

# Bicycle Tour through Douro valley

7 DAYS / 6 NIGHTS, APPROX. 185 KM  
BOOKING CODE: ES-POMP6

DAILY ROUTE LENGTH ●●●●●●  
TOPOGRAPHY ●●●●●●



Vineyards as far as the eye can see!

From Eur 1399,-



## Your tour

You will discover the magical north of Portugal, which is not yet so much on the tourist map. On lonely paths you cycle through one of the largest and oldest wine-growing areas in the world. Granite and slate stones have been terraced to grow award-winning grapes and produce delicious port wines. The panorama you enjoy from the bike saddle mostly along the Rio Douro is truly fabulous. Let's go!

## Itinerary

<b>Day 1</b>	Individual arrival in Porto, transfer to Miranda do Douro	
<b>Day 2</b>	Miranda do Douro – Sendim, approx. 40 km	
<b>Day 3</b>	Sendim – Torre de Moncorvo, approx. 40 km	
<b>Day 4</b>	Torre de Moncorvo – Vila Flôr, approx. 35 km + transfer	
<b>Day 5</b>	Vila Flôr – Sabrosa, approx. 30 km + boat trip + transfer	
<b>Day 6</b>	Sabrosa – Peso da Régua, approx. 45 km	
<b>Day 7</b>	Transfer from Peso de Régua to Porto and individual departure	

## Travel time

<b>Season A</b>	01.03. – 26.04.	04.10. – 29.11.
<b>Season B</b>	03.05. – 28.06.	06.09. – 27.09.

Arrival Saturday 01.03. – 28.06.2025  
Arrival Saturday 06.09. – 29.11.2025  
The season is dictated by the arrival date.

## Services

- 6 overnight stays with breakfast, national 3\* / 4\*-level or typical national paradores
- Boat tour on the Douro river incl. bike
- Digital travel documents and route navigation via app
- Luggage transport from hotel to hotel to Peso da Régua, max. 1 piece of luggage per person, max. 23 kg / piece
- Rental bike, surcharge for ebike
- Picnic (5 x) and dinner (1 x)
- Service-Hotline (7 days, 08.00 a.m. – 08.00 p.m.)
- Transfer Porto Airport – Miranda do Douro (Departure 2 pm)
- Transfer Lodões – Vila Flor incl. bike
- Transfer Peso da Régua – Porto Airport (Abfahrt 10 Uhr)
- Transfer Pinhão – Sabrosa incl. bike

## Not included services

- Citys or visitors tax, if payable

## Basic price per person

Doubleroom, Season A	1399,-
Doubleroom, Season B	1449,-
Additional fee single room	349,-

## Additional services per person

Surcharge E-mountain bike	169,-
Surcharge E-bike / Pedelec	169,-
Rental bike (27-gear)	inkl.

## Notes

- Minimum number of participants: 2 persons

## Exemplary hotel list

Miranda do Douro	Parador de Santa Catarina Miranda do Douro	<a href="https://hotelparadorsantacatarina.pt/">https://hotelparadorsantacatarina.pt/</a>
Sendim	Curral de I Tiu Pino Sendim	<a href="https://curral-de-l-tiu-pino-villa.norteportugal-hotels.com/de/">https://curral-de-l-tiu-pino-villa.norteportugal-hotels.com/de/</a>
Torre de Moncorvo	Casa da Avó Torre de Moncorvo	<a href="https://www.hoteisfind.com/casa-da-avo-turismo-de-habitacao/">https://www.hoteisfind.com/casa-da-avo-turismo-de-habitacao/</a>
Vila Flôr	Quinta do Barracão da Vilarça Assares Vila Flôr	<a href="https://terra-sa.com/">https://terra-sa.com/</a>
Sabrosa	Quinta de Fiães Vilar de Maçada	<a href="https://www.quintadefiaes.pt/">https://www.quintadefiaes.pt/</a>
Peso de Régua	Quinta de Tourais Lamego	<a href="https://quinta-de-tourais-guest-house.norteportugal-hotels.com/de/">https://quinta-de-tourais-guest-house.norteportugal-hotels.com/de/</a>

## Child reduction on basic price

12 - 17 Years

10%

Due to the more demanding stages, we recommend this trip only for young people with good stamina. Reduction for children is valid for accommodation in room with two full-paying guests.

## Languages Travel documents

→ English

### Additional note

- All bookings are on request.
- The transfer from Porto airport to Miranda do Douro (start in Porto 2 p.m.) and from Peso da Régua back to the airport (start 10 a.m.) is already included in the tour price. If you would like to use the transfer on the day of arrival, please arrive by 12.30 p.m. at the latest.
- Twin / double rooms / separate beds are only occasionally available. We treat requests as non-binding customer requests, if above mentioned room types are a booking condition, it must be mentioned as a condition at the time of booking.

## Equipment of our rental bikes

- Replacement tube (1 x per room)
- Bike lock (1 x per room)
- Luggage rack
- Handlebar bag
- Air pump (1 x per room)
- Multi-Tool
- Breakdown kit (1 x per booking)
- Waterproof pannier

## Journey to Miranda do Douro

- Nearest airports: Porto

## Stages description

### Day 1: Individual arrival in Porto, transfer to Miranda do Douro

Your cycle tour along the Douro begins with an approximately three-hour transfer from Porto airport (departure at 2 pm) to the small town of Miranda do Douro, which lies directly on the border with Spain. The drive there will amaze you, as the landscape of the Douro Canyon with its cliffs over 200 metres high is extraordinary. The Douro River has been carving monumental gorges into the landscape for thousands of years. Don't be surprised to see bilingual road signs in Miranda do Douro and the surrounding villages! The only regional language in Portugal, Mirandés, is spoken in this region. If you're lucky, you might be able to witness a traditional stick dance, which dates back to the Celtic colonisation.

### Day 2: Miranda do Douro – Sendim, approx. 40 km

You saddle up your bikes and start the first stage of your cycle tour along the Douro in the eastern part of the International Douro Nature Reserve. The unspoilt, tranquil landscape on the high plateau is home to more than 170 bird species, wild boar, Egyptian vultures and the Iberian wolf. You will spend the night in Sendim. Stroll through the medieval village with its granite stone buildings and visit the Roman archaeological site. A dinner, which is already included in the tour price, rounds off a successful day on the bike.

### Day 3: Sendim – Torre de Moncorvo, approx. 40 km

You cycle along a former railway line through an area full of olive groves and almond trees. Your destination is Torre de Moncorvo. The small town is part of the Alto Douro wine-growing region, which has been a UNESCO World Heritage Site since 2001. There are several architectural monuments in the town, such as a number of manor houses, stone fountains and the three-aisled Renaissance church built in the 16th century. The town is known in Portugal as the iron capital, as iron ore was already being mined here in Roman times. But top-quality olive oil is also produced here, excellent wines are pressed and almonds, which are famous throughout the country, are harvested.

### Day 4: Torre de Moncorvo – Vila Flôr, approx. 35 km + transfer

The fourth stage of your cycle tour along the Douro is very short and takes you directly along the river for the first time. The descent to the river takes you through olive groves that produce some of the world's finest olive oil. Prepare yourself for a magical landscape and fabulous views. You will spend the night in a quinta, a winery. In the afternoon, you will be transferred from Lodões to your accommodation. The dinner, which is already included in the tour price, includes the finest home-made specialities from the region, such as home-made cheese, sausages, home-baked bread, olive oil and, of course, home-made wine. Once the plates are empty, a digestive walk under the clear starry sky does you good.

**Day 5: Vila Flôr – Sabrosa, approx. 30 km + boat trip + transfer**

You cycle on through the lush vineyards that nestle in terraces on the slate hills. This is where the famous port wine comes from, but the Touriga grape grown here is also an award-winning grape variety. Now you can put your feet up. Take a trip down the Douro on a Rabelo boat, which used to transport wine barrels from the Douro Valley downstream. Enjoy the view of the vineyards from a different perspective. You land in the small village of Pinhão with its 700 inhabitants. The railway station is a special feature: it is decorated with 24 large-format tiles, known as azulejos, which depict scenes from the Bible, agriculture and viticulture, among other things. You can then take a comfortable transfer to Sabrosa.

**Day 6: Sabrosa – Peso da Régua, approx. 45 km**

The last day of your cycle tour on the Douro begins and you cycle first through the hinterland, then along the river to Peso da Régua, the centre of the Port wine-growing region. It is beautifully nestled in rolling, vine-covered hills and is a lovely place to end your cycle tour. Visit the Museu do Douro, which provides you with all kinds of information about the region. Enjoy the last few hours of your stay in the charming surroundings of the Douro and raise a glass of port wine to the past few days on the saddle of your bike.

**Day 7: Transfer from Peso de Régua to Porto and individual departure**

Your cycle tour along the Douro ends after breakfast. You will be taken to Porto airport at 10 am. You will then travel home individually.