

EXPLORE!

Book with confidence

Walks and Wine Tasting in Spain and Portugal

PORTUGAL, SPAIN - TRIP CODE MWW

WALKING AND TREKKING

Why book this trip?

Ideal for those who enjoy wine, culture and countryside walks this fascinating journey from Madrid to Porto ventures through the Ribera del Duero region of Spain and the Douro winelands of Portugal. Sample regional vintages, explore national parks and stay in beautiful medieval towns.

- **Segovia** - UNESCO World Heritage city and walks in nearby Guadarrama National Park
- **Douro Valley** - Train ride snaking through the beautiful natural scenery of northern Portugal
- **Porto** - UNESCO World Heritage riverside city famous for its port wine



INCLUDED MEALS
Breakfast: 11



TRIP STAFF
Explore Tour
Leader
Driver(s)



TRANSPORT
Bus
Boat
Taxi



ACCOMMODATION
9 nights
comfortable hotel
1 nights premium
hotel



WALKING GRADE:
Easy



GROUP SIZE:
10 - 16

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join trip in Madrid

Arrive in Madrid, the Capital of Spain home to elegant boulevards, manicured parks, cultural museums and fantastic markets.

For those arriving on time our Leader plans to meet you in the hotel reception at 7pm for the welcome meeting and for those that wish, there is the chance to go out for dinner. There are no activities planned today, so you are free to arrive in Madrid at any time. If you would like to receive a complimentary airport transfer today, you'll need to arrive at Madrid-Barajas Adolfo Suárez Airport (Mad) which is around 20 minutes' drive from the hotel. Should you miss the meeting, your leader will inform you of any essential information as soon as you catch up.

If your flight arrives earlier in the day, perhaps you might choose to explore the city, wandering the back streets in search of tucked away tapas bars. There vast 19th century El Retiro Park is good place for a leisurely walk, past rose gardens and statues to the boating lake.



ACCOMMODATION:
Hotel Dos Castillas (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE





MEALS PROVIDED: NONE

DAY 2 - Walking tour of Madrid

This morning we head out for an orientation walk of Spain's busy capital city and the third largest city in the European Union after London and Berlin. Located on the Manzanares River, Madrid has its share of historic sights, great architecture, nightlife, fine dining, culture and shopping. We begin walking along the Gran Vía to Plaza España, the heart of the city featuring a monument to Miguel de Cervantes Saavedra, continuing to the striking Templo de Debod, an ancient Egyptian temple which was dismantled and rebuilt block by block here. We walk through Madrid's most historic neighbourhood, Barrio de los Austrias, making a stop for coffee near the impressive Palacio Real. Our next stop is the Mercado de San Miguel, Madrid's gourmet market bursting with stalls, a great place to sample some regional specialities. From here we head into the centre of the city to Plaza Mayor, a large square framed by slate roofed red-brick buildings. This morning's walk finishes with one of the best views over Madrid from the terrace at the Circulo de Bellas Artes. The afternoon is left free to enjoy this lively capital.



ACCOMMODATION:

Hotel Dos Castillas (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 3 - Walk in Guadarrama National Park; drive to Segovia

This morning we leave Madrid behind as we head north to Segovia. After an hour and a quarter we arrive at the village of Manzanares el Real, and the start of our walk into the Guadarrama National Park. This area of natural beauty is best known for the unusual granite rock formations of La Pedriza. Vegetation is sparse, however for rock-climbers it is a haven, as well as being a breeding colony for Griffon Vultures, which with a bit of luck we will spot on our walk. We continue by road for another hour until to reach the city of Segovia.

Today's 10 kilometre walk is expected to take around three hours with 300 metres of ascent and descent.



ACCOMMODATION:

El Corregidor (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 4 - Explore Segovia; free afternoon

Today we explore the stunning UNESCO world heritage historic city of Segovia, with its huge 1st century Roman Aqueduct and Disney-like Alcazar Fortress. We'll have an orientation walk with our tour leader followed by free time.

The upper old town enriched by ancient walls is centred around the Plaza Major and 16th century Gothic cathedral, from where streets lead to the famed monuments. The magnificent Aqueduct is the defining feature of the city, spanning 17 kilometres and made up of 166 arches. Walking up to the hilltop Alcazar is worth it for the views over the city and rivers and to admire the slate turrets, the beautiful keep and square with four towers.



ACCOMMODATION:
El Corregidor (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 5 - Walk through canyon lands of Duraton River valley; wine tasting in afternoon

This morning we drive to the spectacular limestone canyon lands of Duraton River Natural Park, and take a walk along the river to medieval town of Sepulveda. After a coffee break we continue on to Penafiel, right in the heart of the Ribera de Deuro wine region. The Ribera de Deuro is one of several recognized wine producing regions along the Douro River. The region produces red wine from the Tempranillo grape. In the afternoon we enjoy a wine tasting at the Protos Bodega, one of Spain's most innovative wineries.

Today's five kilometre walk is expected to take around one-and-a-half hours.



MEALS PROVIDED: BREAKFAST

DAY 6 - Wine tasting in El Toro; visit the city of Zamora

This morning we drive around an hour and a half hour to El Toro in the province of Zamora, another top notch wine producing region on the Douro River. We will stop for wine tasting in the village, before continuing on to the city of Zamora for lunchtime. This delightful city is a real architectural gem and home to the most Romanesque churches in Europe. In the afternoon we will continue on the Portuguese border, to our home for the next three nights - the medieval hilltop village of Famoselle, right in the heart of the Arribes del Duero Natural Park. Famoselle dates back to pre-Roman times and with its own micro-climate, a landscape similar to that of Tuscany in Italy, its narrow cobbled streets, rustic stone houses and, most importantly, delicious wines - it is a very pleasant place to stay!



ACCOMMODATION:
Posada Dona Urraca (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 7 - Walk in Arribes del Duero Natural Park; wine tasting in Famoselle

This morning we head into the Arribes del Duero Natural Park for a walk through its spectacular countryside. This afternoon we have a wine tasting in a local bodega, dug into the rock - one of around 900 granite bodega caves dating back to ancient times when wine production was large scale business in the area.

Today's 11 kilometre walk is expected to take around three hours with 250 metres of ascent and descent.



ACCOMMODATION:
Posada Dona Urraca (or similar)



Grade: Comfortable Hotel





SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 8 - Walk to Fornillos; visit Miranda do Douro

After breakfast we walk from the village through woodland and oak forest to the small village of Fornillos, where we have the opportunity to try local farmhouse cheese. We then drive to Miranda do Douro in Portugal for a walk around the historic centre. There is the option to take an hour boat trip into the spectacular gorge of the Douro River. Afterwards we drive back to Feroselle.

Today's 15 kilometre walk is expected to take around four-and-a-half hours with 150 metres of ascent and descent.



ACCOMMODATION:

Posada Dona Urraca (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 9 - Local train along Douro Valley; walk in Lamego village surrounds

Today we drive two hours into Portugal, to the village of Pocinhos, from where we board the local train for the hour and a half hour journey along the Douro Valley to Peso da Regua. A short taxi ride uphill then brings us to the beautiful Renaissance and Baroque village of Lamego. We have time to walk around the historic centre and the option to see the famous Nossa Senhora de Remdios church, before taking a short walk in the surrounding area before dinnertime. Tonight we stay in a beautiful hotel with it's own orchard and vineyard. Facilities include a heated outdoor swimming pool, small spa, and terrace restaurant with modern, spacious and light rooms.

Today's urban walk is expected to take around one-and-a-half hours with 150 metres of ascent and descent.



ACCOMMODATION:
Hotel Lamego (or similar)

Grade: Premium Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 10 - Visit Vila Real; walking tour and wine tasting in Porto

Today we drive to Porto via Vila Real, a hilltop town above the confluence of the Corgo and Cabril rivers with a pleasant historical centre. This afternoon in Porto we take an orientation walk in the town centre and enjoy a wine tasting.



ACCOMMODATION:
Moov Hotel Porto Centro (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 11 - Free day in Porto

Today has been left free to enjoy this lovely riverside city and its sights. Porto is Portugal's second largest city after Lisbon, and offers visitors a range of architectural and cultural attractions, such as the Palacio da Bolsa, with its spectacular Alhambra-like interior, a charismatic medieval quarter and the monumental central avenue, Avenida do Aliados.



ACCOMMODATION:
Moov Hotel Porto Centro (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 12 - Trip ends Porto

The trip ends after breakfast at our hotel in Porto.

There are no activities planned today, so you are free to depart from Porto at any time. If your flight is departing later in the day luggage storage facilities are available at our hotel. If you would like to receive a complimentary airport transfer today, you need to depart from Francisco Sá Carneiro Airport (OPO) a 20 minutes' drive from the hotel.



MEALS PROVIDED: BREAKFAST

Trip information



Climate and country information

Portugal

Climate

Overall, spring, early summer and autumn are ideal times for a trip to Portugal - though the weather varies enormously from region to region. The northern high plains has both extremes, stiflingly hot in summer, bitterly cold and swept by freezing winds in winter. The Atlantic coast, in contrast, has a tendency to damp and mist, and a relatively brief, humid summer. The Mediterranean south is warm virtually all year round. The islands have very different weather patterns due to their positioning and can have sudden rain falls throughout the year so waterproofs are recommended even in the summer.

Time difference to GMT	Plugs	Religion	Language
0	2 Pin Round	Roman Catholic	Portuguese

Spain

Climate

Overall, spring, early summer and autumn are ideal times for a Spanish trip - though the weather varies enormously from region to region. The high central plains suffer from fierce extremes, stiflingly hot in summer, bitterly cold and swept by freezing winds in winter. The Atlantic coast, in contrast, has a tendency to damp and mist, and a relatively brief, humid summer. The Mediterranean south is warm virtually all year round. Spain's Islands the Canaries and Balaerics experience very mild winters and warm summers making them ideal year round destinations.

Time difference to GMT	Plugs	Religion
+1	2 Pin Round	Roman Catholic

Language

Castilian Spanish, Catalan, Galician, Basque

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Additional wine tasting in Panafiel from €8pp

Boat trip on Douro River €22pp

Mateus Palace visit in Vila Real €12.50pp

Clothing

Bring light and comfortable clothing that can be layered according to the temperature. It can become cool, especially at night, so bring warmer layers. Tops made from wicking materials which keep you drier, a warmer fleece is recommended as a mid layer, and walking trousers are preferable to trousers of heavier material such as jeans.

- Breathable wind and waterproof jacket
- T-shirts
- Long sleeved tops
- Sunhat
- Long trousers
- Shorts (if you prefer to walk in them)
- Swimwear and towel
- Midlayer Fleece/pullover
- Socks (liner and thicker pair)

Footwear

We recommend you bring walking/hiking boots, make sure that your boots are worn-in and comfortable before the start of the trip. Also trainers or sandals for relaxing and general wear. We suggest that on

international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your own boots are the one thing that will be irreplaceable.

Luggage

20kg

Luggage: On tour

Bring one main piece of luggage and a 20-30 litre day sack is recommended. You will need to carry what you need for the day which may include a raincoat, jumper, camera, sun-cream, water and picnic lunch. On hot days you will carry fewer clothes but more drinking water.

Equipment

- Sunglasses
- Sun cream
- Small Torch (with spare batteries and bulb)
- Camera
- Walking poles (if you usually use them)
- Personal toiletries
- Personal first aid kit - On each walk a first aid kit is carried but you should have your own blister kit, supply of plasters, aspirin and other essentials.
- Small waterproof dry bag (for items such as your mobile phone)
- Reusable water bottle (minimum 1 litre) - Get 15% discount on a Water-to-Go bottle www.explore.co.uk/about-us/responsible-travel/water-to-go-discount-with-explore
- Lunch bag/Tupperware (for packed lunches)

Tipping

Explore leader

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. You may however, want to recognise a leader that has done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It is a tricky one, and down to personal preference, but we would recommend £15 to £20 per person per week as a guideline.

Local crew

Although voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. Accordingly, you should allow approximately £20 of local currency for tipping. In order to make things easier for you, the Explore Leader may organise a group's tips kitty and if this is the case, they will account for it throughout the trip.

Portugal

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track

may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Dinner price

£18

Beer price

£2.00 - 3.00 depending on your location, well touristed areas are usually slightly more expensive.

Water price

£1.4

Foreign Exchange

Local currency

Euro.

Recommended Currency For Exchange

Take the majority of your spending money in Euros cash.

Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

ATM Availability

Cash-point machines are available in all major towns. Bankcards with the Cirrus logo are accepted.

Credit Card Acceptance

Visa and Mastercard are generally accepted in larger restaurants and some shops.

Travellers Cheques

Travellers cheques can be exchanged in all major towns but are not recommended due to the high rate of commission.

Spain

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price

£8.00 - 12.00

Dinner price

£16.00 - 20.00

Beer price

£1.50 - 3.50 (depending on the region/area in Spain)

Water price

£1.4

Foreign Exchange

Local currency

Euros

Recommended Currency For Exchange

We recommend you take the majority of your spending money in Euros cash.

Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

ATM Availability

In cities and most major towns.

Credit Card Acceptance

Visa and Mastercard are generally accepted in larger restaurants and some shops.

Travellers Cheques

Not recommended.

Transport, Accommodation & Meals

Transport Information

Bus, Boat, Taxi

Accommodation notes

Accommodation and service levels in Spain and Portugal are generally very good. On this trip we stay in a number of smaller, family-run hotels that might not offer the same luxuries as larger chain-style hotels, but they do provide a warm welcome and a comfortable place to stay. One thing to be aware of is that breakfast tends to be a smaller affair, often just fruit juice or coffee and a pastry.

In Lamego we stay in a beautiful hotel with it's own orchard and vineyard. There is a heated outdoor swimming pool, small spa, and terrace restaurant. The rooms are spacious and light with wooden feature furniture and tapestries adding a unique touch.

Essential Information

Government Travel Safety Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign, Commonwealth & Development Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

Spain: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

Find out more about [Trip Transfer Terms and Conditions](#) before you book.

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them here.

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Maximum altitude (m)

1350

Portugal

Vaccinations

Nothing compulsory but Tetanus is usually recommended as a precaution. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Spain

Vaccinations

Nothing compulsory but Tetanus is usually recommended as a precaution. Please check the latest

requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Walking and Trekking information

DAILY DISTANCES		
Day 3	10km	3hrs
Day 4	12km	3hrs
Day 5		
Day 6		
Day 7	11km	3hrs
Day 8	15km	4.5hrs
Day 9	4km	1.5hrs

Walking grade

Easy

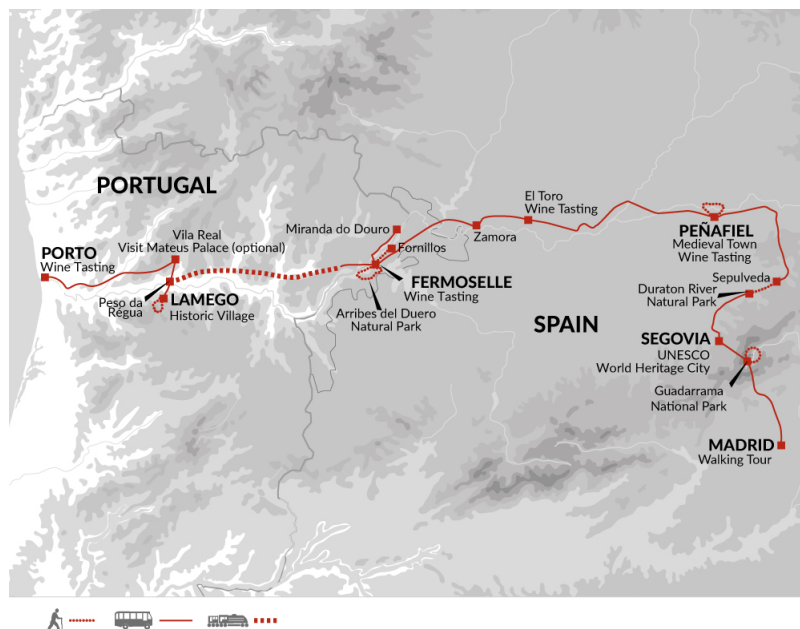
Trek details

There are included walks on five days. The walks are between 1.5 to 4 hours and the terrain is gently undulating through woodlands, along boardwalks and cobbled streets.

Max walking altitude (m)

1350




Additional Information



Why book this trip

Ideal for those who enjoy wine, culture and easy countryside walks this journey from Madrid to Porto ventures deep into wine country in both Spain and Portugal, getting off the beaten track whilst showcasing a less visited part of Europe.

Reviews

 <p>AWARD WINNING EXPLORE LEADERS</p>	 <p>PRICE GUARANTEE PROMISE</p>	 <p>AIRPORT TRANSFERS</p>
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