

Eco-Hiking Europe

International Project of Schools



Funded by the
Erasmus+ Programme
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PROGRAMME - PORTUGAL: 24 – 28 April

SUNDAY, 23rd April – Travelling day

11h00 – the rented bus will pick up the groups arriving on Sunday at the airport.

12h00 – The bus will pick up the rest of the group so that we can all have lunch together.

15h00 – Travel to Covilhã

19h00 – arrival at the hostel in Serra da Estrela

20h00 – dinner at the hostel

MONDAY, 24th April – Walking tour of the Estrela Mountain/ bus ride

- 10h00 - Youth hostel – Nave de Sto António (plants, herbs and relief)
- Glacial valley
- Covão da Ametade: walking around and see the source of the river and native plants
- Poço do Inferno - Pit of hell – walking and visiting – plants, relief and herbs (5/6 km) / viveiro de trutas – trout farm
- Manteigas: lunch in a restaurant
- 16h00 - Walking tour of Natural Park of Sameiro - packed tea (cestinho com presunto, pão, azeite, queijo, chouriço, vinho, sumos, águas) (2/3 km)
- 18h00 – Return to the hostel
- 20h00 - dinner



Poço do Inferno

TUESDAY, 25th April – Walking tour of the Estrela Mountain

- 10h00 – (bus drive) Youth hostel – Lady of good star – Tower (highest point in mainland Portugal)
- 11h00 - Lagoa Comprida – lake – beginning of the “eco-hiking” tour
- Lagoa Comprida – Lagoa dos conchos – Walking tour (around 2 hours) and plants/ herbs collection
- 12h00 - Packed lunch
- 14h00 - Lagoa Comprida – Sabugueiro (highest village in Portugal) - free time
- Return to the hostel
- dinner

WEDNESDAY, 26th April – Covilhã/ Peraboa

- 10h00 – checking out and bus drive to the hotel in Covilhã
- 10h40 – walking to school
- 11h00 – Arrival at school – Main entrance – reception by the school principal
- 11h15 – Portuguese lesson in the school's library and Portuguese presentation; reading exercise in all the languages (Manuel e Leonor 10.º B)
- 12h00 – lunch in the school canteen
- 13h30 – coffee time in teachers' room and students' cafeteria
- 14h00 – visiting the school and interview for the school radio
- 15h00 – Bus drive to the Cheese Museum in Peraboa
- 17h30 – walking tour of Covilhã (com a ajuda do turismo da Covilhã – street art)
- 19h00 – return to the hotel
- 20h00 - Dinner in the hotel (our suggestion)

THURSDAY, 27th April – Covilhã

- 9h10 – Greenhouse – collecting some herbs for tea
- 10h10 – PE lesson (Batista) + acrobatic gymnastics performance
- 10h30 – Talk: “Use of plants in medicine”
- 11h00 – break – tea (made with the herbs collected) and biscuits
- 11h30 – Record keeping (in the library)
- 13h00 – Lunch at the school canteen
- 14h00 – Robotics Club
- 15h00 - workshop about the use of plants and herbs in soap manufacture
- 16h00 - Record keeping
- 16h30 - Tea break: Cherovias (parnsnip – pastinaca sativa)
- 17h30 – drama workshop
- 20h00 – dinner in the hotel (our suggestion)

FRIDAY, 28th April – Covilhã/ Sobral/ Unhais da Serra

- 10h00 – Bus drive to Sobral (typical village)
- 11h00 – making bread from local grains/ sports/ traditional games
- 12h30 – barbecue / traditional games
- 14h30 – eco-hiking in Sobral (suggestions from Sandra, President of the Parish Council of Sobral); collecting plants; record keeping in paper
- 17h00 – drive to Unhais da Serra
- 18h00 – Arriving in Unhais da Serra: Eco-hiking; river beach
- 19h30 – cultural dinner in Restaurante Viriato

(Note: Who is Viriato? Look it up and add it to the mindmap about Portugal.)

SATURDAY, 29th April – Covilhã/ Lisbon

- 07h30 – Bus drive to Lisbon
- 11h00 – Arrival at the airport
- 11h15 – tour of Lisbon
- 08h00 – arrival at the airport and travel to Covilhã

BUDGET:

TRAVEL EXPENSES

- Rent a bus from Lisbon to Covilhã (hostel) and from Covilhã to Lisbon – around 1500€

ACCOMMODATION

From 23 to 25 April (booking by each team in January advised):

- Youth hostel in the mountain “Pousada da Juventude da Serra da Estrela”
- Website: www.pousadasjuventude.pt/pt/pousadas/serradaestrela/
- Booking: geral@pjserradaestrela.pt
- 11 € per person/ night (in 8-person rooms without private WC)
- Twin bedrooms with private WC (2 people) – 36 €
- Breakfast included

ACCOMMODATION - (Portuguese team will book the hotel in Covilhã after each team has sent us the list of participants.)

From 26 to 28 April

- Hotel Solneve *** (breakfast included)
- Website: www.solneve.pt
- Booking: reservas@solneve.pt
- 29 € - single bedrooms
- 48 € - double/ twin bedrooms
- 63 € - three-people bedrooms

- This hotel has a small heated swimming pool that can be used by its clients for free. Please bring swimsuits, swimming caps and towels.

FOOD

From 23 to 25 April

- lunch/ dinner: 7,00€
- Buffet lunch: 5.50€
- Supper/ tea: 2,00€

From 26 to 28 April

- lunch: 1,80 € (in the school canteen)
- dinner: around 10,00 € but last day will be more expensive – 20,00 €



**Thank
You!!!**