



FOOD
& WINE
TRAILS
EPICUREAN TOURS

Sommelier Series

Portugal Land Tour

August 27 – September 5, 2025

DOURO VALLEY – FAMED FOR PRODUCING THE COUNTRY'S BELOVED PORT WINE

9 Nights/10 Days



Discover Portugal's culinary and cultural heart on this road trip through Lisbon, Porto, and the Douro Valley. You will take in picturesque landscapes dotted with old towns perched over peaceful riverbanks as you set out on a gastronomic adventure across Portugal's finest wine regions. Embark on a luxury journey of discovery with this exclusive itinerary, mixing culinary experiences and cultural visits. This trip will also take you off the beaten path to meet family producers in a variety of both renowned and lesser-known wine regions from the Lisboa Valley to Minho, one of Portugal's best-kept secrets.

Experience coveted award-winning cellars, iconic dishes and terraced vineyards as you wander from the emerald countryside to the sparkling coastline. Explore the home of port wine and the vineyard boundaries that originated in 1756, making it the oldest demarcated wine region in the world. With a winemaking tradition that goes back 2000 years, the Douro Valley produces some of the finest wines in Portugal today. Savor a spectrum of dining experiences, from Michelin-starred establishments to hidden culinary treasures, each harmoniously paired with local wines. Rest in premier accommodations, from opulent 5-star hotels to historic boutique estates, each one meticulously chosen for your utmost comfort.

Expect an unforgettable journey of sophistication and excellence in this breathtaking country!

Meet Expert Wine Guide and Sommelier - Ryan Opaz



As an added bonus, Ryan will be leading this program as your guide, sharing his knowledge of the region and its wine with the group.

Ryan Opaz was born in Minnesota and is the co-founder and CEO of Catavino, a tour operating group that helps people discover Portugal's diverse wines, foods, and landscapes.

Ryan is the co-author and photographer of the James Beard Award-nominated book *"Foot-Trodden: Portugal and the Wines That Time Forgot,"* and is the photographer for two additional books: *"Porto: Stories from Portugal's Historic Bolhão Market"* and *"The Amber Revolution."* He is also a Knight of the Port Wine Brotherhood, a Certified Port Wine Educator and Certified Sherry Educator. Although a chef at heart, Ryan's time is spent giving workshops and speeches internationally on social media and blogging for wineries. Examples of his work include *Wine Future*, *London International Wine Fair*, *Essência do Vinho*, *WBIS*, *Fine Wine*, and many more. He currently lives in Porto, Portugal where he explores the country with his camera and family.

Day 01



Prado



Lisbon

Welcome to Spain!

Meet your private English-speaking driver at Lisbon International Airport and transfer to the **Boutique Hotel, Duque de Loulé**. Depending on when your flight arrives, your afternoon is free and at your leisure but be sure to check into the hotel before 6pm (in time to make dinner departure).

This evening, join your expert wine guide, **Ryan Opaz**, and driver in the hotel lobby and leave towards Baixa located in the heart of Lisbon. Here you will enjoy a special welcome dinner at **Prado**, a farm to table modern Portuguese Restaurant. Housed in a former fish factory and complete with soaring ceilings, lush greenery and Roman ruins on display, Prado ('Meadow') is led by the insanely talented young chef António Galapito. Prado celebrates the best Portugal has to offer, from sea to land. The daily menu is imaginative and fun, and all the dishes are inspired by fresh national and seasonal ingredients, often using impressive smoking and fermentation techniques. Beyond food, Prado offers a diverse wine menu filled with organic, biodynamic and natural bottles from all over Portugal with a focus on wines produced near Lisbon.

Afterwards, you may wish to visit the Prado Wine Bar or explore the vibrant nightlife in Lisbon before returning to your hotel to rest for the evening.

[D]

Day 02

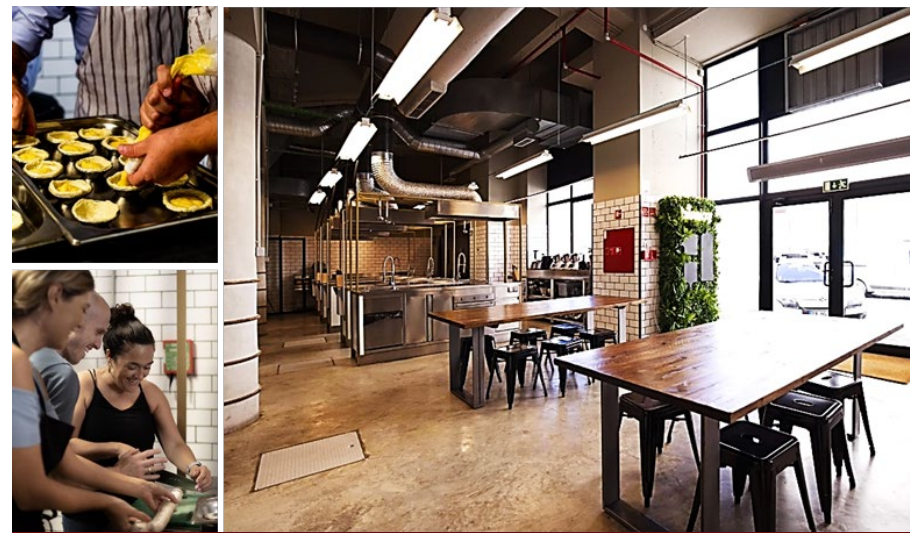
After a leisurely breakfast, meet Ryan and your driver at the hotel lobby and leave towards the iconic markets in Lisbon. Here you will meet a professional chef at one of their favorite markets or directly at their venue for a hands-on and intimate cooking class. This one-on-one time with the chef will allow you to meet some of the vendors at the market, learn about Portuguese produce, and learn how to cook a Portuguese meal by exploring traditional techniques and culinary secrets passed down from generation to generation. Each dish prepared is a tribute to the rich culinary heritage of Portugal, a sensorial experience that will transport you to the heart of local culture. This is a very relaxed, entertaining, and tasty experience, so take this intimate time with the chef to ask as many questions as you want and learn all about Portuguese cuisine. The class can be as hands-on as you want it to be or feel comfortable with, and you will also get the recipes emailed to you afterward, so you can try and replicate the dishes you have cooked once you get home.

The remainder of the afternoon and evening is free for you to explore Lisbon on your own. Perhaps Listen to moody fado music in the historic Alfama district, pick up custard tarts from their namesake shop in Belém, or marvel at the city's signature blue tile work as you wonder the gorgeous “calçada portuguesa” cobblestone streets. Try some fresh takes on traditional Portuguese food, explore the modern art galleries or the street art at LX Factory. This city is super walkable, but the tram (those iconic yellow streetcars) will be there when your feet get tired at the end of the day.

[B, L]



Lisbon Market



Cooking Class

Day 03



Adegas Viúva Gomes



Adraga Restaurant

Today after a bountiful breakfast, depart for **Almocageme, Colares**, a demarcated wine-growing region where you will visit one of the oldest wineries in this village, **Adegas Viúva Gomes Estate**. Planted in sand on the reclusive slopes of Sintra, the Ramisco and Malvasia Fina grapes boast some of the only ungrafted vines in Europe. Today everywhere in Europe, except in the sands of this region, the use of the American plant (resistant to the insect) was adopted and grafted with European grape varieties. Known for exquisite wines since the late 18th century, these Colares limited-edition wines are becoming some of the world's most treasured keeps. Adegas Viúva Gomes, established in 1808, was built on legacy and resilience and is now a project of father and son, 4th and 5th generation. Meet Diogo Baeta and learn about how he and his father have recovered and relaunched this iconic brand, as you taste your way through a bit of history!

Following the tour and tasting, shuttle towards the beach for lunch and indulge in some exceptional fresh fish at the spectacular **Adraga Restaurant**. Referred to by Sergi Arola as “the best beach fish restaurant in the world,” the cuisine is rich and exquisite in its simple preparation. Located right on one of the most beautiful beaches in Portugal, the Praia da Adraga, Restaurante Adraga has existed since 1905, and as been in the family for four generations. Each fish is brought directly to your table for you to see before it is cooked to your liking and be sure to indulge in one of their famous homemade desserts.

After a luscious lunch, your driver will take you back to your hotel in Lisbon, making one stop along the way for an iconic picture at **Cabo da Roca**, the wild and rugged headland that marks the most westerly point of mainland Europe. This isolated ambiance of Cabo da Roca is enhanced by an historic third-order lighthouse, which originally began operating in 1772.

Take the rest of the day at your leisure where you are free to explore this amazing city at your own pace or finish off the day at the hotel's rooftop bar sipping a cocktail or having a snack while enjoying the sunset over the Portuguese capital.

[B, L]

Day 04



Quinta da Chocapalha



Valverde Santa Hotel

Today after a plentiful breakfast, you will check out of your hotel and your driver will take you towards the stunning Dão Wine Region.

On the way, stop at one of the most famous wineries in the area, **Quinta da Chocapalha**, and delight your senses with a wine tour, tasting and lunch paired with their magnificent wines. The 110 acres of nearly abandoned vineyards dating back to the 16th century were discovered on the estate by the current owners, Alice and Paulo Tavares da Silva. The couple immediately embarked on an investment program to replant and regraft the vines with the thriving varieties of the area, both indigenous and international. With the technical guidance of Sandra Tavares da Silva, the couple's daughter, they produce wines that better reflect the special terroir of this demarcated region of Lisbon.

After lunch, enjoy the scenic drive to **Santar** (the Portuguese region of Centro) taking in the lush landscapes and sweeping countryside views along the way and check in at **Valverde Santar Hotel & Spa** (Relais & Chateaux). Located between the Estrela and Caramulo mountains, where the Mondego and Dão rivers meander, "Casa das Fidalgas" is an aristocratic mansion, built in the 17th century and surrounded by vineyards and gardens. This ancestral estate was owned by some of the most noble families in Portugal and still contains many of the original owner's antiques, paintings and collections.

The rest of the afternoon and evening is yours to unwind at the hotel and further explore the amenities (including the restaurant, Memorias Santar), the gardens and grounds of this lovely estate.

[B, L]

Day 05



Julia Kemper Estate



Textura Wines

After a late brunch this morning, take some time to relax and enjoy the splendid hotel facilities before starting your day.

Meet Ryan and your driver at the hotel lobby and leave towards the **Quinta do Cruzeiro Vineyards** located in the Dão region, one of the oldest and most historic parts of Portugal. Enjoy a premium wine tasting with pestiscos at the **Julia Kemper Estate**, acknowledged internationally with a number of excellent wine awards including a *Top 50 Best Portuguese Wines* recognition. Producing exceptional quality wine has been the heart of the Melo Family for 400 years, however, it is relatively recently that wineries started to produce their wines to sell on the market. Previously, winemaking was only a family craft, passion, and tradition. Made from organically certified grapes from the 11 terroirs surrounded by forest and olive trees, these boutique wines are elegant, with a delightful acidity, floral aromas and amazing texture.

This afternoon, continue on to the terroir-driven **Textura Winery** (tesh-tura) for an exceptional tour and tasting. Nestled against Portugal's tallest inland mountain region, the Serra da Estrela, this Dão region is quickly becoming a magnet for some of Portugal's best winemakers including this family project. After sourcing 70 acres of existing vineyards from a region of small growers, the 8 plots are divided separately in Vila Nova de Tazem and Penalva do Castelo. This experimental mindset allows custom vinification to reflect the soil and location of the different parcels, delivering distinct character to each wine variety. Stay for a private dinner in the renovated century-old textile factory consisting of a regionally sourced menu paired with this amazing and unique wine.

After dinner, a drive back to your hotel will conclude the day.

[B, D]

Day 06



Serra da Estrela Cheese



Today after breakfast, check out of your hotel and with Ryan as a guide, take a drive towards the picturesque Douro Valley and make a stop at a small **local cheese factory** to experience an impressive **cheese interactive workshop**. Here, visit the farm where they grow the cardoons used to curd milk, learn about the whole process of cheese making and try and fashion your own curds in this hands-on class focusing on the "Serra da Estrela" style of cheese. Meet the cheese maker herself and learn why Serra da Estrela Cheese is a true gem from these mountainous regions of Portugal. This artisanal cheese, made from sheep's milk, is renowned for its creamy, velvety texture that melts in your mouth. Its rich, buttery flavor is subtly balanced with a hint of tanginess that leaves a lasting impression on the palate. Since the terrain here is not ideal for cattle breeding, the shepherds focused mainly on sheep and goats. Therefore, most continental cheeses are of sheep, goat or mixed variety. After the hard work of cheese making, the family would like to invite you to share lunch with them and taste some delicious traditional regional dishes made at the farm including some luscious local wines.

After the tour, drive through the Douro Valley and check into the **Vintage House Hotel** and take some time to refresh before leaving for the village of Pinhão.

Tonight's wine-paired decadent dinner will take place at **Bomfim 1896** with Pedro Lemos. This restaurant is inspired by traditional Douro family kitchens, centered around large chimneys and wood-fired ovens. Celebrating this familiar sense of sharing and conviviality, the kitchen is at the heart of the restaurant, offering a direct view of the cooking with distinct aromas of dishes prepared in wood-burning ovens and stoves. Bomfim 1896 with Pedro Lemos reflects the heritage of the region and its cooking, brought together with an exceptional selection of wines.

Conclude this perfect day with a shuttle back to your hotel in Porto for the remainder of the evening.

[B, L, D]



Bomfim 1896

Day 07

Your wine experience today will begin with a drive to **Quevedo**, a family-owned winery, located in the picturesque town of São João da Pesqueira in the Douro Superior wine region. Upon arrival, one of the family members will lead you on a walking tour of their undulating vineyards over the Douro River, followed by an intimate wine tasting and lunch with wine. This winery is part of a new generation of small family wineries based in the Douro, with over a century of Port Wine experience.

Next on the route, in the breathtaking slopes of the Douro Valley, stop at the **Quinta das Aranhas Vinhos**, a grape and wine vinification farm for an authentic grape-treading experience. Make sure to have shorts or a clothes that you don't mind getting stained and earn your *Purple Foot Club Membership*! Step into a lagare, a large, shallow stone tank filled with freshly harvested grapes, and with guidance by expert vintners, crush the fruit with your feet to gently extract both flavor and Juices. This traditional method, still practiced in the Douro Valley, will connect you to the past generations of winemaking all while surrounded by the valley's stunning landscapes (This experience is conditional based on the harvest stage at timing of visit).

With a badge of honor and wine-stained calves and feet, continue on into the vineyard-rich countryside of **Ervedosa do Douro**. Here you will be treated to a unique and tailored wine-tasting experience with an outdoor BBQ dinner prepared by the highly acclaimed **Toca da Raposa Restaurant** high above the Douro River. Delight your palate with regional Portuguese cuisine paired with hand selected local wines in a private setting overlooking an amazing Douro Valley sunset.

After enjoying this exceptional private dinner experience, you will be transferred back to your hotel for the remainder of the evening. [B, L, D]



Day 08



Vincci Ponte de Ferro patio

First on the agenda after breakfast, check out of the hotel and meet Ryan and your driver in the hotel lobby and leave toward the **Vinho Verde Wine Region**. You will be guided on a tasting journey with a visit to **Aphros Winery**, a 17th century family estate in the Lima Valley. It spreads over nearly 50 acres of land, of which six and four are chestnuts orchards. At its center stands a granite 16th century 2-story manor house complete with a chapel. The wine cellar on the first-floor dates back to the origin of the house. Learn about the artisanal pressing process and spontaneous fermentation in clay amphoras lined with beeswax. Visit the tasting room/wine bar which opens to a large patio shaded by a vine pergola and stay for lunch, paired with this very special wine.

Afterwards, shuttle to **Porto** and check in to the amazing **Vincci Ponte de Ferro**. With an afternoon and evening on your own, feel free to relax at the hotel or further explore the cobblestoned streets, stately bridges and historical architecture of Porto.

[B, L]



Aphros Winery



Day 09

As you wind down your Basque adventure, enjoy an extraordinary treat today with a private **Walking Food Tour in Porto**. You'll be taken to several tasting locations to enjoy ten traditional and iconic Portuguese foods. You will also learn about the families and history behind each of the restaurants, cafes, and specialty food shops that you'll visit. In between tastings, you will hear about the history, architecture and culture while you walk the streets of Porto. The Food Tour itself will be enough for lunch, but if you're keen for something more substantial, Ryan, your guide, can offer some spectacular suggestions.

This afternoon, shuttle back to your hotel to take some leisure time on your own before joining the group again for dinner.

Relaxed and refreshed, meet Ryan and driver at the hotel lobby and leave towards **Vila Nova de Gaia** for a farewell dinner at **Poças Port Wine Lodge**. Founded over 100 years ago, Poças Cellars lies in the hands of the 4th generation and one of the very few Port Wine companies that was born Portuguese and still belongs to the same Portuguese family. Their oldest port wines are known as the family reserve and recently, to celebrate 100 years of history, they bottled some of their oldest wines that are 100 years old. Here, on a guided tour, you will feel like you are part of a true family atmosphere, see up close a real day-to-day cellar routine and smell the unforgettable aroma of the noblest wines. As you learn about Portugal's rich winemaking history and get to know what makes port wine so special, you will also find out what pairs well with port, discovering styles that you might not have tasted before. Enjoy dinner with a prepared selection of dishes & gastronomic offerings created and paired not only with port wines, but also with a range of DOC Douro Wines.

[B, L, D]



Porto



Poças Port Wine Lodge

Day 10

It's time to say a fond farewell to Portugal, your fellow travelers, and guide at the end of this exhilarating Portuguese experience. After breakfast, check out of your hotel and you will have a private transfer that will take you to Porto International Airport for your final destination.

Adiós, hasta la próxima! Or “Tchau” for now.

[B]





Set in a historic 18th century building in the lively city center, **the H10 Duque de Loulé** is a four-star superior boutique hotel that fuses traditional Portuguese décor with a modern and elegant touch. It offers comfortable rooms, the Azul E Branco Restaurant, and the stylish Limão Rooftop Bar with spectacular views of Lisbon and the Tagus Estuary.

H10 Duque de Loulé

3 Nights / August 27 - 30, 2025

Double Standard City View King - with views over Rua de Santa Marta.

Amenities include:

- Coffee machine
- Mini bar
- Hair dryer
- Toiletries by Rituals
- Free WiFi
- In-room safe
- Flat screen TV
- Bathrobe & slippers





The 5-star Valverde Santar Hotel & Spa is the ideal destination located near the base of the Serra da Estrela mountain range and is surrounded by the vines of the Dão region. Known as the “Casa das Fidalgas,” this is one of Santar’s most important estates with nearly ten acres of vineyards and eight acres of post-Renaissance gardens. This stunning villa was built as a family estate in the 17th century by Domingos de Sampaio do Amaral and remained in the hands of some of the most noble families in the country.

Valverde Santar Hotel & Spa

2 Nights / August 30 – September 1, 2025

Double Classic Queen Room

Amenities include:

- Air conditioning
- Bathrobes
- Hairdryer
- Minibar
- Toiletries
- Free WiFi
- In-room safe
- Flat screen TV





Originally a 19th century winery, this 5-star hotel is located right on the river in the tiny town of Pinhão. Surrounded by hills and mountains covered with grapevines, each guestroom has its own private balcony with panoramic views of the Douro Valley and the Douro River. This stunning property offers beautiful public spaces both inside and out and a lovely breakfast terrace along the river.

Vintage House Hotel

2 Nights / September 1 - 3 , 2025

Double Standard King Rooms - with views overlooking a tranquil riverside setting

Amenities include:

- Air conditioning
- Free WiFi
- In-room safe
- Writing desk
- Bathrobe and slippers
- Minibar
- Hairdryer
- Flat screen TV





Located next to the Don Luis I Bridge, known as the architectural symbol of Porto, **Vincci Ponte de Ferro** is an introduction to a world of luxury where you can experience everything that this charming city has to offer. This unique hotel occupies several old buildings spread out on a steep slope between the Serra do Pilar Monastery (known for its panoramic view of Porto) and the quays of Vila Nova de Gaia, the port cellar district. The historic buildings consist of old port cellars and warehouses and an abandoned casino. Enjoy the outstanding rooms, Terrace 6 Ponte Sky Bar, Ponte de Ferro Restaurant, a mini-pool and the Adega Wine Bar all with stunning views.

Vincci Ponte de Ferro

2 Nights / September 3 - 5, 2025

Double Standard King River View Room -
with views of the Douro River

Amenities include:

- Air conditioning
- Coffee machine
- Free WiFi & Bluetooth
- In-room safe
- Pillow menu
- Hairdryer
- Flat screen TV





PER PERSON PRICE: \$10,295.00

SINGLE SUPPLEMENT: \$1,434.00

TOUR INCLUDES: Nine (9) hotel nights in various standard room categories, hotel portorage, nine (9) breakfasts, seven (7) lunches with wine, 3 wine-paired, five (5) wine paired dinners, expert wine guide & Sommelier Ryan Opaz, all winery tours and tastings, all gratuities, entrance and tour fees, arrival transfers from Lisbon airport to the hotel, departure transfers from the hotel to Porto Airport, transportation on deluxe AC motorcoach, water bottle on the coach and all local taxes.

NOT INCLUDED: Hotel upgrades, additional hotel nights, all items of a personal nature.

NOTE: Please arrive at the hotel with enough time to meet the group at the hotel by 6pm, in time to make dinner departure.

ACTIVITY LEVEL: There will be a great deal of walking on uneven surfaces throughout the tour.

NOTE: Times and providers are subject to change. Please indicate on the registration form if you are travelling with friends.

TRAVEL INSURANCE: F&WT highly encourages protecting your travel investment in case of an emergency requiring you to cancel your trip. Your F&WT's Travel Advisor can assist you with procuring the appropriate coverage. Please make sure to read the cancellation policy on the registration form outlining our cancellation policy.

[REGISTRATION FORM](#) Please click here to complete your registration.