

Portugal



I am Cleide Espirito Santo and I will speak now about my country Portugal and the food, place and the weather.

Portugal is one country of about 10 million people. The population is concentrated in the city of Lisbon, which is capital of the country and 27% of the population live there.

It is a welcoming country with beautiful scenery and green spaces.



Baked cod with potatoes

The food in Portugal is good. The most common fish is cod which is baked and is very tasty. Soup made with beans & grain is popular.

The wine traditional from the Alentejo, Porto and Beirao is the best in Portugal.



Grilled Cutlets and Wine



Traditional Cakes

There are many sweets in Portugal e.g. Wafer cake, cake yogurt, creamed milk, fresh egg cake, Portuguese Christmas cake and rabinante made with eggs and bread.

In Portugal we have nice places for visitors e.g. the cities are best for visitors:

Lisbon

- Elegant, historical capital city - now modernizing.
- Located on the north bank of the Rio Tejo (River Tagus).
- Main sites in the Baixa and Belen.
- Site of hugely successful Expo 98.
- Temperate climate; 15 km from the Atlantic.
- Historic city centre juxtaposed with the new.
- A must-see for all visitors to Portugal.



Braga

- Portugal's ancient religious capital.
 - Famous pilgrimage site of Bom Jesus do Monte.
 - Relaxing town of palaces, churches and historic mansions.
 - Convenient base for exploring the southern Minho region.
- City of colorful local festivals.
 - Braga's cathedral is one of the must-see sights of Portugal.

Coimbra

- Centre of Portuguese Renaissance.
- Famous for the ancient University of Coimbra.
- Town of steep and winding alleys.
- Guaranteed to charm, if not excite.
- Population over 100,000 inhabitants.
- Situated midway between Lisbon and Portugal.
- Great place to relax and soak up Portuguese culture.



Porto

- Portugal's second city & gateway to the Douro valley.
- Commercial hub & historical centre of port wine trade.
- Grittier, northern, down-to-earth alternative to Lisbon.
- Dramatic hillside location at the mouth of the Douro River.
- Named European Cultural Capital 2001.
- Gateway to Northern Portugal.

Guimaraes

- Historical city centre of picturesque buildings.
- Named a UNESCO world heritage site in 2001.
- Stay in two of Portugal's finest posada.
- Modern city famous for textiles, shoes & cutlery.
- Population of around 52,000.



These are a few of the cities to visit and I think Portugal is a nice place for visitors.

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