



# Portugal and Galícia

with Illuminated Journeys

September 30 – October 13, 2023

A celebration journey

An Illuminated Journeys celebration  
in Portugal and Galicia.

September 30 – October 13, 2023

Open to all and a special invitation for  
those who've traveled with us before

# Portugal and Galicia with Illuminated Journeys

**W**e are in our 22th season of pilgrimage with Illuminated Journeys. These years have been filled with surprising transformations, incredible people and deeply satisfying adventures. This journey to Portugal and Galicia is our celebration of joy and gratitude. We hope you can join us. —*Rita and Brad*

## **September 30 – Saturday . . Lisbon Airport – Evora**

Early arrival at the Lisbon airport. Depart the airport by 10am. Drive to Evora with a light lunch on the way. Meet our guide for an afternoon exploration of Portugal's megalithic past. Return to our hotel for a group gathering and dinner.

Stay: Evora – D

## **October 1 – Sunday . . . . . Evora – Lisbon**

Following breakfast at the hotel, we'll enjoy a guided visit of the Roman Temple, Capela dos Ossos (Chapel of Bones), and old quarter of Evora. Following our tour, we make our way to a local winery to enjoy a visit and tasting of 3 wines with lunch. Then we drive to Lisbon, check into the hotel with a brief group gathering for an introduction to Lisbon. Tonight's dinner is on our own.

Stay: Lisbon – B, L

## **October 2 – Monday . . . . . Lisbon**

Following breakfast at the hotel, we'll enjoy a morning city tour with a stop to visit the Jeronimos Monastery and the Belem tower, walking around the Alfama. Lunch is on our own with free time in the afternoon to explore Lisbon. We'll meet for dinner at the hotel.

STAY: Lisbon – B, D

## **October 3 – Tuesday . . . . . Lisbon**

Today you have an option to visit the mountain town of Sintra (30 Euro pp) or to enjoy Lisbon. In the evening we'll gather together for a sunset walk and then enjoy tapas and traditional Portuguese Fado Music. After the show and dinner, we'll transfer back to our hotel by minibus.

STAY: Lisbon – B, D

## **October 4 – Wednesday . . . Lisbon – Cabo da Roca – Colares – Along the Coast – Nazare**

Today our private guide will meet us at our hotel. We leave Lisbon to visit Cabo da Roca and the Convent of the Capuchos. Then on to Colares to visit a local winery with

tasting of 2 wines and some local Portuguese appetizers like cheese, sausage, pate, toasts and traditional bread. Following this light lunch, we'll continue along the coastal road to "big wave" town of Nazare. We'll enjoy a free evening on the ocean with dinner on your own.  
STAY: Nazare – B, L

## **October 5 – Thursday . . . . . Nazare – Batalha – Fatima – Nazare**

Today we'll have options. Choose one of these...

1. The first option includes a free morning to enjoy time on the beach followed by lunch on our own. In the afternoon, we'll drive east to visit the beautiful monastery of Batalha and the pilgrimage site of Fatima. (30 Euro pp for option 1)
2. The second option includes a full day on your own to enjoy the beach and/or in Nazare

Everyone gathers at the end of the day to enjoy dinner together

STAY: Nazare – B, D

## **October 6 – Friday . . . . . Nazare – Coimbra – Porto**

Drive to the old university city of Coimbra. Meet up with our local guide for a visit of the university and old quarter. Then enjoy some time for lunch on your own before we drive to Porto to check into our hotel. The evening is free to explore this beautiful city and to find dinner on your own.

STAY: Porto – B, D

## **October 7 – Saturday . . . . . Porto**

In the morning our English-Speaking Local Guide meets us at our hotel to discover the distinct culture of the second largest city in Portugal. We'll begin with a morning visit of La Bolsa (Stock Market), Cathedral and Ribera Old Quarter. Then, we'll venture over to Taylor's Port wine lodge for a visit and a tasting of their world-famous Port wines. Enjoy lunch in the restaurant of Taylors Lodge with evocative views of the Douro river and Porto's Old city. After lunch, we'll be dropped off at our hotel to enjoy the rest of the day on our own

STAY: Porto – B, L





**October 8 – Sunday . . . . . Porto – Pinhao  
– Douro Valley – Porto**

Today we drive into the beauty of the Douro Valley: Tasting Port Wines at selected Quinta Wine Farms. Our first stop of the day will be deep into the Douro valley where we will stop to visit Quinta da Roeda owned by Croft. After enjoying spectacular views of the vineyard valleys, we will make a short visit and tasting to another winery in the region of Quinta de la Rosa followed by a special lunch at the winery with local cuisine and wines. Following lunch, we will stop in Pinhao to walk along the river promenade, a great spot for photos of the Douro river. Then, we'll enjoy a Rabelo boat ride on the upper Douro and follow the setting sun back to Porto. STAY: Porto – B, L

**October 9 – Monday . . . . . Porto – Melgaco  
– Arbo – Ribadavia – Leiro**

This morning we leave Porto traveling North toward the Galician border to follow along the Portuguese side of the Miño river. After meeting our food and wine guide, we'll stop at an Alvarinho winery in the Vinho Verde region and enjoy a beautiful manor house and vineyards before crossing into Arbo, Galicia. We'll venture down to the river to learn how the locals catch Lamprey eel. After lunch we'll follow the Galician side of the Miño stopping to visit a winery called Bodega Marques de Vizhoja. Then following up further we arrive in the next wine region D.O. Ribeiro to stop at

the town of Ribadavia where we will stroll around the old Jewish quarter. We'll end the day in a nearby Monastery hotel set within the wine country. Dinner together at our hotel. STAY: Leiro – B, L, D

**October 10 – Tuesday . . . . . Boat ride in River Sil  
– Doade – San Pedro de Rocas – Ourense – Leiro**

In the morning we make our way to the D.O. Ribeira Sacra wine region to enjoy a boat ride along the river. We make our way to a winery for a tasting and lunch at the restaurant of the winery. After lunch we'll go back down to the river making our way to Monastery San Pedro de Rocas a unique rock-hewn monastery. Rustic and extremely old, nearly primitive, it is one of the earliest local hermitage settlements and has significant anthropological value. Founded by seven ascetics who chose this beautiful location for their life of prayer, it dates from A.D. 573. The 6th-century church is one of the oldest Christian churches known in Europe to have wall paintings of the apostles and a map of the world. STAY: Leiro – B, L

**October 11 – Wednesday . . . Leiro – Valença Do Minho  
– Tui – A Guarda – St. Tecla – Baiona – Vigo**

Today we drive back down to the Miño river to explore where it meets the Atlantic Ocean. Reflecting on our lives with gratitude, we'll walk part of the Portuguese Camino which features a look-out point from the Fort of Valença. Then, we'll continue on the Camino over the old iron bridge into Tui, Galicia, Spain. We'll make time to visit the

Fortified Pilgrimage Cathedral of Tui with a “meander” around the old quarter before our driver picks us up to take us along the Galician side of the river to the village of A Guarda. At the top of the monte St. Tegra we'll see remains of a Celtic Hillfort with amazing vistas of the Miño river meeting the coast. Then we make our way down to the port where we'll have a traditional seafood lunch with lobster and rice, the specialty here. After lunch we'll “saunter” on a small portion of the coastal Camino from the Playa de Area Grande to the fishermen's traps along a picturesque coastal trail. Then, we'll drive up the beautiful coastal road to the lighthouse of Cabo Silliero. If we are still up for a few more steps, we can take the coastal road bike/walk path into Baiona ending in the old quarter. If not, we can go into Baiona for a stroll around the old quarter with a view of the Parador Castle of Baiona to see the Cies Islands. On to Vigo to check into our spa hotel and enjoy dinner on our own. STAY:Vigo – B, L

**October 12 – Thursday . . . . . Vigo – Moaña – Hio  
– Donon – Vigo**

Today we spend a day on the picturesque coast of Vigo Bay starting with a walking tour thru the old streets of the fishing quarter. Then we'll take a small ferry boat over to Moaña. In Moaña we will walk to the fish market on the port to see the catch of the day. This is where they catch Centollo (spider crabs), pulpo (octopus) and more. We'll be transferred to a small cooking school where we will enjoy a private cooking class with a local Galician Chef who has worked in various local restaurant. We'll enjoy lunch based on what you have prepared with our chef accompanied by Albariño white or Mencia red wines. The dining area offers views of Vigo bay and Moaña. This is a very special foodie experience and a great introduction to the gastronomy of the Rias Baixas, Galicia. After lunch we'll make our way back to Vigo in time to enjoy the spa and thermal baths of the hotel. Early evening, we'll meet for a goodbye reception followed by free time to prepare for an early departure on Thursday. STAY:Vigo – B, L

**October 13 – Friday . . . . . Vigo – Vigo Airport**  
Early morning group transfer to Vigo Airport  
B

**Questions?**

Call Brad Berglund: 720.489.8073  
Email: brad@illuminatedjourneys.com

# Portugal and Galicia

with Illuminated Journeys  
September 30 – October 13, 2023

## Tour Price:

\$4395 US per person sharing (Cost does not include transportation to and from the pilgrimage.)

Single Occupancy Supplement:  
Add \$1695 US to basic price

## Payment schedule:

- Send your deposit as soon as possible.
- \$495 non-refundable deposit due with completed registration form.
- October 1, 2022 - \$2000 due
- May 1, 2023- Balance due

## All payments due to:

*Illuminated Journeys* and mailed to:  
8273 E. Davies Ave.  
Centennial, CO 80112

A pre-pilgrimage travel kit will be shipped to you approximately 25 days prior to departure provided final payment has been received.

## Cancellation Schedule:

- Deposit of \$495 is non-refundable.
- Cancellations after October 1, 2022, 75% non-refundable.
- Cancellations after May 1, 2023, 100% non-refundable.

In addition, charges incurred to cancel arrangements will be added to above cancellation penalties. We strongly recommend that all our participants take out comprehensive travel insurance to avoid dispute in case of cancellation.

## Refund for unused arrangements:

Unused arrangements, services or features of any tour are not refundable or exchangeable unless agreed upon prior to departure.

## Tour price includes:

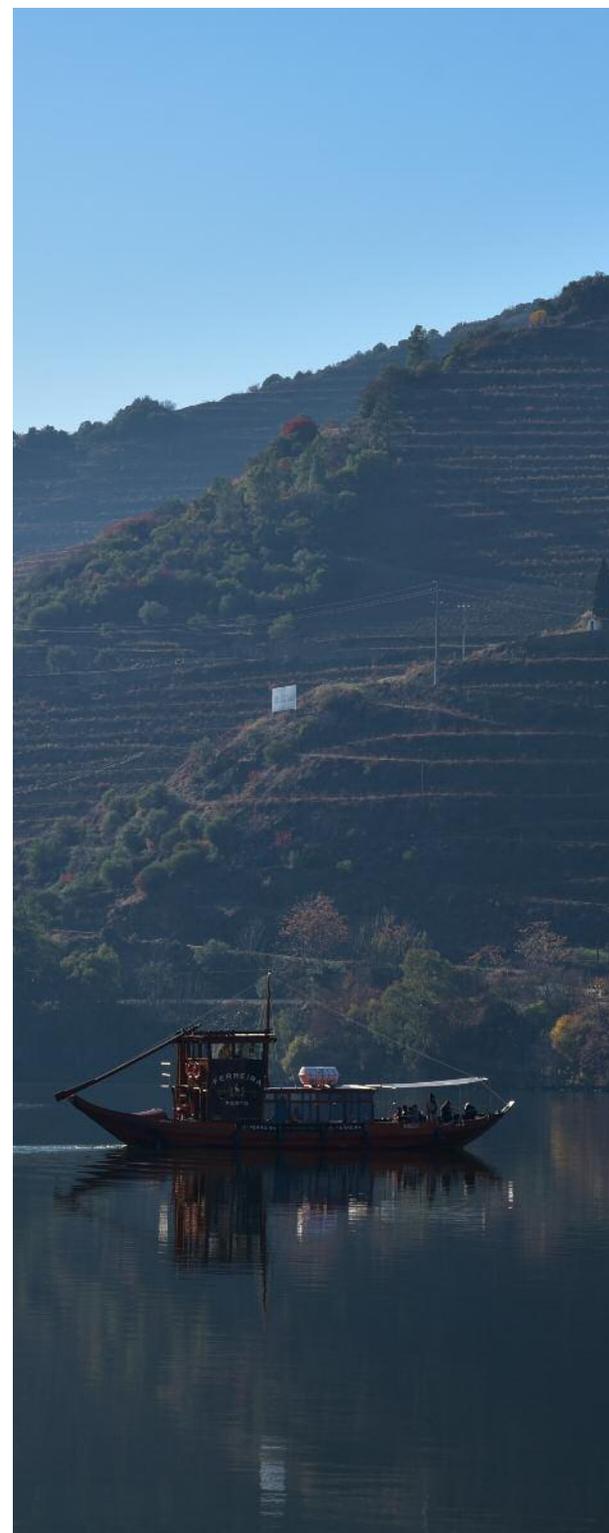
- Beautiful 4 and 5\* accommodations
- Excellent regional food
- Deluxe motor coach and driver
- All scheduled sightseeing, entrance fees, and guides
- Meals as follows: Day 1 – D; Day 2 – B,L;  
Day 3 – B,D; Day 4 – B,D; Day 5 – B,L, Day 6 – B,D;  
Day 7 – B,D; Day 8 – B,L; Day 9 – B,L; Day 10 – B,L,D;  
Day 11 – B,L; Day 12 – B,L; Day 13 – B,L;  
Day 14 – B

(B = breakfast, L = lunch, D = Dinner)

## Tour price does not include:

- Your transportation to and from this pilgrimage.
- Travel/medical insurance (strongly recommended)
- Tips for items of a personal nature (such as room service, beverages, meals, telephone and valet charges, etc.) are not included in the tour cost and are left to your own discretion.
- Your transportation cost to meet the group if you arrive later than 10 AM on the stated arrival day for this tour, and miss the group departure from the airport.
- Fees for passports and visas; laundry; telephone calls; liquor, mineral water; sightseeing and services other than those specifically mentioned; personal items; excess baggage; foreign airport taxes
- Some meals: Day 1 – B,L; Day 2 – D; Day 3 – L; Day 4 – L;  
Day 5 – D; Day 6 – L; Day 7 – L; Day 8 – D; Day 9 – D;  
Day 11 – D; Day 12 – D; Day 13 – D ;Day 14 – L,D

(B= breakfast, L= lunch, D= dinner)



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## Reservation Confirmation Form

Please print this page and mail completed form with your deposit made payable to:

Illuminated Journeys  
8273 E. Davies Ave.  
Centennial, CO 80112

If you have questions about the tour itinerary, contact Brad Berglund:

Phone: 720-489-8073  
E-mail: brad@illuminatedjourneys.com

Please reserve \_\_\_\_\_ space(s) for *The Way* Pilgrimage.

A check for a non-refundable deposit of \$495 per person is enclosed.

I understand payment #1 of \$2000 is due October 1, 2022

(Cancellation policy is outlined on “cost” page.)

Participant 1 \_\_\_\_\_  
(Name as it appears on your passport)

Participant 2 \_\_\_\_\_  
(Name as it appears on your passport)

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone ( ) \_\_\_\_\_

Evening Phone ( ) \_\_\_\_\_

Email \_\_\_\_\_

### Tour cost:

\_\_\_ Tour Price PP: \$4395 US (sharing twin/double room)

\_\_\_ Single Occupancy Supplement: \$1695 US to basic price

*Note: Transportation to and from Europe is not included in this pilgrimage.*

Please check one of the following:

\_\_\_ Sharing ( \_\_\_ I have a roommate \_\_\_ I need a roommate)

\_\_\_ Single

If no roommate is available, single supplement applies.

**Declaration:** I/We have read, understand and accept the Fine Print section. I further understand and accept that Brad and/or Rita Berglund, and Illuminated Journeys are not responsible for the specific incidents mentioned in this *Fine Print* section.

Signature \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

### The Fine Print - Portugal and Galicia – 2023

**Accessibility:** celebrate life with Illuminated Journeys. There will be walking. Some of that walking will be up-hill. We'll also experience some of the most interesting sites along the way, for example, cathedrals and ancient city walls. In those places, there will be standing and walking with guides. In the weeks before we go, it will be important for you to prepare by walking as much as you can. This pilgrimage is not designed for those with limited mobility.

**Group size:** Because this pilgrimage is limited to 15 participants, we recommend sending your deposit early to ensure a place. Payment #1 of \$2000 is due October 1, 2022.

**Responsibility:** Illuminated Journeys, Inc, 8273 East Davies Avenue, Centennial, CO 80112-1889 is not responsible for any personal injury, property damage or other loss you may suffer or incur on this tour arising from acts or failure to act on the part of any Air Carrier, Public Transport Company, Hotel, Car Rental Company, sub-contractor or other person or organization, whether or not such air carrier, public transport company, hotel, car rental company, subcontractor or other person or organization is rendering any of the services or accommodations offered or supplied on the tour. All tickets, coupons and orders are furnished and issued subject, in all respects to the foregoing and to any and all terms and conditions under which the transportation and other services and accommodation provided thereby are offered and supplied. Illuminated Journeys, Inc accepts no responsibility for losses or expenses due to delay or changes in schedules, sickness, weather, strikes, war, quarantine or other causes. All such losses or expenses will be borne by the passengers. Baggage is at owner's risk throughout the tour unless insured. Small articles, (coats, wraps, umbrellas, etc.) are entirely in the care of the passengers. The right is reserved to decline or accept or return any person as a member of any tour or to cancel or alter the tour.

**Accommodation:** Land arrangements will be provided as described in each tour. The right is reserved to substitute hotels and sightseeing features listed herein for accommodations and/or sites in similar categories.

**Baggage:** Airline baggage allowance and fee structure is unique to each airline. You are responsible for those fees. We encourage you to fit everything into one bag and one carry on.

**Children:** Children (under 10 years of age cannot be accommodated on escorted tours) are charged the full adult fare and must be accompanied by an adult.

**No Smoking:** Smoking is not allowed on the escorted tours while on board the motorcoach. Frequent sightseeing and rest stops will be made at which time there will be an opportunity to smoke.

**Currency Exchange:** All prices in this program are shown in U.S. Dollars and are based on currency exchange rates on September 25, 2022. Prices are per person based on two people sharing a room. Any devaluation or revaluation of currencies may affect the printed prices. Illuminated Journeys, Inc. reserves the right to alter prices at any time prior to your departure and without prior notice if the exchange rate changes.

**Insurance: (highly recommended)** Information regarding travel insurance will be made available to all participants. Travel insurance covers losses in the event of cancellation of the tour, loss or damage to baggage, and medical expenses in the event of accident, injury or illness. Its most valuable feature is coverage for “medical evacuation” in the event that you need special travel arrangements or assistance to return home.