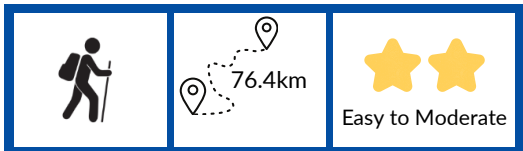


Douro International Park and the Coa Valley Hiking & Culture



Overview:

1-week self-guided walking holiday in northeast Portugal. Journey through prehistoric lands to witness dramatic rock formations, endangered wildlife, historical villages and ancient cultures.

This amazing experience takes you back in time to prehistoric lands where Paleolithic rock art has been discovered near the Douro and Côa Rivers. The dramatic cliffs and rock formations of the Douro International Natural Park are home to endangered birds, such as the Egyptian vulture

Stay on a working wine estate and olive farm while you explore the dramatic countryside, history and local traditions of the Douro International Natural Park. In the Côa Valley Archaeological Park, you'll be staying in a shepherding village and get to visit a local cheese producer. A highlight of the experience is a night visit to the Palaeolithic rock art site on the banks of the Côa River.

Itinerary: Available from 1 Feb - 30 Jun and 15 Sept - 15 Nov

● DAY 1

- Arrival in Porto (not included)
- Transfer from Porto airport to Porto hotel
- Accommodation in a 4-star hotel

● DAY 2

- Transfer to Porto train station
- Scenic train ride from Porto to Pocinho
- Transfer from Pocinho to Freixo de Espada à Cinta
- Accommodation: Farmhouse
- Meals: Breakfast, dinner

- **DAY 3**
 - Transfer to Mazouco
 - Linear walk from Mazouco to Freixo de Espada à Cinta (16.8 km | +268m)
 - Accommodation: Farmhouse
 - Meals: Breakfast, packed lunch, dinner
- **DAY 4**
 - Transfer to Ribeira do Mosteiro
 - Linear walk from Ribeira do Mosteiro to Freixo da Espada à Cinta (15.8km | +611m)
 - Accommodation: Farmhouse
 - Meals: Breakfast, packed lunch, dinner
- **DAY 5**
 - Transfer to Barca D'Alva
 - Linear walk from Barca D'Alva to Vilar de Amargo (15.2km | +635m)
 - Accommodation: Village cottage
 - Meals: Breakfast, packed lunch
- **DAY 6**
 - Linear walk from Vilar de Amargo to Castelo Melhor (16.1km | +147m)
 - Visit to cheese producer with tastings
 - Night visit to a rock art site
 - Accommodation: Village cottage
 - Meals: Breakfast, packed lunch
- **DAY 7**
 - Transfer to Castelo Melhor
 - Linear walk from Castelo Melhor to the Côa Museum (12.5km | +381m)
 - Transfer to Torre de Moncorvo
 - Accommodation: Boutique guest house
 - Meals: Breakfast
- **DAY 8**
 - Return to Porto
 - Transfer from Torre de Moncorvo to Pocinho train station
 - Scenic train ride from Pocinho to Porto (not included)
 - Meals: Breakfast

At a Glance:

- **Duration:** 8 days, 7 nights
- **Activity:** 5 days of walking
- **Type:** Self-guided
- **Total Cycling Distance:** 76.4 kilometres
- **Grade:** Easy to Moderate
- **Meals:** 7 breakfasts | 4 packed lunches | 3 Dinners
- **Participants:** From 2 people

Included:

- 7 nights' hand-picked accommodation with breakfast
- Packed lunches on days 3-6
- Dinners (drinks not included) on days 2, 3 and 4
- Visit to a cheese producer and tasting of regional products
- Guided visit to the Penascosa rock art site
- Detailed route notes
- App with trail information for use on a smartphone
- Transfer from Porto airport to Porto hotel on day 1
- Transfer from Porto hotel to Porto Campanhã train station on day 2
- Train tickets from Porto to Pocinho on day 2
- Luggage transfers
- Transfers to/from trails on days 3-7
- Transfers from and to Pocinho train station
- 24-hour emergency contact number (English-speaking)

Not Included:

- In-person welcome briefing
- Meals not mentioned above
- Côa Museum entrance fees and other optional expenses
- Train ticket from Pocinho to Porto
- Travel Insurance
- Touristic taxes
- Gratuities
- Personal expenses
- Anything not mentioned in the "Included" section above
- Airport transfers

Additional Services (on request):

- Extra luggage
- Additional nights and meals
- Transfers and flights
- Travel insurance
- E-sims
- Train Tickets

Payment Terms:

- 30% non-refundable deposit at booking
- 40% due 60 days before departure
- Balance due 30 days before departure

Note: Prices are subject to change based on rate exchange fluctuations and availability.