



## TOUR ITINERARY

RIDING  
LEVEL

3

Europe / Portugal / Douro Valley

# Douro Valley Bike Tour

Oporto and Northern Portugal's World Heritage Wine Region



## TOUR HIGHLIGHTS

- Visit UNESCO World Heritage-listed treasures including the town of Guimarães, cradle of a nation, and the Douro Valley, one of the most exceptional wine regions
- Cycle the lush valleys and verdant pastures of the Trás-Os-Montes region
- Visit a premier Douro winery for an exceptional dinner and wine pairing
- Glide down the placid waters of the Douro River on a morning boat cruise
- Stay at the most exclusive hotel properties in Portugal





## ARRIVAL + DEPARTURE

### Arrival Details

- ✈ **Airport City:**  
Oporto, Portugal
- 📍 **Pick-Up Location:**  
The Yeatman Hotel in Porto
- 🕒 **Pick-Up Time:**  
9:30 am

### Departure Details

- ✈ **Airport City:**  
Oporto, Portugal
- 📍 **Drop-Off Location:**  
Oporto Airport or Porto-Campanhã Train Station
- 🕒 **Drop-Off Time:**  
🕒 Oporto Airport (10:30 am), Porto-Campanhã Train Station (11:00 am)

**NOTE:** DuVine provides group transfers to and from the tour from the pick-up and drop-off locations stated on the itinerary. In the event your train, flight, or other travel falls outside the arrival or departure times or locations, you may be responsible for extra costs incurred in arranging a separate transfer.

### Emergency Assistance

For urgent assistance on your way to tour or while on tour, please always contact your guides first. You may also contact the Boston office during business hours at +1 617 776 4441 or [emergency@duvine.com](mailto:emergency@duvine.com).



# TOUR ITINERARY

## Tour By Day

DAY  
1

### From the Coast to the Interior

Welcome to Portugal! Your guides will meet you in Oporto for a transfer to the UNESCO town of Guimarães. On a guided tour, learn about the major events that took place here in the 12th century and led to the birth of an independent nation, as evidenced by the inscription “*Aqui nasceu Portugal*” (“Portugal was born here”), which can still be seen in the city’s old wall. Then it’s off to our hotel for a light lunch followed by a bike fitting and safety talk. Our first ride will take us through Vidago’s verdant countryside before we return to the hotel for dinner in the Grand Ballroom restaurant.

**Meals:** Lunch / Dinner

**Destinations:** Oporto, Guimarães, Vidago

**Accomplished:** 13 miles / 21 km, elevation gain: 1,010 feet / 308 meters

**Longer Option:** 15 miles / 24 km, elevation gain: 1,574 feet / 480 meters

**Accommodations:** [Vidago Palace Hotel](#)

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DAY  
2

### Taking It Up a Notch to Chaves

Breakfast will power us up for today’s ride to the town of Chaves, just south of the Spanish Galicia border. Pedal into the heart of Trás-Os-Montes, which translates to “Behind the Mountains”—an area that was long isolated from the rest of Portugal and still remains largely unknown to foreign visitors. With the option to hop in the van for this morning’s first section, set out from our hotel for a climb shaded by century-old sycamore trees. We’ll stop in the charming mountain town of Boticas, then continue past small valley hamlets and family farm plots. Descend into Chaves, once the frontline of the Portuguese defense against Spanish incursion, and enjoy lunch in the city’s historic downtown. Ride or shuttle back to our hotel where the afternoon is yours to lay out by the pool or enjoy the spa. Tonight, we’ll dine at a boutique winery owned by our friends Manuel and Angelina for a meal of barbecued local meats, fish, and veggies, all accompanied by wines from the estate.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Boticas, Chaves, Loivos, Anelhe

**Accomplished:** 29 miles / 46 km, elevation gain: 2,910 feet / 887 meters

**Longer Option:** 43 miles / 68 km, elevation gain: 4,171 feet / 1,271 meters

**Accommodations:** [Vidago Palace Hotel](#)

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## TOUR ITINERARY

DAY  
3

### From Behind the Mountains to the River Below

Today we ride south towards the Douro Valley and our destination in the riverside wine town of Pinhão. Whether you choose to begin pedaling from our hotel or start further out from the mineral-water village of Pedras Salgadas, the destination is the same: we'll reach the town of Vila Real and home of Casa de Mateus, recognized locally for its unusually-bottled rosé wine. After lunch, cut across the northern ridge of the upper Douro before an exhilarating descent through charming hamlets and hillsides rippled with terraced vineyards. Our final stretch brings us to the majestic Douro River and our hotel for the night, located right on its banks. This afternoon, choose to lounge by the pool or head into town to shop for wine at the local boutiques. Tonight we'll dine at our favorite historic *quinta*, a Portuguese wine estate. Our meal is paired with voluptuous red table wines and finished with the estate's own vintage Port.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Pedras Salgadas, Casa de Mateus, Pinhão

**Accomplished:** 43 miles / 69 km, elevation gain: 3,096 feet / 944 meters

**Longer Option:** 51 miles / 81 km, elevation gain: 3,796 feet / 1,157 meters

**Accommodations:** [Vintage House Douro](#)

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DAY  
4

### Let the Douro Lead the Way

This morning we step straight from our hotel grounds onto a traditional Rabelo boat and embark on a river cruise up the Douro. Mother nature has done her part in this UNESCO-protected valley, providing an exceptional climate for ideal wine growing conditions. But the human element of engineering is impossible to ignore, with vineyards hand-carved out of the schist over hundreds of years. After lunch on dry land, it's time for an afternoon spin along the Douro's riverbank to the town of Peso da Régua and our magnificent hotel for the next two nights. This evening you're free to dine on your own; choose a trendy wine bar or a *tasquinha* (tavern restaurant) in town, depending on your mood.

**Meals:** Breakfast / Lunch

**Destinations:** Pinhão, Peso da Régua

**Accomplished:** 21 miles / 34 km, elevation gain: 1,252 feet / 381 meters

**Accommodations:** [Six Senses Douro Valley](#)

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## TOUR ITINERARY

DAY  
5

### The Making of a King

Today's ride promises to be our most challenging—but not without its rewards (or the option to fall back on the support van). Pedal to the city of Lamego, first following the upper banks of the Douro overlooking the river below. Tackle a steep section, then turn inland for a gradual climb up sinuous vineyard-sided roads above the river valley. It was here in Lamego that the Bishop of Braga crowned the first King of Portugal, Afonso Henriques, in 1140. Pause for coffee and a light snack at a local *pastelaria* before a rewarding descent toward our lunch spot at a local family-run winery, where the flavorful menu pulls from seasonal produce and is paired with wines of the estate. Our final evening begins with an aperitif, followed by a gastronomic dinner to remember at our hotel's contemporary restaurant.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Lamego

**Accomplished:** 29 miles / 47 km, elevation gain: 3,193 feet / 973 meters

**Longer Option:** 35 miles / 57 km, elevation gain: 4,189 feet / 1,277 meters

**Accommodations:** [Six Senses Douro Valley](#)

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DAY  
6

### Obrigado for Everything, Oporto!

Our adventure has come to an end. Extend your journey a little longer with a night or two downriver in Oporto, or our guides will transfer you to the Oporto airport to continue your travels.

**Meals:** Breakfast

**Destinations:** Oporto

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