



# Douro: The River of Peoples, from Prehistory to Wine Culture Porto/Toro Route 6 Days



(enoturism)

# Porto, Toro, and Douro: Heritage, Vineyards, and Traditions that Unite Portugal and Spain

This itinerary stems from the conviction that wine tourism can be a powerful driver for revitalizing territories, creating connections between cultures, and showcasing the most authentic aspects of the Douro and Duero regions.

By connecting Porto and Toro, the route places the wineries and bodegas at the center of the experience, transforming each wine tasting into a sensory and historical journey: from Port wine, stored in centuries-old cellars, to the powerful wines of Toro, passing through the fresh Vinho Verde wines of Aveleda, the structured reds of the Douro, and the Trás-os-Montes wines of Valpaços.

The river, once the route of the rabelo boats that transported barrels of wine to Porto, assumes a symbolic and real role here as a channel of communication and connection, functioning as a natural pathway connecting regions, products, and tourists.

At the same time, the gastronomy of the interior, often lesser-known, appears in all its diversity: roast kid from the Douro, smoked meats from Vinhais, sausages from Foz Côa, lechazo from Toro, homemade bread, artisanal cheeses, and virgin olive oil, always paired with wine.

Conventual sweets, a legacy of centuries of monastic knowledge, add sweetness and identity.

More than just a tasting itinerary, this tour is a cultural and economic promotion project that values the territory, reinforces regional identity, and offers visitors a complete experience. It also aims to be a response to Toro's challenge: connecting Porto and the Douro region for tourism, integrating into a wine tourism network that uses wine as its common language.

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## 01 Day Porto/ Amarante

The journey begins in the heart of Porto, next to Cais da Ribeira, the departure and arrival point of the old rabelo boats that transported Port wine.

Across the Douro River to Regua,

After a guided tour of the Sandeman Cellars, traditional Port wine cellars, an exclusive lunch follows among centuries-old barrels.

In the afternoon, the route leads to Quinta da Aveleda, a reference in Vinho Verde wine, before arriving in Amarante.

Tour of the historic center and tasting of conventual sweets paired with Port wine.

Stay at the exquisite Quinta da Calçada Palace, and enjoy a traditional dinner paired with white and red Vinho Verde wines from the region.





## 02 Day Régua Vila Nova de Foz Coa

Departure towards Régua to visit the Port Wine Museum and the departure pier for the Rabelo boats.

Lunch and wine tasting at Quinta de Santa Eufêmia, visiting the winery and vineyards.

In the afternoon, a short boat ride along the Douro River, near Pinhão, allows you to admire the terraced vineyards.

The itinerary continues to Freixo de Numão, with a visit to the historic center and the Cooperative Winery.

Next, Vila Nova de Foz Côa surprises with its traditional shops selling artisanal sausages and cheeses.

Dinner and accommodation at the charming Quinta do Vallado – Casa do Rio, with a visit to the winery and tasting.





## 03 Day Mazouco Toro

After a brief visit to the Quinta do Vallado winery, departure for Mazouco, a historic town with a wine and gastronomic tradition.

Tasting of local wines, sausages, and sweets, and a visit to the historic center.

Lunch at a typical restaurant and tasting of Mazouco wines.

After lunch, visit the rock carvings of the Côa Valley.

Following the Douro River, the trip crosses the border to Toro, and the first stop is the Pagos del Rey Wine Museum and a visit to the wines of Toro.

Dinner at a typical Zamora restaurant, and overnight at the NH Palacio del Agua hotel.





## 04 Day Toro Toro

Morning tour of the historic center of Toro, with stops at shops selling Toro wines and regional items.

Visit to a traditional Toro winery. Lunch and tasting at Bodega Fariña, one of the oldest wineries in the Toro region, founded in 1942. It has great historical significance in the Toro DO, and influence on the development of local winemaking.

In the afternoon, visit the famous underground boggas, ancient cellars that hold centuries-old secrets.

The day ends with dinner at the cozy Doña Negra Restaurant, regional gastronomy and Wine selection from Toro.

Overnight at the NH Palacio del Agua, in Zamora.







## 05 Day Zamora Zamora

Morning – Departure to the Historic Center of Zamora: Tour through the medieval streets, walls, and historic gates. Zamora Cathedral and Castle Break at a traditional café to taste a toast with olive oil from Tierra de Zamora, and then depart to a winery of the DO Tierra del Vino de Zamora, Viñas del Cenit (signature wines),

Guided tour of the vineyards and cellar, ending with a tasting of robust red and white wines. Gastronomic Lunch in Zamora , Typical Restaurant El Rincón de Antonio (1 Michelin star, creative cuisine with a regional base)

Afternoon – Visit to the Ethnographic Museum of Castile and León, popular culture, crafts, and traditions, final tasting in a typical tavern: cured sheep's cheeses, mountain honey, and wine at Los Caprichos de Meneses

Dinner at a traditional tavern in the heart of Zamora, with Castilian decor, and return to the NH Palacio del Agua hotel.







## 06 Day Zamora Porto

Departure from Zamora to Vinhais, via Bragança, in Trás-os-Montes, for a visit to the historic center and traditional smoked meat and sausage shops.

Lunch at a typical restaurant and tasting of traditional tapas and snacks, accompanied by wines from Trás-os-Montes.

In the afternoon, wine tasting at the Adega Cooperativa de Valpaços, featuring wines from the Trás-os-Montes region, showcasing the character of Portugal's "Hot Land."

The return to Porto also includes a brief stop in Guimarães, the birthplace of the nation, concluding the tour with a touch of history.

Return to Porto and end of the tour





From Porto to Toro, this five-day itinerary explores historic wineries, farms, and wineries along the Douro River, exploring wines, cuisine, and traditions. It includes Amarante, Régua, Pinhão, Mazouco, Foz Côa, Zamora, Toro, Vinhais, Valpaços, and Guimarães.

Playbook – 5-Day Wine Tourism Itinerary from Porto / Toro / Porto

Day 1 – Porto / Amarante

- Stroll along the Ribeira Wharf, the departure and arrival point for the rabelo boats.
- Guided tour of the Sandeman Cellars, followed by an exclusive lunch among century-old barrels.
- In the afternoon, visit Quinta da Aveleda (Vinhos Verdes).
- Stroll through the historic center of Amarante with a tasting of convent sweets paired with Port Wine.
- Overnight: Quinta da Calçada Palace.
- Dinner: traditional wine paired with white and red Vinho Verde wines.

Day 2 – Régua / Pinhão / Freixo de Numão / Foz Côa

- Departure towards Régua: visit to the Port Wine Museum and the rabelo wharf.
- Lunch and wine tasting at Quinta de Santa Eufémia, with a visit to the winery and vineyards. - Short boat trip on the Douro River (Pinhão) to admire the terraced vineyards.
- Visit the historic center and the Freixo de Numão Cooperative Winery.
- In Foz Côa, explore traditional shops selling cured meats and artisanal cheeses.
- Accommodation & dinner: Quinta do Vallado – Casa do Rio, with a winery tour and tasting.

Day 3 – Mazouco/Côa Valley/Toro (Spain)

- Visit to the Quinta do Vallado winery.
- Departure for Mazouco: historical tour, tasting of wines, cured meats, and local sweets.
- Lunch: typical restaurant with Mazouco wines.
- Visit to the rock carvings of the Côa Valley.
- Crossing to Spain: arrival in Toro.
- Visit to the Pagos del Rey Wine Museum.
- Accommodation & dinner: NH Palacio del Agua Hotel, with a visit to the winery and wine tasting.

Day 4 – Toro: Wines & Underground Wineries

- Tour of the historic center of Toro, with stops at wine shops and regional items.
- Visit to a traditional winery.
- Lunch & tasting: Bodega Fariña, one of the most emblematic wineries of the D.O. Toro (founded in 1942).
- In the afternoon, visit the underground cellars, ancient wineries dating back centuries.
- Dinner: Doña Negra Restaurant in Toro
- Stay: NH Palacio del Agua in Zamora.

Day 5 - Zamora

- Morning - Departure to the Historic Center of Zamora: stroll through medieval streets, walls, and historic gates. Zamora Cathedral and Castle
- Pause at a traditional café to enjoy toast with olive oil from Tierra de Zamora, and then head to a winery in the D.O. Tierra del Vino de Zamora, Viñas del Cenit (signature wines), guided tour of the vineyards and winery, ending with a tasting of robust red and white wines
- Gastronomic Lunch in Zamora at the typical El Rincón de Antonio restaurant (1 Michelin star, creative cuisine with a regional focus)
- Afternoon – Visit to the Ethnographic Museum of Castile and Leon, popular culture, crafts, and traditions, final tasting in a typical tavern: cured sheep's cheeses, mountain honey, and wine. Los Caprichos de Meneses
- Dinner at a traditional tavern in the heart of Zamora, with Castilian décor, and return to the NH Palacio del Agua hotel

Day 6 – Zamora/Vinhais/Valpaços/Porto

- Departure from Toro towards Vinhais, passing through Bragança.
- Visit the historic center and shops selling traditional smoked meats and sausages. -Lunch: typical restaurant with tapas and snacks from Trás-os-Montes.
- Wine tasting at the Adega Cooperativa de Valpaços, a symbol of the "Hot Land" of Trás-os-Montes.

Return to Porto with a stop in Guimarães, the birthplace of the nation.

End of the tour.



# Douro: River of Wine, Traditions, and History

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Stranger and leave as a Friend.



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