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Fans of tripe and port are in for a real treat when they arrive in Porto. Historically, the city's dwellers have known as "tripe eaters" for centuries and those who love the delicacy should plump for tripas a moda do Porto, which is tripe stewed with spicy sausage and string beans and widely regarded as the king of dishes.

Those with a good nose for wine will love the many varieties of port that are available in the beverage's home town and a tour of one of the wine lodges is a must.

In the hilly port producing area of Vila Nova de Gaia you will also find a number of good restaurants with fantastic views over the harbour and the city, including the reasonably priced Barão Fladgate on Rua do Choupelo.

One of the most old fashioned restaurants in the city, it has retained the traditional air of formal dining that has been lost in other eateries and it does a superb daily stew as well as a fine dried cod with fresh cream sauce and pork medallions with caramelised pineapple.

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