

CHOOSE PORTUGAL



visit Portugal

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"Medieval castles, cobblestone villages, captivating cities and golden beaches: the experience of Portugal can be many things. History, great food and idyllic scenery are just the beginning..."

Lonely Planet, UK



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Cover: Cabo da Roca
This page: Achada do Gramacho, Santana, Madeira

© Turismo de Portugal / André Carvalho
© Turismo da Madeira / Francisco Correia

/ PORTO AND THE NORTH

"It's hard not to fall in love with Portugal's romantic second city, Porto. Located on the coast of the Rio Douro, the portside town is a melting pot of colours and architectural styles; from the pastel townhouses to the medieval bell towers, the extravagant baroque churches to the classical beaux-arts state buildings. Wine aficionados come here for the growing number of wine caves and cellars open for tastings, while music-lovers travel for the Primavera Sound festival every June."

Harper's Bazaar, USA



/PORTO AND THE NORTH

"Here Portugal was born". This is the inscription on the Torre da Alfândega, the oldest part of the medieval city wall of Guimarães, the birthplace of the Portuguese nation. The historical centre of the city is a World Heritage Site and is one of the must-see places in this region, which is very diverse in its landscape, culture and traditions.

Porto, another World Heritage City, chosen by travellers as the best city break in Europe, is a constant surprise. A cosmopolitan city, with an intense cultural life, imposing monuments such as the iconic Maria Pia and Luiz I bridges, the Cathedral and the spectacular baroque church of São Francisco, beautiful old bookshops such as Lello, beaches and parks, and rich original cuisine, Porto seems to be constantly reinventing itself, but always against the backdrop of the River Douro. And the banks of this river further upstream form a unique landscape, also classified UNESCO World Heritage, where the renowned Port and Douro wines are produced.

Braga, Viana do Castelo, Chaves, Lamego, Bragança and Vila Real are other towns worth visiting. The region is also known for its spectacular natural landscapes, particularly the Peneda-Gerês National Park, its Vinho Verde and characterful cuisine (and cakes!).

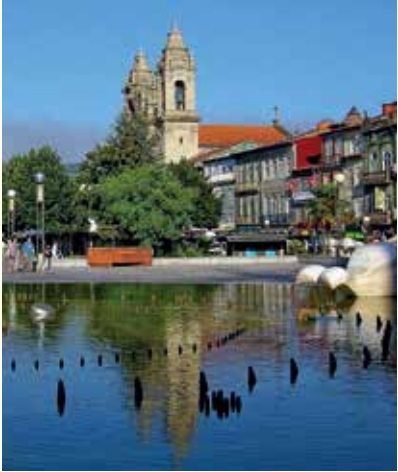


Banks of the Douro, Porto
Livraria Lello, Porto
Largo da Oliveira, Guimarães

© Associação de Turismo do Porto
@livrarialello
© Associação de Turismo do Porto

Braga
Kitesurfing on Cabedelo Beach, Viana do Castelo
Paiva Walkways, Arouca Geoparque
Gerês

@carlinhos_75
© Município de Viana do Castelo
© Câmara Municipal de Arouca
@andrea_gms_



Praça da República, Viana do Castelo
Sanctuary of Nossa Senhora dos Remédios, Lamego
Casa de Mateus, Vila Real

@lgruiz1978
@dianacoza
@guigas.m

"...perhaps the most exciting part of the city is the way much of the architecture and design blends traditional taste with contemporary innovation. And, fortunately, the same can be said for Porto's serious foodie scene. So for those planning a summer getaway, look east—Porto is the first and last Atlantic destination you should see."

Vogue, USA

/ CENTER OF PORTUGAL

"Portugal is more than its bustling capital and its surfer-ready coasts. Its central regions are rich in activity: sunny beaches and coastline; accessible palaces to stay in; cool cities; dishes you probably never ate; dramatic landscapes; heritage..."

CNN Travel, USA



Cântaro Magro, Serra da Estrela

© Turismo de Portugal / Paulo Magalhães

/CENTER OF PORTUGAL

From fishing villages to historic towns and cities, from the winter resort of Serra da Estrela to beaches on the river or by the Atlantic Ocean, this region has plenty to offer visitors. Among its most interesting attractions are undoubtedly the Historical Villages and the Schist Villages, offering an image of the old Portugal and the more isolated life of the interior which is now undergoing a revival. The historical city of Viseu; Guarda, Portugal's highest city; Coimbra, home to one of the oldest universities in the world and a World Heritage Site; and the well preserved Roman settlement of Conímbriga, a few kilometres away, all deserve to be part of a tour of the region. Also on the list of UNESCO classified heritage is the Castle and Convent of Christ in Tomar, the Monastery of Santa Maria da Vitória, known as the Monastery of Batalha, and the spectacular Gothic monastery of Alcobaça; all are worth a lengthy visit. But there is much more; Aveiro, a city criss-crossed by canals with its characteristic boats known as moliceiros; the Costa Nova and its colourful striped houses; Óbidos, a testimony to the love of a king for his queen; Fátima and its Shrine to Mary, the object of annual pilgrimage; the fishing town of Nazaré and its legendary giant waves; Peniche, the surfing paradise... Diversity that does not end in the landscape. The region's gastronomical and leisure options also deserve to be explored and appreciated.



Coimbra Lower Town
Mosaics in the Roman
city of Conímbriga
Surfing at Figueira da Foz
University of Coimbra

@marloestolman
@glynpe
@andres-melz

© Turismo de Portugal / Rui Rebelo

Aveiro
 Piodão
 Casal de São Simão
 © Turismo Centro de Portugal
 © Turismo de Portugal / Rui Rebelo
 © Turismo de Portugal



Sortelha
 Alcobaça Monastery
 @mmsequeira
 @migueloureiro76

*"Cuisine, nature,
monuments and
the Portuguese are
the promise of an
adventure that inspires
a journey. Yours."*

Condé Nast Traveler, Spain



/ LISBOA REGION

"Now the rest of the world is turning up to discover one of Europe's oldest and most beautiful cities as it rides a high tide of creativity and optimism."

Condé Nast Traveler, USA



Praça do Comércio, Lisboa

© Turismo de Portugal / Rui Rebelo

/LISBOA REGION

Lisbon is the place to be. Frequently chosen as one of the best destinations in Europe, the capital of Portugal is an old city, full of history and vestiges of the past and yet, at the same time cosmopolitan, multicultural, full of culture and life. From historical and heritage areas, from the Baixa Pombalina to Belém (where only yards separate the Jerónimos Monastery and Belém Tower, both classified as UNESCO World Heritage Sites, together with the Monument to the Discoveries), to the newest part of the city - Parque das Nações with its fabulous Vasco da Gama Bridge (the longest in Europe and one of the biggest in the world), to the characteristic neighbourhoods of Alfama, Mouraria, Sé and Bairro Alto, with their winding streets, centuries-old houses and traditional shops, Lisbon is always surprising. Perched on a hill, the medieval Castle of São Jorge watches over the bustle of the city.

Following the river to the sea, you can find good beaches such as Cascais and Estoril just a few kilometres away - refuges for aristocrats in wartime - or, further north, those of Ericeira, the only Surfing Reserve in Europe.



View of Lisbon
Parque das Nações

© Turismo de Portugal / José Manuel
© Carlos Neto / shutterstock.com

LX Factory, Lisboa
 Surfing at Costa de Caparica
 Ericeira, the only World Surfing Reserve in Europe
 © Turismo de Portugal
 © Turismo de Portugal / André Carvalho
 @ritacondessa

And anyone who comes here must go to Sintra, a World Heritage Cultural Landscape, and visit the magnificent castles and palaces built in the middle of its lush green surroundings.

Over the other side of the River Tagus, the Arrábida Natural Park is a place of incomparable beauty, rising above the ocean between the city of Setúbal and the fishing town of Sesimbra, both famed for their excellent fish and seafood-based cuisine. Other highlights of this region are the towns of Azeitão, which produces delicious cheeses, and Palmela with its imposing castle.

And after a tour, the beach or a round of golf, you must return to Lisbon to enjoy the bustling nightlife: excellent restaurants, bars, terraces and discos and a full cultural programme all year round.



Sesimbra
 Azenhas do Mar
 Pena Palace, Sintra
 @prgmendes
 @monicalves94
 © Turismo de Portugal / Filipe Rebelo

"Lisbon really has got everything: sun, sea and a relaxed and charming atmosphere like the one we found in the colourful streets of the Alfama and Chiado neighbourhoods."

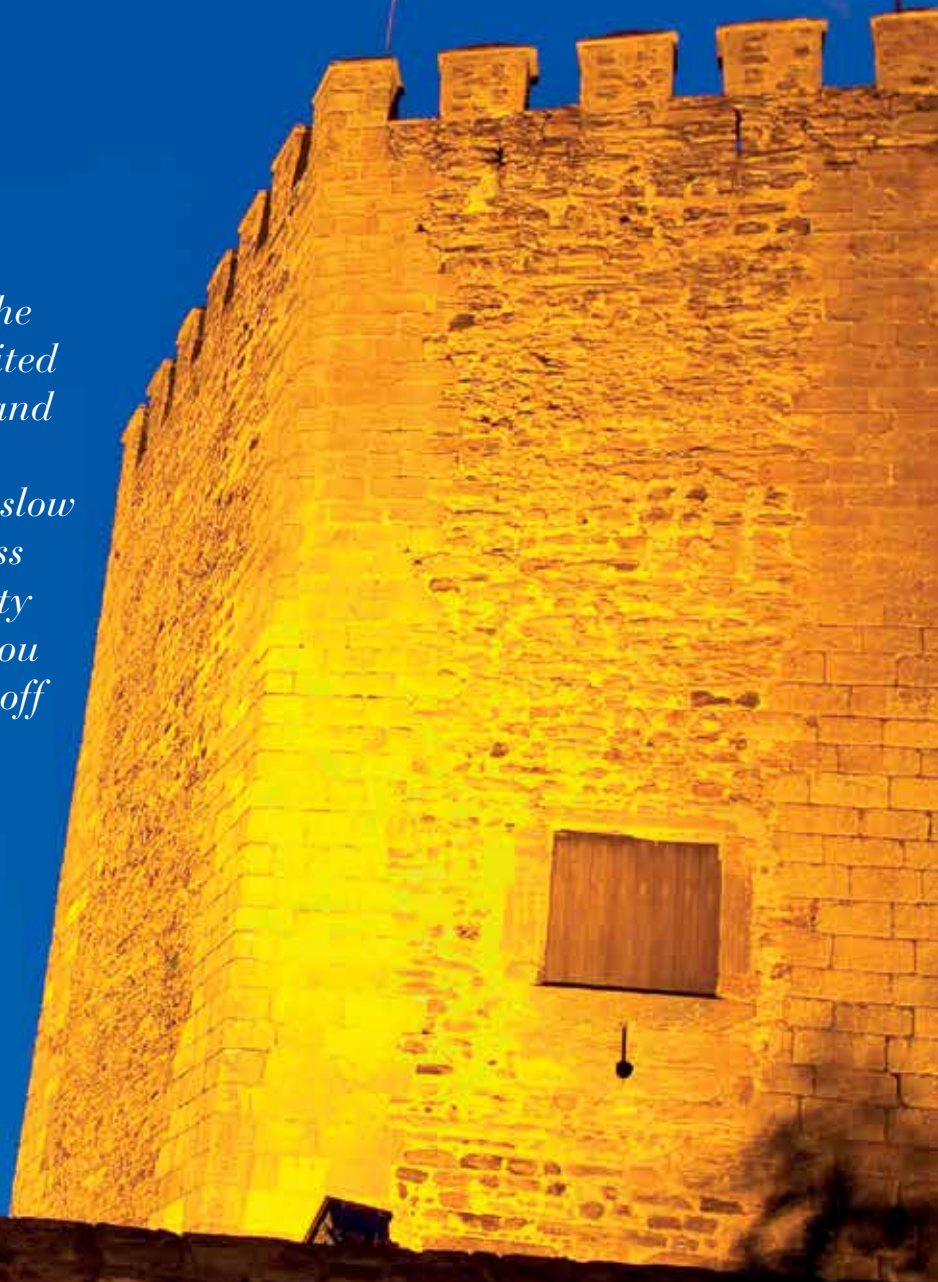
Huffington Post, USA

/ ALENTEJO

"The region of Alentejo takes up about a third of the country and creates unlimited options for entertainment and relaxation.

In Alentejo, life moves at a slow and steady pace. Any stress you're carrying from big city life quickly slips away as you sip on wine, eat, and gaze off into the endless sky."

Yahoo Travel, USA



/ALENTEJO

A land of great plains, cork oaks, vineyards and excellent wines, of immaculately whitewashed houses, the Alentejo is also a land of outstanding beaches, some almost deserted even in the hottest summer months. The largest continuous stretch of beaches in Europe, about 60 kilometres long, is perfect for a few days' rest and relaxation, but also for lovers of surfing and other water sports, who will find several choice spots here.

The Alentejo has its own particular rhythm and unique food, with Mediterranean-style flavours based around fish and seasonal vegetables on the coast, and original meat dishes in the interior, enriched with aromatic herbs such as coriander, oregano and rosemary. It is well-known for its immense skies - this region is the first Dark Sky Reserve in the world; for its World Heritage Cities - magnificent Évora and monumental Elvas, a fortress city; and for the enormous Alqueva reservoir, the largest man-made lake in Europe, where you can go sailing and even rent a houseboat.



Castelo de Vide
Marvão
Arraiolos
A region of endless horizons

© Turismo do Alentejo
© Arnaud Brukhnoff
@vortexmag
© Turismo do Alentejo

Also not to be missed are the ancient walled hill towns of Marvão and Monsaraz, magical places full of history and stories; Vila Viçosa and the Ducal Palace, its whole façade covered with local marble; Castelo de Vide; Arraiolos and its unusual circular castle and traditional handmade carpets, Mértola, Terena... and the cities of Portalegre and Beja. Further north, Santarém is known for its strong equestrian tradition and also for its cuisine. In October, this city holds the main gastronomic show in the country. In neighbouring Golegã, the National Horse Fair has taken place every year in November since the 18th century.

Évora, Roman Temple
 Monsaraz
 Palace of Vila Viçosa
 Elvas, Amoreira Aqueduct

© Crédito Shutterstock /Júnior Braz
 © Turismo do Alentejo
 © Turismo do Alentejo
 © Crédito Shutterstock /Dimdok



*"Go to be bewitched.
Portugal's largest region, covering
a third of the country, truly
captivates. Think dry, golden plains,
rolling hillsides and lime-green vines.
A rugged coastline, traditional
whitewashed villages, marble towns
and majestic medieval cities."*

Lonely Planet, UK



/ ALGARVE

"Portugal's southernmost region is well known for its sandy beaches and lively nightlife, but the Algarve also entices visitors because of its diversity. Here, golden cliffs drop off into the ocean's waves below and Moorish ruins remain where entire communities once lived.

As a major tourist destination, former fishing villages have been turned into summer resorts, but if you look close enough, its history still lingers amidst high rise apartments and modern developments.

However, this beautiful region still has plenty of treasures worth discovering and plenty of activities to hold any traveler's wanderlust interest."

Just Luxe, USA

Vale do Lobo
© Vale do Lobo Ocean Golf Course

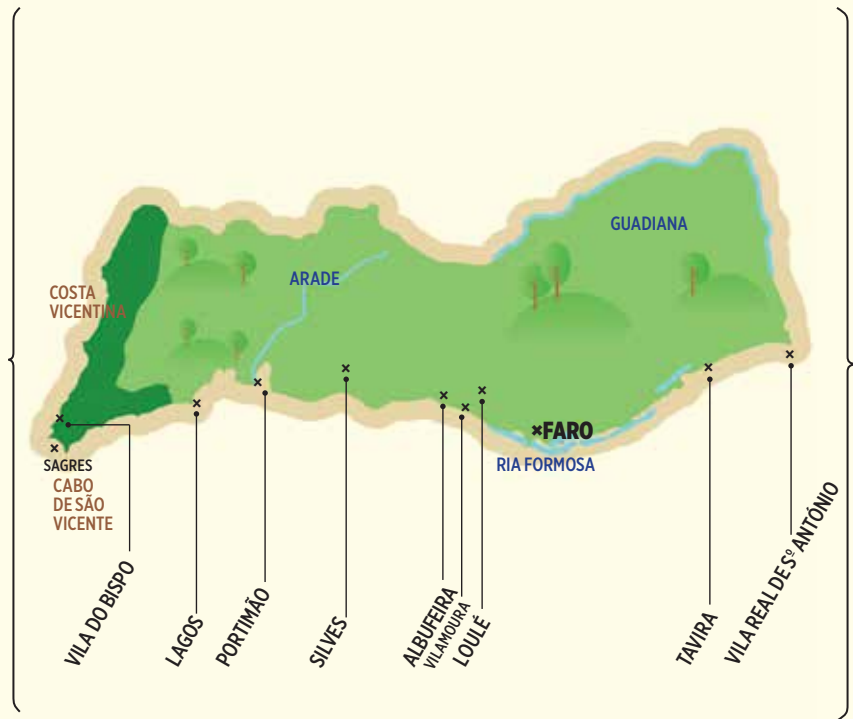


/ALGARVE

With a coastline stretching 230 kilometres, more than 130 beaches, some considered among the best in Europe, 3,000 hours of sunshine per year and 40 golf courses, five of them in the top 100 in continental Europe, the Algarve, considered by the World Travel Awards as Europe's Best Beach Destination, has a lot to offer.

As well as the sea, which is always inviting for a dip or a wide range of water sports, the mild temperatures and award-winning golf courses, the Algarve also offers gastronomical experiences. Fish and seafood, grilled or served cataplana style are particularly appreciated, either cooked by the hands of Michelin-star chefs, or in small traditional restaurants by the beach or in the historic towns and cities that are also worth seeing. For lovers of nature and biodiversity, the mountains of Monchique, the Ria Formosa Natural Park and Sagres, at the extreme southwestern tip of continental Europe, are points of interest. To get to know the landscape well, there is nothing better than walking or cycling along trails such as the Rota Vicentina or Via Algarviana. Those who are looking for a more urban experience should not pass a visit to some of the Algarve's main cities, such as Faro, Lagos, Silves or Tavira.

With a lively culture and nightlife, especially in the summer months, a rich history closely linked to the Discoveries, and a heritage where the legacy of the Romans and Arabs is still visible, the Algarve appeals to all types of travellers.



Ponta da Piedade, Lagos
Tavira
São João do Arade Castle, Ferragudo

@koenig_sk
@jg_zdl

© Turismo do Algarve



A perfect destination for cycling excursions
Quinta do Lago
Loulé Market
© Turismo do Algarve / Hélio Ramos
@miguelmilheiro
@mariknym



Largo da Sé Square, Faro
Falésia Beach
© Turismo de Portugal / Rui Morais Sousa
© Turismo de Portugal



"The coast of the Algarve in southern Portugal is a seemingly endless series of some of Europe's finest beaches. They are seriously spectacular stretches of sand: the climate and atmosphere are Mediterranean, but this is the Atlantic, so good waves and water sports are available alongside more sedate, family-oriented paddling zones."

Lonely Planet, UK

/ AZORES

"Europe is the forgotten continent of intrepid travel. South America, Africa, Asia – each is seen as being wrapped in a cloak of adventure that our home continent cannot match. And yet the idea of Europe being a known concept falls away when you journey to its western edge. No, not Ireland but those Atlantic mysteries, the Azores."

The Telegraph Travel, UK

Lagoa do Fogo, São Miguel

© istock.com / aragami123345

/AZORES

In the middle of the Atlantic, nine small islands surprise with their absolutely stunning landscapes. The Azores are an archipelago of rare beauty, full of tradition and history, with plenty of leisure activities for the whole family, both at sea and on land. In São Miguel, the largest island and home to the capital Ponta Delgada, you must visit the incredible volcanic lakes of Sete Cidades, Fogo and Furnas. At Furnas they make the famous 'Cozido das Furnas', a delicious meat dish slowly cooked inside the steaming volcanic ground. Santa Maria is notable for its beaches of warm water and clear sand and the vineyards that cover its hillsides. Surrounded by the intense blue of the Atlantic, where dolphins and whales abound, the islands Terceira, São Jorge, Pico, Faial and Graciosa lag not far behind in spectacular scenery. On Terceira you will find the oldest city in the archipelago, Angra do Heroísmo, a World Heritage Site. São Jorge is famous for its Fajãs (small stretches of land, flat and cultivable, usually next to the sea) and its delicious cheese, and Faial, 'the blue island' for its colourful and abundant hydrangeas. On this island, there is also a seawall in the city of Horta, where sailors from all over the world have left paintings that are full of colour and stories. Opposite, Pico Island has the highest mountain in Portugal, 2,341 metres above sea level, and the particular tradition of cultivating vineyards on black lava protected by corrals - walls that shelter the grapes from bad weather: a unique landscape, classified by UNESCO as a World Heritage Site. The charming island of Graciosa, with its vineyards and idiosyncratic windmills, is a UNESCO Biosphere Reserve. To the west, Flores Island attracts visitors with its profusion of flowers and its beautiful natural waterfalls and volcanic lakes. The little island of Corvo, with an impressive volcanic crater in its centre, is a stopover for many species of migrating birds. An exotic destination for adventure, comprising protected landscapes and nature reserves, where there always seems to be time for everything.



Ponta Delgada
São Jorge Street
Aerial view of Corvo
Diving
Whale watching

© João Paulo
Turismo dos Açores
Rick Freitas/Faber/Victor Huake
Arraia Divers/drodrigues





Pico Island
Horta Marina
São Miguel Island, Tea Plantation
© Veraçor
© Turismo dos Açores
© Shutterstock /Lukasz Janyst



"Most people still know very little, if anything, about this distant archipelago in the middle of the Atlantic. And yet, it's hard to imagine a more perfect place for nature lovers, adventure sports fans, or anyone looking for a model of sustainability."

Lonely Planet, UK

/ MADEIRA

"Known as the Garden of the Atlantic, Madeira enjoys pleasant weather all year round. The Portuguese island located just off Morocco has long been a haven for those seeking winter sunshine, offering great weather all year round, along with fantastic fresh fish and an abundance of flora. Indeed, its year round mild temperatures offer garden lovers a fascinating opportunity, whilst the islands' beaches and blossoming gastronomy scene make Madeira a perfect year round holiday destination for those looking for a short break."

Mail Travel, UK



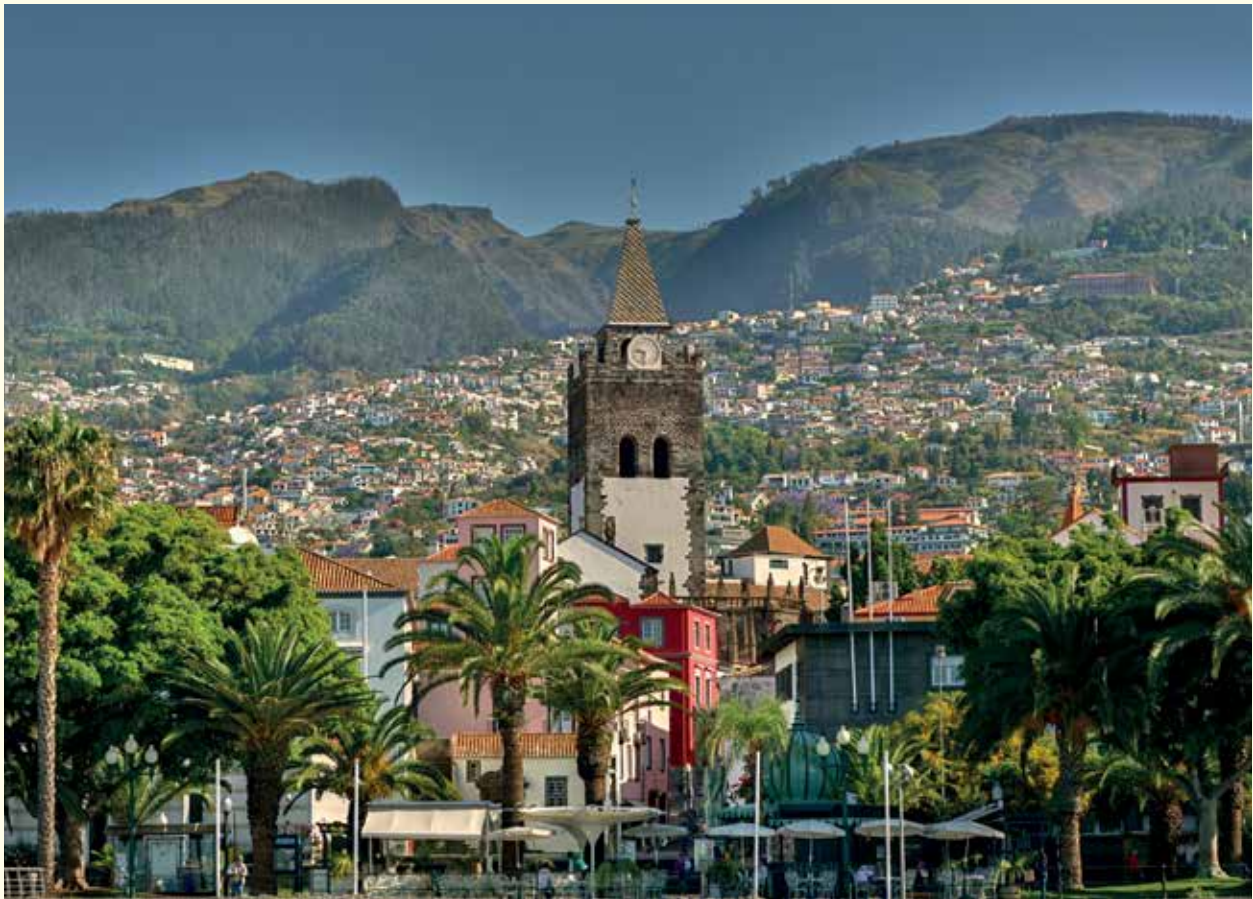
/MADEIRA

Madeira is a green oasis, with incredible natural beauty, right in the Atlantic ocean. With two thirds of its landmass a protected area, and the largest Laurissilva Forest in the world - a World Heritage Site - flowers and exotic fruits abound here all year round, thanks to the almost tropical climate. Those who enjoy outdoor activities and different degrees of challenge in walks along the levadas (old irrigation canals) or mountain trails that open out into lush landscapes and unique biodiversity, will find the perfect destination here.

The capital, Funchal, has an interesting history linked to the days of the Discoveries and holds various events throughout the year, such as the Flower Festival, Carnival and the always spectacular fireworks that mark the beginning of the New Year. With a very strong tradition of welcoming tourists, this was the location of choice for the European aristocracy and important historical figures such as Winston Churchill. Madeira is famous not only for Madeira Wine but also for its excellent hotels, golf courses and simple, original cuisine, including swordfish, tuna, limpets, fried corn, the delicious bolo do caco, a type of muffin, and beef on a skewer of laurel wood.

Those looking for beaches should head to Porto Santo, the first of the many islands discovered by Portuguese navigators in 1418. Known as the Golden Island, it has a 9 km long sandy beach and turquoise water perfect for a quiet family holiday.





Funchal
Funchal Market
© Turismo da Madeira / Francisco Correia



Cal Islet, Porto Santo
Levada at Portela
Porto Santo Beach
© Turismo da Madeira





"The capital city of Funchal was settled in the 15th century and is a colourful collection of gardens, religious sites, and quirky tourist attractions like the thatched-roof Madeira Story Centre. Hike to the summit of Pico Ruivo and you'll feel like you've climbed through the clouds. Unwind over a glass of Madeira wine, an historic fortified beverage that's musky and subtly sweet."

Trip Advisor, USA

/ INFO



CLIMATE

Mainland Portugal - The climate in Portugal varies significantly from region to region, being influenced by altitude, latitude and proximity to the sea, and this makes for mild winters, especially in the Algarve.

In Porto, the North and Centre, especially in the areas closest to Spain, winters are cooler, although temperatures are moderate compared to the rest of Europe.

The summers are hot and dry, especially in the interior, and in coastal regions the heat is moderated by the maritime influence. During the autumn there are often sunny days with mild temperatures.

The Azores - Influenced by their latitude and the effect of the Gulf Stream, the Azores enjoy mild temperatures throughout the year.

Madeira - With subtropical characteristics due to its geographical position and mountainous relief, the climate in the Madeira archipelago is exceptionally mild, with average air temperatures ranging from 24°C in summer to 19°C in winter.



DOCUMENTS

For stays of up to 90 days, citizens of the European Union, Iceland, Liechtenstein, Norway and Switzerland only require an identity card to enter Portugal. If you are a minor, you must also have parental permission to travel.

Citizens from other states require a passport or a visa.

Visas can be requested from the Portuguese Consulate or Embassy in your country.

Please check your documentation before travelling.



HEALTH - If you need medical assistance please contact the local Health Centre.

Hospital Emergency Services should only be used in serious situations.

Citizens of the European Union, Iceland, Liechtenstein, Norway and Switzerland have access to free or low-cost health care, provided that they produce a European Health Insurance Card and their identification.



EMERGENCIES - Call 112.



DRIVING - The use of a seat belt is always mandatory and the use of mobile phones while driving is prohibited. The maximum speed limits for cars without trailers and motorcycles are 50 kph in built-up areas, 100 kph on lanes reserved for cars, 90 kph on all other roads, and 120 kph on motorways.

Maximum blood alcohol levels: 0.49 grams per litre.

If driving through the country, check the information on motorways and toll payments at www.portugaltolls.com.



CAR HIRE - To hire a car, you need to be over 21 years old, present an identity document (identity card for EU citizens or passport) and a driving licence valid for more than one year.



TRANSPORT

Airports in Portugal

www.ana.pt

Trains in Portugal

www.cp.pt

National coach network

www.rede-expressos.pt



CURRENCY - The euro is the official currency. Money can be changed in banks, bureaux de change and at cashpoints. The most commonly used credit cards are: Visa, American Express, Diners Club, Europay/Mastercard, JCB and Maestro.



OPENING HOURS - Banks: 8.30am-3pm (weekdays)

Shops: 9am/10am-7pm (weekdays) and 9am/10am-1pm (Saturdays)

Shopping centres: 10am-midnight

Mealtimes (approximate): breakfast - 7.30am-10am; lunch - 12 noon-3pm; dinner - 7-11pm.



VAT REFUNDS/DUTY FREE

Visitors residing in countries outside the European Union can obtain a VAT (Value Added Tax) refund on purchases made and carried in their personal luggage, provided they comply with minimum purchase amounts.



CUSTOMS CHARGES - Travellers from European Union or other countries must comply with specific rules on the transport of tobacco, alcoholic beverages and money.



ELECTRICITY - Electrical current is 230/400 volts, with mains frequency of 50 Hz, and power outlets follow European standards.



TOURIST INFORMATION - USEFUL LINKS

www.visitportugal.com

PORTO AND THE NORTH

www.visitportoandnorth.travel

CENTER OF PORTUGAL

www.centerofportugal.com

LISBON REGION - www.visitlisboa.com

ALENTEJO - www.visitalentejo.pt

ALGARVE - www.visitalgarve.pt

AZORES - www.visitazores.com

MADEIRA - www.visitmadeira.pt

VISITPORTUGAL.COM

