

# Portugal Food Tours

## ECO TRILHA VIAGENS E TURISMO

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Lisbon and Porto are magnificent and overwhelming with timeless magic and a great place to visit any time of the year. Walking through the streets, tasting their abundance brings to life the culinary traditions of the Portuguese kitchen. This week you will explore the food, culture and cuisine. Thorough cooking classes in unique settings, all run by accomplished chefs, you will bring these traditions home.

## Highlights Portugal Food Tours

• Lisbon • Belém Tower • Jerónimo's Monastery • Sintra • Óbidos • Porto • Braga • Arcos de Valdevez

## Itinerary

Day 1: Flight to Portugal

Day 2: Lisbon Airport

Today at the appropriate time, an Eco Trilha representative will be met you at the airport to assist and transfer you to your hotel. There are no activities planned for this day. Overnight in Lisbon.

Day 3: Lisbon – Sintra – Lisbon

See the 16th-century Jeronimo's Monastery (UNESCO); the Monument to the Discoveries, honoring intrepid Portuguese explorers and their patrons, and the impressive Belem Tower (UNESCO). Visit an old patisserie that has managed to hold on to the secret recipe of Portugal's finest pastry for over 100 years and enjoy a demonstration and tasting of the famous 'pastéis de Belem'.

Its unique narrow streets, lined with whitewashed chapels and white houses edged in blue, are the perfect place for thoughtful wandering. Continue to the town of Sintra, a UNESCO site and the favorite summer residence of Portuguese kings for six centuries. Here, peruse specialty shops filled with Portuguese handicrafts. Lunch and dinner are not included. Overnight in Lisbon.

Day 4: Lisbon – Óbidos – Fátima – Porto

Your day on Portugal's "Silver Coast" begins in the medieval walled town of Óbidos village – surrounded by medieval walls and by its whitewashed houses. Don't forget to drink Ginja. It is a Portuguese liqueur made by infusing ginja berries, and it's the second most popular alcoholic drink in Portugal after the Port wine. This tour also features the imposing sanctuary of Fátima, a centre of Catholic faith and destination for pilgrims from across the world. Lunch and dinner are not included. Overnight in Porto.

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### Day 5: Porto

Elected Best European Destination 2012 by the European citizens, Porto, is history, architecture, culture, gastronomy, trade, encounters and discoveries. Walking tours in Porto, visits to the city's historical center of world heritage and monuments of Porto. Itinerary: Torre dos Clérigos, Livraria Lello e Irmão, Avenida dos Aliados, Estação de S. Bento, Ponte Luís I, Sé Catedral, Bairro da Sé and Ribeira. Brief presentation of the olive oil sector in Portugal with technical proof of three Portuguese olive oils. Lunch and dinner are not included. Overnight in Porto.

### Day 6: Arcos de Valdevez

Free time in Porto. After the lunch, transfer to Arcos de Valdevez (rural village). Dinner in the rural hotel. Lunch is not included. Overnight in Arcos de Valdevez.

### Day 7: Arcos de Valdevez

Cooking Workshop. Picnic basket for lunch in the middle of nature. Visit farm wines and wine tasting. Dinner in the hotel. Overnight in Arcos de Valdevez.

### Day 8: Arcos de Valdevez – Braga

Broa de Milho Workshop (bread cooking class). Lunch in the rural hotel (Slow Food). Free time in Braga. Dinner are not included. Overnight in Braga.

### Day 9: Oporto Airport

End of the program. There are no activities planned for this day. Lunch and dinner are not included.

## Prices

Hotels	Twin Room	Single Room
Olissippo Marquês de Sá or similar Hotel Ipanema Porto or similar Casas da Li (Rural Hotel) Hotel Mercure Braga or similar	1699€	1819€

Departure: January to December.

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### Notes

- Minimum number: 2 persons;
- Maximum number: 10 persons;
- Transfer Porto - Lisbon on request.
- Please note that while we operate successful trips in this region throughout the year, some changes may occur in our itineraries due to inclement weather and common seasonal changes to timetables and transport routes. This can happen with little notice so please be prepared for modifications to the route;
- Departure: January to December;
- Note: We reserve the right to change hotels based on availability and pricing.
- Validity: 2016/2017. Please ask special rates for National Holidays (25/April, 10/June, 12/June, 24/June, 29/June, 15/August, and 08/December), Carnival, Easter, Christmas and New Year's Day.

### Departure Dates

- 27-January-2017 to 04-February-2017
- 03-March-2017 to 11-March-2017
- 18-March-2017 to 26-March-2017 – 8 PLACES REMAINING
- 31-March-2017 to 08-April-2017
- 05-May-2017 to 13-May-2017 – 6 PLACES REMAINING
- 21-July-2017 to 29-July-2017
- 18-August-2017 to 26-August-2017
- 22-September-2017 to 30-September-2017
- 20-October-2017 to 28-October-2017
- 17-November-2017 to 25-November-2017
- Other departure dates on request

### Included

- Transfers: Airport – Hotel – Airport;
- 7 nights in a twin room;
- Breakfast is included every morning in all multi-day tour packages;
- 2 Lunches;
- 2 Dinners;
- Lisbon: Visit Jerónimo's church with its beautiful Manueline Architecture, reflecting Portugal's trade over the centuries (Ticket entrance included);
- Lisbon: Visit Belém Tower (Ticket entrance included);
- Lisbon: Enjoy a demonstration and tasting of the famous 'pastéis de Belém' (two cakes and one drink are included);

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- The cooking lesson is in the rural hotel Casas da Li. The hotel's owner is Lúgia Santos, the first winner of Masterchef Portugal;
- Sintra: Palácio da Pena (Ticket entrance included);
- Brief presentation of the olive oil sector in Portugal. Technical proof of three Portuguese olive oils;
- Wine tasting and cooking class;
- Tasting of Portuguese products (for example: cheese, ham, sausage, cod fish, sardine, etc.);
- City tour in Lisbon, Sintra, Porto, Braga and Óbidos;
- Transfer and Guide throughout the tour.

## Not Included

- Flight;
- Airport taxes, security and fuel;
- Travel insurance;
- Drinks and meals not specified;
- Entrances other than mentioned;
- Tourist tax in Lisbon. From 1 January 2016, you will pay 1 euro per person / per night up to a maximum of 7 euros;
- Telephone and personal expenses.