



River Cruise

ENTICING DOURO

PORTUGAL

AUGUST 9-19 // 2023

PRESENTED TO THE STAFF OF MAYO CLINIC ROCHESTER, SCOTTSDALE, JACKSONVILLE & MAYO HEALTH SYSTEMS

Join Us

Rambling vineyards and charming native farms cling to the steep sides of the Douro River Valley, creating an incomparable backdrop to one of Europe's most unspoiled regions and to Port country—the world's oldest demarcated wine region. Sail roundtrip from Porto, the beautiful "City of Bridges"; visit Regua, the 'capital' of the Douro Valley; and marvel at Salamanca, the UNESCO-designated "Golden City." Taste wines from historic wineries and soak up the genuine beauty of one of Europe's most unadulterated landscapes.



ALL-INCLUSIVE EXPERIENCE

This trip is designed to be all-inclusive. The package includes roundtrip international flights, transfers, deluxe hotel accommodations in Lisbon, cruise accommodations aboard the luxurious AmaDouro, shore excursions & tours in each port, unlimited premium liquors, beer, wine & soft drinks onboard AmaDouro, port taxes & shipboard gratuities.





Itinerary

DAY 1 // WEDNESDAY, AUGUST 9

DEPART USA

Depart on overnight flight to Lisbon, Portugal.

DAY 2 // THURSDAY, AUGUST 10

LISBON PORTUGAL

Arrive in Lisbon and check into your hotel. One of Europe's most beautiful cities, Lisbon, stretches across several hills along the Tagus River. On your escorted tour, you'll see Belém Tower, a fortified 4-story tower made of limestone, and visit the late Gothic Jerónimos Monastery, the burial place of many Portuguese kings and heroes. You will also taste a typical Portuguese pastry, Pastéis de Belém, before going to Discoveries Monument, built in honor of Portugal's greatest maritime explorers. (B)

DAY 3 // FRIDAY, AUGUST 11

LISBON - SINTRA PORTUGAL

Enjoy a morning excursion to Serra de Sintra, one of the loveliest mountain villages in Portugal and a favorite summer residence of the Portuguese royal family for more than 500 years. Long an inspiration for artists and poets, Lord Byron once called it "perhaps the most delightful village in Europe." High up on a rocky peak, you will tour Pena Palace, a wonderful fairytale castle dating back to Portugal's Romantic period. (B)

DAY 4 // SATURDAY, AUGUST 12

EMBARKATION - PORTO PORTUGAL

Ride a motorcoach to Tomar and take in the Castle and Convent of the Order of Christ, a UNESCO World Heritage Site that is a brilliant work of 12th- to 16th-century architecture. Continue on to Porto and board the ship for your *Enticing Douro* cruise. (D)



DAY 5 // SUNDAY, AUGUST 13

RÉGUA PORTUGAL

Begin your day with a tour of the 18th-century Palacio Anadia, or Palace of the Counts, known for its beautiful interior and Baroque style. Inside the house, you'll see intricate panels of blue and white tiles throughout the rooms and a striking vaulted ceiling that retell the history behind the palace. (B,L,D)

DAY 6 // MONDAY, AUGUST 14

RÉGUA - PINHÃO PORTUGAL

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 climb on a guided 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 dry-cured ham; and Espumante, a Portuguese sparkling wine.

You'll then go to the formal Episcopal Palace Museum. Later in the day, savor the flavors of Portugal's renowned fortified wine, vinho do porto, made exclusively in the Douro Valley. Head to a local quinta for your authentic Port-wine tasting experience and enjoy the sweet nectar of this fascinating region. (B,L,D)

DAY 7 // TUESDAY, AUGUST 15

VEGA DE TERRÓN - SALAMANCA SPAIN

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. (B,L,D)

DAY 8 // WEDNESDAY, AUGUST 16

BARCA D'ALVA PORTUGAL

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. Be treated to an exclusive dinner at Quinta da Avesada, where you'll enjoy an authentic and traditional dining experience complete with entertainment. Quinta da Avesada 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. (B,L,D)

DAY 9 // THURSDAY, AUGUST 17
ENTRE-OS-RIOS PORTUGAL

Entre-os-Rios translates to "between the rivers," and this small village is, quite appropriately, located at the confluence of the Tâmega and Douro rivers. This tranquil village offers an authentic slice of Douro River life. In the afternoon, indulge in a traditional Portuguese lunch with your fellow travelers in

Entre-os-Rios at a local quinta – a country estate – for a truly authentic culinary experience. (B,L,D)

DAY 10 // FRIDAY, AUGUST 18
PORTO PORTUGAL

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. Enjoy a free afternoon to explore all of Porto's charms on your own. (B,L,D)

DAY 11 // SATURDAY, AUGUST 19
DISEMBARKATION - PORTO PORTUGAL

Disembark the ship and prepare for your flight home. (B)

AmaDouro

The spectacular AmaDouro made her debut in 2019, featuring spacious, elegantly appointed staterooms, most of which include balconies to take in views of the breathtaking hills and terraced vineyards along the Douro river.

The AmaDouro's Panoramic Lounge is a stylish and inviting space to enjoy a glass of wine or a cocktail along with the nightly entertainment. The ship also features a massage room, fitness room, sun-deck swimming pool and a gift shop, as well as the culinary delights of the Main Restaurant, where you'll be able to sample the region's famous Port wine.

TECHNICAL DATA

Built	2019
Length	260 feet
Width	37 feet
Crew	38
Staterooms	51
Passengers	102



SPACIOUS STATEROOMS

Relax and rejuvenate in spacious, luxurious staterooms with plenty of amenities. Most feature outside balconies that afford stunning views of the scenery along the river.



AWARD-WINNING CUISINE

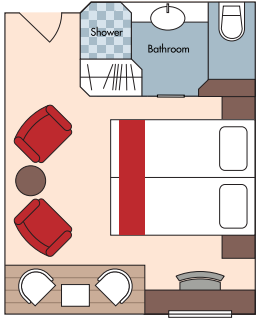
Savor exquisite locally-sourced cuisine each day, passionately prepared with only the freshest ingredients by our expert chefs.

ENRICHING ENTERTAINMENT

Whether it's a folkloric performance, local Fado musicians or modern piano favorites, there is an eclectic schedule of entertainment on board.



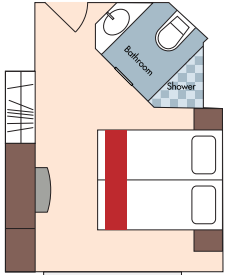
AMADOURO STATEROOMS + DECK PLANS



CATEGORY A
Porto Deck
Outside Balcony
215 sq. ft.

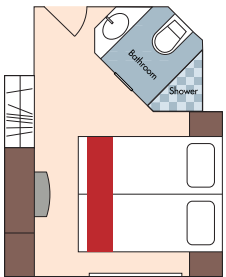
CATEGORY B
Lisbon Deck
Outside Balcony
215 sq. ft.

Outside Balcony Floor-to-Ceiling Windows



CATEGORY C
Porto Deck
French Balcony
161 sq. ft.

French Balcony

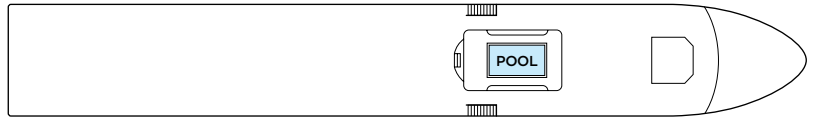


CATEGORY D*
Douro Deck
Panoramic Window
161 sq. ft.

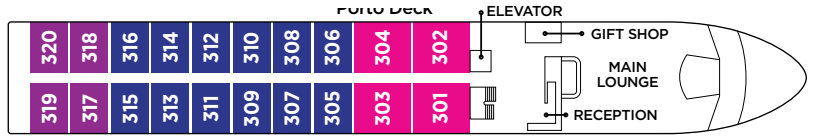
Panoramic Window

CATEGORY E*
Douro Deck
Panoramic Window
161 sq. ft.

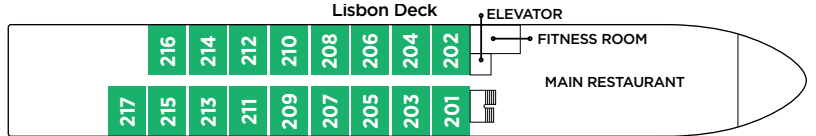
SUN DECK



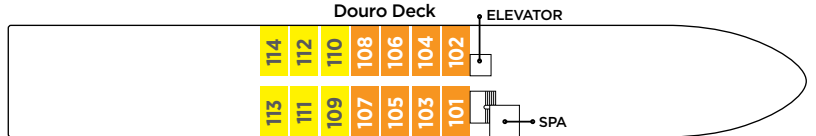
PORTO DECK



LISBON DECK



DOURO DECK



*Elevator reaches all three stateroom decks.
Stateroom layouts are not to scale.*

*Category D and E are both extremely limited.



SUN-DECK POOL

Soak up some rays or take a dip in our refreshing pool as we pass by centuries-old castles, charming villages and other breathtaking scenery.



INVITING PUBLIC SPACES

With fewer guests on board, you can enjoy the luxury of space to unwind, relax and reconnect. Our public areas, including lounges and restaurants, are never overcrowded.



ONBOARD SPAS

After a marvelous day of immersive shore excursions, return to the ship and treat yourself to a bit of pampering with a soothing massage.

REGISTRATION

MAYO CLINIC DOURO RIVER CRUISE // AUGUST 9-19, 2023

Please indicate your preferred cabin category:

- Cabin Category A \$8,860 per person (\$9,170*)
- Cabin Category B \$8,660 per person (\$8,964*)
- Cabin Category C \$7,995 per person (\$8,275*)
- Cabin Category D \$6,995 per person (\$7,340*)
- Cabin Category E \$6,800 per person (\$7,040*)

Please note: some cabin categories may be limited and will be confirmed on a first-come, first-served basis.

*Price based on non-cash/check payment.

All prices quoted are per person, based on double occupancy and include all items listed under the Tour Inclusions.

Please provide me with a quote for travel insurance

Enclosed is:

- \$1,000 per person deposit for ____ people
- \$1,000 per person second deposit (Due February 3, 2023)
- Full Payment (Due April 7, 2023)

Please bill my credit card:

- American Express
- Visa
- MasterCard

ACCOUNT # EXP. DATE CV CODE

SIGNATURE

TRAVELER 1 NAME (legal name as it appears on your passport)

TRAVELER 2 NAME (legal name as it appears on your passport)

TRAVELER 1 NAME PREFERENCE (for name badge)

TRAVELER 2 NAME PREFERENCE (for name badge)

TRAVELER 1 DATE OF BIRTH TRAVELER 2 DATE OF BIRTH

EMAIL

ADDRESS

CITY/STATE/ZIP CODE

HOME PHONE/CELL PHONE

I will require airfare from a city other than Minneapolis/St. Paul.

DEPARTURE CITY: _____

AIRLINE SEATING PREFERENCE

TRAVELER 1: Aisle Window Adjacent
TRAVELER 2: Aisle Window Adjacent

I have read and agree to the terms and conditions of this brochure.

SIGNATURE

TOUR INCLUSIONS

- Roundtrip transfers between Rochester & Minneapolis/St. Paul (MSP)
- Roundtrip economy-class airfare from Minneapolis/St. Paul (MSP) to Lisbon, Portugal (LIS)
- All transfers between airports and hotels/ship
- All transportation as outlined in the itinerary between each city
- 2 nights in Lisbon in a deluxe hotel and 7 nights aboard AmaDouro in selected cabin
- Guided sightseeing and entrance fees as outlined in the itinerary
- All meals as outlined in the itinerary (B: Breakfast, L: Lunch, D: Dinner)
- Unlimited drink package: premium liquors, beer, wine & soft drinks by the glass aboard AmaDouro
- Gratuities to cruise director and shipboard staff
- Services of local tour guides and Carrousel Travel escort throughout the tour
- Baggage handling throughout the tour

NOT INCLUDED

- Cash gratuity to guides and bus drivers for your selected shore excursions & tours (this is voluntary and at your discretion)
- AmaDouro drink package does not include fancy cocktails, martinis, French champagne or other imported or vintage wines
- Airline fuel surcharges (if any)
- Airline baggage fees (if any)
- Travel insurance
- Items of personal nature
- Anything not listed under Tour Inclusions

FOR MORE INFORMATION

Please email: mayo@carrouseltravel.com

or call Sara or Vanessa at (612) 866-2503 or (800) 800-6508

TERMS & CONDITIONS

RESERVATIONS Reservations must be accompanied by a \$1,000 per person deposit and signed registration form. A second deposit of \$1,000 per person is due February 3, 2023. Payments can be made by check or credit card. Checks should be made payable to Carrousel Travel. Final payment is due April 7, 2023. A reminder notice will be sent prior to the final payment date.

CANCELLATIONS All cancellations must be received in writing and are subject to the following penalties. All deposits are non-refundable. Cancellations received prior to February 2, 2023 will be subject to \$1,000 per person penalty. Cancellations received on or after February 3, 2023 and before April 7, 2023 will be subject to \$2,000 per person penalty. Cancellations received on or after April 7, 2023 will be subject to 100% penalty.

INSURANCE Carrousel Travel highly recommends travel insurance for your protection. We will provide an insurance application to all tour participants.

RESPONSIBILITY In offering these travel arrangements, Carrousel Travel (CT) acts as an agent for the sale of air transportation and other travel related services. CT takes great care in selecting its suppliers, but it does not control or guarantee personnel, equipment or operations of anyone furnishing accommodations, products or other services in connection with the travel arrangements. Therefore, CT is not able to assume responsibility for injury, damage, expense, inconvenience or any other loss experienced in connection with the travel or services. CT's control is limited to its own employees and it is responsible for the acts or omissions of such employees. The type of loss over which CT has no control and for which CT cannot be responsible for includes, without limitation; (1) any act or omission on the part of any supplier of services or other party who is not under the direct control of CT; (2) any defect or failure of any vehicle, equipment, product or service which is owned, operated or otherwise used by a supplier; (3) any financial problems of a supplier which causes non-performance by that supplier; or (4) any other cause, condition or event which is beyond the direct control of CT. Without limiting the effect of the foregoing, CT is a company of integrity and responsibility and will do everything within its capabilities to fulfill your travel arrangements. CT does not control the rates, bookings or reservation policies of any supplier and while CT will do everything possible to maintain these matters, they cannot be guaranteed. During the trip, you may have the opportunity to participate in various optional activities, such as water sports and other athletic activities or excursions. CT does not control any of these activities and will not be liable for any injury, damage, loss, expense, accident, delay, inconvenience or irregularity arising out of or relating to such participation. Your baggage and personal effects are your responsibility at all times. CT reserves the right to withdraw any tour member from a tour if the conduct of such a member is incompatible with the interests of the group as a whole. Your retention of tickets, reservations or final tour documents after issuance by CT shall constitute consent to these provisions. The conditions outlined above also pertain to the Mayo Clinic and Mayo Health Systems.

Submit completed registration by fax to 612-866-9644 or email to mayo@carrouseltravel.com or mail with check payable to:

Carrousel Travel

Attn: Group Department

6625 Lyndale Avenue South, Suite 104

Minneapolis, MN 55423

Please include a photocopy of the photo page of your passport.