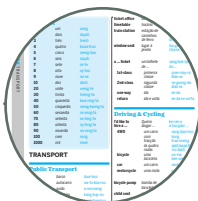


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THIS EDITION WRITTEN AND RESEARCHED BY

Regis St Louis

Kate Armstrong, Gregor Clark, Adam Skolnick

PLAN YOUR TRIP

YOUR PLANNING TOOL KIT
Photos, itineraries, lists and suggestions to help you put together your perfect trip

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Festivals

If you're a fan of celebrating in Portugal, the festival season is long. Celebrations will reach Aveiro de Santa Catarina (see page 20) and the world-famous Fado music festival in Lisbon (see page 20). The festival season is long and varied, with many events taking place in the Algarve region (see page 43).

Money	Visas	Mobile Phones	Transport
<p>€100 = 2000 Escudo</p> <p>1 Euro = 100 Escudo</p> <p>1 US Dollar = 200 Escudo</p> <p>1 British Pound = 200 Escudo</p>	<p>EU citizens do not need a visa to enter Portugal for up to 90 days.</p> <p>Non-EU citizens need a visa to enter Portugal.</p>	<p>Portugal has a mobile phone network that covers the whole country.</p> <p>Portugal has a mobile phone network that covers the whole country.</p>	<p>Portugal has a good road network that covers the whole country.</p> <p>Portugal has a good road network that covers the whole country.</p>



Around the Lisboa & Trás-os-Montes

Portugal is a great country to visit. It has a rich history and a beautiful landscape. The Lisbon & Trás-os-Montes region is a great place to visit. It has a rich history and a beautiful landscape. The Lisbon & Trás-os-Montes region is a great place to visit. It has a rich history and a beautiful landscape.

Information

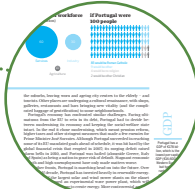
How to use the map: The map shows the location of the Lisbon & Trás-os-Montes region in Portugal. It is a great place to visit. It has a rich history and a beautiful landscape. The Lisbon & Trás-os-Montes region is a great place to visit. It has a rich history and a beautiful landscape.

Go straight **Wrong trail, go back**

UNDERSTAND PORTUGAL

GET MORE FROM YOUR TRIP
Learn about the big picture, so you can make sense of what you see

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Viana do Castelo

Devour fresh, top-quality seafood (p417)

Barcelos

Shop at a famed outdoor market (p409)

Alto Douro

Imbibe in the world's oldest wine region (p395)

Porto

Sip port in a romantic city (p359)

Velha Universidade

Wander through Portugal's oldest university (p303)

Batalha, Alcobaca & Tomar

Marvel at medieval Christian monuments (p251)

Braga

Climb a splendid, baroque staircase (p402)

Parque Nacional da Peneda-Gerês

Scale boulder-strewn peaks (p435)

Vila Nova de Foz Côa

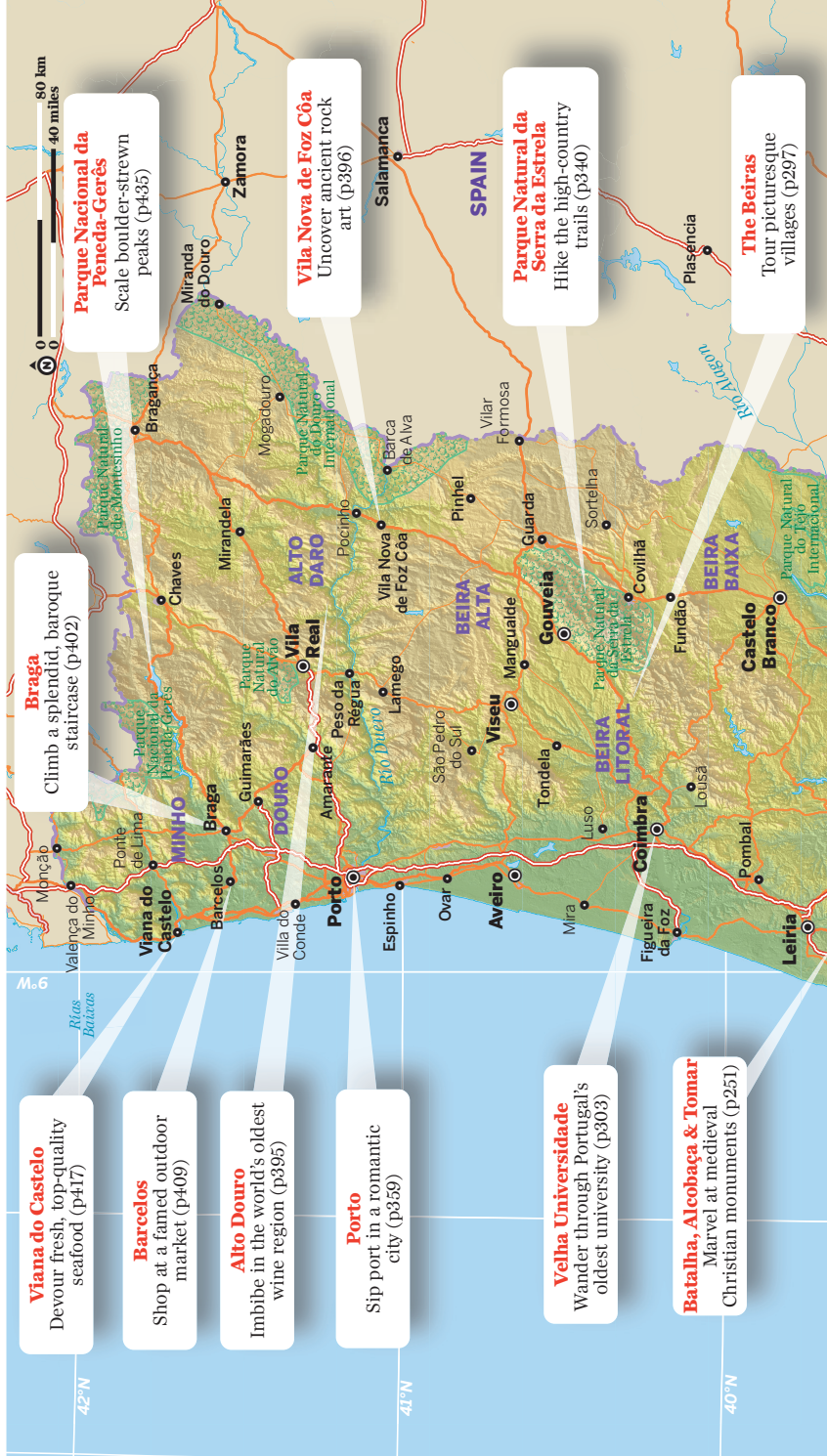
Uncover ancient rock art (p396)

Parque Natural da Serra da Estrela

Hike the high-country trails (p340)

The Beiras

Tour picturesque villages (p297)



Óbidos

Dance and feast in an ancient town (p259)

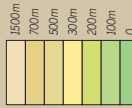
Sintra

Enter a fairytale wonderland (p108)

Lisbon

Revel in the city's sights and delights (p48)

ELEVATION



Cabo de São Vicente

Inhale the cape's raw, windswept beauty (p185)



Évora
Delve into the walled town's medieval past (p200)

Parque Natural da Ria Formosa
Sight myriad wetland birds (p151)

Ilha de Tavira
Soak up the sun on a sandy isle (p159)



Look out for these icons:



Our author's recommendation



A green or sustainable option



No payment required

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itineraries



Two Weeks

Lisbon to Porto: Highlights of Portugal

The great Portugal journey begins in **Lisbon**. Spend three days exploring the city's enchanting neighbourhoods, fado-filled taverns, atmospheric cafes and restaurants and late-night street parties. Take in vertiginous tram rides, the hilltop castle and viewing points, museums and historic sites. On day four, head to nearby **Sintra**, for quaint village life amid woodlands and palaces. Next enjoy two days exploring fascinating **Évora** and its nearby megaliths. From there, go south and spend a day in peaceful **Tavira**, one of the Algarve's prettiest towns, followed by a day in beach- and nightlife-loving **Lagos**. Head back to Lisbon, stopping en route in the laid-back coastal town of **Vila Nova de Milfontes**. Spend one day in **Tomar**, home of the staggering **Convento do Cristo**. Then book two nights in the prestigious university town of **Coimbra**, wandering the old quarters and enjoying some nightlife. Spend your last two days in **Porto**, Lisbon's rival in beauty. Enjoy a day exploring the Ribeira, then head across the river to **Vila Nova de Gaia**, for an intro to the country's great ports. If time allows, take a boat trip along the Rio Douro, taking in some dramatic gorge scenery.



Two to Three Weeks

Porto to Lisbon: Exploring the Atlantic Coast

Scenic shorelines, captivating towns and Unesco World Heritage Sites set the stage for this memorable journey down the Atlantic coast. Begin in **Porto**, the port-wine capital at the mouth of the Douro. Spend two days exploring its historic centre, museums, parks and gardens, plus the beach neighbourhood of Foz do Douro. On the third day go north to the seaside town of **Vila do Conde**, a quick and popular beach getaway with a historic centre. Next, head south to **Aveiro**, for rides along its scenic canals from high-prowed *moliceiros* (traditional boats). For a fine day trip from here take a bus and ferry out to the **Reserva Natural das Dunas de São Jacinto**, a scenic nature reserve and birdwatching site. The popular resort town of **Figueira da Foz** is the next stop; you'll find prime surfing, a touch of nightlife and wide people-packed beaches, with more isolated sands out of town. After a day of sunbaking, make an inland day trip to the striking mountain-top castle of **Montemor-o-Velho**. The picturesque and fun-loving beach town of **Nazaré** is next and here you can frolic in the waves, enjoy traditional seafood restaurants and take the funicular to a cliff-top promontory for superb views. Nazaré is also a good base for exploring the architecturally stunning monasteries (and Unesco World Heritage Sites) in **Alcobaça** and **Batalha**. From there, head south to the historic centre of **Óbidos**, with its cobblestone lanes and upmarket inns. Go west back to the coast to reach **Peniche**, where you'll find excellent beaches, particularly in the picturesque island village of nearby **Baleal**. From Peniche, be sure to take a boat out to the rocky and remote island of **Berlenga Grande**. You can even stay overnight (reserve well ahead). Continue south to **Ericeira**, a whitewashed village perched atop sandstone cliffs. Explore the beaches, feast on seafood, then continue on to the fairy-tale setting of **Sintra**, whose picturesque guest houses make a fine overnight stay. The next stop is the pretty village of **Cascais**, home to narrow pedestrian lanes, lively outdoor restaurants and bars, gardens, and a coastal path that leads 9km out to the gorgeous, windswept beach of **Praia do Guincho**. End your journey in **Lisbon**, spending a few days discovering the many charms of Portugal's vibrant capital.



Two Weeks

Southern Beauty

This trip will give you a chance to see spectacular contrasts in scenery by following Portugal's southern rivers, beaches and ridges. From **Lisbon** head to the **Costa da Caparica**, taking in the festive beaches near the town, and then escaping the crowds on wilder beaches to the south. Next head down to **Praia do Meco** for more sandy action and some great seafood. Keep going south to reach the desolate cliffs of **Cabo Espichel**. A good place to stay for the night is at rural guest houses outside of **Sesimbra**, a former fishing-village-turned-resort with open-air restaurants and family-friendly beaches. On the next day, continue east, stopping for a picnic on the incredibly photogenic shores of the wooded **Parque Natural da Arrábida**. At night, stay in **Setúbal** for more seafood feasting and a wander through the sleepy old-town quarters. The next day, book a dolphin-watching boat trip along the **Sado Estuary**. From Setúbal, take the ferry across to handsomely sited Tróia. Continue south to overnight in **Vila Nova de Milfontes**, a lovely seaside town with fine beaches and charming guest houses. Next is **Zambujeira do Mar**, a tiny village perched above a pretty beach. Follow the coast to **Aljezur**, with its unspoilt, cliff-backed sands, and into the rustic town of **Carrapateira**, with more wild, untouched beaches, plus cafes and guest houses catering to the surf-loving crowd.

Head south, and you'll reach the southern coast at pretty, laid-back **Sagres**, another surf-loving town, with both high-end and budget restaurants and guest houses. Visit Sagres' famous sea-cliff fortress as well as the surreal cliffs of **Cabo de São Vicente**.

Go east to **Lagos**, one of the Algarve's liveliest towns with loads of good sleeping, eating and drinking options. Afterwards, go inland to **Monchique**, with its densely wooded hillsides that offer picturesque walking, cycling and pony-trekking opportunities, followed by a spa visit in **Caldas de Monchique**. Back on the coast, stay overnight in the old town centre of lively **Faro**, before journeying out to the **Parque Natural da Ria Formosa**, a lagoon system full of marsh, creeks and dune islands. From there, head to **Tavira**, set with genteel 18th-century buildings straddling the Rio Gilão. This picturesque river town is a fine base for a boat trip across to the long idyllic beach of **Ilha de Tavira**.



Two Weeks

Around the Minho & Trás-os-Montes

Portugal's oft-ignored northern region makes a great destination for exploring preserved villages and pristine national parks ripe for outdoor adventure. It's also home to colourful markets and the nation's most traditional festivals. From **Porto**, head up the coast to the beautifully set town of **Viana do Castelo**, which is also just a short ferry ride from the north's best beaches. Continue up to the border fortress of **Valença do Minho** and tiny **Monção**, both perched scenically over the Minho River.

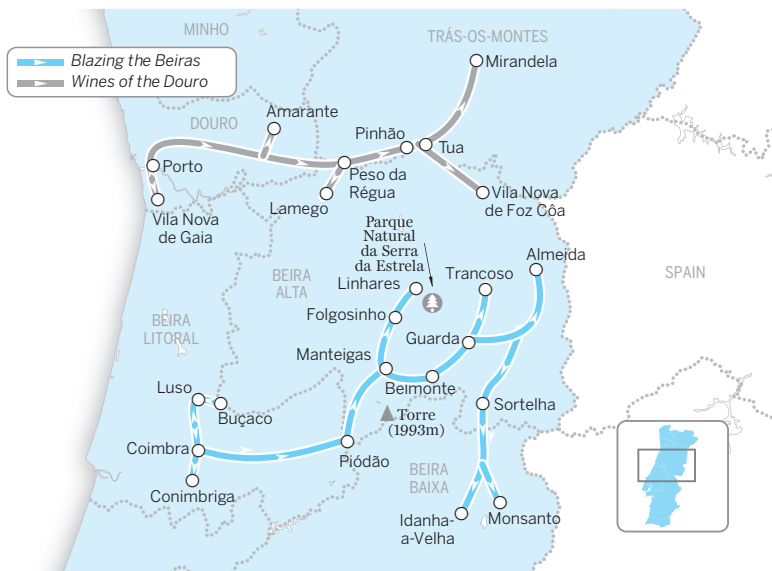
From here, travel south to the charming town of **Ponte de Lima**, with its garden-lined riverbanks and picture-book Roman bridge; stock up here before heading to the remote stone village of **Soajo**, a great base for walks amid untouched mountain scenery. For more outdoor adventures inside the **Parque Nacional da Peneda-Gerês**, go hiking in the little-visited **Serra da Peneda**, the northern part of the park, where low-lying forests meld into glacially formed peaks. Afterwards, loop east to the spa town **Vila do Gerês** and nearby spots for canoeing, mountain biking and more great hiking.

Continue east to **Chaves**, where its Roman bridge and fascinating old centre attest to its many layers of history. Overnight in **Bragança**, home to a 12th-century citadel and cradle of the Portuguese royal family. Strike out into the **Parque Natural de Montesinho** with its ancient stone villages and lush forests.

Loop back south and then west through pretty **Mirandela** and **Parque Natural do Alvão**, windswept high country of waterfalls, schist villages and traditional lifestyles.

Heading west, visit **Amarante**, famous for its monastery, pastries and pretty riverside. Then go north to **Guimarães**, birthplace of Portugal and home to an immaculately preserved medieval centre. While here, visit the Celtic ruins of **Citânia de Briteiros** for a dose of early history.

Nearing the journey's end go to beautiful **Braga**, a town of magnificent churches and manicured plazas set with fine restaurants and outdoor cafes. For great city views, take in the hilltop sanctuary of **Bom Jesus do Monte**. If you're passing on a Thursday, take a day trip to **Barcelos** for its famous weekly market.



One to Two Weeks

Blazing the Beiras

Natural scenery, frozen-in-time villages and cliff-top castles make for a charming journey through the Beiras. Start in lively, historic **Coimbra**, soaking up the sights and taking a day trip to the Roman ruins at **Conimbriga**. Nearby is the royal retreat and spa of **Luso** and **Buçaco**. Go back through Coimbra and continue east for an overnight in the old stone village of **Piódão**.

Next, explore the **Parque Natural da Serra da Estrela**, with mountainous scenery, great hiking and Portugal's highest point (and only ski resort), **Torre**. Base yourself at cobblestone **Manteigas**, near hot springs and forested slopes, and spend a day poking around **Linhares** and **Folgoso**, captivating hilltop villages with small castles to the north. To the east is beautiful **Belmonte**, a peaceful hill town overlooking the Serra da Estrela.

Descend via the highland town of **Guarda**, then head north to **Trancoso**, a medieval walled town. From here, loop back through Guarda and northeast to the castle-village of **Almeida**. Head south to **Sortelha**, another fortified cliff-top stunner. Continue south to the fairy-tale village of **Monsanto**, and neighbouring **Idanha-a-Velha**, with Roman and Visigoth roots.

One Week

Wines of the Douro

Wine lovers have their work cut out for them on a leisurely journey through the Douro Valley, Portugal's premier wine-growing region. Any self-respecting wine tour will begin in **Porto**, gateway to the world's most famous port-wine region. Across the river is the historic **Vila Nova de Gaia**, where you can sample countless varieties at its many port-wine lodges.

Continue the journey east following the Douro. Detour north to **Amarante**, famous for its monastery, pastries and pretty riverside. Back on the river continue to **Peso da Régua**, set at the heart of vineyard country. Wine-taste your way to the quaint riverside village of **Pinhão**, a great place to base for a few nights, with scenic guest houses, good restaurants and vineyards sprinkling the area. A fine day or overnight trip from here is the scenic narrow-gauge railway from **Tua** through almond-blossom country to **Mirandela**.

East of Pinhão, take the picturesque drive over the mountains to **Vila Nova de Foz Côa**, famed for the Palaeolithic stone carvings in the surrounding countryside. On the way back to Porto, visit the attractive food- and wine-loving town of **Lamego**, producer of a fine sparkling wine.



OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Melbourne, London and Oakland, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITERS



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Coordinating Author, *Lisbon & Around* Regis' admiration for Portugal began years ago on a magical trip through Lisbon's Alfama district. Since then he's returned frequently for fado fixes, decadent seafood meals and coastal explorations. On his most recent journey, he feted Lisbon's favourite saint at the Festa de Santo António, explored gorgeous beaches in Parque Natural da Arrábida and ate way too many *pastéis de nata* (including six in one day – oops). Regis

has written two previous editions of *Portugal* along with 30 other guidebooks for Lonely Planet, and his articles have appeared in the *LA Times* and *Chicago Tribune* among other publications. He lives in Brooklyn, New York.

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The Algarve, *The Alentejo* A regular visitor to Portugal, Kate first backpacked around the country over 20 years ago and fell for the Alentejan countryside, Algarvian seafood and Portuguese hospitality. Lured by the language of fado, she later returned to study Portuguese. For this edition Kate surfed the west coast, hiked sections of the Via Algarviana, and consumed kilos of convent cakes. Kate also contributes to Lonely Planet's *Africa*, *Greece* and *South America* titles. She

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Estremadura & Ribatejo, *The Beiras, Trás-os-Montes* Since first visiting Portugal in 1986, Gregor Clark has loved the country's end-of-the-world feeling, its kind-hearted people, its *azulejos* (hand-painted tiles) and its incomparably tasty fish-and-wine-based cuisine. A lifelong polyglot with a degree in Romance Languages, Gregor has contributed to Lonely Planet's *Italy* and *Brazil* guides. Gregor's favourite

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