



PORTUGAL SAILING AND ADVENTURE IN ANDALUSIA (SPAIN)

FARO DEL SUR

DOÑANA, BIKES, TREKKING, KAYAK + ONE WEEK SAILING IN PORTUGAL
Isla Cristina (Huelva) - The Algarve (Portugal) 13 days

This is a trip for those who enjoy the nature, walking, sailing, watching the wildlife of our peninsula. The province of Huelva and the South of Portugal are privileged places to make this kind of activities. As we paddle slowly, in a silent journey by kayak with the rhythm of the tides. We will use bicycles in a greenway to Portugal. We'll trek in the Sierra de Aracena y Picos de Aroche forests, valleys and white villages. Also we will visit extensive wetlands, dunes and pine forests in Doñana, a bird paradise and one of the most important natural areas in Europe.

Come aboard after a week of activities in our sailing yacht and explore with us one of the most spectacular yet least known landscapes in southern Portugal. Wind your way up the River Guadiana between mountains and ancient fortifications as far Alcoutim. Set full sail for Tavira and the Ria Formosa Natural Park with its islets and small fishing villages set amongst wetlands and windswept beaches. Look out for dolphins and other cetaceans along the Algarve coast, and in the evenings relax beneath the brilliant hues of another glorious sunset. Set your course towards the horizon and drop anchor under the stars. Discover a world of sky and sea, wind and tides. This is Faro del Sur.

Itinerary

DAY 1.- Transfer from Sevilla to Isla Cristina. (NB. Pick-ups can also be made in Seville train station) at 5pm upon arrival at the offices of Faro del Sur we are briefed about the week's activities. Accommodation in our apartments located in front of a natural reserve.

DAY 2.- Kayak Excursion. After a short safety/training talk, we take advantage of high tide to immerse ourselves in the tranquillity of this coastal wetland and learn about its unique ecosystem. Slowly traversing areas of salt pans, marshes and navigation channels we'll enjoy a rich diversity of flora and fauna. There are ancient mills, shore carpenters, fishing ports and fish markets offering tastes and smells it seems we'd almost forgotten. No previous experience is necessary for the kayaking – the only requirement is that you are able to swim. The excursion takes 4 to 5 hours and the remainder of the day is free to visit the old town with its port, fish market and daily fish auction - a fascinating opportunity to savour the sights and smells of this lovely town.

- Kayaking time: Four-five hours.
- Overnight in Faro del Sur's Apartments.

DAY 3.- Doñana Natural Park (World Heritage). This is doubtlessly the most eagerly anticipated excursion for bird lovers. With our naturalist guide we'll leave early in the morning to enjoy a full day in this, one of Europe's most famous stopover points for migratory birds. Doñana's entire ecosystem is a vital haven and wintering ground for a multitude of birds that come there to feed and breed. Over 360 different species are seen at various times of year. We'll begin in the well-known village of El Rocio, where the marshes become waterlogged with the first autumn rains, flooding the clay soil and creating a fantastic place for spotting waders such as flamingos and other animal species such as wild horses and organically reared livestock. We can also see a huge variety of birds of prey on the wing, such as kites, western marsh harriers and if we are lucky, the spectacular western imperial eagle. Springtime sees the arrival birds from Africa which come to breed - plenty of colour and activity. We'll then visit the Mediterranean forest which is home to deer, wild boar, rabbit and the elusive Iberian lynx. In the afternoon we'll approach the Dunas del Asperillo Natural Park by a path that ends at a deserted beach. For those interested it's possible to enjoy a horse-ride across the dunes of the park (optional). Later we return by road to Isla Cristina.

- Bird Watching time: Whole day.

DAY 4.- Portugal by Bicycle. Today we take our bicycles and cross the Guadiana estuary by ferry to Portugal. Following a "Via Verde" or 'green way' (a specially conditioned cycle track reclaimed from an old railway line) we pass salt pans, marshes and tidal mills. We'll stop to visit a traditional salt plant, one of the last in Spain, nowadays engaged in supplying the modern demand for artisan salt. Finally our "Via Verde" brings us to the town of Ayamonte where from the quayside we'll take the regular ferry to the Portuguese town of Vila Real de Santo Antonio. Like many towns along the Algarve, Vila real was destroyed by the great earthquake of 1755 and was subsequently laid out and rebuilt in the enlightenment style. We'll have time to stroll the pleasant town with its marina, stylish 18th century architecture and highly celebrated town plan. We can extend our cycle ride following the banks of the Guadiana to the wide open beach where the river opens to the Atlantic Ocean. There should be time to swim before returning to Isla Cristina in the afternoon. If you don't want to ride a bike, don't worry, we will offer you an alternative plan.

- Cycling: Distance 30 kilometres approx. Whole day.

DAY 5.- FREE DAY. Today you can visit by yourself our beaches, dunes and pine forests where you can find some chamaeleons on the Retama bushes.

DAY 6.- Hiking in Sierra de Aracena Natural Park. Very early in the morning the van picks us up and we go to the north to Castaño del Robledo, a mountain village. From this point we make a gentle walk through paths and tracks that, even today, communicate small white villages. This route crosses mountains, chesnut forests and also pastures of cork oaks and olm oaks where the Iberian porks run freely. In the afternoon, after enjoying the gastronomy, we will have a glimpse to the Rio Tinto mines. Then we go back to Isla Cristina.

- Walking time: 4-5 hours. Distance 11 kilometres. Whole day.

DAY 7.- Embark on our sailboat. Today we embark on our sailboat where we will spend the next 7 days. We will make the distribution of passengers in cabins and purchase some food for the week. Night on board in port

DAY 8.- Navigation up the River Guadiana. Time to weigh anchor and set sail!. Departing from the Isla Cristina wetlands we follow the coast to the mouth of the Guadiana. We follow the river north, taking in the historical Castro Marim fortress and winding our way past the whitewashed villages which lie scattered among the rolling sierra until we reach the picturesque town of **Alcoutim**. After an opportunity to explore its cobbled streets, we take the lifeboat across the river to its Spanish counterpart, **Sanlúcar de Guadiana**. For the more adventurous possibly crossing by zip line from Spain to Portugal. We spend the night anchored beneath the walls of the fortifications which dominate the two towns.

DAY 9.- Alcoutim to Isla de Tavira. With the prevailing northerly winds in our sails we head downriver to rejoin the Atlantic. This is a full day's sailing with opportunities for trying ocean swimming, doing some fishing, or developing your sailing skills under the tutelage of our experienced skipper. In the afternoon we reach the island of Tavira where we dock with other yachts in the marina. There is time to explore its deserted beaches, visit the historical town of Tavira, or simply relax with a drink on board. We spend the night anchored in the riverhead.

DAY 10.- Tavira – Ria Formosa Natural Reserve. After breakfast, we proceed westwards under full sail to the group of uninhabited islands and wetlands making up the Ria Formosa Natural Reserve, one of Portugal's foremost protected areas. The reserve extends for 60kms along the coast, and features salt flats, streams, dunes and freshwater lakes which are home to a wide variety of aquatic and sea-faring birds. We anchor off Culatra Island, and use the more navigable lifeboat to explore the wetland landscape of windswept beaches and traditional fishing villages. We spend the night anchored between the Islands of Armona and Culatra.

DAY 11.- Ilha de Culatra - Faro. Today we will spend the day enjoying this unique natural paradise. First of all we will approach with the dinghy to the Culatra Island where we will walk all over a pristine white sand beach with dunes and small fishing settlements with colourful boats balanced by the waves and wide marshes. There will be options also to see birds as herons or pink flamingos. The afternoon sees us head back again to the Ria Formosa and Olhao, a picturesque town of narrow bustling streets with a distinct North African air. We spend the night off the nearby Farol beach.

DAY 12.- Ilha de Culatra – Spain. Today we will set sail early in the morning to head back to Spain. A day of sailing under full sail before favourable winds, full of unforgettable feelings and experiences. We arrive at Guadiana Estuary at sunset with its intense reds, violets and blues to delight the senses. We spend the night between the population of Vila Real de Santo Antonio and Ayamonte.

DAY 13.- Guadiana Estuary – Isla Cristina. Today we will make a short navigation to Isla Cristina to enjoy the last swim in the open ocean. Meet at the boat for the return trip to Seville. Estimated arrival time is **5pm. End program.**

The itinerary and activities detailed in this program may undergo changes or, in extreme circumstances, be cancelled if weather conditions or other factors beyond our control demand it.

- Departures 2019: 22nd, 29th June; 6th, 13th, 20st, 27th July; 3rd, 10th, 17th, 24th, 31st August, 7th September.

Price: 1.150€ (VAT included)

Supplement: 250€: 20th, 27th July; 3rd, 10th, 17th August.

Supplement individual room (optional): 50€ and 3rd, 10th, 17 August: 100€

CHECK AVAILABILITY.

Included: *transfer Seville – Isla Cristina - Seville * Faro del Sur qualified guides and skipper *Accommodation in double or individual rooms in our apartments located coast line and in front of a natural reserve. Shared facilities and activities with other clients *Accommodation in double cabin 7days/6 nights at our sail boat *sheets *Port fees, anchorage in natural reserves and fuel, Short trips in motorised lifeboat *All activities included in the program (bicycles, kayaking, Doñana Natural Park, Aracena Natural Park hiking, sail boat and skipper, routes and activities) *Itinerary of sailing yacht as programmed * Insurance.

Not included: *Travel to Seville *Meals (During the sailing week a common pool of approx 30€ per person for meals will be done).

RESERVATIONS

A deposit of 25% of the total price must be done in order to consider the booking for **FARO DEL SUR 13 DAYS** program. The outstanding 75% can be paid at Faro del Sur's office when the trip begins by cash or by credit card.

In order to book the program you should telephone or email to Faro del Sur as to make sure that places are still available, give to us your personal details and then transfer the deposit quantity in maximum 24 hours. No deposit 24 hours after pre-booking means that the pre-booked place will be free. Payment will be effected by bank transfer to the following bank account:

FARO DEL SUR, VIAJES Y AVENTURAS, S.L.

BBVA IBAN: ES65 0182 31 8631 0201557842

Code BIC (SWIFT): BBVAESMM

You should mention at remark box in the transfer document the following code;

FAR1 + departure date + travellers names

(e.g.: FAR1. + 19/08/17 + Smith; Martin; Willkinson..., etc.)-**It is compulsory that you fax the transfer document to the office (fax number: + 34 959 34 44 91) or email info@farodelsur.com** Bank document acts as legal document equivalent to an invoice. In a separate fax or e-mail should give us your address, birth date, identity card number and contact telephone.

*** You can pay also by credit card filling a consent form that must be previous requested.**

THE ROUTE

This is a trip divided in two; the first part of it is for those who enjoy nature, walking, sailing, watching our country fauna. It is a very complete route that includes several activities all developed in an exceptional location: the South West of Andalusia. Great beaches, enormous dunes and coastline pine forests, chestnut forest at the mountains or white villages with Arabian heritage. Pure Andalusia with an active style and far from crowded areas as classic tourism. It is perfect for resting after a stressed week at the home town. Everything developed by us, with own guides, carefully designed routes. All the material is coming as well from Faro del Sur: bicycles, kayaks, sailing boat and van, in that way we achieve our goal of a perfect relation quality/price. Accommodation is in our apartments, in front of marshes, they are new and fully equipped. We also have the help of Faro del Sur's offices located in Isla Cristina. We are convinced that this is a perfect option for adventure travelling in Spain.

The second part of the trip is a tour for all those who enjoy the sea and the natural environment, who like nothing better than being under sail, observing at close quarters the fauna indigenous to the peninsula, and sharing the experience with their fellow voyagers. It takes a varied route along a privileged coastline, which introduces all aboard to the other, unspoilt Algarve, untrodden by the package tour crowds. There is a wealth of natural features to explore, from the long beaches of fine white sand, the dunes, wetlands and pine groves of the leeward coast to the small bays and cliffs of the central coast. There is, too, the chance to spot cetaceans and a wide variety of marine birds on the islands of Tavira and Culatra. Awaiting the traveler inland are the towns of Sanlúcar and Alcúzar, located on the banks of the River Guadiana, and on the Atlantic coast, Olhão and Tavira with centuries of maritime history in their streets. The pace is unhurried, covering a total of 100

nautical miles, but plenty of opportunities for activity are on offer at each port of call, whether exploring on foot, snorkeling, fishing, or simply taking in the atmosphere. Sleeping is aboard the yacht surrounded by nature, the ideal point from which to watch the unbelievable sunsets for which this part of the world is justly renowned. Our cruises are all carefully designed with the client's needs always uppermost, so as to give the best value for money. In addition, the Faro del Sur offices in Isla Cristina provide constant back-up.

ACCOMMODATION

We have four apartments in two different two-storey houses. They are very charming not only for their location, just five minutes to town centre, but also for all their conditioning. Each one has three double bedrooms, two bathrooms, full equipped kitchen, living room, and terrace with estuary and Atlantic views (Isla Cristina marshes Natural reserve). Sheets Included. Below the apartments there is an internal beach and 800 meters far away of the sea. Our offices are inside the Marina, only 2 minutes from apartments. The 7 days / 6 night of the cruise sailing over the Portuguese coast we will sleep on the boat (double cabins), anchored in rivers, beaches, islands, natural bays and docked at small ports.

DETAILS OF OUR SAILING YACHT

Brand-model.- BENETEAU OCEANIS 430

Type: Sailboat

Length: 12.96 m

Sleeve: 4.22 m

Draft: 2 m

Displacement: 9 Tn.

Ballast: 3 Tn.

Convertible lounge

Cabins: 4 doubles

Toilets: 2

Kitchen: 3 burners with oven, fridge

Water capacity: 600 L

Engine Brand: Perkins

Power: 50 HP

Fuel capacity: 180 L

Brand-model.- JEANNEAU SUN MAGIC 44

Type: Sailboat

Year: 1991

Length: 13,50 m

Sleeve: 4.20 m

Draft: 2.12 m

Displacement: 10 Tn.

Ballast: 3,6 Tn.

Convertible lounge

Cabins: 2 double, 1 triple, 1 with bunk bed

Toilets: 2

Kitchen: 3 burners with oven, fridge

Water capacity: 480 L

Engine Brand: Perkins

Power: 56 HP

Fuel capacity: 200 L

Equipment.- Electronics: Radar, Autohelm autopilot, sounder, slide, wind equipment, VHF, portable VHF, radio cd with speakers in the interior and bath. Electricity / Motor Charger 220, Batteries Mastervolt, Inverter 15000W, Generator portable, 2 solar plates 4A / h, Navigation lights leds, 2 Batteries AGM, 1 Motor battery 160^a, Beacon.
Deck equipment: Cabulleria 2013. Jarcia in perfect condition. Life raft for 10 people. Hood with awning up the mast, barbecue. Auxiliary boat Duarry Aquamar 3,10m 2013 wooden floor, with evinrude 5cv. Anchor Rocna 25 kilograms, 70m 10mm chain, Anchor CQR 25kg, Pearl anchor 15 kilograms, Anchor anchor for auxiliary. Vests for adults and children, pyrotechnics, medicine cabinet. All safety features are in perfect condition.

OUR KAYAKS

Our kayaks are perfect to go slowly through the marshes. They are stable and do not need special skill to use them. Two people will be comfortable inside each kayak. We will bring a 26 l barrel where you can keep your personal items.

Related to similar kayaks, OCEAN DUO is the versatile kayak. Strong and comfortable, it could be used by one or two people. It is perfect for marshes and coastline. They can be emptied by themselves are unsinkable, offering us complete safety guarantee.

Before departure, we will give you basic instructions as to allow you to enjoy the route with your boat. Sailing in silence is perfect in order to get as close as possible to fauna and flora and feel ourselves integrated in nature.

A TYPICAL DAY DURING THE ROUTE

During our trip we will follow nature and natural light; that means waking up early in the morning and also going to sleep early in the evening (of course this is up to each one). After breakfast we will start the day. There are only two transfers by road (Aracena and Doñana) but they will never take more than two hours. We will have time enough for enjoying both tracks and villages.

A TYPICAL DAY SAILING

Each day's sailing lasts on average 5-7 hours, depending on the prevailing meteorological and ocean conditions. Mornings are spent getting the yacht ready and setting out on the planned route for that day. There will be ample time to explore the natural environments and towns along the way. We spend the nights anchored in the natural world (rivers, wetlands, islands). The cruise combines periods of tranquillity with opportunities for varied activity such as ocean swimming, fishing, snorkelling, dolphin spotting, or practising your sailing skills under the experienced guidance of the skipper.

TRANSPORT

Faro del Sur has two vans that are used for all groups from arrival until we drop you off back into the city of Sevilla. Each is comfortable and has enough room for eight passengers, the driver/guide and all luggage. There is also a motor lifeboat aboard the yacht, which is used for the more inaccessible places.

CREW

All groups are led by a fully-qualified skipper, whose job it is to sail the boat, ensure that everything progresses exactly as planned, and to coordinate the group throughout the cruise. Our skippers are experienced sailors with proven ability in the demands of this kind of cruise and intimately familiar with the coastline to be travelled.

MEALS

In Isla Cristina there are several restaurants and local bars available for lunch and dinner. This affords a good opportunity to mingle with Spanish people and experience another aspect of local culture. Meals can also be prepared and cooked in the apartments' fully equipped kitchens using fresh food bought in the local market.

Meals in route: You can always choose between preparing a sandwich by yourself or coming with us to a restaurant, and also find another restaurant by your own, that's why these meals are completely optional. Normally the price doesn't exceed 15€.

* There are alternatives for people who do not eat meat or have some kind of food intolerance.

Our suggestions are entirely optional, managing meals are done to help the course of the routes is the most appropriate and possible so that you can enjoy the wide variety of cuisine offered throughout the province of Huelva.

With the recommendation of these small restaurants we try to help small craft businesses present in each of our routes and stimulate the local economy.

Gastronomically speaking, the Andalusian Province of Huelva is extremely famous for two things: the diversity of superb quality seafood from its coast, and the highly prized cured ham made from acorn-fed Iberian pigs from the mountains. Plates of thinly sliced 'jamón' are ubiquitous throughout the bars and restaurants of the sierra whilst the pigs can be seen grazing beneath oak trees on the hillsides. Also not to be missed is the seafood landed daily at the port in Isla Cristina. King prawns are caught in the estuary together with delicious white prawns - unmistakable due to their colour and taste. Clawed lobsters, spiny lobsters, and 'coquina' a tasty type of clam are other examples of the delicious seafood available. Gastronomy in Huelva is both delicious and cheap.

For the sailing week, each member of the group is expected to contribute approximately 30€ towards a common pool to cover supplies for the week (chiefly breakfast, lunch and evening meal). All passengers participate in preparing the meals on board, although for those wishing to eat outside, there are small local restaurants available in all the towns and villages in route.

CLIMATE

The Algarve enjoys an Atlantic climate, heavily influenced by the coastal winds and ocean humidity. Winters are mild and it is sunny for a large part of the year. Summer temperatures vary between 25° and 30°C, although the sea breezes have a cooling effect and it is advisable to have a light jacket or fleece to hand for the early mornings and evenings.

GENERAL PERSONAL EFFECTS

The following essential items should be packed:

A flexible travel-bag, light, comfortable clothing (shorts, trousers, T-shirts, something warm, a shower-proof jacket, swimming-costume, bath and beach towels, etc). Deck shoes and sandals. Sleeping bag, small backpack for excursions, torch, music CDs Sun hat, sunglasses, high-protection sun cream, mosquito lotion Personal medicines. Sea-sickness tablets.

For further information:

FARO DEL SUR

Puerto deportivo de Isla Cristina, local 1

21410 Isla Cristina (Huelva) – Spain

Tel. +34 959 34 44 90

Fax. +34 959 34 44 91

info@farodelsur.com

www.farodelsur.com