

This tour requires an elevated level of fitness as well as cycling experience.

CYCLING **NORTHERN PORTUGAL TO SANTIAGO DE COMPOSTELA**

May 22-30, 2026 (9 days | 16 guests)
with Professor Neil Lutsky



Porto



Carleton

ALUMNI ADVENTURES

Explore the world

Travel with Carleton faculty and alumni.



Premium Titanium Frame Road Bike



Premium Titanium Frame Hybrid Bike



Touring E-Bike
(additional fee of \$265 per bike,
limited availability: first come, first served)

Recommendations will be given for the type of bike best suited to individuals, upon request.



Additional information about bicycle specifications is available upon request.

“Tour managers were outstanding in organizing the route and keeping everyone happy regardless of their biking skill level.”

- Mark, Illinois



© BikesPlus

Dear Carleton College alumni,

I invite you to join Carleton Professor Neil Lutsky and a small group of fellow cycling enthusiasts in May for an unforgettable week of cycling through the breathtaking and historically rich landscapes of coastal Portugal and Spain. This thoughtfully crafted program offers an ideal blend of physical activity, cultural exploration, and intellectual engagement.

Highlights include:

- Cycling along the sea and amidst lush green hills and vineyards
- Walks through well-preserved medieval towns with numerous squares, noble houses, and religious monuments
- Traveling with a small group of no more than 16 participants
- Professor Lutsky and his wife, Irene, who are both experienced cyclists and familiar with the region
- Accommodations in historic hotels with traditional charm and modern comforts
- Delicious cuisine, including local delicacies such as Padrón peppers and fine local wines such as Port and Albariño
- All logistics are handled throughout by expert, full-time, English-speaking cyclist guides/tour managers
- Appropriate bicycles are included, with water bottle and rear pack (e-bike option - *limited availability*)
- A support van with snacks and water is available to transport repair equipment/parts, bikes, and/or participants as needed
- Daily printed route maps and informational sheets are provided via the free smartphone app *Ride with GPS*

This tour has been carefully designed for cyclists with good physical fitness and prior experience with road cycling, ensuring an enriching and enjoyable experience for all participants. The tour is limited to just 16 participants, so I urge you to contact Alumni Adventures today at (800) 811-7244 or to email carleton@studytours.org.

Sincerely,

Rebecca Ditsch '93

President, Carleton Alumni Council



Porto, Portugal



Carleton Faculty Leader



Professor Neil Lutsky (pictured with his wife, Irene Montenegro) initially planned to become a lawyer, earning a B.S. in Economics from the University of Pennsylvania. He later shifted his focus to teaching, becoming a Woodrow Wilson Fellow and completing a Ph.D. in Psychology at Harvard University. A faculty member at Carleton College since 1974, Neil currently holds the position of William R. Kenan Jr. Professor of Psychology and has chaired the Department of Psychology. He has held visiting academic appointments at Stanford University, Ashoka University in India, and DIS in Copenhagen. Neil is the recipient of the American

Psychological Foundation's Charles Brewer Distinguished Teaching of Psychology Award. He has also received the Society for Personality and Social Psychology's Undergraduate Teaching and Mentoring Prize. He and his wife, Irene, are avid cyclists and have travelled extensively throughout Portugal (and Irene has traveled a great deal through Spain as well) over many years. Neil looks forward to sharing insights and observations through lectures and informal discussions.

"Traveling with fellow Carleton Alumni is always a treasure given the engaging discussions."

- Rita, Illinois

ITINERARY

B=Breakfast, L=Lunch, D=Dinner

Friday, May 22, 2026: Depart home

Saturday, May 23: Arrive Porto, PORTUGAL | Transfer to hotel, bicycle fitting & test ride | Welcome dinner

🚲 *Distance covered: 9 miles (Elevation gain: 500 feet)*

Arrive at Porto's Francisco Sá Carneiro Airport (OPO), where you will be met and transferred as a group (time TBD) to our hotel. Porto (Ribeira do Porto) is well known for its impressive views of the Douro River and for Port wine, a fortified, sweet red wine produced in the Douro Valley. Gather for a welcome briefing, bike fitting, and a test ride before we enjoy our welcome dinner. *Overnight at the 4-star [Boeira Garden Hotel](#) (or similar).* (D)

Sunday, May 24: Cycle from Porto to Barcelos, Portugal's wine country

🚲 *Distance covered: 39 miles (Elevation gain: 1,820 feet)*

This morning we depart Porto and begin our journey into the tranquil heart of northern Portugal's renowned wine region. Along the way we enjoy sweeping vistas of verdant countryside dotted with traditional villages, terraced fields, and elegant estates that speak to centuries of viticulture. After a rewarding day of cycling through this idyllic setting, we arrive in the historic market town of Barcelos, famed for its pottery and the legend of the Barcelos Rooster. Here, we check-in to our comfortable accommodation with time to refresh before gathering for dinner. *Overnight at the 3-star [Hotel Bagoeira](#).* (B,L,D)

Monday, May 25: Cycle from Barcelos to Ponte de Lima

🚲 *Distance covered: 23 miles (Elevation gain: 1,376 feet)*

On today's ride, we take full advantage of a network of scenic country roads that wind gracefully through rolling vineyards and rural hamlets, leading us to Ponte de Lima—celebrated as the oldest village in Portugal. Often described as the quintessential postcard village, Ponte de Lima is nestled along the serene banks of the Rio Lima and stands at the heart of the region's fertile wine country. Upon arrival in Ponte de Lima, we have time to explore the charming historic center, where narrow cobblestone lanes, graceful arcades, and traditional manor houses evoke centuries of rich cultural heritage. A highlight not to be missed is a leisurely walk across the ancient Roman and medieval bridge for which the village is named; here, you are likely to encounter pilgrims making their way along the Portuguese Camino de Santiago. Dinner is on your own tonight. *Overnight at the 4-star [Hotel Inlima](#).* (B,L)

Tuesday, May 26: Cycle from Ponte de Lima to Baiona, SPAIN

🚲 *Distance covered: 46 miles (Elevation gain: 2,927 feet)*

This morning we leave Portugal and continue our journey into Spain. Today's ride follows the coast and Minho River as we pedal north and cross into one of the most beautiful regions of Spain: Galicia. Arriving at our historic hotel, along the sea, we toast our arrival into Spain with a glass of *Albariño*, a crisp, aromatic wine native to Galicia. *Overnight at the 4-star [Hotel Parador de Baiona](#).* (B,L,D)

Wednesday, May 27: Cycle the Galician Coast | Ría de Vigo ferry crossing to Moaña | Cycle to Pontevedra

🚲 *Distance covered: 35 miles (Elevation gain: 2,518 feet)*

Today's ride begins by tracing one of the defining geographical features of the Galician coastline—a *ría*, or submerged river valley, which creates the distinctive estuarine inlets for which this region is renowned. We skirt the lively port city of Vigo, taking in panoramic coastal views before boarding a ferry to cross the Ría



From top: Porto coast, local wine, Ría de Vigo



Roman and medieval bridge in Ponte de Lima

de Vigo, an experience that offers a unique perspective of the rugged shoreline and the scattered islands that dot the Atlantic horizon. Once across, we continue our journey northward, cycling through lush Galician countryside until we arrive in Pontevedra, a city celebrated for its remarkable blend of medieval heritage and vibrant contemporary life. The evening and dinner are at leisure to enjoy this enchanting old town. *Overnight at the 4-star [Hotel Parador de Pontevedra](#).* (B,L)

"I enjoyed my travel companions and the intellectual stimulation... And I also looked forward to meals full of laughter and learning with the wonderful Carls on the tour."

- Joanne, Maryland

Thursday, May 28: Cycle from Pontevedra to Padrón

Distance covered: 42 miles (Elevation gain: 3,372 feet)

We leave the coastal landscape behind today and begin our gradual ascent inland with a short but invigorating climb that rewards us with panoramic vistas of the Galician mountains and the rolling green countryside beyond. Our route leads us toward the town of Padrón, a place steeped in historical and culinary significance. Padrón is renowned throughout Spain for its celebrated *Padrón* peppers, a delicacy first brought from South America by monks more than four centuries ago. Lightly fried and sprinkled with coarse sea salt, these small green peppers are a staple in Galician tapas culture. Check-in to our hotel and gather for dinner. *Overnight at the historic, 4-star [Hotel Pazo de Lestrove](#).* (B,L,D)



Vigo

Friday, May 29: Cycle from Padrón to Santiago de Compostela | Farewell dinner

Distance covered: 19 miles (Elevation gain: 1,487 feet)

A short ride through the countryside this morning brings us to the larger metropolis of Santiago de Compostela, whose Old Town is a UNESCO World Heritage Site and considered one of the world's most beautiful urban areas. Santiago de Compostela is a famous pilgrimage site, due to the tomb of St. James and its Cathedral, a masterpiece of Romanesque architecture with significant Gothic and Baroque enhancements, which we have ample time to explore. Our hotel is a historic former convent, and a five-minute walk along medieval streets from the Cathedral. Gather this evening to celebrate our journey's end with a special farewell dinner. *Overnight at the 4-star [San Francisco Hotel Monumento](#).* (B,L,D)



Santiago de Compostela

Saturday, May 30: Fly home

Those whose flights depart early in the day are transferred as a group (time TBD) to Santiago de Compostela Airport (SCQ) for flights homeward. Those whose flights depart in the evening may gather this morning for a walking tour of Santiago de Compostela. Stroll through the main streets and charming squares of the historic center and learn about the legendary Camino de Santiago, the city's rich history, and much more. At noon, take in the Pilgrim's Mass at the Cathedral, and enjoy lunch before transferring independently, a 20-minute taxi ride, to Santiago de Compostela Airport (SCQ) in time for flights homeward. (B,L)

What to Expect

STRENUOUS: Must be physically fit and prepared for multiple hours of activity per day.



CYCLING

Cycling experience and a moderate level of fitness is required for this program, which combines local sightseeing with cycling that ranges from leisurely and gentle, to challenging ascents and descents. **Five of our touring days involve cycling with an average daily cycling distance of about 37 miles.** While no advanced technical cycling skills are required, at times there will be some climbs and descents during rides that are long and winding; daily distances and elevation gains are estimated in the enclosed itinerary. The majority of the road surfaces will be tarmac with vehicle traffic, while some surfaces may be wet or rough, and a portion of the ride will be on cobblestones which can present challenges, especially after rain. Although there is no substitute for cycling experience and/or physical fitness, electric bicycles are available at an additional cost and will assist riders on hills and enable guests to cycle together more easily. **We highly recommend practicing on an e-bike prior to the tour, if you have not previously used an e-bike, to ensure you are comfortable with its features.** If you have any question regarding your fitness level, we encourage you to choose an electric bike (limited availability on a first come, first served basis). Each day, participants will be given a printed route map as well as information via the app *Ride with GPS* to allow for an independent cycling pace. There will be a support van available for a limited number of participants who may need to skip a cycling leg in order to reach the next planned destination, and to allow flexibility for unplanned events, however participants are expected to cycle the majority of this itinerary. Participants are responsible for bringing an appropriate bike helmet and will be required to wear it at all times while cycling. Durable, comfortable clothing, including proper cycling attire, is essential on this program. Participants may bring their own pedals and saddle if they prefer. Most included lunches will be served picnic-style or at a local café.

OVERALL

All participants are expected to be physically active and not be an impediment to others on excursions, to enjoy traveling as part of a group, and to be ready to experience cultural differences. All participants will be required to follow safety/sanitization protocols set forth by Sponsors/Operator, local staff, and host country laws. Any participant showing signs of illness will be asked to wear a mask while in close proximity to others. If our cycling guides decide that a participant cannot join an excursion, or complete a cycling route safely or in a timely manner, their judgment will be final. Where possible, an alternate activity may be suggested; additional costs may apply. If you have any questions about your ability to participate, we suggest that you visit your personal physician with this brochure in hand, and discuss whether or not the program is appropriate for you. Due to the active nature of this program, medical insurance that is valid overseas is highly recommended. The actual itinerary is subject to variables such as the abilities and interests of the group and local weather conditions. Our expert, English-speaking cycling guides know the region very well, and will assess each day's route and brief the group in advance on planned routes and expected conditions. Average daytime temperatures in late May are expected to be in the mid- to high 60s F with nighttime temperatures dipping to the mid-50s F, with only a chance of precipitation. Complete pre-departure details, such as what to take with you and more of what to expect, will be sent to participants.



Santiago de Compostela ranks among Christianity's three major pilgrimage cities, alongside Jerusalem and Rome. For over a thousand years, pilgrims have followed the Camino de Santiago—the Way of St. James—to reach the shrine of the apostle Saint James in its famous Cathedral. Believed to hold the tomb of Saint James the Great, one of Jesus' twelve apostles, the city has drawn travelers from across Europe and beyond since the 9th century. The Cathedral itself is a stunning mix of Romanesque, Gothic, and Baroque styles, making it a fitting culmination to our adventure.

Flights & Transfers

Airfare from/to home is not included. Group airport transfers on arrival at Porto's Francisco Sá Carneiro Airport (OPO) and for departure from Santiago de Compostela Airport (SCQ) are included (times TBD). Once you have received your final payment invoice, you should book your flights. If you are considering booking non-refundable airline tickets before this time, please contact our office first. Valerie Wilson Travel, Inc. can assist with flight arrangements for this tour. You may contact them directly at 866-200-6172 or email studytours@vwti.com. Alternatively, you are welcome to book your flights independently or through your preferred travel agent. Your flight itinerary must be provided to our office prior to departure. *We do not accept any liability for cancellation penalties related to domestic or international airline tickets.*



Barcelos



Portugal coast

Tour Prices Per Person (7 nights)

Double Occupancy (15-16 participants)	\$6,545
Double Occupancy (12-14 participants)	\$6,995
Single Supplement	\$845

*Single room supplement will be charged when requested or required (limited availability).
With fewer than 12 participants, a small group surcharge may be added.*

Prices Include:

- Carleton College faculty leader **Neil Lutsky**
- Expert **cyclist guides/tour managers** and services of local guides throughout the tour
- **Support van** to transport luggage, bicycle repair supplies, and bicycles as needed; with water and appropriate snacks available
- **Accommodations for six nights** in comfortable 4-star hotels and one night in an ideally located 3-star hotel, as indicated in the itinerary
- **Rental of appropriate touring bicycle** (electric option available at additional cost), rental insurance, rear pack, route map, and mounted water bottle
- **Group arrival and departure airport transfers**
- **Meals** including breakfast daily; 7 picnic-style or café lunches; and 5 dinners with water, wine, and coffee/tea, including welcome and farewell dinners
- **Sightseeing, excursions, entrance fees to museums, wine tasting, and ferry tickets**, as indicated in itinerary
- All VAT, local taxes, and service charges
- **All gratuities** to cyclist guides/tour managers, local guides, driver, waitstaff (for included meals), and porters
- **Baggage handling** at hotels, where available
- **Comprehensive pre-departure information**, including a suggested reading/media guide, travel guide, and packing list
- **Daily printed route maps** and access to route informational sheets via the app *Ride with GPS*

Prices Do Not Include: Airfare from/to home; passport and visa fees; all airport fees and departure taxes; upgrade to electric bicycle; personal helmet (required); cost of personal, trip cancellation, medical, and baggage insurance; transportation of excess baggage; meals and beverages except as noted; personal tips; items of a personal nature, such as medical expenses, laundry, taxi, telephone, and fax charges; optional excursions or deviations from scheduled tour; and anything not listed as included.

Payments: A deposit of \$2,000 per person is required to reserve your space and is payable by Visa, MasterCard, American Express, or check made payable to “Eos CAA-CyclingPortugal5/26.” Final payment is due 120 days prior to departure (January 22, 2026) and must be by check, ACH transfer, or wire transfer only; credit cards are not accepted for final payment. By submitting your deposit you are bound by the terms and conditions delineated throughout this brochure and elsewhere published.

Participant Cancellation Fees: All requests by participants for cancellations must be received in writing by Alumni Adventures. The following cancellation terms will apply based on when the cancellation is received:

- On or before November 23, 2025: Deposit is refunded less a cancellation fee of \$500 per person.
- November 24, 2025 – January 21, 2026: Forfeit the full deposit of \$2,000 per person.
- January 22 – March 7, 2026: Cancellation fee equal to 50% of the tour cost.
- On or after March 8, 2026: No refund.

For this and other reasons, participants are strongly encouraged to purchase trip cancellation insurance. Information will be provided with confirmation of receipt of your deposit.

Note: Prices are based on tariffs and exchange rates in effect at the time of publication and are subject to change prior to departure. Substantial changes in tariffs, exchange rates, the price of fuel, services, and labor may increase the cost of arrangements significantly, and we reserve the right to alter our prices.

Prices, itinerary, accommodations, and leader are subject to change. Prices quoted are based on group participation and no refunds will be made for any part of the program in which you choose not to participate. It is understood that refunds cannot be made to participants who do not complete the tour for whatever reason.

Due to space limitations, this is abbreviated information. Complete terms and conditions are available upon confirmation or upon request and can be viewed online at carleton.edu/alumni/adventures.

© 2025 Copyright Eos Study Tours. All rights reserved. Photos copyright commons.wikimedia.org, Eos Study Tours, Operator and pixabay.com. Cyclist icon courtesy of Google by Flatpixel.com. California Seller of Travel Program CST # 2143690-40. Fla. Seller of Travel Ref. No. ST44983.



For questions, and to reserve your space, please contact Alumni Adventures at:

800-811-7244 | Toll: 603-756-4844 | Fax: 603-756-2922 | carleton@studytours.org | carleton.edu/alumni/adventures
P.O. Box 938, 47 Main Street, Suite One, Walpole, NH 03608

PO Box 938, 47 Main Street, Suite One, Walpole, NH 03608



 **CYCLING**
NORTHERN PORTUGAL TO
SANTIAGO DE COMPOSTELA

May 22-30, 2026 (9 days | 16 guests)
with Professor Neil Lutsky

This tour requires an elevated level of fitness as well as cycling experience.

“The local guides...were...extremely knowledgeable and consistently went above and beyond to help us all have a terrific tour.”

- Grace, Colorado

To fill out an online reservation form, [click here](#). Or, print and mail or fax this form to the address below.



RESERVATION FORM
Cycling Northern Portugal to Santiago de Compostela

May 22-30, 2026 (9 days | 16 guests)
with Carleton Professor Neil Lutsky

To hold your reservation for seven days while this form and your deposit are in the mail, please contact us at 800-811-7244 or carleton@studytours.org.

Participant Name 1 _____ Carleton Class of: _____
(as it appears on passport)

Participant Name 2 _____ Carleton Class of: _____
(as it appears on passport)

Address _____

City _____ State _____ Zip _____

Phone (home) _____ Phone (cell) _____

Email(s) _____

I/We have read the 'What to Expect' section and am/are physically able to participate fully on the program.
Are you traveling with any other parties on this program? Yes, _____

How did you hear about this tour? eNewsletter mailing website friends/family other _____

Bicycle Preference (participant #1) Road Bike Hybrid Bike E-Bike (Additional fee, limited availability, first come first served)
Bicycle fitting measurements (Required): Height: _____ Stand-over height (inseam to ground): _____ Weight: _____

Bicycle Preference (participant #2) Road Bike Hybrid Bike E-Bike (Additional fee, limited availability, first come first served)
Bicycle fitting measurements (Required): Height: _____ Stand-over height (inseam to ground): _____ Weight: _____

Additional information about bicycle specifications is available upon request.
Recommendations will be given for the type of bike best suited to individuals, upon request.

ACCOMMODATIONS:

(Accommodation preferences are not guaranteed.)

- Double (one bed) Twin (two beds) Single
- I will be sharing with: _____ Share - please assign a roommate (not guaranteed).
- Please share my contact information with potential roommate(s).

RESERVATIONS & PAYMENT:

A deposit of \$2,000 per person is required to confirm a reservation. Final payment is due 120 days prior to departure.
Please note that credit cards are not accepted for final payment. All prices and payments are in U.S. dollars.

DEPOSIT TYPE (PLEASE CHECK ONE):

- Check payable to: Eos CAA-PortugalCycling5/26 Visa Master Card American Express Already paid by phone
- CC# _____

Exp. Date _____ 3- or 4-Digit Code _____

Name on Card _____

Please complete this reservation form, choose/enclose your method of deposit, and sign the release statement below.
Submit via email, mail, or fax to:

Carleton Alumni Adventures - P.O. Box 938, Walpole, NH 03608-0938
Fax: 603-756-2922 • Email: carleton@studytours.org

By signing this form, you are acknowledging that you have read and agree to all Terms & Conditions delineated throughout.

Signature (participant #1) _____ Date _____

Signature (participant #2) _____ Date _____

TERMS AND CONDITIONS, RELEASE OF LIABILITY, ASSUMPTION OF RISK, AND DISPUTE RESOLUTION AGREEMENT

RESPONSIBILITY: Carleton College and its agent, Eos Study Tours, and its and their employees, shareholders, subsidiaries, affiliates, officers, directors or trustees, successors, and assigns (hereinafter "Sponsors"), and the tour operator and/or its agents (collectively "Sponsors/Operator") do not own or operate any entity which is to or does provide goods or services for your trip including, for example, lodging facilities; airline, vessel, or other transportation companies; guides or guide services; local ground operators; providers or organizers of optional excursions; food service or entertainment providers; etc. All such persons and entities are independent contractors. As a result, Sponsors/Operator are not liable for any negligent or willful act or failure to act of any such person or of any other third party. In addition and without limitation, Sponsors/Operator are not responsible for any injury, loss, death, inconvenience, delay, or damage to person or property in connection with the provision of any goods or services whether resulting from, but not limited to, acts of force majeure; acts of God; acts of government; acts of war or civil unrest, insurrection, or revolt; bites from or attacks by animals, insects, or pests; strikes or other labor activities; criminal or terrorist activities of any kind or the threat thereof; sickness, illness, epidemics, pandemics, or the threat thereof; the lack of availability of or access to medical attention or the quality thereof; overbooking or downgrading of accommodations; mechanical or other failure of airplanes, vessels, or other means of transportation; or for any failure of any transportation mechanism to arrive or depart timely or safely. In addition, Sponsors/Operator are not liable for their own negligence, and participant assumes all risk thereof. **CHANGES IN ITINERARY OR FEATURES:** Sponsors/Operator reserve the right to change the itinerary or trip features at any time and for any reason, with or without notice, and Sponsors/Operator shall not be liable for any loss of any kind as a result of any such changes. Sponsors/Operator are not required to cancel any trip for any reason including, without limitation, United States Department of State, World Health Organization, or other Warnings or Advisories of any kind. Sponsors/Operator are not responsible for penalties assessed by air carriers resulting from operational and/or itinerary changes, even if Sponsors/Operator make the flight arrangements or cancel the trip. Sponsors/Operator reserve the right to substitute hotels or attractions of a similar category for those listed in this brochure. **LUGGAGE:** Luggage allowance policies are set by the airlines and may change without prior notice. **PHYSICAL ACCESSIBILITY:** All programs require physical independence and mobility. Any physical or mental condition that may require special medical attention or physical assistance must be reported in writing when you make your reservation. Participants must be able to embark or disembark transportation vehicles, stand for extended periods, climb stairs, and step over raised thresholds all without assistance. All participants will be required to follow safety/sanitization protocols set forth by Sponsors/Operator, local staff, and host country laws, and any participant who refuses to follow protocols may be asked to leave the program with no refunds provided. **REFUNDS:** Prices quoted are based on group participation. No refunds will be made for any part of the program in which a participant chooses not to participate. Refunds cannot be made to participants who do not complete the tour for any reason, nor to participants whose entry into any country or aboard any transportation vehicle, including airplanes and cruise ships, is delayed or denied. **TOUR CANCELLATIONS AND REFUNDS:** Sponsors/Operator reserve the right to cancel this tour prior to departure, in which case payment will be refunded without further obligation on our part unless trip cancellation, itinerary changes, and/or delays are mandated by causes beyond our control, in which case the participant shall have the option of accepting in lieu of the original tour such rescheduled tour or other substituted tour(s) as may be offered by Sponsors/Operator, or else receiving a refund of as much of such advance tour expenditures as Sponsors/Operator are able to recover on the participant's behalf from carriers, third-party tour vendors, etc. Sponsors/Operator, however, shall not have any obligation or liability to the participant beyond the foregoing. **TRIP INSURANCE:** Sponsors/Operator strongly recommend that participants purchase trip cancellation insurance. In the event that you must cancel your participation, trip cancellation insurance may be the only source of reimbursement. Trip cancellation insurance is available through

Sponsors/Operator and others and covers certain expenses in conjunction with cancellation due to illness or accident and damaged or lost luggage. Sponsors/Operator will send participants an application upon receipt of their reservation. **PRICES:** Prices quoted are based on fares in effect at the time of publication and are subject to changes at any time. On all programs, even after full payment, Sponsors/Operator reserve the right to increase the tour price in the event of cost increases due to changes in supplier costs, tax increases, currency fluctuations, or fuel and energy surcharges, and all such increases are to be paid to Sponsors/Operator upon notice to the participant. **FORUM AND METHODOLOGY FOR DISPUTE RESOLUTION:** Any dispute or claim which refers or relates to this contract, any literature related to the trip, or the trip itself shall be litigated solely and exclusively in and for courts in Keene, New Hampshire, subject to substantive and procedural New Hampshire law, and for this limited purpose, the parties agree to exclusive venue and personal jurisdiction therein. At the participant's option, however, in lieu of litigation, Sponsors/Operator will agree to dispute resolution in Keene, New Hampshire, subject to substantive, but not procedural, New Hampshire law, pursuant to the then existing commercial rules of the American Arbitration Association. In any such arbitration, 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. **U.S. STATE DEPARTMENT & CENTERS FOR DISEASE CONTROL:** Both the Centers for Disease Control and U.S. State Department publish and update important country-specific information for travelers. We strongly recommend that you review them. They can presently be found at: <https://wwwnc.cdc.gov/travel/notices> and <https://travel.state.gov/content/passports/en/alertswarnings.html>. **ASSUMPTION OF RISK:** Participants agree to fully accept all known and unknown risks, including the potential risk of exposure to respiratory illnesses or other illnesses, viruses, diseases, or conditions. Participants understand and agree to hold Sponsors/Operator, their officers, vendors and suppliers harmless and not liable for any real or perceived symptoms of any disease, virus, illness, or condition, nor for exacerbating any existing symptoms of any illness, virus, disease or condition, quarantine requirements, disability, and other short-term and long-term health effects, including death. **MISCELLANEOUS:** Participants should not purchase airline tickets prior to receiving their final payment invoice so as to avoid airline cancellation penalties if a tour is canceled or otherwise modified subsequent to the participant's purchase of those tickets. Baggage and personal effects are at all times the sole responsibility of the participant. If, due to weather, flight schedules, or other uncontrollable factors, you are required to spend (an) additional night(s), you will be responsible for your own hotel, transfers, and meal costs. Baggage is entirely at owner's risk. Sponsors/Operator reserve the right to decline to accept or retain any participant at any time. The right is reserved to decline to accept as a participant, or remove from a trip, without refund, any person it judges to be incapable of meeting the rigors and requirements of participating in the activities, or who is abusive to other trip participants, leaders, or third parties, or who is determined to detract from the enjoyment of the trip by others. Specific room assignments are within the sole discretion of the hotel. **APPEARING IN PHOTOS:** Photos from Alumni Adventures' trips may be posted on photo-sharing web sites or on social networking sites. Your likeness may appear in some photos or videos, posted either by other travelers or tour lecturers/guides, and the circulation of the materials could be worldwide. Trip photos may also be selected to appear in future Alumni Adventures promotions; no compensation is available for appearing in a trip photo used for promotional purposes. **ACCEPTANCE OF CONTRACT:** By forwarding of deposit, the participant certifies that he/she agrees with these terms and conditions, and accepts the terms contained in these Terms and Conditions, Release of Liability, Assumption of Risk and Dispute Resolution Agreement. The participant affirms that he/she has not received or relied upon any oral representation of Sponsors/Operator as a basis for executing this Release.