WSEAS/NAUN Conference Guide



By Air:

Porto Sa Carneiro Airport (OPO) is connected with **Lisbon Aeroporto da Portela (LIS)** in daily base. TAP Portugal is the only airline that is running between Lisbon and Porto. The flight time is 55 minutes and the one way adult fare is $148,00 \in$. Return fares start about $132,00 \in$ per person.

Porto International Airport (OPO) Tel.: +351(0)229 432 400 URL: <u>http://www.porto-airport.com/</u>

Lisbon Information Airport (LIS) Tel.: +351 (0) 21 841 3500 URL: http://www.lisbon-airport.com/

By Train:

The National Rail Company (CP) offers direct trains from Lisbon to Porto. There are 18 departures daily and the trip last around 3 hours. The trains depart either from Lisboa – Entrecampos or Oriente Station. The 2nd class (Turistica) fares start at $25,00 \notin$ / adult / one way.

There are two types of trains to choose such as: InterCity and Alfa-Pendular.

For both types of trains the tickets can be bought through on-line through the link; http://www.raileurope.com/us/rail/point_to_point/triprequest.htm?WT.mc_id=CJ.point_to_point.affiliates

By Bus:

Porto is about 312 kms far away from Lisbon. If you want to travel by bus you should visit the official site of "**Rede Nacional de Expressos**". The ticket costs about 16,50 \in . For the **Timetable** and **Ticket Price** please contact the Customer Care at 707 22 33 44 (every day from 08.00 am to 09.00 pm).

By Car:

Driving from Lisbon to Porto is a real pleasure and you'll be rewarded with superb view. The shortest route is 317 km, around 3 hours away (depending on the driving conditions).

Porto Airport is located approximately 11 km / 7 miles north of Porto City Center. The airport is well served by an elaborate transport network and hence there is a general free flow of traffic. **Perhaps the easiest way to get to the city is by metro**.

By Metro:

The metro in Portugal operates five different lines labeled from A to E and these lines are differentiated using colors. **Porto Airport is served by the purple line "E".** This line operates daily from 06:00 a.m. - 01:00 a.m. You can purchase your ticket from the vending machines and the fares are determined by your destination.

By Bus:

There are local buses found at the arrivals section which can take you across the city and to the surrounding areas. There is also a good collection of private buses and which make drop-offs and picks at every stop on the route. You can find the timetable for these buses at the main information desk of the airport. The other option is the shuttle buses which leave every thirty minutes. However, they only operate during the day and are quite expensive compared to the regular buses. To get to the city centre by bus, you can take either Line 601, 602 or 3M (00:00-05:00). In this case, you can buy a single trip ticket on the bus, costing $1,80 \in$.

By Taxi:

There are plenty of taxis from different companies just outside the terminal building. A taxi ride costs about $20,00 \in -30,00 \in$ from the airport to the city and you can pre-book or directly board on a cab off the terminal. You should expect the fares to rise by 20% in the evenings and during the weekends. You can negotiate a good sum to hire the taxi for a guided tour of the city and if by any chance you intend to visit the wineries then using a taxi to-and-from these locations is advised as the bus routes do not service these areas.

Car Hire:

Car hire services are also available but are generally not advised for people coming from countries that using the left lane so as to avoid accidents. Nevertheless, there are plenty of car hire companies and which include **National**, **Hertz**, **Sixt Rent a Car**, **Europcar**, **Avis** and **Budget**; all these companies have desks at the arrival terminal. It is cheaper to rent a car than to use a taxi - that is if you will be staying in Porto for several days. Always read and understand the terms and conditions as hidden charges are usually therein.



ISEP is located in the main university area of Porto, 10 minutes away from the city centre by subway. Easily accessible by public transportation, the campus is just across the IPO subway station (yellow) line and is also served by the 300, 301, 603, 803 buses.

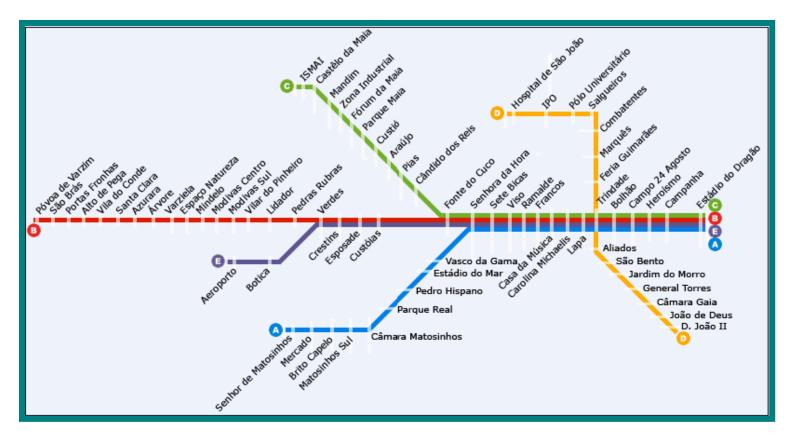
Building H

The Conferences will take place in Building H at the rooms H202, H207 and H208

By Metro:

Trains run from 06.00 am to 01.00 am, and stations are marked with a wavy blue "M". The very first time you use the metro when you arrive in Oporto you must purchase the metro card called "Cartao Andante" at the vending machines. Instead of tickets the passengers collects from the vending machines a card that must be validated before board <u>even every time you switch lines</u>. That card is your ticket and can be recharged at the vending machines any time. Andante tour tickets can be purchased in ANDANTE stores, STCP (bus station) and CP Porto sale spots. This ticket is non-rechargeable. For more details you can visit: <u>http://www.metrodoporto.pt/en/PageGen.aspx?WMCM_PaginaId=16730</u>

The easiest way to get to the University is to take the Yellow Line with direction to "Polo Universitario Station". Get off at Polo Universitario Station and follow the exit "Polo Universitario". Walk straigh ahead and on your left hand side you will see the entrance of the University.



By Bus:

Porto has an excellent and extensive bus service (called **STCP**) that operates from 06.00 am to 21.00 pm. After 21.00 pm the service is less frequent and after 01.00 am it is reduced to the principal routes. You may purchase tickets from the driver, which must then be validated on the machine behind him or her. Ticket price $0,50 \in$. Buses show their number and final destination on the front, as do the bus stops, where there are also details of the routes. The Campus served by the 300, 301, 603, 803 Bus Lines.

301 Sa Da Bandeira - S.Joao Hospital (Cercul line)							
SMSBUS	zona						
HSJ12	annanie	HOSP. S. JOÃO					
	(CIRCUNVALAÇÃO)						
IPO5	IPO (CIRCUNVAL.)						
ST4	S. TOMÉ ILHA BRAVA						
IB2 ISEP2		I.S.E.P.					
AVTE2		ALMEIDA VALENTE					
TLHR3	C6	R.TELHEIRA					
MIS4		MIOSÓTIS					
BRA5		BR. DO AMIAL					
STLZ2		S.TA LUZIA					
ASP1		ALBERTO SAMPAIO					
PPR2	C2	PARQUE DA PRELADA					
CI22		CINTURA INTERNA					
HPRL2		HOSP. PRELADA					
1BRCV		BR. CARVALHIDO					
BRCV		BR.CARVALHIDO					
MST02		MONSANTO					
BVLH2		BICA VELHA					
SPT01		SERPA PINTO					
QTAM2		QUINTA AMARELA					
CZV2		CRUZ VERMELHA					
CMIC2		CAROLINA MICHAELIS					
ICDF1		IGREJA CEDOFEITA					
CDF2		CEDOFEITA FACULDADE DIREITO					
FACD MATR2		MATERNIDADE					
MGB2		MIGUEL BOMBARDA					
HSA		HOSP.STO. ANTÓNIO					
CORD7		CORDOARIA					
LOI3		LÓIOS .					
PRDJ2		PR.D.JOÃO I					
SCAT1		S.TA CATARINA					
PDR		LARGO DO PADRÃO					
C24A2		CAMPO 24 DE AGOSTO					
BFM8		BONFIM .					
BL1		BARROS LIMA					
ESR1		ESC.SOARES DOS REIS					
SCRP5		S. CRISPIM					
MAV1		MONTE AVENTINO					
AANT4		ALAMEDA DAS ANTAS					
DC2		DIOGO CÃO SILVA TAPADA					
SVT1							
VDAM1 SAL3		VITORINO DAMASIO SALGUEIROS					
OUTE3	C1	OUTEIRO					
MLAR1		MANUEL LARANJEIRA					
FEP2		FACULDADE DE ECONOMIA					
FEUP1		FACULDADE DE ENGENHARIA					
ESED1		ESC. SUP. EDUCAÇÃO					
HSJ12	C6	HOSP. S. JOÃO					
10512		(CIRCUNVALAÇÃO)					

Aliados >> S. Joao Hospital (Cercul line)

300 Aliad	os >> S. Jo	bao Hospital (Cercul line			
SMSBUS	zona	1			
HSJ6		HOSP. S. JOÃO (URGÊNCIA)			
ESED2		ESC. SUP. EDUCAÇÃO			
FEUP2		FACULDADE DE			
		ENGENHARIA			
FEP1		FACULDADE DE ECONOMIA			
MLAR2	C6	MANUEL LARANJEIRA			
OUTE4	OUTEIRO SALGUEIROS				
SAL4 VDAM		VITORINO DAMASIO			
CCBR		COSTA CABRAL			
SVT2		SILVA TAPADA			
DC1		DIOGO CÃO			
IANT2		IGREJA DAS ANTAS			
MAV2		MONTE AVENTINO			
SCRP6		S. CRISPIM			
ESR2		ESC.SOARES DOS REIS			
BL2		BARROS LIMA			
NAVE2		NAVE			
C24A3		CAMPO 24 DE AGOSTO			
DJOA4		VI OÃOL C			
BLM		BOLHÃO (METRO)			
MCBL		MERCADO DO BOLHÃO			
PRD11		PR. D. JOÃO I			
AL4		AV. ALIADOS			
GGF1		GUILHERME GOMES			
		FERNANDES			
CMO		CARMO			
HSA3		HOSP. STO. ANTÓNIO			
MATR1		MATERNIDADE			
TRH1		TORRINHA CARVALHOSA			
CVA2 CMIC1		CAROLINA MICHAELIS			
CZV1		CRUZ VERMELHA			
OTAM1		QUINTA AMARELA			
AVF2		AV FRANCA			
CVI4		CARVALHIDO			
CI21	C1	CINTURA INTERNA			
PPR1	01	PARQUE DA PRELADA			
LARZ		LAROZE ROCHA			
STLZ1		STA. LUZIA			
BRA4		BR. DO AMIAL			
MIS3	C2	MIOSÓTIS			
TLHR2		TELHEIRA			
AVTE1		ALMEIDA VALENTE			
ISEP1		I.S.E.P.			
IB3		ILHA BRAVA			
ST3		S. TOMÉ			
IPO4		IPO (CIRCUNVAL.)			
HSJ6	C6	HOSP. S. JOÃO (URGÊNCIA)			

603 Marques - Maia

linha 61	03	MARQUÊS	$\leftarrow \rightarrow$	MAIA		
SMSBUS	ZONA				ZONA	SMSBUS
MPL1	andante	MARQUÊS		MAIA (ZOO)	andante	MAIZ
CONS1		CONSTITUIÇÃO		MAIA (IGREIA)		MAIII
CVLO1	C 1	COVELO		JARDIM ZOOLÓGICO		JZ002
IPRN1		IGREJA DE PARANHOS		VISCONDE BARREIROS		VBR1
ALVT1		ALMEIDA VALENTE		MAIA (CAMARA)		MAIA4
AVTE1		ALMEIDA VALENTE		SOBREIRO		SBO2
ISEP1		I.Ś.E.P.		MAIA (ESTÁDIO)		MAIE1
IB3		ILHA BRAVA		ALTOS		ALT2
ST3		S. TOMÉ		ANTÓNIO MARQUES	C5	AMR02
IPO4		IPO (CIRCUNVAL.)		PADRE LUIS CAMPOS		PLC2
HSJ7	C6	HOSP. S. JOÃO (URGÊNCIA)		ANTUNES AZEVEDŐ		ANTZ2
RCA		RICARDO ALVES		VERMÖIM		VRM2
FEL1	C5	FELICIANA		TAMANQUEIROS	N11	TMQ2
ART5		ARROTEIA		OUTEIRO		OUTE2
SCAB1		SACADURA CABRAL		SOUTO		SOUT2
JFPD1		 FREQUESIA PEDROUÇOS 		D. MANUEL II		DMAN2
PDB1		PEDROUÇOS-BOMBEIROS		QUINTA NOVA		QNV2
PDCM1		PEDROUÇOS (CEMITÉRIO)		OS JACINTOS		JCT2
CUTM1		CUTAMAS		MACAU		MCU3
TEIB1		TEIBAS		MANINHOS		MANH2
BOIM1		BOI MORTO		STO.CONDESTÁVEL		SCND1
CMEI1		CASTRO MEIRELES		REAL		RAL1
RPAC1		PAÇO		POINTE CABRAS		PCB1
PRD1		PARADA		CAVACO		CVC1
TRM1		TERRAMONTE		CASAL DOS MOGOS		CMGS1
RGL01		ROD. GONÇALVES LAGE		LARGO DOS MOGOS		LMG1
PMAI1		1º DE MAIO		ENXINHÄES		ENXN4
AGR1		AGRA		PENEDÓŚ		PND1
AGR4		RÖT.AGRA		M. FERREIRA PINTÓ		MFP2
MTD2	C 9	MATADOURO		PADRE AMÉRICO		PDAM2
FLO3		FLÖRES		GUEIFÄES		GUFS2
GUFS1		GUEIFÃES		FLÖRES	C5	FLO4
PDAM1		PADRE AMÉRICO		MATADOURO ROT.AGRA		MTD1
MFP1		M. FERREIRA PINTÓ PENEDÓS		RGT.AGRA AGRA		AGR3
PND3		ENXINHÃES		1º DE MAIÓ		AGR2
ENXN3				TO DE MAIO ROD, GONCALVES LAGE		PMAI2
LMG2		LARGO DOS MOGOS		(ÖESTE)		RGL02
CMGS2		CASAL DOS MOGOS		TERRAMONTE		TRM2
CVC2		CAVACO		PARADA		PRD2
PCB2		PONTE CABRAS		PAÇO		RPAC2
RAL2		REAL		CASTRO MEIRELES		CMEI2
SCND2		STO.CONDESTÁVEL		BÖI MÖRTÖ		BOIM2
MANH1		MANINHOS	1	TEIBAS		TEIB2
MCAU4		MACAU		CUTAMAS		CUTM2
JCT1		OS JACINTOS OUINTA NOVA		PEDROUÇOS DE BAIXO 1. FREGUESIA PEDROUCOS		PEDR2
QNV1		· · · · · · · · · · · · · · · · · · ·				JFPD2
DMAN1 SOUT1		D. MANUEL II SOUTO		SACADURA CABRAL ARROTEIA	C 9	SCAB2 ART6
OUTE1	C5	ÓUTEIRÓ		FELICIANA	6.9	FFI2
TMQ1	0.0	TAMANQUEIROS		TV. ARROTEIA	C5	TARR2
-				HOSP, S. JOÃO	6.5	
VRM1		VERMÖIM	1	(CIRCUNVALAÇÃO)		HSJ12
ANTZ1		ANTUNES AZEVEDŐ		IPO (CIRCUNVAL.)		IPO5
PLC1	N11	PADRE LUIS CAMPOS		S. TOMĖ		ST4
AMRQ3		ANTÓNIÓ MARQUES		ILHA BRAVA		IB2
ALT1		ALTÓS		I.Ś.E.P.		ISEP2
MAIE2		MAIA (ESTÁDIO)		ALMEIDA VALENTE		AVTE2
SBO1		SOBREIRO		DIONÍSIO SANTOS SILVA		DSS
MAIA		AIAM	1	IGREJA DE PARANHOS	C6	IPRN2
VBR2		VISCONDE BARREIROS	1	COVELO BENTO JÚNIOR		CVLO2
JZ001	C.F.	JARDIM ZOOLÓGICO	1			BJ1
MAIZ	C5	MAIA (ZOO)	1	PERPÉTUO SOCORRO MARQUÊS		PSOC2 MPL4
				MARQUÊS	C 1	MPL4 MPL1
			•	nergues	01	PIPEI

803 Boavista - Venda Nova

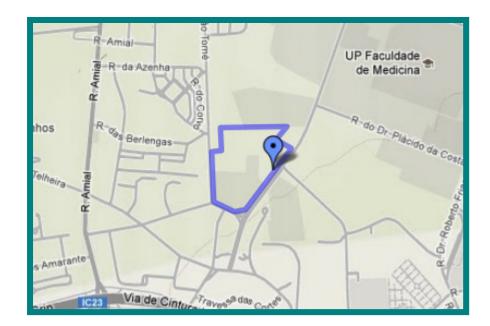
linha 80	03	BOAVISTA	$\leftarrow \rightarrow$	VENDA NOVA		
SMSBUS	andante				zona andante	SMSBUS
BS5	annanie	BOAVISTA-B.SUCESSO		VENDA NOVA	annanie	VDN6
BCM2		BOAVISTA-CASA DA MÚSICA		ESC.SEC.de RIO TINTO	C9	ESRT2
GRC1		GRACIOSA		S. SEBASTIÃO		SSB2
CVI4		CARVALHIDO		CAVADA NOVA		CVN2
NAT2		NATÁRIA		CHÃO VERDE		CHV2
BVLH3		BICA VELHA		SR.DO CALVÁRIO	C8	SCAL2
SVP2		SILVA PORTO		DAVID CORREIA DA SILVA		DCS4
VFM3		VALE FORMOSO		C.SAÚDE DE RIO TINTO		CSRT4
VFM1		VALE FORMOSO		IGREJA RIO TINTO		IGRT2
CPL1		CAMPO LINDO		IGREJA RIO TINTO 1		IGRT1
LGCL1	C1	LGO.CAMPO LINDO		LOURINHA		LOUR3
UFP1		UNIV. F. PESSOA		PERLINHAS		PERL1
IPRN1		IGREJA DE PARANHOS		RIO TINTO (ESTAÇÃO)		RTE1
ALVT1		ALMEIDA VALENTE ALMEIDA VALENTE		RIO TINTO (ESTAÇÃO) BAZAR		RTE4
AVTE1 AGRA4		AGRA - ISEP		SISTELO		BZ2 SST2
UC3		U.CBIOTECNOLOGIA		CASTANHEIRA		CTN2
		PÓLO UNIVERSITÁRIO			~~	
PUNV		(METRO)		ESTRADA NOVA	C9	EN¥2
FEP2		FACULDADE DE ECONOMIA		REBORDÃOS		RBD2
FEUP1		FACULDADE DE ENGENHARIA		VARZIELA		VRZL2
ESED1		ESC. SUP. EDUCAÇÃO		ROT. DA AREOSA		ARSR1
ASP3		ASPRELA ENXURREIRAS		AREOSA ENXURREIRAS		ARS5
ENX1 ARS4		AREOSA		ASPRELA		ENX2 ASP4
				HOSP, S. JOÃO		
VRZL1		VARZIELA		(CIRCUNVALAÇÃO)		HSJ11
RBD1	C6	REBORDÃOS		INST. ONCOLOGIA		IPO2
ENV		ESTRADA NOVA		CAMPUS S. JOÃO		CS34
CTN1		CASTANHEIRA		AGRA - ISEP		AGRA3
SST1		SISTELO		ALMEIDA VALENTE		AVTE2
BZ1		BAZAR		ALMEIDA VALENTE		ALVT2
RTE3		RIO TINTO (ESTAÇÃO)		UNIV. F. PESSOA	C6	UFP2
RTE2 PERL2		RIO TINTO (ESTAÇÃO) PERLINHAS		IGREJA DE PARANHOS LGO.CAMPO LINDO	0	IPRN2 LGCL2
LOUR4		LOURINHA		CAMPO LINDO		CPL
PCNS		PISCINAS		VALE FORMOSO		VFM2
CSRT3		C.SAÚDE RIO TINTO		SILVA PORTO		SVP1
DCS3	C9	DAVID CORREIA DA SILVA		BICA VELHA		BVLH1
SRCV		SR.DO CALVÁRIO		NATÁRIA		NAT1
CHV1		CHÃO VERDE		CARVALHIDO		CVI6
CVN1		CAVADA NOVA		CASA DE SAÚDE DA BOAVISTA		CSBV1
SSB1	C8	S. SEBASTIÃO		MOREIRA SÁ		MRS2
ESRT1		ESC.SEC.de RIO TINTO		CASA DA MÚSICA (METRO)		CMS2
VDN5	C9	VENDA NOVA		BOAVISTA-CASA DA MÚSICA		BCM5
				BOAVISTA-B.SUCESSO	C1	BS5

By Taxi:

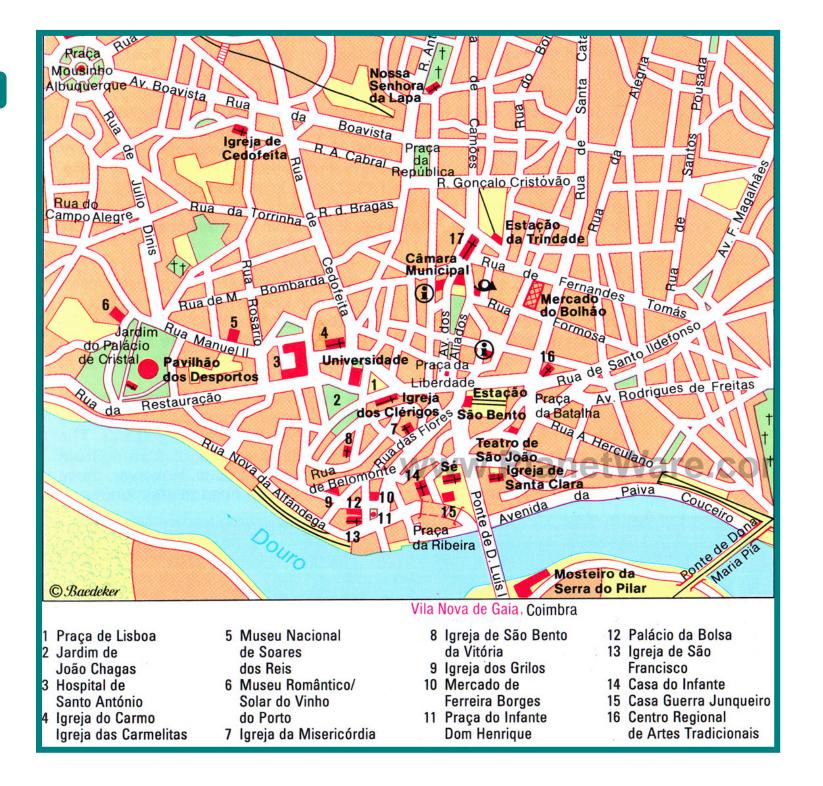
Taxis in Portugal are inexpensive when compared to the rest of Europe. Most are beige, but there are also some older black and green ones. There are taxi stands in most of the main squares of Porto.

By Car:

If you are driving, use this map for directions. The entrance to the campus parking is located on **Rua de S. Tome**.



City Map



Porto / Oporto

Location: 47° 09' 25"North 27° 35' 25" East <u>41°9'43.71"N 8°37'19.03"W</u> Population: 237,584 Area: 41.42 km² (16 sq mi)

History:

Porto also known as *Oporto*, is the second largest city in Portugal, after Lisbon, and one of the major urban areas in Southern Europe. The population is about 237,584 inhabitants



distributed within 15 civil parishes. The Porto Metropolitan Area includes approximately 1.7 million people, and is recognized as a Gamma-level global city by the Globalization and World Cities Study Group, being one of the four cities in the peninsula with global city status. Located along the Douro river estuary in northern Portugal, Porto is one of the oldest European centers, and registered as a World Heritage Site by UNESCO in 1996. Its settlement dates back many centuries, when it was an outpost of the Roman Empire. Its Latin name, Portus Cale, has been referred to as the origin for the name "Portugal," based on transliteration and oral evolution from Latin. In Portuguese the name of the city is spelled with a definite article as "o Porto" (English: the port). Consequently, its English name evolved from a misinterpretation of the oral pronunciation and referred to as "Oporto" in modern literature and by many speakers. One of Portugal's internationally famous exports, port wine, is named for Porto, since the metropolitan area, and in particular the adegas of Vila Nova de Gaia, were responsible for the production and export of the fortified wine.

Source: http://en.wikipedia.org/wiki/Porto

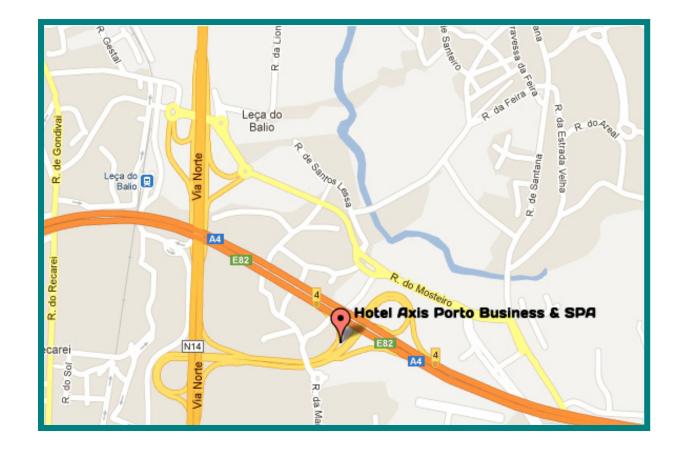
Official Web Page of Porto: <u>http://www.portoturismo.pt/</u>

Porto Tourist Information Centre

Address: R ua Clube dos Fenianos 25, 4000-172 Porto Telephone: +351 223 393 472 Web: www.visitporto.travel

The Conference Banquet will be held on July 2nd 2012 @ the Hotel's restaurants

Hotel:Hotel Axis Porto Business & SPA Hotel****Address:Rua Maria Feliciana, 100 4465-283 S.Mam. Infesta, Matosinhos - PortoPh.:+351 229 052 000Web Page:www.axisportohotel.com/Time:20.00-23.00









<u>Weather</u>

Summers in Porto are usually very sunny, with temperatures ranging from 13°C to 24°C, but are known to rise to as high as 38°C during occasional heat waves. These heat waves can last for up to 10 days and they can be unbearably hot, but it is a very dry heat, as humidity levels remain very low.



Time

Porto is one hour ahead of Greenwich Mean Time (GMT+1).



Banks

Banks in Porto are open between 08.30 - 15.00 hours during working days.



Post Office

In main towns and tourist areas post offices are open on weekdays from 08:30-18:00 and on Saturday mornings until 12:30. I



Shopping

Usual operating hours for shops in Porto are: Monday to Friday: 09:00 - 10:00 until 19:00 and some shops open on Saturday all day. The Shopping Malls are open daily - 10:00-24:00



Electricity

 $\overline{230/400}$ volt with a frequency of 50 hertz. Electrical outlets in accordance with European standards. To use American-type plugs an adapter is required.



Special Needs

Delegates and accompanying persons with disabilities are invited to advise the Congress Secretariat of any special requirements.



Pharmacy

The Pharmacies are open Monday to Friday 09:00-19:00 and on Saturdays 09:00-13:00. Schedule of the 24hrs pharmacies is available at the main entrance of all pharmacies.



Currency

The unit of currency is Euro (\in). Major credit cards are accepted in most hotels, shops and restaurants. Travelers' cheques and currency can be changed at exchange bureaus. Automatic changing and cash dispensing machines linked to international networks are also widely available.

Place of Interest



PALACIO DA BOLSA

This pompous 19th-century building with a vast Neoclassical façade is the former stock exchange that was built to impress and earn the credibility of European investors. Inside it could be mistaken for a royal place, especially the ornate Arab Room, an oval chamber that attempted to copy Granada's Alhambra Palace. It is now "the grand reception room" of the city where heads of state and other luminaries are received on a visit to Oporto. Another noteworthy room is Pátio das Nações, lit by a large skylight that is a magnificent example of iron architecture. Flags of most of the countries that had trade relations with Oporto are represented here.

Address: Rua de Ferreira Borges, 4050-253 Porto Opening hours: Monday to Sunday (including holidays) 09:00-19:00

URL: <u>http://www.palaciodabolsa.pt</u>

SOARES DOS REIS MUSEUM

This was Portugal's first designated national museum. It was founded in 1833 to showcase works of art from dissolved monasteries and convents, including a valuable collection of paintings, glass, ceramics and jewelry (especially noteworthy is an 18th century breast piece studded with precious stones).

Opening hours: Tuesday: from 14.00 to 18.00, Wednesday to Sunday: from 10.00 to 18.00 **Fees:** $5,00 \in$

* Free entry on Sundays and Bank Holidays until 14.00 Address: Palacio dos Carrancas, Rua D. Manuel II, 4050-342 Porto, Tel.: +351 22 339 37 70, Email: <u>mnsr@ipmuseus.pt</u>



SERRALVS MUSEUM

This world-class museum displays cutting-edge international contemporary art in a striking minimalist building by Pritzker Prize-winning architect Alvaro Siza Vieira. The eighteen hectares of grounds also contain natural farmland, and are dotted with modern sculptures.

Opening hours: Tuesday to Friday: 10 a.m. to 5 p.m., Saturday, Sunday and Public Holidays: 10 a.m. to 8 p.m **Fees:** Museum and Park - 7,00 €, Park - 3,00 €, Car Park - 0,80 € /hour **Free Entrance on Sundays: 10 a.m. - 1 p.m **Address:** Rua Dom João de Castro, 210, 4150-417 Porto, Portugal, Tel.: +351 226 156 500



Catedral Se - PORTO'S FORTRESS-LIKE CATHEDRAL

Porto's cathedral dates from the 12th and 13th centuries, but substantial parts of it were given a make-over some 500 years later in the baroque style. From the outside the cathedral has almost a fortress-like look, but the interior is more gentle, and it contains some gems such as the 14th-century images of the Nossa Senhora da Vandoma, a gothic cloister, a silver altar, the Sao Vincente Chapel and an impressive collection of religious sculptures from the 14th and 18th centuries.

Opening hours: Mon-Sat 0900-1215 and 1430-1730, Sun 1430-1730 (Nov-Mar); 0845-1230 and 1430-1900 (Apr-Oct) **Admission Fees:** Free (except for the cloisters) **Address:** Terreiro da Se, 4050-573, Porto, Portugal, Tel.: +351 (22) 205 9028





Casa do Infante (House of the Prince)

Rumoured to be the birthplace of Prince Henry the Navigator, this building was actually a customs house dates in parts to the 14th century. Located on the Ribeira riverbank, it now houses an archive of historic documents relating to the city's commerce over the centuries, plus other important historical collections.

Opening hours: Tue-Sun 1000-1300 and 1400-1730 Admission Fees: Yes Address: Rua da Alfandega 10, 4050-029, Porto, Portugal, Tel.: +351 (22) 206 0400

Caves Calem port wine cellars

Porto's best known export is the fortified wine which takes the city's name, and is made from grapes grown upstream in the Douro Valley. There are around 15 of these dotted around the Gaia area on the south bank of the river, and their prominent branded roofs are a distinctive sight from a vantage point across the water. Many of them offer guided tours, tastings and shops, including Caves Calem and Sandeman, and other international household names, and a visit to at least one is pretty much a must-do when in the city.

Opening hours: Daily 1000-1900 (May-Oct); daily 1000-1800 (Nov-Apr) **Admission Fees:** Yes **Address:** Avenida Diogo Leite 344, 4400-111 Vila Nova de Gaia, Porto, Portugal, Tel.: +351 (22) 374 6660 **Website:** <u>www.calem.pt</u>





Torre dos Clerigos (Tower of Clerigos)

At 76m (249ft) high, this baroque tower from the 18th century is the highest city tower in Portugal. There are 235 steps up to the top, and from there the views of the old cityscape are impressive. The tower was constructed by the architect Nicolau Nasoni, and the attached church is notable for its baroque rococo gilt carvings.

Opening Times: Daily1000-1200 and 1430-1900 **Admission Fees:** Yes **Address:** Rua Sao Filipe de Nery, 4050-546, Porto, Portugal, Tel.: +351 (22) 200 1729

Foz area

Foz is the most sophisticated district of Oporto, with a multitude of ocean-front bars, cafes, clubs and restaurants. You may begin a walk by the waterfront at Jardim do Passeio Alegre on Avenida D. Carlos I. This is an elegant garden entered through two 19th century obelisks and surrounded by palm trees, various sculptures, two mini-golf courses, and a bandstand that hosts philharmonic concerts during the summer. To reach Foz take bus number 1 from the center of the city (there is a stop next to Sao Bento Station) or numbers 21 or 24 from the Boavista roundabout by Casa da Musica.

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<u>Tours</u>

Tour in Porto-Visiting the Sights

If your time is limited in Oporto and you would like to skip the planning of your visit, consider an organized city tour or go on a beautiful trip down the Douro Valley. You don't have to worry about finding transportation and researching what you should see. All the work has been done for you. All you have to do is book it. See more details of the tours offered in and around Oporto below.

Panoramic Porto Tour

On your tour there will be visits of the Cathedral, Real Companhia Velha Port Wine Cellars, Clerigos, Foz and Boavista, as well as a walking tour through the oldest quarter of Ribeira. Usually the ticket costs about $32,00 \in$.

Information: http://www.partner.viator.com/en/6022/tours/Porto-and-Northern-Portugal/Panoramic-Porto-Tour/d219-2874OPO03#additional

Douro Valley and Wine Country Tour

Tour departs from selected Porto hotels. On this tour you will see unique landscapes, and will visit the Monastery of S.Gonçalo on the banks of the river in Amarante and the shrine of our Lady of Remédios in Lamego. Usually the ticket costs about 95,00 €.

Information: http://www.partner.viator.com/en/6022/tours/Porto-and-Northern-Portugal/Day-Trip-to-Douro/d219-2874OPO01

The Andante Tour

If you want to travel alone and not as part of a group you can buy an Andante Tour Ticket. The Andante Tour is your ticket when in Porto. It allows you to travel for 24 or 72 hours in the entire public transport network, including metro, buses and trains. Andante Tour means no complications: you need only to validate the Andante Tour on each boarding and you are free to travel in all the Andante network area.

Exists in two options:

- Andante Tour 1 (valid for 24h)- price 7,00 €
- Andante Tour 1 (valid for 72h)- price 15,00 €

<u>Sales points</u>: Andante Shops at the airport and several stations STCP (bus station) and train stations in the Oporto area Mobilidade shop (Oporto Tourismo office). General Information: +351 22 507 1000

For more information you can visit http://www.stcp.pt/en/home/destaques/dest144.htm

Vintage City Tour

One ticket with so much to do: Porto Vintage (YellowBus Official Sightseeing Tours), Porto Tram City Tour, the Museu do Carro Elictrico and the Instituto dos Vinhos do Douro e do Porto, with afree glass of port thrown in too! **Summer Schedule (July-September):**

9h20; 10h00; 10h40; 11h20; 12h00; 12h40; 13h20; 14h00; 14h40; 15h20; 16h00; 16h40; 17h20; 18h00; 18h40 Tel.: (+351) 21 361 31 93, Email: <u>yellowbus@carristur.pt</u> Brochure: <u>http://www.yellowbustours.com/fotos/editor2/folheto_porto_site_2.pdf</u>

Yellow City Cruises Tour

With a Yellow City Cruises ticket, discover the best of Oporto, Gaia and Matosinhos onboard our open-top YellowBus Official Sightseeing Tour buses and make the most of the unforgettable River Douro Bridge Cruise (Via Douro) and a visit to the famous and beautiful Calém port wine cellars on the quayside in Gaia.

You may buy your Yellow Bus ticket on board the bus or at Praça da Liberdade selling point and Official agents network

Summer Schedule (July-September)

9h20, 10h00, 10h40, 11h20, 12h00, 12h40, 13h20, 14h00, 14h40, 15h20, 16h00, 16h40, 17h20, 18h00, 18h40 Tel.: (+351) 21 361 31 93, Email: <u>yellowbus@carristur.pt</u> Brochure: <u>http://www.yellowbustours.com/fotos/editor2/folheto_porto_site_2.pdf</u>

Porto Vintage Tour

With a Porto Vintage ticket you get to see Oporto, Vila Nova de Gaia and Matosinhos all with the same ticket! Jump on board the YellowBus Official Sightseeing Tour and see what it is that makes Oporto different. Discover the historical centre of Oporto, the beaches at Foz and Matosinhos and the quayside in Gaia. Our open-top bus will take you there – the rest is up to you!

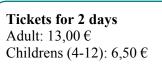
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Porto Tram City Tours

Brochure: <u>http://www.portotramcitytour.pt/Porto-Tram-City-Tours.pdf</u> URL: <u>http://www.portotramcitytour.pt/</u> Tickets for 2 days Adult: 18,75 € Childrens (4-12): 12,50 €

Tickets for 3 days Adult: about 22,50 \in Childrens (4-12): 15,00 \in



Tickets for 2 days Adult: 19,00 € Childrens (4-12): 9,50 €

Tickets for 3 days Adult: about 23,00 € Childrens (4-12): 11,50 €

Childrens (4-12): 11,50 ump on board the YellowBu

Miramar

This is probably one of the most popular and most beautiful beaches in Porto. Located around 10 km to the south of the city, this beach is mostly visited by locals. Over the last few years, a lot of tourists have been flocking to Miramar beach. This is because the beach offers a quiet and tranquil place to enjoy the sun. It's perfect for those looking to get away from the crowds and noise in the city. Though the beach is very sandy, it has rocks in some places. Its waters are clean and ideal for surfing. There are also several bars and coffee houses where tourists can grab a bite or have a few drinks.





Espinho

Another beach that tourists can visit when they are in the city is Espinho. This beach is located about 18 km to the south of Porto and is extremely popular in the summer. You will find numerous people sunbathing on its white sands in summer. The beach also offers many water activities like surfing and diving. Espinho beach becomes quite crowded during July and August. The sea becomes warmest at this time, making it perfect for swimming and other water activities. Visitors can also find numerous bars, restaurants, cafes and hotels around the beach to provide them with

Portuguese cuisine is characterised by rich, filling and full-flavoured dishes and is closely related to Mediterranean cuisine. The influence of Portugal's former colonial possessions is also notable, especially in the wide variety of spices used. These spices include *piri piri* (small, fiery chilli peppers) and black pepper, as well as cinnamon, vanilla and saffron. Olive oil is one of the bases of Portuguese cuisine both for cooking and flavouring meals. Garlic is widely used, as are herbs such as coriander and parsley. Breakfast is traditionally just coffee or milk and a bread roll with butter, jam, cheese or ham. Lunch, often lasting over an hour is served between noon and 2 o'clock or between 1 and 3 o'clock, and dinner is generally served late, around or after 8 o'clock. There are three main courses, lunch and dinner usually include soup. A common soup is **caldo verde** with potato, **shredded kale**, and **chunks of** *chouriço* **sausage**. The most typical desserts are **rice pudding** (decorated with cinnamon) and caramel custard, but they also often include a variety of cheeses. The most common varieties are made from sheep or goat's milk, and include the **queijo da serra** from the region of Serra da Estrela. A popular pastry is the **pastel de nata**, a small custard tart sprinkled with cinnamon.

THE YEATMAN RESTAURANT

One of the world's leading wine hotels, The Yeatman will offer guests an extensive portfolio of Portuguese wines, including of course Port, as well as a varied and comprehensive selection from the classic vineyards of Europe and New World. The Yeatman aims to be the destination of choice, not only for the wine lover, but also for the gourmet and epicure.



Address: Rua do Choupeiro (Vila Nova de Gaia) Tel.: +351 220 133 100 URL: <u>http://www.the-yeatman-hotel.com/en/food/gourmet-restaurant/</u>



PEDRO LEMOS RESTAURANT

One of the city's finest restaurants, it presents Portuguese cuisine reinterpreted by the chef after which the place is named. It only uses fresh seasonal ingredients, so the menu changes frequently but you'll always find curious, creative dishes, including those in two optional tasting menus. The wine list is excellent, offering almost 200 options. The dining area is tastefully designed in golden brown, and also displays gourmet products which may be bought. Close on Sundays.

Address: Rua do Padre Luís Cabral, 974, Foz do Douro, 4150-459 Porto - Portugal Tel: +351 220115986 URL: <u>www.pedrolemos.net</u>

BOOK RESTAURANT

For the space alone, this is one of Porto's most interesting restaurants. It's in what used to be a bookstore, and it has kept the shelves as part of the décor. The menu is divided into "chapters" and the food is Mediterranean. As a "prologue" you may have a cocktail at the bar.

Addess: Rua do Aviz, 10 Tel: +351 91 795 33 87 URL: www.restaurante-book.com





AL FORNO BAIXA RESTAURANT

This is one of the trendiest restaurants in downtown Porto, with a cool and relaxed ambience. It's more informal at lunchtime and slightly more refined at night, but always offers a fine Italian and Portuguese-inspired menu. The dining area has an elegant design made up of light-colored furnishings and includes space for a DJ on weekend nights.

Addess: Rua Rodrigues Sampaio, 156 Tel: +351 222 021 049 URL: www.alfornobaixa.com

ITAMAE RESTAURANT

This was the first Japanese restaurant in Porto, and after a major renovation it remains one of the best in the city. It includes a beautiful garden and pieces of art following the taste of the artist owner. It's a great atmosphere and excellent sushi in one of Porto's trendiest streets known for its art galleries.

Addess: Rua Miguel Bombarda, 216 Tel: +351 222 011 926 URL: restauranteitamae.blogspot.com





DA TERRA RESTAURANT

Vegetarians or simply the health-conscious will want to check out this restaurant in Matosinhos. Get on the metro or take a taxi from central Porto and expect a buffet of excellent natural and biological dishes, including soup, desserts, and some vegan options. That's at lunchtime, while for dinner there's an a la carte menu with similar fresh options. The interior has a modern minimalist decor and the atmosphere is always very relaxed.

Addess: Rua Dr. Afonso Cordeiro, 71 -- Matosinhos Tel: +351 960 330 002 URL: <u>www.daterra.pt</u>

More Restaurants:

Don Juan Restaurant (Rua Helena Vieira da Silva, 320 (Leça da Palmeira), Tel: +351 229 965 047, <u>www.donjuan.pt</u>) Artemisia Restaurant (Rua Adolfo Casais Monteiro, 135, Tel.: +351 226 062 286, <u>www.restauranteartemisia.com</u>) BB Gourmet Bull & Bear Restaurant (Avenida da Boavista 3431, +351 22 610 7669, <u>www.bbgourmet.net</u>) Casa De Pasto Da Palmeira Restaurant (Rua do Passeio Alegre, 450, Tel: +351 226 168 244, <u>www.casadepastodapalmeira.pt.vu</u>)