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# 360° Portuguese Rural Experiences

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Cofinanciado por:



Promotor:





## Explore

In a small territory, Portugal concentrates landscapes and species so varied, that make of any trip a pleasure of discovery. From the imposing mountains to the vast plains, from the endless sandy beaches where the waves melt slowly to the trimmed coast bathed by the impetuous ocean, the country has a little of everything. Some of these places are true sanctuaries that have been preserved intact since the beginning of time. We can meet them on a walk for observation and contemplation, or with much adrenaline, in sports and radical activities. From kite surfing to bike rides over hill and valleys, or rock climbing, rappel and slide for the more adventurous, the options are endless for those who like to explore.



## Live

The Atlantic Ocean bathes our long coast. By company has a bright sun that gilds the skin, warms the soul and fills with light and joy the fine white sand of our beaches, ideal for relaxing on a towel, for walking by the sea, for a romantic date and even to play or to have fun the night away. The sea, of clear waters, presents calm and quiet, especially in the south, which even in winter is a great destination for sun and sea holidays, or rough, with the right ripple for various sports that guarantee plenty of adrenaline. We also have rivers of crystalline waters, which embrace the rocks and the natural vegetation as one who loves and does not want to lose sight of.



## Feel

The long history of Portugal is reflected in a particular culture that results from the meeting of many people who settled here. It's found in villages and towns, in monuments and in traditions, where influences have been added and the Portuguese have applied with creativity. Manueline art, the portuguese tiles and fado are unique expressions and genuine symbols of Portugal but also a contribution to the World Heritage. There are several classifications by UNESCO, including monuments, landscapes and intangible heritage. By choosing a region, itinerary or specific theme, you can discover a unique heritage and different landscapes within walking distance, where the authenticity of local customs still remains.



## Taste

Recognized and appreciated all over the world for its diversity, unique flavors and quality of the products with which the dishes are made, the Portuguese gastronomy is part of the national heritage. The most distinctive feature of Portuguese cuisine comes from the sea. As you enjoy a simple grilled fish, always fresh, like the seafood that abounds from end to end along the coast, you can be sure that you are in Portugal! We also have excellent DOP meats from north to south, whether be veal, pork or lamb. Each dish has a certain wine to accompany. And if Porto wine is famous, the Douro, Alentejo and many other table wines have no less distinction. The sweets are conventual and you can not miss to taste a delicious "pastel de nata".