



Back-Roads | Europe (BRT)

From charming medieval villages to the cobbled streets of Porto, the empires of the past have left their mark on this captivating Iberian nation. Uncover the real Portugal as we journey from Gothic cities to cinematic rural scenery – taking in world-famous pilgrimage sites, sumptuous local cuisine and ancient customs as we go.



Thank you for choosing **Back-Roads**

Your extraordinary adventure awaits!

About your tour notes

These tour notes contain everything you need to know before your tour departs – from where to meet your fellow guests and local guide to what essentials to pack for your journey.

We recommend you print this document out and bring it with you on your tour. Give a copy to loved ones at home so they can follow your adventure, too.

IMPORTANT: please refresh this document as close to your departure as possible to ensure you're equipped with the latest information available.

THE BACK-ROADS DIFFERENCE

- ✓ Enjoy a scenic ride along the Douro River in a traditional rabelo boat
- ✓ Indulge in a tasting of delicious locally produced cheeses near Viseu
- ✓ Explore the wonderfully atmospheric and history-laden streets of Coimbra

TOUR CURRENCIES

- Portugal - EUR

Your itinerary

DAY 1 | LISBON (PORTUGAL)

Welcome to Lisbon – a mesmerising capital filled with Gothic glamour and enthralling culture. After meeting the group at the hotel, we'll kick off our adventure with a group dinner accompanied by an atmospheric Fado performance. Here's to the journey ahead! Accommodation: Turim Terreiro do Paço Hotel (or similar)

MEALS:

✓ Dinner

DAY 2 | LISBON – SINTRA – LISBON

After breakfast, we'll pay a visit to a local tile painting atelier – where you'll have the opportunity to try your hand at producing your own keepsake before we move on to medieval Sintra. Here, we'll enjoy a guided tour of Sintra National Palace – a treasured regal residence and designated UNESCO World Heritage site. After enjoying an afternoon of free time to explore this captivating town, we'll return to Lisbon. Accommodation: Turim Terreiro do Paço Hotel (or similar)

MEALS:

✓ Breakfast

DAY 3 | LISBON – ÓBIDOS AND NAZARÉ – ALVADOS

The gorgeous village of Óbidos will be our first point of call today – where we'll marvel at the historic architecture and explore the labyrinth of cobblestone streets on an orientation tour. Our next stop is the charming fishing town of Nazaré. Here, we'll enjoy some free time to wander at our leisure before continuing to Alvados – where a Portuguese cookery lesson and sumptuous dinner awaits. Ready to roll up those sleeves? Accommodation: Cooking and Nature Emotional Hotel (or similar)

MEALS:


✓ Breakfast

✓ Dinner

DAY 4 | ALVADOS – TOMAR – ALVADOS

Today we'll continue our journey to Tomar, where we'll visit the World Heritage-listed Convent of Christ. Known as the Knights Templar City, Tomar is a historic jewel just waiting to be uncovered – and we'll have some free time to do just that. Before returning to Alvados, there's a treat in store for the food connoisseurs among us! We'll pay a visit to an olive oil producer, where we'll learn about their production processes and have the chance to taste some of the local oil. This evening is ours to enjoy the hotel facilities or explore the surrounding walking trails. Accommodation: Cooking and Nature Emotional Hotel (or similar)

MEALS:

 Breakfast

DAY 5 | ALVADOS – COIMBRA – VISEU

Along the road to Viseu, we'll travel to Coimbra – where a visit to the famous University and legendary Joanina Library awaits. Enjoy wandering the historic grounds and admiring the magnificent views over the River Mondego before having some free time to explore the city's medieval centre. Later, we'll make tracks to Viseu. Here, a traditional cheesemaker will let us in on the secrets behind Viseu's delicious buttery cheese and we'll have the chance to taste some for ourselves. Then, the evening is ours to enjoy at leisure. Accommodation: Hotel Palacio dos Melos (or similar)

MEALS:

 Breakfast

DAY 6 | VISEU – LAMEGO, PINHÃO AND PESO DA RÉGUA – DOURO VALLEY

First up today, Lamego: a historic town nestled deep within the Douro Valley and home to an astonishing Baroque staircase. After an included visit to the beautiful 18th-century Shrine of Our Lady of Remedies, we'll have some time to explore at our own pace. Later, we'll turn our attention to Pinhão –where a cruise in a traditional rabelo boat awaits. Bask in the cinematic scenery of the Douro Valley as we enjoy a leisurely ride to Peso da Régua. And tonight? There's another sumptuous dinner in store at our hotel. Accommodation: Quinta da Pacheca (or similar)

MEALS:

 Breakfast

 Dinner

DAY 7 | DOURO VALLEY

The scenic, vineyard-dotted landscapes of the Douro Valley make a serene backdrop for our free day today. Enjoy the day relaxing by the pool at our hotel or exploring the surrounding landscape on a leisurely hike – there's plenty of time to indulge in a drop or two of the region's famous wines before we reconvene for a delicious dinner at the hotel. Accommodation: Quinta da Pacheca (or similar)

MEALS:

 Breakfast

 Dinner

DAY 8 | DOURO VALLEY – AMARANTE AND PENAFIEL – BRAGA

After breakfast, we'll head to Amarante – a sleepy riverside town dominated by its striking arched bridge and 16th-century São Gonçalo Church. We'll take some time to marvel at the lofty interiors of the church before exploring the town at our leisure. After lunch, we'll set a course for Penafiel where we'll savour a glass of the region's famous green wine and learn more about the winemaking process. An evening of leisure awaits once we arrive in lovely Braga. Accommodation: Hotel Vila Galé Collection Braga (or similar)

MEALS:

☑ Breakfast

DAY 9 | BRAGA – GUIMARÃES – BRAGA

This morning we'll set our sights on Guimarães – where we'll learn about the castle, the Palace of the Dukes of Braganza and the historic city centre on a guided walking tour. After our tour, we'll have time to roam the medieval streets at our own pace before returning to Braga for an afternoon of free time. While you're here, be sure to tick off the Bom Jesus Sanctuary – it's one of Portugal's most famous attractions for good reason! This evening, we'll tuck into one last dinner together – with a traditional folk performance as the grand finale. Accommodation: Hotel Vila Galé Collection Braga (or similar)

MEALS:

☑ Breakfast

☑ Dinner

DAY 10 | BRAGA – PORTO

Our final destination will be Porto, where we'll tick off some important landmarks – including the Clérigos Tower, Aliados Avenue, the Ribeira district and the cathedral on an orientation tour. Later this afternoon we'll say our goodbyes as our journey comes to an end.

MEALS:

☑ Breakfast



Tour information

Meals

INCLUDED MEALS

Breakfast (B) is included daily.

Some of your lunches and dinners are also included, either in hotels or local restaurants. These are indicated by (L) and (D) in the itinerary.

Please note that drinks will not always be included.

We will do our best to accommodate any specific dietary requirements you may have. Please ensure to make these clear to us before your tour begins so we can communicate them to our hotels, restaurants and suppliers.

Other information

Finances

CHANGING MONEY

CASH: Foreign money can be changed at banks, airports, some railway and tube stations, and at major hotels (though at a less favourable rate).

CREDIT CARDS: Visa and MasterCard are widely accepted. American Express is only accepted in some larger establishments.

CASH MACHINES: ATMS are widely available.

TIPPING

Tipping is entirely at your discretion. If you feel you have received exceptional service, it is recommended that you tip £1-2/€ per day for Drivers and £4- 5/€ per day for Tour Leaders.

Insurance

Before travelling with Back-Roads Touring, it is compulsory for all guests to take out comprehensive travel insurance. Please ensure your insurance covers medical expenses (including repatriation), cancellation cover, loss or damage to baggage and personal effects, money and personal liability.

We recommend you carry your insurance details with you at all times. You may be asked to provide details of your medical insurance or a payment guarantee in some countries before medical assistance can be provided.

For more information, please see our FAQ page:
www.backroadstouring.com/faqs

If you have any further questions, please don't hesitate to contact our friendly Customer Service team: www.backroadstouring.com/contact-us

Passports and visas

Please ensure your passport is valid for at least six months after the last day of your tour. Some countries will refuse entry if you do not have at least six months validity remaining on your passport after your departure date. Depending on your nationality, you may require a visa to enter certain countries.

It is your responsibility to obtain visas prior to your tour's departure. To determine which visas you'll need, you can consult either your own government's website or the government websites of the countries in which you will be travelling.

PLEASE NOTE: Some visas can take up to six weeks to acquire, so don't leave it until the last minute. Also, bear in mind that the validity of a visa often runs from its date of issue rather than the date of entry into the country. Please check with the appropriate embassy/embassies prior to departure as requirements do change periodically.

We advise you to either carry a photocopy of your passport (and visa, if applicable) with you while abroad, or to ensure that you leave a copy with relatives back at home. This will enable the local embassy or high commission to arrange a replacement if the original should be lost or stolen. If you do take copies with you on your tour, please ensure that you keep these separate from your

Medication and mobility

Whilst on your tour, we want you to have the smoothest journey possible which requires some mobility conditions:

- You must be fit enough to get on and off the vehicle on a regular basis, and to walk around towns and villages or to attractions.
- You must be able to walk up and down stairs and use a shower over the bath.

Please note that, unfortunately, we are unable to accommodate mobility scooter or wheelchair users as we frequently stay in traditional-style hotels and the majority do not have lifts or ground-floor rooms.

If you take medicine for certain conditions, such as diabetes or heart problems, please carry it with you at all times.

Please declare any medical conditions you may have in advance of your tour. If you are in any doubt as to whether our tours are suitable for you, please contact our friendly Customer Service team:

www.backroadstouring.com/contact-us

Transport

We travel in premium mini-coaches equipped with comfortable seats, air conditioning and large windows for enjoying the view.

With far more flexibility than a standard-size coach, we're able to take the scenic route – winding through beautiful countryside to the heart of tiny villages and coastal towns.

Mental health and wellbeing

Culture shock, homesickness and periods of feeling down happen regardless of age. Be rest assured that if you're feeling low, your Tour Leader and Driver will do their utmost to make you smile.

Measures you can take to look after your mental health and wellbeing while on the road with us are:

- Call loved ones. Hearing a familiar voice whilst in an unfamiliar destination can help ground you and remind you you're not alone.
- Eat well. Nobody feels their best when they're hungry. There are plenty of nutritious culinary delights to be savoured along the road!
- Integrate with your fellow guests. The more you socialise with the group, the less likely you'll feel homesick.

What to bring

Based on our experience, the following items are essential.

Please note, this is a general packing list for Back-Roads tours. What you pack will depend on the countries you're visiting as well as the time of year you plan to travel.

CLOTHING:

- | | | |
|---------------|-----------------------------|-----------------------------------|
| ☑ Sun hat | ☑ Long-sleeved tops | ☑ Light jacket |
| ☑ Sunglasses | ☑ Short-sleeved tops | ☑ Waterproof jacket |
| ☑ Sleepwear | ☑ Shorts/skirts | ☑ Trousers |
| ☑ Warm jacket | ☑ Socks | ☑ Swimwear |
| ☑ Underwear | ☑ Smart casual evening wear | ☑ Walking shoes/comfortable shoes |

OTHER THINGS TO PACK:

- | | | |
|---------------------------|--|--------------------|
| ☑ Multi-use adapter plug | ☑ Toiletries | ☑ Camera |
| ☑ Batteries | ☑ Sunscreen | ☑ Towel |
| ☑ Umbrella | ☑ Reusable water bottle | ☑ Insect repellent |
| ☑ Any personal medication | ☑ Basic medical kit (including paracetamol, aspirin, plasters etc) | |

That's it!

We look forward to seeing you on tour.