

# Walking in Madeira

Trip Code: MFS

Version:



WALK & TREK



GUIDED GROUP



LEISURELY



## HIGHLIGHTS

- Discover the varied landscape of Madeira on a series of easy paced walks
- Visit a rum distillery, a Madeira wine cellar and Funchal's Mercado dos Lavradores
- Walk the flower fringed Caldeirao Verde and the Levada das 25 Fontes
- Seafront hotels in pretty Porto Moniz and the charming fishing village of Paul do Mar

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## Introduction

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Discover the footpaths and flavours of Madeira, from the rugged North to the delightfully sunny South, on this relaxed walking holiday; each of our walks will be elegantly embroidered by the fantastically colourful flora, flavoursome cuisine and a warm welcome from Madeira's friendly islanders. During the course of our week we will walk along flower fringed levada and through lush laurel forests, take picnics in quiet coves and follow coastal paths with sweeping Atlantic ocean views; we will also take the easy route to the island's highest point, Pico Ruivo. Our walks are designed to showcase the island's rich variety of landscapes and are sure to delight both seasoned and budding gardeners. Madeira offers beautiful blooms to admire all year around and, whether or not you know your Aloe from your Agapanthus, you are sure to be charmed by the island's colourful and abundant flora.

Along the way we will stay in comfortable hotels, complete with swimming pools and spas, in pretty villages, coastal towns & fishing villages, where we will also have plenty of time to sit back, relax and soak up the year round sunshine. Much more than just a walking holiday, we'll also get to discover the flavours of the island from the countless tropical fruits on display in the bustling Mercado do Lavradores in Funchal, or the slab of delicious honey cake in our picnic lunch, to the sweet and rich Madeira wine and potent sugar cane rum (best saved till post walk!). If you're looking for a relaxed walking holiday, which will help you discover the real essence of Madeira, then this is the perfect choice.

### Is this holiday for you?

This holiday is designed for you to enjoy the best of Madeira with a variety of easy paced walks and active sightseeing. On average we will be walking for around 4hrs per day, on trails that are good underfoot. Madeira is famous for its levada trails and volcanic topography, therefore we will encounter some short exposed sections and a reasonable amount of descent on some of the days. All walks can be considered optional and you'll only need to carry a small day pack. Each day there will be some free time relax and enjoy the hotel's pool and spa facilities or for exploring at your own leisure. This holiday is suitable for anyone looking for an active way to really explore the diversity of the island and to experience its varied footpaths, flora and flavours!

# Itinerary

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Version:

## Holiday Information

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### What's Included

- A professional and qualified tour leader
- Single timed airport transfers on arrival and departure
- Meals as described in the Meal Plan
- All land transport required by the itinerary
- All activities mentioned except where specified as 'optional'
- All accommodation as described

### What's not Included

- Travel insurance
- Tips for local staff
- €2 per night hotel tax (paid directly to the hotel)
- Airport transfers (other than group transfers)
- Some meals as described in the Meal Plan
- Miscellaneous personal expenditure - drinks and souvenirs etc

## Joining Arrangements & Transfers

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### TRAVEL TO YOUR DESTINATION

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 hotel in Funchal.

There will be a single timed transfer from the airport to the group hotel on Day 1 of the Land Only itinerary.

On the last day of the Land Only itinerary there will be a single timed transfer from the hotel to 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, we can provide private transfers at an additional cost. Taxis are also available.

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

### Meal Plan

All meals except 2 dinners are included in the holiday price. For our first night and last night in Funchal, where there are a wide variety of dining options, it makes sense to leave the choice of restaurant/budget up to you. We recommend you budget €20-25 for each of these meals.

## Food & Water

Many places on this holiday have drinkable water from the tap to fill your personal water bottles. Please check with the leader at the various locations. Please take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) for days when drinking water out of the tap is not available. We do not encourage the purchasing of single use plastic bottles.

Madeiran food is fresh and delicious. Many of the local dishes are prepared from ingredients grown on the island or caught from the sea. Popular dishes include:

Espetada - Grilled beef marinated in garlic, bayleaf and rock salt and cooked on a skewer made from local laurel wood.

Espada com banana e maracuja (black scabbard fish with banana and passionfruit) - This unusual sounding dish features on just about every menu!

Bolo del Mel (honey cake) - This deliciously dark and dense slab of treacle-filled goodness is Madeira's oldest and most moreish dessert and is great with coffee. There is an active coffee culture in Madeira and one of Funchal's small cafes are the perfect place to relax and enjoy your first 'Bica' of the week. A Bica is the Portuguese equivalent of an Espresso, but served in a slightly more generous portion and smoother to the taste.

Madeira wine is world famous and there are vineyards all over the island. However there are also many local wines which are well priced and of reasonable quality - and it will always be plentiful!

Evening meals will be taken either at the hotel or a nearby local restaurant and there will be plenty of opportunity to try all of Madeira's most famous dishes during the holiday.

Breakfasts will be continental with tea, coffee, bread, jams and fruit.

You will be given a packed lunch to carry on each day's walk. This normally consists of a sandwich made with cheese, tomatoes, olives, ham or other meats, or sometimes a pasta salad, plus some fruit. We recommend that you take a small tupperware box (and spork) to carry your lunch.

## Accommodation

There will be 2 nights at a hotel in Funchal, within walking distance of the port, city centre and market, 2 nights in a comfortable hotel with a pool in Santana, 2 nights in a sea front hotel in Porto Moniz, which has an indoor pool and is also adjacent to the natural swimming pools, and 1 night in a seafront hotel in the pretty fishing village of Paul do Mar.

All rooms are en suite. Accommodation is twin share, if you are travelling by yourself, you will be paired up with another single client of the same sex. Single rooms are available for a supplementary cost. If you are planning to extend your holiday additional nights are available on request.

## Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

## Spending Money

We estimate that approximately £100-150 (or equivalent in US dollars or Euros) should be allowed for non-included meals, soft drinks, snacks, and miscellaneous expenses, including tips for your guide. If you buy many drinks in the afternoon/evenings, or take full advantage of the spa facilities of the hotel and enjoy lots of massages, you may need to budget more. You can withdraw money in local currency from ATMs on arrival at the airport and in the main towns, and credit cards can also be used to pay for most goods and services.

## Guidance on Tipping

Tipping is the accepted way of saying 'thank you' to your leader and local team. Tipping is entirely voluntary and should be dependent on good service. We recommend that you decide levels of tipping and give any tips as a group rather than from individual group members.

## 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](#).

## 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.

## Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

## Climate

Madeira has a mild sub-tropical climate, with the Gulf Stream ensuring pleasant warm temperatures all year round. The hottest months are July and August with average temperatures around 23 °C, in February and November the maximum temperature is around 18-20 °C. There would be no beautiful greenery in Madeira without a little rain, however there are many micro climates across the island, with the southern lowlands being the driest and the mountainous northern parts receiving the most rain. Madeira generally has sunshine all year around, with May through to September being the driest months with very little rain. October through to March can be wetter, but with still just an average of 6 days of rain per month.

## 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](http://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](http://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.



## Books

- Walking in Madeira - Cicerone Guide, Paddy Dillon Walk!
- Madeira - Discovery Walking Guides, Shirley & Mike Whitehead
- Madeira Landmark Guide, Richard Sale
- Madeira & Porto Santo - Cadogan Guides Madeira - Insight Guide

## 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.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

# 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:

- Hiking boots
- Trainers or sandals
- Socks and underwear
- Walking trousers
- Lightweight waterproof overtrousers
- Baselayer (wicking) shirts/T-shirts and/or casual shirts
- Fleece jacket or warm jumper
- Lightweight windproof/waterproof jacket
- Lightweight gloves
- Sunhat

- Warm hat
- Sunglasses
- Daypack c. 25 - 30 litres
- Headtorch and spare batteries (on some days we will be walking through tunnels!)
- Sun protection (including for lips)
- Water bottles 1 Litre (x2)
- Tupperware box for lunch salad (approx 15x10x3cm)
- Plastic fork/knife/spoon for eating lunch
- Washbag and toiletries
- Basic First Aid Kit. Including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, Insect repellent, and re-hydration salts (Dioralite).

## THE FOLLOWING ITEMS ARE OPTIONAL:

- Shorts
- Swimwear (most hotels have pools)
- Towel (for swimming)
- Small plastic cup for tea/coffee at lunch (guide carries a flask)
- Antibacterial handwash
- Trekking poles (recommended)
- Insect repellent - (DEET)
- Camera

## 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/ends at the accommodation in Funchal and a single timed transfer is provided from/to Madeira Airport.

# Why Choose KE

## Why KE

FLY FROM UK REGIONAL AIRPORTS KE's departures run Monday to Monday, rather than Saturday to Saturday, allowing you to take full advantage of the range of reasonably priced low costs airlines flights offered from a wide variety of UK regional airports.

**Please Note** This document was downloaded on 03/07/2024 and the trip is subject to change