



ENGLISH VERSION



*Setúbal*  
one world

*Portugal*  
*English version*



*Setúbal*  
one world

SETUBAL  
Município Participado



*the blue corner of*  
*Portugal*

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# *Setúbal*

*The enchanted bay*

Walking through the Arrábida top landscape or floating with the tide at the leisure port, there's always an invitation for great moments, as the bay offers a multiplicity of experiences: the city and the mountain; the Sado estuary and the atlantic beaches; the historic monuments and the gastronomic delicacies. This is why Setúbal is a unique region in the world, full of charms and mysteries revealed in cheerful and unforgettable days.

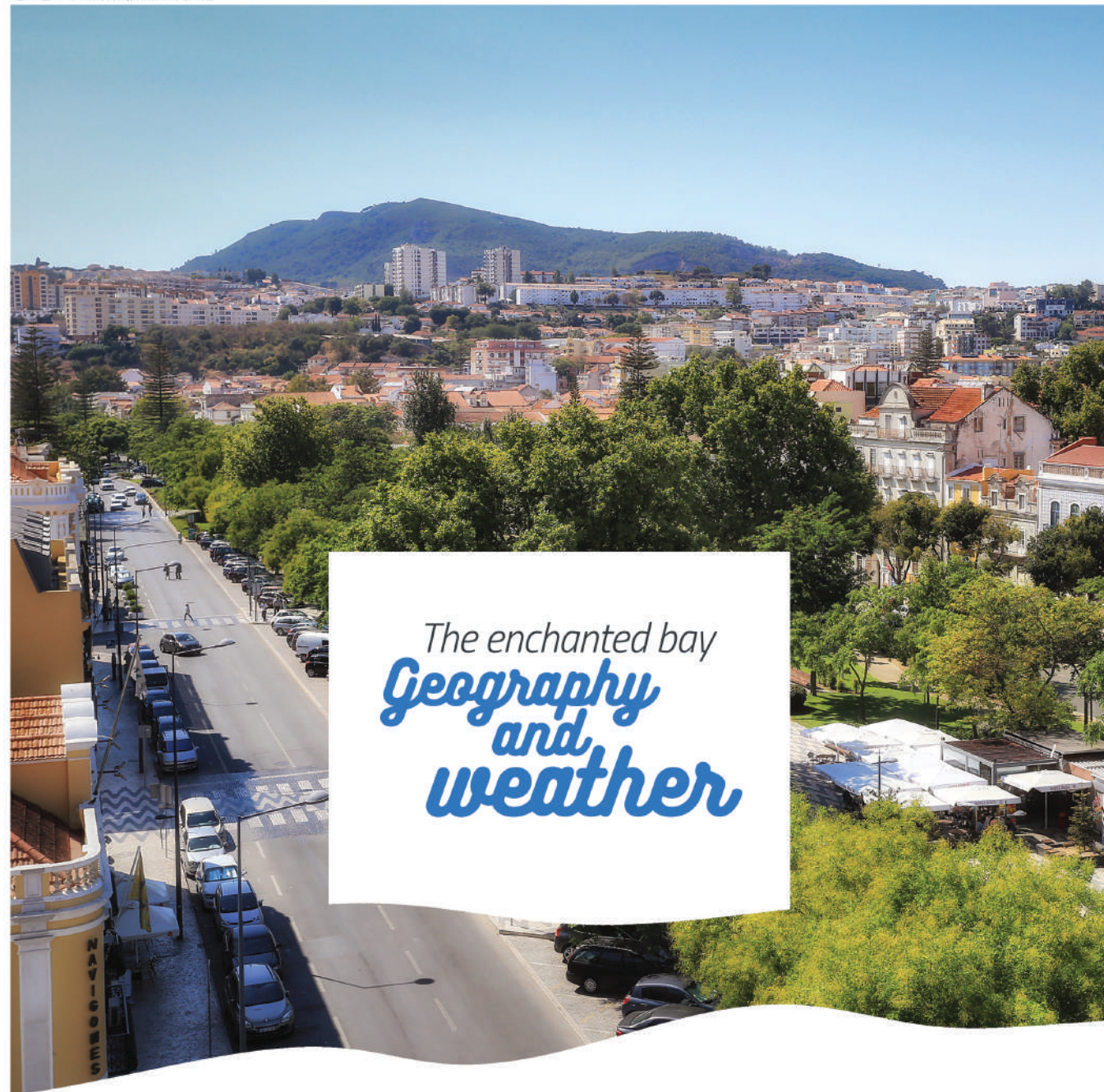




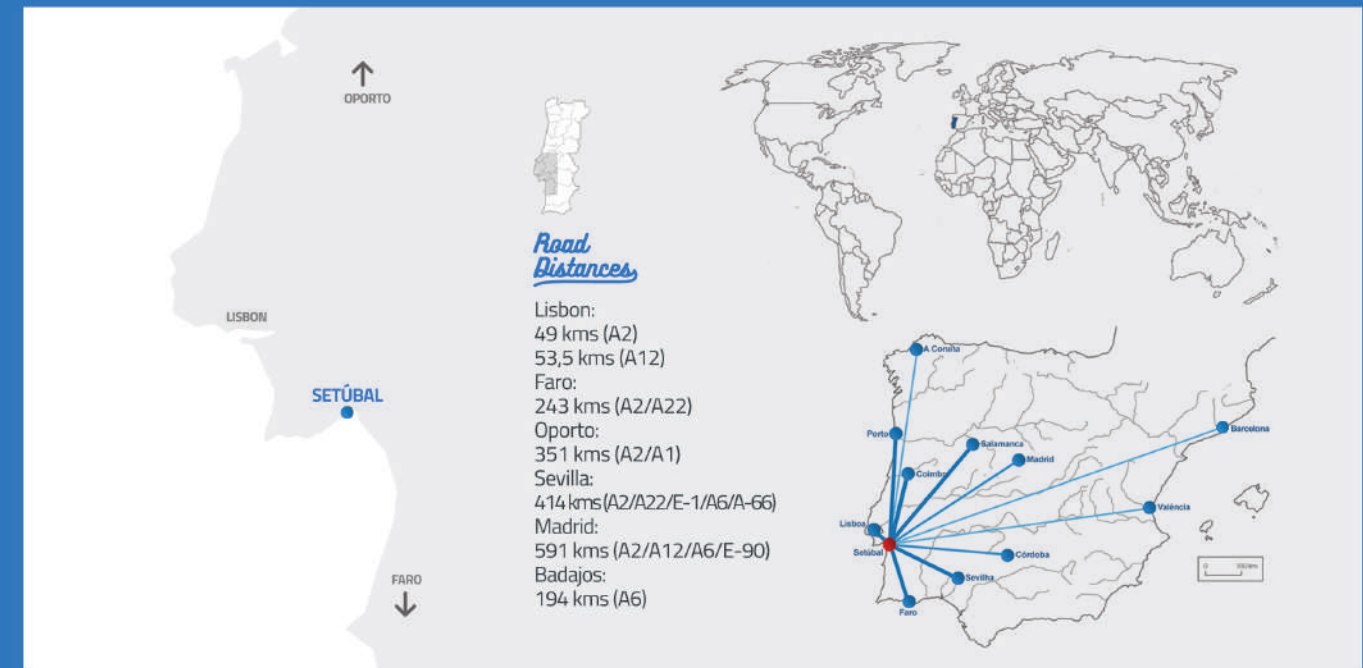


*Setúbal*  
The enchanted  
bay





The enchanted bay  
*Geography  
 and  
 weather*



Just 50 Km away from Lisbon, Setúbal also borders the Alentejo, establishing an important connection with the south of Portugal.

Served with excellent accessibilities, the municipality provides transportation solutions on road, railway and maritime-fluvial level.

Some of the main national road itineraries, such as the IP1, Ip7, EN10, A2 and A12, as well as the Lisbon International Airport, only 40 minutes away, guarantee prompt and easy connection to the rest of the country and to the Iberian Peninsula.

Under the scope of the tourism sector, Setúbal provides, equally, a regular service of fluvial transportation, which includes the ferryboats that connect to

the Peninsula of Tróia, area that was the target of an ambitious investment oriented towards luxury tourism.

The region of Setúbal benefits from a mild temperature throughout the year. The climate varies between mild maritime and Mediterranean.

**TEMPERATURE**

Maxim monthly average (August): 29°  
 Minimal monthly average (January): 5°

**HUMIDITY**

Maxim monthly average (December): 89%  
 Minimal monthly average (January): 55%

**PRECIPITATION**

Maxim monthly average (January): 120 mm  
 Minimal monthly average (August): 4 mm



# The enchanted bay

Beach in the Arrábida



*One of the most beautiful bays in the world between the Sado and the Atlantic*

Mountain, river and sea, excellent gastronomy, renowned beaches and one of the world's most beautiful bays. These are some of the main features of a modern municipality that still preserves and values the culture and history of a region where diversity and quality are everyday nouns.

The focus on modern cultural equipments has brought to the municipality a new dynamic in the world of arts, making Setúbal an important stage for major events in the most various artistic fields.

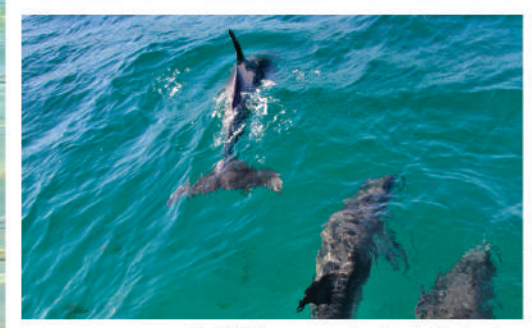
On every street, every corner and every alley there are testimonies of a rich history that is reflected on a vast edified patrimony – among palaces, museums, churches, fortifications and fountains. Standing out, the Convent of Jesus, national patrimony, and one of the most relevant examples of the Manueline architecture in the country, that was partially opened to the public in 2015.



Tide Mill at the Sado estuary



Herdade de Mourisca. Sado estuary



Dolphin's community in the Sado river



Municipality headquarters



The river Sado's cove was the first in Portugal to join the restrict Club of the Most Beautiful Bays in the World. The list of this Paris-based club is made of no more than forty places around the globe, including a cast of iconic bays such as San Francisco's in the US and Mont Saint-Michel's, France, as well as Qingdao in China, Ha-Long, in Vietnam, and Backwaters of Kerala, India.



Urban Park of Albarquel



Viewpoint of D. Sebastião



House of Culture



*The enchanted bay*

Sado River estuary





Luís Buchinho fashion show . Livramento Market



Livramento Market . One of the best markets in the world (USA Today)



House of the Bay



Luisa Todi Forum



Urban Park of Albarquel

The enchanted bay





# *Azeitão*

*Noble and spirited*

Azeitão is the designation normally used to refer to a group of settlements that reaches its maxim touristic interest in the villages of Vila Nogueira de Azeitão and Vila Fresca de Azeitão. Famous for its vineyards and wines, the region of Azeitão was one of the favourites among the Portuguese aristocracy, still maintaining today buildings and monuments of significant historical importance.





Vila Nogueira de Azeitão

Azeitão noble and spirited



Church of S. Lourenço



Fountain of Vila Fresca



Statue of the poet Sebastião da Gama

Shaded by the Serra da Arrábida, the area registers human presence for millenniums. From the XV century, Azeitão gained prestige with the settling of noble families.

Today Azeitão is valuable for its bucolic peace, the weight of history present on every building, the friendliness of its inhabitants and, particularly the gastronomic experiences it offers.

Here one travels on foot. Otherwise, you might miss out some of the beauties that the several villages have to present you.

The well cared streets and the flowery homesteads are trademarks of the Vila Fresca de Azeitão, where the church of St. Simão, the arts and crafts workshops, the fountain and the Palace of Bacalhôa are a mandatory visit.

Headed to Vila Nogueira the attractions do not diminish. Starting on the Quinta das Torres and passing by the Palace of the Duques of Aveiro, Church of St. Lourenço, the Pasmados Fountain or the Museum House of the winery José Maria da Fonseca, the points of interest multiply.

The Praça da República, more commonly known as Rossio, where we find the honouring statue to the poet and pedagogue of Azeitão, Sebastião da Gama, shaded by tall sycamores, it is a pleasant leisure space.

The tiles, the strong brand of Azeitão, are a constant presence and it is possible to purchase them in specialized shops or simply find them on the facade of the houses.





José Maria da Fonseca wine cellars

Palace of Bacalhão



Tradition and knowledge  
*in a beautiful  
set*

*Azeitão  
noble and  
spirited*



Arrábida Sierra  
Northern hillside



José Maria da Fonseca wine cellars



Fountain of Aldeia Rica





# *Nature*

*The wonders of the land*

**20** SETÚBAL, ONE WORLD

East of Setúbal lays the Sado River's Estuary and its Natural Reserve, created in 1980 and covering a total area of over 23 thousand hectares. It is one of Portugal's largest wetlands and one of the three areas in the whole of Europe where a permanent resident community of dolphins can be found.

Equally, the Sado's Estuary Natural Reserve is an important ecosystem for hundreds of other animal species, providing significant potential for different areas of its local sustainable economy to expand and develop.

West of the city, there is the natural monument of Arrábida Sierra, With breathtaking views, magnificent beaches, and a series of natural and cultural wonders.







White Storks

Birdwatching  
on the estuary

Bottlenose Dolphin

Wildlife by the river

## The estuary of the Sado

Flamingos  
on the  
Sado estuary

### The wonders of the land

The water of an enviable shade of blue, and the indigenous dolphin community (*Tursiops truncatus*) and a wonderful estuary that presents itself as one of the largest wetlands of Portugal are the business card of a river that flows into the Atlantic Ocean, in one of the world's most beautiful bays.

On the coastal shore of the region of Setúbal one can frequently observe specimens of the bottlenose dolphins (*Tursiops truncatus*), considered one of the ex-libris of the region.

The area between the Atlantic Coast (Galé and Arrábida) and the Sado estuary is inhabited by one of the only three communities of dolphins in the maritime European space. Groups of these sociable animals called bottlenose, named in such a manner from supposedly gnawing the nets of the fishermen, seek on a daily basis the most favourable tide to move to the estuary area, heading to the wetlands in search for food, mainly cuttlefish, sea bass and mullets, consuming up to ten kilos per day.

The area of Mourisca in the middle of the Sado estuary is one of the privileged locations in the municipality for bird watching. Accordingly to the season it is possible to watch among other species, long legs, flamingos, toad-eagles or white storks.

The ornithological tourism is currently one of the sensations of this area of the estuary, having hosted for a few years the "Observanatura", an event that involves a whole universe dedicated to bird watching.



The wonders of *the land*

**Water Sports.** Great sports events are a frequent presence in the Sado River. Sailing or Kayak competitions, open-waters swimming competitions or fishing competitions are some of the events that each year bring to the Bay of Setúbal world renowned athletes.

**Mourisca Tide Mill.** The baking of bread and the grinding through the tides energy resource is explained in this construction of the beginning of the XVII century, located in the heart of the Sado Estuary Natural Reserve. The beauty and rich biodiversity provided nourishment along the times to the populations that established here, dedicated to fishing and exploration of the richness of the estuary.

Nowadays it is a migration and nesting area for migrating birds. It is a living museum in a symbiotic relationship with nature.

The Mourisca Tide Mill is one of the four known tide mills of the Sado estuary. It is a structure prepared for the simultaneous functioning of eight millstones operating until a few decades ago.

It was originally constituted by a grinding room, a storage room and a mill mans support room. In ruins after years of abandonment, The mill was purchased by the ICNF – Institute of the Conservation of Nature and the Forests that in 1995 initiated its reconstruction.

Presently, several activities are promoted – with a highlight on bird watching – in the Mourisca Tide Mill and the surrounding area, recognized by its biological diversity.



Kayak on the river Sado



Mourisca Tide Mill



Mourisca Tide Mill



Sports and conservation:  
*surfing the tide*

Sailing the Sado estuary



The wonders of *the land*

All the splendor of the *Arrábida*



View from the top of the Arrábida



Portinho da Arrábida



Figueirinha Beach



Galapos beach

Around ten expansions of sand, shadowed by imposing hill slopes and bathed by clear and calm waters, make this mountain a must visit in local touristic itineraries.

In 2010 Portinho da Arrábida was chosen as one of Portugal's 7 Natural Wonders in the category of "Beaches and Cliffs".

A privileged area for nature and recreation tourism, including climbing, trekking and mountain biking, Arrábida is a Natural Park since 1976, with an area of approximately 10.800 hectares.





## *History, culture and gastronomy*

### *The jewels of the bay*

Across the length and breadth of the region, Setúbal presents an enviable and alluring historical heritage able to captivate the attention of the eclectic audiences visiting the municipality. The city has also a vibrant cultural life and the gastronomy, based mainly on sea found ingredients, is one of the strongest dishes in the touristic menu.





Convent of Jesus - National Heritage



Convent of Jesus cloisters



### History and culture: the heritage title

Setúbal's memories go back to the pre-history, with findings in the area of the Neolithic period. During Roman occupation, the then Cetóbriga, of which important archeological sites can be found both in the city and the mountains, was a centre of both urban and industrial importance.

The Port of Setúbal becomes of relevance early in its history, and in the XV century the town experiences different periods of expansion.

The first Franciscan convents in the country, amongst which the Convent of Jesus, today in the heart of the city, date from this period, making the Sadino monument a revolutionary landmark in Portuguese architecture.

Of paramount importance as a stronghold on the national line of defense, the Fort of S. Filipe dates from the XVI century, a castle high above the city, today a Pousada de Portugal (an Inn) and where those visiting can appreciate one of the most emblematic views of the bay, of the Troia Peninsula, and of Setúbal.

### Personalities: Setúbal makes history

The number of Setúbal citizens who marked the country and the world in different social spheres are countless.

During the XVIII century Luísa Todi enchanted the main opera halls across Europe.

Bocage's poetry marked Portuguese literature, being one of the country's national references of the XVIII century.

At present, José Mourinho takes Portugal's and Setúbal's names to the four corners of the world.

Bocage Plaza



Municipal Museum



Bocage and Luísa Todi



Convent of Jesus Gallery







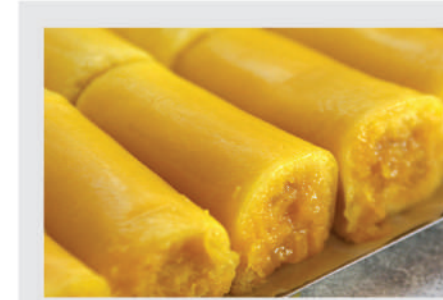
Fried cuttlefish



Azeitão cheese



Setúbal Sardines



Azeitão cake rolls



Setúbal Moscatel



Setúbal Moscatel

## Flavoured traditions

Fry cuttlefish attracts visitors from various parts of Portugal and even other countries. It is often said that there is no better grilled fish than the one grilled in Setúbal. In 2011 Setúbal's grilled sardine was elected as one of the Portugal's 7 gastronomical wonders.

Setúbal's fish stew and its pastries, such as the cake rolls from Azeitão, are national gastronomical references.

The Azeitão cheese comes from the Arrábida Mountain, one of the most prestigious cheeses in the country.

In addition to its gastronomy, the seafaring arts and the tiles making industry are also strongly present in the cultural identity of the local population.

To toast to the enviable gastronomic variety of the Setúbal region there is nothing better than a good wine from the Sado region. The wine production of the area originates every year a variety of quality red and white wines obtained from mature grapes from the slopes of the Arrábida Mountain. However it is the generous Moscatel – that can be white, the most common type, or purple – that stands out.

## The jewels of the bay



European Best Beach 2017  
European Best Destinations

*Galapinhos beach*  
Arrábida Natural Park

*Setúbal*  
The enchanted bay



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## CREDITS

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