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# Hike Along Sete Vales Suspensos Trail with Picnic Break from Lagos



☆☆☆☆☆  
0 User Reviews

🕒 6hrs approx.

📍 Lagos

€  
On Request  
Best Rate

Experience the best hiking route in Europe, the Seven Hanging Valleys Trail. This 5.7 km trail connects Praia de Vale Centeanes to Praia da Marinha, offering breathtaking cliffside views. On this hike, you will reach the beautiful town of Carvoeiro and you will also enjoy a picnic lunch with marvellous views.

## Highlights

- Hike **The Sete Vales Suspensos Trail** with a Local Guide
- **Rugged cliffs, beautiful beaches, and panoramic views**
- Pass above the stunning sea caves of **Benagil**
- Enjoy a **regional picnic lunch** with views

## General Overview

**Country:** Portugal  
**Region:** Algarve  
**City:** Lagos  
**Duration:** 6hrs approx.

**Type:** Private Full Day Tours  
**Theme:** Green Trails & Coastal Walks  
**Group Size:** 2 - 12 People  
**Price from:** €

## Introduction

### Exploring Algarve's Natural Beauty along the Sete Vales Suspensos Trail

This hike situated along the **stunning coastline of the Algarve in Portugal**, stands out as a must-experience adventure for hiking enthusiasts. As one of the most popular hiking routes in this picturesque region, it offers a unique blend of natural beauty and amazing views. Starting with your local guide from the beautiful **Praia da Marinha**, the **Sete Vales Suspensos Trail** takes you along a path that winds through the rugged cliffs and along the beautiful beaches of the Algarve. The trail is renowned not only for its breathtaking views but also for the unique opportunity it offers to pass right above the famous **Benagil Cave**, a natural wonder popular for its stunning sea caves. As you travel across the cliffside path, you will be treated to panoramic views of the deep blue Atlantic Ocean and the **rocky limestone formations** that define this part of Portugal's coast.

### Enjoy a Scenic Picnic Lunch and Visit the Fishing Village of Carvoeiro

One of the highlights of the journey is a leisurely picnic stop along the way. Our experienced local

guide, who knows the route well, will prepare for you a **picnic lunch with regional products**. This not only allows you to savour the flavours of the Algarve but also provides an opportunity to relax and soak in the breathtaking surroundings. The Sete Vales Suspensos Trail is an officially marked trail, but many enthusiasts like to extend their adventure. Our guide starts at Praia da Marinha and continues all the way to **Carvoeiro** town, adding a bit of extra mileage, around 2 kilometres or so. This extension is worth it as it allows you to explore more of the Algarve's coastline and soak in the charming atmosphere of Carvoeiro, a fishing village known for its colourful buildings and relaxed vibe.

## Day by day itinerary

DAY 1:

**LAGOS - PRAIA DA MARINHA - PRAIA DE BENAGIL - PRAIA DO CARVALHO - LEIXAO DO LADRAO - CABO CARVOEIRO - PRAIA DE VALE CENTEANES - CARVOEIRO - LAGOS**

- Meet your English Speaking Guide and driver at your hotel.
- Today you will enjoy an incredible hike, the Sete Vales Suspensos Trail.
- Transfer to the starting point of the hike at Praia da Marinha beach.
- Head towards the town of Benagil, passing by the famous Benagil caves, the beach of Carvalho and continuing to Leixão do Ladrão (Also known as the "Eyes of the Devil")
- Picnic lunch with regional products.
- Reach the fishing village of Carvoeiro.
- End of the tour and transfer back to Lagos.

**L**

END OF GUIDE AND DRIVER SERVICES

## Included

- English-speaking Local Guide.
- Transfer to/from your hotel in Lagos.
- 9km/5.59mi Hike from Praia da Marinha to Carvoeiro.
- **(L)**: Picnic lunch based on regional products.
- Local taxes.

## Excluded

- Transportation not specified in the itinerary.
- Meals not specified in the itinerary.
- Guided Tours not specified in the itinerary.
- Any other expenses not mentioned in the itinerary.
- Gratuities to Drivers & Guides (Not mandatory but given if you have enjoyed the service).

## Pick up

- Hotels or apartments within the city limits of Lagos
- Lagos Train Station
- Bus Stations
- Other locations on request at the time of booking

## Drop off

- Hotels or apartments within the city limits of Lagos
- Lagos Train Station
- Bus Stations
- Other locations on request at the time of booking

## Cancellation policy

- Up to 48 hrs before: **Fully Refundable**
- Under 48 hrs : **100% Non-Refundable**

## Transport

- Mercedes Benz E Class Sedan Car (1 to 3 People)
- Mercedes Benz V Minivan (4 to 7 People)
- Minibus or Bus (8 to 12 People)

**NOTE:** Or similar type vehicles in the same class as mentioned above.

## Map



