



Taste PORTUGAL



"I followed my heart and it led me to Portugal."

– Erich Maria Remarque

Come with us on a luxurious culinary journey through Portugal, where rich history and diverse flavors come to life. From Lisbon's vibrant streets to the sun-drenched hills of Alentejo and the enchanting Douro Valley, every place promises to delight the senses and enrich our understanding of Portugal and its culinary heritage.

Because we limit the number of participants to 20, we are offering two separate tours in September. Here are the dates:

September 3-14, 2025

Cost: \$6750

(Land only package - double occupancy)

Deadline to Register: June 15, 2025

These tours will sell out quickly so please register early!

FLASH! We are offering an optional excursion to the Azores!

The dates for the excursion are **September 14-18**. Click **HERE** for more details.

Robert and Nancy McDuffie and our daughter-in-law, Lauren McDuffie are the hosts of this tour.



TOUR HIGHLIGHTS:

3 Cooking Classes • 3 Wine Tastings • São Jorge Castle
Rossio Square • Cork Factory Visit • Cheese Factory Visit
Herdade do Esporão Olive Oil • Ribeira Market, Lisbon • Bolhao Market, Porto
Quinta da Regaleira Manor House • Adega Regional de Colares Winery
Fortaleza do Guincho Restaurant • São Lourenço do Barrocal Estate
Lisbon • Sintra • Cascais • Evora • Nazaré • Douro River Cruise

TOUR AT A GLANCE

We begin in Lisbon, savoring a dinner at the Elevator restaurant, followed by a private cooking session. Then we're off to the historic town of Sintra with its Romantic palaces and gardens before heading to the coast to Cascais for another hands-on cooking school with wine. The ancient town of Evora is next for olive oil and a cork factory and more wine. Finally, we travel north to the coast for a stop on the Silver Coast in Nazaré and its huge waves before getting to the Douro Valley—the world's most picturesque wine regions—for a river cruise and wine. We finish our adventure with a cooking class in Porto, home of Port wine. This is not just a tour; it's a celebration of Portugal's culinary soul, crafted to provide unforgettable memories with friends old and new.

WHAT'S INCLUDED

- All entrance fees to places on the itinerary
- All breakfasts, 4 lunches, and 4 dinners
- 3 wine tastings
- 3 cooking schools/demos
- Professional local experts and guides
- Transportation in a deluxe air-conditioned coach
- Perfectly located first-class 4- and 5- star hotels

NOT INCLUDED

- Flights from the U.S. to Portugal
- Flights to and from your local airport to Washington Dulles Airport
- Trip Insurance
- Tips to drivers, tour guides, and hotel staff
- Additional meals not in the itinerary, and any other items not listed in the itinerary



Douro River Valley

ITINERARY

Please note: this itinerary is subject to change.
Included: (B) – Breakfast (L) – Lunch (W) – Wine (D) – Dinner

DAY 1 • Wednesday, September 3

Our Portuguese adventure begins today as we fly from our home airports in the U.S. to Lisbon.



Belem Tower, Lisbon

DAY 2 • Thursday, September 4

Upon landing in Lisbon, we take a private bus to the beautiful Art Nouveau building in the city center which houses 1908 Lisboa Hotel, our home for the next five nights. We like to begin our trips with group dinners that afford us the opportunity to enjoy a great meal together while also getting to know one another a bit. Helmed by celebrated Chef Luis Magalhaes, **Elevador Restaurant** boasts an authentic, innovative menu that will set the tone for our Portuguese culinary adventuring to follow. *Lodging: Atlis Grand Hotel Lisbon (D)*



Rossio Square, Lisbon

DAY 3 • Friday, September 5

We hit the ground running on our first full day in Lisbon, diving right into the soul of the city with a curated history and flavors tour. From the impressive **São Jorge Castle** and the elegant **Chiado neighborhood** to the “nerve center” of the city – **Rossio Square** – our tour has us tasting bits and bites from some of Lisbon’s most beloved markets, café’s, dining halls, and bakeries. *Lodging: Atlis Grand Hotel Lisbon (B)(L)*

Eduardo VII Park, Lisbon



DAY 4 • Saturday, September 6

Today we journey even further into the culinary heart of Portugal via a **hands-on gastronomic workshop** created just for us. Included in our experience is a visit to **Ribeira Market**, a traditional food hall that dates back to the 1890s where vendors sell fresh flowers, produce, fish, cheese, and more. We have the unique chance to shop the market with an expert local chef who will teach us about Portuguese cuisine as we gather the ingredients needed for the three-course meal which we prepare and then enjoy together. *Lodging: Atlis Grand Hotel Lisbon (B)(L)*



Ribeira Market, Lisbon



Quinta da Regaleira

DAY 5 • Sunday, September 7

We venture outside Lisbon city limits today, making our way to the **Portuguese Riviera** and the town of **Sintra**. Quaint though it may be, this famed World Heritage Site is known for its castles, gardens, palaces, and historic architecture. Among the places we'll visit is the bewildering and enigmatic **Quinta da Regaleira**, a Romantic manor house whose history and architecture have captivated visitors for generations. After we get our fill of Sintra, we head to do some wine tasting at Portugal's oldest cooperative winery,

Adega Regional de Colares. Honoring ancient traditions and a dedicated preservationist mission, the vines and wines of the Colares are like a living museum of the region. *Lodging Atlis Grand Hotel (B)(W)*

Adega Regional de Colares





Harbor in Cascais

Day 6 • Monday, September 8

A private excursion to the dreamy and glamorous seaside town of **Cascais** is in store for us today. We enjoy a truly special dining experience inside the hotel **Fortaleza do Guincho**, whose restaurant offers breathtaking ocean views of Europe's westernmost point – a view which may only be bested by its world-class cuisine. We lunch with them today, sampling the uniquely beautiful maritime-inspired fare that has earned them a coveted Michelin star. *Lodging Atlis Grand Hotel Lisbon (B)(L)*

Day 7 • Tuesday, September 9

We depart from our Lisbon digs today and set out for the **Alentejo region**. Distinguished by its gentle plains, shallow valleys, thick cork forests, and peaceful waterways, this is a rich and rolling swath of the country whose exceptionally biodiverse landscape makes great fodder for culinary adventuring. We sample a variety of olive oils at **Herdade do Esporão** and walk the ancient streets of Evora before touring the **bone chapel** as well as **cheese and cork factories**. We dine picnic style today in **São Lourenço do Barrocal**, a truly picturesque estate nestled in the heart of a farming village in Portugal's **Monsaraz** foothills. We finish with a check-in to the Evora Olive Hotel. *Lodging: Evora Olive Hotel, Evora (B)(D)*



Cork orchard near Evora

Day 8 • Wednesday, September 10

After breakfast in hotel, we set out for an exclusive Alentejo-style cheese tasting experience at **Cachopas** before making our way to **Setubal**. Lesser known to tourists, this lovely port city boasts a rich seafaring heritage that makes itself known everywhere you go. We explore the city's historic streets, which are lined with plenty of shops and eateries, before visiting **José Maria da Fonseca**, one of the country's oldest and most celebrated wineries. Here, we enjoy a private tour and wine tasting before heading back to our hotel in Evora. *Lodging: Evora Olive Hotel, Evora (B)(W)*

Evora



Day 9 • Thursday, September 11

We check out of our Evora hotel this morning and make our way to the Douro Valley. Along the way, we stop along the **Silver Coast in Nazaré** where we have the chance to roam as we please for a couple of hours. A cross between a romantic old-world town and modern bustling seaside resort, Nazaré is a place to relax amongst cork groves, eucalyptus trees, surfers, and sun-seekers - a place whose narrow winding streets seem to lead to a slower,

more relaxed pace of life. We check in at the Octant Douro Hotel and enjoy a **cooking demonstration with its chef**. *Lodging: Octant Douro Hotel; Douro Valley (B)(D)*



Silver Coast in Nazaré



Porto, on the north bank of the Douro River

Day 10 • Friday, September 12

Today we visit **Porto**, the country's second largest city, beloved for its beautiful riverfront vistas, hospitable people, and its thriving food scene. Here, we'll gather fresh local ingredients in the bustling **Bolhao Market** and then work together to transform them into a delicious and decidedly Portuguese meal – all under the guidance and culinary expertise of a **local Porto chef**. When we've had our fill, we'll set out to wander the streets of the city on a flexible and relaxed tour of Porto

alongside a local guide. *Lodging: Octant Douro Hotel; Douro Valley (B)(L)*

Day 11 • Saturday, September 13

Our last full day is dedicated to exploring the gorgeous **Douro Valley**. Home to the country's iconic **Port wines**, the Douro Valley is a verdant and terraced landscape that is widely heralded as one of the world's most beautiful wine regions. We take a river cruise and, of course, sample some of the Port wines that have made the region so famous. Tonight, after returning to the Octant Douro, we bid farewell to Portugal and can relive all our culinary adventuring at our **farewell dinner**, which we'll enjoy from the comfort of our hotel. *Lodging: Octant Douro Hotel; Douro Valley (B)(W)(D)*

Day 12 • Sunday, September 14

Our time together in "The garden of Europe" sadly comes to an end today as we check out of the Octant Douro Hotel and catch our flights back to the States or to the Optional Azores Excursion. (B)

Vineyard in the Douro River Valley



Taste PORTUGAL

Tour Map



Hotels

(Click on the hotel name below to see images from that hotel)

Lisbon

[Atlis Grand Hotel](#)

Evora

[Evora Olive Hotel](#)

Douro Valley

[Octant Douro Hotel](#)

TERMS AND CONDITIONS

COST:

\$6750.00 Total cost per person (double/twin occupancy, **airfare is NOT included**)

\$2000.00 Single room supplemental fee

While we attempt to find roommates for single participants, if a roommate is not available, the participant is subject to pay the single supplement fee.

Method of Payment: *by check only*, payable to: MCDUFFTOURS LLC

Included in the Cost

The cost of this tour includes lodging, entrance fees, guides, ground transportation, dinners and lunches as outlined in the Itinerary, plus all breakfasts. While we attempt to find roommates for single participants, *if a roommate is not available, the participant is subject to pay the single supplement fee.*

Not included in the Cost

The cost of airfare from the U.S. to Portugal and return is NOT included in the cost. Costs of obtaining passports, visas, excess/overweight baggage charges, items of a purely personal nature such as drinks, laundry, telephone and optional tours are not included. All meals except those included in the tour are not included. Trip insurance is not included as well as tips to driver/guides and any foreign departure taxes.

Tour Conditions:

MCDUFFTOURS LLC acts only as agents for the passengers with respect to transportation, hotels and restaurants, and exercise every care possible. MCDUFFTOURS LLC assumes no responsibility to any person or entity for liability for injury, damage, loss, accident, breakdown, disruption of advertised schedules, delay or irregularity in connection with the service of any ship, ferry, airplane, train, automobile, motorcoach, carriage, or any other conveyance used in carrying out these tours, or for the acts or defaults of any company or person engaged in conveying the passenger or in carrying out the arrangements of the tour. We cannot accept responsibility for losses or additional expense due to delay, refusal of visa, or changes in air or other services, sickness, weather, strike, war, violent acts, quarantine, acts of God, or any other causes beyond our control. All such losses will have to be borne by the passenger, as our tour rates provide for arrangements only for the time stated. We reserve the right to make such alterations to the itinerary or accommodations as may be deemed necessary for carrying out the tour. The right is reserved to cancel any tour prior to departure, in which case the entire payment will be refunded without further obligation on our part. The right is reserved to decline to accept or retain any person as a member of the tour. No refund will be made for the unused portion of any tour. The price of the program is based on tariffs and exchange rates in effect on January 2, 2025, and is subject to adjustment in the event of change in tariffs, taxes or exchange rates. Baggage is at the owner's risk entirely. The acceptance of any service provided as part of tour or any ticket or voucher shall be deemed to be acceptance of, and consent by the tour member to these conditions. Services are subject to the laws of the country where services are provided. For a more detailed Term and Conditions statement from MCDUFFTOURS, please click [HERE](#).



Please note that this tour requires a considerable amount of walking. Since most of the wineries and antiquities we visit are not wheelchair accessible, participants must be able to walk on uneven paths with steps without wheelchairs or walkers. Participants must also be able to manage their own luggage. If you cannot walk a mile without difficulty, this tour is most likely not best suited for you.

I understand and accept these terms and conditions:

Name: _____

Signature: _____ Date: _____

Cancellation and Refund Policy: The total deposit is refundable until June 15, 2025. If you must cancel between June 15, 2025 and July 20, 2025, \$100 of the \$1000 deposit will be retained. After July 20, the \$1000 deposit plus actual expenses incurred in airline and hotel arrangements will be retained and the remainder will be refunded.

OUR COMPANY

MCDUFFTOURS LLC is a travel company founded by Nancy and Robert McDuffie, both former professors at Virginia Tech. Nancy is a soprano and was on faculty in the Department of Music, while Robert is a Landscape Architect and was faculty in the Department of Horticulture and Director of the Hahn Horticulture Garden.

After establishing the first Virginia Tech Horticulture group study abroad program 27 years ago, it was a natural progression to now take garden lovers of all ages around the world to see the most beautiful gardens on earth. More than 1800 travelers have joined us on tours in the U.S. and abroad, including visits to England, Wales, Scotland, Ireland, Northern Ireland, Costa Rica, Italy, Spain, Portugal, Morocco, Monaco, Belgium, Germany, Austria, Switzerland, Sweden, Denmark, Norway, France, Ecuador, Israel, Canada, Japan, New Zealand, Australia, South Africa, and the Netherlands.

At the heart of our company is our growing 'family' of traveling friends that together experience our special brand of garden and food adventures. And on every tour, one or both of us are on board to lead the group, lecture about gardens, and do whatever it takes to make our travel go smoothly.



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REGISTRATION FORM

September 3-14, 2025

Please print – each participant must complete this form

Full Legal Name (as on passport) _____

First name for NAME TAG _____ Phone # _____

Birthdate _____ Email _____

Street Address _____

City _____ State _____ Zip Code _____

Passport# _____ Place of issue _____

Date of issue _____ Date of expiration _____

Emergency contact _____ Phone # _____

Special food requirements/allergies/preferences _____

Name of preferred roommate _____

Total Tour Fee is \$6750.00 (double occupancy, per person)

_____ \$1000.00 Deposit due: June 15, 2025

_____ \$5750.00 Final payment of the balance due: July 20, 2025

_____ \$2000.00 Supplemental Fee for Single due: July 20, 2025

Office Use	Received	AMT: _____
		CHK#: _____
		DATE: _____

Optional Azores Excursion - \$2000.00 (double occupancy, per person)

_____ \$500.00 Deposit due: June 15, 2025

_____ \$1500.00 Final payment of the balance due: July 20, 2025

_____ \$800.00 Supplemental Fee for Single due: July 20, 2025

\$_____ Total payment enclosed

Method of Payment: by check, payable to: MCDUFFTOURS LLC

Reservation information:

Robert McDuffie - 540 818 0154 - mcdufftours@yahoo.com

Please mail your completed reservation form, a signed copy of the Terms and Conditions form, and a deposit check by March 15, 2025 to:

MCDUFFTOURS
LLC
4810 Susannah Drive
Blacksburg, VA
24060