Portugal is a European country on the Iberian Peninsula, bordering Spain. Its location on the Atlantic Ocean has influenced many aspects of its culture. The Algarve’s beaches are a major destination and much of the nation’s architecture dates to the 1500s–1800s, when Portugal had a powerful maritime empire.

With its mild climate, 3000 hours of sunshine per year and 850 kms of splendid beaches bathed by the Atlantic Ocean, Portugal is the perfect holiday destination all year round.

This is a country that has the oldest borders in Europe, with an exceptional range of different landscapes just a short distance away, lots of leisure activities and a unique cultural heritage, where tradition and modernity blend together in perfect harmony.

Its superb cuisine, fine wines and hospitable people make this a traveler paradise of the highest quality.

Situated in the extreme south-west of Europe, just a few hours from any of the other European capitals, Portugal attracts visitors from all over the world.

Come with us and discover the charms of this country too.

Please note: The following itinerary and description reflects planning in August 2017... some detail changes may apply due to optimization. The selected 4-star Hotels are our preferred options and will be only substituted, if at time of final choice there is no vacancy anymore for booking. We will provide then equally comfortable alternatives.
Our trip starts Sunday, June 10, in the North of Portugal, with 4 nights in Porto and includes a day trip to Braga, one of the oldest cities in Portugal, before we continue to explore the Capital Lisbon in the center of Portugal for another 4 nights, include also a day trip to Sintra and finish with a 4 nights stay in Lagos, discovering the famous and beautiful Algarve Coast in the South.

Friday, June 22 our trip ends with the departure from Faro.
Terms and Conditions (excerpt*)

**Price** p. Person sharing **Euro 5525** (single supplement Euro 675)

**Min/max 8 guests**

**Included:**

All Accommodation (12 nights) in 4-star Hotels as per description.

Full board (Breakfast, Lunch Snack, Dinner) including beverages (wine, beer, soft drinks, water, but no cocktails and spirits) all days, except arrival and departure day.

Sightseeing/Public Transportation as per itinerary.

All group excursions and related entrance fees as per itinerary.

Day trips by car/train/boat as per itinerary.

Travel by train (Comfort Class) from Porto to Lisbon and Lisbon to Faro

Optional Yoga “Ad HOC”.

Guide throughout.

**Not included:** International travel, hotel transfer(s) from and to airport/ station, tips, spa services, any expenses of personal nature, mini bar, private excursions, additional drinks or meals.

**PLEASE NOTE:** Non refundable and non-transferable deposit: 50% of the price (due with booking). Non refundable and non-transferable balance is due latest 75 Days (March 27, 2018) before event start.

**We highly recommend to please consider travel insurance!**

*If you are interested in this trip, we gladly provide you with a full version of our Terms and Conditions.*
Sun, June 10 - Day 1 - Arrival in Porto

Our group checks in during the afternoon in the ****Hotel (t.b.a, e.g. Pousada do Porto – Hotel Palacio do Freixo) and gathers before dinner at 6:30 PM in the Hotel Bar.

Built in the mid 19th century, the Hotel Porto* is one of the most remarkable examples of Portuguese Baroque architecture. The facade of this Hotel was declared a National Monument in 1910. Its interior has been beautifully restored, maintaining many original features of the Palace including frescos on the ceilings of some of the public rooms.

*The selected 4-star Hotel is one of our preferred options and will be only substituted, if there is no vacancy anymore at the time of booking. We will provide then an equivalent alternative)
Mon, June 11 - Day 2 - Exploring Porto

We’ll take a hop on/hop off sightseeing bus tour and take our time to get to know the city, the Douro River and the Port Wine Cellar(s)

Porto (Portuguese pronunciation: [ˈpoɾtuʃ]; also known as Oporto in English) is the second-largest city in Portugal after Lisbon and one of the major urban areas of the Iberian Peninsula. The urban area of Porto, which extends beyond the administrative limits of the city, has a population of 2.4 million (2011) in an area of 389 km² (150 sq mi), making it the second-largest urban area in Portugal. It is recognized as a gamma+ level global city by the Globalization and World Cities (GaWC) Study Group, the only Portuguese city besides Lisbon to be recognized as a global city.

Located along the Douro river estuary in Northern Portugal, Porto is one of the oldest European centers, and its historical core was proclaimed a World Heritage Site by UNESCO in 1996. The western part of its urban area extends to the coastline of the Atlantic Ocean. Its settlement dates back many centuries, when it was an outpost of the Roman Empire. Its combined Celtic-Latin name, Portus Cale, has been referred to as the origin of the name "Portugal", based on transliteration and oral evolution from Latin. In Portuguese, the name of the city is spelled with a definite article ("o Porto"; English: the port). Consequently, its English name evolved from a misinterpretation of the oral pronunciation and referred to as Oporto in modern literature and by many speakers.

One of Portugal’s internationally famous exports, port wine, is named after Porto, since the metropolitan area, and in particular the cellars of Vila Nova de Gaia, were responsible for the packaging, transport and export of the fortified wine. In 2014 and 2017, Porto was elected The Best European Destination by the Best European Destinations Agency.
Tue, June 12 - Day 3 - Discovering more of Porto at your leisure

Hop on /off sightseeing Bus and/or make your pick from: checking inside the "Lello & Irmão" bookshop, a historic space with a Neo-Gothic interior featuring a grand staircase and stained glass. Have a drink at "Café Majestic," a classic European Art Nouveau café and a city landmark. Admire the gigantic tile panels inside São Bento Station and on the façades of Camo and Capela das Almas churches. Check out the art galleries down Rua Miguel Bombarda. Shop at the retro shops downtown, many preserving wonderful Art Nouveau façades. Recommended: A Vida Portuguesa and Pérola do Bolhão. More info about them and others on the Porto shopping list. Browse through the colorful Bolhão Market. Take a stroll by the sea in Foz. Watch the world go by on Avenida dos Aliados. Relax at the Crystal Palace Gardens.
Wed, June 13 - Day 4 - Excursion - Porto to Braga.
After Breakfast we take the train (30-60Min) to Braga. Braga is a lively city, one of the oldest in the country, and is teeming with young people who study at its universities.

Built more than 2,000 years ago, “Bracara Augusta” was, as the name indicates, founded by Augustus; it was located on one of the main Roman roads in the Iberian Peninsula, since it was the administrative seat of the Empire, and later given the status of capital of the Roman province of Gallaecia, present-day Galicia, by Emperor Caracalla. The Braga Diocese is the oldest in Portugal and, in the Middle Ages, the city even competed with Santiago de Compostela in power and importance. One of the Camiños de Santiago passed through here, when this pilgrimage cult grew with the Christian reconquest and the foundation of Portugal.

Braga’s Cathedral is also the oldest in the country and was built in the 12th century by the parents of Portugal’s first King, D. Henrique and D. Teresa, who are buried there. Braga is to this day one of the country’s main religious centres, having the Holy Week Celebrations and the São João Festival as the highlights in its liturgical and tourist calendar. Besides the Tesouro-Museu da Sé (Cathedral Treasure Museum), it is worth visiting the Biscainhos Museum, housed in a Baroque palace, a landmark period in the history of Braga, and the D. Diogo de Sousa Archaeological Museum, since the city also abounds in remains from the Roman era. We suggest a leisurely stroll around the historic centre to visit some of the many churches, admire the houses and historical buildings, such as the Palácio do Raio, the Theatro Circo, the Arco da Porta Nova, and to have a coffee at the emblematic Brasileira with a view of the busy Avenida Central.
Thu, June 14 - Day 5 - Morning Train to Lisbon

After Breakfast leaving Porto by train late morning for Lisbon (2.5 to 3.0h)
Check-in at ***Hotel (t.b.a. e.g. Portugal Boutique City Hotel) early afternoon. Leisure time before common dinner.
(Portugal Boutique Hotel*, in the center of downtown Lisbon, is the ideal starting point for exploring the historic heart of this unique city, as it sits between the Rossio – just 200 meters away – and the hillside of the São Jorge Castle.

*The selected 4-star Hotel is one of our preferred options and will be only substituted, if there is no vacancy anymore at the time of booking. We will provide then an equivalent alternative)
Fri, June 15 - Day 6 - Exploring Lisbon

After Breakfast - **Hop on/off sightseeing tour** - Afternoon at your leisure - Evening - Dinner and **Fado Music**.

**Lisbon** (ˈlɪzbnə; Portuguese: Lisboa, IPA: [ˈliʒˈbɔ̃]) is the **capital** and the largest city of Portugal, with a population of 552,700 within its administrative limits in an area of 100.05 km². Its urban area extends beyond the city’s administrative limits with a population of around 2.7 million people, being the 11th-most populous urban area in the European Union. About 2.8 million people live in the Lisbon Metropolitan Area (which represents approximately 27% of the country’s population).

**Lisbon is one of the oldest cities in the world**, and the oldest in Western Europe, predating other modern European capitals such as London, Paris and Rome by centuries. Julius Caesar made it a municipium called Felicitas Julia, adding to the name Olissipo. **Ruled by a series of Germanic tribes from the 5th century, it was captured by the Moors in the 8th century.** In 1147, the Crusaders under Afonso Henriques reconquered the city and since then it has been a major political, economic and cultural centre of Portugal. Unlike most capital cities, Lisbon’s status as the capital of Portugal has never been granted or confirmed officially – by statute or in written form. Its position as the capital has formed through constitutional convention, making its position as de facto capital a part of the Constitution of Portugal.

Although close to the Atlantic Coast Lisbon enjoys a **Mediterranean climate**.
Sat, June 16 - Day 7 - Discovering more of Lisbon at your leisure

After breakfast - Lisbon off the beaten path - so much to see!!!! Your choice!

Thieves Market - Locals love this Feira da Ladra, held every Tuesday and Saturday near the Campo da Sta tram stop. If you’re a love of all things vintage, then there’s a good chance you’ll find yourself a new treasure to take home with you after your holiday in Lisbon. You could easily walk away with an entirely new vintage outfit for under €20.

Explore the tiny streets in Lisbon and get lost at the typical neighborhoods of Graça and Alfama. This is where you will find the real city.

Parque das Nações stands out as an impressive open-air contemporary architecture portfolio, includes two striking twin towers designed to look like giant sailboats (!), a ship-shaped mall, water gardens, a casino and of course, the biggest bridge in Europe – Ponte Vasco da Gama. Everything is big here.

But even in this futuristic setting, Oceanário still stands out. It’s the largest indoor aquarium in Europe and recently voted in TripAdvisor as #1 in the world. If you find it beautiful on the outside, I can assure you it’s even more impressive inside!

Relax at Ajuda, it is one of Lisbon’s oldest neighborhoods and doesn’t get the attention it really deserves. Don’t miss the Jardim Botânico da Ajuda (Portugal’s oldest botanical garden), the Palácio Nacional da Ajuda (amazing neoclassical architecture with a museum) and the Tapada da Ajud (100+ hectares of park).

Visit the LX Factory Half way between central Lisbon and Belem, the LX Factory is a series of converted warehouses which have now become cafes, alternative shopping, venues and clubs. This is Lisbon’s answer to London’s Brick Lane or Brooklyn’s Williamsburg – a destination for young people looking for cheap food, cool bars and street art. While you’re here, make sure you check out the Ler Devagar bookstore – often cited as one of the world’s prettiest bookstores. On Sundays, the LX Market fills the space with vintage clothing, homewares and local artwork.

And/or explore the city with an alternative hop on hop off Ride on Tram 28!!!
Sun, June 17 - Day 8 - Day trip by train to Sintra

After breakfast we’ll leave by train for Sintra, which is the most popular day trip from Lisbon and is a fascinating town with a variety of historic monuments, lavish palaces and challenging hiking trails. Historically, Sintra was the summer retreat for the Portuguese nobility, who constructed extravagant palaces and grand residences that are set amidst the cooling hills of the Serra de Sintra. The Moorish- and Manueline-style Sintra National Palace is distinguished by dramatic twin chimneys and elaborate tilework. The hilltop 19th-century Pena National Palace is known for a whimsical design and sweeping views. The Castelo dos Mouros was constructed by the Moors in the 9th century as a fortified observatory, with views over the sea and region. After the invasion of central Portugal by the Christian Crusaders in the 12th century the importance of this viewpoint waned and the castle fell into disrepair. The castle deteriorated further after fire (from lighting) and earthquakes during the 17th and 18th centuries. The all but forgotten castle was restored during the 19th century so as to be a major feature in the grounds of the Pena Palace.
Mon, June 18 - Day 9 - Train to Faro / Algarve -

After breakfast train ride to Faro at the Algarve Coast (3 to 3.5h) pick up our Rental Cars and leisurely ride to our Hotel in Lagos (t.b.a e.g. Vila Valverde) after check-in leisure time or exploring Lagos (whatever you like).

The **Algarve** (Portuguese pronunciation: [ɐlˈɣɐɾvɛ], from Arabic: الْعَرَب al-Gharb “the West”) is the southernmost region of continental Portugal. It has an area of 4,997 square kilometres (1,929 sq mi)\(^3\) with 451,006 permanent inhabitants, and incorporates 16 municipalities. The region has as its administrative centre in the city of Faro, where both the region’s international airport (FAO) and public university, the University of Algarve, are located. **Tourism and related activities are extensive** and make up the bulk of the Algarve’s summer economy. Production of food, which includes fish and other seafood, fruit, oranges, carob beans, figs and almonds, **is also economically important in the region.**
Tue, June 19 - Day 10 - Exploring Lagos

**Lagos** is a town in southern Portugal's Algarve region. It’s known for its walled old town, cliffs and Atlantic beaches. Steep wooden steps lead to the sandy cove of Praia do Camilo. The nearby **cliffs of Ponta de Piedade** offer sweeping headland views and a lighthouse. Igreja de Santo António, an ornate 18th-century church, sits across from the Castelo dos Governadores, a castle with a baroque facade and watchtowers.
Wed, June 20 - Day 11 - Exploring Algarve Coast - Going West

After Breakfast car ride to Sagres, which is remote, adventurous and unlike any other destination in southern Portugal. The small town is situated at the extreme western tip of the Algarve, a region of dramatic natural scenery; comprising of raging seas, towering cliffs and vast beaches.
Thu, June 21 - Day 12 - Exploring Algarve Coast Line - Going East

After breakfast we'll drive by car along the coastline to finally wind-up in Albufeira, which is a coastal city in the southern Algarve region. It's a former fishing village that has become a major holiday destination, with sandy beaches and a busy nightlife strip. Local fishermen now use the modern marina, also a base for diving, dolphin-watching and boat trips.

We'll be cruising along the coastline, visit sea caves and more on this 5-hour tour. After working up an appetite, disembark onto a secluded beach where we will enjoy a freshly cooked BBQ prepared by our experienced crew.
Fri, June 22 - Day 13 -

Leaving after breakfast by car to Faro catching train or plane to go back home.

Sorry - it's over ... bye-bye!
Thank You for Your Attention and Interest!

If you like to book or have additional questions, please contact:

yogaretreats@help-your-health.com or +1 (714) 421-0476