

Trekking Portugal's Rota Vicentina:

The Best of the Fisherman's Trail
& the Historical Way

Presenter: Sheri Goodwin of Transformational Trekking

Outline of Presentation

- What is the Rota Vicentina?
- What Makes this Trek Special?
- Logistics
- Challenges & Training Tips
- The Journey...

Rota Vicentina's Main Routes

www.rotavicentina.com

Green Trail – Inland Historical Way

- 263 KM - 13 stages

Blue Trail – Coastal Fisherman's Trail

- 168 KM - 9 stages

Most Hike North to South

- Coastal Start: Porto Covo
- Inland Start: Santiago do Cacem
- Ending for both: Cabo de St. Vicente

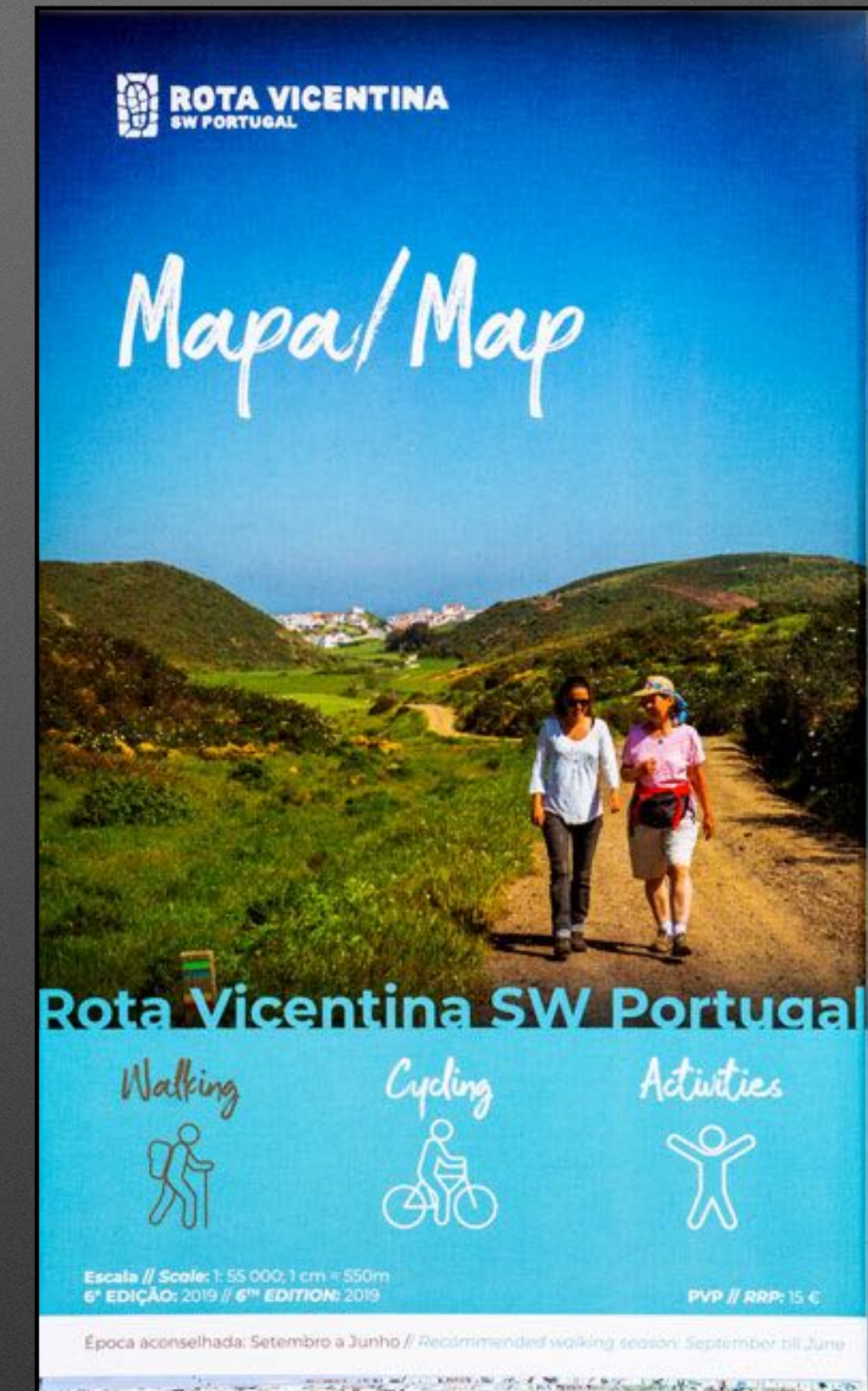
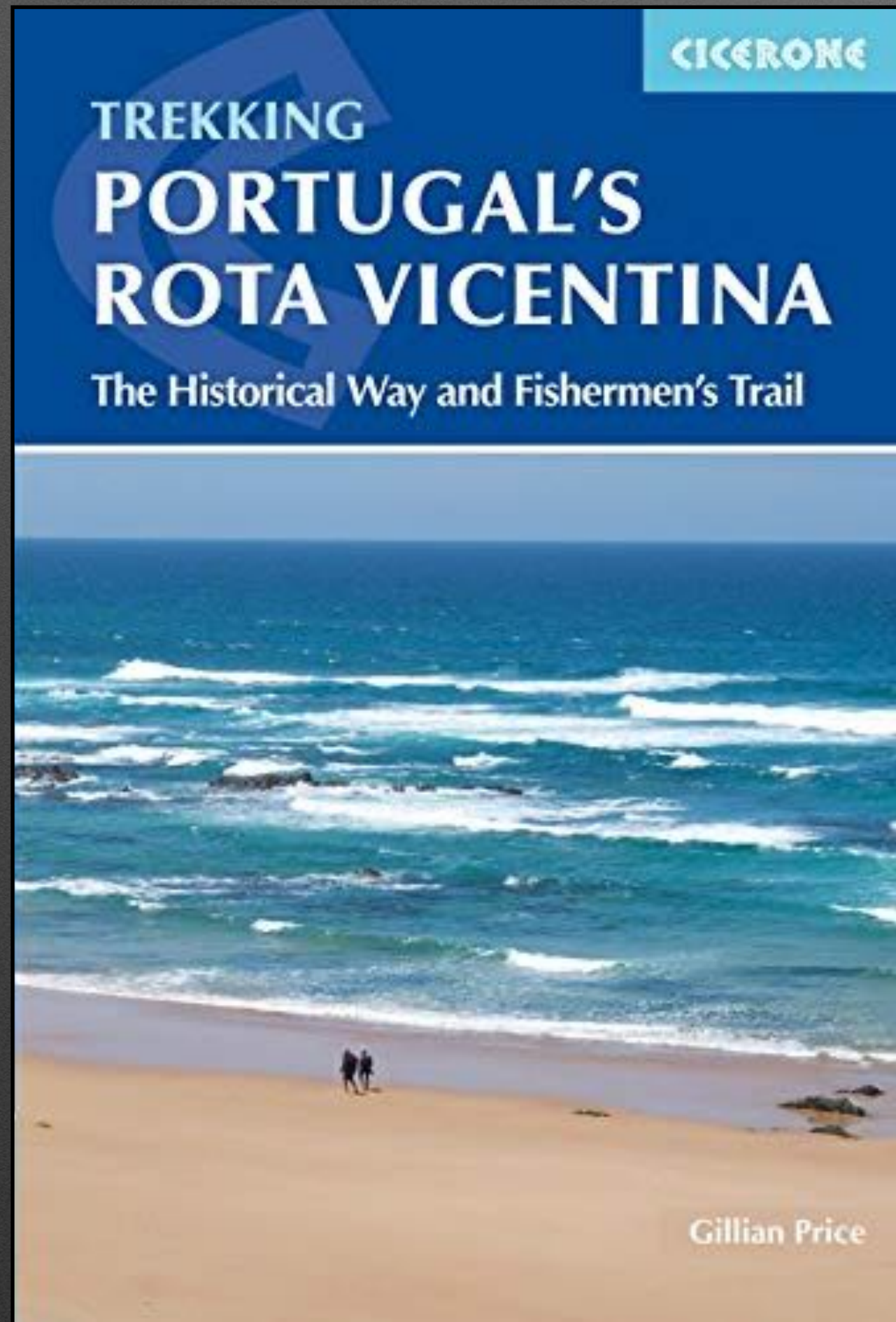
SW Alentejo & Vicentine Coast
National Park - protected coastline



What Makes this Trek Special?



Books & Map of Trail



Purchase at: www.rotavicentina.com or in a book shop in Porto Covo on Vasco da Gama street

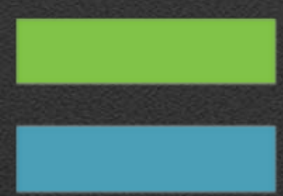
Trail Signs

Green and Blue (Coastal)

Red & White (Inland)



Sinalética Trilho dos Pescadores



seguir



não seguir



esquerda



direita

Sinalética Caminho Histórico



caminho certo



caminho errado



para a esquerda



para a direita

© 2011

When to Go

- March - June: Wild flowers, fewer people (65-77 degree (F))
- Summer: Hot and many tourists especially July and August (80-85 (F))
- Sept - Oct: fewer people - (70 - 78 (F))
- November - March: Rainy season (60 - 66 (F))



Clothing

- Sun Gear: hat, sun glasses, sunscreen, T-shirts, shorts, dry fit type long sleeve hiking tops and light hiking pants
- Wind Gear: Windbreakers - Rain coat, rain pants
- Rain Gear: Gortex waterproof jacket and waterproof rain pants
- Evening Gear: Fleece or sweatshirt, leggings, comfortable slacks
- Feet: Trail running shoes or hiking boots, Teva type sandals
- Gear: Backpack that fits your trip, hydration bladder, 10 essentials



Accommodations

(Make Reservations - www.rotavicentina.com also check out: www.stingynomads.com/fishermens-trail-rota-vicentina-itinerary)

- Camping - not allowed anywhere along the Fisherman's Trail & only allowed at designated camping grounds
- Hostels or *pousada de juventude*
(15 - 30 Euros)
- Private Rooms (*quartos*) or *alojamento locale*
(25 - 60 Euros)
- Mid-Range Hotels & Boutique Hotels
(50 - 100 + euros)

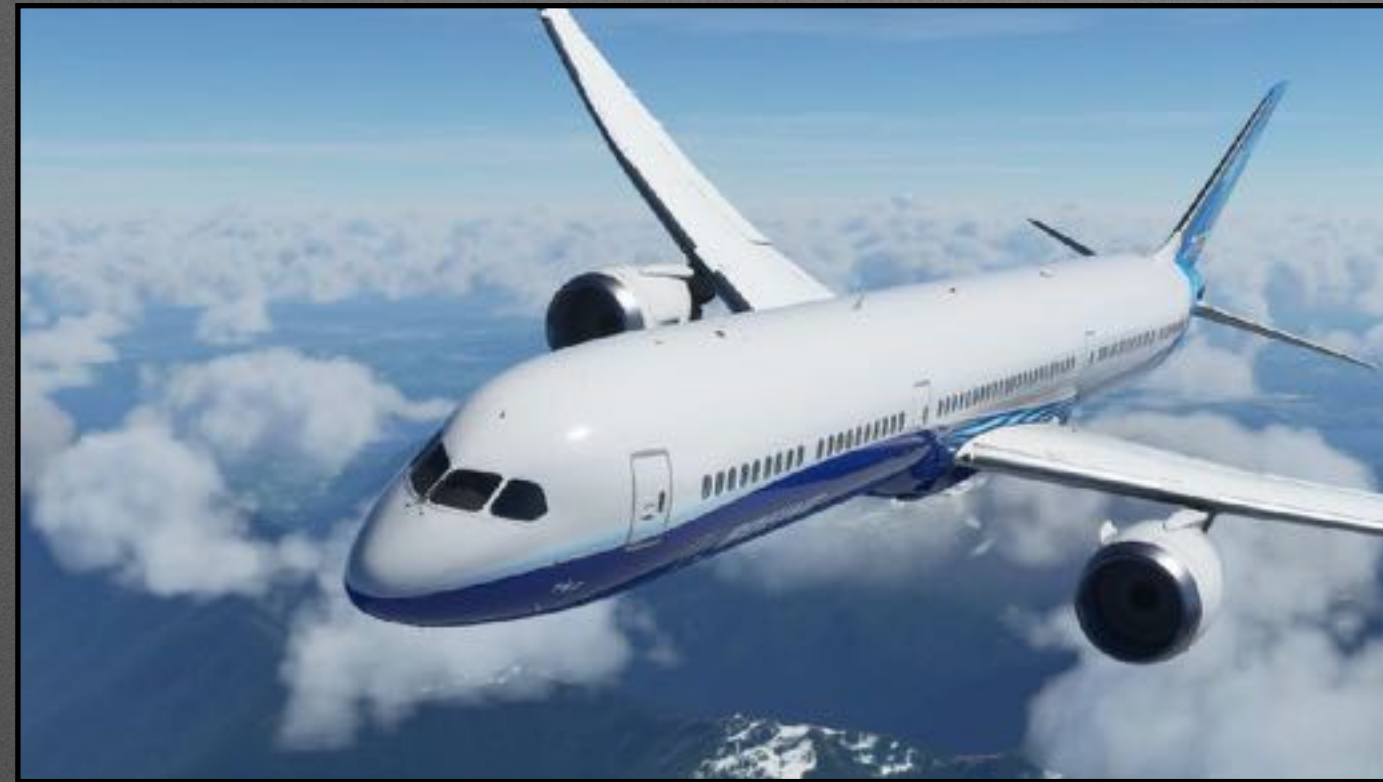


Food for Your Journey



- Breakfast - served at B&B or Hotel, or purchase at local store if camping or staying in hostels (included or 4 - 7 euros)
- Lunch - go to local store the night before to purchase lunch items for the next day (4- 7 euros)
- Dinner - Great restaurants to dine at or some hotels will have their own dining area (12 - 30 euros), or cook your own if camping or staying in hostels with a kitchen (5-10 Euros)

How to Get There



- Fly into Lisbon - spend a couple of days there to get used to the time change
- Bus to the start of the trek via Rede Expressos (www.rede-expressos.pt) or RENEX - \$22, 2 hours 40 minute ride on average to Porto Covo
 - *low season (Nov. - March):* only one single daily bus in both directions
 - *high season (April - Sept):* 3-8 different leave times daily

Challenges & Training Tips

(Keep these in mind when planning your daily mileage)

- Sun
- Terrain
- Wind
- Wild Ocean Energy!
- Heights - High Cliff Tops



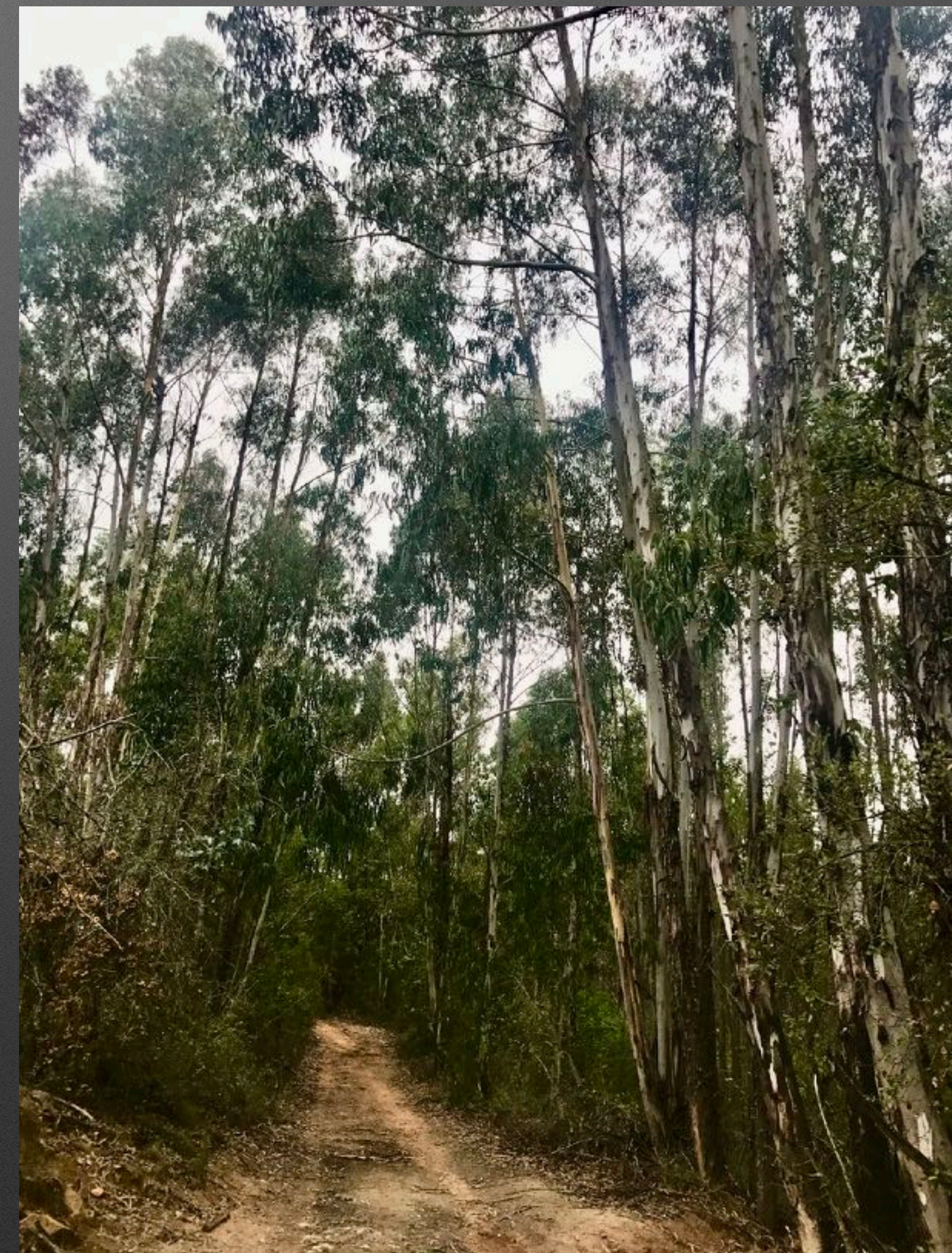
The Journey

	<u>Towns/Villages</u>	<u>Daily Miles</u>	<u>Ascent</u>
Day 1:	Cercal Do Alentejo to Vila Nova Milfontes	13 miles	985 feet
Day 2:	Vila Nova Milfontes to Almogrove	8 miles	492 feet
Day 3:	Almogrove to Touril	13 miles	985 feet
Day 4:	Touril to Brejão	8.7 miles	655 feet
Day 5:	Brejão to Odeceixe	8 miles	650 feet
Day 6:	Odeceixe to Rogil	9.3 miles	492 feet
Day 7:	Rogil to Aljezur	8.7 miles	490 feet
Day 8:	Aljezur to Arrifana	12.4 miles	1250 feet
Day 9:	Arrifana to Carrapateira	11.8 miles	820 feet
Day 10:	Carrapateira to Pedralva	10 miles	820 feet
Day 11:	Pedralva to Vila do Bispo	13 miles	1312 feet
Day 12:	Vila do Bispo to Cape St Vincent	8.7 miles	410 feet



Day 1: 13 miles, 985 ft ascent

Cercal Do Alentejo to Vila Nova Milfontes























Tasca do Celso Restaurant



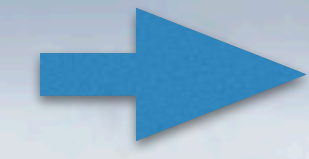
Next morning before heading out the door, fuel up as you have more sand to negotiate!



Vila Nova Milfonte to Almogrove

(8 miles, 492 ft ascent)

St Clement Fortress



Boat Taxi Tel: 964 200944,
Operates daily from 9AM - 6PM except Dec/Jan



St Clement Fortress - 1602
(built to protect the village from pirates)

Walking Routes

Boat Taxi

Bridge













Almograve
4.5km

Almograve
4.5km

PRT
ODM







Monte Novo da Longueira



Traditional Liquor



O Josué Restaurant - known for their seafood



Fieri brandy made from strawberries (strawberry tree)

Almograve to Touril

(13 miles, 985 ft ascent)







Ice plant - or Hottentot fig



Sardão Cape Lighthouse - 1915







Herdade do Touril



Dinner - 30 Euro's, Extra \$ for Wine



Touril to Brejao 8.7 miles

(655 ft ascent)



My Morning Greeters



Storks!





Porto das Barcas





SN 925 L
DRAGÃO AZUL

SN 925 L
DRAGÃO AZUL

SN 978 L
LUAR

SN 978 L
LUAR


SN 924 L
ASTRO



Fisherman homes





A photograph of a white chapel with blue accents and a cross on top, set against a blue sky with white clouds. The chapel has a prominent arched entrance with a wooden door and a small window to the left. The roof is red-tiled. In the background, there are pine trees and white buildings with red roofs.

Capela de Nossa
Senhora do Mar

Zambujeira do Mar





November in Zambujeira do Mar :-)











Casa da Seiceira



Brejao to Odeceixe

(8 miles, 655 ft ascent)



More hills and more storks!





Odeceixe





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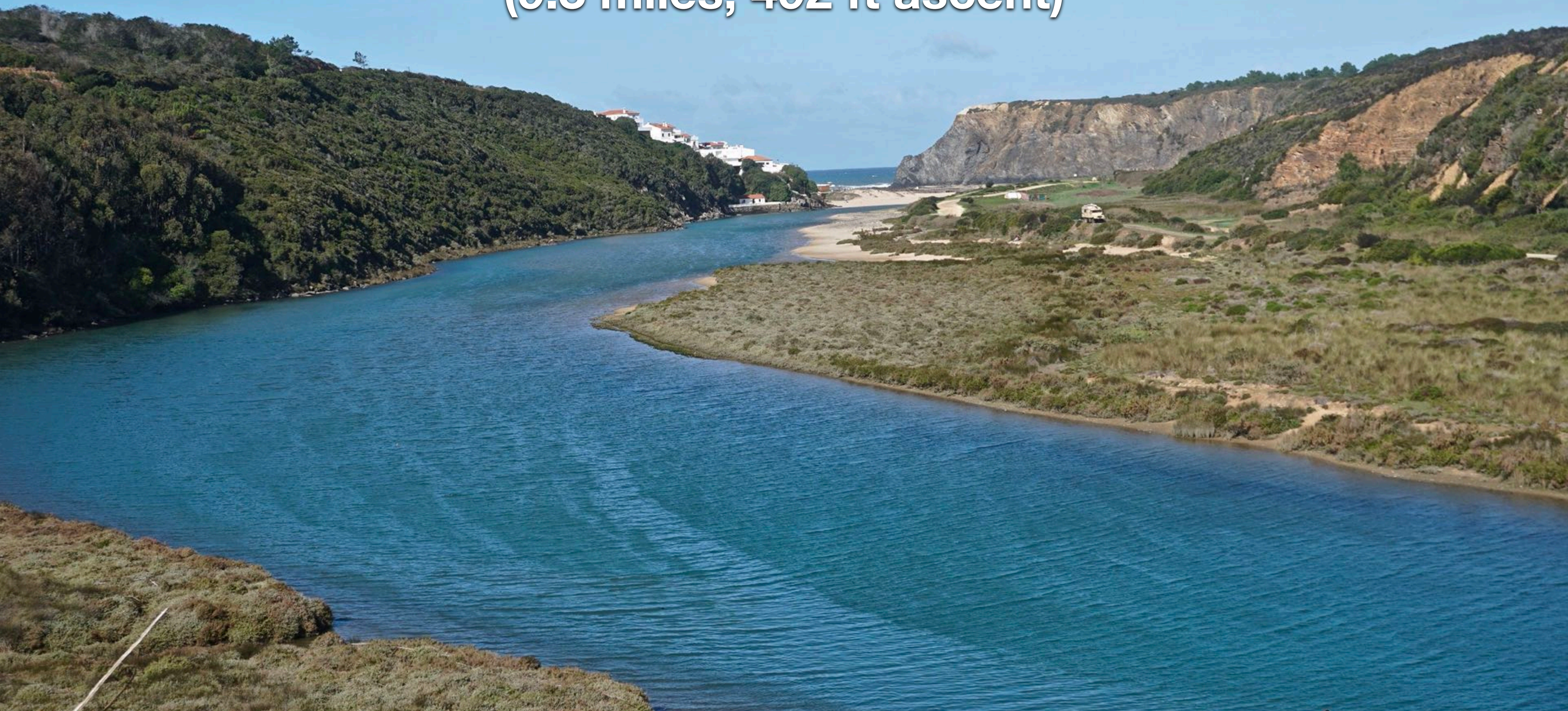


Guest House: Casas do Moinho



Odeceixe to Rogil

(9.3 miles, 492 ft ascent)

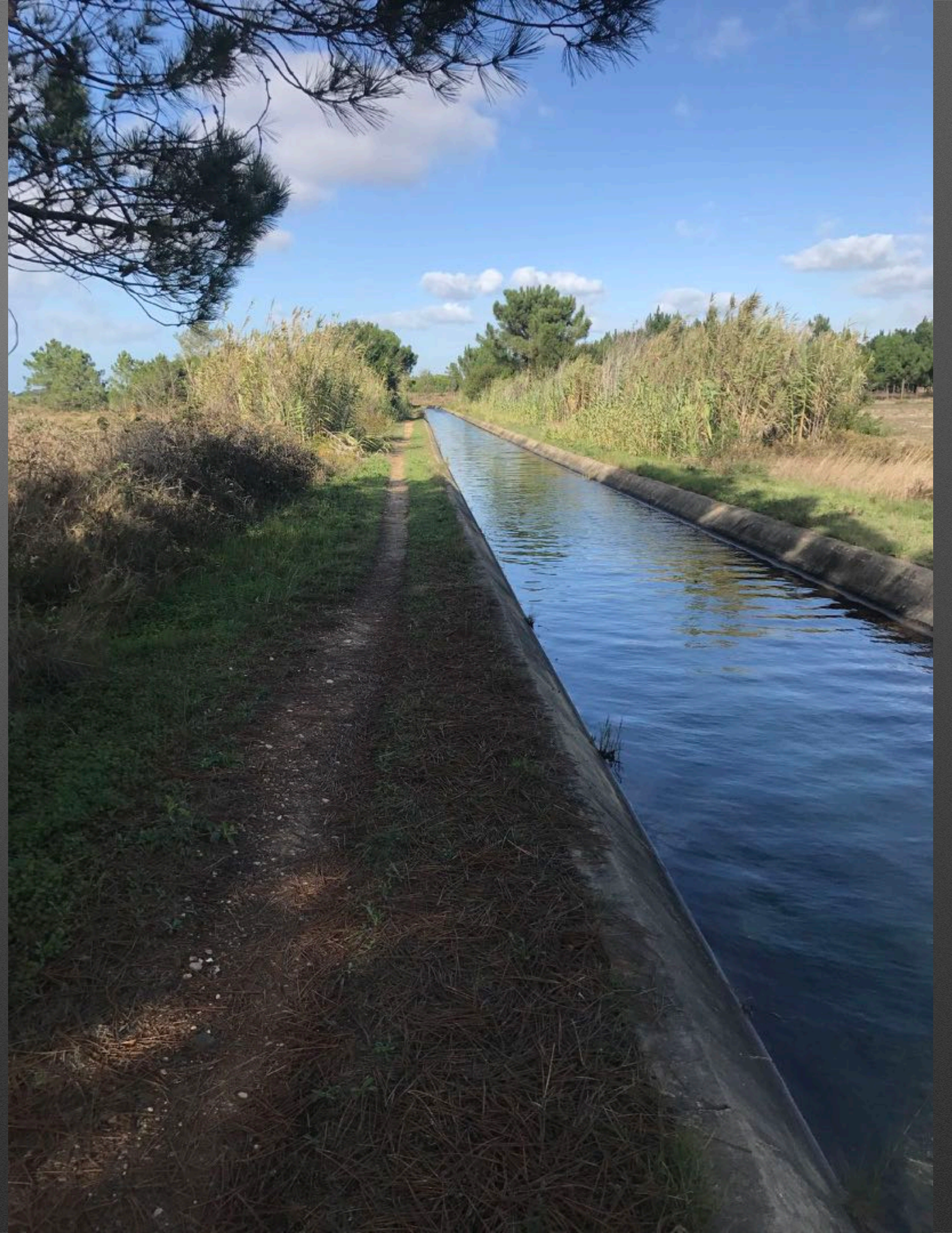








Afternoon Greeters



Sweets of Rogil!



Pastel de Nata (Portuguese tart)
& various cakes



Cakes made with batata doce (sweet potato)



Rogil to Aljezur - Known for their Sweet Potatoes

(8.7 miles, 492 ft ascent)





Rock Rose or Gum Cistus (*Cistus ladanifer*)



Medieval village of Aljezur





Castello de Aljezur - 10th Century Moorish Castle



CASTELO DE ALJEZUR
ALJEZUR CASTLE

A sua fundação é atribuída aos árabes no séc. X, durante o período da ocupação muçulmana do Gharb al-Andalus. Porém, escavações arqueológicas ali realizadas fizeram surgir elementos que permitem atribuir a este local uma ocupação da Idade do Ferro.



Aljezur



Medieval village of Aljezur





Aljezur to Arrifana

(12.4 miles, 1150 ft ascent)



Top of the climb greeters!









The image consists of two side-by-side photographs. The left photograph shows a sandy trail winding through dense, low-lying coastal vegetation, including various shrubs and bushes. In the background, a line of taller pine trees is visible against a cloudy sky. The right photograph shows a similar sandy trail, but the vegetation is more sparse, with a prominent, large, dark green pine tree on the left side of the path. The sky is also cloudy. The text "End of the day 'fun' sandy trails leading into Arrifana" is overlaid in white across the center of both images.

End of the day "fun" sandy trails leading into Arrifana

End of the Day Greeters



Arrifana to Carrapateira

(11.8 miles, 820 ft ascent)





Carrapateira beach





Carrapateira



Casa Fajara - Inland View



Carrapateria to Pedralva

(10 miles, 820 ft ascent)











Entering village of Pedralva, I discovered
where they put the bark they take off the trees



Pedralva





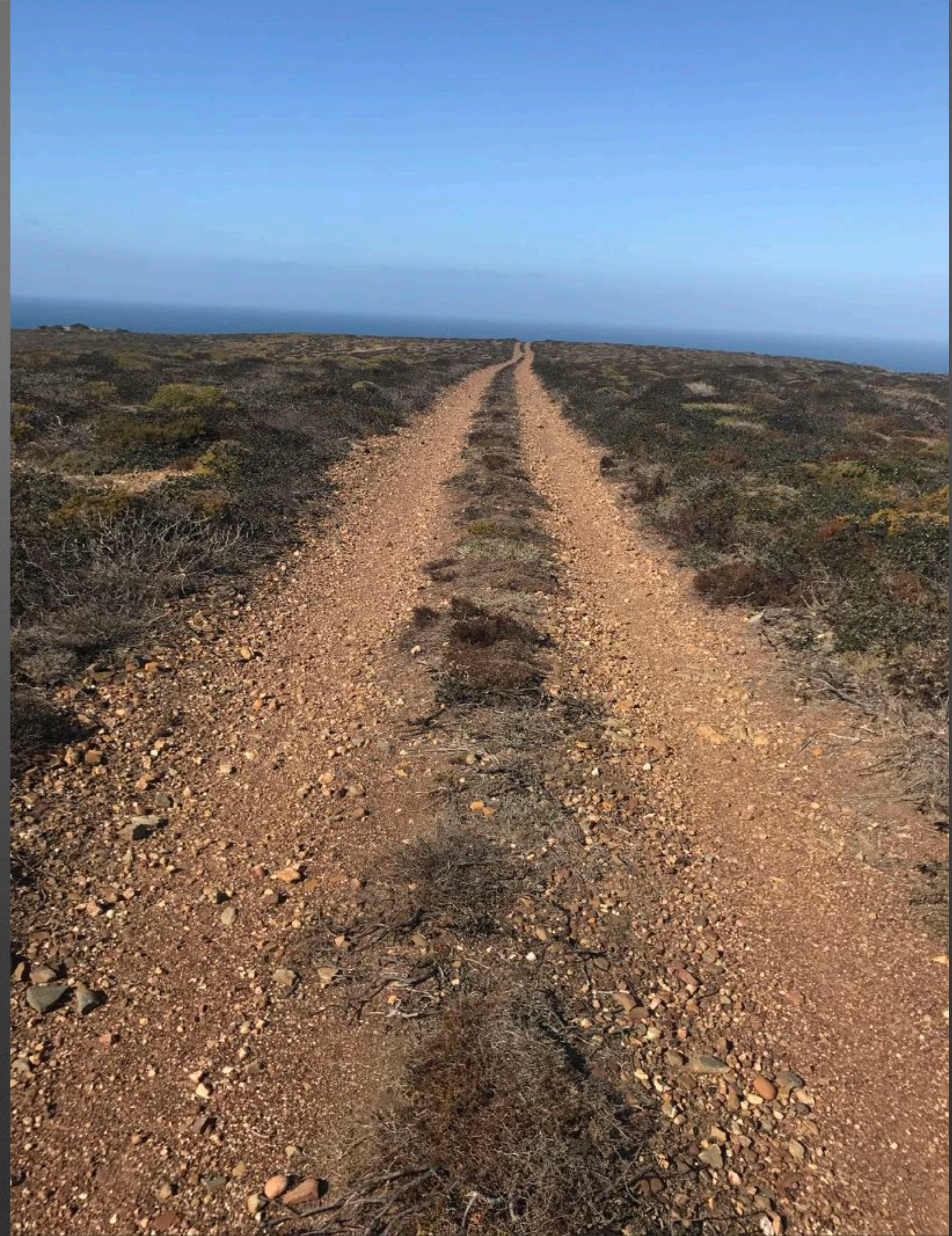


Pedralva to Vila Do Bispo

(13 miles, 1,312 ft ascent)



Strawberry Tree





Environmental Trail





Vila Do Bispo



Vila Do Bispo to Cape St. Vincent - Final Day!

(8.7 miles, 490 ft ascent)











End of the Journey - Cape St. Vincent



Contact Information



- **Website:** www.transformtrekking.com
- **Email:** sheri@transformtrekking.com
- **Cell:** 206-465-1795
- **Facebook:** Transformational Trekking Train, Trek, Transform!
- **Blog:** transformationaljournaysblog.wordpress.com
- **Instagram:** transformationaltrekking

