



Discovering Our Planet Together



Paddling Portugal's River of Wine

Kayak the Douro River by Day & Feast at Classic Vineyard Estates at Night



Discovering Our Planet Together

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Trip Details:

Days

9 Days / Jun–Oct

Price

From \$8995

Physical Requirements

Moderate to Difficult

Paddling Portugal's River of Wine

Kayak the Douro River by Day & Feast at Classic Vineyard Estates at Night

Savor Portuguese nature, culture and cuisine on a Dionysian paddling odyssey through romantic wine country—a unique adventure that is ours alone! We've tapped our years of connections with the families of the Douro Valley to offer this rare personal encounter with Old World Europe. The sun glints on the glassy surface of the Douro as we dip our paddles, gliding through northern Portugal's Port wine district. Hawks circle overhead between rugged mountains terraced with ancient vineyards. Tranquil mornings on the river give way to afternoon hikes in hillside orchards and festive evenings at centuries-old quintas, the wine estates of the Douro Valley. Within these hospitable family-run inns, share warm revelry with our hosts, and enjoy an inside view on contemporary rural life in Portugal. As our hosts say, "*A sua saude*"—To your health!

Trip Highlights

Revel in the Douro Valley's sunshine, nature and history in a little-traveled corner of traditional Europe—including the rock art sites of the Coa Valley

Kayak calm waters through wild mountains, granite canyons, olive and almond orchards, and centuries-old grape terraces, watching raptors circle overhead

Savor local hospitality in luxurious boutique inns on vineyard estates, joining family hosts for indulgent repasts of classic Portuguese cuisine and wines



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Trip Details:

Days

9 Days / Jun–Oct

Price

From \$8995

Physical Requirements

Moderate to Difficult

Paddling Portugal's River of Wine Itineraries

Kayak the Douro River by Day & Feast at Classic Vineyard Estates at Night



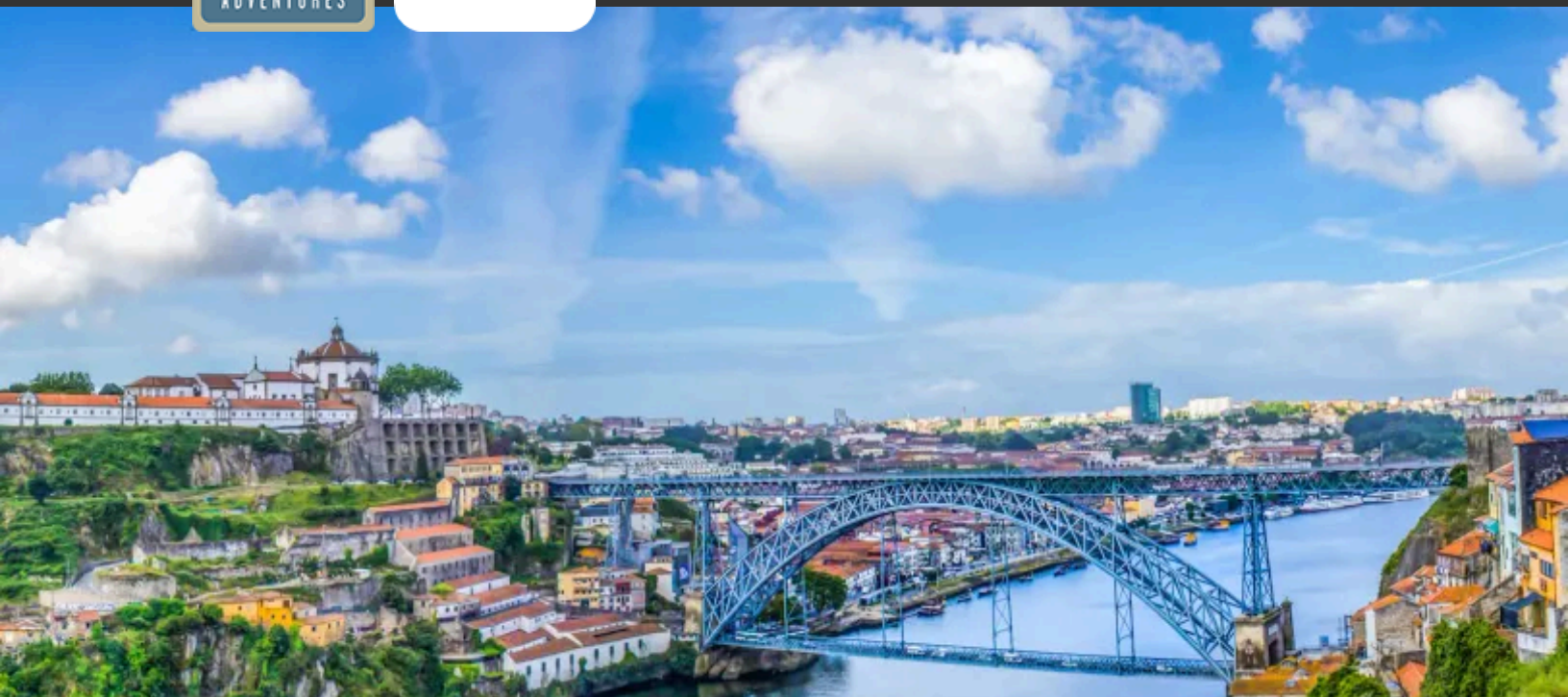
June Itinerary



August–October Itinerary



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Itinerary At A Glance

Day 1

Porto, Portugal

Day 2

Train to Pocinho / Felgar—Casa de Santa Cruz

Day 3

Kayaking on the Sabor Reservoir

Day 4

Barca d'Alva—Kayaking the Douro River / Casa do Rio

Day 5

Coa Museum & Archaeological Park / Casa do Rio

Day 6

Paddle from Foz Sabor to Freixo de Numao / Quinta das Mos Winery Tasting & Tour / Bairro do Casal

Day 7

Boat to Ferradosa / Paddle to Tua / Casa de Casal de Loivos

June Itinerary

Kayak the Douro River by Day & Feast at Classic Vineyard Estates at Night

Day 1: Porto, Portugal

Our adventure begins in Porto, Portugal's second-largest city and cultural capital of the beguiling North. Scenic Porto sits amid granite cliffs at the mouth of the Douro River and has long been a cosmopolitan trading center. The compact city is rich in architectural heritage from Roman, Gothic, Baroque, Neoclassic and Renaissance eras. This afternoon, we'll meet for an orientation of the week ahead followed by a trip across the river to Vila Nova de Gaia where we enjoy a private cellar tour and tasting at Cockburn's Port Lodge—the perfect start to a wine-soaked week ahead! We then head over to W. & J. Graham's 1890 Lodge for a welcome dinner at its acclaimed restaurant, Vinum, with its glass atrium and open-air terrace perched high on the southern bank of the Douro overlooking Porto's medieval landmarks. Featuring the best local ingredients of the Trás-os-Montes region, Northern Portugal and the Atlantic Ocean, dishes are created for pairing with fine Douro Valley wines.





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Itinerary At A Glance

Day 8

Tua / Paddle to Pinhao / Porto

Day 9

Porto / Depart

Day 2: Train to Pocinho / Felgar—Casa de Santa Cruz

Today we journey by rail 100 miles up the Douro Valley, one of Europe's oldest winemaking areas. UNESCO has recognized the Alto Douro Wine Region as a World Heritage Site, with wine produced here for more than 2,000 years. The Douro Valley, the only place authentic Port wine is made, is the world's first demarcated wine region, established in 1756. This long tradition of viticulture has produced a cultural landscape of outstanding beauty, shaping the social and economic heritage of the region. Paralleling the riverbank on a small local train on the Linha do Douro line, we reach Pocinho, where we disembark and continue to the sleepy village of Felgar and Casa de Santa Cruz, where lunch awaits. This stylish inn on the main square, originally a historic farmstead, has been beautifully restored by the owners, Ana and Jorge, who share a passion for this place that feels lost in time.

This afternoon, our Expedition Leader offers an orientation to our kayaking equipment before an optional walk down through the village to the Sabor Reservoir, wandering among almond and olive orchards and learning about life in this bucolic region as we go. Head back to our peaceful inn to relax or take a swim, then gather over a welcome drink for an orientation to the adventures planned for tomorrow, followed by a fabulous home-cooked dinner prepared by the Casa's chef.

Day 3: Kayaking on the Sabor Reservoir

We greet the morning with anticipation: It's time to paddle! Created in 2016 with the construction of the Baixo Sabor Dam, the Sabor Reservoir offers an ideal spot to get fitted to our kayaks and become comfortable with maneuvering them, with plenty of helpful pointers from our Expedition Leader. Until the dam was built to expand renewable hydro power in Portugal, the Sabor River was free-flowing from source to mouth, rising in Zamora, Spain and dropping from a considerable height to meet the Douro River. While the river's ecosystem changed with the dam, the landscape is still rugged and wild, the water is vivid turquoise-blue, and human presence remains scarce. Finding our paddling rhythm, we wind our way along the fingers of the Sabor Reservoir, the third largest reservoir in Portugal, taking in the grandeur of nature from the seat of our kayaks. After a picnic lunch, there's time to take a swim or even practice rescue skills (just for fun). Once we're back at Casa de Santa Cruz, we take a tour of the historic house as we inhale the enticing smells coming from the kitchen, where another delectable Portuguese dinner is being prepared.



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Day 4: Barca d'Alva—Kayaking the Douro River / Casa do Rio

After breakfast, we say farewell to our hosts at Casa de Santa Cruz and drive to the put-in on the Douro. We'll spend approximately 4-5 hours on the water, following the river westward as it winds from Barca d'Alva to just east of the mouth of the Coa River, a tributary of the Douro. A picnic lunch provides a peaceful interlude. Our paddle ends at the stunning Casa do Rio, an intimate luxury guesthouse surrounded by the vineyards of Quinta do Vallado, one of the premier producers of table wines in the Douro Valley. Set into a steep hillside with panoramic views over the river below, the contemporary inn enjoys complete solitude. Relax on the terrace or refresh with a swim in the infinity pool following an afternoon amble through the vineyards. And if the fine accommodations and glorious setting aren't enough, wait till you taste the gourmet dinner that comes out of the Casa's tiny kitchen!

Day 5: Coa Museum & Archaeological Park / Casa do Rio

Today offers an encounter with the layered history and culture of the Coa Valley, which contains one of the world's most important ancient rock art sites. Depart by van to visit the Coa Valley Archaeological Park, where we learn from archaeology experts about the extensive Paleolithic drawings near Vila Nova de Foz Coa, discovered in the late 1980s and designated a UNESCO World Heritage Site in 1998. The park contains some 5,000 engraved drawings of horses, bovines and other animals, and human and abstract figures, dated from 22,000 to 10,000 B.C. and documenting continuous human occupation from the end of the Paleolithic Age. The entire region was slated to be inundated by a dam under construction at the time of discovery, but after intense public pressure, the project was halted to preserve the extraordinary discovery. We'll see one of the rock art sites up close, a tiny sampler of the most remarkable open-air ensemble of Paleolithic art on the Iberian Peninsula. After, we'll head to the Coa Museum for a guided tour and lunch at the stylish museum café. As dusk nears, return to Casa do Rio where another starlit dinner on the terrace awaits.



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Day 6: Paddle from Foz Sabor to Freixo de Numao / Quinta das Mos Winery Tasting & Tour / Bairro do Casal

We're back on the river this morning, paddling from the mouth of the Sabor River, a tributary of the Douro, to Freixo de Numao, about 3-4 hours. This scenic stretch of the river narrows considerably and feels a bit as though we're paddling through a rock garden as we guide our kayaks between the granite banks. Be sure to look up periodically, as this area is frequented by an array of raptors—we could see the Egyptian vulture and the Griffon vulture, Europe's largest vulture species. Other birds of prey overhead might include the golden eagle, Bonelli's eagle, peregrine falcon and Eurasian eagle-owl.

Going ashore, we make a scenic winding drive through an agricultural tapestry to Quinta das Mos, a boutique winery producing outstanding white and red table wines and acclaimed olive oil. A special lunch and winery tour awaits, and our hosts, the Cabral family, offer a warm and gracious welcome. Before we leave, there's a chance to purchase bottles of both wine and olive oil to take home—you won't find it anywhere else! Continuing to our next accommodation, enjoy a scenic drive through the surrounding mountain countryside, where vineyards are interwoven with chestnut forests, olive and almond orchards, and undulating fields of wheat. Late this afternoon, we reach Bairro do Casal, tucked into the scenic small village of Murca do Douro. Our lodging is a collection of individual stone cottages set high on a mountainside with stunning views—no two apartment suites are alike. Capping off a delightful day of discovery, enjoy dinner at a fine restaurant on the banks of the shimmering Douro later this evening.

Day 7: Boat to Ferradosa / Paddle to Tua / Casa de Casal de Loivos

Board a motorboat this morning for a relaxing cruise downriver to Ferradosa. Along the way, we pass some of the Douro Valley's most magnificent quintas, including Graham's Quinta do Vesuvio, built in 1565, and Taylor's Quinta de Vargellas, established in 1820. Launching from a small beach, we paddle about 3-4 hours through the striking Valera Gorge, a narrow granite canyon carved over millennia by the Douro. Our destination is the village of Tua, where we enjoy lunch at a traditional riverside restaurant. Then, a spectacular winding drive takes us up and over a hill to Casa de Casal de Loivos, an 18th-century manor house set high above the heart of the Douro Valley wine-producing region. The BBC gave it the accolade of one of the six best hotel views in the world, and we concur as we survey the panoramic vista from the terrace. The Douro appears as a narrow blue ribbon far below, wending its way between steep, vine-covered slopes and rows of rolling mountains marked with the red tile roofs of centuries-old farmhouses. Before a grand al fresco dinner (weather permitting), we'll have a guided tour of this historic manor house that remains in longtime family ownership. And if the weather doesn't cooperate, we'll enjoy an equally appealing repast inside the elegant dining room.



Day 8: Tua / Paddle to Pinhao / Porto

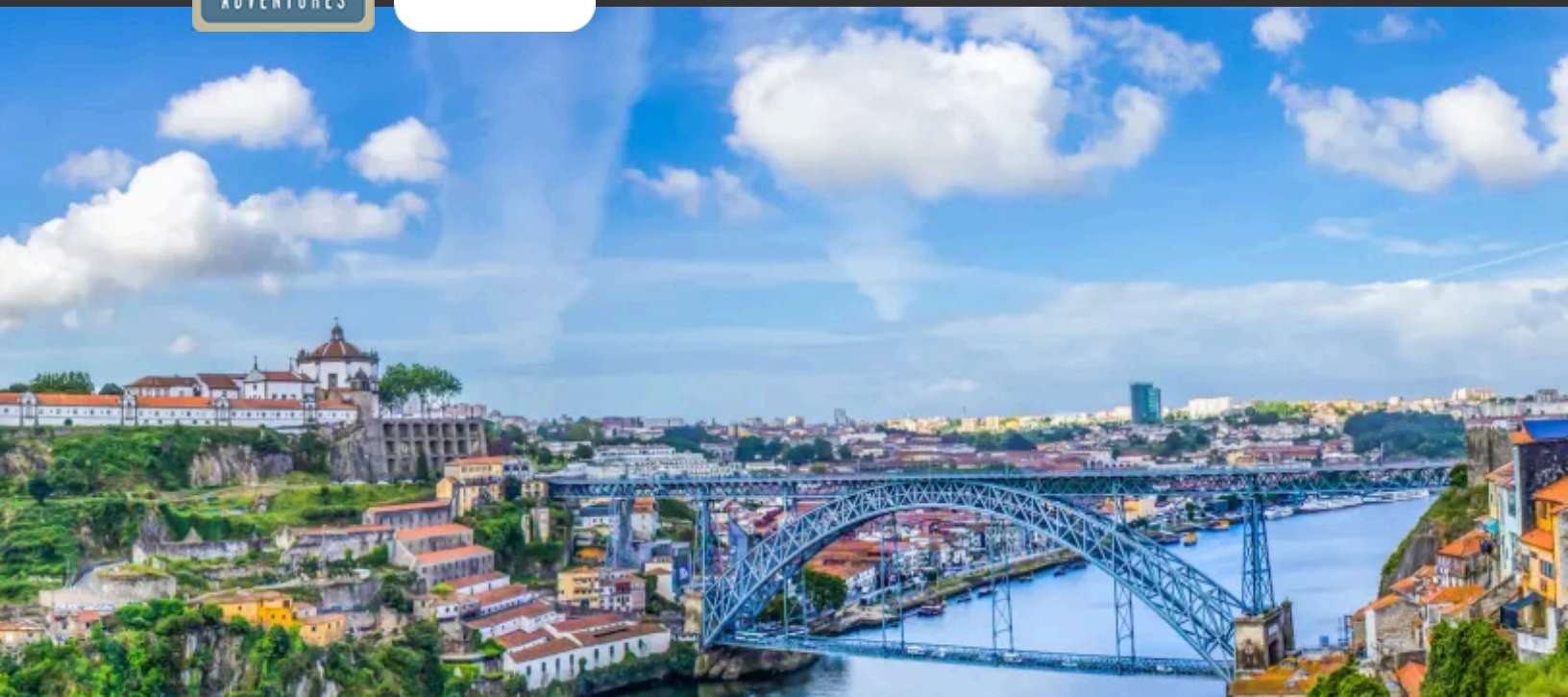
Our sojourn on the river comes to a close with a paddle from the Tua River to scenic Pinhao, a journey of about 3 to 4 hours. We are in the very center of the Douro demarcated Port wine region, with neat rows of grapevines terracing down the schist mountainsides and stately white stucco quintas dotting the hills high above the river. After a picnic lunch, there's time for a walk to see the splendid hand-painted ceramic tilework in the charming little train station in Pinhao, which is decorated with hundreds of blue and white early-20th-century azulejos showing pre-dam river and harvest scenes. We drive back to historic Porto for a festive farewell dinner, reveling in the memories we've made on Portugal's famous River of Wine.

Day 9: Porto / Depart

A transfer to the airport is included today to meet your departing flight.



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Itinerary At A Glance

Day 1

Porto, Portugal

Day 2

Train to Pocinho / Felgar—Casa de Santa Cruz

Day 3

Kayaking the Douro—Douro International Natural Park

Day 4

Barca d'Alva—Kayaking the Douro / Vila Nova de Foz Coa—Casa do Rio

Day 5

Coa Museum & Archaeological Park / Casa do Rio

Day 6

Paddle to Freixo de Numao / Quinta das Mos Winery Tasting & Tour / Bairro do Casal

Day 7

Boat to Ferradosa / Paddle to Tua—Casal de Loivos

August–October Itinerary

Kayak the Douro River by Day & Feast at Classic Vineyard Estates at Night

Day 1: Porto, Portugal

Our adventure begins in Porto, Portugal's second-largest city and cultural capital of the beguiling North. Scenic Porto sits amid granite cliffs at the mouth of the Douro River and has long been a cosmopolitan trading center. The compact city is rich in architectural heritage from Roman, Gothic, Baroque, Neoclassic and Renaissance eras. This afternoon, we'll meet for an orientation of the week ahead followed by a trip across the river to Vila Nova de Gaia where we enjoy a private cellar tour and tasting at Cockburn's Port Lodge —the perfect start to a wine-soaked week ahead! We then head over to W. & J. Graham's 1890 Lodge for a welcome dinner at its acclaimed restaurant, Vinum, with its glass atrium and open-air terrace perched high on the southern bank of the Douro overlooking Porto's medieval landmarks. Featuring the best local ingredients of the Tras-os-Montes region, Northern Portugal and the Atlantic Ocean, dishes are created for pairing with fine Douro Valley wines.





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Itinerary At A Glance

Day 8

Paddle to Pinhao / Porto

Day 9

Porto / Depart

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Day 3: Kayaking the Douro—Douro International Natural Park

We greet the morning with anticipation: It's time to meet the river! After breakfast, we drive to the put-in on the Douro where we are fitted to our kayaks and receive some helpful instruction from our Expedition Leader. We then plan to paddle approximately 5 to 6 hours. This is the international section of our river journey, with Portugal on one bank and Spain on the other. The 335 square miles of rugged surrounding terrain is part of Douro International Natural Park, created to protect the scenery and wildlife including eagles, red kites, Griffon vultures, herons, wild boar, and one of the last packs of wolves in the Tras-os-Montes region, which lives a few miles inland from the river. Natural vegetation covers the banks along this stretch of the river, with juniper, cork oak, holm oak and chestnut trees providing a green veneer for the rocky landscape. Along the way, we stop at a delightful riverside park for a picnic lunch. When we return to Casa de Santa Cruz, there's time for a swim before a tour of the historic house, with attention to the authentic details in its restoration.



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Day 4: Barca d'Alva—Kayaking the Douro / Vila Nova de Foz Coa—Casa do Rio

A beautiful paddle is in store today. We spend approximately 4 to 5 hours on the river, following the river west as it winds from Barca d'Alva to just east of the mouth of the Coa River, a tributary of the Douro. A picnic lunch provides a peaceful interlude. Our paddle ends at the stunning Casa do Rio, an intimate luxury guesthouse surrounded by the vineyards of Quinta do Vallado, one of the premier producers of table wines in the Douro Valley. Set into a steep hillside with panoramic views over the river below, the contemporary inn enjoys complete solitude. Relax on the terrace or refresh with a dip in the infinity pool following an afternoon stroll through the vineyards. And if the fine accommodations and glorious setting aren't enough, wait till you taste the gourmet dinner that comes out of the Casa's tiny kitchen!

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Day 6: Paddle to Freixo de Numao / Quinta das Mos Winery Tasting & Tour / Bairro do Casal

We're back on the river this morning for about 3 to 4 hours, guiding our kayaks from Foz do Sabor to Freixo de Numao. A quick drive away, a very special lunch and winery tour are in store at Quinta das Mos, a boutique winery producing outstanding white and red table wines and olive oil. Our hosts, the Cabral family, offer a warm and gracious welcome. We then drive on to Bairro do Casal, tucked into the scenic small village of Murca do Douro. In the surrounding countryside, vineyards are interwoven with granite mountains, chestnut forests, olive and almond orchards, and undulating fields of wheat. Capping off a delightful day of discovery, enjoy dinner at a fine local restaurant on the banks of the shimmering Douro.



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Day 7: Boat to Ferradosa / Paddle to Tua—Casal de Loivos

Board a boat to cruise downriver to Ferradosa. Along the way, we pass some of the most magnificent local quintas, including Graham's Quinta do Vesuvio, built in 1565, and Taylor's Quinta de Vargellas, established in 1820. Launching from a small beach, we paddle about 3 to 4 hours through the striking Valera Gorge, a narrow granite canyon carved over millennia by the Douro. Our destination is the village of Tua, where we enjoy lunch at a traditional riverside restaurant. Then, a spectacular winding drive takes us up and over a hill to Casa de Casal de Loivos, an 18th-century manor house set high above the heart of the Douro Valley wine-producing region. The BBC gave it the accolade of one of the six best hotel views in the world, and we avidly concur as we survey the vista from the terrace. The Douro appears as a narrow blue ribbon far below, wending its way between steep, vine-covered slopes and rows of rolling mountains marked with the red tile roofs of centuries-old farmhouses. Before a grand al fresco dinner (weather permitting), we'll have a guided tour of this historic house.

Day 8: Paddle to Pinhao / Porto

Our sojourn on the river comes to a close with one of our favorite paddling stretches, from Foz do Tua to scenic Pinhao, a journey of about 3 to 4 hours. We are in the very center of the Douro demarcated Port wine region, with neat rows of grapevines terracing down the schist mountainsides and stately white stucco quintas dotting the hills high above the river. After a picnic lunch, there's time for a walk to see the splendid hand-painted ceramic tilework in the charming little train station, which is decorated with hundreds of blue and white azulejos from the early 20th century showing pre-dam river and harvest scenes. We drive back to historic Porto for a festive farewell dinner, reveling in the memories we've made on Portugal's famous River of Wine.

Day 9: Porto / Depart

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Accommodation Details:

Hotel Infante Sagres

Casa de Santa Cruz

Casa do Rio

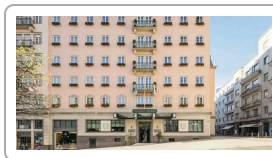
Bairro do Casal

Casa de Casal de Loivos

For detailed descriptions, visit
nathab.com/europe/portugal-kayaking-adventure/accommodations

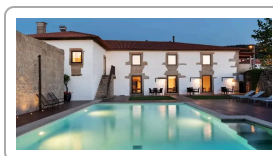
Paddling Portugal's River of Wine Accommodations

Kayak the Douro River by Day & Feast at Classic Vineyard Estates at Night



Hotel Infante Sagres

Enjoy a luxurious stay at Porto's leading boutique hotel, an icon of sophisticated design and intimate atmosphere optimally located in the historic district, minutes from the UNESCO World Heritage area.



Casa de Santa Cruz

Located on the village square, this historically significant farmhouse built in the mid-1700s has been painstakingly restored as a boutique inn by our family hosts, Anna and Jorge.



Casa do Rio

Part of the Quinta do Vallado wine estate in Portugal's Upper Douro Valley, Casa do Rio offers new luxury accommodations in six stylish suites, surrounded by vineyards with 180-degree views over the river below.



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Bairro do Casal

Located near the famous Coa Archaeological Park, this peaceful mountainside retreat is comprised of typical Portuguese stone houses rebuilt in harmony with the village's rural heritage.



Casa de Casal de Loivos

Set in a small village atop a mountain with panoramic views over the Douro River and surrounding vine-draped hillsides, this classic manor house built in 1658 offers one of Portugal's most scenic settings.



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A Slice of Old World Europe You Won't Find Anywhere Else!

Let's face it, there are a lot of European trips out there to choose from. But we know of none like this one. Designed for the active traveler who loves nature, history, authentic culture, and great food and wine, this Douro River paddling odyssey has no peer. Learn why:

1

No One Else Offers This Trip!

When we say there's no other trip like this one, we mean it. We were the first to offer kayaking trips on Portugal's Douro River, and we have refined this unique itinerary over the years through personal connections with our friends who make wine in the Douro Valley. To paddle the sun-drenched river by day, then revel in food and wine with our hosts at historic *quintas* each night...you can only enjoy this special opportunity with Natural Habitat Adventures!

2

A Rare Opportunity to Experience the Douro River at Eye Level

You're not likely to see other paddlers on the Douro, since boat traffic in this little-visited region consists mostly of small local craft and the occasional sightseeing vessel on the lower reaches. Periodically, we pass a larger river cruise ship farther upstream. But no tourist boats explore the uninhabited wild reaches of the upper Douro, with our quiet, water-level perspective on the shoreline, birdlife, orchards and ancient vineyards.

3

Travel with Just 12 Guests

Our small group offers an intimate opportunity to explore more remote locales and stay in small, traditional settings that bus-based tour groups and river cruise ship passengers don't have access to. Far from the bustle of Porto and the lower Douro, which most visitors limit their travel to, we have a peaceful experience on and off the river, essential to rewarding nature travel.

4

Visit Three UNESCO World Heritage Sites

Our itinerary includes three very different World Heritage Sites of global distinction. We begin in the Historic Center of Porto, built along the hills above the mouth of the Douro River with a rich 2,000-year history marked by various conquests and numerous monuments. The majority of our time is spent in the second World Heritage Site, the Alto Douro Wine Region, which is the world's oldest demarcated wine region. And the third is the Prehistoric Rock Art Sites of the Coa Valley—see #5 below.



5

Guided Tour of the Coa Valley Museum & Archaeological Park

Learn from archaeology experts about the extensive Paleolithic drawings discovered in the Coa Valley in the late 1980s, which were designated a UNESCO World Heritage Site in 1998. Start with a guided tour of the museum, then travel by van and on foot into the Archaeological Park containing thousands of engraved drawings of horses, bovines and other animals, and human and abstract figures, dated from 22,000 to 10,000 B.C. With our local guide, we examine rock art sites in detail, evidence of continuous human habitation in the valley for millennia.

6

Fall Trips Visit Douro International Natural Park

Our August–October departures paddle through this protected wild terrain with Portugal on one bank and Spain on the other. The region is home to numerous birds of prey, plus wild boar and elusive Iberian wolves, although they live inland and we do not expect to see them. (June departures do not visit this area because it is closed at this time for raptor nesting.)

7

Stay in Authentic *Quintas*—the Vineyard Estates of the Douro Valley

From luxurious manor houses to traditional farmsteads and boutique inns, the historic *quintas* of the Douro Valley are a highlight of our trip. Many are centuries old and still run by the farming families who have grown grapes and made wine in this region for generations. Some produce other local products as well, such as olive oil, nuts and preserves. Staying on a quinta is an experience well off the typical tourist track!

8

Indulge in Fabulous Food and Wine

We know most of our guests don't choose our nature adventures for the food, although it's generally excellent. On this trip, it's a hallmark! Our hosts at each *quinta* take great pride in filling us with hearty repasts of homemade country fare and endlessly flowing local wines—in addition to its famous Port, the Douro Valley produces up-and-coming table wines, too. From fresh oranges, almonds, honey and olive oil to farm-raised lamb and pork and artisan cheeses, much of what we enjoy is raised right on or near the estates where we stay. If you're an adventure traveler who's also a bit of a gourmand, this trip will delight all your senses! (And...all the wine is *included*! No extra out-of-pocket charges to worry about.)

9

A Seasoned Expedition Leader & Outstanding Local Guides

Natural Habitat Adventures is known worldwide for employing the best-trained, highest-quality guides in the industry, and that's certainly the case in Portugal. Your Expedition Leader is an accomplished paddler and kayaking instructor, always at the ready to assist with your comfort, convenience and safety. And our local guides are resident experts when it comes to knowing the hidden corners and rich history of the Douro region, where they've worked for years—not to mention exceptionally hospitable and attendant to your every need. **Read our Expedition Leader bios** and traveler comments regarding the quality of our leaders.



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10

Our Quality-Value Guarantee Ensures Your Outstanding Portugal Experience

With Natural Habitat Adventures, you receive our exclusive guarantee, clearly stating that we will meet the lofty expectations we set in our promotional materials. To our knowledge, this is the most ambitious guarantee made by any adventure travel company.

11

Feel Good About Your Carbon-Neutral Journey

We care deeply about our planet, as we know you do. When you travel with us, the carbon emissions from your trip are 100% offset—including your round-trip flights from home. Natural Habitat Adventures has been the world's first carbon-neutral travel company since 2007.

12

Natural Habitat Adventures is WWF's Travel Partner

Because of our commitment to environmentally friendly travel as well as the exceptional quality of our worldwide adventures, World Wildlife Fund, the world's leading environmental conservation organization, has named Natural Habitat Adventures as its worldwide travel partner, a designation that makes us exceedingly proud!



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Make It Private with Your Family or Friends

Travel privately, exclusively with your immediate family, multi-generational family or group of friends. And when you choose a private departure, you're assured the most exclusive and authentic Paddling Portugal's River of Wine adventure on offer. Request your private departure by completing the form below.

Please note that on Portugal Make It Private departures we require a minimum group size of 6 travelers.

Also, please be aware that your per-person cost on a Make It Private trip will vary depending on the number of travelers in your group and may be as much as 10%-30% higher (ship-based trips may be even higher) than our normal trip cost unless you fill the trip.

This **Make It Private** option is available on nearly every Nat Hab trip for family and friend groups. Call an Adventure Specialist at 800-543-8917 or look for the "Make It Private" icon in the **pricing section** of a trip online at nathab.com to see prices based on your specific group size.



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Dates & Pricing Summary:

Prices:

From \$8995

Group Size:

Limited to 12 Travelers

Physical

Requirements:

Moderate to Difficult

Paddling Portugal's River of Wine Dates, Pricing & Info

Kayak the Douro River by Day & Feast at Classic Vineyard Estates at Night

2025 Departures

Departure	Return	Notes
Jun 14, 2025	Jun 22, 2025	
Aug 23, 2025	Aug 31, 2025	Habitat Club Pricing Available
Sep 13, 2025	Sep 21, 2025	
Sep 23, 2025	Oct 1, 2025	Women's Journey



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Pricing

2025 Prices

➤ **Trip Price**
\$8995



Single Occupancy: For a single room add \$995. **Click here** to learn how you can avoid the single supplement.

Deposit: \$500 per person (nonrefundable)

Make It Private: **View pricing** to take this trip privately with just you and your select travel companions.

Trip prices are per person based on double occupancy and are given in U.S. dollars.

Please read our Payment & Refund Policy here.

2026 Prices

Single Occupancy: For a single room add \$995. **Click here** to learn how you can avoid the single supplement.

Deposit: \$500 per person (nonrefundable)

Make It Private: **View pricing** to take this trip privately with just you and your select travel companions.

Trip prices are per person based on double occupancy and are given in U.S. dollars. **Please read our Payment & Refund Policy here.**

Included

Accommodations, services of Nat Hab's professional Expedition Leader(s) and local guides, all meals from dinner on Day 1 to breakfast on final day, most wine, Port and other alcoholic beverages, all kayaking gear, some gratuities, airport/train station transfers for those arriving on Day 1 and departing on the final day, scenic train journey in the Douro Valley, all activities and entrance fees, all taxes, permits and service fees.

Not Included

Travel to and from the start and end point of your trip, some alcoholic beverages, some gratuities, passport and visa fees (if any), optional activities, items of a personal nature (phone calls, laundry and internet, etc.), airline baggage fees, airport and departure taxes (if any), required medical evacuation insurance, optional travel protection insurance.



Physical Requirements

Moderate

Our Portugal kayaking adventure includes five days of flatwater river kayaking. This trip is suitable for those with little to no paddling experience, although you should know in advance that you are physically able to kayak the minimum daily distance, and that you actually enjoy kayaking, before signing on. You must be able to paddle a minimum of 4 hours per day (with breaks) and up to 2 hours at a time in order to participate. The exact distance we paddle each day will depend on local weather and wind conditions; distances will range from 7 to 11 miles. The river is relatively narrow and water is generally very slow-moving, with little or no current. We will encounter no large waves or rapids, though sometimes it can be windy in the river canyons, and we may have to paddle against the wind and small waves, which can be more taxing and increase our time on the river. Hikes ashore take us through inviting landscapes that frequently include historic sites. Hikes typically last from 1 to 3 hours over well-marked easy but hilly terrain, sometimes following a dirt road through the vineyards. You must be able to walk a minimum of one mile to participate in this trip, including the ability to easily navigate stairs.

On custom or private departures with smaller groups, our ability to accommodate varying levels of physical abilities or interests is limited, since these trips are staffed with a single Expedition Leader who may be assisted, pending availability, by local guides.

Important Information About This Trip

Safety on the River

We provide highly competent kayaking guides and the very best equipment to ensure a safe, enjoyable and top-quality paddling adventure. Our guides are trained in kayaking rescue, risk management and first aid. Aside from the day in the International Nature Park (fall departures only), we have a follow safety boat on the river with the group at all times. The boat trails behind so as not to disturb the peaceful environment and overall experience, but close enough to be there if needed.

Once in a Lifetime

This unique trip (and we don't use the term "unique" lightly) is so much more than a mellow paddling adventure. It's a thorough immersion in a slice of rural Portuguese life that very few travelers are fortunate to experience. Through our longstanding local connections in the Douro Valley, we have been able to craft a one-of-a-kind itinerary that gets into natural and cultural settings totally off the typical tourist trail. By focusing on the upper section of the Douro River, we're away from busier areas, offering an encounter with regional traditions and lifestyles you'd be unlikely to discover on your own or on a more standard tour. We stay in small family-run inns, often part of a wine estate, enjoying fabulous home-cooked fare and free-flowing wine, both red and white table wines and the famous ports of the world's first demarcated wine region. You'll get to know your hosts, enjoying convivial conversation and insights into local life you won't find elsewhere.



Mandatory Insurance

Since the areas we travel to on this trip are remote and wild (that's why we go there!), we require medical evacuation insurance for our guests' safety. If you decline the medical evacuation insurance coverage offered by Natural Habitat, we request that you send us documentation of the independent coverage you have selected. We will add the cost of a medical evacuation policy to your tour invoice until you provide our office with proof of coverage including your insurance company's name, contact number and your individual policy number. Thank you for understanding that our policy exists exclusively in the interest of our guests' safety.

Also, to ensure quality medical care in the event of a medical emergency, as well as peace of mind from the time you book your trip to the time you return home, we highly recommend purchasing comprehensive travel insurance. Plans may cover everything from medical treatment and trip cancellations and delays, to lost luggage. We offer both medical evacuation and comprehensive travel policies through Travelex. Please contact our office if you would like more information about either of these plans.

Getting There & Getting Home

Arrive in Porto no later than 1 pm on Day 1 in order to participate in afternoon activities. You are free to depart Porto anytime on the final day.

We can best serve you if our Natural Habitat Adventures Travel Desk makes your reservations, as we are intimately familiar with the special requirements of this program and can arrange the most efficient travel. Please call us at 800-543-8917. Note that while we offer you the best possible rates available to us on airfare and additional nights' accommodations, you may find special web rates or better fares online.



Natural Habitat & WWF: Discovering Our Planet Together

Natural Habitat Adventures • PO Box 3065 • Boulder, CO USA 80307

USA & Canada: 800-543-8917 • International: 303-449-3711

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