

minuvida azores experiences itineraries

VOLCANO COZIDO HIKE This experience starts with the Salto do Cabrito trail, lasting about 3 hours, followed by the Cozido das Furnas volcano-cooked meat stew prepared by **minuvida** at the Caldeiras da Ribeira Grande area. Experience limited to six people. Transport available.

SCHEDULE

15h Depart toward Caldeiras da Ribeira Grande trailhead

15h30 Start Caldeiras da Ribeira Grande - Salto do Cabrito trail with stop at Salto do Cabrito waterfall.

18h30 Picnic-style outdoor Cozido dinner at Caldeiras da Ribeira Grande area

20h Experience ends

EQUIPMENT Experience participants will be informed about trail and weather conditions prior to event and advised to bring appropriate clothing and footwear. **minuvida azores experiences** does not supply equipment.

FEEL THE VOLCANO HIKE + YOGA This experience starts with the Pico do Ferro trail, lasting about 3 hours, with a stop in the volcanic vent area for lunch outdoors, followed by a silent mediation walk at the in-town volcanic vents. Experience ends at Poça da D. Beija outdoor thermal spa. Experience limited to six people. Transport available.

SCHEDULE

10h Depart toward Grená - Pico do Ferro trailhead

10h20 Brief stop at Miradouro de S. Iria cliff overlook

11h Start Grená - Pico do Ferro trail

12h Stop at Caldeiras da Lagoa das Furnas area for lunch

15h Finish hike; drive to Caldeiras das Furnas area in town center

15h30 Silent mediation at the volcanic vents are with light yoga

17h Drive to Poça da D. Beija

18h Experience ends

EQUIPMENT Experience participants will be informed about trail and weather conditions prior to event and advised to bring appropriate clothing and footwear. **minuvida azores experiences** does not supply equipment.

LAKES + RIDGES HIKE & OFFROAD EXPERIENCE This experience starts with the Serra Devassa trail, lasting about 2 hours, with lunch near the world-famous Miradouro do Canário lookout, followed by a offroad excursion over the Sete Cidades caldera ridge. Experience limited to six people, with transport.



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SCHEDULE

10h Depart toward Serra Devassa trailhead

10h20 Start Serra Devassa trail

12:30h Stop at Miradouro do Canário for lunch and views

13:30h Start jeep tour around Sete Cidades volcano ridge

15 Stop at Ferraria/Mosteiros

17h Experience ends

EQUIPMENT Experience participants will be informed about trail and weather conditions prior to event and advised to bring appropriate clothing and footwear. **minuvida azores experiences** does not supply equipment.

FORAGING HIKE This experience starts with the Moinhos da Ribeira Funda trail, lasting about 3 hours, with emphasis on picking wild berries and educational information on endemic plants. Experience limited to six people. Transport available.

SCHEDULE

10h Depart toward Moinhos da Ribeira Funda trailhead

10h20 Brief stop at Miradouro de S. Iria cliff lookout

11h Start Moinhos da Ribeira Funda trail

12h Stop for lunch

17h Experience ends

EQUIPMENT Experience participants will be informed about trail and weather conditions prior to event and advised to bring appropriate clothing and footwear. **minuvida azores experiences** does not supply equipment.

GUIDED HIKES Experience includes full-day guided hikes with lunch. Experience limited to six people. Transport available.

SCHEDULES

Option 1 - Praia da Viola and Moinhos da Ribeira Funda trails in Maia

10h Depart toward Moinhos da Ribeira Funda

10h20 Brief stop at Miradouro de S. Iria cliff lookout

11h Start Moinhos da Ribeira Funda trail

12h Stop for lunch

15h30 Connection to Praia da Viola trail with return

18h Experience ends



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Option 2 - Monte Escuro Vila Franca do Campo trail

10h Depart toward Monte Escuro trail

10h20 Brief stop at Caldeiras da Ribeira Grande volcanic vents

11h Start Monte Escuro trail

12h30 Brief stop for lunch

18h Experience ends

Option 3 - Algarvia Pico da Vara trail

10h Depart toward Pico da Vara trail

11h Start Algarvia - Pico da Vara trail

12h Stop for lunch

16h Trail ends

17h Visit Tronqueira e Terras do Priolo bullfinch nature reserve

18:30h Experience ends

EQUIPMENT Experience participants will be informed about trail and weather conditions prior to event and advised to bring appropriate clothing and footwear. **minuvida azores experiences** does not supply equipment.

