

NH  PBS

DISCOVER PORTUGAL

with Willem Lange

April 30 – May 10, 2024



AMERICAN EXPEDITIONS

A tour to **Portugal** is a journey through history that will afford a wonderful opportunity for exploration and discovery. With its fascinating variety of landscapes, from the blue sea and sandy beaches to mountaintops covered with snow, Portugal is unique. It is a country of immaculate white houses, colorful costumes, inviting people, wonderful food, rich culture, and musical traditions preserved for over eight hundred years!

This tour will allow you to explore the many wonders of **Porto**, known for its narrow, cobbled streets, where you will cruise the **Douro River** and shop in bustling open-air markets full of local specialties. Next, your journey takes you to the stunning capital city of **Lisbon**, which will serve as a launch pad for visiting the South Central region. Experience and learn about the tradition of **Fado**, a type of Portuguese singing, renowned for its expressive and profoundly melancholic character. Learn about **wine** production, taste **delicious local specialties** and enjoy the **history** of this country that lies alongside the Atlantic Ocean.

Enjoy a tour of Portugal with our favorite storyteller, **Willem Lange** and let yourself be immersed in all that the country has to offer while enjoying the incredible sights in this beautiful country.



DISCOVER PORTUGAL

April 30 – May 10, 2024



DAY 1 | Tuesday, April 30 FLY TO PORTUGAL

Your **NHPBS Discover Portugal** tour starts with a direct overnight flight from **Boston to Lisbon**.

Meals, snacks, and refreshments will be served on board. Be sure to read through the great tips and travel information in your **American Expeditions tour handbook!**

DAY 2 | Wednesday, May 1 ARRIVE IN LISBON | JOURNEY TO PORTO

Welcome to **Portugal!** Arrive in Lisbon where your **American Expeditions tour manager** will be waiting to greet you in the arrivals hall. Together, board your private motor coach and begin the journey along the coast to **Porto**. Stop en route to stretch your legs and have lunch. Later, enjoy your first impressions of Porto as you enter the exciting capital of Portugal!

Arrive at your hotel. Check in and freshen up from the overnight flight. Those interested are welcome to join your tour manager for an **orientation walk** of the hotel neighborhood. This evening, kick-off your tour at a **welcome dinner of tasty Portuguese cuisine** and entertainment at a local restaurant!

DAY 3 | Thursday, May 2 SIGHTSEEING IN PORTO

Have **breakfast** before spending the day exploring **Porto**. Porto is sometimes referred to as the “unvanquished city” due to its successful resistance in 1833 of the 18-month siege led by King Miguel, an absolute monarch who opposed the recently passed liberal constitution and its many supporters in Porto. Porto, also famous for its port wine, is one of Europe’s oldest cities; its historical core was proclaimed a World Heritage Site by UNESCO in 1996. Porto is a port city, a trading city, welcoming and active.

Start the day with a **panoramic tour of Porto in a Tuk Tuk** (3-wheeled vehicle) that will encompass the **Praça da Ribeira**, one of Porto’s most beautiful neighborhoods. As one of UNESCO’s World Heritage Sites, the area is filled with winding medieval streets and small cobblestone alleyways. Ribeira is extremely scenic as it sits on the riverfront of the Rio Douro and comes complete with numerous cafes, restaurants, and bars. Next, visit the **Stock Exchange Palace**, one of Porto’s most impressive buildings, built in the mid-19th century in the neo-classical style. A tour of this building includes magnificent rooms full of art, grandiose staircases, and a large, glass dome decorated with the painted coats-of-arms of Portugal. Along the tour, view the Roman-Gothic Porto Cathedral, the Church of Cedofeita, Clerigos Tower and the Church of Carmo with its tiled facades.

The afternoon and evening are free to explore independently. Perhaps walk along the **Avenida dos Aliados**, generally regarded as the heart of Porto and the city’s most grandiose avenue. Flanked by ornate buildings in a range of architectural styles, from neoclassical to French Beaux-arts, this avenue was built to impress! Or visit the **São Bento Train Station** known for its 20,000 tiles, painted by João Colaço, which depict scenes from the traditional life of the north.





DAY 4 | Friday, May 3 VISIT TO REGUA AND PINHÃO

Enjoy **breakfast** at the hotel before embarking on a visit to the wine region including the towns of **Régua** and **Pinhão** which sit along the **River Douro**. Take in the beautiful landscapes and scenery of this region.

Régua is the capital of the Douro region and played a fundamental role in the production and sale of Port wine. Barrels were transported from here in the special boats known as *barcos rabelos* to Vila Nova de Gaia, where the wine was left to age in the local wine lodges. Here, the vines are grown on terraced slopes leading down to the river, providing visitors with a series of spectacular views.

Visit a local winery and **enjoy a wine tasting followed by lunch together in a Quinta** (wine cellar).

Continue on to **Pinhão** and take a **cruise along the Douro River** where you will see the many vineyards that line the banks. Before you leave Pinhão, visit the railway station, whose walls are beautifully decorated with lovely *azulejos* tiles, with several large, well-preserved panels that tell the story of the surrounding area and the production of port wine. Return to Porto in time for dinner at leisure this evening.



DAY 5 | Saturday, May 4 EXCURSION TO GUIMARÃES

Enjoy **breakfast** at the hotel followed by an excursion to **Guimarães**, known for its well preserved medieval buildings and regarded as the birthplace of the country. With a local guide, visit the **Palace of the Dukes of Braganca**. Built in the 15th century, the palace is a marvelous example of Gothic architecture and has been considered one of the most beautiful residences in the Iberian Peninsula. Explore the medieval village lined with historical buildings dating back to the Middle Ages. After your tour, take time to explore and have lunch independently in the village. Return to Porto for the evening.

DAY 6 | Sunday, May 5 VISIT AVEIRO - ÓBIDOS EN ROUTE TO LISBON

After **breakfast**, check out of the hotel in Porto, and take a scenic drive through central Portugal stopping in picturesque towns along the way. A stop will be made in the famous coastal city of **Aveiro**, known as the "Venice of Portugal." Aveiro is full of picturesque canals that crisscross the city, and "**Moliceiros**", colorful boats with raised bows, can be found transporting people and goods from place to place. Take a memorable **boat tour on a "Moliceiro"**. Stop at the train station to admire the amazing panel of glazed tiles that decorated the facade and illustrate Aveiro's monuments and the entire region.



Following the boat tour, **learn how to prepare the local specialty known as "Ovos Moles"**, a pastry made of egg yolks, flour, and sugar, with a sampling of course!

Continue on to the beautifully preserved fortified town of **Obidos**, built initially during the Middle Ages with its narrow cobbled streets, traditional painted houses, and an imposing medieval Obidos Castle. Obidos is the finest example of a Portuguese walled town and was presented to the Queen of Portugal on her wedding day in the 1200s as a gift. Visit local artisan studios and enjoy a walk through the ancient streets.

In the late afternoon, check into your hotel in **Lisbon** and enjoy free time to relax and explore on your own.



DAY 7 | Monday, May 6 SIGHTSEEING IN ALFAMA

Enjoy **breakfast** this morning in the hotel dining room. Today's journey begins with a **guided sightseeing tour via Tuk Tuk through the neighborhood of Alfama**, the oldest district in the capital. Admire the winding streets and flowered balconies. Perhaps climb to the Belvedere of Santa Luzia where you will find one of the most beautiful panoramic views overlooking the city and the gorgeous seascape below! Walk past the Sao Jorge Castle, the hilltop fortress that dates back to the medieval period of Portuguese history. Continue downhill to Rossio Square, and admire the ornate cobblestones and its resident fountains and monuments also visit the impressive Praça do Comercio plaza, a highlight of the city outfitted with shops and cafes for you to enjoy lunch on your own.

In the afternoon, return to the hotel and enjoy time to discover Lisbon on your own.



DAY 8 | Tuesday, May 7 LISBON BELEM

Breakfast is served daily in the hotel dining room. After, embark on a **tour of the Belém district**, a historic trading center on the banks of the Tagus River. It was from Belém that the caravel ships during Portugal's Age of Discovery departed on long distance voyages. As you walk past, admire the **Church of the Jeronimos Monastery**, a world-renowned repository of Manueline Art (Portuguese late Gothic), and the Tower of Belém, a 16th-century monument that served both as a fortress and as a ceremonial gateway to Lisbon. **Visit the Ajuda Palace**, a neo-classical building from the first half of the 19th century, which was the residence of the Portuguese royal family from 1861 to the end of the monarchy in 1910. Sitting atop a hill, the grounds offer an exceptional view over the River Tagus and is home to important collections of 18th- and 19th- century decorative arts. Following your tour, take time for lunch on your own.

Tonight, head to a typical **"Fado" house**, where your group will **sample traditional Portuguese cuisine with interludes of authentic fado music** performed by a fadista accompanied by the Portuguese guitarra, a pear-shaped guitar unique to Portugal. This music is thought to be representative of the Portuguese soul, and the feeling of "Saudade" or nostalgia, characteristic of the Portuguese temperament.



DAY 9 | Wednesday, May 8 SINTRA - CASCAIS

Enjoy **breakfast** at your hotel before boarding your motor coach for **Sintra**, the picturesque town known for its extravagant palaces and stunning scenery situated within the hills of the Serra de Sintra. Hidden within these pine covered hills are extravagant palaces, opulent mansions, eccentric labyrinthine gardens, and the ruins of a medieval castle. For six centuries, Sintra was the favorite residence of Portugal's rulers and as a result, many charming "quintas" or elegant palaces can be found there. **Visit Biester Palace**, an astonishing example of romantic architecture from the 19th century.

Lunch is served to the group in a local restaurant featuring the traditional dish "Suckling Pig". After lunch, take in the beautiful view from **Cabo de Roca**, which forms the westernmost point of continental Europe and where the ocean as far as the eye can see. Continue to the charming seaside village of **Cascais**. Stop at **Boca do Inferno** (Mouth of Hell), a scenic cliff formation named for the rough waves that crash against the cliff.

In the afternoon, return to Lisbon to relax or explore further.



DAY 10 | Thursday, May 9 AZEITAO

Enjoy **breakfast** served in the hotel. Board your motorcoach and head to the south of Lisbon for **Azeitão**, a quaint town that is famous for wine production. Visit the vineyard **Manor José Maria da Fonseca**. The wine cellar is over 200 years old and is still being run by the same family. It is located on a beautiful estate whose centerpiece is the historic house. Once inhabited by the Fonseca family, today it is a museum where you can learn more about the history of the estate. Hear a brief explanation of the cellar's history, followed by a **tasting and tour of the cellars** which store the oldest Muscats of Setúbal, some for over 100 years.

Enjoy lunch on your own following the tour and return to Lisbon for the afternoon and evening.

A **Portuguese-style farewell dinner** brings your tour to a festive close. There will be ample opportunity to recount the many highlights of your tour!

DAY 11 | Friday, May 10 DEPART PORTUGAL AND RETURN TO THE USA

The **NHPBS Discover Portugal tour** ends with a direct flight from **Lisbon** back to **Boston**. Heartfelt goodbyes are exchanged at the airport and your group is sent off with a fond "Thank you for connecting our world. Until we meet again.....!"





TOUR PACKAGE INCLUDES

FLIGHTS - *professionally managed with group airfare*

- Roundtrip direct flights from Boston to Lisbon

ACCOMMODATIONS - *thoughtfully selected to match group needs*

9 nights in 4 star hotels, as follows:

- 4 nights in Porto at a centrally located hotel
- 5 nights in Lisbon at a centrally located hotel

MEALS - *varied, flavorful, and highlighting local cuisine*

- Breakfast served daily at your hotel.
- Two lunches, served as follows:
 - Lunch in a Quinta near Porto
 - Lunch featuring "Suckling Pig" in Sintra
- Three dinners, served as follows:
 - Welcome dinner in Porto
 - Dinner at a typical "Fado" house in Lisbon
 - Farewell dinner in Lisbon

ACTIVITIES + TOURS + ENTRANCES - *handpicked for you*

Experience fabulous sightseeing with our entertaining and informative guides:

- Tuk Tuk city tour of Porto
- Palace of Stock Exchange, Porto
- Palace of Dukes the Bragança, Guimarães
- Tasting of "Ovos Moles"
- Wine tasting, Douro Valley
- Mini-cruise on the Douro
- Boat tour on a Moliciro
- Tuk Tuk city tour of Lisbon
- Ajuda Palace, Lisbon
- Biester Palace, Sintra
- Tasting of Moscatel wine, Azeitão

TOUR MANAGERS *to handle on-the-road logistics*

To accompany your group every step of the way from arrival through departure, you will have an American Expeditions full-time tour manager and a full-time local Portuguese Tour Manager. Our beloved tour managers assist with:

- Greeting and gathering the group upon arrival
- Expediting hotel check-ins and check-outs
- Liaising with reception desks, coach drivers, and guides
- Directing on-site entrances and activities, handling tickets and vouchers
- Keeping each day well-paced
- Sharing cultural and historical content and interpreting local customs
- Sending everyone home with fond memories & hopes to travel together again soon!

TRANSPORTATION *in a private, modern, climate-controlled motor coach with a professional driver.*

For all services specified in your itinerary.

INSURANCE *that covers our commitment to you*

American Expeditions & Music Contact International, Inc. holds \$5,000,000.00 of Travel Agent and Tour operators Professional Liability Insurance.

TOUR ENHANCEMENT MATERIALS *to help plan, promote, and prepare for your tour*

- A custom Traveler's Resource (TR) website: We build this site specifically for your tour as a resource for travelers to engage in from the start. The TR Site is where travelers view the itinerary and watch it develop. There are maps, pictures, packing lists, recommendations for destination-based books and movies, collections of FAQs, and helpful travel links.
- A customized Tour Handbook with hourly itinerary, packing tips and lists, practical "Things to Know", destination background, and other fun content. This printed booklet is provided for each traveler about a month before departure.
- A luggage tag, passport/document holder, and outlet adaptor for each traveler is also included.



AMERICAN EXPEDITIONS SERVICE *goes beyond logistics*

- A unique opportunity to make lifelong friends through travel and pilgrimage! When we bring groups together, friendships develop that frequently extend to years of heartfelt reunions on tours we plan around the world.
- You are in good hands! We've got 30+ years' experience arranging custom cultural and special interest tours, performance tours, and festivals for choirs, bands, and orchestras.
- Our American Expeditions team is the best in the business! We are paddlers, musicians, teachers, event planners, parents, performers, volunteers, travelers, linguists, athletes, and more, from many countries, sharing our expertise at producing great tour experiences.



TOUR PACKAGE PRICE

LAND PACKAGE PRICES

Based on a group size of at least 20 paying travelers:
\$5,998.00 per person based on double occupancy

LAND & AIR PACKAGE PRICES

Based on a group size of at least 20 paying travelers:
\$7,364.00 per person based on double occupancy

OPTIONAL ADDITIONAL SERVICES:

\$970.00 single room supplement (per person)



DETAILS

Your Tour includes everything above. Here's what's not included:

Passport, official ID, visa or other required travel documents | Fees for extra, oversize or overweight baggage | Luggage handling at airports and hotels | Transportation of oversized luggage | Meeting room rental | Meals, entrance fees, and coach transfers not mentioned above | Drinks with meals unless specified | Gratuities for tour managers, local guides, coach drivers, hotel staff | Travel insurance

TRAVEL INSURANCE is recommended!

American Expeditions recommends purchasing travel insurance through Travel Insured. This link is also available online via your Traveler's Resource site.

Please review coverage options very carefully and contact Travel Insured Inc. directly with any insurance-related questions.



RESERVATION PROCEDURE

To register for this tour, please go online to tinyurl.com/NHPBSPortugal24 or call American Expeditions at 1-800-624-0166 x234.

A 25% per person deposit is required at the time of registration to reserve your place on the tour.

Registrations will be accepted in the order in which they are received. Space is limited.

TOUR HOST WILLEM LANGE

Avid outdoorsman, author and award-winning *Windows to the Wild* host Willem Lange has been called “one of the most beloved storytellers in Northern New England.” Willem writes a weekly newspaper column entitled *A Yankee Notebook* and his book, *Words from the Wild*, was published in 2015.

In addition to hosting 19 seasons of New Hampshire PBS’ *Windows to the Wild* series, Willem is the host of five NHPBS birding documentaries that have won New England Emmy, Telly, and New Hampshire Association of Broadcasters awards: *Journey of the Broad-Winged Hawk*, *Saving Songbirds*, *Bird Tales*, *Counting on Birds*, and *Plight of the Grassland Birds*. He has published 10 books and several audio recordings. His knack for storytelling, background in education, and love for the outdoors make Willem the perfect host and tour guide.

Willem was born in 1935. A child of deaf parents, he grew up speaking sign language and first came to New England for prep school in 1950 as an alternative to reform school in his native New York state. During a few absences from New England, Willem earned a degree in only nine years at the College of Wooster in Ohio. He has worked as a ranch hand, Adirondack guide, preacher, construction laborer, bobsled run announcer, assembly line worker, cab driver, bookkeeper, and bartender.

From 1968 to 1972, Willem directed the Dartmouth Outward Bound Center. From 1972 until his “retirement” in 2007, he was a building and remodeling contractor in Hanover, NH. In 1973, Willem founded the Geriatric Adventure Society, a group of outdoor enthusiasts whose members have skied the 200-mile Alaska Marathon, climbed in Alaska, the Andes, and Himalayas, and bushwhacked on skis through northern New England. Willem lives in East Montpelier, VT with his dog Kiki, and has three children and four grandchildren.





AMERICAN EXPEDITIONS



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