

U3A MORAIRA-TEULADA

PORTUGAL

Lisbon • Coimbra • Porto • The Douro

23–30 September 2026 | 8 days / 7 nights

ONE MORE ADVENTURE BEFORE AUTUMN



A newly available, last-minute September escape

Enjoy Lisbon, historic Coimbra, Porto and the Douro—with guided highlights and plenty of relaxed free time to explore at your own pace.

Trip Leader: Coral Guise-Smith • Sweeper: Ray Guise-Smith

LISBON • FOUR NIGHTS

At a glance

ARRIVAL	ROUTE	HOTELS	MEAL PLAN
Lisbon	Lisbon • Coimbra • Porto	4★ or similar	Bed & breakfast

Your journey

DAY 1 • 23 SEPT	FLIGHT TO LISBON Arrival assistance, private hotel transfer and free time to rest. Overnight Lisbon.
DAY 2 • 24 SEPT	LISBON & BELÉM Four-hour guided panoramic tour. Jerónimos Monastery entrance; exterior views of Belém Tower and Monument to the Discoveries. Afternoon free.
DAY 3 • 25 SEPT	FREE DAY IN LISBON

	Explore independently by sightseeing bus, visit favourite attractions or simply enjoy Lisbon at your own pace.
DAY 4 • 26 SEPT	FREE DAY OR OPTIONAL SINTRA A second free day, or join an optional regular excursion to Sintra, Pena Palace and Cascais—from €89 per person.



Next stop: historic Coimbra

COIMBRA • PORTO • THE DOURO



DAY 5 • 27 SEPT	LISBON • COIMBRA • PORTO Private coach to Porto with a Coimbra stop. Guided University and Joanina Library visit, then free time for lunch and independent exploration before continuing to Porto.
DAY 6 • 28 SEPT	PORTO & PORT WINE CELLARS Guided Porto tour including Avenida dos Aliados, São Bento station,

	Cathedral area, historic centre and Ribeira. Gaia cable car and Port cellar visit with two-wine tasting.
DAY 7 • 29 SEPT	LIVRARIA LELLO & SIX BRIDGES CRUISE Early reserved Livraria Lello visit, followed by central Porto and Ribeira with an English-speaking guide. Afternoon Six Bridges Douro cruise, approximately 50 minutes.
DAY 8 • 30 SEPT	PORTO • RETURN FLIGHT Breakfast, check-out and private transfer to Porto Airport with English-speaking assistance. Return flight.

Your hotels

LISBON • 4 NIGHTS — HF FÉNIX URBAN 4★ OR SIMILAR

A comfortable four-star base chosen for its practical location and suitability for group travel.

PORTO • 3 NIGHTS — CARRÍS PORTO RIBEIRA 4★ OR SIMILAR

A centrally located four-star hotel close to Porto’s historic Ribeira district and main city sights.

Designed with U3A members in mind

Two free days in Lisbon allow members to choose their own pace. Private coach travel is used from Lisbon to Porto via Coimbra, and suitable drop-off points will be requested where possible. Historic streets include slopes, cobbles and uneven surfaces, so comfortable supportive footwear is

essential. PORTUGAL • PRICE & ESSENTIAL INFORMATION

HOLIDAY PRICE PER PERSON • FLIGHTS NOT INCLUDED	
DOUBLE / TWIN	SINGLE
€1,263 per person	€1,920
DEPOSIT • €948 PER PERSON	DEPOSIT • €1,440

FLIGHTS
FLIGHTS NOT INCLUDED AT THIS STAGE—PRICE CONFIRMED ONCE NUMBERS ARE KNOWN

COACH MORAIRA AIRPORT RETURN INCLUDED

Included

- 4 nights Lisbon and 3 nights Porto in four-star hotels or similar
- Bed and breakfast, city taxes, private airport transfers in Portugal and return Moreira airport coach
- English-speaking guides: Lisbon, Coimbra and two half-day visits in Porto
- Private coach services in Portugal, including Lisbon–Coimbra–Porto
- Jerónimos Monastery; University of Coimbra and Joanina Library

- Livraria Lello; Gaia cable car; Port cellar with two-wine tasting; Six Bridges Cruise

Not included

- Flights
- Drinks
- Travel insurance, meals not specified, personal expenses and hotel extras
- Porterage and luggage handling
- Optional Sintra, Pena Palace and Cascais excursion—from €89 per person

Important

This is a newly available, last-minute September opportunity. Flights are not included at this stage; the price will be confirmed once numbers are known. Travel insurance is essential.

BOOKING • COMPLETE THE JOTFORM

Payment by card (preferred) or bank transfer

Coral Guise-Smith • Coral.travel.u3a@gmail.com • 661 993 998