



WANDERING the WORLD
INSPIRATIONAL TRAVEL EXPERIENCES



PORTUGAL WALKING & WINE IN THE DOURO VALLEY

Immerse yourself in some of the most picture-perfect walking country in all of Europe. On this 9-Day walk you will be rewarded with spectacular views of the dramatically beautiful scenery of the Rio Douro (River of Gold) which is both striking in its tranquility and its rich colors.

Richard Perry PARK TREK

ESCORTED GROUP

DEPARTURE DATE - September 20, 2018

TRIP LENGTH: 9 Days/8 Nights **MEALS:** 8 Breakfasts & 3 Dinners with wine included

LUGGAGE TRANSFER: One x 20kg bag per person **OTHER:** Wine Tastings **MAPS & DIRECTIONS:** Included

PRICE FROM: Euro 1,980 per person, twin share **SINGLE SUPPLEMENT:** Euro 820 **DEPOSIT:** AUD800



Steeped in history, Portugal emerged as a country in 1143 and the Douro Valley is a key part of Portuguese history. With its terraced vineyards and hilltop estates known as Quintas, the region is renowned for its wine production, in particular the dessert wine known as Port.

Long before any president, king or emperor, the Douro was inhabited by primitive peoples who were the first to leave their trace. The rock paintings of the Vale do Côa date back to the upper Palaeolithic Age, about 20 thousand years ago. Regarded as the most important Palaeolithic open-air art in the world, it is known that grapes were being cultivated in the region around 4 thousand years B.C. because carbonized grape pips have been found in archaeological sites. Many of the castros (fortified villages) in the region, such as the Castro de Cidadelhe, in Mesão Frio, date from this period.

THE WALKING



This trip is escorted; however, you are free to walk at your own pace and in your own time. You will be equipped with easy to read maps and instructions complete with directions to guide you. Wandering the World takes care of all your accommodation and daily luggage transfer so you can relax and enjoy your journey. This itinerary is carefully designed for easy to manage walking days. There is a basic level of fitness required and some uphill stretches in part, however, given you only need carry a lightweight day bag and your water supply, which can be replenished in the various villages on route, and other essentials such as snacks, it makes this trip very manageable for any inexperienced walker.

ACCOMMODATION



To complement the serenity and magnificent countryside you will be walking through, we have carefully selected boutique accommodation for its authenticity and uniqueness and to provide a sanctuary of comfort with private facilities and ideal location at the end of each day.

Day 1/Night 1

Arrive Porto - September 20, 2018

We commence our trip in the fascinating and vibrant city of Porto. Registered as a UNESCO World Heritage Site in 1996, Porto is the second largest city in Portugal after Lisbon. It is also the city that gave the country and its most famous export, port wine, its name. Five bridges, including one by Eiffel, link to Vila Nova de Gaia, the heart of the port wine trade. The waterside entertainment of buskers, dancers, markets and restaurants, are all a feature.

Day 2/Night 2

Train or transfer from Porto to Pinhao

Just over two hours away, along the winding valley we start our walk from the quaint village of Pinhão, which is located in a bend of the River Douro. You will be captivated by the sheer beauty of the valley landscape all the way from Porto. This evening we stay at an historic, family-run Quinta, where you will enjoy the relaxing environment of this working vineyard and winery.



Day 3 & 4/Night 3 & 4

Pinhao to Sabrosa - Walk: 13km

Today we enjoy a superb 13km walk through picturesque vineyards, where grape cultivation has been a livelihood for more than two thousand years. And where the tradition is still to squash the grapes by hand and foot.

Tonight, we will be treated with mouth-watering delicacies of the region, using traditional products and local ingredients, perfectly paired with a selection of fine wines.

Day 5/Night 5

Sabrosa to Alijo - Walk: 13km

Today we start our walk through the vineyards down to the River Pinhao and Favaios village where the bakeries still use their wood ovens dating from the late 19th century. We may choose to pause at some of the vineyards that have claimed many International wine awards. Tonight, our planned stay is in a Pousada, a traditional historical hotel.



Day 6/Night 6

Alijo to Vale Mendiz - Walk: 16.5km

Today we cross farmland taking in stunning views of hamlets perched on outcrops over the river and within the vineyards.

Day 7/Night 7

Vale Mendiz to Pinhao - Walk: 8km

Taking a different path back to Pinhao, the scenery of vineyards and mountains carved out by rivers is indeed special and it is no wonder that this area has been designated a World UNESCO Heritage Site. We can take an optional scenic boat trip along the River Douro to Rabelo, or simply relax in the comfort of our Quinta.

Day 8/Night 8

Porto

We return to Porto today. This evening celebrate a wonderful experience in one of Porto's excellent restaurants.

Day 9

Porto - September 28, 2018

The spectacular journey finishes after breakfast today.

Wandering the World hope you have had a journey of a lifetime and welcome your choice to wander with us again.

FOR MORE INFORMATION OR TO MAKE A BOOKING:

PHONE: +61 (0) 402 910 552

EMAIL: Glenyce Johnson glenycej@wanderingtheworld.com.au or Jane Reed janer@wanderingtheworld.com.au

VISIT: www.wanderingtheworld.com.au

Full booking conditions and payment details available on request.

Wandering the World specialises in creating and tailoring exceptional walking, trekking and touring holidays in some of the most beautiful places on earth. This includes both escorted small group and self-guided trips, as well as individually tailored itineraries for privately organised trips.

We are passionate about sharing the places we love and offer our expertise to ensure our travellers enjoy rich and authentic travelling experiences. Wandering the World select authentic and comfortable accommodation and our itineraries are focused on immersing travelers in the local culture and uncovering the hidden gems of a destination. We are committed to ensuring our travelers have a trip of a lifetime.



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