

SNo	城市	市	人口	歷史
1	Abrantes	Abrantes	18,600	1916-06-14
2	Aigualva-Cacém	辛特拉	121,000	2001-07-12
3	Águeda	Águeda	11,357	1985-08-14
4	Albufeira	Albufeira	16,237	1986-08-20
5	Alcácer do Sal	Alcácer do Sal	9,118	1997-07-12
6	Alcobaça	Alcobaça	15,800	1995-08-30
7	Almada	Almada	101,500	1973-06-16
8	Almeirim	Almeirim	11,607	1991-08-16
9	Alverca do Ribatejo	Vila Franca de Xira	29,086	1990-08-09
10	阿馬多拉	阿馬多拉	151,500	1979-09-17
11	Amarante	Amarante	11,000	1985-08-14
12	Amora	Seixal	53,638	1993-07-02
13	Anadia	Anadia	3,533	2004-12-09
14	Angra do Heroísmo	Angra do Heroísmo	21,200	1534-08-21
15	Aveiro	Aveiro	67,003	1759-04-11
16	Barcelos	Barcelos	20,000	1928-09-06
17	Barreiro	Barreiro	50,232	1984-06-28
18	Beja	Beja	23,475	1521-04-10
19	布拉加	布拉加	181,819	From time immemorial
20	Bragança	Bragança	19,998	1464-02-23
21	Caldas da Rainha	Caldas da Rainha	30,006	1927-08-26
22	Câmara de Lobos	Câmara de Lobos	16,842	1996-08-02
23	Canico	Santa Cruz	11,586	2005-06-09
24	Cantanhede	Cantanhede	7,066	1991-08-16
25	Cartaxo	Cartaxo	10,115	1995-08-30
26	Castelo Branco	Castelo Branco	34,525	1771-03-20
27	Chaves	Chaves	19,307	1929-03-18
28	科英布拉	科英布拉	138,540	From time immemorial
29	Costa da Caparica	Almada	14,100	2004-12-09
30	Covilhã	Covilhã	36,147	1870-10-20
31	Elvas	Elvas	28,106	1513-04-03
32	Entroncamento	Entroncamento	20,065	1991-08-16
33	Ermesinde	Valongo	40,139	1990-08-10
34	Esmoriz	Ovar	11,200	1993-07-02
35	Espinho	Espinho	10,500	1973-06-16
36	Esposende	Esposende	9,148	1993-07-02
37	Estarreja	Estarreja	7,000	2004-12-09
38	Estremoz	Estremoz	9,011	1926-08-31

39	Évora	Évora	46,417	From time immemorial
40	Fafe	Fafe	15,323	1986-08-23
41	Faro	Faro	43,757	1540-09-07
42	Fátima	Ourém	10,302	1997-07-12
43	Felgueiras	Felgueiras	15,100	1990-08-10
44	Figueira da Foz	Figueira da Foz	36,500	1882-09-20
45	Fiães	Santa Maria da Feira	13,100	2001-07-12
46	Freamunde	Paços de Ferreira	7,452	2001-07-12
47	Funchal	Funchal	100,526	1508-08-21
48	Fundão	Fundão	8,957	1988-04-19
49	Gafanha da Nazaré	Ílhavo	14,021	2001-07-21
50	Gandra	Paredes	5,200	2003-08-26
51	Gondomar	Gondomar	25,000	1991-08-16
52	Gouveia	Gouveia	3,500	1988-02-01
53	Guarda	Guarda	32,274	1199-11-27
54	Guimarães	Guimarães	52,181	1853-06-23
55	Horta	Horta	9,000	1833-07-04
56	Ílhavo	Ílhavo	17,200	1990-08-09
57	Lagoa	Lagoa	5,000	2001-07-12
58	Lagos	Lagos	20,000	1573-01-27
59	Lamego	Lamego	12,000	From time immemorial
60	Leiria	Leiria	50,264	1545-06-13
61	里斯本	里斯本	545,245	From time immemorial
62	Lixa	Felgueiras	5,500	1995-08-30
63	Loulé	Loulé	24,000	1988-02-01
64	Loures	Loures	26,000	1990-08-09
65	Lourosa	Santa Maria da Feira	11,300	2001-07-12
66	Macedo de Cavaleiros	Macedo de Cavaleiros	7,800	1999-06-24
67	Maia	Maia	40,000	1986-08-23
68	Mangualde	Mangualde	8,107	2001-07-12
69	Marco de Canaveses	Marco de Canaveses	9,000	1993-07-02
70	Marinha Grande	Marinha Grande	29,100	1988-04-19
71	Matosinhos	Matosinhos	47,703	1984-06-28
72	Mealhada	Mealhada	5,500	2003-08-26
73	Mêda	Mêda	2,004	2004-12-09
74	Miranda do Douro	Miranda do Douro	2,000	1545-07-10
75	Mirandela	Mirandela	11,000	1984-06-28
76	Montemor-o-Novo	Montemor-o-Novo	14,000	1988-04-18
77	Montijo	Montijo	30,486	1985-08-14
78	Moura	Moura	10,000	1988-02-01

79	Odivelas	Odivelas	54,500	1990-08-10
80	Olhão da Restauração	Olhão	31,100	1985-08-14
81	Oliveira de Azeméis	Oliveira de Azeméis	15,000	1984-05-16
82	Oliveira do Bairro	Oliveira do Bairro	5,005	2003-08-26
83	Oliveira do Hospital	Oliveira do Hospital	4,400	1993-07-02
84	Ourém	Ourém	11,100	1991-08-16
85	Ovar	Ovar	18,900	1984-06-28
86	Paços de Ferreira	Paços de Ferreira	9,000	1993-07-02
87	Paredes	Paredes	12,500	1991-08-16
88	Penafiel	Penafiel	10,000	1770-03-03
89	Peniche	Peniche	17,500	1988-02-01
90	Peso da Régua	Peso da Régua	10,000	1985-08-14
91	Pinhel	Pinhel	3,500	1770-08-25
92	Pombal	Pombal	18,500	1991-08-16
93	Ponta Delgada	Ponta Delgada	46,102	1546-04-02
94	Ponte de Sor	Ponte de Sor	11,000	1985-08-14
95	Portalegre	Portalegre	15,700	1550-05-23
96	Portimão	Portimão	40,700	1924-12-11
97	波爾圖	波爾圖	237,559	From time immemorial
98	Vila Baleira (a.k.a. Porto Santo)	Porto Santo	4,475	1996-08-02
99	Póvoa de Santa Iria	Vila Franca de Xira	28,000	1999-06-24
100	Póvoa de Varzim	Póvoa de Varzim	38,257	1973-06-16
101	Praia da Vitória	Praia da Vitória	6,500	1981-06-20
102	Quarteira	Loulé	21,000	1999-06-24
103	Queluz	辛特拉	116,124	1997-07-24
104	Rebordosa	Paredes	12,100	2003-08-26
105	Reguengos de Monsaraz	Reguengos de Monsaraz	7,900	2004-12-09
106	Ribeira Grande	Ribeira Grande	6,350	1981-06-29
107	Rio Maior	Rio Maior	11,102	1985-08-14
108	Rio Tinto	Gondomar	61,227	1995-08-30
109	Sabugal	Sabugal	2,300	2004-12-09
110	Sacavém	Loures	17,000	1997-06-04
111	Santa Comba Dão	Santa Comba Dão	3,200	1999-06-24
112	Santa Cruz	Santa Cruz	6,500	1996-08-02
113	Santa Maria da Feira	Santa Maria da Feira	16,900	1985-08-14
114	Santana	Santana	3,300	2001-01-01
115	Santarém	Santarém	30,100	1868-12-24
116	Santiago do Cacém	Santiago do Cacém	7,753	1991-08-16
117	Santo Tirso	Santo Tirso	14,100	1985-08-14
118	São João da Madeira	São João da Madeira	21,102	1984-06-28

119	São Mamede de Infesta	Matosinhos	27,000	2001-07-12
120	São Salvador de Lordelo	Paredes	11,000	2003-08-26
121	Seia	Seia	7,000	1986-08-23
122	Seixal	Seixal	31,101	1993-07-02
123	Serpa	Serpa	9,990	2003-08-26
124	塞圖巴爾	塞圖巴爾	120,636	1860-04-19
125	Silves	Silves	11,000	From time immemorial
126	Sines	Sines	15,555	1997-07-12
127	Tarouca	Tarouca	3,200	2004-12-09
128	Tavira	Tavira	13,300	1520-03-16
129	Tomar	Tomar	20,000	1844-02-12
130	Tondela	Tondela	10,120	1988-02-01
131	Torres Novas	Torres Novas	14,900	1985-08-14
132	Torres Vedras	Torres Vedras	27,200	1979-02-03
133	Trancoso	Trancoso	3,350	2004-12-09
134	Trofa	Trofa	22,000	1993-07-02
135	Valbom	Gondomar	14,100	2004-12-09
136	Vale de Cambra	Vale de Cambra	4,200	1993-07-02
137	Valongo	Valongo	27,900	1990-08-10
138	Valpaços	Valpaços	4,102	1999-06-24
139	Vendas Novas	Vendas Novas	10,103	1993-07-02
140	Viana do Castelo	Viana do Castelo	36,750	1848-01-20
141	Vila do Conde	Vila do Conde	32,257	1988-02-01
142	Vila Franca de Xira	Vila Franca de Xira	19,000	1984-06-28
143	Vila Nova de Famalicão	Vila Nova de Famalicão	30,100	1985-08-14
144	Vila Nova de Foz Côa	Vila Nova de Foz Côa	3,303	1997-07-12
145	加亞新城	加亞新城	178,526	1984-06-28
146	Vila Nova de Santo André	Santiago do Cacém	12,123	2003-08-26
147	Vila Real	Vila Real	27,250	1925-07-20
148	Vila Real de Santo António	Vila Real de Santo António	11,000	1988-04-19
149	Viseu	Viseu	50,583	From time immemorial
150	Vizela	Vizela	10,100	1998-09-01

对于其它的格式访问 www.downloadexcelfiles.com

[原始来源](#)