



Lisbon Junior 7s Rugby Tour – U18 Girls

February 11–17, 2026 / Lisbon, Portugal



Tour Highlights

- 🍷 International Rugby Experience: Compete in the Lisbon Junior 7s Tournament – guaranteed matches (group stage & finals).
- 🤝 Team Development: Three training sessions with a local rugby club.
- ⚽ Culture & Sport: SL Benfica stadium tour with lunch included.
- 🌊 Adventure: Surf clinic at a local beach with lunch included.
- 🌍 Cultural Excursion: Full-day trip to Cascais, Cabo da Roca, and Sintra with lunch.
- 🗺️ Explore: Panoramic tour of Lisbon city centre.
- 🏨 Accommodation: 6 nights in a 4-star hotel (breakfast & dinner included).
- ✈️ Travel: Direct flights Toronto–Lisbon return, airport transfers, and all match/activity transport.
- 👥 Support: Dedicated tour manager and 24-hour assistance throughout.

Cost & Payment Schedule (in CAD)

Description	Details
Estimated Cost per Player	\$4,000 CAD
1st Deposit (10%)	Due Oct 10, 2025
2nd Deposit (45%)	Due Dec 6, 2025
Final Deposit (45%)	Due Jan 6, 2026

 **Please confirm interest by October 6 2025.**

An information session will follow with full details & fundraising options.

Draft Agenda

Day	Activities
DAY 1 WEDNESDAY 11 FEBRUARY 2026	AM: Team arrive. PM: Panoramic tour of Lisbon with Benfica Stadium Tour with lunch included. Settle into accommodation. Dinner included at hotel. Overnight accommodation at the official hotel.
DAY 2 THURSDAY 12 FEBRUARY 2026	Breakfast. AM: Surf Clinic at local beach (Lunch not included). PM/EVE: Extra Day of Sevens Rugby at local rugby club. After match function / dinner with opposition. Overnight accommodation at the official hotel.
DAY 3 FRIDAY 13 FEBRUARY 2026	Breakfast. AM: Training Session at local rugby club. Lunch free at leisure. PM: Trip to Cascais, Cabo da Roca and Sintra. Dinner included at hotel. Overnight accommodation at the official hotel.
DAY 4 SATURDAY 14 FEBRUARY 2026	Breakfast. TOURNAMENT DAY 1 - Minimum 3 games per team. Lunch included at venue. Return transfer to hotel after games. Dinner included at hotel. Overnight accommodation at the official hotel.
DAY 5 SUNDAY 15 FEBRUARY 2026	Breakfast. TOURNAMENT DAY 2 - Finals, minimum 3 games per team. Lunch included at venue. Tournament Awards after finals. Return transfer to hotel after games. Dinner included at hotel. Overnight accommodation at the official hotel.
DAY 6 MONDAY 16 FEBRUARY 2026	Breakfast. Free morning. Panoramic tour through Lisbon city centre with free time. Dinner included at local restaurant. Return transfer to hotel.

DAY 7 | TUESDAY 17 FEBRUARY 2026

Overnight accommodation at the official hotel.

Breakfast.

Teams depart for return home after a fantastic tournament.