

*Spain and Portugal Leadership Journey*



Join **Haven Acupuncture & Wellness** December 15th – 23rd, 2018 for a small group leadership excursion to Spain and Portugal. This journey brings together the sights and cultures of Spain's and Portugal's most famous cities—Barcelona, Madrid, Cordoba, Seville, and Lisbon—and weaves them into an enchanting experience that incorporates leadership development training, goal setting, overcoming obstacles and navigating change.

Whether you are at the beginning of our personal journey or right in the thick of it - you will leave with tangible goals and useful tools for the next stage of your journey into 2019!

**DATES**

December 15th - 23rd, 2018



## OVERVIEW

You'll spend two nights each in Barcelona, Madrid, Seville, and Lisbon, and you'll enjoy guided sightseeing in each. Fans of art and architecture are sure to be delighted by the visit to Barcelona's Sagrada Familia Basilica, architect Gaudi's masterpiece. Begun in 1882, it is still not completed. In Madrid, visit the famous Prado Museum, which houses 8,000 pieces of Western painting and is one of the world's most prestigious art museums. A guided walking tour in Cordoba showcases the sights, including a visit to the magnificent 8th-century Mosque of the Caliphs. In Seville, visit the Casa de Pilatos, with a splendid collection of Roman sculptures.

In Seville, you'll enjoy a special dinner with local specialties and Flamenco entertainment, and in Lisbon, a farewell dinner at a local restaurant. Throughout this Spain and Portugal vacation, you'll be accompanied by expert local guides who will bring these destinations to life with in-depth, first-hand knowledge of the cities' histories, sights, cultures, and insider secrets.

## HIGHLIGHTS

### BARCELONA

Welcome dinner; guided sightseeing, visit the Sagrada Familia Basilica, panoramic view from Montjuïc Hill

### MADRID

Guided sightseeing, visit the Prado Museum

### CORDOBA

Guided walking tour, visit the Mosque of the Caliphs

### SEVILLE

Guided sightseeing, visit the Casa de Pilatos, and walk through the Santa Cruz quarter; dinner at El Palacio Andaluz restaurant with Flamenco entertainment

### LISBON

Guided sightseeing, visit the Alfama quarter

## Haven Acupuncture & Wellness

Contact for more information today!

[www.havenacupuncture.org](http://www.havenacupuncture.org)

For pricing, accommodation options, dietary requirements and other information please

contact: [valerie.overby@havenacupuncture.org](mailto:valerie.overby@havenacupuncture.org)

## ITINERARY

### DAY 1 ARRIVE IN BARCELONA, SPAIN

Welcome to Barcelona! At 6 pm, meet your Tour Director and traveling companions for a welcome dinner at your hotel.

### DAY 2 BARCELONA

Sightseeing with a Local Guide features the Columbus Monument, Plaza de Catalunya, and Paseo de Gràcia. A highlight is a visit to the spectacular SAGRADA FAMILIA BASILICA, Gaudí's masterpiece. Also enjoy a panoramic view of the city and harbor from Montjuïc Hill. This afternoon, an optional excursion to Montserrat can be arranged.

### DAY 3 BARCELONA–MADRID

Enjoy rustic Catalan and Aragonian landscapes on your journey to Madrid, the capital of Spain since 1561.

### DAY 4 MADRID

Madrid today is a strikingly modern city, the showcase of a country resolutely facing towards the future. Your Local Guide takes you to the Puerta del Sol, Plaza de España with its monument to Cervantes, the Parliament, Cibeles Fountain, elegant Calle Alcalá, and Paseo de Castellana. Then, enjoy a highlight visit to the palatial PRADO MUSEUM with its priceless art treasures. Optional excursions are available to make the most of your stay.

### DAY 5 MADRID–CORDOBA–SEVILLE

Drive south through the arid landscapes of Don Quixote's La Mancha to Cordoba, where sightseeing with a Local Guide includes the Alcazar, the Roman Bridge, and the medieval Jewish quarter. Tour the magnificent 8th-century MOSQUE OF THE CALIPHS, famous for its 850 pillars of porphyry, marble, and jasper. Later, continue to Seville, the vibrant, festive capital of Andalusia.

## DAY 6 SEVILLE

During your guided sightseeing tour, you will hear about the city's role in Roman times, its conquest by the Moors in 712 AD, and its contribution to the discovery of the New World. Admire Maria Luisa Park, the Golden Tower on the Guadalquivir River, and the university that was once the tobacco factory of Carmen fame. Also visit the magnificent CASA DE PILATOS, a mixture of Moorish and Roman architecture with a splendid collection of Roman sculptures. Then, stroll through the narrow lanes of the charming SANTA CRUZ QUARTER. For those interested, also an optional extended guided visit to the cathedral is available. This evening, dine on local specialties prepared for you at El Palacio Andaluz restaurant and accompanied by Flamenco entertainment.

## DAY 7 SEVILLE–LISBON, PORTUGAL

A scenic drive today takes you over the border to Portugal and its capital city Lisbon, starting point of many successful 15th-century expeditions to the New World.

## DAY 8 LISBON

Lisbon was the center of Europe's longest-lived overseas empire. Portugal's imperial ambitions date back to Prince Henry the Navigator's 15th-century discoveries in West Africa. Morning sightseeing with a Local Guide features a drive through the Baixa quarter's main squares, as well as a walk through the cobblestone alleys of quaint ALFAMA, the popular quarter of the seamen and Fado singers. Drive along the grand Avenida da Liberdade up to Pombal Square, and stop for pictures of Belem Tower and the Monument to the Discoveries. Also visit the CHURCH with the tomb of Vasco da Gama. Tonight, enjoy a farewell dinner with your traveling companions.

## DAY 9 LISBON

Your vacation ends with breakfast this morning.