

Tour  
Information



# Art Nouveau in Porto and Aveiro





## Travel

### Passports

Please ensure your 10 year British Passport is not out of date and is valid for a full three months beyond the duration of your visit. EU, Andorra, Liechtenstein, Monaco, San Marino or Switzerland valid national identification cards are also acceptable for travel to Portugal.

### Visas

British and EU passport holders are not required to have a visa.

For all other passport holders please check the visa requirements with the appropriate embassy. Portuguese consulate: 3 Portland Place, London W1B 1HR; Tel: 020 7291 3770 Email: [consulado.londres@mne.pt](mailto:consulado.londres@mne.pt) Open Mon-Fri 0830-1600 (except Portuguese National holidays).



### Tickets

You will be issued with an e-ticket rather than a printed ticket. There will be some additional printed documentation which you should take to the airport when you travel and this will be sent to you 10 days before departure date. After you have presented your e-ticket you will be given your Boarding Pass.

Please take care not to lose your tickets and please check that the details on your tickets are accurate and that all names are spelt correctly and match the names on your passport. Your Group Scheduled or Club Class ticket is non-transferable and non-refundable. No refund can be given for non-used portions.



### Baggage

We advise you to check the baggage allowances carefully as you are likely to be charged the excess if you exceed the weight limit. Maximum weights for single bags apply.

With TAP Air Portugal your ticket includes one hold bag of up to 23kg plus one cabin bag no bigger than 56 x 45 x 5 cm and a personal bag (handbag or computer case) no bigger than 45 x 36 x 20 cm.

Please contact the airline for further information.

<https://www.flytap.com/en-gb/baggage>

### Labels

Please use the luggage labels provided. It is useful to have your home address located inside your suitcase should the label go astray.

### Transfers

On arrival in Porto, coach transfer to hotel (approx. 20 minutes) for three-night stay.

### Special Requests

If you haven't already, please notify Travel Editions of any special requests as soon as possible to allow sufficient time to make the necessary arrangements.

## Grande Hotel do Porto

Historic three-star hotel with a dramatic nineteenth-century charm, located in the heart of the pedestrianised city centre within walking distance of all the main sights. It boasts a rooftop terrace, bar, wi-fi and renowned restaurant as well as well-appointed bedrooms with all modern amenities. Room facilities include private bathroom with bath/shower, TV, telephone, air-conditioning, minibar, safe and hairdryer.

For more information please visit the hotel's website:  
<http://www.grandehotelporto.com/en/about-the-hotel/>

## Food

The roots of Portuguese food lie in both native peasant cookery and the ingredients obtained through trade routes established many centuries ago. Bread, rice, spices, pastries, sausages, and seafood — especially cod — remain the staples of many Portuguese meals. Wheat bread has been a standard of the Portuguese table since the eighth century, though you'll find a lot of cornbread, acorn bread, and carob bread in Lisbon, too. Portugal is also Europe's largest consumer of rice. The short-grain *carolino* is the best for runny rice stews like *arroz de tomate* (tomato rice) and *arroz doce* (rice pudding with milk, eggs, and cinnamon).

At a time when honey was still the dominant sweetener in Europe, Portugal's sugar rush started early, with expensive sugar arriving from the Portuguese island of Madeira in the 15th century, and later, from Brazil. Convent cakes and desserts — including the *pastéis de nata*, or egg tart — were developed by nuns with skill and patience, and certainly wouldn't be the same without sugar. For an introduction to this important part of Portuguese culture, there's nothing like visiting a traditional *pastelaria*.

Salt cod has been part of Portuguese culture since the Vikings came to trade cod for salt. This convenient relationship was a powerful asset for Portuguese navigators — ships armed with supplies of salt cod could travel further with a source of protein that didn't spoil. Since then, the Portuguese have fished — or rather, overfished — this national staple and today the country is the world's largest consumer of cod. Portuguese cooking honors this tradition in hundreds of recipes: grilled, baked, stewed, as part of rice dishes, and deep fried as fritters or cakes.

Portugal's love for fish doesn't stop with cod — Portugal is one of the top countries in the world when

it comes to seafood consumption. Nothing makes a Portuguese person happier than a barbecue full of grilled fish, especially during the popular June festivals dedicated to Santo António and São João that turn Lisbon and Porto into sardine central, filled with smoke, loud music, sangria, beer, caipirinhas, and pork sandwiches known as *bifanas*. Once a poor man's food, sardines are now so in demand that they've become expensive and harder to procure. Overfishing in the past didn't help, nor does climate change, which is pushing the fish to colder waters in the northern European sea.

Some restaurants will offer a set meal at a fixed — *menú do dia* — at lunchtime, generally good value for money. Usually, a discretionary service charge is added to your bill in restaurants and bars, but it is customary to leave small change if good service is provided.

Generally speaking, mealtimes in Portugal are similar to the UK (and certainly earlier than in Spain). Lunch is normally taken around 1300: dinner is very often eaten any time after 1930.

## Drink

Portugal is essentially a wine-drinking country. Port (*vinho do Porto*), the famous fortified wine or *vinho generoso* ("generous wine"), is produced from grapes grown in the vineyards of the Douro valley and mostly stored in huge wine-lodges at Vila Nova de Gaia, facing Porto across the Rio Douro. Portugal's wine regions — notably Alentejo, Bairrada, Dão, the Douro and the historic regions of Estremadura and Ribatejo — have acquired a strong reputation in recent years. Most wines are made in small cooperatives with local grape varieties, many peculiar to Portugal.

Portuguese wine lists (ask for the *lista de vinhos*) don't just distinguish between *tinto* (red), *branco* (white) and *rosé*, but between *verde* (green), meaning young, acidic and slightly sparkling) and *maduro* (mature, meaning the wines you're probably accustomed to). You'll find a decent selection from around the country in even the most basic of restaurants, and often in half-bottles, too.

Meals included in the price of your holiday are:

**Breakfast** — daily

**Dinner** — is included on 2 evenings (one at the hotel and one in a local restaurant)

## Destination

The two Northern Portuguese cities of Porto and Aveiro have a wealth of Art Nouveau architecture to be explored on this delightful new tour with Prof Anne Anderson. Portugal's second city, Porto, is a delightful city, whose historic centre is a UNESCO World Heritage Site, with a host of Art Nouveau buildings amongst its older architectural gems. Aveiro, whose wealth like Porto's was built on trade, is a university city on the coast with plenty of Art Nouveau gems and a dedicated museum of "Arte Nova" as the movement was known in Portugal.

### Places of interest included in the tour:

#### Casa Tait

Right next to the Romantic Museum, in the same environment of Massarelos' rural hillsides, you'll find Casa Tait (or Quinta do Meio). It's a beautiful mansion from the late 19th century, that still preserves all the same unique environment and atmosphere from the days of its first owner, the millionaire William Tait, a wealthy English merchant, heir of the Port Wine fortune.

In its romantic gardens, among fragrant orange trees and the magnificent camellias, you can see the most beautiful views of Arrábida Bridge and Douro in all the city. Although it has been open for over 100 years, the mansion remains a little secret that only a few locals know about.

#### Palacio da Bolsa

The Palácio da Bolsa do Porto is a 19th century building owned by the Porto Commercial Association and is located in Praça do Infante D. Henrique, the former economic and commercial heart of Porto.

The palace no longer works as a stock exchange but remains the headquarters of the Association and is mainly used for major events, such as events and official receptions. In 1957, Queen Elizabeth II was received in Palácio da Bolsa, in a great ceremony.

It was built in 1842, over the ruins of the former St. Francis convent, which was burned in 1833, during the Civil War. Between 1833 and 1842, Porto's businessmen made their trade on the streets, because they didn't have any building to do that.

The predominant style of the palace is the British Neoclassical, and Palladian style, present, especially, in the search for perfect symmetry in all the building's volume. The interiors are known for

their great artistic variety, you'll find paintings on the ceilings, sculptures, paintings on the walls and other artistic decoration.

In the hall, you can see several different national coats of arms painted on the ceiling: Portugal, England, Italy, Brazil, Russia, Austria, etc... Visitors have the tradition of trying to identify every one of those countries.

Great names of late 19th and early 20th centuries Portuguese Arts collaborated in its decoration, as Marques da Silva, Soares dos Reis, Lopes Teixeira, António Ramalho, Henrique Medina, among others. Inside you'll find a great mix of artistic styles and decorative arts, very typical of Art Nouveau and other movements.

#### Art Nouveau Gems in Porto

Many to the art nouveau gems you will see on your walk around Porto with Prof. Anderson are described and shown in the following article taken from the European Travel Magazine:

<http://www.e-travelmag.com/portugal/art-nouveau-in-porto/>

#### Aveiro

Aveiro, next to the sea and the ria (estuary), is crossed by a network of channels through which moliceiros (local boats) meander. These slim, colourful vessels used to be used to collect algae and seaweed, and today are for sightseeing trips. Another important place to visit is the Aveiro Museum in the Convent of Jesus, where you can admire the Mausoleum of Princess Saint Joana and the gilded woodcarvings that decorate the interior of the church. These are to be found in abundance in the chapel of Senhor das Barrocas and with less exuberance in the Misericórdia Church, whose mannerist portal deserves mention.

#### Art Nouveau in Aveiro

The first appearance of *Arte Nova* (Art Nouveau) buildings in Aveiro dates from the beginning of the 20th century. The style became very popular between 1904 and 1920, with the construction of many such "new style" houses being reported in the local newspapers.

Art Nouveau style was imported into Aveiro by a conservative bourgeoisie and wealthy emigrants to Brazil who, upon returning to Portugal, wished to publicly express their social and economical power. Art Nouveau was adapted to local tastes and was mostly deployed on the façades of buildings, while the rest of the construction and interiors followed a conservative structure and decoration.

A special characteristic of Art Nouveau in Aveiro is the use and production of tiles with Art Nouveau motifs. These tiles were often the only Art Nouveau element present in a building. Tiles were common in traditional Portuguese construction because they were affordable to the general public. In Aveiro, the use of tiles also provided waterproofing and enabled the embellishment of houses built in adobe (sun-dried clay bricks). Tiles with sinuous floral motifs were very sought after and these were produced locally in the Fonte Nova Factory.

Aveiro's Art Nouveau Museum is the perfect place to start exploring the city's Art Nouveau heritage. The museum has two highly decorated façades and is right in the city centre, in front of the main canal. The interior of the museum preserves original tiles and also features a wrought-iron staircase, rich in flowing floral motifs.

### Serralves Villa

A visit to Serralves Villa offers a chance to take a trip back in time: to this unique example of Art Deco architecture, built in the 1930s. With great decorative rigor and quality materials, the Villa benefited from the intervention of leading figures of the time, such as Marques da Silva, Charles Siclis, Jacques Émile Ruhlmann, René Lalique and Edgar Brandt.<sup>[1][2]</sup>

Visitors can gain an in-depth understanding of the history of the origins of this Villa, which belonged to Count Carlos Alberto Cabral, including explanation of the architectural and decorative details that create its unique atmosphere.

### Your lecturer / Guide

Prof. Anne Anderson author, broadcaster, international NADFAS lecturer and Fellow of the Society of Antiquaries, was a senior lecturer at Southampton Solent University for 14 years, specialising in the Arts and Crafts, Art Nouveau and Modernism; she currently teaches at Kingston University. Anne's career as an international speaker has taken her all over the world and her TV credits include the BBC's Flog It! Anne has received a rapturous response from our customers at the many Travel Editions UK lectures and tours she has hosted and is excited at the prospect of sharing her knowledge with our clients further afield.

#### During your trip enjoy two evening lectures:

*'Art Nouveau in Porto'*

*'Art Nouveau in Aveiro'*

### Tour manager

Your tour manager will be on hand throughout the tour to ensure that everything operated according to plan. If you have any problems or questions please see him or her immediately – it is often possible to resolve complaints or problems very quickly on the spot, and do everything to help you enjoy your holiday.

### Reading Suggestions

**José Saramago, *Journey to Portugal: In Pursuit of Portugal's History and Culture***

Recording the events and observations of a journey across the length and breadth of the country that he loves dearly, this travelogue brings Portugal to life as only a writer of Saramago's brilliance can.

## The Basics

**Climate** – The weather in Porto at this time of year is likely to be pleasant, but there is the chance of the odd shower. Our best advice is to come prepared.

**Time** – GMT +1 hours (Summer time Apr-Oct); GMT (Standard time Nov-Mar).

Language – Portuguese

Religion – Roman Catholic

**National holidays** – New Year's Day (01 Jan); Good Friday; Easter Monday; Freedom Day (25 Apr); Labour day (01 May); Corpus Christi (second Thursday after Whitsun; Portugal Day (10 Jun); St Anthony Day (13 Jun); St John the Baptist Day (24 Jun); Assumption of Mary (15 Aug); Republic Day (05 Oct); All Saints' Day (01 Nov); Restoration of Independence (01 Dec); Immaculate Conception (08 Dec); Christmas Day (25 Dec).

**Currency** – Euro. €1 = 100 cents. Notes are in denominations of €500, 200, 100, 50, 20, 10 and 5. Coins are in denominations of €2 and 1, and 50, 20, 10, 5, 2 and 1 cents.

**Banks** – Cashpoints compatible with international banking networks are located in all towns and cities, as well as airports, major train stations and other spots. They usually offer an attractive exchange rate. Those banks that still exchange foreign currencies into local money will always charge a transaction fee, so withdrawing money from an ATM usually represents the most logical means of obtaining euros.

**Credit cards** – American Express, Diners Club, MasterCard and Visa are widely accepted across the country. If you're eating at a restaurant, check prior to the meal that your card will be an acceptable form of payment. Even in cities, it's advisable to carry a supply of cash with you at all times. Varying amounts of commission can be charged.

**Electricity** – 220 volt, two-pin continental plug.

**Drinking water** – Tap water is safe to drink, although some complain it has a strange taste, so it is generally recommended to drink bottled water, readily available in supermarkets and shops.

**Shops and Museums** – Shops are open Mon-Sat 1000-1400 and 1700-2000. Supermarkets and department stores tend to open 0930-2100/2200, and may open on Sundays in large cities.

Please note that some museums close on Mondays.

**Clothes & Shoes** – You may like to bring a warm sweater for cool evenings. Light rain wear for the occasional storm and good grip/flat walking shoes are recommended.

**Camera** – bring plenty of memory cards/film and any spare camera batteries as these are not always available. Please check with your guide before photographing people.

**Bath plugs** – The hotel has plugs for basins, but it is useful to carry a 'universal' one with you.

Telephones/mobiles – You should be able to use your mobile phone in France, depending on your operator and contract.

**Tipping** – To keep our tours affordable, we do not increase the tour price by adding in tips. However, in the tourism industry, there is a certain level of expectation that when receiving a good service, one does award with a tip. Tour Managers, Representatives, Guides and Drivers appreciate a tip at the end of their involvement with the tour, but this is entirely at your discretion. We believe in allowing you to tip according to your level of satisfaction with their services, but for your guidance about £2-3 per person per day for the tour manager is the norm. We would like to reiterate that tipping is an entirely optional payment and this information is given purely to answer any questions you may have about it.

## Health

### Doctor/Dentist/Chemist

Please talk to your tour manager if you are feeling unwell and they will organise for you to see a doctor.

**Keep receipts for insurance claims.**

### Hospital

Your tour manager/hotel reception will arrange hospital transport.

**Keep receipts for insurance claims.**

### General Health Advice

We suggest you take a good supply of your own individual medicines with you and always keep some in your hand luggage in case you get delayed or your luggage goes astray. General-purpose supplies for bites, stings, or scratches, and your usual medication for headaches, or stomach upsets are always recommended. Oral re-hydration sachets are excellent for topping up salt and glucose levels.

Visit the NHS Fit For Travel website for more generally information specific to the country you are visiting – [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)

### Sun Protection

Portuguese summers can be hot and sunny, so always ensure you take sufficient sun protection and moisturiser. A sun hat and sunglasses are also advisable.

### Inoculations

You should check with your own doctor and take their advice as to which inoculations are required for the country you are visiting, as only they know your medical history and recommendations are liable to change at short notice.

## Insurance

To be covered under your Travel Insurance Policy, if you become ill, it is essential that you contact a local doctor and also telephone the emergency number of your insurance company. You will **NOT** be covered for any claim unless this procedure is carried out. Your insurance company will then decide on the best course of medical attention.

### European Health Insurance Card (EHIC)

The EHIC replaced the old E111 in 2006. Valid in all EEA countries, the card lets you get state healthcare at a reduced cost or sometimes for free. It will cover you for treatment that is needed to allow you to continue your stay until your planned return. It also covers the treatment of pre-existing medical conditions.

Please note that the EHIC is **not** an alternative to travel insurance. It will not cover any private medical healthcare or costs such as being flown back to the UK, or lost or stolen property. Therefore, it is important to have both an EHIC and a valid private travel insurance policy. It is also important to note that each country's healthcare system is slightly different, so the EHIC might not cover everything that would be generally free on the NHS.

We strongly recommend that you take out an appropriate travel insurance policy when you travel abroad.

For more information about the EHIC please visit: <https://www.ehic.org.uk>

# Emergencies

**Should an emergency arise, please call our offices on:**

00 44 20 7251 0045

Outside office hours (Mon-Fri 0900-1700), telephone our emergency staff on:

00 44 20 7431 8201 or

00 44 7899 796542 or

00 44 7831 133079 or

00 44 1235 850720

**PLEASE USE THESE NUMBERS ONLY IN THE EVENT OF A GENUINE EMERGENCY.**

If you find that you are in need of consular assistance during your holiday:

British Consulate

Rua de São Bernardo 33

1249-082 Lisbon

[info.consulate@fco.gov.uk](mailto:info.consulate@fco.gov.uk)

Telephone enquiries: 808 20 35 37 (if calling from within Portugal)

Consular phone lines are open 0900-1300, 1430-1700.

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