

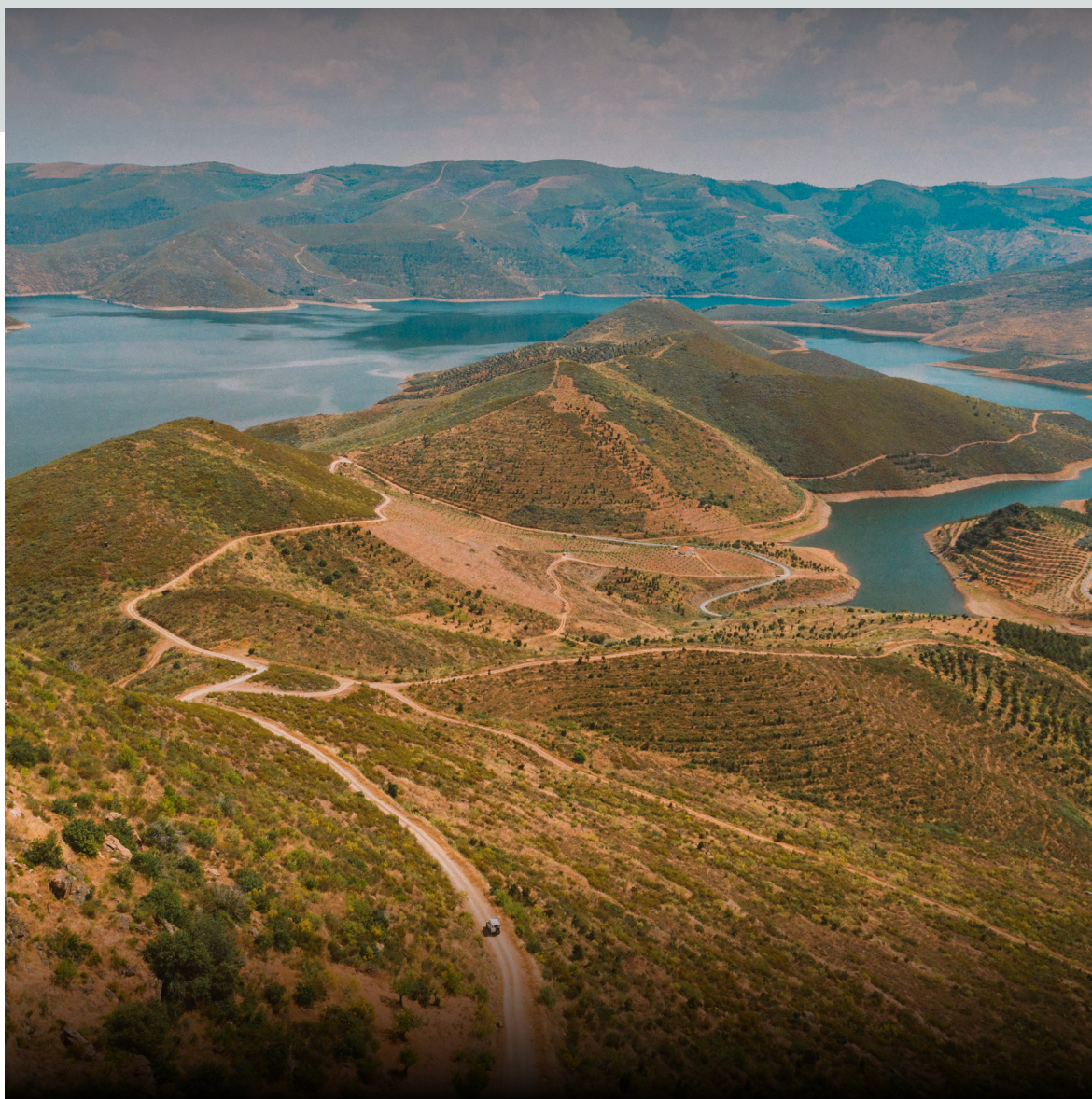
# THE TEN BEST ADVENTURES TO AWAKE IN THE REGION



SELECT YOUR  
**ADVENTURE'S**  
**DESTINATION:**



# TRÁS-OS-MONTES



## • Hot-air balloon ride

01

## LOCATION

Bragança | Parque Natural do Montesinho

## DURATION

1 hour

The free flight in hot-air balloon enables you to enjoy the landscape in a smoother and more peaceful way. Let yourself be carried away by the wind and get in touch with nature, on a unique trip. You can take a free flight in the morning, at sunrise or at the end of the day, about 2 hours before sunset.

**INCLUDED:** champagne on board the balloon, picnic at the end of the flight, all the equipment required to do the activities and accompanied by experts.

**Price:** from **170€** per person

## • Canyoning River Poio

02

## LOCATION

Ribeira de Pena / Serra do Alvão

## DURATION

10 hours

## PICK-UP/DROP-OFF

Transport from Greater Porto

Challenge yourself in this adventure along the river Poio, in the *Serra do Alvão*. This is one of the most interesting and technical canyoning in mainland Portugal, which extends over 2600 meters and 2 different sections. The river guides each participant through unforgettable landscapes and surprising challenges, such as the Cai d'Alto waterfall, which is about 60m high. This itinerary requires good physical health and experience in canyoning.

**INCLUDED:** all the equipment required to do the activity and accompanied by experts.

**NOT INCLUDED:** Swimsuit, Towel, Snack, Water.

**Price:** from **90€** per person (minimum 2 participants)



## • Paragliding

03

LOCATION  
Montalegre

DURATION  
From 1 hour

In Montalegre, paragliding is an experience for everyone. Make your flight baptism with an expert instructor and indulge in an activity where adrenaline is guaranteed.

**INCLUDED:** all the equipment required to do the activity and accompanied by experts.

**Price:** from **40€** (minimum 1 person)

## • Horse Riding

04

LOCATION  
Bragança / Vinhais

DURATION  
From 1 hour

Ride through kms of magnificent vineyards. Lasting from one hour, this activity is suitable for families, friends and couples and will leave a mark of a completely different day.

**INCLUDED:** all the equipment required to do the activities and accompanied by experts.

**Price:** from **30€** hour per person

## • Water Trekking

05

### LOCATION

Macedo de Cavaleiros / River Azibo

### DURATION

3 hours

On the Azibo River, a tributary of Sabor, you can engage in an unparalleled experience, in unique contact with nature. Immerse yourself in this mountain scenery, and awaken your spirit of discovery, to overcome various natural obstacles.

**INCLUDED:** all the equipment required to do the activity and accompanied by experts.

**Price:** 30€ per person (minimum of 2 people)

## • Buggy Experience

06

### LOCATION

Montalegre / Serra da Cabreira

### DURATION

From 1 hour

Come and discover the *Serra da Cabreira* in Montalegre, aboard a Buggy. Speed up to fun and adventure, in an activity that requires a car driving licence and an open mind. Participants are accompanied throughout the experience, which can last from 1 to 3 hours.

**INCLUDED:** all the equipment required to do the activity and accompanied by experts.

**Price:** from 25€ per person - 50€ per buggy

## • Multi activities in an Adventure Park

07

### LOCATION

Trás-os-Montes / Ribeira de Pena

### DURATION

1 day

Come and live a unique and memorable adventure in one of the biggest Adventure Parks in the North of Portugal. In full contact with nature, admire the landscape and try different activities, from climbing, paintball and even Slide (Zip-line).

**INCLUDED:** all the equipment required to do the activities.

**Price:** from **10€**

## • Cycle Tourism Experience Discovering Azibo by Bike

08

### LOCATION

Macedo de Cavaleiros /  
Azibo Reservoir Protected Landscape

### DURATION

From 2 hours

Travel through the typically agricultural landscapes of Azibo and Northeast Trás-os-Montes at the wheel of an off-road bicycle. A first-person experience, with different durations from 2 hours onwards.

**INCLUDED:** all the equipment required to do the activity and accompanied by experts.

**Price:** from **10€** per person



## • Paintball Experience

09

## LOCATION

Montalegre

## DURATION

From 1 hour and 30 minutes  
(Depending on the number of balls)

Bull's-eye! Get your friends or family together for a challenging Paintball session. This colourful dynamic involves agility, strategy and good mood. A great way to discover new places, while creating strong memories and testing your limits.

**INCLUDED:** all the equipment required to do the activity and accompanied by experts.

**Price:** from **10€** per person

## • Mirandela Karting Track

10

## LOCATION

Mirandela

## DURATION

From 15 minutes

Speed up with family and friends, far away from the routine. At the Mirandela Karting Track you can awaken the driver in you and test your competitive spirit. Suitable for kids and adults, this activity provides unforgettable moments.

**INCLUDED:** all the equipment required to do the activity.

**Price:** from **10€**

# DOURO



# • Jet Boat – Douro River and Barca d'Alva

01

#### LOCATION

Foz do Sabor Quay / Torre de Moncorvo

#### DURATION

5 hours

Savour the wonderful landscapes of the Douro Wine Region, on the upper section of the river, surrounded by vineyards, olive groves and almond groves. If you love nature and are looking to discover the most hidden corners of the Douro, including the rock carvings of Foz Côa, we suggest a Jet Boat tour, departing from the Foz do Sabor quay.

**INCLUDED:** material required to do the activity.

**Price:** from **500€** Jet Boat (Maximum of 11 participants)

# • Launch - Extreme Sports

02

#### LOCATION

Douro / Pinhão Quay

#### DURATION

From 1 hour

Sail and try waterskiing, wakeskating, wakeboarding, wakesurfing or a towable tube and an instructor. If you have never tried it, it is OK, there is a first time for everything. Here, in the calm and refreshing waters of the Douro River, an adventure with family or friends promises to leave unforgettable memories.

**INCLUDED:** equipment to do the activity and guided by an instructor.

**Price:** from **220€/hour** - Launch (maximum 8 participants)



## • Flyboard

03

LOCATION

Douro / Bagaúste

DURATION

1 hour

Float, literally, in the heart of the Douro Wine Region. This is an exciting and adrenaline-filled activity that will make you feel levitated by the surface of the Douro waters. Flyboard is suitable for everyone, regardless of experience level.

**INCLUDED:** material required to do the activity.

**Price:** from **190€** per person (minimum 1 person)

## • Jet Skis on the Douro River

04

LOCATION

Foz do Sabor Quay / Torre de Moncorvo

DURATION

1 hour

Continue speeding on the surface of the Douro River, with a unique landscape as a backdrop. The jet ski route in the Douro is full of adrenaline and is suitable for those who already have some experience with this type of activity. Gain a different perspective on one of the most iconic valleys in the world.

**INCLUDED:** material required to do the activity.

**Price:** from **155€** /hour (2 people)

\*The driver needs a skippers' licence to do this activity.

## • Douro Valley 4x4 Tour

05

## LOCATION

Douro / Peso da Régua and Pinhão

## DURATION

9 hours

## PICK-UP AND DROP-OFF

In Greater Porto

Departing from Porto, this experience in a 4x4 vehicle takes you for a whole day spent in the Douro Valley. Feel each terrace of the fascinating landscape that gives character to what is considered the first demarcated wine region in the world. The experience is led by a guide with local knowledge, including picnic and wine tasting at one of the famous Douro Quintas (wine estate).

**INCLUDED:** lunch (Picnic), 4x4 transport, insurance, Port wine tasting and visit to a Quinta.

**Price:** from **115€** per person (minimum 2 people)

## • Pinhão Electric Bike Tour – Provesende

06

## LOCATION

Douro / Pinhão and Provesende

## DURATION

3 hours or 7 hours

For half a day or a full day, ride an electric bike along the slopes of the valleys of the Pinhão and Douro rivers. A route that takes you through vineyards and small towns, always with stunning scenery in the background. An experience with autonomy and safety, which will let you get to know Pinhão better, considered the Heart of the Douro Wine Region.

**INCLUDED:** materials required to do the activity (Full day option, lunch and boat trip included).

**Price:** from **80€** per person (minimum 1 person)

## • Canorrafting

07

### LOCATION

Douro / Peso da Régua - Corgo River

### DURATION

5 hours

Follow the course of White Waters of the Corgo River in two-seater rafts. This river has a medium degree of difficulty, but you will still feel the great thrills of this type of activity. The experience is accompanied by an instructor that ensures all safety. Ready to face the challenge?

**INCLUDED:** equipment to do the activity, snack, accompanied by experts and insurance.

**Price:** from **70€** per person (minimum 2 people)

## • Quad bike Tour

08

### LOCATION

Douro / Pinhão Quay

### DURATION

Between 1 hour to 3 hours

Go down the slopes of the Douro, aboard a quad bike, for an unforgettable experience that you will want to repeat. Admire the wonderful landscapes of this region, while challenging your courage and feel the pure adrenaline.

**INCLUDED:** equipment to do the activity and with a guide.

**Price:** from **35€** per person

\* This experience requires a car driving licence



## • Paintball

09

LOCATION  
Douro / Lamego

DURATION  
3 hours

Hit the bull's-eye with this experience in *Serra das Meadas*, in Lamego. Paintball is a strategy sport, perfect for families or groups of friends. Get out of your routine, discover new places and put your competitive spirit to the test. This activity is carried out with the utmost safety and promises vistas of unforgettable landscapes.

**INCLUDED:** equipment to do the activity and accompanied by experts.

**Price:** from **20€** per person (minimum 8 people)

## • Multi activities in an Adventure Park

10

LOCATION  
Vila Real

DURATION  
One full day

Come and find adventure in the Douro. Gather your family and come spend a whole day in a park with activities such as Slide (Zip-line), Bungee Jumping or cycling. This experience guarantees fun for everyone, children, and adults alike, but it will certainly delight the little ones.

**INCLUDED:** materials required to do the activity and accompanied by experts.

**Price:** from **3€** per person

# MINHO



# • Horse Ride

01

## LOCATION

Peneda-Gerês National Park / Campo do Gerês

## DURATION

From 7 to 8 hours

Go horseriding through landscapes of extreme beauty, in the only Portuguese National Park, Peneda-Gerês Park. It has 3 trails at your disposal, the Castelo, Cascatas and Aldeias trails. An expert instructor will advise you on the trail that suits your experience.

**INCLUDED:** lunch, horse and safety equipment and local guide.

**Price:** from **120€** (minimum 2 participants)

Other information: Maximum weight of 95kg and Minimum age of 12 years old

# • UTV Buggy Kartcross

02

## LOCATION

Fafe / Serras de Fafe

## DURATION

From 1 hour to 5 hours

Feel each curve of Rally de Portugal on your skin, through the trails of *Serras de Fafe*. Routes of 1 to 3 hours, in constant contact with Nature. An adventure that promises to leave unforgettable memories.

**INCLUDED:** material for the activities, accompanied by experts.

**Price:** from **65€** (minimum 2 people)



## • Canyoning

03

### LOCATION

Terras de Bouro / Peneda-Gerês National Park

### DURATION

5 hours

Water is the best way to explore the Peneda-Gerês National Park. Accept the Canyoning challenge and find harmony between nature, adventure and the pleasure of crystal-clear waters. Spend an unforgettable day between manoeuvres, jumps and abseiling.

**INCLUDED:** material required to do the activity, instructor, photographs and insurance.

**Price:** from **45€** per person

## • Paramotor

04

### LOCATION

Esposende

### DURATION

From 15 to 25 minutes

Imagine a world without barriers. Imagine yourself flying over the sea, mountains, and villages, with an experienced instructor at your side, in “tandem flight”.

Adrenaline in safety.

**INCLUDED:** material for the activity, accompanied by experts, and insurance.

**Price:** from **40€**

## • Ecorafting

05

### LOCATION

Minho / Melgaço / Viana do Castelo

### DURATION

Half-day

Discover the hidden corners of the Minho River, in Melgaço, considered the Iberian Capital of Rafting. In this ecorafting, the first one in the country to promote sustainable practices, you can set off to discover biodiversity on board an activity full of adrenaline and thrills.

**INCLUDED:** lunch, material for the activities, visit to the Alvarinho winery, insurance and accompanied by experts.

**Price:** from **35€** per person (minimum 6 people)

## • Surf

06

### LOCATION

Cabedelo / Viana do Castelo

### DURATION

1 hour and 30 minutes

Learn or improve your surfing technique in Viana do Castelo, at Cabedelo Beach. An activity suitable for everyone, from beginners to pros. The instructors are experienced, and certified surfers and lessons are tailored to the profile of each group. Dive into a unique experience.

**INCLUDED:** all material required for the lesson.

**Price:** from **30€** (maximum 8 students)

## • MTB

07

LOCATION  
Esposende

DURATION  
From 2 to 6 hours

Come and discover the coast of the North of Portugal along trails and beach, river and hill, with different degrees of difficulty. Escape the routine, with a lot of thrills and adrenaline.

**INCLUDED:** material required to do the activity, instructor and insurance.

**Price:** from **20€** per person (minimum 2 participants)

## • Rope manoeuvres

08

LOCATION  
Minho / Terras de Bouro

DURATION  
1 hour

Hold on tight and have fun in activities such as Abseiling, Zip-lining and Climbing, accompanied and supervised by local guides. These activities are suitable for the whole family and will provide memorable moments that everyone will want to repeat.

**INCLUDED:** material for the activities, accompanied by experts.

**Price:** 10€

## • Multi activities in an Adventure Park

09

## LOCATION

Minho / Póvoa do Lanhoso

## DURATION

Full day

Come and discover one of the best and biggest adventure parks in the North of Portugal. Here you can experience a wide range of activities such as Bungee Jumping, Suspension Bridges or Zip-lining. Get ready for a day full of adrenaline and thrills, with all the safety, precautionary measures and supervised by expert instructors.

**INCLUDED:** material for the activities, accompanied by experts (wearing gloves is mandatory).

**Price:** from **8,40€**

## • Hoverboard

10

## LOCATION

Braga

## DURATION

From 15 to 30 minutes

Experience this new transport trend, this version is powered by electricity and is suitable for short distance travel. This activity is suggested for kids and grown-ups alike, ideal to do with the family.

**INCLUDED:** Material required to do the activity.

**Price:** from **8€**

# PORTO





# • Sport Fishing

01

**LOCATION**

Porto/Atlantic Ocean

**DURATION**

Half Day or Full Day

Live with us an experience of deep-sea fishing, with a specialised team. We promise unforgettable moments in the middle of the Atlantic Ocean, for half a day or the whole day.

**INCLUDED:** boat, fishing equipment, travel and crew. Drinks (water, beer), light meal and seasickness pills.

**Price:** from **640€** (min. 4 people)

# • Tandem Skydiving

02

**LOCATION**

Espinho

**ALTITUDE**

From 3000 meters

Make your dream of flying come true, with complete safety and the support of an experienced team. An experience as unique and unparalleled as it is thrilling that, for sure, you will not forget.

**INCLUDED:** Tandem Skydive and equipment.

**Price:** from **139€** per person

## • Paiva River White Water Rafting Tour

03

### LOCATION

Arouca/ Paiva River

### DURATION

8 hours

### PICK-UP/DROP-OFF

At your accommodation in Porto

Get ready for a trip of pure adrenaline on the Paiva River, considered the best river for rafting. A tour surrounded by beautiful natural landscapes and with some time to stop and have fun in the water.

**INCLUDED:** high quality boats, equipment and expert guide.

**Price:** On request

## • Multi activities

04

### LOCATION

Valongo / Serra de Santa Justa

### DURATION

Half-day

### PICK-UP/DROP-OFF

At your accommodation in Porto

Come and explore one of the most iconic mountains in Porto, *Serra de Santa Justa*. And get ready for unforgettable adventures with our Trekking, Climbing and Abseiling activities.

**INCLUDED:** equipment and specialized guides.

**Price:** from **55€** per person

## • Stand up Paddle Boarding

05

## LOCATION

Vila do Conde, Azurara

## DURATION

Half-day

## PICK-UP/DROP-OFF

At your accommodation in Porto

Come and learn Stand Up Paddle Boarding, alone or with your family, in a fun morning or afternoon, in contact with nature. Lessons will always be accompanied by an instructor and with the utmost safety.

**INCLUDED:** 2 hours of Stand Up Paddle Boarding, board, paddle, life jacket and wetsuit.

**Price:** 40€ per person

## • Buggy Tour

06

## LOCATION

Paredes

## DURATION

30/60/120 or 180 min.

## PICK-UP/DROP-OFF

At your accommodation in Porto\*

Venture along the tracks of Rally de Portugal and feel like a true pro racing driver while enjoying fantastic landscapes. There are several offers available, from 30 to 180 minutes tours, where you can also discover a Schist Village, Quintandona, and taste some of the local delicacies.

**INCLUDED:** Buggy for 2 people, safety equipment and guide.

**Price:** from 35€ (1 Buggy - 2 people)

\*Included in the price, except for the 30- and 60-minute tour which has an extra cost of 10€

## • Rock Climbing

07

LOCATION

Paredes | Serras do Porto

DURATION

5 hours

PICK-UP/DROP-OFF

At your accommodation in Porto

Come and discover the escarpments of *Serras do Porto*, with a rock climbing, accompanied by the best instructors and in complete safety.

**INCLUDED:** equipment and specialised guides.

**Price:** from **35€** per person

## • Porto Bridge Climb

08

LOCATION

Porto | Arrábida Bridge

DURATION

40 minutes

This is a unique opportunity to gain access to a place that was closed to the public for 53 years. Stand at the top, 65 meters above the Douro River, in the company of a guide and with all safety equipment. Get ready for unique vistas.

**INCLUDED:** Visit and climb to Arrábida Bridge.

**Price:** **16€** per person

## • Porto 360°

09

## LOCATION

Porto | Gardens of Palácio de Cristal

## DURATION

40 minutes

Discover the history of Pavilhão Rosa Mota, from 1865, when the original building was built until today. Visit inside and climb to the famous dome, ending the visit with an impressive 360° view of the city of Porto and the Douro River.

**INCLUDED:** visit and climb to the building in the Gardens of Palácio de Cristal, accompanied by an experienced guide.

**Price: 12,50€** per person

## • Arouca Geobike

10

## LOCATION

Arouca

## DURATION

From 60 minutes

Rent a bicycle and set out to discover the Arouca Geopark, designated a UNESCO World Geopark. Along the way, explore the rivers and rocky and green landscapes. Enjoy the sound of the mountain silence to travel in space and time.

**INCLUDED:** equipment.

**Price:** from **6€** per person **or**  
**Family Pack** from **18,65€**



## TALK TO US

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