

Cornell University



Cornell's Adult University (CAU)

Portugal's Enchanting Douro Valley **Round-Trip Porto Aboard *AmaSintra***

with Annemarie Morse, International Wine Judge and Educator

October 8 – 16, 2026

Portugal's Enchanting Douro Valley

Round-Trip Porto Aboard *AmaSintra*

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Uncover Portugal's enthralling art, architecture, and UNESCO-listed wine heritage on this exclusive Douro River cruise alongside **Annemarie Morse**, an international wine judge and educator who co-teaches the "Cultivating the Epicurean Palate" course at CAU's summer program. Aboard the brand-new, world-class *AmaSintra*, which will debut along the Douro in 2025, sail through a monumental landscape of winegrowing terraces, sculpted over centuries. From the enduring Roman legacy to the Moorish-influenced *azulejo* tilework, medieval castles to contemporary art and architecture, expert guides will unveil the region's hidden gems and fascinating history.

TRAVELING WITH YOU



Annemarie Morse co-teaches the "Cultivating the Epicurean Palate" course at CAU's summer program. She holds a Master's degree in Enology from Cornell and is an International Wine Judge and a member of the Circle of Wine Writers. She is recognized for translating complex wine and food topics into accessible experiences.

For three years, Morse was the Director of Education for the American Wine Society, overseeing its national education and judge certification programs. Her company, Wine By Annemarie, LLC, provides immersive wine tours and consulting services. Also a certified specialist in Central Italian wine and food, she explores the cultural connections between food, wine, and place while teaching at various colleges and universities.

CRUISE HIGHLIGHTS

- Explore the walled medieval village of Castelo Rodrigo, joining expert guides behind the scenes of this hilltop fortress, and sample regional wines and delicacies within its ancient stone walls
- Journey to the golden-hued city of Salamanca, Spain, marveling at its UNESCO-listed Old Town, 13th-century university, and expansive Plaza Mayor, a Baroque architectural gem
- Discover the Douro Valley's picturesque Pinhão Valley and visit Quinta do Portal, a family-owned winery celebrated for its centuries-old vineyards, modern cellars, and commitment to sustainability
- Admire the ornate Baroque Santuário de Nossa Senhora dos Remédios in Lamego, descending its 686-step staircase adorned with colorful *azulejo* tiles that zigzag down to the lovely gardens



Map of the region

- Delight in Porto's architectural and cultural treasures, from a private concert at the avant-garde Casa da Música to expert-led tours of the city's most prestigious art galleries
- Indulge in a vintage Port tasting at a historic wine cellar in Porto or savor a traditional Portuguese meal in one of the city's stylish restaurants
- Cruise aboard the brand-new *AmaSintra*, featuring elegantly appointed staterooms, a panoramic lounge, sun-deck swimming pool, and gourmet dining showcasing regional flavors and Port wines



Fundação de Serralves, Porto, Portugal, © Serralves Foundation

THURSDAY, OCTOBER 8: DEPARTURE

Depart on an overnight flight to Porto, Portugal.

FRIDAY, OCTOBER 9: PORTO, PORTUGAL / EMBARK AMASINTRA

Upon your morning arrival in Porto, you will be transferred to the **Fundação de Serralves**, one of Portugal's leading cultural institutions. Join an expert guide for a tour of the **Museu de Arte Contemporânea de Serralves**, a striking minimalist museum of contemporary art. The museum was designed by Álvaro Siza, a Pritzker Prize-winning architect. Peruse its collection highlighting art after 1968, including pieces by notable artists like Joan Miró, Cindy Sherman, and Paula Rego. After lunch, you will board *AmaSintra* and gather for a welcome dinner in the evening. L,D

SATURDAY, OCTOBER 10: PORTO / PESO DE RÉGUA

Make sure to be on deck this morning as we cruise under the **Maria Pia Bridge**, a magnificent iron bridge designed by Gustave Eiffel and completed in 1877, 12 years before his famous Eiffel Tower in Paris.

In the afternoon, take a drive to the family-owned wine estate **Quinta da Aveleda**, known for its delightful gardens. Sample its *Vinho Verde* and enjoy a private dinner while overlooking the vineyard. To end the evening, return to *AmaSintra* and attend a lively onboard performance of Portuguese folk music. B,L,D

SUNDAY, OCTOBER 11: PINHÃO / BARCA D'ALVA / CASTELO RODRIGO

Attend a morning lecture on board as *AmaSintra* navigates through the valley to Barca d'Alva. This afternoon, discover **Castelo Rodrigo**, a fortified hilltop village with scenic views of slopes adorned with almond trees and vineyards. Pass through the village's 16th-century walls and climb the narrow medieval streets.

Explore the ruins, which feature the 16th-century **Palacio de Cristóvão de Moura**; the medieval **Igreja Matriz de Nossa Senhora de Rocamador** established by French pilgrim friars; and one of Portugal's most impressive Manueline-style pillories, dating to 1509. The town also retains a medieval cistern and inscriptions that speak to a once-flourishing Jewish community. Refresh yourself with a tasting of regional wine and delicacies. B,L,D

MONDAY, OCTOBER 12: BARCA D'ALVA / VEGA DE TERRÓN, SPAIN / SALAMANCA

Cross the Spanish border to **Salamanca**, a UNESCO-listed city of golden sandstone. On a guided tour, admire the elegant buildings of the **Universidad de Salamanca**, founded in 1218 and the third oldest still-operating university in the world. Linger in the 18th-century **Plaza Mayor**, a grand achievement in Spanish Baroque architecture and one of Europe's most beautiful town squares.

You may enjoy a leisurely afternoon in town, or opt for a visit to the **Museo de Art Nouveau y Art Déco**, which features furniture by Homar, Majorelle, and Busquets; jewelry by Masriera and Fabergé; and what is widely regarded as the world's greatest collection of French porcelain dolls. This museum is housed in **Casa Lis**, a graceful 1905 mansion with a sweeping, stained-glass façade. Rejoin our vessel in Vega de Terrón for dinner. B,L,D

TUESDAY, OCTOBER 13: VEGA DE TERRÓN / PINHÃO, PORTUGAL / SABROSA / PESO DE RÉGUA

Spend the morning cruising through the picturesque **Pinhão Valley**, near where the Rio Pinhão meets the Douro. Then transfer to **Sabrosa**, known as the birthplace of Portuguese explorer Ferdinand Magellan, for a visit to **Quinta do Portal**, a family-owned boutique winery with centuries-old vineyards. Learn about their commitment to sustainability, including their unique way of planting and the installation of photovoltaic panels to produce half of the winery's electricity. You will also tour the modern cellars designed by Álvaro Siza and enjoy a wine tasting. B,L,D



Universidad de Salamanca, Salamanca, Spain



Photos clockwise from top left: Santuário de Nossa Senhora dos Remédios, Lamego; Livraria Lello, Porto; and Casa da Música, Porto, Portugal

WEDNESDAY, OCTOBER 14: PESO DE RÉGUA / LAMEGO / ENTRES-OS-RIOS

Amid the Douro Valley's terraced slopes, **Lamego** is best known for the **Santuário de Nossa Senhora dos Remédios**. Visit this ornate Baroque church and descend its exuberant, 686-step staircase, which features colorful *azulejo* tiles and zigzags to the gardens below.

Make your way to the **Museu de Lamego**, housed in a grand, 18th-century episcopal palace, for a private look at its eclectic religious art and 16th-century Flemish tapestries. This afternoon, *AmaSintra* passes through **Barragem do Carrapateiro**, a hydroelectric dam with the highest lock in Europe. This evening, stop for drinks at a private estate with majestic views of the valley (*pending confirmation*). As the sun sets, observe why the Portuguese named the Douro the "river of gold" (*d'ouro*). B,L,D

THURSDAY, OCTOBER 15: ENTRES-OS-RIOS / PORTO

Return to Porto for a morning tour and private concert at **Casa da Música**, a landmark of 21st-century architecture designed by Rem Koolhaas. Alternatively, enjoy a walking tour featuring the opulent former stock exchange **Palácio da**

Bolsa; the **São Bento Railway Station**, filled with murals made up of more than 20,000 *azulejo* tiles, all designed and painted by artist Jorge Colaço in the 1930s; and the **Livraria Lello**, one of the world's most beautiful bookstores, with its curvaceous staircase.

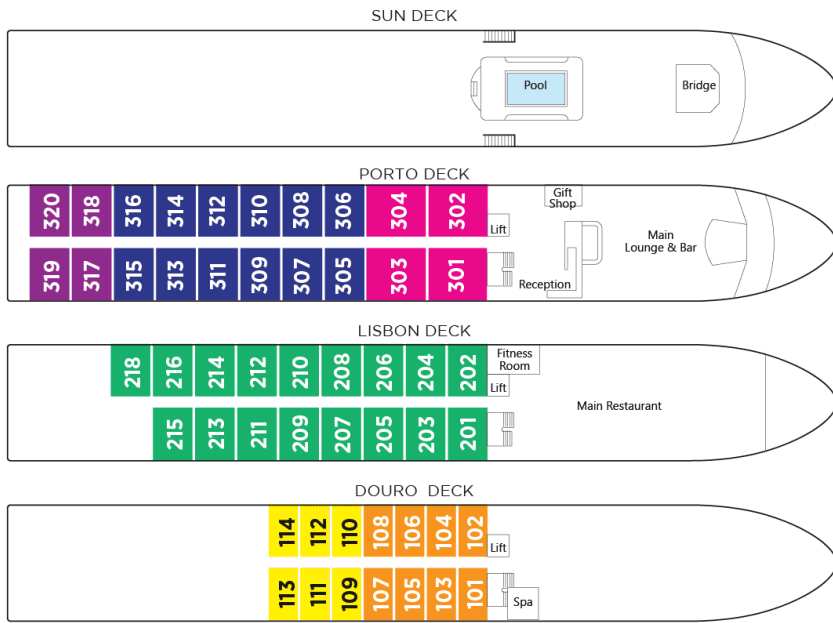
Savor lunch aboard *AmaSintra*, or you may choose to enjoy a traditional meal at leisure in one of the city's stylish restaurants. This afternoon, delight in **private tours of some of the city's top art galleries**. Alternatively, delight in a **vintage Port tasting** at a working wine cellar on a hillside above the city. This evening, the captain hosts a festive farewell dinner. B,L,D

FRIDAY, OCTOBER 16: PORTO / DISEMBARK / RETURN

Disembark this morning and transfer to the airport for flights home. B

DISCLAIMER: This itinerary is subject to change at the discretion of Arrangements Abroad. For complete details, please carefully read the terms and conditions at www.arrangementsabroad.com/terms.

AMASINTRA



With spacious staterooms offering breathtaking views of Port Country, exquisite onboard cuisine, and top-tier amenities, the exceptional *AmaSintra* will debut in Portugal in 2025. This luxury river vessel features 51 elegantly appointed staterooms and suites. Staterooms include Entertainment-On-Demand, featuring free high-speed Internet access, unlimited Wi-Fi, movies, music, and English-language TV stations; climate-controlled air conditioning; and an in-room safe. The ship's Panoramic Lounge is a stylish and inviting space to enjoy a glass of wine or a cocktail along with nightly entertainment. *AmaSintra* also features a massage room, fitness room, sun-deck swimming pool, and a gift shop, as well as the culinary delights of the Main Restaurant, where guests are able to sample the region's famous Port wine.



AmaSintra (top), Panoramic Lounge (center), and Suite (above)

CRUISE RATES

Deck	Cabin	Double	Single
Douro Deck	109-114	\$7,499	\$9,999
Panoramic window, 161 sq. ft.			
Douro Deck	101-108	\$8,499	\$11,999
Panoramic window, 161 sq. ft.			
Porto Deck	317-320	\$10,499	\$15,999
French balcony, 161 sq. ft.			
Lisbon Deck	201-218	\$11,499	\$17,999
Outside balcony, 215 sq. ft.			
Porto Deck	305-316	\$13,499	Inquire
Outside balcony, 215 sq. ft.			
Porto Deck	301-304	\$16,499	Inquire
Suite, Outside balcony, 323 sq. ft.			

RATES INCLUDE

- Seven nights cabin accommodations aboard *AmaSintra*
- Meals as indicated in the itinerary (B=Breakfast, L=Lunch, D=Dinner). Bottled water, soft drinks, juices, and coffee/tea with all meals; thoughtfully selected wines and beer at lunches and dinners
- Airport/hotel/airport group transfers for all participants on suggested flights
- Enrichment program of lectures and talks
- Escorted sightseeing, transportation, and entrance fees for all included visits
- Taxes, service, and portage charges; gratuities to local guides and drivers; customary shipboard gratuities

NOT INCLUDED IN RATES International airfare; passport/visa fees; meals not specified; alcoholic beverages other than what is noted in inclusions; personal items and expenses; airport transfers other than for those on suggested flights; excess baggage; trip insurance; any other items not specifically mentioned as included.

TERMS & CONDITIONS

While Cornell is pleased to facilitate travel opportunities for its alumni and friends with tour operators that specialize in high-quality educational travel, please be aware that Cornell does not conduct, manage, or operate these travel experiences, or act as an agent for travelers interested in tours. Tour operators and travelers are responsible for making their own safety decisions concerning this travel, and, as a facilitator between travelers and the tour operators with whom travelers make arrangements for completing travel, Cornell's role and liability are strictly limited. Specific tour operator and national health and safety protocols will apply to each trip, and travelers should review all protocols and trip terms and conditions, including terms and conditions regarding cancellations, refunds, health and safety, and insurance prior to making a reservation. Cornell is not responsible for changes to trips or travel arrangements or for losses, expenses, damages, or injuries resulting from travel.

By registering and paying your deposit for herein the “Program” (as described in the tour brochure, updated itinerary, or final itinerary), you, and each registered participant covered by your deposit, agree to the following Terms & Conditions in order to participate in the Program. This agreement is accepted in New York, NY.

RESERVATIONS & PAYMENTS

To reserve your space on the Program, a \$1,000 deposit is required per participant. Final payment by cash, check, wire transfer, ACH, debit card, or American Express credit card only, is due no later than 120 days prior to the date of departure. If full payment is not received by Arrangements Abroad Inc. (AA) 120 days prior to the departure date, your reservations may be canceled without notice. See “Cancellation Policy” for further information.

AIRFARE

For the convenience of Program participants, AA offers the services of an air concierge who is pleased to assist you with air travel arrangements, including suggested group flights or individual requests, for a processing fee of +\$40 per person. Complete details will be provided in your confirmation packet. As noted below, neither AA nor the sponsor of the Program is liable for any airline cancellation or flight change fees, incurred by the purchase of a non-refundable air ticket or any other expenses incurred by you in preparing for, or participating in the Program.

SPECIAL HEALTH CONSIDERATIONS

For the safety and security of all Participants, staff, and destination hosts, AA highly recommends being vaccinated and receiving up-to-date boosters against COVID-19 and its variants, as well as self-testing for COVID-19 prior to joining the Program. Wearing masks in public places and on buses and other transportation during the Program is strongly advised and may be required by the Tour Director at any time.

HEALTH

All participants must be in good physical and mental health. Program excursions and visits require walking a minimum of one mile continuously, at an average pace, over uneven surfaces, climbing stairs without handrails, standing during on-site lectures, and touring sites that may not be handicapped accessible. On some Programs, hiking or extensive walking is necessary to participate. [Program Activity/Pacing Levels are described on the FAQ page on the AA website](#) and these levels are used in brochures, itineraries and “What to Expect” information sent to you upon registration for the Program. Please consult your Client Services

Associate for specific program requirements. In order to provide the best service we can, AA requires that any condition you have that may need assistance, such as special diets, medical treatments or mobility limitations, be reported on the Personal Information Form. If you require special attention during the Program, such as walking assistance, and do not travel with a companion who is willing and able to assist you, you may be asked to hire an assistant and/or private conveyance to participate in the Program. AA encourages you to consult your personal physician for specific advice regarding the activities and destinations of the Program. For general health information visit cdc.gov/travel

PHOTOGRAPHY

Photographs or, in some cases, audio/video recordings of trip participants may be used for educational or promotional purposes by the sponsoring institution and AA, and no compensation will be paid thereof. Please let us know in writing prior to the start of the trip if you do not wish to be included.

TRAVEL INSURANCE

AA strongly recommends that you purchase medical insurance as well as insurance for emergency medical evacuation, loss of luggage, accident, travel and cancellation insurance to protect against unforeseen events that may impact your participation in the Program. Please see AA's CANCELLATION POLICY and RESPONSIBILITY CLAUSE below. AA, or the sponsoring institution, will send an insurance application from a provider upon receipt of deposit, but of course, participants may select an alternative insurer of their choice.

US STATE DEPARTMENT TRAVEL ADVISORIES

For the most up-to-date information about the risks involved in traveling to overseas destinations, visit travel.state.gov and review the travel advisories for each country you will visit.

TRAVEL TO CUBA

Travel to Cuba is permitted by the US Department of the Treasury only if the travel falls into one of the 12 categories of licensed activities. The participants on this program will be licensed under a General License for Support For The Cuban People. To comply with the requirements of the license, you will be asked to certify in writing that you agree to follow a full-time schedule of activities. Also, to enter Cuba, a Cuban Visa and Cuban Health Insurance is required. For more information about the requirements for travel to Cuba, please see: ofac.treasury.gov/faqs/topic/1541

CHANGES IN ITINERARY & COSTS

All reasonable efforts are made to provide the itinerary as presented in the brochure. However, the itinerary, in whole or in part, including the lecturer(s), dates, timings, ships, hotels, guides, and all other elements of the program are subject to modifications and changes at any time, with or without notice, at the sole discretion of AA. If substitutions are made for ships, accommodations or other elements of the Program, reasonable efforts will be made to supply an equivalent or superior element. Prices quoted are based on prevailing prices, fuel costs, airfares, and currency exchange rates in effect at the time of brochure printing and are subject to change without notice. Any participant deviations from the scheduled itinerary are solely at your expense.

RESPONSIBILITY CLAUSE

Arrangements Abroad, its employees, shareholders, officers and directors (collectively “AA”), and the sponsoring institution and/or its agents, employees and representatives (collectively “Sponsor”), do not own or operate any entity which is to or does provide goods or services

for your trip, including, for example, lodging facilities, transportation companies, local ground or safari operators' guides, entertainment, food or drink service providers, equipment suppliers, etc. As a result, neither AA nor the Sponsor is responsible for any negligent or willful act or failure to act of any such person or entity. In addition, neither AA nor the Sponsor is responsible for any negligent or willful act or failure to act of any person or entity it does not own or control, nor for any action or inaction of any third party not under its control.

Without limitation AA and the Sponsor are not liable for any direct, indirect, consequential, or incidental damage, injury, death, financial or other loss, accident, delay, inconvenience or irregularity of any kind which may be occasioned by reason of any act or omission beyond its control, including, without limitation, any willful or negligent act, failure to act, breach of contract or violation of local law or regulation of any third party such as an airline, train, hotel, bus, taxi, van or safari operator, local ground handler or guide, whether or not it uses the AA and/or Sponsor's name, financial default or insolvency of any supplier which is to, or does supply any goods or services for this trip. Similarly, AA is not responsible for any loss, injury, death or inconvenience due to delay or changes in schedule, transportation delays or cancellations or the failure of any transportation mechanism to depart or arrive timely or safely, overbooking of accommodation, default of any third party, attacks or bites by animals, pests, or insects, injury or death, nor any of the same on activities sponsored by lodging facilities or by other third parties, sickness, the lack of appropriate medical care, evacuation to same, if necessary, weather, strikes, acts of God or acts of or orders of government, acts of terrorism, or the threat thereof, force majeure, war, quarantine, epidemics, pandemics or the threat thereof, criminal activity, or any other cause beyond its control. In addition, you hold AA harmless from AA's own negligence and assume all risk thereof.

Certain hotels, ships, resorts, camps, lodges and other venues and suppliers, from time to time offer various activities such as bicycle riding, horseback riding, ATVs, hiking, balloon rides, carriage rides, etc. to guests. AA does not control or supervise any such activities and is not responsible for any injury, illness, delay, costs, inconvenience or death resulting thereof.

The right is reserved to alter, cancel or postpone the itinerary or trip, at AA's sole discretion, as it may deem necessary or advisable. AA reserves the right to decline to accept or retain any passenger on any of its tours if, in its sole discretion, it deems accepting or retaining any such passenger as creating a health or safety risk to any person or being detrimental to the tour, or if that person's continued presence is inconsistent with the best interests of the trip, other guests or staff. In the event any passenger is removed from a trip, AA's only obligation is to refund to that person that portion of the payment allocable to unused services.

CANCELLATION POLICY

AA strictly adheres to its cancellation policy to offset costs incurred prior to the commencement of the Program, which may include but are not limited to: advance payments to land operators; ship/train charters; communication expenses; itinerary development, client services, brochure production and promotional expenses, and/or the loss of time that might have permitted resale of reserved space. All cancellations must be made in writing to the offices of AA and are subject to cancellation penalties, outlined below. No refunds are given for cancellation on or after the day of departure, or for unused portions of the Program for any reason. Any refunds which may be issued are limited to amounts actually received by AA. This policy also applies to

any prelude, postlude, or pre and/or any extra arrangements confirmed on your behalf, which are a part of the Program or extend your trip.

At the time AA receives written notification of cancellation, the following cancellation charges will apply:

On Programs departing before December 31, 2025:

Up until 120 days before departure: \$500 per person administrative fee
119 to 91 days prior to departure: 20% of the Program cost is non-refundable*
90 to 61 days before departure: 50% of the Program cost is non-refundable*
60 days or less before departure: 100% of the Program cost is non-refundable

On Programs departing after January 1, 2026:

Up until 120 days before departure: \$1000 per person administrative fee
119 to 91 days prior to departure: 50% of the Program cost is non-refundable*
90 to 61 days before departure: 100% of the Program cost is non-refundable*

To reserve your space on a Program operating in 2025, a \$1,000 deposit is required per participant. To reserve your space on a Program operating in 2026 and thereafter, a \$2,000 deposit is required per participant. Final payment by cash, check, ACH, wire transfer, or American Express card only, is due no later than 120 days prior to the date of departure. If full payment is not received by AA 120 days prior to the departure date, participant reservations may be canceled without notice.

NOTE: Neither AA nor the Sponsor shall be liable for any costs, other than for the Program, including airline cancellation fees incurred by the purchase of a non-refundable ticket. In the case of a cancellation due to a shortage of participants, AA will attempt to notify all participants at least 45 days prior to departure and will refund all payments made for the Program. However, AA has no obligation or duty to cancel any program for any reason whatsoever, including cases of force majeure and/or government action. Neither a postponement nor a withdrawal of sponsorship by a Sponsor constitutes a cancellation by AA. Should AA cancel the Program prior to departure for any reason, other than a shortage of participants, reimbursement of refundable costs as determined by AA shall constitute full settlement with the participant.

BINDING ARBITRATION IN N.Y., NEW YORK

These Terms & Conditions are accepted in the State of New York. In the unlikely event that any dispute arises between you and AA, including any dispute arising out of or related to the Terms & Conditions as stated in this agreement or the trip itself, you agree that such dispute shall be resolved exclusively by binding arbitration before the Judicial Arbitration and Mediation Services, Inc. (JAMS) Comprehensive Arbitration Rules and Procedures in New York City, New York. The arbitration will be governed by substantive (but not procedural) New York law and will take place in New York, New York. The arbitrator and not any federal, state, or local court or agency shall have exclusive authority to resolve any dispute relating to the interpretation, applicability, enforceability, conscionability, or formation of this contract, including but not limited to any claim that all or any part of this contract is void or voidable. Any arbitration commenced against AA must be on behalf of only the signatory to this Agreement and his or her immediate family members who traveled with the signatory, such as a spouse or child. Under no circumstances can a Program participant be part of a class or other joint action. By agreeing to these Terms & Conditions, both parties are waiving their rights to a trial by jury.

Upon registering for and paying a deposit to AA for the Program, the participant(s) agrees to be legally bound by all of the above Terms & Conditions.



Quinta do Portal

CORNELL'S ADULT UNIVERSITY (CAU) PORTUGAL'S ENCHANTING DOURO VALLEY ABOARD AMASINTRA • OCTOBER 8 – 16, 2026 RESERVATION FORM

To reserve a place, please contact Arrangements Abroad at phone: 212-514-8921 or 800-221-1944; fax: 212-344-7493; email: trips@arrangementsabroad.com; or complete this form with your deposit of \$2,000 per person (of which \$1,000 is non-refundable for administrative fees), payable to *Arrangements Abroad*. Mail to: Arrangements Abroad, 260 West 39th Street, 17th Floor, New York, NY 10018-4424.

Name(s) in full as on passport(s). Please print.

Address

City

State

Zip

Telephone (home)

(business)

Fax

E-mail

ACCOMMODATIONS

AmaSintra cabin preference (1) _____ (2) _____

I wish to share a cabin with _____

FORM OF PAYMENT

☐ Enclosed is my check (payable to *Arrangements Abroad*)

☐ Debit card

☐ Credit card

Name on debit/credit card

Debit/credit card number

3- or 4-digit security code

Expiration date

I/We confirm that I/we have carefully read and agree to the *Terms & Conditions* of this Program (see www.arrangementsabroad.com/terms to review or call for a copy). I/We agree to full payment 120 days prior to departure. Each participant must sign below.

Signature (required)

Date

Signature (required)

Date