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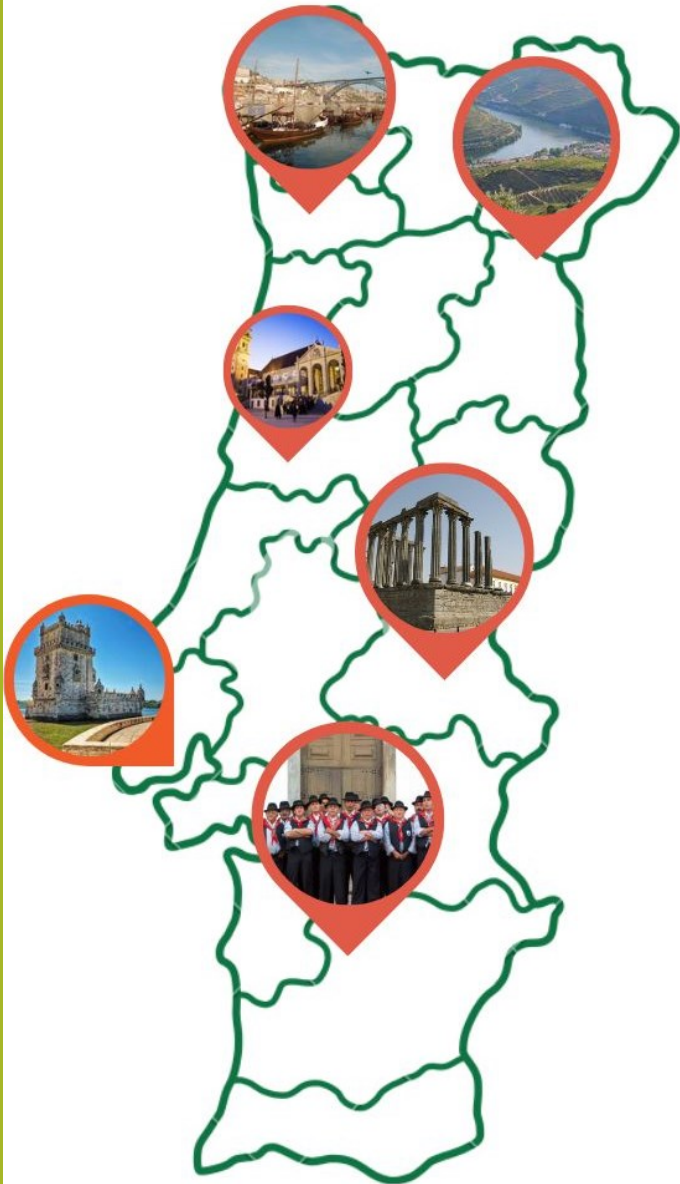
presents

'My Cultural Landscape'

PORTUGAL



My cultural landscape



- The North of Portugal is a region of ancestral occupation by man, a crossroads of Atlantic and Mediterranean cultures, particularly rich in cultural and natural heritage. A large part of its territory is the *Douro river basin*. About 3,5 million people live here, most of whom are concentrated on the coast, in cities of different sizes.
- The cultural assets inscribed in the *UNESCO World Heritage List* are representative examples of an entire region, where expressive testimonies of the antiquity of human history remain at different times, spread throughout the territory, rich in remarkable manifestations, in terms of architecture, art and landscape:
 - two *historic centers* – Porto and Guimarães, registered in 1996 and 2001
 - the *Côa Valley Archaeological Sites*, registered in 1998;
 - the *Alto Douro Vinhateiro* Cultural Landscape, entered in 2001.



The Alto Douro Vinhateiro

- The *Douro Vinhateiro* was classified as World Heritage Site by UNESCO in 2001.
- This Cultural Landscape corresponds to an area of around 25,000 hectares, along both banks of the Douro River and spread over 13 municipalities.
- Alto Douro Vinhateiro combines the monumental nature of the Douro river valley, made of steep slopes, primarily schist and poor soils, with the ancestral and continuous action of Man.
- The slopes are carved – set up in terraces and terraces – like a collective and anonymous work of art, undated. The intimate relationship between human activity and nature acquired a manifestation of profound wisdom through an attentive and passionate knowledge of the vine, a robust plant with deep roots, abundant growth of branches, fruitful in fruit.

The Vineyard

- One culture asserted itself in relation to the others, transforming the entire regional space: the vineyard.
- In the constant improvement of this culture and in the careful management of the natural elements to adapt it to such adverse conditions, men from the Douro crystallized the lean and austere land into generous nectar: **PORT WINE!**
- Here, for 2000 years, the famous Port Wine has been produced, the main vector of dynamization of technology, culture, traditions and local economy, making the region an important international center of wine tourism, a representative area of the vast Douro Demarcated Region, the oldest regulated wine-growing region in the world. The Douro is one of the regions with the greatest landscape in the country.



But the Douro Valley is not just made of vineyards, it is also the scene of almond trees, olive trees, fig trees, cork oaks...

The Douro invites you to look, smell, taste, listen, celebrate and fall in love ...

And so it brings along a whole culture around it!

The costumes

- The traditional costumes of the Douro Vinhateiro are an important part of the local culture. Women wear long, colorful dresses, often with embroidered aprons and headscarves, while men wear white trousers and shirts, dark waistcoats and straw hats.
- Costumes are often worn during local festivals and celebrations and are a way of honouring the region's traditions.
- In addition, we have to underline that the costumes are a form of cultural expression and help to preserve the local identity.





Dancing and singing



- The traditional dances and songs of the Douro Wine Region are an important part of the local culture. The region is known for its unique rhythms and lively dances that reflect the region's history and traditions. The dances are often accompanied by traditional instruments such as the concertina, accordion and bass drum.
- Songs are often sung in local dialect and talk about country life, love and nature. The dances and songs are a form of cultural expression and help to preserve the local identity. Furthermore, they are a way of celebrating life and the community.

Festivities and pilgrimages

- Festivals and pilgrimages are an important part of the culture of the Douro Wine Region. The region is known for its lively and colourful celebrations that attract visitors from all over the world.
- Festivities are usually organized by local communities and include dancing, music, food and drink.
- Pilgrimages are religious happenings that attract many faithful people and are a way of honouring the patron saints of the region like *Nossa Senhora dos Remédios*, *Nossa Senhora da Assunção* and *Nossa Senhora da Lapa*.
- Festivals and pilgrimages are a way of celebrating life, community and faith and help to preserve the local identity.



Traditional cuisine

- The Douro Region offers splendid regional dishes and an amazing selection of wines;
- The local gastronomy of the Superior Douro is based on the use of products from the land like olive oil, almonds, figs, but also from the river, fishes like bables made in various ways, but one to highlight is “Migas”, which is a type of bread soup or “torned bread”.
- You will also find dishes made with products like wild mushrooms and wild chards which the locals pick from the land.
- Most dessert recipes were created by monks and nuns from the huge amounts of sugar and eggs that arrived at the convents, usually adding almonds or other fruits from the surrounding area. Up-to-today these are the characteristic sweets in the area, sold in local fests and pilgrimages.



Presunto de Lamego
(Lamego Ham)



Cabrito Assado no Forno a Lenha
(Roasted Goat in Wood Oven)



Migas de tomate
(Torned bread)



Cavacas de Resende
(Conventry sweets)



Harvest Tracks (Lagaradas das Vindimas): is a typical activity, which takes place in the beginning of Autumn.

The grapes are harvested and carried in baskets to a press tank.

Then, barefoot people, stomp the grapes to make wine, this process is called "Pisa-a-pés" and it is totally clean.

The sweet wine that comes out at the end of the day is drunk also by children because it has no alcohol!

Harvest time

End of the Harvest: At the end of all the harvesting, we need to wash the machines, the baskets, the winepresses and the floor. On the last day, especially in farms that receive tourists, there is a party: we dance, sing and eat local food and drink a lot.



FEAST: it is on the street that the local communities get together to dance, sing, and celebrate the end of the harvesting season.

It is a hymn to the grape, the vineyard, and the Douro wine!

Visitants come to these villages to take part in the traditional feasts

Douro Farms



- All the previous information has taken us to understand how Wine Tourism has appeared in the region and has been increasing more and more in Alto Douro Vinhateiro.
- In these farms, in addition to having amazing views of the Douro River, we can learn more about the Harvest, about the Port Wine and even taste it.
- The Harvest Tracks are much more than an event, it is a ritual! Some of the oldest still take place on the properties of the late D. Antónia Ferreirinha, being the most awaited moment of the year!
- Bomfim's Farm: located in North bank of Douro River, is known for producing Vintage Port Wine. It has produced renowned wines of 20th century.
- Vallado's Farm: Is among the top 100 vineyard of the world!
- Têdo's Farm: Received two "Tripadvisor - Travelers' Choice e Best Of The Best" awards in 2021.

Wine Tourism

- Tourists are more interested in tasting the wines, participating in the Harvest, but above all, understanding the history and where Port Wine comes from.
- Even though Port wine got its name from the city of Porto, the truth of the matter is that the vineyards where this wine is born extend across all the Douro Valley.
- But the Douro wine region has a lot more than fortified wine, and trying the distinct table wines offered around here is a must do thing while visiting the region. In fact, one of the most entertaining and charming activities you can look into doing while traveling around Porto, would be to take a day trip to the Douro Valley to visit at least one or two wineries, take in the impressive views of the vineyards perched on the cliffs on the sides of the Douro river and, if you fancy a little adventure, take a boat down the Douro to appreciate the sights from a different angle – all of that, of course, with a glass in hand!





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