

# Flavors of Portugal & Spain

## A cruise along the Douro River

July 2-9, 2019

with optional pre-tour to Madrid  
& post-tour to Lisbon

For Jewish Singles in their 40's, 50's & 60's

(As of 5/17/19)



## MADRID PRE-CRUISE TOUR:

### Day 1: Sunday, June 30, 2019: WELCOME TO MADRID!

- Arrivals throughout the morning and transfer to the hotel on own to store your luggage (suggested arrival by 11am).
- Early this afternoon, we embark on a 2 hour panoramic city tour of **Madrid**. We stop to see the **Royal Palace**, **Puerta del Sol**, the 17<sup>th</sup> century **Plaza Mayor** and other key sites as we learn about the city center's amazing and sometimes sordid history.
- We return to our hotel to check in and refresh.
- This evening, we come together for introductions and orientation at our hotel, followed by a delicious **welcome dinner**.

### Overnight in Madrid

**D**

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### Day 2: Monday, July 1, 2019: GETTING TO KNOW MADRID

- Breakfast at our hotel.
- This morning, we stroll along **Paseo del Prado** and visit the famed **Prado** filled with European art from the 12<sup>th</sup> to early 20<sup>th</sup> centuries.
- We stop for a glass of **sangria** at a local café.
- Next, we visit **Mercado San Miguel** for some free time and lunch on own.
- After lunch, we visit **Retiro Park**, where we will find all kinds of interesting monuments and gardens, including the **Jardin de Vivaces**, the **Rosaleda rose garden** and the **Parterrer Frances**, which holds a Mexican conifer that is nearly 400 years old and is believed to be Madrid's oldest tree.
- One-night early arrival participants transfer to hotel on own, check in and meet the group for evening activities.
- Tonight, enjoy a **tapas-style dinner** at a local restaurant, then be treated to a **Flamenco dance show**.

### Overnight in Madrid

**B, D**

### Day 3: Tuesday, July 2, 2019: MADRID – SALAMANCA – VEGA DE TERRÓN

- Breakfast and check out of our hotel.
- This morning, we depart Madrid and travel to **Salamanca**, a UNESCO World Heritage site in the center of Spain’s Castilla y Leon region.
- Upon arrival, we make a short stop for lunch on own and a chance to visit the elegant **Roman Bridge** originally constructed in the year 89.
- Next, we view the historic buildings of the **University of Salamanca**, founded in 1134, as well as the **Gothic cathedral** that took over 200 years to build and is now nearly 300 years old.

### MAIN CRUISE/TOUR:

- We continue to **Vega de Terrón** to board our river ship, the AmaVida, before setting off on our journey along the Douro River.
- This evening, we enjoy a **welcome program and orientation**, followed by **dinner** in the dining room aboard our ship.

Overnight aboard our ship

B, D



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### Day 4: Wednesday, July 3, 2019: VEGA DE TERRÓN – BARCA D’ALVA

After breakfast aboard our ship, we venture to **Castelo Rodrigo**, known as the “White Village” because of its almond trees. The site offers spectacular views of the surrounding area. Join a walking tour through its medieval streets and see the houses and establishments with 16<sup>th</sup>-century facades and Manueline-style windows. If you prefer a more active adventure, you can hike up to the town. At the end of both tours, enjoy a tasting of local favorites, such as almonds, cheese, bread and wine. Later this afternoon, we set sail to **Pinhão**, where we will be treated to a **wine tasting** at charming **Quinta do Seixo** (or similar), followed by **dinner** aboard our ship this evening.

Overnight aboard our ship

B, L, D

### Day 5: Thursday, July 4, 2019: PINHÃO

We enjoy breakfast aboard our ship, then set out on an excursion to the palace and gardens known as the **Palacio de Mateus**, located in the beautiful region of **Trás-os-Montes** near the city of Vila Real. The interior of the house features various religious images and exquisite furniture, artwork and hand-carved wooden ceilings. The exterior is equally stunning, with gardens that are among the most beautiful in all of Portugal.



During the afternoon, enjoy **lunch** at **Quinta da Avesada**. Here, we will enjoy an authentic and traditional dining experience complete with entertainment. Quinta de Avesada is also a fascinating interactive museum commemorating the history and culture of wine in the Alto Douro region, where you will have fun discovering all the various stages of wine production with plenty of tasting. We return to our ship later this afternoon for **dinner** and evening entertainment.

**Overnight aboard our ship**

**B, L, D**

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### Day 6: Friday, July 5, 2019: RÉGUA – CALDAS DE AREGOS

We enjoy breakfast aboard our ship, then visit the ancient and picturesque **Lamego**, home to one of the most important pilgrimage sites in Portugal, the **Nossa Senhora dos Remédios** (Sanctuary of Our Lady of Remedies). Other attractions include the Gothic cathedral, a museum and charming cafes. Active adventurers can choose to hike up the famed **Lamego Steps**, also known as the Holy Staircase. Later this afternoon, we return to our ship for a relaxing evening and **dinner** together.

**Overnight aboard our ship**

**B, L, D**

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### Day 7: Saturday, July 6, 2019: CALDAS DE AREGOS – ENTRE-OS RIOS

We begin our day with breakfast aboard our ship, then set out on a morning **trek through the vineyards**. We set sail along the scenic Douro River and savor a pre-dinner glass of Vinho Verde wine from the terrace of the centuries-old **Alpendurada Monastery**, followed by a traditional home-cooked **dinner** before returning to our ship for the evening.

**Overnight aboard our ship**

**B, L, D**

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## Day 8: Sunday, July 7, 2019: PORTO

Breakfast aboard our ship, followed by a guided tour of **Porto's historic quarter**, a UNESCO World Heritage site. Here, we will see the **Cathedral**, one of the city's oldest monuments, as well as the **main square**, ringed with shops and cafes. Next, we will visit the **Sao Vento Railway Station**, known for its blue and white tile panels depicting scenes from Portuguese history.

This afternoon, we enjoy a **tasting of Port**, Portugal's most renowned contribution to the world of wine. For a more active adventure, join a **hike in Porto** and explore the **old harbor quarter**, passing through the medieval streets of Porto and indulge in a **Port wine tasting**. We return to our ship for **dinner** and an evening program.

**Overnight aboard our ship**

**B, L, D**

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## Day 9: Monday, July 8, 2019: PORTO - GUIMARÃES

Breakfast aboard our ship. Today, enjoy a choice of excursion options to enjoy the surrounding areas of Porto.

**Option 1: Exploring Guimarães:** Join us for a guided tour to Guimarães, one of the most historic towns in Portugal, a UNESCO World Heritage site and European Capital of Culture in 2012. The birthplace of Portugal's first king, Guimarães claims to be "the cradle of the nation" and boasts a historic center that is one of the most attractive and best preserved in all of Portugal (fee applies).

**Option 2: Guided Porto Bike Tour:** A 3-hour easy and engaging guided tour along the beaches, parks, waterfront and historical landmarks of Porto. It is a safe and comfortable ride for anyone who is able to ride a bike (fee applies).

**Option 3: Seaside Walk:** Choose to just take it easy on the last day of your cruise and meander on a seaside stroll along the Atlantic Ocean with a café stop in Alfurada. It's always the BEST DAY when we treat: Portuguese cuppa Joe on us!

Tonight, we gather together one last time for a **farewell cocktail party and dinner**. Our ship moors in Porto overnight.

**Overnight aboard our ship**

**B, L, D**



## Day 10: Tuesday, July 9, 2019: DISEMBARKATION

- Breakfast aboard our ship.
- Today, we disembark from our ship and transfer to the airport for our flights back to the United States.

## OR JOIN US ON OUR LISBON POST-CRUISE TOUR

- We travel to **Lisbon**, Portugal's capital city.
- Along our transfer from Porto to Lisbon we visit **Coimbra**, a riverfront city in central Portugal and the country's former capital. The city is home to a preserved medieval old town and the historic University of Coimbra. Built on the grounds of a former palace, the university is famed for its baroque library and its 18th-century **bell tower**. In the city's old town lies the 12th-century Romanesque cathedral **Sé Velha**.
- We begin our day exploring the two central but vastly different districts of **Baixa** and **Alfama**. Baixa Pombalina is an elegant district primarily built after the 1755 Lisbon earthquake. We stroll along the boulevards and take in the beautiful Pombaline-style architecture.
- We continue with a walking tour of **Alfama**, Lisbon's oldest quarter, crowned by the 12<sup>th</sup> century **Castelo (castle) Sao Jorge**. Here, we take in some of the most stunning views of Lisbon, and ride the **Elevador Santa Justa lift**, designed at the workshop of Eiffel (of tower fame).
- We check into our hotel in the late afternoon and have time to relax.
- Tonight, enjoy some free time on own or "follow the leader" to dinner and discover Lisbon's nightlife.



### Overnight in Lisbon

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## Day 11: Wednesday, July 10, 2019: SINTRA

- Breakfast at our hotel.
- This morning, we enjoy an excursion to **Serra de Sintra**, one of the most picturesque mountain villages in all of Portugal, and a former summer residence of the Portuguese royal family. Sintra has been a source of inspiration for Lord Byron and generations of other artists and poets. The highlight of our morning will be a visit to the **Pena National Palace**, a fairytale castle situated high on a rocky peak.
- We also pay a visit to **Quinta da Regaleira** a UNESCO World Heritage Site; a romantic palace featuring a luxurious park with lakes, grottoes, wells, fountains and a vast array of exquisite constructions.
- We enjoy lunch on own and some free time in the foothills of this royal sanctuary before heading back to Lisbon.
- Tonight, we enjoy time on own or "follow the leader" to dinner and discover Lisbon's nightlife.

### Overnight in Lisbon

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## Day 12: Thursday, July 11, 2019: JEWISH LISBON & FREE TIME

- Breakfast at our hotel.
- This morning our tour begins in the former **Jewish Quarter** where many great sages like The Abarbenel once lived. During the Moorish rule, Jewish struggled to live under Muslim rule in the neighboring **Alfama** quarter, the oldest quarter in Lisbon. Despite devastation, which later came in the forced conversion of 1497 and the natural disasters of 1755, this area still contains clues to its Jewish past and we will discover Jewish customs still present in the community and architecture. During the tour route discover the most important **Judaic artifacts** of Portugal, and remnants of Jewish contributions hidden in the architecture."
- We explore **Rossio Square**, where the **National Theater** stands upon the site of the Palace of Estaos, where during the Inquisition, many Jews were tortured and killed as "infidels". The adjacent **Square of Sao Domingo** is the site of the Massacre of 1506 when more than 500 New Christians (Jews forced to convert) were tortured and killed.
- Spend the rest of the afternoon at leisure to explore this stunning city on own and enjoy time for last-minute souvenir shopping.
- Tonight, we join together for a special **farewell dinner** accompanied by live **Fado music**. A worldwide symbol of Portugal, Fado is a genre of traditional folkloric music that can be traced to the early 1800s. Melancholy by nature, the music includes instruments like guitars and mandolins with one Fadista singing poetically expressive lyrics.



## Overnight in Lisbon

B, D

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## Day 13: Friday, July 12, 2019: DEPARTURE

- Breakfast and check out of our hotel.
- Transfer to the airport on own throughout the day.

**THE MEMORIES LAST FOREVER!!**

*\*Itinerary subject to change*

### **About AmaWaterways AmaVida:**

#### **Luxury Accommodations:**

All staterooms are spaciouly appointed with plenty of amenities - most staterooms feature balconies that afford stunning views of the Spanish and Portuguese countryside. With only 51 staterooms on board, the luxury of space means that restaurants, lounges and outside decks are never overcrowded.

#### **Entertainment and Fun:**

Whether it's a folkloric performance, local Fado musicians or modern piano favorites, there is an eclectic schedule of entertainment on board throughout our journey.

#### **Culinary Delights:**

Regionally inspired, exquisite cuisine is expertly presented at a variety of dining venues for every meal.

#### **Relax and Enjoy:**

Soak up some rays or take a dip in the refreshing pool with a swim-up bar as we pass by centuries-old castles, charming villages and other breathtaking scenery excursions. Or, return to the ship and treat yourself to a bit of pampering with a soothing massage.

**THE MEMORIES LAST FOREVER!!**

*\*Itinerary subject to change*