

# Family Adventures in the Algarve

Trip Code: FPA

Version: FPA Family Adventures in the Algarve



MULTI ACTIVITY



FAMILY



LEISURELY



## HIGHLIGHTS

- As recommended by the Telegraph and The Times
- Centre-based at a charming farmhouse in a remote and unknown corner of Portugal
- Kayak along the river and swim in the fresh water lake at the accommodation
- Surf lesson, rock climbing, beach time, t-shirt painting, boat trips and much more!
- Enjoy delicious home-cooked food and local wine

## AT A GLANCE

- 6 days multi-activity
- Centre-based
- SWIMMING: Every day
- Join at Faro

## ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 6 Lunches
- 6 Dinners
- 7 nights Converted Farmhouse

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

If you are looking to get away from the busy bustle of everyday life and be enchanted by remote, wild and quiet Portugal whilst enjoying fun activities with your family and others then this is the holiday for you. We are centre-based in a charming villa in the countryside just 10km from the most southwestern tip of Portugal. The area is also part of the South West Alentejo and Vicentine coast Natural Park, which is said to be some of the finest preserved stretches of European coastline.

Our hosts take us on a selection of activities over our time here. At the start of the week we kayak down the river to the sea, have a morning rock climbing, spend time on the beach and go for a bike ride. There is plenty to do in the large grounds of the accommodation with archery, table tennis, a zip line, kayaks on the lake (water-level dependent), the vegetable farm and hammocks in the shade – perfect for relaxing with a good book and perhaps a little tippie!

We finish the week with an optional boat ride along the rugged peninsula to Cabo de San Vicente where we might see dolphins, and experience one of the best sunsets, and then a day surfing with full instruction. In the evenings we eat delicious home-cooked meals using many ingredients grown in the garden, or we sit around the fire pit under the stars telling stories and chatting with a glass of wine. The exact order of play during the week is dependent on the weather and the group. Sunshine and adventure are the key words for this family holiday. A stress-free family friendly atmosphere surrounds the whole week and we will be well taken care of, fed and wine-d whilst relaxing and getting some exercise and fresh air. It's a winning formula.

## Is this holiday for you?

### Suitable for children from 8yrs old

This family adventure in Portugal is centre-based at a family run villa surrounded by cork forests. It is located around 5km from the beach on extensive grounds which include a fresh water lake. The order of activities during the week is influenced by the weather and to what suits the group the best. The group may include both English and French families, the tour is conducted in English. To enjoy the water based activities all participants have to be able to swim unaided for a minimum of 25m. No experience is required. The length of the bike ride will depend on the ages of the group. For all activities full safety equipment (buoyancy aids, helmets etc) will be provided as well as instruction by a fully qualified leader(s).

# Itinerary

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## DAY 1

**Meet at the accommodation near Sagres, a single transfer is provided from Faro Airport.**

Our holiday starts at our rural guesthouse/villa accommodation just north of Sagres on the very southern tip of the Algarve. A single transfer is provided from Faro Airport. We have a late lunch before exploring the delightful property and surroundings. It is located next to a fresh water lake which is perfect for an afternoon swim and for the children to get to know each other. This evening we have the first of our delicious home cooked dinners on the veranda overlooking the surrounding cork forest.

Please note that the order of activities during the week will change depending on the weather conditions and the group. The water levels in the lake on the property will vary between seasons and years, with it sometimes being too low for swimming in.

Meals: **L D**



**Accommodation**  
Converted Farmhouse

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## DAY 2

**Swimming, beach games and relaxing.**

Our first day in this little corner of paradise we head to the sunny beach. This nearby beach is perfect for some swimming, body boarding and beach games. If you don't wish to participate with the children running along the beach and the water inspired fun, then adults can unwind from the worries works and take a rest under a shady umbrella with the new book. We return to the base for a swim in the lake and then drinks on the deck, a perfect day to start the holiday. On the property there is also zip wire over the lake and a high swing that the kids will enjoy. Children can spend endless time here, swimming and enjoying adventuring around the lake.

Meals: **B L D**



**Accommodation**  
Converted Farmhouse

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**DAY 3****Rock climbing and spend the afternoon on the beach.**

This morning we try our hand at some rock climbing. We transfer to a nearby crag (20 minutes) which is bolted. We are supplied with our safety equipment and our leader will give us instruction. There are several routes on the crag from easy to moderate. Usually groups thoroughly delight in this morning on the rock and find much satisfaction from achieving the top of the crag. On the way back we visit THE BEST ice cream shop in the whole of Portugal! After lunch we go to the beach, which is around 5km from our accommodation. A couple of hours at the beach, swimming, reading, body boarding, snorkelling, or generally messing around in the sand. We return to our accommodation and enjoy another fabulous home cooked dinner and some wine on the decking, before popping some marshmallows on sticks and sitting around the fire before bed.

Meals: **B L D**



**Accommodation**  
Converted Farmhouse

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**DAY 4****Bike ride along the river to the coast.**

Today we enjoy an outing on the bikes. Depending on the level of the group and the weather we have a few choices of routes. The simplest option is to follow the pretty river down to the coast. The route is picturesque and we can relax and take our time. A full day out involves a lovely 25km to the Point and then in the town of Sagres. The vast sea here is a stunning aquamarine colour with an immense horizon. The beaches are clean and sandy and there is always plenty of opportunity for swimming. We return to our accommodation. In the warmth of the evening we might sit around the African inspired fire pit and maybe enjoy a seafood barbecue or traditional Paella under the enormous sky of stars.

Meals: **B D**



**Accommodation**  
Converted Farmhouse

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**DAY 5****Learn to surf.**

Today our time is spent learning how to surf. We have a full day with the surf boards and instructor. Our lesson starts on the beach as we learn the techniques of jumping on the board in preparation for the waves. After we have got the hang of it we are try it on the water. The chosen beach for our surfing should have waves for a beginner/improvers level and it is likely that by the end of our session we should all be able to stand up on the boards! We have our picnic lunch on the beach before trying again on the

boards. Learning to surf is great fun and a thoroughly good work out as well. By the end of the day we will be happy, tired and looking forward to our dinner and a glass of wine! In the evening we go to see the sunset at Cabo de San Vicente, Europe's most southwestern point. This is a spectacular spot, a barren headland, with steep cliffs and a small red lighthouse. This is an iconic place throughout history, for its various fortifications and the last sighting of land for the famous Portuguese explorers travelling the seas in the 15th & 16th centuries.

Meals: **B L D**

**Accommodation**

Converted Farmhouse

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**DAY 6****Morning T-shirt painting, afternoon free, optional boat trip from Sagres.**

For kids and adults alike it's always fun to make your own t-shirt. There are plenty of different design and pattern ideas, and we can be creative around the big table in the cool of the veranda this morning. Our hosts, and their children have lots of experience with T-shirt painting and will be on hand to give helpful tips. We have the afternoon free. There is an option to take a boat trip from Sagres along the coast. We will stop for a swim and if we are lucky we might even see dolphins playing in the surf. Alternatively we can stay at the property and maybe have an archery or table tennis competition with our fellow holidaymakers.

Meals: **B L**

**Accommodation**

Converted Farmhouse

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**DAY 7****Kayak along the river to the sea, lunch at the seaside.**

Our last day in this little corner of paradise we travel up the west coast (45minutes) and take to the water and paddle in our 2 man sea kayaks along the river estuary. We start in a small, typically Portuguese village and travel down to the sea. It is a leisurely paddle of just 3km. On arrival at the sea we have our picnic lunch on the sandy beach and have some time here before paddling back. We also make some time to visit a great cake shop for a traditional sweet treat after our kayaking fun. We return to our base and have some time to relax, or if you are a child, time to run around before dinner. Tonight, on our final night here in Portugal, is pizza night, and we get to taste the heavenly organic pizzas made in the wood fired hand built oven.

Meals: **B L D**



**Accommodation**  
Converted Farmhouse

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## DAY 8

**Departure day. A single transfer to Faro Airport is provided.**

Our holiday ends after breakfast. A single transfer to Faro Airport is provided.

Meals: **B**

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# Holiday Information

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## What's Included

- Family friendly hosts
- Single timed group transfers from Faro Airport on Day 1 & Day 8
- Accommodation as described
- All activities including qualified instruction and equipment as described
- Meals as per the Meal Plan

## What's not Included

- Travel insurance
- Airport transfers (other than the single group transfer in each direction)
- Any meals as per the Meal Plan
- Any additional/optional activities or excursions
- Miscellaneous expenses - drinks and souvenir's etc



## Joining Arrangements & Transfers

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### TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on [Travelling by Train](#).

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

The group will meet at the accommodation near Sagres, Algarve.

A single transfer (1hr 30mins) is provided from Faro Airport to the accommodation at 12 midday of Day 1 the Land Only itinerary.

A money-saving tip is to fly on Friday and overnight in Faro, returning to the airport on Saturday for the transfer.

On the last day of the Land Only itinerary, there will be a single transfer to Faro Airport for flights departing at the earliest at approximately 1100.

There is a certain degree of flexibility with the transfer time depending on the best time for the flights of the group members, however everyone needs to leave the property by 1100.

Those with later departures can take this transfer and have lunch in Faro (5mins in a taxi), or take a trip to one of the islands. There is baggage storage at the airport.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, or you have an earlier flight, we can provide private transfers at an additional cost.

Hotel contact details and an emergency number will be provided with your booking confirmation.

### Meal Plan

All meals are included except for 1 lunch and 1 evening meal. This allows you to experience one of the local restaurants.

## Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

The food on this holiday which comes out of the kitchen of the accommodation is excellent. It is traditional, modern, tasty, homecooked and fabulous. Various plates and bowls of different foods are laid out and we help ourselves buffet style - which is always a hit for children.

Breakfast is always good with lots of options of bread, porridge, eggs, bacon and croissants. Lunch we take with us in picnic form and eat between activities. Dinner is a big affair and is always a highlight and is eaten on the big table on the breezy veranda. Dishes vary from chicken, curry, burgers, spag bol, tuna, sweetcorn, salads, On warm summer evenings we can sit around the African inspired fire pit, enjoying a seafood barbecue or a traditional Paella underneath the fabulous starlit sky. Another night we have pizzas made in the wood fired, hand built oven.

A note from your hosts: We love food; good food is one of our greatest pleasures in life. We believe that the better, the fresher, the more naturally produced the original products are, the higher the quality of the meals we serve. We strive to produce foods here on the farm that are in harmony with the environment; no pesticides or un-organic fertilisers. Planting our veggie garden is a labour of love, and the crunchy salad straight from the garden is credit to this. We believe local is great and it's this greatness we search for when we visit shops and markets and our own pantry to produce meals for our guests. Herbs, spices, fresh food and an inspiration to cook means that the food always goes down a hit. We cook delicately spiced meat dishes, exotic vegetarian meals, tasty vegan and gluten-free feasts - Violeta can make you something special, whatever your needs and desires. A tasty surprise for us this winter was the discovery that our farm produces an array of the most incredible edible mushrooms. Please inform us of any dietary requirements on booking.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.



## Accommodation

Our private accommodation is run by family friendly hosts, who also have children of their own who participate in some of the activities. It is a sustainable farm of around 46 hectares, hidden away from the main stream and located close to the most south western point of Portugal (Cabo de San Vicente) in the Algarve. It is surrounded by rivers, dams, indigenous cork forest and mountains, and 5km from the beach. There is a large fresh water lake for swimming in. The levels in the lake will depend on rainfall, so it can sometimes be too low for swimming. The accommodation is off grid and all electricity comes from solar power. The rooms only have 12V, enough for the lights. The main room has 220V for charging equipment.

In the main building there are a number of areas for relaxing in including the lounge with fireplace and cosy seating. Meals are taken in the dining area which has a large covered deck/veranda, getting the morning sun and is candle lit at night.

In addition to the main building, there are several individual buildings for accommodation, all set amongst the cork forest with hammocks slung between the trees and a variety of fruit trees and vines. There are 5-6 twin/double/triple and family en suite bedrooms. Please contact the KE office if you have specific rooming requirements. We try to ensure that everyone is happy with the rooming and will do our best to arrange this.

## Group Leader & Support Staff

Your hosts at the accommodation will lead you on the majority of the activities. They are fully qualified leaders/instructors. Where necessary for certain activities you will have additional specialised instructors.

## Spending Money

Approximately €250 per family (2 adults and 2 children) will be plenty for the non-included meals, miscellaneous expenses, tips, drinks, snacks, souvenirs etc. This figure does also not take into account optional activities or alcoholic beverages. Some wine is included with dinners and other drinks can be paid for directly at the end of the week. Cash can be withdrawn from ATMs at Faro Airport and locally. If you are intending to buy expensive souvenirs, you should budget accordingly (credit cards can be useful in this respect).

## Optional Activities:

Please note that these prices are correct at time of writing, but are subject to change without warning. All prices are in Euro's. Optional activities taken outside the KE holiday are at your own risk.

Boat trip 1hr 30mins: €25 per adult, €20 per child

## **Guidance on Tipping**

Tipping is the accepted way of saying 'thank you' for good service. It is important to remember that tipping is voluntary and should be dependent on good service. We estimate around £10 per family member.

## **Baggage Allowance**

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

## **Group Size & Holiday Status**

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

### Travelling with children aged 17yrs and under, who are not with their parent or legal guardian - Portugal

Children aged 17 and under travelling to Portugal alone or in the company of a person who is not their parent or legal guardian, must either:

- be met at the airport or point of entry by their parent or guardian, or carry a letter of authorisation to travel from their parent or guardian. The letter should name the adult
- in Portugal who will be responsible for them during their stay and the identification and contacts details of the parent or guardian.

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

## GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

## Currency

The currency for part or all of this holiday is the Euro.

## Climate

In the summer months the climate in this part of Portugal are reasonably stable. We can expect temperatures between 16-35 degree Celsius. In many of the summer months there is a wind which brings the temperature down a lot. As a general rule there is little rainfall in the summer months (1 or 2 days per month). We should look forward to long days of sun and warm evenings. The accommodation is situated in a little valley and has it's own micro climate, which cools down at night to a prefect sleeping temperature in the summer holiday months.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](https://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](https://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## FAQ's about our family holidays

We welcome all family dynamics and we will try to accommodate you in the roomings of your choice. The only stipulation for joining a family group holiday is that 1 party member is 17yrs or under, and they are accompanied by an adult. An average group size is around 10 members in total. Further general information and FAQ's are available here: [KE Family Adventure Holidays general information](#).

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

## YOU SHOULD BRING THE FOLLOWING ITEMS:

- Walking shoes or trainers
- Sandals teva or shoes that are comfortable when wet for kayaking
- Lightweight walking trousers / shorts / skirt
- T-shirts and/or casual shirts
- Loose-fitting, long-sleeved shirt with collar (for sun protection)
- Socks & Underwear
- Lightweight waterproof jacket & overtrousers
- Fleece jacket or warm jumper
- Sunhat
- Warm hat
- Sunglasses
- Daypack 25-30 litres (depending on how much of the kids' stuff you want to carry)
- Sun protection (including total bloc for lips, nose etc.)
- Insect repellent

- Water bottles (approx 2 litre per person) (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries.
- Antibacterial handwash
- Swimwear
- Swim towels (poncho-style for changing on the beach are useful)
- Torch and batteries
- Basic First Aid Kit. Including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, and re-hydration salts (Dioralite).

## THE FOLLOWING ITEMS ARE OPTIONAL:

- Pen-knife (note: always pack sharp objects in hold baggage)
- Camera
- Rash vest
- Goggles for the kids
- Flip-flops
- Reusable cloth bag for shopping (to avoid plastic bags)

## NOTE:

All specialist equipment required for the activities on this holiday are provided.

Snorkels & masks are available to borrow at the accommodation

If possible please bring biodegradable soap and shampoo as the shower water run off goes into a natural area

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.  
[>> Find out more](#)

## Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the accommodation near Sagres, Algarve. A single transfer is included from/to Faro Airport.

# Why Choose KE

## Why KE

This holiday is a complete digital detox for all of the family. You'll stay in a charming villa which is completely off-grid, with electricity and hot water exclusively from solar power. Your fun hosts Jon and Violeta, will take care of you from start to finish. All your activities are included and you'll eat delicious home-cooked meals every evening using many ingredients grown in the garden. Ben Westwood, journalist for the Telegraph joined us on this holiday and told us he loves this remote corner of Portugal - peace, adventure, sunshine and good food. Take a look at his article. This holiday is also voted number 7 in The Times "20 dream family holidays in 2017".

**Please Note** This document was downloaded on 20/05/2024 and the trip is subject to change