

# **ATLANTIC TRAVEL & TOURS**

## **SOUTHERN EUROPE AND ATLANTIC ISLANDS ACCESSIBLE TRAVEL**

**TRAVEL FREELY AND WITHOUT BARRIERS:  
ACCESSIBLE EXPERIENCES IN SPAIN, PORTUGAL, ITALY,  
MALTA, GREECE, THE CANARY ISLANDS, THE AZORES  
AND MADEIRA**



## FROM THE CEO - FOUNDER

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Dear travelers,

Imagine a journey where **every detail** is designed to make you feel **free to experience, discover, and be inspired — without barriers or compromises**. Every place has a story to tell, every landscape an emotion to share, and every experience is welcoming, accessible, and thoughtfully created for you.

Picture yourselves strolling through historic cities and vibrant neighborhoods, visiting museums and cultural spaces that surround you with beauty, or enjoying moments of tranquility immersed in nature, among lakes, rolling hills, and beaches where movement is easy and carefree. Feel the warmth of the sun on your face, the fresh air along a scenic pathway, and the rhythm of your footsteps blending with the spirit of the places you explore.

This brochure is an invitation to imagine every experience as something to be fully lived: from iconic attractions to more intimate corners, from breathtaking panoramas to the unique atmosphere of cities and villages. As you turn these pages, **let yourselves be inspired by a world that combines emotion, safety, and comfort — a world where the freedom to explore knows no limits**.

Open these pages, **let yourselves be carried away**, and begin planning a journey that is truly your own — an unforgettable experience to enjoy without barriers.



*Steve Tabacchi*

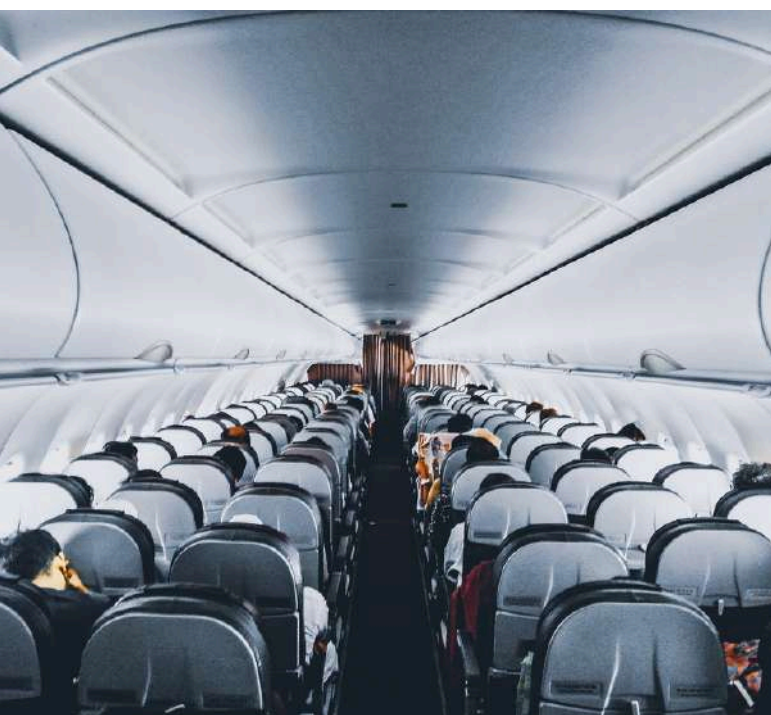
DR. STEVE TABACCHI  
CEO - FOUNDER  
ATLANTIC TRAVEL & TOURS



**WHY TRAVEL  
WITH US**

**DISCOVER WHY OUR  
TOUR OPERATOR IS  
UNIQUE AND  
UNRIVALED!**

# BESPOKE TRAVEL FOR EVERYONE



SCOPRITE PERCHÉ IL  
NOSTRO TOUR OPERATOR È  
UNICO E INIMITABILE!

## OUR TRAVEL ITINERARIES

We exclusively curate itineraries for innovative and original travel experiences that diverge from the conventional paths of mass tourism. Our aim is for each customer to be the protagonist of their own journey.

## OUR TRAVEL CLASSES

We arrange travel for the following categories:

- **FIRST**
- **PREMIUM**
- **ECONOMY**

# WE ORGANIZE ITINERARIES USING THE FOLLOWING TRANSPORTS



## CAR

- ✓ RENTAL



## VAN

- ✓ RENTAL
- ✓ SCHEDULED TOURS WITH DRIVER



## COACH

- ✓ RENTAL WITH DRIVER
- ✓ SCHEDULED TOURS WITH DRIVER



## MOTORHOME

- ✓ RENTAL



## MOTORCYCLE

- ✓ CHARTER SERVICES
- ✓ TAILOR MADE TRAVEL ITINERARIES

# PRIORITY CHECK-IN AND CHECKED BAGGAGE

Bid farewell to lengthy check-in queues! With our priority check-in service, you can swiftly obtain your boarding pass and check in your baggage. We are consistently prepared to provide this option, contingent upon airline availability, to enhance your travel experience, whether you are flying in premium or economy class. **Do not squander time; opt for comfort!**



# NO QUEUES AT THE AIRPORT WITH THE FAST TRACK SERVICE



We understand the frustration of enduring lengthy waits at airport security. Therefore, we consistently incorporate fast track access into our travel packages, allowing you to bypass the queue and enjoy a stress-free experience.

The service is contingent upon the availability at each airport, thus we cannot assure its constant accessibility. Nevertheless, we are pleased to announce that it has been implemented in the majority of the airports we utilize. **Seize this opportunity!**





# COMFORT IN AIRPORT LOUNGES

Once reserved solely for business and first-class passengers, airport lounges are now available to travelers in other classes as well. We provide the highest level of comfort and luxury to ensure your airport experience is memorable. In our travel packages, we consistently strive to include access to these exclusive areas at both departure and arrival points (subject to airport and airline availability). Relax, indulge in culinary delights, savor fine beverages, and enjoy refreshing showers, all within elegant and tranquil settings. **Seize this exceptional opportunity!**









# OTHERS SERVICES

OUR EXCEPTIONAL PARTNERSHIPS WITH DIVERSE SUPPLIERS ENABLE US TO PROVIDE OUR CUSTOMERS WITH THE FINEST OF THE FOLLOWING SERVICES

**ADVANCED LUGGAGE SHIPPING**  
**TOURIST VISAS**  
**CURRENCY EXCHANGE**  
**INSURANCE POLICIES**



	AUD	7.01
	NZD	5.05
	JPY	0.0913
	GBP	11.23
	EUR	9.71
	SGD	5.35
	CHF	7.01



# ALWAYS TRAVEL WITH A PREMIUM DISCOUNT!



**-20%**

- **ACTIVE YEAR-ROUND**
- **FOR ALL CATEGORIES OF TRAVELERS**
- **NO MINIMUM SPENDING THRESHOLD REQUIRED**



# TRAVEL PHOTOGRAPHER

FOR AN UNFORGETTABLE TOUR  
**FOREVER**



Certain journeys hold a unique significance: a honeymoon, a wedding anniversary marked by the renewal of vows, or cherished moments spent with close friends or family. Such beautiful occasions will be immortalized through professional photography and videography. Should you wish to incorporate this option into your upcoming trip, we are pleased to provide assistance with photographers who can transform your experience into a lasting memory.



## **ONE FREE INDIVIDUAL FOR EVERY 15 PAYING CUSTOMERS**

Take advantage of our **perpetually active** promotion. If you can gather a **minimum of 15 individuals**, one person will receive a **complimentary** trip. Consider anyone who might be interested among family, friends, colleagues, or others. Additionally, if you require a tour leader or tour guide to assist you and your group throughout the entire tour, we can provide this service as well



## **OUR COMMITMENT TO ENVIRONMENTAL PROTECTION AND CANCER RESEARCH**



THROUGH OUR TRIPS, WE AIM TO PROVIDE OUR CUSTOMERS WITH THE OPPORTUNITY TO **SUPPORT** NON-PROFIT ORGANIZATIONS DEDICATED TO ADDRESSING THE FOLLOWING GLOBAL CHALLENGES.



- **CONSERVATION OF PLANT AND ANIMAL LIFE**
- **GLOBAL WARMING**
- **CANCER RESEARCH**



**WHY EXPERIENCE  
SOUTHERN EUROPE AND  
THE ATLANTIC ISLANDS  
WITHOUT BARRIERS**

DISCOVER SPAIN, PORTUGAL, ITALY,  
MALTA, GREECE AND THE ATLANTIC  
ISLANDS IN AN ACCESSIBLE AND  
BARRIER-FREE WAY, AND LET  
YOURSELVES BE INSPIRED TO CREATE AN  
EXCLUSIVE, TAILOR-MADE JOURNEY  
BEYOND THE USUAL PATHS OF MASS  
TOURISM

# SOUTHERN EUROPE BETWEEN STRUCTURED CITIES, CONTINUOUS SEASIDE PROMENADES AND AVAILABLE CULTURE



A trip designed for people with disabilities or reduced mobility is built on a different principle than other types of travel: not the quantity of destinations, but the continuity of accessible spaces, the presence of adequate infrastructure, and the opportunity to experience culture and landscape without unexpected barriers. Southern Europe offers, in various urban and island contexts, a remarkable combination of flat routes, well-equipped museums, continuous waterfronts, and adapted transportation systems.

In Spain, cities like Barcelona and Valencia are examples of modern urban planning with large accessible areas: the Turia Park area and the City of Arts and Sciences offer flat walkways and cultural facilities equipped with elevators and dedicated services. The Guggenheim Museum Bilbao is also designed with fully accessible interiors.

In Portugal, the Parque das Nações area in Lisbon is one of the clearest examples of a contemporary area planned with accessibility criteria, featuring wide riverside promenades and regular surfaces. In Porto, the Douro Riverbank in the Ribeira area has been progressively adapted with pedestrian paths and vertical connections between urban levels. Among the islands, Madeira offers Funchal a network of accessible promenades and gardens; in the Azores, areas such as the Sete Cidades viewpoints on the island of São Miguel are accessible via scenic roads with accessible observation points.

In Italy, several historic cities have developed inclusive urban pathways: Milan offers a subway network with accessible stations and modernly equipped museums; Turin boasts wide avenues and continuous porticoes that facilitate mobility; Bologna is characterized by kilometers of porticoes that protect pedestrian walkways. Cultural institutions such as the major museums in Florence have also gradually improved internal accessibility.

In Greece, Athens has developed a system of accessible access to key archaeological sites in recent years: the Acropolis of Athens has an elevator for people with reduced mobility, while the Acropolis Museum is fully accessible. Thessaloniki also offers a continuous, flat waterfront promenade that connects several modern urban areas.

In Malta, Valletta's compact layout allows for the combination of short distances and scenic spots like the Upper Barrakka Gardens, accessible via an urban elevator from the harbor. Gozo also offers flatter areas in the Victoria area and progressively upgraded coastal paths.

In this context, accessible travel in Southern Europe is defined by modern cities with inclusive infrastructure, continuous waterfronts, well-equipped museums, and islands that have progressively developed adapted mobility services. It is not a limited experience, but a different way of constructing the journey: selecting contexts where the use of spaces is made possible in a continuous, safe, and integrated manner.

# WHY CHOOSE SOUTHERN EUROPE FOR AN ACCESSIBLE TRIP?

## A WAY OF TRAVELLING BUILT ON THE SIMPLICITY OF MOVEMENT AND THE READABILITY OF PLACES

A trip designed for people with disabilities or reduced mobility is not based on the number of destinations, but on the continuity of spaces, the quality of infrastructure, and the ability to experience places without interruptions or logistical complexity. Southern Europe offers, in various contexts, a concrete combination of modern cities, progressively adapted historic centers, and coastal areas with linear and accessible routes. The system comprising Spain, Portugal, Italy, Malta, and Greece, along with the Canary Islands, the Azores, and Madeira, allows for the creation of itineraries where mobility is generally supported by established tourism infrastructure and a growing focus on urban accessibility.

## CITIES AND TERRITORIES WHERE USE IS MORE CONTINUOUS

In Italy, a more secluded but functional solution is Ravenna, where UNESCO sites like the Basilica of San Vitale and the Mausoleum of Galla Placidia are spread across a flat, easily navigable center. Trento also offers an orderly urban layout, with museums and piazzas connected without complex changes in altitude and easy access to the main cultural attractions.

In Spain, a more remote option is Logroño, with a compact center crossed by the Camino de Santiago but easily accessible on your own, or Valladolid, characterized by spacious urban spaces, concentrated museums, and flat routes. Badajoz also offers a less touristy setting, with a strong historical presence and a simple urban structure.

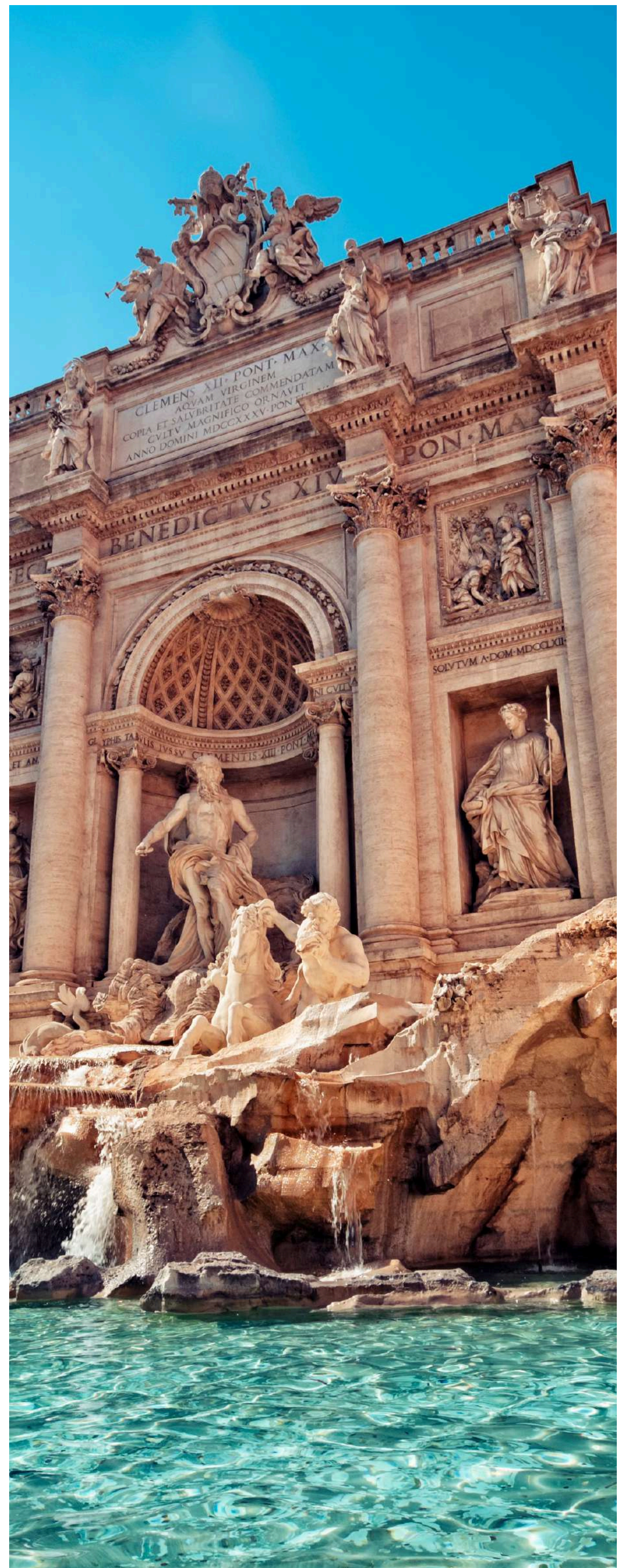
In Portugal, a more secluded destination is Braga, where historic churches like the Santuario do Bom Jesus do Monte combine with a modern, walkable city, while Viseu offers a compact, uncongested historic center. Even the interior of the Alentejo, with Évora (only in the flat areas of the center), remains among the more straightforward options.

In Greece, less popular alternatives include Volos, with a wide, flat waterfront and direct access to the port, or Kavala, which combines historic seaside neighborhoods with well-structured urban pathways. Ioannina, around Lake Pamvotida, also offers seamless, uninterrupted use of space.

In Malta, in addition to the more well-known centers, a less popular option is Birgu (Vittoriosa), with a compact historic center and continuous pedestrian paths along the harbor, while on the island of Gozo, areas like Victoria and the rural surroundings offer quieter spaces and easier to navigate.

## AN EXPERIENCE BASED ON CONTINUITY AND ADAPTATION

Accessible travel in Southern Europe is built through the selection of contexts where mobility is supported by real infrastructure and where distances between points of interest remain short. Modernized museums, progressively adapted historic centers, and continuous waterfronts allow for seamless enjoyment. The Azores and Madeira also offer organized natural settings with panoramic viewpoints and regulated routes, where the landscape can be experienced without necessarily navigating complex elevation changes or unstructured paths. The result is a travel model that is not based on sacrifice, but on the conscious selection of accessible environments, where culture, landscape, and services are integrated to make the experience seamless, accessible, and sustainable.





# **TAILOR-MADE TRAVEL FOR DISABLED PEOPLE IN SOUTHERN EUROPE**

**A trip to Southern Europe for those with mobility or other special needs is more than just a vacation: it's an opportunity to explore extraordinary landscapes, authentic villages, and cultural attractions in complete safety and comfort, enjoying memorable experiences without barriers.**

**For this reason, it should never be a standard package, but a carefully and attentively designed experience, designed for your needs and your pace.**

**Our approach to creating accessible travel is based on a fundamental principle: each itinerary must be unique, accessible, and safe, ensuring freedom of movement and comfort at every stop.**

**We listen to your desires, understand your pace and travel style, and create an itinerary that makes every experience special.**

**Every detail is carefully studied:**

- Choice of destinations, from natural parks with accessible trails to historic villages and equipped beaches, up to easily accessible museums and galleries**
- Pace of the itinerary, to enjoy every experience without rushing and without stress**
- Experiences along the route, such as scenic walks on boardwalks, accessible guided tours, cultural activities and nature excursions with dedicated support**
- Selection of the most comfortable facilities, with easy access, equipped rooms and services designed for every need**

**The result is an authentic, safe, and deeply personal journey, designed to offer unforgettable experiences, moments of relaxation and discovery, transforming every stop into a precious, barrier-free memory.**

# EXPERIENCES THAT MAKE NORTHERN EUROPE ACCESSIBLE AND LIVEABLE FOR ALL BETWEEN BARRIER-FREE USE, CONTINUOUS SPACES AND SIMPLE LOGISTICS



## A JOURNEY BUILT ON THE REAL POSSIBILITY OF MOVING WITHOUT OBSTACLES

In the journey dedicated to full accessibility, the experience is based on the concrete quality of spaces: barrier-free paths, modern infrastructure, and environments where mobility does not become a factor of complexity. Southern Europe, thanks to the combination of redeveloped cities, progressively adapted historic centers, and flat coastal areas, allows for the creation of itineraries where movement is continuous and predictable. Spain, Portugal, Italy, Malta, and Greece, along with the Canary Islands, the Azores, and Madeira, offer contexts where accessibility is increasingly integrated into the urban and tourism landscape.

## EXPERIENCES BUILT ON CONTINUOUS PATHS AND SIMPLIFIED ENVIRONMENTS

In Italy, urban enjoyment is developing through cities where historic areas are progressively made more accessible and connections between points of interest are seamless and well-organized. In Spain, many cities combine modern waterfronts, urban parks, and flat neighborhoods, facilitating travel without complex gradients. In Portugal, the presence of redeveloped areas and contemporary neighborhoods facilitates the connection between cultural areas and public spaces. In Greece, the main urban areas and some organized islands offer progressively adapted routes. In Malta, the compactness of the territory and the concentration of services shorten distances and simplify travel.

## A JOURNEY DEFINED BY THE CONTINUITY OF EXPERIENCE AND THE REDUCTION OF COMPLEXITY

In this type of journey, the focus is not on the number of places visited, but on the ability to experience each context seamlessly, with simple movement management and an immediate understanding of spaces. Accessibility becomes an integral part of the experience, not an additional element, and allows for a constant flow between movement and permanence. The result is a journey where the quality of the experience is determined by its fluidity: easily accessible environments, continuous routes, and a territorial structure that allows for a full, uninterrupted, and fragmented experience of Southern Europe.

# WHEN TO GO ON A DISABLED TRIP TO SOUTHERN EUROPE AND THE ATLANTIC ISLANDS



**Spring** in Southern Europe marks a transitional phase in which the climate stabilizes and the landscapes gradually become accessible again after the more variable months. In Spain, Portugal, Italy, Greece, and Malta, along with the Canary Islands, the Azores, and Madeira, the landscape boasts mild temperatures, vibrant vegetation, and less tourism than in the summer months. It's a season suited to itineraries spanning coastal cities, historic town centers, and uncrowded rural areas.

**Summer** represents the region's greatest openness and accessibility. The Mediterranean coasts become fully accessible, as do the islands and inland areas, connected by more active tourism infrastructure. During this period, Southern Europe displays its greatest diversity: from historic cities to coastal regions, to the Atlantic islands where the climate remains more stable compared to the high continental temperatures. It is a season characterized by long days and a strong continuity of outdoor activities.

**Autumn** ushers in a more balanced phase of travel, with still favorable weather conditions but a significant decrease in crowds. Urban areas are more easily accessible, coastal landscapes maintain mild temperatures, and inland regions take on a slower, more regular feel. It's a suitable time for those seeking a more organized experience of the region, with less compressed visit times and a greater continuity of experience.

**Winter** in Southern Europe varies by geographical area, but generally remains accessible and more basic than in other European regions. The main cities remain accessible and well-organized, while the Atlantic island areas offer relatively milder weather than the mainland. It's a season that favors a more intimate experience, with less intense itineraries and a greater focus on staying in place rather than traveling frequently.

# 10 TRAVEL SCENARIOS THAT EXIST ONLY IN SOUTHERN EUROPE AND THE ATLANTIC ISLANDS

In Southern Europe—including Spain, Portugal, Italy, Malta, and Greece, along with the Canary Islands, the Azores, and Madeira—there are activities that are not built around the major tourist capitals, but in lateral, coastal, or island territories where daily life follows local rhythms and spaces are still fully identifiable. These are forms of travel that arise from sparsely urbanized, rugged coastlines, sprawling archipelagos, rural hinterlands, and secondary cities, where tourism has not altered the original structure of the places. The value lies not in fame, but in the continuity between the environment, human presence, and landscape.

Among the most suggestive:

- Travel the quiet coasts of the Alentejo, between cliffs and isolated villages - In the Alentejo, the coast between Vila Nova de Milfontes and Zambujeira do Mar is characterized by high cliffs, wide beaches, and quiet roads. Connections between small towns are along scenic stretches where the landscape dominates over the urban sprawl.
- Traveling around Greece's smaller islands at a local pace and through secondary ports - In the Cyclades archipelago, islands like Sifnos and Amorgos offer an experience based on local maritime connections, small ports, and towns scattered along the coast, where movement between one bay and another occurs without major tourist infrastructure.
- Experience Galicia's coastal countryside between the ocean and small ports - In Spain, Galicia alternates stretches of Atlantic coast with fishing villages like Muxía and Combarro, where the landscape is defined by the open sea, stone, and small settlements still linked to traditional fishing.
- Exploring Sicily's interior, through rural villages and hilly landscapes - In Italy, the Sicilian hinterland between Noto and Ragusa Ibla offers a hilly landscape of small historic towns, secondary roads, and agricultural lands where tourism is less concentrated than on the coast.
- Traverse the less-traveled volcanic regions of the Azores - In the Azores, islands such as São Jorge and Flores feature volcanic landscapes, crater lakes, and small settlements scattered along the coast, with local transport links that follow the natural contours of the land.
- Traveling around the less touristy Canary Islands - In the Canary Islands, in addition to the main destinations, islands like La Gomera and El Hierro offer routes through forests, volcanic craters, and small towns where the tourist density is much lower.
- Travelling along Malta's eastern coast among fishing villages - In Malta, the Marsaxlokk area and the coastal stretches towards Delimara retain a local feel linked to fishing and small ports, with a slower pace of life than the main urban areas.
- Trekking through the mountainous hinterland of Epirus in northwestern Greece - In Greece, the region of Epirus between Zagori and stone-built villages like Papigo offers a remote mountain landscape, with stone bridges, natural gorges, and small, isolated settlements.
- Crossing the Western Algarve between cliffs and secluded bays - In Portugal, the strip between Sagres and Costa Vicentina features cliffs, hidden beaches, and small villages far from the region's more developed centers.
- Navigate the less-frequented coasts of the Northern Aegean - In addition to the more popular destinations, the Northern Aegean region of Greece offers islands like Icaria and Lemnos, where the landscape is characterized by open bays, small local ports, and sparse maritime connections. Travel is regulated by regional ferries and a limited tourist presence, with coastal villages that retain a strong local identity.

Taken together, these experiences tell the story of a Southern Europe parallel to the more well-known itineraries: a system of secondary territories made up of less urbanized coasts, peripheral islands, agricultural hinterlands, and local villages, where the journey is built on a direct relationship with the landscape rather than its touristic representation.





# THE MOST CHARMING ACCOMMODATIONS FOR A DISABLED TRAVELER

A trip to Southern Europe isn't defined solely by the destinations, but also by the places you stay, where the connection with the landscape and local history becomes an integral part of the daily experience. Between Spain, Portugal, Italy, Malta, and Greece, along with the Canary Islands, the Azores, and Madeira, accommodations aren't just bases, but different ways to experience the light, the sea, the historic cities, and the rural landscapes.

In Spain, we move from rural cortijos in Andalusia to contemporary oceanfront structures in the Canary Islands, where the volcanic landscape becomes part of the experience.

In Portugal, your stay alternates between historic quintas in the Alentejo hinterland, small hotels overlooking the Atlantic in the Algarve, and accommodations immersed in the pristine nature of the Azores, where the volcanic landscape and the islands' isolation make the experience even more essential and connected to the surrounding environment.

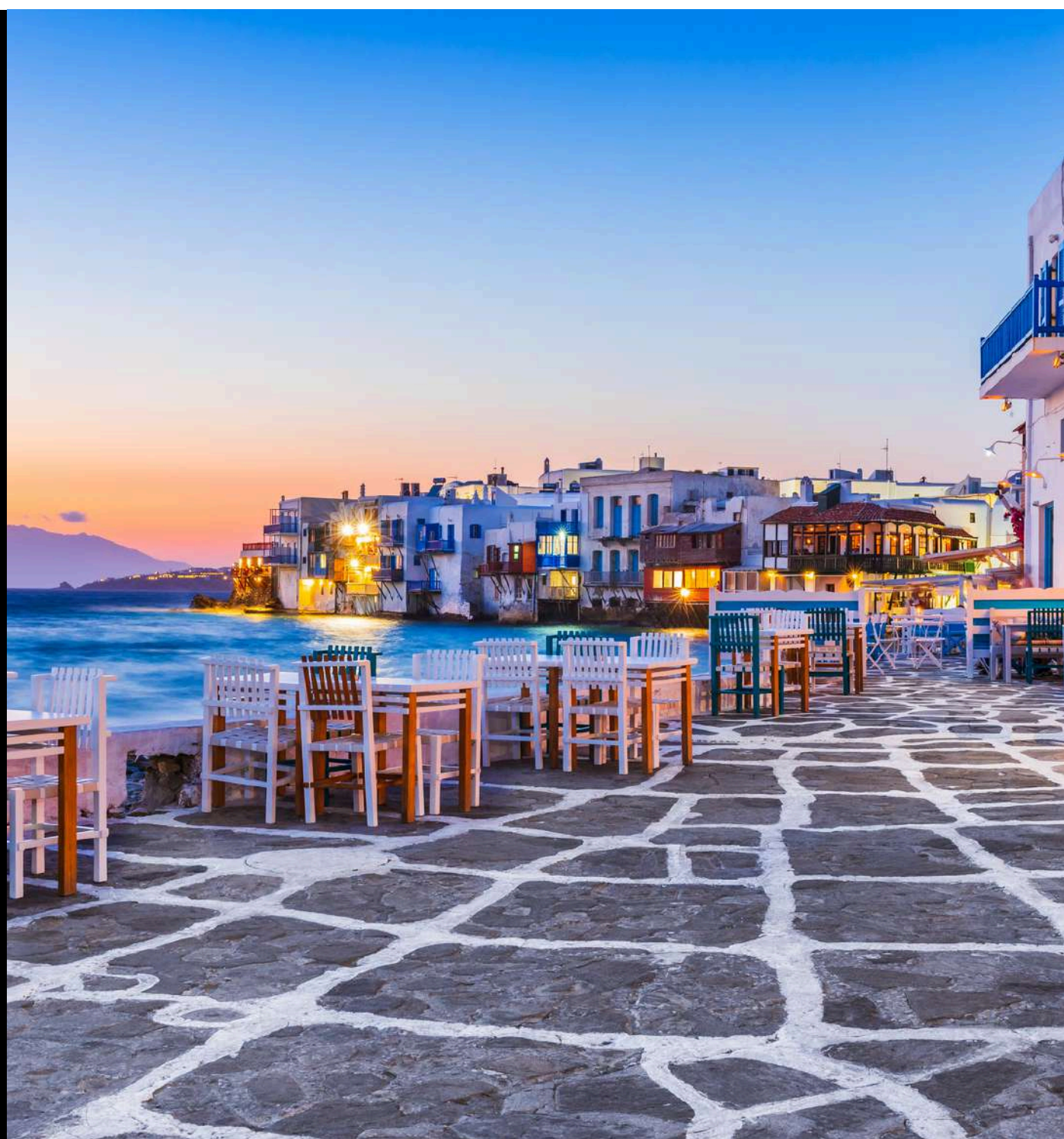
In Italy, holidays often take place in historic homes and rural settings, such as farmhouses and farmhouses in Puglia or Tuscany, where traditional architecture blends with olive groves and open countryside.

In Greece, accommodations range from traditional whitewashed houses on the Cyclades islands to boutique hotels housed in historic buildings in Rhodes or Nafplio, where the connection with the sea and ancient stone is constant.

In Malta, your stay will take place between historic buildings transformed into hotels in Valletta and more intimate structures on the island of Gozo, where the rural and coastal landscape remains very close.

In Southern Europe, accommodation is never just a place of passage: it becomes an active part of the journey, capable of defining the rhythm of the days and the way one perceives places. Whether it's a historic residence, a rural home, a hotel overlooking the sea, or a property immersed in nature, every choice contributes to creating a more direct experience, connected to the surrounding context.

# MISTAKES TO AVOID WHEN ORGANIZING A TRIP FOR DISABLED PEOPLE IN SOUTHERN EUROPE AND THE ATLANTIC ISLANDS



## **BUILDING ITINERARIES THAT ARE TOO DENSE AND UNREALISTIC**

One of the most common mistakes is trying to "pack it all together," choosing multiple destinations on the same itinerary without any real geographical or pacing coherence. Even when it comes to Spain, Portugal, Italy, Greece, or Malta, in practice a well-planned trip almost always focuses on just one of these countries, possibly combining it with a nearby area or a very limited extension. The same goes for the Canary Islands, the Azores, and Madeira, which are typically chosen as stand-alone destinations or as a targeted extension, not as part of a single grand tour. This mistake stems from the idea of wanting to "see it all," but a balanced trip works best when it remains focused and uncluttered.

## **IGNORING THE COMPLEXITY OF MOVEMENT BETWEEN CONTINENTS AND ARCHIPELAGOS**

Another common mistake is underestimating travel times. In Italy and Spain, internal travel can already be articulated between coasts, cities, and rural areas; in Portugal, the transition between the mainland and islands like the Azores and Madeira requires precise planning; in the Canary Islands, travel between islands isn't always straightforward; in Greece, maritime connections can significantly impact time management. Without a realistic vision, the journey loses its flow.

## **LEAVE NO ROOM FOR TRAVEL FLEXIBILITY**

The climate and environmental conditions in Southern Europe and the Atlantic islands are not constant. The sea, light, and wind can alter your experience even within the space of a single day. A rigid schedule prevents you from adapting to these variations and reduces the chance to experience the places at their best.

## **CONCENTRATE EVERYTHING ON THE MOST POPULAR DESTINATIONS**

A common mistake is to limit yourself to the capitals and most popular destinations, neglecting the lesser-known areas. In reality, many more interesting places are found in coastal villages, inland regions, and less-frequented islands, where the pace is more authentic and less influenced by tourist flows.

## **UNDERESTIMATING THE ROLE OF THE STAY IN THE OVERALL EXPERIENCE**

In Southern Europe and the Atlantic islands, the accommodation you stay in directly impacts the experience. It's not just about sleeping, but about experiencing the landscape from within. Choosing accommodations that don't fit the context means reducing the overall quality of the trip.

## **APPLYING A SINGLE SCHEME TO PROFOUNDLY DIFFERENT TERRITORIES**

Each area has its own identity: Mediterranean cities, Atlantic coasts, volcanic islands, and rural areas don't follow the same logic. Treating everything as a single whole loses the differences that make these places interesting. A well-constructed trip must instead adapt to the specific nature of each territory.



## QUALITY AND SERVICE UPDATES

The experiences and services presented in this brochure have been selected based on qualitative criteria focused on comfort, accessibility, and the personalization of the travel experience.

As operational conditions, dedicated services, and policies may be subject to updates or changes over time, each proposal will be reviewed and confirmed at the quotation stage, in order to ensure full alignment with the traveler's specific requirements and the expected quality standards.

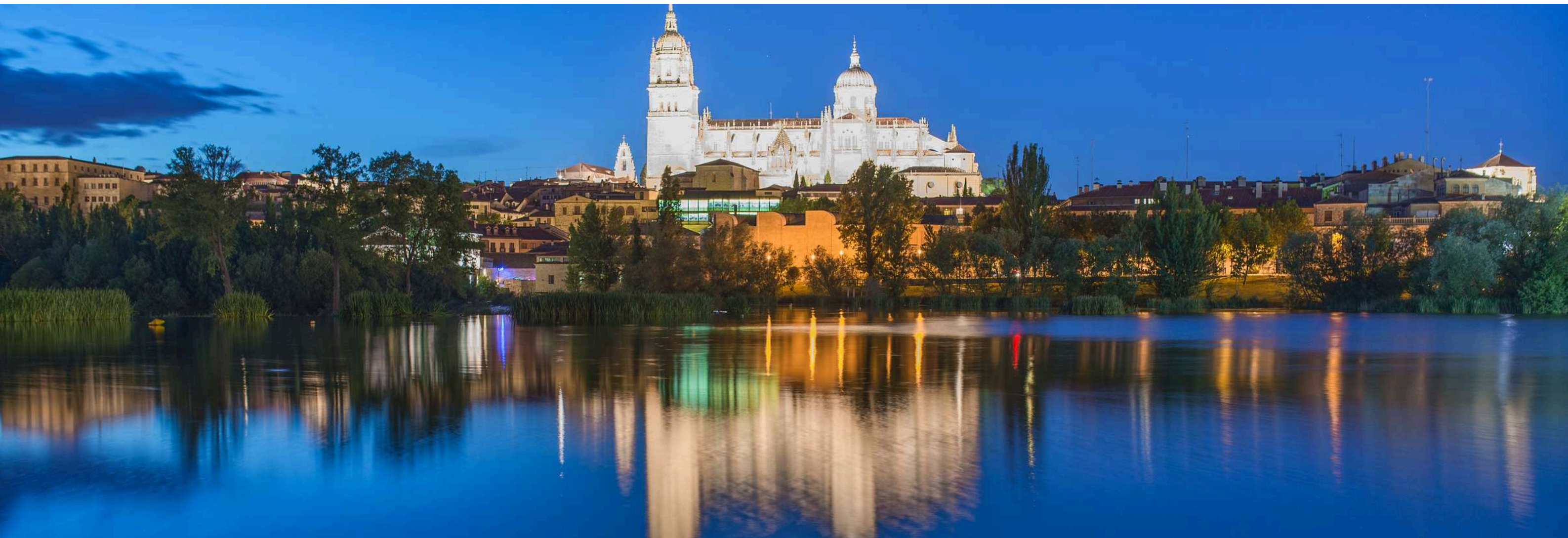


El Café-Bar  
Histórico de Mijas  
*La Bóveda  
del Flamenco*

MIJAS

CERVEZAS ALHAMBRA

# SPAIN - BETWEEN INLAND HIGHLANDS, MULTIFORM COASTS AND A HISTORICAL STRATIFICATION THAT CONNECTS EUROPE, THE MEDITERRANEAN AND THE ATLANTIC



Located in southwestern Europe, Spain occupies most of the Iberian Peninsula and boasts one of the continent's most complex territorial structures, defined by the interplay of inland plateaus, mountain ranges, river basins, and a highly diverse coastal network facing the Mediterranean Sea, the Atlantic Ocean, and the Cantabrian Sea. The geographical configuration is primarily dominated by the Meseta Central, a vast plateau that structures the country's interior, bordered by mountain ranges such as the Cordillera Central and the Sierra Morena. Along the edges, complex mountain ranges develop, such as the Pyrenees, the Cantabrian Mountains, and the Betic Mountains, which include mountain ranges such as the Sierra Nevada. From a hydrographic perspective, the territory is traversed by major river systems such as the Tago, the Duero, the Ebro, and the Guadalquivir, which have historically favored agricultural and urban development. At the same time, the coastline is divided into very different systems: the cliffs and estuaries of Galicia along the Atlantic coast, the green belt of the Costa Verde in the north, the Mediterranean beaches of the Costa Brava, the Costa Blanca, and the Costa del Sol, all the way to lagoon and delta environments like the Ebro Delta and the southern Atlantic coasts of the Costa de la Luz. To understand Spain's identity, it is necessary to begin with the pre-Roman populations, including the Iberians and Celtiberians, followed by the Phoenician and Greek colonizations along the coast. From the 3rd century BCE, the peninsula fell under the influence of the Roman Empire, during which cities such as Tarragona (Tarraco), Mérida (Emerita Augusta), and Córdoba developed, equipped with advanced urban infrastructures. With the fall of Rome, the Visigothic kingdom with Toledo as its capital was established, followed in 711 by the arrival of Islamic populations who gave rise to Al-Andalus, with cultural and scientific centers such as Córdoba and Granada. Continuing over time, between the 11th and 15th centuries, the long process of the Reconquista unfolded, during which political entities such as the Crown of Castile and the Crown of Aragon emerged. Dynastic unification occurred with Ferdinand II of Aragon and Isabella I of Castile, known as the Catholic Monarchs, who completed the conquest of Granada in 1492 and laid the foundations of the modern state, simultaneously initiating Spain's global expansion. Between the 16th and 17th centuries, the country became a major world power, with a vast colonial empire. In the following centuries, it experienced phases of crisis and transformation, including the war against Napoleon Bonaparte, the instabilities of the 19th century, the civil war (1936–1939), and the subsequent evolution towards a contemporary democratic state.

In this framework, the Spanish territory is divided into complete geographical macro-areas that include all the regions and island systems:

- NORTHERN ATLANTIC SPAIN – INCLUDES GALICIA, ASTURIAS, CANTABRIA AND THE BASQUE COUNTRY, CHARACTERISED BY RUGGED COASTLINES ON THE CANTABRIAN SEA, RÍAS, CLIFFS AND CITIES SUCH AS BILBAO AND SANTANDER
- NORTHEAST AND PYRENEES AREA – INCLUDES NAVARRE, ARAGON AND THE INTERIOR OF CATALONIA, WITH MOUNTAIN SYSTEMS, ALPINE VALLEYS AND PARKS SUCH AS THE ORDESA AND MONTE PERDIDO NATIONAL PARK
- CENTRAL SPAIN (MESETA) – INCLUDES MADRID, CASTILE AND LEÓN AND CASTILE-LA MANCHA, WITH HISTORIC CITIES SUCH AS SEGOVIA, TOLEDO AND SALAMANCA
- EASTERN MEDITERRANEAN SPAIN – INCLUDES COASTAL CATALONIA, THE VALENCIAN COMMUNITY AND THE REGION OF MURCIA, WITH CITIES SUCH AS BARCELONA AND COMPLEX COASTAL SYSTEMS
- ANDALUSIA (SOUTH) – INCLUDES ANDALUSIA WITH CITIES SUCH AS SEVILLE, CORDOBA AND GRANADA, AND ENVIRONMENTS RANGING FROM THE SIERRA NEVADA TO THE COASTS OF THE COSTA DEL SOL AND THE COSTA DE LA LUZ
- INNER WESTERN SPAIN - INCLUDES EXTREMADURA, A LESS URBANIZED AREA WITH HISTORIC CITIES SUCH AS MÉRIDA AND CÁCERES
- ARCHIPELAGOS AND ISLAND TERRITORIES - INCLUDE THE BALEARIC ISLANDS (MAJORCA, MENORCA, IBIZA, FORMENTERA) IN THE MEDITERRANEAN AND THE CANARY ISLANDS (TENERIFE, GRAN CANARIA, LANZAROTE, FUERTEVENTURA) IN THE ATLANTIC, WITH GEOGRAPHICAL AND CLIMATIC CHARACTERISTICS COMPLETELY DIFFERENT FROM THE CONTINENT

As for the main access points, the airport network allows direct access to all macro-areas of the country:

- Madrid-Barajas Adolfo Suárez Airport – Main hub and access to the Meseta Central
- Barcelona El Prat Airport – Gateway to Catalonia and the northeastern Mediterranean coast
- Malaga-Costa del Sol Airport – Gateway to Southern Andalusia
- Bilbao Airport – Gateway to Northern Atlantic Spain
- Santiago de Compostela Airport – Access to Galicia and the Northwest
- Valencia Airport – Access to the East Coast
- Palma de Mallorca Airport – Access to the Balearic Islands
- Tenerife South Airport – Gateway to the Canary Islands

In short, Spain is a complete and interconnected territorial system, in which inland plateaus, mountain ranges, Atlantic and Mediterranean coasts, large river basins, and archipelagos are not isolated elements, but integrated parts of a single geographical and historical structure. It is precisely this continuity between the interior, the coast, and the island systems, combined with a historical stratification spanning from antiquity to the contemporary world, that defines the country's identity within the European and Mediterranean context.

# TRAVEL FOR PEOPLE WITH DISABILITIES THROUGH FLAT CITIES, ACCESSIBLE MUSEUM SPACES AND MANAGED URBAN LANDSCAPES

## PLACES AND EXPERIENCES FOR ACCESSIBLE TRAVEL FOR PEOPLE WITH DISABILITIES OFF THE BEATEN TRACK

A journey through Spain designed for people with disabilities unfolds through urban and natural settings characterized by flat paths, modern infrastructure, spatial continuity, and a strong presence of services designed for a simplified and progressive use of spaces, favoring compact cities, linear parks, and museums with structured accessibility.

From an urban and cultural perspective, one of the most comprehensive systems is found in the city of Madrid, where the museum triangle formed by the Museo Nacional del Prado, the Museo Reina Sofía, and the Museo Thyssen-Bornemisza allows for continuous cultural routes along flat urban axes, integrated with the Retiro Park, a green space structured with wide avenues, regular surfaces, and multiple accesses. In Valencia, the City of Arts and Sciences complex and the linear paths of the Turia Gardens offer a seamless system between contemporary architecture and planned urban nature.

On a historical-cultural level, in Bilbao, the Guggenheim Museum Bilbao represents an example of integrated accessibility in contemporary architecture, with flowing internal passageways and direct connections along the banks of the Ría de Bilbao estuary. Also in Bilbao, the Museo de Bellas Artes de Bilbao offers a chronological interpretation of Spanish and European art in spaces organized along a single exhibition axis. In Vitoria-Gasteiz, the Museo Artium offers contemporary exhibition spaces and spacious internal passageways, while the entire city center is organized according to a flat and regular layout.

In terms of landscape and spatial design, in Santander, the Magdalena Peninsula and Botín Center system combines cultural spaces and flat coastal paths overlooking the bay. In San Sebastián, the Playa de la Concha promenade offers a continuous seafront path with direct urban access and even surfaces.

In this framework, travel in Spain for people with disabilities is configured as highly structured and coherent territorial systems, based on flat cities like Madrid, Valencia, and Vitoria-Gasteiz, on integrated museum hubs like the Prado, the Reina Sofía, the Guggenheim Bilbao, and the Artium, and on continuous urban and coastal contexts like the Retiro, the Turia Gardens, and the Bay of Santander. These systems create accessible experiences through linear routes, multiple accesses, and a strong integration of culture, nature, and designed urban space.





## DID YOU KNOW?

Spain is one of the few countries in the world where an ancient language, Basque, is still spoken today with no clear relationship to other European languages: Basque is considered a linguistic isolate, having survived centuries of linguistic evolution on the Iberian Peninsula.

The Spanish legal system features a phenomenon unique in Europe: the so-called “derecho foral,” or foral estate. Different civil law systems are still active in some autonomous communities, such as Navarre and the Basque Country, which maintain historical rules on succession and property that differ from the national civil code.

Historically, Spain was the first European state to create a stable global administrative network during the Habsburg and later Bourbon Empires, with institutions such as the Council of the Indies that managed the American territories as early as the 16th century.

Salamanca is home to one of the oldest universities in Europe, founded in 1218, where fundamental debates on international law and the rights of indigenous peoples of the New World took place in the 16th century.

In the world of popular traditions, Spain preserves some of the oldest festivals still active in Europe: the Feria de Abril in Seville is an event that combines music, dance, and equestrian traditions, while San Fermín in Pamplona has been documented in local chronicles since at least the 16th century.

Elche is home to Europe's largest palm grove, the Palmeral de Elche, recognized by UNESCO as a unique example of an agricultural landscape introduced in the Islamic era and still in productive use today.

In the artistic field, Spain is one of the countries with the highest concentration of "monographic" museums: the Prado Museum in Madrid houses one of the most important collections of European painting, with works by Velázquez and Goya that profoundly influenced modern painting. In Guernica, the 1937 bombing during the Spanish Civil War inspired one of the most famous paintings of the 20th century, Pablo Picasso's "Guernica," which became an international anti-war symbol.

On a scientific level, Spain was one of the pioneering countries in the construction of modern astronomical observatories in Europe: the Teide Observatory in Tenerife is today one of the main solar research centers in the northern hemisphere.

From this combination of elements, Spain emerges as a country where historical legal systems still active coexist, popular traditions documented for centuries, centers of advanced scientific research, and a cultural stratification that has had direct impacts both in Europe and globally.



# PORTUGAL – BETWEEN ATLANTIC COASTS, RIVER VALLEYS AND A HISTORICAL CONTINUITY PROJECTED ON THE OCEAN



Located in the western part of the Iberian Peninsula, Portugal extends along the Atlantic Ocean in a compact yet extremely diverse territory, where coast, rivers, plateaus, and island systems integrate into a single continuous geographical structure. The landscape is dominated by a long Atlantic strip alternating between cliffs, bays, and sandy beaches, while the interior features moderate relief and large river valleys. Hydrographically, the country is crossed by three major Iberian river systems: the Douro, the Tajo, and the Guadiana, which shape deep valleys and connect the interior to the Atlantic coast. Around these axes, very diverse landscapes develop, from the wine-producing Douro Valley to the plains of Alentejo. To understand Portugal's identity, it is necessary to begin with the pre-Roman populations of the Iberian Peninsula, particularly the Lusitanians, followed by the Roman conquest that established the province of Lusitania with centers such as Évora and Braga. After the fall of Rome, the territory came under the Visigoths and then under Islamic influence starting in the 8th century, especially in the south of the country, with effects still visible in the urban and agricultural organization. Between the 12th and 13th centuries, the Kingdom of Portugal was established under Afonso I of Portugal, who consolidated independence and defined the first stable borders. In the following centuries, the country became one of Europe's leading maritime powers thanks to the Age of Discovery, led by figures such as Henry the Navigator and Vasco da Gama, who opened routes to Africa, Asia, and the Americas, strengthening the role of port cities such as Lisbon and Porto. In 1580, the country joined the Iberian Union with Spain, remaining there until independence was restored in 1640. After the Lisbon earthquake of 1755, the country embarked on a profound urban and political reorganization. In 1910, it became a republic, and after the dictatorship of the 20th century, the decisive turning point came with the Carnation Revolution of 1974, which ended the authoritarian regime and ushered in contemporary democracy.

In this framework, the Portuguese territory is divided into integrated geographical macro-areas, also including the island systems:

- **NORTHERN PORTUGAL (NORTE) – INCLUDES THE NORTE REGION WITH CITIES SUCH AS PORTO AND BRAGA, CHARACTERISED BY RELIEFS, DOURO RIVER VALLEYS AND A MORE RUGGED AND GREEN ATLANTIC COAST**
- **CENTRAL PORTUGAL – INCLUDES THE CENTRO REGION WITH CITIES SUCH AS COIMBRA AND MOUNTAIN RANGES SUCH AS THE SERRA DA ESTRELA, AS WELL AS VAST INLAND AREAS AND SANDY COASTS**
- **LISBON AND TAGUS VALLEY METROPOLITAN AREA – INCLUDES LISBON AND THE ENTIRE TAGUS SYSTEM, WITH AN URBAN-RIVER CONTINUUM THAT CONNECTS THE INTERIOR AND THE ATLANTIC**
- **ALENTEJO (SOUTH INTERIOR) – ALENTEJO REGION, CHARACTERIZED BY EXTENSIVE PLAINS, LOW POPULATION DENSITY AND HISTORIC CITIES SUCH AS ÉVORA**
- **ALGARVE (SOUTH COAST) – THE ALGARVE REGION, WITH LIMESTONE CLIFFS, ATLANTIC BEACHES, AND RESORTS SUCH AS LAGOS AND ALBUFEIRA**
- **ATLANTIC ARCHIPELAGOS (AZORES AND MADEIRA) – INCLUDE THE AZORES AND MADEIRA, AUTONOMOUS VOLCANIC TERRITORIES LOCATED IN THE ATLANTIC, WITH LANDSCAPES, CLIMATE AND MORPHOLOGY COMPLETELY DIFFERENT FROM THE CONTINENT**

With regard to the main access points, the airport network is structured in a manner consistent with the country's macro-areas:

- **Lisbon Airport – Main hub and gateway to the central region and the capital**
- **Porto Airport – Access to the North and the Douro Valley**
- **Faro Airport – Access to the Algarve**
- **Ponta Delgada Airport – Access to the Azores archipelago**
- **Funchal Airport – Access to the Madeira Archipelago**

In short, Portugal is a continuous territorial system in which Atlantic coasts, great rivers, inland regions, and oceanic archipelagos are not separate elements, but rather interconnected components of a single geographical and historical structure. It is precisely this constant relationship between ocean, land, and global reach, combined with a historical stratification spanning from pre-Roman origins to the contemporary democratic revolution, that defines the country's identity.

# TRAVEL FOR PEOPLE WITH DISABILITIES BETWEEN ACCESSIBLE CITIES, CONTINUOUS COASTAL SYSTEMS AND STRUCTURED ISLANDS

## PLACES AND EXPERIENCES FOR ACCESSIBLE TRAVEL FOR PEOPLE WITH DISABILITIES OFF THE BEATEN TRACK

A trip to Portugal designed for people with disabilities favors flat or redeveloped cities, coastal systems with continuous linear routes, and cultural centers designed or adapted for accessible use, avoiding areas with significant differences in altitude or territorial fragmentation.

From an urban perspective, one of the most suitable settings is in Aveiro, where the system of canals and walkways along the Ria de Aveiro creates a flat environment with continuous paths between neighborhoods like Beira Mar and Glicínias. In the same region, the coastal town of Costa Nova offers a linear and accessible seafront promenade overlooking the ocean.

On the cultural front, in Porto, the Serralves Museum and Serralves Park form an integrated system of contemporary art and flat green spaces, with accessible and continuous paths. Also in Porto, the Foz do Douro area features wide, regular coastal promenades. In Coimbra, the University of Coimbra Science Museum offers modern exhibition spaces and organized internal paths, while the areas along the Mondego River, such as Parque Verde do Mondego, ensure continuity and accessibility.

On the coastal level, in the Lisbon Region, the stretch between Oeiras, Paço de Arcos, and Carcavelos features a continuous seafront promenade, with regular access to the beaches and modern infrastructure. In the Algarve, the city of Vilamoura and the Marina de Vilamoura offer flat spaces, regular paths, and direct connections between urban and coastal areas.

The island dimension creates accessible and well-organized environments. In the Azores, on the island of Faial, the city of Horta boasts a continuous, flat seafront with concentrated services. In the Madeira archipelago, the Funchal area, particularly between Lido and Praia Formosa, offers uninterrupted coastal walks and accessible infrastructure.

In this framework, Portugal for travelers with disabilities is configured as a structured and coherent territorial system based on low-lying cities like Aveiro, Porto, and Coimbra; accessible cultural centers like Serralves and the Science Museum; linear coastal systems like Oeiras–Carcavelos and Vilamoura; and organized island contexts like Horta and Funchal. These experiences are based on genuine accessibility, spatial continuity, and the integration of culture, nature, and infrastructure.





## DID YOU KNOW?

Portugal is one of the European countries with the most direct and continuous relationship with the Atlantic Ocean: over 80% of the population lives within a few kilometers of the coast, a demographic distribution strongly influenced by the country's maritime history.

Between the 15th and 16th centuries, Portugal was a major player in the age of ocean exploration. Navigators such as Vasco da Gama opened the sea route to India in 1498, directly connecting Europe to the Indian Ocean for the first time. This context also saw the birth of the administrative and commercial system of the Estado da Índia, with strategic bases along the African and Asian coasts.

Lisbon, the city spreads across seven hills overlooking the Tagus River, with historic neighborhoods like Alfama that retain a medieval urban layout of narrow streets and steep stairways. The city was almost completely rebuilt after the 1755 earthquake, one of the most destructive ever recorded in Europe, which influenced the development of modern earthquake-resistant engineering.

In Porto, the historic Ribeira district is built on terraces descending towards the Douro River, representing one of the finest examples of a still-intact medieval port city in Europe. It is here that the production of Port wine originates, regulated by one of the world's oldest controlled designations of origin.

In the south of the country, the Algarve region is characterized by a coastal system of limestone cliffs and sea caves, including the famous Benagil Cave, accessible only by sea. This area also has a long tradition of fishing and sailing in the Atlantic.

Culturally, Portugal is known for fado, a musical genre recognized by UNESCO as an intangible heritage of humanity, born in the working-class neighborhoods of Lisbon and Coimbra and characterized by a strong emotional and narrative component.

Sintra's cultural landscape is unique in Europe: Pena Palace represents one of the first examples of European Romantic architecture, while Quinta da Regaleira is known for its symbolic systems, wells, and gardens designed according to philosophical references.

Scientifically and geographically, Portugal also includes island territories in the Atlantic. The Azores are located on a tectonically active zone of the Mid-Atlantic Ridge, with visible geothermal phenomena such as the Furnas caldeiras on the island of São Miguel. The island of Madeira, meanwhile, is characterized by a unique irrigation system called "levadas," artificial canals built to transport water across mountainous terrain.

Within this complex of elements, Portugal stands out for its combination of a strong historical maritime identity, an internationally recognized cultural heritage, and a territorial system that includes not only the Iberian Peninsula but also Atlantic archipelagos with unique geological and environmental characteristics in Europe.



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# ITALY – BETWEEN THE MEDITERRANEAN, THE ALPINE ARC, AND A HISTORICAL STRATIFICATION THAT HAS DEFINED THE IDENTITY OF THE WEST



Located in Southern Europe, Italy occupies a central position in the Mediterranean basin and is distinguished by a highly complex morphology, alternating between the Alpine arc to the north, the Apennine ridge that traverses the peninsula, and a large and historically integrated island system. First, the territory is delimited by the Alps, which form a natural barrier to the rest of Europe, while the Apennines extend across the entire peninsula, shaping the landscape from the hinterland to the Tyrrhenian, Adriatic, and Ionian coasts. From a hydrographic perspective, the main system is dominated by the Po River and its vast plain, the Po Valley, one of Europe's most important agricultural and industrial areas. It is flanked by rivers such as the Adige, Arno, and Tiber, which have historically favored the development of cities and urban systems along their courses. To understand Italy's identity, it is necessary to begin with pre-Roman civilizations, including the Etruscans, the Greeks of Magna Graecia, and the Italic peoples, followed by the rise of Ancient Rome, which represents the founding nucleus of the cultural, legal, and urban structure of the Western world. Cities such as Rome, Pompeii, and Ravenna bear witness to the evolution from the Republican period to the Empire. After the fall of the Western Roman Empire (476 AD), the peninsula underwent a period of political fragmentation, followed by Lombard and Byzantine rule, and subsequently by the emergence of medieval communes and maritime republics such as Venice, Genoa, Pisa, and Amalfi. During the Renaissance, between the 15th and 16th centuries, Italy became the cultural and artistic center of Europe with cities such as Florence, Milan, and Rome, while important dynasties and regional states such as the Duchy of Milan, the Republic of Venice, and the Papal States developed. Political unification took place in the 19th century through the Risorgimento, with figures such as Giuseppe Garibaldi, Camillo Benso di Cavour, and Vittorio Emanuele II, which led to the proclamation of the Kingdom of Italy in 1861. In the 20th century, the country went through a monarchic phase, the period of the world wars, the dictatorship, and finally the birth of the Italian Republic in 1946, consolidating the current institutional structure.

In this framework, the Italian territory is divided into complete geographical macro-areas, including all the regions and island systems:

- NORTHWESTERN ITALY – INCLUDES PIEDMONT, VALLE D'AOSTA, LOMBARDY AND LIGURIA, WITH CITIES SUCH AS MILAN, TURIN, GENOA AND THE ALPINE AND PRE-ALPINE SYSTEMS
- NORTHEASTERN ITALY – INCLUDES VENETO, TRENTO-ALTO ADIGE, FRIULI VENEZIA GIULIA AND EMILIA-ROMAGNA, WITH CITIES SUCH AS VENICE, VERONA, BOLOGNA AND TRIESTE
- CENTRAL ITALY – INCLUDES TUSCANY, UMBRIA, MARCHE AND LAZIO, WITH ROME, FLORENCE AND THE APENNINE HILL SYSTEMS
- SOUTHERN ITALY – INCLUDES ABRUZZO, MOLISE, CAMPANIA, PUGLIA, BASILICATA AND CALABRIA, WITH CITIES SUCH AS NAPLES, BARI AND REGGIO CALABRIA AND THE TYRRHENIAN, ADRIATIC AND IONIAN COASTAL SYSTEMS
- MAJOR ISLANDS – INCLUDING SICILY AND SARDINIA, CHARACTERISED BY DISTINCT GEOLOGICAL SYSTEMS, EXTENSIVE COASTLINES AND AUTONOMOUS HISTORICAL IDENTITIES
- MINOR ISLANDS AND ARCHIPELAGOS – INCLUDE SYSTEMS SUCH AS THE AEOLIAN, EGADI, PELAGIE, TREMITI ISLANDS AND THE TUSCAN ARCHIPELAGO, INTEGRATED INTO THE ITALIAN MEDITERRANEAN MARITIME SYSTEM

As regards the main entry points into the country, the airport network is distributed according to the macro-areas:

- Rome Fiumicino Airport – Main national and international hub
- Milan Malpensa Airport – Access to the Northwest
- Milan Linate Airport – Access to the Milan metropolitan area
- Venice Marco Polo Airport – Access to the Northeast
- Bologna Airport – Access to Central and Northern Italy
- Naples Capodichino Airport – Access to the Southern Continent
- Palermo Falcone e Borsellino Airport – Access to Sicily
- Cagliari Elmas Airport – Access to Sardinia

In short, Italy is an extremely complex and stratified territorial system, in which the Alps, Apennines, alluvial plains, Mediterranean coasts, and island systems are not separate elements, but integrated parts of a single geographical and historical structure. It is precisely this continuity between land, sea, and millennia-old cultural stratification that defines the country's identity within the European and Mediterranean context.

# ACCESSIBLE TRAVEL FOR DISABLED PEOPLE BETWEEN EQUIPPED COASTS, FLAT CITIES, USEABLE PARKS AND ISLANDS WITH DEDICATED INFRASTRUCTURES

## PLACES AND EXPERIENCES FOR ACCESSIBLE TRAVEL FOR PEOPLE WITH DISABILITIES OFF THE BEATEN TRACK

An accessible journey in Italy unfolds through destinations selected for their seamless route network, inclusive infrastructure, flat urban centers, accessible museum tours, and well-equipped beaches, where the experience is designed to reduce physical barriers and ensure independence of movement.

From an urban and cultural perspective, one of the most suitable areas is Turin, where the flat historic center allows for easy travel between the Egyptian Museum of Turin and the National Cinema Museum, both of which offer accessible routes and dedicated services. Bologna also offers a continuous historic center under the porticoes, with easy access to places like the Museum of the History of Bologna.

Along the coast, in Emilia-Romagna, the Riviera between Rimini, Cesenatico, and Milano Marittima offers one of the best-equipped beach areas in Italy, with beach resorts equipped with walkways, chairs, and easy access to the sea. Marina di Ravenna also offers wide beaches and flat paths. In Tuscany, the city of Florence offers accessible museums between the Uffizi Gallery and the Museo dell'Opera del Duomo in Florence, with specially designed routes. Also in Tuscany, the Viareggio coast offers flat seafronts and well-equipped beach resorts.

In the Veneto region, the Euganean Hills Regional Park between Abano Terme and Monselice offers gentle trails, accessible spas, and accommodations for extended stays. Also in Veneto, Lake Garda, on the shores of Peschiera del Garda and Desenzano del Garda, offers flat lakeside promenades and convenient transportation. In Friuli-Venezia Giulia, the city of Trieste offers continuous urban trails between the city center and the Molo Audace waterfront, while Miramare Castle has accessible areas and a flat park overlooking the sea.

On the islands, in Sicily, the city of Palermo offers accessible routes through its historic center and sites like the Norman Palace, while the Mondello coast boasts well-equipped beaches and easily accessible waters. In Sardinia, the stretch of the Costa Smeralda between Arzachena and Olbia offers well-equipped beach resorts and accessible routes along the sea.

In this framework, accessible Italy is configured as a concrete system of flat cities like Turin, Bologna, and Trieste, equipped coastlines like Rimini, Viareggio, and Mondello, organized natural systems like the Euganean Hills and Lake Garda, and islands with dedicated infrastructures like Palermo and the northeastern coast of Sardinia, where the experience is made possible through real and usable structures.





## DID YOU KNOW?

Italy is one of the places with the highest density of cultural heritage in the world: according to UNESCO, it hosts the highest number of sites recognized as World Heritage, distributed among historic centers, cultural landscapes, and archaeological sites.

In Rome, the historical stratification is visible in the urban space itself: from the Colosseum to the Roman Forum, all the way to the Vatican, over two thousand years of continuous history are concentrated. The city also preserves ancient hydraulic and infrastructural systems still integrated into the modern urban network.

In Pompeii, the eruption of Vesuvius in 79 AD crystallized an entire Roman city, allowing direct study of the homes, workshops, and frescoes preserved under the volcanic ash. The nearby site of Herculaneum preserves wooden structures and organic materials rarely found in other ancient contexts.

In northern Italy, Milan Cathedral is one of the greatest examples of European Gothic architecture, built over nearly six centuries. A few kilometers away, the canal system, designed in part with contributions from Leonardo da Vinci, has for centuries been a fundamental hydraulic network for transportation and irrigation.

On a natural level, Vesuvius is one of the few active volcanoes in continental Europe, while Etna in Sicily is the highest active volcano in Europe and one of the most studied in the world due to its almost continuous activity.

Among its islands, Italy boasts one of the most complex configurations in the Mediterranean. Sicily boasts sites such as the Valley of the Temples in Agrigento, while Sardinia is characterized by the Nuragic complex of Su Nuraxi in Barumini, evidence of a prehistoric civilization unique in the Mediterranean.

In Venice, the urban system is built entirely on canals and stilts, with the Grand Canal still representing the city's main axis. Its water and tidal management system is considered unique in the world due to its historical and engineering complexity.

On a cultural level, Italy has contributed decisively to the development of European music, art, and literature: Dante Alighieri codified the Italian language with the "Divine Comedy," while the operatic tradition born in Florence and developed in Venice and Milan has influenced Western music to this day.

Within this complex of elements, Italy stands out for the coexistence of stratified cities like Rome and Venice, exceptionally preserved archaeological sites like Pompeii, active natural systems like Etna and Vesuvius, and a regional fragmentation that unites peninsulas, large islands, and micro-territories with highly differentiated historical identities.



# MALTA - BETWEEN THE CENTRAL MEDITERRANEAN, HISTORICAL STRATIFICATION, AND AN INTEGRATED ISLAND SYSTEM



Situated in the central Mediterranean Sea, south of Sicily and along the main historical routes between Europe, North Africa, and the Middle East, Malta is one of the most compact yet stratified island systems in the Mediterranean. Primarily, the territory is composed of a small archipelago in which the three main islands—Malta, Gozo, and Comino—form a single geographical and functional system, characterized by rocky coastlines, natural inlets, and limestone plateaus. Geographically, the archipelago is primarily composed of the island of Malta, which is home to the majority of the population and infrastructure, the more rural and hilly island of Gozo, and the smaller island of Comino, characterized by nearly pristine natural environments. The landscape is dominated by limestone formations, rugged coastlines, and an arid Mediterranean climate, with strong exposure to winds and few permanent waterways. To understand Malta's identity, it is necessary to begin with the first traces of human settlement dating back to the Neolithic, among the oldest in Mediterranean Europe, with megalithic sites such as Haġar Qim and Mnajdra, which testify to a developed and autonomous prehistoric culture. Subsequently, the archipelago underwent a long sequence of external dominations and influences: Phoenicians, Carthaginians, and Romans, who integrated Malta into the trading systems of the central Mediterranean. During the Roman period, the island became a strategic maritime and administrative hub. In the Middle Ages, Malta came under Byzantine and later Arab control, a period during which linguistic and agricultural elements, still present in the local culture, consolidated. In 1530, the archipelago was entrusted to the Order of St. John, known as the Knights Hospitaller, who transformed the island into an advanced military fortress in the Mediterranean. The capital, Valletta, was founded in the 16th century after the Great Siege of 1565, a decisive event in the history of European defense against Ottoman expansion. In the 19th century Malta came under British control, becoming a strategic naval base in the Mediterranean until independence in 1964 and the subsequent proclamation of the Republic in 1974.

In this framework, the Maltese territory is divided into a unitary island system, without internal administrative macro-regions, but with a coherent functional subdivision:

- MALTA ISLAND (POLITICAL AND ECONOMIC CENTER) – INCLUDES THE CAPITAL VALLETTA AND THE SURROUNDING URBAN AREA, AS WELL AS HISTORIC CENTERS SUCH AS MDINA AND BIRGU, WITH A COASTAL FORTIFICATION SYSTEM UNIQUE IN THE MEDITERRANEAN
- GOZO (RURAL AND HISTORICAL AREA) – CHARACTERISED BY HILLY LANDSCAPES, MORE NATURAL COASTLINES AND CENTRES SUCH AS VICTORIA (RABAT GOZO), WITH A STRONG AGRICULTURAL AND CULTURAL IDENTITY
- COMINO (PROTECTED NATURAL AREA) – ALMOST UNINHABITED, WITH COASTAL ENVIRONMENTS AND THE FAMOUS BLUE LAGOON, REPRESENTS THE NATURALISTIC COMPONENT OF THE ISLAND SYSTEM

AS REGARDS THE MAIN ACCESS POINTS, THE CONNECTION NETWORK IS CONCENTRATED AND FUNCTIONAL TO THE ISLAND DIMENSION:

- Malta International Airport – Main international entry point located between Luqa and the capital, connected to all major European and Mediterranean destinations
- Ports of Valletta and Ċirkewwa – Main maritime accesses to Gozo and regional routes

In short, Malta is a unified island system in which history, sea, and territory are inseparable: from prehistoric megalithic structures to the fortifications of the Knights, up to contemporary European modernity, the archipelago represents a continuous stratification of civilizations in the heart of the Mediterranean.

# DISABILITY-FRIENDLY TRAVEL IN A COMPACT CAPITAL, EQUIPPED SEAFRONTS, ACCESSIBLE HISTORICAL SITES AND ISLANDS WITH EASY CONNECTIONS

## PLACES AND EXPERIENCES FOR ACCESSIBLE TRAVEL FOR PEOPLE WITH DISABILITIES OFF THE BEATEN TRACK

An accessible trip to Malta takes place in a very compact territory, where short distances and a concentration of services allow for relatively easy access to historic cities, flat seafronts, and rapid sea connections. The experience is based on areas with well-established infrastructure, continuous urban routes, and cultural sites with organized access.

In the urban heart, Valletta offers one of the most suitable settings: the city is compact and organized on a historic grid, with main streets accessible and several accessible cultural sites. Among these, the MUŻA – National Museum of Fine Arts and the National Museum of Archaeology of Malta offer structured museum tours. Vertical connections and public transport services also help reduce the difficulty of navigating the historic center. Also within the urban area, Sliema and St. Julian's offer one of the most accessible coastal systems on the island, thanks to the Sliema Promenade, a long, flat path with continuous pedestrian access, benches, and direct access to rest areas. From here, Valletta can be reached by ferry from the Valletta Waterfront, with a short and convenient maritime connection. In the center of the island, Mdina and nearby Rabat offer a compact cultural experience: Mdina is entirely pedestrianized, with historic stone surfaces and concentrated paths, while Rabat is home to the Catacombs of St. Paul, which can be visited via organized tours. In the same area, San Anton Gardens in Attard offers flat, easily walkable green spaces. On the northern coast, the Mellieħa and Ghadira Nature Reserve area offers flat paths and accessible nature areas, while Golden Bay is one of the most developed stretches of coastline for swimming.

From a historical and cultural perspective, the Three Cities complex (Birgu, Senglea, Cospicua) offers an ancient yet relatively compact urban system, with historic ports like the Birgu Waterfront and seaside promenades. Although characterized by narrower streets than the modern capital, many areas are well-organized for sightseeing with accessible points.

On the island level, the island of Gozo represents an important extension of the accessible experience: the city of Victoria (Rabat Gozo) is the main urban center, with the Citadel of Victoria accessible via organized tours. The coastal towns of Marsalforn and Xlendi offer seafront promenades and flat areas. The island is accessible by regular ferries from the port of Ċirkewwa.

In this framework, Malta for accessible travel is configured as a compact system based on Valletta, Sliema, and Mdina for the urban and cultural dimension, Mellieħa and Golden Bay for the coast, the Three Cities for the historic port component, and Gozo with Victoria and its coastal resorts, where the proximity of points of interest and the concentration of services allows for a structured and concretely usable experience.





## DID YOU KNOW?

Malta is one of the smallest but most historically stratified territories in the Mediterranean: in a small area, prehistoric remains, Phoenician and Roman dominations, the long period of the Knights and the subsequent British influence overlap.

One of the most striking aspects of the archipelago is the presence of some of the oldest megalithic structures in the world. At Haġar Qim and Mnajdra, on the southern coast of the main island, are temple complexes dating back to approximately 3600–3200 BC, predating the Egyptian pyramids, built from enormous limestone blocks without the use of mortar.

In Mdina, known as the "Silent City," the city center retains a nearly intact medieval structure, with narrow streets and fortified walls. It was the island's capital for centuries and retains Phoenician, Roman, and Arab influences.

In Valletta, the city was designed in the 16th century by the Order of the Knights Hospitaller after the Great Siege of 1565. Its grid-like urban layout is one of the first examples of modern planning in Europe and is now recognized as a UNESCO World Heritage Site.

One of the most distinctive features of the Maltese territory is the presence of natural harbours deeply incised into the coast. The Grand Harbour and Marsamxett Harbour have for centuries been strategic military and commercial hubs in the central Mediterranean, controlling routes between Europe, North Africa, and the Middle East.

From a historical-military perspective, Malta played a central role during the Second World War: its location made it one of the most bombed bases in Europe between 1940 and 1942, an event which led to the awarding of the George Cross to the entire population in 1942 for their courage.

In Gozo, the atmosphere is more rural, characterized by coastal and hilly landscapes. The Citadel of Victoria dominates the island from above and bears witness to the archipelago's long defensive history.

Culturally and linguistically, Malta is one of the few places in the world where a Semitic language, Maltese, is written in the Latin alphabet and incorporates Arabic, Italian, and English influences, directly reflecting the island's complex history.

Within this mix, Malta stands out for its unique combination of prehistoric temples among the oldest in Europe, fortified cities designed in the modern era, strategic natural harbours, and a hybrid linguistic and cultural identity, a direct result of its location at the centre of the Mediterranean.



# GREECE - BETWEEN THE EASTERN MEDITERRANEAN, ARCHIPELAGOS, AND A HISTORICAL CONTINUITY THAT HAS DEFINED EUROPEAN CULTURE



Located in southeastern Europe, Greece occupies a strategic position between the Aegean, Ionian, and Mediterranean Seas, making it one of the most fragmented yet coherent territories in the Mediterranean due to the presence of peninsulas, mountains, and a vast island system. First, the country's morphology is dominated by the Hellenic Peninsula and a sprawling archipelago that physically and culturally connects the country's diverse areas. Geographically, Greece is characterized by a strong prevalence of coastlines and islands. Among the main islands and archipelagos are the Cyclades, the Dodecanese, the Ionian, the Sporades, and the large islands of Crete and Euboea. This island system is integrated with the mainland through rugged coastlines, deep gulfs, and peninsulas such as the Peloponnese. The interior is predominantly mountainous, with ranges such as Mount Pindus and reliefs that have historically favored the formation of autonomous city-states. The plains are limited but strategic, especially in Thessaly and Macedonia, where major urban centers are concentrated. To understand Greece's identity, it is necessary to begin with the civilization of Ancient Greece, which between the 2nd millennium BC and the classical period developed a political and cultural system based on the polis, including Athens, Sparta, and Corinth. During this period, philosophy, theater, mathematics, and political systems developed that profoundly influenced Western civilization. Subsequently, Greece entered the orbit of the Roman Empire and then the Byzantine Empire, with Constantinople as the political and religious center of the Greco-Eastern world. After the fall of Constantinople in 1453, the territory came under the control of the Ottoman Empire for several centuries. Independence was achieved in the 19th century with the Greek War of Independence (1821–1829), which led to the birth of the modern Greek state, initially as a monarchy and later evolving into its current republican structure.

In this framework, the Greek territory is divided into integrated geographical macro-areas that include both the mainland and all the island systems:

- **NORTHERN GREECE – COMPRISES GREEK MACEDONIA AND THRACE, WITH CITIES SUCH AS THESSALONIKI AND INLAND MOUNTAINOUS AREAS, IN CONTINUITY WITH THE NORTHERN AREAS OF THE AEGEAN SEA AND THE ISLAND SYSTEMS OF THE NORTH AEGEAN**
- **CENTRAL GREECE – INCLUDES BOEOTIA, PHOCIS AND ATTICA, WITH ATHENS, AND DIRECTLY OVERLOOKS THE AEGEAN SEA INCLUDING THE ISLANDS OF EUBOEIA AND PART OF THE SOUTHERN SPORADES**
- **PELOPONNESE – SOUTHERN PENINSULA WITH HISTORIC CITIES SUCH AS CORINTH AND SPARTA, SURROUNDED BY THE IONIAN AND AEGEAN SEAS AND IN MARITIME CONTINUITY WITH THE SOUTHERN IONIAN ISLANDS**
- **AEGEAN GREECE – INCLUDES THE CYCLADES ISLANDS, THE DODECANESE ISLANDS, THE SPORADES AND THE NORTH AEGEAN ISLANDS, ALONG WITH LARGE ISLANDS SUCH AS EUBOEIA**
- **IONIAN AND WESTERN GREECE – INCLUDES THE IONIAN ISLANDS AND THE REGIONS BORDERING THE IONIAN SEA, WITH STRONG HISTORICAL VENETIAN INFLUENCE AND COASTAL CONNECTIONS WITH EPIRUS AND WESTERN GREECE**
- **CRETE – INCLUDES CRETE, A MACRO-AREA AUTONOMOUS IN SIZE AND IDENTITY, WITH AN INTERNAL MOUNTAIN SYSTEM AND STRONG GEOGRAPHICAL INDEPENDENCE IN THE EASTERN MEDITERRANEAN**

AS REGARDS THE MAIN ACCESS POINTS, THE AIRPORT NETWORK IS DISTRIBUTED ACCORDING TO THE STRONG INSULARITY AND THE MACRO-REGIONS:

- **Athens Airport – Main international hub and gateway to central Greece**
- **Thessaloniki Airport – Gateway to Northern Greece**
- **Heraklion Airport – Access to Crete**
- **Corfu Airport – Access to the Ionian Islands**
- **Rhodes Airport – Access to the Dodecanese**

In short, Greece is a highly fragmented yet coherent territorial system, in which the sea, islands, mountains, and historic cities are not separate elements, but interconnected parts of a single geographical and cultural structure. It is precisely this continuity between insular space and mainland, combined with a historical stratification stretching from Ancient Greece to the modern state, that defines its identity in the Eastern Mediterranean.

# DISABILITY-FRIENDLY TRAVEL THROUGH SLOW-TRAVELING ISLANDS, LESSER-KNOWN COASTAL CITIES AND ESTABLISHED MEDITERRANEAN LANDSCAPES

## PLACES AND EXPERIENCES FOR ACCESSIBLE TRAVEL FOR PEOPLE WITH DISABILITIES OFF THE BEATEN TRACK

An accessible trip to Greece can also be enjoyed far from major hubs like Athens and Thessaloniki, favoring islands with slower traffic, secondary coastal centers, and areas where mobility is facilitated by short distances, frequent maritime connections, and tourist facilities concentrated in limited, flat areas.

In the Ionian Sea, Lefkada is one of the most functional destinations: the bridge connecting it to the mainland eliminates the need for ferries, and the center of Lefkada Town is flat and compact. The coastal areas of Nydri offer a continuous seafront with direct access to tourist services, while the beaches on the east coast are accessible via relatively short walks. Also in the Ionian Sea, Kefalonia has a more distributed structure but with functional locations such as Argostoli, characterized by a flat urban seafront and concentrated services. The area of Lixouri, connected by a short ferry ride, also offers a simple and accessible urban environment.

In the northeast, Thassos is particularly suitable due to its compact shape and continuous coastal paths. The center of Limenas is flat and directly connected to the port, while towns like Potos offer an easily accessible coastline and concentrated tourist infrastructure.

In the southern Aegean Sea, Skiathos is one of the most logistically organized islands: the centre of Skiathos Town is compact and flat, with direct connections to the port and local transport that facilitate access to the main beaches such as Koukounaries.

In the Dodecanese, Kos offers a very functional urban model: the city of Kos Town is flat, with a continuous waterfront and the presence of the Asklepieion of Kos, organized on levels accessible via structured tourist paths.

Finally, in the Cyclades, some smaller islands such as Syros offer a more stable urban dimension than other islands in the archipelago: Ermoupoli is an administrative center with an accessible port and concentrated services, while the compact urban configuration reduces travel.

In this context, accessible travel in Greece presents alternative experiences to the traditional large tourist hubs, based on islands such as Lefkada, Thassos, Skiathos, Kos, and Syros, where the combination of compact centers, continuous seafront promenades, and concentrated tourist infrastructure allows for a more linear and concrete experience of the territory.





## DID YOU KNOW?

Greece is one of the places in the world with the longest documented cultural continuity: many Western words, philosophical concepts, and political systems derive directly from ancient Greek civilization, which developed as early as the 2nd millennium BC with the Minoan and Mycenaean civilizations.

In Athens, democracy was born in the 6th century BC with the reforms of Cleisthenes, who introduced a political system based on territorial divisions and citizen participation. The Acropolis of Athens still preserves the Parthenon, built in the 5th century BC during the age of Pericles.

In Delphi, the sanctuary of Apollo was considered in ancient times the “center of the world” according to Greek tradition, marked by the omphalos stone, still visible today in the archaeological area.

One of the most peculiar aspects of Greece is its insular fragmentation: over 6,000 islands and islets, of which approximately 200 are inhabited, distributed across several archipelagos.

In the Cyclades, the island of Santorini is the result of one of the largest volcanic eruptions in Mediterranean history (around 1600 BC), which contributed to the collapse of the Minoan civilization. The current caldera is one of the most studied geological structures in the world.

In the Ionian Sea, the Ionian Islands display a strong Venetian influence still visible in the urban architecture of Corfu, particularly in the Old Town of Corfu, where the defensive structure reflects centuries of maritime dominance.

In the northeastern Aegean Sea, the islands of Lesbos and Chios preserve medieval fortified villages such as Mesta and Pyrgi, characterised by defensive architecture against medieval raids.

Crete is home to the Palace of Knossos, linked to the Minoan civilization and the myth of the Minotaur and Daedalus's labyrinth. Crete is also one of the largest islands in the Mediterranean and features mountainous landscapes, deep gorges, and a diverse coastline.

In the Dodecanese, Rhodes preserves one of the best-preserved medieval fortified cities in Europe, the Medieval City of Rhodes, built by the Knights Hospitaller between the 14th and 16th centuries.

On a natural level, Greece is one of the most seismic destinations in Europe: it lies at the meeting point of the African and Eurasian plates, a phenomenon that has shaped its geography, made up of young mountains, jagged coastlines, and deep sea trenches.

Within this complex of elements, Greece stands out for its continuity between myth and history, its extreme island fragmentation, the presence of some of the most influential archaeological sites in the Western world, and a natural landscape still undergoing active geological evolution.



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