



A I R E L I B R E

# PORTUGAL



**OCTOBER 5TH - 10TH, 2024**

AIRE LIBRE RUNNING & HIKING EXPERIENCES  
SPRING/SUMMER 2024

# PORTUGAL

## ABOUT THE EXPERIENCE:

An extraordinary experience awaits as we journey through contrasting centuries-old hilltop villages, navigate the cobbled laneways of Lisbon, and embrace the crashing waves of the wild Atlantic Ocean. Our path will lead us along the untamed coastline and soaring trails of remote mountain villages.



# PORTUGAL

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# Technical Details

**LOCATION:**

Portugal

**DIFFICULTY:**

Gentle Adventure (Easy Active)

**DAILY DISTANCE:**

Ranging from 7 to 15 km

**TRAVEL TO:**

Lisbon Humberto Delgado Airport (IATA: LIS)

**TRAVEL DATES:**

Saturday, October 5th to Thursday, October 10th 2024

# Overview

Embark on an enriching journey through Portugal's diverse landscape and culture, revealing a multitude of captivating landscapes to explore. Enjoy breathtaking trail runs along coastal paths with breathtaking Atlantic views and uncover the historic charm of Aldeias do Xisto's inland trails.

Delight in the vibrant flavors of local cuisine, engage in yoga, cultural workshops, and relish local cuisine amidst the fresh mountain air as you and immerse yourself in the captivating transformation of abandoned towns into thriving artistic communities, where culture, history, and creativity intertwine.



# Highlights

Embark on breathtaking trail runs, from morning coastal paths with breathtaking views of the Atlantic Coast to exploring the historic charm of Aldeias do Xisto inland trails. Feel the thrill of downhill runs leading to captivating destinations like Castelo de Lousã.

Spend 3 nights in the rustic village of Cerdeira. A remarkable transformation from abandonment to a thriving artistic community.

Experience the gentle guidance of yoga sessions that provide physical and mental grounding throughout the retreat, allowing you to fully connect with your surroundings and yourself.

Engage in a special hands-on experience with a local artist, where you'll have the unique opportunity to create a small memento of the trip, bringing home a piece of Portugal's artistic essence.

[BOOK NOW](#)

# Weather

In October, Lisbon experiences a delightful transition from the warmth of summer to the pleasant embrace of autumn. The city is characterized by mild temperatures and a gentle breeze, creating a comfortable atmosphere for exploration. Daytime highs typically range from around 18°C to 23°C (64°F to 73°F), while evenings bring cooler but still pleasant temperatures around 13°C to 17°C (55°F to 63°F). There is a small chance of rain, with infrequent showers that add a touch of freshness to the air.



# Your adventure itinerary

## DAY 1

WELCOME MEETING – 8 KM AFTERNOON  
HIKE – YOGA SESSION IN THE FOREST

We will join local coffee royalty, Alyona and Diego, who will give us a warm welcome to kick off our adventure just right. Once we wrap up our meeting, a quick ride will take us to Sintra National Park, where the invigorating Atlantic breeze awaits us. Feeling recharged, Maria will guide us through our first yoga session right under the lush forest canopy.

As the day winds down, a delightful dinner will be waiting for us at our comfy accommodation for the night

**LUNCH & DINNER:** Included

**ACCOMODATION:** Cerdeira Lodge | Twin or Triple  
Share



## DAY 2

MORNING YOGA SESSION – 10 KM RUN  
COASTAL EXPLORATION

Maria will guide us through a yoga practice to start the day. The stunning limestone and granite cliffs of the Atlantic Coast are something that needs to be seen to believe. Clifftop trails undulating over sand dunes and perfect gravel paths, high above the crashing waves below. We will spend as much time as we wish, exploring the surrounding rock pools, white beaches and earn ourselves an optional swim in the ocean afterwards.

The afternoon is ours to enjoy. Whether we find a quiet corner to reflect on the day's experiences or simply relax.

**BREAKFAST, LUNCH, & DINNER:** Included

**ACCOMODATION:** Cerdeira Lodge | Twin or Triple  
Share

# Your adventure itinerary

## DAY 3

### 8 KM COASTAL TRAIL RUN – TRANSFER TO SERRA DA LOUSÃ

We will get our final fix of coast trails with a morning trail run along the coast, traveling along a different section before making our way inland to the contrasting landscape of the Serra da Lousã.

Irene and her community have brought new life into the area with the creation of the Home of Creativity. The village of Cedereira will be our home for the remainder of the experience.

A story that spans back generations, when last century the town was abandoned. Slowly new life has emerged through the adoption of Art and Movement.

The group will be staying in a collection of 9 beautifully renovated Schist houses, each with their own unique charm. All are designed by a different local artist bringing their own vision to life through stone, wood and local crafts.

**BREAKFAST, LUNCH, & DINNER:** Included

**ACCOMODATION:** Cerdeira Lodge | Twin or Triple Share

## DAY 4

### DAWN MEDITATION SESSION – 15 KM TRAIL RUN – LOCAL CUISINE DEMONSTRATION

Kicking off with a dawn meditation, today we'll embark on a journey by foot. We'll tread the ancient trails that have linked the Aldeias do Xisto for generations, passing by picturesque watercourses, charming villages, and capturing stunning vistas of the Serra da Lousã.

The afternoon invites us to unwind - perhaps take a refreshing dip in the small stream, enjoy your book on the terrace, or find your own peaceful corner within the village.

As evening approaches, we'll participate in a cooking demonstration, fully immersing ourselves in the flavors of the local cuisine.

**BREAKFAST, LUNCH, & DINNER:** Included

**ACCOMODATION:** Cerdeira Lodge | Twin or Triple Share



# Your adventure itinerary

## DAY 5

### 10 KM CASTELO DE LOUSÃ TRAIL RUN – ARTISANAL WORKSHOP

Feeling energized after two nights of rest in the refreshing mountain air, it's time for a thrilling downhill trail run that will lead us to the captivating Castelo de Lousã.

In the afternoon we will have the opportunity to learn about what makes this place so special through an artisanal craft workshop with a local artist. Each will have the chance to make a small memento of the trip.

**BREAKFAST, LUNCH, & DINNER:** Included

**ACCOMODATION:** Cerdeira Lodge | Twin or Triple Share



## DAY 6

### FAREWELL YOGA SESSION – FREE TIME IN LISBON – FAREWELL

It's time to come together and contemplate the incredible journey of the past six days.

Maria will lead us through a final yoga session, helping to center our minds and thoughts before we head back to our urban lives.

We'll all gather for a final meal, and once we've savored the last bites, you're free to roam the endlessly charming cobbled streets of Lisbon, soaking in its unique atmosphere.

**BREAKFAST, LUNCH:** Included

**SHUTTLE TO AIRPORT:** Optional Shuttle to Airport Included



# Included

- Transportation throughout the whole experience.
- Specially designed trails along the magical landscapes of Lisbon.
- Carefully curated culinary experiences.  
\*We can accommodate all dietary preferences.
- Exclusively designed yoga and meditation sessions.
- All meals and accommodations for the duration of the experience.
- Knowledgeable and professional local guides.
- Aire Libre & partner brands merchandise.
- Complimentary La Familia Global Community Membership (\$ 25 USD value)
- Dedicated sports and action photographer to capture your moments.

# Not Included

- Airfare for your inbound and outbound flights to Lisbon.
- Travel Insurance. We highly recommend securing personal travel insurance for your peace of mind.
- Alcoholic beverages and any additional meals beyond the provided ones.



# Suggested Packing List

- Quick-dry running bottoms (shorts / tights).
- Waterproof gear.
- Quality waterproof breathable running jacket (compact) with hood.
- Cool weather casual and sports clothing.
- Long and short sleeve quick-dry tops.
- Long sleeve thermal (Merino, polypropylene or similar) top in addition to the clothing worn for the run.
- Beanie and running gloves.
- Waterproof windbreaker jacket (compact)
- Sandals, bathing suit, and quick-drying towel.
- 2 pairs of trail running shoes.
- Sufficient pairs of running socks
- Biodegradable sunblock and insect repellent, cap and sunglasses.
- Personal medical kit (recommendation with basic medication for any ailment).
- Hydration vest or refillable bottles 2.5 L.
- Thermos for coffee or tea.
- Power plug adapter or voltage converter and night lamp or headlamp.
- Personal energy snacks (bars, nuts, etc...).
- Small waterproof bag to protect cameras and phones in case of rain during runs.\*
- Hiking poles.\*



## Accommodation options

For the first two nights of your adventure (nights 1 and 2) along the Ericeira Coast, get ready to unwind in cozy lodge-style accommodations that offer a perfect retreat after your day's activities. Enjoy the delights of home-cooked meals that truly capture the essence of Portugal's flavors.

Transitioning to nights 3 through 5 in Cerdeira, you'll become part of a unique lodging. This village, reinvigorated by Irene and her community, echoes with history, revitalized through the mediums of Art and Movement. Amidst this setting, Schist houses, each featuring distinctive designs by local artists, who bring their visions to life using stone, wood, and local crafts.

(Please refer to the itinerary for detailed information about the capacity available for accommodations on each night of the trip.)

## Pricing

**INDIVIDUAL BOOKING:** \$2,820 USD

**BOOKING IN PAIRS:** \$5,440 USD (Save \$200 USD)

Secure your spot with a 10% deposit

Payment installments available at Checkout



# Your Host

## GEORGE BAUER

He is a Melbourne-raised runner who now lives in the Highlands of Scotland, fulfilling a dream to explore single track trails from his doorstep. George's inspiration comes from the vast and varied experiences that running has brought him. He is a project designer focused on creating community through his love of plant-based food, and the exciting ways in which we can exercise the body and mind.



To connect with George, you can find him on Instagram as [@\\_georgebauer](#)

## MARIA JOÃO CRUZ

She teaches yoga and anatomy and also is trained as a massage therapist. She calls the rugged coast near Lisbon home, and will guide us through yoga in the forest, studio and beautiful terraces. An avid rock climber she will have you exploring the natural world around us like a child in no time.

To connect with Maria, you can find her on Instagram as [@mj.yogananomia](#)



# Before you travel

- Currently, Portugal's international borders remain open.
- A valid passport is required for entry.
- [ETIAS visa](#) might be required depending on nationality.
- Foreigners might be required to present a return ticket.

BOOK NOW



DO YOU NEED ANY ADDITIONAL INFORMATION?  
SCHEDULE A CALL WITH OUR TEAM!

CLICK HERE