

From the square at Salema, go past the toilets, keeping O Barco on your left and take the main road to Boca do Rio. This is the right hand turn before the Pension A Mare and is where the buses turn. It is a good tarmac road that heads towards the gap in the top of the hill.

Just before the tarmac runs out you will see a road, on the right hand, which takes you back in to the village. Take a right hand turn and almost immediately you will see a track on your left. *15 minutes*



Climb this track and at the brow you come to two paths. It doesn't matter which one you take as they will join a few hundred yards further on. You will join the cliff path and you can stop to catch your breath admiring the views in either direction.



Stay on the path keeping as close to the cliff as you dare. You will come to a 'gate' which you pass through descending all the time until you come to the beach. This is Boca do Rio. *30 minutes*

In the far right hand corner there is small ruined house at the other side of the river.



Try and get across the river. Depending on the time of year there are stepping stones at several places or you may need to edge around the bottom of the cliff. Once you are on the other side then follow the climb to the top. It is a stiff climb and at the top you will see a sign for Forte de Almadena. Follow this direction until you come to fort and spend a little time looking round. *45 minutes*

You should have caught your breath by now so on the right hand side of the fort looking from the sea you will join a narrow path in the direction of the white villa.

At the villa you need to turn left, private property and walk down to the main road. Turn right and you will see a sign for Cabanhas Velhas after a few hundred yards. Follow this sign to the beach. You can stop for refreshment here. *60 minutes*

Walk along the beach towards the left. Admire the rock formations on the cliff and turning back you can see Salema in the middle distance and the Forte de Almadena between where you are standing now and Salema. Continue walking up the beach to the end and follow the path up the hill to the derelict houses. This is the furthest point you can see from Salema when you look to your left.

Keep these houses on your left, watch your step, continue up the path passing another derelict building on your RHS and an old VW camper on your left.

After 100 yards take the fork in the path to your right and keeping the left hand beacon on your RHS continue walking as you start to go downhill to join another path. Have one last look behind you as far as you can and you will see Sagres. *75 minutes*

Follow the cliff path as near as you dare, past the grey beach and roller coaster up and down. Admire the different formations and on the last downhill you enter the edge of Burgau. Find your way on to the main road and turn right. After a hundred yards you will come to the Rua Agricola and the taxi rank. *90 minutes*

To get back to Salema you can follow the road. It will take you 30 minutes to get to Cabanhas Velhas, 40 to Forte de Almadena and the road drops steeply to take you back in to Boca de Rio. Following the road you will come to the junction with the tarmac road. Turn left and after a short distance turn right at the white concrete pillar.



This is another stiff climb, just what you need after two and a half hours, but at the top turn right and then left in to the village and a well earned beer.