

13 Day Cruise Tour



including a **10 Day Mediterranean Cruise on the Costa Luminosa**
one night in Amsterdam, Holland and one night in Stresa, Italy
visiting Holland, England, Spain, Portugal & Italy

September 7 – 19, 2009

Mon, Sept 7th: Newark/Amsterdam - Depart Newark airport on your overnight, Continental, flight to Amsterdam. Dinner served in flight.

Tue, Sept 8th: Amsterdam - Morning arrival in **Amsterdam** and transfer to our hotel. Remainder of the day free to enjoy Amsterdam on your own.

Wed, Sept 9th: Amsterdam/Cruise on the Costa Luminosa

A new star has appeared in the Costa firmament: The Costa Luminosa, (to be Inaugurated in May 2009), is a ship dazzling with light. Elegant, sophisticated and fitted with the most precious materials, Costa Luminosa is a real jewel. Wonder at its mother-of-pearl, ebony, noble hardwood and mosaic fittings. More cabins with private balconies, new sports facilities such as a roller-skating rink and golf simulator, and innovative entertainment areas, but that is not all: experience the exclusive Samsara Spa and the sliding glass roof that enables you to enjoy life on deck in the evenings.

Late morning departure to the port of Amsterdam, where we board the **Costa Luminosa** for our Cruise. Upon embarkation, we will be shown to our cabins and have time for the lunch buffet before departure. **While on board, all meals are included. Optional Excursions will be offered.**

Our ship departs Amsterdam for Dover, England at 5:00 PM.

Thu, Sept 10th: Dover, England

Arrival in Dover 8:00 AM Departure to Vigo, Spain at 6:00 PM

The steep **white cliffs of Dover** have for centuries symbolized a barrier protecting England from foreign invasion. The town of **Dover** faces the English Channel, the stretch of sea between the British Isles and continental Europe, opposite the French port of Calais. The strategic importance of Dover to the defense of England has been evident throughout history. Down the centuries, Dover has taken on many roles, including garrison, arsenal, prison and military school.

The first foreigner to transgress its coastline was Julius Caesar in 500 BC, commencing 400 years of Roman domination, leaving many artistic and architectural treasures in its wake, including the fortress of Richborough. After the Romans came the Normans. Eventually, English dominance reigned supreme.

Fri, Sept 11th: At Sea: Enjoy a quiet day at sea. There will be many activities on board to entertain you.

Sat, Sept 12th: Vigo, Spain

Arrival in Vigo 9:00 AM Departure to Lisbon, Portugal at 7:00 PM

Santiago de Compostela is one of the most famous holy places of Christianity; in mediaeval times it was just as important as Jerusalem or Rome. According to legend, James the Apostle (Santiago) came to Spain after the death of Jesus to preach the Gospel. Later he returned to Judea where, under the orders of Herod, he was decapitated. His disciples took his body back to Spain to be buried. At first the faithful came to his tomb to pray but, after years of war and

disorder, it lay abandoned and forgotten. At the beginning of the 9th century a hermit noticed a star shining above a hill in a field ("campus stellae" or "field of the star"). An altar and a tomb were discovered on the site, containing a decapitated body. King Alfonso II of Asturias ordered a church to be built on the tomb of the saint, which was later replaced by a larger one in 900 AD. Al-Mansur sacked the city in 997 and destroyed the church, but the tomb was left intact. The present cathedral was largely rebuilt in the 11th and 12th centuries. The cult of St. James grew more and more with stories of his presumed brave intervention in the battles against the Moors. The Saint was seen to appear for the first time at the battle of Clavijo in 884. Over the years, St. James killer of the Moors, who went down in history as "Santiago Matamoros", was honoured as the Patron Saint of the country. Pilgrims from all over Europe, ever greater in number, travelled along the so-called "Camino de Santiago" (The Way of Saint James) to the sanctuary, around which grew up a town. Along the way they found hospitality with monks and knights of religious orders. With their rough cloaks, robust sandals and wide brimmed hats decorated with a mollusc shell - the symbol of the saint - the pilgrims on their way to Santiago were easy to recognize. Many visitors are surprised to find a baroque rather than a mediaeval cathedral at Santiago. The first view of the cathedral in fact is the highly ornate Obradoiro facade, added in the 18th century. Behind this, however, is the old church with its magnificent doorway, the Pórtico de la Gloria (1188), a Roman masterpiece by Maestro Matheo. The narthex is comprised of three portals decorated with figures and sculptures in relief. In front of the central column, where there is a statue of St. James with a pilgrim's stick, the faithful would lean with their hands on the stone, which, repeated so often over the centuries, has left fingerprints in the stone. The inside of the cathedral, always in semi-darkness, is simple but enlivened by the magnificent ceremonies that take place on festival days, when eight men dressed in red carry an enormous silver thurible ("botafumeiro"), hang it from the vault and let it swing. Whistling and throwing off sparks, the thurible spreads the scent of incense throughout the cathedral evoking ancient rites.

The immense Plaza de España, on the west side of the cathedral is lined with beautiful buildings from various eras and in various styles, but which nevertheless blend together harmoniously.

Sun, Sept 13th: Lisbon, Portugal

Arrival in Lisbon 8:00 AM Departure to Cadiz, Spain at 6:00 PM

Lisbon, capital of Portugal, is one of the most charming cities in Europe. Rich in examples of the 16th Century Portuguese Manueline architectural style, with numerous museums and charming buildings, the city sits on seven low hills at the estuary of the Tagus river where it meets the internal, so-called Straw Sea.

According to legend, Ulysses founded Lisbon on one of his journeys described in the Odyssey while he was returning to Ithaca. According to historians, Lisbon was a Phoenician colony until 205BC when it became a Roman province with the name of Felicitas Julia. It was subsequently invaded by the Visigoths and by the Moors, who named it Lischbuna and erected several buildings, forming the basis of the present-day city. The Moors were eventually chased out of Lisbon by Alfonso I, who made it his capital city, heralding a period of growing power and influence through the 15th and 16th centuries. But Lisbon's progress came to a tragic and dramatic halt on November 1, 1755 when the city was almost destroyed by an earthquake, killing more than 40,000 people.

A period of intense reconstruction followed, led by the Marquis de Pombal, whose plans stayed as faithful as possible to the original city design. Lisbon city centre extends north-west from Praca de Dom Pedro IV, commonly known as Rossio, to the neo-Manueline railway station. In the other direction it extends to Praca de Comercio on Rua Augusta I, an elegant 18th century quarter designed by the Marquis of Pombal. This is political and administrative centre of the city. The most elegant street in Lisbon is Chaido, where baroque buildings and churches are found amid luxurious shops. Notable structures of Lisbon include the Sao Roque Cathedral, the country's most important Christian building. Designed by Filippo Terzi, the cathedral was initially built in 1570, before further construction in 1755 after an earthquake. The interior includes a number of baroque masterpieces, including, St John Chapel, built in 1742 by order of King Joao V, and enriched by mosaics and precious stones by M. Maretti. To the right of the church is a museum

with extraordinary examples of religious art. Also worthy of a visit is the Church of St. Anthony of Lisbon better known as St. Anthony of Padua. This is the birthplace of St. Anthony of Padua.

A special excursion (arranged by Little Flower Tours) to Fatima will be offered and it will include a visit to the Church of St. Anthony in Lisbon.

Mon, Sept 14th: Cadiz, Spain

Arrival in Cadiz 8:00 AM Departure to Malaga, Spain at 6:00 PM

The Andalucian city port of Cadiz, the region's Episcopal seat, enjoys a spectacular setting overlooking the Atlantic Ocean at the end of a 9 kilometer strip of land and connected to the mainland by bridge. Walls up to 15-metres high protect the city from the volatile sea which averages at least two meters difference between high and low tide.

The Cadiz skyline is particularly attractive, featuring hundreds of white-washed houses with balconies and flat roofs, punctuated by numerous "miradores" - small circular towers - which gave rise to the city's nickname of "taza de plata" - silver cup. Streets lined with palm trees and various parks add to the atmosphere. The oldest city on the Iberian Peninsula, Cadiz was founded by the Phoenicians and later occupied by the Carthaginians who used the city as a base from which to enter southern Spain.

Tue, Sept 15th: Malaga, Spain

Arrival in Malaga 8:00 AM Departure to Palma de Mallorca, Spain at 5:00 PM

The city of Malaga is today a bustling Andalusian tourist centre with a thriving agricultural market for the fruit and wine industries. In centuries gone by Malaga attracted the attention of some of the Mediterranean's most powerful forces, including the Phoenicians, Arabs, Carthaginians and Visigoths. The Arabs considered Malaga the Garden of Eden and built several homes there, which perhaps explains their relatively non-aggressive attitude towards the region. Before them, the Phoenicians, who first discovered the coastline, felt the same sense of tranquility, building the first village (the origin of the name is the Phoenician 'malak') in the area. For an extensive period, Malaga was then governed by the Carthaginians, eventually abandoning it in the face of invasion by the Visigoths. Malaga is also the main access to Granada and the magnificent Alhambra Palace, the fortified mediaeval royal city, a masterpiece of Islamic art. The incredible preservation of the Palace, built on a hill 150 meters above Granada, is significantly due to Queen Isabella II who was responsible for its restoration after a period of neglect. The palace fortress, the 11th Century Alcazaba, offers splendid views of Granada from its towers.

Wed, Sept 16th: Palma de Mallorca, Spain

Arrival in Palma de Mallorca 8:00 AM departure to Barcelona, Spain at 5:00 PM

Palma de Mallorca is the largest and most visited island in the Balears. It accounts for a little less than half a million inhabitants in a surface of 3,660 square kilometers. The island is approximately 100 km wide from east to west and at least 75 km from north to south. The climate is mild in the winter and pleasantly hot in the summer, mitigated by a wind coming from the Sierra del Norte Mountains, with peaks up to 1,445 meters.

Thu, Sept 17th: Barcelona, Spain

Arrival in Barcelona 8:00 AM departure to Savona, Italy at 1:00 PM

Barcelona is the second largest city in Spain with three million inhabitants, a dominating port in northern Mediterranean with one of the most renowned and important universities in the world. The city is a very rich commercial centre, where industrial operations crucial to the Spanish economy take place. In fact, Catalans have always considered their region unique compared with the other Spanish regions and we can find its roots in the power exercised by Barcelona for four hundred years at least on Spanish monarchy and on European commercial events.

Similarly to Genoa and Venice, the city developed its fortune in the middle ages thanks to its port. The first Spanish shipyards were built in Barcelona, banks and Catalan merchants flourished and for a long time remained the most powerful in the Old World. For Barcelona the sea is very important. Catalan attorneys drafted the first code of European maritime laws. Despite some momentary economic crisis, Barcelona confirmed its economic leadership last century with the creation of large industries and arriving at the end of the millennium in a position of great advantage compared with other Spanish cities, confirmed by the recent Olympic Games which involved investments and structures amounting to hundreds of billions in Catalonia.

Fri, Sept 18th: Savona (Portofino), Italy/Stresa
Arrival in Savona 9:00 AM

Upon arrival in **Savona**, we are transferred to our motorcoach for our transfer to **Stresa**. We spend our last day in Europe on the shores of beautiful Lago Maggiore. Dinner at the hotel.

Sat, Sept 19th: Stresa - Morning departure to Milan airport for our return flight to the USA.

Tour Includes: Cruise on the Costa Luminosa **plus** 1 night in Amsterdam & 1 night in Stresa, Air Fare from Newark, Four Star Hotels in Amsterdam & Stresa, Deluxe Motorcoach, Breakfast & Dinner in Stresa, Porterage at hotels, **All Meals on board the Costa Luminosa. Excursions onboard ship are optional and at your own expense.**

***Outside E1 Cabins:**

Cabin Description: Double -Outside 2 lower or one Queen bed (some have Obstructed View)
 Triple – Outside 2 lower or 1 Queen plus one single bed
 \$ 3,458.00 per person Double
 \$ 3,198.00 per person Triple

***Outside E2 Cabins:**

Cabin Description: Double - two lower or one Queen bed
 Triple – Outside two lower or one Queen plus one single bed
 \$ 3,518.00 per person Double
 \$ 3,248.00.00 per person Triple

***Veranda B3 Cabins:**

Cabin Description: Cabin with Balcony - Double - two lower or one Queen bed
 Cabin with Balcony -Triple – two lower or one Queen plus one single bed
 \$ 3,708.00 per person Double
 \$ 3,358.00 per person Triple

***Veranda B4 Cabins:**

Cabin Description: Cabin with Balcony - Double - two lower or one Queen bed
 Cabin with Balcony -Triple – two lower or one Queen plus one single bed
 \$ 3,778.00 per person Double
 \$ 3,418.00 per person Triple

- **The above rates due not include Optional Excursions.**

Some single and inside cabins may be available. Please call for rates.

Tour No. OLP0907CR		
Name (as it appears on your passport):		
Address:		
City:	State:	Zip:
Telephone:	Email address:	

Will your room & Cabin be a: () single (limited) () double () triple		
Name of Roommate(s):		
Are you a US citizen? () Yes () No		
Passport No.	Date of Issue	Date of Expiration
Please select your Cabin: E1 Outside ___ E2 Outside ___ B3 Veranda ___ B4 Veranda ___		
<p>—</p> <p>Please return this form with your check to:</p> <p>LITTLE FLOWER TOURS & TRAVEL, LTD.</p> <p>145 Fieldstone Road,</p> <p>Staten Island, New York 10314</p> <p>☎ 718-761-1251 or outside NY call 888-843-7373</p> <p>Website: www.littleflowertours.com Email: susan@littleflowertours.com</p> <p>A \$700.00 PER PERSON DEPOSIT IS DUE AT TIME OF BOOKING</p> <p>FINAL PAYMENT IS DUE June 1, 2009</p>		
<p>TERMS AND CONDITIONS: Cancellation made by passengers. Of the \$700.00 deposit, \$300.00 is non-refundable in case of cancellation. 89 days to 46 days a \$700.00 penalty is imposed. 45 days to 15 days 50% of cruise fare PLUS any penalty imposed by the airlines and hotels. 14 days or less may result in loss of entire cost, depending on what we can recover. Once travel has commenced, no refunds for unused portions can be made. TRAVEL INSURANCE IS AVAILABLE AND ADVISABLE If you have a pre-existing condition, it is important that you take Travel Insurance within 10 days of booking.</p>		
Signature:		Date:



Credit card () MasterCard () Visa () American Express	
Account #:	Expiration date:
Name (as it appears on your card)	
Billing Address:	
Amount to be charged: \$	
Signature:	Date:

“EVERYONE MUST FILL OUT THIS FORM AND SIGN IT BELOW.” If you are **NOT** taking the Travel Insurance you must still fill out the Insurance form below and indicate **NO** in the premium box and return it with your reservation form.

Please note that insurance is strongly recommended but is optional. If you want to receive a waiver for pre-existing conditions, your premium must be received by Little Flower Tours within 10 days of your initial trip deposit/payment,

provided you are not disabled from travel at the time of your premium payment. Insurance payments are non-refundable.

Tour Number	Tour Name	Premium
OLP0907CR	13 Day Tour & Cruise	\$ 225.00

Insurance Form		Tour Number OLP0907CR	
Name			
Address:			
City:		State:	
Zip:			
Telephone:		Are you a US citizen? () Yes () No	
Additional Family Names			
I will take the Insurance () Yes () No			
Premium \$ 225.00 per person			
<p>Please make your Insurance Premium check payable to Little Flower Tours & Travel Ltd.: LITTLE FLOWER TOURS & TRAVEL, LTD. 145 Fieldstone Road, Staten Island, New York 10314 📞 718-761-1251 or outside NY call 888-843-7373 Website: www.littleflowertours.com Email: susan@littleflowertours.com</p> <p>If you want to receive a waiver for a pre-existing condition, your premium must be received by Little Flower Tours within 10 days of your initial trip deposit</p>			
Signature		Date	

Some Excursion offered on this cruise

LONDON Length 9 hours approx

PRICE 80 Euro (approx \$ 128.00) Price is Subject to Change

London is a magnificent city with so much to see and do, you owe it to yourself to experience her magic at least once. This excursion gives you the opportunity to experience her magic at least once. This excursion gives you the opportunity to see it all; places that require no explanation: Big Ben and Piccadilly Circus, Buckingham Palace, the Houses of Parliament, Trafalgar Square and St. Paul's Cathedral as well as a host of other monuments, castles and palaces. You'll also have time to stretch your legs and shop the streets of London or grab a pint at one of the local pubs.

CANTERBURY AND LEEDS CASTLE Length 8 1/2 hours approx

PRICE 81 Euro (approx \$ 130.00) Price is Subject to Change

From Dover you'll travel into the 'Garden of England' to Canterbury, one of the oldest centres of Christianity in England. It was also one of Northern Europe's great pilgrimage sites, as documented in Chaucer's Canterbury Tales. On this tour, you'll turn the pages of time and travel like the thousands before to pay homage to the shrine of England's favourite saint, the martyr Thomas Becket, who fell victim to the church-state rivalry in 1170. Henry VIII didn't like the fact that 'his' people paid homage to Becket so he had the martyr's shrine demolished in 1538. However, the people continued to come to Canterbury and visit the Cathedral where Becket was slain. Enclosed by medieval walls on three sides, the magnificent building has undergone embellishments and expansions for generations by various archbishops. In the shadows of the church, you'll break for lunch (not included) before continuing with the tour. Then it's off to Leeds Castle. You'll have time to explore and shop for local handcrafted goods before you return to the ship in Dover.

SANTIAGO DE COMPOSTELA Length 9 Hours approx

PRICE 110 Euro (approx \$ 176.00) Price is Subject to Change

Leaving the port of Vigo, you'll set your sights on Santiago de Compostela, the city that's been declared a national monument in its entirety. The site of great Christian pilgrimages, the city became the third most holy site behind Jerusalem and Rome. In Santiago, all narrow roads lead to the shrine of Saint James the Apostle. The cathedral supports fantastic granite gothics, immense bell towers and statues of Saint James. In spite of the church's grand facade, the spiritual highlight of the pilgrimage was the approach to the High Altar. It seems when the early Christians climbed steps behind the altar, embraced the most sacred image of Santiago and kissed his jewelled cape, they were handed a certificate of documentation called a Compostela. Pilgrims from all over Europe still flock to the shrine today. Depending on the day you visit the cathedral, you may be able to attend the Holy Mass. After lunch the tour will return to Vigo or to La Coruña depending on your ship's itinerary.

MEDIEVAL OBIDOS Length 4 1.2 hours approx

PRICE 42 Euro (approx \$ 67.00) Price is Subject to Change

Leaving the ship and the Port of Lisbon behind you, you'll embark on a fascinating historical tour, crossing the Portuguese countryside with its vineyards and windmills, before arriving at your destination of Óbidos. A medieval village that has remained remarkably untouched, you'll feel as if you have jumped back in time. Constructed on a hill, surrounded by sturdy walls and dominated by the imposing castle, Óbidos will fascinate you with its little white houses, narrow streets and steep steps. Immersed in this evocative atmosphere, you'll be able to understand why the future queen of Portugal Dona Isabel fell madly in love with the village after visiting and asked her husband to give it to her as a wedding present. For several centuries thereafter it became standard practice for Portuguese sovereigns to regale their future wives with the village of Óbidos. Together with a local guide, you'll take a relaxing walk in the village and visit the XVII century Santa Maria church, known for its magnificent blue and white interior decorations. At the end of the guided tour you can enjoy some free time, discovering the village's characteristic little alleys and doing a bit of shopping in the traditional local shops.

FATIMA Length 8 ½ hours approx

This is a special tour that is offered by Little Flower Tours and conducted by our guides in Portugal. A similar tour will be offered by the Costa Cruises.

PRICE 90 Euro (approx \$ 145.00) Price is Subject to Change

After a short stop in Lisbon at the home, now Church of St. Anthony of Padua, known in Portugal as St. Anthony of Lisbon, we set out for Fatima, one of the most celebrated and frequented sites of pilgrimage in the Catholic world. It is the site where three children, Lucia, Jacinta and Francisco, saw the Virgin Mary in six apparitions in 1917. You may attend a Mass and visit the Sanctuary. We will have a short stop in Aljustrel, home of the children of Fatima, before we stop for an included lunch.

TOUR OF BARCELONA

Length 4 hours

PRICE 44 Euro (approx \$ 70.00) Price is Subject to Change

Barcelona's historical and cultural traditions, its monuments and mild climate make it one of the liveliest and most attractive cities in Spain. The tour first climbs Montjuic Hill, featuring lush gardens and beautiful views of the city. Crossing the town centre and driving along the main roads, you will head for the northern part of the city. There, in addition to the Avenida de la Diagonal, is the impressive cathedral of the Sagrada Familia (outside visit only), a monumental church in the neo-Gothic style begun in 1882 according to Antonio Gaudi's plans and still under construction today. You will then continue to the Barrio Gotico (Gothic Quarter) which boasts the Cathedral, a masterpiece of Catalan Gothic architecture. To conclude, we'll visit Parque Güell, designed by Gaudi. This is not only a park but was to be a housing complex with which the Catalonian architect intended to inspire a new style of town planning.

MONTSERRAT

Length 4 hours approx

PRICE 38 Euro (approx \$ 61.00) Price is Subject to Change

From the port of Barcelona a coach will take you to Montserrat. Traveling northwest through the picturesque Spanish countryside, you will enjoy a spectacular view of the Montserrat Mountain Ridge. Although exceptionally small (only six miles long, three miles wide and 4280 feet high) the barren tops of these unique mountains look like smooth, vertical fingers reaching up into the sky. On a natural platform at 725 meters above the sea level, you will admire and visit the Montserrat Monastery, a Benedictine Abbey founded in the 11th century. The tour includes a visit to the Basilica built in the 16th century.