



ALICIAN TRAVEL

PORTUGAL

PALATE OF PORTUGAL





What they say...

"So in summary: Bang-on job on everything from beginning to end. We can to the realisation that the intimate personal experiences with the local people who you introduced us to are more important that seeing every church & statue. Alice, you are simply wonderful, and we look forward to working with you again soon."

Guests of Alician Travel. June 2025.

HIGHLIGHTS

To name just a few...



Timeless Elegance & Rich Heritage. Imagine wandering through sun-dappled cobbled streets where centuries old tiled façades shimmer in shades of blue & gold. The soft strains of Fado Music drift from hidden courtyards whilst trams rumble past pastel-painted townhouses in Lisbon's historic Aflama. In Porto, the Douro River glitters as wine boats glide silently by, framed by the bridges designed by Gustav Eiffel himself. Every step feels like stepping into a postcard - but at Alician Travel, we ensure you're not just seeing Portugal; you're experiencing it in the way only insiders know.



World Class Gastronomy & Finest of Wines. In Portugal, every meal tells a story - and we make sure yours begins at the very best tables. Sip velvety ports in private Douro Valley Estates. Savour the delicate flavours of Atlantic-Fresh oysters paired with crisp Vinho Verde by the Algarve's sunlit shores. And in Lisbon's Michelin star restaurants - or even at those that are not found in any guidebooks! At Alician Travel, we open up doors to experiences few ever find - private cellar tours, chef's tables and private estate or coastal picnics that no Sat Nav will ever take you to!



Hidden Shores & Secluded Sanctuaries. Beyond Portugal's celebrated landmark lies a world of secret escapes. Think barefoot moments on Comporta's wild, unspoilt beaches. We'll take you beyond the guide books: hot air ballooning above Alentejo's rolling vineyards, private after-hour tours of Lisbon's Jerónimos Monastery. Or simply to dine at Jaoa's family table, forging a deeper connection with the locals.





THE PALATE OF PORTUGAL

Take your tastebuds on a journey of discover. This itinerary invites you to savour the country's culinary soul - with Michelin Star meals, Rustic Farm-to-Table Estates and thought the doors of cellars where century old secrets are waiting to be heard. This is perfect for those who think Travel should be tasted as much as it should be seen.

12 DAYS / 11 NIGHTS

Day 1 - Arrival Lisbon

Upon your arrival into Lisbon, you are met and transferred to your hotel. Following an afternoon at leisure, discovering the cobbled streets of Chiado and Baixa.

Option of Welcome dinner at 2 star Michelin, Belcanto- with a carefully curated bespoke dinner crafted by chef Jose Avillez. Your first taste of Portugal's splendid gastronomy.

Day 2 - Lisbon Culinary & Culture

Immerse yourself in a sensory journey to the heart of Portuguese cuisine with our exclusive 4-hour tasting tour. This is not just about eating and drinking – it's about savouring the rich history and vibrant culture that defines Lisbon's culinary landscape. Our licensed guides will enrich your experience with fascinating stories and historical context as you explore the iconic neighbourhoods of Mouraria and Downtown Lisbon.

6 Unique Stops: Delight in a curated selection of Lisbon's best culinary spots, each offering a distinct taste of Portuguese tradition.

- **1 Scenic Viewpoint:** Take in breathtaking views of Lisbon, providing the perfect backdrop to your culinary adventure.
- **Street Food & Local Taverns:** Experience authentic flavours from bustling street vendors and cozy local taverns.
- **Restaurant Tips:** Get insider recommendations from our guides for the best dining spots to continue your gastronomic journey.
- **Historical Charm:** Learn about the origins of Portuguese cuisine and the history of the neighbourhoods we visit.
- **Moderate Physical Fitness Level:** Covering approximately 2km (1.4 miles), this tour is suitable for those with a moderate fitness level.

Not wanting to ruin the surprise but to whet the appetite, this tour includes delighting in Traditional Pork Sandwich, Cod Fish Fritter, Samosa Bread, Olives, and Cheeses, Chorizo, Chicken Gizzards (!), Cod fish soup Portuguese Soup, of course some Portuguese Custard Tarts all washed down with 4 Different Famous Portuguese Wines, Beer, local Cherry Liquor

ITINERARY CONTINUED

Day 3 - Lisbon & Belém

Morning Private Tour of Belém's landmarks: Jerónimo's Monastery & Belém Tower. Belém: Lisbon's most historic district and a jewel of Portugal's maritime heritage. Spend the morning, with your private guide, discovering Portugal's Golden Age.

Wander through the Jerónimos Monastery, as stunning UNESCO World Heritage Site and masterpiece of Manueline architecture. Visit the icon Belém Tower, once guarding the entrance to Lisbon's Harbour, where you can soak up the sweeping views of the Tagus River.

Now it's time to get those taste buds to work again with a Private Pastry Making Workshop. Hidden in the original Pastéis de Belém bakery, established in 1836, learn the secret techniques behind Portugal's most famous custard tart. And of course savour the fruits of your labour with a glass of crisp Vinho Verde to end this exclusive experience alongside the Master Pâtissiers.

Afternoon at leisure before your day culminates with a private sailboat sunset cruise along the Tagus River. Take in the glowing skyline of Portugal's colourful capital, as you glide along the river under the iconic 25 de Abril Bridge. The evening will conclude with a light, chef-prepared seafood dinner on deck.

Day 4 - Lisbon to Alentejo Estate

Time to depart Lisbon, with your driver guide who will whisk you South to the alluring Alentejo region. To one of Portugal's finest private estates & home of the illustrious Green Eco Michelin Star.

Having checked in & settled in, begin your journey through the heart of the Alentejo, where from the moment you arrive you will instantly feel part of this family Estate; where tradition meets refinement. Your experience starts with a welcome drink featuring one of the estate's signature wines, followed by an exclusive tour of the property aboard a vintage off-road vehicle. Discover the estate's organic viticulture practices and take in the sweeping Alentejo landscape.

Continue with a guided visit to the winery, where a curated wine tasting awaits, led by their passionate ecotourism team. As the day transitions into evening, enjoy an elegant dinner where seasonal cuisine is thoughtfully paired with Malhadinha wines—an unforgettable harmony of flavour and place.

Day 5 - The Alentejo Countryside

The Alentejo region is Portugal's culinary heartland - a land of golden plains, cork forests, rolling vineyards & olive groves as far as the eye can see. Today is designed to connect you to its flavours & timeless rhythms that blends with hands on gourmet experiences.





ITINERARY CONTINUED

Day 5 - The Alentejo Countryside Continued...

This morning, meet with your local forager and his expertly trained dogs for an authentic truffle-hunting experience. You'll wander through the ancient cork oak forest as your guide shares the secrets of Alentejo's fertile soil and how the culinary delicacy of Truffle is able to thrive in this corner of Portugal. You'll then be treated to a private rustic outdoor tasting featuring freshly shaved truffle, local cheeses and artisan bread. Surrounded by unspoiled nature and curated by the Estates passionate team, this exclusive experience blends tranquillity, taste, and timeless charm and of course, Truffles!

Your culinary journey continues with the estates boutique Olive Oil groves. Think Spain or Italy hold the flag for best Olive oil? Prepared to be proven wrong! Learn from the owner himself, how the time-honoured techniques have been passed down generations. Along with a private tasking of cold-pressed Extra Virgin Olive Oils and freshly baked pão alentejano.

The rest of the evening is at leisure to enjoy & immerse yourself in the splendour of your private Estate.

Day 6 - Alentejo to Evora

Évora, the historic heart of Portugal's Alentejo region, is a beautifully preserved medieval city encircled by ancient walls. A UNESCO World Heritage Site, it's famed for its Roman Temple ("Temple of Diana"), the 13th-century Gothic cathedral, the eerie Capela dos Ossos (Chapel of Bones), and the aqueduct that winds through town—offering a compact, atmospheric journey through layers of Roman, Moorish, and Portuguese history.

Having checked in, you will enjoy an relaxed yet immersive half day afternoon City Tour; throughout this tour, your guide will illuminate Évora's storied past, from its Roman roots to its heyday as a royal residence and intellectual hub. Stroll through charming cobblestone streets, discover hidden squares, and savour local flavours at traditional eateries. This personalized tour ensures you will uncover Évora's secrets at your own pace, while enjoying exclusive insights and anecdotes from your knowledgeable guide.

Day 7 - Chef's Dining under the Stars

Enjoy a morning at leisure, enjoying the gentle beats of Evora as well as the luxurious surrounds of your hotel, a meticulously restored 15th-century convent. Because this evening is set to be an evening of indulgence!

Savour a five course Farm to Table Tasting Menu, beneath the open sky with your private chef. But don't think that it is just your chef who will be working hard - oh, no! This is chance for you to get involved; sourcing the ingredients from the kitchen garden as well as an interactive cooking demonstration to learn the skills of the signature Alentejano dishes. And naturally, all done so alongside expertly selected local wines. We can assure you that there is likely to be 'family involvement' as word spreads amongst the houses that some visitors are in 'the house'... expect laughter, music and a lot of locals!



ITINERARY CONTINUED

Day 8 - Into the Douro Valley

It's time to head into Portugal's most famed region: The Douro Valley. A heavy hitter when it comes to Europe's finest vintages. Either via private transfer or a scenic train journey, you will venture north into the Douro Valley. On arrival, check into your hotel and then it's time to head into the depths of this alluring countryside.

Glide along the enchanting Douro River on a private boat, surrounded by terraced vineyards and the timeless beauty of the valley. This afternoon, you will set off on a peaceful one-hour boat ride, gliding through calm waters surrounded by picturesque landscapes. As you soak in the serene atmosphere, enjoy the gentle sway of the boat and the refreshing breeze, making it a perfect escape from the hustle of daily life.

Then, step ashore, where your guide will meet you, and take you off to the next episode of today's half day tour - for a visit to a charming winery nestled in the countryside. Here, you'll be welcomed with a selection of locally crafted wines, each offering a unique taste of the region. Take your time exploring the vineyard, learning about the winemaking process, or simply relaxing with a glass in hand while enjoying stunning views of the rolling hills.

Learn the art of hand-harvesting, barrel aging, and modern innovations from your expert host - bringing the Douro's timeless craftsmanship vividly to life.



Day 9 - Flavours of the Douro: A Chef's Table Experience & 'Our Douro

You will be picked up from the hotel and whisked off for truly wonderful immersive culinary experience: enjoying exclusive use of the Boavista Wine Estate with a private chef. You will be treated to a culinary experience like no other. As well as a guided visit to the Baron's private winery and taken on a guided walk of the vineyard, learning about the centuries old traditions. As well as that of the owner, Joseph James Forrester: the first foreigner to be awarded a Portuguese baronetcy.

Unwind in absolute exclusivity at the storied manor of the Baron of Forrester, nestled in the heart of the Douro Valley. Sip world-class wines as your private chef crafts exquisite dishes using hand-picked local ingredients - served against a backdrop of timeless beauty found in the perfectly lined vineyards.

Born to Scottish parents from Perth in 1809, this Englishman, due to his travels throughout the Douro meant that he came to be considered the person of his era with the most knowledge about the River and its wine! He went on to produce two exceptional maps of the region, which still today have a lasting impact on the history & traditions of the Douro Valley.

Quinta da Boavista has been producing wine in the Douro since the first demarcation of this wine region, in 1756. The estate is clearly documented on these renowned maps from 1843 which were created by the owner of this winery: your man Joseph James Forrester himself! It's a day of culture, creativity and incredibly exclusive access.





ITINERARY CONTINUED

Day 10 - Popping over to Porto

After a few action packed days, its time to relax. And take a leisurely journey with your private driver & guide through more of the Douro Valley direction Porto: your next & final stop on this odyssey. For one last time, your final glimpse of the Region, the adventure begins with a knowledgeable Driver-Guide, who will guide you through the stunning countryside. Taking your time, if desired, to break up the journey with an river cruise, with a light platter of local cheese & wines as well as Olive Oil from this region which you can taste test against that of the southern Alentejo region you will have sampled earlier in the itinerary.

Stop off along the way at a local restaurant where you will be greeted & hosted by the owner himself. This is a special experience which allows you to connect deeper with the locals and their country. You may find it hard to tear yourself away from here as the temptation to forget your 'outside world' and give it all up to join this special family!

On being strong & not giving in, you will be rewarded with your arrival into Portugal's second biggest city, Porto.

Day 11 - Porto's Culinary Soul

This exclusive private walking tour is your passport to Porto's most hidden corners, where the city's hushed magic comes alive in winding alleyways draped with flowering vines and moss-covered stone steps. Your expert guide—steeped in local lore—will lead you through narrow passageways that even many locals overlook, pausing at intimate viewpoints to admire tile-clad rooftops spilling down to the Douro's shimmering ribbon below. Along the way, you'll glimpse family-run workshops where artisans still paint azulejos by hand, and slip behind heavy wooden doors into secret courtyards echoing with the distant clink of port barrels.

Every twist and turn reveals a new story: the legend of a hidden chapel tucked beneath a 17th-century palace, the whispered tale of star-crossed lovers immortalized in a faded mural, or the traditions of fishermen who still haul their catch from the river each dawn. These personal anecdotes are woven into the very stones underfoot, bringing Porto's centuries-old character vividly to life. Weaving throughout the day, the journey transforms into a curated tasting adventure. Your guide will usher you into tucked-away taverns and family-owned bakeries where generations have perfected their craft.

By tour's end, you'll not only have uncovered Porto's most enchanting hideaways, but you'll carry with you the flavours and stories that make this city so singular—and deeply yours.

Day 12 - Farewell Departure Day

Alas, today is your departure day. You will be picked up by your driver transfer to take you to Porto Airport for your flight home with a heart, head (& probably tummy!) full of memories of your time in Portugal!







BEST TIME TO VISIT

- Portugal is blessed with a Mediterranean Climate & 300+ days of sunshine a year making it a year round destination. However, there certainly are some 'tricks of the trade' that we at Alician Travel know about that will ensure you are not engulfed by the crowds.
- **Spring (March - May).** Best for mild weather, blooming landscapes & fewer crowds. The weather is pleasantly warm averaging 18-22 degrees Celsius (up to 75 Fahrenheit) in Lisbon. And slightly cooler in Douro Valley. Making it perfect to see the vineyards awakening in the Douro Valley as well the blankets of wildflowers emerging in the Alentejo Countryside. Easter is a time of festivals & celebrations in Portugal - alongside the local markets bursting with fresh produce of the changing seasons.
- **Summer (June - August).** Best for beaches, lively festivals and guaranteed sunshine. As you'd expect with it's Mediterranean location, summer brings hot & dry temperatures. Highs of 26-32 degrees Celsius (up to 95 Fahrenheit). Tends to be slightly cooler along the breezy coastline of Cascais & Algarve. Think vibrant parties with freshly grilled seafood awash with local Fado music. As well as the Algarve coastline glistening with yachts bobbing in the ocean yonder. As you'd expect, peak time for crowds and likely higher hotel prices.
- **Autumn (Sept-Nov).** Best for wine lovers, gourmet experiences & golden sunsets. Not dissimilar weather to Spring. Highlight being the Grape Harvest Season in the Douro Valley. Perfect for hands on experience. Shoulder season makes for far less crowds & quieter in the key cities.
- **Winter (Dec - Feb).** Best for fewer crowds & festive charm. Cold weather makes for wrapping up warm & getting into the festive Spirit! This is Portugal as it's quietest with minimal crowds - and mainly the locals! Many attractions & sites still open so you can feel like you have the place to yourself! But don't expect the long sunny days of Autumn...it does rain in the north in Winter!

GOOD TO KNOW...

ESSENTIAL COUNTRY INFORMATION

Portugal Dialling Code: + 351

Currency: Euros.

Time Difference: Same as GMT.

Languages spoken: Portuguese, English & Spanish

Electricity: Portugal uses 220 volt, 60 cycle electricity. Travellers will require a voltage converter for 110 volt devices. Plugs are typically the 2 pronged flat type found in the USA, though some facilities have been noted to use the 2 rounded prongs instead - European style.

.Flight Durations (From London, UK)

London Heathrow to Lisbon: 2 hours 35 minutes
(direct)

Essential Reading: *"The High Mountains of Portugal"* (By Yann Martel); A beautifully haunting novel about mystery, faith & love. *"Night Train to Lisbon"*, (By Pascal Mercier); A philosophical, thought provoking journey through Portugal. *"Small Memories"* (By Jose Saramago): An intimate memoir from Portugal's Nobel Prize winning author, offering glimpses of the evolving charm of Lisbon as seen during his childhood.





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For full details or for just a general chit chat about all things travel, please do get in touch. I am poised, ready & will be delighted to talk!

Lets' get this journey started...

