

1-16 Feb.

2025

yatra
pilgrimage

discover the spirit of India



1 - 16 Feb. 2025
€2.490

3rd edition
**YATRA
INDIA 2025**



Claudina Saldanha
Victor Sakshin
Tara Indra

Auroville | Tiruvannamalai | Coimbatore | Ayurveda

 @REBOOT_AYURVEDA_CENTER @VICTORSAKSHIN @TARABELLEINDRA

3rd edition YATRA INDIA 2025

with Claudina Saldanha, Victor Sakshin and Tara Indra



Three places of pilgrimage, three profound lines of spiritual teachings and a place where we will honor the three aspects of healing - of the body, mind and spirit.

Our Yatra begins with pre-trip online sessions, where we will cover mantra yoga, Indian mythology and an introduction to Ayurveda.

Our first destination is Auroville, the City of Dawn, followed by Tiruvannamalai, considered the spiritual heart of the world.

We then head to Coimbatore, where Isha Yoga Center's energy, structure and unique location make it an incredibly powerful space for self-transformation.

We will end our journey with an intimate encounter with Ayurveda in Kerala.

During this 16-day trip led by Claudina Saldanha, Victor Sakshin and Tara Indra, we will visit temples and other sacred places, participate in rituals, practice yoga, we will have the opportunity to experience Ayurveda - taking advantage of its ancient wisdom, food and treatments.



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Itinerary:

Day 1: Chennai -> Auroville

- Transfer from Chennai International Airport to Auroville (145 km)
- Check-in at Abundance Guest House (available from 3pm)
- Dinner at Guest House

Day 2 and 3: Auroville

- Breakfast at the Guest House
- Visits and activities scheduled by Hosts
- Dinner at the Guest House

Day 4: Auroville -> Tiruvannamalai

- Breakfast at the Guest House
- Check-out
- Transfer to an Eco Farm (46 km)
- Lunch and visit to a family Eco Farm
- Transfer to Tiruvannamalai (74 km)
- Check-in at Sparsa Resort
- Dinner at the Hotel

Day 5: Tiruvannamalai

- Breakfast at the Hotel
- Visits and activities scheduled by Hosts
- Dinner at the Hotel



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Itinerary (cont.):

Day 6: Tiruvannamalai -> Coimbatore

- Breakfast at the Hotel
- Check-out
- Transfer to Isha Yoga Center (364 km)
- Check-in at Isha Yoga Center (available from 3pm)
- Dinner at Isha Yoga Center

Day 7 and 8: Coimbatore

- Breakfast at Isha Yoga Center
- Visits and activities scheduled by Hosts
- Lunch at Isha Yoga Center
- Visits and activities scheduled by Hosts
- Dinner at Isha Yoga Center

Day 9: Coimbatore -> Ayurveda Center

- Breakfast at Isha Yoga Center
- Group Transfer to Nilayoram Ayurveda Resort (125 km)
- Check in
- Lunch at the Ayurveda Center
- Start of the program at the Ayurveda Center
- Dinner at the Ayurveda Center

Day 10 to 15: Ayurveda Center

- Yoga session
- Breakfast at the Ayurveda Center
- Treatment Program / Free time
- Lunch at the Ayurveda Center
- Treatment Program / Free time / Activities with the hosts
- Dinner at the Ayurveda Center

Day 16: Ayurveda Center -> Cochin

- Breakfast (if pick-up time allows)
- Check-out (until 11am)
- Transfer to Cochin International Airport (95 km)
- END OF THE PROGRAM



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Included:

- Insurance: Travel Assistance + Cancellation - IATI Backpacker Plan (+70 y.o. Standard Plan)
- Auroville: 3 nights at Abundance Guest House or similar on a MAP basis (accommodation, breakfast and dinner)
- Tiruvannamalai: 2 nights at Sparsa Hotel on a MAP basis (accommodation, breakfast and dinner)
- Coimbatore: 3 nights at Isha Yoga Center on a FB basis (accommodation, breakfast, lunch and dinner) or - in case of unavailability at the Isha Yoga Center -, in a nearby Guest House on a BB basis (bed and breakfast)
- Ayurveda Center: 7 nights at the Nilayoram Ayurveda Resort or similar on a FB basis (accommodation, breakfast, lunch and dinner) + Initial medical consultation and subsequent follow-up + 2 daily Ayurveda treatments + Internal treatments prescribed for use during the stay + Yoga classes
- Eco Farm: Lunch and visit
- All transfers indicated in the program
- Transportation available for visits organized and scheduled by the Hosts on the days indicated in the itinerary

Notes: All meals included in the program are exclusively vegetarian and only in the locations indicated in the program. The rooms in the different accommodations have different categories (standard and superior) and different types (double / twin and triple). Most rooms are Double (with 1 queen size / king size bed), some rooms are Twin (with 2 single beds) and other rooms are Triple (with 1 double bed + 1 extra bed). Travelers will be randomly allocated rooms of different categories and types, without this being reflected in the price of the program. Those who register alone will be allocated with another person(s) of the same sex. Single room subject to confirmation of value and availability (extra cost).

Not included:

- Flights
- e-Visa / Visa
- Drinks
- Meals not indicated in the program (4 free lunches - indicative cost per meal €5 to €10)
- Entrance fees to monuments, temples, pujas, etc.
- Tips (20€/per person for drivers + other optional tips)
- Personal expenses, laundry, donations
- Anything not mentioned as included

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Hosts:



Claudina Saldanha é is an Ayurveda therapist, founder of Reboot Clínica in Lisbon, did interships in India in different areas of health. Enthusiastic about this ancient and holistic medical science, he discovered Ayurveda as a result of a trip to India and since then this medicine has become part of his life. Its purpose is to spread Ayurveda to help alleviate human suffering.



Victor Sakshin is a meditative singer, as well as a dedicated Yogi and practitioner of Vedic astrology. In addition to spending more than 15 years studying yoga and Indian wisdom, Victor lived for 6 years immersed in a Gurukula residential school in India, dedicated to the practice of Dhrupad - the oldest and most meditative form of Indian classical music. Given his deep and authentic experience, during this pilgrimage Víctor will offer transformative daily Yoga sessions through chanting, meditation techniques, philosophy and mythological stories that will surround you with the same love for India and its culture that surrounded Víctor. Additionally, it will be available to perform Vedic astrological chart readings for anyone interested (extra cost - upon request).



Tara Indra is a passionate Kundalini Yoga teacher and therapist who works with powerful tools such as myofascial release therapy and evolutionary tarot readings. Being close to Tara feels like a healing ritual, due to her light and joyful presence and her sensitivity and intuition, a true opportunity to open up to transformation and reflection through joy and love. During this trip Tara will give daily Yoga classes and insights. In addition, he will be available for myofascial therapy sessions (extra cost – upon request).



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Aurobindo, the Mother and Auroville



Shri Aurobindo and The Mother are central figures in the spiritual movement known as Integral Yoga. Aurobindo Ghose, Indian philosopher, poet and freedom fighter, laid the foundation for this transformative philosophy, emphasizing the evolution of consciousness.

Mirra Alfassa, known as The Mother, collaborated closely with Aurobindo and played a significant role in

the development of Integral Yoga. She had a deep connection to the spiritual teachings of flowers, receiving hundreds of insights into their ability to convey profound truths and harmonize the soul with the rhythms of nature.

Auroville, located in southeastern India, is a utopian city founded on the teachings of its two founders, aspiring to human unity and spiritual growth through community life and sustainable practices. Imagined as a universal city where people from all over the world could live in harmony and develop spiritually beyond the scope of any particular religion, Auroville was founded in 1968.

Structurally, it comprises residential areas, cultural and educational buildings, sustainable farms and green spaces. In the heart of Auroville is the Matrimandir, a symbol of the city's spiritual aspirations.

The Matrimandir, which means "Temple of the Mother", is an architectural marvel conceived and imagined by The Mother. It is a large golden sphere surrounded by twelve petals, each representing a quality to be developed in the individual for the realization of unity and human fulfillment .

Inside, there is a silent meditation chamber, with a crystal globe at its core, symbolizing the soul's aspiration for enlightenment and synthesis with the Divine. The Matrimandir serves as the center and soul of Auroville, a place of quiet concentration and inner reflection in the midst of all the community activity.

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Ramana Maharshi and Arunachala



Ramana Maharshi, a revered 20th century sage, epitomized the path of self-inquiry and inner realization. The central point of his life and teachings was to declare the importance of the sacred mountain of Arunachala, located in Tiruvannamalai. There he spent most of his life in a cave, where he lived and meditated.

Arunachala symbolizes pure awareness of the Self and

Ramana Maharshi often spoke of Arunachala as a manifestation of divine grace and a potent symbol of the inner journey to self-discovery. Through his deep connection with Arunachala, Ramana Maharshi exemplified the path of surrender and the dissolution of the ego in the vastness of pure consciousness.

The question "Who am I?" It is the basis of Ramana Maharshi's teachings for self-inquiry and is deeply connected with the supreme reality, Shiva, who represents pure consciousness, the essence. Shiva is said to reside eternally on the sacred mountain Arunachala, as the soul of the mountain.

Ramana emphasized the importance of turning inward to discover the essence of one's being. Through the practice of self-inquiry, practitioners are encouraged to question the nature of the Self, layer by layer, progressively letting go of all identifications with the ephemeral and thus uncovering and realizing the true unbound essence of the Self.



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Sadhguru and Isha Yoga Foundation



Sadhguru is a contemporary spiritual sage and founder of the Isha Yoga Foundation. It is deeply inspired by the ancient tradition of yoga, with Adi Yogi (Shiva, the "first yogi") as the soul of its teachings.

The Isha Yoga Center in Coimbatore, is a testimony to this ethos.

In the heart of the Isha Center stands the majestic statue of Adiyogi Shiva, consecrated by Sadhguru himself.

This iconic, imposing and vibrant sculpture is the largest of its kind in the world, and serves as a powerful focal point for practitioners, symbolizing the primordial source of yoga and the timeless wisdom of Adi Yogi.

Sadhguru's teachings revolve around the importance of inner transformation, holistic well-being and realizing one's full potential. It emphasizes the importance of self-awareness, urging individuals to explore the nature of their existence and live consciously.

Central to his philosophy is the idea that true fulfillment comes from aligning with the natural order of life and cultivating a harmonious relationship with oneself, others, and the planet.

Around the statue of Adiyogi, the vibrant life of Ashram Isha unfolds, offering visitors a sanctuary for spiritual growth, conscious living and inner exploration.

Within the ashram premises there are two very special temples: one featuring the iconic Dhyanalinga, a powerful form of energy designed by Sadhguru to catalyze inner transformation, and another dedicated to Linga Bhairavi, a form of divine feminine energy also consecrated by Sadhguru to showcase the presence of the divine mother as a truly direct and tangible living force.

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Nilayoram Ayurveda Retreat

It is on the banks of the Nila River that the Nilayoram Ayurveda center is located. An oasis of serenity and tranquility, where the natural flora and fauna of the banks of the River Nila blend into a verdant landscape creating a unique place for Ayurvedic healing of the body, mind and spirit.

Here we will benefit from Ayurvedic medicine treatments and therapies, adapted to each individual condition.



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Registration:

- Send by email to diana@macroviagens.pt:
 - Passport Scanning
 - Full address
 - Mobile Phone Number
 - Email address
 - Country of departure
 - Emergency contact (name + relationship + Mobile number)
 - Bank proof of payment
- Bank details:
 - IBAN: PT50 0007 0000 0037 0807 0422 3
 - BIC/SWIFT: BESCPTPL
 - Account owner: Macro Bio, Unipessoal LDA
 - Bank: Novo Banco S.A. – Av. Da Liberdade, 195 – 1250-142 Lisboa Portugal
- Payment:
 - € 590 at the registration
 - € 950 until 8th August 2024
 - € 950 until 8th October 2024

Note: If the registration takes place 90 days or less before, the full amount must be paid.



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FAQs:

1 - Flights

Flights are not included. You should make the flight reservation when the trip is confirmed, reaching the minimum number of participants (14). At that time you will be notified by email. You must arrive in Chennai on 1st Feb 2025 (check-in starting from 3pm) and depart from Cochin on 16th Feb 2025 (check-out until 11am).

2 - Passport

A valid passport is required to enter India (+6 months and at least 2 blank pages).

3 - Visa

A visa is mandatory to enter India and obtaining it is the responsibility of each traveler. You can opt for the 30-day Tourism e-Visa (25 USD), an online process.

4 - Tropical Medicine

You can schedule a Tropical Medicine appointment with 4 to 8 weeks in advance (not mandatory).

5 - Accommodation

The accommodations may be those selected by the Hosts and which are mentioned in this program or equivalent. The rooms will not all be of the same category (some will be standard and other superior) and the typology will be Doubles (Twin whenever possible) and Triples. Travelers will be allocated by the Hosts into different types of categories and typology. The accommodations are mostly simple: Guest Houses with limited comfort. Cleaning conditions are not the same as in Europe. Bed linen and towels are not changed daily, nor are rooms cleaned daily.

6 - Meals

The meals included are indicated and are only in the locations indicated in the program and are exclusively vegetarian. The food may be spicy. The menus are previously chosen by the organization, an à la carte option is not available, nor are drinks included (extra cost).

7 - Schedule, itinerary and activities

This trip is organized by Claudina Saldanha, Victor Sakshin and Tara Indra with the logistical support of the Travel Agency Macro Viagens. All activities will be organized by the Hosts and may include Yoga classes, meditation, visits to temples, Ashrams, etc. Group transportation to activities is included. Any necessary entrance fees/tickets are not included.

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Terms and conditions:

Organization: The organization of this trip was carried out by Claudina Saldanha, Victor Sakshin and Tara Indra, hereinafter referred to as HOSTS in partnership with Macro Bio LDA, a travel agency, hereinafter referred to as MACRO VIAGENS, based in Monte do Almo, PO Box 61 – 7100-580 Santo Estêvão (ETZ), registered with the VAT n. PT514507578, with a capital of €12,000 and registration in the National Register of Travel and Tourism Agencies (RNAVT) from Turismo de Portugal with the number 7304.

Registration: Upon registration, the Traveler must pay MACRO VIAGENS the registration fee (€590) as a non-refundable deposit (except in the case of cancellation by the agency), paying the remaining amount depending on the agreed conditions. Payments must always be made by the following means: bank transfer or bank deposit to the bank account indicated in this brochure. If registration takes place 90 days or less from the start date of the trip, the full amount must be paid at the time of registration. MACRO VIAGENS reserves the right to cancel any registration which payment has not been made under the conditions presented, with no refund.

Documentation: The Traveler must have his personal documentation in good order (Passport, Visa and any other documents that may be required). HOSTS and MACRO VIAGENS decline any responsibility for refusing to grant Visas, not allowing boarding, not allowing the Traveler to enter a foreign country or expulsion from the country, and the Traveler is also responsible for any and all costs incurred. such a situation will entail.

Meeting place: The starting point is at Chennai International Airport (India) on 1/Feb/2024 at the time indicated by the Traveler for the transfer to Auroville. It is the Traveler's sole responsibility to be at the indicated meeting point at the agreed time. Check-in can be done from 3pm onwards. HOSTS will meet Travelers at the accommodation in Auroville.

Meals: The food included is specified in the Program and is exclusively vegetarian. Menus will be previously selected by MACRO VIAGENS and its suppliers. Meals included are only at the locations indicated in the Program. Drinks are not included.

Accommodation: The categories of accommodation planned, as well as the type and typology of the rooms, are indicated in the Program. As a rule, without being binding, rooms can be used from 3pm on the day of check-in and must be left free until 11am on the day of check-out.

Information: MACRO VIAGENS reserves the possibility of modifying the information contained in the Program, whenever there are unrelated reasons that justify it, without this being considered misleading advertising.



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Responsibilities: The preparation of the itinerary, choice of accommodation (except in Tiruvannamalai), definition of Program activities, group monitoring and management, communication and client acquisition are the responsibility of HOSTS. Reservation of accommodation under the regime indicated in the Program, choice of accommodation in Tiruvannamalai, transfers to carry out the program, transport to activities with the Hosts, issuance of insurance, payment to suppliers and customer invoicing are the responsibility of MACRO VIAGENS.

Changes: Whenever there are reasons that justify it, MACRO VIAGENS may change the order of the routes, replace any of the accommodations provided with others of a similar or higher category. Except for reasons of force majeure, the agency undertakes to provide its Travelers with all contracted services with the conditions and characteristics stipulated in the Program. Causes of force majeure are circumstances beyond the control of the agency, abnormal and unpredictable, the consequences of which could not be avoided despite having carried out due diligence. For the same reasons, circumstances or causes of force majeure, service providers may, in general, modify, alter or cancel, in whole or in part, the scheduled or contracted service, before or during its performance. In the event of a strike or due to force majeure, before or during the trip, the agency will do everything within its power for the benefit of Travelers who are affected by such a situation, although all costs resulting from such circumstances are at the expense of Travelers. If any of the HOSTS cannot accompany the Program, the program will continue and this cannot be a reason for cancellation by the Travelers - in case of withdrawal, the rules of the "Withdrawals" section. If the 3 HOSTS cannot accompany the trip, they will find a replacement Host with the same characteristics and who can provide the same activities to Travelers.

Minimum number of Travelers: If the minimum number of participants (14) is not reached by the HOSTS, MACRO VIAGENS has the right to cancel the trip, notifying the Traveler up to 60 days in advance of the departure date, in which case there will be no civil liability of the agency for termination. If the minimum number required to carry out the trip is exceeded, registered Travelers do not have the right to demand a review of the final value, assuming compliance with these conditions when completing their registration.

Assignment of Registration: The Traveler may transfer their registration, being replaced by another person who meets all the conditions required for the trip, as long as they inform MACRO VIAGENS in writing, at least 7 days in advance of the departure date and that the different service providers included in the trip accept the substitution. The assignment of the registration makes the assignor and the assignee jointly responsible for paying the price and additional charges arising from the assignment.

Withdrawals by the Traveler: At any time, the Traveler may withdraw from the trip, by means of written communication via email to diana@macroviagens.pt. If the Traveler cancels the trip up to 60 days before the start date of the travel program, the registration fee, which was

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delivered by the Traveler to MACRO VIAGENS under the condition of a non-refundable deposit, will be converted into a voucher valid for 24 months to be used on a future trip organized by MACRO VIAGENS with available places and for which the participant meets the participation requirements. If the cancellation occurs 60 days or less before the program start date, the Traveler will lose the total value of the program. In any case, the Traveler will always lose the value of additional services that have been requested and also amounts that have non-recoverable charges (such as Travel Assistance Insurance, Domestic Flights, Reservations not refundable by suppliers, etc.). From the recoverable amounts, management expenses that MACRO VIAGENS may have incurred to obtain the reservations may be subtracted, as well as an amount that may reach up to 15% of the total price of the services in question. The Traveler also has the right to terminate the travel contract before the start of the trip, without paying any termination fee, but without the right to compensation, if unavoidable and exceptional circumstances occur at the destination or in its immediate vicinity that considerably affect the carrying out of the same or transporting passengers to their destination.

Impossibility of compliance by the agency: If before the start of the travel program, due to facts attributable or not attributable to MACRO VIAGENS, it becomes impossible to comply with or has to cancel the Program, the client will have the right to transfer their registration for any other trip that has available seats and meets the participation requirements, you can opt for a voucher or you can cancel the trip, receiving a refund of all amounts paid within 14 days.

Price: The price mentioned in the Program refers to the final amount to be paid by the Traveler, with no further amount to be paid to MACRO VIAGENS. There is an indication of what is included in the program price. The VAT taxed refers to the special profit margin regime for Travel Agencies. The price contained in this Program is based on the costs of services and exchange rates in force at the date of publication of the Program, and is therefore subject to changes resulting from variations in the cost of transport or fuel, duties, taxes, fees and exchange rate fluctuations. . Whenever there is a change to the price of the trip, the Traveler will be informed immediately. If the aforementioned price increase exceeds 8% of the total price of the organized trip, paragraphs 2 to 6 of article 24 of Decree-Law no. 17/2018 apply.

Refunds: Once the trip has started, no refunds are due for services not used by the Traveler.

Acceptance of Conditions: Registration in this Program presupposes full and conscious acceptance of the Terms and Conditions (contained in this document), a mutual commitment between the HOSTS, the Traveler and MACRO VIAGENS.

Civil Liability: MACRO VIAGENS' liability is guaranteed by Civil Liability Insurance, Policy No. 0004550929 from Tranquilidade.



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Standard information sheet for organized travel contracts:

The combination of travel services proposed to you is an organized tour in the meaning of [\(EU\) Directive 2015/2302](#).

It will therefore benefit from all EU rights applicable to package travel. The Macro Bio Unipersonal LDA, hereinafter referred to as MACRO VIAGENS, with its registered office at Monte do Almo, Caixa Postal 61 – 7100-580 Santo Estêvão (ETZ), registered at the Commercial Registration office R.N.P.C. (Registo Nacional de Pessoas Coletivas) with the unique registration number PT514507578 and Registo Nacional de Agências de Viagem e Turismo (RNAVT) No. 7304 in Tourism of Portugal, is fully responsible for the correct implementation of the overall tour.

In addition, as required by law, MACRO VIAGENS has a protection to refund payments it has made and, if transport is included in the package, ensure its repatriation if it is declared insolvent.

More information on key rights under [\(EU\) Directive 2015/2302](#). By clicking on the link, the traveler will receive the following information:

Essential rights provided in [\(EU\) Directive 2015/2302](#)

- Travelers will receive all essential information about the package before entering into their contract.
- There is always at least one operator responsible for the correct execution of all travel services included in the contract.
- Travelers have an emergency telephone number or contact details of a contact point in order to communicate with the organizer or travel agency.
- Travelers may transfer the package to another person, given that it is informed within a reasonable time in advance and, the traveler may, eventually, incur in additional charges
- The price of the package may be increased only in the event of an increase in specific costs (e.g. the price of fuel) if this possibility is expressly provided for in the contract and, in any case, up to 20 days before the start of the package. If the price increase exceeds 8 % of the price of the package, the traveller may terminate the contract. If the organiser reserves the right to increase the price, the traveler is entitled to a reduction in the price in case of reduction of the relevant costs.
- Travelers may terminate the contract without paying a termination fee and obtain full refund of payments made in the event of a significant change in any of the essential elements of the package, with the exception of the price. If, before the start of the package, the operator responsible cancels it, travelers shall be entitled to reimbursement and, where appropriate, compensation.
- Travelers may terminate the contract without paying a termination fee before the start of the package, in exceptional circumstances, for example in case of serious security problems at the destination that may affect the package.



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- In addition, travelers may terminate the contract at any time prior to the commencing of the package by paying an appropriate and justifiable termination fee.
- If, after the start of the package, it is not possible to provide significant elements of the package as agreed, appropriate alternatives to the traveller will have to be proposed at no additional cost. The traveller may terminate the contract without paying a termination fee if the services are not performed under the contract, this lack of conformity considerably affects the performance of the package and the organiser does not eliminate this fault.
- Travelers are also entitled to a reduction in the price and/or compensation for damages in the event of non-compliance or poor performance of travel services.
- The organizer and retailer must provide assistance if a traveler is in difficulty.
- If the organizer or retailer is declared insolvent, payments will be refunded.
- If the organizer or retailer is declared insolvent after the start of the package and if transport is included in the package, the travellers are guaranteed to be repatriated.

MACRO VIAGENS has signed up for protection, in case of insolvency, with the TRAVEL AND TOURISM GUARANTEE FUND (FGVT - FUNDO DE GARANTIA DE VIAGENS E TURISMO). If the provision of services due to the insolvency of MACRO VIAGENS is refused, travelers may contact this entity and must use Turismo de Portugal I.P, the entity responsible for its activation: Turismo de Portugal, I.P. / Rua Ivone Silva, Lote 6, 1050-124 Lisboa / Tel. +351 211 140 200 | Fax. +351 211 140 830 / info@turismodeportugal.pt

The Directive (EU) 2015/2302, as transposed into national law, is available for consultation by clicking [here](#).



CONTACTS

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