



ADVENTURE TRAVEL
VOLUNTEER-LED EXCURSIONS WORLDWIDE

Azores: Hike and Explore a Tropical Paradise May 11-22, 2020 - Trip #2019



Trip Overview

Join us on this unique trip to explore three islands of the Azorean Archipelago, a very special part of Portugal that is relatively undiscovered by tourists. The Azores are an Atlantic island chain approximately 900 miles west of Portugal.

This archipelago consists of nine islands with a combined population of approximately 250,000, living mostly in rural settlements. The region is a mid-Atlantic treasure. On one hand, a throwback to old-style Portugal - one of narrow cobbled streets and red roofed townhouses with ornate shutters and wrought-iron balconies. On the other, a botanical Eden that rivals Hawaii in botanical diversity yet maintains an old world maritime culture. It is truly a land of contrasts and offers a feast of delights for the active traveler. Hiking the islands is like taking a trip through an open-air botanical garden. Then there are the volcanoes and hidden lakes – trapping micro climates, lush and bursting with song birds and exotic insects. The coastlines are home to an abundance of whales and dolphins, where maritime traditions remain unchanged.

We will be accompanied throughout the trip by a local experienced guide who will help us enjoy and understand this remarkable island chain. On our daily hikes, we will not only experience incredible scenery, but also gain insight to the history and culture of this remarkable place.

We'll make visits to Sao Miguel, Pico and Faial Islands – staying in comfortable 3 and 4 star hotels throughout, all with pools. Transfers by private and public bus, taxis, inter-island air and ferry connections are all included. In addition to the hiking, there will be wine-tasting opportunities and a special focus on authentic local dishes! By participating on this tour, you are creating opportunities to enhance aspects of rural tourism to the Azores lesser travelled region praised for its authenticity. Bring your curiosity, your sense of adventure, and your camera!



Trip Difficulty

This trip is rated #4 (moderate). AMC Trip Rating System: [Ratings](#) We will hike from 4 to 5 hours per day. The typical daily elevation gain is 500–1000 feet. We will hike at a modest pace, which will permit time for photos and rest breaks. Participants should be in excellent shape and be able to hike for 4 to 5 hours per day for 10 consecutive days. Every evening the leader will describe the walk/hike for the following day so participants can plan accordingly.

Tentative Daily Itinerary

Day 1 May 11 (Mon) Depart USA for the Azores

Azores Airlines (SATA), have night departures from Boston and other locations.

Day 2 May 12 (Tue) Arrival to Sao Miguel, (Ponta Delgada)

Arrival to *Ponta Delgada*, the Azores capital city on Sao Miguel Island (USA flights typically arrive by 7 am). You will be transferred to our Ponta Delgada Hotel (20 min.) for an early check in with breakfast (NOTE – *this early check in also includes for the night of May 11 – in case you wish to arrive the day earlier*). After settling in and rest we'll

have a walking tour of Ponta Delgado with a special focus on ethnography and Island traditions including a walk through the *Jardim (Garden) Antonio Borges* – a pleasant introduction and acclimatization to begin our discovery of the region. Walking time 3 hours / easy / no elevation gain. This evening we'll have our welcome dinner at a local restaurant specializing in Azorean dishes. Hotel: Hotel Marine Atlantico (4 stars).



City Gates, Ponta Delgada

Day 3 May 13 (Wed) SAO MIGUEL ISLAND (Ponta Delgado - Sete Cidades Village & Lake Walk

Today we hike the *Sete Cidades* lake and volcanic cone region on the western end of the island, a rural area of natural beauty and geological wonder. This charming village area is located on the shore of a lake (Lagoa Azul) at the bottom of an extinct volcano caldera (crater). We hike the wonderful caldera area taking in widespread views of the sea and Atlantic fishing villages and enjoying a vast array of botany. On return we'll see the island's pretty west coast landscape before visiting a unique pineapple plantation

where we enjoy a tasting of this local delicacy. Today's hiking will range from 4-5 hours total / 7 miles minimum. Transport by private bus service from Ponta Delgada.

Accommodation: Ponta Delgado – Hotel Marino Atlantico



Viewpoint of Sete Cidades Caldeira

Day 4 May 14 (Thu) SAO MIGUEL ISLAND (Lagoa do Forno Hike) Today we transfer to the central highlands to the Lagoa do Forno (Lake of Fire). This scenic lake hike into the crater offers a range of island botany and diverse topography - this is a linear route (out and back). Following the hike, we visit the Calderas (hot springs), in a lush tropical canyon and take in the brilliant interpretive display on volcanism and geothermal activity before descending to Ribeira Grande for a liquor tasting, and time permitting, an easy walk around this historic North Shore village. Hiking time 4-5 hours / elevation gain 1000 feet. Transport via private bus services from Ponta Delgado. Accommodation: Ponta Delgado – Hotel Marino Atlantico

Day 5 May 15 (Fri) PICO ISLAND (flight) and Madalena's Vineyard Hike

Morning flight to Pico Island (1 hour).

Private transfer to *Madalena* on Pico Island (20 min) and check in at hotel.

Today we hike the historic vineyards, a World Heritage Site, following stony basalt paths leading to the 17th Century Parish Church and Windmill. The viniculture tradition – famous for its century old production of Verdelho wines on volcanic soil, is a must see.

Madalena is a charming port town located at Pico's western reaches and in view of Faial Island. It serves as the economic and socio-cultural hub of Pico Island itself. Hiking time 3-4 hours / elevation gain 200 feet).

Accommodation: Madalena – *HOTEL CARAVELAS 3 stars*



Hiking the Lake of the Capitaio, Pico summit in distance

Day 6 May 16 (Sat) PICO ISLAND Hiking Lagoa do Capito and the Sea Side Grottos

Today we hike the wonderful path from the upper nature reserve at *Lagoa Capito*, considered an important migratory area for a variety of bird species - down to *Cais do Pico*, a pretty hamlet area of the north shore where we'll visit the Lava features and some very special *Pico* hamlets. Picnic lunch on route and throughout the day fantastic views of Pico Volcano itself – Portugal's single highest land mass. Hiking time 4-5 hours / elevation gain 300 feet & descent 1500 feet). Accommodation: Madalena – *HOTEL CARAVELAS*.

Day 7 May 17 (Sun) FAIAL ISLAND

Morning transfer by ferry (45 min) to the Azores's fifth largest island, *Faial* - a name derived from the local Faya tree and termed the 'blue island' for its bounty of *hydrangeas* that adorn the island in summer months. We take a private bus transfer (1 hour approx.), and stop at the remarkable CAPELO Volcanic complex – where we have an interpretive hike to understand how in 1957 the island of Faial grew by 2.4km square. From here we drive to the top of the island and hike the Caldera (cone) of the



Horta's enchanting port on Faial Island

Cabeco Gordo (1043m) before driving to the island's lively port of *Horta*, considered the Azores's most cosmopolitan center due to passing trade from international sailors and yachts. Early evening return ferry to Picos. Hiking time approximately 4-5 hours. Accommodation: Madalena – *HOTEL CARAVELAS*

Day 8 May 18 (Mon) OPTION DAY: Climb Pico, Lava Tubes, Whale & Dolphin Discovery on Pico Island

Today we offer a few options to explore more of Pico Island. You can climb the imposing *Pico Volcanic Cone* (7715 feet) with your AMC and local Leader / rated challenging. Or, there is the *Whale & Dolphin Discovery Program* or even deep sea fishing from the Port of Madalena. These options are not included in the tour price but we recommend them for those wishing to experience what the Azores are most passionate about, marine life. Additionally, there are also a number of museums and of course the Gruta do Torres Lava Tubes worth visiting. Accommodation: Madalena – *HOTEL CARAVELAS*



Azorian traditional dance to prepare for the annual feast

Day 9 May 19 (Tue) PICOS ISLAND to SAO MIGUEL ISLAND (Furnas Village)

This morning, pending our flight times to Sao Miguel, we can hike a rural track to the local honey producers in the forest behind Madalena. Today our destination is *Furnas* (one hour from the airport of Ponta Delgada). *Furnas* (Portuguese for cavern or crater) is one of the Azores most unique destinations. A village of approximately 1900 residents, its colorful history dates back to the 1500's and includes pirate invasions, a once booming forest industry and of course, healing spring waters and steam vents making this one of the Azores's finest natural attractions. We have 3 nights here to enjoy some wonderful hikes within the archipelago's natural phenomena and gardens. Upon arrival, check into Hotel Terra Nostra Garden and time permitting, an exploration in the immediate area on foot - perhaps visiting the botanical gardens and enjoying the natural hot springs and hotel surroundings.

Accommodation: Furnas - TERRA NOSTRA GARDEN HOTEL 4 stars



Hiking the bamboo forests around Lake Furnas

Day 10 May 20 (Wed) FURNAS AND THE LAKE WALK

Today we hike to the *Furnas Lagoa* and surrounding natural area directly from hotel. Today's hiking can be of varying distances and includes a small summit challenge (Pico de Ferro view point). Reaching the lake is a highlight as well as passing the numerous caldeiras (hot springs), where stew dishes are cooked in the earth near colonial farmsteads, bamboo forests and more. This hike offers lake views and a wide variety of birds and unique flora along the way. Later today we visit

Europe's only tea plantation for a guided tour and tasting including a short hike above the plantation to take in surreal views of the terraced tea hedges. Total hiking time today approximately 5 hours / 900 feet elevation gain. Accommodation: Furnas –as per above; picnic lunch and a special dinner of Caldera cooked stew (from the earth).

Day 11 – May 21 (Thu) RIBEIRA QUENTE (the Sleepy Fishing Village) WALK

Today we hike the coastal paths of *Ribeira Quente* over the historic footpaths of fish sellers and pirates through forests and valleys with unique terrain consisting of ferns, ginger, cheesewood and honeysuckle. At our destination, we cross black volcanic sands for an optional swim and café stop. Historically an impoverished fishing village, the region is a delight for visitors with its warm hospitality and popular seafood. Return to Furnas via private transfer (20 min). Hiking time 4-5 hours today / 700 feet elevation gain. Accommodation: Furnas – same as above; / Farewell dinner in local restaurant.

Day 12 - May 22 (Fri) DEPARTURE FROM PONTA DELGADO

Pending final group flight time, free morning in Furnas to enjoy the hot springs and rich flora surrounding the hotel and village area. Afternoon private group transfer direct to airport (1 hour approximately), for departure home or onward travels.

Possible Itinerary Changes

While the itinerary in this prospectus is what the leader has planned at the time of writing, various factors may require changes for reasons of safety, transportation or lodging availability, and unforeseeable circumstances (such as weather considerations, natural disasters, or recommendations of governmental agencies). The leader reserves the right to make such changes as necessary, both before and during the trip.



Incredible views of Faial Island

Participant Profile and Leader Expectations

This trip is designed so that everyone may experience our adventure in the Azores through shared participation in activities in an organized group environment. AMC travelers are known for their cooperative efforts, and expectations are that all participants will be considerate of others sharing this AMC Adventure Travel experience.

You should enjoy traveling and be comfortable traveling in areas that are unfamiliar to you. You should recognize that you might find yourself in close quarters or be less comfortable than you are used to at home. You should make it a priority to help others on the trip and contribute to their having a good time.

When you participate in this activity, you should be in proper condition for the challenges outlined in this prospectus and equipped with proper gear. Prior to your acceptance as a participant in this trip, you will be asked to discuss your capabilities and experience with us. We may also request references to confirm your fitness level and suitability for participating in trip activities.

It may happen on any trip that a trip member is or becomes unable to participate in one or more of the planned activities. Leaders in their sole judgment have the right and obligation to refuse participation in any activity to any group member for reasons of safety, whether of the group or of the individual. Illness, injury or lack of proper gear or fitness for a particular activity are examples of some conditions that might result in a participant's being unable to perform one or more activity. Leaders may try to find a substitute activity or travel arrangements for the trip member, but this may not always be possible.

AMC Adventure Travel trips are run in a manner supportive of and consistent with the conservation, recreational and educational principles and mission of the Club. Trip leaders encourage participant conduct consistent with Leave No Trace environmental and conservation principles and local regulations.

Weather

The weather in May is typically mild: daytime temps in the mid 60s, nighttime temps in the mid 50s. It is often sunny, but can be humid with frequent short showers. (That is the reason the islands are green all year round.) Bring a rain jacket and rain pants, as well as a pack cover.



Caldeira (crater) of Lago do Fogo, San Miguel Island

Trip Cost

The trip cost is \$3695 which includes all lodging, two internal flights, two inter island ferry rides, and all meals beginning with breakfast on May 12 through breakfast on May 22 (many dinners include complimentary wine or beer). Group airport transfers and internal island transfers are also included. Restaurant and bus service tips are included. The price also includes the services of an AMC leader and a local guide. The trip cost does not include international airfare, estimated to be \$800. Any costs associated with the optional activities on May 18 are not included.

The price for this excursion is based on quotes or estimates obtained at the time the trip was planned. The final price of the trip will be adjusted in accordance with the best final arrangements we can make. Any savings we achieve, as well as any cost increases we incur will be shared by trip participants. Our cost estimates are conservative, and so a refund is more likely than a price increase. All Adventure Travel

trips are run on a non-profit basis and refunds, if any, are issued after the trip's financial accounting is complete.

In accordance with AMC policy, you are subsidizing the leader's costs. Beyond this, the leader is not allowed to realize any profit from this excursion. The trip price includes an AMC overhead fee to cover the administrative expenses of offering Adventure Travel excursions. The trip fee also includes emergency medical and evacuation insurance coverage. It does not include insurance for travel delay, interruption, or cancellation, or for baggage loss. If these possibilities concern you, individual travel insurance is recommended. More information about included emergency medical and evacuation insurance, as well as about optional and recommended travel insurance, will be provided to participants in their formal acceptance letters, which will be sent out when the trip has the required number of accepted applicants.

Accommodations / Meals / Transportation

We will be staying in three and four star hotels, all with pools, double occupancy.
All meals will be at restaurants, except for picnic lunches and special outdoor meals.
All transportation after your arrival on Sao Miguel Island is provided.

Airlines and Travel

Plan to arrive in Ponta Delgada on the island of Sao Miguel on the morning of May 12. (Depart from the US on May 11.) The trip leaders will assist you with information on flights from Boston, NYC, and other points. The trip ends in Ponta Delgada in the afternoon of May 22. Of course, you may arrive early or extend your trip. Do not make any non-refundable travel plans until told to do so by the leader.

Experience and Risks

As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with volunteer leaders to reduce risks and make the experience successful for all. You should always be aware of the risks involved and conduct yourself accordingly. Keep in mind that you are ultimately responsible for your own safety. Participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trips and camps, and transportation in vehicles, on foot, by boat, or on a bike. When you apply for acceptance onto a trip, please carefully read and sign the *Adventure Travel Acknowledgement and Assumption of Risks and Release and Indemnity Agreement* and call if you have any questions. When you participate in this activity, you should be in proper condition for the challenges outlined in this prospectus and equipped with the appropriate gear as stated.

Application Process and Cancellation

We expect a group size of 16 people, including the leader. This trip is likely to fill quickly. If you decide that you would like to sign up for this trip, let Ron know by email or give him a call. He will email you a link to the application forms. A reservation deposit of \$1000 per person is due with your application. Please make your check payable to the Appalachian Mountain Club and mail it with the completed forms to Ron at the address shown on the Application.

You will be considered *qualified* for the trip when the leader has determined by conversation with you that you and the trip seem to be a good match. You will be formally *accepted*, and your check will be deposited, when the trip leader confirms the trip has sufficient number of participants and is going as planned. The second deposit of \$1000 is due on September 15, 2019. The balance of \$1695 is due December 15, 2019.

When registration is complete, the trip leader will send all participants the names, addresses and telephone numbers of those going on the trip.

After notification of acceptance, the minimum cancellation fee is \$200. If actual costs (expenses already incurred on your behalf, and any unavoidable future expenses that will be incurred as a result of your registration and cancellation) are higher, they will be assessed instead, unless they can be applied toward another acceptable participant. In the unlikely event that the trip is cancelled, everything you have paid to AMC will be refunded in full.

Insurance

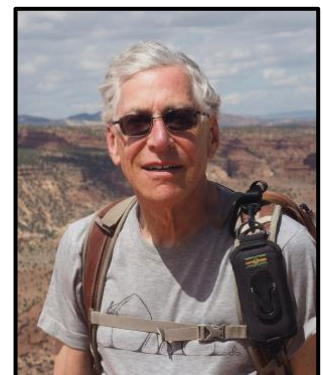
Included in your trip fee is a basic insurance policy. It covers up to \$5,000 for accident and sickness expenses, and up to \$200,000 for emergency evacuation and repatriation. Coverage includes only the dates of travel of the official AMC trip so additional days before and/or after are not included. Participants should have their own medical insurance. If you are accepted on this trip, we will provide information about purchasing optional travel insurance that could cover cancellation, lost baggage, etc.

Questions

If you have any questions or concerns, please contact Ron to discuss them:
Ron Janowitz: ron@ronjanowitz.com or 603-625-9848

Trip Leader

Ron Janowitz: Ron lives in New Hampshire and regularly hikes in the White Mountains. He has been leading AMC Adventure Travel trips for ten years. He has led AMC trips to the National Parks in Utah, Olympic National Park, Sedona, the Cascade Mountains, Death Valley, Idaho, Slovakia, Patagonia, Peru, Scotland, India, Switzerland, Ireland, Italy and Albania. He looks forward to exploring this unique area with the participants on this trip.



Required Gear

Here is a list of suggestions for what to bring to have a good time on the trip. Most of the items are things you would bring for a day hike in the White Mountains of New Hampshire.

Passport (must be valid for at least 6 months after trip ends)
Medical Insurance Card
Day pack and pack cover
Personal first aid kit
Rain gear (both jacket and pants)
2 one-liter water bottles, minimum, or hydration system
Wool or pile hat
Wool or pile gloves
Extra pile or wool layer for warmth
Waterproof hiking boots
Wool socks
Hiking shorts
Hiking long pants
Synthetic T-shirts
Long sleeve synthetic shirt; synthetic long underwear
Sunglasses
Sun hat
Sunscreen
Lip protection balm
Insect repellent
Leisure clothes for travel and restaurants (moderate amount)
Personal toiletries
Hand sanitizer
Head lamp with extra batteries

Optional Recommendations

Hiking poles (airlines may not allow poles as carry-on baggage);
Gaiters (for pebbles and dust, not for snow)
Tevas, Crocs, sandals and/or sneakers for leisure and cultural activities
Camera
Binoculars (highly recommended)
Ear plugs
Small knife (put in check-in luggage, not carry on)
Compass
Extra shoelaces
Zipper-closure plastic bags for packing lunches and snacks
Reading material during down time
Bathing Suit
Luggage lock