



## PORTUGAL ROWING TOUR – DOURO 2017

- Date:** 7 to 9 of August of 2017
- Organization:** Ginásio Clube Figueirense [www.ginasiofigueirense.com](http://www.ginasiofigueirense.com); <http://www.portugalrowingtour.blogspot.pt>
- Place:** Douro river – North of Portugal (Pinhão, Régua, Caldas de Aregos)
- Total distance:** about 79km
- Boats:** 4X yollete, 4+ yolle
- Participants:** 60
- Lodging:** Hotel
- Applications:** Final date: 9 of June of 2017
- Entry forms must be signed and sent by email to [portugalrowingtour@gmail.com](mailto:portugalrowingtour@gmail.com) or by postal mail to Ginásio Clube Figueirense, Av. 1o de Maio, 3080-011 Figueira da Foz, Portugal.
- Payment:** by bank transfer to NIB: 0045 3050 40223919066 71 IBAN: PT50 0045 3050 4022 3919 0667 1 BIC/SWIFT: CCCMPTPL (send payment receipt with entry form by e-mail to [portugalrowingtour@gmail.com](mailto:portugalrowingtour@gmail.com))
- Rowers - 450€;  
Companion - 370€.
- For more information:** Rute Costa (tour director) +351 963710377 or +351 233418765 or [portugalrowingtour@gmail.com](mailto:portugalrowingtour@gmail.com)
- How to get to Pinhão:** Oporto airport – Subway from the airport to train station Campanhã – Train from Porto Campanhã to Pinhão ([www.cp.pt](http://www.cp.pt)).
- Useful Web links:** Tourism of Porto and the North of Portugal [www.portoenorte.pt/](http://www.portoenorte.pt/)  
Portugal Rowing Tour 2017 <http://portugalrowingtour.blogspot.pt>  
Ginásio Clube Figueirense [www.ginasiofigueirense.com](http://www.ginasiofigueirense.com)



## PROVISIONAL PROGRAM

### **Monday, 7 of August**

AM: Meeting point – Pinhão train station (train Porto Campanhã 9h15 – Pinhão 11h40)

Pick-nick lunch

PM: Rowing Pinhão – Régua (±23km)

Visit to a Porto wine estate

Dinner and overnight at Régua

### **Tuesday, 8 of August**

AM: Rowing Régua – Porto Rei (±15km) – crossing lock barragem de Bagauste

Pick-nick lunch

PM: Rowing Porto Rei – Caldas de Aregos (±10km)

Dinner and overnight at Caldas de Aregos

### **Wednesday, 9 of August**

AM: Rowing Caldas de Aregos – Porto Antigo (±8km)

Pick-nick lunch

Remo: Porto Antigo – crossing lock Barragem Carrapatelo – Entre-os-rios (±20km)

Farewell dinner

Overnight at Caldas de Aregos

### **More information:**

Rute Costa – 00351 963 710 377

Ginásio Clube Figueirense – 00351 233 418 765

Web: [www.portugalrowingtour.blogspot.com](http://www.portugalrowingtour.blogspot.com) / [www.ginasiofigueirense.com](http://www.ginasiofigueirense.com)

Email: [portugalrowingtour@gmail.com](mailto:portugalrowingtour@gmail.com) / [ginasiofigueirense@gmail.com](mailto:ginasiofigueirense@gmail.com)



## PROVISIONAL PROGRAM COMPANION

### **Monday, 7 of August**

AM: Meeting point – Pinhão train station (train Porto Campanhã 9h15 – Pinhão 11h40)

Pick-nick lunch

PM: Visit to a Porto wine estate at Pinhão

Visit to a Porto wine estate at Régua

Dinner and overnight at Régua

### **Tuesday, 8 of August**

All day: Visit to Lamego - Santuário de Nossa Senhora dos Remédios (1750), Sé de Lamego (1129), Capela visigótica de São Pedro de Balsemão (VII century)

Dinner and overnight at Caldas de Aregos

### **Wednesday, 9 of August**

AM: Walking tour

Pick-nick lunch

PM: Free afternoon, possibility of thermal spa

Farewell dinner

Overnight at Caldas de Aregos