



LISBON
**A WHOLE WORLD
TO EXPLORE**

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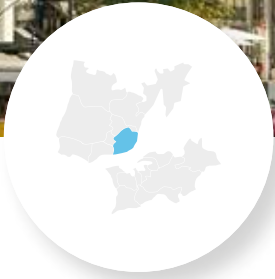
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There is a path waiting to be taken. An emotion just around the corner. A heart that beats in the stones of the pavements, in the waters of the rivers and the sea, in the golden sands that stretch into the distance, in the unparalleled white light that bathes the buildings, in the people that live here and in the testimonies to their lives.

Unique and memorable experiences, for those who love the countryside and those who prefer the city, for those who want to see monuments and those who come to enjoy nature and for everyone who travels with all their senses. A rich, diverse, and inviting itinerary. Just waiting for you to discover and experience.







LISBON

BAIXA, CHIADO, AV. LIBERDADE AND MARQUÊS DE POMBAL

The charm and elegance of the city centre

This is the central, and unmissable, artery running through the heart of Lisbon. As you set out from Marquês de Pombal, towards the distant river, you find yourself walking down the Avenida da Liberdade. Numerous topflight international brands have shops along both flanks of this broad avenue, with its trees and outdoor cafés that draw you on to downtown Lisbon.

When you arrive at the Rossio, you can immediately feel the history and ambience of the real Lisbon. Walk the ornamental Portuguese paving that lines the city centre, rebuilt in the Pombaline era, following the earthquake of 1755. The statute of D. Pedro V (King Pedro V) points the way to Rua Augusta, and its shops, restaurants and street artists. At the other end, this street opens out into Terreiro do Paço. Before you get there, take the time to climb the majestic Arco da Rua Augusta (Arch) and enjoy the views from the top.

Another recommended stop is the Lisbon Story Centre, where you can explore the main events in this unique city's two thousand year-long history. Take a break at one of the many outdoor cafés and eateries in Terreiro do Paço, right next to the Tejo River, before going on to Chiado, currently Lisbon's trendiest neighbourhood.

In Chiado, diversity and modernity intermingle with the history of the poets and artists who stamped their mark on an age and who, in the 19th Century, made this a hotbed of literature and poetry, a starting point for romanticism. On these streets, amongst people who have chosen to live or work in Chiado, you can feel the creativity and how the contrasts and irreverences have made the place so magical.



LISBON

ALFAMA, CASTELO, GRAÇA AND MOURARIA

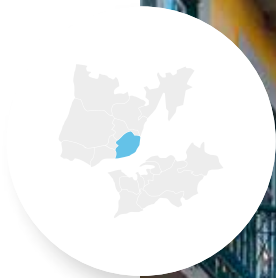
*The pure charm of history
and the viewpoints*

The city becomes increasingly iconic and picturesque, the further you delve into its historic and medieval districts. As you walk along the stone-paved, narrow and often steep streets of Alfama and Mouraria, you are literally transported back in time.

Perched at the very top of this hill is Castelo S. Jorge (St. George's Castle), built during the 7th Century. The castle occupies a strategic position and offers unrivalled views of the city. On your way there, you will bump into some unique peoples, stories and traditions. The popular and yet melancholy music of Fado infuses the air and tells you that you are in the Alfama.

From Mouraria, a multicultural melting pot of peoples and traditions, climb up to Graça. Don't forget to stop at the various viewpoints along the way, particularly those of Graça itself, with its views of Mouraria, and Senhora do Monte, with its 12th Century porched church. Take a seat on one of the garden benches and drink in the landscape before you.

You could also get to Graça on the famous No. 28 tram. A ride on this emblematic symbol of the city allows you to take in most of the historical and cultural heritage that Lisbon has to offer.



LISBON

BAIRRO ALTO, BICA, CAIS DO SODRÉ AND SANTOS

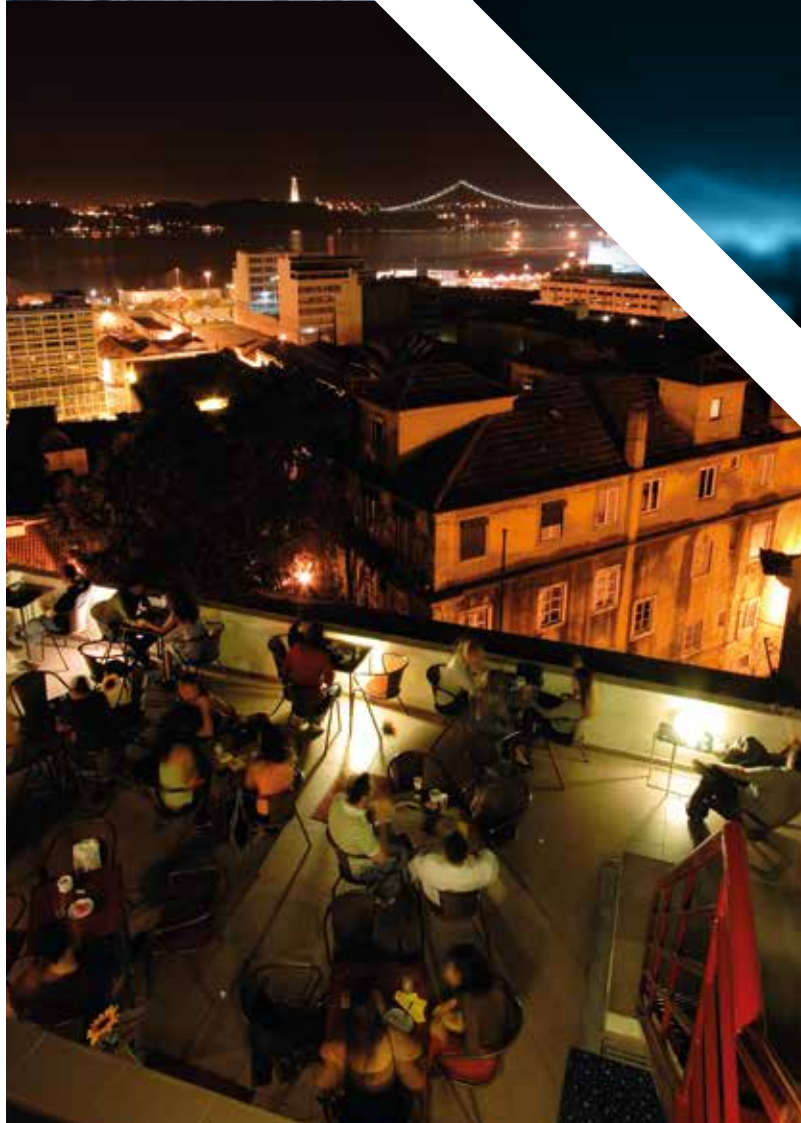
Have some fun in Lisbon

During the day, the historic Bairro Alto and Bica quarters fascinate visitors with their picturesqueness and neighbourhood feel. Bairro Alto is home to a multitude of alternative shops, second-hand clothes stores, hairdressers, record stores, art galleries and much much more. They blend with the diversity of the local populace to create a truly unique ambience.

At night everything changes and a party atmosphere prevails. The area is the epitome of Lisbon nightlife, the central axis around which a good night out revolves. Bairro Alto is cherished for its history and for its restaurants, bars and outdoor cafés with views of the city. From here, you can drop down through Bica, and its more offbeat bars, to Pink Street in Cais do Sodré, fast becoming the new focus of Lisbon nightlife. Here, thousands of people cruise the traffic-free street, to meet up with friends and party the night away.

Santos, which also has its own fair share of bars and discos, is home to some of Lisbon's most popular nightspots.

There is so much choice, and so much that is truly good, that it is really hard to decide. The music, the happiness and the people, both locals and those who have come from far and wide, who fill the streets, seeking fun, friendship and a chance to share experiences. This is literally a "funfair" for everybody who likes to enjoy their nightlife.





LISBON

THE RIVERSIDE

The pure pleasure of the riverfront

The Tejo River is one of Lisbon's most striking features, thanks to the freshness and light it bestows on the city. You can feel the tight link between the city and the river as you travel along the waterfront. This begins in Belém, with its mix of leisure and culture, outdoor cafés and restaurants, and passes through Alcântara, Docas and the Avenida 24 de Julho before finishing up at the regenerated Ribeira das Naus. The throngs of cruise passengers who arrive at Lisbon port are lucky enough to be able to disembark right in the heart of the city, just a stone's throw from the historic centre.

This is really the best area for riverside walks or cycle rides. The more sports minded will find it the perfect place to go jogging.





LISBON

BELÉM

Heritage and history with a special twist

Belém is synonymous with history and the Portuguese discoveries. It was from this historic location that the great adventurers set sail in their fragile caravels, on a mission to discover the world. The Mosteiro do Jerónimos (Jerónimos Monastery) and Torre de Belém (Belém Tower), both UNESCO World Heritage sites, are Manueline-style monuments, whose imposing architectural wealth transports us back to the heyday of the Portuguese Empire.

Why not taking a cooling stroll amongst the gardens and fountains of the Praça do Imperio, which lies between the two monuments? Although altogether more contemporary in nature, the Centro Cultural de Belém (Belém Cultural Centre), with its numerous exhibitions and cultural events, should also be on your must-see list.

At the Coach Museum you can enjoy the dazzling, extensive and quite unique collection of coaches and accessories. On your way there, pick up a Pastel de Belém (Belém pastry), one of the city's most famous edible titbits and now well-known all over the world.



LISBON

PARQUE DAS NAÇÕES

A new Lisbon on the waterfront

The Park of Nations is Lisbon at its most modern. On the east side of town, contemporary architecture now covers a vast area of urban regeneration. The most notable buildings, the ones everyone wants to see, are the awning of the Pavilhão de Portugal (Portugal Pavilion) and the Gare de Oriente (Oriente Train Station).

The numerous small parks, many of them right on the river, and the famous cable car, make it a great place for a family outing.

What's more, the cultural and pedagogical offer is extensive and diverse. The Oceanário (oceanarium) is one of the biggest attractions. Of all the species it holds, most visitors make a beeline for the enormous mantas and fearful sharks, kings and lords of the enormous central tank.

After having contemplated nature for a while, it is time to get down to work at the Museu de Conhecimento – Ciência Viva (Museum of Knowledge - Living Science). Here, you determine your own experiences, which guarantees the visit will be a success, for children and adults alike.

If you have time, take in a show at the Meo Arena, where countless internationally renowned bands and artists have performed. Alternatively, you could drop into the Lisbon Casino and try your luck.



LISBON

MAFRA, ERICEIRA AND OEIRAS

Lisbon beyond the city

Mafra and Ericeira

Less than 40 km to the north of Lisbon lies the town of Mafra, one of Portugal's oldest. Known for its leafy parklands, Mafra is also home to the National Palace. This imposing baroque monument was built by King João V in the 18th Century. The Tapada de Mafra (Mafra Forest), which surrounds the palace, was once the hunting and play ground of the Portuguese monarchy. Rich in both flora and fauna it is now open to the public.

If you leave Mafra and head towards the coast, you will come to Ericeira. Thanks to its beaches and the excellent surfing, appreciated by an increasing number of fans, this fishing village has been made a World Surfing Reserve.

Surfers from all over the world hunt for the perfect wave along this stretch of coast. Ericeira has much more to offer, though, particularly from its kitchens. Local cuisine is largely based on the fresh fish from the daily catch.

Oeiras

The town's location ensures a pleasant seaside climate that is just right for a whole range of outdoor activities and for exploring the nearby beaches. Oeiras also welcomes visitors with some fine cuisine and fascinating culture. The Marquês de Pombal (Marquis of Pombal) Palace and Gardens are certainly worth a visit and it is definitely a good idea to try some of the famous Carcavelos wine.





LISBON

ALMADA, AMADORA, LOURES AND ODIVELAS

*The charms of another kind
of Lisbon*

If you go south across the 25 de Abril bridge, you will come to Almada. This is one of the areas around Lisbon that is much frequented by the locals, for its long coastline and plentiful beaches, with bars that bring life and movement to the long sandy stretches. Just the right thing for summer days. Almada is also known for the Cristo Rei (Christ the King), whose outstretched arms welcome all visitors and from where you can enjoy spectacular views of Lisbon.

To the north, and merging into each other, are Odivelas and Loures, both with plenty of history and monuments to interest the visitor. In Loures, you can visit the Palácio dos Arcebispos (Archbishops' Palace), the Igreja Matriz (Parish Church), the aqueduct and the fountain in the Santo Antão do Tojal monumental square. Be sure not to miss Castelo de Pirescoxe (Pirescoxe Castle) or the artworks at the Museu da Cerâmica (Museum of Ceramics). Odivelas boasts the Monastery of St. Dinis and St. Bernardo. One local gastronomic delight you really should try in Odivelas is the white marmalade.

Closer in, at the gates of Lisbon, is Amadora, well-known for its International Comics Festival. The festival, first held in 1989, is a major event on the European circuit and attracts the top practitioners of this art form.





CASCAIS

CASCAIS, ESTORIL AND GUINCHO

The fascination of the sea

Beaches, leisure opportunities, shops and lifestyle are all to be found along the 'line' out to Cascais. This is one of the places that Lisbonites come to, to get away from the bustle of the city. Relaxation is the name of the game here.

Just 30 minutes outside Lisbon, the refined seaside ambience of the Linha de Cascais (Cascais Line) has a lot to offer: culture, nature, cuisine and numerous beaches where you can just relax or do some sport. The area is particularly well-known for water sports. Another sport much practised here is golf, and there are quite a few clubs at which to take a swing.

The start of the Cascais Line is peppered with beaches, all the way up to Estoril. The glamour of this town is enhanced by the entertainment and fun offered by the casino. The next stop along the line is Cascais, a reinvented fishing village that is now an elegant seaside resort, brimming with good food, cultural events and shopping opportunities, all set against the background of a picturesque historic centre. Near Cascais is the Sintra-Cascais Natural Park, a lush redoubt well worth a visit, as is the Boca de Inferno (Mouth of Hell), where the sea batters the coast in a spectacular manner. If you follow the coastline you will come to the wide sandy beach of Praia do Guincho, a hotspot for water sports.







SINTRA

SINTRA - TOWN AND MOUNTAIN *Capital of Romanticism*

Sintra, classified by UNESCO as a Cultural Landscape and World Heritage site in 1995, has inspired artists and poets throughout its long history. The cool, luxuriant and lush countryside melds harmoniously with the architectural exuberance of the mansions and palaces that cloak Sintra in mystery and romanticism.

A mere 25 km outside Lisbon, Sintra is a beguiling town, bursting with personality and history, which welcomes you in the form of the centrally located Palácio da Vila (Town Palace). Stroll around, or take a carriage and travel back in time, to explore the city's gardens and charm. Climb to the top of Sintra Mountain to visit the Palácio da Pena (Pena Palace), the apogee of 19th Century Romanticism. This is one of those special monuments and places that mere words can barely describe. The Castelo dos Mouros (Castle of the Moors) and its imposing walls tell of a very different Sintra, of the wars and battles of times gone by.

Another fascinating place you should visit is Cabo da Roca (Cape Roca), the westernmost point, not just of Portugal but of the entire European continent.

Sintra is as magical as it is unmissable. Its beauty, mysticism, architecture and nature will remain engraved on your memory forever. Visiting Sintra means immersing yourself in the mystery of historical romanticism.



ARRÁBIDA

SETÚBAL, PALMELA AND SESIMBRA

*A perfect symbiosis
of nature and sea*

To the south of Lisbon, and running down to Cabo Espichel (Cape Espichel), is Arrábida, a place where nature and sea blend and blur. Shades of green and blue dominate, producing the unique landscape that envelops the close-knit relationship between the sea, the beaches and Arrábida Mountain. In addition to a wealth of flora and fauna, the natural park around the mountain is also home to the Convento de Nossa Sra. da Arrábida (Convent of Our Lady of Arrábida) and its fort, both milestones on the best of the walking routes.

The Sado Estuary will impress you with the preservation of the natural surroundings and may even surprise you with a visit from dolphins, provided you are not completely sidetracked by the flamingos.

When you get back to dry land, dip into the outstanding local cuisine, with its unparalleled delicacies and flavours. In either Sesimbra or Setúbal, you will have no difficulty in finding somewhere superb to eat. The area also has a Wine Route, which takes in the wines of Palmela and the Moscatel of Setúbal. Order a bottle, a plate of fresh fish or fried cuttlefish, and take your ease right by the sea.







THE TAGUS ARCH

**ALCOCHETE, VILA FRANCA DE XIRA,
MONTIJO, BARREIRO, SEIXAL AND MOITA**

The Lisbon countryside

The huge basin that is the Tejo Estuary serves as a backdrop to the river and horse-linked cultures and traditions of the area. On the water, fisherfolk practise their art and ensure the tradition endures. On land, work centres on bulls and horses. Just as the fisherfolk and their nets are spread over a vast area, so the rich grazing of the broad open pastures is dotted with bullpens. You can feel the rusticity of these picturesque surroundings in your bones.

The Tejo Estuary Nature Reserve, Portugal's largest wetlands, is one of the most important in Europe. It provides habitats for numerous species of fish, crustaceans and, above all, birds, which stop off here on their southerly

migrations. It is no surprise that the area attracts so many birdwatching enthusiasts.

The extensive Tejo lezíria (marshlands) are equally impressive. A system of embankments and floodgates was set up to protect these areas from tides and floods and create highly fertile farmland. If you get to Alcochete, visit the saltpans. For many years, salt was the main economic driver in the region.

The area is not just rich in tradition and nature. Good food, water sports and equestrian activities complete the offer.





CUISINE

A SEA OF FLAVOURS

The proximity and connection to the sea have heavily influenced Lisbon cuisine. The capital's menus offer a wide variety of fish and seafood dishes, cooked in myriad ways to produce a panoply of flavours, based on recipes that have been handed down over many years.

There are said to be a thousand and one ways, all of them delicious, to cook the ever popular cod. In the summer, grilled sardines appear on practically every Portuguese table. Traditionally, they also fuel Lisbon's festivals. Don't leave without trying them!

If you are in Setúbal or Sesimbra, don't miss the amêijoas à bulhão pato (clams) or fried cuttlefish. For dessert, Lisbon offers the traditional Tortas de Azeitão (cake) and the internationally renowned pastel de nata (egg tartlet).

The cuisine is not stuck in the past though, and a new generation of chefs is busy innovating new traditions from the old. The ingredients may be the same but the creativity bar has been raised, with new flavours blending with the old to produce new taste experiences. A gourmet approach that has won over many fans.



EVENTS

NON-STOP LISBON

LISBON

LISBON FISH & FLAVOURS

LISBON

APRIL

This culinary event involves a selection of topflight restaurants and chefs who are invited to work their creative magic with fish and seafood dishes.

There are also tastings of over 500 products, wine tastings and cookery classes.

visitlisboa.com

ROCK IN RIO LISBOA

LISBON

MAY / JUNE

Rock in Rio-Lisbon, the world's biggest music festival, brings a host of international rock, pop and electronic music stars to Lisbon. Families are also invited to enjoy the funfair, the myriad activities, the green spaces and, of course, the entertainment.

rockinriolisboa.sapo.pt

FESTAS DE LISBOA

LISBON

JUNE

In Lisbon, June is the month of festivals. These culminate on the night of the 12th, which is the eve of the Santo António holiday. The festivities traditionally centre on the old neighbourhoods, with people eating grilled sardines before enjoying the parades on the Avenida da Liberdade.

egeac.pt

LISBON

SUPERBOCK SUPERROCK

LISBON

JULY

Super Bock Super Rock, one of the country's main music festivals, is thoroughly modern, urban and cosmopolitan. The 3-day programme is bursting with an extraordinary range of local and international rock and alternative music.

superbock.pt/sbsr

NOS ALIVE

OEIRAS

JULY

Generally acknowledged to be one of Europe's best music festivals, NOS Alive brings some of the world's best-known pop, rock and electronic musicians to the Algés waterfront for some truly memorable concerts. A lot of festival-goers are quite naturally attracted by the added benefits of having both Lisbon and the beaches nearby.

nosalive.com

SUMOL SUMMER FEST

ERICEIRA

JULY

Each year, Ericeira is the stage for this music festival, which aims to bring music, surfing, beach and friends together for one big party. Aimed specifically at fans of hip-hop and pop and electronic music, the Sumol Summer Fest is totally inspired by the beach.

sumolsummerfest.com

FESTIVAL DE ALMADA

ALMADA

JULY

In the first fortnight of July, the Almada International Festival sees some of the world's and Portugal's best theatrical productions take to the stage. Although Almada based, it also spills over into Lisbon venues.

ctalmada.pt

FESTIVAL O SOL DA CAPARICA

COSTA DA CAPARICA

AUGUST

The Sol da Caparica (Caparica Sun) festival toasts us with 4 days of the best of Portuguese music. More than 30 performers and bands provide 11 hours of music a day. There are also lounge areas, a surfing avenue and a whole host of other initiatives related to urban culture and the cinema.

osoldacaparica-festival.pt

FESTIVAL AMADORA BD

AMADORA

OCTOBER / NOVEMBER

For aficionados of comics, the Amadora International Festival offers an opportunity to mingle with authors and other professionals from all over the world. In addition to the exhibition, the festival offers a range of other activities related to the 9th Art, including debates and film viewings.

amadorabd.com



CASCAIS

GLOBAL CHAMPIONS TOUR

CASCAIS

JULY

The cosmopolitan town of Cascais, which has a long equestrian tradition, once again welcomes the world's best riders for a high-calibre show jumping event. The event is part of the much respected Global Champions Tour.

globalchampionstour.com

ARRÁBIDA

CARNAVAL DE SESIMBRA

SESIMBRA

FEBRUARY

Dance, competitions and Samba... and plenty of high jinks are the explosive ingredients for this huge carnival party. Sesimbra's lively carnival tradition takes the form of parades by the Samba groups and schools, involving over two thousand dancers, and the now traditional clowns' parade, one of the world's biggest.

cm-sesimbra.pt

THE TAGUS ARCH

FESTA DO COLETE ENCARNADO

VILA FRANCA DE XIRA

JULY

In honour of the cattle herder, Vila Franca de Xira offers a celebration of wranglers, bulls and horses. Come and join in the festivities in the first weekend of July and enjoy the various concerts, popular dances and bull runs staged at various venues around the region.

cm-vfxira.pt

FESTAS DO MAR

CASCAIS

AUGUST

The natural amphitheatre of Cascais Bay is a perfect setting for the Festivals of the Sea and the daily concerts performed by top-tier Portuguese artists. The 10-day festival offers arts and crafts, fireworks, music and the traditional procession in honour of Our Lady of the Navigators.

cm-cascais.pt

FEIRA DE SANT'IAGO

SETÚBAL

JULY / AUGUST

A jam-packed programme of cultural events, leisure activities, food, traditional shopping, food stalls and masses of fun for people of all ages. Dozens of performers, plus exhibitors of the very best produce that the region has to offer, ensure that these are 10 very lively days indeed.

mun-setubal.pt

FESTAS DO BARRETE VERDE E DAS SALINAS

ALCOCHETE

AUGUST

For over 70 years, Alcochete has been hosting the Green Cap Festival, which encapsulates all that is genuine about the town. The charm of the festival and the bullfighting tradition draw in thousands of visitors, attracted by the spectacle, by the display of faith and by the warm welcome they receive.

cm-alcochete.pt

SINTRA

FESTIVAL DE SINTRA

SINTRA

MAY / JUNE

A premier cultural event that brings international companies and performers of music and dance to the uniquely romantic backdrop of Sintra. Concert-goers can revel in the impressive programme of performances at the region's magnificent palaces and estates, including the National Palaces of Sintra, Pena and Queluz and the Quinta da Piedade.

festivaldesintra.pt

FESTA DAS VINDIMAS

PALMELA

SEPTEMBER

The annual Grape Harvest Festival has deep roots in the local wine growing culture and the general celebration of working the land. There will be music, food and sport, plus the Setúbal Peninsula wine fair, at which the Moscatel of Setúbal reigns supreme.

turismo.cm-palmela.pt

FESTIVAL SEIXALJAZZ

SEIXAL

OCTOBER

SeixalJazz is a must-do landmark event on the Portuguese jazz scene. Over five nights, concerts are performed by a cast of big names drawn from the worlds of Portuguese and international jazz. The festival also puts on exhibitions, workshops, fairs and teaching concerts.

cm-seixal.pt

TOURIST INFORMATION OFFICES

ASK ME Lisboa - Terreiro do Paço

Praça do Comércio
T: +351 210 312 810
09:00 - 20:00
welcomecenter1@atlx.pt

ASK ME Lisboa - Terreiro do Paço

Praça do Comércio, 78 - 81
T: +351 910 517 886
10:00 - 20:00
circuitos@atlx.pt

ASK ME Lisboa - Lisbon Airport - Arrivals

T: +351 218 450 660
07:00 - 24:00
aeroreservas@atlx.pt

ASK ME Lisboa - Palácio Foz (Foz Palace)

Praça dos Restauradores
T: +351 213 463 314
09:00 - 20:00
palaciofoz@atlx.pt

ASK ME Lisboa - Rossio

Praça D. Pedro IV
T: +351 910 517 914
10:00 - 13:00 | 14:00 - 18:00
rossio@atlx.pt

ASK ME Lisboa - Santa Apolónia Train Station

Train Station - International Terminus
T: +351 910 517 982
08:00 - 09:30 | Tuesday to Saturday
stapolonia@atlx.pt

ASK ME Lisboa - Belém

Opposite Jerónimos Monastery
T: +351 213 658 435
10:00 - 13:00 | 14:00 - 18:00
Tuesday to Saturday
belem@atlx.pt

ASK ME Lisboa

Rua Jardim do Regedor, 50
T: +351 213 472 134
11:00 - 18:00
regedor@atlx.pt

ASK ME Lisboa - Parque das Nações

Alameda dos Oceanos
T: +351 910 518 028
10:00 - 13:00 | 14:00 - 18:00
(October - March)
10:00 - 13:00 | 14:00 - 19:00
(April - September)
parquedasnacoes@atlx.pt

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Praça da República, 23
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sintra@atlx.pt

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T: +351 211 932 545
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sintraestacao@atlx.pt

ASK ME Arrábida

Travessa Frei Gaspar, 10
2900-388 Setúbal
T: +351 916 442 247
10:00 - 18:00 - October to March
10:00 - 19:00 - April to September
arrabida@atlx.pt

www.askmelisboa.com

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