

JOURNEYS WITH HEART presents



## The Complete Weave of Iberia "Spain and Portugal"

SEPTEMBER 14—29, 2015

*With Chef John Bishop*

Discover the rich and colorful history and be forever inspired by the delicious food, amazing art and architecture, and unequalled appetite for life on your Spain and Portugal Journey!

***Fundraising tour for the North Shore Hospice through Lions Gate Hospital Foundation.***

### **SEPT 14th - Welcome to Madrid**

At Madrid Airport, group transfer to your Parador in Chincon. Situated 45 km from Madrid, Chinchón is recognizable in the distance by its houses clustered together on hilltops as well as its characteristic Plaza Mayor, with its wooden balconies and flat galleries. Later, join your Tour Director for a Welcome Reception and introduction to a wide range of tapas and local wines.

#### **Meals: Welcome Reception and Dinner**

#### **Accommodation, Madrid: Parador de Chinchon**

<http://www.parador.es/en/paradores/parador-de-chinchon>

*The Parador de Chinchón is located in a former Augustinian monastery. It offers large windows, beautiful common areas and guest rooms decorated with exquisite taste, with the perfect combination of colors and careful attention to every detail. The lovely courtyard filled with loquat trees and well-kept gardens will allow you to enjoy this beautiful and peaceful location.*

### **SEPT 15th - Madrid of the Bourbons**

In the morning, a guided sightseeing tour takes you along the elegant Paseo de la Castellana past Madrid's most famous fountain in the Plaza de Cibeles. Drive down the Gran Vía to the Royal Palace and Cervantes Monument before crossing the Puerta del Sol. Highlight of your tour is a visit to the magnificent Prado Museum to admire the paintings of Velazquez, Goya and many others. If there is one thing that sets Madrid apart, it must be its deep and infectious passion for life that finds its outlet in the friendly and open character of its inhabitants. Concerts, exhibitions, ballets, a select theatrical offering, the latest film releases, the opportunity to enjoy a wide range of the best Spanish and international gastronomy, to savour the charms of its bars and taverns... all these are just a few of the leisure

options on offer in Madrid. Tonight, you'll enjoy a cooking class. Then sample the dishes with wine.

#### **Meals: Buffet Breakfast and Highlight Dinner Accommodation, Chincon: Parador de Chinchon**

### **SEPT 16th - Toledo & Golden Salamanca**

This morning is devoted to Toledo. Toledo is one of the Spanish cities with the greatest wealth of monuments. Known as the "city of the three cultures", because Christians, Arabs and Jews lived together there for centuries, behind its walls Toledo preserves an artistic and cultural legacy in the form of churches, palaces, fortresses, mosques and synagogues. This great diversity of artistic styles makes the old quarter of the capital of Castile - La Mancha a real open-air museum, which has led to it being declared a World Heritage Site. Walk through the maze of narrow, cobbled streets to visit the Cathedral with a local expert. Admire its high altar, Baroque window and paintings by El Greco. Later, pass the ancient walls of Avila en route to Salamanca.

#### **Meals: Buffet Breakfast**

#### **Accommodation, Salamanca: Parador**

<http://www.parador.es/en/paradores/parador-de-salamanca>

*The Parador de Salamanca stands opposite the old quarter on a small hill on the left bank of the Tormes River where it passes through this beautiful city. The interior is elegant, comfortable and spacious. Large windows and French doors make the hotel an exceptional viewpoint overlooking the historic district.*

### **SEPT 17th - Salamanca - Excursion**

Salamanca, a World Heritage City and lively university town, is filled with historic buildings and locations. Students and locals give the capital an exuberant, youthful and very

# Why travel with Journeys with Heart?

For the donors/travellers whose active participation is encouraged, the benefit is an emotionally gratifying experience (the featured non-profit realizes a donation from each guest on the tour); for the non-profit, an opportunity to raise funds and educate the public through a unique medium; for the celebrities, with an invitation to participate and anticipated support, a chance to further enhance and give credence to these fundraising opportunities for the non-profits.....Moments in life that are better experienced than explained.

welcoming atmosphere. The city is always willing to share its rich heritage, culture and gastronomy with visitors. The sunlight casts a golden glow on the lovely stone façades and sunsets become a unique experience here. Stroll through the Plaza Mayor (Main Square), among the most beautiful in Spain, and stop at one of the many unforgettable establishments where you can enjoy a beverage. Visit the Casa de las Conchas (House of Shells), famous for its façade decorated with hundreds of carved shells. Enter the cathedrals and climb up to the terraces, where you can walk amidst gargoyles and bells. Search for the frog on the façade of one of the historic buildings at Spain's oldest university. These are moments you will never forget and every spot in the city overflows with almost unimaginable beauty.

Today we visit both a goat cheese and wine producer, followed by Guijuelo, known for Iberian ham and Jamon producer.

**Meals: Buffet Breakfast, Highlight Lunch  
Accommodation, Salamanca: Parador**

## SEPT 18th - Porto, Grande Dame on the Douro

Cross the Portuguese border to reach Porto, situated on the River Douro and celebrated internationally as the Port wine capital. Mix monuments by leading world architects from the past and the present, and some fantastic baroque carvings. Add a world-famous sweet wine and a certain British flavor. Place it all by a grand river, and you have "O Porto," the port, Porto -- Portugal's second largest metropolis, and one of Europe's most charismatic cities.

See the Vila Nova de Gaia a wine store which house the famous port wines. Walk along corridors of casks and get to know your Tawnys and Vintages during a tasting. Admire the multi-coloured houses and churches covered in glazed tiles, as well as the iconic bridges.

**Meals: Buffet Breakfast,  
Accommodation, Porto: Porto - Pousada Do Freixo**  
<http://www.pousadas.pt/historic-hotels-portugal/en/pousadas/north-hotels/pousada-do-porto/palacio-do-freixo/pages/home.aspx>

*The Freixo Palace, built in 1742, is a beautiful example of a Portuguese Baroque Civil monument. With authoring of the*

*project by the known architect Nasoni, this symbolic palace was erected by D. Jerónimo de Távora e Noronha, Dean of the Sé do Porto (Porto Cathedral). Later the building and its gardens were sold to the Harmony Company which installed a mill that was expanded in the 50s and 60s. In a Palace classified as a National Monument.*

*The Pousada do Porto, Freixo Palace Hotel, opened in October 2009 and is the first Portuguese Pousada in the Oporto city. The adaptation of the Pousada do Porto, inserted in a palace which has been classified as a National Monument since 1910, was by architect David Sinclair and decorated by architect James Mitchell. The building is located on the banks of the Douro River, named after the famous Wine Region in Portugal, which dates back to Roman times.*

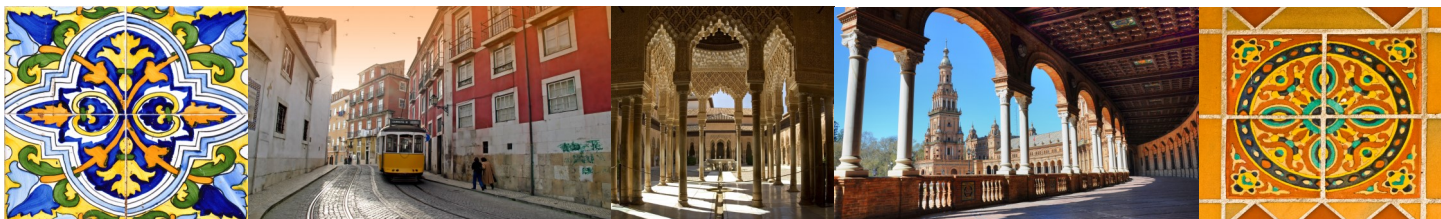
## SEPT 19th - Holy Fatima, Ancient Obidos & Lisbon

After breakfast, head south to miraculous Fatima to join the pilgrims flocking into the great Basilica. Fatima a town located 142 km (88 miles) North of Lisbon is one of the most important catholic shrines in the world dedicated to the Virgin Mary. Fatima's Sanctuary welcomes millions of pilgrims and tourists from all over the world. Fatima's fame is due to the Apparitions of Our Lady of the Rosary that appeared to three shepherd children; Lucia dos Santos and her two younger cousins, Francisco and Jacinta.

Then continue to the fortified city of Obidos, where you walk inside the walls to explore the flower-bedecked houses and narrow, medieval streets. . All of Obidos has been declared a national monument. One of Europe's most romantic medieval villages offers incredibly picturesque cobblestone streets lined with colorful houses filled with geraniums and bougainvillea, Gothic doorways and windows, whitewashed churches, flowerpots and dazzling tiles all encircled by the walls of a 12th century castle. You continue to Lisbon this afternoon.

**Meals: Buffet Breakfast  
Accommodation, Lisbon: Pousada De Queluz**  
<http://www.pousadas.pt/historic-hotels-portugal/en/pousadas/lisbon-hotels/pousada-de-queluz-lisboa/d-maria-i/pages/home.aspx>

*The Pousada de Queluz is found in the clock tower building, next to the National Palace of Queluz, known as the "Portuguese Versailles" and the permanent residence of the*







royal family from 1794. The building of the Tower is by the architect and staff sergeant Manuel Caetano de Sousa, and served as a warehouse and as the quarters for the staff in service to the palace. With a unique and sumptuous decor, the Pousada de Queluz, D. Maria I, is a treasure waiting to be discovered and marvelled at.

### SEPT 20th - Lisbon & the Age of the Great Discoveries

Europe's second-oldest capital and once home to the world's greatest explorers like Vasco da Gama, Magellan and Prince Henry the Navigator, Lisbon is one of the world's great historical cities, with characteristic and surprising sights, cultural treasures, and a beautiful setting that make it a paradise for walkers and photographers.

In the morning, sightseeing with a local expert takes you along the spacious avenues of the Lower Town and beneath the hilltop Bairro Alto to reach the Terreiro do Paco. Visit the Belem Quarter, then visit an old patisserie that has managed to hold onto the secret recipe of Portugal's finest pastry for over 100 years then enjoy a demonstration and tasting of the famous 'pasteis de belem'. See the Monument to the Discoveries and the more ancient Belem Tower. Next, visit Jeronimo's church with its Manueline Architecture before returning to the hotel.

**Meals: Buffet Breakfast**  
**Accommodation, Lisbon: Pousada De Queluz**

### SEPT 21st - Seville, the City of Carmen

Leave Lisbon via the modern Tagus Bridge and cross the border to reach Seville. Situated on the banks of the Guadalquivir River, Seville has a rich Moorish heritage, and used to be a prosperous port that carried out trade with the Americas. The streets and squares in the historic quarter of the capital of Andalusia are lively and busy. They treasure many constructions that have the World Heritage designation, and many districts are full of traditional culture, like Triana and La Macarena. With a local expert, tour the immense Cathedral, burial place of Christopher Columbus, and the slender Giralda Tower. Explore the labyrinthine Santa Cruz Quarter and see the Alcazar. Tonight, settle back for a Highlight Dinner and entertainment featuring a fiery Flamenco show.

**Meals: Buffet Breakfast, Highlight Dinner**  
**Accommodation, Seville: Gran Melia Seville**  
[www.lhw.com/hotel/Gran-Melia-Colon-Seville-Andalusia-Spain](http://www.lhw.com/hotel/Gran-Melia-Colon-Seville-Andalusia-Spain)

### SEPT 22nd - Cordoba Excursion

Enjoy a visit to Cordoba to visit the magnificent Mezquita. Visit a tea shop and lunch at Moorish style restaurant. Visit an oil mill for tour and tasting. Cordoba is situated in the interior of Andalusia where past and modernity blend in together. This thousand-year-old city, which has the World Heritage designation, is a living legacy of the different cultures that settled here throughout its history. If you walk round the old quarter you will discover a beautiful network of alleyways, squares and white-washed courtyards surrounding the Great Mosque-Cathedral, which reflects the importance of the city in the Middle Ages, and is the symbol of the city. This evening is at leisure.

**Meals: Buffet Breakfast, Highlight Lunch**  
**Accommodation, Seville: Gran Melia Seville**

### SEPT 23rd - Head to Gibraltar, up to the Mountain village of Mijas & the Costa del Sol

Head south to Gibraltar, attached to Spain, yet an independent colony under British control since 1704. Visit the Rock of Gibraltar, St. Michael's Cave and see the Barbary Apes, legendary guardians of the colony! Drive through the green hills above the Costa del Sol to the white-washed village of Mijas. Stroll through the old streets and gardens and take in the views of the coast. Mijas, a tourist town at the foot of the hills of the same name, possesses typically Andalusian houses. Its traditional status as a mountain village has been combined harmoniously with a major tourist complex located in the coastal enclave of La Cala, where there are 12 kilometres of beaches. The whitewashed streets of historic quarter, Arab in layout and nestling in the mountain landscape, houses some buildings of interest, among them some churches and hermitages. The surrounding area, meanwhile, preserves some archaeological sites, testimony to the town's rich prehistoric past.

Later, take the scenic route along the Costa del Sol to your hotel in Nerja. Tonight we enjoy dinner at our hotel. Why is the Costa del Sol one of the most touristic areas of Spain? Because of its beautiful weather and over 300 days of sun a year. Any time of year is good for visiting this area that stretches along 161 kilometres of coastline of the province of Malaga on the Mediterranean.

**Meals: Buffet Breakfast & Dinner**  
**Accommodation, Nerja: Parador De Nerja**  
<http://www.parador.es/es/paradores/parador-de-nerja>

*The Parador de Nerja sits on a cliff above the sea on the Málaga coast, amidst wonderful beaches. As you surely know, in*

**'MARIPOSA'** means Butterfly in Spanish  
*"The butterfly is a flying flower, the flower is a tethered butterfly."*

- Ponce Denis Écouchard Lebrun





*Nerja, summer is blue, adventurous and welcoming. The hotel will greet you with a magnificent garden in which the greenery contrasts with the blue of the swimming pool. The bright, spacious interior is very comfortable.*

### **SEPT 24th - Ronda Excursion**

Today, enjoy a half day tour of Ronda. This town in the Málaga region sits on either side of the Tajo del Ronda, a narrow gorge more than 150 metres deep. Its old town has been declared Property of Cultural Interest. Celts, Phoenicians, Romans and Arabs all inhabited these lands, which were reconquered by the Catholic Monarchs. The historic quarter, reminiscent of the Arab age and with a medieval layout is scattered to the south of the Guadalevín, while more modern Ronda, the part which sprang up after the 16th century, unfolds to the north of the course of this river. Several bridges unite the two halves of one of the most interesting towns on the route of the Whitewashed Villages, in the heart of the the Ronda hills, only a few kilometres from the Costa del Sol. Enjoy the rest of the day at leisure.

**Meals: Buffet Breakfast**

**Accommodation, Nerja: Parador De Nerja**

### **SEPT 25th - Granada & the Alhambra**

Drive through the green hills above the Costa del Sol to the white-washed village of Mijas. Stroll through the old streets and gardens and take in the views of the coast. Mijas, a tourist town at the foot of the hills of the same name, possesses typically Andalusian houses. Its traditional status as a mountain village has been combined harmoniously with a major tourist complex located in the coastal enclave of La Cala, where there are 12 kilometres of beaches. The whitewashed streets of historic quarter, Arab in layout and nestling in the mountain landscape, houses some buildings of interest, among them some churches and hermitages. The surrounding area, meanwhile, preserves some archaeological sites, testimony to the town's rich prehistoric past. Continue to Granada to visit the amazing Alhambra Palace. See the Lion Court as well as the water gardens of the royal summer residence. The Alhambra is a beautiful complex of buildings and gardens. Its leafy tree-lined walkways provide pleasant shade and coolness, enhanced by the abundance of water that flows in its streams.

At the foot of the Sierra Nevada mountains, between the rivers Darro and Genil, lies one of the most interesting cities in Eastern Andalusia. As well as its impressive

Al-Andalus heritage, there are Renaissance architectural gems and the most modern facilities, fit for the 21st century.

Granada has an unmistakable Moorish essence, due to the fact that it was the last city to be reconquered by the Catholic Monarchs in 1492. The gastronomy, craftwork and urban planning are influenced by its glorious past. Later, we dine together this evening at our hotel.

**Meals: Buffet Breakfast, Dinner**

**Accommodation, Granada: Parador De Granada**

<http://www.parador.es/en/paradores/parador-de-granada>

*Spend the night in the Alhambra complex, among gardens and fountains that evoke a past in which the Arab and the Christian intermingled. This is the exclusive opportunity offered by the Parador de Granada, a former monastery built on the orders of the Catholic Monarchs on the site of a Nasrid palace, the remains of which have been preserved in the Nazarí Room. The hotel has an enchanting interior, in keeping with the magic exuded by every corner of the city. Works of art and exceptional furniture decorate the cloister and interior rooms.*

### **SEPT 26th - Mora Pass to Valencia**

The road hugs the foothills of the mountains this morning, offering superb views of the Sierra Nevada, towering some 3000 metres high. Then on through the famous orange groves to Valencia, Spain's third-largest city. Drive past the City Gates of Serranos and Quart, still guarding the old town before reaching your hotel. Valencia is home to one of the world's greatest dishes. Nowhere, but nowhere, will you eat better paella! Tonight, learn the authentic recipe in a fun cookery lesson and savour the flavours of this classic dish for dinner!

**Meals: Buffet Breakfast, Highlight Dinner**

**Accommodation, Valencia: Valencia - Parador Del Saler**

<http://www.parador.es/en/paradores/parador-de-el-saler>

*The Parador de El Saler in Valencia is a must for golf lovers. Here you can enjoy a unique setting, between the Albufera lagoon and the sea, on what is considered one of the best courses in the world. Designer décor; spacious, comfortable guest rooms, some with a sea view; a relaxing spa; luxurious outdoor pool are just some of the features on offer. The Parador's architecture is the perfect complement to the surrounding dunes and pine wood. Large windows will fill*





*your room with light and invite the presence of La Albufera Nature Reserve into the hotel.*

### SEPT 27th - Along the Coast to Peniscola & on to Cardona

Follow the coast to Peniscola to view the sea-lapped castle used in the film *El Cid*. Continue along the Costa Dorada to the cava bodegas at Sant Sadurni d'Anoia. With the help of an instructive guide, enjoy a taste and learn the sparkling secrets of Spanish 'bubbly'. Next a visit to the The Cardona Salt Mountain (Muntanya De Sal) is a huge geologic formation made almost entirely of the world's favorite edible mineral.

Formed two million years ago when low-density salt was pushed up through the much harder materials surrounding it, the Cardona Salt Mountain is one of the largest domes of its kind in the world, and unique in Europe. Located in a valley in central Catalonia, on the banks of the Cardoner river, Cardona is a picturesque site with an important mediaeval heritage. Its most outstanding features include the walled fortress in its castle, set on a hill, and the foremost example of the Catalan Romanesque style of architecture.

**Accommodation, Cardona: Parador De Cardona**  
<http://www.parador.es/en/paradores/parador-de-cardona>

*How would you like to travel back in time to the Middle Ages? At the Parador de Cardona, you will feel as if that is just what you've done. The hotel is a beautiful medieval castle with centuries of history, standing high atop a promontory and watching over the charming town of Cardona. On this 9th-century fortified site, you can also visit Minyona Tower and a lovely church, both dating from the 11th century. We have taken great care with the décor to ensure that the castle retains all of its charm and so that the fosses, towers, walls and gothic elements can be seen in all their glory. Panoramic views of the town and the lands along the Cardoner River are visible from anywhere you look out, a gift to which you will awaken each morning.*

### SEPT 28th - Barcelona, City of Gaudi

Wake up ready to embrace Barcelona's artistic heritage where you drive along the Passeig de Gracia. Continue through the Eixample district for a visit inside Gaudi's Sa-

grada Familia Church. Your city tour includes some time in the famous food market La Boqueria, where you meet a stallholder and sample some of his local produce.

Barcelona, the capital of Catalonia, is a Mediterranean and cosmopolitan city with Roman remains, medieval quarters and the most beautiful examples of 20th century Modernism and avant-garde. It is no surprise that emblematic constructions by the Catalan architects Antoni Gaudí and Lluís Domènech i Montaner have been declared World Heritage Sites by the UNESCO.

The city's origins are Roman, and its long history and economic dynamism have made Barcelona a cultural city, which can be seen in the historic-artistic heritage and the promotion of the most innovative artistic trends. Strolling around the streets of Barcelona will bring surprises at every turn. Pedestrian streets in the old quarter, green spaces, and a splendid seafront with a range of modern facilities are a reflection of its multi-faceted character. Join your friends for a farewell dinner tonight.

**Meals: Buffet Breakfast/Dinner**  
**Accommodation, Cardona: Parador De Cardona**

**SEPT 29th - Depart Barcelona**  
 Your tour ends after breakfast group transfer to Barcelona.

**Meals: Buffet Breakfast**



**PRICE PER PERSON**

September 14 - 29, 2015

Double CAD \$6,998. per person

*Single rate available upon request*

*International Airfare is additional.*

*Guaranteed departure with a minimum of 20 guests*

*\*All payments are non-refundable\**

Additional: CAD \$500 direct donation to  
**Lions Gate Hospital Foundation for the  
 North Shore Hospice**  
[www.lghfoundation.com](http://www.lghfoundation.com)  
*Tax receipt will be issued*

**TOUR INCLUSIONS:**

- 14 nights at in Paradors and Pousados; 1night at the Gran Melia Colon or Similar
- Meals as indicated on the itinerary
- Group transfers at Madrid & Barcelona Airports with Meet & Greet service
- Escorted by an experienced tour director throughout your journey
- Transportation in a luxury air-conditioned coach
- Entrance fees as per itinerary
- All excursions as provided in the itinerary
- Exclusive Group Features

**TOUR EXCLUSIONS:**

- Visa Fees (if applicable) Canadian passport holders are currently not required to have Visas
- Alcoholic beverages with meals when not stated
- Items of a personal nature
- Travel Insurance
- International Airfares

Gratuities may be prepaid - please inquire  
 Pre and post packages available - please inquire

*We reserve the right to vary itinerary should circumstances dictate*

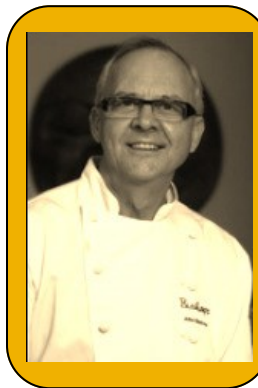


**NORTH SHORE HOSPICE**

*A place in between home and a hospital for the final chapter of life.* North Shore Hospice provides end-of-life care to stable, terminally ill individuals, while allowing them and their loved ones to spend time in a quiet, home-like setting. The Hospice also provides a Day Program to those living at home. The Hospice features 15 spacious and comfortable private rooms and shared gathering areas including a great room and healing garden. The Hospice opened in November 2010 and was made possible through a community fundraising campaign. Donations to Lions Gate Hospital Foundation in support of the Hospice provide additional enhancements for residents' comfort and care.

**CHEF JOHN BISHOP**

Acclaimed Restaurateur, Chef, Cookbook Author



VANCOUVER, BC - British born John Bishop, who has been cooking since his early teens, attended hotel school in Wales and served his apprenticeship at a private London club. After ten years as chef at a restaurant in Kinsale, County Cork, he came to Canada in 1973, where he continued to pursue his culinary career. In 1985 he launched the restaurant that bears his name Bishop's, located in Vancouver, was an immediate success and continues to garner accolades. The fare at Bishop's is regional and seasonal.

In Chef Bishop's view, it makes sense to showcase British Columbia's lush bounty of seafood, organic produce and meats. His exquisite West Side restaurant blends classic and modern flavours with a casual elegance that keeps clients coming back for a truly exceptional dining experience.

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**For more information or to book  
 please contact Jenny:**

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Email: [jenny@trvlconcepts.com](mailto:jenny@trvlconcepts.com)

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