



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

Portugal – The Heart and Soul of the Douro Valley Hiking Tour (2024-2025)
8 Days/ 7 Nights
Individual Self-Guided



Make your way from Porto into the very heart of the Douro region before exploring the picturesque slopes and valleys of this World Heritage landscape on foot. Follow unpaved roads and footpaths as you walk from village to village, pausing for picnic lunches and visits to local wine estates where you can sample not only award winning table wines but also port and muscatel wines. Museums such as the Bread and Wine Museum in Favaios will give you a greater appreciation of local traditions and wine production. You'll also witness some of the year round activities involved in tending the vines and terraces. Relax after each day's walk in Douro Valley at carefully selected country houses and hotels where you will receive a warm welcome, comfortable accommodation and delicious meals. End your self-guided walking holiday in Douro Valley back in the fascinating historical city of Porto where you can visit the port wine cellars in Vila Nova de Gaia as well as exploring Porto's many sights and views.

Itinerary

Day 1: Porto

Your private transfer will be waiting for you at Porto airport to take you to your city centre hotel. A member of our team will meet you at your Porto hotel to give you a full briefing and your Welcome Pack, with all the information you need to fully enjoy this self-guided walking holiday. If you have free time in Porto, you may wish to explore the city's historical monuments, revitalised areas such as Rua das Flores and the riverside Ribeira district. If you have time, cross the river and visit at least one of the port wine cellars in Vila Nova de Gaia to see and smell where the barrels of aging wine are stored. Optional in person briefing 50 Euros

Day 2: Travel to Douro Valley

Today you travel to the heart of the Douro Valley and you can choose between taking the train (approx. 2.5 hours) or spending most of the day on a river cruise all the way from Porto. If travelling by train, we'll pick you up at your hotel and take you to the station. Enjoy the river views all the way to the small riverside village of Pinhão, where the train station is decorated with painted tile panels depicting Douro wine production. Once there, you can take a boat upstream (optional, paid locally) for a different perspective of the valley.



Should you decide to travel by boat, as well as the views, you'll have the experience of going through two locks that are a feat of engineering which has transformed the Douro River and enabled boats to travel safely between Porto and the wine region.

Day 3: Linear walk from Pinhão to Vilarinho de São Romão | 9.4 km (5.8 miles) | +587m

Explore the western slopes of the Pinhão Valley today as you climb to the hillside villages of São Cristovão do Douro and Provesende. The views of surrounding vineyards more than compensate your efforts. End this journey with a warm welcome and home-cooked meal at a historical country house. If weather permits, take a refreshing dip in the outdoor pool or simply relax in the comfortable guest lounge.

Day 4: Circular walk via Fermentões 13.1 km (8.1 miles) +405m / -405m

This circular route encompasses the highest part of the Douro Wine region, offering plenty of opportunities for stunning views in between swathes of pine forest. The vistas vary from the small villages and towns scattered around the surrounding hills, such as Sabrosa, Provesende and Vilarinho de São Romão, to the terraced slopes of the Pinhão and Douro valleys and the farms and wine estates. You'll have the opportunity to explore authentic villages filled with examples of traditional architecture and observe small-scale agricultural practices in the neighbouring plots of land.



Day 5: Linear walk from Vilarinho de São Romão to Alijó | 16.4 km (10.2 miles) | +626m

Enjoy views across the valley on your way towards the pretty village of Sabrosa. Follow an ancient road between here and Favaios as you head down through the vineyard terraces to the river. Wend your way uphill again between grape vines and olive groves towards a distinctly different landscape.

Taste traditional wood oven-baked bread and moscatel wine in Favaios then continue to the small, historical town of Alijó. Settle into your comfortable accommodation for the next two nights. Explore the town or relax by the pool before having dinner at the onsite restaurant or in a nearby restaurant.

Day 6: Circular walk via São Mamede da Ribatua | 15.0 km (9.3 miles) | +369m

Today's walk is a circular route from Alijó that undulates through an ever-changing patchwork of vineyards and fields towards the ancient village of São Mamede da Ribatua with spectacular views of the surrounding rock-strewn mountains and the glittering lake below. Leave the village via a different route to return to Alijó or take a taxi back for a more relaxing afternoon. A third option involves a walk down to the lake before calling the taxi.

Day 7: Linear walk from Alijó to Casal de Loivos | 13.9 km (8.6 miles) | +223m

Spend the day walking in Douro Valley through vineyards, perhaps calling in at a wine estate or two for a tour and tasting session before reaching the ridge at the top of the eastern slopes of the Pinhão Valley. Look back at the terraced slopes opposite to identify the villages you walked to earlier in the week. You'll have magnificent views of the Douro River before reaching the last village of the day. Spend the night in a 17th century country house with amazing views and a pool.



Day 8: Linear walk from Casal de Loivos to Pinhão | 6.1 km (3.7 miles) | +59m

Today's short but glorious walk down to Pinhão leaves you with time for a final winery tour and tasting session (optional, paid locally) overlooking the River Douro. You could have lunch in the village or a picnic in the vineyards before taking the train back to Porto for your onward journey.

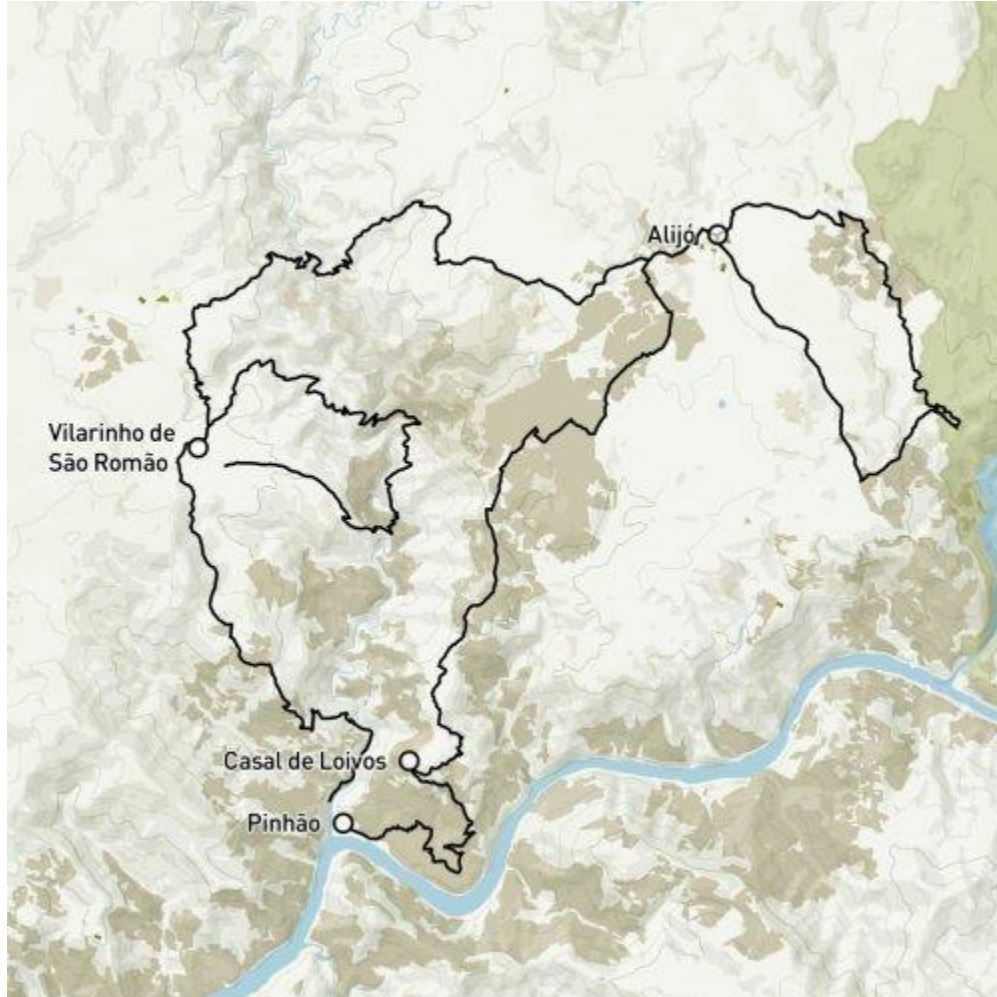
If you would like to add extra nights in Porto so that you can explore the city in more depth, just let us know.





**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

Route



Technical Characteristics:

Route Profile: Average. With potentially longer walking days and/or several steep climbs and ascents, this tour is designed for experienced, regular walkers and can be enjoyed by anyone in good health who has prepared sufficiently in advance.

Total Distance: 74 km

Travel Season: Departures daily March 1 – October 31

Low Season: March 1 – April 30 and October 16 – October 31

High Season: May 1 – October 15



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

Prices per person in Euros *all prices subject to confirmation on booking*

Double Occupancy B&B Low Season	€1170
Double Occupancy B&B High Season	€1290
Single Supplement Low Season	€540
Single Supplement High Season	€560
Extra Nights	On Request

Included:

- 7 Nights' hand-picked accommodation with breakfast
- 5 Packed lunches during the walks (day 3 to day 7)
- 2 Dinners (without drinks) (days 3 and 4);
- Detailed route notes (in English/German)
- App with trail information for use on a smartphone
- Private transfer from Porto airport to Porto Hotel (day 1)
- Private transfer from Porto hotel to the Porto train station (day 2)
- Luggage transfer between accommodations from days 3 to 7 and to Pinhão train station on day 8
- 24-hour emergency contact number (English-speaking).

Not Included:

- In-person welcome briefing optional for 50 Euros
- Train transfer (round trip) between Porto train station and Pinhão train station;
- Transfer from Porto city to Porto airport;
- Meals not mentioned above;
- Insurance;
- Touristic taxes; Gratuities;
- Personal expenses;
- Anything not mentioned in the "Included" section above.

Assisting people in realizing their touring dreams worldwide is our passion.

www.okcycletours.com



THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT
OK Cycle & Adventure Tours Inc. 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9
Toll Free 1-888-621-6818 Local 613-702-5350
TICO Ontario Registration No: 50022848