



NORTHERN PORTUGAL

~ RIVERS OF THE MINHO & TRAS OS MONTES ~

~ INN TO INN RIVER TOURING ~



TAMEGA RIVER
IN AMARANTE

OCTOBER 1 - 8 & OCTOBER 15 - 22, 2005

One of our most successful European exploratories (first run in 2003), this trip provides a unique opportunity to be among the first to paddle the rivers of Portugal's most remote and unspoiled regions. **NORTHERN PORTUGAL: "RIVERS OF THE MINHO & TRAS OS MONTES"** is a sampling of Portugal's best wild rivers utilizing an inn to inn format. Despite the beauty and suitability of many of these rivers, Portugal surprisingly still remains a frontier of European river running.

Northern Portugal's far northeastern corner **TRAS OS MONTES** ("Beyond the Mountains") is a wild rugged mountainous land -seldom toured - where rustic towns and villages retain the medieval character of centuries past. It is traversed by the Rio Duoro, northern Portugal's major river system, which then flows westward through the lush and verdant **MINHO** region - tucked under the hem of Spanish Galicia in Portugal's northwest corner - ultimately reaching the sea at the famed coastal city of Porto.

Starting with the uppermost canyons of the **RIO DUORO**, our party traces that riverine route. The dramatic gorges and remote canyon access of the rivers such as the **RIO SABOR** and **RIO TUA** (class I-II rapids, some Class III,) typify the northeast, while vineyard laden terraced hills, ancient cedar and chestnut forests, and pastoral villages and valleys characterize the scenery of the **RIOS RABACAL** and **TAMEGA** (both Class I-II) to the west.



We stay in a selection of accommodations; small hotels, mountain inns, and even a medieval pousada or two. Local traditional inns, cafes, and taverns throughout all of northern Portugal serve wonderful Portuguese food and wines. Our trip begins and ends in **PORTO** - famed for its production of port wine.

Its labyrinth of steep streets, decorative tile work, wrought iron balconies, and intricate

gardens are reason enough to visit. Both tandem and solo whitewater boats are available.

1-800-RIVER-30

www.SunriseExpeditions.com



• PORTUGAL ITINERARY 2005 •

DAY 1 - (10/1 • 10/15)

Arrival in city of **PORTO**. Group is met at airport by Sunrise's guides and Portuguese associates. Travel eastward to the border village of **MIRANDA DO DOURO** (3.5 hour drive) on the eastern edge of Portugal - along the Spanish frontier. Trip briefing during the evening.

DAY 2 - (10/2 • 10/16)

Travel to the precipitous **RIO DOURO CANYONS** for a day of spectacular views; combined with easy paddling, all designed as the best cure for jet lag we can offer! Once off the river we will drive to the medieval town of **TORRE DE MONCORVO**.

DAY 3 - (10/3 • 10/17)

After a brief transfer; paddle a remote section of the **RIO SABOR**; rustic mountain landscapes that lead into dramatic canyons. After leaving the river; travel to the picturesque mountain town of **VILA FLOR** with its tree lined squares, narrow cobbled streets and historic church.

DAY 4 - (10/4 • 10/18)

Start with a spectacular **narrow gauge train ride** overlooking the precipitous **RIO TUA GORGE** Paddle a short section of the narrow **RIO TUA** which travels through some of Portugal's least accessible terrain. Travel north to **Mirandela** which sits on the **RIO TUA** with its famous Roman bridge stretching 200 meters across 17 arches.

DAY 5 - (10/5 • 10/19)

Continuing the northward journey, put in will be on the mellow **RIO RABACAL**. After a day of paddling; travel to the town of **CHAVES** with its medieval centre, featuring a narrow maze of streets, 14th century castle, fortresses, and bridgework dating back to Romans.

DAY 6 - (10/6 • 10/20)

Moving down the **RIO TAMEGA** the put in will be at the wine producing town of **MONDIM DE BASTO** where you will paddle through the gentle gorge sections to the gracious river town of **AMARANTE**. *(pictured on the cover page)*. Picturesquely balanced within the gorge of the **TAMEGA**, with willow lined banks, and wooden balconies of its old houses leaning out over the water - we paddle under the town's medieval bridge - a perfect "signature" ending for the trip. . The evening's accommodations are just a short walk from our take-out on the river. **Amarante** has an excellent assortment of fine restaurants and cafes

DAY 7 - (10/7 • 10/21)

Leave **AMARANTE** after breakfast and travel to the fascinating port city of **PORTO**; northern Portugal's largest city, famed for the production of port wine. Spend the day at leisure this fascinating city. Overnight at **Hotel de Bolsa**, in the heart of Porto, overlooking the Duoro River

DAY 8 - (10/8 • 10/22)

Return to Porto Airport and depart.



DOURO RIVER CANYON



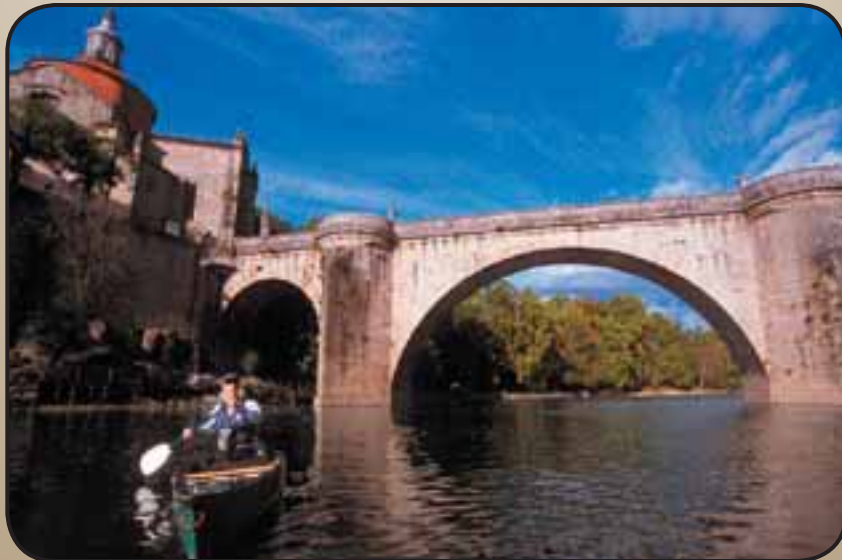
HOTEL DE BOLSA

the

the

\$3250 per person

- Includes 7 nights accommodations in inns, hotels, and posadas (single supplement: \$285)
- Excludes airfare to Porto



● NORTHERN PORTUGAL 2005: LOGISTICS ●

AIRLINE RESERVATIONS:

Airfare to Porto, Portugal is at participant's expense Sunrise staff can assist you with obtaining competitive airfares to Porto from your local departure city if needed.

INCLUDED:

All land transport in Portugal; all hotel accommodations including breakfast at the hotels; all lunches on river; the services of 3-4 Sunrise guides (depending on group size); Portuguese translator; all canoes and river gear. Equipment used will be our own, transported into Portugal from our base in Scotland.

NOT INCLUDED:

Airfare from departure city to Porto, Portugal; dinner each evening; personal expenses and purchases; gratuities; liquor.
(Food and beverage in Portugal, incidently, is typically excellent in quality, and generous in portions, as well as being extremely reasonably priced.)

BALANCE OF PAYMENT:

Trip balances are due in our Maine office **three weeks prior to trip departure date**. We prefer checks for payment of balances, but will also accept credit cards (Visa/MC/AMEX)

FORMS & INSURANCE:

Unless already submitted, a trip form is enclosed. **KINDLY FILL OUT ALL THE FORMS PROVIDED AND RETURN THEM AS SOON AS POSSIBLE.** This will enable our guide to prepare for your trip properly. Also enclosed is an **optional** travel insurance application - should you desire trip and/or personal insurance protection for this excursion.

PACKING CONSIDERATIONS:

A **complete packing list** will be forwarded with your reservation confirmation. Individual river bags, PFD's etc. are all provided, although participants are welcome to bring their own, if suitable. Essentially one should be prepared for an early fall climate ; e.g. ranging from (*in Fahrenheit*) daytime temps in the mid 50's to the low80's; cooling to the lower 40's in the evening hours. Your luggage and travel clothes will travel independent of the boats with our vehicle and driver to each night's accommodation. City dress is casual, though conservative.

IMMIGRATION, IDENTIFICATION, CURRENCY ISSUES:

Aside from passports, no visas are necessary for citizens of the U.S., Canada, or members of the European Union. Portugal operates with the Euro as currency, currently closely valued to the U.S. dollar at approximately \$1.20 EU to \$1.00 USD. U.S dollars may be exchanged for Euros at the Porto airport. However, cafes, restaurants, shops etc.. in the smaller village and towns do not always accept credit cards. No special vaccinations are necessary.

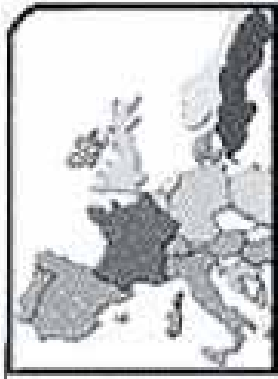
LANGUAGE:

Portuguese, of course. Northern Portugal is relatively provincial; only a few people speak English, and, contrary to popular conception, Portuguese is NOT that similar to Spanish; a phrase book is certainly recommended.

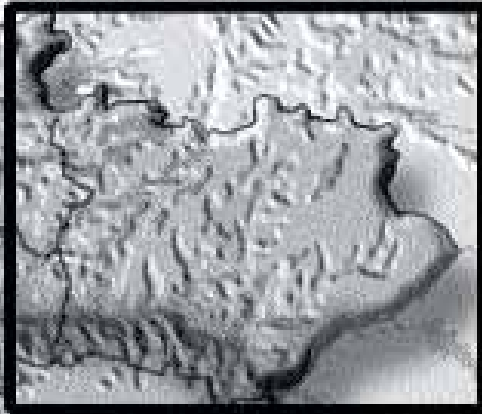


VILA FLOR





PORTO



ATLANTIC
OCEAN

~ PORTUGAL ~

SPAIN

LISBON

50 kms.

