



T&L Exclusive 10-Day Food & Wine Experience in Portugal with Local Experts 2022

Welcome to Portugal!

This exclusive program was curated by Immersa Global's regional specialists in Portugal together with American bespoke travel expert, [Sheree M. Mitchell](#). We've combined our extensive knowledge of the region and 15+ years of experience in high-end travel with our special access to well-known local experts. This is a one-of-a-kind program only available with Immersa Global. We promise that this will be an exceptional introduction to Portugal's diverse regions, wines, and gastronomy, unlike any other.

From off-the-beaten path small production wineries and speciality food shops to ultra-elegant Michelin-starred restaurants, you will see a side of Portugal that's inaccessible to most.

We will also present you with a list of Sheree's vetted recommendations for the best food, drink, and special local treats for you to enjoy during your free time in each location.

So, grab your passport, your camera, and your appetite and let's go!

Places included in the "Exclusive 10-Day Food & Wine with Local Experts in Portugal" tour: Lisbon, Cascais, Sintra, Estoril, Coimbra or Belmonte, Porto, the Douro Valley, and the Alentejo.

[Click here](#) to take a two-minute journey around Portugal with Immersa Global's President & Founder, Sheree M. Mitchell: <http://bit.ly/PTvid2019>

We look forward to hosting you soon. In the meantime, if you have any questions, feel free to contact us at help@immersaglobal.com

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[Registration No. ST41997.](#)

Day 1: Charming Lisbon



You're Going to Fall in Love with Lisbon!

Welcome to Portugal and welcome to Lisbon!

Private black car transfers to your hotel.

(Early arrivals: recommendations for lunch and activities provided upon request.)

This evening we've selected an **amazing restaurant** to start your culinary journey through Portugal. It offers the perfect mix of traditional Portuguese dishes with a decadent French flair. The venue is described as *"an upscale restaurant where you will find a culinary experience built on fresh and seasonal products. Portuguese dishes and international bestsellers, with a unique touch."*

We suggest that you arrive about an hour early to enjoy an **aperitif** as you observe the local jet set scene downstairs at the bar. For dinner, we suggest sharing a few appetizers and main courses of your choosing (everything here is fantastic). The portion sizes are generous and this way you'll be able to sample a greater variety of these unique flavors. The sommelier is one of the most talented in Portugal and the wine list is truly a work of art. We're certain that you'll agree.

Sheree's note: *If you enjoy French pâtisserie, definitely save room for dessert! Bom apetite!*

After dinner, enjoy a nice stroll along the posh Avenida de Libertade back to your hotel.

Overnight in Lisbon.

Meals included: *None.*

HOTEL: A gorgeous five-star hotel in Lisbon's city center.



Airport "Meet & Greet" and Hotel Transfers

ARRIVAL: Your licensed and experienced English-speaking driver will greet you as soon as you clear customs at LISBON AIRPORT. You'll identify him immediately as he'll be holding a sign with Immersa Global's logo and your name.

Day 2: Charming Lisbon Take 2!



Get to Know Lisbon Like a Local!

After a full breakfast at your hotel, prepare for a fun and **interactive walking tour** around Lisbon with Maria, a local *lisboeta* and one of Portugal's most popular English-speaking tour guides. Maria knows everything about her city, and most importantly, she loves sharing it with Immersa Global's clients.

During this walking tour, you'll visit and learn about:

- **Bairro Alto**
- **The Great Earthquake of 1755**
- **Chiado**
- **Baixa Pombalina**
- **Carnation Revolution**
- **Rossio Square**
- **Praça do Comércio**
- **Portuguese Inquisition**
- **Carmo Convent**
- **The Age of Discovery**
- **Santa Justa Elevator**
- and much more

Enjoy lunch at your leisure at one of the most sophisticated, high-end food markets you've ever seen. A few of the local Michelin-starred chefs have stalls here. Grab a table and a bottle of wine* and prepare to feast on an array of creative dishes. We're sure you're going to love this place so much that you'll return on your own.

Prior to arrival, we'll help you determine your Portuguese "wine profile" to provide extra support when sommeliers are not available. Portugal has over 250 grape varieties and some really unique blends so get ready to expand your palate and wine collection back home.

After lunch, you'll have free time to explore Lisbon as you wish.

Sheree's note: *If you enjoy museums, we'll include a list of our favorite museums to visit.*

Return to the hotel with time to freshen up and prepare for a very special dining experience. Tonight you're going to learn about (and taste) the **magic of traditional Portuguese cuisine** at one of Lisbon's finest restaurants. The Prime Minister and President of the Republic are often seen here. Get dressed up (*smart casual attire suggested*) and enjoy a lovely evening of Portuguese comfort food and wine in a historic, unique, and off-the-beaten-path eatery.

Overnight in Lisbon.

Meals included: *Breakfast and dinner.*

Day 3: The Portuguese Riviera



Castles, Impressive Cliffs, Luxurious Seaside Lunch & More!

Enjoy a full breakfast at your hotel. Join your regional specialist, Maria, for an expertly-designed full-day experience in what is known as the elegant **Portuguese Riviera: Sintra, Cascais, and Estoril**. During this private guided tour, you'll visit:

- **Palacio da Pena**
- **Quinta da Regaleira**
- **Cascais**
- **Cabo da Roca**
- **Estoril**
- **Belém (Jerónimos Monastery)**
- and much more.

Your first stop will be **Sintra**, UNESCO World Heritage Site, 17 miles west of Lisbon. This picturesque village is known for its century-old castles, magical gardens, and delicious local pastries.

Maria will take you on a guided visit of **Pena Palace**, a colorful Romanticist castle that looks like something out of a fairytale. *Palacio da Pena* stands on the top of a hill in the majestic Sintra Mountains and is surrounded by gorgeous gardens that were designed by King Fernando II to serve as a "maze of romantic paths to enthrall the guests". During your visit, be sure to save some time for both the gardens and a stroll around the quaint downtown area.

Sheree's note: *I'll give you the names of my favorite bakeries in town. And yes, the calories are totally worth it!*

Next, get ready for a picture-worthy visit to the westernmost point of the European continent, **Cabo da Roca**. Here, you'll have an unforgettable photo opportunity of the windswept cliffs and barren lands that, until the 14th century, were believed to be the edge of the world. There's a lighthouse, an overpriced cafe and gift shop, and of course, the main attraction: the view.

Sheree's note: *Make sure you take a jacket and hold on to your hat. It gets very windy here.*

Afterward, enjoy a gorgeous **Michelin-mentioned lunch by the sea** at one of the finest restaurants in the area. Try the **peixe ao sal** (salt-crusted fish) which is sure to be one of the most memorable food experiences that you will have during this trip. You'll quickly understand why the likes of **Brad Pitt**, the **King of Sweden**, and **President Bill Clinton** have all dined here.

Now sit back and enjoy the scenic drive back towards Lisbon via the Avenida Marginal, one of the most breathtaking seaside routes in Portugal. You'll see the beautiful village of Cascais, one of the wealthiest counties in the country and Miami Beach's newest Sister City (thanks to Immersa Global!)

As you approach Lisbon, quickly stop by the **Jerónimos Monastery**. Maria will tell you everything you need to know about this **UNESCO World Heritage Monument** located in the Belém neighbourhood. It's known as one of the world's best examples of the **Manueline** style of architecture (also known as Portuguese late Gothic).

Nearby, you'll see a long line of people waiting anxiously to buy the famous **pastel de Belém** (aka: Pastel de Nata). (*English translations: Portuguese egg tart or pastry or custard.*) Supposedly, this particular bakery produces the best egg tarts in the world. Some Portuguese say that they're the second best. The best way to find out is to try one for yourself.

Sheree's note: *Let Maria know and she'll buy some pastéis de Belém for you. As an official tour guide, she's allowed to skip the line!*

Return to the hotel and enjoy the rest of the evening, including dinner, at your leisure. Recommendations provided.

Overnight in Lisbon.

Meals included: *Breakfast.*

Day 4: The Heart of the Alentejo



The Romans Were Here!

Prepare your luggage for departure this morning. Your private driver and Maria will meet you at the hotel after breakfast. Enjoy your two hour trip to the Alentejo: the "Deep South" of Portugal.

Your first stop will be in **Évora**, a charming medieval city and **UNESCO World Heritage Site**. Here you'll enjoy an interactive walking tour with Maria where you'll visit or learn about:

- **St. Francisco Church**
- **Bones Chapel**
- **Giraldo Square**
- **Mouraria – Moorish Quarter**
- **Agua de Prata Aqueduct**
- **Roman Temple**
- **The Cathedral**
- **Espirito Santo Church – Igreja do Espirito Santo**
- and much more.

You'll enjoy lunch at your leisure. Recommendations provided.

Sheree's note: *I suggest a lighter lunch today as you'll have heavy Alentejano hors d'oeuvres provided with your private five-wine tasting in the afternoon followed by a five-course tasting menu in the evening.*

After lunch, travel to an award-winning family-owned winery. Meet Sara, the certified **wine educator** who will take you on a private guided tour of the facilities. You'll learn about the diverse *terroirs* of this region as well as the large **clay amphorae** that were used by the Romans to make wine over 1,000 years ago...in this very region! Enjoy a fully-commented private **5 wine tasting** with **regional charcuterie and cheese boards** with Sara after the tour.

Next, it's off to one of the Alentejo's award-winning **five-star resorts and spas** (with a regional twist), perfectly set in what's considered one of the most romantic villages in Portugal. Join a guided tour of the grounds as you learn about the property's history and the enterprising family behind it. You'll quickly understand why this region attracts **marble specialists** from all over the world. Check into your rooms, rest, and freshen up for a very **special five-course dinner at a rising Michelin-starred restaurant** with a special guests: **the chef!** This will be a gastronomic experience that you'll never forget. (*Cocktail attire strongly suggested.*)

Sheree's note: *I've been following and working with this chef for over six years now. I've lately been highlighting how his "Zero Waste" policy is a great example of luxury dining's compatibility with environmental and social sustainability.*

Overnight in the Alentejo

Meals included: *Breakfast, regional hors d'oeuvres, and dinner.*

HOTELS: *Five-Star Country Hotel & Spa*

Day 5: The Heart of the Alentejo Take 2!



The Charm of Southern Portugal: Marble Villages, Kind Locals, & Vinho Galore!

Good morning Alentejo. Enjoy a late(r) start this morning. Have a full country breakfast at the hotel.

Visit a **traditional family-owned winery** for a private tour and exclusive fully-commented tasting with the resident wine specialist. Enjoy walking around this award-winning vineyard that will transport you back in time. Learn about the winery's unique version of the traditional grape stomping technique. Have a typical *Alentejano* lunch where you'll be introduced to delectable regional dishes and their very special line of gastronomic wines.

(Optional: instead of lunch at the winery, we can arrange for a private cooking class at your hotel with the award-winning chef from last evening.)

Return to your hotel to enjoy a spa treatment, a walk around the medieval village, an optional guided walking tour, or a good book. Dinner at your leisure. Recommendations provided.

Sheree's note: *this little village is my secret getaway spot when I need to get off the grid and rest. It's very peaceful, the hotel is quirky, but extremely comfortable, the food is excellent, and the staff treat me (and our clients) like royalty!*

Overnight in Alentejo.

Meals included: *Breakfast and lunch.*

HOTELS: *Five-Star Country Hotel & Spa*

Day 6: Classical Coimbra OR The Crypto-Jewish Experience



Option #1: Classical Coimbra

Early rise! Prepare your luggage for departure this morning. Travel north to central Portugal after a full breakfast at your hotel.

Many roads lead to the north and today we have two amazing options:

OPTION #1: COIMBRA - THE CAMBRIDGE OF PORTUGAL

For lunch, you'll stop in **Coimbra** in central Portugal, where you'll have many great local options for lunch at your leisure. Consider sampling one of the popular regional dishes: *suckling pig with sparkling wine*. Recommendations provided.

After lunch, you'll join your regional expert and Coimbra native, Ana, for a **private walking tour** around this colorful university town. Keep your cameras ready. You'll soon understand why visitors are instantly reminded of **Harry Potter** when they spend time in this magical place. You'll visit and learn about:

- **Coimbra** (Baixa & Alta)
- **Santa Cruz Church**
- **The University of Coimbra**
- **The Botanical Gardens**
- **The Old and New Cathedrals**
- **The Students' Quarters**
- and much more.

Late afternoon, continue your journey north to the world-famous **Douro Valley**. Check into a gorgeous wine resort and enjoy the rest of the evening at leisure. Recommendations provided.

Overnight in the Douro Valley.

Meals included: *Breakfast.*

HOTELS: An upscale boutique wine resort in the Douro Valley



Option #2: Discovering the History of Portugal's Crypto-Jews

Early rise! Prepare your luggage for departure this morning. Travel to north central Portugal after a full breakfast at your hotel.

Many roads lead to the north and today we have two amazing options:

OPTION #2: BELMONTE -DISCOVERING THE HISTORY OF PORTUGAL'S CRYPTO-JEWISH COMMUNITY

The small town of Belmonte stands out for the beauty of its landscapes, monuments and majestic medieval castle. It's also known for the small local Jewish community that has survived for centuries, fortunately even still today.

Even during the Inquisition, Belmonte's Jews managed to preserve many of their prayers, traditions, and social relations under the guise of "New Christians".

In 1989, the small local community was officially recognized, and in 1996, they inaugurated the synagogue "Beit Eliahu" which is located in the old Jewish Quarter.

In 2001 the Jewish Cemetery was restored and in 2005, the Jewish Museum opened, portraying the history of the Sephardic presence in Portugal, and including a memorial of the Inquisition.

Upon arrival, you'll enjoy a three-course lunch overlooking Belmonte followed by a private guided tour with a regional specialist.

Sheree's note: *Lunch today will consist of regional delicacies found in the interior of the country. The culinary scene in this area of Portugal is drastically different than Lisbon or Porto on the coast. Prior to arrival to Portugal, we'll gather your specific dietary restrictions and preferences to help guide you when ordering food during this program. Your personal tour leader will also be available to provide support.*

In the early evening, transfer over to a small forgotten-medieval-stone-village-turned luxury resort. Enjoy an evening of comfort, fine dining, design, and rest. You're going to love this chic country experience.

Sheree's note: *This is an off-the-beaten path version of Portugal that you won't find anywhere else! It took me over two years to find the perfect elements (activities, lodging, food and wine offerings, and highly accomplished regional specialists) to create this segment of the program. The history of Portugal's Sephardic Jews has always fascinated me. We know a lot, thanks to their perseverance, but there's still so much to discover. Enjoy!*

Meals included: *Breakfast and lunch.*

Overnight in a unique upscale boutique hotel in Northern Central Portugal.

Day 7: The Magical Douro Valley



Full-Day Immersion in the Douro Valley

Early rise! After a full breakfast, get ready for an action-packed, full-day tour filled with breathtaking sights and unforgettable private wine tastings as you explore the **Douro Valley**.

Start the day with a private tour of **Mateus Palace**. Participate in a guided tour of the stunning 18th century palace, chapel, and gardens. Nicolau Nasoni, well-known Italian architect who specialized in **Portuguese Baroque**, was involved in the project during the construction of the palace.

Next visit a well-known estate that produces both **port** and **table wines**. Learn how the two types of wines are made (and protected) as the local team shares with you the history of this successful international enterprise. Here you will sample fabulous **10 and 20 year-old Port wines** produced on the estate.

Afterwards, enjoy a **three-course lunch** while appreciating the views of the world-renowned Douro River.

Sheree's note: *This is one of my favorite restaurants in the Douro Valley. The food is best described as "author's cuisine", a term that I only learned when I moved to Europe. Think of it as "designer" dishes using the best local and fresh seasonal ingredients while honoring the traditional recipes of the region. In my opinion, this is the sweet spot where experience, creativity, and value meet. You'll get a curated wine list (with small production local favorites), great food, good service, cool ambiance all without the Michelin-star hype or price tag.*

For dessert: I'd skip the Port wine pairing if you're ordering something sweet. Go for either a dry red, dry sparkling, or coffee or tea. However, if you opt for their beautiful cheese assortment for dessert (my favorite), then I'd suggest pairing it with one of the drier Ports made onsite.

After lunch, weather permitting, enjoy a fun and relaxing **90 minute private boat ride** along the majestic Douro River. At the end of your cruise, your friendly private driver will be waiting to transfer you to Porto (Oporto), UNESCO World Heritage City and Portugal's industrial powerhouse,

Upon arrival, check into your hotel and enjoy the rest of the evening as you wish. We're certain that you're going to love this amazing city.

Dinner at leisure. Recommendations provided.

Overnight in Porto.

Meals included: *Breakfast and lunch.*

Hotel: *Five-star boutique hotel in Porto's city center.*

Day 8: Elegant Porto



The Stunning Medieval Charm of Porto!

Bom dia Porto! Enjoy a full breakfast at your hotel.

Your regional specialist and Porto native, Cláudia, will meet you to take you on an exciting **four-hour private walking tour**. You'll visit and learn about:

- **The Porto Cathedral**
- **Ribeira** (The famous colorful riverside in downtown Porto)
- **São Bento Train Station**
- **Clérigos Tower & Church**
- **The 19th century Iron bridges (Luis I & Maria Pia)**
- **St. Francisco Church**
- **Bolsa Palace**
- **And much more**

For your first lunch in Porto, we suggest one of our local favorites. A **cozy restaurant** overlooking the river that was created by one of Portugal's most-admired chefs known for transforming traditional rustic Portuguese dishes into haute-cuisine master pieces. The river-side restaurant is tucked away in the world-famous Ribeira district. Cláudia will personally escort you there after your tour.

After lunch, enjoy free time exploring the city on your own OR enjoy a very special private **Port wine tour and tasting** in one of the country's most prestigious Port cellars. This is a deep dive into the innovative and lucrative mid-18th century industry that fortified the cultural and commercial ties between Portugal and England.

Sheree's note: *this is one of my favorite Port wine visits. The way that it's curated really helps you understand the historical context of how this precious commodity gained such international success in such little time.*

Enjoy the rest of the evening and dinner at your leisure. Recommendations provided.

Overnight in Porto.

Meals included: *Breakfast.*

Day 9: Elegant Porto



Porto for the Cultured & An Extravagant Bon Voyage Dinner

After a full breakfast at your hotel, your private driver will be waiting to transfer you over to the cutting edge **Serralves Museum** designed by the famous Portuguese architect Álvaro Siza Vieira. Here you'll immerse yourself in the world of contemporary art in Portugal's most visited cultural institution. It's common to see works by artists such as **Ai WeiWei**, **Joana Vasconcelos**, **Joan Miró**, **Mark Bradford**, and many others.

Afterwards enjoy a stroll through the **Serralves Park**, designed by the architect Jacques Greber in the 1930s, where you'll find outdoor sculptures by well-known artists as well as a lovely rose garden, treetop walk, and stunning Casa de Serralves.

Time permitting, consider a quick stop by the world-famous **Casa da Música** designed by the famous architect Rem Koolhaas or the highly-anticipated new **Museum of the Holocaust** that was built exclusively on donations from the Jewish community around the world.

Afterwards, you are free to explore the city and enjoy your last day in Portugal as you wish. Recommendations provided.

Return to your hotel late afternoon to freshen up for a very special **Michelin-starred *bon voyage* dinner** tonight. (*Cocktail attire strongly suggested.*)

You'll celebrate your last evening in Portugal with unforgettable Old World elegance and style. Your aperitif will take place on the terraces of Porto's most prestigious hotel known for its stunning **views of the river and city** (especially at sunset).

You'll then enjoy a Northern Portugal inspired **tasting menu** brilliantly paired with the finest wines. This is the perfect way to end your exclusive **tailor-made food and wine** journey in Portugal. *Bom appetite!*

Overnight in Porto.

Meals included: *Breakfast and dinner.*

Day 10: Departure



Departure / Boa Viagem

Enjoy a full breakfast at your hotel this morning.

Your private driver will transfer you to the Porto International Airport for departure.

Sheree's note: *I sincerely hope that you've enjoyed my new adopted country as much as the Immersa Global team and I have enjoyed sharing it with you. Thank you for trusting us with your vacation time and we look forward to seeing you again soon!*

Meals included: *Breakfast.*



Trip Extensions

Would you like to continue traveling: *If you'd like to extend your trip, Immersa Global offers tailor-made extension programs to Coimbra & Aveiro, Braga & Guimarães, Viana do Castelo & Peneda/Gerês National Park, The Algarve, Madeira, the Azores, and to northern Spain (Galicia, Asturias, and the Basque Country). We can also arrange more curated activities in the regions that you visited in this program. Contact us at admin@immersaglobal.com*

Information & Documents



FORBES Features Immersa Global's Top 16 Places in Portugal

We had the honor of sharing our top 16 places to visit in Portugal with Forbes. You can find the article here:

<https://bit.ly/3rxbqwA>



ARRIVAL AIRPORT

Humberto Delgado Airport in Lisbon, Portugal.

Airport Code: LIS



DEPARTURE AIRPORT

Francisco Sá Carneiro Airport (Porto Airport) in Porto, Portugal.

Airport Code: OPO



Note regarding modifications to this itinerary:

Please note that this is a working itinerary and modifications may occur depending on the availability of our hosts and certain events. The itinerary is subject to change. All changes will be announced.



Curated Restaurant Recommendations

We provide updated restaurant and bar recommendations for each city or town that our clients visit. That information will be curated and published in this section of the itinerary once we've gathered information about the clients' food restrictions and preferences.



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Museum Recommendations for Day 2 (Lisbon)

These are the museums that we recommend during your free time on Day 2 in Lisbon.

The Berardo Collection: One of the most stunning private contemporary art collections you've ever seen.

The National Tile Museum: If you've ever wanted to learn more about the gorgeous hand-painted tiles so prevalent throughout Portugal, this is your chance. We're sure you'll also enjoy exploring the 16th century convent in which the museum is housed.

The Gulbenkian: One of the largest private art collections in the world. It encompasses world art from antiquity forward, and was the private collection of one single oil magnate: Calouste Gulbenkian.