

[www.facebook.com/centro.de.portugal.fans](https://www.facebook.com/centro.de.portugal.fans)

[www.twitter.com/aboutcentro](https://www.twitter.com/aboutcentro)

[www.pinterest.com/centroportugal](https://www.pinterest.com/centroportugal)

[www.instagram.com/centrodeportugal](https://www.instagram.com/centrodeportugal)

## Unexpected places@ Center of Portugal BTL Post-Tour

**March, 2<sup>nd</sup>**

09H30 - Departure to Centro de Portugal's area

10H30 – Peniche

Walking visit at Peniche

In Peniche, the fortress that D. João IV ordered to be built in the seventeenth century was, like the forts on Consolação beach and the S. João Baptista fort on the Berlenga Islands, an important military complex for protection against invasions from the sea. The fort in Peniche, which was turned into a political prison in the period of the Estado Novo or “New State” (1933-1974), was the scene of one of the most extraordinary escapes of the twentieth century in Portugal. In 1960 a group of political prisoners escaped from it, among them Álvaro Cunhal, the communist leader.

Visit the interesting museum space, which recreates the prison environment and contains various thematic areas relating to the region.

Fishing is still an important activity in Peniche, and people love to watch the the boatloads of fish coming into port.

The regional gastronomy takes full advantage of the abundance of fish in the sea. We therefore heartily recommend that you seek out restaurants in the Avenida do Mar that will serve you a caldeirada (fish casserole), sopa de lagosta à moda de Peniche (Peniche-style lobster soup), arroz de marisco (shellfish risotto) and many other dishes that all use the best fresh fish available.

13H00 – Lunch at Nau dos Corvos

15H00 - Arrival in Óbidos – Literary Town

Walking visit in Óbidos to taste the famous Ginginha!

The delightful town of Óbidos, with white houses adorned with bougainvilleas and honeysuckle was captured from the Moors by the first king of Portugal, D. Afonso Henriques, in 1148. D. Dinis later presented it to his wife, Queen Santa Isabel. From then until 1883, the town of Óbidos and the surrounding land was always the property of the queens of Portugal.

TCP/ARPT Centro de Portugal  
Casa Amarela — Largo de Sta. Cristina  
3500-181 Viseu - Portugal

TEL: +351 232 432 032

FAX: +351 232 432 030

E-MAIL: [info@centerofportugal.com](mailto:info@centerofportugal.com)

[www.centerofportugal.com](http://www.centerofportugal.com)

[www.facebook.com/centro.de.portugal.fans](https://www.facebook.com/centro.de.portugal.fans)

[www.twitter.com/aboutcentro](https://www.twitter.com/aboutcentro)



[www.facebook.com/centro.de.portugal.fans](http://www.facebook.com/centro.de.portugal.fans)

[www.twitter.com/aboutcentro](http://www.twitter.com/aboutcentro)

[www.pinterest.com/centroportugal](http://www.pinterest.com/centroportugal)

[www.instagram.com/centrodeportugal](http://www.instagram.com/centrodeportugal)

## Check-in – The Literary Man Hotel\*\*\*\*

The Literary Man Óbidos Hotel is a unique literary hotel and the biggest in the world. Located next to the Óbidos Castle, this former convent kept its original charm and was converted in to a hotel called Estalagem do Convento in 1965.

With 30 rooms, the interiors shows an option of traditional decoration and an eco and modern style. The rooms are equipped with LCDs, heating and air conditioning, free Wi-Fi, and some units offers coffee machine and a minibar.

It has different books worldwide distributed by thematic collections, 2 restaurants, a gin bar and a lounge with an antique fireplace. Guests can choose from a literary menu or traditional Portuguese meals with a creative touch.

Under reservation the hotel provides some massages and bibliotherapy in a very old winery atmosphere or in the quiet patio where guests can read or just relax.

Dinner – Tribeca Restaurante & Brasserie / Serra D'El Rei

## March, 3<sup>rd</sup>

9H00- Check-out - Departure to Nazaré

Long ago, the best-known "fishing village" Portugal has become a bustling tourism town. From the historic center Sitio lying on a hill, you have a beautiful view of the wide sandy beach which stretches along a wide bay below. A funicular railway connects the old town center with its modern quarter by the sea. Local fishermen no longer need to use oxen to draw their boats out of the water. Nowadays they go to a modern port. The close connection of the population of Nazaré with the sea shows up to now clearly in the local arts and crafts, belonging to the nets, buoys, baskets and the traditional seven skirts dolls, the typical costume of Nazaré, as well as in the cuisine, for fish and seafood are the main specialities. And do not forget: Nazaré has in recent years evolved into a hotspot of the global surf scene.

## Visit to Sitio

The Sítio district, at the town highest point (accessible by a funicular), is without doubt the best viewpoint in the area. But it is also associated with the cult of Our Lady of Nazaré who, according to the 12th century legend, was invoked by the alcaide (commander of a fortress or castle) Dom Fuas Roupinho who, while stalking a deer, was about to fall down into an abyss with no possible salvation. As a sign of gratitude for the mercy he received, Dom Fuas Roupinho ordered a small chapel to be built – the Ermida de Memória. A little way away, in the 18th century the Sanctuary of Our Lady of Nazaré was built, in whose honour grandiose festivals are held in September.

TCP/ARPT Centro de Portugal  
Casa Amarela — Largo de Sta. Cristina  
3500-181 Viseu - Portugal

TEL: +351 232 432 032

FAX: +351 232 432 030

E-MAIL: [info@centerofportugal.com](mailto:info@centerofportugal.com)

[www.centerofportugal.com](http://www.centerofportugal.com)

[www.facebook.com/centro.de.portugal.fans](http://www.facebook.com/centro.de.portugal.fans)

[www.twitter.com/aboutcentro](http://www.twitter.com/aboutcentro)



[www.facebook.com/centro.de.portugal.fans](https://www.facebook.com/centro.de.portugal.fans)

[www.twitter.com/aboutcentro](https://www.twitter.com/aboutcentro)

[www.pinterest.com/centroportugal](https://www.pinterest.com/centroportugal)

[www.instagram.com/centrodeportugal](https://www.instagram.com/centrodeportugal)

Lunch at Sitiados Urban Tavern

14H30 – Departure to Cós, Alcobaça

15H30 - Cós and Alcobaça

Meeting with Madalena Tavares

Cós is one of the ancient villages that belonged to the lands encircled by the Monastery of Alcobaça. A community of Cistercian nuns settled in this area. In the 15<sup>th</sup> century, Santa Maria de Cós became one of the wealthiest female monasteries of the Portuguese Cistercian Order.

15H30-16H00 – Monastery of Santa Maria de Cós

The Abbey of Friar Fernando, complying with the will of D. Sancho II, has sponsored the edification of one of the most important female monasteries of the Cistercian Order. It was founded on April 20<sup>th</sup> 1279.

The current Monastery structure is the result of the works carried out in the last half of the 17<sup>th</sup> century. Worth-highlighting are the façade's portal dating back to 1671 and the sculptures of the main characters of the Cistercian Order: St. Benedict and St. Bernard.

The impressive simplicity contrasts deeply with the interior dating back to the 1st Portuguese Baroque.

Ceiling painting of the Church and the Sacristy is a unique example among Cistercian Abbeys in Portugal and Spain. The decoration of the 5 rows of the coffered dome is a characteristic of the sacred painting movement, famous in the 18<sup>th</sup> century.

A cloister grid in gilded wood divides the Church. The main altar in gilded wood of the late 17<sup>th</sup> century displays a sculpture of the Holy Family in the tribune.

The church is totally covered by pattern tiles and disparate figures of the end of the 16<sup>th</sup> century and the beginning of the 17<sup>th</sup> century. There is also a dazzling row of chairs with 106 seats that we can imagine occupied by nuns.

The history of the life of Bernard de Clairvaux is depicted in ten panels of blue and white tiles.

16H30/17H00-Toino Abel by Nuno Henriques

In Cós, in the surroundings of Alcobaça, there is a promising family-run company that produces trendy handmade baskets for the whole world. You can find them all over the globe: in Barcelona, Berlin, New Zealand or London. These reed baskets are now a true must-have and they are handmade in traditional weaving in different colours.

The genius of Nuno Henriques, combined with the love for his grandfather, António.

TCP/ARPT Centro de Portugal  
Casa Amarela — Largo de Sta. Cristina  
3500-181 Viseu - Portugal

TEL: +351 232 432 032

FAX: +351 232 432 030

E-MAIL: [info@centerofportugal.com](mailto:info@centerofportugal.com)

[www.centerofportugal.com](http://www.centerofportugal.com)

[www.facebook.com/centro.de.portugal.fans](https://www.facebook.com/centro.de.portugal.fans)

[www.twitter.com/aboutcentro](https://www.twitter.com/aboutcentro)



[www.facebook.com/centro.de.portugal.fans](https://www.facebook.com/centro.de.portugal.fans)

[www.twitter.com/aboutcentro](https://www.twitter.com/aboutcentro)

[www.pinterest.com/centroportugal](https://www.pinterest.com/centroportugal)

[www.instagram.com/centrodeportugal](https://www.instagram.com/centrodeportugal)

## Dinner at o Cabeço

Situado em Bemposta, Alcobaça com uma área envolvente lindíssima e uma magnífica vista sobre a cidade.

## Accommodation at Solar da Cerca do Mosteiro

Solar da Cerca do Mosteiro with several leisure and wellness options completes the set in the surroundings of the Monastery of Santa Maria de Alcobaça. Revealing the unique character of a countryside tourism, it is a symbol of the welcoming tradition. Discover and enjoy an exclusive view over the Monastery of Alcobaça, UNESCO World Heritage site, and the stunning mountain range Serra de Aire e Candeeiros. Outdoor spaces with several terraces, gardens and meadows invite to rest, contemplation and to the contact with nature. This house has 6 rooms, 2 studios and 1 apartment.

## March, 4<sup>th</sup>

09H30-Check-out and Departure to Bombarral

10H30 - Arrival at Quinta do Sanguinhal

The company produces wine since the beginning of the 20th century. The growing interest in wine related tourism has led us to establish tourist visits that would allow to share a little of this ancient know-how and provide at the same time a pleasant visit in a unique environment.

The Pereira de Fonseca Family personally invites and welcomes you at Quinta do Sanguinhal. On your visit, you will travel through 100 years of Portuguese wine making. We provide an enjoyable alternative to the usual circuits.

11H30 – Departure to Lisbon Airport

TCP/ARPT Centro de Portugal  
Casa Amarela — Largo de Sta. Cristina  
3500-181 Viseu - Portugal

TEL: +351 232 432 032

FAX: +351 232 432 030

E-MAIL: [info@centerofportugal.com](mailto:info@centerofportugal.com)

[www.centerofportugal.com](http://www.centerofportugal.com)

[www.facebook.com/centro.de.portugal.fans](https://www.facebook.com/centro.de.portugal.fans)

[www.twitter.com/aboutcentro](https://www.twitter.com/aboutcentro)



# CENTER OF PORTUGAL

[www.facebook.com/centro.de.portugal.fans](http://www.facebook.com/centro.de.portugal.fans)

[www.twitter.com/aboutcentro](http://www.twitter.com/aboutcentro)

[www.pinterest.com/centroportugal](http://www.pinterest.com/centroportugal)

[www.instagram.com/centrodeportugal](http://www.instagram.com/centrodeportugal)

## Useful Information

### Accommodation

#### **The Literary Man Hotel\*\*\*\***

Rua Dom João de Ornelas

Óbidos

Ph: +351 262 959 214

E-mail: [theliteraryman@icloud.com](mailto:theliteraryman@icloud.com)

[www.theliteraryman.pt](http://www.theliteraryman.pt)

#### **Solar da Cerca do Mosteiro**

R. Dr. Francisco Zagalo 3, Alcobaça

E-mail: [geral@solardomosteiro.com](mailto:geral@solardomosteiro.com)

Ph.: + 351 262 505 310

[www.solardomosteiro.com](http://www.solardomosteiro.com)

## Restaurants

#### **Restaurant Nau dos Corvos**

Cabo do Carvoeiro

2520-605 PENICHE

Ph: +351 262 783 168

Fax: +351 262 783 168

[www.naudoscorvos.pt](http://www.naudoscorvos.pt)

#### **Restaurante O Cabeço**

Rua Dona Elvina Machado nº 65,  
Bemposta Alcobaça.

Ph.: + 351 914 500 202

TCP/ARPT Centro de Portugal  
Casa Amarela — Largo de Sta. Cristina  
3500-181 Viseu - Portugal

TEL: +351 232 432 032

FAX: +351 232 432 030

E-MAIL: [info@centerofportugal.com](mailto:info@centerofportugal.com)

[www.centerofportugal.com](http://www.centerofportugal.com)

[www.facebook.com/centro.de.portugal.fans](http://www.facebook.com/centro.de.portugal.fans)

[www.twitter.com/aboutcentro](http://www.twitter.com/aboutcentro)



# CENTER OF PORTUGAL

[www.facebook.com/centro.de.portugal.fans](http://www.facebook.com/centro.de.portugal.fans)

[www.twitter.com/aboutcentro](http://www.twitter.com/aboutcentro)

[www.pinterest.com/centroportugal](http://www.pinterest.com/centroportugal)

[www.instagram.com/centrodeportugal](http://www.instagram.com/centrodeportugal)

## Visits

### Óbidos Literay Town Project

Livraria de Santiago

Óbidos

Ph.: +351 262 103 180

E-mail: [geral@vilaliteraria.com](mailto:geral@vilaliteraria.com)

[www.vilaliteraria.com](http://www.vilaliteraria.com)

### Monastery of Santa Maria de Cós

Rua de Santa Rita

Cós

2460 - 000 Alcobaça

Phn: [+351 969 642 970](tel:+351969642970)

### Toino Abel

R. de Leiria, 16

2460 – 395 Cós Alcobaça

Ph.: +351 967 449 708

Mail: [hello@toinoabel.com](mailto:hello@toinoabel.com)

[www.toinoabel.com/](http://www.toinoabel.com/)

<https://www.facebook.com/toinoabel>

### Companhia Agrícola do Sanguinhal

Quinta das Cerejeiras

Apartado 5

2544-909 Bombarral

Phn: + 351 262 609 190

e-mail: [info@vinhos-sanguinhal.pt](mailto:info@vinhos-sanguinhal.pt)

[www.vinhos-sanguinhal.pt](http://www.vinhos-sanguinhal.pt)

TCP/ARPT Centro de Portugal  
Casa Amarela — Largo de Sta. Cristina  
3500-181 Viseu - Portugal

TEL: +351 232 432 032

FAX: +351 232 432 030

E-MAIL: [info@centerofportugal.com](mailto:info@centerofportugal.com)

[www.centerofportugal.com](http://www.centerofportugal.com)

[www.facebook.com/centro.de.portugal.fans](http://www.facebook.com/centro.de.portugal.fans)

[www.twitter.com/aboutcentro](http://www.twitter.com/aboutcentro)

