









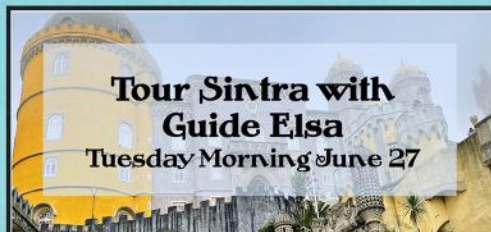
- Left Boston at 2:30 am (Boston time) and arrived in Lisbon at 3:30 pm (Lisbon time).
- Had a glass of wine and an appetizer at the Rooftop bar of our hotel.
- Went to sleep around 6 pm and slept 13 hours.



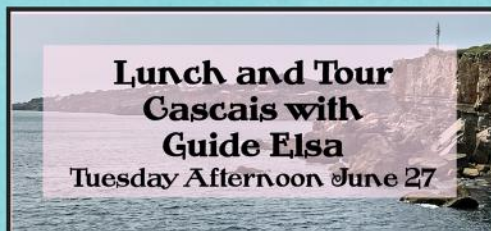
- Chef Pedro picked us up at 10:30 and we cooked lunch at a private family home.
- Enjoyed Lunch from our efforts!



- Our Guide, Elsa showed us Lisbon's historical sites and the Portuguese Manueline style of architecture.
- At the end of the tour, we sampled Portugal's famous Pasteis de Belém (Custard Pastry).



- Elsa picked us up at our hotel and we headed for Sintra, about 17 miles from Lisbon in the foothills.
- Sintra is a charming fairy-tale village with palaces, monasteries and convents in the mountains.



- Drove to Cascais with Elsa and had lunch looking out on the water.
- Explored the coast.



- Drove north toward the Douro Valley.
- Made a stop halfway in Coimbra, called "Portugal's Oxford".
- Arrived in the Douro Valley.





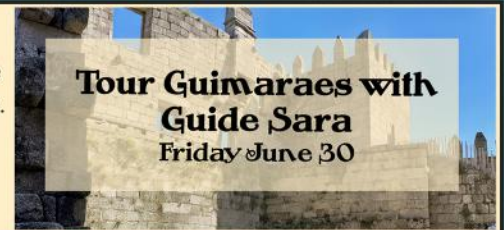
- Took a short ride to the Tourais Winery where we were given a tour.
- Cooked some of the dishes for dinner with Chef Manuela.
- Enjoyed Dinner from our efforts!



- Full day exploring the Douro Valley with wine tastings at two different Vineyards and explored the landscape and historic villages.
- After lunch, our Guide, Rui drove us to Porto.



- Along with our Guide, Sara, we drove to Guimaraes, called the "Cradle of Portuguese nationality and the birthplace of the first King.
- Sara showed us the historic 15th Century castle, we toured the town, had lunch and returned to Porto.



- After breakfast, we headed out with Sara for a private walking tour.
- We saw some of the most iconic Porto sites, including the train station and the market.



- At 4:30 we had our last cooking class with Chef Hugo where we cooked dinner.
- Enjoyed Dinner from our efforts!



- Sunday morning we left Porto and took a short flight back to Lisbon.
- We had our final meal in Portugal along the water.
- Monday morning we left Lisbon for home.



**BOZON**

**THE CAPITAL**



# Lisbon

Portugal's lively, hilly port and capital city has fascinating and distinctive areas. The city's neighborhoods are dotted with museums, inviting eateries, and squares large and small, which are connected by historic trolleys and mosaic sidewalks.

## Pastel de Belem



The nearby suburb of Belem, just a trolley ride away, is home to the 16th-century Monastery of Jeronimos, maritime and coach museums, the Monument to the Discoveries, and their namesake custard tarts - *Pastel de Belem* (also called *Pasteis de Nata*).

2023  
Monday  
Morning  
June 26



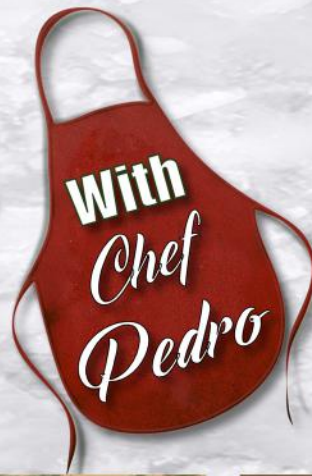
# Cooking



*Cooking*



Class



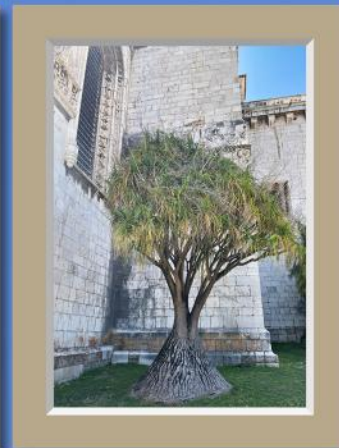
*On the*  
**Menu**

1. Codfish a Brás
2. Duck with Vegetables
3. Portuguese Bread Pudding





Our Guide, Elsa, showed us Lisbon's historical sites as well as the incredible architecture.



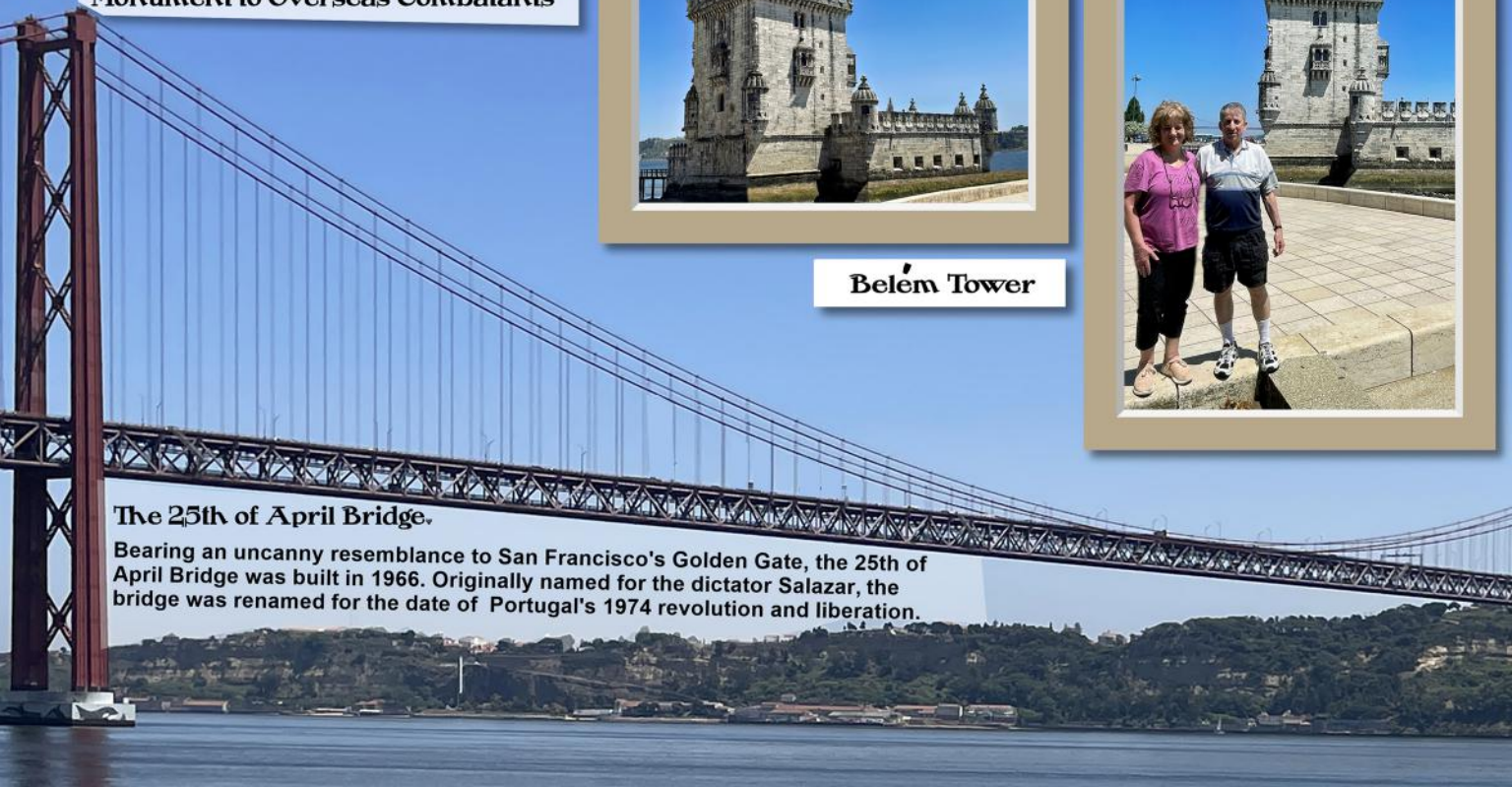
**Monastery of Jerónimos**



**Monument to Overseas Combatants**



**Belem Tower**



**The 25th of April Bridge.**

Bearing an uncanny resemblance to San Francisco's Golden Gate, the 25th of April Bridge was built in 1966. Originally named for the dictator Salazar, the bridge was renamed for the date of Portugal's 1974 revolution and liberation.



**Marble Map in the Monument pavement**

**Monument to the Discoveries**



**Maritime Museum**



**Bertrand Livres**

Founded in 1732, Bertrand Livres is considered the World's oldest bookstore.



**Translation:**  
In memory of the thousands of Jews, victims of intolerance and religious fanaticism assassinated in the massacre on the 19th of April, 1506 in this square.

At the end of the tour we sampled Portugal's famous Pastéis de Belém.  
(Custard Pastry)



**Pastéis de Belém**  
— desde 1837 —



# SINTRA

STORY  
BOOK  
VILLAGE



# Castelo dos MOUROS



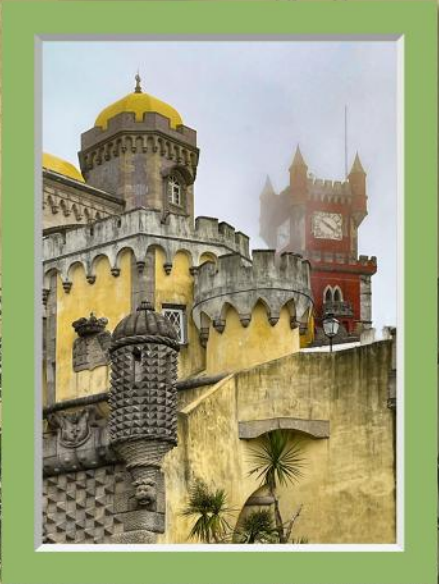
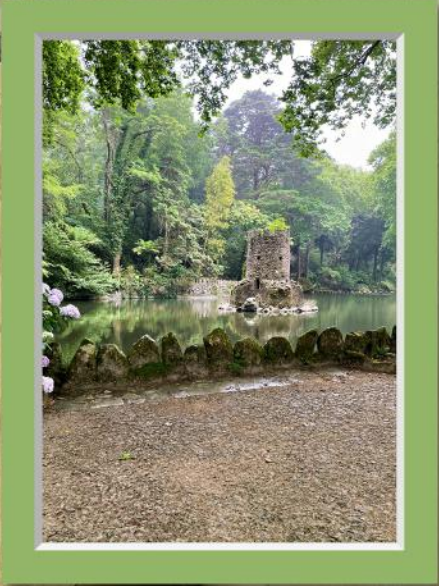
# Sintra

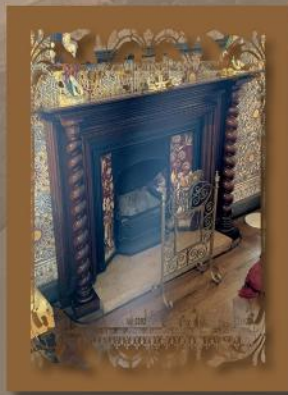
Formerly an aristocratic retreat, Sintra is famous for its fairy-tale castles dotting the hilly terrain. The town is a charming village with palaces, monasteries and convents in the mountains.



Elsa expertly guided us through the 10th century Moorish castle, knowing all the ways to avoid the crowds and making history come alive with the stories of castles and kings.









# CASCAIS

SEAFRONT  
ESCAPE



# Cascais

The seafont town of Cascais, about 17 miles west of Lisbon, provides a quick escape from the big city of Lisbon. Cascais offers pleasant beaches and a relaxing ambiance.





After a morning of touring Sintra, we drove to Cascais where we had a fabulous lunch at a table overlooking the water and then explored the coast.





# COIMBRA

THE OXFORD OF PORTUGAL

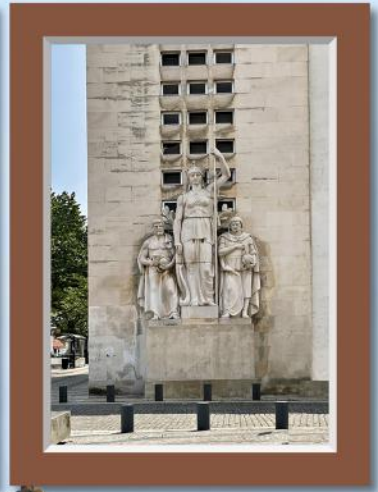
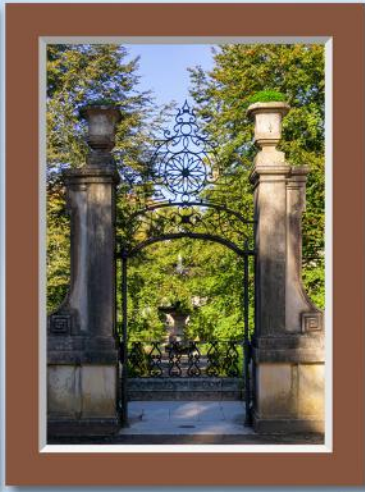
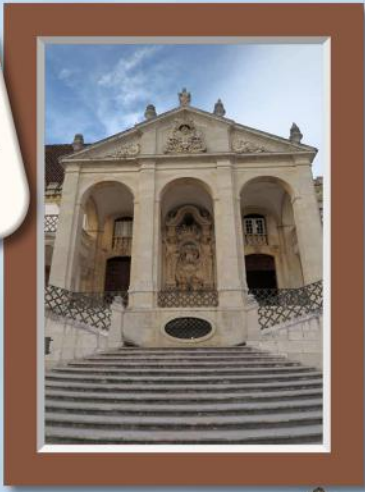


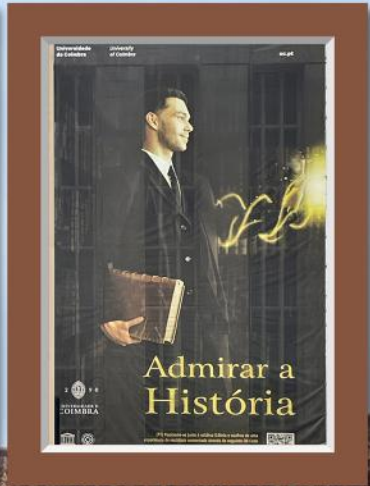


# Coimbra

The college town of Coimbra is home to Portugal's oldest and most prestigious university, founded in 1290. A riverfront city in central Portugal and the country's former capital, Coimbra is home to a preserved medieval old town. The University of Coimbra is built on the grounds of a former palace, and is famed for its baroque library, the Biblioteca Joanina, and its 18th-century bell tower.

2023  
Wednesday  
Afternoon  
June 28





# DOURO VALLEY

BIRTHPLACE OF PORT WINE

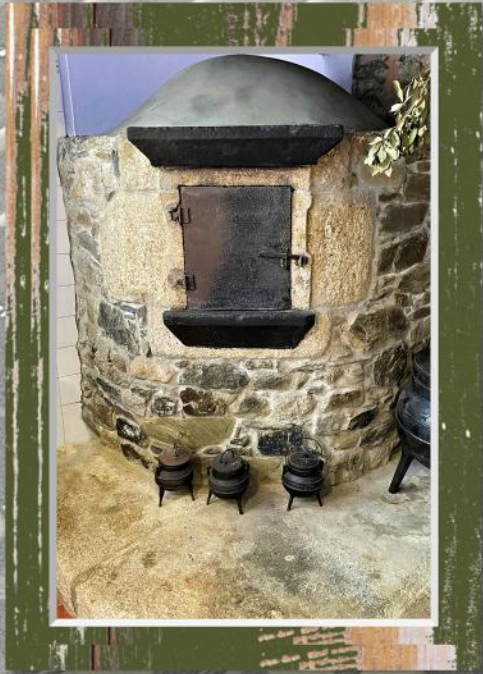


# Douro Valley

Douro Valley, the birthplace of Port wine, is a vine-draped land of ever changing terrain. The Douro river's steep, craggy, twisting canyons have been terraced to make a horizontal home for grape vines and olive and almond trees.



2023  
Wednesday  
Evening  
June 28



# COOKING





- On the*  
**Menu**
1. Mushroom Bread
  2. Roasted Goat Cheese in Vine Leaf
  3. Codfish Salad
  4. Rose Apple Tart



2023  
Thursday  
June 29



Our Guide Rui, from **Oporto & Douro Moments**, expertly guided us through our wine tastings and visits to two vineyards. Afterward, he drove us to lunch and then to Porto.






# GUIMARAES

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# Guimarães

Guimaraes is a city located in northern Portugal in the district of Braga. Its historic town center has been listed as a UNESCO World Heritage Site in recognition for being an "exceptionally well-preserved and authentic example of the evolution of a medieval settlement into a modern town" in Europe.

## CASTELO D GUIMARÃES

Fundado nos meados do séc. X pela Condessa Mumadona Dias, sofreu várias remodelações ao longo dos tempos. Acompanhou de perto os Condes Portucalenses (séc. X e XI) e está associado a alguns momentos simbólicos da formação de Portugal, como o cerco de Guimarães de 1127, levantado por Afonso VII de Castela a D. Afonso Henriques, ou a Batalha de S. Mamede, travada a 24 de junho de 1128 nas suas imediações. É, desde 1881, Monumento Nacional.

The Countess Mumadona Dias ordered the construction of the castle in the mid-10th century but it suffered several modifications over the following centuries. It is closely associated with the Counts of Portucale (10th and 11th centuries) and it is related to some symbolic moments of Portugal's path to independence, such as the Guimaraes siege of 1127 by Alfonso VII of Castile to Afonso Henriques; or the Battle of S. Mamede, fought in it's vicinity on the 24th of June, 1128. It is a National Monument since 1881.

2023

Friday  
June 30



Our Guide Sara, also from **Oporto & Douro Moments** (and Rui's wife), expertly guided us through the Castle Guimãres and the town square. After lunch, we returned to Porto. Their son João provided the driving.





# PORTO

OLD  
WORLD  
CHARM



# Porto

Portugal's gritty up-and-coming second city hosts steep and picturesque neighborhoods, a scenic riverfront, bustling market and Port wine tastings.



2023  
Saturday  
July 1



After breakfast, we headed out with Sara for a private walking tour. We saw some of the most iconic Porto sites, including the train station and market.





# The TRAIN STATION



# The MARKET



2023  
Saturday  
Evening  
July 1



# Gookin



## On the Menu

1. Green Soup
2. Codfish with White Sauce
3. Almond Pie From Algarve





Class

With  
Chef  
Hugo



2023  
Sunday  
July 1

Flew from  
Porto back  
to Lisbon  
for our  
last day in  
Portugal.



