



**1** DAY  
DIA

BY LAND & BY SEA #

Full day trail of the 7 hanging valleys, followed by a fantastic cruise to visit the famous Benagil grottoes. Elected as the best hiking trail in Europe by European Best Destinations, it is described as 'breathtaking & unforgettable'. This scenic route runs from Praia da Marinha in the east to Praia de Vale Centeanes in the west. Among others, it offers a string of notable stops at the Alfanzina lighthouse, and at the Benagil and Carvalho beaches. The walk takes place along the top of coastal cliffs defined by deeply sculpted shapes and beautiful ochre and golden Cliffs. The walk is led by an experienced guide. At the end of the walk, you will have some free time in Ferragudo, before heading to Portimão for our next adventure. This hike is of medium/high difficulty; with stretches more difficult for elderly or very young visitors; Length: 4 Kms; Average Completion Time: up to 2 hours. The next Experience is the visit to amazing grottoes and fantastic little sandy beaches by boat. We depart from Portimão and cruise east, to Carvoeiro, passing by beautiful secluded beaches towards the grottoes at Algar Sêco and Benagil, to see natural rock formations that have been formed by the sea and wind erosion.

Operating Day(s)



From 2025-01-02 to 2025-03-31



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