

PORTUGAL – DOURO VALLEY

8-day / 7-night centre-based group GUIDED walks through rustic vineyard covered landscapes - NEW



A UNESCO World Heritage site and one of the oldest demarcated wine regions of the world, the Douro Valley is a vast, wild expanse of terraced vineyards built up from the banks of the Douro, the 'gold' river. For over 2000 years the delicious and complex fortified wines called port have been produced in the region, traditionally shipped to Porto in flat-bottomed boats called *rabelos*. A 'must-do' in any trip to the Douro Valley is a visit to a local *quinta* (wine estate) and vineyard to sample the famous port, as well as a chance to cruise on the river or wind along the banks by rail to the magnificent city of Porto on your free day.

New for 2019 this centre-based guided walking holiday for 2019 explores the sleepy villages of the upper Douro valley, we walk amongst the hills clad with vines, and travel into the rugged mountains of the Serra do Marão.

Cost from: \$2340 per person (twin share) Single room supplement from \$665

Departures: 28th April, 5th, 12th, 19th 26th May, 2nd, 9th, 16th, 23rd June, 2019

Included: 7 nights in comfortable hotel room with ensuite bathrooms, 7 breakfasts, 7 evening meals, experienced walks leader, 5 guided walks, local transport to and from the walks.

Not Included: Meals and drinks not mentioned in the itinerary, personal expenses, transport / excursions on the free day. Airport transfers from Porto at set times can be pre-booked at extra cost and we recommend you take these – ask for details when booking.

Accommodation: **Hotel Vila Galé Collection Douro** is a 4-star hotel positioned on the hillside over the Douro River, with captivating views of the river and vineyards. There are 38 spacious ensuite rooms, an indoor pool, an outdoor Jacuzzi, and a panoramic balcony.



Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



Our one-hotel walking holidays offer a choice of two guided walks each day – usually an easier walk or a more challenging option – you decide which one best suits your interests and fitness levels. There is also a free day midweek for you to explore or relax and an excursion may be arranged to local places of interest.

Footpath information



Easier Walks: 5 to 10km on good but occasionally rough paths and tracks. With up to 400m of ascent in a day.



Harder Walks: 9 to 16km on good but occasionally rough paths and tracks. With up to 580m of ascent in a day.

Suggested itinerary: *This is a new walk so we can only offer a suggested outline of the itinerary which should give you a feel for the walks on this tour, but it may change and further information will be sent to you prior to your holiday. The final selection of walks during each week will be made by your walking leaders.*

Day 1: Arrival day – Plan to arrive at the hotel by mid-afternoon. You may like to join the coach transfer at a set time from Porto airport to the hotel – please ask for details and costs when booking. Your guides will meet with you and your fellow walkers after dinner tonight to discuss the walking routes planned for this week.

Day 2 - Day 4: A choice of walks is offered each day. Choose from easier or harder walks each day. Our routes from Peso da Régau offer incredible variety, with plenty of opportunities to sample the local flavours. Enjoy walks with river views, trails between sleepy villages, vineyards and longer routes in the mountain landscape of the Serra do Marão.

Day 5: Free Day: No walks are organised. You may like to take an excursion to visit the old hillside city of Porto – famous for port wines and its vibrant history. Take a cruise down the Douro or meander through the narrow streets of the old town through to the grand plazas of the Avenida dos Aliados.

Day 6 - Day 7: A choice of walks is offered each day. Again choose from easier or harder walks each day.

Day 8: Departure day – Tour ends after breakfast.

Outdoor Travel offers centre-based guided walking holidays in several areas of Portugal, France or Italy including **Provence**, the **French Riviera**, in the beautiful **Cinque Terre**, **Umbria**, **Dolomites**, or **Amalfi Coast**. Other destinations include **Croatia**, **Turkey**, and **Ireland**. Similar walks are available in many areas of England, Wales and Scotland including the **Coast-to-Coast** walk, the wild **West Highland Way** or **South Downs Way**.

Contact Outdoor Travel for more details and reservations:

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