

LIHS Portugal Trip

Package Includes:

- 7 nights accommodations in Cascais, Portugal
- Hotel taxes, fees & service charges
- Hotel portorage
- All transfers included only with airfare purchase on package arrival & departure dates†
- 14 Meals: 7 Buffet Breakfast & 7 Buffet hotel Dinners
- Services of English-speaking Gate 1 tour manager from arrival until departure
- Local Guides for in-depth sightseeing tours at sites **or** onsite guides
- Sightseeing per itinerary in modern air-conditioned motor coach as outlined in the daily itinerary
- Entrance fees of gardens per itinerary
- Headphones for enhanced touring
- Bottle Water on the coach

***Deposits must be paid by January 15, 2025**

Vila Gale Ericeira Hotel



This first class hotel is located in village of Ericeira, north of Lisbon on the Atlantic coast.

2025 Dates & Prices Single Supplement: \$550

Dates	Land Only	Air & Land
Sep 03	\$2899	\$4079*

NOT INCLUDED:

Meals unless specified, optional tours, [gratuities](#), and anything not mentioned in the package includes section

Additional Information:

Land only price does not include arrival/departure transfers.

Passports & Visas:

Passengers are required to hold a passport valid for six months beyond travel dates, and are responsible to obtain visa(s) as needed.

Cancellations: All cancellations must be received in writing: Once a payment has been made, cancellations will apply per the schedule below based on the date the written cancellation is received.

Passengers submit their cancellation to "Cancel Reservation" in the Contact Us

page. www.gate1travel.com/contactus

- Airfare penalty: Once airfare is purchased, either at time of booking for Instant Purchase Airfare or at time of full payment for Gate 1 Airfare, airline tickets will be issued and are always subject to 100% penalty.

Removal of group airfare from a reservation after the Group Status Review deadline is subject to penalty, to be advised at time of air cancellation.

- Land penalty:

150 to 91 days (06 APR-04 JUN 2025): \$300 per person

90 to 61 days (05 JUN-04 JUL): 50% of cost per person

60 to 31 days (05 JUL-03 AUG): 75% of cost per person

30 days or less/ no-show (04 AUG 2025): 100% of cost

Entry Requirements:

Passengers traveling abroad require a passport valid for six months beyond their travel dates. All travelers are responsible to check if a visa is required for all countries on their itinerary. For visa information, check our [Visas](#) page.

Day 1, September 03, 2025 Depart**Day 2, September 04 - Arrival in Lisbon**

You will be met at Lisbon airport and taken to your hotel in Ericeira. Settle in and meet your Gate 1 Tour guide before dinner

Overnight: Cascais, Portugal

Meals: Dinner

Day 3, September 05 - Palace de Fronteira and Palacio de Queluz

Enjoy the beautiful gardens of Palace de Fronteira created in the 1660s before traveling on to Palacio de Queluz which was built in 1747. This National Palace was

a favored royal residence until 1807 and illustrates a beautiful link between the landscape and palatial architecture of the palace.

Evening dinner at hotel.

Overnight: Cascais, Portugal

Meals: Dinner

Day 4, September 06 - Sintra Royal Palace and Park & Palacio de Monserrate

Enjoy a day in Sintra visiting the Royal Palace parts of which date back a thousand years. There is a heavy Moorish influence born out in the glazed geometric tiles

throughout the building. You'll also be delighted by the Monserrate Palace – often overlooked as it lies just outside the historic center of Sintra. This stunning 'summer house' is a blend of Indian, Gothic, and Arabic styles and the garden has species from around the world and is planted by geographical origin.

Evening dinner at hotel.

Overnight: Cascais, Portugal

Meals: Breakfast, Dinner

Day 5, September 07 - Belem Jeronimos Monastery and Tropical Garden

Today you visit Belem in western Lisbon and the grand vision of Jeronimos Monastery. The Monastery was originally associated with early explorers and is one of the most decorative religious buildings in Portugal. Enjoy the cool contrast of interiors with vast

vaulted ceilings and the fascinating tropical gardens located nearby.

Evening dinner at hotel.

Overnight: Cascais, Portugal

Meals: Breakfast, Dinner

Day 6, September 08 - Lisbon

Delve into vibrant and splendid Lisbon, one of the oldest cities in the world. Our tour will be guided by an English-speaking local guide and enjoy free time for shopping.

Evening dinner at hotel.

Overnight: Cascais, Portugal

Meals: Breakfast, Dinner

Day 7, September 09 - Lisbon Eduardo VII Park – Estufa Fria and Gulbenkian Foundation Gardens and Exhibition

You can explore Eduardo VII Park which is the largest public park in Lisbon and offers a stunning view of parts of the city. You'll also visit the Esufa Fria or 'cold greenhouse' which was built in the 1930s before we move on to Gulbenkian Foundation Gardens. Evening dinner at hotel.

Overnight: Cascais, Portugal

Meals: Breakfast, Dinner

Day 8, September 10 - Sintra Palacio Nacional da Pena and Quinta de Regaleira

A visit to the Pena Palace and Park is a stunning end to the week. Lush green forests encircle this hilltop romantic-style palace. Wander through the park to discover hidden pathways leading to breathtaking view points. The gardens of the decorative 20th-century mansion of Quinta de Regaleira are a real treat!

They were styled to represent ancient secret orders and have concealed symbolism and mysterious hidden tunnels

Evening dinner at the hotel.

Overnight: Cascais, Portugal

Meals: Breakfast, Dinner

Day 9, September 11 - Depart

Transfer to Lisbon airport for departure flight

Meals: Breakfast

Know Before You Go

Although most of the planning and preparation is taken care of for you, there are still a few things you should know and some details you should take care of to ensure your comfort, safety and peace of mind. Please review the following information before your departure to ensure that any surprises along the way will only be pleasant ones.

Getting Ready to Go

Passports and Visas

It is each traveler's responsibility to have a passport valid for at least 6 months beyond the dates of travel and a visa if required. Please check the information at www.gate1travel.com/visas.aspx for the specific country/region you are visiting for more details. **IMPORTANT: Passengers who are not U.S. citizens must check with the respective consulate or a visa agency to determine what personal identification is required. Passengers who enter, leave and then re-enter the same country on their itinerary should check if they require a double-entry visa.** Passport applications are available at most U.S. Post Offices, as well as at regional Passport Agencies. Passengers requiring visas, whether obtained in advance or locally upon arrival, should ensure that their passport has blank pages.

Traveling with Friends or Family?

If you are traveling with friends or family who are booked on another reservation, please make sure that we are aware. On occasion, we may operate more than one vehicle on your tour departure in which case we will ensure that guests will be assigned together. This is achieved by connecting your reservations before your departure. Once you arrive in your destination, it may not be possible to make assignment changes. To check that your reservations are linked, log into <https://www.gate1travel.com/reservations> with your email and password, select your reservation number, and check to see that your reservations are indicated as "Traveling With" at the top right side of the display.

Trip Preparation

A little pre-planning can make your trip go a lot smoother. Several weeks before your trip, make a list of what you will need to take with you. Make sure your personal documents (passports, visas, driver's license) are in order. Make sure also that you have enough prescription medications to last through the trip and carry them with you in case your luggage is delayed. Bring a change of clothes in your carry-on bag in the event that your luggage is delayed or lost. Lost luggage is common. We strongly urge you to consider carry-ons instead of checked bags when possible, and when checking a bag is necessary, choose a bag color and identification that stands out. We suggest that you make photocopies of passports, visas, personal ID and any other important travel documents and pack them separately from the originals. You may also make a digital copy of your passport to keep a clear picture with the important details in your cell phone or digital camera photos. If you lose the originals while traveling, you'll have copies for easier reporting and replacement. Pack a list of

medications including dosage and generic names. You may consider bringing a small supply of over the counter medications for headaches and/or anti-diarrhea pills (especially when traveling outside of the USA and Western Europe). We recommend that you pack a portable alarm clock. Due to security reasons, many museums have restrictions on the size of bags that can be taken inside and backpacks, carry-on bags or large purses may not be permitted. It is recommended to bring a small shoulder bag or purse to use in these situations instead. Avoid placing valuables such as cameras in your checked luggage. Airplane pressure can cause similar pressure in your body, most notably in ears, as well as liquid tubes and bottles. Your physician can suggest medication for decongestion. We suggest that you place liquid containers into Ziploc bags to catch any leaks.

Travel Safety Advice: The safety of our guests is Gate 1's #1 concern. Before making the decision to reserve your vacation, we want you to be aware of potential situations which may impact your holiday. While most of the time our programs run precisely according to plans, on rare occasion force majeure events including weather, transportation mechanical issues, or uninhabitable accommodation, civil unrest and even criminal or terrorist activities will present themselves unexpectedly and with little or no notice. Gate 1 will make the decision to cancel a tour only after receiving verifiable government issued information. We are otherwise obliged to comply with contractual airline and vendor agreements and carry out the tour until or unless we are advised otherwise. In the event of such an occurrence anytime after your date of departure, Gate 1 and the local destination ground staff, in coordination with government advisories, airlines, hotels, cruise ships and other vendors, will make decisions with regard to your safety first. We strongly recommend that tour participants review the destination country's specific information at <https://travel.state.gov/content/passports/en/alertswarnings.html>.

Travel Protection

Even the best-planned trips can be impacted by the unexpected. And that is why we recommend that you help protect yourself and your investment by purchasing Travel Protection for your Gate 1 trip. Travel Protection can help with medical coverage for illness or injury, trip cancellation and/or interruption, baggage loss, medical evacuation, and more. At any time before you complete Final Payment, you may choose to purchase Travel Protection. The protection plan premium is non-refundable after a 10-day review period. In addition, you must be medically able to travel at the time the premium is paid. For a summary of the plan details on coverages, benefits, limitations and exclusions, please refer to the Description of Coverage by visiting www.gate1travel.com/insurance/.

Cancel for Any Reason Waiver Benefit (CFAR) is a non-insurance feature that allows you to cancel up to 72 hours before your scheduled departure for any reason not otherwise covered in the Travel Protection Plan. CFAR must be purchased at the same time as the Travel Protection Plan as well as within 21 days of the original booking date. Independent or escorted tour reservations will be eligible for a future travel credit equal to the full cost of your trip, less the cost of initial deposit, airline-assessed fees, amendment fees, and insurance premium. Sea or river cruise reservations will be eligible for a future travel credit equal to 50% of the cost of your trip, less the cost of initial trip deposit, airline-assessed fees, amendment fees, and insurance premium. All CFAR credits are valid for a period of two years from the original date of travel. CFAR Credits have no cash value and are not transferrable. Airline-assessed fees are generally \$300 per person, but may be as much as fully non-refundable. Some non-refundable airline tickets may retain value, less airline-assessed fees. Your future air credit must be used to book with the same airline. Deadlines to rebook and complete travel vary by airline and may be as early as 12 months from when the tickets were originally issued (not the date of travel). For details, www.gate1travel.com/insurance/.

This program does not apply to custom groups and Antarctica cruises. Residents of New York, Missouri & Minnesota may purchase this Cancel for Any Reason Waiver Benefit separate from Travel Protection. Call to speak with a reservation agent for details. This Cancel for any Reason Wavier Benefit is not insurance and is

provided by Gate 1 Travel.

Mobile Phones

Mobile networks differ from country to country. We recommend you check with your provider to see if your wireless plan will work in the destination(s) you are visiting. To avoid possible roaming charges, you may want to consider purchasing an international plan. With most major phone companies, for a modest fee, you will be able to use your domestic plan's talk, text, and data allowances just like you do at home. If you can access the internet while you travel, you can also take advantage of services such as WhatsApp or Skype.

Making Telephone Calls from One Country to Another

When dialing a number from one country to another, you should proceed as follows: dial your country's Exit Code (often indicated with a "+" sign), then the destination Country Code, then the Phone Number. For most countries, the exit code is 00. Exceptions include the USA and Canada (011), Hong Kong and Cambodia (001), Australia (0011), and Russia (8 Pause 10*). For Brazil, please consult with the local telephone company. If you are dialing from a mobile phone, you can enter a "+" instead of the international Exit Code (011, 001, 0011 or 00) by pressing and holding the 0 key. For most countries in Africa, Asia, Europe, South America and South Pacific, if you are calling from a local phone to a number within the same country, you should drop both the exit and country codes and then add a leading 0 (zero). Exceptions include Spain, Italy, Hungary and Malta (no additional zero needed to dial locally).

Example:

To dial the following number in Germany (as listed on your voucher): +(49) 0555-555

From USA or your US cell phone: 011-49-555-555

From another country in Europe: 00-49-555-555

From a German phone within Germany: 0555-555

WiFi Access

WiFi is available in most airports, hotels, and cruise lines, as well as on some flights, trains, and buses. There may be a fee for access and service quality and speed may vary greatly especially while on moving vehicles. Availability on cruises is also dependent upon its location while sailing through multiple countries. Please note that WiFi can be extremely slow, unreliable, and sometimes nonexistent in developing countries.

Staying Healthy While Traveling

Please consult with your healthcare provider for up-to-date requirements. You may also check the Centers for Disease Control (www.cdc.gov) and/or the World Health Organization (<http://www.who.int/en/>) for their recommendations. Any required inoculations must be documented by clients' healthcare provider on a valid vaccination certificate, which must be carried as proof where necessary. Individuals with heart disease, chronic illness, physical handicap, advanced pregnancy, or mental illness should not participate in these rigorous travel programs.

While traveling, illnesses can sometimes be unavoidable. If a traveler arrives feeling ill or becomes sick during

the tour, they will be separated from the group and directed to either a local or virtual medical facility for diagnosis. This precaution is necessary to ensure the well-being of all travelers. The traveler may only rejoin the group after receiving written clearance from an accredited medical facility confirming they are fit to continue. All costs associated with medical treatment and related expenses such as additional hotel nights or transportation not included in the original itinerary will be the responsibility of the passenger. Travel protection plans will only consider coverage with service receipts provided by legally qualified health care facilities, and in accordance with policy terms.

There are several easy steps you can take to stay healthy while traveling which may help prevent contracting an illness while away from home.

- Watch what you eat. Try new foods in modest quantities, and depending upon your destination, you may want to avoid street foods, salad bars, raw vegetables and fruits, unless they have thick peels like bananas or grapefruit.
- Stay hydrated. Drink bottled water and avoid consuming ice cubes made with tap water.
- If you have allergies to foods, medications or insect bites, or have any other unique medical issues, consider a medical alert bracelet and/or a physician's note detailing required treatment should you become ill.
- Wash your hands regularly and carry hand sanitizer.
- Where appropriate, pack sunscreen and insect repellent (for both active and warm destinations).
- You may also want to bring a small first-aid kit with bandaids, antibiotic cream, pain killers, bug bite cream, digestive aids like antidiarrheal or anti-bloat medications, antacids, and cold medicine. This is in addition to any prescription medications which should be adequate for the entire trip.

Notice on Aircraft Cabin Insecticide Treatment - Please note that some countries may require aircraft cabin insecticide treatment for in-bound foreign flights. A list of such countries is available at: <http://www.dot.gov/office-policy/aviation-policy/aircraft-disinsection-requirements>.

Consideration for Tour Participants (Escorted Tours)

For the benefit of all tour participants, we ask tour members to be considerate of their fellow travelers in the following ways:

- Refrain from wearing colognes, perfumes and/or personal products containing excessive fragrance in respect for other guests who may be allergic
- Avoid smoking cigarettes, e-cigarettes or cigars in the vicinity of other tour members, including in outdoor areas where smoking may be permitted but may still affect other tour participants
- No Smoking of any kind (medical or recreational) is allowed on any transportation that is exclusively provided by Gate 1. This includes e-cigarettes, e-cigars or any other smoking device. Furthermore, some countries heavily regulate the public use and possession of cigarettes (including e-cigarettes and vape pens) which could include their complete ban. Please check the regulation for the destinations you plan on traveling to prior to departure.
- Avoid attire with political or religious messages that may offend other travelers
- Respect your fellow passengers. Guests come from all walks of life and varied lifestyles. Please refrain

from topics of conversation which might cause offense, such as religion and politics

- Refrain from conversation or talking on mobile phones while commentary is in progress
- Respect the mandatory seat rotation policy on the coach
- Make use of the available hand sanitizer on the coach to support a healthy environment
- Seek approval before taking photographs of other tour participants
- Respect tour departures times to avoid delay and loss of sightseeing opportunities

Climate & Clothing

Portugal - Spring and Summer are usually sunny, with hot days during July and August. Autumn and Winter are typically rainy and windy, yet sunny days are not rare either. Spring and Autumn: 44–81°F; Summer: 63–86°F; Winter: 41–61°F. Bring comfortable walking shoes, a sweater, clothes you can layer and an all-weather jacket. Some religious sites may require modest dress to enter (no shorts, short skirts, or sleeveless tops).

Portugal Average Temperatures: <https://www.gateltravel.com/weather/europe/default.aspx#portugal-weather>

United States - The weather in the United States varies according to geographical area. The hottest period is from June to August and the coolest from November to February. Bring comfortable walking shoes, clothes you can layer, and an all-weather jacket. Sunscreen, hat, and sunglasses are also recommended. You may encounter mosquitoes during warm and hot weather. Travelers are encouraged to bring insect repellent and consider wearing clothing that adequately covers arms and legs. For winter programs, come prepared for cold temperatures, icy trails, and short daylight hours. The National Park Service recommends bringing over-the-shoe-traction devices, extra snacks and layered clothing that can easily be added or removed to adapt to a variety of weather conditions

USA Average Temperatures: <https://www.gateltravel.com/weather/americas/default.aspx#usa-weather>

About Drones

Unmanned Aerial Vehicles (UAV) or "drone" technology has quickly become affordable and is increasingly popular with recreational users. While some countries have clear, established drone laws, others do not, or existing regulations are undergoing review and change. Travelers who wish to bring a drone on their trip are responsible to research and abide by the laws and regulations of the countries they are visiting, as well as to check with their airline(s) regarding their rules for transporting drones. Please note that tours are unable to extend the length of scheduled visits and stops to accommodate use of drones.