

FEELING PORTUGAL



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Cover: Amália, Vhils

This page: Douro

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*"In the end, the best way to travel is to feel."
Álvaro de Campos (Fernando Pessoa)*





Alentejo

©Turismo de Portugal/Francisco Almeida Dias

Combining a Mediterranean influence with the coolness of the Atlantic Ocean, Portugal is known for its mild, sunny climate and diverse landscapes that go from the magnificent coastal beaches, to the golden plains of the Alentejo, the verdant mountains of the interior to the peaceful, lush nature of the Azores and Madeira islands. It is also known for its long history of conquests and discoveries, going far beyond its borders; for its imposing heritage, full of milestones of a glorious past; for its culture, which is always dynamic; for its unique, comforting cuisine full of flavours and aromas... and always for its relaxed, simple and unmatched setting, with open arms for those coming back.


One of Europe's oldest nations, with more than eight centuries of history and a happy mixture of peoples, cultures and traditions, Portugal is the home of the world's oldest demarcated wine region - the Douro, a World Heritage Site, where Port Wine is produced - and one of Europe's oldest universities, the magnificent University of Coimbra, established in the 13th century, also classified by UNESCO. The land of the Discoveries, of Fado, of age-old traditions tied to its vast sea, Portugal is a modern, cosmopolitan country with countless options for leisure and places to visit and explore with your family, your partner or on a solo adventure.



/ CULTURE

Flores Islands, Azores

© Turismo de Portugal / Paulo Magalhães

An aerial photograph of a large, flat-topped rocky island in the middle of a vast blue ocean. The sky is a deep blue with scattered white and grey clouds. The water around the island is a lighter, turquoise blue, indicating shallow depths or a reef. The overall scene is serene and expansive.

*"A language is the place from which we see
the world, and trace the boundaries of our thinking
and feeling. From my language, we see the ocean."*

Virgílio Ferreira, Portuguese writer, 20th century

/CULTURE

"Europe's garden, planted by the sea." This is how the 19th-century politician and poet Tomás Ribeiro praised Portugal.

A country with an Atlantic coastline of 1,860 km – including the Madeira and Azores archipelagos – the way of life, culture, popular traditions (with processions to the sea and devotion to Our Lady, the patron saint of Portugal and fishermen), artistic expression in Portugal cannot be separated from this intimate bond with the sea. From painting to literature, music to architecture, cuisine to religion... the influences are obvious, marking the country's history and even its identity from the time of the Discoveries to modern days. Luís Vaz de Camões, Fernando Pessoa and Sophia de Mello Breyner are just some of the many Portuguese poets who wrote about the sea and about this unique relationship.

Fado – Portugal's national song, originating from Lisbon – also has this maritime component, singing about saudade (a very Portuguese feeling of longing or nostalgia), distant love, fate ("fado"), and the sea that separates and unites. In 2011, UNESCO classified the Fado as Intangible Cultural World Heritage.



However, Portuguese traditions are also closely tied to the earth and agriculture, with highly unique forms of expression like Cante Alentejano,

a slow-paced style of choral singing also classified as Intangible Cultural Heritage, which sings of melancholy, saudade, love and country life.

Portuguese guitars in the Fado Museum, Lisbon
Cante Alentejano male choir, in Castro Verde

© Turismo de Portugal / José Manuel

© Turismo do Alentejo

Almost always celebrating this intimate relationship with the sea, rural life and the Catholic faith, each year, mostly in summer, a variety of festivals and pilgrimages occur throughout the country combining sacred and profane traditions, mobilizing populations and giving special colour to the country's cities, towns and villages. The Festivals of Our Lady of Sorrows, patron saint of fishermen, in Viana do Castelo, the Festival of the Trays in Tomar, the Holy Ghost and Lord Holy Christ Festivals in the Azores, and the Peoples' Festivals in Campo Maior are just some of the popular events worth visiting and seeing.

With a decisively more religious tone, the pilgrimages to Fátima – one of the world's largest centres of the Cult of Mary – are held every year. The main pilgrimages occur on 13 May (featuring the Candlelight Procession at night-time on the 12th, and the Farewell Procession on the 13th, which closes the celebrations) and 13 October, when thousands of believers gather before the shrine to commemorate the apparitions of Our Lady to three children, at the same location, in 1917.



Festivals of Our Lady of Sorrows, Viana do Castelo, August
Lord Holy Christ of Miracles Festivals, São Miguel, Azores, May
Pilgrimage to Fátima on 13 May
Festival of the Trays, Tomar, held every four years in July

© Município de Viana do Castelo
© azoresphotos.visitazores.com / António Carvalho e Cunha
© Santuário de Fátima
@naminhamochila

/CULTURE

Portuguese architecture, like every cultural facet of the country, has been influenced by its extremely rich history, by the coming and going of different peoples like the Romans, Visigoths, Suebi and Arabs, together with European artistic movements: the Romanesque, Gothic, Renaissance, Baroque and Neoclassical. The main expressions of a truly national style are the Manueline style of the late 16th century, a more exuberant variation of the Gothic style typified in the grandiose Jerónimos Monastery, Belém Tower, Batalha Monastery and Convent of Christ, all World Heritage Sites, and the Baroque Joanine style seen in major monuments such as the Mafra Convent, Estrela Basilica (in Lisbon), Clérigos Tower and Mateus Palace (in Vila Real) among others. These are all part of a rich heritage which Portugal, a country with more than eight centuries of history, has been able to preserve.

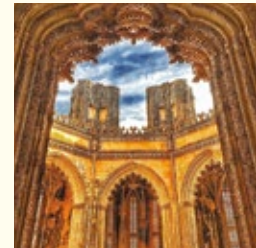


Belém Tower, Lisbon
 Jerónimos Monastery, Lisbon
 Convent of Christ, Tomar
 Clérigos Tower, Porto
 Batalha Monastery

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 @paulolyb



Museum of Art, Architecture & Technology, Lisbon
 National Coach Museum, Lisbon
 Detail of Last Supper, Hodart, 16th-century, National
 Machado de Castro Museum, Coimbra

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Those who come to Portugal for its heritage, art and museums will not be disappointed. Portuguese art – from ancient to contemporary – is well represented in countless public and private institutions throughout the country, which also host some of the most important works and exhibits from around the world. Be sure not to miss the National Museums of Ancient Art, Coaches and Tiles, the Modern Art Centre of the Calouste Gulbenkian Foundation and the brand new Museum of Art, Architecture and Technology (MAAT), all in Lisbon; the Soares dos Reis National Museum and the Serralves Foundation, in Porto; the Grão Vasco National Museum, in Viseu; the Machado de Castro National Museum, in Coimbra; or the Elvas Contemporary Art Museum, to name but a few. In some of these places you will find the most important and valuable treasures of Portuguese art, from painting to sculpture, pieces of jewellery, sacred art and furniture. Each piece tells a different story. The story of Portugal.

Saint Vincent Panels, a work of great
 symbolic meaning in Portuguese art,
 attributed to Nuno Gonçalves, 15th-century

© Museu Nacional de Arte Antiga



/CULTURE

In the 20th century, Portuguese architecture won tremendous international acclaim through famous personalities such as Álvaro Siza Vieira and Eduardo Souto de Moura, of the prestigious "Porto School", the greatest exponents of contemporary Portuguese architecture, both Pritzker Prize winners, who designed various must-see works. These include the Souto de Moura Casa das Histórias in Cascais, the Portugal Pavilion in Parque das Nações, Lisbon, and the Serralves Museum in Porto, by Álvaro Siza Vieira.

Throughout the country, but especially in Lisbon and Porto, there are also noteworthy examples of great works by international architects like Santiago Calatrava (Gare do Oriente station), Rem Koolhaas (Casa da Música Concert Hall), Amanda Leveté (Museum of Art, Architecture and Technology) and Peter Chermayeff (Lisbon Oceanarium), which are the very image of modern Portugal. As always, open to the world.



Portugal Pavilion for Expo'98, Álvaro Siza
 Casa das Histórias, Cascais, Eduardo Souto de Moura
 Casa da Música Concert Hall, Porto, Rem Koolhaas
 Residences in Alcácer do Sal, Aires Mateus

© Raquel N. Rodrigues

© Turismo de Portugal / Clara Azevedo

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But you don't have to go to museums to see art. On the streets of cities and towns, street art is a growing phenomenon, with countless works of outstanding quality livening up the urban landscapes. These are true outdoor galleries, where noteworthy artists from around the world seek to bring life and colour to places hidden in time, lifeless public spaces and vacant buildings, using a number of different techniques and messages.

Various Portuguese artists have made a name for themselves in this style of art, to worldwide recognition: Street Art News ranked the works of Bordalo II, in Covilhã, and of Ella & Pitr, in Abrantes, among the 25 most popular urban art works. Odeith, with his painted works in Setúbal, was considered as one of the best works by the I Support Street Art movement; and Vhils was among the case studies of people aged under 30, in the category of Art & Style, and has even worked with U2. But there is much more to see at various different locations in the country. It's worth keeping your eyes open.



David Pintor, Porto
 Violant, Lisbon
 Group mural in Alfama, Lisbon (Miguel Januário,
 Hugo Makarov, Mário Belém, Nuno Saraiva, Pedro Soares
 Neves, UAT, Vanessa Teodoro)
 The Twins, Lisbon
 Bordalo II, Covilhã
 @francifigi
 @_lho_
 @urbansquidlondon
 @elodejo
 @opaok

/ KNOW - HO

"Today's Portugal is a country of major contrasts; modern, with many forms, it still keeps a solid footing in its traditional past."

The Courier, United Kingdom

Hoop earrings in gold filigree, an ancient art with a long tradition in Portuguese jewellery.

© Museu do Ouro de Travassos

W



/KNOW-HOW

Design, fashion, art, artisans, tradition, cutting-edge... Proud of its long history of more than eight centuries, its magnificent heritage and its past and present achievements, Portugal shows and shares with the world its knowledge and mastery in several very different, inherently Portuguese areas: tiles, filigree jewellery from the Minho and Douro regions, traditional cobblestone paving, as well as the textiles and embroidery of Viana do Castelo, Castelo Branco or the island of Madeira and the tapestries of Arraiolos and Portalegre, burel from the Serra da Estrela, basketry, the flourishing footwear industry and a know-how that goes beyond borders.



Portalegre Tapestry Museum
Burel, a handcrafted fabric made of wool, was traditionally used by the Serra da Estrela's shepherds for capes and coats, but today has new applications.

Traditional Portuguese basketry
Rugs from Arraiolos
Embroidery from Viana do Castelo

© Turismo do Alentejo

@chris_scott

© carmo.iol.pt

© Turismo do Alentejo

© Município de Viana



Traditional black earthenware from Bisalhães,
Intangible Cultural Heritage since 2016
© PAM - Património, Artes e Museus

Some traditional Portuguese arts undergoing modern-day revitalization, combining tradition with more contemporary approaches, also include pottery and stoneware, with highly individual, distinct characteristics depending on the region of the country. In pottery, there is the famous black earthenware of Molelos and Bisalhães (the latter classified by UNESCO as Intangible Cultural Heritage in need of urgent safeguarding), the pottery of Alcobaça, Óbidos, Porches, Estremoz, Nisa and Viana do Alentejo, the tableware of Viana do Castelo, and the figurative crockery of Caldas da Rainha and Barcelos... In stoneware, it is worth exploring the factories of Vista Alegre in Ílhavo and of Bordallo Pinheiro in Caldas da Rainha, central Portugal, both dating from the 19th century, with a long tradition on Portugal's tables.



Crockery by Bordallo Pinheiro, Caldas da Rainha
Rooster of Barcelos, an icon of popular Portuguese art, Barcelos
King and Queen, by Rosa Ramalho, Barcelos
Pottery from São Pedro do Corval, Alentejo
Clay pot from Nisa, Alentejo
© Bordallo Pinheiro
@sashasouka
@robbytw63
© Município de Reguengos de Monsaraz
© Museu do Barro e do Bordado de Nisa

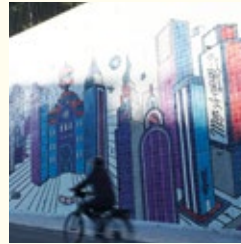


/KNOW-HOW

"Spend one day in Portugal. Play tourist. Go for a walk. What you see, all around you, is Portugal's most visible art form."

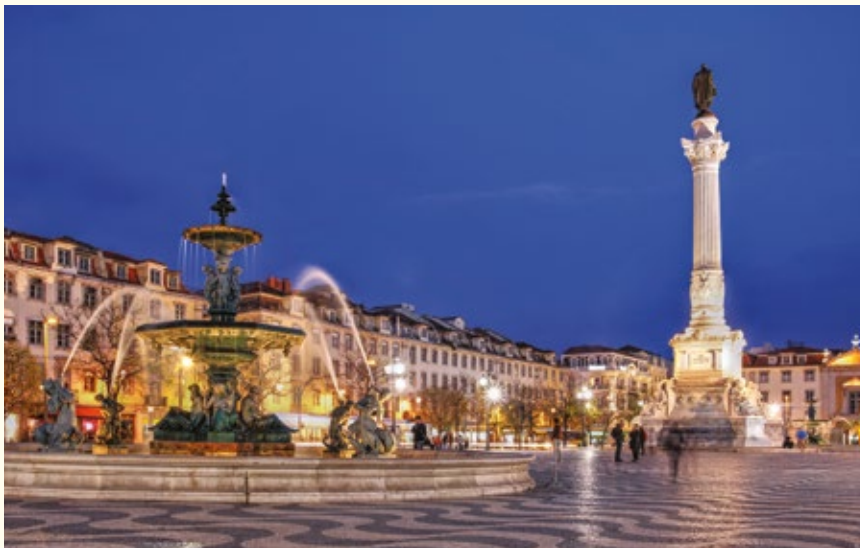
CBS News, USA

At train and subway stations, churches and convents, palaces and manors, private homes, stairwells and fountains, tiles are an integral part of the Portuguese landscape. Inherited from the Arabs, the Portuguese have used the traditional azulejo tile (from the Arabic "al-zuleique") since the 15th century. The tiles have been a key feature of major Portuguese architectural designs since the 18th century, when they were produced in the country in great quantities by renowned artisans and painters. In no other part of the world has the art of tiling achieved the level of quality and variety seen in Portugal. The stations of São Bento in Porto and Pinhão in Alijó, the Almas Chapel in Porto, São Lourenço Church in Almancil, Algarve, the Viúva Lamego factory, the Sintra National Palace, the Cardaes Convent and Madre de Deus Convent, in Lisbon, which features the



well-known National Tile Museum, are all buildings worth visiting. The tradition was resumed at metro stations, true galleries of contemporary tile, with the works of famous artists such as Maria Keil, Júlio Pomar, Manuel Cargaleiro, Vieira da Silva, Eduardo Nery and Menez.

Building façade, Lisbon
 São Bento Station, Porto
 Panel at Campo de Santa Clara, Lisbon
 Panel in the Lisbon metro, Vieira da Silva
 © Turismo de Portugal / José Manuel
 © Turismo de Portugal / José Manuel
 © Turismo de Portugal / António Sacchetti
 © Turismo de Portugal / Pedro Freitas



Inspired by sophisticated Roman mosaics, traditional Portuguese paving originated in Lisbon during the rebuilding of the city after the 1755 earthquake. Although the wavy pattern which can be seen in the Rossio – Mar Largo – was the precursor, other works and patterns soon appeared throughout the city and, later on, in other Portuguese cities and former overseas colonies like Brazil (the wavy pattern is the trademark of Rio de Janeiro's promenade) and Macau.



Rossio, Lisbon, detail of cobblestone pavement
 Fish and sailboat, traditional Portuguese paving in Lisbon and Porto, respectively
 © istockphoto.com/repistu
 © Hieronymus Ukkel/shutterstock.com

/KNOW-HOW

Portugal has the world's largest stands of cork oak (34% of the world's cork oak forests can be found in the Alentejo), which also produce more than half of the market's cork. In addition, the cork oak is Portugal's national tree. It is not surprising, therefore, that Portugal is at the forefront of using this material in a wide variety of ways. Versatile, ecological, resistant and sustainable, cork has been used for a wide range of purposes, and is becoming increasingly more known for fashion, architecture and design, along with its essential use in the world of wine (nothing compares to a cork stopper), construction, sports and even the aerospace industry.



Cork Oak, the national tree of Portugal
Whistler Tea Set, by Raquel Castro,
available at the MoMA Store
Cork stoppers

© APCOR

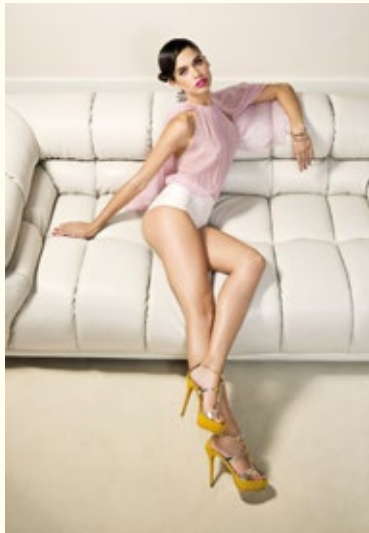


A metallurgical activity associated with livestock husbandry, animal bell manufacturing is an age-old tradition in Portugal, flourishing in the 18th century in the Alentejo, primarily in Alcáçovas, Viana do Alentejo, the origin of many masters of this unique profession. The chocalho is a shaker made of wrought iron, hung on a strap around animals' necks to help shepherds find them. The art of animal bell manufacturing has been classified by UNESCO as Intangible Cultural Heritage in need of urgent safeguarding.

@paulapico



Moda Lisboa runway, 2016
International campaign
Portuguese Shoes
@Moda Lisboa
© Portuguese Shoes



Recognised for the high quality of its materials and manufacture, particularly in the area of textiles and footwear, Portugal also stands out for design and creativity.

Lisbon Fashion Week ("Moda Lisboa") has been held in the capital city for more than 25 years. In March and October, it presents seasonal collections by Portuguese fashion designers.

Portugal Fashion in Porto, also with two annual events in March and October, has been held for 20 years, primarily focusing on new values, connecting to the industry and the international promotion of Portuguese fashion.

Presented to the world as Europe's sexiest industry, Made in Portugal shoes have come a long way, beating global brands and winning customers in every continent. Synonymous with design, premium quality and sophistication, Portugal exports around 80 million pairs of shoes per year, making it one of the domestic economy's biggest sectors.

/ FLAVOURS

"One of the oldest countries in the world, Portugal is a food and wine paradise. The Portuguese are also the original foodies: food and wine have been an integral part of Portuguese culture for centuries. Excellent seafood and cured meats (sausages and ham), delicious bread and pastries and a deep understanding of flavours put Portugal at the top of the gastronomy ladder."

Lonely Planet, UK



Cataplana de amêijoas
© Turismo de Portugal/Mário Cerdieira

/FLAVOURS

"The heart of traditional Portuguese cuisine is all about simple yet flavourful home-style comfort food to be enjoyed leisurely with family and friends."

Fodor's Travel, USA

Olive oil, bread, fish, wine, vegetables, herbs and fresh seasonal fruits are the main ingredients of the Mediterranean Diet, classified in 2013 by UNESCO as Intangible World Heritage. Although not touched by this sea, Portugal and other Mediterranean Basin countries share a common way of respecting, preparing, cooking and sharing local products from the land and sea each season, together with an identity, culture and know-how focused on the values of spending time at the table, hospitality, neighbours, dialogue and creativity.



Wine tourism
Seasonal fruit
Bread from Almodóvar
© Turismo do Porto e Norte
@elodie_mqs
© Turismo de Portugal

The landscape of Portugal – a country with a strong Mediterranean influence – has been marked by the olive tree since time immemorial. Some of the world's best olive oils are produced here, with a protected designation of origin (Trás-os-Montes, Beira Interior, Ribatejo, Moura, Alentejo Interior and Norte Alentejano), along with outstanding olives, such as Negrinha de Freixo, and those from Elvas and Campo Maior.

© Turismo de Portugal/Nuno Correia

Mediterranean cultures are based on sharing and mutual assistance, where sociability plays a key role.

The Mediterranean Diet (originating from the Greek word “*daiata*”) is an age-old lifestyle and cultural paradigm originating from ancestral knowledge, passed down from generation to generation, including techniques and practices for production and extraction, in agriculture and fishing, and in methods for making, preparing and consuming food, in particular soups and stews, in festivities, traditions and artistic expression. More than just a type of food, focused on quality and simplicity, the Mediterranean Diet is a way of life.



São Jorge Castle, Lisbon

Almond trees in bloom - the Algarve

© Turismo de Portugal / Francisco Prata

© Turismo do Algarve



Tavira, in the Algarve, is a Portuguese community which best represents this lifestyle. Each year in September, it hosts the Mediterranean Diet Fair.

@kfverson



/FLAVOURS

"Cuisine is one of the most integral parts of Portuguese culture. From the café culture to innovative restaurants to the markets and roadside stands found in every city, town, and small village, food (and drink) always seems to be on the mind of the Portuguese people."

Fodor's Travel, USA



Known for their hospitality and pleasure in welcoming people to the table, the Portuguese are proud of their products and unique cuisine which is so full of character. "Superlative seafood, sun-ripened fruit, lamb raised on flower-speckled meadows, free-range pigs gorging on acorns beneath oak forests" [CNN, 2016] are just some of the many qualities of Portuguese cuisine. With an extensive coastline, fish and shellfish are a

mandatory part of the Portuguese diet. There are good reasons for this: The famous Catalan chef Ferran Adrià does not hesitate to say that the fish and shellfish from Portugal's Atlantic waters "are the best in the world".

Charcoal-grilled sardines are perhaps the most iconic delicacy on the table over the long Portuguese summer, but sea bream, sea bass, sole, tuna, dogfish, cuttlefish and octopus are among the preferred choices of

connoisseurs. The story would not be complete without trying one of the many salted cod recipes which the Portuguese specialise in preparing. Although not caught in Portuguese waters, no one else in the world consumes more salted cod or cooks it better.

A speciality of Portuguese cuisine: octopus

© Turismo de Portugal



Various types of Portuguese canned fish, from sardines to cod, and from mackerel to tuna: the rebirth of a tradition

@pauline_demay



As far as shellfish is concerned, no one can resist a plate of clams in white wine, coastal shrimp, goose barnacles, grilled lobster, crayfish, mini-lobsters from Cascais, crabs, shrimp from Espinho, spider crab, limpets and barnacles, slipper lobster from the Azores or limpets from Madeira... The variety of flavours is irresistible.

@marina.lozovik



The line-up of meat dishes is also extensive and highly recommended. Regions with good grazing can be found throughout the country, where native breeds are created with a protected designation of origin. In the north, there is Barrosã, Mirandesa, Maronesa and Arouquesa beef, Terrincho lamb, Barroso goats and Bísaro pork from Trás-os-Montes, together with ham, Alheira sausage and other sausages from Castro

Laboreiro, Chaves, Vinhais and Mirandela. In central Portugal, one inevitably finds suckling pig from Bairrada, veal from Lafões, lamb from Serra da Estrela or delicious kid from Gralheira.

In Lisbon, the entire Portuguese culinary tradition is combined with the innovation and creativity of a new generation of chefs who are reinventing the way of cooking and presenting some of the country's most emblematic and popular specialities in their restaurants.

In the Alentejo, bread, pork and olive oil, always mixed with herbs like cilantro, parsley, rosemary, oregano, bay, pennyroyal and mint, are the basis of a tasty and unique cuisine, punctuated by the titbits and excellent sausages of Portalegre, Estremoz, Borba, Beja, Campo Maior and Elvas, and the pork rinds and breadcrumb dishes ("migas") of various flavours and

combinations, normally served with fried or grilled pork. From Barrancos comes the black pork which is used to make the region's famous sausages. When in season, game dishes are also very popular.



Restaurants are not the only place to learn about and enjoy the best specialities of Portugal, "Europe's best-kept culinary secret", according to CNN journalist Paul Ames.

Throughout the country, the very best in traditional cuisine is celebrated in annual festivals and fairs which attract thousands of people. Wine is celebrated in Melgaço and Borba, smokehouse products in Vinhais, Barrancos, Monchique and Querença, cheese in the Serra da Estrela, Palmela and Serpa, fish in Lisbon, chocolate in Óbidos, confectionery in Portalegre and Alcobaca, and even soup in Tomar. But there's even more to discover. It's a full and appetising calendar for those seeking the best flavours and aromas of each region.

@puskasnori

/FLAVOURS

With regard to sweets, Portuguese convent confectionery is among the worlds richest and most original. In addition to the world-famous "pastel de nata" egg custard tart, an icon of Portuguese cuisine, there are countless irresistible options throughout the country, many of them tied to religious festivities such as Christmas (French toast, "King cake", sweet rice or vermicelli) and Easter (sponge cakes from Margaride, Ovar or Alfeizerão), although available throughout the year.

But there's much more: papos de anjo, almond cake, crème brûlée, Abade de Priscos pudding, pastries from Tentúgal, Vouzela or Santa Clara, ovos-moles from Aveiro and travesseiros from Sintra are well-known delicacies not to be overlooked. In southern Portugal, you'll find desserts like pão de rala, encharcada, soufflé with plums from Elvas, morgados and cheesecakes, pinhoada from Alcácer do Sal, tosquiados, tibornas bread, toucinho rançoso cake, boleima cakes from Castelo de Vide, morgados candy, marzipan candies and Dom Rodrigues desserts from the Algarve, and honey cakes from Madeira...

Pastel de Nata
Crème brûlée
French toast

© istock.com / graffio77

© Turismo de Portugal / Nuno Correia

© istock.com / Ramonespelt



Pinhoada from Alcácer do Sal
Ovos moles from Aveiro

@jmigsimoes

@aportugueseaffair

Some local sweets emphasise olive oil and honey, which in some places also have a protected designation of origin. These are just some of the many protected products which fill the Portuguese with pride and the landscape with colour. This category also includes the Bravo de Esmolfe apple, plums from Elvas, pineapple and passion fruit from the Azores, the custard apple from Madeira, Rocha pears from the Oeste region and chestnuts produced in northern Portugal and the Alentejo. Chestnuts roasted in clay pots, sold in the street wrapped in paper, are one of the typical features of the colder months. Some of nature's other flavours to be discovered include the cherries, apples and peaches of Cova da Beira, apples from Alcobaça, sweet potatoes from Aljezur, citrus fruits from the Algarve, Carolino rice from the Ribatejo marshlands and fruits and nuts (such as the almond) of the Douro.

The great variety of delicious cheeses are also worth mentioning, particularly Serra da Estrela cheese (a true Portuguese institution), São Jorge cheese from the Azores, the Alentejo cheeses of Évora, Nisa and Serpa, Azeitão cheese or the yellow cheese of Beira Baixa, ranked the best in the world in a blind tasting organised in the USA by Wine Spectator and Vanity Fair. A true culinary journey to be taken with great pleasure.



Roasted chestnuts
Serra da Estrela cheese
Fruit market, Madeira
Cherries from Cova da Beira

© Turismo de Portugal / Rui Rebelo
© Turismo de Portugal / Nuno Correia
@tinethorlin
@fornatina



Monte dos Perdigões, Estremoz, Alentejo

© Monte dos Perdigões

*"I came to what I freely confess is an emotional conclusion:
Portugal is arguably the most exciting wine place on the
planet today."*

The Wine Spectator, USA



/REGIONS WINE

"Getting to know Portugal through its wines is an enjoyable and different kind of contact with the culture of the country"

Condé Nast Traveller, USA





An ancient country, brimming with history and traditions connected to wine, Portugal boasts the world's oldest demarcated wine region – the Douro, since the 18th-century, where one of the best known and appreciated wines, the Port Wine, is produced and where the highest number of native grape varieties is grown – more than 250, resulting in unique wines full of personality which have delighted and won over international markets. From smooth, crisp whites to full-bodied reds, the variety of wines produced is as vast as the country's ever-changing topography and landscapes.

Douro River Valley, UNESCO World Heritage

Pico Island, Azores - The winemaking landscape on Pico Island, in the Azores, made of volcanic soil and protected by enclosures, is also classified as UNESCO World Heritage

Vineyard in Reguengos de Monsaraz, Alentejo

© Turismo de Portugal

© Azoresphotos_visitadores / António Carvalho e Cunha

© Monte dos Perdigões



/FLAVOURS

Starting in the north of Portugal, there is "Vinho Verde", rich and floral, made from two grape varieties, Alvarinho, the most noble and exclusive, and Loureiro, which is more fruity. In the Douro, the country's native variety par excellence is most prominent: Touriga Nacional, fragrant and rich in tannins, also abundant in the Dão region, where it is often mixed with the highly aromatic and deep-coloured Alfocheiro. This region also boasts excellent white wines produced from the Encruzado grape. Further south, Baga, robust and with sharp tannins, is another original grape variety, predominant in the Bairrada region. In Lisbon, the Arinto grape is most common, producing very fresh, easy to drink white wines. In the Alentejo – a region making impressive strides in producing wines of outstanding quality – the Tinta Roriz, Trincadeira, Castelão and Touriga Nacional grape varieties predominate, combined with grapes of foreign origin such as Alicante



Bouschet (red) and Arinto and Fernão Pires (white). In recent years, the Algarve, where traditional grape varieties such as Castelão and Arinto can be found, has also witnessed a revival in its winemaking sector with the production of smooth, fruity wines.

There are also the high-quality sparkling wines produced in the Vinho Verde, Távora-Varosa and Bairrada regions, awarded and ranked among the world's best.

Red wine
Winery in Colares
Alvarinho grapes

© Turismo de Portugal / Nuno Correia
© Adega Viúva Gomes
@tiagosampaio_winemaker

← NATIVE RED VARIETIES

🍇 BAGA

Predominantly from Bairrada, it is also cultivated in the Dão region, Estremadura and some parts of the Ribatejo.

🍇 CASTELÃO

It is one of the most commonly grown red varieties in the south of the country, which has a hotter and drier climate, especially in the area of the Setúbal Peninsula.

🍇 TOURIGA FRANCA

Predominantly in the Douro and Trás-os-Montes regions, it is one of the best varieties for producing Port and Douro wines.

🍇 TOURIGA NACIONAL

It is the most sophisticated of red grape varieties. Planted from the Douro to the Alentejo, it is in the Dão Demarcated Region that it shines to the fullest.

🍇 TRINCADEIRA / TINTA AMARELA

One of the oldest and most traditional varieties from the Alentejo, it is also widespread in the Douro region, with the name Tinta Amarela.

Portugal is best known for its highly appreciated Port Wine, produced in the world's oldest demarcated region, and for Madeira wine, a wine that can be stored almost indefinitely, admired by kings, princes, generals and explorers and praised by Shakespeare in several of his works. But the story would not be complete without the delicate Moscatel de Setúbal wine and the extremely rare Carcavelos wine, both with a protected designation of origin. Also of note is the only demarcated region of wine spirit outside of France: Lourinhã, where a controlled designation of origin brandy of superior quality is produced.



Ageing of Lourinhã brandy
Port Wine
Madeira Wine

© Adega Cooperativa da Lourinhã
© Turismo de Portugal
© Turismo da Madeira

WHITES

ALVARINHO

A noteworthy Portuguese white grape variety, very old and with limited production, it is primarily planted in the Vinho Verde region.

ARINTO

A highly versatile variety, planted in nearly every wine region. It is best-known in the Beçelas region.

ENCRUZADO

Practically exclusive to the Dão region, it is used to produce most white wines, and is highly aromatic with a sharp flavour.

FERNÃO PIRES

Often used in Bairrada, where it is known as Maria Gomes, it is one of the most commonly planted varieties in Portugal.

LOUREIRO

Originally from the Lima River valley, it exists throughout nearly the entire Vinho Verde region, producing wines which are aromatic and high in acidity.

1756

YEAR OF CREATION OF THE DOURO DEMARCATED REGION,
THE OLDEST IN THE WORLD

2

WINE PRODUCING REGIONS PROTECTED BY UNESCO AS WORLD
HERITAGE: DOURO AND PICO

+250

NATIVE PORTUGUESE VARIETIES

60.000_{ton.}

OF SALTED COD CONSUMED EACH YEAR IN PORTUGAL

136

PRODUCTS REGISTERED WITH PROTECTED DESIGNATION OF ORIGIN
(PDO) AND PROTECTED GEOGRAPHICAL INDICATION (PGI)





1.860_{Km}
OF COASTLINE

1783

YEAR IN WHICH THE WORLD'S LARGEST AND OLDEST CORK OAK
TREE WAS PLANTED IN ÁGUAS DE MOURA, ALENTEJO

30

NATIVE OLIVE TREE VARIETIES FROM PORTUGAL

34%

PERCENT OF THE ENTIRE WORLD'S CORK OAK FOREST
IN THE ALENTEJO

25

PORTUGUESE EXAMPLES OF UNESCO WORLD HERITAGE

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 visa, which 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

CENTRO DE 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



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