

Overseas Adventure Travel[®]

THE LEADER IN PERSONALIZED SMALL GROUP ADVENTURES SINCE 1978

Your O.A.T. Adventure Travel Planning Guide[®]



The Azores & Madeira: Portugal's
Unspoiled Archipelagos

2026

Overseas Adventure Travel®

347 Congress Street, Boston, MA 02210

Dear Traveler,

I am thrilled that you are considering exploring the world with O.A.T. There are so many wonderful destinations to discover, and the itinerary described inside is a perfect way to fulfill a travel dream.

When you join us, you will slip seamlessly into local life as you explore off the beaten path in your small group. Like all our itineraries, this one is designed to give you an intimate understanding of your destination, not just a superficial view. You will get to know community leaders and try your hand at local trades during your *A Day in the Life* experience, share traditional fare and lively conversation during a Home-Hosted Visit, discuss the Controversial Topics impacting everyday life, and visit sites supported by Grand Circle Foundation. And if you choose to travel solo, you will enjoy all these cultural experiences at an unmatched value, with our FREE Single Supplements—just one of the reasons we continue to be the leader in solo travel.

To ensure you experience the true culture and feel supported every step of the way, we provide the services of a local Trip Experience Leader from the beginning of your adventure to the end. Along with introducing you to the history and culture of their homeland, these friendly experts will gladly help you out with any special requests to make your trip even more special. You can also rely on the seasoned team at our regional office, who are ready to help 24/7 in case any unexpected circumstances arise.

Plus, you can put your own personal stamp on your trip, like the **87% of our travelers who personalize their experience**. Perhaps you will choose to see more of your destination by adding an optional trip extension to your itinerary. You can also arrive a few days early to explore independently and get acclimated, customize your air itinerary, and more.

I hope you find this Travel Planning Guide helpful. If you have any further questions, do not hesitate to contact one of our Travel Counselors at **1-800-955-1925**.

Warm regards,



Harriet R. Lewis
Chair
Overseas Adventure Travel

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Mercado dos Lavradores (Farmers' Market), Funchal, Madeira

The Azores & Madeira: Portugal's Unspoiled Archipelagos

Small Group Adventure

Portugal: Terceira Island, São Miguel Island, Madeira

Small groups of no more than 16 travelers, guaranteed

14 days starting from \$4,495

including international airfare

Single Supplement: **FREE**

For departure dates & prices, visit www.oattravel.com/azr2026pricing

Boasting lush forests, ancient craters, bubbling hot springs, and rugged coastline, Portugal's Azores and Madeira islands are some of the greenest, most paradisaical places on Earth. From the thermal pools of São Miguel to the volcanic chambers of Terceira and towering peaks of Madeira, these islands are an outdoor haven, home to well-preserved and off-the-beaten-path terrestrial treasures.

IT'S INCLUDED

- 12 nights accommodation
- International airfare, airport transfers, government taxes, fees, and airline fuel surcharges unless you choose to make your own air arrangements
- All land transportation
- 24 meals—12 breakfasts, 4 lunches, and 8 dinners (including 1 Home-Hosted Dinner)
- 11 small group activities
- Services of a local O.A.T. Trip Experience Leader
- Gratuities for local guides, drivers, and luggage porters
- Baggage handling for 1 piece of luggage per person, including tips
- 5% Frequent Traveler Credit toward your next adventure

Prices are accurate as of the date of this publishing and are subject to change.

The Azores & Madeira: Portugal's Unspoiled Archipelagos



ITINERARY SUMMARY

DAYS	DESTINATION
1	Fly to Lisbon, Portugal
2-5	Fly to Terceira, Azores • Angra do Heroísmo
6-9	Fly to São Miguel, Azores • Ponta Delgada
10-13	Fly to Funchal, Madeira
14	Return to U.S.

PERSONALIZE YOUR ADVENTURE

OPTIONAL EXTENSIONS

Portugal: Braga & Aveiro

PRE-TRIP: 5 nights from **\$2,095**

Portugal: Évora, Elvas & Lisbon

POST-TRIP: 6 nights from **\$2,695**

ARRIVE EARLY

We recommend that you relax after a long flight or explore more in depth before your trip. Prices shown include accommodations and private airport transfer.

- Arrive early in **Braga** before your Braga & Aveiro pre-trip extension from **\$150** per room, per night
- Arrive early in **Terceira Island** before your main adventure from **\$70** per room, per night

WHAT TO EXPECT

① ② **③** ④ ⑤ Moderate

Pacing: 3 locations in 13 days

Physical requirements: Travel over some rugged paths and cobblestoned streets, as well as bumpy, unpaved roads, both by bus and on foot. Several internal flights.

Flight time: Travel time will be 8-17 hours and will most likely have one connection

View all physical requirements at www.oattravel.com/azr

AZORES & MADEIRA: THE O.A.T. DIFFERENCE

Unbeatable Value: Travel at the lowest price and per diems in the industry.

People-to-People Experiences: Learn about a **Controversial Topic** when you meet a local in the Azores for a candid conversation about the dire economic straits that forced some families in the mid-20th century to give their children up for adoption to American military families stationed on the island—a taboo subject that affects life in the Azores today.

O.A.T. Exclusives: Share a **Home-Hosted Dinner** with a local family on Terceira Island, for a memorable evening of home-cooked Azores cuisine, and friendly conversation about the rhythms of daily life on the island.

The Azores & Madeira: Portugal's Unspoiled Archipelagos

YOUR DETAILED ITINERARY

BEGIN YOUR ADVENTURE WITH AN OPTIONAL PRE-TRIP EXTENSION

5 nights in *Portugal: Braga & Aveiro*

Day 1 Depart U.S.

Day 2 Arrive in Porto, Portugal •
Transfer to Braga

Day 3 Explore Braga

Day 4 Explore Porto

Day 5 Overland to Aveiro • Codfish
Aquarium & Museum

Day 6 Discover Aveiro salt pans • Visit
porcelain factory & housing facilities •
Lunch at workers' canteen

Day 7 Alianca sparkling wine tasting •
Join main trip

Day 1 Depart U.S.

Afternoon/Evening: Depart the U.S. on an overnight flight to Angra do Heroismo, on Portugal's Azores archipelago.

Day 2 Arrive in Angra do Heroismo, Portugal (Terceira Island)

- Destination: Angra do Heroismo
- Accommodations: Azoris Angra Garden or similar

Morning: You'll arrive in the Azores, where an O.A.T. representative will meet you at the Angra do Heroismo airport and help you with your transfer to the hotel. Here we'll be joined by travelers who took our optional *Portugal: Braga & Aveiro* pre-trip extension.

Upon arrival, you will check in and receive your room assignments (rooms are usually available at 2pm). The remainder of your morning is free to relax and settle in after your overnight flight.

Lunch: On your own—ask your Trip Experience Leader for suggestions on where to dine.

Afternoon: The afternoon is free for your own discoveries, or perhaps you'd like to continue resting before the group comes together.

Later this afternoon, we'll meet with our Trip Experience Leader for a Welcome Drink in the hotel. Afterward, they will lead us on an orientation walk around the vicinity of our hotel.

Dinner: On your own, whenever you'd like. Your Trip Experience Leader will be happy to provide recommendations.

Evening: Free for your own discoveries.

Day 3 Explore Angra do Heroísmo

- Destination: Angra do Heroísmo
- Included Meals: Breakfast, Dinner
- Accommodations: Azoris Angra Garden or similar

Breakfast: At the hotel.

Morning: Begin the day with a Welcome Briefing at the hotel delivered by your Trip Experience Leader.

Then, join a local guide for a walking tour of Angra do Heroísmo—one of three capital cities of the Azores archipelago. Terceira is one of nine islands that make up the Azores, an autonomous region of Portugal. It boasts a population of about 57,000 inhabitants and spans approximately 150 square miles. From underground volcanic chambers to treasured architecture, this far-flung island contains a variety of natural and cultural wonders. Angra do Heroísmo is the Azores' oldest city and the historical capital of the islands.

Founded in 1478, Angra do Heroísmo was historically the most important city in the Azores archipelago. It served as the seat of the Bishop of the Azores, a base for government entities, a center for trade during the Age of Discovery, and even as the capital city of Portugal during the Liberal Wars. It was classified as a World Heritage site by UNESCO in 1983, due to its historical importance and well-preserved buildings—including two unique maritime forts dating from the 16th and 17th centuries. Throughout our exploration this afternoon, we'll marvel at Baroque cathedrals, centuries-old churches and convents, limestone and basalt mosaics, Easter-egg colored mansions, and sweeping vistas of Monte Brasil flanked by the bays of Angra and Fanal.

Lunch: On your own.

Afternoon: The afternoon is free to spend as you choose. Your Trip Experience Leader is happy to help you plan activities. Perhaps you'd like to visit the Duke of Terceira Garden, a manicured green space in the historic center of the city. Observe both imported and native flora during a stroll here, such as eucalyptus, magnolias, hibiscus, zamias, strawberry trees, araucaria, and more.

Alternatively, you may wish to explore the Museum of Angra do Heroísmo. Situated in a former 17th-century Franciscan convent, you'll learn about both Terceiran and Azorean history as you peruse historic cars, ceramics, weapons, medals, coins, navigational instruments, sculptures, paintings, furniture and more. Besides the museum, the monastery also houses the church of St. Francis, known as the Church of Our Lady of Guia.

Dinner: Tonight, get to know your small group a little better during an included Welcome Dinner at a local restaurant.

Evening: This evening is free for your own discoveries

Day 4 Controversial Topic: The missing children of the Azores

- Destination: Angra do Heroísmo
- Included Meals: Breakfast, Lunch
- Accommodations: Azoris Angra Garden or similar

Breakfast: At the hotel.

Morning: We'll begin the day by traveling to Casa do Farol, where we'll have a conversation about a **Controversial Topic:** The period of time in the mid-20th century in which many impoverished Azores residents made the difficult decision to give away their children as adoptees to U.S. military families stationed on the island.

Between the 1940s and 1970s, many children were separated from their parents when they were adopted by American soldiers serving on the island's base. During this period, many Azores families were suffering from extreme poverty, finding themselves unable to provide for their families—with the help of local authorities turning a blind eye, many families found an unofficial solution to their problem by giving away their children to American families looking to start a family back home. We'll learn about this history, and how it is still a delicate, taboo subject among local people today, with opportunities to ask candid questions of our own to deepen our understanding.

Lunch: At a local restaurant.

Afternoon: After lunch, we'll drive to the small fishing port of São Mateus, enjoying panoramic island views as we travel. We'll then drive back to our hotel, where the rest of the day is free to spend as you prefer.

Dinner: On your own. For the more adventurous eaters, you may wish to try *lapas*, a sea snail typically grilled and served in a sauce of butter, garlic and red pepper.

Evening: This evening is free for your own discoveries. Your Trip Experience Leader can provide activity suggestions, should you like. For those who enjoy a glass of wine, Azorean viticulture is revered for the volcanic properties of the soil. Perhaps you'd like to wind down your evening with a glass of wine characteristic of this special region.

Day 5 Visit Monte Brasil • Discover Biscoitos • Explore Algar do Carvão • Home-Hosted Dinner

- Destination: Angra do Heroísmo
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Azoris Angra Garden or similar

Activity Note: Algar do Carvão is scheduled for maintenance. If maintenance is underway during your departure, you will enjoy an alternate activity.

Breakfast: At the hotel.

Morning: We'll begin the day by driving to Monte Brasil, the remnants of a tuff volcano that juts out into the ocean and overlooks the city. From here, we'll enjoy breathtaking panoramic views of the island city of Angra do Heroísmo below.

Then, we drive to the rural village of Biscoitos, known for its black rock volcanic coast, dotted with coves and natural pools popular among locals looking to swim, bathe, or relax. As we'll learn during a tour, the volcanic soil of this rural region of the Azores is also ideal for producing *Verdelho*, a local white wine grape grown in the *curraletas* (small vineyards) that typify this area, checkered with black basalt rock walls.

Lunch: At a local restaurant.

Afternoon: We'll discover another Azores natural wonder when we drive to Algar do Carvão, an ancient lava vent located in the central part of the island. The existence of this natural cavity has been known for centuries, but due to its great depth (approximately 300 feet) and lack of ambient light, it wasn't explored for the first time until 1893—and the second descent wasn't until 1934. Opened to the public in the late 20th century, the cavern is associated with the caldera of the Guilherme

Moniz volcano, as well as connected to the Santa Barbara volcano complex. Algar do Carvão is both a geological wonder and unique environmental ecosystem, and we'll have the opportunity to explore this underground marvel and learn about the inner-workings of its distinctive biome.

After our tour, we'll drive back to our hotel, enjoying island scenery along the way, where you'll have a few hours to spend as you choose once we arrive.

Dinner: We'll join a local family for a **Home-Hosted Dinner** this evening for a taste of home-cooked Azores cuisine and friendly conversation about daily island life.

Evening: The night is yours to relax or explore independently.

Day 6 Fly to São Miguel • Explore Ponta Delgada

- Destination: Ponta Delgada
- Included Meals: Breakfast, Dinner
- Accommodations: Hotel Marina Atlantico or similar

Activity Note: The timing of today's flight is subject to change. The order of today's activities may vary from the itinerary presented below.

Breakfast: At the hotel.

Morning: We'll transfer to the airport for our flight to São Miguel, the largest and most populous of the Azores Islands. Spanning 290 square miles, São Miguel is home to approximately 140,000 inhabitants—45,000 of which reside in Ponta Delgada, the archipelago's largest city.

Lunch: On your own—your Trip Experience Leader can provide suggestions.

Afternoon: We'll check in to our hotel this afternoon, then, after a little time to settle in, we'll set off on a guided tour of Ponta Delgada.

Dinner: At a local restaurant.

Evening: Free for your own discoveries. If you'd like to unwind with something sweet, be sure to try *fofas da povoação*, a puffed pastry stuffed with fresh whipped cream (similar to an eclair).

Day 7 Furnas Lake • Thermal water bath • Cozido das Furnas demonstration • Visit Gorreana Tea Plantation

- Destination: Ponta Delgada
- Included Meals: Breakfast, Lunch
- Accommodations: Hotel Marina Atlantico or similar

Activity Note: Pack a swimsuit for our visit to Lagoa das Furnas today so you can enjoy the healing properties of the mud pools there.

Breakfast: At the hotel.

Morning: Depart for Lagoa das Furnas (Furnas Lake), an area containing a crater lake and dotted with a series of volcanic hot springs and fumaroles (openings in the earth which emit gas). Furnas is located in the easternmost of three active trachytic volcanoes on the island, and demonstrates the complexity of natural phenomena in the earth's crust. Today we have the opportunity to understand the science behind this geological activity, as well as enjoy the benefits of it with a swim in a mineral-enriched thermal pool at Terra Nostra Park, located within the Furnas Lake region. These muddy-looking bodies of water are warmed to about 95-105 degrees Fahrenheit and provide much rest and relaxation to bathers from around the world.

Later, we'll learn more about fumaroles at the caldera, which are formed when water condenses as pressure drops upon emerging

from the ground. To further contextualize the subject, we will learn about this traditional method of cooking, which harnesses the geothermal energy and pressure of the area: *cozido das furnas*. Using the steam of the earth, food is lowered deep into the ground in a large pot and steam-cooked for approximately five hours. A typical meal served in this manner is composed of various meats, such as bacon, ribs, chicken, or Portuguese blood sausage, along with vegetables like cabbage, potatoes, and carrots.

Lunch: At a local restaurant, where we can try a traditional and hearty *cozido das furnas* lunch for ourselves.

Afternoon: After lunch, we'll visit Gorreana Tea Plantation (when available), the only such tea operation in Europe. Family owned and operated since 1883, it is believed the quality of these ancient brews can be attributed to the pH of the argillaceous soil, the sea breeze that nourishes the plantation, as well as the artisan farming methods still utilized today.

Dinner: On your own. Your Trip Experience Leader can recommend a place to dine.

Evening: Free for your own discoveries. You may consult with your Trip Experience Leader for activity suggestions this evening.

Day 8 Family farm visit with dinner

- Destination: Ponta Delgada
- Included Meals: Breakfast, Dinner
- Accommodations: Hotel Marina Atlantico or similar

Breakfast: At the hotel.

Morning: Enjoy a relaxed morning, which is free to explore Ponta Delgada independently. Your Trip Experience Leader can offer

suggestions, or help make arrangements for any activities you'd like to pursue outside of the city.

Lunch: On your own. Your Trip Experience Leader can recommend a café or restaurant.

Afternoon: In the mid-afternoon, we will visit a small, family-owned farm. Due to the structure of land in the Azores, many family farms are divided into very small plots of land, many of which are not close to each other. We'll learn much more about agriculture in the Azores as we speak with the farm's owners and stroll the grounds, hearing about the challenges of daily rural life.

Dinner: We'll share a light picnic dinner with the farm's family owners, enjoying more opportunity to connect closely and converse about life in the Azores.

Evening: Return to the hotel after dinner, where the rest of the day is free to spend as you please.

Day 9 Lagoa das Sete Cidades 4x4 excursion • Pineapple plantation visit

- Destination: Ponta Delgada
- Included Meals: Breakfast, Dinner
- Accommodations: Hotel Marina Atlantico or similar

Activity Note: The order of today's activities may vary from the itinerary presented below. Today's 4x4 jeep tour is weather dependent and will take place over bumpy terrain that may be uncomfortable to navigate; however, our vehicle's small size allows us to have an intimate view of the local landscape that would not be possible on heavier vehicles. Ask your Trip Experience Leader if you have any concerns about today's activities.

Breakfast: At the hotel.

Morning: Board 4x4 vehicles for a unique exploration of the local landscape, specifically *Lagoa das Setes Cidades*—a geologic complex nestled in the crater of a dormant volcano and centered around the largest reserve of freshwater in the Azores. The twin blue and green lakes that make up this caldera are explained by local legend: They are apparently the tears of star-crossed lovers, a green-eyed princess and a blue-eyed shepherd. However, the scientific explanation for the color difference, besides varied mineral deposits, is that the depth of the larger lake reflects the sky, while the shallower lake reflects the greenery of its surroundings. During our jeep tour, we'll follow rugged off-road trails past small villages, natural pools, and black basalt beaches, all while taking in panoramic views. With the help of our local guide, we'll have the opportunity to learn about the flora and fauna that comprise this area and ask any questions we may have along the way.

Lunch: On your own. Your Trip Experience Leader can recommend a café or restaurant.

Afternoon: Enjoy a few hours of free time to rest or explore independently after lunch, before a late afternoon visit to a local pineapple plantation. Here, we'll learn about the unique qualities of the Azorean variety of this tropical fruit, which tends to be sweeter and less acidic than its international counterparts, and the love and care that goes into producing this precious export. Though pineapples are a perennial plant, they bear fruit only once every two or three years, and its cultivators have had decades of practice to maximize this lucrative yield.

Dinner: At a local restaurant.

Evening: Your evening is free to spend as you please. Your Trip Experience Leader can offer suggestions for discovery.

Day 10 Fly to Madeira • Transfer to Funchal • City & wine tour

- Destination: Funchal
- Included Meals: Breakfast, Dinner
- Accommodations: Castanheiro Boutique or similar

Activity Note: The timing of today's flight from Ponta Delgada to Funchal is subject to change. The order of today's activities may vary from the itinerary presented below.

Breakfast: At the hotel.

Morning: Say goodbye to the Azores this morning when we fly to Madeira, also an autonomous archipelago of Portugal. Lying approximately 600 miles southeast of the Azores, Madeira is a paradise all its own. From the black sand beaches and volcanic vineyards to the intricate irrigation channels, it offers visitors a unique variety of activities, particularly for those who enjoy the great outdoors.

Upon arrival, we'll transfer to our hotel in the capital of Funchal, our home for the next three nights.

Lunch: On your own—check with your Trip Experience Leader for ideas. Tuna is beloved here. One popular preparation is tuna steak with fried corn, served in a sauce called *molho de vilão*, consisting of vinegar, olive oil, garlic, oregano, and pepper.

Afternoon: Embark on a walking tour of Funchal. Home to a little more than 100,000 residents (almost half of the entire population of Madeira), this bustling capital features wide 20th-century boulevards, quaint squares, premier shopping, a variety of museums, colorful galleries, and a range of local eateries. Established in 1424, the first settlers chose the name “Funchal” because of the abundance of wild fennel growing on its shores. For

centuries, the city was considered an important maritime port, due to its geographic location, and today, it is one of the leading island destinations in Europe. During our city tour, we'll see landmarks such as the Funchal Cathedral, the old town, and the *Mercado dos Lavradores* (farmer's market).

Along the way, we'll also visit the oldest winery of Madeira, which produce unique regional varieties. This archipelago boasts an extensive history of wine-making, harkening back to the Age of Exploration (roughly from the end of the 15th century) when it was a standard port of call for ships bound for the New World or East Indies. Due to the long transit times, the wines would be exposed to excessive heat which altered the flavor. Today, Madeira's traditional wine-making process incorporates oxidization through heat and aging. As a result, these varieties can remain good for centuries. Another distinctive aspect of this local wine is the mountainous volcanic terrain, which presents challenges to cultivation. To work around this issue, vines are planted on man-made terraces of basaltic bedrock known as *poios*. These terraces prevent soil washouts during heavy rains, as well as increase airflow. Today, we'll have the opportunity to learn about these unique cultivation methods, and of course, sample a range of wines produced here.

Dinner: At a local restaurant.

Evening: Free for your own discoveries. Check with your Trip Experience Leader for ideas. Perhaps you'd like to head to a quaint bar in the Old Town for a nightcap.

Day 11 *Levada* walk • Visit local rum factory

- Destination: Funchal
- Included Meals: Breakfast, Lunch
- Accommodations: Castanheiro Boutique or similar

Breakfast: At the hotel.

Morning: Depart for a walk along a *levada*, a system of irrigation channels that transport water through the mountainous terrain—primarily from the west and northwest to the drier southeast. Designed in the 16th century, these life-giving channels were tunneled by hand out of rock and span more than 1,000 miles. Centuries ago, the channels were not only used for agricultural purposes, but women also used them to wash clothes.

Today, they still supply water to the southern region, as well as hydroelectric power. The *levadas* cut through lush areas of the island, many of which follow the curvature of mountains or even go right through them—in fact, over 15 miles of tunnels had to be dug to make this possible. Due to their off-the-beaten-path locations, *levada* walks are popular among locals and visitors alike. During our walk this morning, we'll have the opportunity to learn about the importance of these irrigation channels and how they helped shape Madeira throughout the centuries, and to spot the various flora and fauna that thrives here.

Afterwards, we'll board our private motorcoach and drive to visit one of the oldest rum factories in the island. The rum producing industry has a long tradition here, which can be traced back to the introduction of sugar cane in the 16th century. The factory we'll visit today still

produces rum in the traditional way, and is the only one on the island that still runs on steam power.

Lunch: At a local restaurant.

Afternoon: Free for your own discoveries. Check with your Trip Experience Leader for ideas on how to spend your free day.

Dinner: On your own. Your Trip Experience Leader can offer suggestions.

Evening: The night is yours to spend as you please.

Day 12 Funchal • Western Madeira optional tour

- Destination: Funchal
- Included Meals: Breakfast, Dinner
- Accommodations: Castanheiro Boutique or similar

Breakfast: At the hotel.

Morning: Enjoy a full day to explore Funchal independently. Or, take our half-day optional tour to discover the highlights of western Madeira. First, we'll drive to Cabo Girão, a lofty cliff offering stunning views of the Atlantic sea below. Rising 1,900 feet above sea level, this is the highest sea cliff in Europe. Then, we'll drive along winding mountain roads to Curral das Freiras, a whitewashed village set amidst lush mountain scenery, where we'll admire the Azores' natural beauty before finishing our tour at Câmara de Lobos, a working fishing village on Madeira's southern coast. We'll have some time to talk to the locals and learn about daily life on the Madeira coast.

Lunch: If you've chosen to join today's optional tour, lunch is included in a local restaurant. Otherwise, lunch is on your own in Funchal.

Afternoon: Travelers on today's optional tour will return to the hotel after lunch, where all are free to spend the day exploring independently.

Dinner: At a local restaurant.

Evening: Free for your own discoveries. Check with your Trip Experience Leader for activity ideas this evening.

Day 13 Funchal • Marine wildlife boating tour

- Destination: Funchal
- Included Meals: Breakfast
- Accommodations: Castanheiro Boutique or similar

Activity Note: This morning's Zodiac ride is dependent on weather conditions at sea. The ride is likely to be bumpy, and you should be prepared to get wet.

Breakfast: At the hotel.

Morning: Depart for the marina, where we'll board a small Zodiac craft for a cetacean excursion. Cetaceans are categorized as whales, dolphins, or porpoises. These azure waters are home to many species of these marine mammals—some of which live here all year round. During this excursion, you'll learn why these waters are an ideal home for them and what role they play in the local ecosystem.

No sightings are guaranteed, of course, but a variety of dolphins are mostly commonly seen frolicking in these waters. Minke whales, baleen whales, and humpback whales are also occasionally spotted. But that's not all—be sure to keep an eye out for smaller animals like turtles and native sea birds that also call these waters home.

After your tour, the rest of the day is yours to spend exploring independently.

Lunch: On your own. Your Trip Experience Leader can recommend a café or restaurant.

Afternoon: The afternoon is free to explore independently. Your Trip Experience Leader can offer suggestions to make the most of your time. Perhaps you'll choose to ride the city's cable car for an ascent to the hilltop neighborhood of Monte, a journey which will treat you to panoramic view of the city stretching to the sea below. Or, you might choose to discover island flora on a visit to the city's botanical gardens.

Dinner: Toast to a memorable adventure during an included Farewell Dinner at a local restaurant.

Evening: Enjoy a final night to explore Madeira independently.

Day 14 Return to U.S.

- Included Meals: Breakfast

Breakfast: At the hotel.

Morning: Transfer to the airport for your flight home, or continue on to our *Portugal: Évora, Elvas & Lisbon* post-trip extension.

END YOUR ADVENTURE WITH AN OPTIONAL POST-TRIP EXTENSION

6 nights in *Portugal: Évora, Elvas & Lisbon*

Day 1 Fly to Lisbon • Panoramic Serra da Arrábida tour • Overland to Évora

Day 2 Explore Évora • Visit cork farm & factory

Day 3 Overland to Elvas • Explore Vila Viçosa

Day 4 Visit Castelo de Vide • Discover Campo Maior & Coffee Museum

Day 5 Alter do Chão stud farm • Overland to Lisbon

Day 6 Explore Lisbon • Farewell Lunch • Ride the metro

Day 7 Return to U.S.

OPTIONAL TOURS

During your trip you will be able to book optional tours directly with your Trip Experience Leader. He or she will ask you to confirm the payment for these tours by filling out a payment form. Optional tours can only be purchased with a credit or debit card. We accept Visa, MasterCard, and Discover credit cards. We also accept Visa and MasterCard debit cards, but it must be a debit card that allows you to sign for purchases.

In order to correctly process these charges, there can be a delay of 2–3 months from the date of your return for the charges to be posted to your account. Therefore we ask that you use a card that will not expire in the 2–3 months following your return.

Please note: Optional tour prices are listed in U.S. dollar estimates determined at the time of publication and are subject to change. Optional tours may vary.

Western Madeira

(Day 12 \$75 per person)

Discover the best of western Madeira on this half-day excursion. First, you'll visit Cabo Girão, a point of striking beauty along the island's shoreline, where the highest sea cliff in Europe rises more than 1,900 feet from the ocean's edge. Then travel to the whitewashed mountain village of Curral das Freiras for another look at the Azores' natural beauty before finishing your tour at a working fishing village, Câmara de Lobos, to the south.

PRE-TRIP

Portugal: Braga & Aveiro

INCLUDED IN YOUR PRICE

- » 5 nights accommodation
- » 9 meals—5 breakfasts, 2 lunches, and 2 dinners
- » 7 small group activities
- » Services of a local O.A.T. Trip Experience Leader
- » Gratuities for local guides, drivers, and luggage porters
- » All transfers

PRE-TRIP EXTENSION ITINERARY

Our journey begins in Braga, an ancient city laden with picturesque plazas, religious devotion and lively neighborhoods. During our stay here, we'll also explore the coastal city of Porto and learn about its iconic port wine production. Next, we'll venture to Aveiro, where we'll learn about its maritime and economic riches. Finally, we'll round out our explorations in Lisbon and begin our main adventure.

Day 1 Depart U.S.

Afternoon/Evening: Depart today on your overnight flight to Porto, Portugal.

Day 2 Arrive in Porto, Portugal • Transfer to Braga

- Destination: Braga
- Accommodations: Vila Gale Braga or similar

Morning: Arrive in Porto, Portugal where a representative will meet you at the airport and assist with your transfer to Braga.

Lunch: On your own. Your Trip Experience Leader can suggest places to find a bite to eat nearby.

Afternoon: We'll check in to our hotel around mid-afternoon. Then, our Trip Experience Leader will take us on a short orientation walk around the neighborhood of the hotel to get acquainted with the area.

Dinner: On your own. Your Trip Experience Leader will be happy to provide dining recommendations. Perhaps you'd like to try a local delicacy, *arroz de cabidela*, poultry or rabbit cooked in its own blood and a touch of vinegar.

Evening: The remainder of your evening is free. You may wish to visit Praça da Republica, the city's main square. This is a popular place for locals to congregate, giving you the opportunity to mingle with them and observe nightlife in Braga.

Day 3 Explore Braga

- Destination: Braga
- Included Meals: Breakfast, Dinner
- Accommodations: Vila Gale Braga or similar

Breakfast: At the hotel.

Morning: Embark on a panoramic tour of Braga, Portugal's third-largest city. Along the way, we'll marvel at the narrow lanes, plazas, and plethora of baroque-style churches that make up this 2,000-year-old, deeply religious municipality—home of the annual *Semana Santa* (Holy Week) religious celebration. We'll also visit the hillside church and sanctuary of Bom Jesus do Monte (which translates to "Good Jesus of the Mount"), one of Portugal's most iconic landmarks. In 2019, UNESCO deemed this area a World Heritage Site.

Later, we'll continue on foot through the city's old town, witnessing features such as the imposing 16th-century Cathedral of Braga and the Roman-era monument *Fonte do Ídolo*.

Lunch: On your own. You may want to try *chorizo*, a type of pork sausage commonly enjoyed by locals.

Afternoon: The next few hours are free for your own discoveries. Your Trip Experience Leader is happy to help you plan the afternoon. Perhaps you'd like to visit the Garden of Santa Barbara, bounded by Braga's medieval episcopal palace. Stroll among the manicured boxwood hedges and colorful flowers arranged in geometric lines, and admire the palace patio and intricate stonework. Alternatively, you may wish to spend the afternoon at Biscainhos Museum, housed in a 17th- and 18th-century aristocratic palace and surrounded by lush gardens. Get a glimpse into the lives of Portugal's nobility and the riches that they enjoyed over the centuries, like Iberian-painted tiles, stucco moldings, prized ceramics, and valuable jewels.

Dinner: At the hotel.

Evening: Free for your own discoveries. Like much of Europe, café culture is alive and well here. Perhaps you'd like to wind down with a warm beverage at one of the many

establishments in the city's plazas, or you're always welcome to see if your Trip Experience Leader has any suggestions.

Day 4 Explore Porto

- Destination: Braga
- Included Meals: Breakfast, Lunch
- Accommodations: Vila Gale Braga or similar

Breakfast: At the hotel.

Morning: Drive to Porto, where we'll enjoy a panoramic tour. We'll see landmarks such as the neo-classical *Palacio da Bolsa*, the city's stock market, and the Porto Cathedral. We'll also pass by the river and view the iconic Dom Luis I Bridge, a double-deck metal arch that spans the River Douro.

Later this morning, we'll cross the bridge to get to Vila Nova de Gaia (or simply, Gaia) to learn about the historic port wine producers that line the waterfront here. Port wine is a fortified wine produced with distilled grape spirits exclusively originating from the Douro Valley. The wine is sweet, red and typically paired with dessert. Today, we'll have the opportunity to learn about the production process, as well as sample some varieties.

Lunch: At a local restaurant.

Afternoon: We'll head back to Braga this afternoon, where we'll enjoy free time. Check with your Trip Experience Leader for activity ideas. Perhaps you'd like to visit *Rua do Souto*, a prominent shopping street located in the city center. Explore independently-owned boutiques and admire sculptures as you navigate this main thoroughfare.

Dinner: On your own. Perhaps you'd like to try *caldo verde*, a traditional soup comprised of potatoes, collard greens, olive oil, garlic, onion, and some kind of meat, such as ham hock.

Evening: Free for your own discoveries. Check with your Trip Experience Leader for activity ideas.

Day 5 Overland to Aveiro • Codfish Aquarium & Museum

- Destination: Aveiro
- Included Meals: Breakfast, Dinner
- Accommodations: Melia Ria Hotel & Spa or similar

Breakfast: At the hotel.

Morning: Drive to Aveiro, located on the edge of an extensive lagoon system, which has contributed to its prosperity over the centuries. One of Aveiro's most iconic features is its *moliceiros*, colorful boats that once were used for seaweed-harvesting but now provide cruises for visitors and locals alike on the city's canals.

Upon arrival, we'll first visit the Codfish Aquarium & Museum, where we'll observe and learn about this regionally important fish species. Cod is a popular source of food here, with its mild flavor and dense, flaky flesh, and can be found in a variety of local dishes. Along with the fish itself, you'll learn about traditional fishing methods, including the preferred boats used for fishing excursions, for example.

After our visit, we'll head to the small, neighboring town of Ílhavo.

Lunch: On your own. Perhaps after learning about the importance of cod you'll want to try one of the many variations of cod stew offered in the area.

Afternoon: After lunch, we'll head back to Aveiro, where we'll check in to our hotel. Shortly after settling in, our Trip Experience Leader will lead an orientation walk around the vicinity of our hotel.

The rest of the afternoon is free to explore independently before dinner.

Dinner: At a local restaurant.

Evening: Free for your own discoveries. Check with your Trip Experience Leader for activity ideas. Perhaps you'd like to wind down the evening with a canal cruise in a *moliceiro*.

Day 6 Discover Aveiro salt pans • Visit porcelain factory & housing facilities • Lunch at workers' canteen

- Destination: Aveiro
- Included Meals: Breakfast, Lunch
- Accommodations: Melia Ria Hotel & Spa or similar

Breakfast: At the hotel.

Morning: You may choose to join your Trip Experience Leader on a quick morning discovery walk to explore more of Aveiro.

Later, we'll walk together to the Aveiro Salt Pans, one of the few that still operates in the area. A salt pan is a shallow depression in the ground in which salt water evaporates and leaves a deposit of salt. Today, we'll have the opportunity to observe local workers as they scrape the drying salt with special tools. We'll also have the option to purchase some to bring home.

Next, we'll drive to the *Vista Alegre* factory for a guided tour of this prominent Portuguese porcelain manufacturer. Since 1824, this factory has been producing world-renowned ceramics from dinner sets to home decor. During our tour, we'll come to learn the significance of this art form in Portuguese society and the vital economic role the factory plays in the area. We'll also see the housing facilities that the factory owners have built on-site,

to learn how they are designed to promote a strong relationship between the company and its workers.

Lunch: We'll enjoy lunch in the on-site canteen that was set up for the factory workers (or at another locale on weekends and holidays when canteen is closed).

Afternoon: Return to Aveiro, where you'll have the remainder of the day free for your own discoveries. Perhaps you'd like to stroll the main canal in the city center and admire the Art Nouveau-style architecture. Should you be interested, you may also wish to visit the *Museu de Arte Nova* (Art Nouveau museum), which boasts an on-site tea house.

Dinner: On your own. Roasted suckling pig is a delicacy here and can be enjoyed in various forms, whether alone or as a sandwich, for example.

Evening: Your final evening in Aveiro is free for your own discoveries. Consult with your Trip Experience Leader for activity ideas, or perhaps you'd like to enjoy a drink with your group.

Day 7 Alianca sparkling wine tasting • **Join main trip**

- Included Meals: Breakfast

Breakfast: At the hotel.

Morning: Discover the Alianca sparkling wine cellar. This regional bubbly is revered for its fruity complex and intense aroma. We'll learn about its production and unique characteristics before enjoying a tasting. After our tour, we'll drive to Porto for our flight to Terceira Island.

Lunch: On your own. Check with your Trip Experience Leader for suggestions.

Afternoon: Fly to Terceira Island this afternoon to begin our main adventure, *The Azores & Madeira*.

POST-TRIP

Portugal: Évora, Elvas & Lisbon

INCLUDED IN YOUR PRICE

- » 6 nights accommodation
- » 12 meals—6 breakfasts, 4 lunches, and 2 dinners
- » 9 small group activities
- » Services of a local O.A.T. Trip Experience Leader
- » Gratuities for local guides, drivers, and luggage porters
- » All transfers

POST-TRIP EXTENSION ITINERARY

Spanning a third of the country, the Alentejo region boasts centuries-old farming traditions, ancient fortresses, fairytale-like villages, and distinctive medieval vestiges. Your explorations here begin in Évora, an ancient hilltop town with Roman and Moorish roots that is a UNESCO World Heritage Site. Then continue to Elvas, a famously fortified village and another UNESCO World Heritage Site. The adventure ends in Lisbon, the celebrated capital of Portugal.

Day 1 Fly to Lisbon • Panoramic Serra da Arrábida tour • Overland to Évora

- Destination: Évora
- Included Meals: Dinner
- Accommodations: M'AR De AR Muralhas or similar

Morning: Fly to Lisbon, then drive for a panoramic tour of Serra da Arrábida. This protected nature park features a varied landscape of thick pine forests and rolling hills striped with vineyards flanking winding mountain roads. By the sea, towering cliffs drop into the Atlantic beside golden sandy beaches. The park is also home to a diverse array of Mediterranean flora and fauna, including boar, eagles, kestrels, lavender, and thyme. As we explore the area, we'll wind along the scenic coastal road featured in the 1969 James Bond film, *On Her Majesty's Secret Service*.

Lunch: On your own. Your Trip Experience Leader can offer suggestions.

Afternoon: Drive to Évora, an ancient hilltop town with Roman and Moorish roots that is a UNESCO World Heritage Site. We'll check in to our hotel in the afternoon and have a little time to unpack and spend at leisure before joining our Trip Experience Leader for an orientation walk of the neighborhood surrounding our hotel.

Dinner: At a local restaurant.

Evening: Free for your own discoveries. Check with your Trip Experience Leader for ideas.

Day 2 Explore Évora • Visit cork farm & factory

- Destination: Évora
- Included Meals: Breakfast, Lunch
- Accommodations: M'AR De AR Muralhas or similar

Breakfast: At the hotel.

Morning: Explore Évora on an included walking tour. Our stroll within Évora's medieval walls will reveal a series of houses adorned with wrought-iron balconies. We'll also see the influence of Rome at the ruins of the Temple of Diana, whose 14 exquisite Corinthian columns date back to the second and third centuries.

Near Évora's main square is the Church of St. Francis, home to a macabre bone chapel (Capela dos Ossos) which welcomes visitors with the eerie message: "We bones that are here, for yours await." Inside, thousands of skeletons and skulls have been carefully arranged along the chapel walls, ceilings, and columns—put there by three Franciscan monks in the early 16th century who wanted wealthy residents of Évora to reflect on the transience of material things and inevitability of death.

Lunch: Enjoy an included lunch with your fellow travelers.

Afternoon: Visit a cork farm to learn more about this vital Portuguese export. Although Portugal may be a small nation, it produces more than half of the world's cork supply. During your visit, a local cork producer will introduce you to the techniques of growing, tending, and harvesting cork from the tree's renewable bark. We'll also visit a nearby factory to see how the raw material is processed into a finished product.

We then return to Évora, where the remainder of your day is free.

Dinner: On your own. Your Trip Experience Leader can offer restaurant suggestions.

Evening: Free for your own discoveries.

Day 3 Overland to Elvas • Explore Vila Viçosa

- Destination: Elvas
- Included Meals: Breakfast, Dinner
- Accommodations: Vila Gale Collection Elvas or similar

Breakfast: At the hotel.

Morning: We'll begin our journey to Elvas today, stopping along the way to visit Vila Viçosa. This town is famous for its marble quarries, as well as its royal heritage, boasting the largest royal palace in southern Portugal.

After our tour, you'll have some time at leisure to explore independently.

Lunch: On your own in Vila Viçosa. Your Trip Experience Leader can recommend a café or restaurant.

Afternoon: We'll conclude our transfer to Elvas, checking in to our hotel early this afternoon. We'll have a few hours to spend at leisure before joining our Trip Experience Leader for a short discovery walk of this UNESCO World Heritage town.

Dinner: At a local restaurant.

Evening: Free for your own discoveries. Check with your Trip Experience Leader for ideas.

Day 4 Visit Castelo de Vide • Discover Campo Maior & Coffee Museum

- Destination: Elvas
- Included Meals: Breakfast, Dinner
- Accommodations: Vila Gale Collection Elvas or similar

Breakfast: At the hotel.

Morning: We'll enjoy an included tour of a whitewashed, hilltop village in the rolling countryside: Castelo de Vide. This morning, we'll walk the flower-lined lanes and narrow streets, as well as have an opportunity to drink from the numerous public drinking fountains spouting the town's famous crystal-clear mineral water. Several of these fountains are even surrounded by manicured gardens. Throughout our explorations, we'll also visit Sinagoga de Castelo de Vide, the village's Jewish synagogue. Located in the former Jewish quarter, this former place of worship serves as a reminder of the Jews who once emigrated here from Spain.

Lunch: On your own. Your Trip Experience Leader can recommend a café or restaurant.

Afternoon: Travel to Campo Maior, bordered by Spain on the north and east. Originally a Roman settlement and controlled by the Moors for over half a millennium, this town is primarily known today for its coffee roasting and packaging industry. We'll learn more about this vital industry when we visit the Nova Delta Coffee Museum, where we'll learn about coffee production on a commercial scale and understand the roasting process.

We then return to Elvas where we'll have some free time before dinner.

Dinner: At a local restaurant.

Evening: Free for your own discoveries. Check with your Trip Experience Leader for ideas.

Day 5 Alter do Chão stud farm • Overland to Lisbon

- Destination: Lisbon
- Included Meals: Breakfast, Lunch
- Accommodations: H10 Duque de Loule or similar

Breakfast: At the hotel.

Morning: Visit Coudelaria de Alter do Chão, a stud farm dedicated to the history and tradition surrounding the Lusitano horse. Founded by King D. João V in 1748, the farm's main purpose is training horses for equestrian competition. The Lusitano horse breed is closely related to the Spanish Andalusian, as both were developed on the Iberian peninsula.

Lunch: At a local restaurant.

Afternoon: Drive to Lisbon and check in to your hotel.

Dinner: On your own. Perhaps you'll try *bifana*, a sandwich consisting of thin slices of pork marinated in white wine and served in a soft bun.

Evening: Free for your own discoveries. Consult with your Trip Experience Leader for nightlife activities. Perhaps you'll head to a local establishment to hear *fado* music, a genre native to Lisbon.

Day 6 Explore Lisbon • Farewell Lunch • Ride the metro

- Destination: Lisbon
- Included Meals: Breakfast, Lunch
- Accommodations: H10 Duque de Loule or similar

Breakfast: At the hotel.

Morning: We'll begin the final full day of our post-trip extension with a guided tour of Lisbon. Spread out on seven low hills overlooking the Tagus River, Portugal's legendary capital has enticed traders and settlers for more than 20 centuries. We'll explore the city center with a local guide, concluding at Praça do Comércio, a large square that faces the harbor. Here, we'll admire opulent, 18th-century arcades and exquisite

mosaic work. We'll also learn about notable historical events that took place here, such as the fall of the monarchy in 1908.

Lunch: Our group will enjoy a Farewell Lunch and toast to the many discoveries we made over the course of our post-trip extension.

Afternoon: Later, we'll learn to navigate the local metro, then have the remainder of the day free for independent discovery. Perhaps you'll wander through the Alfama District one last time, and enjoy the charms of the oldest part of the city. Alternatively, you may wish to visit the *Mercado da Ribeira*, Lisbon's most famous food market. Peruse fruit and vegetable stands, taste local specialties like custard tarts, and sip fine Portuguese wines as you explore this bustling area.

Dinner: On your own. Check with your Trip Experience Leader earlier in the day for recommendations. Perhaps you'd like to try *piri piri*, chicken grilled over an open flame and marinated in chilies, olive oil, and lemon juice. The flavors of this dish are a reminder of Portugal's colonial past, incorporating flavors from former African colonies.

Evening: Free for your own discoveries. You may wish to pack and rest this evening before your departure the following day.

Day 7 Return to U.S.

- Included Meals: Breakfast

Breakfast: At the hotel.

Morning: Transfer to the airport for your flight home.

TRAVEL DOCUMENTS & ENTRY REQUIREMENTS

Your Passport

- Must be in good condition
- Must be valid for at least 6 months after your scheduled return to the U.S.
- Must have the required number of blank pages (details below)
- The blank pages must be labeled “Visas” at the top. Pages labeled “Amendments and Endorsements” are not acceptable

Need to Renew Your Passport?

Contact the National Passport Information Center (NPIC) at **1-877-487-2778**, or visit their website at **www.travel.state.gov** for information on obtaining a new passport or renewing your existing passport. You may also contact our recommended visa service company, PVS International, at **1-800-556-9990** for help with your passport

Recommended Blank Pages

Please confirm that your passport has enough blank pages for this vacation.

- **Main trip:** You'll need 2 blank passport pages.
- **Pre- and/or post-extensions:** No additional blank pages needed beyond the 2 for the main trip.

No Visas Required

Travelers with a U.S. passport do not need any visas for this adventure, including the optional trip extensions.

Traveling Without a U.S. Passport?

If you are not a U.S. citizen, or if your passport is from any country other than the U.S., it is your responsibility to check with your local consulate, embassy, or a visa services company about visa requirements. We recommend the services of PVS International, a national visa service located in Washington D.C.; they can be reached at **1-800-556-9990** or **www.pvsinternational.org**.

Traveling With a Minor?

Some governments may require certain documentation for minors to enter and depart the country or to obtain a visa (if applicable). For further detail on the required documentation, please contact your local embassy or consulate.

Emergency Photocopies of Key Documents

We recommend you carry color photocopies of key documents including the photo page of your passport plus any applicable visas, air itinerary, credit cards (front and back), and an alternative form of ID. Add emergency phone numbers like your credit card company and the number for your travel protection plan. Store copies separate from the originals.

If you plan to email this information to yourself, please keep in mind that email is not always secure; consider using password protection or encryption. Also email is not always available worldwide. As an alternative, you could load these documents onto a flash drive instead, which can do double-duty as a place to backup photos during your trip.

Overseas Taxes & Fees

This tour may have taxes and fees that cannot be included in your airline ticket price because you are required to pay them in person onsite. All taxes are subject to change without notice and can be paid in cash (either U.S. or local currency). If applicable, you will receive a list of these fees with your Final Documents.

RIGORS, VACCINES & GENERAL HEALTH

Is This Adventure Right for You?

Please review the information below prior to departing on this adventure. We reserve the right for our Trip Experience Leaders to modify participation, or in some circumstances send travelers home, if their condition would adversely affect the health, safety, or enjoyment of themselves or of other travelers.

PACING

- 3 locations in 13 days

PHYSICAL REQUIREMENTS

- Not appropriate for travelers using wheelchairs or other mobility aids
- Must be able to walk 2–3 miles unassisted each day and participate in 3–5 hours of daily physical activities, including walks along cobblestoned streets and up several steps and steep hills
- We reserve the right for Trip Experience Leaders to restrict participation, or in some circumstances send travelers home, if their limitations impact the group's experience
- You may encounter animals on this trip. We make every effort to keep these encounters safe, however animals may behave unpredictably or dangerously at times. Please use caution when interacting with animals on this trip: Keep a safe distance, stay alert, and respect the animals

CLIMATE

- Daytime temperatures in July and August often reach above 90°F

TERRAIN & TRANSPORTATION

- Travel over some rugged paths and cobblestoned streets, as well as bumpy, unpaved roads, both by bus and on foot
- Travel via private, air-conditioned bus, 4x4 vehicle and boat
- Several internal flights

ACCOMMODATIONS & FACILITIES

- Most nights are in standard European-style hotels

Steps to Take Before Your Trip

Before you leave on this adventure, we recommend the following:

- Check with the CDC for their recommendations for the countries you'll be visiting. You can contact them online at **www.cdc.gov/travel** or by phone at **1-800-232-4636**.
- Have a medical checkup with your doctor at least 6 weeks before your trip.
- Pick up any necessary medications, both prescription and over-the-counter.
- Have a dental and/or eye checkup. (Recommended, but less urgent)

No Vaccines Required

Recommended Vaccines

At the time of writing there were no required vaccines for this trip. The CDC recommends that all travelers be up to date on their routine vaccinations and on basic travel vaccines like Hepatitis A and Typhoid, but these are suggestions only. However, this could change in future so we encourage you to check with the CDC yourself before meeting with your doctor.

Medication Suggestions

- An antibiotic medication for gastrointestinal illness

Traveling with Medications

- **Pack medications in your carry-on bag** to avoid loss and to have them handy.
- **Keep medicines in their original, labeled containers** for a quicker security screen at the airport and a better experience if you get stopped by customs while overseas.
- **Bring copies of your prescriptions**, written using the generic drug name rather than a brand name to be prepared for any unforeseen loss of your medications.

We recommend checking with the State Department for medication restrictions by country: **travel.state.gov** (Go to "Find International Travel Information", select "Country Information", then enter the country into the search bar; if you don't see any medications specifically mentioned under the "Health" section, then you can presume major U.S. brands should be OK).

Staying Healthy on Your Trip

Jet Lag Tips

- Start your trip well-rested.
- Begin a gradual transition to your new time zone before you leave or switch to your destination time zone when you get on the plane.
- Attempt to sleep and eat according to the new schedule.
- Avoid heavy eating and drinking caffeine or alcoholic beverages right before—and during—your flight.

- Drink plenty of water and/or fruit juice while flying
- Stretch your legs, neck, and back periodically while seated on the plane.
- After arrival, avoid the temptation to nap.
- Don't push yourself to see a lot on your first day.
- Try to stay awake your first day until after dinner.

Allergies

If you have any serious allergies or dietary restrictions, we advise you to notify us at least 30 days prior to your departure. Please call our Travel Counselors at **1-800-221-0814**, and we will communicate them to our regional office. Every effort will be made to accommodate you.

Water

- Tap water in the region is safe to drink, but is processed differently than in the U.S. so it can still upset your stomach or feel "heavy". Therefore, we suggest drinking bottle water instead.
- Bottled water is readily available and inexpensive. (Bottled water is not included in the price of your tour.)

Food

- We've carefully chosen the restaurants for your group meals. Your Trip Experience Leader can suggest restaurants for the meal you take on your own.
- Be very careful with food sold from vendors on the street, and with uncooked foods.

MONEY MATTERS: LOCAL CURRENCY & TIPPING GUIDELINES

Top Three Tips

- **Carry a mix of different types of payments**, such as local currency, an ATM card, and a credit card.
- **Traveler's checks are not recommended.** They can be difficult to exchange and the commission fee for cashing them is quite high.
- **You will not be able to pay with U.S. dollars on this trip;** you will need euros instead. Most banks in Europe will only exchange money for their customers, so we recommend that you change some money before your trip. (Once on the trip you can use ATMs and/or exchange offices.)

Local Currency

For current exchange rates, please refer to an online converter tool like www.xe.com/currencyconverter, your bank, or the financial section of your newspaper.

Euro Countries: European Euro (€)

How to Exchange Money

If you want to exchange money before your trip, you can usually do so through your bank or at an exchange office. Your departure airport in the U.S., a travel agent, or an AAA office are also possible outlets. Or you can wait and change money on the trip instead—but it might be helpful to arrive with some local currency in case you run into a bank holiday or an “out of order” ATM.

On your trip, the easiest way to obtain local currency is to withdraw funds from a local ATM. The ATM will give you local money and your bank at home will convert that into U.S. dollars. Depending on the bank, conversion fees may apply, so please check with your bank for the applicable values.

You may be able to exchange cash at some hotels and money exchange offices, however they do not typically offer good exchange rates and can be difficult to find. To exchange cash, you'll usually need your passport and bills in good condition (not worn, torn, or dirty). New bills (post 2014) are best.

Please note that many banks in Europe will only exchange money for their own customers. Never exchange money on the street. All exchange methods involve fees, which may be built into the conversion rate; ask beforehand.

ATMs

When using the ATM, keep in mind that it may only accept cards from local banks, and may not allow cash advances on credit cards; you might need to try more than one ATM or more than one card.

Many banks charge a fee of \$1–\$10 each time you use a foreign ATM. Others may charge you a percentage of the amount you withdraw. We recommend that you check with your bank before you depart.

Lastly, don't forget to memorize the actual digits of your card's PIN number (many keypads at foreign ATMs do not include letters on their keys—they only display numbers.)

In most countries, ATMs are widely available in major cities. If you are in a rural location, it will likely be harder to find an ATM.

Credit & Debit Cards

While traveling, most countries and major cities will accept credit cards. Even if you don't plan on using a credit card during your trip, we still suggest that you bring one or two as a backup, especially if you are planning a large purchase (artwork, jewelry). We also suggest that you bring more than one brand of card (i.e. Visa, MasterCard, American Express) if possible, because not every shop will take every card. For example, although Discover and American Express cards are accepted in some countries outside the U.S., they are not widely adopted, so other brands will work at a much larger range of stores, restaurants, etc.

If you are visiting a country that does not commonly accept credit cards, they will be listed below.

Portugal: Visa and MasterCard credit cards are fairly common in Portugal, but may not be accepted for small purchases or in the markets. American Express is not commonly accepted.

Chip Cards

Many countries have adopted credit cards that have an embedded computer chip. These cards are inserted into the reader instead of swiped. The card owner then authorizes the purchase using a PIN instead of signing.

Though this technology is common in the U.S., occasionally there are machines in other countries that can't read U.S. cards or the machine can read the card, but asks for a PIN. This doesn't happen often, and is nothing to worry about. You can usually resolve the situation by asking the cashier to let you sign. (If you don't speak the language, just mime signing on your hand.) If you are not able to sign for a purchase, such as at an automated ticket booth, you can use another form of payment, such as a debit card that has a PIN.

Notify Card Providers of Upcoming Travel

Many credit card companies and banks have fraud alert departments that will freeze your card if they see suspicious charges—such as charges or withdrawals from another country. To avoid an accidental security block, it is a good idea to notify your credit card company and/or bank you will be using your cards abroad. You can do this by calling their customer service number a week or two before your departure. Some banks or credit card companies will also let you do this online.

You should also double-check what phone number you could call if you have a problem with a card while you are abroad. Don't assume you can use the 1-800 number printed on the back of your card—most 1 800 numbers don't work outside of the U.S.!

Tipping Guidelines

Of course, whether you tip, and how much, is always at your own discretion. But for those of you who have asked for tipping suggestions, we offer these guidelines:

- **O.A.T. Trip Experience Leader:** It is customary to express a personal “thank you” to your Trip Experience Leader at the end of your trip. As a guideline, many travelers give \$10–\$14 USD (or equivalent in local currency) per person for each day their Trip Experience Leader is with them. *Please note that these tips can only be in cash. If you are taking any of the optional extensions, your Trip Experience Leader during the extension(s) may not be the same as the one on your main trip.*
- **Housekeeping staff at hotels:** \$1–2 per room, per night
- **Waiters:** When dining as a group, your tip is included—there is no need for you to leave an additional tip. When dining on your own, check your bill for a service charge. If a service charge is not included in your bill, we suggest you leave about 10% of the check.
- **Taxi drivers:** The practice of tipping taxi drivers in Portugal varies from city to city. In some cities it is expected and in others it is discretionary. Your Trip Experience Leader can advise you what the practice is in each area that you visit.

Please Note: Your tour price includes gratuities on the main trip and optional extensions for local guides, drivers, and luggage porters that may assist you during the scheduled activities on your adventure. All tips are quoted in U.S. dollars; tips can be converted and paid in local currency or in U.S. dollars. Please do not use personal or traveler's checks for tips.

AIR, OPTIONAL TOURS & STAYING IN TOUCH

Land Only Travelers & Personalized Air

Quick Definitions

- **Land Only:** You will be booking your own international flights. Airport transfers are not included.
- **Air-Inclusive:** You booked international air with us. Airport transfers are included as long as you didn't customize your trip's dates (see next bullet).
- **Arrive Early or Stopover (select adventures only):** If you chose one of these Personalization options and purchased air through O.A.T, accommodations and airport transfers are included. However, if you chose one of our Personalization options, but did not purchase air through O.A.T., accommodations are included, but airport transfers are not. If you chose one of our Personalization options, and purchase air through O.A.T. but not the accommodations, the airport transfers are not included. We have included transfer options below.
- **Personalization on Your Own:** If you have not purchased air through O.A.T. and decided to arrive early, stay longer, or stop in a connecting city on your own, you are responsible for airport transfers and accommodations. For your convenience, a preliminary list of your included hotels is available on your My Planner at www.oattravel.com/myplanner under "My Reservations" to help you with selecting a hotel for your additional time.

Airport Transfers Can Be Purchased

For eligible flights, airport transfers may be purchased separately as an optional add-on, subject to availability. To be eligible, your flight(s) must meet the following requirements:

- You must fly into or fly home from the same airport as O.A.T. travelers who purchased included airfare.
- Your flight(s) must arrive/depart on the same day that the group arrives or departs.
- If you are arriving early, you must have arranged the hotels through our Arrive Early personalization option

Airport transfers can be purchased up to 45 days prior to your departure; they are not available for purchase onsite. To learn more, or purchase airport transfers, please call our Travel Counselors at **1-800-221-0814**.

If you don't meet the requirements above, you'll need to make your own transfer arrangements. We suggest the Rome to Rio website as a handy resource: www.rome2rio.com

Optional Tours

Optional tours are additional add-on tours that allow you to personalize your adventure by tailoring it to your tastes and needs. And if you decide not to join an optional tour? Then you'll have free time to relax or explore on your own—it's about options, not obligations.

What You Need to Know

- All optional tours are subject to change and availability.
- Optional tours that are reserved with your Trip Experience Leader can be paid for using credit/debit cards only. We accept MasterCard, Visa, and Discover credit cards; we can also take MasterCard or Visa debit cards as long as the card allows you to sign for purchases. (You won't be able to enter a PIN.)
- To ensure that you are charged in U.S. dollars, your payment will be processed by our U.S. headquarters in Boston. This process can take up to three months, so we ask that you only use a card that will still be valid three months after your trip is over. The charge may appear on your credit card statement as being from Boston, MA or may be labeled as "OPT Boston".
- Your Trip Experience Leader will give you details on the optional tours while you're on the trip. But if you'd like to look over descriptions of them earlier, you can do so at any time by referring to your Day-to-Day Itinerary (available online by signing into My Planner at www.oattravel.com/myplanner).

Communicating with Home from Abroad

To ensure you are available during your trip to friends and relatives at home, you will receive two copies of your hotel list, including phone numbers, with your Final Documents. One copy is for you to bring, and one to leave behind with friends or relatives in case they need to contact you during the trip.

Cell Phones

If you want to use your cell phone on the trip, check with your phone provider to see if your phone and service will work outside of the U.S. It may turn out to be cheaper to rent an international phone or buy a SIM card onsite. If you want to use a local SIM, just make certain your phone can accept one.

Calling Apps

Another option is to use a smartphone app like Skype, FaceTime, or WhatsApp. We recommend you use WhatsApp to communicate with home while abroad and with your Trip Experience Leader while onsite. You will need a Wi-Fi connection if you do not have international coverage. Other calling options include smartphone apps such as Skype or FaceTime. You will need a Wi-Fi connection for these apps and the calls may count towards your phone plan's data allowance. Many smartphones—and some tablets or laptops—come with one of these apps pre-installed or you can download them for free from the appropriate apps store.

Calling Cards and 1-800 Numbers

When calling the U.S. from a foreign country, a prepaid calling card can be useful because it circumvents unexpected charges from the hotel. Calling cards purchased locally are typically the best (less expensive, more likely to work with the local phones, etc.).

One reminder: Do not call U.S. 1-800 numbers outside the continental United States. This can result in costly long distance fees, since 1-800 numbers do not work outside the country.

Internet

WiFi is readily available in some restaurants, cafes, and hotels. Some businesses will offer free WiFi, and some will charge for the service; charges vary. Cafes and chain restaurants are good places to look for free WiFi, although it is expected that you'll buy a drink while you're in the café. Many hotels will also have a computer in the lobby or in the business center that travelers can use; there may or may not be a fee.

How to Call Overseas

When calling overseas from the U.S., dial the country code (indicated by a plus sign: +) and then the number. Note that foreign phone numbers may not have the same number of digits as U.S. numbers; even within a country the number of digits can vary depending on the city and if the phone is a land line or cell phone.

Portugal: +351

PACKING: WHAT TO BRING & LUGGAGE LIMITS

Luggage Limits

MAIN TRIP LIMITS	
Pieces per person	One checked bag and one carry-on bag per person.
Weight restrictions	Varies by international airline. The current industry standard is 50 lbs for checked luggage and 15 lbs for carry-ons .
Size Restrictions	Standard airline size: checked luggage should not exceed 62 linear inches (length+ width + depth) and carry-on should not exceed 45 linear inches.
Luggage Type	A suitcase with wheels.
TRIP EXTENSION(S) LIMITS	
Same as the main trip.	
REMARKS/SUGGESTIONS	
One suitcase and one carry-on bag per person: Due to the space limitations on our coaches in Portugal, you'll be limited to one suitcase and one carry-on bag per person. This is to ensure that we have room for everyone's luggage. We ask that you abide by this limit to avoid inconveniencing your fellow travelers and prevent additional luggage or portage fees (which would be at your own cost). Most airlines now charge to check more than one suitcase per person for flights to Europe and other international flights. Luggage rules: Luggage rules and limits are set by governmental and airline policy. Enforcement of the rules may include spot checks or may be inconsistent. However one thing is the same across the board: If you are found to have oversized or overweight luggage, you will be subject to additional fees, to be assessed by—and paid to—the airline in question.	

Don't Forget:

- **These luggage limits may change.** If the airline(s) notify us of any changes, we will include an update in your Final Documents booklet.

- It's a good idea to reconfirm baggage restrictions and fees directly with the airline a week or so prior to departure. For your convenience, we maintain a list of the toll-free numbers for the most common airlines on our website in the *FAQ* section.
- **Baggage fees are not included in your trip price;** they are payable directly to the airlines.

Your Luggage

Checked Luggage

One suitcase per person. Look for one with heavy nylon fabric, wrap-around handles, built-in wheels, and a heavy duty lockable zipper. Our staff in Iberia do not recommend duffel bags as they slow down the loading/unloading/delivery of luggage. In Portugal, hotels do not offer portage service before 7am. If your returning flight is early enough that your airport transfer is before 7 am, you will be responsible for bringing your own luggage from your room to the motorcoach, where the driver will load it. Due to space limitations on our motorcoaches, you are allowed one piece of checked luggage per person. Portage at airports and hotels is provided for **one** bag per person. All bags should have luggage tags.

Carry-on Bag

You are allowed one carry-on bag per person. We suggest a tote or small backpack that can be used as both a carry-on bag for your flight and to carry your daily necessities—water bottle, camera, etc—during your daily activities. As portage is only provided for **one** bag per person, you will be responsible for transporting your carry-on to your rooms.

Locks

For flights that originate in the U.S., you can either use a TSA-approved lock or leave your luggage unlocked. Outside of the U.S. we strongly recommend locking your luggage as a theft-prevention measure.

Clothing Suggestions

Functional Tips

As you will experience a range of temperatures and weather conditions, our list suggests several layers of clothing. You'll want good-quality rain gear and a warm jacket for evenings. In fall and winter, you'll need a warm coat, hat, gloves, and a scarf. If you like to hand-wash your clothes, bring socks and underwear, and even shirts and pants, made of silk, synthetics, or a blend that will dry out overnight. You can buy clothing designed especially for travel. Look for clothes that offer warmth and breathability.

- **Footwear:** You'll be on your feet a lot during the trip, and walking over some rough and slippery surfaces. The soles of your shoes should offer good traction.

Style Hints & Dress Codes

- **Dress on our trip is functional and casual.** Generally, Portugal is an informal country. Even in the fanciest hotels and restaurants men don't need a jacket and tie—though you won't feel out of place wearing them.
- **Shorts are fine for touring except in religious sites,** where men and women are sometimes expected to have legs and arms covered.

Suggested Packing Lists

We have included suggestions from Trip Experience Leaders and former travelers to help you pack. These packing lists are only jumping-off points—they offer recommendations based on experience, but not requirements. We recommend using www.weather.com and consulting the “Climate” chapter of this handbook.

And don't forget a reusable water bottle—you'll need it to take advantage of any refills we offer as we are working to eliminate single-use plastic bottles on all of our trips.

Recommended Clothing

- ☐ Shirts: A mixture of short and long-sleeved shirts in a breathable fabric, like cotton or cotton-blend. Polo shirts are more versatile than T-shirts.
- ☐ Trousers and/or jeans: Comfortable and loose fitting is best. Avoid tight fits.
- ☐ Walking shorts: Cut long for modesty. See the “Style Hints” section on the previous page for more details.
- ☐ Optional: Travel skirt.
- ☐ Shoes and socks: We recommend you wear sturdy walking shoes or supportive sports shoes for our daytime shore excursions.
- ☐ Light rain jacket/windbreaker with hood
- ☐ Wide-brim sun hat or visor for sun protection
- ☐ Light sweater, sweatshirt, or jacket (air conditioning can be cold in museums, motor coaches, etc).
- ☐ Underwear and sleepwear
- ☐ Swimsuit

Seasonal Clothing Recommendations

For late spring or summer departures, add these items to your list:

- ☐ Light cotton garment, which are more comfortable than synthetic fabrics.

- ☐ A light windbreaker or sweater for layering

For fall and winter departures, add these items to your list:

- ☐ A light coat and sweaters or sweatshirts to layer.

Essential Items

- ☐ Daily essentials: toothbrush, toothpaste, floss, hairbrush or comb, shaving items, deodorant, etc. Our hotels will provide the basics like soap and shampoo, but if you are sensitive to fragrances or new products, you may wish to bring your preferred brands. Most hotels do not provide a washcloth, so you may wish to pack one.
- ☐ Spare eyeglasses/contact lenses; sunglasses
- ☐ Sunscreen, SPF 15 or stronger
- ☐ Insect repellent
- ☐ Light folding umbrella
- ☐ Pocket-size tissues
- ☐ Moist towelettes and/or anti-bacterial “water-free” hand cleanser
- ☐ Electrical transformer & plug adapters
- ☐ Camera gear with extra batteries or battery charger

Medicines & First Aid Gear

- ☐ Your own prescription medicines
- ☐ Travel first aid kit: Band-Aids, headache and pain relief, laxatives and anti-diarrhea tablets, something for upset stomach. Maybe a cold remedy, moleskin foot pads, antibiotic cream, or allergy medication.
- ☐ An antibiotic medication for gastrointestinal illness
- ☐ Optional: A strong prescription pain medication for rare emergency purposes. (Applies more to the extensions than the main trip.)

Electricity Abroad

When traveling overseas, the voltage is usually different and the plugs might not be the same shape.

Voltage

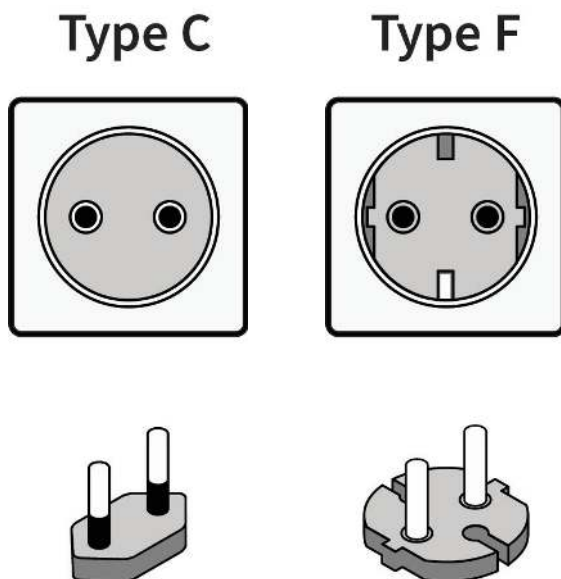
Electricity in Portugal is 230 volts. In the U.S. it is 110 volts. Most of the things a traveler will want to plug in—battery chargers, smartphones, tablets or computers—can run off both 110 and 220–240. But you should check the item or the owner’s guide first to confirm this before you plug it in. If you have something that needs 110 volts—like a shaver or a hairdryer—you can bring a transformer to change the current. (But transformers tend to burn out, so it might be better to leave whatever it is at home.)

Plugs

The shape of plugs will vary from country to country, and sometimes even within a country depending on when that building was built. To plug something from the U.S. into a local socket you’ll need an adapter that fits between the plug and the socket. Even though you’ll only need two types of adapters for this trip, it may be easier to purchase an all-in-one, universal adapter/converter combo. Versatile and lightweight, these can usually be found at your local electronics goods or hardware stores. Sometimes you can buy them at large retailers too, like Target or Walmart. If you forget to bring an adapter, you might also find them for sale at the airport when you arrive at your destination.

Different plug shapes are named by letters of the alphabet. Standard U.S. plugs are Type A and Type B. Here is the list of plugs for the countries on this trip:

Portugal: C and/or F



Availability

Barring the occasional and unpredictable power outage, electricity is as readily available on this adventure as it is in the U.S.

CLIMATE & AVERAGE TEMPERATURES

The Azores: Because of the islands' location, the average temperatures don't vary by much from season to season. Instead it feels a pleasant 80-50 degrees all year with a fair chance of rainfall in any given month (although the summer is a bit drier). If you're looking for the very warmest time to visit, the hottest months are July, August, and September, when highs are in the low 80s and lows rarely drop below the mid-60s at night.

Madeira: This Atlantic island has a year-round subtropical climate. For North Americans, its weather most closely parallels that of coastal California, though Madeira is more humid. The island rarely gets extremely hot, thanks to the cool mountain air that wafts down from the interior peaks. Most of the rainfall occurs in autumn and winter. Showers can be heavy, but usually are not prolonged. Whatever time of year you go, be aware that it is always much cooler up in the mountains, and that the north coast may be windier than the south.

Lisbon, Portugal: Lisbon is one of the warmest European capitals. Spring and summer months are usually sunny with maximum temperatures close to or above 86 degrees and lows between 59 and 68 degrees. Autumn and winter are typically rainy and windy with some sunny days; the temperature rarely falls below 41 degrees, usually staying at an average of 50. On average, there are 100 days with rain per year. Lisbon's climate is strongly influenced by the Gulf Stream.

Braga, Portugal: Braga enjoys an Atlantic influenced climate with some extreme temperature due to close proximity to the mountains. Summers are warm and dry while winters are cold and rainy. The warmest months are July and August with very little rain and highs in the 80s, though heat waves are not uncommon. In the winter, temperatures drop into the high-30s and December brings the heaviest rainfall.

Climate Averages & Online Forecast

The following charts reflect the **average** climate as opposed to exact weather conditions. This means they serve only as general indicators of what can reasonably be expected. An extreme heat wave or cold snap could fall outside these ranges. As your departure approaches, we encourage you to use **www.weather.com** for a more accurate forecast of the locations you visit.

Average Daily High/Low Temperatures (°F), Humidity & Monthly Rainfall

MONTH	TERCEIRA (AZORES), PORTUGAL			SAO MIGUEL (AZORES), PORTUGAL		
	Temp. High-Low	% Relative Humidity (avg)	Average # of Days with Rainfall	Temp. High-Low	% Relative Humidity (avg)	Average # of Days with Rainfall
JAN	61 to 53	--	19	61 to 53	--	23
FEB	60 to 52	--	18	61 to 52	--	19
MAR	61 to 53	--	17	62 to 53	--	20
APR	63 to 54	--	16	63 to 53	--	20
MAY	66 to 56	--	14	66 to 56	--	19
JUN	70 to 60	--	11	70 to 60	--	16
JUL	75 to 64	--	11	75 to 63	--	16
AUG	77 to 66	--	12	77 to 65	--	15
SEP	75 to 65	--	14	75 to 64	--	19
OCT	70 to 61	--	18	71 to 61	--	21
NOV	66 to 57	--	19	67 to 58	--	21
DEC	63 to 55	--	20	64 to 55	--	23

MONTH	FUNCHAL (MADEIRA), PORTUGAL			LISBON, PORTUGAL		
	Temp. High-Low	% Relative Humidity (am-pm)	Average # of Days with Rainfall	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)
JAN	67 to 56	76 to 70	12	58 to 47	85 to 72	3.8
FEB	67 to 55	77 to 69	10	61 to 49	84 to 68	3.6
MAR	68 to 56	75 to 67	9	65 to 51	83 to 61	2.0
APR	68 to 57	74 to 66	8	67 to 53	83 to 61	2.5
MAY	70 to 59	75 to 66	6	71 to 56	82 to 57	2.2
JUN	73 to 62	76 to 66	3	77 to 61	83 to 54	0.7
JUL	76 to 65	74 to 64	1	82 to 64	80 to 48	0.2
AUG	78 to 67	74 to 65	2	82 to 65	80 to 48	0.3
SEP	79 to 67	76 to 67	6	80 to 63	82 to 51	1.1
OCT	76 to 64	76 to 68	9	72 to 58	84 to 62	3.1
NOV	72 to 61	76 to 69	10	64 to 53	86 to 71	4.2
DEC	69 to 58	76 to 69	13	59 to 49	86 to 75	4.8

MONTH	BRAGA, PORTUGAL		
	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)
JAN	56 to 39	--	7.6
FEB	58 to 41	--	6.3
MAR	62 to 43	--	4.0
APR	64 to 45	--	4.8
MAY	69 to 50	--	4.7
JUN	76 to 55	--	2.4
JUL	82 to 58	--	0.9
AUG	82 to 57	--	1.2
SEP	78 to 55	--	3.1
OCT	69 to 50	--	6.6
NOV	62 to 45	--	6.9
DEC	58 to 42	--	9.1

ABOUT YOUR DESTINATIONS: CULTURE, ETIQUETTE & MORE

O.A.T. Trip Experience Leaders: A World of Difference

During your adventure, you'll be accompanied by one of our local, Trip Experience Leaders. All are fluent in English and possess the skills, certification, and experience necessary to ensure an enriching adventure. As locals of the regions you'll explore with them, our Trip Experience Leaders provide the kind of firsthand knowledge and insight that make local history, culture, and wildlife come alive. Coupled with their unbridled enthusiasm, caring personalities, and ability to bring diverse groups of travelers together, our Trip Experience Leaders ensure that your experience with O.A.T. is one you'll remember for a lifetime.

Portuguese Culture

Portuguese culture is shot through with the influences of the Celtic, Lusitanian, Phoenician, Germanic, Visigoth, Viking, Sephardic Jewish, and Moorish people who settled here. Set at Europe's westernmost point, Portugal developed its own easygoing ways, and you'll notice that the pace of life here is more relaxed than in many other parts of Europe. It is one of the most charming aspects of traveling here.

Most visitors find the Portuguese people to be gracious, courteous and helpful—if a little reserved. Part of that stems from the value they place on modesty and humility. They are careful not to boast, be too loud, or cause offense. The Portuguese are arguably more conservative than their neighbors. They tend to uphold and revere old traditions, and religious and family ties are very strong here. As you come to appreciate those things, you'll also begin to feel the Portuguese people's real warmth.

António de Oliveira Salazar, Portugal's onetime dictator from 1926 to 1968, once described the nation's culture in terms of the "Three Fs:" *fado* (the searingly sad folk song), *Fátima* (the Catholic shrine where a miraculous vision is said to have occurred), and *futebol* (soccer). He was being facetious, but there is no denying that the Portuguese people hold these things very dear.

Take *fado*, for instance. This uniquely Portuguese style of folk music is on the UNESCO Intangible Cultural Heritage list. Translating to "destiny" or "fate," *fado* is mournful, and yet, passionate. The songs are often about homesickness, the sea, lost love and longing—things that would be familiar to many a Portuguese seafarer, of which there are many. It is the musical expression of an important concept called *saudade*, a word connoting longing, melancholy, and nostalgia for something lost. But *saudade* is also bittersweet, tinged with beautiful memories. The Portuguese writer Manuel de Melo called it "a pleasure you suffer, an ailment you enjoy."

Some very devout people do make pilgrimages (*romarias*) to religious sites like Fátima, but overall, strict religious observance is on the decline in this predominantly Catholic culture. But that is a matter of church attendance and involvement with the organized church. Religion is still interwoven with the larger culture. Most towns are physically centered around a church, which is the nucleus of social events such as the annual village festa (festival). Most people have strong

attachments to their hometowns and tend to remain there, or visit often. Grandparents are often involved in helping to care for children when the parents work, and especially in smaller towns (where homes tend to be larger), they often live with their children as part of the extended family.

As for *futebol* (soccer), Portugal's obsession with the sport borders on the religious, and some of the greatest players in the world (like Luís Figo, Eusébio, and Cristiano Ronaldo) hailed from Portugal, and are national heroes. When a big match is on, the whole country seems to stop to cheer their favorite of the so-called "Three Greatest" teams: F.C. Porto, Sporting C.P., and S.L. Benfica. Head to a local tavern, watch the game with the locals, and you are sure to get swept up in the excitement.

If sports are not your thing, you will surely find many other cultural diversions...Portugal has experienced a renaissance, with many talented young designers, artists, musicians, architects, chefs, and entrepreneurs flocking to cities like Lisbon, Porto, and Guimarães—all of which have been named European Capitals of Culture since the advent of this century.

Visiting Churches

In Portugal, many historic sites are churches. Working churches run special services that you are welcome to attend. Otherwise, you are welcome to visit outside of services. Most churches have a dress code, but it is loosely enforced. Out of respect, you should try to cover your shoulders and wear long pants or shorts or skirts that reach the knee. We suggest that you throw a light sweater or cover-up into your daypack. A pashmina-type shawl is ideal for covering shoulders or low-cut blouses, or even wrapping around the waist as a sarong.

Language in Portugal

Portuguese is the official language of Portugal. It is a Romance language (along with Catalan, French, Italian, and Romanian), and is closely related to the Galician language spoken in northwest Spain. About 27% of the people also speak English, and that number is growing.

Useful Phrases

Portuguese people will appreciate the effort (even a fractured one) if you try to learn a few words in their language. Please do not try to speak to locals in Spanish—the Portuguese are sensitive to comparisons with their neighbor and are also very proud of their own language. Since enough people speak English, you should have little trouble getting by. Here are some colorful slang expressions that you may hear:

- *Pa* or *Epa* are catch-all words that start or end many sentences, similar to "well," "uhh," or "so" in English.
- *'Esta bem* is the Portuguese way to say "fine" or "it's all good."
- *Fixe* means "cool," but also "nice" and "good." It can be used in a variety of contexts, such as *Ele é um tipo fixe* (He's a cool guy) or *a viagem foi muito fixe* (the trip was really nice.)

Getting Around in Portugal

Taxi: Portuguese taxis are a convenient but expensive method of transportation for long rides. If you are just going across town, prices are more reasonable. Officially metered taxis are ivory colored or black with green tops.

Trains: Portugal's railway system is not extensive, but it does operate between major cities. On all train fares, passengers 65 and older will be given half-rate fares upon presentation of passport.

Remember to purchase your ticket prior to boarding the train. Once on board, you may be asked to show your ticket. If you do not have one, you will be charged a hefty fine! Tickets are not sold on the train.

Casino Estoril

One of the most famous casinos in Europe is in Estoril, about a thirty-minute taxi ride from Lisbon (cab fare costing about twenty euros). But before you set off, be sure to bring your passport with you, as it is required for entrance.

Taking Photographs

The etiquette of photographing people in most countries is about the same as it would be on the streets of your hometown. You need permission to take a close-up, but not for a crowd scene. Be especially polite if you want to photograph children or older women. If you want to shoot a great portrait, show interest in your subject and try to have a bit of social interaction first. Then use sign language to inquire if a picture is OK.

Please do not take photographs of military personnel, military compounds, or other official institutions/personnel (such as police). This may result in the confiscation of your camera.

In museums or at archaeological sites, there may be restrictions on using your flash. Please obey any signs or directions by staff; the no-flash rule protects the fragile artifacts and artwork from damage by repeated exposure to light. Occasionally, there may also be a small fee levied by the museum or site for the privilege of taking photos.

Safety & Security

As you travel, exercise the same caution and awareness that you would in a large American city. Don't be overly nervous or suspicious, but keep your eyes open. If you are venturing out after dark, go with one or two other people.

Carry a one-day supply of cash, and your passport, in a travel pouch. Don't leave valuables unattended in your hotel room. Most hotels will offer use of a hotel safe at the front desk or an electronic in-room safe (for which you can set your own personal number). Please utilize this.

Pickpockets may create a sudden distraction. In any sort of puzzling street situation, try to keep one hand on your wallet or money belt. If an encounter with a local turns out to be long and complicated and involves money or your valuables, be very careful.

Portuguese Cuisine

Start with rich farms and Europe's oldest vineyards, add in the bounties of the Atlantic and Mediterranean, season with some Moorish spice, and that is a good beginning for Portugal's unique cuisine. Then, you can ramp it up with a variety of novel ingredients that Portuguese explorers brought home during the 15th-century: African vanilla and cinnamon...potatoes from South America...*piri piri* chilies from Brazil (used in a popular chicken dish)...and citrus from the Orient. Here are a few things Portuguese chefs do with all that variety:

- **Caldo verde:** A classic soup of kale, potatoes, onions, and garlic simmered with olive oil in a clay pot. It is often served with cornbread and sometimes made with ham or sausage.
- **Feijoada à transmontana:** A bean stew with cabbage and sausages. It is often served confit-style in a dish called *rojões*, which features white wine and cumin.
- **Francesinha:** A hefty sandwich of thickly sliced bread stuffed with bacon or pork belly, sliced roasted pork, sausage, beefsteak, fried egg, and cheese.
- **Aletria:** A sweet noodle pudding made with *vermicelli* (angel hair) pasta, milk, sugar, egg yolks, cinnamon, and lemon or orange zest.
- **Cataplana:** Fish and cod cooked with red and green peppers, tomatoes, garlic, wine, and paprika.
- **Pastel de Nata:** A egg custard pastry, iconic to Portugal. Traditionally dusted with a topping of cinnamon.
- **Bacalhau à Brás:** A dish of salted shredded cod, mixed with thin fried potatoes, onions, and egg.

Shopping: What to Buy, Customs, Shipping & More

There may be scheduled visits to local shops during your adventure. There is no requirement to make a purchase during these stops, and any purchase made is a direct transaction with the shop in question, subject to the vendor's terms of purchase. O.A.T. is not responsible for purchases you make on your trip or for the shipment of your purchases.

Returns

If you discover an issue with an item, you should contact the vendor directly and expect that any resolution will take longer than it would in the U.S. We recommend that you keep a copy of all your receipts, invoices, or contracts, along with the shop's contact information. Keep in mind, local practice may vary from U.S. standards, so don't assume that you have a certain number of days after the purchase to speak up or that you are guaranteed a refund.

Crafts & Souvenirs

Portugal

Among the recommended buys in Portugal are Atlantis crystal, Vista Alegre porcelain, pottery, tiles, and gold and silver-filigree jewelry. Other local handicrafts include lace, woodwork, cork products, ceramics, embroidered goods, hand-loomed carpets, hand-knit sweaters, crocheted shawls, brass, copper and pewter ware, and baskets.

Europe Tax-Free Shopping: Many stores in Portuguese cities have adopted the “Europe Tax-Free Shopping” (ETS) system, which allows foreign shoppers to easily recover the Value Added Tax (IVA)—which can be anywhere from 6%–23% depending on the item. Stores that participate in the ETS system will clearly display an ETS sign at the entrance. If you make a purchase, ask the shopkeeper for a tax-free form. When you depart Europe, you show the airport customs official your purchases and tax-free forms. You will then receive a cash refund or a credit to your credit card, approximately four weeks following your return to the U.S., for the total amount of your tax-free allowance.

U.S. Customs Regulations & Shipping Charges

For all things related to U.S. Customs, the ultimate authority is the U.S. Bureau of Customs & Border Protection. Their website, www.cbp.gov has the answers to the most frequently asked questions. Or you can call them at **1-877-227-5511**.

The top three points to know are:

- At time of writing, your personal duty-free allowance is \$800 for items brought with you. Items totaling more than \$800 are subject to duty fees.
- **Items shipped home are always subject to duty when received in the U.S.** Even when the shop has offered to include shipping and duties in the price, this typically means shipping to the nearest customs facility and payment of the export duties—not door-to-door shipping or payment of the import duties. All additional duties or shipping charges would be your responsibility. Unless an item is small enough to send by parcel service (like FedEx), chances are you will need to arrange shipping or pick-up once the item is in the U.S. and will need to pay customs duties.
- It is illegal to import products made from endangered animal species. U.S. Customs & Border Protection will seize these items, as well as most furs, coral, tortoise shell, reptile skins, feathers, plants, and items made from animal skins.

DEMOGRAPHICS & HISTORY

Portugal

Facts, Figures & National Holidays

- **Area:** Portugal contains 35,556 square miles, including the Azores and Madeira islands. The Madeira island group occupies 305 square miles. The main island of Madeira is 35 miles long and about 13 miles across at its widest point.
- **Capital:** Lisbon
- **Language:** Portuguese
- **Geography:** Portugal's mainland terrain is mountainous, pastoral, and earthy. Its interior moors and flatlands are circumscribed by 500 miles of gorgeous coastline with long stretches of sandy beaches. Madeira consists of two inhabited islands, Madeira and Porto Santo, and two groups of uninhabited islands. The largest island is Madeira. It is volcanic and mountainous, with its highest peaks in the interior rising to over 6,000 feet. The island contains nearly 100 miles of coastline, but no beaches (except one tiny one at Prainha near the eastern tip of the island). The north coast is untamed and less populated; the western end is forested and cool; and the eastern tip consists of barren reddish rock that extends into the blue sea.
- **Population:** 10,421,117 (Estimate)
- **Religion:** Roman Catholic, 81%, Christian and other, 19%
- **Time Zone:** Portugal is ahead of U.S. Eastern Time by five hours; Central Time by six hours; Mountain Time by seven hours; Pacific Time by eight hours.

National Holidays: Portugal

In addition to the holidays listed below, Portugal celebrates a number of national holidays that follow a lunar calendar, such as Easter and Corpus Christi. To find out if you will be traveling during these holidays, please visit www.timeanddate.com/holidays.

01/01 New Year's Day

04/25 Liberty Day

05/01 Labor Day

06/10 Portugal Day

08/15 Assumption of Mary

10/05 Republic Implantation

11/01 All Saints' Day

12/01 Restoration of Independence

12/08 Feast of the Immaculate Conception

12/25 Christmas Day

Portugal: A Brief History

Portugal's earliest tribes occupied the Tagus valley, the Alentejo and Estremadura as far back as 8,000 BC. Later, Neolithic clans built hilltop forts called castros in northern Portugal, and around 700 BC these were occupied by Celtic Lusitanians. They were fierce, which led the Carthaginians (who had settled on the south coast) to recruit them around 200 BC to fight off the Romans. The Celtic Lusitanians proved their worth—while it only took Rome seven years to conquer Gaul, it took them nearly 200 to subdue Iberia. By the time that was accomplished, Rome had colonies in Lisbon, Evora, Santarem, and Beja.

Christianity reached Portugal near the end of the 1st century, and by the 3rd century, bishoprics had been founded at Lisbon, Braga, and other towns. As Visigothic invaders crossed the Pyrenees, they made their way to Portugal. But since they ruled from Toledo, their influence was not strong. This made it easy for the Moors, who arrived soon after 711 AD. Portugal's Moors settled mainly in the south, and brought many agrarian reforms as well as a love of culture. They established Muslim supremacy, but allowed Christians and Jews to worship, work, own property, and freely engage in business. Though their cities were grander and larger in Spain, they still left an enduring impact on Portuguese culture.

The Christian Reconquest had some early victories in Portugal, taking Porto back from the Moors by 868 and Coimbra by 1064. Meanwhile, a small kingdom was coalescing around the old Roman settlement of Portus Cale. It was controlled by the kings of Leon and Castile until 1139, when Afonso Henriques won a battle and proclaimed himself King of Portucale. The Algarve was reconquered in 1264, the capital was moved from Coimbra to Lisbon, and Portugal's land boundaries have since remained almost unchanged.

But Portugal's imperial ambitions had no boundaries. In 1415, King John conquered the North African trading post of Ceuta. Under his son Prince Henry the Navigator, advances were made in shipbuilding, navigation, and cartography; and Portuguese *caravels* sailed the coast of Africa. Madeira and the Azores were colonized, and over the next century, explorers like Bartolomeu Dias and Vasco da Gama expanded the empire from Africa to India and southeast Asia, and to Brazil.

In 1580, Spain invaded Portugal and held it for 60 years. Although the Portuguese independence was restored in 1640, Portugal kept fighting back frequent Spanish raids to take over again for about 28 years. By that time, Dutch, English, and French competitors had surpassed Portugal's colonial might. The country's fortunes mostly waned over the next centuries. Portugal was able to end a five-year occupation by Napoleonic forces with the help of Britain. But that alliance did Portugal no good when the 1890 British Ultimatum was delivered, requiring Portugal to give up its claim to land between Mozambique and Angola. Still, Portugal fought in World War I on the Allied side.

A weak postwar governments led to a military coup in 1926, in which Antonio Oliveira Salazar became a Finances Minister, before progressing to dictator in 1933, ruling for almost 40 years. He kept Portugal neutral in World War II, but granted naval and air bases to the Allies after 1943. Portugal joined NATO as a founding member in 1949, but did not gain admission to the United Nations until 1955. Salazar suffered a stroke in 1968 and died in 1970. In 1974, a socialist military coup ended the Salazar era. It was called the "carnation revolution" since civilians placed flowers in the rifles of the military. Directly afterwards, most of Portugal's former colonies were granted their independence. With EU membership in 1986, Portugal entered the European mainstream.

Since the debt crisis of 2008, Portugal's economy has made progress. The government deficit has fallen, as has unemployment. But some of this has been achieved by austerity measures that have hit the young, teachers, health care workers, and others. The future will call for the same kind of resolve and innovation that drove Portugal's golden Age of Discovery so long ago.

RESOURCES

Suggested Reading

The Azores

The Tenth Island by Diana Marcum (2018, Memoir). Part memoir and part love story between an American reporter and the islands.

Barnacle Love by Anthony De Sa (2008, Short Stories). This debut novel is actually a series of linked short stories about an immigrant from a fishing community in the Azores.

Portugal

A Concise History of Portugal by David Birmingham (2018, History) This condensed, illustrated history offers an introduction to Portugal's people, culture, and evolving role in contemporary Europe.

A Small Death in Lisbon and ***The Company of Strangers*** by Robert Wilson (1999 and 2001, Fiction) Both these political thrillers are set in Portugal with flashbacks to World War II, when the supposedly neutral nation was a hotbed of espionage.

Baltasar and Blimunda by Jose Saramago (1998, Historical Fiction) Written by the winner of the 1998 Nobel Prize for Literature, this historic romance offers detailed insight into what life was like in Portugal in the late 18th century. Set in 1711, in the midst of the terrors of the Inquisition and the plague, it follows a seemingly mismatched couple as they discover the wonders of love.

The Portuguese: The Land and Its People by Marian Kaplan (1991, History) A travel guide and history book all in one that takes you from the Moorish Invasion to the Age of Discovery to modern times.

Suggested Films & Videos

Portugal

Porto (2016, Drama) An American expatriate and a French woman spend one intense night together in the titular Portuguese city. Years later, they try to make sense of their connection, the transience of joy, and haphazard nature of life. Filmed in 35, 16 and Super 8 mm, this film sees Porto through a novel and striking lens.

Night Train to Lisbon (2013, Drama) A Swiss schoolteacher (Jeremy Irons) prevents the suicide of a young Portuguese woman, who then disappears. Soon thereafter, he visits a bookshop where he discovers a puzzling memoir written during the Salazar era. Consumed by the idea that he may not be living his life to the fullest, he travels to Lisbon to unravel the mysteries.

No Reservations: Lisbon (2012, Season 8, Episode 4) Emmy award-winning chef and social critic Anthony Bourdain visited Lisbon just as it was on the verge of becoming a travel sensation. Enjoy his witty commentary, local encounters, and mouth-watering presentations of Lisbon's culinary pleasures.

Amália (2008, Documentary) This biopic tells the story of Amália Rodrigues, Portugal's Queen of Fado.

Lisbon Story (1994, Drama) A straightforward tale of a German sound engineer who falls in love with Lisbon. Director Wim Wenders takes you through a city that he obviously loves, offering the beauty of old houses, narrow streets, the sounds of the city, a haunting soundtrack, and the lives lived in Portugal's capital.

Useful Websites

Overseas Adventure Travel

www.oattravel.com

Overseas Adventure Travel Frequently Asked Questions

www.oattravel.com/faq

International Health Information/CDC (Centers for Disease Control)

www.cdc.gov/travel

Electricity & Plugs

www.worldstandards.eu/electricity/plugs-and-sockets

Foreign Exchange Rates

www.xe.com/currencyconverter
www.oanda.com/converter/classic

ATM Locators

www.mastercard.com/atm
www.visa.com/atmlocator

World Weather

www.intellicast.com
www.weather.com
www.wunderground.com

Basic Travel Phrases (80 languages)

www.travlang.com/languages

Packing Tips

www.travelite.org

U.S. Customs & Border Protection

www.cbp.gov/travel

Transportation Security Administration (TSA)

www.tsa.gov

National Passport Information Center

www.travel.state.gov

Holidays Worldwide

www.timeanddate.com/holidays

History & Culture

en.wikipedia.org

Useful Apps

Flight Stats

Track departures, arrivals, and flight status

LoungeBuddy

Get access to premium airport lounges around the world

Timeshifter

Personalized tips for avoiding jetlag, based on neuroscience and your own data

GoogleMaps

Maps and directions anywhere in the world

Triposo

City guides, walking maps, and more – and it works offline

Rome2rio

Where to go, what to see, and what to do in more than 160 countries

Flush or Sit or Squat

Find a clean toilet anywhere

Uber

Ride sharing around the world

Visa Plus and Mastercard Cirrus

ATM locations

Shows the location of the nearest ATM in your network

TunnelBear

Provides a secure VPN (virtual private network) that will encrypt your browsing data when you use a public WiFi network

What's App, Skype, or Signal

WiFi calling anywhere in the world

Duolingo, FLuentU, or Babbel

Learn dozens of foreign languages

Google Translate

Fast and simple translations

XE

Currency conversions

SizeGuide

Clothing and shoe sizes in all countries

Best Units Converter

Converts currency, mileage, weights, and many other units of measurement

Tourlina

For women only, it connects you with other female travelers

Happy Cow

Locate vegan and vegetarian eateries in 195 countries

Eatwith

Dine with locals all over the world

Meetup

Connects you with locals who share your interests

Skyview

Identifies constellations and heavenly bodies

Travello

Find travel friends on the road

ALIX for One

Created by and for women, it identifies solo-friendly dining spots in major international cities

TripWhistle

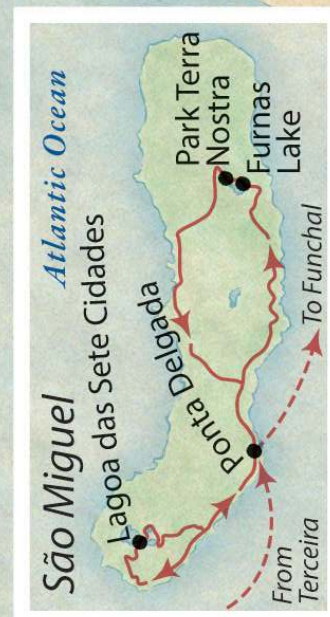
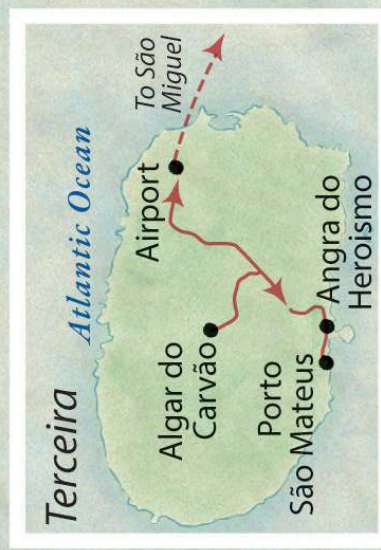
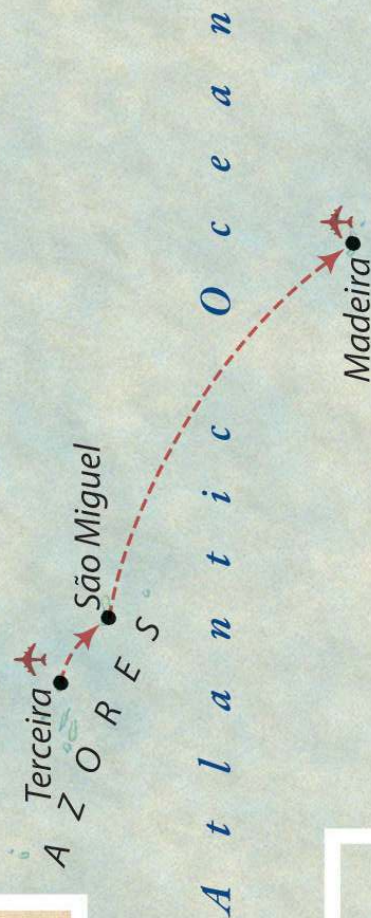
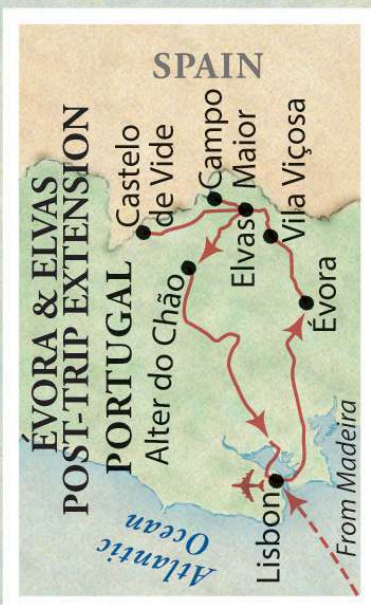
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Safely navigate neighborhoods around the world

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8-time travelers from Stevensville, MI



Submitted by Julia Schneider,
5-time traveler from Pinellas Park, FL



Submitted by Martin Schwartzman,
30-time traveler from Woodbury, NY



Submitted by Paul Stark, 17-time traveler
from Edina, MN



Submitted by David Fong, 16-time traveler
from Foster City, CA



Submitted by Steven dos Remedios,
23-time traveler from Oakland, CA



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