



WOMEN OF THE MIDWEST
Travel Solo Together

PRETTY PORTUGAL

Porto - Coimbra - Obidos - Lisbon

with Women of the Midwest!

September 30 - October 11, 2025



Dear Women of the Midwest,

We are off to Portugal! Blessed with more than 500 miles of golden sandy beaches, vast cork forests, 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, a visit to a Port wine cellar, a day on the Douro River to enjoy the finest wine, Ginjinha (cherry liqueur) tasting, Aveiro salt, and local creamy and crunchy pastries.

We will have fun with a filigree workshop session and visit a very special bobbin 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, 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.

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,
Jennifer King
Ambassador, Women of the Midwest



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

Porto - Beautiful Tile Decor



Belem Tower, Lisbon



Obidos Walled City



September 30, 2025 - 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 1, 2025 - 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 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, azulejo-tiled buildings, and beautiful bridges. Lunch is served in our favorite local restaurant. Take a stroll along the Douro River this afternoon to prepare for a good night's rest at our beautiful hotel, located right on the river. Dinner at the hotel before we take a good night's rest. B (during flight) | L | D

October 2, 2025 - Thursday

Porto

After a rich breakfast, we head out to explore beautiful, mysterious, and captivating Porto. 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 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 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 visit 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. On the northern side of the Douro River is the City of Ribeira, and on the southern side is the Vila Nova de Gaia, where we will find the world-famous port houses and make a stop 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 3, 2025 - Friday

Guimarães

After an enjoyable breakfast, our first experience today is a filigree workshop. The production started in the 8th century with the arrival of Arab migrants, who brought this special technique and beautiful 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 short one-hour drive to the city of Guimarães, a UNESCO World Heritage Site, considered the cradle and birthplace of the Portuguese nation. Guimarães is known for its well-preserved medieval buildings and the 10th-century Guimarães Castle with sweeping city views. We will stroll this enchanting town to see the numerous historical sites, including the convent of Santa Clara, which today functions as the town hall. 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 of linens. We return to Porto in the afternoon to enjoy dinner and an evening at leisure. B | D

October 4, 2025 - 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 Carrapateiro, and for those who have never experienced it, this is undoubtedly exciting times. A relaxed 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 5, 2025 - Sunday

Aveiro, Coimbra

Our journey continues southbound. We drive to Aveiro, also nicknamed "Portuguese Venice," distinguished by its network of canals with colorful boats, the "moliceiros," set along the Ria de Aveiro lagoon. 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 learn about the salt harvesting traditions and the region's strong connection to the sea. An 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

Traditional Bobbin Lace



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 6, 2025 - 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 in the middle of the town square to snap pictures of every corner, including the beautifully tiled pavement. Next, 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. 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 on 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, and white-washed houses draped in bougainvillea. A yummy Ginjinha (cherry liqueur) tasting will make sure we sleep tight. B | T | D

October 7, 2025 - Tuesday

Peniche, Sintra, Lisbon
Today's route leads to our final destination, Lisbon, where we will spend our last four

Lisbon Tram



days. On the way, we will stop at one of Portugal's largest traditional fishing ports, Peniche. In addition to fishing, Peniche is known for the art of bobbin lacework, performed by women while men are at sea. A visit to a bobbin lace school is one of the 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. Next stop is in Sintra, 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 8, 2025 - Wednesday

Lisbon
After a relaxed breakfast, we are off on a full-day tour to explore the sights 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. Last, but not least, we will visit one of our favorite museums, the Tile (Azulejos) Museum. We will enjoy the museum's expansive collection.

Pastel de Belem



The building 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 9, 2025 - Thursday

Lisbon
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 is a very efficient vehicle for getting around the steep and narrow streets. 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 untill you drop." B | T

October 10, 2025 - Friday

Lisbon
Today is yours to enjoy and explore Lisbon. 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! B | D

October 11, 2025 - Saturday

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. Enjoy 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:

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 GroupDepartment@executivetravel.com
 www.executivetravel.com

ONLINE REGISTRATION LINK:
 Via our website www.WomenoftheMidwest.com/journeys

Package Price:

Per person in a shared double room: \$4,395
 Per person in a single room: \$5,695
 Triple rooms are not available on this trip.

We offer "Pair & Share"-service. Ask us to assist in 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. The balance is due on June 2, 2025, and is non-refundable. The balance can be paid in cash or by check. Credit card payment(s) (any payment applied to the tour after the deposit) will access a 3.5% fee.

EARLY BIRD DISCOUNT:
 Register at least eight (8) months prior to departure and receive a **\$200 DISCOUNT!**

This tour will be materialized with a minimum of 15 and a maximum of 21 travelers. Should the number fall below 15, all funds paid to Executive Travel will be refunded 90 days prior to departure.

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. Expect to walk between 4 and 5 miles over the course of a day. Add to this the walking you do outside the group activities. This trip is not recommended for guests with walking difficulties.

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.

Group airfare:
 Will become available by the end of November 2024.

Accommodation (final accommodation 90 days prior):

Porto:	Palacio de Freixo or similar
Coimbra region:	Curia Palace Hotel or similar
Obidos:	Villa d'Obidos or similar
Lisbon:	Figuera Beautique Hotel or similar

Included:

- 10 nights during the tour in Portugal at local 4- and 5-star hotels
- 10 x breakfast
- 10 meals (lunch or dinner) as per the tour program, including a farewell dinner with a Fado show
- Local tastings as per tour program
- Bottled water and local wine are included during lunches and dinners
- All transportation as per the tour program
- Admissions to all sites mentioned in the tour program
- Full-time English-speaking professional tour director
- Baggage handling at hotels (one piece per person)
- Headphones, where required
- Women of the Midwest Ambassador, September 30 - October 11, 2025
- Detailed travel documents, handed out three weeks prior to departure (hard-copy and electronic)
- All local taxes and fees as of August 30, 2024

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 those mentioned in the tour program
- Entrances to monuments and/or museums other than those mentioned
- Gratuities to guide and driver (estimate \$15 p/day total)
- Professional fee, \$75 per person, due at the 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

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