TREK TO THE END OF THE WORLD

FREQUENTLY ASKED QUESTIONS

How fit do I need to be?

This trekking challenge is all about **endurance** rather than speed. You will be up early in the mornings and trekking for between 5 and 7 hours each day, so ensuring that you have a good level of fitness beforehand is key. Sticking to our training plan will really pay off. The best form of preparation is to walk for good lengths of time on undulating terrain, wearing the walking boots that you will be using on the trek itself. Try to train with your day-pack on your back and get used to drinking and carrying water during your training. It goes without saying that you need to be mentally prepared

What will the trekking be like?

You will be trekking on good paths along cliff-tops, inland plateau and on beaches. Many paths are sandy, some are uneven and stony. There are many hills, some steep, and some paths are close to steep drops. Experience of walking on rough, exposed terrain will be a big advantage – confidence in outdoors walking is important. If you are unsteady on your feet or have knee problems you will find trekking poles useful, but do make sure you get used to them when training. The days are long, and the continual hills sap energy, especially if

Keep in mind that this is designed to be a personal and fundraising challenge, and many people will find elements of the trip difficult at times – whether it is the physical trekking, changing weather, vertigo or something else. Try to work as a team and help each other out during any difficulties. While there are challenges, **the enjoyment and rewards that come from trekking this spectacular coastline**

Who accompanies us on the trek from Discover Adventure?

Your trip will be led by an experienced Discover Adventure leader. Sometimes they accompany you from the UK, but they may meet you in-country. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first-aid. You are in very safe hands with a Discover

Will there be a doctor trekking with us as well?

An expedition doctor or medic may accompany the group as well, dependent on group size. Our medics are there to provide first aid and promote day-to-day welfare on the trip; they carry a robust medical kit, but cannot possibly be equipped with everything needed to counter any given situation. They also provide crucial support to our leaders and, as they are usually found at the back of our groups, are also experts at encouraging you when things get tough.

Who else will accompany the group on this challenge?

Our local support crew is made up of local guides and drivers. Local guides know the area well, and are a great source of knowledge about local customs and lifestyles. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely.

What are the transport arrangements for the group and our kit?

You will travel by private minibus to the start and from the end of the trek. As your main luggage will be transported by vehicles between each overnight stop, you therefore **cannot access your kit** during the day and will need to make sure that you carry a day-pack containing extra layers, waterproof, sun-cream, hat, camera, snacks, water, etc.



What is the accommodation like?

You will stay in hotels of a good standard (2-3*) on a twin-share basis for the duration of this trip. Our hotels are convenient to our trekking route, and are generally very good. You may find that the hot water sometimes runs out, or that there is the occasional power cut, but that's all part of the adventure! If you are travelling alone, you will be paired up with someone of the same sex and similar age – please let us know if you wish to share with a particular person, if

Can I request single accommodation?

There may be a limited number of single rooms in the hotels, subject to request and at an additional cost, on a first-come, first-served basis. Sharing a room is a really good ice-breaker if you don't know anyone else on the trip, so don't worry too much about it! However, if this is something you would like to discuss, please let us know as soon as possible.

What will the weather be like?

We travel in spring and autumn, avoiding the hot summer months; temperatures are generally between 14-19°C. Air and sea temperatures are generally a little warmer in autumn than in spring. Days are usually clear and sunny, but there is always a chance of rain; it's less likely in spring than autumn. This coastline can be windy all year round, and can make it feel chillier than it is.

Never underestimate the power of the sun's rays, even when it feels cool, is cloudy or windy. Ensure that you bring minimum Factor 30 sun-cream along with a high SPF lip salve. A sun hat and quality sunglasses are also a must. It's

What will I be eating?

The food is fresh, tasty and plentiful on this trip and it is important that you eat well to keep your energies up while trekking. You will usually eat breakfast and dinner in your hotels each day and lunch will be provided for you mid-way through the day. Lunches are usually buffet or lunch-box style, and food is **varied and plentiful**, so do make sure you eat enough to give you the energy you will need for your exertions.

I have a specific dietary need; will there be enough for me to eat?

We notify hotels of any dietary requirements (eg vegetarian, gluten free, dairy free) in plenty of time, and provision of meals is not usually a problem **provided you let us know well in advance.** Bear in mind that being vegetarian is generally less widespread in Portugal than in the UK, so meals in hotels may not be as varied as you are used to. If you feel you aren't getting enough energy because of your dietary requirements please talk to the leaders on the trip – they can't help unless they know there's a problem. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

Do I need to bring snacks?

Bring enough snacks to keep you going each day - around **2-3 tasty treats a day will suffice**. We recommend a combination of slow and fast release snacks such as cereal bars, flapjacks, and sweets (your favourites from home). Bringing a combination of treats will keep you interested in snacking as consistent energy levels are important. Don't

What is the celebration meal?

At the end of your challenge, there will be a special meal to celebrate your achievements. Please check your trip itinerary to confirm whether you will need to set aside funds to pay for this on the night.

How much do I need to drink?

Drink, drink, drink! Due to the nature of the challenge, you will need to drink significantly more than you would on an average day at home. You will be provided with plenty of drinking water at breakfast for the day ahead, and in the evenings at dinner, so ensure that you keep topping up your bottles and hydration systems. You will need to drink at least 2-3ltrs of water a day, so try and get used to trekking with that amount on you when training



What about toilets?

There are rarely toilet facilities during the day, so please be prepared. You will need to take baby wipes, nappy sacks and paper in order to make sure you **leave no trace** whilst out on your trek. These can then be discarded in the nearest bin.

What can I do to prevent illness during the challenge?

Expect health standards to be good in Portugal, as you would in most European countries, but illness can spread through the group very quickly when you are living closely together. It's important to bring **antiseptic hand sanitiser** for use after the toilet and before eating to minimise the spread of germs. Also, avoid sharing water bottles and sharing each other's food or sweets as this spreads germs very easily, even if you are being careful. On the trip itself, food is cooked and prepared to very high standards and you can eat with confidence – though adopt good hand-washing procedures to prevent bugs being passed around the group. Elsewhere, do not eat a meal if you suspect it has not been freshly or properly cooked, especially seafood or eggs.

It is considered safe to drink tap water, although if you know your stomach is easily upset by different minerals and changes in environment etc, it is inadvisable to do this. If you are wary of drinking tap water, consider investing in a filtration bottle such as Water-to-Go. This allows you to drink without concern from (eg) hotel taps and airports, as well as from natural springs on trek, without consuming single-use plastic. Please follow the link on our Responsible Tourism web-page for more information and a discount code. Sunstroke, sunburn and dehydration are always a risk on trips of this nature. Use a high sun factor cream or sun block – remember that you can burn even on cloudy days or when you feel cold. Windburn can also be a factor. Wear a hat and sunglasses, and ensure that you drink plenty of water or energy drinks to replenish your fluid levels. If you are feeling dehydrated or unwell, it's best to avoid caffeine

Any safety tips for non-trekking time?

While generally safe, visitors are advised to take precautions against petty theft and to ensure their personal safety, just as you would in the UK. One of the benefits of group travel is safety – you all look out for each other, and there's no reason to be alone. Sometimes, however, it's easy to lose concentration in a group. Stay focussed, and take responsibility for yourself and your belongings. Beware of thieves and pickpockets operating in busy areas such as bus stations, airports, markets, and popular tourist sites. Use your common sense and don't flash any valuables around, including your watch and camera. You don't need your best jewellery and gadgets on this trip. Be careful at



What if I have any issues during the trip?

Our leaders are very experienced and work very hard to ensure your trip runs as smoothly and enjoyably as possible, and we're sure that you'll have a wonderful time. If you do have any concerns or problems during the trip please talk to the crew and give them the opportunity to explain or rectify things while they are able. They are all very approachable!

Will there be Wi-Fi, phone reception and charging points?

The Wi-Fi in hotels may not be as fast as you're used to at home, and the phone reception may be limited in some locations. You will only have access to power for charging devices when in the hotels. For voltage and plug information in hotel accommodation, see https://www.iec.ch/world-plugs

How much money will I need to bring with me?

Euros should be obtained in advance. Cash machines are widely available, but there may not always be one where you need it, so make sure that you have enough money with you for at least the first few days, and carry a credit card just in case. You won't need much – allow for the meals not included in the trip itinerary, and any personal expenses. Alcohol is not provided, so allow for that if you want to try out the local beverages! Bring enough to cater for your requirements – everyone is different.

If for reasons due to fitness, illness or any unforeseen circumstances, you have to depart from the group arrangements, you must ensure that you have enough funds to cover any resultant costs – for example, extra accommodation or meals.

What do you recommend for crew tips?

The local crew work incredibly hard and it is great if we can show our appreciation in the form of a tip. The guide is **£40-50 per participant** which is split out between the local crew but this is of course at your discretion. Please do not give out individual tips to any crew who you feel have helped you personally, as they work well as a team and those out of sight will be working just as hard as those with you on the trek. Your trip leader will give you further advice.

What do I need to bring?

Refer to your **Kit List** to ensure that you have all the essentials for comfortable trekking. Make sure your walking boots are lightweight, waterproof and well-worn in. You may also wish to bring some foot powder with you to absorb sweat and help prevent blisters. Trekking tops of a wicking nature will be more comfortable to walk in than cotton. If you intend to trek with poles, ensure that you train with them. Don't forget your charity t-shirt too!

What will happen in the case of an emergency on this challenge?

The crew will have radios/phones, extensive medical kit and other safety apparatus where necessary. Our leader will always have access to our 24-hour emergency back-up in the UK. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary should local conditions dictate. If you are feeling unwell on this trek, tell your leaders and listen to their advice as your health and safety is our top priority.

Do I need travel insurance?

As part of your booking conditions, it is **compulsory that you ensure you have adequate travel insurance cover** to cover you for trekking. See the insurance page on our website for further information.

What is the luggage allowance?

Your luggage limit on the plane is generally 20kg with an extra allowance for hand luggage, but that will be confirmed nearer to departure. Do travel lightly; if you stick to the kit list you will manage this with no problem. Discover Adventure Kitbags are specially designed for the rigours of our challenges and are very affordable, please see your Passenger Portal for details.



When will we know the flight details and meeting point?

Discover Adventure will usually confirm the main group flight details 6 weeks prior to the trip departure so you will know which airport you are travelling from and can arrange suitable transport. You will be sent your **Final Joining Instructions** in the month prior to the trip departure date, within which specific details of **where and when to meet your trip leader** and fellow trekking participants will be confirmed.

Will I need my flight ticket before the trip departure date?

Unless specified otherwise, you do not need to have your flight ticket prior to the trip departure date as this will be given to you by the trip leader or a Discover Adventure representative at the airport. If there are alternative plans, your Challenge Co-ordinator will inform you.

Can I make my own flight arrangements or alter my flight from the main group?

Flights are included on this trip and you will automatically be booked on to the main group flights, unless you let us know otherwise in good time (no later than three months prior to the trip departure). It is possible to make your own flight arrangements and a land-only discount will be applied; see the **Flight Arrangements Form** in your Passenger Portal.

It is also possible to extend your stay and deviate from the main group flight booking; again, see the form. Note that you will remain on the same flight path, returning from the same airport. There is sometimes a supplement to pay if the flights are more expensive on your requested day; early requests have the best chance of avoiding this. We will always contact you if this is the case to check whether you are happy to proceed. If you are keen to upgrade your flight, this may

What if this trip does not meet minimum numbers?

Every group needs a minimum number of bookings for it to be feasible to run. Cancelling a trip is rare, and we do our utmost to avoid it. You will be contacted in plenty of time if we are concerned about the group size, and we will discuss

What are the passport and visa requirements?

British passport-holders should refer to the foreign travel advice given here for Portugal. A valid 10-year passport is essential; valid for at least 3 months after the end of your stay. It must also have been issued less than 10 years before the day you arrive. (If your passport was issued before October 2018, it may have had extra months added to its expiry date.) Be aware of entry requirements for the EU's Entry/Exit System (EES) rolled out from October 2025; see the above link for details. No visa is currently required for British passport-holders. If you do not have a UK passport, it is your responsibility to check the entry requirements with your own embassy, so please do so in good time.

Do check the FCO Entry Requirements in the above link carefully, as regulations can and do change without warning.

How can I find out more about the requirement for vaccinations?

We recommend you ensure your routine UK schedule of vaccinations is up-to-date (especially Tetanus) and check the NaTHNaC Travel Health Pro website for further guidance and information. Always consult your local GP or travel clinic for the latest health advice, as they are aware of any updates in World Health Travel requirements.

