



# A Walk in Golden Vineyards

## DOURO VALLEY WALKING TOUR

October 18 – 28, 2020



Immerse yourself in some of the most picture-perfect landscapes in all of Europe as you walk through the dramatically beautiful scenery of the Rio Douro. Traverse by foot the terraced vineyards, hilltop wine estates, olive groves, pine forests, and postcard-pretty villages for a magical and active experience.

This trip is fully escorted; however, you are free to walk at your own pace and in your own time. Your route is carefully designed for easy to manage walks of 9 – 14 kilometres per day. You will be equipped with maps, directions, and instructions to guide you. You only need carry a lightweight day bag with your water supply (which can be replenished in the various villages on route) and essentials.

On some days, you'll walk from one village to the next; other days you'll enjoy circular walks from home base. And what a lovely base it is! To complement the serenity and magnificent countryside you'll be walking through, you'll enjoy charming, comfortable accommodation with private facilities. At the end of each day, enjoy traditional meals and pure bliss in a bottle as you sample the luscious port, robust reds, and dry whites of the Douro. This trip begins and ends in vibrant Porto.

Vines will be bursting with grapes in the Douro vineyards as beautiful autumn colours tint the leaves. Take the slow road and experience the splendid panoramas of the Douro Valley, one step at a time.

*Daphne Tao*

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Manager, Alumni Travel Program

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**WorldwideQuest**  
Alumni Expeditions

## Detailed Itinerary

### Sunday, Oct. 18: Meet in Porto

Arrive in Porto, where our local representative provides a transfer to our city centre hotel. Meet tour director and walker extraordinaire Horacio Santos and participants for a briefing followed by dinner together.

Overnight: *Hotel Cristal, Porto* D

### Monday, Oct. 19: Porto

Stretch your legs on a city walk today, exploring the medieval centre and learn how Porto evolved from Roman origins to the epicentre of the Age of Discoveries. Five bridges, including one by Eiffel, link to Vila Nova de Gaia, the heart of the port wine trade.

Overnight: *Hotel Cristal, Porto* B, D

### Tuesday, Oct. 20: Pinhão

13km

Transfer by coach this morning to the quaint riverside village of Pinhão, located in a bend of the River Douro. An introductory walk with stunning views gets us ready for the week's walking. This evening we stay at an historic, family-run Quinta, where you will enjoy the relaxing environment of this working vineyard and winery.

Overnight: *Quinta de la Rosa* B, D

### Wednesday, Oct. 21: Walk to Sabrosa

17km

Your walk today is among the spectacular scenery of the Alto Douro Wine Region. Head out on the west side of the Pinhão Valley over hilly slopes passing through several pretty hamlets to the 17th century town of Sabrosa, birthplace of the explorer Magellan. There is a lot of uphill today – take your time and admire the view! Stay for two nights in a lovely house set amongst the vineyards with magnificent views of the hills.

Overnight: *Casa das Pipas, Sabrosa* B, L, D



### Thursday, Oct. 22: Sabrosa

13km

Today we enjoy a superb and less strenuous walk beside picturesque vineyards, where grape cultivation has been a livelihood for more than two thousand years.

Overnight: *Casa das Pipas, Sabrosa* B, L, D

### Friday, Oct. 23: Walk to Alijo

13km

Today's walk takes you past more vineyards and olive groves down to the Pinhão River. Stop in at the bakeries in Favaio to sample wood-oven breads and pause in some of the vineyards that have claimed international wine awards. Stay tonight in a contemporary *pousada* dedicated to the English businessman who devoted his life to the study and appreciation of the Douro and its wine. It's a stunning setting, surrounded by the estate of the one of the area's famous Port wine houses.

Overnight: *Pousada Barao de Forrester, Alijo* B, L, D

### Saturday, Oct. 24: Alijo

9km

Today's walk is a circular route meandering through a patchwork of vineyards and fields, towards the ancient village of São Mamede da Ribatua, with spectacular views of the surrounding rock-strewn mountains. The traditional village has a pretty park full of sculptures and an azulejo-clad church. The view of the Tua Valley is magnificent!

Overnight: *Pousada Barao de Forrester, Alijo* B, L, D

### Sunday, Oct. 25: Alijo to Vale Mendiz

14km

Head out across farmland taking in stunning views of hamlets perched on outcrops overlooking the river. Stay tonight in a 14-room rural hotel on a wine estate with more of those gorgeous views. The stone terraces here are spectacular.

Overnight: *Quinta do Silval, Val Mendiz* B, L, D

### Monday, Oct. 26: Vale Mendiz to Pinhão

11km

Head back to Pinhão through an area of vineyards and mountains carved out by rivers that has been designated a UNESCO World Heritage Site – you'll see why as you walk through the stunning landscape!

Overnight: *Quinta de la Rosa* B, L, D

### Tuesday, Oct. 27: Pinhão

9km

Today's walk is a circular route amongst the vineyards, rewarded by an afternoon celebratory wine tasting.

Overnight: *Quinta de la Rosa* B, L, D

### Wednesday, Oct. 28: Depart Porto

After breakfast today, transfer to Porto Airport for departure flights.

*Note: Itinerary and accommodation described are subject to change due to logistical arrangements and to take advantage of local events.*







## What to Expect

### Level of Activity: Active

This is a moderately challenging walk with plenty of ups and downs over ridges, hills, vineyards, valleys, and riverbanks. You will need to 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.



Quinta de la Rosa, Pinhão

### Accommodation

Hotels on our walk have no more than 21 rooms and most have 10 – 14 rooms. These are all beautifully located with views over the vineyards and the hills of the Douro Valley. Dinners are served at the hotels.

### Transportation

Your luggage will be transported between hotels. Please note that there are some places along the walking route where we can arrange for vehicle transfers (at no additional cost to you), and other places where we are off the road and not accessible to vehicles, and therefore it is not possible to opt out of the walk during the course of the day.

### Weather

October offers comfortable walking weather with highs of 18°C and overnight lows of 10°C and over 10 hours of daylight.

### Travel Documents

You will require a passport for your trip to Portugal. Please make sure that it is valid for six months after the date of your return home. Canadian passport-holders do not require a visa for Portugal.

### Terms and Conditions

For information about terms and conditions, please refer to your booking form or Worldwide Quest's website. All participants are covered by the terms of the Ontario Travel Industry Act.

### Regarded as Europe's most

compelling new food destination, the Douro Valley is getting attention for its rich and various Mediterranean flavours. Loaded with local ingredients and freshwater fish – as well as those yummy egg-filled desserts – this cuisine will be enjoyed at relaxing picnics, cafés, and fine restaurants to scrumptiously reward our walking.







Limited  
Availability!

## Tour Details

**Tour Cost (per person):** C\$5795

*Includes all taxes and gratuities.*

Single Supplement: C\$1100

### Tour Cost Includes:

- Transfer from airport to hotel on arrival and departure
- Accommodation, based on double occupancy, at hotels as indicated or similar
- 10 breakfasts
- Seven picnic or café lunches with water, coffee, and wine
- 10 dinners with water, coffee, and wine
- Three wine tastings
- Maps and directions guidebook
- Luggage transfers between hotels
- Gratuities for baggage, porters, and hotel service
- Services of our full-time tour manager/walking guide

### Not Included:

- Roundtrip international airfare from your home to Porto
- Airport transfers if arriving or departing separately from group itinerary
- Items of a personal nature, i.e. laundry, drinks, phone calls, etc.
- Travel insurance

### Payment Details

A non-refundable deposit of C\$500 per person is required to reserve a space on this tour. A payment of C\$1000 per person is required 6 months prior to departure. Final payment is due 90 days prior to departure. Payment is accepted by VISA, MasterCard, or cheque.

### Group Size

12 – 14 participants

## How to Book

Please contact Worldwide Quest for more information and to book this tour.

**1-800-387-1483 | 416-633-5666**

**[travel@worldwidequest.com](mailto:travel@worldwidequest.com)**



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| Accredited  
Agent

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