

Walking in Portugal

ECO TRILHA VIAGENS E TURISMO

The Northern region of Portugal's surprise with the beautiful landscapes, mountain, plateaus, valleys and a rich fauna and flora. These regions offer all who visit them a healthy experience of engaging with nature and enjoying idyllic environments. There are so many hidden and undiscovered treasures all over Portugal waiting for you to discover them. Walking in Portugal!

Itinerary

Day 1: Oporto 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 Porto.

Day 2: 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 centre 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. Overnight in Porto.

Day 3: Walking in Castelo de Paiva

Our day starts at "Monte São Domingos da Serra", a place of unique beauty, with a magnificent view over the mouth of both Arda and Douro rivers. After enjoying the view it is time to start our way until "Fojo" shaft, the first place connected to the mining industry. After a short stop it is time to follow the ancient coal mine line and discover some remains of that time. Along our walk we will be able to see Arda River and discover some wonderful landscapes until we reach the centennial "Pedorido" bridge. Our walk ends at the mines with a small snack. Overnight in Porto.

Difficulty: Easy / Moderate. Distance: 5 miles. Duration: 1/2 day.

Day 4: Walking in Gondomar

Our day starts at "Areja", Lomba with a magnificent view over Douro river. After some information it is time to start our discovering some of the most beautiful landscapes of the region. Our first stop is at "Lomba" beach, a place famous for its water sports. After a short break it is time to go through the village of "Lomba" until we reach "Pé de Moura", where we will be able to see some of the typical boats used to fish. On our way back there will be time to enjoy some wonderful landscapes and a small snack at the end. Overnight in Porto.

Difficulty: Easy / Moderate. Distance: 5 miles. Duration: 1/2 day.

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Day 5: Walking in Douro

Our challenge for the day is to join us and discover some of the most beautiful treasures the Douro has to offer... After a journey of about one and a half hour the day starts at Samodães, with an excellent view over Douro river and Régua town. It is time to start our descent until the river, going along the vineyards, olive and fig trees. Our walk continues until we reach Régua town where we will have lunch. After lunch it is time to go along some of the most beautiful paths of the region until Pinhão, where we will visit the train station, famous for its tiles. To finish the day we will visit a wine estate and taste the famous port wine.

An excellent way to know the Douro region, World Heritage... Difficulty: Easy / Moderate.
Distance: 5 miles. Duration: 1 day.

Overnight in Porto.

Day 6: Braga and Guimarães

Guided tour in the city of Braga, known as the "Portuguese Rome", for its concentration of religious architecture, as the oldest Cathedral of the country. Founded in Roman times, with the name of Bracara Augusta, this city has over 2000 years of history. We will visit The Sanctuary of Our Lady of Sameiro and Bom Jesus. In the afternoon we visit Guimarães. A historic town, exceptionally well-preserved and an authentic example of the evolution of a medieval settlement into a modern town. (Optional: visit the museums and monuments). Overnight in Braga.

Day 7: Viana do Castelo

The beautiful Viana do Castelo is an important city since the XV century, located on the estuary of River Lima, with an astonishing view of from the Santa Luzia hill. Centre of the rich Minho folklore, Viana presents an amazing handicraft industry and animated festivals. Overnight in Braga.

Day 8: Transfer to the airport (Oporto Airport)

End of the program. There are no activities planned for this day.

Prices

Per person: 1199€ (twin room).

Hotels

Porto: HF Ipanema Porto (4 stars) ou similar.

Braga: Mercure Braga Centro (4 stars) or similar.

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Notes

- Single Room Supplement: 398€
- Departure: January to December.
- Validity: 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.
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.
- Insurance: We recommend that you take out appropriate holiday insurance covering you against illness, injury, and loss or damage to luggage. This insurance should also cover the possibility of having to cancel your holiday for any reason.
- Eating and Drinking: One of the joys of Northern Portugal is the warmth of the welcome you'll receive from your hosts. The food is hearty and wholesome, and we can guarantee that you'll find it hard to lose weight on this walk.

Departure Dates

- 15-March-2017 to 22-March-2017
- 17-May-2017 to 24-May-2017
- 31-May-2017 to 07-June-2017 - (4 places remaining)
- 05-July-2017 to 12-July-2017
- 04-October-2017 to 11-October-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;
- Brief presentation of the olive oil sector in Portugal. Technical proof of three Portuguese olive oils;
- Wine tasting;
- 1 Lunch;
- City tour in Porto, Braga, Guimarães and Viana do Castelo;
- Transfer and Guide throughout the tours.

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Not Included

- Flight to and from Portugal;
- Airport taxes, security and fuel;
- Travel insurance;
- Drinks and meals not specified;
- Entrances other than mentioned;
- Telephone and personal expenses.