



2022 FLAVORS OF PORTUGAL & SPAIN

With 3 Nights in Lisbon & 3 Nights in Madrid

13 Nights / 16 Days • Travel to Lisbon, Portugal & Return from Madrid, Spain
Aboard AmaVida • Escorted from Honolulu
July 14 – 29, 2022 • Tour Manager: Russell Fujioka

COUNTRIES: Portugal & Spain **RIVERS:** Douro River

INCLUDED FEATURES:

- 3-nights hotel in Lisbon at the Intercontinental Lisbon (or similar), including city tour, royal Sintra excursion with Pena National Palace visit and daily breakfast
- Transfer from Lisbon to Porto via motorcoach
- 7-nights luxury accommodation in an outside stateroom (most with outside balconies)
- Transfer from ship in Vega Terron to Salamanca with city tour, flamenco show and lunch, and then on to Madrid
- 3-nights hotel in Madrid at the Westin Palace (or similar), including city tour, Toledo excursion and daily breakfast
- Personalized service from a highly trained Cruise Manager during both cruise and land programs
- Immersive tours in every destination with knowledgeable guides
- Welcome Cocktail, Welcome Dinner, Captain's Cocktail and Gala Dinner
- Regionally inspired cuisine made with locally sourced ingredients
- Unlimited fine wine, beer and soft drinks with lunch and dinner
- Unlimited sparkling wine and fresh juice with breakfast
- Sip and Sail Cocktail Hour with complimentary wine, beer, spirits and soft drinks
- Tapas, snacks and refreshments served daily in the Main Lounge
- Bottled water replenished daily

HEALTH & SAFETY PROTOCOLS[†]

The world has changed; however, our commitment to the health and safety of our guests and crew remains of the utmost importance to us. We want to reassure you that we are working with global health authorities and local governments in the U.S. and around the world to follow all the most up-to-date health and safety protocols, some of which we have summarized for you below. Our experienced staff and crew have undergone special training and will be advised and guided by a Public Health Officer. As always, our crew will be on hand to take care of all the details so you can relax and enjoy your much-anticipated river cruise vacation.

FOR OUR GUESTS Whether you are a loyal past guest or are considering river cruising with us for the first time, we thank you for entrusting AmaWaterways with your future river cruise plans. Here are some of the measures we are taking to protect our guests on board and ashore:

PRE-CRUISE

- **Online Health Questionnaire:** Prior to boarding, an online health and contact screening questionnaire will be required.

EMBARKATION

- **Temperature Check:** At embarkation, guests' temperatures will be taken with no-contact infrared thermometers. If, for any reason, further testing is required, shoreside medical treatment centers are within close proximity.
- **Sanitized Luggage:** Your luggage handles will be sanitized before delivery to your stateroom.

EXPLORING ASHORE

- **Social-Distance Technology:** Your personal portable Quietvox commentary systems will allow you to hear guides while social distancing.
- **Exploring Ashore:** Shore excursions will be conducted in small groups. Guests must use hand sanitizers when getting on and off our coaches that are thoroughly cleaned each morning. In the event that ships are docked side by side, guests will be required to pass over Sun Decks.

ONBOARD

- **Face Coverings:** Protocols continue to change; however, at this time, guests are required to wear face coverings when moving through public spaces.
- **Cleaning & Disinfecting:** We will have ample hand sanitizers available throughout the ship and their frequent use is required by all guests and crew. Our crew has implemented enhanced cleaning and disinfecting measures throughout the ship.
- **Clean Air:** We use state-of-the-art fan coil air conditioning units; there is no recirculating of air on board our ships.
- **Social Distancing:** There will be limitations to the number of guests allowed to sail with us.
- **Safe Dining:** Safety and social distancing will be enhanced throughout our dining room.
- **Excise & Wellness:** You will still get plenty of fresh air and exercise as our bicycles, fitness mats and equipment will be thoroughly sanitized after each use. Use of the Fitness Room is by appointment with cleaning time between use. Throughout Europe and Asia, we provide a variety of onboard wellness activities led by professionally trained Wellness Hosts. Whenever weather permits, these small-group classes will be held on our spacious open-air Sun Decks.
- **No Visitors On Board:** Non-essential visitors are not permitted on board.

We are continuously monitoring the updates from global health authorities and local governments in the U.S. and around the world with regards to the ongoing situation. These temporary conditions are subject to change or withdrawal at any time. Please contact us with any questions or see our Travel Advisory FAQ.

Please note: As new information becomes available, the Health and Safety Protocols below will be updated. Further details will be provided in your Digital Travel Documents prior to departure.



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[†] Enhanced protocols are subject to change by local authorities and may vary in certain destinations. [‡] Early Booking Discount is per person. Purchase of Non-Stop Travel's complete Air and Land Package is required. ^{**} Earn Rewards Every Time You Refer a Friend. For each "New-to-Non-Stop Travel" customer you refer, both you and your referral can receive a \$25 discount off your next NST escorted group. 020421



Select Sightseeing is included in tour. Additional optional tours are available for purchase through AmaWaterways.

Day 1: Thur, July 14 – HONOLULU. Depart Honolulu.

Day 2: Fri, July 15 – IN TRANSIT.

Day 3: Sat, July 16 – LISBON, PORTUGAL. Welcome to Lisbon. Lisbon is the capital and largest city in Portugal. After completing arrival formalities, transfer to the hotel. INTERCONTINENTAL LISBON or Similar (3 Nights)

Day 4: Sun, July 17 – LISBON. One of Europe's most beautiful cities, Lisbon stretches across several hills along the Tagus River. On your escorted tour, you'll see **Belem Tower**, a fortified four-story tower made of limestone, and visit the **Late Gothic Jerónimos Monastery**, the burial place of many Portuguese kings and heroes. You will also **taste a typical Portuguese pastry, Pastéis de Belém**, before going to **Discoveries Monument**, built in honor of Portugal's greatest maritime explorers. (B)

Day 5: Mon, July 18 – LISBON. Enjoy a morning **excursion to Serra de Sintra**, one of the most picturesque mountain villages in Portugal, a former summer residence of the Portuguese royal family and a source of inspiration for Lord Byron and generations of other artists and poets. Your guided tour includes a **wine tasting** and a **view of the Pena National Palace**, a fairy tale castle situated high on a rocky peak, followed by free time to explore on your own. (B)

Day 6: Tue, July 19 – LISBON – PORTO – EMBARK AMAVIDA. Check out of your hotel and take a motorcoach ride through the Portuguese countryside. Stop in Tomar and visit the **castle of the Knights Templar**, the walls of which envelop the elaborate **Convent of Christ**, a UNESCO World Heritage Site from the 12th century boasting spectacular frescoes and azulejos (iconic blue painted tiles). Afterward, continue to Porto where you'll **embark your ship**, the AmaVida. (B, D)

Day 7: Wed, July 20 – PORTO. Join a guided tour of **Porto's historic quarter**, a UNESCO World Heritage Site. You'll see the **Cathedral**, one of the city's oldest monuments; the **main square**, ringed with shops and cafés; and the **São Bento Railway Station**, known for its blue and white tile panels depicting scenes from Portuguese history. You'll also enjoy a **tasting of port**, Portugal's most renowned contribution to the world of wine. For the more active adventure, **join a hike in Porto** and explore the old harbor quarter, passing through the medieval streets of Porto. (B, L, D)

Day 8: Thur, July 21 – ENTRE-OS-RIOS. Entre-os-Rios translates to **"between the rivers,"** and this small village is, quite appropriately, **located at the confluence of the Tâmega and Douro rivers**. For an authentic slice of Douro River life, enjoy a **traditional "home-cooked" meal** at a local quinta. (B, L, D)

Day 9: Fri, July 22 – RÉGUA. Begin your day with a **tour of the 18th century Palácio Anadia, or Palace of the Counts**, known for its beautiful interior and Baroque style. Inside the house, you'll see intricate panels of blue and white tiles throughout the rooms and a striking vaulted ceiling that retell the history behind the palace. (B, L, D)

Day 10: Sat, July 23 – RÉGUA – PINHÃO. Venture to the town of Lamego, where you'll see the **"Sanctuary of Our Lady of Remedies"** on a city tour or **climb the 686-step "Holy Staircase,"** beautifully decorated with white and blue tiles, to the top on a guided hike. Whichever excursion you choose will conclude with a **tasting of local specialties** such as **Bôlas de Lamego**, bread filled with smoked ham; **Presunto**, a type of dry-cured ham; and **Espumante**, a Portuguese sparkling wine. Later in the day, **cruise along the scenic Douro to Pinhão**, where a **wine tasting** will be waiting for you in a local quinta. (B, L, D)

CATEGORY	FARE
Cat E – Panoramic Window / Douro Deck	\$8,309 \$7,809
Cat D – Panoramic Window / Douro Deck	\$8,608 \$8,108
Cat B – Balcony / Lisbon Deck	\$10,008 \$9,508
Cat A – Balcony / Porto Deck	\$10,308 \$9,808
Suite – Balcony / Porto Deck	\$12,008 \$11,508
Air & Land Deposit: \$250 per person • Cruise Deposit: \$400 per person	
Final Payment Due: 03/16/22	

Day 11: Sun, July 24 – PINHÃO. Embark on a leisurely walk to the charming **Pinhão Railway Station**, a stunning train station along the Douro Line, one of the most iconic rail journeys in Portugal. The station's main building is revered for its 25 tile panels, all in shades of blue, that depict scenes from the Douro region. Afterward, enjoy an **exclusive lunch at Quinta da Avesada**, where you'll enjoy an authentic and **traditional dining experience complete with entertainment**. The warm, spirited hospitality of this family-run quinta is quite special as you will discover. Several family members play in a band, and while dining, they will entertain you. Quinta de Avesada is also a fascinating **interactive museum** commemorating the **history and culture of wine** in the Alto Douro region, so you'll have fun **discovering all the various stages of wine production** as well as doing **plenty of tasting**. Later in the day, indulge in some **free time to explore the town on your own**. (B, L, D)

Day 12: Mon, July 25 – BARCA D'ALVA. Venture to **Castelo Rodrigo**, known as the **"White Village"** because of its **almond trees**. The site offers spectacular views of the surrounding area and as far away as Spain. Join a **walking tour** through its medieval streets and see the houses and establishments with 16th century facades and Manueline style windows. Prefer a more active adventure there, you can **hike to the town**. At the end of both tours, enjoy a **tasting of local favorites**, such as **almonds, cheese, bread, and wine**. (B, L, D)

Day 13: Tue, July 26 – VEGA DE TERRÓN, SPAIN – DISEMBARK AMAVIDA – SALAMANCA – MADRID. **Disembark the ship** in Vega De Terrón and board a motorcoach to Madrid. En route to Madrid, you'll first stop in **Salamanca**, a UNESCO World Heritage Site located at the center of Spain's Castilla y León region. You will have free time to explore on your own, followed by an **escorted city tour** that includes the **New Cathedral** and the uniquely adorned **House of Shells**. Later in the day, you'll check into your hotel in Madrid. WESTIN PALACE or Similar (3 Nights) (B, L)

Day 14: Wed, July 27 – MADRID. Discover the vibrant capital of Spain on your **city tour** that takes in all the top sights, including the elaborate **Royal Palace, Buen Retiro Park, Puerto del Sol, Mercado de San Miguel**, and **Plaza Mayor**. (B)

Day 15: Thur, July 28 – MADRID. Journey to the **walled city of Toledo**, a UNESCO World Heritage Site and the ancient capital of Spain. The city is a treasure trove of artistic riches with its winding streets and well-preserved medieval architecture. As part of your escorted tour, you will visit the **Cathedral of Toledo** as well as the **Synagogue Santa María La Blanca** in the Jewish Quarter. (B)

Day 16: Fri, July 29 – MADRID – HONOLULU. Bid Farewell to Madrid as you prepare for your homeward flight. Depart Madrid. Arrive Honolulu the same day. Aloha and Welcome Home. (B)

* Fares are per person, USD based on double occupancy for a Cat E Fixed Window Stateroom aboard AmaVida and INCLUDE ALL AIRLINE TAXES AND FEES. Airline fuel supplements, taxes and fees are subject to change and tour member is responsible for any increases. Some airline-imposed personal charges, including but not limited to baggage, priority boarding and special seating, may apply. For details visit www.tripadvisor.com/AirlineFees. After initial deposit, a \$75 per person Non-Stop Travel (NST) Cancellation Fee will apply. Group departures may be cancelled, if there are less than 24 tour members. Final Payment to NST for "non-cruiseline" Air and Land Package must be made by Money Order or Personal Check. NST does not guarantee that all tour members will fly together with Tour Manager. Tour Manager assignments, number of meals offered on tour, tour price, discount, and the "final" tour itinerary are subject to change with/without notice. **NST reserves the right to correct errors or omissions including but not limited to, fares, fees and surcharges at any time.** Travel to Europe in 2022 will require a Visa or Visa Waiver – price of this Visa or Visa waiver is not included in the price of this tour. **Special Assistance:** You must notify NST, at time of reservation, of any disability requiring special attention. NST reserves the right to cancel your booking or terminate your vacation if your special needs or disabilities are not suitable for the vacation or if you are not traveling with a companion who will provide all the assistance you require. **Wheelchair and Electric Scooter access outside of the USA is severely restricted.** 020421