

Below is the proposed itinerary for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

## DAY 1

Meet in Porto hotel at 5pm

Our trip starts today in Porto. Arrive any time before 5 pm. We will meet at 5:30 pm. We'll start getting to know each other and review our plans for the trip, before sharing our first dinner. The evening is free for you to get to bed early or wander around Porto. (D)

## DAY 2

Leave Porto and head to the Douro Valley Hike to the Douro Gorge

Sao Joao da Arribas - We will cross Portugal from West to East to reach the North of the International Douro Natural Park, one of the greatest protected area in Europe with its 476,000 acre. After a lunch break and check-in into our wonderful country houses, we will hike towards the chapel of São João das Arribas, where the majestic view of the Douro Gorge and what awaits us. Hiking: 5 miles Ascent/Descent 400 ft. Drive Time: 2 hrs, 45 min. Overnight: Cimo da Quinta Tourist Lodge (B, L, D)

## DAY 3

Visit Mirando do Douro and paddle in the deep deep gorge

Miranda do Douro - We will start the day with a visit to the historic village of Miranda do Douro. This ancient city was once a Roman and Arab settlement. It is known for its colorful folklore and stick dance performed to bagpipes. It also has its own language! After our visit to town we will soon be at the river paddling between the deep granite gorges. The sumptuous colors that will leave us breathless. We will find that within a theater of water and rocks, the effects of light are unforgettable.

Kayak: 10 miles Drive Time: 20minutes Overnight: Cimo da Quinta Tourist Lodge (B, L, D)

## DAY 4

Kayak the from the Picote Dam looking for raptors

Picote to Bemposta - We will start the day at Picote Dam, the dam is 328 ft tall and 456 ft long. is considered one of the 7 wonders of the Tras-os-Montes region. We will paddle though the valley but it looks more like a canyon with its dramatic cliffs rising on either side of us. We will hopefully see some of the majestic raptors who make their home in the cliffs. We will sleep in a former school house that has been updated. Kayak-12 miles, Drive Time: 40min Overnight: Casa das Arribas

<https://www.naturisnor.com/en/#> (B, L, D)

## DAY 5

Kayak Bemposta to Bruco sleep in a rural house of a sculptor

Bemposta to Bruco - On this portion of the trip we will continue to paddle through awe-inspiring cliffs and shale walls. The colors are breathtaking and an inspiration to artists. We will see many species of birds including, griffon vultures and rock swallows. We will picnic on the Spanish side of the river. Along the way the scenery becomes more lush and rich with fragrant Mediterranean vegetation. We will sleep in the rural house of a sculptor where we will be able to admire the works of art.

Kayak - 15 miles Drive Time: 35 min Overnight: Casa das Quintas <http://casadasquintas.com/> (B, L, D)

## DAY 6

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### Hiking day - Hike to see ancient cave art - wine tasting

Mogadouro - Hiking day - With the sculptor house as our base we will hike from there to Mogadouro. The city is rich in history it has been inhabited since the Middle Stone Age. We will visit what remains from the past. It has influence from all the people that passed through, including the Romans, Celts, and Moors. We will hike the slopes from Bruã§Ã³ to Vilarinho, seeing traces of occupation from the II B.C. We will also taste the local wine and visit an olive grove. If you are feeling like relaxing and taking the day off - today is the day to do it. Hiking 6.3 miles 1,000+/- elevation gain/loss Overnight: Casa da Quintas(B, L, D)

## DAY 7

### Kayak by terraces filled with orange groves and vineyards

Adeadavila to Congida - Back in our kayaks today! The valley widens, the terraces occupy the slopes: orange groves, vineyards handcrafted for centuries and hardly accessible. We will picnic under the weeping willows and make a small detour to see the Paleolithic rock art some of which were created 22,000 years ago. Towards the end of day the water in the Douro becomes quiet and like a mirror. We will finish our kayaking in its gentle embrace. We will end our visit to this magnificent region with a visit to a near the the historic village of Freixo Espada a Cinta.Â Kayaking-11m Drivetime: 40min Overnight: Quinta do Salgueiro<https://quintadosalgueiro.com/> (B, L, D)

## DAY 8

### Hike Devils Path a trail built by the Romans

Devil's Path - Hiking day - After admiring the dance of the vultures from the cliffs of Penedo DurÃ£o, we will hike the Devil's Path, named after a legend. The area hides traces of human occupation from the Paleolithic era. We will hike on a trail built by the Romans. Hiking 5 miles 1,010 ft elevation gain and loss. Overnight: Quinta do Salgueiro (B, L, D)

## DAY 9

### Leave the valley and head to Porto - Tour of Porto before farewell dinner

We will head to Porto after breakfast and visit the city in the afternoon, enjoy the river side at the medieval Ribeira district and taste some Port Wine before enjoying our farewell dinner. Porto is a coastal city in known for its stately bridges and port wine production. In the medieval Ribeira (riverside) district, narrow cobbled streets wind past merchantsâ€™ houses and cafes. Drive Time: 3 hours Overnight: Â (B, L, D)

## DAY 10

You are free to leave anytime today. (B)