



PEDALLING AND PADDLING WITH THE DOURO

PROGRAM OF ACTIVITIES:

1st day:

- Guided tour to Miranda do Douro (built heritage and the Terra de Miranda Museum);
- Canoeing in the Douro River.

2nd day:

- MTB Touring.

The canoeing activity will be held in partnership with *Douro Activo*, however, the practice of this activity is not allowed during the period between 15 of March and the 30 of June, because of the nesting of rupicolous bird species in the valley of the Douro River.

If you're used to MTB practice and you can't bring your bicycle, bring your **saddle**, and we provide you the bicycle!

TO BETTER ENJOY THE ACTIVITIES, WE ADVISE THE USE OF:

- Suitable clothes and shoes suited to canoeing and adapted to according weather;
- Hat;
- Suitable shoes, fit for the practice of MTB;
- Helmet, gloves and suitable clothes for the practice of MTB and according to weather;
- Energetic bars or other energy food source;
- Bottle with water;
- Camera;
- Sunscreen in the Summer;

PRICES:

- 2 days without bicycle rental = 117,00 €/person (*)
- 2 days with bicycle rental = 132,00 €/person (**)

(*) Includes: 1 Kayak and paddles to each 2 persons, specialized guide, obligatory insurance and 4 meals based in local gastronomy and regional products.

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() Includes:** 1 Kayak and paddles to each 2 persons, bicycle and helmet, specialized guide, obligatory insurance and 4 meals based in local gastronomy and regional products.

For more information please refer to the **Terms and Conditions**.

We advise you to read the section
Good Practices

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