São Brás de Alportel - quite typical in its architecture and activities. Here we visit a cork factory. The cork that is harvested in the surrounding area is brought to this factory, prepared, treated and then exported. We explore a local bakery renowned for its traditional produce - carob bread, almond cakes and honey cakes where you can sample the local carob liquor. There is also time to visit the fascinating São Brás Ethnographic Museum.

Salir - a bucolic village where you can see the remnants of the ancient castle and its walls.

Final destination is a large estate where biological agriculture is practiced. Here you can learn the secrets of their famous preserves and also sample some of the delicious produce.