



# JOURNEYS: DISCOVER PORTUGAL

8 days, Lisbon to Porto

Trip code EPENG

## WHAT'S INCLUDED

- Your Journeys Highlight Moment: Cork Farm Visit and Lunch, Évora
- Your Journeys Highlight Moment: Knights Templar Historic Tour, Tomar
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group
- Your Hands-On Moment: Port Wine Cellar Visit, Porto
- Lisbon orientation walk
- Guided tour of Palace of Pena in Sintra
- Chapel of Bones visit in Evora
- Diana's Temple visit in Evora
- Guided tour of Coimbra University
- Porto orientation walk
- Douro River boat cruise
- Transport to/from all included activities and between all destinations

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**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing December 3rd, 2020 and onwards

# ITINERARY

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**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

## LISBON

Arrive at any time. This evening, savour a traditional Portuguese dinner and performance of fado, a local folk singing tradition, in one of Lisbon's oldest neighbourhoods.

To ensure you are able to join the group for dinner, please arrive in Lisbon by 6pm at the latest.

Portugal features diverse terrain, including regions with steep streets and uneven surfaces. Please bring sturdy walking shoes and be prepared for a lot of walking.

If you wish to explore Lisbon before your tour begins, consider booking pre-tour accommodation with us. Please speak to a G Adventures representative about booking accommodations in Lisbon before Day 1 of this itinerary.



### Meals included

Dinner



### ACCOMMODATION

My Story Hotel Tejo Lisbon (or similar) Hotel



### TODAY'S ACTIVITIES

#### ACTIVITY

Your opportunity to meet your National Geographic Expedition Leader and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Fado Night with Traditional Portuguese Meal

Lisbon

2h

Sit down to a traditional meal and lend your ears to the sound of a performance by Portuguese folk music artists.

Day 2

## LISBON

Travel back in time to the fairytale castles and hills of Sintra, a 19th-century resort town and UNESCO World Heritage site. Explore the colourful manors, medieval palaces, and lush gardens that enchanted English Romantic poet Lord Byron as well as Portuguese royalty. Enjoy a short orientation walk followed by a free afternoon to discover Lisbon's pastel-hued architecture and lively plazas. Opt to soar over Lisbon on the historic Santa Justa lift, an engineering marvel that ascends 147 feet to an epic viewing platform.



### Meals included

Breakfast



### ACCOMMODATION

My Story Hotel Tejo Lisbon (or similar) **Hotel**



### TODAY'S ACTIVITIES

Private Vehicle **Lisbon - Sintra** 30m 28km

Settle in and scan the scenery from the convenience of a private vehicle.

Pena Palace and Park Guided Visit **Sintra** 1h30m-2h

Situated in the hills of Sintra, Pena Palace and its surrounding park are one of the greatest expressions of 19th-century romanticism in Portugal. With clear Manueline influence and Moorish architectural styles, the palace is built in a such a way as to be visible from any point in the park. Tour the Palace and park and learn about the Palace's origins and influences throughout Portuguese history.

Private Vehicle **Sintra - Lisbon** 30m 29km

Settle in and scan the scenery from the convenience of a private vehicle.



### Optional Activities - Day 2

Rossio Square **Lisbon** **Free**

Stop in this lively square to get a taste of the local hustle and bustle.

Sao Jorge Castle Lisbon 15EUR

Climb up to this Moorish castle for a wander around the impressive grounds on a guided tour, and a great view over Lisbon and Tagus River.

Santa Justa Lift Lisbon 6EUR

Take a ride up 147ft from the lowest to highest points of Portugal. Sit back and enjoy the views.

Alfama District Visit Lisbon Free 1h-2h

Explore Lisbon's past in Alfama, one of the city's oldest quarters. Wander along narrow medieval streets lined with typical tile-covered façades and take a step back in time; the area largely survived the great earthquake of 1755, and still retains much of its original layout. Listen for Portugal's traditional music, fado, gracing the streets at night.

Day 3

## LISBON/ÉVORA

Head to medieval Évora, in the heart of the bucolic Alentejo region, for a fascinating foray into the past. Be mesmerized by the haunting Chapel of Bones, erected by 16th-century Franciscan monks. Then pay a visit to one of the best preserved Roman temples on the Iberian Peninsula, known as Diana's Temple.

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### Meals included

Breakfast

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### ACCOMMODATION

Vitoria Stone Evora (or similar) Hotel

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### TODAY'S ACTIVITIES

Private Vehicle Lisbon - Évora 2h

Settle in and scan the scenery from the convenience of a private vehicle.

Chapel of Bones Visit Évora

Visit the most famous sight in Évora, the Capela dos Ossos, or Chapel of Bones. Take care if squeamish – built in the 1500s by a Franciscan monk, the walls are covered with human skeletons as a reminder to fellow monks that life is fleeting.

Diana Roman Temple Évora

Take a visit to the best preserved Roman structure on the Iberian Peninsula, assumed to have been constructed in 1 AD.

Day 4

## ÉVORA

Venture into the Alentejo countryside, home to centuries-old cork forests. Join a local expert at a traditional farm, and learn about cork harvesting and production. Then sit down to a traditional cork stripper's lunch at the cork farm. This afternoon, return to Évora and explore its UNESCO World Heritage-designated city centre on your own, walking past whitewashed houses decorated with azulejos and wrought-iron balconies.



### Meals included

Breakfast | Lunch



### ACCOMMODATION

Vitoria Stone Evora (or similar) **Hotel**



### TODAY'S ACTIVITIES

#### ACTIVITY

Since this is the region where most of Portugal's cork is grown you'll learn about cork harvesting and production from a local expert at a traditional cork farm in the Alentejo countryside, home to centuries-old cork forests and about 30 minutes from Évora. After the guided walk of the farm sit down for a traditional cork stripper's lunch at a local restaurant in town.



### Optional Activities - Day 4

Clock Museum **Évora**

A remarkable collection of watches on display from different eras, this family run watch museum will take you back in time.

Évora Cathedral **Évora**

Visit one of Évora's oldest and most important local monument. Located at the highest point of the city, the Cathedral of Évora is a Roman Catholic church with an elaborate interior including white mortar on the bare high walls, pillars and vaults.

Day 5

## ÉVORA/COIMBRA

Spend the day in Tomar and delve into the Crusades era in Portugal. Go on a guided walk with a local expert around the vast medieval complex of the Convent of Christ, a UNESCO World Heritage site, and the Templar Castle, founded in 1160 by Gualdim Pais—grand master of the Knights Templar. Continue on to Coimbra for the evening.



### Meals included

Breakfast



### ACCOMMODATION

Vila Gale Coimbra (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle Évora - Tomar 2h 225km

Settle in and scan the scenery from the convenience of a private vehicle.

#### ACTIVITY

In Tomar, 14th-century Portugal's headquarters for the Knights Templar Order, take an expert-led walk to learn about the country during the time of the Crusades. Visit the impressive Templar Castle and Convent of Christ, both UNESCO World Heritage Sites.

Private Vehicle Tomar - Coimbra 54m 75km

Settle in and scan the scenery from the convenience of a private vehicle.

Day 6

## COIMBRA/PORTO

This morning, enjoy a tour around the centuries-old University of Coimbra, Portugal's most prestigious university and a UNESCO World Heritage site. Enter through the 10th-century Porta Férra, the old entrance to the citadel of Coimbra. Following mosaic cobblestone paths around campus, stopping to see the baroque stylings of the Joanina Library, elaborate azulejo wall tiles adorning the Chapel of São Miguel, and the 18th-century Botanical Garden. Later, catch the train to Porto on the coast.



### Meals included

Breakfast



### ACCOMMODATION

Mercure Porto Centro (or similar) **Hotel**



### TODAY'S ACTIVITIES

University of Coimbra Visit **Coimbra**

Portugal's most prestigious university, the University of Coimbra is a must see landmark. Explore the World Heritage Site as you enter through the Porta Férra, the old entrance to the citadel of Coimbra constructed in the 10th century. Walk through the campus along mosaic cobblestone paths, explore its botanical gardens and Chapel of S. Miguel and opt to visit the ornate Joanina Library.

Local Train **Coimbra - Porto** 1h30m 120km

Climb aboard, take your seat, and get around like the locals do.

Day 7

## PORTO

Board a boat down Portugal's Douro River, or "river of gold". Float on the typical Rabelo Boat along the riverbanks of Porto and Vila Nova de Gaia and marvel at the historical bridges connecting the two cities. Famous for centuries as a port wine shipper's centre, discover the rich tradition of port making at a local wine cellar, then cap off the day with a tasting of this distinct regional specialty. In your free time, explore the cobblestone streets of Porto's medieval Ribeira district, marvel at the baroque São Francisco Church, and admire the palatial Palácio de Bolsa, a one time stock market.



### Meals included

Breakfast



### ACCOMMODATION

Mercure Porto Centro (or similar) **Hotel**



### TODAY'S ACTIVITIES

Porto Ribeira Cruise **Porto** 1h-2h

Board a boat down Portugal's Douro River, or "river of gold". Float along this ancient route used for centuries as a port wine shipper's route.

Free Time **Porto**

Enjoy all the gems of this coastal city. Visit the medieval Ribeira district with its narrowed cobbled stone streets. Marvel in the baroque architecture of São Francisco Church and discover the palatial 19th century Palácio de Bolsa, formerly a stock market, built to impress potential European investors. But most importantly, make sure to try a glass of port wine.

#### ACTIVITY

Finish off the day with a tour of the cellars of the region's famed export - Port wine. Learn about the art of Port making and the processes that render its rich taste. Indulge in a tasting and raise a glass to a day well spent. Saúde!



### Optional Activities - Day 7

Ribeira Square **Porto** **Free**

Take some time to walk around this charming square and get in with the local hustle and bustle.

Sao Bento Railway Station **Porto** **Free**

The blue painted tiles on the inside of São Bento railway station makes it one of the most beautiful train stations in the world. See for yourself.

Lello Bookstore **Porto** **8EUR**

Take a wander around this incredible, and beautifully ornate bookstore built in 1906.

Palacio da Bolsa **Porto** **12EUR** **30m-1h**

Join a half-hour guided tour of this neoclassical monument.

**Day 8**

## PORTO

Depart at any time.



### Meals included

Breakfast

## What's included

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## **What are the main highlights of this trip?**

Discover an array of architectural gems from the colorful manors of Sintra to the Roman temples of Évora, Venture into the countryside to learn about the production and harvesting of cork at a traditional farm, Enjoy a mesmerizing Fado music performance in Lisbon, Float down Porto's "river of gold" taking in timeless scenes of rolling green hills.

## **What are the main highlights of this trip?**

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## **Is there a disclaimer I should read before booking this trip?**

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# Is there a travel disclaimer for my itinerary I should review before booking this trip?

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

## What important notes should I be aware of before the trip?

### 1. LOCAL GUIDES

It is important to note that in Europe, all guiding is based around local guides all of whom are licensed to work only in a particular city. As such, our leaders are able to provide orientation walks which will show you the layout of each town and city as well as the location of local services such as post offices and laundromats, but are unable to legally share historical facts and figures in public places.

### 2. LUGGAGE

In Europe it is very rare to find elevators in train stations, hotels or other public places. We use public transport on this trip, which means you will need to carry your luggage from platform to platform, in and out of trains and buses etc. and also possibly up several flights of stairs. You will also need to be able to stow your luggage safely on trains and buses. It is therefore essential that you pack light and bring luggage which is compact and lightweight, and which you can easily transport. The carrying of your luggage remains your responsibility at all times.

### 3. COMBO TRIP

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

### 4. ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

### 5. OPTIONAL ACTIVITIES NOTE:

During high season in Europe (May-October) we highly recommend booking reservations for any popular optional activities/museum tickets etc. in advance to avoid encountering sold-out activities on the ground while on tour.

### 6. TERRAIN

Portugal features diverse terrain, including regions with steep streets and uneven surfaces. Travelers should be prepared for walking in areas that may be more challenging than expected.

## **What is the role of the group leader during this trip?**

All National Geographic Journeys with G Adventures group trips are accompanied by one of our National Geographic Expedition Leader. The aim of the National Geographic Expedition Leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

## **How large will the group be?**

Max 16, avg 12.

## **What meals are included in this trip?**

7 breakfasts, 1 lunch, 1 dinner

## **What are the meals like on this trip?**

Eating is a big part of traveling. G Adventures understands the importance of breakfast to start your day, we strive to include a basic breakfast wherever possible. A typical breakfast may include toast, coffee and tea, however this may vary depending on the city. Should breakfast not be included, your National Geographic Expedition Leader can suggest some local options.

Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your Expedition Leader will be able to suggest favourite restaurants during your trip.

For all trips please refer to the meals included and budget information for included meals and meal budgets.

## **What are the modes of transportation on my trip?**

Walking, bus, boat, train.

## What transportation will we take on this trip?

Intercity transport on this trip will be mainly by public bus and train. The bus and train systems in Portugal are generally very good, most offer seat reservations, some buses have toilet facilities and others don't, but drivers often stop en route for service station breaks.

Please note that we use public transport such as metro and taxis to get to train and bus stations. It is important that you are able to carry your luggage comfortably and that it can be packed into a relatively small space.

Between transport and hotels you may be required to carry your luggage short distances (up to 15mins walk), occasionally the group will take taxis to and from hotels.

## Is there an extra cost for travelling solo?

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

## Where will we stay during the trip?

Hotels - 7 nts.

## Will I get my own room?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops.

Please be aware that single room accommodations in European hotels are often smaller, and may not be to the same service level as double-occupancy rooms.

## What kind of accommodation can I expect on this trip?

On this trip you can expect to stay in small family-run hotels or pensions (with the exception of the start and finish hotels, which are often larger city hotels), which will vary a little in standard and facilities: some may not have elevators, air-conditioning or English-speaking staff, but most importantly all are locally-run, with some traditional character, and in excellent central locations to give you maximum time for exploring the sights. You can expect to find clean, safe, simple accommodation in convenient locations.

Note that most accommodation in Europe does not have air conditioning units in rooms. Air conditioning is not routinely installed in European homes and workplaces. However, nearly all hotels will provide a standing or desk fan for your room on hot nights. If you do not already have one in your room, please ask your Expedition Leader to organize one for you with reception.

## What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

From Lisbon airport (LIS), you can reach the city centre in a few ways. You take the metro red line (Aeroporto – Saldanha) or the local bus n. 744.

To arrange an arrival or departure transfer, we recommend you book through our preferred transfer provider - [Welcome Pickups](#)

We advise that you book both your arrival and departure transfers in advance. Please make sure you have the following details before booking:

- Flight number
- Flight Arrival Time and Date
- Flight Departure Time and Date
- Passenger's Name
- Number of Passengers
- Email
- Valid Mobile Telephone Number
- Drop off and/or Pick Up Address

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your National Geographic Expedition Leader. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your National Geographic Expedition Leader and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your National Geographic Expedition Leader will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

## What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

## Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### EMERGENCY CONTACT NUMBER

G Adventures UK office:

+441858378000

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, from calls within North America only: 1 888 800 4100

Calls from within UK: 0344 272 0000

Calls from within Germany: 0800 365 1000

Calls from within Australia: 1 300 796 618

Calls from within New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

## Are there any additional packing suggestions I should consider?

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage. You must be prepared to carry your luggage up and down stairs, on and off transportation, and to hotels (max 15-20 mins.)

# What should be on my packing list?

## Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

## Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

## Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

### **Warm Weather:**

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

## **When can I do my laundry on this trip?**

Laundry facilities are offered by some of our hotels for a charge or ask your National Geographic Expedition Leader where the closest laundromat is. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

## **What are the visas and entry requirements for my trip?**

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

For other nationalities, travelling in Europe has been simplified with the introduction of the Schengen visa. As a visitor to the Schengen area (Austria, Germany, Netherlands, Belgium, Greece, Norway, Denmark, Iceland, Portugal, Finland, Italy, Spain, France, Luxembourg, Sweden, Czech Republic, Hungary, Estonia, Latvia, Lithuania, Malta, Poland, Slovakia, Slovenia and Switzerland) you will enjoy the many advantages of this unified visa system. Generally speaking with a Schengen visa, you may enter one Schengen country and travel freely throughout the Schengen region during the validity of your visa. There are limited border controls at Schengen borders, if any at all.

Please note that the UK and Ireland are NOT part of the Schengen agreement.

A Schengen visa is applied for at the Embassy or Consulate of the Schengen country in which you will be spending the most nights on your trip to the Schengen space. If you are only visiting one country on your trip then you apply for your visa at the Consulate of this Schengen country.

As of 2025, various European countries are introducing ETIAS travel authorisation as an entry requirement for visa-exempt nationals.

We highly recommend you checking in advance how your nationality and country/s you are visiting may be affected. Further details can be found [here](#)

Last updated: January 27th 2025

## **What should I consider when planning my personal expenses and discretionary spending for this itinerary?**

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

## **What should I know about currency, credit cards, and exchanging money while on this tour?**

Credit cards and debit cards are very useful for cash advances but you must remember to bring your PIN number (be aware that many ATM machines only accept 4-digit PINs). Both Cirrus and Plus system cards are the most widely accepted debit cards. Visa cards are the most widely accepted credit cards. While ATMs are commonly available, there are no guarantees that your credit or debit cards will actually work - Check with your bank. You should be aware when purchasing products or services on a credit card, that a fee usually applies.

Do not rely on credit or debit cards as your only source of money. A combination of Euros and cards is best.

Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates:  
[www.xe.com](http://www.xe.com)

## **How much emergency money should I bring on this trip?**

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## **Do I need to pay a departure tax?**

Usually included in international air ticket, check with your air travel agent.

## Should I be tipping on my trip?

While conventions can vary from country to country, tipping is customary in Europe. A general rule is 10% of the bill for wait staff, and a smaller amount (€1 or €2) for other service providers.

Tipping is an expected - though not compulsory - component of your tour program, and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides. You may do this individually, or your National Geographic Expedition Leader will offer to collect the money and tip as a group. Recommendations for tipping local guides would range from €3-5 per day, depending on the quality and length of the service; ask your National Geographic Expedition Leader for specific recommendations based on the circumstances and culture.

At the end of each trip, if you felt your National Geographic Expedition Leader did an outstanding job, tipping is expected and appreciated. The precise amount is a personal preference, however €8-€10 per person, per day can be used as a guideline.

## What activities are optional on this trip?

### Lisbon

- Rossio Square (Free)
- Sao Jorge Castle (15EUR per person)
- Santa Justa Lift (6EUR per person)
- Alfama District Visit (Free)

### Évora

- Clock Museum
- Évora Cathedral

### Porto

- Ribeira Square (Free)
- Sao Bento Railway Station (Free)
- Lello Bookstore (8EUR per person)
- Palacio da Bolsa (12EUR per person)

## **Are there any health considerations I should know before travelling?**

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our National Geographic Expedition Leader they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

## **What do I need to know to about safety and security on my trip?**

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your National Geographic Expedition Leader will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your National Geographic Expedition Leader will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions. Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our National Geographic Expedition Leaders to make arrangements on your behalf for water based activities that are not accompanied by guide(s). Swimming, including snorkeling, is always at your own risk. Read more about travel safety for ways to further enhance your personal safety while traveling.

## **What are the trip specific safety considerations?**

Always keep an eye on your belongings especially in major cities, bus and train terminals.

## What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our National Geographic Expedition Leaders have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

## Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

## How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)\*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

## Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

## How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

## What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

## Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

## Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.