



## Portugal FAQs & Trip Planning

### 1. What about my passport/visa?

You will need a valid passport with at least six months of validity at time of entry. Passport must have at least one blank page for entry stamp.

TOURIST VISA Not required for stays under 90 days.

Visas are not necessary for US citizens.

### 2. When should I arrive in Lisbon Portugal?

The excursion begins on October 11th, therefore your flight should arrive on the morning of 11th. Bear in mind the airport transfers are group transfers, therefore you are encouraged to book flights to arrive between 11am and 1pm for the group transfer. Please make sure that if your flight says +1 that you adjust the date to leave on the 10th so that you arrive on the 11th. (This sometimes happens if you have long layovers or leave late in the night). Our retreat location will be in Lourinha which is one hour north of Lisbon. If you arrive later than 1pm, you will need to arrange your own transportation to Lourinha.

### **3. What airport should I fly into?**

You should fly into and out from Humberto Delgado Airport, country code LIS.

### **4. When should I schedule my flight back home?**

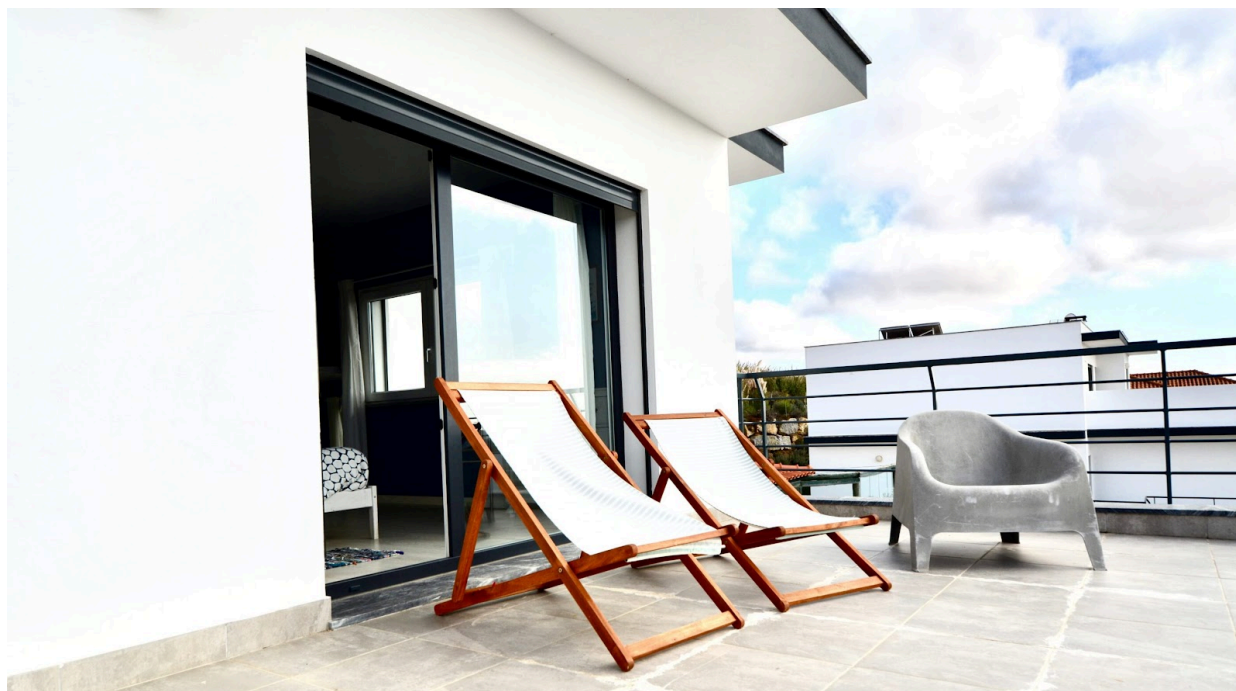
The retreat officially ends on Saturday **in Lisbon**. You can schedule your flights from Lisbon any time after 12pm that day.

We are planning a group Farewell Dinner on the last night of our retreat, in Lisbon, Friday, October 17th. We will stay in Lisbon overnite.

You can book your flight to depart on 18th of October. You may decide to use the day for optional city exploration, shopping and book an early afternoon or evening flight that suits your schedule.

### **6. Is it ok for me to travel on my own?**

Of course! We have an amazing group of people with Gina and Anayra acting as Excursion Leaders. You do not have to travel with a partner as there will also be people traveling on their own. If you choose to travel on your own you will need to take a single room option.



## 7. What's Included?

<ul style="list-style-type: none"> <li>● 7 Night selected accommodation with breakfast and dinner</li> </ul>
<ul style="list-style-type: none"> <li>● Airport Transfers**</li> </ul>
<ul style="list-style-type: none"> <li>● <b>City tour of Obidos including transportation</b></li> </ul>
<ul style="list-style-type: none"> <li>● Lisbon Farewell Dinner Party</li> </ul>
<ul style="list-style-type: none"> <li>● Vineyard tour with wine tasting including transportation</li> </ul>
<ul style="list-style-type: none"> <li>● Daily shuttle to and from the beach</li> </ul>
<ul style="list-style-type: none"> <li>● Free bike rentals from the property</li> </ul>
<ul style="list-style-type: none"> <li>● Horseback riding lesson or trail run for experienced riders</li> </ul>
<ul style="list-style-type: none"> <li>● 2X Daily Movement Class Options; Yoga, Pilates, Silk Hammock Strength</li> </ul>
<ul style="list-style-type: none"> <li>● Wi-fi internet, and the use of all amenities available; volleyball court, slackline, outdoor gym, bbq area, pizza oven.</li> </ul>
<p><b>Not Included:</b></p>
<ul style="list-style-type: none"> <li>● R/T Airfare to Portugal</li> </ul>
<ul style="list-style-type: none"> <li>● Alcohol beverages unless noted</li> </ul>
<ul style="list-style-type: none"> <li>● Travel Insurance</li> </ul>
<ul style="list-style-type: none"> <li>● Gratuities</li> </ul>
<ul style="list-style-type: none"> <li>● Additional activities/tours</li> </ul>
<ul style="list-style-type: none"> <li>○ Berlengas Tour</li> </ul>
<ul style="list-style-type: none"> <li>○ Lisbon Pilates</li> </ul>
<ul style="list-style-type: none"> <li>○ Massage</li> </ul>

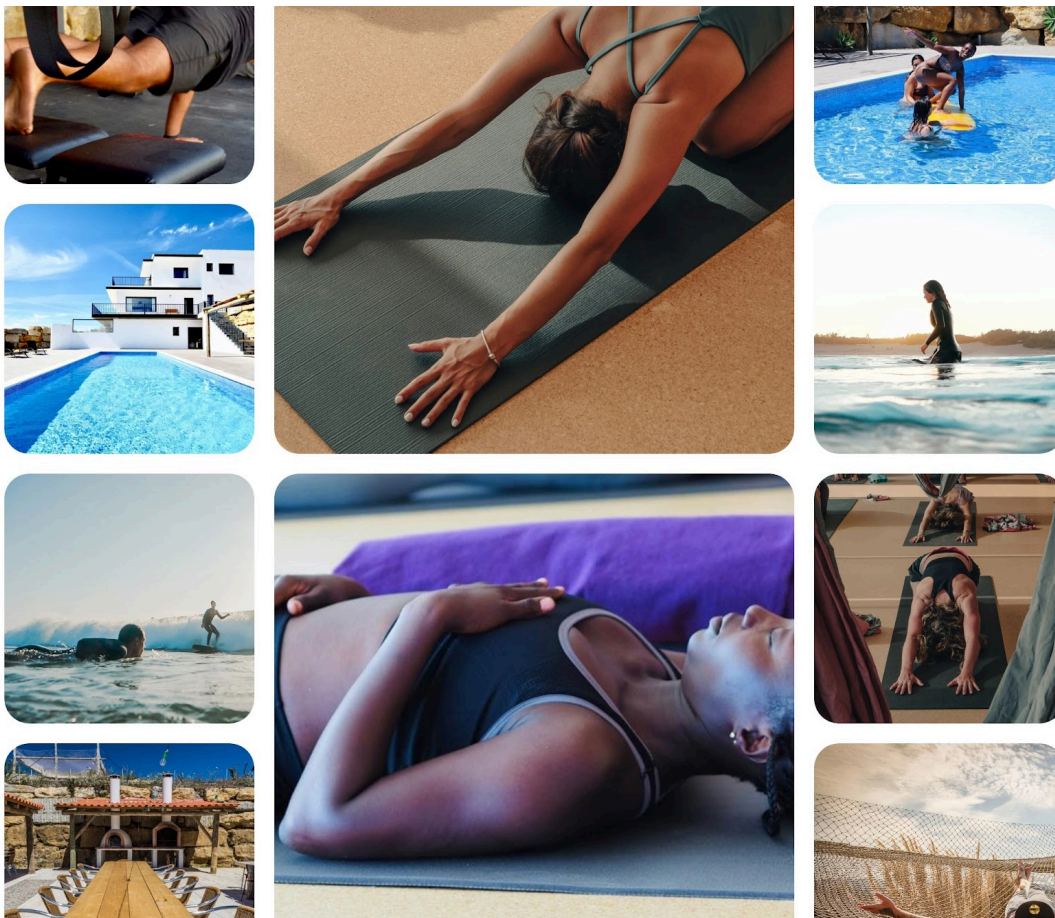
**\*\*Group transfers are only applicable on Arrival date, October 11th and Villa departure date, October 17th.**



## 8. What should I bring?

Bring comfortable clothes, for movement and exercise and sightseeing. For walking, we recommend sneakers or hiking sandals. Hat(s)/Scarves, sunscreen and bug repellent, chargers, battery packs, toiletries, camera.

**Travel Documents** – Make sure to have copies of all important travel documents, including your passport, visa (where applicable), travel insurance, etc.



**Light, Breathable Cotton Clothing** – Bring clothing that is easy to wash and dry.

**Light Sweater/Jacket/Wrap** – In the event the air gets chilly.

**Health and Hygiene** – Pack a basic medical kit filled with items that may not be readily available in the desert. Kits should include things like: bandages, antibacterial hand gel, pain relievers, anti-diarrhea drugs and re-hydration salts.



## 9. How does money work?

Cash is King. Most places prefer or only accept cash. We recommend changing money before arriving, or taking a large sum out from the atm at the airport. Most places and people will happily accept USD. Make sure that you bring small bills as people may not have change for

you if you pay with large bills. You will have safes in your rooms to keep your money and expensive items safe. We do not recommend taking money out of ATMs; sometimes the ATMs are not properly functioning, sometimes your bank at home may flag your card for fraud and freeze it, and oftentimes the fees from the ATM machines are high and you end up paying the ATM fee, plus your bank fee, plus a money exchange fee.

## 10. How much extra money should I bring?

Most meals except lunches are included in your package and we will have 5 brunches. Your transfers and excursions are also included in your trip pricing, however, tipping is not covered so we encourage you to bring money to tip your drivers, tour guides, chef, and anyone who provides a great service. While breakfast and dinner are included beverages are not included, thus you will need/want cash for payment or to purchase and keep in the refrigerator. If you like to shop for souvenirs you will want to bring money for that as well.

## 11. How about vaccinations or health concerns?

We recommend checking the CDC website for recommendations to support your choices.  
<https://wwwnc.cdc.gov/travel/page/travel-vaccines>

We also recommend purchasing travel insurance that also covers Covid19 and other health issues in addition to trip cancellations, etc. We recommend [insuremytrip.com](https://www.insuremytrip.com) which gives a selection of different policies and their prices based on your needs.

## **12. What is the food like?**

We will be hiring a chef for the retreat. They will provide morning snacks, breakfast and brunches. All dinners will be included. Brunches and dinners will include fish and meats.

## **13. Do I need a power converter or adapter?**

The electrical outlets in Portugal are the same as those in neighboring Spain: Type C and Type F. They both have two round holes, but Type F also has two grounding clips, while Type C is ungrounded. In Lisbon and throughout Portugal, Type F tends to be the more common outlet type. Type C and Type F plugs are interchangeable, meaning both can take either plug type; they both work with Type E plugs as well, which are normally used in France.

Coming from the U.S., you'll need an adapter with a two-pronged plug type. As long as your US-to-Portugal power adapter has two round pins and can fit into the rounded sockets in the wall, it will work. However, it's safer to use a grounded adapter, especially for devices with a grounded plug, so a Type F adapter is ideal.

Multi-Plug Recommendation

<https://www.amazon.com/European-Adapter-TESSAN-Outlets-International/dp/B0B27HX6P7/>

## **14. Are soft drinks/alcohol included in the package?**

No soft drinks or alcohol are not included but are available for purchase.

## **15. Are there any safety concerns?**

The property we will be staying in has been vetted and chosen because of the level of safety that they provide. As always, when traveling to a different country or new destination you should follow local protocols and exercise sound judgment to not get into unwanted situations. We will be traveling as a group and you will not be alone. We recommend if you want to arrange any off site excursions, not included in the retreat package, that you pair up with a buddy so that you are not alone, and that you inform the group leaders of your intended plans.

## 16. When Should I Put Down My deposit?

To qualify for the early bird pricing you may purchase your package, with a 50% deposit to claim your selected room accommodation.

Final payment will be due on August 27, 2025, 45 days prior to the trip start date.

### ***Early Bird Discount available to first Six Persons w/50% Commitment Deposit***

The **first six persons** to register qualify for [Early Bird Pricing](#). The early bird price is *first come first serve* and only the first 6 individuals to register with deposit or full payment will qualify.

- Solo and/or Shared Villa Suite | with balcony and private bath
  - Solo and/or Shared Villa Deluxe Room | private bath
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## **Cancelation Policy**

All cancellations must be made in writing via e-mail to Anayra Calderon and Gina Jackson and are subject to per person penalties as follows: All deposits are nonrefundable and full retreat balance is due 45 days prior to retreat start date or you will be imposed a penalty of \$250. Cancellations made 90+ days in advance of retreat start date minus the deposit are refundable. Cancellations 60-89 days in advance of the retreat start date are 75% refundable minus the deposit. Cancellations less than 60 days in advance of retreat start date are nonrefundable.

No shows or early leaves are nonrefundable. Bookings are non transferable, extreme circumstances may be considered for a transfer but need to be submitted in writing for approval and subject to property policy. We strongly recommend that you purchase travel insurance for your trip upon making your deposit so that you are protected.

## **Terms & Conditions**

Anayra Calderon and Gina Jackson are dedicated to ensuring the safety of all participants, however participants must assume the risk inherent in travel including those from weather, wildlife, or other force majeure. The participant confirms that he/she has no physical conditions or medical precautions that would adversely affect his/her ability to take part in either the Yoga or Pilates program or other physical activities offered. In the event that a pre-existing medical condition or medical condition arises, an authorized medical doctor's note is required for refunds less the deposit for each trip.

The participant fully understands that his/her participation in the movement program or other activities could be injurious to his/her health. The participant voluntarily assumes all risk related to such activities and releases Anayra Calderon and Gina Jackson from liability for accident, personal injury, illness, emotional damage, incurred travel expenses, or property damage he/she may incur as a result of his/her traveling and staying at this retreat.