



FOLLOWING THE ROOTS: A SOULFUL JOURNEY INTO PORTUGAL'S AFRO HERITAGE

Featuring - Lisbon, Porto

DURATION	GROUP SIZE	AIRPORT	PRICE STARTING FROM
11 Nights / 13 Days	22 People		Twin Occupancy Price Per person - \$0.00

Overview

Enticing Douro - Soulful Experience is a heritage-focused journey through Portugal, combining a three-night pre-cruise stay in Lisbon with a seven-night round-trip Douro River cruise aboard Ama Sintra. The experience explores the history and enduring contributions of Black and African communities in Portugal, while celebrating the country's architecture, cuisine, wine traditions, and spectacular landscapes. The journey begins in Lisbon with visits to major historic landmarks and a guided walking experience exploring Portugal's involvement in the Atlantic Slave Trade. Guests then travel to Sintra to discover its romantic landscapes and iconic Pena Palace, followed by a motorcoach journey to Porto with a visit to Tomar Castle and the Convent of the Order of Christ before embarkation. Aboard Ama Sintra, guests sail through the Douro Valley and into Spain, with highlights including the Baroque Palacio de Mateus, fortified Castelo Rodrigo, Salamanca, an exclusive lunch at Quinta da Avesada, Port-wine tasting, and a visit to Lamego. Optional active experiences, including guided hikes, offer additional ways to explore the region. The journey concludes in Porto with a guided tour highlighting the city's rich Black history and Portugal's connections with its former colonies, followed by a Port tasting and evening illuminated cruise..

ACCOMMODATION

CITY	HOTEL NAME	CHECK-IN	CHECK-OUT	NO. OF NIGHTS
Lisbon	H10 Duque de Loulé	Day-2	Day-5	3 Nights
Porto	AmaSintra River Cruise	Day-5	Day-12	7 Nights
Porto	HF Fénix Porto Hotel	Day-12	Day-13	1 Night

DEPARTURE

Start Date	End Date	Departure Gateway	Price Per Person
12 Jun, 2028	24 Jun, 2028	NEW YORK (JFK/EWR)	\$0



TOUR PRICE INCLUSIONS

- ◆ **International return airfare ex-New York (Please check with us for pricing from other cities)**
- ◆ 03 Nights' accommodation in Lisbon on TWN/DBL sharing basis at listed hotels or similar
- ◆ 07 Nights' accommodation onboard AmaSintra on TWN/DBL sharing basis
- ◆ Daily breakfast at the hotel during land portion
- ◆ All meals onboard AmaSintra as specified in the itinerary
- ◆ Guided Lisbon City Tour including Belém Tower and Jerónimos Monastery
- ◆ Historical walking tour exploring Portugal's Black history and Atlantic Slave Trade
- ◆ Sintra excursion including Pena Palace
- ◆ Tomar visit including the Castle and Convent of the Order of Christ
- ◆ Guided excursions to Palácio de Mateus, Castelo Rodrigo, Salamanca and Lamego
- ◆ Traditional Portuguese cuisine and Port wine tasting experiences
- ◆ Exclusive lunch and wine experience at Quinta da Avessada
- ◆ Guided Porto Black History & Heritage experience
- ◆ Scenic evening cruise through illuminated Porto
- ◆ Porto departure transfer
- ◆ All sightseeing, entrance fees and experiences as mentioned in the itinerary
- ◆ Services of experienced English-speaking guides/local representatives
- ◆ Applicable taxes

TOUR PRICE EXCLUSIONS

- ◆ All other meals & other sightseeing or services
- ◆ Gratuities for meals, tourist guides, and drivers
- ◆ Visa fee & Travel Insurance
- ◆ Personal expenses such as alcohol and other beverages, telephone calls, and laundry
- ◆ Any other services or Items not mentioned above are not included

ITINERARY

DAY 1 DEPART FOR PORTUGAL

Prepare yourself! You are leaving today for Lisbon to begin your Portuguese adventure, followed by a scenic cruise along the beautiful Douro River.

DAY 2 LISBON – ARRIVAL [-/-]

Arrive in Lisbon, Portugal's vibrant capital, claim your bags, and proceed towards the arrival hall. Our representative will meet you and assist you with your transfer to the hotel. (Standard check-in time is 3:00 pm)

If you have arrived early, you might like to take a stroll on the streets of Lisbon.

Overnight in Lisbon

DAY 3 LISBON – CITY TOUR [B/-]

Following breakfast, begin your exploration of Lisbon, one of Europe's most beautiful cities, stretching across several hills along the Tagus River. On your escorted tour, see Belém Tower, a fortified four-story tower made of limestone, and visit the late Gothic Jerónimos Monastery, the burial place of many Portuguese figures. Enjoy a taste of the traditional Portuguese pastry Pastéis de Belém before continuing to the Discoveries Monument. In the afternoon, take part in a thoughtful historical walking tour exploring the often-overlooked history of Portugal's involvement in the Atlantic Slave Trade. Beginning in Alfama, Lisbon's oldest neighborhood, uncover the deep-rooted connections to slavery from ancient civilizations such as the Romans and Moors through Portugal's pivotal role in the Atlantic Slave Trade in the 15th century. This experience provides important context for understanding the cultural and historical themes that continue throughout your Soulful Experience journey.

Overnight in Lisbon

DAY 4 LISBON – SINTRA [B/-]

Enjoy a morning excursion to Serra de Sintra, one of

Portugal's loveliest mountain villages and a favorite summer residence of the Portuguese royal family for more than 500 years. Long an inspiration for artists and poets, Sintra combines lush mountain scenery with remarkable architectural heritage. Lord Byron once called it "perhaps the most delightful village in Europe." High on a rocky peak, visit Pena Palace, a magnificent fairytale castle dating from Portugal's Romantic period. Take time to appreciate the palace's distinctive architecture, colorful character and spectacular setting before returning to Lisbon.

Overnight in Lisbon

DAY 5 LISBON – TOMAR – PORTO – EMBARKATION [B/-/D]

After breakfast, leave Lisbon by motorcoach and travel toward Porto. Along the way, visit Tomar and explore the Castle and Convent of the Order of Christ, a UNESCO World Heritage Site and a brilliant example of architecture developed between the 12th and 16th centuries. Discover the historic setting and impressive architectural legacy before continuing north. Arrive in Porto, the gateway to the Douro River, and board AmaSintra for your Enticing Douro cruise. Settle into your stateroom and begin your river journey through Portugal's rich history, culture and landscapes.

Overnight on-board the cruise

DAY 6 RÉGUA [B/L/D]

Spend the day discovering the Douro Valley from Régua, one of the region's important wine centers. Visit the Baroque-style Palacio de Mateus and its beautiful gardens. Inside the house, see interesting furnishings, paintings and a ceiling featuring intricately carved wood. The gardens are considered among the most beautiful in Portugal and provide a wonderful setting in which to appreciate the region's architectural and horticultural heritage. Return to the ship and continue enjoying the scenery of the Douro as vineyards and hills unfold along the river.

Overnight on-board the cruise

DAY 7**VEGA DE TERRÓN, SPAIN – CASTELO RODRIGO
[B/L/D]**

In the morning, spend time soaking up the beauty of picturesque Vega de Terrón before traveling to Castelo Rodrigo, a small fortified village perched high on a hilltop. Its centuries-old walls, steep narrow streets and elevated setting create an atmospheric glimpse into the region's past. Explore the historic village and enjoy fantastic views across the surrounding landscape. Travelers seeking a more active experience may instead choose the guided hike up to the village. Whichever option you select, the experience includes a tasting of regional fare, allowing you to connect the cultural exploration with the flavors of the region.

Overnight on-board the cruise

DAY 8**VEGA DE TERRÓN – SALAMANCA [B/L/D]**

Travel to Salamanca, a UNESCO World Heritage Site built largely from warm golden sandstone. Often described as a "living museum," the city offers an opportunity to step back in time and experience its remarkable medieval heritage. During your escorted tour, discover the city's elegant university buildings, the New Cathedral, the intriguingly decorated House of Shells and the magnificent Plaza Mayor. Admire the architecture and atmosphere of this historic Spanish city before returning to the ship and continuing your Douro journey.

Overnight on-board the cruise

DAY 9**PINHÃO – QUINTA DA AVESSADA [B/L/D]**

Spend time soaking up the beauty of the Douro River as you cruise toward Pinhão, surrounded by the dramatic hills and terraced vineyards that define the region. Enjoy an exclusive lunch at Quinta da Avesada, where you will experience an authentic and traditional dining experience complete with entertainment. The quinta is also a fascinating interactive museum commemorating the history and culture of wine in the Alto Douro region. Discover the various stages of wine production and enjoy plenty of tasting opportunities. Continue your exploration of Portugal's celebrated wine traditions with a visit to a local quinta for an authentic Port-wine tasting

experience. Savor vinho do porto, Portugal's renowned fortified wine made exclusively in the Douro Valley, while learning more about the traditions that have shaped this famous region.

Overnight on-board the cruise

DAY 10**RÉGUA – LAMEGO [B/L/D]**

Travel to picturesque Lamego, home to one of Portugal's most important pilgrimage sites. Visit the Nossa Senhora dos Remédios, or Sanctuary of Our Lady of Remedies, where a spectacular staircase of nearly 700 steps is decorated with beautiful white and blue tiles. More active travelers may choose to climb the staircase on a guided hike, while other guests can enjoy the guided Lamego tour. Following both tour options, sample local traditional specialties, including bôlas de Lamego, bread filled with smoked ham; presunto, a type of dry-cured ham; and Espumante, a Portuguese sparkling wine. Conclude the day's cultural and culinary experience with a traditional Portuguese lunch at a local quinta in Régua, enjoying an authentic meal in the company of fellow travelers.

Overnight on-board the cruise

DAY 11**PORTO – BLACK HISTORY & HERITAGE [B/L/D]**

Return to Porto for an enlightening guided tour that highlights the city's rich Black history and Portugal's relationship with its former colonies. As you stroll past iconic landmarks, learn about histories and connections that have often received less attention in traditional sightseeing. Travelers who prefer a more active experience may choose a guided hike instead. In the afternoon, enjoy a tasting of Port, Portugal's most renowned contribution to the world of wine. As evening arrives, relax aboard the ship and enjoy Porto's illuminated landscapes on a scenic cruise, creating a memorable final evening on the Douro.

Overnight on-board the cruise

DAY 12**PORTO – DISEMBARKATION [B/-/-]**

After breakfast, disembark AmaSintra in Porto and transfer to your hotel for the requested post-cruise overnight stay. Your river cruise journey may be

complete, but you have additional time to enjoy Porto at a relaxed pace. Use the remainder of the day for independent exploration, shopping, additional sightseeing or simply enjoying the atmosphere of this historic riverside city.

Overnight in Porto

DAY 13

PORTO – DEPARTURE [B/-/-]

Enjoy breakfast at your hotel and make the most of your final morning in Porto. At the appropriate time, meet your transfer service and travel from the hotel to Porto Airport for your onward journey.

Note - The itinerary above may be modified without prior notice. The sequence of activities and scheduled day trips may vary due to operational factors, including weather and traffic conditions.

Payment Policy

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Cancellation Policy



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21087, 79 A Ave, Langley, BC,
Canada V2Y 0H6

Please call us on
Toll-Free: +1 888-969-2596
Email - info@voyageshub.com

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