

Portugal

Culture, Coast and Countryside

September 23 - October 01, 2028

Women Travel Tribe

Small Group Adventures for Women 50+

womentraveltribe.com/tours/portugal-sep-2028

Tour Overview

Duration:	9 days
Maximum Group Size:	12 women
Start Date:	September 23, 2028
End Date:	October 01, 2028
Arrival Airport:	Lisbon Humberto Delgado Airport (LIS)
Departure Airport:	Lisbon Humberto Delgado Airport (LIS)

Portugal has a way of meeting you gently. It doesn't demand attention. It earns it slowly, through everyday beauty, quiet traditions, and moments that linger longer than expected. This journey is designed for women who want to experience Portugal not as a checklist of sights, but as a place to settle into, savor, and truly feel.

Over nine thoughtfully paced days, we move from Lisbon's historic neighborhoods to fairytale Sintra, coastal towns shaped by the sea, the wine-rich Douro Valley, and the wide, sun-washed landscapes of the Alentejo. Along the way, we balance guided exploration with free time, cultural experiences with moments of rest, and shared meals with space to simply wander, sit, and enjoy being present.

Traveling in a small, women-only group creates a rhythm that feels supportive and unhurried. There's no need to keep up, no pressure to do everything, and no expectation beyond showing up as you are. Days unfold naturally through food, music, conversation, and scenery, offering a version of Portugal that feels warm, grounded, and deeply human.

This journey is especially well-suited for women 50+ who value authenticity over spectacle, comfort over intensity, and travel that feels nourishing rather than exhausting. If you're drawn to places that reward curiosity and invite you to slow down, Portugal offers a beautiful setting to do just that.

Itinerary

Day 1: Lisbon (Arrival Day)

Included meals: Dinner

Upon arrival in Lisbon, you'll be transferred to our hotel, where you can settle in, rest, and begin adjusting to the pace of the journey. For those arriving early, your tour leader will be available to offer suggestions and help you make the most of your time. In the evening, we gather for a welcome dinner at a renowned Lisbon restaurant - a relaxed introduction to Portuguese cuisine and to the women you'll be traveling with. It's an easy, comforting first evening designed to help you arrive fully.

Day 2: Lisbon

Included meals: Breakfast, Dinner

We begin our first full day with a guided walking tour through some of Lisbon's most historic and character-filled neighborhoods. Starting in Chiado and Baixa, we take in elegant buildings, tiled storefronts, and lively squares while learning about Lisbon's role as a center of exploration and trade. From there, we move through Mouraria - one of the city's most diverse neighborhoods and the birthplace of fado - before continuing into Alfama, where winding streets and hillside homes overlook the river. Along the way, our guide shares stories of Lisbon's Moorish past, the rebuilding after the 1755 earthquake, and how these neighborhoods have evolved. The afternoon is free for you to explore at your own pace. In the evening, we come together for dinner accompanied by a live fado performance, an expressive, soulful music tradition that reflects Portugal's deep sense of longing, love, and fate.

Day 3: Lisbon / Sintra / Lisbon

Included meals: Breakfast, Lunch

Today we head to Sintra, a misty hillside town about 1 hour from Lisbon that once served as a summer retreat for Portuguese royalty. We begin with a visit to the remarkably colorful Pena Palace, perched high above the town and surrounded by lush gardens. We'll enjoy a guided tour of the palace's rooms, terraces, and gardens while learning about its history and romanticist architecture. Afterward we'll explore the historic village center at a relaxed pace, wandering cobblestone streets and small shops. Along the way, we stop to try Sintra's traditional pastries, travesseiros and queijadas, both made here for generations. After lunch at a local restaurant, we'll continue to Quinta da Regaleira, known for its lush gardens, secret grottoes, and the famous Initiation Well. In the late afternoon we'll return to Lisbon, carrying with us the fairytale atmosphere that makes Sintra so memorable.

Day 4: Lisbon / Óbidos / Aveiro / Porto

Included meals: Breakfast, Lunch, Dinner

After breakfast we'll head out on a scenic drive toward Porto, with stops in two towns that show different sides of Portugal's history and culture. Our first stop is Óbidos, a charming walled village known for its tiled houses, flowering balconies and narrow lanes. We'll enjoy a guided stroll through town, learning about its history and royal connections. There may also be time to browse the local shops or try ginjinha, a regional cherry liqueur often served in tiny chocolate cups. From there we'll continue to Aveiro, known for its canals, colorful moliceiro boats and Art Nouveau buildings. We'll enjoy a guided walking tour, followed by a ride aboard a traditional moliceiro boat, with a tasting of ovos moles, a traditional Portuguese sweet, and sparkling wine. After our visit, we'll make our way to Porto, with time to check in and relax before dinner.

Day 5: Porto

Included meals: Breakfast, Lunch

This morning we'll embark on a guided cultural and food tour of Porto, stopping at local spots to taste some of the region's best flavors. Beginning at Porto Cathedral, we'll explore the city's history, enjoy views of the Dom Luís I Bridge and visit São Bento Railway Station, known for its beautiful tiled panels. Along the way, we'll visit Bolhão Market and sample Portuguese specialties, including a bifana sandwich and a traditional sweet. Our guided visit concludes at the famous Livraria Lello bookstore. The afternoon will be yours to explore, whether you choose to walk along the Douro River in the Ribeira district, take in the view from the Clérigos Tower, or cross the bridge into Gaia to visit one of the port cellars.

Day 6: Porto / Douro Valley / Porto

Included meals: Breakfast, Lunch

Today we'll head into the Douro Valley, a UNESCO-listed region shaped by centuries of wine production. Our first stop will be the riverside town of Pinhão, where we'll board a traditional wooden rabelo boat, once used to transport Port wine barrels down the Douro River toward the cellars in Vila Nova de Gaia. During the ride we'll get to see the landscape from the water, passing terraced vineyards, rugged hills, and small whitewashed villages along the riverbanks. The boat's open deck will give us wide views of the valley as we follow the curves of the river and learn more about the area's wine-making heritage. Back on land we'll head to a nearby estate for a guided vineyard and cellar visit. This historic property has been part of the Douro's wine story for centuries, with vineyards set among the rolling hills near the river. We'll walk through the estate, learn about its wine traditions, and enjoy a tasting that may include both Douro wines and Port. We'll then enjoy lunch at the estate's restaurant, where the meal will focus on regional Portuguese flavors paired with the setting of the vineyards. After lunch, we'll make our way back to Porto in the afternoon.

Day 7: Porto / Coimbra / Évora

Included meals: Breakfast, Lunch

After breakfast we'll leave Porto behind and begin our drive back south. Our first stop will be beautiful Coimbra, a hilltop city along the Mondego River with a long academic legacy. We'll enjoy a local guided visit to the University of Coimbra, one of the oldest in continuous operation in the world, including the Joanina Library and St. Michael's Chapel. After our visit and a break for lunch, we'll continue through the Alentejo countryside to Évora. Once we check in at our hotel, any remaining time will be free to relax or explore. Évora is a UNESCO World Heritage city with roots going back to Roman times, and its center is filled with well-preserved architecture. You might choose to explore the narrow streets of the old town, visit the Capela dos Ossos, built with thousands of human bones, or stop by the nearby Roman Temple, a well-preserved structure that dates back to the first century.

Day 8: Évora / Monsaraz / Alqueva Lake / Évora

Included meals: Breakfast, Lunch, Dinner

Today we'll venture into the Alentejo countryside, beginning with the drive to Monsaraz. Set high above the surrounding plains and Alqueva reservoir, this historic village is known for its whitewashed houses, cobbled lanes, small squares and castle walls. We'll enjoy a guided stroll through the village, with time to take in the views and photograph the landscape below. We'll also enjoy an introduction to Alentejo wine production through a local wine experience, followed by a tasting and a picnic lunch prepared with regional ingredients. In the afternoon we'll take a scenic boat trip on Alqueva Lake, exploring the surrounding landscape from the water. We'll return to Évora with time to relax at the hotel before gathering for our farewell dinner, bringing our time in Portugal to a delicious close.

Day 9: Évora / Lisbon (Departure Day)

Included meals: Breakfast

We depart Évora in the morning for Lisbon Airport. Flights should be scheduled for 3:00 PM or later. For those extending their stay, a transfer to Lisbon's city center can be arranged.

Tour Inclusions

Included

✓ Small group experience with a maximum of 12 women

✓ Professional tour leader throughout the trip

✓ 8 nights of accommodation in comfortable 4-star hotels

✓ Daily breakfast, 6 lunches and 4 dinners

✓ Transportation within Portugal by private air-conditioned vehicles and public transport

✓ Local English-speaking guides throughout the trip

✓ All activities, entrance fees and unique experiences listed in the itinerary

✓ Arrival airport transfers

✓ One group departure airport transfer from Évora to Lisbon

Not Included

✗ Flights to/from Lisbon

✗ Passport/visa fees

✗ Meals and activities not mentioned

✗ Travel insurance (mandatory)

✗ Gratuities

Pricing

Shared Room:	**$ 6,335**
Single Room:	**$ 7,375**
Deposit:	**$ 750**

Accommodations

On this tour, we'll stay in comfortable and convenient 4* accommodations. All rooms have a private bathroom. There are a maximum of 8 single rooms available. These rooms will be offered on a first come-first served basis. The remainder of the rooms will be shared. Solo travelers will be paired together, two travelers per room in two single

beds.

Physical Demand

MODERATE

This trip includes city and village walking tours, cultural activities, countryside experiences and time outdoors. Guests should be comfortable walking for up to 3 hours at a time over a mix of paved streets, cobblestones and uneven terrain. The itinerary includes several days that require walking up and down steep hills and up and down 50 or more stairs at a time.

The itinerary may include warm or varied temperatures, early starts, some longer drives and full days with multiple activities. This trip is best suited for women who are comfortable with a moderate itinerary that includes walking up and down hills, up a decent amount of steps and along uneven surfaces common in Portugal's historic towns.

Ready to Book Your Adventure?

Women Travel Tribe

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Tour Details: womentraveltribe.com/tours/portugal-sep-2028

Small group adventures designed specifically for women 50+
Experience the world with like-minded travelers!