



Food & Wine: A Taste of Portugal

11 days | 15 days with Madeira & 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

- 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.

+ Madeira & Lisbon extension

Shimmering coastlines. Dramatic sea cliffs. Lush forests. Charming villages. These are a few of the treasures that await travelers who venture to Madeira, the Portuguese archipelago that's situated off the northwest coast of Africa and has plenty of culture to call its own. Get to know the archipelago's capital city, Funchal, through local dishes. Sip Madeira's signature, fortified wine where it's made. Take in views from atop some of Europe's highest cliffs. Then, cap off your visit to this lesser-known pocket of Portugal with a final night on the mainland, in bright and buzzing Lisbon.

Madeira → 3 nights

Day 11: Flight to Madeira & sightseeing tour

Included meals: breakfast, tasting, wine tasting

Fly to Madeira and join a local guide for a food-themed walking tour of Funchal, the archipelago's coastal, capital city.

- Set off along Funchal's winding streets, and take in views of its orange-roofed buildings
- Stop by a local restaurant to sample a traditional Madeiran dish before heading to a chocolate shop for a sweet treat
- Wander through a farmers' market and taste a variety of island-grown fruits
- Visit a wine lodge for a taste of Madeira's iconic, fortified wine

Day 12: Cabo Girão Skywalk & wine tasting

Included meals: breakfast, lunch, wine tasting

Stop at Cape Girão (or, in Portuguese, Cabo Girão), which is home to some of Europe's highest cliffs. Take in sweeping views from its clifftop Skywalk, part of which features a glass floor. Have nerves of steel? Peer through the walkway's floor to see the Atlantic's waves crashing nearly 2,000 feet below.

Afterward, head inland to a local winery for a tasting of different wines before sitting down to a three-course lunch.

Spend a free afternoon in Funchal or add an excursion.

+ Madeira Fruit Farm Tour & Tasting

Day 13: Free day on Madeira

Included meals: breakfast, dinner

Spend a free day on Madeira or add an excursion.

This evening, sit down for an included dinner with your group.

+ Madeira Jeep Tour & Lunch

Lisbon → 1 night

Day 14: Flight to Lisbon

Included meals: breakfast

Fly back to Lisbon today. Then, join your group members for a celebratory, farewell drink.

Spend a free evening in Lisbon or add an excursion.

+ Lisbon Home-Hosted Dinner

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/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 12: Madeira Fruit Farm Tour & Tasting

\$95CAD/\$105CAD* (3 hours, departs in the afternoon)

Several types of fruit grow on Madeira and play a significant role in the island's cuisine. On this excursion, you'll learn more about the natural, sweet treats—and taste them right at the source. Travel outside of Funchal and board a cliff-top cable car bound for a subtropical farm. There, you'll learn about organic farming and viticulture—as well as the island's unique infrastructure and its use of cable cars—as you walk through the lush farmland on a guided tour. During your visit, taste fresh, seasonal, and familiar fruits, such as passion fruit, bananas, papayas, mango, and avocado, along with more unique varieties, like tabaibo, the fleshy fruit of the cactus-like tabaibeira plant.

Day 13: Madeira Jeep Tour & Lunch

\$135CAD/\$145CAD* (8 hours, departs in the morning, includes lunch)

Board a 4x4 jeep for a day spent exploring Madeira's scenic, eastern side. With your driver-guide behind the wheel, wind through the mountains to Pico do Arieiro, the island's third-highest peak. Then, descend to the small, rural villages of Ribeiro Frio and Faial. Spend time exploring the Laurisilva of Madeira—a UNESCO World Heritage site and the largest surviving area of primary laurel forest, or laurisilva, a type of vegetation now only found on Madeira and in the Azores and Canary Islands. Continue on and check out the Levadas of Madeira, an important system of canals and aqueducts that carry rainwater from mountains in the center of the island to agricultural areas along its coast. Then, travel to Santana—a town on the island's northern coast that's known for its traditional stone houses with steep, triangular, thatched roofs—and sit down for an included lunch served with wine. Continue on to Ponta de São Lourenço, Madeira's easternmost peninsula, to enjoy panoramic views of dramatic, coastal cliffs, basalt rock formations, and the peninsula's own undulating terrain.

Day 14: Lisbon Home-Hosted Dinner

\$125CAD (3 hours, departs in the evening, dinner included)

Join a local in their home in Lisbon to enjoy traditional dishes and dine like a true Lisboaeta. During this dinner, you'll receive an authentic understanding of your host's day-to-day life while learning about Portuguese culture and traditions from a new perspective. Please note: Your Tour Director will not attend this excursion. 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