



# DESTINATION GUIDE PORTUGAL

*Discover the history, culture, architecture and cuisine of Portugal*



# Welcome to PORTUGAL

## *The River of Gold*

Nestled on the sun-drenched Iberian Peninsula in Southern Europe, Portugal is a country characterised by a rich tapestry of history, art, music, and unique traditions. Over the centuries, the influences of Romans, Moors, Berbers, Vandals, and Visigoths have intricately woven together to shape Portugal's unique identity.

From the intricate azulejos tiles gracing homes, churches and the streets of Lisbon to the romantic bridges and grand cathedrals of Porto, architectural wonders narrate tales of bygone eras.

The Viking Portugal experience also includes a visit to the historic city of Salamanca, a UNESCO World Heritage Site with well-preserved medieval structures, cobblestone streets and the illustrious University of Salamanca.

Delve into the world of traditional fresh seafood, hearty stews, and pastries. Experience the iconic salted codfish, Bacalhau, and savour the delicately melting custard tarts known as pastéis de nata, while listening to soul-stirring melodies of Fado music.

Set sail down the Douro River past the picturesque rolling vineyards and dramatic rock formations while you experience the vibrant culture and hospitality of the Portuguese people in every port.



SUNSET, LISBON



# *Discover Portugal's* **BEAUTY BY RIVER**

*Six compelling reasons why you should explore Portugal*



VIKING TORGIL, DOURO VALLEY

# 1

## SAIL THE SCENIC DOURO RIVER

Meander along the Douro River, tracing the rich history of Portuguese wine. Witness terraced landscapes, vineyards and charming riverside villages from the comfort of your ship.



DOURO VALLEY VINEYARDS



### BONUS VIDEO

Simply scan the QR code to watch a video about Douro River ships.

# 2

## STEP BACK IN TIME

Portugal is brimming with history, from Guimarães, Portugal's first capital settled in the 9th century, to Lisbon's Belém Tower and Jerónimos Monastery and the Luis I Bridge and Clergymans Tower in Porto.



TOWN SQUARE, GUIMARÃES

# 3

## EXPERIENCE ENGINEERING MARVELS

Gather on the deck of your ship and sail through five different locks along the Douro River including Europe's largest lock. The Carrapatelo Lock measures 85 metres in length, 12 metres in width and stands at an incredible height of 75 metres.



INSIDE THE CARRAPATELO LOCK



### BONUS VIDEO

Simply scan the QR code to watch a video about River locks of the Douro River.

## DISCOVER THE OLDEST WINE REGION IN THE WORLD

The Douro Valley is the oldest demarcated wine region in the world, renowned for its wine production, notably port. Explore and learn about Portugal's celebrated winemaking region and savour local wines paired with traditional cuisines.

# 4



PORT WINE DISTRICT



### BONUS VIDEO

Simply scan the QR code to watch a video about Portugal's wine country.

## BASK IN THE SUNSHINE

Portugal is one of Europe's sunniest countries, boasting more than 300 days of sunshine. Combined with mild winters the weather provides visitors with ideal conditions to enjoy the diverse landscapes and outdoor excursions.

# 5



EXPLORING LISBON

## BONUS VISIT TO SPAIN

Explore more of the Iberian Peninsula and indulge in a diverse range of cultural experiences with a bonus visit to the university town of Salamanca, Spain—best known for its sandstone structures, baroque buildings and medieval charm.

# 6



SALAMANCA CATHEDRAL

# *Discovering* THE DOURO

*The Douro River Valley in Portugal is renowned as a wine-making region, but when Viking employee Sam Berry delved a little deeper, she ended up on an enchanting voyage of historic discovery*



PORTO

The tour of Lisbon started with a visit to the Tagus riverbank to see Belém Tower, a UNESCO World Heritage Site. The informative Viking guide explained that this magnificent building, although resembling something out of a fairytale, was actually used to defend Lisbon during the 14th and 15th centuries. The highly decorative edifice contained Europe's first example of a carved stone rhinoceros on a building. But try as we might, it was a little hard to find, given that over the years the elements have worn away the rhino's horn to look more like a frog.

But the next stop was a real highlight for me. If you paid attention in your school history lessons, you might remember that Prince Henry the Navigator devoted his life and fortune to encouraging exploration of the unknown world and developing navigational instruments. The epic Monument to the Discoveries features Henry, portrayed holding a model of a caravel at the head of a line of the most famous Portuguese explorers, such as Ferdinand Magellan and Vasco da Gama. It also includes figures representing cartographers, navigators and others who played a part in advancing exploration during the 15th and 16th centuries.

The only woman who appears on the monument is Philippa of Lancaster, an English princess and Henry the Navigator's mother. She is credited with being the brains behind the plan to explore the city of Ceuta in North Africa, ushering in the Portuguese Age of Discovery.

In front of the monument, inlaid on the ground in tiles, is a wind rose mosaic containing a map of the world and the dates on which the Portuguese explorers discovered new lands. Standing in the middle of this illustration and looking straight across the marina and its small pleasure boats, I could see the famous Jerónimos Monastery—also a UNESCO World

*It was a chance to appreciate the beautiful vines and white quintas that adorn the douro's banks*

Heritage Site, and part of which now houses the Maritime Museum.

We headed there next and saw one of my favourite exhibits, the Map of the World, which shows the demarcation upon which Spain and Portugal agreed to divide the known world in 1494; Spain got everything west of the line.

If you have ever wondered why Brazil is the only country in South America whose inhabitants speak Portuguese, it is because King John II was convinced that new lands lay to the south and west of the Azores. In 1500, Pedro Álvares Cabral discovered Brazil—which, luckily, lay to the east of the 1494 line, meaning Portugal was able to claim it.

In Lisbon, we also had the opportunity to visit a famous bakery, Pastéis de Belém, the only place in Portugal where custard tarts are allowed to be called by this name (elsewhere, they have the suffix "de nata"). If you are prepared to wait in line, you will be rewarded with the taste of still-warm deliciousness.

The next morning, it was time to say "Adeus!" to Lisbon and board the luxury motor coach heading north to Porto, where *Viking Osfrid* and the Douro awaited. I took an optional half-day excursion to a historic estate outside of Porto. We discovered the lush oasis of an English-inspired landscaped garden. A copse of trees had been planted many years prior, forming a wonderfully verdant canopy under which many smaller flowering bushes and plants now thrive in the humid atmosphere. Interspersed

between the plantings were huts, ponds and stone archways. Over time the moss and lichen has coloured the trees and stone bricks with a beautiful patina of greens and golds, which had everyone reaching for their cameras. We also enjoyed an informative session tasting wines from the estate, including vinho verde. This was then followed by more wine tasting while snacking on local cheeses and enjoying views of the countryside from a shaded loggia. A deliciously indulgent afternoon.

After two nights in Porto, *Viking Osfrid* set sail along the Douro eastward toward Spain. It was a timely contrast to the bustling delights of Lisbon, Coimbra and Porto, and a welcome chance to relax and appreciate the beautifully cultivated terraces of vines and sparkling white quintas that adorn the slopes of the Douro Valley.

In July, the temperatures were constantly above 30°C and the swimming pool on the Sun Deck provided cooling relief from the hot sun. Reclining on the comfortable loungers while watching the passing landscape in the brilliant sunshine was heavenly. The only exercise required was to wave occasionally at local people taking a dip in the river.

As the ship moved up the Douro toward the Spanish border, it passed through several locks as the elevation of the landscape climbed. The experience of going through the lock was quite eerie, as the ship was cast in shadow by the height of the lock. The sensation of being raised upward (in what was effectively a ship elevator) brought many people up on the Sun Deck to watch.

When the ship docked at Régua, the included excursion was to Mateus Palace. This image was made famous after the building was used on the Mateus Rosé wine labels. One of the most





popular wines exported from Portugal in the 1980s, Mateus Rosé was developed especially for the British and American palate. Since then, its popularity has declined as consumers' tastes have become more sophisticated. The palace itself was home to the last Count of Vila Real and is open to the public to view its collection of furniture, crockery, paintings and books from the 16th century onward. The library has a rare edition of *Os Lusíadas* by Luí Vaz de Camões, considered the most famous Portuguese-language poet.

After strolling around the lake in front of the gardens, the next stop was at a local quinta for wine tasting.



**BONUS VIDEO**

Simply scan the QR code to watch a video about the History of Port wines.



Castelo Rodrigo is a medieval fortress town perched on a hilltop that contains the ruins of a castle. The town was a thriving centre for commerce in medieval times, and for centuries the castle protected the land from the Moors and the Spanish. Following a period of Spanish control, the locals burned down the castle when Portugal gained its independence in 1640, and it was never rebuilt.

The town has an interesting history. It enjoyed two centuries of peaceful coexistence between the Jewish and Christian populations until the Spanish Inquisition decimated the Jews. Many Jews chose to become Christians to avoid persecution but continued to practice their true religion behind closed doors.

Surrounding the town are fields of almond trees, and you can buy almond-based products including liqueur. The town dominates the surrounding landscape and there are amazing views to enjoy all around the castle. The population is greatly reduced, with only a few families remaining, but walking around the peaceful streets gives a sense of the importance and grandeur of the town's glory days.

The day trip to Salamanca was filled with great experiences. The first stop was the covered market near Plaza Mayor, where different stalls offered a fantastic array of fresh fish, meat and vegetables. The tour finished with a visit to a tapas stall, where we sampled squid, cheese, olives and chorizo washed down with a fruity white wine. There was much to explore around the town, including two cathedrals and the Art Nouveau and Art Deco Museum. Another well-known building was the House of Shells, which was decorated by its owner to display his wealth. The university buildings were all built in a decorative red sandstone, and one tradition from previous centuries was for graduates to climb up the sides of the building and write their names in bull's blood. Some of the names could still be seen high on the walls of some of the dwellings.

As it was Saturday, there were many weddings taking place in Salamanca's cathedral and churches, and we joined groups of exuberant, cheering wedding guests gathering in the streets to celebrate the bridal parties. It was interesting to see how glamorous the Spanish wedding parties were; many of the women in attendance would not be out of place at a ball, dressed in their long, brightly coloured gowns.



Bands of musicians wearing traditional black capes serenaded the brides and grooms, while confetti bombs and firecrackers added to the incredible street-party atmosphere

During the voyage, there were several opportunities to sample some of the wines and ports of the region. In Porto, the included excursion ended with a trip around Ferreira Cellars, located on the river close to where *Viking Osfrid* was docked. A tour of the cellars was very informative, and one of the things we learned about was the storage of ruby and tawny ports. Ruby ports are stored in large vats so there is less oxidization, which helps to retain their ruby-red color. Tawnies, on the other hand, are stored in barrels to help create the wine's distinctive brown hue.

There were further opportunities to enjoy delicious Portuguese and Spanish wines as part of the wonderful Quinta da Avesada, Castelo Rodrigo and Salamanca excursions, as well as on board the ship itself. Drinking the wines and ports of the Douro Valley was one of the many special highlights of the voyage.



#### **BONUS VIDEO**

Simply scan the QR code to watch a video about Fado, music of Portugal.

# Porto

## CITY GUIDE

*With graceful bridges, baroque cathedrals and cobbled streets, the second largest city in Portugal offers a feast for the soul and senses*

Set against a backdrop of the winding Douro River and exuding charm from every brick, Porto is rich in culture, architecture and, of course, port. With a history dating back to the Roman Empire, its Celtic-Latin name, *Portus Cale*, is believed to be the origin of the name Portugal. The city was given World Heritage Site status by UNESCO in 1996 and it is home to some of the most important works of architecture in the country, from the Modernist buildings of the early 20th century to the spellbinding Romanesque cathedral and the huge synagogue, which shows the city's diverse and lengthy cultural history. Wander down the pedestrian street Rua de Santa Catarina, and visit the Church of Saint Ildefonso, decorated in the blue azulejo tiles that are typical of the region. Then onto São Bento railway station where some of the city's key historical moments are depicted in over 20,000 tiles.

### DON'T MISS

- Porto is home to concert halls, theatres, galleries and museums. One notable example is the Soares dos Reis National Museum, which displays Portuguese art across the past five centuries. The Serralves Foundation curates the Museum of Contemporary Art, with some great exhibitions from all around the world. Buildings such as the Coliseu do Porto theatre and the Cinema Batalha are some examples of the Streamline Moderne and Art Deco to look out for.

- Portugal is now the fifth largest exporter of wine in Europe. Expect to find the usual sweet variants as well as the rarer dry and semi-dry. A trip to a port wine-making facility is a definite highlight of any visit to this fascinating city.
- Take an excursion to Guimarães, another UNESCO World Heritage Site, which is a 45-minute drive from Porto. Its medieval quarter palaces and monasteries date back to the 10th century, and in the 12th century it became Portugal's first capital city.
- The flagship store of the country's beauty and fragrance brand Claus Porto is worth a visit on Rua das Flores, home to many charming stores, and spend time in Livraria Chaminé da Mota, a wonderful and atmospheric family-owned book emporium also housing a collection of music boxes and gramophones. Souvenir shops are prevalent along with hand-made crafts, and you can buy all sorts of local art for reasonable prices.



SARDINES ON TOAST



#### INSIDER TIPS:

- **Festival fever** - The biggest event is the St. John festival, which takes place in June every year. Originally a religious celebration of midsummer, it has become a lively street party and a spot to try the traditional sardine dish.
- **City of Spires** - The city is home to an array of ancient churches that are dazzlingly ornate both inside and out. Clérigos Tower Church is listed as the oldest in the city, with a height of 75 metres and 240 spiral steps worth the climb.
- **Cool Cuisine** - A Portuguese delicacy to be on the hunt for in Porto is the delectable pastéis de nata. There are ample spots to pick from across the city, but at Manteigaria, you'll catch the pastry chefs rolling out pastry first hand.
- **Beautiful Books** - Bookworms should make their way to the extravagant Lello & Irmão bookstore. Known for its neo-gothic façade, the interior greets you with its winding wooden staircase and exquisite panelled walls.

#### FAST FACTS:

- Port has been exclusively produced in the Douro region since the 18th century, making it the third oldest protected wine-producing region in the world.
- Porto's inhabitants are sometimes known as tripeiros, named after the city's unique stomach tripe dish. It may not sound appetising, but it is definitely worth sampling. Another absolute must-try is Bacalhau à Gomes de Sá—a delicious casserole made with salted cod.
- The mastermind behind Paris' Eiffel Tower, Gustave Eiffel constructed the Maria Pia Bridge in Porto, and worked on the Dom Luis I Bridge—one of Porto's most famous bridges—before venturing to the French capital.



#### BONUS VIDEO

Simply scan the QR code to watch a video about Porto, Portugal.

# PORTUGAL BY PLATE

*Renowned food critics Jill Dupleix and Terry Durack take you on a culinary journey of Portugal highlighting the unmissable dishes and where to try them*



From the smoky sensation of a grilled sardine to your first bite of a cinnamon-scented custard tart, eating your way around Portugal is a magical mystery tour for all the senses. And because the charming historic cities of Lisbon and Porto have kept faith with their traditional foods, even a simple dish for lunch tells its own story, like an edible postcard. Here we've chosen just five dishes that evoke the history, the splendour and the vitality of Portugal, and the energy and appetite of its people. Obrigada (thank you), Portugal, and mais, por favor (more, please!).

## **THE FRANCESINHA**

Take time out to find this magnificent multi-layered sandwich in Porto, first created in 1953 as the local answer to France's croque-monsieur. The word 'hearty' was invented for its layers of cured meats, cheese and linguica (smoked Portuguese sausage), and a spicy tomato and

beer sauce. Take it at a traditional tasca (family-run bar), or go for the quality-and-comfort option at Brasao Cervejaria Aliados, where it is cooked in the wood-fired oven, topped with an egg and oozing with cheese - a gastronomic challenge, ready to conquer. [brasao.pt/pt/](http://brasao.pt/pt/)

## **GRILLED SARDINES**

Since Roman times, the vast Atlantic coastline of Portugal has been renowned for its small, silvery, oily-fleshed sardines. For the most atmospheric eating experience in Lisbon, find a terrace (pateo) restaurant with an outdoor grill in the historic Alfama district, with its maze of tiny narrow alleys and tiny fado bars. Order sardinhas grelhadas (grilled sardines), wreathed in seductive tendrils of smoke, a cold beer and a colourful Portuguese salad of grilled capsicum, potato and tomato, for one of the best barbecues of your life. *Pateo 13, Calçadinha de Santo Estevão, 13, Alfama.*

## PASTEIS DE NATA

Crusty, crunchy, caramelised and creamy—that's the promise delivered by these iconic custard tarts. It's worth seeking out the originals, known as pasteis de Belem, at the ever-crowded, blue-tiled Antiga Confeitaria de Belem, which sells 10,000 of these flaky, crisp-bottomed tarts every day. Take the tram to the historic district of Belém six kilometres west of Lisbon, and eat them warm from the oven, dusted with cinnamon and sugar, with a strong black bica (espresso). It will ruin you for ordinary, everyday custard tarts forever more, but it's worth it. *Antiga Confeitaria de Belem, Rua de Belem, 84-92, Lisbon Tel: 21 363 7423 [www.pasteisdebelem.pt](http://www.pasteisdebelem.pt)*

## PETISCOS

Majestic street kiosks (quiosques) selling simple snacks and drinks have been part of Lisbon's culture for 100 years. So have petiscos, the local answer to Spain's tapas, in which you cover the table with small dishes. Now one of Portugal's most talked-about chefs, Nuno Mendes, who made his name with experimental *Viajante* and Portuguese *Lisboeta* in London, has returned home to take over the oldest and most beautiful quiosque in Lisbon. Petiscos is not just a way of eating, but a way of living, dipping into colourful octopus salads, crunchy calamari (squid) sandwiches, platters of anchovies and salt cod croquettes on little tables shaded by old trees, with a glass of fresh, light Portuguese wine or the local vermut. *Quiosque de Sao Paulo, Praça de São Paulo, Cais do Sodré @quiosque.saopaulo*

## BOLENHOS DE BACALHAU

For 2,000 years, the Portuguese have been curing fish with salt and drying it in the sun to preserve it. Bacalhau, or salt cod, is an essential part of Portuguese cuisine, known as the "faithful friend" of the people. Croquettes of salt cod known as bolenhos or pasteis, bound with



### BONUS VIDEO

Simply scan the QR code to watch a video about Bacalhau.

potato and deep-fried to golden crispness, are the most fun way to get your salt cod fix. Buy them from a *tasca* (family-run café) in Porto, or dine at the upmarket *Laurentina* or *A Casa do Bacalhau* for the full experience. With twelve branches across Porto, ambitious newcomer, *Casa Portuguesa de Pastel de Bacalhau*, goes for drama, presenting a single salt cod croquette with a melting heart of *Serra da Estrela* cheese, together with a glass of white port as a package deal. [pasteldebacalhau.pt](http://pasteldebacalhau.pt)



# WINE LIST

*From full-bodied reds to fresh vinho verdes, to the sweet taste of fortified port, Oonagh Turner raises a glass to Portugal's wine regions*

Winemaking has existed on the Iberian Peninsula for thousands of years, and while its neighbouring countries are famed for their stellar production with the likes of Bordeaux and Rioja being household names, Portugal as a wine region is oft-overlooked as a producer of reds, whites and roses.

But Portugal certainly packs a punch, with 13 different wine regions boasting an array of climates, soils and altitudes, each region offering something unique to enthrall any oenophile. The first vineyards were cultivated here around 2,000 BC. Over the arch of history, the vast mix of settlers who have moved into this part of the world—from the Greeks to the Phoenicians—have brought with them varying

techniques, skill and all kinds of grapes. So partial were the Romans to the Portuguese grape they named the land after the son of the Roman god of wine, Bacchus and did much to further and expand viticulture in Portugal. The Romans are to be thanked for one of Portugal's greatest wine regions, having established vineyards along the Douro, where the river is flanked by cascading vines that tumble almost to the water's edge.

Jump forward a few centuries and Portugal's vineyards played a large role quenching the thirst of the English, who were on the look-out for an alternative market to France, given the resentful political fall-out. The English found and fell in love with port—the drink so closely

connected with the Iberian Peninsula and so deeply embedded in its history and culture.

The process with port differs to that of wine, involving adding a clear brandy to fermented grape juice, allowing it to fortify and intensify into that beautifully sweet and fabulous flavour. Legend has it that this sweeter, fortified version of wine was discovered during a 17th century visit by English wine merchants at a monastery. A thriving port trade with the English ensued. Today, the rustic and old-fashioned winemaking techniques are making way for a new wave of budding winemakers with modern-day methods and ideas for packaging and branding and, as a result, the Portuguese wine market is thriving.

With Portugal offering such a kaleidoscope of climates and landscapes, the country's wine produce significantly differs. Grapes in the north of Portugal are fresher and 'greener', the hot Mediterranean south is best for deep, full-bodied reds, and its tropical islands bring a completely different experience to its wines, with grapes growing on craggy cliffs cooled by sea air. Today, Portugal's leading wine-producing region is the UNESCO-listed Douro Valley.

Vineyards follow the bends of the river as it meanders all the way to Portugal's second largest city, the culinary destination of Porto. The landscapes here are a sight to behold by land or by river cruise, and those floating through might spot grapes being picked from the vines on steep valleys—hard work for the harvesters, but the result is worth it. The Douro is the oldest demarcated wine region in the world and a great spot for Port wine. There are plenty of opportunities to sample Douro wine here, with visits to the estates, or quintas

—the most authentic, charming, family-run vineyards just on the outskirts of the capital.

Minho is another wine hotspot known for its vinho verde, a refreshing 'green wine' made with a young grape. Minho is the largest wine region in Portugal by size, and there are many a romantic wine estate here, perfect for spending a blissful afternoon in the southern sun. Alentejo too is another option for oenophiles, situated in the south of Portugal boasting a hot Mediterranean climate making it optimal for those easy-drinking reds. Lisbon, too, offers rich pickings, with nine sub-regions for wine, while the lush tropical island of Madeira produces the second most famous fortified wine from Portugal, coming in a range of tastes, from sweet to dry.

Meanwhile, Barca d'Alva is a Portuguese port town near Spain, in the shadows of magnificent mountains and the gateway to the Quinta do Seixo—an historic port wine-making facility typical of the Douro region. With the country's wine making history stretching back over centuries, Portugal's wine is finally getting the recognition it deserves, and a place on the dining table.



#### **BONUS VIDEO**

Simply scan the QR code to learn about Quinta da Lagoalva de Cima.

# *A day in* **SALAMANCA**

*With some substantial history, intellectual clout and a buzzing student population in its midst, a visit to the magical city of Salamanca is part of our 10-day Portugal voyage*



Despite its relatively small proportions, the medieval city of Salamanca, located in northwestern Spain, has long been sought after. Since the 3rd century BC, when Hannibal sieged the city and made it his westernmost outpost, it has been fought over and prized by the Romans, Visigoths, Moors, Spanish Empire, Revolutionaries, Golden Age, and now, UNESCO, who have made it a World Heritage Site. Known as “La Dorada” or “The Golden City” due to the glow of its sandstone structures, Salamanca today plays host to the oldest university in Spain and one of the oldest in the World, the Universidad de Salamanca.

Salamanca’s honey-coloured architecture is best sampled from Plaza Mayor, built between 1729 and 1755, it is widely considered to be Spain’s most beautiful central plaza. Once

you’ve perused the arcaded walkways, Town Hall, and Royal Pavilion, dive into the back alleys for the less lauded beauty of intricate cobbled streets.

## **WHAT TO SEE AND DO**

As with most Spanish cities, religion is omnipresent. Salamanca’s two cathedrals are contrasting and dominant landmarks – the Gothic Catedral Nueva (New Cathedral), dating back to 1513, is the more striking, while the medieval Catedral Vieja de Santa María (Old Cathedral) offers a more atmospheric experience.

No visit to Salamanca is complete without a stop by one of the oldest universities in the world, the Universidad de Salamanca, founded in 1218. Offering a visual feast, the University’s

16th century sandstone entrance façade draws crowds with its tapestry of mythical heroes, religious scenes, and coats of arms. Inside is also one of the oldest libraries in the world, which houses 160,000 leather-bound volumes underneath a fine late-gothic techumbre (carved wooden ceiling).

Art-lovers will enjoy Museo Casa Lis which houses one of Salamanca's best art collections of sculptures, paintings, and art deco and art nouveau pieces, but it's the building, a light-filled Modernista (Catalan art nouveau) house, that is the real drawcard, featuring a vast stained-glass roof in one atrium and a beautiful ironwork and glass façade at the back of the building.

Also, not to be missed is Casa de las Conchas (House of Shells), a medieval building built by a Knight of Santiago who attached 300 carved scallop shells onto the exterior of the building in homage to the Camino de Santiago (a pilgrimage walk to Santiago de Compostela)

### WHERE TO SHOP

The best places to shop in Salamanca are along the pedestrianised streets of Calle Toro and Zamora, the main avenues heading north from Plaza Mayor, or between the Plaza and the cathedrals. Here you will find numerous souvenir stores, boutiques, jewellers, and traditional art and craft shops. Keep a lookout for filigree work or the typical Salamanca button. Foodies who want to stock up on cured meats, such as jamón de bellota, and other regional specialties can find these at delicatessens or in the Central Market.

### WHERE TO DINE

For traditional fare, restaurant El Meson De Gonzalo has, over three generations, perfected



the art of slow-cooked suckling lamb and is well-known for its patatas bravas (roasted potatoes in a spicy tomato sauce). At Cuzco, dine on simple dishes of grilled meat and fish in the restaurant or perch at the cosy bar with plates of regional specialities. For something sweet, Valor, an unassuming café, is possibly home to Salamanca's best sweet treats. A churros and a hot chocolate will offer the perfect respite from a busy day of sight-seeing in the city.



# Portugese Cuisine

## BACALHAU À BRÁS

*Combining salted cod, shoestring potatoes, eggs, olives and herbs, bacalhau à brás is a memorable Portuguese dish that blends textural elements with a melody of flavour.*

### SERVES 4

450g dried salted cod  
450g waxy potatoes  
Olive oil  
1 large white onion, halved, then thinly sliced  
2 bay leaves  
4 garlic cloves, crushed  
2 tbsps fresh parsley, chopped  
4 large eggs  
30g black olives, pitted

#### **TO GARNISH:**

Dash of Tabasco  
Lemon wedges

1. Cover the cod in cold water and allow to soak for approximately 48 hours, changing the water frequently.
2. Place the cod in a large pot and cover with water again. Boil for about 15 minutes, then drain. Allow the cod to cool, then flake and set aside.
3. Peel the potatoes and cut into matchsticks. Add 1 to 2 tablespoons of olive oil to a non-stick pan and fry the potatoes in batches. Keep the cooked matchsticks warm in a low oven.
4. Add a further tablespoon of olive oil to the pan and add the bay leaves. Cook for 2 to 3 minutes, then add the garlic and onions to the pan. Sauté until translucent. Discard the bay leaves, then add in the parsley and the flaked cod.
5. Mix the eggs with a fork, then add to the pan. Keep stirring until the eggs are scrambled. Combine the fries with the cod mixture, then stir in the olives. Season to taste and finish with a dash of Tabasco. Garnish with lemon wedges.



**BONUS RECIPE**

Simply scan the QR code to learn about Caramel Flan.

# Portugese Cuisine

## PASTÉIS DE NATA

*You can find these delicious little bites all over Portugal, and once you have tasted them beware, as they are addictive. Easy to make, the rich, eggy filling is pure comfort food.*

**MAKES** ROUGHLY 12

250ml milk  
1 lemon, zest only  
1 cinnamon stick  
100g caster sugar  
2 tbsp plain flour  
75ml water  
3 large eggs, yolks only  
320g butter puff pastry

1. Preheat the oven to 245°C. Gently heat the milk with 2 to 3 strips of lemon zest and the cinnamon stick to a simmer, then remove the lemon and cinnamon.
2. Mix the flour with a little milk to a smooth paste, then stir in all the milk. Return to the heat, whisking constantly for 2 minutes until thick.
3. Place the sugar and water in a saucepan, stirring until the sugar has dissolved. Bring to a boil and allow to boil for 3 minutes, then whisk into the milk mixture.
4. Place the egg yolks in a bowl and slowly add the milk mixture, whisking constantly. Transfer to a jug and allow to cool slightly.
5. Lightly butter all the holes in a 12-hole muffin tin. Roll the pastry out into a rough rectangle, then roll each rectangle up from the bottom to the top. Cut each roll into 12 discs. Place one disc flat into the base of each hole, then, with wet thumbs, press out until the pastry comes about half way up each hole.
6. Pour the custard into the pastry cases, then bake for about 15 minutes, until set and caramelised. Sprinkle with sugar and cinnamon, then serve while still warm.

# *The Viking* **DIFFERENCE**

*Explore Portugal, the Viking Way*

## **SMALL SHIPS**

Our small ships create an ideal setting for a more intimate experience, fostering meaningful and personal connections. With fewer guests, you'll have the opportunity to connect with like-minded travellers, forming friendships that extend beyond your journey.

## **RELAXED LEISURELY PACE**

Unlike traditional European river journeys or ocean voyages, our Portugal river cruise navigates at a slower pace allowing you to truly savour the scenery. All sailing occurs during the day providing the opportunity to relax on deck as your Viking ship gently carries you along the winding Douro River while you witness the ever-changing scenery that passes by.

## **AUTHENTIC EXPERIENCES**

A Viking journey is crafted to provide immersive experiences so you can gain a deeper understanding of each destination. Our range of included and optional excursions include Local Life and Working World experiences so you can get a taste of what life is like as local, leaving you with memories to last a lifetime.

## **PORTUGUESE HOSPITALITY**

Experience genuine Portuguese hospitality on our small ships. Our crew are dedicated to ensuring your comfort, offering a warm and personalised touch that adds a distinctive flavour to your experience.





VIKING TORGIL SAILING PORTO

10 DAYS | 8 GUIDED TOURS | 2 COUNTRIES

# PORTUGAL'S RIVER OF GOLD

*Lisbon to Porto*

TYPICAL SAILING SEASON

MARCH TO NOVEMBER



## BONUS VIDEO

Simply scan the QR code to watch a video on Portugal's River of Gold Itinerary.

DOURO VALLEY



Embark on a captivating journey through Portugal and Spain, where every day unfolds with enchanting discoveries and cultural treasures.

Begin your journey with a two night hotel stay in Lisbon, immersing yourself in the city's timeless charm and historic wonders. Delve into the intricate architecture of Jerónimos Monastery, a UNESCO World Heritage site, learn about the decorative Portuguese azulejos and wander the narrow winding alleys and medieval architecture of the Alfama district, transporting you to a bygone era.

Then embark your Viking vessel in Porto for a captivating 8-day river voyage along the Douro River. Highlights include a visit to the iconic

Mateus Palace, and the tiny hilltop medieval fortress of Castelo Rodrigo before crossing into Spain to discover the UNESCO World Heritage city of Salamanca, a living testament to centuries of history and culture.

Explore the Alto Douro and discover the unique taste of Portugal's olive oil, while Faviãos brings the Douro River Valley's traditions alive. Visit the sacred pilgrimage town of Lamego and witness the legacy of Moors and explore the historic port wine cellars of Vila Nova de Gaia in Porto.

This 10-day journey will leave you with memories of exquisite landscapes, historical treasures and the warm embrace of the Portuguese people.

**DAY 1**

Welcome to Portugal! After arriving in Lisbon, check into your hotel and relish free time to unwind and explore. Nestled at the Tagus River mouth, Lisbon boasts a rich legacy from 16th-century navigators, showcasing Manueline architecture throughout the city.

**DAY 2**

Throughout Lisbon, fascinating monuments tell this proud city's story. Today enjoy a half day included excursion with an expert local guide as you witness the legacy of brave explorers. This afternoon enjoy free time to explore on your own or join one of our optional excursions.

Explore one of Europe's oldest cities on a panoramic drive, stopping at iconic landmarks including The Monument of the Discoveries, The Belém Tower and Jerónimos Monastery, a Manueline masterpiece and UNESCO World Heritage Site. This important landmark was born from the Golden Age of Discovery when Portuguese caravels set sail in search of new worlds between the 14th and 16th centuries

Walk through the maritime history of the great Portuguese explorers and view naval exhibits, including ceremonial barges from the 18th century and the royal cabin from Queen Amelia's 19th-century yacht before visiting the impressive Jerónimos Monastery.

**WANT TO LEARN MORE?**

Simply scan the QR code for more details such as itinerary dates and pricing.

**OPTIONAL SHORE  
EXCURSIONS*****National Tile Museum***

One of Portugal's most distinctive art forms is the blue and white ceramic tiles known as azulejos. Tour Lisbon's National Tile Museum, learning about the centuries-old Portuguese tile-making tradition, then make your own decorative tile to take home with you.

***Flavours of Lisbon***

Get to know Lisbon's rich culture through its food during a walking tour. Portuguese food is known for its simple yet flavourful approach, using fresh ingredients, such as cod, cheese and smoked sausage. Sample authentic regional dishes, a selection of petiscos—small servings of tasty bites—and locally produced liqueur before finishing with a delicious, sweet treat, Portugal's famed pastel de nata—a baked egg custard pastry.

**PASTÉIS DE NATA**




CHURCH TOWER, LISBON

## LISBON TO PORTO

After breakfast, check out of your hotel and begin your journey to Porto to embark your ship.

En route to Porto, explore Coimbra, one of Portugal's oldest cities and the birthplace of six Portuguese Kings. Visit the Monastery of Santa Clara-a-Velha, once an active convent, then cross the river to Coimbra University where 700 years of learning whisper down hushed corridors. The expansive library features 300,000 books and an intricately decorated chapel adorned with a baroque organ.

Arrive in Porto and settle into your stateroom. Spend the afternoon exploring the city at your leisure. Porto is renowned for its historic charm and port wine—explore the narrow cobblestone streets, romantic buildings and marvel at the charming riverside with its small barcos rabelos boats that once used to transport casks of wine along the river.

 **OPTIONAL SHORE EXCURSIONS*****Graham's Port Dinner***

Visit one of Portugal's prestigious winemakers perched on a dramatic ridge in Vila Nova de Gaia. W. & J. Graham's has been refining the art of port since 1820. This winery is run by five cousins, the Symingtons, whose ancestors were among the first to invest in their own Douro vineyards. Tour their expansive cellars and sample several ports, learning about the flavour and bouquet notes of each. Then, settle in at the lodge's award-winning Vinum Restaurant and Wine Bar to enjoy an elegant degustation dinner paired with local wines.



## PORTO TO RÉGUA

Enjoy a morning of scenic sailing along the Douro River and be sure to head up to the sun deck for a fascinating experience as you pass through Europe's largest lock—the Carrapateiro Lock.

Disembark in the peaceful town of Régua boasting a stunning backdrop of the Serra do Marão mountains. This town is steeped in wine-making culture and is home to the headquarters of the Port Wine Institute.

Visit the extraordinary Mateus Palace, depicted on the famous Mateus Rosé label. This stunning baroque masterpiece was the home of the last Count of Vila Real; its pinnacled facade, grand stairway, richly appointed interiors and priceless objects on display will amaze you, as will the palace's enchanting formal gardens featuring cedar-lined walkways, exquisite, sculpted hedges and statuary and serene bodies of water.

Then, visit one of the area's port wine-making institutions, where you will stroll through the vineyard and bottling facility to learn how its unique port wines are crafted.

Rejoin your ship in Pinhão for dinner, the epicenter of the Douro Valley's port wine-making region. The climate and growing conditions here are perfect for port grapes and the surrounding landscape, festooned with vineyards, creates a serene experience. The biggest names in port have quintas, or wine estates nearby.



## PINHÃO TO BARCA D'ALVA

**BONUS VIDEO**

Simply scan the QR code to watch a video about Castelo Rodrigo.

Admire panoramic views as you sail east along the Douro River. In this beautiful and largely unspoiled region, olive and almond groves share the river's banks with vineyards. Arrive in Barca d'Alva, the last Portuguese town on the Douro River; this quaint river port is just a few kilometres from the Spanish border. Enjoy an included visit to Castelo Rodrigo or join one of our optional excursions.

Uncover Castelo Rodrigo's medieval charm, a hilltop fortress town that time seems to have forgotten. Stroll cobblestone streets, discovering 16th-century houses, visit the local church and explore Sinagoga Street—a memento to the Jewish community established here by refugees escaping the Spanish Inquisition.

**OPTIONAL SHORE  
EXCURSIONS*****Marialva Castle & Picnic Lunch***

Walk the winding lanes of the 2,500-year-old town of Marialva and head to Casas do Côro for a picnic lunch amid its fine hotel, spa and villas. Sample regional specialties and estate-produced wine on the terrace with vineyard views.

***Riverside Lunch & Scenic Douro Cruise***

Enjoy the surrounding views as you take your seat to savour a delicious meal, prepared using fresh, locally sourced farm ingredients matched with a selection of wines. Then set sail on a leisurely cruise and glide through the Portuguese countryside.

# SALAMANCA

Cross the Spanish border to Salamanca to visit Spain's oldest college town, an invigorating tapestry of scholarly, religious and cultural pursuits. Rooted from a Celtic tribe, this city features well-preserved buildings and has the charm of a traditional Spanish village making it a living museum that takes visitors back to the Middle Ages.

Known as "La Dorada," or "The Golden City," due to the glow of its sandstone structures, Salamanca has been a UNESCO World Heritage Site since 1988. Navigate the golden-hued Plaza Mayor and the local market to sample regional cuisines. Visit the 13th-century Salamanca University, the House of Shells, and the Gothic-baroque New Cathedral, a masterpiece built from 1513 through 1733. Enjoy free time to explore on your own before returning to your ship.



## BARCA D'ALVA TO RÉGUA

Sail west along the Duoro River and arrive in Pinhão known for its slow pace, quiet atmosphere and scenic promenade along the river. Step back in time in Favaios or join an optional excursion to learn more about Portuguese wines.

Visit the small village of Favaios and one of the last traditional bakeries in the Douro Valley where bakers make bread the traditional way – in an oven headed with wood and old grapevines. Sample freshly baked four-corner bread and learn about the importance of wine and bread at the local museum. Continue to Quinta da Avessada, a century-old wine estate. Meet the dedicated vintners, tour the cellars and sample local varieties of port.

**OPTIONAL SHORE  
EXCURSIONS*****Vineyard Harvest***

Extend your stay at Quinta da Avessada to experience a hands-on grape harvest. Enjoy a short walk through the vineyards and try your hand at cutting grapes from the vines, stomp them in the lagar (a shallow stone or cement trough where grapes are crushed), then celebrate your efforts with a glass of wine.

***Quinta das Carvalhas***

Quinta das Carvalhas lies 1,800 feet above the Douro, and its history dates back to 1756. The jewel of Real Companhia Velha's crown, Portugal's leading port wine producer has been in existence for more than a quarter of a millennium. Enjoy a guided tour through the vineyards and sample the rich and complex wines accompanied by local treats.



ROMAN BRIDGE, PINHÃO



NOSSA SENHORA  
DOS REMÉDIOS

# RÉGUA TO PORTO

Wake up in the charming town of Régua, known for its role in the esteemed Douro Valley wine region. Visit the pilgrimage town of Lamego or walk in the footsteps of Cistercian Monks before sailing into Porto at sunset.

Discover this sacred pilgrimage town of Lamego and witness the legacy of the Moors. Visit the 18th-century baroque wonder of Nossa Senhora dos Remédios. The small hilltop chapel is reached via 686 steps up a grand double staircase, interrupted by nine terraces. Along the way, you can admire azulejo tiles and decorative urns. Still today, pilgrims often conduct the long upward journey on their knees. You, however, will begin your exploration at the top of the stairs and can descend at your leisure.



## OPTIONAL SHORE EXCURSIONS

### *Cistercians & Wines*

Roam the 12th-century Saint John Monastery in Tarouca, a Cistercian landmark. See the charming houses of Ucanha with their stout stone walls and colourful wooden balconies. Then head to Casa de Santo António Britiande in Távora-Varosa for a wine tasting at a small quintas tucked into the hillside in the narrow valley.



PORTO, SUNSET

**DAY 9**

Porto, renowned for its port wine, sits along a rocky embankment, featuring diverse neighbourhoods, trendy restaurants, and vibrant markets. Enjoy an included walking tour of this vibrant city before spending the afternoon exploring on your own or delving deeper with one of our optional excursions.

Admire the city's noted architecture, such as the iconic Luís I Bridge, a double-decked metal arch that spans the Douro River. Walk across the upper level of the bridge to Porto Cathedral, a Romanesque landmark in the Old Town. Marvel at the blue and white azulejos tiles in São Bento station, then explore the Ribeira's riverfront.

**DAY 10**

Today your Portugal and Spain itinerary comes to an end. After breakfast, bid farewell to your crew and new found friends as you head to the airport for your return flight. Take with you memories of a remarkable journey that will become cherished chapters in your travel story.

**OPTIONAL SHORE  
EXCURSIONS*****Historic Guimarães***

Visit the nation's first capital, Guimarães on a guided walk through the narrow streets of Old Town, a UNESCO World Heritage site. Originally settled in the 9th century, the city is often referred to as the "birthplace of the Portuguese nation." It was Portugal's first capital in the 12th century and home to its first king, Afonso Henriques. See Guimarães Castle, the Palace of the Dukes of Braganza, romantic houses on Santa Maria Street and Praca Santiago.

***Traditional Fish Cannery and Scenic Porto***

With its extensive stretches of coastline, Portugal has long-standing ties to the sea and fishing. By the early 20th century, around 400 canneries operated in service of the industry. Travel to the fishing town of Matosinhos and tour the last remaining factory that cans sardines using traditional methods. See how the fish are processed and manually packaged before enjoying a tasting of sardines with a glass of wine.



PORTO

# EXPLORE MORE

*See more of the world with our pre and post extension packages*

## **MORE DAYS MEANS MORE TIME TO DISCOVER**

Whether it is more time in an embarkation or disembarkation city or to visit a new destination altogether, we have designed extension programs all over the world to be the perfect complement to your itinerary.



### **2 NIGHTS ROAD TO SANTIAGO**

Travel along the scenic coast of Portugal into Spain, with a stop in Braga along the way, and discover the Galician capital of Santiago de Compostela, whose unforgettable Old Town is a UNESCO World Heritage site.

- 2 nights accommodation
- 2 breakfasts
- 1 guided tour
- Fully escorted by your Viking Tour Director
- All transfers



### **3 NIGHTS MADRID**

Explore the cultural, artistic and historic centre of Spain, a modern hub where the spirit of small neighbourhoods prevails. Discover the Prado Museum's fine collection of Spanish masterpieces and the city's Habsburg past in the district known as the 'Madrid of the Habsburgs'.

- 3 nights accommodation
- 3 breakfasts
- 1 guided tour
- Services of a Viking Host
- Flight from Madrid to Lisbon
- All transfers



## 2 NIGHTS LISBON

Lisbon is both historic and cosmopolitan, offering gracious 18th-century squares and parks, castles fit for a fairytale, Art Nouveau architecture, panoramic city views and a distinctive take on Mediterranean cuisine.

- 2 nights accommodation
- 2 breakfasts
- 1 guided tour
- Services of a Viking Host
- All transfers

## 3 NIGHTS BARCELONA

Enjoy an additional three nights to explore Barcelona's impressive architecture and UNESCO World Heritage Sites, including Antoni Gaudí's La Sagrada Família and Park Güell. Sample tasty tapas, stroll down the legendary Las Ramblas or meander through the Gothic Quarter.

- 3 nights accommodation
- 3 breakfasts
- 1 guided tour
- Services of a Viking Host
- Flight from Porto to Barcelona
- All transfers

# VIKING DOURO SHIPS

*Viking Helgrim • Viking Hemming • Viking Osfrid • Viking Torgil*

**GUESTS: 106    LENGTH: 262 FT.    DECKS: 4    STATEROOMS: 53**

These intimate ships were custom-built to sail Portugal's Douro River.

- All staterooms have river views
- All Upper and Middle Deck staterooms feature a full-size veranda or a French balcony
- Sun Deck with shaded sitting area; swimming pool; organic herb garden; solar panels
- Aquavit Terrace, a revolutionary outdoor viewing area at the bow of the ship
- Lounge and Bar with floor-to-ceiling glass doors
- Library and onboard shop
- Restaurant with floor-to-ceiling windows for panoramic views
- Elevator
- Free Wi-Fi (connection speed may vary)
- Laundry service
- 40" flat-screen TV with infotainment system featuring Movies On Demand, plus CNBC, CNN, National Geographic and more

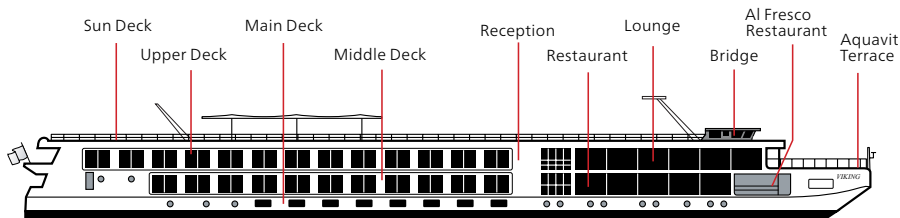


## TOUR OUR VIKING DOURO SHIPS

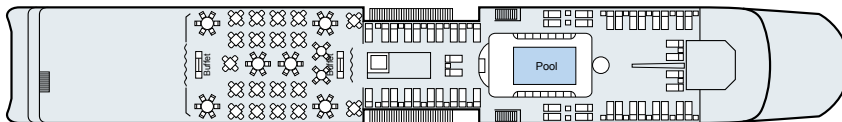
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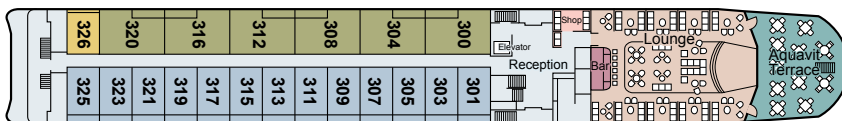
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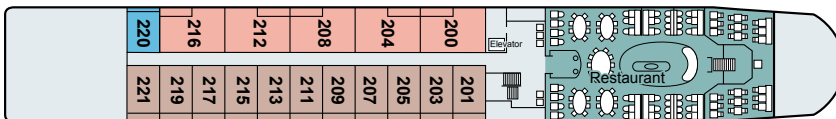
### SUN DECK



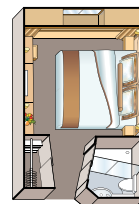
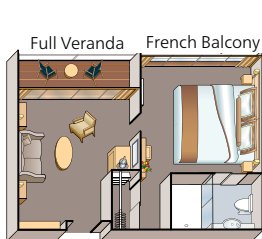
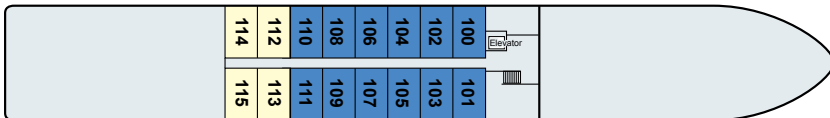
### UPPER DECK



### MIDDLE DECK



### MAIN DECK



- 6 × Veranda Suite (AA) 302 sq. ft.
- 5 × Veranda Suite (AB) 302 sq. ft.

- 13 × Veranda (A) 185 sq. ft.
- 11 × Veranda (B) 185 sq. ft.

- 1 × French Balcony (C) 150 sq. ft.
- 1 × French Balcony (D) 150 sq. ft.

- 12 × Standard (E) 155 sq. ft.
- 4 × Standard (F) 155 sq. ft.

# *How to book* **WITH VIKING**

*We're here to help make all parts of your journey as smooth as possible*

## **CONTACT YOUR LOCAL VIKING TRAVEL AGENT**

When you're ready to book please reach out to your existing travel agent to discuss your future voyage plans and get expert advice.



AQUAVIT TERRACE, VIKING HELGRIM

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LOUNGE, VIKING HEMMING



PORTO, PORTUGAL

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