



PORTO and
the **NORTH**
where Portugal
was founded
in the 12th
century

Rua da Liberdade, n.º 12
2520-322 Peniche – Portugal | Tel.: +351 262 798 412

E-mail: info@explorepportugal.pt | www.explorepportugal.pt | Skype: [arteDeviajar-hugo](https://www.skype.com/name/arteDeviajar-hugo)

MAIN CITIES AND DESTINATIONS

Porto and the North where Portugal was founded in the 12th century

Porto, a World Heritage city, is known for the Port wine which is shipped from here all over the world, but also for a heritage which combines ancient churches and monuments, such as the Cathedral and the Church of São Francisco, and modern buildings, such as the Casa da Música and the Serralves Museum.

The region is crossed by the Douro River which enters Portugal between the ravines and mountains of the interior to flow through the entire World Heritage landscape where the Port and Douro wines are produced.

In the area of mountains and natural parks, the region's heritage is seen in its castles, such as the one in Guimarães, and the shrines and churches which are the stage for pilgrimages in the summer. You will find the Baroque architecture of Northern Portugal in its stone and gilded carvings side by side with rural chapels. In its cities, such as Viana do Castelo, Braga, Lamego, Chaves and Vila Real, and in the manor houses and stately halls, you will find the genuine Portuguese people, who like to share their table, their customs and traditions.



Gastronomy: Make a "Portonic" (a mixture of Port and tonic water) as an aperitif and start your meal with a characteristic caldo verde broth, the most popular soup in Portugal. There are different traditions along the coast, with fish occupying pride of place in Matosinhos, Leça da Palmeira, Póvoa de Varzim and Viana do Castelo. Some of the best salted codfish (bacalhau) recipes originate from here and the sardine enlivens the coast. Fish and seafood are washed down with vinho verde in the Minho region; it is always served chilled. The famous red wines of Douro are best when accompanying pork dishes, which in the north take the form of rojões or arroz de frango, which give off heavenly flavors, or dishes of veal, whether barrosã, maronesa, mirandesa or another kind. Just room left for a delicious dessert: in Braga it can be the creme caramel Abade de Priscos, in Amarante Papos de Anjo or the universal leite-creme or arroz doce. And washed down with a glass of Porto to finish the banquet from Porto and the North.

Suggested trips: **St. John** - the Porto's largest saint's festival (São João) taking place on the evening of the 23rd of

June, carrying over to the 24th of June. It is an extremely popular street celebration, one of Europe's largest street festivals. **Douro River boat trip** - up to the farms where the famous Port Wine is produced. **Archaeological Park of Vale do Côa** - the largest outdoor site of Paleolithic rock art in the world, a World Heritage site.

Explore Portugal's preferred landmarks: **Porto's St. Francis Church** - a perfect example of Rococo or Late Baroque. **Porto's Ribeira** - stop for a coffee in one of the delightful sheltered pavement bars. **Porto Wine Cellars** - in Vila Nova de Gaia; they are a Portuguese ex-libris and document an unusual history of temperance and courage; knowing them is to deepen knowledge about the Port wine, the Douro region and the cities of Porto and Vila Nova de Gaia. **Guimarães Castle** - in the first capital of Portugal and birthplace of the nation's first king.

