

ESPORÃO

Tourism

THREE SPACES WHERE WHERE
YOU CAN SAVOUR LIFE, *slowly*.

Herdade do Esporão
Alentejo, Reguengos de Monsaraz

(+351) (+351) 266 509 280
reservas@esporao.com

Quinta dos Murças
Douro, Covelinhas

(+351) 934 550 006 | (+351) 932 704 099
reservas.murcas@esporao.com

Quinta Do Ameal
Minho, Refóios do Lima

(+351) 258 947 172 | (+351) 933 560 013
reservas.ameal@esporao.com

Esporão was born in 1973, fruit of the vision of two partners, Joaquim Bandeira and José Roquette, who shared an ambition to make the finest products that nature can provide. In 2023 we celebrate Esporão's first fifty years, but the territory of Herdade do Esporão is far older. 750 years, in fact, have passed since the current borders of the estate were set in 1267. Here, biodiversity and tradition came together in an endless landscape.

A story we want to share with those who come to visit us.



We enjoy presenting our produce, offering opportunities for tasting, talking about the culture of wine and olive oil, showing what day-to-day life is like on each of our estates, and the myriad details that make every product unique. The estate's doors opened to guests in 1997, in a pioneering endeavour in the tourism sector. Esporão was the first wine tourism project to be certified in Portugal. Over time, as it grew to new regions, the offer was extended to the Douro, with Quinta dos Murças, and to Vinho Verde, with Quinta do Ameal. Three unique wine regions where invite you to visit, slow down, enjoy, feel and get to know territories, people and nature.





Herdade do Esporão brings together history, tradition and modernity in one place, offering nature that preserves fauna and flora unique in Portugal. With a total area of 10840ha and geographical boundaries unchanged since 1267, the estate safeguards a priceless natural heritage. Our doors are now open for wine and olive oil tastings as well as tours of the vineyards, winery, cellar and olive oil mill. *The Herdade do Esporão restaurant* has been awarded a classic Michelin star and a Green Michelin star in recognition of our guiding concept of sustainability. Affordable contemporary regional cuisine using seasonal produce can also be enjoyed at the *Wine Bar*. There are signposted trails throughout the estate, where guests can stroll through nature, photograph birds or to wander amidst a constantly changing landscape.

An immense territory that invites you to experience nature at leisure pace...



HISTORICAL DISTRICT

The history of Herdade do Esporão dates back to 1267 and the borders of the old Esporão “defesa”, a governmentally recognized estate designed to transform forests into pasturelands. Guests will find three historical monuments: Esporão Tower, an iconic structure built between 1457 and 1490 that represents the Portuguese transition from the medieval to the modern age and illustrates the need in those days to affirm military power and social status. The Esporão Arch, which includes a curious fortified gateway with a spiral staircase access to a defensive terrace. The Nossa Senhora dos Remédios chapel, built in the early 16th century and linked to a devout popular cult in the region. It features newly-restored medieval religious architecture including the magnificent frescoes in the chancel. Both the chapel and the Torre do Esporão are classified as buildings of public interest by the Portuguese government.



RESTAURANT



Since 1997 the Herdade do Esporão restaurant has been offering a journey inspired by the flavours of Alentejo cuisine. With a terrace overlooking the vineyards, its decoration and architecture is characterized by the use of local materials, favouring authenticity and comfort for visitors.

The cuisine is terroir based, of modern interpretation, centred on the produce of the land—Alentejo, Portuguese and seasonal. That’s why all dishes are created with ingredients either grown in our own organic gardens or that come to us through local and national producers with whom we have longstanding relationships. We practise a zero-waste kitchen where everything is transformed and used, recovering forgotten, comforting flavours.



With the *carte blanche* menu, Chef Carlos Teixeira and his team are given a free hand to design a tasting menu of five to seven seasonal courses with Esporão wine pairings. Our fresh and lively dishes are fashioned from ingredients that vary with the rhythm of the seasons.

*Children’s menu available

SCHEDULE

Opens at 12:30 m.

Last booking at 3:00 pm.

Closed Sundays and Mondays

Prior reservations are recommended via reservas@esporao.com

MORE INFORMATION

WINE BAR

At the Wine Bar, Chef Carlos Teixeira and his team have been given the freedom to design daring combinations, with a focus on fresh, local produce, the team's central commitment. In this laid-back, modern space, you will enjoy light yet comforting meals—so tasty you'll be tempted to share. The menu changes daily according to seasonality and availability of each ingredient, governed by a commitment to sustainability and making full use of ingredients, just like the restaurant. Some combinations and recipes have been on the menu from day one: slow-fermented bread, marinated olives and regional cheeseboards. The meal is paired with kombucha, olive oils, wines and beers, which represent pleasure, history, territory and organic farming, characteristics that the Wine Bar shares with the entire Esporão domain – Herdade do Esporão, Quinta dos Murças, Quinta do Ameal, and Sovina Craft Beer.



WINE BAR TASTINGS

10.00 am to 12.30 pm (winter schedule)
and 4.00 to 6.00 pm
Until 6.30 pm (summer schedule)

WINE BAR LUNCH

Served from 12.30 to 3.30 pm

Maximum capacity for Wine Bar tastings is eight people.

Prior reservations are recommended via reservas@esporao.com

[MORE INFORMATION](#)

FROM THE WINERY TO THE BARREL TUNNEL

Wine needs ageing. It needs to wait for the slow passage of time before it can be bottled, resting in one of the three wineries at Herdade do Esporão: the Monte Velho Winery, one of the most sophisticated and advanced wineries in Portugal, the Adega de Brancos, and Adega dos Lagares, for the most remarkable and iconic Herdade do Esporão wines. Meanwhile, deep underground, hidden tunnels hold authentic treasures. The barrel tunnel, 15 metres wide and buried 12 metres deep, safeguards roughly 3000 barrels. One bottled, Esporão wines are left to age in various underground tunnels, including that special cellar where the best Esporão vintages since 1985 are housed as a historical archive.



TASTING & WINERY TOUR

On our winery tour, visitors learn all about the different stages and processes in winemaking. We'll describe the methods and practices of organic production and, at the end, give you a taste of some of Esporão's most outstanding wines. The tour begins in the vineyards, where some of the concepts and features of organic production can best be presented. At the Monte Velho and Lagares wineries, the different production processes of Esporão wines are explained. Lagares winery is the best example of how tradition is revered, even as it serves as the foundation for innovation. Tradition is represented not only by the marble lagar, where grape-treading still takes place, but also clay amphoras where Talha wine is made using methods dating back over two thousand years. Innovation, on the other hand, is exemplified by concrete tulip vats. The final tasting comprises four wines, two white and two red.

WINES INCLUDED IN THE TASTING

Esporão Colheita Branco; Esporão Colheita Tinto; Esporão Reserva Branco; Esporão Reserva Tinto.

**subject to stock availability*

We recommended prior booking via email
reservas@esporao.com

OUR LAGAR

In 1997 Esporão decided to extend its product range to include olive oil. The Olival dos Arrifes olive grove was the first to be planted. The area was gradually extended to the current 111 ha of organic olive groves. They can be found in the Alentejo at Herdade do Esporão and Herdade dos Perdigões, and in the Douro at Quinta dos Murças. Each region favours local olive varieties and extracts the oil at their own mill. At Herdade do Esporão, we use sustainable processes so as to pay the utmost respect to our people and to nature. Our new, sustainable mill was inaugurated in 2017, designed to produce olive oil in a circular economic approach making use of all waste and by-products, with nothing lost in the production process.



MILL TOUR AND TASTING

A guided tour is available year round, with a final tasting of three Esporão Extra Virgin olive oils. During harvest season, guests may very well catch sight of the olives arriving at the mill, shortly after being picked. Before pressing in the mill, the olives are sorted by quality and variety. The oil is extracted at low temperatures, ensuring that nutrients, aromas and flavours are fully preserved.

TRAILS

The landscape of Herdade do Esporão presents itself as a living picture, where something worth contemplating blossoms in every corner and every season of the year. Three marked trails of varying degrees of difficulty will lead you on a journey of discovery through nature. Ask for a map at reception before setting off on your discovery.*

CYCLING

Explore the natural and architectural heritage of the Herdade do Esporão on two wheels can be a good option. Bicycles are available for riding, for spending time in the places that grab your attention, or, simply, for losing yourself while wandering through the countryside. These are self-guided tours,* to be taken at your own pace.

**In June, July and August, we recommend the cooler hours of the day for enjoying hiking trails and bike rides. Snacks and a water bottle are also advisable.*



SHOP

In the shop guests you can find recent wines, old vintages, and limited editions as well as test wines not yet on the market. Olive oil and Esporão's craft beer are available for purchase. Visitors can also choose from a range of products from Quinta dos Murças and Quinta do Ameal, including honey from their beehives and selected regional.



A place with more than 750 years of history to be experienced slowly and thoroughly.

RESTAURANT

At our restaurant, honoured with a classic Michelin Star and a Michelin Green Star, you can enjoy a *carte blanche* menu of 5 or 7 courses. The restaurant, with its focus on sustainability, is inspired by ‘terroir’ cuisine, in which regional Alentejo products are at the centre. Ask for the wine pairings, relax and enjoy the atmosphere.

OLIVE MILL TOUR AND TASTING

Here you will learn about the production process of a modern, innovative olive mill which preserves both its history and traditional know-how and is designed to waste nothing that comes in. A guided tasting of three Extra Virgin olive oils is included.

WINE BAR

History, heritage, land, and organic farming are all waiting to be shared in this welcoming space. This venue shares the philosophy of the Herdade do Esporão Restaurant with a dynamic menu of truly fresh food, prepared by the Herdade do Esporão restaurant team as guided by the motto of zero waste. Take a moment to do a wine or olive oil tasting, or discover what we produce at Herdade do Esporão, Quinta dos Murças, Quinta do Ameal and Sovina Craft Beer.

TRAILS

Set out to discover the Herdade do Esporão flora and fauna on one of three trails of varying degrees of difficulty. Ask for a map at the reception.

WINERY TOUR AND WINE TASTING

In the wineries and cellars at Monte Velho and Lagares you will discover and come to appreciate each wine’s production process before finishing with a tasting of some of the estate’s most representative wines.

CYCLING

Hire a bike or bring your own and get to know the nature and heritage of Herdade do Esporão on two wheels.

SHOP

Look around the Herdade do Esporão shop, and you will find the full range of wines, olive oils and beers produced at all of our three estates, as well as other exclusive products.

DISTANCES: REGUENGOS — 12 min. ✂ LISBOA — 2h ✂ PORTO — 4h20

[BOOK HERE](#)

QUINTA DOS
MURÇAS
DOURO · PORTUGAL

Located in the Douro Valley between Régua and Pinhão, Quinta dos Murças, with a history stretching centuries back, is now renewing itself by offering new experiences. If you catch the historical Douro train and get off at the Covelinhas station, you'll find the Main House built in the early 19th century and overlooking the river. This is your starting point for discovering a 155-ha estate. As you travel through the many hills and valleys of the Douro, you will discover some of the unique features of Murças. Not only was it here that Douro's first vertical vineyard was planted in 1947, but the estate displays its diversity and complexity in its eight types of terroir, including several natural springs that flow from the slopes, as well as biodiversity emphasised by the Mediterranean forests. In 2017 Quinta dos Murças opened its doors to guests who can now explore its wines, winery and barrel cellar, taste exclusive wines, enjoy trails and boat trips and experience a place is constantly renewing itself.



ACCOMMODATION

THE MAIN HOUSE

The magnificent setting of the Main House, its layout and interiors all come together to make this a truly unique space. Built in the early 19th century, you can still see the classic English style in combination with antiques, wallpaper, and images of the Douro in the artwork. The house invites you to slow down and take it easy, offering five bedrooms, a fully equipped kitchen, gardens, a swimming pool, a living room with a balcony overlooking the Douro River.

MEALS

The Main House has a kitchen fully equipped for self-catering. Meals can be served at the long table in the dining room or, if you prefer, in the garden. An honesty bar in the kitchen means that guests can serve themselves at any time of day or night. For those who prefer to sample the local cuisine, a meal homedelivery service can bring you family-style, homecooked dishes.



SERVICES & AMENITIES INCLUDED

Boat transport from Cais da Folgosa;
 Breakfast;
 Room cleaning;
 Access to the pool;
 Garden and different areas of the house and exclusive access to the Quinta's routines (vineyards, kitchen and winery);
 Free Wi-Fi;
 Air conditioning.

Recomendamos reserva prévia através do email reservas.murcas@esporao.com

MORE INFORMATION



FROM THE WINERY TO THE BARREL CELLAR

This winery is typical for the Douro region, designed in such a way as to be able process grapes simultaneously for Port and Douro wine. The Assobio wines are produced in the Vinhos de Colheita winery, next to the train line. In the Lagares winery, built in 1955 and renovated in 2010, tradition is preserved by treading grapes in the eight traditional granite *lagares*. The old vertical press is still used for Quinta dos Murças Minas, Margem and Reserva wines, as well as for VV47 and Port wines. The cellar still retains the old concrete vats but also has new stainless-steel ones as well as natural concrete tulips and an assortment of barrel sizes. Visitors' eyes are inevitably drawn to two huge casks where the oldest Port wines are stored, the basis for preparing the Quinta dos Murças 10 year Tawny Porto.

WINERY TOUR AND TASTING

Visit the vineyards and winery, finishing off with a tasting of Assobio wines, Quinta dos Murças or, upon request, VV47.

Recomendamos reserva prévia através do email reservas.murcas@esporao.com



TASTINGS AVAILABLE

Quinta dos Murças Tasting:

Assobio red, white and rosé, Quinta dos Murças Minas, Reserva, Margem, as well as Tawny and Vintage Ports.

Douro Tasting:

Assobio red, white and rosé.

Terroir Tasting:

Quinta dos Murças Minas, Reserve and Margem.

Tasting VV47:

Quinta dos Murças Minas, Reserva, Margem, VV47, Tawny Port and Vintage Port guided by the winemaker.

ACTIVITIES

TRAILS

Three different trails traverse the 155 ha estate, leading to some of the most emblematic spots on Quinta dos Murças – natural springs, the riverbank and the Assobio vineyard. Each season brings new landscapes, with new scenery on display at every turn, whether you choose one of the linear paths or the circular one that intersects with all the others.

BOAT TRIPS

A solar-powered boat tour takes visitors along the banks of the Douro River so they can see Quinta dos Murças and all its biodiversity from another perspective.





Wines, history, heritage and the beauty of the right bank of the Douro River.

ACCOMMODATION

The Main House has 5 bedrooms accommodating a maximum of 10 people, most of which overlooking the Douro River. It has a living room, dining room, fully equipped kitchen, garden, and a swimming pool. It's the perfect jumping-off point for an authentic tour of the Douro Valley.*

**Three cots are available for children up to three years of age.*

WINERY TOUR AND TASTING

Visit the vineyards where each wine originates, learn how each one is produced, and finish off with a tasting. Four options are available – the Douro Tasting, with the Assobio range; the Terroir Tasting, with Margem, Reserva and Minas; and the VV47 tasting, an exclusive opportunity to sample all the Quinta dos Murças wines in the presence of winemaker Lourenço Charters.

TRAILS

Starting off from the natural springs in the Assobio vineyard, all three different trails lead you to discover the most special places of Quinta dos Murças. Or you can choose the circular trail that passes them all.

BOAT TRIPS

A solar-powered boat tour carries visitors along the banks of the river so they can appreciate the Douro from another perspective. Ten person maximum.

DISTANCES: Porto — 1h50 | Lisboa — 3h50 | Reguengos — 4h50

BOOK HERE

@quintadosmurcas | Or by email at reservas.murcas@esporao.com



Quinta do Ameal dates back to 1710. Its rare natural beauty stretches across 30 ha, 14 of which are planted with vines while 8 are forested primarily in walnut, chestnut and stone pine trees, some more than 200 years in age. The rest of the estate is comprised of houses, a winery, gardens, and more than 800 metres of the Lima riverbank. The Main House and the Vineyard House, all but overrun by the exuberance of nature, are idyllic places from which to discover the Loureiro grape variety. Since 2015, the Quinta do Ameal guesthouse has been synonymous with the words comfort, simplicity, and authenticity. It invites guests to enter into harmony with the tranquillity of the surroundings. Guests can choose from tours, wine tastings, and a wide range of activities. Or they can opt simply to rest and enjoy nature.



ACCOMMODATION

Including Casa Grande and Casa da Vinha, Quinta do Ameal has 5 suites available.

A CASA GRANDE

Quinta do Ameal's Casa Grande appears virtually to be part of nature. Its three suites, Camellia, Wisteria and Garden, are surrounded by forest and nestled between the pool and the vineyard. Each suite has an independent entrance, ensuring privacy and comfort, with a double bedroom and kitchenette. You can also enjoy a common kitchen and lounge with an independent entrance, which can also be used as a livingroom. This is where wine tastings are held and where meals can be taken. The kitchen is fully equipped and available for self-catering.

This guest house accommodates a maximum of 6 people, though extra beds, cots, and a highchair are available upon request.

A CASA DA VINHA

The name, the Vineyard House, reflects its location. It offers a living room, open-plan kitchen, and two suites with independent bathrooms. The varanda and its barbecue invite you to indulge in lunches, dinners, reading in the evenings, naps, sunbathing, a glass of wine at the end of the day or simply spending time with the family.

This home can only be rented in its entirety.



MEALS

Prepare family meals, enjoy what we have on offer, or try the local cuisine. Self catering is available as are home delivery meals, local recommendations, or a personal chef.

SERVICES & AMENITIES INCLUDED

- Breakfast;
- Room cleaning for stays of more than 3 nights;
- Free Wi-Fi;
- Air conditioning;
- Access to common areas, gardens, and swimming pool.

Prior reservations are recommended via reservas ameal@esporao.com

MORE INFORMATION

WINERY TOUR AND TASTING

The location of Quinta do Ameal and the diversity of its soils, together with a unique microclimate and sustainable agricultural practices result in unique wines, rich in character and in their capacity for evolution. They fully reflect the many possible expressions of the Loureiro grape variety. Set off to discover this grape and finish off with a wine tasting from the Quinta do Ameal range or a special tasting of old-vintage wines.

TASTINGS AVAILABLE

Ameal Tasting

Bico Amarelo
Ameal Loureiro
Ameal Solo Único
Ameal Reserva

Exclusive Tasting

Select tastings of old-vintage wines*

**Tastings subject to stock availability.*

Prior reservations are recommended via reservas ameal@esporao.com



ACTIVITIES

OUTDOOR ACTIVITIES

Discover Quinta do Ameal and the Lima valley by experiencing them up close. Navigate either the Lima or the Vez rivers on guided kayak tours, or strike out on a hike in the Peneda-Gerês National Park. Quinta do Ameal also offers bicycle tours either at your own pace or with a guide.

Guided Kayak Tours on the Lima and Vez Rivers;
Mountain bike tours;
River trekking;
Hikes in the Peneda-Gerês National Park;
Picnics at Quinta do Ameal

MASSAGE

Immerse yourself in Quinta do Ameal's natural ambiance by enjoying a relaxing in-room massage.

Book in advance and choose from the various types of massages available:

Plena;
Hedera;
Ayurvedic;
Reflexology, or a facial.



Surrounded by nature, on the banks of the Lima River, a refuge awaits where unique wines are born...

ACCOMMODATION

Casa Grande offers 3 suites, with a large living room with an independent entrance where guests can mingle and enjoy wine tastings and meals. Casa da Vinha consists of 2 suites, a living room, an open space kitchen and a varanda with barbecue. Staying at either of these houses allows you to make use of the gardens, pool and the Lima Ecovia, which you can enjoy on foot or by bicycle.

MASSAGE

Immerse yourself in the Quinta do Ameal nature and relax with a massage - Plena, Hedera, Ayurvedic, Reflexology or facials.

WINERY TOURS AND WINE TASTING

Learn about the Loureiro grape and the wines produced at Quinta do Ameal with a winery tour and wine tasting. Guests can choose from the Quinta do Ameal range or opt for an exclusive tasting of old-vintage wines.

OUTDOOR ACTIVITIES

Guided kayak trips on the Lima and Vez rivers, mountain bike tours, river trekking or walks through the Peneda-Gerês National Park.

SHOP

Take a little of Quinta do Ameal home with you. The shop offers recent and vintage wines, wines from other Esporão estates, as well as olive oils, Sovina craft beer, and local products including cheeses, sausages, honey, and biscuits.

DISTANCES: Ponte de Lima — 15 min. | Porto — 1h | Lisboa — 3h40 | Reguengos — 5h

[BOOK HERE](#)

@quintadoameal | Or by email at reservas.ameal@esporao.com

**We live in hurried times.
We grow up in a hurry.
We work in a hurry.
We eat, drink, and sleep in a hurry.
We forget in a hurry what we see in a hurry.
And when we read, we read in a hurry.
We love in a hurry. We get fed up in a hurry.
When we don't send emojis, we write in a hurry.
Hurrying is not progress.
It's just...urgent.
Hurrying is pressure.
We come from the land of the unhurried.
Slowly has a special flavour.
Slowly is better.
Slowly is respectful.
Slowly is a talent that goes far.
Yes, we live in hurried times.
But if everything that we do is for yesterday,
what happens to today, to tomorrow?
Many ways lead forward.
This is ours.**

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MAIS. DEVAGAR.

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Tourism