

葡萄牙中部·不要错过

# Center OF Portugal

Don't miss it!

TURISMO DE  
PORTUGAL



centro

TABULEIROS FEAST • TOMAR (2019)

圣灵节, 托马尔

慢生活

# SLOW LIVING

“It does not matter how slowly you go as long as you do not stop.”  
— Confucius

譬如为山，未成一篑，止，吾止也；譬如平地，虽覆一篑，进，吾往也。——孔子

VEISEU CATHEDRAL • VISEU  
维塞乌大教堂

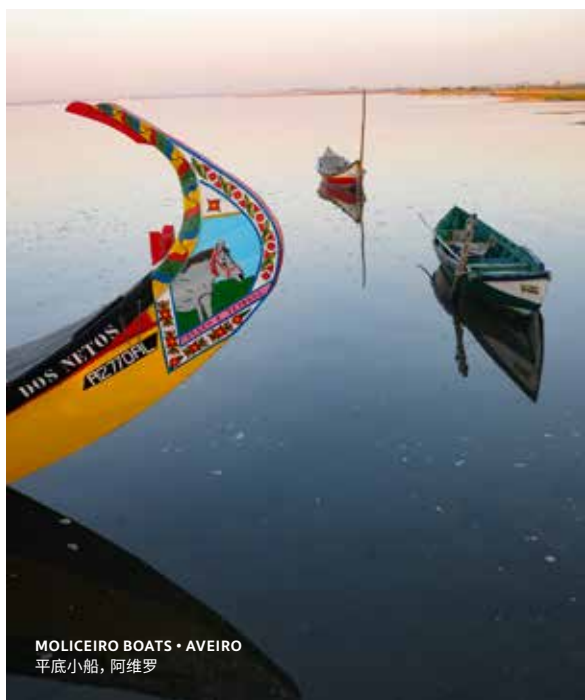


There is wisdom in peacefulness. There is beauty in small things. The cities of Centro de Portugal are the perfect combination of tradition and modernity, heritage and innovation, past and future. It's not about the speed, but the time you devote to a sustainable way of living. Beautiful places with soul.

宁静之中蕴含智慧，微小之间彰显魅力。葡萄牙中部的城市完美地结合了传统与摩登，继承与创新，过去与未来。这一切无关速度，葡式惬意的生活情调就在您的信步漫走之间。美丽的地方自有美丽的灵魂。

AVEIRO  
阿维罗







SANTA CRUZ CHURCH · COIMBRA  
圣克鲁斯教堂，科英布拉大学





FADO DE COIMBRA AT MACHADO DE CASTRO NATIONAL MUSEUM • COIMBRA  
科英布拉的法多艺术, 马查多·德卡斯特罗国家博物馆

**MONDEGO GREEN PARK • COIMBRA**

蒙德戈绿色公园，科英布拉



**MONDEGO RIVER • COIMBRA**

蒙德戈河，科英布拉





BOTANICAL GARDEN • COIMBRA  
植物园, 科英布拉







ÓBIDOS  
奥比杜什



TOMAR  
托马尔



ÓBIDOS  
奥比杜什



TOMAR  
托马尔



TILES OF AVEIRO AND OVAR 阿维罗和奥瓦尔瓷砖画



ART NOUVEAU DETAIL · AVEIRO  
新艺术细节, 阿维罗



VISTA ALEGRE FACTORY · ÍLHAVO (AVEIRO)  
维斯塔阿莱格里工厂 伊利亚沃 (阿威罗)



VISEU  
维塞乌



COIMBRA  
科英布拉

CURIA PALACE HOTEL • CURIA  
教廷皇宫酒店



QUINTA DAS LÁGRIMAS HOTEL • COIMBRA  
眼泪庄园酒店



PALACE DO BUÇACO HOTEL • BUÇACO  
布萨库皇宫酒店 · 布萨库





# STAYWITHUS

和我们一起



CASAS DO CÔRO • MARIALVA  
卡萨斯科罗酒店 · 马里亚尔瓦



AREIAS DO SEIXO HOTEL • TORRES VEDRAS  
艾瑞杜塞舒酒店 · 托雷斯韦德拉什

FÁTIMA SANCTUARY  
法蒂玛保护区



世界在她脚边

# The World at Her Feet

Fátima is one of the most spectacular Catholic sanctuaries of the world, a place of tranquility and the meeting point of Christians, Catholics, Protestants, Orthodox, Muslims, Jews, Hindus, Buddhists and agnostics from the four corners of the world. Discover the history of this enchanting place of confinement and inner peace, as well as its most iconic spots!

法蒂玛(Fátima)是世界上最蔚为壮观的天主教保护区之一,享一方宁静的同时,亦是全世界基督教、天主教、新教、东正教、穆斯林、犹太教和印度教的交汇之地。让我们来到这里,一同追溯它背后的历史,一同寻找自我内心的平静。当然,也不能错过它最有代表性的景点。



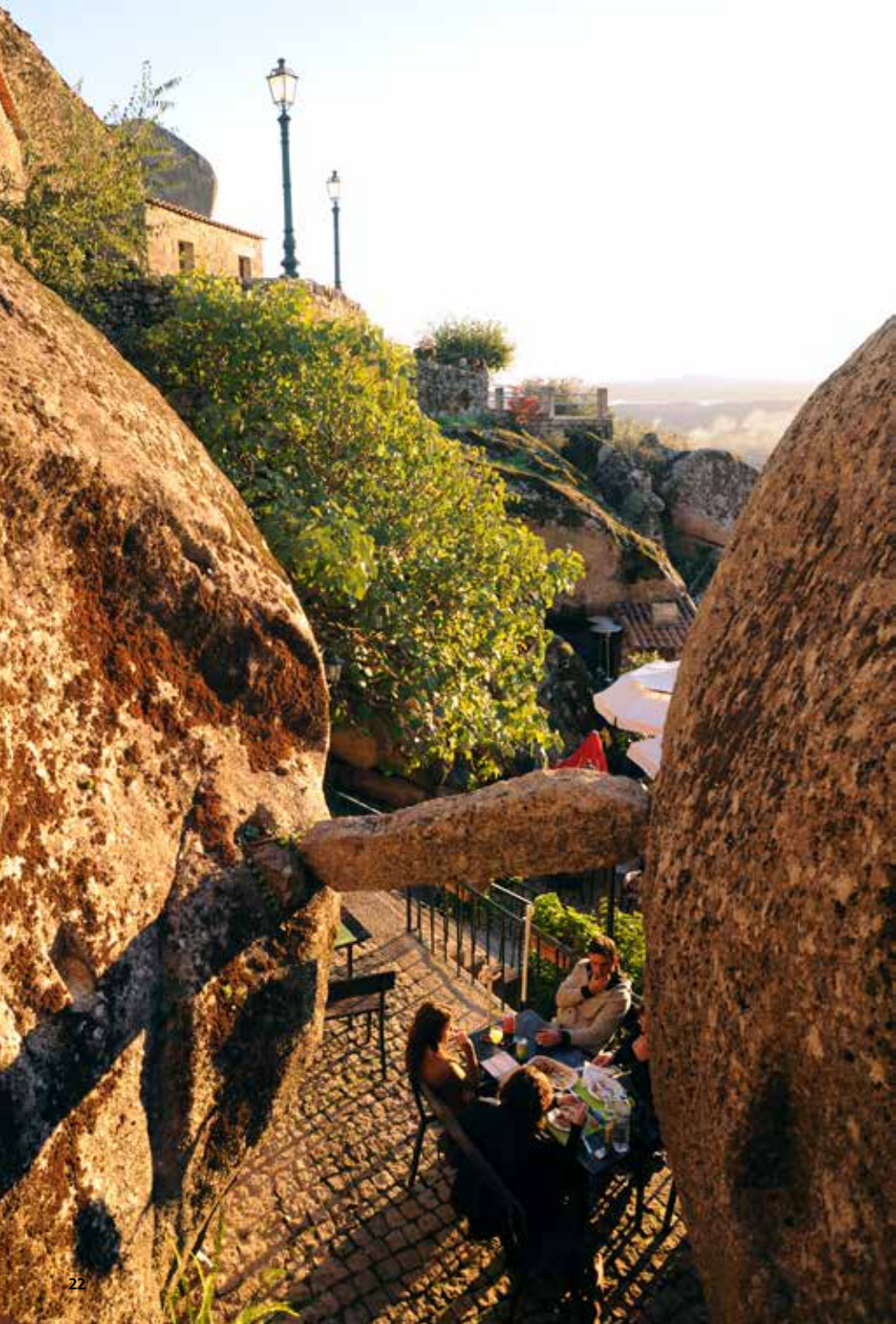
# Villages out of Fairy Tales

来自仙境的村庄

They can be very small dots in the world map, but it was thanks to them that the fate of a country was changed. Strategically placed next to the Spanish border, Portugal's historical villages are the work result of many generations of Kings who were concerned about territorial defence and decided to populate and fortify the area.

或许在世界地图上它们只是小小的一点，但正是它们改变了整个国家的命运。这些村庄毗邻西班牙边境，处于战略性地理位置，这里凝聚了几代国王对于国土防御的忧思，人们移居于此，加固了此处的防御。





CASTELO RODRIGO

远古罗马小镇 · 卡斯特洛德里戈



MARIALVA

马里阿尔瓦



# WORLD CAMPUS







# WORLD TWALKS

## 世界之廊

Join us on a fantastic tour across the UNESCO World Heritage sites of Center of Portugal! These amazing places of indisputable beauty carry a unique history and a very special charm!

让我们一起踏上联合国教科文组织世界遗产之葡萄牙之旅。体验无与伦比的美丽，追溯独一无二的历史，领略别具一格的魅力。





## UNIVERSITY OF COIMBRA — ALTA AND SOFIA

Situated on a hill overlooking the city, the University of Coimbra with its colleges grew and evolved over more than seven centuries within the old town. The classified area includes the 12th century Church of Santa Cruz and a number of 16th century colleges, the Royal Palace of Alcáçova, which has housed the University since 1537, the Joanine Library with its rich Baroque decor, the 18th century Botanical Garden and University Press, as well as the large “University City” created during the 1940s.

### 科英布拉大学

科英布拉大学坐落于山丘之上，俯瞰整座城市，各个学院历经了七个世纪的发展，并被划分为以下几大区域：12世纪建立的圣克鲁斯教堂，一系列16世纪建立的学院，奥卡索瓦皇家殿堂——后于1537年成为大学，极赋巴洛克风格的中央图书馆，18世纪植物园和大学出版社，同时还包括由20世纪40年代建立的“大学城”。

## MONASTERY OF ALCOBAÇA

奥古巴萨修道院



## MONASTERY OF ALCOBAÇA

The Monastery of Santa Maria d'Alcobaça, north of Lisbon, was founded in the 12th century by King Alfonso I. Its size, the purity of its architectural style, the beauty of the materials and the care with which it was built make this a masterpiece of Cistercian Gothic art.

奥古巴萨修道院  
圣玛利亚·奥古巴萨修道院坐落在里斯本北部，于12世纪由国王阿方索·亨利奎斯(Rei D. Afonso Henriques)创立。其宏伟的建筑面积，纯净的建筑风格，极富美感的材料，凝聚着建造者的匠心，使之成为西多会哥特式艺术杰作。

## MONASTERY OF BATALHA

巴塔利亚修道院



## MONASTERY OF BATALHA

The Monastery of the Dominicans of Batalha was built to commemorate the victory of the Portuguese over the Castilians at the battle of Aljubarrota in 1385. It was to be the Portuguese monarchy's main building project for the next two centuries. Here a highly original, national Gothic style evolved, profoundly influenced by Manueline art, as demonstrated by its masterpiece, the Royal Cloister.

### 巴塔利亚修道院

多米加巴塔利亚修道院的落成是为了庆祝葡萄牙人1385年阿勒祖巴洛特战役的胜利，该战役中葡萄牙人击退了卡斯蒂利亚人。在之后的两个世纪里，巴塔利亚一直都是象征葡萄牙君主主权的标志性建筑。它开创了民族哥特艺术的先河，并深受曼奴埃尔艺术的影响。在这里，您可以欣赏真实的回廊——真正的建筑杰作。

## CONVENT OF CHRIST IN TOMAR

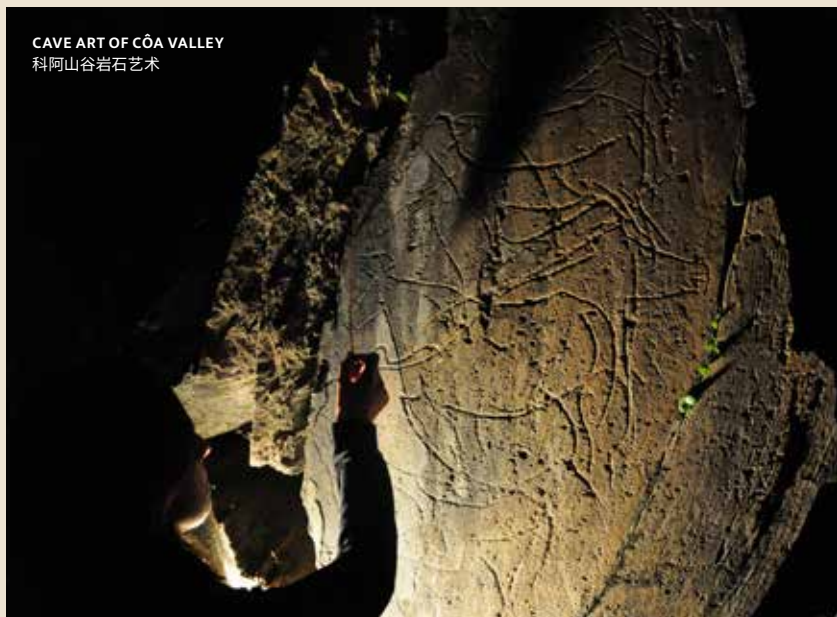
Originally designed as a monument symbolizing the Reconquest, the Convent of the Knights Templar of Tomar (transferred in 1344 to the Knights of the Order of Christ) came to symbolize just the opposite during the Manueline period – the opening up of Portugal to other civilizations.

克赖斯特女修道院, 托马尔  
这座托马尔圣堂武士修道院(后于1344年成为十字军救护团骑士修女院), 最初是为了象征骑士的征服行程而修建的, 但后来, 这个修道院在曼奴埃尔王朝统治时代却被赋予了相反的象征意义, 即葡萄牙开始对其他文明开放的象征。

CONVENT OF CHRIST IN TOMAR  
克赖斯特女修道院, 托马尔



CAVE ART OF CÔA VALLEY  
科阿山谷岩石艺术



## PREHISTORIC ROCK ART SITES IN THE CÔA VALLEY AND SIEGA VERDE

The two Prehistoric rock art sites in the Côa Valley are located in the margins of Águeda and Côa rivers, two tributary rivers of Douro River. These sites have an extraordinary concentration of Upper Palaeolithic petroglyphs (22.000 – 10.000 BC), which is unique of its kind in the world as well as one of the most outstanding examples of the first artistic creations of the human being. The engravings are essentially figurative, depicting animals and some geometrical schematic forms. The rock art sites of Côa Valley (Portugal) and Siega Verde (Spain) are the most important Palaeolithic rock art set in the open air of the Iberian Peninsula.

科阿山谷和席尔加·维德岩石艺术考古区

科阿峡谷史前岩石艺术遗址于1998年列入了《世界遗产名录》，是一处集中体现旧石器时代晚期（公元前 22000年至 10000年）岩刻艺术的遗址，而且其规模之大也为世界少有。就此而言，这一文化遗址也是反映人类早期艺术创作的一项最突出的实证。

作品主要是对动物形象的描绘，但其中也可以找到几何图案与概括抽象图案。席尔加·维德与科阿峡谷的史前岩石艺术遗址代表着伊比利亚半岛旧石器时代露天石刻艺术所达到的最高水平。

# Perse

A true time travel. In Center of Portugal you will find those primordial places at the heart of sheer silence. The timeless glacial valleys of Serra da Estrela, the light-bathed Ria de Aveiro, the majestic design of Côa Valley, protected ecosystems, breathtaking natural parks and many trails to explore, either on foot or by bike! Where we find ourselves. Under an absolutely blue sky.

一段纯粹的时空之旅。在葡萄牙中部，您将邂逅的是一处处世外桃源，您能聆听到的是静谧。埃什特雷拉山脉永恒的冰川山谷，五光十色的阿维罗入海口，科阿山谷的雄伟设计。生态系统，





SERRA DA ESTRELA  
埃什特雷拉山脉

ction

完美旅程

LORIGA GLACIAL VALLEY • SERRA DA ESTRELA  
洛里加冰川谷, 埃什特雷拉山脉





THE AVEIRO "RIA"  
阿维罗入海口



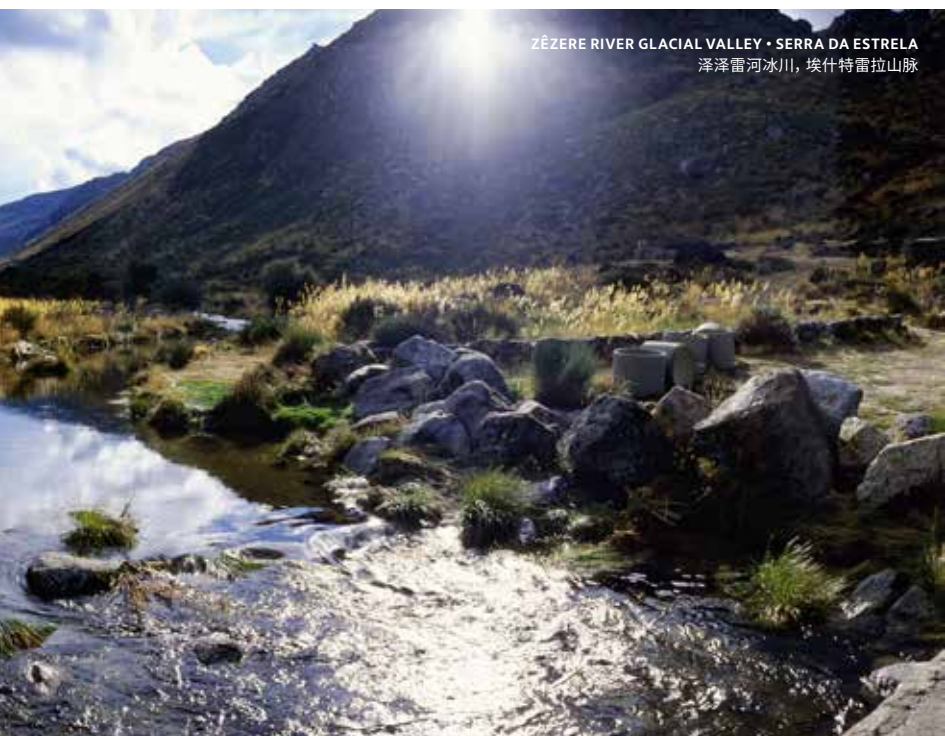
CARAMULO MOUNTAIN · VISEU

卡拉穆卢山脉，维塞乌



ZÊZERE RIVER GLACIAL VALLEY · SERRA DA ESTRELA

泽泽雷河冰川，埃什特雷拉山脉









# Guilty Pleasure

饕餮美食

Because life is way too short not to fall in temptation, Centro de Portugal invites you to know the noble wines of Dão, Bairrada, Beira Interior and Oeste region, along with the tastiest and most indisputable delicacies, such as the cheeses and sausages of Castelo Branco or the delicious Bairrada suckling pig. Convent-made sweets treats, the iconic soft eggs of Aveiro, Ovar sponge cake, the sweet “kiss me quickly” (“beija-me depressa”), pleasures made of sugar and egg to taste passionately. With no hurry.

人生得意须尽欢。葡萄牙中部邀您品鉴来自杜奥、百拉达、贝拉中部和西北部葡萄酒产区的尊贵佳酿，配以佳肴，如布朗库城堡的芝士和香肠，或是百拉达美味的烤乳猪。修道院自制的甜点中，最具代表性的是阿威罗半熟溏心蛋，奥瓦尔海绵蛋糕，甜点“快吻我”，这些由糖和鸡蛋组成的味蕾诱惑，还不赶快来试试。



*ives*



OLIVES FOR EXTRAORDINARY OLIVE OILS

橄榄，用于提炼橄榄油



The cod is the most faithful of friends and you can actually pay a visit to it in the memorable Codfish Aquarium of Ílhavo Maritime Museum!

鳕鱼是我们最忠诚的朋友。若有机会，您可以参观位于伊利亚沃海事博物馆中的鳕鱼水族馆，叫人流连忘返。

STAR PARADE  
CHEF LUÍS BAENA



BAIRRADA SUCKLING PIG  
百拉达烤乳猪

Esmolfe apple variety, known since the 18th century and named after the village Esmolfe (county of Penalva do Castelo) is an exclusively Portuguese product. This apple is a small pale green fruit. It has a strong and pleasant scent, which is quite unique. The pulp is white, soft, juicy and sweet, with lasting taste properties.

But there are thousands of flowers in Center of Portugal. As days go by, there are flowers of cherry, pear, peach and apple trees!

Mouth-watering fruits like the cherries of Fundão, the apples of Alcobaça or the pear variety “pêra-rocha” that taste of Nature’s almighty generosity.

Esmolfe苹果,自18世纪以来以Esmolfe村庄命名(佩纳尔瓦堡),这是葡萄牙独有的品种,是一种小小的浅绿色水果。它独一无二之处便是有着浓郁怡人的香气。果肉呈白色,质软,汁多味甘,持续停留在您唇齿间。

葡萄牙中部更是一片花海。随季节变化,樱桃、梨子、蜜桃和苹果树的花朵盛开。

这里还有令人垂涎的水果,比如芳戴尔的樱桃,阿尔科巴萨的苹果或“梨岩”,都是自然慷慨的馈赠。



OVOS MOLES OF AVEIRO  
阿维罗半生溏心蛋



OVAR SPONGE CAKE  
奥瓦尔海绵蛋糕



# Ocean

279 km of Atlantic coastline with the most challenging waves you can imagine! From Figueira da Foz with Europe's best right to the giant waves of Nazaré or the tubular waves of Peniche that describe perfect cycles, Centro de Portugal is the place to go for world's top surfers! True brave men who challenge the fearless sea and its generous waves, like the epic Portuguese discoverers, who arrived in China in 1513. An unbreakable bond.

大西洋海岸线全长279公里，这里有你能想到的最具挑战性的海浪！从菲盖拉·达福什到拿撒勒或是佩尼谢，依次拥有欧洲最棒的巨大海浪和管状浪，形成完美的闭环。葡萄牙中部是世界顶级冲浪手的殿堂。人们在这里毫无畏惧向大海发出挑战，无独有偶，正如1513年抵达中国的葡萄牙发现者们。

SUPERTUBOS BEACH • PENICHE  
SUPERTUBOS海滩, 佩尼谢

# 冲浪圣地 & Lovers



SEA FESTIVAL · ÍLHAVO (AVEIRO)  
海洋节 · 伊利亚沃 (阿维罗)





**COSTA NOVA BEACH · AVEIRO**  
新科斯塔海滩, 阿维罗



**BARRA LIGHTHOUSE · AVEIRO**  
巴哈灯塔, 阿维罗



**COSTA NOVA · AVEIRO**  
新科斯塔, 阿维罗





GARRETT MCNAMARA SURFING THE GIANT WAVES OF PRAIA DO NORTE • NAZARÉ  
加勒特·麦克纳，冲浪手，北海滩的巨浪，拿撒勒







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