



## Portugal - Surf's Up on the Alentejo Coast



**HOLIDAY TYPE:** Small Group  
**VISITING:** Portugal

**BROCHURE CODE:** 4010  
**DURATION:** 7 nights

### In Brief

Make the most of a beautiful, untouched part of Portugal with this relaxed family adventure in the sunshine, enjoying white sandy beaches and local cuisine. This is a location renowned for surfing and you will enjoy two sessions during your week. However, there is alternative fun to be had with canoeing, stand-up paddle boarding and tidepooling also included in the agenda.

### Our Opinion

“ Quite simply the Alentejo Coast is beautiful and unspoilt. Stretching for over 150km the scenery is stunning with coastline ranging from rocky and dramatic cliffs to expansive sandy beaches. The activity team here are second to none and the happy client feedback is consistently excellent. So, your family is in expert hands when actively exploring this largely undiscovered part of Portugal. ”

Graham Hughes



## What's included?

- **Transfers:** airport and activity transfers are included
- **Accommodation:** 7 nights' accommodation
- **Meals:** 7 breakfasts, 1 lunch (with activity), 2 dinners
- **The following activities are included in the holiday:** canoeing and picnic, surfing, stand-up paddling and tidepooling (order of activities is subject to change)
- All equipment, tuition and supervision from fully qualified instructors
- Services of our local representatives or guides

## Trip Overview

Portugal's Alentejo Coast remains a well-kept secret here in the UK but remains the spot where the Portuguese choose to spend their holidays, as opposed to the Algarve's more crowded shoreline. It remains one of Western Europe's most unpopulated regions, ensuring plenty of space for the perfect family getaway.

Here, the Atlantic waters have sculpted a dramatic coastline where sheer cliff faces contrast with sweeping beaches of white sand. It's a timeless and unspoilt place, with perfect waves for surfing.

The town of Milfontes is popular with Lisbon's residents who travel there in summer to escape the oppressive city heat and enjoy the delicious local cuisine. The region is surrounded by gently undulating hills, with the Mira, the cleanest of all European rivers, running close by. Added to this are the exceptional surf beaches, making the perfect activity playground for a family adventure holiday. The town itself is charmingly picturesque and home to an impressive 16th-century stone castle – built as a fortress to protect the town from marauding pirates.

Our local team receives outstanding feedback each year and they will ensure that you get to experience this region at its best and enjoy some wonderful experiences!

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**Credits: Visit Alentejo**

# Agenda

Please note the order of activities is subject to change

DAY  
1

## ARRIVAL AND WELCOME

At the airport, a driver will be waiting to transfer you to your accommodation.

Guests will check-in at a central reception area before being transferred to the Duna Park Hotel, approximately 5 minutes away. Check-in starts from 4 pm but you can opt for early check-in at an extra cost (subject to availability). If your flight means you arrive later than 8 pm, you will check-in at the H.S Milfontes Hotel before you're transferred to your apartment at Duna Parque.

Breakfast is served each morning at the H.S Milfontes Hotel, a short 10-minute walk away. For your morning activities, you can decide as a group whether you would like to be picked up from the H.S Milfontes Hotel following breakfast, or whether you would like to walk back to Duna Parque Hotel to be picked up from there.

This small coastal town enjoys easy access to the beautiful white sandy beaches and is also home to some excellent local restaurants, making it an ideal base for a family break. If you have an earlier flight, the children will likely be keen to head straight to the beach and enjoy the sun!

Tonight you will be given details of what you will need for your first activity tomorrow and an overview of the week's activities before having time to relax into your holiday.

**Included Meals:** None

DAY  
2

## RIVER CANOEING AND PICNIC

Today's activity has been designed to help you explore your local surroundings and to allow the children to make friends as you begin your first adventure together. The exploration starts with an exciting way to get out onto the water - canoeing!

You will be equipped with all you need before setting off at a paddle enjoying the lovely scenery as you head along the Mira River in two-person canoes. This is said to be one of the beautiful rivers in Europe.

Following your canoe trip, there will be a picnic lunch (the spot for the lunch will be decided on the day), following which there will be the opportunity for some archery before paddling back to the harbour in your canoes.

The whole group will enjoy dinner together at a local restaurant this evening.

**Included Meals:** Breakfast, Lunch, Dinner

DAY  
3

## SURFING

This region is famed for its surf and whilst there are larger breaks for the more advanced, the beaches we use are ideal for families with varied abilities as well as being perfect for beginners too.

Today's start time will be dictated by the tides to give you the best waves possible. Your lesson will last around 2 - 3 hours and our expert instructors will make sure that everyone will have tried to stand on the surfboard by the end of the session and the whole group has a great time learning to try and ride the waves. When taking a break from surfing you can enjoy the beautiful views from a relaxing spot on the clear sandy beaches (perfect too for watching others in the group trying to tackle the waves!).

**Included Meals:** Breakfast

DAY  
4

## STAND-UP PADDLING (SUP)

Now you've mastered the art of surfing, you will try a slightly different technique today as you head out onto the Mira River for some stand-up paddle boarding.

Stand-up paddling originated in Hawaii and Polynesia and it has been practiced for many thousands of years. Ancient cultures from Africa to South America used to stand on their canoes and glide through the water.

'Supping' has become really popular in coastal areas around the world in the last 5 years and it is becoming exceedingly popular with our families too. SUP boards are larger than surfboards and more stable, but you should still be prepared for a wobbly start and a lesson in how to engage your core from your guide.

Kids tend to pick this up much more quickly than parents and you'll all hopefully progress from kneeling on the board to standing and propelling yourselves forward with your long paddles. For added fun, you will have the option to use large versions of the boards which can fit up to 10 people, meaning that this activity can be a hilarious team exercise too.

The lesson will last for around two hours in total, and there will be some individual boards available should anyone wish to try this alone as well. The afternoon is free for you to stroll around Milfontes or relax on the beach - the choice is yours.

**Included Meals:** Breakfast

DAY  
5

## FREE DAY

Many families choose to simply relax on the beach or around the pool today. Alternatively, surfing and canoeing are also available for those feeling a little more active (bookable and payable locally).

**Included Meals:** BreakfastDAY  
6

## SURFING

Spending time on the water and at the beach is always a highlight of our families time in Milfontes.

Today, you will enjoy a second session of surfing to practice your newfound skills earlier in the week (the starting time today will depend on local conditions). Your expert local guides will be on hand to offer further guidance and tuition helping everyone to complete their activity week feeling proud of their gnarly new hobby! You will be out for around 2 hours in total.

**Included Meals:** BreakfastDAY  
7

## TIDEPOOLING

Today you will take time out to indulge in some heady childhood nostalgia! Who does not remember exploring rock pools on their holidays as a child? However the main difference here is that not only will you have a whole, pristine beach to yourselves, but the weather will be warmer and the selection of fauna in the pools will be more exotic! Alongside the shrimps, crabs and small fish will be starfish, sea urchins and even the odd octopus!

The beach is a great place to explore and relax and is just a 15 minute transfer from Milfontes itself. Please bring along a picnic lunch and plenty of sun protection to make the most of your day up close with nature.

Finally, you will have a farewell dinner with the whole group this evening, giving you the chance to reminisce about the adventures you have shared together.

**Included Meals:** Breakfast, DinnerDAY  
8

## DEPARTURE

Some families may want to consider extending their time here for another week. If this is something you are interested in please speak to our Travel Experts for further details.

**Included Meals:** Breakfast

## Included Accommodation

## Duna Parque (Nights: 1-7)



With its beautiful range of beaches, striking natural beauty and its sunshine, Vila Nova de Milfontes remains one of the real hidden gems on the Alentejo Coast.

The delightfully hospitable Duna Parque accommodation is ideal for families, offering direct access to the beach. The centre of Milfontes is only a ten-minute walk away and has a range of souvenir shops, restaurants and cafés to enjoy.

## Important notes

- Check-in will take place at a central reception area and you will then be transferred to your accommodation
- Breakfast each morning is served at the H.S Milfontes Hotel, approximately a 10-minute walk away
- For morning activities, guests will decide as a group whether they are picked up from the H.S Milfontes Hotel after breakfast or back at the Duna Parque accommodation
- Check-in starts at 4 pm but you can request an early check-in for an extra charge (subject to availability)
- If you arrive later than 8 pm, you will check-in at the H.S Milfontes Hotel before being transferred to your accommodation at Duna Parque

## Hotel facilities

- The hotel's facilities are perfect for families and adults alike, with two swimming pools (indoor and outdoor), hot tub and Finnish sauna, gym, children's playground, mini-golf and tennis court
- The hotel's proximity to the beach also allows easy access for swimming and sunbathing after the day's activities
- The welcoming restaurant serves a range of local dishes including seafood and delicious 'steak cooked on the stone'
- Free Wi-Fi is available throughout
- Free on-site car parking is available

## One-bedroom apartments

The bright and modern one-bedroom apartments are perfect for smaller families and have one bedroom with double or twin beds in addition to one separate sofa bed in the lounge area. They are equipped with a kitchenette, air-conditioning, TV/DVD player, hairdryer and safe.

# The Specifics

## Holiday group size (approximate)

Minimum 4 and maximum 16 persons (approximately)

## Group Size

We always try to provide an approximation of the group size you can expect to be with for the duration of each of our holidays. It may be that you are joined by others for parts of your holiday (such as transfers and particular activities) but the above number reflects those you can normally expect to be with from beginning to end. If group size is something which is particularly important to you, please speak to our Travel Experts and they can suggest the best holidays for you.

Tailor-made holiday group sizes will vary for all activities as will the group size for any additional activities you book.

## Minimum numbers required for a holiday to operate

Some of our holidays require a minimum number of participants to operate (as listed in the 'Group Size' section). If your holiday departure has not yet reached the minimum number, you will be told at the time of booking. In the unlikely event that your chosen date is not guaranteed by nine weeks before your scheduled departure date, we will contact you to discuss the available options as per our booking conditions.

## Minimum and maximum age

The minimum age for this holiday can be found in the 'Key Facts' section of the holiday overview.

Younger family members may be able to participate but may not be able to take part in all activities. Please contact one of our Travel Experts if you have any questions.

# Itinerary amendments

The order of activities listed in this agenda is provided for guidance only, your final and detailed itinerary will be provided either with your final travel documents (which are uploaded into your online account around a week prior to departure) or upon arrival.

## Minimum numbers - Alentejo

### **Minimum numbers:**

This holiday typically requires a minimum of four participants to operate. If there are fewer than four people booked, which is exceedingly rare, we will do all that we can to operate the holiday as planned. If this is not possible then you will be informed nine weeks prior to your departure date and all available options will be discussed with you.

## Terms and Conditions

Our full booking terms and conditions can be found on our website: <https://www.activitiesabroad.com/booking-conditions>

### **Swim stops**

There are plenty of opportunities during our cruises for refreshing swim stops in some beautiful spots en route. Please note that this is not a supervised or guided activity and whilst safety equipment is provided on board and staff members will be present, each passenger is responsible for their own safety whilst in the water.