

Sustainability Tour 2

Integrating nature conservation with sustainability fisheries and tourism

Saturday, 16th of July - Departure 08:00 - Return 18:00

Description

This tour aims to show one important coastal area in Portugal, where nature conservation is integrated with economical activities. Visits will be planned to the fishing village of Sesimbra, the fishing port area and the fishermen's traditional Fishing cooperative "Artesanal Pesca", a boat trip to Luiz Saldanha Marine Park and a walking tour into the Arrábida Natural Park.

Programme:

08h:00 - Bus departs from UNL Campus of Campolide (main entrance of the Rectorate building)

09h:00m - Artesanal Pesca fishermen's traditional Fishing cooperative.

Artesanal Pesca is a fishing operators' cooperative that was founded in 1986 with the aim of adding value to the products of the sea caught by traditional fishermen in Sesimbra.

10h:00m – Boat trip to Luiz Saldanha Marine Park

The Luiz Saldanha Marine Park sits directly under the Arrabida, stretches of white sand, and incredible rock formations that hold an almost unbelievable amount of life including invertebrates, crustaceans, and many species of fish. The area is like paddling in an aquarium with a permanent resident pod of Dolphins and water visibility up to seventy feet. This diverse habitat was incorporated into a Marine Park in 1998.

12h:30m – Lunch in a restaurant at the fishermen village Sesimbra

15.00h – Visit to *Museu do Mar e da Pesca - Fortaleza de Santiago* (Fisheries and Maritime Museum at Santiago Fortress).

Brief presentation of the urban seafront regeneration strategy and short visit to the historical centre.

16.00h – Visit to Arrábida Natural Park

Arrábida Natural Park has incomparable natural beauty, where the blue of the sea alternates with the white tones of the chalk cliffs and the depths of the green vegetation that covers the mountain range.

One of the main attractions of the Park is the wealth of its native vegetation. One of the rare examples of Mediterranean vegetation in Portugal can be found here, and its preservation was one of the reasons, which led the Arrábida zone to be considered as a genuine international scientific relic.

17.30h – Return to Lisbon

Note: Comfortable clothing, including hat and walking shoes is recommended. Water and sun cream is also highly recommended.