

Portugal

PORTO, THE DOURO VALLEY & LISBON HIKING

ACTIVE CULTURAL EXPLORATION | 8 DAYS

May 15-22, 2021

September 4-11, 2021

October 10-17, 2021



TRIP ITINERARY




Boundless
JOURNEYS

1.800.941.8010 | www.boundlessjourneys.com

How we deliver

THE WORLD'S GREAT ADVENTURES

A passion for travel. Simply put, we love to travel, and that infectious spirit is woven into every one of our journeys. Our staff travels the globe searching out hidden-gem inns and lodges, taste testing bistros, trattorias, and noodle stalls, and discovering the trails and plying the waterways of each remarkable destination. When we come home, we separate wheat from chaff, creating memorable adventures that will connect you with the very best qualities of each destination.

Unique, award-winning itineraries. Our flexible, hand-crafted journeys have received accolades from the world's most revered travel publications. Beginning from our appreciation for the world's most breathtaking and interesting destinations, we infuse our journeys with the elements of adventure and exploration that stimulate our souls and enliven our minds. Whether you are looking for a challenging physical expedition or a leisurely cultural exploration, Boundless Journeys has exceptional itineraries to match your sense of adventure.

Insider connections. There is simply no substitute for traveling with a knowledgeable insider, and our expert local guides will open doors for you that other travelers miss, like dinner with their extended family in Peru's Sacred Valley, or meeting an art scholar in Florence. Relationships developed over many years allow you to experience our destinations through a well-connected friend.

Small groups. Although the camaraderie of a group of like-minded travelers often enhances the journey, there can be too much of a good thing! We tread softly, and our average group size is just 8–10 guests, allowing us access to opportunities that would be unthinkable with a larger group.

Flexibility to suit your travel style. We offer both scheduled, small-group departures and custom journeys so that you can choose which works best for you. Not finding exactly what you are looking for? Let us customize a journey to fulfill your travel dreams.

Customer service that goes the extra mile. Having trouble finding flights that work for you? Want to surprise your traveling companion with a bottle of champagne at a tented camp in the Serengeti to celebrate an important milestone? There is no request that is too big—or too small—for our staff to handle. From your first call, we guide you through choosing your trip, provide advice on preparing for your adventure, and hold your hand until you return home.



Multi-year recipient of *Travel + Leisure* magazine's "World's Best Tour Operator"; and recognized by the editors of *National Geographic ADVENTURE* magazine as one of the **Best Adventure Travel Companies on Earth**.

Portugal | PORTO, THE DOURO VALLEY & LISBON HIKING

Thank you for joining us on this fantastic journey to Portugal. We have hand-crafted this tour from our own experience and hope you fall in love with the area—as we have!

THE INSPIRATION FOR THIS JOURNEY

Although it's roughly the size of the state of Maine, for those travelers lucky enough to experience it, Portugal is a world unto itself. Throughout the centuries, a host of conquerors, from the Visigoths and Romans to the Moors and Christians, have all left their mark on this fabled land and are still visible today in the country's vibrant food and wine scenes, music, art, and architecture.

With nearly 500 miles of coastline, the sea is central to Portuguese life and never too far away from our route—whether walking coastal hiking paths, sitting down to a bowl of steaming seafood stew, or learning about Portugal's golden age of ship building, when explorers forged an empire that spanned—quite literally—around the globe.

Our week-long journey in Portugal takes us to the mountains of Serra da Estrela Natural Park, the terraced green hillsides and velvety wines of the Douro Valley, Moorish citadels, ancient stone villages, and romantic palace hotels. In short, it's a chance to experience the fabric of this still-undiscovered European gem and the history, people, and landscapes that have come to define it.

HIGHLIGHTS

- Exploring the Douro Valley on foot and by riverboat
- Hiking through wine country, pristine mountain landscapes, and along coastal paths
- Walking tours in the towns of Porto, Provesende, Pinhão and more
- Discovering UNESCO World Heritage Sites in Porto, Douro and the University of Coimbra
- Enjoying local seafood, regional wine tastings and traditional cuisine
- Overnights in luxurious boutique, design, and historic palace hotels

TOUR OVERVIEW.....	4
THE JOURNEY.....	6
ACCOMMODATIONS	10
WHAT TO EXPECT.....	11
OUR PORTUGAL TEAM	13
NEXT STEPS	14
BOUNDLESS BEYOND.....	15



TOUR OVERVIEW



THE BASICS

Duration:	8-days
Tour start:	Porto
Tour end:	Lisbon
Accommodations:	7 nights in select historic and modern hotels
Trip rating:	1 2+ 3 4 5 Easy Strenuous (See page 11 for more details)
Land cost:	\$4,995 per person
Single Supplement:	First two reserved on each departure: \$150 (must reserve at least 120 days ahead) Additional singles: \$650



WHAT'S INCLUDED

When you're on a Boundless Journeys adventure, every detail is taken care of for you, so you can relax and truly experience each moment. Your Boundless Journeys adventure includes:

- An expert private guide, supported by local specialists
- Seven nights in ideally located deluxe hotels
- Wine tastings
- All activities as noted in the itinerary
- Private transportation in a comfortable, air-conditioned vehicle
- All breakfasts (from Day 2 to Day 7); all lunches; 6 dinners including a farewell Fado dinner
- Local wine and beer with dinners
- All gratuities except for those for your guide and driver, which are at your discretion
- Explorers Club savings on your next scheduled, small-group trip (conditions apply)

International airfare is not included in the price of your trip. Please contact your local travel agency or the airlines directly to make any arrangements you may need. If you would like assistance, please contact Boundless Journeys directly at 800-941-8010 for a referral to our partners who will best fulfill your needs.



ITINERARY AT-A-GLANCE

DAY 1

Discover the coastal town of Porto, famous for its shipbuilding and world-famous port wines. Hike to the 15th-century Serra do Pilar monastery and visit the Douro Museum at Peso da Regua.

DAY 2

Tour the Moorish village of Provesende. Walk to Pinhão for a wine estate picnic and a cruise along the Douro River. Enjoy a wine tasting at Quinta do Portal and a home-cooked Transmontano dinner in Provesende.

DAY 3

Hike in the heart of the Douro Valley, with its terraced green hills and winding river. Continue toward the wildlife-rich Serra da Estrela, Portugal's first national park.

DAY 4

Enjoy a day of hiking in the Vale do Rocio, with views of the boulder-strewn Manteigas glacial valley and the 5,000-foot Penhas Douradas plateau. Optional visit to the Burel Factory to learn about the region's traditional textile making.

DAY 5

Explore Bussaco National Forest, a walled, historic woodland unrivaled in its scenic beauty and richness of vegetation. Trails crisscross the park leading to secret valleys, cascading springs, hermits' grottoes, and historic monuments.

DAY 6

Hike from the town of Lousã to the ancient Schist villages of Talasnal and Casal Novo for a glimpse of traditional life in the mountains of Portugal. Visit the famed chapel and 18th-century library at the University of Coimbra.

DAY 7

Take a morning walk at the medieval Moorish Citadel of Óbidos. Enjoy a scenic coastal hike from Porto Novo beach to the surfing hub of Santa Cruz. Transfer to Lisbon and celebrate with a farewell dinner and Fado guitar performance at a local restaurant.

DAY 8

Departure, or extend your stay in Lisbon with an optional city tour and/or an 8-day trip extension to the Azores (at additional expense).

PLEASE NOTE: *This is a typical itinerary, and actual activities may vary to take advantage of weather conditions, local events, and to allow serendipity to play a hand in your experience. Accommodations are as outlined in the itinerary, although we reserve the right to change these should the need arise. See our booking terms and conditions for more information about our change policy.*

THE JOURNEY



DAY 1: Porto to the Douro Valley

Activity Overview: Walking on pedestrian streets

Activity Level: Easy

Activity Length: About 3 hours, approximately 4-5 miles

After an early breakfast, we begin our 3-4 hour walking tour in downtown Porto. Portugal's second-largest city gave its name to the country's most well-known wine export and served as the center of its ship building industry during the 14th and 15th centuries. Today's walk explores Porto's narrow streets and ancient buildings from its historical center, classified as a UNESCO World Heritage Site. Along the way, we learn about the first Portuguese kings and the town's centuries-long rule by local bishops.

At mid-morning, we reach the Ribeira district, facing the Douro River. The traditional Rabelo cargo boats anchored along the river tell the story of port wine, which has been transported by these vessels for centuries. Across the river, we climb to the circular-shaped church and cloisters of the 15th century Serra do Pilar monastery for memorable views of Porto's downtown area.

After lunch, we transfer from Porto to the enchanting Douro Valley, our base for the next two evenings. Along the way, we stop at Peso da Regua for a visit to the Douro Museum and an introduction to the valley and its tradition of wine making. This evening, we retire to our tranquil hotel on the Quinta do Portal family vineyard.

Accommodation: Casa das Pipas, Sabrosa

Meals: L, D

DAY 2: Provesende to Pinhão

Activity Overview: Walking

Activity Level: Easy to moderate; approximately 500' ascent and 1500' descent

Activity Length: About 3 hours, approximately 4.5 miles

The charming Moorish village of Provesende is our destination this morning. With its quiet streets and well-preserved homes and historical sites, it is best to see the town on foot. Highlights include Provesende's 16th-century public prisoner's pillory, its ornately decorated Baroque church and fountain dating from the 1700s, and an array of beautiful manor houses, attesting to the economic strength of the Douro Valley in centuries past.

After our exploration of Provesende, we begin our descent through terraced grape hillsides toward our next stop, the pretty little town of Pinhão. Our route zigzags down the valley, past the rivers Pinhão and Douro, whose bends appear and disappear along the way. With any luck, we might have the opportunity to chat with local grape farmers at work tending their fields.

By lunchtime, we arrive in Pinhão to enjoy a picnic-style meal at a traditional quinta (wine estate). After lunch, we head to the shores of the Douro River to board a traditional Rabelo boat for an afternoon cruise (1-2 hours) where we are treated to views of the fertile green valley and surrounding wine estates.

After our cruise, we return to our own estate, Quinta do Portal, for a visit and wine tasting at the award-winning cellar designed by the famous Portuguese architect, Álvaro Siza Vieira.



Tonight, we head back to Provesende and the home of Maria da Graça's grandmother for a special treat: a traditional Transmontano dinner cooked for us with fresh local ingredients. Located near the border with Spain, Portugal's mountainous northern Transmontano region is known for its sheep-herding culture and fortified medieval castles, which once served as the first line of defense against invading Spanish and French armies. After dinner, we return to our boutique vineyard hotel for the evening.

Accommodation: Casa das Pipas, Sabrosa

Meals: B, L, D

DAY 3: Serra da Estrela Natural Park

Activity Overview: Hiking and walking

Activity Level: Easy to moderate; approximately 600' ascent and descent

Activity Length: About 3 hours, approximately 3.2 miles

This morning, we drive into the heart of the Douro Valley and the Quinta Nova de Nossa Senhora do Carmo winery for a hike in a landscape *The Telegraph* once deemed, "Some of the most beautiful scenery in the country [of Portugal]."

With a history spanning more than 250 years, Quinta Nova was founded on land belonging to the Portuguese Royal House and has been owned by the Amorim family since 1999. Each year, the winery produces more than 3,500 barrels of wine.

We depart from the winery on a three-mile walk along dirt paths offering breathtaking views of the Douro River and the sunny valley's terraced hills and low-lying clouds. We refuel with a delicious picnic lunch, complemented by wines produced in these beautiful surroundings.

This afternoon, we continue southwards, in the direction of Serra da Estrela Natural Park. Set at an elevation of 6,500 feet, Serra da Estrela is Portugal's highest inland mountain, first national park, and houses the only ski resort in the country. The park's geographic isolation coupled with its diverse glacial valleys, lagoons, and sprawling meadows have resulted in a diversity of flora and fauna, offering the opportunity to spot belleflowers, heather, rosemary, as well as golden eagles, wolves, otters, and foxes.

Tonight, we check into our four-star design hotel and enjoy dinner at the property's elegant gourmet restaurant.

Accommodation: Penhas Douradas, Serra da Estrela Natural Park

Meals: B, L, D

DAY 4: Penhas Douradas

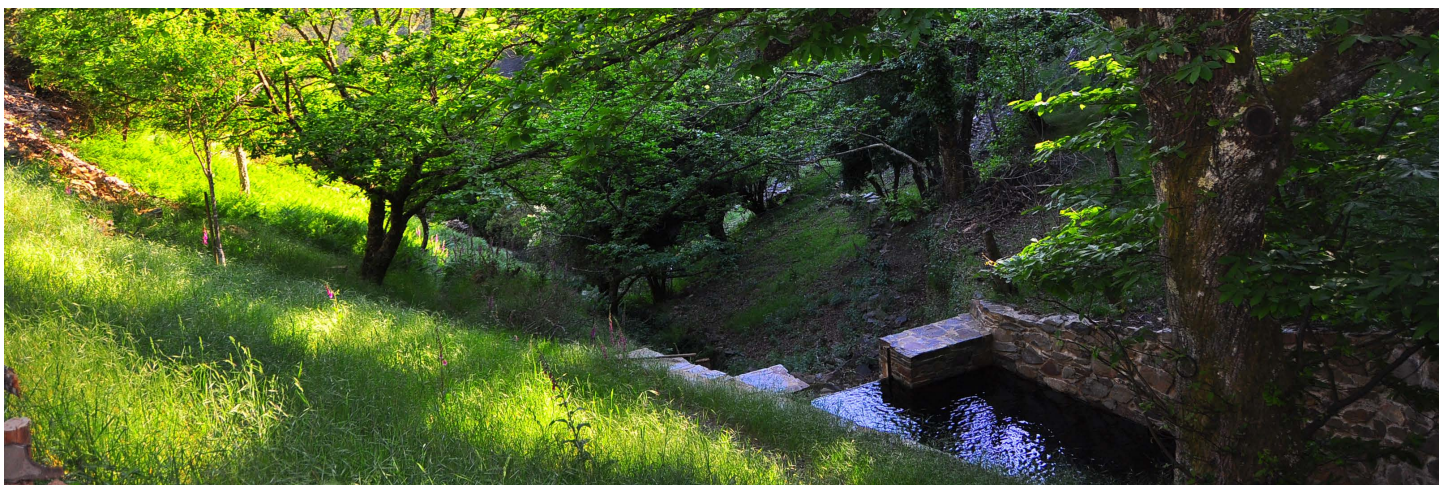
Activity Overview: Hiking

Activity Level: Easy to moderate; approximately 700' ascent and descent

Activity Length: 4-5 hours, 5 miles

After breakfast, our hike departs from the hotel, crossing a distinct series of landscapes that comprise the Vale do Rocim. If the day is clear, we are treated to views of the majestic Manteigas glacial valley stretching out before us. Later, we break to enjoy a picnic lunch at an overlook point along the Vale do Rocim dam.

Our highlight today, the Penhas Douradas, is a vast plateau topping out at almost 5,000 feet. The name of the place—which literally translates to 'the gold-colored boulders'—comes from the gigantic, chaotic piles of granite strewn along the valley floor. During the 19th century, Penhas



Douradas earned a reputation as a center of healing for those suffering from tuberculosis thanks to its crisp, pure air and cool, year-round temperatures. The plateau has been used by shepherds throughout the centuries and, more recently, has been embraced as a hub for outdoor enthusiasts from Portugal and beyond.

The afternoon is yours to enjoy at your leisure with the option to return to our stylish hotel or pay a visit to the Burel Factory. This local arts project was created to preserve the traditional textile production method known as Burel, a type of felt worn by the region's shepherds.

After the visit, we return to Penhas Douradas for dinner and a final night in our scenic mountain hideaway.

Accommodation: Penhas Douradas, Serra da Estrela

Natural Park

Meals: B, L, D

DAY 5: Bussaco National Forest

Activity Overview: Hiking

Activity Level: Easy to moderate; approximately 700' ascent and descent

Activity Length: 3-4 hours, 3.5 miles

We bid Penhas Douradas farewell and depart for a two-hour transfer (58 miles) west.

Our hike is in the Bussaco National Forest, a dense, walled wood settled by the Discalced Carmelites—an order of barefooted monks—in 1628. The monks built a wall around the forest and populated it with nearly 400 types of Portuguese trees, shrubs, and flowers and 300 more varieties imported from as far away as Mexico and Japan.

Bussaco is also intimately connected with Portuguese history as the place where 66,000 French troops were defeated by Anglo-Portuguese forces during the Napoleonic invasion in 1810. During our hike, we learn about the forest's rich history and famed architecture, including the Fonte Fria cascading water stairway and the famous Porta de Coimbra gates.

After our walk, we make our way to Coimbra for dinner at one of our favorite restaurants.

Accommodations: Hotel Quinta das Lágrimas, Coimbra

Meals: B, L, D

DAY 6: The Schist Villages and Coimbra

Activity Overview: Hiking and walking

Activity Level: Moderate; approximately 1000' ascent and 1000' descent

Activity Length: 3-5 hours, 4 miles

After an early breakfast, we take a short transfer to the town of Lousã for our last hike in central Portugal. The trails here are well known to adventure seekers and particularly well-maintained, and our route today follows a path connecting the Castle of Lousã with the region's ancient Schist villages.

Rising majestically from the mountain slopes, the more than two-dozen Schist villages (named for the weatherproof local stone they are constructed from) are one of the country's best-kept secrets. Here, traditional Portuguese village life is on display, much as it was during centuries past. Fresh bread bakes in rustic community ovens, linen is woven on wooden cottage looms, and religious festivals are celebrated in the villages' narrow, winding streets. Our stops today will include Casal Novo and Talasnal, where



we'll learn about the preservation efforts being made to restore local cottages using traditional building techniques.

This afternoon, we head to the University of Coimbra and its UNESCO World Heritage Sites, including the 16th-century St. Michael's Chapel with its transporting ceiling painted by Francisco F. de Araújo, baroque organ, and intricately tiled floors. Other highlights include the Noble Room and the famous 18th-century Joanina Library, constructed during the reign of Portugal's King John V, which shelters more than 200,000 volumes.

Our day ends after our walk, and you are free to enjoy dinner and explore Coimbra on your own, or perhaps return to rest and relax in our 18th-century palace hotel.

Accommodations: Hotel Quinta das Lágrimas, Coimbra

Meals: B, L

DAY 7: Citadel of Óbidos to Lisbon

Activity Overview: Hiking and walking

Activity Level: Easy; approximately 400' ascent and 300' descent

Activity Length: 2-3 hours, 4.3 miles

Portugal's Moorish past is at the heart of our explorations today and after an early breakfast, we head in the direction of the Citadel of Óbidos. This medieval castle has been occupied by the Romans, Lusitanos and Visigoths over the millennia, but its most important fortifications occurred during the 8th century when it was settled by the Moors. We stretch our legs along the citadel, which flourishes today as a kind of literary village. Along the way, we visit one of Óbidos' most emblematic sites: the Santiago Bookshop, housed in a 13th-century temple.

Early this afternoon, we prepare for our scenic coastal hike from the Porto Novo beach to Santa Cruz, a favorite local surf spot. Vast skies, turquoise seas, and dramatic rock structures characterize this route, which takes in some of Portugal's most picturesque beach scenery.

By mid-afternoon, we depart for the capital city of Lisbon, where a special treat awaits us at one of the city's exquisite Fado restaurants. The mournful guitar tradition of Fado is central to Portuguese culture, and our farewell dinner includes a haunting performance by one of Lisbon's celebrated musicians. We raise our glass to Portugal and the memories we've made in this diverse and romantic land.

Accommodations: Avani Avenida Liberdade, Lisbon

Meals: B, L, D

DAY 8: Departure or Optional Extension

Today after breakfast, you are free to arrange transportation to the airport or other destinations in Portugal. For those who prefer to extend their journey, an optional post-tour day of on-foot exploration is available in Lisbon, as well as an 8-day trip to the Azores (at additional cost).

The Lisbon city tour will focus on the city's dynamic Alfama, Mouraria and up-and-coming Chiado neighborhoods, delving into Lisbon's history and its golden age during the 15th and 16th centuries.

Azores Islands Exploration tour will begin the day after the *Portugal: Porto, the Douro Valley & Lisbon Hiking* tour concludes, on the island of São Miguel.

If you are interested in either of these options, or an additional night in Lisbon, please speak with your Boundless Journeys representative.

ACCOMMODATIONS



NIGHTS 1 & 2

Casa das Pipas

323 Celeiros-Pinhão-Sabrosa Road | Quinta do Portal vineyard
Sabrosa 5060-909, Portugal

Tel: +351 259 937 000 | reservas@quintadoportal.pt

This elegantly designed boutique hotel is located on the Quinta di Portal family vineyard in the Douro River basin, a UNESCO World Heritage Site. Guests can take advantage of the pool, wine library, and on-site restaurant—featuring fresh, local ingredients and views of the Pinhão valley vineyards.



NIGHTS 3 & 4

Casa das Penhas Douradas

Penhas Douradas, Apartado 9
Manteigas 6261-909, Portugal

Tel: +351 963 384 026 | mail@casadaspenhasdouradas.pt

This four-star hotel is located nearly 5,000 feet above sea level, boasting cozy, wood-paneled guestrooms, an indoor pool and sauna, and panoramic windows. Its modern design pulls from traditional regional architecture, but it is constructed using sustainable materials in keeping with the property's setting inside Serra da Estrela Natural Park.



NIGHTS 5 & 6

Quinta das Lágrimas

Rua António Augusto Gonçalves
Coimbra, 3041-901, Portugal

Tel: +351 239 802 380 | reservas@quintadaslagrimas.pt

This luxury hotel feels more like staying in a palace, which is accurate given its history of housing kings and emperors. The exotic wooden walls of the library hold ancient books about Portugal's history; curl up and read about the legend of a forbidden medieval love affair that led to the estate's name, which translates to "Estate of Tears."



NIGHT 7

Avani Avenida Liberdade Lisbon

Rua Júlio César Machado 7/9
1250-135 Lisbon, Portugal

Tel +351 213 591 000 | lisbon@avanihotels.com

The 4-star Avani Avenida Liberdade offers comfortable rooms with a contemporary style. Just off Lisbon's main Avenida Liberdade, most of Lisbon's historic sites are within walking distance, whilst the hotel's immediate surroundings offer a wide range of designer shops and excellent restaurants. The airport is an easy 20-minute taxi ride away. A breakfast buffet is served every morning and guests may enjoy a varied menu at the on-site restaurant from the renowned chef Olivier Costa.

WHAT TO EXPECT



TRIP RATING

Boundless Journeys' trips are designed for energetic and flexible individuals who like to be active and have a spirit of adventure and a positive attitude. *Portugal: Porto, the Douro Valley & Lisbon Hiking* is rated 2+, easy to moderate, on a scale of 1-5 (with 5 being the most strenuous). Portugal's fertile landscapes, rolling hills, and coastal paths offer elevations ranging from sea level to 5,000 feet. Our walks and hikes range from 1 to 5 hours (3 to 7 miles), on trails, with some rocky and steep sections, and paved city streets. Elevation changes range from negligible amounts on our city walks, to an approximate 1000' ascent and 1500' descent on our most challenging days.

PREPARING FOR THIS TRIP

It is very important that you realistically assess your physical condition with regard to the demands of this trip. The more well-prepared you are for the activities, the more you will enjoy yourself. As a general guideline, we suggest that you engage in easy to moderate aerobic activities (such as walking, hiking, jogging, or cycling) for at least 30-45 minutes several times a week for 4-6 weeks before the trip. If you live in a flat area, try to incorporate some stairs into your workout, or use a treadmill with varying incline capability (consult your doctor before undertaking any new fitness program). Please contact us if you have any doubts regarding your physical match with this tour.

WEATHER

Portugal has a warm, temperate climate with weather similar to that of Spain's coastal towns. Summers are hot, though refreshing sea breezes can help to mitigate the temperature. Winters are short and mild, with lots of rain and freezing temperatures at higher elevations. The

weather in late spring and early fall is usually very pleasant, with daytime temperatures that range from low 60s to upper 70s, and slightly cooler at night. While these months are not in Portugal's "rainy season" there can be cool breezes or showers at any time. Please come prepared to walk in rain or shine. We will do daily activities as planned, unless weather conditions make it dangerous to do so.

The following are average temperatures you can expect during this tour:

Hi/Lo °F	May	September	October
Porto	67/52	75/57	69/53
Coimbra	71/51	80/56	72/52
Manteigas	70/48	80/57	77/57
Lisbon	71/56	79/63	72/58

WHEN TO GO

Portugal has a pleasant, sunny climate during the spring and fall, which avoids both the hot summer months and peak tourist season. Wildflowers are in bloom during the spring season, which also sees its fair share of lively local festivals. Mountainous areas can be cool year-round, especially in the evening.

TRAVELER'S RESPONSIBILITY

As a trip participant, you have responsibilities to Boundless Journeys, your fellow travelers and guide, and the local people you encounter. This includes understanding and preparing for the conditions described in the itinerary, ensuring it meets your interests and abilities, and following the health and safety guidelines of Boundless Journeys, local authorities, and/or the CDC. At their discretion, a guide

may ask a guest to leave the trip if further participation may be detrimental to the individual or other participants.

We strongly urge any guest feeling ill shortly before departure to cancel their trip. To help cover your investment, we highly recommend purchasing travel insurance with supplemental “Cancel for Any Reason” coverage. If you feel unwell during the tour, please immediately inform your guide, who can help take the appropriate next steps. We appreciate your cooperation.

SMALL GROUP TRAVEL

Small group travel affords us the opportunity to seek out the most remote and exotic destinations on the planet. Often we are exploring these locales with just 8-12 guests. The nature of active group travel is such that not all participants have the same ability level or interests. Traveling at a pace that is comfortable for the entire group, with a spirit of flexibility and adventure, are all part of this intimate experience.

DRINKS WITH MEALS

At Boundless Journeys we believe group dinners are a time to celebrate our day, while enjoying the best of local cuisine, and good company. In keeping with this spirit, we typically include local beer and wine with group dinners. If you prefer premium wine, or liquor, please feel free to order what you like, and you may settle your tab at the end of the meal.

DRINKING WATER

We provide purified or bottled water on all trips; however, in an effort to reduce waste, we strongly encourage you to bring a water bottle to refill where safe to do so. This will be the case in much of Europe, as well as a few other destinations, where tap water is safe to drink (please review Immunizations & Health Concerns for more information). In parts of the world where water must be purified, bottled water may be our only option. Here, we do our best to provide purified water from larger containers to refill your bottles, rather than using many small single-use bottles throughout your trip. This is just one small way we strive to travel more responsibly and we appreciate your efforts in helping us to protect the extraordinary places we visit.

Boundless Journeys has taken the Travelers Against Plastic company pledge to promote sustainable travel and encourage travelers to avoid buying bottled water when they travel. You can take the pledge, too, and learn more about TAP's efforts at www.travelersagainstoplastic.org.

CUISINE

Portuguese cuisine is all about simple, delicious cooking and fresh ingredients, themes that are present across all geographic regions of the country. The Portuguese are very proud of their gastronomic traditions, which in recent decades, have seen renewed acclaim thanks to the country's talented young chefs, who have returned home to live and work at top hotels and restaurants.

In general, Portugal's expansive, fertile countryside and sweeping coastline mean that grilled seafood, smoked meats, sun-ripened fruit, and other fresh produce are commonplace. Portugal consumes more rice (*arroz*) than any other European nation, and its lesser-known savory dishes fall somewhere between a Spanish paella and Italian risotto. Fish is a staple, and you're likely to find everything from cod and cuttlefish to tuna and grilled sea bass—prepared simply with lemon, garlic, and the country's famed olive oil—on most menus.

You'll also see plenty of stews and soups, including *alcatra*, a traditional beef stew with warm spices; and *caldo verde*, a vegetable soup made with spicy chouriço sausage. Cheese aficionados will find much to satisfy, including *amerlo da Beira Baixa*, a mixed goat and sheep's milk cheese, and Serra de Estrela, made from sheep raised at mountainous altitudes. For dessert, traditional favorites such as egg tarts (*pastel de nata*) and Madeira honey cake (*Bolo de mel da Madeira*) can be found at most pastry shops. Finally, Portugal's centuries-old wine culture is pervasive across all facets of its gastronomy, from the velvety ports of the Duoro Valley to the slightly effervescent vinho verde of the north and Pico Island's rare, World Heritage vineyards in the Azores.

Vegetarians can easily be accommodated. Please inform us of specific dietary restrictions by completing your Guest Questionnaire.

TRANSPORTATION

All on-tour transportation is provided in private, air-conditioned, passenger vans.

OUR PORTUGAL TEAM

TRIP MANAGER



Deborah Tobey

Originally from Long Island, NY, Deborah has lived and worked around the country. After a decade out west adventuring as a river guide and ski instructor, Deborah was drawn back east to be closer to family. She joined the Boundless Journeys home team in 2010 initially managing Ecuador, Palau, and Spain. Now, her portfolio includes Croatia, Norway, Portugal, Italy, Iceland, and Costa Rica. She loves being on the water, hiking in Vermont's Green Mountains, and camping with her family and dog, Winston.

GUIDES

With a Boundless Journeys guide, your experience is that of friend and local adventurer. We believe strongly in working with local guides, experts in the areas to which we travel, and they hold the keys to unlocking the hidden delights of your chosen destination. Although you will never know they are at work—the mark of a truly great leader—our guides make magical things happen and add a dimension to your trip that you could not experience on your own.

Over the years we have forged bonds with some of the best guides in the world, and we typically work with a small team of guides in each region. You will be informed of the guide for your trip one month prior to your departure.



Artur Pegas

Artur was born in Vendas Novas and has a degree in Agricultural Engineering from the University of Évora. He also earned his M.A. in Statistics and Information Management from the Universidade Nova de Lisboa. Artur enjoys swimming, running, trekking, adventure trips and travel photography. He has walked through half the world, and would like to share some highlights: Patagonia fascinated him with its beauty; New Zealand, where he walked from north to south, showed him a sketch of heaven; in Nepal, he embraced spirituality and peace and was delighted with its grace; Mongolia crashed him with its wilderness and forever altered his sense of space; in Ecuador and Yemen he fell in love with the people and the landscapes, and in Peru with the archaeological richness. He says the best trip of his life will always be the next one. He also can't resist a cheese pie!



Carla Henriques

Carla followed the normal path of the "travel junkies." Her first travels were around Portugal, as a child with her parents. Later, with friends she grew to love the outdoors and traveled around Europe. Carla attended the Universidade Nova de Lisboa and earned a degree in Environmental Engineering. During this time she became an avid kayaker and hiker. As the years passed, she found that her job as an engineer wasn't fulfilling her desire to travel, explore the world, and share her passion for the outdoors. In 2013 she quit her job and bought a one-way ticket to Kathmandu. She spent two years exploring Asia before returning to her home country of Portugal as a guide.

NEXT STEPS



TO MAKE A RESERVATION

You can call Boundless Journeys at 800-941-8010, request a reservation online, or contact your travel agent. We will confirm your spot with a deposit of \$500 per person and the payment of internal airfare, payable by check or credit card.

ONCE YOU RESERVE

As soon as you confirm your adventure, we will provide you with an extensive, detailed trip planner that includes arrival and departure instructions, a complete packing list, regional information, required documents, a reading list, and other details.

CANCELLATION & REFUND POLICY

Please check our Terms & Conditions page on our website for our comprehensive cancellation and refund policies: www.boundlessjourneys.com/terms-and-conditions.

TRIP CANCELLATION INSURANCE

In addition to your detailed trip planner, we will email you a quote for Travel Guard trip insurance. Please let us know if you would like us to purchase a policy on your behalf. Boundless Journeys strongly recommends purchasing Trip Insurance.

QUESTIONS? WHICH TRIP IS RIGHT FOR YOU?

Adventure travel may involve exotic destinations, unusual levels of physical exertion, and activities that may be new to you. If you have any questions about the level of comfort, difficulty, or activities included on your trip, please call Boundless Journeys at 800-941-8010, or email us at info@boundlessjourneys.com. Our travel experts look forward to helping you select the perfect adventure.

VISIT US ONLINE

www.boundlessjourneys.com for:

- additional departures
- special promotions
- detailed itineraries
- inspiring photography
- guide bios

ENJOY FOOD & WINE?

Check out. . .

- ITALY: Discovering Puglia
- CROATIA: Dalmatian Coast
Kayaking & Hiking
- SLOVENIA: Julian Alps
Hiking

EXTENDING YOUR TRIP?

Consider. . .

- Portugal: Azores Islands
Exploration
- THE ALPS: Tour de Mont
Blanc Hiking

PREFER A PRIVATE TRIP?

The perfect option for alumni and family reunions, birthdays and anniversaries, or just to catch up with friends in fabulous destinations. Mark your calendar and leave the planning to us! Call our travel experts today: 800-941-8010.

BOUNDLESS BEYOND



RESPONSIBLE TRAVEL

At Boundless Journeys, our goal is to create meaningful experiences that protect the delicate ecosystems and attributes of every location we visit. We aim to educate our guests on the best responsible travel practices for each destination.

WE ARE COMMITTED TO

Making connections. Our local guides offer insider knowledge of their country, including tips on etiquette and customs. They facilitate meaningful interactions with the people and places we visit, such as dinner at the home of a local family. While you may arrive in a destination as a visitor, you leave with a deeper understanding and connection to each place.

Going local. Boundless Journeys' small group size stems from a desire to provide a more intimate traveler experience, giving us the freedom to move through the tight alleys of old towns on foot, eat and sleep at traditional guesthouses, participate in immersive cultural exchanges, and leave a smaller footprint on all of the locales we visit. This mobility allows us to support local economies directly, forging strong relationships with our partners and friends abroad as we return year after year.

Respecting people and the environment. We support organizations working to protect ecosystems and improve the livelihoods of local communities. On many of our trips, we explore stunning natural landscapes where conservation is of the utmost importance. As visitors, we practice Leave No Trace ethics and actively contribute to the conservation of parks and protected areas.

HOW YOU CAN HELP

Give back. Instead of receiving a Boundless Journeys t-shirt or water bottle, you can opt to donate the value of your gift to our travel scholarship fund, which will be awarded to a local student for an educational or service-based travel opportunity.

Learn more. Visit boundlessjourneys.com/responsible-travel to read more about how our values are reflected in our trip offerings. We also offer a selection of Resources for the Responsible Traveler, which suggests ways to tread lightly and ensure your journey has a positive impact.

Join us. Boundless Journeys has taken the Travelers Against Plastic company pledge to promote sustainable travel and encourage travelers to avoid buying bottled water when they travel. You can take the pledge at travelersagainstoplastic.org.

CONSERVATION IN ACTION

Boundless Journeys is a proud member of the Adventure Travel and Trade Association, a global network of adventure seekers who believe in the protection and promotion of local communities and wilderness areas.

