

2026 WELLNESS AND CULTURAL TOUR TO PORTUGAL & SPAIN

**Quays Crossing Travel and Tours is offering the following 11 day/ 9-night
Wellness and Cultural tour featuring wellness advocate Ashley Perry**

Situated in the Southwest corner of Europe, the Iberian Peninsula is home to Portugal and Spain.

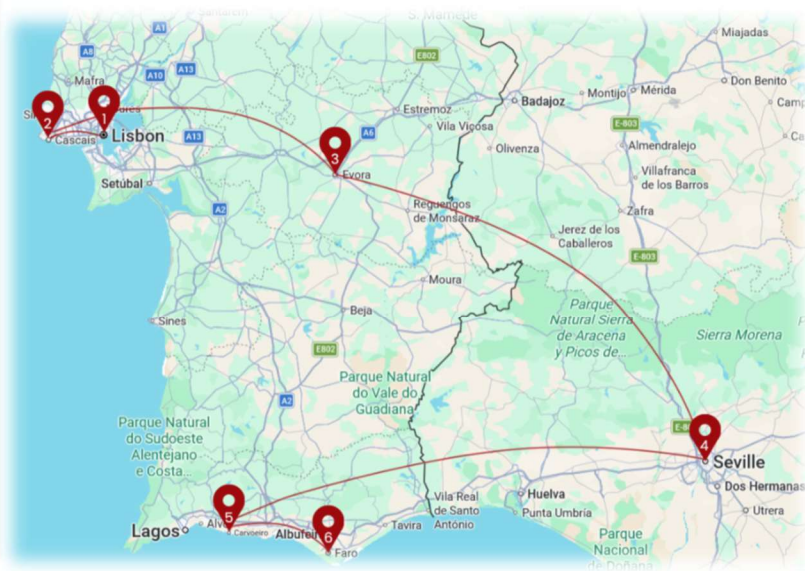
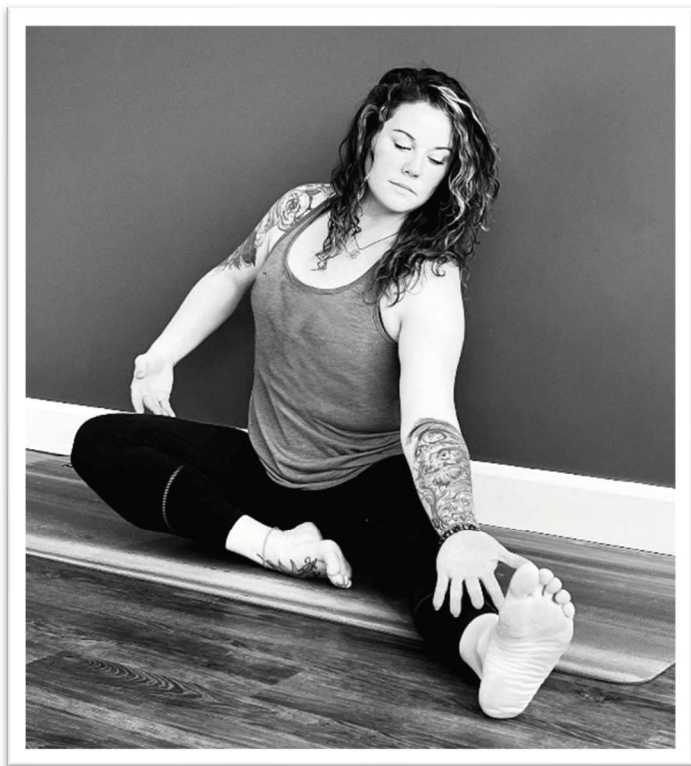
These countries have everything a visitor could hope for: vibrant culture, delicious food, good weather, glorious beaches and medieval towns and cities.

Your tour will feature group wellness sessions, including Yoga, Pilates and Fusion. Spend 2 nights on the Portuguese Riviera (near Lisbon), 1 night in Evora, 2 nights in Seville, and 4 nights in the Algarve.

You can watch the sunrise and sunset on picturesque beaches, explore ancient ruins, and immerse yourself in the Iberian landscape and culture.

Your wellness coach, Ashley Perry, is a 200-hour certified yoga teacher, (500 hours in progress) Pilates certified (Mat & Reformer), with a decade of experience teaching in the fitness industry. Ashley is passionate about the body and movement, for physical and mental wellness.

Wellness sessions are a welcoming space where individuals of all ages and abilities can explore the transformative power of movement. Seek true self through movement, breath and alignment.



WEDNESDAY NOVEMBER 4TH - DEPARTURE FROM TORONTO

- ✿ Your direct flight with Transat departs Toronto in the evening, bound for Lisbon, Portugal. The overnight flight includes meal service.

✿ **Overnight flight**

THURSDAY NOVEMBER 5TH - ARRIVAL IN LISBON / COASTAL SIGHTSEEING



- ✿ Arrive in the morning in Lisbon, Portugal and meet with your Quays Crossing Tour Director.
- ✿ Take a private coach tour to the Atlantic Coast; highlights include Cabo da Roca (furthest point west in continental Europe), world-famous Guincho Beach, Boca do Inferno, the seaside town of Cascais.
- ✿ Check into your hotel, then enjoy a calming, restorative wellness session on a nearby beach. Stroll through the historic centre of Cascais, featuring the Citadel and the Marina.
- ✿ Tonight's dinner will be included in your tour cost.

✿ **Night: Estoril Coast (Portuguese Riviera)**

FRIDAY NOVEMBER 6TH - LISBON SIGHTSEEING

- ✿ Begin your day with a Wellness session to invigorate and bring vitality to your day, followed by breakfast.
- ✿ In the afternoon, transfer by private coach to the historic centre of Lisbon. Enjoy a guided walking tour from a friendly local, followed by free time to explore. In the evening, return to the hotel where you can join Ashley for a relaxing beach wellness session.
- ✿ Dinner is independent, giving you time to sample local cuisine.

✿ **Night: Estoril Coast (Portuguese Riviera)**



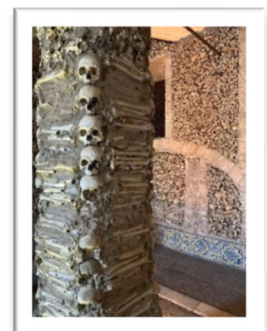
SATURDAY NOVEMBER 7TH - STONE CIRCLES/ EVORA



- ✿ After breakfast, transfer by private coach to the 7,000-year-old, Neolithic-era stone circles of Almendres Cromlech. This mystical area is older than Stonehenge. Here we will participate in a morning Ancestral Guided Yoga Nydra/Meditation and self-guided walk through the ancient stones.
- ✿ Continue to nearby Evora; explore the walled city, including the Roman Temple of Diana and the macabre Chapel of Bones.

- ✿ After an afternoon wellness session, your evening and night will be free to explore the town at your leisure and dine independently at a restaurant of your choice.

✿ **Night: Evora**



SUNDAY NOVEMBER 8TH - SIERRA NORTE DE SEVILLA/ITALICA ROMAN RUINS/ SEVILLE



✿✿✿ After your morning wellness session and breakfast, transfer by private coach to Sevilla, Spain. Stop en route for a hike at Sierra Norte de Sevilla, followed by the Roman ruins at Italica for a self-guided tour.

✿✿✿ Following check in at your hotel, your evening and night will be spent in the Santa Cruz district of Seville's historic

downtown. Its winding cobblestone streets, steeped in mystery and folklore, are teeming with nightlife.

✿✿✿ Tonight is free to explore local dining options on your own.

✿✿✿ **Night: Sevilla**



MONDAY NOVEMBER 9TH - SEVILLE SIGHTSEEING/ FLAMENCO SHOW



✿✿✿ After a Wellness session along the banks of the Guadalquivir River, you'll have a buffet breakfast at your hotel. Take a guided walking tour of Seville, past Plaza de Espana the Alcazar and the Cathedral.

✿✿✿ In the afternoon, enjoy free time to explore the sights in this glorious city. In the evening you'll attend a lively Flamenco show.

✿✿✿ For dinner, sample the delicious local tapas, and meander back to the hotel on your own.

✿✿✿ **Night: Sevilla**

TUESDAY NOVEMBER 10TH - PORTUGAL (FARO/RIA FORMOSA HIKE/ VILAMOURA)

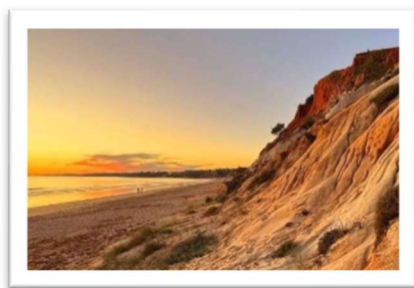
✿✿✿ Following a Wellness session and breakfast at your hotel, you will transfer by bus to the city of Faro, Portugal. Discover the Marina area on foot and eat lunch at a restaurant of your choice.

✿✿✿ Explore the coastal wetlands and marshes of the Ria Formosa on an 8 ½ km hike. Continue to your hotel in Vilamoura, where you will have a sunset Wellness session on the beach, followed by dinner at your leisure in the Marina District.

✿✿✿ **Night: Vilamoura**



WEDNESDAY NOVEMBER 11TH - PRAIA DA FALESIA HIKE/ OPTIONAL EXCURSION



Following your wellness session and breakfast, you'll be led on a 10 km Beach and Cliff Hike at Praia da Falesia, one of the most beautiful beaches in the world.

Your afternoon will be at leisure, with several optional excursions including a Winery tour or a round of golf.

Night: Vilamoura

THURSDAY NOVEMBER 12TH - SEVEN HANGING VALLEYS HIKE

Following a morning wellness session and breakfast, you'll be transferred by bus to the famous Seven Hanging Valleys hiking route. Your afternoon will be at your leisure.

Night: Vilamoura



FRIDAY NOVEMBER 13TH - FREE DAY

After your morning wellness session and breakfast. Today you will be free to explore the area on your own and to consider optional cultural excursions (Winery tour, Benagil Caves boat tour, UNESCO sites) followed by our group dinner that is included in the tour price.

Night: Vilamoura

SATURDAY NOVEMBER 14TH - FLIGHT: FARO TO TORONTO

Today you will depart for the airport to catch a direct flight back to Toronto.

YOUR 11-DAY/9-NIGHT TRIP WILL INCLUDE:

- Direct flights from Toronto to Lisbon, Faro to Toronto, 1 checked bag and 1 carry-on
- Airport transfers and ground transportation in Portugal and Seville
- Minimum 20, maximum 40 people
- Certified wellness instructor to guide you through wellness sessions, Yoga, Pilates, and Fusion.
- 2 nights in Portuguese Riviera, 1 night in Evora; 2 nights in Seville; 4 nights in the Algarve
- 8 breakfasts and 2 dinners
- Guided walking tour of Lisbon, Seville, and Estoril coast driving tour, Flamenco show and Roman Ruins
- Guided hikes in Portugal and Spain
- Dedicated Quays Crossing Representative for the duration of the trip

NOT INCLUDED IN THE COST OF THE TOUR:

- ✿✿✿ Transportation to and from Toronto Pearson Airport
- ✿✿✿ Any meals not indicated on the itinerary nor expenses of a personal nature
- ✿✿✿ Travel / Emergency medical insurance (highly recommended)
- ✿✿✿ Tips and gratuities for tour guides and bus drivers
- ✿✿✿ Additional luggage fees / overweight or oversize luggage
- ✿✿✿ Optional cultural excursions (Winery tour, Benagil Caves boat tour, UNESCO sites)

PRICE PER PERSON IN CDN \$ (TAXES INCLUDED)

Double occupancy	\$3950
Single occupancy	\$4650

RESERVE YOUR PLACE NOW!

To reserve your place, send a \$200 deposit:

- ✿✿✿ **E-TRANSFER:** Send an e-transfer to derek@quayscrossing.ca
- ✿✿✿ **CREDIT CARD:** Email leslie@quayscrossing.ca to set up credit card payment options.

DEPOSIT TIMELINE

July 24, 2026	1st deposit to Quays Crossing: \$200 per person minimum
August 13, 2026	2nd payment to Quays Crossing: \$1,500
September 10, 2026	3rd payment to Quays Crossing: \$1,200
October 1, 2026	Final payment to Quays Crossing: Balance owing