



24th September to 10th October 2010.

Food & Wine in Portugal

... Escorted by Rita Erlich & Alex White

Explore Portugal and all that she has to offer on our **comprehensive & escorted 17 day 'Foodies & Cultural' adventure**. Rita Erlich & Alex White will ensure that your taste buds will be treated to a gourmet experience like no other! As you dine in well known restaurants and wineries, your senses will come alive and the experience will remain with you forever.



Portugal is one of Europe's smaller countries with a population of around 10 million and is also one of the oldest countries in Europe, with borders that have scarcely changed over 800 years. Its rich history includes a long Moorish presence that ended in the 15th century and the centuries of exploration and expansion that took the Portuguese to India, Africa, and South America. It became part of the European community in 1986.

Portugal is geographically diverse, from the sandy beaches and Mediterranean climate of the south, to the green hills of the north. It's a country of old crafts and new industries, combining respect for heritage with modern thinking.

We will experience this all in our tour, which takes in the northern part of the country, exploring the wines, food and culture of Lisbon, Porto and the north.



Knowledgeable and caring leadership with Rita Erlich and Alex White

Rita Erlich is one of Melbourne's most respected food writers, and has also written on the arts and education. Food and wine editor of a number of magazines, she has also contributed to a wide range of daily newspapers and magazines, and was co-editor of The Age Good Food Guide.

The author of a number of books, she is also a regular guest on radio, and is a teacher, editor, public speaker, and consultant. She wants to share her delight in the richness of Portuguese culture, food and wine.

Alex White works with a number of wineries, helping to maintain vineyards and making wine.

His wines have won more than 110 gold medals in a distinguished career that began in the 1970s, when he started winemaking at St Hubert's in the Yarra Valley before establishing his own vineyards. When they were sold, he became a wine industry consultant with a special interest in southern Victoria. And a great interest in port, of course, as well as the table wines of Portugal.



Itinerary

Please note: Every endeavour is made to follow the itinerary listed below however, all arrangements including the restaurants listed, are subject to change at all times.

Friday 24th September Lisbon

Upon arrival at Lisbon Airport, you will be met by Rita, Alex and a local representative, who will welcome you to Portugal before transferring you to the hotel. Portugal's lively capital city, built on seven hills on the north bank of the Tagus River, has been settled since Phoenician times. It was rebuilt after the terrible earthquake of 1755 and its centre is elegantly 18th century.

Tonight we will enjoy a welcome dinner and meet our fellow travellers.

Accommodation:

Hotel Marques de Pombal ★★★★★
Av. da Liberdade, 243 - 1250-143 Lisbon
Tel: +351- 21- 3197900

Meals: Dinner

Saturday 25th September Lisbon

This morning after breakfast and a good night's sleep, we'll enjoy a 2 hour walking tour in the city with a local guide, visiting the Restauradores, Rossio district, Sé and the emblematic Alfama, one of the oldest parts of the city. This will then be followed by a guided tour of the Gulbenkian Museum, inaugurated in 1969. It houses the famed collection of Calouste Gulbenkian, an oil magnate who bequeathed it all to Portugal. We can pause for lunch in the Museum's café as the rest of the afternoon is free until we meet for dinner at 'Taveres', Lisbon's oldest and most beautiful restaurant.

Accommodation:

Hotel Marques de Pombal ★★★★★
Av. da Liberdade, 243 - 1250-143 Lisbon

Tel: +351- 21- 3197900

Meals: Breakfast & Dinner

Sunday September 26th Lisbon

We'll take a tour today to the suburb of Belem, where the caravels used to set sail on their voyages of discovery. We will visit some of the great monuments built in the Manueline style of architecture: the Torre de Belem, the Jeronimos Monastery and the city's great Maritime museum. A gourmet highlight today is a stop at the famous "Casa Pasteis de Belem" to sample a delicious 'pastel de nata' or Portuguese custard tart. The evening is free to explore Lisbon at your own leisure.

Accommodation:

Hotel Marques de Pombal ★★★★★
Av. da Liberdade, 243 - 1250-143 Lisbon
Tel: +351- 21- 3197900

Meals: Breakfast

Monday 27th September Lisbon – Sintra – Lisbon

Today we have a fascinating day trip to Sintra, a UNESCO World Heritage site and once a royal town situated among green hills with fantastic views of the ocean. The tall conical chimneys of the Palácio Nacional de Sintra and the fabulous Palácio da Pena are unmistakable landmarks and both palaces are visited on your tour. Sintra's tiny streets are a delight to stroll in and lunch is served today in the oldest hotel in the Iberian Peninsula, the 'Lawrence's Hotel', where Lord Byron stayed in 1809. After lunch, it's back to Lisbon in the late afternoon and another free evening.

Accommodation:

Hotel Marques de Pombal ★★★★★
Av. da Liberdade, 243 - 1250-143 Lisbon
Tel: +351- 21- 3197900

Meals: Breakfast & Lunch

Dinner experiences:

- Tavare's in Lisbon
- Hotel Marques de Pombal in Lisbon
- Hotel Quinta das Lagrimas in Coimbra
- Don Tonho in Porto
- a local restaurant in Porto
- Vintage House Hotel in Pinhao
- Pousada de Santa Marinha in Guimarães

Lunch experiences:

- Lawrence's Hotel in Sintra
- Taylors in Porto
- DOC Restaurant in Folgosa
- Tasting & Lunch at Quinta Nova
- DouroIn at Regua
- Pousada Santa Maria Bouro in Amares
- Visit, tastings & lunch at Antonio Guedes, Quinta de Aveleda



Tuesday 28th September

Lisbon – Obidos – Coimbra

This morning we'll depart Lisbon and make our way north to Coimbra, stopping briefly in the medieval whitewashed town of Obidos. We'll continue on the Coimbra and our hotel, a beautiful Relais and Chateaux property. We'll then transfer to the city centre for some free time to explore at your leisure. The city offers a fine museum – 'Museu Machado de Castro' and a regal university quarter, including the famed university library, plus mansions, monasteries and churches, including the most imposing Romanesque church in the country. A lot to see and then it's back to the hotel for dinner.

Accommodation:

Hotel Quinta das Lagrimas ★★★★★
Coimbra R. da Feitoria dos Linhos 19
3040 Coimbra, Portugal
Tel: +351 -23 - 9802380

Meals: Breakfast & Dinner

Wednesday 29th September

Coimbra – Aveiro – Porto

This morning after breakfast, we'll travel from Coimbra to Porto, stopping for a break in the city of Aveiro, also known as the Venice of Portugal. The city is crossed by canals, piled by high-bow, flat-bottomed, punted boats similar to gondolas but serve instead as seaweed collectors. Our day continues on as we travel further to Porto, which means 'port' and it has been since Roman times. The wine of the same name, which is aged in lodges on the south bank of the river, made much of the city's wealth through trade with the English. In 2001 Porto was the European Capital of Culture. The afternoon is free to explore the city before meeting again for a welcome dinner.

Accommodation:

Hotel Eurostars Das Artes ★★★★★
Rua do Rosario, 160-164
Porto, 4050-521, Tel: +351 – 22 - 2071250

Meals: Breakfast & Dinner

Thursday 30th September

Porto

Today we will hit the pavements for a walking tour of Porto, seeing the birthplace of Prince Henry the Navigator, and the lavish interior of the Palacio da Bolsa, admiring the painted tiles (azulejos) that are so characteristic of Porto. This will be followed by an organised visit to the Serralves Modern Art Museum and its gardens. The heart of the city is the wide, grass-lined, Av dos Aliados, which runs five blocks inland from the river. It's back to the hotel to freshen up before experiencing dinner this evening at 'Don Tonho', one of Porto's fine restaurants.

Accommodation:

Hotel Eurostars Das Artes ★★★★★
Rua do Rosario, 160-164, Porto, 4050-521
Tel: +351 – 22 - 2071250
Meals: Breakfast & Dinner

Friday 1st October

Porto

Today we'll cross the river to Vila Nova de Gaia, where barrels of port are still aged in the cellars of the port lodges, of which many are open for tours and tastings. We'll visit one of the finest cellars, 'Taylor's,' and have a guided tour & a tasting before lunch. Free time for the remainder of the day.

Accommodation:

Hotel Eurostars Das Artes ★★★★★

Rua do Rosario, 160-164, Porto, 4050-521

Tel: +351 – 22 –2071250

Meals: Breakfast & Lunch

Saturday 2nd October

Porto

It's a day to explore Porto, with a visit to the Lello bookshop, a coffee at Café Majestic, shopping in Rua de Santa Catarina and a wander through the Bolhao Market. In the afternoon you will enjoy a boat trip on the Douro River which will pass under the city's many bridges, with great views of the Porto city and landscapes. We'll freshen up once again before making our way to dinner at a traditional restaurant.

Accommodation:

Hotel Eurostars Das Artes ★★★★★

Rua do Rosario, 160-164

Porto, 4050-521

Tel: +351 – 22 – 2071250

Meals: Breakfast & Dinner

Sunday 3rd October

Porto to Pinhao

We'll depart this morning from Porto for the town of Pinhao, taking the train that follows the Douro River. The town is surrounded by vineyards, has many lodges and a train station decorated with azulejos (tiles) depicting the wine harvest. Upon arrival, we'll transfer to our hotel where you'll enjoy free time until dinner.

Accommodation:

CS Vintage House Hotel ★★★★★

Lugar da Ponte, Pinhao

Meals: Breakfast & Dinner

Monday October 4th

Pinhao

The morning is free for you to explore at your leisure before we regroup and enjoy lunch at 'D.O.C. Restaurant' in Folgosa, one of the most awarded modern Portuguese restaurants. After lunch, we'll return to the hotel for some relaxation and to enjoy the beautiful views and gardens at the hotel.

Accommodation:

CS Vintage House Hotel ★★★★★

Lugar da Ponte, Pinhao

Meals: Breakfast



Tuesday October 5th

Pinhao – Quinta Nova - Pinhao

Today we'll visit 'Quinta Nova de Nossa Senhora do Carmo', one of the most beautiful estates in the area, offering spectacular views, a self-guided tour of the estate and wine tastings and lunch. It's then back to Pinhao, where it's a free evening for everyone.

Accommodation:

CS Vintage House Hotel ★★★★★

Lugar da Ponte, Pinhao

Meals: Breakfast & Lunch

Wednesday 6th October

Pinhao – Regua – Pinhao

We'll travel today by train or bus to Regua, where barrels of wine were traditionally transported to Vila Nova de Gaia on wooden sailing ships called rabelos. We'll visit the 'Solar do Vinho do Porto', and then enjoy lunch at 'DouroIn', one of the Douro's best restaurants. After lunch, we'll return to the hotel in Pinhao by a cruise boat, where the remainder of the day is free.

Accommodation:

CS Vintage House Hotel ★★★★★

Lugar da Ponte, Pinhao

Meals: Breakfast & Lunch

Thursday 7th October

Pinhao-Amarante- Guimarões

This morning we'll transfer to Guimarões, stopping for some sightseeing in the pretty town of Amarante, famous for its 'vinho verde', and local pastries. Upon arrival at the Pousada, we'll check in, freshen up and then enjoy a walking tour of the town, including the Rua de Santa Maria and Castelo Sao Miguel. This evening we will have dinner at the Pousada.

Accommodation:

Pousada de Guimarões - Santa Marinha

Convento dos Agostinhos ★★★★★

Largo Domingos Leite de Castro

Lugar da Costa, 4810-011, Guimarões

Tel: +351 – 25 3511249

Meals: Breakfast & Dinner

Package

Cost: AU\$9975.00

per person, twin share

Single supplement \$1590.00

Group Size: minimum of 12*, maximum of 20.

*Note: if group numbers fall below 12, the tour cost is subject to change.

Trip inclusions:

- All accommodation, transport & touring (16 or 24 seat coach)
- Arrival transfer in Lisbon with a welcome and assistance
- 16 nights' accommodation at the 4-star properties listed below, with private facilities
- Walking tour of Lisbon with local guide
- Day trip to Sintra with local guide
- Tour of Lisbon (Belem) with local guide
- Deluxe coach & English speaking driver
- Walking tour of Porto with guide
- Late afternoon cruise on the Douro River in Porto
- Train ticket from Porto to Pinhao
- Cruise on the Douro from Pinhao
- Walking tour of Guimarães with guide
- Sightseeing excursions with coach / transfers as per itinerary above.
- Entrance fees to monuments listed in the itinerary, when visited with local guides
- Meals (all breakfasts, 7 lunches, 8 dinners)

Exclusions:

- Travel Insurance
- International airfares [Contact Gabriella at Adventure Travel for the best deals available]
- Local guides / entrance fees to museums & monuments unless indicated
- Any Visa fees for Spain, Portugal or other countries
- Meals not included in the itinerary and indicated as included
- Porterage costs or tipping unless indicated
- Items of a personal nature, (telephone, laundry costs etc.).



Friday 8th October

Guimaraes

After breakfast, we'll visit Quinta de Aveleda, for a tour of the gardens and then a wine tasting and lunch. Since the beginning of the 11th Century, Aveleda has been held and cherished by the same family. 1671 dates the beginning of the Guedes name at Quinta da Aveleda, which remains today. The successive generations of the family have contributed and devoted their time to their beloved estate, producing some lovely, vinhos verdes, as well as other varieties. Tonight is free.

Accommodation:

Pousada de Guimarães - Santa Marinha Convento dos Agostinhos ★★★★★
Largo Domingos Leite de Castro
Lugar da Costa, 4810-011 Guimarães
Tel: +351 - 25 3511249

Meals: Breakfast & Lunch

Saturday 9th October

Guimarães – Ponte de Lima – Amares – Bom Jesus – Guimarães

Today we'll take a day trip to visit the spectacular 'Ponte de Lima', where you can visit the town at your own leisure. The remaining medieval fortifications of Ponte de Lima include the former prison

tower and the 15th Century Palacio dos Marqueses de Ponte de Lima, a fortress-palace which now functions as the town hall. We'll continue on to Amares for lunch at the Pousada, a restored 12th Century Cistercian monastery, followed by a visit to the Bom Jesus sanctuary, just out of Braga – the most devout city in Portugal. Take the old cable car to the top, which is a journey of just 3 minutes and possibly a good idea to walk off lunch by taking the stairs back down! It's then back to Guimarães for a free evening, with an informal farewell.

Accommodation:

Pousada de Guimarães - Santa Marinha Convento dos Agostinhos ★★★★★
Largo Domingos Leite de Castro
Lugar da Costa, 4810-011 Guimarães
Tel: +351 - 25 3511249

Meals: Breakfast & Lunch

Sunday 10th October

Guimarães – Porto Airport

This morning we say goodbye to our fellow travellers, as we transfer everyone to Porto for their onward flights.

If you wish to extend your stay, our optional trip to Madeira commences today. Refer to the information on the following page.

For more information or to make a booking on our group tour, please contact Gabriella Manco on 03 - 9696 8400 or via email gabriella@adventure-travel.com.au



Optional extension to Madeira

10th to 14th October 2010

Madeira is a green, subtropical paradise of volcanic origin with its soil formed from lava and ash; completely different in character from the Portuguese mainland. Madeira is a mere dot in the Atlantic Ocean, 608 Km from Morocco and nearly 1000km from Lisbon. The islands remained unclaimed until 1418 when Joao Gonçalves Zarco was blown out into the Atlantic by violent storms while exploring the coast of Africa. Zarco counted his blessings at having found safe harbour in Porto Santo, set up the Portuguese flag and returned to Lisboa. A year later he returned on a voyage of discovery sponsored by Henry the Navigator. Early in 1420, after a winter on Porto Santo, he set sail for the mist-shrouded land on the horizon, where he found a beautiful thickly wooded island, with abundant fresh water. Within 7 years the island had attracted a pioneer colony and the early settlers exploited the fertile soil and warm climate to grow sugar cane. The islanders grew rich on this 'white gold', and slaves were brought in to work the land and create the terraced fields and irrigation channels that still cling to the steep hillsides.

Funchal is the island's capital and the only town of any size. This is where most of the museums and historic buildings are to be found, as well as the best hotels, restaurants and shops. Most of Madeira's agricultural crops are grown along the sunny, prosperous south coast and the cooler, wetter north side has fewer settlements and more cattle.



Your stay

Pestana Promenade Ocean Resort Hotel

★★★★

Rua Simplício dos Passos Gouveia, 31
9004-532 Funchal
Madeira, Portugal
Tel: (+351) 29 – 1141400

The Pestana Promenade is a new 4-star hotel in Funchal, situated close to the Lido and on the promenade that stretches along the seafront to Praia Formosa. A sea view can be enjoyed from 90% of the rooms, which are equipped with bath, shower, hairdryer, sitting area, air-conditioning, telephone, cable TV, LCD monitor, digital safe, Internet access (local charge), mini bar and balcony. Hotel facilities: Spa, four treatment rooms, indoor pool featuring a variety of water jets, sauna, Turkish bath, aromatherapy, relaxation room, and gymnasium, 2 heated swimming pools (salt water outdoor and fresh water indoor).

Package

Cost: AU\$680.00 per person, twin share
Single supplement \$80.00

Group Size: is a minimum of 8*
*Note: if group numbers fall below 8, the tour cost is subject to change.

Trip inclusions:

- 4 nights' accommodation - Classic Sea View Rooms
- Return airport transfers
- breakfast included
- Local taxes
- Welcome drink upon check-in (Madeira wine + orange juice)

Optional Excursion

Funchal, Botanical Gardens & Monte including lunch

Cost: AU\$190.00 per person

*based on a minimum of 8 participants

This introduction to the city starts at the Botanical Garden, probably the highlight of this tour. The second stop is at "Mercado dos Lavradores", where ladies dressed in typical costumes sell the exotic flowers produced on the island. In the basement the smell of fresh fish attracts clients to see the 'catch of the day', where the "espada" or black scabbard fish is the most popular. Next stop is at a lace factory, a famous export of the island. Madeira embroidery is still today used in palaces and noble houses all over the world. A visit to one of our wine lodges will delight our guests with the different kinds of Madeira wine. Next we take you to Monte by cable car where you will enjoy the spectacular panorama of the city of Funchal. Arrival at Monte and lunch at Quinta do Monte (an old Manor House transformed in a five star Hotel with a very cosy restaurant). After lunch there is also the opportunity to enjoy the famous Toboggan.

- Transport in 16 or 24 seater air-conditioned coach
- English speaking guide
- Entrance fee at the Botanical Gardens
- Cable car trip
- 3 course lunch menu at Quinta do Monte including wine, soft drink & mineral water

24th September to 10th October 2010

Food & Wine in Portugal Booking Form

Escorted by Rita Rita Erlich & Alex White

Please complete this Booking Form and return it with a non refundable deposit of \$650.00 per person to initiate your reservation.



I wish to reserve a place on

Food & Wine to Portugal – 24th September 2010

- \$9975 per person – twin share
 \$1590 single supplement

Madeira extension – 10th October 2010

- \$680 per person – twin share
 \$ 80 single supplement

Day Tour

- \$190.00

Your personal details

Please complete all personal details as per your passport:

First Name: _____

Surname: _____

Address: _____

City: _____ Postcode: _____

Tel (AH): _____ Mobile: _____

Email: _____

Date of Birth: _____ Occupation: _____

Passport number: _____

Place of issue: _____ Expiry date: _____

*Please email or post a copy of your passport – to ensure there are no errors with the spelling of names.

Emergency contacts while overseas

Name: _____

Relationship to you: _____

Phone contact: _____

Travelling (and sharing twin room) with

Name: _____

Note: A separate Application Form must be completed by each individual

- I require a single room – for sole use by me*
*there is a cost supplement involved

Trip details

Preferred date ex Australia: _____

I require additional flights within Europe. Yes No

For flight options, please contact Gabriella to ensure the best deals are incorporated into your international fare.

Seat Request (eg Aisle) _____

Are you a frequent flyer? Yes No

Frequent flyer # _____ Preferred airline _____

Important information

Have you any special dietary needs eg: vegetarian Yes No

Please detail: _____

Do you eat fish? Yes No

Do you eat all other seafood? Yes No

Note: Portuguese streets are often cobblestoned and vineyards are not paved. Please bring suitable footwear.

Please acknowledge. Yes

Signing this booking form indicates that you have read the booking conditions and agree by them.

Signature: _____ Date: _____

