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# DISCOVER PORTUGAL



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Lamego

# Come and discover the charms of Portugal

**P**ORTUGAL 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 Portu-

gal, 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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# Porto and North of Portugal

**OPORTO IS MAGICAL.** Feel the city in the narrow alleys of Ribeira. Visit the monuments in the historical centre, relax in a street café along the riverside and admire the orderly rooftops of the Port wine cellars.

Taking Cais de Gaia as the starting point, sail on a cruise to Peso da Régua, along the Douro River, buy portuguese crafts, catch the cable car to the Serra do Pilar Monastery or have a cocktail with your eyes set on the houses of the historical centre of Porto.

The historical centre and the Ribeira area are filled with monuments for you to visit. The São Francisco Church is worth a visit, as it is a classified national monument that once belonged to the Convent of São Francisco. Sit in one of the street cafés in Cais da

Ribeira, watch the boats sail by, listen to street music and try to identify in the landscape the Port wine cellar you want to visit. If you are a fan of adrenalin, you will be happy to know that you can enjoy jet boating on the Douro River, between the Porto and Gaia riverfronts. Enjoy the unique settings in an unusual way. In a jet-powered boat, live an adrenalin-filled adventure, not only for the speed, but especially for the acrobatics and incredible moves spins, fish tails and slides are just a few.

Walk across the Luís I bridge, which was designed by one of the famous French engineer Gustave Eiffel's pupils. Its construction began in 1881 and it required 3,054 tons of metal.

**A VIEW OF RIBEIRA.** On the Vila Nova de Gaia bank, watch the Ribeira from the belvedere next to the bridge. Travel in time aboard the boat that once used to carry Port wine, the rabelo. Boarding on a cruise on this traditional vessel is like submerging into the soul of the city and into an economy older than the most historical of the six existing bridges over the Douro River.

Finally, you must visit the Port wine cellars and adjacent streets, slightly higher up the hill. Buy a souvenir of your trip in one of the shops or outdoor markets that sell modern crafts, portuguese products (for your home or to savour) or decorative items.

Whether you are in Ribeira or Cais de Gaia, you will have no trouble in finding a



*Historic Centre, Oporto*



*View of Ribeira, from Gaia bank*



*Facades at the Ribeira, Oporto*





Clérigos Tower, Oporto



Douro Valley



São Bento Railway Station, Oporto



Parque de Serralves, Oporto



Casa da Música, Oporto



Santa Bárbara Garden, Braga

restaurant. Many of them include the famous francesinha on the menu.

To return to the centre of Porto, take the cable car and go to Jardim do Morro, a five minute ride, where you can take the underground back downtown or go up to the Serra do Pilar Monastery.

Porto is one of the oldest cities of the country, and, as such, its path is sinuous and picturesque. It is a unique experience to stroll through its streets and feel the pulse of the city.

Board on a medieval journey and pound the historical centre, passing by the Cathedral or the Clérigos Tower. Visit the Casa do Infante Museum, The São Francisco Church, the Palácio da Bolsa, the pleasant riverfront and the well preserved Ribeira and Miragaia streets. But same wise, admire the well present modernity in the Casa da Música and Serralves Museum of Contemporary Art.

## DOURO VALLEY: BETWEEN THE LAND AND THE RIVER.

It was, in 1756, the first demarcated and regulated wine region in the world. The wild slopes of the valley transformed themselves, through the work of generations, in terraces to plant the vines that produce the famous Port, excellent DOC Douro wine, sparkling wine and Muscat.

This impressive landscape was considered World Heritage by the UNESCO in 2001, as a living evolving cultural landscape the Douro Valley. In the Valley of the river Douro and its tributaries, the harmonious interaction between man and nature coexists with another, possibly more natural or derelict – the one of the National Parks of Douro International, of Alvão or, yet even further, the Geopark of Arouca.

The River Douro flows from the spanish border to the east of Porto and, depending

on the time of the year, its slopes may be decorated with Almond trees and Cherry blossom or with the harvest labor.

Try the traditional recipes accompanied by the highly respected wines, in quintas or in the excellent local restaurants. Participate in the harvest, treading and other popular events. Board on a cruise or travel by train to enjoy a unique landscape or, if you are looking for radical activities, there is a variety of water sports you can practise.

You can get there by the river Douro in a cruise ship of several hours or, if you want to live this more intensely, you can choose to do a two or three days cruise. It's fantastic! Another option is to go by train and return to Porto by ship. The train in the summer could be a historical train that consists of five historic wooden carriages dating from the early twentieth century, driven by a 1967 diesel engine, instead of the traditional steam locomotive to reduce the final cost to the consumer.

## MINHO: WHERE THE RELIGION AND THE HISTORY FLOWS.

If you enjoy hospitable places where gastronomy and wines, festivals and pilgrimages are like business cards, the historical cities and villages in the north of Portugal will become engraved in your memory, just like a touristic postcard. Each one of these places preserves unique buildings that are worth discovering. In Minho, it is worth visiting the cities of Viana do Castelo, Ponte de Lima, Barcelos, Guimarães and Braga. Take two days to visit these cities.

In Viana, climb up the Monte de Santa Luzia and let yourself be amazed by the fantastic scenery. Down there, in the city, you can't miss sitting in one of the pleasant esplanades in the Praça da República and enjoy





Gerês

its three 15th century constructions: a grand granite fountain, the Casa da Câmara and the Casa da Misericórdia.

In the streets surrounding the square, pay attention to the old manor houses, lavish in their Baroque or rocaille features, decorated with beautiful large windows showing the family coat of arms.

From Viana go to Ponte de Lima, where one of the pleasures awaiting you is a stroll down the leafy boulevards with huge sycamores accompanying the blue waters of the river. The old Roman bridge, a part of the road connecting Braga to Tui, the great medieval tower, the main church, the Casa da Aurora, the lovely emblazoned palace, the noble houses crowned by battlements, the beautiful Mannerist church of Misericórdia and the refreshing fountains are plenty of reasons to include this gracious village in your journey. At lunch or dinner, taste the vinho verde wine from the region.

If you still have time, visit Barcelos, a village offered by king D. Dinis to the first Count of Barcelos in 1298. Take the Gothic bridge crossing the river and enjoy the medieval heart of the village. In the Terreiro do Paço, there is an interesting outdoor Archaeological Museum. Walk around the pleasant Baroque inspired garden and visit the Church of Senhor Bom Jesus da Cruz.

**GUIMARÃES AND BRAGA.** On the next day, visit the cities of Braga, an ancient city still maintaining the radiance of the bishop's power in its monuments, and Guimarães, which holds a very special place in the hearts of the Portuguese people.

Braga is a city rich in historical monuments, starting with its Cathedral, the oldest in the country. The exuberance of the Baroque art would later add to it buildings of great

magnificence. Imagine Braga's historical and architectural heritage!

After lunch, go to Guimarães, where you will find the medieval castle of where Afonso Henriques, the first king of Portugal, was born, with a unique atmosphere. Begin your journey in the city's historical centre, on the list of the UNESCO's World Heritage, in the heart of the city that was the European Capital of Culture in 2012, the Largo de Nossa Senhora da Oliveira. There you can see the beautiful Church of Colegiada de Guimarães, from whence Pedro Hispano left for Rome and, with the name of John XXI, would become the only portuguese Pope in the history of the church. A little further away you will find the delightful Palácio de Vila Flor, today housing the Vila Flor Cultural Centre.

### TRÁS-OS-MONTES IN THREE DAYS.

The Trás-os-Montes region is a vast territory, well worth a calm visit, and where you must visit the cities of Chaves and Bragança.

In Chaves, begin your journey with the most important Roman traces of represented in the "Aquae Flaviae": the beautiful roman bridge over the Tâmega River, which today still links both parts of the city. Afterwards, you must visit the medieval castle, the Church of Misericórdia and the forts of S. Francisco and S. Neutel.

In Bragança, we emphasize the impressive medieval wall surrounding the citadel and from where the gigantic Torre de Menagem stands out, a medieval vigilant with its eyes set on the borders.

Inside, the Military Museum tells the centenary history of the castle and the last floor offers an amazing viewpoint over the city and the vastness of the horizons with bronze coloured mountains in the beautiful landscape of Trás-os-Montes.



Monte de Santa Luzia, Viana do Castelo



City Center, Barcelos



Guimarães Castle



Bragança



# Enjoy & Explore Lamego Hotel & Life



Explore the beauty of the Douro Valley and live an unforgettable experience, creating memorable moments in one of the most charming places in the interior of Portugal.

Discover the history of the oldest vineyards in the world and the Douro “Quintas”, which using techniques passed down through several generations, still produce the famous Port wine that has conquered the world with its exceptional flavour and ageing.

Take part in the wine production process and discover how a simple wine tasting can activate all your senses.

Taste the regional gastronomy and get to know the historical and monumental heritage, as well as the local people with so many stories to share, that will surely enrich your experience.

Enjoy boat trips along the Douro River, with breathtaking views where photography lovers can capture unforgettable moments. Travel back in time with the historic Douro train, built in 1925, or enjoy exciting water adventures such as canoeing or stand up paddle on the river.

Discover all these attractions that make the Douro region memorable and irresistible.

The Lamego Hotel & Life is located in the heart of the Douro Valley.

You can feel the region in the various details of the hotel, in a modern and welcoming design, where people are a special element, from the creations of national artists to our team who are totally available to personalise our guests' experience.

In addition to its unique and privileged location, Lamego Hotel & Life, also has a heated indoor pool, nordic bath, sauna and a turkish bath, where you can enjoy relaxation moments.

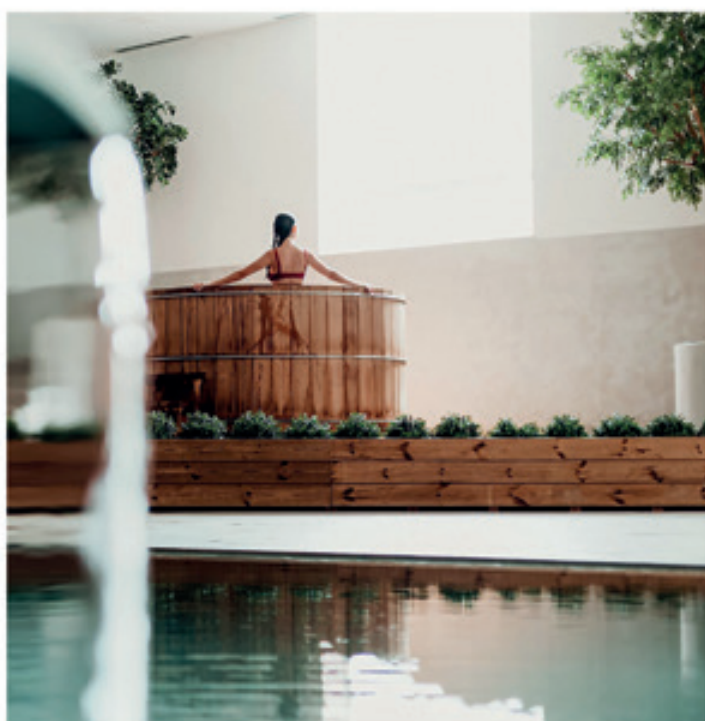
For an experience of complete tranquility through your senses, the SPA by L'OCCITANE also offers various body and facial treatments, specially prepared for you. Lamego Hotel & Life restaurant, “O Comendador”, promote a unique experience between the fusion of traditional Portuguese cuisine and the continents visited by the Portuguese Commander Alexandre Herculano Rodrigues, founder of Quinta, 100 years ago.

The rooms at Lamego Hotel & Life are spacious and wood-furnished with soothing colours that provide a quiet and rustic environment. Tapestries by Rita Sevilha, Blankets by Burel or the traditional vintage baskets can be found at the hotel making it a unique and cosy place, like Douro Valley. Come on this journey to discover and connect with the uniqueness of the Douro and live unforgettable experiences!

The Lamego Hotel & Life is waiting for you.







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# Romanesque Route



*Pombeiro Monastery, Felgueiras*

**IN THE LANDS OF SOUSA, DOURO AND TÂMEGA VALLEYS**, in the heart of Northern Portugal, stands an important architectural heritage of Romanesque origin. Common traces that keep legends and stories born with the foundation of the Nationality and that testify the relevant role that this territory once played in the history of nobility and religious orders in Portugal.

**THE ROMANESQUE ROUTE** currently gathers 58 monuments and two interpretation centres, distributed among 12 municipalities of the Sousa, Douro and Tâmega valleys: Amarante, Baião, Castelo de Paiva, Celorico de Basto, Cinfães, Felgueiras, Lousada, Marco de Canaveses, Paços de Ferreira, Paredes, Penafiel and Resend. The main areas of intervention cover scientific research, dissemination of knowledge, heritage conservation, cultural dynamism,

heritage, education, and tourism promotion.

**ROMANESQUE ARCHITECTURE** began gradually in some regions of medieval Europe between the end of the 10th century and the first decades of the 11th century. During this period, a marked dynamism is manifested in the definition of original planimeters, in new constructive solutions, and in the first tests of architectural sculpture. Romanesque has been rightly considered the first European style.

When we speak of Romanesque architecture it is important to keep in mind that the buildings are not only a set of elements that, coordinated among themselves, give it a given form that is called "Romanesque construction". They are also, and very much so, the result of conceptual combinations, but also of specific historical, economic, political, social, and religious conjunctures.

**INTERPRETATION CENTERS.** The territory of the Romanesque Route offers a diverse set of tourist routes. Perhaps the best way to explore this treasure is to start by visiting the Romanesque Interpretation Center in Lousada, or the Romanesque Sculpture Interpretation Center in Penafiel. With a better notion of the theme, you can go off to discover the sites on your own or opt for some of the proposed programs, which include transport, meals, and entry to the monuments. Note that some of the sites can only be visited by appointment. Find out first.

**AMONG THE MANY TOURIST PROGRAMS** available, you can follow in the footsteps of José Saramago, Amadeo de Souza-Cardoso or Agustina Bessa-Luís, try the "Romanesque of Flavors and Tastes", tour the Benedictine Monasteries or the "Paths of Faith".



*Interpretation Center, Lousada*



*Amarante*





Tabuado Church, Marco de Canaveses



Cete Monastery, Paredes



Arnoia Castle,  
Celorico de Basto

*Travel a route founded on the memories of the Romanesque, which invites you on an inspiring journey to places with history, ripened on land forged from green, full of knowledge and flavours*

Our suggestion is “The Romanesque Route” or, if you prefer, an incursion through the unique national heritage and history in a remarkable and enriching experience. Starting at the railway station in Penafiel, the program includes mandatory stops at the Romanesque Interpretation Center of Lousada and the old Benedictine Monasteries of Pombeiro and Travanca. For the historical centre of Amarante and Quinta da Tapada are promised moments of relaxation and tasting.

**SANTA MARIA DE POMBEIRO**, in Felgueiras, was one of the most important Benedictine monasteries of Entre-Douro-e-Minho, having been founded in 1102. The church, from the XII-XIII centuries, is composed by three naves, divided by diaphragm arches and with painted wood covering, in the lateral naves. The original plan of the



Travanca Monastery, Amarante

main chapel, rebuilt in the 18th century, was semicircular in the good Romanesque manner, as were the secondary chapels that still exist. The capitals of the main portal are a remarkable example of Romanesque sculpture.

**MOSTEIRO DE TRAVANCA**, in Amarante, impresses with its dimensions, especially the church, built in the 13th century. Associated to the lineage of Egas Moniz, D. Afonso Henriques’ uncle, it constituted one of the most powerful monastic institutes in the land of Sousa Valley during the Middle Ages.

Outside the church, with three naves, the main portal is imposing, torn in a protruding body, topped by a cornice on rectangular stones and decorated with corbels (protruding support stones) in the shape of bovine heads. The interior is composed of several artistic and architectural solutions from the medieval period and later.

However, what stands out in the ensemble is the isolated tower, considered one of the highest medieval towers in Portugal. Its military air is purely symbolic, highlighting its richly carved portal, whose tympanum features an original representation of the Agnus Dei (Lamb of God).





Almeida

# Historical Villages

## **TWELVE VILLAGES, ENDLESS POSSIBILITIES FOR FUN.**

Lose yourself among secular alleys. Take a stand where in other times soldiers fought battles. Or just enjoy the beauty of an inhospitable landscape. The Historical Villages of Portugal form a unique historical and tourist destination, with places that keep the testimonies of centuries. The itineraries go far beyond contemplation, slower times, and genuine experiences. There are days full of emotion: hiking, river beaches, extreme sports, gastronomy and everything you need for full days.

**ALMEIDA.** A border township belonging to the District of Guarda, Almeida has a history that goes back to the Paleolithic period, with some Bronze and Iron Age Castro sites identified, as well as clear information about the Roman presence. During the Reconquista period, the Christians took it definitely in 1190 and it was successively disputed to Leon, coming into Portuguese possession with the Treaty of Alcanizes, in 1297.

Almeida Fortress Square (17th/18th century), a perfect example of Baroque military architecture, is a bastion fortress with a hexagonal star shape, in the style of the French engineer Antoine Deville. Access is through double doors in a vaulted tunnel. It has six bastions, with their casemates – underground galleries where the population would retreat in case of danger and which also served as Miguelista prisons – and revelins, with moats of an average depth of 12 meters, where a Blood Hospital was also built,

and the Military Museum is located. Also worth visiting are numerous noble houses, formerly belonging to illustrious names in our history.

**BELMONTE.** Land of Pedro Álvares Cabral, located in the heart of the Cova da Beira and with a wide view of the eastern slope of the Serra da Estrela, the town of Belmonte fully justifies the characteristics that gave it its name. Tradition says that the name Belmonte comes from the place where the village stands (monte belo or beautiful hill). However, there are those who attribute to it the origin of “belli monte” - war hill. A sunny land, of good people, endless landscapes and a history of centuries.

But Belmonte’s most outstanding characteristic is, without a doubt, its long Jewish tradition. For centuries, the “marranos” of Belmonte kept their traditions almost intact, becoming a paradigmatic case of a crypto-Jewish community. Only in the 1970s did the community establish contact with the Jews of Israel and make Judaism official as their religion. In 2005, the Jewish Museum of Belmonte was opened in the town, the first of its kind in Portugal, which shows the traditions and daily life of this community.

**CASTELO MENDO.** The old town, with its marked medieval features, is made up of two very distinct nuclei: the old town, of original foundation, consisting of a castle, a ruined church, and traces of medieval town planning, all surrounded by a 12th century



Almeida

*Lose yourself among secular alleys. Take a stand where in other times soldiers fought battles. Or just enjoy the beauty of an inhospitable landscape.*





*Belmonte Castle*



*Centum Cellas Tower, Belmonte*



*Castelo Mendo*



*Santa Maria Church, Castelo Mendo*



*Belmonte Synagogue*

wall; and the new town, or Arrabalde de S. Pedro, protected by a wall built during the reign of D. Dinis, of marked Gothic features, and strongly affected by the 1755 earthquake. The two walled enclosures of Castelo Mendo are a set of maximum historical and patrimonial interest. They testify the attention given by the Portuguese crown to what was once a strategic place.

**CASTELO NOVO.** In the heart of the Gardunha mountain range, in a natural amphitheatre landscape, in shades of green and grey, we discover Castelo Novo, wrapped in an aura of mysticism. Here, we feel something fascinating, that involves and harmonizes us. Everything inspires us, everything captivates us, from the sound of the water that springs from the fountains to the perpetuated granite that raises the village and carves the houses, the side-walks, the squares. A whole unique architectural heritage. Among the various reasons to visit, stands

out the Old Town Hall, a building inserted in the Romanesque typologies, once with political and administrative functions. Possibly built in 1290 by action of D. Dinis, suffers remodelling works by order of D. Manuel I, as a way to mark the allocation of new charter, ordered to include in the building the royal arms, the cross of the Order of Christ and the armillary sphere. On the first floor would be located the jail and on the second floor would function the Chamber, until the year 1835, when the county was extinct and attached to Alpedrinha.

**CASTELO RODRIGO** is, as a whole, an authentic monumental space that preserves important references to the medieval plan. Among the monuments that add value to the historical heritage are the old walls, the ruins of the palace of Cristóvão de Moura, the five-hundred-year-old pillory, the main church, the medieval cistern, and the remains that attest to the presence of an important community of New Christians.

For more than 600 years, the village was a town and the seat of the county. At various times in national history, its inhabitants have stood out for their courage and loyalty to the crown.

**IDANHA-A-VELHA.** A small village located on the banks of the Pônsul river, it stands out for its beauty and antiquity. Founded in the first century BC, at the time of Emperor Augustus, it was much later included in the territories donated to the Order of the Temple, which built a large defensive tower in 1197. Idanha-a-Velha is, therefore, one of the most important testimonies of the history of the territory before Nationality, showing in the ancient layout of its streets, its bridges and churches, its importance as a metropolis of the Iberian Antiquity. Be sure to visit the Cathedral and its Baptistery; the Episcopal Palace; the communal oven and the rod press; the Templar Tower; the Roman bridge over the Pônsul river; the chapels of São Dâmaso, Espírito Santo and





São Sebastião; and the archaeological site of Egitânia.

**LINHARES DA BEIRA.** A medieval village from the 12th century, it has a unique architectural and artistic diversity, fruit of the legacy of various eras. In 1169, it received its first charter, attributed by D. Afonso Henriques. But only later, in the reign of D. Dinis, was built its imposing Castle, ex-libris of the village and main calling card today. To wander through the streets of this museum village is to make an incursion to the past, to its history, and to feel the breeze from the Mondego valley caressing our faces. Linhares Castle, a National Monument since 1922, has two towers, the Keep and the Clock Tower. The inner circuit involved by the walls is divided into two closed spaces: one of them, west, larger, may have served as a point of support for the keep, and therefore a military area where the cisterns are located, while the other, east, served to protect the people of the village and the goods

essential to survival in case of siege or enemy attacks. Endowed with a long walled perimeter where uncovered patrol paths and the access stairs extend.

**MARIALVA** is located a few minutes away from the city of Mêda. In a scenario that reveals one of the living relics of Portuguese ancestry, this village transports the visitor to the deepest roots of the country's history. The streets, flanked by buildings resistant to time, lead to the citadel surrounded by walls, in whose ruins it is easy to lose track of time. Populated by the Aravos, the Lusitanian people, it was later conquered by the Romans, followed by the Arabs, until the final victory of D. Fernando, the Great, in 1063, in his emblematic Conquest of the Beiras. Among the many buildings of interest, we highlight the Old Town Hall, representative of the architectural typology used in the construction of the town halls; the Campanile of the Old Church of Saint John; the Chapel of Our Lady of Lourdes, framed by vestiges of

the old Templar Convent; the Chapel of Saint Barbara and the Chapel of Our Lord of the Steps; the Church of Santiago, the Pillory and the Cistern.

**MONSANTO** rises in a haughty sudden, with its granite houses that, at the same time, stand out and confuse with the cliffs. Elected in 1938 "The Most Portuguese Village in Portugal", it preserves intact the characteristic layout of the villages from the Beira region.

It was conquered by D. Afonso Henriques, and donated by the monarch to the Knights Templar, who built there the primitive castle. Monsanto has never lost its medieval aura, and this is perhaps its most striking feature. Lose yourself among the steep alleys, designed by stone houses embedded in the cliffs themselves, and climb up towards the top of the hill. Enter the castle gates, appreciating its grandeur, walk along the ramparts, and stop to enjoy the magnificent landscape that surrounds you.







Templars Tower, Idanha-a-Velha



Marrocos Family Manor, Idanha-a-Velha



Monsanto



Mother Church, Piodão



Sortelha

*The Historical Villages of Portugal form a unique historical and tourist destination, with places that keep the testimonies of centuries.*

**PIODÃO.** As we travel through the Açor mountains, while we are enchanted by the majestic and pure aspect of the landscape, curiosity and impatience invade us. Piódão insists on remaining hidden, only to be unexpectedly dazzled by its architecture, which so well exemplifies our capacity to harmoniously adapt to the most inhospitable and also the most sublime places. As if it were a nativity scene, the houses are distributed around the terraces, in which

blue and black schist punctuate, through winding and narrow streets, that in every corner hide the heritage of the Historical Village of Piodão.

**SORTELHA.** Set in a granite massif next to the Opa mountain range, Sortelha is a small village that has kept its medieval features. The houses, surrounded by the walls of the imposing castle, follow the unevenness of the terrain.

Be sure to visit the castle, obviously, and the ramparts; the Stations of the Cross; the Mother Church, dedicated to Nossa Senhora das Neves; the chapels of São Sebastião and Santiago; the former Hospital da Misericórdia and the Igreja da Misericórdia. There are also numerous manors and manor houses throughout the village and “Pedra do Beijo” and “Cabeça da Velha”, two granite boulders with unusual shapes.

**TRANCOSO.** Its thousand-year-old castle contrasts with the upheavals and fears

experienced by the people of yesteryear. It was a frontier land, stage of several fights and battles that marked the formation and independence of the kingdom. It received important privileges. D. Afonso Henriques granted it the charter of Foral and D. Afonso III the charter of Feira. Afonso III the letter of Fair. D. Dinis orders the construction of the walls that still today protect a village where Christians and Jews lived together. The walls that still surround the old medieval town, as well as the vast civil and religious architectural heritage, give the Historical Center a unique image.

The presence of the Jewish community in Trancoso dates back to before the reign of D. Pedro I

Currently, Trancoso has the Isaac Cardoso Jewish Interpretation Center, opened in October 2012 and located in the former Jewish quarter. Its name honors the Jewish doctor who was born in the town in the early 17th century and its mission is to preserve the Jewish legacy of the region.



Cabeça da Velha, Sortelha



Arcos House, Trancoso



Isaac Cardoso Center, Trancoso





YOUR HOTEL & SPA

ALCOBACA



# COMFORT MEETS NATURE DISCOVER ALCOBAÇA'S HIDDEN GEM

## YOUR IDEAL RETREAT AT OUR 4-STAR HOTEL

**A**n hour away from Lisbon airport, on the Silver Coast, situated amidst the picturesque beauty of Alcobaca, just 5 minutes from the city centre and 10 minutes from Nazaré, our 4-star hotel offers an unparalleled blend of luxury, tranquillity and natural splendour. With 62 meticulously designed rooms, including 3 suites, our hotel is the epitome of comfort and elegance. Boasting a range of amenities including a Restaurant, a rejuvenating Thermal Spa, a Congress Centre equipped to host meetings, and/or workshops, a semi-Olympic pool, tennis and football courts, and a walking trail around 1.000 meters, allowing you to enjoy the countryside and fresh air in a city refuge. We provide a holistic experience for our guests. Surrounded by nature's bounty, our hotel is the perfect destination for those seeking a serene escape while indulging in the lap of luxury.

### ACCOMMODATIONS

Our hotel features 62 well-appointed rooms, each tastefully designed to provide the utmost comfort and convenience. Among these, our 3 pleasing suites offer a lavish retreat for the most demanding guests. Every room is a testament to elegance, combining modern amenities with a touch of local charm, ensuring a delightful stay for all our visitors.

### DINING EXPERIENCE

Savour the finest culinary delights in our 'Sentidos' Restaurant, where our specialized Chefs prepare a menu that seduces the taste buds. Using locally sourced ingredients, our restaurant offers a gastronomic journey that showcases the rich flavours of Alcobaca and Portugal.

Guests can enjoy a wide variety of delicious dishes in a cozy atmosphere, making each dining experience truly memorable and a treat for your 'senses'.

### WELLNESS AND RELAXATION

Indulge in the ultimate relaxation at our thermal spa, where a variety of treatments and therapies await you. Our skilled therapists use natural, healing elements to provide a rejuvenating experience that revitalizes the body and mind. From massages to hydrotherapy, our spa offers a holistic approach to well-being, ensuring our guests leave feeling refreshed and invigorated.

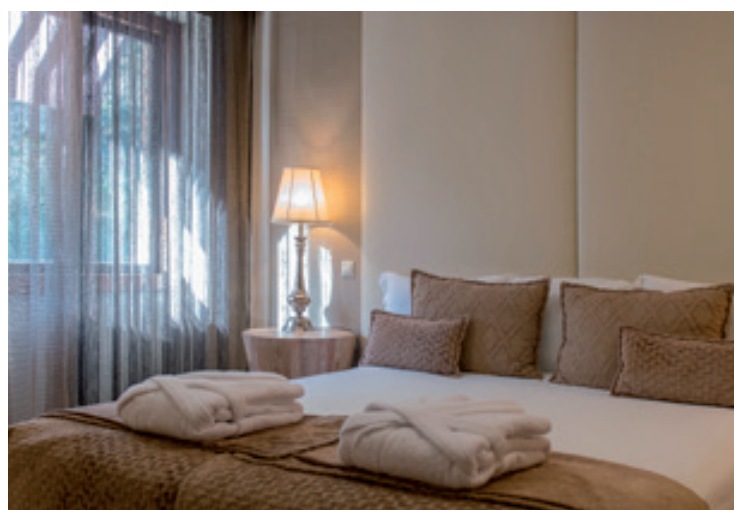
### MEETINGS AND EVENTS

Located in a central position in the country between Lisbon and Oporto the hotel offers a congress centre with 2 fully equipped rooms, making it the ideal venue for business events, conferences, seminars or even team building exercises. With modern facilities and professional support staff, we ensure that every event runs smoothly. The serene surroundings provide an inspiring backdrop, enhancing the overall experience for participants.

### SURROUNDED BY NATURE

One of the unique aspects of our hotel is its pristine natural surroundings. Located amidst lush greenery and serene landscapes, our guests have the chance to reconnect with nature. The peaceful ambiance provides a welcome escape from the hustle and bustle of everyday life, allowing guests to unwind and appreciate the beauty of the natural world.





## RECREATIONAL FACILITIES

For sports enthusiasts, our hotel offers a range of recreational facilities including a semi-Olympic pool, tennis and football courts. Whether you prefer a refreshing swim or an energetic game, our facilities cater to all interests. Additionally, our walking trail allows guests to immerse themselves in nature, providing a perfect opportunity for relaxation and exploration.

## EXPLORING THE REGION

Our privileged location allows you to explore the historical and natural wonders of Alcobaca. Visit the Alcobaca Monastery or the Monastery of Batalha, both an UNESCO World Heritage Site, or even the region's beaches, Nazaré with its world-famous giant waves and São Martinho do Porto. Your Hotel & Spa Alcobaca has everything you need to leave stress at the door.

## HEALTH AND WELL-BEING

As part of the hotel's facilities, you'll find the Termas da Piedade, where the century-old thermal waters present in this resort are a unique resource due to their characteristics, geared towards the treatment of various pathologies, particularly diseases of the digestive system, through a groundbreaking treatment hydrocolontherapy with thermal water.

At the same time, Termas da Piedade, as a result of its other therapeutic vocations, namely musculoskeletal and dermatological, has all the conditions to offer a highly differentiated treatment to every client who comes to this facility.

## ENVIRONMENTAL CONCERNS AND SUSTAINABILITY

Your Hotel & Spa Alcobaca adopts the values of sustainability as essential elements of its activity, both in the projects it develops and in the daily management of all its departments. These values are a constant concern at the Hotel, as in addition to the Green Key Award it holds the ISO 14001 Environmental Certification and the Biosphere.

*How long have you been looking forward to a moment of relaxation all to yourself? At our 4-star hotel in Alcobaca, we offer more than just accommodation, we provide an unforgettable experience! Whether you are seeking a romantic getaway, a family vacation, or a productive business trip, our hotel fulfills all your needs. Book your stay and discover everything Your Hotel & Spa Alcobaca has to offer and experience the perfect blend of comfort and nature, giving your body and mind a proper rest!*

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# Lisbon

## A mirror of a thousand colours

Terreiro do Paço

**LISBON IS AN ILLUMINATED CITY.** The almost constant presence of sunshine and the River Tagus transforms the portuguese capital into a mirror of a thousand colours - highlighting the city's unique architecture and beauty. There are so many things to see and do in Lisbon that visitors have access to a wide array of different experiences. As we walk through Lisbon – whose history spans back thousands of years – we find streets filled with heritage monuments, and characteristic neighbourhoods where the city first developed and can still be experienced at its most genuine level. Visit Lisbon of the River Tagus, whose riverfront is dedicated to leisure activities and links the monumental zone of Belém with the modern area of the Parque das Nações. Have fun in Lisbon, where nightlife continues till dawn and practice sport, with excellent golf courses and beaches close at hand. Experience calmer moments in Lisbon in the city's parks, gardens, belvederes, cafés and esplanades. Or simply enjoy the pure pleasure of being in Lisbon, through its gastronomy, luxury hotels, spas and shopping centres.

**THE EMBLEMATIC AVENIDA DA LIBERDADE.** Rebuilt between 1879 and 1882 and inspired by the style of the Champs Elysees, Avenida da Liberdade is one of the main arteries of the city of Lisbon and certainly the most emblematic. There are numerous hotels (many of them

luxury) sited here, the best shops and international brands and some of the best theatres.

Majestic and elegant, this avenue of the portuguese capital is endowed with majestic centuries old trees. Buildings of great beauty have been built and restored here, as is the case of the neoclassical Tivoli theatre which features a 1920s kiosk on its exterior. The recent opening of the five "Quiosques da Liberdade" (Liberty Kiosks) distributed along the avenue and featuring attractive leisure venues, was a first step. Also planned is a variety of cultural programs, crafts and books fairs, concerts, outdoor theatre and art exhibitions that will no doubt attract new life to the avenue.

**THE CHARM AND ELEGANCE OF THE CITY CENTRE.** When you arrive at the Rossio, you can immediately feel the history and ambience of the real Lisbon. Walk the ornamental portuguese paving that lines the city centre, rebuilt in the Pombaline era, following the earthquake of 1755. The statue of D. Pedro IV (King Pedro IV) points the way to Rua Augusta and its shops, restaurants and street artists. At the other end, this street opens out into Terreiro do Paço.

Before you get there, take the time to climb the majestic Arco da Rua Augusta (Arch) and enjoy the views from the top. Take a break at one of the many outdoor cafés and eateries in Terreiro do Paço, right

next to the Tejo River, before going on to Chiado, currently Lisbon's trendiest neighbourhood.

In Chiado diversity and modernity intermingle with the history of the poets and artists who stamped their mark on an age and who, in the 19th Century, made this a hothouse of literature and poetry, a starting point for romanticism.

**HAVE SOME FUN IN LISBON.** During the day, the historic Bairro Alto and Bica quarters fascinate visitors with neighbourhood feel. Bairro Alto is home to a multitude of alternative shops, second-hand clothes stores, hairdressers, record stores, art galleries and much more. They blend with the diversity of the local populace to create a truly unique ambience. At night everything changes and a party atmosphere prevails. The area is the epitome of Lisbon nightlife, the central axis around which a good night out revolves. Bairro Alto, Bica, Cais do Sodré or Santos? There is so much choice and so much that is truly good, that it is really hard to decide.

**THE PURE CHARM OF HISTORY AND THE VIEWPOINTS.** The city becomes increasingly iconic and picturesque, the further you delve into its historic and medieval districts. As you walk along the stone-paved, narrow and often steep streets of Alfama and Mouraria, you are literally transported back in time.





Rossio



São Vicente de Fora Monastery



Tower of Belém

Perched at the very top of this hill is Castelo S. Jorge (St. George's Castle), built during the 7th Century. The castle occupies a strategic position and offers unrivalled views of the city. On your way there, you will bump into some unique peoples, stories and traditions. The popular and yet melancholy music of Fado infuses the air and tells you that you are in the Alfama. From Mouraria, a multicultural melting pot of peoples and traditions, climb up to Graça. Don't forget to stop at the various viewpoints along the way, particularly those of Graça itself, with its views of Mouraria and Senhora do Monte, with its 12th Century parched church. You could also get to Graça on the famous No. 28 tram. A ride on this emblematic symbol of the city allows you to take in most of the historical and cultural heritage that Lisbon has to offer.

**HERITAGE AND HISTORY WITH A SPECIAL TWIST.** Belém, in the other side of Lisbon, is synonymous with history and the portuguese discoveries. It was from this historic location that the great adventurers set sail in their fragile caravels, on a mission to discover the world. The Mosteiro do Jerónimos (Jerónimos Monastery) and Torre de Belém (Belém Tower), both UNESCO World Heritage sites, are Manueline-style monuments, whose imposing architectural wealth transports us back to the heyday of the Portuguese Empire. The Centro Cultural de Belém (Belém Cultural Centre), with its numerous exhibitions and cultural events, should also be on your must-see list. At the Coach Museum you can enjoy the dazzling, extensive and quite unique collec-

tion of coaches and accessories. On your way there, pick up a Pastel de Belém (Belém pastry), one of the city's most famous edible titbits and now well-known all over the world.

**A NEW LISBON ON THE WATERFRONT.** The Park of Nations is Lisbon at its most modern. The most notable buildings, the ones everyone wants to see, are the awning of the Pavilhão de Portugal (Portugal Pavilion) and the Gare de Oriente (Oriente Train Station). What's more, the cultural and pedagogical offer is extensive and diverse. The Oceanário (Oceanarium) is one of the biggest attractions. Of all the species it holds, most visitors make a beeline for the enormous mantas and fearful sharks, kings and lords of the enormous central tank.



Eduardo VII Park



MAAT





*Pena Palace, Sintra*



*Cascais*



*Portinho da Arrábida*



*Cape Roca*

If you have time, take in a show at the Meo Arena, where countless internationally renowned bands and artists have performed. Alternatively, you could drop into the Lisbon Casino and try your luck.

## **SINTRA:**

**CAPITAL OF ROMANTICISM.** Outside Lisbon, Sintra must be the first village to visit. Classified by UNESCO as a Cultural Landscape and World Heritage site in 1995, Sintra has inspired artists and poets throughout its long history. The cool, luxurious and lush countryside melds harmoniously with the architectural exuberance of the mansions and palaces that cloak Sintra in mystery and romanticism.

A mere 25 km outside Lisbon, Sintra is a beguiling town, bursting with personality and history, which welcomes you in the form of the centrally located Palácio da Vila (Town Palace). Stroll around, or take a carriage and travel back in time, to explore the city's gardens and charm.

Climb to the top of Sintra Mountain to visit the Palácio da Pena (Pena Palace), the apogee of 19th century romanticism. This is one of those special monuments and places that mere words can barely describe. The Castelo dos Mouros (Castle of the Moors) and its

imposing walls tell of a very different Sintra, of the wars and battles of times gone by. Another fascinating place you should visit is Cabo da Roca (Cape Roca), the westernmost point, not just of Portugal but of the entire European continent.

From Sintra go to Cascais and Estoril. Beaches, leisure opportunities, shops and lifestyle are all to be found along the 'line' out to Cascais. This is one of the places that lisbonites come to, to get away from the bustle of the city. Relaxation is the name of the game here.

## **CASCAIS AND ESTORIL:**

**THE FASCINATION OF THE SEA.** Just 30 minutes outside Lisbon, the refined seaside ambience of the Linha de Cascais (Cascais Line) has a lot to offer: culture, nature, cuisine and numerous beaches where you can just relax or do some sport. The area is particularly well-known for water sports. Another sport much practiced here is golf, and there are quite a few clubs at which to take a swing.

The glamour of this area is enhanced by the entertainment and fun offered by the casino. If you follow the coastline you will come to the wide sandy beach of Praia do Guincho, a hotspot for water sports.

## **ARRÁBIDA: A PERFECT SYMBIOSIS OF NATURE AND SEA.**

To the south of Lisbon, and running down to Cabo Espichel (Cape Espichel), is Arrábida, a place where nature and sea blend and blur. Shades of green and blue dominate, producing the unique landscape that envelops the close-knit relationship between the sea, the beaches and Arrábida Mountain. In addition to a wealth of flora and fauna, the natural park around the mountain is also home to the Convento de Nossa Sra. da Arrábida (Convent of Our Lady of Arrábida) and its fort, both milestones on the best of the walking routes.

The Sado Estuary will impress you with the preservation of the natural surroundings and may even surprise you with a visit from dolphins, provided you are not completely sidetracked by the flamingos. When you get back to dry land, dip into the outstanding local cuisine, with its unparalleled delicacies and flavours. In either Sesimbra or Setúbal, you will have no difficulty in finding somewhere superb to eat. The area also has a Wine Route, which takes in the wines of Palmela and the Moscatel of Setúbal. Order a bottle, a plate of fresh fish or fried cuttlefish, and take your ease right by the sea.





Castle of São Jorge

## 10 things to do and see in Lisbon

### 1. Climb to the Castle of São Jorge and stroll through Alfama

Anyone coming to Lisbon and not going to the Castle of São Jorge will have surely missed an unforgettable moment. It is the highest point in the city, set amongst the most typical of neighbourhoods. A unique opportunity to feel and understand the city's relationship with the river Tagus.

### 2. Listen to Fado

Whether or not you like the style of music, dinner by candlelight listening to fado in Lisbon is unmissable. Consider yourself lucky and do stop, if you hear it sung while strolling through some street in Alfama, Mouraria or Madragoa. This style is the so-called fado vadio, or amateur, sung when someone gets the urge to sing, with the guitars simply joining in.

### 3. Go to Terreiro do Paço

The largest square in Lisbon and also one of the most iconic symbols of the city and its rebuilding after the great earthquake of 1755. Currently, it mostly offers a very pleasant walk along the river in the late afternoon. It is also a very beautiful view from the river as you pass on a boat.

### 4. Go up in the Santa Justa elevator

You cannot miss it when you pass it while ambling through the downtown district. It offers enviable views over this old part of Lisbon, and it is a privilege to travel in this elevator designed by Ponsard, a disciple of the great master of iron works, Gustave Eiffel, more than a hundred years ago.

### 5. Take a tram ride

The tram is a common means of transport for locals, but also one of the best ways to travel through the historic neighbourhoods. It looks good on any photo, and the sound of the trams running on their rails is one of the most characteristic of the city. The no. 28 is the best known, but there are others...

### 6. Visit the Jerónimos Monastery and the Tower of Belém

Lisbon has two unique monuments which are World Heritage Sites. They are two jewels of the Gothic Manueline style that easily impress. Apart from the vaults carved in stone that are a remarkable piece of engineering, the wealth of decorative elements linked to maritime aspects and the voyages of the Navigators is fascinating.

### 7. Taste a pastel de Belém

This is a highlight of Portuguese cuisine and its recipe is a closely guarded secret that makes them unique. Not to be missed! A sweet pastry that Lisbonites like to eat along their coffee.

### 8. Visit the Oceanarium in the Parque das Nações

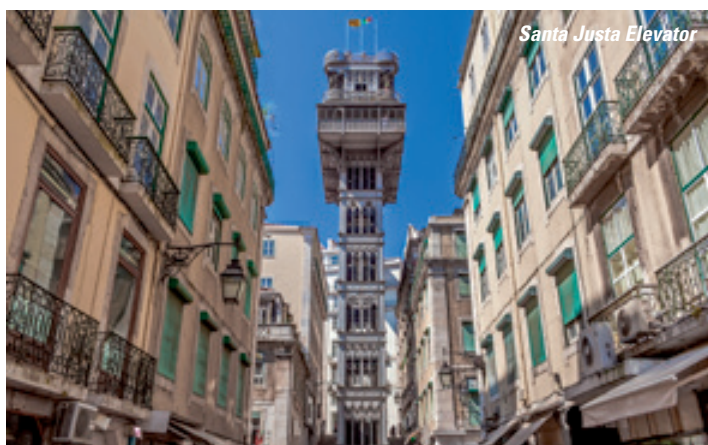
The Parque das Nações is a success story in the revitalisation of an industrial area, with a privileged location on the river. It is worth visiting the Oceanarium, one of the largest in Europe, where you can appreciate the flora and fauna of the various oceans of our planet.

### 9. Visit the National Tile Museum and the Coach Museum

These two museums are unequalled anywhere in the world. One tells the story of the tile in Portugal from its first uses on 16th century walls to the present day; the other has an unrivalled collection of carriages, with fine examples from the 18th century, exuberantly decorated with paintings and gild work.

### 10. Dine in Bairro Alto

Lisbon is also known for its very lively and busy nightlife. After an afternoon shopping in the elegant Chiado district, there's nothing like a late afternoon at one of the viewpoints of Santa Catarina or São Pedro de Alcântara, then staying for dinner in the Bairro Alto.



Santa Justa Elevator



Jerónimos Monastery



Oceanarium



# This is Alentejo!



Monsaraz

## THE VASTNESS OF THE LANDSCAPE

is dotted with cork oaks and olive trees that withstand time. Here and there you find a walled town, such as Marvão or Monsaraz, or an ancient dolmen to recall the magic of the place. Around the hills, low, whitewashed houses stand on small knolls, castles evoke battles and conquests and the yards and gardens are witness to the Arab influences which shaped both people and nature.

In the Alentejo the power of the land marks the time and cities like Elvas and Évora, listed as World Heritage by UNESCO, show the tenacity of the people. Perhaps this is the reason that culture and spirituality take on a singular character here. These memories of the past are also shared by other cities, such as Portalegre and Beja, and in the former Jewish quarters, particularly in Castelo de Vide.

The flat land makes hiking and cycling easy, though horses are also part of the landscape. You can combine these rides with birdwatching and, in dams such as Alqueva, with the tranquility of the water or stargazing.

But you must also explore the coast. The landscape here is hilly and rugged, with

small sheltered coves between the cliffs, many of which are ideal for surfing. You will also breathe the scents of the countryside here, the aromatic herbs that season the fish, seafood and other regional fare to be accompanied by the region's excellent wines. Indeed, the entire Alentejo lives according to the rhythm of the earth.

## FROM TROIA TO SINES BY THE COAST.

You can reach Troia via Alcácer do Sal or by ferry from Setúbal, crossing the River Sado estuary. On arrival, the Troia peninsula offers much to be explored. You can play golf, have surfing lessons, walk along the beach or watch the dolphins. You can also wander about to discover the region's cultural heritage, such as the Troia Roman Ruins which actually reveal how the area was already rich in natural resources two thousand years ago.

After Troia, Comporta is a much appreciated spot for a family beach outing and has some good restaurants. This is a paddy field area, so rice-based dishes are an unmissable specialty.

Until Sines, the coast is an unbroken strip of sand, with pleasant beaches such as Pinheirinho and Galé. In Melides and Santo

André, depending on your wishes and preferences, you may choose between the sea beaches and the lagoons. These are great places for canoeing and windsurfing. Sines is one of the most important cities on the Alentejo coast and is an industrial port and a cape as well, making it a natural stopping point for visitors to the region.

## NATURE LOVERS FIND THEMSELVES IN HEAVEN.

Along the west coast, you can set off to discover Rota Vicentina. You will be accompanied by the ocean between jagged cliffs and, at times, you will be presented with seemingly endless fields of wild flowers. There cannot be a better suggestion for a walk...

This long hiking path stretches for nearly 400 km along one of the most beautiful and best preserved coastal areas of Europe. There are two main trails and eight circular routes to amaze us with their wonderfully diverse landscapes.

## RELAX AT ALQUEVA, THE GREAT LAKE.

The Great Lake resulting from the Alqueva Reservoir provides the perfect place for spending a few days relaxing and in good company.





Temple of Diana, Évora



Marvão



Alqueva



We are talking about one of the largest artificial lakes in Europe, built on the River Guadiana. It has a 250km<sup>2</sup> reservoir and covers five Alentejo municipalities, with many points of interest. The right bank offers the castles of Juromenha, Alandroal, Terena, Monsaraz and Portel, and on the left bank, Mourão and Moura provide spectacular viewpoints over this reflecting pool.

The lake has brought an amazing environment to this region. Where once there were fields of olive trees, cork oaks and holm oaks, today there is water and renewed life, with optimal conditions for outdoor activities and for water sports such as sailing, water-skiing and wake-boarding, or for invigorating trips by canoe or kayak.

### ÉVORA, A BOOK OF PORTUGUESE ART HISTORY.

The best way to see the city is on foot, walking through its narrow streets lined with white houses, discovering along the way the monuments and details that reveal the history of Évora and its rich heritage.

Judging by the calm, welcoming surroundings, one easily sees why this city, which dates from the Roman era, was chosen by

the kings of Portugal in the 15th century to serve as their residence, a fact that contributed to its development and cultural importance in the following centuries. It was in fact due to Évora's long history and its urban center, typical of the 16th to 18th centuries, that has been preserved to our days that lead UNESCO to classify the city as a World Heritage site.

Take a photo at the Roman Temple of Diana, with over 2000 years old, and is the ex-libris monument of Évora and is one of the most important historic ruins in the country, built during the time of Caesar Augustus. Afterwards, head on to Church of São Francisco, one of the striking features of the facade is a church porch with arches of different styles – a typical example of the “marriage” between Gothic and Moorish style found in so many monuments of this region in Portugal. Inside, visitors can see the strange Bones Chapel, built during the Philippine period (17th-century). The pillars and walls are completely covered with bones. From here go to Sé Catedral de Évora, the largest medieval cathedral in Portugal, with Gothic features and used as one of the main temples of the Marian cult.

### Alentejo wine route

A wine producing region with a long tradition, the Alentejo boasts wines that will surprise you for their excellence, aromas and colours as unique as the landscape and the cuisine.

Besides the Alentejo Regional Wine, which is found all over the region, wine producers are spread across 8 areas bearing a designation of origin – Portalegre, Borba, Redondo, Reguengos, Vidigueira, Évora, Granja/Amareleja and Moura, which allows for a diversity of choice anywhere in Alentejo.







# Algarve

The kingdom of the Portuguese summer

## THERE IS NO SHORTAGE OF HIGH QUALITY BEACHES IN ALGARVE.

Sandy beaches stretch as far as the eye can see, framed by golden cliffs, virtually deserted islands marking the boundary between Ria Formosa and the sea, and small coves sheltered by the rocks. The ocean, that covers every shade of blue, is mostly calm and warm, inviting you to long swims and to indulge in water sports.

And there are also the mountains, where people live in harmony with nature and maintain traditions that they love to share. And the cities. Silves and Lagos preserve traces of its Arab past since the time of the Discoveries. More cosmopolitan Portimão and Albufeira are bustling towns, day and

night. Tavira is a showcase for traditional architecture and Faro, the gateway to the region, deserves a long stop to discover its beautiful historic centre.

If you are hunting for relaxation, you can experience various treatments in the spas and thalassotherapy centres and in the Monchique Thermal Baths. There are also many internationally acclaimed golf courses where you can enjoy a spot of exercise. And hotels, tourist villages, resorts, from the simplest to the most sophisticated.

**WHITE SAND AND BLUE SEA.** From long sandy beaches protected by golden cliffs to small bays nestled between rocks, the Algarve has beaches to suit all tastes.

What they have in common is the offer of a perfect holiday in the sun.

What are the ingredients of this offer? A mild climate, with sunshine for about 300 days a year. A clear sea, warm and calm most of the days. And fine white sand, an invitation to relax that can't be ignored – it's as simple as laying on a towel in the sun to get a tan to die for or building sandcastles by the sea with the children.

There are about 200 kilometres of beaches between the south-west coast near Aljezur and the eastern end close to Vila Real de Santo António, which differ widely among themselves. The majority have the high safety and quality conditions recognised by the European blue flag symbol, with amenities



Quatro Águas



Carvoeiro





Tavira



Ponta da Piedade, Lagos



that promise fun and sports. Many beaches are beautiful, offering idyllic settings for more romantic moments, and others are close to nightlife spots, sought after by those who must have some music and dancing on their holidays. But there are also almost deserted beaches, where nature is preserved practically in a wild state.

There is a large number of beaches accessible to people with mobility problems and many even have facilities that allow everyone to enjoy bathing in the sea. And there are also beaches reserved for naturists, and others that are so little known that they have areas where naturism is tolerated.

The most pristine beaches are on the Costa Vicentina, in contrast to the central area, between Lagos and Faro, where you will find cosmopolitan beaches, as a result of the higher number of hotels and many high quality resorts. The Ria Formosa Natural Park is a quiet reserve, an area of calm waters dotted with islands, water channels and lagoons, which mark the transition to the east, where the sea is warmer and more serene and the sand swathes are very extensive. Almost all the beaches have restaurants and bars in which to relax and enjoy a refreshing drink when the sun is bearing down, taste the freshest fish in the region or sit to enjoy the sunset, with the sun dipping into the sea. The perfect finish to a day well-spent.

The Algarve is also ideal for sailing, even if

you don't own a boat, since there's always the option to rent one or to join the cruises that explore the beauty of the coastline.

**BEST GOLF DESTINATION IN THE WORLD.** Repeatedly considered to be the best golfing destination in the world by magazines devoted to the sport and by international associations of specialist tour operators, the Algarve lives up to this distinction by maintaining an unrelenting quality.

With an ideal climate that lets you play throughout the year and a wide variety of almost four dozen courses, the region is a golfers' paradise. Most courses are located in protected areas, with stunning views. They are internationally recognised for the quality of their facilities, and have been designed by prestigious players and legendary champions such as Sir Henry Cotton, Rocky Roquemore, Arnold Palmer and Ronald Fream. On top of all this, there are excellent golf pros, a varied network of hotels and good accessibility, ranging from direct air links with many destinations in the world to easy transfers between Faro airport and the various resorts.

True tests to the technical capabilities of even the most accomplished players, who have to put their strategies to the test, many of these courses are host to important international tournaments, such as the Algarve

World Cup or the Cup of Nations.

But the Algarve is also for beginners. There is a wide range of Golf Academies with an international reputation spread across the region, where you can take your first steps or improve your golf technique.

**IF YOU ENJOY CYCLING AND WALKING,** then visit the Algarve and discover the vast network of routes and trails on offer in the region.

Not only will you have an unforgettable experience but you are sure to have the sun for company because the Algarve has sunshine almost all year round. As a result, the climate is very pleasant, especially from September to June, the best months for cycling and walking. And as an added bonus, the scenery is very varied: winding trails through hills and valleys inland; a steep on the almost completely unspoiled western coast; and to the south and east, flatter routes alongside the seashore or in the tranquil settings of the Ria Formosa and River Guadiana.

Among the top choices for you to try are four major routes that interconnect with each other, allowing you to explore the entire region: Rota Vicentina, Via Algarviana, Grande Rota do Guadiana and Ecovia do Litoral. Cyclists or walkers taking any of these routes will discover a challenge appropriate to their fitness level, since there are stretches of varying degrees of difficulty.





# Paradise of golf

*Vale do Lobo, Vilamoura*

## **IT'S HARD TO FIND A BETTER DESTINATION FOR A GOLF HOLIDAY.**

Playing golf in Portugal remains in the memories of all those who try it. And why? Excellent courses in stunning settings, a mild climate all year round and the friendly welcome given to golfers.

There are more than ninety courses around the country, with varied courses and great golf challenges, recognized by the most experienced golf professionals.

The Algarve and the Lisbon Coast are well-known destinations for more experienced players and have won several international awards. They host major competitions on the professional tours, as does Madeira with its mountain courses. In the Azores,

there's also rustic golf that is played in a rural setting. But it was in Porto and the North that it all began, where Espinho, the second oldest course in mainland Europe, is located.

But the biggest challenge while you're playing is not to have your concentration broken by the beauty and light of the surrounding countryside. We have courses that overlook the sea flanked by cliffs and dunes with white sand. And others surrounded by lakes and mountains, where the perfumes of flowers and herbs blend and become impossible to distinguish one from the other.

## **ALGARVE, ONE OF THE BEST GOLF DESTINATIONS IN THE WORLD.**

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Tróia, Setúbal



are excellent golf pros, a varied network of hotels and good accessibility, ranging from direct air links with many destinations in the world to easy transfers between Faro airport and the various resorts.

The courses are spread from one extreme of the region to the other. By the beach or further inland, flat or hilly, the choice is varied, but any of them can offer you the chance of birdies and eagles, and maybe even a hole in one. Between Lagos, Sagres and Serra de Monchique there are courses with varying degrees of difficulty, where the greens and fairways are framed by beautiful natural scenery. It is in this area, near Portimão, that the first course opened in Algarve is to be found, Penina Hotel & Golf Resort, which has been awarded on several occasions as one of the best in Europe.

**THE MOST LUXURIOUS.** The most central area, between Vilamoura, Quinta do Lago and Vale do Lobo is one of the most luxurious in the Algarve and also one of the best equipped for playing golf. These courses combine links and fairways with cliffs, lakes and bunkers, providing a high standard of holes. Take, for example, hole 16 at the Royal Golf Course in Vale do Lobo, the most photographed in Europe: a demanding Par 3 in which three spectacular sea cliffs stand between the tee and the green. Or hole 6 at Pine Cliffs, that is on the edge of a ravine and requires a shot over the beach.

In Sotavento, the courses are more level, but their imaginative designs provide challenges that require the use of various clubs. Many are peppered with the indigenous species of the region, such as fig, olive, carob and oak trees, so a round of golf is like taking a walk in nature. Additionally, the panoramic views over the River Guadiana, the Atlantic, the mountains and the Ria Formosa Natural Park are so beautiful that the golfers' concentration can be broken, jeopardising their tee shots. True tests to the technical capabilities of even the most accomplished players, who have to put their strategies to the test, many of these courses are host to important international tournaments.

**ALSO FOR BEGINNERS.** But the Algarve is also for beginners. There is a wide range of Golf Academies with an international reputation spread across the region, where you can take your first steps or improve your golf technique. They are provided with sophisticated equipment, use innovative teaching methods and are supported by pros certified by the Professional Golfers Association (PGA) who are competent in several languages. Most courses also offer training programmes, and for those who want to practice their short game on their own, there are practice areas and several pitch and put courses spread across the region. A wide choice for golfers of all levels!

## Golf all year in Madeira

Like an eternal Spring, Madeira is a golf destination par excellence all year round.

The climate is mild throughout the year, the untouched nature offers clean air and unforgettable walks, the cuisine is rich in tradition-steeped flavours. Here, you will not be short of choices for a memorable holiday. And it is just a few hours by plane from Europe.

The tradition of golf on this Island dates back to 1937, when the Englishmen Miles, Leacock and Blandy built the first nine-hole golf course. You can practise on one of two courses, Palheiro Golf and Santo da Serra Golf Club, with 18 and 27 holes respectively, both notable for the beauty of their surrounding landscape.

Currently, Madeira has all the facilities to welcome golfers of every handicap, including prime quality accommodation, which makes the islands a paradise for the lovers of the sport who will not fail to delight in the challenge of each hole and the surrounding scenery.



Palheiro Golf



# Madeira and Porto Santo

The charming Portuguese islands



Cape Girão

**RIGHT IN THE MIDDLE OF THE ATLANTIC OCEAN**, the islands of Madeira and Porto Santo are a haven of natural beauty. The exotic colours of the flowers stand out from among the blue sea and the emerald green vegetation; this is an archipelago where two thirds are a protected area and where the largest Laurissilva forest in the world is located.

## THE PORTUGUESE NAVIGATORS

Tristão Vaz Teixeira, Bartolomeu Perestrelo and João Gonçalves Zarco officially discovered the islands of Madeira and Porto Santo in 1419, but was throughout the nineteenth and twentieth century's that Madeira flourished by the birth of the tourism sector, quickly becoming a reference for the European aristocracy that set temporary residence here, attracted by the

island's natural healing qualities. The general conditions of location and the development of routes for the great cruise ships, together with the benefices of its climate, turned Funchal into a major European tourist destination in the mid-twentieth century. In the second half of the century, the huge development of air transport led to the construction of an airport, and the overall refurbishment of the port of Funchal.

**A WALK OF SENSATIONS.** Between the most important attractions of the Madeira Island you will find the levadas, small irrigation canals that can be found on Madeira Island and on the island of La Palma, in the Canary Islands. This term is also applied to canals, usually smaller ones that direct the water to watermills.

On Madeira Island, the use of levadas resulted from the need to bring large amounts of water from the north-facing springs where it is abundant, to the south side of the island. The levadas began to be built in the sixteenth century and the most recent ones date back to the 1940s, supplying water to hydroelectric power plants and also used for irrigation purposes. Their total extension is approximately 3.000 km and you can stroll through them on foot; allowing you to reach the heart of the island where you will encounter breathtaking landscapes. From 0 to 1,862 meters the excitement is guaranteed!

**LAURISSILVA IS THE NAME GIVEN TO A TYPE OF HUMID SUBTROPICAL FOREST** made up mainly of trees from the lauraceae family of trees and widespread in



Pico do Areeiro



Funchal





Porto Santo

the Macaronesia - a region which includes the archipelagos of Madeira, the Azores, the Canaries and Cape Verde.

Its greatest expression is in the highlands of Madeira where its greatest and best preserved swathe is found, having been considered in 1999 by UNESCO as World Natural Heritage, covering an area of around 15,000 hectares.

One of the best ways to discover this fantastic environmental heritage is to stroll along the paths and walk by the levadas.

**UNMISSABLE EVENTS.** Visitors to this dynamic, creative and multi-faceted destination are able to enjoy this cornucopia of cultural, sporting, recreational and popular events, from January to December. There are always opportunities to have fun and to appreciate what the islands of this archipel-

ago have to offer.

The main events on this calendar are the Carnival Festivities, the Flower Festival, the Festival of the Atlantic, the Wine Festival, the Columbus Festival, the Nature Festival and the New Year's Eve parties. Every month, the islands of Madeira and Porto Santo serve as a backdrop to numerous cultural and ethnographic events and initiatives that bear witness to the wealth of traditions of the Madeiran people.

Fireworks are used in popular festivities or celebrations and in Madeira are no exception, loudly announcing Sylvester's Night and the arrival of every New Year.

The New Year's celebrations are focused in the city of Funchal, creating the illusion of being surrounded by noisy and colourful rockets that light up the night, turning it into a show packed with light and colour.

**BREATHTAKING SCENARIOS.** The mild climate of Madeira and Porto Santo allows for all kinds of outdoors sports and leisure activities, at any time of the year.

There are many options to choose from, including water, land and aerial sports, ranging from relaxing activities to the more traditional and extreme sports.

Sea lovers will benefit from the warm sea currents, with temperatures ranging between 19°C (66°F) and 24°C (75°F), ideal for snorkelling, diving, sailing, surfing, windsurfing and sport fishing, all year round.

Visitors should not miss a quiet boat trip along the coast where they will be able to watch dolphins, whales and monk seals crossing the Madeira seas.

Visitors looking for greater thrills, will certainly find them here. Paragliding or hang-gliding over the island, canyoning to discover the heart of the mountains, climbing the highest peaks, embarking on an all-terrain adventure, feeling the adrenaline rush while riding a jet-ski, or simply enjoying the sheer freedom of kitesurfing, are some of the sporting experiences available to visitors.

Golf, trekking and hiking are excellent alternatives for those who prefer calmer activities, allowing a closer look at the natural features of these lusciously green islands.

**THE GOLDEN ISLAND.** The Island of Porto Santo is a haven of gold and blue, where the pace of everything is tranquil, inviting relaxation and rest.

Right in the Atlantic Ocean, Porto Santo, 11km long and 6km wide, has been long dubbed the Golden Island, for its extensive, stunning 9km-long beach of fine and silky sand, bathed by turquoise waters. The climate in Porto Santo, mild all year round, with a sea temperature ranging between 17°C and 22°C, makes this island always attractive, even in the winter.



Levadas



Mercado dos Lavradores



Santana



# Azores

The lost paradise in the middle of the Atlantic Ocean



Sete Cidades, São Miguel

## MOTHER NATURE HAS CREATED A LAND FULL OF NATURAL BEAUTY,

ready to be explored, in the blue immensity of the Atlantic Ocean: the Azores.

To the East, on the island of Santa Maria, the warm white-sanded beaches are inviting, and the vineyards covering the slopes like an amphitheatre resemble giant staircases. São Miguel, the largest island, is seductive with its Sete Cidades and Fogo Lagoons. The power that emanates from the earth is felt in the geysers, hot thermal waters and volcanic lakes, as well as in the tasty “Cozido das Furnas” slowly cooked inside the earth.

In the Central Group, the islands of Terceira, São Jorge, Pico, Faial and Graciosa are set harmoniously in the deep blue sea, where whales and dolphins can be spotted, to the delight of visitors. On Terceira, the World Heritage town of Angra do Heroísmo, as well as its festivals, is steeped in history. Faial is the cool blue of the hydrangeas, the marina painted colourfully by yachtsmen from all over the world and the extinct Capelinhos volcano, which resembles a lunar landscape. In front is Pico, a mountain that emerges from the sea, with vineyards planted in black lava fields, a unique culture that also has World Heritage status. On São Jorge, the highlights are the Fajãs and the cheese,

a unique speciality with an unmistakable flavour. Graciosa, graceful in both name and appearance, is an island of green fields covered with vineyards that contrast with its peculiar windmills.

In the Western group, on the island of Flores, the beauty of the natural waterfalls and lakes carved out by volcanoes is dazzling. The tiny island of Corvo has a broad, beautiful crater at its centre, and attracts many species of birds coming from both Europe and America. These are the Azores. Nine islands, nine small worlds that have as many similarities as differences, but where the friendliness of their inhabitants is shared by all.

## NINE ISLANDS, ONE GEOPARK.

The Azores originated as a result of the 1766 volcanoes that are to be found in this archipelago, nine of which are still active. The Azores Geopark was born out of all this natural wealth, as part of the European and Global Network of Geoparks. Its aim is to promote and protect the geological heritage of the archipelago. The Azores Geopark is unique worldwide because it offers 121 geosites scattered throughout the nine islands and surrounding marine area, mirroring the vast volcanic geodiversity of the archipelago. There are nine islands, but only

one Geopark!

In the subsoil there are nearly three hundred volcanic cavities in the form of caves, grottoes and crevices. On the landscape, there are dry calderas, lakes in craters, fumarole fields and hot springs. Underwater geothermal sources are found out at sea. The majestic mountain of Pico, whose cone is still intact, seems to protect all these geological riches. As a testimony to the power of nature, the archipelago’s volcanic history is impressive for the diversity of the region’s geological heritage that reflects a geological memory of 10 million years.

**SÃO MIGUEL, SO INTUITIVE.** The island of São Miguel is the largest in the Azores. Its settlement began in 1444 in Povoação and then Vila Franca do Campo, the island’s first capital, which was later moved to Ponta Delgada, currently also the seat of the Regional Government of the Azores.

Overlooking a natural bay, the city of Ponta Delgada has a rich history and architectural heritage. The Portas da Cidade (City Gates) are the perfect starting point for exploring the city. They are quickly identified by their three arches that link the sea front area and the Praça da República. Note the typical architecture that emphasises the contrast





Pico



Flores



Terceira



Faial

between the white walls and the details in basalt, embellished with lacy iron balconies. Its most iconic monuments include the 15th century Church of São Sebastião, the Church of São José and the Church of São Pedro, and the Convent and Chapel of Nossa Senhora da Esperança — that is where the image of Senhor Santo Cristo dos Milagres (the Lord Christ of Miracles) is worshipped, the former Jesuit College, the Palace of Sant’Ana (housing the Presidency of the Regional Government), the Carlos Machado Museum, the Fort of São Brás, the Town Hall, and also the renovated Micaelense Coliseum and well preserved Micaelense Theatre.

A walk by the sea to the Marina will take you to the “Portas do Mar” where in addition to the cruise ship pier, you can enjoy an ocean swimming pool and an area with several bars, all providing some very pleasant moments of leisure.

**ANGRA DO HEROÍSMO.** Associated to the Discoveries during the fifteenth and sixteenth centuries, Angra do Heroísmo, located in Terceira Island, is the example of the creation of a city closely linked to its maritime function and was an obligatory port of call of the fleets of Africa and the

Indies. In 1983, UNESCO classified it as a World Heritage Site. Stroll through the grid of streets reflecting the new world brought by the Renaissance and that the Discoveries set in Angra, a city bathed by the Atlantic Ocean, born for trade and navigation. Visit the dark walls of a powerful fortress designed to protect and dominate. Get to know the history told by its monuments, by the art treasures that have been cherished over the centuries. These are three good reasons that will turn your visit to Angra do Heroísmo into a unique experience and a wonderful journey through time.

In the city, be sure to visit the Igreja do Santíssimo Salvador da Sé, or Sé de Angra (Cathedral), the Igreja da Misericórdia (Church), the Convent and Church of São Francisco, the Convent and Church of São Gonçalo, the Town Hall, the Palácio dos Capitães Gerais (Palace), the Monument of Remembrance, the Castle of São Sebastião, the Castle of São João Baptista, the Angra Museum and Monte Brasil. Please, don’t miss out on this visit!

**“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 sanctuar-

ies 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.



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We're taking diversity to the next level. BTL 2024 shines a spotlight on enotourism, culture, and the LGBTQ+ travel segment. This year, we're thrilled to introduce religious tourism as one of our exciting new additions. Our goal is to continually improve and offer fresh, high-quality content that delivers results to the market.

In an ever-evolving digital landscape, BTL 2024 emphasizes the pivotal role of technology and innovative solutions in smoothing the transition to digital business practices.

The Hosted Buyers program returns in full force. In 2023, we partnered with TAP Portugal and Turismo de Portugal to welcome 120 Hosted Buyers from 25 global markets, resulting in over 2000 business meetings. Expect an even more remarkable program in 2024, forging connections that will shape the future of tourism.

As for international offerings, BTL 2024 grants a unique opportunity to explore tourism offerings from other Portuguese-speaking countries all in the vibrant city of Lisbon.

Organized by AIP Foundation, BTL 2023 received 63.000 visitors among professional trade visitors and public, more than 1.400 exhibitors and 75 international destinations.

Get ready for the most significant tourism event in Portugal. BTL 2024 is where you'll find a vast array of the country's tourism offerings and the opportunity to engage with the industry's key players. Mark your calendars and be part of this extraordinary journey into the future of travel. BTL 2024 - Where the future of travel begins!





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