5th Vasco da Gama Movement Forum

STRONGER TOGETHER
Charting the course to navigate the future

Porto Guide

Porto, January 26-27th, 2018
The City

Porto is the second largest city in Portugal behind the capital, Lisbon. Porto is situated on the right embankment of river Douro, and follows the river up until it reaches the Atlantic Ocean. The granite and its grey tones are a trademark of Porto’s landscape, and if we add to this the tremendous amount of rain in the city (superior to London), we would get the impression that Porto is a sinister city, wrapped in fog and everlasting greys. Nevertheless, a closer look at the city reveals a different aspect: it is less severe and more colourful than at first sight. Looking at the city from Vila Nova de Gaia, namely from the turret from Serra do Pilar, you can see the row of houses along the embankment (the Ribeira), with their ochre roofs and their subtly coloured walls so typical of the historical area of the city.

The country (Portugal) and Port Wine were both named after Porto. It is safe to say that Port Wine is the most famous Portuguese product worldwide. Its name emerged because it ages in Vila Nova de Gaia, Porto’s sister city. Porto is an industrial center so successful that it has become known as the Capital of the North. An adventurous spirit, traditional dishes, and unique culture are some of the many aspects it has become famous for.

The city was ranked Cultural Capital of Europe along with Rotterdam in 2001. Its historic center, which goes back to medieval and Roman times, had the honor of UNESCO World Heritage Site conferred upon it.
The history of Porto dates back to the 1st century BC when, under Roman rule, the city played an important role on the main trade route between Lisbon and Braga. At the time, the city was known as Cale, or Portus Cale (Port of Cale, the origins of the name of Portugal), and was situated on the banks of the Douro River where today Porto and Vila Nova de Gaia are located.

Between 410 AD and 584 AD, the region was invaded by the Germanic Suebi people. They took control from the Romans and made the city now known as Braga their capital. However, the Suebi rule over the area was short-lived, being successfully overrun by the Visigoths in 584 AD who renamed the settlement at Porto, Portucale. Control of the region changed once again in 711 with the Moorish invasion of most of the Iberian Peninsula.

In 868 Count Vímara Peres, a Christian warlord from Galicia overthrew the Moors, taking control of the region from the Douro River to the Minho River in the North, where he constituted the first County of Portugal (Condado de Portucale), creating a national identity and the basis of Portugal as a country.

In 1386, King John I of Portugal was wed to Philippa of Lancaster, daughter of the English first Duke of Lancaster, John of Gaunt, in this way forging the Treaty of Windsor between England and Portugal - the oldest military alliance between any two countries in the world.

Blessed by the deep waters of the Douro River, Porto was crucial in the 14th and 15th centuries in the development of Portuguese shipbuilding, and was the port from which in 1415 Henry the Navigator set sail to explore the western coast of Africa, thus initiating the Portuguese Age of Discovery. Under his command, the islands of Madeira and the Azores were reached in 1419 and 1429, respectively. During this time in the history of Porto, its people earned their nickname as ‘tripeiros’, or tripe-eaters, as the good cuts of meat were sent with the ships for sailors, leaving the people of Porto to eat whatever was left, such as tripe.

By the 1700s, wine was already an important part of the economy and contributed enormously to the growth of Porto, with boats known as ‘barcos rabelos’ transporting barrels of wine down the Douro River from the vineyards of the Douro Valley. In 1703 the Methuen Treaty established trade relations between England and Portugal, and by 1717 the first English trading post for Port wine was already operating out of Porto. The 18th and 19th centuries were a period of growth in the history of Porto, but also conflict. Napoleonic troops invaded in 1809, with the population fleeing across the pontoon bridge, Ponte das Barcas, which collapsed under the weight. Fortunately, the French troops were outflanked by Arthur Wellesley, the first Duke of Wellington who commandeered wine barges to cross the river with his troops from the banks of Vila Nova de Gaia.

The 19th century, which had began so tragically for Porto, became another century of high growth, not only economically, because Porto became the first industrial and financial centre in Portugal, but also politically. The famous names of the Portuguese Liberalism, the men who fought for Parliament and, later on, for the Republic, were native to Porto. Simultaneously, Porto was also the cultural centre of the country, and important names of the Romance Literature, such as Garrett and Camilo Castelo Branco are associated with the city of Porto in the 19th century.

As recognition for their brave defence of the values of Liberty and Freedom during the Civil War (1832-34), Porto received the title of ‘Cidade Invicta’ (Undefeated City), the victorious city that defeated the old-fashioned Portuguese order, which followed Absolutism.

On 1891, at a time when in Portugal the political monarchy system still ruled and despite the new republicanism ideas that had begun to gain momentum, Porto was featured in the country’s first republican revolution. The rebellion of the military garrison of Porto, with the support of the Armed Forces, is immortalised in a street in the heart of Porto, Rua 31 de Janeiro. Porto was then a thriving city, heavily industrialised, in particular in the areas of wine, engineering, textiles and footwear. It was at this time that the D. Maria II and D. Luís I bridges were erected. In the years that followed, the city lost its relevance. Banks lost the ability to print money, and in 1899 a bubonic plague “invaded” Porto.

The First Republic faced several problems, with Portugal’s participation in World War I and the political and economic instability having made way for an opposition chain to the ruling power. After several coup attempts, on 28th May 1926, they were successful, the results of which produced a new constitution in 1933 and the New State.

In 1961, when the colonial war broke out, several demonstrations to demand an end to the conflict were organised in the city. Democracy would be restored on 25th April 1974, with Porto having promoted a new revolutionary movement on that historic date. In 1996, and already in the twentieth century, this vast historical wealth, in particular in the old part of the town, saw Porto being awarded the status of World Heritage Site, by UNESCO.

In 2001, at the turn of the twenty-first century, Porto, along with Rotterdam was European Capital of Culture. The event is at the root of the intense cultural life and artistic dynamics that today characterise the city of Porto.

Porto was distinguished with the prestigious title of Best European Destination in 2012, 2014 and again in 2017.
Where to go...

City Hall

Construction began in 1920, but only in 1957 was it considered complete, after several interruptions and changes to the original project. The building consists of six floors, a basement and two courtyards. The top of the 70m high, central tower, with its chiming clock, can be reached by climbing its 180 steps. Consisting primarily of marble and granite, the interior of the building has some nobly furnished rooms, in which the most solemn ceremonies and the usual Municipal Assemblies and Executive meetings are held.

Opening hours: Visits: first Sunday each month. Advanced registration required (+351 222 090 400)

Lello Bookshop

http://yoursguesthouse.com/pt/livraria-lello/

The building where the library is now located was inaugurated in 1906. Special mention goes to its beautiful Art Nouveau façade with neo-Gothic details. On the inside, the library is decorated in painted plaster imitating wood and presents a magnificent staircase linking it to the upper floor - one of the first reinforced concrete works in Porto. Also worthy of attention is the huge stained-glass skylight, bearing the library's monogram and motto: 'Decus in Labore'. In 2008, the English newspaper The Guardian considered this library the world's third most beautiful, as did the Lonely Planet in its guide "Lonely Planet's Best in Travel 2011", describing it as an 'Art Nouveau gem', and particularly mentioning its 'neo-Gothic shelves' and the 'lolloping red staircase'.

Opening hours: Mon-Fri 10:00-19:30; Sat 10:00-19:00; Sun 11:00-19:00.

Bolhão Market

The Bolhão Market is the most famous in the city and in 2006 it was classified as a place of public interest. Dating back to 1850, with a singular structure with two floors, it is characterised by the monumentality of its neoclassic architecture. On the exterior, the market is divided into a large number of shops, facing the four surrounding roads: Fernandes Tomás, to the North, Alexandre Braga, to the East, Formosa, to the South, and Sá da Bandeira to the West. Dedicated mainly at fresh products, its sellers are divided into different specialised sections, namely: fishmongers, butchers, greengrocers and florists.

Opening hours: Mon-Fri 07:00-17:00; Sat 07:00-13:00.

Mercado Bom Sucesso

https://oportocool.wordpress.com/2013/08/29/mercado-do-bom-sucesso/

Built in 1952 and in a excellent location in the centre of Porto, Bom Sucesso Market is located in a historic building of the city - its unique architecture being one of its main characteristics. It’s a place of leisure and commerce with gastronomic variety and cultural events, like music concerts, show cookings and art workshops.

Opening hours: Sun-Thu 10:00-23:00; Fri-Sat 10:00-24:00. Closed 25 Dec, 1 Jan.
Monument Church of S. Francisco de Assis

The city’s most important Gothic temple, whose construction began in the fourteenth century. It is one of the most important works of the Baroque, by its gilded interior from the seventeenth and eighteenth centuries. It was the exuberance of its gild carved wood work that led Count Raczinsky to describe it as the ‘Church of Gold’. And, overwhelmed, he adds: ‘The gild of this church is so beautiful and rich that goes far beyond everything I have seen in Portugal and in the whole world’. It is worth of notice the Tree of Jesse, as well as the catacombs. It is a National Monument since 1910 and World Cultural Heritage by UNESCO since 1996.

Opening hours: Nov-Fev 09:00-18:00; Mar, Apr, Oct 09:00-19:00; May, Jun 09:00-19:30; Jul, Aug, Sep 09:00-20:00. Closed: 25 Dec.

São Bento Railway Station

The S. Bento Railway Station was built at the beginning of the twentieth century on the exact location of the former Convent of S. Bento de Avé-Maria. The glass and iron structure was designed by the architect Marques da Silva. The vestibule is adorned with twenty thousand tiles painted by Jorge Colaço that illustrate the transport evolution and events of Portuguese history and life.

Opening hours: daily 05:00-01:00

Stock Exchange Palace

A National Monument, the Palácio da Bolsa (Stock Exchange Palace) is the property and headquarters of the Commercial Association of Porto. It was designed by Joaquim da Costa Lima in a neoclassical style in 1842. Situated in the historical centre, it is one of the most visited monuments with the famous Arabian Room being its major highlight. A Cultural and Conference Centre, the Stock Exchange Palace is a venue with unique conditions for hosting events and excellent initiatives. It’s included in the Urban Wine Route. The Palace is accessible for people with reduced mobility through a side entrance.

Opening hours: Apr-Oct 09:00-18:30; Nov-Mar 09:00-12:30/14:00-17:30. Closed: Feb 17th to Mar 2nd / Apr 24th to 27th.

Clérigos Tower

This baroque work by Nicolau Nasoni was built in the first half of the eighteenth century. The Clérigos Tower is one of the most emblematic monuments of the city of Porto. The panoramic view over the city and the river Douro which can be seen from the top of the tower makes the 240 step climb worth the effort. Capitalising on the recent work to renovate and reconverst one of the most significant buildings in the city of Porto, based on a project which rapidly resolved the restrictions on accessing the complex, a multi-sensory facility has been created which simulates the experience of climbing up the Torre dos Clérigos, which is accessible and available to all visitors. In the building of the Torre dos Clérigos, you’ll find a part of the Brotherhood’s holdings and the Christus Collection, taking you back to a time and space where art and religion complement each other.

Opening hours: Daily 09:00-19:00

back to main menu
Where to go…

10

Where to go…

Where to go…

Casa da Música

Building designed by the Dutch architect Rem Koolhaas, Casa da Música was inaugurated in 2005 and since then has become an icon of contemporary architecture, attracting visitors from many different parts of the world. The programming, which is both dynamic and innovative, ranges from classical music to the forefront of urban trends, benefiting greatly from their four resident groups: Symphony Orchestra, Remix Ensemble, Baroque Orchestra and Choir. The institution also plays an important role in education, promoting concerts, workshops and various activities for families with children and schools. Daily there are guided tours to the building, which has several bars and a restaurant located on the rooftop, with a magnificent view over the city.

Opening hours: Mon-Sat 09:30-19:00; Sun and Holidays 09:30-18:00;

http://www.porto24.pt/

Serralves House

The Casa de Serralves, the Serralves Foundation headquarters, was built in the 1930s and is one of the best examples of the Art Deco movement in Europe. Rigorously respecting Marques da Silva’s project, the house hosts exhibitions and events. The house is located in the Park of Serralves, a unique landmark of Portuguese landscape, which spreads harmoniously throughout eighteen acres of magnificent gardens, a traditional farmhouse and even a wood. Created by the architect Jacques Greber, the Serralves Park is one of the few Portuguese gardens built in the first half of the twentieth century. Located in the heart of Porto, Serralves brings together in one place, the Museum of Contemporary Art, the Art Deco House and Park, as well as leisure facilities, shops and restaurant.

Opening hours: Mon, Wed-Fri Oct-Mar 10:00-18:00; Sat, Sun, Holidays Oct-Mar 10:00-19:00;

Gardens of Palácio de Cristal

The Romantic Gardens of Palácio de Cristal occupy an area of 8 hectares in Porto’s centre and were designed in the 19th century by the German landscape architect Emile David, in the context of the construction of the Palácio de Cristal (Crystal Palace). The palace was demolished in 1951 and replaced by the Rosa Mota Arena, but the following structures still remain preserved in accordance with the original project: Jardim Emile David at the main entrance, Avenida das Tílias, the forest and the balconies’ design over the river Douro. Viewpoints in strategic places offer magnificent panoramic views over the river and the city. It is to be noted that these gardens, making a good use of the botanic heritage and of the ludic-cultural dynamics, is home to an Environmental Education Centre.

Opening hours: 08:00-19:00

Sé Cathedral

Construction dating from the twelfth/thirteenth century, in Romanesque style, that has been enlarged and renewed over the years up to its final setting, in the twentieth century, resulting in an idealized reconstitution of the medieval cathedral. Special mention goes to: the Gothic São João Evangelista Chapel and the cloister, from the fourteenth century; the enlargement of the main chapel, the Santíssimo Sacramento Chapel and its silver altar, from the eighteenth century (mannerist); the eighteenth century Baroque frescos in the main chapel and the sacristy, by Nicolau Nasoni, and the tiles in the cloister, by Vital Rifarto; the sculpture in the Baptism Chapel, by Teixeira Lopes (father) from the nineteenth century.

Opening hours: Church: Nov-Mar Mon-Sat: 09:00-18:00 Sun and holidays: 09:00-12:30/ 14:30-18:00 Cloisters: Nov-Mar Mon-Sat 09:00-17:30 Sun and holidays 14:30-17:30
Maria Pia Bridge

Gustavo Eiffel’s first masterpiece, which he worked on with Theophile Seyrig, was inaugurated in 1877 and remained in use for 114 years. It has a double-hinged arch that supports a single-track railway deck on truss pillars. In 1982 it was classified as a national monument and in 1999 it gained international recognition as being of historical importance to civil engineering due to its innovative design. It has not been in use since 1991.

Arrábida Bridge

The Arrábida Bridge, designed by Edgar Cardoso and with a span of 270 m, held, for some time, the record for longest reinforced concrete bridge span in the world. Inaugurated in 1963, it sits 70 meters above the average water level. Bronze sculptures sit on top of the four great pillars that support the central span, adding to the bridge’s innovative spirit and modernist style. The A1 motorway runs over this bridge, connecting Campo Alegre, on the Porto side, to Arrábida on the Vila Nova de Gaia side. The bridge was designated a national monument.

D. Luís I Bridge

Planned by the engineer Teófilo Seyrig, a disciple of Eiffel, it was inaugurated in 1886 and it is composed by two overlapping iron decks. The bridge has 395 metres long and 8 metres wide, and its arch is still considered to be the world’s biggest arch in forged iron. Nowadays the upper deck is used by the Metro of Porto, connecting the area of Porto’s Cathedral to the Garden of Morro and the Avenida da Republica in Vila Nova de Gaia.

Praça da Ribeira

Cited already in 1389 as being of medieval origin, this square is thought to be one of the oldest in the city. A busy commercial centre, with tents serving as shops and a fish market, it came to the attention of João de Almada e Melo who set out to completely remodel the square in the 18th Century. The works carried out at this time by the Public Works Board, under the influence of John Whitehead, were financed by revenue from wine. Of his original plans, only the sides to the north, with its monumental Praça da Ribeira fountain, and the west were ever completed. The wall to the south was knocked down in 1821 and the medieval buildings along the east side survive to this day. Archaeological work in the 1980s led to the discovery of a 17th Century fountain. Reconstructed in its original location, it was crowned with a sculpture by José Rodrigues known popularly as the ‘Cube of the Ribeira’.

Rua das Flores

The street called Rua de Santa Catarina das Flores was built in 1521 by order of King Manuel. This street, which was completed during a period of economic prosperity and urban expansion, attracted the city’s aristocracy who took up residence here and transformed it into one of the busiest commercial streets, to the detriment of Rua dos Mercadores, where trade began to falter thereafter. The street has maintained its original profile and currently boasts interesting civil architecture from the 17th, 18th and 19th centuries and one of Porto’s most emblematic baroque façades - the Church of Misericórdia (1749-1750), designed by Nicolau Nasoni. It is one of the busiest streets in the Historical Centre.
Where to go...

Foz

The Foz Gardens stretch out along Avenida Montevideu and Avenida do Brasil, on the seafront of Porto. Going through these gardens, we can see that there are several points of interest that bring back memories of different historical and allegorical characters. At the beginning of Avenida de Montevideu, there is a fountain which was opened in 1931 and designed by the architect Manuel Marques. It is one of the rare examples of monumental fountains built in Porto in the 20th century. Also on Avenida Montevideu, we can find the ‘Homem do Leme’ statue (Man of the Rudder) which was inaugurated in 1934 and that pays tribute to the men of the sea. On Avenida do Brasil, there is a statue of Luís de Camões, one of the most prominent figures of Portuguese culture from the Renaissance period, created by Irene Vilar. Also on Avenida Brasil, there is a sculpture from 1937 created by Henrique Moreira which represents a lifesaver in the middle of a storm. There are areas and equipment for practising sports.

City Park

The City Park is the largest urban park in Portugal, with an area of 83 hectares that stretch out as far as the Atlantic Ocean. It was designed by the landscape architect Sidônio Pardal and inaugurated in 1993 (1st phase) but finalized only in 2002.

Wine Cellars

The wine cellars are all located across the river from the old city center of Porto and to get there you only need to cross the emblematic Dom Luis I bridge. It will take you about 10 minutes and you can easily walk from one side to the other. Nearly all wine cellars provide guided tours and tastings. Not only will you receive a tasting of different Port wine varieties, but you will also learn about the history of the house you are visiting and a broader history of Port wine.

Where to eat...

(Cost evaluation according to TripAdvisor)

RESTAURANTS

A Sandeira
Address: Rua dos Caldeireiros, Porto 4050-140, Portugal
Cost: €

Casa Guedes
Address: Praça dos Poveiros, Porto 4000-393, Portugal
Cost: €

Tapabento Restaurante e Tapas Bar
Address: Rua da Madeira, 222, 4000-330 Porto
Cost: €€-€€€

Brick dos Clérigos
Address: Campo Martires da Patria 103, Porto 4050-367, Portugal
Cost: €€-€€€

Camafeu
Address: Praça Carlos Alberto, 83, Porto 4050-158, Portugal
Cost: €€-€€€

Cantina 32
Address: Rua Das Flores nº 32 | 32nd Flores Street, Porto 4050-262, Portugal
Cost: €€-€€€

Puro 4050
Address: Largo São Domingos, 84 | 4050-545 Porto — Portugal, Porto 4050-545, Portugal
Cost: €€-€€€

Champanheria da Baixa
Address: Largo Mompilher 1 2, Porto 4050-392, Portugal
Cost: €€-€€€

Belos Aires
Address: Rua do Belomonte 104, Porto 4050-096, Portugal
Cost: €€-€€€
Where to eat...

**éLeBé**
Address: Rua St. Ildefonso, Nº 118-120, Porto 4000-382, Portugal  
Cost: €€-€€€

**Postigo do Carvão**
Address: Rua Fonte Taurina 34, Porto 4050-269, Portugal  
Cost: €€-€€€

**Abadia**
Address: Rua Ateneu Comercial Do Porto 22/24, Porto 4000-380, Portugal  
Cost: €€-€€€

**Solar Moinho de Vento**
Address: Rua Sa Noronha, Nº81 | 4050-527, Porto 4050-527, Portugal  
Cost: €€-€€€

**O caçaña**
Address: Praça Carlos Alberto 47 | Porto, Porto 4050-157, Portugal  
Cost: €€-€€€

**Trinkas**
Address: Praça Gomes Teixeira 26/27, Porto 4050-290, Portugal  
Cost: €€-€€€

**Cruel**
Address: Rua Da Picaria 86, Porto 4050-477, Portugal  
Cost: €€-€€€

**Museu d’avó**
Address: Travessa de Cedofeita 54 56, Porto 4050-183, Portugal  
Cost: €€-€€€

**Cantinho do Avillez**
Address: Rua Mouzinho Da Silveira, Porto 4050-416, Portugal  
Cost: €€€€

**Hard Rock Café**
Address: Rua do Almada 120, Porto 4050-031, Portugal  
Cost: €€-€€€

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**GELATARIAS:**

**Amorino**
Address: Rua Santa Catarina, 222, Porto 4000-442, Portugal  
Cost: €€-€€€

**Santini**
Address: Largo Loios 17, Porto 4050-338, Portugal  
Cost: €€-€€€

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**FRANCESINHAS:**

**Café Santiago**
Address: Rua Passos Manuel, 226, Porto 4000-382, Portugal  
Cost: €

**Cervejaria Brasão**
Address: Rua Ramalho Ortigão, 28, Porto 4000-407, Portugal  
Cost: €€-€€€

**Lado B café**
Address: Rua Passos Manuel, 190-192 | Frente ao Coliseu do Porto, Porto 4000-382, Portugal  
Cost: €€-€€€

**Capa Negra**
Address: Rua Barros Lima 487, Porto 4300-062, Portugal  
Cost: €€-€€€

**Cufra**
Address: Avenida da Boavista 2504, Porto 4100-119, Portugal  
Cost: €€-€€€

**Bufete Fase**
Address: Rua de Santa Catarina 1147, Porto, Portugal  
Cost: €€-€€€

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**SUSHI:**

**Sushihana and Gin**
Address: Galeria de Paris 92, Porto 4050-284, Portugal  
Cost: €€-€€€
Where to eat...

Kyoto
Address: Praça de Guilherme Gomes Fernandes, S6, Porto 4050-294, Portugal
Cost: €€-€€€

Gull
Address: Cais das pedras 15, Porto 4050-465, Portugal
Cost: €€€

CAFÉS

Majestic Café
Founded in 1921, it is considered to be one of the most beautiful and representative examples of Art Nouveau in Porto, exuding an atmosphere of luxury, refinement and well-being. Its inherent beauty and its importance in the life of the city of Porto have deservedly led it to be classified as a building of public interest in 1983 and as a cultural heritage site thus allowing a full renovation programme to be undertaken, culminating in its reopening in 1994. The Majestic Café invites customers to relive the fascinating Belle Époque. In J.K Rowling’s biography, written by Sean Smith, it is said that when the writer was living in Porto she used to spend quite a long time at the Majestic, working on the first book of Harry Potter. The Majestic, according to a testimony from a client, would also be the favourite spot of Kubitshek, former president of Brazil.

Rua Santa Catarina 112, 4000-442 Porto
Opening hours: Mon-Sat 09:30-24:00; Closed: Sun

Café Piolho
Opened since 1909 and better known as “Piolho” (louse), this is one of the most charismatic and oldest cafes in the city. It is mainly frequented by students. Today it’s one of the landmarks in Porto, not only for its history (which can be learned through the messages students post on the walls) but also for its gatherings.

Praça de Parada Leitão 45, 4050-011 Porto
Opening hours: Mon-Sat 7:00-4:00 Closed: Sun, holidays, 1 Jan, 24 Jun, 25 Dec

Rota dos Chás
Rua Miguel Bombarda 457 | Porto, Porto 4050-382, Portugal

Base Porto
Passeio Dos Clérigos / Rua Das Carmelitas | Jardim, Porto 4050-162, Portugal

Padaria Ribeiro
Address: Praca Guilherme Gomes Fernandes 27, Porto 4050-293, Portugal
Cost: €

BARES:

Galerias Paris
Address: Galeria de Paris 67 | Porto Portugal, Porto 4050-284, Portugal
Cost: € - €€

Base
Address: Passeio Dos Clérigos / Rua Das Carmelitas | Jardim, Porto 4050-162, Portugal
Cost: €€-€€€

Porto Tónico
Address: Rua Candido Dos Reis 96 | (Junto a Torre Dos Clérigos), Portugal
Rua Tapas and Music Bar
Address: Travessa de Cedofeita nº 24, RC - Loja, Porto 4050-183, Portugal
Cost: €€-€€€

back to main menu
More information

http://www.europe-cities.com/destinations/portugal/cities/porto/history-period/
http://www.visitporto.travel/Visitar/Paginas/default.aspx
http://visitportoandnorth.travel/
https://www.lonelyplanet.com/portugal/the-north/porto
https://www.tripadvisor.pt/Search
http://www.helloguideporto.com/en/porto/history

Enjoy the 5th Vasco da Gama Movement Forum!