



**INTERNATIONAL FOOT & ANKLE FOUNDATION**  
***Exclusive Charter - Portugal Cruise & Tour!***  
**Lisbon and the Douro River**  
**SUMMER SEMINAR- 20 CME Hours**  
**August 14 - 24, 2019**  
**AMA Waterways - *MS AmaDouro***

Thank you for your interest in the International Foot & Ankle Foundation 2019 Summer River Cruise and Tour! IFAF is proud to offer this amazing adventure as a special *exclusive charter!*

**Trip Highlights:**

**3 nights- in Lisbon**, August 14, 15, and 16<sup>th</sup>, 2019 , includes hotel, taxes, breakfast daily

- Hotel will be **Intercontinental Lisbon** or similar

**7 nights- Douro River Cruise** August 17<sup>th</sup> – 24<sup>th</sup>, roundtrip from **Porto**, with one way transfers from your hotel in Lisbon included, for August 17<sup>th</sup>

**AmaDouro Ship Highlights**

**SPACIOUS STATEROOMS**

- 7 nights luxury accommodation in an outside stateroom (most with outside balconies)
- Computer for internet access
- Entertainment-On-Demand in all staterooms featuring free high-speed internet access, movies, a music library and English language TV stations
- Desk and sitting area
- Bottled water replenished daily

**AN ARRAY OF AMENITIES**

- Personalized service from a highly trained Cruise Manager during both cruise and land programs
- Internet and Wi-Fi access
- Sun deck with pool
- Fitness room
- Main Lounge with panoramic views and bar
- Daily entertainment including cultural performances

**AWARD-WINNING DINING**

- All onboard dining in a variety of venues
- Regionally inspired cuisine made with locally sourced ingredients
- Welcome Cocktail, Welcome Dinner, Captain's Cocktail and Gala Dinner
- Unlimited fine wine, beer and soft drinks with lunch and dinner

- Unlimited sparkling wine and fresh juice with breakfast
- Sandwiches, snacks and refreshments served daily in the Main Lounge
- Sip & Sail Cocktail Hour with complimentary wine, beer, spirits and soft drinks

## A WORLD OF EXPLORATION

- Immersive tours in every destination
- Guided hikes
- Special Interest Tours
- Gentle, regular, active and late-riser tour options
- Knowledgeable guides
- Personal headset for easy exploration

## AmaDouro Itinerary

August 17<sup>th</sup>, 2019

### EMBARKATION – PORTO, PORTUGAL

Embark your cruise in Porto. Gather on board tonight and meet your fellow passengers. (D)

August 18<sup>th</sup>, 2019

### PORTO – RÉGUA

Cruise to Régua where you can visit the Baroque-style Palacio de Mateus and its gardens, located in the lovely Trás-os-Montes region. Inside the house, you'll see interesting furnishings, paintings and a ceiling of intricately carved wood. The gardens here are considered some of the most beautiful in Portugal. (B,L,D)



August 19<sup>th</sup>, 2019

### RÉGUA – BARCA D'ALVA

Spend time soaking up the beauty of the Douro River as you cruise to Barca d'Alva, where you will visit Castelo Rodrigo, a small fortified village perched high on a hilltop with centuries-old walls, steep narrow streets and fantastic views. You can also opt to hike up to the village should you wish a more active exploration. While here, taste some delicious locally grown produce. (B,L,D)



August 20<sup>th</sup>, 2019

**BARCA D'ALVA – SALAMANCA, SPAIN – VEGA TERRÓN**

Drive to Salamanca, a UNESCO World Heritage Site. Built of golden sandstone, Salamanca is known as a “living museum,” and you will have an opportunity to step back in time to the Middle Ages during your escorted tour, which includes the city’s elegant university buildings, the New Cathedral, the intriguingly decorated House of Shells and Plaza Mayor. While here enjoy lunch as well as a traditional Flamenco show. (B,L,D)



August 21<sup>st</sup>, 2019

**PINHÃO, PORTUGAL**

Be treated to an exclusive lunch at Quinta da Avessada, where you’ll enjoy an authentic and traditional dining experience complete with entertainment. The warm, spirited hospitality of this family-run Quinta is quite special as you will discover. Several family members play in a band, and while dining, they will entertain you. Quinta de Avessada is also a fascinating interactive museum commemorating the history and culture of wine in the Alto Douro region, so you’ll have fun discovering all the various stages of wine production as well as doing plenty of tasting. Later in the day, venture to Quinta do Seixo, producers of some of the most traditionally made wine in the Douro region. An expert from the Sandeman Winery will take you on a tasting and private tour of the wine cellars, teaching you about the centuries-old winemaking methods. (B,L,D)



August 22<sup>nd</sup>, 2019

**RÉGUA – ENTRE-OS-RIOS**

Travel to picturesque Lamego, home to one of the most important pilgrimage sites in all of Portugal, where you’ll go to the Nossa Senhora dos Remédios (Sanctuary of Our Lady of Remedies). The shrine features a staircase of nearly 700 steps, beautifully decorated with white and blue tiles, which the more active adventurer will want to hike. Concluding both tours, you will have the opportunity to sample local traditional specialties, such as bôlas de Lamego, bread filled with smoked ham; presunto, a type of drycured ham; and Espumante, a Portuguese sparkling wine. You’ll then go to the formal Episcopal Palace Museum. Later, savor a pre-dinner glass of Vinho Verde from the terrace of the centuries-old Alpendurada Monastery, followed by a traditional “home-cooked” meal. (B,L,D)



August 23<sup>rd</sup>, 2019

**PORTO**

The colorful city of Porto blends the best of old and new, which you can discover on an escorted tour of the historic quarter, a UNESCO World Heritage Site, including the Cathedral, one of the city's oldest monuments; and the São Bento Railway Station, known for its blue and white tile panels depicting scenes from Portuguese history. You'll also enjoy a tasting of Port, Portugal's most renowned contribution to the world of wine. If you prefer to get more active, you can go on a guided hike and then enjoy a Port wine tasting. (B,L,D)



August 24<sup>th</sup>, 2019

**PORTO – DISEMBARKATION**

Your cruise comes to an end as you prepare for your homeward flight. (B)



The seminar will be **20 CME credits**. Meeting details will be provided at a later time.

**PER PERSON PRICING**, Includes 3 night pre-cruise hotel stay in Lisbon including taxes, and your 7 night cruise + much more as noted! **All cabins are double occupancy only.** There are no discounted rates for singles.

Click to view [AmaDouro facts and deck plans](#)

- ❖ \$7099 - Suite, 323 SF, Outside Balcony, Porto Deck
- ❖ \$5899 - Category A, 215 SF, Outside Balcony, Porto Deck
- ❖ \$5599 - Category B, 215 SF, Outside Balcony, Lisbon Deck
- ❖ \$5369 - Category C, 161 SF, French Balcony, Porto Deck
- ❖ \$4699 - Category D, 161 SF, Panoramic Window, Douro Deck
- ❖ \$4399 - Category E. 161 SF, Panoramic Window, Douro Deck

**Port Taxes** are \$182 per person and are not included in the above  
*Note, fuel supplement may apply at a later date*

*Tangerine Travel booking fee for this event will be \$40 per person and is not included in the pricing above. This will be billed with your initial deposit and is nonrefundable.*

**ELIGIBILITY:** Due to limited cabins on this full charter event, IFAF is only allowing one cabin per meeting attendee. This may change closer to the final payment dates, should there be any remaining space.

**TRANSFERS:** Included from hotel in Lisbon to vessel August 17th. Airport transfers may be possible in Lisbon August 14<sup>th</sup> and from the vessel to Porto's airport August 24<sup>th</sup>. Return transfers to Lisbon may also be possible but timing of flights and distance to Lisbon would likely warrant an extra night's hotel in Lisbon on August 24<sup>th</sup>.

**DEPOSIT/FINAL PAYMENT - A \$1000 per cabin deposit is due within one week of reserving your cabin. The remainder will be due in two parts, February 1<sup>st</sup> and April 1<sup>st</sup>, 2019. All payments are nonrefundable.**

**GRATUITIES:** \$141 per person for the 7 night cruise will be added to your price. Note, this will cover the ship staff. *Tour guide gratuities will be up to individual discretion.*

**PASSPORTS:** You must have a passport for this cruise, valid at least 6 months beyond the end date of the sailing. Please ask if you have a specific concern or are not a US Citizen, as there may be specific requirements for your individual citizenship. You are responsible for having correct documentation.

**CANCEL POLICY:** As this is an exclusive charter, IFAF is 100% responsible for your cabin. **All payments are nonrefundable.** IFAF and Tangerine Travel will make every effort to re-sell your space should you need to cancel, however, and this may provide you with a refund less a minimum 10% penalty. **Travel Protection/Cancellation Insurance is strongly recommended!**

**TRAVEL INSURANCE:** AmaWaterways is not able to offer insurance for charter passengers. **Traditional third party Trip Insurance** is available through our preferred travel insurance vendor, **Travelex**, or through any travel insurance provider of your choice. For Travelex, see <https://www.travelex-insurance.com/consumer/welcome.aspx>, or call 1-800-228-9792 (8:00 am to 8:00 pm Central Time, Monday through Friday, and use location code **47-0052**).

**FLIGHT ARRANGEMENTS:** If you are planning to use air miles for your travel to Europe, begin

your search as early as you can to ensure space! This is typically about 330-350 days in advance of your return date. Departing the USA for Lisbon August 13<sup>th</sup> will usually mean arrival August 14<sup>th</sup>. Return from Porto should be August 24<sup>th</sup>, noon or later preferably. Tangerine Travel is able to assist with individual air bookings as well.

Please contact IFAF for registration questions, at 425-252-1235 or 866-286-6973, or online at [www.internationalfootankle.org](http://www.internationalfootankle.org)

Note- IFAF will be contacting all guests who've secured a cabin at a later date, for seminar registration.

If you would like to confirm a cabin or have any questions, please call **1-800-678-8202 and ask for Cathy in Specialty Groups , Monday through Friday, 7:00 AM - 4:00 PM Pacific Time.** You may also send an email to [ifaf@tangerinetravel.com](mailto:ifaf@tangerinetravel.com) or [cathy@tangerinetravel.com](mailto:cathy@tangerinetravel.com)

- Deviations in itineraries and ship are possible although AMAWaterways makes every effort to keep them as shown in the brochures. AMAWaterways reserves the right to provide alternate services, included, but not limited to: accommodation on the docked ship and/or ground arrangements. AMAWaterways will make every effort to make sure the places visited, excursions operated, and the hotels or ships offered are as similar as possible to the ones originally planned. Any resulting changes will not result in any refunds. All cruise routes subject to change without notice.
- *Tangerine Travel, Ltd. and Anjilis LLC act only as agent for the client in acquiring transportation, hotel accommodations, sightseeing and other privileges, or services for the clients' benefit, and on the express condition that Tangerine Travel, Ltd. and Anjilis LLC shall not be responsible for any loss, accident, injury, delay, defect, omission or irregularity which may occur or be occasioned, whether by reason of any act, negligence or default of any company or person engaged in or responsible for carrying out any of the arrangements, or otherwise in connection therewith.*

**We look forward to confirming your cabin soon!**

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