

Sintra & the Portuguese Coast

8 Day Trip
Independent Walking up to 42.2 miles

Route Open • 16th Apr to 30th Jun; 27th Aug to 31st Oct



DRAMATIC COASTAL SCENERY

PHOTO: NICKI FODD & AMBER KEANE

Features

- Dramatic coastal scenery, pristine beaches and some of the largest waves in Europe!
- The Serra de Sintra, with its unique microclimates and vegetation
- Walk to the Cabo da Roca, the most westerly point in mainland Europe
- Enjoy fresh seafood dishes and world-famous Colares wines
- Delightful Sintra – a ‘visitor’s paradise’, with its elegant palaces, romantic gardens, medieval streets and shops

Itinerary

Day 1 • Arrive in Cascais
A fashionable resort with a marina, smart shops, elegant restaurants and one of the best (and cleanest!) surfing beaches in Europe.

Day 2 • Cascais to Guincho
An outstanding walk along the coast, passing lighthouses and fascinating cliff formations with dramatic coastal views, to Guincho Beach, one of Portugal’s best windsurfing locations (6.5 miles, 3.5 hrs).

Day 3 • Guincho to Azoia
Follow coastal paths before heading inland into the Serra de Sintra. Opportunity to visit the interesting Convento dos Capuchos (Capuchin monastery) (+2 hrs), before returning through the Serra up to the spectacularly situated 14th century Peninha Chapel. Paths then lead down to your hotel near the coast (4.9 or 11.7 miles, 3 or 6 hrs).

Day 4 • Azoia to Praia Grande
A cliff-top walk with spectacular views leads to Cabo (Cape) da Roca, the most westerly point of Portugal – and mainland Europe. Continue inland through the vineyards of the famous ‘Colares’ wine before returning to the coast and past dramatic cliff formations to the beach of Praia Grande, with its world-famous swirling waves (7.2 miles, 4 hrs).

Day 5 • Praia Grande to Colares
Continue along the coast to the small seaside resort of Azenhas do Mar, with its pretty whitewashed houses perched on a cliff. From here the coastal path continues, past more fine beaches, then heads inland to the curious church of São Mamede, ‘protector of the animals,’ which were freely allowed to enter the chapel until recent times. Minor roads then lead to Colares, famous for its wine (6.9 or 9.9 miles, 3 or 4.5 hrs).

Day 6 • Colares to Sintra
Walk through small hamlets and vineyards before joining wide forest paths passing through the Serra to the ‘Romantic’ Palace of Monserrate, with exotic gardens and follies. Continue through the Serra and a short section of road brings you to the arch of the old west entrance to Sintra (6.9 miles, 3.5 hrs).

Day 7 • Free day in Sintra
Described by Byron as a ‘glorious Eden’, and boasting UNESCO World Heritage status, Sintra is a visitor’s paradise, with magnificent palaces, gardens, galleries, churches, museums, and cobbled, medieval streets lined with boutique shops and cafés.

For highlights take the optional Sintra city walk.
Note: The city’s famous market is on Sundays.

Day 8 • Departure day, or...
Extend your holiday in Sintra or Lisbon (see page 69 or contact the office for rates).



Sintra & the Portuguese Coast Trip Information

Finding Your Way

The ATG Route Booklet includes detailed directions and maps, as well as up-to-date information on towns visited, places of interest, local history, restaurants, cafés and shops en route.

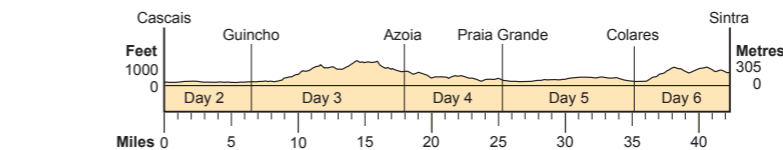
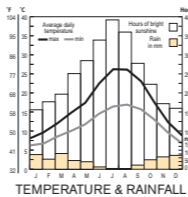
Your Route Manager is there to ensure your trip runs smoothly. They will brief you before you set out, move your luggage along the route, offer advice and answer your questions, and they’re contactable by phone to help out in case of emergencies.

Restaurants, Food & Wine

Delicious country cooking – hearty soups and roasts, with a strong reliance on sausage, cheese, bread and elaborate, fresh seafood dishes. Puddings tend to be sticky and extremely sweet – pastries and cheesecakes are favourites. The superior option hotel in Guincho has a Michelin ⭐.

The windswept coastal area is home to the ‘Ramisco’ vines grown in deep

On booking you will be sent further trip information: details of how to get to/from the route, what to bring and other practicalities.



Prices

You can plan your Footloose trip for any time within the route opening dates, subject to availability.

TRIP OPTIONS	TRIP PRICES (excluding flights)	DOUBLE FOR SINGLE OCCUPANCY (per night)
● 8 Day Standard	● £ 895 / \$1,565	● £40 / \$ 70
● 8 Day Superior	● £1,275 / \$2,230	● £72 / \$126

Extend Your Stay

To extend your stay anywhere on the route, please contact the ATG office. See page 69 for extension hotel rates in Sintra or Lisbon.

trenches (technically underground) that produce the area’s internationally renowned Colares wines. Another famous Portuguese wine worth sampling is, of course, Port.

For further information on food & wine see page 11.

Getting There

Recommended Destination Airport
Lisbon

From Lisbon airport take the shuttle bus to Cais do Sodré (€3,50 - journey time 30 mins), then a train to Cascais (€1,80 – journey time 40 minutes).

For further info on flights see pages 72-73.

Trains

For train journeys ex-London see page 71.

FROM	TO	PRICE
Lisbon airport	Cascais	~€60 - €80

You can buy a voucher for a taxi from Lisbon airport information desk in arrivals.

Prices may be significantly higher on Sundays and public holidays.

Taxis can be booked via the ATG office.

Accommodation

NIGHT 1
● CASCAIS
Hotel Baía
★★★★
On Cascais bay in the heart of the quaint fishing village

NIGHT 1
● CASCAIS
Hotel Albatroz
★★★★★
Luxury boutique hotel in stunning seaside location

NIGHT 2
● GUINCHO
Hotel Fortaleza do Guincho
★★★★★
17th century fortress with sea views; Michelin ⭐ restaurant

NIGHT 3
● AZÓIA
Convento de São Saturnino
★★★★
Mediterranean style, former convent in idyllic setting
Superior rooms have sea view

NIGHT 4
● PRAIA GRANDE
Hotel Arribas
★★★
Modern, cliff-top hotel with sea views

NIGHT 5
● COLARES
Estalagem de Colares
★★★
Comfortable hotel in pleasant gardens

NIGHTS 6 & 7
● SINTRA
Lawrence’s Hotel
★★★★★
Elegant, stylish hotel in central location

NIGHTS 6 & 7
● SINTRA
Tivoli Palácio de Seteais
★★★★★
Elegant, luxurious hotel in magnificent surroundings

EXTENSION
● LISBON
Hotel do Chiado
★★★★★
Innovative, modern hotel in the heart of Lisbon

NUMBER OF NIGHTS HB (DINNER INCLUDED)
Standard: 1 / Superior: 1

- STANDARD OPTION
- SUPERIOR OPTION
- STANDARD & SUPERIOR OPTIONS