

## PORTUGAL

“ Europe's last best-kept secret ”

Portugal is a country of astonishing beauty and diversity, not to mention clear blue skies and friendly, courteous people. Pick any destination and the view from your window might be a rugged stretch of windswept coastline (Cabo do São Vicente, Castelejo, Cabo Espichel), a pristine beach where fishermen mend their nets beside brightly painted sardine boats (Albufeira, Bordeira, Praia do Camilo) or a cobbled street overlooked by dazzling whitewashed houses with wooden balconies and red-tiled roofs.

Portugal is a land of infinite options. You can mingle with the crowds in one of the more sophisticated beach resorts or wander through the medieval quarters of historic cities like Lisbon, Porto, Braga or Coimbra.

To explore the more remote beauty spots (car hire is relatively cheap, driving a delight) stay overnight in a romantic *pousada* - a converted farm, monastery or manor house enjoying a wonderful setting - an amazing bargain. If it's an activity holiday you're looking for, Portugal is one of Europe's premier golfing destinations while the tennis schools are second-to-none.

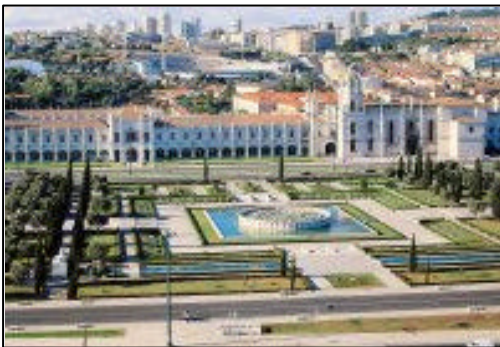
You could try your hand at big game fishing or horse riding, learn how to windsurf or water ski. Other unmissable experiences include Fado (Portugal's answer to soul music), country fairs where centuries old folk traditions are lovingly reenacted, Port wine tastings and mouthwatering fish suppers. Portugal is a country ripe for discovery.



## LISBON

Perched on the edge of the Atlantic Ocean and with a personality split between Western Europe and Northern Africa, Lisbon is a European city like no other. Portugal's capital boasts as grand a cultural and historical heritage as any other major European city, but also a tumbledown, earthier side that sets it apart.

Lisbon's zenith was back in the fifteenth and sixteenth centuries when great explorers and bold sailing fleets edged out of the security of Lisbon in the quest to discover the 'New World'. This rich colonial past is still very much in evidence in the suburb of Belém, laden with grand imperial buildings like the stunning *Manueline Mosteiro dos Jerónimos* and the waterfront *Torre de Belém*.



Mosteiro dos Jerónimos



Torre de Belém

The *Monument to the Discoveries* is a modern tribute to the age when Portugal was one of the world's great maritime powers. One name that rides high above any other from this period is Vasco Da Gama - the country's greatest maritime hero.

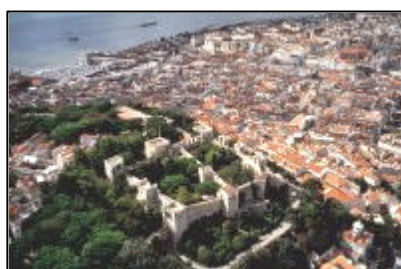
The *Rio Tejo* (Tagus) still dominates Lisbon life, but the main industry is now tourism as the city grows in popularity as a tourist destination. Other key industries include finance, insurance, consulting and telecommunications, with Lisbon very much the hub of Portuguese business, commercial and political life. The city centre is a buzzing grid of grand streets with all the trappings of any other Western European city, but also rumbling old trams, antiquated funiculars and *elevadors* (elevators) that help negotiate Lisbon's steep hills.

Further east in the Alfama district the earthier side of the city takes over as the wide streets give way to a tight warren of cobbles, littered with tiny shops, houses and traditional restaurants. Here mobile phones and sharp suits are replaced by haranguing old women selling fresh fish on the street. This is the area of the city that has exotic echoes of Northern Africa, the influence from across the Mediterranean very strong thanks to the many immigrants who have brought their culture and traditions to the city from Portugal's former African colonies.

Venturing even further east is the site of the successful World Expo 98, an event that demonstrated the Portuguese government's determined efforts to place Lisbon firmly on the European map.



D. João I Statue



View of Lisbon (from St. Jorge Castle)

The government has invested heavily to turn the former Expo site into an accommodation, business and nightlife centre, with the initial results of the ambitious project looking promising. Further evidence of Portugal's ambition is the successful bid to stage the European Football Championship in 2004, an event that will bring many of the world's top teams to Lisbon as well as focusing the media spotlight on the Portuguese capital.

Despite all this new development and the attempts to modernise the city, its easygoing charm has not been lost. In summer Lisbon can be hot and sticky (14C-27C), but this is soon eased by a quick train ride along the coast to the beach resorts of Cascais and Estoril. In winter Lisbon is much cooler (8C-16C) though still boasts many sunny days, making it a popular year round destination.



Elevador Sta. Justa

## LISBON GENERAL INFORMATION

<b>Location</b>	: West coast of Portugal.
<b>Population</b>	: 681,063 (city); 2,000,000 (metropolitan area).
<b>Religion</b>	: Predominantly Roman Catholic.
<b>Ethnic mix</b>	: 70% Portuguese, 10% African, 20% smaller minority communities from Macau, Brazil and other parts of Europe.
<b>Time zone</b>	: GMT (GMT + 1 from last Sunday in March to Saturday before last Sunday in October).
<b>Electricity</b>	: 220 volts AC, 50Hz ; round two-pin plugs are standard.
<b>Average May temp.</b>	: 24°C (53.5°F).
<b>Annual rainfall</b>	: 617mm (24.3 inches).
<b>Language</b>	: The national language is Portuguese, however, English is spoken by many in business circles and the tourism industry. Portuguese developed, along with all the Romance languages, from Latin when the Romans conquered the area. It evolved into a distinct language after successive waves of invasion by Germanic tribes and Arabs, as well as those returning from Portugal's overseas colonies and during the periods of Spanish and French rule; all of which have contributed to the vocabulary.
<b>Business Profile</b>	: Being part of the EMU has strengthened Portugal's trading bonds with the other European countries - almost half the country's trade is with Spain, Germany and France. The successful staging of Expo 98 was a sign that Lisbon is now a progressive European city and silenced many critics who had predicted that it would be a disaster.  The city has its own convention centre - The <i>Lisbon Convention Centre</i> ). The <i>Portuguese Investment, Trade and Tourism Institute</i> offers English language assistance on doing business in Lisbon.

## Business Etiquette

: Doing business in Lisbon is far less bureaucratic than it used to be, but can still require a lot of patience, even though a reasonably good level of English is spoken in business circles. Appointments may stretch on for longer than anticipated with long lunches common. Shaking hands is customary when meeting and taking leave; business cards are exchanged after introduction.

When addressing someone, it is customary to use their title, especially if they have a profession (eg *Engenheiro*) or university degree, followed by their full name. Regardless of their degree, university graduates are usually referred to as Doctor(a). Mr, Ms and Mrs translate as Sr, Sra and D (for 'Dona'). Co-workers often refer to each other as 'colleague'.



## GETTING TO LISBON - BY AIR

### **Aeroporto de Lisboa (LIS)**

Tel: 21 841 3700

Fax: 21 840 1837

The airport, which had the world's highest passenger growth rate in 1998, is located seven kilometres (four miles) north of the city.

### **Major airlines :**

The national airline is *TAP Air Portugal*.

*PGA - Portugália Airlines* is also Portuguese-based.

Other airlines include *Air France, British Airways, Go, Iberia, KLM, Lufthansa, Swissair* and *TWA*.



### **Approximate flight times to Lisbon :**

Amsterdam	: 2h45	Athens	: 4h15	Barcelona	: 1h50
Brussels	: 2h45	Copenhagen	: 3h40	Dublin	: 2h40
Frankfurt	: 3h00	Geneve	: 2h30	Hamburg	: 3h20
Helsinki	: 5h15	London	: 3h10	Madrid	: 1h05
Milan	: 2h50	Moscow	: 6h10	Munich	: 3h05
Oslo	: 4h50				

### **Airport facilities :**

First aid, bureaux de change, post office, left-luggage, restaurant and bar are all open 24-hours. There are also duty-free (and other) shops, tourist information (0600-0000), banks. Car hire is available

### **Transport to the city :**

The *AeroBus* departs every 20 minutes (0700-2100) to the city centre (journey time - 20 minutes) and the Cais do Sodré rail station. Local buses 5, 8, 22, 44 and 83 operate 0600-2130 and bus 45 runs until 0115. Taxis are available 24-hours a day. The average taxi fare to the city centre is € 6 to € 15 (journey time - 15-30 minutes).

## GETTING TO LISBON - BY ROAD

Traffic drives on the right in Portugal and international traffic signs are used. The minimum age for driving is 18 years. Speed limits are 120kph (74mph) on motorways, 90kph (56mph) outside built-up areas and 50kph (30mph) in towns.

Tolls are charged on most motorways. Motorways are indicated by the prefix 'A'; minor roads by the prefix 'N'. Both International Driving Permits and national driving licences are accepted.

A Green Card and third-party insurance are compulsory, as is a warning triangle. Seat belts must be worn and children should travel in the rear seat.

The *Automóvel Club de Portugal (ACP)* is the national motoring association, Rua Rosa Araujo 24 (tel: (21) 318 0100; and will assist motorists whose automobile club has a reciprocal agreement.

### **Emergency breakdown service:**

*ACP* 21 942 9103

### **Routes to the city :**

The A1 *Auto-estrada do Norte* extends from Porto to Lisbon and the A8 arrives from destinations to the north and west of the city. The A9 bypasses Lisbon, connecting the A1, A8 and the A5, which links Lisbon with Cascais and the beaches. The A2 *Auto-estrada do Sul* arrives from the Algarve via Almada and the Ponte 25 de Abril. The A12 crosses the Ponte Vasco da Gama, offering a less congested route into the city.

### **Driving times to Lisbon :**

From Porto - 3 hours ;

Faro and the Algarve - 3 hours (longer on summer weekends);

Madrid - 8 hours .

### **Coach services :**

The main terminal (especially for international destinations) is near Saldanha metro station on Avenida Casal Ribeiro. *Rede Nacional de Expressos*, provides coach services from hundreds of Portuguese destinations.

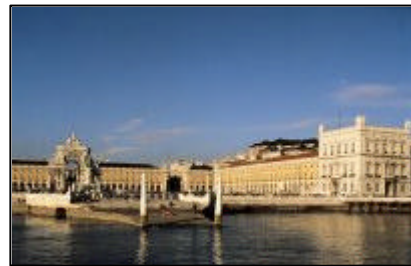
## SIGHTSEEING LISBON

Lisbon's sightseeing is can be divided into four districts. The most central is the *Baixa*, the very heart of the city, which was rebuilt along a neat grid system after a series of devastating earthquakes, particularly the massive devastation of the 1755 tremor. The impressive *Praça do Comercio* is flanked by the stately *Royal Palace* and government ministries three sides and is lapped by the waters of the *Rio Tejo* on its southern fringe.

Strolling to the east the neat order of the Baixa dissolves in the tumbledown chaos of the *Alfama* district - the medieval old hub of the city, where the streets are as narrow as the smiles are large on the faces of the colourful women who harangue passers by with the fresh catch of the day.



Lisbon view



Praça do Comércio

A train or tram ride in the opposite direction is the suburb of *Belém*, where the connections with Portugal's Great Age of Discoveries are the strongest. This is where the brave, or foolhardy, Portuguese sailors set off in search of worlds barely imagined let alone discovered. The legacy today is the epic Manueline architecture of the *Mosteiro dos Jerónimos* and the *Torre de Belém*, as well as more recent tributes like the *Monument to the Discoveries*.

Even further out of the city is the *Parque das Nações*, where the shell of Expo 98 has been imaginatively recreated into a sprawling leisure complex, complete with concert halls, museums and the *Oceanario*, one of the world's largest aquariums.



Sé

## LISBON NIGHTLIFE

With whole areas of the city being turned over to the pursuit of pleasure and traffic jams at 0400-0500 at the weekend, it is obvious that Lisbon is a city that takes its nightlife seriously. Traditionally the nightlife centre has been Bairro Alto, with its *fado* clubs, traditional, canteen-style bars and upscale discos. The simplest thing is to walk in and out of a number of them, ordering an *imperial* (half pint), or a *caneca* (pint) if the place looks especially inviting. The bars are open until 0400, often with lock-ins. The minimum age for purchasing alcohol is 16 years.

Much of the action has moved on to the *Docas* (Docks) district, just to the east of Ponte 25 de Abril. One bar after another occupies a row of converted warehouses at the *Doca de Santo Amaro*, with a crowded promenade and tables out front. Back towards the city the *Doca de Alcântara* has emerged over the last few years as the new place of choice for Lisbon's moneyed professionals and 'in' crowd. At around 0200 many locals head to the multitude of Lisbon discos, which rock until 0600 or later. Some Lisbon clubs leave the cover charge to the doorman's discretion - anything from zero to Esc1000-2000 (often including one or two drinks).

### **Bars:**

Along the row of buildings east of Ponte 25 de Abril, you can take your pick of the competing bars, like the popular *Celtas Iberos Irish Bar*, or the quieter spots, like *Café Ponto*. Finding a place in Bairro Alto is a bit more complicated - the best thing to do is to walk uphill from the Praça Luís de Camões, just to the west of the Chiado metro station. Rua da Atalaia is one of the more lively streets and the welcoming *Portas Largas*, at number 105, is a good place to start.

### **Casinos :**

*Casino Estoril* is one of the largest and best known in Europe. Visitors must be over 18 years, wear smart-casual attire and provide ID.

### **Live music :**

*Fado* is a form of music that developed in Lisbon in sailors' bars in the late eighteenth century. It is a mournful, romantic singing style that fits somewhere between blues and flamenco and bemoans the death of Portugal's great Golden Age. These traditional sounds are best heard at one of the *casa de fado* from about 2100-2200.

## ACCOMPANYING PERSONS / SOCIAL PROGRAM

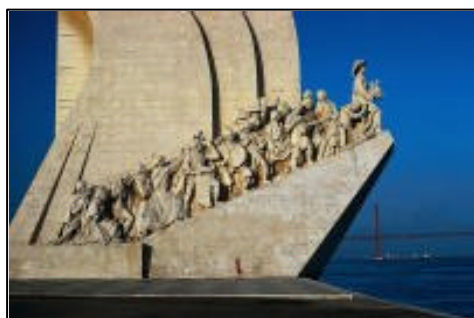
### Half Day - Old Lisbon

Departure driving through this remarkable city built nearly 2.500 years ago passing buildings dating from the 18th Century and along mosaic paved streets.

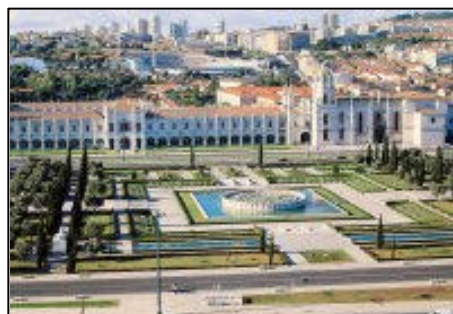
The first stop will be in the historic Lisbon's borough of Belém. Visit the Royal Coaches Museum with the largest and most important collection of carriages in the World from the 17th to the 19th Centuries.

Next follows the visit to the Monastery of the Jerónimos (Hieronymite Monks) built in 1502 and the finest example of the Gothic-Naturalist (the ambiental decoration named "Manueline"). The splendid church with chapels and the main-altar in Gothic-Renaissance style will be visited.

Then drive along the River Tagus left bank stoping by the Tower of Belém, an 16th Century fortress and by the Monument to the Sea Discoveries.



Monument to the Discoveries



Jeronimos Monastery

## Half Day - Sintra/Cascais

Departure to Sintra, a small delightful town in the forest covered Mountain of Sintra, immortalized as "Glorious Eden" by the World famous poet Lord Byron.

Located about 30 kilometers northwest of Lisbon, there will be a visit to the Royal Palace of Sintra, a fabulous royal residence of many Portuguese Kings, with wings and halls dating from the 13/14th Centuries. Sintra is excellent for shopping souvenirs and handicraft, and there will be time at leisure.

Descending the mountain on to Cape Roca, the Western-most point of continental Europe, a stop will be made by the cliffs over the Atlantic Ocean. Then following the coastline the tour will pass by Guincho Beach, Boca do Inferno (Hell's Mouth) an ocean carved spectacle in rock.

Arriving at the old fishermen vilage of Cascais that in the 1940's was chosen as residence by exiled European Royalty, a stop will be made by the lovely bay filled with fishing boats.

Time at leisure in Cascais, and return to Lisbon via the Estoril coastal road.



Pena Palace



Cabo da Roca

## Half Day - Arrábida/Sesimbra

Departure heading South of Lisbon crossing the Bridge 25th April over the River Tagus, continuing by the auto-route to Azeitão. Stop for a visit to the wine-cellars of José Maria da Fonseca (JMS), the producers of "Lancer's", "Moscatel" and many quality wines and visitors will be offered a drink of the local specialities.

Continuation to Sesimbra a famous fishing center with the traditional fishing boats moored in the jetty, also preferred by the sports fishermen due to the famous sword fish/marlin. All streets of Sesimbra lead to the lovely beach with calm waters where you may watch the heavy nets being pulled on to the golden sand.

From Sesimbra the tour proceeds for a scenic drive by the coastal road along the Arrábida Mountain, a preserved Natural Park due to its unique vegetation in Europe, and with a superb view over the mouth of the River Sado and the Atlantic Ocean.



Ocean View in Sesimbra

## **Full Day - Évora/Monsaraz**

Departure by the Bridge 25th April over the River Tagus passing by Montemor on to Évora.

Classified as "Museum Town and World Heritage" by the Unesco in 1986, Évora was first known by the Celts as Eborá, by the first Roman settlers as Eborá Cerealis and in 27 BC as Liberitas Julia.

In Medieval times the town held the courts of the Portuguese Kings of the 1st dynasty (Afonso) since 1165 and of the 2nd dynasty (Avis) up to 1559. The Roman-Gothic Cathedral dating from 1186, the Church of St. Francis built in 1480 with the macabre Chapel of Bones, the ruins of the Roman Temple of Diana are some of the places of great interest that may be visited.

Small streets with Manueline (Gothic-Naturalist) geminated-windows and porticos as well as the "Moucharabieh" verandahs of Mudejar influence, lead to the Praça do Giraldo, the meeting point of Évora's inhabitants.

Lunch, if included, will be at a regional restaurant.

The tour will proceed South to Monsaraz for a walking visit to the unusual white-painted village within the ramparts of the Medieval Castle conquered to the Arabs in 1167 and donated to the Knights Templar.

The main street with Gothic houses, the cistern and the Town-Hall with the Gothic fresco of the "Earthly Justice" are to be admired.



Templo de Diana



Praça do Giraldo

## **Full Day - Óbidos, Nazaré, Batalha, Fátima**

Depart to the Northern auto-route to Óbidos one of the most charming Portuguese villages, completely enclosed within the ramparts of the Medieval Castle.

Walking visit with entrance by the 18th Century arch covered in glazed tiles (azulejos), bright white small houses along cobblestone narrow streets, flower pots on window-sills, Gothic and Renaissance churches specially the beautiful Church of Santa Maria reminds the importance of Óbidos past.

Continuation of the tour to Nazaré, the most famous fishing town in Portugal. Among the bright colored rowing-boats moored on the beach bathed by the Atlantic Ocean, one may watch the fisherfolk bring in the nets. A superb view is enjoyed from the "Sítio", a belvedere on top of the hill while in the streets you may observe women still wearing the traditional 7 skirted costumes.

The tour will proceed to Batalha for a visit to the superb Monastery of Santa Maria da Victória celebrating the victory against the Castillians in 1386 in the Battle of Aljubarrota. This monument built in 1388 is the most beautiful example of the Portuguese Gothic architecture, later in 1509 were added the Unfinished Chapels and Cloisters in "Manueline" and in 1563 the Renaissance Chapels and Cloisters.

Departure to Fátima, the well known Roman Catholic Marian Shrine. Visit the Basilica and the Chapel of Apparitions that marks the spot where the 3 shepherd children had the visions in 1917. Time at leisure for individual activities.

