



**CENTE of  
PORTUGAL**  
Everywhere  
centuries old  
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proudly  
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region.

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# MAIN CITIES AND DESTINATIONS

Center of Portugal – Everywhere centuries old heritage proudly displays the history of the region.

In the interior of the country, there are mountains and villages of granite and schist. By the sea, fishing villages and cosmopolitan beaches with water sports set the pace of the day. Some of these places are so important for humanity that they have been included in the UNESCO list of world heritage. This is the case of the Monasteries of Alcobaça and Batalha, the Convent of Christ in Tomar and Coimbra University.

But there are other unique features that are well worth discovering. For example, the Schist Villages and the towns of whitewashed houses, like Óbidos, a treasure within walls. The cities, where modernity is combined with tradition – Coimbra, the university city, and Aveiro between the Ria and the sea.



The crystal clear waters that rise from the thermal springs balance the body and soul. And the beaches! River beaches surrounded by forests and coastal beaches open to the Atlantic Ocean, provide certain freshness on hot summer days. They are also well known spots for surfers from around the world, who come for the perfect waves in Peniche, and even the giant waves in Nazaré.



**Gastronomy:** The Centre of Portugal has some of the most well-liked dishes in the Gastronomy of Portugal. One good example is the leitão (suckling pig) from Bairrada, eaten with a sparkling wine from the region. The coast also offers seafood and fresh fish cooked in caldeirada and ensopado dishes, which can also be prepared using fish from rivers and lakes, all washed down with a white wine from Bairrada. In the sierras, you can try the Dão red wines with recipes for goat, such as chanfana (cooked in red wine) or roast kid (cabrito assado) as well as veal (vitela), cooked to a special recipe of its own in Lafões. The stuffed sausages (enchidos) of the countryside regions include maranhos, morcelas de arroz and others, each one with its own particular characteristic, such as a particular herb to imbue it with flavor. There are well-known cheeses, such as the famous Serra da Estrela, Castelo Branco, Alcains or Rabaçal. Creamy or cured, they are all excellent.



**Suggested trips: Codfish Route** - will take you to the city of Ílhavo that has a long sea-related tradition. **Buçaco Woods** - make them your starting point for a stroll through Nature in the region and fall in love with the serene exuberance, almost magical, of Buçaco's intense green color. **Óbidos Chocolate Festival** - during several days the medieval town's narrow streets will be transformed into genuine showcases of cakes and sweets that everyone can sample and purchase.

**Explore Portugal's preferred landmarks: Monastery of Batalha** - UNESCO World Heritage with its exuberant beauty of the carefully carved stonework. **The Shrine of Our Lady of Fátima** - one of most famous Marian shrines in the world. **Alcobaça Monastery** - listed by UNESCO as a World Heritage site, is one of the finest and most impressive examples of Cistercian architecture in Europe. **The Library of the University of Coimbra** - one of the world's loveliest libraries.