



## **Algarve Green Living**

A Nature Refuge in the Heart of the Algarve



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## Discover the Magic of Portugal

ortugal is a captivating destination, rich in culture, tradition, and warm hospitality. From vibrant cities to picturesque villages and breathtaking landscapes, the country charms travelers with its authenticity. Although small, Portugal is easy to explore by car. In just 7 to 10 days, you can journey from the coastline to the mountains, uncovering historic towns, welcoming villages, and unforgettable sceneries along the way. Not to mention the archipelagos of Madeira and the Azores, true natural paradises rising from the waters of the Atlantic. Portuguese cuisine is another highlight: far beyond codfish and custard tarts, the country offers an incredible variety of dishes at very affordable prices. Freshly baked bread, comforting soups, flavorful stews, an abundance of fish and seafood, irresistible

desserts, and award-winning wines make every meal a true experience. Here, enjoying food is simply part of the journey.

With the oldest borders in Europe and a remarkable cultural heritage, Portugal blends tradition and modernity in perfect harmony. Add to that a mild climate, more than 3,000 hours of sunshine each year, and 850 kilometers of stunning beaches bathed by the Atlantic, and you have an ideal holiday destination all year round.

In today's fast-paced world, safety is also essential when choosing where to travel. Portugal ranks among the safest countries in the world, allowing you to enjoy a stress-free and truly relaxing holiday. Come and discover Portugal — a land of beauty, history, and unforgettable experiences.

#### FICHA TÉCNICA

# Madeira

The Essence of Atlantic Portugal



In the middle of the Atlantic Ocean, just ninety minutes from Lisbon, lies Madeira — a destination where Portugal's natural beauty, craftsmanship, and hospitality take on a singular island character. The archipelago's dramatic volcanic landscapes, year-round mild climate, and deeprooted traditions have made it one of Europe's most distinctive and rewarding places to visit.

Madeira is not just an island; it is a way of living. The pace is unhurried, the scenery immersive, and the experiences authentic – shaped by people who have learned to thrive between mountains and sea. Here, visitors discover the best of Portugal's island

life: fine gastronomy, scenic drives, world-class hiking, and a genuine sense of welcome.

LAND OF NATURAL WONDERS. The island's geography is its first revelation. Rising from the ocean floor, Madeira's peaks reach over 1,862 metres, giving rise to a spectacular network of ridges, valleys, and cliffs that constantly change with the light. Between the ancient laurel forests – Laurissilva, a UNESCO World Heritage Site – and the high plateaus of Paúl da Serra, every corner invites exploration.

Hiking remains one of Madeira's signature expe-



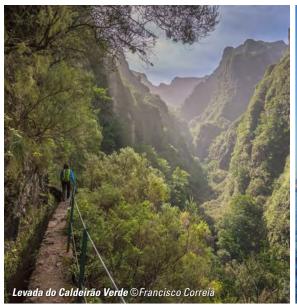
riences. The levadas, narrow irrigation channels built centuries ago to carry water from the wet north to the sunnier south, have evolved into some of the island's most scenic walking routes, revealing waterfalls, tunnels, and lush vegetation.

Other coastal paths showcase Madeira's raw volcanic beauty. Whether walking for half an hour or a full day, the encounter with nature is always intimate and unforgettable.

THE FLAVOUR OF MADEIRA. Madeira's cuisine tells the story of its landscape and its people. Simple ingredients – fish, tropical fruit, and local produce

– are transformed into dishes that blend freshness and tradition. Grilled meat skewers cooked over laurel wood, known as espetada, bolo do caco with garlic butter, and lapas (limpets) sizzling with lemon and herbs are essential tastes of the island.

Its wines, too, are legendary. The fortified Madeira Wine, aged in barrels under the island's natural warmth, has been prized since the 15th century and remains one of Portugal's great ambassadors. In contrast, the refreshing poncha — made with sugarcane spirit, honey, and citrus — captures Madeira's convivial spirit and is best enjoyed at a local bar after a day exploring the mountains or the sea.











CULTURE, HERITAGE, AND CRAFT. The Madeiran identity is as vibrant as its scenery. Funchal, the capital, combines the charm of a southern European city with the rhythm of island life. Cobbled streets, colourful markets, and elegant gardens coexist with modern galleries and a thriving culinary scene. The Mercado dos Lavradores remains a sensory showcase of the island's produce, from exotic fruits and flowers to fish freshly landed that morning.

Throughout the year, the island celebrates its traditions with festivals that reflect both devotion and joy. The Flower Festival in spring, the Atlantic Festival in summer, and the end-of-year fireworks — among the largest in the world — each show Madeira at its most expressive. Away from the main events, local arraiais (street festivities) fill the villages with music, food, and laughter, bringing communities together just as they have for generations.

Madeira's artisans preserve skills passed down through centuries. Embroidery, wickerwork, and tap-

estry continue to flourish, sustained by families who have turned craftsmanship into cultural legacy. Visitors can explore these traditions in workshops across the island or at the dedicated museum in Funchal.

A DESTINATION FOR EVERY SEASON. Thanks to its subtropical climate, Madeira is a destination without an off-season. Average temperatures hover between 19 °C and 25 °C, making it possible to hike in winter, swim in natural pools in spring, or enjoy long outdoor dinners in autumn. Each month has its own charm: spring bursts with flowers, summer invites sea adventures, autumn glows with harvest celebrations, and winter sparkles with festive cheer.

The nearby island of Porto Santo, just a short flight or ferry away, offers another side of the archipelago: nine kilometres of golden sand, calm turquoise waters, and a serene simplicity. Together, the islands create a balance between energy and tranquillity – the essence of what today's traveller seeks.



SUSTAINABILITY AND WELLBEING. Sustainability is not a new concept in Madeira; it is part of how the island has always lived. Limited resources and strong community ties have fostered a culture of respect for nature. Today, that legacy guides initiatives in eco-tourism, local sourcing, and marine protection.

Certified nature guides and protected marine reserves help preserve the island's biodiversity for future generations. In recognition of these efforts, the Autonomous Region of Madeira has been certified as a sustainable tourist destination, earning the 3rd level of the silver seal from EarthCheck.

Well-being here goes beyond the physical. Whether through yoga sessions by the ocean, forest bathing among laurel trees, or simply the quiet of a cliff-top view, Madeira offers space to reconnect. The island's luxury hotels and boutique retreats embrace this balance, combining comfort with sustainability, and tradition with contemporary design.

THE SPIRIT OF WELCOME. Perhaps what visitors remember most about Madeira is not only its scenery or its food, but its people. The Madeirans' warmth, humour, and openness make every encounter feel personal. Whether it's a winemaker sharing his craft, a market seller offering a fruit sample, or a family inviting you to taste their homemade sugarcane honey cake "bolo de mel", these moments form the true essence of Madeira.

For travellers seeking the best of Portugal – authenticity, flavour, beauty, and soul – Madeira offers it all in one extraordinary island.





#### MOTHER NATURE HAS CREATED A LAND FULL OF NATURAL BEAUTY, READY TO BE EXPLORED, IN THE BLUE IMMENSITY OF THE ATLANTIC OCEAN: THE AZORES.

O 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 land-scape. 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.

"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!



he Algarve has much to offer visitors: nature, sport, entertainment, gastronomy and history. Yet it is the fine sand, warm waters, striking landscapes and endless sunshine of its beaches that continue to attract the majority of tourists – no wonder it was named the World's Leading Beach Destination by the World Travel Awards.

Between Odeceixe and Sagres, it hardly feels like the Algarve, given how different this stretch is from the southern coastline. It is a less explored area, where dramatic cliffs conceal beaches such as Amoreira, Monte Clérigo, Arrifana and Carrapateira. Some feel like hidden treasures, accessible only by secluded paths. Many others, however, are well known among surfers and bodyboarders, who flock here in search of the waves they love, such as those at Praia do Amado.

AT CAPE SÃO VICENTE, near Sagres – the southwestern tip of mainland Europe – the Algarve curves and the

sea takes on a calmer temperament. Along the western Algarve you'll find dreamlike beaches framed by golden cliffs sculpted by the sea into extravagant forms. Since it is impossible to choose the most beautiful, here are a few must-sees: Porto de Mós, Dona Ana, Praia do Camilo, Alvor, Vau and Carvoeiro.

One true highlight is Ponta da Piedade, near Lagos, offering one of the most spectacular views of the region's rock formations, best appreciated on a boat trip through its caves and grottoes.

BETWEEN LAGOS AND FARO lie the Algarve's most cosmopolitan beaches, where the entertainment continues well into the night. Praia da Rocha in Portimão, Galé and Oura beaches in Albufeira, and Vilamoura all boast some of the most famous nightlife venues. By day, there is no shortage of leisure activities for those seeking a more active beach holiday, particularly at Salgados, São Rafael, Santa Eulália, Maria Luísa and Falésia.

Odeceixe











Close to some of the Algarve's most exclusive resorts, the beaches of Vale do Lobo, Ancão and Quinta do Lago exude glamour. They are also located near the Ria Formosa Natural Park — an environmental treasure of calm waters, vast sandbanks and almost-deserted islands stretching eastwards towards Cacela Velha.

IN THE RIA FORMOSA, beaches are reached by boat, as you must cross its waters to arrive at those on the barrier islands. Barreta, the southernmost point of Portuguese territory, is a true deserted beach. Other islands worth discovering include Culatra, Armona, Fuseta and Tavira, the latter home to a naturist area.

EASTERN ALGARVE BEACHES (SOTAVENTO). The Algarve's beach offer continues all the way to the mouth of the River Guadiana. Cabanas, Manta Rota, Altura, Praia Verde and Monte Gordo are wide stretches of sand that extend far into the sea, with shallow waters ideal for families with children. This is Sotavento, the eastern Algarve, where warmer, calmer seas invite you to linger in the water.



restled in the serene countryside of Silves, with the Monchique mountains as a backdrop, Amendoeira Golf Resort is a hidden gem in the Algarve. Surrounded by almond, olive, carob and orange trees, the resort offers a tranquil escape where nature and luxury meet.

Inspired by Moorish architecture, the resort features elegant arches, tiled courtyards and spacious terraces. Each property is designed for comfort, with fully equipped kitchens, stylish interiors, and private or shared pools. Elevated villas offer panoramic views over the golf courses and the lush landscape.

#### GOLF ENTHUSIASTS WILL FIND A TRUE SANCTUARY HERE. The resort boasts three exceptional courses:

- Faldo Course, designed by Sir Nick Faldo, blends strategic play with natural beauty.
- O'Connor Jnr. Course winds through a fertile valley with lakes and streams, demanding precision and skill.
- Academy Course, the only floodlit 9-hole course in

Portugal, is ideal for beginners or evening practice. The Golf Academy combines advanced technology with expert coaching, ensuring players of all levels reach their potential. The Clubhouse, with sweeping views, offers a relaxed setting with a lounge, proshop, and restaurant with outdoor terraces.

BEYOND GOLF, THE AMENDOEIRA SPORTS CENTRE provides tennis, padel, and five-a-side football. Professional teams benefit from a FIFA-sized natural grass pitch, a modern gym, and a 1 km jogging track through native vegetation. Families enjoy the Kids Club, playground, and seasonal entertainment, while the Sports Bar is perfect for unwinding at sunset. Amendoeira is also a certified Bike Friendly Hotel, welcoming cycling enthusiasts with dedicated facili-

ties, secure bike storage, repair stations, and access to scenic routes through the Algarve's countryside. Whether you're a leisure cyclist or a professional team, the resort offers the ideal base for exploration and training.







FOR EVENTS, the resort caters to both grand and intimate occasions. From gala dinners for up to 300 guests at the Clubhouse to relaxed outdoor gatherings at the Sports Centre, every detail is thoughtfully planned.

COMMITTED TO ALGARVE GREEN LIVING, Amendoeira promotes sustainable tourism in harmony with the environment. It's more than a destination, it's a lifestyle.

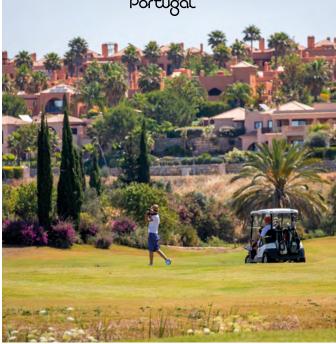
Discover Amendoeira Golf Resort, where every moment is a celebration of well-being, nature, and unforgettable experiences.





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# Albufeira

#### A Destination Full of Surprises

and unrivalled entertainment. This internationally renowned destination aims to offer much more, grounded in authenticity, diversity, and sustainability. At a time when tourist destinations compete for attention, Albufeira takes a firm step towards the future, adopting an innovative strategy to attract new visitors and reposition its image. Under the motto "Albufeira is part of your life", the new approach seeks to renew the emotional bond with those who already know the destination and to attract new audiences with proposals rooted in authenticity, diversity, and sustainability.

SUSTAINABLE DESTINATION. Albufeira is recognised as Portugal's leading Sun and Sea destination, but its new path aspires to more: to transform its offerings

into an example of balanced and conscious tourism, capable of creating value for visitors, residents, and local businesses. The strategy proposes the evolution into a multi-product model, one that values not only beach holidays but also culture, nature, gastronomy, and wellness – reducing seasonality and promoting a more balanced distribution of tourist flows.

In this journey, the certification process as a Sustainable Tourist Destination by EarthCheck stands out, aligning Albufeira with international standards of environmental, social, cultural, and economic sustainability. This strategic milestone reinforces its commitment to a more responsible and resilient future.

ALGARVENSIS GEOPARK. As part of its environmental sustainability efforts, the Algarvensis Geopark is a project that seeks to highlight and promote the geological, natural, and cultural heritage of the municipalities of Loulé, Silves, and Albufeira. It is currently a candidate territory for UNESCO Global Geopark status. The Geopark promotes various educational and environmental awareness activities, such as themed walks and exhibitions, aimed at showcasing the region's geological history and promoting geotourism.











ZOOMARINE. Also linked to nature preservation, Zoomarine is much more than a theme park – it is an invitation to emotion, environmental education, and species conservation, all in a fun and engaging way. Here, visitors learn to care for the planet with an open heart and bare feet in the sand. It is one of those must-visit places in the Algarve: a place where smiles meet discoveries, and every moment becomes unforgettable.

ART REEF UNDERWATER BY VHILS. This underwater exhibition combines the creativity of Vhils with the power of nature, raising awareness about ocean conservation. The 13 pieces used in this intervention were created from materials that once generated electricity at EDP's coal-fired power plants. The artist transformed these materials into artworks, which in turn, over time, nature will transform into an underwater ecosystem. The pieces are located around 12 metres deep and can only be visited by certified divers.

WINE TOURISM. Increasingly appreciated, this type of tourism is gaining a distinct presence in Albufeira. Adega do Cantor, located in Guia, offers a unique experience. The winery was designed for the careful, nonaggressive handling of grapes, giving more freedom

and depth to the winemaking process, an approach reinforced in the vineyard through manual harvesting. In 2024, it opened its doors to visitors for guided tours, where one can explore the entire process behind each wine. Meanwhile, Quinta do Canhoto is the epitome of savoir-faire, where tradition and knowledge have been passed down through generations, resulting in a unique wine, Esquerdino. Wine tourism experiences, available year-round, include vineyard walks, winery visits, and tastings in the tasting room overlooking the garden, vineyards, and the sea.

NEW YEAR'S EVE IN ALBUFEIRA. The village of Paderne usually closes the year with a journey back in time. For four days, the Medieval Fair transforms this parish into a 14th-century setting, featuring historical reenactments, craft demonstrations, medieval feasts, and plenty of entertainment.

Albufeira Carpe Nox is the main gathering point on New Year's Eve. A multisensory spectacle of music, light, and fireworks lights up the night sky and brings the Albufeira bay to life, gathering thousands of people at Praia dos Pescadores. With a unique format on a global scale, it is considered one of Portugal's biggest New Year's Eve celebrations.



# Évora

#### A Journey Through Time and History

In the heart of the Alentejo, Évora rises as an architectural and cultural jewel. Visiting it is like taking a journey through time and history.

The best way to explore Évora is on foot, wandering along its narrow cobbled streets lined with whitewashed houses trimmed in yellow, leading into charming squares surrounded by buildings and monuments that tell stories from centuries past and attest to the richness of its heritage.

ROYAL RESIDENCE. With its peaceful and welcoming atmosphere, it is easy to understand why this city, founded in Roman times, was chosen by the Portuguese kings Manuel I and João III in the 16th century as their residence—a decision that greatly contributed to its development and cultural importance in the centuries that followed. In fact, it was this long history and the preservation of an urban fabric representative of the 16th to 18th centuries that led UNESCO to classify Évora as a World Heritage Site.

HISTORIC CENTRE. Praça do Giraldo is the heart of the city and a prime meeting point, with cafés, terraces, shops, and the tourist office. At one end stands the Church of Santo Antão and a marble fountain with eight spouts, representing the eight streets converging there. Just a short walk away lies the Temple of Diana, one of the best-preserved Roman structures on the Iberian Peninsula and the city's landmark monument. Nearby, the imposing Évora Cathedral — the largest medieval cathedral in Portugal—invites visitors to admire its granite architecture, showcasing the transition from Romanesque to Gothic.

CHAPEL OF BONES. Another emblematic site is the Church of São Francisco, with its iconic Chapel of Bones. Decorated with thousands of human bones, this unique chapel invites reflection with its macabre inscription: "We bones that are here await yours." It is one of the most visited places in the city, fascinating those who seek to understand the symbolism of life's transience.

If you have time, don't miss the Évora Museum, the Eugénio de Almeida Foundation, and the old University, founded in the 16th century. It is also worth strolling through the romantic garden where the Palace of King Manuel is located, and visiting the Chapel of São Brás, just outside the city walls.









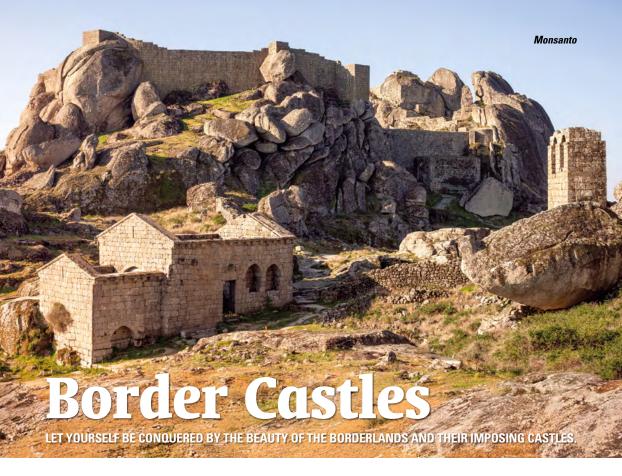
EXPLORE THE SURROUNDINGS. The area around Évora is rich in natural landscapes and historical heritage. About 15 km from the city lies the Almendres Cromlech, one of the largest megalithic monuments in Europe, dating back more than 7,000 years. This mysterious site, aligned with astronomical phenomena, continues to intrigue historians and archaeologists. Evoramonte, a small historic village just a few kilometres away, also deserves a leisurely visit. Its castle, once of great geographical and military importance, offers stunning views over the Alentejo landscape. It was here that the treaty officially ending the Civil War between absolutists and liberals was signed, with the surrender of King Miguel.

Monsaraz and Arraiolos are also must-see destinations. Monsaraz, a walled hilltop village overlooking the Alqueva reservoir, looks like a living postcard. Arraiolos, on the other hand, is famous for its handembroidered carpets, a craft tradition passed down through generations.

For those seeking a retreat in nature, the Serra de São Mamede Natural Park offers beautiful trails for hiking and opportunities to observe local flora and fauna.



FLAVOURS OF THE ALENTEJO. Alentejo cuisine is one of the region's main attractions. Traditional restaurants serve iconic dishes such as açorda alentejana, migas, and black pork, a succulent meat that delights lovers of rustic cuisine. Nisa cheese, regional cured meats, and conventual sweets complement the gastronomic experience, while Alentejo wines, renowned worldwide, provide the perfect pairing.



Portugal is the oldest state in Europe, its foundation dating back to the 12th century, when King Afonso Henriques declared the independence of the County of Portucale. But it was only in the reign of King Dinis, in 1297, that Portugal's borders were finally established. Through advances and retreats, conquests and losses, conflicts with neighbouring armies and battles against the Moors, the establishment of the nation stretched over generations. The border castles thus became symbols of national independence, marking the limits of the kingdom. To this day, these castles guard lands, shelter people, and tell stories. Come and discover some of them.

MONSANTO rises proudly, with its granite houses that both blend with and stand out from the massive boulders. Voted "The Most Portuguese Village of Portugal" in 1938, it preserves intact the characteristic layout of the Beira villages. It was conquered by Afonso Henriques and donated by the monarch to the Knights Templar, who built the original castle there. Monsanto has never lost its medieval aura – perhaps its most

striking feature. Lose yourself among the steep alleyways, with stone houses carved into the very rocks, and climb towards the top of the hill.

Enter through the castle gates, walk along the walls, and pause to admire the magnificent surrounding landscape.

IDANHA-A-VELHA. This small village on the banks of the Pônsul River impresses with its beauty and antiquity. Founded in the 1st century BC, during the reign of Emperor Augustus, it was much later included in the territories granted to the Order of the Temple, which in 1197 built a large defensive tower. Idanha-a-Velha is therefore one of the most important testimonies of the territory before the foundation of Portugal, with its ancient street plan, bridges, and churches attesting to its significance as a metropolis of Iberian Antiquity. Do not miss the Cathedral and its baptistery, the Episcopal Palace, the community oven and olive press, the Templar Tower, the Roman bridge, the chapels of São Dâmaso, Espírito Santo, and São Sebastião, as well as the archaeological site of Egitânia.









SORTELHA. Set on a granite massif, Sortelha is a small settlement that has preserved its medieval layout. The houses, encircled by the walls of the imposing castle, follow the irregularity of the terrain. Be sure to visit the castle itself and the ring of walls; the Stations of the Cross; the Mother Church dedicated to Our Lady of the Snows; the chapels of São Sebastião and Santiago; the old Misericórdia Hospital and Church. Throughout the village you will also find numerous manor houses and noble homes, as well as the "Kissing Stone" and "Old Woman's Head," two granite outcrops with unusual shapes.

ALMEIDA. Located on a vast plateau overlooking the River Côa, Almeida was one of the most important strongholds, playing a key role in the military defence of the border from the early years of independence and for several centuries thereafter. The original castle was successively expanded, until it became the masterpiece of military engineering that we can admire today—a peaceful retreat that now awaits your visit. In Almeida, do not miss the 2,500 metres of starshaped walls with twelve points, designed to allow crossfire; the fortress moat, 12 metres deep and 62 metres wide; the former artillery barracks and prison, a Baroque 18th-century building that now houses the Town Hall; and finally, the Misericórdia Church and the Mother Church.



### Savoring Tranquility in the Lisbon Region

isbon, with its hills, the Tagus, open-air cafés, and gardens... is an invitation to contemplation.

In the surrounding areas, from Sintra to Arrábida, many other places are equally suited to introspection. Come and discover them!

CHALET AND GARDEN OF THE COUNTESS OF EDLA. The journey begins in Sintra, at the Garden of the Chalet of the Countess of Edla. Built in the 19th century by order of King Ferdinand II for his second wife, Elise Hensler, Countess of Edla, this garden and its charming Alpine-style chalet were conceived as a private retreat for the couple. Considered the largest and most emblematic romantic park ever designed in Portugal, the garden is the ideal place for those seeking a peaceful spot in the Sintra hills to enjoy absolute silence. With botanical collections from across the globe, the garden also features viewpoints overlooking the Pena National Palace.

GULBENKIAN GARDEN. Heading to the heart of Lisbon, the second stop is the Garden of the Gulbenkian Foun-

dation. Designed in the 1960s by landscape architects António Viana Barreto and Gonçalo Ribeiro Telles, this garden is a remarkable example of modern landscape architecture. Surrounded by diverse flora, a lake, streams, terraced gardens, pathways, and even an outdoor amphitheatre, it offers countless serene and calm areas where visitors can practice mindfulness.

IN THE HEART OF ALFAMA, you'll find the Santo Estêvão Viewpoint, a hidden gem where visitors can relax with breathtaking views over the Tagus River and Lisbon's traditional houses. Just 1 km from the famous Santa Luzia and Portas do Sol viewpoints, this third stop on the itinerary reveals a different, more serene perspective of Lisbon.

PARQUE DA PAZ. Crossing to the south bank of the Tagus, the next highlight is Parque da Paz. Covering 50 hectares, it is the largest urban park in Almada. Perfect for sports, picnics, and leisure activities, the park also offers quiet corners for moments of rest and stillness.







THE MULTISENSORY ENERGY GARDEN, in Setúbal, is a place where silence and peace combine with sensory exploration. Along a path designed to stimulate the senses and promote well-being, visitors can enjoy nature in a serene setting.

ARRÁBIDA. The final stop on this itinerary is the Arrábida Natural Park. In this protected area, the silence of nature merges with the beauty of the landscape. Along trails, hillsides, cliffs, and secluded beaches, the park is a true haven for those seeking to escape the city's noise and immerse themselves in nature's tranquility.



#### **Lisbon invites contemplation**

**Senhora do Monte Viewpoint** – One of the highest in the city, with incredible panoramic views.

Santa Catarina Viewpoint (Adamastor) – Perfect for watching the sunset over the Tagus.

**Graça Viewpoint** – A classic, shaded by trees with a kiosk for coffee.

Santa Luzia Viewpoint – Traditional tiles and a view over Alfama and the river.

**Eduardo VII Park Viewpoint** – A wide view stretching down Avenida da Liberdade to the river.

Estrela Garden –  $\ensuremath{\Omega}\xspace$  uiet and leafy, perfect for a reflective moment.

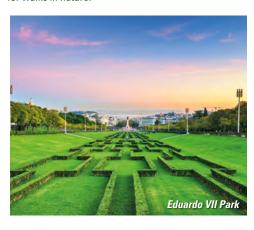
**Torel Garden** – A small, lesser-known retreat with wooden benches and views over downtown.

**Príncipe Real Garden** – One of Lisbon's most beautiful romantic gardens.

**Lisbon Botanical Garden** – A small paradise of biodiversity in the city centre.

**Tapada das Necessidades** – A hidden, almost secret garden with a bucolic atmosphere.

Monsanto Forest Park – Lisbon's "green lung," ideal for walks in nature.





## **Alternative Lisbon**

Then thinking of Lisbon, it's easy to be enchanted by the historic neighborhoods of Alfama and Bairro Alto, or by the golden light reflecting on the Tagus near Belém. But for those seeking a more alternative side to the Portuguese capital, Lisbon has been reinventing itself through creative spaces and an urban culture that goes far beyond the typical tourist postcards. This is an invitation to explore a different Lisbon – an alternative Lisbon.

LX FACTORY. Located in Alcântara and the result of an extensive urban revitalization of a former textile factory, LX Factory is now a renowned cultural and creative hub. Here you'll find graffiti-covered walls, art galleries, design shops and antique stores, bookshops, handicrafts, second-hand clothing, restaurants, and bars. One of the highlights of LX Factory is the bookshop Ler Devagar,



considered one of the most beautiful in the world, housed in a former printworks. In addition, every Sunday the LX Factory Market takes place, offering artisanal products, vintage clothing, and local gastronomy.

BEATO CREATIVE HUB. Inspired by spaces like LX Factory, the Beato Creative Hub is set in a former military complex by the river and is today one of Lisbon's emerging hubs of creativity and technology. Startups, design studios, coworking spaces, and cultural events coexist here, transforming the site into a dynamic ecosystem. Alternative restaurants and temporary exhibitions make it an ideal spot for an off-the-beaten-path experience.

SANTA CLARA MARKET. Although best known for the Feira da Ladra flea market, the Santa Clara Market also hosts a range of events that go far beyond antiques and second-hand goods. Art fairs, intimate concerts, and exhibitions turn this historic venue into a lively cultural meeting point.

INTENDENTE NEIGHBORHOOD. Once associated with urban decline, Intendente has been reborn as an epicenter of multiculturalism and social reinvention. Here you'll find restaurants from around the world, independent designers' shops, and a diverse cultural program. Be sure to visit Largo do Intendente and enjoy a glass of wine in the late afternoon, surrounded by restored buildings and urban art.

# WILD SIDE OF LISBON

Visit the Zoo and be part of a global conservation project!







# Alcobaça and Batalha

#### Two Monuments, One Shared History

mong the most striking testaments to the History of Portugal, the Monastery of Batalha and the Monastery of Alcobaça stand tall as symbols of faith, power, and national identity. Both classified as UNESCO World Heritage Sites, they are more than architectural masterpieces: they are living chapters of a country shaped by conquests, devotions, and royal promises.

#### THE SILENCE OF THE MONKS AND THE ECHO OF LOVE.

Founded in 1153 by King Afonso Henriques, the Monastery of Alcobaça was entrusted to the Cistercian Order, who went on to build one of the largest monastic complexes in Europe. Its grandeur, marked by the purity of Gothic architecture, is imbued with an aura of contemplation and discipline, a legacy of the austere monastic life once lived within its walls. Inside, history takes on romantic contours with the tombs of Pedro and Inês, placed face to face in the church's nave. Here,

the legendary forbidden love story between the king and his wife's lady-in-waiting is carved in stone, one of the most moving narratives in Portuguese history.

BEYOND THE MONASTERY. Just a few steps from the Monastery, Alcobaça's historic center invites visitors to a leisurely stroll. Quiet streets, traditional shops, and welcoming cafés create the perfect atmosphere to savor convent sweets such as the famous cornucópias or trouxas-de-ovos — authentic gastronomic legacies left by the monks and nuns of the region.

Nature lovers will also find an impressive diversity of landscapes in the Alcobaça area. The Candeeiros Mountain offers hiking trails, limestone caves, and breathtaking viewpoints. For those who prefer the sea, the town lies just a short distance from Nazaré Beach, famous for its giant waves and fishing traditions, or from the peaceful Bay of São Martinho do Porto, ideal for families and calm swims.









VICTORY ENGRAVED IN STONE. Not far from Alcobaça, the town of Batalha grew around the Monastery of Santa Maria da Vitória, commissioned in 1386 by King João I, in fulfillment of a promise to the Virgin Mary after his victory over Castile at the Battle of Aljubarrota on August 14 of the previous year. Even today, in August, grand festivities take place around the monastery to commemorate this triumph.

A MASTERPIECE OF PORTUGUESE GOTHIC. The Monastery of Batalha is a magnificent testament to the evolution of architecture and the arts, blending influences from an extensive construction period that spanned over two centuries and several reigns. Its imposing façade, adorned with intricate sculptures, invites visitors into a world of beauty and spirituality.

Inside, highlights include the Founders' Chapel, with its stunning stained glass windows and the tombs of King João I and Queen Philippa of Lancaster; the Cloister, considered one of the most beautiful in Europe; the Unfinished Chapels (Capelas Imperfeitas), richly decorated with Manueline and flamboyant Gothic motifs; and the Chapter House.

FOR HISTORY ENTHUSIASTS, the Interpretation Center of the Battle of Aljubarrota is a must-visit. Created to safeguard and enhance the historical heritage of the site, it is located in the village of São Jorge. Its exhibition space combines an innovative concept of education and entertainment, helping visitors understand what the Battle of Aljubarrota was and how it unfolded.

The Center features several exhibition areas, showcasing archaeological findings, offering multimedia reconstructions, and taking visitors outside to see and experience the very grounds of the São Jorge Military Field, where the Portuguese army faced the Castilian forces.



he Centre of Portugal is such a vast and diverse region that it truly has something for everyone: history, culture, and traditions; typical gastronomy and wine tourism; unique and unforgettable experiences for families; opportunities for sports lovers, hikers, and cycling enthusiasts; urban routes through charming cities, towns, and villages; or simply a chance to immerse yourself in nature in its purest state.

IN THE CENTRE OF PORTUGAL, there are places where we feel transported back to medieval times. Countless examples of historic villages, towns, castles, and fortified walls allow us to gaze over rivers winding around mountain ranges that seem perfectly layered into the horizon. Explore the Napoleonic itineraries and discover the key role this region played in the victory against the French — stories that can only be truly understood here, by visiting its vast heritage that spans across the land.

But the Centre of Portugal is also for those who seek more contemporary, urban experiences. Many of its towns and cities boast UNESCO World Heritage status. Countless streets offer privileged views of works by artists such as Bordalo II and Vhils around every corner. The network of creative cities growas each year, a testament to the vibrancy and richness of the region's knowledge and flavors.

FROM TRADITION TO NEW TRENDS. The Centre of Portugal is for those in search of faith and spirituality, in all its forms, religious or otherwise. The Sanctuary of Fátima and the Marian Paths, the Santiago Path, the Route of the Jewish Quarters, and the Jewish heritage are just some examples. At the same time, it is also a destination that embraces new travel habits, as shown by the "Work From" project (dedicated to digital nomadism and remote work), along with routes focused on industrial and literary tourism.









IF YOU LOVE NATURE, the diversity of the Centre of Portugal will not leave you indifferent. Be enchanted by its biodiversity, follow trails across mountains or along the sea, and venture through mountain ranges and protected areas. These natural settings safeguard lakes, rivers, waterfalls, and caves found only here.

The dark sky of the Schist Villages (Aldeias do Xisto) is unique, offering excellent conditions for stargazing. This is what inspired the region's most recent and distinctive tourism product: Darksky Aldeias do Xisto. It is no coincidence that this unforgettable experience was awarded the Starlight Tourism Destination certification by the Starlight Foundation, a recognition given to territories that offer outstanding night-sky observation conditions.







#### **Walking Trails**

Put on your boots and strap on your backpack: there are hundreds of walking trails in the Centre of Portugal waiting to take you on an adventure to discover the very best that nature has to offer.

Every step along one of these trails is a new opportunity to uncover breathtaking landscapes, picturesque villages, rare wildlife, and people full of stories to share. In fact, the Centre of Portugal is the perfect destination for hiking, inviting you to explore the region on foot in a rustic and serene setting.



ocated on the banks of the Douro River, close to its mouth, lies a charming city filled with heritage, character, and a unique human warmth – Porto.

MANY VISITORS SAY that Porto has a certain mystical aura, difficult to put into words and ever-changing with place, time, and light. Yet it certainly has something to do with its people – known for their open, friendly nature – and with the river that shapes the city's life, the bridges that link its banks, the monuments, the blue tiles, the flower-filled balconies, and the lively shopping streets. It's worth remembering that Porto's historic centre, along with the riverside area of Gaia where the Port wine cellars are located, is a UNESCO World Heritage Site.

TO TRULY DISCOVER PORTO, TAKE YOUR TIME. Walk at an easy pace, admiring its granite monuments and typical houses. Ride the tram along the riverside or take a boat trip beneath the bridges to see the city from a different angle. There are two sides of Porto to experience: downtown, vibrant with city life, commerce, and a peculiar blend of northern sobriety and baroque intensity; and, in contrast, the Serralves Park area, where modern architecture meets a romantic, leafy atmosphere in the Museum of Contemporary Art and its surrounding gardens.

STARTING POINT. Begin at São Bento Station, whose famous tile-covered atrium is a true masterpiece. A short walk away stands the Cathedral, offering a first panoramic view of the river, the houses, and the opposite bank. From there, descend through medieval streets and stairways to Ribeira, full of terraces and picturesque corners. Stay a while to soak up the atmosphere and the view of the D. Luís Bridge before boarding a cruise beneath Porto's six bridges.

After admiring the skyline of rooftops and church towers, step into the golden interior of São Francisco Church. Nearby are more churches, tile-clad façades, and the impressive Palácio da Bolsa. The tram departs from the riverside towards Foz, where you can walk by the sea and breathe in the Atlantic air. Near the São Francisco Xavier Fort — better known as Castelo do Queijo — begins Avenida da Boavista. Not far away, the Serralves Foundation invites you to stroll through its gardens or enjoy a contemporary art exhibition.

FOLLOWING THE TRAIL. At the Boavista roundabout stands Casa da Música, remarkable for its bold architecture and vibrant cultural programming.

On the way, stop by the Crystal Palace Gardens for another breathtaking view of the river and visit the Soares dos Reis Museum. Nearby lies Cordoaria Garden, dotted with sculptures and surrounded by historic churches and monuments. Climb the Clérigos Tower for









a new perspective over Porto, and don't miss the iconic Lello Bookstore just a few steps away. Continue on foot toward Avenida dos Aliados, admiring the Art Nouveau buildings and shopfronts. When you reach pedestrianized Santa Catarina Street, take your time to browse and stop for a coffee at the legendary Café Majestic.

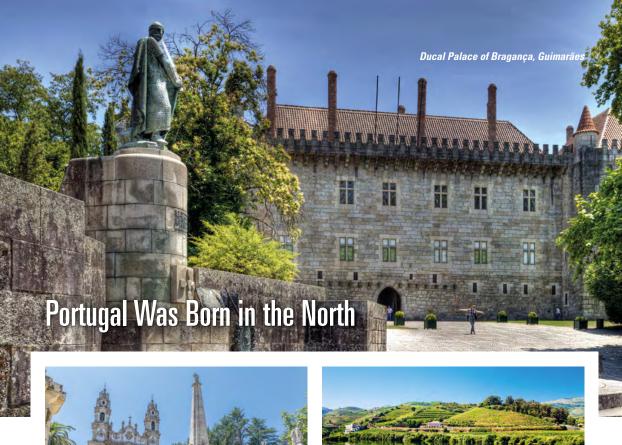
THE GAIA RIVERSIDE. Cross over to the southern bank of the Douro to visit the famous Port Wine Cellars and taste this nectar in its authentic setting. From Ribeira, you can walk across the D. Luís Bridge and enjoy one of the most stunning views of Porto from this side — and perhaps return by the Gaia cable car. When it comes to gastronomy, Gaia offers excellent options, but Ribeira and Foz also abound in restaurants and terraces with

magnificent river and sea views. Portuguese cuisine wins the hearts of visitors everywhere, but nowhere is it more authentic than in Porto and the north. Whether in fine dining or in a small local eatery, you'll always enjoy a hearty meal accompanied by excellent Douro wines or the crisp Vinho Verde typical of the region.

DON'T MISS... Admire the old houses of Miragaia and visit Casa do Infante, near Ribeira. Stroll down Galeria de Paris Street — lively by day and night — and head to Miguel Bombarda Street for a dose of design and contemporary art.

Take a peaceful walk through Parque da Cidade or relax on one of the many terraces near Foz. And, of course, don't leave without trying a delicious francesinha!





t was in the North region that the Portuguese began as a people and a nation. From Minho to Trásos-Montes, you will find a truly genuine country. Porto, a World Heritage city, is the main gateway and can be the starting point for a journey through the region's natural and cultural diversity. It is known for the wine that is exported from here to the entire world, but also for its heritage that blends the antiquity of churches and monuments.

Nossa Renhora dos Remédios, Lamego

THE DOURO RIVER CROSSES THE REGION. It enters Portugal squeezed between cliffs and mountains, flowing through the World Heritage landscape where the Port and Douro wines are produced. Here, the wine that travels to the Gaia cellars meets the cruise boats that explore the region.

IN THIS REGION OF NATURAL PARKS, the heritage spreads across castles, such as Guimarães, and sanctuaries and churches that, in the summer, become the stage for pil-



Portuguese Baroque style, made of granite and gilded woodcarving.

In cities that have preserved a human scale, such as Viana do Castelo, Braga, Lamego, Chaves, or Vila Real, or in manor houses and noble estates, we find the most authentic Portuguese spirit - one that genuinely enjoys welcoming guests, sharing meals, and keeping traditions alive.

A WORLD APART! In every shade of green, the lush vegetation of the Peneda-Gerês National Park — between Alto Minho and Trás-os-Montes - includes a holly forest, unique in Portugal, and endemic species such as the Gerês lily, which brightens the fields with its blueviolet tones.

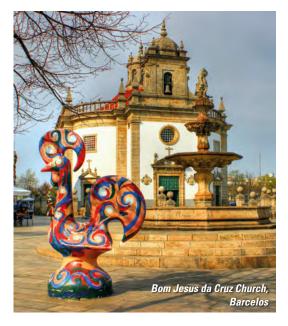
Human activity blends harmoniously with nature here, preserving ancient values and traditions that are still evident in the communal villages of Pitões das Júnias and Tourém.











TERRA FRIA TRANSMONTANA ROUTE. If you're looking for a different way to enjoy these long, sunny days from dawn to dusk, the Terra Fria Transmontana Route invites you to escape routine.

Covering a road network of 455 km and encompassing five municipalities — Bragança, Miranda do Douro, Mogadouro, Vimioso, and Vinhais — the Route showcases the rich variety of landscapes in northernmost Portugal, bringing together the very best the region has to offer. The Route offers a journey designed for easy, comfortable, and safe mobility, covering the entire territory it celebrates and providing access both to the places it crosses and to nearby sites that may arouse curiosity and interest. You can choose how to experience it — by car, by bike, or on foot — and start from any of the 11 Section Gates, which connect the route to the main local and national roads.

In each of the five municipal centers, you will also find the Route Gates, where you can obtain all the information about, in either print or digital format.



#### **Taste Portugal**

portuguese cuisine is a journey through centuries of tradition, shaped by the Atlantic, fertile lands, and a deep sense of hospitality. From the coast to the mountains, every dish tells a story of heritage, authenticity, and flavor.

FLAVORS FROM THE SEA. Portugal's most distinctive ingredient is the sea itself. Thanks to its Atlantic waters, Portuguese fish have a taste and texture that are hard to match anywhere else. A simple grilled fish, always fresh, is enough to reveal the essence of Portuguese cooking. Alongside seafood cataplanas, fish stews, or shellfish platters, you will discover why the ocean is at the heart of the national identity. Cod deserves special mention — with more than "1001 recipes," it is a true culinary icon.

FROM THE LAND. Traditional dishes such as Cozido à Portuguesa bring together meats, sausages, and vegetables in comforting flavors. Across the country, DOP-certified meats — beef, pork, goat, and lamb — showcase Portugal's diverse regions, while seasonal fruit and vegetables, often organic, keep the connection with Mediterranean roots. Olive oil, golden and aromatic, is everpresent: drizzled over soups and salads, used in cooking, or paired with Portugal's many cheeses. From the famous Queijo da Serra to goat and sheep varieties from the mainland and Azores, cheese lovers are in for a treat.

SWEET HERITAGE. Portuguese pastries are a gift from history. In convent kitchens, nuns once created divine recipes from eggs, sugar, and almonds. Today, these









sweets remain symbols of indulgence. None is more famous than the pastel de nata, Portugal's custard tart, best enjoyed with an espresso.

RAISE A GLASS. Wine is another essential part of Portuguese culture. While Port and Madeira are world-famous fortified wines, Portugal produces a wide variety of award-winning table wines across all regions. The Douro, birthplace of Port, also produces elegant reds and whites; Alentejo is known for its smooth, full-bodied wines; and the Bairrada region stands out for its sparkling wines. Visiting vineyards and wine estates is an excellent way to explore not only wine but also Portugal's landscapes, culture, and hospitality.

Wine tourism is flourishing from north to south. In



the Douro Valley, terraced vineyards create some of the world's most iconic views. The central region offers charming experiences near historic cities such as Coimbra and Viseu. In the Alentejo, vast estates open their doors to visitors for tastings, harvest activities, and food-and-wine pairings.

WHY PORTUGAL TASTES UNIQUE. Behind every flavor lies dedication. Local farmers, winemakers, and cheese-makers uphold traditions while embracing innovation. Protected Denomination of Origin (DOP) labels guarantee quality and authenticity. Olive oil, fruit, vegetables, meat, and dairy all reflect the richness of Portuguese terroir. And together, they create a cuisine that is simple, healthy, varied — and unforgettable.





#### The Heart of Tourism Will Beat Again in Lisbon

ore than just an event, BTL – Better Tourism Lisbon Travel Market is now a symbol of the dynamism and strength of international tourism. For five days, Lisbon becomes the global epicenter of the sector, bringing together destinations, companies, and trade professionals in an atmosphere of sharing, inspiration, and business.

BTL is the place where tourism reinvents itself. A stage for innovation, sustainability, and culture, it gives voice to new trends and boosts the transformation of the industry globally. It is here that ideas are presented, strategic partnerships are established, and paths for the future are defined.

In 2025, BTL, in a universe with more than 1,500 exhibi-

tors, welcomed more than 82,000 visitors and over 100 international destinations, while promoting thousands of business meetings through the Hosted Buyers Program, consolidating its role as a benchmark platform for global tourism.

The latest edition of BTL welcomed Hosted Buyers from 42 source markets across 5 continents, generating business on a global scale.

In 2026, the heart of tourism will beat again in Lisbon, in an edition that promises to carry on bringing the world together through travel.

BTL 2026 – Lisbon is Calling. Where the heart of tourism will beat again.



# LISBON IS CALLING



#### BTL 2026 BETTER THAN EVER

In its biggest-ever edition, BTL stands as a key business platform for a better tourism industry: more sustainable, more global, more innovative. Bringing together over 1.500 exhibitors and hundreds of events, BTL is where industry professionals connect with Portugal and the world. A dynamic hub for networking, insights, and business opportunities - this is where a better future of tourism is taking shape.



#### BETTER BE THERE

FEBRUARY 25<sup>™</sup> TO MARCH 1ST 2026

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