

## Golf and spas in the forests

## The wine and the food of the Douro and the Dao.

**FROM €2,500 PER COUPLE**

For centuries we have taken advantage of the qualities of natural mineral waters for health and recreational purposes. Portugal is blessed with natural springs particularly in the centre and north. With those springs have emerged over many years many wonderful hotels.

Vidago is a village in the north of Portugal. It has been renowned for its spring waters since the 17th century. Water from Vidago has been bottled since 1886 and can still be tasted directly from the source in its highly concentrated and naturally carbonated form from one of the four spring fountains that reach the surface in the park lands surrounding Vidago Palace.

The curative characteristics of the waters of Pedras Salgadas have been known for centuries. In 1873 following an international show in Vienna it was decided to build the Balneario Termal. In 1875 a company was formed to explore the natural waters and in 1879 Termas de Pedras Salgadas opened to the public. In 2009 the Spa was revitalised and the new owners built a series of Eco Houses for accommodation. And so was born Pedras Salgadas Spa and Nature Park.

From the coast to the Spanish border Portugal's Centre and North offers history, culture, national parks, mountains and villages of granite and schist. River and ocean beaches. The



giant waves in Nazaré where American surfer Garrett McNamara rode a 100 foot high wave.

Portugal may be well known for the wine produced in the Douro Valley. However, the Dao River as it carves its way through granite rock is one of Portugal's most promising wine regions. Its best red wines are made from the Tinta Roriz and Touriga Nacional grapes and its finest example of white wine is based upon the Encruzado grape.

On your journey to Quinta dos Três Rios you will experience the warmth and hospitality of the people, the culture, and the produce of central and northern Portugal. Quinta dos



Três Rios is situated just outside the village of Parada de Gonta. A small village of less than 1000 people, here you will find yourself in the real Portugal. Your hosts Hugh and Jane are English but will immerse you in real Portugal, its wine and food.

**ITINERARY****DAY 1**

- Arrive at accommodation at Pedras Salgadas.
- Dinner at Eco House.
- Accommodation Pedras Salgadas in Eco House or Tree House.

**DAY 2**

- 18 holes of golf per person Vidago Palace.
- Afternoon spa treatment (55 mins).
- Dinner in Pedras Salgadas local restaurant (beverages not included).
- Accommodation Pedras Salgadas in Eco House or Tree House.

**DAY 3**

- Full day spa treatment.
- Three course dinner Salão Nobre Restaurant Vidago Palace (excluding beverages).
- Accommodation Pedras Salgadas in Eco House or Tree House.

**Alternative Option for Day 3**

- In place of full day spa treatment.
- Additional cost €75 per couple.
- Half day guided tour to Vila Real and Palácio de Mateus.
- Lunch Cais da Vila at Vila Real (beverages excluded).
- Afternoon spa treatment (55 mins).

**DAY 4**

- Morning spa treatment (55 mins).
- 18 holes of golf per person Vidago Palace.
- Dinner at Eco House.

**DAY 5**

- Travel to Quinta dos Três Rios.
- Enjoy a light lunch and a visit to see local wine making in the nearest village of Parada de Gonta.
- Dinner at Quinta dos Três Rios.
- Accommodation at Quinta dos Três Rios.

**DAY 6**

- Golf at Montebelo Golf Course.
- Lunch at Quinta de Cabriz.
- Visit to a traditional vineyard in the afternoon.



- Dinner at Quinta dos Três Rios.
- Accommodation at Quinta dos Três Rios.

**DAY 7**

- Dão wine tour visiting 2 or 3 vineyards in the morning.
- Afternoon golf at Montebelo Golf Course.
- Dinner at Quinta dos Três Rios.
- Accommodation at Quinta dos Três Rios.

**DAY 8**

- Depart for your next CoolPortugal experience.

**INCLUSIONS**

- Accommodation at Pedras Salgadas four nights in Eco House or Tree House
- Daily breakfasts at Pedras Salgadas
- Three course dinner at Salão Nobre Restaurant Vidago Palace
- Two dinners at Eco House.
- Dinner at local Pedras Salgadas restaurant (beverages excluded)
- Two games of golf per person 18 holes Vidago Palace including cart (but not including club and shoe hire)
- Two or three half day spa treatments at Pedras Salgadas per person depending on Day 3 option

- One full day spa treatment per person at Pedras Salgadas depending on Day 3 option
- Half day guided tour to Vila Real and Palácio de Mateus including entry fees transport and guide depending on Day 3 option.
- Two course lunch at Cais da Vila at Vila Real (excluding beverages) depending on Day 3 option
- Three dinners at Quinta dos Três Rios
- Three nights accommodation Quinta dos Três Rios
- Light lunch on Day 1 at Quinta dos Três Rios
- Daily breakfast at Quinta dos Três Rios
- Two games of golf per person 18 holes Montebelo including cart (but not including club and shoe hire)
- Lunch at Quinta de Cabriz
- Visit to traditional vineyard
- Dão Wine tour visiting 2 or 3

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