



## PLACES TO VISIT

I

### WALLED CITY NUCLEUS

Discover the origin and evolution of Coimbra's wall, towers and respective gates. Model and film. Visit Almedina Tower.

🕒 10 am-1 pm and 2 pm-6 pm. **Closed:** Sunday, Monday and public holidays.

📍 **ALMEDINA TOWER** | 🏠 €1.70. Discounts available.

IV

### UNIVERSITY TOWER

A highlight for tourists that offers perhaps the best views over the city.

🕒 10 am-1 pm and 2 pm-6 pm. **Closed:** 1st November to 15th March the day of the Queima das Fitas Parade.

📍 €1

II

### MACHADO DE CASTRO NATIONAL MUSEUM

🕒 October to March: 10 am-12:30 pm and 2 pm-6 pm; April to September: 10 am-6 pm. **Closed:** Monday, 1st January, Easter Sunday, 1st May and 25th December.

📍 €6. Cryptoporticus visit only: €3.

V

### OLD CONVENT OF ST. CLARE

🕒 May to September: 10 am-7 pm; October to April: 10 am-6 pm **Closed:** Monday, 1st January, Easter Sunday, 1st May and 25th December.

📍 €5. Discounts. Free on 1st Sunday of each month.

III

### SCHOOLS' COURTYARD

Includes a visit to the Joanina Library, the Royal Palace and St. Michael's Chapel.

🕒 9 am-7:30 pm (Last entry to Joanina Library: morning 12:40, afternoon 4:40 pm **Closed:** 1st January, the day of the Queima das Fitas Parade, 24th, 25th and 31st December. €9, discounts available.

📍 9€, possibilidade de descontos.

VI

### PORTUGAL DOS PEQUENITOS

🕒 January, February and from 16th October to 31st December: 10 am-5 pm; March, May and from 16th September to 15th October: 10 am-7 pm; 1st June to 15th September: 9 am-8 pm. **Closed:** 25th December

📍 €5.95 (children aged 3 to 13) and €9.50 (youths and adults from 14 to 64). Discounts available.



## RESTAURANTS

VII

### LOGGIA Machado de Castro National Museum, Coimbra

Specialty: Worth it for the views at sunset.

🕒 Tuesday and Sunday: 10 am-6 pm; Wednesday to Saturday: 10 am-11 pm. **Closed:** Monday. Average price: €15 to €25

📞 239 853 070

📍 40°12'31.97"N; 8°25'30.79"O

VIII

### ADEGA DO PAÇO DO CONDE Coimbra

Specialty: Charcoal-grilled meat and fish

🕒 Monday to Saturday: 11 am-10 pm. **Closed:** Domingos | Sundays: €10

📞 239 825 605

📍 40°12'33.81"N; 8°25'49.02"O

IX

### FANGAS Rua Fernandes Tomás, Coimbra

Specialty: Petiscos (small dishes for sharing) and good national wines.

**Closed:** Monday. Average price: €15

📞 934 093 636

📍 40°12'29.59"N; 8°25'43.17"O

## STAY IN CERDEIRA, EXPLORE THE CENTRE OF PORTUGAL



Cerdeira is the best option for those seeking a balance between being immersed in the tranquil nature of the mountains and their interest in exploring the historical and cultural richness of the centre of Portugal.



Stay in one of eight comfortable houses built from schist, clay and chestnut wood in which art completes tradition. You can also have a creative experience with artists from around the world who choose Cerdeira as a place of inspiration.



All Cerdeira houses are built in schist stone using the art of centuries-old folk architecture. Interiors feature chestnut wood with walls rendered in clay and straw. **Ecological constructions** in a blissful natural environment.



# Cerdeira Village

Creative Center & Accommodation

## Coimbra *King Afonso Henriques' capital*

ROUTE  
4

Sé Velha - Coimbra



ACTIVE



HISTORY  
AND CULTURE



RECREATION



LANDSCAPE



NATURE

STAY IN CERDEIRA, EXPLORE THE CENTRE OF PORTUGAL



Schools' Courtyard (Pátio das Escolas)

## WHAT TO EXPLORE

When King **Afonso Henriques** established the capital of the kingdom and his court in **Coimbra**, it stimulated a profound transformation of the old town, which still had strong Roman, Muslim and Mozarabic heritage. During his reign, Coimbra became a political and religious centre on a par with other European capitals.

The prestige of the capital also began to be reflected in the building work that was carried out, introducing the Romanesque architectural style that flourished in Christian Europe in that era.

Coimbra is also nicknamed the *City of Knowledge*. First established here in 1308, the **university** was to dictate the course of the city's history and the development of its urban area, and to justify the important structures which were built in it for centuries to come. It is this architectural legacy and the resulting essence of culture and knowledge which warranted UNESCO's recognition of the University, Upper Coimbra and Rua da Sofia as a World Heritage Site in 2013. This itinerary offers the discovery of Upper Coimbra based on a walking route that passes the buildings that existed during the reign of King Afonso Henriques.

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### CHRONOLOGY OF KING AFONSO HENRIQUES

**1109** - Born.

**24th June 1128** - Battle of São Mamede.

**1131** - Established court in Coimbra.

**1139** - Battle of Ourique. Afonso Henriques named himself king.

**1185** - Died in Coimbra.

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### PRECAUTIONS

The pedestrian route through Upper Coimbra is rather hilly. Make the most of opportunities to take breaks and admire the views or monuments. Bear in mind the opening hours for building you would like to visit.

## MOST IMPORTANT PLACES

A

ALMEDINA GATE

This gate, located under the tower of the same name, was once the most important entrance to the city.

B

ALMEDINA TOWER

Of the towers remaining from the medieval city walls, this is the most significant. Its purpose was to defend the main entrance into the city.

C

QUEBRA COSTAS

In medieval times, the souk (market during Muslim rule) was located on this steep cobbled street, followed later by the regis forum (the royal market, in King Afonso Henriques's time). It currently enjoys a more alternative commercial atmosphere and hosts an urban crafts street market on the 2<sup>nd</sup> Saturday of each month.

D

QUARREL TOWER  
AND PRIOR DO AMEAL  
TOWER

Bear left on the way up Quebra Costas to find Quarrel Tower next to the Sub-Ripas Arch, a former defensive element that sits above the wall. When its protective function ceased to be necessary, it was converted into a residential space. The same happened a little later with Prior do Ameal Tower.



B - Almedina Tower

E

OLD CATHEDRAL

Built in the time of King Afonso Henriques (mid-12th century), this is one of the most notable Romanesque churches in the country. The 16th century Renaissance style Especiosa door on the side facade is just one of its highlights. Unmissable!



D - Quarrel Tower

F

CHURCH OF ST.  
SALVADOR

Of Romanesque origin, little more than the portal remains of this small 12<sup>th</sup> century church. However, its resemblance to the facade of the Old Cathedral, which was used as a model at the time, is evident.

G

SCHOOLS'  
COURTYARD

Under Muslim rule, the alcazar (the walled residence intended for the governor of the city) was built here. The seat of power remained in this location following the conquest of the city in 1064 and King Afonso Henriques installed his court here and his royal palace, which remained unchanged until the 16<sup>th</sup> century.

H

ST. JAMES' CHURCH

A Romanesque church in which the front and side doorways are noteworthy, particularly for the composition and sculpture of their capitals.



F - Church of St. Salvador

I

SANTA CRUZ CHURCH



I - Santa Cruz Church

The Santa Cruz Monastery was founded in 1131 by the Canons Regular of St. Augustine's monastic community and, symbolically, constructed outside the city walls. It was the first great Romanesque monument in Coimbra. Even though King Afonso Henriques and his son King Sancho I were entombed here, almost nothing remains of this early church. King Manuel I instigated a major remodelling (1495-1521) which essentially resulted in the current configuration of the cloister and church and the construction (1515) of exceptional funerary chests in the chancel for King Afonso Henriques and King Sancho I. It is a place that all people should visit!

# Coimbra King Afonso Henriques' capital

ROUTE  
4

## JUST BETWEEN US...

Coimbra (Belo) is part of the soul of the city. Although the Monumental Serenata (where fado is performed on the steps of the old cathedral) only occurs once a year as part of the annual student celebration called *Queima dos Fios* (Burning of the Ribbons), Coimbra fado and the sound of its guitars can be appreciated at A Capella (Rua Corpo de Deus 40°12'32"N; 8°25'42"W | 239 833 985) or at Café Santa Cruz (Praça 8 de Maio 40°12'39"N; 8°25'44.13"W | 239 833 167).

### 1 ALMEDINA ARCH

This was one of the barbican gates which, during the reign of King Manuel I, became a simple archway and the upper part was destined merely for residential use.

### 2 NEW CATHEDRAL

In 1598, the Society of Jesus laid the first of the many stones that would be needed to build the majestic complex in which the New Cathedral Church sits. The multiple niches on the facade are filled with the images of Jesuit saints: St. Ignatius, St. Aloysius Gonzaga, St. Francis Xavier and St. Francis Borgia and the prominent figures of St. Peter and St. Paul. The national heraldic arms assume prominent dimension and position above the doorway. Inside, the grand nave is lit by large south-facing windows in the facade and the incoming light that pours through the crests of the magnificent dome.

### 3 BOTANICAL GARDENS

Although founded in 1772, installation of the gardens only began in 1774. Several changes succeeded the original project and the grounds were enlarged; the gardens currently span 13 hectares. Highlights include its railings, 5 gateways, wide avenues, staircases and certain decorative elements in the Baroque style. The botanical species are distributed throughout the various levels of the upper gardens and the forest that extends across the lower zones.

### 4 SKY GARDEN

If you have never taken the challenge of a tree-top adventure course or a 260m slide between the treeops, you can do both in the magnificent setting of the Botanical Gardens. With 5 routes to choose from, the Sky Garden can keep you busy for 3 hours. [www.skygardensadventure.com](http://www.skygardensadventure.com) | Closed: Mondays | 17€

### 5 COURAÇA DE LISBOA

The walking route takes you along the line of the medieval city walls, of which several sections can be observed, especially in this area. It also provides attractive views of the River Mondego and riverside parks from what would have been the wall's parapet.

### 6 BASOFIAS

Take a 50-minute river trip aboard the Basófilas boat, run by OdaBarca, in order to appreciate Coimbra from the Mondego water line. [www.oda Barca.com](http://www.oda Barca.com) | 6.50€. Discounts available.

### 7 RUA FERREIRA BORGES AND RUA VISCONDE DA LUZ

Together with Quebra Costas (C) and Praça Velha (B) and other streets that lead into them, most of the traditional and alternative shops can be found in this area. These streets also host the cafés and bakeries that form the city's identity and where you can find Coimbra's most prestigious cakes: *Araújo de Coimbra*, *Pastel de Santa Clara*, *Covacha de Coimbra*, *Barriga de Freira*, *Manjar Branco* and *Crisão*.



## ROUTE DESCRIPTION

CERDEIRA – LOUSÃ – COIMBRA – LOUSÃ – CERDEIRA.

Cerdeira – From Lousã to Coimbra (and back) on the EN17 - after crossing the bridge over the River Mondego, turn left at the roundabout towards the city centre. We recommend the parking in the Parque Verde car park. You can explore the city by walking the streets of Upper and Lower Coimbra, finding one old building after another that has a story to tell.

DISTANCE (ROUND TRIP): 75KM | DISTANCE (URBAN ROUTE): 3.7KM

## KEY

- Start point
- End point
- Route
- A-1 Most important places
- Points of interest
- Restaurant
- Nature
- Museum / Monument
- Recreation
- Landscape
- Parking lot

CUMULATIVE ASCENT: 102M | CUMULATIVE DESCENT: 111M

