

Médio Tejo

At the center of Portugal



MédioTejo
comunidade intermunicipal

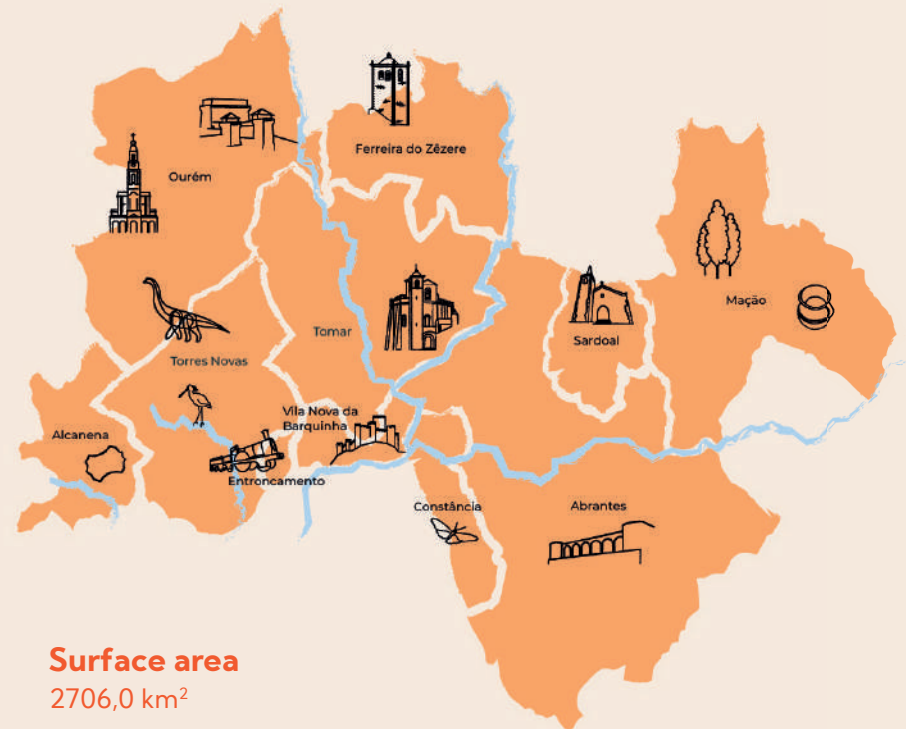


The beginning.

Of a journey of stories, adventures and emotion. Of enriching experiences and surprising discoveries.

Here various experiences intersect, including those of our visitors, in a region where the only rule is to enjoy, contemplate and savour the moment.

We are in the middle.



Surface area

2706,0 km²

Population

210 533
(2021 census)

An unparalleled experience

Welcome to Médio Tejo!

Abrantes, Alcanena, Constância, Entroncamento, Ferreira do Zêzere, Mação, Ourém, Sardoal, Tomar, Torres Novas and Vila Nova da Barquinha, we are a region called Médio Tejo where the quality of life is unrivalled.

We are right in the middle, the Tejo runs through us and is part of our identity. The region is also home to the Zêzere, Nabão, Almonda and Alviela rivers, as well as an impressive stretch of crystal-clear water known as Castelo do Bode.

Our landscapes are unique and inspiring. We are a region rich in natural resources, with rivers, mountains, natural parks and routes and trails that offer countless opportunities for outdoor activities such as hiking, cycling and water sports.

Beyond this idyllic nature, our monuments and cultural facilities are of majestic richness.



In Médio Tejo, you'll find the Convent of Christ, a UNESCO World Heritage Site, Almourol Castle, on an island in the middle of Tejo river and the Sanctuary of Fátima, a revered place of worship and inspiration and one of the world's foremost pilgrimage destinations.

Our region stands out for its centrality and extraordinary potential.

Located just a short distance from Lisbon, Médio Tejo has distinct economic characteristics that complement each other to form a dynamic and innovative industrial and business ecosystem.

This diverse landscape creates a favourable environment for innovation and sustainable growth, thereby attracting investors and entrepreneurs who can capitalise on the potential of an expanding and evolving market.

But that's not all! Médio Tejo boasts a rich gastronomic tradition and is renowned for its traditional dishes and popular festivals.

Embark on this journey in the Center of Portugal.



Abrantes

The city straddling the Tejo

Abrantes is a municipality with 714.73 km² and 34.351 inhabitants. The region enjoys a privileged geographical location and is well-served by a comprehensive network of road and rail connections. Crossed by Tejo river and bathed by Zêzere river, its territorial cohesion is the result of the diversity of its 13 parishes. Two river beaches - Aldeia do Mato and Fontes - awarded the blue flag, built and natural heritage, urban parks, great routes and link to the National Road 2, are part of the tourist offer to enjoy all year round, along with the network of museums, including the Museum of the Year 2023, the Iberian Museum of Archaeology and Art, the Almeida Pantheon in the castle/fortress and, in Tramagal, the MDF Museum (Museum of the Year 2018), which preserves the memory and heritage of the Duarte Ferreira Metallurgical Company. Abrantes hosts events of regional and national significance, starting with the traditional St. Matthias Fair between February and March. May is the month of the Youth Festival, which precedes the Abrantes Festivities in June, a highlight of community life, with cultural and sporting events and memorable concerts. Held in September, the Festival ao Alto is a recent event with a concept that is based on summer festivals.

The National Traditional Sweets Fair takes place on the last weekend of October. The year continues with the Philosophy Festival in November, inviting people to reflect, and culminates with the usual Christmas and New Year's Eve festivities. A transition point between different regions such as Ribatejo, Beira Baixa and Alto Alentejo, here you will find dishes such as açorda de sável (shad bread stew) or grilled sea bass, drizzled with award-winning olive oils, pork spareribs with migas carvoeiras or game dishes, the traditional appetizers in the village of Pego, or game cuisine, accompanied by the wines produced in these fine lands. For dessert, we have the irresistible Tigeladas or the Palha de Abrantes.

Alcanena

From the heights of the mountains to the power of the spring

Made up of seven civil parishes (5 parishes and 2 parish mergers), the municipality of Alcanena is located in the northernmost part of Ribatejo, northwest of the district of Santarém, in a transition zone between the Estremadura limestone massif and the tertiary Tejo basin, in a central location and very close to the A1/A23 motorway junction (4 km). With a population of 12,472 inhabitants (census of 2021) and an area of around 12,700 ha, a large part of its territory belongs to the Serras de Aire e Candeeiros Natural Park (PNSAC), whose main entrance is located near the sources of the Alviela River, the most important karst spring in the country. In terms of natural heritage, the Olhos de Água of Alviela - springs of the Alviela River - are the centerpiece of the municipality, with beautiful landscapes and a river beach. Next to the springs is the Centro Ciência Viva do Alviela – Carsoscópio, the river visitor center. Also noteworthy is the mountainous landscape, with its loose stone walls, karst formations, caves, gullies, casinas (stone shelters), marouços (pyramidal or conical structures) and lapiaz fields. Of great scientific interest, the Polje de Minde, a unique formation in Portugal, is a rare phenomenon of exceptional beauty, which becomes an immense lake in winter fed by underground galleries.

Focused on preserving the municipality's identity, the Municipal Museum and Archives of Alcanena are a significant tourist attraction. The museum is home to three different collections: tannery (the only one in the country), archaeology and local history. The municipality's cuisine is characterised by its sophisticated flavours, which are achieved through the skilful use of olive oil, whether in its raw state or as a fundamental ingredient in culinary preparations. Dishes such as cachola (pork liver stew), morcela de arroz (blood sausage with rice), kid, migas or carne de alguidar (marinated pork loin) are ancient flavours that can still be found today. As for sweets, the main specialities are bolos podres (coffee and cocoa cookies) and the delicious broas made with olive oil and dried fruit from the region, as well as bolinhos de amêndoa (almond cookies) and broas de mel (honey cookies).

Constância

Where butterflies fly and stars shine

Constância, the “Poem Village”, is located where the Zêzere and Tejo Rivers converge on a small hill. With an area of 80.37 km² and a population of 3801, the municipality is made up of the parishes of Constância, Montalvo and Santa Margarida da Coutada. With ancient origins, probably dating back to Roman times, the city has always lived off the rivers and its labour activities. Changing lifestyles and a new world order have profoundly altered the socio-economic organisation of the town. But the essentials have not changed: the rivers, the charm of their banks, the beauty of the urban fabric and the bicentenary celebration of Nossa Senhora da Boa Viagem, born from the faith of the seafarers and celebrated every Easter. Constância has been home to some of the greatest figures in Portuguese literature. A town full of history, it preserves a rich and varied architectural heritage, including the Main and the Mercy Churches, the Pillory and the Miradouro do Tempo (Time Viewpoint). According to a very old popular tradition, Camões lived for some time in a house on the banks of the Tejo River. The Casa-Memória de Camões (Camões Memorial House) was built on the ruins of this 16th century house. Together with the Jardim-Horto de Camões (Camões Garden) and the Pomonas Camonianas, which are held on 10 June, Camões Day, these are the indelible marks of the epic poet's link with the town.

Equally important is the municipality's natural heritage found in its three parishes, which includes rivers, countryside and moorland, offering landscapes of exceptional beauty, fresh air and the opportunity to develop numerous and varied activities. Recently, the municipality has been equipped with a series of infrastructures with the aim of serving the local population and supporting tourist activities, with a view to cultural, scientific and nature tourism. Examples include the River Beach, the Nautical Center and the Foz do Zêzere Freshwater Aquarium, the Museum of Rivers and Maritime Art, the Living Science Centre - Astronomy Park, the Santa Margarida Environmental Park and the Tropical Butterfly Garden.



Entroncamento

A place for gatherings and history in motion

The municipality of Entroncamento has an area of 14 km² and around 22.000 inhabitants and is made up of the parishes of S. João Baptista and Nossa Senhora de Fátima. Located in Médio Tejo region, it has excellent road and rail links and is only an hour from Lisbon, making it a central point in the country. As a tourist attraction, the National Railway Museum is renowned both nationally and internationally, preserving and celebrating Portugal's railway heritage with a vast collection of locomotives and historical equipment. For nature lovers, Bonito Park is a large green area, ideal for family walks, sports and moments of peace and quiet. The cultural offer is diverse. In June, the Festas de S. João e da Cidade (St. John's Festivities) celebrate local traditions, bringing together residents and visitors in concerts, fairs and gastronomy that fill the city with life and colour.

Another key attraction is the Vapor Festival in September, which celebrates steampunk, combining elements of the punk movement with 19th century steam technology, including music, performances, film, literature, theatre, exhibitions and workshops, integrating arts and technology to promote a more inclusive and sustainable future. In terms of gastronomy, the municipality has several restaurants offering traditional and regional Portuguese cuisine. Also worthy of mention is the Bolo Ferroviário, a local creation reinvented by the city's Vocational School, inspired by a recipe from a historic pastry shop, which pays homage to the memory of the railway and is an unmissable taste experience for anyone visiting the region.

Ferreira do Zêzere

A natural refuge that invites adventure

Located in the northernmost part of the district of Santarém, the municipality of Ferreira do Zêzere covers an area of 190 km², has a total of 8.619 inhabitants and is made up of seven parishes: Águas Belas, União de Freguesias de Areias e Pias, Bêco, Chãos, Ferreira do Zêzere, Igreja Nova do Sobral and Nossa Senhora do Pranto. It is a transitional area between the Ribatejo marshes and the interior pine forests, bordered to the north by Figueiró dos Vinhos, to the northeast by Sertã, to the east by Vila de Rei, to the south by Tomar, to the west by Ourém and to the northwest by Alvaiázere.

The municipality is distinguished not only by the natural beauty of the Zêzere River and the Castelo do Bode lake, which offer unique and distinctive conditions for water sports such as wakeboarding, canoeing, paddle boarding, rowing and diving, but also by its vast forest area. The archaeological, historical, religious, architectural and cultural heritage includes the Church of Nossa Senhora do Pranto and the Pentagonal Templar Tower of Dornes, the archaeological site of Avecasta, the Roman bridge in the village of Quebrada do Meio, the pillories of Pias and Águas Belas and the Chapel of São Pedro do Castro.

A land of riverside villages, fish from the river takes center stage in Ferreira do Zêzere's gastronomy, with the annual Crayfish and Fish from the River Gastronomic Festival taking place in the municipality's restaurants. The celebration of traditions and culture also includes the pilgrimages to Dornes (the peak being on 15 August) and the Viver Ferreira do Zêzere event.

Mação

Where the skyline is tinted green

Mação is a municipality in Estremadura, Portugal, located in the geometric center of Portugal. It belongs to the district of Santarém. It covers an area of 399.98 km² and is extremely rich in culture, archaeology and gastronomy. The municipality enjoys a landscape that varies between mountainous beauty - which forms part of the Iberian Plateau - with waterfalls that make pools of its bed, rocks set into the backs of the mountains and a purity of mountain air - and a fairly complete historical record. A predominantly rural municipality, Mação has always stood out for the preservation of its landscape and environment and for the excellence of its products, justifying its epithet of "Terra dos 3 A's": Azeite/Água/Ar" (Land of the 3 A's: Olive Oil/Water/Air). The Tejo River is the municipality's main landmark and water source, being the largest river in the entire Iberian Peninsula. Two decades after the first Palaeolithic art was found in Mação, recent discoveries open a new perspective on the art of the Tejo Rock Art Complex. Man has become an actor in his own history. The gastronomy of Mação shares many of the strong flavours of the Alto Alentejo and the tradition of the Beiras. For starters, there's nothing better than olives, ham, cold cuts and goat and sheep cheeses, all quality local products. Meat dishes include Mação-style roast kid in a wood-fired oven, Feijão de Matança and Bucho Recheado.

In light of the region's intimate connection with its surrounding waterways, a variety of fish-centric dishes have emerged. These include lamprey rice, shad on the tile, grilled bass, fisherman's soup, shad stew and eel stew. As a side dish, we suggest migas and a good wine. As for sweets, we can't forget the tigeladas de Cardigos (Cardigos custards), the honey, the bolo dos santos (all saints' cake), the fofas de mação (cavacas) and the torrados (sweet toasts) delicacies that can be found at the Feira Mostra, which promotes handicrafts, good food and the main economic activities of the municipality.

Ourém

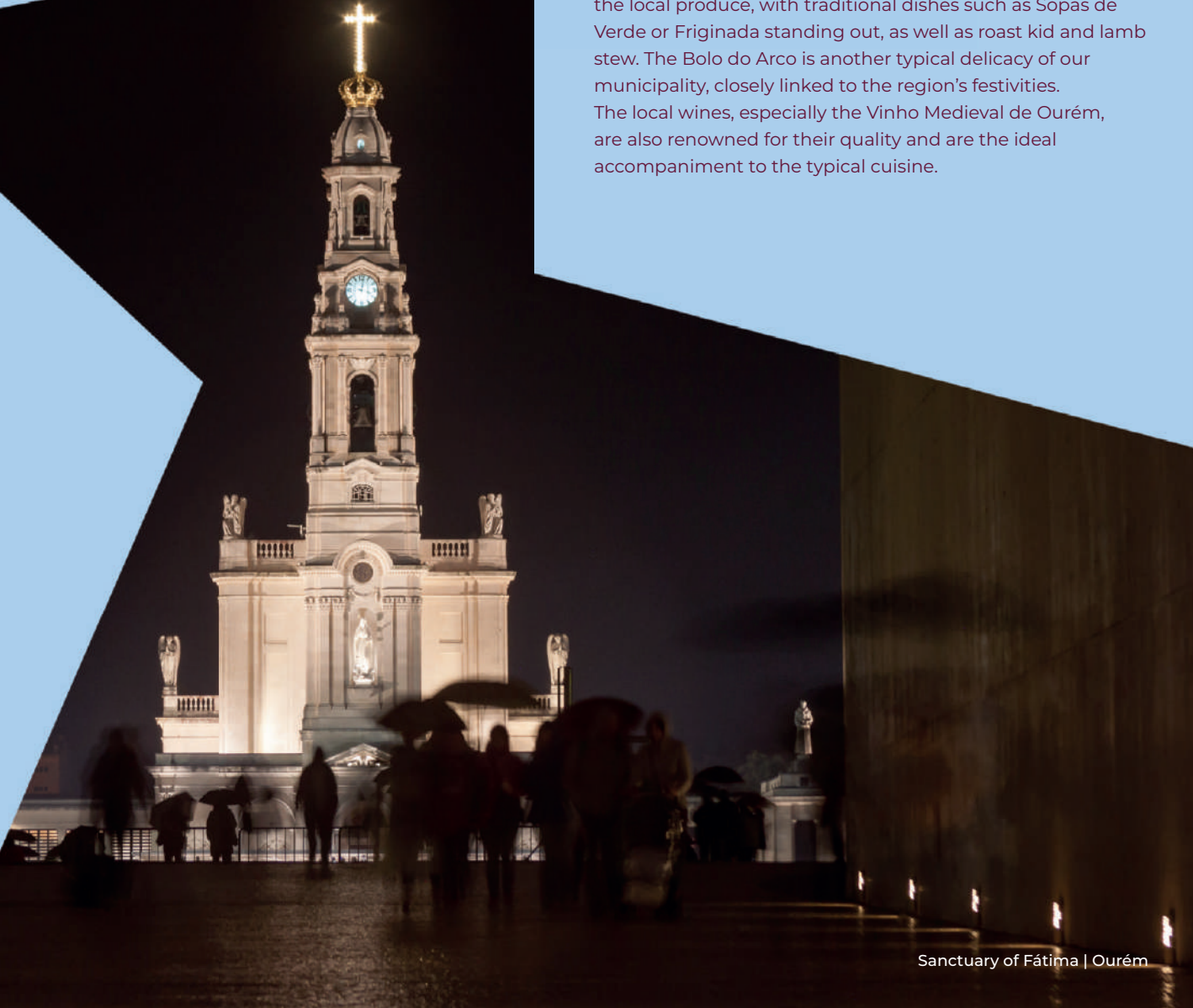
A journey of faith and spirituality

Ourém has an offer and characteristics that make it complete and distinctive, where history, faith, culture and nature come together in harmony. Geographically, the municipality of Ourém has an area of approximately 416.1 km² and a population of around 45.000 inhabitants, spread over 13 parishes, two towns (Ourém and Fátima) and four villages: Caxarias, Freixianda, Vilar dos Prazeres and Olival.

In addition to the programme developed by the Municipal Museum of Ourém in its various services, the Municipal Theatre of Ourém presents a varied programme of quality theatre, music and dance shows throughout the year. The September Festival and the Via Sacra ao Vivo (Way of the Cross - live) are two examples of cultural events that take place every two years in the medieval town of Ourém. Feirourém, which is part of the town's day celebrations, is an annual fair that promotes local products, crafts and services, including concerts, cultural activities and events for all age groups. In terms of sport, Ourém has hosted important events, including the arrival of a stage of the 2024 La Vuelta. In terms of tourism, special mention should be made of the medieval town of Ourém with the Castle and Palace of the Counts of Ourém, a national monument of great historical and architectural importance, the river beach of Agroal which, together with the surrounding landscape, attracts thousands of visitors every year, but also the Natural Monument of the Dinosaur Footprints of the Serra de Aire, one of the largest and best preserved sauropod trails in the world.

Fátima is also a strategic area of international importance for tourism, as it is one of the most important Marian pilgrimage centers in the world, with the Sanctuary of Fátima attracting millions of pilgrims and tourists every year.

In addition, the Ourém area is characterised by a great diversity of natural scenery, where the various water courses and streams contrast with the landscapes of the Serras de Aire e Candeeiros and provide unique trails and landscapes for nature lovers, with opportunities for hiking and observing fauna and flora. Ourém's gastronomy reflects the richness of the local produce, with traditional dishes such as Sopas de Verde or Friginada standing out, as well as roast kid and lamb stew. The Bolo do Arco is another typical delicacy of our municipality, closely linked to the region's festivities. The local wines, especially the Vinho Medieval de Ourém, are also renowned for their quality and are the ideal accompaniment to the typical cuisine.



Sardoal

Flower petals on the ground, faith all around

The municipality of Sardoal, one of the northernmost in the district of Santarém, is bordered to the south and west by the municipality of Abrantes, to the east by the municipality of Mação and to the north by the municipality of Vila de Rei.

Due to its geographical location, it is at the confluence of three different regions: Ribatejo, Alentejo and Beira Baixa, from which it drew the roots of its cultural identity. With around 92 km² and almost 4.000 inhabitants, it's not a large municipality, but it does have a very rich historical, architectural, religious and cultural heritage. It is made up of four parishes: Alcaravela, Santiago de Montalegre, Sardoal and Valhascos, and was awarded the status of town on 22 September 1531 by royal charter from King João III. Under the motto "Heritage of Faith and Religiousness", when visiting Sardoal you will find a large number of churches and chapels, including the Main Church, where you can see the paintings of the Master of Sardoal, the Church of Santa Maria da Caridade, in the convent of the same name, and the Chapel of Nossa Senhora do Carmo, home to the Holy Week and Religious Heritage Interpretation Center, which is an expression of the symbolism manifested in Sardoal's religious traditions, and the Chapel of Nossa Senhora do Carmo, which houses the Holy Week and Religious Heritage Interpretation Centre, a visible expression of the symbolism of the religious traditions of Sardoal, allowing visitors to 'live' these traditions at any time of the year.

In addition to the architectural and religious heritage, we recommend the Gil Vicente Cultural Center, a center for art and culture in the region, and Cá da Terra, where the best products from Sardoal and the region are exhibited and sold. Last but not least is our natural heritage, which you can discover by taking one of the 8 hiking trails or cycling one of the 12 trails at the Cyclin' Portugal Center in Sardoal, which will take you to discover the best that nature has to offer.

Tomar

A Templar legacy of history and mystery

Crowned by the Templar Castle and the Convent of Christ, with the Nabão river at its feet, Tomar is the seat of a municipality with an area of 351.2 km² divided into a total of eleven parishes and 36.413 inhabitants. With an exceptional architectural legacy, including the aforementioned monument, a UNESCO World Heritage Site, the Synagogue, the churches of S. João Baptista and Santa Maria dos Olivais and the Pegões Aqueduct, it has other important attractions, such as the Levada Cultural Complex, the Contemporary Art Center and the Matchbox Museum. Nature is another of the municipality's strengths. The area is characterised by the presence of the Nabão and the Zêzere rivers, with the latter forming the Castelo do Bode lake. The town also features the extensive green area of the Sete Montes National Forest and several hiking trails, including sections of the Fátima and Santiago pilgrimage routes. Tomar's festival par excellence is the Festa dos Tabuleiros, held every four years, one of the most extraordinary manifestations of popular culture in the country. The historical heritage is celebrated every year with three mediaeval recreations: the Festa Templária, the Termo de Payalvo and the Ceyceyra Medieval. Santa Iria Day (as part of the Fair) and the Círio da Nossa Senhora da Piedade are unique moments of spirituality and photogenicity.

Carnival, both in the city and in Linhacéia, along with the Bons Sons and Comendatio Festivals, represent the highlights of the vibrant energy that characterises this region. In terms of gastronomy, the year is marked by several initiatives: Tomar à Prova, the Lamprey Show, the Tomar e dos Conventos event, the Conventual Orange Fair, the Soup Festival, Todos com o Feijão, o Feijão com Todos and the Quince Festival. Special mention for the pastries, especially two typical Tomar sweets: the fatias de Tomar and beija-me depressa.



Torres Novas

Among ruins and ancient stones at the roots of civilisation

The municipality of Torres Novas has ten parishes and more than 36.000 inhabitants in a total area of 270 km².

Its territory is characterised by the coexistence of the limestone formation of the Serra de Aire and the floodplains of the River Almonda, which widen into marshes at the confluence with the Tejo. The region has been attractive since ancient times and man has left his mark since the Palaeolithic period.

The municipality's historical and cultural heritage is therefore rich and vast, with the Roman ruins of Villa Cardillio and the castle of Torres Novas standing out. Part of its rich artistic heritage is represented in the Carlos Reis Municipal Museum (sacred art, history of the municipality and paintings by Carlos Reis in Casa Mogo and archaeology in the Cerca da Vila center). Also of note is the Riachos Agricultural Museum, the former Caldeirão Power Station and the CHUDE - Humberto Delgado Center. Regarding natural heritage, three protected areas are particularly noteworthy: the Serras de Aire e Candeeiros Natural Park, the Paul do Boquilobo Nature Reserve, and the Dinosaur Footprints Natural Monument. Of particular interest are the Lapas Caves, which feature galleries accessible to the public, as well as the Almonda Caves.

Throughout the year, various important events take place in the area: the Feira de Época (Historical Fair) which aims to recreate historical events that took place in the municipality; the Almonda Festivities, which mark the elevation of Torres Novas to town status; the National Dried Fruit Fair, which aims to boost and promote the sector; in the sporting sphere, the Almonda Trail, in the heart of the Serra de Aire, or the traditional São Silvestre Race. Also noteworthy are the events to promote gastronomic heritage, dedicated to kid, local flavours and products and cabbage with beans.



Vila Nova da Barquinha

Amidst the waters, stories and smiles spring to life

The 'Land of Smiles' evokes the aesthetic and poetic dimensions of the world, combining raw materials and colours from across history to create a municipality that expresses itself through plastic arts, enchanted legends, challenges to knowledge, ethnographic heritage and the all-pervasive presence of nature. Stories of the Moors and the Knights Templar at Almourol Castle, the culinary secrets behind Friar Ambrosio's Pirilaus and shad açorda, and the memories of excursions along the Tejo Panoramic Trail or in the vicinity of the architectural landmarks that define the Almourol Contemporary Sculpture Park in Barquinha Park flow with the waters of the Tejo river. The creative instinct is not confined to the banks and is stimulated by the Renaissance portico of the Atalaia Main Church, the bullfighting events held in the second oldest bullring in the country and the scientific experiments conducted at the Escola Ciência Viva. With around 7.000 inhabitants, the municipality of Vila Nova da Barquinha is part of the Ribatejo Province and belongs to the district of Santarém. Its territory covers an area of 49 km², divided into four parishes: Atalaia, Praia do Ribatejo, Tancos and Vila Nova da Barquinha.

Situated on the right bank of the River Tejo, the location boasts a privileged geographical position. It borders the municipality of Tomar to the north, the river Zêzere and the municipality of Constância to the east, the river Tejo to the south and the municipalities of Entroncamento and Torres Novas to the west.

The construction of major motorways across the municipality has further enhanced its potential, making it more accessible. The A13 and A23 are the primary drivers of sustained development in a municipality that is committed to promoting a business center in the northern part of the municipality in the parish of Atalaia.

The municipality is also focusing on the tourism sector, which boasts notable potential in terms of cultural and natural heritage, riverfront enjoyment, and environmental and housing quality.

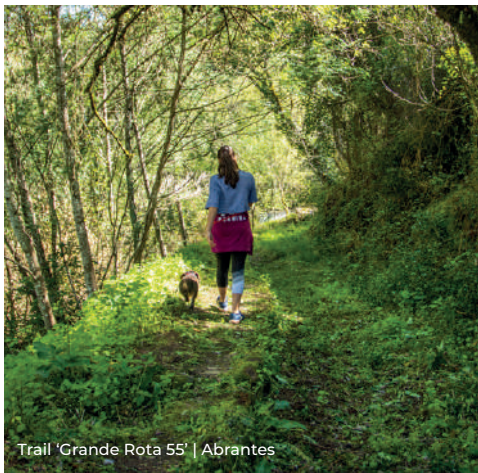
A photograph of two women in a forest setting, holding a large, intricately woven textile. The woman on the left is wearing a patterned headscarf and a patterned long-sleeved shirt. The woman on the right is wearing a light-colored hat and a dark vest over a light shirt. The textile they are holding is long and narrow, with a complex geometric pattern and fringed edges. The background is a dense forest with many trees. The entire image has a blue color overlay.

**What
makes
MédioTejo
unique?**

A journey through nature,
step by step

The unique experience of each path



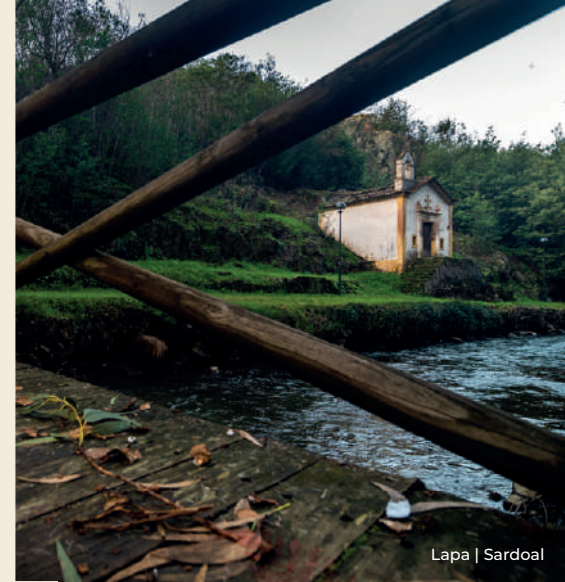


Trail 'Grande Rota 55' | Abrantes



Karstic Cannon | Alcanena

This region is criss-crossed by various routes and trails, including the Great Carso, Tagus and Zêzere Routes, which can be travelled on foot, in pure contemplation of nature, or on some sections by bicycle or canoe for a pure adrenaline experience.

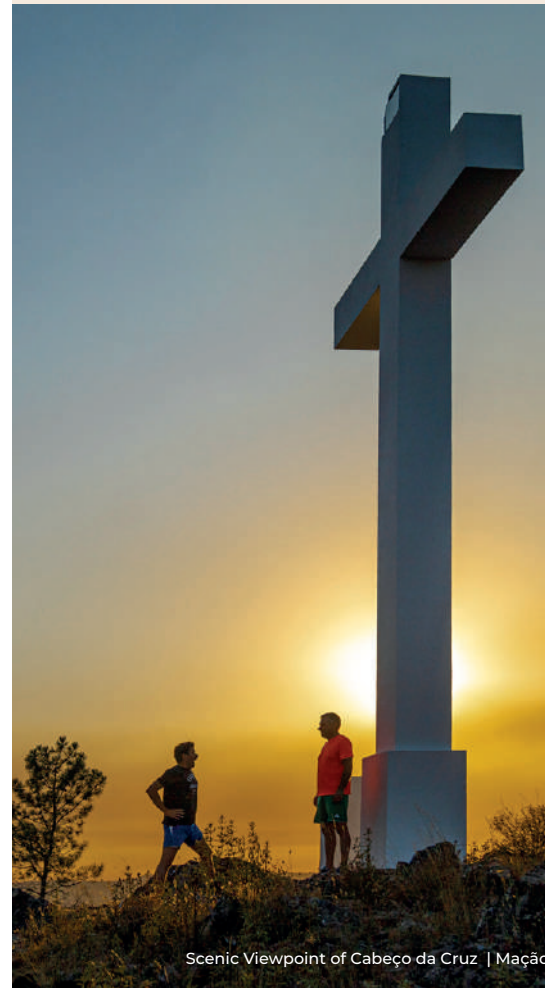


Lapa | Sardoal

The Médio Tejo region has a diverse landscape characterised by the presence of important watercourses, varied terrain and protected areas.



Almonda Spring | Torres Novas



Scenic Viewpoint of Cabeço da Cruz | Mação



Riverside area | Constância



Paul do Boquilobo Nature Reserve | Torres Novas



Bonito Park | Entroncamento



Castle Garden | Abrantes

The Tejo River is the region's defining feature, criss-crossing the territory and influencing the local economy and landscape.

In addition to the Tejo, other rivers, such as the Zêzere, which forms the well-known body of water of Castelo do Bode, also play an important role, offering landscapes of great natural beauty and important water resources.

The region is partly covered by protected areas, such as the Paul do Boquilobo Nature Reserve and the Serras de Aire e Candeeiros Nature Park, which are renowned for their caves and unique fauna and flora, making them a valuable asset for tourism.



Dinosaur Footprints Natural Monument | Ourém-Torres Novas



Villa Cardílio | Torres Novas

A place of many charms

A journey
full of
experiences





A place of many charms, the Médio Tejo is an idyllic place to pause and recharge with Mother Nature.



The Sanctuary of Fátima is present in this region and is an inescapable place of worship and spirituality that brings millions of people to our region every year.

The Castle of the Knights Templar and the Convent of Christ in Tomar, designated a World Heritage Site by UNESCO, are considered essential destinations for those interested in historical treasures and Templar legends. The Castle of Almourol, located on a small island in the Tagus River, and the Tower of the Templars, on the enchanted peninsula of Dornes, are also not to be missed.





Aldeia do Mato River Beach | Abrantes

Here there is also room for adventure in the beautiful landscapes of the Tejo and Zêzere rivers, where you can enjoy activities such as wakeboarding, boat trips, fishing, hiking or simply relaxing on a river beach at Castelo do Bode Lake.



Dornes River Beach | Ferreira do Zêzere



Fontes River Beach | Abrantes



Lago Azul River Beach | Ferreira do Zêzere

Tradition and modernity

**A unique and
unforgettable
experience**





Here in the Médio Tejo region, you'll find a variety of cultural offerings. A culture that reflects a deep connection between historical heritage, popular traditions and associational dynamics.

This cultural diversity is influenced by its strategic location and the presence of historic cities, picturesque towns and villages and communities that preserve ancient traditions.

The castles, fortresses and churches are living testimony to the strategic and religious importance of this area over the centuries.



Tropical Butterfly House | Constância



MIAA | Abrantes



Cerca da Vila Archaeological Center | Torres Novas

Museums also reflect the richness and cultural diversity of the region, celebrating its past and promoting dialogue with new generations, such as the National Railway Museum and the Iberian Museum of Archaeology and Art in Abrantes (Museum of the Year 2023 award).



Museum of Prehistoric and Sacred Art of the Tejo Valley | Mação

The region also hosts the Caminhos - Cultura em Rede no Médio Tejo. Caminhos is a networked, open access cultural programme in the Médio Tejo region that brings artists together with communities and encourages the intersection of art and entertainment.



National Railway Museum | Entroncamento



Caminhos - Cultura em Rede no Médio Tejo

Flavours that nurture the soul

A journey through regional flavours





With a rich culinary tradition, inherited from the agricultural landscape and the cultural influences that have marked the region's history, the cuisine of the Médio Tejo is a testimony to simplicity, authenticity and quality.



The gastronomy of the Médio Tejo is a real invitation to take a sensory journey through the flavours and aromas that define this enchanting region in the centre of Portugal.

The cuisine is based on genuine local produce, which comes to life in typical dishes prepared with care and passion, such as river fish, shad açorda and fish stew, or sausages, roast kid and the popular cabbage with beans.





Tigeladas | Abrantes and Sardoal



Queijinhos do Céu | Constância



Bons maridos e boas esposas | Ferreira do Zêzere

Confectionery from Médio Tejo region also has a prominent place!



Palha de Abrantes

The secret lies not only with the convent pastry, but also with the family recipes that have been handed down from generation to generation, always with the same care and attention to detail. Tejo wines are the perfect match for any gastronomic experience in our region.



Bolo Ferroviário | Entroncamento



Bolo do Arco | Ourém

To the rhythm of
the party

**Celebrations
that enchant,
traditions that
are renewed**



The Médio Tejo festivities are a true celebration of the culture, tradition and identity of this enchanting region of Portugal

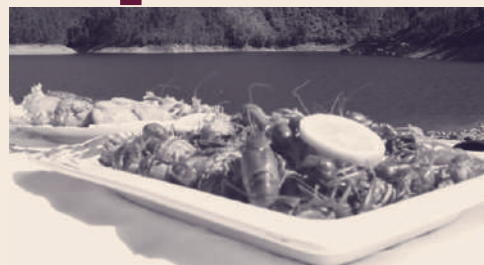
Each festivity is a unique opportunity to immerse yourself in its roots, learn its customs and, of course, enjoy moments of pure fun and excitement.

Here, a perfect blend of religious rituals, cultural events and popular celebrations are marked by joy, devotion and hospitality.

January - April

Shad and Lamprey Month

Vila Nova da Barquinha
Between February and March



Crayfish and River Fish Gastronomy Festival

Ferreira do Zêzere
April

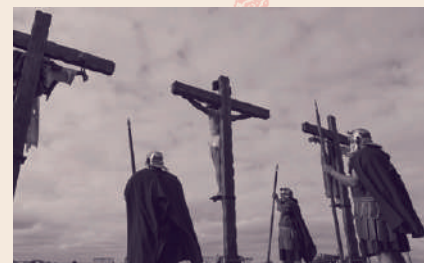
S. Matias Fair

Abrantes
Between February and March

Easter in Médio Tejo

Nossa Senhora da Boa Viagem

Constância
Between March and April



Way of the Cross (live)

Ourém
Between March and April
(every 2 years)



Holy Week

Sardoal
Between March and April

Kid Goat Gastronomy Festival

Torres Novas
Between March and April



May - August

Alcanena Walking Festival

Alcanena
May

Youth Festival

Abrantes
May

Mullet Fish Festival

Constância
May

River Fish Show

Vila Nova da Barquinha
Between May and June

Historic Fair

Torres Novas
June

Tejo Festivities

Vila Nova da Barquinha
June



Pomonas Camonianas

Constância
June

Feirourém

Ourém
June

FALA Literary Festival

Alcanena
June

S. João and City Festivities

Entroncamento
June

Abrantes Festivities

Abrantes
June

Alcanena Green Week

Alcanena
June



Wellness Weekend

Tomar
June

Mostra Fair

Mação
July

Templar Festival

Tomar

Between June and July



Festa dos Tabuleiros

Tomar

Beginning of July (every 4 years)



September – December

Sardoal Festivities

Sardoal

September



September Festival

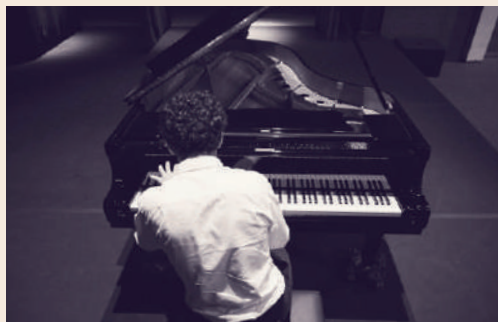
Ourém

September (every 2 years)

Internacional Piano Event

Sardoal

Between June and July



Festival ao Alto

Abrantes

September

Viver Ferreira do Zêzere

Ferreira do Zêzere

August

Bons Sons Festival

Tomar

August

Vapor Festival

Entroncamento

September



Almonda Festivities

Torres Novas

July

Art'in Rua Internacional Street Art Festival

Tomar

September



Internacional Folk Festival

Abrantes
October

Egg Gastronomy Festival

Ferreira do Zêzere
October

Miscellaneous Materials Festival

Alcanena
October (every 2 years)



Feira Nova de Santa Iria

Ourém
October

Feira de Santa Iria

Tomar
October



National Nut & Dried Fruit Fair

Torres Novas
October



Cabbage and Beans Festival

Torres Novas
November

Feira dos Santos

Mação
November

Wild Boar Festival

Constância
November



National Traditional Pastry Fair

Abrantes
Between October and November

Philosophy Festival

Abrantes
November

National Collectors Meeting

Alcanena
November

À mesa com azeite

Vila Nova da Barquinha
Between November and December



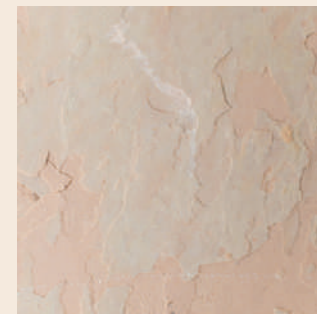
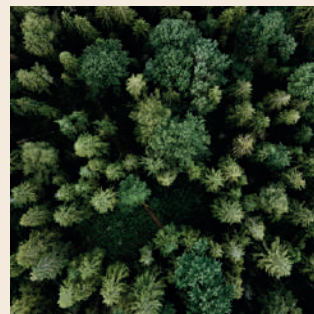
Technology and Innovation

**Sustainable
growth
and new
opportunities**





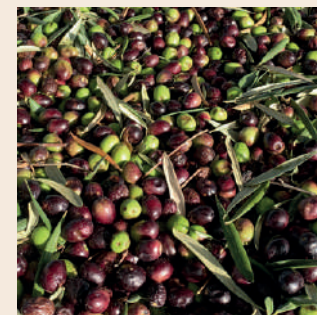
Our region stands out for its centrality, which gives it extraordinary potential.



Agriculture is an important activity in the region, with the production of olive oil, wine and other high-quality agricultural products. Agro-industry also plays a significant role, processing local agricultural products.

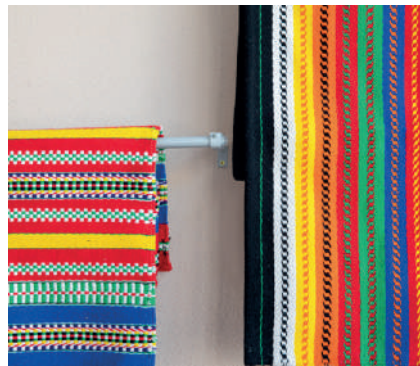


In addition to the region's strong industrial tradition in sectors such as metallurgy, automotive, tanning, textiles, power generation, paper, wood and furniture, there are emerging areas such as renewable energy production, the new creative industries, information technologies or automation and robotics.





The region is well served by transport infrastructure, including the A1, A13 and A23 motorways and the Norte railway lines, which provide quick access to other parts of the country.



Tourism is also a growing sector, boosted by the region's historic heritage and natural beauty.



Everything to make it work.

Come and discover Médio Tejo, a region where history, nature and culture come together in perfect harmony.

Discover this treasure in the heart of Portugal, where every corner holds a secret and every moment is an opportunity pause and let yourself be enchanted!



TOURISM OFFICES

Welcome Center Abrantes

Esplanada 1º de maio, 2200-320 Abrantes
Edifício do Mercado Municipal, piso -3,
Tel. 966 822 104
turismo@cm-abrantes.pt
turismo.cm-abrantes.pt
Opening hours
10am-1pm | 2pm-6pm
Closed on Mondays, 1st january, 1st may,
Easter Sunday and 25th december

Constância Tourist Office

Praça Alexandre Herculano s/n, 2250-035
Constância
Tel. 962 134 857
turismo@cm-constancia.pt
cm-constancia.pt
Winter opening hours
Mon. to fri. 10.30am-5pm |
Sat. e sun. 11am- 5pm
Public holidays 2pm-5.30pm
Summer opening hours
Mon. to fri. 10.30am-5pm |
Sat. to sun. 10am-6pm
Public holidays 2pm-5.30pm

Ferreira do Zêzere Tourist Office

Praça Dias Ferreira n.º 38, 2240-341
Ferreira do Zêzere
Tel. 249360151
turismo@cm-ferreiradozezere.pt
cm-ferreiradozezere.pt/visitar/turismo
Opening hours
Everyday 9am-1pm | 2pm-5pm
(october to june)
Everyday 10am-1pm | 2pm-6pm
(june a september)

Alcanena Municipal Museum and Archive

Rua A, 2380-011 Alcanena
Tel. 249101442
museu.municipal@cm-alcanena.pt
Opening hours
Wed. to sun. 10am-1pm | 2-6pm
(april to september)
9am-12.30pm | 2pm-3.30pm
(october to march)

Entroncamento Tourist Office

Praça da República, 2330-079
Entroncamento
Tel. 249241313
turismo@cm-entroncamento.pt
cm-entroncamento.pt
Opening hours
Tue. a sat. 9.30am-1pm | 2pm-5.30pm

Dornes Tourist Office

Rua Guilherme Pavia, n.º 7, 2240-611
Dornes
Tel. 249366410
turismo@cm-ferreiradozezere.pt
cm-ferreiradozezere.pt/visitar/turismo
Horário
Everyday 9am-1pm | 2pm-5pm
(october to june)
Everyday 10am-1pm | 2pm-6pm
(june to october)

Mação Tourist Office

Largo dos Bombeiros Voluntários,
6120-750 Mação
Tel. 241573450
posto.turismo@cm-macao.pt
cm-macao.pt

Fátima Tourist Office

Avenida D. José Alves Correia da Silva,
nº 213, 2495-402 Fátima
Tel. 249531139
geral@turismodocentro.pt
fatima.pt
Opening hours
Mon. to fri. 9am-5pm
Sat., sun. and public holidays 9am-6pm
Lunch time 1pm-2pm

Tomar Tourist Office

Avenida Doutor Cândido Madureira,
2300-531 Tomar
Tel. 249329823
turismo@cm-tomar.pt
cm-tomar.pt
Summer opening hours
(april to september)
Mon. to sun. 9.30am-6pm
Winter opening hours
(october to march)
Mon. to sat. 10am-5pm
Sun. 10am-2pm
Closed on 1st January, 1st May and 25th
December

Castle and Paço dos Condes of Ourém

Vila Medieval de Ourém
Tel. 249540900 | 964169726
museu@mail.cm-ourem.pt
turismo.ourem.pt
Opening hours
Tue. to sun.
Mar. to oct. 10am-1pm | 2pm-6pm
Nov. to feb. 9am-1pm | 2pm -5pm

Sardoal Tourist Office

Praça da República, 2230-222 Sardoal
Tel. 241851498
turismo@cm-sardoal.pt
turismo.cm-sardoal.pt
Opening hours
Mon. to sun. 9am-12.30pm | 2pm-5.30pm

Torres Novas Tourist Office

Largo dos Combatentes da Grande
Guerra, nºs 4 e 5, 2350-437 Torres Novas
Tel. 249813019
turismo@cm-torresnovas.pt
info@visit.torresnovas.pt
cm-torresnovas.pt | visit.torresnovas.pt
Opening hours
Mon. to sat. 9am-1pm | 2pm-5pm

Vila Nova da Barquinha Tourist Office

Largo 1.º Dezembro, 2260-403 Vila Nova
da Barquinha
Tel. 249720353 | 249720358
turismo@cm-vnbarquinha.pt
cm-vnbarquinha.pt
visitbarquinha.pt
Opening hours
Mon. to fri. 9am-12.30pm | 2pm-5.30pm
Sat. 10am-1pm | 3pm-6pm



Credits

Comunidade Intermunicipal do Médio Tejo

Convento de São Francisco
Av. General Bernardo Faria
2300-535 Tomar

249 730 060

mediotejo.pt

turismo.mediotejo.pt



Partners

City Councils

Editing, proofreading and design

CIM Médio Tejo

January 2025



Our public
transport offer



— meio



— meio





MédioTejo
comunidade intermunicipal