

Contents

Preface	3
Use of the guide	8
The best walks on the Azores	8
The Azores	11
Tourist information	19
Santa Maria – Ilha do Sol	30
1 2.00 hrs Baía do Tagarete	34
2 3.30 hrs From Santa Bárbara to Norte	36
3 5.00 hrs From Anjos to Baía do Raposo	39
4 2.30 hrs Circling the Pico Alto	42
5 4.30 hrs From Santo Espírito to Maia	44
São Miguel – connecting to the Western World	46
6 2.00 hrs Circling the Pico de Maíra	52
7 2.45 hrs Caldeira das Sete Cidades	54
8 5.30 hrs Circular walk around the Caldeira das Sete Cidades	56
9 3.00 hrs Lagoas Empadadas	59
10 2.00 hrs Rocha da Relva	62
11 2.30 hrs From Caldeiras to Salto do Cabrito	64
12 3.00 hrs Lagoa do Fogo	66
13 5.00 hrs From Água d'Alto to the Lagoa do Fogo	69
14 2.30 hrs Circular walk along the Lagoa das Furnas	72
15 1.45 hrs From the Lagoa das Furnas to Pico do Ferro	74
16 5.30 hrs From Furnas to Povoação	76
17 5.20 hrs From Faial da Terra to Água Retorta	80
18 2.15 hrs From Lomba da Fazenda to the Ribeira do Guilherme	84
19 6.10 hrs From Algarvia to Pico da Vara	86
20 6.10 hrs From Salto do Cavalo to Pico da Vara	89
21 1.30 hrs Alminhas de Achadinha	92
22 1.15 hrs Portinho dos Fenaís d'Ajuda	94
23 2.30 hrs From Ribeira Funda to Maia	96
24 2.00 hrs Chá Gorreana	98
Pico – the whaler's island	100
25 2.50 hrs From Criação Velha to the Gruta das Torres	104
26 3.30 hrs Zona do Verdelho	106
27 2.40 hrs From the Furna de Frei Matias to Madalena	108

28	5.45 hrs	Montanha do Pico, 2351 m.	110
29	5.00 hrs	Circling Santa Luzia	112
30	4.15 hrs	From the Lagoa do Capitão to the Baía de Canas.	115
31	3.30 hrs	From the Lagoa do Capitão to Cais do Pico	118
32	2.00 hrs	From the Miradouro da Terra Alta to Santo Amaro	120
33	4.00 hrs	From the Miradouro da Terra Alta to Piedade	122
34	7.15 hrs	Pico's highland lakes	125
35	4.00 hrs	Ponta da Ilha	128
36	3.00 hrs	From Parque Florestal de São João to Silveira	132
Faial – a sailor's paradise			134
37	4.00 hrs	Circling Ribeirinha	138
38	4.30 hrs	Over the Cabeço Gordo to Horta.	140
39	2.15 hrs	Circular walk around the Caldeira.	142
40	5.00 hrs	From the Caldeira via Capelo to Varadouro.	144
41	5.15 hrs	From Ribeira do Cabo to Praia do Norte	146
42	4.10 hrs	Ponta dos Capelinhos	149
São Jorge – a paradise for the cheese gourmet			152
43	3.30 hrs	Ponta dos Rosais	156
44	3.50 hrs	Fajã de João Dias	158
45	3.00 hrs	Fajã de Além	160
46	2.10 hrs	Fajã da Ribeira da Areia	162
47	3.15 hrs	Fajãs do Norte	164
48	1.40 hrs	From Biscoitos to Fajã Grande	166
49	3.30 hrs	From the Serra do Topo to Fajã dos Cubres	168
50	3.15 hrs	Portal – Fajã dos Vimes	172
51	6.00 hrs	Serra do Topo – Fajã dos Vimes – Fajã de São João	174
52	2.40 hrs	From São Tomé to Fajã de São João	178
Terceira – the Holy Spirit island			180
53	2.50 hrs	Fajãs and Mata da Serreta	184
54	4.50 hrs	From Serreta to the Pico da Lagoínha	186
55	2.10 hrs	Vinhas dos Biscoitos	190
56	2.50 hrs	Baías da Agualva.	192
57	2.00 hrs	Mistérios Negros.	194
58	3.45 hrs	Rocha do Chãmbre	196
59	1.30 hrs	Relheiras de São Brás	200
Graciosa – the quiet island			202
60	2.30 hrs	From the Serra Branca to Praia de São Mateus	206
61	3.15 hrs	From Praia de São Mateus to Carapacho.	208
62	2.45 hrs	Volta à Caldeira	210

63	0.55 hrs	Baía da Folga	212
64	2.30 hrs	Ascent from Beira Mar to the Serra Branca	214
		Flores – the flower island	216
65	5.00 hrs	From Costa to Fajã Grande	220
66	2.40 hrs	Circling Fajã Grande	224
67	3.00 hrs	From the Lagoas to Fajã Grande	226
68	4.20 hrs	From Fajã Grande to Ponta Delgada	228
69	2.30 hrs	Trilho das Barrozas	232
70	3.10 hrs	From Ponta Ruiva to Fazenda de Santa Cruz	235
71	2.00 hrs	Fajã do Conde	238
72	1.30 hrs	Ponta da Caveira	240
73	1.35 hrs	Porto da Lomba	242
74	3.10 hrs	Fajã de Lopo Vaz	244
		Corvo – remote and lonely in the Atlantic Ocean	246
75	2.00 hrs	Caldeirão	248
76	1.45 hrs	From Caldeirão to Vila Nova	250
77	3.50 hrs	From Vila Nova along the east coast	252
		Index	254
		Glossary	257