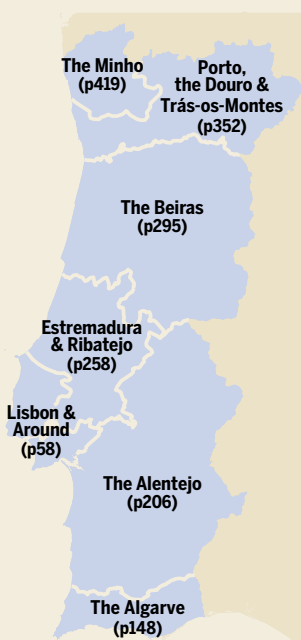




Portugal



THIS EDITION WRITTEN AND RESEARCHED BY

Regis St Louis,

Kate Armstrong, Anja Mutić, Andy Symington

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On the Road



Portugal

0 80 km
0 40 miles

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Alto Douro
Imbibe in the world's oldest
wine region (p392)

Porto
Sip port in a romantic
city (p353)

Coimbra
Explore Portugal's oldest
university (p298)

Alcobaca, Batalha & Tomar
Marvel at medieval
Christian monuments (p275)

**Parque Nacional da
Peneda-Gerês**
Scale boulder-strewn
peaks (p450)

**Parque Natural da
Serra da Estrela**
Hike the high-country
trails (p329)

The Beiras
Tour picturesque
villages (p295)

SPAIN

Plasencia

40°N

41°N

42°N

Óbidos

Dance and feast in an ancient town (p267)

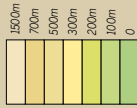
Sintra

Enter a fairy-tale wonderland (p121)

Lisbon

Revel in the city's sights and delights (p62)

ELEVATION



Cabo de São Vicente

Inhale the cape's raw, windswept beauty (p195)

Ilha de Tavira

Soak up the sun on a sandy isle (p168)

Évora

Delve into the walled town's medieval past (p207)





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



Regis St Louis

Coordinating Author; *Lisbon & Around* Regis' long-time admiration for wine, rugged coastlines and soulful music made him easy prey for Portugal – a country he has travelled extensively over the past decade. Favourite memories from recent trips include borrowing a friend's VW van to explore the wild beaches and back roads outside of Lisbon; chatting with shepherds in the mountains near Manteigas; hearing avant-garde fado in Lisbon; and feasting on delectable *percebes* in the Algarve. Regis has written more than 40 guidebooks for Lonely Planet – including the last three editions of *Lonely Planet Portugal* – and his travel articles and essays have appeared in the *Los Angeles Times* and the *Chicago Tribune* among numerous other publications. He lives in Brooklyn, New York. Regis also wrote the Plan Your Trip, Understand Portugal and Survival Guide sections.

Read more about Regis at:
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Kate Armstrong

The Algarve; The Alentejo A regular visitor to Portugal, Kate first backpacked around the country more than 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 bodysurfed her way along the Algarve, 'mixed' with the megaliths, hiked sections of the Costa Vicentina, and consumed quantities (ahem, kilos) of convent cakes. She is

published regularly in Australian and international publications – see www.katearmstrong.com.au.



Anja Mutić

Porto, the Douro & Trás-os-Montes; The Minho Croatia-born New York-based writer Anja Mutić has had a full-blown love affair with Portugal for nearly a decade. On her first visit in 2005, she fell head over heels; on the second visit in 2006, she met her partner in life and travel and has been returning ever since for stints and longer stays. Anja has covered many a city and corner of Portugal for various publications but has a particularly soft spot for the north and deems Porto among the most poignant cities on earth. Anja is online at www.everthenomad.com.

Read more about Anja at:
lonelyplanet.com/members/AnjaMutic



Andy Symington

Estremadura & Ribatejo; The Beiras Though he hails from Australia, Andy's great-grandfather emigrated to Porto in the 19th century and that side of his family still call Portugal home. This connection means that he's been a frequent visitor to the country since birth, and now nips across the border even more regularly from his base in Spain. He has authored and co-authored many Lonely Planet and other guidebooks.

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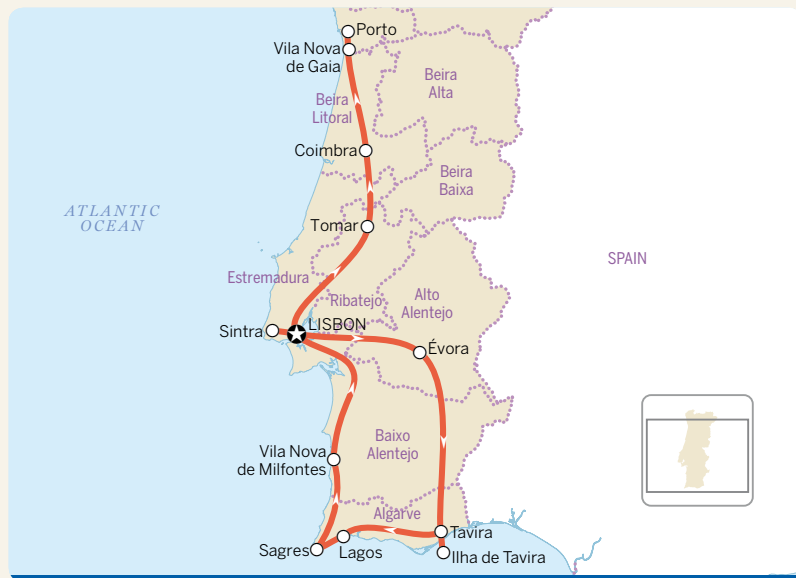
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Plan Your Trip

Itineraries



2
WEEKS

Highlights of Portugal

This grand journey takes you from the vibrant Portuguese capital to the sunny beaches of the Algarve and up north to the striking riverside city of Porto. Along the way, you'll visit Unesco World Heritage sites, stroll medieval town centres and sample the varied cuisines from the north, south and centre.

Start in **Lisbon**, spending two 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 three, 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 **Távira**, one of the Algarve's prettiest towns. Take the ferry out to car-free **Ilha de Tavira**. Continue west to beach- and nightlife-loving **Lagos**. Don't miss the pretty beaches (Batata, Dona Ana and Camilo) south of town. Keep going west until you hit laid-back **Sagres**, where you can visit its dramatically sited fort, surf good waves

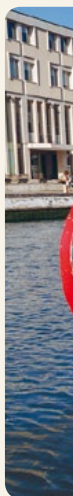




Rua Augusta, Baixa (p63), Lisbon

and contemplate the endless horizon at the cliffs near town. Go north back to Lisbon, stopping en route in the coastal town of **Vila Nova de Milfontes**, a great spot for uber-fresh seafood grilled up to perfection. You can eat it right on the waterfront. Spend one day in **Tomar**, a sleepy river town that's home to the staggering Convento de Cristo. Then book two nights in the venerable university town of **Coimbra**, wandering the old quarters, visiting medieval convents and churches, and enjoying good meals, lively bars (during the academic year) and live music. Spend your last two days in **Porto**, Lisbon's rival in beauty.

Enjoy a day exploring the Ribeira, visiting avant-garde galleries and museums, and taking in the nightlife in the city centre. Then head across the river to **Vila Nova de Gaia**, for an introduction to the country's great ports. If time allows, take a boat trip along the Rio Douro, taking in some dramatic gorge scenery and centuries-old vineyards.



3
WEEKS

Exploring the Atlantic Coast

PLAN YOUR TRIP ITINERARIES

Scenic shorelines, captivating towns and staggering architectural monuments 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. Next, head south to **Aveiro**, for rides along its scenic canals on 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 clifftop 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 **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 nearby **Baleal**. From Peniche, be sure to take a boat out to the 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**, where picturesque guesthouses make a fine overnight stay. Take the road to the coast, and follow it out to the dramatically set **Cabo da Roca** and down to the windswept beach of **Praia do Guincho**. The next stop is the pretty village of **Cascais**, home to narrow pedestrian lanes, lively outdoor restaurants and leafy gardens. End your journey in **Lisbon**, spending a few days exploring Portugal's vibrant capital.



MAURICIO ARRELI / GETTY IMAGES ©



KEN WELSH / GETTY IMAGES ©

Top: Ericeira (p260)

Bottom: Traditional boat, Aveiro (p318)

10
DAYS

Circling the Centre

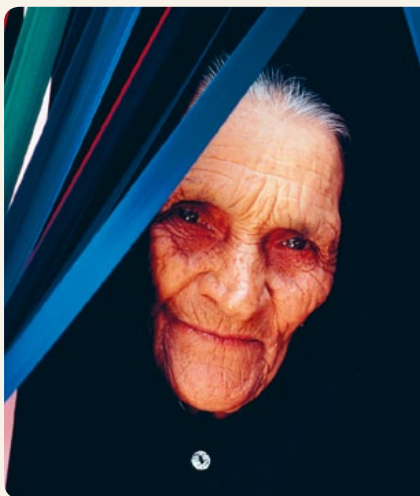
Dramatic scenery, frozen-in-time villages and clifftop castles make for a charming journey on this loop around Portugal's often overlooked interior.

From Lisbon head 200km southeast to the historic village of **Castro Verde**. Visit the royal basilica in town then the LPN Interpretative and Environmental Centre, a great spot for bird-watching some 5km north of town. Drive east to **Mértola**, a picturesque medieval settlement set high above the placid Rio Guadiana. Wander the old streets, go kayaking on the river, sample wild boar (a local speciality) and overnight in one of the area's charming inns. From Mértola, drive north to **Beja**, a lively town with a walled centre, intriguing museums and a 13th-century castle with sweeping views over golden wheat fields beyond town. Keep north to reach **Évora**, the most vibrant town in the Alentejo. Its large cobblestone centre is a great place to wander, and is packed with history (don't miss the Bone Chapel and Roman temple). Évora has great traditional restaurants and makes a good base for visiting neolithic sites in the countryside. Head northeast to the marble town of **Vila Viçosa**, home to a staggering palace and a peaceful town centre. Next up is **Castelo de Vide**, a wildly remote-feeling town perched on a clifftop. Have a wander through the sleepy streets, have lunch, and then continue to **Monsanto**, another photogenic castle-in-the-sky town. Leave early for the two-hour drive to **Vila Nova de Foz Côa**, gateway to some of Iberia's most extensive petroglyphs. From here, it's an easy detour to the vineyards along the Douro. Otherwise, head southwest into the **Parque Natural da Serra da Estrela**, a scenic, mountainous area with great hiking, and peaceful guesthouses where you can soak up the scenery. **Manteigas** makes a great base. After a day or two in the mountains, head west to the lively university town of **Coimbra**. Visit the historic campus, stroll the riverbank, feast on hearty Portuguese cooking and catch live Coimbra-style fado. Visit **Conímbriga** southwest of Coimbra for a look at Roman ruins, then continue to **Santarém**, with Gothic architecture, atmospheric restaurants and panoramic views, before finishing the tour in **Lisbon**.

TAKEM LOPFZ / GETTY IMAGES ©

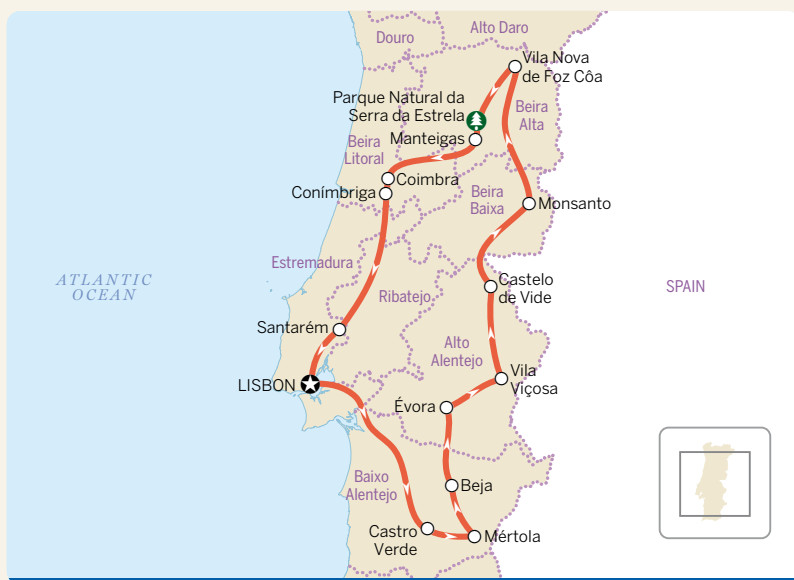


TONY ARNOLD / GETTY IMAGES ©



Top: Monsanto (p326)

Bottom: Monsanto resident





2
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 a rural guesthouse 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 forest-lined shores of **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 hand-somely sited **Tróia**. Continue south to overnight in **Vila Nova de Milfontes**, a lovely seaside town with fine beaches and charming guesthouses. 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 guesthouses catering to the surf-loving crowd. Head south, and you'll reach the southern coast at pretty, laid-back **Sagres**, another surf-loving town. Visit Sagres' sea-cliff fortress, then 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 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.



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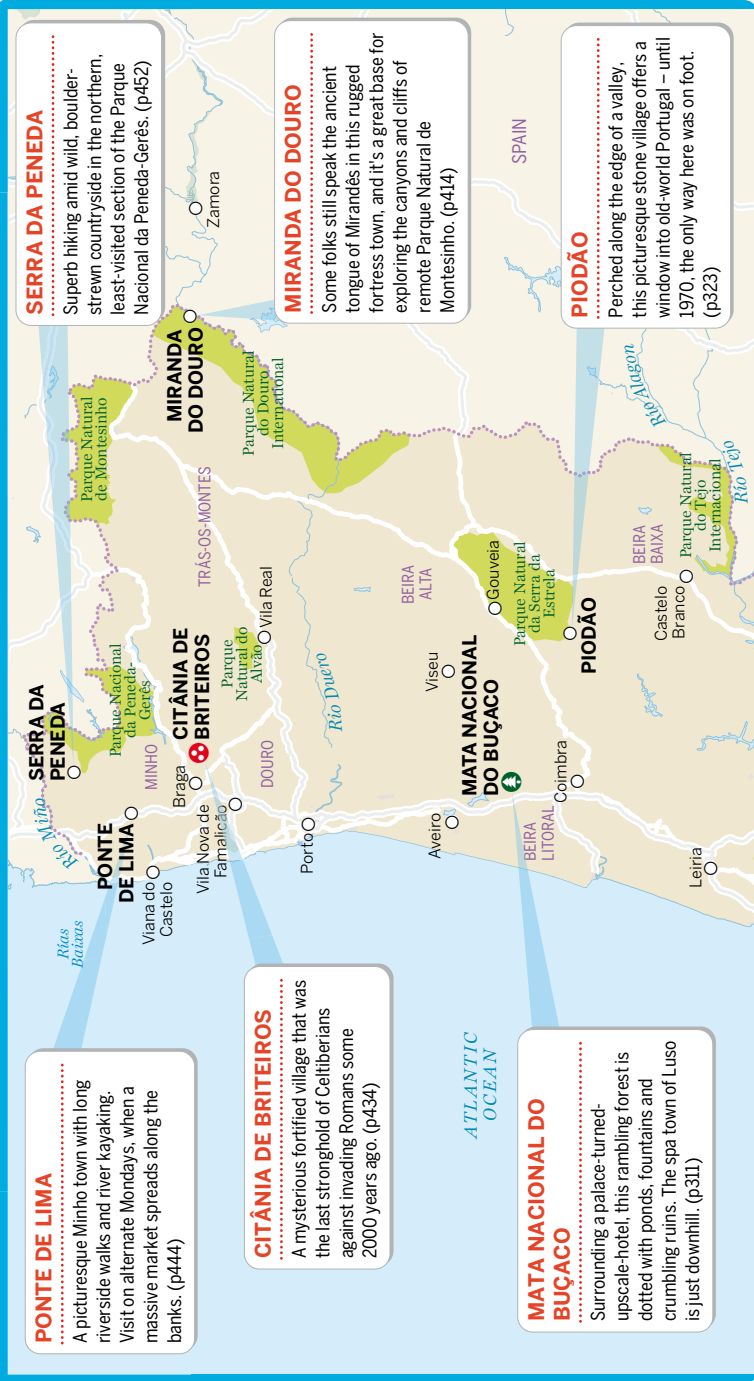


PAUL BERNHARDT/GETTY IMAGES ©

Top: Lagos (p186)

Bottom: Vila Nogueira de Azeitao, Setubal (p139)

Off the Beaten Track: Portugal

**PONTE DE LIMA**

A picturesque Minho town with long riverside walks and river kayaking. Visit on alternate Mondays, when a massive market spreads along the banks. (p444)

CITÂNIA DE BRITEIROS

A mysterious fortified village that was the last stronghold of Celtiberians against invading Romans some 2000 years ago. (p434)

MATA NACIONAL DO BUÇACO

Surrounding a palace-turned-upscale-hotel, this rambling forest is dotted with ponds, fountains and crumbling ruins. The spa town of Luso is just downhill. (p311)

SERRA DA PENEDA

Superb hiking amid wild, boulder-strewn countryside in the northern, least-visited section of the Parque Nacional da Peneda-Gerês. (p452)

MIRANDA DO DOURO

Some folks still speak the ancient tongue of Mirandês in this rugged fortress town, and it's a great base for exploring the canyons and cliffs of remote Parque Natural de Montesinho. (p414)

PIODÃO

Perched along the edge of a valley, this picturesque stone village offers a window into old-world Portugal – until 1970, the only way here was on foot. (p323)



ATLANTIC OCEAN

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