

alentejo

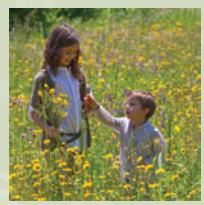
itinerary

- WALKS
- BALLOONING
- MONUMENTS
- MARINA
- GOLF
- CANOING
- ALL-TERRAIN
- CAMP SITES
- MUSEUMS
- WINE TOURISM
- SURFING
- BEACH
- NAUTICAL SPORTS
- CYCLE PATHS/BICYCLE THEME PARK
- HORSE RIDING
- THERMAL BATHS
- KART TRACK
- BELVEDERES
- BIRDWATCHING
- PARASAILING
- MEGALITHISM
- AEROPORTO

UNIQUE AROMAS AND FLAVOURS
Along with its exceptional gastronomy and varied range of hotels, nowadays the Alentejo is one of the most important wine regions in the Country. Travel through the Wine Route and visit some of the most beautiful towns and cities of the Alentejo. And because wine calls for a good meal, enjoy the appetizers, cheeses and cold meats of the Alentejo, the torresmos (pork rinds, served cold), grilled peppers, octopus salad and pezinhos de coentrada (pork's feet with coriander). As a second course, there are ensopados (a kind of stew), migas (mashed bread), excellent game, caldeiradas (typical dishes made from several types of fish), shark soup and grilled fish. For dessert, try the convent pastry, queijadas de requeijão (small cakes made of cottage cheese), or plum sericaia; and all of this combined with the outstanding regional liquors.



Plains filled with wild flowers, sunflower fields, miles of sandy beaches, horizons that seem to go on forever, quiet reservoirs surrounded by green vegetation, hospitable towns and cities with whitewashed houses - the entire Alentejo is a stage for experiences and sensations



KILOMETRES OF BEACH
Over one hundred kilometres of Atlantic coast, extending to Grândola, Santiago do Cacém, Sines and Odemira. The Alentejo has dozens of fabulous beaches, some exposed, some sheltered, and many hidden by cliffs. Perfect for diving with your partner or family, for practicing sports like surfing or fishing, the beaches in the Alentejo are perfect alternatives to more crowded destinations, and are also popular with lovers of naturism.



TAKE A STROLL THROUGH PRE-HISTORIC TIMES
A destination not to be missed for lovers of archaeology, the Alentejo has the vastest collection of dolmens and menhirs in the whole Iberian Peninsula, particularly in the areas around Évora (with more than 150 megalithic monuments recorded) and Portalegre. Take a stroll through pre-historic times and visit the Cromlech of Almendres (one of the most important monuments of its kind in Europe) and Anta Grande do Zambujeiro (the largest dolmen in Portugal), both in Évora, and the Menir de Meada, the tallest menhir in the Iberian Peninsula, rising seven meters above the ground, in Castelo de Vide.

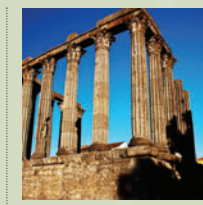


NAUTICAL SPORTS
Increasingly more visible in the landscape of the Alentejo, the tranquil dams with their calm waters, and green surrounding landscapes, are outstanding locations for sports like jet skiing windsurfing, water skiing or canoeing, but also just for enjoying the immensely rich fauna and flora of the region.

ENDLESS HORIZONS
Plains that seem to go on forever, spectacular landscapes to be enjoyed from above - from a balloon - or on the ground, by car, by bike or on foot. Golden wheat fields, the green of cork oaks and olive trees, the earth's colors, like violet, yellow, brown, the vineyards, the blue of the ocean, fortified towns, castles, montes (traditional farm complexes), and whitewashed houses. The Alentejo has a varied landscape. Unique and always surprising.



ART AND CULTURE, TRADITION AND MODERNITY
Famous for its hand embroidered carpets, you must visit Arraiolos. Portalegre has also gained a name for its tapestry, which has specialised in reproducing the works of art of famous Portuguese and foreign painters. Mértola and Monsaraz are also famous for their hand-woven blankets and Nisa for its embroidery - and not to be forgotten are the ceramic dolls of Estremoz, the cow bells of Viana do Alentejo, and the typical leathers, painted furniture and pottery from Flor da Rosa.



WORLD HERITAGE
With a beautiful historic centre classified by UNESCO as World Heritage, in 1986, Évora - often referred to as Museum-city - preserves the remains of over a thousand years of history, under Celtic, Roman, Visigoth, and Arabian influences. All that remains of "Liberalitas Julia" is the magnificent Roman Temple, dating from the 1st or 2nd century AD, next to the magnificent Cathedral, which was initiated in the late 13th century. An important political and cultural centre from the 15th century onwards. Évora is still a unique city today.



PROTECTED NATURE
The Alentejo has kilometres of well conserved nature - from the Nature Parks of the Southeast of the Alentejo, Vale do Guadiana, and Noudar, to the Natural Reserve of Lagoa de Santo André and Sancha and the Nature Park of Serra de São Mamede, where you can see foxes and eagles, and the Sado Estuary, where you can see flamingos and dolphins, or the cereal steppes and environmental circuits of Castro Verde.



ICONIC CITIES
During the historical periods that influenced and changed the territory of the Alentejo, caves, temples, fortresses, castles, towns and cities rose up and became unique as signs of their time. Be they places where monuments reign or others where mysticism sets the tone, the cities of the Alentejo are always examples of fine conservation.



CASTLES AND FORTRESSES - HISTORY HERITAGE
Those who like history will really enjoy the many castles and fortifications, which have been fairly well preserved, and which can be found throughout the Alentejo. Discover the legends beyond the fortified walls, among castles, fortresses, watchtowers, and fortified towns. The past framed within the present. The list is very long. Discover the Alentejo.





alentejo

Turismo do Alentejo - ERT



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CO-FINANCIAMENTO



alentejo

Time to be happy

ITINERARIES

> Follow our suggestions. No matter why you have made this trip or who you have brought with you, in the Alentejo you will find interesting routes to follow, full of history and adventure, which will make you long to come back to get to know this unique region even better.

EXPERIENCES

> The Alentejo is more than just beautiful landscapes and historic cities. Live the region to the fullest while enjoying the experiences and programmes – organized or not – that the plains have to offer in the countryside or at the beach, on land or in the air.



THE ALENTEJO

An outstanding destination of multiple choices.



SEGMENTS

> A family holiday, a getaway for two, backpacking or quality tourism for seniors, the Alentejo offers its visitors numerous programmes and experiences that you will remember forever.

Alentejo

Marked by its nature and heritage, the vast landscape, the fabulous Atlantic beaches, the traditions and the pleasure of welcoming visitors, the Alentejo offers history, adventure and unforgettable experiences to all of its visitors. Almost three thousand hours of sunlight a year to enjoy, without limits. Always.

Get a move on. Get to know the Alentejo. The Alentejo of monuments, of the influence left by different civilisations and cultures that have settled here, of castles, churches and convents, of medieval heroes and their stories, of the splendour of Renaissance and Baroque palaces with their gilded woodcarvings and tiles. The Alentejo of conservation. Varied and beautiful, with an immense natural landscape extending through the plains - with the cork oak woodlands and the vineyards – the wild mountains of the borders softened by the tranquillity of the steppelands, winding round the coastline of magnificent sandy beaches, and following the course of its rivers and streams to the dams and reservoirs. The Alentejo of the senses. With its extraordinary gastronomy, full of flavours, seasoned with the purest olive oil enriched with aromatic herbs. One thousand soup recipes, succulent meats, various cheeses, traditional desserts, and convent pastries, and all the pleasure of a fine regional wine.

Unforgettable moments await you in the immense plains of the Alentejo. A place for happiness.



Active Alentejo. Where spaces and scenarios abound for wandering on foot, by bike, on a horse, balloon or boat... Or outdoor activities, such as canoeing, jet-skiing, surfing, windsurfing, sailing, water-skiing, hanggliding, paragliding or orienteering. The Alentejo is a place to stay - in whitewashed houses, in isolated family farms, in camp sites, hostels or resorts, charming or luxurious rural hotels, and in towns and historic cities that continue to grow and modernise. The Alentejo is a place to live - with its religious and popular festivals, the traditional cante - singing -, the music festivals that rock the summer, and other more erudite forms of music in beautiful palaces and churches. The Alentejo is a place for relaxation. And for enjoying its precious silence. There's only one Alentejo - full of emotions.

index

The Alentejo Time to be happy

Page 3 - INTRODUCTION

Time to be happy. Time to get to know the Alentejo. The Alentejo of monuments, where culture and history are assets to be preserved. The Alentejo of the senses, of unique flavours and aromas. The Alentejo of activities, with generous wide open spaces. The Alentejo of life and relaxation. The Alentejo of emotions.

Page 10 - FAMILY HOLIDAY

Fantastic ocean and river beaches, theme parks, eco and educational parks, horses, dolphins, museums, handicrafts and so much more. The Alentejo calls for experimentation.



Page 14 - GETAWAY FOR TWO

Walks, boat and horse rides, or even balloon rides... The Alentejo is for flirting - for tasting, for enjoying the best hotels and Spas, and for returning again and again.

Page 18 - BACKPACKERS

Camp sites, extreme experiences in the air, in the water or on the ground. The Alentejo is for adventure, for discovering the new and the old and for dancing until dawn.

Page 22 - ACTIVE SENIORS

History, heritage, nature, gastronomy, golf and traditions, hunting and local - almost secret - places to stay... and to enjoy.



A WORLD OF AWESOME EXPERIENCES TO ENJOY AS A FAMILY...

Hand in hand with nature, and concerned with its conservation, the Alentejo hosts some of the most interesting THEME PARKS in the Country, such as Badoca Safari Park, in Santiago do Cacém, where visitors can experience an African safari and watch Giraffes, Gnus, Zebras and Oryx Gazelles, among more than 40 species in semi-freedom. The Monte Selvagem, in Montemor-o-Novo, has over 400 animals from 75 species, and its main purpose is to provide a home for wild animals and to raise public awareness about environmental issues and the conservation of biodiversity. With different features, the Fluviário de Mora – the first large-scale freshwater aquarium in Europe - recreates the life along a river, from source to estuary and shows exotic species from distant places such as the Amazon.

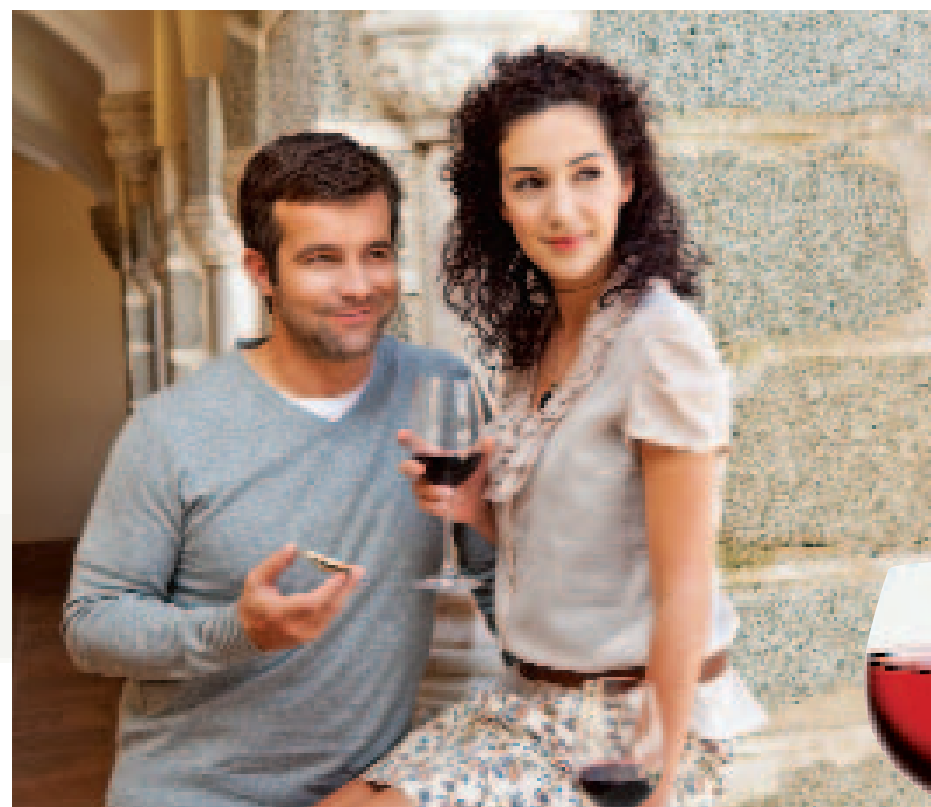
The fabulous RIVER OR OCEAN BEACHES scattered over the landscape of the Alentejo bring different experiences.

Almost deserted, wild, and ideal for families and water sports, there are beaches to suit all tastes in the Alentejo.



FUN DAYS

> Take your children to the parks where nature conservation and protection is promoted in a fun and instructive way.



Even if you are only looking for a good beach for a swim or a long stretch of sand to put down your towel during the weekend or on holiday, the Alentejo offers you more.



GASTRONOMY

> A gastronomic route through the Alentejo just has to be part of your trip.



REGIONAL FLAVOURS

> From Nisa to Barrancos, there are many memorable flavours that will make you come back.

From Tróia to the cape of Sines, we have kilometres and kilometres of continuous sandy coast with more Atlantic features. Towards the south, the cliffs give way to lovely contoured beaches, like Porto Côvo and Zambujeira do Mar.

Small, medium and large and particularly the giant Alqueva – the largest artificial lake in Europe – the RESERVOIRS in the Alentejo are great spots for water sports. Isolated in the surrounding cork oak woodland, they offer a myriad of experiences in scenery of great beauty. Montargil, Maranhão, Caia, Odivelas, Vale de Gaio, Santa Clara-a-Velha or the massive Alqueva are some ideal spots for activities like sailing, canoeing, rowing, swimming, water skiing, windsurfing, jet-skiing, or a quiet boat ride to try your luck at fishing.

... FOR TWO

Divided into nine wine sub-regions: Sado, Portalegre, Borba, Redondo, Reguengos de Monsaraz, Vidigueira, Moura, Évora and Granja/Amareleja, the Alentejo has made its name for producing wines of excellence. The creation of the WINE

ROUTES OF THE ALENTEJO led producers to open their wine cellars to oenophiles and enthusiasts, organizing excursions and visits to the facilities and promoting unforgettable gastronomic experiences. Unique moments to rest and to enjoy a time to be happy, made even better by the





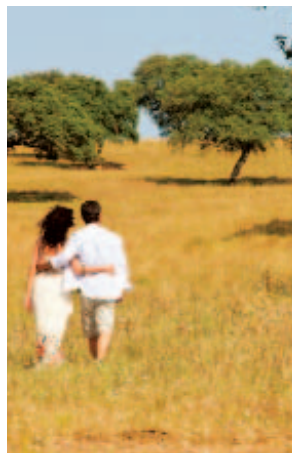
NATURE
> Enjoy the reservoirs and river
beaches in the Alentejo. Ideal for
water sports and open air activities.

*The immense landscape has plenty of little
places and details tucked away and just
waiting to be discovered. Waiting for you.*

Pass through towns, cities, cork oak woodland, beaches and mountain ranges. Get to know their flavours, handicrafts, singing and museums.

VASTNESS

> Kilometres of cork oak woodland, among cork oaks which shelter the stories of a thousand years.



EXCEPTIONAL HOTELS ON OFFER. In a rural setting, white houses with blue or yellow borders open up for visitors on tranquil traditional farm complexes ("montes"), small recovered villages dotted along the serene landscape of plains and mountain ranges, or the coastline. Unhurried, authentic and with a wide range of outdoor programmes, excursions and sports activities on offer.

Throughout the Alentejo, you will find other more urban, casual, designer or luxury spaces, where you can enjoy a sophisticated and personalized service of pure comfort.

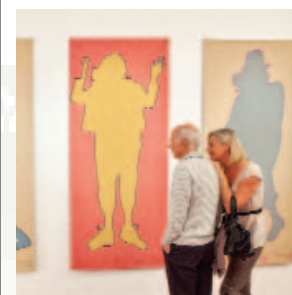
... OR WITH FRIENDS

With its rich and well conserved natural heritage, the Alentejo offers travellers numerous activities and experiences in close contact with nature. The NATURAL PARKS of the Southeast of the Alentejo and the Vicentina coastline, of Vale do Guadiana and Serra de São Mamede, the Natural Reserves of the Sado Estuary and the Lagoons of Santo André and Sancha, the Geopark Naturtejo, in Nisa, and numerous other protected areas, are wonderful scenarios for those seeking the diversity and the beauty of an untouched landscape.

From the cork oak woodlands to the riverside, and from the mountain ranges to the HERITAGE ROUTES there is a wide range of options for getting to know the Alentejo on foot, for breathing the clean air and for exploring each municipality on WALKS suitable for all members of the public and with several difficulty levels. Along the old paths of the Serra de Grândola, the Ecotrack of Évora - that has recovered the inactive railway line -

DECORATIVE CERAMICS

> Hand painted decorative pieces, typical of São Pedro do Corval (Reguengos de Monsaraz), the largest pottery centre in Portugal.

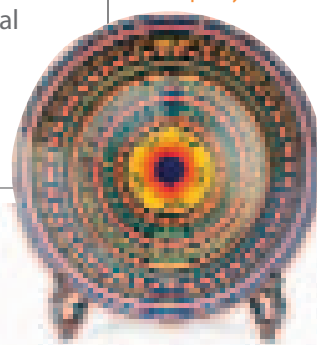


ART AND CULTURE

> Art is omnipresent in the Alentejo, from Le Corbusier to Vieira da Silva, and from religious art to tapestry.

along the coastline of Almogrove and there are many kilometres of hiking and walking, to look for old stories, or simply feel the nature and landscapes of the Natural Park of Serra de S. Mamede. Take this opportunity to see the most extensive MONTADO (cork oak woodland) in the world, which is covered with Cork Oaks and Holm oaks, and from where the largest world production of cork originates. A traditional system of agriculture, forestry and pasturing plays a major role for the protection of biodiversity, and shapes a unique landscape, typical of the region.

For lovers of two or four wheel motor sports the Alentejo sets a varied stage for ALL-TERRAIN adventures, from the plains to the mountain ranges, where circuits of extreme beauty show the way. From professional competitions to excursions and programmes organized by private companies spread throughout the whole region, there are plenty of adventures to experience and adrenaline to feel.





126 kilometres of coastline, a paradise of sun, sand and sea for long bathing. Time passes more slowly here.

THE ALENTEJO COASTLINE > Paradise beaches, perfect for a relaxing holiday with the family or just for two or for practicing sports.

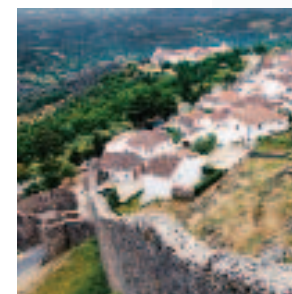
LIVING TRADITIONS

From the pilgrimage of Nossa Sra. d' Aires in Viana do Alentejo, on the fourth Sunday of September; the festivities of Nossa Sra. do Carmo, in Moura; to the famous Easter in Castelo de Vide, which still preserves the Jewish influence, and the participation of shepherds and their noisy rattles at the mass of blessings ; and the Feira da Luz in Montemor-o-Novo, with its concerts, handicrafts and bullfights, the POPULAR FESTIVITIES are varied and fill the calendar of the whole region. Places and time to enjoy the regional HANDICRAFTS. From Redondo to Viana, and S. Pedro do Corval, the largest pottery centre in the country, to Nisa, and its pottery decorated with stones, the production of utilitarian and decorative dishware is still alive in the Alentejo and is one of its trademarks. A must-see are the famous



TRADITION

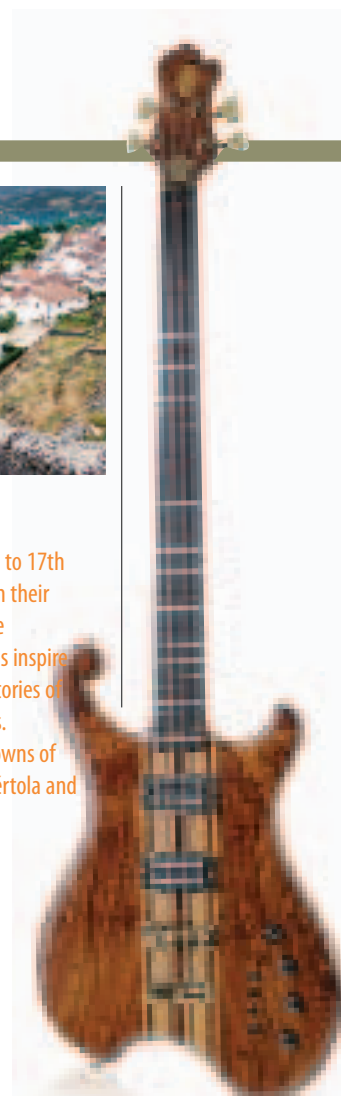
> Stay with us, and find typical regional choral groups, singing of melancholy, love and rural work.



MEDIEVAL TOWNS

> Surrounded by 14th to 17th century ramparts, with their castles dominating the landscape, these towns inspire ancient legends and stories of noblemen and knights.

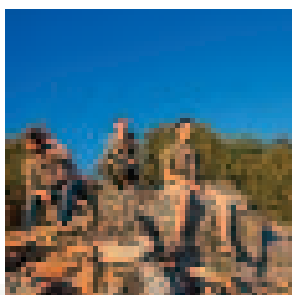
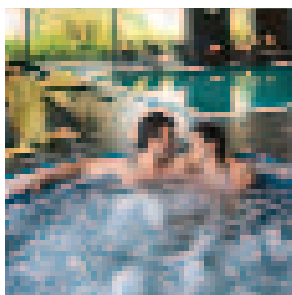
> Visit the medieval towns of Monsaraz, Marvão, Mértola and Castelo de Vide.



The Festival Sudoeste in Zambujeira do Mar on its own, welcomes an average of 40 thousand people a day, from all over the world.

woollen carpets of Arraiolos, the alinhavados (embroidery) of Nisa, or the blankets of Reguengos de Monsaraz and Mértola. Articles made of leather, cork and wood, the ceramic dolls of Estremoz, the pottery of Flor da Rosa, or the traditional clothes and rattles, are other popular local arts still alive in some towns and villages. Also impressive for visitors to the Alentejo is the traditional a capella singing, called O CANTE, with lyrics about rural work, melancholy, solitude, love and saudade (longing and nostalgia), and from which the *modas* were created. Men and women sang before, during and after their daily work and continued to sing at parties and pilgrimages, taverns and in the evenings at home. Today, many choirs spread throughout the region, continue to showcase this unique and authentic way of singing the Alentejo.

Explore the History of its towns and cities; by boat in the immense Alqueva; or on foot among golden plains and refreshing mountain ranges.



RELAX

> A wide selection of hotels of recognised quality awaits to welcome you.

EXPLORE

> Bird watching is an increasingly popular activity. The diversity of the Alentejo will invite you to explore the different habitats in the valleys and river estuaries.

WITNESSES TO HISTORY...

Remains have been found from distant Neolithic times to the Islamic period throughout the whole territory. This History can be found in the Northern and Central Alentejo, with its many megalithic remains such as in Reguengos de Monsaraz, or Castro da Cola, the Neolithic influence in Ourique, and, finally, the presence of the Roman civilization. Important are also Miróbriga, in Santiago do Cacém, Ammaia, in Marvão, or villae like Torre de Palma, in Monforte and S. Cucufate or Pisões which supplied the important Pax Julia (Beja), and the well preserved Roman Temple in Évora, the symbol of the ancient Roman centre. For the Islamic period, stop in Mértola, the most Arabic town in Portugal and enjoy its unique Mosque.

The Sanctuaries, bridges, roads, monographic museums and interpretation centres provide a whole chapter on the occupation of these civilizations - a must-see.

Also witnesses to the history and life of the Alentejo are the different MUSEUMS which are open to the public. The important painting, sculpture and decorative art collections of Friar Manuel do Cenáculo gathered in the Museum of Évora, the collection of tiles, religious art, and paintings of the Regional Museum Rainha Dona Leonor in Beja, the Museum of Arte Sacra (Religious Art) of the Sé de Évora (Cathedral), with one of the most beautiful collections of the genre in the Country, the Tapestry Museum in Portalegre, dedicated to the famous tapestries which reproduce the work of great artists like Le Corbusier or Vieira da Silva, and the Museum

QUIET WATERS

> The reservoirs of the Alentejo are ideal for fun and for water sports like sailing and windsurfing, or simply for long bathing.





of Contemporary Art in Elvas, which exhibits the work of national artists from the 80s until today, are some of the must-see museums in the Alentejo.

... AND TO LIFE(LIVES)

Another time, another experience – The Alentejo preserves and values the history and living experiences of the local people through the centuries. As some of the region's important mines have been progressively closed, several itineraries and installations have been created – for what is called THE MINING CIRCUIT – which shows the indelible mark left by this important activity on the memory of the people and the landscape. From Cercal do Alentejo to Lousal, from the important mine of Aljustrel, passing by Castro Verde, and then up to the unique mines of S. Domingos, there are museums installed in old facilities, guided tours, and excursions to discover this original industrial and geological heritage.

Another circuit not to be missed is the FRESCO ROUTE, which fills some of the most important churches in the Alentejo with beauty.

A REGION THAT FOLLOWS THE PACE OF MODERN TIMES

One of the greatest events in the summer festivals is the FESTIVAL DO SUDOESTE which takes place in August, near Zambujeira do Mar, bringing together great names from the national and international music scene. Also in Sines is the FESTIVAL MÚSICAS



Take your camera and your binoculars, and see the fabulous landscapes and fields that seem to go on forever.

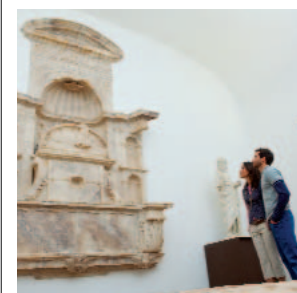
DISCOVER

> Choose the excursion that suits your wishes. There are specialised companies organizing several types of tours.



LEARN

> Sharpen your curiosity and learn in the museums of the Alentejo, with guided tours of the past and the present.



ROUTES

> Follow the various routes, which will transport you off on an adventure of gastronomy, history, wine and culture.

DO MUNDO (World Music Festival) in July, with its multiplicity of musical expression from the four corners of the Globe.

The FESTIVAL ÉVORA CLÁSSICA, created in 1994 by patron of the arts, the Duchess of Cadaval, has a multicultural style and takes place in the splendid Cadaval Palace during the first fortnight of July. More recent and with a different vocation, the FESTIVAL ESCRITA NA PAISAGEM, which takes place from July to September in several municipalities of the region, with installations, performance, new circus and artistic residences, and the FESTIVAL TERRAS SEM SOMBRA, which brings the public the roots of religious and traditional music with a world-class programme which take place at several locations in the Beja Diocese, from March to July.



Family Holiday

The Alentejo is joy, sun, fun, sea, time and laughter. The Alentejo is experimenting.



ITINERARY
> Whether for a weekend or a long holiday, do explore our suggestions.

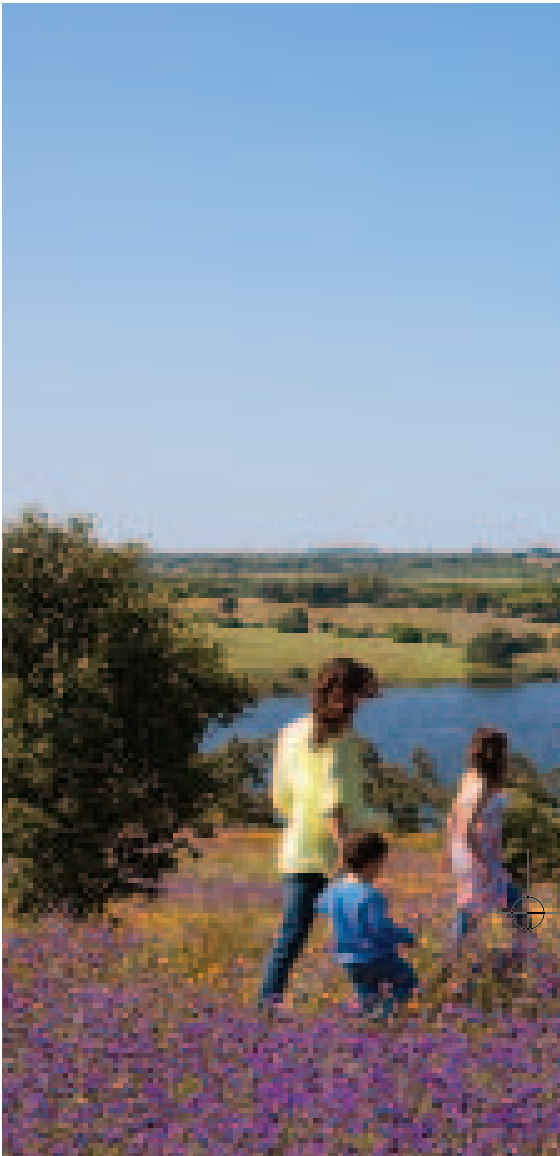
The Alentejo is a world of diversity, with fascinating places to visit and programmes for all ages. Explore the region and find the ideal place for your next family holiday. Breathe in the Atlantic breezes on fabulous beaches, with their long stretches of sand or jagged cliffs, which offer ideal conditions for sports and children's games. Venture into wild animal parks or learn the names and habits of the farm animals with your children. Smile with the dolphins in the Sado Estuary. See the richness of the fauna and flora of the Alentejo on excursions and tours to protected areas in beautiful landscapes. Feel the action of the reservoirs and of leisure river centres – true OASES

where there is always something special going on. Explore family culture and creativity in the interesting local museums, and travel to the past along the rich heritage of hospitable towns and cities. And before leaving, gather the family together for a picnic. An experience of close contact with nature that will surely live forever in the album of family memories.



Welcoming, surprising and fun... a perfect place for a pleasant family holiday

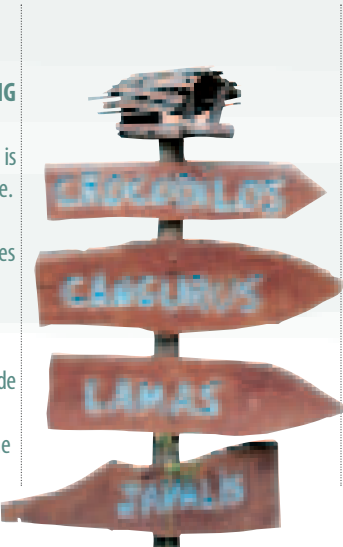
DOZENS OF KILOMETRES OF BEACHES
> The coastline of the Alentejo is known for its long stretches of sandy beaches, which are ideal for playing by the sea.



Experiencing *nature* with the family

BEACH
From Tróia to Melides, from São Torpes to Porto Covo, and from Vila Nova de Milfontes to Zambujeira do Mar, the Coastline of the Alentejo is full of fantastic beaches for an excellent holiday, whether you seek activities and water sports in the Atlantic waves, or just the perfect place to sunbathe and rest. Beaches of excellence, many certified with the Blue Flag, good road access and full support service, are permanently ready to welcome you.

CENTRO CIÊNCIA VIVA (LIVING SCIENCE CENTRE) IN ESTREMOZ AND CENTRO CIÊNCIA VIVA (LIVING SCIENCE CENTRE) IN LOUSAL
Exploring the awesome planet earth is the mission of centres such as these. Centro de Ciência Viva in Estremoz, in the Convent of Maltezas organizes a range of activities from scientific summer camps to conferences and birthday parties combined with science. The recently opened Centro de Ciência Viva of Lousal offers field trips, games and experiments in the world of minerals and rocks.



MONTE SELVAGEM
With over 400 animals of 75 species, in an estate with cork and holm oak woodland near Montemor-o-Novo, the mission of this park is to raise public awareness about environmental issues, such as the conservation of biodiversity, through direct contact with nature. It offers several animal observation routes, traditional games and leisure activities.

Theme parks with exotic animals promote environmental education and entertain the children.

BADOCA SAFARI PARK
The guided tour of about one hour in trailers towed by tractors from which you can observe wild animals like giraffes, zebras, buffalos or gnus, is the greatest attraction of the park, which is located in Santiago do Cacém. There are over 40 species to see on this true safari, living in a regime of semi-freedom. The park also has an area dedicated to exotic birds, primate "islands", a recreation area, a family trampoline and African rafting.



*Fun with the family in beautiful landscapes
surrounded by reservoirs and
lavender scented fields.*

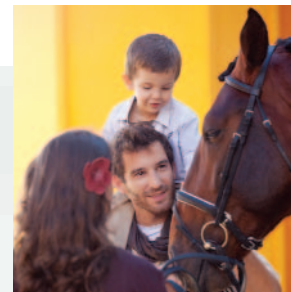
*Bathing and
pleasant
afternoons, at
reservoirs,
rivers or at the
seaside.*

AMIEIRA MARINA

The first nautical Project of the Alqueva Reservoir, located in Portel, offers a variety of services to support the activities that you can experience in this immense sheet of water: renting a houseboat and spending a holiday in total freedom, having fun aboard a speedboat, trying water skiing or wakeboarding, taking sailing lessons or going off on the adventure of a cruise.

DOLPHIN WATCHING

A fascinating show is to see the lovable dolphins that inhabit the Sado Estuary at close quarters as they search for food, jump and play. Several specialised companies organise boat trips to discover this community of bottlenose dolphins, the only community of the species in the country, and to get to know this area of great beauty. Children love it.



COUDELARIA DE ALTER

At this old stud farm, founded during the reign of King D. João V, you can see the beautiful wild horses of Mongolia (Przewalski), Alter Real and Sorraia, take riding lessons, watch falconry shows with birds in free flight see different themed exhibits, and

also participate in guided or environmental tours.

NEW CONQUESTS

Even if you have never ridden a horse in your life; specialised experts at the Coudelaria de Alter are there to initiate you and your children in this passion.

alentejo

itinerary

THE ALENTEJO SUITS FAMILIES

Fields filled with sunflowers remind us of children playing. The sea, river, dolphins, the open air and many swimming pools and river beaches too. The Alentejo is the place for a family holiday for all this, and a lot more.

Humour your children and start your days in the Alentejo with a trip to the Sado Estuary. See the bottlenose community at close hand. The lovable dolphins that inhabit the estuary, will certainly delight your children.

Continuing our celebration of biodiversity, the next stop is Monte Selvagem, just a stone's throw away in Montemor-o-Novo. In Mora, visit the Fluviário, the first large freshwater aquarium in Europe.

Close by, in the Reservoir of Maranhão, as well as the river beach, you can also enjoy water skiing lessons, swimming pools, camp sites, motor caravan parks, and apartments to rent.

From here, you can explore other water routes. The Ecotourism Centre of Ribeira Grande, in Fronteira, also has a small river beach, swimming pools, pedestrian routes and a well kept secret that is guaranteed to please the youngsters: an astronomy observatory equipped with the latest technology for sky photography.

FLUVIÁRIO DE MORA

> The first large freshwater aquarium in Europe with over 50 different species, some from distant places, like the Amazon. It shows different spaces which recreate the life and the habitats along the river, from the source to the estuary.

MUSEUMS

> Guided tours so you won't miss a thing.



Take your family for a day out



RIVER BEACHES OF QUINTA DO ALAMAL AND TAPADA GRANDE

In ravishing surroundings, the beach of Alamal, in Gavião, located on the Tagus River, is the perfect place for a family holiday, due to the quality of the water, good access, support facilities and surrounding green spaces. A world of leisure activities waiting to be discovered. From sports fishing to canoeing, from walks to routes for mountain bikes. To the south, in Mértola, near the S. Domingos Mines, Tapada Grande is an oasis in

the midsummer. Located on a lagoon with small islands and surrounded by eucalyptus trees, it has good access and a lifeguard during the summer. The surrounding landscape is inviting for walks or canoe rides.

INSECTOZOO

Dedicated to social insects like ants, termites, bees and wasps, this small museum located in Vila Ruiva, Cuba, has invested in ecological education, with guided tours that explain the role played by each insect for the regulation of the ecosystems which they inhabit.

Beaches are not only on the coast. In the Alentejo there are some well kept secrets: the river beaches. Bathe in these calm waters with the children.

ENVIRONMENTAL EDUCATION CENTRE OF VALE GONÇALINHO

Located in the cereal steppes of Castro Verde, this interactive complex is dedicated to the environmental resources and natural heritage of this unique region. Here you can watch the famous Great Bustard, Lesser Kestrels, European Rollers or Little Bustards, as well as the promotion of educational projects on sustainability, water, renewable energies and the fight against desertification.





TAPESTRY MUSEUM

> Visit the Tapestry Museum of Portalegre and show your family one of the most unique expressions of the art of the Alentejo.

ÉVORA

> The Roman Temple is a good example of historical conservation in the cultural city of Évora. Contemplate it during the day and at night.



For a more cultural day, explore the horse riding lessons, falconry shows and themed exhibits at the Coudelaria de Alter, founded during the reign of King D. João V.

Continue on the historic route and go to the Tapestry Museum in Portalegre.

If your children insist on a second swim, on the way you will find the river beach of Quinta do Alamal, located in the heart of the Tagus river, and perfect for the quality of its water and surrounding green spaces. Another alternative for more refreshing bathing is the leisure Centre of Portagem, in Marvão, on the banks of the natural swimming pool of the river Sever.

In Arronches, you must visit the Museum of (A) Brincar and its immense collection of toys hidden in the local Castle.

A must for the whole family is Paço Ducal de Vila Viçosa, one of the most famous and impressive palaces of the Alentejo.

In the World Heritage city, you have to stop by the Museum of Évora, which has programmes for children. While you are there, the Kartódromo de Évora (Cart Track), provides more extreme experiences, and can be enjoyed by the rest of the family.

If you are thinking of staying for a few days not far from there, in the Marina of Amieira, in the Alqueva Reservoir, Portel, you can rent a houseboat for a unique experience. The wide range of nautical sports also ensures fun for all ages.

Be sure not to miss the environmental education excursions.

Southwards, we recommend the Insectozoo (Insect



OUTDOOR SPACES

> In parks or river beaches, open spaces surrounded by green, perfect for children to enjoy nature.

The Alentejo offers activities that may be enjoyed by the whole family. With pleasure. Without the rush.

Zoo), a small museum in Vila Ruiva (Cuba), the Parque de Natureza (Nature Park) de Noudar, 8 km from Barrancos, the Centro de Educação Ambiental (Environmental Education Centre) of Vale Gonçálinho, in Castro Verde, Ecoteca Fluvial Saramugo (River EcoLibrary), and the Centros de Ciência Viva (Living Science Centres) of Estremoz and Lousal.

Once you arrive at the Alentejo beaches – many of which have the Blue Flag, which puts everyone's mind at rest – stop by Vila Nova de Milfontes.

During the summer, take the time to go with your family on the tourist train which runs from the historic centre to the sandy beach. Fun guaranteed for children and grown-ups!

TOURISTIC TRAIN RIDES

A fun way of going around Vila Nova de Milfontes in the summer is by catching the tourist train at the historic centre to see the best places in the region and go to the beach. In Elvas, there is another train which follows a circuit along the most iconic streets and monuments of this border town.

PARQUE DE NATUREZA (NATURE PARK) OF NOUDAR

Located 8 km from Barrancos, near the Castle which gave it its name, this magnificent park offers unique experiences in tourism and in nature preservation, with pedestrian and cycle paths for all tastes and ages, holiday camps and guided tours. Historic and geological heritage of Noudar, farm life and the fauna and flora of the Mediterranean are some of the themes to explore in these splendid landscapes.



THE MARANHÃO RESERVOIR

Camping, motorhome or a rented apartment in the camping park of the Maranhão reservoir, part of the Nautical Club of Avis, are different options for enjoying the wide range of outdoor recreational activities to the fullest here. With a river beach, water skiing school with a jumping

ramp, a floating pier, swimming pools, children's parks and picnic parks, it will be hard to do nothing when the conditions are ideal for windsurfing, canoeing, rowing, sailing or kitesurfing, and also for walks or cross country cycling and motorcycling.

EXPERIENCES FOR EVERYBODY

The Alentejo offers activities for the whole family in the water, on land or in the air, for a holiday you will never forget.

Getaway for two

The Alentejo is the night, the day, romance, green, blue, sky...

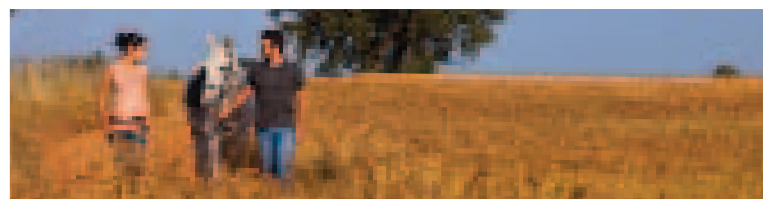


ITINERARY

> Pack your bags and go on an adventure. Take the best company with you, and our suggestions too.

The invitation is meant for you, as you are looking for a getaway for two. And in good weather, the coastline and the beach are an easy option. On the coast of the Alentejo you can feel the pleasures of the sun and the sea on beautiful and seemingly endless, deserted and romantic beaches. Staying at in rural tourism accommodation, with the beach nearby or, who knows, maybe even with a view of the ocean. Delighting your senses with the fish and seafood gastronomy, with a local white wine, served chilled. And taking the opportunity to go out for an evening

of, star gazing or dancing. But the Alentejo is much more than this. An enormous field framed by reservoirs, rivers, streams and magnificent mountain ranges - by places where you can practise a wide range of outdoor activities, and where you can get lost in food and wine experiences that you will never forget - places where you will find unique towns, with magnificent settings to enjoy, to flirt and to be happy - finding refuge and comfort in palaces, convents, manor houses filled with old stories or luxury hotels where your every wish is their command. And if it is cold, you can reserve a place for two by the fireplace. The following day



you will feel a connection here as immense as the Alentejo itself. And you will want to return.

Through kilometres of cork oak woodland, there are sensations you cannot afford to miss.

EQUESTRIAN TRADITION

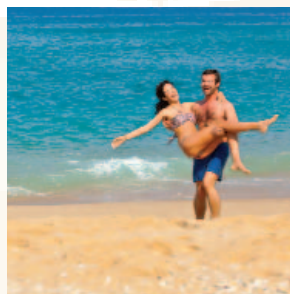
> Discover the cradle of the purebred Lusitano horse among century-old cork oaks.



Surrender to *romance* with your heart and soul

BOAT TRIPS

In the immense Alqueva, in Montargil, going from Vila Nova de Milfontes to Odemira, through the Sado Estuary and the whole coastal area, you can enjoy the landscapes in so many ways as you sail through the waves, or enjoy the quiet waters of the reservoirs. Make the most of the good weather to rest or to flirt.



ROMANTIC

Relish the cosy little places and small details that inspire romance and enjoy a getaway for two.

ATLANTIC BEACHES

From the beaches of Tróia to the cape of Sines, the sand extends for many kilometres, where you can find ideal places just for two. Further south, the cliffs turn into almost secret beaches. For lovers of naturism, we recommend Salto beach, in Sines and Alteirinhos beach, in Odemira.

HORSE RIDES

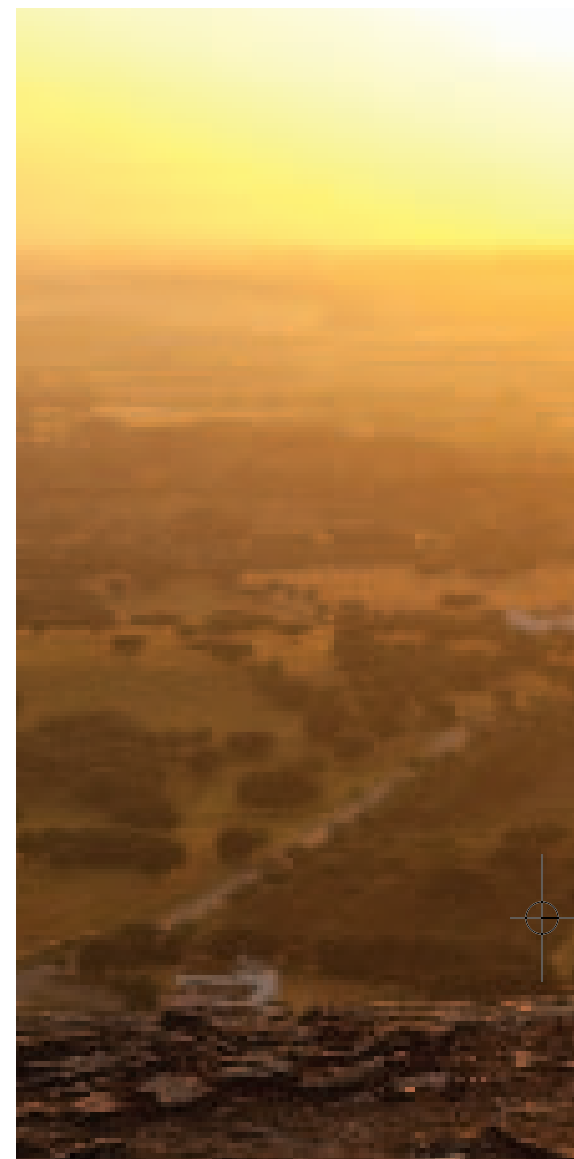
For those who enjoy activities in the open air and love horses, there is nothing like horse riding through the fields early in the morning or late in the afternoon. The active tourism companies and hotels offer several programs, including charrete (carriage) rides.

BALLOON RIDES

Floating in the skies of the Alentejo is no doubt outstanding. The peace and tranquillity experienced on the ground are taken to their maximum expression in the clear skies, from where you can see far into the distance and appreciate the whole array of stunning colours of the fields. A truly unmissable experience in a region with ideal conditions for this sport.

WINE ROUTES OF THE ALENTEJO

The best way to learn the growing importance of the magnificent wines of the Alentejo, the beautiful vineyards and some of the most charming places in the local landscape, is by travelling along wine Routes such as the Wine Route of S. Mamede, the Historic Wine Route and the Wine Route of Guadiana, and visiting museums and wineries while experiencing unforgettable aromas and flavours.



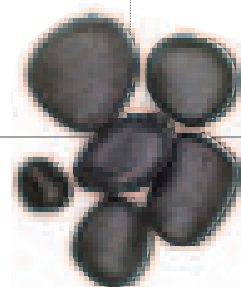
*Find refuge and comfort in palaces, convents
and manor houses where your
every wish is their command.*



SPAS

In case you are looking for a wellness experience for the balance of the body and mind, the fabulous SPAs available in resorts, urban hotels and rural units throughout the Alentejo offer a series of services to make your stay all the more perfect. Therapies, massages, body and face treatments, or body wraps... A customized and highly qualified service is offered.

Pamper yourself with the best therapies and massages in the sophisticated SPAs found throughout the region.



LEARN TO COOK

The gastronomy of the Alentejo has flavours and seasonings shared in secret from generation to generation.

Learn to cook the traditional dishes of the region with the best chefs of Alentejo cuisine, who will teach you to make the many different appetizers, the main courses, and of course the famous desserts. Cookery lessons are held in Beja, Estremoz, Portel and Santiago do Cacém.



HOUSEBOATS

On the wide banks of the largest artificial lake in Europe, there are places for beautiful walks, surprising riverside villages

dedicated to nautical activities, marinas, hotels and good places to taste the best food this region has to offer. Nautical activities are some of the greatest attractions of this region, which is so marked by its heritage and its wine production. Staying on a houseboat is a unique experience. You can sail freely and safely, and experience moments of pure romance.

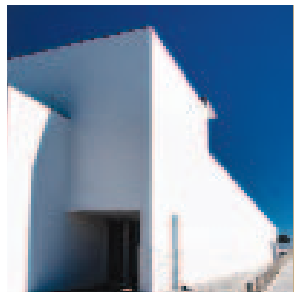
alentejo

itinerary

A REFUGE FOR TWO GOES WITH THE ALENTEJO

Alentejo is a place of contact with nature, tranquillity, landscapes and – for all that – is a place for getting in touch with your most romantic side. A refuge at a charming hotel surrounded by the plains of the Alentejo, a bottle of white wine late in the afternoon, a dip in the ocean, or watching the day fade away from the top of a cliff - these are only a few of the many things the Alentejo proposes for couples.

Wake up in an Alentejo monte (traditional farm), at a hotel or a Pousada. Surrounded by rural landscape, you are guaranteed not to miss a thing. Here, the natural heritage has long been combined with design and modernity, with a wide range of activities on offer, to enjoy quietly one minute at a



ADEGA MAYOR

> With its pure and serene lines, the Adega Mayor is a place not to be missed. Enjoy the best wines as you please, and take your time in the minimalistic winery, designed by Siza Vieira.

time. Since there is no rush, you can go for a horse ride, or a charrete (carriage) ride in the morning or late in the afternoon.

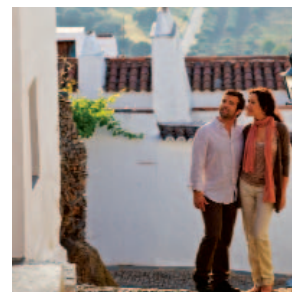
If you feel like breathing the healthy mountain air, go to Marvão. Known as Ninho das Águias (Eagles' Nest), this small, walled, fortress town dates from the 9th century and rises up 862 metres, in the middle of the Natural Park of Serra de São Mamede, where you can enjoy nature in all its splendour, among the pine and olive trees.

And, because the Alentejo is more than just breathtaking landscapes, the Adega Mayor (winery), near Campo Maior, designed by the famous architect Siza Vieira (awarded with the Pritzker Prize in 1992), is a must-see. Here you can visit the facilities and taste the best wines in the region. Another cultural suggestion not to be missed is the Museum of Contemporary Art in Elvas. A journey through contemporary Portuguese art, from the 80s until today, showing painting, photography and sculpture and installations which never fail to surprise.

Since there is no rush, you can go for a horse ride, or a charrete (carriage) ride in the morning or late in the afternoon.

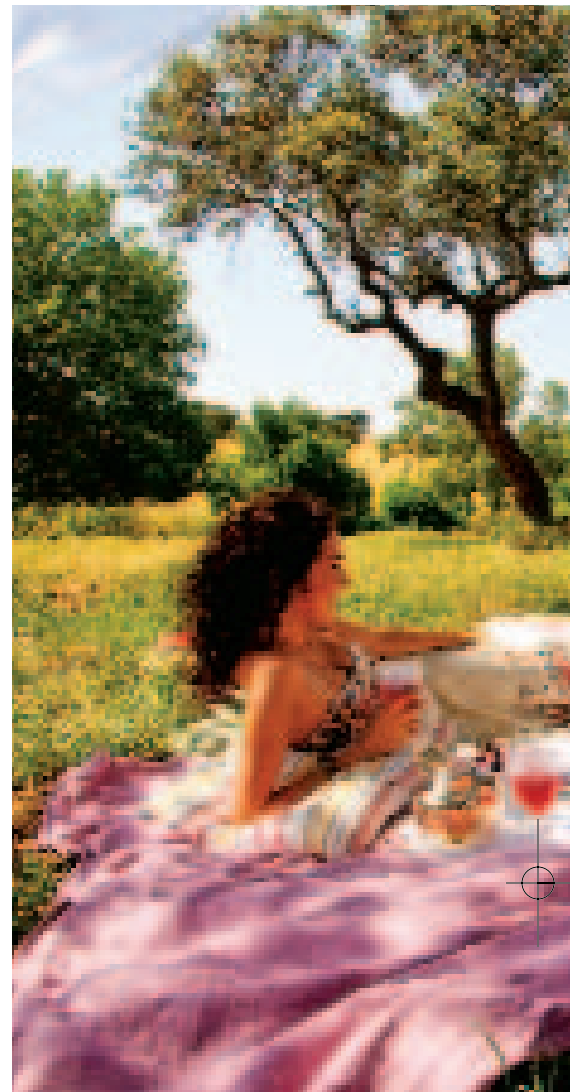
FLIRTING

> Lose yourself in the towns and their labyrinthine streets. Enjoy a land where time stands still, filled with castles, palaces and romance. Make sure only your date matters.



IMAGINATION

> Wander through the scenery that has inspired the works of great Portuguese writers.



Quality time to escape your routine

NATURAL PARK OF SERRA DE SÃO MAMEDE

As the most rugged terrain south of the Tagus, it rises above the plain to offer a succession of hills and valleys crossed by streams, creating well conserved natural heritage, which is the backdrop for some of the most fascinating routes and landscapes. A place to lose yourself in the lush vegetation and clear waters.

ARTS CENTRE OF SINES

Dedicated to contemporary programmes, the Centro de Artes of Sines is an important space for the dissemination of culture and art, with a solid schedule of exhibitions, concerts and different activities. Located at the entrance to the town's historic centre, it is worth a visit for the award winning building alone.



Take the time for a relaxing moment by the fireplace or at the seaside. Experiences of comfort that the Alentejo knows how to give so well.

RURAL TOURISM

Stay in manor houses, small palaces, and restored montes or farms to find the tranquillity of the countryside and the proximity of the local people, and enjoy spaces of wonderful architecture, participate in farm activities, outdoor programs, or practise sports.

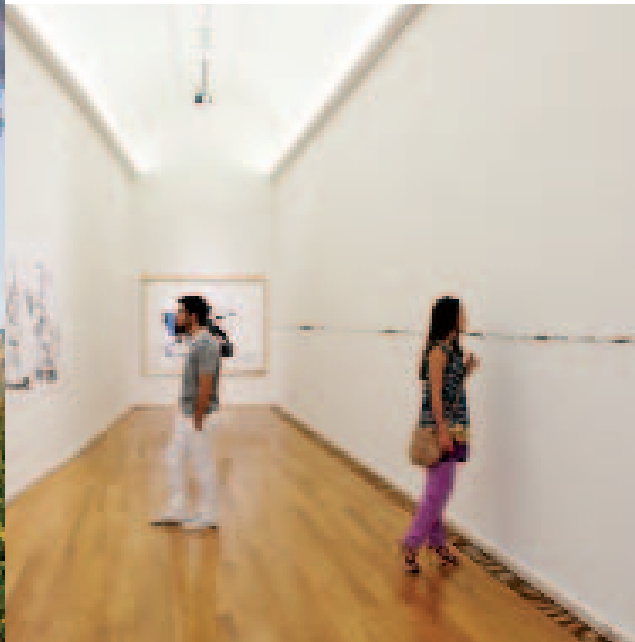
SMALL CHAPELS WITH WONDERFUL VIEWS

Places of worship in the past, today they are unique places soaring high above the villages which shelter them. Enjoy a wonderful panoramic view from the prominent small chapels of Nossa Sra. de Aracelis (Castro Verde), Santo António dos Açores (Vidigueira), Nossa Sra. de Guadalupe (Serpa), Santo Amaro (Almodôvar), Nossa Sra. da Penha (Castelo de Vide), etc.



CONTEMPORARY ART MUSEUM OF ELVAS

> An overview of Portuguese art from the 80s to today.



ANTÓNIO CACHOLA COLLECTION

> Exclusively Portuguese, the collection has over three hundred works, of painting and sculpture, and also includes photography and art installations.

Dine near the ocean. Enjoy, simple or more sophisticated cuisine d'auteur. Always delicious.

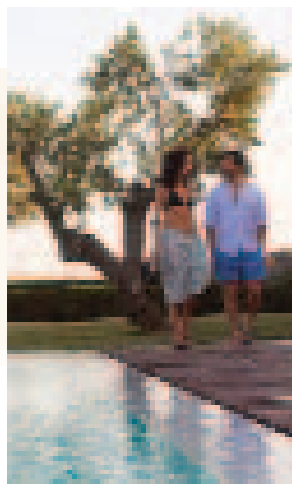
Not far from the museum, it is worth taking a boat trip on the Alqueva. But if you prefer to take your date closer to the sky, choose a balloon ride over the immense landscape of Alentejo, and enjoy the intense silence. Come back to earth and stop off at Serpa to see the unusual architectural setting created by the castle, defensive walls, and aqueduct, which has been declared a National Monument.

Then head for Mértola, enjoy the river beach and visit the impressive S. Domingos Mines. Now as you pass on towards more salty waters, take the opportunity to enjoy the view and fragrance of the rockroses of Pico do Mú, in the Mountain range of Caldeirão, near Almodôvar.

On the coast, enjoy the cataplanas and caldeiradas (typical dishes made with several types of fish). A place with tastes that will make you return, the Alentejo has many gastronomic circuits. Dine near the ocean, and enjoy fresh fish with white wine, or taste the fusion of traditional flavours and the increasingly sophisticated cuisine d'auteur.

FLAVOURS OF THE OCEAN

Made from skate, monkfish, conger eel, eel, dogfish or mussels, the caldeiradas are a specialty to enjoy all along the coast. Just like the traditional cataplanas, made of fish, seafood, or meat; seafood (goose neck barnacles, oysters and whelks); grilled fish; gaspacho (cold soup with tomato, cucumber and peppers) accompanied by fried fish and; dogfish soup... The flavours of the Alentejo sea still attract the attention of those who prefer more natural gastronomy.



HOTELS

Choosing a place for a relaxing sleep might not be easy due to the wide range of good quality and exclusivity on offer. In palaces, medieval castles, old convents, charming luxury hotels, with a view over the plain in the metropolis of historic towns and cities, or facing the sea, you will find numerous refuges to help you in your romantic getaway.



GOURMET AND TRADITIONAL

The flavours, colours, and textures that make the gastronomy of this region so unique.

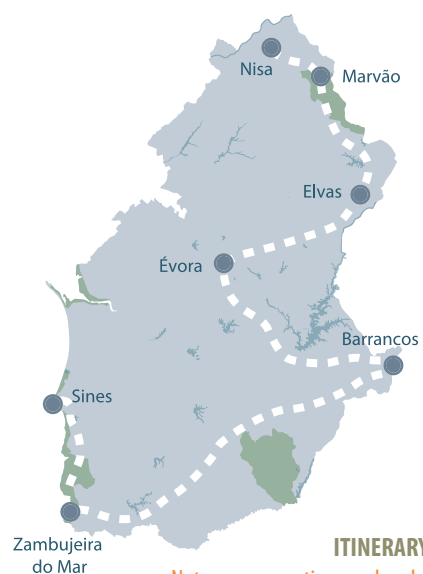
GOURMET

Discover the richest gastronomic traditions of the Alentejo in the fantastic typical restaurants of the region (the list is endless) or in the fair offered by new chefs who interpret the local flavours in a most unique way, and create a more sophisticated cuisine d'auteur.

Olive oil, aromatic herbs, cheeses, meats, wine - these flavours are experiences you will not want to miss. Go into the local shops where you can taste and buy a variety of high quality products, like local liqueurs, jam, sweetmeats, cheeses, biscuits, enchidos (smoked sausages) or honey.

Backpackers

The Alentejo is sun, music, sea, sky, adventure, “zen” and extreme experiences.



ITINERARY

> Note our suggestions and make the most of your time.

Paragliding, watching birds and their habitats, enjoying rural life or simply going to the beach. The Alentejo offers all this in its vast territory. A true paradise for nature lovers, and for those who seek adventure and new experiences. A region where practising extreme sports, on land, in the water, or in the air, is as natural as the fresh air you can breathe there. You can walk in the plains or under a starry sky,

discover untouched landscapes, among river and mountain ranges, enjoy vast panoramic landscapes, on foot or by mountain bike, or test your limits in orienteering competitions through hills and valleys. Discover the heritage and the gastronomic traditions of hospitable people, risk a parachute jump or kayak down a river- there are an endless number of projects and entertaining activities for every day of the week. Is everything ready?



SURF

> The beach of São Torpes will fully satisfy any surfer. Considered one of the best surfing spots in the region, it is boosted by its schools, which are open throughout the year, and by all of the important tournaments which use this outstanding space. Located between the cape of Sines and Vila Nova de Milfontes, Praia Grande of Porto Covo, Malhão and Aivados are other favourites of surf lovers.

A true paradise for nature lovers, and for those who seek adventure and new experiences. The Alentejo offers so much in its vast territory.



Moments to cherish with your friends

CAMPING

Along the coast, in reservoirs, natural parks, near rivers, or in the plains, the Alentejo has a wide range of camp sites on offer to suit all tastes. From the more traditional camping, in tents, to small scale accommodation. Everything you need for enjoying the multifaceted richness of this environment and landscape, but also for getting into action, since many of these places have their own sports equipment, and provide excellent conditions for



canoeing, rowing, tennis, mountain biking, horse riding, water skiing and sailing.



PEDESTRIAN AND MOUNTAIN BIKE ROUTES IN THE NATURAL PARK OF SERRA DE SÃO MAMEDE

With an area of over 56,000 hectares and an altitude of 1,025 meters, it is the highest location in the Alentejo. Among hills, valleys and creeks, the varied landscape is a wonderful world waiting to be explored on foot, or by mountain bike. The five routes indicated on the terrain, take you to an adventure over cliffs, ravines, among oak and European chestnut



trees, walking along medieval stone paths towards plains dotted with cork oaks, holm oaks, and olive trees, discovering prehistoric paintings, or seeing birds, wild boars, genets, and several types of amphibians. Starting points are in Portagem, near the town of Marvão, and the village of Galegos. To enjoy the park to the fullest, the best option is to stay in one of its shelter houses or at the reception centre.



*Risk a parachute jump or kayak down a river
– there is an endless number
of projects and entertaining activities
for every day of the week.*

NIGHTLIFE

Whether in an open air cafe in a historic centre, a beach bar, at summer festivals, traditional festivities, or rave parties in medieval castles, there are plenty of original ways to discover the other side of the night in the Alentejo. However, those who would enjoy dining in one of the fabulous restaurants throughout the region and then going out for a drink in a bar and dancing at the disco till morning will not be disappointed.

WATER SKIING

The perfect conditions of the Alqueva Reservoir, with its vast waters and riverside villages, make this area an outstanding place for water skiing. The Marina of Amieira, in Portel, offers canoeing and sailing, but also makes the most of the quality of its quiet wind-free waters to hold trainings, courses and other related activities. The Reservoir of Maranhão, in the Nautical Club of Avis, which has a ski school with jumping ramp, or the one in

Montargil, offer ideal conditions for a day of high emotions. On the other hand, the Reservoir of Ataboeira, in Montemor-o-Novo, hosts a water skiing and wakeboarding school, managed by two national champions of the sport, who now dedicate their time to teaching beginners to top class competitors.



ALENTEJO ON WHEELS

Moments of pure adrenalin. An afternoon well spent with your friends.

KARTÓDROMO OF ÉVORA

908 meters long and 7 meters wide, Évora's kart track is open to more extreme experiences, especially for car lovers, and for those who enjoy testing their skill and speed. The facilities rent out karts for individuals or group competitions.

BALLOONING

One of the few places in Europe where it is possible to fly all year round, the vast plains of the Alentejo are considered to be among the best locations for ballooning and the place where the sport took its first steps at national level.

alentejo itinerary

ADVENTURE GOES WITH THE ALENTEJO

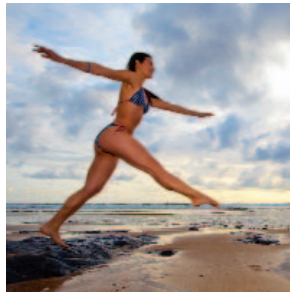
It is not hard to awaken the explorer in you when you come to huge fields with winds blowing in from the mountain range, from the river and from the ocean. It seems as if you are the only one lucky enough to be here. Even if you are not an organized traveller and forget your compass, the truth is that, whatever the coordinates, the Alentejo promises unforgettable landscapes and experiences in each fascinating little corner.

In these plains, crossed by beautiful creeks, sea and fields that fill our soul with journeys and experiences, camping or staying in one of the whitewashed montes, near the plain, in the mountain ranges or near the ocean, are all good ways to enjoy the real Alentejo.

Here, you can discover lilac fields, watch unique birds and find landscapes that you will never forget, whether in the heart of the plains, on top of a cliff, in the cork oak woodland or near the ocean. Between the mountain ranges and the sea, among reservoirs, rivers and seemingly endless fields, grab your binoculars in the morning and see another Alentejo – a great area for birdwatching all year round, in the valleys and river estuaries. Castro Verde, Mértola, Barrancos, Mourão, and the

BEACHES

> From Tróia to Vila Nova de Milfontes you can easily find beaches for a real escape, with vast continuous sandy beaches which go on for many dozens of kilometres.



CASTLES

> Go and discover the castles of the Alentejo surrounded by their unique landscapes.



Extreme activities for the bold ones

PARAGLIDING /HANG GLIDING

The Alentejo offers powerful takeoffs for those who dare to free fly. The Serra de Alcaria Ruiva, in Mértola is one of the best spots for paragliding. For paramotor fans, are the vast plains that make the best runways. The first competition in the skies of the Alentejo took place in 1991 in Castelo de Vide, presently the stage of an International Open that attracts the Portuguese and foreigners alike.

PARACHUTING

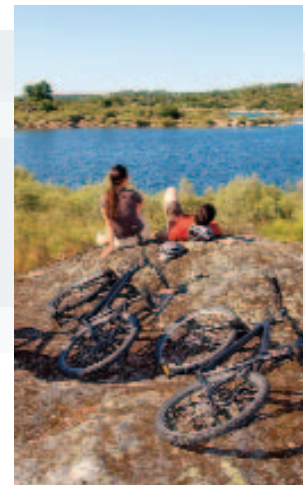
Adrenaline is what you can expect at the Évora Aerodrome every weekend and public holiday. Jumping from 3,000 feet above the city takes courage, but is also a unique experience that will be remembered forever. For the fans of surfing, skysurfing is also happening here. For the less experienced, is the "tandem" variety, where you jump strapped to the instructor who controls the opening of the parachute.



ORIENTEERING

The diversity of the Alentejo is fertile ground for orienteering, whether on foot or by mountain bike, or adventure racing, but also by horse or canoe, or in the popular night competitions. Endless routes along valleys, mountain ranges and plains, and the competitions go through several municipalities offering a permanent contact with nature.

Unique experiences that you will remember forever. All you need is the courage.



OPEN AIR

> The diversity of the Alentejo is fertile ground for orienteering, whether on foot or by mountain bike or in adventure racing.



FESTIVAL SUDOESTE

> One of the events in the Alentejo which cannot be missed, and one of the most important national music events. The festival's investment in a variety of different performers attracts crowds to Zambujeira do Mar. Since 1997, the event has received over a million people, captivated by musical styles as distinct as rock, fado, electronic music and pop. The camp sites and the beaches nearby are the major attractions of the festival.



If you want to enjoy nature, adventure along pedestrian and mountain bike paths, over hills, valleys and creeks.

Lagoons of Sto. André and Sancha, or Caia are important for birdwatching.

In October, not very far away in Marvão, not to be missed is the Al Mossassa Festival, which celebrates the foundation of the town by recreating an Arab market, Arab handicrafts, gastronomy, music and theatre.

If you want to enjoy nature, adventure along pedestrian and mountain bike paths, over hills, valleys and creeks.

The Park of S. Mamede is the highest location in the Alentejo, with an altitude of 1,025 meters. Go through its 56,000 hectares by following the five routes indicated on the terrain.

The surrounding reservoirs, Caia, Montargil, Maranhão, Divor, are other great ways of exploring nature and practising sports like water skiing, rowing, sailing, canoeing or simply swimming.

In Cabeço de Vide, swop water for air and fly on a balloon to Évora. If you are still not satisfied, at the Évora aerodrome you can try a parachute jump from 3,000 feet over the city.

If you don't like flying, pass by Elvas and enjoy a pleasant cultural moment in the Museum of Contemporary Art, where part of the António Cachola collection is exhibited, with over three hundred

FLORA

> The climate determines the uniqueness of the landscape, where species like the cork oak, the holm oak and the olive tree abound.



Portuguese contemporary works of art.

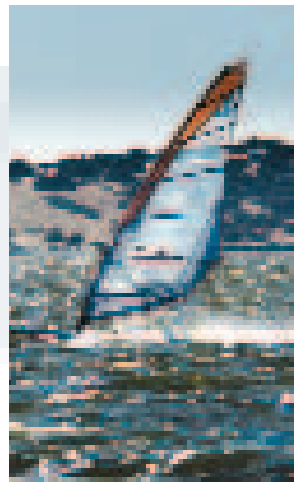
Following the line of the Alqueva, you arrive in Barrancos where you should visit the Noudar Nature Park.

At the end of the afternoon, when warm colours paint the skies, watch the sunset or try paragliding or hang gliding, taking off from the top of the coastline cliffs or inland mountains.

For those who love to spend the early evening by the sea, there are plenty of beaches to discover from Zambujeira do Mar to Tróia. In early August, the Festival do Sudoeste in Zambujeira do Mar, and at the end of July, the Músicas do Mundo Festival (World Music) in Sines will delight music lovers who cannot bear a summer away without the sea. For surf lovers, the São Torpes beach is a great spot for surfing.

RESERVOIRS

Places to live and experience, the many reservoirs of the Alentejo offer ideal conditions for water sports. Among the valleys surrounded by cork oak woodland [and pastures] from Montargil, Maranhão, Caia, Alvito, Divor, Pêgo do Altar, Santa Clara to the huge Alqueva are some ideal spots for activities like sailing, canoeing, rowing, swimming, water skiing, windsurfing, jet skiing, or a quiet boat ride to try your luck at fishing.



NATURAL PARK OF VALE DO GUADIANA

From the mountain range of Serpa to the border with the Algarve are more than 69 thousand hectares of nature. A vast protected area, with seven pedestrian routes to discover places like the unique Pulo do Lobo or the mountain range of Alcaria, the highest point of the park, with a tremendous view of the plain from a height of 370 meters, the valleys of the Guadiana and its Mediterranean brushland, and a rich diversity of fauna and flora.



FLAVOURS

Typical dishes from the Alentejo have won fans and fame, and they are recreated by the best chefs and enjoyed abroad.

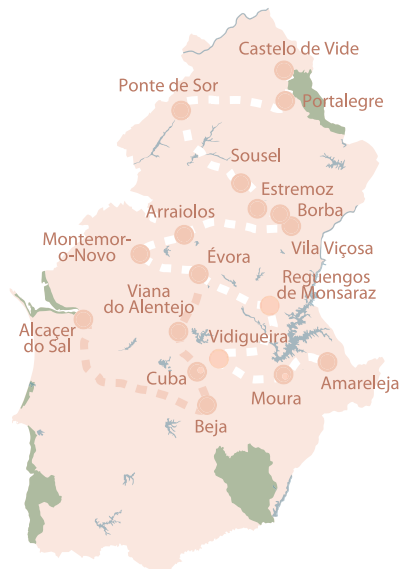
GASTRONOMY

Known for its rich and varied gastronomy, the Alentejo offers true delicacies. From fish and seafood by the coast, and pork or lamb inland, to bread, which is essential at every table, and irresistible desserts and wines, there are many traditional

products to enjoy in restaurants and taverns or to discover for sale in local markets and not forgetting the herbs from the countryside and streams which lend every meal distinctive Alentejo feel.

Active Seniors

The Alentejo is charm, history, culture. It is for you.



ITINERARY

> From the Wine Routes, the Frescos or the Marble, don't miss a detail. Follow our itinerary and have fun.

Set out to discover a region which knows how to value its heritage, culture and nature.

Awaken your senses.

Travel through towns and cities that still preserve the signs of the past and hold treasures, history and stories. Let yourself be led on guided tours. Ask, speak, learn, share.

Contact genuine traditions in regional festivities, flavours and handicrafts.

Travel in search of a delicacy you have yet to try, or that will be impossible to find anywhere else. Admire the trained hands that shape the clay.

Feel the tranquillity of the countryside and breathe deeply. Awaken your senses.

Listen to men and women singing and follow their particular rhythm. Take part in outdoor activities, feel the tranquillity of the countryside and breathe deeply. Go hunting for your prey or relax while waiting for the fish to bite. Grab your golf club, mark your position and focus on the movement. Feel the pleasure of a stay in the countryside. Rejoice to be sleeping in a castle or waking up in a former monk's cell.

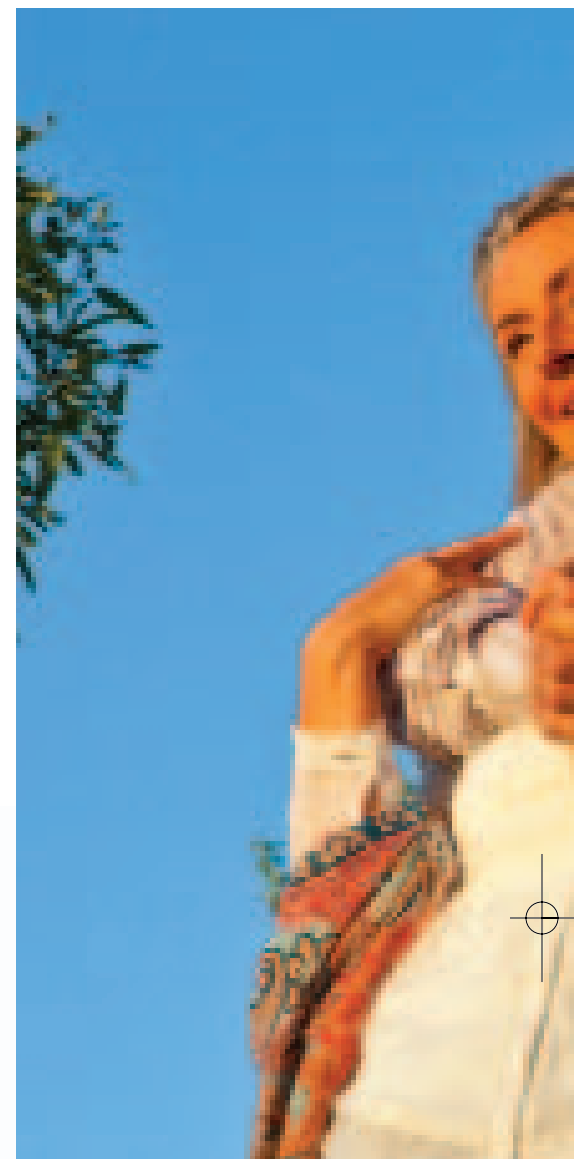
All this, and much more, is possible in the Alentejo.



GOLFE

> Among dunes and pine trees, the Tróia Golf Course is the ideal place to enjoy golf. But be careful; experts say this is one of the most demanding national courses.

Opened in 1980, and designed by the famous architect, Robert Trent Jones, it offers excellent support services.



A world of infinite possibilities

BIRDWATCHING

Taking your binoculars and setting out to discover birds is an increasingly popular activity. With its wide variety of rare or common local and migrant birds, the Alentejo is exceptional for birdwatching all year round, from the valleys and river estuaries and the various Special Bird Protection Areas, to the large area of Campo Branco, in Castro Verde, where you can see the famous great bustards. The regions of Monforte, Évora, Reguengos de Monsaraz, Cuba or

Nisa, are also some of the richest ornithological areas of the Alentejo and the country, and in the town of Mértola, with its unique community of lesser kestrels, or around Mourão, you can find golden plovers and southern grey shrikes.

Very rich in rare or common local and migrant birds, the Alentejo is an outstanding place for birdwatching.



TYPICAL SINGING (CANTE) FROM THE ALENTEJO

Rural work, melancholy, solitude, love and saudade (longing) are some of the themes of the modas (songs) a capella singing. In the past men and women sang while they were working, and continued their singing at fairs and pilgrimages, taverns and the evenings at home. Nowadays, there are several choirs throughout the Lower Alentejo which disseminate this unique way of singing.

ENVIRONMENTAL ROUTES FROM CABRELA AND MONFURADO SITES

A network of four signposted circular routes, leaving from Escoural, S. Cristóvão and Cabrela, and the Núcleo de Interpretação Ambiental (Environmental Interpretation Nucleous), in Montemor-o-Novo.



Listen to men and women singing and follow the rhythm. Travel through towns and cities that still preserve signs of the past and hold treasures, history and stories.

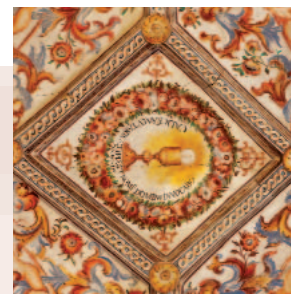
NATURAL PARK OF THE SOUTH-WEST ALENTEJO AND VICENTINE COAST

Between São Torpes and the beach of Burgau, the Natural Park of the South-West Alentejo and Vicentine Coast extends for 110 km. The park has many different landscapes and is important biologically, with its cliffs, woods growing over sand and water lines, and its temporary lagoons.

MINING ROUTE OF ALJUSTREL

A route that goes through several points of reference for local mining activity. Properly indicated by information panels, the route passes the Vipsca Well, the Moinho Triturador, Corta de S. João and the Hermitage of Nossa Senhora do

Castelo. Each place provides information, photographs and texts with historic, geological and environmental explanations.



FRESCO ROUTE

In Alvito, Cuba, Portel, Vidigueira and Viana do Alentejo a whole heritage is there to be discovered: mural paintings, with different routes in each area. In Évora, the baroque frescos are also part of this memorable group.

MARBLE ROUTE

In Estremoz, Borba, Vila Viçosa and Alandroal, the extraction and transformation of this natural stone is a significant local industry. Find the practical applications of marble in palaces, churches and even pavements. Visit the Museum of Marble in Vila Viçosa.

THE ROUTES OF TRADITION

Travel through the Alentejo and follow the Fresco, Marble, Flavours and Wine Routes - the Routes of Tradition.

alentejo

itinerary

NOT FAR FROM THE MUSEUM, IT IS WORTH TAKING A BOAT TRIP ON THE ALQUEVA. BUT IF YOU PREFER TO TAKE YOUR DATE CLOSER TO THE SKY, CHOOSE A BALLOON RIDE OVER THE IMMENSE LANDSCAPE OF ALENTEJO, AND ENJOY THE INTENSE SILENCE. COME BACK TO EARTH AND STOP OFF AT SERPA TO SEE THE UNUSUAL ARCHITECTURAL SETTING CREATED BY THE CASTLE, DEFENSIVE WALLS, AND AQUEDUCT, WHICH HAS BEEN DECLARED A NATIONAL MONUMENT. THEN HEAD FOR MÉRTOLA, ENJOY THE RIVER BEACH AND VISIT



ÉVORA

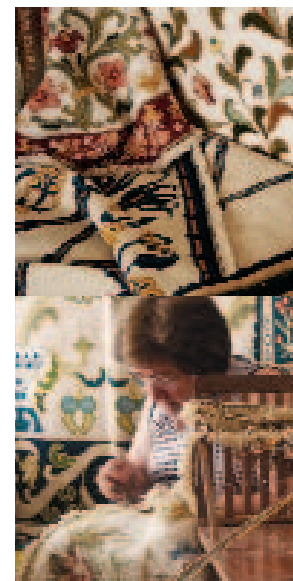
> World Heritage, Évora is one of the most visited cities in the Alentejo. Its well preserved monuments include palaces, churches and public spaces. It is still one of the Portuguese cities with a better quality of life.

A place where you have to stay to get involved in centuries of History.

THE IMPRESSIVE S. DOMINGOS MINES. NOW AS YOU PASS ON TOWARDS MORE SALTY WATERS, TAKE THE OPPORTUNITY TO ENJOY THE VIEW AND FRAGRANCE OF THE ROCKROSES OF PICO DO MÚ, IN THE MOUNTAIN RANGE OF CALDEIRÃO, NEAR ALMODÔVAR. ON THE COAST, ENJOY THE CATAPLANAS AND CALDEIRADAS (TYPICAL DISHES MADE WITH SEVERAL TYPES OF FISH). A PLACE WITH TASTES THAT WILL MAKE YOU RETURN, THE ALENTEJO HAS MANY GASTRONOMIC CIRCUITS. DINE NEAR THE OCEAN, AND ENJOY FRESH FISH WITH WHITE WINE, OR TASTE THE FUSION OF TRADITIONAL FLAVOURS AND THE INCREASINGLY SOPHISTICATED CUISINE D'AUTEUR.THE ALENTEJO GOES WITH TRADITION This is a region of flavours, landscapes, handicrafts and historical legacies. A place where you have to stay to get involved with centuries of History, to

ARRAIOLOS CARPETS

> The trademark of the municipality, made in wool, and hand embroidered, with colourful, flowery motifs.



POMARÃO

> Make the most of the good weather to have a rest, and discover the Guadiana river and the quiet waters of the dams.



Because some experiences suit you

HUNTING

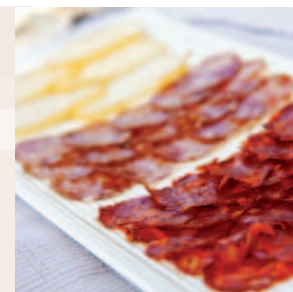
With smal and large game reserves (ou estates) spread throughout the Alentejo, the region has ideal conditions for hunting. Moura, Sousel, Almodôvar, Arraiolos, Mértola, Ponte de Sor and Mora, are some of the most popular destinations for shooting rabbit, hare, partridge, pigeon, or wild boar.



Since the Alentejo is all about nature, there are properly indicated hunting estates and fishing locations. Choose your destination and have fun.

GALEÃO DO SAL

This is a traditional vessel of the river Sado which transported salt for centuries. Nowadays, these vessels offer pleasant trips through the Natural Reserve of the Sado Estuary, where you may watch dolphins, feel the natural beauty, and get to know the local heritage, from Roman and Phoenician remains, to the unique old wooden Pier of Carrasqueira.



SPECIALITIES

The best option is to taste them all in the company of a connoisseur, taking your time.

GASTRONOMIA REGIONAL

Olive oil from Moura, cheese from Nisa and Serpa, smoked meat sausages from Portalegre, caldeiradas in Odemira, ham from Barrancos, queijadas (small cheese cakes) from Évora, sericaia from Elvas, pork and lamb, purslane or tomato soup, migas (mashed bread)... There are plenty of delicacies to experience.



TAPESTRY MUSEUM OF PORTALEGRE

> The harmonious combination of technique and artistic talent in contemporary painting in the old Barros Castelo Branco Manor.



PAÇO DUCAL OF VILA VIÇOSA

> A 110 meter long façade covered with local marble. A unique example of Portuguese architecture, this is one of the most famous buildings in the Alentejo.

QUEEN OF THE PLAIN

> Beja rises up above the plain, showing its force with the proud Castle Tower, which is completely built in marble and important architectural heritage, museums, churches, labyrinthine streets, and captivating little corners.

Listen to the verses of melancholy, solitude and love in the cante of the Alentejo.

Montemor-o-Novo, for lovers of nature.

You must stop in Évora, the city of many stories, with so much to see. Taste the fabulous wines in Redondo and then go on to Granja/Amareleja, Moura, Reguengos de Monsaraz, Vidigueira, municipalities that are also on the Wine Routes. Follow the Fresco Routes throughout Viana do Alentejo, Alvito, and Cuba. Take a journey from the 15th to the 19th century, with murals painted in chapels, small chapels and churches. Make a detour to Beja and meet the “Queen of the Plain” and its surprising heritage. On this route, discover typical choirs, singing modas of melancholy, loneliness, love and rural work.

A few kilometres away, and closer to the sea, between the Atlantic Ocean and the Sado Estuary, an 18-hole golf course is waiting for you at the Tróia Resort. If you prefer a more relaxing time, enjoy the Galeão do Sal, a traditional vessel of the river Sado that will take you on an amazing trip through the Natural Reserve of the Sado Estuary to the beautiful antique wooden pier of Carrasqueira, during which you can watch dolphins and see the heritage of the area, as you pass by Roman and Phoenician remains.

WINE TOURISM

As guides to the wine region, which includes the sub-regions of Portalegre, Borba, Redondo, Terras do Sado, Reguengos de Monsaraz, Vidigueira, Moura, Évora and Granja/Amareleja, use the Wine Routes of Alentejo to observe beautiful vineyards, contact local producers and to get to know some of the most charming places in the Alentejo - and, of course, to taste the excellent and increasingly appreciated local wines.



Visit locations which are famous for their vineyards and try a glass of wine. You will find this an outstanding experience.

WINE ROUTES OF THE ALENTEJO

A journey through the array of traditional products that make Alentejo a unique region. Here, local and adapted species and varieties are born and bred; recipes are kept carefully here and recognized as inimitable knowledge that produces seasonings that you will never forget.

ACTIVITIES

In the plains, mountain ranges and valleys, play tennis, go hunting, horse riding, fishing, and play golf. Or simply go for a stroll.

POUSADAS

Located in old convents or monasteries, the Pousadas de Portugal offer outstanding accommodation to rest and enjoy excellent service in Alcácer do Sal, Alvito, Arraiolos, Beja, Crato, Elvas, Estremoz, Évora, Marvão and Vila Viçosa.

FISHING

From the river Guadiana to the reservoirs of Montargil and Maranhão, from Santa Clara-Velha to Mora and the Alqueva, there are plenty of locations with optimum conditions for fishing. With a guarantee of days well spent.





