



TOUR 15

Gastronomical North

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Replenishing  
body and soul.



## Replenishing body and soul.



The North of Portugal, which Porto is the capital of, is home to two demarcated regions of world famous wines: The Douro Valley for Douro Wine and Port Wine; and the Vinho Verde Demarcated Region. But, as it must be, the North of Portugal also has a rich gastronomy, in which meat and fish are prepared in multiple ways and with various garnishes. In this taste and aroma rich tour, we discover Portuguese wine varieties and the way wines should be drunk, on guided visits to the Solar do Vinho Verde (Vinho Verde Manor House) and the Port Wine Cellars; we visit markets with fish, vegetables, fruit, meats and spices and we try Portuguese recipes made by a local Chef.

### Departure >> 9h00

- >> Departure to the Matosinhos market where we can see the best fresh fish (30 min).
- >> Sightseeing tour of Matosinhos, Foz do Porto, Douro riverfront.
- >> Visit to the Casa do Vinho Verde (Vinho Verde House) in Rua da Restauração. Presentation and tasting of the wines from this demarcated region (60 min).
- >> The tour continues past the city centre, the main squares and avenues (Praça da Liberdade and Praça da Batalha) and Avenida dos Aliados.
- >> Visit to the Bolhão Market, where we can buy fruit, vegetables, fish, meat, smoked sausages, bread and cheese, spices and flowers, handicrafts (30 min).
- >> Lunch with presentation of dishes made by the actual Chef (120 min).
- >> Visit to the Port Wine Cellars with tasting and explanations of the different types of wine by an expert (60 min).
- >> Return to the port.

#### NOTES:

Programme not possible on Sundays because the markets and the Vinho Verde House are closed (the latter also closes on Saturdays).

-  7h30 >> Duration of the tour
-  2h00 >> Time spent on bus
-  2h00 >> Lunch time
-  2h30 >> Time spent on cultural visit