

The Taste of Silence: Portugal in a Gourmet & Wellness Version 4 Days



Between Vineyards and Flavors: A Universe Journey Through Luxury Portuguese

This exclusive Universe itinerary celebrates the intersection of luxury, flavor, and well-being.

For four days, travelers immerse themselves in the best of Portuguese gastronomy with meals at Michelin-starred restaurants, accommodations in 5-star hotels, and private wine tourism experiences in the Douro and Minho valleys.

From dinner under the lights of Porto at The Yeatman Gastronomic, to sunset in the Douro vineyards, and the aromatic notes of Vinho Verde wines in Guimarães, each moment is curated with precision and soul.

Comfort meets meaning, with signature spas, tasting menus, author wines, and moments of silence amidst landscapes that seem eternal.

More than an itinerary, it is a sensory and emotional experience created by Universe: a journey through the new Portuguese luxury, where time, flavor, and authenticity become art.





01 Day Porto: Elegance on the Banks of the Douro

Essence: Urban sophistication, exceptional wines, and signature flavors

Morning: Arrival in Porto and check-in at The Yeatman Hotel (5-star Relais & Châteaux), a world-renowned wine and hospitality company with one of the largest collections of Portuguese wines.

Lunch: Antiquvm Restaurant (1 Michelin star, chef Vítor Matos) – contemporary cuisine inspired by the Atlantic and Douro wines.

Afternoon: Caudalie wine therapy session at the Yeatman's spa or private tasting in the neighboring cellars of V.N. Gaia, with a resident winemaker.

Dinner: The Yeatman Gastronomic (2 Michelin stars, chef Ricardo Costa) – tasting menu combining terroir, technique, and iconic wines.

Accommodation: The Yeatman Hotel (5 stars)
Panoramic luxury and excellent wine tourism.





02 Day Douro: Vineyards, Silence and Haute Cuisine

Essence: Natural luxury and wine as a sensory experience

Morning: Journey through the Douro Valley
Check-in at Six Senses Douro Valley (5-star icon of sustainable luxury, surrounded by centuries-old vineyards.

Lunch: DOC (Folgosa do Douro, 1-star Michelin chef Rui Paula), dishes that reinterpret Douro cuisine in perfect harmony with wines from neighboring farms.

Afternoon: Visit and private tasting at a premium Douro farm (Quinta da Pacheca, with wine and chocolate pairings.
Wine therapy and aromatherapy session at the Six Senses spa.

Dinner: The Vale de Abraão – organic tasting menu, prepared with produce from the hotel's garden and biodynamic wines.

Accommodation: Six Senses Douro Valley (5-star) sensory luxury with river views.





03 Day Minho: Sustainability and Signature Cuisine

Essence: History, creativity, and excellent vinho verde

Morning: Transfer to Guimarães. A leisurely tour of the historic center and a stop for a tasting of premium vinho verde wines in the Ponte de Lima or Amarante region.

Lunch: A Cozinha (Guimarães, 1-star Michelin rated, chef António Loureiro), sustainable gastronomy that elevates local produce to the level of art.

Afternoon: Check-in at Carmo's Boutique Hotel (5-star SLH) – a haven of well-being and authenticity, with an aromatic spa and an outdoor pool set among gardens.

Dinner: Gourmet menu at Carmo's, with pairing organic vinho verde wines.

Accommodation: Carmo's Boutique Hotel (5-star) – intimate luxury and natural well-being.





04 Day Atlântico Gourmet: Farewell with Flavor and Emotion

Essence: The perfect fusion of sea, wine
and architecture

Morning: Return to Porto.

Final lunch: Boa Nova Tea House
(Matosinhos, 2 Michelin stars, chef Rui
Paula) a sensory experience by the sea,
where wine and the ocean interact under
the light of Álvaro Siza Vieira.

Afternoon: Free time for gourmet shopping or
a visit to WOW Porto (Wine & Cultural District),
the epitome of new Portuguese wine tourism.

End of Tour

The New Luxury of Travel: Where Flavor Meets Silence

The Universe Experience

More than an itinerary, it's a sensory journey designed with soul and purpose. Universe creates unique experiences where wine, gastronomy, and well-being intertwine in perfect harmony, revealing an authentic, sophisticated, and serene Portugal, far from the crowds and mass tourism.

Wine Tourism

Each Universe itinerary is designed around the essence of Portuguese wine: private visits to historic farms, exclusive tastings led by winemakers, paired menus, and vinotherapy rituals in signature spas. The vineyards of the Douro, Minho, and Galicia become a setting for contemplation and celebration of the terroir.

Gastronomy

The Michelin-starred restaurants and signature chefs chosen for this itinerary represent the highest expression of contemporary Portuguese cuisine. These are experiences that combine technique and emotion, where each dish tells a story of territory, season, and identity.

Hospitality

Lodging reflects the same rigor: Relais & Châteaux and Six Senses properties, world-renowned for sustainable hospitality, sensory comfort, and personalized attention. Each space is a haven of calm, architecture, and nature.

Wellness

Amidst vineyards, rivers, and Atlantic landscapes, body and mind find balance in award-winning spas, rejuvenation programs, mindfulness practices, and aromatic rituals. Here, luxury is time—time to breathe, feel, and reconnect.



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