



Piodao at dusk, central Portugal

PRIVATE GUIDED WALKING & HIKING

Portugal's Stone Villages

Historic hill towns, mountain trails and welcoming country stays

YOUR JOURNEY

8 days / 7 nights

OUR RECOMMENDED TIME

May

Your own party. Your own experienced guide.

THE EXPERIENCE

Walk into the heart of rural Portugal.

Discover an inland Portugal of granite villages, schist houses and mountain paths, with Lisbon providing a lively beginning and end. Walk to Monsanto, explore the historic communities around Belmonte and cross the open landscapes of the Serra da Estrela. Village meals and welcoming small hotels are part of the experience.

This is a private journey with a guide beside you on every trail and town walk. Your luggage travels by vehicle, picnic stops are chosen with care, and evenings are spent in characterful country properties rather than moving through a different city every night.

JOURNEY HIGHLIGHTS

- | | | | |
|----|---|----|---|
| 01 | Walk from the Idanha countryside towards the boulder village of Monsanto. | 02 | Explore Sortelha and Belmonte's Jewish and castle heritage. |
| 03 | Hike the Serra da Estrela around Vale Rossim. | 04 | Discover the schist houses of Piodao. |
| 05 | Follow forest paths to Talasnal and Casal Novo. | 06 | Begin and finish in Lisbon, with a memorable fado evening. |

Fully accompanied, from the first welcome to the final farewell.

All scheduled walks, hikes and cultural visits are led by experienced private guides.

ROUTE, SEASON & WALKING LEVEL

Your journey at a glance.

Lisbon, Portugal → Lisbon, Portugal

OVERNIGHT BASE

NIGHTS

Lisbon	1
Monfortinho	2
Penhas Douradas	2
Lousa	1
Lisbon	1

BEST TIME TO TRAVEL

May

Also recommended: April and late September to October.

May brings green landscapes, spring flowers and generally comfortable hiking temperatures. Late September and October are excellent alternatives for autumn colour and village life.

WALKING LEVEL

Moderate

Most trail days involve 3–5.5 hours and 6–14 km. Expect stone steps, uneven old paths and sustained hills, with climbs of roughly 300–550 m on the more active days.

THOUGHTFUL CONNECTIONS

Short private transfers link the selected walking sections. On the Monsanto day, a vehicle connects the afternoon village visits and returns you to Monfortinho. The final Lisbon night keeps departure day straightforward.

Daily distances and elevations are approximate planning figures, not a GPS track. They include the scheduled cultural walking as well as trail sections. Walking times exclude meals, visits and vehicle travel unless stated. Your private guide confirms the day's route and pace.

DAY BY DAY / DAYS 01 / 02

DAY 01

Lisbon's old neighbourhoods

Your private host welcomes you at Lisbon airport and transfers you to your hotel. Once settled, join your guide for an introduction to Alfama and Mouraria, following a gentle route through historic lanes and lively neighbourhood squares. Pause for a Portuguese coffee and take in the views without rushing between sights. A welcome dinner introduces regional flavours and provides time to discuss the walks ahead.

WALKING (APPROX.)

3–4 km

WALKING TIME

1.5–2 hours

DAILY EFFORT

Easy to moderate

Terrain / elevation: Cobbled streets and city slopes

Overnight Lisbon

Connections Private airport transfer, about 30–45 minutes

Meals Dinner

DAY 02

Border-country trails near Salvaterra

Leave Lisbon with your guide and travel towards Portugal's eastern border country. After a light lunch, follow a selected rural walking route around Salvaterra do Extremo, passing old tracks, open countryside and quiet viewpoints. Your guide explains how village life developed around this landscape. A private vehicle meets you at the trail's end and takes you to Monfortinho, where dinner and a comfortable two-night stay await.

WALKING (APPROX.)

12 km

WALKING TIME

4 hours

DAILY EFFORT

Moderate

Terrain / elevation: About +290 m / –300 m

Overnight Monfortinho

Connections Private travel to the region, about 3–3.5 hours

Meals Breakfast, lunch and dinner

DAY BY DAY / DAY 03



Rooftops and countryside around Monsanto | Day 3

DAY 03

Idanha, Monsanto and Penha Garcia

Begin in Idanha-a-Velha before following country paths towards Monsanto, where houses fit between great granite boulders. The climb is rewarded by expansive views and a village lunch. Spend time with your guide among the lanes and castle area, then continue by vehicle to Penha Garcia for a shorter heritage walk. The return to Monfortinho is by private vehicle, leaving time to relax after the day's main hike.

WALKING (APPROX.)	WALKING TIME	DAILY EFFORT
13–14 km	5–5.5 hours	Moderate

Terrain / elevation: About +550 m / –250 m

Overnight Monfortinho

Connections Private trailhead and village transfers, about 1 hour

Meals Breakfast, lunch and dinner

DAY BY DAY / DAY 04



The castle of Sortelha, central Portugal | Day 4

DAY 04

Sortelha and Belmonte's living history

Explore Sortelha with your private guide, walking within its stone walls and up to viewpoints over the surrounding countryside. Continue to Belmonte for lunch and an introduction to its castle, local museums and Jewish heritage. The afternoon road climbs towards the Serra da Estrela and your mountain retreat. Enjoy the change in landscape, settle into your room and gather for a carefully prepared regional dinner.

WALKING (APPROX.)	WALKING TIME	DAILY EFFORT
4–5 km	2–3 hours	Easy to moderate

Terrain / elevation: Village steps and castle slopes

Overnight Penhas Douradas

Connections Private road touring, about 3 hours

Meals Breakfast, lunch and dinner

DAY BY DAY / DAY 05



Vale Rossim, Serra da Estrela | Day 5

DAY 05

A mountain circuit to Vale Rossim

Follow your guide through the open granite landscapes of Penhas Douradas towards Vale Rossim. This is a day for enjoying mountain scenery at a steady pace, with time to photograph rock formations and the lake. A picnic or relaxed local lunch is arranged along the route. Return to your retreat in the afternoon for time to enjoy its setting before dinner.

WALKING (APPROX.)	WALKING TIME	DAILY EFFORT
9 km	3–4 hours	Moderate

Terrain / elevation: About +330 m / –320 m

Overnight Penhas Douradas

Connections Short private trailhead transfers

Meals Breakfast, lunch and dinner

DAY BY DAY / DAYS 06 / 07

DAY 06

Piodao and the schist-village country

Travel through the mountain country to Piodao, whose schist houses rise in tiers around the village church. Your guide leads a walk through the narrow lanes, explaining the local building traditions and rural setting. After lunch, continue towards Lousa and check into a welcoming historic property. A short accompanied orientation walk introduces the town before a relaxed dinner and tomorrow's final countryside hike.

WALKING (APPROX.)

3–4 km

WALKING TIME

1.5–2 hours

DAILY EFFORT

Easy to moderate

Terrain / elevation: Stepped village lanes

Overnight Lousa

Connections Private scenic road travel, about 3.5–4 hours

Meals Breakfast, lunch and dinner

DAY 07

Forest paths, Talasnal and a fado finale

Walk with your guide from the Arouce castle area into the wooded hills of the Serra da Lousa. Follow old paths to Talasnal and Casal Novo, where stone houses and village lanes provide rewarding pauses along the climb. Enjoy lunch before returning to Lisbon by private vehicle. Your farewell evening brings Portuguese cooking and a fado performance in an intimate restaurant setting.

WALKING (APPROX.)

6–7 km

WALKING TIME

3 hours

DAILY EFFORT

Moderate

Terrain / elevation: About +490 m / –490 m

Overnight Lisbon

Connections Private road travel to Lisbon, about 2.5–3 hours

Meals Breakfast, lunch and dinner

DAY BY DAY / DAY 08

DAY 08

A comfortable departure from Lisbon

Breakfast and your private airport transfer are arranged around your flight. Your host helps coordinate the departure so you can leave Lisbon comfortably. If you would like extra time in the capital or an accompanied excursion to Sintra, Midasia Routes can plan this as a separate extension. Your eight-day private walking journey concludes today.

WALKING (APPROX.)	WALKING TIME	DAILY EFFORT
0 km scheduled	No scheduled walk	Rest / travel

Terrain / elevation: None

Overnight Departure

Connections Private airport transfer, about 30–45 minutes

Meals Breakfast

Travel on your terms.

We can arrange extra nights, private transfers and an accompanied extension around your preferred departure. Tell us what would make the journey feel complete for you.

THE MIDASIA ROUTES DIFFERENCE

Your private journey, cared for.

Every scheduled walk, hike and cultural visit is accompanied. Your guide handles the route and timing, with specialist mountain or local site guides where needed. Private means your own travelling party, with the arrangements shaped around your interests and walking ability.

YOUR STAYS

A comfortable Lisbon hotel, a welcoming Monfortinho retreat, a design-minded mountain lodge and a restored country or palace-style hotel near Lousa. Private bathrooms throughout.

YOUR ARRANGEMENT INCLUDES

Private guides and personal arrival assistance; the stated accommodation and meals; private road transfers; listed regional flights, trains, ferries and cable cars; scheduled visits, entrance fees and activities; luggage handling and trail refreshments.

ARRANGED SEPARATELY

International flights to the starting city and home from the finishing city; travel and medical insurance; passport-dependent visa fees unless specified in your proposal; personal shopping, laundry, alcoholic drinks and discretionary gratuities.

We confirm the named hotels, room arrangements and operating details in your personal proposal. Park visits, scheduled transport and public heritage sites may be shared with other visitors; your party remains accompanied by its private guide.

PLAN YOUR PRIVATE JOURNEY

A remarkable journey, arranged around you.

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