

**PORTO  
& NORTH**

 visit Porto&North  
Portugal

ITINERARIES

# TRÁS-OS- MONTES



# AWAKE TO TRÁS-OS-MONTES.



Trás-os-Montes promises to awaken your desire to travel through the wildest vastness of the north of Portugal. Awake to days full of culture, nature, water fun, flavour and lots of adventure.

Move forward with confidence to a region that calmly and safely changes with the rhythm of nature.

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.**



# DAY 1

## RIBEIRA DE PENA

### MORNING

Ribeira de Pena is washed by the Tâmega, Póio, Louredo and Beça rivers, whose clear waters invite you to go for a swim or do sports activities such as **canoeing** or **canyoning** in the **Cai d'Alto** waterfall. Ribeira de Pena describes itself as a nature destination and here you can find one of the biggest Fantasticable in the world, which is one of the crowning jewels of **Pena Aventura Park**.

#### **We recommend**

Venture through **Parque Natural do Alvão Tour** [nature Park] and discover the most iconic site of the protected area: **Fisgas de Ermelo**, an imposing waterfall with a vertical drop of around 400 meters. This is a difficult circular route, with large difference in altitude of about 8 to 12 KM and, therefore, you will always be accompanied by one or more guides (35€ per person).

More information [here](#).

**NOTE:** All prices shown are the general tariff and may be subject to changes.  
For more information contact us through our - Live Chat.

## AFTERNOON

In the second part of the day, you can try the other activities available in the Park, such as **Fantasticable** (starting at 20€ per person), **Negative Jump** (starting at 10€ per person), **Adventure Course** (10€ per person), **Crazy Cart** (10€), **Paintball** (starting at 20€ per person), **Polaris Tour** (100€ per double car), **Rafting** (starting at 35€ per person), **Canyoning** (starting at 35€ per person), among others.

### We recommend

Try the programme **Romantic Adventure Getaway** that combines park activities, such as the **Fantasticable** and the **Alpine Coaster**, with a short horseback ride or the Adventure Route (starting at 80€ per person, with overnight accommodation).

More information [here](#).

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## **WHERE TO TASTE PORTO AND THE NORTH OF PORTUGAL?**

### **RIBEIRA DE PENA**

- Central (traditional Portuguese cuisine)
- Biclaque (Mediterranean, European and Portuguese cuisine)
- São Pedro (traditional Portuguese cuisine)

## **WHERE TO REST IN PORTO AND THE NORTH OF PORTUGAL?**

### **RIBEIRA DE PENA**

- Pena Park Hotel (Hotel ★★★★★)
- Pena Aventura Park (Camping Ground - Bungalows)



# DAY 1

## CHAVES AND VIDAGO

### MORNING

Start your visit to the Trás-os-Montes region in the city of Chaves, also known in Roman times as *Aquae Flaviae*. Start your journey at the 0 Km milestone, which is located in Chaves, the starting point of the iconic *Estrada Nacional 2* (A-road 2). Continue through the historic city centre, where you can see **Torre de Menagem do Antigo Castelo de Chaves** [Keep of the Old Castle], now a military museum, and **São Francisco Fort**, which once served as a strategic point of defence of the city. Heading towards the **riverside** area of the city, you will find **Trajano Bridge**, a landmark of the Roman presence in the region; finish your tour with a visit to **Nadir Afonso Contemporary Art Museum** (5€) where you can appreciate the works of this painter born in Chaves.

As you walk through the streets of the city, let yourself be charmed by its colourful houses, with wooden balconies perched over the streets. **Rua Direita** and the adjacent arteries are the best routes to feel the essence of the city.

Before leaving, enjoy one of the local delicacies, the famous **Pastel de Chaves**.

### **We recommend**

A **guided tour** (starting at 15€ per person, with a minimum of 2 people), lasting approximately 2 hours, to discover the EN2 (A-road 2) that connects Chaves to Vidago.

More information [here](#).

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## **AFTERNOON**

Continue your journey heading to **Vidago**. Here, the **Vidago Palace Hotel** and the **Nature Park** that surrounds it are a must-visit. Created in 1910, the park features an early 20th century typical landscape that remains intact to this day. The tree avenues, paths, trails and reflecting pools will inspire you to observe all the shades of nature. Next to the Hotel, try the sparkling mineral water from the **Vidago Water Fountain**.

## **WHERE TO TASTE PORTO AND THE NORTH OF PORTUGAL?**

### **CHAVES**

- A Talha (traditional Portuguese, Mediterranean and European cuisine)
- Restaurante Miradouro (traditional Portuguese and European cuisine)
- Taberna Benito (traditional Portuguese and European cuisine)

## **WHERE TO REST IN PORTO AND THE NORTH OF PORTUGAL?**

### **CHAVES**

- Hotel Casino de Chaves (Hotel ★★★★★)
- Casas Novas Countryside Hotel Spa & Events (Hotel ★★★★★)
- Hotel Premium Chaves Aquae Flaviae (Hotel★★★)

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# DAY 2

## VILA REAL

### MORNING

In Vila Real, contemplate the two distinct predominant landscapes: the mountainous area of Serra do Alvão and Serra do Marão and the terraces of the Douro vineyards.

But there is one place you cannot miss: **Casa de Mateus** (visits starting at 9.50€).

Designed by Italian architect Nicolau Nasoni, this is one of the most elegant houses in Europe. On your visit to Casa de Mateus, enjoy a refreshing **wine tasting** (starting at 5€).

In the city centre of Vila Real, visit **Sé de Vila Real** [cathedral] and delight yourself with the vast convent sweets, such as *Cristas de Galo* (one of the 7 sweet wonders of Portugal), *Pitos de Santa Luzia*, *Pastéis de Santa Clara* and *Covilhetes*.

#### We recommend

If you visit the region with your family, **Casa de Mateus** gives you the freedom and space you need. In a brief guided tour (starting at 23€) you will discover all the fun facts of the Garden and will also have time to unwind and rediscover the pleasure of fresh air. The visit to Casa de Mateus offers you an experience that combines nature and heritage.

More information [here](#).

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### AFTERNOON

On the second part of the day, visit the **Botanical Garden of UTAD** and then head towards **Lamas de Olo** – located in the **Alvão Nature Park**, where you can see traditional houses built in schist, thatch and granite.

In the park, you will have the opportunity to discover cinematic waterfalls, observe gigantic boulders and stroll along the clear rivers.

The village of Lamas de Olo is a living testament of the rural character of this region of Trás-os-Montes. Here, set off to discover the waterfalls and pools of the Poio River and experience moments of pure adrenaline or simply take a nice walk surrounded by the lush nature. The waterfalls of the Olo River, *Fisgas do Ermelo*, are one of the highest waterfalls in Portugal and are the most iconic place in the park. Awaken your senses, dive into the pure and crystal waters of the natural lagoons and feel the force of the waterfalls.

## **WHERE TO TASTE PORTO AND THE NORTH OF PORTUGAL?**

### **VILA REAL**

- **Bons Tempos – Restaurante & Petiscos** Restaurante & Petiscos (American diner, Mediterranean and European cuisine)
- **Tralha Wine Tapas Bar** (Mediterranean, European cuisine and bar)
- **Restaurante Convívio** (Mediterranean, traditional cuisine and seafood)

## **WHERE TO REST IN PORTO AND THE NORTH OF PORTUGAL?**

### **VILA REAL**

- **Quinta do Paço Hotel** (Hotel ★★★★★)
- **Borralha Guest House** (Local Accommodation)
- **Naturwaterpark** (Camping Ground and/or Caravan site)



# DAY 1

# MONTALEGRE AND CHAVES

## MORNING

Get ready for a land of legends and myths. Montalegre is the **Capital of Barroso** and is famous for its delicious cuisine and smoked meat, and also for the legendary **Fridays the 13th**, a kind of Halloween night when locals and visitors take to the streets and fun reigns. Be sure to visit **Montalegre Castle**, the **Ecomuseu do Barroso** (a museum dedicated to this territory and its traditions) and **Misarela Bridge**. Close to the Castle, you can taste the smoked sausages typical of this region, which are served in restaurants as a snack and are often prepared in traditional fireplaces, where the fire starts on the floor.

### **We recommend**

Discover the taste of a traditional good meal, cooked in a pot by the fireplace. **Tabernas do Alto Tâmega** [taverns] are a unique concept in the world, and here you can experience this traditional experience, using certified products, in a typical environment. Make your reservation in advance.

More information [here](#).

## AFTERNOON

In the afternoon, head to **Chaves**, one of the most important cities in Trás-os-Montes. Here, you can walk through the streets of the historic area, discover the charm of the riverside area and feel the healing effects of the hot springs. The main sites to visit are: **the Keep of the old Chaves Castle**, now converted into a military museum; **São Francisco Fort**; **Trajano Bridge and the riverside area**, ideal scenarios for magnificent photos. Finally, don't miss the opportunity to try the thermal water of volcanic origin at *Fonte do Povo* in the *Termas de Chaves*. Before leaving, take a break to taste *Pastel de Chaves*, and the savoury *folar* of Chaves.

### **We recommend**

Discover Chaves and the surroundings of this city in a **4x4 tour** (20€), where you can enjoy the charms of the Chaves' landscape. This tour lasts approximately 2h30min, includes the tasting of a regional product and visits to the main tourist spots of the city.

More information [here](#).

## **WHERE TO TASTE PORTO AND THE NORTH OF PORTUGAL?**

### **MONTALEGRE**

- **Dias** (traditional Portuguese, Mediterranean and European cuisine)
  - **Nevada** (traditional Portuguese and European cuisine)
  - **Dom João** (traditional Portuguese and European cuisine)
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### **CHAVES**

- **Bons Tempos Restaurante & Petiscos** (American diner, Mediterranean and European cuisine)
- **Tralha Wine Tapas Bar** (traditional Portuguese and European cuisine and bar)
- **Restaurante Convívio** (Mediterranean and traditional cuisine and seafood)

## **WHERE TO REST IN PORTO AND THE NORTH OF PORTUGAL?**

### **CHAVES**

- **Hotel Casino de Chaves** (Hotel ★★★★★)
- **Casas Novas Countryside Hotel Spa & Events** (Hotel ★★★★★)
- **Hotel Premium Chaves Aquae Flaviae** (Hotel ★★★)



# DAY 2

## MIRANDELA

### MORNING

You will be you delighted with Mirandela due to its many natural resources and cultural peculiarities. Start by visiting **Misericórdia Church**, heading towards **Porta de Santo António**, the only vestige of the old Mirandela castle. Nearby, you will find the imposing **Paço dos Távoras**, currently the Town Hall, with a beautiful view of the river. Then, we suggest a stop at **Parque do Império**, next to **Ponte Velha**, a pedestrian bridge over the Tua River.

This is a magnificent backdrop for your selfies and stories. On the other side of the bridge, you will find **Santuário de Nossa Senhora do Amparo** [shrine], also with a magnificent viewpoint. Mirandela is also one of the mandatory stops on the **Olive Oil Route**, and here you can watch up close all the details about the production of the **Olive Oil from Trás-os-Montes**.

#### **We recommend**

Pay a visit to **Museu da Oliveira e do Azeite** [museum], where you can discover the main fun facts about the production of olive oil in Portugal and why this area has a Protected Designation of Origin (PDO).

Pre-booking is required.

More information [here](#).

## AFTERNOON

Go through **miles of old vineyards**, with a wide variety of **centuries-old grape varieties**, which in a peculiar way mark the quality of the wines of this region. A wine-growing experience will show you the reasons behind the national and international recognition of Trás-os-Montes wines.

### **We recommend**

Visit **Quinta das Corriças** (starting at 15€), which preserves all the identity of a typical century-old winery, stroll through the vineyards and taste the Quinta's wine and some regional tapas.

More information [here](#).

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## **WHERE TO TASTE PORTO AND THE NORTH OF PORTUGAL?**

### **MIRANDELA**

- **A Adega Regional** (American diner, Mediterranean and European cuisine)
- **Mourel** (traditional Portuguese and European cuisine)
- **Bem Bô** (traditional Portuguese and European cuisine)

## **WHERE TO REST IN PORTO AND THE NORTH OF PORTUGAL?**

### **MIRANDELA**

- **Grande Hotel D. Dinis** (Hotel ★★★)
- **Casa de Campo dos Távoras** (Country House)
- **Casa da Ponte** (Local Accommodation)



# DAY 3

## MACEDO DE CAVALEIROS

### MORNING

End your trip on a high note with a visit to Macedo de Cavaleiros and the village of Podence, where nature will awaken in you great feelings. Start with a tour of **Geopark Terras de Cavaleiros**, a place with an immense geological and biological heritage where everyone feels welcome. Learn more about the traditions and natural resources of the region along the **Caretos Trail** (4.5 km), which starts at **Casa do Careto** (1€), goes on to **Nossa Senhora da Purificação Church**, and then after the village heads towards **Ribeira Beach**.

#### **We recommend**

On a tour with a **professional guide** (30€) discover the colourful and peaceful village of Podence. This is the village of the Caretos de Podence, designated an Intangible Heritage of Humanity by UNESCO. Let yourself be enchanted by the symbolism and magic of the traditional costumes. Take the opportunity to visit the places of interest in Geopark Terras de Cavaleiros and embark on a journey that will take you back thousands of years, this time aboard an ecological vessel, which will reveal the wild and natural life of the Azibo reservoir. Taste the delicacies included in the menu and dive into the clear Trás-os-Montes waters.

More information [here](#).

## **AFTERNOON**

In Macedo de Cavaleiros, the National Capital of Beekeeping, you can visit **Museu do Mel e da Apicultura**, the first museum dedicated to honey and beekeeping in Portugal. Here you can admire antiques, tools used in this activity in times past, and visit the living museum, where the bravest can be in contact with the bees.

### **We recommend**

Have a 2-hour rowing experience in the Azibo reservoir, on a route that will take you to enjoy the natural resources of the region. Stand-up paddle boarding (15€) 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.

More information [here](#).

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## **WHERE TO TASTE PORTO AND THE NORTH OF PORTUGAL?**

### **MACEDO DE CAVALEIROS**

- O Brasa (traditional Portuguese cuisine, vegetarian-friendly and with vegan options)
- Rodízio (European and Portuguese cuisine, vegetarian-friendly and with vegan options)
- Dona Antónia (Mediterranean, European and traditional Portuguese cuisine)

## **WHERE TO REST IN PORTO AND THE NORTH OF PORTUGAL?**

### **MACEDO DE CAVALEIROS**

- Casa do Azibo - Turismo Rural (Tourisme rural)
- Hotel Muchacho (Hotel ★★)
- Casa do Olival (Maison de campagne)

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