



The Traveling Professor and GoWay Travel Presents

PORTUGAL

LISBON • DOURO VALLEY • PORTO • SINTRA • FATIMA • AROUCA • ALVADOS • COIMBRA • AVEIRO • CABO DA ROCA

TENTATIVE ITINERARY

Portugal is known for its maritime history, picturesque towns, and cities. It is the most western country in Europe. From verdant valleys to rolling vineyard hills, to miles of beautiful coastline, Portugal may truly be unsurpassed in beauty in all of Europe. Combine the deep cultural and culinary traditions and it adds up to one of the best places to visit in all the world. This is a trip we are sure you will enjoy and will be talking about for years to come.

Day 1, September 21: Arrival in Lisbon

Start the trip by arriving in Lisbon, known as the "City of Seven Hills". Meet your Tour Leader and fellow travelers at the hotel for check-in. The rest of the day is at leisure.

Hotel: 4-star [Hotel Lumen and the Lisbon Light Show](#) (or similar) for 3 nights.

Day 2: September 22: Sintra and Cabo da Roca

Breakfast

Depart for Sintra with the first stop being Biester Palace. It is an astonishing castellated building of the 19th century. Afterwards, enjoy a walking tour of the fairytale village of Sintra. The next stop is the Cabo Da Roca, the westernmost point of not only Portugal but all of mainland Europe. Enjoy the gorgeous views across the Atlantic Ocean as waves crash onto the shore. Before heading back to Lisbon, visit the fishing harbor and tourist center of Cascais, the former summer residence of the Portuguese royal family, and nowadays a prime spot for surfing.

Day 3, September 23: Lisbon

Breakfast & Dinner

This morning, discover Lisbon, one of the oldest and most majestic cities in Europe. Lisbon seduces all who visit with its charm, brightness, and warm welcome. Begin this exciting day by visiting the neighborhood of Belém, "Treasure Island", between the Tagus and the sounds of the city. It was from Belém that the small ships, called "caravels" (think of Columbus' Niña and Pinta) departed for West Africa and the Americas. Admire the Hieronymite Monastery (exterior), the splendor of Manueline Art, and the Tower of Belém (outside). During the visit, take the opportunity to taste the famous "Pastel of Belém" pastry (not included), typical of Lisbon. A visit to the Tile Museum and a painting workshop is on the schedule. Among Portugal's artistic treasures, it's the colorful azulejo tiles that matter most. Steeped in centuries of tradition, hand-painted tiles adorn the facades of buildings, palaces, and churches, narrating stories of Portugal's past with vibrant colors and intricate designs. Learn more about Portugal's tile heritage and take one home as a souvenir. In the afternoon, visit the "Aqueduct" "das águas livres" followed by an underground visit of Lisbon

through the water route of Lisbon. This evening, enjoy dinner and discover the real meaning of the word Saudade to the sound of Fado Music.

Day 4: September 24: Lisbon, Óbidos, Nazaré, Alcobaca, Alvados Breakfast & Lunch

After a delicious breakfast, depart towards Óbidos - a small village surrounded by ancient defensive walls. There are monuments, staggering towers, and a medieval castle. Then, continue to Nazaré, a typical and colorful fishing village of Portugal. An unforgettable visit to the Sítio and a brilliant view over the town and the beach. Enjoy lunch in a local restaurant. Proceed to Alcobaca to admire the Monumental Cistercian Abbey.

Hotel: 4-star [Alvados Hotel Cooking and Nature](#) (or similar) for 2 nights.

Day 5, September 25: Fatima - Serra d'aire Breakfast & Dinner

In the morning discover Fátima, the Holy Marian Shrine. It is the sanctified pilgrimage site where the Virgin Mary appeared to the three little shepherds for the first time on the 13th of May 1917. Continue to the Mira d'aire and observe the limestone formations. Afterwards, visit the Miat Textile Museum to admire and find out how the tapestries are made. In the afternoon it's a leisure hiking tour around the "Serra de Mira d'aire". The aromatic herbs found here are typically used in Portuguese dishes. Get ready for an evening of fun and good food with a cooking lesson from the chef and learn how to create a delicious Portuguese dish.

Day 6, September 26: Alvados, Coimbra, Aveiro Breakfast

A morning departure to Coimbra. There are many things to see like the oldest University in Europe. There is a panoramic tour of the city including a viewing of the famous Hotel Quinta das Lagrimas (exterior). The setting of this remarkable hotel is a wooded, lake-strewn estate, where the romantic memory still lingers of the tragic love affair between Royal Prince D. Pedro and the beautiful but doomed Inez de Castro. She was put to death by order of the King and, to this day, mourned and sung by the poets. After lunch, set out toward Aveiro, called "the Portuguese Venice" with its winding canals. There, the Moliceiros - brightly colored fishing boats with their bows raised, are found. Stop at the train station and set eyes upon the amazing panel of glazed tiles that decorated the facade and illustrate Aveiro's monuments and the entire region. Enjoy a boat ride through Aveiro's canals in a traditional Moliceiro boat. Then, take a short workshop tour of "Ovos Moles", a kind of wafer fitted by egg's jam. It's the specialty of the city and of course, it is followed by a tasting (included). Lastly, visit the local oyster farm followed by tasting before checking in at the hotel.

Hotel: 4-star [Melia Ria Hotel](#) (or similar) for 1 night.

Day 7: September 27: Aveiro, Douro, Arouca, Porto Breakfast

An exciting day is planned with a visit to an Ethnographic Museum. It's a fascinating place to study the culture and people of Portugal. In this instance we take a look at rural traditions. Today, we immerse ourselves in the culture by making cornbread. Travelers participate in the process of milling, salting, and pressing the corn meal. Put your hands in the dough and prepare the bread for baking. Of course, you will be able to enjoy the fruits of your labor. In the afternoon cross the longest pedestrian suspension bridge in the world. At 516 meters in length and an elevation of 175 meters, the 516 Arouca Bridge connects the banks of the Paiva River. While crossing the bridge, take in a breathtaking view over Garganta do Paiva and Cascata das Aguieiras Both are geosites of the UNESCO Arouca Geopark territory. Continue to Porto to check into the hotel.

Hotel: 4-star [Hotel Vila Galé Porto](#) (or similar) for 3 nights.

Day 8, September 28: Porto Breakfast

Today might be one of the best days of the entire tour. There is the magnificent waterside quarter and the bustling downtown area of Porto. There is the Stock Exchange Palace with entrance included. Take a stroll and view the incredible buildings and monuments including the Roman-Gothic Church of Cedofeita (Romanesque), the Clérigos Tower and the Church of Carmo, all with characteristic facades. Enjoy free time for lunch on your own (we recommend having lunch at a "[Francesinha](#)"). A visit would be incomplete without a visit to a Port wine cellar with a tasting, which Portugal is famous for. Enjoy some leisure time to fill out the day.

Day 9, September 29: Douro Valley

Breakfast & Lunch

Veer from the city sites and journey to the lush Douro Valley on an exciting 4x4 adventure discovering the back roads. See Portugal's enthralling landscape up-close, including the terraces vineyards of its most famous wine region, a UNESCO World Heritage Site. Visit Régua, capital of the Douro's region, and a local winery followed by a wine tasting. You'll have lunch in a "quinta", a large country house. After lunch enjoy a boat tour on the Douro River. You will be able to admire the landscape from a different perspective. End at the Old Train Station before heading back to the hotel.

Day 10, September 30: Departure

Breakfast

After breakfast, it is time to say goodbye to Portugal. We will help to get you on your way to your next destination. Thank you for traveling with us.

ABOUT OUR SMALL GROUP TOURS

We travel with a small group of 12-18 active adults. This offers the flexibility to do what we want to do, on our own schedule. Transportation on excursions is by private van with our group and our group only.

Breakfast is included each day of the tour. As noted on the itinerary, some lunches and dinners are included. All other meals are not included.

Well in advance of departure date, each traveler is supplied with a "final" detailed itinerary along with a complete and detailed information packet. It has advice on packing, money matters, passports, weather, etc. We make sure travelers are well-prepared. And of course, we are always available to personally answer any questions you may have.