

TREKKING & CYCLING EXPERIENCE

EXCLUSIVE HOTEL ROUTES

Discover the region through selected routes starting and ending at the hotel.



NAVEGADORES
@CONFORT MONTE GORDO - ALGARVE



IMPORTANT INFORMATION & SAFETY

ROUTE USAGE

- Routes are suggestions for outdoor activities
- Use is at the user's own responsibility
- The Hotel navegadores is not responsible for accidents, loss or damage

SAFETY RECOMMENDATIONS

- Bring water, sun protection and appropriate footwear
- Avoid peak heat hours and check weather conditions
- Use GPS/app with downloaded route and ensure battery
- For cycling: helmet recommended and follow traffic rules

EMERGENCY

- Emergency number: 112

TREKKING EXPERIENCE

DISCOVER THE REGION ON FOOT

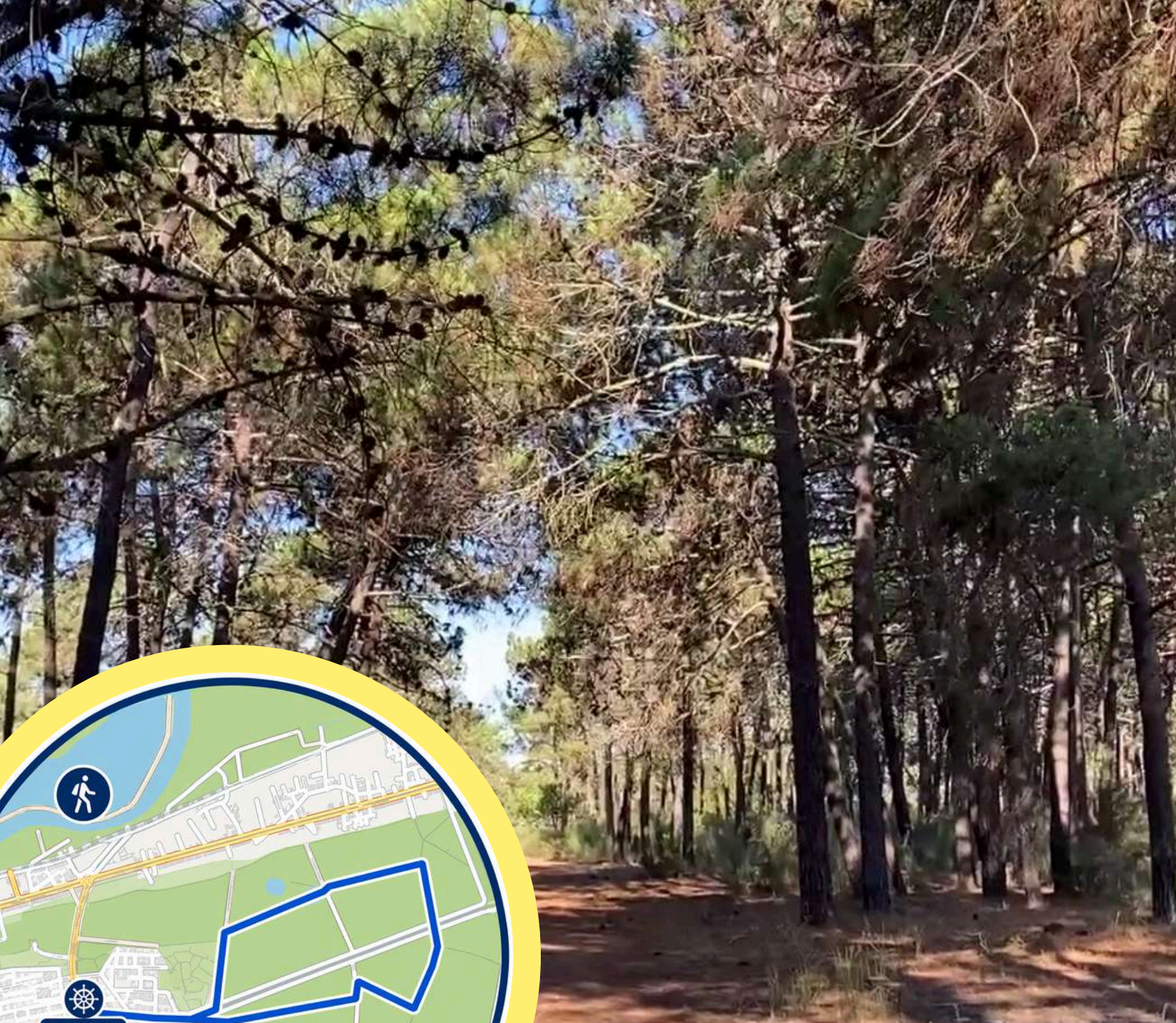
Between the Algarve coastline and the inland Reserva Natural do Sapal de Castro Marim e Vila Real de Santo António, these routes allow you to explore one of the most authentic areas of the eastern Algarve.

Along the trails, you will find:

- . extensive coastal pine forests
- . traditional salt pans still in operation
- . wide, open beaches
- . the Guadiana River, marking the natural border with Spain

**A unique combination
of nature, tranquillity
and open landscapes**





PINE FOREST TRAIL



Pine Forest Trail

Level: Easy | Suitable for families
(children should be accompanied by an adult)

Type: Circular | Start and finish at the hotel

Trail:

Distance: 6.68 km

Duration: 1h42

Average pace: 3.9 km/h

Elevation: 20 m

Description:

Flat route through the pine forest, mostly on dirt paths and shaded areas.

- . Continuous pine forest
- . Calm environment
- . Ideal for beginners and short walks
- . Easy navigation



ATLANTIC BREEZE LIGHTHOUSE TRAIL



Atlantic Breeze Lighthouse Trail

- Level:** Medium
- Type:** Circular | Start and finish at the hotel
- Trail:**
 - Distance:** 8.42 km
 - Duration:** 2h08
 - Average pace:** 3.9 km/h
 - Elevation:** 20 m

- Description:**
 - Route to the Vila Real de Santo António lighthouse, a landmark of the Algarve coast, through natural paths and coastal areas, returning via a different route.
 - . Connection to the lighthouse
 - . Sea views
 - . Passage through pine forest
 - . Varied route





COAST TO SALT FLATS TRAIL



Coast to Salt Flats Trail

Level: Medium / Difficult

Type: Circular | Start and finish at the hotel

Trail:

Distance: 18.4 km

Duration: 4h42

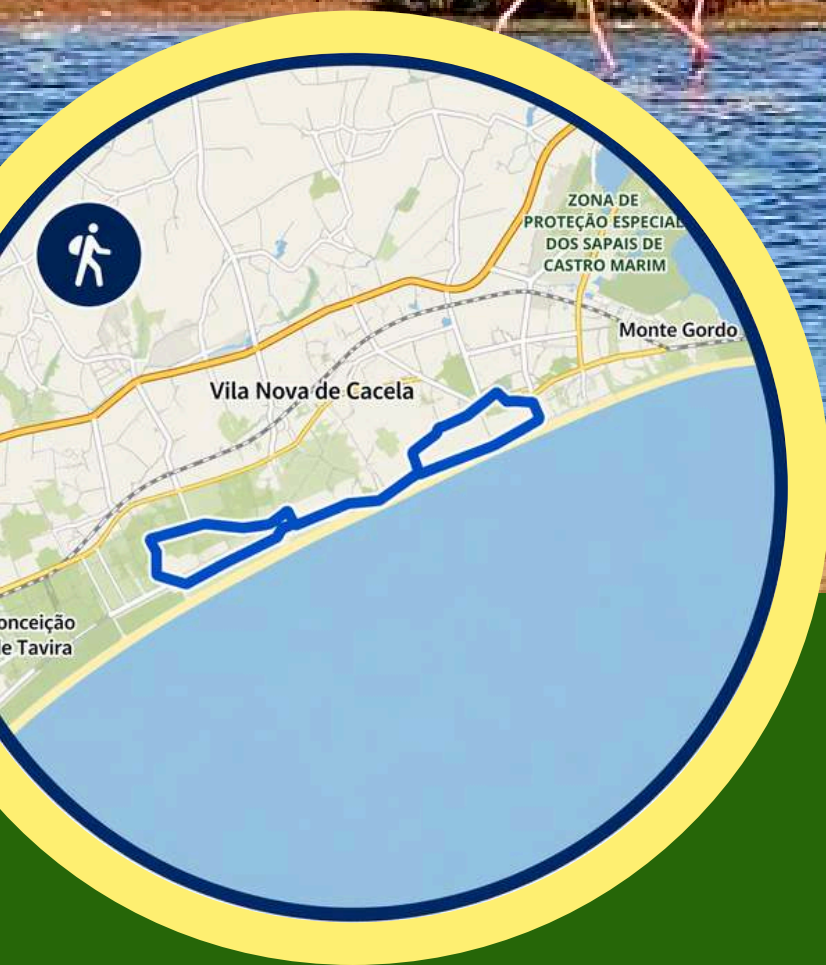
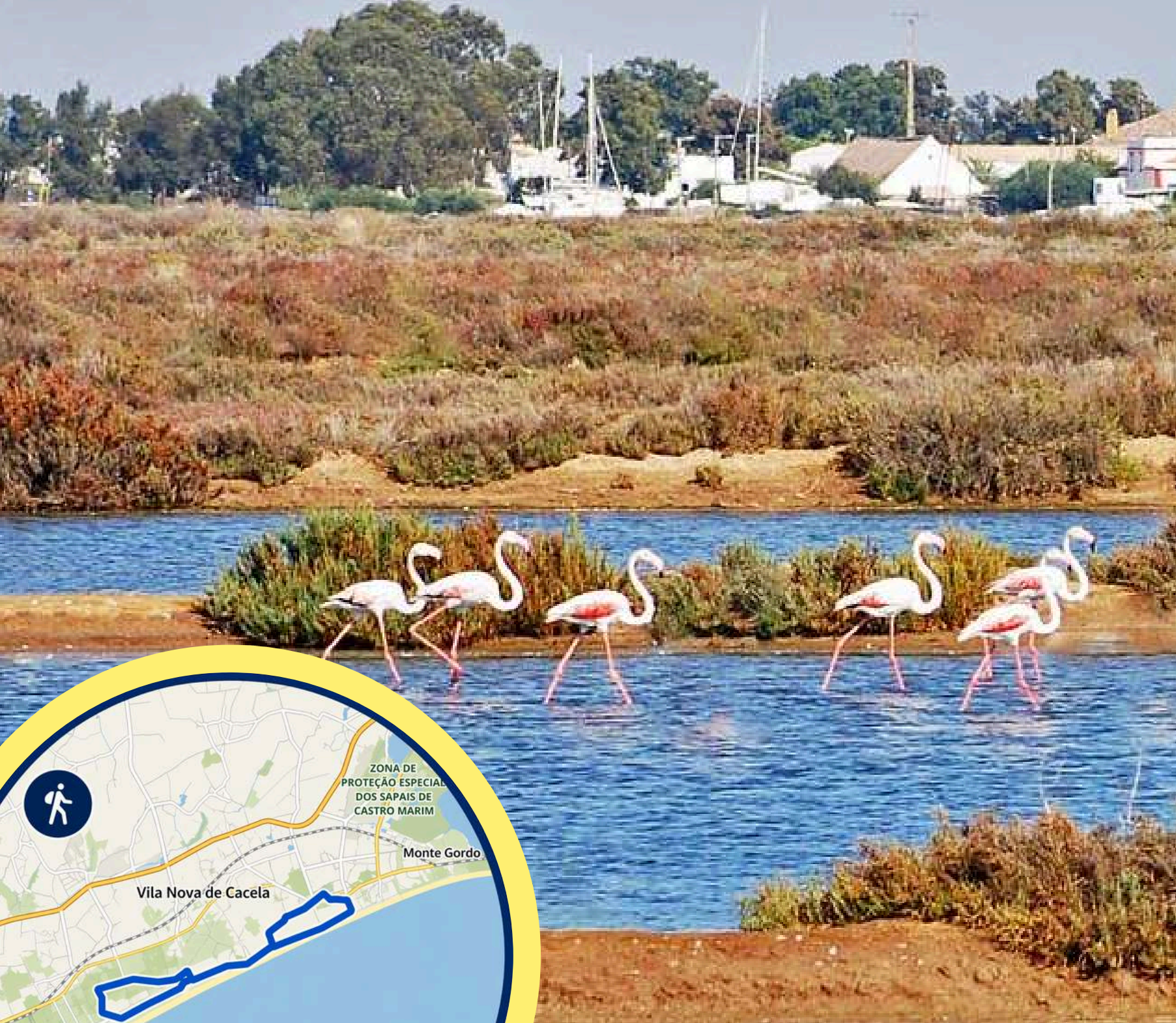
Average pace: 3.9 km/h

Elevation: 70 m

Description:

Route connecting the coast to the Castro Marim salt flats, where traditional salt production still takes place, combining natural trails and small urban connections.

- . Connection between coast and salt flats
- . Diverse landscapes
- . Dynamic route
- . More exploratory experience



CACELA VELHA COASTAL EXPERIENCE TRAIL

Cacela Velha Coastal Experience Trail



Level: Difficult

Type: Circular | Start and finish at Altura parking

Trail:

Distance: 17.5 km

Duration: 4h30

Average pace: 3.9 km/h

Elevation: 80 m

Description:

Coastal route combining natural trails and sandy areas, with views over the Ria Formosa, an important protected wetland and habitat for various bird species.

- . Walking along the coast
- . Views over Ria Formosa
- . Connection to Cacela Velha
- . Open natural landscape

CYCLING EXPERIENCE

DISCOVER THE REGION BY BIKE

Between the Algarve coastline and the inland areas of Castro Marim, these cycling routes allow you to explore one of the most authentic parts of the region, including the connection between Portugal and Spain.

Along the routes, you will find:

- . coastal pine forests
- . traditional salt flats
- . open beaches
- . the Guadiana River

**A unique combination
of nature, tranquillity
and open landscapes**





PINE FOREST TRAIL

Pine Forest Trail

Level: Easy | Suitable for families
(children should be accompanied by an adult)

Type: Circular | Start and finish at the hotel

Trail:

Distance: 6.74 km

Duration: 30 min

Average speed: 13.8 km/h

Elevation: 20 m

Description:

Flat route through the pine forest, mostly on dirt paths and shaded areas, ideal for relaxed cycling.

- . Pine forest route
- . Calm environment



COASTAL ECOVIA TRAIL



Coastal Ecovia Trail

Level: Easy

Type: Circular | Start and finish at the hotel

Trail:

Distance: 24.9 km

Duration: 1h35

Average speed: 15.8 km/h

Elevation: 140 m

Description:

Cycling route along the Ecovia do Litoral, ideal for a smooth and continuous ride along the coast.

- . Ecovia route
- . Mostly flat
- . Coastal connections
- . Ideal for steady pace



COAST TO GUADIANA CYCLING TRAIL



Coast to Guadiana Cycling Trail

Level: Medium

Type: Circular | Start and finish at the hotel

Trail:

Distance: 28.4 km

Duration: 2h

Average speed: 14.7 km/h

Elevation: 100 m

Description:

Cycling route between the Guadiana River and the Castro Marim salt flats, combining natural paths and secondary roads.

- . Route along the Guadiana
- . Passage through salt flats
- . Open landscapes



IBERIAN TRAIL



Iberian Trail

Level: Difficult

Type: Circular | Start and finish at the hotel

Trail:

Distance: 71.4 km

Duration: 4h30

Average speed: 15.9 km/h

Elevation: 130 m

Description:

Coastal cycling route connecting Portugal and Spain, crossing the Guadiana River to La Antilla beach.

- . Cross-border experience
- . Coastal route
- . Sea views
- . International experience



TREKKING & CYCLING EXPERIENCE

These routes have been designed to offer guests a simple and authentic way to explore the region at their own pace.

Between the coast, the Guadiana River and the Castro Marim salt flats, each route offers a unique experience suited to different levels and preferences.

Enjoy nature at your own rhythm, respecting both your limits and the surrounding environment.

