

Contents

Preface	3
Overview map	6
General information	8
Top walks in the Algarve	9
Symbols	11
GPS tracks and coordinates of the starting points	14
Algarve: the Land and its People	17
Leisure time in the Algarve	19
Climate table for the Algarve coast (Faro)	20
The Algarve's walking regions	29
Information und useful addresses	36
The west and southwest coasts of the Algarve	
1 4.15 hrs. Along the clifftop path at Odeceixe	42
2 5.00 hrs. The beach at Amoreiro near Rogil	45
3 6.00 hrs. Grand circular route to the Ponta da Atalaia	48
4 4.00 hrs. The Aroma Trail at Bordeira	52
5 5.00 hrs. The Tidal Trail at Carrapateira	55
TOP 6 4.30 hrs. To the Ponte de Aspa	59
TOP 7 4.15 hrs. Grand circular walk at the Cabo de São Vicente	62
8 5.00 hrs. From Raposeira to the bay of Barranco	66
9 4.30 hrs. Along the clifftop trail from Sagres to Figueira	69
10 3.30 hrs. Clifftop walk from Luz to Salema	72
11 3.25 hrs. From Luz via Ponta da Piedade to Lagos	75
In the Serra de Monchique	
12 3.30 hrs. Through the forest of Barão de São João	78
13 3.00 hrs. Ascent to the Miradouro dos Picos	80
14 2.30 hrs. A panoramic walk between Fóia and Monchique	83
TOP 15 6.00 hrs. The waterfall route in the Serra de Monchique	85
16 3.45 hrs. The mill trail of Monchique	90
17 7.00 hrs. Circular walk around Picota	94
18 3.00 hrs. The oxbow bend at Lagoão near São Marcos da Serra	98
TOP 19 2.15 hrs. Megalithic trail from Vale Fuzeiros	101
20 4.45 hrs. To the reservoir of the Arade river	104
21 3.50 hrs. On the Cerro Grande and through the Algibre river valley	107
Hinterland of the Barlavento	
22 4.30 hrs. From Boliqeime to Castelo de Paderne	110
TOP 23 2.15 hrs. On the panoramic mountain Rocha da Pena, 480m	114
24 2.00 hrs. In the karst wilderness south of Salir	117
25 3.00 hrs. Circular walk to the seven springs at Corcitos	120
26 2.15 hrs. Over the Cerro da Zorra near Amendoeira	123
27 3.00 hrs. Circling Mesquita Alta along the Trail of the Well	126
28 1.30 hrs. On the Cerro da Cabeça, 197m, at Moncarapacho	130
On the southern coast	
29 2.15 hrs. To Rocha Delicada at Mexilhoeira Grande	132
30 1.45 hrs. A "taste of the sea" at Alvor	134
TOP 31 2.00 hrs. The Path of the Seven Hanging Valleys at Carvoeiro	136
32 2.00 hrs. Along the nature trail of Praia Grande near Armação de Pêra	139
33 4.00 hrs. Beach walk on the Ilha de Tavira	142
34 3.00 hrs. In the Reserva Natural do Sapal	145
Serra do Caldeirão	
TOP 35 5.30 hrs. Route around Azinhal dos Mouros on the border to Alentejo	148
36 3.30 hrs. In the barren highlands around Corte de Ouro	151
37 3.15 hrs. To the great dolmen of Pedras Altas at Mealha	154
38 2.00 hrs. A climb to Cerro da Masmorra near Mealha	157
39 3.00 hrs. From Vale da Rosa to the abandoned village of Vale Luís Neto	160
40 3.15 hrs. In the headwaters area of the Odeleite river	163
TOP 41 7.30 hrs. At the southern edge of the Serra do Caldeirão at Parises	166
42 5.00 hrs. At the upper reaches of the Odeleite river at Casas Baixas	170
Northern high plains and the Guadiana River Valley	
43 4.45 hrs. In the highlands at Martim Longo	173
44 4.00 hrs. Ascending and descending around the village of Vaqueiros	176
45 3.30 hrs. In the borderline area around Giões	179
46 3.30 hrs. The Trail of the Wells around Pereiro	182
TOP 47 4.00 hrs. The Almond Tree Trail at Alta Mora	185
48 3.00 hrs. On the Cerro da Boa Vista	188
49 4.30 hrs. To the viewpoint of Ladeiras do Pontal	191
TOP 50 3.30 hrs. A walk along the mighty river at Laranjeiras	194
51 4.30 hrs. In the Mata Nacional das Terras da Ordem at Odeleite	196
52 4.00 hrs. A circular tour round the village of Odeleite	199
53 2.15 hrs. The panoramic trail at Azinhal along the Guadiana River	202
Index	204