



7-8 days /
6-7 nights
12 PERSON LIMIT

MADEIRA *Adventure*



**A WORLD CLASS TRAIL RUNNING
ADVENTURE ON EUROPE'S MOST
DRAMATIC ISLAND**



Run the trails

Explore world-class trails across Madeira's most breathtaking landscapes — from lush levadas and dramatic ridgelines to rugged cliffs and ancient tunnels. Each run is pace-supported, with guided options tailored to suit all fitness levels.



All Inclusive

Relax in ocean-view accommodation perched on a cliff edge, with all meals included. From fresh local cuisine to recovery-ready amenities, everything is taken care of so you can focus on the adventure.



Beyond the Trails

Adventure Seeking — dive into canyoning, catch a wave with surf lessons, unwind with yoga, and cruise with whales at sunset. Every day offers something new to challenge and inspire.



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Why MADEIRA



Volcanic beauty, UNESCO Landscapes, Year-round Sunshine

The archipelago of Madeira is situated in the north Atlantic Ocean, southwest of Portugal. It is famous for its wine, local food, historical and cultural value, immensely beautiful and lush landscape, and of course, incredible mountain trails that 'Trail Run Adventures' fell in love with. We will explore all of the main corners of the island, the high points of Pico Ruivo and its neighbouring peaks, ancient levadas, waterfalls, tunnels, sandy and rocky beaches, and the famous city of Funchal.



— “ —
The runs were incredible and Braz ensured that every running ability was looked after...
Alexandra, Oct 2024
— ” —

Why TRAIL RUN ADVENTURES



Welcome to Our Adventure Family

Trail Run Adventures stands out for its personal, authentic and unique approach to adventure travel. As a passionate family-run business, founders Anna and Braz personally plan every adventure, ensuring an exceptional level of care, attention to detail, and connection with each participant, often running along beside you on breathtaking and carefully curated trails, away from the tourist crowds. The supportive atmosphere ensures every runner of every ability feels welcome, which is why so many guests return for their next unforgettable adventure.

Who are We?

Ron Braselton “Braz”: is a trail lover, following his heart to run races as he travels and explores new cultures. His sense of adventure and enthusiasm for life is contagious, and his passion to share that with others is how Trail Run Adventures was born.

Anna Frost “Frosty”: is an international and professional mountain, trail and ultra runner who has decades of experience in racing. From Vertical KMs to 100 milers, and adventures in and out of the mountains, Anna’s wealth of knowledge and passion for sharing her expertise with fellow adventurers means you will gain new skills alongside a new friend.

She is also a proud ambassador of SisuGirls, an empowerment project to get girls outside reaching their potential!





**7 days /
6 nights**
12 PERSON LIMIT

MADEIRA

Itinerary



JANUARY & SEPTEMBER

Day 1:

Meals: Dinner

Run: ~10km, coastal

- Arrival in Funchal, shuttle to hotel
- Check-in to hotel from 2pm
- Wine tour and briefing

Day 2:

Meals: Breakfast, Lunch + Dinner

Run: ~23km, Madeira's highest peak, Pico Ruivo

Activities: Evening Yoga/Core

Day 3:

Meals: Breakfast + Dinner

Run: ~20km, coastal ridge

Activities: Lunch at local Restaurant for an *Additional Cost.

Surf Lessons

Evening Yoga/Core

Day 4:

Meals: Breakfast, Lunch + Dinner

Run: No run today

Activities: Canyoning 5-6 hours

Evening Yoga/Core

Day 5:

Meals: Breakfast, Lunch + Dinner

Run: ~12km, stunning Levadas

Activities: Explore Funchal

Board a luxurious private Catamaran for Whale/Dolphin watching, afternoon tea and drinks, and water activities.

Day 6:

Meals: Breakfast + Dinner

Run: 3-4 hours of uphill mountain hiking and trail running.

Activities: Enjoy Porto Moniz natural swimming pools & lunch at a local restaurant *Additional cost

The afternoon will be time to relax, have a drink and reflect on the amazing week that we have all had together.

Goodbye dinner at the hotel and drinks at the bar after

Day 7:

Meals: Breakfast

- Farewell
- Shuttles to the airport



8 days /
7 nights
12 PERSON LIMIT

MADEIRA

Itinerary



JUNE

Includes Ultra Sky Running Madeira (USM)
www.madeiraskyrunning.com

Days 1-5:

Very similar itinerary as the January and September trips on the previous page, tailored to daily conditions.

Day 6:

Meals: Breakfast, Lunch + Dinner

Run: Option to run the Santana Vertical Kilometre (SVK) race, or have a rest day. Today, we also pick up the race packets for USM Race Day tomorrow.

Optional Activities, extra cost:

- Visit other parts of the island today, such as Funchal.
- Massages at the hotel.

Day 7:

Meals: Breakfast, Lunch + Dinner

Run: Race Day! Choose your distance.

Activities: Shuttles to and from races. Farewell Dinner.



Day 8:

Meals: Breakfast

- Farewell
- Shuttles to the airport

MADEIRA

What to Expect



Running Distances

Our trails are subject to change as we tailor our days to provide you with the best possible experience under daily conditions. However, you can expect to run from 1 hour to 4 hours, or 10-23km each day, with the longer trails being a combination of hiking uphill and trail running. We frequently stop to re-group, catch our breath, take photos, and soak in the beautiful scenery, so the distances are not run non-stop.

Difficulty Rating (1-5):

3 (Moderate Difficulty)

This trip is rated a 3, for moderate difficulty. Some of the runs can be cut short, but some of the terrain is steep and technical. Everyone will be able to run their own pace, so the trip is suitable for anyone comfortable with technical terrain. You should be regularly running 10km+ to prepare for this trip.

Local essentials:

Madeira's official language is Portuguese and the currency is the Euro (€). While English is widely understood in tourist areas, learning a few local phrases goes a long way. To greet someone, say "Olá" (hello), and to express gratitude, say "Obrigado" if you're male, or "Obrigada" if you're female.

Transport

Adventure Travel:

As we base ourselves at the stunning Quinta du Furão, Shuttles will transport the group around the island to the various trails and activities.

Flights:

Once we have confirmed you can book flights, you will fly to Funchal (FNC), Madeira.

Book a window seat if possible, as the views are spectacular flying in!

Airport Shuttles:

Complimentary shuttles will be provided for airport pick-up and drop-off, and confirmed 24 hours prior.



MADEIRA

What to Expect

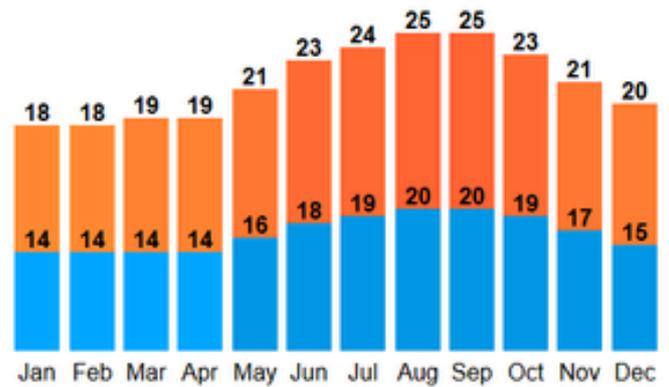


Accommodation

Your home will be the beautiful Quinta do Furão, a cliff-top boutique hotel offering twin-share accommodation (single upgrade available), with stunning ocean views, a hot tub, pool, gym, cocktail bar, restaurants, and cellar door, all set in lush vineyard surroundings ideal for relaxation and recovery.

Weather

Madeira's subtropical climate offers year-round sunshine and mild temperatures, ranging from lows of 14°C to highs of 25°C on average. Perfect for trail running any time of year!



Meals

Breakfast: Extensive and sumptuous buffet breakfast at the hotel.

Lunch: Lunches vary depending on the daily itinerary, from pizza, to ample packed lunches, and one or two offsite restaurant lunches at an additional cost.

Dinner: Nightly 3 course dinners at the hotel restaurant, featuring both indoor and outdoor dining with stunning sea and mountain views. The menu combines traditional Madeiran flavours with international dishes, emphasising local and organic ingredients, and is a definite highlight!



MADEIRA

The Trails



Where we Adventure in Madeira

While we like to keep things flexible to match the day's conditions and make sure you have the best experience possible, here's a map highlighting the areas we explore. It's color-coded to show routes with a clear start and finish - just to give you a feel for the adventure ahead!



MADEIRA

Cost



The adventure Investment:

- \$2995 USD
- USD \$500 non refundable deposit required to secure your place. The deposit can be transferred to another adventure, and will be refunded in full if the adventure doesn't go ahead.
- Remaining balance due by 90 days prior to adventure. Registrations made within 90 days of the trip date must be paid in full.

Inclusions:

- Airport transfers and all transportation while in Madeira
- Accommodation at the stunning Quinta do Furo (based on **twin/double shared rooms**. Single room upgrade is \$800
- Breakfast buffet, packed lunches, and dinner at the delicious Quinta do Furo restaurant
- All dietary requirements can be catered to
- Equipment for all adventures
- Whale/Dolphin watching tour on a private Catamaran
- Local guides
- Yoga/Stretch/Core Strength
- A guaranteed great time!

Exclusions:

- Flights (Please do NOT make travel arrangements until we notify you that the group size has met the minimum)
- Personal travel and medical insurance
- Offsite restaurant Lunches
- Alcohol and other drinks
- Additional snack foods, race food (gels, bars, electrolytes etc)
- Personal spending - souvenirs etc.
- Massages (can be arranged at the hotel)
- Extra days before or after the trip
- Tips
- Laundry service (available at hotel \$\$)

MADEIRA

Packing List



For Running:

- Trail running shoes with good grip (broken-in)
- You may want to bring an extra pair of shoes in case they get wet
- Lightweight running tops (quick-dry)
- Layers for cooler weather
- Running shorts/tights
- Running socks (several pairs, moisture-wicking)
- Running vest or hydration pack
- Minimum 1L water bladder or bottles
- Lightweight waterproof jacket (wind/rain resistant)
- Running cap or buff (sun/wind protection)
- All weather running gear - it can get cold in the mountains
- Wet weather running gear, especially for January
- Sunglasses (UV-protected)
- Sunscreen (sweat-proof)
- Electrolytes/gels - preferred running nutrition
- Small first aid/blister kit (compeed, band-aids, tape, crepe bandage)

Post Run & Casual Wear:

- Comfortable clothes for stretching / yoga
- Swimwear (for pool, surf, natural pools)
- Flip-flops or sandals
- Sweat towel (optional)
- Foam roller or massage ball (optional)
- Recovery drink mix or protein powder (optional)
- Casual clothes for dinner or town visits
- Light jumper or jacket (evenings can cool off)
- Lightweight daypack (for non-running outings)
- Sleepwear and underwear

Extras:

- Plug adaptor (EU plug – Type F)
- Phone and/or small camera
- Power bank
- Passport + travel insurance documents
- Personal medications
- Toiletries

MADEIRA FAQ



Do I need to be an experienced trail runner?

- Some experience is required due to the inclusion of technical terrain, however, we welcome all levels of runners. Each run is guided and pace-supported, with multiple options based on fitness and terrain comfort.

What distance and elevation can I expect each day?

- Daily runs vary between 10–23 km with moderate to challenging elevation. Some days include optional shorter routes or rest activities.

What if I want to skip a run?

- That's totally fine. Rest days are supported, and there are alternate activities like yoga, ocean swims, or cultural outings to enjoy instead.

What gear do I need to bring?

- Bring trail shoes with good grip, running clothing, hydration gear, and layers for changing weather. A full packing list is provided (see previous section).

Is travel insurance required?

- Yes, all participants must hold valid travel insurance covering medical emergency and activity-related risks. Mountain Rescue insurance is recommended for races.

Is accommodation shared?

- Yes, accommodation is twin share by default, with an option to upgrade to a private room for an additional fee.

Are meals included?

- Yes — your package includes buffet breakfast, most lunches, and a 3-course dinner each night (alcohol drinks not included).

What's the weather like in Madeira?

- Daytime temperatures range from 18°C to 25°C, with stable, mild conditions ideal for running and outdoor activities.

Can I come alone?

- Absolutely. Many guests travel solo and leave with lifelong trail mates. You'll be welcomed into a supportive and social environment.

