

# porto

## and the north

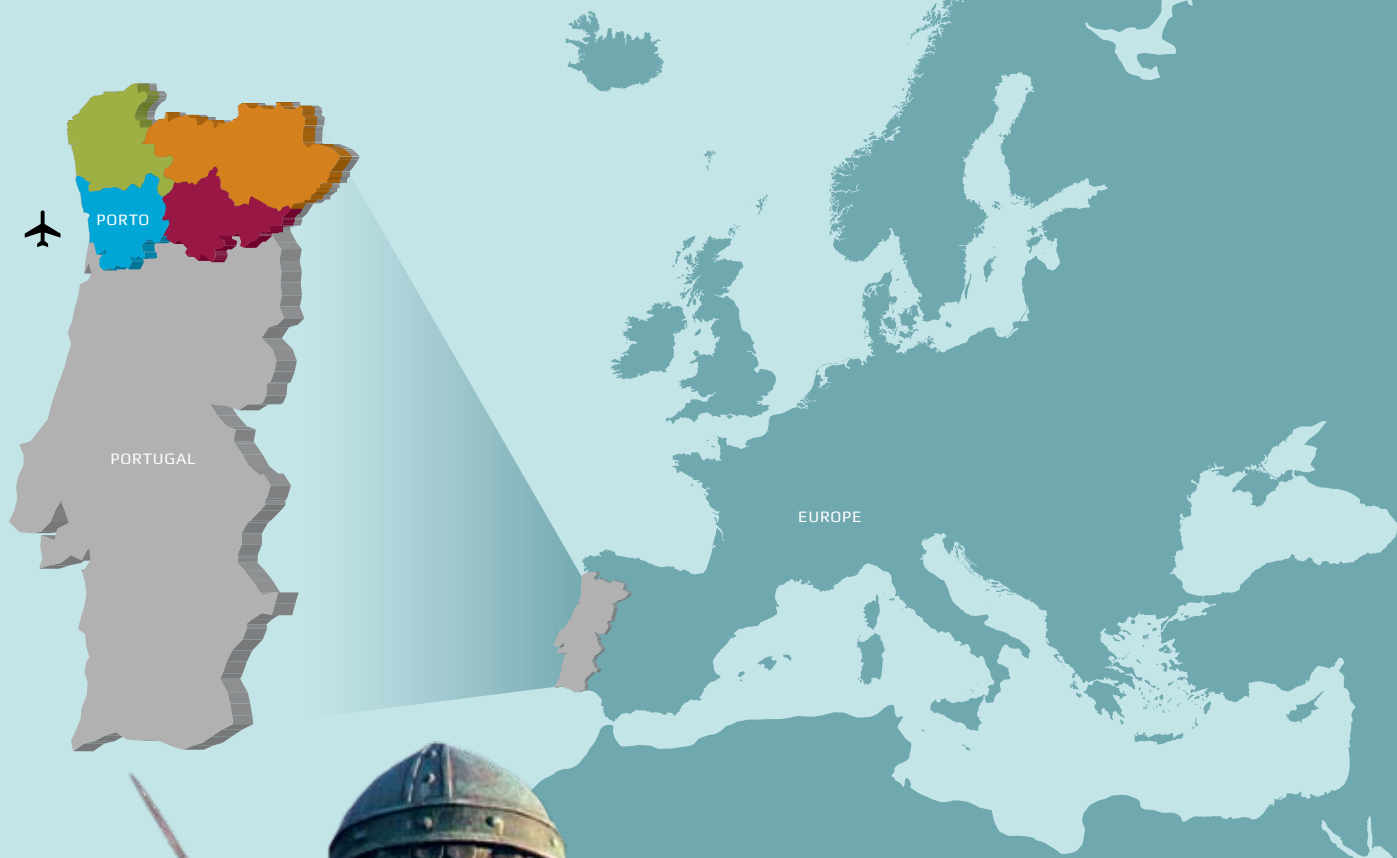
the essence of portugal



TURISMO DE  
PORTUGAL



porto e norte



D. Afonso Henriques - First King of Portugal - Guimarães

# porto

and the north



Handmade Valentine's Handkerchief - Vila Verde





Porto by night



Douro Valley

## the essence of portugal

Portugal was born in the North and the rich cultural heritage of the region doesn't ignore so noble and ancient origins. Tradition, culture, history, architecture, gastronomy and wine, landscape, hospitality and the joy of their people are the attributes of a unique region. Whether in leisure activities, like golf and spas, or business, this region is acquiring a huge prominence and a peculiar charm. One who visits Portugal takes with oneself more than pictures and memories. One experiences in the soul maybe the most Portuguese feeling: Saudade.

The tourist will find a little of everything in cities and towns of Northern Portugal. Cities like the inimitable Porto, the distinct Braga or Guimarães, birthplace of Portugal. Must-visit cities are also Viana do Castelo, Ponte de Lima, Bragança, Chaves, Amarante, Lamego or Vila Real. Places of great heritage and historical interest, of culture and a very own and welcoming way of living.

The churches and monasteries, the museums and castles, the gardens and the rich architecture are part of an unforgettable itinerary. It is also impossible not to enjoy the numerous Natural Parks, the generous rivers, the sea and the mountain which frame all this region.

At a stop to take a breath, it is always possible to appreciate the rich and abundant gastronomy, the Douro wine, the "Vinho Verde" and the famous Port Wine.

The North of Portugal is all this and it is also a region with four UNESCO qualifications. The Historical Centre of Porto, the Historical Centre of Guimarães, the Douro Valley and the Côa Valley are World Heritage.

It would be hard to qualify a region like the North of Portugal, but if we wanted to do it, we would have to inspire ourselves in their people, in their hospitality, in the joy of their festivities and in their way of living so strongly marked by the pleasant way of hosting.



## porto, tradition and modernity



There are thousand charms and corners that are worth discovering in Porto, capital of the North. Porto is one of the oldest cities of the country, and, as such, its path is sinuous and picturesque.

It is a unique experience to stroll through its streets and feel the pulse of the city. Take the tram to the mouth of the river Douro and get to know the excellent beaches and the outdoor cafés, visit admiring churches and monuments and encounter the non-



Official Port Wine Glass designed by Architect Siza Vieira





Pérgola – Foz area



Serralves Foundation

conformist modernism of the new contemporary buildings of architects like Siza Vieira, Souto Moura or Rem Koolhaas.



Lello Bookshop





Ribeira Square, UNESCO World Heritage

## architectural and historical heritage - a unique legacy

Board on a medieval journey and pound the historical centre, passing by the Cathedral or the Clérigos Tower. By tram or on foot, go down to the peer and experience the feeling of making a cruise on a Rabelo boat, which sail on the river Douro. Take the opportunity to admire the six bridges of the city, visit the Port Wine cellars and taste this characteristic wine in a cosy and refined atmosphere.

Visit the Casa do Infante Museum, the São Francisco Church, the Stock Exchange Palace, the pleasant riverfront and the well preserved Ribeira and Miragaia streets. But same wise, admire the well present modernity in the Casa da Música and the Museum of Modern Art of Serralves.

Clérigos Tower





Rabelo Boat Cruise



São Francisco Church



Regatta on the Douro River



Port Wine Cellars





Casa da Música

## urban entertainment - sensations with the ocean and the river as background

Besides history and culture, Porto is also leisure, fun and night life. The famous streets around the Galeria de Paris Street, the cafés and its terraces, the Miguel Bombarda area or the commercial Sta Catarina Street are reference points in arts, in culture, but also in leisure and shopping.

Find out what Porto has best to offer and enjoy the numerous outdoor cafés by the sea and the excellent City Park with seafront.



City Park





São João traditional Festivity – Porto, 23<sup>rd</sup> June



Galeria de Paris Street – Nightlife



Tram Tour



Terraces over the sea



Alfândega Congress Centre

## a destination of congresses and events

In Porto and in the North of Portugal one finds the ideal conditions to host business and scientific events in emblematic and well-equipped buildings.

To host international congresses and conferences you can choose congress centres of various competencies and different types of hotels: chain, charm, design or trendy. These units are complemented by a vast support services, always with the guarantee of a skilled experience and a rigorous professionalism. For a social event of more creative matter, it is also the ideal destination due to the huge variety of available gala venues: castles, manor houses, palaces, restaurants, beach bars, casinos, museums and a lot more!

In Porto and in the North of Portugal, it is always possible to transform a simple transfer into an event and make it unforgettable, on board of a boat, tram or train.



Porto International Airport





Historical Grand Prix of Porto - Boavista Circuit

## don't miss

The Casa da Música, the Historical Centre and the Ribeira Square, the Lello Bookshop, the Café Majestic, the Port Wine Cellars and the Monastery of Nossa Senhora do Pilar, the Guindais Funicular, Miguel Bombarda Street, Galeria de Paris Street, Cândido dos Reis Street, Serralves House and Museum of Modern Art, the São Bento Train station, the Cathedral, the Clérigos Tower. And, of course, the contagious joy of the popular festivities, the excellent gastronomy and the wine.



Dragon Stadium – FC Porto



Clérigos Market





Santa Luzia Hill – Viana do Castelo

# minho an intense green, a contagious joy

The Minho Region has unique characteristics associated to a natural landscape of enormous beauty and biodiversity. Marked by an intense green of the fields and vineyards, the Minho beautiful landscape allies itself with the contagious joy of the festivities and processions and with the unparalleled hospitality of its people.



Guimarães European Capital of Culture 2012





Peneda-Gerês National Park

## cities, historical towns and unforgettable places

Start this journey in Viana do Castelo which has many stories to tell. The city of Braga is also a tourist reference point in the region and European Capital of Youth 2012. Guimarães, birthplace of Portugal and European Capital of Culture 2012, is also a must-stop. Ancient manor houses and pousadas, an extremely rich gastronomy, festivities and processions and Vinho Verde are some of the attractions you can appreciate in this privileged area.

Visit churches and monuments of incomparable beauty, a rich popular culture, music, folklore, stories and an unparalleled handcraft. Know the Portuguese Way to Santiago, the way done by the pilgrims who flock to Santiago de Compostela, since the 9th century, through Minho.



Bom Jesus Church – Braga



Guimarães Castle



Kitesurfing – Cabedelo Beach, Viana do Castelo

## something surprising every day

The radical activities play also an important role not only on the rivers, like rafting in Gerês, but also kitesurfing on the excellent coast, next to Viana do Castelo.

Enjoy the coastline with numerous beaches, green mountains, manor houses, monuments and masterpieces of traditional and modern architecture, festivals, handcraft, gastronomy and “Vinho Verde”.

If you like golf, Minho offers you the necessary peacefulness to play this sport in excellent sceneries and facilities which compete with the best of the world, together with other golf courses of excellency you can find in Porto and in the North of Portugal.



Traditional Gastronomy





Gerês - São Bento



Golf Course



Rafting



Horseback Riding - Peneda - Gerês National Park





Duques de Bragança Palace – Guimarães

## don't miss

Mouth of Rio Lima, Viana do Castelo, Ponte de Lima, Braga – European Capital of Youth 2012 - and Bom Jesus, Guimarães – European Capital of Culture 2012 – and the Shrine of Nossa Senhora da Penha, National Park Peneda-Gerês, the Baroque churches, The Portuguese Way to Santiago, handicrafts, gastronomy and “Vinho Verde”.



Barcelos Rooster



Portuguese Way to Santiago de Compostela





Roman Bridge - Ponte de Lima



Typical Costume with Filigree Jewellery



Viana do Castelo Annual Festival - Nossa Senhora da Agonia





Douro Valley

# douro, world heritage

It was, in 1756, the first demarcated and regulated wine region in the world. The wild slopes of the valley transformed themselves, through the work of generations, in terraces to plant the vines that produce the famous Port, excellent DOC Douro wine, sparkling wine and Muscat.

This impressive landscape was considered World Heritage by the UNESCO in 2001, as a living evolving cultural landscape – the Douro Valley. In the Valley of the river Douro and its tributaries, the harmonious interaction between Man and Nature coexists with another, possibly more natural or derelict - the one of the National Parks of Douro International, of Alvão or, yet even further, the Geopark of Arouca.

The River Douro flows from the Spanish border to the east of Porto and, depending on the time of the year, its slopes may be decorated with Almond trees and Cherry blossom or with the harvest labor.



Douro Museum – Régua







Casa de Mateus Foundation - Vila Real

## human work in perfect balance with nature

Visit the Douro Museum in Régua, the Casa de Mateus Foundation in Vila Real and the many quintas that produce Port Wine and Douro Wine. Know the Douro International Natural Park and the Alvão Natural Park. Located in the Upper Douro, Vila Nova de Foz Côa saw its name cross borders due to the discovery of its Paleolithic open air Rock Art. Considered World Heritage by the UNESCO, it is one of the biggest archeological centres of Rock Art.



Douro Flavours





Douro Harvest

# get into the spirit of a valley unique in the world

Try the traditional recipes accompanied by the highly respected Wines, in quintas or in the excellent local restaurants.

Participate in the harvest, treading and other popular events. Board on a cruise or travel by train to enjoy a unique landscape or, if you are looking for radical activities, there is a variety of water sports you can practise.



Historical Train in the Douro Valley



Quintas in the Douro Valley





Douro River Cruises





Côa Museum – Vila Nova de Foz Côa

## don't miss

The Rock Art of Côa Valley and the Archeological Park, the Douro International Natural Park and the Alvão Natural Park, the Douro Valley, the Douro Museum, the Côa Museum, Monuments, the harvest, gastronomy and wine, the Douro cruises, the Casa de Mateus Foundation, the Monastery of Salzedas and the Shrine of Nossa Senhora dos Remédios.



Côa Valley Rock Art



Jeep Tours





Fisgas de Ermelo Waterfall – Mondim de Basto



Shrine of Nossa Senhora dos Remédios – Lamego



Salzedas Monastery

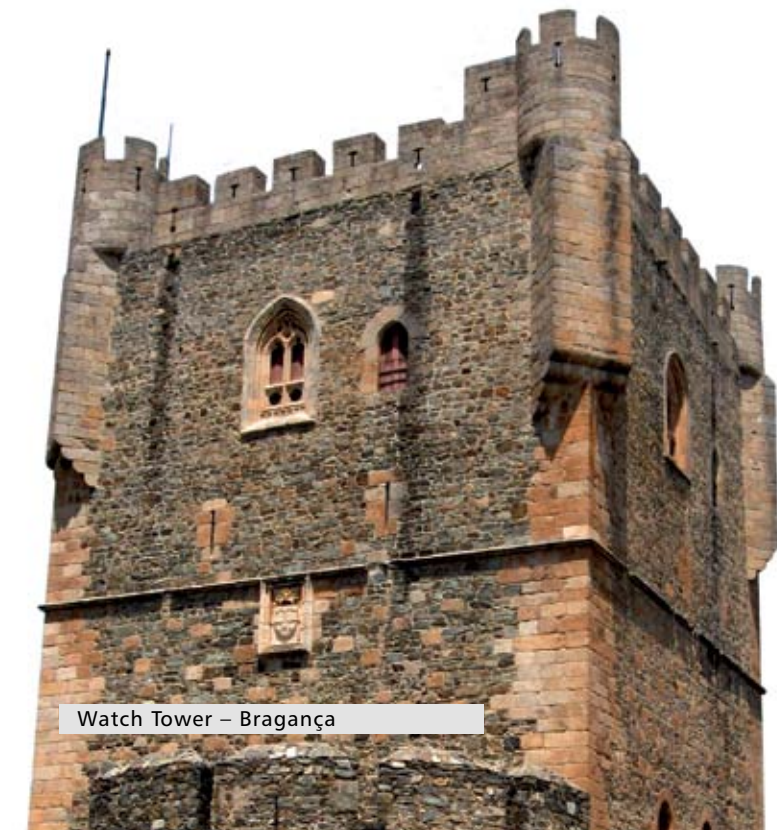




Montesinho Natural Park

## trás-os-montes, a further and mysterious region

Trás-os-Montes is the appropriate name for this area of the interior North of Portugal. Plateaus and majestic mountains, towns and untouched historical villages, purifying spring waters, traditional cuisine and the genuine hospitality of a people proud of their customs.



Watch Tower – Bragança







Freixo de Espada à Cinta Landscape

## own rusticity and beauty

Beautiful cities like Chaves and Bragança or places like Vidago are worth a long visit. This remote and hilly region offers unique sceneries, like the Almond blossom, the historical villages, natural landscapes and the richest cuisine. Bragança and its historical core are located in the extreme of the Montesinho Natural Park – one of the wildest forests in Europe, with an enormous variety of fauna and flora.

Daily life hasn't suffered many changes for centuries and these isolated towns own a very own rustic beauty. The inhabitants have a traditional way of life, especially in smaller cities and towns, like Miranda do Douro, with special traditions like the Mirandês dialect, Mogadouro, Torre de Moncorvo and Freixo de Espada à Cinta.



Olive Oil Tasting



Almond Blossom





The Podence "Caretos"

## discovering flavours, memories and traditions

Trás-os-Montes is a very rich and peculiar area concerning gastronomy and traditions, highlighting the olive oil of great quality and the "Alheira", a very typical and very much appreciated sausage. The Carnival celebrations in Trás-os-Montes are vibrant and full of tradition. The festivities take up to the days before Ash Wednesday, and include eye-catching costumes, cheerful parades and traditional music, attracting visitors from all over the world. Revigorating spas and wild nature are attributes of a very preserved area, owner of an admirable beauty.



Chaves Roman Bridge



Traditional Sausages of Mirandela





Vidago



River Beach of Fraga da Pegada – Albufeira do Azibo



Vidago Spa

## don't miss

Bragança and the Montesinho Natural Park, the River Beach of Albufeira do Azibo - Macedo de Cavaleiros, Caldas Santas de Carvalhelhos, Mirandela, Miranda do Douro, Vidago. The Spas of Chaves, Pedras Salgadas and Vidago.





UNESCO WORLD HERITAGE



NATURAL PARK AND  
PROTECTED LANDSCAPE



NATIONAL PARK



TOURIST INFORMATION



HIGHWAYS | A1, A3, A4, A7, A11, A24, A28  
MAIN ROADS | IP2, IP4, N206



AIRPORT AND AIRFIELD



CRUISES



BEACHES – 62 WITH BLUE FLAG IN 2011



PORTUGUESE WAY TO  
SANTIAGO DE COMPOSTELA













# useful information

## climate

Temperate maritime climate. Nevertheless, in the interior of the country and away from the sea, temperatures are lower in the winter, but moderate compared to the rest of Europe. Seasons are marked, having pleasant temperatures in the spring and in the summer. Summers are warmer and drier especially in the interior and moderate by the sea.

**number of sunny days per year** | 250

**currency** | Euro

**time** | GMT (0) Winter | (+1) Summer

**electrical power** | 220V

**national emergency number** | 112

## hospitals

**Porto:**

São João Hospital: (+351) 22 551 21 00

Santo António Hospital: (+351) 22 207 75 00

**Other Cities:**

Vila Nova de Gaia / Espinho – Hospital Centre (+351) 227 868 354

Matosinhos – Pedro Hispano Hospital (+351) 229 391 000

Póvoa de Varzim / Vila do Conde – Hospital Centre

(+351) 252 690 600 / (+351) 252 299 100

Viana do Castelo – Santa Luzia Hospital: (+351) 258 802 100

Braga Hospital: (+351) 253 209 000

Guimarães – Senhora da Oliveira Hospital: (+351) 253 540 330

Tâmega e Sousa, E.P.E Hospital Centre: (+351) 255 714 000

Vila Real / Peso da Régua – Hospital Centre: (+351) 259 300 500

Chaves District Hospital: (+351) 276 300 900

Bragança District Hospital: (+351) 273 310 800

## police

PSP- Public Security Police: [www.psp.pt](http://www.psp.pt)

GNR- Republican National Guard: [www.gnr.pt](http://www.gnr.pt)

## credit cards

American Express: 707 50 40 50 / (+351) 214 278 20 502

Mastercard: 800 811 272

Visa: 800 811 107

**telephone** | Dialling code : 00 351

## airports

ANA- Porto Airport: [www.ana.pt](http://www.ana.pt)

Porto Airport: (+351) 229 432 400

Bragança Airfield: (+351) 273 381 175

Vila Real Airfield: (+351) 259 336 620

## transport

Information about Transport: [www.transpor.pt](http://www.transpor.pt)

CP-Comboios de Portugal (Trains of Portugal): 808 208 208 / [www.cp.pt](http://www.cp.pt)

Rede-Expressos (Buses): 707 223 344 / [www.rede-expressos.pt](http://www.rede-expressos.pt)

Metro do Porto (Subway): (+351) 225 081 000

Brisa: (+351) 21 444 85 00

Ascendi: 707 20 25 25

Via Verde: 707 500 900

## contacts

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## credits

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