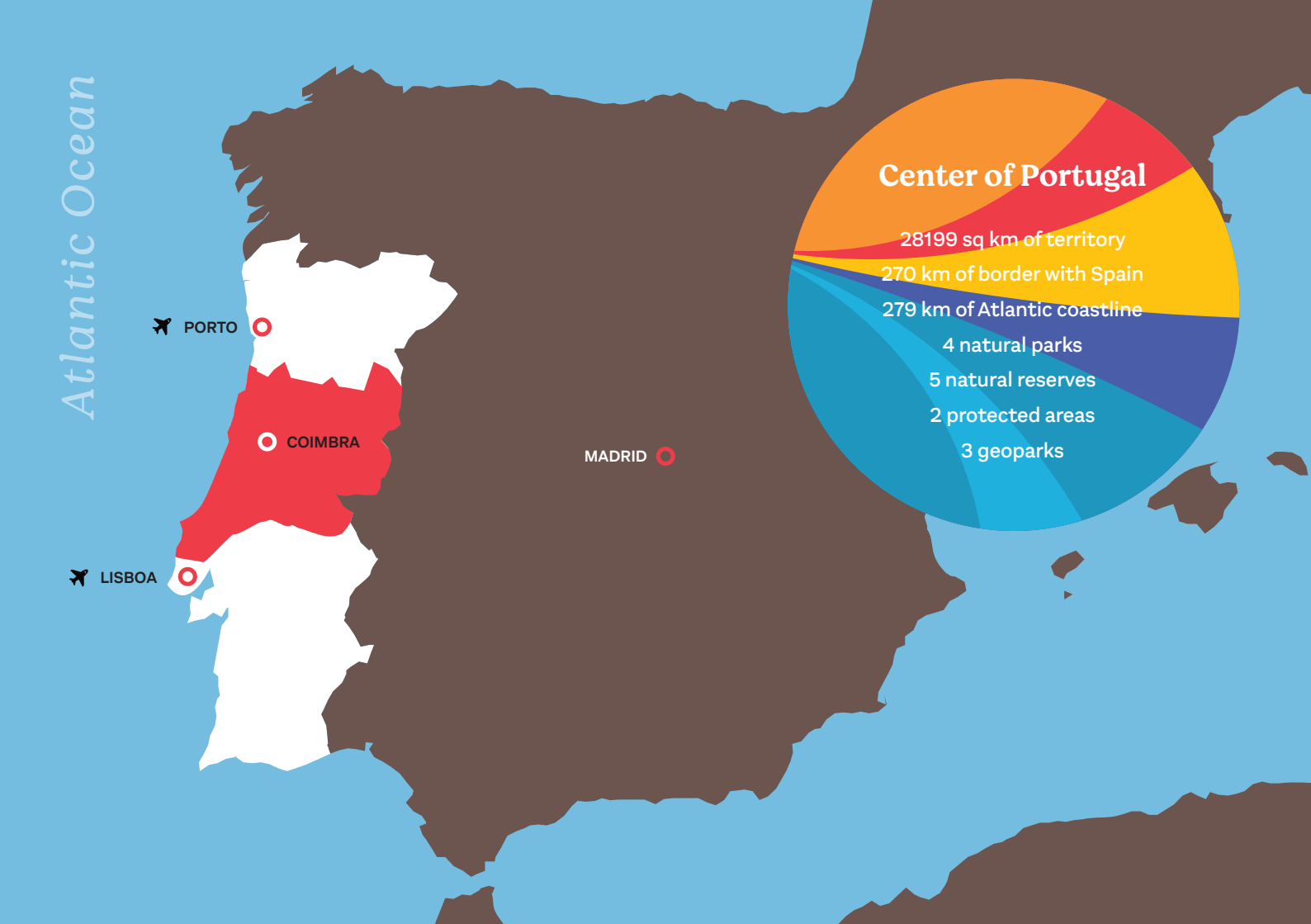
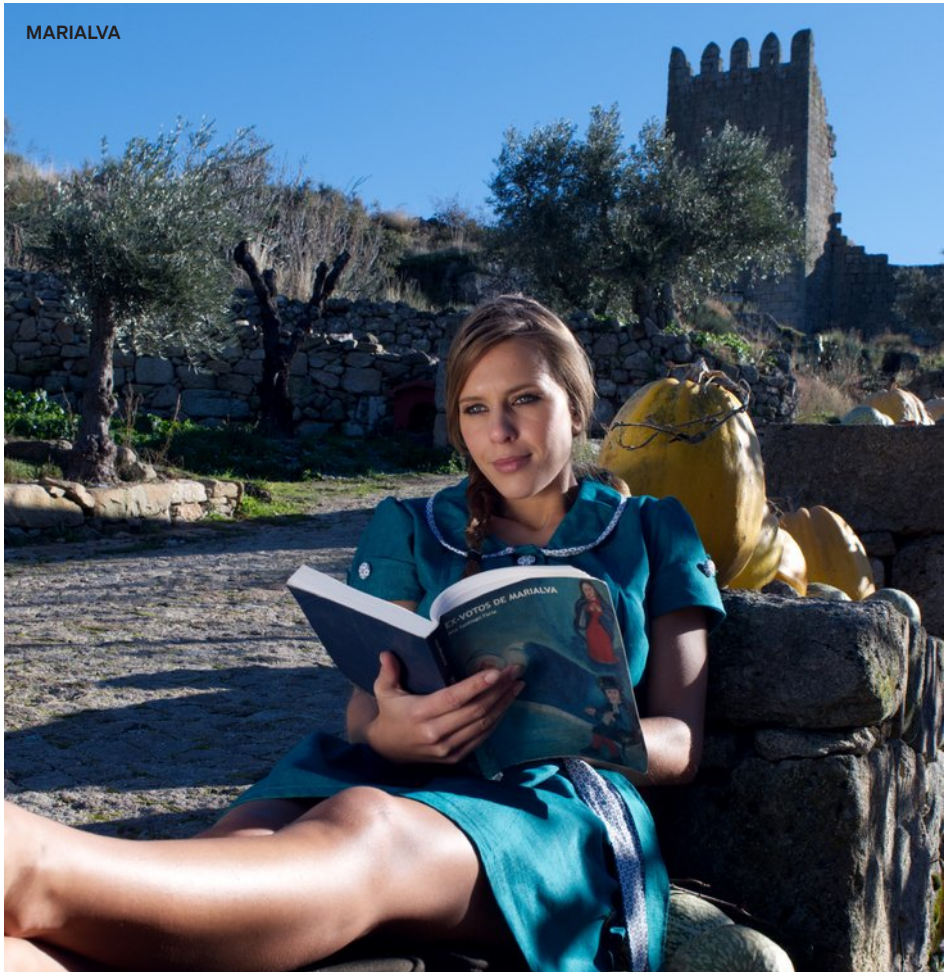
EN

visit Center of Portugal



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
3 geoparks



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.

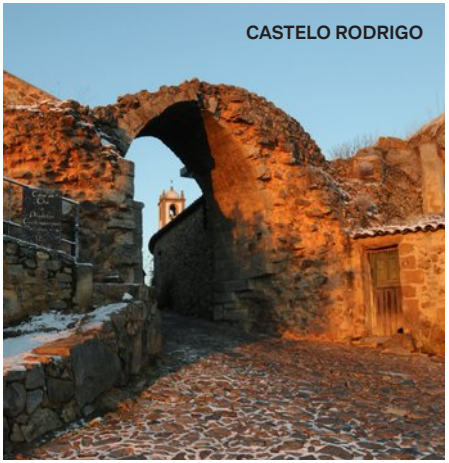
Traditional and contemporary, historic and cool, past and present hand-in-hand in a region that will certainly amaze you!

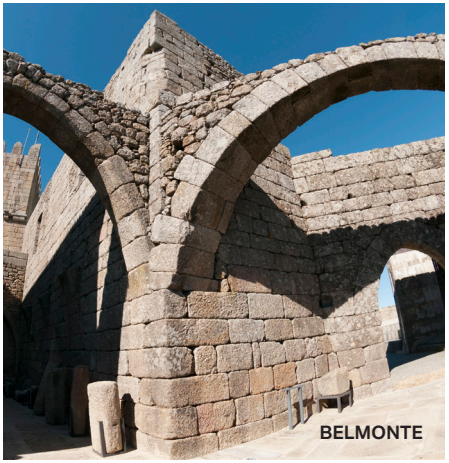
Fairy tale villages

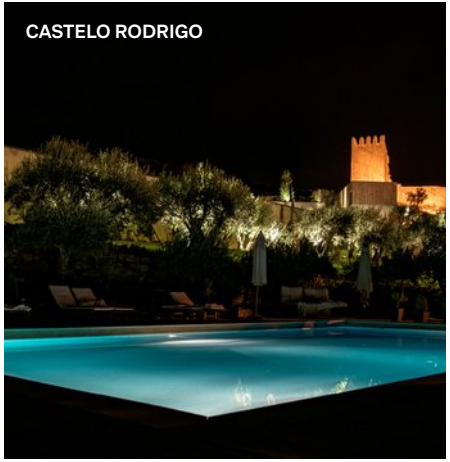


MONSANTO

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.

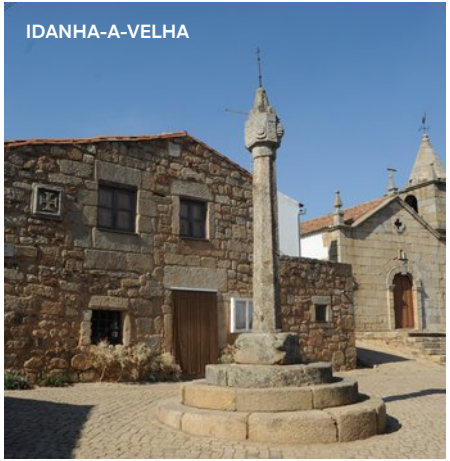

CASTELO RODRIGO

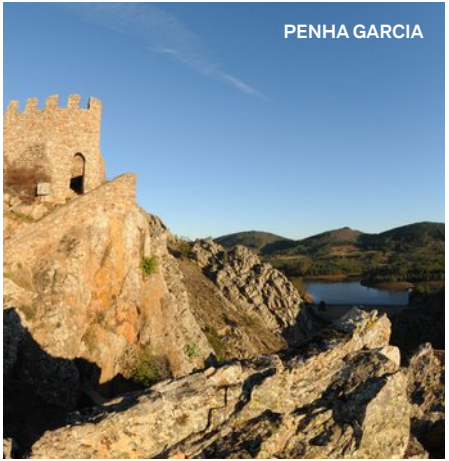

BELMONTE


CASTELO RODRIGO


PIÓDÃO




IDANHA-A-VELHA


PENHA GARCIA


CASTELO NOVO



Slow living



COIMBRA



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 innovation, past and future.

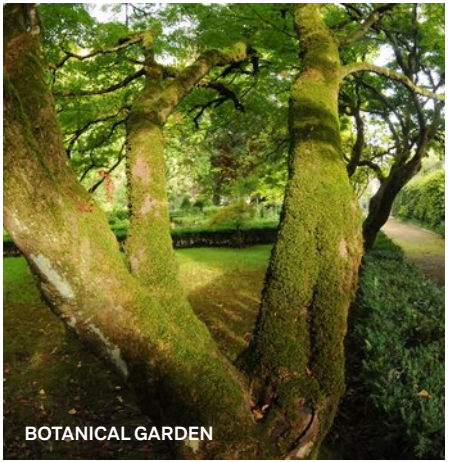
Speed does not matter at all. But the time that we devote to a sustainable lifestyle. Beautiful places full of soul.



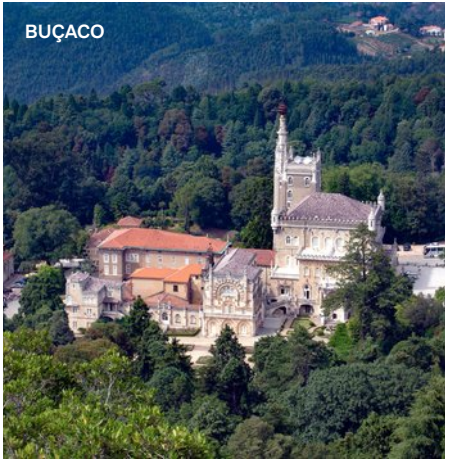
MONASTERY OF SANTA CLARA-A-VELHA

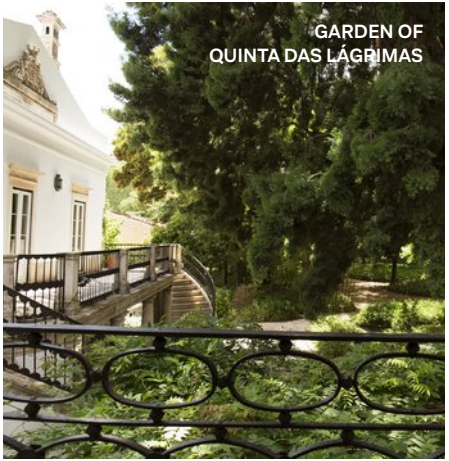

FONTE DOS AMORES 1326
QUINTA DAS LÁGRIMAS COIMBRA 26 ABRIL 2017


UNIVERSITY OF COIMBRA


BOTANICAL GARDEN


FADO DE COIMBRA


BUÇACO


GARDEN OF
QUINTA DAS LÁGRIMAS

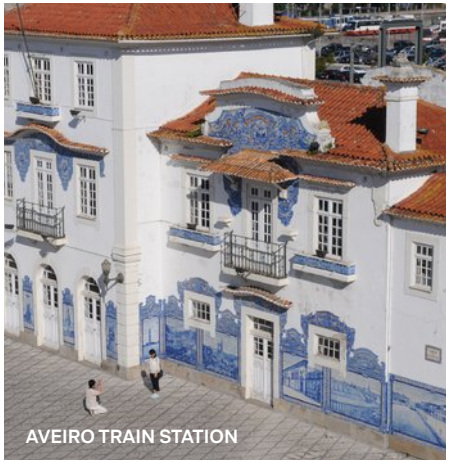



ART NOUVEAU




DOS NETOS
MOLICEIRO BOATS


COSTA NOVA BEACH



AVEIRO TRAIN STATION



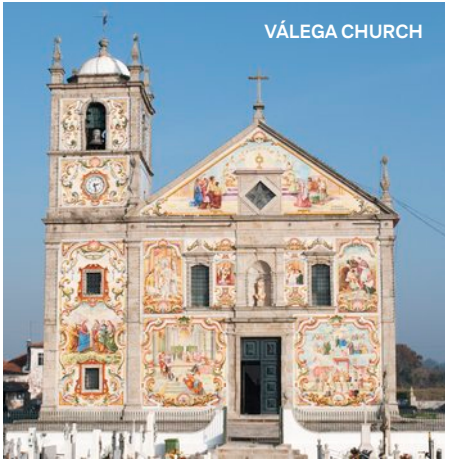
BARRA LIGHTHOUSE



VISTA ALEGRE



AVEIRO SALT PONDS



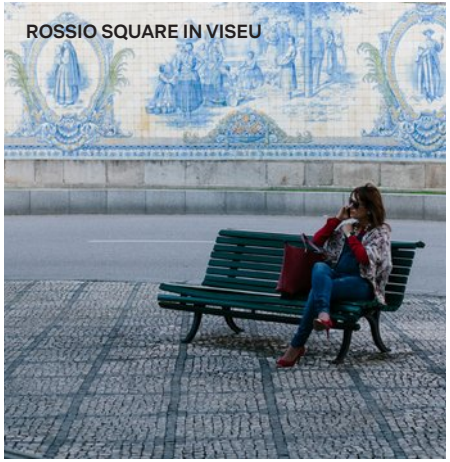
VÁLEGA CHURCH



ANTIGA ESTAÇÃO DOS COMBÓIOS
AVEIRO 29 ABRIL 2017

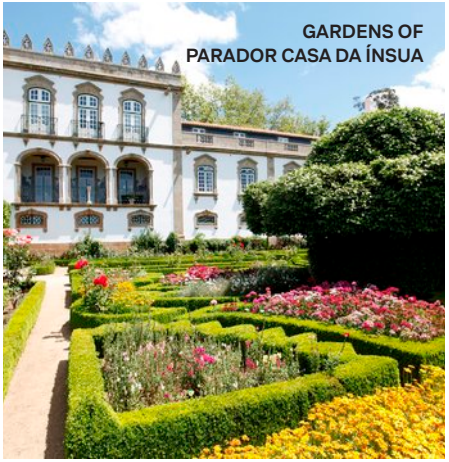


VISEU


ROSSIO SQUARE IN VISEU


VISEU CATHEDRAL


VISEU


GARDENS OF
PARADOR CASA DA ÍNSUA


LARGO PINTOR
GATA, VISEU
2 ABRIL 2017

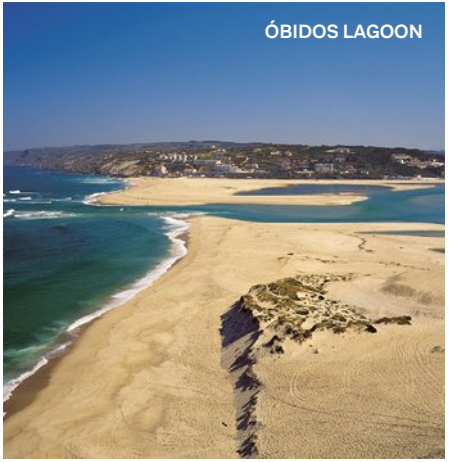



ÓBIDOS · PORTUGAL
· 9·4·17

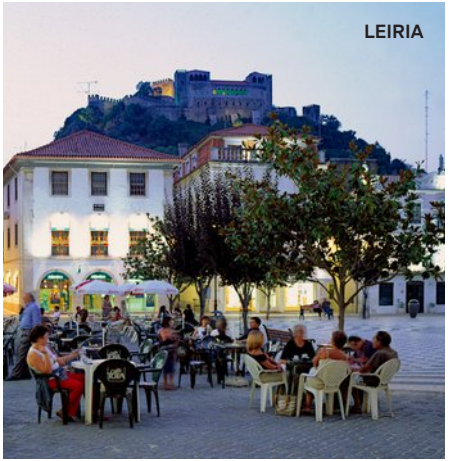
ÓBIDOS



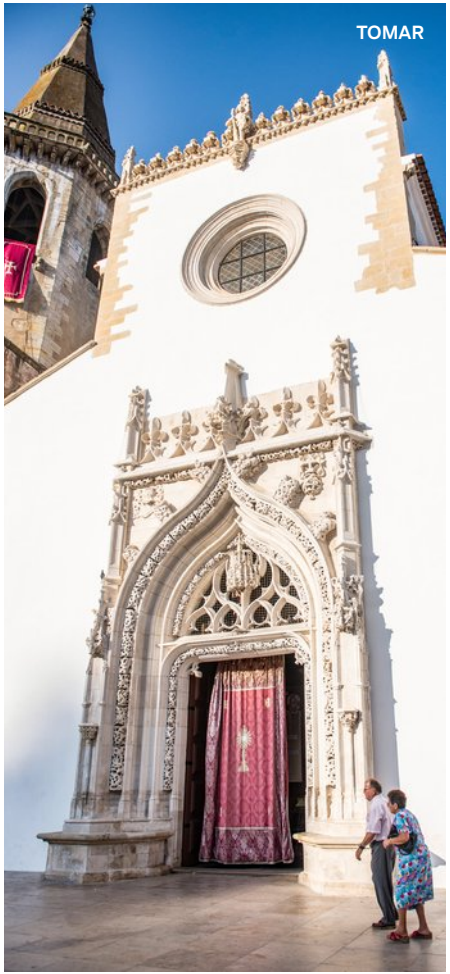
ÓBIDOS LAGOON



LEIRIA




CASTELO DE ALMOUROL 12 ABRIL 2017


TOMAR


TOMAR


TOMAR


TOMAR



The world at Her feet



FÁTIMA


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!






World
Catwalks
UNIVERSITY OF COIMBRA



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 ALCOBAÇA

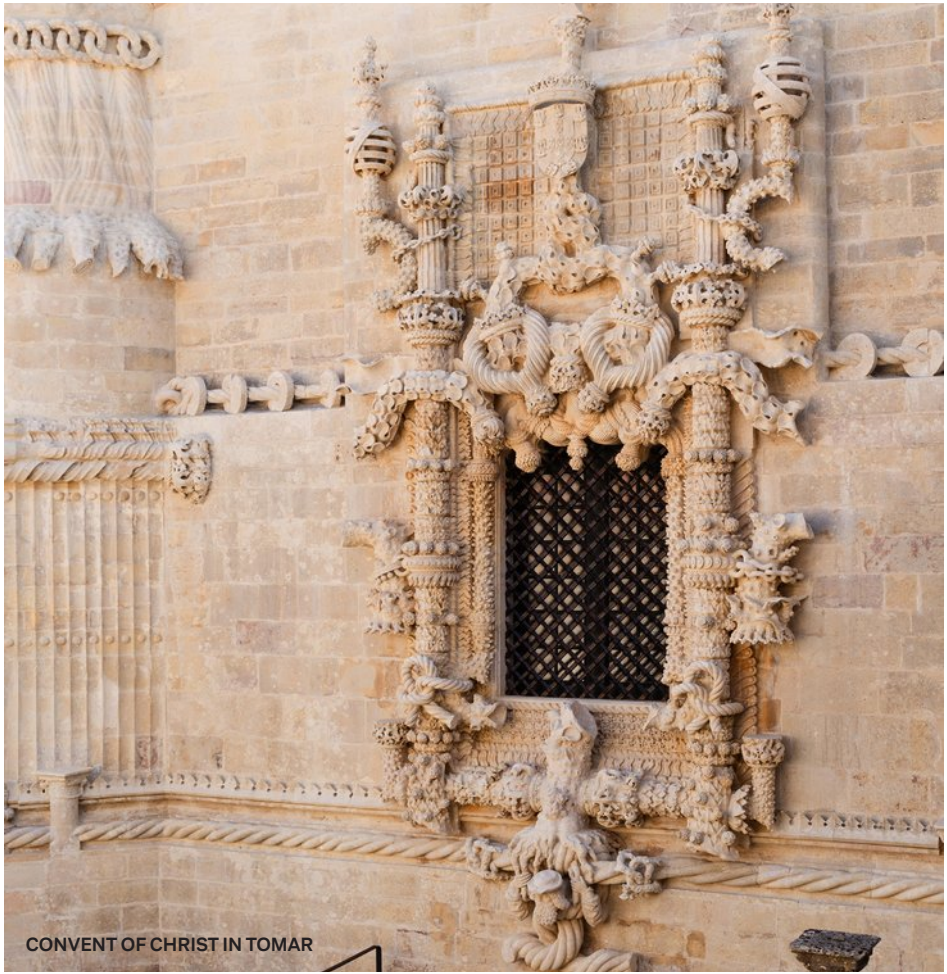


MONASTERY OF BATALHA



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

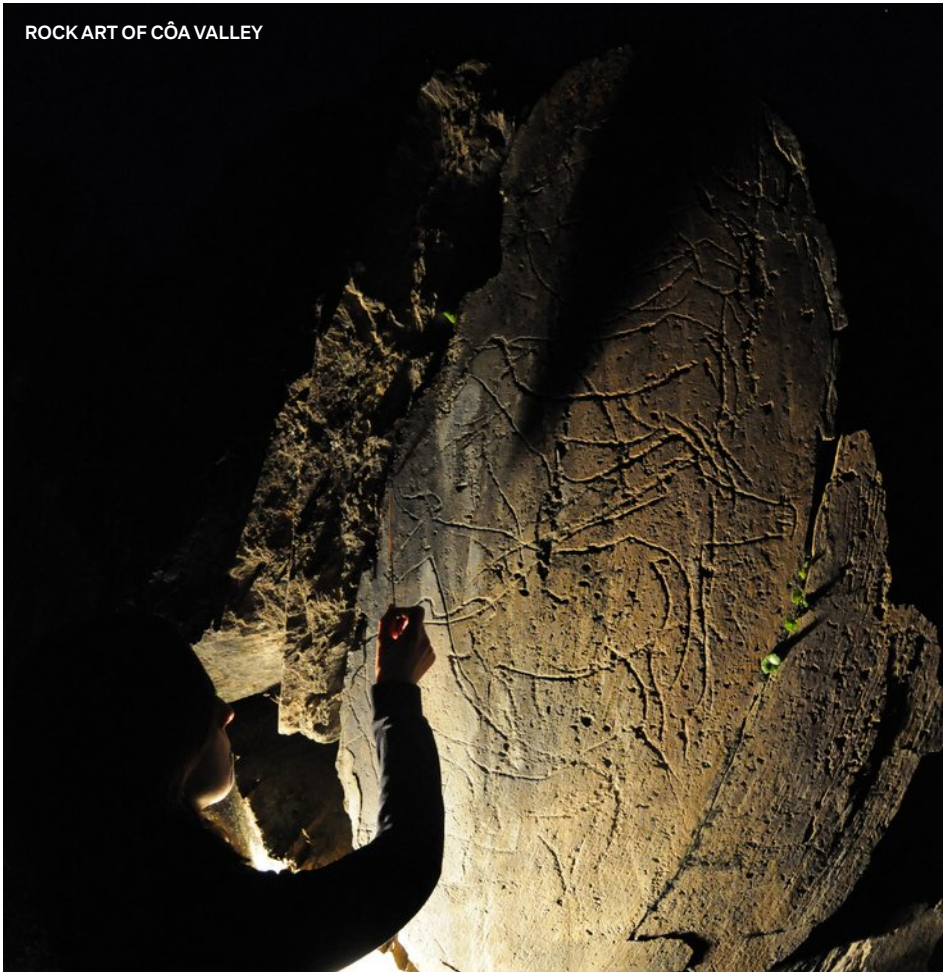
Symbolic monument of the exaltation of the Reconquista, the convent of the Order of the Knights Templar was transferred in 1344 to the **Order of the Knights of Christ**.

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.



ROCK ART OF CÔA VALLEY


Perfection

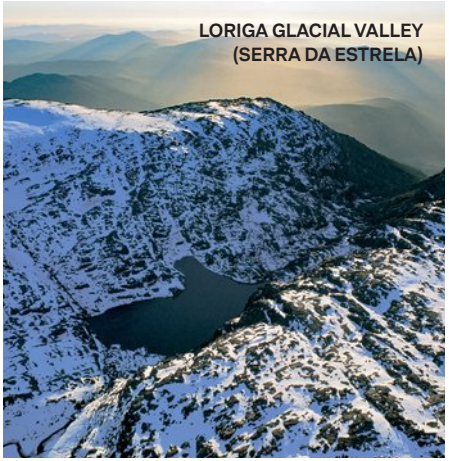
A genuine journey through time. In Center of Portugal, you will find those primordial places, where you can only hear the silence. The timeless glacial valleys of the **Serra da Estrela**, the illuminated **Aveiro Lagoon**, the majestic design of the **Côa Valley**, protected ecosystems, breath-taking 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)

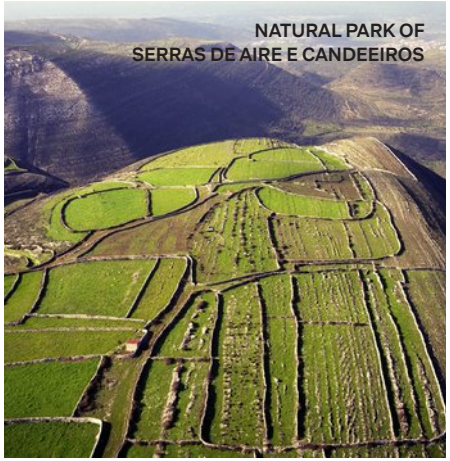

SCHIST VILLAGES



BUÇACO NATIONAL WOODS



DÃO CYCLING
AND WALKING PATH



NATURAL PARK OF
SERRAS DE AIRE E CANDEEIROS

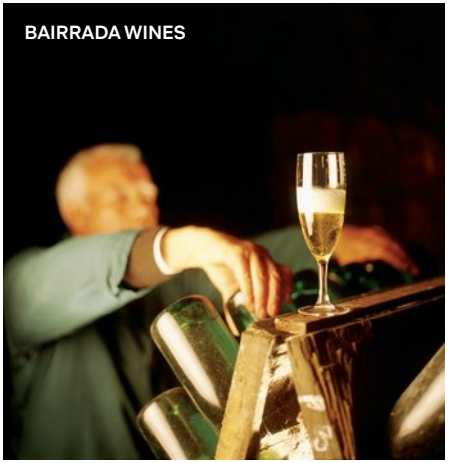


MARMITAS DE GIGANTE
(NATURAL PARK OF TEJO INTERNACIONAL)


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)



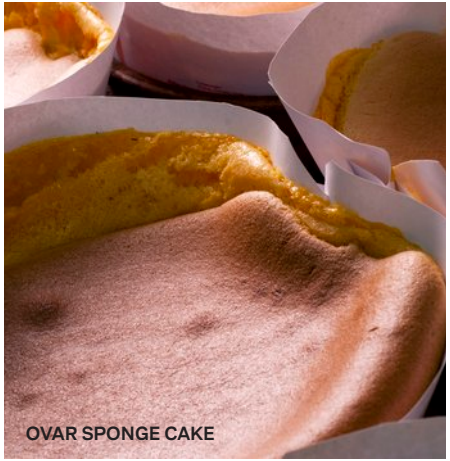
OVOS-MOLES DE AVEIRO

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.



SERRA DA ESTRELA CHEESE



OVAR SPONGE CAKE



SALTY CODFISH

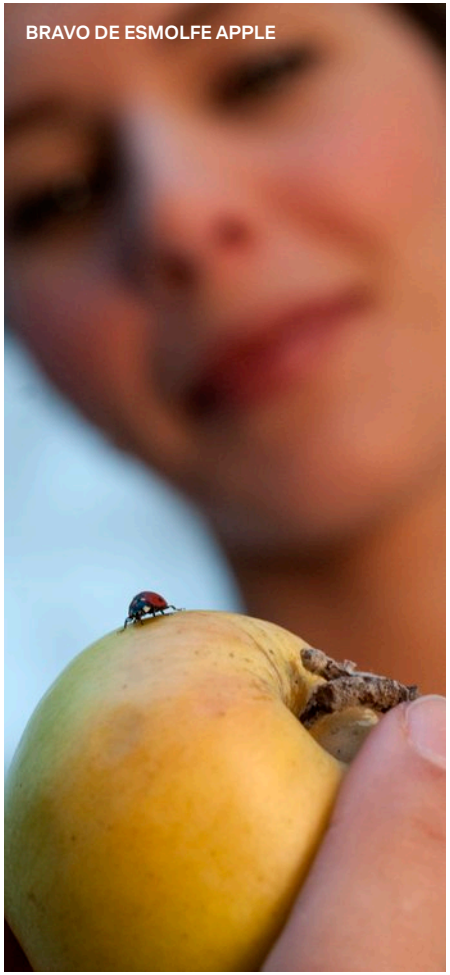

MESA DE LEMOS BY CHEF DIOGO ROCHA


BAIRRADA SUCKLING PIG





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.


BRAVO DE ESMOLFE APPLE


MERCADO DA FRUTA
CALDAS DA RAINHA
19 ABRIL 2017

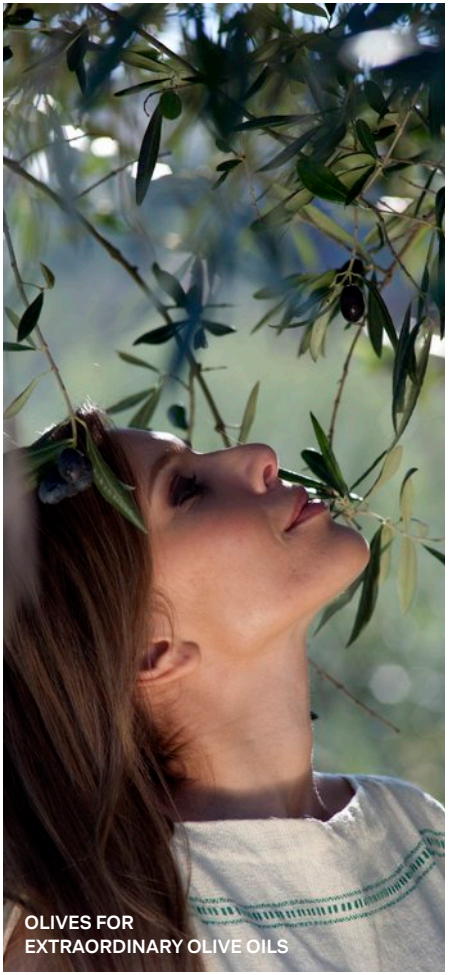
But in Center of Portugal there are a thousand flowers. As the days go by, cherry, pear, peach and apple blossoms arrive!

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


FUNDÃO CHERRIES






OLIVES FOR
EXTRAORDINARY OLIVE OILS


SUPERTUBOS BEACH (PENICHE)
Ocean
lovers


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



SEA FESTIVAL (AVEIRO)



NAZARÉ


PENICHE
2012



PRAIA DO NORTE BEACH (NAZARÉ)


2017


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