



## Douro

### Day 1:

- Meeting point Barca d'Alva
- Welcome dinner

### Day 2:

- Rowing from Barca d'Alva to Freixo do Numão – 46km, with stop in between for picnic lunch
- pass the first lock – Barragem do Pocinho
- Dinner and sleep at Hotel

### Day 3:

- Rowing from Freixo do Numão to Pinhão – 37km, with stop in between for picnic lunch
- pass the second lock – Barragem da Valeira
- Dinner and sleep at Hotel

### Day 4:

- Rowing from Pinhão to Régua – 23km
- Lunch at restaurant
- Visit to a Wine Estate
- Dinner and sleep at Hotel

### Day 5:

- Rowing from Régua to Caldas de Aregos – 29km, with stop in between for picnic lunch
- pass the third lock – Barragem de Bagauste
- Dinner and sleep at Hotel

**Day 6:**

- Rowing from Caldas de Aregos to Melres – 42km, with stop in between for picnic lunch
- pass the fourth lock – Barragem do Carrapatelo
- Dinner and sleep at Hotel

**Day 7:**

- Rowing from Melres to Porto – 28km, with stop in between for picnic lunch
- pass the fifth lock – Barragem de Crestuma
- Visit to wine cellars
- Dinner and sleep at Hotel
- End of Tour

**6 Rowing days – 205 km – 5 Locks – 7 nights at 3/4 star hotel**