CRUISE OF 8 DAYS / 7 NIGHTS - REF. ROP_PP

# Cruise and Hikes in The Douro Valley, A Nature Lover's Dream (port-to-port cruise)

PORTUGAL - SPAIN

Embark on a cruise through the heart of authentic Portugal and explore beautiful and unspoilt areas such as the Douro Nature Park and the Portuguese vineyards. Our hiking and walking programs offer you the opportunity to contemplate the natural beauty of these magical places. Far from the hustle and bustle of city life, this cruise is ideal for the nature and scenic enthusiasts.






## HIGHLIGHTS

- Walking tours with a qualified mountain guide:
- Hike to Provesende
- The Portuguese vineyard
- The Douro National Park all the way to the Vultures' Cliff
- Along the coastline in Porto
- Non-walkers' program:
- Casa de Mateus and the Douro Museum in Régua
- Figueira de Castelo Rodriguo, one of Portugal's 12 historic villages in Portugal
- Guimarães and its medieval heart

## THE CROISIEUROPE DIFFERENCE

- All meals included - DRINKS INCLUDED with meals and at the bar
- Refined French cuisine - Gala dinner and evening - Welcome cocktail
- Free Wi-Fi onboard
- Headsets are included for excursions
- Official welcome from the captain and crew
- Onboard activities
- Travel assistance and repatriation insurance
- All port fees included

# Day-by-day itinerary

DAY 1

### PORTO

Passengers are welcome to board our ship at 5:00 p.m. Welcome cocktail. Presentation of our hiking program. In the evening, depending on the weather, we'll cruise to the mouth of the Douro River.

DAY 2

### PORTO - REGUA

We'll set out for a guided tour of Porto and visit of an azulejos workshop. The afternoon will be spent sailing towards Regua. Enjoy an evening of dancing or a stroll through the city on your own.

DAY 3

### REGUA - PINHÃO - VEGA DE TERRON (Spain)

Hikers' Program: Hike to Provesende. You'll wind your way up through the low brush, green forests, and rolling hills to the one of the oldest villages in Portugal, Provesende. (2.5- to 3-hour hike, 4.3 miles (7 km), 1,050-foot elevation gain (320 m).) Non-hikers' Program: Mateus Palace and the Douro Museum. The afternoon will be spent sailing through the very heart of the most famous vineyards in Porto. Enjoy an evening of entertainment.

DAY 4

### VEGA DE TERRON - Salamanca - BARCA D'ALVA

Join us on a guided tour of Salamanca, listed as a World Heritage Site by UNESCO. We'll return on board in the end of the afternoon. Enjoy an evening of Flamenco entertainment.

DAY 5

### BARCA D'ALVA - SENHORA DA RIBEIRA

Hikers' Program: "Vultures' Cliff" This hike begins in a wild mountainous setting with magnificent panoramic views of the Douro River and Spain. Picnic lunch. (Length 3 hours, 8 km (5 miles) with about 530m (1,740 ft) of elevation gain). Non-hikers' Program: Excursion to Figueira de Castelo Rodrigo. We'll return on board. The afternoon will be spent sailing to Senhora da Ribeira. Tonight's our gala evening and dinner.

DAY 6

### SENHORA DA RIBEIRA - FERRADOSA - PINHÃO - REGUA - BITETOS

Hikers' Program: Hike through the vineyards. Discovery of a real paradise where nature has been protected (picnic lunch). (Length 4 hours, 14 km (8.6 miles) with about 500m descent (1,650 ft)) Non-hikers' Program: PortWine Route and Pinhão. We'll cruise to Bitetos, reaching it in the evening. Enjoy an evening of Fado entertainment.

DAY 7

### BITETOS - PORTO

This morning will be spent sailing to Porto. Hikers' Program: Hike along the banks of the Douro River to its estuary, admiring breathtaking views of the city and the ocean. (Length 2 to 2½ hours, 8 km (5 miles) on flat, level ground) Non-hikers' Program: Excursion to Guimaraes, birthplace of Portugal in the 12th century. Enjoy an evening of traditional folk entertainment.

DAY 8

### PORTO

Enjoy one last buffet breakfast on board before disembarking at 9:00 a.m. End of our services.

# Excursions

## Included excursions (1)



EXCURSIONS PACKAGE

1 day  Classic

## Optional excursions (1)



EXCURSIONS PACKAGE

1 day  Classic

# Our price includes

Your cruise with all meals from dinner the first evening to breakfast on the final day - onboard drinks included (except for drinks from our special lists) - double-occupancy cabin with shower in bathroom - all excursions and hikes listed in the itinerary - services of a qualified mountain guide - assistance from our onboard multi-lingual host/hostess - welcome cocktail - gala dinner - onboard entertainment - Flamenco entertainment - Fado entertainment - traditional folk entertainment - travel assistance and repatriation insurance - all port fees.

*For the safety of our passengers, the captain and crew of the boat may decide to modify the navigational itinerary. The number of moorings on the Douro is limited. Our boats may be moored side by side. Arrival times at ports of call and the order of the excursions can change. Alcohol can be harmful to your health. Please drink in moderation.*

# Our price does not include

Drinks from our special lists, or drinks ordered during excursions or transfers - cancellation and baggage insurance - transfers/travel to and from departure/arrival points - personal expenses - all other services not specifically mentioned in the itinerary.

# Practical information

- Level
- The hikes that are proposed during our cruises are 2 to 5 hours walks, implying changes in altitude that range between 150 and 850 meters (500 to 2800 ft) depending on the destination. During the hike, you'll get a chance to see and discover some of the natural and cultural areas on your cruise's program.
- The lengths of time indicated for the hikes in the program are given as rough estimates and do not include time taken for breaks.
- No athletic training is necessary for these hikes, but you should be in good shape and well-rested to fully enjoy this cruise.
- Equipment needed
- Backpack
- You'll need to bring a backpack (max 30 liters / 1,830 cubic inches) to carry the things you'll need for the hike: sweater, raincoat, picnic, bottle of water and sunscreen.
- So that you'll be comfortable and enjoy your hike, make sure that you choose a good backpack. We recommend a backpack that is well-made and of the appropriate size, with padded straps, and made of strong fabric that is waterproof. You must carry all materials for your hike yourself, as no porter services are provided.
- Shoes
- Most importantly, you should bring a pair of good-fitting, comfortable shoes. It is best that you use these shoes prior to leaving for your cruise. It is important that you be comfortable in them.
- Regardless of the level of difficulty of the hike, your shoes should have a good quality, well sewn-on and non-slip sole for wet or uneven terrain. It is best to choose shoes that provide ankle support and that have shock-absorbing soles to prevent injury to ankles, and back and joint problems.
- Clothes
- You'll be well-prepared for your hike with these essentials:
- Undergarments / base layers that are appropriate for the planned hike
- Lightweight, quick-drying pants
- Warm sweater or fleece jacket
- Rain poncho or raincoat
- Hat or cap
- Thin gloves and a knit cap for the beginning and the end of the season
- Equipment

## REQUIREMENTS

Valid national identity card or passport required. Non-EU nationals are advised to consult their embassy or consulate.