

Stanford TRAVEL/STUDY

INSIDER'S PORTUGAL

April 17 to 27, 2022

Overview

Join associate professor Vincent Barletta, who specializes in Iberian and Latin American cultures, on a leisurely exploration of Portugal, combining unhurried and immersive stays in Lisbon and Porto with a countryside sojourn amid the cork oaks of the Alentejo.

Highlights

Get around. Venture into Lisbon's most picturesque neighborhoods aboard a privately rented electric tram as well as by *tuk-tuk*, funicular and historical wrought-iron lift. **Farm to table.** Stroll through Setúbal's enticing market, watch a cooking demonstration at a sustainable farm, and find out about cork, olive oil and wine production at some of Portugal's most storied estates or quintas. **Hands on.** Meet young apprentices who are studying age-old techniques of furniture restoration and learn to make *azulejos* (Portuguese tiles). **Gastronomes and oenophiles.** Delight in memorable meals and tastings at family-run eateries, neighborhood favorites, an elegant palace in Sintra, premier country vineyards and fine restaurants.

FACULTY LEADER

Vincent Barletta

Vincent Barletta, associate professor in the departments of comparative literature and Iberian and Latin American cultures, as well as a research associate at Stanford's Europe Center, focuses his research and courses primarily on medieval and early modern Iberian and Ibero-American literature, especially texts associated with the Portuguese empire. Professor Barletta says, "What excites me most about my field is the depth of expression one finds in the margins. Portugal is at the very edge of Europe, and its imperial history is filled with paradox. Portugal is indeed Europe's 'West Coast.' During this program, I look forward to pulling back the different layers of history everywhere we go in Portugal."

At Stanford:

- Associate professor, department of Iberian and Latin American cultures, since 2007; undergraduate chair, since 2018
- Associate professor, department of comparative literature, since 2013
- Research associate, The Europe Center, Freeman Spogli Institute for International Studies
- Associated faculty: Center for African Studies, Abbasi Program in Islamic Studies, Center for Medieval and Early Modern Studies, and Mediterranean Studies Forum
- Affiliated faculty, Center for Latin American Studies, since 2020
- Recipient, John Simon Guggenheim Memorial Foundation Fellowship, 2021
- Executive editor, *Journal of Lusophone Studies*, 2014–2020
- Author, *Death in Babylon: Alexander the Great and Iberian Empire in the Muslim Orient* (2010) and *Rhythm: Form and Dispossession* (2020)
- BA, English, Saint Mary's College of California
- MA, Spanish, and PhD, Hispanic languages and literatures—both UCLA

ITINERARY

Sunday, April 17

Lisbon, Portugal

Arrive in Lisbon on Sunday and check in to our hotel, set in a restored 19th-century palace surrounded by subtropical gardens in the city's diplomatic quarter. Gather this evening for a welcome reception and dinner. LAPA PALACE (D)

Monday, April 18

Lisbon

Navigate Lisbon's neighborhoods by private electric tram, historic funicular, electric *tuk tuk* and the Santa Justa Lift, an elegant wrought-iron elevator that was inaugurated in 1902. Observe apprentices plying age-old crafts—gilding, inlay and woodcarving—during an exclusive demonstration at the Museum of Decorative Arts, then go on a guided walk in the Alfama neighborhood, with its steep, narrow cobblestone streets and picturesque houses. After a lunch of *petiscos* (signature small plates) in the bohemian Chiado district, take time out to browse the quarter's enticing artisan shops. This evening enjoy dinner featuring an authentic performance of fado, Portugal's evocatively soulful traditional music, which UNESCO has added to the Representative List of the Intangible Cultural Heritage of Humanity. LAPA PALACE (B,L,D)

Tuesday, April 19

Lisbon / Sintra

After a morning at leisure, head northwest out of Lisbon, stopping for lunch overlooking the Atlantic Ocean. Visit Sintra, the summer residence of Portugal's royalty for four centuries and now a UNESCO World Heritage site, nestled among forested hills. At the National Palace of Sintra, which dates from the 14th century, admire a marvelous collection of *azulejos*, or traditional painted tiles, and step into the spacious kitchens, whose massive conical chimneys define Sintra's skyline. After free time to continue exploring Sintra independently, we're invited to the exquisite Monserrate Palace for dinner in a lovely private banquet room before returning to Lisbon. LAPA PALACE (B,L,D)

Wednesday, April 20

Lisbon / Setúbal

Following a guest presentation by an activist from INMUNE, the Instituto da Mulher Negra em Portugal (Institute of the Black Woman in Portugal), take a day trip south of Lisbon, driving along the dazzling Arrábida coast to the fishing town of Setúbal. Roam about Setúbal's colorful food market, then savor a gourmet lunch and wine pairing, hosted by a sommelier in a centuries-old building overlooking a vineyard. Learn to make our own *azulejos* in a hands-on workshop. Artisans will carefully fire our tiles and ship them to our hotel in Porto, ready to bring home. Return to Lisbon for an evening at leisure to discover the city's culinary scene independently. LAPA PALACE (B,L)

Thursday, April 21

Lisbon / Alentejo

Bid farewell to the capital, driving inland through the Alentejo region, to sharpen your enjoyment of Portuguese cuisine by delving into the storied source for much of it. Passing vast fields of wheat, forests of cork oak and silvery olive orchards, we drop by an agroecology farm for a private cooking demonstration and traditional lunch made with local products, then tour the property to find out how

farmers apply permaculture principles to create sustainable harvests. Late this afternoon check in to our hotel, a centuries-old estate and working winery, owned by the same family for eight generations and surrounded by ancient holm oaks, olive groves and vineyards near the village of Monsaraz. SÃO LOURENÇO DO BARROCAL (B,L,D)

Friday, April 22

Évora

Spend the morning in the enchanting walled city of Évora, which dates back more than 2,000 years and was occupied by Celts, Romans and Moors before it reached its golden age in the 15th century, when it became the residence of the Portuguese kings. Go on a guided walk in the city's historic center, which includes a UNESCO World Heritage Site, the ruins of the Roman Temple of Diana, built between the 1st and 3rd centuries. After lunch at a local restaurant, accompanied by a brief performance of regional a cappella folk singing called Cante Alentejano—another Portuguese musical form that UNESCO has placed on the Representative List of the Intangible Cultural Heritage of Humanity—choose to return to the hotel for a leisurely afternoon, or opt to take a short, guided hike or bicycle ride on the nature trails near Évora. SÃO LOURENÇO DO BARROCAL (B,L,D)

Saturday, April 23

Alentejo

Today is dedicated to an exploration of the agricultural heritage and historic villages of the Alentejo. Begin with a visit to a cork oak estate that has belonged to the same family since the mid-19th century. Stroll around the beautiful property and learn about cork production, then break bread with family members at an intimate farm-to-table picnic. After lunch join a private guided tour and participate in an olive oil tasting at Herdade do Esporão, known for its innovation in the field of environmentally sustainable fine wine and olive oil production. Late this afternoon wander through Monsaraz, one of the oldest villages in Portugal, built atop a hill with medieval stone walls, whitewashed houses, artisan shops and incredible panoramic views. SÃO LOURENÇO DO BARROCAL (B,L,D)

Sunday, April 24

Alentejo / Porto

Travel from the Alentejo northwest toward Porto, stopping for lunch and an afternoon excursion to the historical university town of Coimbra. See Coimbra's awe-inspiring baroque library and enjoy a brief performance of Coimbra's operatic style of fado at a local studio where traditional guitars are made. Arrive in Porto this evening and check in to our hotel, set amid the port wine lodges of Vila Nova de Gaia, with splendid vistas of Porto and the Douro River. THE YEATMAN HOTEL (B,L,D)

Monday, April 25

Porto

Break into small groups to tour Porto's historic city center by water taxi, via *tuk tuk* and on foot. Indulge in samples at artisan shops specializing in cheese and charcuterie as well as locally made soaps and textiles. Lunch is on our own and the afternoon is free for individual pursuits. Gather early this evening for a tasting of aged port wines at one of Porto's most famous port lodges. THE YEATMAN HOTEL (B)

Tuesday, April 26

Porto / Douro Valley

Set out to experience the gorgeous, terraced vineyards and glorious river views of the UNESCO World Heritage-Listed Douro Valley. Visit the Quinta Nova de Nossa Senhora do Carmo winery for a private

tour that includes a wine-pairing lunch among the vines. This acclaimed winery has been listed since the first demarcation of the Douro wine region in 1756, and its cellar dates to 1764. Quinta Nova has received numerous awards for its wines, its sustainable production methods and the educational value of its wine tours. Cruise a scenic stretch of the Douro River this afternoon, then return by motor coach to Porto to celebrate the culmination of our journey during a special farewell dinner at a Michelin-starred restaurant. THE YEATMAN HOTEL (B,L,D)

Wednesday April 27

Porto / Home

After breakfast transfer to the airport for flights home. (B)

INFORMATION

Covid-19 and Travel

With travel requirements and local Covid-19 conditions changing weekly, travel protocols for specific destinations will be shared with confirmed travelers closer to departure. To read more about Travel/Study's approach to ensuring traveler health and safety, visit our [Covid-19 Travel page](#).

Size

This trip requires a minimum of 18 participants and is limited to 28. Travel/Study is committed to providing a low-density experience on all programs and will implement protocols to do so, including social distancing on transportation as well as during lectures, meals and excursions. Single accommodations are limited.

Cost*

\$10,495 per person, double occupancy

\$12,895 per person, single occupancy

*Stanford Alumni Association nonmembers add \$300 per person.

Included

- Educational program with lecture series and predeparture materials, including an education resource list and travel information
- Services of our professional tour manager to assist you throughout the program
- All tours and excursions as described in the itinerary
- Gratuities to guides and drivers for all group activities
- 10 nights of deluxe hotel accommodations
- 10 breakfasts, 8 lunches and 8 dinners
- Welcome and farewell receptions
- Transfers and baggage handling on program arrival and departure days
- On-tour quarantine-related trip-cancellation, -interruption and -delay insurance coverage
- General medical, accident and evacuation insurance

Not Included

- Your personal flights to and from the program
- Passport and visa fees
- Immunization costs
- Meals and beverages other than those specified as included
- Independent and private transfers
- Nonquarantine-related trip-cancellation, -interruption and -delay insurance coverage
- Baggage insurance
- Excess-baggage charges
- Personal items such as internet access, telephone calls, laundry and gratuities for nongroup services

Air Arrangements

You are responsible for booking and purchasing airfare to the start location and from the end location of the program. These air purchases are NOT included in the program cost. To assist you in making these independent arrangements, we will send you details with your confirmation materials on when to arrive and depart.

What to Expect

This is a moderately active program that combines physically demanding and busy days with time to slow down and soak up the atmosphere in certain locations. Most days involve two to three miles of walking, often on uneven terrain such as slippery cobblestone streets, and may include significant climbing of stairs and inclines, occasionally without handrails, as well as extended periods of standing, sometimes with limited shelter and no available seating. Lisbon, in particular, is a city of very steep hills and long staircases connecting streets and neighborhoods. Participants must be physically fit, active, in good health and able to keep up with the group without assistance from tour staff. Long motor coach drives (approximately three hours from Lisbon to São Lourenço do Barrocal and approximately five to six hours from São Lourenço do Barrocal to Porto) are broken into shorter segments with rest stops and site visits. We welcome travelers 15 years of age and older on this program.

TERMS AND CONDITIONS**Eligibility**

We encourage membership in the Stanford Alumni Association as the program cost for nonmembers is \$300 more than the members' price. The nonmember fee is waived for anyone traveling as a paid guest of a current member, as well as for emerita or emeritus faculty and staff. To purchase a membership, call (650) 725-0692 or visit alumni.stanford.edu/goto/membership.

Deposits, Payments and Cancellations

A \$1,000-per-person deposit is required to reserve space on this program. Final payment is due 120 days prior to program start. Deposits and any payments are fully refundable, less a \$500-per-person cancellation fee, until 120 days prior to program start. After that date, refunds can be made only if the program is sold out and we resell your place(s), in which case a \$1,000-per-person cancellation fee will apply.

Insurance

Stanford Travel/Study provides all travelers who are U.S. or Canadian citizens with minimal medical, accident and evacuation coverage, as well as on-tour quarantine-related trip-cancellation, -interruption and -delay insurance coverage, under our group-travel insurance policy. Our group policy is intended to provide minimal levels of protection while you are traveling on this program. You may choose to subscribe to optional nonquarantine-related trip-cancellation, -interruption and -delay insurance coverage and/or baggage insurance. Information offering such insurance will be included in your confirmation materials. The product offered includes special benefits if you purchase your insurance within 14 days of receiving your welcome email.

Responsibility

The Stanford Alumni Association, Stanford University and our operators act only as agents for the passenger with respect to transportation and exercise every care possible in doing so. However, we can assume no liability for injury, damage, loss, accident, delay or irregularity in connection with the service of any automobile, motor coach, launch or any other conveyance used in carrying out this program or for the acts or defaults of any company or person engaged in conveying the passenger or in carrying out the arrangements of the program. We cannot accept any responsibility for losses or additional expenses due to delay or changes in air or other services, sickness, weather, strike, war, quarantine, force majeure or other causes beyond our control. All such losses or expenses will have to be borne by the passenger, as tour rates include arrangements only for the time stated. We reserve the right to make such alterations to this published itinerary as may be deemed necessary. We reserve the right to cancel any program prior to departure, in which case the entire payment will be refunded without further obligation on our part. We also reserve the right to decline to accept or retain any person as a member of the program. No refund will be made for an unused portion of any tour unless arrangements are made in sufficient time to avoid penalties. Baggage is carried at the owner's risk entirely. The airlines concerned are not to be held responsible for any act, omission or event during the time passengers are not on board their plane or conveyance. Neither the Stanford Alumni Association, nor Stanford University, nor our operators accept liability for any carrier's cancellation penalty incurred by the purchase of a nonrefundable ticket in connection with the tour. Program price is based on rates in effect at the time the brochure is published and is subject to change without notice to reflect fluctuations in exchange rates, tariffs or fuel charges. As a condition of participation, all confirmed participants are required to sign an Assumption of Risk.

California Seller of Travel Program Registration #2048 523-50