



Women With Wings: Passions of Portugal Frequently Asked Questions

How do I get to/from the airports in Portugal?

A group transfer is provided from the Porto airport to the hotel for the majority of the group. If you are arriving at a different time, we can help arrange a private transfer or you can take a taxi/Uber.

A group transfer is provided from the hotel in Sagres to the airport in Faro for the majority of the group. If you are departing at a different time, we can help arrange a private transfer or book a taxi the night before. Please note that this is a 1 hour drive so transfers on your own can be upwards of 100 EUR.

Leader/Local guide

Our Women With Wings escort Hanne Sorensen will work with the local guide to ensure that everyone has a safe, fun experience. The local guide will speak English and will be able to provide onsite information about the areas that you are traveling through, as well as hiking information. They will carry a first aid kit at all times.

What are the emergency contact phone numbers?

Hanne will have a cell phone with her while travelling and can be contacted either by text, call or Whatsapp. She will be getting a Portuguese SIM card but on the first day can be reached on her Canadian number.

Hanne: 604 782 1853

Cindy: 604 838 2748

The Travel Group office: 604 681 6345

AZZ Portugal: TBA

How challenging are the hikes?

Our first week is a cultural experience in Portugal – most walks will be short distances, but guests need to be comfortable standing and walking for a 3-hour period as you explore the villages. Porto and Lisbon in particular are hilly cities with cobblestoned streets which can be exerting.

The second week is a mixture of hiking and visits to local establishments. You will hike on average 10 km a day (4 hours) at a leisurely pace with stops for water, snacks, lunch and photo ops. Elevation ranges from 200-450m over the course of the day. Please review the itinerary. This may seem like a lot of elevation gain, but over the course of the day it is not as drastic. Most of the trail is flat, or lightly undulating, but there are some sections where we walk down into a valley and up the other side which is where the change in elevation comes in.

The terrain can make the walking quite exerting at times as you will be walking on sandy trails as well as rugged cliff-top paths. Some of the trails are exposed but there will be always the option to walk far enough from the exposed areas to be comfortable should you have a fear of heights. Along the coast hiking poles are suggested to help with the terrain.

Weather in September and October is variable. Rain, wind and sometimes 25+ degrees can make the hiking more challenging. Weather is unpredictable so flexibility is key here.

Since we have a local guide and a Women With Wings escort, there will always be one person at the front of the group and one at the back so no one gets left behind. We stick together!

Please see the photos below showing the terrain on the second week.

One thing to note: the hiking trails follow the coastline and are often in remote areas. We always start and end near a washroom, but there are no toilets available while hiking. Nature's toilet is always available 😊

We encourage you speak to Hanne regarding your level of fitness and any questions you might have.

Will there be time to swim on the hikes?

The hikes will be along the coast, and you will get to see some spectacular beaches. There won't be time to swim during the hikes, but you certainly can after.

What kind of footwear should I bring?

Since there is a lot of walking on the first week, comfortable walking shoes or sandals are suggested.

You will need to bring a hiking shoe or low top boot with a good sole for the second week.

Moisture wicking socks are key!

What are the hotels like?

We will be staying in local, boutique 3 – 4 star hotels which are authentic to the area. On the first week you will be staying at a different hotel each night with the exception of Vila Real for 2 nights. For the second week you will take in Vila Nova de Milfontes for 2 nights, Vila da Telha for 1 night and Sagres for 2 nights. This allows you to unpack and even do some laundry if you wish on the second week! We will inform you ahead of time which hotels offer laundry services.

What meals are included?

Breakfast will be served at the hotels daily.

1 lunch on the first week and picnic lunches while hiking on the second week are provided.

4 dinners are provided by Women With Wings throughout the trip and the local guide will have some suggestions on where to dine for the nights which are not included.

How much cash should I bring?

We recommend bringing 600 EUR cash for extra spending money (meals not included, ice cream, souvenirs, gratuities, etc.) Larger purchases can be used with credit cards.

- 15 EUR x 6 lunches not included = 90 EUR
- 30 EUR x 9 dinners not included = 270 EUR

Gratuities are included for our local guides, but if you feel like they go above and beyond, please feel free to tip more.

We will present our guides with a card and the gratuity at the end of the trip.

Please plan to bring some cash for extra gratuities:

- Hotel cleaning staff 2 EUR x 12 = 24 EUR
- Meals: 2 EUR per meal restaurant lunch and dinner x 15 = 30 EUR (tipping is not required in restaurants, but if you have exceptional service or would like to round up the bill you can do so)

Please keep in mind that European restaurants do not split the bill as we are used to in Canada. Please bring cash for meals not included when dining with others in the group.

Please note that for the dinners provided by Women With Wings, one alcoholic or non-alcoholic beverage is included as well as water. If you'd like to have additional beverages than that please bring cash with you.

The tap water in Portugal is drinkable, however restaurants always bring bottled water and will charge approximately 2 EUR a bottle. They also bring bread, oil, olives and cheese which seems complimentary, but it is not. You can always ask the waiters to not bring it. This normally costs 3 EUR.

Are there ATMs?

ATMs are widely available. Check with your bank as many have “sister banks” in Europe where the transaction fees are lower.

Can I purchase an international phone plan or buy a SIM card?

Each phone plan is different, so we suggest contacting your provider and asking what the costs are for international calling and data.

SIM cards can be purchased in Porto but your phone must be “unlocked” (ask your phone provider if it is unlocked or not). As we don’t have a ton of free time, we suggest getting the Vodafone SIM at the Porto airport. It is conveniently located in the arrivals hall after you pick up your checked bag.

What is the weather like?

September/October usually ranges between 15-25 degrees Celsius. Dress in layers as the days are warmer but the nights cool down. Rain is known to happen so bring a light rain jacket/poncho, and light waterproof pants.

Can you drink the water at the hotels?

Yes. All hotels have potable water so please bring a refillable water bottle. We recommend something like the Swell bottles that are metal and insulated so the water is kept cold.

Are the shops/markets closed on certain days?

Many shops in Portugal are closed on Sundays and sometimes during the day between 12-2pm. This is not consistent and varies town-to-town. Please plan for your shopping days accordingly.

What apps would you suggest I download before travelling?

- WhatsApp is a communications app where you can text or call anyone who has WhatsApp downloaded. You will need to be connected to data/Wi-Fi. WhatsApp is a great way to share photos amongst the group and message each other to make plans during your free time.
- XE Currency app shows the conversion between CAD and EUR. This can be downloaded offline so you can use it without data/wifi
- Google Translate or another translate app. Google translate can be downloaded offline. You can type in English what you want to say and it will translate it into Portuguese.

What else should I know?

We know that our WWW guests appreciate the flexibility that our tours offer. Feel free to take a day to yourself if you so wish...this is your holiday! Occasionally we have to change the timing of activities. Flexibility is the key to this program – you are in the hands of experts who are there to ensure that all of the little details are taken care of.

Hiking in on the Western Algarve coast:

