



PORTUGAL
Exploration

Portugal Exploration for Women

Designed & Led by Rebel Holiday

Friday, September 25 to Sunday, October 4, 2026

Lisbon, Sintra, Cascais, Portuguese Riviera, Silver Coast & Porto



Welcome to Portugal! I look forward to your expedition to share what my family and I have discovered here over the years...there's so much!

Portugal is authentic, charming Europe. It's legendary for its weather, wine, and food... this clean country is rated 7th safest in the world!

It reminds me of California at its best, yet with centuries of history, Portugal remains wonderful. I've learned to speak Portuguese well and love the people.

Come enjoy the quality of life, a relaxed pace to meals, appreciating the moment, sunshine, the ocean, and the natural beauty.

I'll show you the "best of Portugal" from Lisbon to Porto. Since this trip is for women – I'm add in some special activities and places that you will enjoy.

Portugal is known for the friendliness of its people -- who welcome you with "open arms".

Join me and experience it!

Rebel Holiday



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Welcome to Portugal

Many travelers have been to Europe, yet not seen Portugal, and what a treasure to see!



Portugal – California of Europe

If you've been in only briefly in Portugal or have been wanting to – this may be the time!

It looks small on a world map, but there is SO much here! The biggest challenge is paring it down.

It is very diverse as each region is different with a distinct own scenic beauty, culture, arts, customs, history, food, wine...

The Portuguese are warm, kind people who treat foreigners very well. Many speak English.

Today, there are growing numbers from many countries decide to live or spend time here.



Lisbon, the Capital of Portugal

Lisboa



Lisbon is the [oldest city in Western Europe](#), founded by the Phoenicians as *Allis Ubbo* (Safe Harbor) over three thousand years ago (1200 BC).



Lisbon is one of Europe's most charming, timeless, and elegant cities.

It is modernized while maintaining its history, very clean, and one of the safest cities in the entire world.

Day 1 - Arrival Day – Sep 25, 2026 - Welcome to Lisbon!

Today is arrival day in Lisbon. You will be met and transferred to our hotel, the highly-rated ***Santa Justa Hotel*** located in the lively heart of the city right by the Rossio metro. It's a wonderful area in the center near the river for walking.

We will meet for lunch and begin exploring Lisbon this afternoon. You'll have a break to relax before we meet for our Welcome Dinner.



We can explore the streets, perhaps Rua da Prata or “Street of Silver”... and reflect that archaeologists have excavated a [2,000 year-old Roman street directly underneath us](#), with ancient shops and cafés like what we’re enjoying right now. Lisbon is old – a *thousand years old* by the time of Rome.



Praça do Comércio or **Commerce Square**) is near the [Tagus river](#), the square was rebuilt after the great [1755 Lisbon earthquake](#) by the revered [Sebastião José de Carvalho e Melo, 1st Marquis of Pombal](#), who was the [Minister of the Kingdom of Portugal](#) from 1750 to 1777, during the reign of [Dom José I, King of Portugal](#).

Days 1, 2 & 3

Lisbon offers much to explore. You'll enjoy the panoramic view from the top of [St. George's Castle](#). In Portuguese it is called [Castelo de São Jorge](#) and overlooks the city --

The hill was used by indigenous Celtic tribes, then by Phoenicians Greeks, Carthaginians, Romans, Visigoths, Moors, and finally the Portuguese themselves. This area is the well-known neighborhood of Alfama.

We'll see the famous [Se Cathedral](#)... (*pictured on the right.*)



The charm and bustle of this European capital is a pleasure – you'll see the classic neighborhoods of Baixa and Chiado.

On the beautiful Avenida Liberdade, Marques de Pombal, a tree-lined street with many fine shops. You learn the story of how he heroically saved Lisbon and rebuilt it after their earthquake.



A short visit the [National Azulejo Museum](#) showcases the development of *azulejos*, or ceramic tiles, in Portugal over the centuries. The magnificent collection is housed in the fifteenth-century Madre de Deus convent.

These beautiful and distinct painted tiles are found all over Portugal, in churches, homes, palaces, restaurants. They reflect themes from religious, nature, and art. It is much more than a tile museum – and leads into an extraordinary church -- quite worthwhile!



This evening we will dine in a highly-rated restaurant which offers a wide variety of wonderful dishes. If you are a food lover, Portugal is your place!

Those who are interested can attend a special performance of the classical music of Portugal: Fado. It is Portuguese opera and popular to this day.



We'll see Belém, a part of Lisbon considered the “capital of the Portuguese Discoveries.”

The [Tower of Belém](#) is a key landmark of Portugal, built in the early 1500's at the height of Portugal's great Age of Exploration. The monument below honors explorers. We'll enjoy breathtaking views along the Tagus River,



It's across from the [World Heritage Site of the Monastery of Jerónimos](#), one of the most magnificent buildings in Europe...



...and it houses the tomb of Portugal's greatest explorer, [Vasco da Gama](#). It is a solemn moment to be in the presence of such epic history.



While we're in Belem, we can check out two extraordinary museum, Museu dos Coches, "Museum of the Coaches" from times when there were only horse-drawn carriages. These are not replicas, they are the real deal.



And then there is the incredible Museu de Marinha, or “Navy Museum” which houses original ships from Portugal’s Age of Exploration.



We can stop to sample the delicious pastries at the famous "Pastéis de Belém" before we carry on our way. By the way, you can't eat just one...



The Portuguese Riviera



Day 3

We'll see the classic town of Estoril, after a look at Estoril, then we'll be in Cascais. Many say that [Cascais](#) is the jewel of the Portuguese Riviera. Cascais is Portugal at its most captivating, with picture postcard scenes everywhere:



Cascais is simply beautiful and you'll be there to see for yourself...



We can stroll to the marina, along the boardwalk to see classic architecture and year-round beach goes as we pass all the pocket beaches along the famous historical Cascais-Estoril Promenade.



Cascais is teeming with cool and quaint little shops, cafes, and bars – even a classic Irish Pub.



We drive up the coast where we can stand at [Cabo da Roca](#), the most Westerly tip of land on Continental Europe.

We can stop by the famous Fortaleza hotel for a drink, and enjoy this beautiful coastline. Then head over to Sintra...to overnight and wake up there in the morning!



We'll enjoy authentic Portuguese cuisine and wine in a wonderful restaurant.



The Historic Village of Sintra



Days 4 & 5

We now have two full days to explore the historic village of Sintra! In fact, this extraordinary village has been designated as the [World Heritage Site of Sintra](#). We visit the magical fairy-tale [Pena Palace](#), the hilltop summer residence of the Portuguese royalty during the 19th century:



We'll stay in our favorite Sintra hotel located in this charming engaging village, just steps away from the National Palace, with views all around us. We can easily walk through the tiny walking streets, with the quaint shops of local art and handcrafts, taste delicious local pastries, see a museum, walk through gardens, or simply relax.



We're staying the classic hotel Tivoli in historical Sintra, with a panoramic view and in a perfect location -- walking distance to everything in the village. After a hearty Portuguese lunch, we can explore the [Quinta da Regaleira](#) with beautiful expansive gardens and their famous Initiation Well.



Still in historical Sintra, we then visit the [Castle of the Moors](#) first built in the 8th century and captured by Christian knights in 1147. After exploring its ramparts (notice Pena Palace in the background).



Dinner is at a traditional Portuguese restaurant in Sintra...
a favorite tucked away hidden from most visitors.



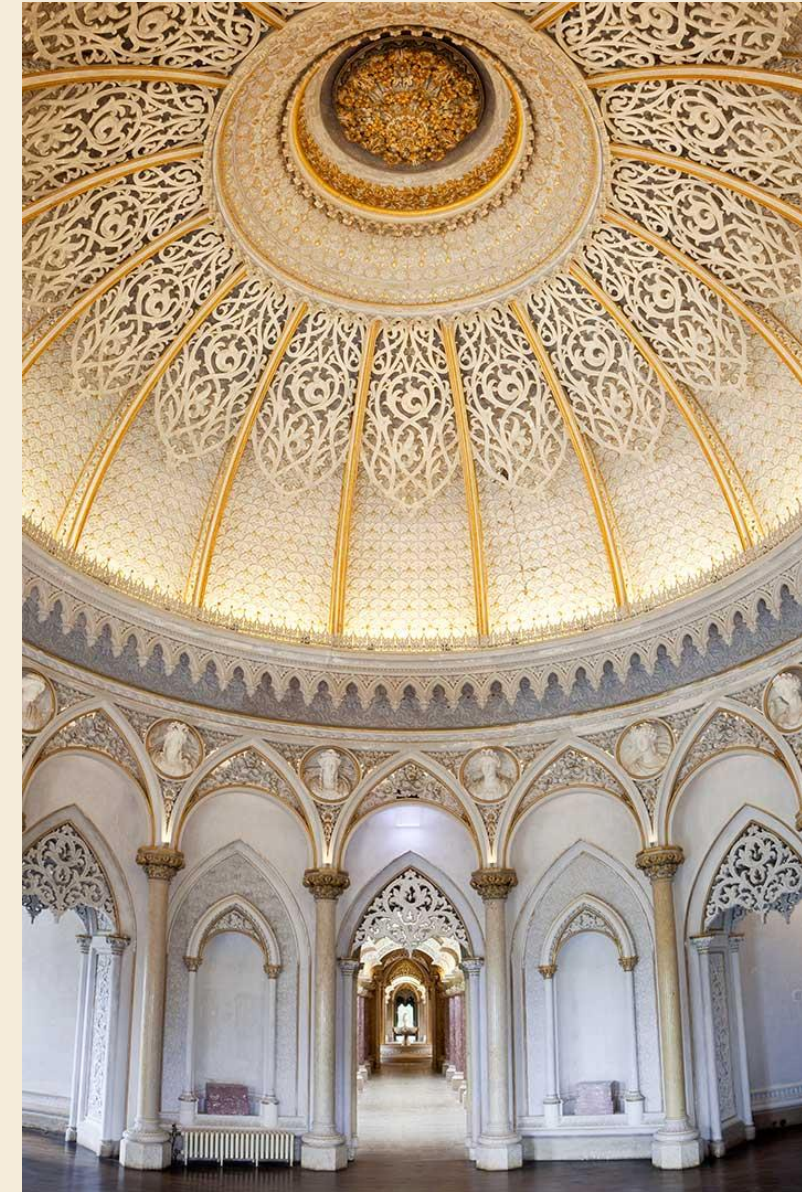
We'll say goodnight in a beautiful historic village, Sintra.



After a breakfast with a view from our hotel we'll set off to explore more...



There's a more to do in the extraordinary Sintra before we take off for the Silver Coast. We'll see the [Palace of Monserrate](#) which has a history that goes back to 1540, and was completely renovated several times over the centuries to its current pristine condition.



Portugal's Silver Coast



Day 6

Today is another full day. We begin with a drive up the Silver Coast to see the historic walled city of Obidos. It is known as the "Wedding Present City" because it was a gift King Dinis gave to Queen Isabel on their wedding day in 1282. All of Obidos has been declared a national monument.



The [Medieval Castle of Obidos](http://www.golisbon.com/portugal/cities/obidos.html) now encircles the modern city.

<http://www.golisbon.com/portugal/cities/obidos.html>



Obidos is one of Europe's [most romantic medieval villages](#) with picturesque cobblestone streets lined with colorful houses filled with geraniums and bougainvillea.

The Gothic doorways and windows are distinct, and whitewashed churches, flowerpots and dazzling tiles are all encircled by the walls of a 12th century medieval castle. Even today, musicians and artists abound...



Next we drive 40 minutes to [Tomar](#), a small Portuguese town of about 40,000 people with a few surprises...



such as this 17th Century Aquaduct...



The Knights Templar's Castle is one of Portugal's historical jewels and more significantly was the last Templar town to be commissioned for construction.

Tomar was especially important in the 15th century when it was a centre of Portuguese overseas expansion under [Henry the Navigator](#), the Grand Master of the [Order of Christ](#), successor organization to the Templars in Portugal.



In fact, the town of Tomar was born inside the walls of the [Convento de Cristo](#), constructed under the orders of Gualdim de Pais, the fourth grand master of the [Knights Templar](#) in the late 12th century.

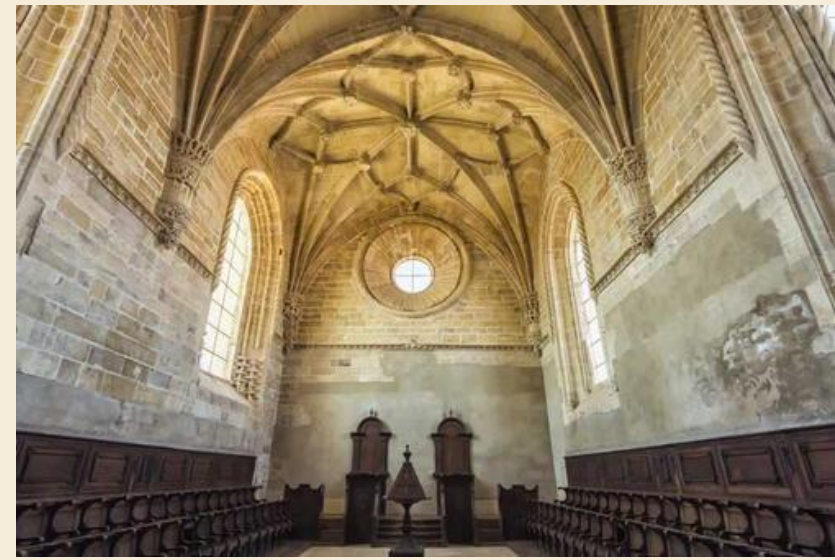
The [Convent of Christ](#) in Tomar is a World Heritage Site.



The [Convent of Christ](#) in Tomar is extraordinary.



The chapel is much older and much simpler...



Porto



Day 7 - 8

We will enjoy exploring the second largest city in Portugal, Porto. It is the main city of the Northern region of Portugal and has a distinctly different type of charm than Lisbon. Porto is known for port, business, and the Douro River wine region. The city has a different vibe than Lisbon, and has more commerce.

We have these two days to explore, sample and enjoy all that Porto has to offer. Here are a few highlights.



We get to experience and enjoy the dynamic activity near the waterfront...



We'll visit "Livraria Lello", the historic bookstore that was quite a sensation when it opened in Porto in 1906. More recently, it is known as having been the inspiration for the bookstore in Harry Potter, Flourish & Bott's.





We'll visit some local shops, tasting their products from cheese and bread to wine and porto



We will enjoy charming restaurants such as the famous Majestic Café.



The classic Sao Bento train station is worth a visit....



We can see the tiled Carmo church and Carmelitas church with Porto's narrowest house, Casa Escondida or "Hidden House" wedged in between.



São Francisco Church, originally built in 1244 and expanded over centuries, is known for its lavish baroque interior with ornate gilded carvings. *(below left)*



The palatial 19th-century Palácio da Bolsa, formerly a stock market, was built to impress potential European investors. *(right)*



At night after our dinner, we'll see the river and beautiful city with lit up bridges around us.



Day 9 We head south toward the Lisbon area for a relaxing afternoon. We'll have our **Farewell Dinner** tonight at a seaside restaurant. By now you will have fallen in love with Portugal...

Day 10

You will be driven to the airport at the correct time for your flight out of the Lisbon airport.



Portugal Exploration for Women

Arrive: Friday, Sep 25, 2026 Depart: Sunday, Oct 4, 2026

Trip Details - All Inclusive: €6,850 per person

Register: [WWX-Portugal Exploration for Women](#)

All-Inclusive: Accommodations in quality, highly-rated hotels (check-in on Sep 25 and until check-out on Oct 4); all transportation, transfers, tours, admissions, guides, and activities in itinerary. Three excellent quality meals per day included during trip dates.

Price does not include: International airfare to/from Portugal. Any meals, services, and activities not with group or in itinerary; personal expenditures, laundry, additional alcohol, gratuities, etc.

Deposit & Payment: Upon registration a deposit of €2,950 per person. Balance in 2 payments.

Cancellation and Refund Info: Refund in full on the condition of a fully-paid acceptable replacement for you.

We expect this trip to be completed as scheduled. In the event of an unforeseen situation out of our control we will reschedule this expedition on various dates as early as possible. We advise trip cancellation insurance. Let us know if you need assistance.

Contact: holiday@wheelerexpeditions.com or holiday@wheelerwindsorexpeditions.com.

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Important caveat: *Every effort will be made to adhere to the itinerary above. It rarely happens, yet due to the nature of travel, the itinerary may be altered in any way necessary. Participants are expected to accept this, and to maintain a cheerful attitude on an adventure such as this.*



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Rebel Holiday has traveled to 90 countries and has co-led expeditions for 3 decades. She has lived in 5 countries and speaks three languages fluently (English, Spanish, and Portuguese.) Originally from California, she learned Portuguese while spending time in Portugal and has been living Portugal since 2016.

Rebel is very involved in business and the arts. Wherever she goes in the world, Rebel seeks to see the harmony around her – especially in people and nature. Rebel finds discovering unique cultures simply fascinating. She is passionate about cuisine and finds the best restaurants and special activities on trips. She currently enjoys sharing the beauty of Portugal, her favorite European country.

Dear Friends, You will have discovered first-hand, what makes beautiful Portugal such a unique and unforgettable place. I hope you join this expedition for an experience that will place this high on your list of “Best Trips Ever.” Feel free to reach out if you have questions or would just like to talk about the trip.

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Thanks – see you in Lisbon soon!

Rebel



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