



PORTUGUESE  
**RURAL  
EXPERIENCES**

**REVERSE MISSION  
PAÍSES NÓRDICOS  
13TH TO 17TH MARCH 2023**

**EXPLORE**

**LIVE**

**FEEL**

**TASTE**



Promotores:



Cofinanciado por:



União Europeia  
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# PORTUGAL

## NORTE | CENTRO | ALENTEJO



# PORTUGAL

## NATURAL PARKS

### âmbito nacional

#### Parque Nacional

- 1 Peneda-Gerês

#### Parques Naturais

- 2 Montesinho  
3 Litoral Norte  
4 Alvão  
5 Douro Internacional  
6 Serra da Estrela  
7 Tejo Internacional  
8 Serras de Aire e Candeeiros  
9 Serra de São Mamede  
10 Sintra-Cascais  
11 Arrábida  
12 Sudoeste Alentejano e Costa Vicentina  
13 Vale do Guadiana  
14 Ria Formosa

#### Reservas Naturais

- 15 Dunas de São Jacinto  
16 Serra da Malcata  
17 Paul de Arzila  
18 Berlengas  
19 Paul do Boquilobo  
20 Estuário do Tejo  
21 Estuário do Sado  
22 Lagoas de Santo André e Sancho  
23 S.C.Marim - V.R.S.António

#### Paisagens Protegidas

- 24 Serra do Açor  
25 Arriba Fóssil da Costa da Caparica

#### Monumentos Naturais

- 26 Cabo Mondego  
27 Portas de Ródão  
28 Pegadas de Dinossaúrios de Ourém/Torres Novas  
29 Carenque  
30 Pedra da Mua  
31 Lagosteiros  
32 Pedreira do Avelino

### âmbito regional/local - DL 19/93

#### Paisagem Protegida

- 33 Albufeira do Azibo  
34 Corno do Bico  
35 Lagoas de Bertandos e São Pedro de Arcos  
36 Serra de Montejuento

### âmbito regional/local - DL 142/2008

#### Parque Natural Regional

- 37 Vale do Tua

#### Reserva Natural Local

- 38 Paul da Tornada  
39 Estuário do Douro

#### Paisagem Protegida Regional

- 40 Litoral de Vila do Conde e Reserva Ornitológica do Mindelo  
41 Serra da Gardunha

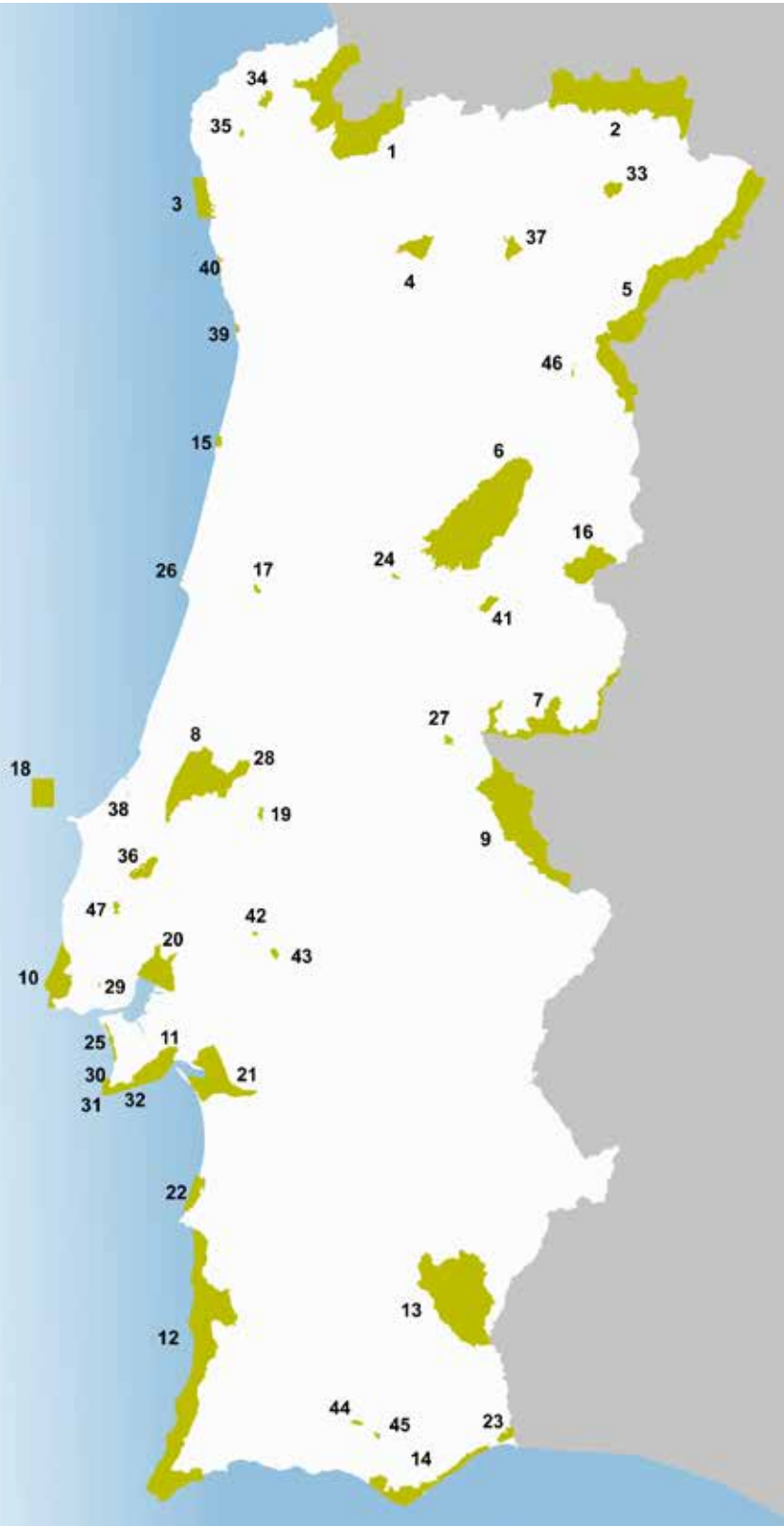
#### Paisagem Protegida Local

- 42 Açude da Agolada  
43 Açude do Monte da Barca  
44 Rocha da Pena  
45 Fonte Benémola  
47 Serras do Socorro e Archeira

### âmbito privado

#### Área Protegida Privada

- 46 Faia Brava



# PARTNERS

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## Dia 1 13th March, Monday

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### Arrival to Lisbon

### Departure to Sertã

#### Check in + dinner at Hotel Convento da Sertã

The Convento da Sertã Hotel is a four-star hotel, strategically located in the center of the country and offering a high quality service, guaranteed by a dedicated and demanding team of professionals. This unit was considered by Travelers Choice 2018 as one of the 25 best “Small Hotels in Europe”, the best small best hotel in Portugal 2018 and one of the best in 2019 (Tripadvisor2019). In 2019, it was also mentioned in the Frommer’s world guide and, according to the experts in this publication, with 75 million sales, the Convento da Sertã Hotel is one of the top choices for those traveling along the EN2.

#### Overnight stay

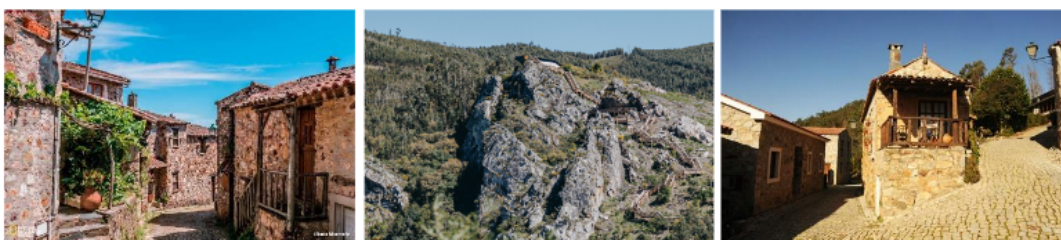
## Dia 2 14th March, Tuesday

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### Breakfast and check out

### Departure to Casal de São Simão Xisto Village

Discover a village with only one street. With a spring that continuously intones its watery chant. With a chapel that tells us the legend of a saint. With a path that leads to the beach nestling in a cove in the Fragas de São Simão. Here there is also a Schist Villages Shop and an Association whose name coincides with what this village promises: that we are entering the Stone Refuges.



### Departure to Lamego

#### Jeep Tour with Naturimont

Drive up the steep hills through off road routes surrounded by the vineyards of Portugal’s most famous wine region, declared a World Heritage Site by UNESCO. Breathe the fresh air of Douro Valley while viewing the vineyards of world-class wines and the fantastic viewpoint considered the most beautiful in Portugal.

#### Lunch in Lamego



## Dia 2 18th April, Tuesday

### Guided visit to Lamego

Lamego is one of the most important urban centres in the Douro region. Quite before the foundation of the Portuguese nationality, the Lamego lands were already populated and constituted an important passageway for commercial trades.



### Departure to Sernancelhe

#### Visit to Sernancelhe

Sernancelhe is a territory full of history. Centuries of an existence prior to the foundation of Portuguese nationality give Sernancelhe the status of land where people from many origins landed who, through their ingenuity and art, left knowledge and important testimonies of their presence.



### Check in + dinner at Hotel Rural Convento Nossa Senhora do Carmo

Surrounded by emotional gardens, this former 17th century Convent is now a beautiful and comfortable 4-Star Rural Hotel, where tourists and business people can enjoy the warmth of their stay, taste the gastronomic specimens and look out over the parish and the landscape. Its 60 cells gave way to 24 rooms. The former chapel of the convent, a former religious cult, has now given way to the gastronomic cult.

### Overnight stay



## Dia 3 15th March, Wednesday

### Breakfast and check out

#### Departure to Idanha-a-velha

##### Visit to Idanha-a-velha

Nestled between the Pônsul River and three gentle hills, we find the modest Idanha-a-Velha. Underneath its humble urban fabric lie the ruins of a city with a vast history. Founded by the Romans at the end of the 1st century BC, it was called Oppidum Stipendiarium in the time of Augustus, becoming Civitas Igaeditanorum between 69 and 96 AD (reign of the Flávios), at which time it was promoted to a municipium. The current village offers a glimpse, here and there, of the remains of this Roman city. The temple podium has been preserved in the forum, the monumental centre of the civitas.



#### Departure to Monsanto

##### Visit to Monsanto - Monsanto GeoHotel Escola (Idanha-a-Nova)

D. Afonso Henriques, D. Sancho I, D. Sancho II and D. Manuel granted him a charter.

The oldest part is at the highest point, where the Templars built a fence with a keep. To this structure is later added another, rhythmmed by towers, with two uneven enclosures. The first includes a cistern and the Church of Santa Maria. In the lower part, the main door of the fence is torn. Outside the walls, the primitive settlement around the Chapel of S. Miguel, a small treasure of Romanesque architecture, is defended by a low fence. Overlooking the cluster, now in ruins, stands the Torre do Pião. Location where parts of the “House of the Dragons” series were filmed.



#### Check in + dinner at Monsanto GeoHotel

The Monsanto GeoHotel Escola, as a host unit, has ten air-conditioned rooms with private bathroom and equipped with LCD television. The decor seeks to dialogue with the surrounding natural and cultural heritage and guests benefit from access to the Galo de Prata room, where breakfast is served, which offers a breathtaking panoramic view. The cozy Bar Adufe offers cafeteria services, regional wines and spirits.

#### Overnight stay



## Dia 4 16th March, Thursday

### Breakfast and check out

#### Departure to Alentejo

##### Visit to Castelo de Vide

The castle, surrounded by the town's white houses, dominates the surrounding landscape and is undoubtedly the first of many surprises encountered by the visitor. When seen from this high point, the Alentejo landscape is finally revealed in all of its great splendour. Small villages lost in the midst of the open countryside disappear from sight. Close by, roughly 20 km from Castelo de Vide, the hilltop town of Marvão can be seen and, a little further beyond this, it is possible to see over the Spanish border and deep into the heart of Spain itself.

##### Lunch



#### Departure to Marvão

##### Visit to Marvão

Since at least the Roman period, the rocks of Marvão have been used as a refuge or as a strategic military point. In the 10th century, it was referred to by the Hispanic-Muslim Cordovan historian Issa ibn Amade Razi as Amaia de Ibn Maruane and Fortaleza de Amaia, a fortress that in 884 served as a refuge for the founder of Marvão, the rebel Muladi ibn Maruane Aliliqui, "O Galego" (died in 889), leader of a Sufi movement in Alandalus, which took up arms against the emirs of Córdoba and created a sort of independent kingdom based in Badajoz until the establishment of the Caliphate of Córdoba in 931.

#### Departure to Arrouches

##### Check in + dinner at Hotel Rural Santo António

Inaugurated in February 2011, the Hotel Rural Santo António (3 stars), located in the heart of Northern Alentejo, 20 km from Portalegre, offers you the rurality and natural beauty of the Alto Alentejo. Inserted in a peaceful landscape and in a region of diverse resources and interests, this unit has 29 elegant accommodation units with generous areas between 26 and 40m<sup>2</sup>, inserted in a building of contemporary architecture located in the village of Arronches. This is one with ecological concerns and the reuse of its resources.

##### Overnight stay

## Dia 5 17th March, Friday

### Breakfast and check out

#### Departure to Lisbon airport



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