



Travel Guide

Portugal

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Introduction and overview

Disclaimer

Travel guide disclaimer

This document has been carefully prepared to give you the most accurate information available at the time of writing. While we do our best to keep everything up to date, details may change, and this document should not be considered a binding part of your contract with LevarTravel.

Important note: For the most reliable information, we recommend printing a final version of this document a few days before your departure, in case there have been updates that affect your travel plans.

Itinerary disclaimer

Our itineraries are carefully planned, but travel often comes with an element of unpredictability. While we aim to follow the route described, a degree of flexibility is built in, and adjustments may be necessary, or even desirable, along the way. We review and refine our itineraries throughout the



year, taking into account traveller feedback, local conditions, and ongoing local research. As a result, the details you receive at the time of booking may differ slightly from the final version before departure.

Because of weather, transport schedules, public holidays, political events, or other unforeseen factors, further changes may occur during your journey. Your group leader will keep you updated and has the authority to modify or cancel parts of the itinerary if safety or local circumstances require it.

Please keep in mind that this Travel Guide document serves as a guide to the overall experience rather than a guarantee of specific stops, wildlife sightings, or activities. In some cases, such as expedition travel, visits to research stations or restricted areas are subject to final approval by local authorities. Any travel times provided are approximate and may vary depending on conditions.

Ultimately, our commitment is always to enhancing your experience and to give you the most rewarding, safe, and memorable travel experience possible.

Optional activities and museums' opening times disclaimer

If you'd like to explore popular attractions not included in this trip itinerary, we strongly recommend booking tickets in advance, especially during the peak season, when wait times can stretch into hours. In some cases, your group leader may be able to assist with ticket arrangements on Day 1, but availability at such short notice is not guaranteed. Keep in mind that many museums and sites are closed on Mondays (and occasionally Tuesdays), so it's wise to check opening hours ahead of time and secure reservations wherever possible.

Group leader description

All our trips are accompanied by one of our experienced group leaders, whose role is to manage the group and ensure your trip runs smoothly. Their goal is to take the hassle out of travel so you can focus on enjoying your experience.



Group leaders bring a broad knowledge of Portugal, including the historical, cultural, religious, and social aspects of each destination. They can offer suggestions for activities, recommend excellent local restaurants, and introduce you to our trusted local contacts.

In addition, we often include certified local city guides where specialised expertise enhances the experience, giving you the best of both worlds: the support and insight of your group leader combined with in-depth local knowledge.

Feedback

We'd love to hear about your adventure! Your feedback helps us improve and create even better experiences for future travellers. Around 24 hours after your trip ends, you'll receive an email with a short tour evaluation. Please take a few minutes to share your thoughts, and know that we read every response with care.

Travel guide essentials

Passport and visa requirements

While we strive to keep this information as current as possible, rules about entry requirements can change unexpectedly. The details provided here are for guidance only, and you must verify your own visa obligation.

For most cases, you'll need a valid passport with a minimum of 6 months' validity. To prepare everything for your trip, we'll need your passport information, so please ensure that the details in your booking match your passport exactly and remember to check the expiry date.

Visa requirements for your trip depend on your nationality. The Schengen visa has simplified travel across multiple countries in Europe. The Schengen area includes Austria, Belgium, the Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Lithuania, Luxembourg, Malta, the Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, and Sweden. With a valid Schengen visa, you can enter one member country and move freely within



the entire Schengen zone for the duration of your visa, with minimal or no border checks between countries.

To apply for a Schengen visa, submit your application to the embassy or consulate of the country where you plan to spend the most nights. If your visit is limited to a single country, apply directly at that country's consulate.

European countries started to implement ETIAS (European Travel Information and Authorization System) for travellers from visa-exempt countries. We strongly recommend checking in advance whether ETIAS will affect your travel plans based on your nationality.

Medical and health information

There are no specific health requirements for this trip. However, to fully participate in the trip, all travellers must be in good physical health. For the safety and well-being of yourself and others, please do not travel if you are unwell before departure. Instead, contact us to discuss alternative arrangements. Please note that, in the reasonable opinion of our group leader, if a traveller is unable to complete the itinerary without posing undue risk to themselves or others, we reserve the right to exclude them from all or part of the trip without refund.

It is your responsibility to consult a travel doctor well before departure to obtain up-to-date medical advice and any required inoculations or vaccinations. Even if no mandatory health requirements apply, we strongly recommend seeking medical guidance before travel.

You should carry a personal first aid kit, hand sanitisers or antibacterial wipes, and any prescribed medications in their original packaging, as these may not be easily available while travelling. Please also check your government's foreign travel advice regarding any restrictions on carrying medication. For legal reasons, our group leaders are not permitted to administer any form of medication, including common painkillers or antibiotics.



Accommodation

General accommodation information

The accommodation listed in the day-to-day itinerary serves as a guideline and may be subject to change. Occasionally, alternative arrangements may be necessary if our preferred properties are fully booked. In such cases, we ensure that any substitute accommodation meets a comparable standard.

We kindly request that our accommodations have rooms ready upon our arrival, particularly if we reach the property before the standard check-in time. However, this may not always be possible. On these occasions, luggage storage will be provided so you can begin exploring your destination.

Solo travellers

On our group trips, accommodation is arranged on a twin-share basis. Solo travellers are paired with another traveller of the same gender, as indicated on their passport, ensuring a comfortable and compatible stay.

LGBTQIA+ travellers

We are committed to fostering a safe and welcoming environment for all travellers. If your gender identity does not match the information on your passport, please reach out to us so we can discuss suitable rooming arrangements that meet your needs.

Single supplement

We offer an optional single supplement on most trips for travellers who prefer the privacy of their own room during the tour. If you choose the Single Supplement option, you will be provided with a single room for all overnight stays on the trip. However, please keep in mind that the single supplement is subject to availability. Pre-trip and post-trip accommodation booked through us, however, is always arranged on a single-room basis.

Please note that single rooms in European hotels are often smaller and may differ in layout or amenities compared to standard double-occupancy rooms.



Hotels in Portugal

In Portugal, hotel rooms often feature two single beds that can be joined or separated, rather than a traditional double bed. Rooms may be smaller than what you might be used to in the U.S. or Australia, and kettles and fridges are also not commonly provided. Despite these differences, you can expect clean, safe, and comfortable accommodations in excellent central locations, giving you plenty of time to explore the sights and make the most of your trip.

Transport

In this trip, the transportation is as follows:

- Private van, with air-conditioning and a licensed driver

Food and drinks

Meals included

Food is an essential part of any travel experience, and we recognise the importance of starting your day right. Wherever possible, we include breakfast, which may typically consist of items like toast, coffee, and tea, though offerings can vary depending on the city.

Other meals

Travelling with us gives you the opportunity to experience the incredible variety of food the world has to offer. To provide maximum flexibility in deciding where, what, and with whom to eat, some meals are not included in the trip price. This approach also allows for greater control over your budget, though in many destinations, eating out is affordable.

While there is no obligation to dine together, our groups often enjoy meals as a group, giving you the chance to sample a wider range of dishes and share the experience with fellow travellers. Your group leader will be on hand to recommend their favourite local restaurants throughout the trip.

Vegetarians, food allergies, and dietary restrictions

Vegetarians can be accommodated, though options may be limited, especially in traditional or rural restaurants, where the menu might offer only one vegetarian choice, when available. In these cases,



salads and omelettes are usually the most reliable options. In larger cities, however, you'll find a wider variety of dedicated vegetarian restaurants serving flavorful meals.

If you have any special dietary requirements or food allergies, please inform us before the trip so we can make the necessary arrangements.

Managing money

Budget

Every traveller's spending habits are different, so the amount of money you'll need on the trip can vary. Consider your personal preferences when budgeting for things like optional meals, drinks, shopping, tipping, optional activities, and laundry. Be sure to review the itinerary and inclusions carefully so you know what is already covered in the trip price and what expenses you may need to cover while travelling.

Currency and payments

In Portugal, the local currency is the Euro (EUR). You can obtain cash before your trip through banks or currency exchange offices. ATMs are widely available, though there is no guarantee that every credit or debit card will work, so it's wise to check with your bank in advance. Mastercard and Visa are the most commonly accepted cards, while American Express is often not accepted in many businesses. Also, keep in mind that using a credit card may incur additional fees.

It's best not to rely solely on credit or debit cards. A combination of cash and cards is recommended. Carrying slightly more than you expect to need can help ensure a smooth, stress-free trip without constantly worrying about funds.

Tipping

Tipping is a thoughtful way to acknowledge excellent service while travelling. Although it may not be customary in your home country, it is greatly appreciated by the people who assist you throughout your trip.



In Portugal, tipping is generally modest. A typical guideline is 5–10% of the restaurant bill for wait staff, and small amounts (€1–2) for other service providers.

Recommendations for everyday service range from €3–5 per day, depending on the quality and duration of service. You have flexibility in how you tip: individually, with your travelling companions, or via your group leader, who may collect contributions and distribute them as a group. If you are dissatisfied with any service, let your group leader know so tips can be adjusted accordingly.

Tipping your group leader is also appreciated if you feel they have provided outstanding service. A general guideline is €5–7 per traveller per day, though the amount is entirely personal and can reflect your experience and the leader's involvement.

Emergency fund

While we plan carefully, some situations, such as severe weather, natural disasters, civil unrest, or transport disruptions, are beyond our control and may require last-minute changes to the itinerary. In these extremely rare cases, any additional costs are the traveller's responsibility. We recommend having access to at least USD \$200 (or local currency equivalent) as an emergency fund to cover unforeseen expenses. Please note that we are not responsible for incidental costs, including visas, vaccinations, or non-refundable flights, resulting from itinerary changes.

Packing

Luggage

Most travellers find that a backpack or a small- to medium-sized wheeled suitcase works best, as these fit comfortably within the packing space of our private vehicles. Whatever you choose, we recommend packing as lightly as possible. Make sure you can carry and lift your own luggage, and comfortably walk with it for short distances or up and down stairs. While assistance is usually available, there may be occasions when you'll need to manage your own bag. A lockable suitcase or a small padlock is also a smart addition for extra security.



For daily excursions, bring a daypack to carry essentials such as water, a camera, and a light jacket. Depending on your activities, you may also need items like a swimsuit, hiking shoes, or a waterproof pouch for your phone.

Packing list

What you pack will depend on your travel style, season, and expected weather conditions. Here we provide you with a list to help you get started.

Documents:

- Flight info (printouts of e-tickets may be required at the border)
- Passport and visas (with photocopies)
- Insurance info (with photocopies)
- Vouchers and pre-departure information (with photocopies)
- Vaccination certificates (with photocopies)

Essentials:

- Shirts/t-shirts
- Long pants/jeans
- Footwear
- Sleepwear
- Windproof rain jacket
- Hat and sunglasses
- Small travel towel
- Toiletries (shampoo, bodywash, soap, toothpaste, etc.)
- Camera (with extra memory cards and batteries)
- Cash, credit and debit cards
- Daypack (used for daily excursions or short overnights)
- Earplugs and eye mask (if needed)
- First-aid kit
- Locks for bags
- Outlet adapter (if needed)
- Personal entertainment (reading and writing materials, etc.)



- Reusable water bottle

Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

Laundry

Some of our hotels provide laundry services for an additional fee, and your group leader can also point you toward the nearest laundromat when needed. At times, you may prefer (or need) to wash your own clothes, so we recommend packing a small amount of biodegradable, eco-friendly soap.

Weather, climate, and seasonal information**Summer**

In some of the regions visited, summer temperatures can soar above 35°C (95°F), which may feel quite intense. To stay comfortable and safe, ensure you use proper sun protection and stay hydrated. When planning your trip, carefully consider the season and whether it suits your preferences and needs.



Shoulder season

Weather during the shoulder season can be unpredictable, so it's best to come prepared. If you're travelling at the beginning or end of the European season, pack layered clothing along with warm and waterproof options. The reward for braving the unpredictable conditions is fewer crowds, making for a more relaxed and authentic travel experience.

Winter

Winters in Europe are typically cold. Pack extra layers, a warm jacket, a hat, gloves, and sturdy footwear. Always check the forecast before you travel and bring gear suited to the season.

Electricity

Portugal uses 230V, 50Hz and both type C and type F power sockets. Remember to bring adapters, in case you need them.

Languages

Portuguese is the official language of Portugal and is spoken nationwide in its European variant. In addition to Portuguese, Mirandese is recognised as a co-official regional language and is spoken by a small population in the northeastern part of the country. Many Portuguese people speak foreign languages, particularly English, French, and Spanish, which are commonly taught in schools. In tourist areas, English is the most widely understood.

Safety and security

Travel advisories

Before you travel, we strongly recommend checking your government's official foreign travel advisory for the most up-to-date information on your destination. Many governments provide regularly updated guidance on safety, health, and other important considerations for international travel. It's also essential to ensure your travel insurance covers all destinations and planned activities. For added peace of mind, save the emergency contact number for your government's consulate or embassy in Portugal.



Personal safety

When travelling, it's important to take precautions to keep yourself and your belongings safe. Always carry your passport, phone, credit cards, and cash securely, ideally in a money belt or neck wallet, and avoid bringing high-value items such as jewellery, which you won't need on your trip. Many hotels provide safety deposit boxes, which are the best option for storing valuables, and we recommend using locks on your luggage.

Like any major city around the world, destinations on your itinerary can pose risks of pick-pocketing or petty theft, particularly in crowded areas such as markets, bus stations, and train terminals. Remain alert, carry your bag in front of you, and never leave personal items unattended. At night, exercise extra caution: stick to well-lit streets, avoid walking alone, and stay aware of your surroundings.

Your group leader is there to help ensure your safety and has the authority to adjust or even cancel parts of the itinerary if necessary. While they will accompany you on all included activities, you will also have free time to explore independently. During this time, please use good judgment when selecting optional activities, as they are not part of the planned itinerary and we cannot guarantee their safety standards.

LGBTQIA+ safety

At LevarTravel, the safety and well-being of every traveller is our top priority, including those who identify as part of the LGBTQIA+ community. We understand that you may have specific concerns regarding safety and security while travelling, and we encourage you to consult reliable resources such as [Equaldex](https://www.equaldex.com/) (<https://www.equaldex.com/>) and your government's official travel advice for LGBTQIA+ travellers.

Community guidelines

Code of conduct

At LevarTravel, we have a zero-tolerance policy toward violence, harassment, whether physical, verbal, or sexual, or any form of disrespect toward fellow travellers, our staff, or local communities.



The possession or use of illegal drugs is strictly prohibited on all trips. Such actions not only violate local laws but also endanger the safety and well-being of the entire group. Similarly, exploiting individuals in the sex trade is completely incompatible with our philosophy of respectful and responsible travel. Group leaders have the authority to remove any traveller found in possession of drugs or engaging with paid sex workers.

Any behaviour that disrupts the itinerary, breaks local laws, or violates these guidelines may result in refusal of booking or removal from the trip. Decisions made by your group leader are final and are intended to ensure the safety and enjoyment of all participants. If you have any concerns during your travels, please speak to your group leader immediately.

Travelling with a group

Travelling on a group trip offers the opportunity to share unique experiences, though it may also come with occasional challenges. Your fellow travellers will likely come from diverse backgrounds and a range of age groups, each with their own preferences and needs. We ask that you approach the trip with patience and understanding, as a little consideration can go a long way in creating a positive experience for everyone.

At the same time, you have responsibilities to the group. If you are asked to be in a certain place at a specific time, please make every effort to be punctual so as not to delay the group. Our experience shows that the most enjoyable trips are those where group dynamics flow smoothly, and this often requires just a small effort from each participant.

For privacy reasons, we cannot share personal contact details or information about fellow travellers before departure.

