Exploring the Delights of Porto & Lisbon
From Europe’s vintage port to the city of sea and explorers

Portugal is often described as having “faded grandeur”, which is surely a compliment and is in rich evidence in its two main cities. Porto, located at the mouth of the Douro River, is steeped in history and tradition, dating back over 2000 years. With an eclectic mix of monuments, tile mosaics adorning may of its buildings, Baroque architecture, colourful shop fronts and cobbled streets, Porto oozes charm and romance and definitely deserves its World Heritage Site accolade.

Lisbon is a spectacular capital city with old world charm and engineering happily alongside more modern buildings. Built on seven hills, giving wonderful viewpoints at every turn, it has been home to some of the world’s greatest explorers. We’ll discover its historic past and enjoy its present day vibrancy as we explore the winding streets, marvel at the scenic miradouros and visit the magnificent monuments.

We encourage meandering through these cities as it is a real pleasure, with ample time to soak up their rich culture and discover the local cuisine and wines.

Proposed Daily Itinerary

Our itinerary is expected to follow the daily schedule outlined below but please bear in mind that the order of the days may be amended, or activities amended, due to weather conditions or changes beyond our control.

Day 1 – On arrival at Porto Airport we will have a private transfer into the city (30 minutes) to the Hotel Infante Sagres, where we stay for four nights’ accommodation. Depending on our arrival time, we may have an orientation walk before dinner at a local restaurant.

Day 2 – Our discovery of Porto starts this morning by seeing its most delightful sites such as Bolhão market, the Lello bookshop and the cathedral. In the afternoon we’ll visit the Port Lodge and take a cruise along the Douro River.

Day 3 – This morning we take a local bus to Castelo do Queijo fortress, on the coast, and then walk along the Atlantic Promenade to Foz, at the mouth of the Douro River. After lunch we will take the tram back into town and then descent through the old town to the stock exchange for a visit and some free time.

Day 4 – After breakfast we will catch the train to Guimaraes, from Porto’s wonderfully tiled train station. This alone is well worth a visit! We will have time to explore this UNESCO world heritage town, including a tour of its castle and palace and enjoy a coffee at one of the many cafes along the cobbled streets.

Day 5 – Today we say goodbye to Porto and transfer to Lisbon, by private coach. On route we will stop at Nazare, a pretty fishing village, for a lunch break and to enjoy the sea air. We continue our journey to Lisbon, arriving with time to freshen up before dinner. We stay at the historic Casa de São Mamede for five nights’ accommodation.
Day 6 – With Lisbon being built on seven hills, we make use of the historic funicular and elegant street lifts to make our way around the city. We visit Bairro Alto this morning, walking through the ancient quarter and enjoying the views over the city and Tagus and down to the Praça do Comércio. The small streets and colourful buildings are fun to explore!

Day 7 – After breakfast we head to Castelo de São Jorge, a Moorish castle, which was the ancient seat of power for Portugal for over 400 years, and holds a commanding hill top position overlooking the historic centre of Lisbon. We’ll visit the castle and descend the hill, with our local guide, visiting various monuments including the cathedral along the way. During your free time for lunch, you may wish to visit the Fado Museum.

In the afternoon, a stroll takes us to the São Vincente de Fora cloister and the Thieves Market.

Day 8 – We visit the Jerónimos Monastery & Belém Tower this morning, followed by a free afternoon to visit places of interest or relax back at the hotel. Your Adagio leader will have suggestions on places to visit, including the fabulous Berardo art museum.

Day 9 – Our excursion today takes us out of the city visiting the Parque Natural da Serra da Arrábida, with spectacular scenery of sea, cliffs & mountains, as well as traditional culture & wine tasting at the Quinta da Bacalhôa and winery. A wonderful way to end our visit to Portugal.

Day 10 – We say our goodbyes, promising to return, and head to Lisbon airport for our return flight back to the UK.

Porto

Porto oozes charm. The old town appears to “tumble down” towards the river with splashes of colour on the buildings dotting the hillside. The historical architecture sites nicely alongside the contemporary offerings, colourful mosaics that adorn buildings and the main train station and the restaurants that offer fragrant, mouth watering cuisine. The wines are also in a class of their own with the vino verde and of course, port wines.

The city has all the facilities you would expect. There are several grocery shops, bakeries, banks, post office and ATM’s. Porto has plenty of bars and restaurants to visit in the evening, and is a city which is perfect to explore on foot.

Hotel Infante Sagres

Praca Dona Filipa de Lecastre 62, 4050-259, Porto Portugal
+351 223 398 500
www.hotelinfantesagres.pt

The Hotel Infante Sagres boasts a wonderful city centre location, in the heart of Porto’s historical district and just a stone’s throw away from the UNESCO World Heritage site and the main shopping centre. Within walking distance you will find the picturesque Douro River and the port wine cellars.

Hotel Infante Sagres Breakfast Room

We will stay in classic en suite rooms, all tastefully decorated with original artwork and award-winning furniture. Facilities include: air conditioning, central heating, Satellite TV, telephone, safe, minibar and WiFi.
Lisbon

Lisbon is a fantastic capital city with a wonderful mix of old world charm and modern day architecture. Built on seven hills you can make use of the trams, funicular, street lifts or tuk-tuks to get around in addition to exploring on foot. You’ll find multiple miradouros with views over the rooftops and colourful buildings towards the sea. You’ll find an abundance of restaurants and smart cafes, as well as bars, shops and open air plazas. There are several grocery shops, banks, post office and ATM’s.

Casa de São Mamede
Rua de Escola Politécnica, 159
1250-100 Lisbon, Portugal
+351 213 963 166
www.casadesaomamede.pt

The Casa de São Mamede is a small, family run hotel that is housed in a building from the 17th century. While keeping its old world charm when converted to a hotel in 1948, it offers all modern day facilities. It is perfectly situated in the centre of the city, giving access by metro or on foot to all the sites.

The en suite rooms are individually decorated in warm tones which offer a welcoming retreat. Room facilities include air conditioning, telephone, WiFi, cable TV, hairdryer, mini bar and safe.

Buffet breakfasts and evening meals are included in the holiday price and dinners will be taken in local restaurants. We plan to dine at a selection of different restaurants throughout our visit giving us a good insight into the delicious Portuguese cuisine and wines. From simple, traditional cafes with good, home cooked dishes through to select, contemporary restaurants, food is an important part of the Portuguese culture.

We don’t include lunches in the price of the holiday – normally these will be taken as a picnic or in a cafe.

Local Sightseeing

Local transport costs and entrance fees in conjunction with the programme illustrated in the daily itinerary are included in the holiday cost.

We have a wonderful programme of walking, sightseeing and port sipping to keep you busy, along with plenty of opportunities to relax and enjoy your surroundings and hotels.

We will use a mix of local transport – metro, tram and buses – and private coaches.

Adagio Leaders

An Adagio Leader will accompany you throughout the holiday. They are all experienced travellers with a love for exploring and will help capture the true essence of the destination with their stories, knowledge and insights. They are well-organised, pay great attention to detail and enjoy being with people. They are there to help make your holiday as enjoyable and stress free as possible.
What to bring

We recommend you bring the following items with you:

- Strong walking shoes
- Waterproof jacket and trousers. It does rain sometimes!
- A sunhat, fleece hat and gloves... to cover all weather eventualities.
- Sun cream.
- A litre water bottle.
- A picnic knife, fork and spoon, as required.
- A simple basic first aid kit.
- A daypack to hold all the above.

Passports, Visas & Insurance

Please make sure you are insured for guided walking up to 1000m. Please also take your European Health Insurance Card (EHIC) with you - it will help in the event of an emergency. Please note that the EHIC has an expiry date and check that your card is still valid for the duration of your holiday.

You will need a full passport to visit Portugal. Passport, visa and health requirements can change at any time. It is your own responsibility to ensure that you inform yourself from a professionally qualified source on, and comply with, such requirements. Advice on vaccinations is available from your GP, or can be obtained from the Medical Advisory Services for Travellers Abroad (MASTA). In addition, general travel advice is available from the Foreign and Commonwealth Office at www.fco.gov.uk/travel.

Please also see our General Information booklet for more important information and advice regarding your holiday arrangements.

Maps, Books and Websites

Local maps of the city are available in all local tourist offices and from the reception at the hotels.

The Rough Guide to Portugal has several pages on Porto and Lisbon and lots of other in-depth information about the country.


If you cannot find the maps or books locally we recommend:

The Map Shop
15 High Street
Upton upon Severn, Worcs
WR8 0HJ
Tel: 01684 593 146
Fax: 01684 594 559

Website: www.themapshop.co.uk
E-mail: themapshop@btinternet.com

Holiday Dates 2018

Holiday: Cities of Exploration – Porto & Lisbon
Tour Code: 52650

Departures are for 9 nights on:

- 21st May
- 17th September
- 22nd October

Booking and Further information

Please call us on 01707 386700 or email us at info@adagio.co.uk

Travel Information

We fly from London Gatwick to Porto and return Lisbon to London Gatwick with TAP, Air Portugal. The flight takes approximately two hours and fifteen minutes from London to Porto and about two hours and a half returning from Lisbon.

Details of your baggage allowance will be confirmed in your travel documents, sent to you approximately 10 days before departure.