

## Day 1: Lisbon

Upon arrival at LISBON airport meet and greet by OSIRIS local representative. You will be escorted to the bus for a Lisbon sightseeing tour and transfer to Hotel. Visit the Cathedral, Saint Anthony's Church, Panoramic visit of St. George's castle (6th Century), the Cathedral (6th century), and the monumental Belem Quarter where one will see St. Jerome's Monastery founded by King D. Manuel on the XV Century, declared a national monument in 1907 and, in 1983, the UNESCO has classified it as Cultural heritage. Stop by Belem Tower (1514) and the Monument of the Discoveries (1940). We suggest a Walk tour to discover LISBON, are you ready? Dinner at Hotel or at a Typical Restaurant with Fado and Folk show (optional). Overnight at hotel.

## Day 2: Sintra, Cascais, Estoril and Lisbon

After breakfast, bus departure to Cape Roca, a cliff rising about 140m (460ft) above the Atlantic famous for being Europe's westernmost point. Boarding the Atlantic Ocean we will reach CASCAIS and ESTORIL (Estoril has long welcomed international visitors. During World War II it acquired a glamorous reputation when Portugal's neutrality and mild weather attracted the rich and the famous, German and English spies, and European royals and aristocrats). Departure to SINTRA, declared a World Heritage site by UNESCO, SINTRA was once home to the aristocracy who chose it to build their palaces and mansion-houses inspired romantic generation. Visit of "Quinta da Regaleira", an estate located near the historic center of SINTRA, classified as a world heritage site by UNESCO. Along with other palaces in this area (such as Monserrate and Seteais palaces), it is one of the principal tourist attractions of Sintra.

## Day 3: Center of Portugal

Breakfast and departure to the CENTER OF PORTUGAL REGION. After lunch departure to the International Tagus Natural Park, for a Trekking walk. Accommodation and dinner in a charming hotel near MONFORTINHO .

# ACTIVE TOURISM





#### **Day 4: Monsanto and Serra da Estrela**

Breakfast and “photo safari” in the hotel area ...the hotel is surrounded by a natural wild landscape where parity can be lived intensively. Silence, natural beauty and the green slopes surrounding are attributes that will always be present during every moment of a stay at the Hotel. Possibility of Trekking Bird Watching or open air Pic-nic. Visit the village of MONSANTO Winner of the contest “Portugal’s most Portuguese Village” that was held during the dictatorship period, Monsanto is still today one of the best kept villages of Beira region. Its granite schist houses are nested in the middle of giant granite blocks, providing them with a quite special flair. Located in the slope of a craggy mountain – Cabeço de Monsanto – at an altitude of 758 m, this village has always been a refuge par excellence, namely since Lusitanian times. Several historical facts related to the castle and the defence of the region took place in this important military square. In present day, some vestiges have remained: the keep, Pião Tower (12th century) and the Church Santa Maria do Castelo. Departure to SERRA DA ESTRELA. Accommodation and dinner at hotel.

#### **Day 5: Serra da Estrela**

Breakfast and departure to the SERRA DA ESTRELA NATURAL PARK. Mountain Range of the Star”) is the highest mountain range in Continental Portugal. We suggest a Walk trekking and a Pic-Nic for Lunch. Time to a SPA and a relaxing massage! Accommodation and dinner at hotel.

#### **Day 6: Porto wine wine-tasting, Sintra and Lisbon**

Breakfast. Visit the rock engravings of the Coa Valley and Quinta de Ervamoira, Site Museum, Casa Ramos Pinto, with Port wine tasting. Return to LISBON Accommodation and dinner in a hotel.

#### **Day 7: Departure**

Breakfast at hotel and check-out. Departure transfer to Lisbon airport.

