

# RAINBOW GETAWAYS



PREMIER LGBTQ TRAVEL CONCIERGE

## PORTUGAL

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HISTORY



Portugal, officially Portuguese Republic, Portuguese República Portuguesa, is a country lying along the Atlantic coast of the Iberian Peninsula in southwestern Europe. Once continental Europe's most significant power, Portugal shares commonalities—geographic and cultural—with the countries of both northern Europe and the Mediterranean. Its cold, rocky northern coast and mountainous interior are sparsely settled, scenic, and wild, while the country's south, the Algarve, is warm and fertile. The rugged Estrela Mountains (Serra da Estrela, or "Star Mountain Range"), which lie between the Tagus and Mondego rivers, contain the highest point of mainland Portugal.

# IN THE BEGINNING

Human beings had lived in Portugal since about 30,000 BC when the world was in the grip of an ice age. The first Portuguese were hunters and fishermen. They also gathered plants for food. They wore leather clothes, and they made stone tools. In about 5,000 BC farming was introduced to Portugal. However, the farmers continued to use stone tools. Bronze was introduced to Portugal about 2,000 BC. About 700 BC Celtic tribes entered Portugal from the north. They introduced iron to Portugal. Meanwhile, by 800 BC, the Phoenicians from what is now Lebanon had begun trading with the Portuguese. By about 600 BC the Greeks were also trading with Portugal.

# AFONSO HENRIQUES

Afonso I, more commonly known as Afonso Henriques, also known as the Conqueror, was the first King of Portugal, declaring his independence from León. He played a significant role in reclaiming the Iberian Peninsula from the Moors and defended Portugal from Castille, which was reluctant to recognize its independence. Conflict with Castille ended with a Peace Treaty, evidence that Afonso I could make peace as well as wage war. Afonso consolidated Portugal's Catholic identity, pledging that he and the nation would serve the Church. Reconquered territories were settled with a Christian population, guarded by members of the military orders. Within less than 20-years of Alfonso I's death, Portugal was defined more or less by its present borders, making Portugal one of the oldest 'nation-states.' Countries such as Spain, France, Italy, and Germany were not unified until much later. Alfonso Henriques left his mark on the map of Europe. The impetus created by his conquest of the Southern Iberian peninsular, and by the process of settling that region, would later continue to drive and to inspire Portuguese imperial expansion, as, subsequently, the Kingdom acquired a vast overseas empire.

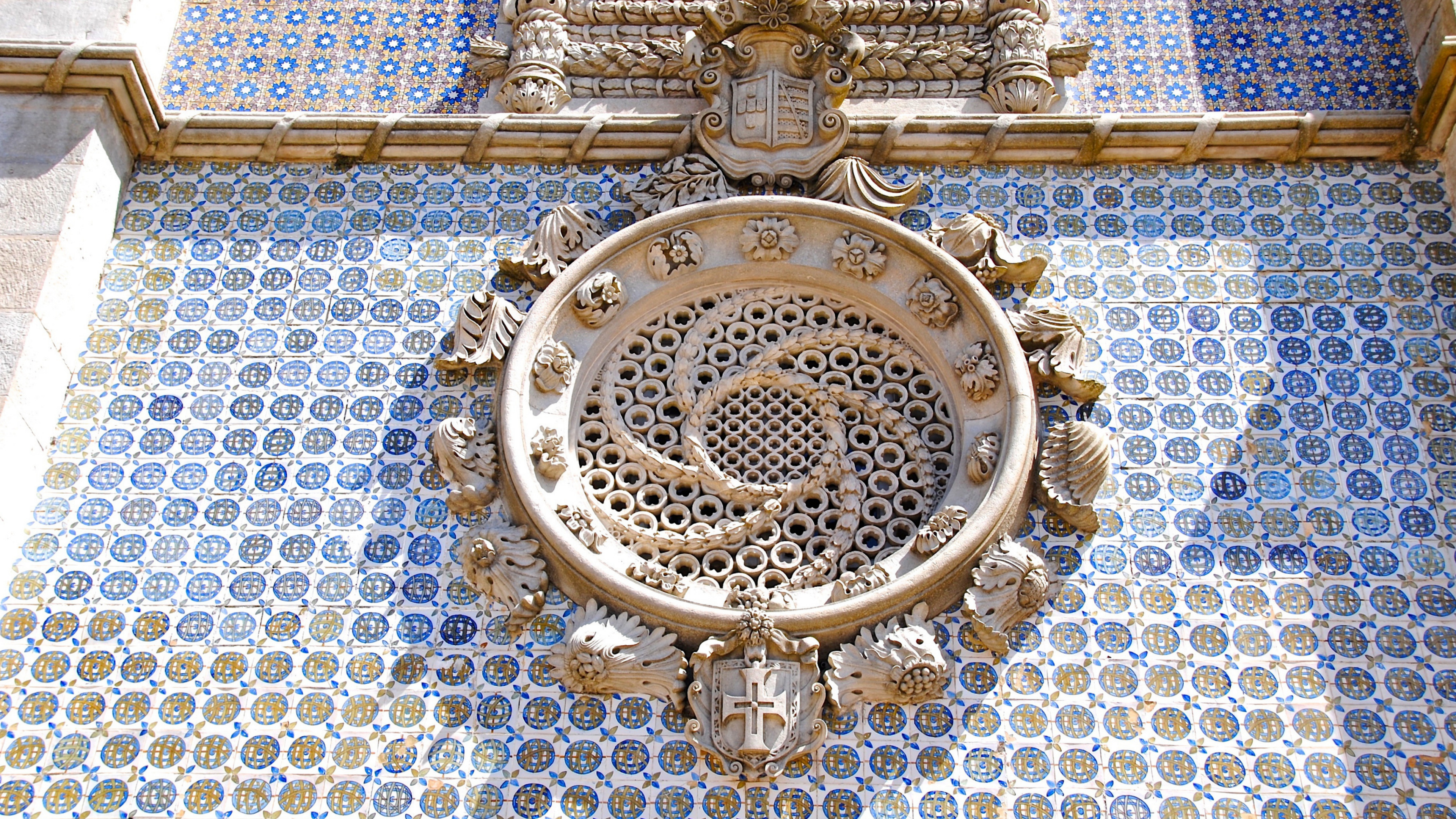
# FROM REVOLUTION TO DEMOCRACY

Despite the coup's popularity, the following year saw unprecedented chaos. It began where the revolution had begun – in the African colonies. Independence was granted immediately to Guinea-Bissau, followed by rapid decolonization of the Cape Verde islands, São Tomé and Príncipe, Mozambique, and Angola.

The transition wasn't smooth: civil war racked Angola, and East Timor, freshly liberated in 1975, was promptly invaded by Indonesia. Within Portugal, too, times were turbulent, with almost a million refugees from African colonies flooding into Portugal.

The country was an economic mess, with widespread strikes and a tangle of political ideas and parties. The communists and a radical wing of the MFA launched a revolutionary movement, nationalizing firms and services. Peasant farmers seized land to establish communal farms that failed because of in-fighting and poor management. While revolutionaries held sway in the south, the conservative north was led by Mário Soares and his Partido Socialista.

It took a more moderate government, formed in 1975, to unite the country after a coup by radical leftists was crushed. At last, the revolution had ended.



MONEY



Portugal uses the euro currency. Notes come in seven different denominations: 500, 200, 100, 50, 20, 10 and 5 euros. There are eight coins: 2 and 1 euros, and 50, 20, 10, 5, 2, 1 cents.



# CREDIT CARDS

If you're traveling to Portugal with a Visa or Mastercard on hand, you'll be covered almost everywhere in the country. You'll be good with an American Express card in some places, too. That said, it's a good idea also to carry some cash as some smaller restaurants and shops may not accept credit cards.

# VISITORS FROM THE USA

If buying euros in advance, whatever you do, don't overdo it. In almost every case, euros you can get abroad from an ATM will be cheaper than those you can get back in the States. If buying in advance, get enough to give you a comfortable cushion and get you through a day's worth of emergency expenses.



# DEBIT CARDS

Most places in Portugal will accept international credit and debit cards (American Express, Visa, Visa Electron, Mastercard, etc.) although foreign cards usually incur a charge. You will need to contact your card issuer for more information.

# ATM

Portugal has a national network of cash machines (ATMs) identified by the symbol MB (Multibanco), from which you can withdraw cash 24 hours a day.

# HELPFUL INFO

# CLIMATE

The climate of Portugal is temperate and influenced by the Atlantic Ocean. In the north, the weather is cold and rainy, while moving south it becomes gradually warmer and sunnier; in the far south, the region of Algarve has a dry and sunny microclimate. In the interior, on the border with Spain, the climate is a bit more continental.

In summer, the Azores High protects Portugal, so it's usually sunny everywhere. However, a few weather fronts can still affect the northern part of the country. In the rest of the year, and especially from November to March, rainfall can occur, especially in the north where it is more frequent and abundant. Therefore, the landscape in the north is green, while it gradually becomes arider towards the south, down to Algarve, which has a relatively dry climate.

# ELECTRICITY

In Portugal the power plugs and sockets are of type F. The standard voltage is 230 V, and the standard frequency is 50 Hz.



# TECHNOLOGY & COMMUNICATION

WIFI and 4G work very well in Portugal. You should be able to get WIFI in every hotel, and in most restaurants and bars, particularly in tourist areas. Although, if this isn't enough, you can always buy a prepaid data card, for about 15 Euros for 15 days.

Broadband internet, both via landlines and cellular data networks, is widely available in Portugal. More than 90% of Portuguese companies have a broadband connection, 95% of the country enjoys DSL coverage, and 90% of public services are online. According to the ITIF (Information,

Technology and Innovation Foundation), Portugal ranks 9th out of 30 countries in terms of the lowest broadband price. If you have a GSM-compatible mobile, you will be able to use your foreign handset in Portugal. To avoid running up huge bills, it is a good idea to buy a Portuguese SIM card. You may need to unlock your phone to use a Portuguese SIM card. In Portugal, it is easy to find a place that unlocks cellphones.

There are three major mobile phone service providers in Portugal, Vodafone, Optimus, and TMN. Each provider offers a variety of prepaid and contracts SIM cards, both of which are available to foreigners. To obtain a prepaid SIM card, you should go to one of the network provider's shops. There you will be asked for your name and address. No proof of address is required, but they may wish to photocopy your passport or ID card.

# INFRASTRUCTURE & TRANSPORT

The Portuguese railways are almost entirely owned and operated by the nationalized Portuguese Railway Company. The railway system, which is adequate for Portugal's needs, totals 2,850 km (1,771 mi) of the track, comprised mostly of broad gauge (1.67 m) single track, of which 623 km (387 mi) have been electrified. The length of highways in 2002 was 68,732 km (42,710 mi), of which 59,110 km (36,731 mi) were paved, including 797 km (495 mi) of expressways. The principal highways connect Lisbon and Porto with La Coruña in Spain, and Lisbon with Madrid via Badajoz. Bus service links all Portuguese cities, towns, and principal villages. In 2000 there were 4,750,000 motor vehicles registered in continental Portugal, including 3,443,000 passenger cars, and 1,307,000 trucks, buses, and other commercial vehicles.

As of 2002, the Portuguese merchant fleet had 140 oceangoing vessels of over 1,000 gross tons, totaling 1,001,440 GRT. The leading shipping firm is the Portuguese Maritime Transport Co., created after the private shipping companies were nationalized in 1975. It maintains scheduled services to the Azores, Madeira, Macao, and the former overseas territories in Africa; there is regular service to Brazil and North America. The chief ports—Lisbon, Porto, Ponta Delgada, and Sines—are all fully equipped and have adequate warehousing facilities. Portugal has created a captive register of convenience on Madeira for Portuguese-owned ships, allowing for taxation and crewing benefits.

In 2001, Portugal had 67 airports, 40 with paved runways. Because of their geographical position, Lisbon's Portela Airport and Santa Maria in the Azores are of great importance in international aviation. Portela is one of the principal airports for overseas flights to North and South America and to western and Central Africa; Santa Maria is a stopping point for transoceanic flights from Europe to North America. The most important aviation company in Portugal is Transportes Aereos Portugueses (TAP), which was nationalized in 1975. In 2001, 6,650,800 passengers were carried on domestic and international scheduled flights.





# IN CASE OF AN EMERGENCY

In Portugal, the free of charge phone number for emergency medical service is Europe wide 112 (emergency telephone number).

## LANGUAGE

Portuguese is the commonly spoken language and the first language of most of the population. The Portuguese have adopted the use of other foreign languages, mainly English, French, and Spanish. Portuguese is the country's official language, while English is the second most common language.



REST. CLUBE  
VELA DE

# LGBTQ TRAVEL

In 2010 Portugal legalized gay marriage, becoming the sixth European country to do so. In Lisbon, Porto, and the Algarve, acceptance has increased, whereas, in most other areas, same-sex couples would be met with incomprehension. In this conservative Catholic country, homosexuality is still outside the norm, although homophobic violence is rare. There is a dynamic gay scene in Lisboa, Porto, and in the main touristic cities of Algarve, like Faro, Lagos, Albufeira, and Tavira. Gay bars, pubs, nightclubs, and beaches (in Algarve) are plentiful. Other smaller towns and regions such as Aveiro, Leiria, Coimbra, Braga, and Madeira have much more discreet gay communities, nearly invisible to the public eye.

## RELIGION

Although most Portuguese are Roman Catholic, other religions enjoy the freedom of worship. In 2002, about 80% of the population aged 12 or older identified themselves as Roman Catholic; though many claimed that they are not active participants in the church. Protestants constituted about 4% of the populace, and various other groups made up about 1%. Nearly 3% claim no religious affiliation. Christian groups include Seventh-Day Adventists, the Church of Jesus Christ of Latter-Day Saints, Orthodox Christians, and Brazilian syncretic Catholic churches. There are about 35,000 Muslims, 700 Jews, and small groups of Buddhists, Taoists, and Zoroastrians. About 7,000 people are Hindus.



# GETTING THERE

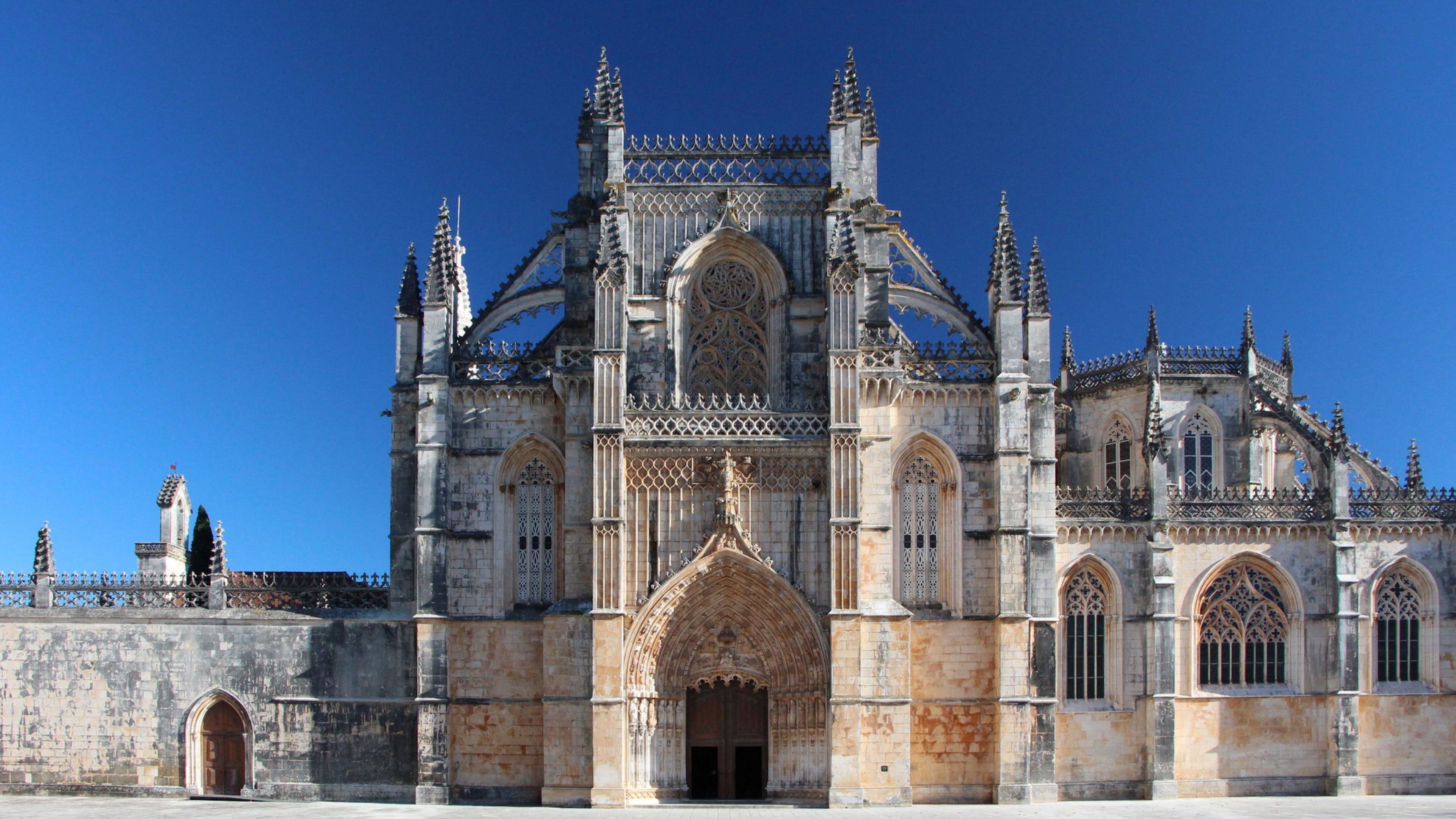
The only direct nonstop services from the United States are from New York (Newark) to Lisbon with United Airlines, Lufthansa or TAP. Flight time is around seven hours. From all other cities, you'll need a connecting flight, either via New York or via a European airport with airlines such as BA, Delta or Air France – in which case you can add four or five hours to your total travel time, depending on the connection. TAP can also arrange onward flights from Lisbon to Porto or Faro.

## DRIVING

Driving in Portugal is secure and safe. Roads between major cities are well maintained. There are some four-lane highways, including one that runs the 300+ miles between Lisbon and Porto; otherwise, expect two-lane roads throughout the country and unpaved, bumpy and sometimes single-lane roads in rural areas.

Rental cars are available at major airports and in big cities and towns. Agencies in Portugal include Alamo, Budget and Europcar. Avis is the primary rental agency in the Azores and Madeira. Unless marked differently, national speed limits are usually 50 kilometers per hour (about 31 mph) in cities and towns, 90 kph (56 mph) outside cities and towns, and 120 kph (75 mph) on highways. Along the main roads, gas stations are open 24 hours; elsewhere, hours tend to be from 7 a.m. to 10 p.m. If you drive on the main tollway, you'll encounter some spots with tollbooth operators and others with electronic toll collection systems.

THE  
EXPERIENCE





# CULTURE

The Portuguese are typically gentle, friendly and modest. The family is central to the Portuguese way of life, and takes precedence over all other relationships, including in business. The Portuguese are also concerned with appearances and with respectability. Being smartly dressed, whatever the occasion, is seen as a mark of integrity, especially amongst the older generation.

Portugal is a nation of fish-eaters, with sardines, mackerel, and the famous bacalhau reliably on menus in all types of restaurants. The Portuguese adore their sweets and pastries, and a visit to a pasteleria will reveal all sorts of imaginatively named delights. Portugal has many celebrations to mark various saints' days, as well as several annual holidays. Additionally, towns and cities across the country usually have a summer festival, often including bullfights or bull runs through the city.

# BUCKET LIST

- Discover Lisbon's Rua Nova do Carvalho
- Swing by the Alfama district for some seriously good vibes
- Check out the Tour de Belem
- Taste some of the best pastel de nata in the world
- Take a day trip to Sintra
- Glide through the canals in Aveiro
- Check out the entire city of Porto
- Taste real Port at Taylor's Port Wine
- Explore Jeronimos Monastar



# FAMILY TRAVEL HIGHLIGHTS

Ride a tuk-tuk

Walk the city walls of Obidos

Explore the gardens of Quinta da Regaleira in Sintra

Ride Lisbon tram nr. 28, Nazare funicular, Porto gondola, and take the kids for a boat ride

Visit the caves Grutas de Mira de Aire

get lost in the most beautiful forest of Portugal - Mata Nacional do Bucaco

Admire Portuguese azulejos

Visit a real-life

Disney Castle - Pena Palace

## TOURIST AUTHORITY

Turismo de portual, I. P. is responsible for the promotion, development, and sustainability of tourist activity. It thus unites in one single body all the institutional powers relating to the development of tourism, in all areas ranging from supply to demand.

# FOODS TO TRY

Bacalhau

Cozido a portuguesa

Sardines

Bifana

Arroz de marisco

Chicken piri piri

Whole crab

Pasteis de Nata

# DRINKS TO TRY

Super Bock

Sagres

Portuguese Wine

Licor Beirao

Ginjinha

Portuguese Sangria

Big Boss

Sharish

Aguardente

Almond liqueur

Moscatel



# PHOTOGRAPHY HOT SPOTS

Born Jesus do Monte

Amarante

Pena Palace

Monserate Place

Castle of the Moors

Poco da Alagoinha on Flores Island

Belem Tower

Igreja da Sao Francisco

Praca do Giraldo

Parque Natural do Sudoeste Alentejano e Costa Vicentina

Lagos Castle

Ponta de Piedade



# SOUVENIRS To BUY

Canned sardines  
packs of Pastéis de Belém  
Portuguese Wine  
Ginjinha  
Olive Oil  
Embroidery  
Cork accessories  
Azulejos  
Barcelos rooster



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