



Lisbon Junior 7s Rugby Tour – U18 Girls

February 11–17, 2026 | Lisbon, Portugal

Tour Overview

The Lisbon Junior 7s Rugby Tour offers players a unique opportunity to compete internationally while exploring Portugal's vibrant culture. Over seven days, participants will balance rugby, training, sightseeing, and team bonding in one of Europe's most historic and scenic cities.

Tour Highlights

- 🏈 **International Rugby Experience:** Compete in the **Lisbon Junior 7s Tournament**, including guaranteed group-stage and finals matches.
- 🤝 **Team Development:** Three training sessions with a local rugby club.
- ⚽ **Culture & Sport:** Visit the world-famous **SL Benfica Stadium** with lunch included.
- 🌊 **Adventure:** Participate in a **surf clinic** at a local beach.
- 🏰 **Cultural Excursion:** Full-day guided tour of **Cascais**, **Cabo da Roca**, and **Sintra** with lunch included.
- 🚌 **Explore:** Enjoy a panoramic tour of Lisbon city centre.

- 🏠 **Accommodation:** 6 nights in a 4-star hotel (breakfast & dinner included).
- ✈️ **Travel:** Direct flights, airport transfers, and all match/activity transportation included.
- 👥 **Support:** Dedicated tour manager and 24-hour assistance throughout the trip.

Travel Information

Outbound Flight

TP 258 | **10 February 2026** | Toronto (YYZ) → Lisbon (LIS)
Departure: 5:35 PM | **Arrival:** 5:50 AM (+1 day)

Return Flight

TP 257 | **17 February 2026** | Lisbon (LIS) → Toronto (YYZ)
Departure: 11:35 AM | **Arrival:** 3:20 PM

Accommodation

Hotel: [Hotel Tryp Lisboa Caparica Mar](#)

Description: The team will stay at the 4-star Hotel Tryp Caparica, located along the scenic Costa da Caparica beachfront.

Cost & Payment Schedule (CAD)

Payment Stage	Due Date	Percentage	Amount (CAD)
1st Deposit	October 10, 2025	10%	\$400
2nd Deposit	December 6, 2025	45%	\$1,800
Final Deposit	January 6, 2026	45%	\$1,800
Total Estimated Cost per Player	—	100%	\$4,000

Draft Agenda

Day	Date	Activities
Day 1	Wed, Feb 11	Arrival in Lisbon. Panoramic city tour and Benfica Stadium Tour with lunch included . Check in to hotel. Dinner included.
Day 2	Thu, Feb 12	Breakfast. Surf Clinic at local beach (<i>lunch not included</i>). Afternoon/evening friendly sevens matches at local club, followed by post-match dinner.
Day 3	Fri, Feb 13	Breakfast. Training session at local club. Afternoon trip to Cascais, Cabo da Roca, and Sintra . Dinner included.
Day 4	Sat, Feb 14	Tournament Day 1 : Minimum 3 games per team. Lunch at venue, dinner at hotel.
Day 5	Sun, Feb 15	Tournament Day 2 (Finals) : Minimum 3 games per team, awards after finals. Lunch at venue, dinner at hotel.
Day 6	Mon, Feb 16	Free morning. Lisbon city tour with free time. Dinner at local restaurant.
Day 7	Tue, Feb 17	Breakfast. Depart for return flight to Toronto .

Additional Notes

- **Passports:** Ensure validity for at least 6 months beyond travel dates.
 - **Insurance:** Travel insurance is strongly recommended.
 - **Fundraising:** Opportunities will be discussed at the parent information session.
 - **Contacts:** A full contact list (coaches, tour manager, emergency contacts) will be provided prior to departure.
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