

18th World Congress on Menopause



Dr. Hara Pattnaik
Representative
International Menopause Society

Sejam Bem-vindos

Itinerary Specially Prepared for Lisbon (Portugal), Barcelona and Madrid (Spain)



Lisbon



Sit in the estuary of the Tagus River, Lisbon is the westernmost capital city in continental Europe and serves as Portugal's chief port, largest and capital city, and commercial, political and tourist centre. It was once considered by Europeans to be the furthest edge of the known world before it became basecamp for the renowned Portuguese explorers of the 15th and 16th centuries, Vasco da Gama being the most well-known.

The city is defined geographically by seven hillsides which overlook the river, these vantage points being a highlight for anybody's visit. Much of the architecture is defined by a huge earthquake that destroyed much of Lisbon in 1755, the rebuilding exercise that followed providing the template of what stands today. As well as being scenically spectacular, Lisbon is a crucial economic centre and lies on a strategic sea route. Its port is bustling with activity, handling a large proportion of the trade between Portugal and neighbouring Spain.

The city is also culturally one of the country's most important hubs. Despite making up just three percent of Portugal's landmass, the metropolitan area is home to more than a quarter of the nation's population, owed much to the surge in migration from rural areas in the 1970s when industrial activity took off.

Barcelona



Barcelona, the cosmopolitan capital of Spain's Catalonia region, is known for its art and architecture. The fantastical Sagrada Família church and other modernist landmarks designed by Antoni Gaudí dot the city. Museu Picasso and Fundació Joan Miró feature modern art by their namesakes. City history museum MUHBA, includes several Roman archaeological sites.

Madrid



Madrid, Spain's central capital, is a city of elegant boulevards and expansive, manicured parks such as the Buen Retiro. It's renowned for its rich repositories of European art, including the Prado Museum's works by Goya, Velázquez and other Spanish masters. The heart of old Hapsburg Madrid is the portico-lined Plaza Mayor, and nearby is the baroque Royal Palace and Armory, displaying historic weaponry.

Day 1 (Arrival Lisbon and Sunset Cruise)

- Arrival at the Humberto Delgado Airport
- Complete your Immigration formalities and proceed for baggage collection
- Lunch at Restaurant
- Check in at the Hotel
- Time free to Relax and Freshen up
- Evening proceed for Sunset Sailing Cruise
- Dinner at Restaurant
- Return back to Hotel
- Overnight stay at the Hotel



Day 2 (Conference and City Tour)

- Buffet Breakfast at the Hotel
- Conference at the Hotel
- Packed Lunch to be provided
- Conference continues
- Time to change and freshen up
- Proceed for City tour on (Tuk-Tuk or Side Car Vintage bike tour)
- Dinner at Restaurant
- Return back to Hotel
- Overnight stay at the Hotel



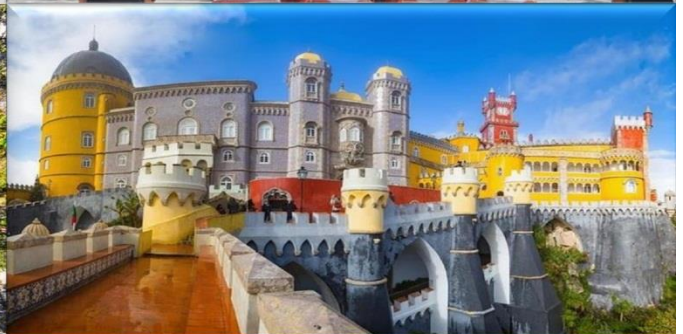
Day 3 Conference

- Buffet Breakfast at the Hotel
- Full Day Conference
- Packed Lunch to be provided
- Dinner at pre decided Gala Venue
- Return back to Hotel
- Overnight stay at the Hotel



Day 4 Sintra Tour and Shopping

- Buffet Breakfast at the Hotel
- Proceed for Sintra Tour
- Lunch at Restaurant
- Shopping drop at Rua Augusta
- Dinner at Restaurant
- Return back to Hotel
- Overnight stay at the Hotel



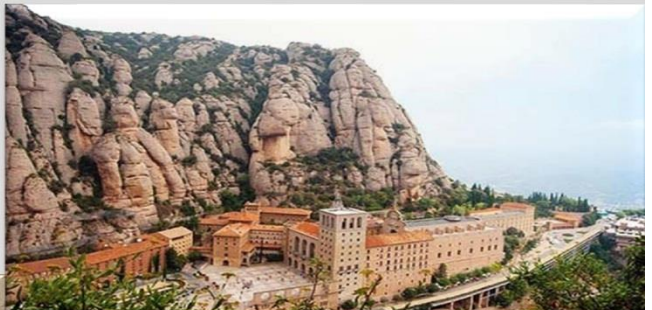
Day 5 Arrival Barcelona

- Buffet Breakfast at the Hotel
- Depart for Barcelona
- Upon Arrival Lunch at Restaurant
- Check in at the Hotel
- Time free to Relax
- Evening proceed for Sagrada Familia Guided Tour
- Dinner at Restaurant
- Return back to Hotel
- Overnight stay at the Hotel



Day 6 Barcelona

- Buffet Breakfast at the Hotel
- Proceed for Montserrat
- Visit the site and Enjoy the Cog Wheel Train ride
- Lunch at restaurant
- Entrance to Poble Espanyol (Spanish village).
- Small Souvenir shopping in las ramblas area
- Dinner at Restaurant
- Return back to Hotel
- Overnight stay at the Hotel



Day 7 Barcelona

- Buffet Breakfast at the Hotel
- Depart for Shopping La Rambla
- Lunch at Restaurant
- Shopping continues or return back to Hotel
- Evening proceed for Flamenco show with drinks and Dinner
(Enjoy a breathtaking evening at Las Carboneras Flamenco Show watching a fantastic flamenco performance. Singers, Guitarists and Dancers join their experience to make you feel the art of 'Flamenco')
- Return back to Hotel
- Overnight stay at the Hotel



Day 8 Madrid

- Buffet Breakfast at the Hotel
- Post breakfast, transfer to Train Station to board train to Madrid.
- Board your AVE Train to Madrid (650 km. in 03 hours)
- Arrive Madrid
- Enjoy the orientation tour of the Madrid city
- Visit the Royal Palace Madrid
- Lunch at Restaurant
- Check in at the Hotel
- Evening Enjoy the below optional tours
(**Segway tour/ Vespa Scooter tour/ Beer Bike Ride in Madrid Teams**)
- Dinner at Restaurant
- Return back to Hotel
- Overnight stay at the Hotel



Day 9 Madrid

- Buffet Breakfast at the Hotel
- Proceed for Half Day city tour of Madrid
- Visit the TOLEDO.
(Navigate the cobbled streets, and explore the diverse architecture of the medieval city. Admire masterpieces by El Greco including The Burial of the Count of Orgaz in the church of St. Tome)
- Visit to Swords factory showroom.
- Lunch at Restaurant
- Experience BULL fight show in Madrid.
(Bullfighting is a physical contest that involves humans and animals attempting to publicly subdue, immobilize, or kill a bull)
- Dinner at restaurant
- Return back to Hotel
- Overnight stay at the Hotel



Day 10 Departure Madrid

- Buffet Breakfast at the Hotel
- Visit the famous Santiago Bernabéu Stadium
(Home stadium of Real Madrid since its completion in 1947, with a current seating capacity of 81,044. Santiago Bernabéu is one of the world's most famous and prestigious football venues)
- Lunch at Restaurant
- Last minute Souvenir shopping at El Rastro
- Proceed for Flight back Home



Optional Sightseeing Tour Port Aventura Aquatic park, Barcelona

Come and discover the Port Aventura Costa Caribe Aquatic Park and enjoy an unforgettable holiday with the children in one of the best water parks in Spain. Installed in the heart of the Costa Daurada this amazing water park will plunge you into a refreshing trip that will transport you to paradise in an aquatic adventure.

Location: Tarragona

Distance from Barcelona: 1.30 Hours drive



Optional Sightseeing Tour Parque Warner Theme Park, Madrid

Located 25 kilometres south of Madrid, Parque Warner Madrid is a theme park that aims to cater to everyone in the family, from thrill-seekers to children, and movie-and-entertainment fans. When it comes to rides, the park has no shortage, with options ranging from kid-friendly cartoon-themed adventures, to adrenaline-inducing twisters. During warmer (often scorching) Madrid months, you can even go on water rides, though plan and prepare to get drenched. Little ones will feel most at home in Cartoon Village, where there are plenty of rides suitable for the whole family, as well as photo opportunities with famous animated characters.

Location: San La Vega

Distance from Madrid: 35 Mins Drive

Duration- 06-08 Hours inside the Theme Park with Lot of Attractions and Shows and Food Outlets

List of Attractions- <https://www.parquewarner.com/en/in-the-park/attractions>



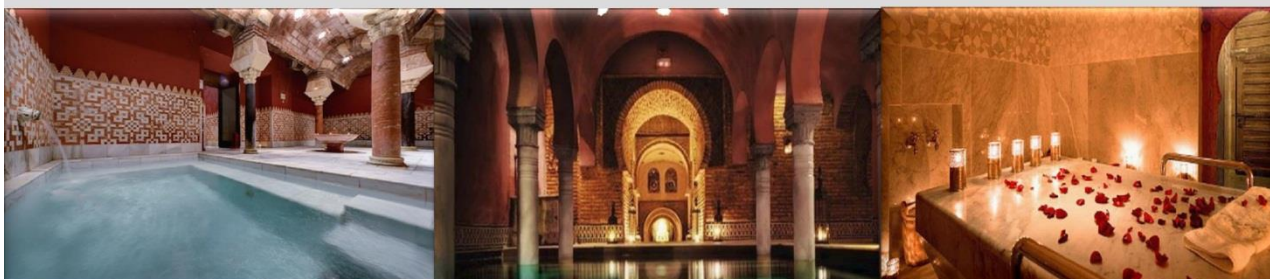
Optional Sightseeing Tour Arab Bath Madrid

Succumb to serenity at the soothing Arabian baths, Hamman Al Ándalus, with a luxurious massage. Immerse yourself in the relaxing resplendence of the candle-lit oasis, allowing your body and mind to unwind amid the Arabian décor and tranquil ambience of the spa. Sip on refreshing mint tea, submerge yourself in the soothing water of the pools then indulge in a massage delivered by an expert masseuse. Upgrade to enjoy a 30-minute massage and exfoliating body scrub.

Location: Madrid

Distance from City Centre: 10-15 Mins Drive

Capacity- 35-40 people at a time and needs to be divided in to different slots



Flight Options

Carrier	Flight	Class	Date	Day	From	To	Dep	Arr	Arr. Date
EK-Emirates Airline	513	Economy	25-Oct	Mon	Delhi (India)	Dubai (United Arab Emirates)	0415	0620	25-Oct
EK-Emirates Airline	191	Economy	25-Oct	Mon	Dubai (United Arab Emirates)	Lisbon (Portugal)	0725	1235	25-Oct
VY-Formosa Airlines	8461	Economy	29-Oct	Fri	Lisbon (Portugal)	Barcelona (Spain)	0905	1200	29-Oct
EK-Emirates Airline	142	Economy	03-Nov	Wed	Madrid (Spain)	Dubai (United Arab Emirates)	1425	0025	04-Nov
EK-Emirates Airline	510	Economy	04-Nov	Thu	Dubai (United Arab Emirates)	Delhi (India)	0420	0855	04-Nov