

# Walking the Western Algarve

**Trip style:** Guided Walking Holidays

**Destination:** 📍 Portugal

**Trip code:** SLS07-LCL09

**Grades:** 1, 2 & 3

**Carbon Footprint:** 🌳 736kg CO2



## HOLIDAY OVERVIEW

Stretching from Silves to the Atlantic seaboard, the Western Algarve is perfect for walkers keen to navigate dramatic cliffs, secluded coves, and unspoilt beaches. Highlights include exploring the pine, oak, and eucalyptus forests around the Serra de Monchique, taking in Atlantic Ocean views on the Seven Hanging Valleys trail, and spending time in historic towns and villages where Phoenician, Carthaginian, Roman, and Moorish conquerors have all left their mark.

## WHAT YOU'LL LOVE

- Discovering this wild and western coast on foot
- Exploring charming fishing villages
- Visiting Cape St Vincent, Europe's most south-westerly point
- Heading for the hills of the Serra de Monchique
- Walking the famous Seven Hanging Valleys Trail
- Staying in the charming coastal town of Lagos

## WHAT'S INCLUDED

- Return flights from London Gatwick, including baggage and transfers (flights available from other airports - price may vary)
- A choice of 2 guided walks per day with local leaders (on walking days)
- HF Holidays Tour Manager
- 7 nights' accommodation in Lagos
- 7 breakfasts & 7 dinners
- All in-destination transport

## TRIP SUITABILITY

This is a level 2 and level 3 graded Activity, Easier walks: 4 to 7 miles (6½ to 11km) sometimes on rough and rocky paths. Up to 700 feet (210m) of ascent in a day. Harder walks: 6 to 11 miles (9½ to 17½km) sometimes on rough and rocky paths. Up to 1,300 feet (390m) of ascent in a day.

## ITINERARY

## Hotel Vila Galé Lagos - Western Algarve

The Vila Galé Lagos hotel is located right over the sands of the Algarve's beautiful Meia Praia beach, with sweeping views of the sea. Inside, you'll find stylish décor by renowned Portuguese designers, and 118 comfortable rooms complete with all mod-cons. The hotel's enormous pool makes it popular with keen swimmers, while tennis courts, a multi-sports field, and a putting green add to the activity facilities. When it's time to relax, hit the Satsanga spa for a range of treatments, stroll in the gardens or visit the library for a quiet read. In the evening, savour the cuisine with fellow guests at the buffet restaurant.

The Vila Galé Lagos hotel overlooks the sands of Meia Praia, in the Algarve, and offers stunning views of the sea. With internet access in all areas, this hotel in Lagos offers spacious and comfortable rooms, with various types, from family rooms to rooms with views and suites. What also makes it famous is a giant 1,200 m<sup>2</sup> outdoor pool.

The Vila Galé Lagos hotel also has a Satsanga spa with a dynamic indoor pool, three restaurants with regional cuisine, a fully equipped convention centre with capacity for 550 people, a children's club, tennis courts, a sports centre and a putting green.

The proximity to the beach is ideal for water sports and diving.

### **Vaccinations & health information - SHARED WITH ALL EU NEW 2026**

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel. As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure. Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting. For further country-specific health advice, visit [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) or [www.traveldoctor.co.uk](http://www.traveldoctor.co.uk). If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

### **Passport & Visa information - SHARED FOR ALL EU NEW 2026**

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice. **Passport Requirements** This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long. We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues. If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website. **Visa Requirements** Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling. British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO)

website:<https://www.gov.uk/foreign-travel-advice>

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### **Packing list - Overseas Guided Walking**

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing. Essentials Walking boots Waterproof jacket Waterproof trousers Insulated jacket/top Walking clothing Walking socks (plus spares) Sunhat Gloves/mitts and warm hat Water bottle (minimum 2 litre capacity) Headtorch High-factor sunscreen (minimum SPF 30) Sunglasses with a dark lens Rucksack (15-30 litres) Mobile phone Personal first aid kit (containing your medication, blister plasters, etc.) Passport Visa (if applicable) Copy of your travel insurance policy UK Global Health Insurance Card (formerly known as EHIC) Recommended Collapsible walking poles Swimwear and travel towel Snacks Dry bags Rubbish bags Insect repellent Optional extras Camera Sit mat Flask for hot drinks Durable lunch box Gaiters GPS device (excluding Bhutan, Georgia and India)

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