



ICA EF CLJ TO PORTUGAL AND MOROCCO
SEPTEMBER 7 TO 17, 2019

Be sure to depart the US by September 6th to arrive in Lisbon on September 7th.

This brochure is NOT designed to give you a day-by-day, hour-by-hour itinerary, but to give you an overview of what we will see, do and eat for the following ten days.



Saturday September 7th

Lisbon is a very cosmopolitan city. When you arrive in Lisbon, just jump in a taxi at the airport and have them bring you to the Intercontinental Hotel Lisbon. Your adventure starts the moment you arrive at the hotel.





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Welcome dinner:

As with most CLJs, our adventure begins at cocktail time, with drinks in the hotel bar. Once you check in, you will be given a time to meet for drinks. The first dinner starts with traditional Portuguese soul food at **the Casa do Alentejo**, serving possibly the most iconic regional gastronomy of Portugal, in a beautiful Moorish building.

Overnight at the Intercontinental Lisbon.



Sunday September 8th - Breakfast at the hotel

Depart Lisbon to the countryside (45 minutes out of Lisbon) to visit a farmer who is a member of the Slow Food Movement in Portugal.



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Start the morning kneading the bread dough made of Barbela wheat flour. We'll be baking this bread later, after visiting the artisanal goat cheese factory.

Lunch, in the ancient wine cellars, will include a traditional bacalhau dish, possibly the most well-known of all Portuguese dishes.

In the afternoon we will visit the charming seaside town of Cascais.



Dinner this evening will be back in Lisbon at PRADO, the hot, hot, hot restaurant of a young, creative, "chef to watch" in Lisbon. Using only local, seasonal products, he re-creates the traditional gastronomy of Lisbon.

Overnight at the Intercontinental Lisbon



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Monday September 9th - Breakfast at the hotel

This morning we depart Lisbon and travel to Sintra.



Built in the late 19th century, **Quinta da Regaleira** includes a palace, a chapel, and gardens with caves, wells and underground areas. In the Palace, as in other areas, you'll find symbolic and mythological themes, some of which relate to Freemasonry.

Here you will go through the classical myths, the interpretation of the "Divine Comedy" of Dante, among other ideas and concepts that can be (or not) designed as part of a property that was built intentionally to serve a secret society meeting place. From there we will continue on to **Quinta Sant'Ana** .

Nestled in rolling green hills between the breathtakingly beautiful Atlantic coastline and the vibrant cultural life of Lisbon, **Quinta de Sant'Ana** is a place to have unforgettable experiences. Dating back to the 17th century this beautiful estate was given later by King Carlos I to one of his mistresses, for whom he even built a private theatre. Much later the Baron von Fürstenberg acquired the property, whose daughter married an English man and now it's this couple and their winemaker who invite



guests from all over the world to discover the wonderful world of the Quinta de Sant'Ana.

Lunch and wine tasting:



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After an explanation about the property, you will be taken into the realm of the wine production and the vineyards on a private visit, wine tasting & Lunch. The wine tasting that will follow in the old wine cellar is when you will appreciate all of the tradition and time that has been put into the winemaking in this area of Portugal.

In the afternoon, on the way back to Lisbon, we will stop at **Cozina Velha** to meet Antonio, a pastry chef, who travels with the President of Portugal, and represents Portuguese food around the world.

Taste some of the most traditional sweets of the house in a space which is part of the palace. His tasting room is located in the old kitchen of the **Palace of Queluz**. The restaurant remains unchanged at its essence - the table where you will find our **dessert buffet**, is the same table where the meals of the Palace used to be prepared. The chimneys are ancient and the copper pots and pans that are displayed on the walls are original to the kitchen. Under the chimney there is a skewer which was used to roast whole animals (cattle, pigs) and numerous smokehouse bars where game sausages used to be prepared.



The location of dinner this evening is still undetermined.....

Overnight at the Intercontinental Lisbon



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Tuesday September 10th Breakfast at the Hotel

Today we are staying in Lisbon all day – starting with a city tour



The old Lisbon trams are one of the most unique ways to know the city. Going up and down the seven hills of Lisbon since the late 19th century, these picturesque trams fit perfectly in all the alleys and narrow streets of the Portuguese capital. In this activity you will be riding an actual tram, which, in fact, is still the most modern way to move around the city. This tram ride allows you to absorb all the atmosphere of the old neighborhoods of Alfama, Chiado or the Downtown of Lisboa all of them just outside the window.



Food & Cultural Walking in Campo de Ourique



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At the end of the Tram #28 line starts another journey: visit the gastro-trendy neighborhood of **Campo de Ourique**! Full of restaurants and cafes, where residents live a quieter life enjoying their terraces and streets full of small boutique shops close by. Campo de Ourique is a neighborhood of the nineteenth century with a pioneering nature and booster of new food and lifestyle concepts, which always attracted thinkers, poets, artists, foodies and chefs who reinvent traditional spaces and offer a more relaxed professional experimentalist gastronomy.

At this point in the tour, and for the next four hours, we are going to divide the group in half, so it does not appear to be a tourist group, but rather a group of friends traveling about as we stop in seven different locations



Throughout this walk we take you on a foodie and cultural journey through renovated spaces like the local food market, the bakery of The Best Chocolate Cake of the World, a seafood restaurant, a restaurant specializing in slow cooked pork, the cafeteria of the Museum of the most

famous Portuguese poet of XX Century Fernando Pessoa for a taste of what Portugal considers heart-healthy food . All these stops to taste the very trendy and local food specialties of this neighborhood, dusted with history insights and stories about food traditions and locals.

Afternoon walking tour of the center of Lisbon

This tour allows you to discover the city center which was colonized by many civilizations along the centuries: Phoenicians, Greeks, Carthaginians, Romans, Moors and finally the Portuguese after 1147. This city is linked with the heroic deeds of the Portuguese maritime exploration, in the 15th and 16th centuries. This was the Age of Discoveries and the Golden Era of Portugal, transforming Lisbon into the opulent center of a vast empire. Part of the wealth from these expeditions was used to build magnificent monuments in a unique Portuguese style: the extravagant Manueline architectural style, best typified in **Jerónimos Monastery**, where we will visit its church.



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The location of dinner this evening is still undetermined, but we have something incredible in store for you tonight after dinner. One cultural experience unique to Portugal is FADO. We are bringing you to a FADO club this evening where eight performers will entertain us, by singing, crying and telling the saddest tales imaginable. Fortunately, it will be in Portuguese, so while you won't understand the words, there will be no doubt in understanding the emotions. It's all about "somebody did somebody wrong". Bring tissues. After these performances you will need a "cocktail crawl" – and we have one lined up for you at 3 stops in São Bento: Cerveteca (Portuguese craft beers), Cinco Lounge and Foxtrot

Overnight at The Intercontinental Lisbon

Wednesday September 11th - Breakfast at the hotel

Depart the hotel and travel to visit the Mercado do Livramento in Setúbal

While this market is out of the Historic Centre of Setubal, it is definitely worth visiting, not only for the diverse trade and food presentations of the best fish and local produce, but also because of the actual building. Opened in 1930, with cast iron columns and huge panels of tiles inside representing the Art Deco styles of the 30's and 40's.



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Lunch will be in an oyster aquaculture nursery, which was converted from an old tile mill, placed atop where the rice fields once were.



We should arrive back in Lisbon by around 4 PM to give you some free time before dinner.

Dinner this evening is at BELCANTO owned by celebrity chef Jose Avillez.

And yes, one last cocktail crawl. Get your fill of cocktails now, because in the morning we head to a country where drinking is far less available. Our stops tonight are in the Chiado/Principe Real neighborhood. Portology (for Port wine tasting, YUM), Double 9 and Gin Lovers. It sure does sound like something for everyone. But remember, we have an early departure tomorrow so we are limiting it to ONE cocktail per location.

Overnight at The Intercontinental Lisbon



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Thursday September 12th Breakfast at the hotel

Please note that this is the only day that has somewhat of an exact time schedule.

7:30 Transfer to airport

9:25 Fly to Marrakech, Morocco

11:00 Land in Marrakech, VIP service at the airport for the group.



Some people who do not travel a lot, may think Lisbon is foreign... but it is nothing compared to Marrakech. Marrakech has it all: history, romance, food and atmosphere. It exudes a happening, hip vibe, but it also has a sterling pedigree. The architecture is amazing, the gardens gorgeous and the shopping, an ethnic extravaganza. There's enough history here to keep traditionalists happy, but not so much as to be exhausting. If you're looking for an indulgent time in an exotic place, it doesn't get any better than Marrakech.

This is a city with an exceptional character, colorful and magical. Marrakesh is built from houses in shades of pink and brown, at the foot of the High Atlas mountains. So in a country that is so foreign, where do you bring Americans to feel comfortable? How about the country club?

12:15 Travel to Beldi Country Club of Marrakech, charming grounds which reflects the beauty of Marrakech in a beautiful garden setting.



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1:00 PM -Enjoy welcome cocktail in the charming grounds by the pool, followed by lunch near by the olive trees and in front of the rose garden enjoy your first Moroccan tea

3PM Depart to visit Bahia Palace and Mlach (Our luggage will be brought straight to the hotel and will be waiting for us.)

5:30 Continue to the hotel to get the room keys

7:30 Depart to restaurant Baraka rooftop for a twilight cocktail overlooking the Jam Al Fna square.

As sun sets, the square awakens for its majestic night action. Marrakech's main square, which is filled with orange juice stalls and vendors, along with fire-eaters, mime artists, snake charmers and street musicians performing at every turn.

8:30 Dinner will be at Jam al Fna food stands in the central square.





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10PM Travel back to the hotel, for Desserts and digestive, at an "after party" hosted by the hotel's chef.

Overnight at the Sofitel, Marrakech hotel

Friday September 13th Breakfast at the hotel

After breakfast we depart for the Majorelle Gardens



In the 1920's, French artists Jacques and Louis Majorelle created a stunning garden in the middle of Marrakech's new town. The Majorelle



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gardens are filled with color, plants of all shapes and sizes, flowers, fish ponds and perhaps the most pleasing aspect, tranquility. The designer Yves Saint Laurent now owns the gardens and has also built himself a house on the property. The building that gets most of the attention however is the bright blue and yellow building the Majorelles used as their studio and which now houses the Museum of Islamic Art. This small museum includes some good examples of Moroccan tribal art, carpets, jewelry and pottery.



After visiting the gardens we will depart to experience a food tasting tour - Sfinge Bishhara, the old Market and the Casbah.

Today, we'll have a street-food lunch at Beracha including a tasty traditional home-style dish: Tride



This afternoon, you'll have TWO options

OPTION ONE: Shop in the medina (accompanied by staff)



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Founded in 1070–72 by the Almoravids, Marrakesh remained a political, economic and cultural center for a long period. Its influence was felt throughout the western Muslim world, from North Africa to Andalusia. It has several impressive monuments dating from that period: the Koutoubiya Mosque, the Kasbah, the battlements, monumental doors, gardens, etc. Later architectural jewels include the Bandiâ Palace, the Ben Youssef *Madrasa*, the Saadian Tombs, several great residences and Place Jamaâ El Fna,



OPTION TWO: The Hammam – Enter either a traditional Hammam or the Hammam at the hotel



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In the evening, we will depart the hotel in a caravan of Carriages and horses for dinner at restaurant **YACOUT**. But prior to dinner, we'll have twilight cocktails hosted by the owner of the restaurant.





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Traditional dinner, prepared by local ladies who cook this elite authentic cuisine



Overnight at the Sofitel hotel

Saturday September 14th - Breakfast at the hotel

This morning will find us on a food tour with Gema, a Dutch lady who has lived in the Medina for over ten years, and has an intimate knowledge of all the secret places for the best ingredients for her cooking workshop which she conducts in the most authentic Riad inside the medina



Cooking workshop in an authentic Riad at the medina



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After lunch you are welcome to stay in the Medina – for additional shopping accompanied by our local staff - or return to the hotel.



Tonight's dinner is at the Palais Sioeiman, where you will enjoy belly dancers dancing to traditional Moroccan music

This location is considered to be one of the most beautiful examples of civil architecture in the imperial city of Marrakech, the Soleïman Palace showcases the work of the most skilled artisans of Fez and Marrakech, who devoted years to both its construction and decoration.



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With its intricately engraved cupolas, illuminated ceilings, walls covered with multicolored zelliges (ceramic mosaics) and delicately carved plasterwork, and dreamlike atmosphere, the Soleïman Palace offers the visitor a gracious invitation to travel back in time and enjoy a full cultural experience. At the very heart of this experience, one discovers Moroccan gastronomy, recognized throughout the world as one of the most exquisite and generous cuisines



Overnight at the Sofitel hotel

Sunday September 15th – Breakfast at the hotel –

Our luggage will be sent ahead to Agafay. And get ready for a CRAZY day.

This morning we depart the hotel and head into the desert. Not far from Marrakech is an area called the 'Marrakchi' desert, nestled in the middle of the arid lands of the Agafay Mountains. Here you will find a cool oasis with



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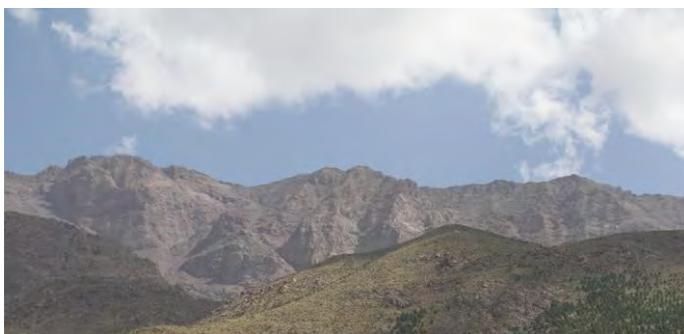
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a dizzy view over the open Moroccan expanses. After crossing landscapes whose magnificence will leave you breathless, you will enjoy the silence of a setting worthy of a film set.

We will meet with our local Berber guide, Aoutsman and travel to Asni in the high Atlas. We'll visit Aoutsman's home, an authentic Berber house in a village that once was inhabited by many Jewish families who left, and some of the locals, who still keep Jewish cooking traditions. Taste Esh Tanur bread which will be prepared on the spot.



To have lunch, we'll need to travel to Imlil, just a short donkey ride away. Yes, you read that right.



We will be entertained in a Berber home in the mountains



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After lunch, we'll walk down to the village of Imlil, situated at the foot of the Tubkal mountain, the highest in the North African continent

From there we will travel to Arnaz, a charming small village in the foot of the mountains, visit the synagogue that used to serve the Jewish community.



After which we will travel off road through the mountains and continue to the desert camp stopping once for tea along the way.



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We'll arrive at Agafay to a traditional Berber welcome with Berber music and dances. In this magical setting, under the stars, your private dinner will be under a Berber hospitality tent.



Overnight tonight, will be in a charming tent. Yes, seriously, in a tent. But I did say charming.



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Monday September 16th – Breakfast will be in the Berber tent –

This morning we will depart the desert and travel to Casablanca.



What better place to start our visit to Casablanca than at the Central Market, where we will have lunch.

The Central Market of Casablanca is located in an area called Mohammed V. It was built during the 1920's. This market is located in a strategic area of the city of Casablanca, and has four large gates, decorated with flowers of various colors.

The Central market or "Marchi central" as the people from Casablanca like to call it, is considered the main space for buying fish, fruit, vegetables and flowers...

The Central market of the city of Casablanca is among UNESCO's World Heritage sites and features old and beautiful monuments.

After lunch we will visit the impressive Mosque which stands on a promontory looking out to the Atlantic, which can be seen through a gigantic glass floor with room for 25,000 worshippers. A further 80,000 can be accommodated in the mosque's adjoining grounds for a total of 105,000 worshippers present at any given time at the Hassan II mosque. Its minaret is the world's tallest at 210 m



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In the afternoon, we will check into our hotel, where we will be joined by travelers just arriving for the next CLJ. The hotel will provide us with a welcome cocktail, hosted by the hotel's chef

Our group will depart for a farewell dinner, meeting up with the second group for their welcome dinner.

- Bavaroise
- Ricks Café

Overnight in Casablanca.

Tuesday, September 17th - Breakfast at the hotel

Transfer to airport for Group's departure.



ICAEF Culinary Learning Journey - Portugal & Morocco TRIP #1

Departs the US on Friday, Sept. 6 to arrive in Lisbon on Saturday Sept. 7 - Depart Casablanca on Tuesday, Sept. 17
Registration Form — please complete and send to the ICAEF – czd@icaef.org

1st Attendee FULL NAME ON PASSPORT: _____

2nd Attendee FULL NAME ON PASSPORT: _____

Company Name: _____

Address: _____

City: _____ State/Province: _____ Zip: _____

Attendee 1 Email: _____

Attendee 2 Email: _____

Attendee 1 Cell: _____ Attendee 2 Cell: _____

For Credit Card payments the **ICA Member price is \$6,190.00** per person based on double occupancy for the full Culinary Program including ten nights in hotels, all meals and experiences as outlined in the Program Guide. If you deviate from the itinerary, those expenses are on your own. All incidentals at the hotel will be charged back to your card on file. **A 3.5% discount is offered for payments made by check. Total price per person if paid by check or wire transfer is \$5,990.00**

Single Supplement adds \$1,100.00 The fee for non-ICA members is \$6,500.

Please note that your trip is NOT confirmed until you receive a note from Corinne saying we received your deposit

Indicate bed preference: One Bed _____ Two Beds _____

Terms: 50% deposit required now to confirm booking, 50% balance due by July 1, 2019.

Please make check payable to ICAEF and mail with this form to: ICAEF, 8711 East Pinnacle Peak Road # 104, Scottsdale, AZ 85255 OR scan and e-mail your application to Corinne Dudine at czd@icaef.org Or fax your application to: ICAEF at 480.513.3207

Card Number: _____ Expiration Date: _____

3 or 4 Digit Security Code: _____ Billing Zip Code: _____

Signature: _____

Cancellations: _____ PLEASE INITIAL HERE THAT YOU HAVE READ AND AGREE TO THE CANCELLATION POLICY All cancellations must be submitted in writing. Cancellations received on or before Feb 25, 2019 will incur a \$500.00 cancellation fee. Cancellations after Feb 25 will incur an \$850.00 cancellation fee unless there is a waiting list for this Journey and your place can be re-sold. Substitutions will be accepted but the \$500 change fee will still be incurred. That fee will be considered a tax-deductible contribution to the ICAEF. **Flights: Trans-Atlantic AIRFARE IS NOT INCLUDED IN FEES.** ** Trip insurance is highly recommended for international travel. You must sign and return the Liability Waiver.