



# Portugal

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## Best Places to Eat

- » Domus Vinum (p880)
- » Café Ingles (p868)
- » The Decadente (p860)
- » Bistro 'oPorto' (p867)
- » Botequim da Mouraria (p870)

## Best Places to Stay

- » Hotel de Peneda (p881)
- » Hotel Argonauta (p871)
- » Tattva Design Hostel (p876)
- » Almaa (p865)
- » Alfama Patio Hostel (p859)

## Why Go?

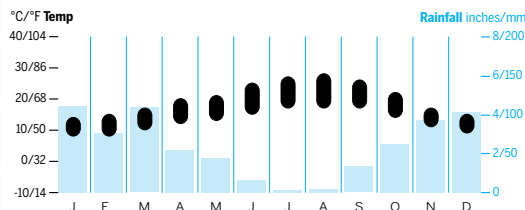
With medieval castles, frozen-in-time villages, captivating cities and golden-sand beaches, the Portuguese experience can mean many things. History, great food and wine, idyllic scenery and blazing nightlife are just the beginning...

Portugal's capital, Lisbon, and its northern rival, Porto, are gems among the urban streetscapes of Europe. Both are magical places for the wanderer, with picturesque views over the river, rattling trams and atmospheric lanes that hide boutiques and old-school record shops, stylish lounges, and a vibrant mix of restaurants, fado clubs and open-air cafes.

Outside the cities, you can stay overnight in converted hilltop fortresses fronting age-old vineyards, hike amid granite peaks or explore historic villages of the little-visited hinterland. More than 800km of coast offers further outdoor enticements. You can gaze out over dramatic end-of-the-world cliffs, surf stellar breaks off dune-covered beaches or laze peacefully on sandy islands fronting calm blue seas.

## When to Go

### Lisbon



**Apr & May** Sunny days and wild-flowers set the stage for hiking and outdoor activities.

**Jun–Aug** Lovely and lively, with a packed festival calendar and steamy beach days.

**Late Sep & Oct** Crisp mornings and sunny days; prices dip, crowds disperse.

## Connections

Travelling overland from Portugal entails a trip through Spain. Good places to cross the (invisible) border include the ferry crossing from Vila Real de Santo António in The Algarve, with onward connections to Seville. There are also links from Elvas (going across to Badajoz) and rail links from Valença do Minho in the north (heading up to Santiago de Compostela in Galicia).

## ITINERARIES

### One Week

Devote three days to Lisbon, including a night of fado in the Alfama, bar-hopping in Bairro Alto and Unesco-gazing and pastry-eating in Belém. Spend a day taking in the wooded wonderland of Sintra, before continuing to Coimbra, Portugal's own Cambridge. End your week in Porto, gateway to the magical wine-growing region of the Douro valley.

### Two Weeks

On week two, stroll the historic lanes of Évora and visit the nearby megaliths. Take in the picturesque castle towns of Monsaraz and Estremoz before hitting the beaches of The Algarve. Travel along the coast, visiting the pretty riverfront town of Tavira and the dramatic cliffs of Sagres. End the grand tour back in sunny Lisbon.

## Essential Food & Drink

» **Seafood** Chargrilled *lulas* (squid), *polvo* (octopus) or *sardinhas* (sardines). Other treats: *cataplana* (seafood and sausage cooked in a copper pot), *caldeirada* (hearty fish stew) and *açorda de mariscos* (bread stew with shrimp).

» **Cod for all seasons** Portuguese have dozens of ways to prepare *bacalhau* (salted cod). Try *bacalhau a brás* (grated cod fried with potatoes and eggs), *bacalhau espiritual* (cod soufflé) or *bacalhau com natas* (baked cod with cream and grated cheese).

» **Field & fowl** *Porco preto* (sweet 'black' pork), *leitão* (roast suckling pig), *alheira* (bread and meat sausage – formerly kosher), *cabrito assado* (roast kid) and *arroz de pato* (duck risotto).

» **Drink** Port and red wines from the Douro valley, *alvarinho* and *vinho verde* (crisp, semi-sparkling wine) from the Minho and great, little-known reds from the Alentejo and the Beiras (particularly the Dão region).

» **Pastries** The *pastel de nata* (custard tart) is legendary, especially in Belém. Other delicacies: *travesseiros* (almond and egg pastries) and *queijadas* (mini-cheese pastries).

## AT A GLANCE

- » **Currency** Euro (€)
- » **Language** Portuguese
- » **Money** ATMs wide-spread; banks open Mon-Fri
- » **Visas** Schengen rules apply

## Fast Facts

- » **Area** 91,470 sq km
- » **Capital** Lisbon
- » **Country code** 351
- » **Emergency** 112

## Exchange Rates

Australia	A\$1	€0.82
Canada	C\$1	€0.77
Japan	¥100	€0.83
New Zealand	NZ\$1	€0.65
UK	UK£1	€1.18
USA	US\$1	€0.78

## Set Your Budget

- » **Budget hotel room** €40
- » **Two-course dinner** €10–18
- » **Museum entrance** €4–6
- » **Glass of vinho tinto (red wine)** €1.50–2.50

## Resources

- » **Lonely Planet** ([www.lonelyplanet.com/portugal](http://www.lonelyplanet.com/portugal))
- » **Portugal Tourism** ([www.visitportugal.com](http://www.visitportugal.com))