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## *Our suggestions for a stay at Quinta das Lágrimas*

### **36 hours in Coimbra**

Arrive to Quinta das Lágrimas and rest from the trip to Coimbra in your room or go for a relaxing massage at the spa

#### **Day 1**

##### **7 pm**

Enjoy an aperitif at the Arcadas Bar and ask our Sommelier to show you the wine cellar where we keep the best wines from our region and Portugal.

##### **8 pm**

Have dinner at Arcadas, considered by "Le Liste" as one of the 500 best restaurants in the world, and taste the wonderful dishes created by Chef Vitor Dias using the best local produce and even some ingredients produced on our estate, like fresh herbs, fruits and vegetables. If the single table at "Smallest Restaurant in the World" is available, we suggest you experience dining there.

##### **10.30 pm**

Stroll around the garden around the palace in the dark, guided by the lights that reveal the centuries old trees and then return to the palace and relax in the library or the sitting rooms while tasting a glass of Port wine.

#### **Day 2**

##### **9 am**

Enjoy breakfast overlooking the garden or outdoors, weather permitting, and then go for a morning walk in the garden up to the Fountain of Tears, where Ines de Castro wept her last tears ("lágrimas").

##### **10.30 am**

Head out to the Coimbra's downtown visiting along the way the medieval convent of Santa Clara-a-Velha, located 300 meters from the Quinta's gate.

##### **11.30 am**

Cross the river Mondego and feast your eyes on the panorama of the 1000 years old city. Walk along Rua Ferreira Borges and turn left on the steps of São Tiago to reach Praça do Comércio. Lose yourself on the labyrinthine shopping streets and have a bite at one of the many inexpensive local restaurants, where locals go for traditional food.

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### 1.30 pm

Walk to Praça 8 de Maio and the Monastery of Santa Cruz, where Portugal's first king is buried. After visiting the church check out the beautiful café Santa Cruz, located next door and have a coffee on its terrace witnessing the vibrant city life.

Walk around the corner of the city hall to the food market and go in to see the fresh produce available. Take the adjacent lift to the upper part of town. A mere 100 meters away is the Machado de Castro National Museum, a highlight of the city and the home to Portugal's richest collection of religious art. The museum occupies the ancient bishop's palace and has a new contemporary wing designed by one of Portugal's leading architects, Gonçalo Byrne, who also designed the spa wing of Quinta das Lágrimas. Don't miss the ruins of the Roman Forum located underneath the museum. It's a surprising and rare monument.

### 3 pm

Head out to the University and on the way visit the impressive baroque church of Sé Nova. In the old University be sure to visit the Library and the monuments in the Palace of Schools, namely the "Sala dos Capelos". Before walking down the city visit the College of Jesus, that houses a world-class natural history museum, and the Botanical garden, probably the richest and more bio diverse in Portugal.

### 5.30 pm

Walk down the old quarter through the narrow cobblestone streets until you reach the old Sé church, which dates from the XIIth century and is the oldest cathedral in Portugal. Continue down along the Rua de Quebra-Costas (Back Breaker Street) and pass below the Almedina Arch until you reach Rua Ferreira Borges and the Largo da Portagem, where you can catch a taxi to return to the hotel.

### 8 pm

Go out for dinner to Restaurant Loggia, located in the old town and offering contemporary Portuguese cuisine and an amazing view of University, the city's rooftops and the river Mondego.

Suggestion: Stay another day at Quinta das Lágrimas to visit the magnificent monuments and natural scenery of the region, namely:

- Roman ruins of Conimbriga
  - Lousã mountains and its abandoned villages
  - Bairrada and Dão wine regions
  - The castle of Montemor-o-Velho and the Mondego rice fields
  - Figueira da Foz and its beaches
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