



## PORTUGAL

### HIKING PORTUGAL'S WINE REGION BY FOOT 5-DAYS

This trip ultimately begins in the historic city of Porto, and focuses on Portugal's spectacular northern wine region, bordering the Atlantic Ocean. After exploring Porto and its stunning public street art, we'll head inland to hike the area's hills. As you hike through the region, you'll witness its terraced vineyards and rolling hills with time to visit some of the small, traditional villages. Of course, opportunities will abound to taste the delicious wines, such as the light vinho verde or the more fortified, port. We'll also cross an area that is part of "The Portuguese Way," a section of the famous Camino de Santiago pilgrimage route.

## Day 1

### LISBON - PORTO

#### ARRIVAL

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You will connect on your own by train from Lisbon to Porto. Your train ticket is included. After arriving into Porto by train, at Campanhã railway station, you'll transfer on your own to the hotel where your BikeHike representative will await you. From there, after getting checked in, we will set out for an afternoon walking tour to explore the historic city center of Porto. Situated at the mouth of the Douro River, Porto boasts stunning public art, such as azulejos (hand-painted tiles), that are tattooed across the crumbling medieval walls. Afterwards, we'll break for a short rest before the group reconvenes for a welcome dinner.

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner



## Day 2

### PORTO - VIANA DO CASTELO

#### HIKING

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After a hearty breakfast we will transfer to the Neiva River for the day's hike. We'll hike along the river, passing its watermills and discovering its rich cultural and natural heritage. The Neiva River is a crossing point for "The Portuguese Way," a section of the famous Camino de Santiago pilgrimage route. Afterwards, we will continue onwards to the charming city of Viana do Castelo. Its buildings showcase several different eras, with well-preserved buildings from the Age of Discovery, the baroque period, to contemporary architecture. The 16th-century Manueline manors and Renaissance architecture are particularly enchanting. Perched high above the city is the pearly-white, neo-Byzantine Santa Luzia church, which can be accessed by a light hike or by taking Portugal's longest funicular train. The afternoon and remainder of the day is open to explore at your leisure.

**Hiking Distance:** 11km / 7 mi

**Hiking Duration:** 4.5 hours

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch

BikeHike Adventures

For more details call BikeHike Adventures at 1-888-805-0061 or 1-604-731-2442 email [info@bikehike.com](mailto:info@bikehike.com) or surf us at [www.bikehike.com](http://www.bikehike.com)



## Day 3

### VIANA DO CASTELO - PONTE DA BARCA

#### HIKING

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After breakfast we'll continue exploring the north of Portugal by hiking the Serra D'Arga Mountain. There, we'll enjoy stunning views of the River Minho, the hills of Spain to the north, and the Atlantic Ocean to the west. We'll pass by small, traditional schist stone villages with cobbled streets, stone slab fences and historic churches. This mountain region has a strong spiritual side to it, one that can be especially felt in these villages, their being at the crossroads of several pilgrimage routes. Agriculture is also very important to locals, primarily corn which is used for making broa, a traditional Portuguese corn bread. We will stop for picnic lunch along our route, before continuing to the picturesque town of Ponte da Barca, where we will stay for the night.

**Hiking Distance:** 12km / 7 mi

**Hiking Duration:** 6 hours

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch

## Day 4

### PONTE DA BARCA - PORTO

#### HIKING

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Today we will hike the hills surrounding the village Sistello. Located in the Vez river valley, this village is famous for its terraced "vertical cultivation ladders." These man-made terraces, used for agriculture, resemble Asia's rice terraces. The town also boasts well-preserved granite houses and Espigueiros, granaries made of stone, which are typical of the region (as well as Galicia, Spain). It is little wonder the village was once nominated as one of the most beautiful villages in Portugal. After some time to wander around the town, we will transfer back to Porto late afternoon. In Porto, after time to check in at the hotel, we will enjoy a farewell dinner together. The remainder of the evening is at your leisure for a last chance to explore this alley-woven historic city.

**Hiking Distance:** 9km / 6 mi

**Hiking Duration:** 6 hours

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner

## Day 5

### PORTO

#### DEPARTURE

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After breakfast at the hotel, you can depart at any time this day.

**Meals:** Breakfast

## TRIP INCLUSIONS

### Trip Includes

All accommodation, meals as indicated, land transportation and English-speaking veteran guides.

### Not Included

International flights, airport departure taxes, gratuities, meals not indicated, airport or train station transfers to/from hotel and items of a personal nature.



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