

Departures & Arrivals prepared a special “Cultural Package” to get to know all Portugal, in 14 days-13 nights as follow:

5 nights in Oporto
1 night in Seia
1 night in Coimbra
1 night in Obidos
3 nights in Lisboa
2 nights in Faro
30pax
15 twin rooms
Year 2012

Introduction to Portugal



Introduction to Portugal

Portugal is a country situated in south-western Europe on the Iberian Peninsula. It is the westernmost country of Europe, and is bordered by the Atlantic Ocean to the West and South and by Spain to the North and East. The Atlantic archipelagos of the Azores and Madeira are part of Portugal. The country is named after its second largest city, Porto, whose Latin name was Portus Cale.

The land within the borders of today's Portuguese Republic has been continuously settled since prehistoric times: occupied by Celts like the Gallaeci and the Lusitanians, integrated into the Roman Republic and later settled by Germanic peoples such as the Suebi and the Visigoths, in the 8th century the lands were conquered by Moors.

In the 15th and 16th centuries, as the result of pioneering the Age of Discovery, Portugal expanded western influence and established a global empire that included possessions in Africa, Asia, Oceania, and South America, becoming one of the world's major economic, political and military powers. The Portuguese Empire was the first global empire in history.

Mainland Portugal is split by its main river, the Tagus that flows from Spain and discharges in Tagus Estuary, before escaping into the Atlantic. The northern landscape is mountainous towards the interior with several plateaus indented by river valleys, whereas the south, that includes the Algarve and the Alentejo regions, is characterized by rolling plains.

Portugal is among the 20 most visited countries in the world, receiving an average of 13 million foreign tourists each year.

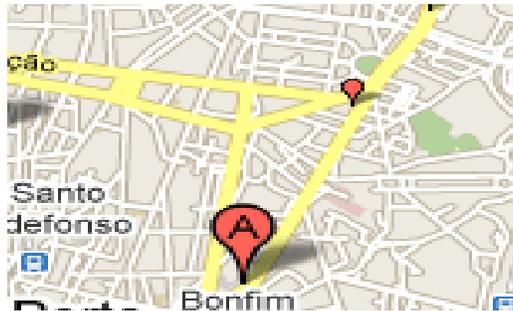
Tourist hotspots in Portugal are Lisbon, the Algarve and Madeira. Lisbon is, after Barcelona, the European city which attracts the most tourists. Porto and Northern Portugal, especially the urban areas north of Douro River valley, was the tourist destination which grew most.



Accommodation

Hotel Vila Galé Porto 4*

- ✓ Endereço: Av. Fernão Magalhães, nº 7, Porto. No centro.

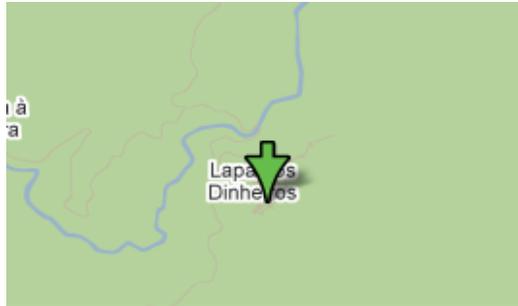


- ✓ Web: www.vilagale.pt



Hotel de montanha Casas da Lapa

- ✓ Endereço: Rua Da Eira Do Costa, 10 - Lapa Dos Dinheiros, 6270-651 Seia, Serra da Estrela. Localizado na montanha.

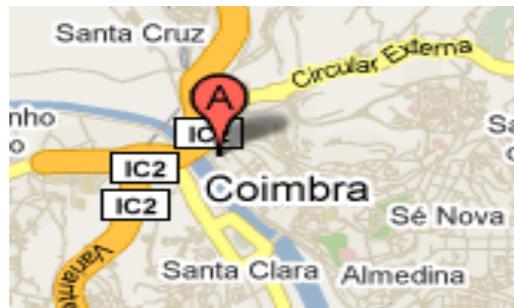


- ✓ Web: www.casasdalapa.com



Hotel Vila Galé Coimbra 4*

- ✓ Endereço: R. Abel Dias Urbano 3000 Coimbra. Situado no centro da cidade.



- ✓ Web: www.vilagale.pt



Hotel Estalagem do Convento 4*

- ✓ Endereço: Rua D. João de Ornelas, Obidos. Antigo convento do século XIX, localizado fora das muralhas da cidade.



- ✓ Web: www.estalagemdoconvento.com



Hotel Mundial 4*

- ✓ Endereço: Rua Dom Duarte 4, Lisboa. No centro histórico.



- ✓ Web: www.hotel-mundial.pt



Hotel Eva 4*

- ✓ Endereço: Av. da República 1, Faro. No centro da cidade.



✓ Web: www.tdhotels.pt



Programa

Dia 1

Arrival transfer, Oporto airport.



Day at leisure.

Overnight in Oporto.

Day 2

Breakfast at the hotel.

Oporto sightseeing, the second city of Portugal

Visit the beautiful and mysterious lady, one of the most ancient cities of Europe with plenty of historic and cultural memories. A unique and unforgettable tour through the —Bairro da Sé||, the heart of ancient Oporto of medieval roots. We end this unforgettable tour at a famous wine cellar in the historical heart of Vila de Gaia in an atmosphere that will take you in a journey to the past.



Free time for lunch.

Afternoon at leisure.

Overnight in Oporto.

Day 3

Breakfast at the hotel.

Full day excursion to Douro region with Port wine tasting & lunch

By unique landscapes of mountain and river, were born one of the famous God nectars, discovering sights and traditions were we feel the faith of the People. In Amarante on the banks of the river we find the Monastery of S.Gonçalo, in Lamego we visit the shrine of Our Lady of Remédios. We will enjoy the magnificent panorama over the River Douro where on the sloops of the mountain had origin the most famous Portuguese wine: Port Wine.

Port wine (also known as Vinho do Porto, Porto, and often simply Port) is a Portuguese fortified wine produced exclusively in the Douro Valley in the northern provinces of Portugal. It is typically a sweet, red wine, often served as a dessert wine, and comes in dry, semi-dry, and white varieties. Port is produced from grapes grown and processed in the demarcated Douro region. The wine produced is then fortified by the addition of a neutral grape spirit known as aguardente in order to stop the fermentation, leaving residual sugar in the wine, and to boost the alcohol content. The fortification spirit is sometimes referred to as Brandy but it bears little resemblance to commercial Brandies. The wine is then stored and aged, often in barrels stored in a *cave* (pronounced "ka-ve" and meaning "cellar" in Portuguese) as is the case in Vila Nova de Gaia, before being bottled. The wine received its name, "Port", in the latter half of the 17th century from the seaport city of Porto at the mouth of the Douro River, where much of the product was brought to market or for export to other countries in Europe. The Douro valley where Port wine is produced was defined and established as a protected region, or appellation in 1756 — making it the third oldest defined and protected wine region in the world after Chianti (1716) and Tokaj (1730).



Overnight in Oporto.

Day 4

Breakfast at the hotel.

Santiago de Compostela(Spain) full day excursion

Discover Santiago de Compostela, the capital of the Region of Galicia. Millions of people from all over the world come to this city every year, many of them reaching the end of the Camino de Santiago pilgrimage route. Its historic centre has been designated a World Heritage Site by the UNESCO.

The final destination on the Camino de Santiago. The Galician capital is synonymous with the Camino, an ancient pilgrimage route, born in the 9th century, that has linked the city with the rest of Europe ever since. Every year many thousands of pilgrims set out on foot, by bike, or even on horseback, to live this experience that combines adventure and spirituality. The final goal is the Cathedral in Santiago, one of the sacred cities of Christendom. This is, without a doubt, an unusual, unforgettable way to travel through Spain.



Free time for lunch.
Overnight in Oporto.

Day 5

Breakfast at the hotel.

Guimarães, Braga & Barcelos, Minho region full day excursion

One history to discover, one unique journey starting by the —birth of the nation||, Guimarães, then through the capital of Minho, Braga with their three sanctuary's, who shape the triangle of faith, devotion and pilgrimage; having lunch in one of the jewel of the Portuguese baroque art. Ending this tour in the city of the miraculous rooster, who became symbol of Portugal, Barcelos.



Overnight in Oporto.

Day 6

Breakfast at the hotel.

❖ Distance Oporto-Serra da Estrela Natural park: 200km, 3 hours.

Visit Cheese Factory with Estrela cheese tasting, the best of the country

Serra da Estrela is a cheese from the cold and mountainous region of Serra da Estrela in Portugal, which has been granted PDO status in the European Union. Its production has very rigorous rules and is limited to the region consisting of the municipalities of Seia, Nelas, Mangualde, Celorico da Beira, Tondela, Gouveia, Penalva do Castelo, Fornos de Algodres and Carregal do Sal. It is made from sheep's milk, mostly during the months of November to March. Its maturation period has specific norms and must last thirty days at least. The texture of the paste varies depending on its age, from a very soft semi-liquid when young, to a soft but sliceable solid when older. It is a cured cheese created by artisanal producers with a white or slightly yellow color and a uniform creamy consistency with

at most a few small holes in it. Its particular qualities result from slow draining of curdled raw sheep's milk which has been coagulated by using local *Cynara cadunculus* thistle rather than rennet. The cheese is formed into a somewhat irregular wheel with slightly bulging sides and upper surface. It typically has a soft well-formed rind, smooth and thin with a uniform straw-yellow colour, and is traditionally bound in cloth.



Free time for lunch.

Visit of Serra da Estrela natural park

Serra da Estrela is the highest mountain range in Continental Portugal. It is the westernmost constituent range and one of the highest in the Sistema Central. It includes mainland Portugal's highest point at 1,993 m (6,539 ft) above mean sea level at its highest point. There is a ski resort at the summit, named Vodafone Ski Resort. The mountain range, situated between the municipalities of Seia, Manteigas, Gouveia, Guarda and Covilhã, is about 100 km (62.14 mi) long and is 30 km (18.64 mi) at its widest point. It is formed from a huge granite ridge that once formed the southern frontier of the country. Due to its bizarrely shaped crags and gorges, mountain streams and lakes, beautiful forests and magnificent views, the area ranks among Portugal's outstanding scenic attractions. There are three rivers that have their headwaters in the Serra da Estrela: the Mondego, which is the biggest river entirely within Portuguese territory; and the Zêzere, which is a tributary to the Tagus; a tributary of the Mondego, the Alva also has its headwaters in the range. It is 1691 metres high.



Overnight in Seia.

Day 7

Breakfast at the hotel.

❖ Distance Seia-Coimbra: 94km, 1 1/2 hours.



Coimbra visit, the university city

Long ago, this site was occupied by the Celts, but the process of Romanisation brought a great cultural transformation to this region. The presence of the Romans is still visible in the various archaeological remains housed at the Museu Nacional Machado de Castro, built over the cryptoporticus of the Civita Aeminium, the forum of the Roman city. After them, between 586 and 640, came the Visigoths, who altered the name of the town to Emino. In 711, it became a Moorish and Mozarab city. In 1064, the city was conquered by the Christian Fernando I of Castile and governed by the Mozarab Sesnando. The most important city to the south of the River Douro, it was for some time the residence of the Count Dom Henrique and Dona Teresa, the parents of the first king of Portugal, Dom Afonso Henriques, who was born here. It was the latter king who integrated the city into the Portuguese territory in 1131. Dating from this time are some of the city's most important monuments: the Sé Velha (Old Cathedral) and the churches of São Tiago, São Salvador and Santa Cruz, representing the religious authority and the various orders that became established here.

Coimbra was the setting for the forbidden love of Dom Pedro I (1357-67) and Dona Inês, a lady at court. Inês was executed at the orders of the king Dom Afonso IV, who saw in this romance the danger of Portugal being submitted to the rule of Castile. An inspiration to poets and writers, their story still forms a major part of the city's rich heritage.

Coimbra was the capital of Portugal during the Middle Ages, but it was the Renaissance that transformed the city into a place of knowledge, when Dom João III (1521-57) decided to move the University to the city on a definitive basis, whilst at the same time numerous colleges were created to provide an alternative to the official form of teaching.

In the 17th century, the Jesuits arrived in the city, immediately announcing their presence with the building of the Sé Nova (New Cathedral). In the following century, the royal work instituted by Dom João V (1706-50) was to enrich some of Coimbra's monuments, including the University. Dom José I (1750-77) also introduced some alterations into the city through the influence of his minister Marquês de Pombal, particularly in the field of education. At the beginning of the 19th century, the French invasions and the Portuguese liberal wars

were to mark the beginning of a period of great agitation that brought no great developments to the city. Since then, it has been the students who have brought most changes to Portugal's quintessential university town.



Free time for lunch.

Afternoon at leisure.

Overnight in Coimbra.

Day 8

Breakfast at the hotel.

❖ Distance Coimbra-Fátima: 85km.



Visit of Fatima, the world-wide known spiritual centre

The Sanctuary of Our Lady of Fátima is a Roman Catholic Marian basilica in Fátima, Portugal. Its construction began in 1928 and it was consecrated in October 1953. The basilica is built at the site of the Marian apparitions reported by three Portuguese children in 1917 and known as Our Lady of Fátima. The tombs of Blessed Francisco Marto, Blessed Jacinta Marto and Sister Lúcia dos Santos, the three children, are in the *Basilica of Our Lady of the Rosary*. Scenes of the Marian apparitions are shown in stained glass. The fifteen church altars are dedicated to the 15 mysteries of the Rosary. The large church organ was installed in 1952 and has about 12 thousand pipes. Four statues of the four great apostles of the Rosary and to the devotion to the Immaculate Heart of Mary are at the four corners of the Basilica: Saint Anthony Mary Claret, Saint Dominic, Saint John Eudes and Saint Stephen, King of Hungary. The shrine attracts a large number of Roman Catholics, and every year pilgrims fill the country road that leads to the shrine with crowds that approach one million on May 13th and October 13th, the significant dates of Fátima apparitions. Overall, about four million pilgrims visit the basilica every year. The *Chapel of Apparitions* is at the very heart of the basilica and the exact location of the apparitions is marked by a marble pillar which holds a statue of the Virgin Mary. The Paul VI Pastoral Center was inaugurated on 13 May 1982, by Pope John Paul II, as a center for study and reflection on the message of Fátima. It can seat over 2,000 people and has accommodation for 400 pilgrims. The treasury of the sanctuary holds the *Irish Monstrance*

considered to be one of the most significant works of religious art from Ireland. The monstrance was gifted to the basilica in 1949. The entrance to the Fátima Sanctuary, to the south of the rectory, is a segment of the Berlin Wall intended to emphasize the belief that the Rosary prayers influenced the fall of the Berlin Wall related to the Consecration of Russia based on the Our Lady of Fátima messages.



Free time for lunch.

❖ Distance Fátima-Alcobaça: 65km.

Visit of Alcobaça's monastery, one of Portugal's seven wonders

The Alcobaça Monastery is a Mediaeval Roman Catholic Monastery located in the town of Alcobaça, in central Portugal. It was founded by the first Portuguese King, Afonso Henriques, in 1153, and maintained a close association with the Kings of Portugal throughout its history. The church and monastery were the first Gothic buildings in Portugal, and, together with the Monastery of Santa Cruz in Coimbra, it was one of the most important of the mediaeval monasteries in Portugal. Due to its artistic and historical importance, it was listed by UNESCO as a World Heritage Site in 1989. The Alcobaça Monastery was built following an early Gothic style, and represents the

arrival of this style in Portugal. The church and other main buildings were constructed from 1178 until the end of the 13th century. The church was consecrated in 1252. Following the precepts of the Order of Cistercians, the original monastic buildings were built under clean architectonic lines, without any decoration apart from some capital sculpture and a statue of the Virgin Mary.



❖ Distance Alcobaça-Obidos: 40km.
Overnight in Obidos.
Day 9
Breakfast at the hotel.

Visit of Obidos, a walled town

❖ Distance Obidos-Lisbon: 100km.



The town of Óbidos is located on a hill and is still encircled by a fortified wall. The well-preserved mediaeval look of its streets, squares, walls and its massive castle have turned the picturesque village into a preferred tourist attraction in Portugal. If visiting, it is compulsory to try the local cherry liquor known as ginjinha.

Free time for lunch.

Visit of Lisbon, the capital and most important city

Boasting springtime temperatures during the winter and cool summers freshened by a breeze blowing in from the Atlantic, Costa de Lisboa, on the southwestern coast, offers a rich and impressively integrated diversity. The capital of Portugal since its conquest from the Moors in 1147, Lisbon is a legendary city with over 20 centuries of History. The Alfama is one of the oldest quarters in Lisboa. Since it largely survived the earthquake of 1755, the area still retains much of its original layout. Adjacent to the Alfama are the likewise old quarters of Castelo and Mouraria, on the western and northern slopes of the hill that is crowned by St. George's Castle. Radiant skies brighten the monumental city, with its typical tile covered building facades and narrow Medieval streets, where one can hear the fado being played and sung at night.



Overnight in Lisbon.

Day 10

Breakfast at the hotel.

Free day in Lisbon for personal activities.

Fados dinner show.

Fado is a music genre which can be traced from the 1820s in Portugal, but probably with much earlier origins. In popular belief, fado is a form of music characterized by mournful tunes and lyrics, often about the sea or the life of the poor. However, in reality fado is simply a form of song which can be about anything, but must follow a certain structure. The music is usually linked to the Portuguese word *saudade* which symbolizes the feeling of loss (a permanent, irreparable loss and its consequent life lasting damage). Customers will enjoy a full Portuguese tasting dinner with some national specialties.



Restaurante **Clube de Fado**.

- Endereço: Rua de São João da Praça 94, Lisbon.



Overnight in Lisbon.

Day 11

Breakfast at the hotel.

Sintra, Estoril & Cascais, full day excursion



The small city of Sintra lies between Lisbon and the Atlantic on a promontory of land between two gorges on the north side of the well-wooded Serra de Sintra. With its beautiful setting and equable climate it was an early choice as the summer seat of the Portuguese royal family. The beauty of the scenery, combined with the magnificent subtropical vegetation and the nearness of the sea, is almost beyond compare, making Sintra one of the loveliest spots in the Iberian peninsula, wholly justifying Lord Byron's description of it as "glorious Eden". Early in 1996 UNESCO included Sintra in its list of world cultural heritage sites.

One of Portugal's prettiest coastal towns, Cascais was a sleepy fishing village until King Luís I's Royal Court arrived in 1870, bringing glamour which still survives today. Since even before medieval times, Cascais had lived off fishing on these Atlantic shores, servicing a large part of Lisbon. During the exploration of the —new world||, Cascais was important to Lisbon strategically due to its proximity to the Tagus River (Rio Tejo), and it became quite wealthy from the maritime trade and services. The great earthquake of 1755 that wiped out most of Lisbon, also destroyed much of Cascais (and subsequently many of the oldest buildings in Cascais now date to this period, when rebuilding began).

Free time for lunch.

Overnight in Lisbon.

Day 12

Breakfast at the hotel.

❖ Distance Lisbon-Evora: 134km.



Visit of Evora, a Roman city

Due to its well-preserved old town centre, still partially enclosed by medieval walls, and a large number of monuments dating from various historical periods, including a Roman Temple, Évora is a UNESCO World Heritage Site. Among its main sights, we can mention:

▫ *Aqueduct of Silver Water*: with its huge arches stretching for 9 km, this aqueduct was built in 1531-1537 by King João III to supply the city with water.

▫ *Cathedral of Évora*: mainly built between 1280 and 1340, it is one of the most important gothic monuments of Portugal. The cathedral has a notable main portal with statues of the Apostles (around 1335) and a beautiful nave and cloister. One transept chapel is Manueline and the outstanding main chapel is Baroque. The pipeorgan and choir stalls are renaissance (around 1566).

▫ *Palace of Vasco da Gama*: Vasco da Gama resided here in 1519 and 1524, the dates corresponding to his nomination as the Count of Vidigueira and Viceroy of India. The Manueline cloister and some of its Renaissance mural paintings are still preserved.

▫ *Roman Temple of Évora*: improperly called Diana Temple, this 1st century-temple was probably dedicated to the Cult of Emperor Augustus (but some texts date it to the second or even the third century). It is one of a kind in Portugal. The temple was incorporated into a mediaeval building and thus survived destruction. It has become the city's most famous landmark. The temple in Corinthian style has six columns in front (Roman hexastyle) with in total fourteen granite columns remaining. The base of the temple, the capitals and the architraves are made of marble from nearby Estremoz. The intact columns are 7.68 m (25.20 ft) high. It can be compared to the Maison Carrée in Nîmes, France.

• *University of Évora*: Formerly a Jesuit college built by Cardinal-King Henrique in 1559, it includes the 16th century Mannerist church and the academic buildings surrounding the large 17th-18th century cloister.



Free time for lunch.

❖ Distance Evora-Faro: 287km.



Overnight in Faro.

Day 13

Breakfast at the hotel.

Algarve full day excursion including Faro & Sagres

The Algarve meaning "the west" is the southernmost region of mainland Portugal. Tourism and related activities are extensive and make up the bulk of the Algarve's summer economy. The Algarve is the most popular tourist destination in Portugal, and one of the most popular in Europe. The coastline is notable for picturesque limestone caves and grottoes, particularly around Lagos, which are accessible by powerboat. Well-known beaches in the Algarve range from Praia da Marinha to Armação de Pêra.

Faro: It was during the Roman period that this region developed and gained standing. This historical past come from interpreting archaeological finds made in the city which can now be seen in the Infante D. Henrique (Prince Henry the Navigator) Archaeological Museum, and the Milreu Ruins to be found in the suburbs of Faro. In the 16th century, Faro became an important trading centre on the Algarve, a role it kept up throughout centuries. It became a city in 1540 and the Bishopdom formerly located in Silves was relocated to Faro. Many of the city's religious monuments date from that period reflecting the economic wealth in the artistic grace of the Church of Misericórdia (Compassion) and the convents of Saint Francis, Nossa Senhora da Assunção (Our Lady of the Assumption - now the Infante D. Henrique Archaeological Museum), of Santiago Maior and of Saint Anthony of Capuchin. **Sagres:** The south-westernmost point in the European continent, was already referred to in antiquity as the Promontorium Sacrum, encompassing the area from the Ponta da Piedade to the Cape of São Vicente and from the cape to the beach of Arrifana. A buttressed fortress was built in the 15th century by the Infante D. Henrique, who died here in 1460. The presence of this fortress endowed Sagres with a unique role in the history of Portugal, integrating it within the imaginary universe of the Portuguese discoveries and conferring international recognition to the site.

In addition to the spectacular panorama over the sea and the Cape of São Vicente it is still possible to recognize constructions such as the cistern tower, a windbreak wall, the former dwellings and a barracks and the old parish church of Nossa Senhora da Graça. One of the main attractions for visitors is the huge compass-rose marked on the ground, measuring 43 metres in diameter. Due to its strategic position on the Portuguese coast, the site has a

long history, including the attack by the corsair, Francis Drake in 1587, when the Kingdom of Portugal was under the dominion of King Filipe III of Spain.



Free time for lunch.

Overnight in Faro.

Day 14

Breakfast at the hotel.

Departure transfer, Faro airport.

Flight back home and end of our services.

Package rate

Number of Guests	30pax
In Double room	€ 1425
Single Supplement	€ 630

The price is per person in double room and includes the following services:

- ✓ 5 nights of accommodation and breakfast, 4* hotel in Port.
- ✓ 1 night of accommodation and breakfast, 4* hotel in Seia.
- ✓ 1 night of accommodation and breakfast, 4* hotel in Coimbra.
- ✓ 1 nights of accommodation and breakfast, 4* hotel in Obidos.
- ✓ 3 nights of accommodation and breakfast, 4* hotel in Lisbon.
- ✓ 2 nights of accommodation and breakfast, 4* hotel in Faro.
- ✓ bus en route from Port to Faro.
- ✓ driver 's accommodation and breakfast with the group, outside of Lisbon.
- ✓ English-speaking local guides for the following services: Oporto arrival transfer, Oporto visit, Douro full day excursion, Santiago de Compostela visit, Guimarões full day excursion, Barcelo, Guimarões & Braga full day excursion, cheese factory visit, Serra da Estrela park visit, Coimbra visit, Fátima visit, Alcobaca monastery visit, Obidos visit, Lisbon visit, Sintra full day excursion, Evora visit, Algarve full day excursion.

- ✓ winery visit with wine tasting and lunch in Douro region.
- ✓ cheese factory visit with cheese tasting in Seia.
- ✓ fado show with dinner in Lisbon.
- ✓ entrance tickets: Alcobaca monastery, Sagres fortress, Sé cathedral, Capela dos Ossos-São Francisco church and Evora cathedral.
- ✓ local taxes.

Package subject to availability.

TURISMO DE
PORTUGAL

