

Essential guide to **PORTUGAL**

Portugal combines historic cities, beaches, mountains and regions with very different characteristics. Simple preparation will help you enjoy every experience with greater comfort and peace of mind, whether exploring urban centres, hiking along trails or discovering the coastline.

With the right preparation and the support of our team, you will be ready to experience Portugal with greater safety, comfort and peace of mind, focusing on what truly matters: making the most of every experience.

Disclaimer

Please note that weather conditions in Portugal can vary significantly depending on the region and time of year. Summers are generally hot and dry, particularly in inland and southern areas, while northern and coastal regions tend to experience milder temperatures. During autumn and winter, periods of rain, strong winds or adverse sea conditions may also occur.

Although most visits and activities can normally take place as planned, exceptional weather conditions such as extreme heat, heavy rain, strong winds, rough seas or periods of high wildfire risk may require changes to timings, routes or activities. Boat trips, coastal experiences, hiking and visits to parks or natural areas may be particularly affected. We will always do our best to maintain the planned programme, but safety and local conditions will always take priority.



CLOTHING AND WEATHER

WARM DAYS:

Choose light, comfortable clothing suited to the season and the activities planned. During the warmer months, breathable fabrics will help you cope better with higher temperatures.

MORNINGS AND EVENINGS:

Keep a light layer with you for mornings, cooler evenings or regions where temperatures may drop.

RAIN AND WIND:

A lightweight waterproof or windproof jacket can be useful, especially during winter, the transitional seasons or in coastal and mountainous regions.

IMPORTANT:

The weather can vary considerably between the north, south, coast and inland areas. Check the forecast each day and adapt your clothing to your itinerary.



ESSENTIAL PACKING LIST

FEET:

Comfortable footwear with good grip is important for walking through historic centres, cobbled streets and uneven terrain.

WELL-BEING:

Reusable water bottle, sunscreen, sunglasses, lip balm and a hat, especially during the warmer months.

LEISURE:

Swimwear and a towel are recommended if your itinerary includes beaches, swimming pools, spas or other aquatic experiences.

USEFUL ACCESSORIES:

A small backpack for daily outings, where you can carry water, documents and an extra layer of clothing.

ELECTRONICS:

Charger, power bank and European plug adapter, if necessary.



MONEY AND CONNECTION

PAYMENTS:

Cards and contactless payments are widely accepted in hotels, restaurants, shops and attractions.

CURRENCY:

The official currency of Portugal is the Euro, €. In most situations, there is no need to carry large amounts of cash.

INTERNET:

Mobile coverage is generally good in cities and the main tourist regions. In some rural or mountainous areas, the signal may be more limited.

ESIM:

An eSIM can be a practical solution to ensure connectivity from the moment you arrive, especially if your mobile plan does not include roaming in Portugal.



HEALTH AND SAFETY

TALK TO YOUR GUIDE:

Inform your guide in advance about allergies, physical limitations, special needs or any condition that may affect the planned activities.

MEDICATION:

Bring enough personal medication for the entire trip and keep the most important items in your hand luggage.

MEDICAL PRESCRIPTION:

If you take prescription medication, bring the prescription or corresponding medical documentation, preferably in English.

EMERGENCIES:

The national emergency number in Portugal is 112, available free of charge for situations requiring medical assistance, police or fire services.

LOCAL CONDITIONS:

Extreme heat, rain, wind or sea conditions may affect some activities. Always follow your guide's instructions and local warnings.



GOLDEN RULES IN PORTUGAL

STAY ON THE TRAILS:

Always pay attention to lifeguard flags and instructions. The Atlantic Ocean can have strong currents and waves, even when the sea appears calm.

BE CAREFUL IN THE HEAT:

On warmer days, stay hydrated, use sun protection and avoid prolonged exposure during the hottest hours of the day.

BE CAREFUL WITH FIRE:

During periods of high wildfire risk, respect all restrictions regarding access, the use of fire and activities in forest areas.

RESPECT HERITAGE:

Do not climb, scratch or damage monuments, historic structures or decorative elements. Many of the places you visit are protected heritage sites.

FOLLOW YOUR GUIDE:

Local conditions always take priority over the original plan. If an activity needs to be changed, follow the instructions of your Atelier guide.