

## Peace and serenity in Northern Portugal

**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 Nazare 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 Vouzela you will experience the warmth and hospitality of the people, the culture, and the produce of central and northern Portugal.

Vouzela is 30 minutes from Viseu, Lamego, and an hour from Portugal's third largest city Coimbra. It was first settled in the 11th Century, although some diggings show evidence of a Roman presence in early AD. A charming and beautiful town. Regular markets are of interest. And if you time your visit you might enjoy the town's annual sweets festival at the end of July or the Castelo Music Festival in the first week of August. Enjoy the fresh air with walks along Vouzela's eight easy walking routes. Try the nearby thermal waters. Enjoy the local food. Enjoy the region. And above all enjoy your boutique accommodation at Casa Museu with your hosts Maria and Antonio



### ITINERARY

#### Day 1

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

#### Day 2

- Visit to Pena Aventura Park including transport.
- Afternoon spa treatment (55 mins).
- Dinner in Pedras Salgadas (local restaurant beverages not supplied).

- Accommodation Pedras Salgadas in Eco House or Tree House.

### Day 3

- Full day spa treatment.
- Dinner at Salão Nobre Restaurant Vidago Palace (three courses but excluding drinks).
- Accommodation Pedras Salgadas in Eco House or Tree House.

### Day 4

- Half day guided tour to Vila Real and Palácio de Mateus.
- Lunch Cais da Vila.
- Afternoon spa treatment (55 mins).
- Dinner at Eco House (beverages not supplied).
- Accommodation Pedras Salgadas in Eco House or Tree House.

### DAY 5

- Travel to Casa Museu.
- Welcome drinks with local Dao wine and regional cheese.
- Explore Vouzela by foot including a visit to the museum.
- Dinner at a local restaurant.
- Accommodation at Casa Museu.

### DAY 6

- Enjoy a visit to Termas do Saó, Pedro do Sul and experience hot springs for thermal cures of wellness treatments. Treatments and entry fee to a value of €75 per person.
- In the afternoon explore a walking trail.
- Dinner at a local restaurant.
- Accommodation at Casa Museu.

### DAY 7

- Day at leisure.
- Suggest self drive day trip to Aveiro, Viseu Coimbra or the Douro Valley with sight seeing tips from your hosts.
- Dinner at Casa Museu including wine.
- Accommodation at Casa Museu.

### DAY 8

- Visit historical sites in Serra Saó, Macario and enjoy lunch in the mountains.



- Enjoy an easy afternoon walk in any of the eight walking routes around Vouzela.
- Dinner by candlelight with wild mushrooms and local produce including wine.
- Accommodation at Casa Museu.

### DAY 9

- Depart for your next CoolPortugal experience.

### INCLUSIONS

- Two dinners in house excluding beverages
- Three course dinner at Salão Nobre Vidago Palace excluding beverages.
- Two 55 mins spa treatment per person
- One Full Day spa treatment per person
- Morning visit to Pena Aventura Park including two experiences
- Half day guided tour to Vila Real including transport and guide
- Two course lunch at Cais da Vila restaurant Vila Real excluding beverages
- Four nights accommodation in Eco House or Tree House at Pedras Salgadas
- Four nights accommodation at Casa Museu
- Daily breakfasts at Casa Museu
- Welcome drinks at Casa Museu

- Two dinners at a local restaurant excluding wine
- Hot springs visit including transport, admission fee, and treatment up to € 75 per person
- Visit to Serra São Macário including packed lunch
- Two dinners at Casa Museu including wine

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