



FIND YOUR  
CENTER OF PORTUGAL

Center of Portugal - one of the most diversified destinations in Portugal, is very pleased to welcome you  
Transportation, Accommodation in a single room at the hotels and dates mentioned and all the meals and wine tastings, will be a courtesy of the Center of Portugal Tourism Board.

## Center of Portugal

Between the two main airports in Portugal, you will find an impressive scenery and a millenary history that left notable marks on the landscape.

Unique brands in Portugal: Historical Villages, Border Castles, Schist Villages, Mountain Villages!

Plenty of welcoming small towns. They have this unique flair of cosiness and human connection. It's all about discovering these amazing places and their rich historical heritage, mouth-watering gastronomy, dazzling natural spots and big-hearted people.

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

## Togetherness

In March 2021, we have launched the Togetherness portal. Dedicated to the news, ideas and inspiring projects in the Center of Portugal.

We want to mark 2022 as a new beginning. Updated every 2 weeks, it brings to you the latest news in 5 different languages with eyes on the future.

<https://togetherness.centerofportugal.com/>

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

#portugal

#centerofportugal

#nazare

#peniche

#caldasdarainha

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## Day 01 – Sunday, 23<sup>rd</sup> April

### 08h00 – Departure to Nazaré

The canyon of Nazaré is a puzzling geological phenomenon which is 5.000 meters deep and about 230 km long. It is the cause of such incredibly monster waves, attracting top surfers from all over the world. The big wave season begins in November and ends in February. Since 2011, the Big Wave Challenge in the iconic Praia do Norte has caught the eye of the world and Nazaré became a world-famous surf destination. But only for the brave!

There's more to Nazaré than its wow-effect waves. In fact, Nazaré is also a charming fishermen town and a colourful seaside resort, where we can still feel the huge importance of tradition. Nazaré has developed in a very sustainable way, paying homage to its common heritage and historical memory.

One of the most moving images of Nazaré is the horse mackerel – “carapau” – hung out to dry in the sun. Or its beautiful boats bursting with colour and powerful life-related messages. Or friendly women dressed in their 7 skirts selling dry fruits and talking out loud. As if time stood still. Just like the black clad women in Nazaré beach back in 1955, brilliantly depicted by the lens of the great French photographer Henri Cartier-Bresson. They are the very soul of the place.

### Nazaré Guided Tour

### 10h00 - Ride the Waves – Boat tour **tbc**

Facing the waves not looking for barnacles, but to see the place where the biggest waves in the world are formed and surfed. It's in front of Pedra do Guilhim that everything happens!

### The Nazaré Canyon, where big waves are formed

The Nazaré Canyon is an intriguing geological phenomenon with a depth of 5000 meters and an extension of 230 km. It is the cause of the incredibly gigantic waves that attract the best surfers in the world. The big wave season starts in November and ends in February.

Since 2011, the Big Wave Challenge in Praia do Norte has captivated the world's attention and Nazaré has become a world-renowned surfing destination. But only for the brave!

### World Records

#### Official certification by the World Surf League

The first is by Garrett McNamara, the pioneer of big wave surfing in Nazaré, after surfing an approved wave at 23.77 meters high. It happened on November 1, 2011.

In 2017, that record was beaten, by the Brazilian Rodrigo Koxa, with a wave of 24.38 meters, surfed on November 8th.

The only female surfer to be distinguished in this category is the Brazilian Maya Gabeira who holds the Guinness record twice: a record beaten in 2018 and another in 2020, with waves of 20.72 meters and 22.4 meters respectively.

The 22,4 meters wave, made official by the World Surf League, was surfed on February 11<sup>th</sup> 2020.

German Sebastian Steudtner is the holder of the new Guinness World Record, with a wave of 26.2 meters (86ft).

The announcement, made on May 24<sup>th</sup> 2022, at Forte de São Miguel Arcanjo, with official certification by the World Surf League. The extraordinary wave was surfed on October 29<sup>th</sup> 2020, when the world was experiencing the first pandemic of the 21st century.

13h00 - Lunch Pangeia Restaurant  
Fresh fish, wonderful people, even better view!

Explore the fishing village and traditions of Nazaré

## Dry Fish

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

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

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

The most used species are horse mackerel, batuques, sardines, petinga, dogfish and octopus. It is to the south of the beach, almost opposite the Centro Cultural da Nazaré, that you will find the “*Estindarte*”, a name given locally to the drying rack for fish.

That's where the fishmongers dry and sell the fish.

## Sítio in Nazaré

The Sítio district, located at the town's highest point, accessible by a funicular, is without doubt the best viewpoint. But it is also associated with the cult of Our Lady of Nazaré.

## Suberco Viewpoint

A-MA-ZING.

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

## Nazaré Surfer Wall

Surfers of the giant waves are used to walls of water which are over 20 meters-high: this is what they look for in Nazaré in thunderstorm days. In the Fort of S. Miguel Arcanjo in Nazaré visitors can see an exhibition of surfboards offered by these surfers who venture in the incredible waves of the North Beach.

## Departure to Alcobaça

Alcobaça lies in the valleys of the Rivers Alcoa and Baça, which according to some authors is the origin of its name. It has also been suggested that it was the Arabic name of the place which was split to name the two rivers.

## Check In and diner @ Montebelo Mosteiro de Alcobaça – Historic Hotel \*\*\*\*\*

Montebelo Mosteiro de Alcobaça Historic Hotel is the newest 5-star hotel of Montebelo Hotels & Resorts group.

Placed in a unique setting, with the signature of Pritzker award-winning Portuguese architect Souto de Moura, this hotel has a unique and distinguish flair, where history, culture, art and modernity mingle.

#91 rooms

## Day 02 – Monday, 24<sup>th</sup> April

### 09h00 - Departure to Peniche

Since ancient times Peniche lived intimately linked to the sea. Initially it was an island but then with the wind and tidal current become a peninsula. Its strategic location, the richness of their land and its coast was where occupied by several civilizations since prehistoric times, more precisely at the Middle Palaeolithic. With the Roman occupation the economy of the population was mainly based on agriculture and fishing, stating the importance at the time of the canning industry, an activity that continues today.

Peniche is known as the surf capital of Europe, drawing hundreds of thousands of pro and amateur surfers to its shores every year. But while the waves are incredible, there's more to the town than surf. The seafood is incredible, the museums are charming, and the scenery is magnificent.

The working port with its authentic vibes make it all more appealing.

### Guided Visit

### Fresh Fish Auction. Artisanal and trawl fishing

Fresh fish auctions are fully computerized licensed venues, very different from what they were a few decades ago.

Today, even at home, it's possible, to participate in auctions online of the 20 Portuguese auctions, supervised by Docapesca, the largest company in Europe in the fisheries sector.

In fact, it was the fresh fish auction in Peniche that, in 2009, started the online trading of fish in Portugal

### Stitching Ladies

Still young women who learn the secrets of repairing fishing nets from old retired fishermen.

### Bairro do Visconde

Situated right in front of the Fort of Peniche, from where the communist leader escaped in 1960, the fishermen's quarter Bairro do Visconde rises upon the cliffs. The Fort of Peniche was built under the ruling of D. João III from 1557 to 1645 and its one of the historical landmarks of the defence of the city.

These were modest wooden houses built upon the rocks, as in the whole Atlantic coastline. Brickwork only started in 1945.

However, the origins of Bairro do Visconde are deeply related to the preserved food industry that began during World War I through the initiative of Emílio José Ló Ferreira, Commander of the Order of Christ and Viscount of Trevões, who returned from Brazil in 1909 with the capital and the strategic vision to change the course of History in Peniche.

The fishermen's quarter Bairro do Visconde is a deeply popular quarter and also an extraordinary social and political testimony with the best location in town.

Historical ironies.

### Lunch – Xakra Beach Bar Restaurant

The perfect opportunity to indulge in some of the Peniche's most famous fishy dishes. A Day at the Paradise

## Baleal Beach

On the north coast of Peniche, there is a small peninsula with limestone and volcanic, known as Papoa. This rock formation has a karst pattern, being a popular fishing spot, also providing beautiful views of the sea.

The islet of Papoa marks the beginning of Baleal beach, a refuge for surfers when the wind blows from the southeast and also an excellent place for watching seabirds.

And Baleal beach, which was once an island, later a place where whales were cut up, still has two islets: Ilha de Fora and Ilhéu das Pombas

A scenic island village that's connected to the mainland village of Casais do Baleal by a narrow causeway, it's an incredibly pretty place to relax, check out the little shops, and enjoy some surfing and sun-worshiping on its gorgeous stretch of golden beach. If you want to take your surfing skills to the next level, you'll find plenty of surf schools dotted around the sand.

18h00 - Departure to Caldas da Rainha

## Check in @ Sana Silver Coast Hotel

Located in the historical center of Caldas da Rainha, within walking distance of the city park and shopping area.

A majestic neoclassic building, completely renovated with a simple, yet styling design

Diner @ Casa Antero **tbc**

There's nothing like Portuguese food on a Portuguese tavern!

## Day 03 – Tuesday, 25th April

### Departure to Óbidos

Just 15 minutes from Peniche and you'll find Óbidos, a tiny town one of Portugal's most beautiful destinations.

A romantic village that is a book lover's dream.

Once a medieval fortress surrounded by a 12th century wall, Óbidos invites you to wander and explore the cheerful medieval ambience of winding streets and old whitewashed houses where the sunset takes a golden colouring.

Óbidos hosts numerous festivals throughout the year that are open to all, including the Chocolate Festival in spring, the Medieval Fair in summer, the Literary Festival in fall, and the Christmas Village in winter.

### Óbidos Walking Tour

## 12h00 – Departure to Sanguinhal

Located only 40min away from Lisbon, in recent years, the Company invested in the tourism and service areas in order to take advantage of the high potential of its exclusive buildings. At Quinta do Sanguinhal, the Pereira da Fonseca family and a dedicated team, welcome thousands of wine tourists every year. The estate holds one of the first distilleries built in the region, with beautiful column copper alembic stills.

Companhia Agrícola do Sanguinhal owns 3 estates located in the Demarcated Region of Óbidos (A.O.C.): Quinta do Sanguinhal, Quinta das Cerejeiras and Quinta de S. Francisco.

### Visit and Lunch

## Departure to LIS

Post Tour\_UPAV & VVR  
23<sup>th</sup> to 25<sup>th</sup> April  
Center of Portugal



There´s nothing like Home

### Accommodation

#### Montebelo Mosteiro de Alcobaça Historic Hotel \*\*\*\*\*

Rua Silvério Raposo  
2 460 - 075 Alcobaça  
Ph.: +351 232 420 000  
E-mail: [comercial@montebelohotels.com](mailto:comercial@montebelohotels.com)  
<https://montebelohotels.com/>

#### Sana Silver Coast Hotel\*\*\*\*

Avenida Dom Manuel Figueira Freire da Câmara  
2500-184 Caldas da Rainha  
Ph.:+351 262 000 600  
E-mail:[sanasilvercoast@sanahotels.com](mailto:sanasilvercoast@sanahotels.com)  
<https://silvercoast.sanahotels.com/>

### Restaurants

#### Restaurante Pangeia

Rua Abel Silva, 50  
Pederneira, Nazaré  
Ph.: +351 917 934 726  
E-mail: [geral@pangeiarestaurante.com](mailto:geral@pangeiarestaurante.com)

#### Xakra Beach Bar Restaurant

Praia do Molhe Leste,  
2520-000 Peniche  
Ph.: + 351 965 172 166

### WineTourism

#### Quinta do Sanguinhal

2540-216 Bombarral  
Ph.: +351 262 609 199 | +351 914 493 231  
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