



Bottlenose Trail

PORTUGAL

This circular **trail ride** follows the same riding route as the Dolphin Trail but you stay in larger, cheaper hotels. Ride through rolling hills and pine forests to the shores of St Andre lagoon, canter down the beach and view dolphins playing in the estuary.

Trail Riding	 8 days / 6 days riding	 From £1,085	
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The Bottlenose trail is a lovely trail riding holiday



Enjoy lovely, sunny canters on this riding holiday in Portugal



The Bottlenose dolphin

ITINERARY

Highlights

- Beautifully well-schooled Lusitano and Lusitano cross horses
- The chance to canter/gallop down a deserted beach (please note that in the summer months, this may be at dawn)
- Convivial and friendly guide
- The chance to view dolphins in their natural environment on a boat trip in the estuary
- Cheaper accommodation than the similar Dolphin Trail


Day 1 — 1: HOME - LISBON - GRANDOLA - No riding

 Monte Das Faias

Your flight to Lisbon should arrive by 16:30 to allow time for you to collect your luggage.


At 17:30 you will be transferred south c. 100km to Grandola . Your hotel, the Monte das Faias has comfortable rooms and a refined ambience. You will have dinner with your guide and the group in preparation for your first day of riding tomorrow.

Day 2 — 2: GRANDOLA - SANTIAGO DO CACEM - 4-5 hours riding

 Albergaria Dom Nuno

Today you ride through hilly landscapes to your first destination in Santiago do Cacém. After the first few canters, you will notice the Lusitanos' wonderful character and sure-footedness. For lunch, a picnic will be prepared with grilled meats or fish accompanied by salad, fresh bread and local wine. In the afternoon, rested after lunch and perhaps a siesta, you ride through the forests of pines and cork to Quinta da Ortiga where the horses will spend the night. There is a short transfer to your hotel, Albergaria D. Nuno, which has a swimming pool. Dinner will likely be taken at a local restaurant eating typical Portuguese food.

Day 3 — 3: SANTIAGO DO CACEM - MORGAVEL - 4-6 hours riding

 Albergaria Dom Nuno

Leaving from Quinta da Ortiga you ride through forests of eucalyptus, with their distinctive perfume and the sound of the bark crunching underneath the horses' hooves. Near Morgavel's Reservoir you stop for a picnic and a relaxing siesta.

Afterwards, there are plenty of opportunities for canters along the sandy tracks across the Portuguese countryside.

Dinner at a local restaurant and overnight at Albergaria D. Nuno.

Day 4 — 4: SANTIAGO DO CACEM - SEBUTAL - 3-4 hours riding

 Vila Park

Today, either in the morning or afternoon, you will have a short transfer of c. 30 minutes to Sebutal where you will join a two hour boat trip to see the dolphins play in the Sado river estuary. Dolphin sightings cannot be guaranteed but are very likely. Also please note that the boat trip is subject to weather conditions.

Today's ride will explore sandy trails through fields and forests, allowing for several long canters. You ride past the St. Andre Lagoon where you may see flamingos and storks. Continue riding past the rice fields of the area, which in late summer, prior to harvest, are an astonishing colour of green. Your accommodation is at the modern and comfortable Hotel Vila Park, where you can relax and take a swim in the pool.

Day 5 — 5: BEACH RIDE - 4-6 hours riding

 Vila Park

This morning's ride will be in the direction of the beach. Please note that from June to September this ride will be at dawn to avoid the holiday makers on the beach. There should be opportunities for long canters and gallops on the beach (tides permitting).

After lunch, ride through the forests of pines and hills of the Atlantic coast, close to the Lagoon of St. André. Later in the afternoon you arrive at the stables of the St. André Riding Centre where the horses will spend the night.

You will be transferred back to your hotel for dinner at a local restaurant with traditional Portuguese food.

Day 6 — 6: ST ANDRE - GRANDOLA - 4-6 hours riding

 Monte Das Faias

Today you ride from St. André towards Grândola. Along the route there are many opportunities for long canters. You may meet herds of cows and sheep being tended by shepherds as you traverse a mixture of red and sandy paths. Dinner and overnight at Monte das Faias**.

**Please note that on the trail of August 9th this hotel will be replaced by Hotel d. Jorge Lencastre in Grandola.

Day 7 — 7: GRANDOLA - 4-6 hours riding

 Monte Das Faias

Today you ride near the Serra of Grândola through a beautiful landscape of picturesque Portuguese villages. Stop for the last picnic of the trail where both horses and riders can take a siesta after lunch. Return to your hotel for a farewell dinner and to overnight.

**Please note that on the trail of August 9th this hotel will be replaced by Hotel d. Jorge Lencastre in Grandola.

Day 8 — 8: GRANDOLA - LISBON - HOME - No riding

After breakfast you will be transferred back to Lisbon airport for your flight, which should depart after midday.

Please note that if your flight departs before midday then you will have to pay for a private transfer - contact us for rates.

DATES & PRICES

DEPARTURE

RETURN

PRICE WITHOUT FLIGHTS

PRICE INCLUDING FLIGHTS

STATUS

22/08/2021	29/08/2021	£1,185	Full
29/08/2021	05/09/2021	£1,185	Full
03/10/2021	10/10/2021	£1,085	Full
14/11/2021	21/11/2021	£1,085	Full
13/02/2022	20/02/2022	£1,120	Open
27/02/2022	06/03/2022	£1,120	Open
27/03/2022	03/04/2022	£1,120	Open
26/06/2022	03/07/2022	£1,225	Open
10/07/2022	17/07/2022	£1,225	Open
21/08/2022	28/08/2022	£1,225	Open
28/08/2022	04/09/2022	£1,225	Open
02/10/2022	09/10/2022	£1,120	Open
13/11/2022	20/11/2022	£1,120	Open

Price details

- International flights are not included but can be booked for you on request

- Rides are confirmed for a minimum of 5 riders and a usual maximum of 10 riders, plus your guide

- Please note: the ride will also confirm for 3-4 riders on payment of a supplement. This is 25% of the rate for 3 riders, 10% for 4 riders. Once the group has reached 5 people, we will remove this supplement from your invoice and refund you if you have already paid it.

- If you sign up to the ride as a solo rider and there are no other riders likely to share your room, you will be charged a single room supplement. You will then be reimbursed if a sharer is found for you at a later date.

> Low season: €300/£265/\$360

> High season: €390/£345/\$460

- Transfers are provided as long as you arrive before 16:30 on day 1 and depart after midday on day 8. If you wish to book flights outside of these times then a private transfer can be arranged but is a taxi at your own cost.

- Competent children aged 10 and over can join the ride as long as they are comfortable riding horses (there are no ponies) and are accompanied by an adult. There is no discount for children

- Non-riders are welcome but no activities are provided - they can travel in the support vehicle and meet the group for lunch, or relax at the hotels. The rate is €800/£705/\$950 (low season) and €850/£750/\$900 (high-season)

- All meals are included as well as drinks during picnic lunches. All evening drinks are payable locally to the hotels/restaurants. It is usual that those who wish to drink wine will split the bill - this will be discussed with your guide on day one

Please Note

The itinerary may be modified at anytime for security reasons, meteorological or events beyond our control such as blocked roads, rivers in flood, drought, strikes and local holidays. Equus Journeys, our local partners and their local guides will always strive to find the best solution and will alter the itinerary as needed.

The names of the hotels and accommodation are given for information only and depending on availability, they may be modified without notice and replaced by another of a similar standard.

Price includes

SUPPORT TEAM

1 English-speaking horse guide

LOGISTIC

1 support vehicle
1 cook
1 assistant cook
1 horse equipped with saddle and bridle

INLAND TRANSPORTS

Support vehicle
Airport transfers at set times

ACCOMMODATION

Double or twin room in hotel standard 2/3*

MEALS

Full board from dinner on day 1 to breakfast on day 8. Water, wine and soft drinks are included at lunch. Drinks with the exception of water are not included at dinner.

EXTRA EQUIPMENT

First aid kit

Price doesn't include

MEALS

Beverages and personal extras
Your meals on day 1 and 8 depending on your flights

TRANSPORTS

Airport transfers at different schedules
International flights

EXTRA

Tips to local team
Small group supplement (between 3-4 riders)

INSURANCE

Cancellation and travel insurance are not included in the above listed price. Please note that insurance is mandatory. We recommend taking out an insurance policy as soon as your trip is booked to cover you in case of cancellation

Optional

ACCOMMODATION

Single room supplement

EQUESTRIAN INFO

Horses

You ride the beautiful and calm Lusitano and Lusitano cross-bred horses which are bred in Portugal. They are well-schooled and a pleasure to ride. There are calm and quiet horses for intermediate riders and more spirited mounts for experienced riders. You ride in English style tack with comfortable sheepskin covered saddles.

Minimum riding ability

MINIMUM RIDING ABILITY

You need to be at least an intermediate rider, capable of riding a sensible horse at all paces in the outdoors. There are more spirited horses available for experienced riders.

There is a rider weight limit of 85kgs.

PACE

The pace is varied to include trots, canters and possible gallops. Some of the canters can be long and across varied terrain so you need to be secure in the saddle.

TACKING ABILITY AND PARTICIPATION

You will be asked to assist with grooming, tacking and un-tacking your horse.

TRIP CONDITIONS AND REQUESTED EXPERIENCE

You should have experience riding outdoors on trails and be confident riding in open spaces. You need to be fit enough for some long canters in the sometimes hot Portuguese sun.

EQUESTRIAN EQUIPMENT

English tack.

Saddlebags are not provided.

We recommend all our riders to wear a helmet to the correct standard and you should bring your own to ensure a proper fit.

TRAVEL INFO

COMFORT

You stay in hotels and local guesthouses in twin or double rooms. Each room has an en-suite bathroom.

Most of the hotels have swimming pools.

MEALS

Lunches are picnic - usually BBQ meats or fish with salads and bread. Red wine is provided.

Evening meals are in the hotel and usually the dish of the day - typical Portuguese cuisine and all fresh and locally produced. Drinks are payable locally.

CLIMATE

Portugal has a pleasant climate with mild temperatures all year round:

Winter: 12 - 15c

Spring: 20 - 25c

Summer: 30 - 35c

Autumn: 15 - 20c

There is rarely rain during the summer months, but rain is common in winter and can occur in spring also.

GUIDE AND LOCAL TEAM

Your guide is Miguel and he has been guiding in this area for many years and helped discover the routes you ride. He was a prestigious dressage instructor before choosing to guide trails instead and speaks fantastic English. He is supported by a back-up vehicle driver who meets you for lunch each day and transports your luggage.

TIPS

Tips are appreciated but not expected. You should give what you feel is appropriate and you feel comfortable with.

PACKING LIST

Head

- Equus Journeys strongly recommend that you wear a riding helmet and that you take your own to ensure a correct fit.
- Sunhat for when not riding
- Sunglasses - with a cord attached so they don't fly off when riding
- Buff or bandana for protecting your neck and face from the sun and dust

Upper body

- Long sleeved shirts to provide protection from the sun
- T-shirts
- Lightweight fleece or jumper
- Warm polar fleece or equivalent
- Waterproof jacket - rain can be difficult to predict and it's better to be prepared.

Legs

- Lightweight, comfortable riding trousers or jodhpurs - we recommend riding in them at home before taking them on holiday to ensure they don't rub
- Waterproof over trousers
- Casual clothes for the evenings (jeans or walking trousers)

Hands and Feet

- Comfortable riding boots. We recommend short boots with half chaps but you may wish to take long chaps or long boots.
- Lightweight shoes for the evenings
- Several pairs of socks
- Gloves - your hands are particularly exposed to the sun, wind or rain whilst riding

Nightwear

- Pyjamas etc

Our Recommendations

- Backpacks cannot be worn whilst riding. We recommend a small bumbag or a waistcoat with pockets so that you can carry small items with you during the day (camera, sunscreen, lipbalm etc)
- We recommend travelling in your riding boots and carrying your hat and some riding clothes in your hand luggage - then if your luggage goes astray you are still able to ride!

Other useful items

- Swimsuit - there are pools on some nights
- Small backpack for accessing items required during the day (carried by support crew)
- Camera and high capacity memory card. Spare battery
- Bumbag for carrying your camera and small items whilst riding
- Water bottle (2 litres or 2 x 1 litre)
- Ear plugs (for light sleepers)

In your luggage

- Any liquids, such as shampoo, moisturiser, deodorant unless they are less than 100ml and all bottles can fit in a small, clear, plastic ziplock bag.
- Swiss army knife or equivalent

In your hand luggage

- Any valuables, such as your camera, ipod, ipad etc.
- Your riding hat

Medical kit

- Sunscreen and lip balm - should be high factor
- Insect repellent
- Any medication you regularly take
- Blister plasters in case of any rubs
- Antiseptic cream, plasters, aspirin, anti-histamine, insect-bite salve etc...
- Spare prescription glasses/contact lenses
- Eye drops
- Imodium or similar anti-diarrhoea medication
- Re-hydration sachets
- Antiseptic wipes
- Handwash gel

Formalities

British citizens: other nationalities, please contact us.

Visas

If you hold a British Citizen passport, you don't need a visa to enter Portugal.
The rules on travel will stay the same until 31 December 2020.

Visas from 1 January 2021

The rules for travelling or working in Europe will change from 1 January 2021:

- you will be able to travel to countries in the Schengen area for up to 90 days in any 180-day period without a visa as a tourist, to visit family or friends, to attend business meetings, cultural or sports events, or for short-term studies or training.
- if you are travelling to Portugal and other Schengen countries without a visa, make sure your whole visit is within the limit. Visits to Schengen countries within the previous 180 days before you travel would count towards the 90-day limit
- The 90-day limit for visa-free travel will begin on 1 January 2021. Any days you stay in Portugal or other Schengen countries before 1 January 2021 will not count towards the 90-day limit.

At border control for Portugal, you may need to:

- show a return or onward ticket
- show you have enough money for your stay, and
- use separate lanes from EU, EEA and Swiss citizens when queueing
- Your passport may be stamped on entry and exit.

Passport validity

The rules on travel will stay the same until 31 December 2020.

Your passport should be valid for the proposed duration of your stay; you do not need any additional period of validity on your passport beyond this.

Passport validity from 1 January 2021

From 1 January 2021, you must have at least 6 months left on an adult or child passport to travel to most countries in Europe (not including Ireland).

If you renewed your current passport before the previous one expired, extra months may have been added to its expiry date. Any extra months on your passport over 10 years may not count towards the 6 months needed.

Check your passport is valid for travel before you book your trip. You will need to renew your passport before travelling if you do not have enough time left on your passport.

Please visit for the FCO website for up-to-date information - <https://www.gov.uk/foreign-travel-advice/portugal>

ADDRESSES OF CONSULATES

- Ambassade du Portugal
3, rue de Noisiel
75116 PARIS
Tél. : 01.47.27.35.29
Fax :
mailto@embaixada-portugal-fr.org
- Ambassade de France
Rua Santos-o-Velho 5
LISBONNE
Tél. : +351 21 393 9100
Fax :
contact@ambafrance-pt.org

Health

UK Citizens: A UK Global Health Insurance Card (GHIC) gives you the right to access state-provided healthcare during a temporary stay in the European Union (EU).

<https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>

It's important to take out appropriate travel insurance for your needs. A GHIC or EHIC is not an alternative to travel insurance and you should have both before you travel. It does not cover all health-related costs, for example, medical repatriation, ongoing medical treatment and non-urgent treatment.

There are state health centres throughout the country (generally open from 0800 to 2000) where you can receive treatment for minor ailments and injuries, and major emergency hospitals in large towns which remain open throughout the night. Even though pharmacies are well stocked, take a decent supply of medication with you, and be aware pharmacies are usually closed for two hours over lunchtime. Carry a legible prescription with you to show that you legally use the medication. If you wear glasses, take a spare pair and your prescription just in case you need to get new glasses made up quickly.

Vaccination against hepatitis B is sometimes recommended.

Insurance

It is a condition of your booking with Equus Journeys that you have travel insurance which covers you for the riding activities to be undertaken. Your travel insurance should cover you for medical expenses and repatriation. Your guides will require your travel insurance details before they allow you to ride and may refuse to let you ride if you cannot provide them. You should take your insurance documents with you.

Voltage

230 volts AC, 50Hz. Continental two-pin plugs are in use.

Budget and money

Portugal has adopted the Euro (EUR, symbol: €) as its official currency. One Euro is divided into 100 cents, which is sometimes referred to as eurocents, especially when distinguishing them with the US cents.

Euro banknotes come in denominations of €5, €10, €20, €50, €100, €200, €500. The highest three denominations are rarely used in everyday transactions. All Euro banknotes have a common design for each denomination on both sides throughout the Eurozone.

The Euro coins are 1 cent, 2 cents, 5 cents, 10 cents, 20 cents, 50 cents, €1 and €2. Some countries in the Eurozone have law which requires cash transactions to be rounded to the nearest 5 cents. All Euro coins have a common design on the denomination (value) side, while the opposite side may have a different image from one country to another. Although the image side may be different, all Euro coins remain legal tender throughout the Eurozone.

Telephone and jetlag

The dialling code for Portugal is +351

The time zone is GMT +1