

# THE TEN BEST EXPERIENCES TO DIVE INTO THE REGION



SELECT THE  
**DESTINATION FOR  
YOUR ADVENTURE:**



# TRÁS-OS-MONTES



## • Canyoning

01

### LOCATION

Poio River, Ribeira de Pena

### DURATION

10 hours

### PICK-UP/DROP-OFF

in Porto

Discover the fantastic landscapes of Serra do Alvão as you descend water courses with steep slopes. Do this activity on the magical, pure, almost secret Poio river, known for being one of the most interesting and technical places in Portugal. Get ready for moments of pure adrenaline and overcoming obstacles. The feeling of adventure and discovery will be on your side throughout this trip.

**INCLUDED:** equipment required for the activity, highly qualified instructors, insurance and photos and videos gifts of the activity.

**Price:** from **90€** /person (min. 2 participants)

## • Sunset Catamaran Tour

02

### LOCATION

Azibo Ecopark, Macedo de Cavaleiros

### DURATION

Two and a half hours (2.5 h)

Be dazzled by the wonderful landscapes of Azibo Reservoir and feel all the tranquillity around you. Embark on this charming tour and toast the sunset aboard a catamaran with all the comforts. Immerse yourself in the reddish tones of the reservoir and on your way back, contemplate the starry sky.

**INCLUDED:** wetsuit (if needed) and romantic snack.

**Price:** **80€** (2 participants)



## • Caretos de Podence & Geocruise

03

### LOCATION

Podence village / pier of Azibo reservoir

### DURATION

3 hours

Start by discovering the colourful and peaceful Podence village, where the Caretos de Podence, designated an Intangible Heritage of Humanity by UNESCO, come from. Let yourself be enchanted by the symbolism and magic of the typical costumes. Take the opportunity to visit the places of interest in the Terras de Cavaleiros Geopark, accompanied by a professional guide. Continue your journey through millions of years, but this time aboard an ecological vessel, which will reveal to you the wild and natural life of the Azibo reservoir. Taste the delicacies included in the menu and dive into the clear waters of Trás-os-Montes.

**INCLUDED:** experienced guide and tasting of regional products.

**OPTIONAL:** transfer between Podence village to Azibo reservoir.

**Price:** 30€ /person

## • Canoeing

04

### LOCATION

Ribeira de Pena

### DURATION

2-3 hours

Canoeing on the Tâmega River is the perfect combination of a leisurely trip with a dose of adventure. This is an activity for everyone, conducive to socialising and that will give you access to a unique perspective of the landscape, only possible to see aboard a canoe.

**INCLUDED:** equipment required for the activity and experienced instructors.

**Price:** from 20€ /person (min. 2 participants)

## • Environmental Cruise

05

### LOCATION

International Biological Station, Miranda do Douro

### DURATION

1 hour

Sail through international waters and discover the Arribas do Douro/Douro Internacional border park, known for its imposing vertical cliffs. During the trip, get to know the richness of the surrounding landscape. Through specialised commentaries, you can interpret the ethnographic and geological resources and also observe the fauna and flora of the Nature Park. The boat is completely ecological, silent and the roof is completely made of glass, allowing to unveil the unique beauty of this reserve. At the end, toast this experience with a glass of Port Wine.

**INCLUDED:** experienced guide and Port Wine tasting.

**Price:** 18€ /person

## • Terronha Thermal baths in Vimioso

06

### LOCATION

Vimioso

### DURATION

15 minutes

Take care of your body and mind and enjoy relaxing moments at Terronha Thermal baths in Vimioso. The surroundings, with a high natural and landscape value, will make you forget about time. Here you can really relax and enjoy the massage rooms, indoor heated pool and hydromassage. The ideal place to pamper yourself and take care of your health and well-being.

**INCLUDED:** access to multiple slides and pools.

**Price:** from 16€ /personne.

The price varies depending on the treatments requested.

## • Stand Up Paddleboarding

07

### LOCATION

Azibo reservoir, Macedo de Cavaleiros

### DURATION

2 hours

Discover the best of the Azibo reservoir and the Trás-os-Montes region by paddling. This is an exciting and challenging water activity that you will want to try. Accept this challenge, escape the routine, avoid crowded places and enjoy the silence of nature. Enjoy this new and invigorating experience in a unique place.

**INCLUDED:** wet suit (if needed).

**Price: 15€** /person

## • Kayak Tour

08

### LOCATION

Azibo reservoir, Macedo de Cavaleiros

### DURATION

2 hours

Paddle in the calm waters of the Azibo reservoir and discover the hidden gems of this Protected Landscape. Feel the immensity and fullness of nature, while admiring the surrounding beauty. The Kayak Tour is safe, comfortable and suitable for anyone who wants to discover the secrets of this region.

**INCLUDED:** equipment required for the activity.

**Price: 10€** /person



## • WaterBikes

09

### LOCATION

Alto Rabagão reservoir

### DURATION

from 15 minutes to 2 hours

If you like bicycles and water-related activities, we have the ideal experience for you. Come and explore the second largest dam in Portugal with WaterBikes, which combine the bicycle and the Kayak in one piece of equipment. Create unforgettable memories through this experience and pedal through the wonderful landscapes that the reservoir has to offer.

**INCLUDED:** equipment required for the activity.

**Price:** from **6€**

## • Sport Fishing

10

### LOCATION

Boticas

### DURATION

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Disconnect from routine, favour the contact with nature and emotional well-being. Explore the fascinating world of sport fishing in a space inserted in trout farms. Enjoy the good weather, be in tune with the surrounding landscape and have fun while fishing for the trout that live there. Contemplate the beauty of the park in a one-of-a-kind and unforgettable experience.

**INCLUDED:** equipment required for the activity.

**Price:** the price depends on the kilos of fish you can catch, the price is **4.50€ per Kg.**

# DOURO



# • 8-day cruise on the Douro

01

## LOCATION

departing from Gaia pier and ending  
at Vila Nova de Foz Côa pier

## DURATION

8 days / 7 nights

Toast to the indescribable beauty of this wine region aboard a luxury hotel ship. Enjoy the various activities included in the cruise, like a welcome cocktail, fado night, gala dinner and folk music entertainment. Set off on a journey to discover this iconic valley in the world, with a unique history, culture and gastronomy.

The Douro is waiting for you!

**INCLUDED:** full board, entertainment on board, lunch in a *Quinta* (wine estate), Port wine tasting, guided tours as described in the programme.

**Price:** from **2 150€** /person

# • Exclusive Yacht in Pinhão

02

## LOCATION

Pinhão Pier

## DURATION

2 hours

Explore the wonderful landscapes of the Douro Wine Region, a UNESCO World Heritage Site, aboard an exclusive yacht. Embark on this charming tour to the mouth of the Tua and get to know all the legends and stories of the river up close. This is a unique opportunity to discover the idyllic landscapes of the heart of the Douro region.

**INCLUDED:** fuel, insurance and experienced crew.

**Price:** from **520€** /boat (max. 12 participants)



## • Cruise Porto-Régua/ Barca d'Alva – Porto

03

## LOCATION

Estiva Pier - Porto / Régua Pier

## DURATION

2 days

Don't miss the opportunity to discover the entire length of the Douro River in Portuguese territory. Embark on a sublime 2-day cruise and let yourself be dazzled by the views of the vineyard slopes. The cruise starts in Porto, passes through Régua, Pinhão right in the heart of the region and continues on to Barca d'Alva, of rare natural beauty. The entire route will be a process of constant discovery, where you can watch the complex and fantastic process of the dams, see hundred-year-old *quintas* (wine estates), ancient bridges and tunnels carved into the rocks.

**INCLUDED:** includes breakfast, Port Wine tasting, lunches, transfers, visit to a quinta in the region with wine tasting, accommodation in a 4-star hotel in the region, snack and return trip to Porto by train.

**Price: 280€** /person

## • Jet ski ride

04

## LOCATION

Bagaúste, Peso da Régua

## DURATION

1 hour

If you like adventure and to challenge your limits, the jet ski ride will provide you with unique moments of adrenaline. The calm and refreshing waters promise to leave unforgettable memories, where the Douro Valley is always there as a backdrop.

**INCLUDED:** equipment for the activity and insurance.

**Price: 140€** /hour

# • Kayaking & Vineyards Adventure in the Douro Valley 05

LOCATION  
Douro Valley

DURATION  
10 hours

PICK-UP/DROP-OFF  
in Greater Porto

Discover the Douro Wine Region, a UNESCO World Heritage Site, and its different attractions with a perfect combination of 4x4 and Kayak. This water activity enables you to observe the breathtaking landscapes and you will always have time to take a dip. Feel yourself levitating while discovering all the traditions and rituals of the region.

**INCLUDED:** equipment required for the activity, lunch (picnic), 4X4 experience, Kayak, insurance and local guide.

**Price: 125€** /person (min. 02 people)

# • Cruise Porto-Régua-Porto Vintage A 06

LOCATION  
Gaia and Porto pier with destination to the Régua pier.

DURATION  
11 hours

Departing from Porto, this experience takes you to discover the Douro for a day. Witness the harmonious relationship between Nature, River and Man and feel each terrace of this landscape. Awaken your senses even more with a delicious lunch on board and the tasting of good wines in a *Quinta*/Wine Cellar in the region.

**INCLUDED:** lunch, visit to a Quinta (wine estate) and Port wine tasting.

**Price: 95€** /person

## • Cruise Régua - Pinhão - Régua

07

LOCATION  
Régua Pier

DURATION  
6 hours

Explore the Douro Wine Region on board a boat and discover the best that this region has to offer, more specifically the section between Régua and Pinhão. Starting in the capital of Upper Douro, this programme enables you to discover one of the most beautiful routes in the Douro, visit many hundred-year-old *quintas* (wine estates) until reaching Pinhão, the heart of the Douro.

INCLUDED: Port wine and lunch served on board.

**Price: 65€** /person

## • Pinhão-Tua-Pinhão

Going upstream by *Rabelo* boat and kayaking downstream

08

LOCATION  
Pinhão, Alijó

DURATION  
4 to 5 hours

Glide along the Douro River and feel its refreshing and calm waters. Be dazzled by the wine-growing landscape, discover small, deserted beaches, stop and dive in. You will have the opportunity to go on a cruise on a traditional *Rabelo* boat from Pinhão to Tua and then kayaking downstream.

INCLUDED: audio guide in Portuguese, French, English, Spanish and German.

**Price: 55€** (1 person) **75€** (2 persons)



## • Cruise in Pinhão

09

LOCATION  
Pinhão, Alijó

DURATION  
2 hours

This is an experience that enables you to feel the tranquillity of the region, the genuine smells of nature and the incredible simplicity of its landscapes. Free yourself from everyday stress and sharpen your senses on a magnificent cruise in Pinhão, passing through a route that is not visible from the A-roads. All the secrets of the region will be unveiled.

INCLUDED: audio guide in Portuguese, French, English, Spanish and German.

**Price: 20€** /person

## • Cruise in Régua

10

LOCATION  
Régua

DURATION  
50 minutes

It's at the Régua pier that your next adventure begins. Feel part of the surrounding nature and sail a fantastic and peaceful stretch of the Douro River. During this trip you will be able to admire a rich and spectacular landscape, shaped in a unique way.

INCLUDED: experienced crew.

**Price: 10€** /person

# MINHO



# • Kitesurfing

01

## LOCATION

Cabedelo Beach, Viana do Castelo

## DURATION

3-9 hours

An adventure at the whim of the wind. Kitesurfing is one of the most exciting water sports that, with just a board and a kite, allows you to cross the water with the help of the wind. The best thing of all? You can experience this activity in a place that has been the stage of several international competitions.

**INCLUDED:** all equipment required for the lesson, BB talking system and an experienced instructor.

**Price:** from **150€** /person (min. 2 people)

# • Kayaking

02

## LOCATION

Peneda-Gerês National Park

## DURATION

10 hours

Venture into Gerês in a different way, where nature and water are the protagonists. Discover stunning landscapes on a kayak tour in the Caniçada reservoir and free your mind from all worries.

**INCLUDED:** pick-up and drop-off at the accommodation, lunch, water, photographs and a specialised guide.

**Price:** from **89€** (min. 2 people)

## • Jet Skis

03

### LOCATION

Cávado River / Esposende

### DURATION

15 minutes

Speed up behind the wheel of a Jet ski and discover the Cávado river.

An exciting experience, perfect for those who crave for more adrenaline in their lives.

**INCLUDED:** jet ski, life jacket, insurance and an experienced instructor.

**Price:** from **45€** /jet ski

## • Scuba Diving Baptism

04

### LOCATION

Viana do Castelo or *Ria Arousa*

### DURATION

1 hour (swimming pool) /  
2 hours (scuba diving in the sea)

The first of many. Have your diving baptism with a true professional diver.

You can choose an experience in open water up to 5 meters deep or in a controlled environment, in a swimming pool. It will be, without a doubt, an unforgettable experience.

**INCLUDED:** instructor and insurance.

**Price:** from **40€**

\*The scuba diving experience in the sea is available upon prior booking and is subject to the natural conditions to be carried out.

## • Water Trekking

05

## LOCATION

Vides River, Póvoa de Lanhoso

## DURATION

Two and a half hours (2.5 h)

Step by step, underwater. On this water trekking you will overcome various obstacles such as rocks, caves, natural slides, among many others. Venture into this water trail, where the best kept secrets of Vides River are located.

**INCLUDED:** instructor and equipment required for the activity.

**Price:** from **32.50€**

## • Canoeing

06

## LOCATION

Vez Rio / Arcos de Valdevez

## DURATION

2 hours

Paddling towards adventure. Canoeing is the ideal activity for those who love physical activity in the open air, without rushing, while enjoying breathtaking scenery. And if you feel like it, you can even take a dip in the crystal-clear waters of the Vez River.

**INCLUDED:** instructor and equipment required for the activity.

**Price:** from **30€** /person /  
**25€** /person from 8 people /  
**15€** /children

## • Stand Up Paddle

07

### LOCATION

Cabedelo Beach, Viana do Castelo

### DURATION

One and a half hours (1.5 h)

Soothe your body and mind. Stand Up Paddle consists of standing up on a board with the help of a paddle. Afterwards, keep your balance and let yourself be carried away by the waves and the natural beauty of the coast and northern waters.

**INCLUDED:** instructor and equipment required for the activity.

**Price:** from **30€** /person (min. 2 people)

## • Crossing the Sea by Kayak

08

### LOCATION

Viana do Castelo

### DURATION

3 hours

Do you want to get to know the Minho coast? Then take this suggestion and cross the sea of Viana do Castelo by kayak. Enjoy a moment of pure fun and adrenaline and challenge your balance and technique in controlling this small vessel. Embark on this adventure and have a memorable day.

**INCLUDED:** instructor and equipment required for the activity.

**Price:** from **30€** /person (min. 4 people)



# • Kayaking down the Minho River

09

## LOCATION

Minho River, with meeting point at *Parque de Lazer do Castelinho*

## DURATION

3 hours

Paddling a kayak along the Minho River? This could be your next adventure.

Discover the islands, *Ilha da Boega* and *Ilha dos Amores*, in the estuary of the river Minho and also take this opportunity to admire the biodiversity of fauna and flora in this protected area.

**INCLUDED:** transfers from *Parque de Lazer do Castelinho* (Leisure Park) to the activity site, insurance and professional guide

**Price:** from **25€** /person (min. 4 people)

# • Tubing

10

## LOCATION

Vilar de Veiga / Peneda-Gerês National Park

## DURATION

10 minutes

Will you be able to stay afloat? If you want to challenge your agility and you like speed, this is the experience you want in the North of Portugal. Through inflatable tubes, safely tethered to boats sailing at high speed, one can experience the adrenaline of a flight over water. Hold on tight, because the adventure will begin.

**INCLUDED:** instructor and equipment required for the activity.

**Price:** from **12.50€** /person (min. 2 people)

# PORTO



- Douro Chill Out -  
Sunset in the Ocean

01

LOCATION  
Freixo Marina

DURATION  
2 hours

Embark on a glamorous late afternoon, on board of a luxury yacht. Gather family or friends for a sunset with good music, lots of swimming and laughter, with an iconic landscape as backdrop.

**INCLUDED:** Exclusive yacht, 2 hours of navigation, fuel, crew, insurance and VAT.

**Price:** from **550€** (20 participants max.)

- Sailing trip

02

LOCATION  
Porto and Matosinhos

DURATION  
3 hours

Set sail with family or friends on a relaxing private trip. On board of a sailboat, you can sail through sea and river and admire Porto and Gaia from a privileged point of view.

**INCLUDED:** Specialised guide and all the equipment required for the activity.

**Price:** **350€** /boat (min. 2 people/max. 7 people)

## • Wakeboard and Wakesurf

03

LOCATION  
Matosinhos

DURATION  
from one and a half hours (1.5 h)

Speed up towards fun, with the adrenaline of Wakeboarding or Wakesurfing. This irreverent activity is perfect for groups of friends who share a passion for waves. Feel the vastness of the Atlantic, while you glide towards the beautiful coastline. Speed, challenge and lots of thrills.

**INCLUDED:** all the equipment required for the activity, boat with skipper.

**Price:** from **100€** /boat (max. 2 to 3 people)

## • Rafting discovery

04

LOCATION  
Arouca Geopark

DURATION  
4 hours

Glide through the untamed bed of the Paiva River. In this activity the river is in charge, but the main role is yours. Coordination, speed, strength and team spirit will guide you through whirlpools and rapids, on a course that promises a lot of adventure and fun.

**INCLUDED:** Certified guide, all the equipment required for the activity, personal accident insurance, snack, photo coverage.

**Price:** from **60€** /person (min. 2 people)

## • Douro À La Carte

05

LOCATION  
Estiva Pier

DURATION  
3 hours

Gather your friends and embark on a cruise with Porto and Gaia as backdrop. This is an experience for those who have an appetite for different moments and breathtaking landscapes. Lunch or dinner with a full menu, on board a magnificent boat. Here's to it!

**INCLUDED:** Boat trip with the duration of 3 hours and a pleasant menu.

**Price: 43€** /person (min. 40 people)

## • Surf

06

LOCATION  
Azurara, Vila do Conde

DURATION  
4 hours

PICK-UP/DROP-OFF  
In Greater Porto

If you're looking for a perfect spot, you'll find it here, in Azurara. With a breathtaking scenery, unique conditions and surfable waves in every single stage of the tide. Grab your surfboard and dive into the ocean's adrenalin. It's an activity for everyone, regardless of level of experience.

**INCLUDED:** Qualified and experienced instructors, all the equipment required for the activity and insurance.

**Price: 40€** /person (min. 2 people)

## • Paddle

07

### LOCATION

Ave River, Vila do Conde

### DURATION

4 hours

### PICK-UP/DROP-OFF

In Greater Porto

Choose an activity that strengthens both body and mind, that will make you feel at one with the river and nature. Learn new ways of gliding on the water and become a fan of a sport that is growing in popularity. This experience is led by a guide with knowledge, who will adapt Stand Up Paddle to the participants' physical ability and their level of experience.

**INCLUDED:** Qualified and experienced instructors, all the equipment required for the activity and insurance.

**Price: 40€** /person (min. 2 people)

## • Bridges Cruise

08

### LOCATION

Ribeira/Gaia Pier

### DURATION

50 minutes

See Porto has you've never seen, aboard a typical *rabelo* boat, in the middle of the Douro. Its banks are full of secrets and 6 stunning bridges to cross. From Freixo to Ribeira, and from Ribeira to Foz, it's a 50-minute trip to relax and breathe in.

**INCLUDED:** Guide or audio-guide during the trip (Portuguese, English, Spanish and French).

**Price: 15€** /person



## • Boat tubing

09

LOCATION

Lomba Beach

DURATION

12 minutes

Find adrenalin in liquid form. If you're looking for a challenge and unforgettable moments, get your friends together to really test your limits. Pulled by a speedboat, in the middle of the Douro River, at high speed, at full tilt or not so much. An experience that will please everyone, whether they like a fast or slow rhythm.

**INCLUDED:** All the equipment required for the activity, a instructor and insurance.

**Price:** from **15€** /person (min. 2 / max. 4 people)

## • Water Park

10

LOCATION

Amarante

DURATION

1 day

Slide directly towards fun. A trip to the water park is the perfect experience for families and groups of friends. Swimming pools, slides, water fountains and lawns for a day full of laughter, through the ups and downs of the largest mountain Water Park on the Iberian Peninsula.

**INCLUDED:** Many water attractions such as fast lanes, multi-lanes and spiral tube.

**Price:** from **13,50€** /person

## TALK TO US

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Hi, talk to us in real time.

