept them out of his royal hair," it is said. Situated amidst the rugged beauty of the Douro Valley, these mansions are typical of this area of Portugal.

We stop for lunch at a local bar in Provesende before we make our way back to our comfortable country house. Everyone seems to make port in the Douro, whether they are big producers or locals tending vines in their backyard.

 **5 HOURS**

 **PINHAO, DOURO, PORTUGAL**



DAY 18

Pinhoa - Rivercruise – Porto

No visit to Douro would be complete without a short river cruise, which combines delightful scenery with rural and unspoilt villages...the perfect way to end our Journey back in Time.

As we go upstream, we may imagine that the modern vessel rocking underfoot is one of those ancient craft for shipping wine. We have time to enjoy this beautiful landscape while slowly cruising through the sun-lit waters.

After our return we drive to Porto where our tour ends:

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Journey Accommodation

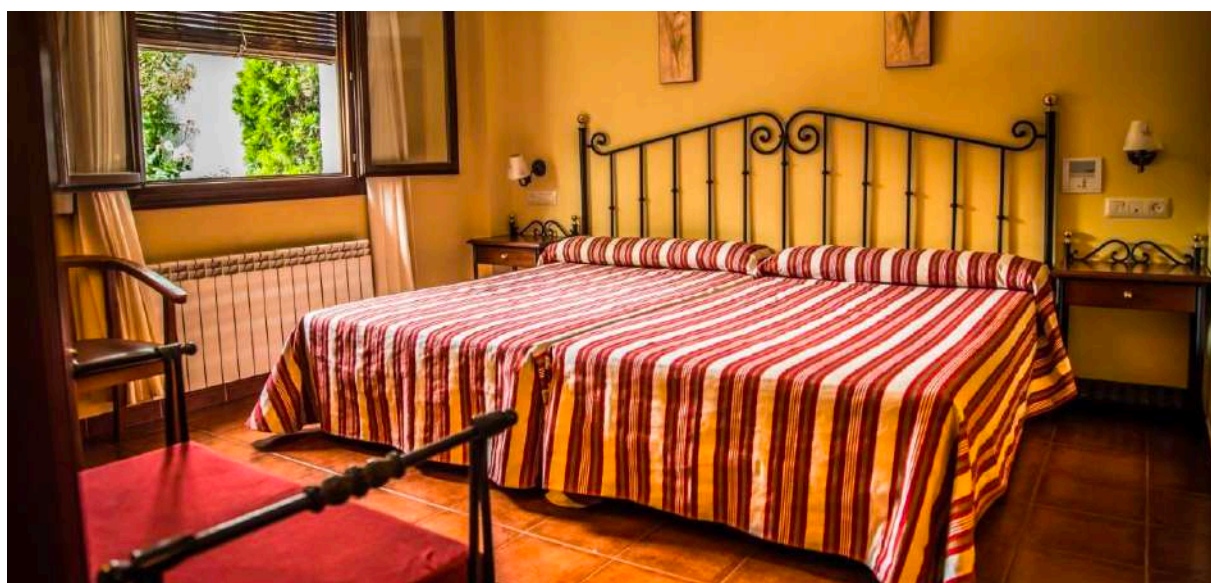
Parador de Granada, Granada

NIGHT 1



Hotel Finca Los Llanos, Capiléira

NIGHT 2 - 4



Parador de Ronda, Ronda

NIGHT 5 - 8



Hotel Inglaterra, Sevilla

NIGHT 9 - 10



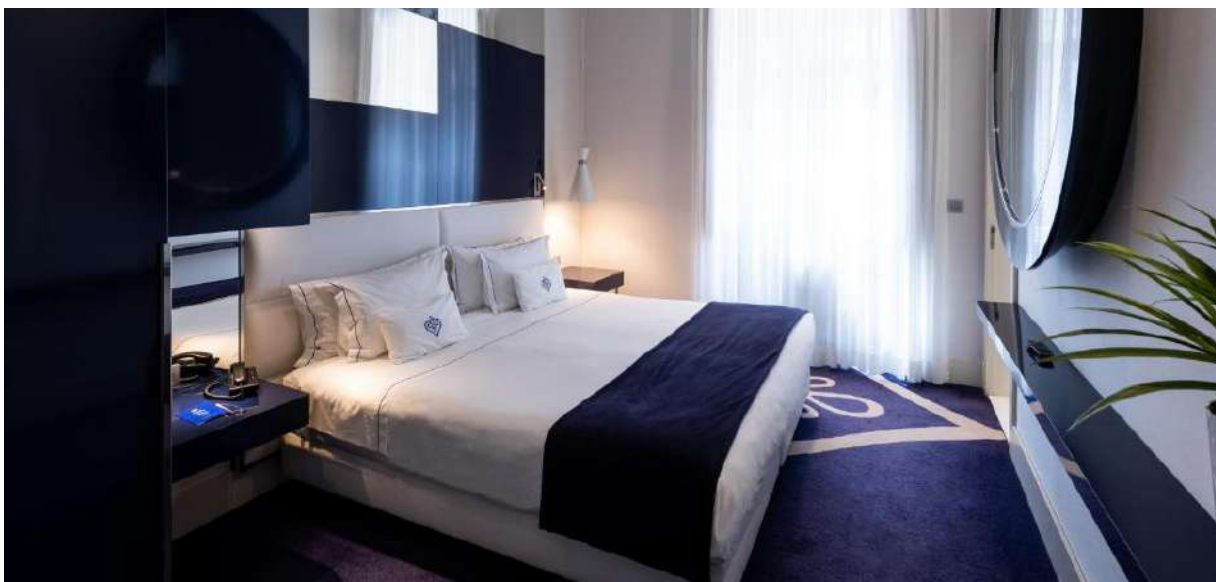
Pousada de Sagres, Sagres

NIGHT 11 - 12



Portugal Boutique Hotel, Lisbon

NIGHT 13 - 14



The Vintage House Hotel, Douro

NIGHT 15 - 17



Journey Notes

TOUR INCLUDES

- Experienced guide.
- Pick up at 11.00 am at Convento de San Francisco at the Alhambra in Granada on Day 1 and concludes at approximately 4 pm at HF Fénix Porto in Porto on Day 18.
- Price includes transport between Granada on Day 1 and Porto on Day 18. Twin share accommodation from Day 1 to Day 17, including 17 breakfasts and 14 dinners.

NOT INCLUDED IN TRIP COSTS

Transport before and after “the walk”, lunch, 3 evening meals, evening drinks, in-between meal snacks, personal travel insurance, personal clothing, laundry, medical expenses and items of a personal nature.

WHAT TO BRING

Daypack and **comfortable walking boots**, waterproof raincoat and rain over-pants, sun hat, sunglasses, sun-cream and bathers.

A pair of walking sticks makes the walking easier and helps with the balance on rough terrain. The weather in April can be expected to be warm enough with temperatures in the early to mid-20°C. As weather can often be unpredictable and we spend some time in the mountains, it is necessary to carry at least one set of warm clothes, just in case.

For the picnic lunches don't forget your pocket-knife. Corkscrew is available from the guides. **As we are restricted with the amount of luggage we can carry in our vehicles, please ensure that your CASES DO NOT EXCEED 20 KG's per guest.**

PRE-WALK PREPARATION

We suggest that prior to your walking holiday you prepare yourself to obtain a level of fitness that will allow you to enjoy your walking holiday.

This, of course, is dependent upon your existing fitness level. Remember, the fitter you are, the more you will enjoy the holiday!

- Start with some short walks, which include stairs or hills and increase the length of walks over a couple of months.
- We suggest you carry a backpack with water, camera, jacket, snacks, etc. to assist you with your preparation and allow you to get used to the extra weight on your back.
- We also ask that your boots are comfortable and well-worn in.
- Perhaps enjoy some walks through our local national parks and over uneven surfaces to gain confidence with your boots or new walking shoes.

PLEASE NOTE

All accommodation on tour includes private facilities (toilet and shower/bath).

Single rooms can usually be arranged for a supplement. Please ask for details. We will endeavour to match people together if they would like to share a twin room with another guest to avoid paying the single room supplement. However, as this is not always possible, 'single' clients will have to pay the supplement.

All walks during the 18-day tour are optional.

Guests can choose to have more free days than the two already included in the itinerary. The walking pace on the walks is leisurely.

Guests do not have to be experienced, although a good level of fitness is necessary.



Get in touch and book your journey today.

 **0461 277 612**

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Quality Practices

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