Luar da Foia Restaurant Walk | 2.44km | Easy

Want to eat and walk it off? Walk to restaurant Luar da Foia to taste traditional mountain dishes. Replenished and in need of air? Make your way back to the tranquility of Vila Foia.

Jardim das Oliveiras Restaurant Walk | 4.04km | Moderate

Walk up through a medronho and eucalyptus forest on your way to taste more local gastronomy at Jardim das Oliveiras. Gently descend the hill back to the comfort of Vila Foia.

Oak & Poppy Route | 3.55km | Moderate

Through the cork oaks and down into the Meia Viana valley. In Summer, poppy flowers will accompany your tour of family agriculture as you climb toward the village. Loop back through the indigenous forest or continue on into Monchique.

Convent of “Our Lady of Exile” & Village of Monchique Walk | 8km | Moderate

Set out to visit the ruins of 16th century Convento “Our Lady of Exile” and enjoy the overview of Monchique with the Picota mountain in the background. Then descend down the windy streets through the art galleries, Matriz Church, village gardens and many cafes or restaurants in the Largo dos Chorões square. Make your way back to Vila Foia via the Meia Viana valley of family agriculture and up through the cork oak forest.

The Big Sister Loop (Foia Mountain Route) | 11.61km | Difficult

A steep walk will take you upwards past the vilas of Saramagal until you reach two restaurants, a “Rampa” or “Abrigo da Montanha” where you may chose to have lunch. Continue up through the forestry trails to the highest point in the Algarve, where you have 360º panoramic views of the southern coastline and lower Alentejo region. Refresh at the snackbar “Planalto” & visit the “Artesanato Monchique Crafts” displaying the work of local artisans. Descend through Pegões & Montes da Foia past restaurant Luar da Foia and back to comfort and rest at Vila Foia.

The Little Sister Loop (Picota Mountain Route) | 13.7km | Difficult

Descend through the cork oak forest into the family agricultural valley of Meia Viana, up past a local bakery (hidden) and up onto a plateau. Follow the forestry trails upward toward the wild fire watchtower at the top of the volcanic Picota mountain, the “Little Sister” of Foia. A gentle windy road will bring you down through cultivated terraces past the Cooperative to the Pé da Cruz Square (near Intermarche). Continue down the Estrada Velha and then climb briefly till the Luar da Foia restaurant, after which you can descent to comfort and rest at Vila Foia.
Overview Map

Steps to navigate the mountain from your smartphone:

1. Download free [wikiloc](http://wikiloc.com) outdoor GPS navigation app from your PlayStore or AppStore
2. Search for user: Vila Foia or the name of the walk or scan QR code in search bar

If you have a QR code reader: Scan QR code & follow link to website with walk.

For other routes, search for the user Veredas de Monchique, the Municipality’s endorsed walks:

**Short Walks:**
- Luar da Foia Restaurant Walk
  - 2.44KM | Easy
- Oak & Poppy Route
  - 3.55KM | Moderate
- Jardim das Oliveiras Restaurant Walk
  - 4.04KM | Moderate

**Medium & Long walks:**
- Convent of “Our Lady of Exile” & Village of Monchique Walk
  - 8KM | Moderate
- The Big Sister Loop (Foia Mountain Route)
  - 11.61KM | Difficult
- The Little Sister Loop (Picota Mountain Route)
  - 13.7KM | Difficult

**OVERVIEW MAP**