

Published based on [Visiting Central Portugal for a Holiday](#)

Visiting Central Portugal for a Holiday

Multiformity is the buzz-word for Portugal because of its multifaced terrain, from the beautiful sandy beaches in the South to the snow-capped mountains and bountiful green forests in the Central and North regions. Frequently, Central Portugal is tagged the "Green Heart" of Portugal, because of its lush covering of eucalyptus and pine trees that spread over its valleys and mountains. It is a place of breath-taking natural beauty. Stunning natural beauty is hard to avoid in Central Portugal.

A car is very important for exploring the breath-taking countryside of rural Central Portugal or for getting to the coastal areas and beaches of the Silver Coast. Amongst the natural beauty of Central Portugal are activities for the more active visitor. Pursuits include: kayaking; mountaineering; mountain-biking and fishing. River beaches are an excellent option to those on the coast. They proffer many facilities such as bars and restaurants, pedal boats and a range of water sports. There are more places and attractions to look at in Central Portugal, namely the Montebello Golf and Spa Resort, or a trip to the historic university city of Coimbra .

Central Portugal's primary city is Coimbra, however, from 1139 to 1260 it was the capital of the whole of Portugal. The primary seat of learning in Portugal is the University of Coimbra. It sits on top of a hill that prevails over the city below and is one of Central Portugal's chief tourist attractions. A grand Baroque Chapel is in the University; a Library which is home to over 300,000 historical books and complexly decorated ceilings; and of note, are the 18th century Botanical gardens, which are some of the best in Europe.

In the Roman era, Coimbra was an enclave of the Aeminium, with a few remains still in existence, such as, an aqueduct and cryptoporticus. Nearby, the ancient Roman city of Conimbriga has remnants which are said to be the best in Europe. On top of Roman history, there are a fair collection of museums in Coimbra. There is the City Museum and the Museo Nacional Machado de Castro, the most chief in Portugal.

The valleys of Central Portugal are fed by the impressive River Mondego which provides the life-blood to the area. Pushing through the mountains, villages and towns the River Mondego is fabulous. Nonetheless, it is dramatic coursing through the centre of Coimbra. It is feasible to enjoy the river in many ways. Either by kayak, ferry ride or sitting having a cold drink on its banks.

The citizens of Central Portugal welcome all with hospitality, friendliness and warmth, distinctive of the Portuguese. A reward of homemade wine or port is often the payment for those who try to acquire and speak to locals, after making the endeavour to learn the basics of this oftentimes challenging language.

There is a lengthy history of migrant working with the Portuguese community and on average, 30% of the native people work in other countries at any one time. More or less all families in Portugal have someone who is working in another country and this leads to a highly adaptable attitude to those coming into Portugal, either as a visitor, to live or to work.

Central Portugal puts forward an extensive mixture of places to go to see and experiences to be had. It is a place of spectacular natural beauty steeped in history, custom and culture. History, culture and custom are embedded in the region and magnificent scenery surrounds and engulfs it.

[Properties Central Portugal](#). Casa do Poco Velho is a stunning 4 bedroom Property close to the university city of Coimbra. It is situated in a lovely area at the end of a friendly village and is the last house on a track leading into the forest with stunning views over forests to the distant Serra da Lousa mountains. [Property in central Portugal](#).

You can also find this article published on [Visiting Central Portugal for a Holiday](#), and on the tag pages [family](#) , [home and family](#), [Home and Family:Holidays](#), [Real Estate](#), [travel](#), [travel and leisure](#), [Travel and Leisure:Destinations](#), [travel and leisure](#).