WISE & Healthy Aging presents…

Flavors of Portugal & Spain: featuring the Douro and Rioja Wine Regions

September 24 – October 9, 2023

Book Now & Save $150 Per Person

Upgrade to Elite Airfare! see inside for details

For more information contact
Grace Cheng Braun
WISE & Healthy Aging
(310) 394-9871 ext. 440
trips@wiseandhealthyaging.org
Small Group Travel rewards travelers with new perspectives. With just 12-24 passengers, these are the personal adventures that today’s cultural explorers dream of.

16 Days ● 21 Meals: 14 Breakfasts, 2 Lunches, 5 Dinners

HIGHLIGHTS… Lisbon, Tagus River Cruise, Coimbra, Porto, Port Wine Tastings, Braga, Douro River Valley, Douro River Cruise, Salamanca, La Rioja, Pamplona, Bullfighter’s Home Experience, San Sebastian, Cider House Dinner, Bilbao, Guggenheim Museum, Pintxos Tapas Pub Crawl

ITINERARY AT A GLANCE

Day 1: Sunday, September 24, 2023 Overnight Flight
Sparkling coastlines… historic cityscapes… mouthwatering cuisine… aromatic wine… Northern Portugal and Spain await you with open arms for the journey of a lifetime.

Day 2: Monday, September 25, 2023 Lisbon, Portugal – Tour Begins
Arrive in Lisbon, the trendy capital of Portugal. Lisbon glistens like a treasure perched on seven hills and enchants travelers with its laid-back charm. At a local restaurant, meet your fellow travelers for a welcome dinner to officially kick off an experience-rich adventure. (D)

Day 3: Tuesday, September 26, 2023 Lisbon
Set off for a walking tour that takes you to the Praça do Comercio in downtown Lisbon, one of the biggest squares in Europe. This gorgeous square flaunts colorful artwork and sculptures. Climb aboard a private tram to discover Lisbon from its hills. Postcard-worthy vistas greet you at every turn. Travel through historic neighborhoods hearing the kinds of stories that bring the city – and its meandering, colorful neighborhoods to life. Walk to the Chiado neighborhood and embrace its elegant flair and bohemian vibe or return back to the hotel by subway. (B)

Day 4: Wednesday, September 27, 2023 Lisbon
Explore Lisbon today at your own pace. With plenty of free time in the capital city, you may wish to check out its famous culinary scene or venture downtown to do some shopping. If you’d prefer to tour today, choose an optional excursion to Ericeira and Sintra; from wind swept cliffs in Ericeira to the quaint palaces and villas of Sintra you will learn a thousand fascinating tales. This evening, join your fellow travelers for a private cruise* on the Tagus River for a truly unique way to experience Lisbon. Sail by the Monument to the Discoveries and the Tower of Belem (UNESCO) before crossing the river to see “Christ the King” statue. (B)
Book Now & Save $150 Per Person:

| Double  | $5,999 | Double  | $5,849*
|---------|--------|---------|--------
| Single  | $7,299 | Single  | $7,149 |

For bookings made after Feb 25, 2023 call for rates.

Included in Price: Round Trip Air from Los Angeles Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers

Not included in price: Cancellation Waiver and Insurance of $449 per person

* All Rates are Per Person and are subject to change, based on air inclusive package from LAX

Upgrade your in-flight experience with Elite Airfare

Additional rate of: Business Class $3,990
† Refer to the reservation form to choose your upgrade option

IMPORTANT CONDITIONS: Your price is subject to increase prior to the time you make full payment. Your price is not subject to increase after you make full payment, except for charges resulting from increases in government-imposed taxes or fees. Once deposited, you have 7 days to send us written consumer consent or withdraw consent and receive a full refund. (See registration form for consent.)

Day 12: Thursday, October 5, 2023 La Rioja - Pamplona - La Rioja Today, it’s off to Pamplona, the capital of the Navarre province and home to the legendary Feast of San Fermin – the Running of the Bulls. Once every year, bulls are led through the city’s streets by daredevil runners and today, a local guide takes you on a city tour of Pamplona where you can hear all about its colorful, unique history before visiting the family home of a bullfighter. The bullfighter’s family greets you in the traditional way – with light tapas and drinks – truly welcoming you into their world for a little while. During your visit, learn firsthand about bullfighting traditions, controversies and enjoy the chance to ask your own questions. As you make your way back to stunning Rioja, stop at the Marques de Riscal Winery nestled in the center of Spain’s beautiful Basque country – one of the most fascinating wineries to behold with its famously avant-garde design. Taste some of the wines and walk the vineyards before heading back to your hotel. (B)

Day 13: Friday, October 6, 2023 La Rioja - San Sebastian Are your shoes made for walking? Today, set off for an extensive walking tour of San Sebastian, a coastal city that runs along the Bay of Biscay. With its strong regional character, quaint old town and beachfront life, you will feel like a local as you meander through charming neighborhoods boasting with traditional architecture. Enjoy free time for lunch on your own before rejoining your fellow travelers for a panoramic tour along the coastal road, finding picture-perfect views that will take your breath away. (B)

Day 14: Saturday, October 7, 2023 San Sebastian Today, it’s your choice! You can choose a guided tour of the coastal villages of Zumaia and Getaria for a special opportunity to explore the glistening Spanish coastline and enjoy a tasting of Txakoli wine - OR- take a leisurely hike along the “Camino of Saint James” and make your way back to the city center, enjoying a healthy, scenic experience in this beautiful destination. Lastly you can choose to stay in San Sebastian to relax or further explore on your own! A great spot for shoppers and foodies alike, there is plenty to do to pass the time. Later, travel with your fellow travelers to Astigarraga – famous for its hard cider – for a truly special dinner inside of a sagardotegi, a cider house. Tour the sagardotegi learning all about the importance of cider in Basque cuisine, before savoring a traditional meal. (B, D)

Day 15: Sunday, October 8, 2023 San Sebastian - Bilbao - San Sebastian Head to Bilbao to visit the world-renowned Guggenheim Museum, set along the Nervion River and hailed as a true icon of architectural culture, with its contemporary design. See some of the modern art housed inside its fascinating walls. Then take a walking tour of Bilbao’s old town where you can find historic old churches, festive markets and quintessential Spanish squares. After all this walking, it’s time for a “pub crawl” – tapas style! Experience tasty pintxos – the Basque version of tapas at various local spots for a truly unique lunch experience. Enjoy some free time in the historic Bilbao downtown before returning to San Sebastian and toasting the end of your unforgettable journey! (B, L)

Day 16: Monday, October 9, 2023 San Sebastian - Tour Ends Today, your tour of Portugal and Spain comes to a close – all of the wonderful memories will truly be the best souvenirs. (B)

For more information visit https://gateway.gocollette.com/link/1132867
PLEASE NOTE:
Book now rates valid until Feb 25, 2023, valid on air inclusive packages only.

IDENTIFICATION
Passports are required for this tour at your expense. Certain countries require a minimum of 6 months passport validity from date of return home. You are strongly urged to contact the appropriate consulate for details. Visit www.travel.state.gov for the U.S. State Department for the latest details about passports and visa requirements.

IMPORTANT: We recommend that our clients traveling abroad take a photocopy of their passport and applicable visas. It should be packed separately from your actual passport and visa. We also recommend leaving a copy at home with your emergency contact.

Effective for travel after November 2023, all visitors who do not need a visa to enter Europe will be expected to apply for an ETIAS travel authorization, for a fee, when visiting a Schengen Area Country. To identify Schengen Area Countries and to complete the ETIAS application, please visit https://www.etiasvisa.com/

To complete your tour, we include roundtrip airport-to-hotel transfers when purchasing our airfare with your tour. If you have arranged for your own air, we are pleased to provide you the option of purchasing these transfers. Please note that all transfers will leave at pre-scheduled times.

Single accommodations are limited and are available on a first come, first served basis. Triple accommodations are not available on this tour.

Travel with just 16-24 guests on this tour where a smaller group setting means a more personal travel experience.

*River cruises are weather dependent and will be replaced with another experience if weather conditions prevent the cruise from operating.

The overall activity level of this tour is a level 3. This means you’re an on-the-go traveler. You don’t want to miss a thing, so walking and standing for longer periods of time (1-2 hours) isn’t a big deal. You can navigate hills and uneven ground such as traditional Portuguese cobblestone streets or vineyard walks, climb into various modes of transportation (boats and trams). You can expect some longer days balanced with free-time to recharge or set out on your own adventure. Porto is a compact city with many hills, cobblestone streets and uneven ground. Our walking city tour on day 6 will take approximately 3 hours and you should be prepared to stand for longer periods of time.

Please be advised many airlines do not provide advance seat assignments until check-in at the airport. Advance seating will be subject to the airline’s terms and conditions.

Our air passengers will arrive into Lisbon airport and depart from Bilbao airport. Our transfers will depart from/arrive into these airports.

Return flights should not be booked prior to 10:00 a.m.

Economy air rate and schedule are applicable for groups of 10 or more traveling on the same flights and dates.

A deposit of $698 per person is due upon reservation. Reservations are made on a first come, first served basis. Reservations made after the deposit due date of February 18, 2023 are based upon availability. Final payment due by July 26, 2023. Deposits are refundable up until February 25, 2023.

CST#2006766-20 UBN#601220855 Nevada Sellers of Travel Registration No. 2003-0279

For important reservation information visit https://gateway.gocollette.com/link/1132867.
You can also find this information on your tour documents.
If paying by credit card, please complete this form and return to WISE & Healthy Aging. We can only charge your credit card for the amount noted if the signature, address and phone number are listed below. Thank you!

**CREDIT CARD AUTHORIZATION FORM**

**BOOKING NUMBER:** 1132867

**TOUR:** Flavors of Portugal & Spain: featuring the Douro and Rioja Wine Regions

**DEPARTURE DATE:** September 24, 2023

**GROUP NAME:** WISE & Healthy Aging

Name of Passenger: ____________________________  
Salutation: _______ First Name: ____________________________  
Middle Initial: _______ Last Name: ____________________________  
Suffix: _______  
(Mr., Mrs., Rev.)  
(Please print as it appears on Passport)  
(Jr., Sr.)

Cardholder Name: ____________________________  
(Please print as it appears on your Credit Card)

Cardholder Address: ____________________________  
(as it appears on your credit card statement)

Cardholder Phone: ____________________________

Credit Card Type: ______ American Express ______ Discover ______ MasterCard ______ Visa

Credit Card Number: ____________________________

Expiration Date: ____________________________  Amount to be charged: $ ____________________

Cardholder’s Signature: ____________________________  Date: ____________________

I agree to pay according to the card issuer agreement. I understand and accept Collette cancellation policy, terms and conditions.

Participating credit card companies are now requiring a billing address and phone number for FRAUD PREVENTION. All information MUST be provided. Thank you for your cooperation! If using your credit card for payment, please return this Authorization Form by mail to:

**WISE & Healthy Aging**  
Attn: Grace Cheng Braun  
1527 4th St Fl 2  
SANTA MONICA, CA 90401-2332

Or by Fax securely to: (310) 394-7152

☐ (Internal/Office: Above credit card information has been called in to Collette)
BOOKING NUMBER: 1132867

TOUR: Flavors of Portugal & Spain: featuring the Douro and Rioja Wine Regions

GROUP NAME: WISE & Healthy Aging

DEPARTURE DATE: September 24, 2023

Available Options

Personalize your tour by adding an optional activity below. Our recommended options have been carefully chosen to help enhance your individual experience. Complete the provided Prepaid Options Form to reserve your options.

Availability is limited and reservations are on a first come, first serve basis. Payment must be received no later than 15 days prior to departure. Prices are subject to change.

Children under the age of 18 MUST be accompanied by an adult.

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Porto

**Calem Wine Cellar Tour, Tasting & Market Dinner**

$75 USD

When it comes to Port wine, Cálem Cellars in Porto stands out as one of the iconic landmarks. Cálem is an immensely popular Port brand that dates back to the 1800s. Walk from your hotel to the wine cellars where a guided tour of their facilities will share the history of this wine and its importance to the economy of the region. After, visit a local market and peruse the stalls to piece together your ideal meal. Duration: Approximately 3 hours. Please note a minimum of 1 passengers is required. Transportation is not included.

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Sintra

**Seaside Village to Whimsical Palace: Ericeira & Sintra**

$90 USD

Take a step away from the bustling streets of Lisbon for an excursion to charming seaside Ericeira, once a thriving fishing village. This beach town is now world-renowned to surfers and that aesthetic can be seen everywhere from the coast to the cozy cafes. Take some time to tour the quaint downtown along with your Tour Manager and enjoy some traditional Portuguese pastries. Next, explore the town of Sintra (UNESCO), the summer residence of Portuguese kings. Venture into the National Palace of Sintra, of Moorish origins and with some of the oldest azulejos in the country, it provides a glimpse into the history of this hilltop town. Duration: Approximately 7 hours. Please note a minimum of 8 passengers is required. Transportation is included.

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Regua

**Flavors of the Douro: Wine Paired Multi-Course Dinner**

$85 USD

Portuguese cuisine is one of the best in the world. Paired with wine from the oldest wine region in the world – The Douro Valley – makes this an unforgettable gastronomic experience!

While in Regua, enjoy a 5-course tasting menu with wine pairings. Regua’s fortunes have been tied to the Douro wine trade for more than 250 years. Duration: Approximately 2 hours. Transportation is included.
For Reservations Contact: Grace Cheng Braun (310) 394-9871 ext. 440 email: trips@wiseandhealthyaging.org  
WISE & Healthy Aging, 1527 4th St Fl 2, SANTA MONICA, CA 90401-2332

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YOUR INFORMATION:
Clearly print your full name (first/middle/last) as it appears on your government issued travel documentation. In order to avoid any unnecessary change fees, it is imperative that all guest names are entered correctly from the start. The information below must be the legal name and be 100% identical to the ID being used to travel <passport/drive’s license> including middle names or suffixes <Jr, Sr>.

First: ___________________________ Middle: ___________________________ Last: ___________________________ Suffix: ___________________________

Nickname: ___________________________ Gender: ( ) Male ( ) Female Date of Birth: month ______ day ______ year ______

Address: ___________________________ City: ___________________________ State: ___________________________ Zip Code: ___________________________

Phone: ( ) ___________________________ Cell: ( ) ___________________________ Email Address: ___________________________

Passport Number: ___________________________ Expiration Date: (month/day/year) ___________________________ Date of Issuance: (month/day/year) ___________________________

City, State, Country of Issuance: ___________________________ Citizenship: ___________________________

Should you become ill or injured, whom should we contact (not traveling with you): ___________________________ Phone: ( ) ___________________________

ROOMING WITH: □ Check if address is the same as above ___________________________ Phone: ( ) ___________________________

AIR GATEWAY: Departure airport for this tour: ___________________________

Air Seat Request: ( ) Aisle ( ) Window ( ) Next To Traveling Companion
Collette cannot guarantee your seat preference. If you have not purchased air through Collette and wish to purchase transfers, you must transfer at our pre-scheduled times. Please be advised, when travelling as part of a group, many airlines do not provide seat assignments. Preferred seating may be available for an additional charge.
Please reserve an upgrade to Elite Airfare for an additional rate of: □ Business Class $3,990

Service is limited and not available on all flights or carriers. Other restrictions may apply. Please note: if you purchase an upgrade we cannot guarantee the same flight schedule as the group. If Business class service has been purchased, it is for the international portion of the journey only.

Are you willing to separate from the group air schedule to accommodate your upgrade request? ( ) Yes ( ) No

“Federal law forbids carriage of hazardous materials such as aerosols, fireworks, lithium batteries & flammable liquids aboard the aircraft in your checked or carry-on baggage. A violation can result in 5 years’ imprisonment and penalties of $250,000 or more. Details on prohibited items may be found on TSA’s "prohibited items” web page: http://www.tsa.gov/traveler-information/prohibited-items.”

TRAVEL PROTECTION: ( ) Yes, I wish to purchase travel protection $449 ( ) No, I decline

If you choose not to purchase Collette’s Waiver Insurance Plan, you will incur penalties for changes and cancellations. Travel Protection Payment is due with first deposit. The Waiver Fee does not cover any single supplement charges which arise from an individual’s traveling companion electing to cancel for any reason prior to departure. The single supplement will be deducted from the refund of the person who cancels. (There is coverage under Part B which in

ON TOUR ACTIVITIES: Please choose one of the following on tour activities

Please Choose One: Please Choose One: (subject to availability)
( ) Zumaia and Getaria Villages ( ) The Wine House Hotel - Quinta da Pacheca – Standard (included)
( ) Coastal Saint James Way Hike ( ) The Wine House Hotel - Quinta da Pacheca – Superior (additional
( ) Free time in San Sebastian charge of $110.00 double, $220.00 single required)

PLEASE MAKE CHECKS PAYABLE TO: COLLETTE ( ) Check ( ) Credit Card

Waiver/Insurance Amount: $ ___________________________ Deposit Amount: $ ___________________________ Total amount enclosed: $ ___________________________

Cardholder Name (if paying by Credit Card):

Cardholder Billing Address: □ Check if address is the same as above ___________________________

Cardholder Phone: ___________________________ Amount: $ ___________________________

Credit Card Number: ___________________________ Expiration Date: ___________ M M Y Y

SIGNATURE REQUIRED for acceptance of the below conditions and agreement to credit card use:

_________________________________________ Date: ___________________________

I agree to pay according to the card issuer agreement. I understand and accept the cancellation policy, terms and conditions. See http://www.gocollette.com/about-collette/terms-and-conditions for full terms and conditions of your purchase.

Important Conditions: Your price is subject to increase prior to the time you make full payment. Your price is not subject to increase after you make full payment, except for charges resulting from increases in government-imposed taxes or fees.
**TOUR:** Flavors of Portugal & Spain: featuring the Douro and Rioja Wine Regions
**GROUP NAME:** WISE & Healthy Aging

**DEPARTURE DATE:** Sep 24, 2023

**AVAILABLE PREPAID OPTIONS**

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<table>
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<tr>
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Please make checks payable to **COLLETTE** and send to:

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SANTA MONICA, CA 90401-2332  
Fax: (310) 394-7152