GO AHEAD TOURS



Food & Wine: A Taste of Portugal

11 days | 13 days with Lisbon extension

Terraced vineyards nestled along the Douro River and in the Alentejo region make up Portugal's quaint wine country while lively markets define the bustling city blocks of Porto and Lisbon. On this small group Food & Wine Tour, you'll experience all sides of the country's culinary culture as you explore Portugal from top to bottom. Learn about local traditions as you sip vinho at an 18th-century mansion in the Douro Valley and attend a cooking class in Lisbon to create some of the region's famous dishes.



Your tour package includes

9 nights in handpicked hotels
9 breakfasts
3 lunches with beer or wine
3 dinners with beer or wine
3 wine tastings
1 cooking class
4 tastings
8 sightseeing tours
Expert Tour Director & local guides
Private deluxe motor coach

Included highlights

Douro River cruise
Pinhão
Casa de Mateus
Chapel of Bones
Cork factory
Olive oil tasting
Time Out Market
Portuguese cooking class

Tour pace

On this guided tour, you'll 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.

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. Then, meet your Tour Director and fellow travelers at a welcome dinner.

Day 3: Sightseeing tour of Porto
Included meals: breakfast, tasting
Get to know Porto like a true *tripeiro*, Porto resident, as you follow your local guide.

- Pass citywide 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
- Wander along the medieval lanes of the Old-World Ribeira district
- Take a scenic drive through the local neighborhoods and past the Douro riverfront

Enjoy a free afternoon in Porto or add an excursion.
+ Port Wine Cellar & Lunch

Day 4: Free day in Porto
Included meals: breakfast
Spend a free day in Porto or add an excursion.
+ Guimarães

Douro Valley Countryside → 2 nights

Day 5: Pinhão & Douro Valley
Included meals: breakfast, dinner
Pass the rolling hills and small villages as you make your way to the town of Pinhão.

- Board a traditional *rabelo*, a flat-bottomed boat, and float along the Douro River
- View the terraced vineyards of the Douro Valley
- Enjoy free time to explore, shop, and eat lunch

Then, continue to drive through the Douro Valley and settle in to your countryside hotel. Sit down for an included dinner featuring local specialties this evening.

Day 6: Casa de Mateus & wine tasting
Included meals: breakfast, lunch, wine tasting
Spend the morning at Casa de Mateus.

- 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

Then, 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.

Alentejo Region → 2 nights

Day 7: Alentejo Region via Dão Region
Included meals: breakfast, lunch, wine tasting, tasting
Travel through the scenic landscapes of northern Portugal today.

- Stop in the city of Lamego to see the stunning staircase that leads to the Sanctuary of Our Lady of Remédios and taste a traditional pastry
- Continue on to tour a winery in the Dão region
- Learn why Dão is one of Portugal's most prominent wine regions and enjoy sampling some of the varietals during a tasting and lunch

After, continue on to the Alentejo region.

Day 8: Sightseeing tour of Évora & Alentejo wine tasting
Included meals: breakfast, lunch, wine tasting
Follow a local guide as you stroll through the streets of UNESCO-recognized Évora, one of Europe's oldest continuously inhabited cities.

- Take in the region's whitewashed homes and intricate tilework
- Pass the remains of the Roman temple and enter the Chapel of Bones

Join a local guide and visit a vineyard in the Alentejo region this afternoon.

- Learn about viniculture and the history of the estate
- Sample both white and red wine that's 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 9: Lisbon via cork factory & olive oil farm
Included meals: breakfast, tasting
As you travel to Lisbon, stop to learn about locally produced cork and olive oil.

- Visit a cork factory to learn about how the material is created, harvested, and used to seal wine bottles.
- 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

Then, continue on to Lisbon and enjoy a free evening in the city or add an excursion.
+ An Evening in Portugal: Fado Show with Dinner

Day 10: Sightseeing tour of Lisbon & cooking class
Included meals: breakfast, tasting, farewell dinner
Set off on a guided sightseeing tour of Lisbon, Portugal's capital city.

- Admire views of the city from Eduardo VII Park and pass the Praça Marquês de Pombal 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

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- Try *pastéis de nata*, a famous Portuguese custard tart
- Transfer to the bustling Time Out Market for a walk among its stalls 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 11: Departure
Included meals: breakfast (excluding early morning departures)
Transfer to the airport for your flight home or extend your stay in Lisbon.

+ Lisbon extension

Why's it so easy to fall in love with Lisbon? There's the stunning seafront, incredible architecture, the captivating history—and we can't say enough about the food. Keep your adventure going and look to your expert Tour Director to make the most of your time in Portugal's capital.

Lisbon → 2 nights

Day 11: Free day in Lisbon
Included meals: breakfast
Enjoy a free day in Lisbon or add an excursion.
+ Setúbal Region Wine Tasting & Lunch

Day 12: Free day in Lisbon
Included meals: breakfast
Spend a free day in Lisbon or add an excursion. This evening, enjoy a farewell drink as you celebrate your trip with your fellow group members.
+ Sintra & the Portuguese Riviera

Flight Home

Day 13: 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/TPO | 1-800-754-5066**

Day 3: Port Wine Cellar & Lunch
$165CAD/$175CAD* (4 hours, departs in the afternoon with lunch)
Take a cable car ride along the Douro River to Vila Nova de Gaia, where you'll enjoy lunch at a local restaurant while soaking in views of the Iberian Peninsula's third-longest river. Then, pay a visit to one of Porto's most prestigious Port wine cellars. During the guided tour, learn the long-standing history of Port wine, as well as the ins and outs of Port production and warehousing. Then, sit down to enjoy a tasting of three of the cellar's world-famous labels.

Day 4: Guimarães
$119CAD/$129CAD* (5 hours, departs in the morning)
Embark on a guided tour of this UNESCO-recognized city that is regarded as the "cradle of Portuguese nationality." In 1128, many political and military movements, which eventually led to the formation of Portugal, began in Guimarães. Learn about the history of these events during a visit to the medieval Palace of the Dukes of Braganza, Largo da Oliveira square, and the city's Baroque-style church. Cap your visit off with a tasting of Vinho Verde, a wine local to the region known for its refreshing qualities.

Day 9: An Evening in Portugal: Fado Show with Dinner
$165CAD/$175CAD* (3 hours, departs in the evening with dinner)
Spend your evening at a tavern in Lisbon listening to fado. Derived from the Latin word fatum—meaning "prophecy" or "fate"—fado is Portugal's national musical treasure. Fado's traditional theme is saudade, a word that doesn't quite translate to English but conveys a sense of both nostalgia and longing. Dinner and wine is included during this memorable musical evening.

Extension excursion options

Day 11: Setúbal Region Wine Tasting & Lunch
$165CAD/$175CAD* (7 hours, departs in the morning, lunch included)
Located just south of Lisbon, the Setúbal Peninsula is home to sweeping vistas, delectable seafood dishes, and unique landscapes that contribute to the region's wine history. Make your way to a local village, where you'll enjoy an included lunch. Then, head to a winery, where you'll learn about the prestigious Setúbal region and how wine has been the area's main export since the Late Middle Ages. Sit down to sample some of the varietals from this historic area, which is known for its sweet dessert wines. After, visit an Azulejo tile factory. These hand-painted tiles define the region's architecture and the motifs that appear on them reflect European, Islamic, Chinese, and Hispano-Moorish influence. Watch as artisans use traditional European methods to create the colorful, intricate tiles.

Day 12: Sintra & the Portuguese Riviera
$135CAD (8 hours, departs in the morning)
Journey to the UNESCO World Heritage-listed town of Sintra and learn why the poet Lord Byron once called it a "glorious Eden." Get a glimpse into royal life during a guided tour of the 19th-century, romanticist Pena Palace. Take a bus and mini-train ride up to this story-book, mountaintop site, which boasts picturesque gardens and sweeping views of the Portuguese countryside. After your tour, you'll have free time to stroll through Sintra, viewing its colorful villas, small shops, and impeccably manicured gardens. On your way back to Lisbon, take in the coastal scenery of the Portuguese Riviera. You'll also stop in the old fishing village of Cascais to enjoy free time to discover the town's winding, narrow streets, and pastel-colored buildings. This excursion requires advance reservation and must be booked at least 20 days prior to departure.

*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