## Romance of the **Douro River** Lisbon | Porto | Alto Douro Wine Region

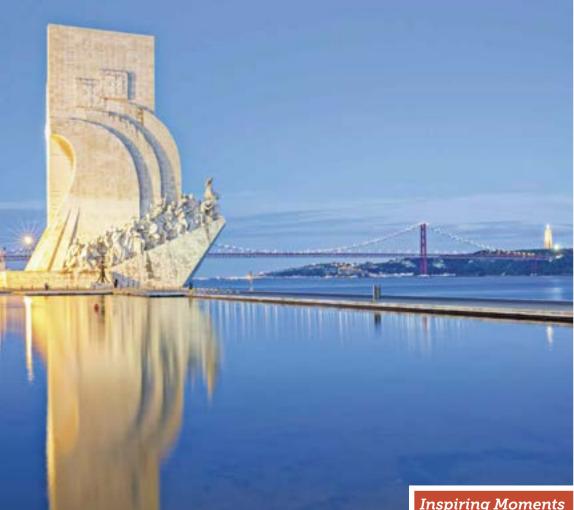
**NO SINGLE** SUPPLEMENT for Solo Travelers

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**Tufts** Travel-Learn

September 17-28, 2019



# A World Apart

The story of travel involves more than a ticket and a passport. It should weave together discovery, education and humanity, the best elements of any compelling tale. Your personal travel story begins with our commitment to delivering authentic experiences with local people.

The incomparable value of your journey lies in the personalized care you receive from your Travel Director and the knowledge you gain from expert guides and lecturers who call this area home.

By eliminating logistical worries, your multilingual Travel Director allows you to immerse yourself comfortably in your surroundings. This high-caliber professional makes you feel safe and important by creating a convivial, welcoming atmosphere.

The other important characters in this story are the guides and lecturers, whose regional expertise shines in their insider perspective and commentary.

Become intimately engaged in the rhythm of life along the Douro River, where grapevines swirl across terraced hills and visits to pictureperfect towns add a memorable chapter to the rich story of your life.

### Above: Monument to the Discoveries, Lisbon | Cover photo: Cruising the Douro River

### **Inspiring Moments**

- ► Traverse the rolling hills of the Alto Douro wine region and visit a quinta for a port wine tasting.
- Walk in the footsteps of Portuguese aristocracy at Mateus Palace.
- ► Explore **Porto's** maze of medieval alleys and colorful neighborhoods.
- ► Gaze at the worldrenowned University of Coimbra.
- ► Delve into Portuguese history at Guimarães, the city considered to be Portugal's birthplace.
- Appreciate the splendor of Salamanca, an elegant Spanish city.
- ► Follow the path of great explorers in Lisbon.
- Delight in day sailing along the scenic Douro River.



### Dear Alumni, Parents and Friends of Tufts,

Join us on a delightful journey to Portugal, featuring a cruise on the Douro River, and prepare to lose yourself in the region's old-world ambience and nostalgic antiquity. Begin with three nights in Lisbon, where explorers launched history-making journeys and centuries-old wooden trams still navigate cobbled lanes. Then discover Porto's alluring spirit and riverside mosaic of scarlet and golden architecture. Continue your adventure with seven nights on a river ship, gliding along the blue ribbon of the Douro River, passing rolling vineyards and storybook, hilltop villages. Along the way, witness charming Vila Real and Lamego, spend a day in the Spanish city of Salamanca, and tempt your palate with tantalizing cuisine, including the region's eponymous sweet port wine.

Together with like-minded travelers from our partner institutions, enjoy an intimate cruising experience on a small ship built specifically for river travel, and personalize your cruise by joining excursions of your choice on select days. Space is limited, so please be sure to contact AHI to make your reservation today!

Please join us again or renew your connection to Tufts. As always, family members and friends are welcome to join as members of the Tufts "family." Share the experience of Travel-Learn!

Cheers,

Mary Cm R. Hunt

**Faculity Host:** We are confident that this offering will resonate well with our travelers. As the registration grows, we will confirm a Tufts faculty host to join you to add to the overall learning experience. Please check our website often for additions and updates.

# 

### 877-338-8728 (877-EDU-TRAV)

### Art | Architecture | Culture | Cuisine | History | Natural Beauty



### Day 1

### In Transit

Depart your gateway city for Lisbon, Portugal.

### Day 2

### Lisbon, Portugal

Upon arrival in Lisbon, transfer ★ and check in to the Dom Pedro Palace Lisbon.

Tonight, gather with your fellow travelers to kick off your adventure at a Welcome Reception.

### Day 3

### Lisbon

**Enrichment:** *Portuguese Explorers.* The Age of Discovery belonged to the explorers who sailed under the Portuguese flag. Join an expert to learn more about these adventurers who brought wealth and glory to their beloved country.

**Discovery:** *Lisbon.* Uncover the seafaring history of Portugal at the Hieronymites Monastery.

Built during the dawn of the Age of Discovery, monks at the monastery offered spiritual support to explorers setting out on grand adventures. The Tower of Belém honors da Gama's pivotal journey as the first European to sail from Europe to India, and the nearby Monument to the Discoveries commemorates those who significantly influenced Portuguese exploration.

Free Time: Discover Lisbon at your own pace.

**ELECTIVE |** *Fado Dinner.* Savor a delicious dinner of Portuguese cuisine and listen to soulstirring *fado*, a traditional genre of music with melancholic guitar and vocal arrangements.

В

### Day 4

### Lisbon

**Free Time:** Join today's Elective Activity to explore nearby villages or enjoy a day at leisure.

**ELECTIVE |** *Sintra, Cascais and Estoril.* Witness Sintra's Romantic style of architecture

### **YOUR INDIVIDUAL EXPERIENCE**

В

Free time means something different to every traveler. You may like to linger in a cozy café or stay on the go. That's why we design itineraries that allow you to craft an individual travel experience.

PERSONALIZE YOUR CRUISE | PYC | Included

Choose from a variety of excursions in selected ports based on your interests.

### ELECTIVES | At an additional cost

Further your experience by immersing yourself in specially designed activities and extensions.

Check out our itinerary for more details. We've done the legwork. Now the choice is yours.





and abundance of decorative and whimsical buildings, plus take a guided tour of the National Palace of Sintra. Enjoy lunch at a local restaurant before continuing on a scenic drive, passing Cabo de Roca and pretty Guincho Beach. Stop in the delightful fishing village of Cascais for a guided picturesque walk, and drive through Estoril on your return to Lisbon.

**Enrichment:** *Contemporary Portugal.* Learn about modern Portugal, including the events and people that have shaped the Portugal of today.

### Day 5

B|L|D

### Óbidos | Coimbra | Porto

Check out of the Dom Pedro Palace Lisbon.

**Discovery:** *Óbidos.* Visit Óbidos, a romantic medieval village enclosed within ancient walls. Follow narrow alleys bordered with traditional white houses, vivid tiles and potted geraniums.

Dine on savory regional cuisine for lunch.

**Discovery:** *Coimbra.* Built atop an ancient Roman city, Coimbra is home to enthralling churches, monuments and timeworn cafes. Visit the University of Coimbra, one of Europe's oldest universities. Opened in 1290, the university features the famous Joanina Library, St. Michael's Chapel and a historic ceremonial hall.

After time at leisure in Coimbra, continue to Porto and embark your river ship. Later tonight, join an onboard Welcome Reception and Dinner.

Day 6 Porto B|L|D

### **PYC | Choose one of these excursions:** •Cultural Porto and Port Wine Tasting.

Explore vibrant Porto. Visit the Palacio da Bolsa, the historic Stock Exchange and the Igreja da São Francisco, the Church of St. Francis. Conclude your outing with a wine tasting.

> Above: University of Coimbra Below: Nossa Senhora dos Remedios, Lamego







### •Porto by Tram and Flavors of Porto.

Trams are a popular way to get around Porto. Hop aboard one today and view the city all the way to the mouth of the Douro River. After an insightful visit to the Museu do Carro Elétrico, relax over a tasting of local specialties.

**Free Time:** Enjoy the afternoon at leisure. If you wish, return to Porto's city center on a complimentary shuttle.

**Enrichment:** *Douro Wine Country.* Discuss the wine-making traditions of the Douro region.

### Day 7

B|L|D

### Porto | Peso da Régua PYC | Choose one of these excursions:

•Guimarães, Cradle of Portugal. During a walking tour, discover the charms of Guimarães, the birthplace of Portugal's first king. Step inside Igreja de Nossa Senhora da Oliveira, and visit the Palace of the Dukes of Bragança, an opulent estate in the city. After, craft your own path of discovery in Guimarães.

•Douro Walk and Port Wine Tasting. Take a guided walk along the Atlantic coastline and

Above: Manor Solar de Mateus, Vila Real Left: Tower of Belém, Lisbon

the Douro. Pass through São Pedro da Afurada, a typical fishing village, where you can witness daily life in motion. Along the way, enjoy a beautiful view of Porto and Ribeira Square. Continue to the renowned port wine cellars of Vila Nova de Gaia and enjoy a tasting at one of the cellars. *(Active)* 

Wrap up another day indulging in the peaceful beauty along the Douro River.

### Day 8

B|L|D

### Vila Real | Barca d'Alva

**Discovery:** *Vila Real.* Encounter the Manor Solar de Mateus, an 18th-century baroque palace, on a guided tour. View the impressive rooftop pinnacles, carved wooden ceilings and lavish halls before strolling through the ample gardens, which feature box hedges, flowerbeds and a cedar tunnel. Walk along the cobbled lanes of Vila Real, and sample *Cristas de Galo*, a local pastry shaped like a cockscomb and made with eggs and almonds.

Return to the ship for lunch and unwind while cruising through the Douro Valley. Notice the terraced riverbanks, draped with orderly vineyards growing grapes used in port.

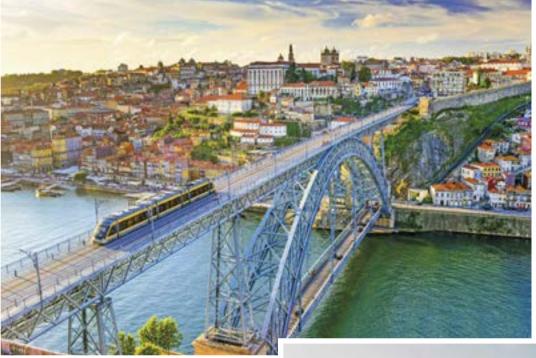
### Day 9

B|L|D

### Barca d'Alva | Salamanca, Spain PYC | Choose one of these excursions:

•*Salamanca City Tour.* Explore the historic university town of Salamanca. Visit the ornate cathedral and tour the famous university. Finish your adventure with lunch and free time.

•Salamanca by Bike. Bicycle along the Río Tormes and the Old Town with a guide. Visit the cathedral and the university. Then enjoy lunch and free time to discover Salamanca. (Active)





Day 10

### B|L|D

B|L|D

### São João da Pesqueira | Pinhão

**Discovery:** *Porto's Wine Road.* Drive through the rolling hills of the Alto Douro wine region. Marvel at stunning vistas at a viewpoint in San Salvador do Mundo. Visit São João da Pesqueira, known as the "fishing ground," for a short walking tour before browsing the village at your leisure. Stop at a *quinta* — an authentic country estate and winery — for a tour of the facilities, a presentation about port wine making and a tasting of the local product. Often characterized as a dessert wine, port is made with indigenous grapes and embodies sweet, rich flavors.

### Day 11

### Lamego | Porto

**Discovery:** *Lamego.* Pretty Lamego is nestled in the heart of the port-producing Douro Valley.



Visit Nossa Senhora dos Remedios, a monumental baroque church overlooking the city. Leading up to the church is a grand granite staircase adorned with *azulejos*, Portugal's iconic blue-and-white tiles.

Spend your final afternoon sailing the Douro Valley as the ship nears Porto.

Tonight, celebrate your exciting river journey at a Farewell Reception and Dinner.

В

### Day 12

### In Transit

Following breakfast, transfer to the airport for the return flight to your gateway city.  $\bigstar$ 

**Note:** Itinerary may change due to local conditions.

Walking is required on many excursions, and surfaces may be uneven or unpaved.

★Transfers and flights included for AHI FlexAir participants.
B|L|D denotes included breakfasts, lunches and dinners.

### ACCOMMODATIONS

Located in the heart of Lisbon's Amoreiras neighborhood, the Dom Pedro Palace places you at the center of the city's best shopping. Dine at II Gattopardo, featuring Italian dishes, or Bistrot Le Café, which serves regional cuisine. Unwind in the hotel's serene spa offering a sauna, whirlpool and indoor swimming pool, as well as a fitness room. Wi-Fi is complimentary.

### Tripadvisor\*



DOM PEDRO PALACE LISBON | LISBON



### **MS Gil Eanes**

MS Gil Eanes is a recent addition to CroisiEurope's fleet of fine river ships and represents a new generation of European river cruisers. Built specifically for river cruising, the Gil Eanes is small enough to dock at the doorstep of towns and cities along the Douro River. With just 66 staterooms and suites, the ship also offers an intimate cruising experience and the utmost in service, safety and convenience. Travelers can relax on the Sun Deck and enjoy the passing scenery, or relax in the lounge or library. Expert chefs prepare meals in the exacting tradition of fine gastronomy. There's a full breakfast buffet each morning, and at lunch and dinner, enjoy expertly prepared meals complemented by local wine. Throughout the cruise, all beverages (except Champagne and a select list of premium brands) are complimentary. All cabins are welcoming and provide outside river views and feature individual climate controls, flat-screen satellite T.V .and bathrooms with showers. Wi-Fi is complimentary.

	Reserve	e your Douro Ri	ver cruise tod	ay!
Trip #	:2-24307W	-		-
Send to:	The Tufts Tra c/o AHI Trave International	Tower-Suite 600 Mawr Avenue	Tufts	Travel-Learn
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### **PROGRAM DATES**

Air Program dates: Land | Cruise Program dates: September 17-28, 2019 September 18-28, 2019

### LAND | CRUISE PROGRAM

Category-Deck	Full Price	Special Savings	Special Price*
E-Main Deck	\$4,045	\$250	\$3,795
D-Middle Deck (Aft)	\$4,545	\$250	\$4,295
C-Middle Deck (Aft)	\$4,745	\$250	\$4,495
B-Upper Deck (Aft)	\$5,145	\$250	\$4,895
A-Upper Deck (Forward)	\$5,345	\$250	\$5,095
S2-Middle Deck (Aft)	\$5,545	\$250	\$5,295
S1-Upper Deck (Aft)	\$5,745	\$250	\$5,495

All cabins offer river views and have bathroom with shower, flat-screen TV, hair dryer, safe and closet. S1 features a private terrace and French balcony, S2 and A-D have a French balcony and E has a picture window. \*Special Price valid if booked by the date found on the address panel.

VAT, Port Tax and Service is an additional \$395 per person. All prices quoted are in USD, per person, based on double occupancy and do not include air transportation costs (unless otherwise stated).

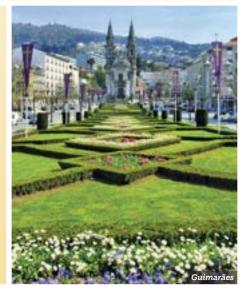
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### Let us arrange your flights!

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- ► price guarantee to protect you from fuel surcharge increases after ticket purchase.
- ▶ arrival and departure **transfers** on most flights.
- flexibility to change or cancel your reservations without penalty up to 60 days before departure on most flights.
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- ▶ flight insurance worth up to \$250,000, subject to policy terms.

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### UNESCO World Heritage

- 1. Historic Center of Oporto and the Dom Luis I Bridge
- 2. Historic Center of Guimarães
- 3.Alto Douro Wine Region
- 4. University of Coimbra
- 5. Monastery of the Hieronymites and Tower of Belém
- 6. Old City of Salamanca



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### Accommodations

(with baggage handling)

- **3 nights** in Lisbon, Portugal, at the deluxe Dom Pedro Palace Lisbon.
- 7 nights aboard the exclusively chartered, first-class MS Gil Eanes.

### Transfers

• All deluxe motor coach transfers in the Land | Cruise Program and baggage handling.

### **Extensive Meal Program**

• 10 breakfasts, 7 lunches and 7 dinners, including Welcome and Farewell Dinners; plus all drinks on board except Champagne and premium brands.



### **AHI Travel Expertise**

From your reservation to your return home, we are here to ensure you have the adventure of a lifetime.

### Before you go:

### Your One-of-a-Kind Journey

- Expert-led **Enrichment programs** enhance your insight into the region.
- **Discovery excursions** highlight the local culture, heritage and history:
  - Uncover the vibrant capital of Lisbon.
  - Explore Coimbra, witnessing storied sites within the University of Coimbra.
  - Discover the allure of Óbidos.
  - Visit Solar de Mateus, an 18th-century baroque palace in Vila Real.
  - Travel through the Douro Valley, and relish a port wine tasting at a local *quinta*.
  - Uncover the highlights of pretty Lamego.

### Choose from a selection of **PYC** | **Personalize Your Cruise** excursions in these towns:

- -**Porto (Day 6) |** Cultural Porto & Port Wine Tasting | Porto by Tram & Flavors of Porto
- -**Porto (Day 7) |** Guimarães, Cradle of Portugal | Douro Walk & Port Wine Tasting
- -**Barca d'Alva |** Salamanca City Tour | Salamanca by Bike
- Free time to pursue your own interests.
- Welcome and Farewell Receptions to mingle with fellow travelers.
- A personal VOX headset to hear your Englishspeaking guide clearly.
- Tipping of guides and drivers.
- Complimentary travel mementos.
- ► **Travel Consultants** | These experts stand ready to answer your questions about activities, meals, accommodations and more as they guide you through the reservation process.
- Passenger Service Representative | Once you have reserved your spot, enjoy personalized assistance from this specialist, your one point of contact who will help you with everything from arranging flights to booking elective activities to fulfilling special requests.
- ► **Travel Information** | Receive extensive destination information and travel tips compiled by our travel-savvy team to prepare you fully for your journey.

### Once you arrive:

On the ground, three layers of top-quality professionals offer their insiders' perspective. From suggesting the best café or pub to sharing a laugh over the stories of the day, our dedicated team takes your adventure to the next level.

- ► **Travel Director** | Throughout your journey, you will be in the care of a seasoned AHI travel professional who will manage all the logistics, allowing you to relax and simply soak up the ambience. Resourceful, knowledgeable and attentive, your Travel Director helps to ensure you enjoy an unforgettable travel experience.
- ► Expert Guides | Who better to show you around than the people who live there? We've specially selected informed and enthusiastic local professional guides who understand the needs of our educated and curious travelers. Warm and genuine, they're ready to share their passion for their country with you.
- ► Lecturers | Coming from all walks of life, our entertaining local lecturers open your eyes to history and current events. The breadth of their knowledge deepens your appreciation for the region and its heritage.



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