Walking The Douro Valley

Trip Code: SGDW

Version:

WALK & TREK	SELF-GUIDED	LEISURELY
		3



HIGHLIGHTS

- Enjoy a scenic rail journey from Porto to Peso da Regua, gateway to the Alta Douro
- Stay in welcoming sleepy villages and discover the warm Portuguese hospitality
- Explore Porto, steeped in history and decorated with spectacular Azulejo tiles
- Hike through tranquil orchards, olive groves and vineyards accompanied by spectacular views

AT A GLANCE

- 6 days walking and sightseeing
- Daily departures
- Suitable for 2+ travellers
- Join at / End At Porto Airport

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Discover the magnificent Alto Douro on this one-week self-guided walking holiday. The beauty of this rural landscape punctuated with sleepy villages is that, no matter what the season, the scenery provides the entertainment. Whether you experience the colourful blossoms and wild flowers which paint the hillsides in spring or locals coming together at harvest-time, you will be sure to fall in love with Portuguese rural life here in the Alto Douro. This is a place where life slows down and you can appreciate the simple things: good food, good wine and good company all within a beautiful UNESCO landscape.

Starting your trip with a private transfer to Porto you can enjoy a night in this culturally-rich coastal city before slowing things down with a scenic rail journey to Peso da Regua, the gateway to the Alto Douro. Your walks will take you through orchards and vineyards where you can sample the produce, and to sleepy villages where welcoming guesthouses await you with a friendly face and a pool that invites you for cooling dip. Hiking up to 17km a day at your own pace, you will have plenty of time to pause and appreciate the flora and fauna. Ending your trip in Pinhao on the northern banks of the Douro, a private transfer will take you back to Porto. You may opt to extend your stay here to enjoy the contrast of the hustle and bustle after your week of tranquillity among the vines and pastoral scenes of the Douro Valley.

Is this holiday for you?

If you love to get off the beaten track and enjoy great wines and great food, you are going to fall in love with the Douro. Away from the crowds where life slows down, you really get to embrace the culture and traditions of rural Portugal. Watch locals busy-away in the orchards and vineyards and enjoy the warm hospitality of family-run boutique guesthouses and inns. Walk up to 17km a day through tranquil landscapes, accompanied by birdsong and the rhythmic chirp of crickets, between villages and your accommodations. We have even included a wine tasting so you can appreciate the produce that has made the region so famous - the perfect way to unwind! This trip is suitable for groups of 2 or more travellers.

Itinerary

Version:

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Transfer from Porto Airport to Porto hotel on Day 1
- Transfer from Pinhao to Porto or to Porto Airport on Day 8
- Luggage transfers
- Other transfers as described in the itinerary
- Tour and tasting session at Quinta do Tedo winery on Day 5
- Navigation App and GPX tracks available

What's not Included

- Travel insurance
- Travel to Porto Airport to join your tour
- Travel from Porto or Porto Airport at the end of your tour
- Visas (if applicable)
- Tourist taxes may apply and are usually under 5 Euros per person per night
- Some meals as described in the Meal Plan
- Train tickets from Porto to Peso da Regua on day 2 (usually around 10 Euros per person)
- Other local public transport not listed as included
- Personal equipment
- Any additional activities/excursions indicated as optional

GPS Travel App

This holiday is led by a self-guided travel app, which contains the personalised details of your complete holiday itinerary. This includes the GPS-led routes for you to follow on your self-guided walking tours, as well as attractions, coffee stops and points of interest in the towns along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide to download the app to your personal smartphone device before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

The trip starts at Porto Airport. All of our self-guided holidays are sold on a Land Only basis, allowing you the flexibility to choose the travel method that best suits you. Your driver will be waiting for you at Porto Airport arrivals hall to take you to your hotel in Porto. Porto Airport is well-connected with many departures from UK regional airports.

The trip ends in Pinhao, where you will be collected by your driver for your private transfer to Porto Airport. Alternatively, if you have booked additional nights in Porto at the end of your trip, you will be taken to your hotel.

If you have booked additional nights in Porto, at the end of your stay you can make your own way to Porto Airport using the Metro for approximately €3 per person. The journey takes around 30 minutes, with trains running approximately every 20 minutes. For more information please visit www.metrodoporto.pt.

Meal Plan

This trip is on a bed and breakfast basis to allow you the opportunity to enjoy dining in one of the local restaurants.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

The Portuguese are passionate about food. It is a reason for celebration, time with family and socialising with friends, and as is typical in much of Southern Europe, evening meals are enjoyed late into the night with a glass of wine. Portugal's national obsession is Bacalhau, a dried salted cod which features heavily on menus alongside other delicious seafood. After all, Portugal has almost 1,800km of coastline. However it is not all about seafood - Porto and the Douro Valley are known for their excellent wines and simple, delicious local cuisine. Local specialities include Caldo Verde ('green soup'), a cabbage soup containing chorizo. You will also find a variety of sausages and slow-cooked casseroles commonly offered - perfect after a day in the vineyards. Whilst in Porto, you must be sure to sample 'Francesinha'. Calorie-heavy yet extremely delicious, this glorified sandwich is made from toasted bread and assorted meats such as wet-cured ham, sausage and steak, the whole thing drowning in melted cheese, topped with a fried egg and served with a spicy tomato and beer sauce!

When it comes to drink, wine lovers will be in their element with both Port and Douro wines at their fingertips. Port dessert wines are of course a must when visiting this region. Ports can be ruby, tawny, white and rosé, and during the holiday there will be plenty of opportunities to sample the different varieties of this rich and delicious fortified wine. Table wines of the Alto Douro are also highly acclaimed throughout the world, particularly those produced from Chardonnay, Cabernet Sauvignon or Shiraz grapes.

Note that vegetarian options, although available in Northern Portugal, will be less varied.

Accommodation

On this trip you will stay in a selection of comfortable guesthouses or 3-star or 4-star hotels, each chosen for their warm hospitality and beautiful location. Each accommodation brings its own charm, whether it is a small family-run guesthouse with beautiful gardens where you can chill out with a good book, or a hotel with a swimming pool for cooling down after a day on your feet.

All our accommodations are booked on a bed and breakfast basis, in a twin or double room, and have Wi-Fi available. Many accommodations have restaurants - perfect for those days when you just want to relax in your hotel after a busy day exploring. Please note that in some rural locations the local restaurants are closed on Sundays so dinner in your hotel may be the only option on this day.

It is possible to arrange additional nights' accommodation if you wish to extend your time in Porto and enjoy all the buzz of this fabulous maritime city - please contact our Sales Team for more information.

Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your walk. We ask that you please ensure your main luggage is limited to one piece under 20kg per person and that your luggage is ready for collection in the morning on the day of each hotel change. Any additional pieces will incur an additional cost. You will also need a daypack to carry your daily essentials with you whilst you are out walking.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Travelling with children aged 17yrs and under, who are not with their parent or legal guardian - Portugal

Children aged 17 and under travelling to Portugal alone or in the company of a person who is not their parent or legal guardian, must either:

- be met at the airport or point of entry by their parent or guardian, or carry a letter of authorisation to travel from their parent or guardian. The letter should name the adult
- in Portugal who will be responsible for them during their stay and the identification and contacts details of the parent or guardian.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency for part or all of this holiday is the Euro.

Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace, however getting some additional exercise before going on an active holiday makes a lot of sense. After all, the fitter you are the more enjoyable your walks will be. You should be comfortable with walking approximately 15km per day with up to 700m of ascent for consecutive days.

Climate

The climate in this part of Portugal is mild. Whilst winter months tend to be damp, the summers are warm with a cooling breeze coming in off the Atlantic, making it very pleasant for walking. From April onwards the green vines begin to transform the hillsides of the Douro. The hottest months are July and August, with temperatures reaching up to 25 - 30 degrees Centigrade. In mid/late September the grape harvest is well underway, and by early October the hills start to take on a warm autumnal hue.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- The Portuguese: The Land and its People - Marion Kaplan
- Lonely Planet Pocket Porto
- Douro Valley: Journeys and Stories - Sergio and Susana Fonseca

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Self Guided Equipment List

- Hiking boots with good-grip soles
- Hiking socks
- Long / short hiking trousers
- Functional base layer top and leggings
- T-shirts
- Fleece / extra warm layer
- Windproof jacket
- Waterproof jacket
- Waterproof trousers
- Hat, gloves, and neck gaiter
- Sunscreen
- Sunglasses
- Sunhat
- Small first aid kit inside your rucksack
- Water bottle or hydration pack
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Camera (and batteries / memory card)

- Reusable sealable picnic boxes for picnics
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Walking poles
- Headtorch with spare batteries
- Personal wash kit
- Your self-guided route notes
- Rucksack (approx. 20L)

Land Only Information

Please note that our 'from' price listed is based on 4 persons on twin or double occupancy, and that this trip is suitable for groups of 2 or more travellers - contact our Sales Team for a quote.

When considering your travel dates, you might like to investigate any seasonal opening times of attractions and points of interest.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights' accommodation before or after your self-guided trip - please ask our Sales Team to find out more about this.

Our Sales Team will be happy to provide you with a quote for scheduled flights, or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

We offer some transfers to your accommodation from the nearest airports - please refer to the 'Joining Arrangements & Transfers' section for further details for this trip.

Why Choose KE

Why KE?

Explore one of the quieter regions of Portugal away from the coastal crowds, in the fabulous wine country of the Alto Douro.We have included private transfers from/to Porto Airport so you can relax from the start to the end of your trip, and have included a wine tasting and tour so you can appreciate this magnificent region's biggest export.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change