



## WOMEN OF THE MIDWEST

Travel Solo Together

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# PORTUGAL -

Living life to its fullest!

with Women of the Midwest!

September 10-19, 2022



Dear Women of the Midwest,

We are off to Portugal! Blessed with more than 500 miles of golden sandy beaches, vast forests of cork, fairytale cobbled stoned villages, cliff-top medieval castles, mild weather and holy miracles, soulful music, captivating cities, and warm-hearted people ...this country is just as sweet and fortified as its wine.

A bit larger than the state of Maine, Portugal is a land with contrasting landscapes and home to some of Europe's most opulent architecture. Once the doorstep to the Iberian Peninsula, the Celts, the Romans, the Visigoths, the Moors, and the Christians all left their mark for future generations to see. As we travel from Porto to Lisbon, we will experience many of these marks. And, as always, our journey includes the country's signature delights! A Francesinha sandwich class in Porto, visit a Port wine cellar, Ginjinha (sour cherry liqueur) tasting, Aveiro salt, and the local creamy and crunchy pastries. The national dish is "bacalhau" made with salt cod, potatoes, onions, hard-boiled eggs, and olives, but what is Portugal without sardines? Tossed on the grill or straight from a can, everyone loves sardines; you will too - guaranteed!

We will also enjoy a Duoro River cruise, have fun with a filigree workshop session, and a visit to a very special lace school to learn about a tradition that started prior to the 18th century. Make sure to leave room in your suitcase for your favorite azulejos tiles; these are just some of the beautiful souvenirs you would want to bring back home.

Lisbon is where we end our journey. A coastal seaport clamoring up steep hillsides with a scenic vista at every angle and known for its colorful cityscape. It is the second-oldest capital city on the continent (after Athens) and also where Europe begins. There are bright yellow, vintage trams, lavish, Gothic cathedrals, faded pastel buildings, and medieval village-like neighborhoods, heritage monuments, and majestic monasteries, all with exciting new culinary experiences (and the sardines ...!). Lisbon is lively and serene yet with an echo of the melancholic, soulful Fado music never far away.

We have hand-picked some unique accommodations for our relaxing evenings and nights; you will love the atmosphere in those 4- and 5-star properties along our route.

Whether you are a history buff, culture fan, adventure seeker, a romantic soul, food and wine lover, or simply seeking pure, awe-inspiring natural beauty, this journey is for you. Portugal will show you how to live life to its fullest!

Come, join me, solo or two-by-two - enjoy with girlfriends, or make new friends - even share a room with a new friend - we will introduce you ahead of time!

Sincerely,

Barb Wallingford, Ambassador, Women of the Midwest



Call Executive Travel's Group Department today at 402-435-8888. Space is limited.



## September 10, 2022

### Saturday - *Traveling to Portugal*

Our wonderful adventure begins as we take an overnight flight to Porto. Enjoy in-flight entertainment and meal service as you start your dream vacation.

## September 11, 2022

### Sunday - *Porto*

Welcome to Porto! Upon arrival, we meet our private tour guide and take a short drive to the center of the city. We will enjoy a panoramic city-and-orientation tour of a city so pretty that it is almost unreal. The second-largest city in Portugal will welcome you with its picturesque charm of winding streets, steep staircases, and azulejo-tiled buildings. We will also enjoy a relaxed Duoro River cruise; a great way to get familiar with the many stunning bridges and buildings along the river banks. Lunch\* is arranged and we suggest you take a stroll along the Duoro River this afternoon to prepare for a good night's rest. You will love the location of our hotel, right on the river, set in a spectacular garden. Good night, slept tight - an exciting journey awaits! B (during flight) | L\* or D (depending on arrival time).

## September 12, 2022

### Monday - *Porto*

After a rich breakfast, we head out to explore Porto. Beautiful, mysterious, captivating...together we will figure out what makes Porto such a remarkable and special city. One (of many!) neighborhoods you will fall in love with, is the Ribeira World Heritage Historical Center, located on the south hillside of Porto. In 1809, when Napoleon's troops invaded Porto, they marched to Ribeira in order to close the southern access to the city. The population panicked and ran to the old floating bridge, actually just a set of small skiffs lashed to each other. It did not hold the weight and fell in parts, causing many casualties. At the Alminhas monument, the locals still place candles in memory of those who lost their lives. We will get to experience the Luis I Bridge, a double-deck metal arch bridge that spans the Duoro River. At its time of

construction, its 564 ft span was the longest of its type in the world. The São Francisco church is known for its lavish Baroque interior with its ornate and glorious leaf carvings. This is definitely one of the city's most beautiful churches. Next door is the Palacio da Bolsa (the Stock Exchange Palace), a historical building, once part of the St. Francis Convent, founded in the 13th century. We will also make a stop at Casa do Infante, the ancient customs house and the old residence of the Kings of Portugal senior officials. It was originally built in 1325 to house the royal warehouse and the customs services. All goods that entered the Douro River, especially those coming from Venice and Northern Europe, were stored here. There are actually two sides to the city often referred to as Porto. On the northern side of the Duoro River is the city of Ribeira and on the southern side the Vila Nova de Gaia where we will find the world-famous port houses. We will make a stop at one of the tasting houses to sip and delight in the world's most famous fortified wine.

Then a hearty lunch awaits! Together with our chef, we will create a true Porto specialty: the Francesinha sandwich. We will enjoy the result with a chilled beverage, dessert, and coffee. The remainder of the day is at leisure. B | T | L

## September 13, 2022

### Tuesday - *Guimarães*

After an enjoyable breakfast, our first experience today is a filigree workshop. Filigree began to be produced in Portugal in the 8th century with the arrival of Arab migrants, who brought new patterns with them. With time, the peninsula began to produce different filigree patterns and while in Spain the filigree jewelry-making tradition became less relevant, in Portugal it was developed and perfected. You will learn the techniques and at the end of the workshop, create your own little filigree gem. Free time for lunch before we take a one-hour drive to the city of Guimarães, considered to be the cradle and birthplace of the Portuguese nation. In this UNESCO World Heritage Site, rumor has it that the boy who would one

day be crowned the first king of Portugal in 1179 was born and baptized in Guimarães in 1111. Guimarães is known for its well-preserved medieval buildings and the 10th-century Guimarães Castle with its sweeping city views. We will stroll this enchanting town to see the numerous historical sites including the convent of Santa Clara, today functioning as the town hall, and the chapel as the municipality's archive. Pottery is one of the most interesting arts in the city's long tradition of purely rustic craft and it has existed since the 13th century. Also, and what most people don't know, is that the Guimarães region is considered one of the most luxurious manufactures when it comes to linens. In the late afternoon, we return to Porto to enjoy dinner and an evening at leisure. B | D

## September 14, 2022

### Wednesday - *Aveiro, Duoro River Cruise, Coimbra*

Today our journey continues southbound. We head to Aveiro, also nicknamed "Portuguese Venice", distinguished by its network of canals with colorful boats, the so-called "moliceiros" (traditionally used to harvest seaweed), and set along a lagoon called Ria de Aveiro. We will embark on our private "moliceiro" to explore the canals and see the picturesque fishermen's houses. Aveiro is also strong in salt and we will get to know the salt harvesting traditions and the region's strong connection to the sea. An amazing, authentic, and educational tour through Aveiro's salt ponds, will provide you with the history, traditions, and secrets behind this ancient activity. Free time for lunch, before we drive to Coimbra. Prior to arriving at our unique accommodation, we will take a tour of Coimbra and its university, the oldest in Portugal and one of the oldest in the world, built on the grounds of a former palace, famed for its baroque library and its 18th-century bell tower. Coimbra is the former capital and home to a preserved medieval old town that, to our benefit, isn't overrun by tourists. Dinner is served at the hotel tonight. B | D



## September 15, 2022

### Thursday - Fátima, Tomar, Nazaré, Alcobaça, Óbidos

After a delicious breakfast, we continue our exciting journey. First stop today is in Fátima, a central Portuguese town that is home to the Sanctuary of Fátima, a Catholic pilgrimage site. The Capelinha das Aparições marks the spot where the Virgin Mary allegedly appeared in 1917. We will also visit the Basílica de Nossa Senhora do Rosário with its golden angels. From Fátima, we continue a short half-hour drive to Tomar. A sleepy town at first glance, but don't let that fool you, Tomar is incredibly pretty. We will make a stop at the middle of the town square to snap pictures of every corner including the beautifully tiled pavement. Then, we take a short walk uphill to the Tomar Castle and Convent of Christ, the area's shining jewels. Do you remember the religious military order mentioned in the Da Vinci Code? Dan Brown fans and history buffs interested in the Knights Templar can add to their fun by searching for Templar secrets when visiting Tomar. Now it's time for a seaside break. We drive to Nazaré for a leisurely late lunch and - if you like - dip your toes in the Atlantic Ocean. On our way to Óbidos, we will stop to admire the UNESCO World Heritage Site of the Alcobaça Monastery. We will spend the night in a typical Pousada, dated back to the 18th century, in the medieval town of Óbidos. Cobble streets, steep staircases winding up to the ramparts from where you can gaze across a countryside of windmills and vineyards, white-washed houses draped in bougainvillea ... a stroll after our included dinner tonight is a "must!" and tasting of the Ginjinha (sour cherry liqueur) will make sure we sleep tight. B | T | D

## September 16, 2022

### Friday - Peniche, Sintra, Lisbon

Today's route leads to our final destination; Lisbon, where we will spend our last three days. On the way, we will make a stop at one of the largest traditional fishing ports of Portugal; Peniche. In addition to fishing, which has always been one of the sources of

income, Peniche is known for the art of bobbin lacework, performed by the women while the men were out at sea. A visit to a bobbin lace school is one of the absolute highlights of this trip. A pair of hands dexterously passes back and forth, crisscrossing bobbins of cotton so quickly that it is hard for an onlooker to discern what is going on. As the process continues, a beautiful piece of delicate white lace starts to appear. Watch the nimble (and chatty) ladies in action as they organize the 'chaos' of their bobbins to produce exquisite lace. The handcraft of bobbin lacemaking was once a common sight in Portugal and, though rarer now, it remains of the country's finest traditions. The next stop is in Sintra. Sintra isn't just a beautiful Portuguese destination; it is one of the world's most alluring towns. Enchanting palaces, historical fortifications, and enigmatic pathways occupy the hilltop and slope of this town. We will visit the National Palace, which, for more than 1,000 years, has presided over the town center. Notable for its white facade, conical chimneys, and intricately tiled chapel, this house-museum is one of the best-preserved medieval royal residences in Portugal. Free time for lunch, before we arrive in Lisbon, a city with a history spanning 2,000 years. Check in to our centrally located hotel and enjoy the rest of the day in the Portuguese capital at your own pace. We will meet up for dinner! B | D

## September 17, 2022

### Saturday - Lisbon

After a relaxed breakfast, we are off on a full-day tour to explore the sight and sounds of Lisbon. We will visit the famous landmarks such as Rossio Square, the Baixa quarter's main squares, the grand Avenida da Liberdade, Pombal Square, and stop for pictures of Belem Tower and the Monument of the Discoverers. Also, visit Jeronimos Monastery with the tomb of Vasco da Gama, and lastly, but not least, we will visit one of our favorite museums; the Tile (Azulejos) Museum. We will enjoy both the museum's expansive collection as well as the building it is housed in, a former convent. One of the highlights is the chapel, adorned with not

only plenty of azulejos but centuries-old oil paintings. Delicious, creamy, cinnamon-dusted egg tart pastry "pastel de belém" is enjoyed along the tour and time for a leisurely lunch is built into today's program. Dinner at the hotel before we call it a day. B | T | D

## September 18, 2022

### Sunday - Lisbon

Wake up and enjoy breakfast at your own pace, before we meet to take a fun tuk-tuk ride through one of the historic neighborhoods of Lisbon. While the tuk-tuk is not a traditional means of transport in Lisbon, or in Portugal for that matter, it turns out to be a very practical vehicle for getting around the steep and narrow streets of Lisbon. The remainder of the day is at leisure. Stroll the cobblestone alleys, visit some of Lisbon's new "niche museums", explore the fashionable Bairro Alto and Chiado districts, or simply "shop till you drop". Our farewell dinner is accompanied by a traditional Fado show. Fado is the musical expression of the Portuguese people, a melancholy set to a melody. Fado means literally "destiny" or "fate" and therein lays its sad beauty ... The first fado singers, or fadistas, were often the wives of fishermen who may or may not return from sea. We couldn't think of a more beautiful way to end our tour and live-life-to-its-fullest! B | D

## September 19, 2022

### Monday - Traveling home

All too soon, your vacation has ended. Transfer to Lisbon airport in plenty of time to check in for our flight and to clear security. You may do some last-minute shopping at the duty-free stores before boarding and flying west across The Atlantic Ocean back to the United States. B | Meals during flights

*Itinerary subject to change.*

**B = Breakfast S = Snack  
T = Tasting D = Dinner**



To register contact:



1212 O Street • Lincoln, NE 68508

Phone: 402-435-8888 (ask for Group Department)

Fax: 402-435-2735

GroupDepartment@executivetravel.com

www.executivetravel.com

ONLINE REGISTRATION LINK:

<https://fs28.formsite.com/vLu8mE/WMWPOR22/>

**Package Price:**

Per person in a shared double room: \$3,595

Per person in a single room: \$4,595

*A limited number of single rooms available. Triple rooms are not available on this trip.*

*We offer "Pair & Share" service. Ask us to assist with finding your roommate!*

*A non-refundable deposit of \$500 per person is required upon signing up. Deposit can be paid by cash, check, or credit card. Balance is due on May 10, 2022, and is non-refundable. Balance can be paid by cash or check. Credit card payment(s) (any payment applied to the tour after the deposit) will access a 3.5% fee.*

Registering for this tour signifies that you agree with our terms and conditions found at [executivetravel.com/eti-home/vacation/escorted-tours](http://executivetravel.com/eti-home/vacation/escorted-tours). The tour will be materialized with a minimum of 15 travelers

**Travel Insurance:**

We recommend travel insurance to help protect you and your trip investment against the unexpected. For your convenience, we offer a plan provided by Travelex Insurance Services. For rates and plan highlights, please ask us.

*Travelex Insurance Services, Inc CA Agency License #0D10209. Travel Insurance is underwritten by Berkshire Hathaway Specialty Insurance Company, NAIC #22276.*

**Tour Activity Level: LEVEL 1 2 3 4**

This tour involves a considerable amount of walking, stairs, longer periods of standing, outdoor activities, and steep areas within the places visited. This trip is not recommended for guests with walking difficulties. Comfortable, sturdy shoes/boots are recommended.

**Group airfare:**

We offer group airfare. Pricing and specific itinerary will be available by the beginning of November 2021. All registered travelers will be notified. Estimate \$1,400 for your roundtrip ticket, economy class, including taxes and fees.

**Visa/Passport requirements (per 9/29/2020):**

U.S. citizens must have a valid passport to enter Portugal and can enter visa-free for tourism stays of up to 90 days. It is the traveler's responsibility to make sure all documentation needed to enter Portugal is as per current regulations. We recommend you check [www.travel.state.gov](http://www.travel.state.gov) at least 90 days prior to your departure.

*The price quoted is based on a USD/EURO exchange rate of 1.20. We reserve the right to adjust the price at final payment if the exchange rate increases.*

**Included:**

- 8 nights during the tour in Portugal at local 4- and 4+ star hotels
- 8 x breakfast
- 8 x meals (lunch or dinner) as per tour program, including a farewell dinner with a Fado show
- Local tastings as per tour program
- Bottled water included during lunches and dinners
- All transportation as per tour program
- Admissions to all sites mentioned in the tour program
- Full-time English-speaking professional tour guide
- Baggage handling at hotels (one piece per person)
- Headphones where required
- Women of the Midwest Ambassador, September 10-19, 2021
- Detailed travel documents, handed out three weeks prior to departure (hard-copy and electronic)
- All local taxes and fees as of November 26, 2020

**Not Included:**

- Airfare, estimate \$1,400 per person, economy class
- Airline baggage fees for your second checked bag. Your first checked piece up to 50 lbs is free
- Travel insurance
- Personal expenses
- Meals and beverages other than mentioned in the tour program
- Entrances to monuments and/or museums other than mentioned
- Gratuities to guide and driver (estimate \$8 per day)
- Professional fee, \$75 per person, due at time of registration
- Anything not mentioned in the inclusions



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Forwarding registration and deposit signifies that you agree to the terms and conditions found at [executivetravel.com/eti-home/vacation/escorted-tours](http://executivetravel.com/eti-home/vacation/escorted-tours)

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