



portugal.

live deeper...

Media Kit





# portugal.

**A** lot has been written on Portugal – but it has barely scratched the surface.

It is true that Lisbon is Europe’s new “capital of cool” (as one senior travel editor recently put it). But, Portugal is far more than the latest travel trend for American tourists. This country of contrasts also boasts some of the most unspoiled natural vistas, the richest traditions, the most intoxicating culture, the most adrenaline-pumping adventures and the most serene retreats in all of Europe. It is a destination of timeless appeal – as inviting, complex and enjoyable as a glass of Port wine.

Geographically, Portugal is closer to the United States than anything else in Europe – both on the mainland (Lisbon is continental Europe’s westernmost city) and in the Atlantic Ocean (the Azores Islands are just four hours from Boston).

The nation’s heart and its largest city is Lisbon – a charming, stately capital reputedly founded 2,500 years ago by Ulysses. It is dotted with churches, museums, monuments and markets, with a way of life that is distinctive and elegantly esoteric. Lisbon is also Portugal’s home of the 21st century, exuding coolness and home to high-tech industries, dynamic

architecture, trendy boutiques, stylish hotels, hip restaurants and hot nightspots full of next year’s styles. A few hours up the coast is Porto (sometimes called Oporto): monumental, historic and known worldwide for the sweet Port wine that is produced in the rich Douro River Valley. Between Lisbon and Porto are the ancient cities and hilltop villages home to Portugal’s famous pousadas – hotels built into monasteries, castles and fortresses. Traveling inland, visitors explore the Roman remains, palaces, cork forests, olive groves, wide-open fields and the sweeping peaks that mark the border with Spain. Traditionally ‘In’ resorts like Estoril and Cascais snuggle up to the Atlantic, and on the country’s southernmost coast the weather is warm and the golf courses and beaches are plentiful. Finally, the nation’s two archipelagos add an exotic element to Portugal: Soaring Madeira, warm and flower-filled to the south, and the mid-Atlantic Azores, wild, windswept and unspoiled.



live deeper...

# Table of Contents



I. Fact Sheet .....	4
II. Portugal's Seven Regions .....	5-7
Lisbon .....	5
Madeira .....	5
Porto.....	6
Centro de Portugal .....	6
Algarve .....	7
Alentejo .....	7
The Azores.....	7
III. History and Culture .....	9-10
IV. What To Do	
Active Adventures .....	11
Gourmet Getaways .....	12
Romantic Retreats .....	13
Relaxation Destinations .....	14
V. Contact Information .....	15

# Fact Sheet

## **LOCATION**

Southwestern Europe, bordering the North Atlantic Ocean, west of Spain. Six hours flight from U.S. East Coast to the mainland, four hours flight to the Azores islands.

## **CAPITAL**

Lisbon (also called Lisboa). Population of greater Lisbon: two million. Lisbon is at the same latitude as San Francisco.

## **CLIMATE**

Portugal has a mild climate without extremes of temperature. Winters are pleasant, summers are moderately hot. The North (Porto) has an Atlantic climate influenced by the Gulf Stream. The middle of the country (the Lisbon and the Centro de Portugal Region) have gentle dry summers and short mild winters. Southern Portugal (the Alentejo and Algarve Regions) has a warm, dry Mediterranean climate without extremes of heat. The Madeira islands offer an inviting climate all year-round with temperatures around 70 degrees. The Azores islands also offer very mild weather moderated by the Atlantic's maritime influence.

## **POPULATION**

10,566,212 (July 2005 est. - about the same as the state of Pennsylvania).

## **AREA**

35,672 square miles (about the same as the state of Maine - includes Azores and Madeira archipelagos). Land: 35,502 sq mi; water: 170 sq mi. More than 350 miles of coastline.

## **ISLANDS**

The nine Azores islands in the mid-Atlantic are a four hours flight

from Boston, at the same latitude as New England. Madeira's two islands, 90 minutes south of Lisbon by air, are at the same latitude as Charleston, S.C.

## **LANGUAGE**

Portuguese (English is spoken throughout the country).

## **TIME ZONE**

GMT - Five hours AHEAD of U.S. East Coast time in mainland Portugal and Madeira; the Azores are just four hours ahead of EST.

## **CURRENCY**

The unit of currency is the Euro (€). Most banks have automatic exchange machines (*Multibanco*). Most hotels will change money and charge a small extra amount to cover fluctuation exchange rates. All Portuguese banks accept traveler checks. Visa, Amex and MasterCard are the most accepted credit cards.

## **CHIEF CITIES**

Lisbon and Porto are the two largest. Regional cities include Aveiro, Beja, Braga, Bragança, Castelo Branco, Coimbra, Évora, Faro, Guarda, Leiria, Funchal, Ponta Delgada, Portalegre, Santarém, Setúbal, Viana do Castelo, Vila Real and Viseu.

## **TOURISM**

Approximately 12 million visitors annually, including 250,000 (approx.) from the USA.

## **GETTING THERE**

Year-round flights are available to Lisbon from Newark (TAP Portugal or Continental Airlines), Philadelphia (US Airways) and Boston (SATA/Azores Express). Flights from Boston also service Ponta Delgada on the Azores

island of São Miguel and Lajes on the Azores island of Terceira (both SATA/Azores Express). Seasonal flights are available to Lisbon from Providence, RI and Oakland, CA (SATA/Azores Express). Connecting flights bring visitors to international airports in Porto, Faro and Funchal (Madeira). All international airports on mainland Portugal and Madeira regularly offer connecting flights to other major European cities.

## **LODGING**

Hotels range the gamut, from humble hostels to 5 star options - not to mention bed and breakfasts, manor houses, historic hotels and resorts, urban hotels and apartment-hotels. The *Pousadas de Portugal* are very well appointed, special hotels usually located in historical sites or areas of unusual beauty, often inside restored monuments, castles or palaces. There are three distinct categories: regional *pousadas*, *pousadas* in historical areas and *pousadas* in national monuments. A company called "Turismo no Espaço Rural" offers privately owned homes ranging from wonderful farmhouses to manor houses. There are many camping areas throughout the country that allow for an inexpensive holiday with close contact with nature.

## **BEACHES**

Portuguese beaches are clean, safe and inviting with white sand for the most part. A national safety system uses patrols and flags to protect visitors. Red flags mean total prohibition to swim, yellow flags mean you should be very careful and green flags mean there is no danger at all.

# Portugal's Seven Regions

Washed by the Atlantic Ocean in the west and south, bordered in the north and east by Spain, Portugal is made up of five distinct mainland regions and two archipelagos in the middle of the Atlantic.

## Lisbon



As one senior travel editor recently put it, "Lisbon is it. It is the capital of cool in Europe". Named for and founded by Ulysses more than 2,500 years ago, Lisbon is home to 2 million Portuguese, as well as numerous cathedrals, churches, museums, galleries and one of Europe's hottest restaurant/fashion/nightlife scenes. A recent burst of new hotels, restaurants, nightclubs and museums have turned Lisbon into one of the most cosmopolitan cities in Europe – but Lisbon is hardly trendy. Culture and ideas have blended for more than 2,000 years in this colorful quilt of historic neighborhood and monuments, spiced with the distinctive sounds of fado music. The city is ringed by places rich in natural beauty, and the region is home to classic Atlantic resorts like Estoril and Cascais (not to mention historic towns such as Sintra, Óbidos, Mafra, Tomar, Santarém, and Alcobaca). Here too is the town of Fátima, a major site of Roman Catholic pilgrimage, where the Catholic Church has certified the appearance of the Virgin Mary in 1917

## Madeira



The semitropical island of Madeira lies in the Atlantic Ocean, 750 miles southwest of Lisbon. This paradise has the perfect climate—always warm in winter, and never too hot in summer. Madeira and its romantic capital of Funchal have been luring visitors with botanical gardens, wine, elegant resorts and fascinating landscapes since it was discovered in 1420. Draped around a bay, Funchal is always sunny. World-class hotels rise on black cliffs. Casinos, nightclubs and restaurants make any night an exciting one. Meanwhile, Madeira's steep pitch gives the island six distinct climate zones, based on altitude. That also means some of the best hiking in Europe. With trails that follow water channels (called "levadas") past waterfalls and provide spectacular views. Nearby, the smaller island of Porto Santo is relaxed and natural, with an oceanfront covered by dunes and vineyards instead of high-rises, that makes this one of the best and most unique beaches in Portugal.



# Portugal's Seven Regions

## Porto



Porto (called Oporto by the British) is Portugal's second largest city and known worldwide as exporters of Portugal's legendary Porto or Port wine (2006 marks the 250th anniversary of Port wine, making Douro the oldest demarcated region in the world). The valley of the river Douro is of unequalled beauty. It can be explored by car or by river cruises. The city of Porto is distinctive for its granite baroque splendor and modern grandeur, such as the brand new futuristic concert hall Casa da Música (designed by Dutch master architect Rem Koolhaas). Porto is also the gateway to the historic region where Portugal began in the 12th century. Splendid Baroque towns and manor houses are scattered throughout historic cities like Braga, Amarante, Bragança and the monumental city of Guimarães (which is the nation's first capital and birthplace of its founder and first king, D. Afonso Henriques).

## Centro de Portugal



This center region is the heartland of Portugal. This wild and romantic Region south of Porto contains more history and natural wonders than most entire countries - colorful beach houses of Aveiro, the majesty of baroque Coimbra, the Roman remains of Conimbriga, and the castles, fortresses and ancient ruins of Belmonte and the interior. Its soaring mountains are rich in traditions, cuisine, and sports, including snow sports in the winter. The Centro de Portugal breaks down into three sections: The coastal areas, rich in pottery, elegant cities like Aveiro and Figueira da Foz. The interior northern is home to the huge Estrela Mountain's natural park and quaint walled towns built of granite. This is also the place to find some of Europe's best cheese. The southern interior has granite-strewn plains in the shadow of mountains, with a rugged landscape, and small towns steeped in history and tradition.

# Portugal's Seven Regions

## Algarve



The Algarve is all about three "S's": Sea, sun and sand. In the very south of Portugal, this is where the Portuguese and millions of Europeans vacation every year. Some of the world's finest golf courses are found in the Algarve, as are mile upon mile of magnificent beaches, picturesque villages and a vacation atmosphere that ranges from relaxation to hedonism. Faro, the region's capital and largest city, boasts charming neighborhoods virtually unchanged since the 18th century.

## Alentejo



The fields of the Alentejo are punctuated by cork forests, sunflower fields, olive groves and the occasional fortified hill towns. Moors, Romans, Carthaginians and other great civilizations have been drawn to the wide-open natural beauty of this Region. Évora, the center of the Alentejo, reflects their triumphs with its Roman temple, Gothic cathedral, and ancient ramparts – but beyond its history, Évora is a thriving place of life, commerce, palatial hotels and a cuisine as rich as its past. Characterized as Portugal's hidden treasure, Alentejo is wild and historic with some of the most evocative natural scenery in Europe – including a coastline of rocky cliffs and idyllic, little-known beaches.

## The Azores



In the middle of the Atlantic Ocean – slightly closer to Portugal than New York – are the nine Azores islands. Scattered over several hundred miles of ocean, the volcanic islands mark the spot that the European, American, and African tectonic plates meet. Because the islands were created over a millennium and settled over the course of two hundred years, each island has its

own topography, vegetation, culture, dialect, and cuisine. Unique volcanic lakes, quaint unspoiled towns, historic churches, fishing harbors, museums, yachting clubs and two UNESCO World Heritage sites (the town of Angra do Heroísmo on the Terceira island and the Vineyards of Pico Island) make the Azores one of the world's most exciting emerging destinations.



# History & Culture



## ANCIENT INVASIONS

Today's modern traveler has a long line of predecessors who have been attracted to Portugal's unique beauty – for millennium, they came as invaders. First, it was the Celts, then the Greeks, Carthaginians and Romans. It took the Romans 200 years to conquer what they called Lusitania, where they built roads, cities, villas, commerce, and early Christianity. Like invaders before them, the Romans fell – this time to the barbarians of the Visigoth kingdom in the 3rd century, who in turn fell to Moorish forces in the beginning of the 8th century.

## PORTUGAL IS BORN

By the 11th century, the Moors controlled most of the Iberian Peninsula (modern day Spain and Portugal), and the non-Moorish country had been consolidated to the land between the Douro river (home of modern-day Porto) and the Minho River (the modern-day nation's northernmost border). This country was named for its main city, Portus, and the town across the river, Cale, thus, "Portucale." Modern Portugal was born in the 12th century, when the

Duke ruling Portucale died and his wife attempted to enthrone her lover instead of the Duke's son, Afonso Henriques. The spurned son raised an army, defeated his mother and turned next on the Moors to the south. He won military victories at the Mondego river and Santarém, finally taking Lisbon with the help of some passing crusaders. Portugal was born. In the next century, his successors pushed the Moors until 1249 when Portugal took on its modern frontiers.

## AGE OF EXPLORATION

Bordered by Moors to the south and not-always-friendly Castilians to the east, the new nation looked out at the ocean to expand. Between 1415 and 1489 Portuguese ships used new technologies to chart the coast of Africa and find the sea route to Asia. Trade and the exchange of cultures followed. For Portugal, it was a golden age – lasting until a disastrous battle with Spain resulting in Spanish rule from 1578 to 1640. Portugal continued to grow based on trade to and from Brazil and its other colonies. Rich woods and gold paid for

ornate palaces, churches and public buildings. At the height of Baroque came a massive earthquake that destroyed Lisbon in 1755, which was rebuilt around surviving monuments with a goal of being the finest city in Europe.

## MODERN TURMOIL FINALLY LEADS TO DEMOCRACY

The 19th and much of the 20th centuries were a state of flux, kicked off by three narrowly repelled invasions by Napoleon, a Portuguese king who fled to the colony of Brazil and a civil war in the 1830s. A constitutional monarchy then held control and passed progressive social reforms, but was toppled by another revolution in 1901, which fell itself to a military coup in 1926. António Salazar took control as Prime Minister, running a dictatorship that survived until 1974 – not as repressive as its neighbors, but enough to see thousands imprisoned and thousands more leave for better economic opportunities abroad. In 1974 military forces overthrew the dictatorship, ended all hostiles in Portuguese Africa, and installed a new Republic.



# History & Culture



## CULTURE

About the size of Indiana, Portugal has an amazing cultural past. Out of these lands of the Tejo, Douro, Mondego and Guadiana Rivers have come extraordinary writers, poets, musicians, builders, painters and sculptors. The enormity and extent of Portugal's cultural heritage are underscored by UNESCO having declared thirteen locations in Portugal as World Heritage Sites. These include many sites mentioned in this guide, as well as the historic centers of Porto, the towns of Évora and Guimarães, and the central zone of the town of Angra do Heroísmo in the Azores.

## ARCHITECTURE

1495 in Lisbon, Manuel I was crowned king of Portugal. His reign would do much for Portugal's economy and expansion as Europe entered its "golden" Age of Exploration. Just two years later – the same year that Vasco da Gama set sail for Índia – Manuel's great legacy was founded with the construction of a church in Setúbal, and the advent of the 'Manueline' architectural style. This whimsical

Gothic, Mannerist and often-nautical style is uniquely Portuguese. The stars of the Manueline style are the Belém Tower and the Jerónimos Monastery in Lisbon, as well as the Mafra Convent and the great Batalha Abbey – each about a hour's drive north of the capital.

## MUSIC & PERFORMANCE

Accompanied by a Portuguese guitar (called "guitarra portuguesa", a relative of the lute) and a traditional 12-string guitar (called "viola"), fado music is a profound expression of the Portuguese soul; of how the Portuguese see themselves and their country. The music is haunting, and, at times, sad (yet beautiful), moody, unique, and full of anguish and passion that can bring a traveler nearer to understanding the Portuguese spirit (called "saudade", an untranslatable state of mind meaning a nostalgic longing to return to a time that never was). There are dozens of Fado Houses offering dinner and Fado entertainment. Beyond fado, visitors looking for a performance have choices that range from a philharmonic concert to jazz in a smoky corner bar, a rock gala,

to a first rate performance of My Fair Lady at a major Lisbon theater, or a "Broadway Show" at the Coliseum or the Atlantic Pavilion in the Nations' Park.

## ART

Renowned museums include Lisbon's National Museum of Historic Art (Museu Nacional de Arte Antiga), the Modern Art Center (Centro de Arte Moderna) and the Calouste Gulbenkian Museum – each with extraordinary classic and modern collections. For strictly Portuguese art, travelers aim for Lisbon's Chiado Museum and the Serralves Museum in Porto. Lisbon itself boasts the National Coach Museum, the Maritime Museum, the Ethnological Museum, the Decorative Arts Museum, the Military Museum, the Municipal Museum and many more. Each city also has its own great museum, the Machado de Castro Museum in Coimbra to the Sacred Art Museum in Funchal. Even outside of museum walls, visitors can take in authentic local art like Portugal's delicately painted tiles ("azulejos"), which date to the Moorish occupation.

# What to do

## Active Adventures

Whether exploring Portugal by foot, mountain bike, jeep, hang glider, parachute, horse, surfboard, kite-board or climbing rope, visitors have a variety of choices for active adventures unmatched by most destinations.

Northern Portugal is all about losing yourself in some of the breathtaking natural landscapes, like the vast Peneda-Gerês Park. In the sprawling mountains of the Trás-os-Montes area and throughout the Centro de Portugal Region – which boasts the tallest mountains in Portugal – visitors can grab a compass or climbing harness and lose themselves in the beauty of the imposing slopes, sweeping views, deep valleys and fast-flowing rivers that are perfect for canyoning, rafting and canoeing.

Portugal's capital region, in the center of the country, is shaped by the waves of the Atlantic Ocean and sea breezes at the mouth of the Tejo River. It's no surprise that Lisbon Coast beaches like Carcavelos attract body boarders, surfers and kite-surfers alike. Beaches like Guincho and Praia Grande (about 20 miles from Lisbon) are also regularly home to European championship



windsurfing and surfing events. Rentals and lessons are plentiful, and non-boarders can spend their days exploring the impressive Boca do Inferno ("Mouth of Hell") with its vast caverns carved by the sea.

South and east of Lisbon, the Alentejo is Portugal's largest Region, and its wide expanse calls out for riding – either the four-legged or two-wheeled variety. For those who prefer horses to cycling, the Alentejo is populated with riding schools like the Alter do Chão stud farm, Ponte de Sor, or Alcácer do Sal – where the sight of the noble Lusitanian horses is worth the trip alone.

Portugal's southernmost region, the Algarve, begs to be taken in by the air. The winds along the Costa Vicentina offer the rare opportunity to paraglide deep out over the imposing Atlantic Ocean or above beaches and fields

sprinkled with the carob and almond trees, citrus groves and the small vineyards of the Barrocal area.

Some of the most exciting adventures take place on Portugal's two archipelagos. The streams that course down Madeira's volcanic peak are perfect for the avid swimmer, who

can choose between the faster summer currents of the northern slopes or the gentler pace of the southern slopes in winter. Diving and snorkeling abound, including a marine landscape dotted with sunken ships to the south of Porto de Abrigo. In the Azores, adventure means getting up close and personal with some of nature's most awe-inspiring beasts (whether they be whales, bulls, or blue marlin). These Atlantic islands and their unique tradition of whale-watching (in small inflatable rafts) were named one of the ten best sites on the planet for finding the marine giants – and six of the ten largest blue marlin caught in the world were caught in the Azores. For the most ambitious visitor, the Azores host a special strain of bullfighting that puts the bull on a long tethered leash – and even tourists can give it a try.



# Gourmet Getaways

Portugal's cuisine and wines are as distinct as the nation itself. Wines like Port, Vinho Verde and Madeira are currently experiencing a burst in popularity in the United States. There are significant differences between north and south, the mainland and the islands – but, there are common threads. One such thread found all over the

country is bacalhau (dried, salted cod). Portugal's cooks claim there are 365 recipes for its preparation—one for every day of the year. Add to this grilled sardines (a far cry from the canned and oiled fish Americans are used to), vegetable soups, a universal love of fresh seafood, "sinful" desserts and some unique and eye-opening wines.

From there the differences begin. The north is about rice, fine sauces, ancient recipes and the elevation of cod from a staple to lofty cuisine. The foods are matched by light and refreshing Vinho Verde wine, rich reds and sweet Port from the Douro River valley. Dark "broa" bread adds richness and complexity to the plate across the north. The northeast is famed for smoked hams called "presuntos", as well as handmade sausages.

The Centro de Portugal Region, located between Porto and Lisbon, is home to lamprey, fish, rice, octopus and roast goat. Coastal



fishing cities like Aveiro and Figueira da Foz offer all types of local seafood to savor, and inland regions are known for their "chanfana" – a stew of goat with wine and spices. All of Portugal produces outstanding artisan cheeses, but the country's crowning jewel is the rich sheep's cheese from the Estrela Mountain (known as "queijo da Serra"). Other great cheeses of the Region include those from Sabugal and Rabaçal.

Lisbon is a city of restaurants – both grand establishments tracing their history back generations and new trend-setters that exploded in number over the past two decades. Continental classics rival the culinary scene of any other major European city, but are also complemented by local Fado cafés and the culinary influences of former Portuguese colonies like Brazil, Cabo Verde and Mozambique.

The wide-open Alentejo and coastal Algarve regions each have their own distinctions – bread

dishes, dry soups, rich sausages and dark hams in Alentejo and spicy grilled seafoods in the Algarve. In fact, Alentejo actually has its own namesake dish – a unique soup made with bread, cilantro, garlic, olive oil and poached eggs (the famous "Açorda Alentejana").

Centuries as a global port-of-call combined with the influence of its

unique multi-tiered climate have made Madeira a home for exotic fruits from around the world. Fresh fish is abundant, leading to dishes like fried cubes of polenta called "milho frito" served with fresh tuna steak, in a tomato and Madeira wine sauce. Madeira wine is a sweet, fortified wine (like Port or Sherry) that traditionally traveled well for long warm ship voyages, thus being a favorite of America's founding fathers. In the Azores, limpets (a shellfish), croques (a small mollusk unique to the Azores) crayfish and rabbit stews are specialties. The Portuguese staple of salted codfish is omnipresent in both archipelagos. The Azores almost make a unique version in which cod is replaced with mackerel, octopus and perch. Chili pepper and paprika are local sources of prides and the Azores offer fine beef served in numerous ways (including grilled or roasted in a wine sauce).

# Romantic Getaways

From hotels built in regal palaces to love stories that span the ages – Portugal is home to numerous places perfect for igniting (or reigniting) the flames of love.

One such site is in the cool hills of Sintra, a short trip from Lisbon where the royal court of Portugal went to relax for centuries. The town is framed on a large square flanked by a medieval palace, fountains, cafés, and antiques shops. Rising overhead is a green mountain, crowned by a 10th century castle and the whimsical 19th century royal Pena Palace. While there is no shortage of romantic B&B's, palaces, and noble houses to stay in, the real gem of the area is the 18th century Seteais Palace, about five minutes outside of town, with gorgeous gardens and intimate luxury. In the Buçaco forest perched on a mountain above the Spa town of Luso, an ancient Carmelite monastery was converted to a royal palace a century ago, - then converted again into a luxury hotel - The Buçaco Palace Hotel - just years later. The surrounding forests have been protected by law for four centuries. On the Azores island of São Miguel, the "Terra Nostra



Garden Hotel" boasts countless "caldeiras", geysers, steam vents and springs. Twenty-three different hot springs punctuate the local spa town of Furnas, as well as a modern spa, botanical gardens, and a championship 18 holes golf course designed by famed Scottish architect Philip Mackenzie Ross.

Sometimes romance stems not just from surroundings, but from timeless stories of passion and heartache. In southern Portugal, Beja tells such a story – of a twenty six-year old nun who fell in love and was abandoned by a French officer in the 17th century. Her passionate letters to him took Paris by storm after they were published in 1669 and incited a crucial turn in world literature that led to artists like Braque, Modigliani and Elizabeth Barret Browning. Today visitors can travel along Beja's cobbled streets to the convent where Sister Mariana Alcoforado lived,

reading author Myriam Cyr's "Letters of a Portuguese Nun" to provide the rich historical context that brings the lovers and Portugal's fabulous history to life.

Another of Europe's most tragic love stories is that of Pedro and Inês de Castro. Pedro was the heir to

the throne, and Inês was lady in waiting to his wife. When Pedro's wife died, he declared his love for Inês – who was promptly killed by the king (after all, this was the 13th century). Pedro, besides having the hearts of two of the killers torn out, led a revolt to avenge his beloved, had her corpse exhumed and crowned as Queen of Portugal in the great Abbey of Alcobaça. Today, the ruin of the palace where Inês and Pedro lived and the gardens where she was killed are part of the hotel "Quinta das Lágrimas" in Coimbra. Called the "Garden of the Tears", visitors today can trace the ancient paths that the two ill-fated lovers walked together. About 50 miles south is the Abbey of Alcobaça, where the ornate tombs of Pedro and Inês stand foot to foot, so that on the day of judgment the first thing they will see is each other.



# Relaxation Destinations

Whatever the month, enjoying the sun and sea is easy in Portugal. In the winter, Madeira's capital Funchal is typically sunny and a perfect 72 degrees. Funchal is wrapped on hills around a bay like a vast amphitheater. Its hotels are some of the best in the world, offering tremendous

service, luxury and value. Most have seaside areas of saltwater swimming pools, cafés and views to the Atlantic. Above, the peaks of Arieiro tower is close to 6,000 feet over sea level. Funchal is a city of gardens where plants from all over the world grow side by side in its unique climate. There are excellent spas, a casino with musical shows and a hot air balloon that offers bird's eye views of the city.

Come spring, visitors should try the coast of the Alentejo on for size. This protected line of beaches has excellent cycling, hiking and clean Atlantic sands. For those that want to do nothing at all, bed and breakfasts in ancient forts, cozy hotels and villas are easy to find in the small towns and fishing villages of the coast. The monumental cities and fortified



hill towns of the Alentejo are not far, and neither are the fine crafts of the region.

To the south, in the Algarve, relaxation is enjoyed the traditional way: Sea, sun, sand and golf. Wide beaches span the Africa-facing coast, and are dotted with resorts of every shape and size.

For visitors who like to relax on the green, Portugal has more than 60 first-class golf courses and its mild climate makes it possible to play year-round. Many of Portugal's courses are designed by well-regarded architects such as Henry Cotton, Rocky Roquemore and Arnold Palmer. All of them combine great natural beauty with challenging course designs. Portugal has become a focal point of European tennis.

For thousands of years the waters of Portugal have healed the sick, helped people to relax,

recharge and enjoy life. Today, dozens of historic spa resorts across Portugal are being reborn, their waters and palatial spas intact, but with new modern treatments, and a new focus on beauty and relaxation.

From north to south, spas like Luso, Curia, Monfortinho and Monchique are welcoming a new generation of spa goers with natural beauty, a rich heritage of luxury and an authenticity that adds to the experience. Even the sands and waters in Porto Santo (Madeira Region) have healing qualities which, as they are rich in iodine, calcium and magnesium, help to combat the loss of mineral salts in the body due to stress and fatigue. In addition to beauty treatments, there are treatments for the prevention and cure of bone and muscle-related ailments and innovative methods for combating the so-called ailments of modern society's stress, fatigue and an excessively sedentary lifestyle.

# Contact Information

**MIGUEL CARVALHO**  
Press and Public  
Relations Manager  
Portuguese Trade and Tourism  
Office  
590 Fifth Avenue, 4th Floor  
New York, NY 10036-4702  
V: 646.723.0213  
E: miguel.carvalho@icep.pt

**JAYME H. SIMÕES**  
Louis Karno & Company  
Communications, LLC  
31 Warren Street  
Concord, NH 03301  
V: 603.224.5566 x19  
E: JS@LKarno.com



Official Tourism Site: [www.visitportugal.com](http://www.visitportugal.com)  
Media Resource Site: [insideportugaltravel.com](http://insideportugaltravel.com)  
Image Bank: [imagesofportugal.com](http://imagesofportugal.com)

Need a guidebook?  
Call 1-800 PORTUGAL or  
visit [www.orderportugal.com](http://www.orderportugal.com).