

PORTUGAL – THE DOURO VALLEY

Centre-based, one-hotel group guided walking tour at Peso da Régua



Based in the town of Peso da Régua, the administrative centre of the Douro Region. Régua means ruler, the town being situated on a straight stretch of river, allowing beautiful views in both directions. The Rio Douro or River of Gold and its riverside promenade makes for a pleasant evening stroll.

- Discover panoramic walks above the idyllic River Douro, the 'River of Gold'
- Spectacular free day train ride along the Douro Valley to the charming city of Porto
- Indulge in port-tasting and a delicious regional dinner at a traditional quinta
- Wander through fertile terraced hills, striped with green vineyards
- Enjoy panoramic river views from your balcony at our excellent four-star hotel

Our centre-based or one-hotel walking holidays offer a choice of two guided walks each day – usually an easier walk or a more challenging option. There is usually a free-day midweek to relax or to explore.



Cost per person: AU\$1215 per person (twin share) - Single room supplement AU\$220

Departs: 10, 17, 24 April, 1, 8, 15, 22 May, 11, 18, 25 September, 2, 9 October, 2010

Tour includes: 7-nights in comfortable hotel accommodation room with ensuite bathrooms, 7-breakfasts, 7-evening meals, experienced walks leader, 5-guided walks and a free-day midweek.

Not Included: Airport transfers from Porto (these can be pre-booked at extra cost - please ask for details when booking), meals & drinks not mentioned & personal expenses.

Local Transport: On some days the walks start and finish at the hotel. On other days we'll use the hired transport to explore the surrounding area. Please allow an extra 75€ for the cost of transport to and from the walks. This is payable locally.

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



Your accommodation: The **Hotel Régua Douro, 4-star** clings to the banks of the Douro, offering panoramic views along the 'River of Gold' and the surrounding vine-covered hills. The restaurant serves good regional food and Ricardo and his team are sure to give you a warm welcome.

Our experienced leaders offer the choice of two different walks each day. Choose the option which best suits your interests and fitness. We provide flexible holidays. Choose easier walking one day and harder the next or just explore independently or relax around the resort. Our leaders are friendly and welcoming making your holiday fun and sociable.

Easier Walks: The River Douro is never far from our walks and we'll wander through the Douro's abundant vineyards and indulge in wine tasting at local quintas. We'll discover traditional hamlets under the cliffs and mountains of the Serra Maraõ and explore the handsome baroque town of Lamago.



8 to 10 km on rugged paths and tracks. Up to 350m of ascent in a day.

Harder Walks: These longer walks include the Serra Maraõ, an unspoilt area of stunning mountains and tiny villages, high above the Douro valley. We'll also walk through rural farmlands to the spectacular viewpoint at Casal de Loivos and explore the open moorland of nearby Tarouca Valley.



10 to 18 km on rugged paths and tracks with some steep descents.
Up to 480m of ascent in a day.

Free Day: Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently, or visit local places of interest. Leaders will be happy to recommend options if you would like to walk independently.

Shops & Facilities: Local services are extensive and you'll find a wide range of shops, banks and a post office close to the hotel. The ferry pier is only 100m from the hotel and the railway station just across the road – both of which can take you on spectacular trips in both directions along the river.

Porto: Take the spectacular train ride along the banks of the River Douro to the charming UNESCO world heritage city of Porto, the world capital of port wine. Highly recommended.

Vila Real: This attractive town is a short distance away by local transport and has a dramatic gorge and several interesting churches.

Outdoor Travel offers a wide range of one-hotel or centre-based guided walking holidays in most countries in Europe including France, Spain, Italy, Germany, Switzerland, Austria, Turkey, Croatia, Greece, Slovakia, Slovenia or Norway.

During the colder months walks are very popular in the Mediterranean or Canary Islands such as Madeira, Malta, Sicily, Tenerife, Lanzarote or Crete and coastal areas such as Catalonia on the Spain / France border. Inn-to inn guided or self-guided walks are also available in most of these destinations

Contact **Outdoor Travel** or your travel agent for more details, travel brochures and reservations:

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