

Atlantic Hot Springs – Silent Luxury between Minho, Galicia, Vidago and Douro 5 Days



Between Waters and Vineyards: A Refuge of Well-Being and Refinement

Between the green mountains and the gentle glow of the Atlantic waters, this Universe itinerary invites you to pause, experience silence, and indulge your senses.

For five days, body and mind find refuge in historic spas and prestigious hotels, where tranquility becomes art.

From the mineral aromas of Mondariz to the aristocratic serenity of Vidago, to the elegance of Six Senses Douro Valley, every moment is dedicated to well-being.

Premium cuisine keeps pace with serene luxury: fresh seafood, signature wines, Michelin-starred tasting menus, and the delicacy of those who cook with soul.

More than a trip, it's an immersion in the new luxury, one that values time, authentic comfort, and holistic health.

An experience designed for those seeking the essentials: feeling, breathing and living with refinement, traveling with a driver/guide in a luxury, comfortable car that ensures elegance throughout the itinerary.



01 Day From Porto to Minho: The Beginning of Relaxation

Essence: Rural elegance, spa, and signature flavors.

Morning: Private departure from Porto toward Minho.

Gourmet lunch: A Carvalheira (Ponte de Lima), contemporary Minho cuisine with seasonal produce and premium Vinho Verde wines.

Afternoon: Arrival at Hotel Minho (Spa & Nature, Vila Nova de Cerveira) – relaxing session at the spa: water circuit, jacuzzi, and aromatic massage with Gerês oils.

Dinner: Porta do Sol Restaurant (Cerveira), panoramic setting and Atlantic cuisine inspired by Galician and Minho.

Accommodation: Hotel Minho Spa, superior room with full access to the wellness center.





02 Day Vigo and Mondariz: The Energy of Water

Essence: Sea, luxury, and historic thermal baths.

Morning: Travel to Vigo and private boat tour of Vigo Bay, fresh seafood tasting (oysters, scallops, mussels), and champagne on board, overlooking the Cíes Islands.

Lunch: On board – seafood and sparkling wine menu prepared by a local chef.

Afternoon: Arrival at the Balneario de Mondariz (5-star), the most iconic spa in Galicia.

Free time to enjoy the Palacio del Agua: the Celtic circuit, Vichy showers, thermal jacuzzi, dynamic pool, and hammam.

Gourmet dinner: Eirado da Leña, Pontevedra, (Michelin-starred).

Accommodation: Balneario de Mondariz Hotel, thermal suite.





03 Day Heading to Vidago: Luxury, Silence, and Mineral Water

Essence: Aristocratic tranquility and modern thermal spas.

Morning: Panoramic drive to Vidago, with a stop in Chaves.

Lunch: Aquae Flaviae Restaurant (Chaves), modern cuisine with products from Trás-os-Montes.

Afternoon: Check-in at the legendary Vidago Palace Hotel (5-star Relais & Châteaux).

Afternoon dedicated to the Vidago Thermal Spa: mineral baths, hydromassage, thermal clay wrap, and signature Vidago Experience massage.

Dinner: Primavera Restaurant (Vidago Palace), tasting menu with Douro wines.

Accommodation: Vidago Palace Hotel, spa suite.





04 Dia From Vidago to the Douro: The Pleasure of Time

Essence: Vineyards, natural luxury, and a sensory spa.

Morning: Departure from Vidago toward the Douro Demarcated Region.

Gourmet lunch: DOC by Rui Paula (Folgosa do Douro) or Castas & Pratos (Régua) both with river views and signature menus inspired by the Douro terroir.

Afternoon: Arrival at Six Senses Douro Valley, an icon of sustainable luxury in Portugal. Afternoon at leisure to enjoy the Six Senses Spa, thermal circuit, herbal sauna, indoor pool, panoramic massage, and Renew Journey.

Dinner: The Vale de Abraão Restaurant, menu tasting with organic produce from the garden and Douro wines.

Accommodation: Six Senses Douro Valley (5-star), spa suite with balcony overlooking the vineyards.





05 Day Return to Porto with Flavor and Elegance

Essence: A gourmet and relaxed ending.

Morning: Breakfast on the panoramic terrace and free morning for a final spa session or a leisurely stroll through the vineyards.

Final lunch: Casa da Calçada Relais & Châteaux (Amarante, Michelin star) signature cuisine with a view of the Tâmega River.

Short tour of the historic center and tasting of traditional convent sweets.

Afternoon: Private return to Porto

Universe of Luxury and Wellness

Hotel Minho Spa (4 stars) – a contemporary retreat nestled among vineyards and hills, where serenity meets design. Its signature spa combines Gerês oils and treatments inspired by Minho's natural beauty.

Balneario de Mondariz (5 stars) – the ultimate symbol of Galician thermal spas. The historic Palacio del Agua offers Celtic circuits, Vichy showers, and therapies with ancient mineral waters.

Vidago Palace (5 stars Relais & Châteaux) – an icon of Portuguese elegance, combining aristocratic heritage with modern wellness. Its thermal spa, designed by architect Álvaro Siza Vieira, is a temple of tranquility and timeless luxury.

Six Senses Douro Valley (5 stars) – the pinnacle of sustainable luxury amidst the wine-growing landscape. Rejuvenation programs, vinotherapy therapies, and organic menus celebrate the balance between body and soul. Nature.

Gastronomy & Restaurants Suggestion Universe

On this itinerary, the pleasure of the table accompanies the rhythm of well-being and the landscape. Each meal was carefully selected to reflect the essence of the region, from the Atlantic to the Douro, celebrating the creativity of award-winning chefs, local ingredients, and soulful culinary experiences.

A Carvalheira (Ponte de Lima) – contemporary Minho cuisine by chef Ricardo Correia, combining local produce with modern techniques and pairings with premium Vinho Verde wines.

Porta do Sol (Vila Nova de Cerveira) – signature Atlantic cuisine, focusing on seafood and fresh fish, reinterpreted with contemporary elegance and panoramic views of the Minho River.

Eirado da Leña (Pontevedra – 1 Michelin star) – chef Iñaki Bretal offers a sensory and intimate experience, where the sea is the protagonist and the dish, a work of art.

Aquae Flaviae (Chaves) – signature cuisine from Trás-os-Montes reinterpreted with lightness and modernity, in an elegant and welcoming setting.

Primavera (Vidago Palace) – tasting menu by chef Vítor Matos, blending tradition and innovation with a touch of classic sophistication.

DOC by Rui Paula (Folgosa do Douro) – An icon of Portuguese gastronomy, chef Rui Paula celebrates the Douro with visual and poetic dishes served over the river's mirror.

The Vale de Abraão (Six Senses Douro Valley) – a refined restaurant where sustainable luxury takes shape: seasonal menus inspired by the resort's organic garden, with creative signatures and biodynamic Douro wines.

Casa da Calçada Relais & Châteaux (Amarante – 1 Michelin star) – Chef Tiago Bonito transforms local produce into haute cuisine, in a palace with romantic views of the Tâmega River.

