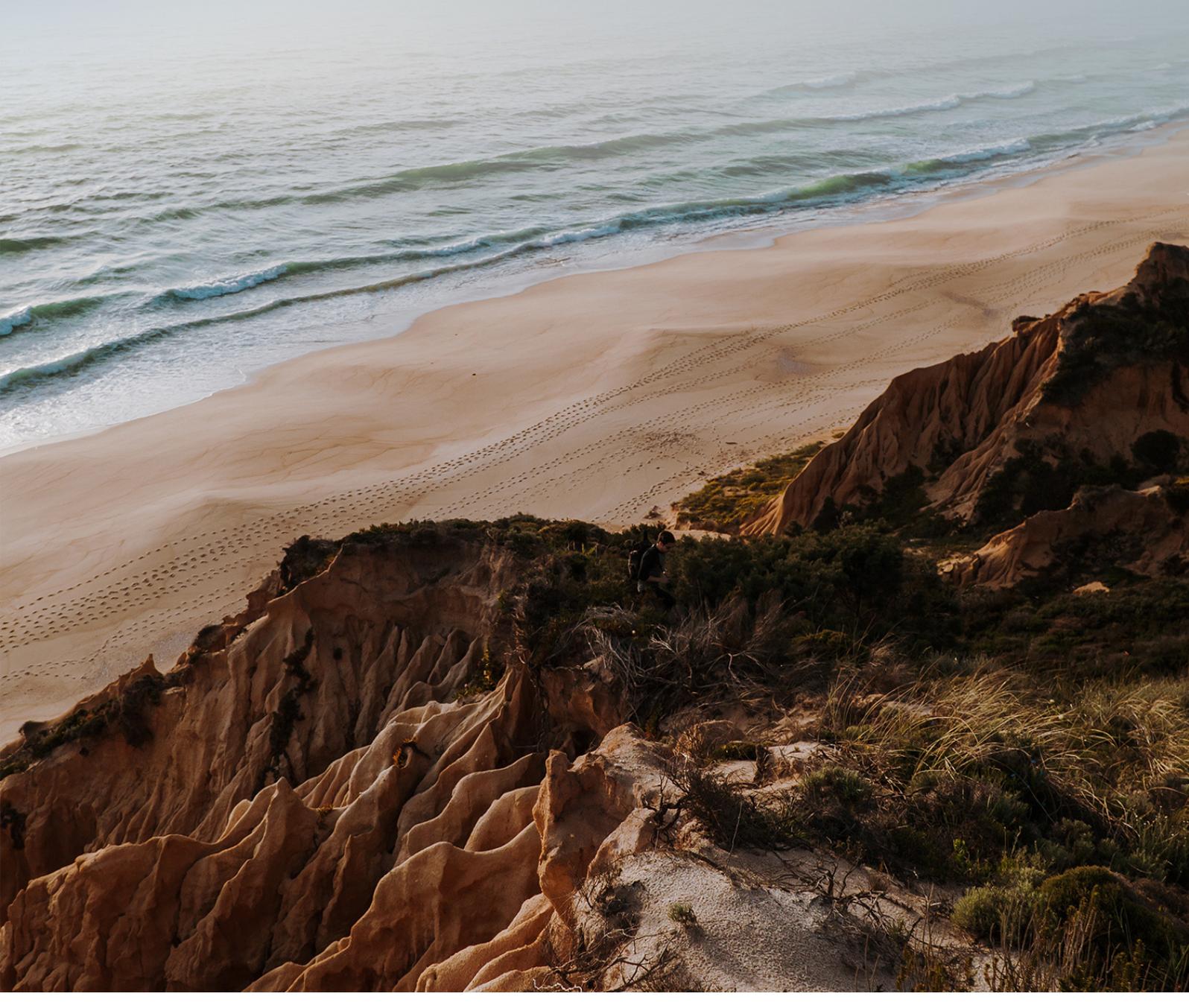
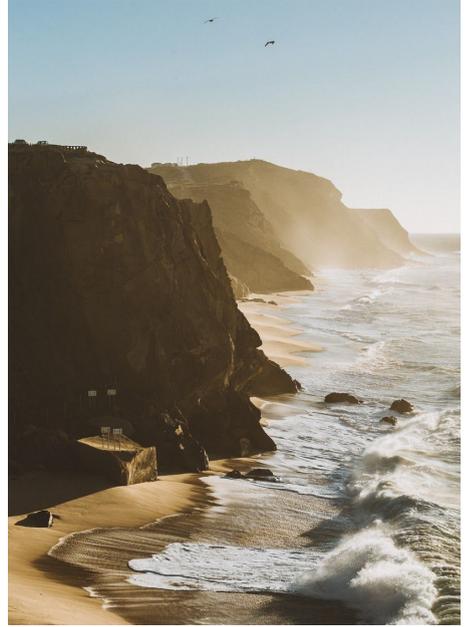
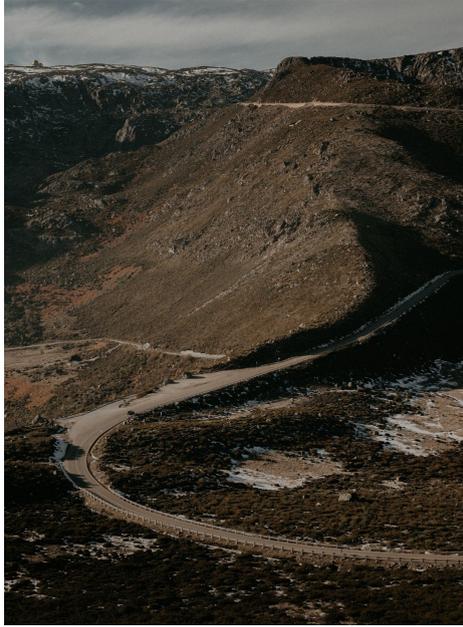


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# PORTUGAL: OFF-BEAT EXPLORER

## DOURO VALLEY - SERRA DA ESTRELA - TORRES VEDRAS



# Your Journey at a Glance

So you want adventure? It's never far around the corner in Portugal. Epic has explored its most wildest inner depths to locate the lies of the land best suited for intrepid explorers.

Start in the Douro, skipping the man-made vines by heading inland where the valley opens up to wild and remote rolling hills and rapid-like waters best attacked by kayak.

Want to take your discovery to a higher level? The Serra da Estrela is verdant green in summer yet dotted with white peaks in the winter and home to the highest mainland point, Torre. Canyon down its glacial valleys or glide along it's mountaintop lakes by SUP after a day of exploring the remote hills hiking with our expert local guide.

The true heart of adventure lies in Portugal's wild Atlantic waters, the remote western coastline is where it's possible to tackle some of Europe's highest waves on a board.

Hit the dirt paths and join us on a journey of discovery to Portugal's most remote parts. You certainly won't tire of the diverse sceneries as you venture as an offbeat trailblazer.

Date	Location	Things to see and do
Days 1 - 3	Douro Valley	The oldest demarcated wine growing region in the world, visiting a historic family-run quinta is a must-do experience outside of exploring its rolling hills and rapid rivers.
Days 3 - 6	Serra da Estrela	Glacial valleys and mountain top lakes decorate the landscape, it's the perfect place to disconnect and explore in perfect commune with nature at its rawest form.
Days 6 - 9	Torres Vedras	Most epic for its waves, off the water long-stretching golden sandy beaches are sheltered by high-hanging cliffs giving a remote and wild feel to what we consider to be one of the most underrated coastlines.



When to go:

May - Oct



Ideal trip length:

9 Days



Adventure level:

Active family adventure

## DAYS 1 - 3: DOURO VALLEY

A UNESCO World heritage site and responsible for producing one of the countries finest exports, the Douro Valley offers a diverse physical environment both along it's rolling hills and offland in it's wild and rapid river waters.

On arrival to Portugal, you'll head straight on the road for a two hour drive towards the inner depths of the Douro passing small Northern historical towns as you drive by. You'll spend the night in a historic Quinta artistically suspended across a gorge, with panoramic views out to the remote and wild hillside.



## Kayak Adventure

Join your guide on the water for a full-day exploration along the remote Douro riverbanks. Glide down the river passing remote abandoned train stations, stopping off at the bankside to pick wild figs, fresh from the trees. You'll discover the Douro in its rawest form, where untouched vines grow wild and natural.



## Wild Camping under the stars

After spending the day venturing down the Douro river, it's time to touch base with the ground, stopping at a bespoke campsite at the bay of the water, on the grounds of an old quinta estate. You'll have a chance to get stuck in with some wild cooking to create a Portuguese feast, served alongside the Quintas exceptional selection of Douro wines. End the evening sleeping under the stars in a truly remote setting.



## DAYS 3 - 6: SERRA DA ESTRELA

### Portugal's highest SUP tour

Today you'll depart from the Douro and head two hours south, embark on greater heights in the Serra da Estrela mountains, hitting some historic schist villages as you drive by.

Once at your destination, it's time to hit the highest stand up paddle tour in Portugal in Lagoa Comprida, a cool 1600m above altitude. Your expert local guide will take you on a circular route around the lake, surrounded by granite blocks and green fauna and flora, a stunning contrast from the deep blue of the lagoon.



### Hike in the glacial valley

Being located at one of the highest points in the mountain at your accommodation means adventure is quite literally on your doorstep. The Zêzere Glacial Valley was shaped by ice flows over 20,000 years ago. With hiking trails for all levels snaking up and around its peaks, our trained guides know all the secret spots and will make sure you've got the top gear for embarking on the trip.



## DAYS 6 - 9 TORRES VEDRAS

### Beach sunrise salutations

Today you'll be taking off to the final spot for your exploration of Portugal, the hanging coastal cliffs of Torres Vedras. Here you'll spend a few nights right by the water, with panoramic views out to the wild Atlantic coastline. In the morning, join a local yogi for a private sunrise session on the beach, with the sound of the tide helping to guide through your flow. The session finishes with a seaside breakfast, with a selection of local delicacies to set you up for a day of adventure on the water.



### Surfs up!

Your final days will be spent on the Portuguese coastline, one of the biggest pulls for this small country. Here along the coast of Torres Vedras you'll experience some of its wildest waves under the safe and watchful eye of a private surf instructor with over 20 years of experience out on the water, as well as some of the finest surf materials designed to tackle the waves.



## ACCOMMODATION

Our philosophy is to avoid large chain hotels and to focus on distinctive places to stay that are defined by character and style. We can propose a range of accommodation options to suit your budget and style. This could be a charming traditional quintas or herdades in Portugal's wine regions, a boutique hotel that combines traditional Portuguese style with contemporary design, or a luxury hotel that offers all the facilities and service you might expect from a five star property.



## WHAT HAPPENS NEXT?

If you like the feel of this journey, then the next step is to finalise the details that you prefer. Complete our [Contact Form](#) with as much detail as you can.

Everything we do is individually designed around your requirements, so the more information you can provide the better. Our Travel Planner will then work through this with you so we can put together your perfect holiday using their knowledge and expertise to guide you. We'll discuss the experiences that have most piqued your interest and the accommodation options you prefer and that suit your budget, to produce your ideal travel plan.

Accommodation gets booked very quickly so we encourage you to move to the next stage of lodging a [Booking Form](#) so that we can get the best rooms in the nicest places locked down.

Epic also has special privileges and bespoke options agreed with our partners that are only available to Epic, which you might like to discuss with your Travel Planner. We can also ensure that some of the small things that will make a difference to you based on your interests, needs and passions are tied down well in advance. Leaving you free simply to look forward to your journey.

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