



## WOMEN OF THE MIDWEST

Travel Solo Together

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# PORTUGAL -

Living life to its fullest!

with Women of the Midwest!

October 3-13, 2023



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, mild weather and holy miracles, soulful music, captivating cities, and warm-hearted people ...this country is just as sweet and fortified as its wine.

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), 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!

We will 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, Gothic cathedrals, faded pastel buildings, and medieval village-like neighborhoods, and majestic monasteries. 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.

Whether you are a history buff, culture fan, food and wine lover, or simply seeking awe-inspiring natural beauty, 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,  
Lisa Anderson, Ambassador  
Women of the Midwest



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



## Porto Cathedral



## Sweet Souvenirs



## Belem Tower, Lisbon



### October 3, 2023 - Tuesday

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.

### October 4, 2023 - Wednesday

Porto!

Welcome to Porto! Upon arrival, we meet our private tour guide and take a short drive to the city's center. We will enjoy a panoramic city-and-orientation tour of a town 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. Admire the stunning buildings and bridges along the river bank. Lunch is arranged in our favorite local restaurant. We suggest you stroll along the Douro River this afternoon to prepare for a good night's rest. You will love your hotel, set in a spectacular garden right on the river. Dinner is served at the hotel before we take a good night's rest. An exciting journey awaits! B | D (during flight) | L | D

### October 5, 2023 - Thursday

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 at 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 Douro River. The São Francisco

church is known for its lavish Baroque interior with its ornate and glorious leaf carvings. This is one of the city's most beautiful churches. Next door is the Palacio da Bolsa (the Stock Exchange Palace), a historic building, once part of the St. Francis Convent, founded in the 13th century. We will also stop at Casa do Infante, the ancient customs house and the old residence of the Kings of Portugal's senior officials. All goods that entered the Douro River, especially those from Venice and Northern Europe, were stored here. There are two sides to the city, often referred to as Porto. On the northern side of the Douro 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 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

### October 6, 2023 - Friday

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 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 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

enchanted 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 has existed since the 13th century. Also, what most people don't know, is that the Guimarães region is considered one of the most luxurious manufactureres in linens. In the late afternoon, we return to Porto to enjoy dinner and an evening at leisure. B | D

### October 7, 2023 - Saturday

Douro River Cruise!

We enjoy breakfast and head for a relaxing day on the Douro River. Discover the Port wine region and the beautiful and graceful sceneries. The Douro, known as the first wine region to be demarcated as a World Heritage Site by UNESCO, is a region where time stands still and where nature predominates in its pure state. We will cross the two dams of Douro, Crestuma-Lever and Carrapatelo, and for those who have never experienced it, this is undoubtedly an exciting time. A delicious lunch is served on board. Once we disembark, our motorcoach will take us to a local winery for some great tastings. We return to Porto in the late afternoon to enjoy a relaxed evening at leisure. B | L

### October 8, 2023 - Sunday

Aveiro, Coimbra!

Today, our journey continues southbound. We drive 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

### October 9, 2023 - Monday

Fátima, Tomar, Nazaré, Alcobaça, Óbidos! After a delicious breakfast, we continue our exciting journey. First stop: Fátima, a central Portuguese town 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 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 the outskirts of 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 yummi Ginjinha (sour cherry liqueur) tasting will make sure we sleep tight. B | T | D



### October 10, 2023 - Tuesday

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 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 cotton bobbins 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 Portugal's best-preserved medieval royal residences. 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

### October 11, 2023 - Wednesday

Lisbon!

After a relaxed breakfast, we are off on a full-day tour to explore the sight and sounds of Lisbon. We will visit famous landmarks such as Rossio Square, the Baixa quarter's main squares, the grand Avenida da Liberdade, and 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 the museum's expansive collection and the building it is housed in, a former convent. 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

### October 12, 2023 - Thursday

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 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 until you drop." A traditional Fado show accompanies our farewell dinner. Fado is the musical expression of the Portuguese people, a melancholy set to a melody. 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

### October 13, 2023 - Friday

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 T = Tasting  
L = Lunch 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/WMWPOR23-2/>

#### Package Price:

Per person in a shared double room: \$3,895

Per person in a single room: \$4,895

A limited number of single rooms available.

Triple rooms are not available on this trip.

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

A non-refundable deposit of \$500 per person is required upon signing up. The deposit can be paid by cash, check, or credit card. The balance is due on July 3, 2023, is non-refundable, and can be paid by cash or check. Payment with credit card (any payment after the deposit) will access a 3.5% processing fee.

#### 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 Travel Insurance Services. For rates and plan highlights, please ask us.

Travel 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:

Group airfare will be available and announced by the end of November 2022.

#### Accommodations:

Porto - Pestana Palacio do Freixo or similar

Coimbra region - Bussaco Palace or similar

Obidos - Vila d'Obidos or similar

Lisbon - Figueira Hotel or similar

Final accommodation will be announced 90 days prior to departure.

*This tour will be materialized with a minimum of 15 and a maximum of 22 travelers. Should the number fall below 15, all funds paid to Executive Travel will be refunded 90 days prior to departure.*

#### Included:

- 9 nights during the tour in Portugal at local 4- and 4+ star hotels
- 9 x breakfast
- 10 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, October 3-13, 2023
- Detailed travel documents, handed out three weeks prior to departure (hard-copy and electronic)
- All local taxes and fees as of October 26, 2022

#### Not Included:

- Airfare
- 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 \$10-\$12 per day)
- Professional fee, \$75 per person, due at time of registration
- Anything not mentioned in the inclusions



**WOMEN OF THE MIDWEST**

Travel Solo Together

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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](https://www.executivetravel.com/eti-home/vacation/escorted-tours)

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

12/30/2022



## JOIN OUR GROUP AIRFARE!

We offer group airfare with United Airlines:

October 3, 2023	Omaha* - Chicago	8:00 AM - 9:30 AM
October 3, 2023	Chicago - Newark	1:00 PM - 4:36 PM
October 3, 2023	Newark - Porto	9:50 PM - 9:45 AM (October 4)
October 13, 2023	Lisbon - Newark	10:25 AM - 1:05 PM
October 13, 2023	Newark - Denver	3:36 PM - 6:00 PM
October 13, 2023	Denver - Omaha*	8:36 PM - 11:05 PM

\$1,295 per person including taxes and fees, economy class.

\*We are happy to assist with airfare from a different airport than Omaha.  
Please reach out to us to assist you. A small supplement may occur.

Group airfare comes with seat assignments 30 days prior to departure. Premium seating (upgrades) can be purchased and confirmed at this time. Executive Travel/Women of the Midwest cannot confirm precise seat numbers earlier than 30 days prior to your departure, and therefore cannot guarantee the availability of specific seating on the aircraft or availability for upgrades.

Mileage credit for individuals on group air contracts is not guaranteed and is subject to the rules of the airline under contract.

All taxes, fuel charges and security fees are subject to change.  
Air schedules may be subject to change at the discretion of the airline.

## SECURE YOUR AIRFARE WHEN SIGNING UP!

