

EXCEPTIONAL EXPERIENCES: PORTUGAL

Portuguese Passions

Stomping Grapes, Serving Aces

Grape Harvest in the Douro Valley:

Experience picturesque Douro River Valley during the autumn harvest season, still a very traditional affair. Beyond its natural beauty, Portugal's "River of Gold" is the world's oldest demarcated wine region; its terraced vineyards and family-owned estates produce the esteemed fortified sweet wine, Port. Join in the harvest festivities by picking grapes with the locals, or, even better, by stomping them with your bare feet à la *I Love Lucy*.

Tennis Lesson with João Sousa:

Tennis lovers get served a rare opportunity to take a private, two-hour lesson with João Sousa, Portugal's highest-ranking professional. The first Portuguese player to enter the ATP's elite Top 50, Sousa has won a number of tournaments, including the Malaysian Open in Kuala Lumpur. Learn the techniques and motivational tips that have helped this player achieve such success. Game, set, match!

Inside the Portuguese Kitchen:

Uncover some of the best-kept secrets of Portuguese cuisine during your private cooking lesson with a local chef. You are welcomed in the traditional way — with bread and olive oil, cheese, and a glass of wine — while learning about the Portuguese culture and cuisine. During your hands-on workshop, discover classic flavors, colors, and aromas as you prepare typical Portuguese dishes for lunch — and then enjoy them, of course, with dessert and a glass of fine port.

Clockwise from top: grapes ready for autumn harvest; Ferreira winery in Porto; grilled sardines with red pepper and potato; Church of Santa Engrácia.



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