

# Full Spectrum's Adventure Quests™

**Live Your  
Best Life!**

Looking to reinvent yourself?  
Ready for the new you?  
Want more vitality?



## Travel With Us

### LUXURY CUSTOM TRIPS

Dare to Dream - Ask for What You Want  
- Redesign Yourself



### NATURE

#### GUIDED DAY HIKES

Embrace Adventure - Awaken Yourself  
- Claim Your Path



### COMMUNITY

#### TRAVEL COHORTS


Make New Friends - Make New Choices  
- Create Your New Life



## Portugal - January 2025

Join me, John Armstrong, your adventure guide and like-minded travelers who share your passion for authenticity, adventure, growth, community and sustainability in our inaugural global Adventure Quest! Come explore, discover and celebrate some of the world's most unique wilderness and local cultures while participating in a unique experiential education venture that invites you into an inner quest while on an outer journey. In this signature program we provide a premium trip itinerary balanced with a corollary coaching journey designed to support you envisioning, exploring and developing into your next best version of you! The earth is a miraculous place to travel — being fully you, present and committed to living your dreams and sharing them with others makes it even more wondrous. Invest in yourself and join us on this trip-of-a-lifetime.



 **Trip Leader**  
John Armstrong  
(612) 704-2878

 **Travel Agent**  
Sunita Madsen  
(952) 300-7007

**Pre-Register  
Today!**

 Full Spectrum Coaching and Consulting



# MADEIRA ADVENTURE QUEST™ - JANUARY 2025



What better a place to travel than the exotic islands of Madeira, Portugal. Immerse yourself in Madeira's majestic landscapes, rich culture and mesmerizing flavors while you refresh your senses, recharge your spirit and become the next best version of you.

## Hike and Discover - The Enchanted Island of Madeira, Portugal

### Unwind On Scenic Trails

- Local Flavors – savor delicious Madeiran cuisine in several charming villages
- Year-Round Paradise – enjoy a mild climate that offers breathtaking coastal hiking trails
- Discover Hidden Gems – explore the trails of ancient forests and dramatic cliffs
- Unforgettable Memories – create a lifetime of lasting experiences

**Pre-Register  
Today!**

## Explore and Engage - Your Next Level Leadership Within You

### Carve Your Own Destiny

- Immersion Learning – step outside your comfort zone, grow your confidence and self guidance
- Travel Cohorts – make new friends, grow your peer group of support and camaraderie
- Recalibrate Yourself – re-energize living your values, vision, purpose and commitment
- Leadership Development – allow yourself the journey to show that you are capable of more than you think

## Book Your Madeira Adventure Quest Today ! Limited Spots Available !

- *1/25/25 to 2/3/25 – \$5000 (not including airfare)*
- *Call us for information or visit [www.vacationing.vip](http://www.vacationing.vip)*
- *[sunita.madsen@cruiseplanners.com](mailto:sunita.madsen@cruiseplanners.com) or 952-300-7007*
- *[john@fullspectrumcoachingandconsulting.com](mailto:john@fullspectrumcoachingandconsulting.com) or 612-704-2878*





# FULL SPECTRUM'S ADVENTURE QUESTS™

## TRANSFORMATIONAL TRAVEL PROGRAM

### What Trip Calls To You ?

#### *Discover and Explore Your World of Possibilities*



- Discover diversity and cultures outside of your upbringing
- See the world and yourself from a different perspectives
- Experience yourself connecting and engaging as a global citizen

#### *Envisioning and Establishing Your World*

**Pre-Register Today!**



- Get a clearer vision of what is your purpose in this world
- Hone in on your unique dreams, goals, mission and identity
- Get custom coaching support, encouragement and accountability

#### *Reinventing You and Yourself in the World*



- Expound and liberate - learn from the past and embrace the future
- Redesign who you are and what is important to you now
- Get support mapping out your next chapter to build momentum

#### *Bucket List and Legacy Fulfillment*

- Gift you and/or a loved one a storied trip-of-a-lifetime
- Rejuvenate and refresh your soul in a supportive cohort adventure
- Advocate for your own style of aging well, gracefully and communally





# MADEIRA ADVENTURE QUEST™ — ITINERARY PAGE 1

**Day 1 – 01/25/2025: Arrival in Lisbon**

(D)

*Arrival in Lisbon Airport. Transfer to the hotel, Check-in and time to rest.*

*At night meet your English speaking assistant at lobby and transfer to Casa de Linhares restaurant and enjoy an amazing meal with drinks and the traditional Fado show. Fado is a traditional music, a form of Portuguese singing that is often associated with bars, cafes, and restaurants.*

*Accommodation in Lisbon: Hotel Turim Marques or similar 4\* for 2 nights*

**Day 2 – 01/26/2025: Half day tour Belem (4h)**

(B)

*Meet your guide in the hotel lobby and transfer to Belem Area.*

*Start the tour learning more about the Age of Discovery by visiting Belém, the "Pastéis de Belem" factory, the Jeronimo's Monastery, the Belem Tower and the Monument to the Discoveries. We will visit inside one of the most important monuments of the city, the Jeronimo's Monastery.*

*Accommodation in Lisbon*

**Day 3- 01/27/2025: Arrival in Madeira**

(B)

*In the morning transfer from the hotel to Lisbon Airport (flight not included)*

*Arrival in Funchal and transfer to the hotel in Santana.*

*Accommodation in Santana, Madeira: Hotel O Como or similar 4\* for 2 nights*

**Pre-Register  
Today!**

**Day 4 – 01/28/2025: Hiking Santana**

(B)

*Meet your English speaking guide in the lobby and transfer to start this hiking day. Hike along the Larano trail starting near Machico along Madeira's north coast. Hike to the Boca do Risco viewpoint, with stunning views of the north coast. Then follow the trail to the west before following it back to Porto da Cruz. The hike is between 14km and 15km with a total incline of 250 meters. It's along the coast for a majority of the hike, some places with no railings that are considered dangerous, but the trail is wide enough that it's still convenient to walk. It should take around five and a half hours.*

*Accommodation in Santana, Madeira*

**Day 5 – 01/29/2025: Hiking Santana -Funchal**

(B)

*Meet your English speaking guide in the lobby and transfer to start the hiking day. Summit one of the island's tallest peaks, the Pico do Arieiro. At an altitude of 1,818m, it's the third highest in Madeira. The hike requires some scrambling with steep ascents, but stunning views of the island above the cloud line make every step worth it. Today's challenging hike up to Pico do Arieiro takes us through uneven, rocky terrain, a man-made tunnel and some steep ascents that may require scrambling over rocks. Reach the summit at 1,500m above sea level. If the conditions are right, find yourself above the clouds, looking down over Madeira.*

*Accommodation in Funchal: Hotel Next or similar 4\* for 5 nights*



# MADEIRA ADVENTURE QUEST™ — ITINERARY PAGE 2

## *Day 6 – 01/30/2025 - Hiking - Ponta de São Lourenço (B)*

*Meet your English speaking guide in the lobby and transfer to start the hiking day. Come with us and enjoy a fantastic coastal hike of 3 to 4 hours round trip. The Ponta São Lourenço is a unique area with a painting-like landscape on the easternmost tip of Madeira. There is a jungle feel and a great variety of small plants and birds. At several points, you can stand on top of steep cliffs and marvel at the seascapes. In fact, at every corner you turn, there is another stunning view of the north and south coasts of Madeira. From Morro do Furado you will see the lighthouse in the distance and the neighboring islands of Desertas and Porto Santo. Don't miss this fantastic place - it's not to be missed! This walk is a chance to step back in time with evidence of volcanic turbulence, geomorphological processes and the struggle of plants and animals to hold their own in a beautiful but hostile landscape.*

### *Accommodation in Funchal*

## *Day 7 – 01/31/2025 Hiking - Cabo Girão (B)*

*Meet your English speaking guide in the lobby and transfer to start the hiking day. For the first part of the day hike to the Cabo Girão viewpoint, one of Europe's highest and rightfully a popular destination on the island. Traverse the skywalk, a glass walkway that extends over the edge of the cliffs, looking down straight into the sea and enjoy stunning views of the southern coast. The rest of the time is yours.*

### *Accommodation in Funchal*

**Pre-Register  
Today!**

## *Day 8 – 02/1/2025: FD tour Funchal and Madeira Central (B)*

*Departure from the pier towards the farmer's market, a point of reference in Funchal's city architecture and daily life. At the market, the atmosphere is bustling and ablaze with colors and redolent with the intoxicating perfume of beautiful flowers. Then, we travel to Monte. After visiting this small village, you can take in option a 10-minute's ride down to Livramento in a basketwork sledge. The sledges are powered by the feet of two 'carreiros', the sledges drivers, an unforgettable experience full of adrenaline. If not, descent by coach. Still by coach, we continue to Pico dos Barcelos, a viewpoint from where one can enjoy the overview of the city of Funchal and its surroundings.*

*Continuing through a wooded area of pines and eucalyptus we reach Eira do Serrado, the oldest craters of volcanoes that are at the origin of this island. Return to Funchal centre and free time for shopping. At time to be informed, transfer from the city centre to the hotel.*

### *Accommodation in Funchal*



# MADEIRA ADVENTURE QUEST™ — ITINERARY PAGE 3

*Day 9 – 2/2/2025: Half Day Jeep Expedition - Central Madeira (4h) (B/D)*

*Departure from Funchal to Curral das Feiras for a visit to this magnificent parish, located in a deep valley and resembling the crater of a volcano, its appearance is only due to erosion. We continue towards the Boca dos Namorados viewpoint, at 1100m altitude, where we let ourselves view the landscape over the village of Curral das Freiras. It is from here that we start to off-road, so we can feel nature at its purest state, until we reach a typical Madeiran bar where we can taste the most typical regional drink, "poncha regional" - not included. From here we take the regional road of Quinta Grande to the viewpoint of Cabo Girão, Europe's highest promontory with an altitude of 580m. The vertiginous views over the fajãs Rancho and Cabo Girão are impressive, as well as the magnificent panoramic view over the ocean and the municipalities of Camara de Lobos and Funchal.*

*At night enjoy a dinner at Do Forte restaurant or similar in Funchal (transportation included).*

*Accommodation in Funchal*

*Day 10 – 02/3/2025. Departure*

*Transfer from hotel to Funchal airport.*

**Pre-Register  
Today!**

## MEET YOUR GUIDES AND TRAVEL ADVISOR

**John Armstrong**

**Trip Leader**

John Armstrong is a 25-year storied small business entrepreneur, speaker, professional guide and holistic business coach and consultant. He is the founder and owner of a boutique style house painting company in Minneapolis, Minnesota and has been a coach, trainer and employer for over two decades including through the great recession and the pandemic. A silver lining in the pandemic for John was the reawakening of his talents and passion for experiential leadership development through travel, adventure education and the overcoming of adversity. Launching Full Spectrum Coaching and Consulting with an approach that integrates personal and business mastery with next level leadership development is his second dream come true business. Incorporating a travel program truly reflects John's ethos as he's been a professional guide since 1990 with travels throughout the US, Canada, Latin America and Europe. John is thrilled to now offer his Transformational Travel Program inviting others to join and share along the path.





# MADEIRA ADVENTURE QUEST™ — ITINERARY PAGE 4

**Elora Leverentz**  
Intern Co-Leader

Elora Leverentz is a precocious and avid outdoors woman, actor/singer and world traveler. As a young adult she had logged over 300 backpacking miles on various Superior Hiking Trail adventures including two solo trips before the age of 18. Her backcountry travels include Wyoming's Wind River Range and both Teton and Glacier National Park. In addition to her passion to become a professional wilderness guide, Elora is also a storied actor and singer with over a decade of center stage experience. She's performed at the State High School level for both Choir and Theatre competitions and is also pursuing a career in Theater. In her gap-year this fall she'll be assistant director for Armstrong High School's premier of Harry Potter. Her international travel includes Turks and Caicos Islands, the Dominican Republic and Paris, France.



**Sunita Madsen**  
Travel Advisor

Sunita Madsen is a passionate travel Advisor at Cruise Planners, and your one-stop shop for crafting dream vacations. While she specializes in curating unforgettable cruise experiences – from sun-drenched Caribbean escapes to Alaskan glacier explorations – her expertise extends far beyond the open seas. Whether you're yearning to explore the bustling streets of a European city, trek through the heart of a majestic rainforest, or simply relax on a pristine beach, she'll design the perfect itinerary tailored to your interests and budget. Sunita's goal is to transform your travel dreams into reality, taking care of all the nitty-gritty details so you can focus on making memories. Let her leverage the depth of her industry knowledge and connections to secure the best deals on flights, hotels, tours, and activities, ensuring a seamless and stress-free experience.



**Pre-Register  
Today!**



# MADEIRA ADVENTURE QUEST™ — ITINERARY PAGE 5

## CRITICAL TRAVEL INFORMATION

Pre-Register  
Today!

### Policies and Procedures:

Cruise Planners is a full service travel business, however, Cruise Planners is merely a selling agent for the individual travel groups, and we make no warranties expressed or implied. Cruise Planners is not responsible for last minute changes of price or itinerary by the airlines or hotels, or any errors or omissions displayed on this or any page. Please be advised that any special amenities or events associated with this travel program are for guests booked through Cruise Planners only.

### Reservations and Deposits:

A \$750 per person deposit is required to confirm your space on this journey. Deposits can be made via credit card or by calling the Sunita Madsen's office at 952-300-7007. A deposit packet will be emailed confirming the receipt of your deposit. Deposits are refundable, minus a \$250 per person cancellation fee, for 30 days from the processing date or until 90 days prior to departure, whichever comes first. Deposits made 90 days prior to a trip departing are not refundable. Final payment is also non-refundable, which is why we strongly urge guests to purchase travel insurance.

### Not Included:

International airline tickets, alcoholic beverages, room service and gratuities for ship crew and staff, hotel staff, travel insurance, meals not listed in brochure, and any activities or items not listed in your itinerary.

### Physical Requirements:

It is the responsibility of each guest to be aware of their physical abilities or limitations and to be in sufficient good health to undertake the trip. Click here to read more about "Is an Adventure Quest trip right for you?" or call John or Sunita for more details.

### Travel Insurance:

Adventure Quest Programs strongly encourages the purchase of group travel insurance coverage. We include information on trip insurance in your deposit information.

### Guided Journeys:

If a planned event is canceled for any reason, another event will be included in its place. This is not cause for refund. Events are subject to change. Also, if a guide or special trip leader is unable to attend as planned, Adventure Quest Programs will do its utmost to find another guide who has similar interests, talents, and expertise. The inability of a guide to participate in a tour is not grounds for a full or partial refund.

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