

Tour Portugal
SUNBLUE
RMAY 1720

DOURO & PORTO & THALASSO



sales@sublutour.com | www.sublutour.com

Contact: (+351) 937 852 895

DOURO & PORTO & THALASSO

7 Days 6 Nights - Group Program: minimum 20 pax

DAY 1

Arrival at Lisbon Airport
Shuttle from Airport to Hotel
Lunch in Hotel
Afternoon wellness and health treatments in the Thalasso: Thalasso Circuit (Dynamic pool with heated sea water, couterflow, pedestrian hall, Turkish bath, contrast showers, ice fountain and relaxation) + Relaxation or therapeutic massage
Dinner in Hotel
Night in Hotel

Thalasso Portugal is sophisticated center that uses therapeutic qualities of seawater to provide health care, wellness and beauty.

The center collects water from the sea 300 meters bellow, with influence of the sea air rich in iodine, known in Portugal for healing rheumatic diseases and respiratory problems.

The sea water is heated, no additives, and constant renewal for treatments by a team of professionals.

There are several types of treatments like, respiratory, circulatory, rheumatism, skeletal, psoriasis, dermatological, neurological as well as beauty treatments, anti-aging, anti-stress, weight loss, among others.

DAY 2

Departure to Oporto
Tour in Oporto, with visits to the Caves of Port Wine and the new Interactive Museum "World of Discoveries"
Lunch Free
Dinner in Hotel
Night in Douro Palace Hotel****

Porto

This city gave its name to the famous Portuguese wine. In addition to the Caves, can be visited the historic center or the Ribeira, classified as UNESCO World Heritage Site since 1995. The Clérigos Tower, 76 meters high, provides a great view of the city. The Douro river is part of the story and in it we can still see the boats that brought the barrels of wine from the region, that departed from Oporto and still continue today to carry Oporto Wine worldwide.

World of Discoveries is an interactive museum and theme park that reconstructs the odyssey of the Portuguese navigators, crossing oceans to the discovery of an unknown world.

Portugal had a starring role in this process for centuries, creating new oceanic routes and putting people, animals and plants in circulation worldwide.

This space is about the meeting of cultures and reach of ambitions, ideas, efforts and innovations that made them possible.

The Douro Palace Hotel **** is located in Quinta de S. João, located in Santa Cruz do Douro.

The rooms overlook the Douro. Facilities include a pool, restaurant and bars.

sales@sublutour.com | www.sublutour.com

Contact: (+351) 937 852 895

DIA 3

Train ride along the Douro River to Régua
 In Régua boat trip to Pinhão with lunch on board. Descent of the river from Pinhão to Régua
 Dinner in Hotel
 Night in Hotel

DIA 4

Departure to Nazaré
 Stop in Aveiro and in the Bairrada region in São Lourenço do Bairro
 Visit the Estate of wines Quinta do Encontro in São Lourenço do Bairro, with wine tasting and pig roast of Bairrada lunch
 Dinner in Hotel
 Night in Hotel

In the heart of Bairrada, in São Lourenço do Bairro, lies the **Quinta do Encontro**.
 A modern space with cellar, housed in a setting surrounded by vineyards. The building can meet up the science and art of making wine and have a unique sensory experience, a cellar design.
 Visits and wine tastings stimulate the senses, from the music that merges with the characteristic aromas of the wine production, the taste experience of original flavors of lush kitchen.

DIA 5

Free day in Nazaré
 Wellness and health treatments in Thalasso: Thalasso Circuit (Dynamic pool with heated sea water, counterflow, pedestrian hall, Turkish bath, contrast showers, ice fountain and relaxation) + Vichy shower with full massage
 Free Lunch
 Gastronomic dinner buffet with wine tasting and Fados
 Night in Hotel

Sanctuary of Nossa Senhora da Nazaré

Marian devotion Sanctuary frequented by fishermen.
 It consists of the Church and the Chapel of Remembrance.
 This site was built after the miracle of Nossa Senhora da Nazaré who saved D. Fuas Roupinho falling from the headland.
 The Sanctuary is dominated by two bell towers. Inside there is a painting alluding to the miracle.

Nazaré Funicular

The funicular of Nazaré was designed by a disciple of Gustave Eiffel, Raoul Mesnier de Ponsard.
 Due to difficulties in accessing, The Sítio only developed from the mid-seventeenth century.
 The construction of the mechanical funicular connecting the Beach of Nazaré and the Sítio, in 1889, allowed a new progress, since that time it was much visited by pilgrims and penitents.

DIA 6

Free day in Nazaré
 Wellness and health treatments in the Thalasso: Thalasso Circuit (Dynamic pool with heated sea water, counterflow, pedestrian hall, Turkish bath, contrast showers, ice fountain and relaxation) + Relaxation massage or therapeutic + Face treatment
 Free Lunch
 Dinner in Hotel
 Night Hotel

DIA 7

Check out from Hotel at 8 o'clock
 Visit to Lisbon
 Free Lunch
 Departure from the airport

Those who imagine **Lisbon** with its white houses on the hills will be surprised.
 The facades adopted pastel and other colors.
 Modern buildings are also inserted in the urban area of the capital.
 After passing through Avenida da Liberdade, visit the Belém area to meet the Mosteiro dos Jerónimos, Padrão dos Descobrimentos and Belem Tower.
 Take the opportunity to taste the famous Pastel de Nata, one of the most popular candy from Portugal.

The **Nations Park** includes the area where they held the World Expo 1998 with a magnificent view of the other side of the river and the Vasco da Gama Bridge, the longest bridge in Europe.
 After EXPO'98 the zone kept several buildings and is one of the capital's visit points: the Pavilion of Portugal, the Atlantic Pavilion, Oceanarium, the International Area, the Oriente Station, among others.