



Center of Portugal

Atlantic Ocean



PORTO



COIMBRA



LISBOA



MADRID



Center of Portugal

28199 sq km of territory

270 km of border with Spain

279 km of Atlantic coastline

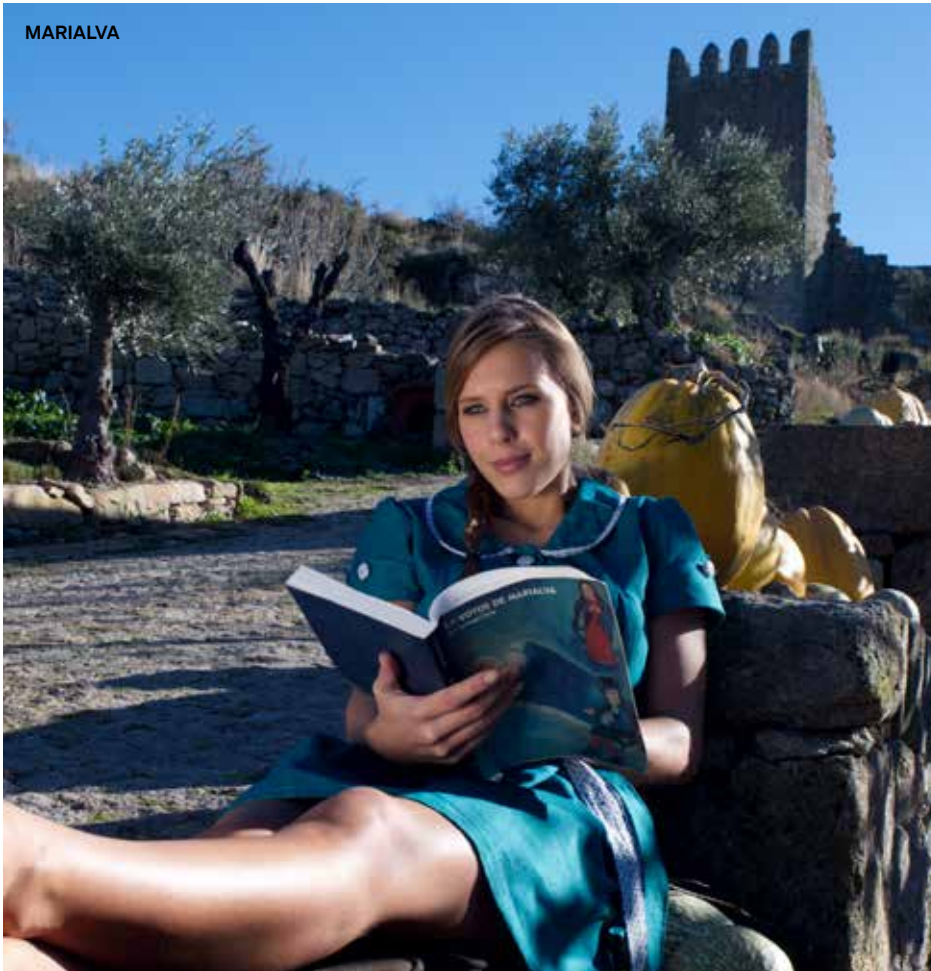
4 natural parks

5 natural reserves

2 protected areas

1 geopark

MARIALVA



Center of Portugal is a deeply diversified region showcasing wonderful beaches, dazzling mountains, a superb gastronomy, excellent wines and a welcoming people who welcomes its visitors with open arms!

Here you will find several historical cities with winding streets and incredible stories to tell. Each city keeps many secrets to unveil, seducing with their authenticity and strong character.

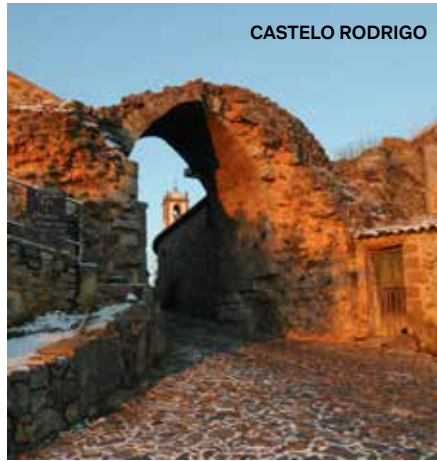
Traditional and contemporary, historic and cool, past and present hand-in-hand in a region that will certainly amaze you!

A high-angle photograph of a village built into a cliffside. In the foreground, a large, textured rock face frames the left and right sides. In the center, a cobblestone path leads down to a small outdoor cafe where three people are seated at a table. The cafe is nestled between the rock faces. In the background, a lush green tree and a white umbrella are visible, suggesting a sunny day. The overall atmosphere is peaceful and scenic.

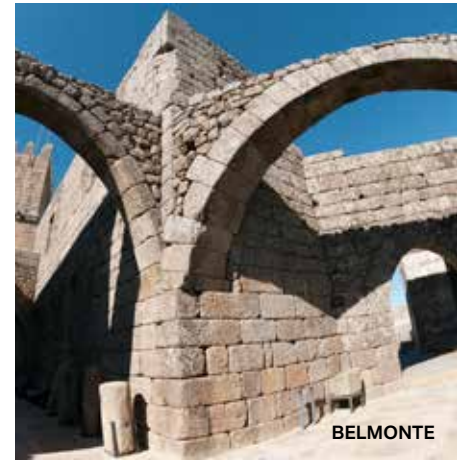
Fairy tale villages

They might be tiny spots in the world map, however thanks to them the destiny of the country changed. Strategic strongholds by the Spanish border, the **Historical Villages** are the result of the work of several generations of kings who, concerned about the defense of the territory, managed to populate and fortify that region.

CASTELO RODRIGO



BELMONTE



CASTELO RODRIGO



PIÓDÃO

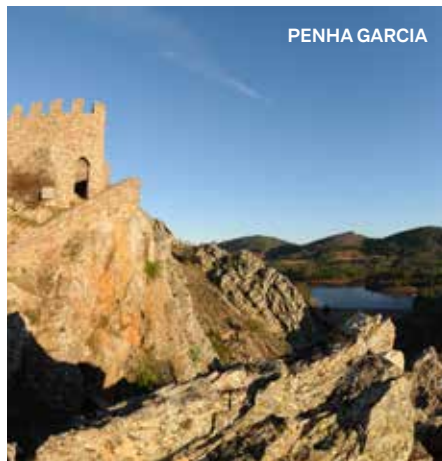




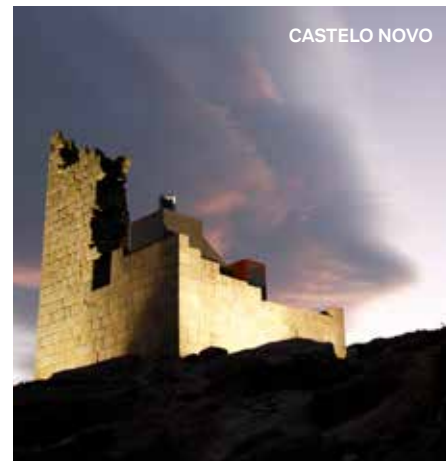
IDANHA-A-VELHA



PENHA GARCIA



CASTELO NOVO





2014

Slow living





MONDEGO RIVER

There is wisdom in peacefulness.
There is beauty in the small things.
The cities of Center of Portugal are
the perfect combination of tradition
and modernity, heritage and innova-
tion, past and future.

Speed does not matter at all. But the
time that we devote to a sustainable
lifestyle. Beautiful places full of soul.



MONASTERY OF SANTA CLARA-A-VELHA



QUINTA DAS
LÁGRIMAS
COIMBRA
26 ABRIL 2017

UNIVERSITY OF COIMBRA



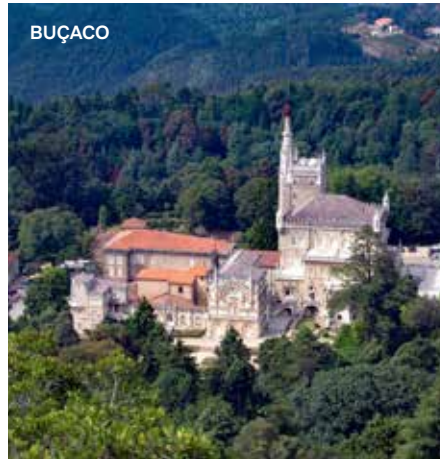
BOTANICAL GARDEN



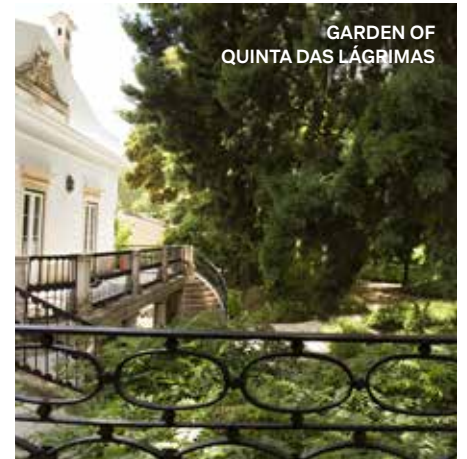
FADO DE COIMBRA



BUÇACO

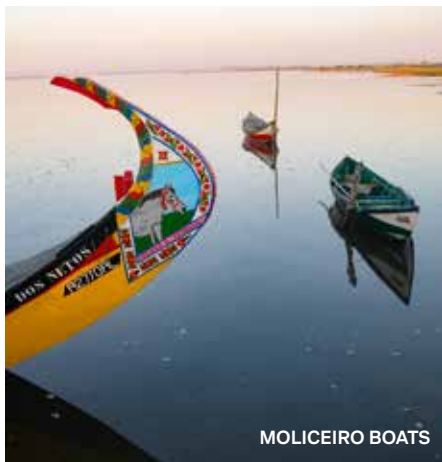


GARDEN OF
QUINTA DAS LÁGRIMAS





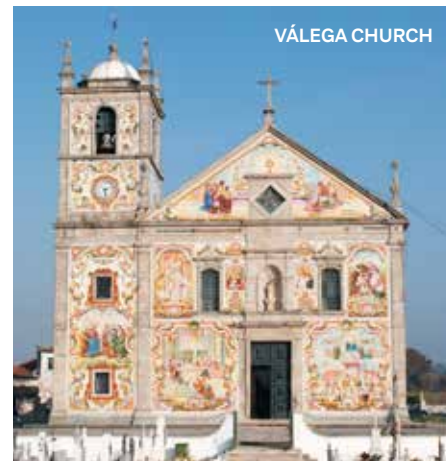
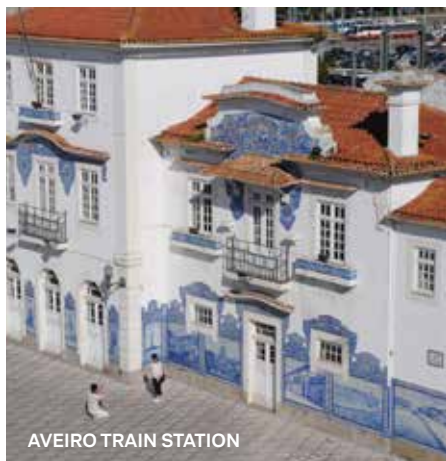
ART NOUVEAU



MOLICEIRO BOATS

COSTA NOVA BEACH







ANTIGA ESTACÃO DOS COMBÓIOS
AVEIRO 29 ABRIL 2017



ROSSIO SQUARE IN VISEU



WISEU CATHEDRAL

WISEU



GARDENS OF
PARADOR CASA DA ÍNSUA





LAREO PINTOR
GATA, VISEU
2 ABRIL 2017





ÓBIDOS - PORTUGAL
mar. 7.4.17

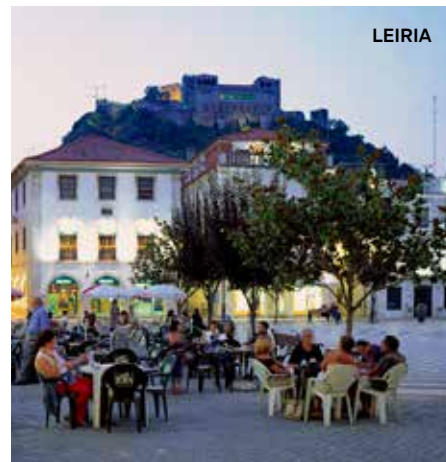
ÓBIDOS



ÓBIDOS LAGOON

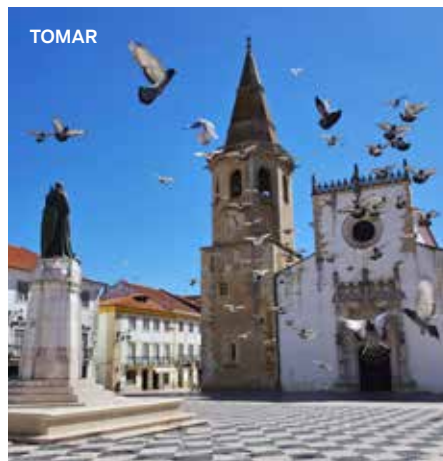


LEIRIA





CASTELO DE ALMOUROL 12 ABRIL 2017





A large crowd of people is gathered in a square at night, holding numerous lit candles. The candles create a sea of warm, orange light in the foreground. In the background, a large, ornate church with a tall bell tower and a cross on top is illuminated. The church's facade features statues and arched windows. The overall scene is a religious gathering, likely the Our Lady of the Wayside pilgrimage in Fátima.

The world at Her feet



SANTUÁRIO
DE FÁTIMA
18 ABRIL 2017

Fátima is one of the most spectacular Catholic Shrines in the world, a place of tranquillity 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 retreat and inner peace, as well as its greatest icons!



A photograph of a courtyard at the University of Coimbra, featuring large stone arches and a view of the Douro river and surrounding landscape. The text "World Catwalks" is overlaid in a large, green, stylized font.

World Catwalks



JOANINE LIBRARY

Join us on a fantastic journey through the **UNESCO World Heritage** sites in Center of Portugal! These incredible places of unquestionable beauty hold a unique history and a very special charm!

University of Coimbra — Alta and Sofia

Situated on a hill overlooking the city, the **University of Coimbra** with its colleges grew and developed for over 7 centuries within the old city. The classified area includes the **Church of Santa Cruz**, which dates from the 12th century, and the various colleges from the 16th century, the Royal Palace of the Alcáçova which has housed the University since 1537, the **Joanine Library**, with its Baroque decoration, the 18th century **Botanical Garden** and the **University Press**, as well as the large “university town”, created in the 1940s.

Monastery of Alcobaça

Located north of Lisbon, the abbey of **Santa Maria de Alcobaça** was founded in the 12th century by King Afonso Henriques. Its size, the purity of its architectural style, the beauty of the materials used in its construction and the care with which it was built made this monastery a masterpiece of Cistercian Gothic art.



MONASTERY OF BATALHA



Monastery of Batalha

The Dominican monastery of **Batalha** was erected to commemorate the victory of the Portuguese over the Castilians in the Battle of Aljubarrota (1385). Its construction, which was the main architectural work of the Portuguese monarchs for two centuries, paved the way for the birth of the national Gothic style, deeply influenced by Manueline art, as it can be contemplated in the royal cloister, an authentic architectural masterpiece.

CONVENT OF CHRIST IN TOMAR



Convent of Christ in Tomar

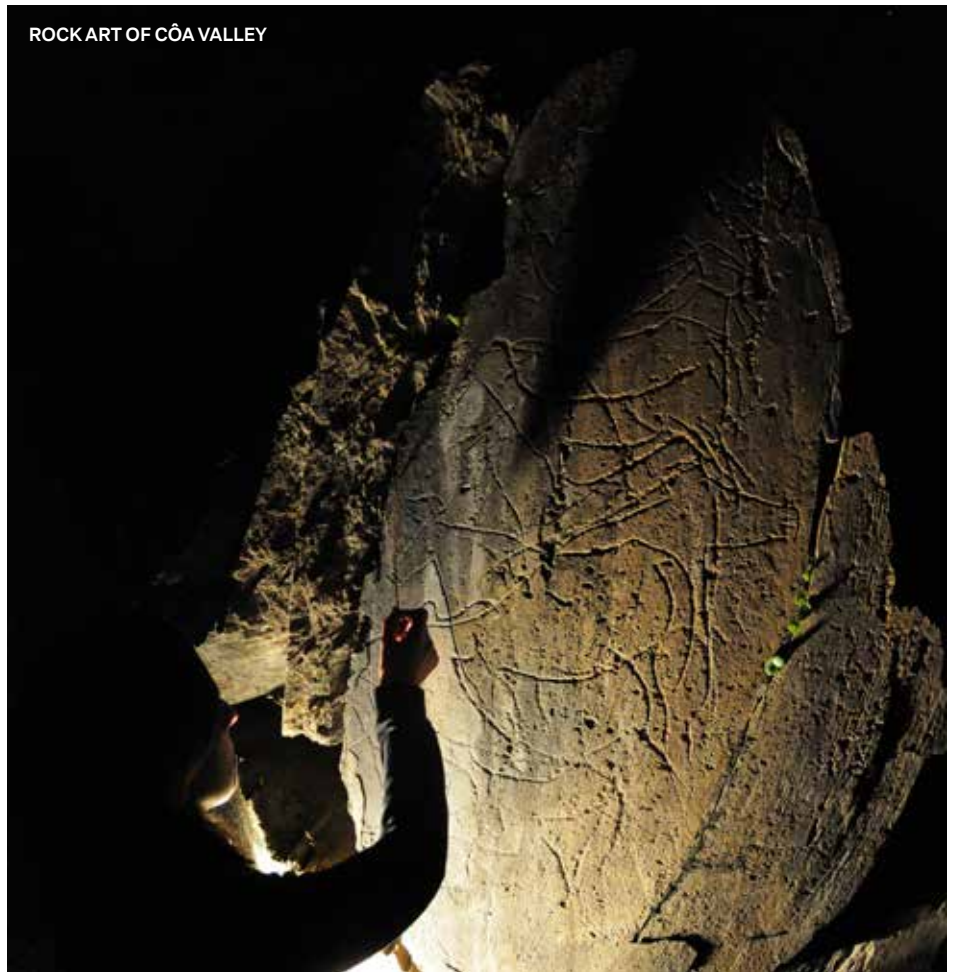
Symbolic monument of the exaltation of the Reconquista, the convent of the Order of the Knights Templar was transferred in 1344 to the **Order of the Knights of Christ**.

In the Manueline era, this monument came to symbolise the opening of Portugal to other civilisations.

Pre-historic rock art sites of Côa Valley and Siega Verde

The prehistoric rock art sites of the **Côa Valley** are located on the banks of the Águeda and Côa rivers, two tributaries of the Douro River. They have an extraordinary concentration of petroglyphs from the Upper Palaeolithic (22.000-10.000 BC), which is unique in its kind in the world and is one of the most remarkable examples of early artistic creations of the human being.

The engravings are essentially figurative and represent animals, although some geometric and schematic figures can also be identified. The Vale do Côa sites (Portugal) and the Siega Verde site (Spain) form the most important collection of open-air Palaeolithic rock art in the Iberian Peninsula.



Perfection



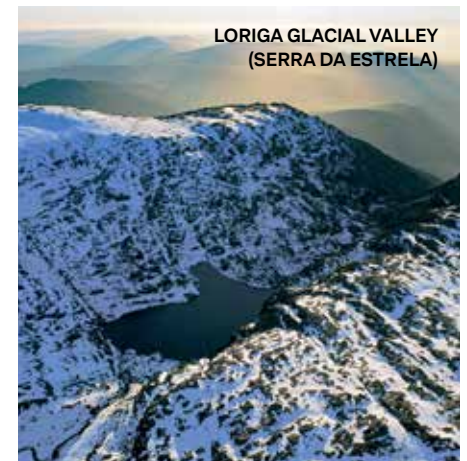
A genuine journey through time. In Center of Portugal, you will find those primordial places, where you can only hear the silence. The timeless glacial valleys of the **Serra da Estrela**, the illuminated **Aveiro Lagoon**, the majestic design of the **Côa Valley**, protected ecosystems, breath-taking natural parks and many trails to discover, on foot or by bike! This is where you will find us. Under an absolutely blue sky.



ZÊZERE VALLEY (SERRA DA ESTRELA)



CÔA VALLEY



LORIGA GLACIAL VALLEY
(SERRA DA ESTRELA)

FAIA BRAVA
NATURAL RESERVE



CARAMULO MOUNTAIN

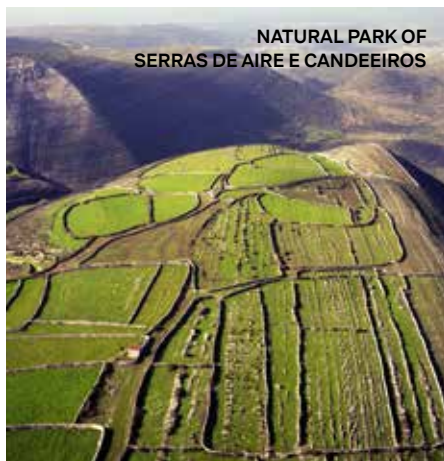


AVEIRO LAGOON (RIA)



SCHIST VILLAGES

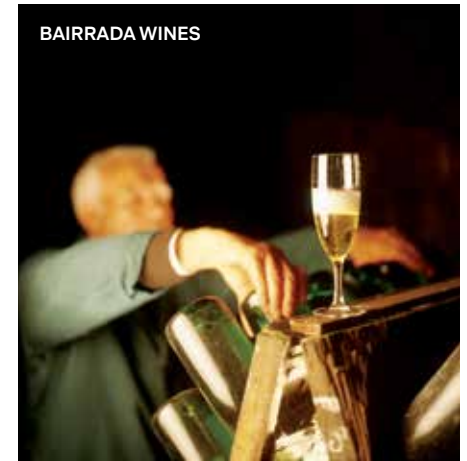




Guilty pleasures



Because life is too short not to fall into temptation, Center of Portugal invites you to discover the noble wines of the **Dão, Bairrada, Beira Interior** and **Oeste** regions, matched by the tastiest and most unquestionable delicacies, such as the **cheeses and sausages from Castelo Branco** or the **delicious suckling pig from Bairrada**.



BAIRRADA WINES



DÃO WINES



QUINTA DE LEMOS (VISEU)



Codfish is the most faithful of friends that can also be visited in the memorable **Codfish Aquarium** at the Ílhavo Maritime Museum!

The convent sweets, the iconic **ovos-moles from Aveiro**, the **sponge cake from Ovar**, the sweet “**beija-me depressa**” from **Tomar**, sugar and egg delights to be tasted with passion. No need to rush.





BAIRRADA SUCKLING PIG



BRAVO DE ESMOLFE APPLE



The **wild apple of Esmolfe**, known since the 18th century, originally from the village of Esmolfe (Penalva do Castelo), is an exclusively Portuguese product. The apple is a small, pale green fruit. It presents an intense and very pleasant smell, “sui generis”. The pulp is white, soft, juicy, sweet, with long lasting taste qualities.





MERCADO DA FRUTA
CALDAS DA RAINHA
19 ABRIL 2017

But in Center of Portugal there are a thousand flowers. As the days go by, cherry, pear, peach and apple blossoms arrive!

Delicious fruit, such as the **Fundão cherry**, the **Rocha pear** or the **Alco-baça apple**, proving the generosity of nature.



Ocean lovers





J. Pereira
FIGUEIRA DA FOZ
BUARROS
22 ABRIL 2017

FIGUEIRA DA FOZ

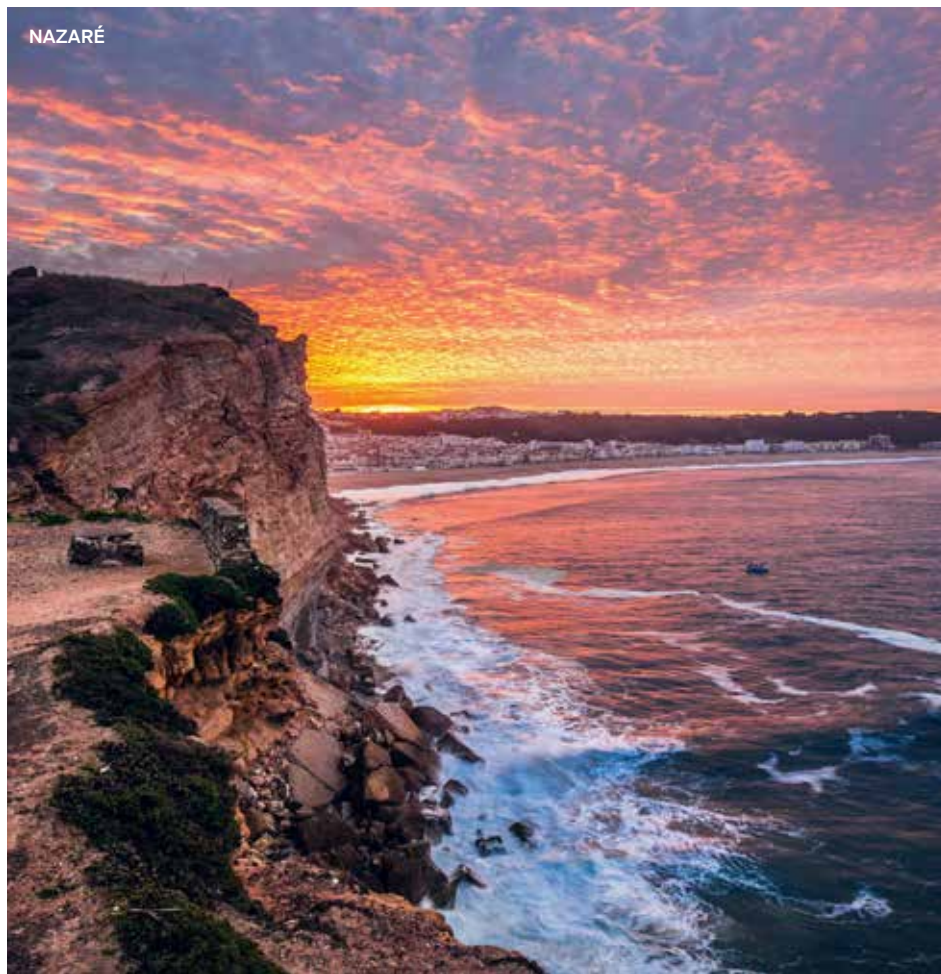


BERLENGAS ISLANDS

279 km of Atlantic coastline, with the most challenging waves imaginable! From **Figueira da Foz**, with Europe's best right, to the **giant waves of Nazaré** and the **tubular waves of Peniche**, describing perfect circles, Center of Portugal is the destination of choice for the world's most renowned surfers!



NAZARÉ







PRAIA DO NORTE BEACH (NAZARÉ)





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Viseu • Portugal

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