



Douro

Day 1 – 12 July:

- Campanhã railway station, train at 9h25
- 11h37 arrive to Pinhão
- 12h00 pick-nick lunch
- 13h30 Boats on the water and row 19km until the lock of Bagauste, cross the lock at 17h00 and row more 4 km until Régua city
- Leave by car to hotel, about 2 km – 5 minute drive, check-in at hotel Régua Douro
<http://www.hotelreguadouro.pt>
- 18h30 Leave by car to Wine Estate “Quinta das Sequeirinhas”, about 12 km – 20 minute drive
<https://golddrink.pt/en/quinta-das-sequeirinhas>
- 19h00 visit, wine taste and dinner
- Return to the hotel after dinner

Day 2 – 13 July:

- 9h15 Leave by car to Régua river, about 2 km – 5 minute drive
- 9h30 Boats on the water and row 15km until Porto Rei (river beach)
- Picnic lunch
- Rowing 10 km from Porto Rei to Caldas de Aregos
- Walk to the Hotel
- 20h Dinner and sleep at Douro Marina Hotel <http://douromarinahotel.com/en/>

Day 3 – 14 July:

- 8h00 Leave the Hotel walking
 - 8h30 Boats on the water and row 11km until the lock of Carrapatelo, cross the lock at 11h15 and row more 13 km until Cais de Bitetos (river beach)
 - Picnic lunch
 - Rowing 18 km from Cais de Bitetos to Melres (river beach)
- Leave by car to Hotel, about 30 km – 30 minute drive https://www.eurostarshotels.co.uk/eurostars-porto-douro.html?referer_code=ADWORDS_EN

- 20h00 Dinner at local restaurant, walking distance from the hotel - Francesinhas Al Forno da Baixa, Rua do Almada 160

Day 4 – 15 July:

- 9h00 Leave the hotel by car to Melres
- 10h00 Boats on the water
- Rowing 12.5 km from Melres to Barragem de Crestuma, cross the lock at 12h25, and row more 1 km until Praia do Clube Náutico (river beach)
- Pick-nick lunch
- Rowing 15 km from Praia do Clube Náutico to Porto – Ribeira do Abade
- End of rowing
- 19h00 Dinner at local restaurant “Ar de Rio” Av. de Diogo Leite 5, 4400-111 Vila Nova de Gaia
- End of Tour