



Walking Tours

Sao Miguel Island, Azores

**Fully guided and including pick up and drop off from
your hotel in Ponta Delgada**

We offer a range of walking tours with varied difficulty levels and schedules to suit all levels of practice. Guests can visit the countryside and/or the coast, passing by lakes, waterfalls, hot water springs, fumaroles, mountains, forests, ancient volcano craters and old roads that used to connect the villages, all the time enjoying the wild beauty and diverse endemic fauna and flora. All of our walking tour programs are designed to have an additional purpose besides simply following the trails and enjoying the natural environment. These experiences include mingling with the locals, trying some of their customs and eating their typical food in non-touristic restaurant.

Choose from the following tours featured in this brochure:

- 1. Hiking in Faial da Terra - Salto do Prego – Full Day**
- 2. Hiking in Lagoa do Fogo - Half Day**
- 3. Hiking in Lagoa do Fogo - Full Day**
- 4. Hiking in Praia da Viola - Full Day**
- 5. Hiking in Relva - Half Day**
- 6. Hiking in Sete Cidades - Half Day**
- 7. Hiking in Sete Cidades - Full Day**
- 8. Hiking in Sete Cidades - 5 Senses - Full Day**



WALKING TOURS – Ponta Delgada, Sao Miguel Island, Azores

1. Hiking in Faial da Terra - Salto do Prego – Full Day

| | | |
|-----------------|-----------------|-------------------|
| Duration | Distance | Difficulty |
| 7h00 | 6 Km | Medium |

Description

Faial da Terra is a small village belonging to Povoação, located in the South East of São Miguel Island. Our walk starts on a steep narrow road that leads us to Sanguinho – a village that has been abandoned since the early 70's and is now being restored. The rest of the trail is in the woods, with a lot of short up and down hill stretches between very dense and beautiful vegetation. This is really a walk in which you can “smell” all the green around you! Upon reaching Salto do Prego's waterfall, we have the opportunity for a dip before our picnic lunch. On the way back we follow a different trail but with the same characteristics. When we finish the trail we have time for a snack in town and to mingle with the local people.

Recommendations

This hike is not recommended for people with knee/joint problems. Please let us know if you have any of these conditions. Bring: comfortable light clothes, sweater, raincoat, walking boots or shoes, hat, sunblock, backpack, swimming suit and towel (summer time), water.

Price £60 (adult) £30 (child age 12 years and under) includes

Nature guide, walking stick, stop in Povoação village for refreshments & picnic lunch (sandwich, cake, fruit, water, juice) pick up and drop off at the tourism office or your hotel.



WALKING TOURS – Ponta Delgada, Sao Miguel Island, Azores

2. Hiking in Lagoa do Fogo - Half Day

| | | |
|-----------------|-----------------|-------------------|
| Duration | Distance | Difficulty |
| 3h30 | 3.5 Km | Medium |

Description

Fogo lake is one of the most beautiful lakes of São Miguel island and one of the best naturally preserved throughout the years. From one of its viewpoints it is possible to descend to the margin of the lake, following a dirt path. Once we are at the bottom we can walk along the peculiar white sand of pumice stone and even swim in this lake of volcanic origin. On the way back up, we take the same trail.

Recommendations

This walk is not recommended for people with knee/joint problems. Please let us know if you have such a condition. Bring: comfortable light clothes, sweater, rain coat, walking boots or shoes, hat, sunblock, backpack, water.

Price £43 (adult) £22 (child age 12 years and under) includes

Nature guide, walking stick, stop at Fogo lake belvedere, pick up and drop off at the tourism office or your hotel.



WALKING TOURS – Ponta Delgada, Sao Miguel Island, Azores

3. Hiking in Lagoa do Fogo - Full Day

| | | |
|-----------------|-----------------|-------------------|
| Duration | Distance | Difficulty |
| 7h00 | 12 Km | Medium |

Description

This walk takes us to one of the most beautiful lakes of the island and to all its surrounding area. This is a very complete hike that passes through a big variety of native and endemic vegetation. The lake occupies the bottom of a collapsed caldera, and when we arrive there you have the possibility to go for a quick swim before or after a picnic lunch. This hike is considered medium level – in the morning, on the way to the lake, the trail goes mostly uphill (for about 2hours). After lunch the trail is mostly downhill and we must be more careful to avoid slipping. This walk is not recommended for people with knee or ankle problem

Recommendations

This hike is not recommended for people with knee/joint problems. Please let us know if you have any of these conditions. Bring: comfortable light clothes, sweater, raincoat, walking boots or shoes, hat, sunblock, backpack, swimming suit and towel (summer time), water.

Price £60 (adult) £30 (child age 12 years and under) includes

Nature guide, walking stick, stop at Fogo lake belvedere, stop at Água D'alto beach in the summer or Vila Franca do Campo in the winter, picnic lunch (sandwich, cake, fruit, water, juice), pick up and drop off at the tourism office or your hotel.



WALKING TOURS – Ponta Delgada, Sao Miguel Island, Azores

4. Hiking in Praia da Viola - Full Day

| | | |
|-----------------|-----------------|-------------------|
| Duration | Distance | Difficulty |
| 6h30 | 5 Km | Easy |

Description

The trail starts in front of Lomba da Fazenda church and ends at Maia's fishing port. We go down towards the Viola beach, finding some old water mills. Reaching the beautiful beach and after walking the black sand we go up and start having a wider view over the place. We continue along a narrow path with many giant reeds (arundo donax), finding several small water courses and typical Azorean sceneries (green fields, pastures, sea and also some animals). After walking this dirt road for a while, we will find the road and shortly after, Maia's fishing port, where the trail ends. If you want to refresh yourself with a quick swim, we can walk a bit more to the village's natural pools. After a picnic lunch, we have the opportunity go to the Tobacco Museum of Maia, an ancient tobacco factory.

Recommendations

Bring: comfortable light clothes, sweater, raincoat, walking boots or shoes, hat, sunblock, backpack, swimming suit and towel (summer time).

Price £60 (adult) £30 (child age 12 years and under) includes

Visit to the tobacco factory, picnic lunch (sandwich, cake, fruit, water, juice), pick up and drop off at the hotel or Tourism Office, Nature Guide.



WALKING TOURS – Ponta Delgada, Sao Miguel Island, Azores

5. Hiking in Relva - half day

| | | |
|-----------------|-----------------|-------------------|
| Duration | Distance | Difficulty |
| 3h30 | 4.5 Km | Easy |

Description

This short walk starts and ends in the same place and takes us to Rocha da Relva. Going down, you will notice the interesting geological formations just beside you throughout most of the hike. At the bottom there are a few weekend houses of traditional construction as well as some old wine cellars. As you walk through the small village the sound of the waves lapping against the rocks is pretty much all you can hear! On the way back we take the same path to the top, enjoying the ocean views along the way.

Recommendations

Bring: comfortable light clothes, sweater, raincoat, walking boots or shoes, hat, sunblock, backpack, water, snack.

Price £43 (adult) £22 (child age 12 years and under) includes

Nature guide, walking stick, stop at Relva viewpoint where you can see one of our lookouts where our "vigia" spots whales and dolphins for our sea activities, pick up and drop off at the tourism office or your hotel.



WALKING TOURS – Ponta Delgada, Sao Miguel Island, Azores

6. Hiking in Sete Cidades - Half Day

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|-----------------|-----------------|-------------------|
| Duration | Distance | Difficulty |
| 3h30 | 7 Km | Easy |

Description

The starting point of this walk is the amazing Vista do Rei belvedere, where we learn about the geological formation of the caldera of Sete Cidades. Next we start walking the dirt path along the rim of the crater. The views are wide and open – to the right we see the caldera and the twin lakes; to the left we have the sea and several coastal villages. The trail ends in the centre of the village.

Recommendations

Bring: comfortable light clothes, sweater, raincoat, walking boots or shoes, hat, sunblock, backpack, water.

Price £43 (adult) £22 (child age 12 years and under) includes

Nature guide, walking stick, visit to Sete Cidades village, pick up and drop off at the tourism office or your hotel.



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7. Hiking in Sete Cidades - Full Day

| | | |
|-----------------|-----------------|-------------------|
| Duration | Distance | Difficulty |
| 7h00 | 11 Km | Easy |

Description

Let's explore the West side of São Miguel. Sete Cidades lake is one of the most famous and legendary lakes of the island. During the 11 km long hike you will have the opportunity to learn about the fauna, flora, history, volcanic formation of the island, and of course, you will hear the legendary love story behind the formation of the lake. After the walk we will drive along the south coast and stop in Ferraria, a delightful ocean bathing area, where the salt water is heated inside a volcanic fissure.

Recommendations

Bring: comfortable light clothes, sweater, rain coat, walking boots or shoes, swimming suit and towel, hat, sunblock, backpack, water.

Price £60 (adult) £30 (child age 12 years and under) includes

Nature guide, walking stick, visit to Sete Cidades village, visit to the surrounding volcanic region of Sete Cidades, picnic lunch (sandwich, cake, fruit, water, juice), pick up and drop off at the tourism office or your hotel.



WALKING TOURS – Ponta Delgada, Sao Miguel Island, Azores

8. Hiking in Sete Cidades - 5 Senses - Full Day

| | | |
|-----------------|-----------------|-------------------|
| Duration | Distance | Difficulty |
| 7h30 | 7 Km | Easy |

Description

The starting point of this walk is the amazing viewpoint at the belvedere of Vista do Rei (King's viewpoint). At this viewpoint over the caldera of Sete Cidades you will learn about the geological formation of the caldera. Next we start walking the dirt path along the rim of the crater. The views are wide and open - to the right side we see the caldera containing the famous twin lakes and to the left the ocean and several coastal villages. The trail ends in the centre of the village of Sete Cidades. After this adventurous and fun walk we reach the bottom of Sete Cidades crater and lake where we have a picnic lunch on the lake shore. Here you will have time to relax and be amazed by the surrounding scenery. After lunch we emerge in an activity "back to the past". We also bake fresh bread or biscuits, milk a cow, plough the earth and participate in traditional activities and games. This is a fun-filled day that is perfect for anybody wanting to feel down to earth while connecting with nature and local traditions.

Recommendations

Bring: comfortable light clothes, sweater, raincoat, walking boots or shoes, hat, sunblock, backpack, water.

Price £85 (adult) £40 (child age 12 years and under) includes

Nature guide, walking stick, visit to Sete Cidades village, visit to the surrounding volcanic region of Sete Cidades, activity "back to the past", regional picnic lunch, regional afternoon snack, pick up and drop off at the tourism office or your hotel.