COMPANIONS & SOCIAL PROGRAM
ABOUT PORTO

Porto is one of the most charismatic and fascinating cities in Europe. It is an ancient port steeped in history and tradition, a highly atmospheric place, it’s architecture, culture, gastronomy, it’s simultaneously contemporary and authentic, a continuous discovery.

Porto is not just a pretty old town with characterful winding streets, tiled churches and World Heritage-protected status. Porto is also a sea city with sandy beaches and during the night it turns into a new different town, full of energy and cheerfulness, with entertainment and leisure opportunities satisfying all tastes.

Renowned worldwide for giving the name to the famous port wine; another way to enjoy Porto is visiting the wine cellars along the Douro valley and tasting a delicious glass of wine. Porto gained this prestigious title, by maintaining its own identity and its soul.
Porto Historical Centre Walking Tour

An unforgettable visit through Porto old quarters and noble areas of the city.

Wandering the streets of the old quarters, guests may visit the Sao Bento Train Station, S. Francisco Church and Porto’s Cathedral, or walk through the beautiful Avenida dos Aliados, the perpendicular and parallel streets to we discover the magnificent buildings of the city, alongside the baroque monuments, facades in Art Deco and famous shops such as the magnificent Lello bookstore, as well as the Magestic coffee on the pedestrian street of Sta. Catarina.

The Ribeira Quarter, World Heritage Site, will welcome guests with its several terraces and the traditional boats in the Douro river, overlooking Gaia and the Port Wine Lodges, on the opposite river bank.
DAY 1 – 1/ July/ 2015 - Lunch

**Traditional yet refined atmosphere**

Lunch at D. Tonho Restaurant in Vila Nova de Gaia overlooking the historical centre of Porto.

This restaurant is one of the most beautiful in Oporto. It was first famous for being owned by one of Portugal's most popular pop singers but is now mostly known for its gastronomic excellence. Its waterfront location in Vila Nova de Gaia has also made it famous for the great views of the historical center of Porto, Douro River and Dom Luis Bridge.
DAY 1 – 1/ July/ 2015 – Afternoon Activity

An Experience at Port Wine Cellars

Port Wine Cellar Visit

Facing Porto Ribeira Quarter, Port Wine Cellars located by the Douro River in Vila Nova de Gaia, The Port Wine Cellars are a Portuguese ex-libris and document an unusual history of temperance and courage. Knowing them is to deepen knowledge about the Port wine, the Douro region and the cities of Oporto and Vila Nova de Gaia.
Porto By Atlantic Ocean

Starting at the city center of Porto we will follow by the riverside until we get to the mouth of the Douro River, here we will arrive to Foz do Douro, the posh section of town adjacent to the Atlantic Ocean. In this area, there are beaches, as well as walkways and piers that get you right up to the water.

Back by the road we will pass at Matosinhos, a fishing-oriented city where we will go through the traditional and famous fish restaurants and its beautiful ocean drive. Continuing this tour we will go to Leça da Palmeira, a city facing the Atlantic Ocean where you will enjoy its ocean drive and the two most important buildings of this city, the Tea House next to the lighthouse Boa Nova and the Tide Pool, both works by the famous awarded architect Álvaro Siza Vieira.
DAY 2 – 2/ July/ 2015 - Lunch

Flavours of the Atlantic

Restaurant and Terrace “Praia da Luz” – FOZ

Through the large windows of the restaurant and lounge, your gaze rests on the endless Atlantic. The contemporary and relaxing ambience provides a feeling of contemplation and calm. In the winter months, the fireside sofa provides spiritual comfort as your meals are prepared. On the wide esplanade overlooking the beach beyond the open air dining area, you will find deck chairs inviting you to spend a bit of time in the sun or to snuggle up under a woolen blanket in the winter on colder days. And from here you can watch the most beautiful Atlantic sunset. By night, the stars seem to shine even brighter at the mouth of the Douro whilst the excellent musical selection provides the ideal accompaniment to start your evening.
DAY 2 – 2/ July/ 2015 – Afternoon Activity

Hands On

Handmade Tiles Workshop.

Profiting one of Porto’s local artisans shops, guests may enjoy a morning or afternoon, painting a tile or a cockerel – two of the most well known trade marks of our country. On a free style activity or following the artisans directions, guests will produce a personal work of art, that can be taken home (delivered 24 to 48 hours after the activity).
DAY 3 – 3/ July/ 2015 – All day

A day in the Park

Modern Art Museum and Park

The Serralves Museum is the foremost museum for contemporary art in Portugal, uniquely sited in the grounds of the Serralves Estate, which also comprises a Park and a Villa. Visit to the Park, via any of its circuits, involving different routes and durations, is a privileged opportunity to come into contact with nature and appreciate the wide diversity of trees and shrubs.

10:00 - Guided tour to the Modern art Museum and the Villa “Casa de Serralves”
12:00 - Lunch at the “tea house” restaurant in Serralves Park
13:30 - Photo shooting Journey with guidance of a professional photographer in Serralves Park
15:30 - Departure to the conference venue.
16:00 – Closing Session of the MSLB Conference
Companions Program Prices

**Day 1, 1/ JULY/ 2015:**
Morning Activity: Porto Historical Centre Walking Tour
Lunch: D. Tonho Restaurant in Vila Nova de Gaia
Afternoon Activity: Port Wine Cellar Visit
Total Price Day 1: 140€

**Day 2, 2/ JULY/ 2015:**
Morning Activity: Porto By Atlantic Ocean
Lunch: Restaurant and Terrace “Praia da Luz”
Afternoon Activity: Handmade Tiles Workshop.
Total Price Day 2: 145€

**Day 3, 3/ JULY/ 2015:**
Morning Activity: Guided tour to the Modern art Museum and the Villa “Casa de Serralves”
Lunch: “Tea House” restaurant, in Serralves Park
Afternoon Activity: Photo shooting Journey with guidance of a professional photographer in Serralves Park
Total Price Day 3: 130€
Social Program Prices for Companions

Day 1:
18:30 Welcome Drink & Boat Trip “Bridges of Porto”
Price: 15€

Day 2:
18:30 Dinner of the Conference at Palácio da Bolsa
Price: 50€
For Companion Program Reservations & Informations please contact:

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Important:
1. Viagens Abreu reserves the right to make adjustments to the companions program
2. Reservations must be made until 22 June 2015
3. Companions Program Prices for a minimum of 5 participants

For Social Program Reservations:

Please go to Registration Platform on MSLB Website, click on “I'm already registered (edit my registration”, insert the delegate data profile, click next and chose the Social Program Activities.  
For more informations please contact Viagens Abreu (contacts above).