

MÉDIO TEJO

A region
to discover





Welcome to Médio Tejo

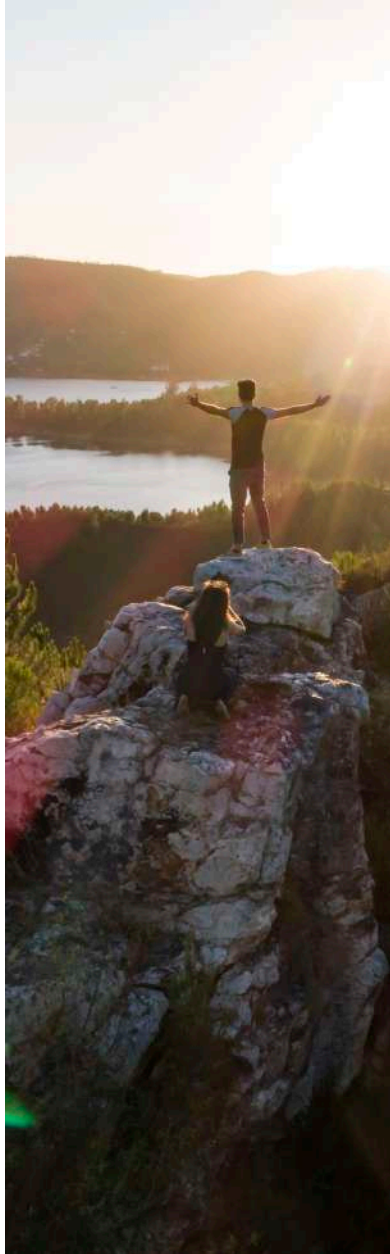
Here you will find a unique region, where five rivers cross: Tejo, Zêzere, Nabão, Almonda, and Alviela. They are the cradle of the most beautiful Fluvial Beaches, streams and reservoirs of crystalline water, such as Castelo do Bode Lake, which is ready to welcome and delight you in the hottest days, but also throughout the year. In the lake you will find the Wakeboard Resort, an innovative concept in Portugal, with five cable parks ready to embrace those who want to try wakeboard for the first time, but also for those who already dominate the sport, for experiences filled with adrenaline and emotion.

With a diverse and extremely relevant cultural and natural heritage, we suggest that you board in a time travel and discover dinosaur footprints, traces of rock art, or even of roman presence.

Médio Tejo is part of the most beautiful itineraries of religious and cultural tourism. Several ways such as Fátima, Santiago, the Portuguese Network of Jewish Quarters and the Templar Route cross this region, providing remarkable experiences to those who visit us and that also pass through one of our six castles: Abrantes, Almourol, Ourém, Sertã, Tomar and Torres Novas.

The Mediterranean diet is our reference. However, there are also many delicacies that distinguish us at your disposal. There are river fish specialties, conventual sweets (made of egg yolks) and traditional Portuguese sausages, as the traditional smoked ham and Maranho (a type of sausage made with goat meat, smoked ham, rice and mint).

We are a land with a strong sense of identity and a master in the art of hospitality, nonetheless maintaining the traditions as well as focusing on future challenges.



Médio Tejo wants to welcome you!
Join us in this beautiful visit!

ABRANTES

Abrantes tastes of the Tejo River and memories, past and history. It has a contagious energy marked for the incessant search for technological and industrial progress. An avant-garde dynamism harmoniously combined with the pride on the roots and the strategic importance of the castle in the military defense of the territory since the Christian Reconquest. Culture and Art express themselves in the most varied of ways. It is possible to discover the iron sculptures on the cobbled streets that go through the historic center and go down the city to find the Tejo river, the inspiring element of local flavours, such as Palha de Abrantes (sweet made of egg yolks and sugar), Tigeladas (dessert made of eggs, sugar, milk in a wood-fired oven), river fish, Migas (side dish made of cabbage, beans and corn bread), the wines and olive oil. For those who enjoy riverside leisure and nautical sports, it is possible to find the diversity of the Aquapolis on the banks of the Tejo River, the Fluvial Beaches of Aldeia do Mato, with the wakeboard cable park, Fontes, in the Castelo do Bode Lake and also the leisure and adventure walking trails.

Welcome Center – Esplanada 1º de Maio 2200-320 / 241 330 100
turismo@cm-abrantes.pt





Aldeia do Mato's Fluvial Beach



Pallha de Abrantes



Metallurgical Museum Duarte Ferreira

OTHER THINGS TO DISCOVER

- S. Vicente's Church
- Misericórdia's Church
- S. Domingos Old Convent
- Urban Park of S. Lourenço
- National Fair of Traditional Sweets
- Parque Tejo
- Fontes Viewpoint



AquaPolis Parque



Tigeladas



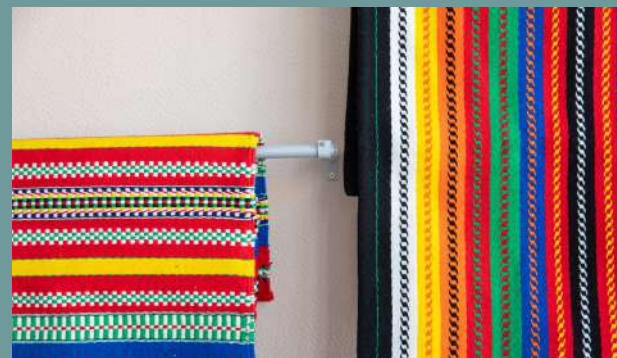
MIAA - Iberian Museum of Art and Architecture

ALCANENA



Body and mind are delighted in this region blessed by nature with the corners of the Serras de Aire e Candeeiros Natural Park and the biodiversity of the Complexo das Nascentes of the Alviela river. History, in turn, has granted Alcanena with timeless traditions such as textile and tanneries, transforming it on the renowned “Capital da Pele” (Capital of Leather). The magnificence of the landscapes with predominantly green tones, dotted with gray spots, conferred by the abundant presence of limestone rock, and worthy of the watercolors of Roque Gameiro, a painter born and raised in the village of Minde. The strong aromas of the mountain are reflected in its gastronomy, such as Cachola (dish made of pork, pork liver and pork spleen), Morcela de Arroz (typical sausage made of meat, rice and pork blood) and the Bolos Podres dos Santos (sweet bread made of sugar, flour, cinnamon and fennel). A unique style from the land where the sunny days suggest walks and dips in the Fluvial Beach of Olhos de Água, the mild days invite to the observation of one of the largest cave bat communities in the Iberian Peninsula, and the rainy days give rise to the unusual temporary lagoon at Polje de Minde.

Tourism Office – Praça 8 de Maio 2380-037 / 249 889 114
cultura@cm-alcanena.pt



Tapestries



Curtumes (leather fabric)



Olhos de Água - Alviela



Joaquim Ramos Vieira Viewpoint



Watercolor Museum of Roque Gameiro

OTHER THINGS TO DISCOVER

Natural Landscape of St.º António Mountain

Arcada do Vale - Louriceira

Minde's Church

Great Route of Carso

Polje de Minde

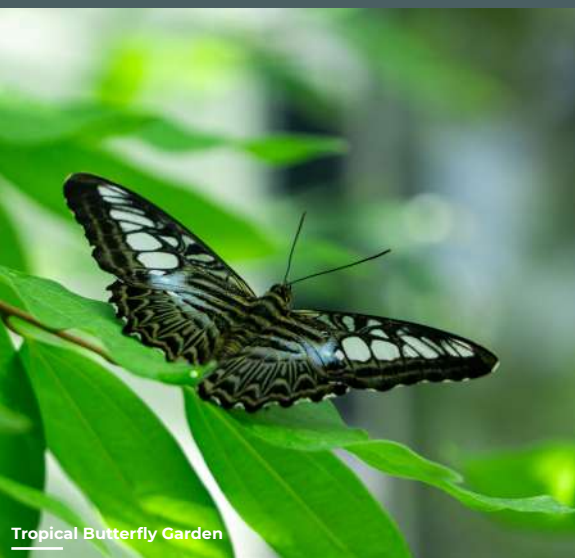
Serra de Aire e Candeeiros



Alviela's Living Science Center



Santa Marta Viewpoint



Tropical Butterfly Garden



Monument in honor of Camões

CONSTÂNCIA



The history about the union of the rivers Tejo and Zêzere repeats itself at every moment in the idyllic scenery that surrounds "Vila Poema". An inspiring encounter for Luís de Camões, a remarkable Portuguese poet, that profoundly lived his loves here during the heyday of the river port.

On this riverside village, romance bursts the banks of the river and emerges in the starry sky during a visit to the Centro Ciência Viva - Astronomy Park, in the complicity generated by the narrow and flowery streets of the historic center or in the colors of the boats in time of the celebration dedicated to Nossa Senhora da Boa Viagem. When you don't have butterflies in your stomach because of the sweetness of Queijinhos do Céu (traditional sweet made with eggs and almonds that resembles a little cheese) and the coziness of Migas Carvoeiras and Pintassilgas (made with crumbled corn bread, olive oil and cabbage), we encourage you to go on a walk through the Tropical Butterfly Garden at the Santa Margarida Environmental Park.

Tourism Office – Av^a. das Forças Armadas 2250-028 / 249 730 052
turismo@cm-constancia.pt



Living Science Center - Astronomy Park



Santa Margarida's Environmental Park



Camonian Garden



Caminho do Tejo



Riverside



Celebrations in honor of Nossa Senhora da Boa Viagem

OTHER THINGS TO DISCOVER

- Tejo's River and Zêzere River's Mouth
- River and Marine Arts Museum
- House-Museum of Vasco de Lima Couto
- Constância's Church
- Queijinhos do Céu (traditional sweet)



Railroad National Museum

ENTRONCAMENTO



Entroncamento

The journey of the “Railroad City” began less than two centuries ago, and what was a small station evolved to a mandatory stop that combines cosmopolitan and contemporary environments with the popular myth of unusual phenomena. Every detail of this council is marked by railroad tradition, from the architecture of old railroad districts, to the centenarian train station, where baggage full of living histories cross paths between arrivals and departures. From these stops, we take the memories of the Portuguese railroad preserved on the National Railroad Museum and the peaceful walks by the reservoir on the Park Verde do Bonito or the practice of the most diverse sports on the vast sports complex.

Tourism Office – Largo da Estação dos Caminhos de Ferro 2330-079 / 249 241 313
turismo@cm-entroncamento.pt



Parque Verde do Bonito



Ferrovário's Sweets



Sagrada Família's Church

OTHER THINGS TO DISCOVER

Celebrations S. João and the City

April's Fair

Entroncamento's Blooming

Street Food Festival

Steam Festival - A Steampunk Circus

ESER - Road Safety School



Locomotive (interior)



Dr. José Pereira Caldas's Garden



Nossa Senhora de Fátima's Church

FERREIRA DO ZÊZERE



Ferreira do Zêzere

The green merges with the waters of the Zêzere River with nature's unique compass in pure state. You can only feel it by diving into the Lagoa Azul or Dornes's Fluvial Beaches, by practicing water sports, like wakeboard, by going on the pedestrian and mountain biking trails or by enjoying a relaxing group boat ride with an included meal. Every moment gains the flavor of a well-deserved rest on these sights that throughout the centuries inspired the history of this council, like the Paleolithic remains in Avecasta and the construction of the Templar tower in Dornes. Ferreira do Zêzere is the "Capital of the Egg" and the land of Bons Maridos, Boas Esposas and Tigeladas, the traditional sweets that makes up the singular gastronomy including Areias Cheese, the Ferreirense Style Piglet and the always appealing river fish.

Tourism Office – Praça Dias Ferreira, 38 2240-341 / 249 360 151

turismo@cm-ferreiradozezere.pt



Dornes Tower





— OTHER THINGS TO DISCOVER

- St. Cristóvão's Boat
- Celebrations in honor of the Emigrant
- Pedestrian Paths
- Bairradinha's Fluvial Beach
- Sacred Zêzere's Route



MAÇÃO



Mação

The contrasts intensify the “green horizon” of the council, guaranteeing trips with generous and proportional amounts of gastronomic pleasures, traces of the distant past, regenerating medicinal waters, pledges on energies of the future and bucolic sceneries on the riverside. The traditions are immortalized on the table while tasting the honey, the olives and the unmistakable smoked ham, which Mação became the cathedral of. They renew themselves on the hot springs of Ladeira do Envendos through therapeutic treatments with origins on the Roman domain. More primitive is the millenary collection of the Pre-historic and Sacred Art Museum of Vale do Tejo, that cohabits in a peaceful way with the modern equipment of the Cardigos, Carvoeiro and Ortiga Fluvial Beaches and technology of the wind turbines of the Eolic Park.

Tourism Office – Largo dos Bombeiros Voluntários 6120-750 / 241 573 450
posto.turismo@cm-macao.pt





Serra do Bando dos Santos Viewpoint



Prehistoric and Sacred Art Museum in Vale do Tejo



Carvoeiro's Fluvial Beach



Ocreza's Rock Carvings



Boa Vista's Viewpoint



Cardigos's Fluvial Beach

OTHER THINGS TO DISCOVER

Mouth's Tapir of Rio Frio

Mação's Mother Church

Cured meats production

Ladeira de Envendos's Thermal Baths

Envendos's Roman Bridge

Monument to the Sacred Heart of Christ



Fátima's Sanctuary



OURÉM



Step by step. That's how you get to know the city of Ourém since the immemorial times. The paths go through all the council and create remarkable journeys in the heart of every hiker, namely through time up to the Jurassic period, through the popular memory by immortalizing kings and counts or through hope with the experience of the faith. The most ancient trails can be found on the limestone slabs of the Natural Monument of Dinosaur's Footprints, nature manifests itself on the refreshing Agroal Fluvial Beach and the history reflects itself on the Medieval Village of Ourém, which shows the passage of time on the walls of the Castle and Paço do Conde. One can also taste the flavors with the medieval wine of Ourém, with Bolo do Arco (also known as 'wedding cake', used to be offered to wedding guests at the end of the ceremony and meant to be eaten on their way back home), with ginjinha (licor obtained from the ginja fruit, similar to cherries) and Ucharia do Conde (unique space where you can experience the traditional flavors of Ourém). The pilgrimage to Fatima's Sanctuary is an inevitable journey, where the Marian devotion comes to light.

Tourism Office – Largo do Pelourinho – Castelo 2490-472 / 910 502 917
geral@cm.ourem.pt / geral@turismodocentro.pt (Fátima)

Ourém's Castle



Via Sacra (Way of the Cross)

Hungarian Calvary



OTHER THINGS TO DISCOVER

Aljustrel's Village

Ortiga's Sanctuary

Agroal's River Beach

Olive Oil Museum

Carmelite Route

Natural Monument of Dinosaurs Footprints



Annual Pilgrimages to Fátima's Sanctuary



Municipal Museum of Ourém

SARDOAL



The colors of “Garden Village” renew themselves each day inspired on the popular traditions, the contemporaneity of cultural activities and the virtuosity of sacred art. The vibrant tones conquer the ones who pass by and expand to the streets of the village, the balconies of the houses, the churches, the terraces and lush refuges. Throughout Holy Week, faith flourishes inside the sacred temples in the form of carpets made of petals and illuminate the souls with the candles of Procissão dos Fogaréus. The remaining days combine the belief of supreme beauty in the surroundings of windmills of Entrevinhas and the Lapa bathing area, in the details of the seven paintings that compose the altarpiece of the Master of Sardeal, in the renaissance porch of the church of Misericórdia and in the singularity of the recipes of Tigeladas and Cozinha Fervida (boiled cooking).

Tourism Office – Praça da República 2030-222 / 241 851 498
turismo@cm-sardoal.pt



Flower Rugs (Holy Week)





Craftsmanship (straw fans)



Holy Week (Semana Santa)

Historic Center



Tigeladas



OTHER THINGS TO DISCOVER

Sardoal's Church

Convent of Santa Maria da Caridade

Misericórdia's Church

ARTELINHO's Museological Center

Pedestrian Paths

Lapa's Leisure Zone

Enology - Quinta Vale do Armo e Quinta do Côro



Fogaréus

Entrevinhas's Windmill





SERTÃ



Sertã

A land of nooks and crannies, Sertã awakens the peace of nature and nobility of the heroes in our spirit. Time can be seen on the walls of the castle founded by roman general Quintus Sertorius and on the arches of the bridge of Filipina da Carvalha, interleaved by the secular influence of the Ordem do Hospital. The forest exploitation and the wood industry claim themselves on a territory with a taste of Maranhos and Cartuchos de Amêndoa (traditional sweet made with a sugar, almond and egg yolk's cream filling with a crunchy outer layer), where Nuno Álvares Pereira (Constable Saint) took the first steps and developed the military genius that granted the victory in the battle of Aljubarrota. The authenticity of the Princess of Beira reflects, equally, on the water mirrors of the Trízio Fluvial Beach and other reservoirs and dams, that offer joyful moments and accommodate the typical Schist Villlage of Pedrógão Pequeno.

Tourism Office – Casa de Espetáculos e Cultura da Sertã / Largo de São Sebastião 6100-738 / 274 809 010
turismo@cm-serta.pt



Vale do Cabril



Catuchos de Amêndoa (Almond Shells)



Mission's Seminar



Maranhos



Trízio



Moinhos da Ribeira Village

OTHER THINGS TO DISCOVER

Convent of Santo António / Convent of Sertã Hotel

S. Pedro's Church

Nossa Senhora da Confiança's Chapel

Santa Maria Madalena e S. Macário's Chapel

Nossa Senhora dos Remédios's Chapel

Pedrogão Grande's Philippine Brige

Sertã's Pillory



Charola (Convent of Christ)



Convent of Christ

TOMAR

Legend and reality meet in secret on multiple nooks of Tomar. A constant challenge to our senses featured on the religious and architectural diversity of the historic center, on the idyllic sceneries of Castelo do Bode and on an impressive legacy of the Templars dating back to the 12th century. The mysticism emerges from the monumental complex of the Convent of Christ, World Heritage, and it is felt all over the Templar's city, going down the hillside through the Mata dos Sete Montes and following the trace of the medieval streets, passing by Complexo Municipal da Levada, up to the landscaped banks of the Nabão river. Other mysteries thrive through this council, whether enhanced or unveiled on a visit to the old Synagogue, tasting dishes such as lamprey and Beija-me Depressa (traditional sweet made with sugar and eggs yolks), on a boat ride near Ilha do Lombo or the sacred and profane elements that merge in Festa dos Tabuleiros.

Tourism Office – Av^a Dr. Cândido Madureira 2300 -531 /
249 329 823
turismo@cm-tomar.pt



Pegões's Aqueduct



Festa dos Tabuleiros



Praça da República



Tomar's Castle



Fatias de Tomar (Tomar's Slices)

OTHER THINGS TO DISCOVER

Tomar's Synagogue

Tomar's Historic Center

Nabão River and Parque do Mouchão

Cultural Complex of Levada

Santa Maria do Olival's Church

Reservoir of Castelo do Bode



Mata Nacional dos Sete Montes

TORRES NOVAS

Torres Novas

Our breath adjusts to the rhythm of this council within minutes of arrival. Every moment “inspires discovery” and assembles the celebration of history, the tranquility of nature, the smell of Torres Novas’s figs and eels, the devotion to the popular beliefs and the applause of the audience of alternative shows. Your pulse rises on the trails of the Biosphere Reserve of Paul do Boquilobo and on the Natural Park of Serras de Aire e Candeeiros with the same intensity as the meetings on the terraces of the city with a view to the Almonda river and the castle. You only become aware of the passage of time around here through the colorful mosaics that form roman panels in Vila Cardílio, in the underground galleries on the caves of Lapas and in the traditions that are preserved on the Festa de Benção do Gado in Riachos.

Tourism Office – Largo dos Combatentes da Grande Guerra n° 4 e 5 2350-437 / 249 813 019
turismo@cm-torresnovas.pt



Torres Novas's Castle

Natural Reserve of Paul do Boquilobo



Medieval Fair



Lapas Caves



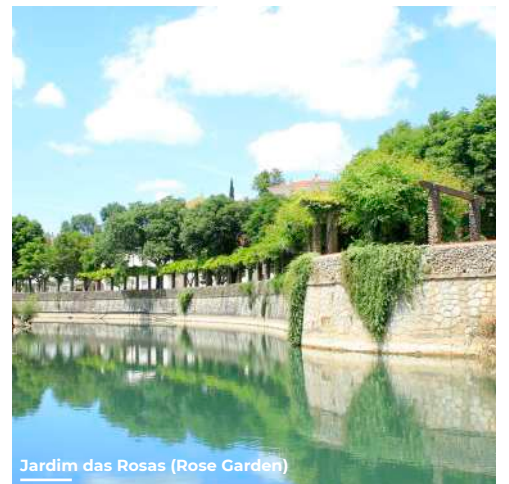
Vila Cardílio's Roman Ruins

OTHER THINGS TO DISCOVER

- Gustavo Pinto Lopes's Municipal Library
- Almonda River
- Municipal Museum Carlos Reis
- Natural Monument of the Dinosaurs Footprints
- Agricultural Museum of Riachos
- Serras de Aire e Candeeiros Natural Park
- Feira Nacional dos Frutos Secos (Nacional Nuts Fair)



Almonda's River Source



Jardim das Rosas (Rose Garden)

VILA DE REI

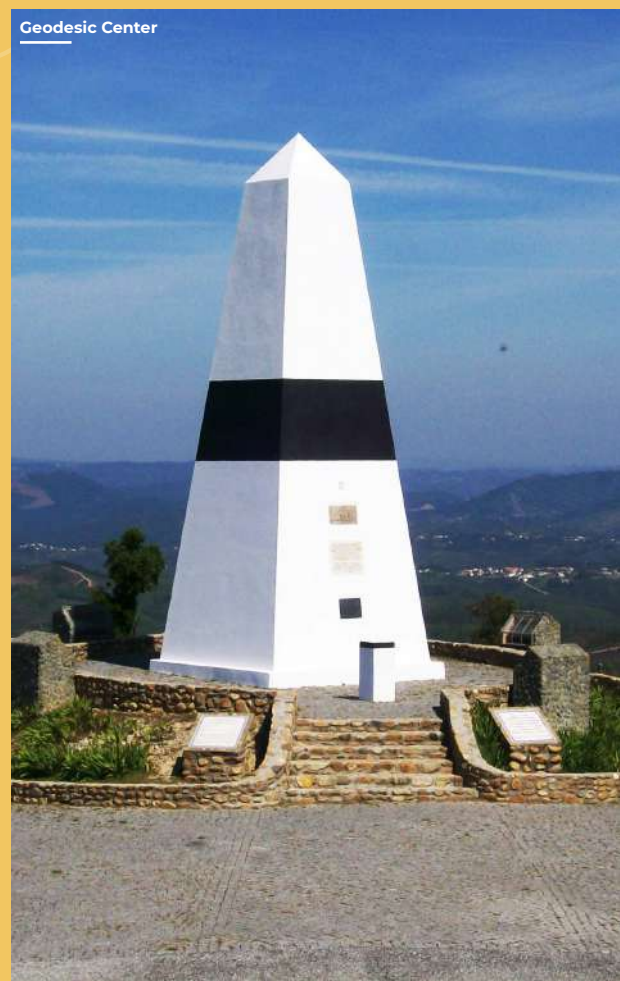


Any itinerary of Vila de Rei has a starting point on the ridge of Serra da Melriça, where the masonry pyramid marks the country's geodesic center and the involving landscapes makes the region richer in way that many consider it "a jewel in Portugal's heart". The horizon extends as far as the eye can see, embracing the scientific advances that can be seen on the Geodesic Museum, the distinguished rustic Schist Village of Água Formosa and the historic shells resulting from open air gold extraction practiced during the Roman domain. The pine tree is the essential raw material in this territory and you can feel its scent all over the riverside villages of Castelo do Bode and Penedo Furado's Fluvial Beach. You can also find the wakeboard cable park at the Fluvial Beach of Fernandaires. The smell is distinctive and only comparable with the smell of Bolos Fintos (traditional cakes that typically contain spices like cinnamon and fennel that gives them a very aromatic smell), traditional sausages, cheeses and honey.

Tourism Office – Biblioteca Municipal José Cardoso Pires
6110-174 / 274 890 000
turismo@cm-viladerei.pt



Geodesic Center





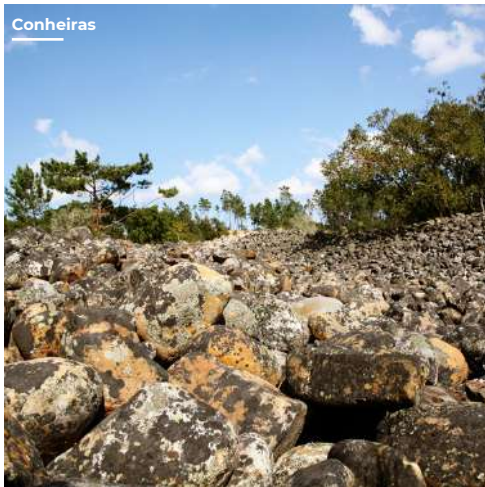
Wakeboard Station - Fernandaires



Água Formosa (Aldeia de Xisto)



Bostelim's Fluvial Beach



Conheiras



Museum of Fire and Resin



Penedo Furado's Fluvial Beach

OTHER THINGS TO DISCOVER

Municipal Museum of Vila de Rei

National 2 Road Route

Zêzere's Great Route

Cured Meat, Cheese and Honey Fair



VILA NOVA DA BARQUINHA



*Vila Nova da
Barquinha*

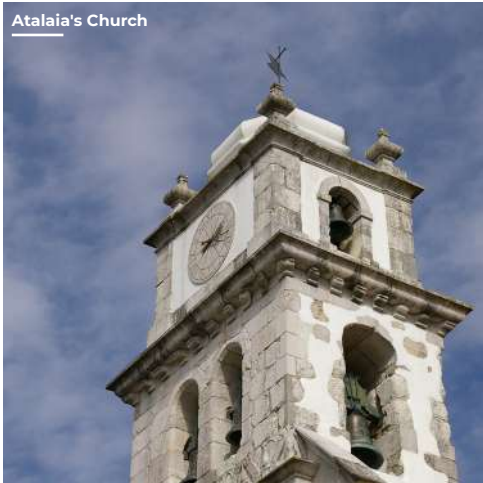


The “Land of Smiles” stimulates the esthetic and poetic side of the world, mixing raw materials and colors from all centuries e giving shape to a council that expresses itself through plastic arts, enchanted legends, knowledge challenges, ethnographic heritage and the omnipresent nature. Throughout the Tejo river flow stories about the Moors and the Templars at Castelo de Almoúrol, the secrets of the recipe of Pirilaus do Frade Ambrósio (conventual cake that got his name due to his cylindrical shape, originated on Convento do Loreto), Shad’s Açorda, as well as memories of outdoor walks next to works of art that differentiate the Contemporary Sculpture Parque of Almoúrol, at Barquinha Parque. The creative instinct does not run out on the banks of the river and awakens with the renaissance port of the Igreja Matriz de Atalaia, with the Centro de Interpretação Templário of Almoúrol and with the scientific experiments developed in the Escola Ciência Viva.

Tourism Office – Centro Cultural de Vila Nova da Barquinha Largo 1º de Dezembro 2260-403 / 249 711 550
turismo@cm-vnbarquinha.pt



Tejo River



Atalaia's Church



Contemporary Sculpture Parque



Templar Interpretation Center



Vhils Artwork "Oleiros" - Atalaia

OTHER THINGS TO DISCOVER

Integrated Science Education Center

Public Art

Canoeing

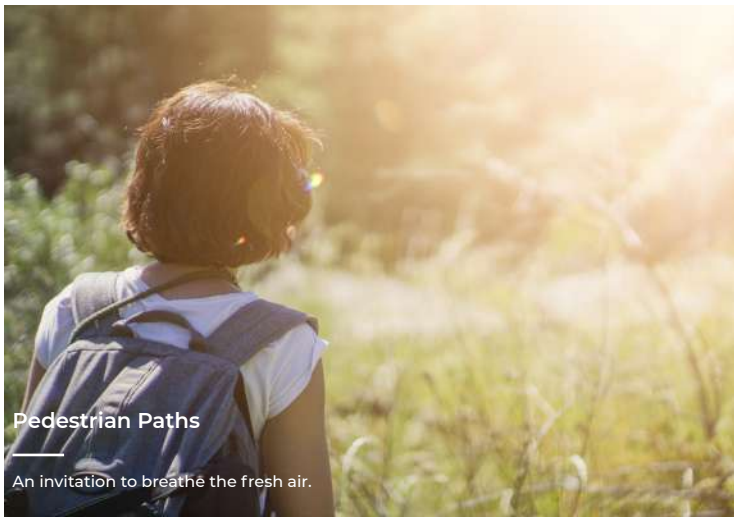
Skydiving

Panoramic Rail of Tejo

Month of Shad and Lamprey

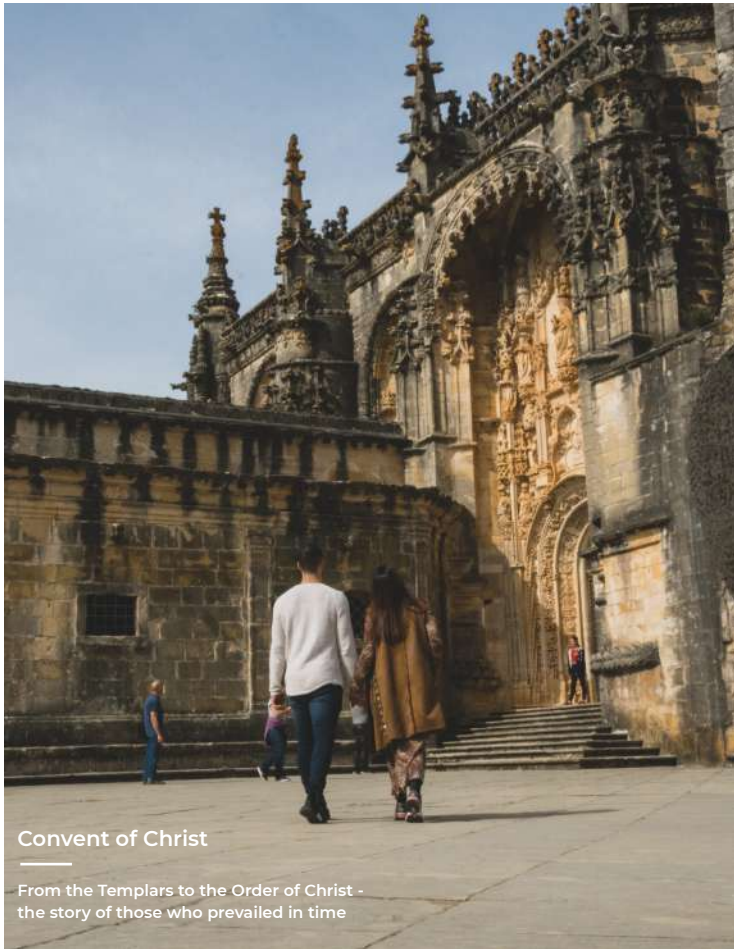


Tancos's View



Pedestrian Paths

An invitation to breathe the fresh air.



Convent of Christ

From the Templars to the Order of Christ - the story of those who prevailed in time



Wakeboard Cable parks

An experience like no other.

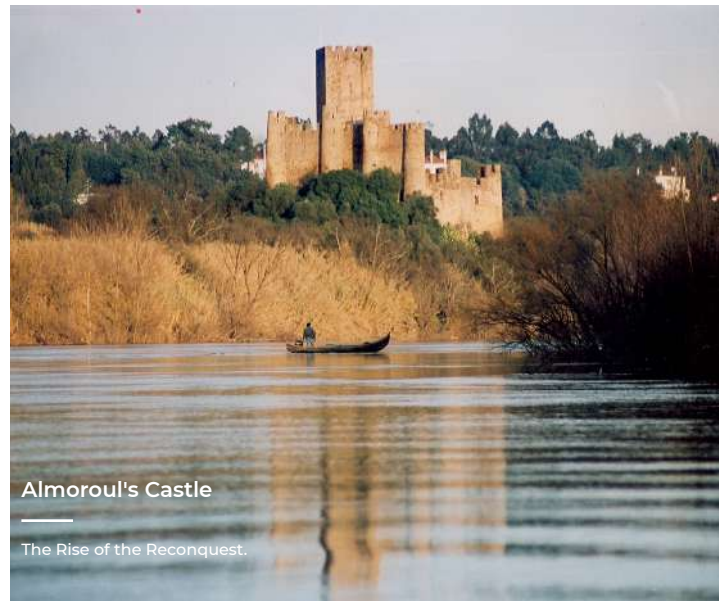


River Beaches

Where the hustle gives place to tranquility.

Fátima's Sanctuary

The miracle of faith and spirituality.



Almoroul's Castle

The Rise of the Reconquest.

The beginning of a journey of histories, adventures and emotion. From enriching experiences of the present to surprising discoveries of the past. Here, different knowledges come together, including the ones of those who visit us, in a region where the only rule is to enjoy, contemplate and savor the moment.

Comunidade Intermunicipal do Médio Tejo

march 2022



Convento de São Francisco

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2300-535 Tomar

249 730 060

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