



Portugal Historic Villages & Vineyards Hiking Tour

Picturesque Trails from Lisbon to the Douro Valley

Thank you for checking out our adventures and for requesting this 2027 itinerary. Please note that this itinerary may be subject to change. Be sure to check with us before scheduling any flights.

We love talking travel!

Contact info@mtsobek.com
or call **510 594 6000**.



Feel the difference

with **Mountain Travel Sobek**

Unrivalled Expertise

MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Tour Company by USA Today and Newsweek and have an award-winning staff.

Unique Trip Design

Our adventures are perfectly paced, with incredible attention to detail—the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

Private Adventures

Private MT Sobek adventures are perfect for travelers who enjoy the flexibility of traveling in their own group, but who want the peace of mind that comes with having all of the logistics handled by true experts. We offer an array of perfectly tailored custom adventures and scheduled dates that your group can easily take over.





Portugal Historic Villages & Vineyards Hiking

Discover one of Iberian Europe's most authentic hiking experiences as you explore Portugal's timeless countryside and its remarkable network of ancient villages, including scenic parts of the country's official historic village trail. Wander the winding streets of Lisbon on a walking tour of its delightful old quarter, and take in the haunting sounds of fado singers. Hike along old Roman roads and age-worn footpaths that wind between medieval castles, stone hamlets, and sweeping rural vistas. Experience the old-world charm of Monsanto—where houses are wedged between giant boulders—and Sortelha, with its walled fortress. Head to the rugged Serra da Estrela Natural Park, where great hiking trails abound. Enjoy the breathtaking landscapes of the Douro Valley on foot and during a river cruise.

9 Days

Start: Lisbon, Portugal

End: Porto, Portugal

Activities: Hiking, Cultural Discovery

Lodging: Comfortable Hotels

ACTIVITY LEVEL: 3

Itinerary

DAY 01

Arrive in Lisbon

Arrive at Lisbon Portela Airport in the morning and meet your MT Sobek representative, who will transfer you to the hotel. Enjoy some time to check in and freshen up before lunch, then take a walking tour through the old town of Lisbon, and the Mouraria and Alfama neighborhoods. Finish the first day with a festive welcome dinner in a casa de fado, a restaurant that features Portuguese fado music.

ACCOMMODATION: Lisbon Plaza Hotel

MEALS: Lunch | Dinner

TRANSPORTATION: 20-minute private van transfer

DAY 02

Journey to Salvaterra do Extremo & Hike to Monfortinho

After a hearty breakfast, begin the journey inland to the small village of Salvaterra do Extremo, near the border of Spain, to begin today's hike on varied terrain along an ancient Roman road. Stroll around this charming place, a former stronghold used by the Romans and the Arabs, seeing traditional homes made of shale, the House of Sardoes (lizards), a moon-shaped well, the bell tower of Casa da Camara (complete with storks in the belfry!), and the cylindrical granite stiles. Continue on to Monfortinho, home for the next two nights.

ACCOMMODATION: Hotel Fonte Santa or Casa do Cedro

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 3-hour private van transfer

ACTIVITY: 4 hours/7.5 miles hiking with 954' elevation gain & 990' elevation loss

DAY 03

Hike to the Villages of Idanha-a-Velha, Monsanto & Penha Garcia

Hike through a dazzling landscape today, from village to village. Begin in Idanha-a-Velha, a former Roman settlement dating back to 16 A.D. Hike up to ancient Monsanto, "the most Portuguese village in Portugal," perched against the face of a rocky cliff where houses sit wedged between giant boulders. Hike up to the castle above it, for a picnic lunch and stunning panoramas. En route back, take a brief side hike to the village of Penha Garcia, with its labyrinth of streets winding among small, flower-covered houses. Hike back to Monfortinho for dinner.

ACCOMMODATION: Hotel Fonte Santa or Casa do Cedro

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 1-hour private van transfer

ACTIVITY: 5.5 hours/7.5 miles hiking with 1,795' elevation gain & 495' elevation loss

Itinerary *continued*



Explore the Villages of Sortelha & Belmonte

Leave Monfortinho after breakfast and head to the medieval village of Sortelha, with its walled fortress high atop a rocky promontory at 2,500 feet. Continue to Belmonte village, dominated by a 13th-century castle and a labyrinth of ancient alleyways that make up the old Jewish quarter; Belmonte is still home to the largest Jewish community in Portugal. Today ends at Penhas Douradas on the central high plains of Estrela Mountain.

ACCOMMODATION: Casa das Penhas Douradas

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 2.5-hour private van transfer

ACTIVITY: Three historic village walking tours



Hike in Serra da Estrela Natural Park

Today hike through the diverse landscapes of Penhas Douradas, a region of Serra da Estrela Natural Park marked by rocky outcrops, boulders and crags, several of which resemble human forms. The destination today is the dam of the Vale do Rossim, a picturesque lake with a small beach perfect for resting, soaking your feet, and enjoying a nice picnic. Then head back to the hotel, arriving in the late afternoon.

ACCOMMODATION: Casa das Penhas Douradas

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 1-hour private van transfer

ACTIVITY: 3 hours/5.5 miles hiking with 1,092' elevation gain & 1,046' elevation loss



Visit the Village of Piodao & Arrive in Lousa

Today leave Serra da Estrela behind, heading towards the small town of Lousa. En route, visit the photogenic village of Piodao, where cobblestone avenues lined with shale houses cascade down a gentle slope. With its white facades and cylindrical buttresses, a beautiful 19th-century church dedicated to Nossa Senhora da Conceicao stands out among the shale houses. Reach today's destination, the charming town of Lousa, in the late afternoon.

ACCOMMODATION: Octant Palacio da Lousa

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 2-hour private van transfer

ACTIVITY: Village walk

Itinerary *continued*



Hike to Talasnal & Head to the Douro Valley

Start at the Castle of Arouce and hike on the magnificent Serra da Lousa trail, passing through villages seemingly lost in time. Wander through the winding alleyways of Talasnal and drink straight from the village's spring fountain. Continue across bridges and creeks and climb towards the village of Casal Novo, then catch amazing views of the valley and the castle. After lunch, travel to the Douro Valley and check in to your hotel set amidst the terraced vineyards that cover the surrounding hillsides.

ACCOMMODATION: The Manor House Celeiros or Quinta de la Rosa

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 4-hour private van transfer

ACTIVITY: 3 hours/4 miles hiking with 1,607' elevation gain & loss



Hike & Cruise through the Douro Valley

Travel to the historic wine village of Provesende and stroll past stone houses into the Douro Valley's terraced vineyards. Follow country trails to riverside Pinhao for a delightful lunch at a local restaurant. Enjoy a scenic cruise along the Douro River and take in the stunning vistas that define this picturesque valley before savoring a tasting in a traditional wine cellar.

ACCOMMODATION: The Manor House Celeiros or Quinta de la Rosa

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 30-minute private van transfer

ACTIVITY: 3 hours/4-5 miles hiking with 1,670' elevation loss; 1-hour river cruise



Depart from Porto

After breakfast, transfer to the Porto airport for departures home.

MEALS: Breakfast

TRANSPORTATION: 1.5-hour private van transfer

Where You'll Stay

Lisbon Plaza Hotel

Located close to the historic center of Lisbon, the charming Lisbon Plaza Hotel features decorated rooms infused with Portuguese style. Enjoy modern amenities that include a free safe, a satellite TV, air-conditioning, a hair dryer, and a complimentary set of cozy bathrobes. Start your day with a delectable breakfast buffet, sip on refreshing cocktails at the bar, indulge in a workout at their fitness center, or simply unwind on their rooftop terrace.



Hotel Fonte Santa

Recently renovated, the Fonte Santa is a charming, upscale hotel that was built in the early 1940s, surrounded by a wild natural landscape in the foothills of Penha Garcia. All rooms offer modern amenities such as flat-screen TVs, minibars and safes, and breathtaking views of the beautiful surroundings.



Casa do Cedro

Originally a farmhouse, Casa do Cedro was once part of the dowry for the great-grandmother of the current owner. Passed down through the generations, it has been fully renovated yet retains its historic charm. A covered balcony, and one open to the stars, are the perfect places to soak in your surroundings. Thoughtfully designed modern rooms, warm hospitality, and a sunset-facing pool make your stay in the countryside relaxing.



Where You'll Stay

Casa das Penhas Douradas

A four-star boutique hotel nestled in the heart of the Serra da Estrela Natural Park, the Casa das Penhas Douradas showcases minimalist design that brings the natural surroundings to life. Rooms feature panoramic windows and a full spectrum of luxe amenities. The spa has a swimming pool and sauna, while the restaurant serves delicious gourmet fare.



Octant Palacio da Lousa

Inside an 18th-century palace in Lousa's historical center, Octant Palacio da Lousa has been reimagined as a boutique hotel that blends the charm of an historical setting with state-of-the-art technology. Guests can enjoy an excellent meal in the restaurant, a dip in the pool, or a cocktail outside on the patio with great mountain views.



The Manor House Celeiros

Located on the century-old Quinta Casal de Celeiros wine estate, The Manor House Celeiros is a charming Douro Valley stay. Surrounded by terraced vineyards in one of the region's oldest villages, this rural retreat offers comfortable rooms in the original restored manor house with vineyard views. Relax by the outdoor pool, enjoy local cuisine at the onsite restaurant, and learn about regional winemaking at the onsite visitors' center.



Where You'll Stay

Quinta de la Rosa

Stay on a working family-owned wine estate known for its Single Quinta vintages and idyllic location on the banks of the Douro River. Rooms are scattered around the property, each with its own charms, and all with beautiful views of the river and terraced vines. Have a swim in the freeform swimming pool tucked below an old vineyard wall and enjoy farm-to-table dining at the edge of the river.



Pricing

For 2027 pricing, please see our [website](#) or call us at 800-974-0300.

PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- Meals as noted in the daily itinerary with taxes and gratuities
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portage

PRICE DOES NOT INCLUDE

- Additional meals not noted in the daily itinerary
- Alcoholic beverages (MT Sobek provides wine at select events)
- Entry fees to National Parks, museums and other attractions when not accompanied by a guide, unless listed on inclusions
- Airfare, airport taxes or baggage fees for all flights
- Optional activities and spa services
- Personal expenses such as medical immunizations, laundry or souvenirs
- Gratuities for MT Sobek guides and guide-drivers
- Travel protection program

Payments & Cancellations

PAYMENT SCHEDULE

Based on Trip Cost, per person

- A \$600 deposit is due at time of reservation.
- Final payment is due 95 days prior to departure.

CANCELLATIONS & REFUNDS

Based on Total Trip Cost, per person

At the time that we receive written notice that you wish to cancel your trip, the following fees will apply (all dates are from departure date):

- From time of reservation until 95 days prior to trip departure: \$300
- 94 to 61 days prior to trip departure: 25% of Trip Cost
- 60 to 46 days prior to trip departure: 50% of Trip Cost
- 45 or less prior to trip departure: 100% of Trip Cost

Rather than paying the \$300 cancellation fee, you may choose to keep your \$600 trip deposit on account to use on a future MT Sobek trip when cancelled 125 days or more before departure.

Deposits on account must be used within two years.

To view our full Terms and Conditions, please visit www.mtsobek.com/terms