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A TRIP THROUGH  
PORTUGAL



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Atlantic  
coast, near  
Peniche



A trip to Portugal fulfills two major and latent yearnings of the European from cooler latitudes: the longing for the southern sun and the quest of the open sea. Also Americans, who are now coming in ever-increasing numbers to visit the homeland of the great Explorers are delighted to find here the exuberant charms of the Riviera, coupled with the wide, clear horizon of California.

Portugal covers an area (without the Azores islands and Madeira) of only 35,000 square miles, but about 550 miles long from north to south, in other words, it stretches from the latitude of Rome ( $42^{\circ} 9'$ ) to that of Tunis ( $36^{\circ} 58'$ ). To the east, she is separated from Spain by a long, almost continuous chain of mountains running all the way along the border. To the west and south, she is limited by the mighty Atlantic, from the estuary of the Minho river, opposite the Spanish Province of Galicia, down the coast as far as the cape of Sagres, whence Henry the Navigator scanned the vast

S.N.I.  
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expansion of the Ocean, and from there to the estuary of the Guadiana river, which constitutes her common frontier with the Spanish province of Andalusia. 525 miles of steep, shelving coastline, interrupted only by the estuaries of the Tagus and a few other rivers, and bordered by marvelous beaches, each, one different from the other, form Portugal's Atlantic seaboard.

Portugal is often fondly called «The Garden on the Atlantic» because the contrast between the austere barrenness of the Spanish highlands and her lovely, ever-green shores, with their abundance of wine and all other fruits, immediately strikes the eye.

A closer look will reveal her historic landscapes as being a true palette of Europe, from the merry Minho province, which reminds one of the Swiss canton of Tessin, down to the Algarve, reminiscent of the sunburnt shores of North Africa. With the exception of the inner chain of mountains, where, in the Serra da Estrela (6.500 feet), there is fine skiing, the temperature in Portugal never drops below zero, and very seldom rises to stifling heat. In winter as well as in summer Portugal's climate is regulated by the beneficial influence of the Gulf Stream. It is the majestic, boundless Atlantic Ocean which governs practically everything in this unique country on the southwesternmost tip of Europe, «where the land ends and the sea begins», her beauty, her history, and her very life itself.

# I. HISTORY AND ACTUALITY

Eight and one-half million Portuguese inhabit the mother-country, officially designated as «Metropolis»—as distinct from Portugal's overseas possessions, or «Provinces», to use the official term. The boundaries of the continental territory have remained unchanged ever since 1249, Portugal's national independence having suffered only one interruption, namely the sixty years of Spanish occupation at the turn of the sixteenth century. Also to the mother country belong the Atlantic islands of Madeira and the Azores, the first to be discovered. The latter emphasize Portugal's great strategic and economic importance, constituting, as they do, an aerial and naval bridge pillar in the communications between the American and European con-

**Cod fish schooners — The last sailing ships...**



tinents. Portugal's Overseas Provinces comprise the small territories of Macau, opposite Hong Kong, Timor island in the South Sea, and Goa, on the western edge of India; furthermore, Portuguese West and East Africa, called Angola and Mozambique, respectively. Together with the islands of St. Tomé and Príncipe, Portuguese Guinea, and the Cape Verde islands, this constitutes an overseas empire of more than 765.000 square miles, with a total population of about 20 million Portuguese-speaking inhabitants, which is also the language spoken by forty-five million Brazilians, the largest among the nations of South America.

Portugal's economy is mainly agrarian, constituted by small farms in the northern part of the country, and large estates to the south of the Tagus river. The country is, however, rapidly becoming industrialized. Main export products are wines — among them the world-renowned Port and Madeira — cork, resin, canned fish, olive oil, pyrites and wolfram ore.

The deficit in Portugal's foreign trade balance, resulting from the purchase abroad of important industrial raw materials and manufactured goods, was 3,4 billion Escudos in 1952.

This, however, was mainly due to a temporary restriction of exports to European countries, for the purpose of lowering Portugal's credit account with the European Payments Union.

The export of colonial products, such as coffee, sisal, sugar, palm oil, diamonds, etc. is

**Popular  
festival of the  
«Tabuleiros»,  
at Tomar**



of the greatest importance for the economic autonomy of the Overseas Provinces. The wealth of Portugal's African possessions is at present being powerfully implemented by the government's 6-year plan, the first phase of which (1953-1958) provides for an expenditure of 4.5 billion Escudos for development purposes, 1.8 billions of which (including U. S. credits) are to be spent on the construction of further railroads to link Rhodesia with the sea, through Mozambique and Angola.

During the same period 7.5 billion Escudos

are to be spent on further industrialization of the mother-country, 2.5 billions of which on the development of hydro-electric power.

The Portuguese belong to the Mediterranean type, their language being Romanic, their religion Roman catholic. The Iberic aborigines, who were partly of Celtic and partly of Phoenician descent, were called Lusitanians. At the time the Romans conquered Portugal, the Lusitanians lived in walled-in mountain settlements. The legions of the conqueror had a hard fight against these freedom-loving shepherds, and the feats of Portugal's national hero, Viriato, against the famous Scipio Africanus, found a curious epilogue in the revolt of the Roman chieftain Sertorius, who from Lusitania and at the head of Lusitanian warriors trained by him, fought Sulla's dictatorship.

At the time of the Roman Emperors, this westernmost province of their Empire, which in those days was somewhat larger than the Portugal of today, had already been pacified, and was benefiting from the introduction of vine, wheat, olive trees, the construction of roads, bridges and the mining of gold.

This Roman understructure of the country, which is still discernible today, was followed by three hundred years of domination by Germanic tribes of the Sueves, Alanians and Visigoths who, after endless internal strife, eventually succumbed to the Arab onslaught from North Africa.

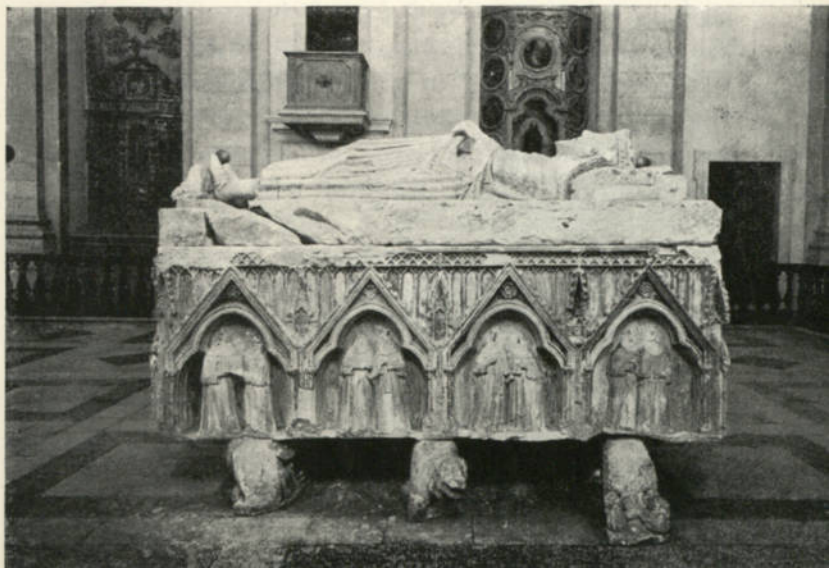


For the following four centuries, the whole of Lusitania belonged to the Caliphate of Granada, and many Arab traits and customs are still to be found in Portugal, especially in the regions to the south of the Tagus river.

Portugal's mediæval history constitutes an outstanding chapter of the Christian re-conquest of the Iberic peninsula from the Moors, and at the same time an example of staunch, undaunted self-preservation against the revindications of the Crown of Castile. Finally, with the Portuguese landings in North Africa, began the era of great discoveries with which Portuguese navigators and soldiers opened the gateways of the world to western civilization.

The reconquest of the peninsula was begun

**King Dom Dini's Tomb in the Monastery of Odivelas**





**Prince Henry the Navigator**

by the few remaining Visigoth settlers, who, together with Portuguese warriors and German and Flamish crusaders, succeeded in liberating Portugal centuries before Spain was eventually reconquered from the Moors. Alphonse Henry, Count of Burgundy, who, after marrying the daughter of the King of Castile, had taken over the border county of Portucallia, became the first king of Portugal in 1139, and placed his realm under the patronage of the Pope. In 1147, his armies conquered Lisbon, which, after the last remaining Moors had been driven out of the southernmost province of Algarve, became the capital of the country. Other important dates in Portugal's mediæval history are the foundation of Coimbra University in 1308, by King Dom Diniz; the battle of Aljubarrota against the Castilians, in 1385, following which the Aviz dynasty commenced it's reing over the country; and the conquest of the Moroccan

fortress Ceuta, on the other side of the Straights of Gibraltar, in 1415.

Drawn by the eternal call of the sea to the quest of the legendary treasures and spiceries of India, fired by the fanaticism of the Creed as well as by the rivalry with adjoining Castile, the Portuguese followed the Plan of Discoveries devised by the genius of Prince Henry the Navigator, the son of an Englishwoman from the house of Lancaster. Thus the Portuguese caravels set sail, under the red Cross of Christ, towards the South and the West, following the prince's scientifically founded instructions. They first found the island of Madeira, then the Azores, and, on reaching the Cape Verde archipelago, they discovered the way around Western Africa towards the South Atlantic. Following Prince Henry's death, Bartolomeu Dias in 1488 sailed around the Cape of Storms, later christened Cape of Good Hope by King John II



**Vasco da Gama**

of Portugal. In the name of King Manuel the Fortunate, Vasco da Gama in 1498 opened the sea route to India, whilst in 1500 Pedro Álvares Cabral landed in Brazil; in 1510 the Viceroy Alfonso of Albuquerque, fighting Turks and heathens, laid the foundations of a far-distant dream-empire reaching from India to the Straights of Malacca and the Moluccas. Fernão de Magalhães, who under Spanish flag was the first to circumnavigate Cape Horn, also was a Portuguese. It may be truthfully added that without the knowledge gained during his stay at Madeira, Columbus would not have discovered America so easily.

Thus, the modest Portugal of the audacious fishermen and the tenacious farmer-soldiers had risen to unimaginable heights and fabulous riches, in an almost uninterrupted sequence of success far beyond the country's real power. The death of the last king of the Aviz dynasty, Dom Sebastião, in 1578, during a war in the never-appeased Morocco, was the first sign of the turning-point. Luis de Camões, the chivalrous poet of the «Lusiadas», passed away, and with him the Manueline star began to sink... From 1580 to 1640 Philip II of Castile occupied Portugal. From the estuary of the Tagus the Invincible Armada set sail against England, while Britons and Dutch ransacked Portugal's newly acquired overseas possessions. Portugal recovered her freedom during the second half of the seventeenth century, under the reign of the house of Bra-



gança, but the baroque wealth of Dom João V slowly began to ebb away when no more gold-laden galleons arrived from Brazil. On November 1st, 1755, a fearful earthquake, followed by fire and a tidal wave, completely destroyed Lisbon.

Portugal's great Prime Minister of those days, the Marquis de Pombal, advised his King «to bury the dead, and to look after the living»,

before he energetically undertook the gigantic task of rebuilding the destroyed capital.

At the dawn of the nineteenth century, Portugal, with the help of the Duke of Wellington, succeeded in liberating her territory from the napoleonic invasion, but in the bloody civil wars of 1822 lost Brazil, thereafter almost bleeding herself white in a titanic effort to defend her colonial empire against the encroachments of the great Powers.

The assassination of King Charles and the crown prince in Lisbon, in 1908, followed by the proclamation of the Republic in 1910, and, ten years later, by the financial crises in the wake of first World War, to all appearances sealed the fate of an old and glorious Nation that had nothing left but a great past...

But in 1926, the Army, led by Marshall Carmona, rose against the chaos in which the country found itself as a result of years of tired fatalism, sterile petty politics, and impenitent sectarianism, thereby firmly establishing the foundations of the «New Corporative State», for which the great scholar and statesman António de Oliveira Salazar gave the directives. As Finance Minister, he put the country's economy back on a sound footing, while, after becoming Chief of the Government, he safely steered Portugal through the perils of the Spanish Civil War and of World War II. At the same time, under his wise guidance the country became widely industrialized, thousands of schools and



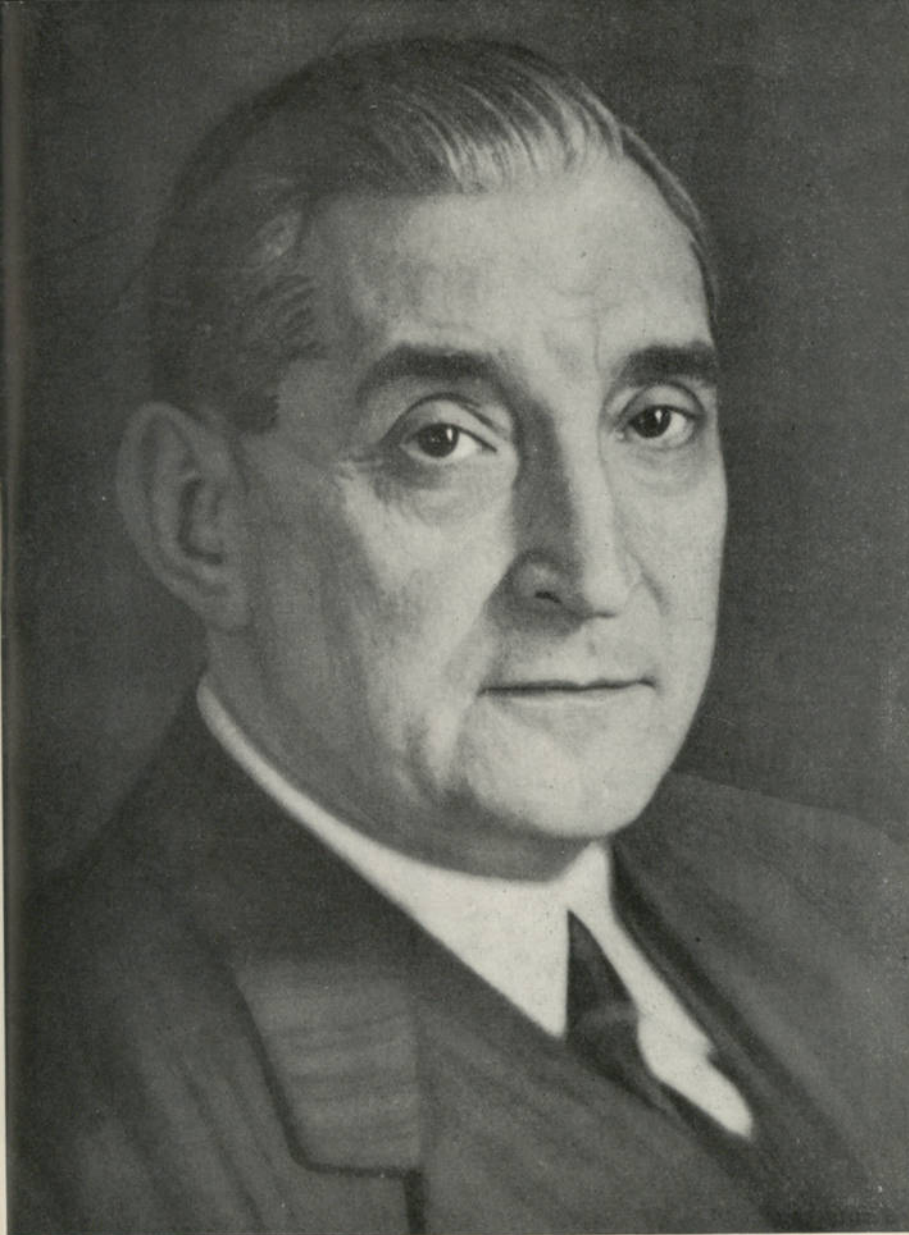
**General Francisco Higinio Craveiro Lopes**

many hospitals were built, an entirely new network of roads was constructed, of which some are amongst the finest in Europe, while during this same period of 25 years Portugal has made truly gigantic strides in social progress.

Let us mention in passing, amongst the many achievements of Salazar's leadership, the new Lisbon of today, a city of over one million inhabitants, surrounded by the most beautiful and up-to-date suburbs and residential quarters, the many great dams and hydro-electric power stations, the entirely renewed Merchant Marine with its highly modern ships, some of which of over 22.000 tons, and, last not least, the gigantic Development Plan of the Overseas territories and of the mother-country. Since 1951, General Francisco Higinio Craveiro Lopes is President of the Portuguese Republic. Aside from her 400-year old alliance with Great Britain, Portugal is a member of the North Atlantic Treaty Organization since 1949, and has a consultive and friendship pact with Spain.

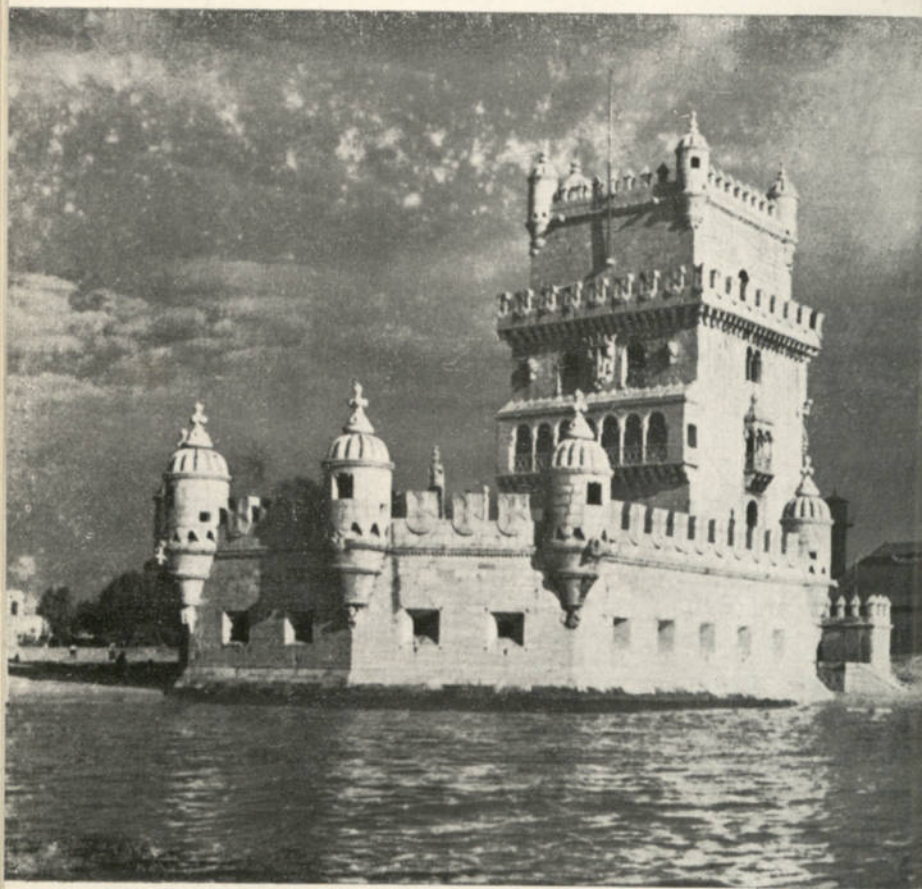
The Portuguese «New State» is essentially anti-communistic, and, notwithstanding the separation of Church and State, concedes a preferential position to the catholic confession. The Arch-Episcopate of Lisbon, placed under Cardinal-Patriarch Manuel Gonçalves Cerejeira, together with the three other Arch-Episcopates in Portugal proper and in her overseas possessions, are today, as in bygone ages, bulwarks of the Faith against the de-christianization of our time.





**Dr. António de Oliveira Salazar**

## II. LISBON AND SURROUDINGS



**The Tower of Belém**



**Jerónimos Abbey**

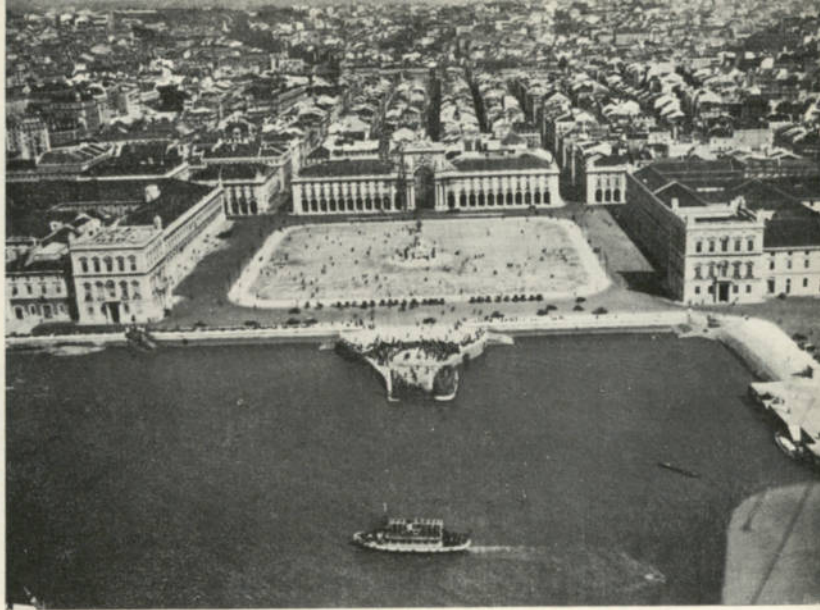
Arrival in Lisbon offers extremely varying aspects, according to whether one arrives by ship, plane, train, or car. Together, this results in the lovely picture of one among the most beautiful situated and most impressive cities in the world.

Portugal's capital has more than one million inhabitants, not counting the suburban localities along the coast.

Lisbon — christened by the Phoenicians «Alis-Ubbo», which means «Quiet Bay», and later, by the Romans, «Felicitas Julia» — is a magnificent natural port on the lake-like estuary of the Tagus river, which, between Cascais to the north and cape Espichel to the south, mea-

tures about 30 miles across. Incoming ships pick up their pilot in front the fashionable seaside resort Estoril, on the «Sunny Coast», and thereupon proceed up-river, between the historic forts, the characteristic corner-towers of which show where the Portuguese once landed, all over the world. Behind the historic square watch-tower of Belém stands Lisbon's most beautiful architectural monument, the Abbey of Jerónimos, built in the Gothic-Manueline style. In one of the vaults of the cathedral is the tomb of the great navigator Vasco da Gama. Not far from there is the pretty rose-cloured palace of the President of the Republic, in one of the wings of which is the famous «Museum of the Coaches», probably the world's finest and most complete collection of antique coaches of State. The Jerónimos building also contains the highly instructive Ethnological Museum, the living complement of which is to be found in the «Museum of Popular Art», on the opposite side of the avenue, near the right bank of the river. High up on the hilltop stands the magnificent Palace of Ajuda, formerly the residence of the royal family. From the docks — Alcântara, Rocha de Óbidos, and Santos — the whole of the city cannot be overlooked, but a most beautiful view of it can be enjoyed from mid-river, or from the left bank, at Cacilhas (ferries every 20 minutes, from Cais do Sodré).

Along the sides of the wide square of the Terreiro do Paço («Black Horse Square»), bor-



### **The famous «Black Horse» Square**

dered by its typical white arcades, and backed by an arch of triumph, are situated the various Ministries, and other official buildings.

To the North of this square, on the hilltop, stand the two oldest witnesses of Lisbon's history, the Castle of St. George, conquered in 1147, and the crenellated towers of the Romanic cathedral, nowadays the seat of the Patriarchate, the famous «Sé».

To the east, as far as the eye can see, stretches the glittering expanse of the river, dotted with the large square sails of the cargo barges, and flanked on both sides by modern docks and harbour installations.



**Rossio Square, with the Castle of St. George**

Trains coming from Spain and northern Portugal reach the Rossio station through an immense tunnel which crosses the whole northern half of the city. Immediately in front of the Station, and facing it, lies the famous Rossio square, the heart of Lisbon, from where four straight and parallel streets lead to the «Black Horse Square», or Terreiro do Paço, near the river. This is Lisbon's «downtown», or business section, the streets on both sides being lined with fashionable shops, banks, and other establishments. North of the Rossio square begins Lisbon's main avenue, the renowned Avenida da Liberdade, leading from the obelisk of the

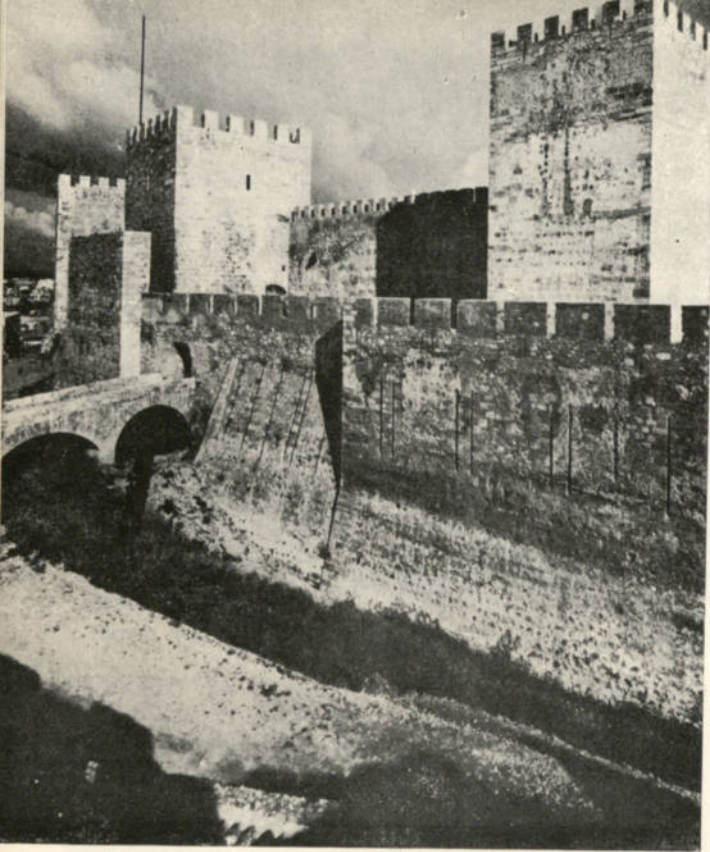
(Praça dos Restauradores up a gentle slope to the Praça Marquês de Pombal, with its baroque monument of the great Marquis, flanked by a bronze lion. Further up lies the beautiful Parque Eduardo VII, one of Lisbon's most lovely public gardens, and its interesting, cool greenhouse. The Avenida is flanked by hotels, moving picture theatres, Travel Agencies, and the like. At its lower end, on the Restauradores square, stands the beautiful Palácio Foz, seat of the National Secretariat for Information (S. N. I.), with its Tourist Department and Information Office for Travelers.

To the east of the Rossio Square, on the adjoining heights and between the latter, lie large residential quarters, bi-sected by the long

**Restauradores Square, and the Avenida da Liberdade**



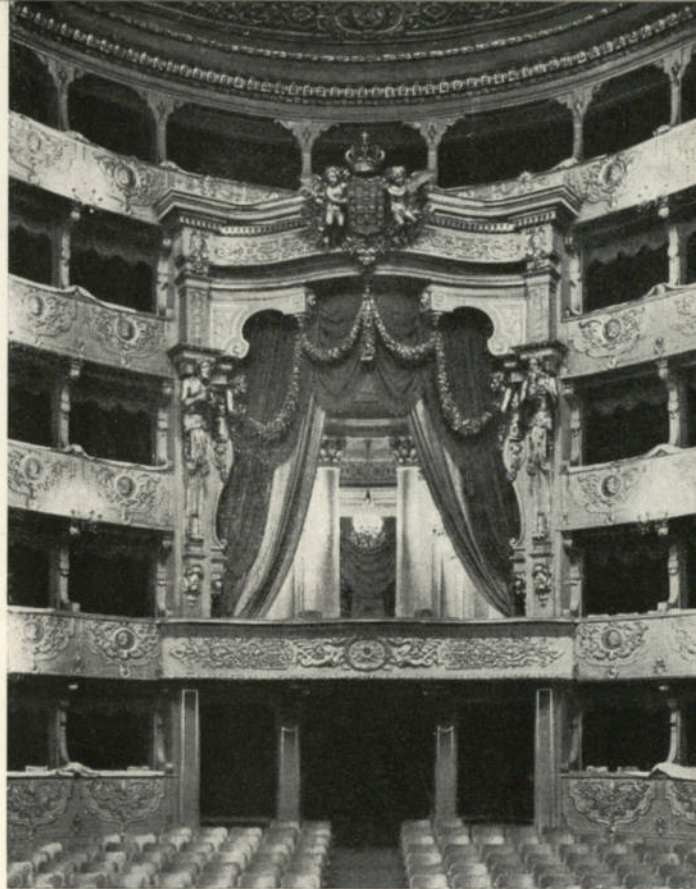
**The Castle  
of St. George**



and wide Avenida Almirante Reis, and, near the old Castle of St. George, the picturesque old quarters of Alfama, Mouraria, and Graça; the most beautiful view from up there may be enjoyed, aside from the terrace of the Castle, from the famous belvedere of Senhora do Monte (Our Lady of the Mountain), one of the several existing in this city which is erected, like Rome,



**The Theatre  
of St. Carlos**



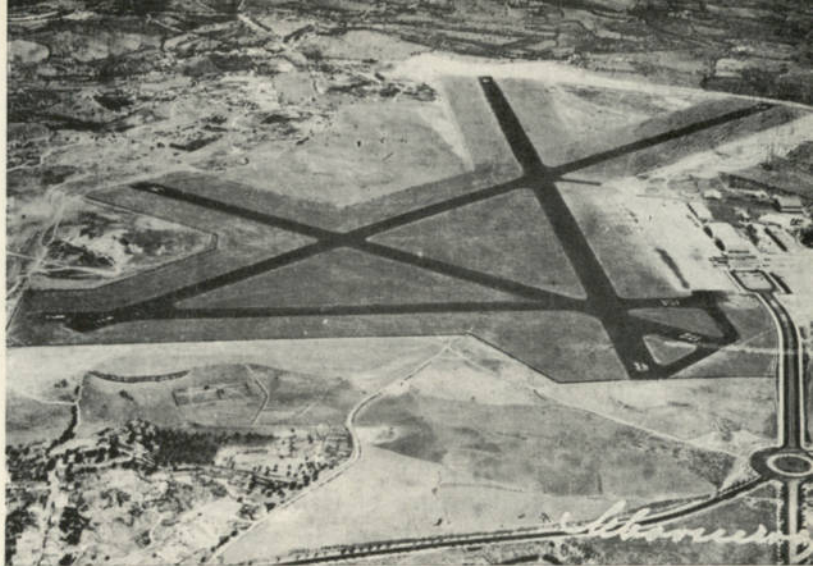
on seven hills, with its grandiose background of the majestic Tagus and the blue mountain ridges to the South. West of the Avenida da Liberdade, the city reaches its greatest width. Behind the monumental town hall building (Câmara Municipal), steep, busy streets lead up to the centrally-located Chiado, with its fashionable shops, cafés, department stores, and

hotels. Near the Chiado is Lisbon's famous Opera house, the S. Carlos theatre, remarkable for its delightful interior decoration. Not far from there are the narrow, twisting lanes of the renowned «Bairro Alto» («high quarter») where the melancholic «Fado» is sung to the accompaniment of guitars, in dark, low taverns. The terrace of S. Pedro de Alcântara, high above the Restauradores square, uncovers another view of breathtaking beauty of the Castle and the East side of the city.

Alcântara is the quarter behind the harbour, towards Belém, where are situated the Museum



«Fado»



**Portela, the airport of Lisbon**

of Antique Art, and the sumptuous building of the Ministry of Foreign Affairs. Adjoining the latter lies the classic «diplomatic quarter» of Estrêla, with its park and baroque church of the same name.

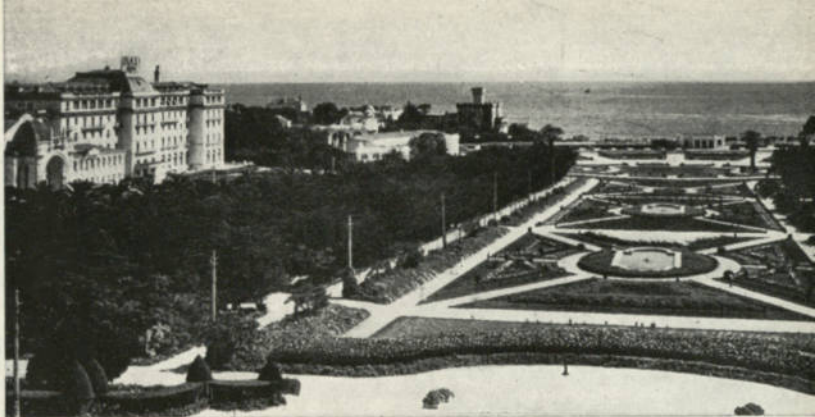
The motorist coming from the north-east, over one of the broad highways, via Santarém, along the Tagus river, or via Tôrres Vedras, first sees the newest part of the city, which is also the one that first meets the eye of the visitor landing at Portela Airport. This enormous airport, which adjoins the city and which can be seen from very far away, boasts the most luxurious and up-to-date equipment, and is justly regarded as one of the best in the world, with a traffic next to none. It is, in fact, the main

junction for all airlines from América, África, the Mediterranean zone, and Europe.

The colossal buildings of the new Training Hospital and Medical College, erected since the last war, strike the eye of the visitor, as do the exceptionally beautiful new residential districts lying around that area. A wide avenue leads from Portela Airport, through Lisbon's newest quarters, to the Praça do Chile, past the modern Engineering College, where the last session of the N. A. T. O. states was held in 1952. The other avenue leading from the Airport to the city goes through the park of Campo Grande, past the bullfight arena (Praça de Touros), to the Praça Marquês de Pombal, on the upper Avenida da Liberdade.

**The Palace of Queluz**





**Estoril**

Those who wish to see the charming landscapes and localities this side of the Tagus river, can either travel by car along the magnificent riverside asphalt highway, or by the comfortable electric train from the Cais do Sodré to Estoril (14 miles) and Cascais (16 miles); to get to Sintra, one must take the train at the central station of Rossio, or, if one wishes to go by car, there is the magnificent two-lane concrete auto highway which is reached from the Praça Marquês de Pombal, and which for part of the way runs alongside the old aqueduct which in bygone days brought Sintra water to Lisbon. The auto highway crosses the «Forest Park» of Monsanto, from the terraces of which one may enjoy a truly marvelous view over Lisbon and the whole surrounding landscape, as far as the mountain ridge of Sintra.

From the auto highway, a side road branches off in a north-westerly direction towards



**Cascais bay**

Sintra, and the Palace of Queluz, a sort of reduced-scale Versailles.

Estoril, on the «Sunny Coast», is Portugal's world-renowned seaside resort, with its fashionable beach, covered swimming pool, golf course, gambling casino, and lush hotels and restaurants.

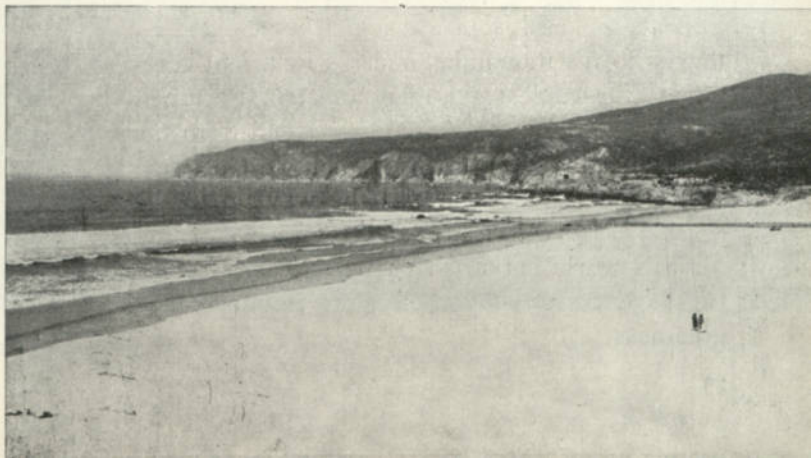
Selected by several former kings as an ideal exile, Estoril, with its lovely, colorful parks, its fir groves, and its incomparably mild climate, is also the preferred residence of the great majority of Portugal's large American colony.

A couple of miles further to the West is

the little fishing town of Cascais, with its picturesque and busy port, its lush sailing club, and its old citadel. After Cascais, in a north-westerly direction, lies the famous «Boca do Inferno» («Hell Gate»), a cavern excavated by the mighty waves of the Atlantic among the high rocks of the coast, which is dotted, every two or three miles, with the characteristic little Saracene forts. Next comes the beautiful and wide Guincho beach, extending all the way between the Sintra mountain ridge and cape Roca, the westernmost point of the European Continent, amidst a scenery of a truly homeric grandeur.

The little mountain town Sintra is reached from Lisbon as well as from Estoril or Cascais, via the Guincho, by magnificent highways. Sintra's truly fantastic vegetation, the incomparable beauty of her many parks and gardens,

**The immense beach of «Guincho»**





**The old castle of Sintra**

full of sub-tropical trees and flowers of every kind and description, is truly a sight worth seeing, especially the renowned park of Monserrate, and the former Royal Castle of Pena, on the hilltop. Also up on the hilltop are to be found the ruins of the old Moorish Castle, with its many ramparts and crenellated battlements. Sintra supplies Lisbon's drinking water, and is, thanks to its mountains and its luxuriant vegetation, the coolest summer resort in Portugal.

A beautiful panorama is afforded from the Sintra heights over the vast plain full of vineyards and fruit groves, all the way up to the seaside resort Ericeira and to the towers of Mafra's world-famous baroque monastery, Portugal's Escorial, a symbol of the country's past greatness.





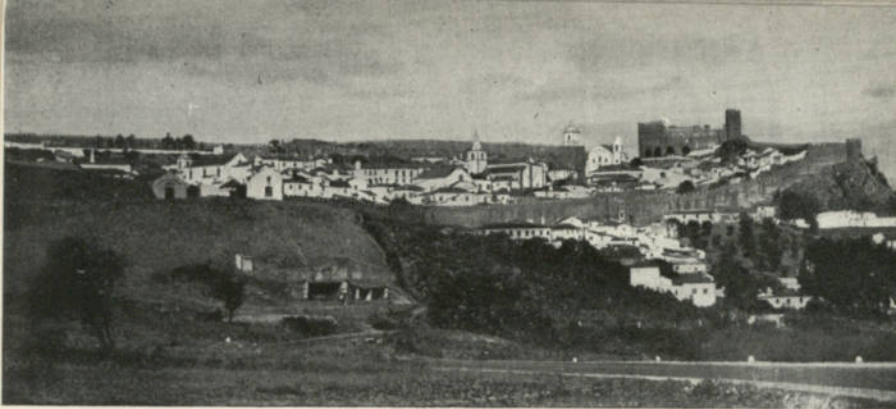
Ericelra beach

### III. A L C O B A Ç A , BATALHA, FÁTIMA, COIMBRA

The two railway lines and the two main highways leading northward from Lisbon run in the same direction, respectively. One of them goes through Torres Vedras, not far distant from the coast, where Wellington's field fortifications protected the capital from Napoleon's armies, thence to Caldas da Rainha, Leiria, and the old University town of Coimbra. The other runs alongside the right bank of the



«Campinos»



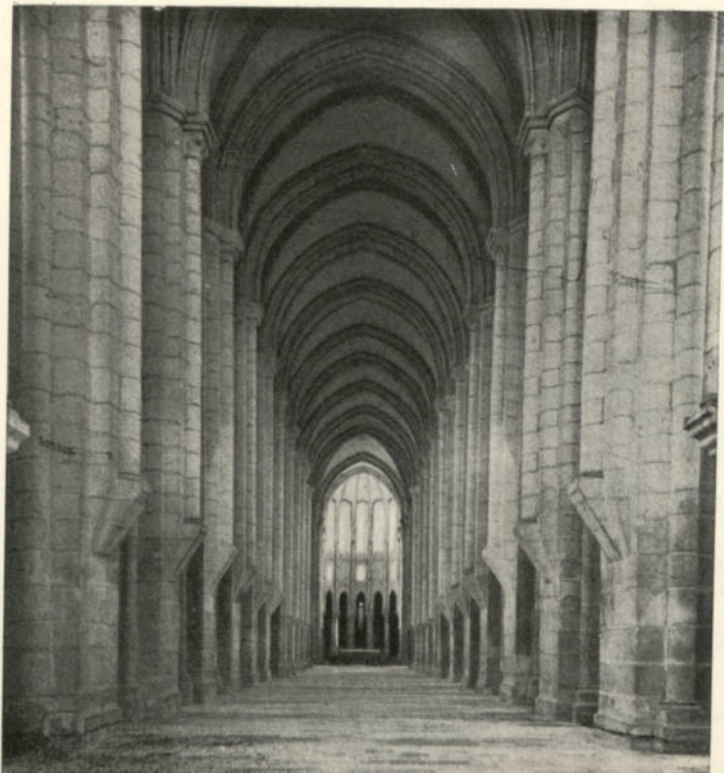
**Óbidos — a small fortified town of the Middle Age**

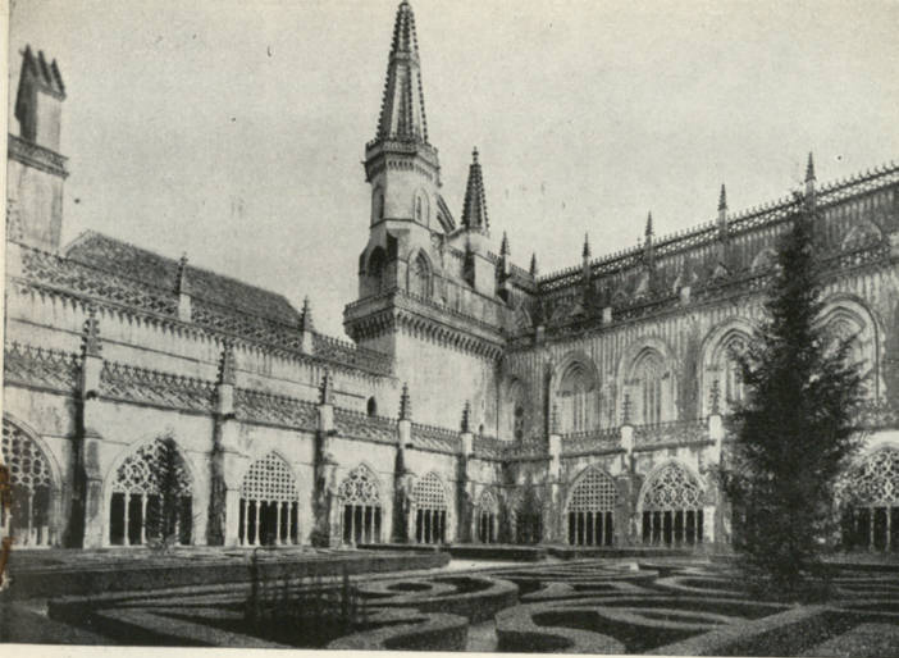
Tagus river, through Vila Franca de Xira (famous for its bullfights) and the colossal new bridge across the Tagus. From there, after a crossroads near the little mountain town of Alenquer (leading to the Caldas da Rainha road near the coast) via Santarém and Golegã, lies Entroncamento, an important railway junction. At this point, both the railway and the road bifurcate, one line leading northward, still further along the Tagus river, past the ruins of the Castle of Almourol, via Castelo Branco and Valência de Alcântara, towards Spain, while the other leads to Coimbra, past the Templar city of Tomar and the Shrine of Fátima.

Coming from Torres Vedras, shortly before reaching Caldas da Rainha, the little fortified mountain town of Óbidos may be seen on top of its hill. It is well worth a visit, with its picturesque mediæval, winding lanes, and its

beautiful old castle of the Middle Ages, within the walls of which one of the charming Tourist Inns of the National Tourist Department welcomes the traveller. A side road leads from there to the little fishing port of Peniche, from where a short trip by boat will take you to the beautiful Berlengas islands, paradise of fishermen. From Óbidos, the highway leads to the summer resort of Caldas da Rainha, and from there to

**Alcobaça Cathedral**

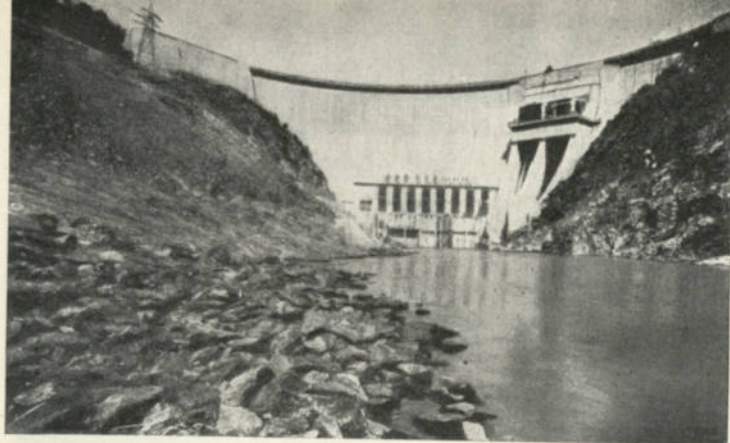




**Cloister of the Batalha Cathedral**

the famous mountainside « Pousada » (Gov't Tourist Inn) of S. Martinho (about 65 miles from Lisbon), a place highly favored by motorists for lunch and rest. Next, the road leads to Alcobaça, and, about 9 miles to the north, it reaches the wondrous and magnificent old cathedral of Batalha, on the mediæval battlefield of Aljubarrota. The cathedral of Alcobaça, flanked by the gigantic monastery and cloister, constitutes a great testimonial of the civilizatory work of the Cistercensian friars from Cluny in





**The Dam of Castelo do Bode**

the realm founded by a duke of Burgundy. In the Batalha cathedral, built throughout in the Gothic-Manueline style, the most noteworthy masterpiece is without doubt the beautiful unfinished chapel. In this cathedral are buried Portugal's first kings, and Prince Henry the Navigator. From Batalha, a side road leads to the fishing village of Nazaré, one of the most typical in Portugal, and well worth a visit. The main highway now turns north towards Coimbra, via Leiria (marvelous old castle on hilltop), Pombal and Condeixa. Coimbra, city of the Muses, immortalized by Camoens' poems, rises along the hillside, on the right bank of the Mondego river. No tourist should fail to visit the famous old University, one of the oldest in the world.

The traveller who chooses the railway or road along the Tagus river, will have the opportunity of admiring, shortly after Entroncamento, (90 miles from Lisbon), the enormous 300-foot high dam of Castelo do Bode, which has transformed part of the bed of the Zezere river into an immense lake which supplies the water to three groups of gigantic turbo-electric generators.

A pretty roadside inn invites for a rest before resuming the trip to beautiful Tomar, ancient seat of the Templars and of the Order of Christ, with the tall ruins of her mediæval castle and the enchanting architecture of her old

**The Monastery of Christ, in Tomar**







**The closing of the Holy Year in Fátima**

monastery — another great chapter of Portugal's historic and religious past. Halfway between Tomar and the already mentioned Episcopate of Leiria lies the sacred solitary plain of Cova da Iria, in the midst of hills sparsely wooded by firs and oaks. It was here that the Virgin Mary miraculously appeared, on May 13th, 1917, as also in the following months, to three little shepherd children. On October 13th, 1951, the Pope's Cardinal-Delegate solemnly opened the Holy Year here. America's Cardinal Spellman also has said Mass at the Fátima Sanctuary.

Lovely yet austere, as only a venerable old Alma Mater can be, Coimbra welcomes the visitor from above her hill, across the Mondego river (150 miles north of Lisbon; 90 miles south of Oporto.) Especially worthy of a visit is the most interesting, original royal palace of the old University, with its Renaissance-style Aula and its wonderful old baroque Libirary. Next to it stand the first buildings of the New University of the «New State», whose spiritual cradle stood in Coimbra. Students wear the traditional black frock-coat, covered by a long cape of the same colour, their briefcases gaily decorated by multi-coloured ribbons, an academic privilege shared by the numerou co-eds.

Outside the gates of Coimbra stand the recently excavated ruins of the colonnades and thermæ of the ancient Romanic settlement of Conimbriga, whose name was inherited by the neighbouring town after her destruction by the Barbarians.

To the west of Coimbra, on the Atlantic coast, lies the fashionable seaside resort Figueira da Foz, while, to the north-east, among the Caramulo mountains, lies idyllic, aristocratic Bussaco, with its lush Palace Hotel, surrounded by desently wooded fir and pine forests, and a magnificent park full of bubbling wells and sheerly overflowing with the most luxuriant vegetation. From the heights of the old battle-field of 1808, where the British and Portuguese, under Wellington, defeated Napoleon's army



**Coimbra on the Mondego river**

under Junot and Masséna, can be seen the far-distant Estrela mountain range, with its snow-covered peaks. At the foot of Bussaco lie the thermal resorts of Luso and Curia, as well as Portugal's best and most reputed vineyards (Dão and Mealhada), where the most delicious white and red wines are produced.

## IV. OPORTO AND THE NORTH

Oporto, Portugal's second-largest city, with 280,000 inhabitants, lies about 215 miles north of Lisbon. It can be reached by express train in 4 hours from Lisbon, and in roughly 5 hours by automobile, over the magnificent national highway, via Coimbra. There is also a daily air service between Oporto and Lisbon, the plane trip lasting 75 minutes. Oporto's artificial harbour — Leixões — is situated a few miles to the north of the estuary of the Douro river.

On the way from Coimbra to Oporto (90 miles), at the crossroads near Albergaria, a few miles after the lovely «Pousada» de Santo António, near Serém, the main highway branches off in a westerly direction towards the lagoon town of Aveiro, on the Atlantic coast, while, to the east, the road leads up the beautiful Vouga valley, to the mountain town of Viseu, whose granite buildings and columns already remind one of Spain. Viseu possesses a most interesting museum, renowned for its famous collection of old paintings, especially those of the Portuguese master Grão Vasco. From Viseu, the road leads to the Spanish border at Vilar Formoso, via Mangualde, Fornos de Algodres, Celorico da



**View of Oporto and the Douro river**

Beira, and Guarda. Also situated on the Estrela mountains, is the winter resort of Penhas da Saúde, with fine skiing and a most comfortable Tourist Inn. The wild, desolate Estrela mountain range, with its 6,000-foot sierras, offers a strange contrast with the Atlantic coast that can still be seen from those lofty heights. The two well-known bathing resorts Espinho and Granja can also be seen from there, though they are both very far away.

Both the railway and the highroad reach the city of Oporto over two enormous steel brid-



**Lisbon-Oporto in four hours**

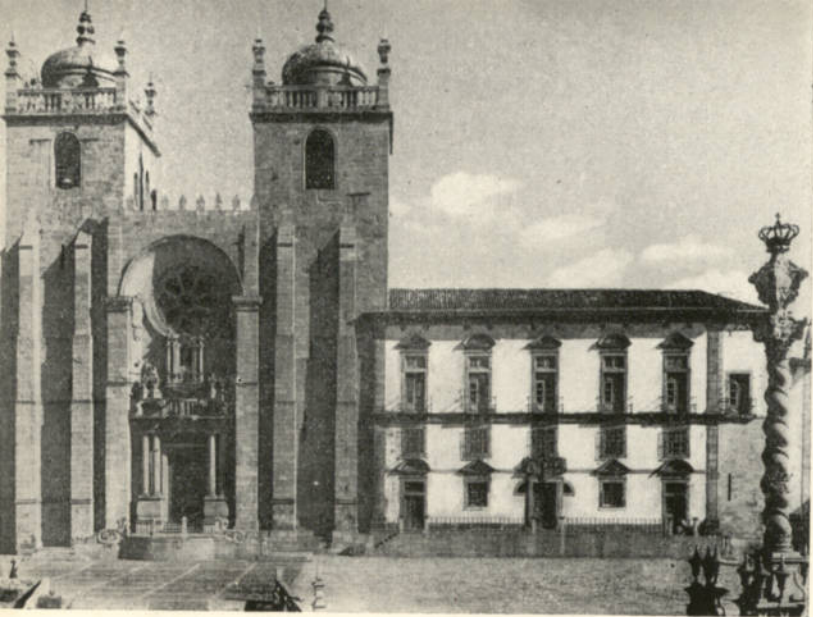
ges which span the Douro river, one of which was built by Eiffel. The famous Port wine cellars are situated along the left bank of the river, near the edge of the water, to facilitate loading and unloading of the barrels and casks which the big sailing barges bring in from the north-east, where that delicious, world-famous wine grows on the countless terraced vineyards along the upper river bed. In the upper Douro and Minho provinces the vintage is held during the month of September, and constitutes a real feast of popular rejoicing, when, to the accompaniment of harmonicas and drums, the grapes are mashed in enormous, foaming vats. The State-controlled Port wine Institute in Oporto watches over the quality of this famous dessert



**Vineyards of the  
upper Douro**



**Vintage**



**Oporto Cathedral**

wine, to which a liberal amount of brandy is added for proper blending.

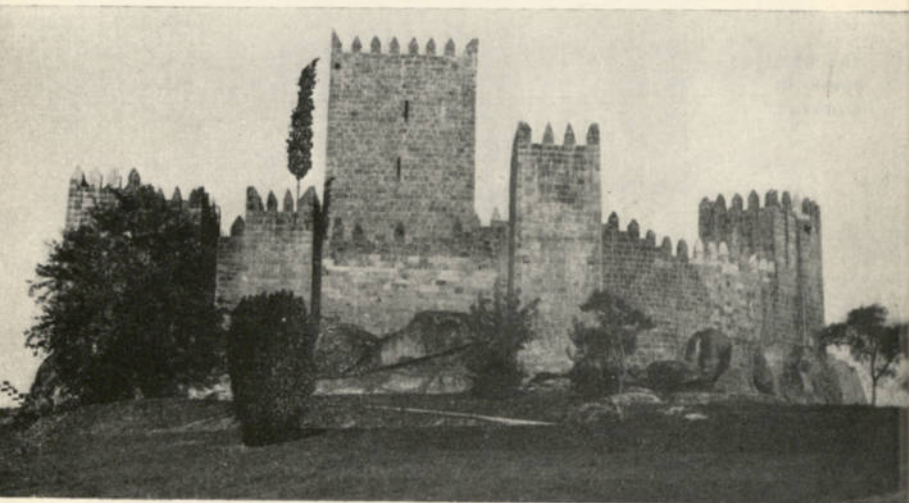
While around the city's central boulevards ultra-modern buildings are to be seen in large numbers, as for instance on the famous Avenida dos Aliados, nonetheless the city gives an impression of much greater age than Lisbon. In fact, many of the houses between the river bank and the lower part of the city date back to the Middle Ages. Oporto is famous for its many beautiful churches, principally the old «Sé» (Cathedral) with its silver altar, and the «Clérigos» church, with its tall Renaissance-style



The Clérigos  
tower in  
Oporto



tower. The pride of Oport's inhabitants, however, is the enormous new football Stadium, with a capacity of over 40,000 spectators, and the new Sport Palace situated in Oporto's magnificent city park. A few miles to the west, near the sea, is the elegant suburb of Foz do Douro, with one of the finest beaches in Portugal. Further to the north is the harbour of Leixões, note-



**The Castle of Guimarães**

worthy for its breakwater and its gigantic circular granite walls.

Ninety-five miles of flat coastline separate the Douro estuary from that of Portugal's northernmost river, the Minho, which also constitutes the country's northern frontier with Spain. Another magnificent beach is the one of Ofir, to the north of the well-known seaside resort and fishing town of Póvoa de Varzim. Ofir beach is over seven miles long, and reminds one of the beaches of California. Characteristic of this region of Portugal are the tall, blond women, and also the pre-historic ox carts with their typical wooden disc wheels. Still further to the north lies the little town of Viana do Castelo,

famous for its marvelous belvedere of Santa Luzia. Also characteristic of the region are the sumptuous popular costumes worn by the women. Magnificent roads lead up to the Minho province and the little city of Monção, where grows the famous «Vinho Verde» — the «Green Wine», so named because the grapes are cut before they are ripe. This dry, bubbling wine strongly resembles Moselle or Rhine wines, both in taste and type. From Monção the road turns east and south-east, through beautiful, cool forests which remind one of Switzerland or the Black Forest in Germany, back into the Lima valley and thence to Braga and Guimarães, where the Kingdom of Portugal was born. One can also take the eastern road from Oporto, across the lovely Tâmega valley and the pretty



**Typical costumes of northern Portugal**

little town Amarante, and up the Serra do Marão, on the top of which is to be found another comfortable and well-kept «Pousada» of the kind with which the traveller has by now become familiar.

Behind the Marão mountain range, in a valley of the province of Traz-os-Montes, lies the town of Vila Real, with its little granite houses, through the roofs of which, at sunset, the thin blue smoke of the open-hearth fires rises slowly into the clear evening sky.

All this is Portugal, is oldest Europe in the perpetual mutation of the passing centuries...

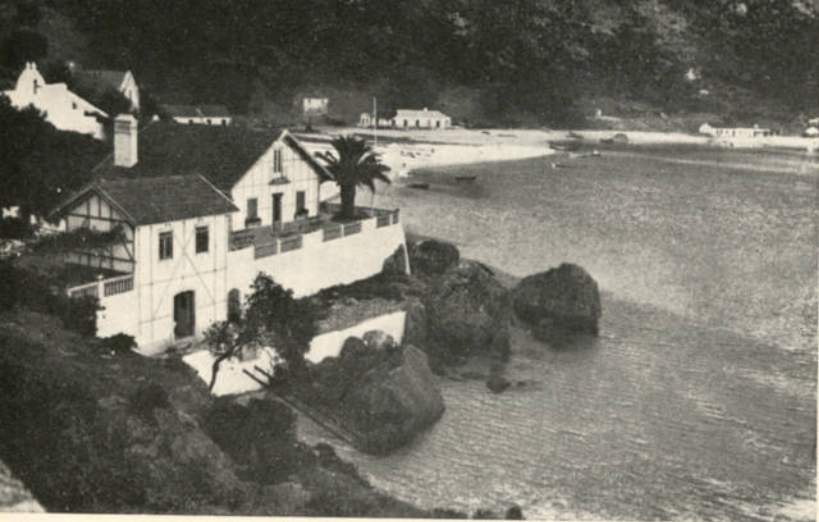
**The «Pousada» of St. Gonçalo on the Marão mountain**



## V. ÉVORA AND THE SOUTH

There are as many Spains as there are provinces in that country, and there are at least two Portugals: namely the one this side, and the one on the other side of the Tagus river — the «Alentejo».

Immediately to the south and east of Lisbon commences the vast plain, slowly rising towards the east and only crossed by a few ridges of low hills, where cork trees grow in great abundance, with olive groves and opulent corn-fields, a plain of immense, unending pasture lands, with countless herds of sheep and oxen. This part of the country was the show-piece of the ancient Roman province of Lusitânia, of which Mérida (Emerita Augusta), on the Spanish side of the border, was the capital, and whose most important settlement in Portugal was Évora (Liberalitas Julia). It was here that, coming from the southernmost province of Algarve, the Arab invasion from the south first struck, precisely as had the Germanic invasion from the north, a few centuries earlier. If to this day nothern Portugal seems to live in the sign of Christian-Nordic Chivalry, the African South, with it's whitewashed, square dwellings, the glimmering sun dust on it's plains, and the wondrous beauty of it's almond blossoms, has never lost it's undertone of oriental fairy tale.



«Portinho da Arrábida»

Cacilhas, opposite Lisbon, on the left bank of the Tagus river, also called «Outra banda» («The other side») can be reached in a few minutes by ferry. The «Other Side» is famous for the beautiful near-by beach of Caparica, with the beaked, gaily coloured fishing craft, and the Capri-like, lovely little cove of Portinho da Arrábida, in the bay of Setúbal. Portinho is the only spot on the Portuguese coast where one forgets the Atlantic and thinks that by some miracle one has been whisked to the eternally-blue Mediterranean. The busy little town of Setúbal, with its sardine canneries and its orange groves is worth a visit, and, on the return trip to Lisbon, the proud Palmela castle

may be seen high on the hilltop. Another interesting excursion is afforded by a trip to Cape Sines (95 miles south of Lisbon), via Alcácer do Sal and Santiago do Cacém, the «Merobriga» of the Romans, with its ancient thermal establishment and a charming «Pousada». To the east of Lisbon, near Vila Franca de Xira (20 miles) a great new viaduct spans the Tagus river, leading the way to the Ribatejo region, which closely reminds one of Holland. Behind the Ribatejo lies the Province of Alentejo, with the mediaeval fortified towns of Estremoz, Portalegre, and the most beautiful Elvas, near the Spanish border. Here, the famous «Pousada de Santa Luzia» offers the tourist a warm wel-

**Misericórdia Church, in Setúbal**



**Roman Temple  
at Evora**



come, an excellent meal, and a quiet rest. The capital of Alentejo province is the city of Évora, further to the south (90 miles east of Lisbon), which can be seen from afar on its mountain top, overlooking the fertile, green plain. High up on the mountain are the ruins of a beautiful Roman temple and the crenellated towers of a cathedral dating back to the time of the Visi-

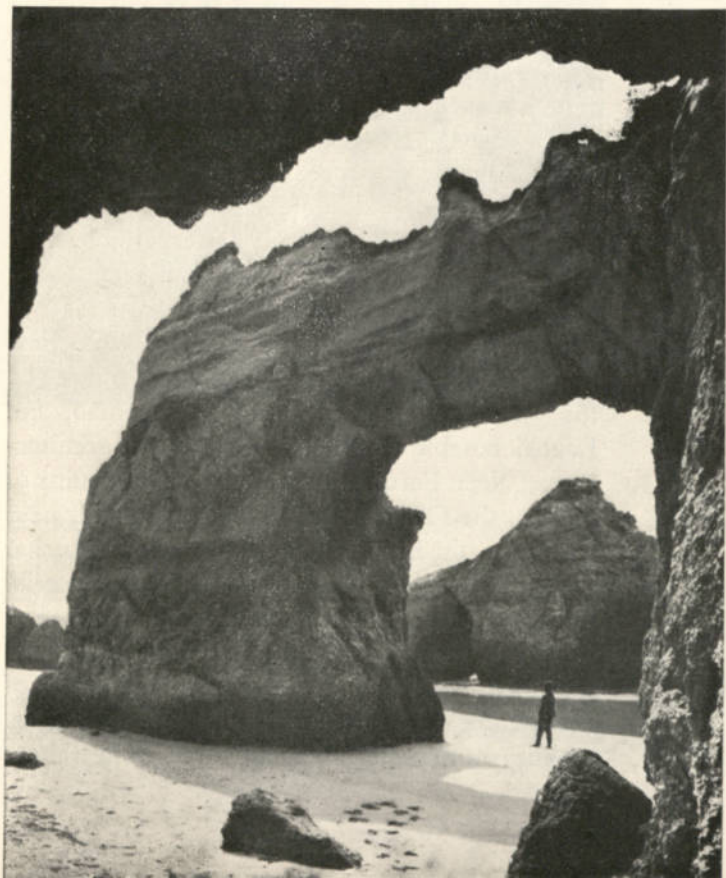


goths. Below, a vast maze of streets and squares, with churches, palaces, and Italian-looking arcades. In the Évora Museum magnificent items of Roman and Gothic sculpture are to be found, as also many fine and interesting specimens of the popular art of the region. Between Elvas and Évora, one should not fail to see the Palace of the Dukes of Bragança, who later became Kings, in Vila Viçosa.

The capital of the lower Alentejo is Beja (110 miles south of Lisbon). The city boasts a famous monastery and also an extremely interesting museum with a large collection of Roman works of art. Beyond a mountain range lies the exotic Algarve province, famous for its fig and almond trees. The time to view the almond trees in full bloom — a truly unforgettable sight — is in February, while a good place to stay overnight is the «Pousada de São Braz» at Alportel (170 miles south of Lisbon). On Portugal's southern coast, facing North Africa, lie the picturesque towns of Faro, Portimão, and Lagos, notable for their Moorish-style architecture. Near Faro lie the interesting old ruins of Milreu, the Ossonoba of olden times, and, near Portimão, the beautiful beach of Praia da Rocha, with its many grottoes and excellent hotels. On this last part of our trip through continental Portugal, mention should not be omitted of the most symbolic among the many landmarks of the country's great history — the cape of Sagres, on the southwesternmost tip of Europe (about

30 miles west of Praia da Rocha). Here, on the high cliffs overlooking the limitless expanse of the Atlantic, stood the nautical school of Prince Henry the Navigator, whence originated the immortal dream of an empire extending over oceans and continents...

«Beach of Rocks»



## VI. MADEIRA AND THE AZORES ISLANDS

With the «Aquila Airways» flying boats, the trip from Lisbon (Cabo Ruivo) to the Island of Madeira takes about 4 1/2 hours, as against 36 to 48 hours by ship. The Island of Madeira was the first discovery of the Portuguese Navigators. During a voyage to Guinea, two Portuguese caravels were driven by a storm far out into the «Dark Sea», eventually reaching the little island of Porto Santo, from where, on July 1st, 1419, they proceeded to the larger, densely wooded island which, owing to that peculiarity, was christened «Madeira», i. e. «Wood». The island is situated at 32° northern latitude, by 17° western longitude, covering a total area of about 810 square miles (45 miles long by 18 miles wide). It has roughly the shape of a great mountain jutting out of the sea, its geological constitution being mostly basalt rock. Its vegetation, though mainly tropical and sub-tropical, also shows species from northern climates, the height of the mountain, «Pico Ruivo» («Red Peak») being 5.600 feet.

The harbour and the town of Funchal, on the southern side of the island, have all the characteristics of a typical old Portuguese settlement, with the castle of St. Lawrence in the middle, and the beautiful cathedral in the midst of the most lovely flower gardens. Several excellent, English-style hotels, one in each price class, are grouped together in the western part of the town, most of them possessing their own gardens and lawns, and two of them even have private swimming pools near the beach.

The climate is extremely mild, average temperatures never going below 43° F. in winter, or above 86° F. in summer. Sea bathing is therefore possible practically during the whole year, the season running from the beginning of October to the end of May. One of Madeira's main attractions are the fireworks during New Year's night, brightly illuminating Funchal Bay as well as the whole countryside, while de luxe



**Flower girl of Madeira**

liners from Europe and America lie at anchor in the bay, and gala balls are held in the hotels. Madeira wine — resembling Port, but somewhat sweeter — lace, embroideries, and wicker furniture are the main export products of the densely populated island (pop. about 300,000, 80,000 of which in Funchal alone). The tourist fond of sightseeing will be richly rewarded by excursions on excellent highways into the mountains and highlands of the interior. Near the summit of the highest mountain, Pico Ruivo, at an altitude of 5,400 feet, there is a rest house affording the most marvelous view over the endless expanse of the sea, its silvery waves reflecting the light of the sun and the shadows of the clouds.

The Azores archipelago was discovered by the Portuguese around 1432, and was rapidly populated by them. The islands, nine in all, extend over a wide area on both sides of the 30th degree of western longitude, and on the same latitude (39°) as Lisbon. The warm, damp climate of the islands as well as their volcanic soil, favours large-scale dairy industry, vegetable and fruit cultures, a specialty among the latter being the hot-house raised, renowned pineapples. A large percentage of the Portuguese immigrants to the U. S. and, more recently, to Portuguese Africa, comes from the Azores islands.

A most important airline junction is Santa Maria Airport, laid out by the Americans on



**Volcanic lake  
on the island  
of S. Miguel,  
of the Azores  
group**

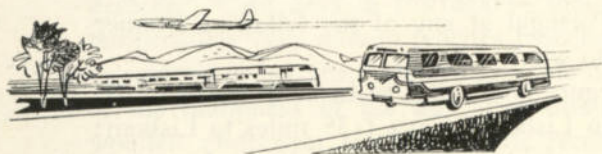
the easternmost island of the same name, in 1944. Flying time from Lisbon: 8 hours, from New York: 20 hours. Almost one-half of the Azorean population lives on the largest island of the group, S. Miguel, on which is situated the capital of the archipelago, Ponta Delgada. In the lovely Furnas valley there is an excellent hotel, and the island is endowed with the most beautiful scenery and landscapes. The island nearest to S. Miguel is Terceira, with the picturesque old town of Angra do Heroismo, and the important NATO military airdrome, Lagens. Pico, the great volcano on the island of the same name, lies opposite the island of Fayal, whose capital, Horta, is important as a mid-Atlantic sea port and as a junction and relay station of submarine cable systems. Sea communications between Portugal, Madeira and the Azores is irregular and lengthy.

## VII. USEFUL INFORMATION

Passport visas for Portugal have to be obtained at Portuguese Consulates in the respective countries to which the travellers belong, or in which they reside.

There are exchange restrictions of any kind in Portugal.

National currency is the Escudo, sub-divided into 100 Centavos; at the current rate of exchange, of Esc. 28,760 to the U. S. dollar, one Escudo equals approximately 70,035 (three and a-half cents).



### TRANSPORTATION AND ITINERARIES

From northern and central Europe Lisbon is readily accessible in a few yours by plane, from localities such as: London, Paris, Brussels, Frankfurt, Geneva and Madrid. All these airlines have tourist class tariffs on their non-transatlantic flights.

By rail, the Wagons-Lits//Cook Company's Sud-Express, plying between Paris and Lisbon, via Bordeaux, Hendaye, Irún, and Vilar Formoso. There is another line via Barcelona-Madrid.

Steamship lines calling at Lisbon include most of the Italian lines from Genoa and Naples, as well as British, French and American lines.

The road net, which recently has undergone great improvements in Spain, is excellent all over Portugal, and has led to a great intensification of international motor traffic with Portugal. Motor travellers coming from France and/or northern Spain cross the Portuguese frontier at Vilar Formoso. (About 350 miles from Lisbon).

The motorist coming from Spain can also enter Portugal at any of the following frontier posts, to wit:

Segura (195 miles to Lisbon); Marvão (130 miles to Lisbon); Caya (135 miles to Lisbon); S. Leonardo (110 miles to Lisbon); Ayamonte (210 miles to Lisbon); Vila Verde (120 miles to Lisbon).

Gasoline and lubricants of good quality are available at all filling and services stations throughout Portugal.





## CLIMATE AND CLOTHING

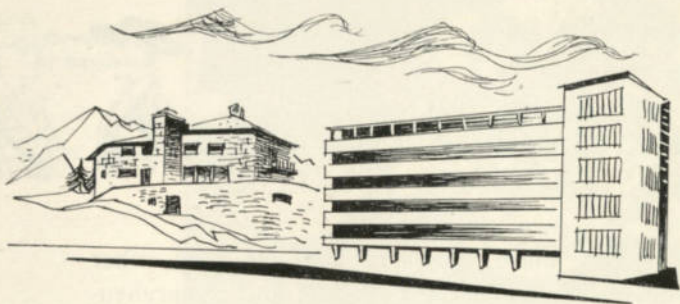
Nights are cool in Portugal, even in summer, while in spring and autumn the difference of temperature between shade and sun is considerable. Cold days in Portugal — though the temperature very seldom reaches freezing point — sometimes become quite disagreeable because of the dampness of the air. For this reason woollen underwear is highly to be recommended, same as a pullover and a warm overcoat. There is hardly any rain from the middle of June to the middle of October. During the winter months, warm, sunny days alternate with rainy and cold ones. During the whole year it is advisable not to indulge in sun-bathing for over-long periods, since the Atlantic sea board has a much stronger action on the nervous system than the Mediterranean or even the North Sea.



## FOOD AND DRINK

Food in Portugal is tasty and wholesome, since it isn't as rich as in other southern countries. Lobsters and all kinds of fresh fish constitute delicious courses of a privileged fare typical of Portuguese cuisine. «Bacalhau» (dried cod fish), a sort of national dish in Portugal, is prepared in many different ways, so that the visitor who would like to try it has the choice of the manner in which he wishes it to be cooked.

Fruits of truly magnificent quality, including oranges, tangerines, bananas, and pineapples, abound in Portugal. Red and white table wines are delicious, especially the famous bubbling «Vinho Verde» (which should be drunk iced). Port and Madeira are especially suited as dessert or «apéritif» drinks, while Portuguese brandy is quite good. Excellent pastry shops («Pastelarias») and tea houses («Casas de chá») abound throughout Lisbon.



## HOTELS AND "POUSADAS"

As happens in most other countries at the present time, Portugal also is suffering to a certain extent from scarcity of hotels, though in Lisbon, Estoril, Oporto, and some other tourist centers the industry is in position to offer the foreign visitor normal standards of comfort and conveniences while keeping prices at a reasonable level. A welcome addition to the hotels in cities and resorts are the famous «Pousadas» (rest houses & roadside inns) set up by the Portuguese State Tourist Department in several spots especially selected for the exceptional beauty of their landscapes, and most of which have already been mentioned in preceding chapters. Information on hotels and «Pousadas» in Portugal can be obtained at the Tourist Division of the National Secretariat for Information, Palácio Foz, Restauradores square, Lisbon (Phone: 32531).

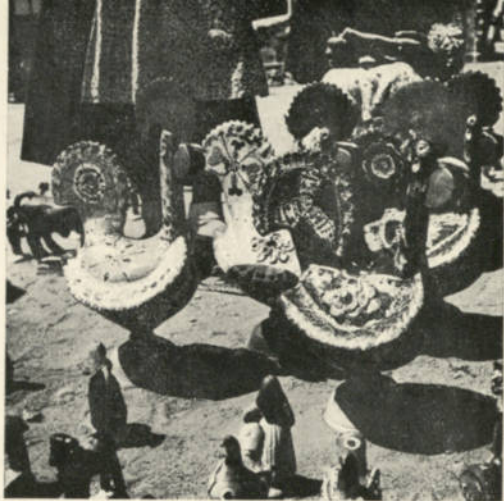
## LANGUAGE, CUSTOMS, AND FOLKLORE



For those who are familiar with other romanian languages, the reading and comprehension of newspaper titles and the like does not present any special difficulty. On the other hand, however, correct pronunciation is rendered difficult by the numerous nasal and hissing sounds which characterize the Portuguese language, making it sound somewhat like Russian to the untrained ear. Greetings are, according to the time of day, «bom dia» (good morning), «boa tarde» (good afternoon), «boa noite» (good evening or good night). Good-by is «Adeus» or «até logo» (see you later), also «até já» (see you soon) or «até à manhã» (till tomorrow). Please = «faz favor», thank you = «obrigado», or «obrigada» (for a lady). Usually a working knowledge of French will suffice to get by in hotels and even on the streets and when shopping, since most educated Portuguese speak it well. Spanish is understood everywhere, but English only in the better class hotels, banks, and Travel Agencies.

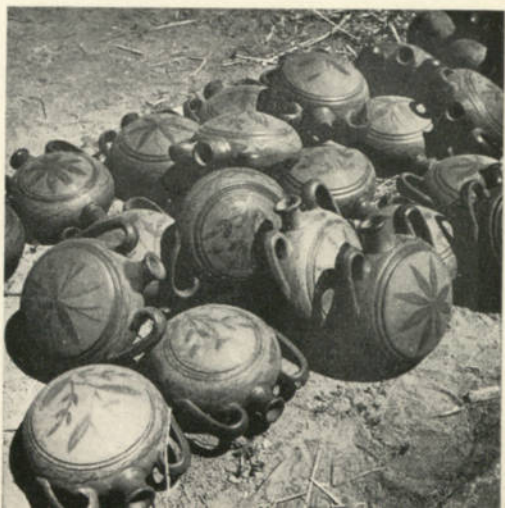
The Portuguese are by nature courteous, helpful, and increasingly accustomed to dealing with foreigners.

**Ceramics  
of Barcelos**



Among the characteristically Portuguese popular types most notable for their picturesque costumes, the fisherfolk on the coast, the peasants on the markets in villages and towns, and the fishwives in the cities, will not fail to draw the interested attention of the visitor.

**Earthenware  
plastes from  
Evora**



CAPA DE MANUEL RODRIGUES  
ARRANJO GRÁFICO DE JÚLIO GIL  
OFSETT DE LITOGRAFIA DE PORTUGAL  
GRAVURAS DE A ILUSTRADORA, LDA.  
COMPOSIÇÃO E IMPRESSÃO DE  
TIPOGRAFIA PORTUGUESA, LDA.



1919

SERVIÇOS DE EXPEDIÇÃO



NB



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LISBON

S.N.I