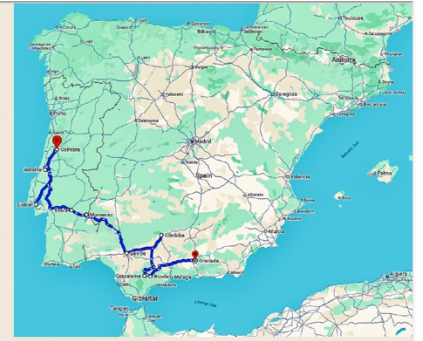
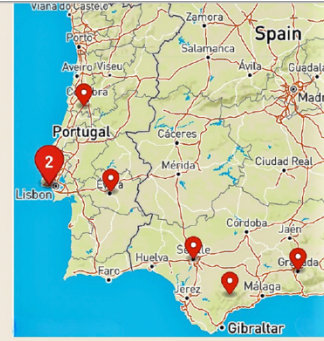




# Portugal

October 2024

Kathleen Moberg & Cindy Castillo



## Lisbon

Our two-country trip started in Lisbon with its brightly colored buildings and houses often covered in tile. We visited the Tile Museum, Belem Tower and Monument to the Discoveries along the coast as well as the local town of Sintra to see their National Palace and Queluz National Palace. Famous foods are Pastel de Nata, a custard treat, and sardines. We also saw amazing churches and cathedrals, all tall, ornate and beautiful inside, constructed over the last 1,000 years!

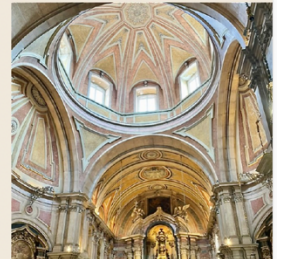




Tile Museum



Downtown  
Lisbon

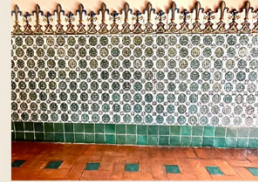




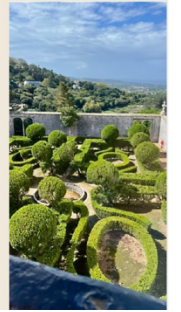
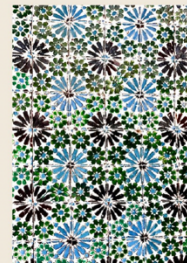
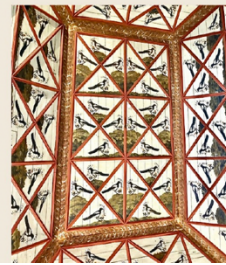
**Belen Tower,  
Discovery Monument &  
April 25 Bridge** (copied Golden Gate)



**Sintra's Queluz  
Palace**

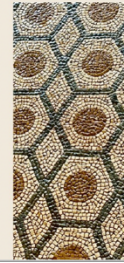


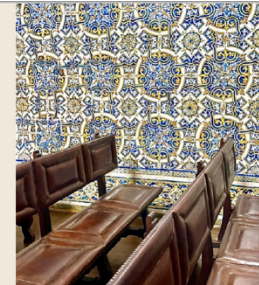
**Sintra's National Palace**





Conimbriga Roman Ruins

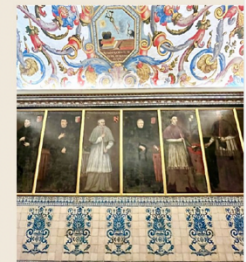




## Coimbra

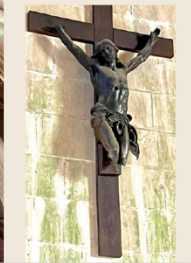
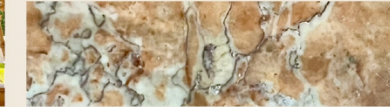
City Center, Meringues,  
University of Coimbra, Fado concert

Joanina Baroque Library (no pictures) with 60,000  
books from the 16th-18th century.





Batalha Monastery





### Cork & Canned Fish

Portugal is famous for its cork products and its canned fish. The cork industry exports about \$1.3B annually. Besides wine stoppers, it is used in clothing, shoes, furniture, and floor and wall products. Canned fish is a \$6.5B business. Sardines, one of the healthiest superfoods, as well as roe, tuna, mackerel, cod, trout, anchovies, octopus and others, are canned in olive oil, water, tomato sauce or newer boutique flavors. Sardines improve in texture and flavor over time, with an optimum point between four and ten years!



Portuguese Buffet







Companhia das Lezírias farmstead

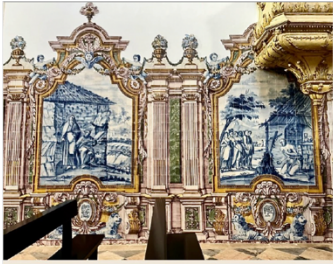


Lusitanos



Cork





Evora



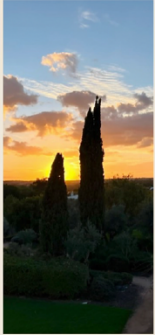
Portuguese Cooking School





Monsaraz

## Adeus Portugal, Hola España





P-84 F. KRADOLFER



P-85 F. KRADOLFER



P-86 F. KRADOLFER



P-87



P-88



P-89



P-90



P-91



P-92



P-93



P-94



P-95