

## The spas and vineyards of Northern Portugal

**FROM €2,750 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 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 (beverages not included).
- 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 Palacio de Mateus.
- Lunch Cais da Vila (two courses excluding drinks).
- 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 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

- Dao wine tour visiting two or three vineyards in the morning.
- 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

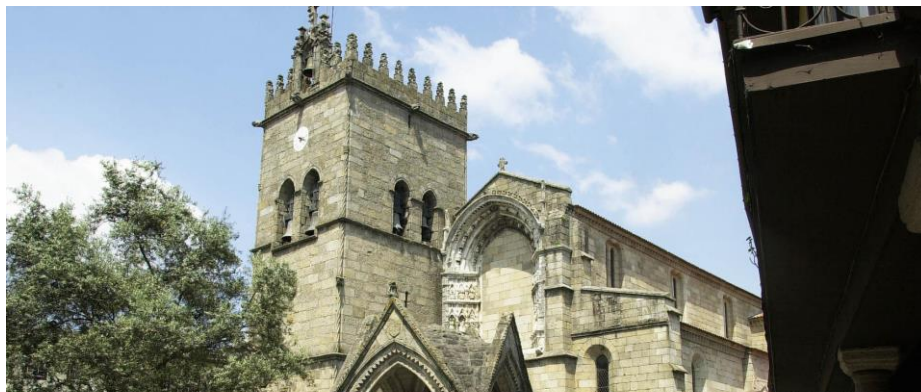
- Visit two vineyards in the Douro region.
- Lunch at DOC Restaurant overlooking the Douro River.
- Afternoon vineyard visit.
- Dinner at Quinta dos Três Rios.
- Accommodation at Quinta dos Três Rios.

### Day 8

- Depart for your next CoolPortugal experience.

### INCLUSIONS

- Two dinners at Eco House excluding beverages
- Three course dinner at Salao Nobre Vidago Palace excluding beverages
- Dinner in local restaurant at Pedras Salgadas excluding beverages
- Two 55 mins spa treatments 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 at Pedras Salgadas
- Three dinners at Quinta dos Três Rios three courses including wine
- Light lunch on Day 1 at Quinta dos Três Rios
- Visit to local wine maker in Parada de Gonta including transport
- Dao wine tour visiting two or three vineyards including transport
- Lunch at Quinta de Cabriz including wine
- Douro wine tour visiting two vineyards in the Douro Valley including transport
- Two course lunch at DOC on the Douro River excluding beverages
- Three nights accommodation Quinta dos Três Rios

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