

Caldas de Aregos, Douro Valley, Portugal

A quiet riverside spa town on the Douro, Caldas de Aregos has been drawing visitors to its therapeutic hot springs since the 12th century. River cruise ships dock right in town, putting thermal baths, Douro wine estates, and medieval Portuguese history within easy reach.

Docked (river pier) Typical call: 6-8 hrs Euro (EUR) Portuguese

MY DAY IN PORT

Ship/Date: _____	Arrive: _____	All aboard: _____
Excursion: _____	Notes: _____	

GETTING ASHORE

Docking: Cais Turístico-Fluvial de Caldas de Aregos — dedicated river cruise pier, inaugurated 2009

Walk to center: ~2 min — pier is steps from the spa and town center

Best For: Thermal spa relaxation, Douro wine tasting, Portuguese history day trips

Don't Miss: Termas Caldas de Aregos thermal baths and a Douro Valley wine estate tour

Getting around: Taxi €10–20 est.

TOP THINGS TO DO

- **Termas Caldas de Aregos Thermal Soak** — The Rainha Dona Mafalda spa has been channelling the town's sulphurous mineral springs since the 12th century.
- **Douro Valley Wine Estate & Tasting** — The terraced vineyards of the Douro Valley begin right outside town.
- **Guimarães — Birthplace of Portugal** — A UNESCO World Heritage medieval town about an hour away, Guimarães is where Portugal's first king, Afonso Henriques, was born in 1110.
- **Braga — Portugal's Religious Capital** — Braga, about 75 minutes away, is one of Iberia's oldest cities, home to the stunning Bom Jesus do Monte sanctuary, Roman-era ruins, and a lively...
- **Monastery of Santo André de Ancede** — Across the Douro in nearby Baião, this medieval monastery — founded by the Canons Regular of St.

BEST WALKS

- **Riverside Promenade & Town Center** ~1 km · 20 min · Easy — Walk the Douro riverfront promenade from the pier north toward the marina, then cut up into the town centre to see the church, traditional architecture, and the thermal...
- **Miradouro da Portela do Gôve Viewpoint** ~3 km return · 60 min · Moderate — A hillside walk or short taxi ride above town brings you to this viewpoint for panoramic views over the Douro terraces.

WEATHER · DAYLIGHT · MONEY

CLIMATE (AVG °F · RAINY DAYS)				DAYLIGHT & MONEY	
Mon	High	Low	Rain	Apr 6:52AM–8:11PM · Jun 5:59AM–9:06PM · Aug 6:42AM–8:30PM · Sep 7:12AM–7:40PM · Oct 7:43AM–6:50PM	
Apr	67°	50°	14d	Euro (EUR)	
Jun	78°	60°	10d		
Aug	86°	65°	3d		
Sep	80°	61°	8d		
Oct	73°	57°	12d		

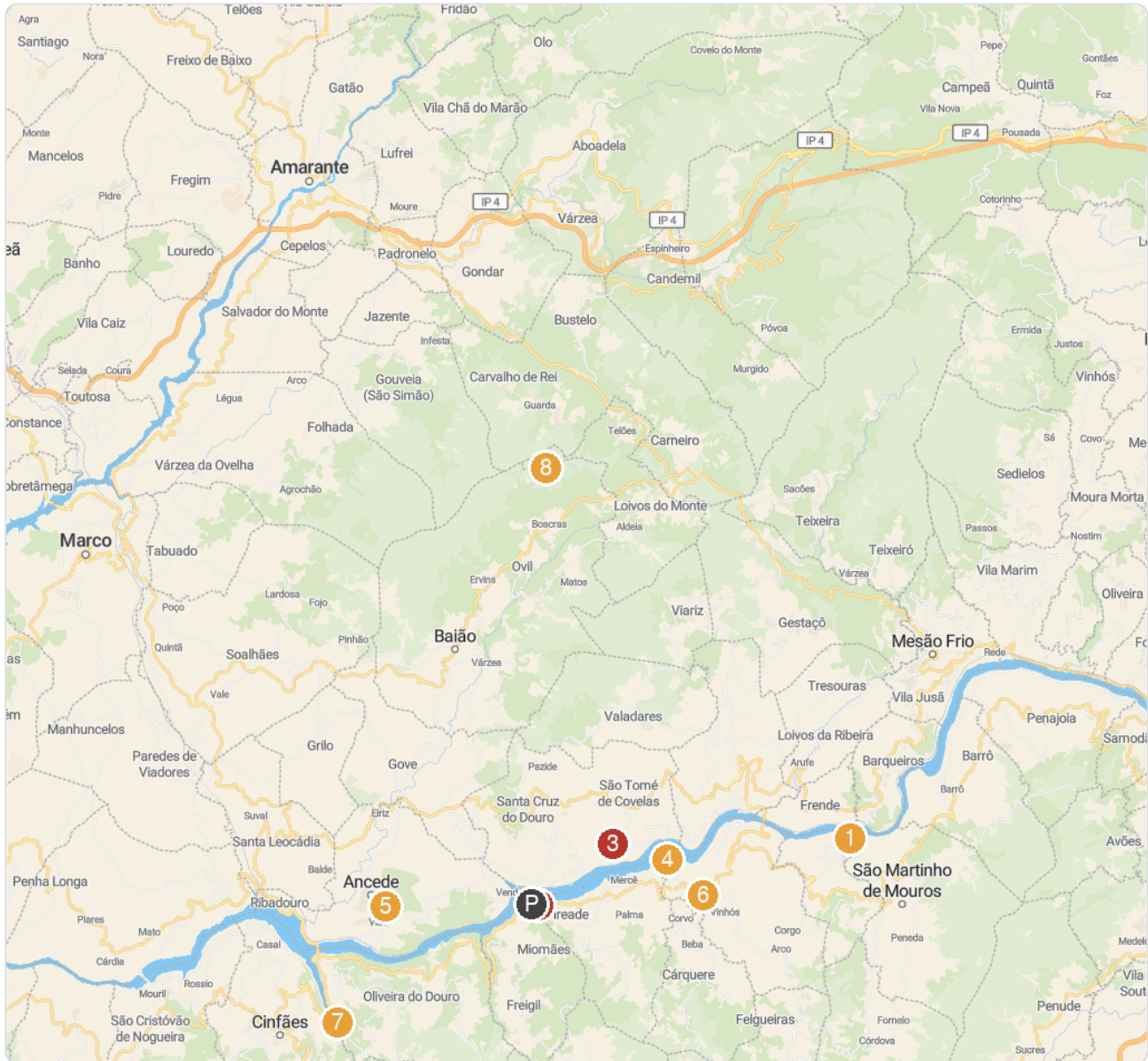
KNOW BEFORE YOU GO

- Book the spa in advance. The Termas Caldas de Aregos is popular with locals and cruise passengers alike — treatments sell out on busy port days.
- Bring cash. Small cafés, local wine shops, and the thermal spa often prefer euros; card readers are not universal in this town.
- Day trips have long drives. Porto, Guimarães, and Braga are all worth it, but confirm your ship's departure time and build in at least 30 minutes of buffer for the return journey.
- Wine to take home. Pick up a bottle of DOC Douro red or Vinho Verde directly from a local quinta — prices are a fraction of what you'd pay aboard ship.
- Summer is hot. The Douro Valley can reach 35 °C+ in July and August. Wear light clothing, carry water, and head to the thermal baths for a cool break midday.
- Taxis are available at the pier but scarce — confirm return availability before heading off independently. Ship excursions are the safest option for tight schedules.

Caldas de Aregos, Douro Valley, Portugal — Port Map

cruiseports.org

Red = walkable sights · Amber = excursions farther out · P = cruise terminal. Numbers match the order you'd typically visit.



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| <p>1 Parque Fluvial de Porto de Rei</p> <p>3 Quinta de Covela</p> <p>5 Mosteiro de Santo André de Ancede e Capela do Bom Despacho (Centro Cultural)</p> <p>7 Parque de Lazer de Pias</p> <p>P Cruise port / terminal</p> | <p>2 Caldas de Aregos</p> <p>4 Quinta da Porta Caseira</p> <p>6 Museu Municipal de Resende</p> <p>8 Dolmen Chã de Parada</p> | <p>Riverside park with a river beach and picnic areas.</p> <p>Renowned Douro wine estate offering tours and tastings.</p> <p>Historic monastery and chapel, now a cultural center.</p> <p>Leisure park with picnic areas and river access.</p> <p>Historic thermal baths and spa town by the river.</p> <p>Family-run wine estate producing Douro wines.</p> <p>Local museum showcasing Resende's history and ethnography.</p> <p>Ancient megalithic tomb, a prehistoric monument.</p> |
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