

PORTUGAL SOCCER TOUR



Day One

- Depart on your overnight flight to Lisbon, Portugal.

Day Two

- Arrive at Lisbon Airport where you are met by your Portuguese Excel Sports Representative.
- Transfer by deluxe coach to your 3* hotel in the Porto area (approx. a three hour journey), where you will be staying for the following three nights.
- Check-in and free time to unpack.
- Welcome meeting and orientation.
- Dinner at hotel.
- Evening practice session.



Day Three

- Breakfast at hotel.
- Enjoy a free day of sightseeing in Porto. Located along the Douro river estuary, Porto is one of the oldest European centres, and registered as a World Heritage Site by UNESCO. Its settlement dates back several centuries, when it was an outpost of the Roman Empire. One of Portugal's internationally famous exports, port wine, is named for Porto, since the metropolitan area, and in particular the *adegas* of Vila Nova de Gaia, were responsible for the production and export of the fortified wine. Sights to see in Porto: Porto Cathedral, Avenida dos Aliados, Palácio da Bolsa, the remnants of the old city walls, the gardens of the Crystal Palace and much more!
- Dinner at hotel.
- This evening play your first international friendly game vs. a Portuguese side.

Day Four

- Breakfast at hotel.
- Morning practice session.
- Free time for additional sightseeing in Porto, perhaps visit Estádio do Dragão, home of FC Porto (one of the Big Three).
- Dinner at hotel.
- This evening play your second international friendly game vs. a Portuguese side.



Day Five

- Breakfast at hotel.
- Transfer by deluxe coach to Lisbon (approx. a three hour journey).
- Check-in to your 3* hotel in Lisbon where you will be staying for the following four nights.
- Afternoon free for sightseeing in Portugal. Sights to see in Lisbon: Belem Tower, Mosteiro dos Jeronimos, Lisbon Cathedral, Praça do Comércio, Statue of King Jose I, Parque de Eduardo VII, Belem, and much more!
- Dinner at hotel.
- Evening free for social activities.

Day Six

- Breakfast at hotel.
- In the morning, visit to the Sporting Soccer Club and Stadium Complex at Lisbon, home of the Sporting Clube de Portugal or Estádio da Luz, home of Sport Lisboa e Benfica.
- This afternoon, possible visit to a professional soccer game (dependent upon schedule).
- Dinner at hotel.
- Evening free for social activities.



Day Seven

- Breakfast at hotel.
- Morning practice session.
- This afternoon, play your third international friendly game vs. a Portuguese side.
- Dinner at hotel.
- Evening free for social activities.

Day Eight

- Breakfast at hotel.
- Today, possible visit to the nearby beaches for a relaxing afternoon. Free time for last minute sightseeing and shopping in Lisbon.
- Dinner at hotel.
- This evening play your fourth international friendly game vs. a Portuguese side.

Day Nine

- Breakfast at hotel.
- Depart Lisbon on your return flight.

ABOUT PORTUGAL

Porto - Located along the Douro river estuary in northern Portugal, Porto is one of the oldest European centres, and registered as a World Heritage Site by UNESCO. Its settlement dates back several centuries, when it was an outpost of the Roman Empire. One of Portugal's internationally famous exports, port wine, is named for Porto, since the metropolitan area, and in particular the *adegas* of Vila Nova de Gaia, were responsible for the production and export of the fortified wine. Sights to see in Porto: Porto Cathedral, Avenida dos Aliados, Palácio da Bolsa, the remnants of the old city walls, the gardens of the Crystal Palace and much more!



Lisbon - Lisbon is the capital and largest city of Portugal. Lisbon is a hodge-podge of history; it features Romanesque, Gothic, Manueline, Baroque, Traditional Portuguese, Modern and Post-Modern architecture. It is built on seven hills which makes getting around the city interesting. Be sure to ride the 1930s trams and the three elevators, da Gloria, da Bica, and da Lavra, only one of which travels vertically. In Bairro Alto, in the upper quarter of Lisbon, you can find lots of shopping and entertainment, as it is the heart of Lisbon's youth and of the Portuguese capital's nightlife. Belem features history, including the Mosteiro dos Jeronimos and the Belem Tower, and beauty, as it is located along the Tagus River. Sights to see in Lisbon: Belem Tower, Mosteiro dos Jeronimos, Lisbon Cathedral, Praça do Comércio, Statue of King Jose I, Parque de Eduardo VII, Belem, and much more!

TESTIMONIALS

"My team's spring break trip to Portugal was amazing. It was a first-class operation as soon as we got off the plane in Lisbon. Everything was well coordinated with hotels and meals, bus transportation, and sightseeing with our full-time tour guide. There were so many great things to do in close proximity to each other, plus the quality of soccer over there was very good. My girls thoroughly enjoyed the training and gained valuable experience playing against three very talented clubs. I hope more teams will follow our lead and visit Portugal with Excel in the future. Thank you!"

JP Sousa, Head Women's Soccer Coach, Catholic University, Portugal