

International Basketball Tour 2024 Itinerary St. Catherine University Women's Basketball Trinidad and Tobago – Port of Spain

Travel dates:

June or July of 2024. Exact dates TBD.

Itinerary:

- Day 1 Departure from Minneapolis-St. Paul airport. Arrival Port-of-Spain airport and transfer to your accommodation.
- Day 2 Optional morning practice with your own coaching staff and after that visit Queen's Park Savannah, the largest traffic roundabout in the world, and the historical Magnificent Seven. Evening pan yard visit with lesson on how to play a steel pan.
- Day 3 Visit Maracas Beach, a beautiful beach on the north side of the island.
- Day 4 Optional morning practice and after that picturesque hike to Maracas Waterfalls, the highest waterfalls in Trinidad. Evening game vs. local team.
- Day 5 Optional day trip by flight to Tobago. Another option for today can be to either visit the Pitch Lake or go down the Islands with a chartered boat and visit the Gasparee Caves which includes swimming in a real bat cave. Evening game vs. local team.
- Day 6 Zip-lining excursion in Chaguaramas and afternoon community service project - basketball clinic and/or education for underprivileged school children in Trinidad.
- Day 7 Take a swamp tour through the lagoons and rivers to see all the wildlife in Trinidad. Evening game vs. local team.
- Day 8 Transfer to Port-of-Spain Airport for return flight back home.



Maracas Beach



Arkport Angels



Fort George



Regis University

*The above itinerary is a provisional/suggested itinerary and can/will change depending on your group's specific wishes, the final game schedule for your team(s) and any pro game visit(s) incorporated for your group. Sightseeing admission fees are not included in the prices but can be added and pre-booked based on your group's specific wishes. Consult us for more information.

Price per person*:

Number of people traveling	20-24	25-29	30-34	35-39	40-44
Participant prices	\$2,631	\$2,533	\$2,659	\$2,585	\$2,530

* Prices are based on contracted airline fares for 2023. We will know more about fares for 2024 approx. 11 months prior to departure date, when airlines publish group flights and fares, and can confirm pricing then.

Note: The participant prices for 30+ people are higher because 2 small busses are needed for the group with this number due to the busses in Trinidad being smaller.

Price inclusions:

- Round trip airfare, including airport taxes and fuel surcharges. Prices are always subject to availability of flights and fares at time of booking.
- Accommodations and meals as specified in this proposal – see below.
- Ground transportation – see below.
- Costs for arranging the sport program – see below.
- Services of a local tour assistant – see below.

Sport program:

We will arrange 3 games per team.

Accommodation and meals included:

Accommodation in the 4-star plus Hilton Hotel in Port of Spain right across the street from the Queen's Park Savannah and within minutes of downtown Port of Spain by bus/car.

- Daily breakfast and dinner included.
- Accommodation in rooms with 2 double/full size beds for 3 or 4 people per room. Rooms have private bathroom and shower and rooms are equipped with A/C, cable TV, phone, WI-FI internet access, a safe, ironing board and hairdryer.
- Facilities of the hotel include a restaurant, a bar/lounge area with a large outdoor terrace with views of downtown Port of Spain and the Queen's Park Savannah, a gift and snack shop, a large swimming pool with a bar area and cabanas, a fitness room with sauna/spa and a tennis court.
- Double/twin rooms (2 double/full size beds for 2 people or 1 King size bed for 2 people) are available as well at a supplement of \$10.00 per person per night. Single rooms (with 1 King bed for 1 person) are available at a supplement of \$50.00 per person, per night.

Ground transportation included:

All mentioned ground transportation. Sometimes our organizers will use 1-2 smaller busses because not all mountain roads are accessible for bigger busses.

Local guide services included:

A local assistant will be assigned to be with your group each day to provide you with any assistance when necessary and help plan or amend your daily schedule as needed.

Options available (not included in prices).

Excursion options:

All excursions as described in the above-mentioned itinerary are optional and are not included in the costs. We can pre-book these excursions for you. Costs are as follows:

- Visit Maracas Beach with local Bake 'n Shark – additional costs approx. \$ 5.00 per person.
- Hike to Maracas Waterfalls - additional costs will be approx. \$ 10.00 per person to have your own private guide available for this hike.
- Optional day trip by flight to Tobago. Tobago is the smaller of the two main islands that make up the Republic of Trinidad & Tobago. It's located in the southern Caribbean, northeast of the island of Trinidad and southeast of Grenada. Additional cost for this day trip is \$135.00 per person.
- Visit the Pitch Lake or go down the Islands with a chartered boat - approx. \$ 20.00 per person.
- Zip Lining in Chaguaramas; the zip lines are the best way to get a bird's eye view of the breathtaking beauty at Macqueripe Bay, Chaguaramas. Zip line tour approx. \$15.00 per person.
- The Pitch Lake, nature's own wonder, is located on Trinidad's south-western coast. We invite you to soak in natural Sulphur pools, enjoy the bountiful bird life, or just stand inspired by one of nature's true wonders. The Pitch Lake holds approximately 10 million tons of asphalt. It is the world's largest commercial deposit of natural asphalt, which is mined and exported for use in manufacturing and road paving. You could well imagine the Pitch Lake is alive. It burps. It hisses. Cost for this excursion is \$ 15.00 per person.
- Day Trip to Down D' Islands – visit the Gasparee Caves and Swimming in a real bat cave. Travel by boat on the waters off the North-Western Peninsula of Trinidad to one of the more popular islands off the main land, Gaspar Grande, a natural limestone labyrinth filled with stalactites and stalagmites ready for you to explore. The Gasparee Caves are approximately 90ft deep and what makes this cave so unique and appealing is its pool. Sea-water comes from an underground source to create a translucent blue pond with a depth of 10-20 feet. After 45 minutes - 1 hour swimming in this majestic pond, you'll be taken to one of the other islands to enjoy the rest of the day on the beach of one of the nearby islands. The cost of this tour is \$60.00 per person.
- Swamp tour - \$10.00 per person.

Community service option:

We can have your team perform a community service project with a basketball clinic and education day for underprivileged school children in Trinidad.

Travel insurance option:

Your participants have the option to purchase accident, illness and trip cancellation/interruption insurance, including a Cancel for Any Reason Coverage (CFAR) – more information about this insurance is included on your team website page.

Not included:

- Beverages (soda) with meals.
- Gratuities for representatives and bus drivers.
- Admission fees to attractions.

Touristic Information Trinidad and Tobago

Trinidad and Tobago consists of two Caribbean islands just off the northeastern coast of Venezuela. The islands are renowned for their great beaches, vibrant culture and natural wonders. The most famous soccer player from Trinidad and Tobago is Dwight Yorke who played for Manchester United from 1998-2002.

Maracas Beach with local Bake 'n Shark: Is located on the north side of the island and unlike many of the northern beaches of Trinidad, Maracas Beach is protected by a deep bay. This beach is considered by some to be the most beautiful beach of its size located relatively close to the capital city. Located off the beach is Bake and Shark, a native dish that consists of deep-fried shark.

Hike to Maracas Waterfalls: Maracas Waterfall has an altitude of 91.5 meters and is Trinidad's highest waterfall. This waterfall is located in the Maracas St. Joseph Valley and the water comes from the southern foothills of Mt. El Tucuche. Its close proximity to Port-of-Spain makes the waterfall a favorite tourist destination.

Tobago: This island is smaller than Trinidad and is known for its sandy beaches tropical rainforest. Tobago is surrounded by mountains, Scarborough (the capital of Tobago) and has an amazing food market. Overlooking the city are 18th-century ruins of Fort King George.

Pitch Lake: Nature's own wonder is located on Trinidad's south-western coast. We invite you to soak in natural Sulphur pools, enjoy the bountiful bird life, or just stand inspired by one of nature's true wonders. The Pitch Lake holds approximately 10 million tons of asphalt. It is the world's largest commercial deposit of natural asphalt, which is mined and exported for use in manufacturing and road paving. You could well imagine the Pitch Lake is alive. It burps. It hisses

Zip Lining in Chaguaramas: This is the best way to get a bird's eye view of Macqueripe Bay, Chaguaramas. This is an exhilarating and exciting way to see Trinidad.

Down D' Islands: Visit the Gasparee Caves and swimming in a real bat cave. Travel by boat on the waters off the North-Western Peninsula of Trinidad to one of the more popular islands off the main land, Gaspar Grande, a natural limestone labyrinth filled with stalactites and stalagmites ready for you to explore. The Gasparee Caves are approximately 90ft deep and what makes this cave so unique and appealing is its pool. Sea-water comes from an underground source to create a translucent blue pond with a depth of 10-20 feet. After a 45 minute-1-hour swimming in this majestic pond, you'll be taken to one of the other islands to enjoy the rest of the day on the beach of one of the nearby islands.

Swamp Tour: This is a memorable exploration by kayak, or dingy, or on foot in dry season, of the famous Nariva Swamp. Nariva is 6,254 hectares of wetlands, marshes and swamp forests teeming with more than 200 species of birds -- Snowy Egrets, The Black-crested Antshrike, Silvered Antbird, Green-throated Mango, Flycatchers Kingfishers, Savannah Hawks and Azure Gannilule.

International Basketball Tour 2024 Itinerary St. Catherine University Women's Basketball Spain – Barcelona

Travel dates:

June or July of 2024. Exact dates TBD.

Itinerary:

- Day 1 Departure from Minneapolis-St. Paul airport.
- Day 2 Arrival Barcelona airport. Transfer to your accommodation.
- Day 3 Bus or boat tour Tossa de Mar: visit the beautiful old fishing town made famous in the 1950's by Ava Gardner and James Mason in the film Pandora and the Flying Dutchman. Evening game vs. a local team.
- Day 4 Visit Barcelona by bus, covering the Bullring, the Gaudi buildings, Casa Batlló and the Pedrera, Plaza Francesc Masia, the Nou Camp - home of FC Barcelona, followed by Gaudi's unfinished Sagrada Familia Cathedral and lastly Parque Guell.
- Day 5 Visit the city of Girona. Sightseeing possibilities include St. Mary's Cathedral, built between the 11th and 17th centuries, Passeig de la Muralla, Monastery of Saint Pere de Galligants and Chapel of Sant Nicolau, the Arab Baths, Cases de l'Onyar, etc. Evening game vs. a local team.
- Day 6 Visit the sacred mountain-top monastery of Montserrat with its breathtaking views.
- Day 7 Free day in Barcelona visiting the places the bus cannot reach. Drop off and pick up point in the central Plaza Catalunya. Recommended are the: Ramblas with its human statues and street artists, Palau de la Musica, Barrio Gotico with its maze of narrow streets, Plaza Real, Cathedral. Evening game vs. a local team.
- Day 8 More sightseeing in Barcelona. Visit Montjuic, a prominent hill overlooking Barcelona with amazing views of the city and visit the Olympic facilities.
- Day 9 Transfer to Barcelona airport and return flight.

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Wartburg College



Camp Nou



University of Mary



La Sagrada Familia

Price per person*:

Number of people traveling	20-24	25-29	30-34	35-39	40-44	45-49
Participant prices	\$3,555	\$3,396	\$3,284	\$3,201	\$3,097	\$3,063

* Prices are based on contracted airline fares for 2023. We will know more about group fares for 2024 approx. 11 months prior to departure date, when airlines publish group flights and fares, and can confirm pricing then.

Price inclusions:

- Round trip airfare, including airport taxes and fuel surcharges. Prices are always subject to availability of flights and fares at time of booking.
- Accommodations and meals as specified in this proposal – see below.
- Ground transportation – see below.
- Costs for arranging the sport program – see below.
- Services of a local tour assistant – see below.

Sport program included:

We will arrange three games per team.

Accommodation and meals included:

4-star Hotel accommodation in the Costa Brava region in a seaside town like Santa Susanna, Calella, etc.

- Daily breakfast and dinner included.
- The accommodation is situated near the town center and/or beach.
- Distance to Barcelona is approx. 30-35 miles. All rooms (3 bedded rooms) have a shower and toilet as well as air-conditioning.
- The hotel has a restaurant, bar, lounge, reception and sometimes an outdoor swimming pool.
- Double rooms are available as well at a supplement of \$ 15.00 per person per night.

Ground transportation included:

During your entire stay a private bus will be available exclusively for your group – 10 hours a day.

Local guide services included:

A local tour assistant will be assigned to be exclusively with your group full time each day during your stay in each destination to provide you with any assistance when necessary and help plan or amend your daily schedule as needed.

Options available (not included in prices)

Sport program options:

- We can arrange tickets to pro basketball or soccer games, subject to availability. Ticket costs will depend on the specific game, but usually ticket costs range from approx. \$75-\$150 per person.
- A 2-hour practice session with your own coaching staff – costs approx. \$300.00 per 2 hours.
- Visit and tour of a pro soccer team stadium – approx. \$ 35.00 per person for Camp Nou Stadium Tour.

Accommodation option Barcelona:

On request, we can accommodate the group in a 3/4-star hotel in Barcelona, close to the city center while in Spain instead. Hotel is within walking distance of a train station and not far from the Sagrada Familia. All rooms have private facilities/bathroom, satellite TV, phone and climate control. Hotel has a bar, lounge, workout room and small outdoor pool. Supplemental cost for this hotel option is approx. \$40.00 - \$60.00 per person per night (to be confirmed – depends on time of the year).

Travel insurance option:

Your participants have the option to purchase accident, illness and trip cancellation/interruption insurance, including a Cancel for Any Reason Coverage (CFAR) – more information about this insurance is included on your team website page.

Not included in prices:

- Beverages (soda) with meals.
- Gratuities for representatives and bus drivers.
- Admission fees to attractions.
- Single rooms in hotels. Single rooms are available at a supplement of \$40.00 per person per night on top of the double room supplements outlined in the accommodation description.

Touristic information Barcelona

Barcelona is the capital city of the autonomous community of Catalonia in Spain, as well as the country's second most populous municipality, with a population of 1.6 million within city limits. It is the largest metropolis on the Mediterranean Sea. Barcelona has a rich cultural heritage and is today an important cultural center and a major tourist destination. Particularly renowned are the architectural works of Antoni Gaudí and Lluís Domènech i Montaner, which have been designated UNESCO World Heritage Sites.

CAMP NOU: Visit the Home of Barcelona FC, the away team changing room and the players' tunnel, the dugouts, the press room, commentators box and of course the Museum. The Museum is the most modern football museum thanks to its interactive wall spaces, large scale audiovisual displays and an extensive display of objects to explain the history of FC Barcelona and understand the values that make Barça "més que un club" -- "more than a club".

SAGRADA FAMILIA: The unfinished Cathedral by Gaudi, The expiatory church of La Sagrada Família is a work on a grand scale which was begun on 19 March 1882 from a project by the diocesan architect, Francisco de Paula del Villar (1828-1901). At the end of 1883 Gaudí was commissioned to carry on the works, a task which he did not abandon until his death in 1926. Since then different architects have continued the work after his original idea.

MONTSERRAT: Montserrat is a multi-peaked mountain located near the city of Barcelona. It is well known as the site of the Benedictine abbey, Santa Maria de Montserrat, which hosts the Virgin of Montserrat sanctuary and which is identified by some with the location of the Holy Grail in Arthurian myth. The mountain is composed of strikingly pink conglomerate, a form of sedimentary rock. Montserrat is Spain's first National Park.

CASTELL DE MONTJUIC: Barcelona's Montjuïc is a broad shallow hill to the southwest of the city center. The eastern side of the hill is almost a sheer cliff, giving it a commanding view over the city's harbor immediately below. The top of the hill (a height of 184,8 m) was the site of several fortifications, the latest of which the Castle of Montjuïc remains today. The fortress largely dates from the 17th century, with 18th-century additions. It served as a prison, often holding political prisoners, until the time of General Franco. The castle was also the site of numerous executions. On different occasions during the Spanish Civil War, both Nationalists and Republicans were executed there, each at the time when the site was held by their opponents. The Catalan nationalist leader Lluís Companys i Jover was also executed there in 1940, having been extradited to the Franco government by the Nazis.

LA RAMBLA & BOQUERIA MARKET: This busy street is just for pedestrians and is lined with outdoor markets, shops, restaurants and cafes. La Boqueria is a large public market in the Ciutat Vella district of Barcelona, and one of the city's foremost tourist landmarks, with an entrance from La Rambla, not far from the Liceu, Barcelona's opera house. The market has a very diverse selection of goods.

International Basketball Tour 2024 Itinerary St. Catherine University Women's Basketball Argentina – Buenos Aires

Travel dates:

June or July of 2024. Exact dates TBD.

Itinerary:

- Day 1 Departure from Minneapolis.
- Day 2 Arrival Buenos Aires Airport. Transfer to your accommodations. After check-in we'll offer the group a walking tour to explore the area around your hotel as well as an optional light practice session.
- Day 3 Guided bus tour of Buenos Aires. Located in a relatively compact area near the old colonial heart of the city, the Plaza de Mayo that was established in 1580, the main sites include the Pink, Colon Theater, Government Palace and the world's widest avenue – la 9 de Julio – with its Obelisco monument. Evening game vs. a local team.
- Day 4 Day trip to La Boca. The city's historical Little Italy where El Caminito, a historical pedestrian zone is located. Late afternoon optional visit to the Boca Juniors Football Stadium as well as the museum, popularly known as La Bombonera (the Chocolate Box). From outside, the stadium seems to be part of the scale model exhibited in the museum depicting this famous neighborhood.
For the evening we recommend attending a Tango Show (extra cost for this Tango show is approx. \$100.00 per person and it includes dinner, wine, tango class and the show); the dance originated in lower-class districts of Buenos Aires and the music was derived from the fusion of various forms of music from Europe. The first association of Tango with the music and dance is recorded circa 1890's.
- Day 5 Walking tour to Calle Florida and La Galleria Pacifico: shopping at Calle Florida with live performing artists in the streets; after, time for shopping at Galerías Pacifico artistic Mall. Shopping areas in Buenos Aires are the best places for people watching and traditional crafts and food. Afternoon community service project. Evening game vs. a local team.
- Day 6 Take a walking tour through the Puerto Madero District. From its refurbished red brick buildings and port cranes to its modern skyscrapers and luxurious apartment buildings, Puerto Madero is the perfect combination of old and new. The Río de la Plata river provides a quiet, relaxing atmosphere that contrasts with the hustle and bustle of heavy traffic just blocks away.
- Day 7 Walking tour to the beautiful Recoleta Neighborhood, known for its squares, parks, cafés and galleries. You may also visit the astonishing Recoleta cemetery where the famous Eva Duarte de Peron, most known as "Evita" is buried. Eva was deemed "Spiritual Leader of the Nation" and was a major contributor to women's and low-income rights in Argentina. She was a former actress and married Juan Peron who became president, which is where much of her influence began.

Another option for this day is to spend a day in Buenos Aires to explore the city, do your shopping, etc. This option is included in the tour costs. A very nice option is a walking tour to the San Telmo Neighborhood. This is a cool, colonial district with a beautiful antique fair market. You may see performing street artist dancing tango, music bands, etc. During weekend is very lively and pretty crowded. There are some footages on the video from this neighborhood.

Evening game vs. a local team.

Day 8 Morning available to do your final shopping. Afternoon transfer to Buenos Aires Airport and return flight.

Day 9 Return back home.

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Mid Mo



Plaza de Mayo



Ithaca College



Buenos Aires Bridge

Price per person*:

Number of people traveling	20-24	25-29	30-34	35-39	40-44	45-49
Participant prices	\$3,070	\$3,003	\$2,921	\$2,854	\$2,800	\$2,773

* Prices are based on contracted airline fares for 2023. We will know more about fares for 2024 approx. 11 months prior to departure date, when airlines publish flights, and can confirm pricing then.

Price inclusions:

- Round trip airfare, including airport taxes and fuel surcharges. Prices are always subject to availability of flights and fares at time of booking.
- Accommodations and meals as specified in this proposal – see below.
- Ground transportation – see below.
- Costs for arranging the sport program – see below.
- Services of a local tour assistant – see below.
- Community service project - a basketball clinic with underprivileged children and/or work at a soup kitchen.

Sport program included:

We will arrange 3 games. After the games meals/snacks with opposition will be provided.

Accommodation and meals included:

Four-star hotel accommodation - daily breakfast and dinner is included. The hotel is centrally located in Buenos Aires, an 8-minute walk from the grand Teatro Colón. The hotel offers rooms for 3 people with private bathroom, free Wi-Fi, cable TV and minibar. The hotel offers its own restaurant as well as business center and gym. Rooms for 2 people are available as well at a supplement of \$ 5.00 per person per night.

Ground transportation included:

We have included all mentioned transportation in the itinerary as well as airport transfers. Many of the tours we offer are walking tours.

Local guide services included:

A local tour assistant will be assigned to be exclusively with your group full time each day during your stay in each destination to provide you with any assistance when necessary, and help plan or amend your daily schedule as needed.

Options available (not included in prices)

Sport program and excursion options:

- A visit to a pro basketball or soccer game. Admission fee not included. Please calculate between US\$65.00 and US\$110.00 per person depending on the game. Some so called premium games might be more expensive.
- Practice session with your own coaches - US\$45.00 per person including transportation to and from the fields.
- Tango Show - US\$120.00 per person including dinner, wine, tango class and the show.
- Gauchos Tour - US\$70.00 per person including food and transportation.

Travel insurance option:

Your participants have the option to purchase accident, illness and trip cancellation/interruption insurance, including a Cancel for Any Reason Coverage (CFAR) – more information about this insurance is included on your team website page.

Not included in prices:

- Beverages (soda) with meals.
- Gratuities for representatives and bus drivers.
- Admission fees to attractions.
- Single rooms in hotels. Single rooms are available at a supplement of \$40.00 per person per night on top of the double room supplements outlined in the accommodation description.

Touristic information Buenos Aires

Buenos Aires is the capital and most populous city of Argentina. The city is located on the western shore of the estuary of the Río de la Plata, on the South American continent's southeastern coast. Buenos Aires is a top tourist destination, and is known for its preserved Spanish/European-style architecture and rich cultural life – it is known as the “Paris of South America”. Buenos Aires held the 1st Pan American Games in 1951 as well as hosting two venues in the 1978 FIFA World Cup. Buenos Aires will host the 2018 Summer Youth Olympics and the 2018 G20 summit. The tango is the national dance of Argentina which originated in the 1880s along the River Plate, the natural border between Argentina and Uruguay, and soon spread to the rest of the world.

Puerto Madero: When visitors want to take an evening stroll, many head to Puerto Madero, where dazzling city lights illuminate the port that once served as a major destination for European trade. During the day, this area rests as a quiet business hub, but by night, this little neighborhood bursts with energy. Trendy porteños flock to the neighborhood steak and seafood restaurants and tango at festive dance clubs. Standout spots include Rojo Tango and Asia de Cuba, which are both for their sultry dancing and festive décor.

La Boca: This fashionable neighborhood located in southern Buenos Aires brims with trendy boutiques and art galleries. Once a gritty shipyard bustling with European immigrants, this now vibrant port houses local artists, soccer fans, and middle-class workers alike. Its name—which translates to “The Mouth”—is derived from its distinct location near the Río de la Plata (the estuary formed by the meeting of the Uruguay and Paraná rivers). Make your way to Vuelta de Rocha's triangular plaza and you'll come upon the start of colorful Caminito, a popular pedestrian sidewalk flanked by bright murals and shimmering metal houses. Here, you'll also find the taxicab-yellow stadium of Argentina's most popular soccer team, Boca Juniors, along with lively cafés, bars, and casual tango institutions.

Recoleta Cemetery: This beloved cemetery—located in the ritzy Recoleta neighborhood—is the resting place of many notable political figures and elites in Argentine history. You'll probably recall Madonna belting out Tim Rice's lyrics “Don't Cry for me Argentina” in her rendition as Eva “Evita” Perón in the 1978 musical, *Evita*. But what you may not remember is Eva Perón's role as the outspoken and influential first Lady of Argentina in 1946, nor her untimely death at age 33 from cancer. As you stroll through the cemetery, you'll not only catch a glimpse of Ms. Perón's ornate resting place, but also discover a wide array of art nouveau, art deco, and modernist mausoleums. Another highlight is the towering Círculo Militar, a black structure imported from Paris that features stunning white marble angels. One TripAdvisor user comments, “It is a necropolis full of architectural art. A visit to the city wouldn't be complete without this.”