

# The Fun Stuff

## The Experience Team

Six Senses Douro Valley enjoys a private and secluded hillside setting with a host of activities to entertain all ages and satisfy the most discerning of tastes. From wine and local gastronomy to hiking, birding and boat trips on the river, the Douro Valley continues to surprise and captivate us.

While taking part in excursions we kindly ask that you to respect the environment and Portuguese customs. During excursions to religious, cultural or historical sites, please adhere to local customs.

All of our Experiences on the following pages can be tailored to suit your individual requirements and preferences. Our entire range of activities is operated by highly trained professionals. We take great pride in assuring that our guests are in safe and capable hands at all times so you can just have fun.

## Discover Six Senses Douro Valley

### Booking Practicalities

Your GEM (Guest Experience Maker) can make all of your arrangements for our cultural excursions and physical activities. The Activities Hut is located behind the outdoor swimming pool.

*Kindly note that the Activities Hut is only able to confirm bookings during operating hours.*

### Cancellation Policy

If you wish to cancel a booked activity, we respectfully require that you inform your GEM or another Six Senses Host during working hours the day prior to the tour or within four hours for same day bookings, otherwise a 50 percent charge will be applied. If no cancellation notice is given, the full charge of the tour or activity will be applied to your account.

### Child Pricing

Infants under 3 years of age may participate in certain experiences free of charge with parental or suitably aged guardian supervision. Children between the age of 3 and 12 will receive a 50 percent discount on paid experiences. Pricing for infants and children may be higher in cases where a minimum number of people are required for a tour. In such cases the price for the minimum number of paying adults will be applicable.

### Environment and Social

While taking part in excursions we kindly ask you to respect the environment and the local customs. During excursions to religious, cultural or historical sites, please be respectful and adhere to local customs.

## *Discover Six Senses Douro Valley*

# Discover Six Senses Douro Valley

### INTO CULTURE

The Quintas (Wine Estates)  
Douro Heritage  
Off the Beaten Track  
Lamego Local Life

### INTO ADVENTURE

Tree Climbing  
Helicopter Tours  
Canyoning the Cabrum River  
Rafting (seasonal)

### INTO SPORTS

Kayaking  
Mountain Biking  
Kart Cross  
Water Sports

### INTO TAKING IT EASY

Douro Boat Trips (seasonal)  
Wine Experiences  
Hidden Douro  
Picnics  
Cooking Classes  
Historic Train travel (seasonal)  
Trail Walking  
Birdwatching  
Onsite games

### BOOKING PRACTICALITIES

### INTO SENSIBILITY

Composting  
Organic Garden Tour

## Discover Six Senses Douro Valley

# Into Culture

### THE QUINTAS (WINE ESTATES)

Visiting the Quintas, or wine estates, of the Douro is a wonderful way to understand the soul and soil of the valley. Wine connoisseurship is by no means required, as each *quinta* visit stimulates all the senses regardless of prior experience.

We personally vouch for the genuine hospitality and warm smiles of our winemaking neighbours. However before you and your palette set off on wine tastings and cellar tours with some of the regions most renowned winemakers, we suggest you orient yourself to this valley of 350-plus *quintas* and download some intel on Portuguese vintages at our Wine Library. Here you will also find easy to follow lessons from the pros on how to select and store wine and port properly, how to choose the right wine glasses

and decanters and how to use a wine thermometer.

*Please note that most wineries require pre-booking for all tastings and tours and therefore we encourage 24-hour notice for such arrangements.*

#### Essentials:

Comfortable walking shoes, sun lotion, hat, and sunglasses.

#### Duration:

Flexible

#### Includes:

Tour guide, transfers, and drinking water.

#### Why not...

Reserve some time with one of our Wine Directors in the Wine Library, to learn the fundamentals of Douro varietals before heading out on your oenophile adventures? Speak to your GEM to arrange.

## ***Discover Six Senses Douro Valley***

### **DOURO HERITAGE**

We feel fortunate to live so close to not one but two of the most stunning views over the Douro River: at S. Leonardo de Galafura and S. Salvador do Mundo.

The first was considered an inspiration to renowned Portuguese writer Miguel Torga and has the perfect panoramic view. The second viewpoint, accessed via a cobblestone pathway dotted with small chapels, offers a magnificent view over Cachão da Valeira on the river.

### **Essentials:**

Comfortable walking shoes, sun lotion, hat, and sunglasses.

### **Duration:**

Flexible

### **Includes:**

Map and drinking water.

### **Why not...**

Add a delicious picnic to your tour? Speak to your GEM who can arrange to pack your favourite flavours.

## **Discover Six Senses Douro Valley**

### **OFF THE BEATEN TRACK**

Six historical wine villages easily accessible from Six Senses Douro Valley are known for their cultural richness and picturesque landscapes.

Each village reveals unique aspects, be it a historic bridge, remote monastery or rich food history to explore. The winding road up to Provesende leads to that charming village's famous old bakery and Morgadio da Calçada which is our favourite local spot among the cherry trees and grapevines for a traditional Portuguese meal. In Salzedas, we suggest stopping in to visit the Monastery and Church of Santa Maria de Salzedas as well as a meander around the former Jewish quarter. As you head out of town, do stop and taste Murganheira, a Portuguese sparkling wine.

In September and October these villages re-enact traditional harvest festivals which are open to all visitors.

### **Essentials:**

Comfortable walking shoes, sun lotion, hat, sunglasses, and cash if you would like to purchase local products.

### **Duration:**

Approximately three hours.

### **Includes:**

Tour guide, transfers, and drinking water.

### **Why not...**

Read up on the history of the Douro region in the Wine Library, over a glass of wine of course, before heading out?

## **Discover Six Senses Douro Valley**

### **LAMEGO LOCAL LIFE**

Discover the nearby medieval town of Lamego with its centuries-old churches and palaces. Our English speaking expert guide's knowledge allows you to learn the history as you satisfy your senses with some of our favourite valley views by climbing the 686 stairs of the Senhora dos Remédios staircase.

Other highlights of the trip could include:

S. Pedro de Balsemão Church

Cistern & Castle

Lamego Museum

The Cathedral (Sé)

Ribeiro da Conceição Theatre

We highly recommend your trip culminate in that most honoured of Portuguese traditions: coffee and an egg custard pastry, *pastel de nata*.

### **Essentials:**

Comfortable walking shoes, sun lotion, hat, sunglasses, and cash if you would like to purchase local products.

### **Duration:**

Full-day tour (lunch included) or half-day tour.

### **Includes:**

Transfers, drinking water, tour guide, coffee and pastry, lunch (full-day tour only).

### **Why not...**

Schedule a cooking class to learn how to use local ingredients like those you may see in Lamego's markets?



## ***Discover Six Senses Douro Valley***

# Into Adventure

### **TREE CLIMBING**

Climbed a tree lately? Most of us have fond childhood memories of long lazy days spent scaling a tree, then a taller tree, racing our siblings or to pick a ripe red apple from the neighbour's garden...

Channel your inner child among the soaring stalks of our enchanted forest, in the safety of our tree-climbing specialists! No special skills are required, only the willingness to try, making this activity optimal for everyone. And now that we're all a little older, take a moment to enjoy our sublime views from the treetops too!

### **Essentials:**

Closed shoes, sun lotion, insect repellent, long pants and long sleeved shirts.

### **Duration**

Approximately two hours.

### **Includes:**

Climbing guide, gear, light snack and drinking water.

### **Why not...**

Learn a bit about the Douro Valley forest from our nature specialist? Ask your GEM for details.

## Discover Six Senses Douro Valley

### HELICOPTER TOURS

We 'highly' recommend that you explore the Douro by air, to fully appreciate its stunning contours and inspiring scenery. Below are a few suggested itineraries.

Your aerial adventure might begin with a 45-minute journey by helicopter to the beautiful Quinta of Ervamoira, belonging to the renowned Port maker Ramos Pinto. Once at the *quinta* you will embark on a property tour, explore their small museum and enjoy a wine tasting. After a traditional Portuguese lunch, continue on to the spectacular pre-historic rock carvings of Foz Côa, a UNESCO World Heritage Site. For a shorter program, you could visit Quinta do Crasto or Quinta Nova. These two wineries, hard to reach by car, are located right on the top of the northern banks of Douro River.

If you just prefer a glimpse, 20-minute flight journeys are also available.

### Essentials:

Light comfortable clothing, walking shoes, sun lotion, hat, sunglasses, and cash if you would like to purchase local products.

### Duration:

Dependent upon itinerary.

### Includes:

Transfers, tour guide, lunch and wine tastings.

### Why

not...

On your return cool off with a dip in our pool followed by a classic white port and tonic?

## ***Discover Six Senses Douro Valley***

### **CANYONING CABRUM RIVER**

Feel like getting your heart pumping amidst our magnificent landscape? Consider a challenging day of exploring the Cabrum River Falls.

This wild river environment immerses you into the raw, unspoilt nature of the Douro Valley. Both rappelling and zip line techniques complete this invigorating adventure.

Be prepared to get wet and take the trail where few others go.

### **THE Essentials:**

Comfortable clothing, bathing suit, sun lotion, hat, sunglasses, and sport shoes that can get wet.

### **Duration:**

Approximately seven hours.

### **Includes:**

Vehicle transfers, wetsuit, technical equipment and support, personal accident insurance and light meal.

### **Why not...**

Celebrate your successful descent and treat your muscles to a Relaxing Massage at the Six Senses Spa!

## ***Discover Six Senses Douro Valley***

### **RAFTING (SEASONAL)**

Ride the Paiva River with our professional rafting guides. This adrenalin-filled day will have you plying the whitewaters as you add some seriously wet and wild fun to your Douro Valley vacation.

Prepare to get soaked!

### **Essentials:**

Comfortable clothing, bathing suit, sun lotion, hat, sunglasses, and sport shoes that can get wet.

### **Duration:**

Approximately five hours. This experience is available only from October to April.

### **Includes:**

Transfers, guide, technical equipment, drinking water, light snack.

### **Why not...**

Book a private Pilates session to stretch out your muscles after this exhilarating river adventure.

## ***Discover Six Senses Douro Valley***

# Into Sports

## **KAYAKING**

Ease onto the Douro River with one of our skilled guides. Kayaking is ideal for those who love being on the water but may not have boating experience. Our kayaks are light, easy to paddle and, trust us they're difficult to tip!

Double kayaks are available for use in the Douro River, however due to local regulations all excursions must be taken with a guide.

### **Essentials:**

Comfortable clothing, swimsuit, sun lotion, hat, sunglasses, and insect repellent.

### **Duration:**

Flexible

### **Includes:**

Kayak and tour guide.

### **Why not...**

Ask at the Activities Hut for suggested itineraries.

## ***Discover Six Senses Douro Valley***

### **MOUNTAIN BIKING**

Trails are everywhere here in the Douro Valley, enjoyed for centuries on foot and now accessible on two wheels too.

Rent a bike from the Activities Hut to discover the property on your own, or ride to our neighbouring wine estates or picturesque towns.

Feeling more adventurous and full of energy? Our guided tours lead you through lost villages and rural paths, tailored according to your skill level. Any which way you cycle, hidden treasures of local Douro Valley history await discovery.

### **Essentials:**

Comfortable clothing, sport shoes, sun lotion, hat, sunglasses, and insect repellent.

### **Duration:**

Flexible

### **Includes:**

Bicycle, helmet, and guide.

### **Why not...**

Treat your tired leg muscles to a Deep Tissue Massage at the Six Senses Spa?

## ***Discover Six Senses Douro Valley***

### **KART CROSS**

Leave no stone unturned as you explore the hidden pathways of the Douro Valley by kart cross. A what? This all-terrain vehicle allows you to climb the steep hillsides and experience breathtaking viewpoints. Your guide will share their secret spots to make your day even more unforgettable.

### **Essentials:**

Comfortable clothing, sport shoes, sun lotion, hat, sunglasses, and insect repellent.

### **Duration:**

Flexible

### **Includes:**

Kart, helmet, and guide.

### **Why not...**

Let us pack a light snack for you to enjoy en route as you snap a selfie or two perhaps against the stunning backdrops of the region? Your GEM will be happy to arrange this for you.

## ***Discover Six Senses Douro Valley***

### **WATER SPORTS**

The gently flowing Douro River offers the perfect venue for a multitude of water activities. Prepare to get wet!

We can arrange for the following activities:

Waterskiing

Wakeboarding

Fun on the Water - Banana boats and Donuts

*Please note that these activities are only available further along the river and transfers are NOT included.*

### **Essentials:**

Comfortable clothing, bathing suit, sun lotion, hat, sunglasses, and sport shoes that can get wet.

### **Duration:**

Flexible

### **Includes:**

Equipment, guide, and drinking water.

### **Why not...**

Book a Purifying Facial to re-hydrate and illuminate your skin after your wet & wild day under the sun?



## Discover Six Senses Douro Valley

# Into Taking it Easy

## DOURO BOAT TRIPS (SEASONAL)

Experience the Douro from another angle! From traditional *Rabelo* boats, formerly used for transporting port wine to Oporto, to a restored vintage '50s wooden boat - we can arrange a full or half-day trip to cruise the waters where you'll enjoy what we think are simply unsurpassed views of this region's vast vineyards and picturesque *quintas*.

### Essentials:

Light comfortable clothing, flat shoes, sun lotion, hat, and sunglasses.

### Duration:

Flexible

### Includes:

Glass of wine and drinking water.

### Why not...

Book a spot at the Chef's Table for dinner and share your river cruising experiences with fellow guests?

## ***Discover Six Senses Douro Valley***

### **WINE EXPERIENCES**

Our Wine Directors have prepared a carefully curated selection of on and off-site wine tastings and experiences for your effortless enlightenment and pure enjoyment.

#### **90+ Points by Parker**

Visit Douro wineries that have been lauded for their exceptional wines by the most renowned wine critics.

#### **Winemaker for the Day**

Blend, bottle, cork and label your own wine at the photogenic Quinta Nova Winery. Take your bespoke bottle home to share with friends.

#### **Wine with a View**

From the vantage point of a vintage boat, view the vineyards on both sides of the river to understand how terroir influences the character of wine.

### **Essentials:**

Just an open mind to discovering new grape varieties!

### **Duration:**

Flexible

### **Includes:**

Dependent upon activity.

### **Why not...**

Inquire into our Life of a Vine package? It includes partaking in all viticulture activities – from pruning to harvesting - in four two-day visits throughout the year.

## Discover Six Senses Douro Valley

### HIDDEN DOURO

Six Senses Douro Valley invites you to discover the Upper Douro and C a Valleys, including some remote and almost inaccessible locations, accompanied by those who work in and genuinely love the region.

Discover the *quintas* (wine estates), wineries, vines and wines with history, Paleolithic art engravings that take us thousands of years into the past, and extraordinary outdoor meals surrounded by nature.

Our bespoke trips are created to your exacting tastes.

### Essentials:

Light comfortable clothing, walking shoes, sun lotion, hat, sunglasses, and cash if you would like to purchase local products.

### Duration:

Flexible

### Includes:

Guide, transfers, meals (?) and drinking water.

### Why

Ask your GEM to meet you at a forest pod with tea and Portuguese *pastel de nata* tarts on your return?

### not...

## ***Discover Six Senses Douro Valley***

### **PICNICS**

As soon as the weather warms up, you have the conditions for a sublime Spring picnic!

Gather your group and settle in at one of our secret spots to enjoy food prepared specifically for you by our Chef, paired with wines matched by our Sommelier. Along the river, in the vineyards or woods - the hardest decision of the day will be which spot to choose!

Picture Portuguese food, Douro wines & ports, and beautiful landscape...

What more can you ask for? If anything comes to mind, do let us know.

### **Essentials:**

Light comfortable clothing, walking shoes, sun lotion, hat, sunglasses, and insect repellent.

### **Duration:**

Flexible

### **Includes:**

Picnic basket, and full set up.

### **Why not...**

Finish up your picnic in the Wine Library with a Port and Chocolate Tasting?

## ***Discover Six Senses Douro Valley***

### **COOKING CLASSES**

Learn the secrets of traditional Portuguese cooking with Chef Paulo Matos, or one of our speciality chefs, in our open restaurant kitchen. Create a menu with our culinary gurus for your course tailored to your tastes and cooking style.

Naturally, after the cooking is complete, you will move to the terrace to enjoy your creations! Bon appetit!

### **Market Tour**

Fresh ingredients are the basis of Portuguese cuisine. Kick off your programme 90 minutes earlier to join the Chef as he ventures into our local market to choose the freshest vegetables, meat, and smoked meats for your cooking course.

### **Essentials:**

An appetite!

### **Duration:**

Half day including lunch.

### **Includes:**

Lunch, wine and recipes

### **Why not...**

Taking home a book of Portuguese recipes where port features as the star ingredient? You'll find them at our Wine Shop.

## ***Discover Six Senses Douro Valley***

### **HISTORIC TRAIN TRAVEL (SEASONAL)**

Fancy a bit of time travel? Douro Valley boasts a historic train which travels directly along the bank of the Douro River, between Regua and Tua, past a landscape so spectacular that UNESCO classified it as a World Heritage Site.

*This trip runs seasonally on weekends only. Please speak to your GEM for dates and times.*

### **Essentials:**

Camera!

### **Duration:**

Three hours.

### **Includes:**

Musical entertainment on board and a glass of port.

### **Why not...**

Watch out the train's window for *quinta* that look especially appealing then book visits to some of these nearby wineries where you'll discover award winning Douro wines. Your GEM is happy to make these arrangements for you.

## ***Discover Six Senses Douro Valley***

### **TRAIL WALKING**

We are so blessed that a network of walking trails blanket the Douro Valley. A few trails even pass by the doorstep right here! Your guide can lead you on the best routes to suit your fitness level for a full, half day, or quick morning exploration.

### **Essentials:**

Light comfortable clothing, walking shoes, sun lotion, hat, sunglasses, and insect repellent.

### **Duration:**

Flexible

### **Includes:**

Guide, map, and drinking water.

### **Why not...**

Treat your tired extremities to a Foot Acupressure treatment in the Six Senses Spa upon your return?

## ***Discover Six Senses Douro Valley***

### **BIRDWATCHING**

Golden Eagles, Red Kites, Azure-winged Magpies and the GM's favourite Hoopoes, the Douro Valley is home to a rich diversity of bird species including a high proportion of the national and Iberian populations of several endangered species, 126 out of the 170 species registered to be exact. So head out in search of Peregrine falcons and Orphean Warblers, among so many other awe-inspiring winged wonders in our midst.

### **Essentials:**

Binoculars, light comfortable clothing, walking shoes, sun lotion, hat, sunglasses, and insect repellent.

### **Duration:**

Flexible

### **Includes:**

Local map and bird ID chart.

### **Why not...**

Add some sandwiches or a small picnic to your tour? Speak to your GEM who can pack you the perfect snack.



## ***Discover Six Senses Douro Valley***

### **ONSITE GAMES**

Because you are never too old for good old-fashioned games...

Billiards - In the Bar

Petanque - In the Organic Garden

Parlour Games - available for loan in the Wine Library

## *Discover Six Senses Douro Valley*

# Babysitting Services

We will organize a sitter so that you can relax and enjoy your evening or daytime activity with peace of mind. Please book any babysitting requests with your GEM. Please allow us 24 hours advance notice.

## Into Sustainability

Sustainability has always been at the heart of Six Senses. Our sustainability goals originate both from a sense of passion as well as responsibility, as we recognize that our operations have an impact on the surrounding environment and community. It is our daily decisions and actions that determine if those impacts are net negative or positive. We are happy to share with you the different aspects of what we do here on a daily basis to keep that balance in check.

## ***Discover Six Senses Douro Valley***

### **COMPOSTING**

Learn how to make your own garden compost. It doesn't take hectares of space or massive efforts to produce compost, just some initial effort and a little bit more through the week, all to play an active role in the world while keeping connected to the earth.

#### **Essentials:**

Composting is a messy business, so please expect to get a little dirty.

#### **Duration:**

Approximately one hour.

#### **Includes:**

Technical guidance, informative fact sheet and drinking water.

## ***Discover Six Senses Douro Valley***

### **ORGANIC GARDEN TOUR**

Dig into the details of Six Senses' organic garden with our resident gardener. Here in the blissful seclusion of the Douro Valley, there is a long-standing tradition of home gardening. We will share these secrets with you and show you how we grow our own vegetables in a sustainable way.

After your tour, let us invite you to concoct your own beverage from the herb garden.

### **Essentials:**

Light comfortable clothing, walking shoes, sun lotion, hat, sunglasses, and insect repellent.

### **Duration:**

Approximately one hour.

### **Includes:**

Fresh organic beverage.