

E&W



BOOK A TOUR

Spain | Portugal | Italy

eatandwalkabout.com



“Explore with an appetite, become a... E&W Food Wanderer!”

Welcome to Eat & Walkabout: Where Slow Food Meets Sustainable Travel.

At Eat & Walkabout, we invite you to slow down and savor the journey. As a fully registered and bonded Tour Operator & Destination Management Company (DMC), we specialize in creating immersive travel experiences across Spain and Portugal. Rooted in the principles of the Slow Food Movement, our tours highlight the best local flavors while promoting sustainability and responsible travel.

Led by a father and son duo, our expert food and walking guides have spent years scouting the finest routes and culinary spots, offering unique gastronomy experiences along the way. Based in Cangas, do Morrazo, Galicia, we show you a different side of the destinations we cover—the Sustainable Slow Way Food Touring!

We also design tailor-made tours for both individual travelers and travel agents, catering to markets in the United States, Canada, Australia, and the UK. Whether it's a coastal walk along Galicia's Rías Baixas or a farm-to-table experience with local winemakers, we invite you to discover the true taste of a destination with us.

Let us guide you through a world where food is savored, sustainability is respected, and every journey leaves a positive impact.

Sean P. O'Rourke
 Founder, CEO &
 Gastronomic Guide

E&W
 themed tours



Slow Food & Wine Tours



Green Trails & Coastal Walks



Online Virtual Experiences & Tours



Food/Drink Tasting & Visits



Tailor-made Tours



Responsible, Safe, & Sustainable!

We are dedicated to ensuring that every step of our journey is both responsible and sustainable. Our tours are designed with the environment in mind, focusing on local food sources and minimizing the ecological footprint. As part of the global Slow Food Movement, we emphasize protecting biodiversity, promoting local farming, and encouraging eco-friendly practices. From carefully planned walking routes to partnerships with local producers, we ensure that our guests not only experience the finest cuisine but also contribute to preserving the landscapes and cultures they visit. By traveling with us, you're choosing a path that is good for you, good for local communities, and good for the planet.

WE ARE PROUD SUPPORTERS & MEMBERS OF



facebook.com/
eatwalkabout



instagram.com/
/eatwalkabout



x.com/eat
walkabout



youtube.com/
@eatwalkabout



linkedin.com/company/
/eatandwalkabout/



2024 Brochure

TABLE OF CONTENTS

02 Introduction

04 E&W True Flavour Journeys

05 The True Flavours & Natural Beauty of Madeira Islands

08 The Hidden Gastronomic Kingdoms of Spain: Navarre & Aragon

12 Gastronomic Green Spain Tour in Asturias, Cantabria & Basque Country

14 Azores Islands: a Foodie Paradise (Terceira & Sao Miguel)

16 Wines of Alentejo and Algarve Southern Portugal

18 Food & Wine Journey of Lisbon, Northern Portugal & Galicia

22 The Gastronomy of Northern Italy: Emilia Romagna

23 Sustainable Slow Food, Wine & Walking Tours

- 24 • Vigo Food Tour to Eat Your Way along the City Streets
- Santiago de Compostela Gourmet Food Tour & Farmers Market visit with a Food Expert
- Bilbao Private Monumental Tour with Traditional and Innovative Pintxos

25 Galician Seafood Cooking Class & Ferry Boat Trip across Vigo Bay

26 Camino do Vino Way in Ribeiro Wine Country to Santiago de Compostela

27 A Slow Camino: Food & Walking Adventure on Coastal Portuguese Way to Santiago de Compostela

28 More Spain & Portugal Culinary & Walking Adventures

29 Short Break Holidays in Spain & Portugal

30 A Gastronomic & Nature Short Break in Baiona, Pontevedra

- 31 • Vigo: Rías Baixas Atlantic Coastal City Foodie Short Break
- Inland Galicia: Discovering the Wine Country

- 32 • Historic & Gastronomic City Break in Santiago de Compostela
- San Sebastián, Basque Country: Food & Cooking Class

- 33 • Food, Wine and Monumental Short Break in Madrid
- Culinary Short Break to Barcelona: Cooking Class and Wine Tour

- 34 • Lisbon: enjoy wine tastings, food & kayaking
- Porto & Douro Valley: discover local food and wine

35 Private Shore and Chauffeur Guided Excursions

36 Vigo Tours

39 Bilbao Tour

- 40 • Lisbon Tour
- Funchal Tour
- Private car and driver service for tours
- Tailor-made be-spoke tours

41 Algarve, Alentejo & Lisbon Food & Wine Customized Tour

42 Customer Reviews

44 DMC Services for Travel Professionals

45 Affiliates (Partner with E&W)



E&W TRUE FLAVOUR JOURNEYS

Our True Flavour Journeys are a collection of special small group tours that are personally led by our founder Sean O'Rourke. After 25+ years of designing boutique food, wine, and walking tours we have decided to create a collection of tours visiting destinations that have stolen our hearts and palates! Our first gastronomic journey will be to the **Madeira Islands, Portugal** in **November 2024**.

Not only do we travel slowly, but we also do it right by being Responsible, Safe, and Sustainable! Come with us on an Eat & Walkabout!

THE TRUE FLAVOURS & NATURAL BEAUTY OF MADEIRA ISLANDS




[Book Now](#)



 Funchal, Madeira
Islands, Portugal

 7 Days /
6 Nights

 10-18 People
max.

 Food & Wine Tours
Green Trails & Coastal Walks
Tasting & Visits

HIGHLIGHTS

- Our experts have hand-picked **Sustainable slow food** experiences
- Spend time with Local Chefs to learn about Madeiran Cuisine
- **Jeep 4x4 Nature** & Madeiran Wine Country
- **Pico do Areeiro Viewpoint** over the clouds, views of the Gods!
- **Madeira Rum tasting**, the king of spirits for centuries on the island
- **Levada Aqueducts** along the magical **woodland trails**



Why are the Madeira Islands Europe's Best Island Destination in 2024?

A simple answer, it is a magical place waiting to be discovered. When you step foot on the Madeira Islands it is hard not to be mesmerized by the beauty of these subtropical islands sitting in the Atlantic ocean. No matter how many days you plan to stay it never seems enough, there is so much to see and taste on this Portuguese Paradise! Madeira has stolen our hearts and palates so we have decided to feature this destination as our first special [E&W True Flavour Journey!](#)

During our 7-day journey, our experts have **hand-picked experiences** to best represent Madeira. Starting in **Funchal**, the capital of the Island, a small cosmopolitan city that faces the Atlantic and is in close contact with nature having levada trails, tropical gardens, etc. all within reach from the city centre. It is named after a sweet-smelling wild herb, traditionally known as



Accommodations

Castanheiro Boutique Hotel 4 star | Funchal | 4 nights
Historic Boutique Hotel

Aqua Natura Bay 4 star | Porto Moniz | 2 nights
Ocean View Wellness Hotel

GASTRONOMY, WINES & SPIRITS OF MADEIRA

The gastronomy, spirits and wines of Madeira are deeply rooted in the culture, for a small archipelago it has a bit of everything! The fruits and vegetables are abundant, largely due to the extraordinary fertility of its soil combined with the subtropical climate of the island. The fish caught off the coasts, like the deep-sea fish the **Espada (Black scabbardfish)** or the **Atum (Tuna)** are two very popular fish used in many Madeiran recipes, a favourite being black scabbardfish filet with banana. A locally sourced seafood delicacy to mention are the **Lapas (Limpets)**, sauteed in garlic and butter then with drips of lemon juice on top, are to die for! You can't taste them without the **Bolo do Caco (flat bread)** also with butter and garlic, a pair made in heaven. The **Espetada**, meat over the barbeque on laurel branch stick-skewers to get that flavour of laurel (bay leaf) in the **perfectly grilled meat**.

fennel (Foeniculum Vulgare), which was abundant here when the settlement was created. Later, several excellent regional products, such as **sugar or wine** became the main source of income turning Funchal into an important trading port in the middle of the Atlantic.

Our welcome to the island will be on a **rooftop terrace bar overlooking the city** of Funchal just before sunset, how does that sound? Of course, we will toast the start of our gastronomic journey with a glass of Madeira wine, which this island is famed for in the wine world. Since we are staying in the town centre everything is within walking distance to explore the charm of the old town streets and get acquainted with many cafes, bars, restaurants, etc. The seaside promenade for a late evening or early morning walk is always so relaxing. Get the best views of the city by taking the **cable car** to the top of Monte, then slide down the streets in a **hand-made Sledge** from wicker and wood by specialised craftsmen and carpenters. They are pushed by two drivers, called 'carreiros', who are dressed in typical white garments and wear straw hats. With recognised skill, they use their boots with thick rubber soles as brakes to control the sledge during the journey.

The best way to describe our journey is through all the different experiences...



A walk through the cuisine of Navarre and Aragon: eat, drink and enjoy!

Navarre and Aragon, two regions in northern Spain, stand out not only for their incredible landscapes and history but also for their unique gastronomy. A cuisine that combines tradition, local products, and a strong bond with the land. From the fresh vegetables of Navarre's gardens to the hearty dishes of Aragon, you should taste the cuisine of these two autonomous communities. In this gastronomic journey, we will also make a stop in Pamplona and Zaragoza, their respective capitals, where the culture of tapas and culinary tradition are essential.

THE HIDDEN GASTRONOMIC KINGDOMS OF SPAIN: NAVARRRE & ARAGON



Navarre & Aragon



7 Days / 6 Nights
2025/2026 (Dates to be released)

FEATURED TOURS

E&W TRUE FLAVOUR JOURNEYS

[Coming Soon](#)



CUISINE OF NAVARRE: QUALITY AND TRADITION IN EVERY BITE

Navarre's cuisine is based mostly on **fresh and high-quality products**, largely grown on its fertile land. One of the region's star ingredients is the **Tudela artichoke**, cultivated along the banks of the Ebro River and famous for its delicate flavour and tender texture. Furthermore, **asparagus from Navarre** is also very appreciated, known for its whiteness and sweet taste, typically served boiled with mayonnaise or olive oil.

Another traditional dish is the **vegetable stew**, a real tribute to the region's produce, such as artichokes, peas, asparagus, and green beans, all cooked and sautéed with cured ham. Do you enjoy meat? Then, the **cordero al chilindrón (lamb stew)** will be your favourite dish: it combines tender lamb with a sauce of red peppers, tomatoes, and onions, perfectly **capturing the spirit of Navarre cuisine!**



Pamplona: The capital of tapas and fine dining

Pamplona, the capital of Navarre, is **well-known around the world for the San Fermín festival**, but it is also a city where gastronomy plays a key role. The old town is filled with bars where you may **enjoy pintxos (tapas)** that are a blend of history and innovation. Among **the most popular are those of txistorra**, a typical sausage from the region, and the **gildas**, a savoury appetizer of olives, anchovies, and chili peppers.

What other typical food is a must? **Pamplona** is also famous for its **beef steak**, a tender piece of meat grilled and topped with coarse salt. And for dessert, don't forget to try the **canutillos de crema**, a crispy delight filled with custard cream. You won't stay hungry!



WINES OF NAVARRE AND ARAGON: FIND THE BEST PAIRING

Navarre is a wine region with a long tradition that has successfully adapted to the new times. Although **historically associated with rosé wines**, today the region produces a wide variety of wines, including high-quality reds. **Garnacha and Tempranillo are the most common grapes**, but **international varieties like Cabernet Sauvignon and Merlot** are also cultivated. Wines from Navarre are fresh and fruity, excellent to accompany light dishes like vegetables or pintxos.

As for Aragon, there is also a deep winemaking tradition, with several Denominations of Origin (D.O.), the most popular being **D.O. Cariñena**. Here, Garnacha is the king grape, producing powerful and structured red wines that pair well with local cuisine. The **D.O. Somontano** is another outstanding region, located at the foot of the Pyrenees, producing elegant and modern red and white wines.

ARAGON: HEARTY DISHES AND ROBUST FLAVOURS

Aragonese cuisine stands out for its intense flavours and **the influence of Mediterranean and mountain food**. One of the most iconic dishes is the **Ternasco de Aragón**, a young lamb roasted in the oven and served with fried potatoes with onions, peppers and garlic (patatas a lo pobre).

Another traditional dish is the **Aragonese migas**, prepared with crumbled stale bread sautéed with garlic, bacon, chorizo, and grapes, a recipe that reflects Aragon's humble and rural roots. And **for chilly days, nothing beats an Aragonese stew**, a filling dish made with veggies, pork, chorizo, and chickpeas.



Zaragoza: Between tradition and modernity

The capital of Aragon is a city that blends heritage and innovation, which is shown in its culinary offerings. Similar to Pamplona, Zaragoza has a strong culture of tapas: The heart of tapas bars is **El Tubo**, an area of narrow streets in the city centre. Here you can enjoy everything **from classic patatas bravas to more elaborate tapas like Ternasco or octopus prepared in the Galician style**.

Zaragoza's cuisine also benefits from outside influences. One such example is the cod dish **Bacalao Ajoarriero, which is of Basque origin** but has been widely embraced in Aragon. And for a sweet ending, **try the guirlaches (a sort of almond nougat)**. They are a perfect option for anyone with a sweet craving!

DISCOVER THESE DESTINATIONS FOR CURIOUS PALATES

Don't miss these two regions: **It's no wonder they are a true paradise for food lovers!**

Pamplona and Zaragoza, with their tapas and vibrant atmospheres, are the perfect starting points to explore traditional cuisine that will delight every traveller's palate: come and savour the wines and food of Navarre and Aragon with Eat&Walkabout. **Ask our experts for a tailor-made tour** to Navarre and Aragon. And don't forget to **subscribe to our newsletter** so you don't miss a thing!



NAVARRRE: A JOURNEY THROUGH THE NORTHERN PARADISE

Navarre, a hidden gem in northern Spain, attracts travellers with a wide variety of unique experiences where **tradition merges with modernity**. Often referred to as a crossroads between the Atlantic and the Mediterranean, Navarre offers a perfect combination of natural beauty, rich cultural heritage, and gastronomy. From ancient pilgrimage routes to **vineyard landscapes** and medieval villages, Navarre and its capital, **Pamplona**, delight all tourists with their unique charm!

What to Do in Pamplona: Discover the Natural Beauty of the Area

Pamplona not only stands out for its history and culture but also for its natural environment. The city is surrounded by parks and green areas that invite you to enjoy the outdoors. The **Taconera Park**, with its beautiful gardens and charming atmosphere, is ideal for a relaxing walk. Furthermore, **the nearby Baztán Valley offers hiking routes** that allow you to explore the lush nature of Navarre.

AMAZING LANDSCAPES AND OUTDOOR PLANS ARAGON

Aragon is a region in northwest Spain that seduces travellers with its **rich history, landscapes, and vibrant culture**. At its heart lies **Zaragoza**, the dynamic capital where history and modernity blend together to offer a unique experience. From the majestic Pyrenees mountains to the vast plains of the Ebro Valley, Aragon provides a diverse environment to meet any traveller's expectations.


What to Do in Zaragoza: Must-See Cultural Visits


Zaragoza is a city full of historical and cultural landmarks that reflect its rich heritage. Among its highlights are the **Basílica del Pilar**, an iconic Catholic pilgrimage site with Baroque architecture and frescoes by Goya, and the **Aljafería Palace**, an 11th-century Islamic structure that now houses the Aragonese Parliament. In the Old Town, visitors can explore **La Catedral del Salvador**, a masterpiece of Mudéjar architecture, and the **Museum of the Forum of Caesaraugusta**, offering insights into the city's Roman past. Other notable spots include the medieval **El Puente de Piedra** and the **Zaragoza Aquarium**, ideal for family outings.



GASTRONOMIC GREEN SPAIN TOUR IN ASTURIAS, CANTABRIA & BASQUE COUNTRY

 **Coming Soon**

 **Asturias, Cantabria & Basque Country**

 **12 Days / 11 Nights 2026** (Dates to be released)

DISCOVER THE FLAVORS OF ASTURIAS

A journey into the natural beauty of Asturias wouldn't be complete without savoring its rich culinary heritage. Known for its wild coastlines, lush mountains, and the ancient town of Oviedo, Asturias offers a true taste of rural Spain. You'll experience traditional Asturian dishes like fabada asturiana, a hearty bean stew, and sample their famous cider, often poured from a great height to enhance the flavor. This land of rugged beauty promises to deliver not only spectacular scenery but also an authentic taste of Spanish tradition.

In **Oviedo**, the capital of Asturias, you'll step back in time as you wander through cobblestone streets lined with historical landmarks. Visit the grand Gothic cathedral, a symbol of the city, and explore medieval squares that capture the essence of Asturian history. Oviedo's cuisine is as impressive as its architecture, with quaint restaurants serving up dishes crafted from local ingredients, ensuring every meal is a reflection of the region's culinary pride.



SAVOR THE AUTHENTICITY OF CANTABRIA

Cantabria's lush green valleys and dramatic coastlines provide the perfect backdrop for a culinary adventure rooted in tradition. Known for its seafood, Cantabria's coastline is a treasure trove of fresh, flavorful fish. From the famous anchovies of Santoña to the region's rich stews like cocido montañés, every dish captures the essence of Cantabria's strong connection to both the sea and the land. This region offers a perfect mix of hearty rural fare and coastal delicacies, providing a truly authentic experience.

In **Santander**, the region's capital, you'll be treated to a vibrant mix of history and modernity. This bustling port city is a gastronomic hub where you can enjoy the freshest seafood alongside stunning views of the Bay of Biscay. Whether you're savoring locally sourced octopus in a charming seaside restaurant or enjoying quesada pasiega, a traditional Cantabrian dessert, Santander's food scene offers a perfect balance of tradition and innovation.




BASQUE COUNTRY'S GASTRONOMIC PARADISE

Basque Country is known globally for its culinary innovation, making it a highlight for food lovers. From traditional txakoli wine to the famous pintxos, Basque cuisine offers a sophisticated blend of flavors. The region's dedication to sourcing the best local ingredients and its emphasis on culinary excellence make every meal an experience to remember. Whether you're visiting a local market or dining in a Michelin-starred restaurant, Basque Country will delight your taste buds with its bold and imaginative dishes.

In the world-renowned city of **San Sebastián**, food is a way of life. As you stroll through the old town's vibrant pintxos bars, you'll taste miniature works of art that reflect the city's passion for food. With more Michelin stars per capita than any other city in the world, San Sebastián is at the cutting edge of global cuisine. Here, you'll find yourself indulging in a perfect mix of modern gastronomic delights and time-honored Basque traditions, making it an unmissable stop on your culinary journey through northern Spain.

AZORES ISLANDS A FOODIE PARADISE (TERCEIRA & SAO MIGUEL)

 Terceira & Sao Miguel

 7 Days / 6 Nights
2025/2026 (Dates to be released)

Coming Soon



The Azores Islands comprises of 9 scenic, volcanic islands deep in the Atlantic Ocean over 1,360 km west of mainland Portugal. São Miguel is the largest island famous for its volcanic crater called Sete Cidades and Fogo (Fire) Lagoons in the centre of the island and its most beautiful sight. You'll also encounter geysers, hot thermal waters and volcanic lakes. In the hot springs locals make the dish "Cozido das Furnas" slowly cooked in a giant pot full of meats (pork, sausage, chicken and beef) and vegetables. The south-eastern most island of Santa Maria has fantastic white, sandy beaches and a landscape dominated by vineyards.

The islands of Terceira, São Jorge, Pico, Faial and Graciosa (referred to as the Central Group of Azores) is where you can see whales and dolphins. On Terceira, the city of Angra do Heroísmo is an UNESCO World Heritage Site famous for its festivals. Faial Island is the "Blue Island" thanks to the cool blue of the hydrangeas plant. Its marina is one of the most busy and famous in the world and it's colourful murals are the work of yachtsmen to give them protection on their trip. The extinct Capelinhos volcano, which is like a lunar landscape is also a must see. Next to Faial Island is Pico Island where there is the highest mountain in Portugal which rises out of the sea (Ponta do Pico). The island has vineyards planted in black volcanic earth, a unique historical feature and key to the island's development resulting in its UNESCO World Heritage

status. On São Jorge, the most scenic of the islands, the main sights are the Fajãs (geological, coastal feature) and its cheese, a unique specialty with a flavour not unlike Cheddar. Graciosa, the graceful "White Island", is an agricultural island full of vineyards that contrast with its strange windmills.

Finally there's the Western group of Azores including Flores island. The beauty of its flowers, the natural waterfalls and lakes carved out by volcanoes is spectacular. The island of Corvo is the smallest and most northern island of the Azores. It has a broad, beautiful crater at its centre, and attracts many species of migratory birds from both Europe and America.



WINES OF ALENTEJO AND ALGARVE SOUTHERN PORTUGAL



Coming Soon



Why travel to the Algarve?

Algarve is a region located in the south of **Portugal** known for its natural beauty such as its impressive beaches, it has some of the best cleanest beaches in Europe. Every corner of the Algarve offers a unique experience, explore the historic city of Faro as well as the picturesque coves of Lagos and Albufeira. The Sagres area is quieter, and the west coast is somewhat wilder. From Roman times to extensive Muslim influence, from Christian recapture to the exciting achievements of Portuguese explorers, reasons to explore the traces of a historical past that left a deep imprint on this place. In this Algarve travel guide we'll show you how it's an ideal destination for an unforgettable holiday with your family, friends, or couple. Get ready to **enjoy history, culture, landscapes, beaches, gastronomy, and wine!**



Alentejo & Algarve



8 Days / 7 Nights
2025/2026 (Dates
to be released)



Discover the Charm of Lagos, Algarve

Lagos, situated in the western Algarve, is a destination where natural beauty meets rich cultural heritage. Known for its stunning coastline, Lagos offers some of the most beautiful beaches in Portugal, including Praia Dona Ana and Praia do Camilo, both framed by golden cliffs and crystal-clear waters. The rugged Ponta da Piedade cliffs are a must-see, with their dramatic rock formations and hidden grottos, perfect for exploring by boat or on foot. Beyond its natural allure, Lagos is a city steeped in history, with its ancient city walls, historic churches, and the 17th-century Ponta da Bandeira Fort offering glimpses into its past as a prominent maritime hub.

The charm of Lagos extends into its vibrant culinary scene. The old town, with its narrow cobblestone streets, is full of traditional Portuguese restaurants and bars where visitors can enjoy the region's renowned seafood. Dishes such as grilled sardines, octopus, and the famous **cataplana**—a seafood stew cooked in a copper pot—are local favorites. For those interested in the city's historical roots, the Slave Market Museum, one of the first in Europe, provides a sobering insight into the city's role in the Age of Exploration. Whether you're drawn to its breathtaking landscapes or rich cultural history, Lagos offers an unforgettable blend of relaxation & discovery.

Immerse yourself in the Flavors of the Traditional Food and Wine

Discover the gastronomy and wine of the Algarve, a paradise for food and wine lovers. The region boasts a rich culinary tradition, from fresh seafood caught in the Atlantic to a surprising variety of local wines. Indulge in delicacies like clams, oysters, and gooseneck barnacles, often prepared grilled or in a pan. Signature dishes such as Razor Clam Rice, Feijoada de Buzios (Beans with Sea Snails), and the traditional Ameijoas na Cataplana (Portuguese Clams and Sausage) showcase the high-quality seafood of the region.

The Algarve is also renowned for its award-winning wines. With vineyards bathed in nearly 3,000 hours of sun each year, the region produces distinctive wines, including bold reds, fresh whites, and elegant rosés. The Vinhos do Algarve region features four protected designations of origin: Lagoa, Lagos, Portimão, and Tavira. Be sure to try the local Negra Mole wine paired with regional almonds and figs for an authentic taste of the Algarve. Don't miss the annual Portimão Wine Tasting festival, held at the Santa Catarina Fortress, where wine and food enthusiasts gather to celebrate the region's best offerings.





FOOD & WINE JOURNEY OF LISBON, NORTHERN PORTUGAL & GALICIA

[Coming Soon](#)



Lisbon, Northern
Portugal & Galicia



12 Days / 11 Nights
2025/2026 (Dates to be released)

Discover Lisbon & the Tagus Valley

Lisbon, Portugal's vibrant capital, is a city that blends old-world charm with modern energy. Its iconic yellow trams, historic neighborhoods like Alfama and Bairro Alto, and landmarks such as the Belém Tower and Jerónimos Monastery, offer a rich cultural experience. The city's culinary delights include traditional dishes like bacalhau and pastéis de nata, which can be savored in its many lively cafés and restaurants.

Just outside Lisbon, the **Tagus Valley** region presents a contrast of lush landscapes and cultural heritage. Visitors can explore historic towns like Santarém and admire the vast vineyards that produce some of Portugal's finest wines. The Tagus River itself provides opportunities for scenic river cruises, offering a peaceful escape from the bustling city while still immersed in Portugal's natural beauty.



What to See and Do in Lisbon

Lisbon is filled with must-see landmarks and unique experiences that capture the city's vibrant energy. Start by visiting iconic attractions such as the **Jerónimos Monastery** and the **Belém Tower**, both UNESCO World Heritage Sites that highlight Portugal's rich maritime history. The historic **Alfama district**, with its narrow, winding streets, is a perfect place to explore on foot. Here, you can discover traditional **Fado houses**, where Portugal's soulful music comes alive in intimate settings.

For a bird's-eye view of the city, head to one of Lisbon's famous viewpoints like **Miradouro da Senhora do Monte**, or take a scenic ride on the iconic **Tram 28**, which weaves through the most charming neighborhoods. The **Time Out Market** is a must-visit for food lovers, offering a variety of local dishes and flavors in a lively atmosphere. Stroll along the **Tagus River**, especially around the **Praça do Comércio**, to soak in the beauty of Lisbon's waterfront. The combination of historical sights, breathtaking views, and local culture makes Lisbon an unforgettable destination.

NORTHERN PORTUGAL

NORTHERN PORTUGAL: A REGION OF TRADITIONS AND NATURAL BEAUTY

Northern Portugal is a region rich in traditions, history, and stunning landscapes. With lush valleys, ancient towns, and vibrant cities, this area offers a mix of nature and culture. From the beautiful Douro Valley, known for its terraced vineyards and world-famous wine production, to the historical towns that dot the region, Northern Portugal is a perfect destination for those looking to experience authentic Portuguese culture. The region is also home to a number of UNESCO World Heritage sites, making it a must-visit for history lovers.

Porto: The Soul of the North

Porto, the vibrant capital of the north, is known for its stunning riverside views, historic architecture, and world-famous port wine. A walk through Porto's historic center, a UNESCO World Heritage site, takes you past beautiful landmarks like the Clérigos Tower, the São Bento Railway Station, and the Livraria Lello bookstore. Visitors can enjoy a boat ride along the Douro River, explore the wine cellars in Vila Nova de Gaia, and indulge in the city's rich culinary traditions, which include francesinha sandwiches and fresh seafood.

Melgaço: A Haven for Nature and Wine Lovers

Melgaço, located in the heart of the Vinho Verde wine region, is known for its natural beauty and Alvarinho wine. Surrounded by lush hills and rivers, this peaceful town offers numerous outdoor activities such as hiking, rafting, and nature walks. In addition to its natural allure, Melgaço is a wine lover's paradise, where visitors can sample some of the best Alvarinho wines in the region while enjoying the town's serene ambiance. Melgaço is the perfect destination for those seeking a blend of nature, adventure, and wine culture.

Here are some popular dishes that you must try in Northern Portugal:

- **Tripas à Moda do Porto:** Traditional tripe stew of O Porto cooked with veal tripe, white beans, smoked ham, pork sausage, carrots, onions, spices such as paprika, and cumin, and different cuts of pork and chicken.
- **Cozido à Portuguesa:** Originally a dish from the north of Lisbon (Beira) that consists of vegetables like rice, potatoes, beans, and cabbage with different slow-boiled meats such as sausages: chouriço, morcelo (blood sausages), pig ears, beef, chicken. A tasty unadorned dish, that will fill up your belly for the whole day!
- **Bacalhau à Braga:** The star ingredient of Portuguese cuisine, is codfish. This dish consists of sliced fried cod with fried potatoes and onions accompanied by bay leaves and cloves.
- **Caldo Verde:** Traditional soup from the Minho province, highly popular around the world, made with basic ingredients: potatoes, onion puree, and collard greens. Usually served as a starter at the beginning of a larger meal.





GALICIA: A LAND OF TRADITION AND COASTAL BEAUTY

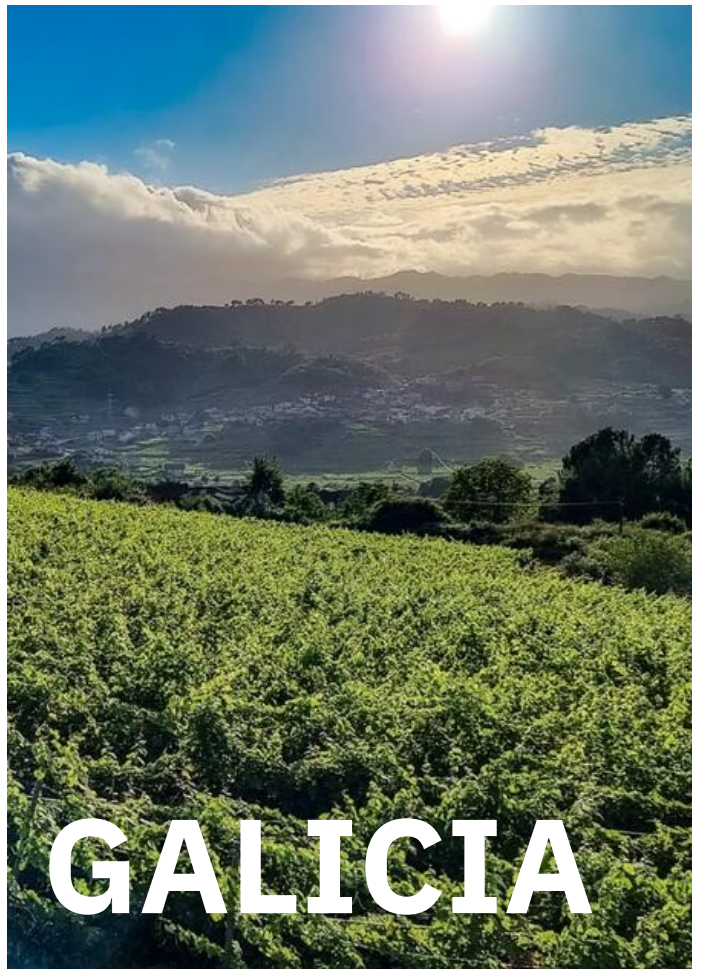
Galicia, located in the northwest of Spain, is a region defined by its rugged coastline, rich Celtic heritage, and lush green landscapes. Known for its seafood and Albariño wine, Galicia offers a mix of gastronomic delights and natural beauty. Its deep-rooted traditions, stunning coastal views, and ancient architecture make it a destination for both cultural exploration and outdoor adventures. From charming fishing villages to historic towns, Galicia captures the essence of Spain's untamed beauty.

Vigo: The Gateway to the Atlantic

Vigo, a vibrant coastal city in Galicia, is known for its maritime history and bustling port. Famous for its fresh seafood, particularly its oysters, Vigo is a must-visit for food lovers. The city offers plenty of coastal attractions, including beautiful beaches and the nearby Cíes Islands, a paradise for nature enthusiasts. In the old quarter, visitors can explore Vigo's rich history through its charming streets, lively markets, and picturesque waterfront. The city's blend of modern life and maritime tradition creates an atmosphere that is both dynamic and relaxing.

Santiago de Compostela: A Historic Pilgrimage Destination

Santiago de Compostela is the crown jewel of Galicia, famous for being the final destination of the Camino de Santiago pilgrimage. Its magnificent cathedral, a UNESCO World Heritage Site, dominates the city, drawing visitors from around the world. Santiago's old town is a labyrinth of cobblestone streets, historic buildings, and lively squares. Beyond its religious significance, the city boasts a vibrant food scene with traditional Galician dishes like pulpo a la gallega and empanadas. Santiago de Compostela offers a perfect blend of spirituality, history, and culture.



Ribadavia: A Medieval Town in the Heart of Wine Country

Ribadavia, a medieval gem nestled in Galicia's interior, is renowned for its wine culture, particularly its production of Ribeiro wines. The town's historic center transports visitors back in time with its well-preserved Jewish quarter, ancient churches, and cobblestone streets. Ribadavia is also known for its annual wine festival, where locals and visitors come together to celebrate the region's rich winemaking heritage. Surrounded by rolling vineyards and lush hills, Ribadavia is an essential stop for wine lovers and history enthusiasts alike.

THE GASTRONOMY OF NORTHERN ITALY: EMILIA ROMAGNA



Coming Soon



A Culinary Adventure through the Heart of Italy's Finest Flavors

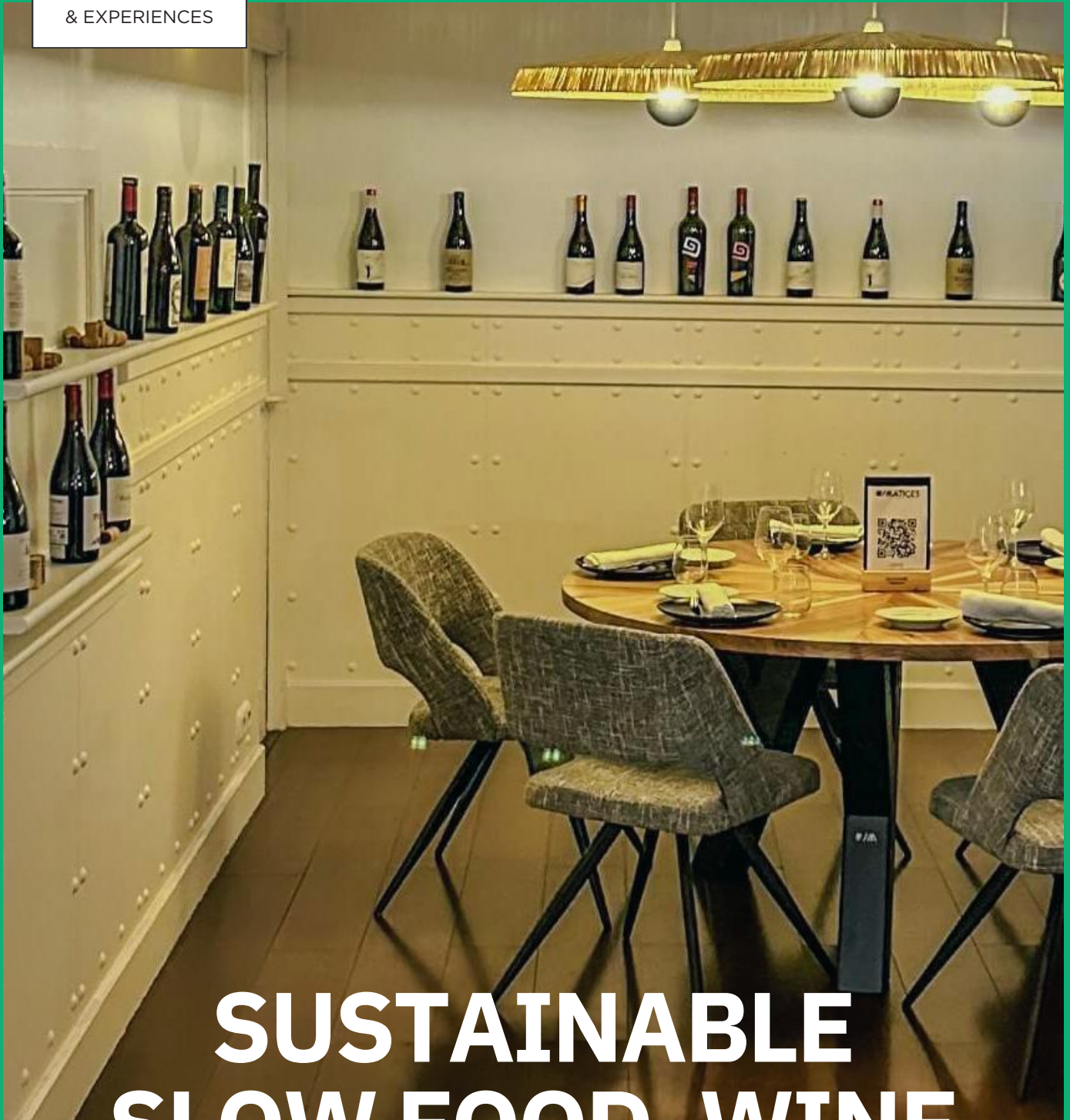
Embark on a 7-day culinary journey through **Emilia Romagna**, the heart of Italian gastronomy. Discover the rich flavors of this region, renowned for its world-famous products like Parmigiano Reggiano, balsamic vinegar, and traditional pasta dishes. From Bologna to Modena, explore charming towns, visit local markets, and indulge in authentic meals prepared by passionate chefs. This tour offers a perfect blend of cultural exploration and culinary delight, making it an unforgettable experience for food lovers. Dates for 2025/2026 will be released soon—stay tuned!



Emilia Romagna



7 Days / 6 Nights
2025/2026 (Dates to be released)



SUSTAINABLE SLOW FOOD, WINE & WALKING TOURS

A mix of tours from half-day experiences to multi-day tours focusing on food and wine pairing, winery visits, cooking class, and some light walking in urban city centres, coastal trails, and wandering the wine country off-the-beaten-track roads with an expert foodie guide!

Vigo Food Tour to Eat Your Way along the City Streets [Book Now](#)

On this Vigo food tour, our foodie guide will take you on a food walk through the streets of the new and old parts of the city centre. There is no better way to discover vigo than walking and eating as the local Vigueses do!



BEST SELLER

Vigo, Galicia, Spain **2-12 people**
Half Day (4hrs. approx.) **Food & Wine Tours City & Village Walks**

Santiago de Compostela Gourmet Food Tour & Farmers Market visit with a Food Expert [Book Now](#)

A Gourmet Food Tour exploring the old town of Santiago de Compostela. Visit the food market and enjoy seeing all the locally sourced products, the fresh fish and seafood caught in the bay, red meats, cheeses, honey and veggies. Walk along the streets of the old town of Santiago de Compostela, and discover the best tapas stops tasting the best food and wine and immersing yourself in the flavours of the Galician gastronomy.



POPULAR

Santiago de Compostela, Galicia, Spain **2-12+ people**
Half Day (4hrs. approx.) **Food & Wine Tours Tasting & Visits City & Village Walks**



Bilbao Private Monumental Tour with Traditional and Innovative Pintxos

Take a culinary journey through Bilbao's food culture with our expert local foodie guide. Prepare for an exploration of the city's finest and most beloved pintxo bars favoured by locals. Get to know Bilbao's rich history with a walking tour through the old quarter and important landmarks. [Book Now](#)

Bilbao, Basque Country, Spain **2-12 people**
Half Day (4hrs. approx.) **Food & Wine Tours**

BEST COOKING CLASS
IN SPAIN





GALICIAN SEAFOOD COOKING CLASS AND FERRY BOAT TRIP ACROSS VIGO BAY [Book Now](#)

Visit Galicia starting from the wonderful city of Vigo on this Cooking like a Galician Tour combined with a ferry boat trip across Vigo Bay where you will enjoy the beautiful landscape and dramatic coastline. Get to know the Galician gastronomy and culture in a cooking class led by a local chef with fresh products from the area.


HIGHLIGHTS

- Get to know the **secrets of Galicia's famous seafood dishes** from a Galician Chef.
- Boat trip across Vigo Bay to a beautiful and **charming coastal town**.
- Bring home new **Galician Traditional Recipes**.

 **Vigo, Cangas do Morrazo, Moaña**

 **2-12 People**
(larger group possible on request)

 **Full Day**
(6-7hrs approx.)

 **Food & Wine Tours**
Tasting & Visits
City & Village Walks

Food Tour Discovering the Flavors of the Galician Gastronomy

On this food tour we will start our journey from the stunning fishing city of **Vigo** located in **Galicia, Spain** with a boat trip across Vigo Bay one of the most important and **beautiful bays of the Rias Baixas**. A bay with a lot of history where epic battles occurred and where you will be able to enjoy the amazing views of the **Cies Islands**, Rande Bridge and the dramatic coastline of **O Morrazo**.

The ferry boat trip will take around 20 mins until we get to the port of **Moaña, a charming seafaring village** with a long fishing tradition. Learn about the important tradition in **seafood production**, with **Sustainable Mussel Bed Farms (Bateas)**, where mussels and even other types of species are cultivated like; scallops, oysters, etc... The Mussels of Moaña are a must-taste, which we will have the privilege of making with our chef!

We will take a relaxed walk along its promenade, admiring amazing sculptures like; **O Fígón the town's iconic statue** that represents a fisherman practicing a fishing art with a "Fisga" (trident) used years ago in Moaña. Apart from all that, there are also beautiful **golden beaches** like the popular **Xunqueira beach**, gardens and of course not forgetting about the **Market Square** where the weekly market and local festivities are held which we will visit to take a look at what has been caught in the **Plaza de Abastos de Moaña!**



CAMINO DO VINO WAY IN RIBEIRO WINE COUNTRY TO SANTIAGO DE COMPOSTELA



[Book Now](#)



Walking the Ribeiro Way from Ribadavia to Santiago

El Camino de Ribeiro way is part of a longer and ancient pilgrimage route which has only recently been resurrected between Braga and Santiago de Compostela.

HIGHLIGHTS

- Walk through the **Ribeiro wine country**
- Enjoy the **109 km walk from Ribadavia to Santiago**
- Expert English-Speaking **Camino Guide**
- Get to know the **history** of the region



Vigo, Porto, Santiago de Compostela, Ribadavia



7 Days / 6 Nights



2-12 People



Food & Wine Tours Green Trails & Coastal Walks Wine Country & Nature Stays

A SLOW CAMINO: FOOD & WALKING ADVENTURE ON COASTAL PORTUGUESE WAY TO SANTIAGO DE COMPOSTELA

 [Book Now](#)

Walk the beautiful Portuguese Coastal Way tackling the last 150 km of it from Oia to Santiago de Compostela. As well as enjoying beautiful coastal and typical Galician countryside scenery you'll be sipping the local gastronomy along the way...

HIGHLIGHTS

- Walk the most scenic portions of the **Coastal Way to Santiago**
- A more **slow-paced walk** with rest days in between for **foodie activities**
- **Camino Expert Guide** for the duration of the trip
- **Luxury Transportation** with Driver whenever you want to take a break from walking



Porto, Baiona



12 Days / 11 Nights



2-16 People



Food & Wine Tours
Green Trails & Coastal Walks

EXPLORE MORE CULINARY & WALKING ADVENTURES ACROSS SPAIN & PORTUGAL

Discover our selection of unforgettable slow food, wine, and walking tours in cities across Spain and Portugal. From Barcelona's gourmet delights to the vineyards of Madeira, each tour offers a unique taste of local culture and cuisine.

Gourmet Walking Food Tour in Barcelona [Book Now](#)

Indulge your senses with a gourmet tapas and wine pairing tour in Barcelona, an ideal experience for food enthusiasts eager to delve into the local cuisine and relish their time in the city while venturing beyond typical tourist paths. Join us on our wine and gourmet tapas adventure, as we take you to the hidden gems preferred by the locals!



Douro Valley: Tasting Port Wines at selected Quinta Wine Farms [Book Now](#)

Experience the beauty of Douro Valley, Portugal's wine haven. Explore terraced vineyards, taste exquisite Port wines at traditional Quinta wine farms, and celebrate the art of winemaking in this iconic region. Join our wine adventure through history and flavours!



Wine Tour of Lush Vineyards of Madeira Islands Wine Country [Book Now](#)

The Madeiran fortified wine is one of the most enduring man-made creations in the world. A legacy of over 500 years, it is as famous as the stunning Madeira Island itself. Our full-day wine tour is your chance to taste this iconic wine, explore its production process, and soak in the island's beauty. Join the tour for a day of wine, wonder, and discovery!



Discover Lagos Through its Flavours: Food & Market Tour [Book Now](#)

Get ready to immerse yourself in the essence of Lagos through its flavours! Join us on our Food & Market Tour as we take you on a gastronomic journey. From exploring the local market to tasting authentic dishes at the best traditional spots, you will experience Lagos like a true local.



SHORT BREAK HOLIDAYS IN SPAIN & PORTUGAL



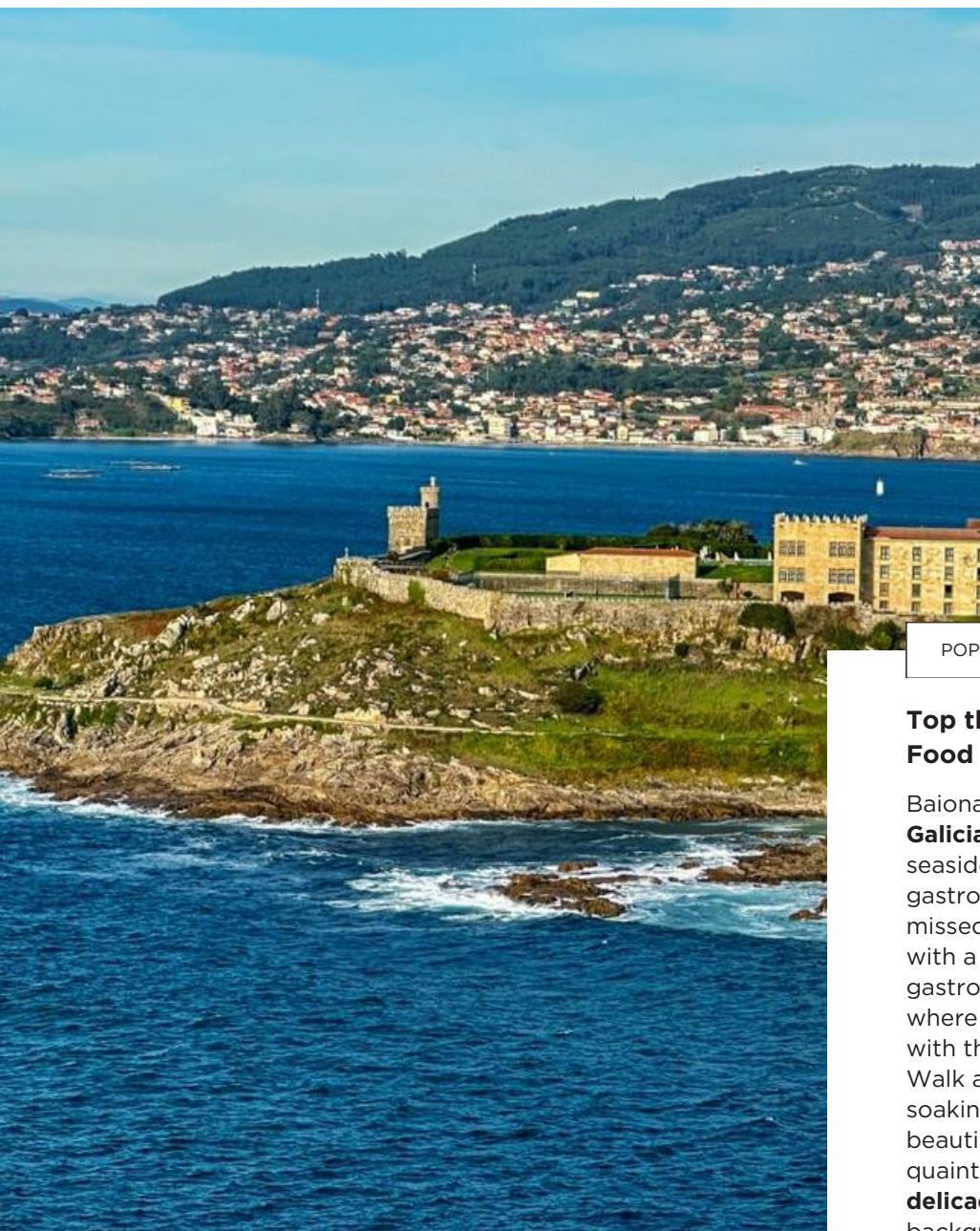
Don't have much time for a long vacation? Well, our short break escapes to cities and towns are the perfect way to explore & savour the local gastronomy.

A GASTRONOMIC & NATURE SHORT BREAK IN BAIONA, PONTEVEDRA, GALICIA

Experience the Rias Baixas region in Galicia with this wonderful short break in Baiona, enjoy excellent food and wine while immersing yourself in nature and local culture. Taste delicious seafood paired with local wines and have fun on a safari of Serra da Groba admiring wild horses. Discover plenty of things to do in Baiona!

HIGHLIGHTS

- **Tapas tasting** in **Old Quarter of Baiona** with a Food & Wine Expert
- Indulge in the **best seafood and excellent wines** of the **Rias Baixas** region
- Explore the **Subzones of Condado de Tea & Rosal** by visiting wineries
- Enjoy an exciting **4x4 Safari in Serra da Groba** to see wild horses
- Stay at the **Parador of Baiona**, an **old manor house** in a medieval fortress



[Book Now](#)

POPULAR

Top things to do in Baiona, Rias Baixas: Food and wine experiences and more

Baiona is the perfect base for a **holiday in Galicia** on the Rias Baixas coast. This noble seaside town has a rich culture, history and gastronomy, a **true coastal gem** not to be missed! On this short break, you will start with a **Baiona Gourmet Food Tour**, a gastronomic journey through the Old Town, where the aromas of Galician fine wines mix with the flavours of freshly made tapas. Walk along the historic Port of Baiona, soaking in the atmosphere and admiring the beautiful views of the bay of Baiona with its quaint fishing boats. Enjoy the **seafood delicacies** with the picturesque bay in the background. Wander around the charming streets, stopping at **traditional taverns** to indulge in local seafood dishes like Navajas (Razor Clams), Zamburiñas (Baby Scallops), and even some **innovative tapas**. All of this is paired with excellent wines, capturing the essence of **Galicia's culinary traditions**, and concluding with a sweet ending.



Vigo, Porto, Santiago de Compostela, Baiona



Food & Wine Tours
Short breaks in Spain and Portugal



4 Days/3 Nights



2 - 8 People



VIGO: RÍAS BAIXAS ATLANTIC COASTAL CITY FOODIE SHORT BREAK

Our short break food, wine and walking journey starts in the urban coastal city of Vigo. The first few days we explore the Rias Baixas, taking a boat ride to a fishing village for a walk around the market. Then a hands-on Galician Coastal Cooking class with a chef. [Book Now](#)

HIGHLIGHTS

- The **best seafood** of the **Rías Baixas coast** in fishing villages
- **Hands-On Cooking Class** with **Galicia Chef**
- **Coastal Trail** walks and **Urban city streets**



Vigo,
Galicia,
Spain



Food & Wine Tours
Short breaks in Spain
and Portugal



4 Days/
3 Nights



2 - 8
People

SHORT BREAK TO INLAND GALICIA: DISCOVERING THE WINE COUNTRY

On this short break to inland Galicia you will discover Inland Galicia, an unknown land full of legends. You will explore some of the main wine areas of Galicia: Ribeiro, Ribeira Sacra and many other surprises. [Book Now](#)

HIGHLIGHTS

- Slow-paced tour to explore the **inland part** of Galicia
- **Walk through old wine country roads** and visit the **wine museum**
- Visit **4 wineries** and try some of their **best wines**
- Discover the **Miño river valley**, which separates **Galicia** from **Portugal**



Vigo, Galicia, Spain



Food & Wine Tours
Short breaks in Spain
and Portugal



4 Days/3 Nights



2 - 8 People





HISTORIC & GASTRONOMIC CITY BREAK IN SANTIAGO DE COMPOSTELA

Begin your short getaway in Santiago de Compostela, where your hotel is within walking distance of the historic centre. Enjoy a guided walking tour with an expert, exploring the old quarter and the stunning Santiago Cathedral. [Book Now](#)

HIGHLIGHTS

- Explore Santiago de Compostela, **World Heritage City** and **capital of Galicia**
- Learn about **St. James pilgrimage route**
- Get to know the history of the **Cathedral of Santiago de Compostela**
- Stay overnight right in the **City Centre of Santiago de Compostela**



Santiago de Compostela,
Galicia, Spain



3 Days/
2 Nights



2 - 8
People



Short breaks in Spain
and Portugal

SHORT BREAK TO SAN SEBASTIÁN, BASQUE COUNTRY: FOOD & COOKING CLASS

San Sebastián is a city well-known for its gastronomy and beautiful beaches. With our short break to San Sebastián you'll enjoy a pintxos tour, market visit, cooking class and time to relax in this luxurious coastal city. [Book Now](#)

HIGHLIGHTS

- **English-Speaking Drivers** and **Official Local Guides**
- **Michelin-starred** table reservation
- **Pintxos & Monumental** Walking Tour
- **Walking** on the **Basque coast** to **San Juan de Gaztelugatxe**



San Sebastian,
Basque Country



Tasting & Visits
Short breaks in Spain
and Portugal



4 Days/3 Nights



2 - 16 People





FOOD, WINE AND MONUMENTAL SHORT BREAK CITY STAY IN MADRID

Enjoy a short stay city break in Madrid. This tour package includes food & wine related tours and accommodation in a city centre either in a 5* or 4* hotel. The hotel is within walking distance from many places of enormous interest. [Book Now](#)

HIGHLIGHTS

- English-Speaking Driver/Guide and **fully-equipped vehicle**
- Explore the **province of Madrid** in a different way
- Taste the best **local products and wines** in the area
- Stop at some of **Madrid's finest tapas bars**

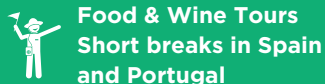


CULINARY SHORT BREAK TO BARCELONA: COOKING CLASS AND WINE TOUR

Enjoy a culinary, food and wine short break to Barcelona. Learn how to prepare signature Spanish dishes in a traditional cooking workshop. Then the next day an excursion to the world renowned Penedes wine region for a wine tasting & vineyard tour. [Book Now](#)

HIGHLIGHTS

- Enjoy a private **Hands-on Cooking Workshop** in Barcelona
- Discover some of the most fascinating pieces of **Gaudi's architecture**
- Take the funicular ride up to the **top of Montserrat**
- Visit a winery and taste some of the **best wines of the Penedes D.O.**



SHORT BREAK TO LISBON: ENJOY WINE TASTINGS, FOOD & KAYAKING

With our short break to Lisbon, you will discover the stunning capital city of Portugal, one of the most vibrant cities in Europe. Enjoy a full day of kayaking and hiking in the Arrabida Natural Park. Explore Sintra, a picturesque town that boasts extravagant palaces, ancient castles stunning scenery, and so much more! [Book Now](#)

HIGHLIGHTS

- Discover **Lisbon**, Europe's second-oldest capital (after Athens)
- Day trip to **Sintra** and **Cascais** with a **winery visit in Colares**
- Kayaking and hiking in the **Arrabida Natural Park**
- Enjoy a **Fado music show**



Lisbon, Portugal



Short breaks in Spain and Portugal



4 Days/3 Nights



2 - 16 People



SHORT BREAK TO PORTO & DOURO VALLEY: DISCOVER LOCAL FOOD AND WINE

On this food & wine short break to Porto, you will eat and drink your way through the streets of Porto and Gaia where all the port wine lodges are. Then follow the Douro River for a day in the wine country for a slow-paced day of port wines and a fabulous lunch with unforgettable views! [Book Now](#)

HIGHLIGHTS

- Explore **Porto** and of course, **Taste the Port wines!**
- Enjoy the **Exclusive Wine Tours**, visiting selected Quinta wine Farms
- **Special Portuguese lunch** at one of the wine farms
- Enjoy a **1h Rabelo boat ride** on the Douro River



Porto, Northern Portugal



Short breaks in Spain and Portugal



4 Days/3 Nights



2 - 16 People





PRIVATE SHORE AND CHAUFFEUR GUIDED EXCURSIONS IN SPAIN & PORTUGAL

Coming off a cruise ship, or from a city centre hotel, we have a selection of private food, wine, and walking tours in all ports of Spain & Portugal. These tours and excursions are perfect for people who do not want to go in large groups. Here are some popular cities...

VIGO



THE ORIGINS OF VIGO: CELTIC, ROMAN, HISTORIC BATTLES AND THE BEST SEAFOOD & WINES OF SPAIN

Discover the origins of Vigo! Starting with the Celts, then the Romans took over, after that numerous sea-faring battles on the bay of Vigo over the centuries with the largest sunken treasure of its time. A city famed for the best seafood in Spain, which we will savour on this gastronomic city tour! [Book Now](#)



HIGHLIGHTS

- **O Castro fortress & Celtic huts** landmarks showing the Origin of Vigo.
- Taste the **Arroz de Marisco** with **Albariño** wine.
- **Vigo Bay's sunken treasures** are featured in **Jules Verne's** work.



Vigo



5hrs approx.



2-12+ People (larger group sizes on request)

ALBARIÑO WINE REGION AND BAIONA COASTAL VILLAGE TOUR FROM VIGO

Wine tour from Vigo or Baiona to the O Rosal valley sub-zone of the D.O. Rias Baixas, the Albariño wine region and then continue along the coast to Baiona. [Book Now](#)

HIGHLIGHTS

- Private Chauffeur for the duration of the tour
- Perfect for couples and **small groups** looking for a more **personalized experience**
- **Exclusive VIP** winery and vineyard tour in the D.O. Rias Baixas Albariño wine region
- Coastal views along scenic roads
- Walk around the seaside, historic resort town of **Baiona**
- An excellent option when at the **port of Vigo** for the day



Vigo, Baiona



5h-6h. approx.



2-16 People

SUSTAINABLE MUSSEL BOAT CRUISE AND TAPAS FOOD TOUR IN VIGO

Dive into the delicious gastronomy of Galicia with a relaxed cruise on the Bay of Vigo and a gourmet food tour through the city streets of the Old Quarter stopping by the best-selected tapas places. Learn about the fishing tradition and the sustainable way of mussel cultivation and enjoy an onboard tasting of mussels... [Book Now](#)

HIGHLIGHTS

- Sustainable **Mussel Boat Cruise** on Vigo Bay
- **Mussel & Wine Tasting** onboard the boat
- Taste the **Best Galician Seafood**
- Explore the **Old Quarter of Vigo** with a Local Food Expert



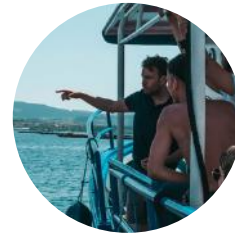
Vigo



5.5hrs approx.



2-10 People



Cruise around Vigo Bay on a Restored Traditional Mussel Boat

Enjoy a relaxing sail around Vigo Bay, exploring sustainable mussel farms in Moaña and taking in stunning coastal views. Learn about Galicia's fishing traditions, and savor fresh mussels paired with Albariño wine.



Exploring the Old Town of Vigo and the Galician Gastronomy

Explore Vigo's Old Town, visit key landmarks, and enjoy tapas at three spots. Savor seafood dishes paired with local wines like Ribeiro and Albariño, then relax on a mussel boat cruise along Vigo Bay.

A FRAGA RIVER VALLEY TRAIL, GOAT CHEESE FARM & PREMIUM GALICIAN BEEF OF MOAÑA

Come to Moaña, Galicia, Spain to discover one of the most beautiful walking nature trails in this region, A Fraga nature trail, paired with tastings of prize-winning Galician goat cheese and exquisite premium beef. A great way to learn about -and taste- the Galician locally sourced products and culture. [Book Now](#)

HIGHLIGHTS

- Walk Enchanted Nature Trail of A **Fraga River Valley**
- Taste Delicious Prize-winning **Goat Cheese**
- Savour the **Best Beef (Ternera Gallega)** in Galicia the "Chuletón de Moaña"



Vigo, Cangas do Morrazo, Moaña



Full-Day (7-8hrs approx.)



4-10 People







CANGAS COASTAL TRAIL WALK & FOOD TOUR, RIAS BAIXAS, GALICIA

Need some ideas for things to do in Vigo? How about a Cangas Coastal Trail Walk from Vigo with amazing views and the fresh sea air! Starting with a ferry boat ride, a coastal trail walk, then ending with a tasting of the best Galician food & wine for lunch with our expert foodie guide... [Book Now](#)

HIGHLIGHTS

- Enjoy a **coastal trail walk** with views of **Cies Islands**.
- Ferry-boat ride to explore the fishing village of **Cangas**.
- Taste a **wide variety of locally-sourced food and wines** in a stylish Galician tavern.
- Get to know different varieties of wine such as **Godello, Albariño, and Mencia**.

 **Vigo, Cangas do Morrazo**  **Half-Day (5hrs approx.)**  **2-12 People**

SAFARI 4X4 ON SERRA DA GROBA WHERE THE GALICIAN WILD HORSES ROAM

Join a guided wild horse safari around A Groba Hill in Baiona, Galicia, Spain. Led by an experienced local horse expert who will take you on a journey to discover the beauty of wild horses and their behaviour in their natural habitat... [Book Now](#)

HIGHLIGHTS

- Led by an **experienced local horse guide**
- **Amazing views** from the O Cortelliño & the Alto da Grova lookout points.
- **Picnic snacks** (Ham, Spanish tortilla, empanada pie, etc...)

 **Vigo, Baiona**  **3hrs. approx.**  **2-10 People**

BILBAO

BILBAO CITY HIGHLIGHTS, OLD QUARTER & GUGGENHEIM MUSEUM TOUR

[Book Now](#)

Discover the world-renowned Guggenheim Museum and get to know the city's rich history and culture with a relaxed walk through the enchanting old quarter. Experience the breathtaking panoramic vistas that showcase the city's scenic beauty.

HIGHLIGHTS

- **English-Speaking private Guide** & fully equipped **transportation**
- Enjoy a panoramic tour of **Bilbao's important monuments**
- Learn about **Bilbao's history and culture**.
- Discover the World Famous **Guggenheim Museum**

 Bilbao, Basque Country

 **Half Day**
(4hrs approx.)

 **2 - 12**
People

LISBON PRIVATE JERONIMOS MONASTERY, BELEM TOWER AND PANORAMIC TOUR

Discover Lisbon's captivating history on a half-day private tour, explore the renowned monuments such as the Jeronimos Monastery and the iconic Belem Tower. These historic landmarks bear witness to an era that profoundly influenced the world's course.

HIGHLIGHTS [Book Now](#)

- **Fully equipped** vehicle and English Speaking **Local Guide**
- Discover Lisbon's attractive **old architecture, hills** and **picturesque streets**
- Explore **Belem**, the charming district to the west of central Lisbon
- Visit the **UNESCO World Heritage** site of Jeronimos Monastery



Lisbon,
Portugal



Half Day
(4hrs approx.)



1-18
People



Private car and driver service for tours in Spain and Portugal

Enjoy getting around the different cities on tours with a luxury car or minivan with a private English or Spanish speaking driver in Spain and Portugal. Tours with a private chauffeur to go at your own pace. We have driver services available in cities like: Barcelona, Madrid, Malaga, Cadiz, Valencia, Seville, Cordoba, San Sebastian, Bilbao, Santiago de Compostela, Vigo, A Coruña, Porto, Lisbon, etc... [Book Now](#)



Can't find what you are looking for?

Let our Tour Experts curate a Customized Tailor made Tour just for you! [Book Now](#)

We specialize in **creating personalized itineraries** for mid to high-end groups and individual clients visiting Spain and Portugal. We can create **extensive luxury private chauffeur driven tours** with local **VIP specialist guides** to visit various monumental cities. Also staying in the best hotels, either 5*GL or hidden boutique hotels, Paradores, Pousadas, etc... Not forgetting to mention table reservations or we can even select set gourmet meals in the finest restaurants throughout Spain & Portugal. Or even just a hotel private transfer for you client, big or small we are glad to help you out.

MADEIRAN COOKING CLASS: FUNCHAL FARMERS MARKET VISIT BY CHEF FILIPE AND GASTRO MASTERCLASS [Book Now](#)



There is no better way to learn about local gastronomy than spending time with a local chef, so on this tour, Chef Filipe will take us on a visit to the Farmers' Market (Mercado dos Lavradores) in Funchal. Then Chef Filipe and his family open the doors to their Madeiran estate inviting us for an exclusive gastronomic experience.

HIGHLIGHTS

- Madeiran gastronomy is a vibrant fusion of **flavors and traditions**
- Farmers Market Visit with an **Expert Local Chef**
- Learn to make poncha on the **fabulous garden terrace**



Funchal



5hrs.
approx.



4-10
People

ALGARVE, ALENTEJO, AND LISBON FOOD & WINE CUSTOMIZED TOUR

 [Book Now](#)

Discover Portugal’s culinary and cultural highlights on a 10-day journey. Explore Lisbon, Lagos, Albarnoa, and Évora, tasting local delicacies and experiencing the country’s vibrant heritage. End your trip back to Lisbon with free time to explore on your own.

HIGHLIGHTS

- Discover **Lisbon’s Heritage and Gastronomy**
- Uncover the **Culinary Secrets of Lagos**
- Self drive from **Algarve to Alentejo Wine Country**
- Visit Evora’s **UNESCO-listed heritage**



Lisbon, Evora, Lagos



10 Days / 9 Nights



2 People or more



Food & Wine Tours
Customized Tailor-made
Tours and Trip Ideas

WHAT PEOPLE SAY ABOUT US?

Customer Reviews



★★★★★

Janet N.

Best Food & Wine Tour we have ever experienced in Europe: 10-day Lisbon, the Algarve and Alentejo Tour

I met Sean (the owner) during Covid lockdown time when the only way to travel was virtually. I usually plan and book our European vacations myself, but I was so impressed with Sean that we reached out to him and his company Eat & Walkabout to help us plan our month in Portugal in November 2023. Sean and Tiernan organized a series of food and city walking tours, hotels and private transfers in Lisbon, the Algarve and Alentejo regions and Evora. Each tour was led by a very personable and knowledgeable English speaking local guide who adapted their tours to our interests and abilities.

The private transfers with English speaking drivers (who were also tour guides along the drive) were always prompt and professional and took extra time and care to ensure we reached our destination safely. One driver even helped us overcome the stress of the entry security system at our Vrbo and another driver escorted us (and our luggage) to the security area in the frantic Lisbon airport.

Eat & Walkabout made our travelling easy! We simply provided some general guidance about our interests and timelines and Sean and Tiernan crafted an itinerary that was perfect for us.

We are sure that it is because of the expertise of E&W (and not luck) that all our guides, hotels, car rental arrangements, and transfers on this trip were the best we have ever experienced in Europe.

★★★★★

Tom R.

Our 1st Family Vacation in Portugal: Lisbon & The Silver Coast

The beaches of the Silver Coast are amazing. Can't say enough good things. Comporta is the Hamptons on the come-up. We visited so many places... Nazare, Peniche, and Ericeria are all special. Sintra and Cascais are as advertised. Sintra has some incredible castles. The food and the culture of the towns really stand out.

I thought (Tiernan) provided us with a top-notch A-level service. Our experience was wonderful. We booked too many tours, so we revised the schedule on the fly. At least a 10-day trip is a must. Great for people watching over a vinho verde with the wife while the kid sleep, but not a must-see.

The travel experience: Lodging by City/Town: I thought all the lodging we stayed in were excellent. Each had their different vibes, charm, and appeal. We are a family of 3 with a young daughter. I thought the prep work done to have experiences specifically for her worked out well. This was our favorite tour: In Lisboa Tuk-Tuk: Tomas-(Our driver/guide) (College student, mid to late 20s, he did a great job) We highly recommend (Tiernan) for your vacation planning needs. Be specific, it will help you shape your experience. Lots of communication upfront before you travel, helps you hone in the experience you want.

The restaurants are wonderful. The food is amazing in PT. Next time we will go north to Porto, Braga, and the like along with the two places we love the most in the country... so far... Ericeria & Cascais.



★★★★★

Marge S**Great time in Vigo**

Great tour with Tiernan. Met us right off our cruise ship and walked us all around Vigo. The tastings were excellent and he was a perfect guide!



★★★★★

Dawn C**An amazing rainy day in Galicia**

In June my husband and I took a tour in Cangas with Sean. While we booked the coastal hike and lunch tour, the weather had other plans. Sean was in constant contact with us and proposed an alternative itinerary due to the weather. We walked the town a bit and then he and his son took us on a driving tour of the surrounding area. This was followed by an amazing lunch. Sean was incredibly knowledgeable about the area and its history, as well as the wine of the region. We learned so much and truly enjoyed the day. Overall, it was one of the best things we did on our trip to Galicia. We are already thinking about what kind of tour we can do with Sean the next time we travel there. If you want a personalized experience be sure to book with them!



★★★★★

Sean Rice**Full day private food tour that surpassed all our expectations**

My friend and I had a full-day private gastronomy and sightseeing tour of Cangas and the surrounding countryside. Arranged by Sean and his son Tiernan, it was an great experience. The behind-the-scenes access and local knowledge shown by the guides made it a very worthwhile tour. They were so friendly and attentive to our needs. I really liked the private tour of the fishermen's auction house and being able to participate in a Tapas judging competition. We loved the stories about the history of the Cangas area and the hike to the ancient Celtic village. I fully recommend Eat & Walkabout Tours to anyone looking for a unique private tour.



★★★★★

Margie O**Must do!!**

We had an amazing tour in Vigo. Our guide was incredibly well informed about the area and history. We really enjoyed the food tasting and wines. We will definitely try to do another tour with this company when we have the opportunity!



★★★★★

Abe C**Class act outfit**

This was our second trip to Spain planned by E & W. In our first trip we went to Galicia and Andalucía. In 2022, we went to Cataluña. In the years in between we referred family and friends to E & W. Everyone was very impressed. In Cataluña we went to Tarragona, Girona, Tossa de Mar and Barcelona. All hotels and private tours were exceptional.



EXPERTS IN CUSTOMIZED TOUR DESIGN FOR THE TRAVEL TRADE...

Our DMC incoming department works closely with travel agencies and tour operators looking to organize complex (or simple!) FIT itineraries for their clients whether it be for individuals or groups. We can arrange your tour itineraries based on different types of themes/experiences like: food, wine, walking, luxury, art, culture, etc... Let our experts know your client's preferences and we can then adapt a tour online, or customize a tour.

[Learn More](#)



Industry Rates

CONFIDENTIAL

Special negotiated rates either based on commission or NET rates depending on the way you work.



Customized Design

VERSATILITY

We can brand our documentation for your clients (itinerary quotes, vouchers, etc...) with your company logo.



Group & Private

TOURS

We cater to both travel preferences from high-end private VIP tours to small or large group tours.



Historic & Modern

HOTELS

Our Experts have hand-picked historic and modern city centre hotels to include in our portfolio.



Commission & Stats

REPORTS

Our partners can login and view commission/sales and stats reports if you have opted to add links to your website.



Partner Tools

EASY-TO-USE

In your private dashboard account online you can review customized itinerary quotes, print out vouchers, download rate sheets, etc...



Chat/Messaging

ONLINE HELP

We are there when you need us just ask one of our experts your questions via our online live chat/messaging system.



Product Creation

EXCLUSIVE

We can create a product exclusively for your company let us know your preferences and needs.




BENEFITS OF BECOMING AN E&W PARTNER...

Join our Affiliate Program to add rich travel content to your website and earn revenue from bookings made online. It only takes a few minutes to register and become one of our loyal affiliates offering via your website our unique tours and hotels of Spain and Portugal...

[Learn More](#)

[CONTACT US](#)

 R. Andalucia, 10, 36940
Cangas, Pontevedra, Spain

 +34 644 675 350
 info@eatandwalkabout.com



Rich
TRAVEL CONTENT

E&W has built an extensive database offering a wide range of products.



Customized Design
VERSATILITY

We can customize your affiliate pages to match your website color theme and design. You can choose to sell all our products or select only some that relate to your site content.



Historic & Modern
HOTELS

Our experts have hand-picked historic and modern city centre hotels to include in our portfolio.



Group & Private
TOURS

We cater to both travel preferences from high-end private VIP tours to standard group sight-seeing coach tours.



Partner Tools
EASY-TO-USE

In your private account you can collect links and banners in addition we offer XML feeds to add in your website.



Chat/Messaging
ONLINE HELP

We are there when you need us just ask one of our specialists your questions via our online live chat/messaging system.



No set up
FEES

There are no setup fees or monthly account fees to become a part of the E&W Affiliate Partner Program.



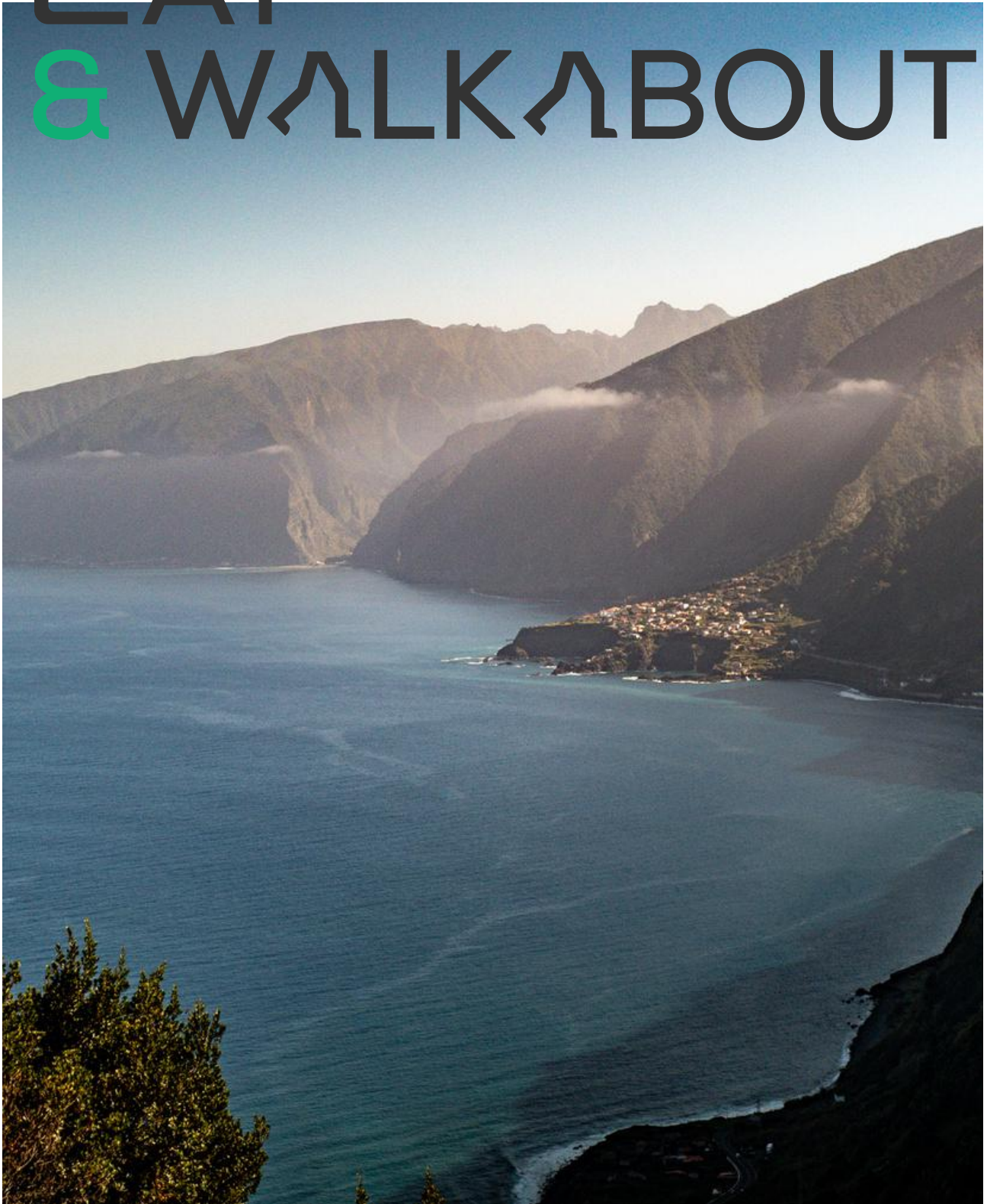
Commission & Stats
REPORTS

Our partners can login and view commission & stats reports.

EAT

eatandwalkabout.com

& WALKABOUT



Wander with an Appetite!

Sustainable Slow Food Tours | Tailor-made Tour Experts

