EXPLORING SINTRA AND ARRÁBIDA NATURAL PARK

5 DAYS

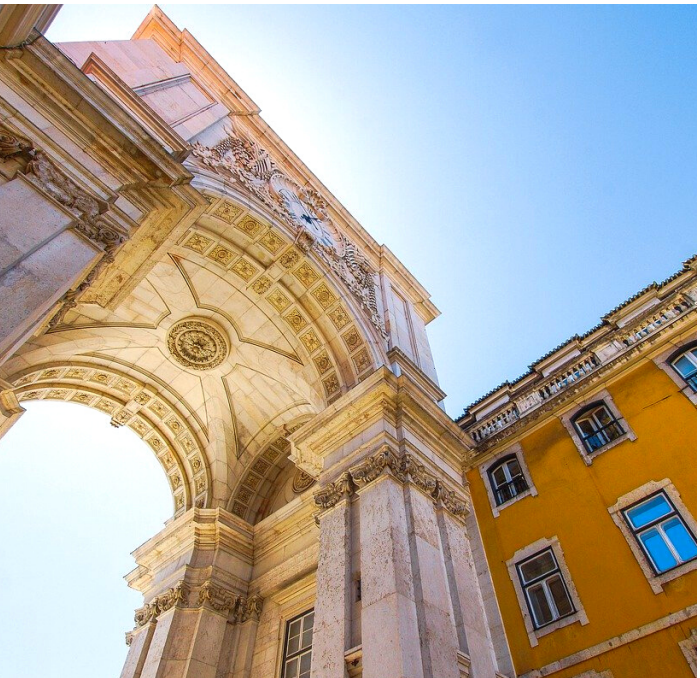
Come with us and explore these Magnificent Landscapes!

Here you will find a little bit of Everything...

Lisbon is Portugal's Capital and the hub of a multifaceted area that appeals to different tastes and senses.
Sintra, the Moon Hill, is a place full of magic and mystery, where Nature and Man have combined in such a perfect symbiosis that UNESCO has granted it Word Heritage Site status.
The Serra da Arrábida Natural Park, amidst the deep blue sea and the green of the hills, is an excellent place to test your physical condition. Situated by the sea, the park offers some of the most stunning coastal scenery in the Lisbon area.

Get in touch now for pricing & information

wildestours@gmail.com | +351 918 360 820



DAY 1

LISBON

In a city that has been influenced by many different far-off cultures over time, there is still a village feel in each historic neighbourhood.

Stroll through the Pombaline grid of streets in the Baixa district that opens on to the Tagus in Praça do Comércio, then follow the river to discover some of the city's most beautiful parts: the monumental area of Belém with its World Heritage monuments, the mediaeval quarters and the latest contemporary leisure spaces, such as the Parque das Nações.

- **Pick up at Lisbon Airport**
- **City Tour in Lisbon**
- **Check-in:** 3* or 4* Hotel in Lisbon
- **Dinner**

DAY 2

SINTRA NATURAL PARK

The Sintra Natural Park is Special. Exotic gardens, exuberant parks with meandering footpaths amid century-old trees, fancifully decorated palaces, small ponds with inviting recesses and fake ruins in the middle of the natural landscape are undoubtedly sources of inspiration for a Special Hike.

The Palace of Pena stands atop a rocky peak, which is the second highest point in the Sintra hills (the only place higher than the palace itself is the Cruz Alta, 528 metres above sea level). The palace is situated in the eastern part of the Park of Pena, which one has to pass through to reach the steep ramp built by the Baron of Eschwege that provides access to the castle-like building. The palace itself is composed of two wings: the former Manueline monastery of the Order of St. Jerome and the wing built in the 19th century by King Ferdinand II. These wings are ringed by a third architectural structure that is a fantasised version of an imaginary castle, whose walls one can walk around and which comprises battlements, watchtowers, an entrance tunnel and even a drawbridge.

- **Breakfast**
- **Hiking - Through the Castles and Palaces of Sintra:** 12Km, Difficulty: easy/moderate
- **Lunch at Typical Restaurant**
- **Visit Palácio da Pena**
- **Check-in:** 3* or 4* Hotel in Sintra
- **Dinner**

DAY 3

SINTRA AND CABO DA ROCA

Cabo da Roca is the most westerly point of mainland Europe, a fact borne out by the certificates that visitors take away as a souvenir.
Around 150 metres above the sea, here you can have a panoramic view over the Serra de Sintra and the coast, which makes it worth the visit.
Historical records indicate that there was a fort on Cabo da Roca in the 17th century that played an important part in guarding the entrance to Lisbon's harbour, forming a defensive line along the coast, especially during the Peninsular Wars. Today there are only traces, as well as the lighthouse which is still an important point for navigation.
It lies within the Parque Natural de Sintra-Cascais and is one of the points of interest on the walking trails that can be followed here, along the coast.

Quinta da Regaleira is a 19th century palace, although it looks older, boasting impressive decorations laden with Masonic references. Very close to the entrance to Regaleira, is Seteais, an 18th century palace, currently converted into an hotel. The gardens are worth a visit and from its belvedere you can see Pena Palace, Castelo dos Mouros (Moorish Castle) and the sea in the distance…

- **Breakfast**
  Hiking - Cabo da Roca Cliffs: 12Km, Difficulty: easy
- **Lunch at Typical Restaurant**
- **Visit Quinta da Regaleira**
- **Dinner**

DAY 4

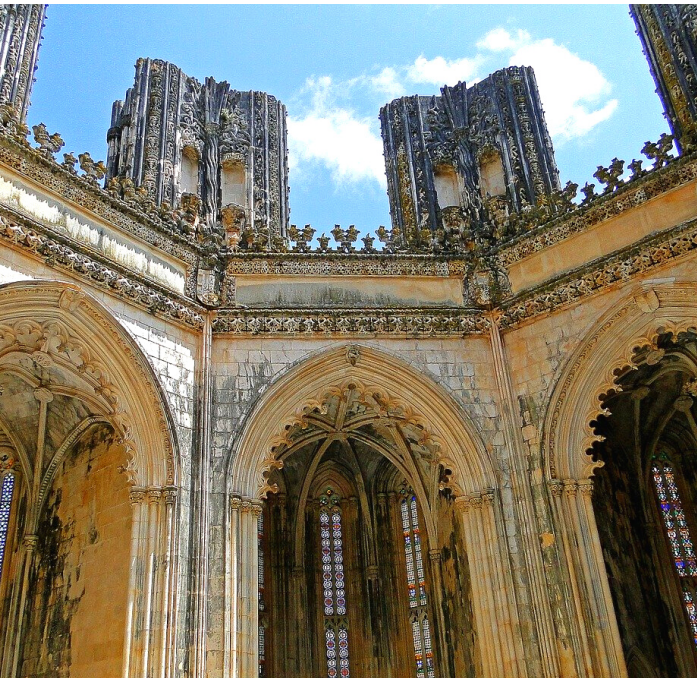
ARRÁBIDA NATURAL PARK

The Cabo Espichel is the wild and barren headland on the southwestern tip Setubal Peninsula, Arrábida Natural Park. This is a dramatic region formed of wind-blasted landscapes and towering cliffs, which are ceaselessly pounded by the ferocious Atlantic Ocean.

The desolate cliffs of Cabo Espichel have always spurned superstition and medieval customs, which, after the Christian Crusades of Portugal (1170s), slowly amalgamated into the Order of Our Lady of Cabo Espichel. The Espichel coastline was the setting for multiple miracles and religious visions, and this ensured the region remained an important pilgrimage destination during the 13th-18th centuries.

The most fascinating vision occurred in the 15th century, when an apparition of the Virgin Mary appeared riding a giant mule, and ascended the steep cliffs from the ocean. On reaching the top of the cliffs (and more significantly the Chapel of Ermida da Memória) Mary vanished, leaving just the footprints of the giant mule. These giant mule tracks actually do exist, and can be seen as part of the Pedra da Mua, originally being formed by a huge Sauropod dinosaur.

- **Breakfast**
- **Hiking - Cabo Espichel and Dinosaur Footprints:** 14Km, Difficulty: easy
- **Lunch at Typical Restaurant**
- **Visit Sesimbra Castle**
- **Visit Palmela Castle**
- **Taste Moscatel Wine**



DAY 5

BATALHA

Monastery of Santa Maria da Vitória, or Monastery of Batalha, is one of the most fascinating places in the Iberian Peninsula.

A decisive event for the consolidation of the Portuguese nation took place on August 14, 1385, near the spot where the Monastery of Batalha stands: D. João, Master of Avis and the future king of Portugal, overcame the Castilian armies in the battle of Aljubarrota. This victory put an end to a dynastic crisis that had dragged on since 1383, since the death of King Ferdinand, whose only daughter was married to the King of Castile, an aspirant to the throne of Portugal.

Its architectural value and historical significance spurred the classification of the monument as a UNESCO World Heritage Site in 1983.

- **Breakfast**
- **Visit Batalha Monastery**
- **Lunch at Typical Restaurant**
- **Transfer Lisbon Airport**

EXPLORING SINTRA AND ARRÁBIDA NATURAL PARK

Included:

- **All Transfers:**
  Pick Up | Drop Off Lisbon Airport (Lisbon)
- **Mountain Guide | Tour Leader during all program** (Portuguese/English)
- **4 Nights in 3* or 4* Hotel - Half Board**
- **4 Breakfasts**
- **4 Dinners with drinks included**
- **1 Lunch with regional products**
- **Guided Hikes**
- **All visits described**
- **Moscatel Wine Tasting**
- **Foto Report**
- **Personal accidents insurance**

Price:

Minimum: 2 persons

- **From 665€/Person in Double or Twin Room**
- **Supplement Single Room:** + 130€

Groups + 5 Persons

- **From 565€/Person in Double or Twin Room**

Supplement Single Room: +130€

Get in touch now for pricing & information* wildestours@gmail.com | +351 918 360 820

*Suggest your own itinerary