



porto e norte

Let yourself go. Find adventure.



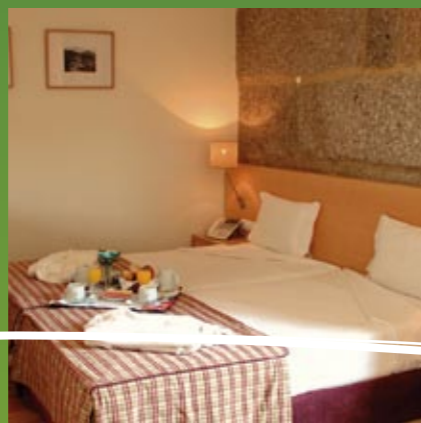
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Nature in your Horizons



Relax in a region of dazzling landscapes, where nature is at its rawest.

Embark on a voyage of discovery in a region of open and well-preserved nature, from the Atlantic Ocean beaches to the winding paths that will take you to small paradise landscapes, hidden in the mountains. Walk across the park and natural reserve tracks to breathe in all the nature that surrounds you and observe numerous rare animal and plant species. Visit the traditional villages and cross the old Roman bridges under a silence broken only by the sound of your own steps and playful bird songs. Refresh yourself in the crystal clear waters of a small creek and feast your eyes over breathtaking views you'll hold forever in your memory, from the vantage point of a belvedere.

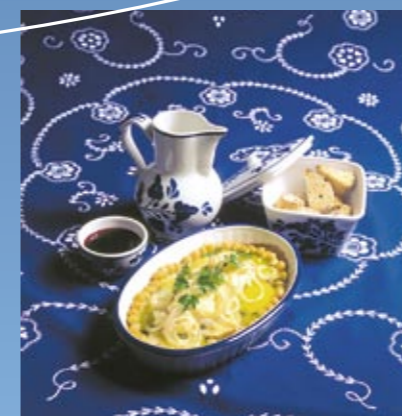




Everything Life Can Offer

Indulge in the best life can offer, in a region where you can play Golf with the ocean line within sight.

Make your arrival in Porto and the North of Portugal a different experience aboard a boat. Berth your craft at a well-equipped marina and start off on an expedition, by car or by train. Stay at the best hotels or at old farm manors, which have been converted into Rural Tourism accommodation. Take some time out for golfing on courses of different levels set in magnificent landscapes testing your skills and concentration. Retreat to the tranquillity of the clubhouse in between games and admire the surrounding nature. Spend some moments by the seashore and enjoy the magnificent sunset.



Extreme Spirit

Spend a weekend with a difference, full of adrenaline and emotion, in Portugal's white-water cathedral.

Move across the waterline in a jet-sky and defy the strong currents in an inflatable raft. Go around obstacles at dizzying speeds and work on your team spirit in a Rafting descent, or Canyoning. Let adrenalin fill your body as you watch green riverbanks go past, and as you follow the flying herons and the sliding trout and lamprey that swim by. Test your ability, with strength and determination, in brooks, dams and weirs, or find some desired peace, whilst going down river in a canoe. Leave all your troubles behind; beauty surrounds you.

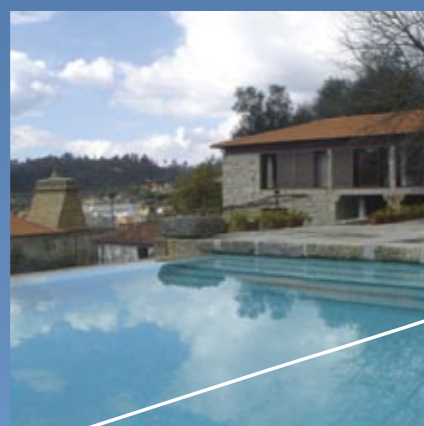


Test your Limits



Accept the challenge. Let your desire for adventure guide you and enjoy life to the fullest.

Prepare your body and mind for an unforgettable holiday in Porto and the North of Portugal. Leave your problems behind, as you find yourself surrounded by mountains, fantastic landscapes and multiple shades of green. Soar across the blue skies in a hang-glider and feel free as a bird. Spend some leisurely time in a hot-air balloon and enjoy the varied views of the region. Grab life with both hands, by climbing a mountain, and discover new emotions in a thrilling abseil descent. Go for a long walk or horse ride early in the morning and savour the quietest moments of an adventure in Porto and the North of Portugal.

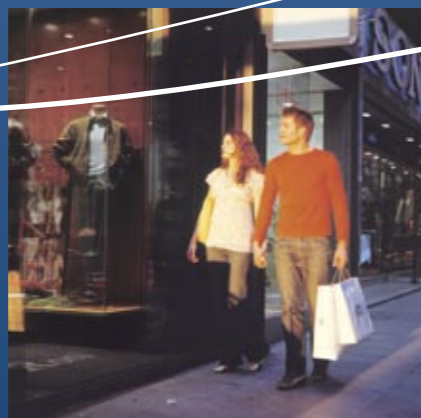
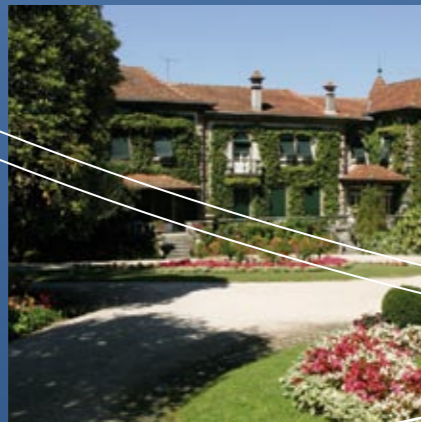


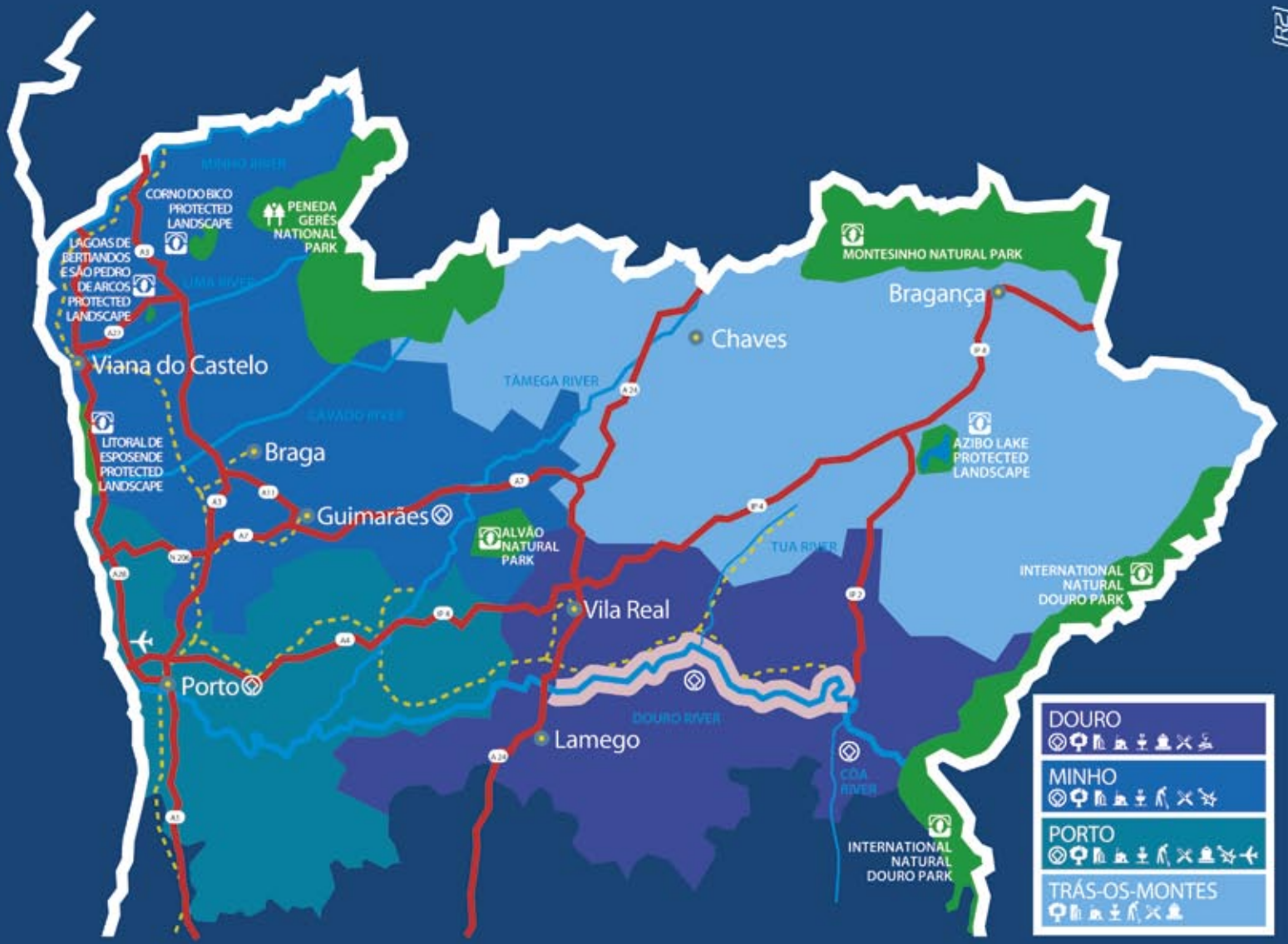
Charm and Seduction



Add to your adventure-filled days in Porto and the North of Portugal the fascination of discovering the flavours and passions of this region.

Let yourself be seduced, in the best of companies, by the best tradition of succulent and tender grilled meats from green northern pastures, and by fresh fish from the rivers and the coast. Make a toast to a great holiday with Green, or with the much-appreciated Douro wines. Take the rest of the evening off to enjoy the rhythms of nightlife and go for a drink at a bar, followed by a trip to a casino or a nightclub. In a land of great vintages, where Douro wines stand out, get acquainted with the king of the region's wines – Port Wine. Relive all the emotions and adventures of those glorious days spent in Porto and the North of Portugal with a glass of this nectar.





DOURO	
MINHO	
PORTO	
TRÁS-OS-MONTES	

- World Heritage zone
- Upper Douro Wine-growing region
- Natural Park and Protected Landscape
- National Park
- Regional Tourist Centres
- Highways and main roads
- River
- Railway track
- Spa
- Port wine route
- Green wine route
- Historical Landmark
- Rural Tourism
- Gastronomy
- Golf
- Pousadas
- Airport
- Cruises on the Douro



PHOTOGRAPHY:

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