

THE 10 BEST EXPERIENCES TO SAVOUR THE REGION



SELECT THE DESTINATION
TO TANTALISE
YOUR TASTE BUDS:

TRÁS-OS-MONTES



• Explosion of Smoked Flavours

01

LOCATION

Vinhais

Tantalise your taste buds with a variety of cured sausages, originating from the municipality of Vinhais, which attract the attention of all those who visit. The *alheiras* (sausages), the smoked meat *chouriça*, as well as the *salpicão* (thick pork sausage) and the cured ham stand out. All of them come from *Bísaro* breed, typically from Trás-os-Montes. These products are also often used in the preparation of typical dishes such as stew. Sharpen your senses and wake up to the irresistible aroma and flavour of Trás-os-Montes cured sausages.

Price: from 15€

• Cozido à Portuguesa

Knowledge of Tradition

02

LOCATION

Montalegre

A typical winter dish from the cold lands of Trás-os-Montes, the *cozido* (stew) is made from smoked pork meat and sausages such as chorizo, pig's foot and shank. This Portuguese delicacy is also well seasoned in a *barrosã* style and cured with oak wood smoke. It is later served with cabbage or greens and the famous Montalegre potato, also characteristic of this dish.

Price: from 15€

• Posta à Mirandesa

An exclusive meat

03

LOCATION

Miranda do Douro

The Posta à *Mirandesa* is an excellent dish from the region and is defined as a thick, tender steak, usually served with baked potatoes with skin and salad. The meat must originate from the Miranda do Douro bovine breed, complying with the highest quality standards in its production process.

This specialty is the result of accumulated knowledge from several generations, so take your eyes off the clock and surrender to the unique flavours of Miranda do Douro.

Price: from **14€**

• Feijoada à Transmontana

Typical flavour

04

LOCATION

Chaves

Originally from the village of Candedo, in Bragança, Feijoada à *Transmontana* (Bean stew) has become a typical dish in Portuguese cuisine. It is served in various festive seasons and is known for the intense flavour of the cured sausages, rib rack, pork trotter and pig's ear. It can be made with red or white beans and is usually served with oven baked rice. Discover this dish packed with the temptations and traditions of Trás-os-Montes.

Price: from **11,5€**

• Folar de Valpaços

A sweet and savoury experience

05

LOCATION

Valpaços

The quality of making the *Folar de Valpaços* was recognised in 2017 with the attribution of the title “Registered Product with Protected Geographical Indication”. It is a rectangular-shaped cake, whose main ingredients are eggs, olive oil, vegetable margarine and pork meat, namely *salpicão* (thick pork sausage), *linguiça* (spicy pork sausage), cured ham, fatty and dried meat, which take on different shapes. It is a product typically eaten at Easter, although it is possible to buy it all year round at any bakery in Valpaços.

Stimulate your senses with this unique *folar*.

Price: from 10€

• Alheira

Cured sausages that reflect experiences

06

LOCATION

Mirandela

This is one of the most famous cured sausages in the country, especially in the Mirandela region where it is produced. Made with *bísaro* pork, lard and wheat bread, this delicacy will leave you wanting more. It has a brownish colour, which is due in part to the presence of spices, such as paprika. Come and taste this sausage, a delicious “sin” from the Trás-os-Montes region.

Price: from 9€

• Chestnut pudding

Autumn scents

07

LOCATION

Gimonde, Bragança

Of the best-preserved knowledge and flavours of Bragança, the chestnut pudding is still one of the best kept treasures. For its preparation, peeled boiled chestnuts, sugar, milk, eggs, cinnamon and butter are necessary. This dessert is the sweetest temptation that will be etched in your memory.

Price: 3€

• Sparkling Wines

Freshness of flavour

08

LOCATION

Moimenta da Beira

The Távora-Varosa region has unique climate and soil conditions for the production of fresh wines with high acidity, making it particularly interesting for the production of sparkling wines. They can adopt different colours, citrus, pink or red and they tend to be fruity, elegant wines. We recommend a guided tour to a sparkling wine cellar and tastings on site. It will be a refreshing break on your visit to the region.

Price: 3€

• Pastel de Chaves

09

The Simplicity of a Pastry

LOCATION

Chaves

This is a delicious pastry delicacy, characterised by its half-moon shape. The base is made of puff pastry and has a filling of minced veal. After going in the oven, the dough has a firm, crunchy texture, delight the taste buds of all those who taste the *Pastel de Chaves*.

Price: from 1€

• Vidago water

10

The purity of water

LOCATION

Vidago

This is a natural mineral water recognised since Roman times for its healing properties. It is currently also used in various health and wellness treatments at Vidago Palace Thermal Spa. This water is one of the most alkaline in the world and it forms part of the memory and daily life of the inhabitants of Vidago. Be sure to try out the therapeutic power of this water, which has won awards at several International Fairs such as in Vienna, Philadelphia, Madrid and Paris.

Come and enjoy the tranquillity and refinement of Vidago Park, where you can see two mineral springs that are still active.

Price: free entrance

DOURO



• Douro Gastronomic Experience

01

LOCATION

Lamego

DURATION

9 hours

Be sure to visit and taste the city of Lamego. Nationally renowned in historical and religious heritage, but also in national gastronomy. Along with its traditional delicacies, such as cured ham and *bola de lamego* (a loaf baked in the oven with smoked ham) there is the delicious wine. But olive oil and honey are close at hand too. During the visit, take the opportunity to get to know some of the city's landmarks such as the Nossa Senhora dos Remédios Shrine, the Cathedral and the Castle of Lamego.

INCLUDED: Transfer, guided tour, tasting of regional products and lunch.

Price: 410€ by car (limit of 3 people)

*Pick up and drop off: Porto

• Luxury Experience

02

Tour of the Douro Valley's *Quintas*

LOCATION

Pinhão

DURATION

8 hours

If you are a wine tourism lover, this is the perfect experience for you. Don't waste any more time and get to know the Douro Valley, to be precise its heart, Pinhão. As part of a luxurious experience, you will get the chance to visit and taste internationally renowned wines in the Douro Valley's *Quintas* (wine estates). Come along to challenge and evolve your knowledge of oenology, through contact with winemakers and owners with whom you can exchange ideas throughout your visit. During the day, you will also have the opportunity to stroll around the vineyards and enjoy the beautiful landscape. Make a Toast with us!

INCLUDED: Experienced local guide in wine tourism, 2 tastings and lunch. Flexible schedule.

Price: from **250€** per person

• Picnic in the Vineyard

03

LOCATION

Tabuaço

DURATION

3 hours

Bring out the winemaker in you with a complete programme at a *Quinta* (wine estate) located in the heart of the Demarcated Douro region.

Here the combination of tradition and modernity will make a lasting impression. We recommend a picnic in the age-old vineyards, which continue to withstand the harshest conditions and produce superior quality wines. Don't miss the chance to learn about the grape selection process, looking at the cellar's robotic presses and tasting regional products and wine, with a breath-taking view over the valley, in a constant flux of colour and light.

INCLUDED: Guided tour, wine tasting and lunch.

Price: from **40€** per person

• Roasted Goat Kid Leg

04

LOCATION

Peso da Régua

Roasted goat kid is one of the dishes that has stood out in Portuguese cuisine over time. This dish, always very well-seasoned and served with oven-baked rice and/or roast potatoes, was traditionally reserved for bank holidays and Sundays. Nowadays, it still features strongly on restaurants' menus and often takes on a new image. Come and try the roasted goat kid leg, with vegetables and oven-baked rice at a spot that has won awards for its excellence.

Price: from **24,30€**

• Little river fish

05

LOCATION

Foz Tua

Witness the delicious tradition of river fish in Portuguese food. The Douro has a varied gastronomy, which has been enriched by knowledge passed down from generation to generation. River fish are usually fried in olive oil and then drizzled with a special sauce, filled with spices such as garlic, bay leaves, vinegar, paprika and parsley.

The fish is ready to be savoured, all that remains is to choose a good wine to go with it.

Price: from **15€**

• Douro Almond

06

LOCATION

Castelo Rodrigo, Foz Côa

This is a dried fruit very characteristic of the Douro region and considered a PDO (Protected Designation of Origin) product, lending it quality and international recognition. This is a product typically served in its shell and with its own characteristics, due to the microclimate and soil of the Douro region. The presence in the region of almond groves marks the landscape and offers an unforgettable setting during the almond blossoming season, between February and March. Be sure to taste the many varieties of almonds that are winning over more and more connoisseurs abroad.

Price: from **3,20€**

• Vibrant Wine

07

LOCATION

Lamego

DURATION

30 minutes

It's time to relax and awaken your senses in a sparkling wine cellar. The prestige of wines from the Lamego region is known and for this reason we propose a visit to the Raposeira Wine Cellars. A company with more than 120 years, which presents its sparkling wines in an energetic way, where the unmistakable flavour of its nectars stands out, whilst at the same time the resilience of its people is celebrated.

Come and toast with us the taste of the Douro.

INCLUDED: Guided tour and tasting.

Price: 2,50€ per person

• Bola de Lamego

08

LOCATION

Lamego

It is currently made in several patisseries in the country, but it is known for being the gastronomic masterpiece of the city of Lamego. You can eat it at any time, for elevenses, breakfast or as a snack. The *bola* is a kind of sweet bread, which can be stuffed with meat, cod or sardines.

Combine the best of traditional cuisine with unique landscapes and discover the Douro with your senses primed.

Price: from 1,35€ per slice

- ## Cristas de Galo

09

LOCATION

Vila Real

The name *Crista de Galo* (cockscorn) is due to the form of the crunchy dough that covers the tasty egg yolk, almond and sugar filling. The outer covering is made with flour, lard, egg, salt and is sprinkled with sugar. The recipe is over 400 years old and was recently recognised as one of the Seven Sweet Wonders of Portugal. Try this delicacy at a confectionery with nearly a century of history in making Convent Sweets.

Price: from 1,10€

- ## Cavacas de Resende

10

LOCATION

Resende

The “cavacas de Resende” are one of the most popular regional sweets in the Douro region. For its preparation, three main ingredients are needed: eggs, flour and sugar. Savour these moist slices of sponge cake with a sugar coating, which only the know-how of the female confectioners of Resende can provide.

Price: from 1€

MINHO



• Lamprey

River Fish

01

LOCATION

Esposende

It is a seasonal dish, normally eaten between January and April, when the lamprey comes to the river to spawn. In its preparation, *Vinho verde* red wine and chorizo are an essential part of the ingredients. It's a fish, but it doesn't look like one when seen on the plate, and because of its quite intense flavour. Its quality comes from its method of preparation and what they call "beating the lamprey", an expression associated with the time it is in running freshwater. Don't miss the opportunity to taste something so distinct and unique.

Price: from **35€**

• Arroz de Sarrabulho

A rice to die for

02

LOCATION

Ponte de Lima

Arroz de Sarrabulho Rice is known as one of the most traditional dishes of Portuguese cuisine, especially from Alto Minho. It is made with rice, blood and various types of shredded meat. Its flavour is accentuated by different spices, such as cloves and nutmeg, without forgetting the final touch of cumin, revealing a unique, unforgettable flavour.

Price: from **15€**

• Arroz Pica no chão

03

Tradition at your table

LOCATION

Braga

Known by many as *Arroz de Cabidela* or *Arroz de Pica no chão* (rice), it has three essential ingredients: rice, blood and chicken. The quality of this dish is attributed above all to the chicken used, with the majority defending that the free-range chicken will be essential and hence its name. Its flavour is strong, first and foremost because of the vinegar that is added to the blood, giving it an appearance of fluffy rice with a brownish colour. It is often suggested as a Thursday lunch menu in more traditional restaurants. Don't forget to include this delicious Minho specialty on your list of gastronomic experiences.

Price: from **12€**

• Duck Rice

04

Delicious Rice

LOCATION

Braga

Duck rice has a crispy texture from the oven. However, all its preparation starts much earlier and every detail counts towards the final appearance. The rice is cooked in the water that boiled the duck - and which was also used for the chorizo- then the meat is shredded and placed interspersed with the rice. At the end, place the chorizo and ham on top and then goes in the oven. It is undoubtedly one of the recipes that is part of the memories and tables of all Portuguese people. Also be sure to create this unique memory.

Price: from **11,5€**

• Bacalhau à Braga

National Identity Symbol

05

LOCATION

Braga

Cod (*bacalhau*) has a unique status in Portuguese cuisine and is a symbol of national identity. *Bacalhau à Braga* has positioned this city as one of the main gastronomic destinations in the country. The ingredients needed to make this delicacy include potatoes, onions, garlic, bay leaves, paprika, parsley, olive oil, oil, vinegar and salt. It is estimated that this dish was created approximately 70 years ago and today it is present in almost all menus in Braga's restaurants, marked by the seal of quality.

Price: from 10€

• Rojões

Typical Minho flavour

06

LOCATION

Barcelos

Delight yourself with one of the most popular dishes in Portuguese cuisine. The ingredients are diverse and of high quality. Diced pork, *tripas enfarinhadas* (floured tripe), chorizo and liver give this delicacy a unique colour and appearance. Everything is prepared with the right timing and the art of someone who has mastered the secrets of Minho's cuisine, which delight locals and visitors alike.

Price: from 7,5€

• Vinho verde

Refreshing Flavours

07

LOCATION

Melgaço

DURATION

1 hour and 30 minutes

Vinho verde, produced in the *Vinho Verde* Demarcated Region, is known for being light, fresh and with differentiating flavours worldwide. These can be younger and classic to more complex, sophisticated wines with good aging qualities. The varieties also vary, although the most prestigious ones are the delicious Loureiro and the aromatic Alvarinho. We recommend a visit to a wine-producing estate (Quinta) in Melgaço, a pioneer in the creation of Alvarinho wine in this region and internationally renowned. Come and toast with us!

INCLUDED: Visit to the winery and tasting.

Price: from **6€** per person

• Abade de Priscos Pudding

Traditional flavour

08

LOCATION

Braga

Finalist in the project “7 Wonders of Gastronomy”, the *Abade de Priscos* Pudding is a delight for anyone visiting the Minho region and is part of the dessert list of most restaurants. In its preparation, sugar, egg yolks and Port wine are fundamental ingredients, but the essential ingredient and what gives it its unique flavour is the few grammes of bacon.

Price: from **3€**

• Caldo Verde

Intense flavour

09

LOCATION

Braga

Caldo Verde (Green cabbage soup) is undoubtedly one of the most famous and traditional soups in our country. It originates in Minho and its recipe has been adapted over time and generations. It is one of the dishes that is a must in traditional festivals. Two ingredients are visible: the very thin strips of cabbage and the slice of chorizo that is placed just before serving.

Price: from 1,5€

• Clarinhas

Dessert filled with history

10

LOCATION

Fão, Esposende

Clarinhas, also known as *Pastéis de Clarinha*, are a convent sweet, filled with malabar gourd jam with eggs. It is undoubtedly one of the symbols of the local confectionary and everyone has a taste of this delicacy. It is said that the recipe is centuries old and a well-kept secret for many generations of local families, so that the tradition of this genuine sweet can be preserved. Want a taste?

Price: from 1€

PORTO



• Lamb

A refined experience

01

LOCATION

Amarante

The flavour is reminiscent of childhood memories, but the dish is a mixture of tradition and contemporaneity. The lamb is served with peas, cheese (Terrincho PDO), spices, organic vegetables and a sauce with the right intensity. The sophistication of the dish and the excellence of the products used earned it to be chosen one of the 7 Wonders of New Gastronomy. The location is exquisite and has a Michelin Star. This is a gastronomic experience where there are no forbidden pleasures.

Price: Full menu from **125€** per person

• Gastronomic Route

Food and wine in the streets of Porto

02

LOCATION

Porto

DURATION

3 hours

Discover Porto's cuisine, with Mediterranean influences, rich in stories and recognised for its quality. We recommend a tour with an experienced guide who has selected for you the best examples of traditional, rich and varied cuisine. While walking through the picturesque streets of the historic centre, you will make five stops at the most typical taverns and establishments. You will have the opportunity to learn about the history of the *francesinha*, the secrets of Port Wine, the multiplicity of ways to cook salted cod, among many others. The best part is that many of these stories are told by the owners of the taverns and there will also be tastings. Enjoy your food!

INCLUDED: Specialised guide, insurance and tastings (coffee, *pastel de nata* (custard tart), cod croquettes, *vinho verde* wine, smoked meat, cheese, bread, olives, DOC wine, *bifana* (pork leg steaks), beer and Port wine).

Price: **59€** per person (minimum 2 participants)

• Lamprey

River Fish

03

LOCATION

Gondomar

The Douro influences gastronomy, with its seasonal delicacy, the lamprey. You can choose whether you prefer *Lampreia à bordalesa* or the typical lamprey rice, but don't forget to try this regional speciality. You can try it in several restaurants in Gondomar. It will always be well seasoned, well cooked and with an intense flavour.

Price: from **30€** individual portion

• Posta Arouquesa

Meat with Protected Designation of Origin

04

LOCATION

Alvarenga, Arouca

If you are looking for an experience to tantalise your taste buds, you simply can't miss out on one of the best northern delicacies, *Posta Arouquesa* (Arouquesa veal chop). It is pink in colour, consistent, tender, succulent and boasts an intense flavour.

It is part of the heritage of Arouca and currently has excellent market acceptance, with its demand having recorded significant growth.

Price: from **13€** per person

• Port Wine

The most famous fortified wine on the planet

05

LOCATION

Vila Nova de Gaia

DURATION

45 minutes

If you want to get to know one of the main attractions of this city, you cannot miss tasting the famous Port Wine. From the best-known Tawny, White, Rosé and Ruby to the most exclusive ones such as Vintage, Reserve or LBV. Get to know the whole history, manufacturing process and aging. Be sure to try a wine that can served as an accompaniment to all special occasions in the best possible way.

INCLUDED: Guided tasting and tastings.

Price: from **13€** per person

• Vinho Verde

Explosion of Flavours

06

LOCATION

Penafiel

DURATION

1 hour and 15 minutes

Known as the largest producer of *Vinho Verde* in Portugal, exporting it to over 70 countries, *Quinta da Aveleda* is a magical place. Discover the history of a family that over several generations has kept the tradition alive and where you can taste wines, brandies and regional products. We invite you to discover this paradise, an experience that will tantalise your senses.

INCLUDED: A visit with tastings.

Price: from **13€** per person

• Super Bock

Beers with soul

07

LOCATION
Matosinhos

DURATION
2 hours

A typical Porto brand, dating from 1967, awarded with 40 *Monde Selection* medals and the leader on the national market. We suggest a range of contemporary and inspiring craft beers that challenge the traditional flavour and allow you to discover intense, fresh aromas. Its distinctive flavour and strong personality are reasons that justify its constant presence in the Portuguese people's life.

INCLUDED: Guided tasting and tastings.

Price: 10€ per person

• Francesinha

Typical Porto flavour

08

LOCATION
Porto

For those who don't know it, it may at first seem like a simple snack, but it is actually one of the icons of the city of Porto. Served in several restaurants, *Francesinha* is now omnipresent in the mouths and minds of the people of Porto and increasingly sought after by those visiting the *Invicta* (Porto). There are several types and can satisfy all tastes, simple, vegetarian or special, it is always accompanied by a sauce full of secrets that you will definitely enjoy.

Price: from 9,8€ per person

• Tinned fish

A world inside a tin

09

LOCATION

Matosinhos

Awaken your palate and discover the unique flavour of Portuguese tinned fish, present on several international markets. There are options for all tastes, from the simplest such as tuna, sardines, to more complex ones such as anchovy in spicy olive oil and sardines in tomato sauce by Porthos.

Try this typically Portuguese snack in a place that is both a restaurant and a store full of stories to tell. We recommend the executive menu, which includes a starter, main course and coffee.

Take the plunge into the world of tinned fish, which continue to be present at the most delicious moments.

INCLUDED: Starter, main course and coffee.

Price: from **8,5€** per person

• Doce de São Gonçalo

The Matchmaker Sweet

10

LOCATION

Amarante

With connections to the city's past, connections to blessed São Gonçalo and the cult of fertility, this is how the phallic sweet of São Gonçalo is presented. Graphically peculiar and original in shape, this traditional sweet is celebrated twice a year, in January and June. However, you can find it all year round in almost all cafes and patisseries in the old town of Amarante.

Price: from **1€**

TALK TO US

Phone: (+351) 935 557 024 / (+351) 223 326 751

Whatsapp: (+351) 938 668 462

E-mail: info@visitportoandnorth.travel

Hi, talk to us in real time.

