

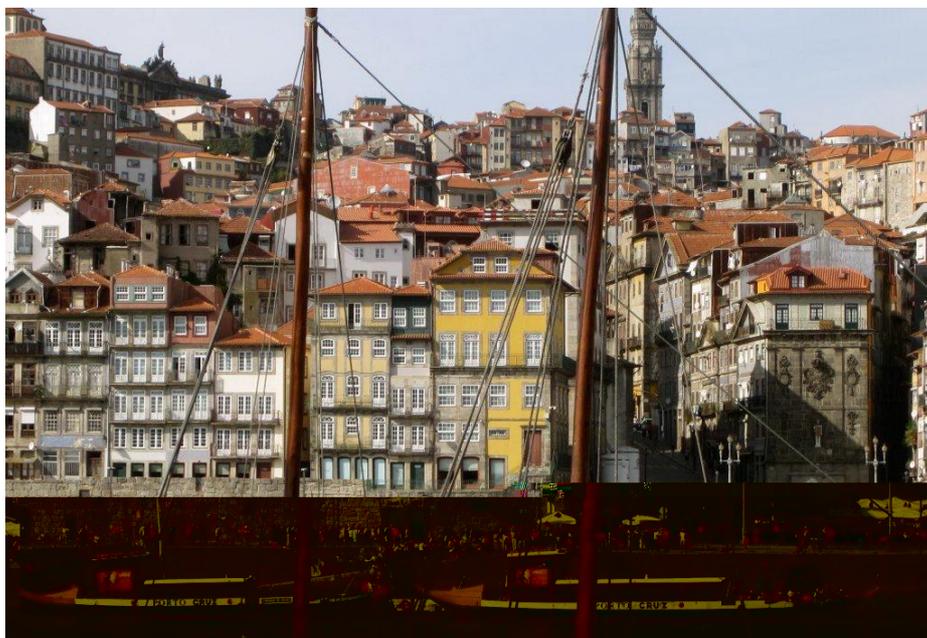
## The Douro – the heart of Northern Portugal

**FROM €3,075 PER COUPLE**

The Douro River starts half way across Spain. The real Douro belongs to Portugal and the city at its mouth Porto. The Douro is an internationally recognized wine producing region. Recognised for its port but also its table wines. It is often said that the best wine comes from vines whose roots reach to great depths searching for nutrients. Hot dry summers, harsh winters and schistic and granite soils force the Douro roots to those depths. Grapes have been grown here for nearly 6000 years and wine has been produced for 2000 years. Portugal has only recently commenced using international varieties such as Cabernet Sauvignon, Shiraz, or Chardonnay and commonly uses those grape varieties in blended wines. Portugal has a wide variety of grapes. Under its appellation system each wine region has authorised grape varieties. Wine produced from grapes outside the authorised list can only be denominated as a table wine. Two of the most popular grapes in the Douro for red wine are Touriga Francesca and Touriga Nacional. For white wine it is Alvarinho and although its not grown in the Douro the next time you buy a bottle of Verdelho remember that is a grape which originates from Madeira.

Quinta Nova de Nossa Senhora do Carmo was the first wine hotel in Portugal. American Airlines Travel Magazine said it was one of nine must see wineries in the world. Here we offer you six sumptuous nights of accommodation and five days to explore the Douro.

But it's not all about wine. It is also about art, wine museums, fine dining, traditional Portuguese meals, festivals, pilgrimages and processions. And for those who want more action there is



hiking, bike riding, sailing or river cruising. Or for the inactive just soaking up the scenery. Once you have been to the Douro it never leaves you.

### ITINERARY

#### Day 1

- Arrive at Quinta Nova.
- Accommodation on all four nights in a Premier room.
- Breakfast every morning.
- Welcome drink and introductory tour of the hotel.
- Four course dinner at the Quinta's restaurant Conceitus with wine as provided by Quinta Nova.

#### Day 2

- Wine tour and Winetasting at Quinta Nova.
- Light Lunch with regional tapas and wine water tea or coffee.
- Afternoon Douro River cruise on a Vintage Classic Boat.
- Tour of Wine House and wine museum with Portonics in Pinhao



following cruise and dinner in Pinhao (three courses excluding wine).

- A Portonic in case you are wondering is a cocktail of port and limejuice in a wine glass with crushed ice, tonic added and a garnish of bitter melon or cucumber and grapes.

#### Day 3

- A full day guided tour to Lamego. Lamego is a city going back more than a thousand years. Renaissance and baroque mansions are prominent. You will see a 12th century castle and a

Gothic Cathedral dating to the 12th century built by Portugal's first King Alfonso Henriques. In fact Lamego was the city where he was declared King.

- Lunch in Lamego (excluding drinks).
- Dinner at DOC. DOC is one of a number of restaurants operated by well known Portuguese chef Rui Paula. If you are in Porto as well try his restaurant there DOP. A la carte meal three courses excluding drinks.

#### Day 4

- A walk along the trails of the Quinta and depending on the season you may partake in harvesting of fruit such as oranges and figs. A picnic meal is provided.
- An afternoon by the pool or just relaxing.
- In the late afternoon some time with the Quinta's chef helping him prepare a light dinner to be consumed by you. Together with wine.

#### Day 5

- A guided visit to Coa Valley Archaeological Park. A UNESCO World Heritage prehistoric rock art site dating back to the Paleolithic era up to 20,000 years BC.
- Three course dinner at Conceitus with Quinta wines.

#### Day 6

- On your last full day you will be the Winemaker for a day. Make blend bottle and in Portugal of course cork your own wine. And take it away with you as your personal memento of the Douro.
- Throw in a picnic lunch and some olive oil tasting and you will have had the perfect day. Finished by a three course dinner at Conceitus.

#### Day 7

- Depart for your next CoolPortugal experience.



#### INCLUSIONS

- Six nights accommodation in a Premier Room
- All breakfasts
- Welcome drink and tour of Quinta
- One four course dinner at Conceitus restaurant with wine supplement of three wines
- Two three course dinners at Conceitus restaurant with wine supplement of three wines
- A la carte three course meal in Pinhao (drinks excluded)
- One light dinner prepared with the chef with wine supplement of two wines
- A la carte three course meal at DOC
- Light lunch for wine tour
- Douro River cruise
- Visit Wine House and wine museum with Portonics
- Lunch during Lamego guided tour
- Guided tour to Lamego including return transport
- Trail walk through the Quinta with a light lunch
- Guided visit to the Coa Valley including transport
- All admission fees to monuments, buildings in Lamego and Coa Valley
- Winemaker for a day
- Olive Oil tasting

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