

PORTUGAL: TIP-TO-TAIL

An Active, Food-Forward Adventure

Hosted by KC Chef Michael Foust



8 days of farm-to-fork exploration in Lisbon and the Alentejo region

Signature Experiences

- **Artful Exploration.** Admire a few of Lisbon’s remarkable architectural and artistic treasures, built up from the wealth of Portugal’s illustrious explorers – both historical and contemporary.
- **Lisbon Originals.** Delve into a re-imagined market, taste a delicious range of Portugal’s protected designation of origin foods at an old-style grocery and browse shops showcasing uniquely Portuguese products, from embroidery to tinned fish.
- **Soulful Sounds.** Feel Lisbon’s soulful character through its mournful fado music in a private session with a Portuguese composer & guitarist.
- **4 Hands Dinner.** Enjoy a dreamy dinner under the trees at the country manor of our Portuguese hostess. Chef Michael teams up with a local chef to treat us to a gourmet repast.
- **Seaside Vineyard.** Stroll the coastal terrain of the westernmost vineyard in continental Europe. Chat with one of the dynamic winemakers and taste the unique terrior imparted by the sandy soil only meters from the sea.
- **Savage Coast / Sustainable Cork.** Hike along the spectacular coastal trail the Rota Vicentina, one of Europe’s great walking trails. Visit a cork oak grove within a working Alentejo farm to see how these trees are sustainably harvested once each decade.
- **Sausage Workshop.** Visit an organic farm and enjoy an informal sausage-making demo led by the farm’s butchers and chef Michael. Cook “*Cozido à Portuguesa*” a traditional stew cooked in clay pots over an open fire.
- **Happy Harvesters.** Pick and sort grapes at a family vineyard during the peak fall harvest. Celebrate the season with a locally sourced picnic and some Alentejo wine.
- **Sensory Celebration.** Considered by *Restaurant Mag.* amongst the World’s 100 best tables in 2015, 2-Michelin starred Belcanto is a fitting and intimate finale to our tip-to-tail adventure.

Thumbnail Itinerary

Sunday September 18: **Arrive Lisbon + Artful Exploration**

Our intrepid trip leader, Kyle Hearn, meets you upon arrival at the Lisbon airport. Transfer by private vehicle to your upscale lodging in central Lisbon. After dropping bags and freshening-up, join Kyle for a light lunch and informal briefing on the adventures ahead.

This afternoon, admire Lisbon’s remarkable architectural and artistic treasures, built up from the wealth of Portugal’s illustrious explorers – both historical and contemporary. These include the *Jerónimos Monastery* and the *Tower of Belém*, both UNESCO World Heritage sites, along with the *Gulbenkian Museum*, which houses the superb collection of the eponymous British-Armenian oil magnate and philanthropist. (Meals: L, D)

Lodging for two nights in Lisbon is at *As Janelas Verdes*, an eighteenth-century mansion that is now a small, elegant boutique hotel. For a preview visit: www.asjanelasverdes.com/en/



Monday, September 19: Lisbon Original + Soulful Sounds + 4 Hands Dinner

Delve into a re-imagined market, taste a delicious range of Portugal's protected designation of origin foods at an old-style grocery and browse shops showcasing uniquely Portuguese products, from embroidery to tinned fish.

This afternoon feel Lisbon's soulful character through its mournful fado music during a private session with a Portuguese composer & guitarist.

Tonight join chef Michael and our Portuguese hosts for a dreamy dinner under the trees at a country manor in Freixial (around 45 minutes from the city). Chef Michael teams up with a local chef to treat us to a gourmet 4 hands repast. (Meals: B, L, D)

Tuesday, September 20: Sintra's Splendor + Seaside Vineyard Stroll

The pine-clad terrain of Sintra, dotted with pastel-colored palaces and villas, is considered by some to be amongst the most romantic and charming villages in Portugal.

This morning explore this UNESCO World Heritage site with a visit to the fantastical *Palace of Pena* and a short hike through the park up to the chalet *Condessa d'Edla* and its bucolic gardens. Back in the village of Sintra, stroll the narrow streets and sample some of its renowned pastry shops.

This afternoon travel along the coast for a visit to the winemakers of Adegas Viúva Gomes, the westernmost vineyard in continental Europe. Chat with one of the producers and taste the unique *terrior* imparted by the sandy soil where vines grow wild just meters from the sea. (Meals: B, L, D)

Lodging for two nights near Grândola is at *Herdade das Barradas da Serra*, a cozy, upscale B&B with a pool set on a working farm near the coast. For a preview visit: www.barradasdaserra.pt

Wednesday, September 21: Savage Coast + Sustainable Cork

Travel south to Vila Nova de Milfontes for a 5-mile walk along the spectacular Rota Vicentina, one of Europe's great walking trails. This light hike offers insights into the agricultural nature of the region as well as stunning coastal scenery by the vast sand stretch of *Brejo Largo* beach. (Meals: B, L, D)

Transfer back to Barradas da Serra to relax and observe life on this working farm this afternoon. Visit a cork oak grove on the ranch to see how these trees are sustainably harvested once every decade. Approximately 50% of the world's cork production comes from southern Portugal!

Thursday, September 22: Sausage Workshop & Ancient Évora

En route to Évora, visit an organic farm near Montemor-o-Novo. Enjoy a sausage workshop led by the farm's butchers and chef Michael. Learn to cook "*Cozido à Portuguesa*" a traditional stew cooked in clay pots over an open fire.



Continue to the original site of prehistoric Évora (a UNESCO World Heritage designated city and our base for the next two nights) accompanied by a resident archaeologist who brings its history alive as we soak in its incredible sunset view. (Meals: B, L)

Lodging for two nights in Évora is at *Albergaria do Calvário*, a genteel small hotel with an interior courtyard and original 16th Century elements. For a preview visit: <http://adcevara.com>

Friday, September 23: **Exploring Évora & Evoramonte**

Join a history professor in Évora for a morning walking tour of this UNESCO World Heritage town.

Drive into the heart of the Serra de Ossa for our lunch at *Convento do São Paulo*. Erected in 1182 by hermit monks looking for an ideal place to live and pray, the convent displays over 54,000 stunning cobalt blue Portuguese tiles (*azulejos*) representing the largest private collection in Portugal.

Finish the afternoon with a visit to picturesque Evoramonte with its imposing castle and incomparable views. As my friend, the *Bradt Alentejo* guidebook author Alex Robinson, describes: “The views from the battlements are breathtaking, and wandering around the tiny village that spreads around the castle’s feet, within the secondary walls, is delightful.” Return to Évora for the evening. (Meals: B, L)

Saturday, September 24: **Happy Harvesters + Sensory Celebration**

Our trip coincides with the annual grape harvest in Alentejo. Experience this special moment hands-on as we join the owners and staff of a small family vineyard in their traditional harvest activities such as picking and sorting grapes. Break for a well-earned picnic lunch of locally sourced products set out amongst the vines or in the shade of the main house. (Meals: B, L, D)

Return to Lisbon after lunch. Enjoy some well-earned downtime this afternoon before gathering together one last time for our celebration dinner.

Considered by *Restaurant Magazine* amongst the World’s 100 best tables in 2015, 2-Michelin starred Belcanto (Lisbon’s only restaurant to have earned this honor) is the crown jewel of non-conformist chef José Avillez’s growing restaurant ecosystem. With just ten tables and with a philosophy of looking forward without forgetting history or traditions, Belcanto is a fitting and intimate finale to our Portugal tip-to-tail adventure. *Saúde!* (Cheers!)

Lodging for one night in Lisbon is at *As Janelas Verdes* (or similar) an eighteenth-century mansion that is now a small, elegant boutique hotel. For a preview visit: www.asjanelasverdes.com/en/

Sunday, September 25: **Homeward Bound**

Transfers are arranged this morning for those heading home today. Alternatively, extend in Lisbon for some independent exploration – highly recommended if you have the time! (Meals: B)

Cost & Details



6 to 12 Travelers: Cost for 8 Days in N. Portugal = \$4,095/per traveler**

**Includes early bird discount of \$200. Cost is \$4,295 after May 1, 2016

**Rates are double occupancy. Travelers opting for a single room, please add \$795

Included:

- Chef Michael Foust of Kansas City's *The Farmhouse* will host this one-of-a-kind adventure
- Specialist guides, innovative chefs, winemakers, archaeologists, artisan bakers and other cultural ambassadors meet & accompany us throughout our journey, offering us unparalleled access into the culture, traditions and history of this magical region
- *Signature Experiences* listed in the itinerary
- Lodging: double occupancy in upscale boutiques loaded with local flavor, color & character. These include: a stylishly designed mansion in Lisbon's historic Alfama neighborhood, a charming B&B inside a working farm and a genteel small hotel with an interior courtyard and original 16th Century elements located in the UNESCO World Heritage town of Évora.
- Most meals: breakfast & lunch daily, plus five (5) dinners during our eight-day journey
- Private ground transportation throughout the trip
- All entry fees to included museums, parks and monuments
- Stainless steel Culture Xplorers' eco water bottle to carry and refill throughout the trip
- Airport pick-up and drop-off coordinated with group's arrival & departure dates
- Comprehensive pre-departure planning materials

Items not included and estimates:

- International airfare from Kansas City to Lisbon
- Approximately two (2) meals during our eight-day journey
- Tips for Culture Xplorers trip leader, specialist guides and driver
- Traveler's medical insurance (recommended)

Details:

- Maximum travelers: 12 (6 travelers minimum) + chef Michael Foust & our intrepid CX trip leader
- Trip length: 8 days, plus international travel
- Activity level: Participants must be able to walk comfortably and unassisted for up to 90 minutes at a time & up to three hours per day on terrain that will include: cobblestones, sand dunes, unpaved dirt & gravel roads, hilly footpaths and vineyards.