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# VIAJAR

**SPECIAL  
EDITION**  
FOR INTERNATIONAL  
**TRADE  
FAIRS**

AVIAÇÃO COMERCIAL E TURISMO  
Nº 377

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NOVEMBER / NOVEMBRO 2021



**VACATIONS  
AND GETAWAYS IN  
PORTUGAL**



▲  
DIGITAL  
EDITION  
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## ESTAÇÃO SUL SUESTE

At the Sul Sueste Station you can choose to enjoy several river tours at different times of the day until sunset. You will also find a cafeteria with a terrace, a tourist information office, a shop with exclusive products and the multimedia interpretative center "Centro Tejo" where you can discover some interesting facts about the river and its banks.



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# Welcome to Portugal

**PORTUGAL IS A WONDERFUL DESTINATION.** You will find a country rich in culture and tradition, gastronomy and wines, with a privileged climate, stunning landscapes and the friendliness of its people. As a small country, Portugal is easily explored by car. In addition to the main cities, the country is full of amazing small towns and villages, linked by unforgettable landscapes. In a trip of just 7 or 10 days it is possible to get to know the country well.

Portuguese cuisine goes far beyond cod and custard tarts. There are many good restaurants, with a huge variety of dishes and very affordable prices. Delicious breads, soups and stews, lots of fish and seafood, sublime desserts and, of course, everything washed down with good wines. Forget about diet, when traveling in Portugal, you will eat a lot and well. This is a country that has the oldest borders in Europe, with an exceptional range of leisure activities and a unique cultural heritage, where tradition and modernity blend together in perfect harmony.

With its mild climate, 3000 hours of sunshine per year and 850 kms of splendid beaches bathed by the Atlantic Ocean, Portugal is the perfect holiday destination all year round.

Plus, in this busy world, safety is a top priority when choosing a vacation destination. Fortunately, Portugal is considered the 10th safest country to visit, with a very low crime rate. You will have the perfect conditions to enjoy a safe and stress-free holiday in Portugal.

Come and discover the charms of this country.



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# Lisbon

The capital of emotions

LISBON IS THE KIND OF CITY THAT MAKES YOU WANT TO GO EXPLORING, TO DISCOVER WHATEVER MIGHT APPEAR IN EVERY NEIGHBOURHOOD, ON EVERY STREET. IT IS A SAFE AND FRIENDLY CITY, RELATIVELY SMALL BUT WITH SO MUCH TO SEE.

**LISBON IS PORTUGAL'S CAPITAL** and the hub of a multi-faceted area that appeals to different tastes and senses. In a city that has been influenced by many different far-off cultures over time, there is still a village feel in each historic neighbourhood. Stroll through the Pombaline grid of streets in Baixa district (down-town) that opens on to the Tagus river in Praça do Comércio. Then follow the river to discover some of the city's most beautiful parts: the monumental area of Belém with its World Heritage monuments, the mediaeval quarters and the latest contemporary leisure spaces, such as Parque das Nações.

If you continue to the mouth of the river, you will understand why we say that Lisbon is the centre of a vast resort. Along the coastal road you'll find beaches and beach resorts that combine villas and hotels from the beginning of the 20th century with marinas, terraces and excellent golf courses. Further, along the coast you'll come across world-renowned surfing beaches, but also the palaces scattered across the cultural landscape of Sintra, a World Heritage Site.

**LISBON BY TOPIC.** You can choose a topic or a theme to explore it. The range is wide: Roman Lisbon, Manueline, Baroque or Romantic Lisbon, Literary Lisbon, the Lisbon of bohemian nightlife, the city of Fado. And there are also very different ways of exploring: by foot, by tram, by Segway, by hop-on-hop-off bus, in a tuk-tuk, seen from the river on a boat trip or from the other side, after crossing the Tagus river on a cacilheiro ferry... the suggestions are endless. However, there are some essential sites that simply cannot be missed and are always on the list. Like the historic Alfama an Castelo districts, with one of the most fabulous views over the city and the river.



Terreiro do Paço



São Jorge Castle



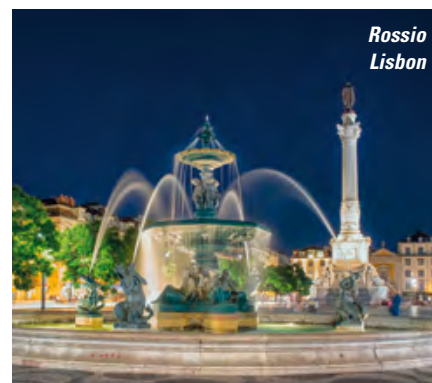


You must go from down-town towards Belém, the neighbourhood of the Discoveries, with the Belém Tower and the Jerónimos Monastery, both World Heritage. But also with the original Coach Museum and the modern Belém Cultural Centre. Oh, and don't forget to taste the delicious pastéis de nata (custard tarts)!

The new part of the city cannot be forgotten either. Be it to visit some key museums such as the Calouste Gulbenkian, in the north, or continuing along the river, the National Tile Museum. Carry on to the Parque das Nações (Park of Nations), the port area which was completely rebuilt for Expo '98, the 1998 World's Fair. It is now an important recreational space with a new urban landscape.

**DISCOVERING SINTRA.** A place full of magic and mystery, where Nature and Man have combined in such a perfect symbiosis that UNESCO has granted it World Heritage Site status.

Whatever you plan, and if you just want to visit Sintra in just one-day itinerary, a good suggestion is always to start from the historic centre. On the main square, you will see Palácio da Vila, a palace with two distinctive cone-shaped chimneys, which are useful landmarks for helping you find your way back to this spot. From the late 14th century, it was a summer resort for many Kings throughout the history of Portugal. Each room is decorated differently, and has its own history to be learned; its interior is also a surprise since it is a veritable tile mu-



seum, with examples from the 16th century, when tiles began to be used in Portugal. After a gentle stroll along the narrow alleys, past shops selling regional products, we suggest a visit to the Palácio and Quinta da Regaleira. This is a 19th century palace, although it looks older, boasting impressive decorations laden with Masonic references. Very close to the entrance to Regaleira, is Seteais, an 18th century palace, currently converted into an hotel. The gardens are worth a visit and from its belvedere you can see Pena Palace, Castelo dos Mouros (Moorish Castle) and the sea in the distance...

**CASCAIS AND ESTORIL COAST.**

On your way to Lisbon again, in the afternoon, Cascais and Estoril, or the coast north of Lisbon, became one of the most cosmopolitan and touristic places in Portugal ever since King Luís I chose the bay for his summer residence in the late 19th century, and you should visit them.

To get there, follow the waterfront road from Lisbon to Cascais or take the train. It's a very scenic route, always hugging the River Tagus and the busy beaches of the Estoril coast. En route, you will pass various forts erected to defend the capital, providing crossfire with the Bugio Fort, right in the middle of the river mouth, between Santo Amaro, on one side, and Trafaria, on the opposite bank.





# Passion for surfing

THE WEST IS A REGION OF CHOICE FOR LOVERS OF WATER SPORTS, WITH SURF TAKING THE LEAD, FROM ERICEIRA TO NAZARÉ.

**THE CENTRAL COAST OF PORTUGAL** is the perfect place for surfing. A route along the seafront reveals beaches with excellent conditions for the practice of this and other water sports.

For the more inexperienced or for those who want to know better the characteristics of the Atlantic sea, several surf schools offer programs to discover the best spots and the best waves, far from the most popular places.

In addition to the natural beauty, one of the biggest attractions of this region is gastronomy, full of the traditional flavours of the sea. Grilled fresh fish is mandatory, but so is seafood, as well as specialities such as fish stew and seafood rice.

**ERICEIRA.** On the way along the sea, to the north of Lisbon, there are good surprises, such as Ericeira, a fishing village with a lot of tradition linked to the sea. The characteristics of the sea and the coast, where high cliffs alternate with small sandy coves, the preservation of natural Mediterranean habitats and the surf culture that is lived here make Ericeira a popular destination for surfers from all over the world. The coast area, which was considered by the US organization Save

the Waves Coalition as the 1st surf reserve in Europe and the 2nd in the world, is 8 kilometres long and includes beaches that are a reference for the practice of this sport, such as Ribeira de Ilhas, Dois Irmãos bay, known by the community as Coxos, Empa beach, in front of the village, and São Lourenço beach.

With its narrow streets and a cosy atmosphere, the holiday spirit is felt all year round in Ericeira. Beaches near the village or Foz do Lizandro beach, further away, are more sheltered and, therefore, suitable for families with children.

**SANTA CRUZ.** Along the extensive sandy line, the beaches of Navio, Mirante, Pisão, Física, Centro, Santa Helena, Formosa and Praia Azul are the best known, near Santa Cruz. The purity of the water and sand and the characteristic beauty that the picturesque rocks give it, make Santa Cruz a very popular seaside resort.

Between surfing and the beach, the tour is enriched by the heritage and traditions of the villages and fishing villages that can be discovered along the coast, where you can't miss the fresh fish and seafood specialities of Portuguese cuisine.



Coxos Beach  
Ericeira



Supertubos  
Peniche

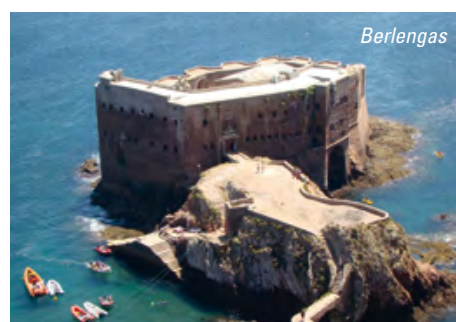




Ribeira de Ilhas  
Ericeira



Peniche



Berlengas

**PENICHE AND THE SEA ARE INSEPARABLE.**

If the Consolação and Baleal bays provide good shelter for family beach days, the waves on this coast, such as those at Medão Grande beach, known as Supertubos, are much sought after by surfers and bodyboarders from all over the world. Together with Lagido beach, they are the stage for the great surfing world championship Rip Curl Pro Portugal, a competition that integrates the World Surf League Tour. A visit to Peniche must include a visit to the historic centre. In addition to the Sanctuary of Nossa Senhora dos Remédios, the Churches of São Pedro and Misericórdia, the Fort of Peniche stands out, while it houses the Municipal Museum.

By boat you can also reach the wonderful Nature Reserve of Ilha das Berlengas. Be

*In addition to the natural beauty, one of the biggest attractions of this region is gastronomy, full of the traditional flavours of the sea*

sure to try the fish stew, seafood rice or sardines grilled on charcoal, always accompanied by local wines.

**NAZARÉ BEACH**, with a mild climate and unique natural beauty, has one of the oldest traditions linked to the fishing arts. But, currently, the big attraction is the waves and surfing, thanks to the “canhão da Nazaré”, an underwater geomorphological phenomenon that allows the formation of giant and perfect waves. Hawaiian surfer Garrett McNamara gave him worldwide

visibility when, back in 2011, he surfed the world’s longest wave on a sandy bottom, about 30 meters, on North Beach, winning the Billabong XXL Global BigWave Award and breaking a record in the Guinness Book of Records.

To get to know Nazaré, you can’t miss a leisurely stroll through the narrow streets, parallel to the beach, and a break in one of the restaurants to enjoy a fresh seafood dish, grilled fish or an appetizing fish stew. And in the evening, there’s nothing like enjoying the sunset on any terrace overlooking the sea.



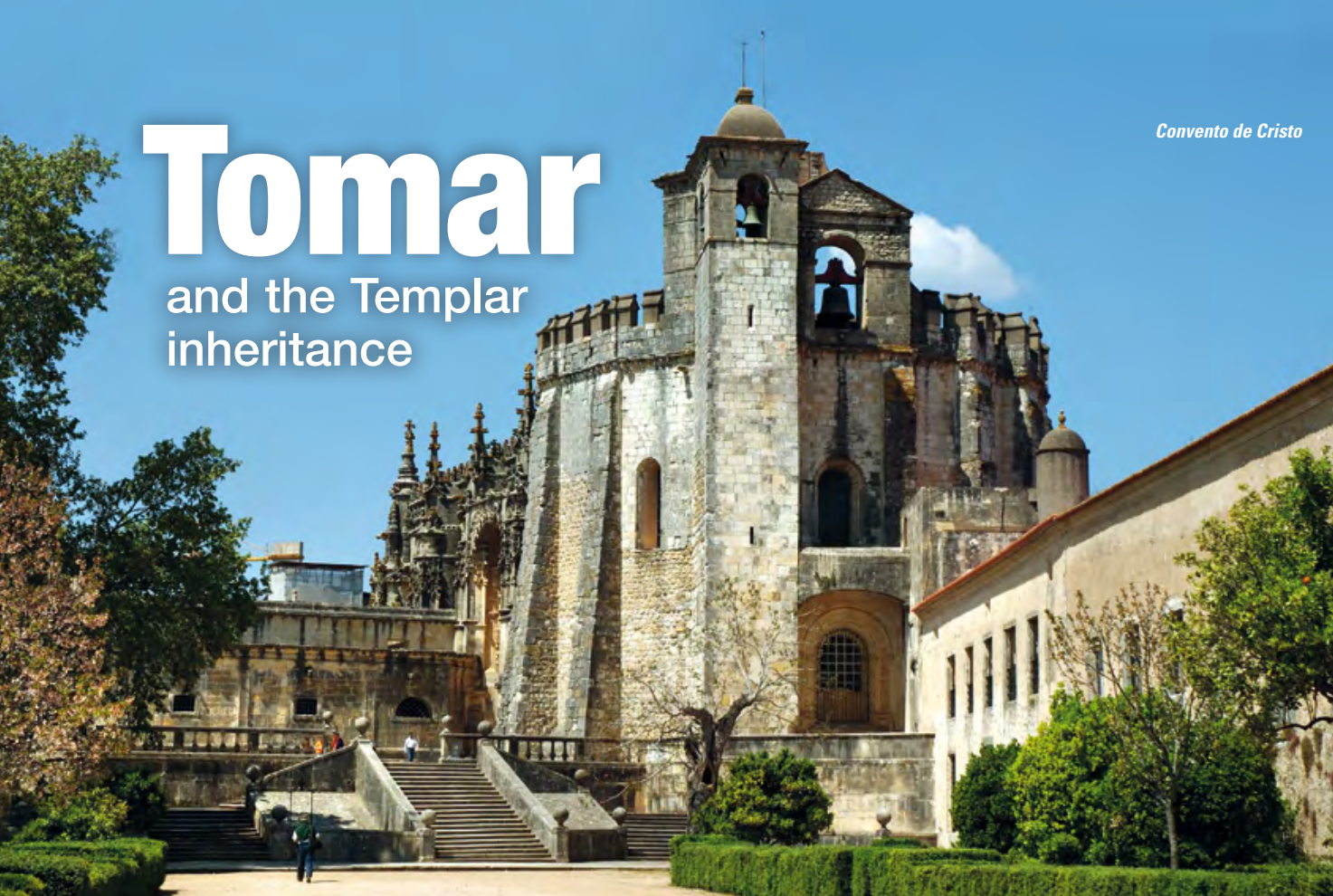
Nazaré



# Tomar

## and the Templar inheritance

*Convento de Cristo*



RIGHT IN THE CENTER OF PORTUGAL WE FIND A CITY THAT BREATHES HISTORY AND PROMISES A JOURNEY INTO THE TEMPLAR ERA.

**FORMER HEADQUARTERS OF THE ORDER OF THE TEMPLARS,** Tomar is a charming city, both for its artistic and cultural richness. The oldest urban medieval style area is organized in the shape of a cross, oriented by the cardinal points, with a convent at each end. The square Praça da República, with the main church dedicated to São João Baptista, marks the centre with the hill of the Castle and the Cristo convent to the west. In the surrounding streets you can find traditional commerce shops and the oldest café, where you can enjoy the delights of the local pastries: almond and gila cheesecakes and the traditional *fatias-de-Tomar*, made only with egg yolks and cooked in *bain-marie* in a very special pot, invented by a city tinsmith in the middle of the last century.

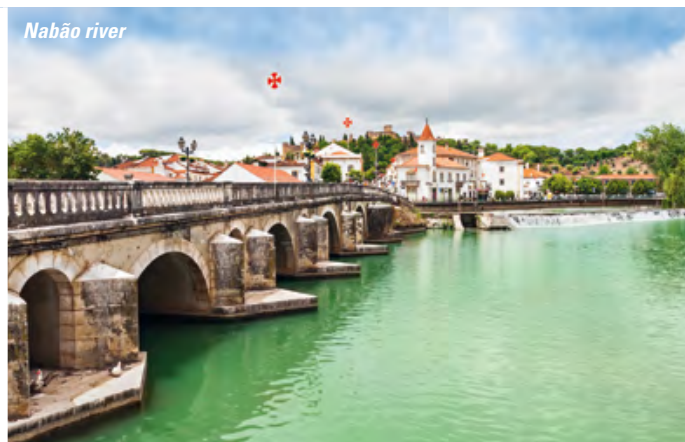
**CONVENTO DE CRISTO E CASTELO DE TOMAR.** It's unavoidable. Once in Tomar, you must visit this unique jewel, a World Heritage Site since 1983. Built on a Roman place of worship, this vast

monumental ensemble tells us about seven centuries of Portuguese history and great moments in the Western history. The Castle and Convent of Christ contain in their architectural ensemble testimonies of Romanesque art, with the Templars; Gothic and Manuelino, with the Discoveries, continuing with the Renaissance art during the Order's Reform; then Mannerism and finally Baroque in architectural ornaments.

**MORE CULTURE.** To the south is located São Francisco convent, where you can currently visit the curious Museum of Matches, and, to the north is the former Anunciada convent. To the east, at the site of the current Levada Museum, you can see the old mills that worked with the power of the Nabão river. On one of the banks is Santa Iria convent and in that direction, a little further away, the Church of Santa Maria do Olival, built by the knight Gualdim Pais, in the 13th century, to serve as a pantheon of the Templar Order, which is a reference in Portuguese Gothic architecture. In addition to having witnessed the struggles of the Christian Reconquest in the 12th century, Tomar still preserves an interesting testimony of the Hebrew religion, the former Synagogue from the 15th century, today the Luso-Hebraico de Abraão Zacuto museum. With a discreet facade and surprising interior, its collection includes books and objects of Jewish tradition and worship.



*Church of Santa Maria do Olival*



*Nabão river*





YOUR HOTEL & SPA  
ALCOBACA

★★★★



TERMAS DA  
PIEDADE



Located close to the historical town of Alcobaca, Your Hotel & Spa Alcobaca is a place of refuge and tranquility which combines the harmony of the surrounding countryside with the comfort of a renovated hotel to welcome you in a unique experience in the region

Between the outings on which you will discover the many local attractions, such as the famous Monastery of Santa Maria de Alcobaca, the Monastery of Batalha and Convent of Fátima or the region's beaches like Nazaré.

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#### Why Choose Us

- Central location with good accessibility (100km from Lisbon)
- The Hotel is surrounded by nature with a large outdoor area
- Variety and quality of our services
- The certifications we have: ISO 14001/9001 / Green Key Award
- Characteristics of our thermal waters

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# Wine Traditions

THE QUALITY OF PORTUGUESE WINES IS RECOGNIZED INTERNATIONALLY. TO ENJOY THEM, NOTHING BETTER THAN VISITING THE REGIONS WHERE THEY ARE PRODUCED, THIS BEING AN EXCELLENT PRETEXT TO DISCOVER CULTURE, HERITAGE, GASTRONOMY, LANDSCAPES AND PEOPLE.

**IT IS IN ALTO DOURO VINHATEIRO**, a region created in 1756, that the world-famous Port wine is produced. No wonder there is a centuries-old tradition here of welcoming visitors and sharing the best of the region with them.

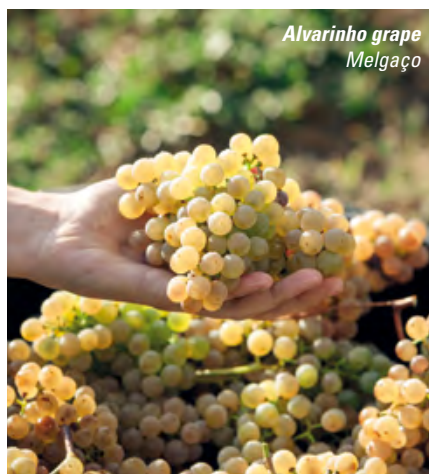
From the outset, the superb Douro valley, where man built terraces to plant vines on the slopes of a region of harsh soils, gave way to a landscape classified by Unesco as a World Heritage Site.

Coming from Porto or Vila Nova de Gaia, where the Port Wine Cellars are located, a good way to discover the region is on board of a cruise, which will allow you to visit some of the most iconic places linked to the production of two excellent wines, Douro and Porto.

**ROUTE OF GREEN WINES.** The North of Portugal, from the river Minho to the Douro, is the birth place of portuguese nationality and also the region of Vinho Verde (green wine). And green is, in fact, the predominant colour here, punctuated by fascinating historic cities, such as Guimarães and Braga, as well as some other smaller but full of charm, such as Ponte de Lima, Viana do Castelo, Barcelos or Amarante. It is a rural tourism area with manor houses and mansions that show off the most aristocratic hospitality, and whose vineyards are worth visiting in order to discover the amazing landscape from which light and fresh wines originate from. The sub-region of Monção and Melgaço enters the route of green wines and is the cradle of Alvarinho, the most ap-

preciated green wine grape variety. For this reason, Alvarinho wine has its own route, with these cities as capitals. At Solar do Alvarinho, in Melgaço, or at Paço do Alvarinho, in Monção, you can taste wine and taste other products from the region.

**IN THE CENTER OF PORTUGAL**, the Bairrada Route is located on a strip along the coast, from Aveiro to Figueira da Foz, but which also covers Coimbra, a city classified as World Heritage by Unesco. In this region, there are some of the oldest and most reputable national spas, with health and wellness programs. Leitão da Bairrada (piglet), an icon of national gastronomy, is particularly appreciated in the company of the good wines of the region, namely the sparkling wines that







Douro valley



Vinho do Porto cellars

Bairrada was one of the first to produce in Portugal. Also in the Center region, we find excellent wine tourism units, some belonging to old Portuguese cellars, although all of them rely on the most modern production methods. They are well equipped houses, which take advantage of their historical legacy, including museums.

**WINES FROM THE SETÚBAL PENINSULA.** It is a region of great natural beauty, where the Arrábida Natural Park and the Sado Estuary Natural Reserve, known for its dolphins, stand out. The beautiful beaches of Sesimbra or Portinho da Arrábida, to the north of Sado, are contrasted by the extensive sandy beaches of the Tróia peninsula, to the south.

If Setúbal is the main city, with a historic centre that deserves a long visit on foot, Palmela and Vila Nogueira de Azeitão are the centres of wine production, with wineries and farms to visit. This is the region where the Moscatel de Setúbal is produced, one of the most renowned wines in the country.

**THE ALENTEJO** is a fertile region in wine tourism units, for this is a region where several of the main national producers are located. The vineyard runs along extensive plains and accompanies olive groves and cork oak forests. It is in this landscape of vast horizons that wine-producing estates and properties are located with credits also established in hospitality and gastronomy. Borba, Redondo, Reguengos or Vidigueira are names for lands

and wines with a long tradition. The region's capital, Évora, owes its World Heritage classification to the variety and beauty of its heritage, but the entire region is worth a visit to enjoy a unique overall experience.

**THE THE MIDDLE OF THE ATLANTIC OCEAN,** the fame and prestige of Madeira Wine stands out, a real treasure that was appreciated by kings since the 18th century. Among the varieties used for Madeira Wine, the Sercial, Boal, Verdelho, Tinta Negra and Malvasia are worthy of note, the latter representing a sweet, full-bodied wine, with an intense fragrance and a red colour. The vines, arranged in terraces, are reminiscent of stairs, which connect the sea to the mountains in stunning landscapes.



Madeira





# Porto

To enjoy slowly

LOCATED ON THE MARGINS OF DOURO, CLOSE TO THE MOUTH OF THE RIVER, WE FIND A CHARMING CITY, RICH IN HERITAGE, WITH A STRONG PERSONALITY AND SINGLE HUMAN CHARACTER.

**MANY VISITORS USE TO SAY** Porto has something mystical, difficult to describe and that varies according to the place, time and daylight. But it certainly has something to do with people, known for being friendly in their dealings, and with the river and the heritage of the two banks, with its bridges and monuments, tiles, flowered balconies and shopping streets. We must remember that the historic centre of Porto and the bank of the Douro river on the Gaia side, where the Port wine cellars are located, are classified as World Heritage.

**LIVE SLOWLY.** To get to know the city better, it is advisable to walk slowly and admire the typical houses and granite monuments, take a tram ride along the river or take a boat ride under its bridges, enjoying a different perspective.

The suggestion is to get to know two different features. Downtown Porto, with its pulse of city life, the movement, the intense commerce, a peculiar expression that combines the atmosphere of a Nordic and mercantile city with the spiritual and intense baroque. In contrast, in Serralves Park, you will find the modernity of the building that houses the Museum of Contemporary Art and the romantic and bucolic atmosphere of a leafy park.

**STARTING POINT.** São Bento Station, with its famous tiled atrium, is ideal for starting a journey. A little further on is the Cathedral, from whose terrace you can get the first view over the river, the houses and the other bank. From there, you can go down medieval stairs and streets to Ribeira, with terraces and picturesque corners. It's worth staying a while to feel the atmosphere and soak up the river, with the D. Luís Bridge and the bank in front, before embarking on a cruise under the six bridges of Porto.

After enjoying the outline of the houses and church towers, the golden interior of the S. Francisco church awaits us. Nearby you can see more churches and monuments, tiles on the façades and visit the Palácio da Bolsa. The tram leaves by the river for a route that goes



*São Bento Station*



*Ribeira*





Torre dos Clérigos



to Foz, where you can take a walk and fill your lungs with the air from the sea. Next to the Fort of São Francisco Xavier, better known as Castelo do Queijo, begins Avenida da Boavista. Not far away is Serralves, with gardens to stroll or rest and contemporary art exhibitions to enjoy.

**FOLLOWING.** Next to the roundabout Boavista, is located the Casa da Música, which stands out for its architectural pose and cultural poster. In this area, there are good places for shopping. But they are also located next to Avenida dos Aliados. On the way, you'll find the gardens of the Crystal Palace, with another panoramic view of the river, and the Soares dos Reis Museum. Another garden, full of sculptures, is Cordoaria, surrounded by churches and other monuments. It's worth climbing the Clérigos

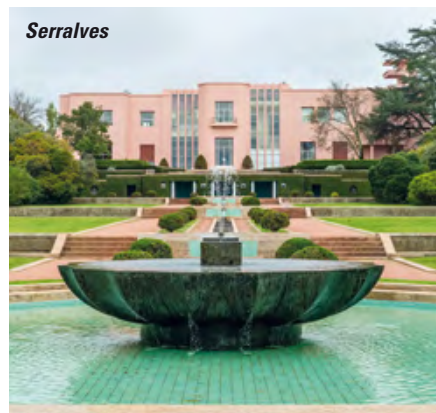
Tower for a new view over Porto. Right there, the mythical Lello Bookstore. Continue on foot to Aliados, passing shops and art-nova buildings. After discovering this vast avenue, it is worth going to Santa Catarina street, reserved for pedestrians, to shop at your leisure. Café Majestic is ideal for a break.

**GAIA BANK.** We still have to go to the south bank of the Douro to visit the Port Wine Cellars and taste this nectar in its peculiar environment. From Ribeira, you can walk across the D. Luís bridge and enjoy one of the most beautiful views over Porto from this side. And you can still return on the cable car from Gaia.

In terms of gastronomy, this side of the pier is a good option, but Ribeira is also teeming with restaurants and terraces, such as Foz,

with beautiful views over the sea. Portugal conquers tourists for its gastronomy, but this is even more true in Porto and in the northern region. In any restaurant, from the most refined to the most popular, you are set to enjoy a good meal accompanied by excellent Douro wines or by the fresh Vinho Verde, characteristic of the region.

**DON'T MISS...** admire the old houses of Miragaia and visit the Casa do Infante, next to the Ribeira. Be sure to stroll through Galeria de Paris street, near to Clérigos Tower, day or night, and head to Miguel Bombarda street for a breath of design and contemporary art. Try a leisurely stroll through the park Parque da Cidade or let yourself stay on one of the many terraces near Foz. And, of course, don't forget to try a delicious francesinha!



Serralves



Casa da Música



Vila Galé





# BRAGA

## The Heart of the Green Minho Region

BRAGA, THE SO-CALLED PORTUGUESE ROME, ELECTED AS THE BEST EUROPEAN DESTINATION FOR 2021, IS A CITY TO DISCOVER AT ANY TIME OF THE YEAR. ONE OF PORTUGAL'S LARGEST CITIES, IT IS SURROUNDED BY BEAUTIFUL LANDSCAPES THAT STRETCH FROM THE PENEDA-GERÊS NATIONAL PARK TO THE BEACHES OF THE NORTHERN PORTUGUESE COAST. WITH ALL THE CONDITIONS TO OFFER MUCH MORE THAN A SIMPLE TOURIST VISIT, BRAGA CAN OFFER SOMETHING TRULY UNIQUE, AN EXTRAORDINARY ADVENTURE.

### BRAGA - A JOURNEY THROUGH TIME.

From Prehistory to the capital of the Roman province of Galicia, from the powerful Archbishopric to the birth of a Nation, Braga is the epicentre of millennia of History and played a key role in the country as well in the Peninsula.

The oldest Cathedral in Portugal with its Treasure-Museum that tells the life of Jesus and the history of Braga through its valuable collection, the Sanctuary of Bom Jesus elevated to World Heritage, the Sanctuary of Sameiro, religious pilgrimage centre, the Palácio do Raio and so many other Baroque jewels, more than tourist attractions bring together a live history lesson. Through the several events, here you can live the history instead of looking at it.

### BRAGA IS ALSO A WINDOW TO A BRIGHT FUTURE.

The youth, innovation, spirit and strength open the way to a perpetual movement of rich cultural expression.

In Braga, you can find some of the masterpieces of Baroque architecture in Europe,

and the most contemporary spaces and cultural monuments, such as the GNRation, and the Altice Forum for events and congresses. With a great cultural, touristic and commercial offer, the city is livened up by the presence of a young and dynamic population, as a result of its two Universities, the Iberian Institute of Nanotechnology (INL) and the many Start-ups present here and supported by the municipality. Braga was voted the best destination to invest in Europe. The city is also committed to sustainable tourism and is part of the network of cities with zero CO2 emissions.

### WITH A GREAT DIVERSITY OF ACCOMMODATION AND QUALITY GASTRONOMY

that associated to its leisure and nightlife areas make it one of the most sought-after cities in terms of tourism, it is also known as one of the best places for lovers of shopping, with a wide variety of stores in the city centre.

A must-see destination for gourmets, the gastronomy of Braga is immensely rich and varied, with old traditions and recipes combined to create new quality concepts.

### COMMITTED TO THE ENVIRONMENT,

the natural heritage of Braga provides an abundantly number of leisure places, as its river beaches, parks and gardens.

In Braga, we worked (and still does) to set nature at the service of the population's quality of life, as a space for the development of activities, for leisure, for sport and tourism, with sustainability always in mind. The city aims to combine, in perfect symbiosis, its cosmopolitanism and modernity with the nature that surrounds it. From the margins of Cávado river to the mountain, along traditional and ancient paths, watercourses, valleys and fields, we can find fauna, flora, geology and landscape, in constant harmony with patrimonial elements of a rural and even urban culture. The Braga pedestrian trails network, with a total walking distance of about 280 km, provides exciting discovery experiences, with options suitable for everyone whether local walkers, tourists or sports walkers.

### BRAGA IS UNDOUBTELY A CITY WORTH SEEING FOR ALL THE EXPERIENCE IT PROVIDES TO THE TOURIST

A romantic city, named as one of the happiest cities in Europe and among the one with the best quality of life in the world. It is, firstly, a modern city and secondly, preserves many of its roots and traditions. It offers a lot of good things to do and enjoy: from the friendliness and welcoming of its people, to the tranquillity of the living, the great shops, fantastic monuments and precious landscapes. It is a city that touches positively those who visit it and that is the best publicity that can be made.

[www.visitbraga.travel](http://www.visitbraga.travel)



# BRAGA PORTUGAL



# EUROPEAN BEST DESTINATION 2021



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PORTO  
E NORTE





*Barcelos City Center*

# BARCELOS

## A world of creativity to discover!

**BARCELOS IS THE CRADLE OF PORTUGAL'S SYMBOL** in the world, the Galo de Barcelos (Barcelos Rooster). A happy, creative, safe and sunny city, located on the north coast of Portugal, between Braga and Porto. The city evokes a garden amid the sea and the mountains, bathed by the Cávado River. A monumental city with more than 850 years of documented history, where many pages of Portugal's history were written.

**WALK TO DISCOVER BARCELOS' HISTORICAL PATHS**, in an artistic environment where monuments styles evoke Romanesque, Gothic and Baroque, a visit enriched with the most symbolical legends, such as one of the Galo de Barcelos. The heritage is vast, from the Medieval Bridge, Palace of the Counts, Medieval Tower, medieval streets and squares, followed by the Mother church, and the Temple of Bom Jesus da Cruz, both full of religious and architectural symbols of great importance. Meanwhile, glance at the giant sculptures of the "Marvelous World of Imagery" which emerge in the streets and squares of the city, representing one of the three certified craftsmanship productions, the images bounce between the She-Devil, the Roosters, the Giant-head, the Woman from Minho, and so many others.

**THURSDAYS IN BARCELOS ARE FASCINATING DAYS** because of the Market of Barcelos, a city street market surrounded by monuments, gardens, terraces and restaurants. This market dates back to 1412 and is considered one of the most authentic ethnographic events in Portugal where the rural world shows itself on the local farmers' produce, sale of local handicrafts, clothing and others, all this in a unique atmosphere of traditions and modernity.

**IT IS ALSO A TERRITORY OF PANORAMIC HILLS**, religious and cultural heritage, festivals and pilgrimages, with emphasis on the craftsmanship workshops, cuisine, agricultural goods and the Festival of the Crosses (Festa das Cruzes), on the 1st and 3rd of May. The Festival of the Crosses is considered the first great Pilgrimage of Minho Region, a mixture of colour, tradition and popular entertainment, this is one of the most important events in Barcelos. Its origin dates back to the 16th century and it is associated with the Legend of the Crosses. It is a point of pilgrimage for national and international visitors. Barcelos comes even more alive with this pilgrimage, its arches, the fair, the handicrafts, the procession, the carpets of natural flower petals and the folklore performances. The traditional battle of the flowers and the music bands reflect the pulse of Barcelos' culture and traditions.





*Battle of Flowers - Festival of the Crosses*



*Festival of the Crosses*



*Nature*



*Handicraft*



*Gastronomy and wines*

**BARCELOS IS CROSSED BY THE PORTUGUESE WAY OF SANTIAGO** and is one of the richest territories in Portugal in terms of tradition and Jacobean vocation. After the construction of the Medieval Bridge in the 14th century, the region became a meeting point for pilgrims on their way to Santiago de Compostela. A territory historically and culturally marked by the Jacobean culture and devotion to Santiago since ancient times.

**CRAFTS AND FOLK ARTS ARE ATTRACTIONS** that spread throughout the county, with handicraft routes opening the doors of the creative community in the fields of Pottery, Imagery, Crivo Embroidery, Basketry, Iron, Timber and Contemporary Craftsmanship, a true calling to experience tradition. It is a Craft and Folk Arts' UNESCO Creative City, since 2017, a territory that built around creativity an argument for sustainable development, that led the city to win the 2019 European Prize – Best Sustainable Cultural Tourism Destination, promoted by the European Cultural Tourism Network.

Furthermore, Barcelos is also member of the Creative Tourism Network as a Creative Friendly Destination. A lively and intense territory of creative emotions.

**FOR TRAVELLERS IN SEARCH OF GENUINE GASTRONOMIC EXPERIENCES**, Barcelos is the destination! Its hospitable people like to share their unique delicacies, prepared with love and served in pottery tableware. The 7 Pleasures of Gastronomy Program is based in the: Roasted Rooster; Lamprey; Codfish; Tidbits; farm-raised roosters with rice, traditional sweet pastries and the memorable Rojões (seasoned pork loin) and Papas de Sarrabulho (porridge with pork and chicken meat and blood).

**VISIT BARCELOS, DISCOVER ITS HOSPITALITY**, taste unique experiences in a living and dynamic territory, stay in excellent accommodation, savour the exquisite gastronomy and wines, enjoy tailored experiences and a tourism of excellency. Much more than a destination! A world of creativity to discover!



*Barcelos market*





*Cervo*  
Vila Nova de Cerveira

THEY ARE THE MOST SOUGHT AFTER BELVEDERES IN THE COUNTRY, WITH SCENARIOS FROM OUR IMAGINARY, WHERE THERE IS NO LACK OF REASONS TO EXPLORE. HERE IS OUR SELECTION.

# Swinging through unique landscapes

## **MEZIO SWING – Cabana Maior, Arcos de Valdevez.**

Located in the Serra do Soajo, 900 meters high, the Baloço do Mezio offers a breathtaking view of the Peneda-Gerês National Park. The building is over seven meters high and offers adventurers true “flights” of freedom for such a unique panorama.

**NOSSA SENHORA DA LUZ SWING – Magrelos, Marco de Canaveses.** Anyone looking for the ‘Nossa Senhora da Luz Balance’ can find it in the Park Divino Salvador, next to the church of Magrelos, in the parish of Bem Viver. Its privileged location, overlooking the Douro River, makes it the perfect spot to take the most incredible photographs, from sunrise to sunset.

**CERVO SWING – Vila Nova de Cerveira.** With an incredibly extensive view, which crosses borders and reaches Spain, this swing is located in the famous belvedere Cervo. With two places, which allow you to swing at the same time, this is one of the most popular

swings, for both Portuguese and Spanish visitors.

**PICOTO SWING – Abragão, Penafiel.** Its unobstructed view allows a look over the river Tâmega, the village of Penafiel and the green landscapes that extend around it. Located at an altitude of more than 500 meters, at the highest point of the village of Abragão, you can reach it partly on foot, which is definitely worth the effort.

**SÃO LOURENÇO SWING – Torre of Moncorvo.** Although there are 16 panoramic swings in the municipality of Torre de Moncorvo, we decided to highlight the São Lourenço swing, located in the sanctuary with the same name. From here, you can see the slopes of Sabor, the Sanctuary of Santo Antão da Barca, in Alfandega da Fé, and pure beauty over the magnificent lake of Cilhades, one of the four lakes created with the construction of the Sabor dam. Also noteworthy is the vast mantle of crystal clear water that leaves anyone speechless.







São Lourenço  
Torre de Moncorvo



Moldes  
Arouca



Nossa Senhora da Luz  
Magrelas - Marco de Canaveses



Ladeira  
Nazaré

**MOLDES SWING – Arouca.** Located in the heart of Arouca Geopark, in the Picnic Park of Palma, located in the place of Fuste, Moldes Swing takes us to glimpse a landscape of unique beauty. The perfect spot to enjoy the silence and let yourself be enchanted by the purest of what nature has to offer.

**RAPA SWING – Celorico da Beira.** Is there someone doubting the beauty of the Serra da Estrela Natural Park? Of course not! But now this beauty has gained a new attribute with Rapa Swing, built on the highest point of Serra da Lomba, at a thousand meters of altitude, in the village of Rapa, municipality of Celorico da Beira. To get to it, it is necessary to go through a small metal suspended bridge. The view over the Mondego valley and Celorico da Beira is majestic.

**TREVIM SWING – Lousã.** At the highest point of Serra da Lousã, at an altitude of 1200 meters, you can find the Trevim Swing, an idea of the “This is Lousã” project. The view promises to leave

anyone baffled, wanting to stay there for hours on end, contemplating what the eyes allow to achieve or taking pictures to share on social media.

**LADEIRA SWING – Nazaré.** “It was love at first sight” is what you can read as soon as you reach the swing located on the slope of Sítio da Nazaré. Ideal for contemplating the beautiful village, its beach, the sea, the surfers and, of course, the famous waves, which many records have already offered to those who dared to challenge them.

**MAÇÃO SWING – Santarém.** The majestic Serra do Bando dos Santos, formerly known as Bando Maior, is favourably located, giving us a unique view. Surrounded by traces of Bronze Age castros, archaeological finds, fountains, caves and circles carved into the stones, we find the Mação Swing at its top.



Rapa  
Celorico da Beira



Trevim  
Lousã



# Alentejo Mountains

IN CONTRAST WITH THE ENDLESS PLAINS OF THE SOUTH, ALTO ALENTEJO PROPOSES A VERY DIFFERENT LANDSCAPE AND INVITES YOU TO DISCOVER THE MOUNTAINS, ITS PEOPLE AND HERITAGE.

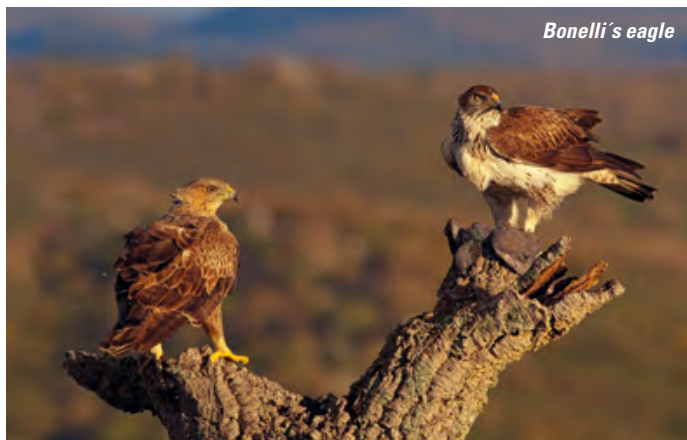
**IN A MOMENT YOU REACH ALTO ALENTEJO**, formed by the 15 municipalities of the district of Portalegre, to discover an Alentejo where the dry plain gives way to surprising mountain ranges and green valleys through which refreshing steams glide. In a region whose protagonist is the Serra de São Mamede Natural Park, there are the best conditions to enjoy nature tourism, agricultural or active, to enjoy its gastronomy and its wines, to let yourself be dazzled by the patent history and culture in the many castles and museums, finally, to let yourself be rocked by the rhythm of a different Alentejo.

**SERRA DE SÃO MAMEDE NATURAL PARK.** It is a place of great biodiversity, where you can find species such as wild boar, foxes, rabbits, badgers and wild cats, as well as rare birds such as the Bonelli's eagle, symbol of this protected area, the griffin, the hawk, the short-toed eagle and blush owl.

The landscape is very rich from a geological point of view and nature expresses itself in a very particular way in the imposing formations of quartzite rocks that attract attention.

Anyone who wants to can enjoy this special environment on a hike or mountain biking route, opting for one of the many marked trails.

**PORTALEGRE.** With a long history, the region's capital was a prosperous and rich city in the 17th and 18th centuries, due to investment in the textile industry, and is still known for this tradition today. For this reason, visit the Museum of Tapestries of the Manufacture of Portalegre, installed in a former noble manor house. These tapestries are unique pieces, using a manual loom technique that allows you to perfectly reproduce the gradations and tones of a painting. They are of great value and are much appreciated by contemporary artists for



Bonelli's eagle



Portalegre





Marvão



Castelo de Vide



Nossa Senhora da Penha  
Serra de Sao Mamede

the reproduction of their works of art. As you stroll through the city, you can see several palaces and monuments that recall the city's heydays. Like the Castle, of medieval origin, the Grande Sé (cathedral), where you can admire a unique set of Portuguese paintings from the 16th and 17th centuries and tile panels with biblical scenes, or the José Régio House-Museum, where this poet and also a passionate collector of sacred and popular art pieces lived.

Before continuing your trip, visit the Church of the Convento de São Francisco, a space integrated in the area of the former Robinson Cork Factory, very important for the city's development.

If you find the time, it's worth going to Alegrete, a traditional Alentejo village with white houses embedded between walls. On

the way to Marvão, there's nothing better than passing through Portagem, where you can cool off in the pools. Not far away, the Roman archaeological city of Ammaia is also worth visiting.

**MARVÃO.** Anyone who knows Marvão will surely say that we are at such a high point that you can see the backs of birds flying. And it's quite true. Just go up to the castle and enjoy the immense landscape. This medieval town, protected by walls, is one of the treasures of Portugal, where we are fantastically welcomed and feel an inexhaustible tranquillity. Marvão makes itself known in the narrow streets and picturesque corners, in the Manueline pillory, in the Gothic windows, and on the wrought-iron balconies.

Visit the small Gothic convent of Senhora da Estrela and the Churches of Santiago, and the Holy Spirit and Santa Maria. In the last mentioned is installed the Municipal Museum, where you can learn more about this town's history. From the conquest by the Christians, in 1160, to the wars of the Restoration of Independence, in 1640, it came to be considered the "most unconquerable stronghold in the entire kingdom". Today is just a place of peace and quiet. A mere 15 km away you will find Pico de São Mamede, the highest peak in the Natural Park.

**CASTELO DE VIDE.** From Marvão, continue on to Castelo de Vide, where you will be surprised by the castle surrounded by white houses that stand out in the landscape. But the biggest surprise is inside the

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Castelo de Vide



village, where you will find one of the best preserved Jewish quarters in Portugal. It's easy to be enchanted by the charm of the medieval setting. Visit the old synagogue, now a museum, and wander through the labyrinth of streets, where the Jewish presence is confirmed in the street names and the signs of the cult of Hebrew generations in the granite doors. Rua das Espinosas (street name), for example, refers to the famous 17th century philosopher, Spinoza, son of Castelo de Vide.

After going up to the castle, the best thing is to return to the center, where you can visit the Igreja Matriz de Santa Maria. Here Easter Ceremonies take place, where the two beliefs, both Christian and Jewish, are mixed. There is still time to enjoy the fresh water in the springs you find along the way, well known for its thermal properties.

**EQUESTRIAN TOURISM.** If you are a fan of equestrian art and everything that surrounds it, be sure to stop by Alter do Chão and visit the oldest and most notable Portuguese Stud Farm, which world-wide is the one that has been operating continuously for the longest time in its original seat.

When entering the Stud Farm of Alter, you enter the kingdom of the Alter-Real horse, a strain of the Lusitanian breed, but with its own characteristics. There are 800 hectares of stunning landscaped property, dedicated to the nobility of this animal. It was in this former Royal Stud, founded in 1748 and with the objective of preparing horses for the Royal Picaria, that King D. João V began its production. "you shall always keep this breed pure," was the order from the kingdom back in 1812.

After some setbacks over time, the Stud Farm was revitalized thanks to the installation of a modern hotel unit. Take the opportunity to take riding lessons or ride a carriage, to see the foals and mares grazing, to visit the riding stables, stables and the museum, where you can learn all about the breeding and improvement of this breed of horses. As a complement, go to the historic centre of the village of Alter do Chão and visit its castle, representative of medieval architecture, when it cooperated with the neighbour Castle of Alter Pedroso in the defence of this region.

**MONFORTE.** The human occupation of this territory began in the Neolithic period, with small agro-pastoral system communities. The Roman Civilization had an important influence on these lands, leaving a rich heritage legacy that can still be seen in the Roman Villa in Torre de Palma and in the Roman bridge over the Monforte stream.

*Alter Real**Vila Gale Alter Real**Ribeira de Monforte*





Largo de Santa Clara  
Elvas



Forte da Graça  
Elvas

In 1281, D. Dinis offered the town to his daughter D. Isabel, as a wedding dowry. Visit its castle, the Church of Madalena, the Church of Nossa Senhora da Conceição and also the Parish Church of Santo António, the latter in Vaiamonte's parish.

**ELVAS.** Also nicknamed "Queen of the Frontier", Elvas is one of the pearls of the Alentejo streak. Due to its strategic position on the border with Spain, Elvas was scarred by war.

Its fortifications, together with the Forts of Santa Luzia and Nossa Senhora da Graça, are considered to be the largest and best preserved bastioned fortifications in the world. Like the center of Elvas, they are very well preserved.

It is not surprising that Elvas was classified as a World Heritage Site by UNESCO

in June 2012. This classification covers the entire historic centre, the 17th century walls, the Santa Luzia Fort, the Graça Fort, the Amoreira Aqueduct and the three forts: São Pedro, São Mamede and São Domingos or Piedade. Don't miss out!

Venture through the streets of the historic centre and discover its treasures – palaces, historic houses, churches, convents and fountains, in a parade of architectural styles, from Romanesque to Gothic, passing through Manuelino and ending in the splendour of Baroque and Rococo.

**RICH GASTRONOMY.** Creativity and imagination in the use of very simple ingredients have made Alentejo cuisine a surprise of flavours and a proof of the hospitality of Alentejo's people.

This is a wheat region for as far as the mem-

ory goes. It's a place where the herds of pigs graze freely in the cork oak forests and olive groves. Therefore, bread, pork and olive oil have become the basis of one of the most delicious cuisines in Portugal, in a smooth combination with aromatic herbs such as coriander, parsley, rosemary, oregano, pennyroyal or mint.

One of the regional delights are the small appetizer dishes. Whether as a starter or for a speciality tasting, scrambled eggs with wild asparagus, roasted peppers, cracklings or migas of various flavours and combinations are a temptation.

The soup, which can be the main course, is a must. It can be a gazpacho, served cold, or a dogfish, cod or tomato soup with sausage, made with bread. The one that cannot be missed is the simplest of all: the Alentejo bread soup, made with water, olive oil,



Porco Preto



Açorda alentejana

*Creativity and imagination in the use of very simple ingredients have made Alentejo cuisine a surprise of flavours and a proof of the hospitality of Alentejo's people*



# The best of the Algarve



IT IS ONE OF THE BEST HOLIDAY DESTINATIONS IN EUROPE AND IT IS OURS! THERE ARE TWO HUNDRED KILOMETRES OF LOOSING-SIGHT GOLDEN SANDS, WITH BEACHES FOR ALL TASTE.

**ITS MILD MEDITERRANEAN CLIMATE** and endless hours of sunshine, make the Algarve a pleasant destination, any time of the year. This fabulous climate, together with the long coastline, full of wonderful beaches, a wide range of golf courses, a lively nightlife, unique cuisine and many tourist activities, are assets that attract many visitors to the Algarve coast.

## **THE BEACH CALLING FOR YOU.**

Some of the most beautiful and welcoming beaches in the world are located in the Algarve. Along about 200km, the Algarve coast is divided into coves, cliffs, caves,

rocky beaches and extensive sand dunes. It is a natural heritage that has been used sustainably, giving rise to quality spaces able to respond to different needs. You will find beaches of different shapes and sizes, bathed by clear, warm and calm waters, with the mild climate that prevails throughout the year. But at Europe's best beach destination you can do much more than just spread your towel in the sun. The sea, the uniqueness of the landscape, nature in its pure state, culture, tradition and welcoming people come together to provide you with unique and diversified experiences.

**THE DIVERSITY OF NATURE** is definitely one of the Algarve's greatest assets. Visitors can easily move around the different nuances of the same world. On the coastline, an ecological system of astonishing biodiversity invites you to take a closer look during pleasant walks. Far from the long beaches and steep cliffs, the garish green mixes with the brown tones of the earth in the vast extension of the Barrocal, which opens the door to another Algarve, covered with orange groves and fig, carob and almond orchards. There is a lot to explore, including bird watching, equestrian tourism, hiking trails and paths, cycle tourism and protected areas.



*Benagil  
Carvoeiro*







*Cabo de São Vicente  
Sagres*

Do not miss the Ria Formosa Natural Park, which is one of the 7 Natural Wonders of Portugal; the Natural Park of Sudoeste Alentejano e Costa Vicentina, a natural sanctuary with a seafront cut by steep cliffs, beaches and dunes unique in the world; and the Natural Reserve of Sapal de Castro Marim and Vila Real de Santo António, near the mouth of the Guadiana, which shelters 153 different species throughout the year.

**GOLF DAYS** in Portugal are truly fantastic and will last in the memory of golfers even after the end of their holiday. Generations of golfers have flocked to the south coast of

Portugal, attracted by the 300 days of sunshine, the high-quality accommodation, the relaxed atmosphere, the perfect landscapes and 40 of the best golf courses in the world. It was the legendary golfer Sir Henry Cotton who placed the Algarve on the world's route for this sport, having also designed several classic golf courses along some 240 kilometres of Atlantic coast that link Sagres to Vila Real de Santo António. Almost 60 years later, his legacy still lives on.

Most of the greens are located 30 minutes from Faro airport, around Quinta do Lago and Vilamoura Marina, where you will find all the services you need to enjoy a perfect

holiday. However, there are many hidden treasures both in Barlavento, along the rocky coast that leads to Sagres, and in the more tranquil Sotavento, where, between white-washed villages and nature reserves, lush golf courses nestle.

**ETHNOGRAPHIC HERITAGE.** Much more than magnificent beaches and a blessed climate, the Algarve has to offer a very rich ethnographic heritage, from such particular ways of celebrating festive occasions to built testimonies of ancient and recent times, passing, of course, by the irresistible delicacies that make up the gastronomy of



*Ria Formosa*





Silves

the region. A legacy so precious that it is necessary to know intimately.

Be sure to visit the Municipal Museum of Tavira, the City Museum, in Olhão, the Costume Museum, in São Brás de Alportel, the Municipal Archeology Museum of Silves, the Portimão Museum, the Land and Sea Museum, in Carrapateira, or the Interpretation Centre of Vila do Bispo to get to know all the ethnographic wealth of the Algarve.

But also the Fortaleza de Santa Catarina, in Portimão, the Fort of São João do Arade, in Ferragudo, the Castle of Loulé, the Castle of Silves, the Castle and Walls of Tavira, the picturesque village of Cacela Velha, overlooking the estuary. Formosa, and the Old Castle of Castro Marim. On the west coast, the Castle of Aljezur, the Cape of São Vicente Fortress and, finally, the Sagres Fortress, which has a profound historical

and symbolic value, stand out. And there is no city or town in the Algarve without a parish church or a witness to the history and tradition of this people.

**TEMPLES OF HEALTH AND WELL-BEING.** The Algarve is an excellent option for those who like to enjoy their vacation time, not only to rest, but also to take care of their physical and mental well-being.

Well-being and health include tempting and increasingly sought-after proposals, and the options are divided between fresh water treatments, at the Monchique spa resort, and salt water, at the thalassotherapy centres. Spas located in hotel complexes are true temples of health and well-being, which combine treatments and leisure in a unique and memorable way. A commitment to the regeneration and revitalization of the body,

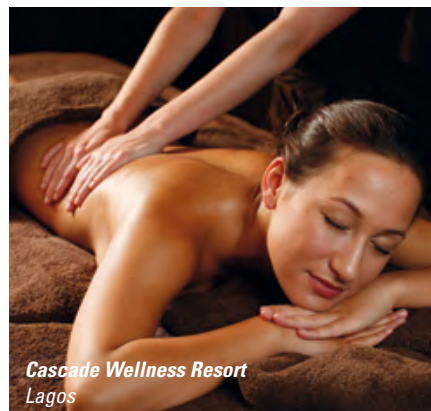
which, added to the refinement of the stay, food and service, make the Algarve Spas an essential choice for an unforgettable and repeatable vacation.

The programs available are numerous, so here are just a few options: relaxation, sports or hot stone massages, slimming body treatments, facials, hydrotherapy, Vichy shower, shiatsu, reiki or aromatherapy massage, among many others.

**FLAVOURS AND SENSATIONS.** The Algarve has many surprises for you. The richest are its gastronomic treasures, its wines, its sweets or its famous medronho. Let yourself be embarked on this journey, which will take you to delight in flavours and sensations you have never experienced. Taste traditional or contemporary cuisine with the certainty that your taste buds will never forget.



Municipal Archeology Museum of Silves



Cascade Wellness Resort  
Lagos



Termas de Monchique





Faro



Palácio de Estoi



Tivoli Carvoeiro Resort



Conrad Algarve  
Quinta do Lago

*The sea, the uniqueness of the landscape, nature in its purest state, culture and tradition, welcoming people come together to provide you with unique and diverse experiences*

Algarve cuisine tastes like the sea and, as such, fish and seafood are naturally the standard-bearers for the quality of Algarve food. Delight yourself with octopus rice, seafood bread soup, onion sauce tuna, cod and Algarve stew, migas with clams, dogfish soup, xarém, among other delicacies. On the other hand, the flavours of the mountains and the barrocal present a different world. We are in the realm of locust bean bread, pork, wild boar, partridge and hare, grain and lentils, xarém with cracklings, sausages and preserved carrots, stews and slow stews. Simplicity, authenticity and quality are the foundations on which the excellence of this cuisine is based. The sweets include almond morgadinhos, fig cheese, carob pie, honey and chila cakes, Dom Rodrigo and doughnuts. A surprise for all the senses.

Hand in hand with the remarkable gastronomy, the red, white and rosé wines are the ideal companions for the specialities of the Algarve cuisine.

**ALL THE BEST.** It is clear that those looking for more than a few beautiful sunny days on a paradise beach will find many alternative proposals in the Algarve to fill their days. Top-quality shopping, luxury resorts and spas, Michelin-starred restaurants, golf courses for beginners and champions, internationally renowned casinos and night clubs, sailing, yacht or speedboat trips, dolphin watching at sea, surfing, windsurfing, paddle tennis, water parks, guided tours for all tastes and preferences, equestrian or off-road vehicle tours, bike trails, hiking... Whatever you're looking for on your holiday, the Algarve has it!



Lagos



PORTUGAL IS WORLD RENOWNED FOR THE EXCELLENCE OF ITS GOLF COURSES. FIND OUT WHERE THE BEST ARE.

# Top 10 Golfing Destinations

## CAN WE TALK ABOUT GOLF AND EXCLUDE PORTUGAL?

Of course not! Due to its huge popularity and ability to attract thousands of tourists every year, we decided to ask the following question: where can we find the best golf destinations in Portugal?

To answer this question, Holidu – a search engine for holiday homes – carried out a study based on data from the Portuguese Golf Federation and the Leading Courses website. If you love this sport, we will give you some ideas where to spend your next vacation.

**ALGARVE FIRST.** Rated by many as the best golf destination in the world, mentioned in magazines dedicated to the

sport and by international associations of specialized tour operators, the Algarve lives up to this distinction by maintaining impeccable quality in its 30 courses. With an ideal climate that allows for year-round play and a wide variety of challenges, the region is a golfer's paradise. Most fields are located in protected areas with stunning views.

## LISBON IN SECOND PLACE.

Although many players visit the Algarve for a golfing holiday, the Lisbon region is establishing itself as a new golfing destination. There are several courses and clubs in the Lisbon region. Most of Lisbon's best golf courses can be found around Cascais, Estoril and Sintra.

**THIRD PLACE, PORTO.** A multifaceted city indeed! In Porto, you will find exceptional wines, including the world famous Port Wine, breathtaking landscapes and, of course, golf on 6 courses with different characteristics, ideal for both veterans and beginners.

In northern Portugal, golf courses have been carefully created in harmony with nature, many by internationally renowned architects.

**SETÚBAL DESERVES A HUGE HIGHLIGHT** as far as golf goes in Portugal. It has 5 fields with different characteristics, both for professionals and apprentices. Here, you'll experience a type of golf that you won't find anywhere else: playing along



Parque da Floresta  
Algarve



Palmares  
Algarve

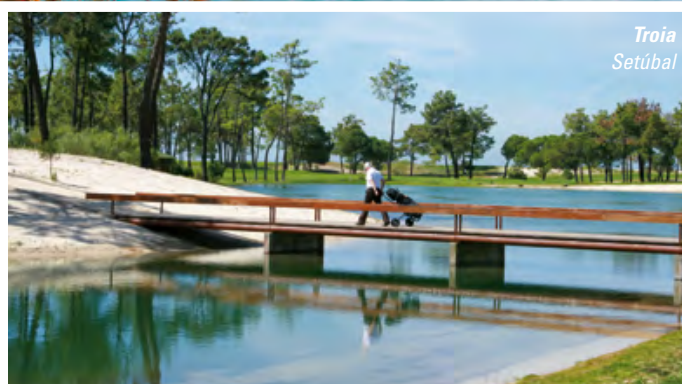




*Pine Cliffs Resort  
Algarve*



*Belas  
Lisboa*



*Troia  
Setúbal*

the beach, on the Tróia Peninsula, with a magnificent view over the Arrábida mountains. No wonder it was voted one of the top 10 resorts in Continental Europe by Golf World magazine in 2019.

**IN THE MIDDLE OF THE CLASSIFICATION, LEIRIA.** A breath of fresh air in an area unknown to many. With year-round sunshine, national championships and leagues, you'll find 4 luxurious golf courses here, lush fairways, first-class services and an abundance of experiences to enjoy.

**IN AZORES, ONLY PEACE, NATURE AND GOLF.** You'll look around and you won't see a single building. The entire morphology of the fields invites you

to walk in the company of nature. The archipelago has 3 courses, for both beginners and professionals. With its great climate, it allows you to play any season of the year.

**BRAGA: ANOTHER EXCELLENT REGION** to play golf. Here you will find 3 courses of different configurations, with varying degrees of difficulty, with layouts as pleasant as they are demanding for amateurs and professionals. Prepare the clubs and discover fields surrounded by lakes and trees, in the mountains or near the city.

**ARCHIPELAGO OF MADEIRA.** Experience the stunning beauty of this archipelago, its history and spectacular golf courses. This region has been ranked

as one of the best golf destinations, with courses recognized worldwide by top players. The 3 courses in Madeira will allow you to escape the hustle of everyday life and enjoy nature.

**VILA REAL IN NINTH PLACE.** As we can see, the North has a strong presence in golf in Portugal. Another region that we couldn't exclude, with 2 magnificent courses that will make you travel back in time.

**LAST BUT NOT LEAST, AVEIRO.** The 2 courses that can be found in the centre of the country fully justify the trip. Fields with fewer people, where you can train at will without eyes judging your swing! Enjoy the tranquillity.



*Porto Santo  
Madeira*



*Palheiro Golf  
Madeira*





# 10 reasons to visit Madeira

IN THE MIDDLE OF THE ATLANTIC OCEAN, THE ISLANDS OF MADEIRA AND PORTO SANTO ARE A HAVEN OF PEACE AND NATURAL BEAUTY IN THESE TROUBLED TIMES. BETWEEN THE BLUE OF THE SEA AND THE EMERALD GREEN OF THE VEGETATION, THERE ARE MANY GOOD REASONS TO VISIT THE ARCHIPELAGO.

**UNIQUE STORY.** The islands of Madeira and Porto Santo were discovered in 1419 by Portuguese navigators Tristão Vaz Teixeira, Bartolomeu Perestrelo and João Gonçalves Zarco. Having noted the potential and strategic importance of the islands, their settlement began around 1425, by order of D. João I. From 1440 onwards, the captaincies of Machico, Porto Santo and Funchal were established.

At the beginning of settlement, some cultures were introduced, such as sugar cane, which quickly gave the Funchal metropolis a frank economic prosperity. Thus, in the second half of the 15th century, the city of Funchal became a mandatory port of call for European trade routes.

The Portuguese Crown's economic and strategic interest in the island was notorious for

the constant commissions of Flemish painting and sculpture with which the churches and chapels of Madeira were decorated. The 17th and 18th centuries were marked by the appearance of a new culture: wine. Therefore, following the commercial treaties established with England, Madeira captivated the interest of English merchants for the island's wine, who came to settle down and found numerous commercial establishments, leaving their mark on Madeira's history and culture.

Throughout the 19th and 20th centuries, Madeira spearheaded the birth of the tourism sector, quickly becoming a reference for the European aristocracy, who settled here temporarily, attracted by the island's natural therapeutic qualities. The development of the routes of the large cruise ships,



*Forte de São Tiago  
Funchal*





combined with the excellent climate, made Funchal one of the great European tourist destinations of the mid-20th century.

**NATURAL INHERITANCE.** Laurissilva is the name given to a type of subtropical rainforest, mainly composed of trees of the lauraceous family and endemic to Macaronesia – a region formed by the archipelagos of Madeira, Azores, Canaries and Cape Verde. It has greater expression in the highlands of northern Madeira, where its largest and best-preserved area is located, having been considered, in 1999, by UNESCO as a World Heritage Site, occupying an area of about 15,000 hectares.

Laurissilva dates back to the Miocene and Pliocene periods of the Tertiary Period, 20 million years ago. As a result of climate

change determined by the formation of the Mediterranean, this forest ended up having as its last refuge the insular regions, where due to the lesser climate fluctuation provided by the softening effect of the ocean, it managed to survive and even thrive.

One of the best ways to get to know this fantastic natural heritage is by walking along the paths and levadas that cross this green spot and allow for close contact with the endemic species of Madeira's flora.

**WALK THROUGH THE LEVADAS.**

Levadas are irrigation channels that can be found on the island of Madeira and their origin was due to the need to bring large amounts of water from the slopes oriented to the north, where it abounds, to the south side of the island.

These began to be built in the 16th century, the most recent ones dating from the 1940s. The total length of the levadas in Madeira is about 3000 km and it is possible to explore them on foot. The Levadas are a unique opportunity to access the heart of the island, where visitors will find breathtaking landscapes. From 0 up to 1862 meters of altitude, the thrill is guaranteed! The “Levadas da Madeira” are part of a set of protected areas, including the Madeira Natural Park and the Funchal Ecological Park.

**ACTIVITIES FOR ALL.** The mild climate of Madeira and Porto Santo allows the practice of all kinds of sports and leisure activities, outdoors, any time of the year. For lovers of the sea, whose temperature varies between 19° and 24°C, there are fantastic conditions for the practice of snorkelling, diving, sailing, surfing, windsurfing and sport fishing. A quiet boat trip along the coast is also a must-see, where you can watch dolphins, whales and sea lions that cross Madeira's seas.

Those looking for stronger sensations can fly over the island by paragliding or hang-gliding, climb the highest peaks, embrace an off-road adventure, and enjoy the adrenaline of a jet-ski. These are some of the experiences that the destination provides its visitors.

For those who seek a more unruffled activity, golf, trekking and walking tours are excellent alternatives to get to know the natural characteristics of this green archipelago up close.

**FLAVOURS PALETTE.** The archipelago's gastronomy portrays the soul of simple but generous people. Even so, there is a wide choice of high quality regional products, which allow the creation of a varied menu of gastronomic specialities.

Due to the proximity to the sea, most restaurants offer excellent seafood and fresh fish dishes. Grilled limpets, octopus and shrimp, in their various forms, tuna steaks and Ma-



Levadas







deira's sword fillets are just a few examples of the local delicacies.

Another essential dish is the beef kebab on a laurel stick skewer, accompanied by fried corn and the typical bolo-do-caco with garlic butter (a kind of flat bread).

The abundance of tropical fruits also lends its exotic flavours to the preparation of the most varied desserts. Examples are mango, banana, avocado pear, custard apple and passion fruit. The island of Madeira still has a rich set of desserts. However, the most typical sweet is the traditional honey cake, made with various spices, dried fruits and sugar cane honey.

**GODS' NECTAR.** The different varieties of the famous Madeira Wine, to be enjoyed as an aperitif or at the end of a meal, con-

stitute a precious nectar of the Gods. There are more than 30 varieties of Madeira Wine, the noblest being Sercial, Boal, Verdelho and Malvasia.

One of the island's ex-libris, Madeira wine is appreciated all over the world. It was chosen to celebrate the Independence of the United States of America, on July 4, 1776, praised by Shakespeare in some of his plays and admired by kings, princes, generals and explorers.

The vines are grown by hand in small earthen enclosures, known as "poios", supported by earthen walls (terraces) on the slopes of mountains, which are often difficult to access. Madeira's unique soil and climate, as well as the production process and the type of grape grown, have contributed to the unparalleled distinction of Madeira Wine.

**UNFORGETTABLE EVENTS.** Madeira is proud to present a vast list of events, of the most diverse nature, that take place throughout the year. Although conditioned for a year and a half by the need to control the pandemic, the events that are traditionally part of this calendar are the Carnival Festivals, the Flower Festival, the Atlantic Festival, the Wine Festival, the Festival of Columbus, the Festival of Nature and the New Year's Eve festivities, with the famous fireworks, classified as the "Greatest Fireworks Show in the World".

But every month, the islands of Madeira and Porto Santo served as a stage for numerous cultural and ethnographic initiatives, testimonies of the wealth and traditions of the Madeira's people. It is expected that most of them will return gradually and soon.



Porto Moniz



Vinho da Madeira



Municipal Market  
Funchal





Faro



Quinta Jardins do Lago



New Year's Eve fireworks  
Funchal

**EXCELLENT HOSPITALITY.** The offer of accommodation in Madeira is vast and of high quality. The options range from the refinement of traditional centuries-old hotels, through the luxury and modernity of five-star hotels, the friendly hospitality of rural tourism houses, which allow a close contact with nature, to traditional Madeiran farms, which feature a rich cultural heritage.

The history of Madeira's hospitality industry is led by Belmond Reid's Palace Hotel, which exists for over 120 years, and has a varied album of distinguished visitors.

But the archipelago's hotel units periodically receive several awards in the most diverse areas, which attest to the quality, professionalism and friendliness of all those involved in the maintenance of this economic sector.

*Cristiano Ronaldo is undoubtedly a true national treasure and, above all, a Madeira's treasure, someone who has never renounced his origins*

**GOLDEN ISLAND.** A 9-kilometre beach, with an extensive and continuous stretch of sand, is the hallmark of Porto Santo, popularly called the "Golden Island". With its warm, crystal-clear waters, an irreproducible turquoise blue, this beach is a unique legacy

in our country, having been elected the "Best Dunes Beach" in the "7 Wonders – Beaches of Portugal" contest. The reason is linked to the composition of the sands of Porto Santo beach, which are made up of microfossils and small fragments of calcareous algae, mollusc shells and other fossilised remains of marine organisms.

**NATIONAL TREASURE.** Cristiano Ronaldo is undoubtedly a true national treasure and, above all, a Madeira's treasure, someone who has never renounced his origins and who projects the name of Madeira internationally. So, if you are a football fan – and even if you are not – visit the CR7 Museum, where you can admire all the trophies won by the footballer, located in one of the main tourist areas in Funchal.



Quinta da Bela Vista



Hotel Pestana CR7  
Funchal



CR7 statue  
Funchal





# Nature and adventure in the Azores

**NINE SMALL WORLDS TO DISCOVER.** Each island in the Azores archipelago is a kaleidoscope of landscapes that offer us, at every turn of the way, the pink of the azaleas and the blue of the hydrangeas and, as a backdrop, huge two-coloured lake,, immense valleys and fields of an intense green, dotted with happy cows.

Anywhere in this enchanted archipelago, you can simply let yourself be dazzled by nature in its purest state or, if you have the will and energy, immerse yourself in adventure, emotion and adrenaline.



AS THE POET SAID, THESE ARE ISLANDS OF THE MIST, WHERE SEAGULLS WILL KISS THE EARTH ... IN THE BLUE IMMENSENESS OF THE ATLANTIC, DISCOVER NINE LUCKY ISLANDS WHERE NATURAL BEAUTY AND ADVENTURE GO HAND IN HAND: IT'S THE ARCHIPELAGO OF THE AZORES.

**SÃO MIGUEL** is the largest of the nine islands of the Azores, famous for its landscape of great contrasts and known as the "island of volcanic lagoons". Choose walking routes, as they are the best way to appreciate the unique nature that exists here. Start with the Protected Landscape of the Sete Cidades Basin, the most striking landscape phenomenon in the archipelago and, in all fairness, one of the 7 Natural Wonders of Portugal. This enchanted place is composed of the blue and green lagoons, formed, according to legend, from the shed tears of a shepherd and a princess who lived a forbidden love. Let yourself be dazzled by the panoramic view from the Vista do Rei belvedere, a name that recalls the presence of King D. Carlos and Queen D. Amélia, in 1901. Lagoa do Fogo is one of the most imposing lagoons on the island. Located in the crater of an extinct volcano, it offers clear waters with a beach like a peninsula. Those who visit it, are welcomed with splendid horizons over the sea and the mountains. Nearby, are also the small lakes of Congro and Nenúfares, both of great beauty.

Stroll through the volcanic landscape of Vale das Furnas to enjoy moments of relaxation and romance. It is crossed by two flowing streams, one with cold water and the other with hot water, coloured by suspended iron. In this place of rare natural beauty, the Caldeiras area is one of the most appreciated curiosities by tourists. Be sure to visit Parque Terra Nostra, the marvel of a garden integrated into a hotel inaugurated in 1933, which represented the first structured investment in Azores tourism.

**SANTA MARIA** enjoys a mild and sunny climate, which, together with its architecture of large chimneys, like lighthouses inland, and its varied landscape, make it a welcoming Mediterranean place. From a geological point of view, it is the oldest island, framed by a jagged coastline of deep bays that overlook a sea of infinite blues.

**TERCEIRA**, an elliptical-shaped island, is made up of four volcanic groups, whose smooth contours give it a calm and delicate





Lagoa do Fogo  
São Miguel



Praia Formosa  
Santa Maria



Terceira



São Jorge

beauty. Inside, the mysterious caves and multiple volcanic cones contrast with the fields of the Achada valley, which look like an enormous chessboard, when seen from the Cume mountain range. From this privileged viewpoint, you can also see the extensive bay of Praia da Vitória and a rugged coastline, where lava fields contain unique natural pools, such as those at Porto Martins or Biscoitos.

**IN FAIAL**, the Caldeira is one of the must-visit places. Formed by the wide and deep crater of the volcanic cone that dominates the island, with 2 kilometres in diameter and 400 meters in depth, it is completely covered in spectacular shades of green, with a small lagoon at the bottom. The Caldeira is today a Nature Reserve and one of the refuges of the Laurissilva forest, the primitive vegetation that covered the island

before its settlement. Along its perimeter there is a pedestrian path, from where you can see aspects of the city of Horta and the islands of Pico and São Jorge.

**PICO GIFTS ITSELF TO VISITORS**, wrapped by mantles of different shades, which just don't cover its mountain, the highest point in Portugal.

Spread along the coast, lined up between the fresh green of the vines and the blue of the sea, the villages of this island have a very unique character, marked by their houses built with blocks of black lava. Visiting Pico is entering a small world built over centuries by whalers, fishermen and farmers.

**SÃO JORGE** is the most invulnerable island and the one that has known how to protect its wild nature like no other, conserving large extensions of Laurissilva,

vegetation that covers its steep slopes with pure beauty, then giving way to the typical fajãs. On this island there are more than four dozen of these small plains, which extend into the sea, whose origins date back to distant landslides and lava.

**GRACIOSA'S LANDSCAPE** is an extraordinary beauty, where the green of the vegetation and the vines, the lilac of the hydrangeas, the red of the windmills and the white of the villages mix.

With its volcanic origin, Graciosa has a very accentuated relief in the southern part, where Pico da Caldeira is located. Along the rugged coastline there are beautiful bays, including Praia and Santa Cruz. It is close to the latter that we can see the ex-libris of Graciosa: the islet of Baleia, a large rock formation close to the coast, reminiscent of that cetacean.





**Caldeira**  
Faial



**Capelinhos**  
Faial



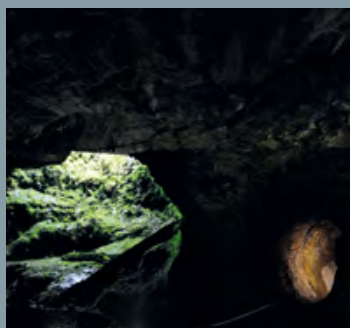
**Ilhéu da Baleia**  
Graciosa



**Pico**

## Geo-tourism Interpretation Centres

In addition to the interpretation centres of the volcanic cavities open to the public, the archipelago has several science centres that help to understand and value the Azores geo-patrimony. The modern Interpretation Centre of Capelinhos Volcano, Faial, includes films, holograms and multimedia content. Other enriching stops include the Sea Observatory (Faial), Environment Observatory, Os Montanheiros Vulcano-espeleological Museum (Terceira), Mountain House (Pico), Astronomical Observatory, ExpoLAB and the Azores Volcanological and Geothermal Observatory (São Miguel).



### THERE ARE DOZEN WATERFALLS IN FLORES ISLAND,

which make it one of the most luxurious in the entire archipelago. Due to its small size, it is not difficult to travel around the entire island, where you will find scenes of rare beauty. But the highlight goes to the central area, where there are seven volcanic craters that have turned into beautiful lagoons, which constitute a magnificent landscape, the 105-metre-deep Lagoa Funda being particularly noteworthy. While walking along the different trails, you can observe the different migratory birds that fly around here, as Flores is one of the best destinations in the Azores for bird-watching, especially in Lagoa Branca, in the central area of the island, especially from September to November.

**CORVO** is the smallest of the nine islands, but it has the distinction of a World Biosphere Reserve. The only village on the island, Vila Nova do Corvo, is located in a lava fajã that constitutes the main levelled surface of the island. It is a picturesque and unusual town, characterised by its black stone facades, with white edging on the windows and doors, and by its narrow streets, cobbled with rolled pebbles and slabs polished by use. From the Monte Gordo belvedere, let yourself be enchanted by the unique view of the Caldeirão, which together with its lagoon constitute the main landscape element of the island. This volcanic caldera has an elliptical shape with a depth of 305 meters and its interior is occupied by the shallow Caldeirão lagoon and by several small volcanic cones that cut through the body of water.



**Caldeirão**  
Corvo





Waterfalls  
Flores

**TOO MUCH ADRENALINE.** There are nine invitations to nine islands in the Azores to experience days of adventure and emotion. The nature inherent to the archipelago allows for countless outdoor activities, whether on land or at sea. Geo-tourism, with dozens of caves to explore; canyoning in beautiful and challenging waterfalls; walking, cycling or horseback riding; bird watching; sport fishing, diving, underwater photography or whale watching are just some of the possibilities.

In the Azores, even some walking tours have their fair share of adrenaline. Just think of the hard to reach places in São Jorge or the Pico climb. If you feel the call of the sea, try your baptism of diving in these transparent waters, where the hues of the algae and the shine of the shoals excite even the most

experienced divers. Or go on a “big game fishing” journey and, who knows, you might catch a shark, a tuna or a swordfish!

**“WHALE IN SIGHT!”.** Sighting a whale at sea is an experience that will be etched in your memory forever. And the Azores are currently one of the largest whale sanctuaries in the world. Among resident and migratory species, common or rare, more than 20 different types of cetaceans can be seen in its waters. The number is impressive and corresponds to a third of the total existing species. From Faial, Pico and São Miguel, it is easy to set off on an expedition of modern times, where the launching of harpoons was replaced by the firing of cameras. It is possible to observe cetaceans throughout the year. In addition to resident communities,

such as common dolphins and bottlenose dolphins, with whom it is possible to swim, there are whales that use the Azores as a migration route. Spotted dolphins are more frequent in summer.

The blue whale can be easily seen in late winter. Sperm whales and sardine whales are common in summer. In 98% of the times, whales or dolphins are observed, whatever the time of year, and many operators even refund the tour money if they don't! When the ideal sea conditions are not met, sailings can be postponed or cancelled. No dismay. On land, you can learn more about the rich Azores history related to the whales. There are several museums and interpretation centres, mainly on the islands of Pico and Faial, which serve as an interesting and captivating den.



*Sighting a whale at sea is an experience that will be etched in your memory forever. And the Azores are currently one of the largest whale sanctuaries in the world*





## BTL 'S

### return marks the recovery of the tourism sector

**BTL IS THE MOST IMPORTANT EVENT** of the tourism sector in Portugal, meeting point between professionals, stakeholders, opinion makers and lovers of travel. BTL has been consolidating its presence in the international tourism Exhibition calendar, positioning itself as the event for the promotion of destination Portugal (incoming) and of international destinations (outgoing), assembling tourism offers from the north to the south of Portugal and in average, of over 50 international destinations.

**“BTL 2022 WILL BE THE KICK-START FOR THE RECOVERY** of the revival of the tourism sector in Portugal after nearly two years of standstill. We are hopeful that this edition of BTL will be the best, for several reasons, whether it be because of the need of the sector, namely trade must restart its activity, whether it be because of the important role that BTL has had for over thirty years as a business and networking platform. On par with the regular activities that comprise an Exhibition of this type BTL assumes the challenge of continuing to innovate and follow the trends of an area which has during this last decade changed at a rhythm and dynamic based on the modification of the consumers' profile, on technology, and on the perception of luxury and most recently, on concern with the environment and sustainability. Portugal is definitively on the World tourism route and BTL's goal is to strengthen this position by means of a consolidation strategy for notoriety and innovation of everyone who daily works in the denominated smile industry”, states Dália Palma, BTL- Lisbon Travel Market Exhibition Manager.

**BUYERS PROGRAM.** One highlighted feature in regard to the promotion of national destination (incoming) is the Buyers Program, in partnership with Turismo de Portugal, which reinforces the image of national tourism among international markets in general, and especial those in close proximity, in this post-pandemic phase. The Buyers Program will be strengthened in 2022, in conjunction with national and international partners, to ensure the attendance of the most important international buyers at BTL, namely in the segments such as Sun and Beach, Golf, Wine Tourism, Nature among others.

**WINE TOURISM AREA.** The 2022 edition will not only maintain the traditional sectors of the Exhibition in promoting Portugal as a destination but will also place special emphasis on the Wine tourism area as an appropriate space for the promotion of hotel establishments and wine brands, which provide unique experiences in this area. This area has grown tremendously at BTL during these last few years – stemming from the growth of this tourism sector at a national level – and that deserves, at the 2022 edition, a prominent role.

**NATURE TOURISM** will also have a special focus during this edition, in a mission of approaching the transversality of the role that sustainability and ecology have had in the tourism sector. Hotel establishments along with local accommodation and all operators which provide services for nature lovers will be present at BTL in a trendy vision, which will sport growth tendency in the upcoming years, due to being one of the tourism products that came out strengthened and that attracted interest and demand during this pandemic period. The reinforcement of the emphasis granted to the two above mentioned sectors is evident in the choice of Porto and North Region as National Invited Destination for BTL 2022 and of the National Invited Municipality, Anadia. Dominican Republic is the Guest International Destination.

**INNOVATION AND CREATIVITY,** through digital transition, also have a marked presence at BTL LAB, an area where enterprises providing technological support services to the leading businesses of this sector will be assembled. This is one of the areas that is becoming increasingly international at BTL, and that which features the presence of global platforms and startups that challenge and project the future of the sector. AIP Foundation, which organizes BTL, the sponsors, partners and exhibitors are all determined in making BTL 2022 the best edition ever namely, in terms of the diversity of the represented sectors as well as the business dynamics also in attendance at the event.





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# B2B

## **TOURISM PROFESSIONALS MEET AT BTL.**



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