

# Overseas Adventure Travel<sup>®</sup>

THE LEADER IN CUSTOMIZED SMALL GROUP ADVENTURES SINCE 1978

Your O.A.T. Adventure Travel Planning Guide<sup>®</sup>



Back Roads of Iberia: Spanish Paradores &  
Portuguese Pousadas

2026

# Overseas Adventure Travel<sup>®</sup>

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.

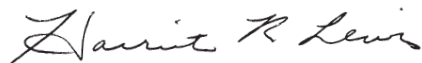
When you join us, you will slip seamlessly into local life as you explore off the beaten path in your small group. Like all our itineraries, this one is designed to give you an intimate understanding of your destination, not just a superficial view. You will get to know community leaders and try your 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 customize 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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Toledo, Spain

## Back Roads of Iberia: Spanish Paradores & Portuguese Pousadas

### Small Group Adventure

**Portugal:** Lisbon, Évora | **Spain:** Carmona, Ronda, Úbeda, Toledo, Madrid

Small groups of no more than 16 travelers, guaranteed

**16 days starting from \$5,095**

including international airfare

Single Supplement: **FREE**

For departure dates & prices, visit [www.oattravel.com/wps2026pricing](http://www.oattravel.com/wps2026pricing)

Portugal and Spain are countries that evoke the passion of the *flamenco* and drama of maritime exploration. We'll chart our own course for discovery in these ancient lands while staying in intimate Portuguese *pousadas* and Spanish *paradores*, restored historic inns that evoke the glory of an earlier era. Discover royal cities, hilltop citadels, and ancient olive groves on a journey deep into the lands of conquerors and *conquistadores*.

### IT'S INCLUDED

- 14 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
- 28 meals—14 breakfasts, 7 lunches, and 7 dinners (including 1 Home-Hosted Dinner)
- 19 small group activities
- Services of a local O.A.T. Trip Experience Leader
- Baggage handling for 1 piece of luggage per person
- Gratuities for local guides, drivers, and luggage porters
- 5% Frequent Traveler Credit toward your next O.A.T. trip

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

**Back Roads of Iberia: Spanish Paradores & Portuguese Pousadas**





## WHAT TO EXPECT

① ② ③ ④ ⑤ Moderate

**Pacing:** 6 locations in 15 days

**Physical requirements:** Must be able to walk 2-3 miles (approximately 15,000-18,000 steps) 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.

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

View all physical requirements at [www.oattravel.com/wps](http://www.oattravel.com/wps)

## PORTUGAL & SPAIN: THE O.A.T. DIFFERENCE

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

**People-to-People Experiences:** Learn about **Controversial Topics** throughout your adventure—including a conversation on the morality of bullfighting—with local people who are deeply affected by these issues. You'll also sit down with a smaller group of 5 travelers for a **Home-Hosted Dinner** and lively conversation with a Portuguese family in Lisbon, and visit a traditional artisanal cheese producer to learn about Azeitão cheese, a velvety local specialty made from raw sheep's milk, in Queijaria Velha.

**O.A.T. Exclusives:** Spend **A Day in the Life** at an olive oil mill outside of Úbeda—a recently enhanced feature—where you'll meet with the owners, tour an olive grove and the factory, and enjoy a traditional lunch together. Plus, enjoy 8 nights at *Pousadas* and *Paradores*, which are small restored inns in historic monuments—from castles and convents to manor homes and monasteries—that enable you to get an authentic view of the glory and history of an earlier era in Spain and Portugal.

## ITINERARY SUMMARY

DAYS	DESTINATION
1	Fly to Lisbon, Portugal
2-4	Lisbon
5-6	Évora
7-8	Carmona, Spain
9-10	Ronda
11-12	Córdoba • Úbeda
13-15	Toledo
16	Return to U.S.

## PERSONALIZE YOUR ADVENTURE

### OPTIONAL EXTENSIONS

Northern Portugal: Porto & the Douro Valley

PRE-TRIP: 5 nights from **\$1,495**

Northern Spain: Bilbao, San Sebastian & Medieval Villages

POST-TRIP: 7 nights from **\$2,295**

### 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 **Porto** before your Northern Portugal pre-trip extension from **\$150** per room, per night
- Arrive early in **Lisbon** before your main adventure from **\$190** per room, per night

# Back Roads of Iberia: Spanish Paradores & Portuguese Pousadas

## YOUR DETAILED ITINERARY

### BEGIN YOUR ADVENTURE WITH AN OPTIONAL PRE-TRIP EXTENSION

#### 5 nights in *Northern Portugal: Porto & the Douro Valley*

**Day 1** Depart U.S.

**Day 2** Arrive in Porto

**Day 3** Explore Porto

**Day 4** Explore Douro River region • Visit wine farm

**Day 5** Porto • Optional Minho region tour

**Day 6** Porto • Gaia wine-tasting

**Day 7** Transfer to Lisbon

#### **Day 1** Depart U.S.

Fly from the U.S. to Lisbon, Portugal.

#### **Day 2** Arrive in Lisbon, Portugal

- Destination: Lisbon
- Accommodations: Hotel Marquês de Pombal or similar

**Morning:** You'll arrive in Lisbon this morning to begin your Portugal and Spain travel experience. An O.A.T. representative will meet you at the airport and assists with the transfer to your hotel.

We'll check in to our hotel, where you'll be joined by travelers who took our *Northern Portugal: Porto & the Douro Valley* pre-trip extension and those who arrived early in Lisbon before the main adventure.

**Lunch:** On your own upon arrival to the hotel. You may choose to set off to find a local restaurant that serves regional specialties, such as seafood.

**Afternoon:** Join your Trip Experience Leader for a Welcome Drink at your hotel to acquaint yourself with your fellow travelers, followed by an orientation walk of the neighborhood around your hotel.

**Dinner:** On your own. You can sample local specialties ranging from seafood and grilled chicken, to hearty stews. Ask your Trip Experience Leader for specific recommendations.

**Evening:** Relax at a nearby café and linger over a glass of port or local wine.



### Day 3 Explore Lisbon

- Destination: Lisbon
- Included Meals: Breakfast, Dinner
- Accommodations: Hotel Marquês de Pombal or similar

**Activity Note:** Today's walking tour will be about 2–3 miles and includes uneven cobblestone streets and some uphill and downhill sections.

**Breakfast:** At the hotel.

**Morning:** Gather in the hotel lobby to meet with our Trip Experience Leader for a Welcome Briefing. Then, a local guide will join us for a walking tour through some of the history-filled streets of Lisbon. Spread out on seven low hills overlooking the Tagus River, the legendary Portuguese capital has lured traders and settlers for more than 20 centuries.

In the late 15th century, the port of Lisbon was the staging point for Portuguese explorations that would usher in the great Age of Discovery—and make Lisbon the richest European capital until the 19th century. Our walk will also take us through Lisbon's most important square, *Praça do Comércio* (Commerce Square). The vast waterfront square was built where the Royal Palace once stood for more than two centuries until it was destroyed by the Great Earthquake in 1755.

Our walking tour will bring us to the Alfama district, one of Lisbon's oldest and most ethnically diverse neighborhoods. We'll spend about an hour strolling these narrow laneways, admiring the charismatic architecture, and mingling with the locals before taking a short bus ride back to our hotel.

**Lunch:** On your own. You can ask your Trip Experience Leader for some local dining options.

**Afternoon:** Enjoy some free time to relax at the hotel or explore independently this afternoon. We'll meet up again later and walk to Bairro Alto, one of Lisbon's trendiest neighborhoods.

**Dinner:** We'll enjoy a Welcome Dinner together at a local restaurant in Bairro Alto, featuring Portuguese cuisine and traditional *fado* music.

**Evening:** The remainder of the evening is free to explore more of the area and perhaps enjoy a nightcap at a nearby café.

### Day 4 Sintra National Palace • Home-Hosted Dinner

- Destination: Lisbon
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Hotel Marquês de Pombal or similar

**Activity Note:** Our tour of Sintra Palace will include stairs of about 150 steps.

**Breakfast:** At the hotel.

**Morning:** We'll depart the hotel and drive toward Sintra, a village situated within a fairytale landscape of lush forests, turreted palaces, and castle ruins. Here, we'll embark on a tour of Sintra National Palace, a 15th-century medieval palace where the Portuguese royal family spent their summers until the 1800s. Discover the medieval, gothic, and Moorish architectural influences as we explore the palace's decorative staterooms.

After, take a stroll through town to admire the small alleyways, charming architecture, and traditional fountains that line the streets.

**Lunch:** At a local restaurant in Sintra.

**Afternoon:** After lunch, we'll make our return to Lisbon, driving along a scenic stretch of coastal road as we make our way to Belém, a waterfront district in Lisbon, where we'll stop

to see historic monuments such as the Tower of Belém—a UNESCO World Heritage Site—and the Discoveries Monument.

Afterwards, you'll have a few hours of free time. You might choose to explore the city on your own, perhaps enjoying a visit to the Calouste Gulbenkian Museum or the Time Out Market, an indoor venue featuring gourmet food stalls, shops, and bars.

**Dinner:** We'll split into even smaller groups to enjoy a **Home-Hosted Dinner** in Lisbon. You'll have the exclusive opportunity to deeply connect with your hosts and enjoy home-cooked cuisine and meaningful conversation about what day-to-day life is like in this Portuguese city.

**Evening:** The rest of the night is free. You might enjoy a nightcap at the hotel bar or simply relax before tomorrow's discoveries.

## Day 5 Rural Portugal • Overland to Évora

- Destination: Évora
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Pousada de Évora or similar

**Activity Note:** Some groups will stay in Arraiolos instead of Évora, and the included events on Days 5 and 6 may be in a different order.

**Breakfast:** At the hotel.

**Morning:** We'll depart the hotel and drive to Azeitão, passing over the Vasco da Gama bridge as we leave Lisbon. While in Azeitão, we'll learn about the longstanding Portuguese tradition of *azulejos*. Introduced to Iberia by Moors, these blue or multi-colored ceramic tiles decorate everything from church walls and palaces to the façades of most Portuguese homes. With our

small group, we'll also gain experiential insight into the ancient art form by trying our hand at painting some of the tiles ourselves.

Next, we'll visit a traditional artisanal cheese producer to learn about Azeitão cheese, a velvety local specialty made from raw sheep's milk.

**Lunch:** At the cheese workshop.

**Afternoon:** We'll continue our transfer to Évora, driving past landscapes dotted with cork trees and olive groves.

After we arrive at our hotel and check in, you'll have some free time to freshen up after the day's journey.

**Dinner:** We'll enjoy a traditional dinner at our historic *pousada*.

**Evening:** On your own—you're free to explore as you'd like, or ask your Trip Experience Leader for recommendations.

## Day 6 Explore Évora • Visit local winery

- Destination: Évora
- Included Meals: Breakfast, Lunch
- Accommodations: Pousada de Évora or similar

**Breakfast:** At the hotel.

**Morning:** We embark on a walking tour of Évora, an ancient hilltop town with Roman and Moorish roots that is a UNESCO World Heritage Site. 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.

Next we’ll drive to Vila de Frades, a typical Alentejo town, and visit Adega da Talha winery, where we’ll have the opportunity to learn about a unique winemaking technique developed by the Romans. The da Talha wines are fermented in clay pots called *talhas*, giving them an intense and flavorful bouquet. And of course we’ll sample them for ourselves.

**Lunch:** We’ll enjoy an included at a local restaurant.

**Afternoon:** We’ll head back to our hotel, and the rest of your day is free. You might choose to wander the cobbled alleyways, or relax at a café and take in your surroundings.

**Dinner:** On your own tonight. Feel free to ask for recommendations from your Trip Experience Leader.

**Evening:** You’re free to retire to your room, enjoy a drink at the hotel bar, or venture back out into Évora for the evening. Your Trip Experience Leader is ready with recommendations.

## **Day 7 Roman ruins of Mérida • Overland to Carmona, Spain**

- Destination: Carmona
- Included Meals: Breakfast, Dinner
- Accommodations: Parador de Carmona or similar

**Breakfast:** At the hotel.

**Morning:** We depart the hotel and set our clocks forward by an hour as we travel to Spain. As we cross the border, we enter into Extremadura, an autonomous Spanish province known as the homeland of such famous 16th-century *conquistadores* as Pizarro and Cortés. As we traverse this vast and sparsely populated farming region we will likely see views of storks nesting in ancient steeples and medieval towns dotting the plain.

When we arrive in Mérida, the capital of the region, we’ll join a local guide for a tour of its ancient ruins—a UNESCO World Heritage Site—including its 6,000-seat Roman theater and the adjoining amphitheater. Here, gladiators once battled to the death against animals imported from Asia and Africa and confined in the large, cross-shaped pit we’ll see at center stage. Although the region of Extremadura once marked the boundary between Moorish and Christian Spain, the capital of the region, Mérida, fell under Moorish, Christian, and even Portuguese control throughout its storied history. It is better known, however, as one of the most famous Roman capitals on the Iberian Peninsula, and it displays this heritage in some of the best-preserved Roman ruins in all of Europe.

**Lunch:** On your own. Your Trip Experience Leader will be happy to provide a recommendation for where to eat as options include rustic taverns, tapas, and contemporary Spanish cuisine.

**Afternoon:** We continue on to the charming Andalusian town of Carmona, where we arrive and check in to our hotel.

**Dinner:** At the hotel restaurant.

**Evening:** On your own to take a short walk or lounge in the hotel bar.

## Day 8 Carmona • Optional Seville tour

- Destination: Carmona
- Included Meals: Breakfast, Dinner
- Accommodations: Parador de Carmona or similar

**Activity Note:** If Day 8 falls on a Sunday or on a religious holiday, we will visit the walled fortress of *El Alcázar* instead of the Seville Cathedral. The optional Seville tour must be reserved 30 days or more prior to departure. The optional Seville tour will include about 2–3 miles of walking along uneven cobblestone streets and some uphill and downhill sections.

**Breakfast:** At the hotel.

**Morning:** You may choose to spend the full day exploring Carmona on your own. Meander through this picturesque walled town with its Roman-era streets at your own pace. You may want to see the Seville Gate and its double Moorish arch, which leads to the narrow streets and Renaissance mansions of Old Town. Cozy Plaza San Fernando is home to a series of elegant 17th-century homes; and the nearby Roman Necropolis contains the relics of more than 900 families that lived in and around Carmona some 2,000 years ago. You may even choose to take a trip on your own to the Roman ruins or the local convent where you can take in the architecture and leave with homemade baked goods.

Or, you may elect to take our optional tour to Seville, the romantic Spanish city renowned for bullfighting, the *flamenco*, and Don Juan. Those who choose the optional tour will discover Seville's highlights, including its picturesque homes, 2000-year-old plazas, and maze of cobbled streets in neighborhoods like the Barrio de Santa Cruz. We'll also explore the Seville Cathedral, one of the largest and most impressive churches in the world. Built in the

15th century at the site of a twelfth-century mosque, the massive Cathedral is also home to the golden Retablo Mayor, the largest altarpiece in the world—and is the reputed burial place of Christopher Columbus. Thirty-five ramps—originally built so guards could ascend swiftly on donkeys or horses—lead up to the bell chamber, where you may enjoy panoramic views of the city.

**Lunch:** On your own—travelers who are staying in Carmona may choose to venture out to find a local restaurant. If you join us on our optional tour, lunch is on your own. You may seek out local specialties in Seville.

**Afternoon:** Travelers who stayed in Carmona will have free time for independent discoveries.

Those on the optional tour will have free time to continue exploring or browsing the local shops. Then, we'll begin our return to Carmona.

**Dinner:** At a local restaurant for a light dinner.

**Evening:** Upon arrival back to the hotel, the evening is free for you to go out for a nightcap or pack before we depart for Ronda tomorrow.

## Day 9 Explore Ronda • Controversial

### Topic: The uncertain future of bullfighting in Spain

- Destination: Ronda
- Included Meals: Breakfast, Lunch
- Accommodations: Parador de Ronda or similar

**Breakfast:** At the hotel.

**Morning:** Today we'll make the journey south from Carmona to Ronda, admiring views of several of the region's famous "white villages" along the way. Nestled into mountainsides or set atop dramatic gorges, Andalusia's Pueblos Blancos are a series of picturesque whitewashed



hill towns and quaint villages that offer glimpses of Spanish life and culture during medieval times.

En route, we'll stop at La Cobatilla, a bull farm, which has bred fighting bulls in this region since the 19th century. Murube bulls are prized throughout Spain, and have been used in bullfights in some of the country's most prestigious venues, including the bullrings of Ronda and Madrid.

We'll spend a couple of hours at the farm. First, we'll head to the family residence where we'll meet our host and hear about what it was like growing up on the farm.

**Lunch:** Enjoy a light lunch on the ranch, made from fresh ingredients grown on the farm.

**Afternoon:** Then, we'll sit down with our host of the ranch for a conversation about a **Controversial Topic:** the waning popularity of bullfighting in Spain. This controversial activity has been a proud part of Spain's cultural heritage for hundreds of years, and at one time was almost universally beloved. In recent decades, however, cultural attitudes have shifted, and a generation of younger Spaniards and animal rights activists have come to see it as a form of barbaric cruelty that needs to end.

Throughout the country, approximately 60% of the population is opposed to the practice, and some parts of Spain have outright banned it. In the Catalan capital of Barcelona for example, bullfighting was forbidden by a grassroots vote in 2012. Although the legal status of the ban has been challenged federally, the city converted its ring into a shopping mall, sending a clear message about the future of bullfighting in the region. During our conversation, our host will also share his own point of view and help us understand the role that bullfighting has had in Spanish culture over time.

After our conversation, we'll drive to our hotel in Ronda, where we'll check in and get our room assignments. The rest of the day is free to explore independently. Later, you may choose to join your Trip Experience Leader for a short orientation walk around the neighborhood surrounding the hotel.

**Dinner:** On your own. Your Trip Experience Leader can point you toward a restaurant featuring Andalusian cuisine.

**Evening:** Free time to stroll the town or enjoy a cocktail at one of the hotel's restaurants and bars.

## Day 10 Explore Ronda Old Town

- Destination: Ronda
- Included Meals: Breakfast, Lunch
- Accommodations: Parador de Ronda or similar

**Activity Note:** Today's walking tour will be about 2–3 miles and includes uneven cobblestone streets and some uphill and downhill sections.

**Breakfast:** At the hotel.

**Morning:** We'll meet our local guide for a walking tour of Ronda, lasting about two hours. Ronda is one of the largest—and most spectacular—of Andalusia's white hill towns. Few places can boast a more dramatic setting than Ronda, one of the oldest cities in Spain and a one-time stronghold for legendary Andalusian bandits from the 18th to early 20th centuries. The town is divided by a 360-foot-deep ravine—El Tajo—which is spanned by three bridges, including the newer Puente Nuevo, a graceful 18th-century stone structure high above the Guadalevín River. On one side of the 210-foot-wide gorge are the narrow medieval streets of Ronda's Moorish Old Town, known as La Ciudad; on the other, the more recent El Mercadillo quarter, which

was constructed after the Christian Reconquest of 1485. Homes clinging precariously to the cliff faces of El Tajo add even more to Ronda's dramatic beauty.

Our walking tour will focus on Ronda's walled Old Town, where we'll wander through its labyrinth of medieval streets, flanked by Moorish homes with wrought-iron balconies. We'll also enjoy spectacular views of the canyon from atop the Puente Nuevo Bridge, with the valleys and hills shimmering in the distance. Just don't get too close—in his novel *For Whom the Bell Tolls*, Ernest Hemingway describes how prisoners were tossed alive from this very spot into the deep gorge below during the bitter Spanish Civil War.

**Lunch:** Enjoy a traditional lunch at the historic *parador*.

**Afternoon:** You'll have the rest of the day free to explore Ronda.

**Dinner:** On your own. Ask your Trip Experience Leader to recommend a restaurant where you can enjoy a typical Andalusian dinner, including local favorites such as fried fish, gazpacho, oxtail, Iberian ham or payoya goat cheese. You might also like to sample the regional wines.

**Evening:** On your own. You may choose to linger over a long dinner or enjoy a nightcap at the hotel bar.

## **Day 11 Visit Córdoba • Journey to Úbeda**

- Destination: Úbeda
- Included Meals: Breakfast, Dinner
- Accommodations: Parador de Úbeda or similar

**Breakfast:** At the hotel.

**Morning:** This morning, we'll drive through southern Spain toward Úbeda, stopping first in the city of Córdoba. While it was originally

founded as a Roman colony, Córdoba reached its peak as an Islamic capital in the tenth century, rising to become the largest (and arguably, most multicultural) city in Western Europe. Today, Córdoba is known primarily for the Mezquita Cathedral, its mesmerizing eighth-century mosque and one of the world's largest Islamic buildings. But what makes this mosque truly unusual is Capilla Mayor, a Gothic Christian church built in the center of the mosque in the 16th century by Charles V. Mass is still celebrated here daily.

We'll spend some time walking around Córdoba, admiring its architecture and feeling the pulse of the city.

**Lunch:** On your own. Ask your Trip Experience Leader for some of their favorite restaurants.

**Afternoon:** Immediately following lunch you have free time to explore the town on your own. You may visit the ancient Roman bridge or triumphal arch, or walk Calleja de las Flores—a narrow, flower-lined street that ends in a plaza.

Later, we'll visit the Jewish quarter with the expert guidance of our Trip Experience Leader. A UNESCO World Heritage Site since 1994, the Jewish Quarter is an intricate maze of narrow cobblestone streets.

Afterwards, we'll depart Córdoba and continue driving to our *parador* in Úbeda. After checking in, you'll have some free time to unpack or freshen up before dinner.

**Dinner:** At our *parador*.

**Evening:** On your own. You can retire to your room after dinner or go for a walk around the town.



## Day 12 *A Day in the Life* of a family-run olive oil mill

- Destination: Úbeda
- Included Meals: Breakfast, Lunch
- Accommodations: Parador de Úbeda or similar

**Activity Note:** Today's *A Day in the Life* experience will include less than a half mile walk through the groves of a family-owned and operated olive oil mill. Shade will be limited so hats and sunscreen are highly recommended.

**Breakfast:** At the hotel.

**Morning:** Situated in the Jaén province on a plateau between the Guadalquivir and Guadalimar rivers, Úbeda is bordered on all sides by numerous olive groves that produce some of the world's best olive oil. This morning we'll drive to the village of Begijar where we'll visit a family-owned olive oil mill for our *A Day in the Life* experience.

Olive oil is the dominant industry in this region of Spain; the nation produces more olive oil than any other country in the world, and approximately 40% of Spain's national production takes place here in Jaen province. Nearly every person in the local economy is connected to it in some way or another. By venturing out into the countryside and intimately connecting with a family that runs one of the most innovative mills, we'll have a rare opportunity to see firsthand just how important olive oil is to the way of life here, and gain an appreciation for the hard work that goes into producing it, from start to finish.

We'll arrive at the mill and meet the second generation of family owners, who have taken over the company now that their parents have retired. While the family patriarch and matriarch have handed over the reins, they still

live on the estate and enjoy a close relationship with their children and the farm that they spent their lives building together.

We'll walk through an olive grove, where the family will show us the different varieties of olives that are grown here, and the skills required to identify when the fruit is ready to be plucked. We'll also enjoy a hands-on experience as we help out with the harvest, side-by-side with the workers in the field (if we visit outside of harvest season, we'll still pick a few olives to get a better appreciation of the hard work that this industry requires).

We'll spend some time in the fields, then we'll go inside the mill, where we'll sit down with the family for coffee and conversation about their work here, and their role in the local community. Since our hosts have taken over the day-to-day operations, they've strived to innovate to keep the family farm at the cutting edge of Spain's olive oil production.

Then, we'll get to visit the mill to see the production process for ourselves. We'll learn how the equipment works, and how modern technology is used to press the olives and refine them into the precious finished product. We'll also enjoy an olive oil tasting.

**Lunch:** After working up an appetite, we'll enjoy an included lunch, prepared with fresh, locally-sourced ingredients.

**Afternoon:** Afterwards, we'll head back to Úbeda. Once back at the *parador*, you can choose to explore the city as you'd like, perhaps visiting the pottery or blacksmith museum. Later, you may choose to join your Trip Experience Leader for a short elective walk to explore the sights of old town.

**Dinner:** On your own. Your Trip Experience Leader can recommend a local restaurant with great *tapas*.

**Evening:** Your evening is free to explore independently.

### Day 13 Explore Toledo

- Destination: Toledo
- Included Meals: Breakfast, Lunch
- Accommodations: Sercotel Alfonso VI or similar

**Activity Note:** Today, we'll travel by bus for a total of about three hours, with stops along the way. Roads may be bumpy or uneven at times. Today's walking tour will be about 2–3 miles and includes uneven cobblestone streets and some uphill and downhill sections.

**Breakfast:** At the hotel.

**Morning:** We'll start our overland journey to Toledo this morning, with a stop along the way in Puerto Lapice.

When we arrive in Toledo, we'll check in to our hotel.

**Lunch:** At a local restaurant.

**Afternoon:** You'll have some free time to relax and settle in. Then, we'll embark on a 2-hour walking tour of vibrant Toledo with a local guide. Known as the "city of three cultures," Toledo was once the capital of the Castile region of Spain. It was considered a melting pot in medieval times, in which Christians, Arabs, and Jews lived together for centuries. The varied cultural and religious influences of the city can still be seen today, and you'll witness them in the form of ancient synagogues, churches, mosques, and impressive palaces. The city's picturesque old quarter, a UNESCO World Heritage Site, is lined with ancient buildings that serve as a time capsule of civilizations long gone.

**Dinner:** On your own. You can ask your Trip Experience Leader to recommend some local restaurants where you can try traditional cuisine.

**Evening:** Free for you to continue exploring the city at night, perhaps joining the locals for a glass of vermouth, or stopping at one of the famous cafés to sample *churros con chocolate*.

### Day 14 Toledo • Explore Madrid • Optional Toledo Culinary Experience & Dinner tour

- Destination: Toledo
- Included Meals: Breakfast
- Accommodations: Sercotel Alfonso VI or similar

**Activity Note:** On select departures, the Prado Museum may be unavailable and a tour of the Reina Sofia Museum will be included instead.

**Breakfast:** At the hotel.

**Morning:** Today we drive to Madrid.

Upon arrival, we'll start our Madrid experience with an hour exploring the Prado Museum. One of the gems of the city, the Prado Museum first opened in 1819 and has since maintained its status as the best collection of Spanish art in Europe. In this spacious building, you'll find art dating back as early as the 12th century, and of course, witness the works of some of the country's renowned artists—from El Greco to Velasquez and beyond.

Later, we'll discover more of Madrid on a walking tour with a local guide.

**Lunch:** On your own. Perhaps you'll seek out *cocido madrileño*, a stew made from meat and chickpeas that's considered a staple in Madrid. Your Trip Experience Leader will provide recommendations for local restaurants to try.

**Afternoon:** You'll have a couple of hours to continue exploring Madrid on your own.

Then, we'll return to Toledo. The remainder of the day is free for you to explore on your own. Or, you can join our *Toledo Culinary Experience & Dinner* optional tour. This tour features a hands-on cooking demonstration of three of Spain's most iconic dishes: *Paella*, the national dish featuring seafood and other ingredients in saffron-infused rice; *salmorejo*, a chilled soup similar to gazpacho that hails from Cordoba; and *crema Catalana*, a popular custard dessert with a crispy sugar crust. Then, sit down with our host to enjoy the fruits of our labor before returning to our hotel.

**Dinner:** On your own. Your Trip Experience Leader can direct you to local specialties that may suit your interest. Travelers on the optional tour will have dinner at a home in Toledo.

**Evening:** Your evening is free to wander down the lively streets of Toledo, take in a show at the theater, or relax at the hotel bar.

### **Day 15 Toledo • Flamenco demonstration**

- Destination: Toledo
- Included Meals: Breakfast, Dinner
- Accommodations: Sercotel Alfonso VI or similar

**Breakfast:** At the hotel.

**Morning:** Enjoy a relaxed morning.

Later, our small group will reconvene for an authentic glimpse of Spain's famous *flamenco* dance accompanied by traditional music. Discover the rhythms of the *cante*, or song, and passion and precision of the *baile*, or dance. After chatting with the flamenco musicians and witnessing their lively demonstration, perhaps you'll be inspired to try this dance style for yourself.

After the dance demonstration wraps up, the day is yours for exploring. Perhaps you'll take this time to walk the outskirts of the city for impressive views, or visit a local artisan shop where you can view and purchase traditional Byzantine-style decorated pottery.

**Lunch:** On your own. Perhaps you'd like to try out a traditional *tortilla* or Spanish omelet.

**Afternoon:** You'll continue to have free time to explore.

**Dinner:** Enjoy a Farewell Dinner at a traditional Spanish restaurant, where we'll toast to the discoveries and memories we made in this historic region.

**Evening:** Free for any last minute discoveries, or you can opt to pack for tomorrow's departure, or enjoy one final glass of specialty vermouth with friends.

### **Day 16 Return to U.S. or begin post-trip extension**

- Included Meals: Breakfast

**Breakfast:** At the hotel.

**Morning:** Transfer to the airport for your return flight to the U.S. Or, catch your flight for your *Northern Spain: Bilbao, San Sebastian & Medieval Villages* post trip-extension.



## END YOUR ADVENTURE WITH AN OPTIONAL POST-TRIP EXTENSION

### ***7 nights in Northern Spain: Bilbao, San Sebastian & Medieval Villages***

**Day 1** Fly to Bilbao • Explore Bilbao

**Day 2** Bilbao

**Day 3** Discover San Sebastian

**Day 4** Visit Castro Urdiales •  
Explore Santander

**Day 5** Explore Caves of Altamira • Visit  
Santillana del Mar • San Vicente de  
la Barquera

**Day 6** Overland to Oviedo •  
Visit Covadonga

**Day 7** Explore Oviedo

**Day 8** Return to U.S.

## OPTIONAL TOURS

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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.*

### Seville

(Day 8 \$100 per person)

Set on the banks of the Guadalquivir River, Seville was occupied by the Romans from about 200 B.C.; then the Moors ruled for some 500 years until they were expelled in the middle of the 13th century by the Christian warrior Fernando III. Seville is also where Ferdinand and Isabella administered their court, and Columbus returned at the end of his voyage to America. Enhance your Spain travel experience, and discover several of Seville's highlights on this optional tour, including the historic Spanish city's picturesque whitewashed homes, 2000-year-old plazas, and maze of cobbled streets in neighborhoods like the Barrio de Santa Cruz. We'll also explore the Seville Cathedral, one of the largest and most impressive churches in the world. Built in the 15th century at the site of a twelfth-century mosque, the massive Cathedral is also home to the golden *Retablo Mayor*, the largest altarpiece in the world—and is the reputed burial place of Christopher Columbus. We'll also have time on our own in Seville for individual exploring before we return to Carmona in mid-afternoon.

**Please note:** *This optional tour must be reserved more than 30 days prior to departure.*

### Toledo Culinary Experience & Dinner

(Day 14 \$135 per person)

Learn the secrets of Spanish cuisine on our *Toledo Culinary Experience & Dinner* optional tour. Visit a local home for a hands-on cooking demonstration of three of Spain's most iconic dishes: Paella, Spain's national dish featuring seafood, vegetables, and more in saffron-infused rice; *salmorejo*, a chilled soup similar to gazpacho that hails from Cordoba; and *crema Catalana*, a popular custard dessert with a crispy sugar crust served in an earthenware bowl. Then, sit down with our host to enjoy the fruits of our labor before returning to our hotel.

## PRE-TRIP

### Northern Portugal: Porto & the Douro Valley

#### INCLUDED IN YOUR PRICE

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- » 5 nights accommodations
- » 10 meals—5 breakfasts, 3 lunches, and 2 dinner
- » 6 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

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*From the time of the Romans and the Celts, Northern Portugal has been a hotbed of rich culture and robust vintages. Discover the role of vineyards in Porto's history during visits to a family farm and a wine cellar, stroll the lanes of the Ribeira neighborhood and get to know this ancient gem from many angles.*

##### **Day 1 Depart U.S.**

Depart the U.S. today on your overnight flight to Porto, Portugal.

##### **Day 2 Arrive in Porto**

- Destination: Porto
- Accommodations: Grande Hotel do Porto or similar

**Morning:** Arrive in the coastal city of Porto, Portugal. An O.A.T. representative will meet you at the airport and assist with the transfer to your hotel.

Once we check into our hotel, enjoy time to rest or begin your independent discoveries of Porto.

Porto, an outpost of the Roman Empire in the fourth century, is one of Europe's oldest continuously inhabited cities. In the 14th and 15th centuries, Porto was crucial to the Portuguese spirit of exploration, as the city's shipyards provided vessels for Henry the

Navigator and others. By the 18th century, it was not the sailors but their cargo making waves: Britain became a partner in exporting the local port wine throughout Europe. During our stay, both the maritime tradition and wine legacy will be on display.

**Lunch:** On your own. You may opt to have a light lunch in the hotel or dine at a nearby restaurant.

**Afternoon:** On your own. You'll have free time to relax and freshen up or stroll the streets to take in the surroundings of your home for the next few days.

Later, we'll gather as a group to enjoy a Welcome Drink together. Here, you'll meet travelers who arrived early in Porto before their pre-trip extension.

**Dinner:** On your own. Perhaps you'll try local specialties like *arroz de polvo*, or octopus rice. Your Trip Experience Leader is sure to have a suggestion or two.



**Evening:** You have free time to enjoy a glass of port in the hotel bar or head to your room to rest.

### Day 3 Explore Porto

- Destination: Porto
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Grande Hotel do Porto or similar

**Breakfast:** At the hotel.

**Morning:** We'll meet as a group for our Welcome Briefing led by our Trip Experience Leader.

Then, we'll depart the hotel for a walking tour of Portugal's second-largest city. Your Trip Experience Leader will introduce you to charming Porto, including the Bolhão market, a lively building with vendors selling fresh meats, seafood, and prepared foods. We'll also explore the Old Town. You have some free time to explore Porto on your own before meeting back up as a group. Then, we'll take a short walk to the Batalha neighborhood.

**Lunch:** At a local restaurant in Batalha.

**Afternoon:** Following lunch, you'll have some free time to explore on your own. Consider exploring the Ribeira neighborhood, a UNESCO World Heritage Site, where you can wander narrow, cobblestone streets full of architectural wonders.

**Dinner:** We'll meet at the hotel and drive to a local restaurant for our Welcome Dinner. Tonight, we'll enjoy Portuguese cuisine, which ranges from fresh fish and stews to rice and meat dishes.

**Evening:** You're free to stroll the narrow streets or enjoy a late-night snack or drink at one of the many cafés that spill out onto the sidewalks.

### Day 4 Explore Douro River region • Visit wine farm

- Destination: Porto
- Included Meals: Breakfast, Lunch
- Accommodations: Grande Hotel do Porto or similar

**Breakfast:** At the hotel.

**Morning:** We'll depart our hotel and drive to the wine country of Portugal's Douro River, where the first vintages were produced in the third century A.D. We'll arrive at a family-owned *quinta* (port wine farm) in Regua, where we learn about how port is made, tour the facility, and also enjoy a tasting.

**Lunch:** At a local restaurant.

**Afternoon:** After finishing lunch, we'll drive back to the hotel. The remainder of the afternoon and evening are free for you to continue exploring Porto, perhaps checking out the Casa da Música or shops that line the city streets. If you're in the mood for a sweet treat, you can try one of the city's famous pastries, such as an éclair. Just follow the locals into one of the crowded bakeries where it's typical to indulge in pastries for an afternoon snack.

**Dinner:** On your own—your Trip Experience Leader will be happy to recommend a nearby restaurant. Those looking to really dive into local cuisine can sample *tripas à moda do Porto*, a hearty stew of pork stomach, beans and vegetables.

**Evening:** On your own to take in the natural beauty of the city.

## Day 5 Porto • Optional Minho region tour

- Destination: Porto
- Included Meals: Breakfast, Dinner
- Accommodations: Grande Hotel do Porto or similar

**Breakfast:** At the hotel.

**Morning:** Enjoy a full day exploring Porto on your own. Perhaps you'll take this opportunity to go on a Six Bridges Cruise to witness Porto's stunning waterways and bridges, spend the day visiting museums, or lounge at a café where you can grab a coffee and watch scenes of daily life. Or, you may join us on our full-day optional tour to Minho, which includes lunch.

For those taking the optional tour, our group will drive to Guimarães. Settled in the ninth century, Guimarães is known as the "cradle of Portugal," owing to the fact that the nation's first king was born here, and that the Battle of São Mamede, one of Portugal's foundational events, occurred near the city. A castle was built here to defend the local monastery from attacks, and expanded over the next 100 years, serving as the royal residence until the dawn of the 13th century. As we tour the historic city center on foot, we'll catch a glimpse of this monument. We'll also visit the Ducal Palace, the estate and former residents of the Braganza family—the noble dynasty that ruled over Portugal until the monarchy was overthrown in 1910.

**Lunch:** Those staying in Porto may seek out dining options on their own, continuing to sample local cuisine or opting for one of the many restaurants in the area serving international options. For those on the optional tour, we'll gather at a local restaurant in the town of Guimarães.

**Afternoon:** Those who remained in Porto will enjoy some time at leisure to continue making discoveries. You might choose to further explore the lovely side streets or delve deeper into cultural attractions.

Those on the optional tour will visit to Bom Jesus, where we'll explore the Baroque pilgrimage site.

As our tour concludes, we'll pass through Braga's city center. Braga, settled since the Roman era, is one of the world's oldest Catholic archdioceses. Its heart is the sweeping Praça da República, first laid out in the Middle Ages, and now outlined with restaurants including the Vianna Café, established in 1858. With its arch-filled arcade, water fountain, and cobbled plaza, it is an elegant glimpse into past eras, while still beloved by locals today.

Back in Porto, our small group will reconvene at the hotel before dinner.

**Dinner:** At a local restaurant.

**Evening:** We'll arrive back at the hotel where the remainder of the evening is on your own. Consider taking in live music on the streets or relaxing at a bar after a long day.

## Day 6 Porto • Gaia wine-tasting

- Destination: Porto
- Included Meals: Breakfast, Lunch
- Accommodations: Grande Hotel do Porto or similar

**Breakfast:** At the hotel.

**Morning:** We'll depart for a panoramic bus tour of Porto. Then, we'll head to the famous wine cellars of Gaia. Port has been a staple of the local economy since 1703, and rules for its official classification have helped maintain high standards since the mid-18th century. Upon arrival, we'll visit one of the wine cellars for a

tasting where you'll have the opportunity to learn all about the history and production of port, too.

**Lunch:** We'll sit down for an included lunch at a local restaurant.

**Afternoon:** After lunch, you have the option to return to your hotel, or further explore Porto's Ribeira neighborhood. Perhaps you'll sit by the river and watch people as they go about their daily lives.

**Dinner:** On your own this evening. Perhaps you'll revisit a favorite restaurant from earlier in the week, or seek out new options for Portuguese or European cuisine.

**Evening:** Your last night in Porto is free for independent explorations. Ask your Trip Experience Leader if there are any music events at the Casa da Música, or sip a glass of port at the hotel bar.

## Day 7 Transfer to Lisbon

- Destination: Lisbon
- Included Meals: Breakfast

**Breakfast:** At the hotel.

**Morning:** Transfer by bus to Lisbon. Along the way, we'll make a brief stop in Coimbra, known as one of Portugal's most picturesque cities. When we arrive in Lisbon, we'll join our fellow travelers at the hotel and begin our *Back Roads of Iberia: Spanish Paradores & Portuguese Pousadas* adventure.

## OPTIONAL TOUR

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### Minho region

(Day 5 \$145 per person)

Discover the Minho region during an optional tour today. Our discoveries here begin in Guimarães, a ninth century city known as the "cradle of Portugal," owing to the fact that the nation's first king was born here, and that the Battle of São Mamede, one of Portugal's foundational events, occurred near the city. A castle was built here to defend the local monastery from attacks, and expanded over the next 100 years, serving as the royal residence until the dawn of the 13th century. As we tour the historic city center on foot, we'll catch a glimpse of this monument. We'll also visit the Ducal Palace, the estate and former residents of the Braganza family—the noble dynasty that ruled over Portugal until the monarchy was overthrown in 1910.

Then, we visit Braga, settled since the Roman era, and one of the world's oldest Catholic archdioceses. Its heart is the sweeping *Praça da República*, first laid out in the Middle Ages, and now outlined with restaurants including the Vianna Café, established in 1858. With its arch-filled arcade, water fountain, and cobbled plaza, it is an elegant glimpse into past eras, even while still beloved by locals today. Our tour concludes with a tasting of the young wines known as *vinho verde* before returning to Porto this afternoon.



## POST-TRIP

### Northern Spain: Bilbao, San Sebastian & Medieval Villages

#### INCLUDED IN YOUR PRICE

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- » Airfare from Madrid to Bilbao
- » 7 nights accommodations
- » 13 meals—7 breakfasts, 4 lunches, and 2 dinners
- » 6 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

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*Journey from the Basque gem of Bilbao to historic Santander on the Bay of Biscay to Oviedo, the heart of Asturias. With included tours, visits to medieval villages, and more, enjoy a rich array of perspectives on three of Northern Spain's most fascinating cities.*

##### Day 1 Fly to Bilbao • Explore Bilbao

- Destination: Bilbao
- Included Meals: Lunch
- Accommodations: Hotel Abando or similar

**Morning:** We'll fly to Bilbao, where your Trip Experience Leader will assist you with the transfer to your hotel. Bilbao is the largest city in Basque Country, and the true heart of the region. In fact, with a million citizens, Bilbao is one of the five biggest urban areas in Spain. Now famous for its Guggenheim Museum, designed by the architect Frank Gehry, Bilbao has been an important commercial center since the 14th century, when it began trading iron. (Shakespeare references swords made of Basque iron as "bilboes" in *Merry Wives of Windsor*.) With its locale on the Iberian Peninsula, overseeing the Bay of Biscay, Bilbao retains a maritime flavor, as well as a strong affiliation with Basque identity.

**Lunch:** At a local restaurant, where you'll enjoy a traditional *pintxos* lunch, similar to small plates.

**Afternoon:** After checking in to our hotel, we'll head to the city center for a walking tour of Bilbao. We'll make our way through the "Seven Streets," the Old Town of Bilbao, witnessing the 19th-century El Arenal bridge, the Saint Nicholas Church, and the Ribera Market, the largest covered market in Europe. We'll then continue on to the Ensanche, a newer part of the city from its expansion at the dawn of the 20th century.

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

**Evening:** The rest of the evening is on your own. You're free to take a stroll through the heart of the city. Perhaps you'll explore some of the local nightlife, sip some wine at a nearby bar or restaurant, or just relax back at the hotel.

## Day 2 Bilbao

- Destination: Bilbao
- Included Meals: Breakfast
- Accommodations: Hotel Abando or similar

**Breakfast:** At the hotel.

**Morning:** Today, we'll walk to the Guggenheim Museum with our Trip Experience Leader. You'll have the chance to explore the grounds of this innovative architectural landmark on your own for as long as you choose. For the remainder of the day, you have the freedom to enjoy this fascinating city independently. Consider taking a stroll along the Nervión River, or return to the Ribera Market. Other options include the Doña Casilda Park or the Fine Arts Museum.

**Lunch:** On your own. Perhaps you'll find a local café at which you can savor a glass of *zurito*, beer served in a small glass—the popular way to order and enjoy the beverage here. Or, ask your Trip Experience Leader for suggestions for the best places to find traditional fare.

**Afternoon:** Enjoy free time to continue exploring on your own.

**Dinner:** On your own. Perhaps you'll seek out Basque specialties like lamb or *bacalao pil-pil* (cod fish with garlic and olive oil). Or, you might even try *kokotxas*—typically not found outside of the Basque region, this dish consists of the cheeks of cod or hake in a sauce made from garlic, white wine, and olive oil.

**Evening:** On your own to relax or take in the charming Old Quarter at night.

## Day 3 Discover San Sebastian

- Destination: Bilbao
- Included Meals: Breakfast, Lunch
- Accommodations: Hotel Abando or similar

**Breakfast:** At the hotel.

**Morning:** We'll drive to San Sebastian.

Located on the Bay of Biscay, and commonly referred to as the “Pearl of the Ocean” due to its sparkling azure waters, San Sebastian is a magnet for world travelers, who come for the world-famous film festival, fine dining, and resorts. San Sebastian is also a gastronomical and cultural hub, considered to be the “gourmet capital of Spain” and was one of the most popular destinations for historical figures like Leon Trotsky and Mata Hari after World War I.

When we arrive, we'll embark on a walking tour through Parte Vieja, the Old Town, where we'll see the 1774 Church of Santa Maria del Coro, with its twin towers framing an altar-like entrance. Old Town's narrow, winding streets are rich with history yet bustling with modern-day activity, as it's the busiest shopping district in San Sebastian. Then, we'll cross Constitution Square, the arcaded plaza at the heart of the city. Once the home of bullfighting competitions, watched from numbered balconies, Constitution Square is still home to many of San Sebastian's most important celebrations.

Then, we'll stop at a local outdoor market, where local farmers congregate to sell their harvest. Our Trip Experience Leader will help introduce us to the local merchants and shoppers for an opportunity for authentic people-to-people interaction. After our tour, we'll have some time to continue explore on our own before lunch.

**Lunch:** At a local restaurant, featuring Basque specialties. We'll take part in a special tasting that will give us a glimpse into the unique food culture of San Sebastian.

**Afternoon:** We'll then return to our hotel in Bilbao, where the rest of the day is free to spend as you please.

**Dinner:** On your own to continue sampling the region's rich cuisine. Ask your Trip Experience Leader where you can sample traditional *pintxos*, or tapas.

**Evening:** During free time this evening, you may choose to drift in and out of tapas bars like a local, or rest and relax before our explorations begin tomorrow.

#### **Day 4 Visit Castro Urdiales • Explore Santander**

- Destination: Santander
- Included Meals: Breakfast, Dinner
- Accommodations: Hotel Santemar or similar

**Breakfast:** At the hotel.

**Morning:** We'll depart the hotel and drive to Castro Urdiales on the Bay of Biscay. This morning, we get to know the area during a walking tour. We'll begin at the medieval city plaza, where you'll see how the city blends the modern with elements from the Middle Ages, from its Gothic Santa María de la Asunción church to its castle. Castro Urdiales is best known for fishing, especially of anchovies, and for its lovely beaches. The Puebla Vieja (Old Town) is near the water and boasts the city's first lighthouse. At the city's highest point, you can enjoy panoramic views of the glistening Cantabrian Sea.

After, we'll continue our journey to Santander where we'll check into our hotel.

**Lunch:** On your own in Santander. Ask your Trip Experience Leader for suggestions in the city, or opt to have a meal at the hotel.

**Afternoon:** We'll regroup for a city tour of Santander. The city has been an important trading port since the middle of the 18th century, when ships sailed from here to the rest of Europe and to the Americas. Its beaches have made it a draw for sun-worshippers for

more than a century, including members of the royal family who built a palace here. Backed by verdant hills and mountain peaks, Santander offers dramatic vistas in all directions. As part of our tour, we'll check out the magnificent Magdalena Palace, too, where the Spanish royal family resides during their visits to Northern Spain.

**Dinner:** At the hotel restaurant.

**Evening:** On your own—go for a lovely stroll along sandy coastlines in this resort town, or relax at the hotel.

#### **Day 5 Explore Caves of Altamira • Visit Santillana del Mar • San Vicente de la Barquera**

- Destination: Santander
- Included Meals: Breakfast, Lunch
- Accommodations: Hotel Santemar or similar

**Breakfast:** At the hotel.

**Morning:** Today we'll learn about the Altamira Caves, a UNESCO World Heritage Site. We'll learn more about the complex's historic significance during a visit to the neo-cave, an exact replica housed in the National Museum and Research Center of Altamira, which showcases the incredible prehistoric cave art that was discovered at the original site.

Then, we'll depart for the charming town of Santillana del Mar, known as "The Town of Three Lies." Its name translates to the "saint's flat by the sea," but as the local joke goes, it is not saintly, flat, or near the sea. Here, we'll enjoy a stroll through this small village, with its remarkably-preserved medieval lanes and dwellings intermingled with "newer" structures from the 18th and 19th centuries. We'll see the *casonas* (old houses) typical of the 16th and 17th centuries, with stonework and stucco meeting under red rooftops.



We'll drive to Vicente de la Barquera, a city famed for seafood, and head to a local restaurant.

**Lunch:** In Vicente de la Barquera at a restaurant known for its views of colorful boats dotting the bay. The most beloved local dish is *sorropotún*, a hearty stew of potatoes, bonito fish, tomato, and pimiento peppers. Perhaps we'll sample some local specialties during our meal.

**Afternoon:** We'll embark on a walk through the city. Underneath the gaze of the snowcapped Picos de Europa mountain range, the fishing village of San Vicente de la Barquera is known for its historic flavor. With a medieval castle, a church completed in the 16th century, and many bridges, it is a feast for the eyes, as we discover during our visit. Then, we'll make the return trip to Santander.

The rest of the afternoon and evening is yours to explore on your own. You can take in the shimmering seaside views, or maybe choose to visit Refugio Antiaereo.

**Dinner:** On your own. You might consider heading to the Río de la Pila viewpoint. Perched atop the city, the area offers impressive views and a host of intimate tapas restaurants where you can enjoy dinner or people watch over a drink.

**Evening:** On your own to continue exploring this coastal town.

## **Day 6 Overland to Oviedo •**

### **Visit Covadonga**

- Destination: Oviedo
- Included Meals: Breakfast, Lunch
- Accommodations: Gran Hotel España or similar

**Breakfast:** At the hotel.

**Morning:** Today we drive to Covadonga. As you ride, you'll see why the region is known as *España Verde* (Green Spain); the vibrant green hills contrasted by the deep blue Cantabrian Sea make for views that seem closer to a painting than real life.

When we arrive in Covadonga, we'll enjoy a short walk around the site. Covadonga marks a crucial moment in Spanish history, when the king pushed out Moorish invaders in the year 722. The sanctuary itself is home to the basilica built in 1877, which houses the tomb of the first king of Asturia and his wife, and a cave chapel that honors the Virgin Mary. Illuminated by votives and guarded by massive marble lions, the chapel is one of the region's most treasured cultural sites. Afterwards, we'll board the bus for our next destination.

**Lunch:** At a local restaurant en route to Oviedo.

**Afternoon:** Following lunch, we'll continue toward Oviedo, where we'll check into our hotel.

Oviedo has been occupied since the eighth century and the capital of Asturias since the 18th. A UNESCO World Heritage Site, it's considered Spain's home for intricate pre-Romantic era architecture, with some 10th-century structures still standing today. You have time to settle into the hotel before dinner.

**Dinner:** On your own. Ask your Trip Experience Leader where you can sample local cuisine, such as *fabada* (rich bean and pork stew) or locally produced cheeses. You might also want to try a glass of *sidra*, a dry cider made of apples.

**Evening:** You have free time to explore the small alleys or bustling town center of Oviedo.

## Day 7 Explore Oviedo

- Destination: Oviedo
- Included Meals: Breakfast, Lunch
- Accommodations: Gran Hotel España or similar

**Breakfast:** At the hotel.

**Morning:** We'll gather as a group and depart the hotel for a 2-hour walking tour of Oviedo. The city's monuments and structures offer a view across the centuries, from the medieval City Wall to the 16th-century viaduct, the elegant 18th-century La Reconquista Hotel, and the 19th-century Campoamor Theater.

**Lunch:** We'll gather at a local restaurant to enjoy a Farewell Lunch. This is a great chance to toast to the discoveries we've made throughout our adventure.

**Afternoon:** You have the rest of the day free to explore at your own pace. You can explore gothic cathedrals, loiter in front of delightful shop windows and outdoor cafés, or visit museums. Your Trip Experience Leader would be happy to provide suggestions based on your interests.

**Dinner:** On your own in Oviedo. Be sure to ask your Trip Experience Leader for dining recommendations.

**Evening:** Free to enjoy a last glass of wine or cider, or pack for your departure home tomorrow.

## Day 8 Return to U.S.

- Included Meals: Breakfast

**Breakfast:** At the hotel.

**Morning:** Transfer to the airport for your return flight to the U.S.

# TRAVEL DOCUMENTS & ENTRY REQUIREMENTS

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## 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 the U.S. Department of State’s official website at **www.travel.state.gov** for information on obtaining a new passport or renewing your existing passport. The U.S. Department of State allows for passport renewal by mail or, for applicable citizens, renewal online. We advise you review the process and requirements for online passport renewal on the official website.

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 only:** If you are taking only the main trip, you will need 3 blank passport pages.
- **Pre-trip extension to Portugal:** No additional blank pages needed beyond the 3 for the main trip.
- **Post-trip extension to Spain:** No additional blank pages needed beyond the 3 for the main trip.
- **Stopover in Amsterdam, Helsinki, Barcelona, Copenhagen, Munich, Madrid, Paris, or Rome:** No additional blank pages needed beyond the 3 for the main trip.
- **Stopover in Istanbul or London:** You will need to add an additional page to the applicable total listed above.

## Visa Required

**We’ll provide you information with detailed instructions, application forms, and fees about 100 days prior to your departure.** In the meantime, we’re providing the information below as a guideline on what to expect. This info is for U.S. citizens only. All visas and fees are subject to change.

- **Europe (Spain, Portugal):** U.S. citizens will require an online visa-waiver to enter countries in the European Union. There is no set timeline for when this requirement will start – we will contact all impacted travelers before their departure once the start date is confirmed.
- **United Kingdom (stopover only):** The United Kingdom requires an Electronic Travel Authorization (ETA) for entry. This includes entry to England, Scotland, Wales, and Northern Ireland. You will need an ETA if the UK is your final destination or if you are transiting through a UK airport. The ETA will be valid for 2 years.

### 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](http://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).



## RIGORS, VACCINES & GENERAL HEALTH

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### 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

- 6 locations in 15 days

#### PHYSICAL REQUIREMENTS

- Not appropriate for travelers using wheelchairs or other mobility aids
- Must be able to walk 2–3 miles (approximately 15,000–18,000 steps) unassisted each day and participate in 3–5 hours of daily physical activities, including walks along cobblestoned streets 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
- Several overland drives of 5–6 hours

#### ACCOMMODATIONS & FACILITIES

- Most nights are in *paradores* and *pousadas*, government-owned restored historic inns with comfortable rooms and private baths
- Lodgings in Lisbon and Toledo are hotel-standard, with a variety of amenities and private baths

## 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](http://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
- Prescription pain medication in the unlikely event of an injury in a remote location

### 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](http://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.

# MONEY MATTERS: LOCAL CURRENCY & TIPPING GUIDELINES

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## 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.**
- **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](http://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, which depending on the bank might add conversion fees, so please check with your bank for 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 2004) 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 will charge a set fee or a percentage fee each time you use a foreign ATM. We



recommend that you check with your bank before you depart. 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. If you are visiting a country that has different expectation for ATMs, they will be listed below.

## Credit & Debit Cards

While traveling, most countries and major cities will accept credit cards. We suggest that you bring one or two, 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, as not all are accepted around the world. If you are visiting a country that does not commonly accept credit cards, they will be listed below.

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

**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.

## 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 and Spain 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

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### Land Only Travelers & Customized 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 Customization options and purchased air through O.A.T, accommodations and airport transfers are included. However, if you chose one of our Customization options, but did not purchase air through O.A.T., accommodations are included, but airport transfers are not. If you chose one of our customization options, and purchase air through O.A.T. but not the accommodations, the airport transfers are not included. We have included transfer options below.
- **Customization 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](http://www.oattravel.com/myplanner) under "My Reservations" to help you with selecting a hotel for your additional time.

### Air Inclusive Travelers

If you have purchased international air with us, there are some points that may be helpful for you to know.

- **Flying with a Travel Companion:** If you're traveling with a companion from a different household, and both of you are beginning and ending your trip at the same airport on the same dates, let us know you'd like to travel together and we'll make every effort to arrange this (please note, however, that this is not always possible). If you request any changes to your flights, please be sure that both you and your companion tell us that you still want to fly together.
- **Selecting Your Seats:** If your airline allows pre-assigned seats, you will be able to select and view them directly from the airline's website after booking. Some airlines will not allow seat confirmation until your reservation is ticketed 45-30 days prior to departure, and/or they may charge a nominal fee. You may locate your itinerary on an airline's website utilizing the Record Locator Number found on the Air Itinerary in your My Planner.

### 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](http://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](http://www.oattravel.com/myplanner)).

## Optional Tours: Reserve Before You Go

We strongly recommend that you reserve the following optional tours in advance. Unless otherwise noted, the deadline to do so is 45 days prior to your departure. Occasionally, space will be available for booking onsite, but this not guaranteed. Optional tours with O.A.T. can only be purchased with a credit card (Visa or MasterCard) or a debit card with credit card functionality. Because our headquarters are in Boston, charges may appear to be from Boston or might be labeled as "OPT Boston" (depending on your credit card company).



## Seville

Set on the banks of the Guadalquivir River, Seville was occupied by the Romans from about 200 B.C.; then the Moors ruled for some 500 years until they were expelled in the middle of the 13th century by the Christian warrior Fernando III. Seville is also where Ferdinand and Isabella administered their court, and Columbus returned at the end of his voyage to America. Enhance your Spain travel experience, and discover several of Seville's highlights on this optional tour, including the historic Spanish city's picturesque whitewashed homes, 2000-year-old plazas, and maze of cobbled streets in neighborhoods like the Barrio de Santa Cruz. We'll also explore the Seville Cathedral, one of the largest and most impressive churches in the world. Built in the 15th century at the site of a twelfth-century mosque, the massive Cathedral is also home to the golden *Retablo Mayor*, the largest altarpiece in the world—and is the reputed burial place of Christopher Columbus. We'll also have time on our own in Seville for individual exploring before we return to Carmona in mid-afternoon.

**Please note:** *This optional tour must be reserved more than 30 days prior to departure.*

This optional tour is offered during the main trip. The cost is \$100 per person.

## 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 011 for international exchange, then 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.

**Spain:** +34

**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 <b>50 lbs for checked luggage</b> and <b>15 lbs for carry-ons</b> .
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	
<p><b>One suitcase and one carry-on bag per person:</b> Due to the space limitations on our coaches in Iberia, 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 transport 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.</p> <p><b>Luggage rules:</b> 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.</p> <p><b>Hotel Porters:</b> At the hotels, only one piece of luggage per person is included in the portage service. You will be responsible for transporting your carry-on luggage to your hotel room.</p>	

#### 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.
- **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.
- **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 and Spain are informal countries. 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.

## Recommended 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. Each travelers packing list may be different depending on the climate you are used to. We recommend using [www.weather.com](http://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.)

### Home-Hosted Visits

Many of our adventures feature a visit with a local family, often as part of the *A Day in the Life* experience. It is customary, though not necessary, to return your hosts' generosity with a small gift. If you do bring a gift, we recommend that you bring something the whole family can enjoy, or something that represents your region, state, or hometown. Get creative and keep it small—peach jelly from Georgia, maple sugar candy from New England, orange blossom soap from California; something that can be used or used up is best. When choosing a gift, be certain to consider the local culture as well. For example, we do not recommend alcohol in Muslim countries because it is forbidden in Islam, and your hosts may be religious. Not all O.A.T. adventures include a Home-Hosted Visit; please check your final itinerary before you depart.

### Electricity Abroad

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

## Voltage

Electricity in Spain and 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

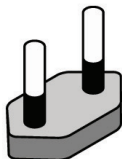
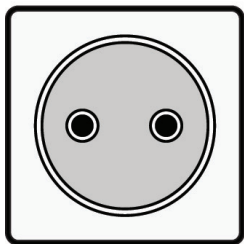
The shape of plugs will vary from country to country, and sometimes even within a country depending on when that building was built. To plug something from the U.S. into a local socket you’ll need an adapter that fits between the plug and the socket. Even though you’ll only need two types of adapters 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:

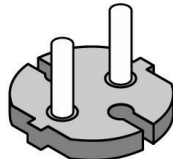
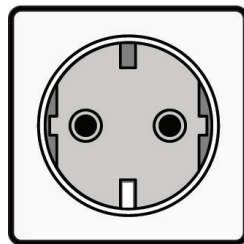
**Spain:** C and/or F

**Portugal:** C and/or F

**Type C**



**Type 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

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**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.

**Ronda, Spain:** Ronda's climate is heavily influenced by the fact that it is surrounded by mountains. Summers are mild with tolerable heat levels but the winters can be grey, cold and rainy with some interspersed sunny days.

**Toledo, Spain:** Toledo boasts a semi-acrid, transitional Mediterranean climate, with cool, mild winters and hot, dry summers. Cold waves with snow have been known to occur but are fairly uncommon for the area. Rather, Toledo frequently has night frosts and fog in December and January. In the summer, while the days can get blisteringly hot, the nights noticeably cooler, offering residents and visitors some relief.

**Porto, Portugal:** Porto, the second largest city in Portugal following Lisbon, exhibits a temperate maritime climate. Here, you can expect the summers to be warm, averaging at 77 degrees with frequent rain showers, and the winters to be mild and rainy. In general, Porto is one of the wettest areas in Europe; even during its dry season you can expect showers and bursts of colder weather. Even during its rainiest periods, Porto tends to be sunny and temperatures are mild but could drop into the high 30s-low 40s.

**Bilbao, Spain:** Along Spain's northern coast, there is an oceanic-maritime climate, with temperate weather year-round and rare major temperature fluctuations or extremes. Spring has average temperatures of 57°F in February, and 61°F in March. Spring, however, can be rainy.

**Due to climate change, summer typical temperatures may arrive earlier than expected or remain until late September. Heat waves during the summer months have also become common, with temperatures reaching over 104°F.**

**NOTE:** If you are taking one of our optional stopovers before or after your OAT adventure, please be aware the climate and temperatures might be different from what you experienced during your tour. To prepare for weather differences and pack appropriate clothing, we recommend the following world weather sites:

- [www.intellicast.com](http://www.intellicast.com)
- [www.weather.com](http://www.weather.com)
- [www.wunderground.com](http://www.wunderground.com)

## 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](http://www.weather.com)** for a more accurate forecast of the locations you visit.

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

MONTH	LISBON, PORTUGAL			RONDA, SPAIN		
	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)
JAN	58 to 47	85 to 72	3.8	61 to 39	84 to 64	2.0
FEB	61 to 49	84 to 68	3.6	64 to 43	82 to 58	1.5
MAR	65 to 51	83 to 61	2.0	70 to 46	79 to 52	1.5
APR	67 to 53	83 to 61	2.5	73 to 48	68 to 40	2.3
MAY	71 to 56	82 to 57	2.2	81 to 55	60 to 34	1.3
JUN	77 to 61	83 to 54	0.7	90 to 61	58 to 34	0.3
JUL	82 to 64	80 to 48	0.2	97 to 66	59 to 36	--
AUG	82 to 65	80 to 48	0.3	95 to 66	66 to 38	--
SEP	80 to 63	82 to 51	1.1	88 to 63	71 to 39	1.3
OCT	72 to 58	84 to 62	3.1	79 to 57	72 to 41	2.6
NOV	64 to 53	86 to 71	4.2	68 to 48	76 to 50	2.8
DEC	59 to 49	86 to 75	4.8	63 to 45	85 to 65	3.0



MONTH	TOLEDO, SPAIN			PORTO, PORTUGAL		
	Temp. High-Low	% Relative Humidity (avg)	Average # Days of Rainfall	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)
JAN	53 to 34	76	5	56 to 41	87 to 70	6.2
FEB	57 to 37	69	5	59 to 43	88 to 71	5.5
MAR	65 to 41	59	4	62 to 45	86 to 66	3.5
APR	68 to 45	58	6	64 to 48	86 to 66	4.6
MAY	76 to 61	54	6	67 to 52	89 to 67	3.8
JUN	87 to 61	45	3	73 to 57	90 to 66	1.8
JUL	94 to 66	39	1	77 to 60	91 to 65	0.7
AUG	93 to 66	41	22	77 to 60	92 to 64	1.1
SEP	84 to 59	51	3	75 to 57	90 to 65	2.8
OCT	72 to 50	66	7	69 to 53	89 to 70	5.4
NOV	60 to 42	74	6	62 to 47	87 to 70	6.2
DEC	53 to 37	79	6	58 to 44	86 to 72	7.7

MONTH	BILBAO, SPAIN		
	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)
JAN	56 to 41	80 to 63	5.0
FEB	58 to 41	79 to 58	3.8
MAR	61 to 42	83 to 58	3.7
APR	62 to 45	84 to 61	4.9
MAY	68 to 50	86 to 61	3.5
JUN	73 to 55	89 to 62	2.5
JUL	77 to 59	90 to 60	2.4
AUG	78 to 59	92 to 61	3.2
SEP	76 to 56	88 to 59	2.9
OCT	69 to 51	83 to 60	4.8
NOV	62 to 46	81 to 62	5.5
DEC	57 to 43	79 to 63	4.6

## ABOUT YOUR DESTINATIONS: CULTURE, ETIQUETTE & MORE

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### 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.

### Spanish Culture

In 1983, the artist Joan Miró created an image for the Spanish Tourist Board that is still used today—a bold red orb encircled by a black shadow, with a vivid yellow penumbra, a star, and the stylized text “España.” Beneath this, the slogan read “Everything under the sun.” It is one of the few bits of advertising that truly captures its subject, for Spain boasts a culture that is strikingly bold, colorful, and lit up by diversity. Phoenicians, Romans, Moors, Jews, Arabs, Goths and many other people have left their imprint here, giving each region a unique cultural identity. In some cases, that identity is very distinct from the mainstream culture, most notably in Galicia, Catalonia, and the Basque Country, which are autonomous communities with their own languages and traditions.

Beyond the regionalism, there is a unifying national identity that is bound up with a deep love of country, a sense of personal honor, and a shared value around sociability that Spaniards are very proud of. That pride is sometimes mistaken by outsiders as haughtiness. But once you get acquainted with a Spaniard, you will usually find that they are informal, candid, and unafraid to show their emotions. Spaniards love to converse and will stick around long after a meal, chatting for hours. This period has a name: *la sobremesa*, which means “over the table.” So don't rush off after your lunch...enjoy a coffee or a digestif, and enjoy the good company.

One reason the *sobremesa* exists has to do with the organization of the typical Spanish day. Spain has some of the longest working hours in Europe—from 9am to 8pm. But there is also a two- to three-hour break in the afternoon, the *siesta*. Once upon a time the *siesta* was a practical way for workers to avoid the midday heat, and recharge their batteries with a little nap. Nowadays, most people do not nap, especially if they work too far from home to commute back for a snooze. Instead, they may linger longer at the table after lunch with colleagues or friends.

Many shops close during the *siesta*, but this is offset by the fact that they remain open late at night. Spain in general is a late-night culture. Most people do not eat dinner until 9pm at the earliest, and it's not unusual to see entire families, children included, socializing in the cafes and plazas until midnight or later. Recently, there has been debate as to whether Spain's traditional working hours make sense. On the other hand, in an age when stress and isolation are serious threats to one's mental and physical health, a forced break to slow down, relax and enjoy some human connection may not be a bad thing.

Among the things Spaniards are proud of is their country's artistic heritage, and here again, we are talking about diversity. You will see it in the striking architecture—from Roman ruins to Mudéjar palaces to Gothic cathedrals and the modernist masterpieces of Antoni Gaudí. Besides contemporary pop music, you are likely to hear Spanish classical guitar, and the flamenco music that arose from the *cante jondo* (deep song) of Andalusia's gypsies. Spanish writer Miguel de Cervantes gave us the first modern novel in 1605 with *Don Quixote*, and others following in his footsteps include the avant-garde Federico Garcia Lorca, Miguel Delibes (a multi-time Nobel nominee), and the contemporary Javier Marías.

As for visual arts, beyond the Golden Age giants like Goya, El Greco, and Velázquez, Spain's modernist pantheon includes Pablo Picasso, Juan Gris, Salvador Dalí, Miquel Barceló, and of course, Joan Miró, who was spot-on about that “everything under the sun” thing.

## Religion and Religious Observance

Catholicism became the official religion of Spain in 589 AD, and since then its influence has pervaded every aspect of Spanish society. But the nature of that influence has shifted over the past century. Though 68.5% of Spaniards identify as Catholic, only 14% of them say they attend mass on a weekly basis. Some of this goes back to the Franco era, when the church's connections with the regime caused many Spanish Catholics to be skeptical of the clergy.

Mistrust of the church hierarchy notwithstanding, there is still a deep embrace of the religious traditions that are now embedded in Spanish culture. There is a church in every neighborhood, and Christian symbols are visible throughout the country. Each region or city has a patron saint who is celebrated on his or her dedicated holiday (*santo*) with processions and fiestas. Easter in Andalucía is marked by locals carrying elaborate floats and statues of Jesus and Mary through their towns. The truly devout may make pilgrimages (*romerías*) to religious shrines, the most famous of which is the *Camino de Santiago de Compostela* (the St. James' Way) in the north of Spain. Even those who are not observant may attend mass on holidays, have religious weddings, or baptize their children.

The second largest religious group in Spain are Muslims, who comprise about 4% of the population. Many are first- or second-generation immigrants from Morocco and other African nations, and they are more likely to be active worshippers than their Catholic counterparts.

## Visiting Churches

Many 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. If you'll be traveling during warm weather and want to go sleeveless or wear a tank top, then we suggest that you throw a light sweater or cover-up into your backpack. A pashmina-type shawl is ideal for covering shoulders or low-cut blouses, or even wrapping around the waist as a sarong.

## Language in Spain

The official language that is spoken throughout Spain is Spanish—specifically, the Castilian form of Spanish. Spanish is a Romance language (along with Catalan, French, Italian, Romanian and Portuguese.) But there are many Spanish dialects and even separate regional languages that are widely spoken such as Catalan (spoken in Catalonia), Gallego (spoken in Galicia), Euskara (spoken in the Basque Country), and Aranese (spoken in parts of Catalonia near the Pyrenees.) What language you speak has social and political overtones, and many Spaniards choose to use local dialects at home or in daily business.

English is the most common foreign language, spoken by 27.7% of Spaniards. It is more widely used by young people, and those numbers are destined to rise given that nearly 90% of school-aged children are now learning English in school. In tourist areas, many signs are in English as well as Spanish.

## Useful Phrases

Since many people speak English you should have little trouble communicating. And if you know a little Spanish, your hosts will be very appreciative if you make the effort to speak it. Spain has some colorful slang and idiomatic expressions that you may hear. Here are a few:

- *Vale* is a word you will hear a lot. It just means, “okay,” as in “*Vale, vamos!*” (Okay, let’s go.) Sometimes, it is just tacked onto the beginning or end of a sentence, just as we might do in English.
- *No es nada* means “no worries” or “it’s nothing,” and is used as a reply when someone says sorry.
- *De nada* means “you’re welcome”, and is used as a reply when someone says thank you.
- *Que tal* is the informal way of greeting someone, meaning “what’s up?” or “how are you going?”
- You might have learned that *simpático* means “nice” in Spanish, and it does. But a more informal word to use is *majo* or *maja*. Besides meaning “nice” or “pleasant,” it can also mean “pretty.” So you could say, “*Nuestro líder del viaje es muy maja.*” (Our Trip Leader is very nice.)

## 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.

## Religion in Portugal

The majority of Portuguese people (81%) identify as Catholics. However, apart from major celebrations, church attendance is quite low. Even so, Catholicism is deeply entwined with the national and cultural identity. Even those who are not devout still have religious weddings, baptisms, and funerals, and festivals honoring regional saints are still popular. It was only after the 1974 "carnation revolution" that the church and state were officially separated. Dress code in churches is similar to Spain.



## 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.)

## Hotel Courtesy in Spain

Like in many other European nations, manners are more formal in Spain than the U.S. Hotel staff will likely address you as “señor” or “señora” and may be caught off guard if you ask a question without greeting them with a quick “hello” or “good day” first. Local staff (and other visiting Europeans) will generally make an effort to be quiet in hallways and common rooms, which are normally used for reading, relaxing, or quiet conversation. For this reason, eating and drinking in any common rooms other than the bar or restaurant is frowned on. If you have any laundry to dry, please keep it inside your room (and not on the balcony).

## Getting Around in Spain

**Taxi:** Taxis are widely available in the area.

**Bus:** Generally less expensive than both taxi and train travel, bus travel in Spain has increased in recent years.

**Trains:** Spain has an extensive railway network linking all major towns and cities, and rail travel in Spain is generally comfortable, reliable and often cheaper than many other European countries. Trains are modern and many are high-speed.

## 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

When taking photos of people in most countries, be polite and ask permission to take a close-up. In many countries, you should not be taking photos of children or older women without permission. 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.

Please obey any signs regarding photos at museum or sites; 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. Carry a one-day supply of cash, and your passport, in a travel pouch. Don't leave valuables unattended in your hotel room – use a room safe as needed. In any sort of puzzling street situation, try to keep one hand on your wallet or money belt.

## Spanish Cuisine

The 21st century's culinary firmament is lit by a galaxy of superstar chefs from Spain. Among them are the legendary Ferran Adrià (whose former restaurant, El Bulli, launched the “molecular gastronomy” trend), Carme Ruscalleda (the only female chef to be awarded five Michelin stars), octogenarian Juan Mari Arzak (the father of the “New Basque” cuisine), and Jose Andrés, (credited with bringing small plate dining to America). Even if you do not dine in one of their restaurants, they have influenced Spanish chefs in even the humblest establishments, where you might find traditional classics like these:

- **Gambas al ajillo:** Shrimp cooked with Garlic and Chilies
- **Gazpacho:** A chilled soup that hails from Andalusia
- **Jamón Iberico:** A Spanish ham that is dry-cured and hung on the rafters of local bars and restaurants

- **Txangurro:** A baked spider crab stuffed with onions, tomatoes, leeks, brandy, and parsley, topped with breadcrumbs.
- **Pastel Vasco:** A slice of vanilla custard cream with a crunchy crust.

## 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

### Spain

Leather goods, from supple suede gloves and elegant calf handbags to wineskins that require careful curing (botas), are excellent purchases. Other good buys are shoes, from classical calf pumps to provincial cloth espadrilles; porcelain by Lladro and pottery by regional craftsmen; and wool rugs made by tapestry makers or simple cotton-rag throws.

**Siesta:** Throughout Spain, most stores and offices close between 1:30 pm and 5 pm. Then they reopen until 7:30 pm (many close even later). Restaurants generally remain open during siesta. In the larger cities you may find that big department stores will stay open from 10am – 10pm.

**Value Added Tax:** Known in Spain as the IVA, Value Added Tax is levied on most articles, services, and meals. The IVA ranges from 7% to 21% (luxury items, cars). Depending on how much you spend on certain goods, you may be eligible for a partial refund of this tax. Ask the shopkeeper or salesperson about the VAT at time of purchase. Be sure to save all receipts and forms for Customs.

### 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](http://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

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### Spain

#### Facts, Figures & National Holidays

- **Area:** The mainland occupies approximately 195,364.5 square miles. Off Spain's east coast in the Mediterranean are the Balearic Islands (1,936 square miles), the largest of which is Majorca. Sixty miles west of Africa are the Canary Islands (2,808 square miles).
- **Capital:** Madrid
- **Languages:** Spanish, Basque, Catalan, and Galician. In resort areas, many people also speak English, French, and German.
- **Geography:** Spain's topography consists of a broad central plateau that slopes to the south and east, crossed by a series of mountain ranges and river valleys. It is a land of both towering peaks and endless beaches, as well as fertile landscapes and high, dry plains. Principal rivers are the Ebro in the northeast, the Tajo in the central region, and the Guadalquivir in the south.
- **Population:** 47,325,360 (estimate)
- **Religions:** Roman Catholic 67.8%, atheist 9.1%, other 2.2%, non-believer 18.4%, unspecified 2.5%
- **Time Zone:** Spain is six hours ahead of U.S. Eastern Time.

## National Holidays: Spain

In addition to the holidays listed below, Spain celebrates a number of national holidays that follow a lunar calendar, such as Easter. To find out if you will be traveling during these holidays, please visit [www.timeanddate.com/holidays](http://www.timeanddate.com/holidays).

01/01 New Year's Day

01/06 Epiphany

05/01 Labor Day

08/15 Assumption of Mary

10/12 Hispanic Day

11/01 All Saints Day

12/06 Constitution Day

12/08 Immaculate Conception

12/25 Christmas

## Spain: A Brief History

Spain has been continuously inhabited for 1.2 million years, but the bulk of our knowledge about Spain's earliest people begins around 1100 BC, when Phoenicians established trading colonies along the southern coast. These attracted the Greeks; and around the same time, Celts descended in the north, establishing hill villages known as *castros*, many of which still stand in Galicia and northern Portugal.

The Romans arrived in Spain around 206 BC, but had to defeat the Carthaginians for it. Afterwards, the Romans still had a fight on their hands: The Iberian tribes resisted for 200 years. Today, in places like Mérida, Córdoba, Segovia, and Tarragona, you can see remnants of Roman roads, bridges, aqueducts, temples, and amphitheaters. Towards the end of their dominion, the Romans also brought Christianity. But Pax Romana crumbled as Visigoths and Franks swept over the Pyrenees.

The civilized heights of Rome were not equaled until the Moors arrived from North Africa around 711 AD. The enlightened Islamic civilization they established was called Al-Andalus, and it lasted for nearly 800 years. Islamic cities such as Córdoba, Seville, and Granada flourished. Throughout Al-Andalus, Christians, and Jews lived under some restrictions, but were free to worship, work, own property, and trade. When the rest of Europe was struggling through the Dark Ages, the city of Córdoba became a beacon of enlightenment with a celebrated university, palaces, gardens, observatories, libraries, street lamps, and running water. Mathematics, astronomy, literature, music, and architecture flourished.

Córdoba's star began to dim in the 11th century as the caliphate broke into dozens of small kingdoms. Infighting opened a crack for northern Christians to pry open, and the Christian Reconquest pushed south. The last stronghold of the Moors, Granada, fell to King Ferdinand and Queen Isabella in 1491. They instituted a 300-year campaign of terror, the Spanish Inquisition, which sought to root out heretics through the confiscation of property, imprisonment, torture, and execution. It required Muslims and Jews to convert to Christianity or leave Spain, thereby ending a source of valuable cultural contributions.

But Spain's fortunes continued to rise. In 1492, Christopher Columbus opened up the New World to Spain's imperial ambitions. Spain amassed tremendous wealth and a vast empire through Columbus' conquest of the Caribbean, as well as the conquest of Mexico by Cortes (1519–21) and Peru by Pizarro (1532–33). In 1588, Philip II sent his Armada to invade England, but its defeat cost Spain its supremacy. After centuries of dwindling losses, Spain's overseas empire ended with Cuban independence in 1898.

Spain remained neutral during World War I, but was unable to avoid the upheavals that arose in its aftermath. Civil war erupted in 1936, pitting right-wing Nationalists under Francisco Franco against socialist, communist, and centrist Republicans. Nazi Germany and Fascist Italy supported Franco with planes, weapons, and 92,000 troops, making Spain a testing ground for WWII. Franco declared the war over in 1939, but there was no peace. In the ensuing years, his regime killed 100,000 intellectuals, teachers, and dissenters. After World War II (which Spain sat out), a UN-sponsored boycott plunged the nation into "years of hunger." They didn't wane until the 1950s, when U.S. aid and tourism infused the economy. When Franco died in 1975, Juan Carlos I took the throne and Spain transitioned to democracy.

When the 2008 global economic crisis plunged Spain's economy, the conservative government enacted harsh austerity measures. Youth unemployment reached 60%, and by 2017 over 87,000 workers left Spain, creating a brain drain. Recently, the government rolled out a "Return Plan" to lure them back. Also in 2017, a referendum in Catalonia backed separation from Spain. Madrid imposed direct rule, though polls show that 68% of Spaniards prefer dialogue with Catalonia.

## 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](http://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

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### Suggested Reading

#### Spain

***A Million Steps*** by Kurt Koontz (2013, Travel Narrative) Follow the author as he walks the Camino de Santiago—a pilgrimage route in Spain that stretches more than 400 miles—a journey that is both physical and spiritual.

***Sister Queens: The Noble, Tragic Lives of Katherine of Aragon and Juana, Queen of Castile*** by Julia Fox (2011, biography). The daughters of Ferdinand and Isabella each lost positions of power—one to the whims of England’s Henry VIII, and the other to madness.

***The Shadow of the Wind*** by Carlos Ruiz Zafon (2005, Fiction) A mix of mystery, romance, and hauntings abound in this international bestseller, set in 1950s Barcelona.

***The Last Jew*** by Noah Gordon (2000, Historical Fiction) A sweeping tale of survival during the Spanish Inquisition.

***Traveler’s Tales: Spain*** edited by Lucy McCauley (1995, Anthology) Incisive, lyrical musings on all aspects of Spain, written by luminaries such as Gabriel Garcia Marquez, Calvin Trillin, and Barbara Kingsolver.

#### 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

### Spain

***Pain and Glory*** (2019, Drama) Antonio Banderas earned a Best Actor nomination for his portrayal of a legendary director flashing back through his past, and facing a present filled with loss, memory, physical ailments, and imagination. This thinly-veiled autobiographical sketch from director Pedro Almodovar is a rueful reflection on creativity, wrapped up with warmth, humor, and vivid glimpses of life in late 20th-century Spain.

***Ocho Apellidos Vascos*** (released in the U.S. as *Spanish Affair*, 2014, Comedy) Two of Spain's most disparate cultures collide as a jilted bride from the Basque Country goes to Seville, where a skillful Andalusian ladies man is frustrated by his inability to woo her. A fun and warm-hearted look at the differences between northern and southern Spain.

***The Way*** (2010, Drama) A grieving father (Martin Sheen) honors his lost son's desire to finish the journey of a lifetime by competing the historical pilgrimage on the Camino de Santiago. Along the way, he meets other trekkers with their own stories to tell.

***Pan's Labyrinth*** (2006, Fantasy) From director Guillermo del Toro. Following Spain's bloody civil war, young Ofelia enters a world of unimaginable cruelty when she moves in with her new stepfather, a brutal military officer. Armed only with her imagination, Ofelia discovers a labyrinth and a faun who offers her a path to saving herself and her mother. The lines between fantasy and reality begin to blur, and before Ofelia can turn back, she's at the center of a ferocious battle between good and evil.

***All About My Mother*** (1999, Comedy) When her 17-year-old son is tragically killed in a car accident, Manuela sets out to reconnect with her son's father and ends up forging new connections with an outrageous transvestite, a pregnant nun, and her son's favorite actress. This 1999 Oscar winner for Best Foreign Language Film is another from director Pedro Almodovar, whose other acclaimed works include *Women on the Verge of a Nervous Breakdown* and *Volver*.

### 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 Frequently Asked Questions**

[www.oattravel.com/faq](http://www.oattravel.com/faq)

### **International Health Information/CDC (Centers for Disease Control)**

[www.cdc.gov/travel](http://www.cdc.gov/travel)

### **Electricity & Plugs**

[www.worldstandards.eu/electricity/plugs-and-sockets](http://www.worldstandards.eu/electricity/plugs-and-sockets)

### **Foreign Exchange Rates**

[www.xe.com/currencyconverter](http://www.xe.com/currencyconverter)  
[www.oanda.com/converter/classic](http://www.oanda.com/converter/classic)

### **ATM Locators**

[www.mastercard.com/atm](http://www.mastercard.com/atm)  
[www.visa.com/atmlocator](http://www.visa.com/atmlocator)

### **World Weather**

[www.intellicast.com](http://www.intellicast.com)  
[www.weather.com](http://www.weather.com)  
[www.wunderground.com](http://www.wunderground.com)

### **Basic Travel Phrases** (80 languages)

[www.travlang.com/languages](http://www.travlang.com/languages)

### **Packing Tips**

[www.travelite.org](http://www.travelite.org)

### **U.S. Customs & Border Protection**

[www.cbp.gov/travel](http://www.cbp.gov/travel)

### **Transportation Security Administration (TSA)**

[www.tsa.gov](http://www.tsa.gov)

### **National Passport Information Center**

[www.travel.state.gov](http://www.travel.state.gov)

### **Holidays Worldwide**

[www.timeanddate.com/holidays](http://www.timeanddate.com/holidays)

## 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 or Maps.me**

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 or Bolt or Grab**

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 or Skype or Signal**

WiFi calling anywhere in the world

### **Duolingo or 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**

Maps your location and provides emergency numbers for police, medics, and more

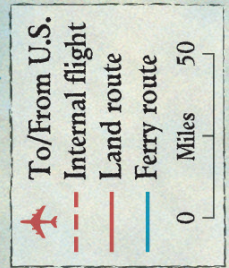
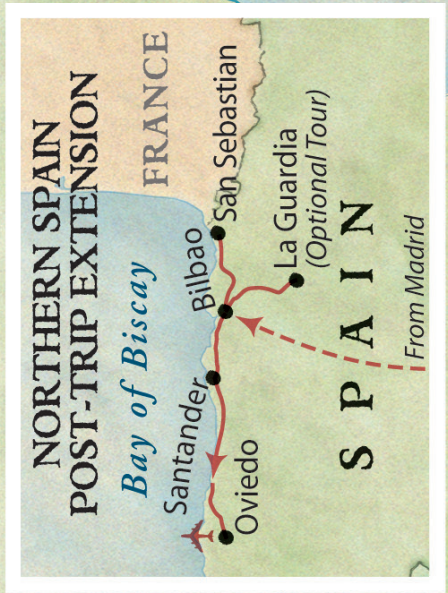
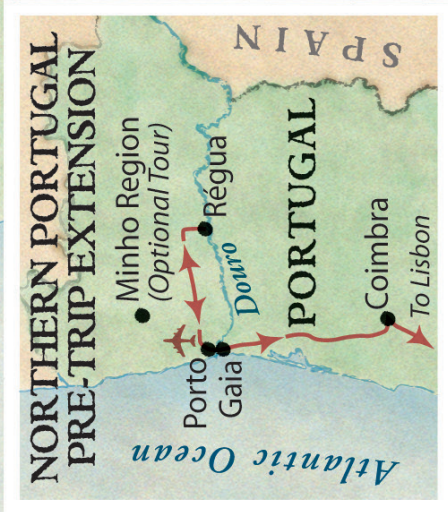
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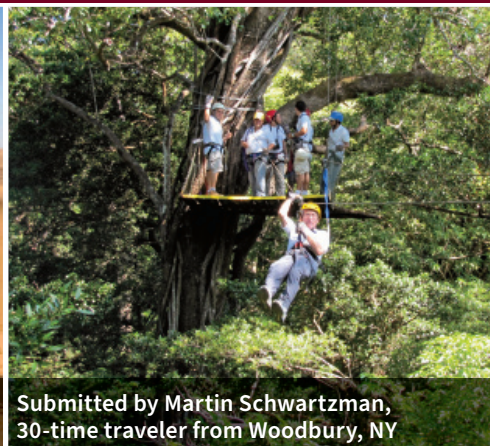
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30-time traveler from Woodbury, NY



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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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