

Overseas Adventure Travel[®]

THE LEADER IN PERSONALIZED SMALL GROUP ADVENTURES SINCE 1978

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



Iberian Voyage: Lisbon to Barcelona

2025

Overseas Adventure Travel[®]

347 Congress Street, Boston, MA 02210

Dear Traveler,

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

When you join us, you will enjoy the thrill of off-the-beaten-path discovery coupled with the convenience of unpacking just once. Aboard our privately owned small ship, you will visit lesser-known ports that larger vessels cannot access—and enjoy intimate interactions with local people in your small group of no more than 25 travelers. 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.

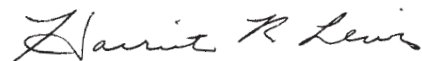
But your personal connections are not limited to your time on land—while onboard, you will enjoy the warm hospitality provided by our friendly, English-speaking crew, as well as the camaraderie of your fellow American travelers. Whether you travel with a partner, sister, friend, or independently, you will feel welcomed and included throughout your journey. And if you do choose to travel solo, you will enjoy an unmatched value, with our FREE or low-cost 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, like the **87% of our travelers who personalize their experience**. Perhaps you will choose to see more of your destination by adding an optional trip extension to your itinerary. You can also arrive a few days early to explore independently and get acclimated, customize your air itinerary, and more.

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

Warm regards,



Harriet R. Lewis

Chair

Overseas Adventure Travel

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M/V Corinthian, Lisbon, Portugal

Iberian Voyage: Lisbon to Barcelona Small Ship Adventure

Portugal: Lisbon, Portimão | **Spain:** Seville, Córdoba, Málaga, Cartagena, Valencia, Barcelona | **British Overseas Territory:** Gibraltar | **Morocco:** Tangier

Small groups of no more than 25 travelers, guaranteed

15 days starting from \$8,295

including international airfare

Single Supplement: **FREE** or \$1,495

For departure dates & prices, visit www.oattravel.com/clb2025pricing

Cruise for ten nights aboard our privately owned **98-passenger M/V Corinthian** or **89-passenger M/V Clio** to the cultural capitals of Portugal, Spain, and Morocco. Begin by exploring the colorful medieval neighborhoods of Lisbon, and end soaking in the surreal skyline and lively ambiance of Barcelona. Along the way, you'll uncover relics of the region's cultural heritage in Cartagena ... enjoy a taste of North African tradition in Tangier ... and behold the legendary Rock of Gibraltar.

IT'S INCLUDED

- 13 nights accommodations, including 10 nights aboard our privately owned 98-passenger M/V Corinthian or 89-passenger M/V Clio
- International airfare, airport transfers, government taxes, fees, and airline fuel surcharges, unless you choose to make your own air arrangements
- 35 meals—daily breakfasts, 11 lunches, 12 dinners, including 1 Home-Hosted Lunch
- 16 guided tours and cultural experiences
- Services of a local Trip Experience Leader
- Gratuities for local guides and motorcoach drivers
- All port charges
- Baggage handling for 1 piece of luggage per person, including tips
- 5% Frequent Traveler Credit toward your next trip

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



ITINERARY SUMMARY

DAYS	DESTINATION
1	Depart U.S.
2-4	Lisbon, Portugal
5	Portimao • Embark ship
6-8	Seville, Spain • Cordoba
9	Tangier, Morocco
10	Gibraltar
11	Malaga, Spain
12	Cartagena
13	Valencia
14	Barcelona
15	Disembark ship • Return to U.S.

WHAT TO EXPECT

① ② ③ ④ ⑤ Moderately Easy

Pacing: 14 days, with 10 nights aboard the M/V *Clio* or M/V *Corinthian* and one three-night hotel stay

Physical Requirements: Walk 2 miles unassisted and participate in 2 hours of physical activities each day with agility and balance required for possible rough seas

Flight time: Travel time will be 8-19 hours and will most likely have one connection

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

PORTUGAL, SPAIN & MOROCCO: THE O.A.T. DIFFERENCE

Unbeatable Value: Travel at the lowest price and per diems in the industry. Plus, all port charges included.

People-to-People Experiences: Meet with a local tile worker in Azeitao, who will explain the importance of ceramic tiles to Portuguese art and culture. And on our **A Day in the Life** of a Spanish bull farm, you'll get to know the family who runs it, experience the animals firsthand, and enjoy a farm-fresh lunch. Plus, sit down for a **Home-Hosted Lunch** in Malaga with a local family who will bring you into their home and share their way of life.

O.A.T. Exclusives: Enjoy an excursion to Cordoba, once the largest city in the world after it was conquered by the Moors in AD 711, during an extra day in Seville. Plus, visit Morocco for a well-rounded view of the Iberian coast.

PERSONALIZE YOUR ADVENTURE

OPTIONAL EXTENSIONS

Portugal: Lisbon, Sintra Palace & Seaside Cascais

PRE-TRIP: 3 nights from **\$1,195**

Barcelona, Spain

POST-TRIP: 3 nights from **\$1,495**

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 **Lisbon** before your Portugal pre-trip extension or before your main adventure from **\$370** per room, per night

Iberian Voyage: Lisbon to Barcelona

YOUR DETAILED ITINERARY

BEGIN YOUR ADVENTURE WITH AN OPTIONAL PRE-TRIP EXTENSION

3 nights in *Portugal: Lisbon, Sintra Palace & Seaside Cascais*

Day 1 Depart U.S.

Day 2 Arrive Lisbon, Portugal

Day 3 Explore Lisbon

Day 4 Lisbon • Explore Cascais •
Explore Sintra

Day 5 Lisbon • Explore Obidos •
Join main trip

Day 1 Depart U.S.

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

Day 2 Arrive Lisbon, Portugal

- Destination: Lisbon
- Accommodations: Altis Grand Hotel or similar

Morning/Afternoon: Arrive in Lisbon, where an O.A.T. representative will meet you at the airport and help you transfer to your hotel. Here, you will be joined by travelers who took our optional pre-trip extension, *Portugal: Lisbon, Sintra Palace & Seaside Cascais*.

After settling in, you'll get acquainted with your surroundings during an orientation walk led by your Trip Experience Leader.

Dinner: On your own this evening. If you're looking for something quick and local, you could seek out a *bifana*, a signature Portuguese sandwich comprised of sauteed, marinated pork packed inside a crispy roll.

Evening: Free to make independent discoveries.

Day 3 Explore Lisbon

- Destination: Lisbon
- Included Meals: Breakfast, Lunch
- Accommodations: Altis Grand Hotel or similar

Breakfast: At the hotel.

Morning: Meet with your Trip Experience Leader for a Welcome Briefing. We'll then depart for a panoramic tour of Lisbon led by a local guide. Portuguese explorers, such as famed navigator Vasco da Gama, began colonizing parts of Africa and Asia at the beginning of the 15th century, using Lisbon as their home base. Their voyages throughout the East and the New World ushered in the Age of Discovery, 300 years of international expansion that resulted in enormous prosperity, particularly for Portugal. This respect for the sea—and influx of riches—gave birth to a new style of architecture known as Manueline, which features intricate decorative motifs, often with maritime themes. You'll witness a number of examples of this unique style as we drive through the city and your Trip Experience Leader points out notable landmarks.

Later this morning, you'll arrive at Belém, a district of the city located on the Tagus River. Considered by many to be one of Lisbon's most historic neighborhoods, Belém reflects a Lisbon of past and present, symbolizing Portugal's significant contribution to the Age of Discovery.

Next, we'll drive to the neighborhood of Alfama, the oldest section of Lisbon. The narrow, cobblestone streets are full of impossibly small alleys, an abundance of stairs, and dead ends, making for an intriguing urban walking experience. The architectural style and layout of Alfama is very characteristic of old Lisbon, giving visitors an up-close look at what life typically looked like centuries ago.

Lunch: At a local restaurant.

Afternoon: After lunch, you'll have the option of going back to the hotel, traversing the city on your own, or continuing to explore. If you choose to be on your own, you may want to discover more in Mouraria, a very old and diverse section of the city. This area is home to over 80 different nationalities of people and boasts a vibrant and welcoming community.

Dinner: On your own. You may want to try a pork sandwich called *Francesinha* or a squid kebab.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Trip Experience Leader for recommendations.

Day 4 Lisbon • Azeitão • Tile workshop visit

- Destination: Lisbon
- Included Meals: Breakfast, Dinner
- Accommodations: Altis Grand Hotel or similar

Breakfast: At the hotel.

Morning: Depart for the village of Azeitão, located just south of Lisbon. This quaint town is known for its unique style of Portuguese tile-making. You'll get to experience this traditional art form up close this morning when you visit a local tile workshop. Throughout Lisbon and beyond, you'll notice unique, colorful patterns adorning meticulously molded tiles on churches, homes, schools, and even restaurants. Throughout the centuries, these tiles have served not only for decoration, but also for temperature control. Upon arrival, you'll meet an employee who will explain the intricate process and importance of ceramic tiles to Portuguese art and culture. You'll have the opportunity to ask him or her questions.

Lunch: On your own. Your Trip Experience Leader will be happy to recommend a spot for lunch.

Afternoon: You'll have the freedom to explore on your own this afternoon.

Dinner: At a local restaurant.

Evening: You have the opportunity to make independent discoveries this evening. Perhaps you'll take part in some of the activities suggested on Day 2.

Day 5 Lisbon • Portimão • Embark ship

- Destination: Portimão
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio* or M/V *Corinthian*

Breakfast: At the hotel.

Morning: Depart for Portimão, a city situated on the Algarve known for its sailing culture. This is where you will embark your ship, but before you do, you'll first make a stop in the nearby village of Estombar for a regional specialty.

Later, embark your small ship. This privately owned, 89- or 98-passenger vessel will be your home for the next ten nights. The ship is staffed by a friendly, English-speaking crew who will be eager to welcome you aboard and show you to your room.

Lunch: Onboard the ship.

Afternoon: Your Captain will conduct a safety briefing, after which you'll have time to get acquainted with the ship's inviting common areas.

Make your way to the lounge for an embarkation briefing and the first of a series of nightly Port Talks. These informative discussions will give you an overview of the following day's itinerary, and prepare you for the destination ahead.

Dinner: Onboard the ship.

Evening: You are free to relax in the lounge after dinner, or return to your cabin to finish settling in.

Day 6 Explore Seville, Spain

- Destination: Seville
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio* or M/V *Corinthian*

Breakfast: Onboard the ship.

Morning: Dock in Seville. While larger vessels are forced to dock elsewhere—and travelers must arrive by bus transfer—your discoveries will begin when you step off your small ship and right into the heart of this Spanish gem. We'll embark on a guided panoramic city tour down the main avenues. Seville is linked to myriad iconic cultural and historical elements. It is the birthplace of *flamenco* and Don Juan, the legendary home of powerful Moorish kings, and the final resting place of Christopher Columbus. With this diverse history, it's no wonder Seville

boasts a charismatic aesthetic, which you'll discover on this highlights tour, including city gardens, Plaza de España, Torre del Oro, and Park María Luisa. Later, you and your fellow travelers will also discover the neighborhood of Barrio de Santa Cruz—originally the medieval city's Jewish quarter—famous for its maze of narrow streets that wind around whitewashed homes, sizable mansions, and airy plazas.

Lunch: Onboard the ship.

Afternoon: The rest of the afternoon is free for your own discoveries. Later on, a Port Talk will be given by your Trip Experience Leader.

Dinner: Onboard the ship.

Evening: You have the freedom to spend the rest of your evening as you wish. Should you be interested in furthering your cultural discoveries, an authentic *flamenco* performance will be given later tonight. This is a wonderful opportunity to witness this passionate art form in the country of its origin.

Day 7 Seville • Explore Córdoba

- Destination: Córdoba
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio* or M/V *Corinthian*

Activity Note: Depending on how your small group is split into smaller groups, you may experience today's activities on Day 8.

Breakfast: Onboard the ship.

Morning: Disembark the ship and transfer to Córdoba. Founded as a Roman enclave, Córdoba grew to become the largest city in the world after it was conquered by the Moors in AD 711. Today, the city's most famous landmark—the Mezquita (Great Mosque)—is a shining example of its Moorish heritage.

During today's included tour, you'll find that Córdoba is a study in contrasts. Begin with a stroll through the Juderia (Jewish Quarter), admiring the famous Andalucian patios of pretty ceramics, iron grilles, and plants.

We'd be remiss not to end our tour at the Mezquita, where your local guide will show you its unexpected dual personality. Once the third-largest mosque in the world, the Mezquita is now a Roman Catholic cathedral. Inside, you'll find evidence of both faiths: Its hypostyle hall—featuring 850 stunning colored granite and marble arches—is typical of Islamic design, while the 16th-century Renaissance cathedral in the center, with its mahogany pulpits and choir stalls, is characteristically Christian.

Lunch: At a local restaurant.

Afternoon: After lunch, drive back to Seville, where we'll embark the ship once again. Feel free to take the rest of the afternoon to rest after your walking tour until tonight's Port Talk.

Dinner: Onboard the ship.

Evening: At leisure. Perhaps you'll enjoy a nightcap at the ship's bar or relax in the lounge.

Day 8 Seville • A Day in the Life of a Spanish bull farm

- Destination: Seville
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio* or M/V *Corinthian*

Breakfast: Onboard the ship.

Morning: Depart for our *A Day in the Life* at a bull farm. Locals have a special name for these kinds of farms: *Dehesa*, which denotes vast swaths of grassy pasture used for free-range bovine and equine breeding. The *Dehesa* we're headed to today is famous for supplying bulls

to the most prominent bull rings in Spain, including those in the historic cities of Seville and Málaga. We'll learn more about this centuries-old cultural patrimony later as we come to understand its beginnings and get to know those who uphold it. Upon arrival, we will be greeted by the owner or another family member, who will welcome us into their Andalusian-style home and introduce us to the unique livelihood of their family. As with many other *Dehesas*, this 800-acre farm has been passed down through the family for generations.

We'll venture out into the densely treed pastures to discover the diverse, rustic landscape, and of course, the prized animals that call it home. The money and labor generated by such *Dehesas* is crucial to local economies—in fact, the unemployment rate in the area of Almadena de la Plata alone is more than 25%.

Upon approaching the pastures, we'll gaze upon the farm's famed bulls, or *Toro Bravo*, who typically weigh anywhere from 900–1,500 pounds. These grazing giants are an Iberian heterogeneous cattle exclusively bred in Spain, Portugal, France, and other Latin American countries. When they're born, they spend roughly one year with their mothers before being weaned, branded, and then tested—females included—to determine their suitability for the bull ring, breeding, or slaughter.

Lunch: We'll enjoy seasonal fare in the farmhouse with our generous hosts. Take this opportunity to ask any questions you might have about the operation.

Afternoon: We'll bid farewell to our hosts and depart for Seville, where we'll board the ship. The ship doesn't sail until later this evening, so you have time for further exploration. A popular activity in the area is bike riding on

the waterfront boardwalk, which you can find right outside of the ship. The boardwalk is flat for easy riding and provides scenic views of the river and nearby park. If interested, your Trip Experience Leader can assist you with obtaining a bike and providing a map.

The daily Port Talk will be held later tonight.

Dinner: Onboard the ship.

Evening: Free to spend as you wish. You may want to get to know other travelers as our ship sets sail.

Day 9 Explore Gibraltar

- Destination: Gibraltar
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio* or M/V *Corinthian*

Breakfast: Onboard the ship.

Morning: Today, the ship anchors in Gibraltar, located at the southern tip of the Iberian Peninsula. This British territory spans an area of 2.6 square miles and boasts a population of just over 30,000 people. The city sits at the foot of an almost 1,400-foot high promontory, creating a distinctive surrounding landscape.

Depart for a city tour led by a local guide. Your first stop is Europa Point, the southernmost part of the city. This outlook provides unparalleled views of the area, and when the weather is clear, you can actually see North Africa across the Strait of Gibraltar. Then, you'll continue on to discover a site connected to World War II: a network of underground military tunnels excavated in rock by the British. A local guide will grant you access to these tunnels and explain their significance during the war. The network essentially acted as an underground city, housing a bakery as well as tunnels large enough to transport motor vehicles.

Next, drive to Casemates Square in downtown Gibraltar. Lined with countless pubs, shops, and restaurants, this is the primary square of the city and a common meeting place among locals. Here, you'll enjoy a short walking tour provided by your Trip Experience Leader.

Lunch: Onboard the ship.

Afternoon: The remainder of the afternoon is yours to do as you please. The nightly Port Talk will be held later this evening.

Dinner: Onboard the ship.

Evening: You have the freedom to spend the rest of your evening as you wish.

Day 10 Explore Tangier, Morocco • Visit Darna Association

- Destination: Tangier
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio* or M/V *Corinthian*

Breakfast: Onboard the ship.

Morning: Welcome to Morocco! Depart for a city tour of Tangier led by a local guide. In the late 19th and early 20th centuries, Spain and neighboring France scuffled over ownership of Morocco, valuing its strategic position. Eventually, France succeeded in making Morocco its protectorate, with Spain maintaining fringe coastal territories. It wasn't until 1956 that Morocco gained its independence—though vestiges of French influence remain to this day.

Begin this morning with a visit to the Old Medina. Discover the vitality of this old walled-city and find inspiration just as beat poets, writers, and artist have during the middle of the last century. Then, stroll through bustling Grand Socco central square, where you'll visit the traditional *souk* (market). As you mingle with locals among the various stalls

containing aromatic spices, colorful produce, and exotic butchery, you may choose to pick up a handicraft or two to remind you of this multi-sensory experience.

We'll cap off our discoveries with a visit to the Darna Association. The name Darna translates to "our house," and that's precisely what this organization is designed to be: a safe haven for those who have been cast out of their communities or otherwise disenfranchised. When we arrive, our group will meet with a member of the association to discuss the challenges and limitations people face in modern Morocco.

Lunch: We'll sit down with our small group to enjoy a meal. We'll be treated to traditional cuisine, such as *couscous*—tiny, steamed balls of durum wheat semolina—and *tagine*, a hearty stew cooked in an earthenware pot.

Afternoon: The afternoon is free for your own discoveries. Perhaps you'd like to explore other markets, shop, grab a coffee on one of the main esplanades, or return to your ship. Today's Port Talk will be held later this evening.

Dinner: Onboard the ship.

Evening: You have the freedom to spend the rest of your evening as you wish.

Day 11 Conversation about issues impacting Spain's younger generations • Explore Málaga, Spain • Home-Hosted Lunch

- Destination: Málaga
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio* or M/V *Corinthian*

Breakfast: Onboard the ship.

Morning: Your ship docks in Málaga. Located in the country's Andalucía territory, just beyond the Costa del Sol, Málaga has all the charms

of a Mediterranean port coupled with historic elegance and a burgeoning art and cultural scene that now rivals Madrid.

This morning, we'll be joined by a local student to learn about the issues facing the next generation of Spaniards. Then, we'll depart for a panoramic tour of this small port city. Renowned artist Pablo Picasso was born in Málaga, a fact which local residents are very proud of. You will notice his influence here as you explore the city.

Lunch: We'll drive to your **Home-Hosted Lunch**. Here, you'll enter a typical Spanish home and gather around the family table to sample Spanish cuisine and learn more about life in Andalucía. Families in Spain are typically multi-generational, so you may have the opportunity to discuss everything from schooling in Spain, to employment opportunities, and the retirement system.

Later, we'll bid our hosts *hasta luego* (see you later)—because *adios* is too formal and finite to be used among friends.

Afternoon: Enjoy free time to explore before returning to the ship for our nightly Port Talk.

Dinner: Onboard the ship.

Evening: The evening is free to relax as you wish. Perhaps you'll relax on the Sun Deck or fondly remember the day's discoveries in your cabin.

Day 12 Explore Cartagena • Roman Theater • Tapas demonstration

- Destination: Cartagena
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio* or M/V *Corinthian*

Breakfast: Onboard the ship.

Morning: Your ship anchors today in Cartagena, one of the most strategically important ports in all of the Mediterranean. With its natural harbor surrounded by coastal mountains, Cartagena has been a coveted maritime outpost throughout history. It was founded by the Carthaginians in BC 227 as a gateway to their Spanish conquests. But it was soon invaded by the Romans, who transformed the settlement into a center for art and culture in Iberia. The city enjoyed continued good fortune under both Moorish and Christian rule; since the mid-18th century, it has served as the capital of the Spanish Navy in the Mediterranean.

After breakfast, you'll set off on a walking tour to discover the historic attractions of the city with a local guide. Your tour of this "Port of Cultures" will take you through many reminders of Cartagena's diverse past and rich culture. You'll visit the city's single most famous landmark—the architecturally impressive Roman Theater, which has been recently restored to its ancient glory. This theater was erected sometime between 5 and 1 BC, as evidenced by its dedication to prominent Roman figures of the time. This is a unique opportunity to learn about Roman occupancy in the Iberian peninsula, as well as Roman culture itself.

Lunch: Onboard the ship.

Afternoon: Later, we'll reconvene to enjoy a *tapas* demonstration before our nightly Port Talk. A *tapa* is a cold or hot "small plate" in Spanish cuisine. Take this opportunity to learn about Spanish culinary traditions and sample regional delicacies.

Dinner: Onboard the ship.

Evening: The remainder of your evening is free. Stroll the Sun Deck for fresh air, or rest in your cabin before another day of discovery.

Day 13 Explore Valencia • *Paella* demonstration

- Destination: Valencia
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio* or M/V *Corinthian*

Breakfast: Onboard the ship.

Morning: Today your ship anchors in Valencia, the country's third-largest city, as well as one of its oldest. But here, age truly is just a number, as you'll discover during today's explorations, which highlight the city's rich blend of medieval squares and contemporary avant-garde buildings.

Your panoramic tour begins in Valencia's historic center, one of the largest in Spain. Here, you'll not only witness examples of everyday Valencian life (such as a local market, where local specialties like *horchata* are sold), but also icons of the city's history, like *La Lonja de la Seda* (Silk Exchange). This 15th-century Renaissance trading hall has been recognized by UNESCO as a World Heritage Site and a unique example of Gothic secular architecture.

Later, witness one of Valencia's most impressive ultra-modern institutions: the City of Arts and Sciences. In 1996, renowned Valencian architect Santiago Calatrava designed this massive cultural complex, which was built in the dry bed of the Turia River (now converted into a set of garden walkways). The most striking feature is the opera house, which rises like a leviathan out of a massive reflecting pool.

Lunch: We'll depart for a *paella* demonstration, where we'll learn how to make the Valencian specialty. This versatile rice dish may contain chicken, artichokes or peppers. Traditionally, it's cooked over an open fire and made using bomba rice, a short-grain variety. This is a cultural experience that allows us to learn about what many Spaniards consider their national dish.

Afternoon: Free for your own discoveries before our nightly Port Talk.

Dinner: Onboard the ship.

Evening: You have the freedom to spend the rest of your evening as you wish. Perhaps you'll continue celebrating your journey with your group.

Day 14 Explore Barcelona

- Destination: Barcelona
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio* or M/V *Corinthian*

Breakfast: Onboard the ship.

Morning: Your ship docks in Barcelona, the capital of Spain's autonomous Catalonia region and the second-largest city in the country. As a vital center of trade since the Middle Ages, Barcelona has long been at the crossroad of ideas, which has helped cement its status not only as a great European city, but also as an important hub of scientific, cultural, and artistic innovations.

Experience a few of Barcelona's highlights during a panoramic tour. First, you'll stop at Montjuïc, a hill overlooking the harbor, for a scenic view of the cityscape and natural surroundings. Then, you'll drive through the city's main avenue, Passeig de Gràcia. This is one of the most important shopping and business areas in the city.

Lunch: At a local restaurant.

Afternoon: You're free to join your Trip Experience Leader for an elective activity this afternoon, or return to the hotel.

Dinner: Onboard the ship.

Evening: The rest of the evening is free. Enjoy your final evening on your ship.

Day 15 Disembark ship • Return to U.S.

- Included Meals: Breakfast

Breakfast: Onboard the ship.

Morning: Bid the ship and crew farewell, and transfer to the airport for your flight home. Or begin your post-trip extension to *Barcelona, Spain*.

END YOUR ADVENTURE WITH AN OPTIONAL POST-TRIP EXTENSION

3 nights in *Barcelona, Spain*

Day 1 Explore Barcelona

Day 2 Barcelona • Explore Figueres

Day 3 Barcelona • Explore El Born

Day 4 Barcelona • Return to U.S.

PRE-TRIP

Portugal: Lisbon, Sintra Palace & Seaside Cascais

INCLUDED IN YOUR PRICE

- » Accommodations for 3 nights
- » 5 meals: 3 breakfasts and 2 lunches
- » 4 guided tours with personal headsets:
Lisbon • Cascais • Sintra • Obidos
- » Services of our local Trip Experience Leader
- » Gratuities for local guides and motorcoach drivers
- » All transfers

PRE-TRIP EXTENSION ITINERARY

Portugal's city of hills overlooks the harbor from which Vasco de Gama returned after his voyages, and the castle-topped view that greeted him awaits you. Stroll seaside Cascais, visit the Royal Palace in Sintra, walk the medieval streets of Obidos, and discover Lisbon.

Day 1 Depart U.S.

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

Day 2 Arrive Lisbon, Portugal

- Destination: Lisbon
- Accommodations: Altis Grand Hotel or similar

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

Lunch: On your own. You may pick something up at the airport, or venture to a restaurant near the hotel upon arrival.

Afternoon: Our Trip Experience Leader will take us on a short orientation walk around the hotel to get acquainted with the area. Then, toast to the discoveries ahead over a Welcome Drink.

Dinner: On your own. Your Trip Experience Leader will be happy to provide dining recommendations

Evening: The remainder of your evening is free. You may like to take a nighttime stroll, or retire early to your room.

Day 3 Explore Lisbon

- Destination: Lisbon
- Included Meals: Breakfast, Lunch
- Accommodations: Altis Grand Hotel or similar

Breakfast: At the hotel.

Morning: Meet with your Trip Experience Leader for a Welcome Briefing in the hotel. Next, depart for a walking tour around Portugal's capital city led by our Trip Experience Leader. Lisbon attracts millions of visitors each year for its hilly, waterfront topography, experimental cuisine, pulsating nightlife, and rich history. For architecture buffs, the city also boasts an impressive

mélange of Romanesque, Gothic, Manueline, Baroque, Modern, and Postmodern structures. Our small group will take a local tram up to the Miradouro de São Pedro de Alcântara to enjoy a sweeping view of the city. Later, you'll discover the traditional Chiado square and nearby Príncipe Real neighborhood. Both areas boast historic charms—including 18th-century shops and 19th-century mansions—as well as modern galleries, museums, and cafés.

Lunch: At a local restaurant.

Afternoon: You'll have the option of going back to the hotel with your Trip Experience Leader or staying downtown to continue exploring.

Dinner: On your own. Your Trip Experience Leader would be happy to suggest options for the best traditional Portuguese fare.

Evening: Free to make independent discoveries this evening.

Day 4 Lisbon • Explore Cascais • Explore Sintra

- Destination: Sintra
- Included Meals: Breakfast, Lunch
- Accommodations: Altis Grand Hotel or similar

Breakfast: At the hotel.

Morning: Depart for Cascais, which was at one time a humble fishing village that has grown over the years into a lively coastal resort town, known for its sandy beaches and popular marina. Then, drive to the Royal Palace in Sintra, dating back to the Middle Ages. The palace is believed to be built during the early 15th century. After housing many royal family members over hundreds of years, it was declared a national monument in 1910 and currently serves as a museum.

Lunch: At a local restaurant.

Afternoon: After lunch, drive back to Lisbon. The rest of the day is free for your own discoveries—ask your Trip Experience Leader for recommendations.

Dinner: On your own. Your Trip Experience Leader is happy to provide suggestions.

Evening: Free to make independent discoveries this evening.

Day 5 Lisbon • Explore Obidos • Join main trip

- Included Meals: Breakfast

Breakfast: At the hotel.

Morning: Depart for the walled town of Obidos, known as the “Wedding Present Town” because it was the gift of King Dinis to his young bride Isabel on their wedding day. This launched a storied tradition in which Obidos was presented to each successive Queen of Portugal. Declared a national monument in its entirety, the city's white walls, *azulejos* (tiles), and cobbled streets offer a clear glimpse of the medieval period here. During our time here, we'll embark on a walking tour with our Trip Experience Leader to learn about Obidos.

Lunch: On your own—ask your Trip Experience Leader for local restaurant recommendations.

Afternoon: Free for your own discoveries before you join your main trip, *Iberian Voyage: Lisbon to Barcelona*.

POST-TRIP

Barcelona, Spain

INCLUDED IN YOUR PRICE

- | | |
|---|--|
| » Accommodations for 3 nights | » Services of our local Trip Experience Leader |
| » 4 meals: 3 breakfasts and 1 dinner | » Gratuities for local guides and motorcoach drivers |
| » 4 guided tours with personal headsets: Park Guell • Figueres • Music Palace • El Born | » All transfers |

POST-TRIP EXTENSION ITINERARY

Journey to Barcelona, the gateway to Spain's lively Catalonia region and a treasure trove of architectural and historic gems. Explore the city's narrow streets and grand boulevards, discover Antoni Gaudí's unmistakable influence, and immerse yourself in the unconventional spirit that makes Barcelona so unforgettable.

Day 1 Explore Barcelona

- Destination: Barcelona
- Accommodations: H10 Universitat Hotel or similar

Morning: Set off on a walking tour of Barcelona's highlights, including the famed Park Güell. In 1900, Count Eusebi Güell commissioned modernist architect Antoni Gaudí to design a luxury housing community featuring organic designs that would blend seamlessly with the surrounding landscape. The idea was abandoned 14 years later—but not before Gaudí had completed two Hansel-and-Gretel gatehouses and a series of fantastical roads, walks, and steps that appear to have been plucked from a fairytale. Opened to the public in 1922, the area is now a UNESCO World Heritage Site.

Lunch: On your own. Your Trip Experience Leader is happy to provide suggestions.

Afternoon: The afternoon is free to spend as you'd like. Perhaps you'd like to wander Las Ramblas, the spacious boulevard that runs through the heart of the city from Plaça de Catalunya to Port Vell. This is a great spot for people watching—you may even catch some talented street performers.

Dinner: On your own. Barcelona boasts a diverse and world-renowned food culture. Your Trip Experience Leader will be a wealth of knowledge in finding authentic eateries.

Evening: Free to make independent discoveries this evening. Nighttime is when Barcelona truly comes alive, as the typical Spaniard doesn't eat dinner until around 10pm. Perhaps you'll want to venture out for a stroll to witness a typical evening's activities.

Day 2 Barcelona • Explore Figueres

- Destination: Barcelona
- Included Meals: Breakfast
- Accommodations: H10 Universitat Hotel or similar

Breakfast: At the hotel.

Morning: Get to know another of Spain's greatest visionaries today—Salvador Dalí—during an included tour. Depart for Dalí's hometown of Figueres, where you'll embark on a walking tour (be sure to keep an eye out for tributes to the city's surrealist son). Then, visit the Dalí Theater and Museum—instantly recognizable by its bright pink façade, geodesic dome, and row of giant eggs lining its roof. Inside, you'll find the world's largest collection of Dalí's paintings and sculptures, as well as works from Dalí's private art collection. The artist himself is even buried inside.

Lunch: On your own. For a local delicacy, you may want to try a Spanish omelet. Unlike American omelets, this meal is available round-the-clock. It's typically filled with onion and chunks of potato and often served with aioli.

Afternoon: The afternoon is free to continue exploring Figueres. Consult with your Trip Experience Leader for ideas.

Dinner: On your own. Ask your Trip Experience Leader for restaurant recommendations.

Evening: Free to make independent discoveries this evening. Beach lovers may want to take a stroll along Barceloneta Beach, a popular and lively stretch of coastline.

Day 3 Barcelona • Explore El Born

- Destination: Barcelona
- Included Meals: Breakfast, Dinner
- Accommodations: H10 Universitat Hotel or similar

Breakfast: At the hotel.

Morning: Rise early this morning to witness another example of Barcelona's distinctive modernist style: *Palau de la Musica Catalana* (Music Palace). Here, you will enjoy a tour of this ornate concert hall, completed in 1908 for a Catalan choral society; today, more than half a million people a year attend musical performances at this historical venue.

Then, enjoy a walking tour of El Born—a neighborhood with all the charms of Barcelona's more heavily-traveled districts, but with an atmosphere that is decidedly more local and laidback. Characterized by its medieval streets, quaint cafés, and boutiques, this district is equally as trendy as it is rich with history.

Lunch: On your own. While in Barcelona, we recommend taking advantage of the coastal location and finding fresh seafood. Your Trip Experience Leader can provide suggestions, should you be interested.

Afternoon: Enjoy a free afternoon. Perhaps you'd like to continue exploring El Born or venture to a new neighborhood, which your Trip Experience Leader can help you with.

Dinner: At a local restaurant.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Trip Experience Leader for recommendations.

Day 4 Barcelona • Return to U.S.

- Included Meals: Breakfast

Breakfast: At the hotel.

Morning: Transfer to the airport for your return flight home.

YOUR M/V CLIO SMALL SHIP

Explore aboard our privately owned, 89-passenger small ship

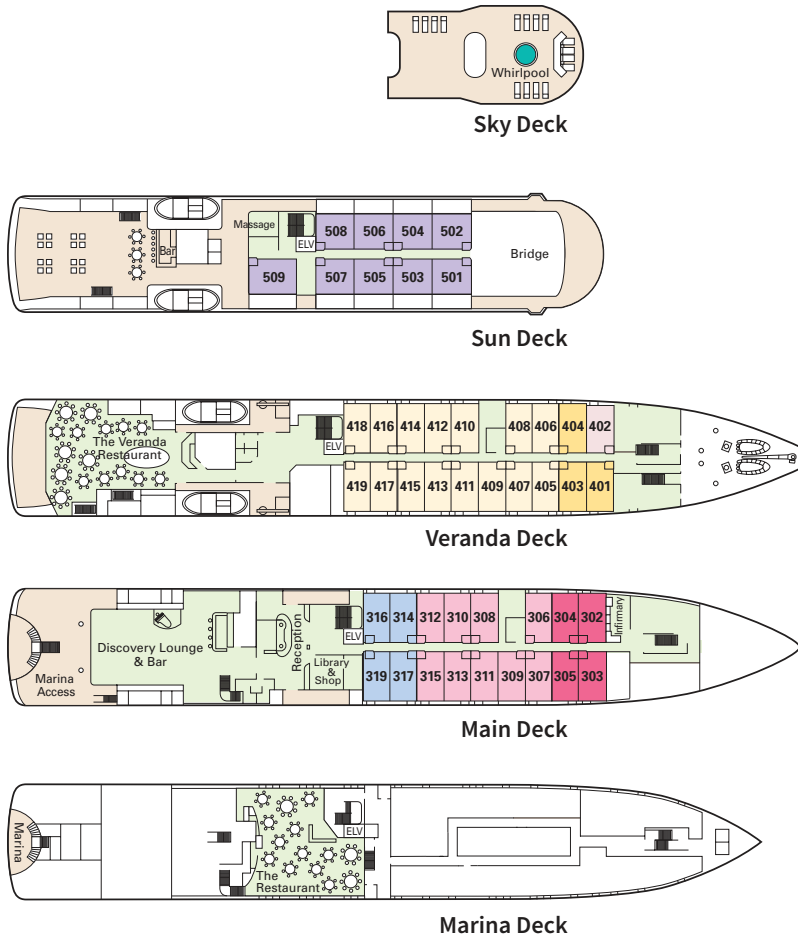
Cruise the world's legendary waterways aboard our 89-passenger small ship, the M/V *Clio*, rated excellent by 96% of travelers. Built in 1998, the *Clio* was purchased and refurbished in 2016, prior to its first departure. The ship holds four groups of 20–25 travelers (with an average of 22), each with its own local Trip Experience Leader, dedicated to bringing culture to life in the Baltics, Portugal, Spain, the Red Sea, and beyond.



SHIPBOARD FEATURES

- **Two dining areas with single, open seating:** Savor regionally-inspired dishes or American favorites during all buffets and table-service meals in the ship's dining room or indoor/outdoor veranda.
- **Comfortable lounge:** Relax with old friends and new, and participate in onboard discussions and lectures.
- **Complimentary beverages:** Enjoy house beer and house wine—as well as soft drinks—at any time of day while onboard.
- **Complimentary wireless Internet access:** Connect online in cabins and common areas. *Please note: Connectivity may be limited at certain points throughout your cruise.*
- **Outdoor common areas:** Relish coastal views from your seat in the indoor/outdoor veranda, Sun Deck, or whirlpool on the Sky Deck.
- **English-speaking crew:** Enjoy dedicated attention from our international staff throughout your voyage. Plus, all shipboard announcements are made in English for your convenience.
- **Zodiac crafts & tenders:** These onboard crafts are available to take you to shore in the most remote ports.
- **Elevator service:** An elevator serves the first four passenger decks (must use stairs to access the Sky Deck).

M/V CLIO



CABIN CATEGORIES

VS	Cabin with balcony – 205 sq. ft.
A	Cabin with window – 194 sq. ft.
B	Cabin with window – 194 sq. ft.
C	Cabin with window – 194 sq. ft.
D	Cabin with window – 194 sq. ft.
E	Cabin with window – 194 sq. ft.
S	Single cabin with window – 161 sq. ft.

Registry: Malta

Length: 328 ft.

Beam: 46 ft.

Draft: 11 ft.

Cabin Size: 194-205 sq. ft., with a single cabin of 161 sq. ft.

Number of Cabins: 45

Passenger Capacity: 89

Entered Service: 1998

Refurbished in: 2016

International crew: 60

Passenger Decks: 5

Group Size: 25 travelers, maximum, with 1 Trip Experience Leader per group

Elevator service to first four passenger decks

This ship complies with the latest international and U.S. Coast Guard safety regulations and is outfitted with the most current navigational and communications technology. It has retractable fin stabilizers to help reduce discomfort during rough seas.

CABIN FEATURES

- 44 double-occupancy cabins between 194–205 sq. ft.; one single-occupancy cabin is 161 sq. ft.
- All outside-facing with a window or a balcony
- Queen-size bed (convertible to two twins)
- Complimentary wireless Internet access, closet, flat-screen TV, DVD/CD player, telephone, mini-refrigerator, safe
- Private bath with shower, hair dryer, and toiletries



Cabin on the Veranda Deck

YOUR M/V CORINTHIAN SMALL SHIP

Explore aboard our privately owned, 98-passenger small ship

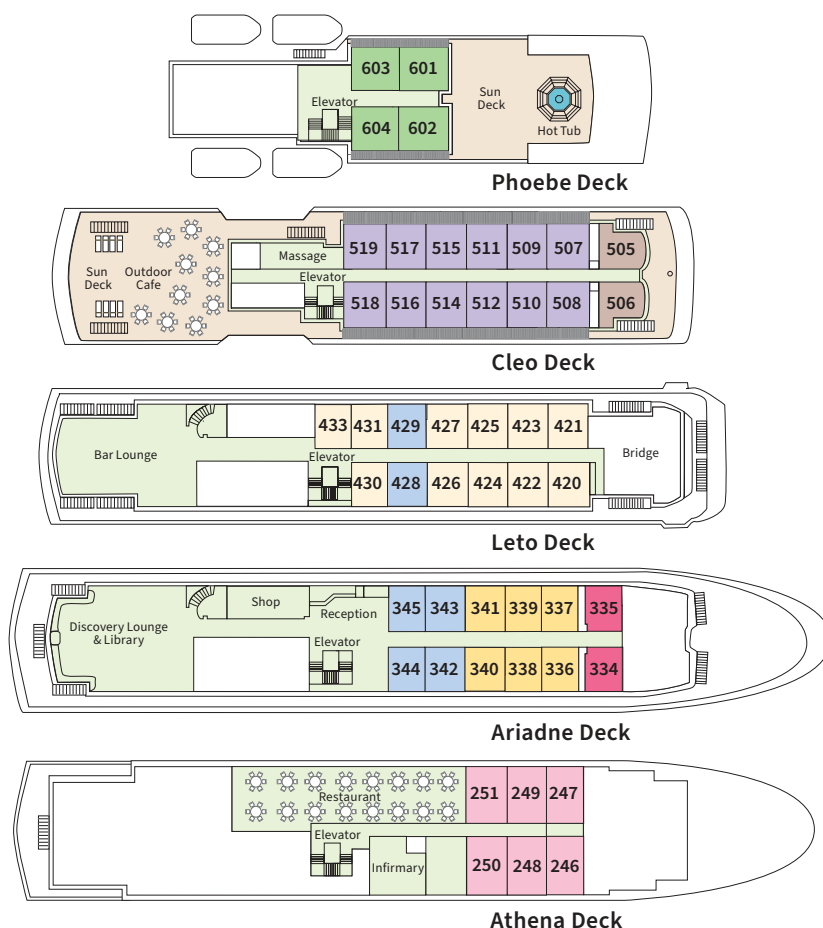
Discover the coastal wonders of the world aboard the M/V *Corinthian*. This ocean cruising vessel—which 95% of travelers rated excellent—was acquired in 2014 and refurbished in 2015 with your tastes in mind. The ship holds four groups of 20–25 travelers (with an average of 22), each with its own local Trip Experience Leader, and charts courses throughout Europe—including the British Isles, Spain, Portugal, and France—and Antarctica.



SHIPBOARD FEATURES

- **Restaurant with single, open seating:** Savor regionally inspired dishes or American favorites during all buffets and table-service meals.
- **Two lounges:** Relax with old friends and new, and participate in onboard discussions and lectures.
- **Complimentary beverages:** Enjoy house beer and house wine—as well as soft drinks—at any time of day while onboard.
- **Complimentary wireless Internet access:** Connect online in cabins and common areas.
Please note: Connectivity may be limited at certain points throughout your cruise.
- **Outdoor common areas:** Relish coastal views from your seat in the outdoor café, Sun Deck, or hot tub.
- **English-speaking crew:** Enjoy dedicated attention from our international staff throughout your voyage. Plus, all shipboard announcements are made in English for your convenience.
- **Zodiac crafts:** These onboard crafts are available to take you to shore in the most remote ports.
- **Elevator service:** An elevator serves all five passenger decks.

M/V CORINTHIAN



CABIN CATEGORIES	
PHS	Penthouse cabin with private balcony – 305 sq. ft.
VS	Cabin with private balcony – 255-270 sq. ft.
AA	Cabin with forward windows – 250 sq. ft.
A	Cabin with window – 215-225 sq. ft.
B	Cabin with window – 215 sq. ft.
C	Cabin with window – 215-250 sq. ft.
D	Cabin with porthole – 250 sq. ft.
E	Cabin with window (partially obstructed) – 225 sq. ft.
F	Cabin with window (partially obstructed) – 215 sq. ft.
G	Cabin with porthole – 250 sq. ft.

Registry: Malta

Length: 290 ft.

Beam: 50 ft.

Draft: 12 ft.

Cabin Size: 215 sq ft. minimum

Number of Cabins: 50

Passenger Capacity: 98

Entered Service: 1990

Refurbished in: 2015

International crew: 55-65

Passenger Decks: 5

Group Size: 25 travelers, maximum, with 1 Trip Experience Leader

Elevator service to all passenger decks

This ship complies with the latest international and U.S. Coast Guard safety regulations and is outfitted with the most current navigational and communications technology. It has retractable fin stabilizers to help reduce discomfort during rough seas.

CABIN FEATURES

- Each of the ship's 49 cabins is at least 215 sq. ft.
- All outside-facing with portholes, a window (some with partially obstructed views), or a balcony
- Queen-size bed (convertible to two twins)
- Complimentary wireless Internet access, sitting area, closet, flat-screen TV, DVD/CD player, telephone, mini-refrigerator, safe
- Private bath with shower, hair dryer, and toiletries



Cabin on the Ariadne deck

TRAVEL DOCUMENTS & ENTRY REQUIREMENTS

Your Passport

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

Need to Renew Your Passport?

Contact the National Passport Information Center (NPIC) at **1-877-487-2778**, or visit 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 adventure.

- **Main trip only:** You will need 4 blank passport pages
- **Extension to Lisbon:** No additional passport pages needed.
- **Extension to Barcelona:** No additional passport pages needed.

Visa Required

We’ll be sending 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 (Portugal and Spain):** Starting in 2025, U.S. citizens will be required to fill out an online European Travel Information and Authorization System (ETIAS) visa-waiver to enter countries in the European Union. There is no confirmed start date for the ETIAS at the time of printing. The ETIAS will be valid for 3 years.
- **Morocco and Gibraltar:** No visa required.

Traveling Without a U.S. Passport?

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

Traveling With a Minor?

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

Emergency Photocopies of Key Documents

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

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

Overseas Taxes & Fees

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

RIGORS, VACCINES & GENERAL HEALTH

Is This Adventure Right for You?

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

GROUP SIZE

- This adventure has a maximum group size of 25 travelers with a local Trip Experience Leader exclusive to O.A.T.

PACING

- 14 days, with 10 nights aboard the *M/V Clio* or *M/V Corinthian* and one three-night hotel stay

PHYSICAL REQUIREMENTS

- Walk 2 miles unassisted and participate in 2 hours of physical activities each day
- Agility and balance are required for possible rough seas
- Travelers using mobility aids or with medical conditions that might require immediate attention or evacuation will not be able to board the *M/V Corinthian*
- 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

TERRAIN & TRANSPORTATION

- Uneven surfaces, including unpaved paths, steep hills, stairs, and cobblestone
- Gangway incline can be steep when docked at a pier
- Travel by 89-passenger or 98-passenger small ship and 33- to 45-passenger coach
- You must be cleared by a country's local port authorities before disembarking
- Weather conditions and tides may require adjustments to your itinerary

CLIMATE

- Daytime temperatures range from 53-76°F during cruising season

FLEXIBILITY IS KEY

- Occasionally sailing conditions may cause us to make adjustments to your cruise while it is in progress. For example, we may need change our port of call or stay docked somewhere longer than originally planned. Your Trip Experience Leader will keep you up to date as decision are made. We ask that you be flexible and understanding should any such changes occur on your departure.
- In addition, we may make improvements to the itinerary in order to give you a more authentic experience. Again, we ask for your understanding and flexibility.

Steps to Take Before Your Trip

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

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

No Vaccines Required

Recommended Vaccines

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

Traveling with Medications

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

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

Staying Healthy on Your Trip

Jet Lag Tips

- Start your trip well-rested.
- Begin a gradual transition to your new time zone before you leave or switch to your destination time zone when you get on the plane.
- Attempt to sleep and eat according to the new schedule.
- Avoid heavy eating and drinking caffeine or alcoholic beverages right before—and during—your flight.
- Drink plenty of water and/or fruit juice while flying
- Stretch your legs, neck, and back periodically while seated on the plane.
- After arrival, avoid the temptation to nap.
- Don't push yourself to see a lot on your first day.
- Try to stay awake your first day until after dinner.

Allergies

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

Water

- Tap water is safe to drink in Spain, Portugal, Gibraltar, and onboard your ship; however, it may be processed differently than your tap water at home, so you might not like the taste or it may feel “heavy” in your stomach.
- Tap water is not safe to drink in Morocco.
- Bottled water is widely available for sale. Another option is for you to bring a reusable water bottle and fill up on board the ship.

MONEY MATTERS: LOCAL CURRENCY & TIPPING GUIDELINES

Top Three Tips

- **Carry a mix of different types of payments**, such as local currency, an ATM card, and a credit card.
- **Traveler's checks are not recommended.** They can be difficult to exchange and the commission fee for cashing them is quite high. It's more practical to view them as a last resort in the event of a special situation.
- **It may be helpful to get some euros before your trip, especially if you are arriving during the weekend or on a bank holiday.** You will not be able to pay with U.S. dollars in Portugal or Spain.

Local Currency

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

Euro Countries: European Euro (€)

Morocco: Moroccan Dirham (DH)

Gibraltar: Gibraltar Pound, which is similar to—and has the same value as—the British pound. However, they cannot be used outside of Gibraltar, so you may wish to stick to Euros, which most shops will take.

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 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.

You can also exchange cash at some hotels, large post offices, and money exchange offices. 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.

Leftover Moroccan currency cannot be easily exchanged after you have returned to the U.S., so the rule of thumb is spend it or change it back before you leave. Since you will be in Morocco for one day, we suggest withdrawing as little cash as possible and relying heavily on a credit or debit card.

ATMs

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

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

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

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

Gibraltar: ATMs are common. (But one reminder: They will dispense pounds as Gibraltar is a British territory.)

Credit & Debit Cards

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

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

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

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.

Morocco: Credit cards are accepted at many locations in tourist cities and for major purchases, but may incur a surcharge (usually about 5%). Most locations, especially smaller “Mom & Pop” shops or restaurants, are cash only.

Chip Cards

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

Though this technology is common in the U.S., occasionally there are machines in other countries that can't read U.S. cards or the machine can read the card, but asks for a PIN. This doesn't happen often, and is nothing to worry about. You can usually resolve the situation by asking the

cashier to let you sign. (If you don't speak the language, just mime signing on your hand.) If you are not able to sign for a purchase, such as at an automated ticket booth, you can use another form of payment, such as a debit card that has a PIN.

Notify Card Providers of Upcoming Travel

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

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

On Board Ship: Two Separate Bills Will be Issued

- **Shipboard account:** This bill is for any on board purchases (drinks, souvenirs, etc.). You can pay this bill by cash or credit/debit card only. For cash, we accept U.S. dollars or Euros (on itineraries in Europe). For credit/debit cards, we accept MasterCard and Visa. Other forms of payment, such as checks, Discover, or American Express are not accepted.
- **Optional tour account:** This bill is for any optional tours taken during the trip and is calculated in U.S. dollars. You can pay for this bill by credit/debit card only; other forms of payments such as cash and checks are not accepted. For more information on optional tours—including which cards we accept for payment—see the “Preparing for Your Trip” chapter.

Please note: Payments made by credit card may take up to three months to process. We ask that you use a credit card that will not expire until three months after your trip ends. Because our headquarters are in Boston, the charges may appear to be from Boston or might be labeled as “OPT Boston” (depending on your credit card company).

Exchange Services

Due to international banking laws, we are not able to exchange money onboard the ship. If you need to obtain local currency, please see the “How to Exchange Money” section for helpful tips and information.

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.*

- **Shipboard:** We recommend a flat tip of \$16–\$18 per traveler, per day. You'll give this tip once—at the end of your cruise—and it will be pooled among the entire crew. **Policy Update:** *Due to international banking laws, we are no longer able to process crew tips on a credit card; crew tips can only be in the form of cash.*
- **Included in Your Trip Price:** Gratuities are included for local guides and motorcoach drivers on your main trip, extensions, and all optional tours.

Time at Leisure: When you are exploring on your own, it's useful to know when to tip and how much, because local customs often differ from the U.S. Here are a few helpful guidelines for the most common services a traveler might use:

- **Taxis:** In Portugal, you should tip a taxi driver about 10% of the fare. The practice of tipping taxi drivers in 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.
- **Restaurants, cafes, and bars:** In Portugal and Spain, restaurants do not normally include service charges on bills and it is customary to leave a 5%–10% tip (10% in a better restaurant, less in a humbler establishment). When ordering snack foods or menus del dia, round the bill off to the nearest euro; if you've received exceptional service, leave more at your discretion. The waiters in a hotel cocktail lounge can expect a tip of about 60 euro cents. In cafés and bars, leave small tips for barmen and waiters; a few small change coins—less than one euro—is sufficient.
- **Public restrooms:** Most public restrooms in Europe have attendants that take care of cleaning and supplies. It is customary to leave a small tip for them—usually half a euro in Europe—so hold on to those coins! Some restrooms are pay-toilets; you pay the staff at the entrance to the restroom or drop the appropriate coin into the slot on the stall door. Many restaurants, cafes, and shops offer only pay-toilets or reserve their restrooms for patrons only.

AIR, OPTIONAL TOURS & STAYING IN TOUCH

Land Only Travelers & Personalized Air

Quick Definitions

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

Air Inclusive Travelers

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

- **U.S. Departure:** If you are among a group of ten or more travelers who depart the U.S. from your international gateway city, it is our goal to have an O.A.T. Representative assist you at the U.S. airport with the check-in of your flight. Unless there are extenuating circumstances beyond our control, the Representative will be at the check-in counter three hours before your departure time. If you are flying domestically before your international flight, the representative will be stationed at the check-in counter for your departing international flight, not at the domestic arrival gate.
- **U.S. Return:** If you are among a group of ten or more travelers who return to the same U.S. gateway city, an O.A.T. Representative will meet you as you exit Customs and help you find taxis, buses, hotel accommodations, or connecting flights. Again, it is our goal to have our Representative waiting to assist your group. In rare instances, unforeseen circumstances may prevent this service.

- **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

Optional Tours

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

What You Need to Know

- All optional tours are subject to change and availability.
- Optional tours that are reserved with your Trip Experience Leader can be paid for using credit/debit cards only. We accept MasterCard, Visa, and Discover credit cards; we can also take MasterCard or Visa debit cards as long as the card allows you to sign for purchases. (You won't be able to enter a PIN.)

- To ensure that you are charged in U.S. dollars, your payment will be processed by our U.S. headquarters in Boston. This process can take up to three months, so we ask that you only use a card that will still be valid three months after your trip is over. The charge may appear on your credit card statement as being from Boston, MA or may be labeled as “OPT Boston”.
- Your Trip Experience Leader will give you details on the optional tours while you’re on the trip. But if you’d like to look over descriptions of them earlier, you can do so at any time by referring to your Day-to-Day Itinerary (available online by signing into My Planner at www.oattravel.com/myplanner).

Communicating with Home from Abroad

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 is “unlocked”, meaning it can accept a local SIM card. If your cell is “unlocked” then you will be able to purchase a local SIM for it and then buy minutes with “Pay as You Go” cards, so that you have a local contact number for your friends and family.

Calling Apps

Another option is to use a smartphone app like Skype, FaceTime, or WhatsApp. These services are usually less expensive than making a traditional call, but you’ll need a Wi-Fi connection 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 & 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.

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.

Portugal: +351

Morocco: +212

Spain: +34

Gibraltar: +350

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 airline. The current standard is 50 lbs for checked bags and 15 lbs for carry-on bags .
Size Restrictions	Varies by airline. Measured in linear inches (length+width+depth). Generally, 62 linear inches is the checked bag limit; carry-on limit is 45 linear inches.
Luggage Type	A sturdy, fabric-sided suitcase with built-in wheels and lockable zippers is recommended.
TRIP EXTENSION(S) LIMITS	
Same as the main trip.	
REMARKS/SUGGESTIONS	
<p>One suitcase and one carry-on bag per person: Due to the space limitations on bus transfers, you'll be restricted 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 airlines luggage fees (which are your responsibility). Most airlines now charge to check more than one suitcase per person.</p> <p>Luggage rules: Luggage rules and limits are set by governmental and airline policy. Enforcement of the rules may include spot checks or may be inconsistent. However one thing is the same across the board: If you are found to have oversized or overweight luggage, you will be subject to additional fees, to be assessed by—and paid to—the airline in question.</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:** Consider a duffel bag or soft-sided suitcase. Look for one with heavy nylon fabric, wrap-around handles, built-in wheels, and a heavy duty lockable zipper. Due to space limitations on our motorcoaches, you are allowed one piece of checked luggage per person. Portage at airports and hotels is provided for **one** bag per person. All bags should have luggage tags.
- **Carry-on Bag:** You are allowed one carry-on bag per person. We suggest a tote or small backpack that can be used as both a carry-on bag for your flight and to carry your daily necessities—water bottle, camera, etc—during your daily activities. As portage is only provided for **one** bag per person, you will be responsible for transporting your carry-on to your rooms.
- **Locks:** For flights that originate in the U.S., you can either use a TSA-approved lock or leave your luggage unlocked. Outside of the U.S. we strongly recommend locking your luggage as a theft-prevention measure.

Clothing Suggestions: Functional Tips

- **Travel light.** A good rule of thumb is to gather together everything you want to bring; then take half of that. Eliminate all but the essentials and start packing a few days before you leave. That way, you'll have time to think—not fret—about what you might be forgetting. We recommend you pick color-coordinated separates that can be mixed to create different outfits. Keep in mind that laundry service is available onboard for a fee, or you can hand wash clothes in your cabin.
- **Pack casual clothes.** Comfortable, informal apparel is perfectly acceptable at each of your destinations. Men do not need jackets or ties and women do not need fancy dresses. You may want one or two “smart casual” outfits for the Welcome Reception or Farewell Dinner, but it's completely up to you. You would only need nicer dress if you plan to dine at a deluxe city restaurant on your own.
- **In spring or fall, keep the changeable weather in mind:** Some days may be quite sunny and warm, others may be on the wet and windy side. Pack an assortment of seasonal garments: light pieces and cotton sweaters for daytime; and slacks, long-sleeve shirts, warmer dresses, and a heavy sweater or fleece jacket for evenings.
- **Good walking shoes are essential:** For your comfort, you'll need supportive walking shoes that offer good traction. Water-resistant shoes can be handy in case of a heavy downpour.

- **Rain gear:** Regardless of your month of travel, rainfall is certainly a possibility. We suggest you bring a folding umbrella and waterproof shell. Water-resistant walking shoes are advantageous in case heavy downpours pass through.

Suggested Packing Lists

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

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

Recommended Clothing (All Year)

- ☐ Shirts: A mixture of short and long-sleeved shirts to layer
- ☐ Trousers, jeans, or skirts
- ☐ Comfortable walking shoes and/or water resistant shoes
- ☐ Light rain jacket/windbreaker with hood
- ☐ Sleepwear
- ☐ Socks and undergarments
- ☐ A light jacket or sweater

For January–March or October–December

- ☐ Depending on your tolerance to cold, consider a heavy jacket or coat as temperatures can get into the low 40s or high 30s at night.
- ☐ Alternatively, you could bring two top layers to wear together (i.e. a sweater that fits under jacket).

Essential Items

- ☐ Daily essentials: toothbrush, toothpaste, floss, hairbrush or comb, shaving items, deodorant, sunscreen, body soap, etc. (Body soap is not a standard amenity in Spanish hotels)
- ☐ Spare eyeglasses/contact lenses and your prescription
- ☐ Sunglasses with a neck strap

- ☐ Travel neck wallet or money belt
- ☐ Swimsuit
- ☐ Compact umbrella
- ☐ Wide-brim sun hat or visor (in summer)
- ☐ Pocket-size tissues
- ☐ Moist towelettes and/or anti-bacterial “water-free” hand cleanser
- ☐ Photocopies of passport, air ticket, credit cards
- ☐ Written prescriptions for your medicines
- ☐ Camera, spare batteries, and memory cards
- ☐ Plug adapters & electrical transformer
- ☐ Optional: Washcloth (not a standard amenity in Spanish/Portuguese hotels)
- ☐ Optional: Hair dyers: Hair dryers are provided on your ship. During land stays, many hotels will provide hair dryers, but not all. If a hair dryer is essential to you consider a travel-size version.

Medicines

- ☐ 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.
- ☐ Vitamins
- ☐ Motion sickness medicine, such as Dramamine

Electricity Abroad

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

Voltage

Electricity in Spain, Portugal, Gibraltar, and Morocco is 220–240 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.)

Aboard the ship, cabins are equipped with 110-volt outlets. In your bathroom you will find a dual 110/220-volt outlet; this outlet is only for low-voltage appliances, like electric shavers. (Your bathroom also comes equipped with a hair dryer).

Plugs

Aboard ship, the plugs are standard American plugs.

In hotels, 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. Because you’ll need multiple adapters on this trip, it may be easier to purchase an all-in-one, universal adapter/converter combo. Versatile and lightweight, these can usually be found at your local electronics goods or hardware stores. Sometimes you can buy them at large retailers too, like Target or Walmart. If you forget to bring an adapter, you might also find them for sale at the airport when you arrive at your destination.

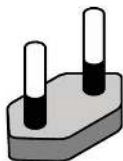
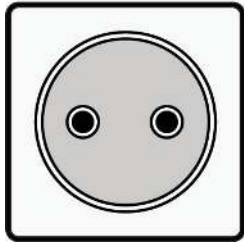
Different plug shapes are named by letters of the alphabet. Standard U.S. plugs are Type A and Type B. Here is the list of plugs for the countries on this trip:

Portugal: C and/or F

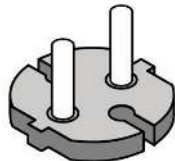
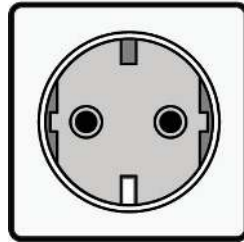
Spain: C and/or F

Morocco: C or E

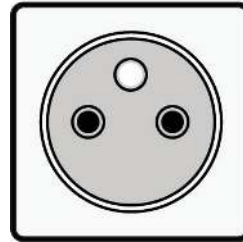
Type C



Type F



Type E



CLIMATE & AVERAGE TEMPERATURES

Barcelona, Spain: Barcelona has mild, humid winters and warm, dry summers. Located on the east coast of the Iberian Peninsula Atlantic winds often arrive in Barcelona with low humidity, producing little rain. Barcelona winters tend to be mild. The coldest months are December, January and February; average daily winter temperatures range from 50 to 63 °F. The summer season lasts about six months, from May to October. July and August are the hottest months, with average temperatures around 82 °F during the day. May, June, September and October the average daily temperature is around 74 °F.

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.

Malaga, Spain: Plenty of warm sunshine and cloudless skies are the norm on the Costa del Sol. However, there are seasonal variations worth noting. In autumn and early winter the normally balmy weather may be interrupted by chilly winds from the mountains, as well as light showers. Heavier rains may pass through in the peak winter months of January and February. By March, and certainly during April and May, daytime temperatures remain quite warm; nights are cooler. Between June and September, hot days with low humidity are only occasionally broken by cooler evenings. Temperatures can reach well into the 80s.

Climate Averages & Online Forecast

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

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

MONTH	BARCELONA, SPAIN			LISBON, PORTUGAL		
	Temp. High-Low	% Relative Humidity (am-pm)	Average # of Days with Rainfall	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)
JAN	56 to 40	82 to 65	8	58 to 47	85 to 72	3.8
FEB	58 to 42	82 to 63	8	61 to 49	84 to 68	3.6
MAR	61 to 44	84 to 64	9	65 to 51	83 to 61	2.0
APR	64 to 47	84 to 66	10	67 to 53	83 to 61	2.5
MAY	69 to 54	86 to 70	10	71 to 56	82 to 57	2.2
JUN	76 to 60	85 to 68	9	77 to 61	83 to 54	0.7
JUL	82 to 66	82 to 66	6	82 to 64	80 to 48	0.2
AUG	82 to 67	84 to 66	8	82 to 65	80 to 48	0.3
SEP	78 to 62	86 to 66	8	80 to 63	82 to 51	1.1
OCT	71 to 55	85 to 66	10	72 to 58	84 to 62	3.1
NOV	63 to 47	84 to 66	9	64 to 53	86 to 71	4.2
DEC	58 to 42	81 to 64	8	59 to 49	86 to 75	4.8

MONTH	MALAGA, SPAIN			TANGIER, MOROCCO		
	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)
JAN	62 to 45	81 to 61	3.2	61 to 47	87 to 70	4.1
FEB	64 to 46	81 to 59	2.2	62 to 49	87 to 70	3.9
MAR	66 to 48	80 to 55	1.9	64 to 50	86 to 68	2.8
APR	70 to 51	81 to 55	1.6	66 to 52	87 to 67	2.4
MAY	75 to 56	78 to 52	1.0	70 to 56	87 to 65	1.5
JUN	81 to 63	74 to 52	0.5	76 to 61	86 to 62	0.6
JUL	86 to 68	73 to 54	0.1	83 to 66	84 to 57	0.1
AUG	87 to 69	74 to 56	0.2	83 to 67	85 to 59	0.1
SEP	82 to 65	77 to 58	0.6	81 to 66	85 to 60	0.6
OCT	75 to 58	81 to 60	2.2	73 to 60	85 to 64	2.6
NOV	68 to 52	83 to 63	3.7	67 to 54	87 to 68	5.3
DEC	63 to 47	82 to 62	3.5	63 to 50	86 to 70	5.1

ABOARD YOUR SHIP: CABIN FEATURES, DINING & SERVICES ON BOARD

M/V Corinthian & M/V Clio

Cabin Amenities

Your cabin amenities include a private bathroom with shower, hairdryer, TV, in room heating, internal telephones and a mini-refrigerator. Each cabin is appointed with a sitting area, plus the decks and dining rooms are spacious and attractively decorated, providing welcoming locations for relaxing with your traveling companions.

Cabin Assignments

You will receive confirmation of your deck and/or cabin category upfront in writing; it will be on your invoice and online in My Planner at **www.oattravel.com/myplanner**. However, your cabin number may not be assigned until you arrive onboard the ship. (This is normal procedure for many small ships.) If there's no cabin number on your invoice or online, you can presume it will be assigned later and communicated to you when you board.

Dining

All meals are taken in the onboard restaurant, which acts as the ship's dining room. Meals will be a mix of regional specialties and familiar American standards, and will feature a variety of entrée options including vegetarian. Complimentary beer, wine and soft drinks are served with lunch and dinner. A selection of fine wines is also available for purchase, starting at approximately \$20–30 per bottle (prices vary according to vintage). Travelers may also bring a bottle of their own favorite wine to dinner to enjoy at their table. Should you care to avail yourself of this service, there will be a corkage fee of approximately \$10 per bottle, charged to your cabin account.

If you require a special diet, please request this in advance, you may do so by contacting one of our Travel Counselors. Dining times will vary according to the scheduled daily activities. In keeping with regional custom, dinner may be served at a later hour (around 7:00 pm) than Americans may be accustomed to.

Electricity

Cabins are equipped with 110-volt outlets that are designed to fit American plugs. In your bathroom you will find a dual 110/220-volt outlet, for use with electric shavers. While your bathroom does come equipped with a hairdryer, please do not use any other appliances that heat up, such as hair irons or curlers—they tend to short out.

Getting Ashore

Getting from ship to shore during an ocean-going voyage is not the same experience as on a river cruise—it requires more balance and agility, plus there are more formalities.

- **Balance and agility are needed:** You'll either walk down a gangway—which can be steep, wet, and slippery—or be shuttled to land in a small boat (a process known as “tendering”). We'll use the gangway most of the time, but tenders will be used when the ship cannot dock closely enough for the gangway to reach the shore. Tenders can differ in size, and some of them maybe open with no covering. From time to time we will use the ship's own fleet of Zodiacs—which are small but sturdy open-air boats holding 8-10 people each—as tenders. To get into one of the Zodiacs, you'll need to go down a steep staircase, and then crew members will assist you as you step from the *M/V Corinthian* or *M/V Clio* into the Zodiac.
- **Clothing note:** Since tenders in general (and the Zodiacs in particular) are small open-air boats, they are more susceptible to being splashed by water. You might want to bring a rain jacket or waterproof cover (like a poncho) to protect your clothing while transferring from ship to shore.
- **Expect formalities on arrival in port:** When the *M/V Corinthian* or *M/V Clio* arrives in a new port, she'll need to be cleared by the local port authorities before you can leave the ship. In some cases, the wait will be as short as 30 minutes, but other times it may take up to 2 hours. Your crew will do all they can to make the wait as short as possible and to minimize the inconvenience to you. (For example, you will be asked to leave your passport with the front desk when you first embark on the ship. That way, it is on hand if the port authorities ask to see it.) However, the procedure can be complex and may take a while to complete. Typically the authorities work directly with the crew, but they do retain the right to speak with you as well.

Headsets

On European cruises, complimentary headsets (often called “whisper receivers”) will be provided on most included and optional tours, so that you can hear better over ambient noise. If you use a hearing aid or have a strong preference for a particular type of headphones, we highly encourage you to bring your own headphones/ear buds with you. The plug size is usually the same as that used by smartphones, computer jacks, etc. Headsets will also be available during the pre- and post-trip extensions in Europe, but not on the transfer day to/from the main trip. On cruises to the Middle East, South America, or Antarctica whispers may not be available or may only be available in certain locations—your Trip Experience Leader will let you know onsite.

Internet Access and Email

Limited wireless Internet service (WiFi) is available for free onboard. If you want to use it, you'll need to bring your own device—a laptop, tablet, smartphone, etc.—because the ship does not rent or loan these devices. Instructions on how to connect will be available at Reception. Please keep in mind that our WiFi access onboard is subject to the challenges of travel: ship location, signal availability, and usage volume onboard will affect connectivity and speed. You should expect that there will be times when the Internet is either slow or not available, and that these disruptions can be brief or longer lasting.

Laundry Services

There is laundry service available on board, but no dry cleaning. Prices are per piece of clothing and will be provided to you on board.

Medical Services

There is always a doctor onboard, as well as all of the basic First Aid supplies. All physician's fees will be payable directly to the doctor. All specific medicines are the responsibility of each traveler.

Recreational Facilities

Our ship features a library, a lounge with a bar, a dining room, and a sun deck. The bar is open from approximately 11 am to 11 pm, and features both complimentary drinks (soft drinks, house beer, house wine, and non-alcoholic cocktails/beer) and drinks for purchase (spirits, alcoholic cocktails, bottled beers, and a selection of wines).

Bicycles

We're pleased to offer complimentary bicycle rentals onboard your ship for use during free time, including all of the necessary safety gear, such as a helmet, brightly-colored safety vest, and a lock. Because there is a limited supply of bicycles available, they will be offered on a first-come first-served basis. For more information or if you are interested in using one of the bicycles, please speak to the Front Desk staff or Hotel Manager onboard your ship.

Shipboard Payments

Payment for shipboard expenses can be made by cash or credit/debit card only. For cash, we accept U.S. dollars or Euros (on itineraries in Europe). For credit/debit cards, we accept MasterCard and Visa. Other forms of payment, such as checks, Discover, or American Express are not accepted.

Ship-to-Shore Communications

The ship has satellite telephone connections which allows you to call anywhere in accordance with the current local tariffs. You can purchase phone cards at the reception desk for \$10, which will give you 15-30 minutes' worth call time to the U.S. (depending on which state you are calling).

Smoking Policy

Smoking is prohibited on board, with the exception of a designated outdoor deck area reserved for smokers.

Wheelchairs

The ship is not built to accommodate wheelchairs.

Lost & Found

Any lost or forgotten items found on board the ship will be held for 90 days from disembarkation. After 90 days, all unclaimed items will be discarded or donated.

Ship Specifications

M/V Corinthian

- **History:** Built in 1990; purchased in 2014
- **Size:** 290x50 ft
- **Capacity:** 98 passengers, 56 crew members
- **Layout:** 49 cabins, 5 decks; Elevator-yes

M/V Clio

- **History:** Built in 1998; purchased in 2015
- **Size:** 328x46 ft
- **Capacity:** 89 passengers, 60 crew members
- **Layout:** 45 cabins, 5 decks; Elevator-yes

ABOUT YOUR DESTINATIONS: CULTURE, ETIQUETTE & MORE

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

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

Cultures of Spain, Portugal, and Morocco

The cultures of Spain, Portugal, and Morocco are intricately entwined, based on a long history of conquest, conversion, and coexistence. When the Moors invaded Iberia in 711 AD, they brought a refined Arab-Berber culture whose traces persist in Iberia's art, architecture, languages, and cuisine. Then, 781 years later, when Iberia's Muslims and Jews fled to Morocco to escape the Inquisition, they influenced the Muslim culture. As you travel, you'll feel this common thread.

Even so, each place has its own unique traditions, values, and perspectives, and they expect you to honor them. So don't try to speak Spanish to someone from Portugal. Don't be offended when a Moroccan asks what your religion is. And don't expect a Spaniard to join you for dinner at 6 p.m. For one thing, they rarely dine before nine. For another, they'll be late since their notion of time is fluid. That being said, here are some things to help you "go with the flow."

In **Spain**, each region has a unique identity, and in some cases it's distinct from the mainstream culture, most notably in Catalonia, where your cruise calls at Barcelona. Catalonia is an autonomous community with its own language and traditions. But beyond regionalism, most Spaniards share a deep love of country, a sense of personal honor, and pride in good manners. That pride is sometimes mistaken by outsiders as haughtiness. But once you get acquainted with a Spaniard, you'll usually find that they are informal, candid, and unafraid to show emotion.

Spain has some of the longest working hours in Europe—from 9am to 8pm. But there's also a two- to three-hour break in the afternoon, the *siesta*. Once, the *siesta* was a practical way for workers to avoid the midday heat and recharge with a nap—though nowadays, many people work too far from home to commute back for a snooze. Many shops close during the *siesta*, but 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 until midnight or later.

Set at Europe's westernmost point, **Portugal** developed its own easygoing ways, and the pace of life here is more relaxed than in many parts of Europe. It is one of the most charming aspects of travel here—along with the people who are 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 traditions, and religious and family ties are strong.

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, a uniquely Portuguese folk music that's on the UNESCO Intangible Cultural Heritage list. Translating to "destiny" or "fate," *fado* is mournful, yet passionate. The songs are often about homesickness, the sea, lost love and longing—things that would be familiar to many a Portuguese seafarer. It's 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.

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. If sports are not your thing, you'll find other 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.

Did you know that **Morocco** is officially called "The United Kingdom of Morocco?" The concept of unity is central to Moroccan culture, not just politically, but with regards to religion and family. So publicly, one is expected to show respect for the king. As for religious unity, every Moroccan citizen is officially born a Sunni Muslim unless their parents specifically list another religion on the birth certificate, and Islam is indelibly woven into the fabric of everyday life. At the same time, Morocco is known for religious tolerance. In fact, most Moroccans take it for granted that religion is important to *everyone*, and feel no compunction asking you about your beliefs. It's a way of getting to know you.

The most important way to "know" someone is through their extended family—the source of one's dignity and reputation. If one member commits a transgression, the resulting *hshuma* (shame) tarnishes the entire family. On the other hand, one is expected to help family members in need. Consider the *Muhajerin*, the 2 million or so Moroccans who live and work abroad in order to send wages to loved ones in Morocco. The Islamic principal of giving extends beyond the home, which is why Moroccans gladly give alms to the poor. That generosity also informs traditional hospitality. It's a duty, a blessing, and a matter of family honor to treat guests well.

Moroccans view traditional married life as the only normal way to live. The idea of living alone is abhorrent, so most young people live with their family until they themselves marry. For women, that means fulfilling traditional domestic roles, even if they're also pursuing educations or careers outside the home. Since the turn of this century, Moroccan women have gained more rights and freedom than their counterparts in other Arabic cultures. But men here still enjoy more power and status in every aspect of life.

Religion and Religious Observance

In **Spain**, though 68.5% of Spaniards identify as Catholic, only 14% say they attend mass on a weekly basis. But religious traditions are still embedded in Spanish culture. There's a church in every neighborhood, and each region or city has a patron saint who is celebrated on his or her dedicated holiday with processions and fiestas. Easter is marked by locals carrying elaborate floats and statues. Even those who are not observant may attend mass on holidays, have religious weddings, or baptize their children. The second largest religious group are Muslims, who comprise 4% of the population. Many are first- or second-generation immigrants from North Africa, and they're more likely to be active worshippers than their Catholic counterparts.

In **Portugal**, the majority of 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.

In **Morocco**, 99% of the people follow Islam with the vast majority being Sunni Muslims. There is a small Christian population (mainly Catholic, resident foreigners.) The Jewish presence in Morocco dates back more than 2,500 years, and while today there are fewer than 4,000 Jews here (mainly in Casablanca), prior to 1948 (when many emigrated to Israel) there were between 250,000 and 350,000. The Jews of Morocco suffered periodic persecution but mainly thrived, and are widely admired for their many contributions to Moroccan culture.

Religious practice is quite evident in daily life. Muslims pray five times daily, and when the call to prayer (called the *ezan*) is sung or broadcast from minaret towers, everything stops. Friday is the Muslim Sabbath, so some businesses will close or have limited hours. During the month-long holiday of Ramadan, we may need to adjust our itinerary due to holiday closures. To participate, Muslims fast from dawn to dusk; but as the sun sets, everyone rushes home for *iftar*—the breaking of the fast. Suddenly the evening comes alive with music, eating, and shopping. The festivities often continue into the night. Visitors are not required to fast, but out of respect you shouldn't eat, drink, or smoke openly. (It's OK to eat indoors, but not outside.) Your Trip Experience Leader can advise you where to eat. Ramadan follows a lunar calendar, so its dates change from year to year.

Visiting Churches and Mosques

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

In **Morocco**, when visiting a mosque it's polite to be modestly dressed (no bare shoulders, no short skirts or shorts (for men as well as women). You will be asked to remove your shoes before entering. In most mosques, women visitors are not required to cover their hair, but in others you may be asked to do so. Typically, a mosque that requires special dress for female visitors will have pieces to lend or rent.

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 pasa nada* means “no worries” or “it's nothing,” and is used as a reply when someone thanks you.
- *Chulo* is one of those words that originally had negative connotations (as a noun, it means “pimp.”) But today, it is very widely used to mean “cool.” *¡Que chulo!* means “how cool,” and you can use *chulo* to describe a person or object that you think is great. Another way to convey that idea is *es la cana*. It literally means “it is the cane,” but is used to indicate that an object is great. *Me gusta esta comida, es la cana* means “I like this food, it's awesome.”
- *Tío* and *tía* mean “uncle” and “aunt.” But they're also used to call someone a “guy/girl” or “dude/chick.” You can call your friends this, or even refer to strangers as *tío* and *tía*.
- 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, “*Nuestra líder de la gira es muy maja.*” (Our Trip Leader is very nice.)

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.
- *‘Tá bem* is the Portuguese way to say “fine” or “it’s all good.”
- *Tipo* is the Portuguese equivalent of “like,” when like is used not to indicate a preference, but as a filler.
- *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.)

Language in Morocco

There are nine so-called “living languages” in Morocco, and most of them are dialects of Arabic. Fortunately, most Moroccans are multi-lingual. The official language is Modern Standard Arabic, taught in schools and used mostly for formal and written communications. Moroccan Arabic or Darija is the more common spoken form of Arabic, used informally and at home and also in television and advertising. The second official language is a Berber language called Tamazight, and about 40% of the people speak or understand Tamazight.

French is the official second language, understood by about half the population and used widely for business. In the north, many Moroccans also speak Spanish. English is the third most common foreign language, and its popularity is rising—especially among young people, in cities, and among those whose livelihoods are affected by tourism. Since 2002 it has been taught in schools, starting in fourth grade.

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.

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.

Taking Photographs

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

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

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

Safety & Security

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

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

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

Portuguese Cuisine

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

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

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.

Moroccan Cuisine

Moroccan cooking blends Berber, Arabic, African, Spanish, and French traditions to create a culinary canon that is at once complex and delicate. Sweet and sour dishes were introduced by the Arabs, who borrowed them from Persia. Many breads were introduced by sub-Saharan African cultures. And there is a strong tradition of preserving and pickling fruits and vegetables, a contribution of Morocco's Jewish communities. Some dishes you might find while exploring Morocco include:

- **B'ssara:** A rich soup of dried broad beans swirled with olive oil, sprinkled with cumin, and enjoyed with warm bread.
- **Briouats:** A vegetarian option, *briouats* are crunchy, triangular pockets of *warqa* (phyllo dough) filled with meat, cheese, or vegetables. (There are also sweet varieties.)
- **Bstilla:** A sweet dinner consisting of a flaky casserole of phyllo pastry layered with pigeon or chicken; and flavored with almonds scented with orange flower water, saffron, and cinnamon and dusted with confectioners' sugar.
- **Kefta:** A dish of spiced beef or lamb meatballs simmered with tomatoes and poached eggs.
- **Chermoula:** A popular street food, *chermoula* is a sauce stuffed into grilled sardines and vegetables. The sauce contains a mix of spices, olive oil, fresh coriander, and lemon juice.
- **Babbouche:** A soup of snails in the shell swimming in a garlicky broth.
- **Kaab el ghazal:** Or Gazelle's ankles, a dessert of thin, sugary crescents filled with almonds and orange blossom water.
- **Roze bil heleeb:** A dessert of creamy rice custard topped with shredded coconut and almonds or pistachios, flavored with cinnamon and orange blossom.

Lisbon in Brief

City Layout & Details

Lined with restaurants, museums, shops, UNESCO World Heritage sites, and old pastel-colored buildings juxtaposed with modern architecture, Lisbon is a charming city with something to offer for everybody. The people are known for their hospitality and festive spirit which is demonstrated by the various festivals held in the city throughout the year to celebrate film, art, music, and sports, among other things.

The capital city of Portugal, Lisbon is located along the western coast where Tagus River opens into the Atlantic and sprawls across seven hills. Stroll through Belem, a neighborhood on the waterfront, where you will find the Mosteiro dos Jeronimos, a beautiful monastery with UNESCO status, and the Museu Colecao Berardo, a modern art museum. Explore the historic city centre, the Baixa Pombalina, and wander through Chiado to scope out the shops and restaurants. For a taste of the quieter, local life, head to Alfama and meander through the narrow streets – be sure to start at the top and make your way down to the bottom! Delight your taste buds with a stop at one of the wine bars in Bairro Alto to taste some wine, cheese, and charcuterie.

Local Transportation

Lisbon offers multiple forms of public transportation that make it easy to navigate the city. While driving is an option, streets are generally congested and difficult to maneuver, and parking can be extremely hard to find. With the many taxis and means of public transportation available, you will have plenty of options if you do not want to drive.

Metro: There are four main metro lines which are labeled by color: red, green, yellow, and blue. Metro stations will be denoted with “M” signs. Remember to validate your ticket at the station entrance before boarding the metro. A single ride costs approximately 1.40 euros. You can also purchase a 24-hour pass that is valid on all metro lines, as well as trams, funiculars, and buses.

Buses and Trams: Lisbon has an extensive bus and tram system that span the city, making it an easy option while you are exploring. The trams have an old-city charm that has turned the transportation itself into a tourist attraction. Pick up a map from the local tourist office or at your hotel to see all of the routes available to explore.

Funicular: There are four funiculars in Lisbon – the Ascensor do Lavra, the oldest in Lisbon, the Ascensor da Bica, the Ascensor da Gloria, and the Elevador de Santa Justa (the “Elevator of Santa Justa”). Most of the funiculars cost about 3.60 euros for a round trip ticket, except the Santa Justa which is 5 euros.

Taxi: Taxis are plentiful in Lisbon. Keep in mind that they may charge more at night or if you have luggage with you. It is also very common to use Uber.

Barcelona in Brief

City Layout and Details

Barcelona has a style all its own, unmatched anywhere in the world. It seems to re-invent itself daily even as it preserves and maintains the best of its history. If you have time limitations, you'll still be able to take in the prime historic sights by focusing on the ciutat vella, the old town. You can reach the many majors sights from the central Plaça de Catalunya in under a half hour at a leisurely walk. For anything further out, the Metro is convenient, fast, and inexpensive.

The old town is split roughly in two by the tree-lined and very pedestrian friendly Ramblas. To the east you'll find the labyrinthine Barri Gòtic (Gothic Quarter), with the Sant Pere and La Ribera neighborhoods even further out. Going west takes you into El Raval, a district that offers a trendy and bohemian atmosphere. At the foot of the Ramblas you'll find the waterfront, with a newly polished harbor area. East from there you'll find the fishing and restaurant quarter of Barceloneta, city beaches, and the cafés and restaurants of the Port Olímpic. Moving past the old town you'll find L'Eixample (Catalan for "extension"), built when the population grew past the city walls. It is, in contrast with the cramped and historic lanes of the ciutat vella, a wide-open area of fine avenues and 19th-century modernista (Art Nouveau) buildings. It is also the location of the cities most iconic building, the Gaudi's Sagrada Família.

You'll find a cultural vibrancy here that's rare anywhere: from the glorious modernista architecture, and the work of Antoni Gaudí in particular, to the artistic legacy of Catalan artist Joan Miró and the showcase Pablo Picasso museum (one of the city's most popular.) When you're done taking in the sights, join the locals for a market visit, a stroll down the Ramblas, a lazy harborside lunch, lively festival nights, or a visit to the beach.

Entertainment & Recreational Activities

From art openings and concerts to tapas bars, music bars, and clubbing, Barcelona is a great night-time city, and the array of after-dark diversions is huge. You don't have to leave the city center to find more than enough entertainment, but if you do, you'll find the outer districts just as lively. Trendy bars and clubs operate in every major district, and if one closes down, another seems to open the next night. Nightlife here is, however, a late adventure: evenings don't get seriously underway until after 10, bars stay open until 3am, and many clubs don't close until 6am.

From relaxing an evening away in local tascas (taverns), grazing on an array of appetizers at a tapas bar, or a slowly emptying a bottle of wine at a café, you can enjoy an easy and inexpensive way to spend an evening people-watching. If the weather is good (which it frequently is) the city's outdoor squares fill with tables and chairs. Drinking outside is so popular, and sometimes so noisy, that you might find restricted hours in some places.

There's more to the city than history and nightlife. Barcelona has numerous green belts and a busy waterfront, rebuilt with walkways, marinas, beaches, and top seafood eating spots. Outside the city, golf, horse riding, tennis, and swimming are available and within easy reach.

Local Transportation

In central Barcelona comfortable shoes are your best travel buy: it's an eminently walkable city, particularly the old town. For areas further afield:

Metro: Barcelona's underground public transport system is very efficient, and it goes pretty much any place in the city you might want to visit. You'll find five color-coded/numbered lines radiating from the center of the city. Stations are identified by a red diamond-shaped sign with the letter M in the center, maps are widely available, and tickets can be bought ahead of time, or in the station as you travel. Tickets come in a range of flavors – from a simple single ticket to multi-trip and multi-day passes and can be bought from station offices or from touch-screen vending machines (with instructions in English.) The metro runs from 5am to midnight Sunday through Thursday, until 2am on Friday, and is open all night on Saturday. Visit TMB's website (www.tmb.net) for more information on the city's transport system (in English.)

Trams & Buses: Subject to Barcelona's famed traffic snarls, tramvías (trams) work the main streets through the city alongside city buses. Routes are clearly marked at each stop, as are timetables.

Taxis: Yellow-and-black taxis are plentiful and reasonably priced. You can hail one in the street if its green light is on. Taxis have meters, and two stage pricing – cheaper during the day, more expensive after 8pm at night. You'll find a list of prices and surcharges is displayed (by law) on the back passenger window.

Shopping: What to Buy, Customs, Shipping & More

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

Returns

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

Crafts & Souvenirs

Portugal

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

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

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.

Morocco

Morocco offers many fine craft items at good prices. Traditional souvenirs include gold and silver jewelry, wood carvings, cotton goods, tapestries, carpets, leather goods, pottery, copperware, brassware, basketry, fine inlaid woodwork, and spices.

Bargaining: Some shops have fixed prices. In the open-air markets prices are usually flexible and negotiating is normal. The only rule is that if you make an offer, you should be prepared to buy at that price. Bring a mix of small bills so that you can pay in exact change. Moroccans enjoy negotiating over prices, and they expect it of their customers.

Many shops in Morocco are closed on Fridays. If they are open, they may close from mid-day prayer until early afternoon.

Gibraltar

As a little slice of Britain, Gibraltar’s shopping focuses on goods from the “home country”, like marmalade, British biscuits (hard biscuits), English china, royal memorabilia, and Union Jack flag prints on everything.

U.S. Customs Regulations & Shipping Charges

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

The top three points to know are:

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

DEMOGRAPHICS & HISTORY

Portugal

Facts, Figures & National Holidays

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

National Holidays: Portugal

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

01/01 New Year's Day

04/25 Liberty Day

05/01 Labor Day

06/10 Portugal Day

08/15 Assumption of Mary

10/05 Republic Implantation

11/01 All Saints' Day

12/01 Restoration of Independence

12/08 Feast of the Immaculate Conception

12/25 Christmas Day

Portugal: A Brief History

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

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

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

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

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

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

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

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.

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.

Morocco

Facts, Figures & National Holidays

- **Area:** 172,414 square miles
- **Capital:** Rabat
- **Languages:** Arabic and Berber are the official languages; French and Spanish are also spoken.
- **Location:** Morocco is bordered by Algeria in the east, Mauritania in the south, the Atlantic Ocean in the west, and Spain in the north.
- **Geography:** Morocco's landscape varies from coastal lands near the Atlantic Ocean to mountainous regions to the Sahara Desert.
- **Population:** 37,984,655 (Estimate)
- **Religions:** Muslim 99%, Other 1%
- **Time zone:** Morocco is on Central European Time, six hours ahead of U.S. EST. When it is 5am in Washington D.C., it is 11am in Rabat. Morocco does not observe Daylight Savings, therefore Morocco is only 5 hours ahead of Eastern Standard Time when Daylight Savings is in effect.

National Holidays: Morocco

In addition to the holidays listed below, Morocco celebrates a number of national holidays that follow a lunar calendar, such as Eid al-Fitr and Eid al-Adha. To find out if you will be traveling during these holidays, please visit www.timeanddate.com/holidays.

01/01 New Year's Day

01/11 Anniversary of the Independence Manifesto

05/01 Labour Day/May Day

07/30 Feast of the Throne

08/14 Anniversary of the Recovery Oued Ed-Dahab

08/20 Anniversary of the Revolution of the King and the People

08/21 Youth Day

Morocco: A Brief History

Morocco is unique for having been occupied by one group of people for all of its recorded history—people who have rarely been subjugated by outside forces. The Berbers or Imazighen (men of the land) have endured for millennia. They are not a homogenous group, but comprise various tribes who share some ethnic lineage. Nor were all Berbers nomads despite the stereotype. Most Berbers were farmers, but connected to fellow Berber traders and horsemen who developed semi-permanent encampments as they forged trade routes.

The Berbers often frustrated Roman attempts to govern them, though their rebellion was not always violent but often based on shrewd alliances and gamesmanship. Most Berbers continued to practice their traditional, animist religions. They also borrowed from other African and Egyptian religions, and as the millennium turned, many Berbers were Christian or Jewish.

In the 7th century AD, the Ummayyad Arabs conquered the Middle East in less than a decade, but needed 70 years to subdue Morocco's Berbers. They brought the Arab language, architecture, civil codes, and mostly, the new religion of Islam. Its ideals resonated with traditional Berber values and its adoption was widespread, rapid, and willing. But the Arabs were never able to unify the region politically. Though they enlisted Berber vassals to lead their conquest of Iberia, the sprawling caliphate proved difficult to manage, paving the way for Arab-Berber dynasties such as the Almoravids, Almohads, and Nasrids, who presided over Moorish Iberia, called al-Andalus. These dynasties have ruled Morocco continuously from the 8th century to the present.

When the Moors were expelled from al-Andalus in 1492, Muslim and Jewish refugees brought their cultures back to Morocco, enriching the Imperial Cities of Fez, Marrakesh, Rabat, and Meknes. Rulers rose and fell for 140 years and in the 1630s, the Alaouite family overthrew the Saadis, establishing a line that rules to this day. In the late 1800s, Morocco's strategic location and natural resources attracted France, which took control by 1912. Spain hung onto a small protectorate on the coast, Tangier was made an international zone, and Rabat became the capital. When Berbers rebelled in 1926, it took 25,000 Spanish-French troops to subdue them.

During WWII, Morocco was ruled by Vichy France, which was a Nazi puppet. But independent-minded Casablanca provided crucial support for the Allied North African campaign. *After the war in 1944*, Morocco demanded freedom, and France was eventually pressured to grant it.

Mohammed V returned from exile in 1955; Morocco won its independence in 1956; Mohammed V crowned himself king in 1957; and handed power to his son, Hassan II, in 1961. Hassan II earned the people's affection in 1975 when he led the Green March into the Western Sahara to force Spain to hand over the province. More than 350,000 volunteers marched that day, but the dispute between Morocco and the western separatist Polisario Front still simmers.

Mohammed VI took the throne in 1999, and advanced many liberal policies including women's rights. In 2002, he married Salma Bennani, a computer science engineer, and many believed it symbolized the acceptance of modern roles. In 2004, the government imposed changes to family law geared toward lifting the gender inequality and protecting children. During the Arab Spring of 2011, Mohammed VI reacted with a deftness that eluded other leaders, announcing constitutional reforms, ceding more power to parliament, and making Berber an official state language. But Mohammed VI has increasingly been criticized for repressing freedom of speech, and the nation still struggles with poverty, unemployment, and corruption in the justice system.

Events that Shaped the 20th Century:

Morocco's Battle Against Colonialism

Situated at the entrance of the Mediterranean, with the Atlantic to the west and the Strait of Gibraltar to the north, Morocco has historically been a strategic location to control.

France had always shown an interest in fully conquering Morocco for centuries, interested in the land for its access to the Atlantic and Mediterranean, as well as its border with French-controlled Algeria. While France had slowly been taking over Morocco from the Algerian border and had their increasing military influence recognized by most world powers following the signing of the Treaty of Algeciras, France wanted more. And, on March 19, 1907, the assassination of Émile Mauchamp, a French doctor, in Marrakesh by an anti-French occupation mob, was just the reason they needed.

After snapping up more towns along the Algerian border, including Bechar and Oujda, France began their assault in earnest. The Moroccan people, incensed by the encroachment of the French and the disregard for their own sovereignty, responded by killing nine European laborers. Surprising the French, the Moroccans then managed to take back Casablanca. On August 5th, 1907, France retaliated and bombed Casablanca, destroying the city and killing thousands of Moroccans. France pushed into the region of Chaouia, a campaign that lasted 7 years, ending in France's control over the region. France also encroached from the east, using their Algerian border to facilitate their invasion.

The tribes of Morocco, instead of banding together against France, split their allegiance, with the sultan of Morocco, Abd al-Aziz bin Hassan, doing little to oppose France. The people of Fez however, called for war and instead supported the sultan's older brother, Abd al-Hafid. This devolved into a brief civil war, with Sultan al-Aziz gathering an army before marching to Marrakesh to confront his older brother's forces. The Sultan's army was ambushed in the Battle of Marrakesh, and Sultan al-Aziz was forced to flee back behind French lines in Casablanca, where he later announced his abdication.

Sultan al-Hafid took power and nothing changed. The French were still encroaching on Moroccan sovereignty, with their campaign in the region of Chaouia. By 1911, a rebellion broke out against Sultan al-Hafid and he was besieged at his palace in Fez, forcing him to call upon the French to protect him. The French forces used this opportunity to take Fez.

Following the rebellion, Sultan al-Hafid, under duress, signed the Treaty of Fez, recognizing French control of certain areas of Morocco and giving the French Resident-General absolute power over both internal and external affairs. In the aftermath of the failed rebellion in Fez, France had managed to maneuver themselves into the position of power they had wanted from the start.

The Moroccan people reacted violently in a series of riots that became known later as the Bloody Days of Fez. During the riots, many Moroccan soldiers, under French commanders, joined the riots, attacking their commanders before moving to the European and Jewish quarters of Fez. Believing the Jewish populace to be helping the rioters, the French commander ordered the Jewish quarter be shelled. According to the Moroccan historian, Mohammed Kenbib, 66 Europeans, 42 Moroccan Jews and some 600 Moroccan Muslims were killed over the course of the two days of rioting.

After signing the treaty and retreating to Rabat, Sultan al-Hafid abdicated in favor of his youngest brother, Yusef.

The French Colonial Administrator, Hubert Lyautey, worked to maintain Morocco's independent culture, focusing instead on colonial education and urbanization, rather than the traditional assimilation route taken by France in Algeria and Tunisia. He worked closely with the Sultan, allowing the sovereign to retain cultural, practical, and religious power in Morocco.

When World War I and World War II swept through Europe, France recruited from the Moroccan infantry, with thousands of Moroccans making up the Moroccan Brigade, fighting for the French with little to no recognition.

Following World War II, Sultan Mohammed V, who succeeded his father, Sultan Yusef, in 1927, called for Moroccan Independence. Becoming the face of Morocco's independence movement, Sultan Mohammed V aligned himself with a series of nationalist movements and call for Morocco to join the Arab League. Demonstrating in front of huge crowds, he appealed for independence in several momentous speeches, including the Tangier Speech.

On August 20th, 1953, Sultan Mohammed V was forced out of Morocco by French authorities, exiled to Corsica, and later Madagascar, with his immediate family. In his place, France installed Mohammed Ben Aarafa, Sultan Mohammed V's first cousin once removed. The "French Sultan" was not recognized by the Moroccan people, and, in response, the nationalist movement bombed the central market in Casablanca on Christmas Eve 1953.

Supported by Libya, the National Liberation Front in Algeria, and Egypt, the nationalist movement managed to put pressure on the French and forced them to renegotiate Sultan Mohammed V's exile in 1955. Upon the Sultan's return, he managed to negotiate Morocco's independence and French Morocco became the Kingdom of Morocco with Mohammed V established as King on August 14th, 1957.

Gibraltar

Facts, Figures & National Holidays

- **Area:** 2.51 square miles
- **Government:** Self-governing territory of the United Kingdom
- **Languages:** English, Spanish, Italian, and Portuguese.
- **Geography:** Gibraltar is located on the southern coast of Spain where the Mediterranean Sea and the Atlantic Ocean meet, known as the Strait of Gibraltar.
- **Population:** 29,328
- **Religions:** Roman Catholic 78.1%, Church of England 7%, Muslim 4%, other Christian 3.2%, Jewish 2.1%, Hindu 1.8%, other 0.9%, none 2.9%
- **Time Zone:** Gibraltar is six hours ahead of U.S. Eastern Time.

National Holidays: Gibraltar

In addition to the holidays listed below, Gibraltar celebrates a number of national holidays that follow a lunar calendar (Easter) or a floating calendar (bank holidays). To find out if you will be traveling during these holidays, please visit www.timeanddate.com/holidays.

01/01 New Year's Day

03/13 Commonwealth Day

04/28 Worker's Memorial Day

05/01 May Day

09/10 Gibraltar Day

12/25 Christmas Day

12/26 Boxing Day

Gibraltar: A Brief History

Many Americans think Gibraltar is an island or just a rock, being most familiar with its iconic depiction in the Prudential Insurance Company logo. In fact, Gibraltar is a 2.6-mile British territory that borders Spain and occupies a peninsula that juts into the Atlantic on one side, and the Mediterranean on the other. At its tip sits the 1,398-foot high promontory that the Moors named Jebel Tariq, which morphed into "Gibraltar." It formed when Eurasian and African tectonic plates collided 55 million years ago. Since then, many have wanted a piece of the Rock.

Gibraltar's written history begins with the Phoenicians, who worshipped in the Rock's caves. So did the Carthaginians and the Romans, who called the Rock *Mons Calpe*, meaning "hollow mountain" for its caverns. Romans and Greeks revered Gibraltar as one of the "Pillars of Hercules," created by the hero when he stamped his foot on the Atlas Mountains to form the Strait of Gibraltar. The corresponding pillar, *Mons Abila*, is thought to be Morocco's Jebel Musa.

In 711 AD, the Berber chief Tariq ibn Ziyad crossed from Tangier, establishing a base for the Moorish invasion of Iberia. They held Gibraltar for 750 years, interrupted only once (in 1309) by Castile, which held it for about 20 years. Gibraltar reverted to Spain in 1462, but was a frequent target of Barbary pirates and the Dutch, English, and Danish navies. Spain finally lost its prize to an Anglo-Dutch fleet, and Gibraltar was ceded to Britain "in perpetuity" in the 1713 Treaty of Utrecht. This did not stop Spain from trying to recapture it during the Great Siege of 1779-83.

Gibraltar remained a crucial naval base for Britain and in 1889, its harbor was made torpedo-proof. During World War I, the British Navy engaged in anti-submarine warfare against German U-boats here. In 1936, 10,000 Spanish Civil War refugees fled into Gibraltar. Though Britain (and by extension, Gibraltar) took a neutral stance, Gibraltarian society was split, with the upper classes, British authorities, and Catholic and Anglican churches supporting the Nationalist rebels; and working people supporting the Republicans. One thing everyone agreed on during this dress rehearsal for another world war was that Gibraltar should strengthen its defenses.

During World War II, Gibraltar's civilians were evacuated, and the Rock, with its caves and tunnels, became a garrison for 17,000 troops. Eisenhower made Gibraltar his base for the Allied invasion of North Africa. Throughout the postwar era, Gibraltar was not repaid for its earlier Nationalist support. Instead, dictator Francisco Franco repeatedly attempted to reassert Spain's claim. In a 1967 referendum, Gibraltarians overwhelmingly voted to remain a British rather than Spanish territory. The vote (12,138 to 44) so incensed Franco, he closed the border.

The border reopened in 1985, easing life for tens of thousands of residents on either side who cross it every day. Since then, relations between Gibraltar and Spain have improved. Britain and Spain discussed joint sovereignty in 2002, but Gibraltarians voted resoundingly against it. In 2004, they celebrated 300 years of British rule with a human chain of 17,000 residents (more than half the populace) holding hands around the Rock.

With the Brexit vote of 2016, Gibraltar's unflagging British allegiance fluttered, as 96% of the colony wanted to remain within the EU. In January 2021, a Schengen-type agreement was reached that would ensure the smooth movement of goods and people in and out of Gibraltar. With all sides taking a pragmatic approach to commerce, tourism, and employment, the sovereignty issue is off the table—for now.

RESOURCES

Suggested Reading

General

Cultural Atlas of Spain and Portugal by Mary Vincent and R. A. Stradling (1994, Culture) This reference book focuses on the rich cultural diversity and artistic heritage of Spain and Portugal, and examines how the historic events of each country have been partly impacted by their geography and climate.

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.

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.

Morocco

In the Country of Others by Leïla Slimani (2020, Historical Fiction). Set in French-colonized Morocco following World War II, Mathilde settles into life in Morocco with her husband, Amine. Mathilde, a proud Frenchwoman, struggles with the unfamiliar sociality expectations as her husband, a soldier turned farmer, faces opposition as a Moroccan man married to a French woman. This award-winning novel views an interracial love story through the lenses of Morocco's fight for independence from French colonialism.

The Last Storytellers by Richard Hamilton (2011, Anthology) Wander through Marrakech's legendary Jmaa el Fna square, and among the snake charmers, musicians, jugglers and hawkers, you may occasionally notice a storyteller holding court. As the tradition of publicly recounting folktales or fables slowly dies, Hamilton has here collected the best of these engaging stories.

Horses of God by Mahi Binebine (2010, Literary Fiction). On May 16th, 2003, Casablanca suffered the deadliest attack in Morocco's history with fourteen suicide bombers killing forty-three people and over a hundred people were injured in the attacks. *Horses of God* views the attacks, perpetuated by young adults from the shantytowns of Sidi Moumen, from one of the suicide bombers looking back on his life after death. Starting from childhood, Binebine raises four young boys through poverty and violence to a desperate bid for purpose in religious extremism.

The Caliph's House, A Year in Casablanca by Tahir Shah (2006, Memoir). An entertaining account of the transformation of a ruined palace in Casablanca. Shah is a marvelous storyteller, interweaving Moroccan customs, history, black humor, and portraits of neighbors into one work.

Dreams of Trespass, Tales of a Harem Girlhood by Fatima Mernissi (1994, Memoir). This memoir captures the true story of Mernissi's life growing up in a Fez harem during World War II. The harem was not an exotic seraglio of concubines but rather a part of the house where all the women of a family are secluded.) A coming of age story with vivid and often hilarious detail.

Gibraltar

Gibraltar: The Greatest Siege in British History by Roy and Lesley Adkins (2017, History) Between 1779–1783, Spanish and French forces blockaded and bombarded Gibraltar, costing the British thousands of men, ships, and arms that were desperately needed to quell a rebellion across the Atlantic. For the duration of the siege, the inhabitants of Gibraltar had to contend with hunger, typhus, and smallpox in addition to daily assaults.

A Dangerous Place by Jacqueline Winspear (2015, Mystery) Maisie Dobbs, returning home to England in 1937 while grieving personal loss, impulsively jumps ship in Gibraltar, a military garrison where thousands have fled the Spanish Civil War. When she stumbles upon the corpse of a photographer, Maisie begins to investigate; captures the interest of the British Secret Service; and is drawn into a web of international intrigue.

A Delicate Truth by John le Carré (2013, Fiction) To ensnare a jihadist arms dealer, a counter terrorist operation called Operation Wildlife is launched in Gibraltar. When details about the operation cause a scandal and subsequent cover up, a retired diplomat and his secretary must weigh the consequences of their actions. Spymaster le Carré called this the most autobiographical of all his novels.

Suggested Films & Videos

Portugal

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

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

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

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

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

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*.

Morocco

Changing Times (2004, Comedy/Drama) A French engineer (Gérard Depardieu) contrives a job in Tangier in order to reconnect with a lost lover of thirty years (Catherine Deneuve.) Various other characters and subplots cast an interesting light on modern urban Moroccan life.

Le Grand Voyage (2004, Drama). Driving his dad to Mecca for the Islamic pilgrimage is not what Reda, a French-Moroccan teenager, had planned. But plans change in this emotional road trip that explores the generational and cultural divide experienced by the many Moroccan immigrants. In French and Arabic with subtitles.

Ali Zaoua: Prince of the Streets (2000, Crime Drama). Four homeless young boys in Casablanca dream of a better life. When their leader is killed by a rival gang, the three remaining boys are determined to give him a proper funeral, but are faced with the rival gang and their own uncertainties as they try to gather the resources needed.

Hideous Kinky (1999, Drama) Kate Winslet plays a free-spirited, single British mother who decamps with her daughters to Morocco to find herself. Optimistic despite financial and personal setbacks, she remains dangerously oblivious to the needs of her children. A thoughtful look at Morocco's 1970s hippie mystique, and its reality.

The Sheltering Sky (1990, Adventure/Drama) An unhappy American couple ventures deep into the North African desert in the hopes of rekindling their relationship. The farther they go, the more the chasm between them widens. Directed by Bernardo Bertolucci, starring Debra Winger and John Malkovich, and featuring Paul Bowles, who wrote the book.

Gibraltar

Gibraltar: My Rock (2010, Documentary) Director Ana Garcia returned to her home in Gibraltar in 2010 to get married, and used the occasion to explore her family's history, which was entwined with the centuries-old dispute between Britain and Spain.

The Running Man (1963, Romantic Thriller) British businessman Laurence Harvey fakes his own death, and arranges for his wife (Lee Remick) to emigrate to coastal Spain where they will live off the hefty insurance claim. Things go awry when a vacationing insurance agent (Alan Bates) arrives. Part of the film takes place in Gibraltar, with a gripping climax on the Rock.

The Living Daylights (1987, Thriller) This spy thriller (with Timothy Dalton as 007) is not up to other entries in the Bond franchise, but worth watching for the pre-title sequence, an exhilarating Land Rover chase on the Rock of Gibraltar.

Useful Websites

Overseas Adventure Travel

www.oattravel.com

Overseas Adventure Travel Frequently Asked Questions

www.oattravel.com/faq

International Health Information/CDC (Centers for Disease Control)

www.cdc.gov/travel

Electricity & Plugs

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

Foreign Exchange Rates

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

ATM Locators

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

World Weather

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

Basic Travel Phrases (80 languages)

www.travlang.com/languages

Packing Tips

www.travelite.org

U.S. Customs & Border Protection

www.cbp.gov/travel

Transportation Security Administration (TSA)

www.tsa.gov

National Passport Information Center

www.travel.state.gov

Holidays Worldwide

www.timeanddate.com/holidays

History & Culture

en.wikipedia.org

Useful Apps

Flight Stats

Track departures, arrivals, and flight status

LoungeBuddy

Get access to premium airport lounges around the world

Timeshifter

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

GoogleMaps

Maps and directions anywhere in the world

Triposo

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

Rome2rio

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

Flush or Sit or Squat

Find a clean toilet anywhere

Uber

Ride sharing around the world

Visa Plus and Mastercard Cirrus

ATM locations

Shows the location of the nearest ATM in your network

TunnelBear

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

What's App, Skype, or Signal

WiFi calling anywhere in the world

Duolingo, FLuentU, or Babbel

Learn dozens of foreign languages

Google Translate

Fast and simple translations

XE

Currency conversions

SizeGuide

Clothing and shoe sizes in all countries

Best Units Converter

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

Tourlina

For women only, it connects you with other female travelers

Happy Cow

Locate vegan and vegetarian eateries in 195 countries

Eatwith

Dine with locals all over the world

Meetup

Connects you with locals who share your interests

Skyview

Identifies constellations and heavenly bodies

Travello

Find travel friends on the road

ALIX for One

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

TripWhistle

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

GeoSure

Safely navigate neighborhoods around the world

Chirpey

For women only, connect with other women, find out what's safe, meet up, and more



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