

## ***Solares de Portugal* develop the Ecotourism**



This summer, **Solares de Portugal** proposes 90 opportunities to discover the Ecotourism. The Ecotourism allows people to find the ecosystems in its natural state and to observe the "wild" life that is developed in natural areas. An unique opportunity to appreciate, discover and enjoy the biodiversity of each place or region, without the presence of the mass tourism influences in a preserved environment. Tourists can observe the plants and animals, take contact with ancestral cultures, and get pleasure from the natural resources, a real combination of nature and soft tourism. The Ecotourism develops the ancestral cultures and the respect of the rural areas and the country side. More and more tourists demand this type of tourism, mainly lovers of the environment and the beauty of the nature and environment and cultural resources. There are several activities and itineraries of Ecotourism available at CENTER and **Solares de Portugal**,

such as "Portugal- Gardens of Eden", riding horse or bicycle, mountain, hiking, observation and study of the flora and fauna, birds watching or discovery endangered animals such as the Iberian Wolf, the "Garrano" horse or the "real" eagle. These itineraries are available at [www.center.pt](http://www.center.pt) or [www.solaresdeportugal.pt](http://www.solaresdeportugal.pt).

## ***Jump into the blue, dive into the green***

The beauty of the nature and the landscapes of Portugal suggest a visit to the blue coast, to exuberant rivers or the magnificent green of the mountains. **Solares de Portugal** proposes you to jump into the beautiful "blue" water of the Atlantic Ocean or dive into calm rivers with beautiful green landscapes. To those who like the beach sceneries, the seaboard, the long sand banks of the Atlantic and some rivers there are several water sports that can be



practiced by children of all age, such us surf, body board and kite surf. There are also training schools in different beach, such as Viana do Castelo, Mariana, Castelo do Neiva, Apúlia, Peniche, Foz do Arelho, Costa da Capaica and others.

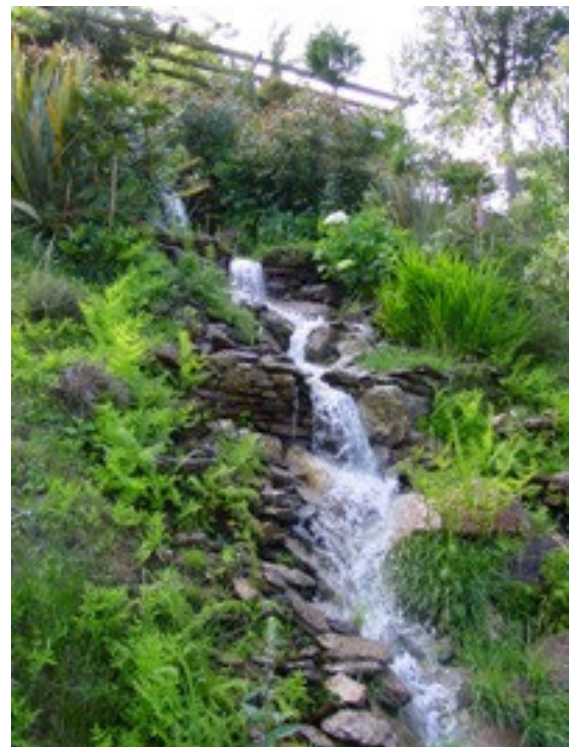
An alternative is to discover the beautiful and peaceful rivers such as Tagus, Douro, Minho, Lima, Mondego, Zêzere, Guadiana, Cávado, Paiva, Tâmega, Alva, Mira e Côa. All of them invite you to relax, fishing or practice sports like kayaking, canoeing or sailing. More information at CENTER – [info@center.pt](mailto:info@center.pt)

### **Feeling the nature**

From the North to the South there are different mountains and natural reserves to discover. In the National Park of Peneda Gerês, or in the Mountains as Caramulo, Montesinho, Marvão, Marão, Estrela and Monchique there are nature beauties that includes water fallings and lakes where people can also do paragliding, rappel and slide.

**Solares de Portugal** also proposes you to rambling, trough pathway and horse trails.

For more information, tours organizations or bookings, please do not hesitate to contact CENTER – [info@center.pt](mailto:info@center.pt); Tel: +351 258 931 750; Fax: +351 258 931 320.



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**[www.solaresdeportugal.com.pt](http://www.solaresdeportugal.com.pt)**