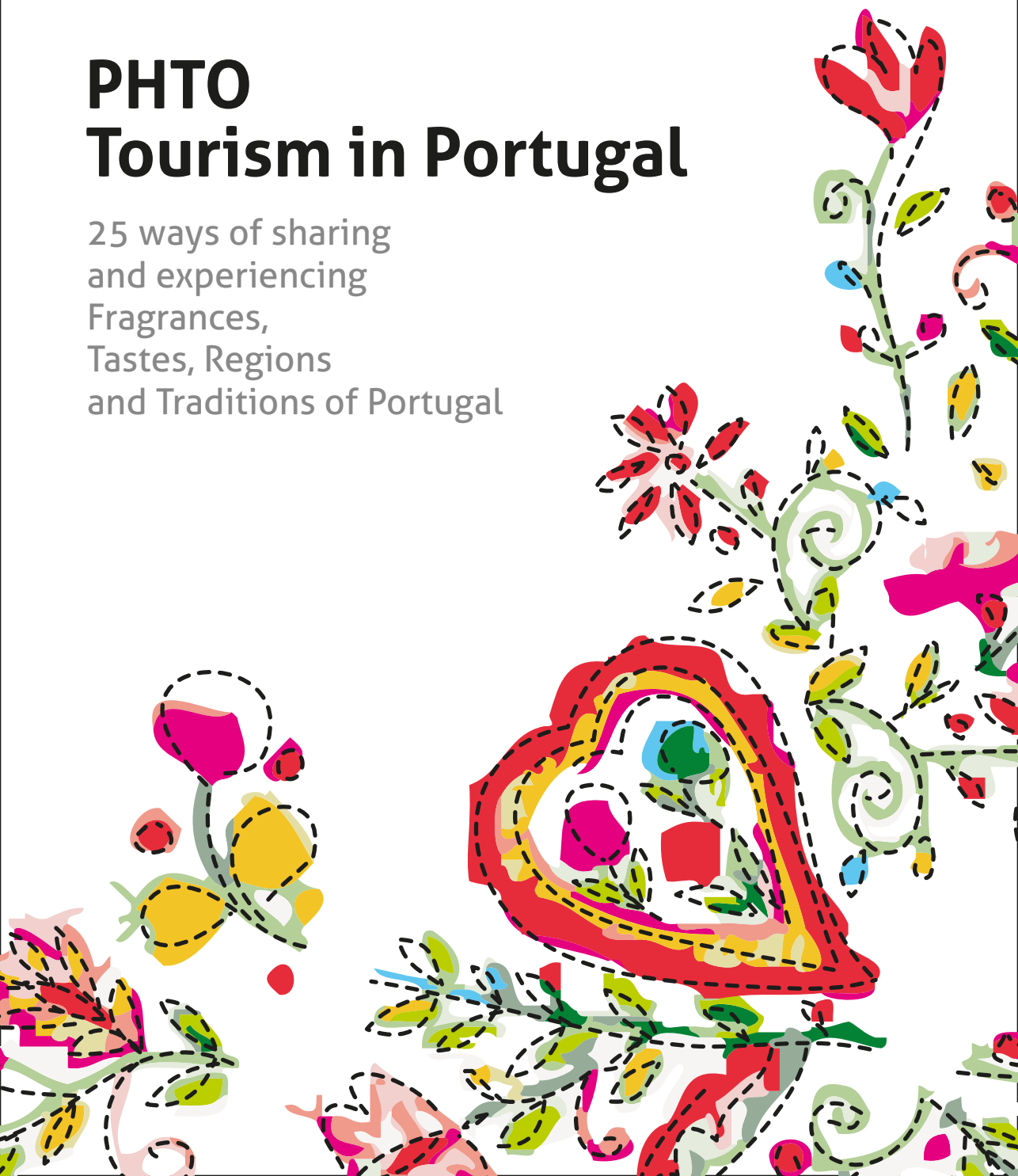



















PHTO **Tourism in Portugal**

25 ways of sharing
and experiencing
Fragrances,
Tastes, Regions
and Traditions of Portugal



Our icons

-  • Catholic Shrines
-  • Bacchus and Gastronomy Confraternities
-  • Routes and Paths
-  • Tradition and Culture
-  • Events and Festivals
-  • Congresses and Incentives
-  • Olive Oil, Olives and Olive Trees
-  • Bulls
-  • Fish, Sea and Coast
-  • Cork
-  • Almonds and Blossoming Almond Trees
-  • Gastronomy, Recipes and Tradition
-  • History, Heritage and Monuments
-  • Marble
-  • Wine, Vineyards, Harvests and Wineries
-  • Fado, Music and Tradition
-  • Nature

How to make the best of Portugal

For those who seek new ways to travel...
For those who wish to discover a genuine Portugal...
For those who get thrilled by culture and tradition...
For those who appreciate tailor-made...
For those who long for an unforgettable moment...

PHTO Tourism in Portugal is a different approach of getting to know and taste a country that is full of Fragrances, Tastes, Regions and Traditions.

In order to make the most of all the proposed experiences, please follow our guidelines!

A **Gather**
all the important information:
How many days?
What kind of tour?

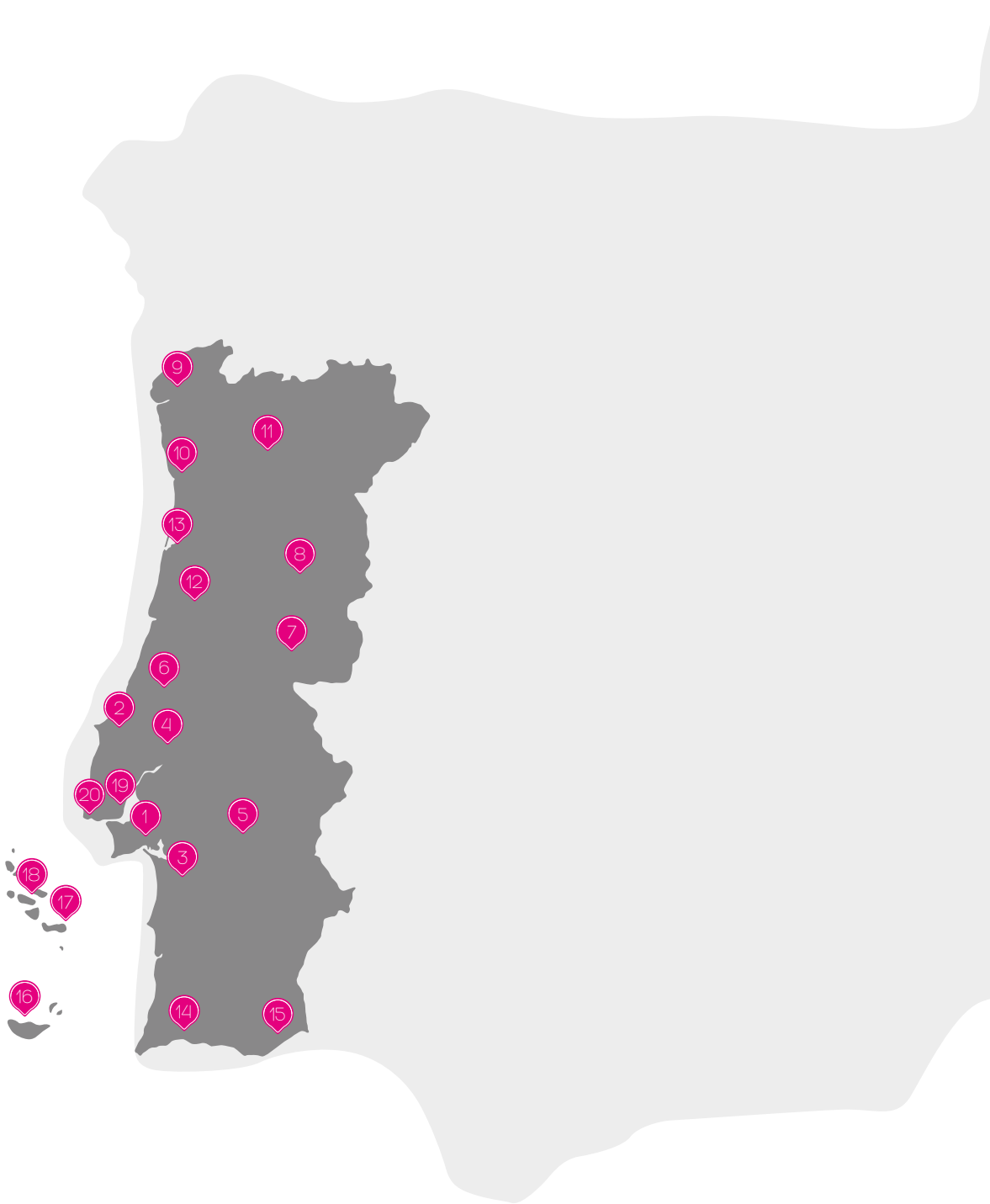
B **Choose**
your favourite products
Whether it is gastronomy,
a special wine
or simply a traditional flavour.

C **Select**
one or more schedules
3 days + 3 days = 6 days
—
3 days + 9 days = 12 days
—
Or you may simply just choose your favourite day!

D **Email us your choice**
so we can suggest
a tailor-made program for you
turismoemporugal@phtotravelconsulting.pt

3 day Tours

1 - Bread, Wine and Cheese	15 - The "Other" Algarve II (Alcoutim)
2 - Ice, Eden and Salt	16 - Madeira Island
3 - Beyond Sado	17 - São Miguel Island
4 - Ribatejo – Bulls and Cork	18 - Terceira Island
5 - Journey to History and to the Interior	19 - Lisbon
6 - Marble Triangle – Alentejo	20 - Sintra
7 - Beira: Pastinaca, Pastel de Molho and Olive Oil	
8 - Bread, Cheese and Nettles	
9 - Minho's Verdes	
10 - The Green, The Sea and Porto	
11 - Lands of the Douro and Barroso	
12 - In the "Centre" of Tastes I (Coimbra)	
13 - In the "Centre" of Tastes II (Aveiro)	
14 - The "Other" Algarve I (Monchique)	



WHERE

Palmela and Setúbal
Serra da Arrábida

TASTE

Azeitão cheese
"Moscatel de Setúbal"
Grilled fish

DON'T MISS

Bread making
"Burrizada"
The view from the bay in
Setúbal

DISCOVER

Traditions in Setúbal
The green tones of Serra da
Arrábida
The history of Palmela

COMBINE WITH

3 day tour
Beyond-Sado

IDEAL FOR

Food Lovers,
Wine and
impressive landscapes fans

BREAD, CHEESE AND WINE



Day 1:

Hotel accommodation in Setúbal.

Day 2

Setúbal – Tour to the local market and Setúbal downtown • Tour of the vineyards – with explanation of the new and ancient vines with the history of all phases from the grapes until the harvest time • Wine and regional products tasting – wine production phases explanation, from the winery to bottling • Enjoying a fantastic view from a unique location in Palmela castle • Lunch with the members of the “Confraria Gastronómica de Palmela”.



“Serra da Arrábida”

After Lunch

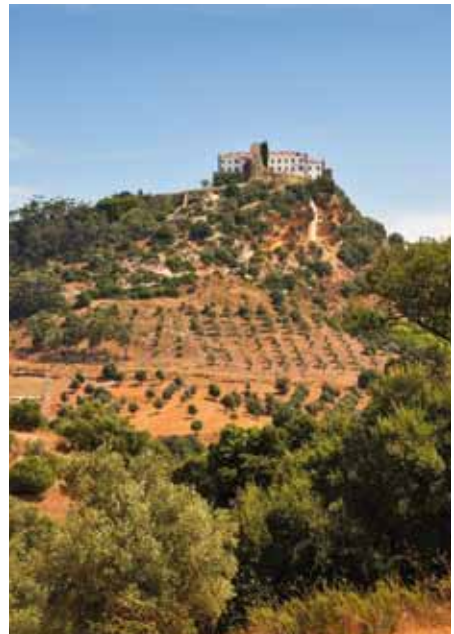
In one of the windmills of the “Serra do Louro” (Palmela), the cycle of bread and its production process is explained starting from grinding, finishing with a special bread making. While the bread is baking in the oven, try a burricada – a donkey ride • Visit to the Casa da Baía in Setúbal – View over the city of Setúbal, the imposing bay and Troia, from São Filipe’s fort • Dinner in Setúbal where you will enjoy special chef’s dishes using the traditional ingredients of the region • Return to the hotel.

Day 3

Tour to Serra da Arrábida which was applied for UNESCO’s world heritage. Serra da Arrábida’s Natural Park is situated right here with its famous beaches of quiet, clear sea • Meeting with the “Cofrarias do Moscatel e do Queijo de Azeitão” in an award winning cellar with Moscatel of Setúbal and Roxo tasting as well as Azeitão cheese • Typical Sado lunch of sea gastronomy.

After Lunch

Work Museum Michel Giacometti in Setúbal.



Palmela’s Castle



WHERE

Caldas da Rainha

Cadaval

Bombarral

Peniche

Óbidos

Rio Maior

DISCOVER

Caldas's traditional pottery

Óbidos - full of history and of cherry taste

COMBINE WITH

3 day tour

Journey to History and to the Interior

TASTE

"Ginjinha de Óbidos"

Rocha pear

Sea products

IDEAL FOR

History lovers

who enjoy peace and quietness

DON'T MISS

Rio Maior's Salt mines

"Real Fábrica do Gelo"

ICE, EDEN AND SALT | 2



Day 1

Hotel accommodation in Caldas da Rainha.

Day 2

Cadaval – Visit to the orchards and/or fruit store-houses with the “Confraria da pera rocha” • “Real Fábrica do Gelo” in Cadaval – in the compound of the factory you can see, still in good condition, more than 40 flat tanks where once ice was produced. In the mid 18th century this ice was sent to Lisbon to produce ice cream and cool drinks • Wine tasting in Cadaval • Lunch at Bombarral.



Salt mines in Rio Maior

After Lunch

Visit to the Buddha Éden Oriental Garden, with a sparkling wine tasting – this special garden is an initiative of Comendador Joe Berardo, owner of the Quinta dos Loridos and Bacalhão wines, in response to the destruction of the giant buddhas of Bamiyan by the Talibans • Dinner in Peniche, with regional sea products prepared with a special chef's touch • Return to the hotel.



Óbidos Village

Day 3

Caldas da Rainha – The pottery as well as the fruit and vegetable market is worth a visit. The market is located at the Praça da República where the cobblestone pavement is marked with the squares for each seller to place their display • Óbidos village – the highlight of this historical village is the traditional “ginginha” and its houses • Lunch at Rio Maior.

After Lunch

Salt production in Rio Maior – these salt mines originate in a deep wide rock-salt mine. This salt is pure (97,94% sodium chloride), picked in the stands (talhões) by the “sailors” (traditional designation of the “saline workers”).

WHERE

Grândola

Alcácer do Sal

Troia

Lousal

TASTE

Honey glazed pine nut

"pinhoadas"

Typical delicacies from

Alentejo

DON'T MISS

The sound of the songs
from Alentejo

The crossing of the river
Sado
with the view of the Serra da
Arrábida as background

DISCOVER

The intense green of
the stone pines

Adventures of miners and
fishermen

COMBINES WITH

3 day tour

Bread, Cheese and Wine

IDEAL FOR

The discovery of traditions
and special places
with the fragrance of the sea
and the flavours of the land

BEYOND-SADO | 3 |



Day 1

Hotel accommodation in Lousal.

Day 2

Tour to Carvalhal • Then a visit to Comporta, a small town that became famous for its beaches of calm waters • Regional wine tasting • Unique in Europe the palafitte quay in Carrasqueira was built with traditional wooden stakes in the 50s/60s of the twentieth century. Despite its fragile appearance, it is considered to be a masterpiece of popular architecture • Lunch at Alcácer do Sal.



Alcácer do Sal

After Lunch

A quick look at the castle in Alcácer do Sal. With Europe's largest extension of stone pine forest, the pine nut became known as white gold. The "pinhoadas", (pine nut honey glazed traditional sweets) are famous in Alcácer • Tour to Grândola • Dinner with "Confraria Saberes e Sabores do Lousal" – where traditional flavours are "spiced-up" by the singing of the former miners from Alentejo • Return to the hotel.

Day 3

Visit to the Mining Museum • Lunch in a typical "tasca" (tavern) in Grândola.



Troia

After Lunch

Return to Troia by boat across the river Sado.



Rock fragments from the mines in Lousal

WHERE

Santarém

Coruche

Almeirim

Cartaxo

TASTE

"Sopa da pedra"

Wines from Ribatejo

DON'T MISS

The fragrances of the
market in Santarém

DISCOVER

The legend of the "sopa da pedra"

The emotions of bullfighting

COMBINES WITH

3 day tour

The marble Triangle – Alentejo

IDEAL FOR

Those who seek strong emotions
and enjoy good stories

4

RIBATEJO – BULLS AND CORK



Day 1

Hotel accommodation in Santarém.

Day 2

Wild bull farm visit in Coruche • Regional wine tasting • Village of Coruche • Lunch with the “Confraria do Toiro Bravo” – reared in the open air and fed on pasture, the wild bulls provide the meat for recipes of unique flavour.



Cork Oaks

After Lunch

Tertúlia Tauromáquica (an informal gathering to discuss bullfights) and Museu Municipal de Coruche • Visit to a “montado” and to the “Observatório do Sobreiro e da Cortiça” – Coruche is legitimately called the world capital of cork since it is the largest regional cork producer with a daily production of 5 million stoppers • Dinner with the Confraria de Almeirim – where the legend of the monk linked with the famous “sopa da pedra” (stone soup) will be recalled • Return to the hotel.

Day 3

Local market visit • City of Santarém • Regional wine tasting • Lunch with the “Confraria do Ribatejo”.

After Lunch

Museu Rural e do Vinho do Cartaxo, the ethnographic and historical elements are presented at the exhibition “Discovering Rural Culture”. Here you can have a close look at the traditional objects used for the preparation of bread and olive oil. The phases of wine production are pictured in an ancient restored cellar where you can observe its entire course from the vine to the cellar.



Wines from Ribatejo

WHERE

Batalha

Ourém

Fátima

Alcobaça

TASTE

Rice "Morcela"

Dinner of Game

"Doçaria conventual"

(special pastry
originally created in the
monasteries)

DON'T MISS

The legend of the Battle

A tour of the natural caves

DISCOVER

The Castle of Ourém

Mira de Aire's natural caves

COMBINES WITH

3 day tour

Ice, Eden and Salt

IDEAL FOR

Those who like confectionery
and ancient battle history

| 5 |

A JOURNEY TO HISTORY AND TO THE INTERIOR



Day 1

Hotel accommodation in Batalha.

Day 2

The monastery of Santa Maria da Vitória – also known as monastery of Batalha – built by king D. João I to give thanks for the victory in Aljubarrota (1385), is one of the finest works of Portuguese and European architecture • Regional wine tasting • Centro de Interpretação da Batalha de Aljubarrota • Lunch in Ourém.



Mira d' Aire Caves

After Lunch

Tour of the castle of Ourém • Fátima became known worldwide for the Marian apparitions to the three peasant children at the Cova da Iria. As years went by, strengthened by the faith of thousands of pilgrims, Our Lady of Fátima became one of the most important Marian sanctuaries in the world • Visit to the caves in Mira de Aire, elected one of the 7 Nature Wonders in Portugal. Stop for a bite of "morcela de arroz" and taste the wines staged in the cellars. You will be able to experience total darkness by using speleologist's flashlights • Game dinner, where the environment will be coloured by the hunting stories and game flavours.

Day 3

Alcobaça • Workshop of confectionery based in the ancient monastery recipes with a local sweet maker • The Monastery of Alcobaça, a gothic work started by the Cistercian monks in 1178 is one of the most remarkable and well-preserved examples of Cistercian's architecture and philosophy. It has been designated world heritage by UNESCO since 1989. The tombs of one of the most romantic couples in Portuguese history - D. Pedro I and D. Inês de Castro – are in this monastery • Lunch in Alcobaça.

After Lunch

City Tour in Caldas da Rainha or Marinha Grande.



Fátima shrine

WHERE

Vila Viçosa
Borba
Estremoz
Évora

TASTE

Cheese
And olive oil from
Alentejo

DON'T MISS

Antiques shops with
plenty of unique pieces

DISCOVER

Delicacies at the traditional
"tasquinhas" (bistros)

COMBINES WITH

3 day tour
Ribatejo – Bulls and Cork

IDEAL FOR

Those who seek quietness
together with local delicacies

6
MARBLE TRIANGLE - ALENTEJO



Day 1

Hotel accommodation in Vila Viçosa.

Day 2

The Ducal Palace, also known as Palace of Vila Viçosa was built in the 16th century and stands out by its main façade covered in marble • A stop in Borba at the typical “tascas” (traditional taverns) where wine rests in terracotta jars and also a visit to the antiques shops that mark this village • Lunch in Borba.



The marble is always present

After Lunch

Visit to a marble quarry – together with Vila Viçosa and Estremoz, Borba is part of the “Marble Triangle”. The marble extraction carried out over the ages has created impressive open sky craters • Depending on the time of the year, there will be numerous choices involving wine and cheese – the Borba region counts on a solid tradition in the production of these delicacies • Dinner in Vila Viçosa • Return to the hotel.

Day 3

Visit to the citadel of Estremoz and other points of interest in the city • Regional wine tasting • Lunch with the “Confraria da Moenga” in Évora.

After Lunch

The Giraldo square, the Roman temple and the Bone Chapel are, among others, (in and outside the walls of the city), spots that you shouldn't miss in the city of Évora.



Évora

WHERE

Covilhã

TASTE

Cheese from

Serra da Estrela

"Arroz de zimbro"

DON'T MISS

Serra da Estrela

remote horizon

Roads full of

sightseeing spots

DISCOVER

The history of the cheese
from Serra da Estrela

The taste of olive oil

COMBINES WITH

3 day tour

Bread, Cheese and Nettles

IDEAL FOR

Adventurers who want to
discover fragrances and tastes

7

BEIRA: PARSNIP, "PASTEL DE MOLHO" AND OLIVE OIL



Day 1

Hotel accommodation in Covilhã.

Day 2

Tour to Serra da Estrela • Lunch at Penhas da Saúde full of all the traditional flavours of this region.



Serra Cheese

After Lunch

By visiting the "Museu do Queijo" you will have the chance to know not only the environment that surrounds the making of the famous cheese "Queijo da Serra" but its true taste as well • A visit to the wine museum in the "Adega Cooperativa da Covilhã" will enable you to feel a unique wine experience • Dinner with the "Confraria da pastinaca e do pastel de molho da Covilhã" from Covilhã • Return to the hotel.

Day 3

Visit to an olive grove with the collaboration of the "Confraria do Azeite" • Lunch with the "Confraria do Azeite".



Serra da Estrela

After Lunch

Visit to the traditional "Aldeias do Xisto".

** In June (in the cherry season), the programme may include special activities with the collaboration of the "Confraria da Cereja".



Endless olive groves

WHERE

Fornos de Algodres

Sabugueiro

Manteigas

Gouveia

Seia

TASTE

Serra cheese

Traditional bread

DON'T MISS

The fragrance
of fresh bread

The intense flavours
of handmade cheese

DISCOVER

The benefits of nettles

The paths of Serra da Estrela

COMBINES WITH

3 day tour

Terras do Douro e do Barroso
(Douro and Barroso landscapes)

IDEAL FOR

Those who seek traditional flavours
and authentic experiences



BREAD, CHEESE AND NETTLES



Day 1

Hotel accommodation in Seia.

Day 2

Tour to Serra da Estrela, with a stop at Sabugueiro – a renowned village for its traditional bread - Torre – the highest point in Continental Portugal – and Manteigas – typical mountain village, famous for its trout farms, heading to Fornos de Algodres

- Lunch with the “Confraria da Urtiga”.



Traditional bread

After Lunch

Visit to the Abel Manta and Miniature Car Museums • Dinner at Seia.

Day 3

“Museu do Pão” in Seia – a dynamic exhibition of the political, social and religious dimensions of the bread. Take the opportunity to buy traditional sausages and to choose among the several kinds of bread at your disposal in the little store • Lunch with the “Confraria do Queijo da Serra”.



Traditional Flavours

After Lunch

Special activities related to the Serra da Estrela cheese.

** In summertime when there are no nettles or cheese production, the programme will include special activities including the “Confraria da Maçã Portuguesa”.



Villages in Serra da Estrela

WHERE

Ponte de Lima

Ponte da Barca

Viana do Castelo

TASTE

"Vinhos verdes"

The intense flavour
of "sarrabulho"

DON'T MISS

Love messages
on lovers' handkerchiefs

DISCOVER

Roman bridges,
Ancient villages
and traditional customs

COMBINES WITH

3 day tour

The green, the sea and Porto

IDEAL FOR

Romantic people who love
new places and tastes

MINHO'S GREEN TONES | 9 |



Day 1

Hotel accommodation in Ponte de Lima.

Day 2

Local market visit in Ponte de Lima. When visiting Ponte de Lima you will find the traces of medieval history present in its architecture. It's one of the oldest villages in Portugal. The name Ponte de Lima comes from the bridge that used to connect both sides of the river Minho. It is also known for the "Vinho Verde" farms and for the pottery • Visit Arcos de Valdevez and taste the "vinho verde" in Ponte da Barca • Lunch at Vila Verde.



Ponte de Lima

After Lunch

Learn more about the lovers' handkerchiefs – on which lovers used to declare their love • Take the tour of the historic centre of Ponte de Lima and don't miss the opportunity to learn more about the traditional pottery of the region • Dinner at Ponte de Lima with the "Confraria do Sarrabulho" • Return to the hotel.

Day 3

Discover Arga mountain starting from Ponte de Lima and go down the hillside facing the sea, Caminha and Spain • "Vinho verde" tasting with a local producer • Lunch at Viana do Castelo.



Viana do Castelo

After Lunch

Tour in historic centre of Viana do Castelo, where you will be able to take a look at the Gil Eanes – an ancient hospital ship of the Portuguese cod fishing fleet or you can go to the Santa Luzia sanctuary.



Santa Luzia sanctuary

WHERE

Penafiel

Porto

Matosinhos

Vila Nova de Gaia

DISCOVER

Stories of Port wine

The beautiful spots of the

Serralves Museum

COMBINES WITH

3 day tour

Through the "Centre" of Tastes II
(Aveiro)

IDEAL FOR

Those who are curious about one
of the most famous wines
in the world
and how wonderful food
is in this region

TASTE

Delicate meat and fish
flavours

"Tripas à moda do Porto"

The classic taste of tea

DON'T MISS

The fragrance of the sea

The riverside landscape
with "rabelos" boats
floating by

10

THE GREEN, THE SEA AND PORTO



Day 1

Hotel accommodation in Vila Nova de Gaia.

Day 2

"Vinho verde" wine tasting near Porto. This region produces excellent "Vinhos verdes" • Lunch in Matosinhos with the "Confraria Gastronómica do Mar", based on the flavours from the sea in this traditional fishing area.



The wine cellars

After Lunch

Tour to Porto and meeting with the "Confraria do Chá". This industrial city is marked by the river Douro and its bridges, with a rich history that provides a varied cultural a patrimonial touristic offer • Dinner in Porto • Return to the hotel.

Day 3

The Port wine cellars in Vila Nova de Gaia are the privileged spots for a view of the Douro river and the riverside area in Porto. The view invites you to taste these soft generous wines at one time delicate and full of history • The lunch with the "Confraria das Tripas à moda do Porto" (typical dish made with pork chitterlings) will allow you to discover the interesting story of this dish.



Porto

After Lunch

"Museu de Serralves" – an interesting place that combines a permanent collection with several temporary ones as well as an Art Déco house full of history surrounded by a wonderful garden.



Serralves gardens

WHERE

Vila Real

Boticas

Peso da Régua

Lamego

TASTE

Barrosã beef

"Vinho dos Mortos"

(wine of the dead)

Sparkling wines

DON'T MISS

Pastry from Régua

The terraced vines of the region

DISCOVER

The staircase of the
sanctuary of our Lady
of "Remédios"

COMBINES WITH

3 day tour

In the "Centre "of tastes I
(Coimbra)

IDEAL FOR

Those who seek
unforgettable memories

11

DOURO AND BARROSO LANDS



Day 1

Hotel accommodation in Lamego.

Day 2

Visit to the Casa de Mateus – a traditional, full of history manor-house • Lunch with the "Confraria da Carne Barrosã", where the features of this tasteful and soft meat from animals bred in the marshes of the Barroso lands, will be explained.



Mateus Palace

After Lunch:

Discover the Rural Museum of the "vinho dos mortos" (wine of the dead) in Boticas – where you will learn about the difficulties of a country life in these lands where after the French invasions the "vinho dos mortos" was born • Tour in Pedras Salgadas village – famous for the spa and the sparkling water • Dinner at Vila Real • Return to the hotel.

Day 3

Peso da Régua – try the traditional sweets sold at the railway station and experience a walk on the Douro riverside • The wine cellars in Lamego is an opportunity to taste the regional sparkling wine • Lunch in Lamego.

After Lunch

Climbing to the Shrine of Our Lady of "Remédios".



Our Lady of "Remédios"



The vines and Douro soils

WHERE

Coimbra

Montemor-o-Velho

Mira

Vila Nova de Poiares

TASTE

"Chanfana"

"Leitão da Bairrada"

"Pastéis de Tentúgal"

Confraria

DON'T MISS

Sparkling wine tasting
in Bairrada

The gardens of the Bussaco
Palace

DISCOVER

The preparation of
the "pastéis de Tentúgal"

The secrets of the Poiares's
pottery

COMBINES WITH

3 day tour

Journey to History
and to the Interior

IDEAL FOR

Those who wish for filled
with taste journeys
and with different landscapes

12

IN THE "CENTRE" OF TASTES I (COIMBRA)



Day 1

Hotel accommodation in Luso.

Day 2

Montemor-o-Velho • "Confraria dos Pastéis de Tentúgal", a unique opportunity to learn the amazing production method of this extremely thin pastry used to prepare the "pastéis" • Traditional "leitão da Bairrada" for lunch.



"Pastel de Tentúgal"

After Lunch

Considered unique in Europe for its architecture as well as the landscape around, the Royal Palace of Buçaco offers a magnificent sparkling wine tasting. The woods surrounding the palace are a must to see
• Dinner with the "Confraria Nabos e Companhia" in Carapelhos - Mira • Return to the hotel.

Day 3

Tour to Coimbra • Visit to "Caçoilos" (basins) production centre, in black terracotta in Vila Nova de Poiares – tradition says "chanfana" has to be prepared in these terracotta basins • Lunch with the "Confraria da Chanfana" in Vila Nova de Poiares.



Luso

After Lunch

Conímbriga – This ancient roman city is one of the most well-preserved examples of Roman occupation in Portugal.



Coimbra

13

IN THE "CENTRE" OF TASTES II (AVEIRO)

WHERE

Aveiro
Murtosa
Ílhavo
Águeda

TASTE

Fish from the Ria
"Ovos moles"
"Leitão da Bairrada"

DON'T MISS

Tea onboard
a "moliceiro" boat

DISCOVER

A cod aquarium
How to prepare the
"Leitão da Bairrada"

COMBINES WITH

3 Day tour
The Green, The Sea and Porto

IDEAL FOR

Discovering maritime traditions
and feeling the fragrance of the sea



Day 1
Hotel accommodation in Aveiro.

Day 2
Murtosa • Tour to "Ria de Aveiro", on a "Moliceiro" boat with a snack onboard • Fish from the "ria" for lunch (lamprey, eel or other) with the "Confraria do Moliceiro" at their headquarters where you can watch the building and repairing of a "Moliceiro" boat at the shipyard.



"Moliceiro" boats at the "Ria de Aveiro"

After Lunch
Visit to the Ílhavo Maritime Museum with codfish fishing-related objects in the distant seas. Agromaritime activity in the "ria" and cod fishing in Newfoundland and Greenland are the patrimonial references of the museum • Special activity related with the cod transformation units at Gafanha da Nazaré • Dinner with the "Confraria do Bacalhau" • Return to the hotel.

Day 3
Confectionery tasting with the "Confraria dos Ovos Moles de Aveiro" • Lunch with the Confraria.



A traditional window at Costa Nova



Fish – one of the local specialties

WHERE

Monchique

Silves

Portimão

TASTE

Algarve wines

"Medronhos"

DON'T MISS

"Aguardente de medronho"
(arbutus berries spirit)

DISCOVER

Legends of enchanted moors

COMBINES WITH

3 day tour

Bread, Cheese and Wine

IDEAL FOR

Those who enjoy
well-kept secrets

14

THE "OTHER" ALGARVE I (MONCHIQUE)



Day 1

Hotel accommodation in Monchique.

Day 2

The existence of Silves's castle goes back to the Arab occupation and is an example of how Portuguese history goes on along with people and generations • Regional wine tasting • Lunch at Vila do Bispo.

After Lunch

Walk in Sagres – this medieval fortress is one of the most beautiful places in Portugal • Visit to Monchique – famous for its spa, it is one of the most enchanting places in Algarve • Medronho tasting – medronho is a typical berry from Algarve - sausages and other regional products • Dinner in Monchique.



Local architecture

Day 3:

Visit the market and tour to Portimão city • Wine tasting in Lagoa • Lunch.

After Lunch:

Seaside walk or, alternatively - from November to April - watch sand sculptures on the beach.



Silves Castle detail



Walks by the sea

WHERE

Alcoutim

Tavira

Mértola

TASTE

Octopus

Grilled fish

DON'T MISS:

Boat trips

The typical chimneys

DISCOVER

A river that is full of enchantment
and mysteries... the Guadiana

COMBINE WITH

3 day tour

Marble triangle - Alentejo

IDEAL FOR

Those who appreciate the quietness
of small villages combined
with the liveliness of Algarve coast

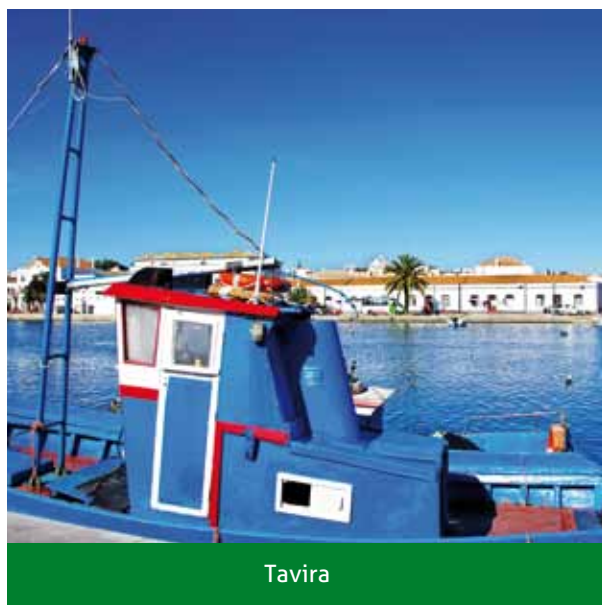
15

THE "OTHER" ALGARVE II (ALCOUTIM)



Day 1
Hotel accommodation in Alcoutim.

Day 2
Discover Tavira, a fishing city with a very rich history. Its occupation goes back to the Phoenicians
• Lunch at Santa Luzia, the "Capital of the octopus".



Tavira

After Lunch
Tour discovering Conceição, Cabanas and Cacela •
Dinner in Altura.

Day 3
Leisure activities in Alcoutim - boat trip, visit to the museum, and a walk in the village • Lunch in Alcoutim.

After Lunch
Visit to the castle and to Mértola's museum centre.



Natural landscape



Mértola

16

MADEIRA ISLAND

WHERE

Funchal

São Vicente

Câmara de Lobos

DISCOVER

The farmers market with its rhapsody of colours, fragrances and tastes

TASTE

Poncha

Madeira wine

Typical dishes with fried corn

COMBINE WITH

3 day tour

Lisbon

DON'T MISS

A night walk at Funchal

The colours of the Monte Palace Tropical Garden

IDEAL FOR

Those who enjoy new destinations and be surprised



Day 1

Hotel accommodation in Funchal.

Day 2

Tour around the island with stops at different places (Camacha – Santo da Serra – Santana) • Wine tasting and lunch in São Vicente.



Madeira's landscape

After Lunch

Tour to Ribeira Brava and Cabo Girão – with its impressive view • Regional wine tasting • "Ponch" a tasting – a traditional emblematic drink from Madeira made of sugarcane spirit, honey and lemon juice • Typical dinner with the "Confraria Gastronómica da Madeira" • Free night in Funchal (or at one of the popular festivals occurring on the Island during the Summer months • Return to the hotel.

Day 3

Farmers Market visit in Funchal – filled with colours and fragrances from the typical products and flower stands • Monte Palace Tropical Garden • Lunch in Funchal.



Typical sea products

After Lunch

Free afternoon to discover Funchal.



Fruit stands at the market

WHERE

Ponta Delgada
Furnas

TASTE

Cozido das Furnas
Gorreana Tea

DON'T MISS

The tea plantations,
The lagoons
The viewpoints by the road

DISCOVER

The tradition of delicate
tastes
The tasting of intense
flavours

COMBINE WITH

3 day tour
Terceira Island

IDEAL FOR

Experts in history
Land and sea adventurers

17

SÃO MIGUEL ISLAND



Day 1

Hotel accommodation in Ponta Delgada.

Day 2

Visit to several points of interest on the island. The roads offer natural viewpoints where you can observe the sea as well as the different lagoons on the island • Lunch at Furnas, to taste the traditional "cozido das Furnas" prepared in the volcanic "caldeiras", an experience to remember.



"Lagoa das Furnas"

After Lunch

Keep going through the "bagacina" roads and find spots filled with hydrangeas and other flowering plants like the Kahili ginger) • Dinner with the "Confraria dos Açores" where the local fish and meat will make your delight.



Kahili ginger

Day 3

Visit to the Gorreana tea plantation that has been working continuously since 1883, and preserving the original oriental traditions since then with the same quality • Lunch at Ponta Delgada.

After Lunch

Free afternoon in Ponta Delgada to observe the architectural work using basalt, the esplanades and buy local craftwork.

** Visit to the Island with the collaboration of the "Confraria dos Gastrónomos dos Açores".



Ponta Delgada's main church

WHERE

Angra do Heroísmo
Praia da Vitória

TASTE

Local meat
with wine "dos Biscoitos"

DON'T MISS

Ancient streets,
The garden and
the Alto da Memória viewpoint

DISCOVER

History of the sunken
ships at the bay
All the colors of green
in the landscape

COMBINE WITH

3 day tour
São Miguel Island

IDEAL FOR

Those who enjoy
the quietness
of the sea waves

18

TERCEIRA ISLAND



Day 1

Hotel accommodation in Angra do Heroísmo.

After Lunch

Free afternoon at Praia da Vitória.

Day 2

Angra do Heroísmo – Atlantic city – it was once the main port of refuge to caravels, galleons, corsairs and pirates from the times of the Discoveries. The roads remind you of the strategic importance Angra had in the history of silks and spices. Currently, there is an undersea route showing the sunken caravels in the bay • Lunch in Angra do Heroísmo tasting typical island dishes.

** The Feast of the Holy Spirit and the Bullfights take place from May to October and may be included in the programme.



Pastures on the island



Angra do Heroísmo

After Lunch

Forno da Cal and other interesting spots on the island • Dinner at Praia da Vitória.

Day 3

Wine tasting with the “Confraria do Vinho dos Biscoitos” • Lunch with the “Confraria” and discussion about the vines by the Atlantic Ocean and their special characteristics.



Espírito Santo
traditional Empires

WHERE
Lisbon

TASTE
"Pastéis de Belém"
Red, white wine
and Liqueurs

DON'T MISS
The view from
Saint George's Castle
The Renaissance (Manueline)
architecture at the
Monastery of Jerónimos

DISCOVER
Fado – Singing Tradition and
culture

Ancient Lisbon
On the rails of the tram no.28

COMBINE WITH
3 day tour
Sintra

IDEAL FOR
Those who wish to enjoy a
vibrant city, plenty of light

19

LISBON



Day 1

Hotel accommodation in Lisbon.

Day 2

Morning trip on the tram 28, from Graça to Campo de Ourique – discovering the 7 hills and the picturesque neighbourhoods of Lisbon • Saint George's Castle and its viewpoints over the city • Lunch.



The famous "Pastéis de Belém"

After Lunch

In Belém go through the Portuguese history by stopping at the "Padrão dos Descobrimentos" and the Monastery of Jerónimos. Finish the tour by tasting the famous "Pastéis de Belém" • Wine tasting at Viniporugal on the Terreiro do Paço • Walk downtown with the stops in Rossio and in Chiado • Dinner at the "Casa do Alentejo" • Free evening where you can choose between listening to Fado or discover restaurants and bars • Return to the hotel.

Day 3

The Parque das Nações is one of the newest areas of the city. You will find here the icons of contemporary architecture of the city like the "Gare do Oriente" and the "Oceanário" • Lunch at the Parque das Nações with a view of the city.



Lisbon's roofs



The traditional trams

WHERE

Sintra

Cascais

Oeiras

TASTE

Colares Wine

Travesseiros

and queijadas de Sintra

DON'T MISS

The Castelo dos Mouros

and the Pena Palace

The village of Sintra or the
sunset at Praia das Maças

DISCOVER

The sweet enchantment of
the café Saudade

COMBINE WITH

3 day tour

Lisbon

IDEAL FOR

Nature and culture
lovers

—
20
—

SINTRA



Day 1
Hotel accommodation in Sintra.

Day 2
Pena Palace and Castelo dos Mouros in romantic Sintra • Traditional pastry tasting at the Café Saudade in Sintra • Lunch in Guincho by the sea.

After Lunch
The Condes de Castro Guimarães Museum in Cascais with Colares wine tasting. A unique wine that has the taste difficult to explain. Ancient techniques and rare grapes such as malvasia (white) and ramisco (red) influence its aroma. Colares' wines are rare and different • Watch the sunset at the Praia das Mações • Dinner at Azenhas do Mar • Return to the hotel.



Azenhas do Mar

Day 3
Walk in Sintra and tasting the famous "travesseiros" and "queijadas" • In Oeiras, at the Marquês de Pombal Palace enjoying the Carcavelos wine – with the "Confraria do Vinho de Carcavelos" • Lunch.

After Lunch
A walk at the Parque dos Poetas and a visit to the Pólvora Negra Museum in Barcarena near Oeiras.



Cabo da Roca



Vila Palace in Sintra

9 days Tours

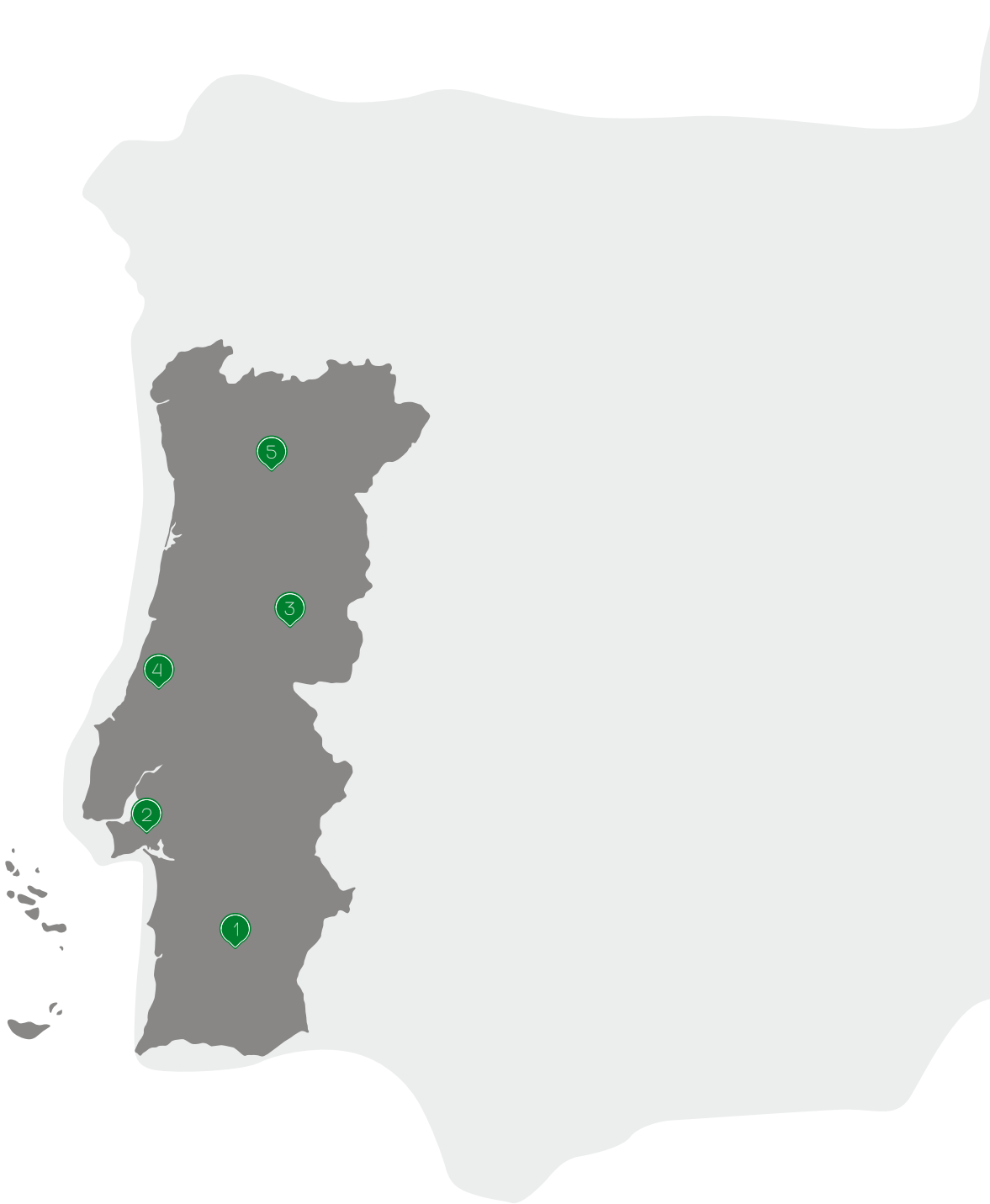
1 - Alentejo and Algarve

2 - Beyond Tejo

3 - Interior Centre (Cabral's Lands)

4 - Centre Coast

5 – Tradition in the North



WHERE

Monchique

Silves

Portimão

Lagoa

São Brás de Alportel

Castro Marim

Vila Real de Santo António

Alcoutim

Mértola

Beja

Vidigueira

Évora

Vila Viçosa

Borba

Palmela

Almada – Trafaria

Lisbon

Sintra

Oeiras

TASTE

Olive oil

"Queijadas de Sintra"

DON'T MISS

The Roman temple in Évora

The marbles of the Ducal Palace
in Vila Viçosa

DISCOVER

The "white cover" in Estremoz

The cork's fragrance
in São Brás de Alportel

IDEAL FOR

Those who love
fragrances
flavours
and sensations

ALENTEJO AND ALGARVE



Day 1

Lunch and visit to Monchique's mountainous area • Dinner in Silves • Hotel accommodation in Monchique.

Day 2

A visit to the cellars in Silves with a wine tasting • Lunch in Portimão • Afternoon in Portimão and Lagoa • Dinner in Lagoa in a wine producing farm • Return to the hotel in Monchique.

Day 3

São Brás de Alportel – cork related programme • Lunch in S. Brás de Alportel • Visit to Tavira • Dinner in Altura • Hotel accommodation in Alcoutim.

Day 4

Alcoutim • Leisure activities - including a boat trip, a visit to museum and a walk in the village • Lunch in Alcoutim • Visit to Mértola's castle and museum • Dinner in Beja • Hotel accommodation in Beja.

Day 5

Visit to Vidigueira, "Capital of the Wine" and "City of the Wine 2013" • São Cucufate • Olive oil production unit • Lunch at Vidigueira • Visit to Évora, UNESCO's World Heritage (1986). The preservation of the monuments is unique and justifies the nomination for museum-city • Dinner in Évora • Hotel accommodation in Évora.

Day 6

Vila Viçosa • The Ducal Palace, also known as Palace of Vila Viçosa, built in the 16th century, stands out for its marble covered main facade. Situated on the village's main square, the "Terreiro do Paço"; it belonged to the House of Bragança, a family of nobles originating in the 15th century that became the royal family of Portugal • Visit to the marble quarry • Stop at the antiques shops and "tascas" (taverns) in Borba. Borba holds a solid tradition of producing sheep's cheese and olive oil. Typical "Tascas" serving wine from terracotta jars and several antiques shops are part of the points of interest in this village • Lunch at a wine cellar in Estremoz • Visit to Estremoz famous for its white marble. The exploitation of the marble goes back to ancient times. The Roman temple of Évora is the proof of this • Moscatel tasting in Palmela – main house of the "Rota dos Vinhos" (wine route) • Dinner in Trafaria • Cacilheiro crossing of the Tejo • Hotel accommodation in Lisbon.

Day 7

Lisbon, the capital of Portugal, well-known for its 7 hills, is one of the most ancient cities in the world and is considered to be a unique destination as it offers not only the sea and the sun, but also the mountain. All this in one city. The cultural offer is also very rich • Tour to Sintra and visit to the Pena Palace • Still in Sintra, try the famous confectionery at the "café Saudade" • Visit to Cascais • Reception in Oeiras by the "Confraria do Vinho de Carcavelos", one of the smallest wine regions in Portugal and together with the Douro, one of the oldest • Lunch at the Fado Museum – this museum is a tribute to the genuine Portuguese Fado • Wine tasting at Viniportugal • Dinner in a "Casa de Fados" • Return to the hotel.

Day 8

Free day.



Pena Palace in Sintra

WHERE

Setúbal

Grândola (Lousal)

Palmela

Reguengos de Monsaraz

Évora

Sesimbra

Almada (Trafaria)

Ourém (Fátima)

TASTE

Regional cheese

Traditional bread

White and red wines
from stong flavour grapes

DON'T MISS

The history of the quay on stilts

Viewpoints at the "Serra da Arrábida"

DISCOVER

The contrasting green of the mountain
with the blue of the sea

Imposing architecture that speaks for
itself

The fragrance of the cork
in São Brás de Alportel

IDEAL FOR

Great adventurers
who pursue historic landscapes

—
2
—
BEYOND TEJO



Day 1

Setúbal, like many other Portuguese cities, exists since Roman times. With many neighbourhoods, the city is divided into areas where once the communities of fishermen used to live, others closer to the city centre for the bourgeoisie where commerce used to lay and also the industrial neighbourhoods • Lunch in Setúbal – regional gastronomy • Walk and dinner in Setúbal • Hotel accommodation in Setúbal.

Day 2

Crossing to Troia on ferry • Visit to the Roman ruins • Unique in Europe, the quay on stilts in Carrasqueira was built on irregular wooden stilts on the decades of 50 and 60 of the 20th century. Although it has a fragile appearance, it is considered a masterpiece of popular architecture and serves as pier to the fishing boats in the region • Lunch with the “Confraria dos saberes e sabores do Lousal” – This Confraternity aims at appealing to the 5 senses, in particular to taste, offering a range of regional products • Visit to the Mining Museum of Lousal • Visit to the vineyards in Poceirão (Palmela) with wine tasting • The Castle of S. Filipe on the left margin of the river Sado used to work as a defending point of the city as well as a river access to the port. It offers a privileged view over the Sado bay • Dinner in Setúbal • Return to the hotel.

Day 3

Cheese, bread and wine tasting in a cellar with the “Confraria do Queijo de Azeitão” • Visit to the “Centro de Azulejaria, Artes e Ofícios em Palmela” • Lunch in Palmela • Watching bread making and visit to windmill • Moscatel tasting with the “Confraternity of Moscatel” at the head house of the “Rota dos Vinhos” (wine route) and visit to the Castle of Palmela, followed by a walk in the village • Dinner with the “Confraria Gastronómica de Palmela” • Return to the hotel.

Day 4

Visit to Vidigueira, “Capital of the Wine” and “City of the Wine 2013” • São Cucufate • Olive oil production unit • Lunch at Vidigueira • Visit to Évora, UNESCO’s World Heritage (1986). The preservation of its monuments is unique and justifies the nomination for museum-city • Dinner in Évora • Hotel accommodation in Évora.

Day 5

Tour to the “Serra da Arrábida”, which has applied for UNESCO’s world heritage. “Serra da Arrábida’s” Natural Park has many beaches of clear, calm waters • Visit to the wine company in Azeitão • Lunch in Sesimbra • A visit to the village and to Cape Espichel • Visit to the “Cristo Rei” inspired in the Christ the Redeemer monument at the Corcovado in Rio de Janeiro. It was built to give thanks for Portugal’s neutrality in World War II • Dinner in a Trafaria’s restaurant • River trip on a “Cacilheiro” • Hotel accommodation in Lisbon.

Day 6

Fátima Shrine visit. Fátima became known worldwide for the Marian apparitions to the three peasant children at the Cova da Iria. As years went by, strengthened by the faith of thousands of pilgrims, Our Lady of Fátima became one of the most important Marian sanctuaries in the world • Lunch in Batalha • The monastery of “Santa Maria da Vitória” – also known as monastery of Batalha – built by king D. João I to give thanks for the victory in Aljubarrota Battle (1385), is one of the finest works of Portuguese and European architecture • Óbidos village with “ginginha” (cherry liquor) tasting in a chocolate cup – one of the curiosities of this village is that it was often part of the Queen’s dowry. Once it belonged to the House of the Queens and is currently a carefully recovered village surrounded by medieval walls, that lead us to legends and old stories • Dinner at Bombarral • Return to the hotel.

Day 7

Lisbon, the capital of Portugal, well-known for its 7 hills is one of the most ancient in the world and is considered a unique destination as it offers not only the sea and the sun, as the mountain. All this in one city. The cultural offer is also very rich • Tour to Sintra and a visit to the Pena Palace • Still in Sintra, tasting the famous pastry at the café Saudade • Visit to Cascais • Reception in Oeiras by the “Confraria do Vinho de Carcavelos”, one of the smallest wine regions in Portugal and together with the Douro, one of the oldest • Lunch at the Fado Museum – this museum is a tribute to the genuine Portuguese Fado • Wine tasting at Viniporugal • Dinner in a typical “Casa de Fados” • Return to the hotel.

Day 8

Free Day.

Day 9

Return.

WHERE

Covilhã

Belmonte

Seia

Gouveia

Nelas

Viseu

Aveiro

Ílhavo

Ourém

Fátima

Lisbon

Sintra

Oeiras

TASTE

"Ovos moles"

Bread dipped in olive oil

Cheese from Serra da Estrela

DON'T MISS

The traditional "Aldeias de Xisto"

The shops with regional products

DISCOVER

The softness of

"Serra da Estrela" dogs' fur

The highest village in Portugal

IDEAL FOR

Those who wish to mix the sea and the mountain

with the desire to travel

3
INTERIOR CENTRE (CABRAL'S LANDS)



Day 1

Arrival in Covilhã • Lunch in Belmonte – birthplace of Pedro Álvares Cabral • Visit to the Museum of Discoveries in Belmonte • Dinner and hotel accommodation in Covilhã.

Day 2

Tour in the region • Watch the “Serra da Estrela” dogs with the “Confraria do Cão da Serra da Estrela” • Lunch • Visit to the Cheese Museum in Peraboa • Dinner with the “Confraria da Pastinaca e do Pastel de Molho” from Covilhã • Return to the Hotel.

Day 3:

Visit to the traditional “Aldeias de Xisto” • Lunch with the “Confraria do Azeite” • Regional dinner • Return to the hotel.

Day 4

Tour to Covilhã • Departure to the “Serra da Estrela” with stopover in Sabugueiro, the highest village in Portugal • Lunch and visit to the “Museu do Pão” in Seia • Dinner with the “Confraria do Queijo da Serra” in Gouveia • Hotel accommodation in Seia.



Serra da Estrela

Day 5:

Departure to Nelas • Wine tasting in Nelas • Lunch with the “Confraria do Dão” (in Viseu) • Short tour in Viseu • Visit to Aveiro, including pastry tasting with the “Confraria dos Ovos Moles” • Dinner with the “Confraria Gastronómica do Bacalhau” • Hotel accommodation in Aveiro.

Day 6

Tour around Ílhavo • Visit to the Maritime Museum and the Cod history in Ílhavo • Lunch • Departure to Fátima • Tour around Fátima – Fátima became known worldwide for the Marian apparitions to the three shepherd children at the Cova da Iria. As years went by, strengthened by the faith of thousands of pilgrims, Our Lady of Fátima became one of the most important Marian sanctuaries in the world • Reception and dinner in Alenquer, the “crib” of Portugal • Arrival in Lisbon • Hotel accommodation in Lisbon.

Day 7

Lisbon, the capital of Portugal, well-known for its 7 hills, is one of the most ancient cities in the world and is considered to be a unique destination as it offers not only the sea but the sun, and the mountain. All this in one city. The cultural offer is also very rich • Tour to Sintra and visit of the Pena Palace • Still in Sintra, tasting the famous pastry at the café Saudade • Visit to Cascais • Reception in Oeiras by the “Confraria do Vinho de Carcavelos”, one of the smallest wine regions in Portugal and together with the Douro, one of the oldest • Lunch at the Fado Museum – this museum is a tribute to the genuine Portuguese Fado, • Wine tasting at Viníportugal • Dinner in a “Casa de Fados” • Return to the hotel.

Day 8

Free day.

Day 9

Return.



Serra Cheese

WHERE

Figueira da Foz

Mealhada

Mira

Montemor-o-Velho

Anadia

Ílhavo

Coimbra

Vila Nova de Poiares

Ourém

Fátima

Porto de Mós

Mira de Aire

Almeirim

Cartaxo

Coruche

Lisbon

TASTE

"Leitão da Bairrada"

"Pastéis de Tentúgal"

Cod fish

DON'T MISS

The testimony of the Ílhavo Maritime Museum

The wonders of the Mira de Aire caves

DISCOVER

Bullfighting sensations

Fado

The seven hills of a city

IDEAL FOR

Good listeners
and discoverers of
culture and tradition

— 4 —
CENTRO LITORAL



Day 1

Arrival and hotel accommodation in Figueira da Foz, a city known for its extended beaches – circa 12 km of beaches along the ocean. It is an important touristic centre that has become famous as a seaside resort • Lunch followed by a tour of the city and surrounding areas • Dinner • Return to the hotel.

Day 2

Considered unique in Europe for its architecture as well as the surrounding landscape, the Royal Palace of Buçaco offers a magnificent sparkling wine tasting. The woods surrounding the palace are a must to see • Dinner with the “Confraria Nabos e Companhia”, followed by a visit to the farming fields • Visit to the castle of Montemor-o-Velho and pastry tasting with the “Confraria dos Pastéis de Tentúgal”, an opportunity to see the amazing method of production of the extremely thin pastry used in the sweets • Dinner with the “Confraria do Arroz e do Mar” • Return to the hotel.

Day 3

Tour of the Bairrada region, including a visit to the Aliança Underground Museum • Lunch. A taste of the famous “leitão” dish - roast piglet in a wood-fired oven • Visit to the Maritime Museum and Cod Water tank in Ílhavo, a proof of the strong connection between the Portuguese and the sea. This Museum gives you an idea of the Ria's activities and the cod fishing in Newfoundland and Greenland • Dinner with the “Confraria do Bacalhau” • Return to the hotel.

Day 4

Coimbra, known as the city of students, due to the University that is one of the oldest in Europe – the first King of Portugal, D. Afonso Henriques is buried in the Church of “Santa Cruz” • Reception at the restaurant “O Confrade”, in Vila Nova de Poiares, followed by a visit to the centre of production of black terracotta “caçoilos” (basins) • Lunch with the “Confraria da Chanfana” • Visit to the caves in Mira de Aire, elected one of the 7 Wonders of Nature with impressive stalactites and stalagmites of 11 km long (of which only 600 m are open to the public). They are the biggest caves in the country. Stop for “morcela de arroz” tasting (Portuguese sausage made with rice) and wines with the “Confraria da Morcela de Arroz” • Dinner in Fátima • Hotel accommodation in Fátima.

Day 5

Free morning for a visit of Fátima Shrine – Fátima became known worldwide for the Marian apparitions to the three shepherd children at the Cova da Iria. As years went by, strengthened by the faith of thousands of pilgrims, Our Lady of Fátima became one of the most important Marian sanctuaries in the world • Lunch with the “Confraria Gastronómica de Almeirim” (legend of the monk and the “sopa da pedra” - “stone soup”) • Visit to Palhota, the typical village on the bank of the river Tagus and to the “Museu do Vinho do Cartaxo” • Reception and dinner in Alenquer, “Portugal's crib” • Hotel accommodation in Lisbon.

Day 6

Walk in the town of Coruche. This region offers magnificent landscapes, ideal for bull breeding. Its connections to “tauramaquia” and love for the “Festa Brava” are lost in time • Bull watching in their natural habitat • Visit to the Bullfighting Centre and Local Museum • Lunch with the “Confraria do Toiro Bravo” • Coruche is also known as world capital of the cork. Visit to a cork tree forest and to the Cork Observatory – a seducing building all covered with cork. The objective is to show the importance of growing cork tree also for ecological reasons • Dinner at “Casa do Alentejo”. Located in Lisbon downtown, “Casa do Alentejo” is a true embassy of flavours in an old small palace with Arab ornaments. Here, you can taste olive oil, bread and wines from Alentejo • Return to the hotel.

Day 7

Lisbon, the capital of Portugal, well known for its 7 hills is one of the most ancient in the world and is considered a unique destination as it offers not only the sea and the sun, but also the mountain. All this in one city. The cultural offer is also very rich • Tour to Sintra and visit to the Pena Palace • Still in Sintra, tasting the famous confectionery at the café Saudade • Visit to Cascais • Reception in Oeiras by the “Confraria do Vinho de Carcavelos”, one of the smallest wine regions in Portugal and together with the Douro, one of the oldest • Lunch at the Fado Museum – this museum is a tribute to the genuine Portuguese Fado. The Port wine cellars in Vila Nova de Gaia provide an excellent view to the river Douro and Porto's Riverside. This view is an invitation for the tasting of these generous, • Wine tasting at Viniportugal • Dinner in a “Casa de Fados” • Return to the hotel.

Day 8

Free day.

Day 9

Return.

WHERE

Porto

Peso da Régua

Baião

Marco de Canaveses

Braga

Póvoa de Lanhoso

Vila Verde

Ponte de Lima

Viana do Castelo

Vila Nova Gaia

Mealhada

Mira de Aire

Ourém – Fátima – Alcobaça

Óbidos

Sintra

Lisbon

Oeiras

TASTE

"Vinho verde"

"Pudim abade de Priscos"

"Ginjinha de Óbidos"

DON'T MISS

The famous Port wine cellars

The Monastery of Alcobaça

The Sanctuary of Santa Luzia

DISCOVER

The flavours of convent confectionery

Óbidos, full of history

with the taste of "ginginha"

The verses on the
lovers' handkerchiefs

IDEAL FOR

Lovers of history
and tradition

5

TRADITION IN THE NORTH



Day 1

Hotel accommodation in Vila Nova de Gaia • Lunch with the "Confraria do Mar" in Matosinhos • Visit to the Porto city, industrial city marked by the river Douro and its bridges. It offers a rich history and a diversified cultural and patrimonial visit. Porto is considered world heritage • Dinner with the "Confraria das Tripas" in Porto where the interesting story of the "tripas" will be told. You will understand why the inhabitants of Porto are called "tripeiros" • Return to the hotel.

Day 2

Departure to Peso da Régua • Visit to a farm and other locations related to the Douro • Lunch and visit to the "Casa das Bengalas" in Baião • "Anho" Workshop • Visit to the Carmen Miranda Museum in Marco de Canaveses • Visit to other interesting locations in Marco de Canaveses • Dinner with the "Confraria do Anho Assado com Arroz no Forno" • Return to the hotel.

Day 3

Departure to Braga, a city that gathers heritage, culture and tradition along streets and preserved gardens. It is also one of the main religious centres in the country known by the churches, manor houses, parks and gardens • Visit to the Sanctuary of Bom Jesus do Monte, with its zigzag stairway, a must to see. Don't forget to try the "Pudim abade de Priscos", the pudding that is one of the city's ex libris. Sweet and savoury are combined for an original taste • Lunch at Póvoa do Lanhoso, at the restaurant made famous to the Brazilians by Jorge Amado. They specialize in cod recipes • Visit to Vila Verde, with its religious heritage and where the embroidered lovers' handkerchiefs come from • Commented "vinho verde" tasting – a gentle wine, slightly sparkling, light coloured with a pronounced fragrance. It is ideal to serve with fish and seafood • Dinner of typical cuisine from the Minho, with the presence and animation of the "Confraria do Pudim Abade de Priscos" in Vila Verde • Return to the hotel.

Day 4

Departure to Ponte de Lima – Tour in Ponte de Lima and visit to a Pottery School • Visit to a "Vinho Verde" producer • Lunch in Viana do Castelo • Tour of the city of Viana do Castelo, one of the most important cities in the region, located at the mouth of the river Lima in a privileged situation that adds the beauty of the northern beaches to the greenness of the Minho. You can visit the sanctuary of Santa Luzia, with the most famous viewpoint in Viana do Castelo. From there you will enjoy the view of the whole city, from the river Lima to the involving mountains at the top of the Hill of Santa Luzia • Stop at Esposende to taste the sweet "Clarinhas de Fão" • Dinner in Porto • Return to the hotel.

Day 5

The Port wine cellars in Vila Nova de Gaia provide an excellent view to the river Douro and Porto's Riverside. This view is an invitation for the tasting of these generous, soft, delicate wines that are full of history • Departure to Mealhada • Lunch (roast piglet) • Visit to the caves in Mira de Aire, elected one of the 7 Wonders of Nature in Portugal with impressive stalactites and stalagmites 11 km long (of which only 600 m are open to the public). They are biggest caves in the country. Stop for "morcela de arroz" (Portuguese sausage made with rice) tasting and wines with the "Confraria da Morcela de Arroz" • Dinner in Fátima • Hotel accommodation in Fátima.

Day 6

Free morning for Fátima Shrine visit – Fátima became known worldwide for the Marian apparitions to the three peasant children at the Cova da Iria. As years went by, strengthened by the faith of thousands of pilgrims, Our Lady of Fátima became one of the most important Marian sanctuaries in the world • Lunch in Alcobaça • Workshop of confectionery based in the ancient monastery recipes • Visit to the Monastery of Alcobaça, a gothic work started by the Cistercian monks in 1178 is one of the most remarkable and well preserved examples of Cistercian's architecture and philosophy. It has been designated world heritage by UNESCO since 1989. The tombs of one of the most romantic couples in Portuguese history – D. Pedro I and D. Inês de Castro – are in this monastery • Óbidos Village with "ginginha" (bitter cherry liqueur) tasting in a chocolate cup – one of the curiosities of this village is that it was often the Queen's a dowry. It once belonged to the House of the Queens and is currently a carefully recovered village surrounded by medieval walls that lead us to legends and old stories • Dinner in one of Lisbon typical restaurants • Return to the hotel.

Day 7

Lisbon, the capital of Portugal, well-known for its 7 hills is one of the most ancient in the world and is considered a unique destination as it offers not only the sea but also the sun, and the mountain. All this in one city alone. The cultural offer is also very rich • Tour to Sintra and visit to the Pena Palace • Still in Sintra, try the famous pastry at the café Saudade • Visit to Cascais • Reception in Oeiras by the "Confraria do Vinho de Carcavelos", one of the smallest wine regions in Portugal and together with the Douro, one of the oldest • Lunch at the "Museu do Fado" – this museum is a tribute to the genuine Portuguese Fado and its history • Wine tasting at Viníportugal • Dinner in a traditional "Casa de Fados" • Return to the hotel.

Day 8

Free day.

Day 9

Return.

My notes



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