



Portugal Itinerary

This weeklong itinerary allows you to experience the highlights of Portugal, from the historic charm of Lisbon to the wine regions of Porto, and the scenic beauty of Sintra and the Douro Valley. Adjust the pace according to your interests and have your travel agent make reservations in advance when necessary to ensure a smooth and memorable journey. Safe travels!

DAY 1

Arrive at Lisbon's Humberto Delgado Airport in the early afternoon. After collecting your luggage meet your hotel transfer and make your way to your downtown Lisbon hotel. Upon arrival check into your accommodation and get settled into your room. It is recommended that you explore the town near your hotel instead of resting in your hotel room right away. This will help cut down on jet lag and help promote a better first night's sleep.

Head to the Time Out Market, which is a large food hall located within a historic market in Lisbon, all under one roof. With over twenty restaurants, eight bars, shops, and a high-end music venue, the Time Out Market is the perfect place to spend your evening and experience the lively Portuguese culture. As there is no strict schedule for tonight, head back to the hotel when you are ready to get some rest for the evening.

DAY 2

Today is all about exploring the city of Lisbon! For breakfast, head to a nearby local bakery where you can grab a homemade pistachio croissant and some coffee to get your day started. Before you leave the bakery, make sure you try Lisbon's famous pastel de nata, which is an egg custard tart for which visitors around the world have fallen head-over-heels. After breakfast, head out to the "meeting-up" spot for your first tour of the day...





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...a Lisbon city tour by electric Tuk Tuk! Your tour will cover city highlights such as Alfama, Belém Tower, and Carmo Square.

For lunch, instead of finding a restaurant, take a walking food tour in downtown Portugal. Not only will you enjoy some popular Portuguese dishes, but you will also learn more about Portuguese culture and how Lisbon has formed its current culinary scene. After the tour, return to the hotel to rest and freshen up before dinner.

Take a ride on the number 28 tram and explore the Alfama district. For dinner, dine at a traditional fado restaurant. Fado is a traditional music style that many say is the foundation of Alfama. Even though this experience can sometimes be pricey, it is well worth the wonderful night of entertainment accompanying dinner for an authentic cultural experience. If you are up for it, after dinner, enjoy Lisbon's nightlife by strolling the streets of Bairro Alto.



DAY 3

Today is your day trip to the royal getaway town, Sintra. Grab coffee to go and catch the train from Lisbon to Sintra. In Sintra, stop at a café to fuel up for the day, then take a self-guided walking tour through the whimsical Palacio de Pena and discover Quinta da Regaleira and its mystical gardens. Booking tickets prior to arrival is highly recommended. Allow yourself time to take pictures because these locations are absolutely stunning!

Afterward, enjoy a traditional Portuguese lunch in the town center and then explore Castelo dos Mouros (Moorish Castle). Try to avoid the peak afternoon hours of 12 pm– 2 pm. You should expect to spend around 60–90 minutes on site. After your visit to the castle, take some time to shop around Sintra's quirky shops, and enjoy an afternoon coffee at a café.

When you are ready, take the train back to Lisbon. Don't feel guilty about grabbing sandwiches and having a "low-key" dinner back at the hotel given the long day. Make sure your bags are packed to change locations in the morning!





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DAY 4

After a relaxing breakfast, check out of your Lisbon hotel and travel to Porto by train (approximately 2.5–3 hours). When you arrive at your Porto hotel, drop off your luggage, head over to the Ribeira district, and wander the cobblestone streets along the Douro River. For lunch, make a stop to try francesinha, a Portuguese rendition of a sandwich. Before checking into your hotel, make a stop by the gothic Church of São Francisco to see a part of the history of Porto. Check into your hotel and take a moment to get settled in your room. This is a great chance to freshen up before dinner.

Porto is known for its port wine and lively welcoming atmosphere. Enjoy dinner with some music, and then make sure to take some time to fully indulge in the type of dessert wine named after the city, port wine!



DAY 5

Have breakfast at your leisure and make sure you are hydrated. We are exploring the city of Porto today, starting with one of the most beautiful bookstores in the world, Livraria Lello. Wander the halls and admire the architecture of this unique store and even enjoy a cup of coffee. Then make your way to the historic Clerigos Tower and Church before lunch. Try taking a lunchtime food tour that includes port wine tasting. After lunch, take a boat tour along the Douro River where you will be able to see the city's famous wine cellars. Freshen up before dinner at your hotel and take a stroll across the Dom Luís I Bridge for a stunning view of Porto's skyline as the sun sets. Make sure to have dinner along the river in the lively district of Ribeira.



DAY 6

The exploration of the country's wine continues today with a day trip to the Douro Valley. Grab breakfast-to-go as you take the train from Porto to Douro Valley, a journey that is just under two hours. When you arrive in Douro, take a guided winery tour complete with wine tastings.





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Have lunch at a local restaurant followed by a scenic river cruise in the steady waters of the Douro River.

As the evening approaches, take the train back to Porto. Tonight is a free night in Porto for you to spend the evening at leisure. Try checking out the nightlife in Foz do Douro where it is known for its relaxed cocktail vibes and the best Porto wine scene.

DAY 7

Take the journey back to Lisbon, check into your hotel, and drop off your luggage. Today marks your last complete day in Portugal, so make the most of this opportunity to explore any remaining places or activities in Lisbon that you had on your list, such as Belém Tower and Jerónimos Monastery. Grab your favorite Portuguese lunch item and make a few stops at the various markets for any last-minute souvenirs, such as cork products or hand-painted ceramic plates and tiles.

Spend your final evening in Lisbon at a waterfront restaurant, savoring fresh seafood and enjoying the sunset. This is a great time to reflect on your trip and all the memories you have made!

DAY 8

Check out of your hotel and transfer to Lisbon Portela Airport for your departure. Adeus Portugal!



Want help turning this itinerary into your real vacation?

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