



GET THERE

International routes serve Porto's airport, around 40 minutes by metro from the city centre. Rail services connect Porto with the main towns along the inland Douro River.



[Portugal]

PORTO & THE DOURO: A PERFECT PAIRING

Vintage Port cellars and Bourdain-worthy sandwiches make Porto a gourmet delight – the perfect prelude to wine-tasting among Unesco-listed Douro vines.

It's hard to imagine that a city where the locals are known as *tripeiros* (tripe eaters) and a sauce-soaked sandwich is seen as a defining dish could be a gastronomic destination. Yet, somehow, Porto's plates and tipples provide a refreshingly relaxed culinary experience. Much of this is a testament to the city's strong-spirited community and passionate business owners, who have helped this northern city develop a unique and somewhat understated cuisine. From storied, historical recipes to a new generation of forward-thinking coffee roasters and brewmasters, Portugal's second city can never be called complacent.

Among the colourful houses that climb up the steep streets from the riverbank, tiny traditional

tascas serve signature dishes, such as *bacalhau à Gomes de Sá* – Porto's take on the nation's beloved codfish. Beyond the classics, contemporary brunch hot spots and artisanal beer shops are enhancing the city's food and drink appeal further.

Across the river, the historic Port cellars of Vila Nova de Gaia house barrel upon barrel of Portugal's world-renowned fortified wine, which arrives here after a meandering journey along the Douro River. Upstream, the scenic and steeply terraced vineyards of the Douro – many family-run – boast the title of the oldest demarcated wine region in the world (regulated and defined since 1756), and the near 2000-year-old vines of the Alto Douro are so celebrated that they have earned Unesco-listed status.

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01 A COZINHA DO MARTINHO

Tripas à moda do Porto is a dish that defines the city's spirit, and while on paper it may sound dubious, A Cozinha do Martinho serves up one of the best takes. In fact, it was here that Anthony Bourdain sampled the signature stew while filming *Parts Unknown*.

Cooked with white beans and a variety of meat (stomach, intestines – the lot), the origins of the dish date back to the Age of Discovery, Portugal's seafaring colonising period. As the legend tells, the city was asked by Prince Henry the Navigator to give up all its cured meat to feed Portugal's sailors – a sacrifice that left Porto's residents with nothing but guts and poor-quality cuts. Scraping the

barrel, the city's cooks crafted this now renowned recipe.

Rua Costa Cabral 2598-2606, Porto; closed Mon

02 A REGALEIRA

This Porto institution opened its doors in 1934, with António Passos dishing out traditional recipes to well-heeled diners. Later, in an attempt to broaden the restaurant's appeal, new affordable dishes were born – including the *francesinha*, which would become one of Portugal's most famous sandwiches.

The birth of the *francesinha* followed a 1950s encounter in France with the bartender Daniel David da Silva, who returned with Passos to work in Portugal. It was

Silva who developed this *croque monsieur*-inspired dish. Heavier than its French counterpart, the Porto version is a stacked affair of bread, cheese, sausage, pork leg, and a rich beer, tomato and spiced sauce.

The restaurant closed its doors in 2018, only to eventually re-open a few doors down from its original location. Luckily, the original *francesinha* recipe remains unchanged.

Rua do Bonjardim 83, Porto; https://en-gb.facebook.com/AREgaleira; closed Mon

03 FÁBRICA NORTADA

Like many of Porto's craft breweries, Fábrica Nortada's story started in 2015 with a couple of

01 Diners enjoy riverside terraces in Porto's historic centre

02 Port houses offer tastings, mostly by appointment

03 The Port wine cellar at Taylor's

04 Grilled prawns on the streets of Porto



friends, Tiago Talone and Pedro Mota, seeking to create something different to the two lagers – Super Bock and Sagres – that have dominated Portugal's beer scene for decades.

In 2018, their dream was realised with the opening of a contemporary brewpub in Porto's Bolhão neighbourhood. Clean lines and modern decor complement the fermentation tank-lined walls, with IPAs, stouts and Weiss Bier, among others, poured from the bronze-tapped bar. Factory tours, including guided tastings, can be booked in advance for an up-close look at brewing methods.

Rua de Sá da Bandeira 210, Porto; https://cervejanortada.pt; closed Sun & Mon

04 THE PINK PALACE, WOW

When WOW (World of Wine) arrived in Gaia, across from Porto's historic Ribeira neighbourhood, the city's landscape was changed forever, with some small port lodges lost to the construction. The vast cultural district (or, to some, theme park) opened to much fanfare in 2020, housing multiple museums, restaurants and a wine school.

The Pink Palace, entirely dedicated to rosé wine, is perhaps the most exuberant of the seven experiences. Visitors get five tasting samples paired with colourful interactive areas, ranging from a room dominated by a pink ball-pit to an 'upside down' picnic space. It's more about enjoying the photoshoots and fun than

spittoons and tasting notes. *Rua do Choupelo 39, Vila Nova de Gaia; https://wow.pt*

05 TAYLOR'S PORT CELLAR

While the region's famed fortified Port wine is produced further down the Douro, the riverfront city of Vila Nova de Gaia (facing Porto) has become the industry hub – meaning an afternoon of tastings and learning doesn't require a designated driver. Ancient Port cellars crowd the sloped hill atop a labyrinth of underground aged barrels.

Taylor's 300-year-old Port cellar is one of Gaia's oldest, and with an informative self-guided 60-minute audio tour in multiple languages, one of the easiest to visit without

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05 Dishes at DOC are a feast for the senses

06 Porto's opulent Palácio da Bolsa

inspiration from his own (clearly exceptional) memories.

The splendour of the climbing vineyard backdrop is best appreciated during lunch from the boardwalk dining terrace suspended over the river. *Cais da Folgosa, Estrada Nacional 222, Folgosa; www.docrestaurante.pt; closed Tue & Wed lunch*

08 QUINTA DO CRASTO

Leonor and Jorge Roquette's family have operated the Quinta do Crasto wine estate for over a century, following in the footsteps of Leonor's father and grandfather, who produced DOC Ports and Douro wines.

However, these scenic vines date back further, with documents proving production since 1615 – long before the 1756 pillar defining the demarcated region. Contemporary and classic techniques are harmonised, from the modern barrel stacking system to traditional *lagares* (stone vats) used to tread the Port grapes by foot.

Guided tours and tastings (reservation required) cover the jaw-dropping vineyards and cellars, concluding with some samplings. Choose from the latest released harvests, old vine *reservas* or a range of excellent Ports. *Gouvinhas, Sabrosa; http://www.quintadocrasto.pt*

a reservation. Tastings of two Ports are included in the tour; make a reservation if you want to try more samplings and different vintages.

Rua do Choupelo 250, Vila Nova de Gaia; www.taylor.pt

06 A PRESUNTECA DE LAMEGO

Detouring slightly inland from the Douro, Lamego is a popular sightseeing stop to visit the 18th-century Sanctuary of Nossa Senhora dos Remédios, famed for its 686-step baroque staircase. But the city has a few other treasures – most notably *presunto de Lamego*, a salted, smoked and cured ham revered across Portugal.

On the grassy terrace of A Presunteca de Lamego, *tábuas* (tasting boards) of this delectable pork treat flow freely, as does the

local and prestigious *espumante* (sparkling wine), another of Lamego's celebrated products since the 16th century.

N2, Lamego; www.facebook.com/apresunteca.apresunteca

07 RESTAURANTE DOC

Housed in a glass-fronted building on the bank of the Douro in Folgosa, DOC, by two Michelin-star chef Rui Paula, is a reservation worth making. Although the striking setting is extraordinary, the renowned chef still wants flavour to come first. Focusing on fresh seasonal ingredients to craft modern, sensorial tasting menus, Paula's philosophy is that "the memory of the taste of food must be respected", aligning with the fact he takes most of his

WHERE TO STAY THE YEATMAN HOTEL

Situated on Gaia's riverbank hill, among historical Port lodges, The Yeatman's spectacular vistas across Porto's jumble of colourful houses – especially from the infinity pool – are reason enough to book a room. Add in a wine cellar, spa and two Michelin-Star restaurant, and you've got a proper luxury stay for gourmet travellers. *www.the-yeatman-hotel.com*

QUINTA DA PACHECA

If sleeping among 16th-century vines isn't enough, at Quinta Da Pacheca you can stay inside a wine barrel. Set on the Douro's left bank in the village of Cambres, the wooden-clad barrel-style bedrooms even have circular windows to frame the panorama. *www.quintadapacheca.com*

WHAT TO DO

PALÁCIO DA BOLSA

A guided tour of Porto's most opulent building, dating from the mid-



1850s, will dazzle – especially inside the Salão Árabe, where gold-coated Islamic-style stucco walls dominate. *www.palaciadabolsa.com*

DOURO RIVER CRUISE

Slow down and soak in the scenic terraced views and tiny hamlets from the waters on board a day or lunch river cruise down the Douro. *www.rotadodouro.pt*

PARQUE ARQUEOLÓGICO DO VALE DO CÔA

Discover the history of the Alto Douro long before vintners were residents on a guided tour of these open-air Paleolithic engravings. *www.arte-coa.pt*

CELEBRATIONS

DOURO GRAPE HARVEST

In September (dates vary year to year), the

terraces of the Douro come alive as vintners, workers and volunteers clip, collect and crush the annual harvest. It's an exciting time to visit, as you can often upgrade tastings in *quintas* to include the whole experience – sometimes even joining story-sharing locals in the age-old tradition of grape-stomping.