

Central Portugal

Beira Alta ■ Beira Baixa ■ Beira Litoral

This diverse region, which lies across the very middle of Portugal, stretches from the shores of the Atlantic Ocean to the heady heights of the Serra da Estrela, Portugal's highest mountain range.

The landscape varies significantly from vineyards, wheat fields and market gardens to green pine forests and natural lagoons. **Coimbra**, a fascinating and bustling town, is home to Portugal's oldest university and, as such, one of its main tourist attractions. This stately old town is also the perfect base from which to access the forest of **Bucaco** and its 700 native and exotic plant species, including the venerable 'Bucaco Cedar'.

This vast area is also a land steeped in history and legend. A rich heritage of fortified towns and castles, idyllic villages with slate roof houses painted in white and ochre and a world of Roman columns and mosaic pavements as in **Conimbriga**. Defending Portugal's borders from



Conimbriga



Coimbra

Spanish invasion was of extreme importance during the reign of King Dinis (1279-1325). The towns of **Almeida, Belmonte and Guarda** are perfect examples of these fortified townships.

Beaches include the family friendly **Costa Nova**, with its distinctive striped wooden beach houses, and **Figueira da Foz**, with its broad bands of sand bordered by dunes and pine groves. Paragliding and windsurfing are widely available along this coastline. There is also the **Sao Jacinto nature reserve** with sand dunes, nature trails, dense forests and a lagoon.

The coastal **Riviera of Costa da Prata** to the north of the region (Aveiro to Peniche), is popular with holidaymakers due to its flat sand beaches and small fishing villages such as **Nazare**. Further inland is the town of **Fatima**, the religious site where the Virgin Mary appeared to three local children in 1917 and where pilgrims flock twice yearly (13 May and 13 October).

Highlights

■ Fortifications

Fortified towns and castles line the Spanish border. Some of the most impressive can be found at Belmonte, Castelo Mendo, Castelo Rodrigo, Guarda and Almeida.

■ Geopark Naturtejo

This designated UNESCO Geopark, incorporating Proenca-A-Nova and Castelo Branco, is popular with walkers and cyclists. The Geopark is famous for its fossils and the extraordinary village of Monsanto, built amongst giant granite boulders.

■ Prehistoric Rock-Art

The Prehistoric Rock-Art sites in the Coa Valley date from the Upper Paleolithic (22,000–10,000 BC) and are considered a masterpiece of prehistoric art. They were discovered in the late 1980s and inscribed on UNESCO's World Heritage list in 1998.

Festivals

■ Obidos Chocolate Festival (01-31Mar)

Sample a variety of sweets and cakes; admire chocolate sculptures and watch competitions involving culinary professionals.

■ Burning of the Ribbons (07-12May)

Dating back through the centuries, this academic tradition takes place in Coimbra, Portugal's oldest university town.

■ Obidos Medieval Market (Jul)

Jousting tournaments, medieval dinners, jugglers and dancers.

■ Festa da Ria (15-19Aug)

The estuary of Aveiro comes alive with exhibits, handicrafts, gastronomy and a regatta.

■ Feira de São Mateus (14Aug-21Sep)

Dating back to medieval times, the fair, held in Viseu, includes music, handicrafts, entertainment and gastronomy.

Note: Dates subject to change.



Pousada Convento de Belmonte, Belmonte

Airports: 245km Porto / 291km Lisbon

- Historic Pousada ■ Bed & Breakfast ■ Swimming pool ■ Air-conditioning
- Pousada map reference 12 (see page 10)

After complete reconstruction and refurbishment the Pousada Convento de Belmonte emerged from the ruins of the Convent of Nossa Senhora da Esperança (Our Lady of Hope Convent). The original features of a small 13th century chapel have been beautifully maintained and the modern interiors blend perfectly with the historical architecture. Intimate sitting rooms and elegant guest rooms offer comfortable accommodation of a high standard. Art lovers will appreciate the permanent exhibition of contemporary art, by local artists, displayed at the Pousada. Highly recommended!

The town of Belmonte is the birthplace of the great Portuguese explorer Pedro Alvares Cabral who discovered Brazil in 1500. Cabral was born in the Castle of Belmonte and is buried next to the 13th century church of Sao Tiago near the castle walls. There are many places of interest in the surrounding area including the fortified towns of Guarda and Sortelha, the first rock fortress built in the Coa valley. Within easy reach is the pine forested natural park of Serra da Estrela, laced with streams and rivers leading to waterfalls and natural lagoons, and full of wildflowers (wild pansy) and birdlife.

Accommodation

24 air-conditioned rooms including standard rooms, a deluxe room and a duplex suite, all with bathroom (bath and shower), cable TV, telephone, minibar and balcony ■ The deluxe room comprises of one large bedroom with double four-poster bed, double sofa bed and large private balcony with sun loungers. This room will comfortably accommodate three adults or two adults and two children ■ The duplex suite comprises of a double bedded room on the first floor and, on the lower floor, a bathroom (bath and shower) and lounge with large balcony and direct access to the swimming pool.

Amenities/Leisure

Buffet breakfast ■ Restaurant serving regional and international dishes ■ Panoramic terrace ■ The original chapel has been converted into a bar and comfortable lounge ■ The ancient cloister is now a beautiful winter garden with seating ■ Open-air courtyard ■ Hairdryer on request at reception ■ WiFi internet connection available in the public areas (payable locally) ■ Outdoor swimming pool (4 x 14m) and sun terrace, open May-Sep ■ Free parking ■ An amphitheatre is located within the grounds ■ Belmonte is located just over 1km away.

Guideline price £ per person - 7 nights

Prices based on 2-sharing a Standard room, flights to Porto with TAP Portugal and car hire (Group A – see page 90). Single room supplement on request.

Pousada Convento de Belmonte	Jan-Mar	Apr-Jun	Jul-Aug	Sep-Oct
	£773	£874	£1196	£1122

Please refer to page 2 for details of pricing structure and telephone us for a quotation.



Pousada Convento do Desagravo, Vila Pouca da Beira

Airports: 194km Porto / 266km Lisbon

- Historic Pousada ■ Bed & Breakfast ■ Swimming pool ■ Air-conditioning
- Pousada map reference 18 (see page 10)

The Convento do Desagravo was built in 1780 and completed in 1800 on the orders of the Bishop and Count, Dom Francisco de Lemos de Faria Pereira Coutinho. Located close to the Serra da Estrela National Park and Serra do Acor mountains, the Pousada enjoys a peaceful setting in attractive surroundings. This beautiful property is ideal as part of a fly drive itinerary, or as a place to relax and unwind.

Accommodation

29 air-conditioned rooms including standard rooms, a deluxe room and suites, all with bathroom (bath and shower), hairdryer, telephone, satellite TV, safe deposit box and minibar ■ The deluxe room is twin bedded with a designated living area with single bed and a balcony ■ The suites have a separate bedroom, living room with single sofa bed



and a balcony ■ Some standard rooms will accommodate an extra bed for a child ■ Many rooms enjoy fabulous views over the swimming pool, vineyards and Serra da Estrela mountains.

Amenities/Leisure

Buffet breakfast ■ Restaurant serving international and regional dishes ■ Lounges ■ Bar ■ Lift ■ Terrace ■ Internet connection in the public areas ■ Swimming pool (15 x 10m) set in lawned gardens, open May-Sep ■ Children's pool ■ Tennis court (free of charge) ■ Games room (Snooker table and table football) ■ Children's playground (slide and climbing frame) ■ Chapel used for weddings ■ Free parking ■ 10km from the town of Oliveira do Hospital with restaurants and a supermarket ■ 35km from the schist village of Piodao.

Guideline price £ per person - 7 nights

Prices based on 2-sharing a Standard room, flights to Porto with TAP Portugal and car hire (Group A – see page 90). Single room supplement on request.

Pousada Convento do Desagravo	Jan-Mar	Apr-Jun	Jul-Aug	Sep-Oct
	£636	£752	£915	£848

Please refer to page 2 for details of pricing structure and telephone us for a quotation.



'Arcadas da Capela' gourmet restaurant



Quinta das Lagrimas, Coimbra

Airport: 138km Porto / 198km Lisbon

■ 4-star hotel ■ Bed & Breakfast ■ Swimming pool ■ Air-conditioning

The Quinta das Lagrimas is one of the most famous hotels in Portugal, known not only for its association with the Duke of Wellington's Portuguese campaigns, but also as the setting of the forbidden love story between Prince Pedro and Ines de Castro. According to legend, it was in Quinta das Lagrimas (Estate of tears) that Ines de Castro wept whilst she was executed on the orders of the king, Dom Afonso IV.

This fascinating property, set in 20 acres of botanical gardens (including two trees planted by Wellington himself) is steeped in history and tradition. The original building dates from the 18th century and has been in the current family for over 300 years. Although the property has been renovated, it has maintained many original features including high ceilings in the lavish public areas and fabulous frescoes. A hotel not to be missed!



Bedroom, Garden wing



Bedroom, Spa wing

Accommodation

All the rooms have a bathroom (bath and shower), telephone, cable TV, safe deposit box and minibar.

Garden wing: There are 21 garden rooms, all with WiFi internet connection and French doors with direct access to the gardens.

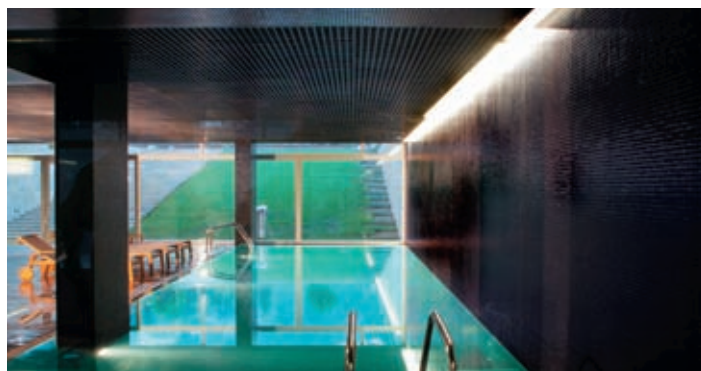
Spa wing: The spa wing has 14 rooms and 1 suite. These rooms are spacious and have internet connection, Jacuzzi bath and garden or city view. The suite is open plan with a designated living area and view to the garden. The spa rooms will accommodate an extra bed for an adult or child.

Palace: The original palace has 14 luxurious rooms and 4 suites, all with WiFi internet connection. The suites are open plan with a designated living area. The rooms on the ground floor have French doors with direct access to the gardens. The palace rooms will accommodate an extra bed for an adult or child.

Amenities/Leisure

'Aqua' buffet breakfast room ■ Arcadas' gourmet restaurant (1 Michelin star) offering an impressive wine list of more than 200 vintages of the best wines of Portugal – taster menu c. 55 Euros excluding drinks ■ Bar ■ Fabulous library with floor to ceiling bookshelves housing the complete collection of Paris Match ■ 20 acres of botanical gardens ■ Swimming pool (15 x 6m) with sun terrace ■ Pool bar ■ Spa with treatment rooms and free use of the indoor pool (10 x 3m), sauna, Turkish bath and gym ■ 'Golf driving range and putting green ■ 15-minutes walk from the centre of Coimbra and 30-minutes walk to the university ■ Free parking.

Opens: 02Jan12



Guideline price £ per person – 7 nights

Prices based on 2-sharing a Garden room, flights to Porto with TAP Portugal and car hire (Group A – see page 90). Single room supplement on request.

Quinta das Lagrimas	Jan-Mar	Apr-Jun	Jul-Aug	Sep-Oct
	£823	£847	£950	£882

Please refer to page 2 for details of pricing structure and telephone us for a quotation.

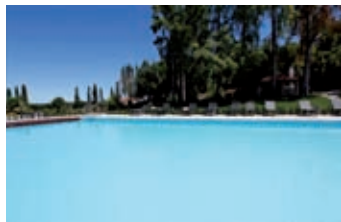


Casa da Insua, Penalva do Castelo

Airport: 169km Porto / 305km Lisbon

■ 5-star hotel ■ Bed & Breakfast ■ Swimming pool ■ Air-conditioning

Casa da Insua is an 18th century baroque manor house located in Penalva do Castelo. The current property was built on the site of the existing ancestral home of Luis de Albuquerque de Mello Pereira e Caceres, Captain General and Governor of Mato Grosso and Guaiaba in Brazil. Ornamental pieces relating to the family's rich South American history are on display in the hotel.



Accommodation

38 air-conditioned rooms including single rooms, standard rooms, superior rooms, junior suites and executive suites ■ All rooms have bathroom (bath and shower), hairdryer, telephone, cable TV, internet connection, minibar and safe deposit box ■ Most rooms will accommodate an extra bed for an adult or child ■ The executive suites, located in the Palace, are decorated with Portuguese styled furniture with views over the English garden or central courtyard.

Amenities/Leisure

Buffet breakfast ■ Restaurant serving regional and international cuisine ■ Bar with terrace ■ Lounge ■ Games room (snooker table) ■ Museum featuring Casa da Insua's historic artifacts ■ 17th century English garden ■ Chapel ■ Outdoor heated swimming pool and children's pool ■ Free parking ■ 7km to the nearest town and restaurant in Mangualde ■ 25km to Viseu.

Today, the hotel reflects the architecture and decoration of a bygone era whilst offering an ideal base for those seeking a quiet place to relax or explore the surrounding countryside. The guest accommodation is divided into three distinct areas: the palace, cloister and the arch wing. Each room offers the utmost comfort and has a name linked to the property's history, giving it individual character.

Casa da Insua is well known for its magnificent 18th century gardens and for its production of wine, cheese, olive oil and jams. Guests are invited to take guided tours of the gardens and estate, as well as partake in wine and cheese tasting.

Guideline price £ per person - 7 nights

Prices based on 2-sharing a Standard room (Arch Wing), flights to Porto with TAP Portugal and car hire (Group A – see page 90). Single room supplement on request.

Casa da Insua	Jan-Mar	Apr-Jun	Jul-Aug	Sep-Oct
	£644	£668	£766	£703

Please refer to page 2 for details of pricing structure and telephone us for a quotation.

Casa do Cimo, Fundao

Airport: 278km Porto / 260km Lisbon

■ Casa Antiga ■ Bed & Breakfast

Casa do Cimo is located in the village of Aldeia Nova do Cabo and surrounded by the mountains of Serra da Gardunha and Serra da Estrela. This charming 16th century manor house has been owner-managed by the same family since 1578. Recently renovated to a high standard, Casa do Cimo offers guests an enjoyable place to relax within an historic setting with modern comforts.

The manor house is in an ideal location for nature lovers, situated by numerous walking and hiking paths in the area. Guests can spend the afternoons wandering about the village or visiting well loved local landmarks such as the Cova da Beira Valley.

Accommodation

9 standard rooms and 1 suite, all with bathroom (bath, 3 rooms have a shower only) and mountain view ■ All rooms will accommodate an extra bed for a child ■ Four rooms have a balcony ■ The suite has a separate living room and will accommodate two extra beds for children ■ Hairdryer on request at reception.

Amenities/Leisure

Continental breakfast ■ Evening meals available on request ■ Bar and lounge ■ Library ■ Games room (billiards and card tables) ■ Bicycles for use (free of charge) ■ Small terrace to the front of the property ■ Free parking ■ 1km to the nearest restaurant ■ 2km to the town and train station ■ Walking trails close by.

Minimum stay: 2 nights



Guideline price £ per person - 7 nights

Prices based on 2-sharing a Standard room, flights to Porto with TAP Portugal and car hire (Group A – see page 90). Single room supplement on request.

Casa do Cimo	Jan-Mar	Apr-Jun	Jul-Aug	Sep-Oct
	£617	£641	£739	£676

Please refer to page 2 for details of pricing structure and telephone us for a quotation.



Pousada Santa Cristina, Condeixa-a-Nova

Airports: 126km Porto /180km Lisbon

- Charm Pousada ■ Bed & Breakfast ■ Swimming pool ■ Air-conditioning
- Pousada map reference 13 (see page 10)

The Santa Cristina is a charm Pousada in every sense of the word. It is beautifully set in peaceful surroundings on the site of the 14th century Palacio dos Almadras in Condeixa-a-Nova. The interiors have been tastefully restored and furnished with Portuguese flair. Its ideal location, only 2km from Conimbriga, home to one of the best preserved Roman ruins in Europe and 12km from the university city of Coimbra, makes it the perfect choice from which to explore the area.

Accommodation

45 air-conditioned rooms including standard rooms and superior rooms, all with bathroom (bath or shower), telephone, satellite TV, safe deposit box and minibar ■ Some rooms interconnect.



Amenities/Leisure

- Buffet breakfast ■ Restaurant ■ Bar ■ Terrace ■ Lounge ■ Terraced gardens ■ Lift ■ Swimming pool (12.20 x 6m) open May-Sep ■ Tennis court ■ Free parking.



Guideline price £ per person - 7 nights

Prices based on 2-sharing a Standard room, flights to Porto with TAP Portugal and car hire (Group A – see page 90). Single room supplement on request.

Pousada Santa Cristina	Jan-Mar	Apr-Jun	Jul-Aug	Sep-Oct
	£621	£752	£899	£833

Please refer to page 2 for details of pricing structure and telephone us for a quotation.



Superior room – Palace wing

Hotel Palacio da Lousa, Lousa

Airport: 171km Porto / 213km Lisbon

- 4-star hotel ■ Bed & Breakfast ■ Swimming pool ■ Air-conditioning

Situated within private, well-maintained gardens in the centre of Lousa, and enjoying stunning views over the Serra da Lousa natural park, is the Hotel Palacio da Lousa. Dating from the 18th century, this former palace of Viscondessa do Espinhal has been carefully restructured and expanded to create a charming modern 4-star hotel.

With the wooded valleys of the Serra da Lousa natural park on the doorstep, the university town of Coimbra (23km) and the Roman ruins at Conimbriga (27km) within a short drive, the Palacio da Lousa is ideal for a relaxing break or as a base from which to explore the surrounding region.

Accommodation

46 air-conditioned rooms including standard rooms, superior rooms and suites, divided between the a new wing and the original palace ■ All rooms have a bathroom (bath and shower), hairdryer, cable TV, telephone, minibar, safe deposit box and internet connection ■ The rooms in the new wing are decorated using contemporary colours and modern furnishings whereas the rooms in the original palace are traditionally decorated ■ The superior rooms, located within the

original palace, have a king size bed and will accommodate an extra bed for an adult or child. Most superior rooms have views over the gardens and mountains ■ The suites, located in the new wing of the hotel, have a separate living room with a double sofa bed suitable for two children ■ Some rooms in the new wing interconnect.

Amenities/Leisure

Buffet breakfast ■ Restaurant 'A Viscondessa' specialising in regional cuisine – taster menu c.35 Euros excluding drinks (open Friday and Saturday). During the summer months dinner is served on the terrace – open daily ■ Panoramic bar with stunning views over the Serra da Lousa ■ Swimming pool (6 x 4m) open May-Sep ■ Poolside bar ■ Four lounges (located in the original noble, music, lecture and smoking rooms) ■ Games room (snooker, table tennis, darts and a playstation) ■ Children's play room with paints and games ■ Lift in both wings ■ Free parking ■ 2-minutes walk to the centre of Lousa and to the nearest restaurant ■ 30km from Coimbra ■ Hiking trails in the Serra da Lousa nearby ■ 5-minute walk to the train station. Train to Coimbra (45-minutes) is c.2 Euros each way ■ Church bells peal hourly.

Guideline price £ per person - 7 nights

Prices based on 2-sharing a Standard room (New wing), flights to Porto with TAP Portugal and car hire (Group A – see page 90). Single room supplement on request.

	Jan-Mar	Apr-Jun	Jul-Aug	Sep-Oct
Hotel Palacio da Lousa	£609	£634	£743	£680

Special Offers

- Stay 3 nights pay 2 nights between 03Jan-04Apr12 and 09Apr-15May12.
- Stay 4 nights pay 3 nights between 03Jan-04Apr12 and 09Apr-15May12.
- Stay 7 nights pay 5 nights between 03Jan-04Apr12 and 09Apr-15May12.
- Stay 7 nights pay 6 nights between 16May-03Oct12 and 06-30Oct12.

Please refer to page 2 for details of pricing structure and telephone us for a quotation.



O BRASÃO

AMRZUORUI A

ASTRE

N
ROAD

RE



Hotel Real d'Obidos, Obidos

Airport: 80km Lisbon

■ 4-star hotel ■ Bed & Breakfast ■ Swimming pool ■ Air-conditioning

This charming medieval-styled hotel is located just outside the walled town of Obidos (c.20m) and enjoys stunning views towards the town's castle and over the surrounding countryside. Originally a 14th century residence, the Hotel Real d'Obidos has been beautifully remodelled to offer a high standard of accommodation, whilst maintaining and enhancing many of the building's original features. This is a property that cannot fail to please, whether on a short break or a longer stay.



Accommodation

17 traditionally furnished, air-conditioned rooms including standard rooms, superior rooms and a suite ■ All rooms have bathroom (bath and shower), hairdryer, telephone, cable TV and safe deposit box (payable locally c. 2 Euros per day) ■ Minibar on request ■ The superior rooms have a view of the castle and will accommodate an extra bed for an adult or child ■ The suite has a separate living room and will accommodate two extra beds for children.

Amenities/Leisure

Buffet breakfast ■ Medieval lounge and honesty bar ■ Lift ■ Garden with freshwater swimming pool (13 x 5m) open Jun-Sep ■ Terrace and bar with sheltered area facing the swimming pool – open Jun-Sep ■ Games room (snooker, billiards and children's play area) ■ Free underground parking ■ Bicycle hire (payable locally) ■ Evening meals on request and payable locally ■ Closest restaurant located across the street.



Guideline price £ per person - 7 nights

Prices based on 2-sharing a Standard room, flights to Lisbon with TAP Portugal and car hire (Group A – see page 90). Single room supplement on request.

Hotel Real d'Obidos	Jan-Mar	Apr-Jun	Jul-Aug	Sep-Oct
	£668	£692	£916	£849

Please refer to page 2 for details of pricing structure and telephone us for a quotation.



Pousada Conde de Ourem, Ourem-Fatima

Airport: 132km Lisbon

■ Historic Pousada ■ Bed & Breakfast ■ Swimming pool ■ Air-conditioning
■ Pousada map reference 17 (see page 10)

The Pousada Conde de Ourem is situated within the medieval walled town of Ourem, just 12km from Fatima, one of Europe's main centres of pilgrimage. The Pousada was built from a cluster of medieval houses and affords panoramic views over the Seica river valley and the shrine of Fatima in the distance. This property provides an ideal base from which to explore an area steeped in history and tradition.

Accommodation

30 air-conditioned rooms including standard rooms and superior rooms, all with bathroom (bath or shower), hairdryer, telephone, satellite TV and minibar.

Amenities/Leisure

Buffet breakfast ■ Restaurant serving regional and international cuisine ■ Bar ■ Terrace ■ Swimming pool (9 x 5m) open May-Sep and located across the street ■ Free parking ■ The peal of church bells can be heard at weekends.



Guideline price £ per person - 7 nights

Prices based on 2-sharing a Standard room, flights to Lisbon with TAP Portugal and car hire (Group A – see page 90). Single room supplement on request.

Pousada Conde de Ourem	Jan-Mar	Apr-Jun	Jul-Aug	Sep-Oct
	£641	£742	£904	£838

Please refer to page 2 for details of pricing structure and telephone us for a quotation.

