



 **LIFECYCLE
ADVENTURES**

Douro Valley

PORTUGAL

Planning

About the Area

Overnight Towns

On Tour FAQ



Use this Guidebook
with the On-Tour App
(see inside cover)

Inside this book

Planning Your Tour

- ➔ Where to stay before tour
- ➔ Getting there
- ➔ Things to book
- ➔ What to pack

About the Area

- ➔ Routes & highlights
- ➔ Geography & history
- ➔ Food & drink
- ➔ Essentials

Overnight Towns

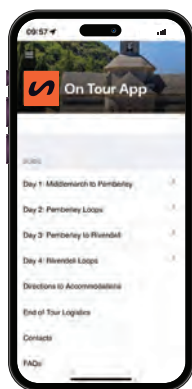
- ➔ Overviews
- ➔ Restaurants & bars
- ➔ Sights & activities
- ➔ Town plans

On Tour

- ➔ Using the On-Tour App
- ➔ Navigating the routes
- ➔ Our services
- ➔ Safety & enjoyment

On-Tour App for smartphones

You will be sent a link to download your On-Tour App a few weeks before the start of your tour.



The app includes everything you need to explore each day during your tour including:

- ➔ Ride options
- ➔ Places for lunch
- ➔ Points of interest
- ➔ Directions to accommodations
- ➔ End of tour logistics
- ➔ Contacts
- ➔ FAQs

See the *Using the On-Tour App* section of this guidebook for more details about this app.



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PORTUGAL

Written & Researched by

Victoria Craig & Gregory Craig



A Warning and a Request

We make great efforts to ensure the accuracy of our guides. However, things do change, and errors can creep in. If you have corrections for this guidebook or discover new things along the way, please drop us an email and we will incorporate your suggestions in our next edition.

You can reach us at info@lifecycleadventures.com

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Porto Old Town

GETTING THERE

Tours typically start in Porto. Porto Airport (OPO) is a medium-sized airport with flights to many European cities including Amsterdam, Frankfurt, Lisbon, London, Paris, and Milan. There are also seasonal flights from Newark (EWR) airport in the U.S. You can also fly into Lisbon Airport (LIS), which has direct flights from many European and U.S. cities. From Lisbon, there are high-speed trains to Porto that take around three hours.

The following sites are helpful when booking travel within Portugal:

- Rome to Rio: <https://www.rome2rio.com/>
- The Train Line: <https://www.thetrainline.com/en-us>
- Comboios de Portugal: <https://www.cp.pt/passageiros/en>

WHERE TO STAY BEFORE YOUR TOUR

Guests typically stay in Porto before and/or after their tour. We have had good feedback for the following hotels and B&Bs.

The InterContinental – Palacio das Cardosas

📍 Praça da Liberdade 25, 4000–322 Porto, Portugal

☎ +351 220 035 600

🌐 <https://www.ihg.com/intercontinental/hotels/gb/en/porto/prtha/hoteldetail>

Maison Albar – Le Monumental Palace

📍 Av. dos Aliados 151, 4000-067 Porto, Portugal
 ☎ +351 227 662 410
 🌐 <https://www.maison-albar-hotels-le-monumental-palace.com/en/>

Catalonia Hotel

📍 Rua de Entreparedes 92, 4000-198 Porto, Portugal
 ☎ +351 227 669 490
 🌐 <https://www.cataloniahotels.com/en/hotel/catalonia-porto>

Casa Carolina

📍 R. de Cedofeita 159, 4050-174 Porto, Portugal
 ☎ +351 222 444 862
 🌐 <https://www.casacarolina.pt/>

DOWNLOADS FOR YOUR PHONE

We recommend you download the following to your phone before you travel:

- On-Tour App (**essential**)
- eBook of this guidebook
- Google Maps for the area
- WhatsApp
- eSIM data plan

Downloading the On-Tour App

A few weeks before the start of your tour, we will send you an email with a link to download your On-Tour App. We recommend you download the app and familiarize yourself with its contents before you leave home. See the On Tour section of this guidebook for more details about this app.



Download an eBook of this Guidebook

We recommend downloading the eBook version of this guidebook. This will allow you to reference the guidebook from your phone or tablet as well as giving you the ability to zoom in on maps and click on website links and telephone numbers.

Scan this code with your phone/tablet's camera. Then follow the instructions below, depending on your device.



On an iPhone or an iPad

- Open the PDF using the above QR code (this takes a few seconds with fast WiFi)
- Tap Share (there can be a few seconds delay after tapping share)
- Tap *Books*

The PDF then opens automatically and saves into the Books app. Access it via the Library section of the Books app.

On Google Smartphones or Tablets

Set Settings

- On your device, open Google Play Books
- At the top right, tap your profile picture
- Tap Play Books settings
- Check the box next to Enable PDF uploading

Download the Book

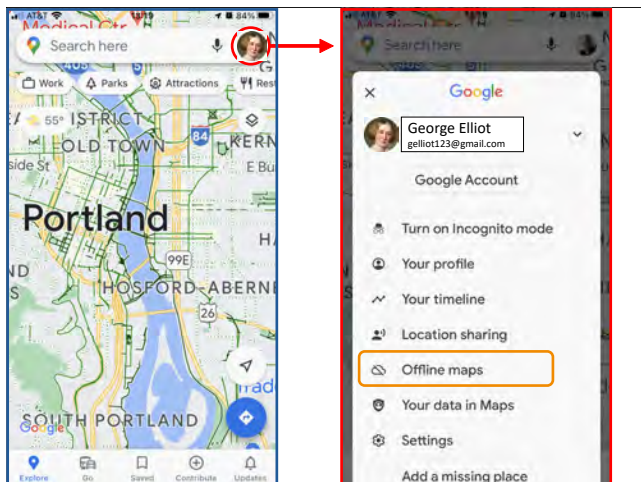
- Download the PDF file to your device using the above QR code
- Open your Downloads or Files app
- Find the file
- Tap More and then Open With and then Play Books or Upload to Play Books.
- To find uploaded files in the Play Books app, tap Library and then Uploads.

Downloading Google Maps

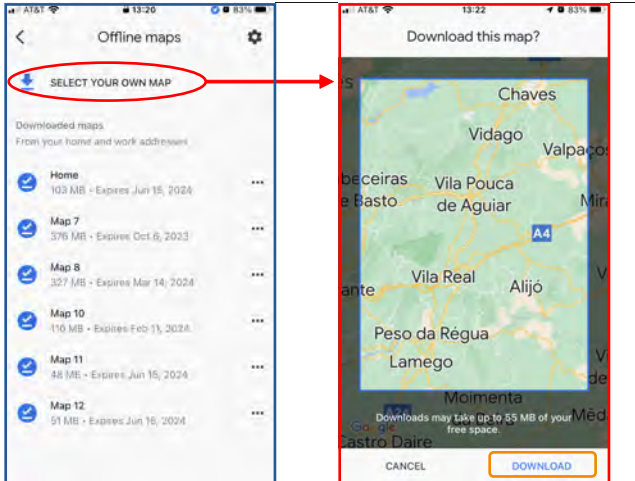
The On-Tour App includes many links to Google Maps. We recommend downloading the maps for this area in Google Maps before leaving home. You will need to be signed into your Google account to use this feature. Instructions are as follows.

In the Google Maps app:

- Tap on your profile picture (or letter) in the top right-hand corner
- Select Offline maps



In Offline maps, zoom the maps to Portugal to include the cities of Chaves, Lamego and Pinhão Then click “Download”.



Zoom the map on Portugal to include Chaves, Lamego and Pinhão

WhatsApp

Most of our guides like to use WhatsApp for staying in contact with you during your tour. If you do not already have WhatsApp, we recommend downloading the app and setting up an account before you travel.

Phone Plans

Having access to cellular data while on tour will make it easier to navigate your routes and access information via our On-Tour App (though with a little forethought you can manage without).

If travelling abroad, you may need to inform your cell phone company that you are traveling and request them to activate your account for use abroad. Typically, there are packages available to pre-purchase that reduce the cost of using your phone abroad.

Many of our guests choose to activate an eSIM card for travelling. This will give you access to cheap data plans (e.g. \$5 for 1 GB of data for a week) and do not require you to swap out your existing SIM card. Companies providing eSIMs include Airalo and Nomad. Plans can be purchased online and downloaded onto your phone. If you plan to use an eSIM, we strongly recommend you buy and set up the plan in advance of your trip. You can then activate it when you arrive at your destination. Note that not all devices support eSIM technology so it is best to check before leaving home.

THINGS TO BOOK BEFORE YOU TRAVEL

Transfers from Porto Airport

Typically, we collect and drop off guests at their hotel in downtown Porto. We can also collect or drop off guests at Porto Airport for which there is an extra charge. These transfers are only available on the first and last days of the tour and are subject to availability.

Transfers on Tour

Leisure Route from Pinhão to Peso da Régua

If you plan to ride the Leisure route from Pinhão to Peso da Régua, you might want to plan ahead a little. You can check train times for Pinhão to Covelinhas either online at <https://www.cp.pt/passageiros/en/buy-tickets> or the night before at Pinhão station. Typically, there are five trains per day including one in the morning (around 8:00) and one at around midday. Bike storage on the trains is first-come-first-served. We suggest waiting to buy your ticket until you are on the train with your bike. You will need approximately €5 cash per person.

Train-Boat Loop out of Pinhão

On the Pinhão Loop Day, there is an option to follow the Epic Ride to Tua and then return by either train or boat. This requires a little advanced planning.

Returning by Train

For those planning to take the train back from Tua to Pinhão you simply buy your ticket on the train. You can check train times either online at <https://www.cp.pt/passageiros/en/buy-tickets> or the night before at Pinhão train station.

Returning by Boat

For those planning to take the boat back from Tua to Pinhão, you need to purchase your tickets in advance. The company is Cruzeiros Douro and their website is <https://www.cruzeiros-douro.pt/en>. This exact route is not listed on their website so it is necessary to email them to book tickets at info@cruzeiros-douro.pt. On booking, request availability for the afternoon *Tua-Pinhão Cruise* and inform them that you will have bikes and will only be using the return leg from Tua to Pinhão. The price is €25 per person. Be sure to ask what time the boat departs from Tua.

Activities

If you want to add any of the following activities to your tour, we recommend booking them in advance. This is especially true during high season: July to September.

Cooking Classes

The best town for cooking classes is Peso da Régua. Both Quinta da Pacheca and the Six Senses Hotel have half-day classes that cost approximately €100 per person. Which you choose will depend on where you are staying.

Quinta da Pacheca

 Rua do Relógio do Sol 261, 5100–424 Lamego, Portugal
 +351 254 331 229
 <https://quintadapacheca.com/>

Six Senses Hotel

 Quinta Vale de Abrão, 5100–758 Samodães, Portugal
 +351 254 660 600
 <https://www.sixsenses.com/en/resorts/douro-valley>

Steam Train Ride from Peso da Régua

The steam train that runs beside the Douro River from Peso da Régua to Tua (just east of Pinhão) is a relaxing way to see the Douro Valley. The train operates late afternoon on Saturdays from early June to late October. The train also operates on Sundays from early July until early October. Approximately €50 per person. On-board entertainment with regional singers and musicians. Contact Comboios de Portugal for details.

 +351 219 023 484
 <https://www.cp.pt/info/en/w/douro-historical>

Olive Oil Tasting

Olive oil tasting is available at a number of the wineries in the area, see *Wineries* below.

Lagar da Sancha

On the Vila Real to Pinhão Challenge and Epic routes, Lagar da Sancha is a company that cultivates olive groves and manufactures their own olive oil. They offer a range of tours and tasting options ranging from €10 – €30 per person and from 1 hour to 4 hours. Highly recommended. Reservations essential by email at lagardasancha@gmail.com.

 R. do Pousado 27, 5060–329 Sabrosa
 +351 969 039 577
 <http://www.lagardasancha.pt/>

Restaurants

In high season, you may want to book your dinners in advance – especially if you plan to eat at the higher-end establishments. You can find details of the restaurants in the *Overnight Towns* section of this guidebook.

Restaurants that typically require reservations include the following:

In Peso da Régua

Most of the restaurants in Peso da Régua require reservations, including the following:

- Six Senses Douro
- Quinta da Pacheca
- Aneto & Table
- Tasca da Quinta
- Castas e Pratos
- Tio Manel

In Pinhão

- Quinta de la Rosa
- Quinta do Bomfim

In Vidago

- The Wine Cellar at the Vidago Palace Hotel
- The Grand Ballroom at the Vidago Palace Hotel

Wineries

Reservations for tasting can often be made while on tour and walk-ins are sometimes (though not always) welcome. However, if you would like to eat at a winery or take a winery tour, we would recommend that you book in advance. You can find a list of wineries on this tour, with details of what route they are on, in the *About the Area* section of this guidebook.

WHAT TO PACK

What We Provide ... so you don't need to

We provide the following equipment:

- ☐ Two LifeCycle Adventures water bottles
- ☐ Floor pump that travels with your luggage
- ☐ Phone mount to attach your phone to your handlebars
- ☐ Energy bars for each day

For guests renting one of our bikes, we also provide:

- ☐ Helmets (though we recommend you bring your own due to fit and knowledge of previous use)

- ☐ A hand pump, a spare tube, and equipment to change a flat tire
- ☐ A lightweight combination bike lock
- ☐ Rack bags or panniers are available on request¹. NOTE: some bikes, including those with carbon seat posts, cannot be fitted with rack bags or panniers. If they are not available, we recommend bringing a small backpack
- ☐ Rear lights are available on request¹
- ☐ Battery bank to recharge your phone en route is available on request¹ (subject to availability)

What You Should Bring

To help you prepare for the trip, below is a list of gear to consider bringing in addition to the usual clothes you would pack for any trip.

Gear For on the Bike

- ☐ Breathable brightly colored cycle jerseys or tops
- ☐ Hi-vis rain jacket and waterproof pants/trousers
- ☐ Cycling gloves. Consider long-fingered gloves for colder temperatures.
- ☐ Cycling shoes or stiff-soled, closed-toed shoes
- ☐ Helmet (see *What We Provide*, above)
- ☐ Fleece or warm sweater
- ☐ Padded cycling shorts (and possibly some chamois cream)
- ☐ Sunscreen
- ☐ Sunglasses
- ☐ Bandana (optional but good for protecting head or back of neck from the sun)
- ☐ Leg warmers and arm warmers (handy for changing temperatures)

Other Essentials

- ☐ Emergency contact details and first aid kit
- ☐ Cell phone and charger
- ☐ Battery bank to recharge your phone en route (if you have one)
- ☐ Favorite or needed medication
- ☐ Insect repellent
- ☐ Medical & travel insurance

Good Things to Have

- ☐ Sandals or flip flops to pack in your day bag if wearing cycling shoes
- ☐ Rear light for daytime use
- ☐ Small backpack (see *What We Provide*, above)

¹ Items available “on request” should be requested via email or the Booking Form at least two weeks before the start of your tour.

If You are Renting One of Our Bikes

If you are renting one of our bikes, we would strongly suggest you consider bringing the following.

- ☐ Your own pedals if you typically ride with clipless pedals
- ☐ Your own saddle. The rental bikes have generic saddles and many riders prefer to use a saddle with which they are familiar. This is particularly true if you normally ride with a female specific saddle

If You are Bringing Your Own Bike

- ☐ Bar bag or seat-post bag
- ☐ Bike lock
- ☐ Spare inner tube and puncture repair key
- ☐ Hand pump
- ☐ Tools & spares for your make of bike
- ☐ Lubricant & solvent for maintaining chain

If you are bringing your own bike we would also recommend that you have your bike tuned by a bike store before you travel. If something about your bike's set-up has been bothering you, your trip is a great excuse for sorting it out.

If shipping your bike to us before your tour, please be sure the bike is cleaned before being packed.



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Vineyard in the Upper Douro Valley

INTRODUCTION

With granite bluffs, terraced vineyards, and whitewashed villages, the Douro Valley has some of the most dramatic landscapes in Europe. Our tours explore the region along quiet lanes that snake their way up and down the steep-sided valleys. Along the route, you have the chance to visit medieval houses, grand churches, quaint villages, and excellent museums. The area is also one of the oldest demarcated wine regions in the world, with wine having been produced here for over 2,000 years. The area's signature wine is port wine. This wine region – officially known as the Alto Douro Wine Region – has been listed as a UNESCO World Heritage Site.

Northern Portugal is characterized by its warm hospitality, rich traditions, and strong connection to both the land and the sea. The food is hearty and rustic and typically accompanied by Douro Valley wines.

ROUTES & HIGHLIGHTS

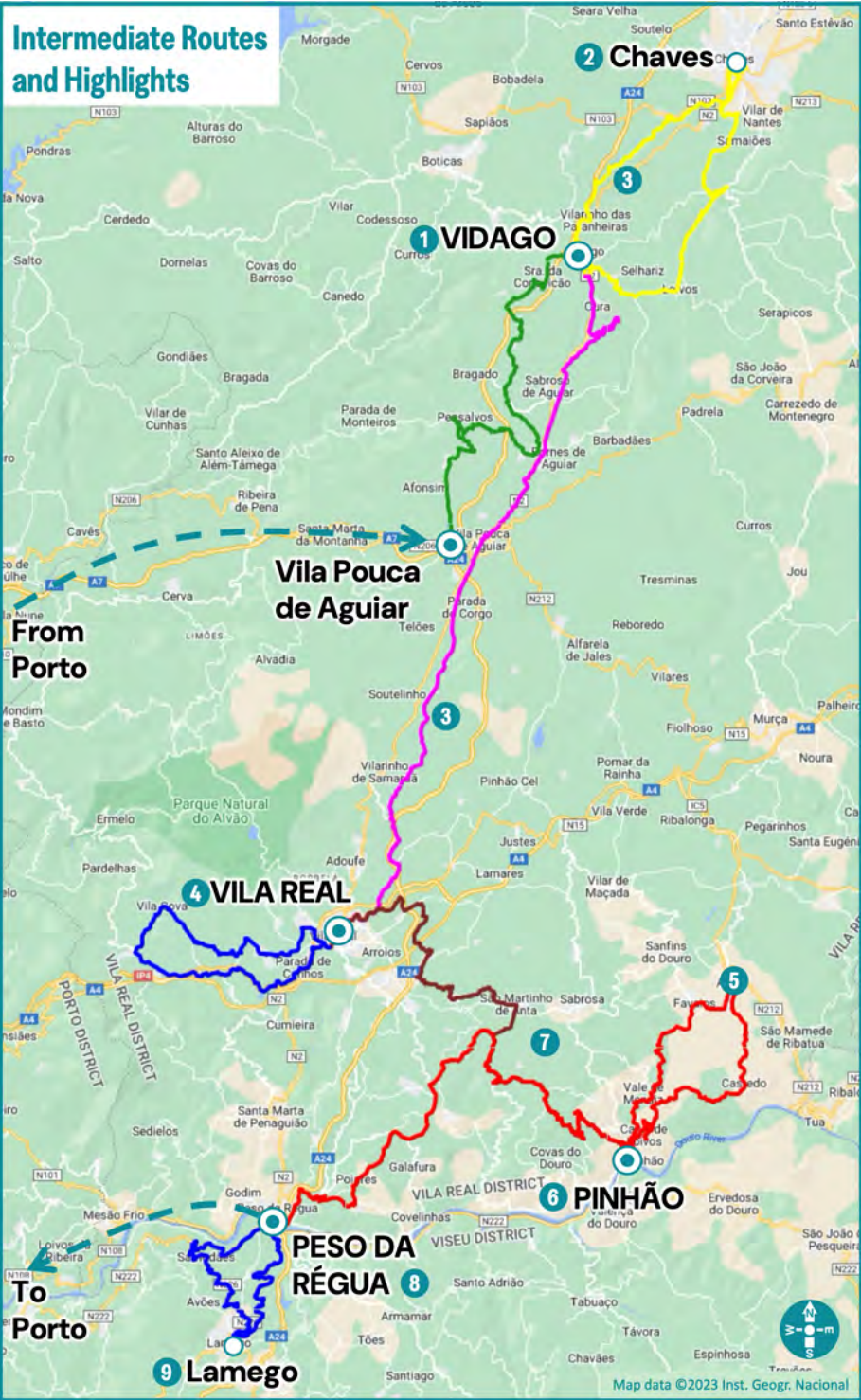
The map on the following page shows the *intermediate* routes between the overnight towns (marked ). Easier and harder routes are also available. The map also shows some of the highlights in the area.

Each tour is customized to you and your tour may not include all these routes and overnight towns. Typically, Vidago and Vila Real are only included on longer tours. Your customized routes are provided in the *On-Tour App* that accompanies this guidebook. The app includes:

- Detailed maps
- Leisure, intermediate, Challenge and Epic route options¹
- Places to have lunch along the routes
- Points of interest along the routes
- Wineries along the routes²

¹ Not all days have all levels of riding.

² Where applicable



1 Vidago

A small spa town famed for its miraculous springs with medicinal carbonated waters. In the 19th century, the spa was popular with the royal court and became the most visited spa in Portugal. The waters here have been bottled since 1873.

2 Chaves

A tranquil spa town on the banks of the Tâmega river that dates back to Roman times. Sights include a Roman bridge, a 9th-century castle, a 12th-century church, and numerous museums.

3 Eco Routes

A network for cycle paths that follow the routes of old railroads. On our tours we use these to travel from Vidago to Chaves and from Vidago to Vila Real. The paths stay close to the river passing various old stations.

4 Vila Real

Vila Real is a compact, university town on the Corgo River. The city has a royal heritage with many grand palaces from the 16th and 17th centuries. There are also interesting museums, churches, and gardens. The river here runs through a steep-sided gorge with scenic walking trails along the riverbank.

5 Alijó and Other Medieval Villages

The area has many well-preserved medieval villages. Alijó is a great example with the bonus of having very some good restaurants. Nearby Sabrosa was the birthplace of the 16th-century explorer Ferdinand Magellan.

6 Pinhão and the Douro River

Known as the home of port wine, Pinhão sits on a picturesque bend of the Douro River. The whole valley here is a UNESCO World Heritage Site famed for its terraced vineyards and its port wine. As well as great cycling, there are boat and train tours out of this attractive little town.

7 Quintas and Port Wine

Quintas are rural, wine producing estates often with historic buildings in beautiful, terraced settings. There are over 200 in the Douro Valley with many offering tours and tastings. Port wine is the specialty of the area but there are also many other excellent regional wines. Several quintas also have great restaurants.

8 Peso da Régua

A somewhat prosaic town in the heart of the Douro Valley but with a rich history and some of the best restaurants in the area.

9 **Lamego**

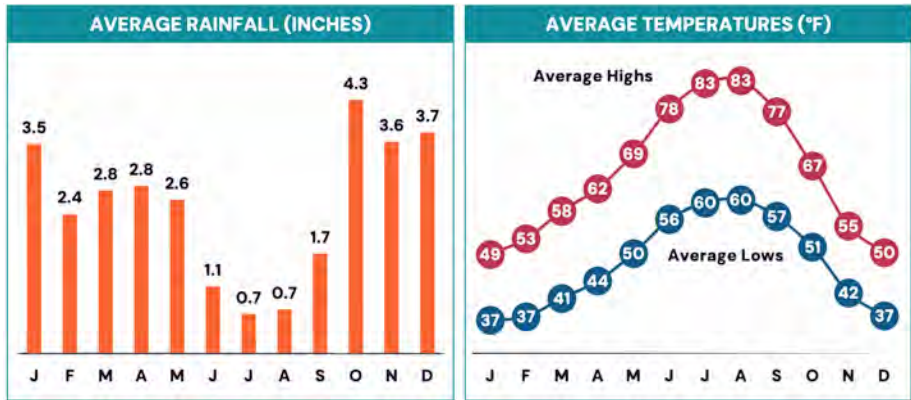
A city with a rich cultural heritage and many important landmarks including the Escadas da Nossa Senhora dos Remédios – ornate stairs that climb to the Nossa Senhora dos Remédios Sanctuary.

CLIMATE & GEOGRAPHY

The Douro Valley has its own micro-climate with mountain ranges along the west of the region sheltering the valley from the cold, humid winds that sweep in from the Atlantic. This creates drier conditions than on the coast with colder winters and warmer summers. In summer, the average temperature in the Douro Valley is typically six degrees higher than in Porto and the rainfall is typically a third of that in Porto.

The best months to visit the Douro Valley are March through the end of October, although October can be a little rainy and July and August can be very hot. June and September are the nicest months to visit, being mostly dry and warm without being too hot. In the spring, the fields are green, and in the fall, the grapes are harvested.

The charts below show the monthly average rainfall (in inches) and temperatures (in Fahrenheit) for Pinhão, a town at the center of our tours.



Data Source: www.intellicast.com

HISTORY

In Two Sentences

The area of modern-day Portugal was variously Roman, Germanic, Moorish, independent, a world power, in union with Spain, and occupied by the French. They then replaced the monarch with a dictator, later becoming a democracy, and joined the EU.

Key Dates

Pre-history	The human history of Portugal can be traced back 400,000 years when the region of present-day Portugal was inhabited by Homo Heidelbergensis (an extinct subspecies of Homo Erectus).
218 BCE	The Romans arrive. The Roman conquest of the Iberian Peninsula, which lasted almost two centuries, led to the establishment of the provinces of Lusitania in the south and Gallaecia in the north of what is now Portugal.
409 CE	Rome declines and the Germanic tribes take over. The Romans referred to these Germanic tribes as barbarians. More friendly writers called them Suebi, Visigoths, and Vandals. Germanic tribes controlled the territory between the 5th and 8th centuries, including the Kingdom of the Suebi centered in Braga and the Visigoth Kingdom in the south.
711	Berber commander lands in Gibraltar and the Moors gradually move north. By 718, they have taken over much of the Iberian peninsula including most of modern-day Portugal.
718	Visigoths regroup in Asturias (in norther Spain) and, under the leadership of Pelagius, they plan the reconquest of Portuguese lands from the Moors. They start by defeating the Moors in the Battle of Covadonga in 722. Over the next few centuries, one thing leads to another and there emerges a county of Portugal around the area of modern-day Porto.
1128	Afonso Henriques has a battle with his mother, breaks away from the Kingdom of Galicia and proclaims himself King of the new Kingdom of Portugal in 1139: the birth of the nation.
1249	Southernmost Portugal is (re)conquered from the Moors and the capital move to Lisbon in 1255. This establishes the borders of Portugal broadly as they exist today. Note that the Moors remained in Spain until 1492.
1345	Black death kills one-third of the population.
1415	Portugal conquers Ceuta in North Africa and so begins a series of colonizations that would see Portugal expand its empire to include Madera, the Azores, and many coastal settlements in Morocco.

- 1484 Portugal rejects Columbus's idea of reaching India from the west.
- 1494 The Treaty of Tordesillas with Castile (Spain) divides the (largely undiscovered) New World equally between the Portuguese and the Castilians, along a north-south meridian line 370 leagues (1100 miles) west of the Cape Verde islands, with all lands to the east belonging to Portugal and all lands to the west to Castile.
- 1497 Vasco da Gama sails around the African coast to India.
- 1500 Pedro Álvares Cabral and Bartolomeu Dias cross the Atlantic and claim new lands, including modern-day Brazil, for Portugal. Later gold was discovered in Brazil adding to the wealth of Portugal.
- 1509 Portugal captures Goa and then push east to expand their empire and trade network resulting in vast wealth coming back to Portugal – a significant proportion of which was from the spice trade.
- 1536 to 1765 The inquisition – you probably didn't expect that!
- 1578 King Sebastian dies without an heir. Sebastian's uncle, Henry, takes over but soon also dies without an heir. Philip II of Spain has a claim to the throne – and a big army – and in 1581 Spain and Portugal are unified. Under the new king, Portugal loses control of its foreign policy and goes into decline.
- 1625 Fighting with the Dutch for control of various colonies, including Brazil.
- 1640 Portugal declare themselves independent from Spain and start a war. Portugal finally won its independence back in 1668 with the Treaty of Lisbon.
- 1755 A major earthquake destroys much of Lisbon.
- 1761 The importing of slaves into mainland Portugal is banned – though it remains legal in the Portuguese colonies.
- 1762 The French invade Portugal but they are driven back with the help of the British.
- 1807 Napoleon Bonaparte invades and captures Lisbon. With the British entering the Peninsular War the Portuguese expel the French troops in 1812. During the French occupation, Rio de Janeiro in Brazil became the official Portuguese capital (1808 to 1821). Shortly after the capital returned to Lisbon, Brazil declared its independence from Portugal (1822).
- 1815 Portuguese armies move inland from the African coastal colonies to take control of Angola and Mozambique and also lay claim to modern-day Zimbabwe and Zambia.
- 1836 Abolition of the slave trade though slavery within Portuguese colonies was not banned until 1869.

1846–47	Civil war between monarchists and republicans but the king survives after foreign powers intervene.
1890	The British Ultimatum forces the retreat of Portugal from Zimbabwe and Zambia and was seen by Portugal as a betrayal by Britain of her “oldest ally”.
1908	Luís Filipe becomes king for 20 minutes. His father was assassinated, Luís acceded to the throne but died of the injuries he sustained in the same attack.
1910	Military coup removes king and creates the First Republic – a liberal and relatively democratic regime. Ongoing turbulence led to the emergency of two dictatorships, led by General Pimenta de Castro (1915) and Sidónio Pais (1917). Pais was murdered in 1918.
1926	Another military-led coup that installs a “National Dictatorship” of the Second Republic that lasts until 1974. Antonio de Oliveira Salazar became prime minister (and effective dictator) in 1932 and ruled until 1968. Despite being a fascist, Salazar maintained Portugal’s neutrality in World War II.
1949	Portugal joins NATO as a founding member.
1974	After 40 years of fascism, the Carnation Revolution was another military coup (albeit a peaceful one). This time democracy is implemented with people wearing carnations to show their support. Independence is granted to all of Portugal’s African colonies in 1975.
1986	Portugal joins the EU and then joins the Euro in 1999.

FOOD & DRINK

Portuguese Food

Overview

Traditional Portuguese savory dishes include meats (pork, beef, poultry, and game), seafood (fish, lobster, crab, shrimps, prawns, octopus, and scallops), vegetables and legumes. Deserts are typically cakes. Portuguese often consume rice, potatoes, sprouts (grelos), and bread with their meals and there are numerous varieties of traditional fresh breads.

The cuisine has strong Spanish, French, and Mediterranean influences. The results of Portugal's spice trade in the East Indies, Africa, and the Americas is also evident in the wide variety of spices used – piri-iri, white pepper, black pepper, saffron, paprika, clove, allspice, cumin, cinnamon, and nutmeg. Cinnamon, vanilla, lemon zest, orange zest, aniseed, clove, and allspice are used in many traditional desserts.

Garlic and onions are widely used, as are herbs; bay leaf, parsley, oregano, thyme, mint, marjoram, rosemary, and coriander are the most prevalent.

Olive Oil

Olive oil is one of the bases of Portuguese cuisine, which is used both for cooking and flavoring meals. This has led to a unique classification of olive oils in Portugal, depending on their acidity: 1.5 degrees is only for cooking with (virgin olive oil), anything lower than 1 degree is good for dousing over fish, potatoes, and vegetables (extra virgin). 0.7, 0.5 or even 0.3 degrees are for those who do not enjoy the taste of olive oil at all and for use in mayonnaise and delicate sauces.



Francesinha

Meaning “Frenchie” in Portuguese, this heart-stopping sandwich is Porto’s answer to France’s croque-monsieur. It is made with bread, meat (typically cured ham, sausage, steak, or roast meat), and covered with melted cheese. Hot and thick spicy tomato-and-beer sauce is then poured over the top. If that weren’t healthy enough, it is typically served on a bed of French fries and accompanied by draft beer. The meal was invented by Daniel David de Silva 1953 and the francesinha quickly became a popular dish, closely associated with the Porto region although it is now found all over Portugal.



Traditional Foods of Villa Real

In Vila Real there are many traditional tabernas serving local fare. One of the local specialties is tripas aus molhos, “tripe in sauce”, which is tastier than it sounds, with calf tripe stuffed with cured ham in a spicy white wine and piri-iri sauce.

In addition to various preparations of cod, traditional dishes such as roast kid goat with rice and roast veal are also popular options.

Vila Real also has a reputation for its confectionery, with many recipes originating from convents and using eggs donated by soon-to-be-married individuals. Decadent cakes such as Toucinho do Céu, made with almonds and egg yolks, and Pitos de Santa Luzia, small pastry parcels filled with candied gila (similar to pumpkin rind), are among the city’s notable sweet treats.



Wines of the Douro Valley

Overview

The Douro Valley is one of the oldest demarcated wine regions in the world with wine production dating back to Roman times. The region is recognized as a UNESCO World Heritage Site for this reason. As you might expect, the area produces some of the best wines in Portugal. The soil in the region is typically a coarse-grained metamorphic rock known as schist. This “poor” soil and high temperatures means the vines struggle to find nutrients and the grapes are slow-growing, intense, and complex. The region is most famous for its port wine.

Port Wine

In the late 17th century, British and Flemish merchants (who were struggling to meet their wine quota due to the war with France) switched to sourcing Iberian wines. This huge increase in demand forced the merchants to explore further inland for quality wines and found, especially in the rocky hills on the upper Douro River, full-bodied and robust wines.

Brandy was added to the wine to preserve it for the long journey from Porto to England, and it also seemed to take some of the ‘bite’ out of the wine, making it more pleasurable to drink. This process of adding brandy still stands today but it is now added during the fortifying process rather than after aging.

Port grapes are known for their ‘strength and determination’ to survive in such unforgiving conditions. The vines growing on the rocky terraces of the Douro River are able to thrive with minimal water and minimal soil. To find sustenance, their roots can reach depths of up to 30 meters and, despite enduring both scorching summer heat and freezing winter temperatures, these hardy plants produce grapes with intense flavors that suit being infused with brandy.

The five top red grape varieties in the areas are: Touriga Nacional, Tinto Cao, Tinta Barroca, Tinta Roriz, and Touriga Francesa. The grapes ferment until they reach an alcohol level of 7% which is when the brandy is added (1 part brandy to 5 parts wine). Adding brandy stops the fermentation process, keeping the sugars intact and the wine sweet.

There are many different official categories of port but most fall under four styles: white, rosé, tawny, and ruby (Red).



Other Wines

In addition to port, the area is also famous for its dry reds – typically made from Touriga Nacional grapes (often blended with Tinta Roriz, Touriga Franca and Tinta Barroca grapes). Typical white wine grapes include Malvasia Fina, Rabigato, Viosinho and Gouveio.

WINERIES ON YOUR ROUTES

Most wineries are in the Douro Valley, clustered around Pinhão and Peso da Régua. The map and listings on the following pages show the main wineries in the area that are close to our cycling routes.

The table that follows the map shows which wineries are accessible to which rides. Use this table and your itinerary to see which wineries you will pass on your customized tour. This will allow you to decide where it is practical to visit and where you might want to make reservations.

Detailed maps and directions to the wineries are provided in the On-Tour App that accompanies this guidebook.



The following table shows which wineries are on which routes and which level of ride – Leisure (L), Intermediate (I), Challenge (C) or Epic (E).

Route	Winery		Level			
			L	I	C	E
Vila Real Loop	1	Casa Mateus	✓			
Vila Real to Pinhão	2	Quinta do Beijo			✓	✓
	3	Quinta da Fonte do Milho			✓	✓
	4	Quinta do Infantado				✓
	5	Quinta Do Crasto				✓
Pinhão Loop	2	Quinta do Beijo			✓	
	3	Quinta da Fonte do Milho			✓	
	6	Wine and Soul	✓	✓		
	7	Quinta do Noval	✓	✓		
	8	Quinta da Romaneira		✓	✓	✓
	9	Quinta da Avesada		✓	✓	
	10	Quanta Terra		✓	✓	
In or near Pinhão	11	Adega Cooperativa de Favaios			✓	
	12	Quinta de la Rosa	-	-	-	-
	13	Quinta do Bonfim	-	-	-	-
	14	Quinta das Carvalhas	-	-	-	-
	22	Quinta do Noval Tasting Room	-	-	-	-
Pinhão to Peso da Régua	15	Sandeman Quinta do Seixo	-	-	-	-
	15	Sandeman Quinta do Seixo				✓
	16	Quinta dos Murças, Esporão	✓			
	17	Quinta do Roncão			✓	
Peso da Régua Loop	18	Quinta do Vallado	✓		✓	
	19	Quinta da Pacheca	✓	✓	✓	✓
	20	Six Senses Douro Valley	✓	✓	✓	✓
	21	Quinta do Estremadouro			✓	✓

The *Winery Listings* in the Appendices provide the following information about each winery:

- History and background
- Wines produced
- Food availability
- Tours and tastings available
- Reservations requirements
- Opening hours
- Contact details

FUN FACTS (AND OTHER THINGS OF INTEREST)

Ferdinand Magellan

Ferdinand Magellan was born in Sabrosa, just north of Pinhão, in 1480. He is best known for having planned and led the 1519 Spanish expedition that sailed around the world. This was the first circumnavigation of the globe though Magellan was killed partway through the expedition (in present-day Philippines). After Magellan's death, the few surviving members of the expedition completed the return leg in the one remaining ship. Despite his great achievements, many locals considered him a traitor for sailing under the Spanish flag.



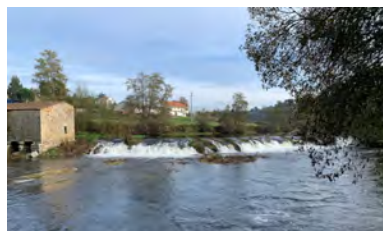
Espigueiros

Espigueiros are typical granaries from the northwest of the Iberian Peninsula. They are built in wood or stone and raised from the ground by pillars ending in flat stones to prevent access by rodents. Ventilation is provided by slits in the walls. In this way, the espigueiros both dry the corn and protect it from rodents. As maize needs to be harvested in autumn, they need to be as airy as possible to stay dry through the wet winters.



Tâmega Eco Route

The cycle path from Vidago to Chaves runs along the route of one of the oldest and most beautiful railway lines in Portugal. The line goes all the way north to Verin, in Spain. The path stays close to the river, winding down the slopes of the valley and passing various old stations.



Birdwatching is very popular due to the density and variety of birds. The lake areas are of particular interest. In winter, some migratory species arrive, including grey herons and great cormorants. Some species, including the black-winged kite, the

ortolan bunting, and the common kingfisher remain throughout the entire year. The Tâmega is also a breeding sanctuary for the white stork and the Montagu's harrier. The river's diverse ecosystem provides habitats to a wide variety of species: otters, the Pyrenean desman, and fish such as rainbow trout and Iberian nase, bats, and countless reptiles.

Miguel Torga

The author Miguel Torga was born in São Martinho de Anta in 1907 and he spent most of his childhood in the town. Born Adolfo Correia da Rocha he later changed his name to Miguel Torga, taking his pen name from a type of wildflower that grows in the region.

Torga's writing was heavily influenced by his upbringing in São Martinho de Anta and the surrounding countryside. He often wrote about the traditions, rural landscapes, and ways of life in the province. His work had a major influence on Portuguese literature.

Today, São Martinho de Anta has a museum dedicated to the writer, which includes exhibits on his life, work, and the region that inspired him. Visitors can also explore the surrounding countryside, which remains largely unchanged from Torga's time.



Rabelos

Originally designed to transport barrels of port wine from the wine cellars in Vila Nova de Gaia to Porto, a rabelo is a traditional Portuguese cargo boat. Nowadays, these boats offer a unique sightseeing experience as they sail down the Douro River, providing passengers with a fresh perspective on the valley.



ESSENTIALS

Hotel Services

Will hotels do laundry?

Yes, most hotels will do your laundry. Generally, it is better if you can put your clothes in on a day when you are spending two nights at an accommodation.

Please ask us if there is a question you have about a particular place you are staying.

Internet Access

Wi-Fi is common in hotels and restaurants (you might need to ask for the code) and is often free in tourist offices and other public places.

Can I use my charger and hair dryer in Portugal?

Standard sockets in Portugal, as in the rest of Europe, supply electricity at 220 volts alternating at a 50 cycles per second (vs. the US where 110 volts, alternating at 60 cycles per second is standard).

The sockets are also different from the US sockets: Type F (also known as *Schuko*). This socket also works with Plugs C and E.

To use your North American appliances in Portugal you will need to check they are rated for use with 220 volts and you will need a plug adapter.

Many phone chargers and PC chargers are rated for use at 220 volts however most North American hairdryers are not.



Money

The currency of Portugal is the Euro (€).

Are credit cards widely accepted?

Yes, Visa and MasterCard are widely accepted in restaurants and hotels in Portugal. However, credit cards tend not to be used for small payments (unlike the United States). American Express is not as widely accepted outside of the big hotels and car rental agencies.

Stores generally accept credit cards though some of the smaller food stores may not.

Ask your credit card company about foreign transaction fees before you travel. These can vary from zero to over 3%. NOTE: Credit card companies may decline your card if you have not notified them that you are travelling abroad.

Are there ATMs in all the overnight towns?

Yes, there is a good network of ATMs in the region, usually called “cash machines”. The coverage is similar to the United States and Canada with several ATM machine in each of the overnight towns we use as well as in many of the towns en route.

Typically, your bank will charge a fixed fee per transaction (around \$2) plus a variable fee of around 3%.

How many Euros should I bring/carry?

Cash is commonly used for everyday purchases throughout Portugal. You will want to keep €100 to €200 on hand in case your lunch or dinner restaurant does not accept credit cards and people tend to use cash for small transactions (cups of coffee, etc.) and at smaller food stores. Taxis also prefer cash.

Communications

Is English widely spoken?

English is spoken, to some degree, in most hotels and restaurants and (much less so) in general stores. The further you get from the tourist centers; the less English is spoken. However, even in the remoter parts of Portugal, people are used to dealing with people who do not speak Portuguese and are generally friendly and keen to help.

Will my cell phone work in Portugal?

If travelling from the United States or Canada, you may need to inform your cell phone company that you are traveling and request them to activate your account for use abroad. There are typically packages available to pre-purchase that reduce the cost of using your phone abroad.

Should I buy a Portuguese SIM card?

For longer trips – or if you need to make a lot of calls while abroad – this can be worthwhile. For shorter trips, where you will not be using the phone very much, it makes less sense – just go with an international package offered by your US or Canadian operator. If you are planning to buy a Portuguese SIM card, make sure your phone is unlocked before you travel, or you will also need to purchase a local phone (around \$30 for a basic model).

Many of our guests choose to activate an eSIM card for travelling. This will give you access to cheap data plans (e.g. \$5 for 1 GB of data for a week) and do not require you to swap out your existing SIM card. Companies providing eSIMs include Airalo and Nomad. Plans can be purchased online and downloaded onto your phone. If you plan to use an eSIM, we strongly recommend you buy and set up the plan in advance of your trip. You can then activate it when you arrive at your destination. Note that not all devices support eSIM technology so it is best to check before leaving home.

How will you communicate with me during my trip?

At the start of your trip, your guide will ask you how you want us to keep in touch. For most people this is by phone. Due to inconsistent coverage in the countryside and smaller towns, SMS texts or WhatsApp messages are often the most secure way for guide and guest to stay in touch. For this reason, we strongly recommend you have a cellphone plan that allows you to communicate via phone. See *Will My cellphone work in Portugal*, above.

Exploring

How is the traffic on the roads in Portugal?

On all our routes, we do our best to keep you on low-traffic roads but at times it is necessary to ride on busier roads. The good news is that there are plenty of other riders on the roads, so drivers are typically used to navigating around cyclists.

The Portuguese are, generally, very respectful of cyclists. That said, this is a destination best suited to those that are comfortable riding in some traffic; very few roads have a shoulder and vehicles are often quite close as they pass you.

Which routes can I ride with an eBike?

Typically, you can ride the Leisure and Intermediate routes on an eBike but your eBike range may be insufficient for some harder routes. A lot depends on your riding style, the model of bike, and the topography of the route. Your guide will help you calibrate which routes are practical for you to ride on your eBike.

Is the guidebook in miles or kilometers?

Our guidebooks use kilometers. Kilometers are what the locals use and what are on the road signs. If you are bringing your own bike, we strongly recommend that you set your computer to measure in kilometers.

The good news is that there are 1.6 kilometers to the mile so what would be a 30-mile ride in the United States is a much more impressive 50-kilometer ride in Portugal!

What general guidebook would you recommend?

This guidebook (with accompanying On-Tour App) is designed to help you navigate and enjoy your tour. Our objective is to tell you what you will see en route and help you understand your route options. As such, our guide does not have a detailed description of every potential sight you might visit en route – though we do try to list the major ones.

For a more general guidebook to the area, we would suggest either the *Rough Guide to Portugal* or the *Lonely Planet Guide to Portugal*. For more on architecture, history, and the arts, we would suggest the *Michelin Green Guide to Portugal Madeira & the Azores*.

What map would you recommend?

If you would like to have a large, fold-out map of the area, we would suggest Map 591 in the Michelin Regional series: Portugal North Michelin Road Map. The scale is 1:300,000 and it is available from Amazon.

Local Customs

What are local dress codes?

Portuguese people tend to be relaxed and dress relatively casually. They are also used to having tourists from all parts of the world visit their towns and cities. It is quite acceptable and common to ride in Lycra or sportswear in Portugal. Obviously, if you stop for lunch, this is what you will be wearing and restaurants will have no issue with it.

In the more upscale restaurants, people tend to dress a little more formally for dinner. This does not need to mean a jacket and tie but you will probably feel more comfortable if you avoid shorts and T-shirts at the dinner table.

During the day, you will see plenty of people in shorts, T-shirts, and summery tops. However, it is considered respectful to be a little more modest if visiting a church, for example, by covering shoulders and men removing hats.

What are typical opening hours?

As a very general rule, you can expect to see the following opening times:

- Museums, & monuments: 10:00 AM to 12:00 PM and 3:00 PM to 6:00 PM
- Churches: 9:00 AM to 7:00 PM
- Shops: 9:00 or 10:00 AM to 12:00 or 1:00 PM and 3:00 or 4:00 PM to 7:30 or 8:00 PM
- Restaurants for lunch: 12:00 PM to 2:30 PM
- Restaurants for dinner: 8:00 PM to 10:30 PM
- Other businesses: 9:00 AM to 6:00 PM

Many restaurants have at least one day a week when they are closed. This is noted, where relevant, in this guidebook.

Some tourist attractions are only open from Easter through to September or October.

When should I leave a tip?

Tipping in Portugal is far less pervasive than in the United States; the Portuguese do tip, but modestly. Typically, a service charge is included in the price of the meal so a significant tip is not required – though a few Euros would be appreciated.

In the larger hotels, if someone has helped you with your bags it is common to tip a couple of Euros. In restaurants round up, or 5% to 10%. Taxi drivers are usually tipped 5% or 10%.

Safety and Annoyances

What number do I call in an emergency?

If you need emergency assistance, call 112. The operator will speak English.

The operator can often detect the location of the caller, but you should also be prepared to use your Ride with GPS app to help identify where you are.

Do we need to worry about theft or other crimes?

Petty theft from luggage, pockets, and laundrettes is common in Porto and the larger cities. However, the countryside in Northern Portugal is relatively safe. That said, it is good practice to be discreet with your valuables – leave them in the hotel safe where possible – and **always lock up your bike if you cannot see it.**

Medical Services and Pharmacies

Your hotel's front desk is the best source of information about medical services and pharmacies. However, please call us if we can be of any help. There are pharmacies in all the overnight towns.

How do I contact my embassy?

Embassy of the United States of America

 Av. das Forças Armadas 133C, 1600-081 Lisbon, Portugal

 Telephone: +351 21 727 3300

 <https://pt.usembassy.gov/>

Embassy of Canada to Portugal

 Avenida da Liberdade, 196-200 3rd Floor, 1269-121 Lisboa, Portugal

 Telephone: +351 21 316 4600

 <https://www.international.gc.ca/country-pays/portugal/lisbon-lisbonne.aspx?lang=eng>



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Vila Real	45
Pinhão	52
Peso da Régua	59



Vidago Palace

VIDAGO

Overview

Vidago – just 13 miles south of the border with Spain – is a small spa town famed for its naturally carbonated, mineral water springs. The waters have been bottled since 1873. The water is claimed to be effective in the treatment of digestive problems, as it contains sodium bicarbonate and, according to publicity leaflets, radioactive elements.

In the 19th century, the spa was popular with the royal court and became the most visited spa in Portugal. Things really took off between 1875 to 1877 when King Luís I made consecutive visits.

Initially, development of the town was constrained by the lack of transport infrastructure – the road from Porto was little more than a dirt trail. Things changed with the arrival of the railroad in 1910. In the same year, the Vidago Palace Hotel was built and quickly became a popular retreat for the Portuguese aristocracy and one of the most luxurious hotels on the Iberian peninsula.

Restaurants and Bars

Vidago has a good selection of restaurants, including two restaurants at Vidago Palace Hotel.

Vidago Palace Hotel

The Grand Ballroom

A gourmet restaurant offering an exceptional and memorable experience. Tasting menus start from €95 and an à la carte menu is also available. Open daily for dinner from 7:30 PM – 10:30 PM and lunch on weekends from 12:30 PM – 3:00 PM. Reservations strongly advised. Dress code is casual/elegant.

 Parque de Vidago, Apartado 16, Vidago

 +351 276 990 920

 <https://vidagopalace.com/>

The Wine Cellar

Also at the Vidago Palace Hotel, the Wine Cellar offers a variety of national and international wines with the combination of Portuguese snacks and Spanish tapas. This is the more casual and slightly less expensive option at the Vidago Palace Hotel. Open Tuesday to Saturday from 7:00 PM – 10:30 PM. Closed on Monday and Sunday. Dress code is casual.

 Parque de Vidago, Apartado 16, Vidago

 +351 276 990 920

 <https://vidagopalace.com/>

Restaurant Gomes

A more rustic option serving homemade food, plentiful portions, and tasty flavors. The staff is very friendly. Open 12:00 PM – 2:00 PM and 7:00 PM – 10:00 PM Wednesday to Monday. Closed on Monday evening and all day Tuesday.

 Rua Jose A Costa 16, Vidago

 +351 961 850 130

 <https://vidagustermas.com/site/gomes/>

Restaurante O Resineiro

A very popular option with both the locals and tourists. Lots of local meat dishes; the house steak and chips are recommended. Open daily from 8:00 AM – 10:00 PM.

 Est. Nacional N2 137, Vidago

 +351 276 907 312

 No website

Restaurant Bataclan

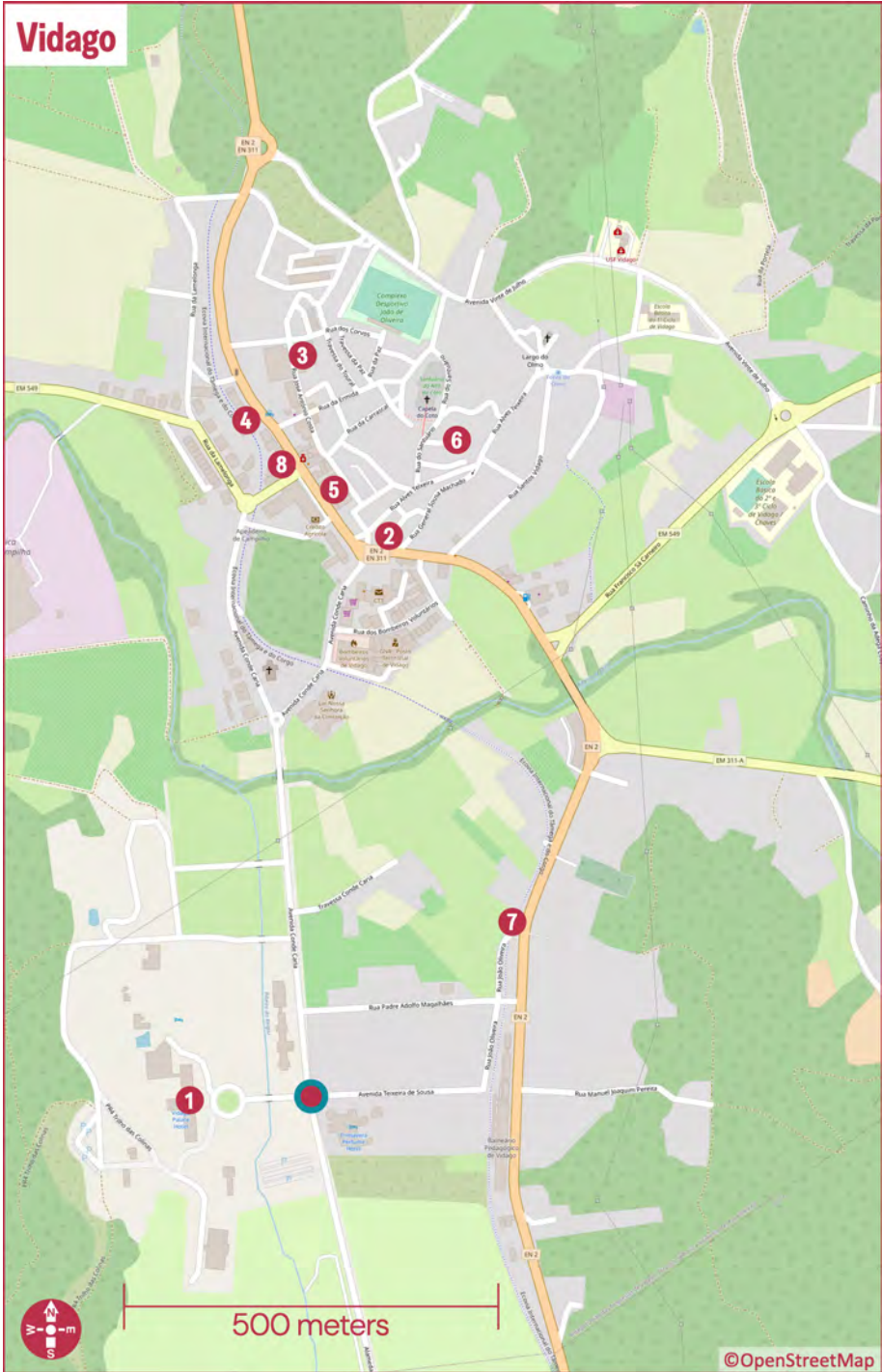
Serves traditional, local food from a range of set menus. Well-presented, friendly and good value for money. Open Wednesday to Monday from 7:00 AM – 10:00 PM. Closed on Sunday.

 N2 175, Vidago

 +351 936 577 758

 No website

Town Plan



Key

Hotels

1. Vidago Palace Hotel
2. Anevan Alojamento

Restaurants & Bars

1. The Great Hall & The Wine Cellar
3. Gomes
4. O Resineiro
5. Bataclan

Points of Interest

6. Museum of João Vieira

Other Locations

7. Tourist Information Office
8. Frescovidago – Supermercados



Route Start / End

Sights and Activities

The Vidago Palace Hotel

This venerable hotel has a spa with many different treatments and programs. Facilities include two swimming pools, sauna, Turkish bath, hammam (steam room), and an ice fountain. Open daily from 9:00 AM – 8:00 PM.

 Parque de Vidago, Apartado 16, Vidago

 +351 276 990 920

 <https://www.vidagopalace.com/en/thermal-spa/>

Museum of João Vieira (Casa Museu João Vieira)

João Vieira's was an avant-gardist artist who was born in Vidago in 1934. His works are bold and bight, often drawing on inspiration from letters and the human body. The museum is located in the former home of this Vidago native. The museum showcases a collection of João Vieira's artworks, including sculptures, drawings, and paintings. There is a surprising aspect of the museum where visitors can explore Vieira's personal belongings as an insight into his creative inspirations and process. Open Tuesday to Sunday from 9:30 AM – 1:00 PM and 2:00 PM – 5:00 PM. Closed Sunday afternoon and Monday.

 R. Santuário 2, Vidago

 +351 276 999 004

 <https://www.facebook.com/CaMuJoVi/>

Walking Tours

Vidago is a popular walking destination, and the tourist office will provide details of different routes. A good choice is a 13.6 km walking route that takes you north to Vilarinho das Paraheiras and across the Tâmega river before going south to Arcossó and back to Vidago. There is also an 8.8 km route from Vidago Palace that heads south and completes an anticlockwise loop: details can be found on the Tourist Information Office's website.

 <https://vidagustermas.com/>

Other Useful Information

Tourist Information

Posto de Turismo de Vidago (Tourist Information Office). Open Tuesday to Sunday from 10:00 AM – 1:00 PM and 2:00 PM – 5:00 PM (closed on Sunday afternoon and all day Monday).

 Estrada Nacional 2 n°23–25, Vidago

 +351 276 999 217

 <https://vidagustermas.com/>

Grocery Stores

There are a number of small supermarkets in Vidago including the following.

Frescovidago – Supermercados

A supermarket in the center of the little high-street. Open Monday to Saturday from 9:00 AM – 7:00 PM. Closed on Sundays.

 Estrada Nacional N.º 2, Edifício Imovidago, Bloco 1, Frente Loja 2, Vidago

 +351 276 908 101

 No website



Mateus Palace in Vila Real

VILA REAL

Overview

Vila Real is a compact, university town perched above the gorge of the Corgo River. The town was founded in 1289 (on the third attempt) by King Denis of Portugal.

As the name suggests, the city has a royal heritage: in the 16th and 17th centuries the town attracted the nobility to an extent that the city housed more members of the royal family than any other settlement in Portugal outside of Lisbon. As a result, the town has many palaces, manors, and grand houses – many of which still have their original coats of arms above the doors and some are still occupied by their original families.

In more recent times, the city has built a university (1986), museums, and theaters. There are also interesting churches, and nice gardens. The river here runs through a steep-sided gorge that has scenic walking trails along the riverbank.

Restaurants and Bars

If your hotel is outside of town, you will likely eat there for dinner. There are also these good options in the town.

Mau Maria Restaurante

A small place in the city center serving lunches as well as dinners. The quality of the food is excellent, local, and very reasonably priced (the two-course lunch is less

than €10). Very popular with the locals. Open daily from 12:00PM – 3:30PM and 7:00 PM – 11:00 PM.

 Av. Carvalho Araújo 14, Vila Real

 +351 259 100 425

 No website

Garrafeira & Restaurante

Also in the center, GA.RE. (Garrafeira & Restaurante) is a good option with a focus on meat and fish. They have a great wine list centered around the Douro Valley. Open Wednesday to Monday from 12:30 PM – 3:00 PM and 7:30 PM – 11:00 PM. Closed Tuesday and Wednesday.

 Rua Doutor Lourenço Camilo Costa, Vila Real

 +351 259 341 115

 <https://garerestaurante.pt/>

Forneria

A nice Italian restaurant with pizzas, pastas, meat, and fish. They bake bread each day in the central wood oven which they use in their francesinhas¹. The service is very friendly. Reservations can be made online. Open Monday to Saturday from 12:00 PM – 2:30 PM and 7:00 PM – 10:00 PM. Closed on Sunday.

 R. António de Azevedo 86, Vila Real

 No phone number

 <https://forneria.pt/>

Restaurante 22

An authentic Portuguese gem serving traditional cuisine. The flavors are strong and rich with lots of local meat and fish on the menu. Open Monday to Saturday from 12:00 PM – 3:00 PM and from 7:00 PM – 10:00 PM. Closed on Sunday.

 R. Teixeira de Sousa 16, 5000-434 Vila Real

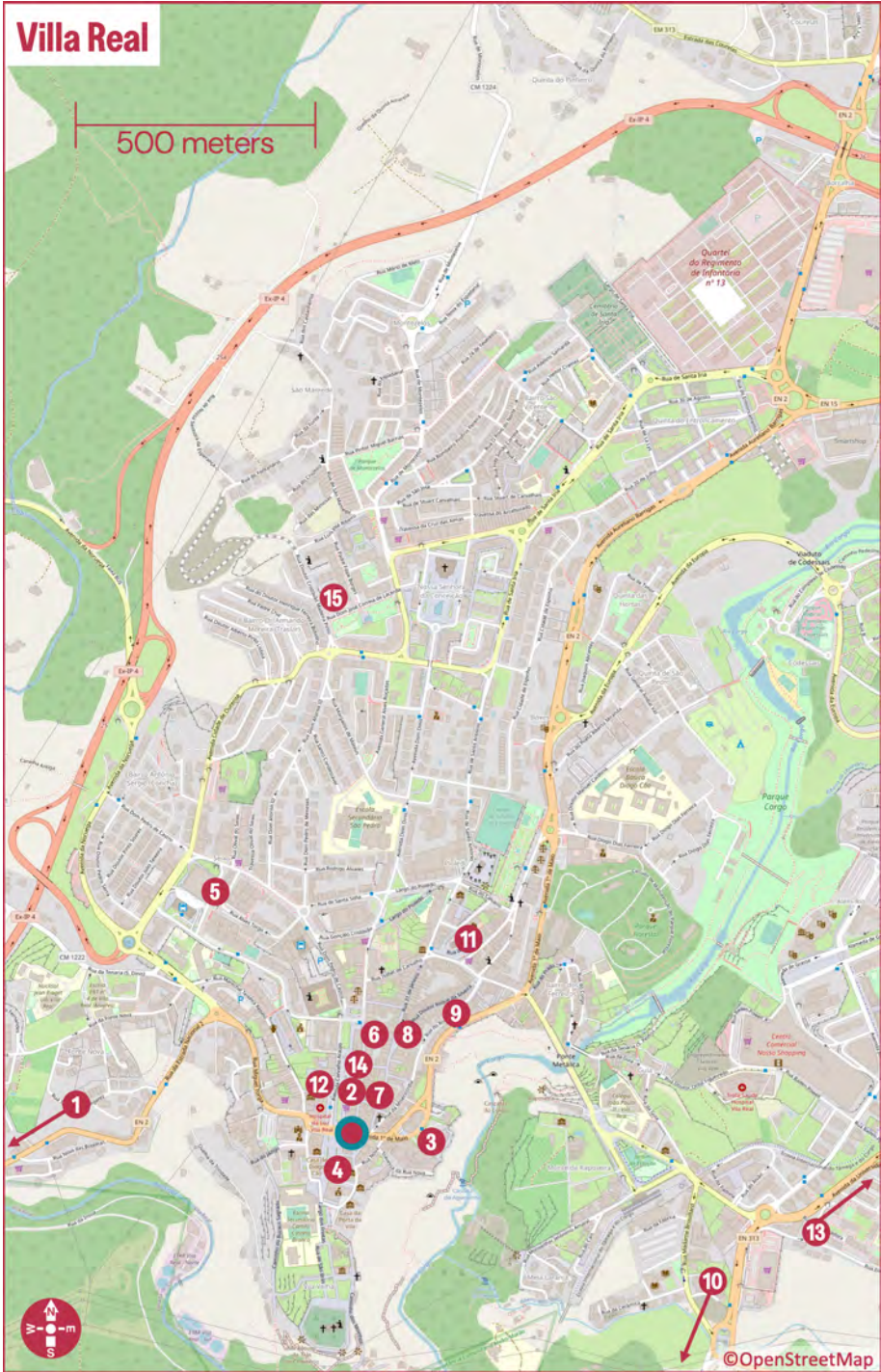
 +351 259 321 296

 <https://restaurante22.pt/>

¹ Francesinha (which translates as “small Frenchie”) is a thick meat sandwich topped with melted cheese and drenched in tomato sauce. Often served with fries.

Intentionally Blank

Town Plan



Key

Hotels

1. MW Douro Wine & Spa
2. Casa dos Correios
3. Hotel Mira Corgo

Restaurants & Bars

4. Mau Maria Restaurante
5. Garrafeira & Restaurante
6. Forneria
7. Restaurante 22

Points of Interest

8. Capela Nova
9. Museu de Arqueologia e Numismática de Vila Real

10. The University of Trás-os-Montes and Alto Douro
11. Igreja de São Pedro
12. Igreja de São Domingos
13. Fundação da Casa de Mateus

Other Locations

14. Tourist Information Office
15. Supermercado Viva Sempre



Route Start / End

Sights and Activities

Capela Nova

A chapel in the center of the city, not easy to miss. The imposing façade is an abundance of intricately carved granite and featuring four towering Tuscan support columns. The chapel was built in the 17th century but the stunning stonework was later added by Nicolau Nasoni. When open, visitors are able to view the tile panels that depict the lives of St. Paul and St. Peter, as well as the ornate main altar and side chapels adorned with glistening gilded woodcarvings.



R. dos Combatentes da Grande Guerra, Vila Real



No phone number



No website

Museu de Arqueologia e Numismática de Vila Real

An 18th century mansion turned museum that houses many Roman and pre-Roman artifacts found in the local area. The archaeological exhibition is chronological, moving from the Stone Age, through the Bronze and Iron Ages to the Roman Empire. There are polished stone axes, a menhir and an altar with an inscription dedicated to the god Reve Marandicui. Open daily from 9:30 AM – 12:30 PM and 2:00 PM – 5:00 PM.



Av. 1º de Maio 60, Vila Real



+351 259 308 180



<http://www.museu.cm-vilareal.pt/>

The University of Trás-os-Montes and Alto Douro

This Vila Real University includes an eighty-hectare botanical garden that has one of the richest and most botanically significant collections of plant life in the country. The primary responsibility of the garden is to preserve rare indigenous Portuguese flora, all of which are meticulously labeled. Simultaneously established with the garden, the herbarium holds over 15,000 specimens of herbs in its collection. An interpretation center offers insights into the garden's diverse range of species. Open Monday to Friday from 8:00 AM – 8:00 PM. Closed Saturday and Sunday.

 Av. da Universidade, Vila Real

 +351 259 350 000

 <https://www.utad.pt/>

Igreja de São Pedro

One of the oldest churches in Vila Real, Igreja de São Pedro was originally built in 1528 but benefited from additions and alterations over the years, blending both the baroque and neoclassical styles. The exterior has a certain grandeur with a frontispiece with two towers. The interior is beautiful, ornate, and intricately decorated. The ceiling comprises of 50 polychrome panels, each separated by longitudinal and transverse elements in gilded carving.

 Largo de São Pedro, Vila Real

 +351 259 107 975

 No website

Igreja de São Domingos (Cathedral of Vila Real)

An exceptional example of Gothic architecture, originally built as a Dominican convent in 1424. Like other High Gothic churches in northern Portugal, Igreja de São Domingos is more modest than the gothic churches found elsewhere in Europe.

 Av. Carvalho Araújo 89, Vila Real

 +351 259 323 448

 <http://www.diocese-vilareal.pt/>

Fundação da Casa de Mateus (Mateus Palace)

This Baroque-style palace is 4 km from the center of the city and is visited on the Leisure ride on the Villa Real Loop Day. However, it is also easily tagged on to any of the rides in or out of Villa Real. The palace was built in the 18th century and is famous for its grand architecture, beautiful gardens, and rich history: one of the finest examples of Baroque architecture in Portugal. The palace also has a library with over 35,000 volumes and a collection of Portuguese and European decorative arts.

The estate has extensive gardens, covering over 13 hectares. The palace offers three types of tours starting from a visit to the gardens at €12 pp to a fully guided tour at €20 pp. In addition to its aesthetic and historical significance, the Mateus Palace is also famous for its association with Mateus Rosé, a popular wine that has

been produced in the region since the early 20th century. The palace's image is featured on the wine's label and helped to popularize the brand worldwide. They also offer wine tastings of this and various other local wines. You can book tours and wine tasting online and reservations are highly recommended. Open daily from 9:00 AM – 6:00 PM.



Casa de Mateus, Vila Real



+351 259 323 121



<https://www.casademateus.pt/>

Festivals

There are three traditional festivals that take place in June in Vila Real.

Festival of São Antonio

This June 13th festival is a lively celebration with a cattle fair and National Cattle Competition, along with various cultural side events such as live music in the evenings.

Festival of São João

This June 23rd festival is a typical Portuguese celebration with the addition of the big sardinhada, where sardines are grilled on the city's streets.

Festival of São Pedro

On June 28th and 29th this festival has a large craft fair with lots of the local products including Bisalhães pottery (made in a local village and famous due to unique style, made from clay died black by smoke).

Other Useful Information

Tourist Information

Tourist Information Office is called *Loja Interativa de Turismo*. Open daily from 9:00 AM – 1:00 PM and 2:00 PM – 6:00 PM.



Av. Carvalho Araújo 110, Vila Real.



No phone number



No website

Grocery Stores

There are many supermarket options in Vila Real. The bigger ones are on the outskirts of the city: *Aldi*, *Intermarché*, and *Continente*. All are open daily and have a large selection.

Supermercado Viva Sempre

In the center, Supermercado Viva Sempre is a good option. Open Monday to Saturday from 8:30 AM – 1:00 PM and 2:30 PM – 7:00 PM. Closed on Saturday afternoon and all-day Sunday.



R. D. José Correia de Lacerda 2, Vila Real



+351 259 332 685



Pinhão on the Douro River

PINHÃO

Overview

Known as the home of port wine, Pinhão sits on a picturesque bend of the Douro River – at the confluence of the Pinhão River and the Douro River. Wine is the key attraction and there are many quintas to visit where you can tour and taste port as well as many other regional wines. The river and the steep terraces of the surrounding wineries dominate the views.

Boat and train tours start in the town and head upriver. Even if you are not taking the train, the train station is worth a visit for the azulejos (hand-painted tiles) that cover the walls.

The town is attractive and pleasant but does not have a lot of sights per se. The popularity of the town is due mostly to the fact that it is a great base for exploring the surrounding area.

Restaurants and Bars

For such a small town, there are several excellent restaurants to choose from.

Cozinha da Clara

This is the restaurant at Quinta de la Rosa (1½ km out of town), sited on the river with great views. They use vegetables from their own garden and are proud to honor the cooking traditions of the area and serve its regional dishes. Each dish can be paired with the quinta's own wine. Reservations are strongly recommended and can be

made online via <http://thefork.pt>. Open daily from 1:00 PM – 3:00 PM and 7:00 PM – 9:00 PM. They are also often open for Tapas from 3:00 PM – 5:00 PM.



Quinta de La Rosa, Pinhão



+351 938 344 549



<https://www.quintadelarosa.com/>

Restaurante Veladouro

Situated beside the river in the center of town with views overlooking vineyards. Their menu is varied and serves local dishes and specialties. They claim to make the only vegan burger in Pinhão, which is delicious. Open Tuesday to Sunday from 12:00 PM – 3:00 PM and from 7:30 PM – 9:00 PM. Closed Sunday evening and all day Monday.



Rua da Praia Nr 3, Pinhao



+351 966 358 405



<https://www.facebook.com/BarRestauranteVeladouro/>

Vintage House Hotel

There are two restaurants at the Vintage House Hotel (the Rabelo Restaurant and the Library Bar) and both are excellent. Unfortunately, they are only open to non-guests in the quieter part of the season. The restaurants are in beautiful rooms and with exceptional service. The food is traditional and regional with most of the ingredients being supplied by local producers.

Rabelo Restaurant

This is the more extravagant of the two restaurants and reservations are a must. The outdoor dining area includes a nice terrace with spectacular views overlooking the river Douro.

Open daily from 12:30 PM – 3:00 PM and 7:30 PM – 10:00 PM.

Library Bar and Terrace

This is the more relaxed of the two restaurants with some of the seating in comfy chairs with food served on low adjoining tables.

Open daily from 11:00 AM – 12:00 AM.



R. António Manuel Saraiva, Pinhão



+351 254 730 230



<https://www.vintagehousehotel.com/en/gastronomy/>

Casa Do Arco Restaurante

This exclusive restaurant has capacity for only 16 people and claims to serve “one of the best meats in the world” (a dry-aged Rubia Galega beef). There are also good fish and seafood options as well as a vegan menu. Reservations essential. Open Tuesday to Saturday from 12:30 PM – 2:30 PM and 7:30 PM – 10:30 PM. Closed Sunday and Monday.

Note that this restaurant is situated 3 km outside Pinhão and so is best visited by taxi. If you are cycling, bear in mind that it is a 25-minute ride uphill on the way there.

 Casa Do Arco, São Cristovão do Douro, Pinhao

 +351 919 751 617

 <https://douroexclusive.com/>

Bomfim 1896

A refined dining experience nestled on the banks of the river, within the historic vineyard estate of Quinta do Bomfim. With an open wood-fired kitchen and panoramic views over the valley. Open Tuesday to Saturday from 12:30 PM – 3:00 PM and from 7:00 PM – 9:00 PM. Closed Sunday and Monday.

 Quinta do Bomfim, Pinhão

 +351 254 730 360

 <https://pt.symington.com/bomfim1896>

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Key

Hotels

1. Vintage House Hotel
2. Quinta do Pégo
3. LBV House

Restaurants & Bars

4. Cozinha da Clara
5. Restaurante Veladouro
6. Casa Do Arco Restaurante
7. Bomfim 1896

Points of Interest

8. Pinhão Train Station
9. Ponte do Pinhão
10. Magnifico Douro Eventos

Other Locations

11. Tourist Information
12. Amanhecer Super
13. Casa Melro – Minimercado

 Route Start / End

Sights and Activities

Pinhão Train Station

Pinhão Train Station dates back to 1880 and is known as the most beautiful station in the Douro thanks to its hand-painted azulejos ceramic murals depicting the surrounding landscapes and vineyards. The tiles were gifted to the town in 1937.

Ponte do Pinhão

The bridge crossing the river into Pinhão was constructed by architect Gustave Eiffel (of Parisian tower fame) and was completed in 1906. Pinhão Bridge consists of a metal tray comprising three separate spans, each measuring 68.7 meters, making a total length of 206 meters. The three pillars supporting the bridge are situated on the riverbed and have a combined height of approximately 20.0 meters. This bridge is an important crossing as the next nearest is 20 km away.

Boat Tours

There are multiple companies offering boat tours along the river.

Magnifico Douro Eventos

One of the oldest and most well-established. We recommend their Rabelo Boat Tours starting at €12.50 per person for an hour. They provide a free audio guide that can be downloaded on your smartphone. You can book online. Open daily with multiple outings. They also offer motorboat, paddleboard, and kayak tours.



Cais C – Marginal, do, Pinhão



+351 913 129 857



<https://www.magnificodouro.pt/en>

Other Useful Information

Tourist Information

The Tourist Information Office is located 4 km north of town – uphill on the N323. As a reward for your hard work getting there, there is usually a friendly clerk who has been known to offer free wine tastings. They sell local products and gifts so it can be a nice place to stop. Opening hours are sporadic.

The exact location is north of the town: Riders on the Pinhão Loop CHLG pass by the office on their descent into Pinhão.

 6C6W+23 São Cristovão do Douro

 Unknown

 <https://goo.gl/maps/mGmUUPUsfz6bUAWs7>

Alternative Tourist Information

The staff at the train station in Pinhão are very helpful and many of them speak good English. Often, hotel staff are happy to share their top places to visit and things to do so ask if you have any questions.

Taxi

Pinhão has a taxi service which can be useful to get to restaurants slightly further afield. Book by phone or email. We recommend getting a quote on booking.

 + 351 966 192 904

 <https://www.taxipinhao.com/en-gb/home> / correio@taxipinhao.com

Grocery Stores

Pinhão is the smallest of the overnight towns you will visit and the supermarket options are limited. You will get the basics at Amanhecer – Super Pinhão or at Casa Melro – Minimercado. Both are on the main street.

Amanhecer Super

Super Pinhão is open Monday to Saturday from 9:00 AM – 12:00 PM and 2:00 PM – 7:00 PM. Closed Saturday afternoon from 1:00 PM and all-day Sunday.

 R. António Manuel Saraiva 32A, Pinhão

Casa Melro – Minimercado

Open Monday to Saturday from 9:00 AM – 7:00 PM. Closed on Sunday.

 R. António Manuel Saraiva 67, Pinhão

 +351 254 732 451



Street Scene in Peso da Régua

PESO DA RÉGUA

Overview

Situated in the heart of the Douro Valley, Peso da Régua has a rich history dating back to Roman times. One explanation of the name is that it derives from Vila Reggula – a Roman estate that existed on the site of the current city. (Peso – Portuguese for weight – is thought to relate to the weighing of goods that happened in the town).

In the 18th century, the town became the main trading post for port wine, with barrels being transported downstream on flat-bottomed cargo boats known as rabelo. The importance of the town grew with the building of the Linha do Douro railroad in 1875. The line connected Porto on the coast with Peso Da Régua as well as the villages of Pinhão and Pocinho (near the Spanish border).

Régua is now the main gateway town for tourists visiting the Duoro Valley wine region and is home to some of the best restaurants in the area. It is also the starting point for scenic train rides and river cruises in the trains and boats that used to transport the port wine down the valley.

Restaurants and Bars

We highly recommend that you make dinner reservations in Peso da Régua as the restaurants are very popular and book out on many evenings.

Aneto & Table

A comfortable, modern restaurant that is paired with Quinta do Estremadouro where Aneto Wines are produced (see *Wineries on Your Cycling Routes* in the *About the Area* section of this guidebook). As you would expect, Aneto wines feature heavily on the wine list. Reservations are strongly recommended as they are often fully booked. Open Tuesday to Saturday from 12:30 PM – 10:00 PM and Monday from 7:00 PM – 10:00 PM. Closed on Sunday.

 Av, R. José Vasques Osório, Peso da Régua

 +351 254 323 120

 <http://www.anetowines.pt/table>

Tasca da Quinta

Top-quality food and service with a limited, intentional menu. Portions tend to be small, but the food is creative and tasty. Reservations strongly recommended. Open Tuesday to Saturday from 6:00 PM – 10:00 PM and Saturday from 12:30 PM – 2:30 PM. Closed on Sunday and Monday.

 R. do Marquês de Pombal 42 R/C, Peso da Régua

 +351 962 800 873

 No website

Castas e Pratos

On a par with the other popular and expensive restaurants in the town. The food is excellent, with a focus on local and national produce. They have great meat and fish options as well as a couple of fantastic vegetarian dishes. Wine pairing is strongly encouraged. Reservations essential. Open daily from 11:00 AM – 10:00 PM.

 R. José Vasques Osório, Peso da Régua

 +351 254 323 290

 <https://castasepratos.com/>

Restaurante Tio Manel

If you are looking for a more relaxed and less pricy option, we recommend Tio Manel. They serve simple but delicious traditional Portuguese food, and the service is very friendly. Open Tuesday to Sunday from 12:00 PM – 2:45 PM and Tuesday to Saturday from 7:00 PM – 9:45 PM. Closed on Sunday evening and all day Monday.

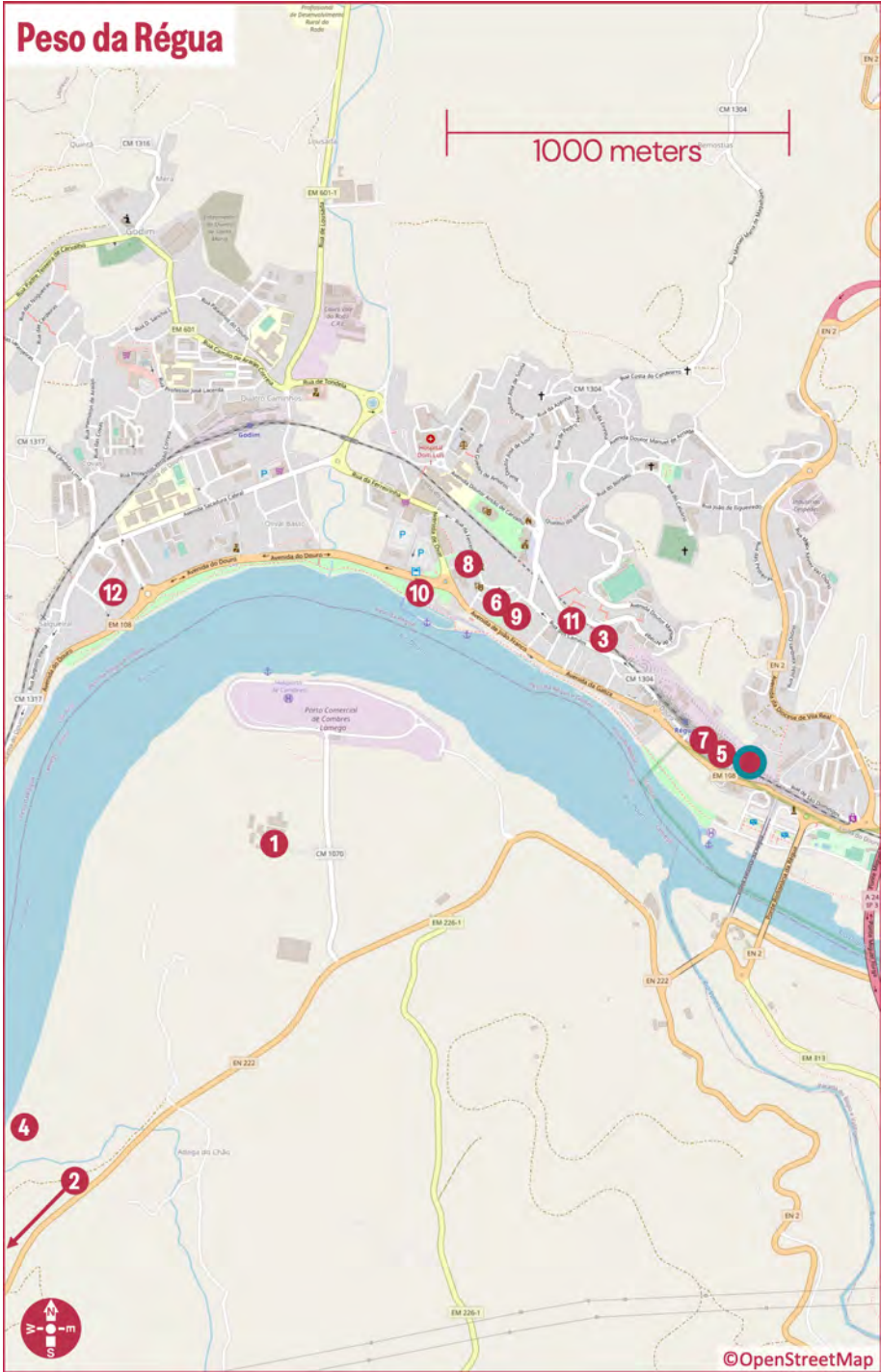
 R. da Ferreirinha 32, Peso da Régua

 +351 254 314 594

 No website

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Town Plan



Key

Hotels

1. Quinta da Pacheca
2. Delfim Douro Hotel
3. Original Douro Hotel
4. Six Senses Douro Valley

Restaurants & Bars

5. Aneto & Table
6. Tasca da Quinta
7. Castas e Pratos

8. Tio Manel

Points of Interest

9. Douro Museum

Other Locations

10. Tourist Office
11. Arnaldo Marques
12. Intermarché Super



Route Start / End

Sights and Activities

Quinta da Pecheca

This hotel and quinta offers numerous activities:

- Various tours and wine tasting
- Cooking Classes
- Olive Oil Tasting
- Cork Workshop
- Painting Workshop

You can see prices and make bookings online.



Rua do Relógio do Sol 261, Lamego



+351 254 331 229



<https://quintadapacheca.com/pages/pacheca-wine-experience>

Six Senses Douro Valley

This hotel, resort and spa offers an array of activities similar to the Quinta da Pecheca.

- Various tours and wine tasting
- Olive oil tastings
- Various cooking and foodie class
- Tile painting, sketching, and watercolor

Their website has all the details and more. You can email them to enquire about an experience or to book at gem-dourovalley@sixsenses.com.



Quinta Vale de Abrão, Samodães



+351 254 660 600



<https://www.sixsenses.com/en/resorts/douro-valley/experiences>

Douro Museum

This museum is located in a spacious, former wine warehouse on the riverfront and showcases the history and culture of the Douro region, including its wine production, customs, and traditions. It provides information to learn about the history of port whilst avoiding any museum fatigue. They have a “wall of port”, a fun and interesting way to study the wine, and there is also a “port smelling wall”. You will have an option for port tasting at the end of your visit. Open daily from 10:00 AM – 5:30 PM.

 R. do Marquês de Pombal, Peso da Régua

 +351 254 310 190

 <https://www.museudodouro.pt/>

Festivals

There is one very large traditional festival that takes place in the middle of August in Peso da Régua. August 14th – 16th celebrates Nossa Senhora do Socorro (Our Lady of Perpetual Help). Over several days there are traditional Portuguese fado (melancholy singing heard in bars and cafés) performances and evening pop, folk and classical concerts. This all builds up to the Sunday, which begins with a mass and continues in the afternoon with a triumphal procession of the Virgin Mary’s (Marian) image.

Other Useful Information

Tourist Information

The Tourist Information Office in Peso da Reguá is the *Loja Interativa de Turismo do Peso da Régua*. Located on its own, on the riverfront. Open Monday to Friday from 10:00 AM – 12:30 PM and 2:00 PM – 6:30 PM. Closed on weekends.

 Av. do Douro, Peso da Régua

 +351 254 318 152

 <https://www.cm-pesoregua.pt/>

Grocery Stores:

If you need a supermarket in Peso da Reguá there are a few small options dotted around the town.

Arnaldo Marques

One of the more centrally located stores. Open Monday to Saturday from 9:00 AM – 7:00 PM. Closed on Sundays.

 R. dos Camilos 398, Peso da Régua

 +351 254 313 777

Intermarché Super

This large supermarket is 1.7 km from the center of the town (from the Douro Museum). Open 8:30 AM – 9:00 PM every day.

 Lugar do, Godim
 +351 254 324 217



ON TOUR

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LIFECYCLE ADVENTURES SERVICES

Self-Guided Tours

If I need help, how fast will you get to me?

Once we receive your call, our target is to get to you within 90 minutes. However, if our route to you is on slow roads or our guides are completing another job it may take us longer to reach you. When you call, we will give you an estimated time of arrival.

If you are experiencing an emergency, please call 112 (Europe) or 911 (North America) – or ask a passerby to do so.

How do I arrange to shorten my day's riding?

If you are riding from hotel to hotel, we would be pleased to transfer you partway along the route to reduce the number of miles you need to travel. The more notice you give us the better able we are to meet your schedule. We need at least 24 hours' notice to accommodate these transfers.

As our guides are supporting a number of guests at any one time, we ask that you be flexible about this transfer time, but we will accommodate you as close to your ideal time as practical.

In Holland and the Engadin Valley our support services are managed slightly differently. In these areas, if you choose to not ride on any day, or want to shorten your route, we will advise on how to do this using local trains and then refund you the cost of your tickets.

What time do I need to leave my luggage on transfer days?

We ask that you leave your luggage with the front desk by 9:30 AM; making sure that a LifeCycle Adventures luggage label is attached to each bag. If this is not going to be possible, please let us know.

What time will my luggage arrive at the next hotel?

We plan to have your luggage at the next hotel by 4:00 PM. We will alert you if this will not be the case.

When can I check into my room?

As a rule, check-in time at hotels is between 3:00 PM and 6:00 PM. If you expect to arrive outside of these hours, please call ahead to the hotel, or call us, to make special arrangements. You will find contact details for your accommodation in the *Directions to Accommodations* section of the On Tour App.

What are the arrangements for the final day?

If you are riding on your final day, please leave your luggage with the front desk of your hotel. We will collect your bags before meeting you at the end of your ride (or at your hotel depending on your route choice).

Your guide will be waiting for you with your luggage as detailed in the *End of Tour Logistics* section of the On Tour App.

Please talk to your guide 24 hours in advance if you wish to make changes to these arrangements. Note that your guide is balancing multiple commitments in any one day so it is typically not possible to change your pickup location or collection time on the final day.

Can you help us with reservations?

This Guidebook has activity and eating suggestions for your overnight towns. The On Tour App has lunch suggestions and points of interest along your route. See these listings for details as to how to make reservations.

In non-English-speaking areas, we are very happy to help with restaurant or activity reservations – both before you arrive and while you are on your tour. Any reservations we have made on your behalf will be detailed in the *Meal & Activity Reservations* section of the On Tour App under the relevant day.

Where we make activity or meal reservations on your behalf, you will be responsible for payment for those services and any cancellation fees that may be incurred should you choose not to use those services. See the *Terms and Conditions* in your Itinerary for further details of these charges.

What do you suggest by way of gratuities?

Your guides take pride in going the extra mile to ensure you have an exceptional experience. Should you wish to recognize their above-and-beyond efforts, a gratuity to your guide would be most welcome. \$15 to \$30 per person per day is common in the industry.

Private Guided Tours

Service Levels

For Private Guided tours, you have a guide(s) and a van(s) dedicated to your group. Typically, the guide and van are available from 8:30 AM to 4:30 PM. The guide will communicate with you during the tour about rider support, luggage arrangements, check-in times, and end-of-tour transfers.

What do you suggest by way of gratuities?

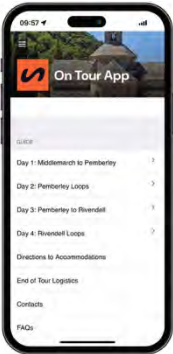
For Private Guided tours, a gratuity of \$25 to \$35 per person per day is common in the industry.

USING THE ON-TOUR APP

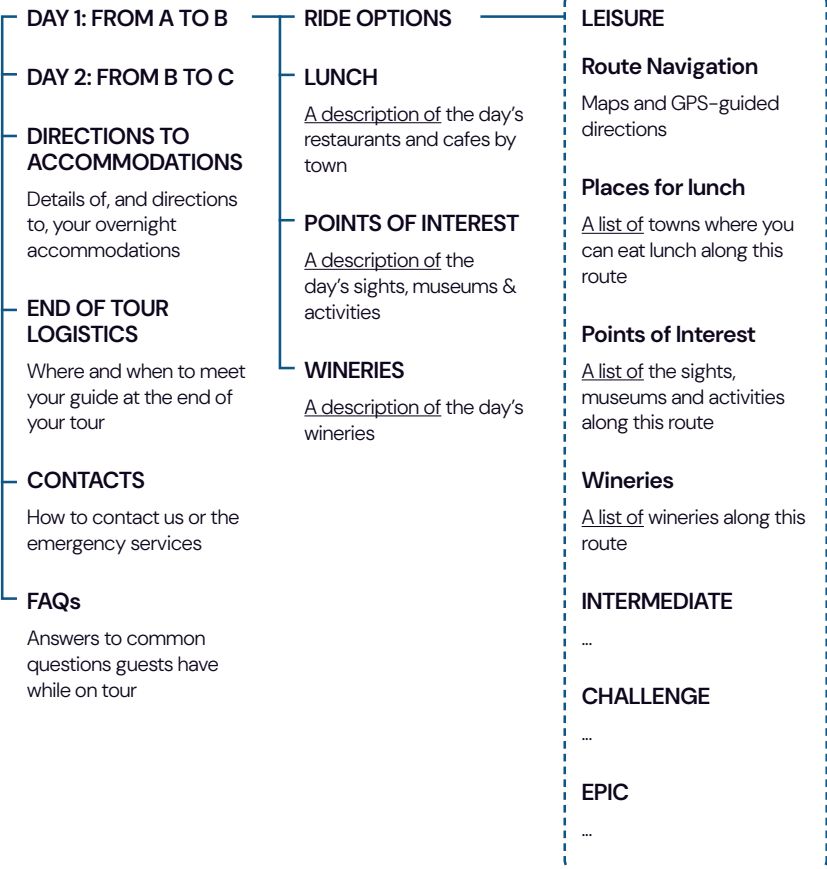
We have partnered with Ride with GPS (RWGPS) to create an app that has details about your routes, directions to your accommodations, and other useful information for your tour.

A link to download the app will be sent to you about thirty days before the start of your tour. We would encourage **all people on the tour to download the app before you travel** and familiarize yourself with the contents.

The app downloads to your phone and can be used with your data plan turned off. The diagram below is a quick reference for how the app is organized.



App Contents



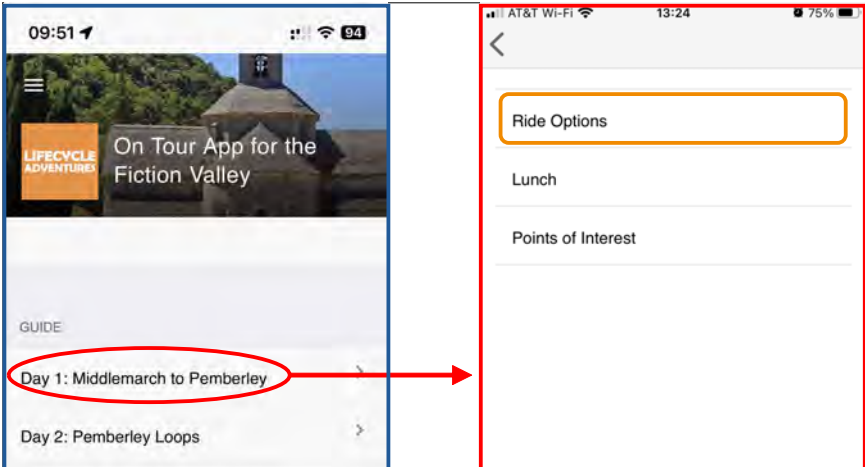
If you are taking a tablet with you on tour, **download the app to both your phone and your tablet**. The phone is great while out riding and the tablet is easier to use when back at your hotel.

The app helps you answer the following question while on tour.

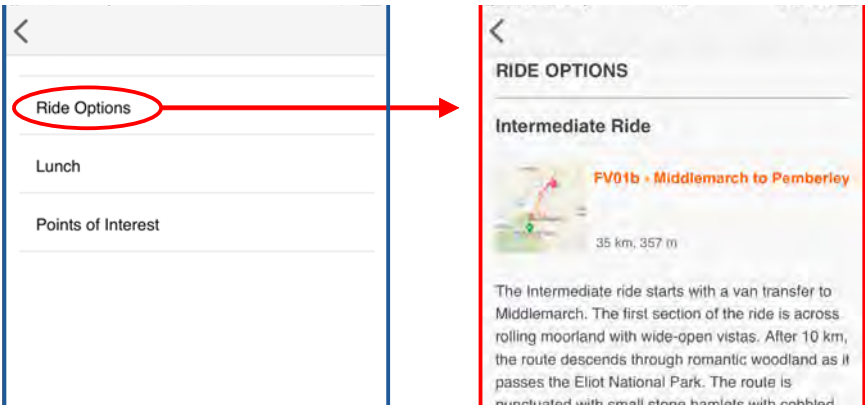
- For each day:
 - o **Which route** is best for me (leisure, intermediate, challenge or epic)?
 - o For my route, where is the **best place for lunch**?
 - o What **points of interest** are there along my chosen route?
 - o How do I **navigate my chosen route**?
- How do I navigate to my **overnight accommodation**?
- Where and when will I meet my guide at the **end of my tour**?
- How do I **contact my guide**, emergency services, and other key support?
- Answers to other **frequently asked questions** while on tour.

The On Tour App is designed to be intuitive to use and requires little learning. However, **as a backup**, the following section explains in detail how to use the app to answer the questions listed above.

For each day, which route is best for me?



Select the relevant day on the main menu and then choose ride options. Clicking on the ride options will bring you to a description for each of the ride options. Typically these are Leisure, Intermediate, Challenge, and Epic.

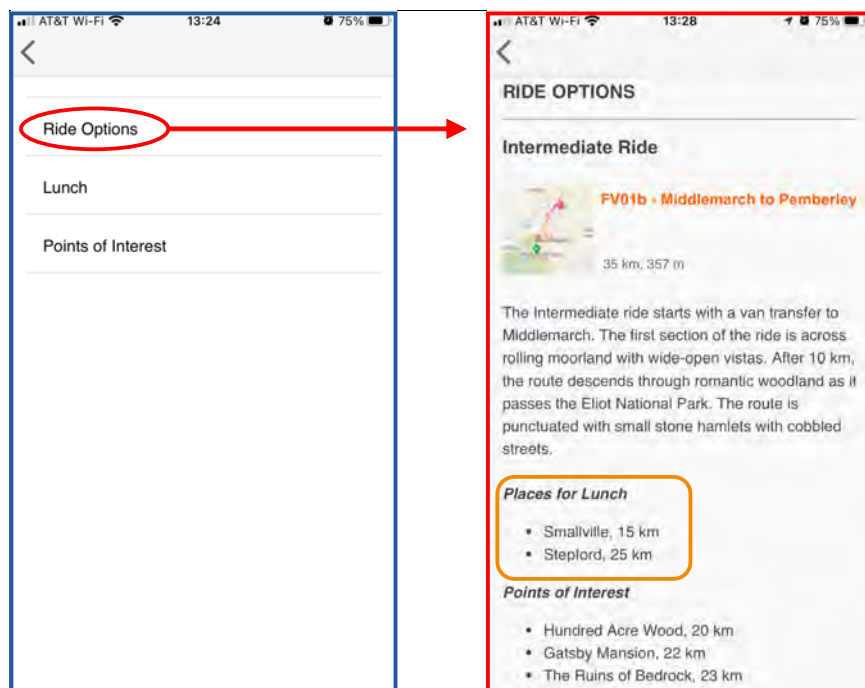


You can then choose your ride based on the description:

- Key stats – distance and climbing
- A brief overview
- A list of towns or villages where you can find lunch
- A list of places of interest along the route
- Wineries along the route (not all areas)

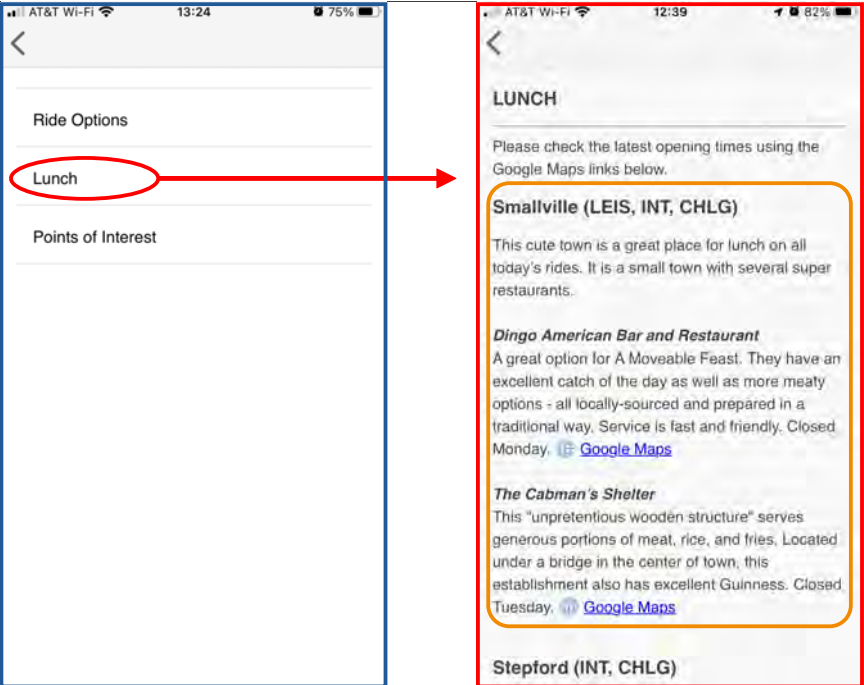
For my route, where is the best place for lunch?

This is a two-step process. First go to Ride Options for the relevant day.



For your chosen ride (here you have chosen the Intermediate ride), choose which town you want to eat in. Here you are going to choose Smallville, which is 15 km into your route.

Then GO BACK to the previous menu and select *Lunch*.



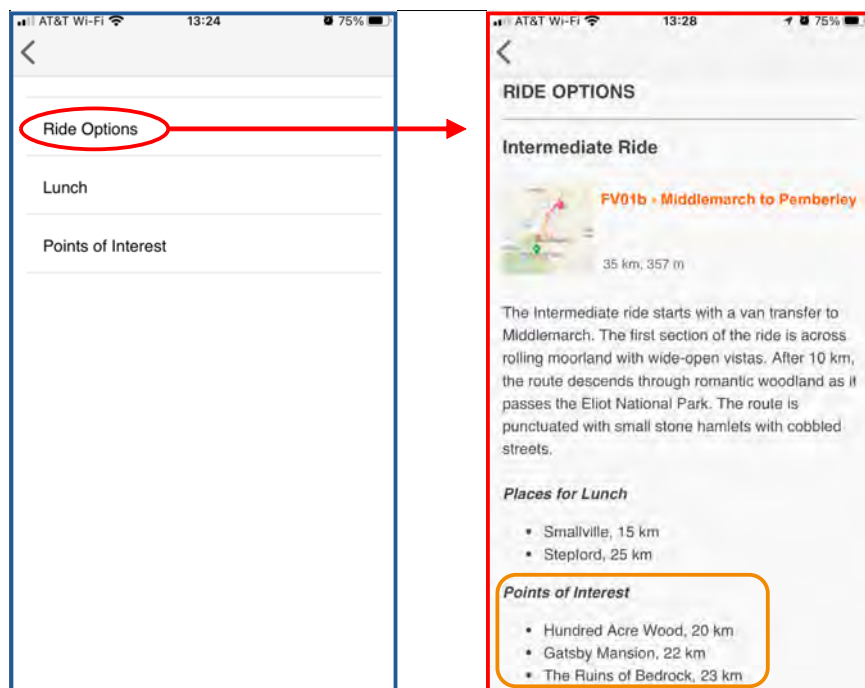
Having selected *Lunch*, you will see a list of all the places on today's routes organized by town. In this example, you are choosing to stop in Smallville and the Cabman's Shelter sounds perfect! (The abbreviations in parentheses tell you that Smallville is on the Leisure, Intermediate and Challenge rides.)

Restaurants are shown as a  icon when you are navigating the routes. See the *Navigating the Routes* section below.

You can use the *Google Maps* link to check opening times and to confirm the location of the restaurant.

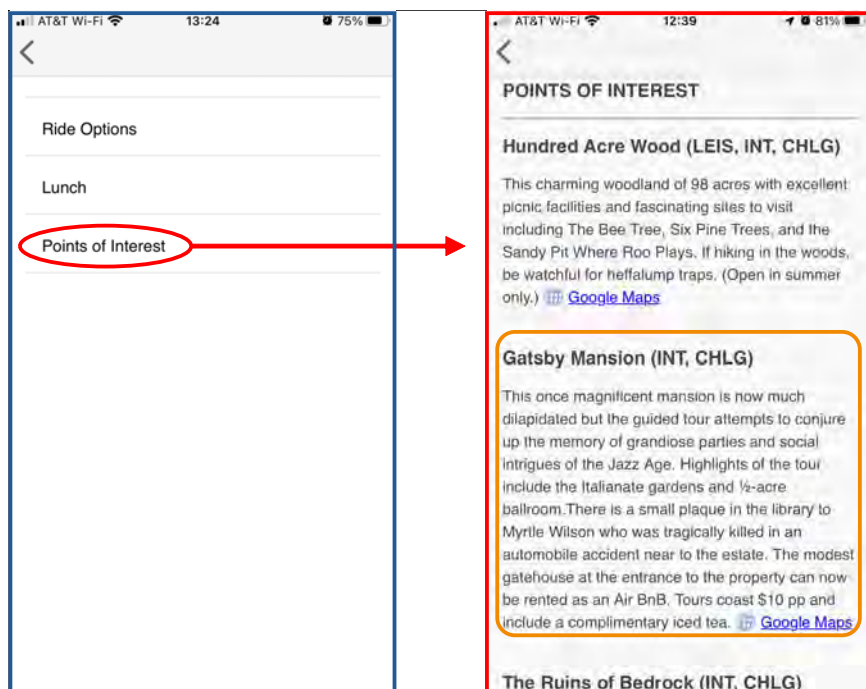
What points of interest are there along my chosen route?

This is a two-step process. First, go the Ride Options for the relevant day.



For your chosen ride (here you have chosen the Intermediate ride), see the list of Points of Interest that are on this route. In this example, The Gatsby Mansion, at 22 km) has caught your attention.

Then GO BACK to the previous menu and select Points of Interest.



Having selected *Points of Interest*, you can then read about the places you might want to visit along this route. In this example, you can learn all about the Gatsby Mansion. (The abbreviations in parentheses tell you that the Gatsby Mansion is on the Intermediate and Challenge rides.)

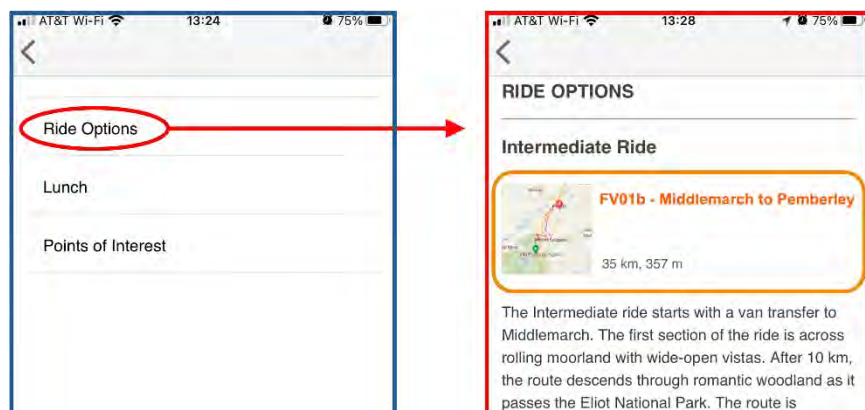
Points of Interest are shown as a  icon when you are navigating the routes. See the *Navigating the Routes* section below. We also list Viewpoints here. Viewpoints

are marked with a  on your routes.

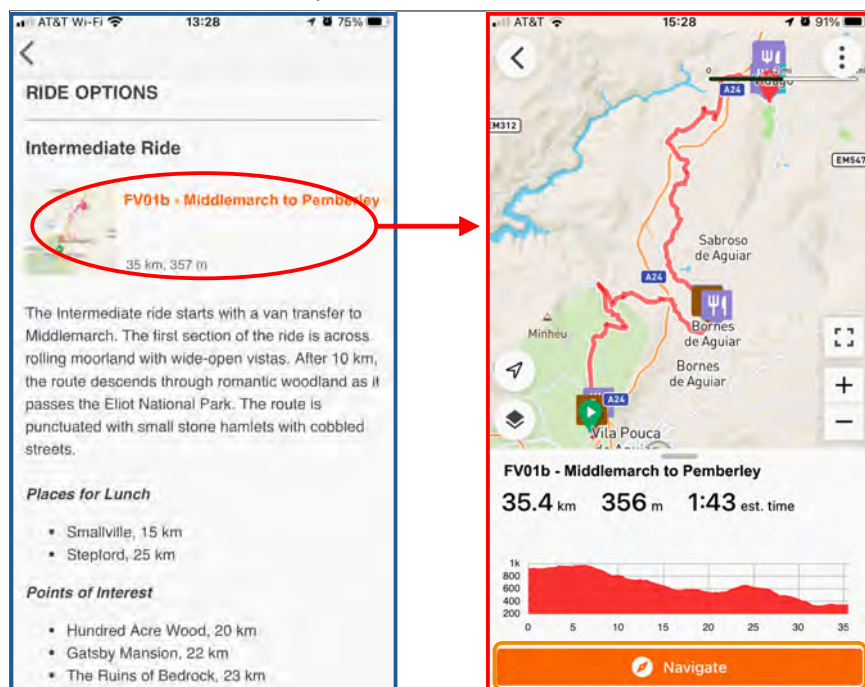
You can use the *Google Maps* link to check opening times and to confirm the location of the sites.

How do I navigate my chosen route?

Within *Ride Options* for your chosen day.



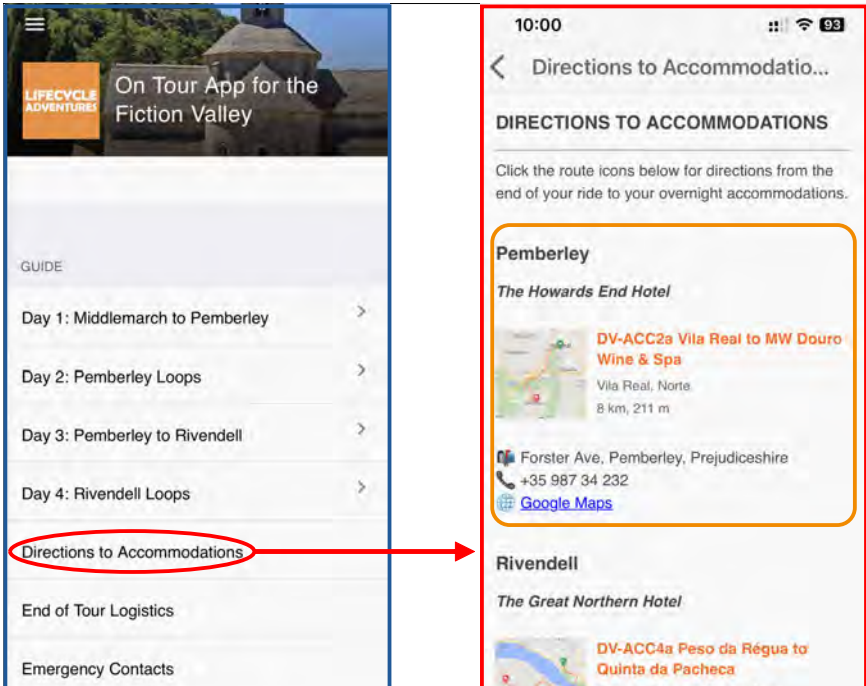
Tap on the map for the ride you have chosen. This takes you to route navigation within Ride with GPS. (Here you have chosen the Intermediate ride to Pemberley.)



Tap on *Navigate* to start directions for the route. See the *Navigating the Routes* section below for more details about the features available when navigating in Ride with GPS.

How do I navigate to my overnight accommodation?

Select *Directions to Accommodations* on the main menu.



For the relevant overnight town (in this case you have just arrived in Pemberley), click on the map and this will take you into RWGPS navigation that will direct you to your hotel.

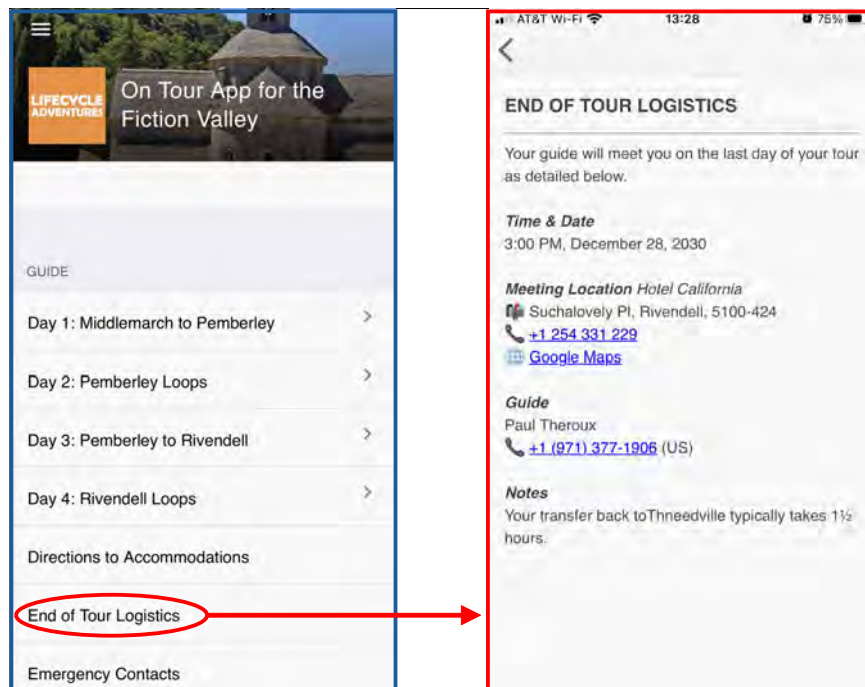
Accommodations are shown on your route with the following icon



You can also find the hotel using the *Google Maps* link.

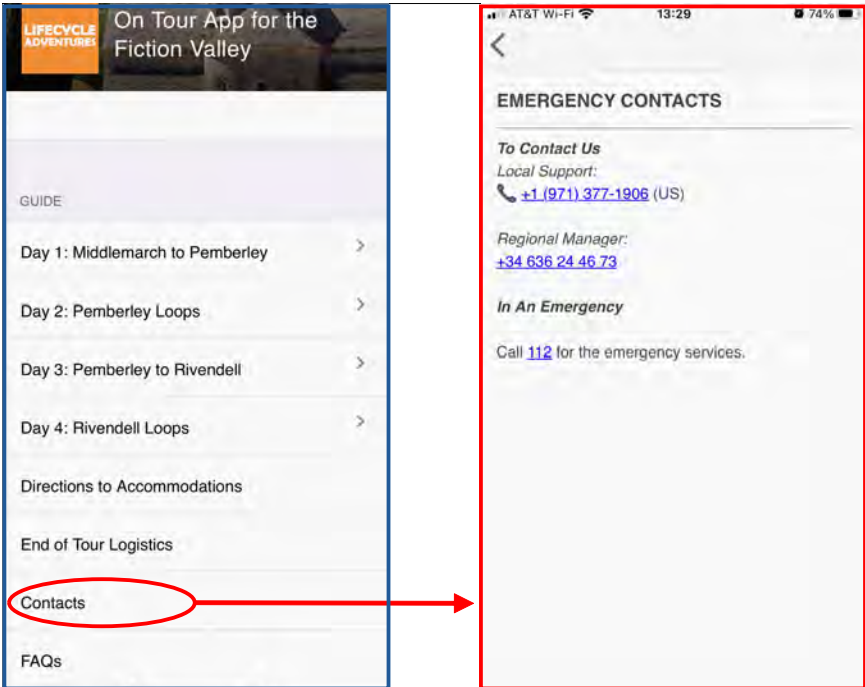
Where and when will I meet my guide at the end of my tour?

Select *End of Tour Logistics* from the main menu.



How do I contact my guide or the emergency services?

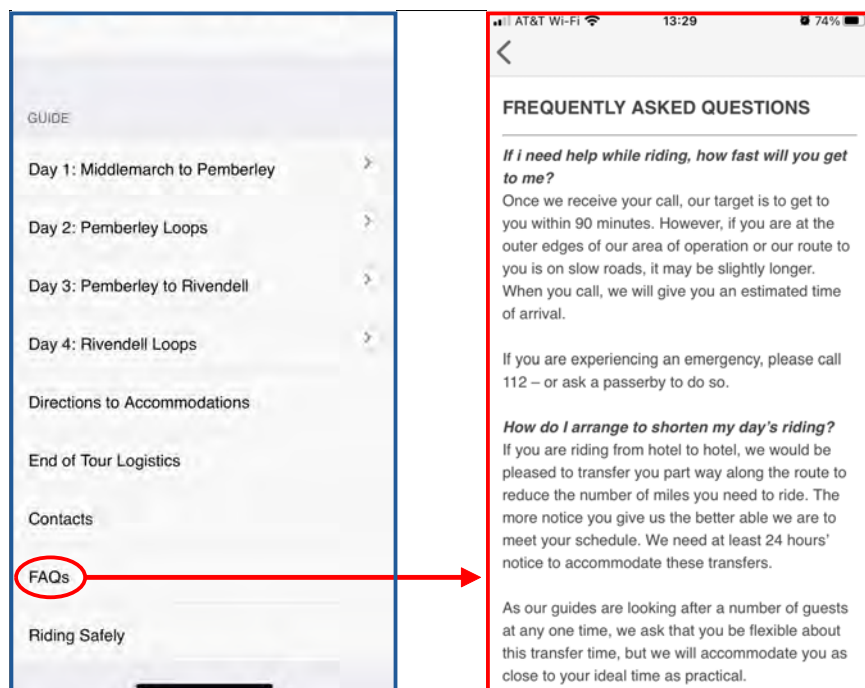
Select *Contacts* on the main menu.



You will see how to contact your guide, our regional manager, and the emergency services.

Answers to other frequently asked questions while on tour

Select *FAQs* on the main menu.

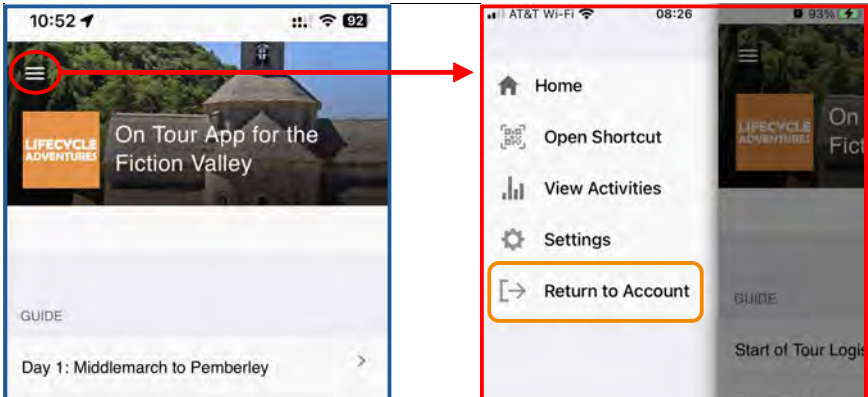


You will then see a list of questions with answers for some of the more common questions guests have while on tour.

There are also tips for *Riding Safely* on the main menu.

How do I get to the main RWGPS menu?

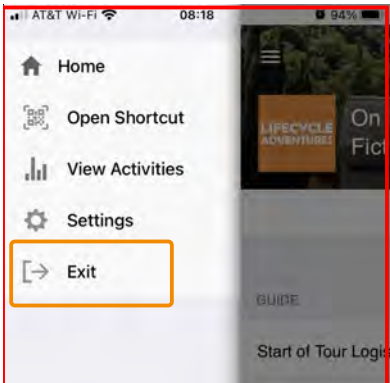
Tap the three horizontal lines at the top left-hand corner of the app.



You will then see options to:

- Open another RWGPS experience (Open Shortcut),
- View your rides (View Activities),
- Change your settings, or
- Exit the On Tour App and go to the main RWGPS page.

Note that if you do not have a RWGPS account, the last option will be to *Exit* to the main RWGPS home page rather than Returning to Account.



We do not recommend selecting *Exit* as you will need to reload the app by rescanning the QR code we sent you.

NAVIGATING THE ROUTES

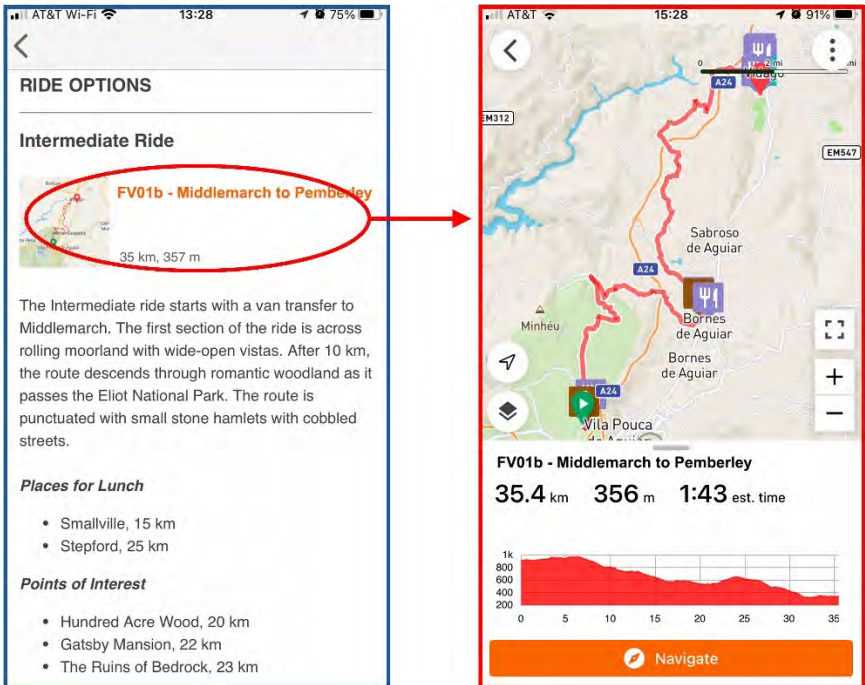
This section describes how to get the most of the RWGPS navigation. Specifically, it answers the questions:

- How do I start directions for my route?
- How do I get to the start of the route?
- How do I find restaurants and points of interest?
- How do I pause my route (e.g. when I go to lunch)?
- What do I do if I go off course?
- What do I do when I get to my destination?
- Where can I see my ride?
- Other top tips
- What settings do you recommend / can I change?

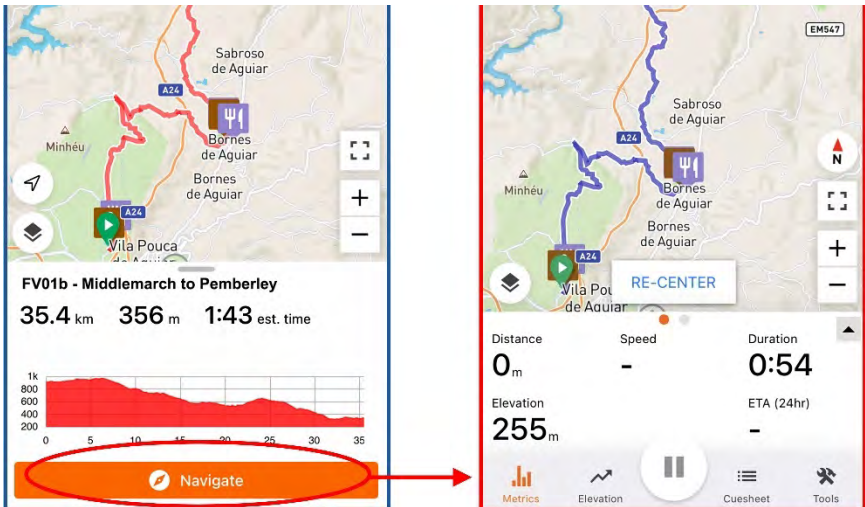
Ride with GPS navigation is intuitive to use and requires little learning. However, **as a backup**, the following section explains in detail how to answer the questions listed above.

How do I start directions for my route?

In *Ride Options* for the relevant day, tap on the route map of your chosen ride (here you have chosen the Intermediate route).



You then tap navigate to start your turn-by-turn directions.



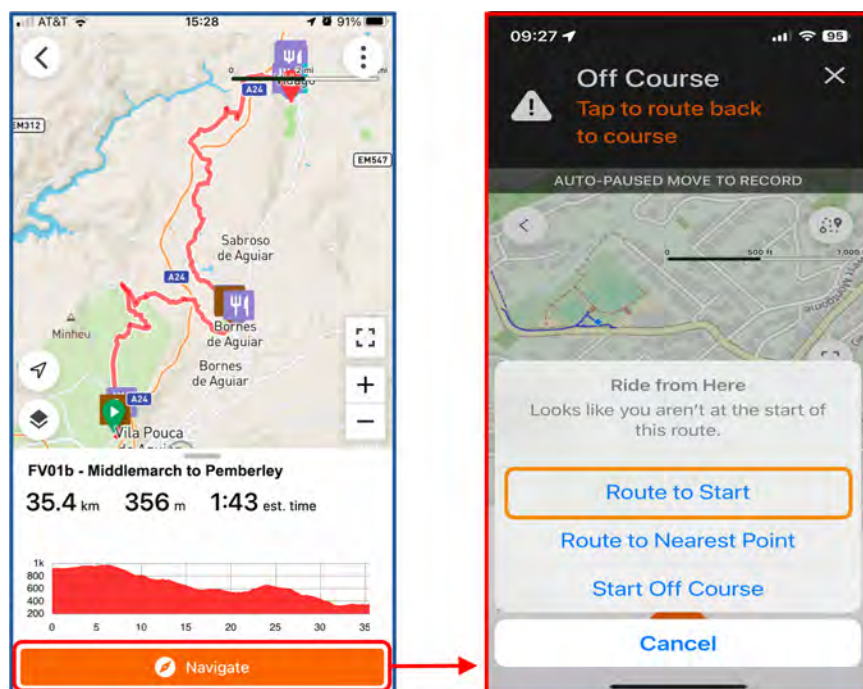
You will get both audible and screen-prompt cues for your ride.

How do I get to the start of the route?

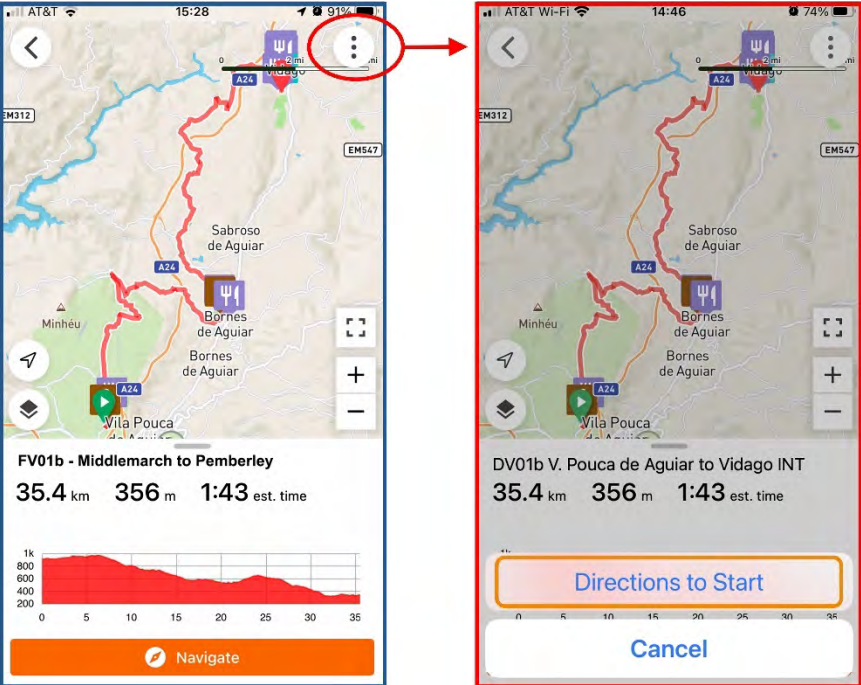
Typically, your route starts close to where your ride ended the night before. Open your selected route and tap **Navigate**. If you are not at the start of the ride, you will be presented with three options:

- **Route to Start** (RWGPS will calculate a route to the start of your ride)
- **Route to Nearest Point** (RWGPS will calculate a route to intercept your ride, sometimes cutting off the start of the ride)
- **Start Off Course** (you navigate yourself to the start of the ride)

Be careful when using *Route to Nearest Point* on a loop ride as the nearest point may be towards the end of the ride!



If you are not presented with the options above, exit navigation and tap the three-dot menu circle and select *Directions to Start*. Your phone will then launch your mapping app (e.g. Google Maps or Apple Maps) and load a route to the start point. You can typically select *Cycle* as a mode of transport (not available in all areas).



We recommend you load the directions in your hotel while on Wi-Fi if you want to avoid using your phone's data plan.

How do I find restaurants and other things of interest?

Restaurants, points of interest, viewpoints, wineries, and accommodations are shown on your route with the following icons.



... Accommodation



... Restaurant



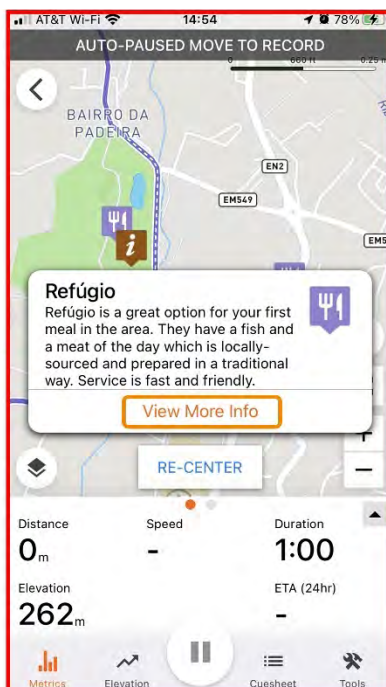
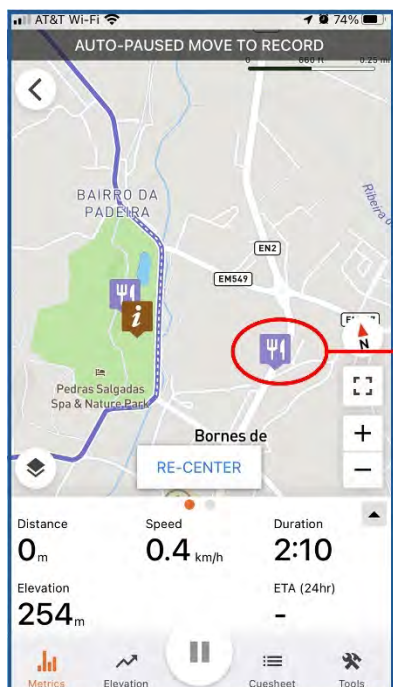
... Point of interest



... Viewpoint



... Winery (not all areas)

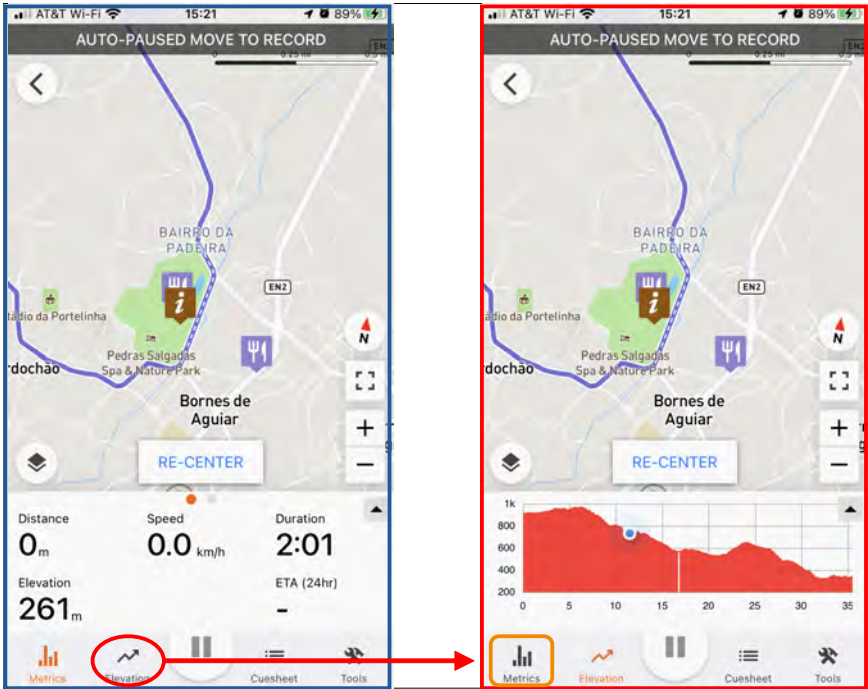


To learn more, tap the icon. This will bring up a short description. Tapping *View More Info* will expand the text and show a link to Google Maps.

You can also learn more about these places in the main On Tour App under the Lunch, Points of Interest, and Wineries sections for each day.

How do I see how much I have left to climb?

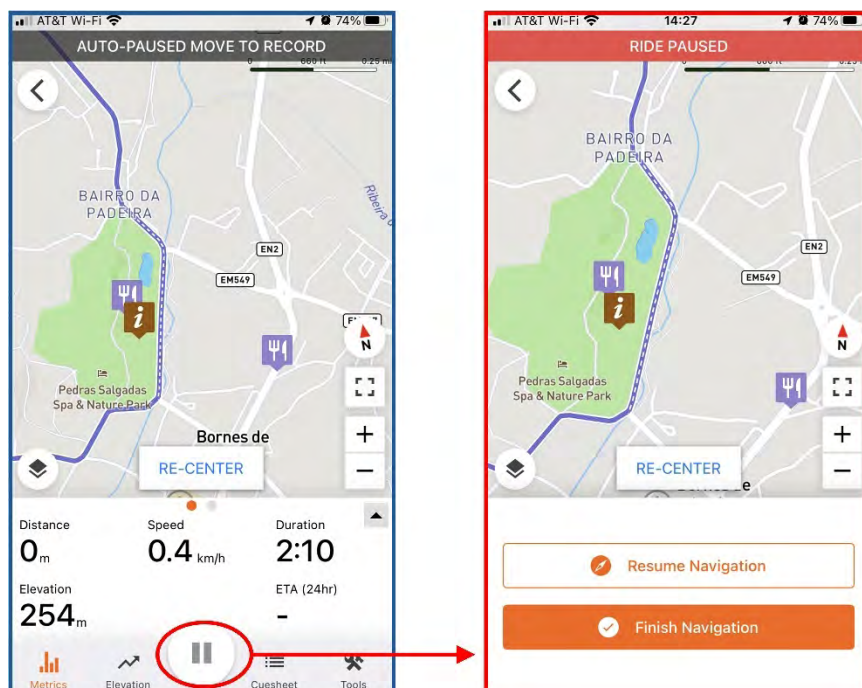
To see where you are on a hill, tap the *Elevation* icon.



To return to the key statistics view, tap the *Metrics* icon.

How do I pause my route (e.g., when I go to lunch)?

Press and hold the *Pause* button.

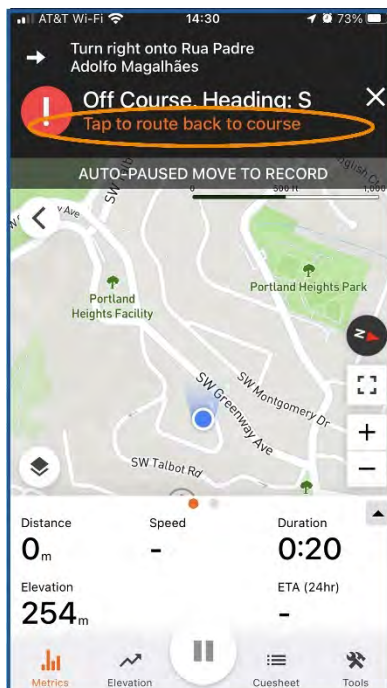


When you are ready to restart your ride, just return to the app and press *Resume Navigation*.

What do I do if I go off course?

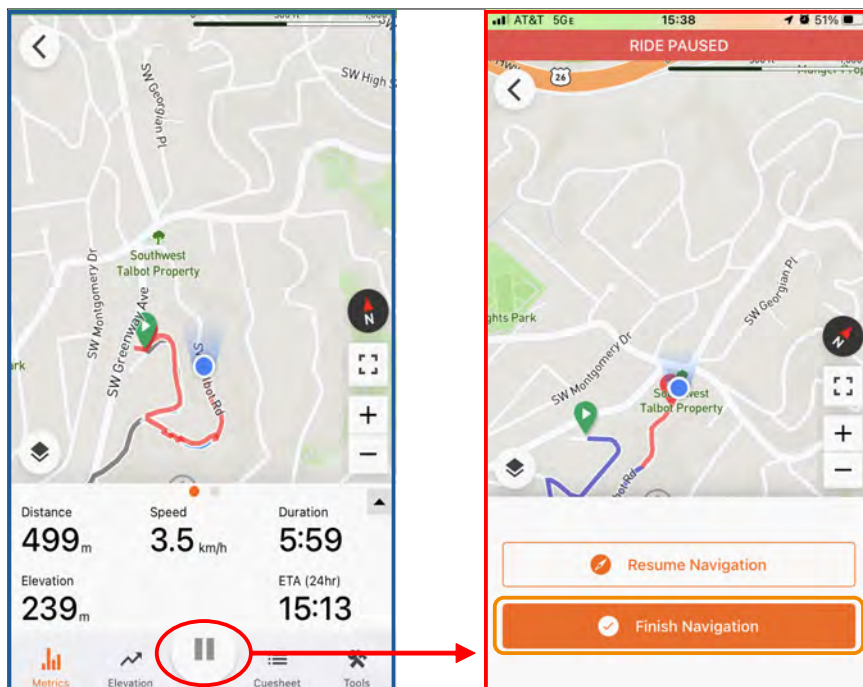
If you find yourself off the main route (e.g. if you have taken a wrong turn or visited a restaurant for lunch), the app will alert you with an audible alert and a cue card stating that you are *Off Course*. To get back to the course, press *Tap to route back to course*. RWGPS will then direct you back to the route. Note that this feature can have complications:

- This feature does not work reliably without cellular data (i.e.. does not always work if you are in Airplane Mode). In these circumstances, use the map to guide yourself back to the route.
- Typically, you are directed to the closest point of your route. If you are a long way off course, the app may direct you to backtrack the way that you went off course rather than further along the route. We suggest you zoom out on the map to check you are being guided along a route you want to follow.
- If you are on an in-and-out ride, double check that you are being directed in the direction you want along the route.
- If you choose not to receive directions back to your route, the app will continue to notify you every two minutes that you are off course. If you intentionally go off course and no longer want these alerts, you can stop them by tapping the X in the corner of the cue card. You could also tap and hold the pause button to temporarily pause your ride.

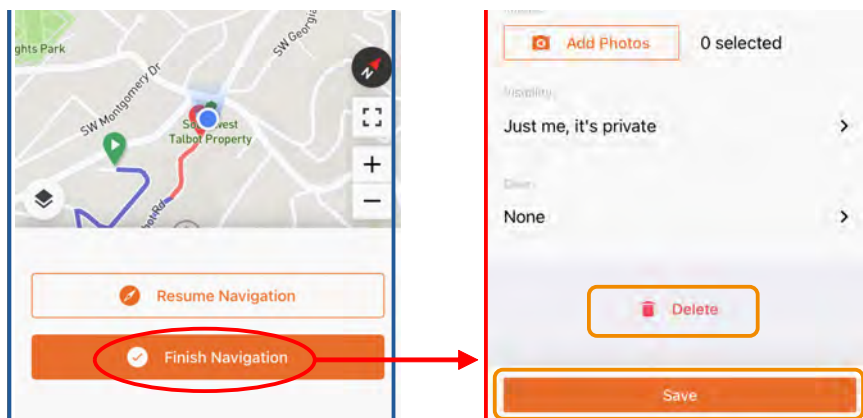


What do I do when I get to my destination?

When you finish a route, you'll get one final chime notification and you will see on the map that you have reached the end of the ride (shown by a red icon). Then tap-and-hold the pause button.

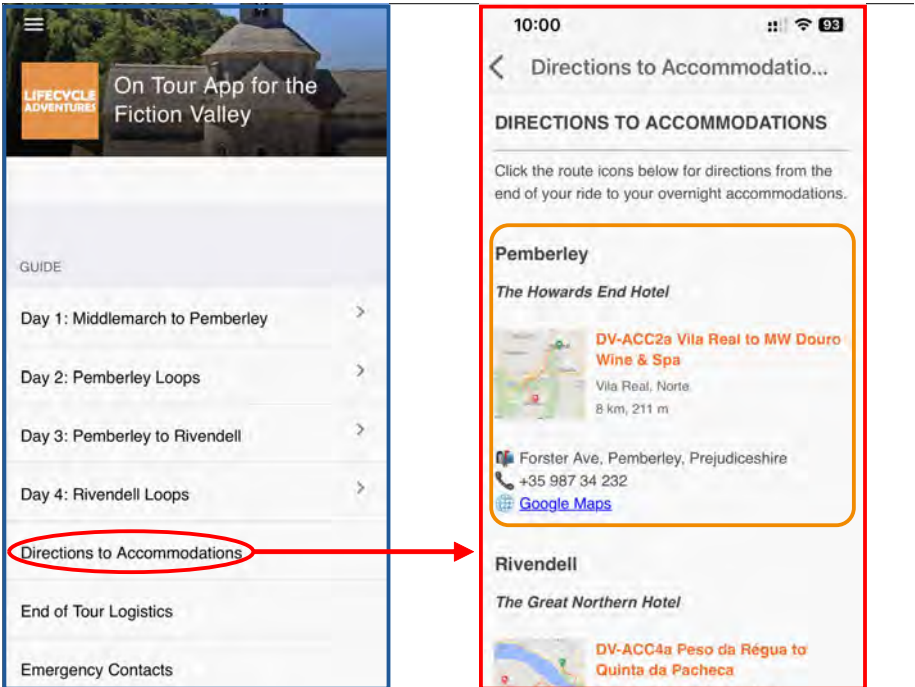


Follow the prompt to either save or delete the ride.



Tap *Save* if you want to be able to review your statistics for the ride at a later date. Tap *Delete* (and then *OK*) if you do not want to save your ride. Note that you may need to scroll down to find the *Delete* button.

After saving (or deleting) the ride, you will be returned to the main menu of the app. Scroll down and tap *Directions to Accommodations*.



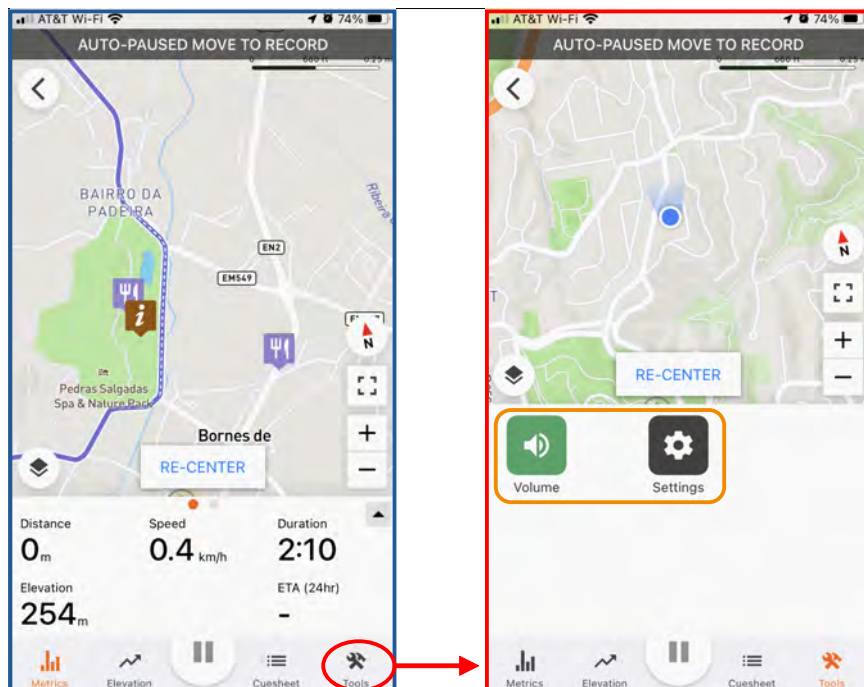
Select the map under the hotel for the town you are in (in this case you have just arrived in Pemberley and are staying in the Howards End Hotel). You will then be taken to RWGPS directions to get you from the end of the ride to your hotel.

Accommodations are shown on your route with the following icon 

You can also find the hotel using the *Google Maps* link.

Tools when navigating

Tapping the Tools when navigating will allow you to select Volume or Settings.



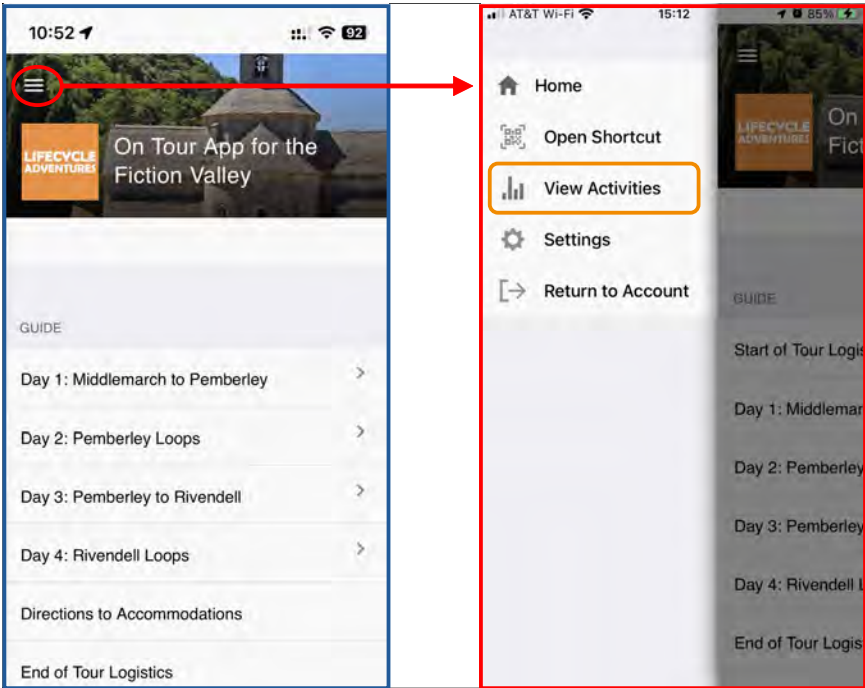
Volume allows you to turn off audible alerts or adjust the volume.

Settings allows you to change various settings. Examples of what can be changed includes:

- Get alerts earlier.
- Under Handlebar Mode: keep the screen on while navigating. Note, this will rundown your battery faster.
- Under Handlebar Mode: lock the navigation view in your preferred orientation.

Where can I see my rides?

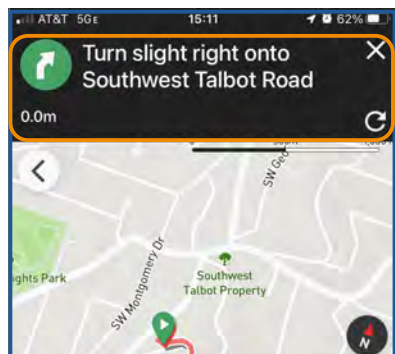
Select menu (three lines in top lefthand corner) then *View Activities* to see your saved rides.



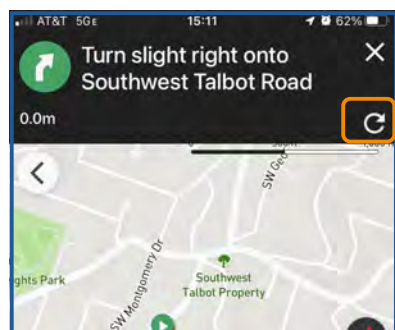
You can select a ride and review the route you took as well as the ride data such as ride time and average speed.

Other top tips

- You must be recording a ride to use navigation. After you are finished riding you may opt to delete the ride or save it.
- The app may take a moment to find your exact position. Once your location is found, your location will show on the map as a blue dot, and navigation will begin.
- When you are within 10–15 seconds from your first turn, you'll get your first turn notification at the top of your screen.



- If you missed the voice announcement, you can replay it by pressing the replay icon in the bottom right corner of the notification.



- The cue can be dismissed by swiping it, or it will go away automatically after you have passed the cue.
- While navigating a route with the screen locked, the app can flash the cues over the lock screen with text and voice for upcoming cue. For this function to work, you need to allow Ride with GPS to send push notifications to your phone. This means that for the most part you can ride with your phone screen locked (preserving battery life). You will still have voice and on-screen navigation prompts.



- Adjusting your locked screen time on your phone (settings) to around 5 minutes means that you can have map displayed for tricky sections or towns along the route without it being permanently on.
- If you want to conserve your battery or avoid data roaming charges, set your phone to flight mode before you leave your hotel.
- Further battery saving tips can be found at <https://ridewithgps.com/help/battery-saving-tips>
- Ride with GPS mobile application help and advice can be found at <https://ridewithgps.com/help/mobile/>
- We strongly recommend bringing a battery bank with you on your tour so that in the event your phone runs out of battery you are able to charge it and continue using it for navigation.
- For the same reason, if you are riding as a couple, we strongly recommend that both riders have the On Tour App downloaded to their phone.

TROUBLESHOOTING THE APP

This section describes how to get resolve the following issues and questions:

- The App Will Not Download to My Phone or Tablet
- How do I get to the On Tour App from the main RWGPS menu?
- The On Tour App is freezing
- The app is causing me to exceed my data plan (or drain my battery)

The App Will Not Download to My Phone or Tablet

About thirty days before the start of your tour, we will send you a QR code and instructions to download the app. Simply scan that QR code with your camera and follow the instructions.

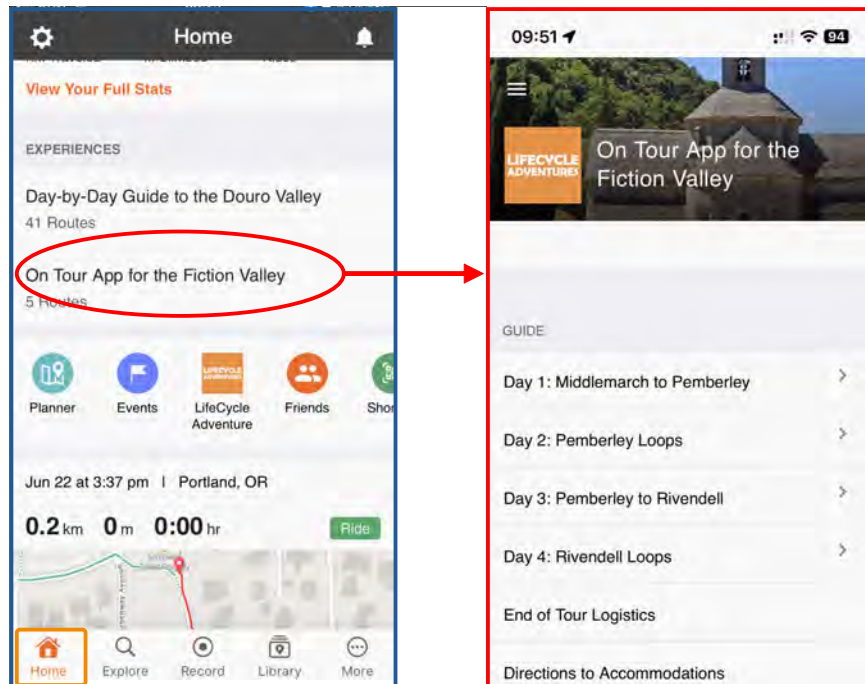
If this does not work, contact us and we can send you a *Use Code* as an alternative way to download the app. This sometimes works better if you are already a RWGPS user.

How do I get to the On Tour App from the main RWGPS menu?

If you have exited the app, and want to get back to the On Tour App.

If you have a RWGPS account

You will see the On Tour App listed under your *Experiences* on your home menu.



If you do not have a RWGPS account

If you select *Exit* after tapping the three menu lines at the top right-hand corner of the app, you will be returned to a generic RWGPS home screen. To get back into the app from here, you will need to tap *Open Shortcut* from the home menu and type in the Shortcut Code we sent you (or scan the QR image we sent you).

The On Tour App is freezing

If the On Tour App has frozen or become unpredictable, try turning your device off and on. If this does not work, reload the app by scanning the QR code we sent you. Note that the On Tour App is relatively large and requires a lot of bandwidth. Ideally, it is best downloaded when you have access to Wi-Fi.

The app is causing me to exceed my data plan (or drain my battery)

The app downloads to your phone and can be used with your data plan turned off.

- If you want to conserve your battery or avoid data roaming charges, set your phone to flight mode before you leave your hotel.
- Adjusting your locked screen time on your phone (settings) to around 5 minutes means that you can have map displayed for tricky sections or towns along the route without it being permanently on and draining your battery.
- Further battery saving tips can be found at <https://ridewithgps.com/help/battery-saving-tips>
- General Ride with GPS mobile application help and advice can be found at <https://ridewithgps.com/help/mobile/>
- We recommend bringing a battery bank with you on your tour so that in the event your phone runs out of battery you are able to charge it and continue using it for navigation.
- For the same reason, if you are riding as a couple, we strongly recommend that both riders have the On Tour App downloaded to their phone. If only one of the phones is used to navigate, and you then have problems with that phone (or you run out of battery), you have a backup phone ready to go.

SAFETY & ENJOYMENT

Riding Safely

Rules of the Road

We have a few simple rules we ask you to follow:

1. Always wear a cycle helmet fastened securely while cycling.
2. Wear highly-visibility clothing and/or a fluorescent safety triangle.
3. Do not ride at night or in the dim light of dawn or dusk.
4. Ride in single file and with the direction of traffic.
5. When riding, stay as close as is safe to the right-hand side (left in Ireland) of the road while avoiding grit or broken pavement.
6. Carry identification, emergency contact, and your medical/travel insurance.

Daily Bike Checks

Your rental bikes are checked and tuned before every trip. However, it is useful to do some regular checks just to keep things running smoothly. If you're in any doubt or have any concerns, give us a call and we'll have a guide come out to you.

1. Brakes. Do both brake levers engage the brakes smoothly?
2. Handlebars & stem. Check alignment. If there is lateral movement or rocking when the front brake is engaged, the headset may need adjusting.
3. Gear changing. Do all gears engage/change smoothly?
4. Chain. If you've been riding in rain or on wet roads, you may want to wipe off your chain and apply a little lube the night before. In the morning, run a clean rag over the chain to remove any excess oil.
5. Wheels & tires. Inflate front & back tires to the correct tire pressure (written on the side of the tire). Check wheels for wobbles, spokes for breakages and tires for wear. Ensure the quick-release mechanisms are secure.
6. Frame. Check for cracks and alignment in the frame especially if you accidentally dropped the bike.

Riding Efficiently

Tips for When Riding

As well as having a safe tour, we are keen for you to enjoy cycling and leave with a real sense of accomplishment. This is likely to include riding within your limits and not exhausting yourself before lunch. Here are some thoughts on how to stay happy on your bike.

1. *Eat before you are hungry.* Even moderate cycling burns around 300 calories per hour so eat snacks such as power bars as needed – giving

your body enough time to process the food before the fuel gauge reaches empty.

2. *Drink before you are thirsty.* As you sweat, you will lose both water and essential salts. You will not notice the effects until it is too late. Drink plenty of water before you start to ride and then take regular sips while riding. A good target is to drink either water or sports drink every 30 minutes.
3. *Ride at a pace that feels comfortable.* Even when climbing hills, ride at a pace that allows you to keep a conversation going without being out of breath. This means changing down to a low gear, keeping your cadence high and taking things easy.
4. The sun can get very intense, especially in the middle of the day so *keep your shirt on and use a high factor sunscreen.* Be aware of being burned through the gaps in your cycle helmet. A bandana under the helmet can make all the difference.
5. *Relax and change your hand position regularly.* This helps avoid shoulder cricks or back aches. Drop handlebars are better for being able to do this than straight handlebars.
6. *Check your bike.* A sticking brake or skipping gear stops you relaxing and can be dangerous. If you are unsure, talk to your guide, who will be happy to help you check things out if you have a concern.
7. *Smile, you are on vacation!*

Seat Height Adjustment

Seat height adjustment is more craft than science. The most important thing is that you feel safe and confident on the bike. However, getting your saddle to the right height will also help you stay comfortable on longer rides, avoid saddle sores, and conserve your energy while you pedal.

Bike fitters can spend hours getting your fit just right, but here are some simple rules of thumb.

- While seated on your bike, prop yourself up against a wall.
- Position the pedals so the pedal cranks are vertical (one pedal at 12 o'clock and one pedal at 6 o'clock).
- Place your feet on the pedals and move your foot so that your heel is on the pedal at 6 o'clock.
- When your seat is at the correct height, your leg (of the foot at 6 o'clock) should be straight but your knee shouldn't be locked.

If your seat is too low, it will make it harder to pedal and you may get knee pain at the front of the knee. Too high and your hips will go from side to side which will make you tend to ride in too high a gear and you may develop pain at the back of your knees.

Avoiding Saddle Sores

Saddle sores are the great unmentioned subject of cycling. However, if you have not been riding much recently and start doing a lot of miles on a bike, you may well become just a little too familiar with them.

To prevent sores, it's helpful to know what they are. A saddle sore is a skin ailment on the buttocks due to, or exacerbated by, riding on a bicycle saddle. It often develops in three stages: skin abrasion, folliculitis (inflammation of the hair follicles) and, finally, abscess. If it's not obvious from the definition, it is better to stop the sores in the early stages than try and treat it in the final stage.

The best cure of all is to not get them in the first place. Gradually build up your riding mileage and get used to your bike seat. Some training rides before you go on tour will help. Other good preventative measures include:

- Reducing the friction due to bobbing or swinging motion while pedaling, by setting the appropriate saddle height – see above.
- If you have a favorite saddle, bring it along and we will fit it to your rental bike.
- Wear good-quality cycling shorts, with a high-quality chamois insert.
- Use petroleum jelly, chamois cream, or lubricating gel on the chamois to further reduce friction.
- Do not sit around in damp bike shorts after your ride and thoroughly wash and dry the affected area.

There are pharmacies in all the main towns you'll stay in if you need medical treatment. Our primary message would be, if you think you have them, don't ignore them.

FIXING A FLAT

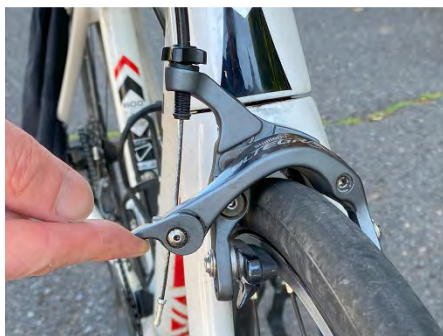
To make this basic repair, you will need tire levers, a pump (or CO₂ canister), and a spare tube (or patch kit). If you have a thru axle (see below) you will also need a hex wrench (Allen key). Before working on your bike, ensure you are well away from the road and in no danger from the traffic.

There are five basic steps to fixing a flat.

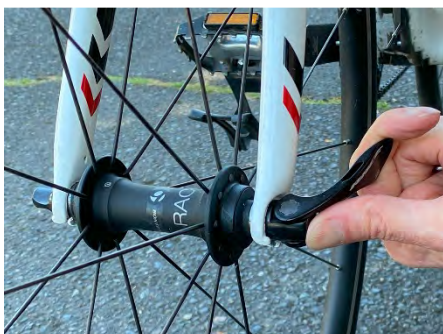
1. Remove the wheel
2. Deflate and remove the tube
3. Remove what caused the flat
4. Replace tube and inflate
5. Refit the wheel

Remove the Wheel

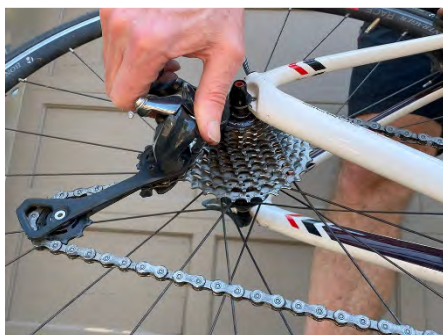
If you have rim brakes, release the brakes. How you do this depends on the type of brakes. Two examples are shown below.



If you are **removing the front wheel**, open the quick-release lever and unscrew the nut on the other side of the skewer. The wheel should then drop out of the fork.



If you are **removing the rear wheel**, put the chain on the smallest cog of the rear cassette. Open the quick release lever. You will then need to push the derailleur back to allow space for the wheel to get past the chain as you pull the wheel out.



If you have disc brakes, avoid touching the rotors or the disc pads. The rotors can be hot and grease or other contaminants on these parts will make the brakes ineffective. Also avoid squeezing the brake levers when the wheel is removed as this will close the pads and make it very difficult to reinsert the disk when refitting the wheel.



If you have a thru axle (pictured above on RHS) on either a front or rear wheel, you will need to unscrew and remove the axle using a hex wrench before you can remove the wheel. Avoid getting any dirt on the axle after it is removed.

Deflate and Remove the Tube

Having removed the wheel, fully deflate the tube. If you have a thick Schrader valve, press down on the small pin at the center of the valve. If you have a thin Presta valve, loosen the small valve at the top of the valve stem and press down.



Unseat the tire from the rim. Place a tire lever under the bead of the tire and lever it over the edge of the wheel (avoid doing this near to the valve). Repeat this procedure with a second tire lever. Slide the second tire lever around the rim to free the tire. Pull the valve stem out of the wheel and remove the rest of the tube.



Remove What Caused the Flat

Inspect the tire for the cause of the flat. Remove any thorns or pieces of glass that could puncture the new tube. *Carefully*, run your fingers around the inside of the tire to check for sharp debris.

Replace and Inflate the Tube

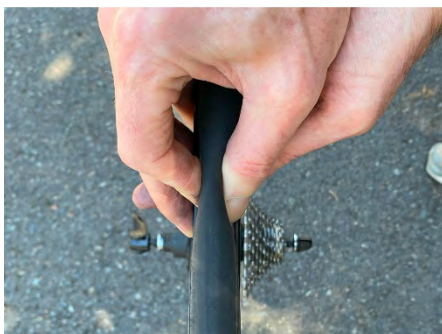
Put a little air into the replacement tube – just enough to give it some shape – and insert the valve into the wheel.



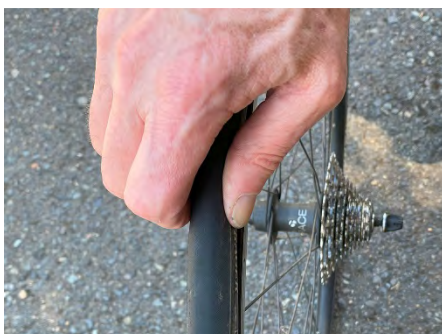
Carefully put the rest of the tube inside the tire. Beginning at the valve, push the tire bead back inside the rim of the wheel. Continue around the rim in both directions.



If the tire is tight, pinch both sides of the tire bead into the center of the rim – this will make it easier for the tire to clear the rim. If necessary, use tire levers to force the final part of the tire bead over the wheel rim – being careful not to pinch the tube and cause another flat.



Inflate the tube. As you inflate the tube, check regularly that the tube isn't caught in the rim and that there is no bulging. When the tube is a little inflated, go around the wheel pinching the tire to the center of the rim to help release where the tube might be trapped. Inflate the tube to the recommended pressure printed on the tire.



If you don't have a pump with a pressure gauge, inflate until the tire is hard to depress with your fingers and check your tire pressure as soon as you have access to a pump with a gauge.

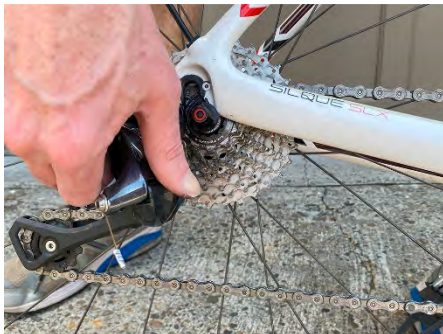
Refit the Wheel

Refitting the wheel is the reverse of removing it.

If you are **refitting the front wheel**, open the quick-release lever and place the wheel in the dropouts. Tighten the nut opposite the lever and close the lever to tighten onto the frame. If you have overtightened the nut, it will not be possible to close the lever. If the lever closes too easily, tighten the nut more and try again.

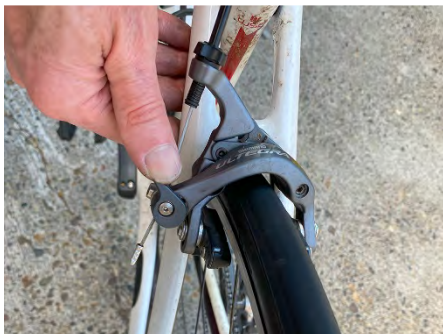


If you are **refitting the rear wheel**, align the wheel so the chain is on the smallest cog of the cassette. Pull back the derailleur to allow space for the wheel to drop into the dropouts. Close the lever and check it is tight and not touching the frame. If the lever closes too easily, tighten the nut and try again.



If you have a thru axle (pictured above on RHS) on either a front or a rear wheel, place the wheel in the dropouts, as described above. Then reinsert the axle. If you cannot insert the axle or it fails to engage on the thread smoothly as you turn it clockwise, remove the wheel and reinsert it, checking the alignment. Tighten the axle using a hex wrench.

If you have rim brakes, reconnect the brakes and check they are functioning OK.



Video

For a more dynamic description of fixing a flat, check out the following video:
https://youtu.be/qLO_HOOKEjs.

APPENDICES

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APPENDIX 1 – WINERY LISTINGS

The following listings provide details about each winery along the routes. The numbers cross reference with the maps and tables in the *About the Area – Wineries on Your Route* section of this guidebook.

1 *Casa Mateus*

Not strictly a winery but Casa Mateus in the Mateus Palace (an 18th-century mansion with formal gardens) offers a range of local wines to taste in a picturesque setting.

Wines	Various
Food	Various restaurants offering different food options
Tours & Tastings	From “Base Tasting” for €5/person through to “NOSSO Tasting” with four high-end wines for €25/person
Reservations	Recommended
Hours	Monday to Friday from 9:00 AM to 5:00 PM (5:30 on weekends)
Contact	 Casa de Mateus, Mateus, 5000–291, Vila Real  +351 259 323 121  https://casademateus.com/provas-de-vinho/

2 *Quinta do Beijo*

Known as the “Kiss Winery” with more than a century of tradition. This family run vineyard has 30 acres of vineyards and olive trees. Now renewed and with fresh energy, it produces high quality wines and olive oil.

Wines	Red, White, Rose, Port, Olive Oil
Food	No
Tours & Tastings	Wine tastings and tours
Reservations	Required
Hours	Open daily from 9:00 AM – 12:30 PM and from 2:00 PM – 6:00 PM.
Contact	 Rua de São Bento 1, Celeirós do Douro, Sabrosa  +351 914 635 462  https://www.quintadobeijo.pt/

3 *Quinta da Fonte do Milho*

Founded in 1933, this family-owned estate is in the pretty village of Provesende. They produce DOC Wines, Extra Virgin Olive Oil and Olive Paste.

Wines	Red, White, Rose, Olive Oil and Olive Paste
Food	Traditional products offered with tastings as well as picnic or lunch served in the vineyards

Tours & Tastings	Tastings of all products available and at the right time of year, even tastings of the grapes
Reservations	Required
Hours	Open daily from 10:00 AM – 12:00 PM and 2:00 PM – 6:00 PM
Contact	 Quinta da Fonte do Milho, Provesende, 5060-286  +351 935 543 032  https://quintadafontedomilho.pt/

4 **Quinta do Infantado**

Quinta do Infantado has been in the possession of the Roseira family for over a century. It is located about 4 km from Pinhão, in the unique terroir of Vale de Gontelho: a micro region that has long been famous for the quality of its wines.

Wines	Red, White, Port, Olive Oil
Food	Tastings with food and lunch available
Tours & Tastings	Four different tasting options available including a food and wine tasting
Reservations	Required
Hours	Tastings Monday to Friday at 4:00 PM or on request
Contact	 Quinta do Infantado, Chancelheiros, Pinhão  +351 254 738 020  https://quintadoinfantado.com/

5 **Quinta Do Crasto**

This winery is in many lists of the World's Best Vineyards. This iconic, 320-acre vineyard is located on the right bank of the Douro River. Its origins date back to ancient times (the name Crasto derives from the Latin "castrum", which means "Roman fort").

Wines	White, Red, Rose, Port, Olive Oil
Food	Lunch or dinner available, as well as boat trips on the Douro River.
Tours & Tastings	Tour and wine tasting approximately 90 minutes. 5 wines offered for the tasting
Reservations	Required
Hours	Daily 10:00 AM – 6:00 PM
Contact	 Quinta do Crasto, Gouvinhas, 5060-063 Sabrosa  +351 254 920 020  https://www.quintadocrasto.pt/

6 *Wine and Soul*

This is a picturesque vineyard located in the heart of the Pinhão Valley. Initially, the winery included only a single vineyard, Pintas. However, it has gradually expanded to include multiple additional properties. This wine producer has received considerable critical praise for its character-driven wines.

Wines	Red, White, Rose, Port and Olive Oil
Food	Tapas, picnic, and lunch available
Tours & Tastings	Multiple tastings available from the Manoella Tasting for €24 to the Icone Tasting for €175 which includes a tour and nibbles
Reservations	Required
Hours	Visits available at 10:30 AM, 3:00 PM, and 5:00 PM or by request.
Contact	 Av. Júlio de Freitas Vale de Mendiz Nº186, Pinhão  +351 254 738 076  https://wineandsoul.com/

7 *Quinta do Noval*

A historic name with iconic status in the world of wine; a working vineyard in the heart of the Douro Valley. Famous wines have been made in this winery since the early 18th century. NOTE: the winery also has a tasting room in Pinhão.

Wines	Red, White, Port, Olive Oil
Food	No restaurant
Tours & Tastings	Private visits with tasting – €50/person
Reservations	Required Book using email visit@quintadonoval.pt
Hours	Open Monday to Friday from 9:00 AM – 5:00 PM
Contact	 N322–3, Pinhão  +351 22 377 0270  https://www.quintadonoval.com/pt/

8 *Quinta da Romaneira*

One of the largest estates of the region (over 1,000 acres) with 2 miles of river frontage on the river Douro. The vineyards are planted on terraces on the steeply sloping hills of the property. All the wines are made exclusively from grapes from the vineyard.

Wines	Red, White, Rosé, Port, Olive Oil
Food	No
Tours & Tastings	Various available on request

Reservations	Recommended
Hours	Open Monday to Friday from 9:00 AM – 12:00 PM and 2:00 PM – 5:00 PM. Closed Saturday and Sunday.
Contact	 Cotas, Alijó, Portugal  +351 259 957 000  http://www.quintadaromaneira.pt/

9 *Quinta da Avessada*

Located at 2,000 feet above sea level on the relatively flat vineyard plateau of Favaio. Built with wood and shale, the Quinta blends with its landscape. In 2011, the winery received the Best of Wine Tourism award. Interactive visits including robots, mannequins, and touch screens.

Wines	Red, White, Port
Food	Yes
Tours & Tastings	Available on Request
Reservations	Unknown at time of publication, check with winery
Hours	Unknown at time of publication, check with winery
Contact	 Quinta da Avessada Rua Direita nº 26, Favaio  +351 259 949 289  https://enotecadouro.com/

10 *Quanta Terra*

Two winemakers joined forces in the 1990s to create this interesting vineyard. For two years they studied varieties, grafts, altitudes, and exhibitions before they acquired their land and began work. They launched the first wine, Quanta Terra Tinto, in 1999.

Wines	Red, White, Rosé, and Sparkling.
Food	No
Tours & Tastings	Visit and tasting of 1 wine €15 pp. Iconic Visit and Tasting of 4 Reserva wines. €35 pp Visit and Signature Wine Tasting of 4 Terra wines. €65 pp Visit and Tasting with the winemakers €500 to €850
Reservations	Required
Hours	Open Wednesday to Sunday 10:00 AM – 1:00 PM and 2:00 PM – 6:00 PM. Closed Monday and Tuesday.
Contact	 R. da Casa do Douro, 5070-262 Favaio  +351 935 907 557  https://quantaterradouro.com/

11 *Adega Cooperativa de Favaios*

One of the most prestigious wineries in Portugal, founded in 1952. Their Moscatel de Favaios is one of the most emblematic Portuguese wines. This winery focuses on modern methods combined with tradition, resulting in wines of exceptional quality.

Wines	Red, White, Port, Muscat, Sparkling
Food	Yes
Tours & Tastings	Four wines plus cellar visit, 1hour 30 min. Other tour options available
Reservations	Required
Hours	Open every day 9:00 AM – 12:30 PM and 2:00 PM – 6:30 PM
Contact	 Lugar de Pousados, Favaios, Portugal  +351 259 949 166  https://adegadefavaios.pt/

12 *Quinta de la Rosa*

A pioneering single-Quinta winery is located on the outskirts of Pinhão and is famed for its premium wines and ports. It is also known for its pleasant hotel and restaurant.

Wines	Red, White, DOC wines, Port
Food	Yes
Tours & Tastings	2 different walking tours through the Vale do Inferno vineyards followed by a tour of the winery and cellar – 1 hour 15 minutes at €25 per person. They also offer a “Visit and Winemaker’s Lunch” which involves a tour of the winery and cellar followed by a set-menu lunch with wine tasting – 2.5 hours at €55 per person.
Reservations	Required
Hours	Open daily, check with winery for hours
Contact	 EM590, 5085–215 Covas do Douro  +351 254 732 254  https://www.quintadelarosa.com/visit-us

13 *Quinta do Bonfim*

Located in the heart of Pinhão, this winery is a family-owned business with estate tours, a wine cellar, and tasting on the terrace overlooking the Douro. Famous for its Vintage Port.

Wines	Red, White, Port
Food	They offer picnics.

Tours & Tastings	Multiple options from a Classic Tasting of 3 Ports for €23 per person to a Dow's Aged Tawny Collection Tasting for €65 per person. They also have guided tours, picnics, and vineyard walks.
Reservations	Required. Book by email quintadobomfim@symington.com
Hours	Open 10:30 AM – 7:00 PM daily (1st March to 31st October)
Contact	 Largo do Videira, Pinhão  +351 254 730 370  https://www.symington.com/visit/quinta-do-bomfim/3

14 *Quinta das Carvalhas*

One of the most emblematic and spectacular properties in the Douro valley. References to this vineyard can be traced back to 1759. The quinta borders the river Douro for more than 2 miles and is located on the left bank, facing the village of Pinhão.

Wines	Red, White, Port
Food	No
Tours & Tastings	Various tours and tastings from €10 to €65. Tours range from a basic port tasting in the Wine Shop through to a Vineyard Guided Tour finishing reserve tasting paired with local cheeses and charcuterie. There are also walking trails on the property.
Reservations	Required. Can book by email carvalhas@realcompanhiavelha.pt
Hours	10:30 AM – 6:00 PM daily (1st March to 31st October)
Contact	 N323, Pinhão  +351 254 738 050  https://realcompanhiavelha.pt/quintas/quinta-das-carvalhas/

15 *Sandeman Quinta do Seixo*

Set on the hillside, up a winding road, this stunning estate offers breathtaking views of the Douro from high on the valley side. From this beautiful setting, they produce outstanding port wines from old vines, some of which are over 100 years old.

Wines	White, Ruby and Tawny Port, Sherry, and Sweet Wine.
Food	No
Tours & Tastings	Tour of the winery and tasting of 3 wines. 50 minutes, €25 per person
Reservations	Required
Hours	Tasting and tours offered twice a day. You can select the time and language on booking.

Contact



Valença do Douro, Tabuaço



+351 254 732 800



<https://www.sandeman.com/port-wine/visit/quinta-do-seixo-douro/>

16 *Quinta dos Murças, Esporão*

This diverse vineyard encompasses eight territories with varying altitude and sun exposure. Olive trees, orange trees, almond trees, and Mediterranean forest help maintain the balance of the ecosystem.

Wines

Red, White, Rosé, Port and Olive Oil

Food

Picnics

Tours & Tastings

Various tastings including:

Douro DOC Tasting & winery visit – 90 minutes, €22 per

An exclusive tasting with the winemaker, tasting VV47 & visit to the wineries – 90 minutes, €220 per person

Reservations

Required

Hours

Daily 10:00 AM – 6:00 PM

Contact



Covelinhas, Peso da Régua



+351 934 550 006



<https://www.esporao.com/pt-pt/enoturismo/quinta-dos-murcas/>

17 *Quinta do Roncão*

Built in 1923 on a hillside in three big terraces. Modern technologies combined with foreign and local experience make their wines unique. The wine-making process uses gravity-flow and traditional "lagares" (open fermenters made of schist and granite).

Wines

Red, White, Rosé, Olive Oil

Food

No

Tours & Tastings

Classic Tasting (2 wines + olive oil). €15 per person

Premium Tasting (4 wines + olive oil). €20 per person

Reservations

Required

Hours

Open daily from 10:00 AM – 6:00 PM

Contact



Estrada M593, Vila Seca de Poiares.



+351 926 632 509



<https://www.quintadoroncao.com/en/>

18 *Quinta do Vallado*

Built in 1716, this is one of the oldest and more famous quintas in the Douro Valley. It is located on the banks of the Corgo River, a tributary of the Douro River, close to Peso da Régua.

Wines	Red, White, Rosé, Port and Olive Oil
Food	Yes, lunches and dinner
Tours & Tastings	Daily at 11:00 AM and 2:30 PM. Duration 90 minutes, from €30 per person
Reservations	Required
Hours	Daily 10:00 AM – 7:00 PM
Contact	 Quinta do Vallado, Vilarinho dos Freires, Peso da Régua  +351 254 323 147  https://www.quintadovallado.com/en/wine-tourism/visits-tastings-gastronomy/

19 *Quinta da Pacheca*

Wine has been produced here since 1738 and this quinta was one of the first wineries to bottle wines under their own label, pioneering the wine industry in the valley. The winery has now expanded to offer a hotel and spa – you can even sleep in a wine barrel.

Wines	White, Red, Rose, Port, Olive Oil
Food	Yes
Tours & Tastings	Wine tour and tasting – 45 minutes, €24 per person. Walking tour with tasting from €50.
Reservations	Required
Hours	Daily from 11:00 AM to 3:00 PM
Contact	 Rua do Relógio do Sol 261 Cambres, Lamego  +351 254 331 229  https://quintadapacheca.com/

20 *Six Senses Douro Valley*

This luxury resort and winery is situated among vine-covered rolling hills alongside the majestic River Douro. The hotel and restaurant offer tailor made wine tastings with some of the best wines and ports available in Portugal. They offer a variety of experiences from tastings and tours, to stomping the port wine grapes.

Wines	Whites, Red, Port
Food	Yes. Restaurant on site
Tours & Tastings	A selection of wine tastings, sommelier tours, and educational experiences. Prices start from €45 but tastings can be tailor made to suit.
Reservations	Required
Hours	Open daily. Tastings are daily and on request

Contact

 Six Senses Douro Valley, Quinta de Vale Abraão, Samodães
 +351 254 660 600
 <https://www.sixsenses.com/en/resorts/douro-valley/experiences/wine-experiences>

21 **Quinta do Estremadouro (Aneto Wines)**

A small, family business created in 2001 with three vineyards. The old cellars have been refurbished and new bottling facilities installed, all of which can be visited.

Wines

White, Red, Rosé, Olive Oil

Food

No – not on site but they have a restaurant called *Aneto & Table* near the railway station in Peso da Régua (see *Peso da Régua* in the *Overnight Towns* section of this guidebook).

Tours & Tastings

Check with winery for what is currently being offered

Reservations

Required

Hours

Monday to Friday from 10 AM – 1:00 PM and 2:00 PM – 6:00 PM

Contact

 Quinta do Estremadouro, Penajóia, Lamego
 +351 254 322 372
 <https://anetowines.pt/>

22 **Quinta do Noval wine shop and tasting room**

If you didn't manage to visit the Quinta do Noval itself, you can still taste their wines at their Wine Shop and Tasting Room in Pinhão. The tasting room is right on the river, in a lovely setting.

Wines

Red, White, Rosé, Port

Food

No

Tours & Tastings

Wine tastings only

Reservations

Not required

Hours

Open daily from 10:30 AM – 7:00 PM.

Contact

 R. da Praia 15, Pinhão
 +351 259 104 194
 <https://www.quintadonoval.com/>

APPENDIX 2 – QUIZ QUESTIONS

For a little fun, here is a quiz to test what you have learned in this guidebook. For those who just want to relax on vacation or who want to test their riding partners, skip ahead to the answers at the end of the section.

Planning Your Tour

1. *What is the most useful tool to help you navigate your tour?*

- ☐ A piece of string and a loadstone
- ☐ LifeCycle Adventures On-Tour App
- ☐ Garmin GMR xHD2 Open Array Radar
- ☐ All of the above

2. *The LifeCycle Adventures On-Tour App can be downloaded to:*

- ☐ Your smartphone
- ☐ Your tablet
- ☐ All of the above

3. *It can be helpful to download Google Maps for the area for use offline:*

- ☐ True
- ☐ False

4. *Companies that provide cheap data plans via eSIMs are:*

- ☐ Snowman and Pharoh
- ☐ Nomad and Airalo
- ☐ Roman and Hairglo
- ☐ None of the above

5. *Things to consider booking before you travel include:*

- ☐ Cooking classes
- ☐ Wine tours
- ☐ Airport transfers
- ☐ Hard-to-book restaurants
- ☐ All of the above

6. *Useful things to pack include:*

- ☐ Floor pump
- ☐ Your bike helmet
- ☐ Kitchen sink
- ☐ DeWalt 20V brushless cordless 2-inch magnetic drill press
- ☐ All of the above

7. *We provide the following equipment:*

- ☐ Two LifeCycle Adventures water bottles
- ☐ Floor pump that travels with your luggage
- ☐ Phone mount for your phone
- ☐ All of the above

About the Area

8. *Wine has been produced in the Douro Valley for about:*

- ☐ 20 years
- ☐ 200 years
- ☐ 2,000 years
- ☐ 20,000 years
- ☐ No wine is produced in the Douro Valley

9. *The Alto Douro Wine Region is a UNESCO World Heritage Site:*

- ☐ True
- ☐ False

10. *In Portugal, a quinta is:*

- ☐ A vegan sandwich served with local beer
- ☐ A five-leaved clover, thought to bring good luck to winemakers
- ☐ A rural, wine producing estate
- ☐ The fifth son of English playwright Harold Pinter

11. *Climbing the Escadas da Nossa Senhora dos Remédios stairway in Lamego takes you to:*

- ☐ The bottom of the stairs and a smiling statue of M. C. Escher
- ☐ The local tourist office
- ☐ The Nossa Senhora dos Remédios Sanctuary
- ☐ The stars and a smiling statue of Glenn Miller

12. *The Douro Valley's most famous export is:*

- ☐ Portamentos
- ☐ Porta-potties
- ☐ Port wine
- ☐ Portholes

13. *How long did King Luís Filipe of Portugal reign?*

- ☐ 20 years
- ☐ 20 months
- ☐ 20 days
- ☐ 20 minutes
- ☐ None of the above

14. *A francesinha is:*

- ☐ A derogatory name for a Parisian in Portuguese
- ☐ A meat sandwich with melted cheese and spicy tomato-and-beer sauce
- ☐ A famous Portuguese cartoon character
- ☐ A cake made with almonds and egg yolks

15. *Ferdinand Magellan planned and led the 1519 Portuguese expedition that sailed around the world:*

- ☐ True
- ☐ False

Overnight Towns

16. *In the 18th century, Peso da Régua was:*

- ☐ The host of Eurovision 1789
- ☐ The main trading post for port wine
- ☐ Destroyed by an earthquake
- ☐ Birthplace of the francesinha
- ☐ All of the above

17. *The Nossa Senhora do Socorro festival in Peso da Régua takes place in:*

- ☐ July
- ☐ August
- ☐ A large wine barrel
- ☐ September

18. *The Ponte do Pinhão bridge in Pinhão was designed by the same architect as:*

- ☐ Pinhão railway station
- ☐ The Empire State Building
- ☐ The Eiffel Tower
- ☐ London's Tower Bridge

19. *The town of Vidago is famous for:*

- ☐ An annual horse race in the main plaza
- ☐ Naturally carbonated mineral water
- ☐ Being the birthplace of the francesinha
- ☐ An annual francesinha festival

20. *The Vidago Palace Hotel:*

- ☐ Was built in 1910
- ☐ Became a popular retreat for the Portuguese aristocracy
- ☐ Was one of the most luxurious hotels on the Iberian peninsula
- ☐ All of the above

21. *In the 17th century, Villa Real had:*

- ☐ An outbreak of the black death
- ☐ More royalty than any other city in Portugal outside of Lisbon
- ☐ More children than adults as a result of the black death
- ☐ All of the above

22. *As well as tours of the palace and its gardens, the Mateus Palace offers:*

- ☐ English cream teas
- ☐ Free entry to the over 60s on Tuesdays
- ☐ Wine tastings
- ☐ Commanding views of the Douro Valley
- ☐ All of the above

On Tour

23. *List all the works of fiction mentioned or alluded to in the section Using the On-Tour App*

APPENDIX 3 – QUIZ ANSWERS

Planning Your Tour

1. LifeCycle Adventures On-Tour App
2. All of the above
3. True
4. Nomad and Airalo
5. All of the above
6. Your bike helmet (we provide a floor pump, so you can leave that at home with the kitchen sink and the magnetic drill press)
7. All of the above

About the Area

8. 2,000 years
9. True
10. A rural, wine producing estate
11. The Nossa Senhora dos Remédios Sanctuary
12. Port wine
13. 20 minutes
14. A meat sandwich with melted cheese and spicey tomato-and-beer sauce
15. False, though born in Portugal he sailed for Spain

Overnight Towns

16. The main trading post for port wine
17. August
18. The Eiffel Tower
19. Naturally carbonated, mineral water
20. All of the above
21. More royalty than any other city in Portugal outside of Lisbon
22. Wine tastings

On Tour (Qu. 23)

- Middlemarch by George Eliot
- Pride and Prejudice by Jane Austen (Pemberley)
- Smallville (Superman), TV series
- Stepford Wives, movie
- Winnie-the-Pooh, by A.A. Milne (Hundred Acre Wood)
- The Great Gatsby by F. Scott Fitzgerald (Gatsby Mansion)
- The Flintstones, TV series (The Ruins of Bedrock)
- A Moveable Feast, by Ernest Hemingway (Dingo American Bar)
- Ulysses by James Joyce (the Cabman's Shelter)
- Hotel California by The Eagles
- Lord of the Rings by J. R. R. Tolkien (Rivendell)
- Twin Peaks, TV series (The Great Northern Hotel)

Your Score

There were 23 questions in total. How did you do?

- 10 well done.
- 15 brilliant!
- 20 genius!!
- 23 really!?



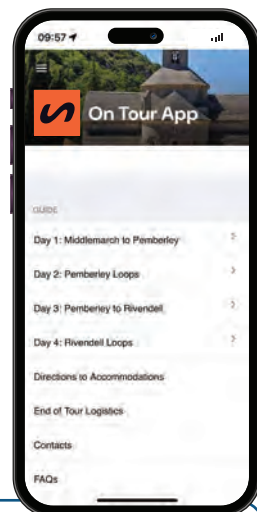
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On-Tour App

We have partnered with *Ride with GPS* to create an app that has all the details you need to explore each day.

You will receive a link to the app a few weeks before the start of your tour. Please download the app before you travel and familiarize yourself with the contents.

Here is a quick overview of how the app is organized.



App Contents

DAY 1: FROM A TO B

DAY 2: FROM B TO C

DIRECTIONS TO ACCOMMODATIONS

Details of, and directions to, your overnight accommodations

END OF TOUR LOGISTICS

Where and when to meet your guide at the end of your tour

CONTACTS

How to contact us or the emergency services

FAQs

Answers to common questions guests have while on tour

RIDE OPTIONS

LUNCH

A description of the day's restaurants and cafes by town

POINTS OF INTEREST

A description of the day's sights, museums & activities

WINERIES

A description of the day's wineries

LEISURE

Route Navigation

Maps and GPS-guided directions

Places for lunch

A list of towns where you can eat lunch along this route

Points of Interest

A list of the sights, museums and activities along this route

Wineries

A list of wineries along this route

INTERMEDIATE

...

CHALLENGE

...

EPIC

...

Explore the world by bike, on your own terms.

NORTH AMERICA

Santa Barbara, California

Big Island, Hawaii

Mount Hood, Oregon

Willamette Valley,
Oregon

San Juan Islands,
Washington

EUROPE

Istrian Peninsula, Croatia

Denmark Islands

Loire Valley, France

Provence, France

Pyrenees, France

Southwest Ireland

Puglia, Italy

Tuscany, Italy

Holland, Netherlands

Douro Valley, Portugal

Catalonia, Spain

Engadin Valley, Switzerland



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