



## Portugal's legends and traditions

In a time when all physical travels are suspended, **TravelTailors** decided to prepare a series of webinars to present Portugal's different regions and all the amazing aspects there are to explore in each one, whether it is beautiful landscapes and scenery, tasty food, charming hotels or ancient historical monuments.

We would like to share our knowledge with you in 8 webinars, each one about a different region of our country - **we'll make you an expert on Portugal!**

And because countries are also made of myths and legends (and to give you a first taste of what's to come in the webinars), we leave you with some of Portugal's beloved traditions and legends in each region. **What is your favorite?**

Please note that each webinar has a limit of 15 participants. TravelTailors will announce further dates in case there is a high number of subscriptions.

### North and Douro Regions



Originating in the 18th century, the **Lenços dos Namorados** ("Lovers' Handkerchiefs") were, according to the Minho tradition, linen or cotton cloths happily embroidered with floral motifs, loving symbols - hearts, flying birds, keys - and messages in archaic portuguese, often with misspellings, showing the authors' lack of education. The Lenços were **embroidered by girls from rural areas** of the Minho region, who declared their love through this form of code. After embroidering they would, secretly, send the handkerchief

to their beloved and if he used it in public, it was a sign that love was reciprocated, thus beginning the courtship (not infrequently on the sly...).

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## Porto



In the 17th century, **merchants in Viana do Castelo seized the opportunity to export wine to England**. They realized that light, astringent and often unstable wines produced in the temperate and humid climate of the Minho coast were not to the liking of the English consumer, so they chose the most robust and full-bodied wines from the steep and rocky

slopes of the Alto Douro, that hot and arid interior region behind the Serra do Marão, where Port wine is now produced. The long distance and the wild and mountainous terrain meant that Douro wines could not be transported by land to Viana do Castelo, but **had to be taken by boat across the Douro river to the city of Porto**, on the coast. From Porto, boats would take them to England, leaving for the Atlantic through the treacherous mouth of the Douro River. Although they came from the Alto Douro region, in the mountainous interior about 80 kilometers away from the coast, **the wines adopted the name of the city** from which they were exported, becoming known as "Port wine".

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Center of Portugal





The story of Inês de Castro is the **most romantic (and tragic) love story in portuguese History**, and one of the most beautiful episodes of *Os Lusíadas*, by Luís de Camões. Prince D. Pedro I of Portugal fell in love with Inês de Castro, his wife's companion with whom he had an arranged marriage. The two lived an intense forbidden romance for a while and D. Pedro's father, King D. Afonso IV, was against this relationship. But after the death of his wife, **the Prince and Inês lived their love story in the old Paço de Santa Clara**, next to the monastery located in the city of Coimbra. It was at Quinta das Lágrimas, a palace in Coimbra, that Inês met her tragic end, by the order of the King, causing D. Pedro to swear vengeance on her killers (which he would eventually perform by his own hand). **Legend has it that Inês' tears gave rise to the Fonte das Lágrimas** (Fountain of Tears) and her blood painted red the algae that to this day still grow in the stream.

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## Lisbon



Nowadays, **Fado is an Intangible Cultural Heritage of Humanity**, and has in Amália Rodrigues and Mariza two of the most consecrated Fado singers. But **the origins of Fado are humble and tightly woven in Lisbon's culture**. Born in the popular contexts of 19th century Lisbon, Fado was present in moments of conviviality and leisure. Manifesting itself spontaneously, **its execution took place indoors or outdoors, in vegetable gardens, in the waiting for bulls, in retreats, in the streets and alleys, in taverns, and cafes for chambermaids**. Evoking themes of urban emergency, singing the narrative of everyday life, Fado is, in a first phase, strongly associated with social contexts guided by marginality

and transgression, in environments frequented by prostitutes, sailors, hitchhikers and "marialvas". The singers are described in the figure of the Fado type ruffian with a harsh and raucous voice, sporting tattoos, skilled in handling the straight edge razor, using slang. **This association of Fado with the most marginal spheres of society would dictate a strong rejection by the Portuguese intellectuals.**

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## Alentejo Region





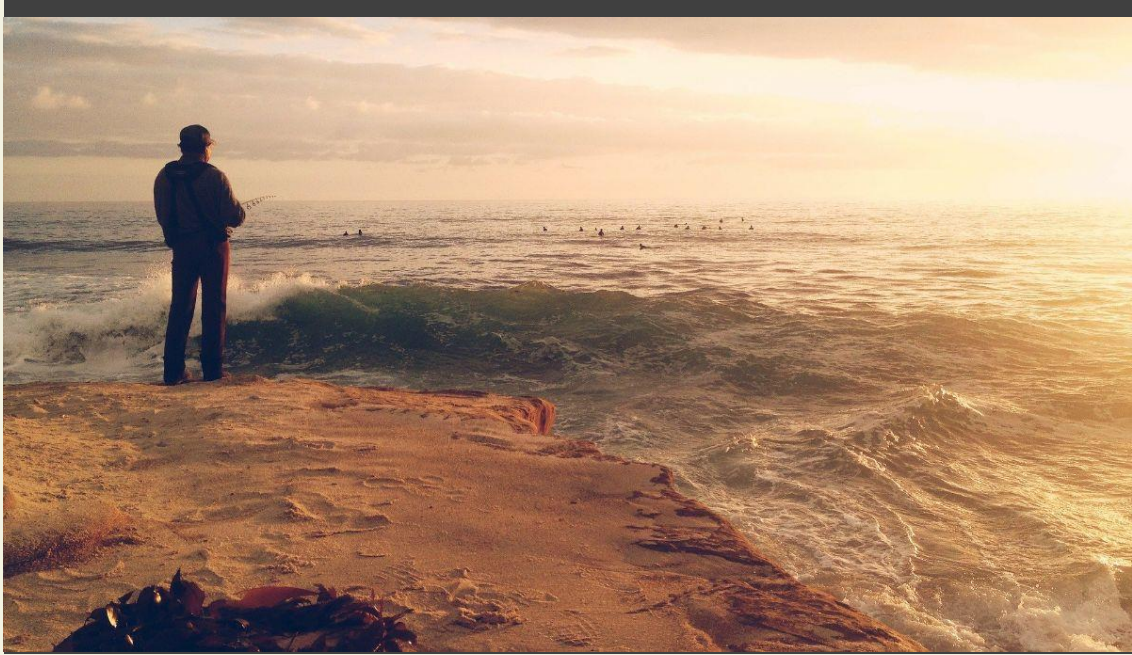
There is **nothing more ecological than Cork**. Natural and soft, it keeps the cool as well as the warmth, when needed, and is used to make the environment comfortable and welcoming. Cork is one **of the most characteristic natural products in Portugal** and is part of our everyday life, even if we don't realize it. The corks of wine bottles are the most well-known object, but **there are many items in cork**: fashion accessories, clothing (remember Lady Gaga's dress?) and shoes, furniture and coverings, floor or wall, among others. It is in the shelling that the secret of the ancestral activity of gathering cork lies: in the art of removing the bark without hurting the tree, so that it continues to produce, because cork oaks are capricious trees. From there, **the harvesting cycle is always nine years, and each cork oak can be harvested, on average, seventeen times over its 200 years of life**. So when traveling around the country, especially in the Alentejo, notice how the **cork oak is one of the most common trees in the landscape**.

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**Algarve Region**





Algarve is best known for its sunny weather and golden sand beaches, but this region **has centuries of History and preserves some legends**, mainly from the Moorish occupation, with stories of mythical treasures and enchanted palaces, as well as "golden hair princesses". But their most common legends are **about Enchanted Moorish girls**, like Floripes, who appeared dressed in white to fishermen in Olhão, or the one still wandering the walls of Faro castle waiting for a knight to lift her curse.

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## Azores Archipelago



**Lagoa das Sete Cidades**, located on the island of São Miguel, is the **largest freshwater lake** in the Azores, **located in the volcanic craters** that form the island, consisting of two lagoons (the Green Lagoon and the Blue Lagoon), a scenario of extreme and indescribable beauty. **Associated with such a beautiful location are some legends**, the most famous being that of the Princess with blue eyes.

Once there was a kingdom, where the beautiful and young Princess Antília, with beautiful blue eyes, lived. One day, on a walk through the wonderful meadows of the region, **the Princess fell in love with a shepherd with green eyes**, who was walking his flock. Days passed, and in all of them the two lovers met in the same place, each time more in love. **The King**, who wished his daughter married to a Prince from the neighboring kingdom, upon learning of the growing passion, **forbade their love**. Desperate, Antília asked for her last meeting with her beloved, which happened in the usual place. While they spoke about their sad fate, the two wept in such quantity that, **from the blue eyes of the**

**Princess the Blue Lagoon was formed**, and **from the green eyes of the Shepherd, the Green Lagoon was formed**. The legend then says that the two were separated, but their tears were forever side by side, in Lagoa das Sete Cidades.

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## Madeira



In **Madeira**, more precisely in Monte, you will find a **very sui generis type of transport**, the "**basket car**", which is a unique experience not to be missed. These cars appeared in the early 19th century and were used by local residents **as means of public transport to travel quickly** from the parish of Monte to the city of Funchal. These cars are **produced by hand**, with wicker and wood, and have two seats. They are **driven and controlled by two "carreiros"**, dressed in white and with straw hats on their heads, who expertly use



their own boots, with thick rubber soles, as brakes. Now the cars are **used as a touristic transportation**: the trip between Monte and Funchal is 2km and takes about 10 minutes, providing users with moments of pure emotion in **a ride that can get to 38 km/hour** (aprox. 23 miles/hour).

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