

8-Days Portugal Travel Itinerary

Dreaming of Portugal? Get ready for an unforgettable journey through colorful cities, dramatic coastlines, medieval castles, world-famous wines, charming villages, golden beaches, and unforgettable sunsets over the Atlantic.

8-DAY PORTUGAL MAGICAL TOUR!

CORK OAK
PASTEL DE NATA
AZULEJOS
FRANCESINHA
CALDO VERDE

GINJINHA
SINTRA
TRAM 28

PORTO
COIMBRA
ÓBIDOS
LISBON

PORT WINE
FADO DE COIMBRA
VINHO VERDE
BIFEANA
BIFEANA

BACALHAU
GALO DE BARCELOS

ITINERARY SUMMARY: Day 1: Lisbon, Day 2: Lisbon, Day 3: Sintra (Day Trip), Day 4: Óbidos & Coimbra, Day 5: Porto, Day 6: Douro Valley (Day Trip), Day 7: Porto, Day 8: Depart Porto.

Explore Portugal Your Way (Solo or With Friends or Family)

Discover Portugal at your own pace—whether you're traveling solo, as a couple, or with friends and family. This 8-day itinerary combines iconic landmarks, authentic local culture, delicious cuisine, scenic train rides, and breathtaking coastal landscapes, giving first-time visitors the perfect introduction to one of Europe's most welcoming destinations.

From Lisbon's historic hills and Porto's riverside charm to the fairytale palaces of Sintra and the stunning cliffs of the Algarve, every day reveals a different side of Portugal.

Day 1-3: Lisbon

Day 1: Arrival in Lisbon - Historic Neighborhoods & Sunset Views

- **Morning**

Arrive in Lisbon and check into accommodation in **Baixa**, **Chiado**, or **Alfama** for easy access to the city's main attractions.

→ *[Find central hotels & boutique stays]*

- **Midday & Afternoon**

Begin exploring the elegant streets of Baixa before wandering the narrow alleys of Alfama, Lisbon's oldest neighborhood. Visit Lisbon Cathedral, admire colorful tiled buildings, and enjoy your first Portuguese lunch featuring fresh seafood or traditional bacalhau.

Ride the iconic Tram 28 through Lisbon's historic districts before stopping at one of the city's famous viewpoints for panoramic views over the rooftops.

→ *[Join Lisbon History and Lifestyle Walking Tour]*


Or

→ *[Private Guided City Tuk-Tuk Tour with Hotel Pickup]*

- **Evening:**

Watch the sunset from Miradouro da Senhora do Monte or Miradouro de Santa Luzia before enjoying dinner accompanied by an authentic Fado performance.

→ *[Join Lisbon Food & Wine Experience]*

 *Solo Trip Tip:* Food tours and walking tours are among the easiest ways to meet fellow travelers while exploring Italy.

Day 2: Belém, Monuments & Riverside Walks

- **Morning**

Visit Belém to explore the iconic Belém Tower, Monument to the Discoveries, and the magnificent Jerónimos Monastery.

Be sure to try Portugal's famous Pastéis de Belém while you're there.

→ [\[Join Belém, Jerónimos Monastery Tour\]](#)

- **Midday & Afternoon**

Stroll along the Tagus River waterfront, visit MAAT (Museum of Art, Architecture and Technology), or enjoy a relaxed riverside lunch.

→ [\[Join Day and Sunset Tour on the Tagus River\]](#)

- **Evening**

Head back to Chiado for rooftop views, cocktails, and dinner overlooking the city.

Or

Dance in the boat on a Tagus River

→ [\[Join Party Cruise with DJ & Open Bar\]](#)

Day 3: Sintra Day Trip

- **Morning**

Take a short train ride to the enchanting town of Sintra, one of Portugal's most magical destinations.

Visit the colorful Pena Palace before the largest crowds arrive.

- **Midday & Afternoon**

Explore the mysterious Quinta da Regaleira, famous for its gardens, tunnels, and the iconic Initiation Well. Wander through Sintra's charming historic center and, if time allows, continue to Cabo da Roca—the westernmost point of mainland Europe.

→ [\[Join Sintra, Pena, Roca, Regaleira Cascais Tour with Pickup\]](#)

- **Evening**
Return to Lisbon for a relaxing evening and dinner at a traditional Portuguese restaurant.

Day 4-5: Porto

Day 4: Porto's Historic Riverside

- **Morning**
Travel from Lisbon to Porto aboard Portugal's comfortable high-speed train.

Check into accommodation near Ribeira, São Bento, or the city center.
- **Midday & Afternoon**
Explore Porto's colorful Ribeira district, walk across the iconic Dom Luís I Bridge, admire São Bento Station's stunning azulejo tile murals, and visit Livraria Lello.

[→ \[Join Porto City Highlight Tour with E-Bike\]](#)
- **Evening**
Enjoy traditional petiscos, fresh seafood, and local wines while watching the sunset over the Douro River.

[→ \[Join Porto Food & Famous Port Wine Tasting\]](#)

Day 5: Douro Valley

- **Morning: Douro Valley Day Trip**
Spend the day discovering Portugal's famous wine region.

Cruise along the Douro River, visit family-owned vineyards, sample world-renowned Port wines, and admire breathtaking terraced landscapes.

[→ \[Join Douro Valley Tour with Lunch & Wine\]](#)
- **Evening**
Try Porto's signature Francesinha sandwich or indulge in fresh Atlantic seafood paired with local wine.

Day 6-8: Algarve



Day 6: Algarve Coast & Golden Beaches

- **Morning**

Travel south to the Algarve and check into accommodation in Lagos, Albufeira, or Faro.

- **Midday & Afternoon**

Spend your afternoon discovering some of Portugal's most beautiful beaches, including Praia Dona Ana, Praia do Camilo, or Meia Praia. Walk the scenic coastal trails and admire dramatic limestone cliffs rising above crystal-clear waters.

→ [\[Join Algarve Coastal Boat Tour\]](#)

Or

→ [\[Quad Biking Adventure in the Algarve Countryside\]](#)

- **Evening**

Watch a spectacular Atlantic sunset before enjoying dinner at a seaside restaurant specializing in freshly caught seafood.



Day 7: Benagil Cave & Coastal Adventures

- **Morning**

Take a boat or kayak excursion to the world-famous Benagil Sea Cave, one of Portugal's most photographed natural wonders.

Explore hidden beaches, sea arches, and secluded coves only accessible from the water.

→ [\[Join Benagil Cave Boat Tour\]](#)

- **Midday & Afternoon**

Continue your adventure with a dolphin-watching cruise, stand-up paddleboarding, kayaking, or simply relax on one of the Algarve's golden beaches.

Prefer to stay on land? Explore the charming streets of Lagos, visit Ponta da Piedade, or browse local artisan shops and cafés.

→ [\[Join Dolphin Watching Cruise\]](#)

- **Evening**

Enjoy dinner overlooking the ocean and soak up the relaxed atmosphere of Portugal's southern coast.

Day 8: Relax, Explore & Farewell Portugal

Option 1: Slow Algarve Morning

Start the day with breakfast overlooking the Atlantic before spending a few relaxing hours at the beach, visiting local markets, or enjoying a leisurely stroll through Faro's Old Town or Lagos Marina.

Option 2: Hidden Algarve Gems

Discover quieter beaches, scenic cliff walks, or picturesque fishing villages such as Carvoeiro, Ferragudo, or Tavira before continuing to the airport.

- **Evening**

End your Portuguese adventure with one final meal featuring grilled sardines, octopus, cataplana seafood stew, Portuguese cheeses, local wines, and freshly baked pastel de nata.

Portugal is Waiting for You!

Portugal perfectly combines centuries of history, dramatic Atlantic coastlines, charming cities, exceptional food, and warm hospitality into one unforgettable adventure.

One moment you're riding a historic tram through Lisbon, the next you're sipping Port wine beside the Douro River or watching the sun set over the Algarve's golden cliffs.

This 8-day itinerary offers first-time visitors the perfect balance of iconic landmarks, authentic local experiences, scenic train journeys, and plenty of opportunities to slow down and embrace Portugal's relaxed lifestyle.

Visit in **spring** for blooming landscapes and pleasant temperatures, **summer** for beach holidays and festivals, **autumn** for wine harvests and fewer crowds, or **winter** for mild weather and peaceful sightseeing—every season reveals a different side of Portugal.

Smart Travel Tips for Portugal

Socializing made easy

Traveling solo or hoping to meet other travelers? Join small-group food tours, wine tastings, cooking classes, or walking tours. They're a fun and natural way to experience local culture while making new friends.

→ [\[Join activities & tours\]](#)

Getting around efficiently

Portugal's fast and comfortable trains connect Lisbon, Porto, and the Algarve with ease. Within cities, trams, metro systems, buses, and walkable historic centers make getting around simple.

→ [\[Get Lisbon: 72/96-Hour Hop-On Hop-Off Bus, Tram & Boat Ticket\]](#)

Staying connected

An eSIM or local SIM card makes navigating maps, translating menus, booking tickets, and staying in touch much easier throughout your trip.

→ [\[Get Portugal eSIM\]](#)





What to pack

Bring comfortable walking shoes for Lisbon's hills and Porto's cobblestone streets. Pack lightweight clothing, sunglasses, sunscreen, and a light jacket for cooler evenings. If you're visiting the Algarve, don't forget swimwear, sandals, and beach essentials for plenty of time by the ocean.

→  [\[Check the Essential Travel Packing List\]](#)

Plan & Book Your Trip

To make planning easier, here are the platforms most travelers use to book everything in one place:

-  Find the best flight deals and routes
→ [\[Book your flights\]](#)
-  Compare hotels, hostels, and social stays
→ [\[Book your accommodation\]](#)
-  Lock in top tours and experiences (walking guide tours, food tours, day trips)
→ [\[Browse activities & tours\]](#)
-  Exploring places more comfortably? Renting a car gives you the most flexibility
→ [\[Rent a car\]](#)

- *Written by Guess Where It Is*