
Accommodation

Alentejo

Beja

Pousada de Juventude de Beja

Youth Hostels

Address: R. Prof. Janeiro Acabado 7800-506 Beja

Telephone: +351 284 325 458 **Fax:** +351 284 325 468

E-mail: beja@movijovem.pt **Website:**

<http://www.pousadasjuventude.pt>

Timetable and reservations:

08h00 - 24h00;

Characteristics and Services:

Youth Hostel Card; Number of beds: 50; Double rooms: 10;
Shared rooms: 6; Internet Access; Kitchen; Television room;
Bicycle hire;

Access:

Outdoor parking;

Payments:

Credit cards accepted;

The Youth Hostel in Beja has wonderful facilities for you and your mates. As for sights, you get plenty to choose from. Don't forget this is the largest district in the country, so save at least half a day to see your host town.

Visit the monuments, the historic villages and go on the many tours that the Lower Alentejo province has to offer. Go up in a balloon and gaze peacefully at the plains - it'll be an unforgettable experience. With your feet on the ground, find a way of getting to Mértola - why not go by canoe down the Guadiana River and get to know the Guadiana valley nature reserve? - to Monsaraz and to Serpa.

The best thing to do is to come for a few days, with plenty of time, so you can enjoy it all at your own pace. After all, this is a place where things are done slowly...

Odemira

Pousada de Juventude de Almogrove

Youth Hostels

Address: Rua do Chafariz - Almogrove 7630-017

Odemira

Telephone: +351 283 640 000 **Fax:** +351 283 647 035

E-mail: almogrove@movijovem.pt **Website:**

<http://www.pousadasjuventude.pt>

Characteristics and Services:

Youth Hostel Card; Canteen; Meeting rooms; Bar; Number of beds: 22; Double rooms: 18; Shared rooms: 18; Kitchen; Bicycle hire; Number of apartments: 2; Breakfast;

Access:

Outdoor parking;

Accessibility:

Disabled access;

Now this is one of the most popular Youth Hostels in the summer. Just a few kilometres away from Zambujeira do Mar - where the annual Southwest Music Festival happens - the Youth Hostel of Almogrove is also close to a number of beaches, within

the Parque Natural do Sudoeste Alentejano e da Costa Vicentina nature reserve. Here you can do surfing, bodyboarding and other sea sports. In the winter, all you need is a group of friends, a guitar and/or a surfboard for the fun to continue.

Algarve

Alcoutim

Pousada de Juventude de Alcoutim

Youth Hostels

Address: Alcoutim 8970-022 Alcoutim

Telephone: +351 281 546 004 **Fax:** +351 281 546 332

E-mail: alcoutim@movijovem.pt **Website:**

<http://www.pousadasjuventude.pt>

Timetable and reservations:

08h00 - 12h00 / 18h00 - 24h00;

Characteristics and Services:

Youth Hostel Card; Canteen; Meeting rooms; Sports field; Bar; Number of beds: 60; Double rooms: 14; Shared rooms: 8; Kitchen; Games room; Television room; Bicycle hire; Swimming-pool; Canoeing;

Payments:

Credit cards accepted;

Renovated in 2001, the Alcoutim Youth Hostel now has a swimming pool, which calls out for you to have a splash around in it, especially in the summer. Right next door, the Guadiana River draws the line between the hostel and Spain. About 40 km from Vila Real de Stº António, with a dazzling landscape, Alcoutim is the ideal place for you to spend a few days with some friends, catch some sun, appreciate the beauty of the inland area of the Algarve and do water sports such as canoeing on the Guadiana.

Aljezur

Pousada de Juventude da Arrifana

Youth Hostels

Address: Urbanização Arrifamar Praia da Arrifana 8670-111 Aljezur

Telephone: +351 282 997 455 **Fax:** +351 282 997 457

E-mail: arrifana@movijovem.pt **Website:**

<http://www.pousadasjuventude.pt>

Timetable and reservations:

8am / 12pm;

Characteristics and Services:

Youth Hostel Card; Canteen; Bar; Number of beds: 46; Double rooms: 6; Shared rooms: 12; Internet Access; Kitchen; Television room; Terrace; Breakfast;

Accessibility:

Disabled access;

Come spend some days in Arrifana. Here you'll have everything you need!! There are various beaches with the ideal conditions for surfing and body board; lots of places that you can't go by without visiting, such as: the ruins of the Arrifana Fortress or the fabulous view from the Castle; loads of activities for you and fun and entertainment at bars, parties and fairs!! The Youth Hostel, be it in summer or in winter, couldn't be better! What are you waiting for? Grab your surf board and come over!

Faro

Pousada de Juventude de Faro

Youth Hostels

Address: R. da PSP, Edifício do IPJ 8000-408 Faro

Telephone: +351 289 826 521 **Fax:** +351 289 826 521

E-mail: faro@movijovem.pt **Website:**
<http://www.pousadasjuventude.pt>

Characteristics and Services:

Youth Hostel Card; Number of beds: 54; Double rooms: 2; Shared rooms: 14; Kitchen; Lockers; Breakfast;

Payments:

Credit cards accepted;

Accessibility:

Disabled access;

If you're planning to have a sun and beach holiday in the Algarve, then Faro Youth Hostel is definitely a great choice. You can catch a boat to the islands which make up the Ria Formosa nature reserve.

The reserve has an educational centre where you can see wildfowl, such as the sultana hen, or learn how the Portuguese water dog has been saved from extinction.

The town of Faro itself is an interesting place, due to its historic heritage and its liveliness, very much related to the constant arrival of tourists from all corners of the world. You may even get a chance to speak your own language.

Lagos

Pousada de Juventude de Lagos

Youth Hostels

Address: R. Lançarote de Freitas, 50 8600-605 Lagos

Telephone: +351 282 761 970 **Fax:** +351 282 769 684

E-mail: lagos@movijovem.pt **Website:**
<http://www.pousadasjuventude.pt>

Characteristics and Services:

Youth Hostel Card; Bar; Number of beds: 62; Double rooms: 5; Shared rooms: 13; Internet Access; Kitchen; Lockers; Breakfast;

Payments:

Credit cards accepted;

Accessibility:

Disabled access;

The good thing about the Youth Hostel in Lagos is that it's close to everything.

If you stay here, you're within the town centre, so you're near the shops and all the facilities you could need for a wonderful holiday. Near the marina, you'll find a small boat that takes you to Meia Praia, an enormous extension of white sand. Other beaches hide behind the cliffs, and the water is a magical green, from the yellow of the sun and the deep blue sea.

Going back to the city, you can enjoy its lively nightlife, checking out the many bars filled with foreign voices. Don't be shy; this may be the beginning of a long-lasting friendship.

Portimão

Pousada de Juventude de Portimão

Youth Hostels

Address: Lugar do Coca Maravilhas 8500-426 Portimão

Telephone: +351 282 491 804 **Fax:** +351 282491 806

E-mail: portimao@movijovem.pt **Website:**
http://www.pousadasjuventude.pt

Characteristics and Services:

Youth Hostel Card; Canteen; Bar; Number of beds: 180; Double rooms: 8; Shared rooms: 41; Kitchen; Public telephone;

Breakfast;

Payments:

Credit cards accepted;

Here you have beaches, bars, discos and good restaurants! On the streets different languages are heard and the flurry is constant! But if you want a bit of quiet and peace then just set off and discover the nature of Serra de Monchique.

From the dunes to Ria de Alvor, from the beaches to the cliffs, here you will find circuits on foot, by bicycle or by boat that you don't want to miss!!

Tavira

Pousada de Juventude de Tavira

Youth Hostels

Address: Rua Miguel Bombarda, 36-38 8880-419 Tavira

Telephone: 969 779 545 **Fax:** 217 232 101

E-mail: tavira@movijovem.pt **Website:**
http://www.pousadasjuventude.pt

Characteristics and Services:

Youth Hostel Card; Canteen; Bar; Number of beds: 62; Double rooms: 7; Shared rooms: 12; Internet Access; Kitchen; Lockers; Television room; Central heating; Central air conditioning; Breakfast;

Access:

Outdoor parking;

Accessibility:

Disabled access;

Right in the historic district, the new Youth Hostel Tavira is ideal for exploring the East Algarve and its beautiful beaches. Not yet unspoilt by the tourist industry, Tavira is a beautiful town located on both banks of the river Gilão, which are connected by an ancient Roman bridge.

Azores

Angra do Heroísmo

Pousada de Juventude de Angra do Heroísmo

Youth Hostels

Address: Negrito - São Mateus 9700-554 Angra do Heroísmo - São Mateus da Calheta

Telephone: +351 295 642 095 **Fax:** +351 295 642 095

E-mail: pja.angra@oninet.pt **Website:**

<http://www.pousadasjuventude.pt>

Timetable and reservations:

9:30 - 13:00 / 15:30 - 24:00 ;

Characteristics and Services:

Youth Hostel Card; Canteen; Bar; Number of beds: 71; Shared rooms: 10; Kitchen; Lockers; Public telephone; Television room; Bicycle hire; Breakfast;

Access:

Outdoor parking;

Accessibility:

Disabled access;

Leaflets advertising this region ask the question: "Could this be God's address?" True, the Azores islands do have a mystical appeal to them. Ideal for melancholic souls in search of silence and for those who want to look at the sea animals of the region, whales and dolphins, it is equally wonderful for more active types who prefer to go diving, fishing and hiking. The Youth Hostel in Angra do Heroísmo, on the island of Terceira, is your base from which you can set off to discover the history of this World Heritage town. Aren't these the holidays you've been dreaming about!? Well then, stop messing around and get on a plane, cos swimming will take too long.

Ilha do Pico

Pousada de Juventude do Pico séc. XVII

Youth Hostels

Address: Convento de São Pedro de Alcântara Rua João Bento de Lima 9940-366 São Roque do Pico

Telephone: +351 292 648 050 **Fax:** +351 292 642 670

E-mail: pico@pousadasjuvacoeres.com **Website:**

<http://www.pousadasjuvacoeres.com>

Characteristics and Services:

Canteen; Bar; Number of beds: 44; Shared rooms: 6; Internet Access; Kitchen; Lockers; Television room; Family rooms: 1 T3; Breakfast;

Access:

Outdoor parking; Buses;

Accessibility:

Disabled access;

Ponta Delgada

Pousada de Juventude de Ponta Delgada

Youth Hostels

Address: R. S. Francisco Xavier 9500-243 Ponta Delgada - Açores

Telephone: +351 296 629 431 **Fax:** +351 296 629 672

E-mail: pja.acores@sapo.pt **Website:**

<http://www.pousadasjuventude.pt>

Timetable and reservations:

8am / 12pm;

Characteristics and Services:

Youth Hostel Card; Number of beds: 90; Double rooms: 4; Shared rooms: 20; Kitchen; Lockers; Public telephone; Television room; Breakfast;

Access:

Outdoor parking;

Become an adventurer, sail to the island of S. Miguel and dock at Ponta Delgada. When you're well anchored down, make yourself comfortable at the Youth Hostel of Ponta Delgada. You'll only be a few minutes' walk from the town centre. As you may have noticed on your voyage, you're in the middle of the Atlantic, with lots of water around! At the marina, you can find out about the many kinds of sport and leisure activities to occupy your valuable time. Windsurfing, scuba-diving and fishing - who knows, maybe you'll catch a sword-fish... Then tour around the island, visit the lagoons and travel through the volcanic lands. The climate may be unpredictable, but it's mild enough to allow for a balanced ecosystem that produces such tasty things as the popular island cheese. What that means is: green pastures + cows + an experienced hand = a full stomach. The esplanade offers you a number of great bars and lively entertainment. This island will drive you wild.

Centro de Portugal

Abrantes

Pousada de Juventude de Abrantes

Youth Hostels

Address: Av. Eng^o Adelino Amaro da Costa 2200-195 Abrantes

Telephone: +351 241 379 210 **Fax:** +351 241 379 211

E-mail: abrantes@movijovem.pt **Website:**

<http://www.pousadasjuventude.pt>

Timetable and reservations:

8am - 12pm;

Characteristics and Services:

Youth Hostel Card; Canteen; Bar; Number of beds: 68; Double rooms: 18; Shared rooms: 8; Internet Access; Kitchen; Public telephone; Television room; Bicycle hire; Terrace; Breakfast;

Access:

Outdoor parking;

Accessibility:

Disabled access;

If you haven't got a clue where Abrantes is, just look at a map of Portugal and aim for the middle. The Youth Hostell in Abrantes is on a hill, between the town and the Tagus River, providing you with a range of good things to choose from. During your stay, we suggest you take three trips - to Tomar, to Constância and to Sardoal.

If you are more interested in the outdoor life, check out the Castelo de Bode Reservoir and have an invigorating swim in the lagoon off the River Zêzere, whilst breathing in the pure country air.

When you're back near the Youth Associations Support Center, try the wickedly tasty local cakes, but don't tell anyone, or you'll have to share them!

Coimbra

Pousada de Juventude de Coimbra

Youth Hostels

Address: Rua Doutor Henriques Seco, 14 3000-145

Coimbra

Telephone: +351 239 822 955 **Fax:** +351 239 821 730

E-mail: coimbra@movijovem.pt **Website:**

<http://www.pousadasjuventude.pt>

Timetable and reservations:

08h00 - 12h00 / 18h00 - 24h00;

Characteristics and Services:

Youth Hostel Card; Number of beds: 72; Double rooms: 3; Shared rooms: 16; Kitchen; Public telephone; Breakfast;

Payments:

Credit cards accepted;

You don't have to be a graduate to visit Coimbra and get to know the students' city, as it is called. Have a walk around the city and take in the atmosphere of academic traditions, noticing the many student residences (repúblicas), the torn academic gowns and the ancient university. Who knows, maybe one day you'll end up studying here!

If you enjoy canoeing, then don't miss this opportunity to paddle in the Mondego waters. But if you're into more alternative sports, then Serra da Lousã is the place to practise everything related to mountaineering and adventure.

Oh, and don't forget: there are academic parties all year round, with few interruptions.

Covilhã

Pousada de Juventude da Serra da Estrela

Youth Hostels

Address: Estrada Nacional 339 Penhas da Saúde 6200-073

Covilhã

Telephone: +351 275 335 375 / 961 112 200

E-mail: geral@pjserradaestrela.pt **Website:**

<http://www.pousadasjuventude.pt>

Timetable and reservations:

08h00 - 12h00 / 18h00 - 24h00;

Characteristics and Services:

Youth Hostel Card; Canteen; Meeting rooms; Bar; Number of beds: 163; Double rooms: 25; Shared rooms: 12; Kitchen; Public telephone; Breakfast;

Access:

Outdoor parking;

Payments:

Credit cards accepted;

Accessibility:

Disabled access; Accessible areas/services: Bedrooms;

The Youth Hostel of Penhas da Saúde is located in the middle of

the Serra da Estrela Nature Reserve, at an altitude of about 1900 metres. Picture this: spectacular landscape with steep mountains, pure white snow in the winter and the chance to go skiing or snowboarding. If it's too chilly for you, you can always stay indoors and use the hostel kitchen to roast a typical Beira sausage, which you can have with Serra cheese. When the sun is shining, take a ride to Fundão, Seia, Gouveia, Manteigas and Belmonte. When the evening comes, the students in Covilhã liven up the town.

Before you hit the road, you can always make friends with a Serra da Estrela sheepdog.

Idanha-a-Nova

Pousada de Juventude de Idanha-a-Nova

Youth Hostels

Address: Praça da República, 32 6060-184 Idanha-a-Nova

Telephone: +351 277 201 127 **Fax:** +351 277 201 128

E-mail: idanha@movijovem.pt **Website:**

<http://www.pousadasjuventude.pt>

Characteristics and Services:

Youth Hostel Card; Canteen; Bar; Number of beds: 67; Double rooms: 18; Shared rooms: 4; Kitchen; Television room; Terrace; Family rooms: 2; Breakfast;

Accessibility:

Disabled access;

Have you already been to Idanha-a-Nova? You're going to love it! The Youth Hostel couldn't be better and there loads to see around here! Besides the rich natural patrimony, the historical village of Monsanto, Idanha-a-Velha, walking courses and the fairs and markets throughout the year are good reasons for a visit!

And before going back home, go and recover some strength in Termas de Monfortinho (thermal spa). You'll feel brand new!

Leiria

Pousada de Juventude de Leiria

Youth Hostels

Address: Lg. Cândido dos Reis, 9 2400-112 Leiria

Telephone: +351 244 831 868 **Fax:** +351 244 831 868

E-mail: leiria@movijovem.pt **Website:**

<http://www.pousadasjuventude.pt>

Timetable and reservations:

08h00 - 12h00 / 18h00 - 24h00;

Characteristics and Services:

Youth Hostel Card; Number of beds: 52; Double rooms: 2; Shared rooms: 7; Kitchen; Games room;

Payments:

Credit cards accepted;

Right in the middle of the country, there are plenty of good reasons for you to visit Leiria. As in many other cities, the castle is always the ideal starting point to get a good view of the town. South of Leiria, there are several places where you can try out new activities.

The caves within the nature reserve of Aire and Candeeiros mountain ranges will initiate you in speleology - that's caving. Other towns and villages, such as Alcobaça, Tomar, Porto de Mós, Fátima, Batalha and Nazaré, provide you with a wealth of

things to do. You won't be bored, that's for sure. Tired, maybe. But you can always lie on your hostel bed, gaze at the beautiful plasterwork ceiling, count some sheep and have a little snooze.

Lousã

Pousada de Juventude da Lousã

Youth Hostels

Address: Rua da Feira 3200 ? 122 Lousã

Telephone: +351 239 994 354 **Fax:** +351 239 995 565

E-mail: lousa@movijovem.pt **Website:**

<http://www.pousadasjuventude.pt>

Timetable and reservations:

8am / 12pm;

Characteristics and Services:

Youth Hostel Card; Canteen; Bar; Number of beds: 62; Double rooms: 7; Shared rooms: 12; Kitchen; Lockers; Television room; Breakfast;

Access:

Outdoor parking;

Accessibility:

Disabled access;

Very close to River Zêzere and Serra da Lousã, you'll have loads of entertainment during your stay at the new youth hostel. You'll see what we mean when you get here and see the beautiful landscape, the presence of our magnificent history and the wide range of adventure sports for you to try out!

There are all sorts of thematic circuits, from bike riding to simply walking or All Road. You can also set out to discover the region by boat, kayak or even on horseback! Before returning home, visit the mountain villages - you surely won't regret it!

Come over and enjoy yourself. You're going to love this new youth hostel!

Porto de Mós

Pousada de Juventude de Alvados - Porto de Mós

Youth Hostels

Address: Barreira de Água ? Alvados 2480-032 Porto de Mós

Telephone: +351 244 441 202 **Fax:** +351 244 441 202

E-mail: alvados@movijovem.pt **Website:**

<http://www.pousadasjuventude.pt>

Timetable and reservations:

8am / 12pm;

Characteristics and Services:

Youth Hostel Card; Canteen; Number of beds: 52; Double rooms: 18; Shared rooms: 10; Internet Access; Kitchen; Lockers; Television room; Bicycle hire; Breakfast;

Access:

Outdoor parking;

Accessibility:

Disabled access;

In addition to the new facilities, there is much that you can do. Start by wandering off into the Parque Natural das Serras de Aire e Candeeiros or discover the Grutas de Alvados, Santo António and Mira de Aire, and how about being a speleologist for a day?! But this is not all. There are lagoons and loads of tracks for bike riding or walking! These are all without doubt good reasons for you to come over for a visit!

What are you waiting for then

São Martinho do Porto

Pousada de Juventude de Alfeizerão - São Martinho do Porto

Youth Hostels

Address: Estrada Nacional 8 2460 ? 191 Alfeizerão

Telephone: +351 262 990 392 **Fax:** +351 262 990 393

E-mail: alfeizerao@movijovem.pt **Website:**

<http://www.pousadasjuventude.pt>

Timetable and reservations:

8h00 - 12h00 / 18h00 - 24h00;

Characteristics and Services:

Youth Hostel Card; Canteen; Sports field; Bar; Number of beds: 60; Double rooms: 3; Shared rooms: 8; Kitchen; Public telephone; Breakfast;

Payments:

Credit cards accepted;

The Alfeizerão - São Martinho do Porto Youth Hostel has already opened its doors after having been closed for refurbishing. Book now! Here you will have everything at hand to spend a few amazing days!

There is beach, and beach and more beach! And in the centre of town, entertainment is a constant!! Rua Vasco da Gama, better known as Rua dos Cafés (the Café Street), is a well-known meeting point. Full of outdoor cafés it's going to be difficult to choose one... Walk along the narrow streets that are closed to traffic, and take a look at the beautiful typical houses - it's well worth the while!!

Lisboa Region

Lisboa

Pousada de Juventude de Lisboa - Parque das Nações

Youth Hostels

Address: Rua de Moscavide, Lt 47 ? 101 1998-011 Lisboa

Telephone: +351 21 892 08 90 **Fax:** +351 21 892 08 91

E-mail: lisboaparque@movijovem.pt **Website:**

<http://www.pousadasjuventude.pt>

Timetable and reservations:

08h00 - 24h00;

Characteristics and Services:

Youth Hostel Card; Canteen; Bar; Number of beds: 92; Double rooms: 10; Shared rooms: 18; Kitchen; Public telephone; Television room;

Payments:

Credit cards accepted;

Accessibility:

Disabled access;

The Youth Hostel at Parque das Nações was built in 1998 to host young people from all over the globe who came to visit Expo 98. With the renovation of the east side of town, a whole range of facilities were created, much to the satisfaction of Lisbon's inhabitants.

Young people were absolutely thrilled with the new possibility of having huge concerts in Pavilhão Atlântico, visiting the theme pavillions and Lisbon's Oceanarium, or even going bowling.

This is the Lisbon of the future, organized and lively. Obviously, it

had to have a Youth Hostel.

Oeiras

Pousada de Juventude de Catalazete

Youth Hostels

Address: Estrada Marginal (Junto ao Inatel) 2780-267

Oeiras

Telephone: +351 21 443 06 38 **Fax:** +351 21 441 92 67

E-mail: catalazete@movijovem.pt **Website:**

http://www.pousadasjuventude.pt

Timetable and reservations:

08h00 - 24h00;

Characteristics and Services:

Youth Hostel Card; Canteen; Meeting rooms; Bar; Number of beds: 94; Double rooms: 10; Shared rooms: 13; Kitchen; Public telephone; Number of apartments : 1;

Access:

Outdoor parking;

Payments:

Credit cards accepted;

Accessibility:

Disabled access; Disabled access; Reserved parking spaces;

A restored 18th century fort, the Youth Hostel of Catalazete is a great option for young people who want to see Lisbon and the Estoril coastline.

Oeiras is your host town. Here, you can use the sport and leisure facilities, such as Vale do Jamor sports complex - where the National Stadium is located - and the seawater public swimming pool, next to the hostel.

If you prefer the beach, then Carcavelos is the nearest option, but the railway line along the coast gives you lots of others to choose from. Come and have a drink with us and watch the Tagus River meet the Atlantic Ocean.

Porto and the North

Bragança

Pousada de Juventude de Bragança

Youth Hostels

Address: Forte de S. João de Deus 5300-263 Bragança

Telephone: +351 273 304 600 **Fax:** +351 273 304 601

E-mail: braganca@movijovem.pt **Website:**

http://www.pousadasjuventude.pt

Characteristics and Services:

Youth Hostel Card; Canteen; Meeting rooms; Bar; Number of beds: 96; Double rooms: 10; Shared rooms: 16; Internet Access; Kitchen; Games room; Public telephone; Number of apartments: 2;

Payments:

Credit cards accepted;

Accessibility:

Disabled access;

This is a luxury Youth Hostel. After all, you deserve it. It is built on the beautiful lands of Trás-os-Montes, where nature is something else.

Surely the fact that Bragança is far up, in the extreme northwest corner of Portugal, is hardly an excuse for you not to go there. And there's more: if you want to get away from the rat race, your choice couldn't be better. Hiking tracks, climbing rocks, mountain-biking routes and all sorts of adventure sports are there for the doing in Douro International Nature Reserve or Montesinho Nature Reserve.

Get your rucksack, call up your gang and get on a bus or rent a car and get away from it all.

Espinho

Pousada de Juventude de Espinho

Youth Hostels

Address: Lugar de Sales ? Silvade 4500-474 Espinho

Telephone: +351 22 731 20 22 Fax: +351 22 731 20 32

E-mail: espinho@movijovem.pt Website:

<http://www.pousadasjuventude.pt>

Characteristics and Services:

Youth Hostel Card; Canteen; Bar; Number of beds: 62; Double rooms: 7; Shared rooms: 12; Kitchen; Television room; Breakfast;

Access:

Outdoor parking;

Accessibility:

Disabled access;

You'll need a few days to visit Espinho. There is a bit of everything here. From the Centro Multimeios where you can watch various shows, to the protected area of Barrinha de Esmoriz or Lagoa de Paramos, and of course don't forget the 8km stretch of excellent beaches and all the activities that you can practice!

And nothing better than the modern and comfortable facilities of this brand new Youth Hostel for a splendid stay!!

Esposende

Pousada de Juventude de Foz do Cávado

Youth Hostels

Address: Alameda Bom Jesus- Fão 4740-322 Esposende

Telephone: +351 253 981 790 Fax: +351 253 981 790

E-mail: fozcavado@movijovem.pt Website:

<http://www.pousadasjuventude.pt>

Characteristics and Services:

Youth Hostel Card; Canteen; Meeting rooms; Bar; Number of beds: 84; Double rooms: 10; Shared rooms: 16; Kitchen; Public telephone; Swimming-pool; Number of apartments : 1; Breakfast;

Access:

Outdoor parking;

On the bank of the River Cávado, in a village called Fão, you'll find the Youth Hostel of Foz do Cávado. This is one of the most popular hostels among students who travel around the country on field trips. Renovated in 2000, the hostel has a new swimming pool, which makes the gardens around it even more enticing. The sea is pretty close too, which might make it hard for you to make up your mind.

The Cávado, which flows right next to the hostel, is one of the best rivers for canoeing and other water sports.

Guimarães

Pousada de Juventude de Guimarães

Youth Hostels

Address: Complexo Multifuncional de Couros Largo do Cidade, 8 4810-430 Guimarães

Telephone: +351 253 421 380 Fax: +351 253 421 381

E-mail: guimaraes@movijovem.pt Website:

<http://www.pousadasjuventude.pt>

Characteristics and Services:

Youth Hostel Card; Canteen; Bar; Number of beds: 62; Double rooms: 14; Shared rooms: 5; Internet Access; Kitchen; Games room; Television room; Number of apartments : 1; Breakfast;

Accessibility:

Disabled access;

This town is also the birthplace of a new Youth Hostel which is right next to the historic centre of Guimarães - considered World Heritage since 2001. Once you're all settled, climb the hill to the castle, then walk down towards the Dukes' Palace, and finally sit comfortably at one of the outdoor cafés in Largo da Oliveira.

Check out the city's sports events. There's a sports pavillion in Guimarães which is fully equipped and also has a football stadium where the main team - Vitória Sport Clube - usually plays. If you feel like enjoying a panoramic view over the city, go up to Monte da Penha. Walking there means an uphill climb of 7 kilometres, so... the best thing to do is take the cable-car! And when night comes, you can always join the university students who fill up the town's bars.

You might have already figured out that you'll like it here.

Melgaço

Pousada de Juventude de Melgaço

Youth Hostels

Address: Complexo Desportivo Monte Prado 4960-320 Melgaço

Telephone: +351 251 410 200 Fax: +351 251 410 209

E-mail: melgaço@movijovem.pt Website:

<http://www.pousadasjuventude.pt>

Characteristics and Services:

Youth Hostel Card; Canteen; Bar; Number of beds: 62; Double rooms: 7; Shared rooms: 12; Internet Access; Kitchen; Lockers; Television room; Bicycle hire; Breakfast;

Access:

Outdoor parking;

Accessibility:

Disabled access;

Come and spend a few days in Melgaço and try out all that the Youth Hostel has to offer.

This new Youth Hostel integrates a sports complex boasting a range of offers, so it is quite possible to come across your favourite European football team. Who knows?

Delight yourself with a good book under a shady pine tree of the Parque Natural da Peneda do Gerês or if you prefer come feel all the adrenaline of rafting in the River Minho.

At night, how about some entertainment in Caminha? There's lots to choose from to have fun!

Ponte de Lima

Pousada de Juventude de Ponte de Lima

Youth Hostels

Address: Rua Agostinho José Taveira 4990-062 Ponte de Lima

Telephone: +351 258 943 797 **Fax:** +351 258 943 605

E-mail: pontelima@movijovem.pt **Website:**

<http://www.pousadasjuventude.pt>

Characteristics and Services:

Youth Hostel Card; Number of beds: 44; Double rooms: 12; Shared rooms: 5; Kitchen; Breakfast;

Payments:

Credit cards accepted;

Accessibility:

Disabled access;

Did you know there's a new Youth Hostel at Ponte de Lima? It's brand new and you can actually be one of the first people to benefit from its modern and comfortable rooms. Besides, the typical northern village it is located in offers you colourful, rural scenery full of attractions to visit.

You can either follow the 'tourist route' set up by the local council, which leads you around the most important monuments of the historic centre; or discover that amazing legacy by yourself, without having to follow the signs. But let us give you a few hints: go to the Monte da Madalena belvedere, so that you can get a panoramic view of Ponte de Lima; visit the nature reserve of Lagoas de Bertandos and S. Pedro de Arcos and, to top it all in beauty, take the time to go for a swim in the river Lima.

If you're an extrovert and you like partying, the best time to come to this ancient walled town is the third week of September, when the village hosts the Feiras Novas, traditional festivities that bring thousands of people to town.

Porto

Pousada de Juventude do Porto

Youth Hostels

Address: R. Paulo da Gama, 551 4169-006 Porto

Telephone: +351 22 617 72 57 **Fax:** +351 22 617 72 47

E-mail: porto@movijovem.pt **Website:**

<http://www.pousadasjuventude.pt>

Characteristics and Services:

Youth Hostel Card; Canteen; Meeting rooms; Bar; Number of beds: 124; Double rooms: 34; Shared rooms: 19; Kitchen; Games room; Lockers; Public telephone; Breakfast;

Payments:

Credit cards accepted;

Proudly unconquered and tripe eating: there you have two emblems of Oporto. As soon as you get there, you'll realize this won't be your last visit to the city. There's just too much to see.

Since you're staying at the Oporto Youth Hostel, we will be honoured to serve you breakfast with a panoramic view of the Douro estuary. And after the grub, check out the town. Take in the different styles of local architecture, zigzag across the bridges, taste the Port wine in one of the many cellars, mix with the people in Bolhão marketplace, count the number of steps as you climb to the top of Clérigos' Tower and take a souvenir photo in Avenida dos Aliados.

If you're a football freak, then FC Porto and Boavista stadiums are waiting to hear you scream wildly. The Rosa Mota pavillion and the coliseum should have several events scheduled to suit your taste. At night, the Ribeira and the many discos in town are a clear synonym for fun unlimited. All this and much more.

Porto is a cool town.

Viana do Castelo

Pousada de Juventude de Viana do Castelo

Youth Hostels

Address: Rua de Limia 4900-405 Viana do Castelo

Telephone: +351 258 800 260 **Fax:** +351 258 800 261

E-mail: vianacastelo@movijovem.pt **Website:**

http://www.pousadasjuventude.pt

Timetable and reservations:

08h00 - 24h00;

Characteristics and Services:

Youth Hostel Card; Canteen; Meeting rooms; Sports field; Bar;

Number of beds: 82; Double rooms: 9; Shared rooms: 16;

Internet Access; Kitchen; Games room; Breakfast;

Payments:

Credit cards accepted;

Accessibility:

Disabled access;

Meet the "princess of Lima"; the town of Viana do Castelo. Go on, bow down before her. This noble city on the Minho coast will put you up at its luxurious Youth Hostel - a recently built unit with excellent facilities.

The mouth of the river Lima shelters an important port and shipyard while Viana do Castelo shows off its beautiful monuments to its visitors. The most emblematic landmark is probably the Sanctuary of Santa Luzia, both for its grandeur and for its breathtaking panoramic view.

Up in the north, the Atlantic waters are naturally cooler. However, the summer calls for some fun in the sea. Praia de Âncora and Moledo, with their beach cafés, will definitely become your favourite spots.

Vila Nova de Cerveira

Pousada de Juventude de Vila Nova de Cerveira

Youth Hostels

Address: Rua Alto das Veigas Estrada Nacional nº 13

4920-222 Vila Nova de Cerveira

Telephone: +351 251 796 113 **Fax:** +351 251 796 113

E-mail: cerveira@movijovem.pt **Website:**

http://www.pousadasjuventude.pt

Characteristics and Services:

Youth Hostel Card; Number of beds: 48; Double rooms: 9; Shared

rooms: 6; Kitchen; Public telephone; Breakfast;

Payments:

Credit cards accepted;

Vila Nova de Cerveira is a friendly town that you are going to love! Known for hosting the plastic arts biennial, it is the stage where artist meet and exchange experiences. Vilar de Mouros and Paredes de Coura where the famous festivals are held are located very near from here!

The Youth Hostel is ideal for you and for your friends! Just take

the ferry-boat and you're in Spain! In River Minho and at the Natural Park of Peneda - Gerês you can go canoeing, paddling, for walks and do all that you like!

Vila Nova de Foz Côa

Pousada de Juventude de Foz Côa

Youth Hostels

Address: Caminho Vicinal Currauteles, 5 5150 Vila Nova de Foz Côa

Telephone: +351 279 768 190 Fax: +351 279 768 191

E-mail: fozcoa@movijovem.pt Website:

<http://www.pousadasjuventude.pt>

Timetable and reservations:

08h00 - 24h00;

Characteristics and Services:

Youth Hostel Card; Canteen; Meeting rooms; Bar; Number of beds: 84; Double rooms: 18; Shared rooms: 16; Internet Access; Kitchen; Public telephone; Bicycle hire; Terrace; Breakfast;

Payments:

Credit cards accepted;

Accessibility:

Disabled access;

Who hasn't heard of Foz Côa?

The Youth Hostel of Foz Côa, opened in 1999, is the best starting point for a visit to the archeological site of the Foz Côa valley, with its collection of 30 thousand year-old stone-age murals. A unique chance to find out what our ancestors were up to, and also to see a region with astonishing views and ideal conditions for doing adventure sports.