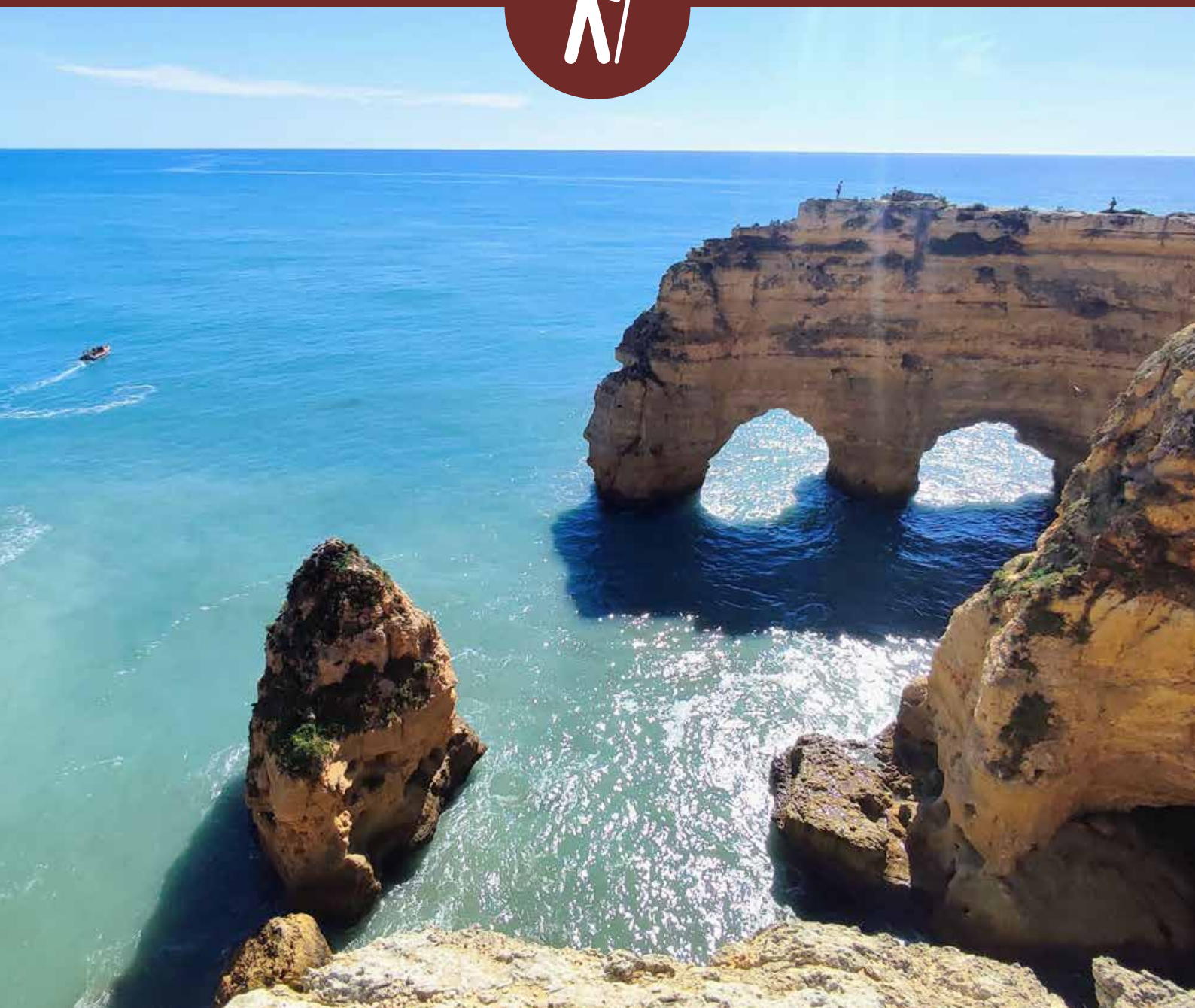


HILLWALK
TOURS

PORTUGAL

HIKING HOLIDAYS IN PORTUGAL



WWW.HILLWALKTOURS.COM

UPDATED SEPTEMBER 2025

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HIKING IN PORTUGAL

The region boasts a mild climate, ideal for year-round hiking, with cool ocean breezes and sunny days perfect for outdoor activities. Locals are friendly and welcoming, enhancing your stay. After hiking, savour Portugal's culinary delights, including fresh seafood and

traditional dishes. Discover historical landmarks from Vasco da Gama monuments to 16th-century ruins. The former glory of Portugal's imperial age is ever-present in its architecture. Immerse yourself in the country's culture through its markets, festivals and rich heritage.



Please Note that the prices herein are correct at time of publication. Check our website for correct and accurate prices as they may be subject to change.

This PDF Document has interactive links. Click on the tour name to be brought to that page. The tour title on individual pages are hyperlinked to the web site as are the tour titles in the Tour Options section.

ROTA VICENTINA

THE FISHERMEN'S TRAIL

The Rota Vicentina, specifically the Fishermen's Trail, offers stunning scenery along the Atlantic coastline in Southwest Portugal. From São Torpes to Odeceixe this trail showcases some of the most pristine beaches and cliff paths in Europe.

You'll hike through the picturesque towns of Porto Covo, Vila Nova de Milfontes and Zambujeira do Mar. Each town has its own atmosphere and local delicacies. One of the trail's highlights is the sight of white storks nesting on cliffs and sea stacks, a behaviour unique to this region.

It's an ideal destination for hiking almost year-round. The cool ocean breeze and sunny days create perfect conditions for outdoor activities. The locals in this region are known for their friendliness and hospitality. Whether you're staying in a quaint guesthouse or enjoying a meal at a local restaurant, you'll feel welcomed and at home.



FROM
€599
PER PERSON

Choose
From
4-10
Day
Tours

THE ROUTE

Our tours on the Rota Vicentina begin at Porto Covo. The trail passes Pessegueiro Island's ruins and continues along a landscape of beaches, dunes, and dramatic cliffs.

The path leads through hidden coves and meadows to Vila Nova de Milfontes, a charming riverside town. You can cross the Mira River via ferry or road bridge to reach Furnas Beach. From there, the route heads inland through farmland, then back to the coast at Brejo Largo Beach before turning inland to the village of Almogrove. A varied section follows, offering sights of red sand dunes, pine forests, and cliffs, with highlights including storks nesting on sea stacks near Cavaleiro lighthouse.

Next is Zambujeira do Mar, a laid-back seaside village with breathtaking ocean views. The trail hugs the coastline, passing stunning beaches like Alteirinhos, Carvalhal, and Amália before reaching Azenha do Mar and its natural fishing harbor. One of the most spectacular views awaits at Odeceixe Beach. The trail then crosses from Alentejo into the Algarve, offering a circular walk from Odeceixe, combining riverbanks, cliffs, and inland fields.





Sines



Praia da Foz



Best trip we've ever had.

Hillwalk provided excellent

accommodations & made

everything very easy.

Highly recommended!

Lauren L



Pessegueiro
Island Beach



Zambujeira
do Mar



Praia da Entrada
de Barca



Zambujeira
do Mar



ALGARVE COAST

GOLDEN SOUTH-WEST

**FROM
€799
PER PERSON**

**Choose
From
4-8
Day
Tours**



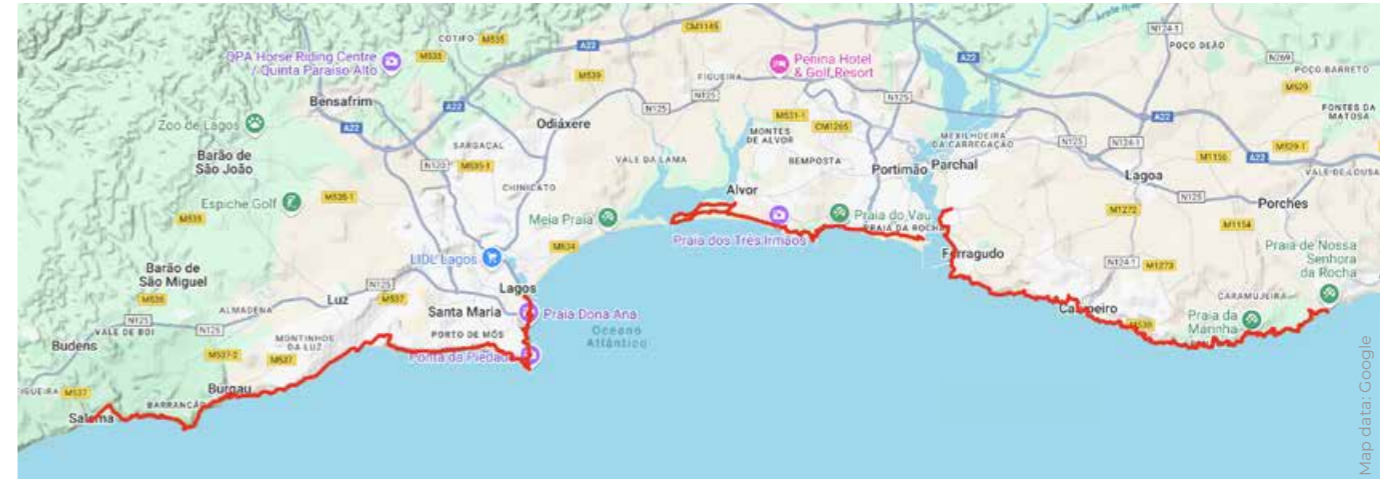
The Golden South-West offers a breathtaking mix of dramatic limestone cliffs, golden beaches and turquoise waters.

The Algarve's unique geology has been shaped by wind and waves over millennia and this has created fascinating landscapes with rock formations such as the world famous Algar Seco and Ponta de Piedade. You will see some unique caves with circular holes in the ceiling – those are called algars.

As you hike winding coastal paths, you will discover hidden beaches which appear between rocky coves. Some of these are accessible only on foot, a great reward for those who seek out their secluded beauty.

Along the way you'll pass by protected nature reserves and coastal scrublands bursting with wildflowers in spring. Many great birds including storks soar overhead and the coast is peppered with dramatic caves some accessible only by boat.

THE ROUTE



Your adventure begins at the clifftop sanctuary of Senhora da Rocha and then passes hidden coves to the celebrated Seven Hanging Valleys Trail which leads you past the world-famous Benagil Cave.

All along the coast you'll find sea stacks rising from turquoise waters and secret beaches tucked into cliffs. After the fascinating rock formations at Algar Seco you arrive at the postcard-perfect town of Carvoeiro, where whitewashed houses overlook the Atlantic.

The route then turns inland along the River Arade towards the charming fishing village of Ferragudo. From there you cross the river to spend the night in

the lively town of Portimão where a warm evening atmosphere awaits.

The walk from Alvor to Portimão takes you along scenic wooden boardwalks over dunes and marshes. Later the path meanders along soft sandy beaches to the towering ochre cliffs of the famous Praia da Rocha.

As you hike from the sleepy fishing village of Salema the trail to Luz unfolds along rolling hills and rugged coastal cliffs. Your journey ends in Lagos, a vibrant town with a fascinating maritime history and lively cafés.





Beach fishing on the Golden South-West



Cattle Egret at Salgados



Praia da Rocha Senhora



Friends on Praia do Barranco



Old Village of Ferragudo



Purpose built wooden bridges over the lagoons

ALGARVE COAST



AUTHENTIC EAST

Beyond the obvious attraction of the Algarve's sunny weather and dramatic coastline is a hidden and original side to the region which is less well known.

Escape from the crowds and experience a more relaxing and authentic Algarve on gentle hikes based around the historical town of Tavira (the Venice of the Algarve). Its surrounding area is filled with attractions like sheltered islands, salt pans and the lagoons of the Ria Formosa Natural Park which is one of Portugal's seven natural wonders and is filled with flamingos spoonbills and other wildlife.

This is a perfect year round destination with mild winters that offer ideal hiking conditions. With its endless beaches and car-free islands of Tavira and Culatra, you can mix your hiking with sunbathing and swimming.

FROM
€599
PER PERSON

Choose
From
4-8
Day
Tours

THE ROUTE



Some tours begin in the historic fishing town of Olhão, with whitewashed houses and bustling markets. A short ferry ride will bring you to the tranquil island of Culatra where sandy trails wind through a peaceful fishing village. On the mainland, the Ludo Nature Trails offer a stunning coastal wetland home to flamingos and other abundant birdlife in Ria Formosa Natural Park.

After the coastal section, the tour heads to Vila Real de Santo António, a charming riverside town on the Portuguese-Spanish border. Along the way you'll see golden beaches, dunes and pine woods with time to pause and take in the fresh sea air. After a rewarding day's walk, a scenic train journey brings you back to Tavira.

Walking from Quinta do Marco the trail passes by fragrant orange groves, olive trees and traditional farms. Back by the sea, a gentle walk from Pedras d'El Rei guides you past orchards and a winery before winding through the salt flats and marshes of the Ria Formosa. At Fuseta, fishing boats rest on calm waters after a days work and a train ride returns you to Tavira, where the day ends with time to explore its historic setting.

Included in all tours is a memorable ferry crossing to Ilha de Tavira, a barrier island with golden sand dunes and epic beaches. From here, the route passes the famous Anchor Cemetery and then hop aboard a narrow-gauge railway to the mainland to the picturesque fishing village of Santa Luzia.





 Cemitério das Âncoras (Anchor Cemetery)
at Praia do Barril



 Stork's nest on
telegraph pole



 Two Hillwalk
brothers at Praia
dos Tres Irmaos



 The busy fishing
port of Faro



Boardwalk at
Praia da Luz 



 Some of the
endless beaches
on Tavira Island



 Purpose built wooden
walkway on lagoons
near Guia

ALGARVE COAST

BEST OF THE ALGARVE

FROM
€999
PER PERSON

Choose From
6-11 Day Tours

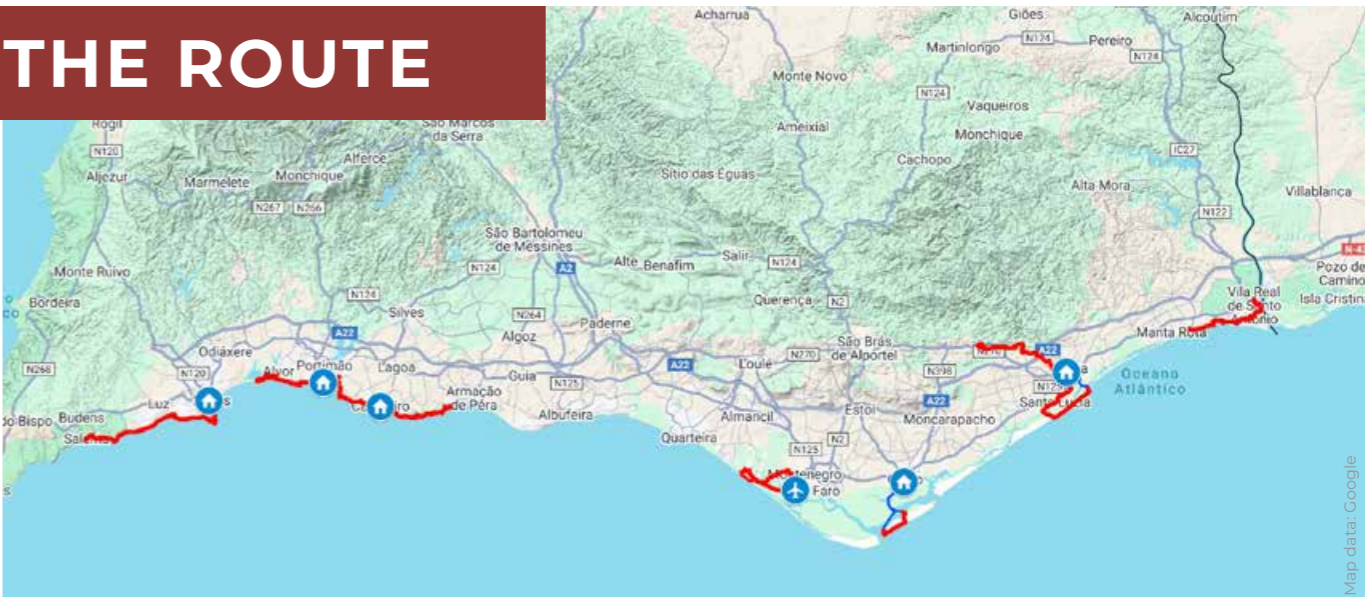


Is there a way to hike stages of the Authentic East and the Golden South-West in one tour? Why of course there is! With the Best of the Algarve Coast you will experience a selection of the most scenic and rewarding stages of both these hiking holidays.

This showcases the best the region has to offer from endless beaches and peaceful woodlands in the east to dramatic limestone cliffs and turquoise waters in the south-west. Explore spectacular coastal trails like the Seven Hanging Valleys or the Rota Vicentina in the south-west and then in the east discover car free deserted islands with crystal clear waters and sandy beaches that combined with hikes to historic towns and small villages offer a unique experience.

All the while you can savour famed Portuguese hospitality and enjoy fresh seafood, delicious pastries and fine wines.

THE ROUTE



These carefully curated walking tours take you from remote barrier islands of the Ria Formosa to the striking rock formations of Ponta da Piedade.

There is so much to see on this tour from the fishing town of Olhão to the tranquil island of Culatra and the wetlands of the Ria Formosa at Ludo where you'll see flamingos and other birdlife. In the east from Altura to Vila Real de Santo António, you'll experience a charming riverside town on the Portuguese-Spanish border.

A highlight on all tours is a visit to Tavira Island with its stunning beaches and famous Anchor Cemetery. Take a trip on a narrow-gauge railway,

returning to Tavira via the picturesque fishing village of Santa Luzia and saltpans brimming with birdlife.

Further west, walk the famous Seven Hanging Valleys Trail and see the iconic Benagil Cave. Follow dramatic coastal paths past Praia da Marinha's dramatic sea stacks, before reaching the charming town of Carvoeiro. Wooden boardwalks take you across the dunes and salt marshes at Alvor.

Trails lead you through the sleepy villages of Salema and Burgau and the journey culminates in Lagos, where the towering sea stacks of Ponta da Piedade mark a spectacular finale.





A street in the old town of Faro



Black Winged Stilt at Tavira



Fishermen at Praia de Monte Gordo



A view through a rock window at Algar Seco



Wooden boardwalk at Ilha da Culatra



Sightseeing at Praia do Barranquinho

CAMINO PORTUGUESE (TRADITIONAL ROUTE)



CENTURIES-OLD TRADITIONS MAKE
FOR AN UNFORGETTABLE
EXPERIENCE



The Camino Portuguese (Traditional Route) holds a special place for its deep historical and spiritual significance. Begin near the Portuguese-Spanish border and follow this peaceful route from your startpoint of Tui and walk through Galicia's quiet forest paths and charming villages to Santiago. Centuries-old traditions make this Camino a soulful and unforgettable experience. This inland path is immersed

in wooded trails, Roman roads and quiet stone villages that echo the footsteps of countless pilgrims before. Trace the ancient trail through tranquil countryside and many vibrant towns like O Porriño, Redondela, Pontevedra and Padrón. The trail is often shaded, so it is cool and pleasant, even in the middle of the day during the summertime. Galicia is famed for its green, wooded landscape and old walled lanes.

THE ROUTE

The Camino Portuguese is a popular pilgrimage route to the Cathedral of Santiago de Compostela in Spain. Starting in Lisbon, the full path splits in Porto into two main options: the Coastal Route and the Traditional Route, or "Camino Central."

Our Traditional Route begins at Tui, Spain, making it a shorter 120 km (75-mile) journey. This well-marked path offers pleasant walking, scenic views, and ample services. Some itineraries add a scenic hike from Portugal into Spain, crossing the International Bridge at Valença to reach Tui, a charming Galician town with medieval architecture and Roman roots.

From Tui, the route follows the River Louro to O Porriño, then

ascends to Mos and continues through wooded hills. At Redondela, it converges with the Coastal Route, a clear sign that Santiago is nearing. The path then leads to the coastal town of Arcade, followed by a river walk into Pontevedra, a beautifully preserved city.

Heading through the quiet countryside, you reach Caldas de Reis, a peaceful spa town known for its thermal springs. The journey continues through tranquil villages, arriving at Padrón, famous for its legend of the Pedrón stone. The final stage transitions from countryside to the suburbs and streets of Santiago, culminating at the cathedral where you can celebrate the end of your pilgrimage.

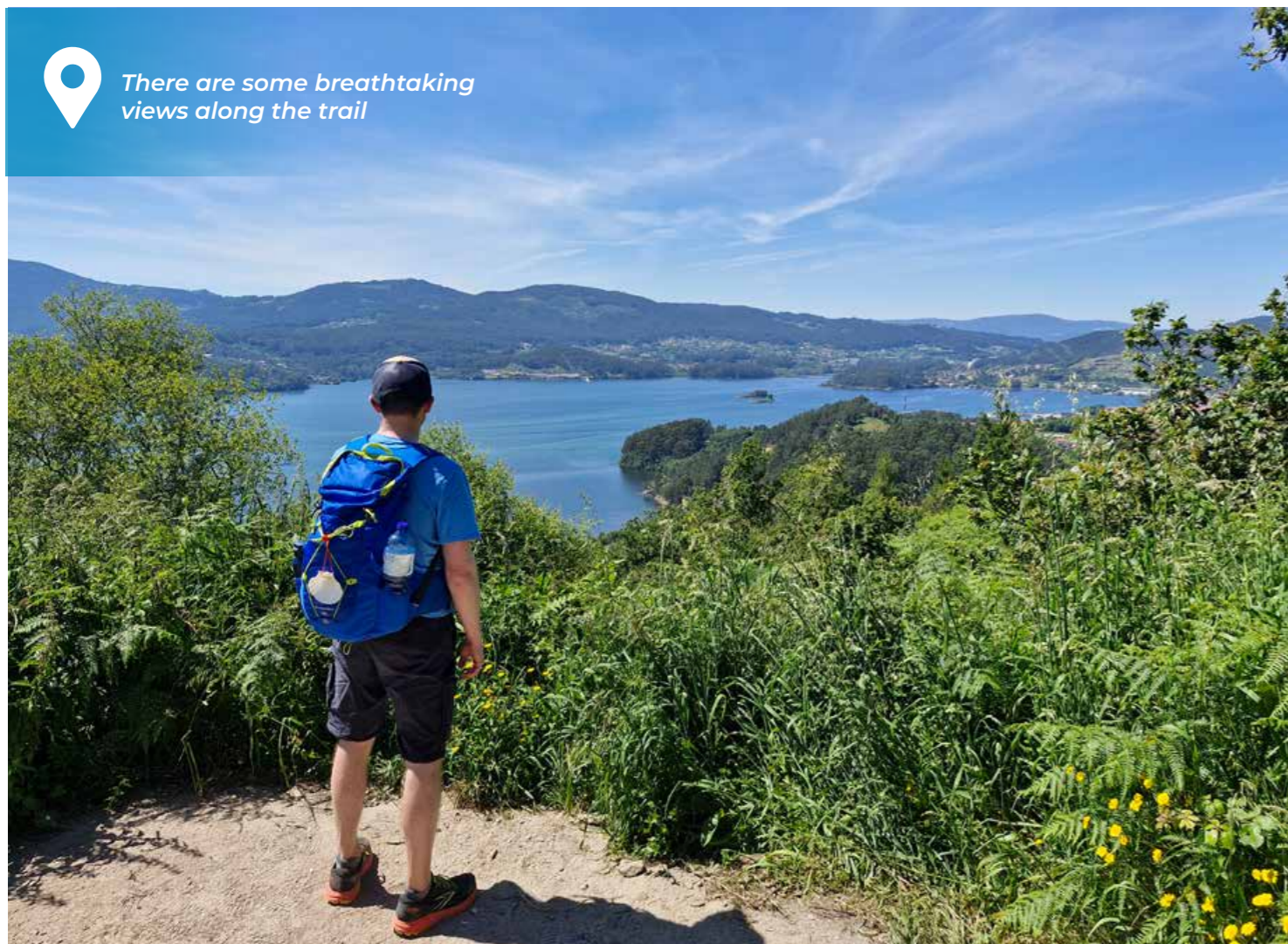


€459
PER PERSON

Choose from
5-11 Day Tours



There are some breathtaking views along the trail



The Roman Bridge at Caldas de Reis



Tui Cathedral dating from the 12th century



The church of the Pilgrim Virgin at Pontevedra



Serene riverside walks await underneath forest shade



CAMINO PORTUGUESE (COASTAL ROUTE)

The Camino Portuguese Coastal Route is a spectacular path and has long been a favorite for pilgrims with its stunning scenery and vibrant towns.

The route splits in two near the border with Spain where pilgrims can tailor their experience by selecting either the scenic coastal path through Galicia and past Vigo, or they can stay in Portugal on the serene inland route via Tui. This route meanders along a river through verdant landscapes and past historic towns.

Highlights of the route include Porto, the endless beaches of Portugal's northern coast, views of the Cíes Islands, the energy of Vigo, historic Viana de Castelo, Pontevedra and Padrón.

The terrain from Porto is well-suited for walking and generally flat, thereafter Galicia offers tree lined shelter from the sun with generally gentle ascents and descents before reaching Santiago de Compostela.



THE ROUTE

The Camino Portuguese is a popular pilgrimage route to the Cathedral of Santiago de Compostela in Spain. Starting in Lisbon, the full path splits in Porto into two main options: the inland Camino Central and the coastal Camino da Costa.

The Coastal Route, which begins in Porto, follows the coastline, passing endless beaches and historic towns. At the border town of Caminha, the route splits again.

Pilgrims can either take a ferry across the Minho River to enter Spain and continue along the stunning Galician coast, passing through towns

like A Guarda and Baiona. This route eventually meets the central path in Redondela.

Alternatively, from Caminha, pilgrims can follow the Minho River inland to join the Camino Central at Tui, continuing on that path for the final leg to Santiago.

All these routes are well-marked, offering pleasant walking with plenty of cafes and scenic views.

The final stages lead to significant Galician towns like Pontevedra and Padrón before reaching the journey's end at Santiago de Compostela, the spiritual heart of the Camino.



A FAVOURITE FOR ITS STUNNING
SCENERY- A CHOICE OF
TWO ROUTES AT THE
SPANISH BORDER

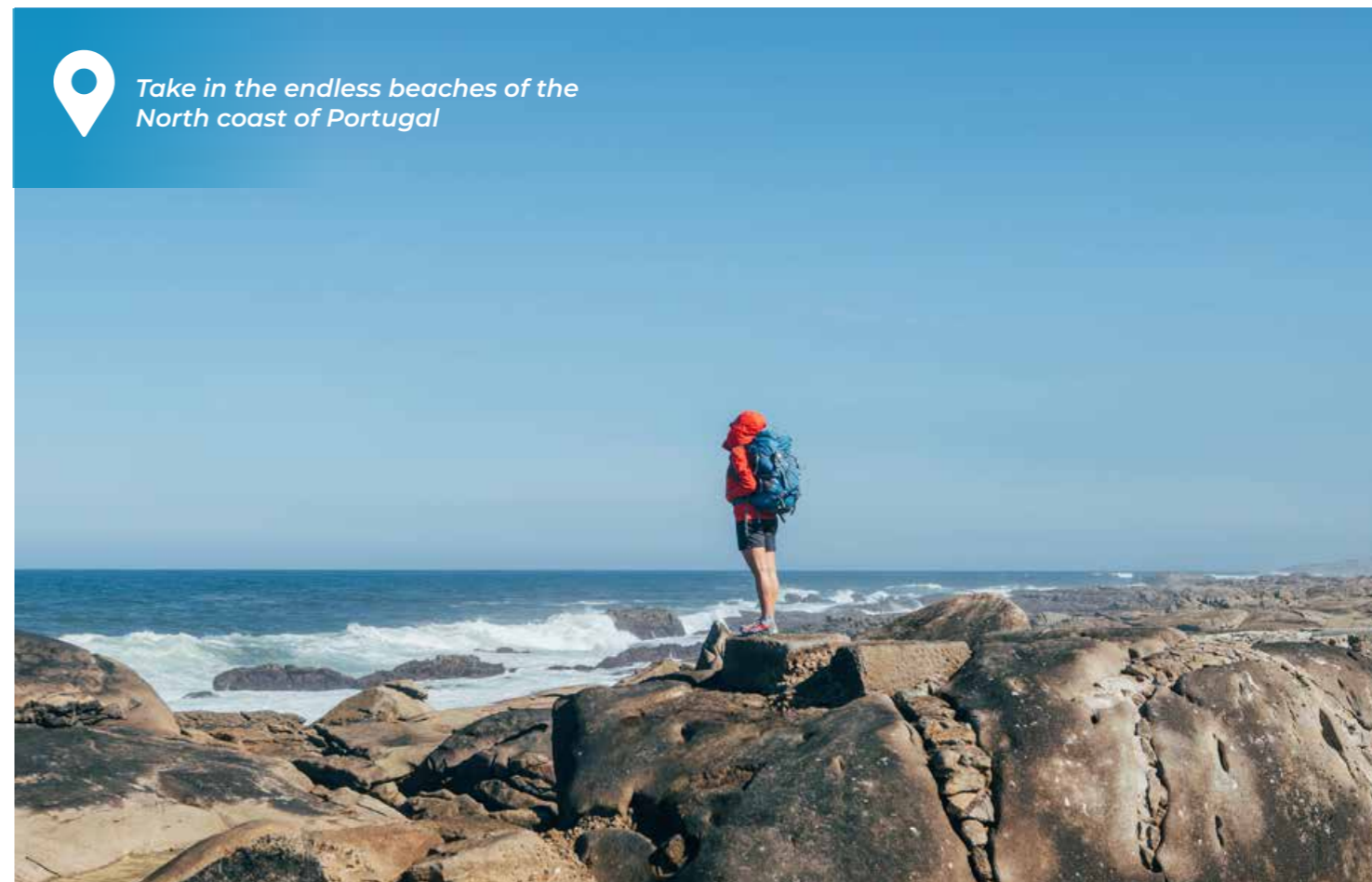




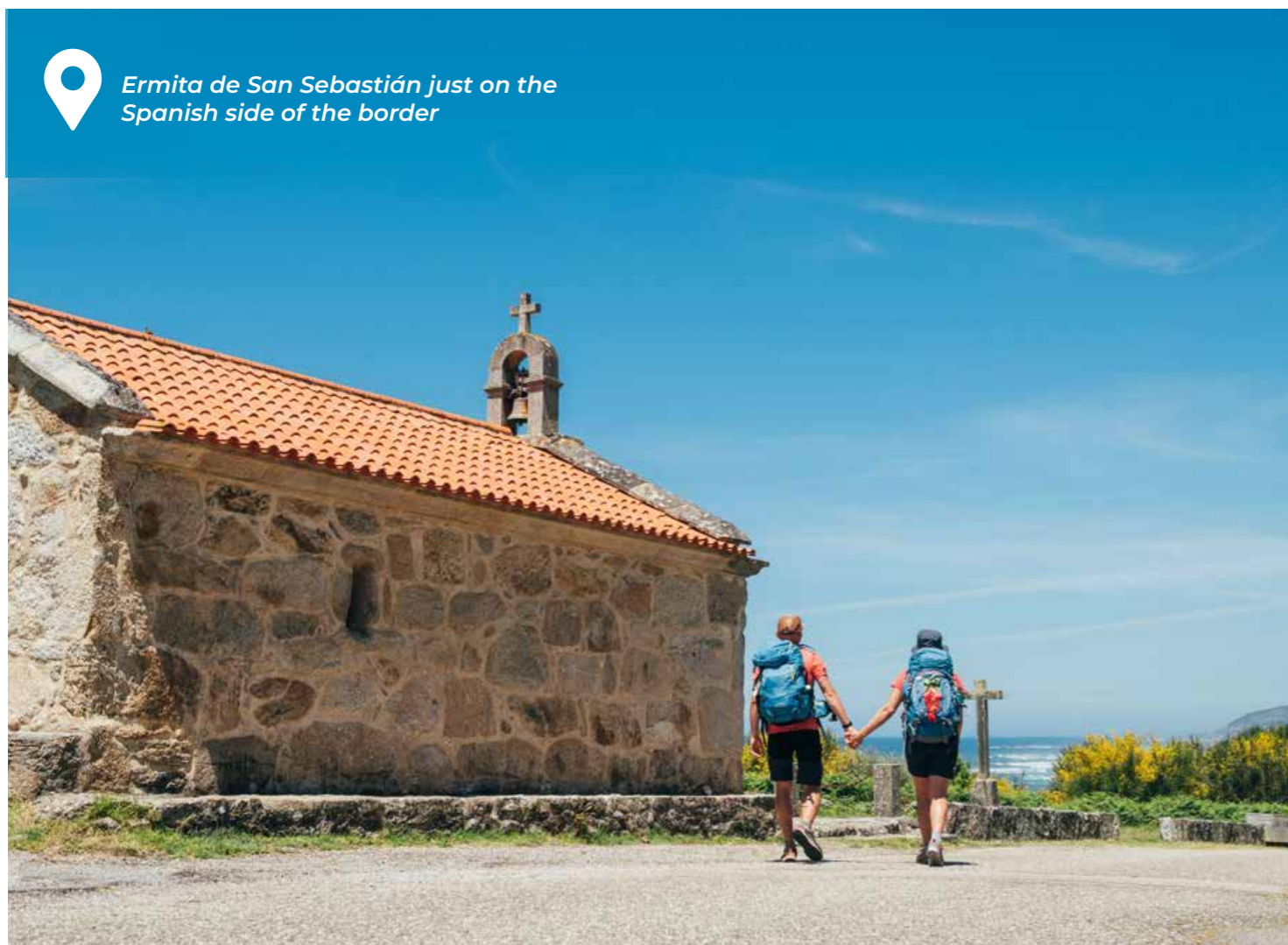
The unique church of Santa Luzia in Viana do Castelo, Portugal is inspired by Byzantine architecture



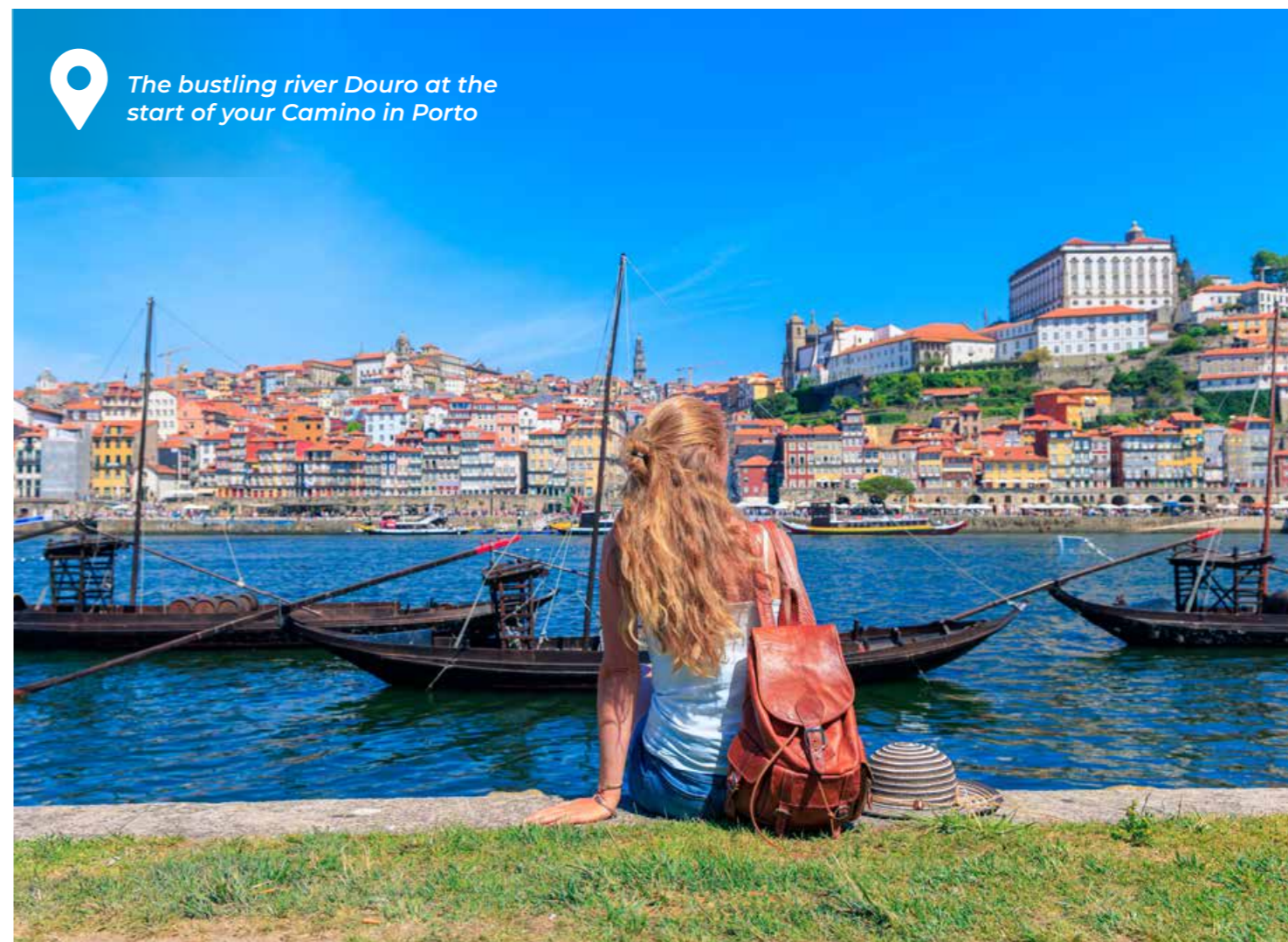
Take in the endless beaches of the North coast of Portugal



Ermita de San Sebastián just on the Spanish side of the border



The bustling river Douro at the start of your Camino in Porto



TOUR OPTIONS

Hikes suitable for all.

No matter what your age or fitness we have designed itineraries to suit you.



Our **GENTLE** Hiking Tours are designed with the part-time hiker in mind.



Our **MODERATE** Hiking Tours will suit people who are used to some regular exercise or who have done some previous hiking.



Our **CHALLENGING** Hiking Tours are designed for the experienced hiker or those walkers who love a good challenge.

PORTUGAL	AVAILABLE GENTLE TOURS (DAYS)														🚶🚶🚶		
ROTA VICENTINA	5	6	7	8	9	10											
ALGARVE COAST (GOLDEN SOUTH-WEST)	4	5	6	7	8												
ALGARVE COAST (AUTHENTIC EAST)	4	5	6	7	8												
BEST OF THE ALGARVE COAST			6	7	8	9					11						
CAMINO PORTUGUESE (TRADITIONAL ROUTE)				7						10	11						
CAMINO PORTUGUESE (COASTAL ROUTE)								9			11	12	13	14			

PORTUGAL	AVAILABLE MODERATE TOURS (DAYS)														🚶🚶🚶		
ROTA VICENTINA																	
ALGARVE COAST (GOLDEN SOUTH-WEST)	4	5	6	7													
ALGARVE COAST (AUTHENTIC EAST)																	
BEST OF THE ALGARVE COAST				6	7	8	9	10	11								
CAMINO PORTUGUESE (TRADITIONAL ROUTE)		5				8	9										
CAMINO PORTUGUESE (COASTAL ROUTE)				7	8	9	10	11	12	13	14*						

* 2 OPTIONS AVAILABLE, VIA VIGO OR VIA TUI.

PORTUGAL	AVAILABLE CHALLENGING TOURS (DAYS)														🚶🚶🚶		
ROTA VICENTINA	5	6	7														
ALGARVE COAST (GOLDEN SOUTH-WEST)																	
ALGARVE COAST (AUTHENTIC EAST)																	
BEST OF THE ALGARVE COAST																	
CAMINO PORTUGUESE (TRADITIONAL ROUTE)																	
CAMINO PORTUGUESE (COASTAL ROUTE)																	



WHAT'S INCLUDED

Our walk on the Fisherman's Trail in Portugal was truly breathtaking. We had such a fantastic time enjoying the views of the ocean and the beautiful cliffs.

Our communication with Hillwalk tours was great from the start and our luggage transfer as well as our prebooked accommodations went smoothly.

Bluesilvershine –
Switzerland

YOUR STAY

Stay in warm, friendly and welcoming guesthouses & hotels offering up a comfortable bed each night and a big breakfast to keep you going each day.

LUGGAGE?

Don't worry, we'll organise your luggage to be transferred to your next accommodation while you're out enjoying the trail!

NAVIGATION

Detailed maps, route note directions written and updated by Hillwalk Tours mean that you never get lost. You also get access to GPS smartphone app navigation.

ALTERNATIVES

Discover alternative route options devised from the local knowledge of Hillwalk Tours - routes which you may not find in guidebooks.

ESSENTIALS

A waterproof map-case to keep your maps and documents dry, along with useful public transport information to help you plan your travel.

CONTACT

If you need to contact us, we're here 24/7.

ENJOYMENT

Explore local history and culture in our fascinating guides while discovering the most interesting attractions on the trail along with tips on the best places to eat and drink.

**HILLWALK
TOURS**

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INFO@HILLWALKTOURS.COM

WWW.HILLWALKTOURS.COM



EXPLORE PORTUGAL WITH US