



THE RIVER, THE LAND AND THE TRADITION

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:

- Pedestrian tour;
- Arts and crafts workshop.

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.

YOU CAN CHOOSE TO PERFORM ONE OF THESE ARTS AND CRAFTS WORKSHOPS:

- Mirandese music workshop;
- Musical instruments workshop;
- Traditional costumes workshop;
- Mirandese traditional dances;
- Weaving workshop;
- Wrought iron and cutlery workshop.

In addition, we can occasionally offer other arts and crafts workshops.

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

- Suitable clothes and shoes suited to canoeing and adapted to according weather;
- Suitable shoes, fit for walking in the country/mountain;
- Soft socks, without seams;
- Head protection, suitable clothes to according weather;
- Binoculars;
- Camera;
- Sunscreen in the Summer;
- Small backpack with food and water.

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PRICES:

- 2 days = 135,00 €/person (*)

(*) Includes: Transportation to the place where the activity will be held, 1 kayak and paddles to each 2 persons, 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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