



FREE ITINERARY · PORTO PULSE

Porto in 3 days

The city, the Port lodges and the Douro Valley, with train times, fares and a booking checklist. Researched from official sources and last updated 30 Oct 2026.

portopulse.com/free-porto-itinerary

How to use this plan

Three days is the sweet spot for Porto: two unhurried days in the city and one in the vineyards upriver. The plan keeps the Port lodges and the Douro on different days, books only what sells out, and leaves the evenings for long dinners. Timings are suggestions. Check opening hours and timetables the week you travel, because they change.

Before you go: book Port lodge tastings, Livraria Lello and Torre dos Clérigos timed tickets, and your Douro day (train plan or tour) first. Everything else can stay flexible.

Day	Focus	Book ahead
Day 1	Arrive · Sé and the old town · Ribeira at sunset	Airport transfer only if landing late
Day 2	Clérigos and Lello · Bolhão · a Gaia Port lodge · Foz for sunset	Timed tickets; one lodge tasting; seafood dinner
Day 3	Douro Valley by train or guided tour	Train plan or tour; a quinta visit and lunch

Getting in from the airport

- **Metro line E** runs from the airport to Trindade in the centre in about half an hour. On the weekday timetable valid from 7 September 2026, the first train leaves the airport at 06:06.
- **Fares (2026):** a Z4 single is €2.30, plus €0.60 for the rechargeable Andante card. An Andante Tour ticket costs €7.75 for 24 hours or €16.55 for 72 hours.
- A taxi or prebooked transfer is worth it for late arrivals, heavy bags or an old-town hotel without car access.

Tourist tax

Porto charges €3 per guest per night (ages 13+, up to 7 nights). Vila Nova de Gaia charges €3 per night (ages 16+, up to 7 nights). It is usually collected by your accommodation.

Day 1 · Arrive and meet the old town

MORNING

Arrive, take metro line E into town, and drop your bags.

AFTERNOON

Walk up to the **Sé** (cathedral) terrace for your bearings, then down through the stepped lanes of the UNESCO-listed historic centre (inscribed in 1996) to the river. Pass **São Bento station** for its tile panels on the way.

SUNSET

A drink on the **Cais da Ribeira** as the light turns gold on the Gaia lodges across the water.

EVENING

An easy first dinner close to your hotel. Save the big tasting menu for day two.

Where to stay for this plan: the Baixa or Cedofeita put you on flatter streets within walking distance of São Bento, Clérigos and Bolhão. Ribeira gives you the river at the door, with stairs every evening. A riverfront hotel in Gaia suits a Port-focused trip.

Short on energy? The **Funicular dos Guindais** climbs from beside the lower deck of the Dom Luís I bridge to Batalha, and taxis can reach the quay itself.

Day 2 · Landmarks, a Port lodge and the Atlantic

EARLY MORNING

Torre dos Clérigos: 225 steps and 75.6 metres to the best view in the city. Then **Livraria Lello** a few minutes away. It sells timed tickets, and the entry voucher can be put towards a book.

LATE MORNING

Mercado do Bolhão, the restored market (reopened in 2022). It is open Monday to Friday 08:00–19:00 and Saturday 08:00–18:00, and closed on Sunday. Have a pastel de nata and a cimbalino (espresso) nearby.

AFTERNOON

Walk across the lower deck of the Dom Luís I bridge to **Vila Nova de Gaia** for one Port lodge visit and tasting. One house, done well. Some examples from the lodges' own sites (October 2026):

Lodge	Format	Booking
Taylor's	Self-guided audio tour, about 1 h plus tasting; €25 adult with three Ports	Not required
Graham's 1890 Lodge	Guided visit with tasting flights; restaurant	Required
Cockburn's	Guided, about 1.5 h; coopers work Mon–Fri	Required
Ferreira	Guided, 50 min, three Ports, €23; Vintage visit €55	Recommended
Sandeman · Cálem	Riverside guided visits; Cálem has a fado evening tour	Recommended

EVENING

Taxi, bus or heritage tram 1 (a €6 adult single in 2026) west to **Foz do Douro**. Walk the promenade to the lighthouse at sunset, then have seafood in Foz or Matosinhos.



Photo: Ken & Nyetta, CC BY 2.0, via Wikimedia Commons (https://commons.wikimedia.org/wiki/File:Barrels_at_the_Wiese_and_Krohn_warehouse_in_Vila_Nova_de_Gaia_-_Apr_2011.jpg)

Day 3 · The Douro Valley

Leave early for the **Alto Douro**, the terraced wine region UNESCO inscribed in 2001. You have two good options.

Option A: by train (independent)

Direct InterRegional trains on CP's timetable valid since 5 August 2026:

Train	Departs	Pinhão
Out · IR 861	Porto Campanhã 07:30	arr. 09:51
Out · IR 865	Porto Campanhã 09:30	arr. 11:46
Back · IR 874	Pinhão 16:41	Campanhã 19:00 · São Bento 19:05
Back · IR 876	Pinhão 18:11	Campanhã 20:30

Fares (2026): €12.45 single from São Bento to Pinhão, or €12.35 from Campanhã. A return is two singles. Most direct trains start at Campanhã, a few minutes from São Bento by suburban train. Sit on the right going upriver.

In Pinhão, look at the station's 24 tile panels (3,047 azulejos, ordered in 1937). Then visit one booked quinta (usually a short taxi ride), have a long lunch, and take an hour on the river if you have time.

Option B: a guided tour (no logistics)

Tours collect you in Porto and usually include two quinta visits with tastings, lunch and sometimes a boat trip. Before booking, compare group size, time in the valley versus on the road, which estates you visit, what "lunch" means, and cancellation terms.



Photo: Laszlo Daroczy from Miskolc, Hungary, CC BY 2.0, via Wikimedia Commons ([https://commons.wikimedia.org/wiki/File:Douro_River_DSC_0487_\(16849155647\).jpg](https://commons.wikimedia.org/wiki/File:Douro_River_DSC_0487_(16849155647).jpg))

Check the timetable for your exact date on cp.pt, as services change during the year. The valley is often much hotter than Porto in summer, so use IPMA's forecast for Régua or Pinhão.

Booking checklist

- ☐ Flights and a central base (Baixa or Cedofeita for this plan)
- ☐ Douro day: train plan with quinta booking, or a small-group tour
- ☐ One Port lodge tasting in Gaia (day 2, afternoon)
- ☐ Torre dos Clérigos and Livraria Lello timed tickets (day 2, early)
- ☐ Dinner reservations for day 2 (and weekends)
- ☐ Airport transfer if you land late
- ☐ Travel documents and health cover for Portugal

Adjusting the plan

- **Winter:** days are short, so swap Foz for Serralves or the Palácio da Bolsa, and save the Douro for the best forecast.
- **Not a wine drinker:** swap the lodge for the 50-minute six-bridges river cruise, and take the Douro train for the scenery.
- **June:** the São João festival takes over the city on the night of 23–24 June. Book far ahead.

Read more on portopulse.com

- Three days in Porto (full guide): portopulse.com/itineraries/3-day-luxury
- The Douro by train or by tour: portopulse.com/guides/douro-valley-train-vs-tour
- Six Port cellars in Gaia compared: portopulse.com/guides/port-cellars-gaia-compared
- Where to stay in Porto: portopulse.com/stay

Sources (checked October 2026)

- CP — Douro line timetable (valid since 5 Aug 2026): <https://www.cp.pt/info/documents/d/cp/comboios-regionais-porto-regua-douro>
- CP — Porto–Régua–Pocinho fares 2026: <https://www.cp.pt/info/documents/d/cp/precos-regional-interregional-porto-pocinho>
- CP — Douro line travel guide: <https://www.cp.pt/info/documents/d/cp/tripbook-douro>
- Metro do Porto — fares 2026: <https://www.metrodoporto.pt/pages/287>
- Metro do Porto — timetables from 7 Sep 2026: https://www.metrodoporto.pt/metrodoporto/uploads/document/file/807/horarios_setembro_26.pdf
- Câmara Municipal do Porto — tourist tax: <https://atividadeseconomicas.cm-porto.pt/turismo/taxa-municipal-turistica-do-porto>
- Câmara Municipal de Gaia — city tax: <https://taxadecidade.cm-gaia.pt/>
- UNESCO — Historic Centre of Oporto: <https://whc.unesco.org/en/list/755/> · Alto Douro Wine Region: <https://whc.unesco.org/en/list/1046/>
- Torre dos Clérigos: <https://www.torredosclerigos.pt/en/292-years-of-history/> · Livraria Lello: <https://www.livrarialello.pt/>
- Mercado do Bolhão: <https://mercadobolhao.pt/> · STCP historic trams: <https://stcp.pt/en/lines/1> · Rota do Douro: <https://rotadodouro.pt/tours/cruzeiro-das-pontes/>
- Taylor's: <https://www.taylor.pt/en/visit-taylors/port-cellars> · Graham's: <https://www.grahams-port.com/1890-lodge> · Cockburn's: <https://www.cockburns.com/visitus>
- Ferreira: <https://www.winetourism.sogrape.com/en/visit/ferreira> · Sandeman: <https://www.sandeman.com/port-wine/visit/cellars-porto/> · Cálem: <https://kopkegroup.com/en/caves-calem>

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