

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

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

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

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...
- **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...
- **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...
- **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	67°	50°	14d	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	
Jun	78°	60°	10d	 Euro (EUR)	
Aug	86°	65°	3d		
Sep	80°	61°	8d		
Oct	73°	57°	12d		

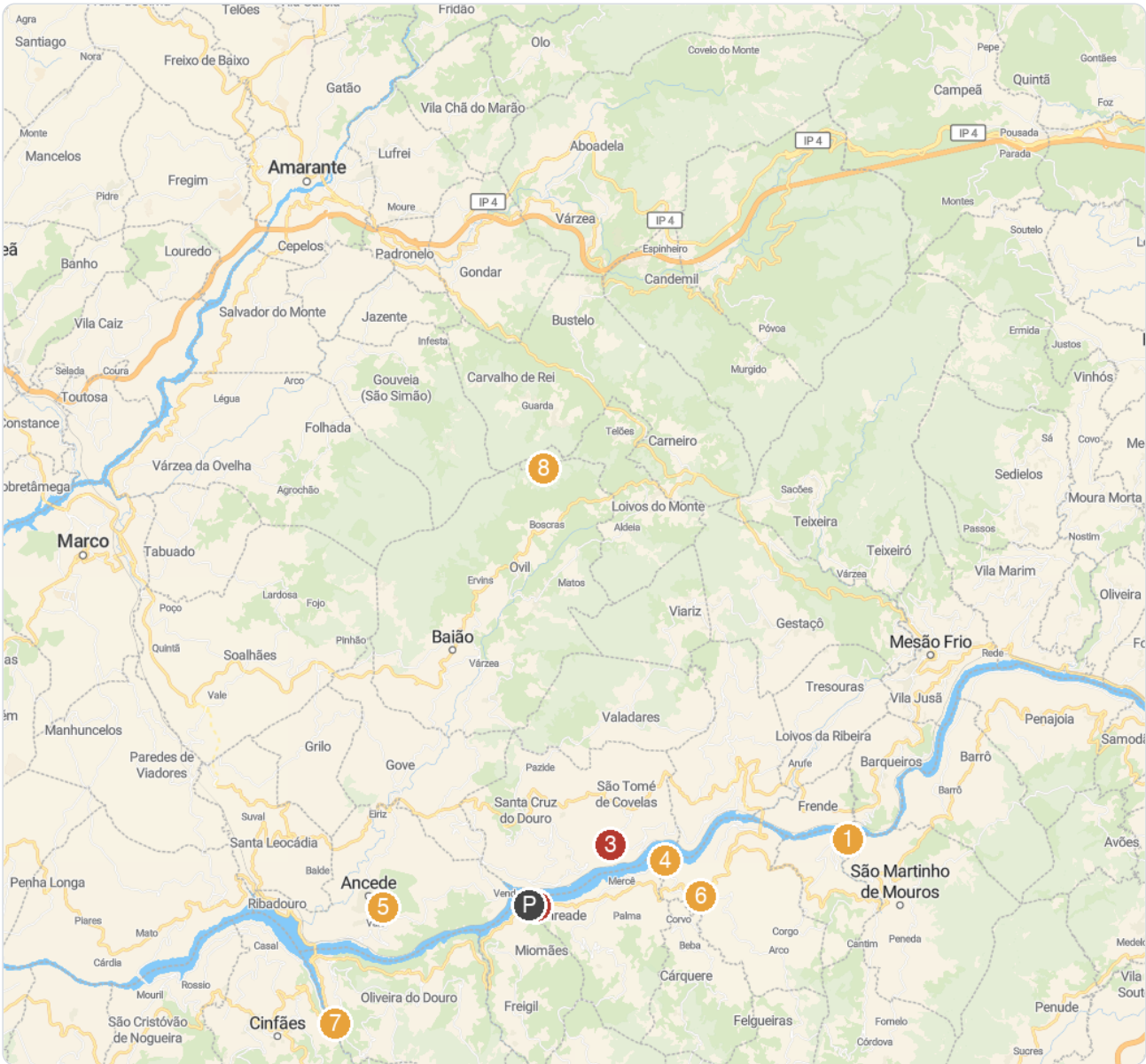
KNOW BEFORE YOU GO

- 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.

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