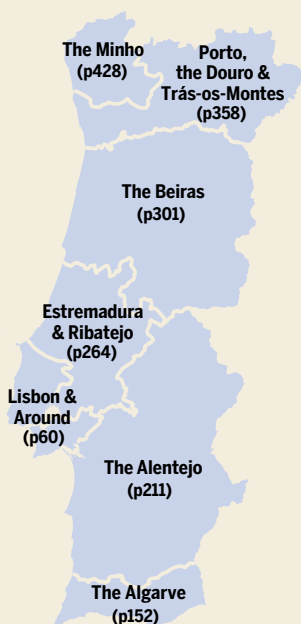




# Portugal



THIS EDITION WRITTEN AND RESEARCHED BY

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Marc Di Duca, Anja Mutić, Kevin Raub

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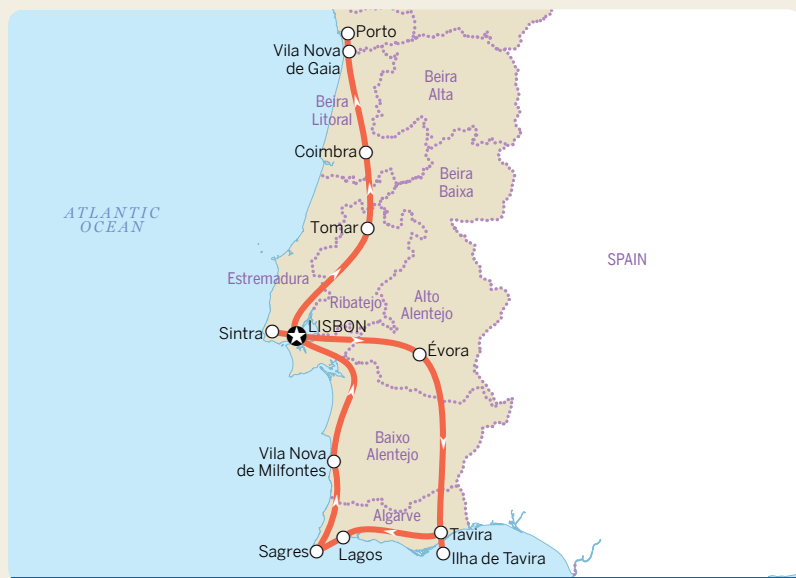
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## Plan Your Trip

# 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 striking, riverside Porto. Along the way, you'll visit Unesco World Heritage Sites, stroll medieval town centres and sample the varied cuisines of 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 vertiginous tram

rides, and visit 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, and then take the ferry out to car-free **Ilha de Távira**. Continue west to beach- and night-life-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





Sunset over Porto (p359)

visit its dramatically sited fort, surf good waves 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 to perfection. You can eat it right on the waterfront. Spend a 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, passing through dramatic gorge scenery and alongside centuries-old vineyards.



3  
WEEKS

## Exploring the Atlantic Coast

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 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 mountaintop 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 guest houses 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.



ALBERTO LOBO / SHUTTERSTOCK ©



SAMOPE / SHUTTERSTOCK ©

Top: Aveiro (p323)

Bottom: Mosteiro de Santa Maria de Alcobaça (p280)

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 perched 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 set on a clifftop. 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 guest houses 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 its Gothic architecture, atmospheric restaurants and panoramic views, before finishing the tour in Lisbon.

ANTONIA/PHOTO / SHUTTERSTOCK ©



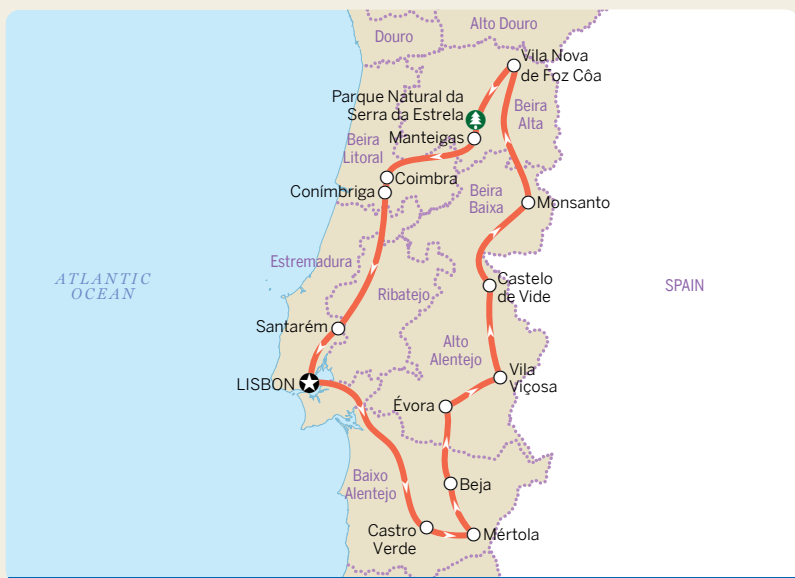
MATT MURRO / LONELY PLANET ©

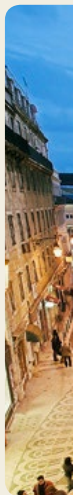


Top: Mértola (p251)

Bottom: Sardines, Castelo de Vide (p241)







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 guest house outside **Sesimbra**, a 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 handsomely sited **Tróia**. Continue south to overnight in **Vila Nova de Milfontes**, a lovely seaside town with fine beaches and charming places to stay. 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 surfers 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 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.



Top: Festival, Sesimbra (p144)  
Bottom: Lisbon (p61) at night

## 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. (p454)

**CITÂNIA DE BRITEIROS**

A mysterious fortified village that was the last stronghold of Celtiberians against invading Romans some 2000 years ago. (p444)

**MATA NACIONAL DO BUÇAÇO**

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. (p315)

**SERRA DA PENEDA**

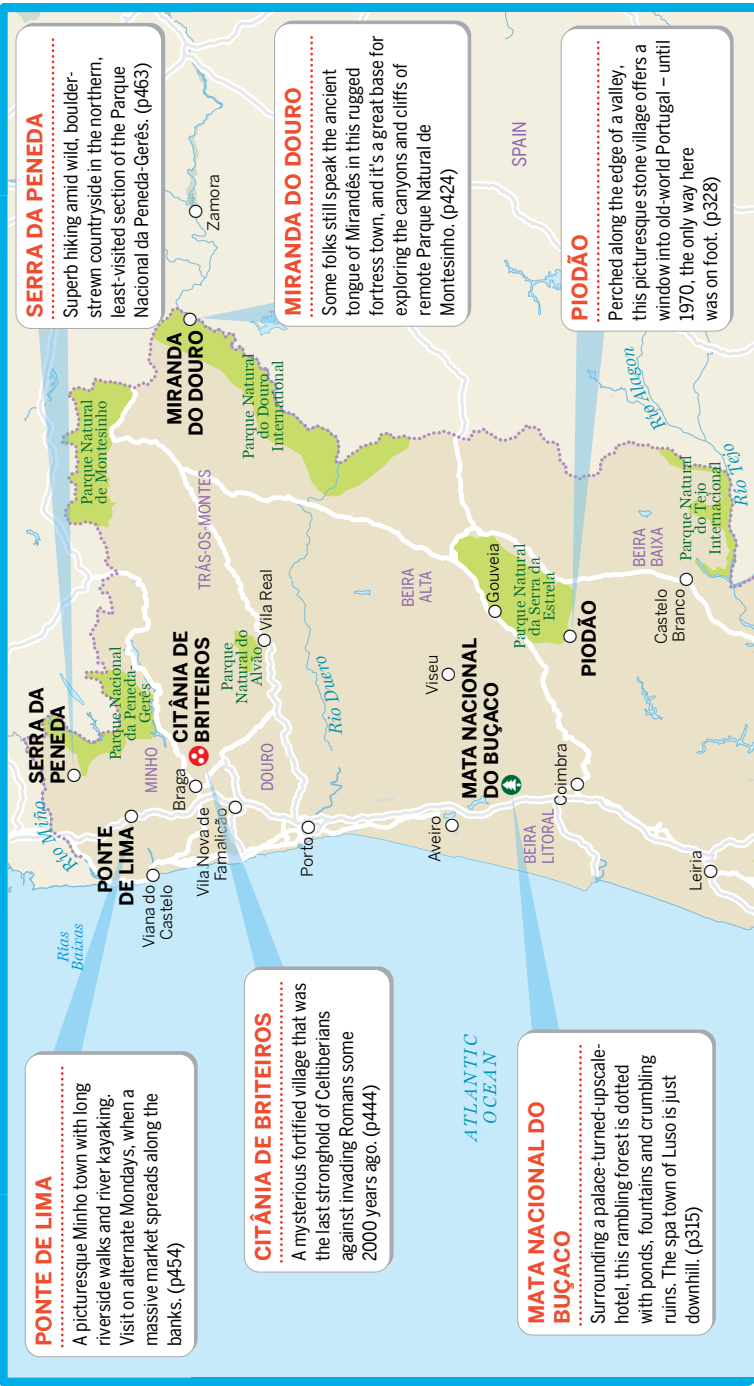
Superb hiking amid wild, boulder-strewn countryside in the northern, least-visited section of the Parque Nacional da Peneda-Gerês. (p463)

**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. (p424)

**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. (p328)





# Map Legend

## Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

## Activities, Courses & Tours

- Body surfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkelling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

## Sleeping

- Sleeping
- Camping

## Eating

- Eating

## Drinking & Nightlife

- Drinking & Nightlife
- Cafe

## Entertainment

- Entertainment

## Shopping

- Shopping

## Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

## Geographic

- Beach
- Gate
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

## Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

## Transport

- Airport
- Border crossing
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro station
- Monorail
- Parking
- Petrol station
- S-Bahn/Subway station
- Taxi
- T-bane/Tunnelbana station
- Train station/Railway
- Tram
- Tube station
- U-Bahn/Underground station
- Other Transport

## Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

## Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

## Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

## Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

Note: Not all symbols displayed above appear on the maps in this book



**Anja Mutić**

**Porto, the Douro & Trás-os-Montes; The Minho** Croatia-born New York-based writer Anja has had a full-blown love affair with Portugal for over 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. Anja is online at [www.everthenomad.com](http://www.everthenomad.com).



**Kevin Raub**

**Lisbon & Around** Kevin grew up in Atlanta and started his career as a music journalist in New York, working for *Men's Journal* and *Rolling Stone* magazines. He ditched the rock 'n' roll lifestyle for travel writing and recently relocated to Lisbon after eight years in Brazil – and is certainly feeling the quirky language effects on his Portuguese fluency! This is Kevin's 39th Lonely Planet guide. Follow him on Twitter and Instagram at @RaubOnTheRoad.



## 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 Franklin, London, Melbourne, Oakland, Dublin, Beijing and Delhi, 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

**The Alentejo** Regis' longtime 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 negotiating sheep-filled lanes near Alvito, feasting on *percebes* (goose barnacles) along the Costa Vicentina and exploring mesmerising industrial ruins in Portalegre and São Domingos. Regis has contributed to more than 50

Lonely Planet guidebooks, and he has also written for the BBC, the *Telegraph* and the *Chicago Tribune*. Follow his latest posts on Twitter or Instagram at @regisstlouis.



### Kate Armstrong

**Estremadura & Ribatejo; The Beiras** A regular visitor to Portugal, Kate first backpacked around the country over 25 years ago and fell for central Portugal's fortified villages (and their ghosts), coastal seafood and Portuguese hospitality. Lured by the language of fado, she later returned to study Portuguese. For this edition Kate hiked in the Serra da Estrela, entered more castles than a soldier in medieval times, and consumed quantities (ahem, kilos) of convent cakes. She is published regularly in Australian and international publications – see

www.katearmstrong.com.au and @nomaditis.



### Kerry Christiani

**Porto, the Douro & Trás-os-Montes** Ever since Kerry first clapped eyes on Porto: the historic centre's houses piled higgledy-piggledy like Jenga blocks above the Rio Douro, and the pure Atlantic light – she knew it was love. That love has intensified over the years, and now goes way beyond the city's looks and straight to its soul – the wonderfully hospitable *tripeiros*. Kerry studied Portuguese translation to MA level before going on to author more than a dozen Lonely Planet titles, including *Pocket Lisbon* and *Pocket Porto*. She tweets @kerrychristiani.



### Marc Di Duca

**The Algarve** A long-established travel guide author, Marc cut his Portuguese teeth hiking the *levadas* of Madeira, a tiny piece of paradise to which he wrote the first edition of Lonely Planet's guide in 2015. Swapping samba for fado and bananas for oranges, Marc traversed the Algarve for this edition of Lonely Planet's *Portugal*, by far his favourite region of the mainland. When not on the road for Lonely Planet, Marc can be found in Sandwich, Kent, with his wife and two sons.

OVER MORE  
PAGE WRITERS

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