

Southern Galicia Coastal & Wine Country Walking Trails



★★★★★
3 User Reviews

🕒
7 Days / 6
Nights

📍
Vigo

💰
Price from:
3295.00 euros

On this trip, you will see the contrasts of the blue Atlantic coast and green river valleys of Galicia's wine country. Walking coastal trails, vineyard and riverside paths, even crossing a bridge into Northern Portugal's Vinho Verde wine region. The gastronomy changes quite drastically from the coast to inland Galicia.

Highlights

- The **best seafood** of the **Rias Baixas coast** in fishing villages.
- **Wine Country trails** along the river banks of **Southern Galicia** and **Portugal**

General Overview

Country: Spain
Region: Galicia
City: Vigo
Duration: 7 Days / 6 Nights

Type: Multi-Day Small Group Tour
Theme: Culinary and Cooking Holidays
Group Size: 4 -12 People
Price from: 3295 €

Introduction

Spend a week with our **co-founder** savouring the **seafood, wines** and more of **Galicia`s Southern coast** and **wine country**. Our **small group food, wine and walking journey** starts in the urban coastal city of Vigo, Europe´s largest fishing port and second in the world behind Tokyo. No better way to introduce you to the region than welcome dinner at a Michelin-starred restaurant and a pre-dinner cocktail on the terrace bar of our hotel, a great way to start our memorable trip.

The first few days we explore the **Rias Baixas**, taking a boat ride to a fishing village for a walk around the market to learn about the different varieties of fish and seafood caught locally in the bay. Then a hands-on Galician Coastal Cooking class with a chef specializing in traditional seafood dishes of the area.

We like to make things a bit flexible, so you will have a choice on one of the days when in Vigo to explore the city as you please, take a **sailing trip** over to the **golden beaches of the Cies Islands** or walk part of the **Camino Portuguese coastal way** visiting a winery in the **sub-zone of O Rosal**. If you haven´t been to **Santiago de Compostela** then you could spend the day there to visit the Cathedral and the old quarter with our expert local guide.

Moving away from the coast we follow the course of the river into the **Miño river valley**, a **magical land** on both sides of the river Miño a natural border separating **Galicia** from **Northern Portugal**. Starting the day with a winery visit and tasting in the sub-zone of **Condado de Tea (Tea County)** which is part of the **D.O. Rias Baixas**. We will take a picturesque walk down at the river, following along a beautiful woodland path coming out where the rapids are and we will see the wall-like construction (Pesqueira) jutting out into the current tides with conical nets hooked to them. They have been used since Roman times to catch the **lamprey eel** a delicacy in the area. People come from all over at the season of the lamprea to taste it. On both sides of the miño, they prepare the lamprey eel and they both make wine from the same grape Albariño/Alvarinho. We will get a taste of the wine made on each side of the river border, we will actually walk right across into Portugal´s **D.O.C. Vinho Verde** wine country! Our journey continues on to the neighbour wine region **D.O. Ribeiro**. Another day of walking thru old wine country roads visiting the wine museum to learn the history of the oldest Appellation of Origin in Galicia. The heart of the wine country is a quaint town called Ribadavia with an interesting Jewish past which played a big part in the production of wine and is part of the Sephardic routes in Spain. Here we will taste the blended whites and reds as well the mono-varietal of the Treixadura grape (white).

Exploring deeper inland Galicia we encounter a sacred wine country... **D.O. Ribeira Sacra**. The Romans first cultivated the vineyards alongside the banks of the rivers Sil and Miño. The monks continued it on, but then the area was abandoned for years. Fortunately, Ribeira Sacra has undergone a renaissance over the last three decades since people been coming back and replanting the terrace and making some of the best wines in the world. Such a hard land to cultivate taking years to build and with a steep slope incline of up to 86 degrees! No wonder the area is known as heroic viticulture. The most well-known grapes varieties are Mencia (red) and Godello (white), but Albariño (white) is also planted here as well as other local indigenous varieties. We will take a wine country walk to a lookout point to admire the views of the river and vines then visit a winery with a VIP tasting including a lunch at the restaurant of the winery. Then down to Sil river to take a boat ride to admire the vines from a different angle. Our trip comes to an end with a special **show cooking** farewell dinner of **creative Galician cuisine**.

For those who will like to extend their trip, we have add-ons down to Porto, Lisbon over to Seville and could end up in Madrid the capital city of Spain. Let us know and we can suggest the best way to combine the add-on either pre-tour or post-tour just ask one of our tour specialists.

ITINERARY:

DAY 1:

VIGO - ARRIVAL AND WELCOME DINNER

- We have left the start of the tour a bit flexible since many will arrive in the city of Vigo in different ways.
- You could fly into **Porto** and stay a few nights there or just a transfer up to **Vigo** (Only 1hr30mins away).
- You might decide to fly into **Madrid** then over to Vigo, or even from **Barcelona**. There are flights into Vigo from each of the cities.
- If you are coming from **Santiago** you could take the high-speed train down to Vigo which only takes 50mins.
- For additional transfers or pre-tour packages see our **Add-ons** section of the tour.
- Upon arrival to the hotel in Vigo check-in and relax before our evening meeting time (**NOTE:** You can check-in any time after **02:00PM**, if you do arrive earlier you can ask to store luggage with reception and check-in later)
- Afternoon to relax and you have 1hr free access at the rooftop spa bath you can use today or save it for another day!
- **08:00PM:** Meet your **food & wine guide** in the lobby of the hotel.
- **Welcome drink** and group introduction meeting on the **terrace of the cocktail bar**.
- Then we will take a short stroll to thru the streets to the **Michelin-starred restaurant Maruja Limon** where we will enjoy a special tasting menu prepared by **Chef Rafa Centeno** and his team.
- Walk back to our hotel just around the corner.
- The night is not over! Optional if you still want more... there is an amazing **rooftop Skyline bar** of the whole to see the bay of Vigo and lights at night you could have that last night-cap.
- Overnight in Vigo

D

DAY 2:

VIGO - O MORRAZO COASTAL FISHING VILLAGES & COOKING CLASS - VIGO

- Breakfast
- **10:00AM:** Meet your food & wine guide in the lobby of the hotel this morning
- We will take a walk down to the port of **Vigo**, the **largest fishing port in Europe and 2nd in the world behind Tokyo**.
- We will start our **Gastro-Day of Peninsula of O Morrazo** on the other side of **Vigo Bay**.
- Enjoy a **short small ferry ride** over Vigo Bay (20 mins.) to the small fishing village of **Cangas**.
- Arriving in Cangas we will walk along the seaside promenade to the market and take a look at what has been caught that morning.
- After **visiting the market** we will take a walk around the old part of Cangas and a little walk along the promenade.
- Then you will be picked up and transferred to **Moaña** to the **local cooking school** where you will enjoy a **private fun cooking class** with a local **Galician Chef** that has worked in various local restaurants.
- It will start with a demonstration of the dishes you will prepare then the main **course/dish hands-on**. It will be based on products of the area... **fish, seafood**, etc... A 1st starter course (could be 1 or 2 dishes), 2nd main course then 3rd dessert dish.
- You will eat lunch based on what you have prepared with your chef and guide accompanied by **Albariño white** or **Mencia red** wines. From the dining area **enjoy views** of Vigo bay and Moaña in the background. **A special foodie experience** and a great **introduction to the gastronomy of the Rias Baixas, Galicia**.
- After lunch a coastal drive to make a brief stop in the small village of **Hio** to see the **Wayside Cross** of Hio the most famous in Galicia and built from on solid block of granite. Beside the cross is the Romanesque Church of **San Andres (St. Andrews)** we take a peek inside before leaving.
- Then we stop at a lookout point in **Donon** to enjoy the excellent view of the **Cies Islands** in front.
- Here we will take a **coastal walk/hike** (2-3km./1.25-1.85mi. approx.) up a hill (about 163mt./532ft. in elevation approx.) calle **Monte O Facho**. We walk up a stony path arriving at an ancient **Celtic Lighthouse** with remains of a **hill-fort settlement** at the top offering a viewpoint with **spectacular views of the Costa da Vela** and Cies Islands protecting the mouth of Vigo Bay.
- Return back to Vigo by highway.
- Drop off at your hotel and free time this evening.
- Dinner on your own, we will recommend restaurants close by your hotel
- Overnight in Vigo

B, L

DAY 3:

VIGO - FLEXIBLE DAY TO EXPLORE THE CITY OR SURROUNDINGS

- Breakfast
- Today we wanted to make it a bit more flexible for you. For those who just want to walk around the city and do your own thing, or even just take the ferry over to the Cies Islands for a natural beach day you have the chance to do that today. If you did want to do a **guided tour** we have the following suggested options that could be added. You can see all the details and prices in the **Add-ons** section...
 - **OPTION 1:** VIP Rias Baixas Coast in the Salnes Valley Wine Country (ID: 3235)
 - **OPTION 2:** **Albariño winery and Batona Coastal Village Tour from Vigo (ID: 2938)**
 - **OPTION 3:** Sailing Day Trip to the Cies Islands in a Luxurious Private Yacht (ID: 2714)
 - **OPTION 4:** **Santiago de Compostela Historical Walking Tour with transportation from Vigo Port (ID: 3008)**
- **07:00PM:** In the evening we will meet up with our foodie guide to enjoying a Gourmet Food Tour of Vigo's old quarter
- Starting off by walking to the Puerta del Sol at the to admire the statue **El Sireno (The Merman)**
- We will take a little stroll entering now into the **Casco Viejo (old town)** of the city.
- We will walk across the Plaza da Constitucion down the oldest street Calle Cesteiro to our ***1st stop** a traditional shops/bar, where you'll have the opportunity to taste some of the local wines of the **D.O. Ribeiro (white wine of the Treixadura grape)** and **D.O. Ribeiro Sacra (red wine of the Mencia grape)** the wines will be paired with olives, **Spider Crab pate** and **Galician artisan cheeses (3 types)**
- Then we walk down the street passing by the **Co-Cathedral of Santa Maria de Vigo** and stop to admire it from the outside.
- Our ***2nd stop** will be at a small trendy restaurant where our Chef will prepare a couple of **creative tapas** for us with local wines.
- Then our ***3rd stop** will be at another gastro wine bar offering **innovative tapas** like **Smoked Sardine with Mousse of San Simon Cheese on a focaccia bread** accompanied by an **Albariño white wine** of the **D.O. Rias Baixas**.
- Walk back to your hotel which is nearby
- Overnight in Vigo

B, D

DAY 4:

VIGO - BAIXO MINO RIVER WINE COUNTRY - AS NEVES

- Breakfast
- **09:00-09:30AM:** In the morning meet our food & wine Guide in the lobby of your hotel, board our minibus
- Today we move away from the coast to explore the **river miño valley** which separates **Galicia** with **Northern Portugal**
- **Baixo Miño River Wine Country of Galicia, Rias Baixas and Portugal, Vinho Verde**
- We start with a drive to the quaint village of **Arbo**, land of the **lamprey eel** and **Condado de Tea blended white wines** with 70% Albariño and other local grapes.
- Enjoy a detailed visit of the vineyard, winery and a tasting at the winery **Bodegas Marques de Vizhoja**.
- After our visit, we go for lunch at a nearby **traditional Galician Pazo (manor house)** to try some of the **local specialties** with wines of the area.
- In the afternoon we will take a walk (5km./3.1mi. approx.) along the riverside and over the bridge into **Portugal's Vinho Verde wine region**.
- During our river trail walk you will see the **Pesqueiras**, which are what local lamprey eel fisherman use to capture the Lamprey. They are stone walls jutting out into the river stream, a method used since **Roman times**.
- After our walk we will stop at a **Portuguese Solar (farmhouse manor) Reguengo de Melgaco** which also has a winery.
- Having tasted the same grape (only difference is it is called **Alvarinho** in Portuguese!) over in Galicia you will now taste on this side of the border.
- The wines will be paired with some of the **artisan goat cheeses from the local farm Prados de Melgaco** and cured smoked meats.
- To get the best views from this side of the river we will take a stroll thru the cobblestone streets of the village and climb the stairs to the top of the **12th century defense tower of Melgaco** used in the past to look over the river at Galicia to make sure they are not planning an attack!
- Boarding our minibus we drive back over into Arbo, continuing on to the neighbouring village of **As Neves** where we will be staying at a **stylish gastronomic wine country hotel** in the middle of nature which we will make our based for the next few nights.
- Check in and some free time to relax before dinner.
- Dinner at the restaurant of the hotel offering creative cuisine.
- Overnight in As Neves

B, L, D

DAY 5:

AS NEVES - RIBEIRA SACRA WINE COUNTRY - AS NEVES

- Breakfast
- **08:15AM:** In the morning meet our food & wine Guide in the lobby of your hotel, board our minibus
- Today we get a earlier start to make our way to the **Ribeira Sacra, A Sacred place of wine!** Since **roman times** they made wines here then the **monks** continued the tradition. (NOTE: 1hr45mins. drive time approx.)
- **10:15AM:** Arriving in the sub-zone **Amandi, D.O. Ribeiro Sacra** we will take a **1hr river boat ride** to see how steep the **vineyards** are cultivated on the **terraces** which are the **most included in the world at over 80% incline!**
- Then we make our way up to the winery **Adega Algueira** where we will be welcomed by owner Fernando and son Fabio.
- Enjoy a detailed visit of the winery and tasting of their Mencia, Godello, etc... wines
- After the visit we will have a **traditional lunch** in the **restaurant of the winery**.
- To stretch our legs a bit after the meal we will go for a walk (3kms walking time about 45mins-1hr approx.) to the **Mirador Pena do Castelo**, a vantage-viewpoint with a birds-eye view of the river sil gorge.
- Boarding our minibus we drive back to our hotel in **As Neves**
- Some free time to relax before our special tasting and dinner.
- The hotel we are staying at is owned by the winery **Señorio de Rubios** which is right beside the hotel and we will take a brief visit this evening and a tasting of their **award winning wines**.
- Dinner at the restaurant of the hotel offering creative cuisine.
- Overnight in As Neves

B, L, D

DAY 6:

AS NEVES - RIBEIRO WINE COUNTRY - AS NEVES

- Breakfast
- **09:15AM:** In the morning meet our food & wine Guide in the lobby of your hotel, board our minibus (NOTE: The drive from our hotel is only about 30mins.)
- **10:00AM:** Today we will walk the **Camino del Vino wine trails of O Ribeiro Wine Country**. (NOTE: Walk will be about 10km./6.21mi., with stops for visit will be about 4hrs. approx.)
- Starting in San Clodio and ending in Ribadavia. We will pass thru **historic village, ancient wine cellars** and stop to visit the **Museo del Vino de Galicia (Galician Wine Museum)**
- **02:00PM:** Arriving in **Ribadavia**, the capital of Ribeiro wine region and where they have the festival every year. Lunch will be in a **gastro-bar** restaurant offering local cuisine.
- After lunch visit to Ribadavia **The keys of the wine**. A route through the historical quarter, learn about the Jewish past and then a **tasting of toasted wine** and **Hebrew sweets** at a historic Jewish bakery **Tafona de Herminia**.
- Boarding our minibus we drive back to our hotel in **As Neves**
- Some free time to relax before our special **Goodbye Show Cooking Class and Dinner**.
- For our last dinner together we have a special treat for the group... **Chef Fran Sotelino who is the head of the kitchen at the Hotel's restaurant Horta e Viño** will let us into his **eco-garden and kitchen** to help with the dinner tonight!
- Our class will start by visiting the **organic cultivated garden**
- Depending on the harvest and the date of visit, the ingredients for the show-cooking could be collected for our class.
- The Show-Cooking will be held in the kitchen of the restaurant
- The menu will be a 3-courses and change depending on availability of products in the market and of course the garden. Normally the chef changes weekly his **Menu del Mercado** for the restaurant. Any example of different dishes where you will find very special ingredients like: **line-caught hake fish from Celeiro, Galician beef, Arzuía-Ulloa D.O. cheeses, Requeixo cheese and honey from As Neves** and many others region ingredients used to **create unique dishes**.
- An **interactive gastronomic** end to our journey in **Southern Galicia**
- Overnight in As Neves

B, L, D

DAY 7:

AS NEVES - VIGO, SANTIAGO OR PORTO TRANSFERS

- Breakfast
- In the morning meet our food & wine Guide in the lobby of your hotel, board our minibus to transfer you to Vigo.
- Drop off in Vigo and final goodbye from your guide. (NOTE: Transfer is based on a drop off at Vigo airport or train station, even a city centre location. It would be based on 1 transfer for group, if you did need a transfer at another time or even to Santiago or Porto airport see **Add-ons** section for additional transfer costs in our Driver Services)
- If you did want to extend your trip down to Porto, Lisbon over to Seville and could end up in Madrid the capital city of Spain. Let us know and we can suggest the best way to combine the add-on either post-tour just ask one of our **tour specialists**.

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END OF SMALL GROUP JOURNEY

Included

- **6 Nights accommodations** in Double or Single Occupancy based on hotels specified in the **Lodging** section.
- **6 (B): Breakfasts** daily except day of arrival
- **4 (L): Lunches** and **5 (D): Dinners** with set menus as specified per itinerary (**3 course or more with beverages**) based on mix of traditional restaurant, relaxed casual, tapa tours, Innovative Cuisine, even including 1 **Michelin-starred restaurant** based on the tasting menus of expert chefs. Some of the meals will be in wineries, on cooking classes based on what you have prepared, hotels dining room, etc... You will try a variety of different regional cuisine. Wine will be included at all meals selected to be paired with each meal.
- All Transportation and transfers as specified per itinerary in fully equipped vehicle (see **Transportation** section).
- English-Speaking **Tour Leader** with over **20 years of expertise** in the **Food & Wine touring of Northern Spain & Portugal** (**NOTE: The trip will be led by our co-founder Sean O`Rourke**)
- Entrances when with local guides are included in the cost.
- **4 Winery tours visits and tastings** in the wine regions of, Ribeira Sacra, Rias Baixas, Baixo Miño & Vinho Verde (Portugal) as specified in itinerary selected by our food & wine specialists. We will meet the winemakers, owners, etc..
- **1 Market visits** in Cangas to see the local produce, meats and seafood.
- **1 Tapa tour** in vigo (3 bars/Restaurants)
- **2 Cooking Classes/Demos:** A mix of **hands-on** and **demo** cooking classes with local chefs in As Neves and Vigo. Menus will be based on 3 course or more.
- **1 Eco-Garden Visit** with Chef to pick the ingredients of the show cooking in As Neves.
- Recipes will be given for all dishes that are prepared on our classes.
- **2 Boat Rides:** one on the river sil in the Ribeira Sacra wine region for approx. 60mins. The other boat ride will be a 20min. ferry crossing from Vigo to Moaña on the Bay fo Vigo with views of the city and the Cies Islands.
- **1 Farewell Cocktail champagne** at our hotel on the evening of our last dinner together.
- Local Taxes.

Excluded

- Transportation not specified.
- Meals not specified.
- Porterage
- City taxes in some location like in Barcelona and Porto to be paid directly at hotels when we check out if there is any of these taxes.
- Any entrance fees when not with guide.
- Tips & Gratuities to Tour Leader, driver and local guides (Not mandatory but given if you enjoy the services)
- Trip Cancellation and Medical Insurance (Highly recommended)
- Any other items not specified in what´s included

Pick up

- **Vigo:** Starting in the lobby of the hotel the 1st evening as specified per itinerary
- If you would like a transfer from the airport, train station or other location see **Add-ons** for driver services.

Drop off

- **Vigo:** Ending in the lobby of the hotel the last evening as specified per itinerary
- If you would like a transfer from the airport, train station or other location see **Add-ons** for driver services.

Cancellation policy

COVID-19: UPDATES HAVE BEEN MADE TO OUR PAYMENT AND CANCELLATION CONDITIONS.

Payment Schedule:

- At the time of booking a **15% Deposit (previously 25%)** is required.
- **90 days** before departure the **Final Balance** is due.
- If you book within 90 days of your tour date, the full amount is due at time of booking.

Cancellation Policy:

Tour Type: Multi-Day Small Group Tour

- All cancellations must be made in writing, hand-signed by the person who made the payment and sent by email to: tours@eatourspecialist.com
- The date of Cancellation will be based from the day EATour receives in writing from you.
- The following % of total cost penalty will be applied from the date of the cancellation notice is received:
 - **+90 days** before departure date: **0% of the total cost per person is non-refundable. (previously was 15% non-refundable, now we refund your deposit till final payment date)**
 - **90 to 61 days** before departure date: **15% of the total cost per person is non-refundable. (previously was 25%)**
 - **60 to 31 days** before departure date: **50% of the total cost per person is non-refundable.**
 - **30 days or less** before departure: **100% of total cost per person is non-refundable.**
- Refunds will be made in the same way as payment was made, in the case of bank transfer any transaction fees must be covered by the receiver.
- Refer to our **General Terms and Conditions** for further information about **change fees, insurance requirements**, etc..

Change of Booking Dates due to Covid-19:

- **We will allow you to change to a later date or use your payment made for credit on future travel up to 1 year from the booking date.**

Minimum/Maximum Group Size Requirement:

- The minimum group size required is **4 people to guarantee any of the departures**. If we do not reach this group size we will give you the choice to continue with a smaller group supplement, or if you wish to cancel we will refund the amount paid with no cancellation penalties applied since the trip was cancelled by us.
- **Due to Covid-19 we have capped off the group size to 12 people max on each departure.**

Lodging

*Or similar class hotels

Transport

- ***Mercedes Sprinter Minibus (18 People)**

NOTE: *Or similar type vehicles in the same class as mentioned above. If group is under 6 people the tour will be done in Mercedes V-Class Minivan.

Add-ons

Tours

Sailing Day Trip to the Cies Islands in a Luxurious Private Yacht

Galician Cooking, Food and Wine Tour Short Break based in Santiago de Compostela, Spain

Albarino winery and Baiona Coastal Village Tour from Vigo

A Gastronomic Short Break in Seville, Andalusia

Private Driver-Chauffeur Car or Minivan Transfers and Transportation Services in Vigo

Porto & Douro Valley Food and Wine Short Break Tour

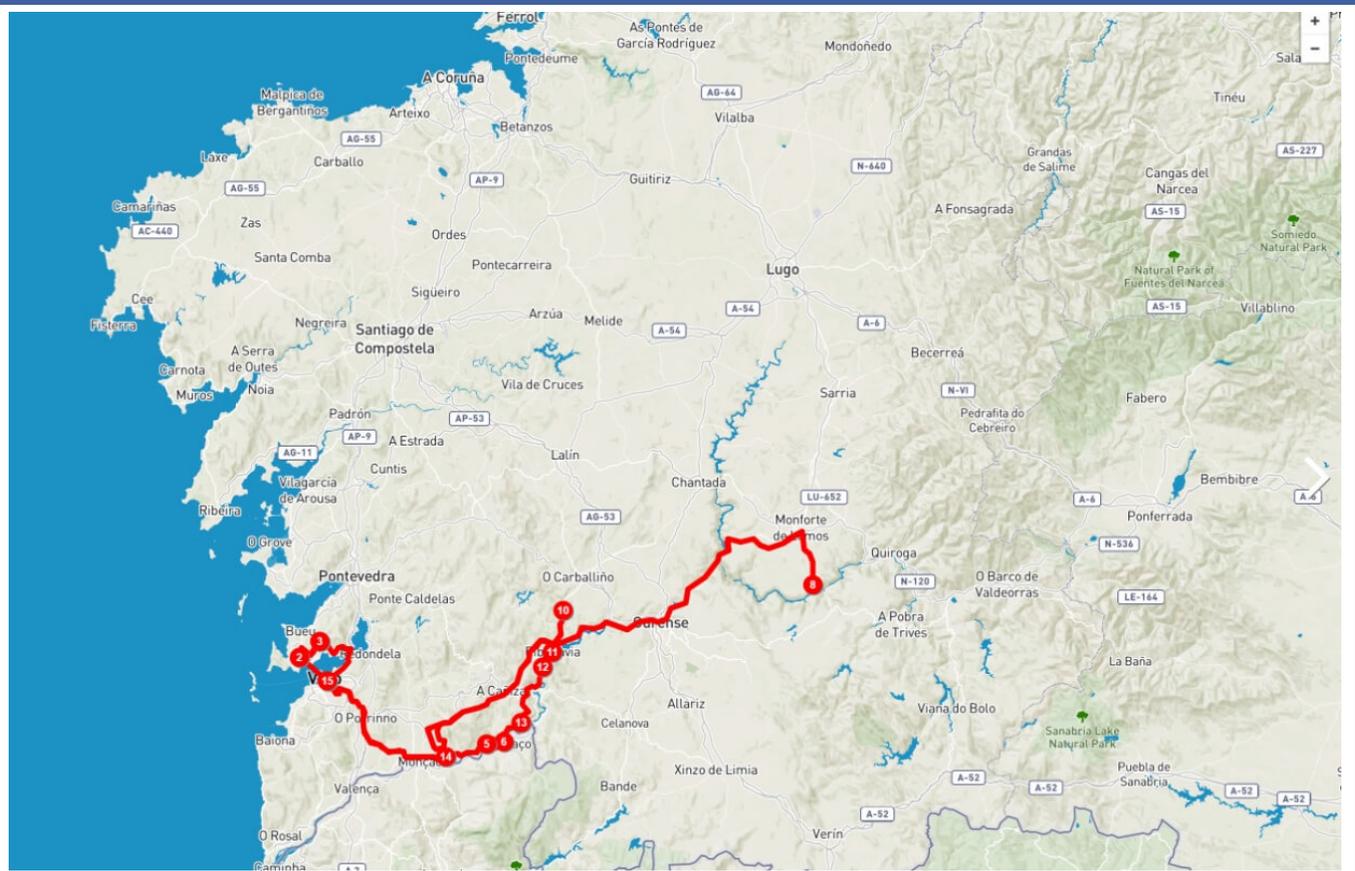
Short Break in Lisbon City with Wine Tasting, Cooking & Kayaking

VIP Rias Baixas Wine Tour in the Salnes Coastal Wine Country

Hotels

Gran Hotel Nagari Boutique & Spa

Map



Reviews

★ ★ ★ ★ ★ Melanie Wright (5 December 2019)

A fantastically designed and delivered tour of Galicia for our family of 5, including 3 teenagers. Food, wine, walks and hosting all very enjoyable. Particular highlights were Ribeira Sacra, a private cookery class and a charming lunch in N. Portugal. Thoroughly recommended.

★ ★ ★ ★ ★ Richard Vest (3 December 2019)

On our Galicia, Spain tour our food/wine expert guide Sean O'Rourke brought wine country to life for us. The countryside of Ribiera Sacra was breathtaking, and Sean arranged a number of great winery visits, as well as cultural highlights, like seeing where the lamprey eels are caught, and then trying out that delicacy in a local restaurant. Albarino wine country was so interesting with its vines being elevated so as to avoid the moisture/humidity. Galicia wine country was amazing.

★ ★ ★ ★ ★ Kelly Hardy (20 November 2019)

Just a quick note to thank you and tell you how much we enjoyed the tour. We saw things we never would have seen on our own, and really appreciated your working in some walks along the way. The food and wine were amazing, and I really appreciated the organization. Everything about the hotels and each restaurant was perfect. Thank you also for your flexibility after my father and Connor were delayed. We will be back with my son and husband.

Best regards,

Kelly