

# Conventual Sweets Tour

## 4 Days

Monasteries, Convents, and Eternal Flavors:  
The Art of Portuguese Pastry



# Sweet Secrets of Convents: A 4-Day Itinerary through Northern and Central Portugal

Universe invites you to discover the convent sweets of Northern Portugal on an exclusive four-day itinerary that combines history, spirituality, and flavor.

In the monasteries and convents, where for centuries monks and nuns created true jewels of sugar and egg, secrets passed down from generation to generation are revealed.

From Porto to Amarante, Resende, Arouca, Aveiro, Tentúgal, and Coimbra, each stop is a celebration of the tradition and pastry art that has shaped Portuguese cultural identity.

With guided tours, unique landscapes, and authentic tastings, this itinerary transforms each sweet into a living memory of the country's soul.

At Universe, Travel Never Ends, it makes experiences eternal, on sensory itineraries steeped in tradition and history.





## 01 Day Porto and its Confectionery

In the morning, a visit to Porto's historic center, visiting various traditional confectioneries and pastry shops, centuries-old shops, and where convent sweets are showcased.

Lunch at a Typical and Traditional Restaurant, for an intimate experience with the cuisine of the North Region and a convent dessert.

In the afternoon, a visit to the iconic Café Majestic, an icon of the Belle Époque, to taste traditional sweets.

Tour of the historic center and tasting of the famous pastel de nata, another icon of Portuguese convent sweets.

Return to the Hotel Palácio do Freixo, a beautiful hotel in Porto near the Douro River.





## 02 Day Amarante Region Resende and Arouca

Departure from Porto to Amarante.

Visit the historic center and taste local convent sweets (Papos de Anjo, Brisas do Tâmega).

Lunch: Regional meal in Amarante, with regional and convent desserts.

Afternoon: Visit to Resende, famous for its Conventual Cavacas de Resende.

Arrival in Arouca, visit the historic center and the region's convent sweets (Barrigas de Freira, Beijos de Freira, Castanhas Doces).

Dinner & overnight at the beautiful MS Collection hotel in the Monastery/Convent of Arouca, with dinner and convent desserts.





## 03 Day Vale Cambra Region Vila da Feira and Aveiro

Departure from Arouca and travel to Vale de Cambra, stroll through the center and visit to a Cambrinhas confectionery, a regional and convent sweet.

Lunch in Vila da Feira, visit the emblematic castle and a regional lunch of medieval tradition, with a convent dessert.

Departure towards Aveiro, visit the beautiful historic center and visit the confectionery to enjoy Aveiro's most characteristic convent sweet, Ovos Moles.

Possibility of visiting the salt pans and a ride on a moliceiro, a traditional estuary boat, if conditions permit (optional).

Dinner and overnight stay at the Hotel MS Collection with a regional menu.





## 04 Day Tentugal Region and Coimbra

Morning: Travel to the city of Tentugal.

Visit a traditional pastry shop to taste the legendary Tentugal Pastries.

Lunch in Coimbra, with the city's traditional desserts (Arrufadas, Barrigas de Freira), in a typical and regional restaurant.

Brief tour of Coimbra's historic center, with a visit to the Convent of Santa Clara.

Also visit Quinta das Lágrimas, whose romantic gardens have inspired artists and writers.

Return to Porto.



This playbook celebrates the centuries-old tradition of monasteries and convents, the regional gastronomy, and the cultural landscape of Northern Portugal, transforming each sweet into a historical and sensory experience.

## Playbook – 4-Day Itinerary through Northern Portugal's Conventual Sweets

### Day 1 – Porto: Sweets, History, and Tradition

Morning - Tour of Porto's historic center with visits to traditional confectioneries, iconic bakeries, and centuries-old shops dedicated to convent sweets.

Lunch - Meal at a typical northern restaurant, accompanied by a convent dessert.

Afternoon - Visit Café Majestic, an icon of the Belle Époque, to taste traditional sweets.

Tasting of pastel de nata, the most iconic Portuguese convent sweets.

Lodging at Palácio do Freixo, a landmark in Porto's hotel industry near the Douro River.

### Day 2 – Amarante, Resende & Arouca

Morning - Departure for Amarante, visit the historic center, and taste convent sweets: Papos de Anjo, Brisas do Tâmega.

Lunch - Regional meal in Amarante, with convent desserts.

Afternoon - Visit to Resende, famous for its convent cavacas (sweet sweets).

Arrival in Arouca, visit the historic center and taste local convent sweets: Nun's Barrigas (barrigas de nureira), Nun's Kisses (beijos de nureira), and sweet chestnuts.

Dinner & Accommodation at MS Collection Arouca Monastery, with dinner and convent desserts.

### Day 3 – Vale de Cambra, Feira & Aveiro

Morning - Departure for Vale de Cambra, visit the city center, and taste the traditional Cambrinhas.

Lunch - In Santa Maria da Feira, visit the castle and enjoy a medieval-inspired regional lunch with a convent dessert.

Afternoon - Arrival in Aveiro: tour of the historic center, taste the famous Ovos Moles (soft eggs) and visit a traditional pastry shop.

Optional: visit the salt pans and a moliceiro boat ride on the estuary.

Dinner & Accommodation at MS Collection Aveiro, with a regional dinner.

### Day 4 – Tentúgal & Coimbra → Porto

Morning - Travel to Tentúgal, visit the traditional pastry shop, and taste the legendary Pastéis de Tentúgal.

Lunch - In Coimbra, a typical meal with local convent desserts: Arrufadas (Brazilian sweets) and Barrigas de Freira (Nun's Bars).

Afternoon - Stroll through the historic center, visit the Santa Clara Convent and the romantic gardens of Quinta das Lágrimas, an inspiration for artists and poets.

Return to Porto.



# Conventual Sweets Itinerary 4 days 3 nights

€2,930.00 - price per person

## What's Included

Private transfer from the airport to your hotel upon arrival.

Private transportation with a driver-guide for the 4 days of the itinerary.

3 nights' accommodation in 4- or 5-star hotels for one person, including daily breakfast in a double room, low season.

24-hour escort by a specialized professional.

Travel in a comfortable, air-conditioned vehicle, with fuel and tolls included.

1-hour Moliceiro boat ride, subject to weather and weather conditions.

## What's Not Included

Personal expenses for lunches, dinners, drinks, and individual extras.

Entrance to museums, monuments, dessert tastings, or optional experiences.

Services not specifically mentioned in the program.





[www.universe.com.pt](http://www.universe.com.pt)

# CONVENT PASTRY TOUR

Travel Never Ends at Universe,  
come as a traveler and leave as a friend.



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