



Saturday · March 6th, 2021 - Saturday · March 13th, 2021

Lisbon, West & North Experience in Portugal

Itinerary For Satori Africa

Welcome to Portugal!

Saturday · March 6th	Transfer · Private transfer from Lisbon Airport to Hotel with driver in Sedan Bairro Alto Hotel 5* (3 Nights) Private River Cruise in Lisbon
Sunday · March 7th	Free morning in Lisbon Half-day Private tour in Lisbon with driver and guide
Monday · March 8th	Full day private tour to Sintra with driver and guide Wine Estate - Quinta Casal Santa Maria - Lunch and Wine tasting
Tuesday · March 9th	Rental Car · rent a car (1 Day) Visit the Castle of Obidos - Castle of the Queens of Portugal Hotel Areias Do Seixo 5* (1 Night)
Wednesday · March 10th	Free morning at Areias do Seixo Resort - Recommended activities for relaxation Departure to Porto with stop in Coimbra Private Walking Tour in Coimbra with local guide Boutique Hotel - Torel Avantgarde 5* (3 Nights)
Thursday · March 11th	Half-day Foodie's Walking Tour in Porto, with a local Foodie Tour Guide Ferreira Port Wine Lodge - Private visit and Wine Tasting
Friday · March 12th	Full Day private tour to the Douro Valley Privately Guided Hiking Tour in the Douro Valley (Favaios » Casal de Loivos » Pinhao)

Wine Estate - Ventozelo - Lunch and Wine Tasting
Private River Cruise in the Douro Valley

Saturday · March 13th

Transfer · Private transfer from Hotel to Porto Airport with driver in Sedan

Thank you for visiting Portugal!

Welcome to Portugal!

Saturday · March 6th



Departure Location

Lisbon Airport

Arrival Location

Hotel

Vehicle

Mercedes Sedan - Minivan

Notes

Meet and Greet our driver at the designated point.
In case there is a delay or the driver is not there, please call our emergency contact.
You will then be escorted to your private vehicle and transferred directly to your destination.

Included: Internet Wifi, Water bottles, english speaking driver.

Please turn on your mobile phone on-site so your driver can contact you if needed. Your ride includes 30 minutes' waiting time for standard pickups and 1 hour for airport pickups.



Bairro Alto Hotel 5*

+351-213408-288

Praça Luís de Camões 2, 1200-243 Lisboa

<https://www.bairroaltohotel.com/pt/>

Mar 06 · 2:00 PM

Check In

Mar 09 · 12:00 PM

Check Out

3 Nights

It is in the heart of an increasingly vibrant Lisbon, influenced by the elegance of Chiado and the irreverence of Bairro Alto, that we find Bairro Alto Hotel. Rehabilitated and expanded by the architect Souto de Moura with interiors of the Atelier Bastir and TheStudio, it combines style, bohemia and sophistication with the classic charm of a different time.

Bairro Alto Hotel opened its doors for the first time in 2005, in the building where until 1980 was the Grand Hôtel de L'Europe, a landmark in the national hotel business history. The set of buildings where the Bairro Alto Hotel is located dates back to the XVIII century and it is an area of municipal interest in Lisbon - more precisely between Bairro Alto and Chiado, two of the most emblematic neighborhoods of the city.

Bairro Alto Hotel, a renowned member of "The Leading Hotels of the World", is a pioneer in Portugal in the concept of 5 star boutique hotels. A milestone in the history of this hotel, which represents the best of Lisbon in an experience where charm, bohemia and sophistication guide visitors through the history of a breathtaking and enthralling city.

Location

The hotel stands on one of Lisbon's prettiest squares, Praça de Camões, with a statue of Luís de Camões, Portugal's greatest poet in its centre. It's in the vibrant quarter of Bairro Alto, long a haunt of artists and writers. Steps away is the chic neighbourhood of Chiado, filled with elegant shops, theatres and some of the capital's best restaurants.

Style and Character

Bairro Alto comprises the original central building, which opened in 2005, and three adjoining buildings, all of which date from the 18th century. The skilful interweaving of existing and new has been done by Pritzker-Prize winning architect Eduardo Souto de Moura, while interiors (apart from the restaurant and fifth-floor terrace) come courtesy of Atelier Bastir, who were responsible for the original décor of the hotel. The whole draws on Portuguese brands, contemporary Portuguese artists, from Rui Chafes to Pedro Cabrita Reis, and a mix of antique and vintage pieces, wood and wicker, tiles and marble, all under soft modern lighting. The overall character is one of a warm and welcoming townhouse with a strong sense of place.

Service and Facilities

There is a wellness centre, equipped with a Technogym and a kinesis wall, a sauna and sensory shower, and a double massage room with excellent treatments using Suzanne Kauffman products. Service is excellent; both friendly and efficient.

Rooms

While the existing rooms, which also have the best views over the square, have kept their quietly charming feel, with their hand-painted birds on the walls, the newer rooms and suites are bolder in colour, while not straying from the original DNA of the hotel. My room had walls of duck egg blue, with a red leather desk, wooden floors and red, black and white striped rug. This was echoed in the bathroom floor which had red, black and white tiles, a sumptuous shower and amenities from Le Labo. The rooms are detail-driven from the leather-covered waste paper baskets to the postcards and cluster of stamps for your use.

Food and Drink

Chef Nuno Mendes has returned to his home town to launch his first food concept in Lisbon, BAHR, with chef Bruno Rocha at the stove. Choice is rich, with restaurant BAHR on the fifth floor, the upcoming 18.68 Cocktail Bar with a sharing menu of light, contemporary dishes, a patisserie (don't miss the new twist on the classic Berliner, now filled with prawns, or classic pasteis de nata) and all-day dining in the Mezzanine.

At BAHR, the open kitchen delivers dishes which pay homage to Portugal from wild turbot with chickpeas and smoked ham, to grilled squid with runner beans, turnip tops and seaweed. Breakfast is à la carte with a range of egg dishes including an open-faced omelette with prawns alongside favourites like spiced avocado on toast and homemade granola with yogurt and red fruits.

Access for guests with disabilities?

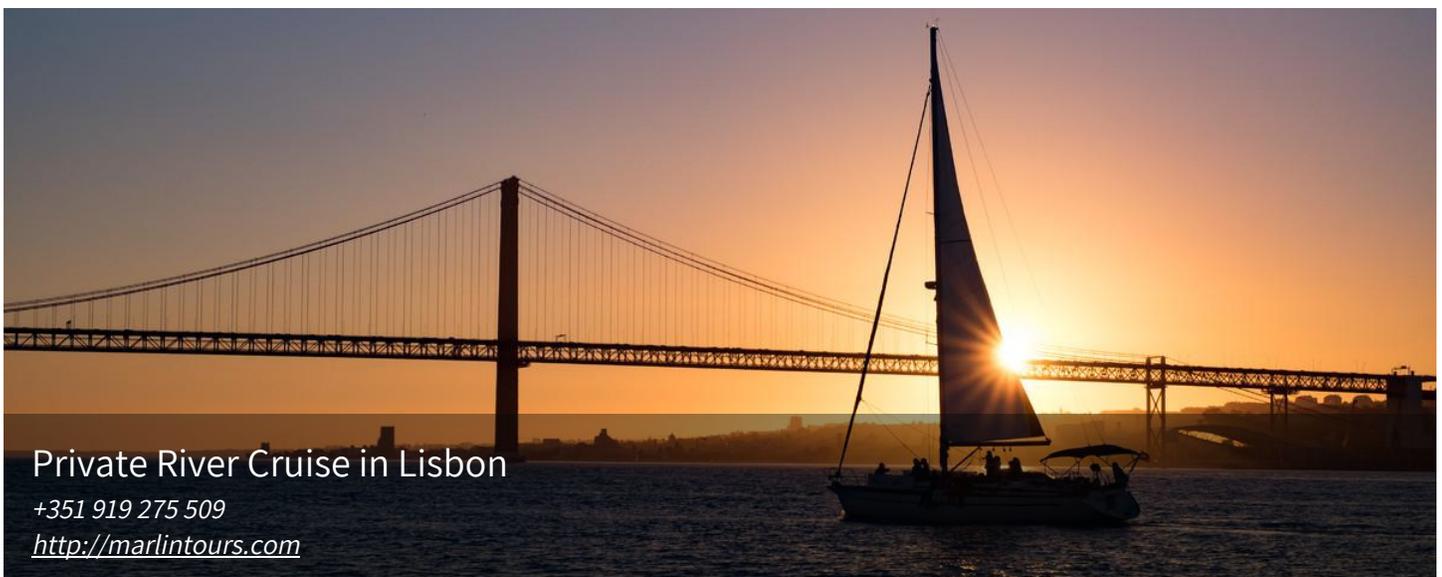
One room is accessible.

Family-Friendly?

Children are welcome but it is more suited to adults.

Cancellation Policy

To be cancelled 48 hours prior to 1400 on arrival day Cancellation Penalty is 100 percent of stay Early departure will be charged the amount of the entire stay.



Private River Cruise in Lisbon

+351 919 275 509

<http://marlintours.com>

Meeting Point

Marina

About this experience:

This cruise is the perfect afternoon program, which surely you'll remember for life. On a beautiful luxury sailboat, with your eyes upon the city and with the flowing balance of the river, you will experience the cozy heat of the sun that sets over Lisbon, while enjoying a drink and snacks on board our yacht. This will be a unique opportunity to observe the Portuguese capital from a new perspective and from where the Portuguese caravels departed, in the fifteenth and sixteenth centuries to the East. When the sun sets, in a very special moment, will be released to the river small floating lanterns, which you will follow with watchful eyes, until their lost on the horizon. You can expect a captivating day with the best views that Lisbon has to offer.

Boat:

Sailing Yacht up to 6 people, with plenty of space aboard, ideal for taking the most pleasure of Lisbon's River & Sea.

Sunday · March 7th



Free morning in Lisbon



Half-day Private tour in Lisbon with driver and guide

Discover the very best of Lisbon with this 4-hour private tour.

Share your interests and expectations with your guide, in order to tailor-make this tour for you and to maximize your experience in Lisbon!

Start the tour by visiting the quarter of **Belem**, where the UNESCO listed sites are located. The **Monastery of Jeronimos** is a real book of stone from the golden period in the Portuguese History. After admiring the south portal in detail, it is worth visiting the cloisters and the church where the **tombs of Luís de Camões and Vasco da Gama** can be found.

On the western edge of Praça do Império, an imposing modern building will attract your attention. This is the **Belém Cultural Centre**, a powerful fixture in the city's cultural scene, with an interesting programme of cultural events. This is where the Berardo Museum is housed, with its collection of contemporary art.

Visit the **Tower of Belem**, a fortress erected in the 16th century with the aim of defending Lisbon from its enemies, although its elaborate decoration makes it look more like a textbook on Manueline style than a military structure.

The imposing **Monument to the Discoveries** stamps its mark on the riverside at Belém. It was designed in 1940 to commemorate the "Exposition of the Portuguese World", promoted by the Salazar government to celebrate the eighth and third centenaries of the founding and restoration of the Portuguese nation (1140 and 1640 respectively). However, it was only built in 1960 for commemorations marking 500 years since the death of Prince Henry the Navigator. The greatest Portuguese heroes are all here represented.

Take a delicious stop at the traditional **Pastry Factory of "Pasteis de Belem"**, where you will have the opportunity to taste the famous egg tarts.

Return to the city center and visit the historic center. Admire the views from the viewpoint of **Parque Eduardo VII**. Drive through the Avenue Liberdade, famous for its boutique and high-end stores.

The great **Squares of Rossio and Restauradores** should also be visited as they represent important periods of the history of Lisbon and Portugal, most of what of you see was rebuilt after the great earthquake of 1755, even though there are many interesting stories to be learned. Take the opportunity to taste the famous drink "**Ginjinha**" a traditional Portuguese sour-cherry liquor.

At the riverfront, you will find the great square of **Praça do Comércio**, where the political power of the Portuguese government is located. Learn the history of this square, from its very foundation to the golden era of the discoveries, through the assassination of our last king, the great revolution of April 25 until you reach our modern times and stage of national events!

Finally, you've reached Lisbon's oldest quarter - **Alfama**. Discover this quaint neighborhood from its Roman times, Moorish period, stories of fishermen and navigators, and nowadays one of the most important areas to listen to the Portuguese Song - Fado.

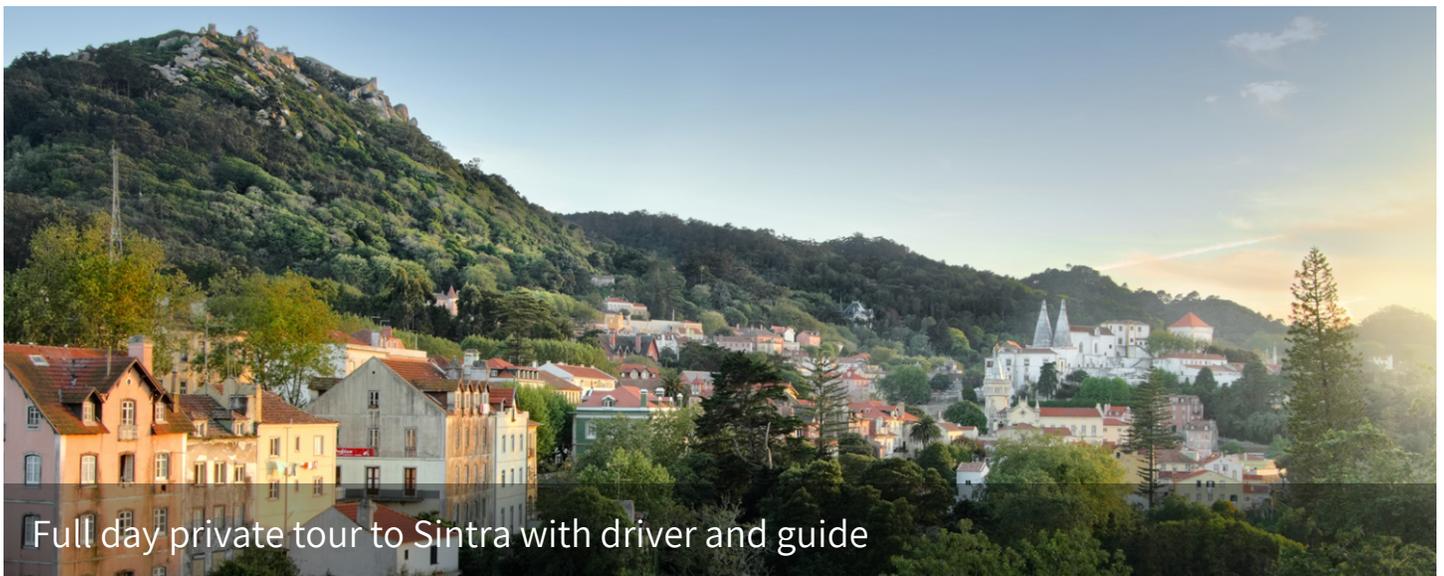
TOUR DETAILS:

Professionals: Driver and Licensed guide

INCLUDED: Traditional sweet pastries "Pasteis de Nata" and one drink per person.

NOT INCLUDED: tickets to monuments, meals, and personal expenses.

Monday · March 8th



9:00 AM

Start Time

Meeting Point

Hotel Lobby

This tour will take you on a full-day journey exploring the best of **Sintra**.

Start the day with the World Heritage Site of Sintra. A town of palaces, landscapes, culture, art and also of great romantics who passed through here. Learn about the ancient myths of Celtic bards, the Moorish legends, the passions of the Christian Reconquest and a masonry that makes this site so unique in the world and yet so magical!

There were several romantic figures that have passed in Sintra. From literature to music, the town of Sintra has inspired various figures and dazzled others with its mystical and charming environment. We visit the Historical Centre of Sintra, with a visit to the traditional narrow streets full of flowers and local craft shops, viewpoints, with time to taste the local traditional sweets.

As far as monuments and palaces are regarded we present you the option to completely personalize the tour according to your interests. We present the options, you choose which you prefer best!

Queluz Royal Palace - This palace represents the extravagant life of the Portuguese royalty in the 18th century in an incredible rococo structure surrounded by beautiful gardens.

National Palace of Sintra - A unique example of medieval palaces in Portugal. From the earliest dynasties, Sintra was a favorite spot for the Portuguese kings. Its interior tells not one, but several stories of Portugal. The decor has great value, combining furniture, paintings, and tiles. Outside we see the two large conical kitchen chimneys with 108 feet high, a symbol of Sintra.

Pena Royal Palace - In the top10 of the most beautiful palaces in the world! A real enchanted palace. One of the most beautiful examples of the romantic revival of the 19th century. Built on the site of a former convent of friars from the Order of St. Jerome. A fantasy from King Fernando of Saxe Coburg-Gotha. A palace with a complexity of styles: neo-Gothic, neo-Manueline, neo-Islamic and neo-Renaissance.

Moorish Castle - Located on the ridges of the Serra de Sintra, the castle dates back to the time of the Muslims in Portugal, 8th century. Reconquered by the first king of Portugal, Afonso Henriques, in 1147. The panoramic view from the top of the castle is amazing! It's a wonderful but physically demanding hike, however, awarded by great views to Sintra, the Ocean and to the countryside.

Palace and Gardens of Quinta da Regaleira - A place with a spirit of its own. Built in the early 20th century, a taste of the romantic style rises in the middle of the forest, and is the result of a mythological dream of its owner, António Augusto Carvalho Monteiro. Visit its wonderful gardens with statues related to the Greek mythology and explore its grottoes with waterfalls, it's deep and full of mystery initiatic well and finish in the palace learning the history behind this exotic family.

Palace and Gardens of Monserrate - One of the most wonderful parks and hikes in Sintra!

Contrasting scenarios with narrow winding footpaths intertwine amongst ruins, nooks and crannies, waterfalls and lakes, in what, at first sight, seems to be an apparently disordered fashion.

Spontaneously growing species from Portugal (arbutus-trees, holly trees, cork oak-trees, amongst others) combine with others originating from all of the world's five continents, inviting visitors to enjoy a stroll through plant varieties of the whole world, ranging from such countries as Australia to Mexico and Japan. Altogether, there are more than 2500 species.

Particularly worth a mention inside the palace are the Music Room and the luxurious reception rooms, such as the Indian living-room, the dining-room, and the library, all of which are to be found on the ground floor.

Notes

Professionals: Driver and Licensed Guide.

Included: Skip-the-line tickets to one monument of your preference.

Not included: Tickets to other monuments, meals and personal expenses.



Wine Estate - Quinta Casal Santa Maria - Lunch and Wine tasting

+3541911111850 or +351219292117

R. Principal 18, 2705-177 Colares

<https://casalstamaria.pt/>

Meeting Point

Wine Estate

About the Wine Estate:

The Wine Estate Casal Sta. Maria is located in the historic region of Colares, on the slopes of Sintra Hill, 2 km from Cabo da Roca - the most Western point in Europe. Here you will find the most western vineyards of Europe planted next to the Atlantic Ocean. With a modernized cellar here, they produce red and white wines in a traditional way with high quality and national and international recognition. Wine Tourism is something that we take very seriously at Casal Sta Maria and this is a way of keeping the legacy of our Baron Bodo von Bruemmer alive. It is also a way of introducing the story that surrounds the Casal Sta. Maria Estate, embedded in an atmosphere of modernity, tradition, and proximity.

Notes

Included:

Private visit to the wine estate, premium wine tasting, and full lunch:

Appetizers

Main course (vegetarian dish)

Dessert

Drinks: Estate Wine and soft drinks

Tuesday · March 9th



Rental Car · rent a car

TBA

1 Day

Duration

Pick Up Address TBA	Pick Up Location TBA	Vehicle TBA	Drop Off Location Please leave the car key at the reception of Hotel Maison Albar
------------------------	-------------------------	----------------	--

Notes

PLEASE DON'T FORGET TO PRESENT THE FOLLOWING DOCUMENTS:

ID or Passport

Driver's license

Credit card for the deposit: When you arrive at the rental location, you will be asked to leave a deposit against your rental. Deposit amount will be blocked (not debited) on your payment card at pick-up time. Deposit will be used for extra charges (e.g. fuel missing at return, extra-day, extra-mileage, one-way charge, etc.).

The total amount to be authorised on your credit card (including the deposit) will be:

EUR 300

INCLUDED:

Vehicle licensing Fee & Road tax

Loss Damage Waiver

Premium protection package - Super Collision Damage Waiver - Zero excess

Unlimited mileage

One-way charges (ONEWAY)

VAT (See full T&Cs)

NOT INCLUDED:

Fuel - Return the vehicle with the same level of fuel or use our refuelling service (price communicated at pick-up);

Parking fees;

Road tolls;

Internet;

The deposit (see details above);

Any of our optional products and services you may wish to add when you pick up the vehicle.

CAR RETURN:

Please leave the car key at the reception of your hotel, and instructions of where you have parked the car. Someone from the rent-a-car company will collect the car during the morning. Remember! Parking fees are NOT included, so you should pay time enough for the car to be collected.

Should you prefer you can also return the rental car directly to the station. The station is located only 5 min (1,5 km) driving distance. Station address:

Rua De Goncalo Cristovao, 67 - 4000-268 Porto (Europcar Porto)



Visit the Castle of Óbidos - Castle of the Queens of Portugal

Óbidos

The mediaeval town of **Óbidos** is one of the most picturesque and well preserved in Portugal.

Quite close to the capital and located on high ground near the Atlantic coast, Óbidos has had a strategic importance in the territory. It had already been settled prior to the Romans' arrival in the Iberian Peninsula, and the town prospered after being chosen by the royal family. King Dinis offered it to his wife, Queen Isabel, in the 13th century, and it became part of Casa das Rainhas (Queens' Estate), who improved and enriched it throughout the various dynasties. This is one of the main reasons for the high concentration of churches in this small place.

You will find a well preserved castle within the walls, and a maze of streets and white houses that are a delight to stroll amongst. Along with the Manueline porticoes, the colourful window boxes and the small squares, many fine examples of religious and civil architecture from the town's golden days provide a host of reasons for making a visit.

Santa Maria Main Church, the Misericórdia Church, the Church of São Pedro, the Pillory and, beyond the walls, the **Aqueduct** and the round-shaped **Senhor Jesus da Pedra Sanctuary**, are just some of the landmarks that warrant an attentive visit. So does the **Óbidos City Museum**, where you will find the works of Josefa de Óbidos, an influential 17th century painter and a woman with an irreverent artistic stance for her time. Her paintings reflect her studies with the great masters of the time, such as the Spanish Zurbarán and Francisco de Herrera, and the Portuguese André Reinoso and Baltazar Gomes Figueira, her father.

Any time is good to visit Óbidos. It is an inspiring suggestion for a romantic or simply a peaceful weekend because of the love stories that have been enacted there and for its mediaeval setting; and if you include an overnight stay in the castle, then you'll attain perfection.

The local cuisine features bouillabaisse made with fish from the Óbidos Lagoon, which will taste even better if accompanied by the wines of the region of Oeste. Another attraction is the famous **Ginjinha de Óbidos (sour cherry brandy)**, which can be enjoyed in various places, preferably drunk from a small chocolate cup.

An all-year-round programme of events makes Óbidos a small but lively town. The most popular are the International Chocolate Festival, the Mediaeval Market and Christmas, when the town is filled with seasonal decorations. Also of note are the Harpsichord and Baroque Classical Music Seasons and the Opera Festival, which lend a special feel to Óbidos, with open-air concerts on warm Summer evenings.



Hotel Areias Do Seixo 5*

+351 261 936 355

Povoa de Penafirme, 2560-046 A dos Cunhados

<http://www.areiasdoseixo.com/>

Mar 09 · 4:00 PM

Check In

Mar 10 · 12:00 PM

Check Out

1 Night

A magical place in a magical setting, Areias do Seixo is a natural haven less than one hour from Lisbon. This is a special place where pine trees, dunes and sea murmur their secrets. Experience originality, sublime comfort and an unerringly sense of style that seamlessly blends in with the natural surroundings of the land, the sea and the shore. Each room tells its own intriguing story. Our restaurant transports you to a place where aroma, taste and colour come together, using raw materials sourced from a bountiful Mother Nature. Concealed behind the enigmatic wooden doors that lead into our SPA, a world of unique sensations awaits you. Leave the daily grind and the stresses of life behind you. Let yourself be transported back to an almost forgotten time when “to feel” was activity enough.

Amenities

Breakfast included for all guests

Wednesday · March 10th



Free morning at Areias do Seixo Resort - Recommended activities for relaxation

+351 261 936 355

Povoa de Penafirme, 2560-046 A dos Cunhados

<http://www.areiasdoseixo.com/en/descobrir-experien...>

Arriving to Areias do Seixo you may find our black board with weekly agenda of experiences. You may also check the schedule of experiences by downloading our App. These are included in your stay, with exception on meals. Enjoy!

Recommended activities (requires booking reservation):

yoga class / chi kung / pilates:

Participate in Yoga / Chi Kung Classes / Pilates... free your body, mind and spirit and balance your energy...

hands in the soil

We invite our guests to visit our vegetable garden and to join in with the activities of organic agriculture. Feel the LAND with your own hands!

circle of fire

At the end of the day, come and enjoy a glass of wine in the heat and light of the bonfire... Let us toast LIFE together!

from the garden to 5 o'clock tea

On a tour of the greenhouse, you will collect lemongrass, verbena, melissa and mint. Back to the hotel we'll make a deliciously unique tea.

hands in the sea

Overlooking the sea, on a pristine beach, take part in activities ranging from rod fishing to mussel harvesting (subject to weather forecast, sea conditions and tides).

discovering the dunes

Walk across the dunes, delighting in Nature's nooks and crannies, enjoying the LAND with the Atlantic at your feet...

think eco

We invite our guests to participate in the sustainability of the hotel by following our ECO circuit. Discover what you can do for the world.

glass of wine on the terrace

At the end of the day, enjoy a glass of wine on the terrace warmed the by the fire ... Watching the sun go down over a vast blue sea...

composting cycle

Learn what steps we take to reuse the organic waste produced during your stay.

a glass of wine by the fireplace

It may be cold and raining outside... but inside, we share a glass of wine in the heat of the fireplace...

Departure to Porto with stop in Coimbra



Private Walking Tour in Coimbra with local guide

Largo da Porta Férrea • Universidade de Coimbra | 3000-447 COIMBRA

<https://www.uc.pt/turismo>

Meeting Point

University of Coimbra

Coimbra, capital of Beira Litoral Province, named Aeminium by the Romans in 400ad, was also the former capital of the Kingdom of Portugal. **One of the most beautiful cities of Portugal, keeps several historical monuments, medieval churches and the most important library in Portugal!** Stored treasures and rare single volumes from various fields of knowledge. Coimbra, located on the River

Mondego, is in the geographical center of Portugal, it has more charm in the streets of the famous academic republics, medieval narrow streets, with courtyards, arches and eaves flowers, cafes, galleries and bookstores.

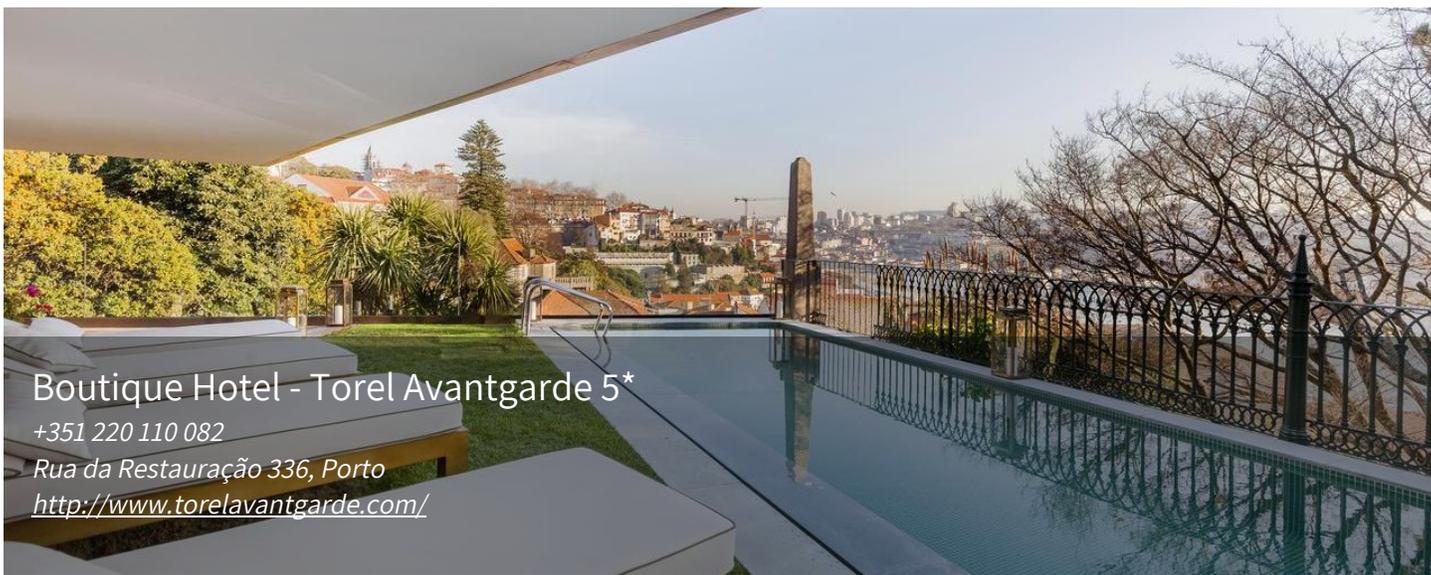
Coimbra also housed the forbidden love of King Pedro I and the Spanish Galicia Lady Inês de Castro, who was executed by order of King Afonso IV, who saw the danger in this love of a subjugation to Castile. Inspiring poets and writers, its history remains part of the city's heritage.

Entering in the city of Coimbra we'll find several traces of the past. Nevertheless, there's still a blow of youthfulness with the big student community arriving every year to the old University. This monument should indeed be one of the highlights of your visit and **you cannot miss the University chapel and its Baroque library.**

Visit the **Old Cathedral (1162)** in Romanesque style, one of the oldest temples in Portugal; **New Cathedral (1598)** Jesuit Temple and former school; **Academic Quarter**, where we can see the various academic republics, private houses where students live today, and where illustrious Portuguese poets once lived; **Almedina**, gateway to the ancient Moorish walled city; **Inquisition Courtyard**, where catholic convictions made thousands of deaths through Fire to witches, Jews, and other infidels; **St. James Church**, a must-pass for all pilgrims heading to Santiago de Compostela; We finish in **Santa Cruz Church (1131)**, founded by the 1st King of Portugal and where he is buried next to his son. It was here where St. Anthony graduated as an Augustine monk.

Free time for shopping and taste regional sweets.

INCLUDED: Tickets to the University of Coimbra



Mar 10 · 6:00 PM

Check In

Mar 13 · 12:00 PM

Check Out

3 Nights

The Torel Avantgarde is a new five star boutique hotel in Porto. The concept of Avantgarde is based on the building, which dates back to the New-State period, ie the 1940s. Like avant-garde artists, they set out to create something completely new, with the goal of establishing a place where art is not only a complement, but the focus of attention in every way.

The result is the Torel Avantgarde, where you can get carried away by the art and experience all its aspects. It is a space to live art, touch art, and feel the heart and passion of the artist.

The Torel Avantgarde is a place where Art is lived in full, stimulating all the senses. The hotel wants you to look, feel and breathe art in the various spaces of the hotel: at the reception, in the flower room, at the Digby restaurant, at the Balsamea spa and, of course, in all our rooms.

The hotels has sought inspiration from avant-garde artists of exception, from the world of plastic arts, literature, science, music, architecture and design, such as Francis Bacon, Charles & Ray, Amadeo de Souza-Cardoso, Nina Simone and Alberto Giacometti. The 47 rooms have a tailor-made décor, based on the imagination of each artist and imparting their unique spirit and vision.

To fulfill this ambition, they turned to renowned Portuguese artists, artisans and interior designers. Celebrate Portugal, highlighting national knowledge and talent.

Working with four Portuguese artists - all from Porto - in the creation of this exciting space: Jorge Curval, Frederico Draw, Daniel Eime and Paulo Neves. Their art is an integral part of the hotel - from the outside space to the reception, the restaurant and the rooms. In addition, the Torel Avantgarde presents the works of Portuguese artists through exhibitions.

Interior designer Isabel Sá Nogueira was responsible for the decoration project of this boutique hotel. She was in charge of the common areas, where the designer brought together the best of Portugal, combining art and modern design with some provocative notes. The collective Nano Design - from Porto - was responsible for the decoration of the 47 individual rooms. Immerse yourself in the art, tast high-level Portuguese cuisine in our restaurant Digby or relax on our terrace with a breathtaking view of the Douro towards Gaia.

Welcome to Torel Avantgarde!

Thursday · March 11th



Meeting Point
Hotel Lobby

Discover local gastronomy through a whole different angle. Accompanied by local licensed guide, you will uncover the secrets of Porto's delicacies, history, and culture. Because this experience isn't just a tasting tour: it's an opportunity to truly connect with the food, the people, and the culture.

Our journey will then take us to explore the backstreets that lead to iconic places; we'll run into unexpected gastronomic gems like taverns and snack-bars where you'll find Porto's beloved everyday specialties. But highlight also goes to the local pastry shops, where you'll taste sweets of the most delicate nature, from the unmatched repertoire of Portuguese conventual pastry. This gastronomic journey through Porto wouldn't be complete without tasting the esteemed port wine.

Tastings included:

Store A Vida Portuguesa - small bottle of olive oil, or a traditional fish can (sardine or mackerel).

Pastryshop Confeitaria Bolhao - 1x sweet per person

Cafe A Brasileira - 1x traditional cake "4 de Maio"

Majestic Cafe - 1x drink per person (Coffee, Tea, Glass of Green or Port Wine)

A Casa Guedes - 1x Pork Sandwich and 1x beer

Tavern Casa Louro - 1x platter of Cheese and 1x platter of Smoked Ham from Lamego

Leitaria da Quinta do Paço - 1x Eclair per person (the most famous in town)



Ferreira Port Wine Lodge - Private visit and Wine Tasting

+351-937-850-335

Avenida Ramos Pinto, 70, 4400-082 Vila Nova de Gaia

<https://www.sograpevinhos.com/visitas/cave/1>

Meeting Point

Ferreira Port Wine Lodge

Built by a family of Douro winemakers in 1751, the House of Ferreira has a rich tradition and a prominent role in the history of Port Wine. Dona Antonia Adelaide Ferreira contributed significantly to the consolidation of the brand. A legendary woman with a unique personality, who became a myth and a symbol of strength to face the adversities of the Douro in the nineteenth century. The Ferreira Cellars invite you to discover a brand which has been around for more than 250 years, that is a symbol of the highest quality and whose heart and soul are Portuguese.

Friday · March 12th



Full Day private tour to the Douro Valley

Meeting Point

Hotel Lobby

About the Douro Valley:

The Douro Valley could as easily be called the enchanted valley, such is the beauty and magic that its landscapes offer.

Departing from Porto, where the river flows into the sea and where the Douro wines (table wines and Port wine), produced on its hillsides, also end up, there are various ways to get to know this cultural landscape, listed as a World Heritage Site: by road, by train, on a cruise boat and even by helicopter. None will leave you indifferent.

Following a route between and the Douro Valley, you will admire breathtaking landscapes over the river and visit vineyards, towns, and villages.

Classified a world heritage site, the man gave birth to port wine and table wines of great quality. Port wine is the oldest Ambassador of Portugal. Cultivated in terraces of the Douro, has the honor to belong to one of the oldest demarcated regions in the world since in 1756 was created the General Company of Agriculture and Vineyards of the Alto Douro. Here was also born the Douro table wines, which in recent decades have acquired great notoriety and border projection thanks to their quality, both in the reds as the whites and rosés. Green in summer, fire color in autumn, the Vineyard has given rise to a unique landscape classified by Unesco.

Notes

Professionals: Driver only

Not included: Tickets to other monuments, meals and personal expenses.



Meeting Point

Favaios - Museu de Favaios, Pao e Vinho

Description:

This hiking trail will take you through the heart of the Douro, being able to view the typical estate and vineyards of the region, always having the company of the Douro River with you. Enjoy the fresh air while walking hiking trails and some ancestral paths in the Douro valley in perfect communion with nature.

Type of terrain: Dirt roads with soft ground and asphalt municipal roads.

Difficulty: Medium - Course starting on a slight uphill (about 2 km), the rest being tendency downhill.

Description of the route: The route starts in the village of Fermentões where the first two km will be made through pine forests and forests with native species such as chestnut, oak, strawberry tree, etc. After arriving at the chapel of S. Domingos, and already towards the village of Provesende, the landscape changes radically to the Douro terraces full of vineyards. The tour ends with a descent against the backdrop of the Douro River and the village of Pinhão.

Human Resources:

- 1 hiking guide (english speaking).
- 1 driver in support vehicle
- Total human resources: 2 people.

The program includes:

- Hotel pick-up and drop-off
- Technical briefing of the hiking;
- Food snacks, water and walking poles;
- Personal accident insurance.

Recommended clothing:

Comfortable clothing and footwear suitable for the season.



Ventozelo is located on the left bank of the Douro river, in the parish of Ervedosa do Douro, and forms an immense amphitheater with a total of 1,000 acres, of which 500 are planted to red and white grapes. Altitudes range from 330 feet, close to the river, to 1,650 feet, perfect conditions for both Port wines and Douro table wines. The property also includes olive trees and a hunting reserve. This is a very old estate, with records dating back to 1569, when it was developed by Cistercian monks from São Pedro das Águias monastery.

In the past...

Quinta de Ventozelo was land cultivated by the Cistercian monks, great drivers of local agriculture and founders of Port wine, who populated the region in the Middle Ages. The first historical reference of Ventozelo dates from 1288, but around 1500, due to the Cistercian monastery of S. Pedro das Águias, which came into the possession of the gentlemen of Casa do Poço, in Lamego, who founded it as a Quinta.

This is one of the oldest and largest Quintas in the Douro. It has passed through different hands over the centuries, hands that have been shaping and transforming it to what it is today.

The present times...

In 2014, Quinta de Ventozelo was acquired by Gran Cruz, the largest Port wine exporter in Portugal, which has been processing its grapes since 2011.

The acquisition is another step in a strategic realignment by Gran Cruz, a subsidiary of liquor company La Martiniquaise. The family-owned French company was founded in 1934 as a rum importer and distributor, and it entered the Port business in 1956, with the creation of Porto Cruz. Partially thanks to inventive marketing, Porto Cruz is a leading brand, with close to 25 million bottles sold annually. The group is also a leader in Madeira wine, with majority stakes in Justino's and Henriques & Henriques.

Gran Cruz was always defined as a company of mainstream brands until 2007, when their strategy started to change. The first step was the acquisition of Portuguese company C. da Silva, owner of brands Dalva and Presidential, as well as important stocks of old Port wines, including more than 40 different colheitas (single-harvest tawnies), rare old dry white Ports and white Port colheitas.

The second significant move was the acquisition of Vale de São Martinho, in 2007. A producer located in the Douro Valley, Vale de São Martinho allowed Gran Cruz to produce its own wine, instead of buying it. The purchase of Quinta do Ventozelo now allows them to produce their own high-quality grapes. Non-fortified wines from the site will be branded either Dalva or Quinta de Ventozelo.

RESTAURANT "CANTINA"

This is the place where, in the old days, the meals were served to the farmworkers at Quinta de Ventozelo. Today, the house was renovated as a very special Restaurant, that maintains its role of giving life to local gastronomy and traditional recipes.

All courses are made using, as much as possible, ingredients produced at the Quinta and from other regional producers, assuring sustainability and a low ecological impact.

Here the menu is always changing, according to what Nature has to give. We respect the seasons of our products, assuring their purity and quality.

WINE TASTINGS

Discover the aromas and flavors of Ventozelo's Douro and Port wine range.

The grape varieties have a very particular personality, given by this Quinta's unique conditions.

We also propose delicious pairings with local gastronomy.

Through our wine tasting flights, you can try and experience the terroir of Ventozelo, at any time of the year.

INCLUDED:

- **Lunch: Appetizers, main dish of fish or meat or vegetarian, and dessert. Drinks NOT INCLUDED. To be paid separately to the restaurant.**
- **Private Visit to the wine estate**
- **Tasting of Estate premium wines.**



Private River Cruise in the Douro Valley

Take a 2-hour private river cruise in the Douro Valley on board of a beautiful sailing yacht.

Navigate upstream towards the mouth of the Tua River, one hour to navigate upstream and one hour to navigate downstream, in one of the most beautiful sections of the Douro Valley. You'll see plenty of vineyards, terraces, villages and towns and 18th and 19th century real estates part of the wine industry.

This is a unique landscape, considered a World Heritage Site by UNESCO.

Saturday · March 13th

Transfer · Private transfer from Hotel to Porto Airport with driver in Sedan

Arrival Location
Porto Airport

Vehicle
Mercedes sedan



Thank you for visiting Portugal!