KAYAKING AND HIKING THE DOURO VALLEY

TRIP SUMMARY

HIGHLIGHTS

• Kayaking and Hiking in the Douro River Valley, the natural border between Spain & Portugal
• Gazing at the towering cliffs and the beauty of the river
• Watching the cliff dwelling birds as we paddle down the river
• Hiking along the cliffs above the river seeing traces of ancient civilizations
• Visiting with a local artisan, sampling local wine and food
TRIP AT A GLANCE

Location: Portugal
Activities: Paddling and Hiking
Arrive: Arrive at our hotel in Porto in time for our 5pm meeting
Depart: You are free to leave anytime on the last day of the trip

TRIP OVERVIEW

The Douro River Valley is surrounded by natural preserved areas on either side of the river that form Europe’s largest protected area. The Douro Valley stretches across 62 miles and is only natural border between Spain and Portugal. We will paddle amongst unique landscapes, where deep granitic valleys with craggy slopes have been slowly excavated by the Douro and Agueda rivers since the beginning of time. The granite cliffs reach 650 feet high in places! We will also enjoy hiking the Douro Valley and visit historical villages that have been occupied since the Prehistory. We will be able to watch the near extinct Black Storks, Griffon Vulture, and other cliff dwelling birds as we paddle through the valley which is a Special Protection Area for Birds recognized by the European Union. The vineyards are terraced along the valley as they have been for centuries and one reason the region was declared a UNESCO World Heritage site in 2001. Its unique microclimate also produces olives, citrus fruits and almonds.

RATING

This trip is designed for women in good condition who want to combine river kayaking with exploring the history and culture of Portugal. Some of our kayaking days are longer than others. We paddle downstream on smooth river. On days when we are not paddling you will be hiking and exploring the local area. Both single and double kayaks are available - please indicate your preference when you sign up. If you have limited experience or do not kayak regularly, please choose a double. Rating: 1 2 [3] 4 5.

WHAT’S INCLUDED

- A professionally certified local kayaking guide and an AGC guide (If there are fewer than 8 on the trip, there will not be an AGC guide)
- 8 nights double occupancy lodging
- All meals from dinner on the first day through breakfast on the day of departure
- Luggage transfers between lodging
- Double kayaks, PFDs, paddles and spray skirts

Not included: Airfare to and from the Porto International Airport (OPO), transfers to the trip hotel at the beginning of the trip, trip insurance, alcoholic beverages and gratuities.
OUR ITINERARY

Below is the itinerary we have planned 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**

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**

Sao Joao da Arriba’s - 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 acres. After a lunch break and check-in into our wonderful country houses, we will hike towards the chapel of Sao Joao das Arriba’s, 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**

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: 20 minutes Overnight: Cimo da Quinta Tourist Lodge (B, L, D)

**DAY 4**

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**

Bemposta to Bruço - 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 lushier and richer 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**  
Mogaduoro - 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 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**  
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 historic village of Freixo Espada a Cinta  Kayaking-11m Drivetime: 40min Overnight: Quinta do Salgueiro https://quintadosalgueiro.com/ (B, L, D)

**DAY 8**  
Devil’s Path - Hiking day - After admiring the dance of the vultures from the cliffs of Penedo Durão, 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**  
We will head to Porto after breakfast and visit the city in the afternoon, enjoy the river side at the medieval Ribeira district and sample 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 merchants’ houses and cafes. Drive Time: 3 hours Overnight Porto (B, L, D)

**DAY 10**  
You are free to leave anytime today. (B)
ADDITIONAL TRIP INFORMATION

GETTING THERE

If you would like help with any travel plans, we recommend contacting our travel agency, Exito Travel. Start by submitting the form you can find here: https://pay2.exitotravel.com/referral_form?affiliate_id=1090&client=1. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

ACCOMMODATIONS

We'll spend the first night and the last night in Porto, Portugal. The other nights we will be stay in small locally owned lodges in double occupancy rooms with ensuite bathrooms. The rooms will be simple and our hosts delightful.

Our trip cost is based on double occupancy. We will pair you with another traveler unless you request a specific roommate. There are 2 single supplements available for an extra cost on the first and last day of the trip in Porto. All other lodging is double-occupancy rooms. Availability of single rooming options in Porto will be noted on the registration form. Be sure to note your choice.

TRAVEL INSURANCE

WE RECOMMEND TRIP CANCELLATION/TRIP INTERRUPTION INSURANCE, WHICH CAN HELP COVER YOUR COSTS IF YOU NEED TO CANCEL OR INTERRUPT YOUR TRIP. Travel protection plans can also include coverage for Emergency Medical and Emergency Evacuation/Repatriation, Trip Delay, Baggage Delay and more. Adventures in Good Company will send you information about travel insurance with your registration information, or you may purchase coverage through your own insurance company. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit www.travelexinsurance.com or contact Travelex Insurance Services at 800-228-9792 and reference location number 20-0016. The product descriptions provided here are only brief summaries. The full coverage terms and details, including limitations and exclusions, are contained in the insurance policy. Travelex Insurance Services, Inc CA Agency License #0D10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276. 11.17 83I

CANCELLATION POLICY

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

To qualify for any refunds, we must receive notification in writing, by fax, email or mail to: Adventures in Good Company, 5913 Brackenridge Ave, Baltimore, MD 21212, Fax: 410-435-3084. Cancellation date is the date the notice is received by Adventures in Good Company in writing, either by fax, email or letter.

In the unfortunate event that you must cancel your trip, your refund will be determined by the following formula:
### Days Prior to Trip

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<th>International</th>
<th>Domestic</th>
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<tr>
<td>120 + days</td>
<td>90+ days</td>
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<td>120 - 60 days</td>
<td>90 - 45 days</td>
<td>50% of trip fee</td>
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<td>59 days or less</td>
<td>44 days or less</td>
<td>No refund</td>
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If you have paid in full, we have a waiting list, and we can fill your spot from that list, everything but your deposit will be transferred to another trip of your choosing for which you register in the next 365 days. Trip fees may be transferred from one person to another if, in the opinion of the Adventures in Good Company staff, it is determined that the other person is in the proper physical condition to participate in the trip activity.

Adventures in Good Company reserves the right to cancel or alter a trip due to unforeseen weather, unsafe conditions, low registrations or other circumstances. On the rare occasion when Adventures in Good Company must cancel a trip, all payments received to date will be refunded, including the non-refundable portion of your deposit.

Adventures in Good Company is not responsible for expenses incurred in preparation for any canceled trips, including airplane tickets.