



# Portugal Food & Wine: Porto to Lisbon with America's Test Kitchen

12 days | 15 days with the Algarve Region & Lisbon extension

Situated at the western edge of the Iberian Peninsula, tiny Portugal packs a mighty big punch when it comes to food, wine, culture, and natural beauty. Soak it all in on this tour that will take you to bustling markets and prestigious Port wine cellars in Porto, rolling vineyards in the Douro Valley, and a family-owned cheese farm in Serra da Estrela—to name just a few highlights. You'll be welcomed by olive farmers, fishmongers, esteemed chefs, and other locals who have helped Portugal climb the ranks of the world's most exciting food and wine scenes.



## Your tour package includes

- 10 nights in handpicked hotels
- 10 breakfasts
- 5 lunches with beer or wine
- 4 dinners with beer or wine
- 4 wine tastings
- 6 food tastings
- 3 cooking classes
- 1 cheese-making workshop
- 10 sightseeing tours
- Expert Tour Director & local guides
- Private deluxe motor coach

## Included highlights

- Matosinhos Fish Market
- Portuguese cooking classes
- Casa de Mateus
- Lamego
- Douro Valley grape harvest
- Portuguese wine tastings
- Alentejo olive oil & cork farm
- Food of Lisbon walking tour

## Tour pace

You will walk for at least 2 hours daily across moderately uneven terrain, including paved roads and cobblestone streets, with some hills.

## Group size

12-22

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## Overnight Flight → 1 night

### Day 1: Travel day

Board your overnight flight to Porto today.

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## Porto → 3 nights

### Day 2: Arrival in Porto

*Included meals: welcome dinner*

Welcome to Portugal! Settle in to your hotel in the heart of this 2,000-year-old, UNESCO-listed city. Later, meet your Tour Director and fellow travelers at a welcome dinner featuring regional cuisine and local wines.

### Day 3: Sightseeing tour of Porto & Matosinhos Fish Market

*Included meals: breakfast, tasting, wine tasting*

Get to know Porto as you join your local guide for a tour of the city.

- Visit icons such as Liberty Square, Carmelitas Church, and the Baroque-style Clérigos Tower
- Stop for coffee and a sweet treat at a local cafe
- Visit Porto's central market, where local merchants sell fruits, vegetables, flowers, and more

- Take a scenic drive through the local neighborhoods and past the Douro riverfront

Head just outside of Porto, to Matosinhos, a seaside village renowned for its seafood and fish.

- Step inside Matosinhos Fish Market, a local institution housed in a historic building
- Meet with the fishmongers, traditionally a female-dominated profession, and hear about their lives
- Learn about canning traditions and the importance of seafood to Portuguese cooking
- Enter the Conservas Pinhais Factory to learn about its history and unique processes of sardine production
- Meet with the family staff as you tour the factory before wrapping your own tin and taking part in a tasting paired with wine

### Day 4: Cooking class & Douro River cruise

*Included meals: breakfast, lunch, wine tasting*

Start the day with a visit to a local cooking school, where you'll take part in a cooking class.

Prepare your own lunch of traditional Porto dishes with help from a chef and enjoy your creations with a glass of local wine.

Later, board a boat and float along the beautiful Douro, the Iberian Peninsula's third-longest river.

- Take in scenes of Porto's vibrant waterfront and historic Villa Nova de Gaia, home to the region's centuries-old Port wine warehouses
- Drift under five of the river's most iconic bridges
- Cruise past colorful hillside villas and traditional rabelos—boats designed to transport casks of wine along the Douro River

Once back on shore, pay a visit to one of Porto's most prestigious Port wine cellars for a guided tour. Learn about the long-standing history of Port wine, as well as the ins and outs of Port production and warehousing. Then, sit down to taste three of the cellar's world-famous labels.

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## Douro Valley Countryside → 2 nights

### Day 5: Casa de Mateus & wine tasting

*Included meals: breakfast, lunch, wine tasting*

Pass the rolling hills and small villages as you make your way to the Douro Valley. Then, spend the morning at Casa de Mateus, an historic mansion and hub of artistic, cultural, educational, and social science activities.

- Admire the architecture of the Baroque-style mansion, which is set against the beautiful backdrop of the Portuguese countryside
- Tour the mansion and its gardens, which were designed by architect Nicolau Nasoni in the 18th century

Afterwards, stop at a local restaurant to enjoy an included lunch featuring regional food and wine.

End the day by visiting a winery in the Douro Valley. You'll sample three wines that come from some of the most prestigious wine-producing areas in Portugal.

Continue driving through the Douro Valley and settle in to your countryside hotel.

### Day 6: Lamego & grape harvest experience

*Included meals: breakfast, wine tasting, dinner*

Pay a visit to Lamego, a town nestled among the terraced slopes of the Douro Valley's Port wine region, for a walking tour with your Tour Director.

- View the stunning, zig-zagging staircase that leads to the town's Sanctuary of Our Lady of Remédios
- Take time to relax or explore the town during free time

Spend the afternoon taking part in a truly authentic tradition—stomping grapes—at a local Port wine vineyard in the Douro Valley.

- Travel to Vila Real, stopping along the way to take in the jaw-dropping views of the Douro River Valley
- Set off on a guided tour of the vineyard and learn the origins of Port wine and the grapes themselves
- Soak in breathtaking views of the surrounding landscapes throughout the vineyard
- Enjoy the unique chance to step in the large, granite lagares, or treading tanks, and tread the grapes
- Sample three different Port wines, including the much-loved Aged Tawny

This evening, sit down for an included traditional farmhouse dinner featuring local specialties.

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## Alentejo Region → 3 nights

### Day 7: Cheese farm visit & transfer to Alentejo countryside

*Included meals: breakfast, tasting, lunch*

Travel into the Serra da Estrela, a dramatically beautiful, mountainous region of Portugal, and visit a local cheese farm.

- Start with a cheese-making lesson taught by one of the farm's cheese producers
- Head out into a field of thistles and learn about how the plants are used in traditional cheese recipes
- Sample different cheeses during a coffee break before visiting the cheese curd workshop
- End your tour with a delicious farm lunch featuring local specialties

After, continue on to the Alentejo region.

### Day 8: Cork jeep tour & olive oil farm

*Included meals: breakfast, tasting, lunch*

Spend the day learning more about some of Portugal’s signature exports.

- Visit a family-owned cork farm and factory situated in the foothills of the Serra D’Ossa—an area within the Alentejo region that’s known for its locally made crafts
- Climb aboard a 4x4 vehicle for a drive around the farm’s grounds, which its owners and workers use in the production of cork, wine, pork, and honey
- Pause along the way to enjoy scenic views and to learn more about the farm’s cork wood harvest and how cork is used to bottle wine
- Join a local guide for a tour of an olive grove and farm
- Learn about olive oil production and the importance of the olive grove ecosystem
- Sample the olive oil along with some regional tapas made with homemade products
- Savor a scenic picnic lunch, along with Alentejo wine, in the olive grove

**Day 9: Sightseeing tour of Évora & Alentejo wine tasting**

*Included meals: breakfast, lunch, wine tasting*  
Stroll through the streets of UNESCO-recognized Évora, one of Europe’s oldest continuously inhabited cities, with a local guide.

- Take in the region’s whitewashed homes and intricate tilework
- Pass the remains of the Roman temple and enter the Chapel of Bones
- Visit a local shop for a tasting of Quijada, a delicious cheese based pastry which dates back to the medieval times

Visit a vineyard in the Alentejo region this afternoon.

- Learn about viniculture and the history of the estate
- Sample white and red wines that are produced at the estate
- Sit down for a light lunch and wine tasting led by a sommelier
- Enjoy time to shop for wine and local products

**Lisbon → 2 nights**

**Day 10: Transfer to Lisbon, pastry class & food walking tour**

*Included meals: breakfast, tasting, dinner*  
Head back to Portugal’s capital, Lisbon. Upon arrival, join an experienced local chef for a Portuguese pastry class.

- Learn how to craft the perfect pastéis de nata, the famous Portuguese custard tart made with egg yolks
- Enjoy a tasting of other delicious pastries with coffee and tea

This evening, meet up with a local guide for a culinary-themed walking tour of Lisbon.

- Start in the vibrant neighborhood of Príncipe Real where you’ll stop to taste petiscos snacks, the Portuguese version of tapas across the border in Spain
- Take in the beautiful views of Lisbon’s red roofs which cover the city
- Head next door to the Barrio Alto neighborhood where you’ll sample breads, cheeses, and chouriço, a delicious port sausage
- End with a visit to a family-owned restaurant where you’ll sit down to enjoy a variety of small plates featuring local dishes

*Please note: You’ll be divided into groups of 20 people or less the food walking tour. Each group will have their own local guide.*

**Day 11: Sightseeing tour of Lisbon & cooking class**

*Included meals: breakfast, tasting, farewell dinner*

Set off on a guided sightseeing tour of Lisbon.

- Admire views of Lisbon from Eduardo VII Park, and pass Praça Marquês de Pombal, a major roundabout in the city, as you travel along Avenida da Liberdade
- Stop at the waterfront to discover the city’s maritime heritage at the Monument to the Discoveries and Tower of Belém
- View the outside of the church at Jerónimos Monastery, built to honor voyagers
- Visit a few local vendors to sample tasty treats and, in some cases, wine
- End in the city center and to enjoy free time for lunch

Try your hand at making traditional Portuguese cuisine at this evening’s cooking class. Then, enjoy the three-course meal you’ve prepared and toast to your trip during a farewell dinner.

**Flight Home**

**Day 12: Departure**

*Included meals: breakfast (excluding early morning departures)*

Transfer to the airport for your flight home or continue on to explore the Algarve region and more of Lisbon.

**+ the Algarve Region & Lisbon extension**

Take your appetite south, to the Algarve, a sun-drenched, sparkling resort region known for its golden beaches and charming fishing villages. There, you’ll savor regional specialties and Portuguese wines in settings ranging from casual taverns to a local farmhouse. Conclude your trip in Lisbon, but not before stopping in Faro to learn about their traditional artisanal salt production.

**Algarve Region → 2 nights**

**Day 12: Transfer to the Algarve Region & sightseeing tour of Vila Nova de Milfontes**

*Included meals: breakfast, lunch*

Transfer along the Vicentina Coast to the sun-soaked Algarve region and sit down at a local farmhouse en route for an included lunch with local wines.

After, join your Tour Director on a walk through the historic town of Vila Nova de Milfontes, followed by free time to relax and explore the town at your leisure.

**Day 13: Lagos, Sagres & Cape St. Vincent**

*Included meals: breakfast, tasting*

Spend a free morning in the Algarve region or add an excursion.

Then, discover the white-sand beaches, dramatic coastline, and small towns of the Algarve region, southern Portugal’s beachy hot spot.

- Visit the coastal town of Lagos, where you’ll sample regional dishes at local taverns
- Enter cliff-top Sagres Fortress and admire stunning views of the sea from its grounds
- Make a photo stop at Cape St. Vincent to soak in the scenery from the southwestern-most point in mainland Europe

+ Algarve Coastal Cruise

**Lisbon → 1 night**

**Day 14: Faro salt pans & transfer to Lisbon**

*Included meals: breakfast, farewell dinner*

Journey to the salt ponds of the Ria Formosa Nature Reserve in Faro, commonly referred to as the Portuguese Dead Sea

- Hear from a local guide about the Algarve’s production of sea salt and flor de sal as you walk along the salt pans

- Enjoy a tasting of different salts paired with food
- Observe various seabirds, like flamingos and herons, that call the reserve home

Continue on to Lisbon, then celebrate your trip with your group during a farewell dinner.

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## Flight Home

### Day 15: Departure

*Included meals: breakfast (excluding early morning departures)*

Transfer to the airport for your flight home.

# Customize your experience

Customize your tour by adding excursion options. Excursions offered on the same day will occur at different times, so there's no need to choose. Save \$10 when you book your excursion up to three days before your tour departs.\* Excursions requiring advance reservation only list this discounted price. Call or go online to customize your tour: [goaheadtours.ca/ATP](https://goaheadtours.ca/ATP) | 1-800-754-5066

## Extension excursion options

### Day 13: Algarve Coastal Cruise

\$75CAD/\$85CAD\* (2 hours, departure time varies)

The Algarve Coast is incredible from the land—and even more impressive from the water. Board a boat in Lagos and sail along spectacular cliffs and beaches, including the natural rock formations and caves of the famous Ponta da Piedade. You may catch a glimpse of birds and dolphins as you cruise. Please note: This excursion is dependent on both sea conditions and the weather.

\*Optional excursions may be purchased up to three days prior to departure or while on tour. Pre-purchased optional excursions cannot be canceled within three days prior to departure or while on tour. Select optional excursions require advance booking and cannot be purchased or canceled after the advanced reservation deadline. GAT accepts payment by cash, Visa or MasterCard for optional excursions purchased on tour. Additional fees may apply for optional excursions purchased on tour. Excursions require a minimum number of participants to operate. Details and prices are subject to change. Due to seasonal hours of operation and availability, some excursions may not operate. If this occurs, you will be refunded any payments made for that excursion post-tour. Learn more at [goaheadtours.ca/terms](https://goaheadtours.ca/terms)