



PORTUGAL GREEN WALKS

Inspired by nature



WELCOME FROM

Portugal Green Walks

Dear friends!

I'm excited to share the landscapes, people and customs that we are so passionate about with you. This was my purpose when I created Portugal Green Walks more than 15 years ago and it continues to drive and orient the whole team.

Thanks to our intimate knowledge of the region, each path, each view, each partner we select are treasures that turn into unforgettable experiences for you. Our programmes create endless opportunities for you to savour the authentic colours, aromas, flavours, textures and sounds of northern Portugal.

We are proud of our cultural and natural heritage and committed to protecting and supporting local environments and communities. To that end, you can count on routes designed with creativity, attention to detail and a passion for responsible travel, whether on foot or by bicycle, alone or with others.

Come and find out for yourself, at your own pace. Our paths are yours to fall in love with.

PAULO LOPES



Paulo Lopes



ABOUT US

We deliver authentic, meaningful experiences.

We combine passion with know-how, respect with enthusiasm and empathy with vision. That's been our recipe for creating programmes for over a decade!

We study, in detail, each location that serves as a stage for your experience. This involves creating routes, but also building relationships with those around us so that we can all benefit from responsible tourism. This commitment results in solid programmes, industry reputation and loyal customers. And an ongoing desire to improve.



Our deep awareness and understanding of local culture and traditions make it easier for you to experience these for yourself on our programmes.

It has also allowed us to create an extensive and unique network of local partners to support you. We aim to deliver authentic, meaningful experiences with maximum safety. Our detailed planning ensures that we are able to respond to any unforeseen or last-minute requests. This means that your time translates into fun, relaxation and sharing.

We meticulously organise self-guided programmes for walking or cycling in Portugal and Spain, designed to invoke special rhythms and sensations.

There are unique opportunities to enjoy stunning landscapes and meet local communities that we have known for a long time. We want share with you some of the history and culture of Europe's oldest country, and allow you to create your own unforgettable experiences, endless stories and memories.

OUR COMMITMENT

Your safety, your comfort, your interests. These are our priorities.

That's why we are able to assist you throughout the entire process: before, during and after your trip.

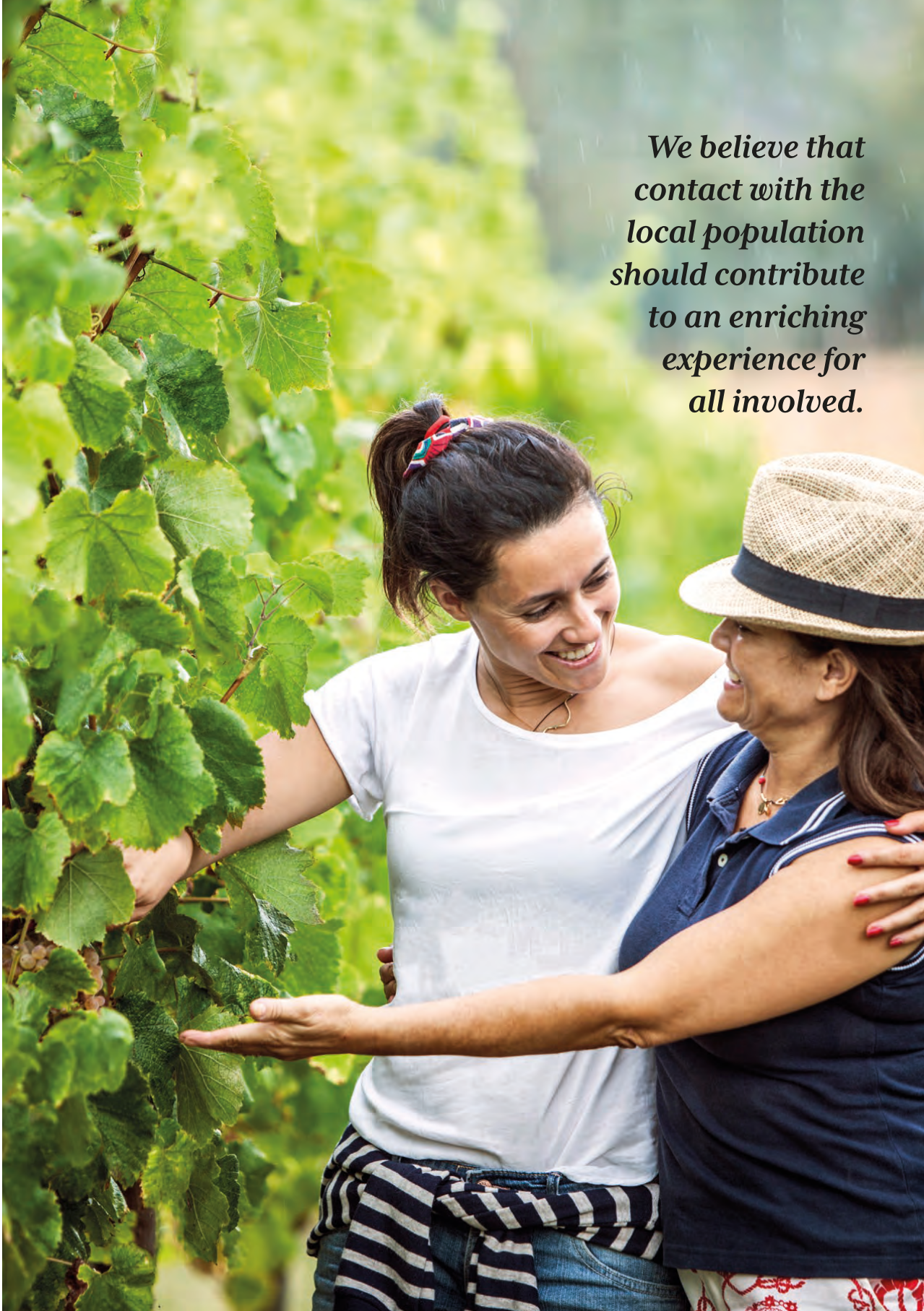
Planning and booking is flexible.

We are available for any clarification about our programmes, as well as to build the best, tailored-made solution. Transfers, length of stay, special services... everything can be planned and included to suit your needs.

Our route notes are detailed and accurate. We also give personalised briefings before starting your journey and our helpline is available 24/7 to answer any questions you may have.

We reward our loyal customers.

Our frequent customers can enjoy special prices and discounts. We want everyone to come back!

A photograph of two women in a vineyard. The woman on the left, with dark hair tied back, is wearing a white t-shirt and a striped skirt, and is pointing at a bunch of grapes on a vine. The woman on the right, wearing a straw hat and a dark blue polo shirt, is smiling and looking at the grapes. The background is a lush green vineyard with many leaves.

*We believe that
contact with the
local population
should contribute
to an enriching
experience for
all involved.*

RESPONSIBLE TOURISM

We stand for sustainable, low-impact tourism.

It is essential to preserve the environment and support the communities we visit with such curiosity.

At Portugal Green Walks, this all starts with designing the best routes, supported by suppliers and partners who guarantee us sustainable practices. The attention we give to local customs and economies also contributes to the process.

We believe that contact with the local population should contribute to an enriching experience for all involved. That's why we encourage you to purchase regional products and access to services designed with sustainable logic and win-win benefits.

We want to promote a virtuous cycle in which Portugal Green Walks employees, customers, partners and the community create unique experiences with positive effects.

A photograph of a forest trail. In the foreground, a large, moss-covered rock sits on the left side of a stone-paved path. Several hikers are walking away from the camera on the path, which is surrounded by dense green trees and foliage. The scene is bright and natural.

*All you have to do
is consult our notes
and enjoy!*

OUR PROGRAMMES

Nothing refreshes our spirit like outdoor experiences

The programmes we present are the result of detailed work in which we combine safety, fun and escape.

We have accumulated years of experience in selecting routes that guarantee a wide variety of landscapes, enriched with natural and ethnographic elements of great interest. Not forgetting, of course, the typical gastronomy and viticulture of each region, for an experience with more... flavour! It is this same experience that leads us to test our trails regularly. We want all the information we provide you to be up to date so that you get the best out of your time.

For this reason, the trail documentation, provided in physical or digital format, brings together maps, elevation profiles and all the practical and tourist information necessary to prepare your

**We keep all the
information we
provide you up to
date so that you
can relax and fully
enjoy your holiday.**

day-to-day on the chosen route. All you have to do is consult our notes and enjoy!

You can also count on us to choose the most suitable accommodation according to your needs and preferences. We have an extensive offer that meets our demanding criteria regarding the quality of the accommodation, service and, of course, sustainable practices.

ABOUT SELF-GUIDED WALKING PROGRAMMES

Follow your route! The rest is up to us.

Your holiday should consist of unique getaway moments. To achieve this, we consider your pace and interests at all times. The duration and requirements of each stage plus accommodation, meals and luggage transport are defined with your comfort in mind.

HOW TO GET READY

Our routes are classified according to their physical demands. To fully enjoy your holiday, it's important to assess your level of fitness and consider some training before you embark on an adventure with us.

Most programmes have a core of 5 or 6 back-to-back days of walking or cycling. If you want to rest, or can't complete a day, you can request a taxi transfer to the next lodging.

You don't have to carry everything with you! Pack your day bag with the things you want to have to hand and we will transport the rest of your luggage to your next accommodation.

Remember, you can contact our 24-hour helpline whenever you need assistance.

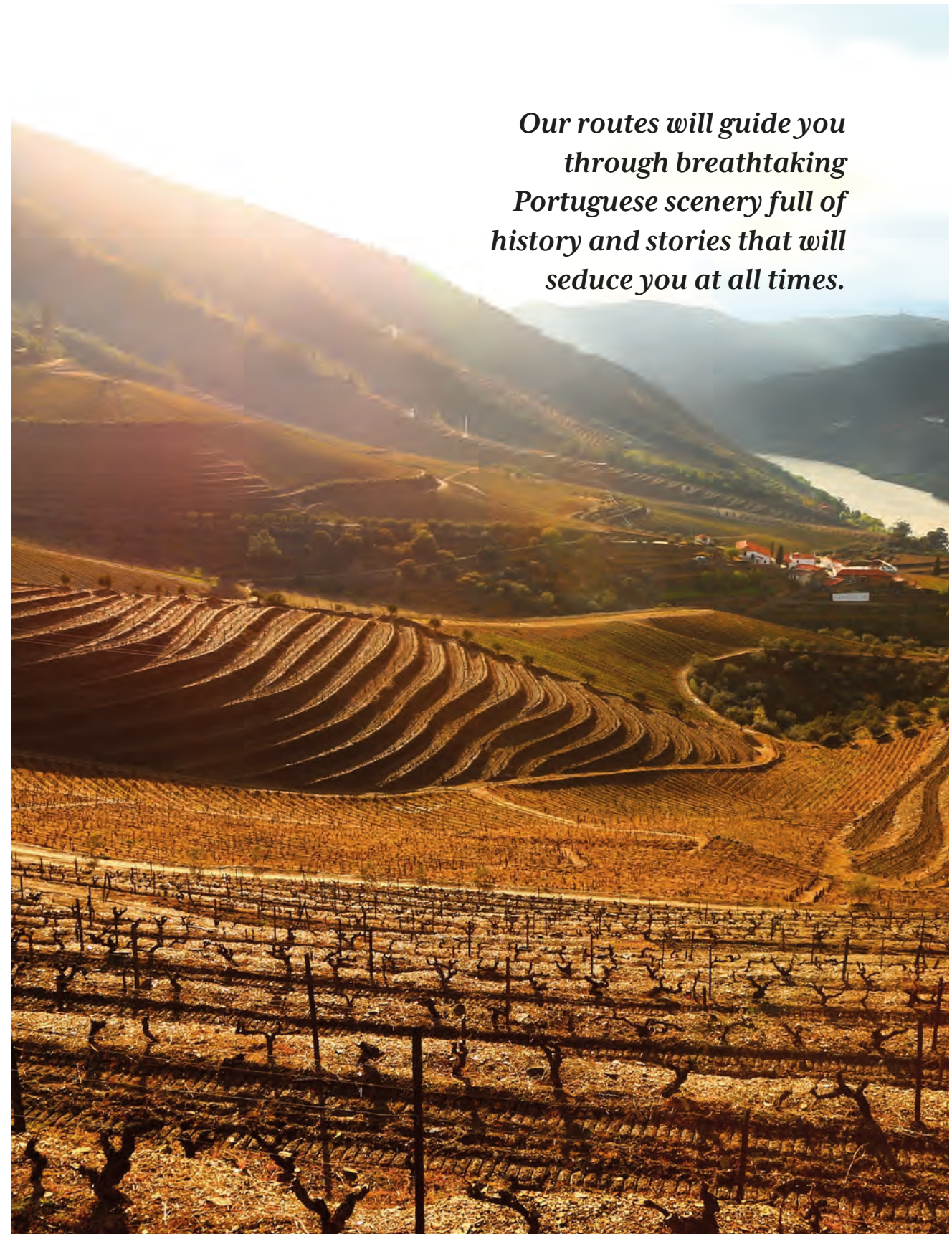
HOW TO CHOOSE YOUR PROGRAMME

Mountains, sea, Camino de Santiago, gastronomy... whatever your interests and motivations may be, we have programmes to suit.

In fact, with Portugal Green Walks you have access to such a wide variety of holidays that choosing the right one can be a challenge!

We suggest you consult the requirements of each route and consider your fitness levels (or the time required for training, if necessary) before making your final decision. You should also cross-reference your availability with the climate and local conditions and aim to come at the best time of the year for your chosen route.

*Our routes will guide you
through breathtaking
Portuguese scenery full of
history and stories that will
seduce you at all times.*



SELF-GUIDED CYCLING PROGRAMMES

Cycling, the ultimate sense of freedom

To design unforgettable routes, we do more than identifying places and defining mere trails. Deep logistical work goes into each programme in order to provide the greatest comfort, the greatest safety and the greatest fun. For this, the choice of equipment is essential.

With Portugal Green Walks you get the most suitable bikes for the type of terrain. For stages on dirt and gravel roads we provide a mountain bike;

if the route is mostly on asphalt or eco trails, we provide a hybrid bike.

Our mountain bikes and hybrid bikes are all mid/high range, less than 2 years old, with 29" wheels, disc brakes and front suspension. Bicycles are equipped with rear pannier bags, water bottles and helmets for added safety. Our e-bikes have 29" wheels, front suspension and 250-watt motor, 85 Nm battery and 500 Wh.

From the comfort of your saddle you'll find yourself appreciating the great outdoors more than ever before.



We don't just have Portugal in our name, we're 100% Portuguese and we want to help you to experience our country in all its authenticity and splendour.



Douro Valley in early spring

DESTINATION

Northern Portugal

The North region of Portugal has so much to discover, from the coast to the interior, from the beauty of natural landscapes to the charming historical cities, from natural parks to demarcated wine regions. Certain of the beauty of our landscapes, we designed routes that offer you the Atlantic Coast, Peneda-Gerês National Park, the Camino de Santiago or the Douro Valley.

Come and choose your next adventure...



White sand beach, Vila Praia de Ancora

NORTHERN PORTUGAL

Atlantic Coast

With almost 300 km of beaches, coves, roads and trails designed by nature and refined by time, the Atlantic Coast is irresistible and surprising! Travel through the coastal landscapes and contemplate the majesty of the ocean, its invigorating water, extensive beaches, small bays and deserted cliffs, as well as picturesque rivers and the tranquil *Ria de Aveiro* wetlands and waterways.



Freshly grilled sardines



Our Lady of Agony festival, Viana do Castelo

Experience the contrasts between the beach and the countryside, urban rhythms and rural landscapes. Discover a region dotted with small villages and fishing towns as well as ancient cities, united by a history rich in traditions yet attentive to the needs of modern life.

The intimate relationship with the sea and waterways is clearly visible in the local lifestyle, such as fishing techniques, colourful boats and windmills.

Taste the simple delights of freshly grilled catch of the day, accompanied by a light *vinho verde* or a *Bairrada* wine. Savour the sweet delights of *ovos moles* cakes from Aveiro, delicious custard tarts and of course, port wine.





Ribeira, Porto



Flamingos, Ria de Aveiro

Surrender to the joys of being in nature: enjoy the sun on your skin, the sea breeze and the myriad of flora and fauna around, especially birdlife and wildflowers. Thanks to the short stages on our routes, you'll have plenty of opportunities to go for a dip in the ocean or river beaches, too.

Get glimpses into Portugal's long history from its built heritage including fortresses and Roman remains, medieval towers, churches and monuments of rare beauty as well as manor houses and cottages.

This is a true Atlantic experience! An experience created with great care to provide special moments.

DON'T MISS

LONG STUNNING SANDY BEACHES

FISHING VILLAGES & RURAL COMMUNITIES

HISTORIC CITIES WITH CULTURE & TRADITIONS

NATURE RESERVES

BIRD WATCHING

PORTO UNESCO WORLD HERITAGE

SUGGESTED PROGRAMMES



SELF-GUIDED | 8 DAYS

Atlantic Route Coastal Walking Holiday

Spend a week exploring the Atlantic Route (Costa Verde), a beautiful and diverse coastline north of Porto on this gently-paced self-guided coastal trail.



SELF-GUIDED | 8 DAYS

Atlantic Coast Cycling Tour

Discover the varied landscapes, wildlife, villages and towns of the Atlantic coast, the Lima Valley and the Ria de Aveiro lagoons by bike. A perfect opportunity to immerse yourself in nature and local culture.





River Homem, Vilarinho das Furnas reservoir

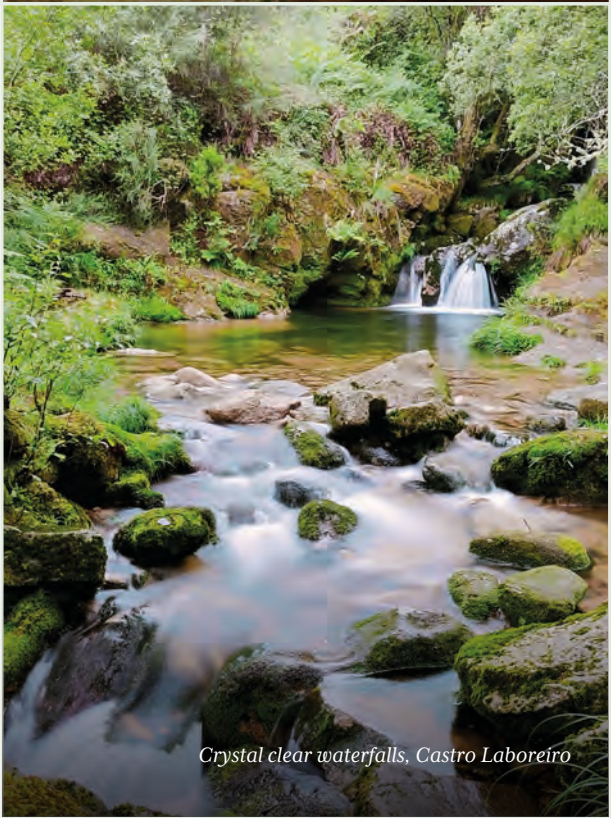
NORTHERN PORTUGAL

Peneda-Gerês National Park

With its breathtaking landscapes, the vast territory of Peneda-Gerês National Park is a true treasure for nature lovers, classified as a World Biosphere Reserve by UNESCO. Walk through preserved landscapes to observe its flourishing wildlife and discover the local customs.



Cachena cow, Lindoso



Crystal clear waterfalls, Castro Laboreiro

Hiking through rugged mountains and deep valleys; oak, pine and eucalyptus forests; and crystal-clear rivers, expansive lakes and enchanting waterfalls, you will spot birds of prey, semi-wild *Garrano* horses, long-horned *Cacheno* cattle and loyal *Castro Laboreiro* sheepdogs.

The rich ethnographic and historical heritage includes ancient wolf traps, stone shepherd's shelters, the medieval castle of Lindoso, stone grain stores, intriguing pillories, a magnificent sanctuary, pilgrim trails and quaint chapels. See the community washing tanks, bread ovens, threshing floors and watermills.





Soajo grain stores, one of the largest community threshing-grounds in Portugal

By staying in authentic mountain villages, you can observe rural lifestyles, get to know the people and indulge in local fare.

Local dishes tend to be hearty and delicious, such as roast kid, or *Cachena* steaks from the roaming grass-fed cows. Tuck into freshly-baked bread, tangy sheep and goats cheese, cured meats, tasty cakes, jams and honey, not forgetting the delicious Portuguese wines and liquors.

With impressive landscapes, and welcoming communities full of stories and legends, this is an experience you'll cherish forever.

DON'T MISS

UNESCO WORLD BIOSPHERE RESERVE

STUNNING LANDSCAPES

AUTHENTIC MOUNTAIN VILLAGES

MEDIEVAL CASTLES

LIFESTYLES IN RURAL COMMUNITIES

PECULIAR ROCK FORMATIONS

SUGGESTED PROGRAMMES



SELF-GUIDED | 8 DAYS

Explore Peneda-Gerês National Park

One week self-guided walking holiday amid the magnificent mountain scenery and rural communities of Peneda-Gerês National Park.



SELF-GUIDED | 9 DAYS

Highlights of Northern Portugal

Experience the best of Northern Portugal. We've picked the best parts of some of our favourite walking tours to create an unforgettable itinerary.





Praza do Obradoiro, Santiago de Compostela

NORTHERN PORTUGAL AND GALICIA

Camino de Santiago

Whatever your chosen route or motivation, the *Camino de Santiago* is a unique experience. On foot or by bicycle, we propose intensive days, partly for the itinerary but also for the ongoing personal challenge. Your time with nature, as well as contact with local communities and culture, is enriched by the discovery of your inner personal resources, transforming your *Camino* into a path of deep and rewarding meaning.



Portuguese Coastal Camino



Symbols of the Camino

Whether in Portugal or Spain, you will build memories and experience the mystery of one of the oldest pilgrim trails in the world. To guarantee you a well-deserved rest at the end of each journey, we have hand-picked the best accommodations and take care of transfers and luggage transportation.

The peaceful Coastal Way, starting in Porto and following the Atlantic Ocean to Galicia, offers contact with the incomparable beauty of the sea and the coastal communities that depend on it. In between pretty towns and villages steeped in history lie varied beachscapes and farmlands, forests, hills, distant mountains, rivers and streams. Amongst these, you will find countless churches, monasteries, fortresses and medieval bridges.





Pilgrims on the Portuguese Camino

If you follow the inland Central Camino, the verdant landscapes are equally stunning, with Roman roads and bridges, mighty rivers, medieval towns and fortresses and fascinating folklore. Discover the many charming towns, cities and rural areas that were once part of this important commercial and cultural, as well as spiritual, route.

Whichever option you choose, you will have a transformational experience, deeply enriched by the people you meet, be they following the Camino or living along the route. Combine Camino camaraderie and goodwill with a sense of achievement. Add local cuisine and wines for an unforgettable adventure.

Whichever option you choose, you will have an experience marked by authenticity, history and beauty.

DON'T MISS

HISTORIC TOWNS WITH CULTURE & TRADITIONS

ANCIENT PILGRIM TRAILS

GORGEOUS AND VARIED BEACHES

AUTHENTIC VILLAGES AND RURAL LIFESTYLE

BEAUTIFUL CHAPELS AND SANCTUARIES

COMFORTABLE ACCOMMODATIONS

SUGGESTED PROGRAMMES



SELF-GUIDED | 9 DAYS

Cycling the Portuguese Coastal Way to Santiago

See the best of northern Portugal and Galicia as you cycle the Portuguese Coastal Way to Santiago along the coast.



SELF-GUIDED | 8 TO 15 DAYS

Portuguese Camino de Santiago

There are many routes to Santiago de Compostela and we've got them covered from Porto northwards. Choose which Portuguese Caminho de Santiago suits you best and let us take care of the logistics.





Terraced vineyards

NORTHERN PORTUGAL

Douro Valley

We introduce you to the oldest demarcated wine region in the world. Vineyards, olive groves, prehistoric rock art, majestic rivers, imposing mountains... the Douro region is full of surprises! Classified as a UNESCO World Heritage Site, the Douro Valley is characterised by terraced vineyards supported by shale walls, built by hand over centuries, which have transformed the landscape into a living masterpiece.



Hand-painted tile mural, Pinhão train station

The world-famous port wine has its origins here so be sure to taste some as you explore. Stroll through vineyards and olive groves, visit wine cellars, enjoy tastings of special wines, artisanal bread, cheeses and so many other delicacies. It is the perfect way to experience local hospitality and culture as well as the natural beauty of the Douro Valley!

You can also appreciate this extraordinary scenery during your train journey from Porto, or on a wooden *rabelo* boat, once used to transport casks of wine downstream to the Port houses in Vila Nova de Gaia.



Picnic on a wine estate





Seeing Paleolithic rock art, Côa Valley

The Douro is more than wine... Head further upstream and gaze at the natural border between Portugal and Spain, where the Douro and Agueda rivers created the canyon flanked by the Arribas del Duero and Douro International Natural Parks. This prehistoric landscape is home to unparalleled fauna and flora. It is a true sanctuary for rare birds of prey such as the vultures and royal eagles that nest in the cliffs.

You can feel echoes of ancestral history with every step as you walk the streets of Freixo de Espada à Cinta, an ancient Roman road and various shepherd trails that are still in use. The Côa Valley, is an open-air museum of Paleolithic Art that has more than a thousand rock engravings, some of which you will visit.

If you visit in early spring, the landscape is decorated with puffs of pink and white: it's almond blossom season! One more reason to fall in love with this incomparable region.

DON'T MISS

CRUISE THE DOURO RIVER BY BOAT

DOURO INTERNATIONAL NATURAL PARK

DOURO WINE REGION

PREHISTORIC ROCK ART

MAGNIFICENT CONTRASTING VIEWS

OBSERVATION OF ENDANGERED SPECIES

SUGGESTED PROGRAMMES

SELF-GUIDED | 8 DAYS

Heart and Soul of Douro Valley

Discover the vine-filled landscape of Portugal's most scenic wine region with spectacular views of the hill-sides, rivers and valleys of the Douro Valley.



SELF-GUIDED | 8 DAYS

Douro International Park and Côa Valley Walking & Culture

One week self-guided walking holiday in northeast Portugal. Journey through prehistoric lands to witness dramatic rock formations, endangered wildlife, historical villages and ancient cultures.



Celtic settlement, Monte de Santa Tegra

DESTINATION

Northwest Spain

Separated from Portugal by the River Minho, this corner of Spain shares many characteristics with its neighbour, while retaining an identity that's truly original. Discover its glorious waterways, stunning beaches, verdant countryside, long history, delicious cuisine and strong traditions on one of our routes...





NORTHWEST SPAIN

Galicia

Galicia connects us with a distant and even mystical past, through its strong Celtic heritage and local legends and festivals such as the solstice celebrations. The region’s capital, Santiago de Compostela, is one of the most important Christian pilgrimage destinations in the world. There are many other historical towns such as Pontevedra, Baiona or Ourense and plenty of quaint fishing villages to visit, such as medieval Combarro and Vilanova de Arousa.



Discover extensive sandy beaches with transparent waters, tiny islands, wild coves and hot springs. Be amazed by the wonderful views from Galicia’s cliffs, dramatic headlands and lighthouses. Cross leafy magical forests, be captivated by the strength and beauty of the waterfalls, and enjoy truly picturesque mountain landscapes.

Indulge in locally harvested oysters and mussels, spicy peppers and tasty local cuisine as well as great wines, especially the Albariño. Treat yourself by visiting some of the many winemakers and cellars.





Ribeira Sacra Tourism Consortium

Vilouxé viewpoint, Ribeira Sacra



Forasm of Galicia

Fresh Seafood, Ria de Arousa

In the western coast of Galicia you can explore the Rias Baixas, from the Portuguese border up to Finisterre and Muxia. This series of four estuarine inlets that make up the Muros y Noia, Arousa, Pontevedra and Vigo Rias combine pretty villages, sandy beaches and lush green forests. Take time to visit, explore and reach out to locals. Biking or walking are the best way to do this.

For dramatic inland scenery, explore Ribeira Sacra and its deep canyons. Enriching these landscapes even further, you will find Celtic fortresses, ancient castros and Roman settlements, sanctuaries, monasteries, all evidence of a culture that spans millennia. To relax after a day of sightseeing, cycling or walking, the healing properties of the extraordinary indoor and outdoor spas and hot springs are just the thing.

Our routes take you to the best landscapes, the most meaningful experiences and the most unforgettable flavours. Galicia is, undoubtedly, full of surprises and reasons to visit and keep coming back!

DON'T MISS

TRULY SCENIC FOREST LANDSCAPES

STUNNING BEACHES AND WILD COVES

HISTORIC TOWNS WITH CULTURE & TRADITIONS

BEAUTIFUL CHAPELS AND SANCTUARIES

ROMANESQUE ARCHITECTURE

AUTHENTIC VILLAGES AND RURAL LIFESTYLES

SUGGESTED PROGRAMMES

SELF-GUIDED | 7 DAYS

Walk the Santiago to Finisterre Way

This quiet, beautiful Camino de Santiago to Finisterre allows you to experience the other side of this ancient route, taking you to the 'end of the Earth'.



SELF-GUIDED | 9 DAYS

O Salnés Spiritual Variant of the Portuguese Camino Santiago

This variant connects the Portuguese Way with the Translatio Route, the Arousa Sea and Ulla River Route, which is the origin of all the Santiago routes.





We are proud of
our partners and
certifications.



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