

Fishermen's Trail Trekking

ROTA VICENTINA - ATLANTIC COAST OF PORTUGAL



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Guided adventure along Portugal's wildest coastline

8-day programme · 109 km · Small groups

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A guided adventure along Portugal's wildest coastline

Discover one of Europe's most spectacular coastal routes on a guided trekking programme along the Fishermen's Trail. Part of the Rota Vicentina, this iconic long-distance path follows ancient routes once used by fishermen and shellfish gatherers, tracing the rugged Atlantic coastline between the Alentejo and the Algarve.

Over the course of eight days, we walk dramatic cliffs, wild beaches and small fishing villages, immersed in a landscape shaped by wind, sea and time. The rhythm of the journey is defined by the ocean, with open horizons, powerful scenery and a constant connection to the Atlantic.

This programme has been carefully designed for active travellers who value high-quality routes, professional organisation and an authentic relationship with the territory. Walking in small groups and accompanied by an experienced guide, the experience balances physical challenge with interpretation of the landscape, local history and natural heritage.

More than a physical journey, this trekking is an invitation to slow down, observe and truly connect with one of Portugal's most unspoilt coastal regions.

Why choose this programme

- One of Europe's most beautiful coastal routes, according to Condé Nast Traveler
- Carefully selected stages through more preserved areas with lower visitor numbers
- Small groups (2 to 6 participants)
- Experienced guide and professional technical support
- Optimised logistics with base locations in Rogil and Lagos
- A balanced rhythm between physical challenge and moments of contemplation



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General technical factsheet

Guided programme · Rota Vicentina · Portugal

Small groups - 2 to 6 participants



Duration

8 days / 7 nights

Total distance

109 km

Regions

Alentejo Coast and Algarve

Type of route

Linear, coastal

Difficulty level

Intermediate
(Some stages are more demanding)

Terrain

Sandy trails, coastal paths and rocky sections



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Detailed itinerary

Day-by-day programme – Fishermen's Trail

Day 1 – Arrival in Rogil

Day information

- Individual arrival of participants
- Welcome briefing with the guide
- Group welcome dinner
- Overnight: **Rogil**





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Day 2 - Zambujeira do Mar -> Odeceixe

Stage technical factsheet

Distance
18,5 km

Elevation gain / loss
+303 m / -352 m

Average walking time
5-6 h

Difficulty level
Challenging

Stage map



Elevation profile of the stage



Base map and elevation profile: Rota Vicentina

Stage description

Today's walk follows the coastline from Zambujeira do Mar to Odeceixe, revealing one of the most beautiful and iconic sections of the Fishermen's Trail. Along the way, we walk truly scenic coastal paths, where beaches such as Alteirinhos, Carvalhal, Machados and Amália unfold between cliffs and natural coves, offering constant variations in seaside landscapes.

The route runs through the Southwest Alentejo and Vicentine Coast Natural Park, a protected area where dramatic cliffs, coastal vegetation and wide Atlantic horizons create a continuous sense of proximity to the ocean.

The stage ends at Odeceixe beach, one of the most striking landmarks of the route, where the River Seixe meets the Atlantic and the landscape opens onto a broad stretch of sand shaped by light and moving waters.



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Day 3 - Odeceixe -> Aljezur

Stage technical factsheet

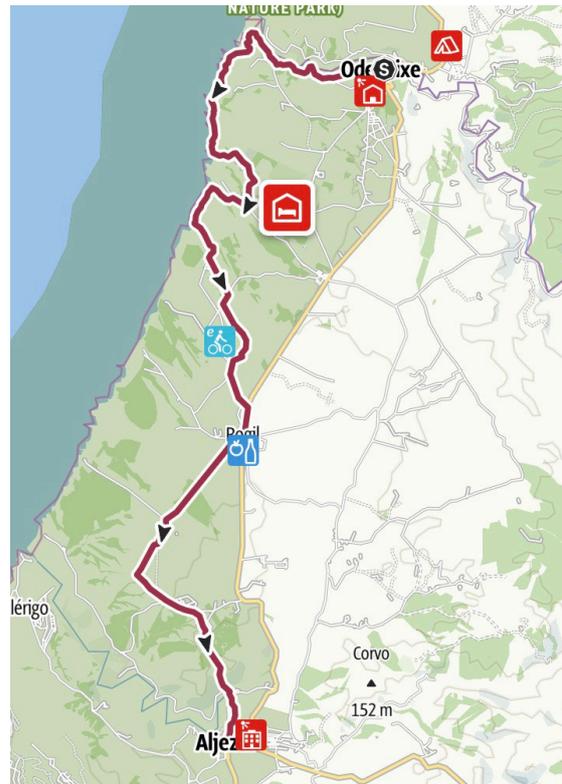
Distance
22,5 km

Elevation gain / loss
+185 m / -198 m

Average walking time
5-6 h

Difficulty level
Challenging

Stage map



Elevation profile of the stage



Base map and elevation profile: Rota Vicentina

Stage description

Today's stage gradually moves away from the coastline and follows the Seixe River valley, revealing a quieter and more rural side of the Fishermen's Trail. Along the way, the landscape shifts into a mosaic of farmland, cultivated fields and wetlands, creating a calmer and more continuous walking rhythm.

The route runs alongside the riverbanks, crossing small bridges, dirt tracks and traditional paths that once connected rural settlements. Birdlife is a constant presence, particularly storks nesting on cliffs and poles throughout the valley, adding natural interest to this stage.

Arrival in Aljezur marks the transition between the rural landscape and the region's historical heritage. Dominated by the ruins of its Moorish castle, the village offers a welcoming end to a long yet well-balanced day, rich in scenic and environmental diversity.



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Day 4 - Aljezur -> Arrifana

Stage technical factsheet

Distance
17,5 km

Elevation gain / loss
+223 m / -178 m

Average walking time
5 h

Difficulty level
Intermediate

Stage map



Elevation profile of the stage



Base map and elevation profile: Rota Vicentina

Stage description

This stage leads us from Aljezur to the picturesque village of Arrifana, combining coastal stretches with more inland sections that gently reveal the transition from agricultural landscapes back to the Atlantic. Throughout the day, we walk along paths winding through rolling hills, fragrant valleys and small woodlands, before returning to the coastline near the striking Monte Clérigo Beach.

The route alternates between narrow trails and rural tracks, offering panoramic views over Mediterranean vegetation and traditional cultivated areas. This diversity of terrain creates a varied walking rhythm, rewarded by open vistas and a rich palette of natural textures.

Arrival in Arrifana, a coastal village known for its shell-shaped bay, provides an inspiring end to the day, with opportunities to contemplate the Atlantic from elevated viewpoints along the cliffs. Arrifana also retains a strong connection to local maritime traditions, where cultural heritage blends seamlessly with the natural forces shaping this protected coastline.



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Day 5 - Arrifana -> Carrapateira

Stage technical factsheet

Distance
20 km

Elevation gain / loss
+277 m / -298 m

Average walking time
5:30 h

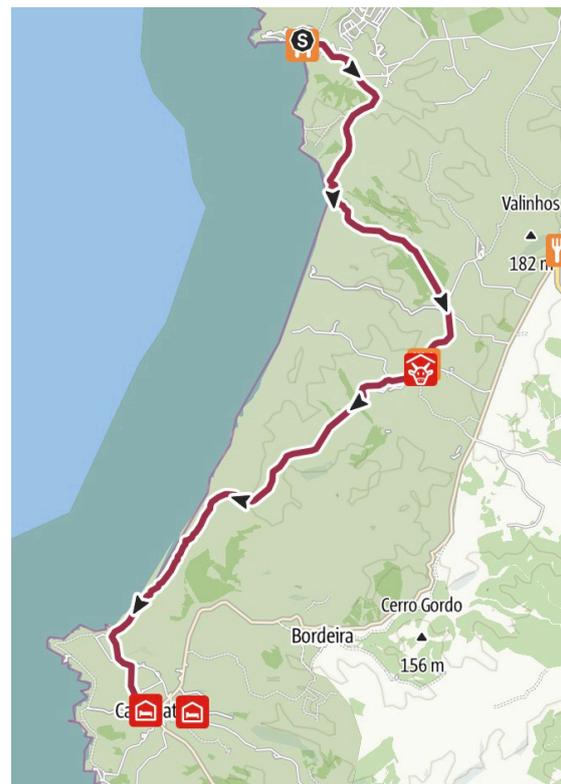
Difficulty level
Intermediate

Elevation profile of the stage



Base map and elevation profile: Rota Vicentina

Stage map



Stage description

Today's walk follows one of the most striking sections of the Fishermen's Trail, linking Arrifana to Carrapateira along the Atlantic coastline. From the outset, the route unfolds through a succession of natural viewpoints overlooking cliffs and coves, with sweeping panoramic views over the ocean, where each bend in the coast reveals a new and compelling landscape.

The trail follows well-defined paths along the coastal cliffs, with frequent changes in terrain — alternating between rocky slabs and sandy tracks — requiring steady footing and a consistent pace. This stage is a fine example of the geological and ecological diversity of this protected region, where the meeting of land and sea creates areas of remarkable visual and sensory richness.

Arrival in Carrapateira, a peaceful village beside Bordeira Beach, brings the stage to a close in a welcoming setting with strong ties to local traditions. Here, the presence of the ocean remains ever dominant, offering a harmonious and immersive end to the day, with wild nature firmly at centre stage.



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Day 6 - Carrapateira -> Vila do Bispo

Stage technical factsheet

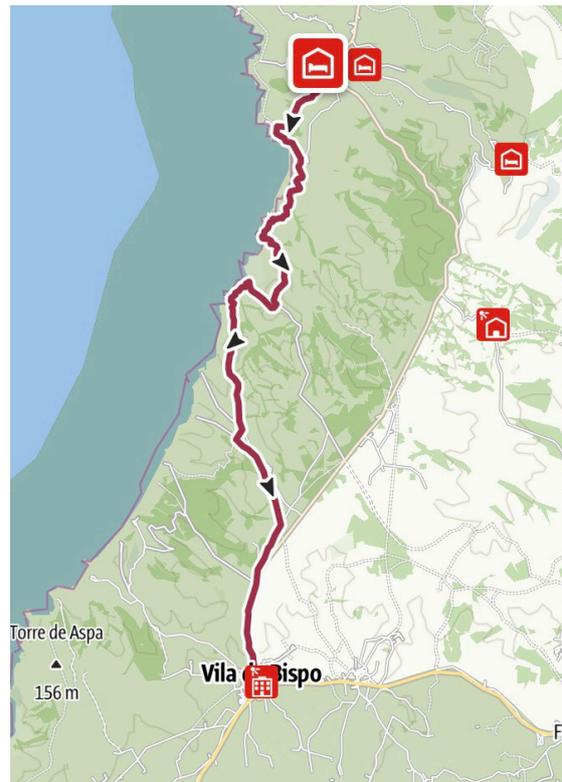
Distance
16 km

Elevation gain / loss
+302 m / -232 m

Average walking time
4:30 h

Difficulty level
Intermediate

Stage map



Elevation profile of the stage



Base map and elevation profile: Rota Vicentina

Stage description

Today we walk from Carrapateira to Vila do Bispo, along a section that blends coastal drama with a more inland and rural character of the Vicentine Coast. The stage begins near Bordeira Beach, following trails that wind along cliffs and headlands, offering wide views over the Atlantic before gradually moving away from the shoreline and revealing a shift in the rhythm of the landscape.

Throughout the walk, the terrain features moderate elevation changes and a mix of natural trails, dirt tracks and stretches of coastal vegetation, requiring steady pacing and attention to footing. While less technical than some of the more exposed coastal stages, this section continues to reward with expansive panoramas and a strong sense of connection to the region's wild natural environment.

As we approach Vila do Bispo, a series of gentle rises and intermittent views of the sea maintain both visual and physical interest, while arrival in the village marks entry into an area of strong cultural and historical identity within the Algarve.



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Day 7 - Vila do Bispo -> Cabo de São Vicente

Stage technical factsheet

Distance
14 km

Elevation gain / loss
+114 m / -179 m

Average walking time
4 - 5 h

Difficulty level
Intermediate

Stage map



Elevation profile of the stage



Base map and elevation profile: Rota Vicentina

Stage description

The final stage of this journey takes us from Vila do Bispo to the iconic Cabo de São Vicente, the southwesternmost point of mainland Europe, where land meets the Atlantic. The route initially follows traditional inland paths, gradually approaching the coast and revealing open landscapes, Mediterranean vegetation and wide ocean views.

Along the way, the terrain alternates between natural trails and sandy tracks, requiring a steady pace and careful footing. As we progress westwards, the presence of the Atlantic becomes increasingly powerful, culminating in the arrival at Cabo de São Vicente — a place of strong geographical and natural symbolism that provides an epic conclusion to the route.

At the end of the walk, a transfer is arranged with a stop in Sagres for coffee (not included), before returning to the accommodation.



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Day 8 - Departure

Day information

After breakfast, free time to explore the city of Lagos or enjoy a final moment by the sea, depending on individual departure schedules.

Transport from Lagos to Faro or Lisbon is available upon request and subject to availability.

The Quimera Travel Experiences team remains available to assist with transfer arrangements, private transport options or extended stays.

This final day marks a calm and fitting conclusion to an unforgettable journey along Portugal's southwestern coast.





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Programme organisation

This programme has been designed to provide a smooth, safe and comfortable trekking experience, allowing participants to focus fully on the walk and on discovering the territory. Organisation on the ground is ensured by an experienced team, with continuous support throughout the entire journey.

- Accommodation in carefully selected hotels and guesthouses
- Daily transfers between stages and accommodation
- Luggage transfers between different points of the route
- Daily briefing with the guide before each stage
- Ongoing assistance throughout the programme



Walking routine

Walks take place mainly in the morning, following a moderate pace with regular breaks for rest, landscape observation and interpretation of the territory. The guide's technical support allows the pace to be adapted to the group and ensures safe and steady progress throughout each stage.



Essential information

This programme is designed for walkers with good physical fitness and some experience in medium-distance routes. Daily stages range between 16 and 23 km, across varied terrain including sandy trails, coastal paths and rocky sections.

The climate along the southwest coast is generally mild, with the possibility of wind and significant sun exposure. Appropriate equipment for coastal walking and protection from sun and wind is strongly recommended.



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Dates & conditions

Available dates

15–22 November 2026

Other dates may be arranged upon request for private groups or tailor-made programmes.

Price

From **€1,215 per person**

8 days · 7 nights · Guided trekking programme on the Rota Vicentina

Small groups · Full logistics · Experienced guides

Minimum: 2 participants

Maximum group size: 6 participants



The price includes

- Guided walks with a certified guide throughout the programme
- Welcome briefing and group dinner on the first day
- 7 nights' accommodation with breakfast
- Group dinner on the first night
- Luggage transfers between stages
- Local transfers between stages and accommodation
- Ongoing logistical support throughout the programme
- Personal accident insurance

The price does not include

- Travel to and from the programme start and end points
- Meals not mentioned in the programme
- Personal expenses and drinks
- Coffee stop in Sagres on the last day
- Single room supplement (subject to availability)



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Conditions & cancellations

Optional extras

- Airport transfers (Lisbon or Faro)
- Extra nights in Lagos
- Single room supplement

Cancellation policy

In the event of cancellation by the participant, the following conditions apply:

- Up to 30 days before the start date: full refund, excluding non-refundable administrative costs
- Between 29 and 15 days before the start date: 50% of the programme price retained
- Less than 15 days before the start date: no refund

Participant substitution is permitted at no additional cost, subject to prior notice and approval by the organisation.

In the event of programme cancellation by the organisation, a full refund of all payments made will be issued.





Discover your next trekking experience with Quimera Travel Experiences.

For more information or to reserve your place, please contact us at:
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