
**Spain & Portugal
In Depth**

Land Tour

Plus optional extensions in

Barcelona, Spain; Madeira, Portugal

SPE/SPP 2013

Grand Circle Travel

Spain & Portugal In Depth

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INTRODUCTION

ABOUT THIS HANDBOOK

We've gathered some introductory information that may prove helpful for this Grand Circle itinerary. For detailed and timely information, it's wise to visit appropriate websites and confirm luggage regulations, weather conditions and other variable elements of your trip. If you expect to embark on personal exploration, or wish to discover more about the countries you visit, we suggest that you consult your choice of the many in-depth travel guidebooks devoted to your destinations. Refer to our additional resources section (at the end of the handbook) for other sources of insight.

ABOUT GRAND CIRCLE TRAVEL

Grand Circle Travel, founded in 1958 to serve the American Association for Retired Persons (AARP), is the leader in international travel, adventure and discovery for Americans aged 50 and over. Grand Circle vacations have been recommended by *The New York Times*, *Condé Nast Traveler*, *The Los Angeles Times*, *Travel+Leisure*, *The Wall Street Journal*, *Arthur Frommer's Budget Travel*, among other publications. But our most impressive reviews come from the more than one million people who have traveled with us and from readers of *Condé Nast Traveler* who placed Grand Circle Cruise Lines, the cruise branch of Grand Circle, in the Top 10 of the World's Best Cruise Lines for seven years. Grand Circle has earned a spot on the prestigious *Condé Nast Traveler* Gold List for seven consecutive years as well. For 2011 *Condé Nast Traveler* named seven Grand Circle river ships among the 20 best river ships in the world; for 2012 the Grand Circle Cruise Lines was named to their Platinum Circle of top cruise lines.

YOUR GCT PROGRAM DIRECTOR

During your Grand Circle Vacation, you'll have reliable assistance available at all times from an on-site Grand Circle Travel Program Director. Your Program Director is a resident of Spain or Portugal who is fluent in English and can give you an inside perspective on your destinations. While in Spain and Portugal, your Program Director is supported along the way by local tour guides, who guide you expertly through particular sites and cities. Note that this trip includes walking tours that involve walking for two hours or more.

Grand Circle Program Directors are graduates in tourism. In addition, they receive specialized training directly from Grand Circle, training that is based on what we've learned from thousands of past travelers about how to make the trip most enjoyable. Your Program Director offers both a deep knowledge of the region and a commitment to make this a very pleasant, informative, and rewarding travel experience for you.

Your Program Director will provide sightseeing trips, handle all travel details, reserve optional tours you choose to take, oversee your Discovery Series events, and provide any other assistance you may need. You will be in the company of the Program Director throughout your Land Tour.

1. PASSPORT, VISAS AND TRAVEL DOCUMENTS



Passport Required

U.S. citizens need a passport for this itinerary.

Note

Your passport should meet these requirements for this itinerary:

- It should be valid for at least 6 months after your scheduled return to the U.S.
- It should have the recommended number of blank pages (see below for details).
- The blank pages must be labeled “Visas” at the top. Pages labeled “Amendments and Endorsements” are not acceptable.

Recommended number of blank pages:

This recommendation is based on a “worst case” scenario. When you are on this adventure, you might use fewer pages, depending on the whims of the Immigration official on duty that day. Since the consequence of having too few pages can be severe—you could be denied entry into a country—we feel that it’s better to be safe than sorry, and we strongly recommend that you follow these guidelines.

- **Main trip only:** 2 blank “Visa” pages.
- **Optional tour to Morocco:** Two additional pages for a total of 4.

Please take moment to check if your passport meets all of these requirements. If not, you could be refused entry into a country. And if that happens, you might be required by that country to return to the U.S. immediately, **which would be at your own expense.**

If you need to renew your passport or get extra pages:

Contact the National Passport Information Center (NPIC) at **1-877-487-2778**, or visit their website at **www.travel.state.gov** for information on obtaining a new passport, renewing your existing passport, or for additional pages. You can renew your passport by mail if it is not damaged, you obtained it within the last fifteen years, and it’s in the name you want on your new passport. Many local post offices carry forms for renewing by mail or obtaining extra pages. Allow several weeks for processing your passport. You may also contact our recommended visa service company, PVS International, at **1-800-556-9990** for help with your passport.

***NOTE:** When updating your passport, it is worthwhile to check the prices on all the different services that might apply to you. For example, it might be less expensive to renew your passport than to have pages added, depending on the number of pages you need.*

Visas Not Required

For U.S. citizens, a visa is not required for entry into the countries on this itinerary.

No U.S. Passport?

Non-U.S. citizens or non-U.S. passport holders: If you are **not** a U.S. citizen or if you possess a passport from a country other than the U.S., it is your responsibility to check with your local consulate or embassy about possible visa requirements. For your convenience, we recommend the services of PVS International. Or, contact your local consulate.

PVS International
Passport & Visa Services
1700 N Moore Street
Rosslyn Center, suite 310
Arlington, VA 22209
Telephone: 1-800-556-9990

Backup Photocopies

The smartest security precaution you can take is to make photocopies of your passport's personal information pages, your air tickets, your traveler's check serial numbers (if you're using them), and your credit cards. Also, bring extra passport-sized photos. Make a list of the phone and fax numbers for reporting lost credit cards, your travel protection plan company (if you have an optional travel protection plan) and medical emergency network. Keep these documents separate from the originals, and they can save you immeasurable time, money, and trouble if your originals are lost or stolen as you travel. In addition, scan these photocopies and email them to your email address; you can then print out replacement copies if necessary.

2. YOUR HEALTH



Keep Your Abilities In Mind

You can encounter unaccustomed challenges on even the shortest journey — this land tour, for instance, features a very active itinerary with long days of sightseeing, frequent walks often following steep and uneven pathways, and motorcoach transfers over rough terrain and unpaved roads. In addition, terrain can be uneven, rocky or precarious; both included and optional tours can require extended walking to guarantee a truly rewarding experience. Some of the places you'll visit have not been improved with elevators, escalators, ramps, railings or other aids that you may be used to. If you have difficulty walking in terms of balance or stamina, or are generally inactive in your daily life consider an exercise program to tone up for your trip. If in doubt, consult your physician describing the length and type of rigors you'll encounter. *Please note that this trip is not wheelchair accessible; nor can Grand Circle Travel accommodate motorized scooters of any kind.*



Health Check and Inoculations

Health Check: If you have any ongoing medical conditions or concerns about your health, we highly recommend that you schedule a checkup with your personal physician at least six weeks in advance of your departure date. Discuss with your doctor any aspects of your international itinerary that may affect your health and be guided by his or her advice. A loose filling or developing cavity would be difficult to remedy while you are traveling — you may want to have a dental exam before your trip. Feeling healthy and confident of your mobility is essential if you want to fully enjoy your trip abroad. For your comfort and safety, we recommend this program only to individuals in good physical condition.

If you take medications regularly, be sure to pack an ample supply that will last your entire trip, as obtaining refills of your medication can be difficult during your trip. Pack these medications in your carry-on bag, and keep them in their original, labeled containers. To be prepared for any unforeseen loss of your medications, you should also bring copies of the prescriptions, written using the generic drug name rather than a brand name.

Vaccinations:

Check with the CDC: To ensure you receive any needed vaccinations we suggest that you check the current recommendations of the U.S. Centers for Disease Control and Prevention (CDC) for your destination. You can contact them at:

- On-line** — if you have access to the Internet, we suggest you visit the CDC's Web site at www.cdc.gov/travel, where you will find comprehensive information about preventing illness while traveling.
- By phone**—at the CDC's Hotline toll-free at **1-800-232-4636** 24 hours a day. Please note that automated information may be arranged topically by disease, rather than by country or region.

Consult your doctor: After checking the CDC's recommendations we strongly suggest that you consult your family physician concerning any vaccinations or medications that you may need on this trip. At the time of print there were no specific vaccinations required for entry into any of the countries on your itinerary.



Jet Lag Relief

You will feel better on the first days of your trip if, shortly before you leave home, you start to adjust to the different time zone of your destination. Since you will cross several time zones to reach your destination, you may lose many hours of regular sleep. On arrival, your body then will have to suddenly adjust to new sleeping and eating patterns. The result is jet lag. Its symptoms are fatigue—often compounded by insomnia and general restlessness—irritability, and vague disorientation. You cannot totally avoid jet lag; but you can minimize it. Here's how:

- Start your trip well rested. Begin a gradual transition to your new time zone before you leave.
- Switch to your destination time zone when you get on the plane. Attempt to sleep and eat according to the new schedule.
- Try to sleep on overnight flights.
- Avoid heavy eating and drinking caffeine or alcoholic beverages right before—and during—your flight.
- Drink plenty of water and/or fruit juice while flying.
- Stretch your legs, neck, and back periodically while seated on the plane, and make an effort to get up and walk about the cabin a few times to keep your blood circulation normal.
- After arrival, avoid the temptation to nap.
- Don't push yourself to see a lot on your first day.
- Try to stay awake your first day until after dinner.

3. LUGGAGE REGULATIONS



Size, Number and Weight Restrictions

It may seem early to discuss luggage and packing, but if you know current industry standards for international flights you can start to plan what type of luggage you'll use, how much clothing to bring, etc. The following information can help you in your trip preparations. We'll remind you to confirm your U.S./international luggage limits (and update regional limits, if applicable) in your final documents (arriving about two weeks before your departure).

MAIN TRIP LIMITS	
Pieces per person	One checked bag and one carry-on bag per person
Weight restrictions	Varies by airline. The current standard is 50lbs for checked bags and 15 lbs for carry-on bags .
Size restrictions	Varies by airline. Measured in linear inches (<i>length+width+depth</i>). Generally, 62 linear inches is the checked bag limit; carry-on limit is 45 linear inches .
Luggage Type	A sturdy, fabric-sided suitcase with built-in wheels and lockable zippers is recommended.
TRIP EXTENSION(S) LIMITS	
The extensions have the same luggage restrictions as the main trip.	
REMARKS / SUGGESTIONS	
<p>One suitcase and one carry-on bag per person: Due to the space limitations on bus transfers, you'll be restricted to one suitcase and one carry-on bag per person. This is to ensure that we have room for everyone's luggage. We ask that you abide by this limit to avoid inconveniencing your fellow travelers and prevent additional airlines luggage fees (which are your responsibility). Most airlines now charge to check more than one suitcase per person for flights to Europe and other international flights.</p> <p>Note: Enforcement of published restrictions by countries and airlines is a matter of governmental and corporate policy. Enforcement may include spot checks and may be inconsistently applied. Expect penalties and fines to be imposed immediately, however, when and if enforced. Before you choose to ignore the published restrictions you should ask: <i>Do I feel lucky?</i> And, even if you answer yes, you should make sure that you have the ability to pay the fine.</p>	

Should I confirm luggage restrictions with my U.S./international airline(s) before departure?

Absolutely, confirm current restrictions about a week or so before your departure. You should take this step no matter if your vacation has a lower limit than the average international flight or not, because there may be recent changes, such as new security regulations, or an update to the standard weight/size allowances. For your convenience, we maintain a list of the toll-free numbers for the most common airlines on our webpage in the *FAQ* section.

You should also check with the airlines on luggage fees—many airlines charge to check luggage, even on international flights. Others may charge a fee if you bring a second carry-on item, like a purse or a laptop. **These fees are not included in your trip price;** they are payable directly to the airlines. If you are making a connecting flight, you should also confirm if your luggage can be checked through to your final destination. For more information about air travel, see the “Air Travel” section of your *Important Information* booklet.

Airport Security/TSA

Restrictions on what can be included in your carry-on luggage may change. To avoid inadvertently packing restricted items in your carry-on, we suggest that you consult the Transportation Security Administration website at www.tsa.gov/public.

Liquids and your carry on: Follow the **TSA’s 3-1-1 rule:** Liquids must be in a 3.4 ounce or less (100ml) bottle (by volume); all bottles must be in a 1 quart-sized, clear, plastic, zip-top bag; 1 bag per passenger placed in screening bin. One-quart bag per person limits the total liquid volume each traveler can bring. The 3.4 ounce (100ml) container size is a security measure. Note that this rule is used increasingly in Europe, as well.

For flights that originate in the U.S.:

To reduce the risk of damage to your luggage, do not lock your bags when checking in for flights originating in the U.S. The Transportation Security Administration (TSA) is responsible for screening all checked luggage at commercial airports throughout the U.S. TSA baggage-handling agents may need access to your luggage and will break locks if required. TSA “accepted and recognized” locks are widely available: screeners can open and re-lock bags using these locks if a physical inspection is required.

For flights originating outside the U.S.:

On all flights outside of the U.S., we strongly recommend you lock your luggage. This is not a legal requirement but merely a precaution against theft. Have the keys handy, as you may need to open your luggage for a security screening or for customs in the U.S. or Europe.

4. WHEN YOU ARRIVE



GCT Air Travelers

U.S. Departure: If you are among a group of ten or more GCT travelers who depart the U.S. from your international gateway city, it is our goal to have a GCT Representative assist you at the U.S. airport with the check-in of your flight. Unless there are extenuating circumstances beyond our control, the Representative will be at the check-in counter three hours before your departure time and at the gate one hour before your departure time (security permitting).

Please note: If you are arriving at your international gateway city via a connecting domestic flight, the Grand Circle Representative will be stationed at the check-in counter for your departing international flight, not at the domestic arrival gate.

Europe Arrival: At the beginning of your base program or your optional pre-trip extension, a GCT Representative will meet you at the airport after you exit customs and assist you with your transfer to the hotel.

Important note: Airport porters are NOT allowed in the customs hall area. On arrival, you must take your luggage off the baggage carousel and load it onto a cart. You will then move your cart through customs, and when you exit customs, you'll handle your cart until reaching your motorcoach. Your motorcoach driver will load your luggage onto your motorcoach.

U.S. Return: At the end of your base trip or optional post-trip extension, you'll be transferred by motorcoach to the airport for your return flight to the U.S. If you are among a group of ten or more GCT travelers who return to the same U.S. gateway city, a GCT Representative will meet you as you exit Customs and help you find taxis, buses, hotel accommodations, or connecting flights. Again, it is our goal to have our GCT Representative waiting to assist your group. In rare instances, unforeseen circumstances may prevent this service.

Important Note on Name Tags: Please remember to wear your Grand Circle Travel name tag when you exit Customs, upon arrival and when you return to the U.S., so that you are readily identifiable as a GCT traveler.

Flying with a Travel Companion

If you're traveling with a companion from a different household, and both of you are beginning and ending your trip at the same airport on the same dates, let us know you'd like to travel together and we'll make every effort to arrange this (please note, however, that this is not always possible). If you request any changes to your flights, please be sure that both you and your companion tell us that you still want to fly together.

5. MONEY MATTERS



How to Carry Your Money

Traveler's checks—not recommended: We urge you not to rely on traveler's checks for your personal expenses. They can be difficult to exchange and the commission fee for cashing them is quite high. Many banks in Portugal will not exchange traveler's checks at all. It's most practical to view any traveler's checks you might bring as a last "cash" resort in the event of a special situation.

U.S. dollars have an advantage. Cash is more readily exchanged and accepted than traveler's checks, and sometimes commands a better exchange rate.

Debit/ATM cards give you a reliable payment method and ready access to local currency. We recommend you use a debit card for withdrawals at ATM machines when you need cash, as it will allow you the flexibility of accessing money at your convenience without relying on bank hours for money exchanges.

Currency

The euro is the official currency of both Portugal and Spain. Euro banknote and coin denominations are as follows:

- Banknotes: 5, 10, 20, 50, 100, 200, and 500
- Coins: 1, 2, 5, 10, 20, and 50 cents; 1 and 2 euro

There is no need to obtain local currency before your trip. However, if you do not have a relationship with a local bank, you will need to use an exchange office for currency exchanges — banks allow only their clients to exchange U.S. dollars to Euros currency in Spain and Portugal. (Please note that torn, dirty, or taped bills may not be accepted.) The most convenient way to get euros is via ATM machines, which are well widely available in both Portugal and Spain. You will need to remember to have your PIN available.

Currency exchange rates fluctuate daily. Your Program Director will advise you of the exchange rate upon your arrival. For current exchange rates, please refer to the our website, or the financial section of your newspaper. On our web site select the region and then the country you'll be visiting. A link to a currency converter is included on each country page menu.

ATMs

When traveling, typically PLUS, Cirrus, and other bank networks are available throughout large cities and small towns. Always notify your bank before you leave home that you are going abroad so that they may remove any blocks on your account and also ask them about the number of withdrawals you may make abroad. For cash withdrawals, don't forget to memorize the actual digits of your card's 4-digit PIN (Personal Identification Number), as many keypads at foreign ATMs do not include letters on their numeric keys, they only display digits.

Note on ATM use: Many banks have begun imposing a fee ranging from \$1 to \$5 every time you use an ATM in a foreign city. You may want to limit the number of withdrawals that you make. Your Program Director/Hospitality Desk Representative can advise you on locations, but when to exchange money is left to your discretion.

Credit Cards

Though major American credit cards (American Express, Visa, and MasterCard) are accepted abroad, always inquire if your type of credit card is accepted before deciding on your purchase. It is also wise to notify the credit card company that you will be using your cards abroad so that they may remove any security block. When using a major credit card you may receive a different exchange rate than if you pay with cash; inquire about the rate first. Please be aware that credit cards might not be accepted for small purchases or in the markets. Note that the Discover credit card is not widely accepted outside the U.S. Keep your receipts in case you have questions about the conversion or exchange rate. Also, keep your receipts as proof of purchase for items to be shipped home.

Banking Hours

Spain

Banks are typically open Monday through Friday, 8:30 am to 2 pm.

Portugal

Banks are generally open Monday through Friday, 8:30 am to 3 pm.



Shopping

It is Grand Circle Travel's goal to identify and provide you with shopping opportunities that highlight unique, locally produced products with good value from reliable vendors. For this reason there may be scheduled visits to local shops during your adventure. There is **no** requirement to make a purchase during these stops, and any purchase made is a direct transaction with the shop in question, subject to the vendor's terms of purchase. **Grand Circle Travel cannot be responsible for purchases you make on your trip or for the shipment of your purchases.**

We recommend that wherever possible you carry your purchases home with you, especially if they are valuable or fragile. (Remember to leave some extra space in your luggage when you are packing for your trip, so you can fit in your vacation purchases.)

If you plan a major purchase, we strongly recommend that you research the prices and quality available at home before your trip. Just one visit to an import shop or gold dealer will put you way ahead when you go shopping. This is the only way to know if you are getting a good price

By Destination

Spain

Leather goods, from supple suede gloves and elegant calf handbags to wineskins that require careful curing (*botas*), are excellent purchases. Other good buys are shoes, from classical calf pumps to provincial cloth espadrilles; porcelain by *Lladro* and pottery by regional craftsmen; and wool rugs made by tapestry makers or simple cotton-rag throws.

Siesta: Throughout Spain, most stores and offices close between 1:30 pm and 5 pm. Then they reopen until 7:30 pm (many close even later). Restaurants generally remain open during siesta. In the larger cities you may find that big department stores will stay open from 10am – 10pm.

Local shop hours: Most shops in your area are open Monday through Friday, 10 am–1:30 pm and 5–8 pm; Saturday, 10 am–1:30 pm. Also nearby are markets, hairdressers, pharmacies, and other conveniences.

Value Added Tax: Known in Spain as the IVA, Value Added Tax is levied on most articles, services, and meals. The IVA ranges from 7% to 33% (luxury items, cars). Depending on how much you spend on certain goods, you may be eligible for a partial refund of this tax. Ask the shopkeeper or salesperson about the VAT at time of purchase, or talk to your Program Director about it before you shop. Be sure to save all receipts and forms for Customs.

Portugal

Among the recommended buys in Portugal are Atlantis crystal, Vista Alegre porcelain, pottery, tiles, and gold and silver-filigree jewelry. Other local handicrafts include lace, woodwork, cork products, ceramics, embroidered goods, hand-loomed carpets, hand-knit sweaters, crocheted shawls, brass, copper and pewter ware, and baskets.

Store hours: Most stores are open Monday through Friday, 9 am-1 pm and 3-7 pm; they open Saturday, 9 am-1 pm. Shopping malls generally stay open all day, from 10 am-10 pm.

Europe Tax-Free Shopping: Over 1,000 stores in Lisbon and other main cities have adopted the “Europe Tax-Free Shopping” (ETS) system, which allows foreign shoppers to easily recover the 23% IVA tax (30% for gold items) charged on purchases. Stores that participate in the ETS system will clearly display an ETS sign at the entrance. If you make a purchase, ask the shopkeeper for a tax-free check. When you depart Europe, you show the airport customs official your purchases and tax-free checks. You will then receive a cash refund or a credit to your credit card, approximately four weeks following your return to the U.S., for the total amount of your tax-free checks.

Barcelona

Barcelona is a shopper’s delight: from the high-end stores on Passeig de Gràcia to the soup-to-nuts jumble of stores in the Born-Ribera district – there’s something for everyone. Leather is one of the best buys in Barcelona — shoes, belts, jackets, and coats are all available. You’ll find good buys in both high-end stores and at smaller shops; the quality and value of leather goods is generally superb. High design is also widely available, from decorative objects and housewares, particularly at shops around the MACBA and the Museu Picasso. Artisan/craft work, such as ceramic tiles, gifts and earthenware bowls and plates, are cheap and plentiful; cookware, crockery, wine glasses, and utensils in general are great buys.

Madeira

Madeira specialties include wickerwork, Madeira wine, and embroidery—hand-worked on Irish linen, cambric, organdy, cottons, and even French silk. Shops of all sorts line the major streets of town (see “City Layout”). Other Portuguese products are imported from the mainland, but the price for them is steeper on the island.

Store hours: Normal shopping hours are 9 am - 1 pm, and 3 - 7 pm. However, most of the shops and cafés in Funchal's big shopping mall, *Centro Comercial do Infante* (Avenue Arriago 75) are open 10 am to 10 pm.

U.S. Customs Regulations and Shipping Charges

Exemption Amounts

Articles totaling \$800, at fair retail value where they were acquired, may be imported free of charge if you bring them with you. A flat rate of duty—usually a percentage—will be applied to the next \$1,000 worth (fair retail value) of merchandise. The U.S. Customs Inspector determines the value of your items when you enter, and is not bound by your bill of sale. In almost every case, however, a genuine bill of sale will be honored.

Fees on Items Shipped Home

Items shipped home are *always* subject to duty when received in the U.S. There will also be charges for shipping. Although some shops abroad may offer to include shipping and duties in the price, this typically means shipping to the customs facility closest to you and payment of the *export* duties (the fee to remove an item from its country of origin) not door-to-door shipping or *import* duties (the fee the U.S. government charges to bring an item into the U.S.). All additional duties or shipping charges would be the responsibility of the purchaser—you.

Therefore unless the item is small enough to mail or to be sent by a global parcel service (like FedEx) you should be prepared to pay customs duties and for shipping or pick-up from the nearest customs facility. This is why the U.S. Customs & Border Protection service states: “The most cost-effective thing to do is to take your purchases with you if at all possible.”

Illegal Items

It is illegal to import products made from endangered animal species. U.S. Customs & Border Protection will seize these items, as well as most furs, coral, tortoise shell, reptile skins, feathers, plants, and items made from animal skins. For more information on what you may or may not bring back into the United States, you can obtain the publication “Know Before You Go” from the U.S. Bureau of Customs & Border Protection by phone, mail or from their website:

U.S. Bureau of Customs & Border Protection
1300 Pennsylvania Avenue NW
Washington, DC 20229
Tel. 1-877-227-5511
www.cbp.gov/xp/cgov/travel/

Problem with a Purchase?

The best way to address a problem with a purchase is to not have one in the first place! So don't forget to examine merchandise before paying for it, check contracts or agreements before signing, and review your receipt before leaving the shop. For major purchases, don't hesitate to ask in advance about the return policy—local practice may vary from U.S. standards, so don't assume that you have a certain number of days after the purchase to speak up.

But what if you do discover an issue with an item later on? In that case, your best recourse is to contact the vendor directly. For this reason we recommend that you keep a copy of all your receipts, invoices, or contracts, along with the shop's contact information. Expect that any resolution will take longer than it would in the U.S. due to delays in communication, the complexities of international shipping/customs duties, and even cultural differences in how business is conducted.



To Tip or Not to Tip

Sometimes *that* is the question. The good news is twofold: we're fresh out of Shakespearean soliloquies, so no thesauri will get hurt here; and the answer to the question "**to tip or not to tip** (and how much to tip if you so choose)" is *always* a personal decision. Tipping is a common practice both at home and abroad and we offer these guidelines to answer requests for appropriate tipping amounts. It can be useful to have this information on site – when the question *must* be answered – and ahead of time for travel budgeting purposes. Tips below are quoted in U.S. dollars; tips can be converted and paid in local currency (usually preferred) or in U.S. dollars (personal/traveler's checks should *never* be used for tips).

GCT Program Director: It is customary at the end of your trip to express a personal "Thank You" to the Grand Circle Program Director or the hotel Hospitality Desk Representative, especially if he or she has provided you with individual assistance. We recommend \$4-\$6 per person, per day. Please note that tips for our Program Directors can only be in the form of cash, and local currency is appreciated.

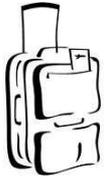
Airport/Hotel/Pier Portage & Transfers: When using GCT transfer services, tips to hotel, airport, and pier porters are included in the cost of your trip. Tips to the motor coach driver for your airport/hotel/pier transfers are also paid by GCT.

Included Group Meals: Your Program Director will tip waiters for the included meals when the group dines together.

Time at Leisure: During the times that you explore independently, you may dine in a local restaurant, take a taxi, or avail yourself of some other service where tipping is customary. In Portugal and Spain, restaurants do not normally include service charges on bills and it is customary to leave a 5%-10% tip (10% in a better restaurant, less in a humbler establishment). When ordering snack foods or *menus del dia*, round the bill off to the nearest euro; if you've received exceptional service, leave more at your discretion. The waiters in a hotel cocktail lounge can expect a tip of about 60 euro cents. In cafés and bars, leave small tips for barmen and waiters; a few small change coins—less than one euro—is sufficient. In Portugal, you should tip a taxi driver about 10% of the fare. The practice of tipping taxi drivers in Spain varies from city to city in some cities it is expect and in others it is discretionary. Your program director can advise you what the practice is in each area that you visit.

Tours & Excursions: During your vacation, you have the opportunity to participate in included and optional ours. (Note that optional ours can only be paid for with a credit card). A tip to your motorcoach driver (and local tour guide, if one accompanies the tour) is customary. Suggested tip amounts: \$2 per person for each half-day tour, \$3 per person for each full-day tour.

6. PACKING FOR YOUR TRIP



In General

Travel light. A good rule of thumb is to gather together everything you want to bring; then take half of that. Eliminate all but the essentials and start packing a few days before you leave. That way, you'll have time to think—not fret—about what you might be forgetting. To have a varied travel wardrobe, yet keep your luggage light, we recommend you select a color scheme and pack color-coordinated clothing items that can be mixed to create different outfits.

Pack casual clothes. Comfortable, informal apparel is acceptable at each of your destinations. Basic pants, shirts, walking shorts, sportswear, everyday dresses and skirts, supportive shoes, and functional outdoor clothes that are relatively easy to care for are recommended. At dinner, you will not need to don "dressy" clothing; men do not need jackets or ties and women do not need fancy dresses. You may want one or two "smart casual" outfits for the Welcome Reception or Farewell Dinner, but it's completely up to you. You would only need nicer dress if you plan to dine at a deluxe city restaurant on your own.

Winter (November-February): For travel during winter months, take some cooler weather gear—warm pants and socks, fleece top or wool sweater, and windproof jacket. The most practical travel wardrobe consists of items that you can wear in layers. Then you can easily add or remove a layer according to any fluctuations in temperatures. Your outer jacket should be roomy enough to comfortably fit over your sweater or fleece top.

Summer (May, September, and October): Unlike many regions in the United States, these months are definitely summer-like in most parts of southern Portugal and southern Spain. Temperatures at this time can be quite warm, or even hot. Summer outfits are appropriate, with a cotton sweater for air-conditioned interiors and a windbreaker for evening sea breezes. In October, temperatures drop quickly after sunset, so it's a good idea to bring along a few warmer items of clothing as well. Northern Spain & northern Portugal can be quite cold during these months, so warm attire is suitable, we suggest that you bring layers, as you will be travel to both the north and south.

Early Spring/Late Fall (March and April): Some days may be quite sunny and warm, others may be on the wet and windy side. Pack an assortment of seasonal garments: light pieces and cotton sweaters for daytime; and slacks, long-sleeve shirts, warmer dresses, and a heavy sweater or fleece jacket for evenings.

Comfortable, supportive walking shoes: These are essential. The country's magnificent churches, museums, markets, palaces, and shops truly invite exploration by foot. But walking on the cobblestone streets and rather uneven sidewalks can be a challenge—even for the most surefooted traveler.

Rain gear: Regardless of your month of travel, rainfall is certainly a possibility. We suggest you bring a folding umbrella and waterproof shell. Water-resistant walking shoes are advantageous in case heavy downpours pass through.

Luggage Suggestions

Consider a duffel bag or soft-sided suitcase for your checked luggage. Due to space limitations on our motor coaches, you are allowed one piece of checked luggage per person. Porterage at airports and hotels is provided for **one** bag per person. All bags should have luggage tags.

Consider a daypack or small backpack as your carry-on bag. It will do double duty during excursions and walking trips. A daypack leaves your hands free and distributes its weight onto your back. Packed with daily travel needs (sweater, camera, rain/wind jacket, water bottle, etc.), it will compress to fit the storage space of foreign motorcoaches, and yet still have room for an impulse buy at a local street market.

Inner bags: Packing is easier if you use inner bags to help organize your gear. Use plastic bags, nylon stuff sacks, or packing cubes to organize inside your suitcase. Isolate liquids, store camera gear and important papers in heavy-duty Ziploc style bags.

***Tip:** Bring a second, empty lockable bag folded into your main suitcase, with a luggage tag and small lock. Use this to carry souvenirs home – but remember that you may incur extra luggage fees. If you're traveling with a companion we recommend "cross-packing," i.e., pack 2 outfits of your clothing in your companion's luggage and vice-versa, in case one bag is delayed.*



Packing Your Carry-On

Using a daypack as a carry-on bag for your flights is a smart solution. We **strongly urge** you to pack your carry-on with at least one full change of clothes, your camera gear, medications, changes of socks and underwear, your important travel documents, and other irreplaceable items, in case your checked bags go astray. Store camera gear and important papers in plastic bags to protect them from dirt and moisture. With a daypack you can then remove these items on arrival and load your bag with the gear you'll need on walking tours and excursions.

NOTE: Restrictions on what can be included in your carry-on luggage change frequently. To avoid inadvertently packing any restricted items in your carry-on luggage, we strongly suggest that you consult the Transportation Security Administration website, at www.tsa.gov which keeps a current list of restricted items. From the main website click on *Our Travelers*, then *Air Travel*, and then you will see a link for *Prohibited Items*.



Clothing Options

We've included information below on the weather you can expect for the regions you'll be visiting on your travels. Taking into account the climate you'll encounter and the general suggestions we offer above will enable you to create a flexible wardrobe that's light enough for sophisticated travel and will guarantee comfort in all the conditions you can expect to encounter. The luggage weight and size restrictions imposed by travel realities today have made traveling light an absolute necessity. With modern fabrics – Gore-Tex, Polarfleece, polypropylene, etc. – lightweight packing for comfort and protection through a wide range of weather is easy. A visit to any on-line or local sporting goods/outdoor stores (L.L. Bean, REI, EMS, etc.) will yield a treasure trove of lightweight, specialized, and fashionable clothing and gear that is readily adaptable to your itinerary.



Travel Gear Suggestions

Though it's often fun to do things as the locals do, it can be frustrating when daily necessities or conveniences from home aren't available. To travel wisely these days you must juggle your personal needs and preferences against the physical constraints of your transportation—whether it's an international airplane, a transfer motorcoach, a small ship or a day-long trek on a camel. You'll have to distinguish between what you **must** have, what you'd *like* to have, whether you can zip your suitcase closed, and what you can reasonably expect to wrestle through airport hallways and security checkpoints. Consult the following items to create your personal checklist – ignoring what you don't need and making the tough decisions over borderline cases. Remember that many airlines today will charge you extra for added luggage.

What not to pack: do not pack aerosol cans, as they tend to leak during air travel. Avoid packing glass bottles; use plastic containers instead. Leave at home checkbooks and any credit cards not essential for your trip, valuable jewelry, and anything that you would hate to lose.

Consider ...

- Daily essentials: toothbrush, toothpaste, floss, hairbrush or comb, shaving items, deodorant, shampoo/conditioner, shower cap, body soap, etc. (body soap is not a standard amenity in Spanish hotels)
- Spare eyeglasses/contact lenses and your prescription
- Sunglasses with a neck strap
- Sunscreen, SPF 15 or stronger
- Insect repellent with DEET
- Travel money bag or money belt
- Moisturizer, lip balm
- Swimsuit
- Compact umbrella
- Wide-brim sun hat or visor (seasonal)
- Pocket-size tissues
- Moist towelettes (packets) and/or anti-bacterial "water-free" hand cleanser
- Flashlight, extra batteries/bulb
- Photocopies of passport, air ticket, credit cards
- Extra passport-sized photos

Medicines

- Your own prescription medicines
- Vitamins
- Cold remedies: Sudafed/Dristan
- Pain relievers: Ibuprofen/naproxen/aspirin
- Laxatives: Senokot/Ex-Lax
- Stomach upset: Pepto-Bismol/Mylanta
- Anti-diarrheal: Imodium
- Band-Aids, Moleskin foot pads
- Antibiotics: Neosporin/Bacitracin

Other Gear

- Travel alarm (or rely on wake-up calls)
- Compact binoculars
- Hanging toiletry bag with pockets
- Washcloth (*not* a standard amenity in Spain and Portugal hotels)
- Beach towel (not provided by hotel)
- Handkerchiefs
- Basic sewing kit
- Small multi-tool (in *checked* luggage)
- Hand-wash laundry soap (Woolite), clothespins/travel clothesline/stopper
- Electrical transformer & plug adapters—see “Regional Electricity” below
- Travel journal/note pad/reading material
- Home address book
- Photos, small gift for home-hosted visit
- Phrase book
- Water bottle for land excursions
- Collapsible walking staff
- Pocket calculator for exchange rates
- Vitamins



7. REGIONAL CLIMATE INFORMATION

We can't predict what the weather will be during your travels, but you'll find historical averages and general information on the climate of your destinations below. As your departure nears it's a good idea to visit the *My Account* feature of www.gct.com, where you'll find monthly temperature averages for the countries you'll visit as well as a current 10-day forecast of local temperatures and conditions. Or check Internet weather sites (www.wunderground.com is very comprehensive) for those forecasts.

Madrid : The climate of Madrid fits into that of the interior of Spain. Rainfall is generally rather low over most of the interior. In late summer much of this area has a burnt and barren appearance after the long summer drought. Summers are generally hot. Spring and early summer tend to be the wettest seasons in many places, but the rainfall is light and not very effective as it often falls in short, heavy showers. Winters have frequent cold spells with biting winds blowing off the snow-covered sierras. Dust and hot winds are the most unpleasant features of the summer weather, but low humidity makes the heat more bearable. Sunshine amounts are quite high throughout the year, ranging from an average of five hours a day in winter to as much as twelve hours in midsummer.

Costa del Sol, Spain: Plenty of warm sunshine and cloudless skies are the norm on the Costa del Sol. There are, nevertheless, seasonal variations worth noting as you prepare for your holiday time. While long stints of dry sunshine are still to be found on the Costa del Sol in autumn and early winter, the normally balmy days may be interrupted by chilly winds from the mountains, as well as light showers. Heavier rains may pass through in the peak winter months of January and February. By March, and certainly during April and May, daytime temperatures remain quite warm; nights are cooler. Between June and September, hot days with low humidity are only occasionally broken by cooler evenings. Temperatures can reach well into the 80s.

Seville: Seville has a Mediterranean climate, with average temperatures of 79 degrees in the summer and 54 degrees in the winter, experiencing mild winds during spring and summer. Winters are also mild. It rains only slightly during the autumn (average annual rainfall: 514 inches). Highest temperatures are experienced during the summer.

Lisbon: Lisbon is one of the warmest European capitals. Spring and summer months are usually sunny with maximum temperatures close to or above 86 degrees during July and August and lows between 59 and 68 degrees. Autumn and winter are typically rainy and windy with some sunny days; the temperature rarely falls below 41 degrees, usually staying at an average of 50. On average, there are 100 days with rain per year. Lisbon's climate is strongly influenced by the Gulf Stream.

Barcelona (optional extension): Barcelona has a Mediterranean climate with mild, humid winters and warm, dry summers. Located on the east coast of the Iberian Peninsula Atlantic winds often arrive in Barcelona with low humidity, producing little rain. Barcelona winters tend to be mild. The coldest months are December, January and February; average daily winter temperatures range from 50 to 63 °F. The summer season lasts about six months, from May to October. July and August are the hottest months, with average temperatures around 82 °F during the day. May, June, September and October the average daily temperature is around 74 °F.

Madeira (optional extension): This Atlantic island has a year-round subtropical climate. For North Americans, its weather most closely parallels that of coastal California, though Madeira is more humid. The island rarely gets extremely hot, thanks to the cool mountain air that wafts down from the interior peaks. Most of the rainfall occurs in autumn and winter. Showers can be heavy, but usually are not prolonged. Whatever time of year you go, be aware that it is always much cooler up in the mountains, and that the north coast may be windier than the south.

Here is the data from the weather observation stations closest to our destinations.

WHAT'S THE TEMPERATURE?												
<i>Average highs (taken at 2 pm) and lows (taken just before sunrise) in °F.</i>												
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Madrid, Spain												
High	51	54	60	63	71	82	90	90	82	68	58	52
Low	32	35	38	42	48	56	61	61	55	47	39	35
Malaga (for Torremolinos), Spain												
High	61	62	66	68	74	80	84	85	82	74	67	63
Low	45	47	49	51	56	63	68	69	65	58	52	48
Seville, Spain												
High	61	63	69	71	79	87	95	95	90	78	69	62
Low	42	44	46	50	55	62	66	67	64	56	49	44
Lisbon, Portugal												
High	57	59	62	65	70	77	82	83	80	70	63	58
Low	45	47	49	51	54	59	63	64	62	57	51	48
Barcelona, Spain (optional extension)												
High	55	57	60	62	68	75	81	82	78	70	62	57
Low	40	41	44	47	53	60	66	67	62	54	46	42
Funchal, Madeira (optional extension)												
High	64	64	65	65	68	72	75	77	76	73	69	66
Low	58	57	58	58	60	64	67	69	69	65	62	60

Please note: The data cited here reflect *climate* as opposed to *weather* conditions, and serve only as general indicators of what can reasonably be expected. A 60 degree *average* high temperature means that days may be as warm as 80 or as cool as 40 – but it's most likely you'll encounter temperatures in the 50 to 70 degree range.

8. TRAVEL AND TECHNOLOGY



In General

Smartphone, tablet, digital camera/camcorder, MP3 player: travel today can involve technology that didn't exist even five years ago. The usefulness of digital devices is enormous: smartphones can keep you connected and offer up-to-the-minute information via your cell plan or a local Wi-Fi connection. With a tablet (or smartphone) you can store multiple country guidebooks, access maps and connect to the internet in a small, lightweight device. (**Tip:** you can download **this** document from the *Grand Circle Travel* website and import it into your tablet or e-reader, many of which can display PDF files.)

Compact and lightweight, digital camcorders and cameras take high definition movies and still images of the people you meet and places you visit. For robust use a laptop may be effective; for occasional use it's wiser to rely on Internet cafes or a tablet and hotel Internet access rather than shoulder the heft and size of a laptop.

To use these devices you should first consider the services available at your destinations. You'll encounter a range of electrical standards, varied plug configurations to access the local current, erratic availability (electricity and internet access), and differing technological standards.

You'll need to assess your power and data storage needs, and the accessories required to recharge/connect/use these devices. Finally, it's smart to read the owner's manual *before* you depart. Pay particular attention to electrical, power and storage requirements to ensure that you understand exactly what you need. Thorough preparation is the best guarantee that your devices will work up to their potential.



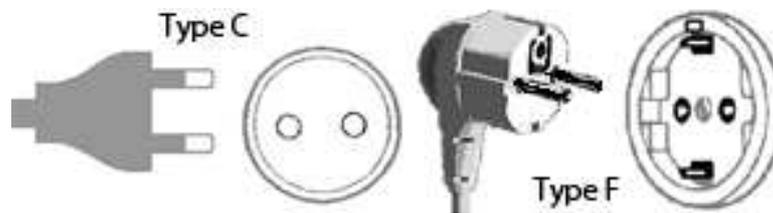
Regional Electricity

The standard U.S. electrical system — 110V 60Hz current and flat two- or three-pronged polarized plug system — is rare elsewhere. The rest of the world overwhelmingly uses 220-240V and 50/60Hz current with a variety of plug shapes, sizes, and configurations. Some plugs will work with multiple receptacles, while others won't. Europe is largely standardized to the Type C "Europlug."

Plugging a 110V U.S. appliance into 220/240V 50/60Hz service will ruin the motor. We suggest that you choose *dual* voltage appliances (widely available) that work on both 110 and 220/240 voltage. Dual voltage appliances need only plug adapters.

If you bring 110V appliances, such as a hair dryer (note that hotels often supply hairdryers and coffee makers) or a shaver, you'll need a transformer (to halve the 220/240V current) as well as plug adapters. Regional transformer/adaptor kits can be found at hardware or online stores. However, transformers can be unreliable and a broken one will leave you lugging a useless 110V appliance. Battery-operated alternatives are an option, but will need a supply of batteries.

Spain and Portugal use the Type C "Europlug" and the Type F plugs and receptacles that accommodate them and 230 V/50 Hz current.



If you use multiple digital devices—cell phone, digital camera, MP3 player, etc. – it’s handy to have a travel power strip, perhaps with a surge suppressors and USB port for charging cell phones, MP3 players or e-readers without carrying device-specific plugs.



Smartphones

It will require some effort to get the most out of your smartphone when you travel. Even with an international roaming plan, costs can add up quickly – those handy apps often pile up download fees. The simplest solution is to shut down all cell phone functions, automatic data feeds and roaming options, and take advantage of your phone via any available Wi-Fi. With an Internet VOIP app (like Skype) you can make inexpensive calls. If necessary, turn international roaming back on and your phone will work as usual – albeit at added cost. If your phone doesn’t support international roaming (most smartphones do), some carriers offer loaners.

App quality, availability and costs vary – as do platforms (iPhone, Android, Blackberry ...), so again you’ll need to do some legwork. Apps come in all forms: packing lists, currency converters, language translators, maps, journals, Wi-Fi hotspot finders ... one problem is going to be searching through the vast array of available apps to uncover what works best and what you’re likely to use most. Smartphones have a lot to offer, but their small size can be a drawback for some uses (maps, extended reading, etc.)

Cell Phones

If you want to use a standard cell phone while traveling overseas, be sure to check with your service provider (www.verizon.com, www.t-mobile.com etc.) to see if your phone will work outside the U.S. or whether you’re better off renting an international phone. The websites www.travelcell.com and www.globalcellularrental.com have good information on rentals. Or, consider buying an inexpensive local phone for your stay.

Phone Calling Cards

If you don’t carry a phone, you can use a prepaid calling card to call the U.S. with minimal additional charges. Besides the prepaid long distance charges, you might have a local fee of a few cents and possibly a connection fee if you are using your card at a hotel. Check with the reception desk prior to using it to avoid unexpected charges.

Calling cards purchased locally are usually less expensive than those purchased in the U.S. and are more likely to work with the local system. Note that dialing a U.S. 1-800 number outside the continental United States will incur costly long distance fees, since 1-800 does not work outside the U.S.



Photo Gear

For many people, capturing the highlights of their travel experiences in photographs or movies and sharing them is one of the most enjoyable aspects of the journey. Remember, however: some individuals and cultures are less tolerant of photography than others. It's always best to respect local customs. And in some countries you might be charged for photography at specific sites, or banned from taking any photographs at all.

Digital cameras and camcorders are excellent travel companions—and many do dual duty by recording movies *and* still images. Fist sized camcorders can capture HD movies and high quality still photos; cameras the size of a deck of cards are great for snapshots and casual movie clips. With an ample supply of high-capacity memory cards you can record your whole trip with a small, lightweight package.

But you must remember the batteries. Recharging batteries is sometimes impossible, cameras can drain batteries *very* quickly, and replacements may be unavailable. Whether you need standard or proprietary batteries, it's wise to have spares. Be sure your charger will work with the local electrical system, and bring more than enough memory cards—they may be hard or impossible to find. Memory cards are small, thin and light: you can never have too much storage.

Compact cameras are impractical for distant subjects and are often weak in dim light. Some models have a zoom lens of up to 120mm, which is good for middle distances. For distant subjects a *megazoom* (with a zoom lens of at least 300mm) or a single lens reflex (DSLR) camera with up to a 300mm telephoto lens are good choices. With a DSLR you can use multiple lenses, though your gear can quickly get complex, weighty and cumbersome. Cameras or lenses that need a tripod are impractical for travel photography. A single mid-range telephoto lens (18-200mm) coupled with a small, fast prime lens (for low light/no flash situations) is an effective, flexible and compact kit. Consider mirrorless interchangeable lens cameras (MILC), which combine small bodies and multiple, small lenses with high quality for both still and HD movie images.

If you use a DSLR or MILC camera, protect the lenses with a UV filter and bring lens caps, covers, cleaning paper and a waterproof bag (a heavy duty Ziploc-style bag is good) to protect your gear. Be sure your camera has a flash that you can turn off, and if it's detachable, remember to pack it. (At many sites and museums, flashes are *not* permitted.)

Consider disposable cameras, as well. They are inexpensive and capable of acceptable photos as long as the light is not too dim or bright. X-rays do not damage the data of digital cameras (in any media format), and so pose no problems for travelers using digital cameras.

9. ABOUT YOUR DESTINATIONS

We're including some handy practical details and a brief introduction to the places you'll visit on your Land Tour. If you expect to explore in depth on your own, we recommend that you consult one of the many available book-length guides to your destinations. If you have one or two specific sites, museums or features that you're interested in, an internet search is the ideal way to get-up-to-date information and details. And of course your Grand Circle Travel Program Director or Hospitality Desk Representative will be able to assist you with suggestions and arrangements of activities you wish to participate in during your stay.



Drinking Water

Tap water is generally safe to drink, but bottled water may taste better and is readily available in hotels, restaurants, and shops.



Laundry Service

Laundry and dry-cleaning services are available at your hotels for a fee.

Spain in Brief



Cuisine

Spanish cuisine consists of a great variety of dishes which stem from differences in geography, culture and climate. It is heavily influenced by seafood available from the waters that surround the country, and reflects the country's Mediterranean roots. Spain's extensive history with many cultural influences has led to a unique cuisine with literally thousands of recipes and flavors.

A significant portion of Spanish cuisine derives from the Jewish and Moorish traditions. The Moors were a strong influence in Spain for many centuries and some of their food is still eaten in Spain today. However, pork is popular and for centuries eating pork was a statement of Christian ethnicity, because it was not eaten by Jews or Muslims.

The essential ingredient for real Spanish cooking is olive oil; Spain accounts for 44% of the global production of olives.

Even today, daily meals are still very often made traditionally by hand, from fresh ingredients bought daily from the local market. This practice is more common in the rural areas and less common in the large urban areas like Madrid, where supermarkets are beginning to displace the open air markets. However, even in Madrid food can be bought from the local shops, bread from the *panadería*, meat from the *carnicería*, etc.

One popular custom when going out is to be served *tapas* which are essentially snacks or appetizers that can be combined to form a meal. Another traditional favorite is the *churro* with a mug of thick hot chocolate for dipping. *Churros* are fried dough pastries and *Churrerías*, or stores that serve *churros*, are quite common.



Entertainment & Recreational Activities

Casino: There are two casinos in the Costa del Sol area. The main casino is in Benalmadena, and it also features a nightclub and bar. The second casino is in Marbella, just in front of “Puerto Banus.” This casino is about a one-hour drive from Torremolinos. Be sure to bring your passport with you, as it is required for entrance into the casinos.

Bullfighting season: The season starts the end of March and lasts through October. Ticket prices vary according to the seat’s location: near or farther back from the ring, and in the shade or sun. Good seats in the shade run about \$50. You do not need to make reservations in advance, unless the bullfighter of the day is famous.



Local Transportation

Taxi: Depending on what city you are in, taxis in Spain can be either metered or unmetered. It is best to ask your Program Director in each destination whether or not tipping will be expected.

Bus: Generally less expensive than both taxi and train travel, bus travel in Spain has increased in recent years. Your Program Director can advise you in each of your destinations where the nearest stops are and the approximate fares.

Trains: Spain has an extensive railway network linking all major towns and cities, and rail travel in Spain is generally comfortable, reliable and often cheaper than many other European countries. Trains are modern and many are high-speed



Newspapers & Magazines

The *Sur*, a weekly printed in English, is Costa del Sol's free English language newspaper. A monthly publication, *Lookout*, regarded as *the* magazine about Spain, offers a good window on the country.

In Madrid, two English-language publications, *Guidepost Magazine* and the *Iberian Sun*, are available at newsstands throughout the city. *Guidepost* carries the events of the week, indicates movies in English, and publishes its own list of Madrid’s 100 best restaurants. For Spanish-speakers, Madrid’s *Guia del Ocio* is the most complete weekly guide for food, entertainment, and sports. *El Pais* is Spain’s leading daily. It prints a Madrid edition.

The *International Herald Tribune* is available at most newsstands. Issues are usually one day behind the *Tribune*’s original publication date. You'll also be able to find some U.S. magazines, though they usually don't reach the stands until two to three weeks past the publication date.

Portugal in Brief



Cuisine

Portuguese food is wholesome and rich, with many tasty dishes. Usually well-seasoned, the food is not considered "hot." Common ingredients include olive oil, garlic, and onions. As anywhere else, menu prices in Portugal vary substantially, but you should be able to get an ample, well-made meal at a reasonable cost. Please note that most restaurants in Portugal will place on your table what appears to be complimentary appetizers, bread, olives, etc. These are not complimentary—once you eat any item, you will be charged.

Entertainment & Recreational Activities



Casino: One of the most famous casinos in Europe is in Estoril, about a thirty-minute taxi ride from Lisbon (cab fare costing about twenty euros). Lisbon also supports a casino in the Park Das Naccoes. Be sure to bring your passport with you, as it is required for entrance into the casinos.



Local Transportation

Taxi: Portuguese taxis are a convenient but expensive method of transportation for long rides. If you are just going across town, prices are more reasonable. Officially metered taxis are ivory colored or black with green tops. Generally, you should tip a taxi driver approximately 10% of the fare.

Trains: Portugal's railway system is not extensive, but it does operate between major cities. On all train fares, passengers 65 and older will be given half-rate fares upon presentation of passport.

Remember to purchase your ticket prior to boarding the train. Once onboard, you may be asked to show your ticket. If you do not have one, you will be charged a hefty fine! Tickets are not sold on the train.



Newspapers & Magazines

The most established daily is the Lisbon-based *Diario de Noticias*. They are useful for their culture and arts "listings," even if you have limited knowledge of the language. Another popular daily is the stylish *Publico*, which has good foreign news and regional inserts. The *International Herald Tribune* is available at most newsstands (usually one day behind the *Tribune's* original publication date).

Barcelona in Brief—Optional Extension



City Layout and Details

Barcelona has a style all its own, unmatched anywhere in the world. It seems to re-invent itself daily even as it preserves and maintains the best of its history. If you have time limitations, you'll still be able to take in the prime historic sights by focusing on the *ciutat vella*, the old town. You can reach the many majors sights – the Gothic cathedral, the Picasso Museum, markets, Gaudi buildings and art galleries – from the central Plaça de Catalunya in under a half hour at a leisurely walk. For anything further out, the Metro is convenient, fast, and inexpensive.

The old town is split roughly in two by the tree-lined and very pedestrian friendly Ramblas. To the east you'll find the labyrinthine Barri Gòtic (Gothic Quarter), with the Sant Pere and La Ribera neighborhoods even further out. Going west takes you into El Raval, a district that offers a trendy and bohemian atmosphere. At the foot of the Ramblas you'll find the waterfront, with a newly polished harbor area. East from there you'll find the fishing and restaurant quarter of Barceloneta, city beaches, and the cafés and restaurants of the Port Olímpic. Moving past the old town you'll find L'Eixample (Catalan for "extension"), built when the population grew past the city walls. It is, in contrast with the cramped and historic lanes of the *ciutat vella*, a wide-open area of fine avenues and 19th-century *modernista* (Art Nouveau) buildings. It is also the location of the city's most iconic building, the Gaudí's Sagrada Família.

You'll find a cultural vibrancy here that's rare anywhere: from the glorious *modernista* architecture, and the work of Antoni Gaudí in particular, to the artistic legacy of Catalan artist Joan Miró and the showcase Pablo Picasso museum (one of the city's most popular.) When you're done taking in the sights, join the locals for a market visit, a stroll down the Ramblas, a lazy harborside lunch, lively festival nights, or a visit to the beach.

Entertainment & Recreational Activities



From art openings and concerts to tapas bars, music bars, and clubbing, Barcelona is a great night-time city, and the array of after-dark diversions is huge. You don't have to leave the city center to find more than enough entertainment, but if you do, you'll find the outer districts just as lively. Trendy bars and clubs operate in every major district, and if one closes down, another seems to open the next night. Nightlife here is, however, a late adventure: evenings don't get seriously underway until after 10, bars stay open until 3am, and many clubs don't close until 6am.

From relaxing an evening away in local *tascas* (taverns), grazing on an array of appetizers at a tapas bar, or a slowly emptying a bottle of wine at a cafe, you can enjoy an easy and inexpensive way to spend an evening people-watching. If the weather is good (which is frequently is) the city's outdoor squares fill with tables and chairs. Drinking outside is so popular, and sometimes so noisy, that you might find restricted hours in some places.

There's more to the city than history and nightlife. Barcelona has numerous green belts and a busy waterfront, rebuilt with walkways, marinas, beaches, and top seafood eating spots. Outside the city, golf, horse riding, tennis, and swimming are available and within easy reach.

Local Transportation



In central Barcelona comfortable shoes are your best travel buy: it's an eminently walkable city, particularly the old town. For areas further afield:

Metro: Barcelona's underground public transport system is very efficient, and it goes pretty much any place in the city you might want to visit. You'll find five color-coded/numbered lines radiating from the center of the city. Stations are identified by a red diamond-shaped sign with the letter M in the center, maps are widely available, and tickets can be bought ahead of time, or in the station as you travel. Tickets come in a range of flavors – from a simple single ticket to multi-trip and multi-day passes and can be bought from station offices or from touch-screen vending machines (with instructions in English.) The metro runs from 5am to midnight Sunday through Thursday and until 2am on Friday and Saturday. Visit TMB's website (www.tmb.net) for more information on the city's transport system (in English.)

Trams & Buses: Subject to Barcelona’s famed traffic snarls, *trambvías* (trams) work the main streets through the city alongside city buses. Routes are clearly marked at each stop, as are timetables.

Taxis: Yellow-and-black taxis are plentiful and reasonably priced. You can hail one in the street if its green light is on. Taxis have meters, and two stage pricing – cheaper during the day, more expensive after 8pm at night. You’ll find a list of prices and surcharges is (by law) displayed (by law) on the back passenger window.



Newspapers & Magazines

For world and local news in English, it’s wise to check or international news internet sites. Both the *Barcelona Reporter* and *Barcelona Metropolitan* are newspapers with English language sites. **Barcelona Metropolitan:** a monthly, English-language magazine available free from various bars, cafes, chambers of commerce and other city institutions

Barcelona Connect: monthly free magazine with information on events, travel tips, nightlife; features an English classified section for the city

Madeira in Brief—Optional Extension



City Layout and Details

As the capital of Madeira, Funchal is the focal point of the entire island. The town has a long street running along the waterfront called *Avenida do Mar*. This bustling artery runs in an east-west direction. North of this wide boulevard is *Avenida Arriaga*, which is considered the “main street” of Funchal. At the eastern end of this road is the cathedral, and at the western end is a large traffic circle with a central fountain. As the *Avenida Arriaga* heads west, it changes its name to *Avenida do Infante*. As it moves east, it becomes known as *Rua do Aljube*. Running in a north-south direction, the other most important street is *Avenida Zarco*, which links the waterfront area with the heart of the old city.



Entertainment & Recreational Activities

The Casino Park Complex: This complex, on *Avenida do Infante*, is a social hub for most island visitors. In addition to its casino featuring gaming rooms open from 4 pm to 3 am, it offers a dance club, panoramic restaurant, and several bars. The casino was designed by Oscar Niemeyer, a principal architect of Brasilia. Other hotel complexes also offer nightclubs with musical entertainment and dancing. If you prefer a quieter ambiance, a sunset stroll through Funchal’s lovely parks and gardens is a fine way to enjoy the evening.

Golf: The Santo da Serra Golf Club, about twelve miles northeast of Funchal, has an 18-hole course and a nine-hole course. The golf course, at more than 2,000 feet above sea level, offers an attractive setting in a wooded area with mimosa and eucalyptus. There is a clubhouse room, as well as a lounge area and bar. This golf club is accessible by public bus or taxi. The Palherio Golf Club offers a basic course.

You should reserve your tee time in advance, and be aware that many weekend tee times may be reserved for local club members. Be sure to ask about the hotel's special rates and tee times for guests, and be prepared to show your handicap certificate for the 18-hole courses. You can ask you Program Director or hotel concierge for any assistance you need.

Tennis: Public courts are available in the Quinta Magnolia. A fee may be charged.

Walking: Funchal has many parks and gardens that are well maintained and a joy to walk through. The interior is excellent walking country, too—the irrigation channels (*levadas*) have been mapped out and can make delightful walks.



Local Transportation

Taxi: Many travelers rely on taxis to get across town or around the island. Taxis in Funchal usually congregate around the tourist office along *Avenida Arriaga*. Many taxi drivers speak English. Your hotel concierge can also help with hiring a taxi.

Bus: The most economical way to get around Madeira is by bus (provided you are not pressed for time). Local buses go all over the island. Most buses depart from the large park at the eastern part of the waterfront bordering *Avenida do Mar*. If you're headed to Camacha or Camico, you'll find buses leaving from a little square at the eastern sector of *Rua da Alfandega*, which runs parallel to *Avenida do Mar* near the marketplace.

A Note on Travel Time: While actual distances are short on Madeira, allow plenty of time to get to your destination—the winding, mountain roads and narrow town streets all take time to navigate.



Newspapers & Magazines

The *Madeira Island Bulletin*, a useful publication in English, gives details of events and names of shops and restaurants.

10. DEMOGRAPHICS & HISTORICAL OVERVIEW

Spain

Area: The mainland occupies approximately 195,364.5 square miles. Off Spain's east coast in the Mediterranean are the Balearic Islands (1,936 square miles), the largest of which is Majorca. Sixty miles west of Africa are the Canary Islands (2,808 square miles).

Capital: Madrid

Location: Spain takes up 85% of the Iberian Peninsula on the southwestern tip of Europe, which it shares with Portugal. The country is bounded to the west by Portugal, the northeast by France, and everywhere else by Mediterranean or Atlantic waters. The Costa del Sol is Spain's southern Mediterranean "Sun Coast," and Torremolinos is its center—geographically and otherwise.

Geography: Spain's topography consists of a broad central plateau that slopes to the south and east, crossed by a series of mountain ranges and river valleys. It is a land of both towering peaks and endless beaches, as well as fertile landscapes and high, dry plains. Principal rivers are the Ebro in the northeast, the Tajo in the central region, and the Guadalquivir in the south.

Languages: Spanish, Basque, Catalan, and Galician. In resort areas, many people also speak English, French, and German.

Population (2007 estimate): 40,844,191

Religion: Roman Catholic 94%, other 6%

Time Zone: Spain is six hours ahead of U.S. Eastern Time.

National Holidays:

01/01	New Year's Day
01/06	Epiphany
03/29	Good Friday
05/01	Labor Day
08/15	Assumption
10/12	Hispanic Day
11/01	All Saints
12/06	Constitution Day
12/08	Immaculate Conception (observed)
12/25	Christmas Day

ARCHAEOLOGICAL EVIDENCE SUGGESTS that Paleolithic humans lived in Spain perhaps half a million years ago. By 12,000 B.C., prehistoric man had decorated the Altamira stone caves in the north of Spain and the Pileta Cave in Ronda (about 40 miles from Torremolinos) with colorful paintings. These prehistoric illustrations are marveled at today for their surprising technical skill.

During the Neolithic period, rudimentary stone megaliths were built by the Iberians, who probably migrated from North Africa across the Strait of Gibraltar about 3000 B.C. The most sophisticated stone pillars, including the Stonehenge-like talayotic monuments on the Balearics, date from 1100 B.C.

It was at around this time, too, that the Phoenicians passed through and established colonies in Andalusia, notably at Cadiz, Malaga, and Tartessus. Greeks, Celts, Carthaginians, Romans, and Visigoths also invaded the country before the Moors conquered all of Spain, except its northernmost region, in A.D. 711. At this pivotal point in history, Spain, which had been a Christian land since the 1st century A.D., was suddenly forced to adopt a Muslim culture. Though the Moors created in Spain an enlightened civilization—which made enormous contributions to architecture, the arts, medicine, science, and higher learning—they were at constant, violent odds with the Christians for the next 700 years. The country's internal dissension around Spanish Islam invited a steady Christian conquest from the north. Eventually, as the Christian Reconquest pushed southward, only Andalusia remained under Muslim rule. That, too, fell in the late 15th century, when King Ferdinand and Queen Isabella drove out the last enclave of Moors from Granada. Once again, Spain was united.

Roman Catholicism was established as the official state religion. A dark period in Spain's history ensued. The cruel court of the Inquisition, which had been instituted in 1478 by Isabella and Ferdinand, continued on its zealous crusade to discover and punish converted Jews and later Muslims, who were insincere. Christians also were investigated for heresy. The court lasted until 1834. In 1492, the same year as the reconquest of Granada, the Catholic monarchs expelled all Jews who would not convert. Meanwhile, across the Atlantic Ocean, Christopher Columbus, sponsored by the same monarchs, was opening a new era for Spain by discovering America. In the age of discovery and colonization, Spain amassed tremendous wealth and a vast colonial empire through the conquest of Peru by Pizarro (1532-33) and of Mexico by Cortes (1519-21). The Spanish Hapsburg monarchy became for a time the most powerful in the world. In 1588, Philip II sent his invincible Armada to invade England, but its destruction cost Spain its supremacy on the seas and paved the way for England's colonization of America.

Spain's subsequent military losses in the Thirty Years' War, which ended in 1643, further contributed to its decline as a powerful nation. The War of the Spanish Succession (1701-14) resulted in Spain's loss of Belgium, Luxembourg, Milan, Sardinia, and Naples. Its colonial empire in the Americas and the Philippines vanished in wars and revolutions during the 18th and 19th centuries. Cuban independence at the end of the Spanish-America War in 1898 spelled the end of the Spanish overseas empire.

In World War I, Spain maintained a position of neutrality. In 1923, King Alfonso XIII appointed a military dictator, General Miguel Primo de Rivera, who modeled his government on Italian Fascism. His regime was so reviled by the masses that he was forced into exile. In 1931, the king was deposed and a second republic established with Manuel Azana as president. The new constitution called for liberal reforms that would redistribute land and diminish the power of the Church. It engendered such right-wing opposition that civil war erupted. Francisco Franco, who had led the victorious Nationalist forces, became dictator of Spain. Under his Fascist regime, Spain remained neutral in World War II. Its cordial relations with Nazi Germany and Fascist Italy caused its exclusion from the UN until 1955.

Political dissent in Spain was suppressed and civil liberties were stifled until Franco's death of a heart attack in 1975, at which time Juan Carlos I, grandson of Alfonso XIII, ascended the throne and undertook a policy of liberalization. Spain managed a rapid and relatively peaceful transition to democracy under his supervision. In 1982, Spain became a full member of NATO. The same year, Prime Minister Felipe Gonzalez Marquez and his Spanish Socialist Workers Party won a landslide victory in the general election. In 1985, the frontier with Gibraltar, closed since 1968, was reopened, and in 1986, Spain entered the European Union.

Writer Camilo Jose Cela brought Spain great honor in 1989 when he was awarded the Nobel Prize for Literature. The country shone in the international spotlight again when it played host in 1992 to two major events of world stature: the Olympic Games in Barcelona and the International Exposition in Seville. Other significant events of the last decade include the Popular Party's defeat of Gonzalez Marquez in 1996, after 13 years of rule. The same year, Spain issued a warrant for the extradition of former Chilean dictator Augusto Pinochet, charging him with the genocide, torture, and kidnapping of thousands of people, including Spanish nationals, during his 17-year rule. In 1999, Spain adopted the euro as its currency.

Portugal

Area: Portugal contains 36,390 square miles, including the Azores and Madeira islands. The Madeira island group occupies 305 square miles. The main island of Madeira is 35 miles long and about 13 miles across at its widest point.

Capital: Lisbon

Government: Republic

Language: Portuguese

Location: Portugal lies in the southwestern corner of Europe. It is bordered on the west by the Atlantic Ocean and to the east by a rugged chain of *serras*, or mountains, which separate it from Spain. About 30 minutes west of Lisbon is Cascais, a lovely resort town on the Lisbon Riviera. The Algarve is about 200 miles south of Lisbon. The Madeira Islands lie in the Atlantic Ocean, about 560 miles southwest of Lisbon.

Geography: Portugal's mainland terrain is mountainous, pastoral, and earthy. Its interior moors and flatlands are circumscribed by 500 miles of gorgeous coastline with long stretches of sandy beaches. Madeira consists of two inhabited islands, Madeira and Porto Santo, and two groups of uninhabited islands. The largest island is Madeira. It is volcanic and mountainous, with its highest peaks in the interior rising to over 6,000 feet. The island contains nearly 100 miles of coastline, but no beaches (except one tiny one at Prainha near the eastern tip of the island). The north coast is untamed and less populated; the western end is forested and cool; and the eastern tip consists of barren reddish rock that extends into the blue sea.

Population (2007 estimate): 10,642,836

Religion: Roman Catholic, 94%, Protestant and other 6%

Time zone: Portugal is ahead of U.S. Eastern Time by five hours; Central Time by six hours; Mountain Time by seven hours; Pacific Time by eight hours.

National Holidays:

01/01	New Year's Day
03/29	Good Friday
03/31	Easter Day
04/25	Liberty Day
05/01	Labor Day
05/30	Corpus Christi
06/10	Portugal Day
08/15	Assumption of Mary
10/05	Republic Implantation
11/01	All Saints
12/01	Restoration of Independence
12/08	Feast of the Immaculate Conception
12/25	Christmas Day

PORTUGAL'S EARLIEST CIVILIZATION goes back to 8,000-7,000 B.C. Artifacts of pottery and cave burials indicate that during this time tribes occupied the valley of the Tagus and parts of the Alentejo and Estremadura. Later, Neolithic people built hilltop forts in northern Portugal. Their *Castro* culture was further developed and refined by the Lusitanians, a Celtic people who arrived around 700 to 600 B.C.

The first traders to establish an outpost on the eastern coast of Portugal were the Phoenicians, who established an outpost at Lisbon around 900 B.C. In the mid-3rd century B.C., they were followed by the Carthaginians, who recruited Celtic tribesmen to fight off the impending threat of the Roman Empire.

From 210 B.C. onward, the Romans colonized most of Iberia, though they were met with great resistance from the Celtiberian tribes of the interior. The Romans had quickly subdued the Mediterranean coast and southern Portugal and Spain, but for some fifty years, Viriatus, a legendary Portuguese hero, held up the Roman advance. By the era of Julius Caesar, however, Portugal, too, had been integrated into the Roman Empire. Colonies included Olisipo (Lisbon), Eborac (Evora), Scallabis (Santarem), and Pax Julia (Beja). Roman ways were adopted, and it is from Latin that the Portuguese language was derived.

Christianity reached Portugal near the end of the 1st century. By the 3rd century, bishoprics had been founded at Lisbon, Braga, and other towns. With the decline of the Roman Empire, Barbarian invaders crossed the Pyrenees into Spain in A.D. 409 and eventually made their way to Portugal. The Visigothic empire dominated the peninsula for some two centuries. However, the Visigothic kings ruled from Toledo, so in Portugal their influence was neither great nor lasting. In 711, a first force of Moorish warriors crossed the straits into Spain, and within a decade, they had advanced and conquered all but the mountainous reaches of the Asturias in northern Spain.

The Moors also quickly took over Portugal, though most of their settlements were contained to the south, where the fertile wheat belts lay. The Moors, in contrast to the Visigoths, were tolerant and productive, their rule a civilizing influence. Both Jews and Christians were allowed freedom of worship and their own civil laws, while under Muslim law small landowners continued to occupy lands that they themselves cultivated. The Moors refined the Roman irrigation techniques and introduced the rotation of crops and cultivation of cotton, rice, oranges, and lemons. Their culture and scholarship led the world—though less from Portugal than from Cordoba and Seville in Spain—and they forged important trade links, many of which were to continue centuries after their fall.

The Christian Reconquest—called the *Reconquista*— It was during the long period of the Christian reconquest that the Portuguese nation was created (as separate from Spain). Throughout the period of the Reconquest, many Knights from other Christian countries came to offer their aid. Knight Henrique of Burgundy, in particular, fought so courageously that Ferdinand the Great, king of Leon and Castille, awarded him the Territories of Portus and Cale, as well as the hand of one of his daughters in marriage. From their union a son was born, Afonso Henriques, who became the first King of Portugal.

After the death of Knight Henrique, who had always been very independent from the King of Leon and Castille, his son Afonso Henriques proclaimed himself King of Portucale after a winning battle against his mother's army (she had remained loyal to King of Leon and Castille) in 1143. The Vatican officially endorsed his kingship in 1179. Afonso waged several wars to reclaim lands from the Moors, which were followed by more battles led by his successors—Sancho I, his son, and Afonso II, his grandson. During the reign of Afonso III (1248-1279), the Algarve was finally taken from the Moors, and the capital was moved from Coimbra to Lisbon.

King John I started the second Portuguese Dynasty, called *Aviz*, after defeating invading Castilian forces at Aljubarrota. He ruled from 1385-1433. His union with Philippa, granddaughter of Edward III of England, produced a son who oversaw the emergence of Portugal as an empire—Prince Henry the Navigator. Under the aegis of Prince Henry, Portuguese ships sailed out along the coast of Africa; the Madeira Islands and the Azores were soon colonized; and a blueprint had been established for continued exploration during the rest of the century. In 1488, Bartolomeu Dias reached the Cape of Good Hope, proving that Asia was accessible by sea. In 1498, Vasco da Gama reached the west coast of India. By the middle of the 16th century, the Portuguese Empire extended to West and East Africa, Brazil, Persia, Indochina, and Malaya. In 1581, Philip II of Spain invaded Portugal and held it for 60 years, precipitating a catastrophic decline in Portuguese commerce. By the time the Portuguese monarchy was restored in 1640, Dutch, English, and French competitors had begun to seize the lion's share of the world's colonies and commerce. Portugal retained Angola and Mozambique in Africa, and Brazil (under 1822), but its stronghold in Asia was permanently lost.

After the nationalist revolution in 1640, a descendent of the Braganca noble family became the king of Portugal. Thus began the 4th and final dynasty of Portugal, known as the “Braganca Dynasty,” which lasted into the 20th century. In 1668, the Treaty of Lisbon with Spain gave Portugal recognized independence. Natural disaster struck in 1755, when a terrible earthquake destroyed virtually all of Lisbon. In six minutes, 15,000 people were killed, thousands while attending morning masses. The city was eventually reconstructed under the Marques de Pombal, adviser to King Jose (1750-77).

In 1807, France invaded Portugal, and the royal family fled to Brazil. British troops arrived under Wellington in 1808, and the Peninsular War began. The French were driven out in 1811, and after a liberal revolution in 1820, the first Portuguese constitution was implemented. King John VI returned from Brazil to resume leadership, and his son Dom Pedro declared independence for Brazil in 1822.

King Carlos ascended the throne in 1889. When Carlos came to power, Portugal's economy was at an all-time low. The country had lost supremacy of commerce with the colonies and was nearly bankrupt, having barely survived Napoleon's invasions and the Civil war. The Republicans blamed the monarchy for the country's situation, and in 1908, Carlos and his heir were shot dead on the streets of Lisbon. The new king, Manoel II, was driven from the throne in the revolution of 1910 and Portugal became a French-style republic. Instability was rampant, however, with revolutions and uprisings occurring two or three times a year.

Traditionally friendly to Britain, Portugal fought in World War I on the Allied side in Africa as well as on the Western Front. Weak postwar governments led to a military coup d'etat in 1926 and the establishment of a dictatorship that lasted for almost 50 years. Antonio Oliveira Salazar had powerful roles first as minister of finance (1928-40) and then premier (1932-68)—and he ruled Portugal as a virtual dictator. Salazar kept Portugal neutral in World War II, but gave the Allies naval and air bases after 1943. Portugal joined NATO as a founding member in 1949, but did not gain admission to the United Nations until 1955. Salazar suffered a stroke in 1968 and died in 1970.

Portugal has transformed itself politically in recent decades. The consolidation of democracy since the 1974 “carnation revolution” and of EU membership since 1986 has brought Portugal into the European mainstream. This new confidence was shown in 1998 with Expo '98 in Lisbon; in the same year Jose Saramago was the first Portuguese-language Nobel literature prizewinner. In 1999, Portugal was among the eleven European Union countries that first introduced the Euro.

Of its once extensive territorial possessions, only the Madeira group and the Azores in the Atlantic are still under the flag of Portugal, and even these are essentially self-governing. In 1976, the Azores and Madeira were granted partial autonomy; and all the colonial territories in Africa became independent countries—Angola, the Cape Verde Islands, Portuguese Guinea, Mozambique, and Sao Tome and Principe (islands in the Gulf of Guinea). The Portuguese colony of East Timor in the Indonesian archipelago was also released by Portugal, but was immediately seized by Indonesia. In the last years, it has fought for independence against violent pro-Indonesian militia groups. Portugal assisted the East Timorese in 1999 with an international peacekeeping force. Also in 1999, Portugal and China made an agreement to return the Portuguese territory of Macau (on the south China coast) to Chinese rule, with provisions to insure its autonomy for 50 years after the start of Chinese rule.

Though the country's worldwide empire has disappeared, its past is still very much alive among the Portuguese people today. The handicrafts, colorful costume, festivals and dances, and splendid restoration of historic buildings reflect a cultural heritage almost unchanged in spite of much evidence of modern progress.

11. ADDITIONAL RESOURCES



Books, Maps, and Movies

A Concise History of Portugal by David Birmingham (History) This condensed, illustrated history offers an introduction to Portugal's people, culture, and evolving role as an imperial power in contemporary Europe.

A Cottage in Portugal by Richard and Barbara Hewitt (Travel Account) A Massachusetts couple recounts their high-spirited adventures after moving to the Portuguese village of Sintra, where they set out to renovate a 300-year-old cottage. "Travel lovers, especially those who dream of owning a home abroad, will find this book both entertaining and informative." –Booklist.

Cultural Atlas of Spain and Portugal by Mary Vincent and R. A. Stradling (Culture) This reference book focuses on the rich cultural diversity and artistic heritage of Spain and Portugal, and examines how the historic events of each country have been partly impacted by their geography and climate.

Iberia by James A. Michener (Historical Fiction) Michener's talented prose imbues his vivid recollections of Spain and poetic interpretations of the country's art, history, customs, politics, bullfighting, peasant life, and city splendor.

The New Spaniards by John Hooper (Culture) Noted historian John Hooper presents a captivating portrait of modern Spain and its people in this updated 1995 edition of his earlier book.

The Portugal Story by Henry W. Stephens (History)

Chronicles three centuries of Portuguese exploration and discovery, and examines Portugal's impact on the world as the founder of the first extensive overseas empire of the period.

Don Quixote de la Mancha by Miguel de Cervantes Saavedra (Literature) First published 400 years ago and recognized as the world's first modern novel, *Don Quixote* tells the story of a middle-aged Spanish gentleman who, obsessed with the chivalrous ideals found in romantic books, rides the roads of Spain seeking glory and grand adventure.

Baltasar and Blimunda by José Saramago (Culture) Earning Saramago the 1998 Nobel Prize in Literature, this historic romance offers detailed insight into what life was like in Portugal in the late 18th century. Set in 1711, in the midst of the terrors of the Inquisition and the plague, it follows a seemingly mismatched couple as they discover the wonders of love.

Tales of the Alhambra by Washington Irving (Memoir) In this 1829 travel classic, Washington Irving, who was the ambassador to Spain, recounts his experiences as he rode from Seville to Granada on horseback, and also describes his time at the Alhambra, where he lived for several months.

Traveler's Tales: Spain edited by Lucy McCauley (Travel Account) This anthology features intelligent, lyrical musings on all aspects of Spain, written by such luminaries as Gabriel Garcia Marquez, Calvin Trillin, Colm Toibin, and Barbara Kingsolver.

A Traveler's History of Spain by Juan Lalaguna (History) One of a series of introductory histories for travelers, this book has a dateline format that begins with the earliest settlements on the Iberian Peninsula; continues with the influences of the Romans, Goths, and Muslims; covers the birth and demise of the Empire; and ends with the events of modern day.

Guidebooks:

Your Program Director will be happy to provide recommendations and suggestions during the trip, so a guidebook is not a necessity. But a good one can be invaluable as a one-stop reference, so for those travelers who have asked for suggestions, we offer these guidelines. Since different guidebook series each have their own target audience and structure, it is well worth your time to browse your local library or bookstore to find the one(s) you like best. To get you started, here is some general information on the most popular series:

Culture Smart! – Focuses on local customs and etiquette instead of sights, dining, etc.

DK Eyewitness – Innovative visuals make these books easy to use and a nice souvenir once the trip is over. The focus is primarily on the sights and activities.

Fodor's – A classic guidebook with strong information on activities, shopping, and dining. Good mix of upscale recommendations and budget suggestions.

Frommer's – A comprehensive guide series that is known for its restaurant recommendations.

Insight – Offers more information on history and culture than usual, nice visuals, good maps.

Lonely Planet – Practical guides geared towards a more adventurous traveler on a budget.

National Geographic – From the same company that publishes the magazine. Excellent photographs, good information on history, nature, and culture.

Rough Guides –For the independent traveler on a budget. Particularly known for their maps.

Maps:

Most hotels will provide maps free of charge at the reception desk or in your room. These maps are usually sufficient for our travelers, but if you plan on any independent exploration, you may wish to consider purchasing a map before your departure. This can be especially useful in a country that doesn't use the Roman alphabet as the hotel maps may only be printed in the local language.

Some recommended map series include: Rand McNally international maps (especially the StreetWise series), Insight's FlexiMaps, and Rough Guide's destination maps. We suggest that you visit your local bookstore or library to get a better sense of which type of map is best for your needs before making a purchase.

Suggested Movies

Here are few of our favorite movies that are about, or set in, or from the region you'll be traveling. Most are available at movie rental stores and websites—or even your public library. Sometimes films produced outside of the US may be hard to find, but they are usually available online. Lists are highly subjective – if your favorites are missing, start a chat with fellow travelers and you'll likely find even more treasured movies to share.

SPAIN

All About My Mother (Pedro Almodovar, 1999, color) starring Cecilia Roth, Marisa Paredas, and Penelope Cruz When her 17-year-old son is tragically killed in a car accident, Manuela (Roth) sets out to reconnect with her son's father and ends up forging new connections with an outrageous transvestite, a pregnant nun, and her son's favorite actress. This 1999 Oscar winner for the Best Foreign Language Film is in Spanish with subtitles. (Other well received Almodovar films include *Women on the Verge of a Nervous Breakdown* and *Volver*.)

The Discreet Charm of the Bourgeoisie (Luis Buñuel, 1972)

A surreal/absurdist classic, this Academy Award winning film begins with four friends who arrive at their hosts' home only to discover they have arrived on the wrong night—a plausible situation. But the tale unravels into a series of overlapping nightmares. It's is a disquieting yet often very funny discourse on frustrated appetites, real and imagined. Two things not on the menu: a neat plot line and clear meanings.

The Spirit of the Beehive (Víctor Erice, 1973) Starring Fernando Fernán Gómez, Teresa Gimpera

In a small Castilian village in 1940, just after Spain's devastating civil war, six-year-old Ana sees a traveling movie show of *Frankenstein* and becomes haunted by her memory of it. Produced as Franco's long regime was nearing its end, the film is both a bewitching portrait of a child's inner life and a veiled meditation on a nation trapped under tyranny.

Pan's Labyrinth (Guillermo del Toro, 2006)

Following Spain's bloody civil war, young Ofelia enters a world of unimaginable cruelty when she moves in with her new stepfather, a brutal military officer. Armed only with her imagination, Ofelia discovers a labyrinth and a faun who offers her a path to saving herself and her mother. The lines between fantasy and reality begin to blur, and before Ofelia can turn back, she's at the center of a ferocious battle between good and evil.

Welcome Mr. Marshall! - Bienvenido Mister Marshall 1953 Luis García Berlanga

News reaches a small Spanish village that "the Americans are coming" to implement the Marshall plan, or, gifts to all villagers. They transform the town into a folksy Andalusian village with guitar strummers and false building facades to please the visitors -- who arrive in a cavalcade of cars that simply sweep through without stopping.

Cria Cuervos (Carlos Saura, 1976) Starring Geraldine Chaplin, Mónica Randall

This film is a portrait of the legacy of fascism and its effects on a middle-class family. The disturbed eight-year-old Ana lives in Madrid with her two sisters and mourns the death of her mother, whom she conjures as a ghost. Shifting between fantasy and reality, it evokes the complex feelings of childhood as well as the struggles of a nation emerging from the shadows.

PORTUGAL

Lisbon Song - A Canção de Lisboa (José Cottinelli Telmo, 1933)

The story of a young Portuguese student in Lisbon living a casual, bohemian life on the family dime while half-heartedly working toward a degree. Complications arise when his relaxed lifestyle goes bad and his supporters discover that he wasn't as studious as he led them to believe. After a stint singing fado his luck changes and the story ends happily.

Aniki-Bóbo (Manoel de Oliveira, 1942)

From what looks like a simple story about children (the title is from a children's rhyme) and their lives, larger adult themes – guilt, sin, desire and jealousy – get played out. Filmed in and around Oporto, the cast is nearly all local children.

Fado - Fado, História d'uma Cantadeira (Perdigão Queiroga, 1948) Starring Amália Rodrigues, Erico Braga

Loosely based on Amalia Rodrigues own life, the film plays out against the taverns, music and lifestyles of Portugal's passionate artistic society. Rodrigues was a successful actress and the film showcases several instances of her powerful singing.

Lisbon Story (Wim Wenders 1994)

A straightforward tale of a German sound engineer who falls in love with Lisbon. Wenders takes you through a city that he obviously loves, offering the beauty of old houses, narrow streets, the sounds of the city, and the lives lived in Portugal's capital. The musical group Madredeus appear (and perform the movie soundtrack), and the film becomes a love story to city.

Abraham Valley - Vale Abraão (Manoel de Oliveira, 1993)

A modern Portuguese twist on *Madame Bovary* – wherein an intelligent woman, brought up in restrictive culture of mid-20th century Portugal, marries a man she does not love and sees no way out. Visually slow and poetic, the film is located on the Portuguese river Douro, and makes good use of the lovely town and landscape.

Chasing Life - Pulsação Zero (Fernando Fragata, 2002)

The worst day ever becomes even worse for a 25-year-old loser. When his life hits bottom he takes his dogs euthanasia poison to end it all. Then everything changes, and he must desperately find. The film balances tragedy and comedy, but tilts toward comedy.

North Africa

Casablanca starring Humphrey Bogart and Ingrid Bergman (1942, B&W). “Of all the gin joints in all the towns in all the world, she walks into mine.” Although the plot has very little to do with Morocco itself, any excuse is good enough to see this classic which deftly combines elements of romance, intrigue, political commentary, and sharp comedy. Consistently places on “top 10” lists by critics, the public, and the American Film Institute.

Morocco starring Marlene Dietrich, Gary Cooper, and Adolphe Menjou (1930, B&W). In Dietrich's first American film she plays a sultry singer torn between her love for a Foreign Legionnaire and the security of a wealthy patron. When it was first released, audiences were shocked by Dietrich's racy character who, among other things, wears trousers onscreen.

Patton starring George C. Scott and Karl Malden (1970, color). Biopic about WWII General George S. Patton who commanded U.S. forces in North Africa, Sicily, and France. The film won seven Academy Awards and was selected for preservation in the National Film Registry by the Library of Congress. Travelers interested in knowing more about North Africa's WWII history should also look for the documentaries *Battlefield: The Battles for Tunisia* or *War File: Battlefield: Battle for the Mediterranean*.

Sheltering Sky starring Debra Winger and John Malkovich (1990, color) An unhappy and unsatisfied American couple ventures deep into the heat of Africa in the hopes of finding themselves and strengthening their relationship. Little do they know, their travels will only tear them farther apart.

Hideous Kinky starring Kate Winslet and Bella Riza (1998, color) Narrates the story of a hippie mother who ventures to Morocco from England with her two young daughters in hopes finding freedom and love. The story is told through the eyes of the youngest daughter who provides insight to her mother's travels through this strange new world.



Grand Circle Community & Useful Websites

If you have access to the Internet, the following sites offer a wealth of information:

Visit the Grand Circle Community website for a world of travel news and information:

www.gct.com/community

Government websites:

International health information: CDC (Centers for Disease Control)

www.cdc.gov/travel

U.S. Customs & Border Protection: traveler information

www.cbp.gov/xp/cgov/travel

Transportation Security Administration (TSA): agency responsible for screening luggage in U.S.

www.tsa.gov/public

National Passport Information Center (NPIC): for passport information

www.travel.state.gov

General travel information websites:

Travel books

www.amazon.com

www.barnesandnoble.com

World weather

www.intellicast.com

www.weather.com

Foreign languages for travelers: basic terms in more than 80 languages

www.travlang.com/languages

Travel tips: packing light, choosing luggage, etc.

www.travelite.org

Net café guide: 100s of locations around the globe

www.cybercafes.com

Electric current and plug types

www.kropla.com/electric2.htm

Foreign exchange rates

www.oanda.com/converter/classic

ATM locators

www.mastercard.com/atm for **Cirrus ATMs**

www.visa.com/pd/atm for **PLUS ATMs**

Country information:

www.portugalinsite.pt/ **Portugal**

www.madeira-island.com **Madeira**

www.tourspain.es/en **Spain**

www.okspain.org/ **Spain**

www.madridcitytourist.com/ **Madrid**

www.visiteurope.com/ **Links to countries**

www.inyourpocket.com/free-instant-city-guides.html



Tourist Board Addresses

Tourist offices offer free brochures, maps, and pamphlets with information that pertains to many of your destinations. If these materials would enhance your vacation planning, you can write or call the following tourist board offices:

Portuguese National Tourist Office

590 Fifth Avenue
New York, NY 10036
Telephone: 1-212-354-4403

Spanish National Tourist Office

666 Fifth Avenue, 35th Floor
New York, NY 10103
Telephone: 1-212-265-8822
Toll-Free: 1-888-657-7246
Fax: 1-212-265-8864