

# Self-Guided Hiking Tour

Portugal



## Tour description

Day 1	
Arrival Porto	
Day 2	11 km
To Pinhao to Villarinho	
Day 3	14 km
Circular Walk	
Day 4	16 km
To Alijo	
Day 5	15 km
Circular walk	
Day 6	14 km
To Casal de Loivos	
Day 7	6 km
To Pinhao	
Day 8	
Depart from Porto	

## Heart of the Douro Wine Country

Spend one week on the self-guided walking holiday in the Douro Valley through the astonishingly beautiful World Heritage landscape. Following a route between the view-points that offer the best vistas, you can admire breathtaking landscapes over the river and visit vineyards, towns and villages. Make your way from Porto into the very heart of the Douro region on foot, slowly taking it all in.

Follow unpaved roads and footpaths as you walk from village to village, pausing for picnic lunches and visits to local wine estates where you can sample not only award-winning table wines but also port and muscatel wines.

Museums such as the Bread and Wine Museum in Favaios will give you a greater appreciation of local traditions and wine production. You'll also be able to see some of the year-round activities involved in tending the vines and terraces.

Relax after each day's walk at carefully selected country houses and hotels where you will receive a warm welcome, comfortable accommodation and delicious meals.

End your self-guided walking holidays in the Douro Valley back in the fascinating historical city of Porto where you can visit the port wine cellars in Vila Nova de Gaia as well as the exploring Porto's many sights and views.

## Tour Details

Departs: Daily March to mid-November

Cost: \$1950 per person  
Single room upgrade: On Request

Length: 8 days / 7 nights

Grade: Moderate

Start: Porto

Ends: Porto

## Fast Facts

### What's Included:

- 7 nights using charming accommodations throughout with breakfast included
- 3 Dinners and 5 packed lunches
- Road book, luggage transfers and GPS
- Transfers on Day 1 and 7

### What's Not Included:

- Other transfers not outlined
- Meals not outlined
- Wine tours and tastings, museums
- Personal expenses

# ITINERARY

## Day 1 – From Porto to the Douro region by train

We'll be at the airport to meet you and drive you to the train station in Porto where you'll receive a full briefing about your self-guided walking holidays in Douro Valley. (B)

Take the train from Porto to the small riverside village of Pinhão (2.5 hours) where the train station is decorated with painted tile panels depicting Douro wine production. Walk or take a taxi to a working winery with attractive guest rooms, stunning views of the Douro River and an outdoor pool.

Stroll around the vineyards, sample their wines or take a boat trip along the river (paid locally). Enjoy tasty local dishes this evening in the onsite restaurant or head into the village for other options.

## Day 2 – To Vilarinho de São Romão (10.6 km, +689m)

Explore the western slopes of the Pinhão Valley today as you climb to the hillside villages of São Cristovão do Douro and Provosende. The views of surrounding vineyards more than compensate your efforts. End this journey with a warm welcome and home-cooked meal at a historical country house. If weather permits, take a refreshing dip in the outdoor pool or simply relax in the comfortable guest lounge. (B, PL, D)

## Day 3 – Circular trail via Pinhão River (13.6 km, +664m)

With Vilarinho de São Romão as your base, today's circular route winds down to the Pinhão River via a couple of small villages and wine estates and along the opposite hillsides, through the vineyards, with varied landscapes and splendid views throughout.

Relax at a riverside picnic spot before making your way uphill to the village of Celeirós where you can stop to taste the wines at Quinta do Portal before returning to your delightful accommodation. Take a taxi up the hill if you'd prefer an easier day. (B, PL, D)

## Day 4 – Vilarinho de São Romão to Alijó (16 km, +689m)

Enjoy views across the valley on your way towards the pretty village of Sabrosa. Follow an ancient road between here and Favaios as you head down through the vineyard terraces to the river. Wind your way uphill again between grape vines and olive groves towards a distinctly different landscape.

Taste traditional wood oven-baked bread and moscatel wine in Favaios then continue to the small, historical town of Alijó. Settle into your comfortable accommodation for the next two nights. Explore the town or relax by the pool before having dinner at the onsite restaurant or in a nearby restaurant. (B, PL)



## ITINERARY continued

### Day 5 – Circular walking trail São Mamede da Ribatua (14.5 km, +485m) (or shorter option (8.2 km) with return by taxi)

Today's walk is a circular route from Alijó that undulates through an ever-changing patchwork of vineyards and fields towards the ancient village of São Mamede da Ribatua with spectacular views of the surrounding rock-strewn mountains and the glittering lake below. Leave the village via a different route to return to Alijó or take a taxi back for a more relaxing afternoon. A third option involves a walk down to the lake before calling the taxi. (B, PL)

### Day 6 – From Alijó to Casal de Loivos (13.8 km, + 268m)

Spend the day walking in Douro Valley through vineyards, perhaps calling in at a wine estate or two for a tour and tasting session before reaching the ridge at the top of the eastern slopes of the Pinhão Valley. Look back at the terraced slopes opposite to identify the villages you walked to earlier in the week. You'll have magnificent views of the Douro River before reaching the last village of the day.

Spend the night in a 17th century country house with amazing views and a pool. Visit the nearby olive oil museum or unwind on the charming terrace while you wait for dinner to be served onsite. (B, PL,D)

### Day 7 – Walking trail from Casal de Loivos to Pinhão (5.9 km, +137m) then return to Porto by train

Today's short but glorious walk down to Pinhão leaves you with time for a final winery tour and tasting session (optional, paid locally) overlooking the River Douro. You could have lunch in the village or a picnic in the vineyards before taking the train back to Porto for a night in the heart of the city in a stylish modern hotel.

Take some time to explore the city's historical monuments, revitalised areas such as Rua das Flores and the riverside Ribeira district. If you have time, cross the river and visit at least one of the port wine cellars in Vila Nova de Gaia to see and smell where the barrels of aging wine are stored. (B)

### Day 8

We will take you to the airport in a comfortable private car in time for your flight.

End of our services

After breakfast at the hotel, make your way to the airport. If you have extra time before you leave, experience any of Porto's highlights that you didn't get around to on Day 7.

Meal Description: B= Breakfast

PL= Packed Lunch

D= Dinner



## What to Expect

### What will the weather be like?

The daytime temperature will be warm and sunny. In Spring and Fall, you can expect high 70's (high 20's C), and cooler evenings. Sunscreen is a must during the day, as is a sweater for the cooler nights. Traditionally it does not rain, but it is recommended to bring some rain gear in case. Summers are hot and sunny.

### How many hours of walking a day?

Be prepared to walk between 4-7 hours daily, rarely on flat terrain. The Portuguese countryside is all hills. You are either going up or down almost all the time; however, these are shorter rolling ascents and descents - very do-able with short distances in order to enjoy your day.

### How fit do I need to be?

The fitter the better, and some long distance hiking experience is recommended but not required. If you think you cannot do all of the mileage, we can add some internal transfers (at a cost) to shorten the route.

### What are the hotels like?

We use mostly 3\* accommodations and a couple of good 2\* in smaller villages, with twin-bedded rooms, all with private facilities in the standard itinerary.

## Getting There

The main airport closest to the starting point is Lisbon International Airport. Then you can take a local flight directly to Porto. On arrival, you will be met and transferred to your hotel.



## How to book your holiday

- Contact our office to make sure there is space available. One of our travel planners will walk you through the entire booking process.
- Download the reservation form from our website and send in completed form by fax or email. Once this is done, your space is confirmed and a pre-departure packet will be sent immediately or simply complete it online.
- Deposit is required immediately, and final payment is due 60 days prior to departure. Terms & conditions are outlined on the back of our Reservation Form.
- Plan your air travel as soon as possible.
- We encourage you to purchase travel insurance, either through us or directly a travel insurance provider.
- Ensure that you are in proper health for the trip chosen. Contact us for more information on vaccinations, inoculations, and fitness requirements.