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Portugal Hiking

Hike the Algarve: Trails, Coastlines & Culture



Seven Hanging Valleys

2026 DATES	Double	Single
April 10	\$6,395	\$7,895

Within 60 days of departure prices are subject to availability. Land-only pricing is available. (See [Terms & Conditions - Prices](#))

TOUR DETAILS	
Duration	9 Days
Fitness Scale	Level A2
Group Size	Max 16
Flights	Included

Haven't heard of our Connections Program? Find out more [here](#).

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Discover the Algarve in the best possible way—on foot. This journey combines spectacular hikes along rugged coastal cliffs, peaceful countryside paths, and mountain trails with immersive cultural experiences that bring Portugal’s southern region to life.

From the world-renowned Seven Hanging Valleys Trail to the wild stretches of the Fishermen’s Trail, you’ll explore some of Europe’s most stunning coastal scenery. Inland, gentle routes through the Monchique mountains lead you past terraced farms, cork oak forests, and fragrant orchards, offering a glimpse into the Algarve’s rural traditions.

forests, and fragrant orchards, offering a glimpse into the Algarve's rural traditions. Between hikes, dive into the region's culture with guided tours of historic towns, a visit to a working cork factory, a traditional distillery tasting, and time in vibrant local markets. Along the way, enjoy authentic Algarve cuisine, from seaside picnics to vineyard lunches, paired with warm hospitality and regional flavours.

This tour is designed for those who love to walk, explore, and connect, balancing active days on the trail with rich cultural discovery for an experience that goes far beyond the usual sun-and-sand Algarve.

RELATED TOUR: [Other Tours to Portugal](#)

What's Included



- Roundtrip air from Toronto, ON to Faro, PT
- [Connections Program](#)
- Airport transfers
- Private local transportation
- 7 nights of accommodation (plus 1 on the plane)
- 8 breakfasts, 6 lunches, 3 dinners
- Local professional guides & all other entry fees and passes
- Services of an active DeNure Tours Tour Director

Prices are in Canadian dollars, are per person, and include HST.

INCLUDED HIGHLIGHTS

- 8 hikes/walks including Fisherman's Trail, Fonte Filipe, and Seven Hanging Valleys
- Guided Walking Tour of Faro: Faro Chapel of Bones & Free Time
- Ria Formosa Natural Park: Boat Ride to Culatra Island and Bird/Nature Tour
- Cork Factory Tour
- Benagil Cave
- Wine Tasting
- Monchique
- Distillery Tour & Taste
- Lagos City, Market & Food Tour

Why This Tour is Great



Hiking Made Easy

With routes carefully selected for moderate difficulty and rewarding scenery, plus built-in breaks for picnics, wine tastings, and village visits, this tour blends active exploration with the pleasure of discovering local culture.

Get the Local Treatment

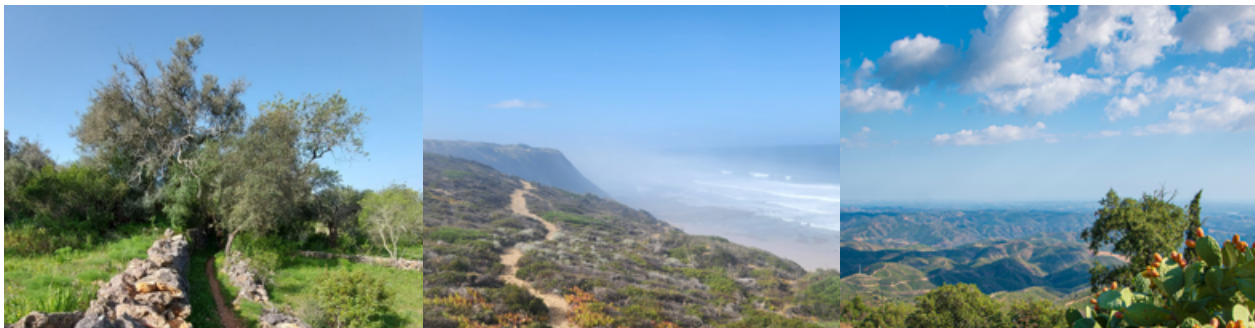
We've partnered with a passionate local guide who brings the region to life through their knowledge and stories. Step off the beaten path to uncover hidden corners known only to locals, from scenic viewpoints to tucked-away villages. Along the way, pause at charming eateries to savour authentic flavours, while your guide shares captivating tales and traditions that make this journey truly unforgettable.

Iconic Trails, Unforgettable Views

Trek some of Portugal's most breathtaking routes, from the world-famous Seven Hanging Valleys Trail to the wild beauty of the Fishermen's Trail, where every step reveals dramatic cliffs, hidden beaches, and endless ocean panoramas.

Diverse Hiking Experiences

Enjoy a mix of coastal, countryside, and mountain hikes. Stroll through Monchique's terraced farms and cork oak forests, hike past almond and olive groves on the Fonte Filipe Trail, and explore pristine nature in Ria Formosa. Each trail offers its own unique scenery and character.





Fonte Filipe Trail



Fishermen's Trail



Monchique Valley

Day-to-Day Itinerary



Day 1: Fly to Faro

This is a big travelling day. Enjoy your overnight flight from Toronto to Faro.

Stay: N/A (in flight)

Meals: D (on plane)

Day 2: Faro Guided Walking Tour

Welcome to Faro! After your overnight flight, meet your local guide and embark on a 2hr walking tour (A1/Easy) of the Algarve region's charming capital city. Faro's rich history seamlessly blends Roman, Moorish, and Jewish influences, which you'll experience as you explore the Old Town (Cidade Velha). Wander through its maze of narrow cobblestone streets, whitewashed buildings, and inviting squares, and admire the traditional architecture, including the impressively preserved City Walls. Visit the fascinating [Chapel of Bones](#) before concluding your tour with a refreshing drink and stunning views of the beautiful coastline. Enjoy delicious, regional fare during a welcome dinner at a local restaurant.

Stay: Hotel Faro Beach Club or similar, Faro, PT (3 nights)

Meals: B (on plane), D

Day 3: Ria Formosa Natural Park

Today, immerse yourself in the breathtaking beauty of the [Ria Formosa](#), one of Europe's most vital protected wetlands, nestled along Portugal's southern coastline. This extraordinary ecosystem consists of tranquil lagoons, mudflats, salt marshes,

and scenic barrier islands. Hop aboard a boat and head to [Culatra Island](#), home to one of the last active fishing villages in the region. With no cars and a strong maritime tradition, the island offers a peaceful yet adventurous escape. Enjoy a traditional lunch, prepared with locally sourced seafood products. In the afternoon, continue your adventure with a guided birdwatching and nature tour (A1/Easy - 3km/6m) through this unique haven. Conclude your day with a return to Faro, where the evening is yours to explore.

Meals: B, L

Day 4: Hike in the Algarve Countryside - Fonte Filipe Trail

After breakfast, head to the enchanting Amendoim region, one of Portugal's best-

After breakfast, head to the enchanting Alentejo region, one of Portugal's best-kept secrets. Immerse yourself in the Fonte Filipe hike (A2/Moderate – 9.3km/269m), which takes you through a beautifully preserved rural landscape with ancient pathways. The trail meanders across sun-drenched farmlands, past sprawling almond, carob, and olive groves, cork oak forests, and tranquil streams. Along the way, encounter a vibrant array of birds, wildflowers, and aromatic herbs such as thyme and lavender. After the hike, enjoy a delightful lunch at a local restaurant before visiting a cork factory for an insightful tour. Learn about the fascinating cork industry, from harvesting techniques to the exquisite products crafted from this versatile material. Return to Faro, where a relaxing evening awaits.

Meals: B, L

Day 5: Seven Hanging Valleys Coastal Trail

After breakfast, transfer to Praia da Marinha to begin the renowned Seven Hanging Valleys Hike (A2/Moderate – 6-7km/106m), one of the Algarve's most spectacular trails. This unforgettable journey features dramatic cliffs, rich with caves, arches, and striking natural formations. Along the way, you'll pass pristine beaches and the iconic Benagil Cave. Next, visit a centuries-old vineyard for lunch and a complimentary wine tasting. After, travel through Silves, one of the most historical towns in the Algarve. See a Moorish castle, ancient walls, and historic churches. Arrive in Lagos and check in to your centrally located hotel, which offers picturesque views of the marina. In the evening, experience the city's vibrant nightlife and restaurants at your leisure.

Stay: Hotel Marina Rio, Lagos, PT (4 nights)

Meals: B, L

Day 6: Discover Monchique

Today's journey takes you to Monchique, the highest point in the Algarve. The Vegetable Garden Path (A2/moderate - 7.9km/199m) is a peaceful, easy-going hike through cultivated terraces and small farms, where you'll see the Algarve's rural side in bloom, framed by the Monchique hills and distant sea views. After lunch, visit the

village of Monchique with a stop at a medronho distillery. Learn how the traditional drink is made and enjoy a complimentary tasting. Return to the hotel for a free evening.

Meals: B, L

Day 7: Fisherman's Trail

Begin your adventure at Salema Beach, a charming fishing village on the Algarve coast, where traditional boats still dot the shoreline. From here, set off along a scenic stretch of the Fishermen's Trail (A2/moderate - 9.6km/125m), named for the old coastal paths once used by local fishermen to reach prime fishing spots. Hike along rugged cliffs with panoramic ocean views, then pause for a seaside picnic before returning to Lagos.

Meal: B, L

Day 8: Lagos Food Tour, the Ponta da Piedade Cape

After breakfast, embark on a guided walking tour through the heart of Lagos, exploring its historic old town and charming streets. Visit a local food market and indulge in complimentary tastings of fresh, regional delights. In the afternoon, take a scenic coastal walk to the stunning Ponta da Piedade cape (H1/Easy – 2-3km), a renowned spot offering breathtaking views of the ocean and dramatic rocky cliffs. In the evening, regroup for a final, farewell dinner.

Meals: B, L, D

Day 9: Fly Home

After breakfast, depart for Faro Airport with unforgettable memories and experiences from your incredible journey.

Meals: B

Hiking Details

**DAY 2****1. Faro Walking Tour**

(A1/Easy)

This walk leads you through the heart of the historic city, along cobbled streets lined with whitewashed buildings, colourful shutters, and blooming flower boxes. The route is mostly flat with gentle inclines, though some sections may be uneven due to the age and character of the old stone pathways.

DAY 3**2. Ria Formosa Bird/Nature Tour**

(A1/Easy - 3km/6m)

Follow the São Lourenço Walking Trail through serene lagoons, marshland, scrubland, and freshwater lakes of the Ria Formosa. This area is known as one of the best birdwatching places in the Algarve.

DAY 4**3. Fonte Filipe Hike**

(A2/Moderate – 9.3km/296m)

This hike takes you through scenic Algarve countryside, with gravel and dirt trails winding past almond, carob, and cork oak trees. The terrain is mostly uneven and rocky, offering a moderate challenge

DAY 5**4. Seven Hanging Valleys Trail**

(A2/Moderate – 6-7km/106m)

This stunning coastal hike is one of the most popular ones in Portugal. Travel along rugged cliffside paths, passing secluded beaches, striking rock formations, and natural arches. The terrain is uneven, with some rocky and gravel sections, providing a moderate challenge, but the views make every step worth it. Highlights include the iconic Benagil Cave and Ponta da Piedade.

DAY 6

5. Monchique – Vegetable Garden Path

(A2/Moderate – 8km/199m)

The Vegetable Garden Path is a peaceful, easy-going hike with gentle inclines. Following a mix of old stone lanes and farm tracks, the trail winds through cultivated terraces, small farms, and patches of cork oak forests where you'll see vegetable gardens, citrus orchards, and chestnut groves. Along the way, fragrant wild herbs line the path, and on clear days, views stretch from the green Monchique hills all the way to the coast. It's a charming walk that showcases the Algarve's rural side in bloom, framed by mountain scenery and traditional whitewashed farmhouses.

DAY 7

6. Fishermen's Trail

(A2/moderate - 9.6km/125m)

Follow the Fishermen's Trail along the dramatic Algarve coast. The route winds over rugged cliffs, past quiet coves, and through open countryside, with sweeping ocean views nearly the whole way. It's a moderate hike with some short, steep climbs and uneven terrain, but no technical sections. There's little shade, so bring plenty of water, sun protection, and good footwear.

DAY 8

7. Ponta da Piedade Cape

(A1/Easy – 2-3km)

Ponta da Piedade marks the breathtaking end of the Fisherman's Trail, a coastal hike through the Algarve's rugged cliffs and scenic landscapes. The rocky trail culminates in dramatic limestone formations, hidden grottos, and panoramic views of the Atlantic.

Important Info for this Tour



This tour includes round trip air from Toronto, ON to Faro, PT. Guests can join this tour from anywhere in the world! Please contact us to discuss your airfare and pre- and post-tour accommodation [options](#).

Hiking in the Algarve offers varied weather. Coastal hikes are mild, with ocean

breezes and sunny days, while mountain trails are cooler, especially at higher altitudes, with possible fog, mist, and afternoon rain. Winds are stronger by the coast, but more sheltered inland.

Proper shoes/boots and poles are recommended.

Hikes are subject to trail conditions.

Hiking Difficulty & Alternatives - Hikes may involve uneven terrain, inclines, and extended walking. While we walk at a leisurely pace (3 to 3.5 km an hour based on terrain), the group must stay together. Participation is at your discretion, and travellers are encouraged to assess their own abilities. Guests may choose not to join a hike or amend a hike, in consultation with the Tour Director. In some cases, alternative self-guided options may be taken, though this option is not always available.

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Have questions? We're here to help! Call or email us today.

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