



FIND YOUR  
CENTER OF PORTUGAL

The trip is fully sponsored, accommodation on b&b basis single occupancy, every activity and meal mentioned on the itinerary by Center of Portugal Tourism Board

## Center of Portugal

Between the two main airports in Portugal, there is an impressive scenery and a thousand-year history that left us traces stuck in the landscapes.

Unique traces in Portugal: Historic villages, schist villages, mountain villages!

Small welcoming cities, with an incomparable touch and a human dimension.

Impressive natural corners, a very rich and diverse historical heritage and people with a big heart.

Hospitality and tradition. A destination full of creativity and passion, soul and authenticity

## Togetherness

In March 2021 we launched the Togetherness portal, which brings you a fortnightly update on the most inspiring places and faces, ideas and projects in Central Portugal.

A destination brimming with creativity and passion, soul and authenticity.

With eyes on the future.

<https://togetherness.centerofportugal.com>

Get inspired by [www.centerofportugal.com](http://www.centerofportugal.com)

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March, 14<sup>th</sup> |Friday

08H30 – Pick-up at Myriad Hotel, Praça Sony, Parque das Nações

Meet with Helena Cipriano

Contact: + 351 924 385 832

### Departure to Center of Portugal

Everyone knows that we, the Portuguese, care about the big issues of Mankind, that we are led by epic causes and that our national obsession is... knowing in advance what's for lunch/dinner! We are pretty aware too that every city, every village, every single landscape looks so much better when bathed in sunlight. The almighty sun that blesses almost every year-round. And the same with those mouth-watering flavours and specialities that define a cultural identity, its people and a whole country. Delicacies worth flying for.

And in this program, we also show, how we like small and very personalized hotels.

All love stories.

### 09H00 – Departure to São Martinho do Porto

"There are some places where we never come back from, where we only can remain". These were the heart-felt words of Portuguese King D. Carlos on the dazzling beauty of São Martinho do Porto beach. According to King D. Carlos - the last King of Portugal, who ruled from 1863 to 1908 - this beach stood out as one of the most stunning places in the whole world.

São Martinho do Porto was one of the sea ports of Alcobaça, donated by Portugal's 1st King D. Afonso Henriques to the Cistercian Order in 1153. Fishing, ship building and repair were at the core of the identity of this charming town that grew in turn of its inspiring bay.

However, it was not until the end of the 19th century and the beginning of the 20th century that São Martinho do Porto became the glamorous resort of Portuguese aristocrats. In fact, the manor houses of the noblemen were strategically placed in the main avenue of São Martinho do Porto, the seashell-shaped bay. This beach was funny described as "the bidet of the marquises". There are some appealing 19th and 20th century art nouveau buildings that stand out as the cosmopolitan flair, typical of a belle-époque beach resort.

### Walking Tour

### Visit Storytellers Palace

In a building built between 1917 and 1920, which was the family home of Eng. Jaime Granger Pinto, who designed it with beautiful stonework designed by the architect Ernesto Korrodi, a unique hotel was born overlooking the bay of S. Martinho do Porto.

A careful renovation that reminds us of the long procession of aristocrats who settled in S. Martinho do Porto at the end of the 19th century, and to which King D. Carlos, with his passion for S. Martinho do Porto, lent a unique nobility!

And it was Jaime Granger Pinto who was linked to the commission responsible for paving several streets in São Martinho, installing electric public lighting and dredging the bay. Today, in this Palace full of memories, 10 rooms, a Presidential Suite, a terrace with a bar and swimming pool, a restaurant and a tea room, have been designed for an experience that is absolutely perfect!

## 11H30 -Departure to Nazaré

Is a charming fishing town and a colorful summer resort, where you can feel the enormous importance of tradition.

One of his most striking images of Nazaré is the horse mackerel drying in the sun. Or its beautiful boats boiling with colors and messages about life. Or the nice women, wearing their 7 skirts, selling nuts and talking at the top of their lungs. As if time had been suspended.

Just like the women dressed in black, back in 1955, brilliantly portrayed through the lens of the expert French photographer Henri Cartier-Bresson. They are the soul of the place.

And the best view over Nazaré can be obtained from Sítio, accessible by funicular.

It is the ideal spot to contemplate this stunning coastal city, while feeling the wind in your face. The sea like you've never seen it before.

### Nazaré Walking Tour

## Santuário de Nossa Senhora da Nazaré

Located in Sítio da Nazaré and built-in honor of Nossa Senhora da Nazaré, it is one of the oldest places of Marian worship in the Iberian Peninsula.

It has always been a shrine of devotion to Kings, nobles and the anonymous people.

The small image of the darkened Milk Virgin continues to attract thousands of devotees.

The cult of Nossa Senhora da Nazaré is associated with the legend of the rescue of D. Fuas Roupinho, Mayor of Porto de Mós and knight of D. Afonso Henriques, the first king of Portugal. It was through the intermediary of the Virgin of Nazaré, whose image was found on the slopes of the Sítio, that the knight, on a foggy night, was saved when he was chasing a deer during a hunt.

Grateful D. Fuas Roupinho ordered the construction of the Ermida da Memória, a chapel that still exists today and marks the small cave where the image of the Virgin of Nazaré was located. The construction of the Sanctuary of Nossa Senhora da Nazaré dates back to the 14th century, when El-Rei Dom Fernando came on a pilgrimage to Our Lady of Nazaré. After many royal reforms and many centuries later, in 1691, the Sanctuary was given a Latin cross configuration, very similar to the current one.

At the end of the 17th century, on the occasion of the construction of the transept of the Sanctuary, the rector Father António Caria, ordered tile panels from a Dutch firm for the decoration of that space and in October 1709, 6,568 tiles by the Dutch ceramist Williem Van der Klöet, arrive at the Site.

With biblical episodes of Joseph and David and two scenes from the story of Jonah, this set of tiles is considered the most important example of Dutch ceramic decoration in Portugal.

On the main altar, an altarpiece from the late 17th century with gilded carvings and Solomonic and marbled columns, on its throne is the venerated image of the Virgin of Milk with the Child in her arms.

The mantle of the green image embroidered in gold, was an offer from the King D. João V to the Virgin. It is an image of polychrome olive wood and dark face.

## Suberco Viewpoint

A M A Z I N G

There is no other way to define the view that only this viewpoint has. 110 meters above sea level, you can admire the entire beach and the sky!

## Nazaré Surfer Wall

### Forte de S. Miguel Arcanjo

Big wave surfers are used to walls of water over 20 meters high: this is what they look for in Nazaré on stormy days.

And it is in the Forte de S. Miguel Arcanjo in Nazaré that the boards offered by these surfers who venture into the waves of Praia do Norte are on display.

It all started with the donation of a board from Big Wave Rider Pedro Scooby and, less than a year later, Surfer Wall, in Forte de S. Miguel Arcanjo, already has many boards.

Surfer Wall has boards by Pedro Scooby, Sebastian Steudtner, Garrett McNamara, Maya Gabeira, Andrew Cotton, Carlos Burle, Mike Stewart, Marcelo Luna, Ricardo Koxa, João de Macedo, Toby Cunningham, Nuno Santos Violino, Alessandro Marcianó, Joan Andrade, David Langer, Alex Botelho, Gary Linden, Sérgio Cosme, Rafael Tapia, Abraham Ho, Ross Clarke-Jones, Kalani Lattanzi, Justine Dupont, Hugo Vau, Jamie Mitchell, António Silva, Lucas Chianca, Nuno Figueiredo, António Laureano, Axi Muniain, João Guedes, António Cardoso, Teresa Almeida, Dino Carmo and Al Mennie among others.

### 13H00 - Lunch, Pangeia Restaurant

A pleasantly colourful taberna with a rustic feel just a few steps from the beach. The high-quality fish and seafood on the traditionally inspired menu is particularly impressive.

## Ascensor da Nazaré

The Nossa Senhora da Nazaré lift was inaugurated on July 28, 1889 and connects the beach to the Sítio, a majestic headland, from which you have a remarkable view over Nazaré and the Atlantic Ocean.

From that time and until the present day, it solved the difficulty of accessing the site, a difficulty that conditioned the development of this place.

And it was also necessary to facilitate the arrival of pilgrims to Senhora da Nazaré!

The author of the project was the French engineer Raul Mesnier du Ponsard, a disciple of Eiffel. It is an elevator that works with uncovered cable on pulleys with a length of 318 meters and an inclination of 42%.

It was acquired by the *Confraria de Nossa Senhora da Nazaré*, in 1924, with a view to raising funds for the maintenance of the Hospital and to facilitate the access of the faithful to the Sanctuary.

In 1932, it was sold to the Municipality of Nazaré and is considered a Municipal Heritage.

Used by the local population as urban transport, it is very popular with tourists.

Carries over 1 million passengers annually.

## Secagem de Peixe (Fish drying)

The tradition of drying fish is of little-known origin, but it would be the best way to preserve fish for days of scarcity.

This is how the fishmongers ensured sustenance for their families, but also allowed them to have fish to sell in the markets in the region.

In Nazaré there are two ways of drying: dried fish and seasick, with different characteristics of preparation and consumption.

The fish is first “crushed”, the process of removing the guts from the fish, then it is washed and passed through a brine made with water and coarse salt.

Finally, it is opened or climbed, spread on the panniers and placed in the sun. Drying takes about 2 to 3 days, depending on weather conditions. The most used species are horse mackerel, batuques, sardines, petinga, dogfish and octopus. Each species of fish has a different way of drying: Horse mackerel, drumsticks and dogfish are open or scaled, but octopus, petinga and sardines are dried whole. It is to the south of the beach, almost opposite the Centro Cultural da Nazaré, that you will find the “*Estindarte*”, a name given locally to the drying rack for fish. That's where the fishmongers dry and sell the fish.

### Check In at Hotel da Praia \*\*\*\*

Located in the centre of Nazaré just 2 minutes from the beach, Hotel Praia has a laid-back, modern, designer atmosphere.

This 4-star hotel offers the perfect conditions for a weekend getaway from the hustle and bustle of everyday life, or some fantastic holidays or working days in a relaxing environment

### 19H30 - Diner @ Taberna D'Adélia Restaurant

### Accommodation at Hotel da Praia \*\*\*\*

March, 15<sup>th</sup> | Saturday

### 09H00- Check Out and Departure Schist Villages

In these small villages, distributed over 14 municipalities in the country, there is always something to do. Stroll through the winding streets of the villages, see houses made of schist, where life still follows rural routines and farming and cattle breeding are essential to the everyday life of its inhabitants.

### Departure to Ferraria de S. João

The pedestrian path which connects Ferraria de São João to the neighbouring village of Casal de São Simão is increasingly used. The arrival of new residents has brought new opportunities for the village to celebrate old local traditions in popular and religious festivals in which everyone participates. The inhabitants of the village dedicate themselves to farming and herding and their houses usually have two floors: the bottom one is made of stone and used as a storage room and corral while the upper one is plastered and is used to shelter its residents. But with this unique feeling, Ferraria de São João has also been receiving many tourists who are attracted to this village because of its beauty, the excellent conditions to MTB and also because of the caves which speleology lovers like to explore

### Walking Tour Casal de S. Simão – Fragas de S. Simão, Praia Fluvial

From the hands of city people who saw Schist Villages as a getaway for weekends, Casal de São Simão created a new feeling of community. This one street village, now recovered, where each house follows the original design and was recovered with traditional materials, has a fountain, a chapel and a footpath which leads to a river beach. It also has a Schist Village Store, a restaurant and an organization. This renovated notion of community living is a new lifestyle which values the contrast between urban standards and rural values in Central Portugal. Here you will find all this in one place where there is always something to do: caves to conduct

speleology, a mountain to explore in MTB rides or pedestrian walks, dams and water streams inviting you to try canoeing.

### Lunch @ Varanda do Casal Restaurant

Place where traditional tastes merge with modernity, where wood stoves keep the memories of culinary traditions alive in Portugal's interior.

### Departure to Gondramaz

In Gondramaz, schist has its own unique colour, as if it wants to highlight the unique personality of its inhabitants. With its remodelled buildings, Gondramaz is now the home for recognized international plastic artists. It is a pleasure to stroll through the streets where everything is made out of schist and the floor you step on is a true work of art, until you follow a pedestrian track beyond the houses which will lead you into the woods on your way to Penedo dos Corvos.

### Check-in and diner @ Vila Pedra Natural Houses

Villa Pedra was founded on the hillside of the Serra de Sicó, in the old village of Aldeia de Cima, which was abandoned for more than seventy years. In love with its unique beauty, the owners decided to return it to the new generations. Its restoration has already included 14 restored houses, including the "A Cozinha" space, where, by appointment, you can enjoy a tasty homemade meal.

The work carried out by the Architect was done respecting the spirit of the region and the traditional construction techniques, preserving the ecological and aesthetic basis, thus ensuring absolute comfort throughout the seasons of the year.

March, 16<sup>th</sup> | Sunday

09H30 – Check Out and departure to Lisbon

11H30 -Arrival at Lisbon

Pos Tour BTL @ Center of Portugal  
14<sup>th</sup> till 16<sup>th</sup> March 2025



## Useful Information Accommodation

### Hotel da Praia \*\*\*\*

Av. Vieira Guimarães 39  
2450-110 Nazaré  
Ph: +351 262 569 200 (National landline call)  
+351 912 195 600 (Call to the national mobile network)  
E-mail: [geral@hotelpraia.com](mailto:geral@hotelpraia.com)  
[www.hotelpraia.com](http://www.hotelpraia.com)

### Villa Pedra Natural Houses

Rua do Rechio e Seladas  
3130-092 Cotas  
Phn: +351 910 731 194  
[info@villapedra.com](mailto:info@villapedra.com)  
<https://www.villapedra.com>

## Restaurants

### O Pangeia

R. Abel da Silva 50  
2450-060 Nazaré  
Ph.: + 351 [917 934 726](tel:+351917934726)  
E-mail: [geral@pangeiarestaurante.com](mailto:geral@pangeiarestaurante.com)  
[www.pangeiarestaurante.com](http://www.pangeiarestaurante.com)

### Taberna D' Adélia

R. das Traineiras 12,  
2450-196 Nazaré  
Ph: + 351 262 552 134  
Email: [taberna-da-adelia@hotmail.com](mailto:taberna-da-adelia@hotmail.com)

### Varanda do Casal Restaurant

Rua Principal, Casal de São Simão  
3260-300 Figueiró dos Vinhos  
Phn: +351 236 628 304  
[varandadocasal@gmail.com](mailto:varandadocasal@gmail.com)  
<https://www.varandadocasal.com>

### Quinta do Sanguinhal

2540-216 Bombarral  
Ph.: +351 262 609 199  
[enoturismo@sanguinhal.pt](mailto:enoturismo@sanguinhal.pt)





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14<sup>th</sup> till 16<sup>th</sup> March 2025



## Visits

### ADXTUR- Schist Villages

6230-137 Barroca, Fundão  
Tel (+351) 275 037 393  
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### Transported by Orange Bus

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