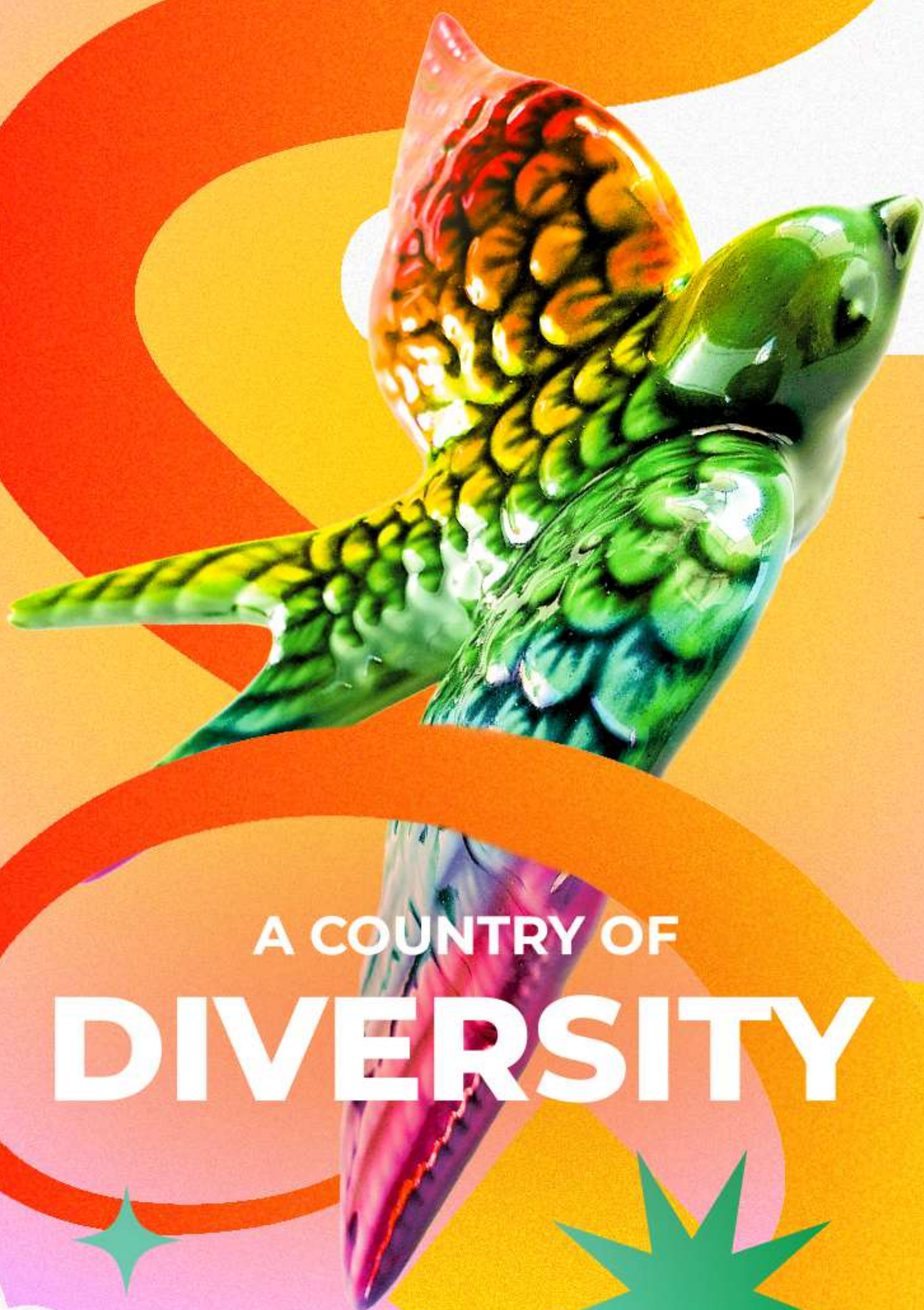




visit Portugal



A COUNTRY OF
DIVERSITY



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PORTUGAL

In Portugal, hospitality is not just a tradition; it is a celebration of diversity.

Thanks to its warm spirit, cosmopolitan atmosphere and vibrant soul, Portugal has positioned itself as a destination that belongs to everyone and is for everyone. It is a country that invites you to live authentic experiences in an inclusive environment, as the motto **L.O.V.E.** – “**Loving, Open, Vibrant, Easy**” – clearly shows.



LOVING CELEBRATING FREEDOM

Portugal is a pioneer in the protection and **celebration of the LGBTQIA+ community**. The legalisation of same-sex marriage in 2010 and the homosexual couples' right to adopt, acquired in 2016, contributed to a solid path in the defence of human rights. The inclusive policies guarantee the **equality** and **respect** which are part of the genuinely welcoming attitude of the Portuguese people.



OPEN A DESTINATION THAT EMBRACES EVERYONE

Recognised internationally as one of the countries to visit by the LGBTQIA+ community, Portugal topped the rankings in the Spartacus **Gay Travel Index 2024**. Whether in Lisbon, Porto, the islands or the interior, you can find **communities** that promote equality and combat discrimination.



VIBRANT DIVERSITY THAT IS LIVED AND CELEBRATED

Portugal is a **vibrant stage** for those who appreciate culture and entertainment, but the combination of **sun, sea, nature, heritage** and **well-being** is where its true wealth lies.

Cultural festivals are opportunities to become better acquainted with the locals and make the **destination special** at any time of the year.





From north to south, from the coast to the interior, and in the archipelagos too, there is an extensive programme of art, music, literature and gastronomy festivals at which **diversity** and **free expression** are enthusiastically celebrated.

In addition to the **major events** in Lisbon and Porto, **celebrations** such as the LGBTI+ Pride March in Covilhã and the Azores Pride show that the rainbow shines throughout the territory, from the cosmopolitan **cities** to more surprising **hidden spots**.



EASY **EVERYTHING CLOSE TO HAND**

Portugal is easily **accessible** from the main European cities, with regular flights to the international airports of Lisbon, Porto, Faro, Funchal and Ponta Delgada.

In the main cities, public transport is **efficient** and **easy to use**, with a variety of options designed to make commuting simple, comfortable and affordable.

As well as the metro (underground), buses, trams and trains, bicycles and urban scooters are practical and **sustainable options** for getting around in a leisurely manner.



PORTUGAL. INCLUSIVE BY NATURE, UNFORGETTABLE BY CHOICE.

Portugal invites all travellers to explore its cultural, natural and human riches, in an atmosphere of **respect** and **inclusion**.

The **EuroPride 2025** event will be a unique opportunity to celebrate **love** and **diversity**. More than a destination, Portugal is an experience of freedom, authenticity and discovery, ideal for anyone seeking trips with meaning, comfort and inspiration.



TWO CITIES, TWO RIVERS LISBON AND PORTO

Take a few days to acquaint yourself with a bit of Portugal by visiting two cities which both have a special atmosphere thanks to their rivers and proximity to the sea: Lisbon, also known as the City of Light, alongside the River Tagus; and Porto, which shares its name with that of the famous wine, produced on the slopes of the River Douro.



Lisbon is a **vibrant and welcoming** city with a cosmopolitan atmosphere that combines tradition and modernity.

Visit the city's **historic neighbourhoods** and be amazed by a wide variety of **cultural events**, **independent stores** and **gastronomy venues** – an ideal recipe that appeals to all tastes. The charming viewpoints, ease of getting around and the nearby **beaches** make Lisbon an irresistible choice for a short city break.



In Porto, discover a distinctive, authentic and characterful experience. In the historic centre, alongside centuries-old monuments and contemporary architecture, discover art galleries, alternative cafes and cultural spaces.



The city is a great starting point to explore the **port wine** cellars and stroll along the banks of the River **Douro**.



PORTUGAL IS ART

Portugal is a country where **art lives on every street**, out in the open, building bridges between tradition and innovation.



Portuguese culture is linked to the country's geographical location and its path through history. As one of the oldest nations in Europe, its opening to the sea, which began in the 15th century, led the Portuguese to discover new worlds and make them known to humanity. The country's **cultural heritage** is, therefore, a fusion of various influences from Africa, America, Asia and the peoples who inhabited the territory before the foundation of the nationality, as well as the affable and welcoming character, which comes from the **acceptance of difference**.



From **decorative tiles** to **arts and crafts**, by way of architecture, design and urban art, the details that characterise the forms of Portuguese artistic expression tell many stories.

Discover **cultural diversity** on city tours or on itineraries through contemporary museums and alternative galleries. Visit the **World Heritage** sites, be enchanted by the Manueline style or the Portuguese Baroque and be amazed by contemporary artists. **Unleash your inspiration.**



AN AUTHENTIC COUNTRY

Far from the best-known itineraries, lies the genuine heart of Portugal, rich in **traditions** and **stories**. There is a standing invitation to explore its heritage and **natural beauty**, giving you the opportunity to experience authenticity and **local culture**, so that every moment can unveil a well-kept secret. There is a lot to visit over a weekend and at any time of the year.



Venture along the back roads or the National Road 2 (E.N.2), which travels the length of the country, from north to south, on an unforgettable road trip.

Discover inspiring landscapes, mediaeval villages, centuries-old traditions, popular festivals and spontaneous hospitality, which you will find in the smiles and shared stories of the people who **welcome you with open arms**.



For those seeking a more intimate experience, the **Historical Villages**, the **Schist Villages** and the towns and villages of the interior offer a different perspective from traditional tourism. Visit the **wine regions**, such as the Alto Douro Wine Region or the Alentejo and participate in wine tourism activities. Learn how the vineyard culture and wine-growing are part of Portugal's heritage.



IN COMMUNION WITH NATURE

Explore **trails, walkways** and **nature parks**, go for a refreshing dip at a river beach and enjoy spas and springs that will make you feel wonderful as well as letting you reconnect to nature.

Portugal is pure energy.





well-being



nature!



With a **pleasant climate** all year round, walking and cycling are two of the best ways to reach places that you would otherwise never come across. Whether you prefer an urban setting, the **countryside** or the **coast**, you can choose well-defined start and end points for your outings, allowing you to wander at will between them and enjoy the sheer pleasure of observing whatever you encounter along the way.

If you like surprising sensations, the Atlantic Ocean offers many great challenges. **Surfing** and **windsurfing** are just two examples from among the many and varied water sports available, but one unmissable activity is a **dolphin-** or **whale-watching** boat trip.

There are so many options to choose from, the **landscapes** are among the most diverse anywhere, and the good weather is sure to be on your side.

In Portugal, contact with **nature** is sure to enhance your trip.

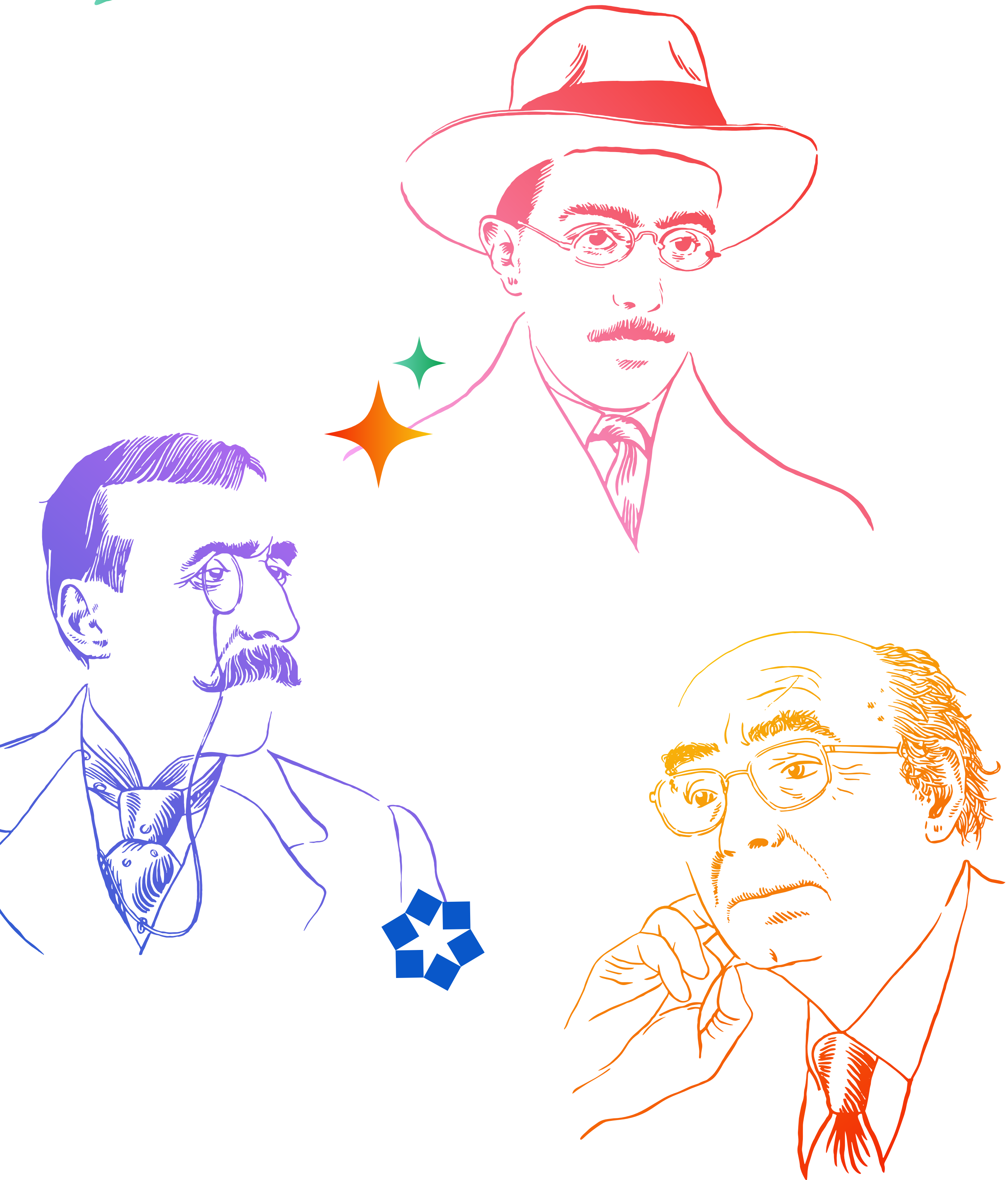


SEA



GOOD WEATHER GOOD WEATHER

AIR



EXPLORE PORTUGAL WITH THE WRITERS

Portugal is a destination that inspires writers and literature lovers, offering several **literary itineraries and routes** that criss-cross the diversity of landscapes, **heritage** and the **soul of the people**.



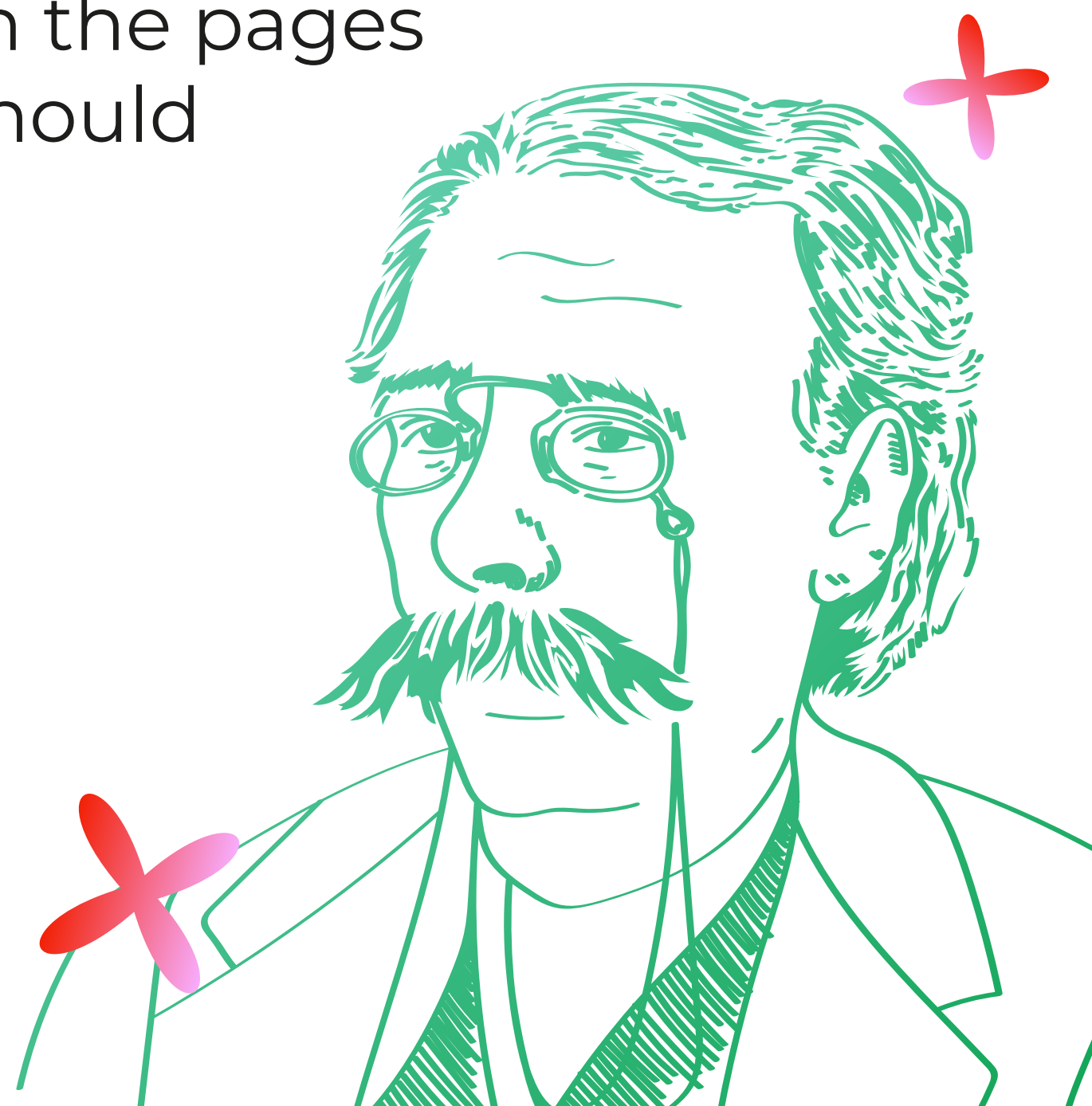
You can follow in the footsteps of **Fernando Pessoa** in Lisbon, visit the **José Saramago** Foundation or recreate his Journey to Portugal and discover the cafes and bookstores that have hosted gatherings and inspired generations. In Sintra, soak up the rural atmosphere of the uplands that enchanted Eça de Queiroz.

Go to literature festivals in the mediaeval town of **Óbidos**, UNESCO's "Creative City of Literature", or experience the academic spirit that inspired poets and novelists, such as Miguel Torga, in **Coimbra**. The University's library is one of the oldest in the country.

From north to south, **Portuguese Literature** invites you to discover real places, which inhabit the pages of the country's greatest authors.

Wander at leisure among books and authors at the book fairs and literary festivals.

Enrich every trip by visiting the writers' houses, to define your route and discover other stories about the places. If you prefer, the **literary itineraries** offer more personalised guided tours, based on the life and work of Portuguese authors. Either way, a walk through the pages of Portuguese literature should absolutely not be missed.





PORTUGAL'S UNWRITTEN RECIPE

From simplicity to sophistication, Portuguese gastronomy is an invitation to the senses. Every region has its own unique flavours and recipes that are full of character.

For wine lovers, there are wineries to explore, tastings to savour and scenery to admire, where wine is experienced in all of its glory.



Each dish is a story waiting to be discovered.

Inspired by fresh, seasonal and local products, Portuguese gastronomy is an authentic way of life that combines **tradition and creativity** in an experience that will linger in your memory.

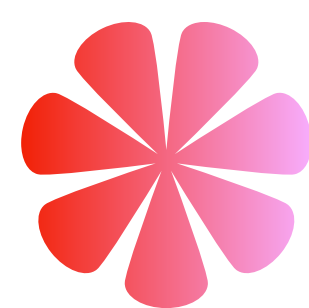
From the simplicity of bread and olive oil to the sophistication of the wines and convent sweets, there is always something new in each region: a different flavour, a tradition reinvented, an unwritten recipe – with soul, authenticity and passion.



partilha

Portugal is also a land of first-class wines and **wine landscapes**, shaped over the centuries. From the Douro to the Alentejo, and from Bairrada to Dão, it is possible to explore historic estates, participate in grape harvests and wine tastings and stay overnight in wineries that have been converted into **exquisite accommodations**.

More than just **tasting**, this is a place where the landscape and the palate meet in a **memorable ritual**. In Portugal, gastronomy and wine tourism are an experience that **awakens all your senses**.



USEFUL CONTACTS

Portugal has a growing network of organisations and associations that promote the rights of the LGBTQIA+ community. The Commission for Citizenship and Gender Equality (CIG) is a public entity that provides useful resources and information for **residents** and **visitors**.

Several local associations offer **support, information** and **resources** for both residents and visitors, contributing to a safe and inclusive environment.

Learn more:

Comissão para a Cidadania e Igualdade de Género – CIG (Commission for Citizenship and Gender Equality): www.cig.gov.pt

ILGA Portugal: www.ilga-portugal.pt

Variações – Associação de Comércio e Turismo LGBTI+ de Portugal (LGBTI+ Commerce and Tourism Association of Portugal):
www.variacoes.pt



