

# Hiking tours available all year round in North of Portugal

Map – North of Portugal



## About us

- Descubra Minho is a local tour operator based in Montaria, Viana do Castelo. This is a family owned company formed by a young and passionate team that loves the outdoors and share the secrets of Portugal with you;
- Descubra Minho offers guided and self-guided hiking and cycling tours in North of Portugal.  
Our tours are mainly located in: Camino de Santiago, Douro Valley, Minho region, Peneda-Gerês National Park and Serra de Arga Mountain.
- Our tours are available all year round and we require a minimum of 2 persons for each tour.
- Tours are available in: **English, French, German and Portuguese.**
- Private transfers to and from hiking areas are available on request.

### **More details about Descubra Minho:**

**Website:** [www.descubraminho.com](http://www.descubraminho.com)

**Email:** [info@descubraminho.com](mailto:info@descubraminho.com)

**WhatsApp:** +351 969 220 704

## Tours in Serra de Arga (Viana do Castelo)

Montaria is one of 7 villages around the Serra de Arga mountain – a natural Park located 30 min from the city of Viana do Castelo. This is a secret mountain known by local people, a place with beautiful sceneries such as the Pincho waterfalls and other stunning landscapes.

In addition, the Natural Park has diverse wildlife (e.g. Iberian wolves and wild horses).

We offer tailor-made tours around Serra de Arga mountain, from 4 hours up to 8 days.

### 7 lagoons of Serra de Arga



Discover the 7 lagoons in Serra D'Arga mountain a nature Paradise.

This is a circular hiking tour in the middle of the forest and it includes a picnic by the river.

<b>Duration</b>	4 hours
<b>Distance</b>	3 km
<b>Difficulty</b>	Easy
<b>Price</b>	<b>2 persons:</b> 75,00€ per person* <b>3 – 4 persons:</b> 60,00€ per person* <b>5 – 6 persons:</b> 50,00€ per person* <b>more than 6 persons:</b> price on request

**Included:** English speaking guide, picnic lunch with drinks, insurance and hiking poles.

**\* 50% discount for children up to 14 years old but only when they book a tour together with 2 or more adults!**

### Montaria watermills



Montaria village has 42 watermills! On this tour you will explore the portuguese countryside and you have the opportunity to visit the inside of a functional watermill.

<b>Duration</b>	4 hours
<b>Distance</b>	4 km
<b>Difficulty</b>	Easy
<b>Price</b>	<b>2 persons:</b> 75,00€ per person* <b>3 – 4 persons:</b> 60,00€ per person* <b>5 – 6 persons:</b> 50,00€ per person* <b>more than 6 persons:</b> price on request

**Included:** English speaking guide, picnic lunch with drinks, insurance and a visit inside of a still working watermill.

**\* 50% discount for children up to 14 years old but only when they book a tour together with 2 or more adults!**



### Portuguese cornbread workshop



This is an authentic experience in Portugal! Learn how to make a traditional cornbread in a private farm. During this tour you can make your own bread! While the bread is cooking we go for a circular hike through Montaria watermills. At the end of hike you return to the farm for a picnic lunch with hot bread and local products!

**Duration** 4 hours

**Distance** 1.5 km

**Difficulty** Easy

**Price**      **2 persons:** 95,00€ per person\*  
                 **3 – 4 persons:** 80,00€ per person\*  
                 **5 – 6 persons:** 65,00€ per person\*  
                 **more than 6 persons:** price on request

**Included:** English speaking guide, bread workshop, visit inside a still working watermill, picnic lunch with drinks, insurance and hiking poles.

**\* 50% discount for children up to 14 years old but only when they book a tour together with 2 or more adults!**

### Donkey riding in Montaria



A fun way to explore Serra D'Arga mountain with your family is to offer a donkey riding to your kids.

Come together and explore nature while you enjoy hiking in the mountains without carrying kids on your back.

**Duration** 1 hour

**Distance** 1 km

**Difficulty** Easy

**Price** 50,00€ **per donkey**  
(price for the whole family /group - everyone can join the tour)

one child  
(age 3-8 years-old)

**Included:** Helmet, insurance, one donkey and a 1 hour donkey ride

**Optional (on request):**

Hiking tour through Montaria hiking trails with a donkey (carrying your picnic or a child);

- Extra donkeys: 50,00€ per donkey and per hour

### Full day tour Serra de Arga waterfalls and cornbread workshop



Spend a full day exploring Serra D'Arga waterfalls and learn how to make cornbread in a traditional farm.

This is a mixed tour that put together the best of Portugal in terms of nature and tradition.

<b>Duration</b>	7 hours
<b>Distance</b>	4 km
<b>Difficulty</b>	Easy
<b>Price</b>	<b>2 persons:</b> 125,00€ per person <b>3 – 5 persons:</b> 95,00€ per person <b>more than 6 persons:</b> price on request

**Included:** English speaking guide, **pick up and drop off at your accommodation, transportation**, 2 guided hiking tours, cornbread workshop, visit to a traditional farm, visit a functional watermill, picnic lunch with drinks, snacks, water, insurance and hiking poles.

### Serra de Arga wildlife and nature



Hike at the top of Serra D'Arga mountain (810 meters above the sea) and try to spot the wild horses and the wolf footprints.

This hike is rich in nature and you will find plenty of viewpoint to enjoy stunning views over Minho region.

<b>Duration</b>	6 hours
<b>Distance</b>	12 km
<b>Difficulty</b>	Moderate
<b>Price</b>	<b>2 persons:</b> 100,00€ per person* <b>3 – 5 persons:</b> 85,00€ per person* <b>more than 6 persons:</b> price on request

**Included:** English speaking guide, picnic lunch with drinks, binoculars and insurance.

**\* 50% discount for children up to 14 years old**

#### **Optional:**

- Other guided hiking tours in Serra de Arga
- Transfer from hotel to the hiking area and back

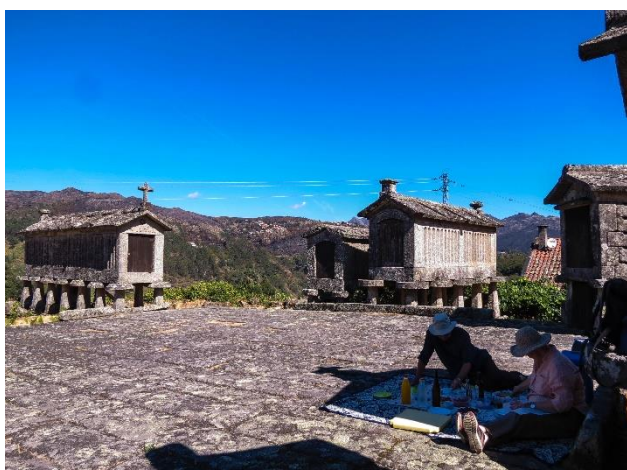


## Tours in Peneda-Gerês National Park

The Peneda-Gerês National Park is a place of outstanding natural beauty. Here the air is clear and the water is pure. This park contains some of the most beautiful and varied sceneries found in the whole country. Furthermore, it contains an abundance of rare wild flowers, birds of prey, wild horses and other wildlife.

We run **tailor-made** hiking **tours** in Peneda, Soajo, Amarela and Gerês mountains (from 1 to 8 days).

### Full day tour in the Peneda-Gerês National Park (Soajo & Lindoso):



<b>Walking time</b>	7 hours
<b>Length</b>	5 km
<b>Difficulty</b>	Easy
<b>Price</b>	<b>2 persons:</b> from 150,00€ per person <b>3 – 5 people:</b> 120,00€ per person <b>more than 6 people:</b> price on request

**Included:** English speaking guide, pick up and drop off at your hotel, transportation, hiking tour past Soajo watermills and lagoons, visit to the Lindoso castle, picnic lunch with drinks, snacks, water, insurance and hiking poles.

### Hiking tour in Peneda-Gerês National Park, Lindoso granaries and landscape:



<b>Walking time</b>	6 hours
<b>Length</b>	12 km
<b>Difficulty</b>	Moderate
<b>Price</b>	<b>2 – 3 people:</b> 100,00€ per person <b>4 – 6 people:</b> 90,00€ per person <b>more than 6 people:</b> price on request

**Included:** English speaking guide, visit to the Lindoso castle, picnic lunch with drinks, snacks, water, insurance and hiking poles.

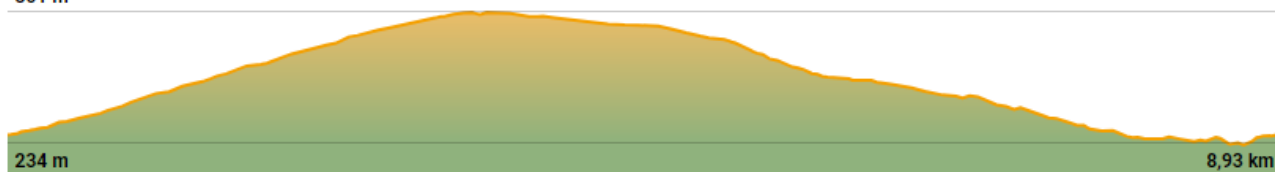
**Optional:**

- Other guided tours in the National Park

### Circular hike in Sistelo, the little Portuguese Tibet



801 m



- **Duration:** 5 hours, 9 km      **Difficulty:** moderate

**Price per person:** 100,00€ per person.

Rising from the vineyards and rivers of the lowlands, the Vez Valley narrows and the road climbs above the pine forests. Keep going and you arrive at upper Sistelo and a landscape seemingly as old as humankind, but in a place which few have ever heard of.

They call Sistelo 'Little Tibet', tucked in between the hills, this looks so much more like the rice terraces of southern China or Southeast Asia.

Our tour begins in the Sistelo village and we will walk on the old cobbled paths used in the past by ox-pulled carts.

During the tour you will visit many ancient shepherd settlements, stone huts inspired by Iron Age architecture and high pastures. It wasn't that many years back that the shepherds were still making use of them, tending their cattle in the summer months

We end our journey again in the village of Sistelo.

## Tours in the Douro Valley:



### From Provesende to Pinhão, the heart of Douro Valley

Starting this tour in Provesende village by following a trail through vineyards down to the River Pinhão you will be able to absorb the spectacular scenery of the Alto Douro Wine Region.

This is a land of traditions and there is much evidence to suggest that wine production has been a livelihood here for more than two thousand years. It is the first wine region in the world that was demarcated and the harvest here is still as traditional as it used to be and still done by hand and foot (with the squashing of the grapes!).

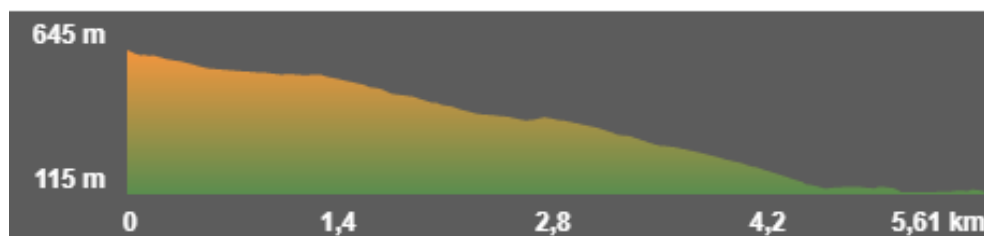
As you walk down and over the hilly slopes you will pass through many vineyards and olive groves before to arrive in Pinhão.

You finish this tour with a picnic lunch and a guided visit to Quinta do Bonfim. The quinta is family-owned by Symingtons family and have worked here for five generations. You are able to appreciate the rich heritage of this vineyard whilst visiting the winery and the old wine cellar, or may enjoy a walk through the vineyards.

**Price per person:** on request!

**Included:** private tour, guide, insurance, walking poles, binoculars, snack, bottle of water, picnic lunch and guided visit to Quinta do Bonfim and one wine tasting.

**Information about this tour:**



**Start:** Provesende, Saborosa

**Ends:** Pinhão

**Duration:** 4 hours

**Difficulty:** easy





### **From Casa de Loivos to Pinhão**

This amazing 6 km Douro vineyards walking tour through the vine terraces takes you through a landscape of grape vines and farms with breathtaking views over the river Douro. The terraced slopes are punctuated here and there by the whiteness of farm houses and wine estates.

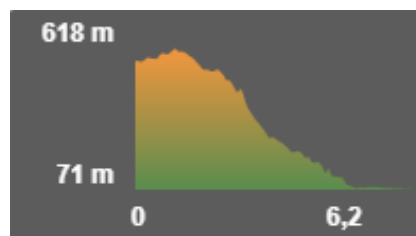
As you leave the village of Casal de Loivos behind, you'll walk along unpaved tracks through the countryside, past olive trees and farmhouses before a gentle climb through the vineyards. Enjoy marvellous views across the terraced hills as you wend your way down to the River Douro.

You'll follow an ancient cobbled road that runs parallel to the mighty waterway. Pass another two wine estates as you stroll beside the river, keeping an eye out for birds and other local wildlife.

**Price per person:** on request

**Included:** private tour, guide, insurance, walking poles, binoculars, snack and a bottle of water.

**Information about this tour:**



**Start/Ends:** Ervedosa do Douro

**Duration:** 4 hours

**Difficulty:** easy



### **Circular hike in Valença do Douro, Douro Valley and wine tasting**

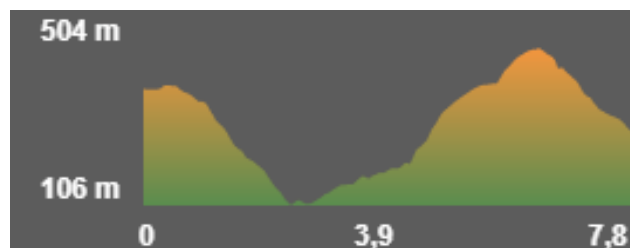
On this day you will walk from Valença do Douro to Quinta do Seixo with stunning views over the Douro River and beyond to the south, east and west. The scenery of vineyards and mountains carved out by rivers is indeed special and it is no wonder that this area has been designated a World UNESCO Heritage Site.

You finish this tour in Quinta do Seixo, which provides a breathtaking, stunning view over the river Douro. Owned by Sogrape Vinhos since 1987, in 2007 the company invested approximately €7.5 million here in a modern winery, where high quality Portos and Douro DOP wines are produced.

**Price per person:** on request!

**Included:** private tour, guide, insurance, walking poles, binoculars, snack, bottle of water, picnic lunch and guided visit to Quinta do Seixo and wine tasting.

**Information about this tour:**



**Start/Ends:** Valença do Douro

**Duration:** 4 hours

**Difficulty:** easy

## On request we offer tailor made programs in North of Portugal

- Other guided hiking tours in Peneda-Gerês National Park, Douro Valley or Serra de Arga are available on request!

### Important notes:

1. **Important:** The following must be included when booking one of our tours:
  - First and last names of all guests
  - Date of birth of all guests.
  - Mobile number of the guests (min. 1 person)
2. If you have a group booking, please contact us, so we can let you know of the price per person with applied discounts.
3. If someone makes a reservation for 1 adult + 1 child (up to 14 years old), **the price will be the same as for two adults**. The discount for children up to 14 years of age is only offered when the group includes a minimum of 2 adults.
4. We recommend that the following items are to be brought onto our tours: sneakers or hiking shoes to walk in the mountains, a bottle of water, sunscreen, and a jacket for weather changes.
5. **Our vegetarian, vegan or gluten free picnics** are available upon request.  
**Important:** When booking one of our tours, please share with us if you have any food allergies or food restrictions.



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