

PORTUGAL AND SOUTHERN SPAIN

23 nights | 02-25 October 2019

Price per person \$14,999 twin share with a single supplement of \$2,900.

Delight in the flavours of Portugal and Spain on this tour with a special food focus that showcases two of the world's exciting food cultures. Food and wine are central to people's lives here and they love sharing their knowledge, stories and passion for their culinary culture. Alongside this foodie twist, the tour combines the mixture of elements that have inspired travellers to Spain and Portugal for centuries... thousands of years of history, art, and architecture.

On the tour you will dive into the authentic taste of local life.

- Take part in a Portuguese cuisine workshop where you cook and taste some typical Portuguese dishes and learn more about Portuguese gastronomy.
- Visit one of the local food markets in Seville with your cooking instructor, then enjoying an Andalusian cooking class where you will prepare a complete Andalusian meal, from starters through to dessert.
- Take a walking tapas tour to visit some of the most interesting tapas bars in the company of a local foodie guide who will help you select the best tapas based on your tastes and the regional specialties. Meet a range of producers and taste their produce.
- Visit wine producers in the Douro. At the Quinta da Avelada

estate, learn about vinho verde, 'green wine' and at the Quinta do Seixo, observe the port production cycle and enjoy a tasting!

- Learn from the Iberico ham producer who is considered by many to be the most prestigious in Southern Spain. Then taste the house Ibérico ham with a glass of wine.
- Call in at the extra virgin olive oil producer in the Andalusian countryside – visit his olive groves and mill producing premium olive oil.
- Visit the sherry producer in Jerez, one of Spain's best-known towns, and home of sherry wines, the cradle of flamenco art and the famous Andalusian 'dancing' horses.

You will also explore some of the most distinctive buildings in Europe and learn about their architectural heritage.

My favourites, both with Moorish influence, are the Alhambra, an architectural treasure, with fountain filled courtyards and exquisite mosaics and Cordoba's great mosque with its exotic red and white arches. I also enjoyed Pena Palace in Sintra for its whimsical colour and design and the 18th century palace, Casa de Mateus, which is a fine example of Portuguese Baroque and widely known for appearing on the label of Mateus Rosé.

Travel by coach and train; stay in 4-star accommodation for 2-3 nights at each stop. Be prepared for a moderate amount of walking; a lot of tastings and conversations with local people.



REPEAT OF OUR POPULAR WALKING IN JAPAN TOUR

17 nights
25 October - 11 November 2019

Our tour in November is full so we invite you to walk the Nakasendo Way with us on a repeat of the tour when the fall colours will be at their best.

This has been our most popular tour over the last four years because it offers such a unique experience of Japan off the main tourist route. It follows some of the best-preserved parts of the old road deep into the mountains.

Staying in charming traditional inns which have survived into the modern world, the walk takes us into an old Japan where we will sleep on futons, bathe in thermal baths and eat traditional Japanese cuisine. We will also spend four days in Kyoto, the ancient capital and cultural epicentre of Japan, and three days in Tokyo.

The walking is from 10-17km a day but can be shortened and you carry only a day pack. Please phone us if you have any queries or would like to speak to someone who has been on one of our previous Nakasendo tours.



PEOPLE LOOKING TO SHARE

Woman to share on Cruise & Bike the Danube, September 2019; and Portugal & Spain, October 2019.

CONFIRMED TOURS WITH SPACE AVAILABLE

BIKE & BARGE IN FIVE COUNTRIES

20 nights | 25 June – 15 July 2019 | CONFIRMED DEPARTURE

An additional twin cabin has become available on this tour with Leen Van Duin, an owner of C & L Tours. Last year it was one of our most popular tours because it started in the historic fishing village of Noordwijk where Leen grew up. The group spent the first few days being generously hosted by Leen's family. Riding on rail trails and along the Moselle River path made for safe biking. We can only hold this cabin for a couple more weeks.

BORNEO – SABAH & SARAWAK

17 nights | 24 July – 10 August 2019 | CONFIRMED DEPARTURE

Join Kevin Palmer on this 17-night tropical adventure in search of Borneo's abundant wildlife and more than 300 species of birds. Observe orangutans and move freely at two orangutan rehabilitation centres. Spend a night on Selingan Turtle Island – expect to see turtles coming ashore to lay their eggs and tiny hatchlings scurrying back to sea. Spend two nights on the Kinabatangan River, home to one of the highest concentrations of wildlife in South East Asia. Stay in quality eco-lodges in remote locations.

BIKING IN SWEDEN & THE BALTICS

22 nights | 03-25 August | 2019 CONFIRMED DEPARTURE

As you cycle, experience some of the historic and cultural gems of the Baltics along with national parks, ecological reserves and scenic countryside. Discover the three fascinating capital cities of Lithuania, Latvia and Estonia. Experience the culture and history of green, cycle friendly Stockholm before biking the untouched and remote Sornland archipelago. Alastair & Judy Calder lead this tour. Some of the group plan to add on a short trip to St Petersburg and Moscow at the end of the tour and this can easily be arranged for you.

ALPINE WALKS IN THREE COUNTRIES

21 nights | 11 August – 01 September 2019 | CONFIRMED DEPARTURE

Stay put in five small villages in the Swiss Alps, the Austrian Tyrol and Italian Dolomites. Catch cable cars or gondolas and walk in alpine meadows. Having taken this tour and many other walking tours, John Matheson rates the walks and scenery in the Dolomites as amongst his favourite.



DISCOVER IRAN'S INTRIGUING HISTORY

IRAN

19 nights | 05-24 October 2019

We have a small group registered for this tour so there is space to join. We offered this tour in 2017 and received extremely positive feedback. A suggestion made by members of that group was that we add a couple of days in Tabriz and this is now in the itinerary. Let us know if you would like to talk with a 2017 participant about their experience.

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