



Hike some of the Azores most famous active volcanoes and try to discover our most famous crater lakes such as Sete Cidades and Fogo Lake. Be involved in a pure nature experience in which you can explore our fantastic trails and afterwards relax in one of São Miguel's natural thermal pools such as in Furnas. This is a complete package for those who want to hike and simply enjoy nature!

## Itinerary

- Day 1 | Arrival
- Day 2 | Hiking in Sete Cidades (FD)
- Day 3 | Hiking in Lagoa do Fogo (FD)
- Day 4 | Hiking in Faial da Terra (FD)
- Day 5 | Whale and dolphin watching (HD)
- Day 6 | Thematic tour to Furnas (FD)
- Day 7 | Hiking in Praia da Viola (FD)
- Day 8 | Departure



Azores Archipelago

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**DAY 1** – Arrival and transfer to the hotel. Free day.

**DAY 2** – Pick up at the hotel. Hiking in Sete Cidades. Picnic lunch included. Return to the hotel.

### HIKING IN SETE CIDADES – FULL DAY

**DISTANCE: 11 KM | DURATION: 4H00 | DIFFICULTY: EASY**

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.

**DAY 3** – Pick up at the hotel. Hiking in Lagoa do Fogo. Picnic lunch included. Return to the hotel.

### HIKING IN LAGOA DO FOGO – FULL DAY

**DISTANCE: 12KM | DURATION: 4H30 | DIFFICULTY: MEDIUM**

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 problems.

**DAY 4** – Pick up at the hotel. Hiking in Faial da Terra. Picnic lunch included. Return to the hotel.

### HIKING IN FAIAL DA TERRA – SALTO DO PREGO – FULL DAY

**DISTANCE: 6 KM | DURATION: 3H00 | DIFFICULTY: MEDIUM / TECHNICAL**

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. This trail is not recommended for people with knee or ankle problems.

**DAY 5** – Pick up at the hotel. Whale and dolphin watching – 3 hour trip. Free lunch and afternoon.

### WHALE AND DOLPHIN WATCHING – HALF DAY

During this activity you will have the opportunity to watch some of more than 25 cetacean species that can be found in the Azores. Although nature offers no guarantees, whales and dolphins are regularly seen during our half day tours, along with turtles, seabirds and other marine life.

Before the boat trip our biologists give you a briefing to explain which cetacean species can be observed, safety measures aboard, how we respect the animals and rules of observation at sea as well as some historical facts. During the tour each passenger is required to wear a life vest (except on our catamaran). Futurismo also provides rain coats and trousers if necessary.

**DAY 6** – Pick up at the hotel. Thematic tour to Furnas. “Cozido” lunch included. Return to the hotel.

### THEMATIC TOUR TO FURNAS (VAN + SOFT WALKING TOUR) – FULL DAY

On this tour we feel and experience the volcanic origins of the Island in Furnas, a magical place. We start by visiting the Caldeiras da Lagoa das Furnas (Furnas Lake Calderas), a place where we cook the famous “cozido das Furnas” (a very special meal cooked only with the steam of the Earth) and continue with a soft walk that crosses a stream and circles the lakeside. During this walk we have the opportunity to appreciate a variety of endemic flora species. Next we visit the town of Furnas, with its fumaroles and hot springs that contain water with different tastes. The Cozido meal is served in a local restaurant. After lunch we visit the centenary Terra Nostra botanical garden that is famous for its extraordinary collection of native plants on the Azores, as well as others from all over the world that have adapted to the local garden conditions. At the end of the visit you are invited to bathe in an iron-rich hot water swimming pool that has a temperature of 35-40°C, an exquisite experience! On the way back to Ponta Delgada we stop at several beautiful viewpoints on the North Coast and also at the only tea plantation in Europe where we will be able to visit the working tea factory and have a lovely break to taste the tea.

**DAY 7** – Pick up at the hotel. Hiking in Moinhos da Ribeira Funda - Praia da Viola. Picnic lunch included. Return to the hotel.



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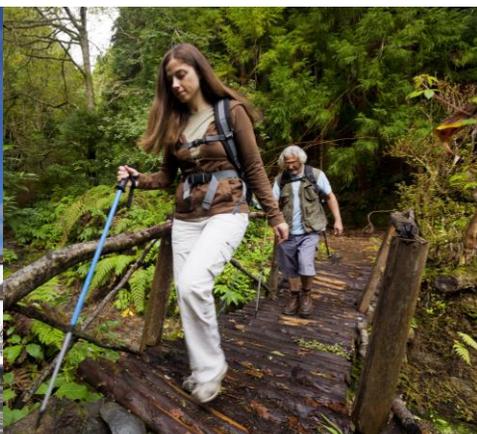
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### WALK MOINHOS DA RIBEIRA FUNDA - PRAIA DA VIOLA – FULL DAY

**EXTENSION: 8KM | DURATION: 4H30 | DIFFICULTY: MEDIUM**

The trail starts in Ribeira Funda (Fenais da Ajuda) and ends at Maia's fishing port. We will follow the stream downwards and discover some ancient water mill ruins. Crossing the stream bed will lead us to the route going towards Praia da Viola beach. After walking the black sand for a while we will take a trail going upwards that offers a wider and better view over the surrounding area. We will 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 reach the village natural pools.

**DAY 8** – Transfer from the hotel to the airport and departure.



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## Highlights:

1. Hiking around the crater of Sete Cidades;
2. Hiking to Lagoa do Fogo, one of the most impressive lakes on the island;
3. Tasting the famous Furnas “Cozido” cooked only with steam of the earth;
4. Watching some of the 25 cetacean species that can be found in the Azores.



## Departures

Year round with a minimum of 2 persons.

## Included

- Transfers airport - hotel - airport;
- Transfers to the activities;
- English speaking guide;
- Lunch on the full day activities.

## Not included

- Accommodation;
- International flight to Ponta Delgada;
- Lunch on days 1, 5 and 8;
- Dinners;
- Optional activities.

## Guides

Our guides speak a variety of languages so that we can offer our guests a more personalized service. Languages spoken include English, Portuguese, German, Dutch, French, Spanish, Catalan, Basque, Scandinavian languages, Bulgarian and Estonian.

## Meals\*

- Picnic lunch on days 2, 3, 4 and 7 – baguette sandwich or salad, cupcake or energy bar, fruit, water and juice.
- Cozido lunch on day 6 – starter, Cozido, dessert and drinks included. Cozido contains: beef, chicken, pork, spicy sausage, blood sausage, potatoes, sweet potatoes, carrot, cabbage, green kale. All cooked during 6 hours with natural steam only.

\*Vegetarian options on request (24h before the trip)

## Recommendations

Bring comfortable light clothes, sweater, raincoat, walking boots or shoes, swimming suit and towel, hat, sunblock, backpack and bottle of water to refill.