



The Perfect 5-Day Itinerary With Kids In São Miguel Island, Azores

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Day 1

Explore Ponta Delgada With Kids

1. Watch the whales and ride at **Ponta Delgada**.
2. Visit **Ilhéu de Vila Franca do Campo** for snorkeling.
3. Visit the **São Sebastião church** or any of the amazing churches around the city.
4. Enjoy a picnic dinner at the beach.

Day 2

Drive Around São Miguel With Kids

1. Take a little tour around the east side of the island. Start at **Miradouro do Cintrão**, visit the lighthouse, then head east. Look for brown signs that alert you to a hike, viewpoint, or other points of interest.
2. Drive to the **João de Cantos Parque**. Our kids loved playing by the lake while the adults admired the romantic, and beautiful cathedral.
3. Go to the other side of the lake and rent a canoe or watch the volcanic activity in **Fumarolas Lagoa das Furnas**.
4. Head to **Furnas**. Go for a hot swim under the stars at **Poça da Dona Beija Hot Springs**. It's open until late, but I'd recommend going before it gets dark.
5. Hit **Tony's** for dinner. Call ahead and reserve *Cozido*.

Day 3

Enjoy São Miguel With Kids

1. Head up the middle of the island to see **Lagoa do Fogo**. View from one of the miradouros first, then go down to the lake (park at **Parque de estacionamento**). Be sure to check the live webcams first. You might not be able to see anything because of the clouds and fog, that's what happened to us!
2. Hike on the **Janela Do Inferno Hike**.
3. Book a farm tour in advance and head to the **Âmago Wellness Farm** in the afternoon (around 4 pm) for a tour and experience milking the cows.

Day 4

Explore Sete Cidades With Kids

1. Head to **Sete Cidades** for a family hike. Choose your own route on All Trails or hire a hiking tour guide for the day. A visit to the **Blue and Green Lake** (Lago Azul and Lago Verde) inside an ancient crater here is a must! **Miradouro da Vista do Rei** is also a great viewpoint (literally the king's lookout).
2. For lunch or dinner, **Lagoa Azul** serves Mediterranean flavors and the place looks great!
3. Visit **Igreja de São Nicolau**. The picturesque main church in the area with lovely gardens.
4. Rent a kayak at Sete Cidades or stop by a playground.
5. Go for a swim in the nearby **Ponta da Ferraria** natural hot springs.
6. Choose a guided tour in the area and learn history from the locals!

Day 5

Discover Hidden Gems of São Miguel with Kids

1. Visit the **Arruda pineapple plantation**, located near Ponta Delgada, which offers self-guided tours, or the **Goreanna tea plantation**, which is currently the only tea plantation in Europe and has been around since 1883. Tour is free and the parties are self-guided as well (donations welcome). Note: Can be very popular and difficult to find parking.
2. Visit a fortress, like the one in **São João Baptista**.