

PORTO
& NORTH

 visit Porto&North
Portugal

ITINERARIES

DOURO



AWAKE TO DOURO.



The Douro awakens by layers. First the aromas, then the flavours and finally the light.

Uncover the secrets of this region, to which no one can be indifferent and which is everybody's treasure, because it is a World Heritage Site.

Immerse yourself in truly sensory experiences, indulge in unique landscapes and float along routes full of history.

Page by page, you will also be able to find some recommendations for organised experiences and suggestions of partners so that you can enjoy a peaceful visit. Get in touch with us for a more personalised service. We guarantee completely safe experiences.

SELECT THE
NUMBER OF
DAYS OF YOUR VISIT.

1 DAY

VILA REAL, PESO DA RÉGUA AND LAMEGO

MORNING

Vila Real is a beautiful city with an open smile. Here, you are surrounded by mountains and, in the historic centre, you will feel you are strolling through other times, inspired by the surprising architecture of the buildings. Be sure to visit **Palácio de Mateus** (starting at 9.50€), one of the city's landmarks, located about 3km from the city centre. Palácio de Mateus is related to one of the most exported Portuguese wines: Mateus Rosé.

We recommend

A break for lunch in **Régua**, at the restaurant "**A Companhia**", which is part of **Museu do Douro** [Douro Museum]. Take the opportunity to **visit the museum** (starting at 6€) where you will get to know the history of this demarcated region better.

More information [here](#).

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For more information contact us through our - Live Chat.

AFTERNOON

The journey continues to **Lamego**, on the south bank of the Douro River. This is a city with a historical-religious heritage nationally renowned, so we recommend that you start your visit at **Sé de Lamego**, a Gothic cathedral founded in 1129, but with alterations being made in the 16th and 17th centuries. Walk along **Avenida Alfredo de Sousa**, towards **Nossa Senhora dos Remédios Shrine**, known for its famous staircase, a hallmark of the city.

We recommend

Stop by **Museu de Lamego** [Lamego Museum] (starting at 3€), formerly known as *Palácio Episcopal de Lamego* [Lamego's Palace of the Bishop]. Here you will find all the details about the history of the city and the artistic collection that was once part of the palace, such as paintings, tapestries, transport means, among others.

More information [here](#).

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WHERE TO TASTE PORTO AND THE NORTH OF PORTUGAL?

VILA REAL

- **Bons Tempos Restaurante & Petiscos** (American diner and Mediterranean, European cuisine)
 - **Curva 24 – Refeições & Petiscos** (European, Portuguese cuisine and vegetarian-friendly)
 - **Restaurante A Viúva** (Portuguese and European cuisine)
-

PESO DA RÉGUA

- **Tasca da Piasca** (European and Portuguese cuisine)
- **Locomotiva Wine & Gourmet** (European and Mediterranean cuisine)
- **Restaurante Gato Preto** (Mediterranean, Portuguese and European cuisine)



DAY 1

PINHÃO AND TUA

MORNING

It can be said that the **train journey from Porto to Pinhão** has the most beautiful view in the world. From the Pala station, the railway line follows the river up to Pinhão. The trip starts at São Bento Train Station at 9:20 am (11.20€) and its 2h15m pass in a trice.

In Pinhão, there is a lot to see. We suggest the beautiful tile murals on the walls of the station, the traditional atmosphere of **Rua da Praia** and, also, that you head towards the **pier**, where you can walk along the river and cross the iconic **iron bridge**. Later, from here, you can do a different programme that combines a rabelo boat with kayak.

We recommend

A visit to Quinta do Bomfim, located a short walk from the Pinhão station, where you can discover the space and taste the wines. (Visits including tasting – starting at 17€).

More information [here](#).

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AFTERNOON

Embark on a historical journey aboard a **Rabelo boat** (55€) from Pinhão to Cais Foz Tua. On this one-hour tour, you will travel 12km surrounded by a stunning landscape of the vineyards and feeling the fresh breeze from the Douro. There is time for everything in this trip, even for a dive in small beaches.

Your journey back will be different, in a **kayak**. Feel that you are one with the river, in an experience planned in detail and in complete safety.

We recommend

Take an **easy walk between Provesende and Pinhão** (50€). You will travel **5 km**, a distance that can easily be covered in just 1h30min. Along the way, you can admire the beautiful landscapes and discover one of the **wine-producing villages in the Douro**.

More information [here](#).

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WHERE TO TASTE PORTO AND THE NORTH OF PORTUGAL?

PINHÃO

- **Rabelo** (Vintage House Hotel) (Quinta Nova) (European, International and Mediterranean cuisine)
- **Cozinha da Clara** (Mediterranean, European and Portuguese cuisine)
- **Caso do Arco Restaurante** (European, Mediterranean cuisine and steakhouse)

WHERE TO REST IN PORTO AND THE NORTH OF PORTUGAL?

PINHÃO

- **The Vintage House Hotel** (Hotel ★★★★★)
- **Quinta Nova Nossa Senhora do Carmo** (Agritourism)

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DAY 2

VILA NOVA DE FOZ CÔA AND TORRE DE MONCORVO

MORNING

The municipality of Foz Côa has a list of **recommended walking routes**. We suggest you start the day on one of them. Take advantage of the multiple **viewpoints** with stunning sights of the wine-growing Upper Douro, such as *Miradouro do Arnozelo* or *Miradouro do Caminho da Costa*.

We recommend

Take a **kayak tour in Côa Park** (40€), one of the largest open-air Palaeolithic museums, where you can see some of the rock engravings up close. Be adventurous because **kayaking** is one of the best ways to discover the biodiversity of the Douro River.

More information [here](#).

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AFTERNOON

Relax on the **river beach of Foz do Rio Sabor**, in Torre de Moncorvo. Here you can enjoy a quite **rowing boat ride** (price on request) or choose a **jet boat ride** (250€/boat – max. 10 people) lasting 4 hours, with lunch included and tasting of Port wine.

We recommend

An organised half-day **4x4 tour** (35€/person) to discover the less explored area of the Douro, passing through Douro Wine Region, Arribas do Douro Internacional and the tributaries of the Douro, the Sabor River and the Côa River, as well as their surrounding areas.

More information [here](#).

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WHERE TO TASTE PORTO AND THE NORTH OF PORTUGAL?

VILA NOVA DE FOZ CÔA

- Taberna da Julinha (Mediterranean and European cuisine)
 - Côa Museu (Mediterranean, European, Portuguese, vegetarian and vegan cuisine)
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TORRE DE MONCORVO

- Taberna do Carro (Mediterranean, European and Portuguese cuisine)
- O Lagar (Mediterranean, European and Portuguese cuisine))
- O Artur (European and Portuguese cuisine)

WHERE TO REST IN PORTO AND THE NORTH OF PORTUGAL?

VILA NOVA DE FOZ CÔA

- Quinta do Vallado Wine Hotel (Residential Tourism)
- Casas do Côro (Country House)



DAY 1

AMARANTE AND LAMEGO

MORNING

Get immersed in tradition, culture, music and art in Amarante. In this city you can find a little bit of everything. Start your visit with a walking tour of the **historic centre**, including the São Gonçalo **Bridge** over the Tâmega River, the city's landmark, and **Museu Municipal Amadeo de Souza Cardoso** [museum] (1€), where you can find works by various artists, winners of the Amadeo de Souza-Cardoso award.

Then walk to **Parque Ribeirinho**, on the left bank of the Tâmega River. Take the opportunity to relax and capture the moment with a beautiful photo of São Gonçalo Bridge and the historic centre, as the best views are from this place.

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3-DAY ITINERARY - AMARANTE, LAMEGO, PESO DA RÉGUA, PINHÃO, CARRAZEDA DE ANSIÃES AND SÃO JOÃO DA PESQUEIRA

You cannot leave this city without tasting the famous **convent sweets**, such as *papos de anjos*, *lérias*, *doce de São Gonçalo*, *foguetes de Amarante* and *brisas do Tâmega*. You can find them all year round at **Confeitaria da Ponte**, located in the historic centre.

We recommend

That you follow **Rota do Românico** [Romanesque Route], full of memories, flavours and stories. To get to know some of its 58 monuments, you can go on a **guided tour** (90€) with a specialised company. It will take you to experience the local daily life and folk knowledge and, since it includes a workshop on convent sweets, it will also offer you gastronomic memories.

More information [here](#).

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AFTERNOON

Lamego is a nationally renowned city not only due to its historical-religious heritage, but also because of the table wine and sparkling wine producing region. Discover the rich historical legacy and venture through the narrow streets of the historic centre. On your list of places to visit, don't forget **Santuário dos Remédios** [Remédios Shrine], including its staircase and park, which are the hallmarks of the city, **Sé Catedral** [Cathedral] and its **Cloisters**. **Museu de Lamego** (3€), previously the Bishop's Palace, should also be included on the list. Its collection is rich and includes old paintings, tapestries, furniture, goldsmith works, photography and other objects, which were part of the contents of the former palace. Another place you must see is the **Castle** with its walls, fortifications and **Cistern**. After the hustle and bustle, it's time to rest and awaken your senses.

We recommend

A visit to the cellars of Raposeira and Murganheira, two household names of the Portuguese sparkling wine.

Caves Raposeira (2,50 €), see more information [here](#).

Caves Murganheira (gratuit), see more information [here](#).

More information [here](#).

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WHERE TO TASTE PORTO AND THE NORTH OF PORTUGAL?

AMARANTE

- Monverde (European and Portuguese cuisine and wine bar)
 - Amaranto (European and Portuguese cuisine)
 - Largo do Paço (signature cuisine)
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LAMEGO

- Restaurante Quinta da Pacheca (European, Mediterranean and Portuguese cuisine)
- Restaurante Douro Excellence (European, Mediterranean and Portuguese cuisine)
- Restaurante Vindouro (contemporary, Mediterranean and Portuguese cuisine)

WHERE TO REST IN PORTO AND THE NORTH OF PORTUGAL?

AMARANTE

- Casa da Calçada Relais & Chateaux (Hotel ★★★★★)
 - Monverde - Wine Experience Hotel (Hotel ★★★★)
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LAMEGO

- Six Senses Douro Valley (Hotel ★★★★★)
- Quinta da Pacheca Wine House Hotel
- Lamego Hotel & Life (Hotel ★★★★)
- Quinta da Casa Amarela (Country House)



DAY 2

RÉGUA AND PINHÃO

MORNING

The unique beauty of the Douro Valley will certainly be the highlight of any journey to this area.

Start the day at **Miradouro São Leonardo de Galafura** [viewpoint], one of the main points of the visit, with a panoramic view of the Douro Wine Region.

Continue your journey towards the centre of **Régua** and take the opportunity to visit **Museu do Vinho do Porto** [Port Wine Museum] (6€) and to buy the traditional sweets from Régua. You can also take a walk along the river up to **Ponte Pedonal da Régua** [Pedestrian Bridge], where you can contemplate the charms of the Douro valley.

We recommend

Explore the splendour of one of the most beautiful railway lines in the world aboard **Comboio Miradouro** [train] (starting at 2.85€).

More information [here](#).

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AFTERNOON

Start the afternoon along **Nacional 222 (A-road 222)**, considered the best road in the world to drive and also one of the most beautiful. There are twists and turns and terraces and sweeping landscapes. On the way to **the Town of Pinhão**, stop for photos and stories that will win you over followers. Upon arrival, stroll along the **riverside promenade**, the iconic **bridge over the Douro** and the **railway station** with its famous tiles. Finally, embark on a 2-hour cruise on a **Rabelo boat** towards **Tua**, with a Port wine tasting.

We recommend

Discover another product that makes this region special: Olive Oil. To do so, visit **Museu do Azeite – D’Origem** (starting at 8€) in Casal de Loivos. Here you will learn about the traditional method of producing olive oil and participate in a tasting. Still in **Casal de Loivos**, take the opportunity to stop at the viewpoint, for another unforgettable view.

More information [here](#).

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WHERE TO TASTE PORTO AND THE NORTH OF PORTUGAL?

- Pique-nique à la Quinta do Seixo (regional products and Port wine tasting)
- DOC (International, Mediterranean and European cuisine)
- Locomotiva Wine & Gourmet (European and Mediterranean cuisine)

WHERE TO REST IN PORTO AND THE NORTH OF PORTUGAL?

PESO DA RÉGUA

- Quinta do Vallado (Residential tourism)
 - Hotel Régua Douro (Hotel ★★★★★)
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AMARANTE (N222)

- Vila Galé Douro Vineyards (Hotel ★★★★★)
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PINHÃO

- The Vintage House Hotel (Hotel ★★★★★)
- Quinta Nova Nossa Senhora do Carmo (Agritourism)
- Hotel Douro Inn (Hotel ★★★)



DAY 3

CARRAZEDA DE ANSIÃES AND SÃO JOÃO DA PESQUEIRA

MORNING

Start your day in **Carrazeda de Ansiães**, a picturesque town located between the Douro and Trás-os-Montes. **Castelo de Ansiães** [castle], which is 5.5 km from the Carrazeda town centre, deserves to be the starting point of your visit. This ancient fortification hides several surprises inside, including the **São Salvador Church**, which dates from approximately the 12th century. Continue towards the **old railway station** of Carrazeda de Ansiães, which nowadays functions as the gateway to **Parque do Vale do Tua**, an interactive, educational and stimulating space.

We recommend

A visit to **Centro Interpretativo do Castelo de Ansiães** [Interpretive Centre], in the town of Carrazeda, where you can learn about the history of the municipality and the process of archaeological discovery of the ruins of the castle and the walled town of Ansiães. (Free Entry - for guided tours, prior appointment is required).

More information [here](#).

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AFTERNOON

Only 34 minutes and 25km separate Carrazeda de Ansiães from São João da Pesqueira, the heart of the Douro Wine Region. On the way, stop at the **viewpoint of São Salvador do Mundo**, which houses the largest shrine in the Wine-growing Upper Douro, consisting of several chapels. Here you have everything you could ask the heavens for, one of the most beautiful views in the world.

We recommend

An experience at **Quinta de Ventozelo**, where you can have a **wine tasting** (starting at 9€) and end with a **visit to the Centro Interpretativo do Douro** [Interpretive Centre] (upon request), to learn more about the history of the territory and the wine that is produced here.

More information [here](#).

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WHERE TO TASTE PORTO AND THE NORTH OF PORTUGAL?

CARRAZEDA DE ANSIÃES

- Taberna da Helena (Mediterranean, European and Portuguese cuisine)
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SÃO JOÃO DA PESQUEIRA

- Tasquinha da Praça (Portuguese cuisine, healthy and grill)
- Cantiflas (Mediterranean cuisine, grill and vegetarian-friendly)

WHERE TO REST IN PORTO AND THE NORTH OF PORTUGAL?

SÃO JOÃO DA PESQUEIRA

- Quinta de Ventozelo (Rural Hotel ★★★★★)
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CARRAZEDA DE ANSIÃES

- Lagares Douro Villas (Country House)
- Hotel Casa do Tua (Hotel ★★)

TALK TO US

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