

# Portugal Itinerary

Amarante, Porto, the Douro Valley, and Lisbon



	Sunday May 10 <i>Amarante</i>	Monday May 11 <i>Douro Valley</i>	Tuesday May 12 <i>Porto</i>	Wednesday May 13 <i>Douro Valley</i>	Thursday May 14 <i>Lisbon</i>	Friday May 15 <i>Lisbon</i>	Saturday May 16 <i>Departure</i>
Morning	Morning at leisure	Breakfast  Drive into the Douro Valley known for its viniculture & visit Douro Museum	Breakfast Drive to Porto Guided visit of the historic city	Breakfast & Drive to farm estate in Douro Valley for a traditional Portuguese Cooking Class	Breakfast Drive to Aveiro to see the Venice-style canals and have lunch	Breakfast  Guided tour of Lisbon	Breakfast Drive to Lisbon Airport for departures
Afternoon	3pm Welcome Reception at Casa da Calçada, your Relais & Chateaux hotel Short guided visit of Amarante	Lunch & wine tasting a local vineyard  Traditional <i>Rabelo</i> boat ride on the Douro River	Tour a Port Wine cellar with lunch & wine tasting  Free time in the city	Lunch included with cooking class Visit Contemporary Art Museum and 1909 Confectionary in Amarante	Continue drive to along Atlantic coast Visit Sintra and the Palace of Pena  Drive to Lisbon	Tasting tour of Time Out Market for lunch Guided tour continues  Free time	
Evening	Welcome dinner at Canto Redondo restaurant at your hotel	Return to the hotel Free Evening  Dinner on your own	Dinner at Michelin-starred Yeatman Hotel restaurant	Dinner included at Michelin-starred Largo do Paço restaurant at your hotel	Free Evening  Dinner on your own	Farewell dinner at Jose Avillez's Michelin-starred Belcanto	
Driving	N/A	~ 2 hours	~ 2 hours	~ 2 hours	~ 5 hours	N/A	30 min
Staying at	Casa da Calçada	Casa da Calçada	Casa da Calçada	Casa da Calçada	Avenida liberdade (or equivalent)	Avenida liberdade (or equivalent)	

## Elinor Griffith Portuguese Culinary Tour Itinerary (6 nights)

### Trip Highlights

- Explore the historic charms of the ancient town of Amarante (near Porto) and overnight at a 16th-century palace turned 5\* Relais & Chateaux hotel.
- Dine at some of Portugal's best Michelin-starred restaurants and discover how top chefs are combining Portuguese flavors in innovative ways.
- Take a cruise up the Douro River to visit the regions DOC vineyards.
- Enjoy a private tour & tasting at a historic Port Wine cellar in Gaia.
- Learn first hand the traditional cooking methods in a cooking class led by an expert local chef.
- Discover the 'Venice of Portugal' along the Atlantic coast, dine on freshly-caught seafood, and visit UNESCO World Heritage Site of Sintra.
- Take a tasting tour of the markets of Lisbon with an expert foodie guide.

### Day 1 - Sunday, May 10: Arrival to Amarante

Today marks the official start of your adventure in Portugal. Guests have been advised to arrive a day early and there is a transfer included between Porto airport and the hotel in Amarante.

You'll have a meet-and-greet in the hotel lobby and then stretch your legs and get your bearings on a short guided tour of Amarante. This city, your home for the next 4 nights, dates back to the 4th century BC and is located on the *Tâmega river*. It has retained its medieval charms throughout the centuries and you'll enjoy visits to the *Ponte São Gonçalo* and some of the city's many churches and cathedrals.

Return to your hotel, an incredible 16th-century palace turned hotel, and then enjoy a welcome dinner at its Canto Redondo restaurant specializing in homemade Portuguese dishes.

Meals included: Dinner



## Day 2 - Monday, May 11: Douro River Cruise

Today you'll embark on a vineyard tour and river cruise to discover the region's fertile wine-making valleys. Start by driving into the Douro Valley to visit the Douro Museum. Then, head to a vineyard for a tour of the vines, plus lunch paired with different wines from the estate.

After lunch, you'll get on board a traditional *rabelo* boat, the same as those used to transport the wine from vineyard to ocean port for centuries, to cruise the Douro River. Your expert guide will explain what makes these wines of this region so unique that they've gained a special protected status (DOC) as you glide past the terraced hillsides.



Finally, you'll return to the hotel and Amarante in the evening. Dinner tonight is on your own so that you can enjoy one of the town's local restaurants.

Meals included: Breakfast, Lunch

## Day 3 - Tuesday, May 12: Discovering Porto

After breakfast, drive into the city of Porto (~1 hr). You'll have a city tour starting with the Ribeira district with its colorful buildings, cobblestone streets, and views of the iconic D. Luis Bridge. You'll also visit the Palacio da Bolsa and Church of Sao Francisco, two of the city's most iconic landmarks.



At lunchtime, you'll cross the river and head to a local Port Wine Lodge. The city of Porto's name is linked to that of Port Wine, which exclusively produced in the Douro region of Portugal, yet the actual wine cellars where the grapes are processed and wine stored are actually in the city of Gaia, just across the river from Porto. At the wine lodge, you'll explore the cellars and learn all about the region's distinct wine-making heritage. Wrap up the tour with a delicious traditional Portuguese lunch paired with different wine tastings.

This evening, you'll have a bit of free time before going to The Yeatman Hotel's Michelin-starred restaurant for a special dinner.

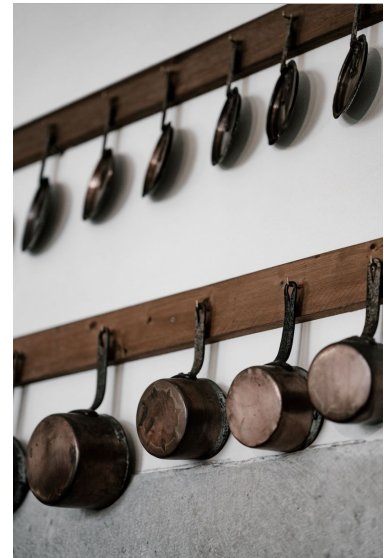
Meals: Breakfast, Lunch, Dinner



#### **Day 4 - Wednesday, May 13: Cooking Class in Douro Valley**

You'll head back into the Douro Valley today (~1hr driving). You'll visit a local estate where you'll tour the vines and olive trees, before joining the chef for an in-depth cooking class. You'll use the traditional wood-burning stove and iron pots to cook up a delicious family-style meal typical of the region. The day's menu will depend on what ingredients are in season as everything here is farm-to-table. After lunch and sampling some more wines, you'll return to Amarante.

In the later afternoon, you'll visit the Amadeo de Souza Cardoso Museum housed in a renovated convent and featuring some of Portugal's top artists. Then enjoy an afternoon snack break at the Confeitaria da Ponte that dates back to 1909 and is still owned by the same family who founded it. You'll be able to sample a variety of freshly-baked pastries and sweets typical of the region.



Dinner this evening will take place at the Michelin-starred Largo do Paço restaurant inside your hotel.

Meals included: Breakfast, Lunch (Cooking Class), Dinner

#### **Day 5 - Thursday, May 14: The Coastal Route**

Today you will leave Amarante and drive South along the Atlantic coast to Lisbon making several stops en route. You'll first drive to Aveiro (~1.5hrs), known as the 'Venice of Portugal', this charming town is full of canals and colorful houses. You'll stop for lunch and watch the boats cruise by.

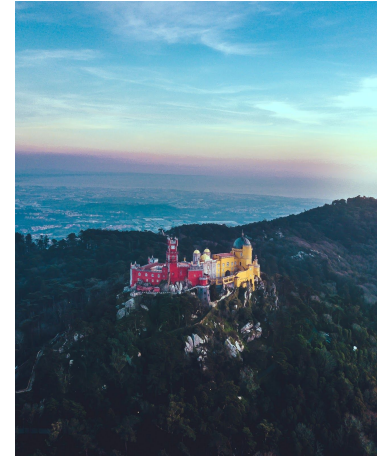




Then continue south to Sintra, where you will visit the pastel-colored Palace of Pena. This region has long been a retreat for the Portuguese elite. Known for the lush, forested coastline and many incredible hidden villas, you'll spend the afternoon learning about the Moorish influences on the Palace's design and enjoy its sweeping

views across the national park.

Finally, continue into downtown Lisbon (~1hr). You'll arrive at the hotel and check-in. The rest of the evening is at leisure and you can go out to explore one of the city's many excellent restaurants.



Meals Included: Breakfast, Lunch

## Day 6 - Friday, May 15: Exploration of Lisbon



For your final full day of the trip, you'll join your expert guide for a combined history and market tour of Lisbon. Known as the city of seven hills, you'll spend the day discovering the different neighborhoods, scenic viewpoints, and delicious local delicacies. The tour will include stops at the Mosteiro dos Jerónimos, a UNESCO World Heritage site built in 1498, Castelo de Sao Jorge for views of the charming Alfama neighborhood, Terreiro do Paço, the central pedestrian square with incredible traditional architecture, and so many more. Along the way, you'll stop at the

best local cafes to eat a Pastel de Nata, explore the traditional Mercado de Ribera and then eat lunch at the Time Out Market to try some ingenious small dishes combining Portuguese and other world flavors.

You'll have the late afternoon at leisure. Dinner tonight will be at Jose Avillez's Michelin-starred and much-acclaimed



eatery Belcanto. You'll have a tasting menu to discover some of Portugal's classics but with this top chef's inventive flair.

Meals included: Breakfast, Lunch (Tasting Tour), Dinner

### **Day 7 - Saturday, May 16: Departures**

Today you'll bid farewell to this charming and historic country. There will be departure shuttles organized to Lisbon Airport.

Meals included: Breakfast