

# DOU RO

DOURO TOURISM GUIDE



When arriving at the Douro, you are suddenly invaded by a sense of plenitude, inspired by the stunning beauty of the even terraces and the idyllic tranquility that surrounds you. You're always welcomed with a smile, and the warmth is immediately evident on how you're greeted at the charming hotel facilities, the gastronomic delicacies you're offered and the full-bodied wines you're served. A unique sensory experience you'll want to fully enjoy and that makes you wish to never leave!

The Douro unparalleled beauty has sharpened the creativity of well-known poets and writers and served as source of inspiration to Guerra Junqueiro, Miguel Torga, Eça de Queirós, João de Araújo Correia or Aquilino Ribeiro, among others. On their opus, the tribute to the Douro fertile lands and people's hard work is always present, which also allows for the discovery of this bewitching region through reading. Imagine yourself on a sunny afternoon, sitting beside a swimming pool with one of these authors' literary work on one hand and a glass of Port Wine on the other, overlooking the perfectly arranged vines on the verdant slopes... What a heavenly picture!

*"At the Douro, the wine is a common memory, the leading thread of generations. The wine is present in the most indelible way: in the people's feelings and consciousness. But it also reigns over the landscape, on those formidable terraces that, uphill, ended up shaping and moulding it.", António Barreto, in "Douro"*

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Douro, charming landscapes  
full of soul and attitude.



## PORT WINE

Port Wine, the great Portuguese Ambassador across borders, first known as Riba Douro and later as Vinho de Cheiro de Lamego (Lamego Scented Wine) by the end of the 17th century, achieved its earliest international reputation and prestige during those golden years. Such was the wine export trade that, in 1703, Dom Pedro II signed the famous Methuen Treaty with the English ambassador John Methuen.

Under this agreement, also known as Tratado dos Panos e Vinhos (Cloth and Wine Treaty), the Portuguese were committed to buy English cloth, which would be duty-free and, in return, Portuguese wines would be granted the same privileges in England.



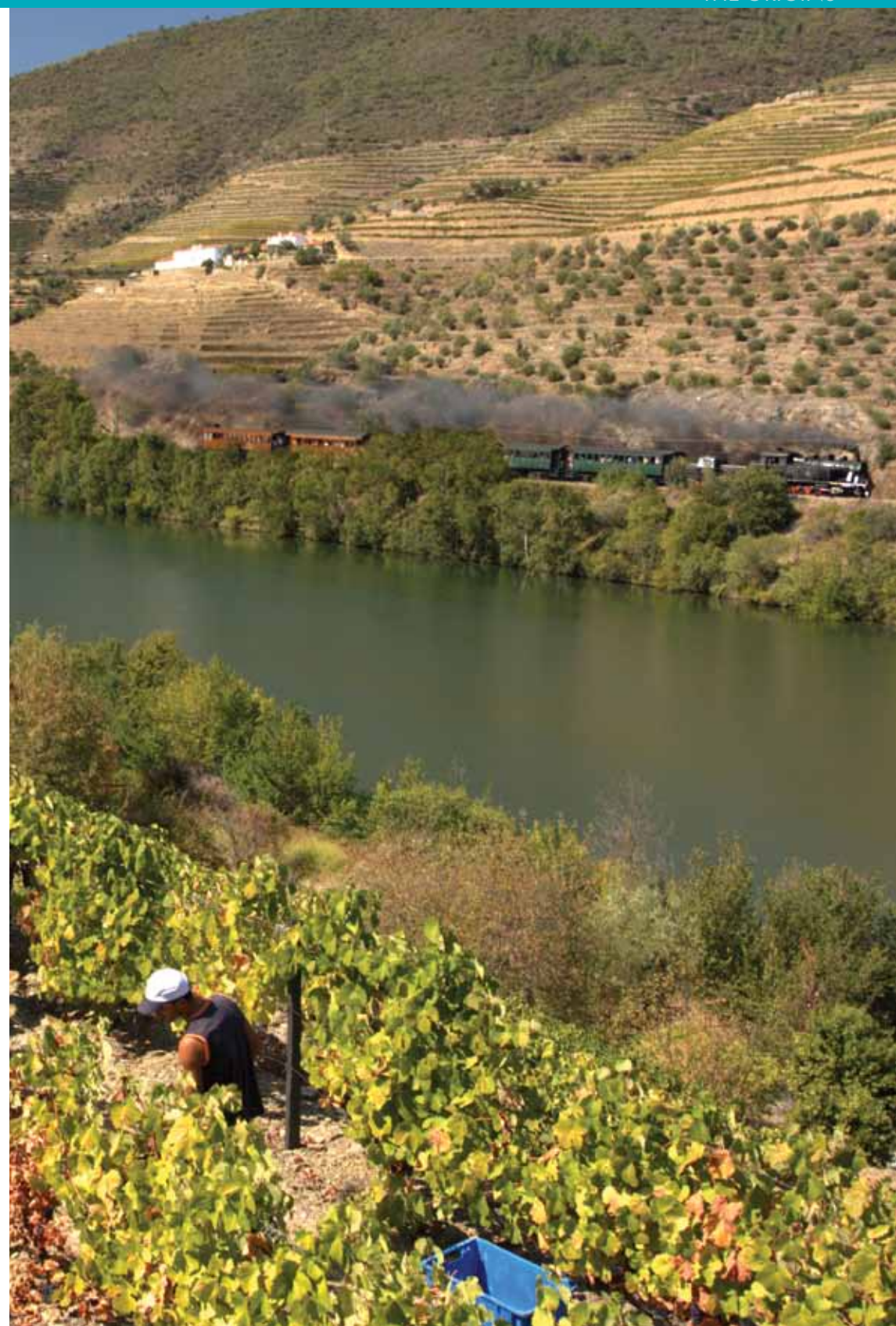
## THE ORIGINS

Since prehistoric times, the Douro valley has been a passageway for consecutive waves of peoples and cultures which left their marks. Although the cultivation of vines has become gradually dominant since the end of the Middle Ages, it dates back from, at least, the Romanization. Since then, the Douro wines' quality has given rise to a flourishing trade favoured by the river's connection to Oporto. From the turn of the 17th century to the 18th century, the growing export trade in the Douro fortified wines to England allowed for the recognition of such product as one of the world's most prestigious wines and, simultaneously, of the Alto Douro strong identity as vineyard region.

The economic relevance achieved by this wine trade, which by then was already named as Port Wine, led to the Government's intervention in 1756, demarcating the wine's region of origin and regulating its production, transport and trade. To the present day, the history of the Douro Demarcated Region has blended with the prestige and the worldwide success of its wines, but also with the vicissitudes of production and trade that have led either to times of prosperity or crisis for the Douro people.



Barqueiros Pombaline Landmark





A globally acclaimed heritage  
that's worth a visit!







## THE GEOGRAPHIES OF THE DOURO

### DOURO DEMARCATED REGION

The Douro Demarcated Region extends over the Douro River valley and its tributaries, comprising a total surface area of about 965 square miles. It's divided into three subregions with different geographic, climatic and socioeconomic features: the Baixo Corgo, the Cima Corgo and the Douro Superior.

Previously, the vines were only cultivated in the Baixo Corgo and Cima Corgo regions (which were formerly called Alto Douro) due to the Cachão da Valeira natural barrier, in São João da Pesqueira, that separated them from the Douro Superior region and made it impossible to further navigate the Douro River. Later on, this barrier was eliminated and the vine cultivation was extended over the Douro Superior, although in a smaller scale.

In fact, the vine takes on greater importance in the Baixo Corgo region, covering almost a third of this subregion's surface, which extends from Barqueiros (on the north bank) and Barrô (on the south bank) to the convergence of the Corgo and Ribeiro de Temilobos rivers with the Douro. It's the most fertile region, mainly due to higher levels of rainfall and the easiness to create deeper soils.

In the Cima Corgo subregion, the verdant landscape sometimes gives place to small spots of schist, while the river funnelling creates beautiful escarpments with extraordinary views. Extending towards Cachão da Valeira, it boasts a smaller but higher quality wine production area. In spite of its harsher soil and climate conditions, this region originates many Vintage wines (Port Wine produced in years of exceptional quality).

Lastly, the Douro Superior extends from São João da Pesqueira, more precisely from Cachão da Valeira, to the border with Spain. Here, the climate is typically mediterranean, the slopes are generally smoother and the valleys are deeper. In spite of being the largest subregion, it has a smaller wine production area.

### BEIRA DOURO

Beira Douro is a region that shows very specific characteristics, covering the municipalities of Tarouca, Moimenta da Beira, Sernancelhe and Penedono, and partially the municipalities of Lamego, Armamar, Tabuaço and São João da Pesqueira.

This region lies on the geographic boundaries of the Douro Demarcated Region. The climate is cold and the soils are mainly





granitic, as opposed to the Douro Wine Region's mediterranean climate and schistous soil.

This is where one of the most recent Portuguese vineyard regions is located, the Távora-Varosa Demarcated Region. The Távora-Varosa PDO sparkling wines are the region's best-known product, although it also produces high quality red, white and pink wines.

### ALTO DOURO WINE REGION – WORLD HERITAGE

In 2001, UNESCO included the Alto Douro Wine Region in the list of World Heritage sites as evolutionary living cultural landscape. It's a well-deserved title that merely recognizes the importance and the beauty of the oldest demarcated wine region in the world where, besides Port Wine, high quality table wines, sparkling wines and muscatel are also produced!

The recognized Alto Douro Wine Region consists in only 10% of the vast Douro Demarcated Region, comprising an area of 95 square miles distributed among the slopes of the River Douro and its tributaries - Corgo, Varosa, Torto and Pinhão. This sumptuous zone is the perfect portrayal of the Demarcated Region landscape beauty, and thus chosen both for its extremely well-preserved area and its excellent landscape quality. Moreover, the Douro River valley had already been listed as World Heritage at one of its ends: in Oporto. On the other end, you'll find the Côa Valley Archaeological Park, listed as World Heritage as well. As you can see, it's an area of excellence not to miss at all!

### CÔA VALLEY ARCHAEOLOGICAL PARK - WORLD HERITAGE

The Côa Valley Archaeological Park is located in Vila Nova de Foz Côa, a municipality that has become famous in the nineties when, during the construction of a dam, some striking petroglyphs have been found.

Listed as National Monument since 1997 and as World Heritage by UNESCO since 1998, this ensemble of palaeolithic petroglyphs is considered one of the most important in the world. About five dozens of art nucleus have been identified so far, which extend along the last 10 miles of the Côa River to the point it flows into the Douro River. From the various organized tours, it's worth mentioning the ones to Canada do Inferno (departing from Vila Nova de Foz Côa), Penascosa (departing from Castelo Melhor) and Ribeira dos Piscos (departing from Muxagata). This is where you'll find the Côa Museum overlooking the river mouth.



Rock 6 at Penascosa (Côa Valley)

*Before visiting the Archaeological Park, please make sure you book in advance with the concerning services through the following contacts: phone: 279768260; email: [visitas.pavc@igespar.pt](mailto:visitas.pavc@igespar.pt)*

### HUNTING TOURISM

Both the relief and the climate of the Douro region favour the existence of a large number of game species. These include: the Red-legged Partridge (especially in the mountainous areas), the European Rabbit, the Hare, the Woodcock (namely in pine, oak and broom areas from November to the end of February), the Thrush (a winter visitor that seeks for olive groves, orchards and vines) and also the Mallard, the European Turtle Dove, the Stock Pigeon, the Common Quail, the Magellan Snipe, the Little Bustard, the Bustard, the Wild Boar, the Eurasian Jay, the Common Starling and the European Magpie.

As far as game hunting is concerned, regional planning (as for the equilibrium of ecosystems) takes the form of municipal hunting areas, associations and tourism companies, the latter being more suited to offering better hunting programs. The most traditional and expressive one is perhaps Wild Boar hunting, whose rituals are characterized by the participant's apparel, the typical gastronomy, the regional wines served, the practices involved and the overall thrill. These companies also provide programs for partners, which include walking tours, collecting berries and mushrooms or visiting monuments, and also programs for the younger ones, which include nature watching, traditional games and extreme sports.



Côa Museum







THE CLIMATE

Today, just as in the past, the geographical location and the climate are recognized as added values in the Douro, which stands out for its hard-edged landscape and where the terraced vines, meticulously separated by walls, create a truly sumptuous picture! This attribute of the landscape is closely related to the region’s climate and geography which, combined with human action, originate the unrivalled Douro and Port wines, the Távora-Varosa regional wines and the Favaíos muscatel. But there’s more than just wine in this region, since its valleys also favour the cultivation of olive, almond and other fruit trees such as apple, orange, cherry and peach. As it is a low rainfall area, mainly due to its privileged geographical location (protected from sea winds by the many surrounding mountains, such as the Marão and Montemuro mountains ranges), it favours the grapes’ perfect ripeness, which then result in delightful wines!



Reboredo Mountain Range

The Douro Demarcated Region is characterized by extremely hot and dry summers and by extremely cold winters. However, the climate is far from being homogeneous across the Demarcated Region, especially in terms of rainfall: as the Baixo Corgo subregion is closer to the Atlantic, it presents higher rainfall values, as opposed to the sub-humid Cima Corgo which presents lower values.

The Douro Superior is subject to a continental influence, showing very low rainfall values. As far as temperature is concerned, it has homogeneous values of about 15-16°C (59-61°F) over the year. However, the temperatures are extremely high during the summer, especially in the Douro Superior, with values sometimes reaching 40°C (104°F). Yet, in the Beira Douro subregion, the climate is fairly harsher for its lower temperatures.



Orvalhinha

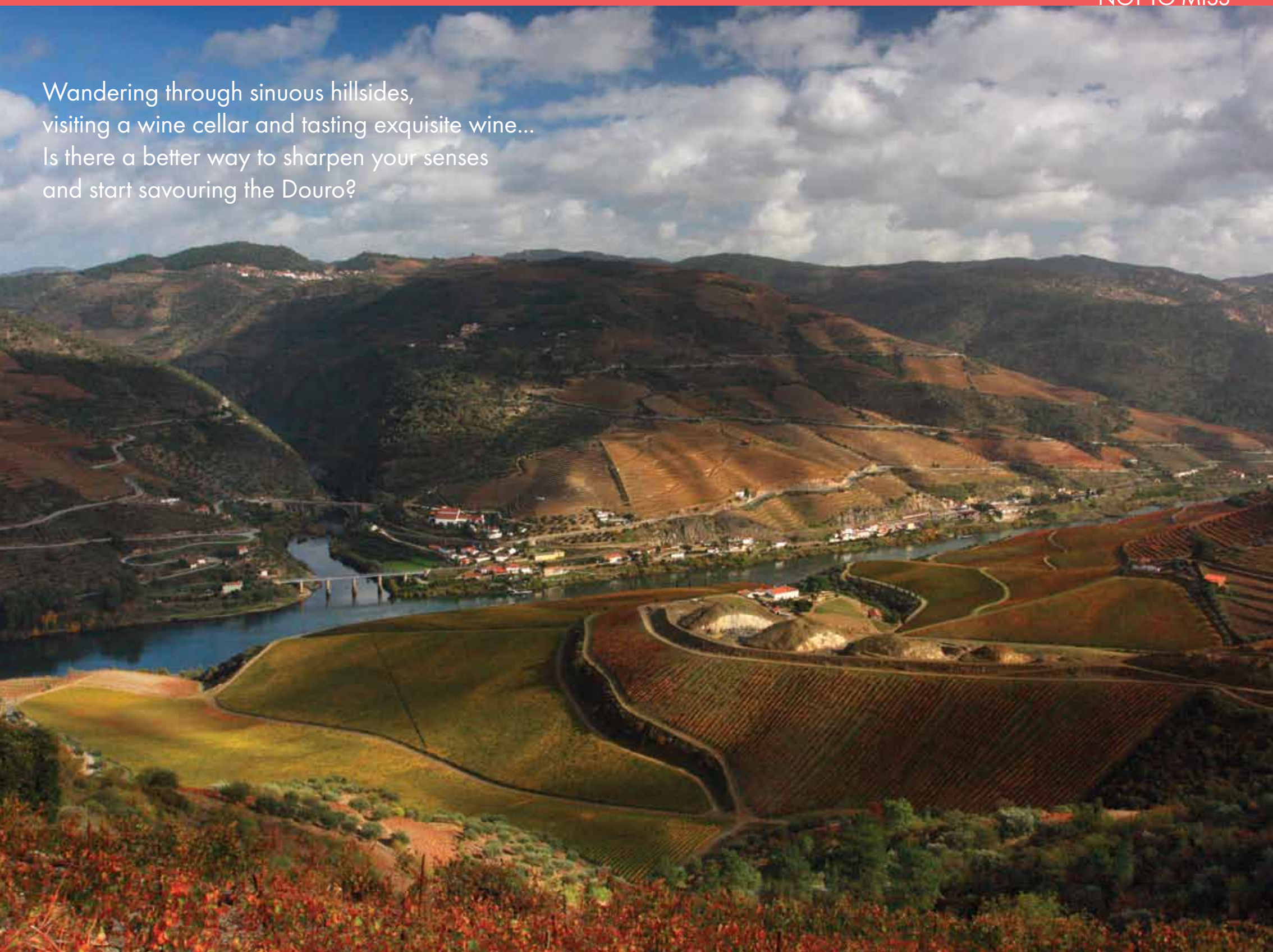
For more accurate and real-time meteorological readings on the region, please visit the Instituto de Meteorologia website: [www.meteo.pt](http://www.meteo.pt), or call 218447000.

AVERAGE MONTHLY TEMPERATURE MAP





Wandering through sinuous hillsides,  
visiting a wine cellar and tasting exquisite wine...  
Is there a better way to sharpen your senses  
and start savouring the Douro?







In case you’re visiting the region during the “vindima” (wine harvest season), between September and October, make sure you don’t miss this once-in-a-lifetime experience, where the scent of vineyards combines with the joyfull chants of harvesters. After that, you’ll look at a glass of regional wine in a different way, as through the eyes of a connoisseur. As a connoisseur of the people’s soul. A connoisseur of the people’s passion for the land and the vines. A connoisseur of the hard-work and joy that precede each chalice. A connoisseur of an art that has transcended generations.

# NOT TO MISS

## THE WINES AND THE ESTATES

From time immemorial, the wine making culture that takes place mainly in the lands nearby to the Douro River and its tributaries (such as the Pinhão, Tua, Sabor, Corgo, Varosa, Távora and Côa rivers) has been an essential economic support for the locals, along with husbandry, chestnut groves and, more recently, fruit farming. As one of the most representative Portuguese wines, Port Wine is so well-known that needs no introduction.

The Douro wine cellars and estates are the best place to take a closer look at the history of wine. There are a large number of centennial estates where you’ll be able to attend or participate in the wine harvest, take a walk among the vineyards or simply enjoy a wine tasting. You’ll also find many wine tourism estates, specialised shops and other points of sale where to taste and buy Douro wines. For instance, there’s a survey in progress to map all those estates. Find out more at the Douro Museum or at tourist offices, where you’ll also be able to buy regional wines.

WINE TOURISM	✉	☎	@
Quinta do Seixo - Sandeman	Valença do Douro - Tabuaço	254732800	visitas.seixo@sandeman.eu
Quinta do Côto	Cidadelhe - Mesão Frio	254899269	inform@quinta-do-cotto.pt
Quinta do Portal	EN 223 - Celeirós do Douro - Sabrosa	259937100	reservas@quintadoportal.pt
Quinta do Panascal	Valença do Douro - Tabuaço	254732321	portuguesetradeenquiries@fonsecaport.com
Quinta do Tedo	Lugar do Tedo - V. Seca - Santo Adrião	254789165	info@quintadotedo.com
Quinta da Avessada	Favaio - Alijó	912562803	luisbarros@enotecadouro.com
Quinta das Baldias	Valdigem - Lamego	254331759	manuelviseu@qbaldias.com
Quinta do Crasto	Gouvinhas - Sabrosa	254920020	crasto@quintadocrasto.pt
Quinta da Erva Moira	Apartado 39 - Chãs - V. N. Foz Côa	279759229	ramospinto@ramospinto.pt
Quinta de Santo António	Santo António de Adorigo - Tabuaço	254789177	info@quintasantoantonio.pt
Quinta do Noval	Vale de Mendiz - Alijó	223770270	noval@quintadonoval.pt
Quinta do Ventozelo	Ervedosa do Douro - S. J. Pesqueira	254731181	info@quintadeventozelo.pt
Quinta de Nápoles	Santo Adrião - Armamar	254855436	info@niepoort-vinhos.com
Quinta da Pacheca	Cambres - Lamego	254331229	enologia@quintadapacheca.com
Quinta N.º. Sr.º Carmo	Covas do Douro - Pinhão	254730430	hotelquintanova@amorim.com
Quinta do Vesúvio	Tv. B. de Forrester, Ap. 26 - V. N. Gaia	223776300	geral@portfoliovinhos.pt
Quinta da Casa Amarela	Rio Bom - Lamego	254666200	quinta@quinta-casa-amarela.com
Casa de St. António de Britiande	Lg. de S. Sebastião, Britiande - Lamego	254699346	info@casasantoantonibritiande.com
Quinta da Gaivosa	Pous. da Cumieira - S. M. Penaguião	254822111	info@alvesdesousa.com
Quinta Sta. Eufémia	Parada do Bispo - Lamego	254331970	quintasantaefemia@sapo.pt
Quinta Monte Travesso	Tabuaço	919187022	info@quintadomontetravesso.com
Quinta de La Rosa	Pinhão	254732254	sophia@quintadelarosa.com
Quinta do Vallado	Vilarinho dos Freires - Peso da Régua	254323147	vallado@mail.telepac.pt

WHERE TO BUY WINE	✉	☎	@	WWW.
Academia do Vinho - Vintage House Hotel	Ponte - Alijó	254730230		
Adega Cooperativa de Alijó	Av. 25 de Abril - Alijó	259959101	dalijob@mail.telepac.pt	www.adegalijo.pt
Adega Cooperativa de Favaio	Lugar dos Pousados - Favaio	259949166	geral@adegafavaio.com.pt	www.adegadefavaio.pt
Adega Cooperativa de Pegarinhos	Pegarinhos - Alijó	259646121		
Enoteca Douro - Quinta da Avessada	Rua Direita, 26 - Favaio	912562803	luisbarros@enotecadouro.com	www.enotecadouro.com
Wine House Quinta Nova	Largo da Estação - Pinhão	254730430	hotelquintanova@amorim.com	www.quintanova.com
Quinta de Nápoles	Tedo - Santo Adrião - Armamar	254855436	quintadenapoles@niepoortsa.pt	www.niepoortvinhos.com
Arte na Terra	Mercado Munic. - C. de Ansiões	914883175	artenterra@sapo.pt	
Adega Cooperativa de F. de E. à Cinta	Av. Comb. de Ultramar - F. de E. à Cinta	279653266		
Adega Cooperativa de Lamego	Rua São João - Almacave - Lamego	254609320		
Sé Gourmet	Rua Macário de Castro, 38 - Lamego	254688263	geral@segourmet.com	www.segourmet.com
Adega Cooperativa de Mesão Frio	Fundo da Vila - Mesão Frio	254891463	comercial.acmf@mail.telepac.pt	
Coop. Agrícola de Távora - M. da Beira	Av. Eng. Adelino Amaro da Costa, 109	254582406	cooplava@mail.telepac.pt	
Caves de Murça	R. Franc. B. Carneiro Lopes, 4 - Murça	259510300	geral@cavesdemurca.pt	www.cavesdemurca.pt
Casa do Douro	R. dos Camilos - apart. 10 - P. da Régua	254313180		
Cooperativa Vitivinícola do Peso da Régua	R. da Lousada - Godim - P. da Régua	254320358	geral@cavesvaledorodo.com	www.cavesvaledorodo.com
Museu do Douro	R. Marquês de Pombal - P. da Régua	254310190	geral@museudodouro.pt	www.museudodouro.pt
Rota do Vinho do Porto	Largo da Estação - Peso da Régua	254324774	geral@rvp.pt	www.rvp.pt
Vinhos & Companhia	Av. João Franco, 308 - P. da Régua	254400960		
Adega Cooperativa de Sabrosa	Sabrosa	259939177	adega.sabrosa@gmail.com	
Caves Santa Marta	Rua dos Comb. - S. M. de Penaguião	254810313		www.cavessantamarta.pt
Adega Cooperativa de Trevões	Trevões - São João da Pesqueira	254477143	adegatrevoes@portugalmail.com	
Cooperativa Agrícola de S. J. Pesqueira	R. Dr. Teófilo Bernardes - S. J. da Pesq.	254489020	adegapesqueira@mail.telepac.pt	
Aromas Douro	Av. Marq. de Soveral - S. J. da Pesq.	254488260	vinhos@aromasdouro.pt	www.aromasdouro.pt
Casa do Paço Dalvares	Av. Dr. Alex. Taveira Cardoso - Tarouca	254677174	casadopaco@cm-tarouca.pt	
Caves da Murganheira	Abadia Velha - Ucanha	254670185	geral@murganheira.com	
Adega Cooperativa de Moncorvo	Av. dos B. Voluntários - T. de Moncorvo	279254089	moncorvo@adegamoncorvo.com	www.adegamoncorvo.com
Adega Cooperativa do Vale da Teja	Zona Ind. - Vila Nova de Foz Côa	279764039		
Cooperativa Viti. e Oliv. Freixo de Numão	Lugar das Olgas - Freixo de Numão	279780010	info@cfnumao.com	www.cfnumao.com
Adega de Baco	Mercado Munic. - Abambres - V. Real	963465559	adegadebaco@sapo.pt	
Adega de Vila Real	Vale Frio - Folhadela - Vila Real	259330500	info@adegavilareal.com	www.adegavilareal.com
Vinho e Trelas	Largo dos Condes - Mateus	259378444	geral@vinhoetrelas.com	www.vinhoetrelas.com
Casa de Mateus	Mateus - Vila Real	259323121	casademateus@casademateus.pt	www.casademateus.com
Museu do Café - Gourmet Shop	Rua D. Margarida Chaves, 4 - V. Real	259040098	museudocafe@gmail.com	www.museudocafe.com
Casa dos Sabores Regionais	Rua Dr. Domingos Campos, 8 - V. Real	259321860		







CRAFTSMANSHIP

If you want to get familiar with the spirit of the Douro region, don't limit yourself to the most visible – wines and monumental heritage. Instead, go further and try to learn the arts, traditions and customs of this audacious people.

Getting to know these people's craftsmanship and their popular and religious festivals is a means to cross the barrier that separates you from their soul.

In a land where vine cultivation has a central role, it's only natural that artisans have created household and agricultural tools to making the Douro tireless workers' life easier. From time immemorial, women have sewn and shaped hats and baskets made of wicker or straw, besides weaving wool to make socks, blankets and carpets. From the experienced hands of skilled craftswomen, magnificent linen quilts, embroidery and laces come into being. On their turn, men were reserved for the heavier crafts: clog-making, cooperage, pottery and tin-work. These arts have been passed on from generation to generation, and today it's still possible to find wood shoes and fine wares of metal, stone and ceramic in any handicraft shop. Highlights include the typical Bisalhães black clay in Vila Real, the Lazarim carnival wooden masks and the ceramic painting in blue accents, very typical of the region, which illustrates the Douro people's activities and traditions. For instance, visit the Pinhão train station where you'll be able to appreciate its magnificent mosaic panels, a fine example of this art. Over the last few years, there has been an increasing investment in innovating and developing the regional craftsmanship which, by the hand of young designers, has emerged in new and more appealing shapes and looks, featuring new designs and uses.

You'll find many handicraft shops where to buy not only souvenirs, but also true pieces of art.



Feira de Artesanato de Torre de Moncorvo

CRAFTSMANSHIP	✉	☎	@	www.
Arte e Pesca Morgado	Av. Dr. Franc. S. Carneiro, 100 lj B - Alijó	259959811		
Atelier de Artes. de Eugénia Cardoso Pires	Rua do Pombal - Alijó	933192524		
Tonaria Oliveira	R. Cordasca, Queimada - Armamar	962360701		
Arte na Terra	Carrazeda de Ansiães	914883175	artenaterra@sapo.pt	
Associação de Artesanato	Lgo do Outeiro, 6 - F. de Espada à Cinta	279658190		
Artesanato Lalinus	Rua do Eirô, Lalim - Lamego	254699768	lalinus@gmail.com	
Centro de Artesanato Douro	Central de Camionagem de Lamego	968250161		
Cooperativa de Artesanato de Lalim	Lalim - Lamego	254699291		
Sé Gourmet	Rua Macário de Castro, 38 - Lamego	254688263	geral@segourmet.com	www.segourmet.com
Diamantino Carvalho Gouveia - Tanoaria	Estr. Nova, Lugar da Quelha - M. Frio	914888600		
Jacinto Ribeiro Dias - Cestaria	Pousa Foles, Vila Marim - M. Frio	254899293		
Maria dos Remédios - Biscoitos de Donsumil	Lugar do Salgueiro, V. Marim - M. Frio	254899870		
Maria Emilia Amaral - Rendas de Barqueiros	Lugar das Quintãs, Barqueiros - M. Frio	254891016		
Rosa Maria Barros - Rendas	Lugar da Boavista, V. Marim - M. Frio	254899106		
Rosa Ribeiro Dias - Biscoitos de Donsumil	Pousa Foles, V. Marim - M. Frio	922270478		
Artigos em Linho - M. da Beira	Lgo do Barreiro, Arcozelo de Cabo	254583706		
Capucha de Burel	Qº da Estrada, Alvite - M. da Beira	254586287		
Carapuças	Alvite - Moimenta da Beira	254586308		
Cestaria	Alvite - Moimenta da Beira	254586546		
Esculturas em granito	R. da Estrada, 1, Paçô - M. da Beira	9340406981		
Latoaria em Leomil	Leomil - Moimenta da Beira	254586145		
Madeira	Barragem de Vilar - Moimenta da Beira	254583642		
Meiotos	Alvite - Moimenta da Beira	254586308		
Miniaturas em Madeira	Alvite - Moimenta da Beira	254586114		
Tecelagem e confecção de produtos em linho	Qº de S. José, P. de Baixo - M. da Beira	254582339		
Trabalhos em Madeira	Soutelo, Baldos - Moimenta da Beira	938064598		
ART' DEL STRADIVARIUS	Rua Marquês de Vale Flor, Murça	964438470		
Centro de Artesanato de Beselga	Beselga - Penedono	254504541		
Lavararte	Rua do Cabouco - Penedono	965227250		
Ideias do Douro	Av. de João Franco - Peso da Régua	927172229		
Casa das Recordações de N. S. da Saúde	Rua da Amoreira, Saudel - Sabrosa			
Cesteiro - Manuel Oliveira Teixeira	São Martinho de Anta - Sabrosa	259939387		
Tanoaria/Miniat. em madeira - Manuel Silva	Vilarinho de S. Romão - Sabrosa	259938228		
Casa da Lapa	Lapa - Semancelhe			
Maxilazer	EN 226, Penso - Semancelhe	254595440		
O Terreiro da Lapa	Lapa - Semancelhe			
António Oliveira	Tabuaço	254789759	oliveiraantonio.pinto@gmail.com	
José Alberto	Granjinha - Tabuaço	936428461		
Teresa Soeiro	Guedieiros, Sendim - Tabuaço	965258414		
Artigos Religiosos e Artesanais de Tarouca	Largo do Terreiro - S. João de Tarouca	254679996		
Casa do Paço de Dalvares	Rua Egos Moniz, Dalvares - Tarouca	254677174	casadopaco@cmtarouca.pt	
Maria José Da Silva	Várzea da Serra - Tarouca	919499051		
Mosteiro de Santa Maria de Salzedas	Salzedas - Tarouca	254677458	geral@mosteirosalzedas.com	www.mosteirodesalzedas.com
Arte Sabor e Douro	Lgo Gen. Claudino, 26 - T. de Moncorvo	968087514	artessaboredouro@iol.pt	www.artessaboredouro.com
Bazar Regional	Lgo Gen. Claudino, 13 - T. de Moncorvo	279253456		
António e Júlia	R. de São Miguel, 50 - V. N. de Foz Côa	938223376	juliabrac@hotmial.com	
Artesanato Tear	EN 102 - V. N. de F. Côa	279762808	correio@cmfozcoa.pt	
Garrafeira e Artesanato	R. de São Miguel, 64 - V. N. de F. Côa	912473962	correio@comfozcoa.pt	
Guida - Artesanato e Produtos Regionais	Lgo do Tablado, 10 - V. N. de F. Côa	966362981	artesanatoprodutosregionaisfozcoa@hotmial.com	
Artesãos de Bisalhães	Av. da Noruega - Vila Real			
Centro Cultural e Regional de Vila Real	Rua Manuel Maria Bessa Leite - V. Real			
Fernando Manuel Martins Pinto	Rua Isabel Carvalho, 6 - Vila Real	259327430		
Loja de Turismo do Douro	Alam. de Grasse, CC D. Vila - V. Real	925910460		
Multarte	Rua Quinchosos, 86 - lj 13 - Vila Real	259327132		
Rui Santos - Latoaria	Vila Real		ruisantos@artelata.com	www.artelata.com
Vinho e Tretas	Largo dos Condes - Vila Real	259378444	geral@vinhoetretas.com	www.vinhoetretas.com





POPULAR AND RELIGIOUS FESTIVALS

Those who work deserve their pay and, as such, popular and religious festivals are a constant in the Douro. Whether it is a Christian or a pagan one, exhilaration is guaranteed! Many of those festivals originated from the crop cycle and the seasons of the year, which proves the importance of agriculture and vine cultivation on the people’s way of living. Thus, in association with the crop cycle, there’s the Festa das Vindimas, the Festa da Cerejeira em Flor, the Festa da Maçã, the Festa da Castanha, the Festa da Amendoeira, and much more.

One of the best-known festivals is the Carnaval de Lazarim, in Lamego, one of the most traditional carnivals in the country. Aiming to preserve and promote ancient customs and habits, this festival features wooden masks carved by skilled craftspersons that young girls (the “senhorinhas”) and boys (the “caretos”) use over their faces. At the sound of drums, the word “Belzebu” echoes in the air... Don’t miss the reading of the “Testamentos da Comadre e do Compadre”, a curious ritual where girls scoff at boys and vice-versa. It’s a cunning social critique where everyone is amused!

As it couldn’t be otherwise in Portugal, the Santos Populares festivals are always present during summer. You’ll find a festival dedicated to a village’s or town’s patron saint almost every week. It’s also worthy to mention the Marian Pilgrimages such as Nossa Senhora dos Remédios, Nossa Senhora da Pena and Nossa Senhora do Socorro, among others.

“ In Douro lands, the wine is king. Come and share the hospitality and the spontaneous joy of these people!



POPULAR AND RELIGIOUS FESTIVALS

Feira da Laranja	São Mamede de Ribaúta	Alijó	April/May
Feira de São Martinho	Alijó	Alijó	11 <sup>th</sup> November
Festas da Vila	Alijó	Alijó	15 <sup>th</sup> August
Revidouro	Alijó	Alijó	3 <sup>rd</sup> Weekend of July (Biennial)
Feira da Maçã de Montanha	Armamar	Armamar	September/October
Feira Franca	Armamar	Armamar	24 <sup>th</sup> December
Romaria de S. Domingos	Fontelo	Armamar	3 <sup>rd</sup> to 5 <sup>th</sup> August
Feira da Maçã, do Vinho e Azeite	Carrazeda de Ansiães	Carrazeda de Ansiães	28 <sup>th</sup> to 31 <sup>st</sup> August
Santa Eufémia	Lavandeira	Carrazeda de Ansiães	15 <sup>th</sup> September
Feira de Artesanato e do Lavrador	Freixo de Espada-à-Cinta	Freixo de Espada-à-Cinta	End of February/Beginning of March
Festas em Honra de Nossa Senhora dos Montes Ermos	Freixo de Espada-à-Cinta	Freixo de Espada-à-Cinta	August
Carnaval de Lazarim	Lazarim	Lamego	Saturday, Sunday and Carnival Tuesday
Feira de Santa Cruz / 3rd May	Lamego	Lamego	End of April to 3 <sup>rd</sup> May
Festas em Honra de Nossa Senhora dos Remédios	Lamego	Lamego	From next-to-last 5 <sup>th</sup> Thursday of Aug. to 9 <sup>th</sup> Sept.
Queima do Judas	Lalim	Lamego	Easter Sunday
Feira de Santo André	São Nicolau	Mesão Frio	From 30 <sup>th</sup> November to 8th December
Feira do Petisco	São Nicolau	Mesão Frio	July
Festa de São João	Moimenta da Beira	Moimenta da Beira	24 <sup>th</sup> June
Festa de São Pedro	Moimenta da Beira	Moimenta da Beira	29 <sup>th</sup> June
Romaria de São Torcato	Cabaços	Moimenta da Beira	4 <sup>th</sup> Sunday after Easter
Festas Municipais ao Emigrante	Murça	Murça	2 <sup>nd</sup> and 3rd Thursday of August
São Domingos e Nossa Senhora dos Aflitos	Murça	Murça	2 <sup>nd</sup> Sunday of July
Feira Medieval de Penedono	Penedono	Penedono	1 <sup>st</sup> Weekend of July
Mercado Magriço	Penedono	Penedono	Last Weekend of May
Romaria à Santa Eufémia	Penedono	Penedono	15 <sup>th</sup> to 16 <sup>th</sup> September
Feira Franca de Peso da Régua	Peso da Régua	Peso da Régua	14 <sup>th</sup> August
Festa de Nossa Senhora do Socorro	Peso da Régua	Peso da Régua	14 <sup>th</sup> to 16 <sup>th</sup> August
Festa de Nossa Senhora do Rosário e Santa Bárbara	Sabrosa	Sabrosa	4 <sup>th</sup> to 9 <sup>th</sup> September
Festival da Aldeia Vinhateira de Provesende	Provesende	Sabrosa	Last Weekend of October
Passadeiras em Flor	Sabrosa	Sabrosa	Last Saturday of May
Festa da N <sup>ra</sup> Senhora da Guia	São Miguel de Lobrigos	Santa Marta de Penaguião	1 <sup>st</sup> Sunday of August
Festa de Santa Bárbara	São João de Lobrigos	Santa Marta de Penaguião	1 <sup>st</sup> Weekend of August
Romaria da Senhora do Viso	Fontes	Santa Marta de Penaguião	1 <sup>st</sup> Sunday of September
Festa de Nossa Senhora do Monte	São João da Pesqueira	São João da Pesqueira	1 <sup>st</sup> September
Festa de São João	São João da Pesqueira	São João da Pesqueira	23 <sup>rd</sup> June
Festa dos Saberes e Sabores do Douro	São João da Pesqueira	São João da Pesqueira	25 <sup>th</sup> February
Romaria a São Salvador do Mundo	São João da Pesqueira	São João da Pesqueira	22 <sup>nd</sup> May
Vindouro - Festa Pombalina	São João da Pesqueira	São João da Pesqueira	1 <sup>st</sup> Week of September
Feira dos Santos	Sernancelhe	Sernancelhe	1 <sup>st</sup> Sunday of November
Festa da Castanha	Sernancelhe	Sernancelhe	October
Festa da Senhora da Lapa	Lapa	Sernancelhe	15 <sup>th</sup> August
Feira de Artesanato	Tabuaço	Tabuaço	June
Festas em Honra de Nossa Senhora da Conceição	Tabuaço	Tabuaço	8 <sup>th</sup> December
Festas Sanjoaninas	Tabuaço	Tabuaço	24 <sup>th</sup> June
Feira de S. Miguel	Tarouca	Tarouca	29 <sup>th</sup> September
Festa de Santa Helena	Tarouca	Tarouca	2 <sup>nd</sup> Sunday of July
Festa de São Pedro	Tarouca	Tarouca	29 <sup>th</sup> June
Feira de Artesanato de Torre de Moncorvo	Torre de Moncorvo	Torre de Moncorvo	Last Weekend of February / 1 <sup>st</sup> March
Feira dos Produtos da Terra	Torre de Moncorvo	Torre de Moncorvo	March
Feriado Municipal - Dia de S. José	Torre de Moncorvo	Torre de Moncorvo	19 <sup>th</sup> March
Festividades das Amendoeiras em Flor	Torre de Moncorvo	Torre de Moncorvo	15 <sup>th</sup> February to 15th March
Feira de São Miguel	Vila Nova de Foz Côa	Vila Nova de Foz Côa	8 <sup>th</sup> September
Feira do Cebolo	Vila Nova de Foz Côa	Vila Nova de Foz Côa	8 <sup>th</sup> May
Festa das Amendoeiras em Flor	Vila Nova de Foz Côa	Vila Nova de Foz Côa	February/March
Feira de Artesanato e Gastronomia	São Pedro e São Dinis	Vila Real	Last Weekend of November
Feira de S. Pedro ou dos Pucarinhos	São Pedro e São Dinis	Vila Real	June
Festa e Feira de Santo António	São Pedro e São Dinis	Vila Real	13 <sup>th</sup> July





Ferradosa



### TRAIN TOURS ON THE DOURO RAILWAY LINE

The region's geography is a point of interest on its own and something you shouldn't miss. To that end, you'll find different means of transport at your disposal besides the car. How about embarking on a train journey in the Douro Railway Line or taking a river cruise?

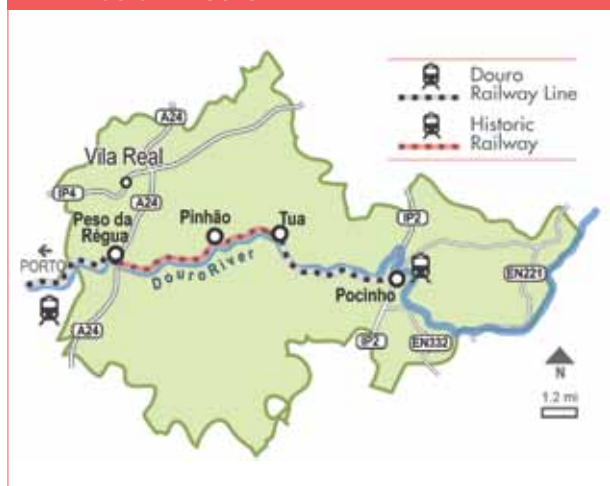
In the Douro Railway Line, which consists of about 125 miles, you'll be offered astonishing views over the Douro and the vineyard slopes, as it runs nearby the river at some points.

Additionally, on Saturdays between June and October, a steam locomotive dated from 1925 that links the Régua and Tua train stations will take you back in time! While on board, you'll be able to relish a glass of Port Wine and a slice of regional bread at the sound of traditional chants. When stopping at the Pinhão train station, take the opportunity to taste or buy some regional wine and gourmet products, as well as to admire the mosaic panels outside of the building. Definitely, a journey not to miss!

Between February and March, you can also try the Almond Trees Route, a train journey from Oporto to Pocinho that will delight you for the amazing views over the countryside in bloom. Completed with three choices of road tours, this route offers breathtaking views over the plains dressed in white and pink!

“From the air, the valleys or the river bed, all that we can see is the work of man”, António Barreto, in “Douro”.

### THE TRAIN ON THE DOURO







CRUISES ON THE DOURO

Is there anything more romantic and relaxing than getting to know the Douro vineyard slopes on board of a ship while calmly navigating its waters?

There are several options at your disposal, with different lengths and routes that allow for a closer contact with this mighty river. You'll be able to choose from a few hours' to a few days' tour, and stay overnight at one of the ships.

If you're just passing through the region and you have few hours available, you should take one of the short-term cruises, such as the Régua-Barqueiros-Régua, Régua-Pinhão-Régua or Pinhão-Tua-Pinhão tour. There are also programs with lunch or dinner included.

On the other hand, if you want to explore the region in detail and you have plenty of time, you should take a cruise with overnight stay at one of the floating hotels or at one of the region's hotel facilities. Whether it is a two-day, a three-day or a one-week cruise, for instance, the Oporto-Régua-Oporto or Oporto-Barca d'Alva-Oporto cruise, you'll be able to get to know the region's monuments, museums and restaurants additionally to its cultural landscape.

There are also cruises departing from Pinhão that stop for lunch at wine estates, combining the tour and the possibility to taste local gastronomy with the opportunity to learn where the famous wines are produced. You'll enjoy an unforgettable day, that's for sure!

CRUISES ON THE DOURO



CRUISES ON THE DOURO	✉	☎	@	WWW.
Arisdouro	EN 222, Cais da Folgosa - Armamar	254858123	arisdouro@arisdouro.com	
Barcadouro	Rua da Casa Cultural - Carrazeda de Ansiães	223722415	geral@barcadouro.pt	www.barcadouro.pt
Barcadouro	Av. Ramos Pinto, Loja 240 - V. N. de Gaia	223722415	geral@barcadouro.pt	www.barcadouro.pt
Cruzeiro do Restaurante Tomaz do Douro	Praça da Ribeira, 5 - Porto	222082286	tomaz.do.douro@mail.telepac.pt	
Cruzeiros - Senhora da Veiga	Avenida Cidade Nova, 2 - V. N. de Foz Côa	279760315	bem.sveiga@fozcoainvest.pt	
Douro à Vela	Lugar da Curvaceira, Penajóia - Lamego	918793792	info@douro-a-vela.pt	www.douro-a-vela.pt
Douro Acima	Rua dos Canasteiros, 40-42 - Porto	222006418	geral@douroacima.pt	www.douroacima.pt
Douro Azul	Lugar da Rede - Mesão Frio	223402500	geral@douroazul.pt	www.douroazul.com
Douro Azul	Rua de São Francisco, 4 2º Dto - Porto	223402500	geral@douroazul.pt	www.douroazul.com
Douro Verde Turismo	Av. da Galiza, Ed. Douralto 6.º F. - P. da Régua	254322858	geral@douroverde.com	www.douroverde.com
Douroacima - Cruzeiros no Douro	Cais da Estiva - Porto	222006418	geral@douroacima.pt	www.douroacima.pt
Douratotal	Estação da CP do Pocinho - VN Foz Côa	934058917	douratotal@hotmail.com	
Manos do Douro	Avenida Diogo Leite, 408 - V. N. de Gaia	223754376	manos_douro@sapo.pt	
Pipadouro - Turismo Fluvial	Rua de Azev. Magalhães, 314 - V. N. de Gaia	226179622	pipadouro@pipadouro.pt	www.pipadouro.pt
Via Douro	Praça da Ribeira, 5 - Porto	222081935	geral@viadouro.com	www.viadouro-cruzeiros.com
Dourovou	Cais da Ferradosa - S. João da Pesqueira	918521821	info@douro.biz	www.loja.douro.biz
Croisieurope	Rio Douro	222043500	info@croisieurope.com	www.croisieurope.com
Fozcoa Invest	Av. Cidade Nova, 2 - V.N. Foz Côa	279760324	geral@fozcoactiva.pt	www.fozcoactiva.pt
Rentdouro	R. São João, 89 - Porto	224646352	info@rentdouro.com	www.rentdouro.com
Rota do Douro	Av. Diogo Leite, 438 - V.N. de Gaia	223759042	rotadodouro@gmail.com	www.rotadodouro.pt
Douro Verde Turismo	Av. da Galiza - Ed. Douralto, 6º Fr - P. da Régua	254322858	geral@douroverde.com	www.douroverde.com
Rotas de Água	R. Infante D. Henrique 37 3º dto - Porto	223324040	info@rotasdeagua.com	www.rotasdeagua.com
Amor do Douro	R. N. Sº de Fátima, 442 - 2º Esq. - Porto	223755713		
Companhia Turística do Douro	Urb. da Qta Amarela, 10 r/c - Pinhão	254731556	www.companhiaturisticadodouro.com	







### THE ALVÃO AND THE INTERNATIONAL DOURO NATURAL PARKS

Other points of interest not to miss include the Alvão and the International Douro natural parks, both for their landscape beauty and biodiversity and for the possibility to practice different open-air activities.

The Alvão Natural Park was created in 1983 and consists of about 28 square miles of mountainous terrain crossed by streams, standing side by side with the Marão Mountain Range. Located between the municipalities of Vila Real and Mondim de Basto, this small scale park is a privileged refuge for biodiversity in terms of fauna (especially for the Iberian Wolf, the Pyrenean Desman, the Peregrine Falcon, the Wildcat and, unfortunately very rarely, the Golden Eagle) and flora (the oak, the birch, the chestnut tree, the holly and, occasionally, the mountain arnica and the paradise lily).

“The almond trees in bloom, the cruises on the Douro, the historic railway and walking through the natural parks are excellent suggestions for a romantic weekend with the Douro River in the background...”

Featuring a varied relief, the Alvão Natural Park is divided into a more elevated zone, mainly granitic and reaching 4,394 feet high, and a schistous lower zone that only reaches 820 feet high. The more elevated zone includes the Alvão mountain range and the Lamas de Olo plateau, where you'll be able to admire different thatched granite buildings - a typical landscape of Trás-os-Montes. In the lower zone, you'll find the small village of Ermelo, located a few miles away from the impressive Fugas de Ermelo waterfalls!

The International Douro Natural Park, established in 1998, is one of the most recent natural parks in the country, and includes the municipalities of Miranda do Douro, Mogadouro, Freixo de Espada à Cinta and Figueira de Castelo Rodrigo. Covering an area of about 329 square miles, it includes the 75-mile cross-border section of the Douro River and then extends southwards through the Águeda River valley. Within this magnificent natural park, you'll find both a northern and a southern plateau, where deep granitic valleys with craggy slopes have been slowly excavated by the Douro and Águeda rivers since the beginning of times. Such slopes, which at some points reach more than 650 feet high, give place to some noteworthy sights.



- Lamas de Olo



Alvão Mountain Range



Douro Internacional National Park

The picture of these sumptuous gorges, with the deep down river flowing smoothly, is one of the most beautiful images you'll ever see! In the Park's intermediate area, the Douro River valley gets wider, alternating between plateaus and valleys, rivers and streams that flow into the Douro River, with special emphasis to the Mirandês plateau, the Ribeira de Mosteiro valley in Freixo de Espada à Cinta, and the Santa Maria de Aguiar reservoir in Figueira de Castelo Rodrigo.

In this superb park, you'll be able to catch a glimpse of Golden Eagles, Black Storks, Red-billed Choughs, Wolves, Wild Boars, Blue Rock Thrushes, Egyptian Vultures, Griffon Vultures, Great Crested Grebes and Wildcats. It's indeed a true bird-watching paradise. The flora is equally varied, with a predominance of cork-oak, holm oak, oak, juniper and broom woods. One thing is for sure, the whole park shares the same natural beauty and variety of fauna and flora!





On foot, by car, by bicycle,  
by canoe or by boat, getting  
to know the Douro is naturally  
a pleasure!





# MAJOR ROUTES

## PORT WINE ROUTE

The Douro beautiful landscapes, where the terraced vines are clearly visible to the naked eye, those vines cultivated in ledges by the strenght of man who has always fought against nature, stir the interest of learning the history of this charming demarcated region's wines.



The Port Wine Route, with 15 years old by now, takes you in a journey of discovery throughout multiple points of interest around the Douro Demarcated Region and those nearby municipalities which, either directly or indirectly, are related to the vine cultivation. With almost 70 associates, it suggests a panoply of places and activities: boat trips in the Douro River, typical restaurants where to taste regional delicacies, luxury hotels or traditional country houses in rural areas featuring wine cellars and tasting rooms, rock art nucleus, steam locomotive trips, wine tourism facilities where to take part in the wine harvest, and wine-producing small estates and large properties!

While allowing you to catch a glimpse of all the region's greatest assets, this route also gives you the chance to learn the wine production process, both from the planting to the grape harvest and from the fermentation in the cellars to the final moment of tasting. Surely, a journey you won't want to miss!

To learn more, please visit the following website: [www.rvp.pt](http://www.rvp.pt).

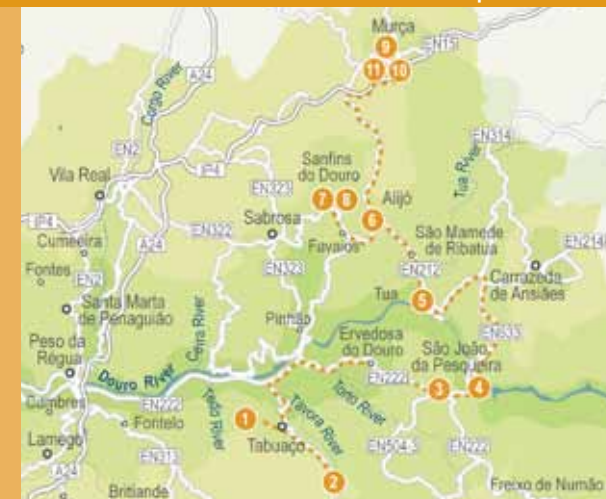
## PORT WINE ROUTE | BAIXO CARGO

- 1 Mesão Frio Main Church
- 2 Solar do Vinho do Porto
- 3 Casa do Douro
- 4 Santa Marta de Penaguião
- 5 Vila Real Cathedral
- 6 Vila Real New Chapel
- 7 Casa de Mateus
- 8 São Martinho de Anta
- 9 Sabrosa
- 10 Pinhão Train Station
- 11 São Leonardo de Galafura Viewpoint
- 12 Nossa Senhora dos Remédios Sanctuary
- 13 Lamego Cathedral



## PORT WINE ROUTE | CIMA CARGO

- 1 Barcos Romanesque Church
- 2 São Pedro das Águias Church
- 3 São João da Pesqueira Manor Houses
- 4 São Salvador do Mundo Viewpoint
- 5 Tua
- 6 Alijó Main Church
- 7 Nossa Senhora da Piedade Sanctuary
- 8 Maurício Penha House-Museum
- 9 Murça Main Church
- 10 Murça Misericórdia Chapel
- 11 Porca de Murça



## PORT WINE ROUTE | DOURO SUPERIOR

- 1 Carrazeda de Ansiães
- 2 Vila Flor Main Church
- 3 Dom Diniz Gate (Vila Flor)
- 4 Torre de Moncorvo Main Church
- 5 Torre de Moncorvo Noble Buildings
- 6 Pocinho Dam
- 7 Côa Valley Archaeological Park
- 8 São Gabriel Chapel (Castelo Melhor)
- 9 Alameda Romanesque Church-Fortress
- 10 Barca d'Alva
- 11 Freixo de Espada à Cinta Main Church







São João de Tarouca Monastery



Távora-Varosa Sparkling Wine

### CISTER VINES ROUTE

The Cister Vines Route takes you through the paths of a rather unexplored Portugal, in a tribute to the union between nature and history of one of the most recent Portuguese vineyard regions: Távora-Varosa.

This region produces an exquisite wine that must age for at least three years in cellars excavated into the blue granite: the sparkling wine! Located at the southernmost tip of the Douro, the region includes several parishes from the municipalities of Lamego, Moimenta da Beira, Penedono, São João da Pesqueira, Sernancelhe, Tarouca and Tabuaço. In order to visit and get to know it, you can choose from two thematic itineraries: "The Monasteries Path" and "Among vines and chestnut trees".

“Discover the Távora and the Varosa river valleys, where some of the best national sparkling wines are produced!

Did you know that the Cister Route designation comes from the ancient homonymous religious order? These monks, whose first monastery dated from the 12<sup>th</sup> century was located in São João de Tarouca (listed as National Monument) built various monuments of great historic and architectonic interest across the region.

If you add the region's natural beauty to this monumental richness, with its extensive vineyards cascading from verdant slopes shaded by groves and orchards, you'll have all the necessary ingredients for these two interesting thematic itineraries.

### CISTER VINES ROUTE | AMONG VINES AND CHESTNUT TREES

- 1 São Pedro das Águias Church Portico
- 2 Cooperativa Agrícola do Távora
- 3 N. Senhora da Purificação Convent - Freiras Church
- 4 Carvalhais Manor House
- 5 Fonte Arcada Romanesque Church
- 6 Fonte Arcada Fountain
- 7 Casa da Loba - Fonte Arcada
- 8 N. Senhora da Assunção de Tabosa Monastery
- 9 Nossa Senhora da Lapa Sanctuary
- 10 Sernancelhe Main Church
- 11 Sernancelhe Pillory
- 12 Carvalhos Baroque Manor House
- 13 Sculptures along Sernancelhe main streets
- 14 Penedono Castle



### CISTER VINES ROUTE | THE MONASTERIES PATH

- 1 Nossa Senhora dos Remédios Sanctuary
- 2 Lamego Cathedral
- 3 Lamego Museum
- 4 São Pedro de Balsemão Chapel
- 5 Armamar Main Church
- 6 Santa Maria de Salzedas Monastery
- 7 Ucanha Bridge
- 8 Murganheira Wine Cellars
- 9 Cistercian Order Monastery
- 10 Santa Cruz Estate - Brilhande



Sernancelhe Pillory



### OLIVE OIL ROUTE

In the region of Trás-os-Montes and Alto Douro, no dinner table is complete without fine olive oil. Being a main ingredient for almost every local delicacy, the region's PDO olive oil is at the origin of this route. Set off to discover this world of flavours and aromas where the olive tree is mistress and queen, and enjoy the cosiness of being at the region's dinner table!

There are organized tours that take you on a visit to local producers and large cooperatives, where you'll be invited to discover the secrets behind the art of turning olives into oil. You'll also have the chance to participate in the whole process on one of the many olive oil mills, from the olive harvest to its transportation, selection and squeezing. Finally, there's no better way to end the day than enjoying a delicious "tibornada" at one of the typical restaurants or wineries!

“Discover the olive oil cycle, from the planting to the harvest of olive trees, and cheer an exclusive sense of taste with one of the many regional delicacies...”



Casa de Selores

Whatever tour you choose, you'll be able to discover a broad monumental, architectonic, religious and natural heritage, especially in the historic centres, where you should take an unhurried walk through the narrow streets, entering small craftsmanship stores, tasting oven-roasted kid on a typical restaurant and visiting one of the many wineries...

Around the historic centres, venture through mountains and valleys and discover the region's fauna and flora diversity while marvelling with the many breathtaking viewpoints! This is the best way to get to know this subregion, by mingling with its people, its traditions, its products and its values.

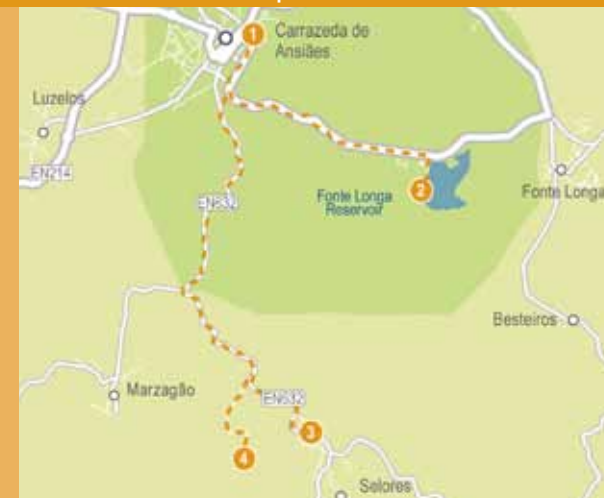
### OLIVE OIL ROUTE | FROM THE MANUELINE CAPITAL TO THE CÔA VALLEY ROCK ART

- 1 Freixo de Espada à Cinta Main Church
- 2 Torre do Galo
- 3 Pólares Ancient Fountain
- 4 Congida River Beach
- 5 Mazouco's Horse
- 6 Torre de Moncorvo Main Church
- 7 Nossa Senhora da Teixeira Hermitage
- 8 Horta de Vilarica Main Church
- 9 Rock Art at the Côa Valley Archaeological Park
- 10 Vila Nova de Foz Côa Main Church
- 11 Vila Nova de Foz Côa Pillory
- 12 Casa Grande of Freixo de Numão
- 13 Numão Castle



### OLIVE OIL ROUTE | AT THE HEART OF TRÁS-OS-MONTES

- 1 Carrazeda de Ansiães Main Church
- 2 Fonte Longa Dam
- 3 Casa de Selores
- 4 Castle's Portico



### OLIVE OIL ROUTE | IN THE LANDS OF WINES AND FORMIDABLE OLIVE OILS

- 1 Casa do Herói Milhões
- 2 Porca da Murça
- 3 Murça Misericórdia Chapel
- 4 Fiolhoso Roman Pavement
- 5 Fonte Coberta Dolmen
- 6 Alijó Pillory
- 7 Man of the Douro Statue
- 8 São Mamede de Ribatua Main Church
- 9 Abel Botelho Park
- 10 Barcos Romanesque Chapel
- 11 Granja do Têdo Roman Bridge
- 12 São Pedro das Águas Hermitage







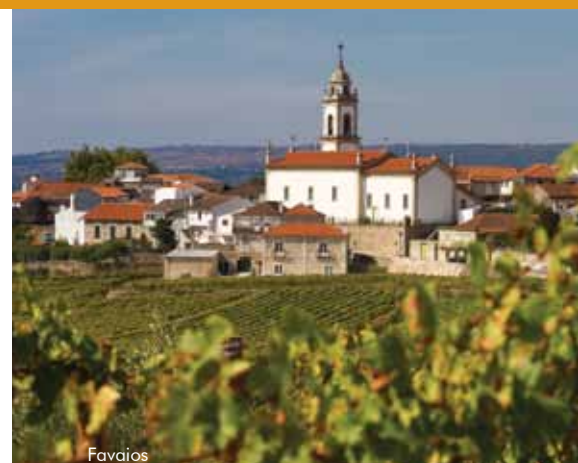
### VINEYARD VILLAGES

The so called Vineyard Villages are located in the Douro and originate from a project to regenerate this region, by recovering the existing heritage, dynamizing the region's culture, rescuing traditional arts and valuating its fine gastronomy. From amongst the nearly 600 rural settlements existing in the region, the ones chosen to include this project were Barcos, Favaíos, Provesende, Ucanha, Salzedas and Trevões, due to its uncommon beauty and to the connection of its history and traditions with the wine and the vine.

These small but interesting villages have undergone a deep urban and landscape restoration which has made them perfect examples of the vineyard region's beauty. Discover narrow alleys where manor houses, ancient churches, buildings with lovely flowery balconies and impressive monasteries were erected, and taste local delicacies that would have faded into oblivion if it wasn't for the recovery works. Six little treasures to discover!

The Festival das Aldeias Vinhateiras stands for the zone's main attraction and has been organized by the Turismo do Douro in cooperation with public, local, private and municipal institutions, which have developed various activities around a certain theme or time of the year that relates with the villages' own history. Each festival's theme varies from year to year, and the past editions have been dedicated whether to the Middle Ages, the golden ages of the Pombaline saga, the local products or local folktales and traditions. What are you waiting for to come discover the vineyard villages?

### DOURO VINEYARD VILLAGES



Favaíos



Provesende



Ucanha



Salzedas



Trevões



Barcos





Santa Maria de Almacave Church



Vila Real Cathedral



N. S. da Assunção de Tabosa Monastery

## RELIGIOUS TOURISM

### THE WAYS OF SAINT JAMES

As the saying goes, all ways lead to Santiago de Compostela. And the Trás-os-Montes/Douro region is no exception.

Thanks to the efforts of Viseu, Castro Daire, Lamego, Peso da Régua, Santa Marta de Penaguião, Vila Real, Vila Pouca de Aguiar and Chaves municipalities, the Portuguese Inner Way of Saint James (Caminho Português Interior de Santiago) is being reactivated in cooperation with the Galician Jacobeu Foundation.



Lamego Cathedral

The reactivation of this path, which extends for about 100 miles between Viseu and Chaves, includes signalling and dynamizing the area as well as transforming public buildings (schools, forest houses, halts) into hostels for pilgrims.

Although everything was done to keep up the original path, some sections had to be adapted because either they didn't exist or had been intersected by new roads.

The way's first section, between Relvas (Vila Real) and Tourencinho (Vila Pouca de Aguiar) was inaugurated in the end of 2011. There is much evidence of the Jacobean route passing through the municipality of Vila Real. Although there's nothing left of the ancient Saint James Chapel (Capela de Santiago), headquarters for a Saint James brotherhood, or the Espírito Santo Chapel (also known as Hospital's Chapel, an asylum for poor pilgrims), there are other hints that account for the existence and the importance of the route in this region. In Vila Real alone, there are about twelve villages with chapels dedicated to Saint James and 17 parishes whose patron saint is James the Apostle. Come discover the Jacobean route!

## PORTUGUESE INNER WAY OF SAINT JAMES



## RELVAS - TOURENCINHO SECTION







Nossa Senhora dos Remédios Sanctuary



Salzedas Convent

### ROUTES FOR VISITING AND GETTING TO KNOW THE RELIGIOUS HERITAGE

TUREL, an association whose purpose is to promote cultural and religious tourism, has outlined three interesting routes that are detailed in the Religious Douro Guide, namely the Landscape and Religion Route, the Douro Under Seven Locks Route and the Marvellous Route, whose relevance in discovering the Douro natural, cultural and religious heritage is undeniable.

The Landscape and Religion Route takes advantage of the amazing viewpoints the Douro has to offer, highlighting some places where the beauty of the natural heritage combines with the richness of the religious heritage. As landscape changes according to the season of the year, in summer there's purple from the clusters of grapes, in spring there's green from the vines, in winter there's brown from the naked grapevines and in autumn there's a wide and magnificent palette of colours.

“ If you feel like learning some more,  
venture through towns  
and villages and explore!

The Douro Under Seven Locks Route takes you on a journey of discovery through 7 monuments which, although normally closed, also allow for a visit. Since these temples are only opened during worship hours, visitors are compelled to look for the monument's keeper, thus stimulating a closer contact with the locals. It's a great opportunity to verify the Douro people's warmth!

Finally, the Marvellous Route takes you through the most relevant monuments in the Douro, so different in style but always charming and harmonious. It extends along the Douro Sul and Douro Superior and mainly includes buildings listed as National Monument or as Public-Interest Real Estate.



Fraga de Panóias



Vila Nova de Foz Côa Main Church





Arnal Waterfall



Maronesa Breed Cattle



TRAILS AT ALVÃO NATURAL PARK

There are two interesting pedestrian trails (Percursos Pedestres) within the Alvão Natural Park, along which you can admire and photograph the local fauna and flora.

The Agarez-Arnal-Agarez Pedestrian Trail begins at road EM 1214, between Agarez and Arnal, and extends for about 4 miles, along which you'll be able to enjoy amazing views over Vila Real, the surrounding mountains and the village of Galegos da Serra. The trail passes by several streams and lagoons which, in summer, invite for a refreshing bath.

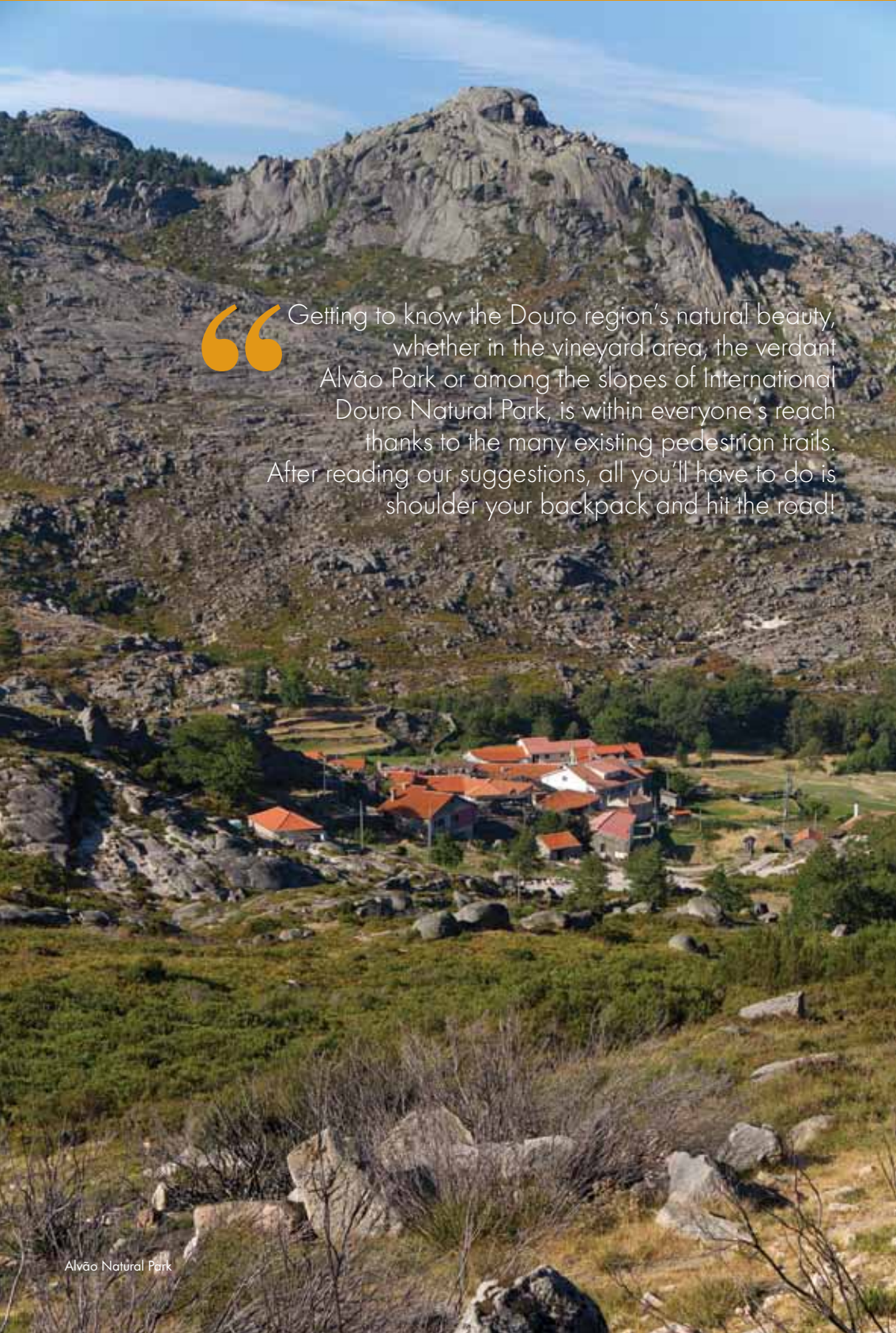
The Dams Pedestrian Trail (Barreiro and Lamas d'Olo) is more comprehensive and begins at north of the Cimeira Dam, where the earthen road meets the EM 312-1 road. It extends for about 8.4 miles and passes by a variety of agricultural fields, dams, marshes, oak and pine forests, and the small villages of Barreiro and Lamas d'Olo.

Take the most of both trails and don't forget to appreciate and photograph the local fauna and flora!

In order to get to the Alvão Natural Park, which divides between the municipalities of Mondim de Basto and Vila Real, you should take the IP4 expressway and then follow the EN 304 road that goes across the park. To get advice on lodging and pedestrian trails available within the park, please contact its headquarters (Address: Largo dos Freitas, Phone: 259302830; E-mail: pnal@icn.pt) or its branch office in Mondim de Basto (Address: Lugar do Barrio, Sítio do Retiro; Phone: 255381209), where the Alvão Natural Park Interpretive Centre is located. Here, you'll be able to learn a little more about this magnificent natural park's heritage.



“Getting to know the Douro region’s natural beauty, whether in the vineyard area, the verdant Alvão Park or among the slopes of International Douro Natural Park, is within everyone’s reach thanks to the many existing pedestrian trails. After reading our suggestions, all you’ll have to do is shoulder your backpack and hit the road!”



Alvão Natural Park





Miradouro do Colado



Barca D'Alva

TRAILS AT INTERNATIONAL DOURO NATURAL PARK

The International Douro Natural Park, which comprises the municipalities of Miranda do Douro, Mogadouro, Freixo de Espada à Cinta and Figueira de Castelo Rodrigo, also features some interesting trails for you to discover paradisiacal nooks.

Although the Cascata da Faia d'Água Alta Pedestrian Trail consists of only half a mile, it also features a longer, alternative route connecting to Bemposta. It takes you along paths with amazing views over the Douro and the Ribeira de Bemposta valley escarpments, and its highlight is the Faia d'Água Alta waterfall which reaches almost 200 feet high!

The Almofala - Santo André das Arribas Pedestrian Trail begins and ends at the Griffon's Fountain in Almofala, extending for about five miles. Along the route, you won't resist being fascinated by the beautiful landscape of the Águeda River craggy valley and the bucolic rural landscape that highlights vines and wooded pasturelands.

The Ribeira do Mosteiro - Calçada de Alpajares Pedestrian Trail begins and ends at the Ribeira do Mosteiro River Mouth, also extending for about five miles. This route combines magnificent landscapes, such as the valley where the Ribeira do Mosteiro flows, with historic buildings and archaeological vestiges, such as the Alpajares Pavement, the Barca de Alva railway station and both the São Paulito and Alva hill forts.

PEDESTRIAN TRAILS AT ALVÃO NATURAL PARK



Finally, the Miranda do Douro - São João das Arribas Pedestrian Trail begins and ends at the Miranda do Douro Cathedral, passing by the city's cathedral and walls, the Ribeira de Moinhos watermills, the remains of a hill fort next to the São João das Arribas Chapel, and both the villages of Vale de Águia and Aldeia Nova with their traditional housing.

Over its 12 miles long, you'll also be able to appreciate the amazing craggy landscape of the Douro escarpments, the marshes and the woods of oak and holm oak.



Pedestrian Trail at Douro Internacional







TOWN HALL PROMOTED TRAILS

There are many other pedestrian trails promoted by local authorities to explore the Douro territory in all perspectives, from beautiful landscapes to its fauna and flora, as well as its building and intangible heritage. You'll be able to choose from landscape, culture, history, ethnography, geology or sports-related trails, with different degrees of difficulty, duration and extension.

“ Come explore the Douro on foot and feel the overwhelming communion between man and nature.



Along these paths, you'll get a closer look at the region's history, ethnography and culture, not to mention the beautiful landscape of the terraced vines, the typical schist buildings, the narrow earthen roads between vineyard estates, the magnificent viewpoints with privileged views over watercourses, chestnut trees, pine trees, oaks, mountains and mines!

At the rural settlements these trails go through, you'll find corn cribs, threshing floors and granite houses, as well as typical restaurants were to recover strenght before continuing your walk. Come explore the Douro on foot and feel the overwhelming communion between man and nature.

MAJOR PEDESTRIAN TRAILS			
Trilho da Pala da Moura	Vilarinho da Castanheira - Carrazeda de Ansiães	41° 12' 14.158 N	7° 12' 48.357 W
Trilho de Linhares	Linhares - Carrazeda de Ansiães	41° 12' 14.145 N	7° 21' 39.316 W
Trilho do Castelo	Lavandeira - Carrazeda de Ansiães	41° 11' 36.406 N	7° 18' 03.873 W
Trilho da Fraga das Ferraduras	Carrazeda de Ansiães - Carrazeda de Ansiães	41° 14' 35.800 N	7° 18' 07.231 W
Trilho da Foz do Tua	Castanheiro - Carrazeda de Ansiães	41° 13' 57.776 N	7° 23' 39.458 W
Percurso Pedestre de Calçada de Alpajares	Calçada de Alpajares, Poiares - Freixo de Espada à Cinta	41° 03' 31.044 N	7° 53' 56.669 W
Percurso Pedestre Mazes - Rio do Santo	Mazes - Lamego	41° 00' 55.530 N	7° 51' 01.728 W
Percurso da Anta de Mazes	Mazes - Lamego	41° 00' 59.465 N	7° 51' 00.234 W
Percurso das Máscaras de Lazarim	Lazarim - Lamego	41° 00' 56.167 N	7° 51' 01.062 W
Percurso de Balsemão	Sande - Lamego	41° 07' 27.073 N	7° 47' 08.808 W
Percurso da Serra das Meadas	Serra das Meadas - Lamego	41° 05' 48.001 N	7° 48' 25.549 W
Percurso Terras de D. Afonso	Lalim - Lamego	41° 02' 23.842 N	7° 48' 56.441 W
Percurso do Vinho do Porto	Samodães - Lamego	41° 08' 16.526 N	7° 49' 27.394 W
Percurso Pedestre Cimo de Vila	Largo da Independência - Mesão Frio	41° 09' 21.413 N	7° 53' 38.735 W
Rota da Paiva	Segões - Moimenta da Beira	41° 51' 32.429 N	7° 40' 11.507 W
Rota do Távora	Azenha - Moimenta da Beira	41° 56' 57.782 N	7° 34' 00.671 W
Rota da Serra	Pêra Velha - Moimenta da Beira	41° 55' 21.025 N	7° 38' 25.296 W
Percurso Pedestre do Rio Tinhela	Rebelos - Murça	41° 23' 24.236 N	7° 27' 01.790 W
Rota do Sirigo - PR1	Antas - Penedono	41° 56' 33.364 N	7° 23' 19.518 W
Percurso de Orientação de Garganta	Garganta - Sabrosa	41° 29' 35.920 N	7° 61' 08.675 W
Trilho Torgueano de São Martinho de Anta	São Martinho de Anta - Sabrosa	41° 09' 18.277 N	7° 37' 01.532 W
Trilho Torgueano de São Cristóvão do Douro	São Cristóvão do Douro - Sabrosa	41° 13' 03.774 N	7° 34' 01.106 W
Trilho da Quinta Nova	Quinta Nova, Covas do Douro - Sabrosa	41° 09' 43.376 N	7° 35' 44.189 W
Trilho do Aguilhão	Louredo - Santa Marta de Penaguião	41° 15' 11.452 N	7° 49' 31.454 W
Trilho da Senhora da Serra	Soutelo - Santa Marta de Penaguião	41° 15' 32.339 N	7° 51' 32.688 W
Trilho das Belas Vistas	Fornelos - Santa Marta de Penaguião	41° 14' 49.682 N	7° 48' 29.041 W
Trilho do Corgo	Alvações - Santa Marta de Penaguião	41° 11' 49.974 N	7° 45' 12.935 W
Percurso Pedestre Alvações do Corgo - Vila Maior	Alvações do Corgo - Santa Marta de Penaguião	41° 11' 51.558 N	7° 45' 09.432 W
Trilho do Céu e da Terra	Cumieira - Santa Marta de Penaguião	41° 15' 26.327 N	7° 46' 24.996 W
Trilho das Portas da Vila	EM 601, São Miguel de Lobrigos - Santa Marta de Penaguião	41° 11' 52.754 N	7° 47' 18.410 W
Rota dos Vinhos da Europa - Troço de S. J. Pesqueira	São João da Pesqueira	41° 09' 55.112 N	7° 28' 29.690 W
Rota dos Castanheiros	Paredes da Beira - São João da Pesqueira	41° 08' 52.843 N	7° 24' 24.282 W
Rota das Vinhas	Ervedosa do Douro - São João da Pesqueira	41° 03' 49.324 N	7° 21' 20.909 W
Rota das Amendoeiras	Vilarouco - São João da Pesqueira	41° 03' 49.324 N	7° 21' 20.909 W
Rota das Oliveiras	Largo da Devesa - São João da Pesqueira	41° 08' 52.843 N	7° 24' 24.282 W
Rota da Castanha e do Castanheiro	Semancelhe	41° 54' 01.512 N	7° 29' 41.726 W
Percurso Pedestre Vale do Tedo (PR1)	Granja do Tedo - Tabuaço	41° 04' 01.628 N	7° 36' 52.153 W
Percurso Pedestre Calçadas Romanas (PR2)	Távora - Tabuaço	41° 05' 59.273 N	7° 32' 03.844 W
Percurso Pedestre Socalcos do Douro (PR3)	Adorigo - Tabuaço	41° 08' 48.030 N	7° 36' 24.178 W
Percurso Pedestre Anfiteatro da Vinha (PR4)	Valença do Douro - Tabuaço	41° 09' 34.931 N	7° 33' 24.584 W
Percurso Pedestre História e Natureza (PR5)	Santa Leocádia - Tabuaço	41° 07' 35.425 N	7° 37' 36.847 W
Percurso Pedestre Pelas Cumedeas de Chavães (PR6)	Chavães - Tabuaço	41° 05' 09.143 N	7° 34' 04.552 W
Percurso Pedestre Por Castelos e Caminhos de Pedra (PR7)	Sendim - Tabuaço	41° 02' 56.850 N	7° 32' 21.682 W
Rota dos Vinhos da Europa - Troço de Tabuaço	Granja do Tedo - Tabuaço	41° 04' 01.628 N	7° 36' 52.153 W
Rota da Cigadonha	Carviçais - Torre de Moncorvo	41° 10' 50.052 N	7° 53' 33.940 W
Percurso Pedestre da Senhora do Viso	Custóias - Vila Nova de Foz Côa	41° 05' 33.590 N	7° 19' 38.496 W
Percurso Pedestre das Barragens (Barreiro e Lamas d'Olo)	EM 312-1, Barreiro - Vila Real	41° 21' 01.253 N	7° 47' 32.341 W
Circuito do Lobo	Samardã - Vila Real	41° 22' 55.394 N	7° 42' 13.129 W
Circuito de Constatim	Constantim - Vila Real	41° 16' 56.010 N	7° 41' 45.866 W
Circuito do Carvalhal	São Miguel da Pena - Vila Real	41° 17' 28.021 N	7° 48' 55.336 W
Circuito do Mineiro	Vila Cova - Vila Real	41° 18' 58.126 N	7° 51' 24.473 W
Percurso Pedestre Agarez-Amal	EM 1214, Agarez - Vila Real	41° 19' 14.718 N	7° 47' 05.219 W
Circuito das Três Aldeias	Linhares - Vila Real	41° 21' 39.672 N	7° 39' 09.241 W



The São Leonardo da Galafura Viewpoint was one of Miguel Torga's favourite writing places. As a matter of fact, the chapel features a mosaic panel with the writer's poem:

"At the prow of a ship of cliffs,  
Sailing in a sweet sea of must,  
Captain at his steering wheel,  
São Leonardo keeps plowing  
The waves of eternity,  
Unhurried to meet his destiny.  
Moored and joyful at the human pier,  
It's in an early delusion  
He bears towards the pier divine.

There will be no vineyards nor terraces  
In the apple of his dazzled eyes;  
Drained rivers  
Will be ponds of light  
Aged;  
Shallow, all the mountains  
Shall broaden the horizons  
Until where life's colour fades.

Hence he slowly approaches  
Bliss.  
Laggardly the boat moves forward  
Beneath his sailor feet.  
And each further hour spent on the way  
Is a further whiff  
Of earth and rosemary!", in Diário IX



Miradouro de S. Leonardo da Galafura

## DOURO PATHWAYS AND VIEWPOINTS

The Douro pathways (caminhos) are vast and heterogeneous, but always astonishingly beautiful and packed with breathtaking viewpoints (miradouros)! As such, and because it's impossible to name them all, here are a few examples.

In Alijó, nearby Pinhão, the Casal de Loivos Viewpoint is a privileged viewpoint over the Douro River (you'll also be able to catch a glimpse of the Pinhão River mouth), Casal de Loivos and the São Domingos Mountain Range. On its turn, the Nossa Senhora da Piedade Viewpoint, in Sanfins do Douro, features a hermitage dedicated to Nossa Senhora da Piedade. Located at about 2.460 feet high, this viewpoint provides sublime views over the vines, with the Marão Mountain Range in the background.

In Armamar, specifically in Fontelo, the São Domingos Viewpoint offers beautiful views over the vines, the Douro, the Varosa River Valley and the Marão, Meadas and Alvão mountain ranges.

In Carrazeda de Ansiães, don't miss the Douro Route Viewpoint, in the civil parish of Beira Grande, whose lower altitude (at about 1.310 feet high) lets you get a closer look at the vines, the estates, the Douro River, the Monte dos Tordos and the riverside settlements.

In the municipality of Lamego, specifically at Avões in the Meadas Mountain Range, the Boa Vista Viewpoint allows for an amazing landscape diversity: the settlements, the Douro River and

its valley, the Varosa River Valley, the Marão and Alvão mountain ranges, the São Domingos Mountain... All of this mottled with vines, chestnut groves, olive trees and pine tree forests!

In Mesão Frio, visit the São Silvestre Viewpoint, at Vila Jusã, where you'll be able to see the Meadas Mountain Range to the south and the Douro River in all its glory to the east. It's also possible to catch a glimpse of the Marão Mountain Range to the north.



Barca D'Alva

In Peso da Régua, at the intersection towards Vilarinho de Freires and heading upwards from Vila Seca de Póiares to Galafura, you'll find the well-known São Leonardo da Galafura Viewpoint, a privileged point of view that, on one side, offers a more common view and, on the other side, it overlooks the dominant Douro River which flows proudly through the vineyard slopes.

Also in Peso da Régua but nearly at the opposite end, in São Pedro de Loureiro, the Santo António Viewpoint is worth a visit for the privileged views it offers over the city, the vines, the Douro River, the three bridges, the Bagaúste Dam and the Varosa River valley.

In São João da Pesqueira you'll find the impressive São Salvador do Mundo Viewpoint, specifically at Vale da Figueira, one of the region's most beautiful viewpoints overlooking the Douro River, the vineyards and the Valeira Dam. The viewpoint itself is located halfway up the hill, while at the top you'll find a set of small chapels where the Corpus Christi Festival is held.

Also in São João da Pesqueira, specifically at Soutelo do Douro, you'll find the Nossa Senhora das Neves Viewpoint, located at about 2.300 feet high, which offers privileged views over the vineyard mountains and the olive groves, the Tua River mouth and its railway bridge, as well as over innumerable settlements.



Miradouro de Carrascalinho



Pocinho



Miradouro de Assumadouro



Pinhão



“ Set off to discover these privileged viewpoints and alternative pathways!

In Santa Marta de Penaguião, the São Pedro Viewpoint deserves special mention. Located near the village of Fontes and at about 2.155 feet high, it provides amazing views over the Marão Mountain Range and the surrounding region on a 360-degree perspective.

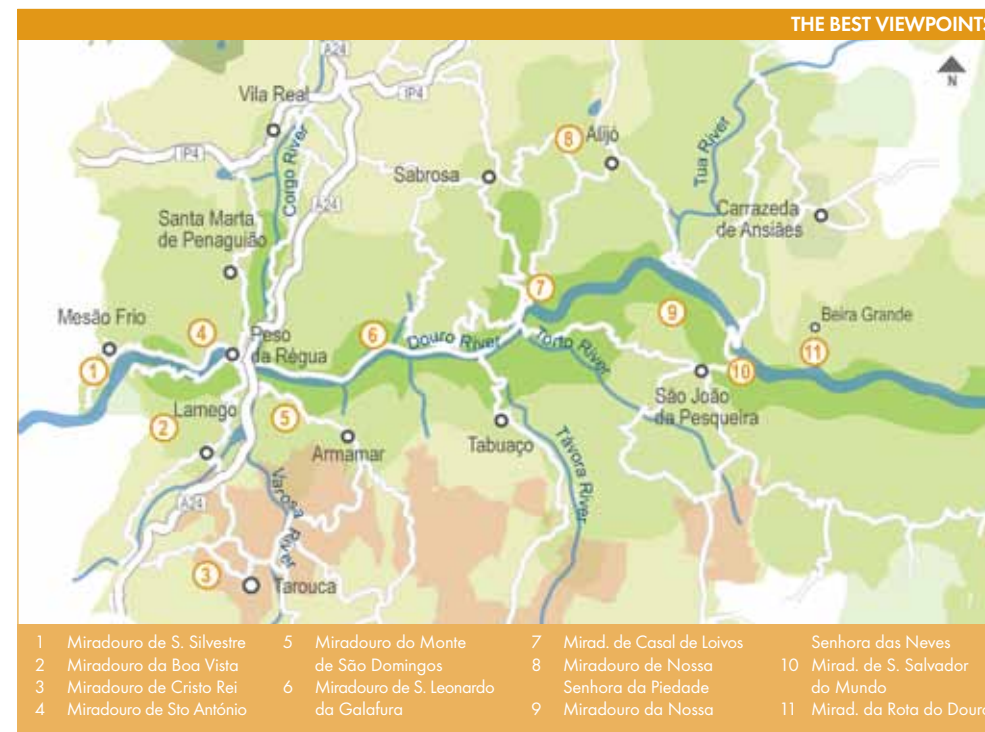
In Freixo de Espada à Cinta, located on the Douro River right bank and near the Spanish Saucelle Dam, the Penedo Durão Viewpoint provides terrific views over the schistous mountains.

Finally, it's also worth noting the Cristo Rei Viewpoint in Tarouca. The viewpoint itself, featuring an image of Christ the King, offers a different kind of landscape when comparing to the majority of the Douro viewpoints, due to the absence of vineyards and the predominance of a verdant panorama that includes pine tree forests, olive tree groves, chestnut trees and vegetable gardens. Please don't forget your camera!

Take these suggestions and set off to discover these privileged viewpoints and alternative pathways!



Miradouro de São Silvestre - Mesão Frio



Miradouro de Santo António - Peso da Régua



MAJOR VIEWPOINTS✉✦

ALLUÓ			
Miradouro da Senhora da Cunha	Alijó	41° 16' 58.681 N	7° 25' 11.917 W
Miradouro de Santa Marinha	Castedo	41° 13' 13.029 N	7° 27' 56.386 W
Miradouro do Senhor Jesus da Capelinha	Rua Senhor dos Aflitos - Vilar de Maçada	41° 19' 49.482 N	7° 33' 52.744 W
Miradouro de Casal de Loivos	Cabo da Rua - Casal de Loivos	41° 11' 55.020 N	7° 31' 54.982 W
Miradouro de N.º Sr.ª da Piedade	Sanfins do Douro	41° 17' 31.916 N	7° 30' 48.691 W
Miradouro de Santa Bárbara	Favaio	41° 16' 10.128 N	7° 29' 45.182 W

ARMAMAR			
Miradouro de São Lourenço	Queimadela	41° 05' 17.372 N	7° 45' 00.043 W
Miradouro de N.º Sr.ª da Boa Viagem	São Cosmado	41° 04' 03.011 N	7° 38' 43.775 W
Miradouro da Senhora da Graça	Cimbres	41° 03' 06.724 N	7° 41' 33.028 W
Miradouro de Santa Bárbara	Cimbres	41° 03' 36.482 N	7° 42' 58.397 W
Miradouro de São Domingos	Fontelo	41° 07' 14.684 N	7° 44' 47.596 W
Miradouro da Senhora da Saúde	Vila Nova de Santa Cruz	41° 03' 02.524 N	7° 40' 47.507 W
Miradouro da Misarela	Armamar	41° 06' 35.158 N	7° 41' 33.965 W

CARRAZEDA DE ANSIÃES			
Miradouro da Sr.ª da Paixão	Amal	41° 13' 10.042 N	7° 20' 55.360 W
Miradouro da Sr.ª da Boa Morte	Castanheiro	41° 14' 31.934 N	7° 18' 22.302 W
Miradouro da Sr.ª da Ribeira	Senhora da Ribeira - Seixo de Ansiães	41° 11' 23.813 N	7° 15' 54.814 W
Miradouro da Fontelonga	Fontelonga	41° 13' 48.644 N	7° 15' 49.446 W
Miradouro da N.º Sr.ª da Assunção	Vilarinho da Castanheira	41° 12' 12.060 N	7° 12' 55.433 W
Miradouro do Castelo de Ansiães	Lavandeira	41° 12' 08.233 N	7° 18' 17.204 W
Miradouro do Alto do Castelo	Linhares	41° 12' 06.789 N	7° 21' 55.110 W
Miradouro da Senhora da Graça	Amedo - Carreda de Ansiães	41° 15' 32.823 N	7° 18' 28.406 W
Miradouro da Rota do Daur	Beira Grande	41° 09' 25.830 N	7° 18' 23.245 W
Miradouro do Santuário de N.º Sr.ª da Costa	Seixo de Ansiães	41° 10' 57.593 N	7° 16' 03.255 W
Miradouro da Senhora da Saúde	Mogo de Malta	41° 16' 10.105 N	7° 15' 48.828 W
Miradouro de Tralhariz	Castanheiro	41° 13' 52.421 N	7° 23' 37.628 W

FREIXO DE ESPADA À CINTA			
Miradouro da Cruzinha	Rua do Cemitério - Lagoaça	41° 11' 27.383 N	7° 42' 50.196 W
Miradouro de Poiares	EN 221 - Poiares	41° 01' 52.280 N	7° 52' 30.808 W
Miradouro do Assumadouro	Poiares	41° 02' 39.934 N	7° 51' 44.404 W
Miradouro do Penedo Durão	Poiares	41° 02' 48.146 N	7° 49' 05.793 W
Miradouro de Freixo de Espada à Cinta	EN 221 - Freixo de Espada à Cinta	41° 02' 07.648 N	7° 49' 24.325 W
Miradouro de Cabecinho	Freixo de Espada à Cinta	41° 06' 18.417 N	7° 48' 15.771 W
Miradouro de Carrascalinhos	Fornos	41° 10' 08.184 N	7° 43' 55.345 W
Miradouro do Colado	EM 620 - Mazouco	41° 09' 08.360 N	7° 47' 27.148 W
Miradouro da Ribeira do Mosteiro	EN 325 - Poiares	41° 03' 23.831 N	7° 54' 14.244 W

LAMEGO			
Miradouro da Boa Vista	Avões	41° 06' 49.403 N	7° 50' 39.239 W
Miradouro do Alto da Senhora dos Remédios	Lamego	41° 05' 30.070 N	7° 48' 59.737 W
Miradouro do Senhor da Serra	Amoreiras - Lamego	41° 06' 19.577 N	7° 49' 56.146 W

MESÃO FRIO			
Miradouro do Imaginário	Lugar do Imaginário - Santa Cristina	41° 09' 30.024 N	7° 52' 47.964 W
Miradouro da Mata da Manuela	Barqueiros	41° 08' 21.408 N	7° 53' 36.888 W
Miradouro de Donsumil	Donsumil - Vila Marim	41° 10' 41.556 N	7° 52' 36.624 W
Miradouro Senhora da Piedade	Oliveira	41° 10' 34.788 N	7° 49' 37.020 W
Miradouro de São Silvestre	Cimo do Douro, Vila Jusã - Matos	41° 08' 58.147 N	7° 54' 05.405 W

MOIMENTA DA BEIRA			
Miradouro de Santa Bárbara	Aldeia de Nacomba	41° 57' 10.580 N	7° 36' 51.078 W
Miradouro do Santuário de Santo Antão	Peva	41° 52' 19.105 N	7° 41' 45.093 W
Miradouro da Capela da Senhora da Guia	Rua Nossa Senhora da Guia - Caria	41° 55' 52.433 N	7° 35' 50.477 W
Miradouro do Santuário de São Torcato	Cabaços	41° 01' 30.265 N	7° 34' 26.804 W
Miradouro do Santuário N.º Sr.ª da Conceição	Castelo	41° 02' 16.932 N	7° 37' 13.171 W

MURÇA			
Miradouro Fonte do Bairro das Árvores	EN 15 - Seixo	41° 24' 02.778 N	7° 27' 32.321 W

Miradouro de Curvas de Murça	EN 15 - Cadaval	41° 24' 14.855 N	7° 28' 44.102 W
Miradouro de São Domingos	Bairro do Pinheirinho - Murça	41° 25' 04.742 N	7° 26' 44.500 W

PENEDONO			
Miradouro de Cristo Rei	Póvoa de Penela	41° 01' 19.210 N	7° 48' 35.200 W
Miradouro de Santa Margarida	Póvoa de Penela	41° 03' 06.400 N	7° 23' 23.390 W
Miradouro de Santa Luzia	Póvoa de Penela	41° 03' 06.400 N	7° 23' 23.390 W

PESO DA RÉGUA			
Miradouro de Santo António	EM 600 - Pinheiro	41° 10' 32.609 N	7° 48' 51.815 W
Miradouro de São Leonardo da Galafura	Galafura	41° 10' 24.062 N	7° 40' 17.622 W

SABROSA			
Miradouro Torgueano da Capela de N.º Sr.ª da Azinheira	EM 1262 - São Martinho de Anta	41° 16' 41.759 N	7° 37' 02.730 W
Miradouro Torgueano de S. Cristóvão do Douro	EN 323 - S. Cristóvão do Douro	41° 07' 14.337 N	7° 33' 07.031 W
Miradouro de Sabrosa	EM 323 - Sabrosa	41° 16' 27.238 N	7° 34' 04.508 W
Miradouro do Senhor dos Aflitos	EM 567 - Torre do Pinhão	41° 23' 24.290 N	7° 36' 27.693 W
Miradouro da Capela de São Domingos	Provesende	41° 13' 33.814 N	7° 34' 34.496 W

SANTA MARTA DE PENAGUIÃO			
Miradouro de São Pedro	Senhora da Graça - São João de Lobrigos	41° 11' 04.519 N	7° 46' 17.034 W
Miradouro de São Pedro	Fontes - Crestelo	41° 13' 44.373 N	7° 48' 07.875 W
Miradouro de N.º Sr.ª do Viso	Fontes	41° 13' 49.203 N	7° 49' 57.371 W
Miradouro de Santa Bárbara	Cumieira	41° 14' 37.784 N	7° 45' 51.501 W

SAO JOÃO DA PESQUEIRA			
Miradouro da Senhora do Monte	São João da Pesqueira	41° 05' 35.920 N	7° 15' 50.101 W
Miradouro de Frei Estevão	EN 222 - Ervedosa do Douro	41° 06' 07.578 N	7° 17' 33.162 W
Miradouro de Santa Cruz	Varzea de Trevões	41° 03' 37.454 N	7° 16' 57.414 W
Miradouro da Senhora da Assunção	Paredes da Beira	41° 02' 07.393 N	7° 16' 54.926 W
Miradouro de Vargelas	Vale de Figueira	41° 04' 50.678 N	7° 11' 31.182 W
Miradouro de São Domingos	Castanheiro do Sul	41° 04' 25.378 N	7° 18' 08.381 W
Miradouro de Santa Luzia	Vilarouco	41° 02' 39.905 N	7° 12' 52.682 W
Miradouro das Carvalhas	Ervedosa do Douro	41° 09' 55.573 N	7° 28' 31.717 W
Miradouro da N.º Sr.ª das Neves	Soutelo do Douro	41° 10' 57.413 N	7° 25' 42.980 W
Miradouro da Senhora de Lurdes	Nagoselo do Douro	41° 06' 49.475 N	7° 14' 09.438 W
Miradouro de São Salvador do Mundo	Bairro do Sidrô - São João da Pesqueira	41° 09' 09.502 N	7° 21' 59.985 W
Miradouro de Santa Bárbara	Rua do Miradouro - Vale de Figueira	41° 08' 18.597 N	7° 20' 35.531 W
Miradouro de São Paio	Trevões	41° 02' 00.100 N	7° 15' 20.873 W
Miradouro do Bairro da Senhora D'Alegria	Bairro da Senhora D'Alegria - Riudades	41° 01' 09.310 N	7° 30' 07.364 W

SERNANCELHE			
Miradouro do Santuário da Sr.ª de Ao Pé da Cruz	Mosteiro	41° 52' 58.847 N	7° 29' 33.114 W
Miradouro da Serra do Pereiro	Sernancelhe	41° 52' 15.285 N	7° 28' 08.073 W
Miradouro da N.º Sr.ª da Saúde	Fonte Arcada	41° 57' 49.920 N	7° 31' 11.313 W
Miradouro da N.º Sr.ª das Necessidades	Vila da Ponte	41° 54' 46.803 N	7° 31' 21.911 W

TABUAÇO			
Miradouro do Alto da Escrita	Tabuaço	41° 07' 11.712 N	7° 33' 59.936 W
Miradouro do Fradinho	EN 313 - Tabuaço	41° 07' 12.119 N	7° 33' 58.723 W
Miradouro de Santa Leocádia	Santa Leocádia	41° 07' 32.725 N	7° 37' 37.902 W
Miradouro de N.º Sr.ª de Fátima	EN 504 - Valença do Douro	41° 09' 34.466 N	7° 33' 32.276 W
Miradouro de Valença do Douro	EN 504 - Valença do Douro	41° 09' 29.642 N	7° 33' 14.790 W
Miradouro de Távora	EN 323 - Távora	41° 06' 29.813 N	7° 32' 56.529 W
Miradouro da N.º Sr.ª da Conceição	EN 515 - Tabuaço	41° 06' 44.501 N	7° 33' 55.510 W
Miradouro do Calvário	Granja do Tedo	41° 04' 07.849 N	7° 36' 43.481 W
Miradouro da Granja do Tedo	Granja do Tedo	41° 04' 05.128 N	7° 36' 43.276 W
Miradouro de São Martinho de Adorigo	Adorigo	41° 09' 08.158 N	7° 36' 21.974 W
Miradouro de São Plácido	EN 226-2 - Tabuaço	41° 07' 11.747 N	7° 34' 54.164 W

TAROUCA			
Miradouro de Tarouca	Rua das Flores - Tarouca	41° 01' 04.980 N	7° 46' 26.089 W
Miradouro de Padiola	EN 530 - Valverde	41° 00' 07.450 N	7° 46' 51.423 W
Miradouro Nossa Senhora de Fátima	Vilarinho	41° 58' 54.180 N	7° 46' 22.348 W
Miradouro de Santa Helena	Serra de Santa Helena - Cravaz	41° 00' 06.871 N	7° 47' 37.913 W
Miradouro de Santa Catarina da Alexandria	Rua de Santa Catarina - Granja Nova	41° 02' 07.516 N	7° 43' 09.450 W
Miradouro Senhora do Calvário	Vila Chã da Beira	41° 01' 42.478 N	7° 40' 49.832 W



MAJOR VIEWPOINTS			
Miradouro de Santa Bárbara	Salzedas	41° 03' 36.974 N	7° 42' 59.449 W
Miradouro Senhora da Piedade	Calçada Romana - Ucanha	41° 03' 15.615 N	7° 43' 46.530 W
Miradouro de Cristo Rei	Gondomar	41° 01' 20.331 N	7° 48' 34.016 W
TORRE DE MONCORVO			
Miradouro do Alto da Barca ou FEVEREIRA	Peredo dos Castelhanos	41° 05' 08.232 N	7° 05' 45.888 W
Miradouro da Senhora da Glória	Peredo dos Castelhanos	41° 06' 22.212 N	7° 04' 40.980 W
Miradouro de Santa Bárbara	Lousa	41° 09' 41.105 N	7° 10' 59.340 W
Miradouro da Fraga do Facho	Torre de Moncorvo	41° 09' 59.688 N	7° 02' 08.772 W
Miradouro da Senhora do Castelo	Urras	41° 04' 37.272 N	7° 02' 26.124 W
Miradouro de Santa Leocádia	Torre de Moncorvo	41° 13' 30.252 N	7° 50' 04.560 W
Miradouro de São Gregório	EM 611 - Estevais	41° 13' 30.252 N	7° 50' 04.560 W
Miradouro do Santuário de N.º Sr.ª do Castelo	Estevais	41° 14' 56.256 N	7° 04' 48.252 W
VILA NOVA DE FOZ CÔA			
Miradouro de Castelo Velho	Freixo de Numão	41° 04' 25.973 N	7° 11' 44.697 W
Miradouro de Santo Amaro	Santo Amaro	41° 05' 54.381 N	7° 10' 10.461 W
Miradouro de Santa Bárbara	Mós	41° 06' 53.740 N	7° 11' 52.513 W
Miradouro de Amozelo	Amozelo	41° 08' 11.194 N	7° 17' 38.285 W
Miradouro de São Gabriel	Castelo Melhor	41° 01' 57.329 N	7° 04' 36.523 W
Miradouro de N.º Sr.ª do Viso	Custóias	41° 05' 32.996 N	7° 19' 40.347 W
Miradouro de São Martinho	Monte de São Martinho - Seixas	41° 07' 35.091 N	7° 14' 54.372 W
Miradouro do Santuário de N.º Sr.ª do Viso	Custóias	41° 05' 33.210 N	7° 19' 39.929 W
Miradouro de Foz Côa	Vila Nova de Foz Côa	41° 04' 53.153 N	7° 08' 50.478 W
VILA REAL			
Miradouro da Vila Velha	Vila Velha	41° 17' 29.047 N	7° 44' 45.08 W
Miradouro de Muas	Muas	41° 19' 59.53" N	7° 46' 56.31" W



Provesende Main Church

Here are also some suggestions for alternative pathways you can take either on foot or by car. The Açoreira pathway runs through the Vale das Vinhas for about 2.8 miles while letting you know the typical Trás-os-Montes landscape. Over two hours, you'll walk through pathways intersected by tiny streams, passing by the Açoreira Main Church, the Santa Bárbara and Divino Espírito Santo chapels and also the Nossa Senhora da Teixeira Chapel.

On the Barcos-Quinta do Monte Travesso route, which extends for about 3.6 miles, you'll first get to know the former vineyard village and its worth noting main church, pillory and blazoned houses, after which you'll follow through some sections of ancient Portuguese pavement, wine producing estates and wide vineyards.

Also beginning at the village of Barcos, where you'll be able to visit the already mentioned points of interest, there's the Barcos-Adorigo route that extends for about 6 miles. This pathway offers different landscapes, from the vines to the Tedo River valley and the mighty Douro River.

The Provesende-Pinhão pathway integrates the Great Route that links São Martinho de Anta to Pinhão and stands for the second section of the latter. Beginning at the vineyard village of Provesende and ending in Pinhão, this route extends



Foz da Ribeira de Gouvinhas

for about 2.5 miles and provides amazing views over the Pinhão and Douro rivers, with a continuous background of vines.

The São Martinho de Anta-Garganta route begins at Miguel Torga's home town, who used to say the following: "São Martinho is the perfect refuge. A stronghold where I take shelter twice or thrice a year and where I feel inexpugnable every day.", in "Diário X".

Here you may visit Miguel Torga's parental home, the primary school he attended and the cemetery where this great poet was buried. In spite of its cultural scope, this route takes you through 6.2 miles of spectacular natural landscapes, passing by the Nossa Senhora da Azinheira Chapel, the São João Chapel, the São Martinho de Anta Hill Fort and also some tumuli.

The Senhora do Viso pathway begins at the viewpoint after which it was named. Extending for about 5 miles, it takes you through the Vale do Monte Grande and passes by traditional earthen roads flanked by vines and olive tree groves towards Custóias. Along the route, you'll get to know the Senhora do Viso Chapel, the Custóias Main Church, the Senhora do Rosário Chapel, the Senhora da Graça Chapel medieval vestiges and an ancient olive oil mill.

Lastly, there's the Mazes-Rio do Santo pathway, an interesting 1.4 mile long trail that begins at the small village of Mazes and then descends through lanes which were used by former millers on their way to Rio do Santo, where you should visit the watermills, a curious cave excavated by the strength of water and the beautiful waterfalls.



Santa Bárbara de Felgar Chapel



Quinta do Monte Travesso





The route then returns to the typical village of Mazes, where you'll be able to appreciate the picturesque details of such a rural settlement.

As far as car routes is concerned, a good choice for the ones who don't like to or can't walk for long is to take the Alijó-Pesqueira, the São Martinho de Anta or the Tabuaço route.

The Alijó-Pesqueira route, which extends for about 24 miles, begins in Alijó, then follows through Favaio, Pinhão, Casais do Douro and Ervedosa do Douro towards its end in São João da Pesqueira.

On its turn, the São Martinho de Anta route runs for about 42.5 miles of sinuous routes and breathtaking views. Besides the ever-present vines, you'll also catch a glimpse of the Douro, the Pinhão and the Ceira rivers. São Martinho de Anta - Miguel Torga's home town - is the route's starting and ending point, which passes through Paradel de Guiães, Ordonho, Gouvinhas, Ferrão, Covas do Douro, Chanceleros, Pinhão, São Cristóvão do Douro, Provesende, Vilela and Paradel de Guiães.



Ervedosa do Douro

#### PEDESTRIAN TRAILS



- |  |                               |  |
|--|-------------------------------|--|
| 1 Percurso Barcos - Adorigo                  | 3 Percurso da Açoreira        | 6 Percurso Provesende - Pinhão             |
| 2 Percurso Barcos - Quinta do Monte Travesso | 4 Percurso da Senhora do Viso | 7 Percurso São Martinho de Anta - Garganta |
| 5 Percurso Mazes - Rio do Santo              |                               |  |



The Tabuaço route, which extends for about 33.5 miles, begins and ends in Tabuaço after passing through Desejosa, Valença do Douro, Santa Leocádia and the unique vineyard village of Barcos. It offers magnificent views over the Douro River framed by vines and its Têdo and Távora tributaries.

The final suggestion is a journey round the Douro Sul: the route starts in Lamego or at the vineyard village of Salzedas, then follows the EN226 and EN329 roads towards São João da Pesqueira and passes through Alvite - where you'll be able to get to know the local craftsmanship, namely baskets, wool socks and hoods, clogs and rag rugs - and Soutosa, where you should visit the Aquilino Ribeiro Foundation. At the EN323 road, head to the Nossa Senhora da Lapa Sanctuary, then follow towards Sernancelhe, pass through Penedono and end up in São João da Pesqueira.

All these routes' duration varies according to whether you choose to stop at localities - and get to know their rich historic and cultural heritage - or to focus only on the sublime panorama the region's viewpoints (and panoramic roads) have to offer. In one case or another, don't leave your camera at home!







### RAFTING AND CANOEING

The Douro River and its tributaries offer many chances to carry out sport and recreational activities. From the already mentioned cruises to rafting and canoeing circuits, the possibilities are endless.

If you're fond of speed and slow walks are not your style, don't worry because there are many options for the adrenaline lovers, such as the jetboat (with circuits between the Sabor River Mouth and Valeira or between Pocinho and Barca d'Alva) or jet skis that can be rented on a hourly rate (for instance, at the river wharf located in the Sabor River Mouth).



However, rafting and canoeing circuits are undoubtedly the first choice of extreme sports enthusiasts, and there are many companies promoting such thrills. With different circuits available, these activities allow for a closer contact with the Douro River and its tributaries, such as the Sabor and Varosa rivers, as well as for the enjoyment of the region's natural beauty in its purest state. You'll be able to choose from a ride through the Douro wine region, encircled by its aligned terraces, or the International Douro, amongst its mighty escarpments.

In the Sabor River, you'll be offered a wilder and harsher landscape that lets you appreciate its untouched natural diversity.



The wild waters of the Varosa River can be explored, for instance, in a raft-canoe (a more stable canoe with two or three places) or in a raft-kayak (a very maneuverable single-place boat).

If you wish, you can choose a circuit that combines other activities with canoeing or rafting. In Vila Nova de Foz Côa, for instance, you'll find combined tours that include canoeing on the Douro River and off-road rides that'll take you to its famous petroglyphs.





*"One morning, Jupiter showed up me at Barca de Alva and said, putting his friendly hand on my shoulder: - "Do you want to write a Homeric poem? Do you see this wild land? Tear it, rise it in terraces, grow vines on it. I shall give you the Sun to marry it!" Feeling naive and dazzled, I set to work. One day, several years later, Jupiter returned: - "Nice grapevines, Abílio!" - "A hundred thousand, Mr Jupiter..." - "A hundred thousand gold verses. You've written your finest book", Guerra Junqueiro.*

### CULTURAL ROUTES

"O Douro nos Caminhos da Literatura" literary route, promoted by the Direção Regional de Cultura do Norte, is a great starting point to get to know the Douro from a more cultural perspective. Resulting from the project "Viajar com... Os caminhos da Literatura", this route includes seven video documentaries dedicated to writers from the Douro lands, which are nothing more than both tourist and literary route proposals that invite you to go through the region based on the novels of some authors, focusing on the natural and human landscape that served as source of inspiration.

The authors referred to, either born in the Douro region or having strong connections with it, are Miguel Torga (Sabrosa), Domingos Monteiro (Mesão Frio), João de Araújo Correia (Peso da Régua), Pina de Moraes (Lamego), Aquilino Ribeiro (Sernancelhe, Moimenta da Beira, Tabuaço), Trindade Coelho (Mogadouro) and Guerra Junqueiro (Freixo de Espada à Cinta).

To learn more, please visit the following website:

<http://odouronoscaminhosdaliteratura.com>



Espaco Miguel Torga



Lazarim mask



In the Douro, you'll find everything you need to enjoy both adventure holidays and moments of pure relaxation!





## WHAT TO SEE | WHAT TO DO

### BUILDING HERITAGE

The river and the vine-terraced slopes are undeniably the region's landmarks, but the Douro is more, a lot more than the eye can see. Medieval manor houses, castles and towers, qualified churches and chapels, archaeological sites and a comprehensive network of museums.

Not only is the region's monumental heritage vast but also diverse: from prehistoric remains, such as hill forts and Roman villas, to medieval vestiges, such as bridges, pavements, castles and

fortresses, as well as Cistercian monasteries and Baroque or Renaissance churches. Across the Douro villages, towns and cities, you'll discover a great number of blazoned manor houses and, of course, vine-growing estates. Besides their indisputable vinic and touristic interest, most of these estates feature curious architectonic and historic details. How about combining business with pleasure and taking advantage of a wine tasting at one of these estates, so as to enjoy its architecture and greatness?

### ALIJO

#### SENHOR DE PERAFITA SANCTUARY ARCHITECTURAL ENSEMBLE

Perafita  
41°23' 19.45 N, 7°32' 31.92 W



A sanctuary in Braga's Rococo style with attached church and sacristy. It also includes a detached bell tower, the Casa dos Milagres, the Senhor dos Milagres chapel, a fountain and a Calvary.

#### HOMEM DO DOURO STATUE

Rotunda Central - Alijó  
41° 16' 31.84 N, 7° 28' 30.95 W



The Homem do Douro Statue is centrally located on a landscaped roundabout in the town of Alijó. This piece of art pays homage to the people of the Douro, representing the wine harvest.

#### PÓPULO HILL FORT / SÃO MARCOS CASTLE

EN 212 - Casas da Estrada  
41°22' 18.59 N, 7°29' 18.97 W  
The Póculo Hill Fort is a fortified protohistoric settlement with rampart alignments and some evidences of Roman occupation.

### ARMAMAR

#### SÃO MIGUEL MAIN CHURCH

Praça da República - Armamar  
41°06' 34.12 N, 7°41' 33.28 W



The Armamar Main Church is located at the town's centre, next to the Cardoso family's ancient stately home and the Misarela belvedere which overlooks the Temilobos River. It's the only listed National Monument in the municipality.

#### CASA GRANDE DE GOGIM - SOLAR DOS CONDES

Gogim  
41°04' 49.63 N, 7°40' 15.94 W  
The Casa Grande de Gogim was inhabited by the Counts of Vila Flor and Alpedrinha.

The manor's façade features two floors. The lower one has meshed openings and the main floor shows the same number of windows trimmed and framed in granite.

#### GOUJOIM HILL FORT

Goujoim  
41°05' 19.01 N, 7°37' 59.78 W



It's the most famous archaeological site in the municipality. Built at about 2,700 feet high, it overlooks Goujoim. There are still some extensive and well preserved wall remains clearly visible.

#### CARRAZEDA DE ANSIÃES

ANSIÃES CASTLE  
Selores  
41° 12' 13.35 N, 7° 18' 13.48 W



It's still possible to observe some remains of the Carrazeda de Ansiães Castle walled town, namely the Keep and the São Francisco, Fonte Vedra, São João and São Salvador Gates, the latter flanked

by two towers. The São Salvador Romanesque Church stands out from the remains of buildings within the walls.

#### PALA DA MOURA DOLMEN

Vilarinho da Castanheira  
41° 11' 53.22 N, 7° 11' 22.01 W



It consists of three dolmens with buttresses supporting the coverings. One of them is known as the Casa da Moura, which boasts three painted buttresses with stylised depictions of human figures and a serpent. It's listed as National Monument.

#### LAVANDEIRA MAIN CHURCH / SANTA EUFÉLIA CHURCH

Largo de Santa Eufémia  
- Lavandeira  
41° 11' 36.41 N, 7° 18' 03.87 W  
It's a Late Renaissance temple from the transitional period towards the Baroque. The porch is fully made of granite and supported by Tuscan columns. The highlight goes to the Divino Salvador altarpiece, from the 18<sup>th</sup> century, the remains of frescos on the walls, the nave and main chapel's roof and the sacristy's ceiling painted coffers.

#### FREIXO DE ESPADA À CINTA

FREIXO DE ESPADA À CINTA CASTLE /  
HEPTAGONAL TOWER  
Praça Jorge Álvares  
- Freixo de Espada à Cinta  
41°05' 33.03 N, 6°48' 16.65 W



Gothic castle with some sections of wall, which circumvent the Manueline main church, and a unique heptagonal tower, known as the Torre do Galo, which belonged to the castle reconstructed by Dom Dinis. The Tower's central façade shows the town's ancient coat of arms.

#### SÃO FILIPE NÉRY CONVENT

Avenida Guerra Junqueiro  
- Freixo de Espada à Cinta  
41°05' 10.85 N, 6°48' 26.05 W  
It's a convent that boasts a single-nave Baroque church of saloon type. It's an unfinished piece of work, as can be seen by the existence of footings to continue the construction in a single façade.



#### SÃO MIGUEL MAIN CHURCH

Praça Jorge Álvares  
Freixo de Espada à Cinta  
41°05' 31.81 N, 6°48' 19.59 W  
It's a church that consists of three rectangular naves, main chapel, two apse chapels and sacristy. The main façade presents a





large segmental-arched door with garnished frame, surmounted by a decorative arch. Indoors, the flagstone pavement and the rib vaulting are also worthy of attention. Other highlights include the upper choir on the first span and the pulpit in wrought iron.

### LAMEGO

#### NOSSA SENHORA DOS REMÉDIOS SANCTUARY

Monte de S<sup>o</sup> Estevão - Lamego  
41°05' 46.52 N, 7°48' 19.94 W



Dated from 1738, it's what is called a "Monte Santo" of Italian influence, affiliated with the Bom Jesus de Braga Sanctuary. It consists of a monumental stairway of great visual impact, with convergent and divergent flights of stairs, embellished with decorative flowerpots, statues and symbolic fountains.

#### LAMEGO CATHEDRAL

Largo da Sé - Lamego  
41°05' 48.83 N, 7°48' 24.85 W  
A church built on the 12<sup>th</sup> century presenting a Manueline façade and a main building designed by Nasoni. This temple

has undergone several modifications, namely on the 16<sup>th</sup> and 18<sup>th</sup> centuries. For the inside, which consists of three naves, highlights include the side-chapels with woodcarvings from the 18<sup>th</sup> century, the transept with central lantern, the altarpieces, the paintings and the seating.



#### LAMEGO CASTLE

Rua do Castelo - Lamego  
41°05' 57.17 N, 7°48' 32.07 W



This castle was built on an ancient Lusitanian hill fort walled by the Roman. From the former castle, attention must be paid to the citadel with the keep, the domed cistern and two gates, the Porta dos Fogos and the Porta do Sol, which define the ancient burg's wall structure. The cistern is close to a section of wall. The keep served as Council House during the 16<sup>th</sup> and 17<sup>th</sup> centuries. At the Porta do Sol, a window dated from 1642 is also worthy of attention.

#### SÃO PEDRO DE BALSEMÃO CHAPEL

Rua Cardoso Avelino - Lamego  
41°05' 39.47 N, 7°48' 15.72 W  
A chapel probably built on the 7<sup>th</sup> century, which belongs to the restricted group of Portuguese monuments of Visigothic

architecture. It consists of three naves and a main chapel, where the arches and the capitals with phytomorphic decoration are worthy of attention. Also worthy of notice are the wood carved main altar, the coffered ceilings in polychrome wood and the tomb with statue attached.

### MESÃO FRIO

#### MESÃO FRIO MAIN CHURCH

##### - SÃO NICOLAU CHURCH

Av. Conselheiro José Maria Alpoim, 432 - Mesão Frio  
41°09' 26.61 N, 7°53' 34.47 W



The São Nicolau Church has undergone serious modifications in the 18<sup>th</sup> century. Although it is said to be of Romanesque origin, the theory that the former temple had been founded by the queen Dona Mafalda lacks of documented evidence that verifies its antiquity.

#### VARATOJO FRANCISCANS CONVENT

Av. Conselheiro José Maria Alpoim, 432 - Mesão Frio  
41°09' 30.96 N, 7°53' 29.69 W  
The foundation of the Franciscans Convent, in Mesão Frio, has never been accurately

dated. It's highly likely that the construction of the building used for housing the friars had started in 1724 and was concluded twenty years later.



#### MESÃO FRIO PILLORY

Praça do Pelourinho - Mesão Frio  
41°09' 40.18 N, 7°53' 15.48 W  
This pillory consists of a three-step platform, the octagonal base, the column and the ending with four standing hoops which form a cross.

### MOIMENTA DA BEIRA

#### NOSSA SENHORA DA PURIFICAÇÃO CONVENT

Largo do Terreiro das Freiras Moimenta da Beira  
40°58' 51.91 N, 7°36' 41.01 W  
It's an ancient female Benedictine convent consisting of a church, cloisters and a fenced farm. It features religious Mannerist, Baroque and Rococo architecture.



#### ORCA GRANDE

Pêra Velha  
40°56' 31.23 N, 7°40' 49.44 W  
Located at the Planalto da Nave necropolis, this dolmen is similar to the Orca das Carquejas and the Orca das Seixas ones, except for its larger dimensions.

#### VILA DA RUA PILLORY

R. Afonso Ribeiro - Vila da Rua  
40°56' 39.78 N, 7°34' 18.48 W



This pillory consists of a six-step platform that supports a square column. Four crowned heads separated by a rosette stand out from the inverted pyramidal capital. At its centre, a major pinnacle is decorated with winged figures.

### MURÇA

#### MURÇA MISERICÓRDIA CHURCH

Rua Alfredo Pinto - Seixo  
41°24' 12.57 N, 7°27' 17.41 W  
A chapel built in 1692 featuring engraved stones. The portico is flanked by four lavishly sculpted columns. Above the architrave, there's a niche with images. The inside consists of a single nave, with the altarpieces given prominence.



#### PORCA DE MURÇA

Praça 31 de Janeiro Murça  
41°24' 26.00 N, 7°27' 12.31 W



Shrouded by folktales and with no defined provenance or purpose, the Porca de Murça is the town's undisputed symbol, and even well-known regional wines are named after it. It's a zoomorphic stone sculpture from the protohistoric period and it's thought to be a votive statue to sacred animals.

#### PALHEIROS HILL FORT

Palheiros - Vargès  
41°24' 12.97 N, 7°22' 53.42 W  
The Palheiros Hill Fort, or Fragada do Castro, is an impressive quartzite outcrop that has been sculpted and constructed by locals from the Terra Quente region of Trás-os-Montes since the beginnings of the third millennium B.C. to present day. Since May 2009 it counts on with the Palheiros Hill Fort Interpretive Centre.

### PENEDONO

#### PENEDONO CASTLE

Praça 25 de Abril - Penedono  
40°59' 22.71 N, 7°23' 37.83 W





It's a military monument of great beauty, listed as National Monument since 1910. Standing at 3,000 feet high, in the heart of the Serigo Mountain Range, it clearly dominates the landscape. Built in the 14th century, its present conception is probably the result of modifications to the former medieval castle in the 15th century. It consists of a triangular-base keep with a gate flanked by two turrets and surmounted by small balconies, these ones supported by corbels and crowned by prismatic battlements.

#### VALE MARIA PAIS MENHIR

Antas  
40° 55' 08.07 N, 7° 23' 17.08 W  
It's a granite monolithic monument with about 10 feet high. It features a set of small dimples and an engraving that resembles a sun.



#### NOSSA SENHORA DO MONTE

##### MEGALITHIC NECROPOLIS

Sra. do Monte - Penela da Beira  
41° 01' 24.24 N, 7° 26' 30.73 W



It's a monument featuring a polygonal chamber that used

to serve as main chapel, of rectangular base and fairly ruined. There are still two flagstones, one for the chamber's and other for the gallery's covering.

#### PESO DA RÉGUA

##### FONTE DO MILHO ROCK ART

##### ENSEMBLE

Canelas do Douro

41° 10' 06.15 N, 7° 42' 10.47 W



It's a fortified Roman villa with two impressive rampart alignments in shale and a clearly identifiable doorway in the inner wall. Other highlights include mosaics depicting fish in a bathtub of about 3.3 feet deep, unveiled by archaeological excavations.

#### PESO DA RÉGUA METAL BRIDGE

Juncal de Baixo

41° 09' 17.04 N, 7° 46' 48.22 W



Iron bridge over the Douro River with metallic flat deck and five sections marked by double arches, built on four pillars.

#### CASA DO DOURO HEADQUARTERS

R. dos Camilos - P. da Régua

41° 09' 39.53 N, 7° 47' 17.04 W



The Casa do Douro was founded in 1932 to serve as regulatory authority for the regional wines. Indoors, there's an admirable stained glass triptych from master Lino António depicting the daily toil at vines in the Douro region.

#### SABROSA

##### SABROSA HILL FORT

EN 323 - Sabrosa

41° 16' 42.42 N, 7° 34' 18.06 W

On top of a hill, with an overwhelming dominion over the surrounding landscape, this fortified settlement from the Iron Age stands out for the trapezoidal structure of its three granite rampart alignments, featuring three doorways.



#### SÃO FRANCISCO CHAPEL

Rua de São Caetano

Celeirós do Douro

41° 14' 31.73 N, 7° 33' 29.88 W

Dated from 1710, it's a richly adorned Baroque temple whose façade features a unique and extraordinary decoration

with remarkable stonework.



#### PROVESENDE PILLORY

Provesende

41° 07' 49.23 N, 7° 20' 24.01 W

A pillory built on five octagonal steps with chamfered shaft, rude square cage and massive crowning, surmounted by conical ending. Features a weather vane dated from 1765.



#### SANTA MARTA

##### DE PENAGUIÃO

##### SÃO JOÃO BAPTISTA CHURCH

##### - LOBRIGOS PARISH CHURCH

Lugar da Igreja - Lobrigos

41° 11' 56.03 N, 7° 46' 34.07 W

Located on a small square, where there's also a fountain with Baroque details and coat of arms, the parish church of Lobrigos stands out for its main façade which, simultaneously,

supports the bell tower. Features a square base and, on its three faces, round arches forming a porch that precedes the temple's entrance. Its pipe organ, the only one still operating in the diocese of Vila Real, it's also noticeable.



#### SANTA MARTA DE PENAGUIÃO PILLORY

Praça do Município

Sta. Marta de Penaguião

41° 12' 37.41 N, 7° 47' 14.59 W



This pillory, located right in the town's centre, was probably raised shortly after the second city charter was granted, in 1519, during the reign of Dom Manuel I. Simple but historically valuable, it features a sleek cylindrical shaft ending in a truncated-cone shape, which integrates it into the typology of pinecone pillories from the 15<sup>th</sup> century.

#### ROMAN CERAMIC FURNACE

Rua da Nogueira - Fornos

41° 14' 58.86 N, 7° 48' 43.32 W

It's a ceramic furnace from the Roman period consisting of two overlapping chambers separated by a perforated plate, with four brick arches supporting the firing chamber's grill. The objects to dry were placed on this grill, which was then surmounted by a chimney vault to evacuate gases and smoke, now with few vestiges left.

#### SÃO JOÃO DA PESQUEIRA

##### PRAÇA DA REPÚBLICA

Praça da República - São João da Pesqueira

41° 05' 06.69 N, 7° 14' 29.41 W



An architectural, religious, military and civilian ensemble located right in the town's centre and dominated by Baroque shapes. In this civic space, which combines medieval and contemporary elements, attention must be paid to the Arch from the 14th century, a vestige of the Pesqueira castle's portal. The clock tower of the former Council House and the Misericórdia Chapel, which belongs to the Távoras' ancient stately house, are also worthy of notice.



**PALÁCIO DE SIDRÔ**

EN 222-3

São João da Pesqueira

41°08' 40.24 N, 7°23' 10.02 W

It's a palatial country house whose architecture is typically from the second half of the 19<sup>th</sup> century. It is said that king Dom Manuel I used to be lodged here, at Marquis of Soveral's invitation, during the wine harvest season.

**CASA DO CABO**

EN 222-3 - S. J. Pesqueira

41°08' 44.93 N, 7°24' 07.36 W

A symbol for the economic development and the nobility's power over the Douro region during the 18<sup>th</sup> century, the Casa do Cabo is a fine example of the Joanino style in Portugal. One of its most remarkable features is the 365 unique windows and doors, one for each day of the year.

**SERNANCELHE**

NOSSA SENHORA

DA ASSUNÇÃO

DE TABOSA MONASTERY

Largo do Convento

Tabosa do Carregal

40°54' 41.44 N, 7°35' 19.09 W



The Nossa Senhora da Assunção de Tabosa Monastery was the last Cistercian monastery to be established in Portugal. Located in the southernmost region of the Varosa valley known as "Terras do Demo", it belongs to the Douro cluster of Cistercian convents and monasteries and still maintains its original spirit of refuge and silence.

**NOSSA SENHORA DA LAPA**

SANCTUARY

Lapa

40°52' 12.36 N, 7°34' 31.92 W

A single-nave temple of Jesuit influences featuring a classic portico. It's part of a sanctuary complex to which is connected by a walkway. It features a sacrosanct granite outcrop inside the main chapel. This place is sought by pilgrims on the 10<sup>th</sup> June, 15<sup>th</sup> August and 8<sup>th</sup> September.

**SÃO JOÃO BAPTISTA CHURCH /**

SERNANCELHE MAIN CHURCH

Prç. da República

Sernancelhe

40°53' 59.73 N, 7°29' 37.68 W



The façade features a Romanesque portal with three full-

arched archivolts, decorated with embossed angels on colonnettes with carved capitals. The portal is flanked by two niches with three images. Indoors, attention must be paid to the frescos from the 15<sup>th</sup> century and the gold carved altar.

**TABUAÇO**

SÃO PEDRO DAS ÁGUÍAS MONASTERY

EN 323

Quintã

41°05' 09.92 N, 7°31' 03.73 W



It's a Cistercian monastery, dated from the 12<sup>th</sup> and 13<sup>th</sup> centuries. Reconstructed during the 16<sup>th</sup> century, it was extinguished by Dom José, then reactivated by Dona Maria I and finally extinguished in 1834, when it was sold and pillaged.

**BARCOS MAIN CHURCH**

Largo da Colegiada

Barcos

41°07' 21.11 N, 7°36' 04.36 W



It's a church of medieval origin featuring Baroque architecture. It underwent several modifications, especially in the main chapel during the Mannerist period. Also, the main altarpiece still features the original granite seat.

**TABUAÇO MAIN CHURCH / NOSSA**

SENHORA DA CONCEIÇÃO CHURCH

Largo 5 de Outubro

Tabuaço

41°07' 02.97 N, 7°33' 57.06 W



It's a Baroque church of medieval origin. Featuring a longitudinal plan, it's composed of nave, main chapel, side chapel and sacristy. The inside consists of upper choir and the main altarpiece is made of gilded woodwork in national Baroque style.

**TAROUCA**

UCANHA BRIDGE AND TOWER

R. da Torre e do Fundo da Rua

Ucanha

41°02' 53.73 N, 7°44' 47.57 W



A bridge over the Varosa River made of five segmental arches, of which the central one is higher and wider. There's a tower on the right side, dated from the 12<sup>th</sup> century, featuring square plant, homogenous covering with pyramidal roof

and three floors. It's the most complete and eloquent example of medieval bridge with watchtower and toll.

**SÃO PEDRO DE TAROUCA CHURCH**

Av. Dr. Alexandre Taveira

Cardoso - Tarouca

41°00' 59.82 N, 7°46' 29.99 W



The first evidence of its existence dates from 1163. It features numerous Romanesque details from the transition towards the Gothic. It has multiple archivolt portals and ceiling with painted coffers on the main chapel

**SALZEDAS MONASTERY AND CHURCH**

Praça António Pereira de Sousa

Salzedas

41°03' 16.07 N, 7°43' 30.35 W

It was one of the most important Cistercian monasteries in Portugal. Its construction began in 1155, shortly after the lands had been donated to the Order by Egas Moniz, Dom Afonso Henriques' tutor, and his wife Teresa Afonso. It was consecrated in 1255, upon conclusion of the monastic complex. The large-scale church stands out impressively among the flat housing of the small town that grew at east.

**TORRE DE MONCORVO**

NOSSA SENHORA DA ASSUNÇÃO

CHURCH

Largo General Claudino

Torre de Moncorvo

41°10' 26.51 N, 7°03' 08.46 W



A Renaissance temple with frontage integrated on an impressive stonework tower. Features a full-arched portal framed and surmounted by seven niches with images. Indoors, it's worth noting some fresco fragments and carved altarpieces in Joanino style. A curious fact: Its construction began in the first half of the 16<sup>th</sup> century and lasted for almost a hundred years.

**SANTIAGO MAIOR CHURCH**

Rua da Igreja - Adeganha

41°16' 27.07 N, 7°03' 00.58 W



A Romanesque temple built on the 13<sup>th</sup> century. The frontage features a relief with three women, apparently the depiction of



a child's birth. Other highlights include a segmental-arched portal from the Romanesque-Gothic transition. The inside is very plain, except for two carved altars on each side of the triumphal arch.

#### TORRE DE MONCORVO

##### MISERICÓRDIA CHURCH

Rua da Misericórdia

Torre de Moncorvo

41° 10' 32.95 N, 7° 03' 07.85 W



It's a church from the 15<sup>th</sup> century featuring a Renaissance portico with two busts, niche and pediment, surmounted by a bell tower. It's also worth noting the lavishly decorated Renaissance pulpit and the carved altarpieces in national Baroque style.

#### VILA NOVA DE FOZ CÔA

##### CASTELO MELHOR CASTLE

Castelo Melhor

41° 01' 25.06 N, 7° 03' 58.09 W



Located on top of a hill, this castle was probably built on a Lusitanian hill fort. It features some wall sections, gates, a turret and a cis-

tern of regular plant. It's still possible to observe the perimeter of the wall that surrounded the inner patios and the keep. At distance, it looks like a king's crown laid on top of a mount.

#### NUMÃO CASTLE

Numão

41° 05' 56.95 N, 7° 17' 25.67 W



This castle had one of the best defensive walls of the border. Today, all that's left is some gates, wall sections and towers that crown the hill top. Also, next to the East door, there are still several anthropomorphic tombs. Its plan featured an irregular design, almost with no battlements and with three gates (Poente, Arco and São Pedro), a keep and four additional towers.

#### FOZ CÔA ROCK ART NUCLEUS

Vila Nova de Foz Côa

41° 04' 50.32 N, 7° 06' 37.85 W



It's the most important ensemble of rock art monuments on national soil. Dispersed along the Côa River, this cluster has been classified as World Herit-

age by UNESCO. The engravings, mainly depictions of animals, are dated from the Upper Palaeolithic (between 22,000 and 10,000 BC).

#### VILA REAL

##### PALÁCIO AND QUINTA DE MATEUS

Largo Morgados de Mateus

Mateus - Vila Real

41° 17' 51.15 N, 7° 42' 49.54 W

Located 10 miles away from the city centre, this palace is part of a vast estate. Built in the middle of the 18<sup>th</sup> century, some authors believe it was designed by Nicolau Nasoni, namely due to the Baroque exuberance of the main façade. It's one of the few noble palaces that is still owned by the original family. A section of the house is open to the public through guided tours, which stands out as a real house museum.



##### VILA REAL CATHEDRAL

Avenida Carvalho de Araújo

Vila Real

41° 17' 45.95 N, 7° 44' 47.22 W



This temple features Gothic influences and has three naves divided by two abutments on the

façade. The lancet portico has multiple archivolts and is flanked by two niches with sculptures. Other highlights include the Baroque main altar.

#### FRAGAS DE PANÓIAS

Assento

41° 16' 58.35 N, 7° 40' 57.59 W

A Roman rock art sanctuary featuring four rocks with excavated tanks or sinks and six stone inscriptions which make reference to the worshipping of several indigenous, oriental and Roman deities. It's listed as National Monument.



#### CLÉRIGOS CHURCH

R. dos Combatentes

da Grande Guerra

Vila Real

41° 17' 49.04 N, 7° 44' 41.26 W

It's an elegant temple with an impressive façade. As the city's landmark, its tile panels depicting the lives of Saint Peter and Saint Paul and the Renaissance main altarpiece are very worth visiting.

#### VILA REAL PILLORY

Av. Carvalho de Araújo - Vila Real

41° 17' 45.55 N, 7° 44' 45.16 W

Built on a three-step pedestal, it consists of a base and an octagonal shaft. It's surmounted by a square cage with four arched windows. The cupola ends in iron cross with banderol.





## MUSEOLOGY

Don't miss the chance to visit some of the museums in the region's wide museum network. From house-museums where you'll be able to get to know the estate of renowned artists to the varied collections of municipal museums, as well as interpretive centres that inform you about archaeological sites, you'll find a bit of everything.

Highlights include the Douro Museum and the Côa Museum, mainly because they represent and introduce the importance of both areas listed as World Heritage by UNESCO and for being a fine starting point to get to know the whole region.

The Douro Museum is located in the former building of the Companhia Geral da Agricultura das Vinhas do Alto Douro, also known as Real Companhia Velha, a privileged monopolist company created by the Marquis of Pombal on the second half of the 18th century, estab-

lishing the first demarcated wine region in the world. The Douro Folklore Museum, the first section of the Douro Museum to be created, is also worthy of mention. Located in Tabuaço, it collects and promotes all that represents the Douro traditional folklore both in terms of intangible heritage (legends, traditions and songs) and of the younger generations' utopia and imagination.

The Côa Museum is a cultural venue designed to promote the historic and cultural heritage of the Côa Valley Archaeological Park. The building has a strong interaction with the landscape, featuring four floors that include auditorium, educational services, administrative area, shop and exhibition rooms.

*To learn more about the Douro museums, please refer to the Douro Museums Guide published by the Douro Museum.*

## DOURO MUSEUM



The Douro Museum was created in 1997 to promote the region in terms of demarcation and in terms of economy and wines. Located in an ancient stately home, it comprises other branch museum sites across the country as a means to better promote the region. Besides the various exhibitions held, it also features other cultural activities and the only resident string quartet in museums across the country.

## CÔA MUSEUM



The Côa Museum is a cultural venue designed to promote the historic and cultural heritage of the Côa Valley Archaeological Park.

The building has a strong interaction with the landscape, featuring four floors that include auditorium, educational services, administrative area, shop and exhibition rooms.

## LAMEGO MUSEUM



Located in the city's former Episcopal Palace, this museum was created in 1917 and boasts a remarkably eclectic collection. Although it ranges from the 1<sup>st</sup> century to present day, the collection catalog is mainly dedicated to the 18<sup>th</sup> century, with special focus on the Renaissance period. Other highlights include Flemish tapestry and paintings from Vasco Fernandes. There's also a gothic Calvary that has been listed as Public-Interest Real Estate.

MUSEUMS	✉	☎	@	WWW.
Casa Aires Torres	R. Padre Adolfo, Parada de Pinhão - Sabrosa	259937120	geral@cm-sabrosa.pt	www.sabrosa.pt
Casa de Mateus	Largo Morgados de Mateus - Vila Real	259323121	casademateus@casademateus.pt	www.casademateus.com
Casa do Paço	Rua Egas Moniz, Davares - Tarouca	254677174	casadopaco@cm-tarouca.pt	
Casa-Museu Aquilino Ribeiro	Soutosa - Moimenta da Beira	232607293		
Casa-Museu de Moimenta da Beira	Alvite - Moimenta da Beira			
Casa-Museu Maurício Penha	R. Fonte de Baixo, 5, Sanfins do Douro - Alijó	259686133	cmuseumpenha@mail.telepac.pt	
Centro de Interpretação da Coriscada	Lq. da Igreja, Coriscada - V. N. de Foz Côa		csc@csc-coriscada.pt	www.csc-coriscada.pt
C. de Interpret. dos Achados Arqueol.	Largo da Devesa - Penedono	254509037		
Crasto de Palheiros	Palheiros - Murça		crastopalheiros@sapo.pt	www.crastomurca.com.sapo.pt
CICA - C. Interp. do Castelo de Ansiães	Rua Alberto Lobo - Carrazeda de Ansiães	278618253	geral@castelodeansiaes.com	www.castelodeansiaes.com
Ecomuseu Rural de Segões	Segões - Moimenta da Beira			
Espaço Museológico Lagar do Azeite	Lq. da Lameira, Póvoa de Penela - Penedono	254310190		
Espaço Torga	Av. Miguel Torga, S. Mart. de Anta - Sabrosa	259939120	geral@cm-sabrosa.pt	www.sabrosa.pt
Mosteiro de São João de Tarouca	Mosteiro de São João de Tarouca	254678766		
Museu da Casa Grande	Rua Direita - Vila Nova de Foz Côa	279789573	freixo.acdr@clix.pt	www.acdr-freixo.pt
Museu da Quinta da Erva Moira	Quinta da Erva Moira - V. N. de Foz Côa	279759229	museuervamoira@gmail.com	www.ramospinto.pt
Museu da Vila Velha	Rua de Trás-os-Montes - Vila Real	259303320	mvv@cm-vilareal.pt	www.mvv.cm-vilareal.pt
M. das Caves de Sta Mta de Penag.	Rua dos Combatentes - Sta Mta de Penaguião	254810313		www.cavessantamarta.pt
M. de Arq. e Numismática de V. Real	Rua do Rossio - Vila Real	259325730	museu@cm-vilareal.pt	www.museu.cm-vilareal.pt
Museu de Arte Sacra	Vila Marim - Mesão Frio	259899267		
Museu de Geologia	Univ. de Trás-os-Montes e Alto Douro - V. Real	259350207		www.rateirodeminas.pt
Museu de Arte Contemp. Ar Ilvre	Carrazeda de Ansiães			
Museu de Lamego	Largo de Camões - Lamego	254600230	mlamego@imcjp.pt	www.imcjp.pt
Museu de Trevões	Largo do Adro, Trevões - S. J. da Pesqueira	254470000		www.trevoes.net
Museu do Côa	Rua do Museu - V. N. de Foz Côa	279768260	museu@arte-coa.pt	www.igespar.pt
Museu do Douro	Rua Marquês do Pombal - P. da Régua	254310190	geral@museudodouro.pt	www.museudodouro.pt
M. do Ferro e da Reg. de Moncorvo	Largo Dr. Balbino Rego, 9 - T. de Moncorvo	279252724	museu-ferro@hotmail.com	www.museudoferrodaregiaodemoncorvo.net
Museu do Imaginário Duriense	Rua Macedo Pinto - Tabuaço	254789091	museuim@cm-tabuaco.pt	www.cm-tabuaco.pt
Museu do Pão e do Vinho	Rua Direita, Favaio - Alijó		museu.pv@cm-alijo.pt	
Museu do Som e da Imagem	Alameda de Grasse - Vila Real	259320000	museu.som.imagem@gmail.com	www.museu.msi.blogspot.com
Museu do Território e da Memória	Casa da Cadeia - Freixo de Espada à Cinta			
Museu Eduardo Tavares	Praça da República - São João da Pesqueira	254489999	turismo@sipesqueira.pt	www.sipesqueira.pt
Museu Etnográfico de Arcozelo	Arcozelo da Torre - Moimenta da Beira			
Museu Etnográfico de Vila Real	Largo de São Pedro, 3 - Vila Real	259324845		
Museu Regional Casa Junqueiro	Trav. de S. Francisco - F. de Esp. à Cinta	279653480	gabineteturismo@cm-freixoepadacinta.pt	www.cm-freixoepadacinta.pt
Museu Rural de Vil. da Castanheira	Vilar da Castanheira - Carrazeda de Ansiães			
Núcl. Mus. do Posto de Tur. de Tabuaço	Jardim Conde Ferreira - Tabuaço		turismo@cm-tabuaco.pt	www.cm-tabuaco.pt
Núcleo Museológico do RI 13	Praça 25 de Abril - Vila Real	259322013	ri1@mail.exercito.pt	www.exercito.pt
Oficina Vinária - Museu do Vinho	Trav. das Amoreiras, 10 A - T. de Moncorvo	279258280	museu@qave.pt	www.quintadasaveleiras.pt
Parque Arqueol. do Vale de Foz Côa	Rua do Museu - Vila Nova de Foz Côa	279768260	visit.pvc@igespar.pt	www.igespar.pt
Santuário de Panóias	Assento, Vale de Nogueiras - Vila Real	259336322	www.ippar.pt/monumentos/sitio_panoias.html	



CULTURE

Throughout the year, the Douro region promotes various renowned events, some of international scope, that help to tackle the region’s seasonality, such as Medieval Fairs, Craftsmanship Fairs, Wine Contests and Fairs, Local Product Fairs, Gastronomy Fairs and concerts by well-known national and international artists.

The most popular and sought-after events are the Festival Internacional Douro Jazz, which congregates artists from several countries and whose concerts are spread across various cities in the Trás-os-Montes and Alto Douro region; the Festival e Concurso Internacional de Guitarra Clássica de Sernancelhe, which combines illustrious with young talented guitar players; the Douro Film Harvest, an international cinema meeting held at the Douro Wine Region - organized by the Turismo do Douro in cooperation with the Instituto dos Vinhos do Douro e Porto, the Estrutura de Missão do Douro and the Turismo de Portugal; the Bienal Internacional da Gravura do Douro, organized by the Núcleo de Gravura de Alijó and held in various cities across the Douro region; and the Meia-Maratona do Douro Vinhateiro, which extends for 13 miles along the EN222 road towards the city of Peso da Régua.

Besides the already mentioned fairs, festivals and cultural events, you’ll also find many other spaces dedicated to arts and culture almost everywhere. There are auditoriums and cultural centres in practically every municipality capital where theatre plays, film sessions, lectures, conferences and concerts are frequently held.

Highlights include the Teatro Auditório Municipal in Alijó, the Cine-Fórum and the anfiteatro in Penedono, the Cine-Teatro and the open-air anfiteatro in São João da Pesqueira, the Centro de Artes in Sernancelhe, the Teatro Luís de Freitas in Tabuaço, the Cine-Teatro in Torre de Moncorvo and the Centro Cultural in Vila Nova de Foz Côa.

Taking into account their features and importance in promoting the region’s culture, it’s

also worth noting two more theatres: the Teatro Ribeiro Conceição in Lamego and the Teatro de Vila Real. The former is dated from the 18<sup>th</sup> century and has been listed as Public-Interest Real Estate. Formerly a hospital and then infantry barrack, it was only in 1929 that this building was inaugurated as a theatre, which endured until 1987. After recovery works, it was reopened in 2007 and now offers a broad cultural and recreational programming. Make sure you don’t miss its round concert hall covered by a magnificent dome and surrounded by splendidly ornamented balconies.

The latter is also worth visiting not only for its interesting cultural programming, but also for its modern architecture and privileged location, right next to the pleasant Corgo Park. Feel free to take a walk around this delightful place!

MAJOR CULTURAL EQUIPMENTS	✉	☎	@
Anfiteatro de Penedono	Av. Adriano de Almeida - Penedono	254505122	
Auditório do Centro de Promoção Social	Rua Manuel Moutinho - Tabuaço	254781157	
Auditório Municipal de Mesão Frio	Lq. do Pelourinho - Mesão Frio	254890100	
Auditório Municipal de Murça	Alameda 8 de Maio - Murça		
Auditório Municipal de Sabrosa	Rua do Loreto - Sabrosa	259939575	geral@cm-sabrosa.pt
Auditório Municipal de Sta Marta de Penaguião	Alam. 13 de Janeiro - Sta Marta de Penaguião		
Auditório Municipal de Sernancelhe	Rua do Castelo - Sernancelhe		
Auditório Municipal de Tarouca	Avenida Padre Duarte (EN 1173) - Tarouca		
Auditório Municipal Padre Bento da Guia	Prç. Comandante José Requeijo - Moimenta da Beira		
Aula Magna da U.T.A.D.	Quinta dos Prados - Vila Real	259350000	
Celeiro	Rua da Estação - Torre de Moncorvo	279258350	biblioteca@torredemoncorvo.pt
Centro Cultural de Linhares	Linhares - Carrazeda de Ansiães		
Centro Cultural de Vila Nova de Foz Côa	Av. Cidade Nova - Vila Nova de Foz Côa	279765243	
Centro Cultural e Recreativo de São Cosmado	Gaio, São Cosmado - Armamar	254945099	
Centro Cultural e Regional de Vila Real	Largo de São Pedro, 3 - Vila Real	259324845	
Centro de Apoio Rural de Carrazeda de Ansiães	Rua Marechal Gomes da Costa - Carrazeda de Ansiães	278610225	
Centro de Artes de Sernancelhe	Rua Doutor Oliveira Serrão, 6 - Sernancelhe	254550030	geral@cm-sernancelhe.pt
Cine-Teatro de São João da Pesqueira	São João da Pesqueira - São João da Pesqueira	254489999	cmsjp@sipesqueira.pt
Cine-Teatro de Torre de Moncorvo	Av. Engenheiro Duarte Pacheco - Torre de Moncorvo	279252364	geral@cm-moncorvo.pt
Espaço Multiusos de Freixo de Espada à Cinta	Avenida Guerra Junqueiro - Freixo de Espada à Cinta	279653006	
Teatro de Vila Real	Alameda de Grasse - Vila Real	259320000	geral@teatrodevilareal.com
Teatro Ribeiro Conceição	Largo de Camões - Lamego	254688072	geral@lamegoconvida.com
Teatro-Auditório Municipal de Alijó	Avenida Teixeira Sousa - Alijó	259957105	auditório@cm-alijo.pt





SPORTS AND LEISURE ACTIVITIES

Sports fans will find a variety of infrastructures available across the region, for instance, stadiums, indoor and outdoor swimming pools, sports pavilions and complexes, tennis courts, soccer fields and gymnasiums in almost every city. Also, don't miss the fitness circuits in, for example, Murça, Peso da Régua, Vila Nova de Foz Côa, Sabrosa or Lamego, which allow for open-air sporting activities.

But there's a lot more to do: in Alijó, namely at Amieiro, you can practice recreational fishing; in Vila Nova de Foz Côa, you'll find the Centro Nacional do Remo - a high performance centre created in 2006 that has already hosted several international teams; in

Sernancelhe, Lamego (Valdigem) and Tarouca (namely at Vilarinho), you'll find shooting ranges. For those who prefer more extreme sports, there's the Crossódromo Internacional (International Motocross Track) and the Parque Radical (Extreme Sports Park) (featuring skateboarding rinks) of Carrazeda de Ansiães, the Pista Multiusos (Multipurpose Track) of Freixo de Espada à Cinta (suitable for motocross racing and other sports), the Pista de Autocross (Autocross Track) of Murça, the Kartódromo (Go-Kart Track) of Vila Real and the Pista de Autocross (Autocross Track) of Vila Nova de Foz Côa. In Tarouca, you'll also be able to practice parasailing.

MAJOR SPORTS EQUIPMENTS		
ALIJÓ		
Piscinas Municipais de Alijó	Avenida 25 de Abril	259950571
Estádio Engenheiro Delfim Magalhães	Rua Engenheiro Delfim Magalhães	
ARMAMAR		
Piscinas Municipais de Armamar	Armamar	
Campo de Futebol Municipal de Armamar	Armamar	
Piscina de Folgosa	Rua da Escola	
CARRAZEDA DE ANSIÃES		
Piscina Descoberta de Carrazeda de Ansiães	Fonte Longa	
Piscina Municipal de Carrazeda de Ansiães	Rua Engenheiro Camilo Mendonça	278616115
Campo Engenheiro Macedo dos Santos	Rua Marechal Gomes da Costa (EM 632)	
FREIXO DE ESPADA À CINTA		
Piscinas Municipais de Freixo de Espada à Cinta	Avenida Guerra Junqueiro (EN 221)	
Gimnodesportivo de Freixo de Espada à Cinta	Avenida dos Combatentes do Ultramar	
Pista Multiusos de Freixo de Espada à Cinta	Freixo de Espada à Cinta	
LAMEGO		
Piscinas Municipais do Parq. da Cidade	Rua Padre Alfredo Pinto Teixeira - Almacave	254609600
Pavilhão Desportivo de Lamego	Jardim da República	
Pavilhão Multiusos de Lamego	Lamego	
MESÃO FRIO		
Campo Municipal das Acácias	Vila Jusã - Mesão Frio	
Piscina Municipal Coberta	Vila Jusã - Mesão Frio	254891953
Piscina Municipal Descoberta	São Nicolau - Mesão Frio	254897042
MOIMENTA DA BEIRA		
Piscina Municipal de Moimenta da Beira	Avenida Doutor João Lima Gomes	
Pavilhão Gimnodesportivo de Moimenta da Beira	Lugar de Alagoa	
Estádio Municipal	Lugar de Alagoa	
MURÇA		
Pavilhão Municipal Desportos	Murça	259512120
Estádio Municipal de Murça	Murça	
Pista de Autocross de Murça	Murça	
PENEDONO		
Campo de Futebol de Penedono	Penedono	
Complexo Desportivo e Balnear de Penedono	Penedono	254505113
Pavilhão Gimnodesportivo de Penedono	Penedono	
PESO DA RÉGUA		
Piscina Coberta Municipal de Peso da Régua	Praça General Humberto Delgado - Peso da Régua	254320230



Parque de Manutenção de Peso da Régua	Peso da Régua	
Piscinas do Clube de Caça e Pesca do Alto Douro	Juncal de Baixo	254315267
SABROSA		
Piscinas Municipais cobertas	Parque B.B. King	259938228
Piscinas Municipais de Sabrosa	Rua de Cadajac	259939424
Campo de Futebol Sintético de Sabrosa	Rua da Feira Velha	259937120
SANTA MARTA DE PENAGUIÃO		
Estádio de Futebol de Santa Marta de Penaguião	Alameda 13 de Janeiro	
Piscinas Municipais de Santa Marta de Penaguião	Rua Marechal Teixeira Rebelo	
Pavilhão Gimno desportivo	Rua de Santa Comba	
SÃO JOÃO DA PESQUEIRA		
Pavilhão Desportivo de São João da Pesqueira	São João da Pesqueira	254489999
Parque Desportivo e Recreativo da Mata do Cabo	Rua General Ramalho Eanes	254489999
Piscina Coberta de São João da Pesqueira	São João da Pesqueira	254489999
SERNANCELHE		
Pavilhão Desportivo Municipal de Sernancelhe	Rua Padre João Rodrigues	254598300
Complexo Desportivo de Sernancelhe	Sernancelhe	
Estádio Municipal de Sernancelhe	Sernancelhe	
TABUAÇO		
Pavilhão Gimnodesportivo de Tabuaço	Rua Abel Botelho	
Piscinas Municipais de Tabuaço	Rua Abel Botelho	254781175
TAROUCA		
Estádio Municipal de Tarouca	Tarouca	
Pavilhão Gimnodesportivo de Tarouca	Avenida Padre Duarte (EN1173)	
Piscinas Municipais de Tarouca	Avenida Doutor Alexandre Taveira Cardoso	254678650
TORRE DE MONCORVO		
Complexo Desportivo Engenheiro José Manuel Aires	Quinta de Ferreira	
Parque Desportivo de São Paulo	Rua de São Paulo	
Complexo de Piscinas Municipais de Torre de Moncorvo	Parque Desportivo de São Paulo	279 254 012
VILA NOVA DE FOZ CÔA		
Piscina Municipal de Vila Nova de Foz Côa	Rua da Fonte Nova	
Centro Nacional do Remo	Pocinho	
Gimnodesportivo Munic. de Vila Nova de Foz Côa	Rua da Fonte Nova	279760433
Parque Desportivo de Vila Nova de Foz Côa	Largo de São Sebastião	
Pista de Autocross de Vila Nova de Foz Côa	IP 2	
VILA REAL		
Kartódromo AMF Vila Real	Aeródromo Oeste	259340010
Pavilhão Municipal de Vila Real	Rua Diogo Dias Ferreira	259322477
Piscina Municipal de Vila Real	Complexo do Codessais	
Estádio do Sport Clube de Vila Real	Lugar da Fraga	259374048
Complexo Desportivo Engenheiro Francisco Campos	Rua das Regueiras do Boque	



Whether in a luxury hotel,  
a cosy rural tourism house or even  
on board of a ship, come relax in the Douro!







# WHERE TO EAT

The Douro people’s hospitality begins at the dinner table, where delicious recipes of regional cuisine and conventual confectionery combine with the Douro PDO (Protected Designation of Origin) wines, the Távora-Varosa sparkling wine and the muscatel. The mountains provide for game, such as the Wild Boar, the Rabbit and the Partridge, while rivers offer a variety of tasty fish, especially the Lamprey and the Trout. There are also some local products used in preparing such frugal banquets that shouldn’t be omitted, like olives and olive oil, almonds, honey, apples, oranges and figs.

As for starters, let yourself be tempted by smoked pork sausages (alheira, salpicão, chouriça, linguça, morcela, farinheira, moiro...), cow and sheep cheeses (fresh or aged), smoked ham or a slice of the famed Lamego bread, whether it’s made with ham, codfish, sardine, chicken or cheese and ham. Or perhaps a slice of meat bread, which is thicker and garnished with smoked pork sausages from Vila Real and other neighbouring municipalities on the Douro River north bank. Then proceed to the meat dishes, coupled with a Douro PDO red wine, and let yourself be intoxicated by the scent of oven-roasted kid, potatoes and rice, or a fine caldeirada de borrego (lamb matelote)... Here are some other delicacies that’ll make your mouth water: arroz malandro de entrecosto (pork ribs on rice), cozido à portuguesa (Portuguese stew), favas com chouriço (fava beans and smoked sausage), pés de porco com couve ripada (pork knuckles and cabbage), sopa de peixe do rio (river fish soup), arroz de lebre com couves (hare on rice and cabbages), perdiz estufada com presunto (stew partridge and smoked ham), migas de peixe (fish and mashed bread), tripas aos molhos (seasoned hog casings), rojões de porco (seasoned pieces of pork loin), arroz de pato (duck on rice)... As accompaniment, taste the traditional rye or corn bread.

Are you wondering about the dessert? Here are some names to bear in mind: aletria (sweetened pasta), toucinho-do-céu (tartlet made of egg yolks and sugar), arroz doce (sweetened rice), leite-creme queimado (caramelized custard), milhos doces (sweetened corn), fálgaros (olive oil cake filled with fresh cheese), bolinhos de azeite (olive oil cookies), cavacas (dry cake covered in syrup), bolo borrachão (moist Port Wine cake), pão-de-ló de água (water sponge cake), bolinhos de amêndoa (almond cookies), tarte de maçã (apple pie), queijadas (cheesecakes), filhós (fried dough covered in syrup), biscoito da Teixeira (Teixeira’s biscuit), falachas (chestnut wheat cakes), pastéis de Santa Clara (Santa Clara pies), bolinhos de mel (honey cookies), sopa doce (sweetened soup) and a lot more conventual confectionery... What a delight!

The exquisite wines produced in the slopes of the Douro Valley are the ideal complement to any regional banquet. Whether it is a fine PDO white or red wine from the Douro, a red or sparkling wine from the Távora-Varosa Demarcated Region, a glass of brandy, Port Wine or Muscatel, you can rest assured you’ll find the perfect match for any of these delicacies.

RESTAURANTS	✉	☎	@
<b>ALIJO</b>			
Restaurante LBV 79	Lugar da Ponte - Pinhão	964913768	barlbv@hotmail.com
Restaurante Cepa Torta By Douro Gourmet	Rua Dr. José Bucelas da Cruz - Alijó	259950177	geral@douro-mondim.com
Restaurante Rabelo do Vintage	Lugar da Ponte - Pinhão	254730230	reception.vintagehose@cshotelsandresorts.com
<b>ARMAMAR</b>			
Restaurante AZDouro	EN 222 - Folgosa	254855136	admin@hotelfolgosadouro.com
Restaurante DOC	EN 222 - Folgosa	910014040	doc@ruipaula.com
Restaurante Mercantil	Av. 8 de Setembro - Armamar	254851469	rest.mercantil@hotmail.com
<b>CARRAZEDA DE ANSIÃES</b>			
Restaurante O Vinhateiro	Rua Adega Cooperativa - C. de Ansiães	278616120	sandraaiaros@hotmail.com
Restaurante Avenida	Rua Luís de Camões - C. de Ansiães	913649808	sergio_misks@hotmail.com
Restaurante Calça Curta	Estação Foz do Tua - Castanheiro	278685255	restaurantecalcurta@gmail.com
<b>FREIXO DE ESPADA À CINTA</b>			
Restaurante a Cabana	Av. G. Junqueiro - F. de Espada à Cinta	279653495	
Restaurante Cinta D'Ouro	Av. G. Junqueiro - F. de Espada à Cinta	279652550	restaurante.cintadouro@gmail.com
Restaurante Pizzaria Zona Verde	Av. Comb. do Ultramar - F. Espada à Cinta	968632791	
<b>LAMEGO</b>			
Restaurante Paraíso	Rua de Fafel - Lamego	254613295	agostinho_paixao@hotmail.com
Restaurante Garçon Douro	Lugar do Desterro - Lamego	925988411	garcondouro@gmail.com
Restaurante Jardim Popular	Rua da Pereira - Lamego	968051970	evaristo@jardimpopular.com
Restaurante Vista Alegre	Hotel Lamego - Lamego	963087250	reservas@hotellamego.pt
Restaurante The Wine House	Quinta da Pacheca - Lamego	254331229	reservas@quintadapacheca.com
<b>MESÃO FRIO</b>			
Restaurante Pousada Solar da Rede	Santa Cristina - Mesão Frio	254890130	receptionsolardarede@cshotelsandresorts.com
A Tasca do Zequinha	Av. Cons. José Maria Alpoim - M. Frio	254890139	andresilva@sapa.pt
Restaurante o Barracão	Largo da Independência - Vila Jusã	254891122	
<b>MOIMENTA DA BEIRA</b>			
Restaurante O Verdeal	Quinta do Verdeal - M. da Beira	934501320	hotelverdeal@gmail.com
Restaurante Pico do Meio Dia	Av. 25 de Abril - M. da Beira	938447133	
Restaurante Quinta do Melião	EN 226 - Arcas	936477778	geral@quintadomelio.net
Restaurante S. Francisco	Alto de S. Francisco - M. da Beira	936049204	
<b>MURÇA</b>			
Restaurante Vitorino Matias	Rua Frei Diogo - Murça	259512630	
Restaurante Miradouro	EN 15 - Fiolhoso	259512461	
Adega Típica Espalha Brasas	Rua Militão Bessa Ribeiro - Murça	259518328	adega.espalhabrasas@gmail.com
<b>PENEDONO</b>			
Restaurante Primavera	EN 229 - Penedono	254549223	
Restaurante o Gabriel	Compl. Munic. das Piscinas - Penedono	254549228	
Restaurante Flora	Bairro do Prazo - Penedono	968960626	floraresidencial@gmail.com
Restaurante O Magriço	Largo do Pelourinho - Penedono	254509050	geral@estalagemdenedono.com.pt



RESTAURANTS

PESO DA RÉGUA			
Restaurante Douro In	Rua de João Franco - Peso da Régua	916946870	douro_in@hotmail.com
Restaurante Castas e Pratos	Rua José Vasques Osório - P. da Régua	963928050	info@castasepratos.com
Restaurante A Taberna do Jeréré	Rua Marquês de Pombal - P. da Régua	254323299	licita@live.com.pt
Restaurante Cacho d'Oiro	Tv. Rua Branca Martinho - P. da Régua	254321455	reservas@restaurantecachodoiro.com

SABROSA			
Restaurante Solar dos Canavarros	Av. Comb.da Grande Guerra - Sabrosa	259937400	comercial@solaroscavarrs.pt
Restaurante Quinta da Veiga	Quinta da Veiga - Covas do Douro	935533657	andrerodrigues@veigamouras.com
Restaurante Solar 1	Av. Comb da Grande Guerra - Sabrosa	259930540	restaurantesolar1@gmail.com
Restaurante Papas Zaide	Largo da Praça - Provesende	962845395	servalado@hotmail.com

SANTA MARTA DE PENAGUIÃO			
Restaurante Santa Marta	Av. dos Combatentes - Sta. Mta Penaguião	254821144	
Restaurante Oásis	Av. dos Combatentes - Sta. Mta Penaguião	254821532	roasisda@sapo.pt
Restaurante Santo António	R. das Árvores - Sta de Marta Penaguião		

SÃO JOÃO DA PESQUEIRA			
Restaurante O Forno da Devesa	Largo das Devesas - S. J. da Pesqueira	254454414	manovais@sipesqueira.pt
Restaurante Toca da Raposa	EN 222 - Rua da Praça - Erv. do Douro	254423466	geral@tocadaraposa.com.pt
Restaurante o Cantiflas	Rua Nova - São João da Pesqueira	254484474	cantiflas_douro@live.com.pt

SERNANCELHE			
Restaurante J.M.	Bairro Cast. do Bento - Sernancelhe	936448008	marco_pinto77@hotmail.com
Restaurante Casa do Avô	Sarzedá	254594016	
Restaurante Flora	Av. das Tílias - Sernancelhe	254595304	

TABUAÇO			
Restaurante Tábua d'Aço	Piscinas Municipais - Tabuaço	254781711	geral@restaurantetabuadao.com
Restaurante Quinta de Magusteios	Barcos	933900491	
Restaurante Tachinho da Té	Rua Conde Ferreira - Tabuaço	254787082	restaurantetachinhodate@hotmail.com

TAROUCA			
Tasquinha do Matias	Ponte da Ucanha - Ucanha	254677327	
Restaurante Marisqueira O Solar	Largo Tapadinho - Castanheiro do Ouro	254678820	marisqueirasolar@sapo.pt
Restaurante o 7º. Irmão	Estrada Real - Carvalhais	254679357	restaurantesetimoirao@hotmail.com

TORRE DE MONCORVO			
Restaurante O Lagar	Rua Adriano Leandro - T. de Moncorvo	279252828	fernandomsf32@hotmail.com
Restaurante Casa da Avó	Rua Manuel de Seixas - T. de Moncorvo	279252401	info@casadaavo.pt
Restaurante O Artur	Rebentão - Carviçais	279098000	gordeteartur.gordete@gmail.com

VILA NOVA DE FOZ CÔA			
Restaurante o Buiço	EN 102 - Lugar do Frango	279764379	
Restaurante Paleolítico	Rua do Cemitério - Castelo Melhor	279713143	
Restaurante O Messias	Cruzamento da Touça	279780000	
Restaurante Foz Café	EN 102 - Vila Nova de Foz Côa	279762680	

VILA REAL			
Restaurante Chaxoila	EN 2 - Borralha	937346825	info@chaxoila.com
Restaurante O Costa	Rua Dr. Sousa Costa - Vila Real	259372249	restaurantegrillcosta@gmail.com
Restaurante Terra de Montanha	Rua 31 de Janeiro - Vila Real	259372075	terramontanha@sapo.pt
Restaurante Museu dos Presuntos	Av. Cidade de Ourense, 43 - Vila Real	259326017	musedospresuntos@gmail.com
Restaurante Quinta do Paço	Quinta do Paço - Vila Real	934562821	geral@quintadopaco.com





## WHERE TO STAY

Over the last years, the Douro region has been constantly expanding and modernizing itself as a tourist destination. It has attracted both national and foreign visitors who share something in common: a demanding and selective profile that makes them choose this privileged region. For that matter, the diversity of quality accommodation, whether it is a luxury hotel or a cosy rural tourism house, has been a major contribution.

Nowadays, at the time of arrival, you'll have no difficulty

other than deciding where to stay with such a variety and quality!

There are a number of tourist facilities to choose from, including luxurious 4 or 5 star hotels and rural hotels. If you place greater importance on being close to nature and on farming activities, opt for a rural tourism accommodation and choose from the many rustic country houses, tourist villages, agritourism facilities or blazoned manor houses converted

into lodging you'll find across the region. Many of these offer supplementary programs, such as spa treatments, visits to neighbouring properties, boat rides on the river, wine tastings at estates and wine shops, birdwatching, bike and off-road rides and much more. Sustainable tourism is one of the main priorities for many of those who own tourism facilities in the Douro region, and that's why the Green Key has been twice awarded to local hoteliers.

Average rate (high season in double room) € <50€, €€ between 50 and 100€, €€€ >100€

Bank card payment Number of rooms

ACCOMMODATIONS						WWW.		
<b>ALIJO</b>								
Casa de Casal de Loivos	Emp. Turístico no Esp. Rural	Casal de Loivos	254732149	casadecasaldeioivos@ip.pt	casadecasaldeioivos.com	✓	6	€€€
Casa do Reconco	Emp. Turístico no Esp. Rural	Santa Eugénia	259324113	geral@quintadoreconco.com	www.quintadoredondo.com		6	€€
CS Vintage House Hotel	Hotel	Lugar da Ponte - Pinhão	254730230	info@vintagehouse.com	www.hotelvintagehouse.com	✓	43	€€€
Hotel Douro	Hotel	Rua da Estação	254732404	geral@hotel-douro.com	www.hotel-douro.com	✓	14	€€
Hotel Quinta da Seixeda	Hotel	Bairro do Pombal - Alijó	259957350	reservas@quintadaseixeda.com	www.quintadaseixeda.com	✓	20	€€
Pous. de Alijó - Barão de Forrester	Pousada de Portugal	Av. Comend. José Rufino - Alijó	259959215	recepcao.barao@pousadas.pt	www.pousadas.pt		21	€€€
Pousada de Juventude de Alijó	Pousadas da juventude	Rua da Costinha, 10 - Alijó	259958131	alijo@movijovem.pt	www.juventude.gov.pt	✓	10	€
Quinta do Passadouro	Emp. Turístico no Esp. Rural	Vale de Mendiz	254731246	info@quinta-do-passadouro.com	www.quinta-do-passadouro.com		6	€€
Quinta do Silval	Hotel Rural	Quinta do Silval - Vale de Mendiz	259730060	reservas@quintadosilval.pt	www.quintadosilval.pt	✓	14	€€€
Hotel Ribadouro	Pensões e residenciais	Av. Dr. Franc. Sá Carneiro - Alijó	259959452	info@residencial-ribadouro.com	www.residencial-ribadouro.com	✓	12	€
<b>ARMAMAR</b>								
Casa da Farmácia	Emp. Turístico no Esp. Rural	Rua do Outeiro, 618 - Armamar	254850250	casadafarmacia@gmail.com	www.casadafarmacia.com	✓	9	€€
Casa da Fonte	Emp. Turístico no Esp. Rural	Coura		fernandolucasfortuna@gmail.com			3	
Casa do Lagar	Emp. Turístico no Esp. Rural	Rua do Espírito Santo - Cimbres	254670557	info@casadolagar.net	www.casadolagar.info		4	€€
Hotel Folgosa do Douro	Hotel	EN 222 - Folgosa	254858222	info@hotelfolgosadouro.com	www.hotelfolgosadouro.com	✓	15	€€
Outros Tempos	Turismo de Aldeia	Largo do Marradouro, 12 - Aricera	254855103	reservas@outrostempos.com	www.outrostempos.com		11	€€
Quinta da Azenha	Emp. Turístico no Esp. Rural	Folgosa do Douro	254855172	info@quintadaazinha.net	www.quintadaazinha.net		6	€€
Quinta da Barroca	Emp. Turístico no Esp. Rural	Queimada	254850850	quintadabarroca@mail.telepac.pt	www.quintadabarroca.com.pt	✓	10	€€
Quinta de Silvaes	Emp. Turístico no Esp. Rural	Lugar da Lapinha - São Cosmado	934262584	quintadesilvaes@gmail.com	www.quintadesilvaes.com	✓	2	€€
Quinta do Tedo	Emp. Turístico no Esp. Rural	Vila Seca - Marmelal	254789543	info@quintadotedo.com	www.quintadotedo.com			
SeMarkinhas - Douro Private Villa	Emp. Turístico no Esp. Rural	Bairro de Santa Bárbara - Folgosa	935535287	info@dourovillarental.com	www.dourovillarental.com		3	€€€
<b>CARRAZEDA DE ANSIÃES</b>								
Casa da Cadima	Emp. Turístico no Esp. Rural	Lugar da Cadima - V. da Castanheira	962464929	casadecadima@gmail.com	www.casadecadima.wordpress.com			€
Casa Dona Urraca	Emp. Turístico no Esp. Rural	Rua Urraca - V. da Castanheira	278639178	info@casadonaurraca.com	www.casadonaurraca.com	✓	8	€€
Casal de Tralhariz	Emp. Turístico no Esp. Rural	Tralhariz	278681042	geral@casaldetralhariz	www.casaldetralhariz.com		10	
Flor do Monte	Hotel Rural	R. da Capela - Pombal de Ansiães	278660010	hotel@flordomonte.com	www.flordomonte.com	✓	16	€€





Average rate (high season in double room) € <50€, €€ between 50 and 100€, €€€ >100€

ACCOMMODATIONS					WWW.			€
Hotel Casa do Tua	Hotel	R. da Est. Foz do Tua - Carr. Ansiães	278681116	casadotua@hotmail.com	www.casadotua.com		12	€€
Quintinha do Manel	Emp. Turístico no Esp. Rural	Alto do Vilarinho	278617487					€
FREIXO DE ESPADA-À-CINTA								
Casa do Conselheiro	Emp. Turístico no Esp. Rural	Rua das Moreirinhas	279653439				4	€€
Quinta da Ferradosa	Emp. Turístico no Esp. Rural	Rua do Muradal, 5 - Lq. da Ferradosa	279653293	ferradosa@quintadaferradosa.pt	www.quintadaferradosa.pt		8	€€
Quinta do Salgueiro	Emp. Turístico no Esp. Rural	EN 221 - F. E. Cinta	279652007	info@quintadosalgueiro.com	www.quintadosalgueiro.com		8	€€
LAMEGO								
Aquapura Douro Valley	Hotel	Vale Abraão	254660660	reservas@aquapuradouro.com	www.aquapurahoteis.com	✓	84	€€€
Casa da Azenha de Rio Bom	Emp. Turístico no Esp. Rural	Rio Bom - Cambres	254666205	info@casa-azinha.com	www.casa-azinha.com	✓	6	€€
Casa de Santa Eufémia	Emp. Turístico no Esp. Rural	Quinta de Santa Eufémia - Lamego	254331820	luciacarvalho@casasantaeufemia.com	www.casasantaeufemia.com	✓	3	€€€
Casa de Sto António de Britiande	Emp. Turístico no Esp. Rural	Casa de Santo António - Britiande	254699346	santoantonibritiande@gmail.com	www.casasantantonibritiande.com	✓	6	€€€
Casa do Codorneiro	Emp. Turístico no Esp. Rural	Lugar do Codorneiro - Penajóia	254969078	casadocodorneiro@casadocodorneiro.com	www.casadocodorneiro.com	✓	6	€€
Casa dos Pinguéis	Emp. Turístico no Esp. Rural	Cambres	254313251	casadosvarais@sapo.pt	www.casadosvarais.com		3	€€
Casa dos Varais	Emp. Turístico no Esp. Rural	Lugar de Varais - Cambres	254313251	info@casadosvarais.pt	www.casadosvarais.net	✓	3	€€
Casa dos Viscondes de Várzea	Hotel Rural	Varzea de Abrunhais	254690020	hrcvv@netcabo.pt	www.hotelruralviscondesvarzea.com	✓	12	€€€
Casa Quinta das Bróilhas	Emp. Turístico no Esp. Rural	Valdigem	254331756	leonorccoutinho@gmail.com	www.quintadasbroilhas.com	✓	4	
DD hotel - Delfim Douro hotel	Hotel	Quinta do Loureiro	254960000	info@delfimdourohotel.com	www.delfimdourohotel.com		26	
Douro River Hotel	Hotel	Cambres	254323150	carina.marinheira@douroriverhotel.pt	www.douroriverhotelo.pt	✓	38	€€
Hotel do Cerrado	Hotel	EN 2 - Lugar do Cerrado	254613164	alberga.cerrado@mail.telepac.pt		✓	30	€€
Hotel Lamego	Hotel	Quinta da Vista Alegre - Lamego	254656171	reservas@hotellamego.pt	www.hotellamego.pt	✓	93	€€
Hotel São Paulo	Hotel	Av. 5 de Outubro - Lamego	254613114			✓	31	€
Hotel Solar dos Pachecos	Hotel	Av. Vis. Guedes Teixeira - Lamego	254600300	reservas@solar-pachecos.com	www.solar-pachecos.com	✓	15	€
Pensão Solar Espírito Santo	Pensões e residenciais	Rua Alexandre Herculano, 1	254655060	solaresp@sapo.pt	www.solarespiritosanto.com	✓	28	€
Quinta da Timpeira	Emp. Turístico no Esp. Rural	Lugar da Timpeira - Penude	254612811	quintadatimpeira@gmail.com	www.quintadatimpeira.pt	✓	7	€€
Quinta de Marrocos	Emp. Turístico no Esp. Rural	EN 222 - Valdigem	254313012	info@quintademarrocos.com	www.quintademarrocos.com	✓	4	€€
Quinta de Tourais	Emp. Turístico no Esp. Rural	Quinta de Tourais - Cambres	254106065	tourais@mail.telepac.pt		✓	7	€€
Quinta do Terreiro	Emp. Turístico no Esp. Rural	Quinta Terreiro - Lalim	254697040	informacoes@quintadoterreiro.com	www.quintadoterreiro.com	✓	10	€€
The Wine H. Hotel - Qta da Pacheca	Hotel Rural	Quinta da Pacheca - Cambres	254313228	comercial@quintadapacheca.com	www.wonderfulland.com/pacheca	✓	15	€€€
Vila Ferraz	Emp. Turístico no Esp. Rural	Ortigosa	254656956	vilaferraz@iol.pt	www.vilaferraz.com	✓	6	€€
Villa Hostilina	Emp. Turístico no Esp. Rural	Villa Hostilina - Lamego	254612394	villahostilina@gmail.com	www.villahostilina.com	✓	8	€€
Villa Oliveira	Emp. Turístico no Esp. Rural	Lugar dos Chãos - Arneiros	966657674	info@villaooliveira.com	www.villaooliveira.com		4	
MESÃO FRIO								
Casa d'Além	Emp. Turístico no Esp. Rural	Oliveira	254321991	casadalem@sapo.pt	www.casadalem.pt	✓	4	€€
Casa das Torres de Oliveira	Emp. Turístico no Esp. Rural	Oliveira	254336743	casatorresoliveira@mail.telepac.pt	www.quintadastorres.com	✓	5	€€€
Casa Quinta de Vale d'Arados	Emp. Turístico no Esp. Rural	Lugar do Marco	254337065	geral@valedearatro.pt	www.valedearatro.pt	✓	6	€€€
Pousada CS Solar da Rede	Pousada de Portugal	Santa Cristina	254890130	receptionsolardarede@cshotelsandresort.com	www.cshotelsandresorts.com	✓	29	€€€
Quinta da Boa Passagem	Emp. Turístico no Esp. Rural	Lugar de Porto de Rei - Barqueiros	254892424	quintadaboapassagem@douronet.com	www.quintadaboapassagem.douronet.com	✓	3	€€
MOIMENTA DA BEIRA								
Hotel Verdeal	Hotel	Quinta do Verdal - M. da beira	254584061	hotelverdeal@gmail.com	www.hotel-verdeal.com		34	€€



Average rate (high season in double room) € &lt;50€, €€ between 50 and 100€, €€€ &gt;100€

Bank card payment Number of rooms

ACCOMMODATIONS								
Os Moinhos Tia Antoninha	Emp. Turístico no Esp. Rural	Lugar do Cabeço de Lebrais - Leomil	254588095	info@moinhostiaantoninha.com	www.moinhostiaantoninha.com	✓	7	€€
Quinta da Regada do Moinho	Emp. Turístico no Esp. Rural	Av. Álvaro Almeida, 3 - Segões	232607188	geral@quintadaregadadomoinho.com	www.quintadaregadadomoinho.com		2	€€€
Solar Correia Alves	Emp. Turístico no Esp. Rural	Terreiro das Freiras, 27 - M. da Beira	254584020	cronicasdaterra@sapo.pt	www.solardoscorreialves.home.sapo.pt	✓	6	€€
<b>MURÇA</b>								
Monte São Sebastião	Emp. Turístico no Esp. Rural	Quinta de São Sebastião - Murça	259511564	quinta@montesaosebastiao.com	www.montesaosebastiao.com		4	€€
<b>PENEDONO</b>								
Casa dos Avós Belchior	Emp. Turístico no Esp. Rural	Travessa das Amoreiras, 1 - Antas	254504068	antoniosantosferraz@hotmail.com			3	€
Hotel Rural de Penedono	Hotel Rural	Praça 25 de Abril - Penedono	254509050	geral@estalagemdepenedono.com.pt	www.estalagemdepenedono.com.pt	✓	13	€€
<b>PESO DA RÉGUA</b>								
Hotel Império	Hotel	R. José Vasques Osório, 8 - P.da Régua	254320120	info@residencialimperio.com	www.residencialimperio.com	✓	33	€
Hotel Régua Douro	Hotel	Largo da Estação - Peso da Régua	254320700	hotelreguadouro@mail.telepac.pt	www.hotelreguadouro.pt	✓	77	€€
Quinta do Vallado	Emp. Turístico no Esp. Rural	Vilarinho dos Freires	259318082	vallado.turismo@mail.telepac.pt	www.quintadovallado.com	✓	5	€€€
Hotel Columbano	Hotel	Av. Sacadura Cabral - Godim	254320710	info@residencialcolumbano.com	www.residencialcolumbano.com		70	€
<b>SABROSA</b>								
Casa das Pipas	Emp. Turístico no Esp. Rural	EN 323 - Celeirós do Do	259937100	patriciaguerra@quintadoportal.pt	www.quintadoportal.com	✓	15	€€€
Casa de Vilarinho de S. Romão	Emp. Turístico no Esp. Rural	Lg. da Capela - Vilar. de S. Romão	259930754	mail@casadevilarinho.com	www.casadevilarinho.com	✓	6	€€
Casa do Adro	Emp. Turístico no Esp. Rural	Parada do Pinhão	259928062	casadoadro@blogspot.com	www.casadoadro.blogspot.com		5	€€
Casa do Visc. de Chancelheiros	Emp. Turístico no Esp. Rural	Largo da Fonte - Chancelheiros	254730190	chancelheiros@chancelheiros.com	www.chancelheiros.com	✓	6	€€€
Casa Gouvães	Emp. Turístico no Esp. Rural	R. Central, Apart. 24 - Gouv. do Douro	917921320	info@casadegouvães.com	www.casadegouvães.com	✓	3	€€€
Quinta da Veiga	Emp. Turístico no Esp. Rural	Ferrão Donelo - Covas do Douro	254732742	andrerodrigues@veigamouras.com	www.veigamouras.com	✓	8	€€€
Quinta de La Rosa	Emp. Turístico no Esp. Rural	Apartado 16 - Pinhão	254732254	sophia@quintadelarosa.com	www.quintadelarosa.com		4	€€€
Quinta do Barreiro de Guiães	Emp. Turístico no Esp. Rural	Paradela de Guiães	254920479	julieta@casademateus.pt	www.casademateus.com		4	€
Quinta do Conde	Emp. Turístico no Esp. Rural	Gouvinhos	259323121	julieta@casademateus.pt	www.casademateus.com		6	€€
Quinta N. de N. S. do Carmo	Hotel Rural	Covas do Douro - Pinhão	254730430	hotelquintanova@amorim.com	www.quintanova.com	✓	11	€€€
Solar dos Canavarros	Hotel	Av. Comb. da G. Guerra - Sabrosa	259937400	geral@solardoscanavarros.pt	www.solardoscanavarros.pt	✓	50	€€
Casa dos Barros	Emp. Turístico no Esp. Rural	Rua da Madalena - Sabrosa	259939370	cb@casadosbarros.jazznet.pt	www.casadosbarros.jazznet.pt		14	
<b>SANTA MARTA DE PENAGUIÃO</b>								
Casa da Boavista	Emp. Turístico no Esp. Rural	Valado - Cumieira	259969128	casa.boavista@mail.pt	www.casadoavista.com		6	€€
Casa dos Encambalados	Emp. Turístico no Esp. Rural	Encambalados	254821355				8	€
Casal Agrícola de Cevêr	Emp. Turístico no Esp. Rural	Quinta do Pinheiro - Sarnadelo	254811274	casalagricoladecever@casalagricoladecever.com	www.casalagricoladecever.com		10	€€
Hotel Oásis	Hotel	Rua dos Comb., 24 - St. M. Penaguião	254821532	roasisda@sapo.pt			11	€
Quinta da Cumieira	Emp. Turístico no Esp. Rural	Cumieira - Lugar da Capela - Silhão	259969544	webmaster@quintacumieira.com	www.quintacumieira.com			
Quinta das Chaquedas	Emp. Turístico no Esp. Rural	São João de Lobrigos	254828069	paulafilipecastro@hotmail.com			8	
Quinta do Lamego	Emp. Turístico no Esp. Rural	Santa Comba	254821305	quintadolamego@hotmail.com	www.quintadolamego.com	✓	14	€€
<b>SAO JOÃO DA PESQUEIRA</b>								
Casa dos Cardenhas	Emp. Turístico no Esp. Rural	Quinta do Ventuzelo - Erv. do Douro	254731591			✓	3	€€
Quinta de São José	Emp. Turístico no Esp. Rural	Ervedosa do Douro	254420000	sJose.douro@iol.pt	www.quintasjose.com	✓	10	€€
Solar Corte Real	Emp. Turístico no Esp. Rural	Largo do Adro - Vilarouco	933010530				5	





Average rate (high season in double room) € &lt;50€, €€ between 50 and 100€, €€€ &gt;100€

Bank card payment Number of rooms

ACCOMMODATIONS						WWW.		
<b>SERNANCELHE</b>								
Casa da Comenda da Ord. de Malta	Emp. Turístico no Esp. Rural	Praça da República - Sernancelhe	254559189	casadacomendademalta@sapo.pt			✓	20 €€
Convento N. S. do Carmo	Hotel Rural	Freixinho	254594080	info@hoteldocarmo.com	www.hoteldocarmo.com		✓	43 €€
<b>TABUAÇO</b>								
Casa Cimeira	Emp. Turístico no Esp. Rural	Rua do Cimo do Povo - Val. do Douro	254732320	geral@casacimeira-douro.com	www.casacimeira-douro.com		✓	7 €€
Quinta da Aveleira	Emp. Turístico no Esp. Rural	Távora	254787098	quintadaaveleira@gmail.com	www.quintasaaveleira.com			4 €€
Quinta das Herédias	Emp. Turístico no Esp. Rural	Granjinha	254787004	luis.simo@quintadasheredias.com	www.quintadasheredias.com			10 €€
Quinta de Sto Ant.de Adorigo	Emp. Turístico no Esp. Rural	Adorigo	254789177	info@quintasantoantonio.pt	www.quintasantoantonio.pt		✓	9 €€
Quinta do Pêgo	Hotel Rural	Valença do Douro	254730070	info@quintadopego.com	www.quintadopego.com		✓	10 €€€
Quinta Monte Travesso	Emp. Turístico no Esp. Rural	Barcos	254781733	info@quintamontetravesso.com	www.quintadomontetravesso.com		✓	2 €€
<b>TAROUCA</b>								
Casa da Portaria	Emp. Turístico no Esp. Rural	São João de Tarouca	254679249	casadaportaria@sapo.pt	www.casadaportaria.com		✓	4 €€€
Quinta da Roupica	Emp. Turístico no Esp. Rural	Carvalhais - Dalvares	254679632					6 €€
Quinta da Vinha Morta	Emp. Turístico no Esp. Rural	Gouveães	254670828	geral@quintadavinhamorta.com	www.quintadavinhamorta.com		✓	7 €€
Quinta dos Padres Santos	Emp. Turístico no Esp. Rural	Gouveães	254678171	quintadospadressantos@gmail.com				
<b>TORRE DE MONCORVO</b>								
Casa da Avó	Emp. Turístico no Esp. Rural	Rua Manuel Seixas, 12	279252401	info@casaavo.com	www.casaavo.com			6 €€
Casa da Pastora	Emp. Turístico no Esp. Rural	Quinta do Campo - Açoreira	279762257				✓	3 €€
Casa de Santa Cruz	Emp. Turístico no Esp. Rural	Cimo do Lugar, 1 - Felgar	919191545	mail@casadesantacruz.com	www.casadesantacruz.com		✓	12 €€
Quinta das Aveleiras	Emp. Turístico no Esp. Rural	Qta das Aveleiras -T. de Moncorvo	279258280	info@quintadasaveleiras.pt	www.quintadasaveleiras.pt			7
Serra do Reboredo	Emp. Turístico no Esp. Rural	EN 220 - Larinho	939611116	geral@serradoreboredo.com				13
<b>VILA NOVA DE FOZ CÔA</b>								
Casa Vermelha	Emp. Turístico no Esp. Rural	Av. Gago Coutinho - V.N. Foz Côa	279765252	geral@casavermelha.com	www.casavermelha.com		✓	7 €€
Hotel Vale do Côa	Hotel	Av. Cid. Nova 1 - V. N. Foz Côa	279760010	informacoes@albergariavaledocoa.net	www.albergariavaledocoa.com		✓	32 €
Pousada de Juv. de Foz Côa	Pousadas da juventude	Cam. Vicinal Currauteles, 5 - V. N. F.Côa	279764041	fozcoa@movijovem.pt	www.pousadasjuventude.pt			
Quinta do Redoido	Emp. Turístico no Esp. Rural	Freixo de Numão	279789471				✓	6
<b>VILA REAL</b>								
Casa Agrícola da Levada	Emp. Turístico no Esp. Rural	Lugar da Timpeira - Penude	259322190	info@casadalevada.com	www.casadalevada.com			4 €€
Casa da Cruz	Emp. Turístico no Esp. Rural	Lugar da Cruz - Campeã	259979422	casadacruz@mail.telepac.pt	www.geocities.com/casadacruz			6 €
Casa da Timpeira	Emp. Turístico no Esp. Rural	Quinta dos Azevedos - Timpeira	259324068	timpeira@solaresportugal.pt				4 €€
Casa das Cardosas	Emp. Turístico no Esp. Rural	Rua Central - Folhadela	259331487	mariateresablma@gmail.com				3 €€
Casa do Mineiro	Emp. Turístico no Esp. Rural	Trás do Vale - Campeã	259979720	casa.mineiro@netcabo.pt	www.geocities.com/casadacruz			2
Hotel Mira Corgo	Hotel	Av. 1º de Maio, 76 - Vila Real	259325001	info@hotelmiracorgo.com	www.hotelmiracorgo.com		✓	166 €€
Hotel Miraneve	Hotel	Rua D. Pedro de Castro - Vila Real	259323153	hotel.miraneves@clix.pt	www.miraneve.pt		✓	24 €€
Hotel Quinta do Paço	Hotel	Arroios	259340790	geral@quintadopacohotel.com	www.estalagemquintadopaco.net		✓	34 €€
Pousada de Juv. de Vila Real	Pousadas da juventude	R. Dr. Manuel Cardona - Vila Real	259341062	vilareal@movijovem.pt	www.pousadasjuventude.pt		✓	
Quinta de São Martinho	Emp. Turístico no Esp. Rural	Quinta de S. Martinho - Mateus	259323986	geral@quintadesaomartinho.com	www.quintasaomartinho.com		✓	5 €€



# GENERAL INFORMATION

## CURRENCY AND PAYMENTS

The Portuguese currency is the Euro. Eurocheques and traveller cheques (which can be acquired at banks, travel agencies or American Express affiliates) are the safest way to travel with money. Credit cards (such as American Express, Visa or MasterCard) are more convenient and usually accepted on automatic teller machines (Multibanco), as well as some international debit cards. Be aware that each credit card withdrawal or payment implies a fee that varies according to the card issuer bank. You'll be able to exchange foreign currency at the airport, bank branches or at certain hotels (although, in this case, the fees are usually higher). Generally, banks operate from Monday to Friday between 8.30 am and 3 pm.

## EMERGENCY SERVICES

The emergency call number across the European Union is 112. Should you need to call an ambulance, the police or the fire brigade, or if you want to report an accident, please use this number. In case of urgency, you can call free of charge from any landline phone, mobile phone or public pay telephone.

You'll also find orange SOS phone stations along motorways that can be used in case of accident or breakdown by simply pushing the button and waiting for an answer. In case you are victim of crime, you should go to the nearest PSP or GNR police station and file a complaint. In the event of a car accident, you should require the presence of the Brigada de Trânsito by calling 112.

## HOSPITALS AND HEALTH CENTERS

Centro de Saúde de Alijó	Rua Dtr. Henrique Pereira - Alijó	259959363	csalijo@srsvreal.min-saude.pt
Unidade de C. Integr. Continuados de Alijó	Rua Dtr. César Ferreira - Alijó	259959210	
Centro de Saúde de Armamar	Av. Dtr. Oliveira Salazar (EN 313) - Armamar	254855260	csarmamar@srsviseu.min-saude.pt
Hospital da Fund.Gaspar e Manuel Cardoso	Av. Dtr. Oliveira Salazar (EN 313) - Armamar	254855341	
Centro de Saúde de C. de Ansiães	Rua Eng. C. Mendonça - C. de Ansiães	278610050	geral@cscsansiaes.min-saude.pt
Unidade de Cuidados C. de F. de Esp. à Cinta	Largo Sarmento Rodrigues - F. de Esp. à Cinta	279658240	geral@cscfecinta.min-saude.pt
Centro de Saúde de Lamego	Rua de Fafel, 41 - Lamego	254609212	
Hospital Distrital de Lamego	Lugar da Franzia - Lamego	254609200	
Unidade de Saúde Familiar Douro Vita	Av. 5 de Outubro - Lamego	254600060	usfdourovita@srsviseu.min-saude.pt
Centro de Saúde de Mesão Frio	EM 518-1, Quintã - Mesão Frio	254890200	csmfrio@srsvreal.min-saude.pt
Centro de Saúde de M. da Beira	Av. da República - Moimenta da Beira	254520250	ctecnico.mbeira@srsvreal.min-saude.pt
Centro de Saúde de Murça	Av. Inês Bacarini Breia, Seixo - Murça	259510400	csmurca@srsvreal.min-saude.pt
Hospital da Mis. de Murça	Seixo - Murça		hospital.murca@portugalmail.com
Centro de Saúde de Penedono	Largo Dtr. Tosco Tito Cunha - Penedono	254549302	cspenedono@srsviseu.min-saude.pt
Centro de Saúde de P. da Régua	Rua Dtr. José de Sousa - P. da Régua	254320050	cspregua@srsvilareal.min-saude.pt
Unidade de Cuid. de Saúde Personal. de Loureiro	Lugar da Torre - Peso da Régua		
Hospital de Dom Luíz I	Praça do Gen. Humb. Delg. - P. da Régua	254336769	cspregua@srsvreal.min-saude.pt
Centro de Saúde de Sabrosa	Rua de Cadaiuac - Sabrosa	259939209	cssabrosa@srsvreal.min-saude.pt
Centro de S. de Sta Marta de Penag.	Rua Cid. do Porto - Sta Marta de Penaguião	254820030	zribeiro.smarita@srsvreal.min-saude.pt
Centro de S. de S. João da Pesqueira	EN222-3, Bairro do Conv. - S. J. da Pesqueira	254484162	cssjesqueira@srsviseu.min-saude.pt
Centro de Saúde de Semancelhe	Rua do Colégio - Semancelhe	254550000	cssernancelhe@srsvreal.min-saude.pt
Centro de Saúde de Tabuaço	Rua de São Vicente - Tabuaço	254780130	cstabuaco@srsvreal.min-saude.pt
Centro de Saúde de Tarouca	Rua Alberto Pereira Martins - Tarouca	254679200	cstarouca@srsviseu.min-saude.pt
Hospital da Misericórdia de Tarouca	Av. da Sta Casa da Mis. - Tarouca		
Centro de Saúde de Torre de Moncorvo	Av. das Amend. (EN 220) - T. de Moncorvo	279200770	geral@cstmoncorvo.min-saude.pt
Centro de Saúde de V. N. de F. Côa	Av. da Misericórdia (IP 2) - V. N. de F. Côa	279762319	csvnfcôa@srsguarda.min-saude.pt
Centro de Saúde de Vila Real 1	Rua Dtr Manuel Cardona - Vila Real	259324095	csvreal1@srsvreal.min-saude.pt
Centro de Saúde de V. R. 2 - Mateus	Qta da Redonda, Três Lagares - V. Real	259302090	csvreal2@srsvreal.min-saude.pt
Hospital Distrital de Vila Real	Av. da Noruega, Ribeira	259300500	admin@chtmad.min-saude.pt

## EMBASSIES AND CONSULATES

EMBASSIES IN LISBON				
Emb. da Alemanha	Camp. Mártires da Pátria, 38 - Lisboa	218810210	info@lissabon.diplo.de	www.lissabon.diplo.de
Emb. da Austrália	Av. da Lib., 200 - 2º - Lisboa	213101500	austemb.lisbon@dfat.gov.au	www.portugal.embassy.gov.au
Emb. da Áustria	Av. Inf. Santo, 43 - 4º - Lisboa	213943900	lissabon-ob@bmeia.gv.at	
Emb. da Bélgica	Prç. Marq. de Pombal, 14 - 6º - Lisboa	213170510	lisbon@diplomatie.be	www.diplomatie.be/lisbon
Emb. da Fed. da Rússia	Rua Visconde Santarém, 59 - Lisboa	218462423	mail@embaixadarussia.pt	www.portugal.mid.ru
Emb. da Finlândia	Rua do Passolo, 76 - 1º - Lisboa	213933040	sanomat.lis@formin.fi	www.finlandia.org.pt
Emb. da Irlanda	Rua da Impr. à Estrela, 1 - 4º - Lisboa	213929440	lisbon@dfa.ie	
Emb. da Noruega	Av. D. Vasco da Gama, 1 - Lisboa	213015344	emb.lisbon@mfa.no	www.noruega.org.pt
Emb. da Rep. Pop. da China	Rua do Pau da Bandeira, 11-13 - Lisboa	213928430	chinaemb_pt@mfa.gov.cn	www.fmpcr.gov.cn/ce/cept/pot
Emb. da Suécia	Rua Miguel Lupi, 12 - 2º - Lisboa	213942260	emb.suecia.lis@mail.telepac.pt	www.swedenabroad.com/lisbon
Emb. da Suíça	Trav. do Jardim, 17 - Lisboa	213944090	vertretung@lis.rep.admin.ch	www.eda.admin.ch/lisbon
Emb. de Espanha	Rua do Salitre, 1 - Lisboa	213472381	embesppt@correo.mae.es	
Emb. de França	Rua de Santos-o-Velho, 5 - Lisboa	213939100	ambafrance@hotmail.com	www.ambafrance-pt.org
Emb. de Itália	Lrg. do Conde de Pombeiro, 6 - Lisboa	213515320	archivio.lisbona@esteri.it	www.amblisbona.esteri.it
Emb. do Brasil	Estr. das Laranj., 144 - Lisboa	217248510	geral@embaixadadobrasil.pt	www.embaixadadobrasil.pt
Emb. do Japão	Av. Lib., 245, 6º C - Lisboa	213110560	ryojii@embjapao.pt	www.pt.emb-japan.go.jp
Emb. do Reino dos P. Baixos	Av. Inf. Santo, 43 - 5º - Lisboa	213914900	nlgovlis@netcabo.pt	www.emb-paisesbaixos.pt
Emb. do Reino Unido	Rua de São Bernardo, 33 - Lisboa	213924000		www.ukinportugal.fco.gov.uk
Emb. dos E.U. da América	Av. das Forças Armadas - Lisboa	217273300		www.american-embassy.pt
Emb. Real da Dinamarca	Rua Castilho, 14 C - 3º - Lisboa	213512960	lisamb@lisamb.um.dk	www.amblisabon.um.dk
Minist. dos Neg. Estrang.	Lrg. do Rilhas, P. das Neces. - Lisboa	213946000		www.mne.gov.pt

## CONSULATES IN OPORTO

Consulado Britânico do Porto	Trv. B.de Forrester, 86 - VN de Gaia	213954082	britcon.oporto@sapo.pt	www.ukinportugal.fco.gov.uk
Consulado da Alemanha	Avenida de França, 20 - 6º - Porto	226052810	consulado-alemanha@mail.telepac.pt	
Consulado da Noruega	Largo do Terreiro, 4 - Porto	223322512	consuladonoruega@consulados.net.novis.pt	
Consulado da Suécia	Largo do Terreiro, 4 - Porto	223322512	consuladosuecia@consulados.net.novis.pt	
Consulado de Espanha	Rua Dom João IV, 341 - Porto	225363940	cgesspporto@correo.mae.es	
Consulado de França	Rua António Bessa Leite, 1430, 1º - Porto	226094805		www.consulfrance-porto.org
Consulado de Itália	Rua da Restauração - Porto	226006546	consitaly@ccitalia.pt	
Consulado do Brasil	Avenida de França, 20 - 1º - Porto	226084070	cgporto@mail.telepac.pt	www.consuladobrasilporto.com
Consulado do Japão	Av. V. da Gama, Apart. 51 - VN de Gaia	227867279	jose.ramos@toyotacacetano.pt	
Cons. dos Países Baixos	Rua da Reboleira, 49 - 1º - Porto	222080061	nlgovporto@sapo.pt	
Cons. dos E. U. A.	Rua Gonçalo Cristóvão, 96 - 7º D - Porto	222056753		
Cons. Real da Dinamarca	Rua Eugénio de Castro, 280 - 1º - Porto	226094584	pedrocampos.b@oninet.pt	

## LANGUAGE/COMMUNICATION

Portugal's official language is the Portuguese, which is also spoken in many other countries. It is also the official language in Brazil, Angola, Mozambique, Cape Verde, Guinea-Bissau, Sao Tomé and Príncipe, East Timor and Macao, in some cases along with a second language. In 1999, Portugal established a second official language: the Mirandês. Originated in Miranda do Douro, the Mirandês language is mainly used in this region. You'll easily find someone who speaks English or, less frequently, French and German in almost every tourism office, as well as at hotels, restaurants and touristic venues.

## ELECTRICITY

The voltage used in Portugal is 220V-240V. The electrical sockets feature two round pins, according to the European standard. You'll be able to buy adaptors in several stores, including at the airport. Some hotels make these adaptors available to customers.

## TIME ZONE

Portugal sets its time according to the Greenwich Mean Time, so it's in the same time zone as Great Britain and one hour earlier than Central Europe (CET). In summer, there's an additional hour adjustment (+1 GMT), which applies between the last Sunday of March and the last Sunday of October.

## OFFICE HOURS IN PORTUGAL

Banks and general services	9 am - 3 pm
Filling stations	7 am - 10 pm
Museums and monuments	10 am - 7 pm
Pharmacies	9 am - 8 pm
Stores and supermarkets	10 am - 8 pm
Hypermarkets	9 am - 11 pm





MAJOR AIRLINES OPERATING IN PORTUGAL

TAP Portugal	707205700	www.flytap.com
Aer Lingus	218925831	www.aerlingus.com
Aero Vip	211560368	www.aerovip.pt
Air Europa	213587680	www.aireuropa.com
Air France	707202800	www.airfrance.pt
British Airways	808200125	www.bmibaby.com
Brussels Airlines	707200424	www.britishairways.com
Continental	214159102	www.continental.com
easyJet	808204204	www.easyjet.com
Finnair	213522689	www.finnair.com
NIKI/Air Berlin	808202737	www.flyniki.com
Germanwings	707780033	www.germanwings.com
Iberia	707200000	www.iberia.com
KLM	707222747	www.klm.com
Lufthansa	707782782	www.lufthansa.com
Luxair	224564242	www.luxair.pt
Ryanair	00448712460002	www.ryanair.com
Royal Air Maroc	213500020	www.royalairmaroc.com
Sata International	707227282	www.sata.pt
Swiss	808200487	www.swiss.com
TAAG	218575899	www.taag.pt
Transavia.com	707780009	www.transavia.com
Turkish airlines	213163120	www.turkishairlines.com
Vueling	707783939	www.vueling.com
• COMPANHIAS A OPERAR NO AERÓDROMO DE VILA REAL		
Aero Vip	259328802	www.aerovip.pt
Aerocondor	214457600	www.aerocondor.com
Aeronorte	259325019	www.aeronorte.pt

POST OFFICES AND SHIPPING SERVICES

The Portuguese postal service (CTT) delivers national mail via Correio Azul within one working day. International Correio Azul is shipped by air and it takes about 4-5 days to be delivered across Europe and 7-10 days to the USA, Japan and Australia. At post offices, you'll also be able to request other express mail services, as well as registered and/or with acknowledgement of receipt post. Most offices operate from Monday to Friday between 9 am and 6 pm including lunch break. For more information, please visit the CTT website available in Portuguese and English: [www.ctt.pt](http://www.ctt.pt).

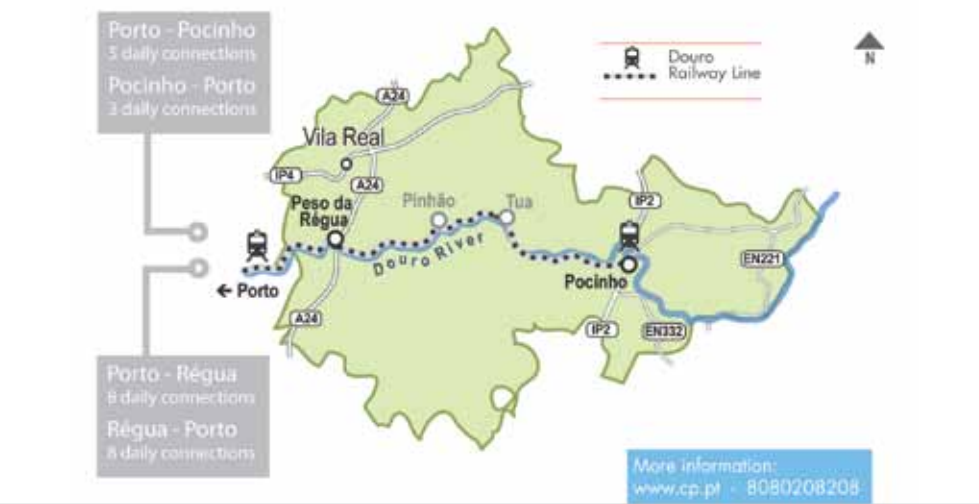
PHONE SERVICE

Portuguese phone numbers feature 9 digits: landline numbers start with 2 while mobile numbers start with 9. If you want to make an international phone call, you should always dial 00 followed by the country code plus the desired number. You'll find many pay phone booths that operate with coins, calling cards (sold at post offices and kiosks) and both debit and credit cards. You can also use phones at post offices and Portugal Telecom stores, where you'll pay for the call at the reception desk. Certain restaurants and coffee houses also have pay phones available, although call rates are higher.

BUS CONNECTIONS TO THE DOURO

COMPANIES OPERATING FROM OPORTO AND LISBOA				
Rodonorte	Gare do Oriente	Lisboa	218956890	<a href="http://www.rodonorte.pt/">http://www.rodonorte.pt/</a>
	Travessa Passos Manuel	Porto	222005637	<a href="http://www.rodonorte.pt/">http://www.rodonorte.pt/</a>
Rede Expressos	Rua Alexandre Herculano, 366	Porto	222006954	<a href="http://www.rede-expressos.pt">http://www.rede-expressos.pt</a>
	Terminal Rodoviário de Sete Rios	Lisboa	707223344	<a href="http://www.rede-expressos.pt">http://www.rede-expressos.pt</a>
COMPANIES IN THE DOURO REGION				
Rodonorte	Avenida Visconde Guedes Teixeira	Lamego	254619447	<a href="http://www.rodonorte.pt/">http://www.rodonorte.pt/</a>
	Rua D. Pedro Castro	Vila Real	259340710	<a href="http://www.rodonorte.pt/">http://www.rodonorte.pt/</a>
Rede Expressos	Quinta do Seixo	Vila Real	962060655	<a href="http://www.rede-expressos.pt">http://www.rede-expressos.pt</a>
	Avenida Visconde Guedes Teixeira	Lamego	254656064	<a href="http://www.rede-expressos.pt">http://www.rede-expressos.pt</a>

TRAIN CONNECTIONS TO THE DOURO



RENT-A-CAR

• LISBON AIRPORT		
AA Castanheira/ Budget	219942402	www.budgetportugal.com
Auro Rent	218407926	www.autorent.pt
Auto Jardim	218463197	www.auto-jardim.com
Avis	218435550	www.avis.com.pt
Europcar	218401176	www.europcar.pt
Guerin	218486191	www.guerin.pt
Hertz	218438660	www.hertz.pt
National	218486191	www.nationalcar.com
Sixt	218407927	www.sixt.pt
• OPORTO AIRPORT		
AA Castanheira/ Budget	229443914	www.budgetportugal.com
Auro Rent	229439240	www.autorent.pt
Auto Jardim	229413661	www.auto-jardim.com
Avis	229436900	www.avis.com.pt
Europcar	229482452	www.europcar.pt
Guerin	229415939	www.guerin.pt
Hertz	229437690	www.hertz.pt
National	229484250	www.nationalcar.com
Sixt	229439240	www.sixt.pt
• PESO DA RÉGUA		
Pontiroiteiro	254321220	www.pontiroiteiro.pt
Europcar	254321146	www.europcar.pt
Hertz	808202038	www.hertz.pt
• VILA REAL		
Hertz	259351439	www.hertz.pt
Europcar	259309300	www.europcar.pt
Jacar	259340815	
Nurocar	259378055	
Ernesto J. Pimenta Mesquita	259326315	
• LAMEGO		
Turística Ceuta de Lamego	254612354	
Salitur	707200399	www.salitur.site.escriadigital.pt

NATIONAL HOLIDAYS

New Year	1 <sup>st</sup> January
Holy Friday	Friday before Easter
Easter	1 <sup>st</sup> Sunday after 1 <sup>st</sup> full moon past 21 <sup>st</sup> March
Dia da Liberdade	25 <sup>th</sup> April
Labour Day	1 <sup>st</sup> May
Dia de Portugal	10 <sup>th</sup> June
All Saints' Day	1 <sup>st</sup> November
Immaculate Conception of Mary	8 <sup>th</sup> December
Christmas	25 <sup>th</sup> December

LOCAL HOLIDAYS

Alijó	11 <sup>th</sup> November
Armamar	24 <sup>th</sup> June
Carrazeda de Ansiães	31 <sup>st</sup> August
Freixo de Espada à Cinta	Monday after Easter
Lamego	8 <sup>th</sup> September
Mesão Frio	30 <sup>th</sup> November
Moimenta da Beira	24 <sup>th</sup> June
Murça	8 <sup>th</sup> May
Penedono	29 <sup>th</sup> June
Peso da Régua	16 <sup>th</sup> August
Sabrosa	8 <sup>th</sup> September
Santa Marta de Penaguião	13 <sup>th</sup> January
São João da Pesqueira	24 <sup>th</sup> June
Sernancelhe	3 <sup>rd</sup> May
Tabuaço	24 <sup>th</sup> June
Tarouca	29 <sup>th</sup> September
Torre de Moncorvo	19 <sup>th</sup> March
Vila Nova de Foz Côa	21 <sup>st</sup> May
Vila Real	13 <sup>th</sup> June



STUDENTS IN PORTUGAL

If you're a student, please be aware that the International Student Identity Card is not always accepted in Portugal, especially at small villages.

If you're under 29 years old, you can apply for an European Youth Card, which costs 10€ and allows for discounts at youth hostels, movie theatres, music festivals, travelling, museums, sport events and more.

This card can be purchased at Youth Hostels, Movijovem stores, Regional Delegations of the Instituto Português da Juventude, post offices, some Town Halls, Abreu Jovem and Wasteels travel agencies.

For more information, please visit:  
<http://microsites.juventude.gov.pt/Portal/CartaoJovem>  
or call the youth line: 707203030.

TOURIST RECREATION COMPANIES			
Activansilanis	Rua March. G. da Costa - C. de Ansiães	917892204	geral@cativansilanis.com
AMF Florestal Turismo e Aviação	Aeródromo de Vila Real	259340010	amf@amfgrupo.com
Arisdouro	EN 222, Cais da Folgosa - Armamar	254858123	arisdouro@arisdouro.com
Barcadouro - Tur. Fluv. e Terrestre	Rua da C. Cultural - Ca. de Ansiães	223722415	geral@barcadouro.pt
Com o Douro	Urb. Qta Amarela, 10 R/C, Pinhão - Alijó	254732702	companhiaturisticadodouro@gmail.com
Cooperativa de Turismo de Trás-os-Montes a Alto Douro	Av. D. Diniš, 25 - 1.º - Vila Real	259347340	douro.travel@gmail.com
Crónicas da Terra	Av. 25 de Abril, 40 - Moimenta da Beira	254588127	
Cruzeiros Senhora da Veiga	Av. Cidade Nova, 2 - V. N. de F. Côa	279760315	bem.sveiga@fozcoainvest.pt
Cryseia	Zona Ind. de Armamar, Ap 48 - Armamar	254619221	geral@cryseia.com
Douro à Vela	Lugar da Curvaceira, Penajóia - Lamego	918793792	info@douro-a-vela.pt
Douro Monte	Rua Alice Pereira Gomes - Sabrosa		
Douro Verde Turismo	Av. Galiza, Edif. Douralto 6.º F. - P. da Régua	254322858	geral@douroverde.com
Douro Wonderful Events	Rua das Cerd., 41, Godim - P. da Régua	254322808	info@douroevents.pt
Dourototal	Rua da Estação, Pocinho - V. N. de F. Côa	934058917	dourototal@hotmail.com
Dourowinescape	Pinhão - Alijó	917212004	dourowinescape@portugalmail.pt
DRIVERTUR - Anim. Turística	R. da Companhia Mineira, 26 - Sabrosa	917500300	info@drivertur.com
Ecoevasão	Lugar das Canadas, Carlão - Alijó	259658051	geral@ecoevasao.pt
Eventos Douro Virtut Sports	Lugar Fonte Velha, Magueija - Armamar	254688354	virtut.sports@netc.pt
Fábrica de Animação	R. Guerra Junqueiro, 39 - C. Ansiães	937484975	
Festas ao Rubro	Rua Dr. Manuel Moutinho - Tabuaço	918842178	geral@festasaorubro.pt
Greengrape	Rua Fundo do Povo, 6 - Vila Real	936825649	greengrape@greengrape.pt
Ibéria Selection	Av. Dr. Alfr. de Sousa, 49 B. Edif. remédios, 1.º - Lamego	254656360	
Impactus - Animação Turística	Rua da Igreja, 2, Cast. Melhor - V.N. F. Côa	271311347	aventura@impactus.pt
Magnifico Douro Eventos	Rua Ant. Manuel Sar., 57, Pinhão - Alijó	913129857	info@magnificodouro.pt
Montes Traveços	Montes Traveços - Tabuaço	917228274	
Naturimont	Rua da Estalagem, Briandide - Lamego	254613918	info.naturimont@mail.telepac.pt
Novas Etapas	Vale das Vinhas - P. da Régua	919504930	geral@novasetapas.com
Passa Montanhas	Rua A, 15, 4.º E - Vila Real	259372242	passamontanhas@hotmail.com
Pedra do Cavallo	Paradela - Tabuaço	963165898	
Pedra Natural	Urb. da Barroca, 17 - Murça	934228953	info@pedranatural.eu
Primetour Viagens e Turismo	Rua Variante EN 15 - Murça	259518054	
Ravinas do Côa	Bairro Flor da Rosa, 34 - V. N. de Foz Côa	967098167	ravinasdocoa@mail.telepac.pt
Raquette & Correia	Rua do Outeiro, 2 - 2.º frente - P. da Régua	226179622	
Rotas das Gravuras	EN 222, 25, Sebadelhe - V. N. de F. Côa	279789245	rotasgravuras.angelotaxi@hotmail.com
Sabor, Douro e Aventura	Rua Alb. Tavares, Cv 2 - T. de Moncorvo	279258270	info@sabordouro.com
Sociedade Congida La Barca	Av. Do Emigrante - F. de Esp. à Cinta	279653480	congidalabarca@cm-freixoespadaacinta.pt
Tomé e Rebelo	Av. Marquês de Soveral - S. J. da Pesq.	254488303	Joserebelo@trat.pt
Tremdouro - Passeios Turísticos	Av. da Gal., Edif. Douralto, 6.º f - P. da Régua	254322858	
Trilhos d'Ouro	Lugar das Regadas, R A, bl.1, 1.º D - V. Real	919942757	

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DOURO TOURISM GUIDE

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