

# YOUR JOURNEY INSIDE

CUSTOMIZED EDUCATIONAL HIKES FOCUSING ON THE ISLAND'S NATURAL HISTORY



## OF ROCKS AND VOLCANOES

When three continents wrestle in the middle of the ocean, the result is the Azores. At six million years of age, the Azores are relatively young, so the volcanic history of these ever-expanding islands is everywhere to be studied. **Join us** in identifying types of eruptions, lava flows and volcanic rocks, and of course stops at active volcanic vents and hotspots where you can enjoy a soothing and relaxing post-hike bath.



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## OF LAUREL FORESTS AND COASTAL ECOSYSTEMS



The Azores are home to an ancient and rare subtropical rainforest, the Laurissilva or Laurel forest. Many of the plant species in this moist, rich environment are exclusive to the Azores. **Join us** in identifying some of the main species in the Azorean Laurel Forest, with opportunities to visit coastal and mountain ecosystems and maybe even a dip in a waterfall or the ocean.



## TIME TO DESIGN YOUR HIKE!

Experiences can be held on Mondays or Wednesdays, when dates are available. Route to be decided according to your group's interests and abilities. Prices range from 75€ to 100€ per person. Includes transport and lunch. Experiences not suitable for children under 12. Please note that outdoors experiences are weather-dependent but we will do our best to notify participants with sufficient notice if a cancellation is warranted.

**MINUVIDA AZORES, LDA**

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# STANDARD HIKING EXPERIENCES

If you prefer a more traditional hike please read our experience descriptions below and let us know which experience your group would prefer.

## EASYGOING

*Experiences focus on nature walks. Ideal for leisure-focused groups or families.*

**WE HEAD TO FURNAS** and visit the most active volcanic region on the island. Experience a nature walk along Furnas lake including guided mindfulness. Have lunch by the lake and a post-hike soak in our favorite hot springs. **Total experience duration approx. 8 hrs. Hike length can be adapted to group, generally about 2 or 3 km. 75€**

**ENJOY A COASTAL HIKE** along cliffs and geological formations, followed by guided meditation near the Buraco de S. Pedro, an impressive cliff formation on the north shore of the island. Light yoga also possible, depending on weather conditions. **Generally half-day. Total experience duration approx. 5 hrs. 75€**

Start the day with a majestic view over the **SETE CIDADES RANGE** and lakes (twin lakes), followed by scenic walk (about 2 km) with mindfulness and picnic lunch. Continue with a scenic drive on the lake ridge and north shore of the island, with possibilities for stops at ocean hot springs. **Total experience duration approx. 7 hrs. Half-day option doesn't include ridge drive or hot springs. Experience is highly weather dependent, due to foggy mountain location. Lunch included if full day. 75€**

## MEDIUM

*For the enthusiast hiker seeking more vigorous trails + learning about the ecosystem. Doesn't mind breaking a sweat. Happy in rain or shine.*

**COZIDO HIKE** We prepare this traditional meat stew and lower it into a volcanic vent in Ribeira Grande, where it will slow-cook for 6 hours. We then start our 3-hour (7.5 km) circular hike through a spectacular waterfall where you can swim (seasonal for most). Upon our return the traditional cozido picnic meal (just-lifted from the ground) will be waiting. Meal includes salad, main course + dessert, paired with local wines and served by the hosts picnic-style or at **minuvida orchard lodge**. Hike includes a few steep inclines and stairs. Not recommended if you suffer from vertigo. Fish options possible. Held on Mondays or Wednesdays, depending on availability. **Full vegetarian not possible. Total experience duration approx. 7 hrs. 95€**

Start at the top of the **FURNAS VOLCANO** with a 1.5 km steep and slippery descent through a magnificent forest to Furnas lake, where we break for lunch. We then start a 5 km ascent to the top, with a silent meditative walk to catch your breath. Post-hike water tasting and hot spring soak. Held on Mondays or Wednesdays, depending on availability. **Total experience duration approximately 5 hours for half-day and 8 hours for full-day. Lunch, water tasting and hot spring soak available only for full day. 75€**

Enjoy a 2-hour hike over some of the most scenic mountains on the island, featuring stops at several lakes and beautiful endemic mosses. See the stunning birds-eye view over **SETE CIDADES LAKES** (weather dependent) and finish it off with a off road drive over the famous caldera ridge road with possibilities for stops at ocean hot springs. Held on Mondays or Wednesdays, depending on availability. **Total experience duration approx. 7 hrs. Experience is weather dependent, due to foggy mountain location. Lunch included if full day. 75€**

## HARDER

*Experiences for the hardcore hiker; someone looking to hike over 10 km a day. Relishes harsh conditions. Loves nature and learning about the island.*

**HIKE RIDGES AND CLIFFS**, cross rivers and swim in waterfalls (or on the beach) in this 10- to 14 km hike option on the north shore Maia region. We will stop mid-hike to enjoy our packed lunch. You will push your limits on steep descents and ascents, but will feel the reward of accomplishing your goal. You can finish the day with a cold beer at a local hangout. Held on Mondays or Wednesdays, depending on availability. **Lunch included. Total experience duration approx. 7 hrs. 75€**

**CONQUER THE TALLEST MOUNTAIN** on the island, Pico da Vara, at 1105 meters. The hike only about 7 km long, but it is a steady uphill, then a steady downhill coming back with the added challenge of possible wind, fog and rain. It's a real mountain. At the top, if the weather gods allow, you will see stunning views over the Povoação region, on the South shore, all the way to the ocean and also sweeping views over the entire island, from east to west. Hike features several passages over high gorges and canyons. This is a protected area, so please respect the surrounding natural preserve, home to the highly endangered Azorean bullfinch. Held on Mondays or Wednesdays, depending on availability. **Groups of 6 minimum. Highly weather dependent. Total experience duration approx. 8 hrs. 90€**

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