



ASSOCIAÇÃO  
DE TURISMO DO  
**PORTO**  
E NORTE

CONVENTION&VISITORS BUREAU

## THE ESSENCE OF PORTUGAL

Portugal was born in the North in the far-off year of 1143, and the rich cultural heritage of the region does not ignore so noble and ancient origins. Tradition, culture, history, architecture, gastronomy and wines, landscape and the joy of its people are the attributes of a unique region. Whether in leisure activities, such as golf and hot springs, or business, this region having, more than ever, a huge prominence and a peculiar charm. It would be hard to qualify a region like Northern Portugal, but if we wanted to do it, we would find inspiration in its people, hospitality and in their way of living so strongly marked by the pleasant way of hosting. One who visits Porto and North of Portugal takes with oneself more than pictures and memories. One experiences in the soul, perhaps the most Portuguese of all the feelings: saudade.

PORTO · DOURO · MINHO · TRÁS-OS-MONTES



*Castelo de Guimarães*



Vale do Douro



Caretos de Podence

In the cities and towns of Northern Portugal the tourist will find a little of everything. Cities like the inimitable Porto, the distinct Braga or Guimarães, birthplace of Portugal. Must-visits also include 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.

Churches and monasteries, museums and castles, 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 that surround this region. While

stopping to catch one's breath, it is always possible to enjoy the abundant and rich gastronomy, Douro Wine, Vinho Verde and the famous Port Wine. Here you can also enjoy an endless number of different experiences ranging from cultural activities, concerts, popular festivals and parties to the more extreme ones, such as mountain or water sports, sea or river. The North of Portugal is all this and it is also a region that has four UNESCO's sites: the Historic Centre of Porto, the Historic Centre of Guimarães, the Douro Valley and the Côa Valley are World Heritage Sites. Also noteworthy is the increased attractiveness of this region, with cities like Porto which won the title European best destination and the consequent significant increase in the number of hotels and restaurants. Another important factor of attraction is undoubtedly the fact that this region is served by the Porto airport, which means that any main European city is less than 3 hours away.



## PORTO. TRADITION AND MODERNITY IN A COSMOPOLITAN ENVIRONMENT.

There are in the city of Porto, capital of the North, a thousand charms and nooks that are worth discovering. Porto is one of the oldest city in the country and, as such, its route is winding and picturesque.

Strolling through its streets and feeling the pulse of the city is a unique experience. Porto is a city of culture and leisure, a cosmopolitan and contemporary place, with the title Best European Destination in 2012, 2014 and 2017. It is a must to go on a journey by tram to the mouth of the river Douro and see the excellent beaches and outdoors cafés, visit churches and monuments and come across the non-conformist modernism of the new contemporary buildings by architects like Siza Vieira, Souto de Moura or Rem Koolhaas.



*Praça de Gomes Teixeira – Porto*



*Fundação de Serralves – Porto*



*Foz do Douro – Porto*



*Câmara Municipal do Porto*



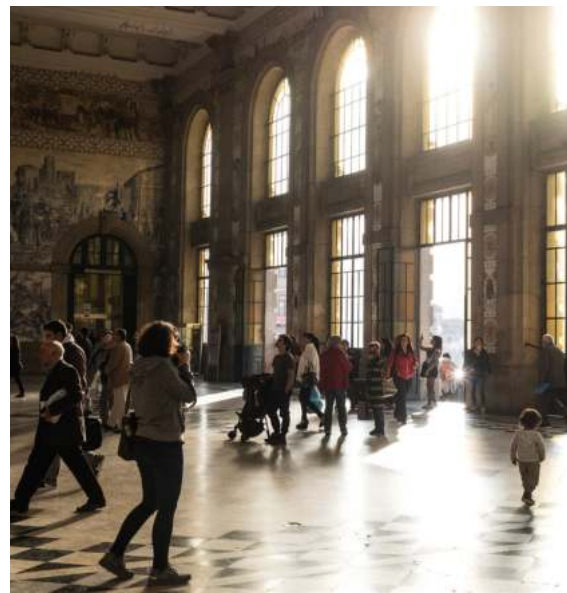
## HISTORICAL AND ARCHITECTURAL HERITAGE. ONE UNIQUE LEGACY.

In Porto you can go on a medieval trip and pound the historic centre, visiting the Cathedral or the Clérigos Tower. By tram or on foot it is a unique experience going down to the pier and experiencing the sensation of going on a cruise on one of the famous rabelo boats that sail along the river Douro, admire the six bridges of the city, visit the Porto Wine Cellars and sip this characteristic wine, in a cosy and refined atmosphere.

Casa do Infante, church of São Francisco de Assis, Palácio da Bolsa, the riverfront and the well-preserved streets of Ribeira and Miragaia are also recommended. The modernity of Casa da Música and the Museum of Contemporary Art of Serralves complement the visit.



Jardins do Palácio de Cristal – Porto



Estação de S. Bento – Porto



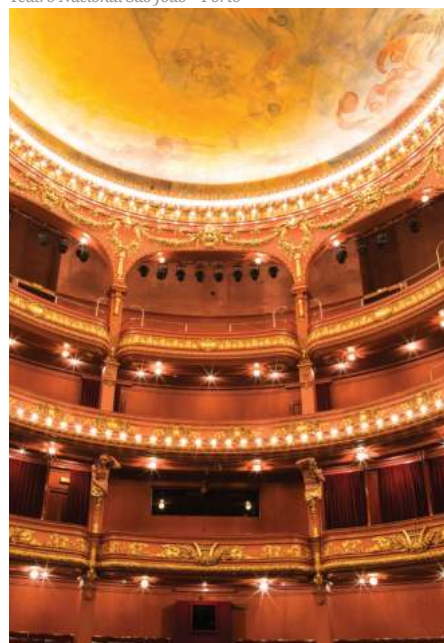
Livraria Lello – Porto



Sé Catedral – Porto



Palácio da Bolsa – Porto



Teatro Nacional São João – Porto



Igreja de São Francisco – Porto

## URBAN ENTERTAINMENT. SENSATIONS WITH THE SEA AND THE RIVER AS BACKGROUND.

Besides history and culture, Porto is also leisure, fun and nightlife. The famous streets around the Galeria de Paris street, cafes and terraces, the Miguel Bombarda area or the shopping street of Santa Catarina are points of reference in arts, culture, but also in leisure and shopping.

Porto also has to offer numerous terraces in front of the sea and the green space of the City Park with sea front.



*Casa da Música – Porto*



*Red Bull Air Race, na Ribeira – Porto*



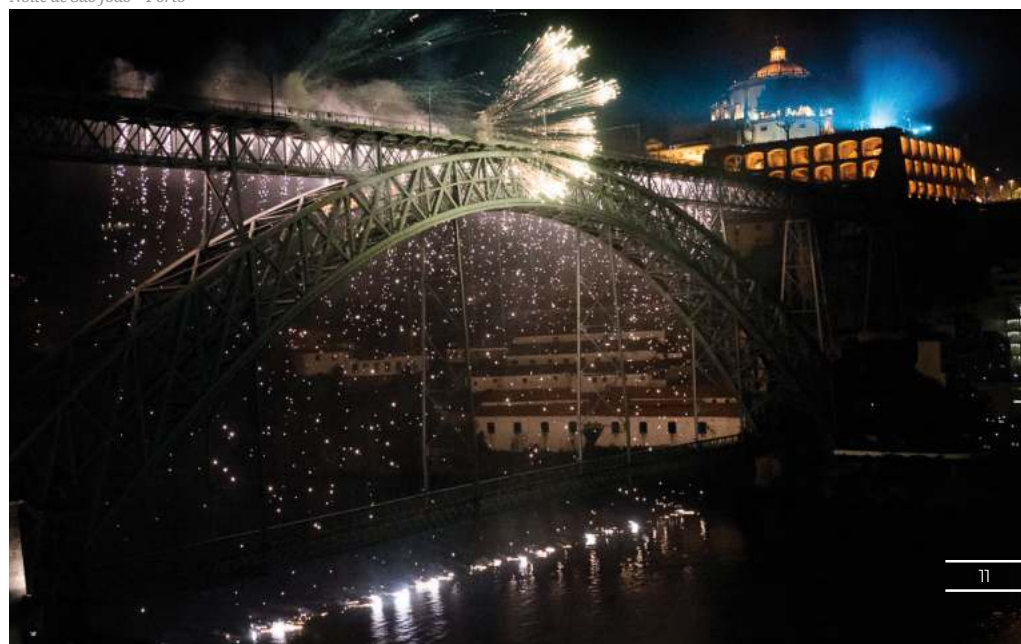
*Jardim das Virtudes – Porto*



*Pêrgula da Foz – Porto*



*Rio Douro*



## LINKS THAT MAKE PORTO A CLOSE DESTINATION.

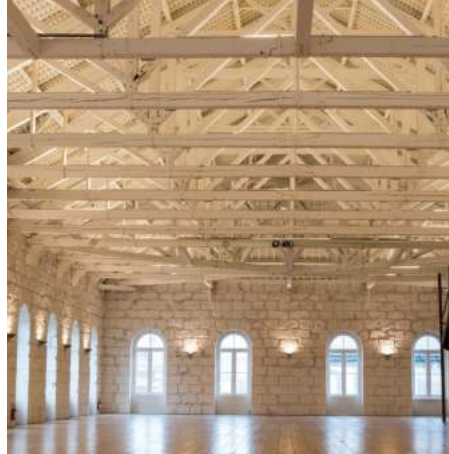
The air, sea and land links that connect Porto to the main European cities are of great quality. From the award-winning Francisco Sá Airport Carneiro and the Leixões Cruise Terminal, to the roads and rail networks, all contribute to the city's excellent relationship with the outside world and its visitors.



*Aeroporto Internacional do Porto*



*Terminal de Cruzeiros de Leixões*



*Centro de Congressos da Alfândega do Porto*

## A DESTINATION FOR CONGRESSES AND EVENTS.

In Porto and Northern Portugal there are ideal conditions to host business and scientific events in well-equipped and emblematic buildings.

To host international congresses and conferences there are congress centres with various competences 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 proven experience and a rigorous professionalism. For a more creative social event this is also the perfect destination due to the huge variety of venues available: castles, manor houses, palaces, restaurants, beach bars, casinos, museums and much more!

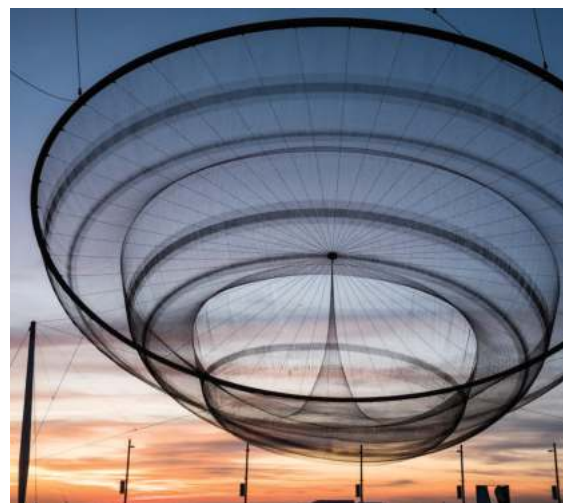
In Porto and Northern Portugal it is always possible to transform a simple transfer into an event, making it unforgettable on board of a boat, tram or train.



*Casa de Chá da Boa Nova, Leça da Palmeira*

## SO MUCH TO DISCOVER AND SO CLOSE.

The Metropolitan Area of Porto is an inexhaustible source of interest with a huge diversity of sceneries and motivations for those looking for a few days to break the daily routine. This identity is reflected in the great variety of gastronomic, sports, cultural and nature programmes made available by the 17 contiguous municipalities that enrich the tourist experience to all who visit the region.



*Praça Cidade S. Salvador, Matosinhos*



*Passadiços do Paiva, Arouca*



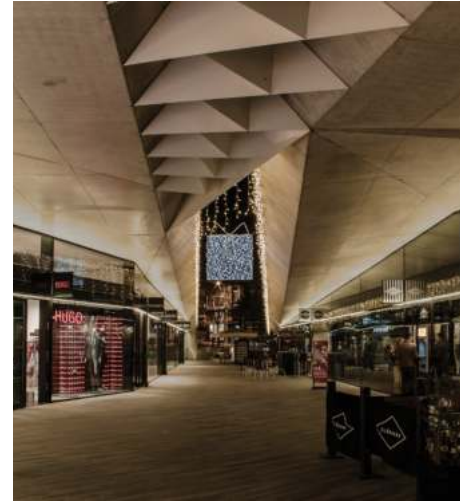
Caves de Vinho do Porto – VN Gaia



Castelo de Santa Maria da Feira



Espaços Verdes



Passageo dos Clérigos – Porto

Praia Internacional



Passeio de Barco Rabelo



Ponte Luíz I – Porto

## DON'T MISS

- Clérigos Tower, São Bento Station and Sé Cathedral;
- Historic Centre and Ribeira Square;
- Casa da Música, Serralves Villa and the Contemporary Art Museum;
- Passadiços do Paiva (walkways), in Arouca;
- Porto Wine cellars and Serra do Pilar;
- Guindais Funicular;
- Miguel Bombarda Street, Galeria Paris Street and Flores Street;
- Coastline with 80 kms and more than 40 beaches with blue flag;
- Filigree Route, in Gondomar;
- City Park with a seafront.



## DOURO, WORLD HERITAGE SITE.

It was the first wine region in the world to be demarcated and regulated in 1756. The wild slopes of the valley have been transformed, through the work of generations, into terraces to plant the vineyard that produces the famous Porto Wine, excellent DOC Douro wines, sparkling wines and Muscat wines.

This impressive landscape was declared by UNESCO a World Heritage Site in 2001 as a living and evolving cultural landscape - Alto Douro Wine Region. In the Valley of the Douro river and its tributaries, the harmonious interaction between Man and Nature coexists with another, possibly more natural or inhospitable - the one of the Natural Parks of Douro International, of Alvão and, even farther, the Arouca Geopark.

## A BREATHTAKING SIGHT.

The Douro River 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 and cherry trees in full bloom, or with the grape harvest labour.



*Vindimas no Douro*



*Fundação Casa de Mateus – Vila Real*



*Museu do Côa – Vila Nova de Foz Côa*



*Vale do Douro*

## THE WORK OF MAN IN PERFECT BALANCE WITH NATURE.

It is recommended to visit the Douro Museum in Régua, the Casa de Mateus Foundation in Vila Real and the countless of quintas that produce Port Wine and Douro. These quintas offer very rich experiences, not only in oenology and gastronomy, but also in participating in activities related to the grape harvest and the preparation of wines. The magnificent restaurants and the hotel units and charm accommodation are also benefits.

Discovering the Douro International Natural Park and the Alvão Natural Park is equally captivating.

Located in the Alto Douro region, Vila Nova de Foz Côa saw its name crossing borders thanks to the discovery of its Paleolithic rock engravings in the open air. Now a World Heritage Site by UNESCO, is one of the largest archaeological centres of rock art in Europe.



*Arte Rupestre do Vale do Côa*



*Douro*

## THE SPIRIT OF A VALLEY UNIQUE IN THE WORLD.

It is essential to sample the traditional recipes served with the renowned wines, in quintas or in excellent local restaurants. The grape harvest, lagaradas (foot-treading) and other traditional events are equally unique. Going on a cruise on the Douro River, on one of the many vessels available, and admiring its escarpments is very popular by those who visit the region. Traveling by train and enjoying the scenery is an equally unforgettable experience. There are many extreme sports and a wide variety of river water sports that one can practise. ATB, 4x4 off-road tours and helicopter tours complement a wide range of ways to enjoy the Douro Valley.



*Comboio Histórico no Vale do Douro*



*Santuário de Nossa Senhora dos Remédios – Lamego*



*Mosteiro de Salzedas – Tarouca*



*Douro*



*Prova de Vinho do Porto*



*Kayak no Douro*

*Paladares do Douro*



### DON'T MISS

- Alto Douro Vinhateiro, Douro Museum, Côa Museum;
- Cruises on the Douro river;
- Rock art of Côa Valley and Archaeological Park;
- Douro International Natural Park and Alvão Natural Park;
- Monuments, grape harvests, gastronomy and wines;
- Casa de Mateus Foundation, Salzedas Monastery and Shrine of Nossa Senhora dos Remédios;
- Almond trees in full bloom, as of March;
- Grape harvesting in September.



## MINHO. AN INTENSE GREEN, A CONTAGIOUS JOY

The Minho Region has unique characteristics associated with a natural landscape of enormous beauty and biodiversity. Marked by the intense green of fields and vineyards, where the beautiful Minho landscape meets with the contagious joy of festivities and popular festivals and with the unparalleled hospitality of its people.

## CITIES, HISTORICAL TOWNS AND UNFORGETTABLE PLACES.

The journey can begin in Viana do Castelo which has many stories to tell. The city of Braga is also a top tourist spot in the region and was the European Youth Capital in 2012. It reveals an interesting dialogue between tradition and religiosity with the modernity and youth of the student populations. Guimarães, a historic city where Portugal was born, was the European Capital of Culture in 2012, and is also a must-stop whenever cultural events are concerned. Here we can highlight the Vila Flor Cultural Centre and its rich programme, where the Guimarães Jazz festival stands out.

Old manor houses and pousadas, an extremely rich gastronomy, festivities, popular festivals and vinhos verdes are other attractions that can be enjoyed in this privileged area.

Churches and monuments of unparalleled beauty seduce the traveler as well as a rich folk culture, music, folklore, stories and handicrafts. The Portuguese Way of St. James, way walked by the pilgrims who flock to Santiago de Compostela since the ninth century, passes through Minho.



*Castelo de Guimarães*



*Paço dos Duques de Bragança – Guimarães*



*Igreja do Bom Jesus – Braga*



*Castelo Lindoso – Ponte da Barca*



*Ponte sobre o Lima – Ponte da Barca*



*Parque Nacional da Peneda-Gerês*



*Kitesurfing – Praia do Cabedelo, Viana do Castelo*

## SOMETHING SURPRISING EVERY DAY.

Extreme sports also play an important role not just on the rivers, like kayaking and canyoning in Peneda- Gerês National Park, but also windsurfing, surfing and kitesurfing on the coast of Viana do Castelo. ATB and climbing are also favourites in the entire region.

Minho also offers the perfect tranquillity for playing golf, with excellent sceneries and facilities that compete with the best in the world, together with other excellent golf courses you can find in Porto and Northern Portugal.

The seashore has countless beaches, green mountains, manor houses, monuments and masterpieces of traditional and contemporary architecture, festivals, handicrafts, gastronomy and the excellent *Vinho Verde*.



*Rafting no Gerês*



*Festas de Nossa Senhora da Agonia – Viana do Castelo*



*Teatro Círculo – Braga*



*Castelo de Guimarães*



*Caminho Português de Santiago*

### DON'T MISS

- Braga and Bom Jesus;
- Guimarães and its Castle;
- Viana do Castelo and Mouth of Lima River;
- Ponte de Lima, Barcelos and Caminha;
- Peneda-Gerês National Park;
- Baroque churches;
- The Portuguese Way of St. James;
- Handicrafts, gastronomy, *Vinho Verde* and the typical popular festivals.



## TRÁS-OS-MONTES. A REMOTE AND MYSTERIOUS REGION

Trás-os-Montes is the perfect name for this area in the interior of Northern Portugal. Majestic mountains and plateaus, untouched historical villages and towns, purifying and healing thermal waters, traditional cuisine and the genuine hospitality of a people very proud of their customs.

## RUSTICITY AND BEAUTY TYPICAL OF THE “WONDERFUL KINGDOM”.

Beautiful cities like Chaves, Bragança, Miranda do Douro or places like Vidago, Montalegre or Macedo de Cavaleiros are worth a long visit. This remote and mountainous region, proclaimed a wonderful kingdom by the writer Miguel Torga, offers unique sceneries, such as the almond trees in full bloom, historic villages, natural landscapes and a rich gastronomy. Bragança and its historic centre are situated on the extreme part of Montesinho Natural Park - one of the wildest forest areas in Europe, with a huge diversity of flora and fauna, where species such as the Iberian wolf, deer, fox and boar are protected.



Torre de Menagem – Bragança



Vidago



Parque Natural de Montesinho



Praia fluvial



Ponte romana



*Caretos de Podence*

## MYSTICISM, LEGENDS AND A PECULIAR LANGUAGE.

Daily life has not changed much over the centuries, and the most isolated villages and towns have a very peculiar rustic beauty. The residents still have a way of life very attached to traditions. It is especially fascinating to visit places such as Miranda do Douro, Mogadouro, Torre de Moncorvo and Freixo de Espada à Cinta. Customs and mysticism are still very present here, starting with the *Lhégua mirandesa* (dialect from Miranda do Douro), the enigmatic legend of Mizarela bridge in Montalegre and the celebration of Friday the 13<sup>th</sup>, the event of folk medicine of Vilar de Perdizes, the fair of smoked meat of Vinhais or the famous Podence *Caretos*.



*Azeite de Trás-os-Montes DOP*

## DISCOVERING FLAVOURS, MEMORIES AND TRADITIONS. AND ALMOND TREES!

Trás-os-Montes is a rich and peculiar area regarding gastronomy, highlighting the purest quality olive oil and *alheira*, a very popular and typical smoked sausage from Miranda.

The Carnival celebrations in Trás-os-Montes are vibrant and full of tradition. The festivities extend till the days leading up to Ash Wednesday, and include colourful costumes, cheerful parades and traditional music, attracting visitors from all over the world. Invigorating hot springs and wild nature are attributes of a well-protected area with an admirable beauty.



*Fumeiro Tradicional – Vinhais*



*Amendoeiras em Flor*

### DON'T MISS

- Bragança and Montesinho Natural Park;
- Macedo de Cavaleiros and Azibo River Beach;
- Miranda, Miranda do Douro;
- Montalegre Ecomuseum, Graça Morais Contemporary Art Centre, in Bragança;
- Caldas Santas de Carvalhelhos, Chaves hot springs, Pedras Salgadas hot springs and Vidago hot springs;
- At least three of the most beautiful villages: Gimonde, Rio de Onor and Montesinho;
- Fridays the 13<sup>th</sup> in Montalegre.

A CORUÑA - 185 KM  
S. COMPOSTELA - 115 KM  
VIGO - 29 KM  
OURENSE - 97 KM

A CORUÑA - 253 KM  
OURENSE - 83 KM

SALAMANCA - 153 KM  
VALLADOLID - 177 KM  
ZAMORA - 82 KM

- Natural Park and Protected Landscape
- National Park
- Geopark
- Unesco World Heritage Site
- Tourist Information
- Motorways A1, A3, A4, A7, A11, A24, A28  
Main Roads IP2, IP4, N206
- Airport and Airfield
- Cruises
- Beaches 73 With Blue Flag in 2018
- Portuguese Way to Santiago de Compostela







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