Food and Wine of Portugal and Galicia

May 11 to 22, 2016

“A very well-run, interesting trip sampling fabulous foods and wine in the company of friendly, knowledgeable people.”

—Lee Mackey, ‘68, Food & Wine of Spain, 2015
The foods and wines of Portugal have started to make a dramatic impression on the international culinary scene, as have the foods and wines of Galicia and northwest Spain. We’ll sample and savor this exceptional and distinctive cuisine before the world rushes in. Beginning in Lisbon, explore the wines of the region on daily excursions to top wineries, tasting a wide range of reds, whites and rosés. Enjoy lectures and discussions, and learn even more along the way from local experts. Travel to Santiago de Compostela, terminus of one of the world’s top pilgrimage walks and the resting place of Saint James, to dine on tapas and explore the heart of the old town. We end our trip in the colorful city of Porto.
Faculty Leader

SCOTT PEARSON began his journey as a lifelong traveler and explorer of cultures when he joined the Peace Corps in 1961 and served in Nigeria, which strengthened his commitment to understand and improve the lives of others less fortunate. Thereafter, Scott realized his childhood dream of experiencing the world and studying its people. His career focused on international trade and development, and in his retirement, on the rise and fall of empires. He has lectured on more than 70 educational travel trips and is one of Travel/Study’s most popular faculty leaders. During our program, he will discuss Portugal's political and economic history, focusing on the evolution of food and wine in Roman, Moorish, imperial and modern Portugal and Galicia.

• Served on the Stanford faculty as professor of agricultural economics from 1968 until his retirement in 2002
• Director, Stanford’s Food Research Institute, 1991–1996
• Regularly advised governments in Asia, Africa and southern Europe on food and agricultural policy
• Has co-authored a dozen books and won several awards for research and teaching

Local Expert

JEREMY SHAW founded Iberian Wine Tours in 2009 and splits his year between Northern Ireland and Spain, pursuing his lifelong passions for wine and travel. Jeremy specializes in introducing travelers to people, food and wine across Spain and Portugal.

“Scott is a quintessential faculty lecturer. He’s a fountain of information, a first-class thinker and a first-class person.”

—Stephen Mizroch, Tuscany Family Adventure, 2012
Itinerary

Wednesday & Thursday, May 11 & 12
U.S. / Lisbon, Portugal
Depart the U.S. on overnight flights to Lisbon, arriving on Thursday morning.

Thursday afternoon, enjoy a bus tour of central Lisbon and walking tour of the Alfama district, then visit some landmarks of Portuguese exploration in Belem. Enjoy leisure time at our 5-star hotel, which offers views over the waterfront at Belem. Meet fellow travelers this evening and enjoy a reception and dinner at the hotel’s Michelin-starred restaurant. ALTIS BELEM HOTEL (D)

Friday, May 13
Lisbon / Évora
Following breakfast and a lecture, we leave Lisbon to head south to the wine region of Setubal, a peninsula famous for its sweet fortified muscatel wines. Visit the 15th-century Quinta da Bacalhoa Palace and explore its wine museum. Enjoy a leisurely lunch at the palace, then drive inland to the Alentejo region, known for having the most extensive cork plantations in Europe. Continue to Évora, a UNESCO World Heritage site, and check into our 5-star hotel. Dinner is served at the hotel later this evening. M’AR DE AR AQUEDUTO HOTEL (B,L,D)

Saturday, May 14
Évora / Reguengos de Monsarraz
Enjoy a morning in Évora as our lecture series continues. Explore the city independently, or join an optional guided tour and lunch on your own. This afternoon visit the winery of one of Portugal’s best-known wine personalities, Joao Portugal Ramos. Voted winemaker of the year several times, Joao has been a key figure in the modernization of Portuguese wines. His Vila Santa winery is his flagship property, where we visit and taste a selection of the best wines from the property. Drive toward the Spanish border to the town of Reguengos de Monsarraz where Esporao is located. The estate produces white and red wines and boasts a tower dating back to the 15th century. Enjoy an olive oil tasting, followed by dinner at the winery’s restaurant. M’AR DE AR AQUEDUTO HOTEL (B,D)

Sunday, May 15
Évora / Ribatejo
Today we travel from southern to northern Portugal into the Ribatejo region. Visit Casa Cadaval, one of the area’s great estates, as well as home to fine wines and Lusitano horses. Enjoy lunch at the estate and winery, followed by a display of the famous horses. Travel to our home for the night, a baroque palace located on the estate where the Duke of Wellington slept after the Battle of Bussaco against Napoleon’s troops. Enjoy free time to explore the forest and gardens, then enjoy dinner and sample wines produced on the property. BUSSACO PALACE HOTEL (B,L,D)

Monday, May 16
Douro / Pinhão
This morning travel inland and north to the Douro region, a World Heritage site that is also the oldest demarcated wine region in the world. Visit Fonseca’s Quinta do Panascal to appreciate the stunning scenery of the Douro, as well as taste traditional port. Enjoy a tour and tasting, followed by lunch on the property. Travel to Pinhão and check in to our hotel, located on the Douro River. This evening learn about a local group of winemakers known as the Douro Boys and taste some
of the wines they produce. Enjoy a food- and wine-paired dinner before returning to our hotel. VINTAGE HOUSE HOTEL (B,L,D)

Tuesday, May 17
Pinhão
Following breakfast at our hotel, set out for a day devoted to two of the region’s finest port producers. Travel to Quinta do Noval, an historic port shipper that has been making port since 1715. Enjoy a tour and tasting and learn about what it takes to produce award-winning port. Later visit Quinta do Bomfim, Dow’s flagship property. Sample vintage ports before making our way to a private house on the property for an extended lunch. Return to our hotel later this afternoon and spend the rest of the day and evening at leisure to enjoy the hotel’s amenities. VINTAGE HOUSE HOTEL (B,L)

Wednesday, May 18
Pinhão / Pontevedra, Galicia, Spain
This morning travel north to the Galicia region in Spain. Stop along the way in Monterey, the smallest DO wine region in Galicia. Enjoy a tasting of white and red wines at a modernist winery owned by fashion designer Roberto Verino. After lunch travel to Pontevedra and check in to our 16th-century parador. Later this evening, stroll through the old town to the best wine bar in the region and enjoy a winemaker’s reception and tapas. PARADOR DE PONTEVEDRA (B,L)

Thursday, May 19
Pontevedra / Rias Baixas / Santiago de Compostela
Following breakfast and a lecture, travel to Val do Salnes in the Rias Baixas region, an area that revolutionized Spanish white wines in the 80s and 90s and sets the standard today for Albariño wine. Enjoy a tasting at Pazo de Senorans, an historic Galician country house that makes one of the best-loved Albariños in the area. Then travel north to the historic pilgrim city of Santiago de Compostela for a walking tour of the heart of the old town, followed by a tapas lunch. This afternoon continue touring in the the historic center, including a visit to the famous cathedral, before returning to our parador for an evening at leisure. PARADOR DE PONTEVEDRA (B,L)

Friday, May 20
Pontevedra / Melgaco, Portugal / Porto
Depart our parador and drive south back into Portugal and inland to Melgaco, the center of the best wine region in the north. Visit with wine producer, Luis Cerdeira, and learn about a unique method of producing full-bodied white wines. Driving south, arrive at our final stop in Porto, and check in to our 5-star hotel. Enjoy free time this afternoon to indulge in the hotel’s spa or explore the city before an evening wine tasting followed by dinner. YEATMAN HOTEL (B,D)

Saturday, May 21
Porto
After a morning at leisure visit one of the grandest names in port production, Grahams Port Lodge, for a private tasting. After time on our own this afternoon, we gather at the hotel’s Michelin-starred restaurant for a reception and grand farewell dinner. YEATMAN HOTEL (B,D)

Sunday, May 22
Porto / U.S.
Transfer to the airport for flights homeward. (B)
What to Expect

All participants must be physically fit and in good health. We consider this to be a moderately active program. On average, daily programs involve one mile of walking, often on uneven terrain or cobblestone streets. Due to the limitations of bringing a large bus to some locations, walking and climbing of stairs may also be required at wineries or restaurants. Some days require early-morning starts and have a full schedule of excursions, lectures and special events. We welcome travelers 18 years of age and older on this program.

Information

Dates
May 11 to 22, 2016 (12 days)

Size
This program can accommodate 32 participants. Single accommodations are limited; please call for availability.

Cost*
$7,995 per person, double occupancy
$8,995 per person, single occupancy
*Association nonmembers add $300 per person

Included
- 10 nights of luxury hotel accommodations
- 10 breakfasts, 6 lunches and 7 dinners
- Welcome and farewell receptions
- Gratuities to porters, guides, drivers and wait staff for all group activities
- All tours as described in the itinerary
- Group transfers and baggage handling on program arrival and departure days
- Minimal medical, accident and evacuation insurance
- Educational program with lecture series and pre-departure materials, including recommended reading list, a selected book, map and travel information
- Services of our professional tour manager to assist you throughout the program

Not Included
- International and domestic airfare
- Passport and visa fees
- Immunization costs
- Meals and beverages other than those specified as included
- Independent and private transfers
- Trip-cancellation/interruption and baggage insurance
- Excess-baggage charges
- Personal items such as internet access, telephone and fax calls, laundry and gratuities for nongroup services

**Air Arrangements**
International and U.S. domestic airfare is not included in the program cost. Round-trip, economy-class airfare on American Airlines from San Francisco to Lisbon and returning from Porto is approximately $1,425 as of November 2015 and is subject to change without notice.

**Terms and Conditions**

**Deposit and Final Payment**
A $1,000-per-person deposit is required to hold space on this program. Sign up online at alumni.stanford.edu/trip?portugal2016 or call the Travel/Study office at (650) 725-1093. Final payment is due 120 days prior to departure. As a condition of participation, all confirmed participants are required to sign a Release of Liability.

**Cancellations and Refunds**
Deposits and any payments are refundable, less a $500-per-person cancellation fee, until 120 days prior to departure. After that date, refunds can be made only if the program is sold out and your place(s) can be resold, in which case a $1,000-per-person cancellation fee will apply.

**Insurance**
Stanford Travel/Study provides all travelers who are U.S. or Canadian citizens with minimal medical, accident and evacuation coverage under our group-travel insurance policy. Our group policy is intended to provide minimal levels of protection while you are traveling on this program. You may choose to subscribe to optional trip-cancellation and baggage insurance. Information offering such insurance will be provided to travelers with their welcome materials. The product offered includes special benefits if you purchase your policy within 14 days of written confirmation of your participation on the trip.

**Eligibility**
We encourage membership in the Alumni Association as the program cost for nonmembers is $300 more than the member’s price. Families and trip companions may travel on one membership. Call (650) 725-0692 or visit alumni.stanford.edu/goto/membership for more information or to purchase a membership.

**Responsibility**
The Stanford Alumni Association, Stanford University and our operators act only as agents for the passenger with respect to transportation and exercise every care possible in doing so. However, we can assume no liability for injury, damage, loss, accident, delay or irregularity in connection with the service of any automobile, motorcoach, launch or any other conveyance used in carrying out this program or for the acts or defaults of any company or person engaged in conveying the passenger or in carrying out the arrangements of the program. We cannot accept any responsibility for losses or additional expenses due to delay or changes in air or other services, sickness, weather, strike, war, quarantine, force majeure or other causes beyond our control. All such losses or expenses will have to be borne by the passenger as tour rates provide arrangements only for the time stated. We reserve the right to make such alterations to this published itinerary as may be deemed necessary. The right is reserved to cancel any program prior to departure in which case the entire payment will be refunded without further obligation on our part. The right is also reserved to decline to accept or retain any person as a member of the program. No refund will be made for an unused portion of any tour unless arrangements are made in sufficient time to avoid penalties. Baggage is carried at the owner’s risk entirely. The airlines concerned are not to be held responsible for
any act, omission or event during the time passengers are not onboard their plane or conveyance. Neither the Alumni Association, Stanford University nor our operators accept liability for any carrier’s cancellation penalty incurred by the purchase of a non-refundable ticket connected with the tour. Program price is based on rates in effect in October 2015 and is subject to change without notice to reflect fluctuations in exchange rates, tariffs or fuel charges.

California Seller of Travel Program Registration #2048 523-50

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Contact Information

Visit us online to reserve space:

Questions? Call us at (650) 725-1093 or email us at travelstudy@alumni.stanford.edu

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