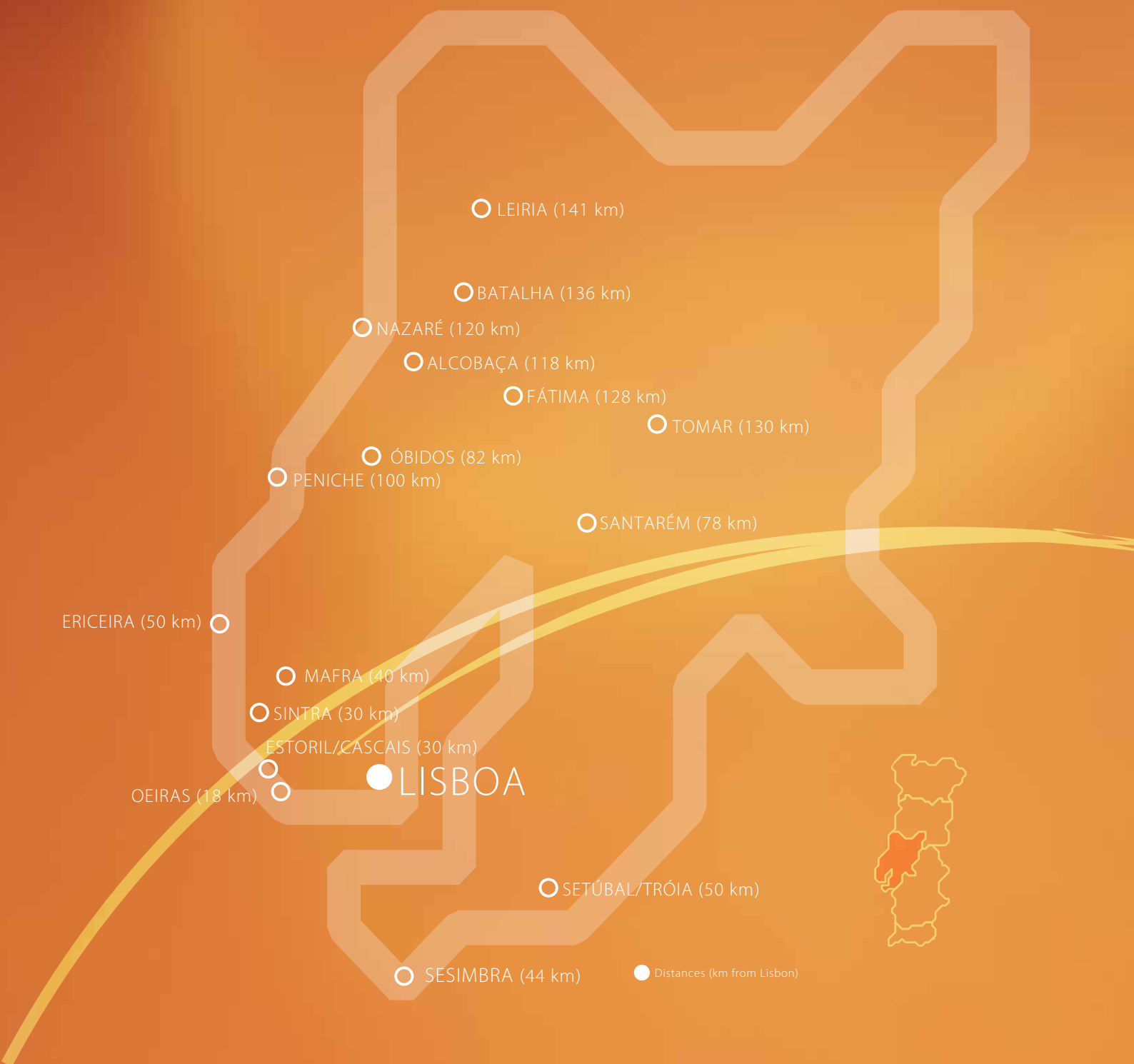




LISBON

A PERSONAL EXPERIENCE







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INTRODUCTION

GETTING TO KNOW THE LISBON REGION
MEANS ENTERING A WORLD OF ENDLESS
POSSIBILITIES: YOURS.

THE LISBON REGION ALWAYS OFFERS SOMETHING
SPECIAL TO THOSE WHO VISIT, FEEL AND DISCOVER IT.

HOWEVER MANY DESCRIPTIONS YOU'VE READ, YOU WILL
ONLY DISCOVER YOUR OWN LISBON AFTER YOU ARRIVE.

THE CITY HAS SO MUCH TO OFFER:

TRADITION, ROMANCE, CULTURE, ENTERTAINMENT,
MODERN LIFE, EXCITEMENT, COLOUR, FOOD, HISTORY,
NATURE AND MUCH, MUCH MORE.

IN THIS BROCHURE, WE OFFER YOU SOME POINTERS FOR
YOUR TRIP TO LISBON.

THE CITY AWAITS YOU. REMEMBER OUR PROMISE:

LISBON IS AN EXPERIENCE
THAT NEVER REPEATS
ITSELF AND IS CONSTANTLY
RENEWED.

LEISURE AND CULTURE IN THE SAME VISIT

The Baixa zone ("downtown") adds a special touch to Lisbon's atmosphere. It has traditionally served as the city's shopping hub and a unique place for leisurely walks. The zone starts at the bank of the River Tagus and runs north along the Terreiro do Paço until Rossio, encompassing the area from Sé to Chiado – representing the core of Lisbon's identity.

This neighbourhood, built anew after the 1755 earthquake, was ingeniously designed by the Marquis of Pombal and renamed in his honour as the Baixa Pombalina. Besides the grid of shop-lined streets, Baixa is also famous for the colourful street life of Rua Augusta - the main street reserved for pedestrians that ends at Terreiro do Paço.

The zone offers a blend of history, culture and leisure activities. Walking through this interesting urban layout, you'll find various points of interest - such as the Arch of Rua Augusta and the Elevator of Santa

Justa, which will drop you off in the midst of the Carmo ruins.

Walking up to the Chiado shopping zone, visitors will be swept along by an entertaining atmosphere bearing the city's cultural and intellectual imprint. In the Largo do Chiado square, visit the "A Brasileira" café which became a hangout for many writers and artists from the late 19th century until well into the 20th century, first for writers such as Eça de Queiroz and later for Fernando Pessoa and Almada Negreiros.

In the Chiado zone, you'll find bookshops, unique cafés and a magical atmosphere. You can also step into the Chiado Museum that, alongside the significant permanent exhibition, always features excellent contemporary exhibitions.

Although the Baixa and Chiado axis has created a rejuvenated atmosphere, it's still cloaked in Portuguese tradition and culture in an amazing harmony.





● LISBOA

ALFAMA
CASTELO
MOURARIA

BLAZE YOUR OWN TRAIL THROUGH LISBON

05

Given their culture, history, architecture, inhabitants, you must discover these very unique Lisbon neighbourhoods – even if only for a carefree stroll.

Alfama, Castelo and Mouraria make Lisbon a truly colourful city - where visitors may blaze an imaginative personal path of discovery.

The possibilities are immense. Don't let them slip away.

Trams are one of Lisbon's best known and typical means of transport. Taking a ride on a tram is like stepping into a modern-day, and yet traditional, imaginary universe. The 28 tram is the best way to descend from one of the historic hilltop neighbourhoods, such as Castelo, on your way to Baixa or Chiado.

But there is a lot more to be discovered if you walk. We recommend that you start your stroll in the Graça zone, where you will find two of the city's most breathtaking scenic viewpoints: Senhora do Monte and Graça. While

at Graça, visit the churches of São Vicente de Fora and Santa Engrácia.

Follow the tram tracks all the way to Baixa, but explore the narrow side streets along the way. Here, you can have a closer look at the neighbourhoods of Alfama, Castelo and Mouraria. Beyond the tourist attractions along your path, in particular S. Jorge Castle, you'll come across typical Lisbon lifestyles that are now starting to disappear.

In these neighbourhoods, you'll encounter Fado music as you've never heard it before. Impromptu Fado – two rival singers embraced in witty bantering – sung in taverns and restaurants is the Fado that fills Lisbon with emotions and dwells in its heart.

If you're in Lisbon in the summer, don't miss the festivities of Popular Saints, in particular the Festivity of Santo António. These neighbourhoods erupt in effervescent festivities on the eve of June 13. Be sure to try the famous grilled sardines on bread.

PARTY UNTIL DAWN

BAIRRO ALTO
SANTOS

06

Bairro Alto is traditionally Lisbon's nightlife hub. It has been constantly evolving and is now one of the city's most popular nightclub hotspots. The narrow streets become crowded every night, especially on Fridays and Saturdays when everyone unwinds at the weekend.

Bairro Alto's variety of bars and restaurants attracts a colourful mix of patrons, from youths of every imaginable style to a more mature clientele looking for a laid-back bar with good music. The Bairro, as it is known by regulars, is the only place where bar-goers are allowed to spill out from the bars and into the narrow streets to socialise outdoors, always in good cheer.

During the day, Bairro Alto is also a special place for a walk. Its streets have many shops selling designer items and clothing, including second-hand clothing. It's a sort of bazaar you won't find anywhere else in the city.

The riverside zone is also a nightlife hotspot featuring clusters of bars that have come to symbolise Lisbon's bar and restaurant scene.

The best-known of these clusters are on the avenue itself, Av. 24 de Julho, and in the Santos Zone. Here, you'll find many bars and discos, including some of the most popular nightclubs.

The Docas (docks), in Alcântara and Santo Amaro, are also brimming with nightlife right on the edge of the river. These areas, which are also very popular during the day, are the ideal scenario for a fun-filled night. In addition to its buzzing nightlife, the neighbourhood of Santos now has a new vocation with a distinctive brand name - Santos Design District. The concentration of design shops featuring Portuguese and international brands has brought a new touch of glamour to one of Lisbon's most typical zones.



• LISBOA

BELÉM

THE CITY AND ITS RIVER

07

The riverfront zone incorporates one of the city's most paradigmatic neighbourhoods in terms of heritage buildings associated to the Discoveries era: Belém. Vasco da Gama's ships set sail from the beach in Belém in search of the maritime route to India. One senses the grandeur of the former empire everywhere.

Implanted in the magnificent Praça do Império, we encounter the Monastery of Jerónimos - one of the capital's most beautiful monuments. The Manueline building's architectural excellence is evident and it has been listed as a World Heritage site by UNESCO.

Another magnificent Manueline monument is the Tower of Belém, also listed as a World Heritage site by UNESCO.

But Belém's attractions go far beyond its historical monuments.

One of the zone's contemporary attractions is the Centro Cultural de Belém, offering a wide range of cultural activities. Belém is ideal for strolling through the gardens next to the river, rounding off the trip with a delicious Belém custard tart - one of Lisbon's most coveted pastry recipes.

PARQUE DAS NAÇÕES

08

SO MUCH TO DO

The Parque das Nações is a very recent part of the city, specially created for Expo98, that offers visitors an unlimited range of activities. With modern architecture and emblematic buildings, the park is organised in a harmonious manner - a source of great pleasure for visitors.

Located in front of the river, the Parque das Nações offers the opportunity to embark upon unique walks through the city, enjoying a distinctive relationship with all the surrounding elements. On foot, by bike or using one of the forms of transport available for hire, this is a unique opportunity. If you're looking for a different perspective, why not take a ride on the cable car in order to enjoy the city from high in the air.

A place to be, to see and also to do. The Parque das Nações harbours the Oceanarium, where tourists will be amazed by our planet's maritime

riches. To further enrich the visit, why not visit the Knowledge Museum, a living space in which you can experiment and interact with some of the key scientific discoveries that have marked mankind's evolution.

There is an endless range of leisure activities on offer. The Parque das Nações also has countless restaurants, dedicated to a wide array of different culinary traditions that are bound to satisfy your palate. To relax why not visit the Vasco da Gama Shopping Centre or place a bet in Casino Lisboa.

Culture and entertainment also have a place of honour. The Atlantic Pavilion and the Casino host a wide range of shows and events. It's also worth visiting the Camões Theatre that has regular programming, above all in terms of dance. Don't miss the rich and diversified experience of the Parque das Nações.



AV. DA LIBERDADE PARQUE EDUARDO VII

A PERFECT AXIS



09

Once you've walked past Rossio and Restauradores, you'll discover Avenida da Liberdade, one of the city centre's longest avenues. With a special history and mysticism, Avenida da Liberdade was, in the 19th century, the city's "Promenade" where the elite strolled ostentatiously. Don't miss the opportunity to walk along the Avenida and rediscover that flaunting spirit.

Today, however, you'll also discover a busy and bustling Avenida - with a bit more to offer than a mere stroll. The Avenida has shops offering the best international brand names - in particular clothing, restaurants and even some theatres. Avenida da Liberdade is the ideal location for sensing an exclusive and emblematic spirit.

Further up the avenue, you'll come across Parque Eduardo VII, a unique park in the city centre. This park has various attractions and provides a refuge from the Avenida da Liberdade's hustle and bustle.

Besides the verdant park area, ideal for a peaceful walk, don't miss the

Estufa Fria - a garden teeming with plant species from around the world that will delight children and adults alike. This garden's atmosphere and its unique botanical variety will remain pleasantly etched in your memory forever.

Parque Eduardo VII offers one of the longest views of Lisbon's valley-like corridor between flanking hills, different from any other view. At the top of the park, you can gaze over a unique panorama of the city centre, with the famous statue of Marquês de Pombal marking the starting point. Farther up, you'll find another more recent garden, the Jardim Amália Rodrigues, where you can unwind and enjoy the surroundings.

In late spring, Parque Eduardo VII hosts the Book Fair, one of the city's most important cultural events. If you're in Lisbon at that time, be sure to visit this fair. In addition to its immense selection of books, the fair also features various entertainment and cultural events definitely worth seeing.

ESTORIL
CASCAIS



ONE PLACE ONE THOUSAND SENSATIONS

10

Estoril/Cascais awaits you. Considered by many to be the Portuguese Riviera, Estoril and Cascais are brimming with glamour and charisma. It offers a diversity of attractions and experiences along this entire beautiful coastline.

Essentially Estoril/Cascais is a destination with a life of its own, providing a range of experiences, with romantic Sintra and the capital just a short hop away.

From Carcavelos beach, ideal for surfing, to Guincho, a paradise for windsurfers, visitors can discover many other beaches for themselves, all different but offering a promise of pleasure.

Its historical heritage, in particular the delicious and picturesque town of Cascais, is one of the great interests of the area, with important architectural and artistic works. There is a wide variety of cultural activities, including Estoril Casino, one of the most important entertainment venues in Portugal. Nature also takes pride of place in

the Sintra-Cascais Natural Park - offering an endless number of leisure activities associated to ecotourism.

Culture and entertainment are a constant in Estoril/Cascais, supported by varied and high quality accommodation, complemented by excellent food.

With its magnificent golf courses, considered to be among the finest in Europe, golf is the major sporting activity in the area.

The almost inexhaustible choice of leisure activities are complemented by first-class infrastructures including the Conference Centre, Marina and international Racetrack.





SINTRA

CAPITAL OF ROMANTICISM

11

Sintra is an inexhaustible attraction. It was designated as a Cultural Landscape World Heritage site by UNESCO in 1995.

What makes Sintra such an exceptional place? It is exuberant in all senses of the word, a perfect fusion between the riches of nature and magnificent monuments, creating a combination of extreme beauty.

In the historic town centre, we find the Royal Palace, one of the many monumental buildings in the region.

Strolling through the town centre is like travelling through a magical world, where the smallest details are of great significance. All this is surrounded and watched over by the grandeur of the Sintra mountains, with luxurious vegetation offering countless different walks.

High in the Serra, on one of its steep peaks, we find the Pena Palace. This UNESCO World Heritage site includes many monuments that deserve to be visited.

Walking through the town and up into the Serra reveals the area's unique charm.

The proximity of the sea also makes the region a unique destination, since it includes some of the most beautiful beaches in Portugal, including Praia Grande and Praia das Maças. To reach this beach from Sintra, you can take a wonderful old-fashioned tram along the old restored track from Sintra to the sea. Further south is Cabo da Roca, the westernmost point in mainland Europe, immortalised by Camões as the place "where the land ends..."

For pure fascination, Sintra is the solution.



● SINTRA
● LISBOA

PALETTE OF COLOURS

The Oeste is a fertile region, full of natural and cultural attractions. Its landscapes are brimming with colour and create harmonious patterns in all seasons of the year.

Between the Atlantic Ocean and the Serra de Montejunto, ideal for walks and birdwatching, the Oeste connects the sea and the countryside, in a land with many marks of history. This is one of the largest Wine Regions in Europe and its interesting vineyards and wine cellars can be visited by following the Wines Route.

In Peniche, Europe's westernmost city and Nazaré, a friendly fishing town, marvel at the tasty coastal fish dishes, enjoy the magnificent landscape and relax on the golden sandy beaches.

The Berlenga Nature Reserve is another fascinating place to visit. This is the only marine reserve in the country and is classified by the Council of Europe.

The Oeste region is also well-known for its spas, in particular the Termas

do Vimeiro, Termas do Vale dos Cucos, in Torres Vedras, and the spa town of Caldas da Rainha, which is also famous for its artistic ceramics and pottery.

Óbidos is a magnificent walled medieval town that enchants visitors. Captured from the Moors by King Afonso Henriques, the Founder of Portugal, in 1148, Óbidos has many attractions including the fine Castle, now a Pousada luxury inn, from where you can gaze over the magnificent surrounding landscape.

Also make sure to see another monument that has been listed as a UNESCO World Heritage, the Monastery of Alcobaça.



PORTUGUESE FAITH

The region of Leiria/Fátima has a wealth of interesting sites.

This region boasts a wide array of natural attractions, including its incomparable coastline. Majestic monuments and places of religious pilgrimage, offer spiritual comfort, fascination and inspiration. In Leiria/Fátima you'll discover special values and emotions.

One of the most important National Monuments can be found in this region - commemorating a landmark in Portuguese history and recognized as a World Heritage site by UNESCO: the Monastery of Batalha.

Nature is an inevitable part of any visit to the region, and its especially worth visiting the Serras de Aire e Candeeiros Natural Park, the Serra de Sicó mountains and the Leiria Pine Grove. Other sites of interest are the Termas de Monte Real, the Dinosaurs Footprints National Monument and various underground caves, open to the public in the Serras de Aire e Candeeiros Natural Park.

Another obvious reason to visit the region is its sun, sea and stunning beaches, such as São Pedro de Moel and Osso da Baleia.

The hand-blown glass waiting to be discovered on the Glass Route is also unforgettable.

Visit the so-called Altar of the World: Fátima, where spiritual comfort is sought under the watchful eye of the Virgin Mary. Every year, millions of pilgrims visit Fátima - moved by ardent faith to visit the city of peace.



RELIVING THE PAST

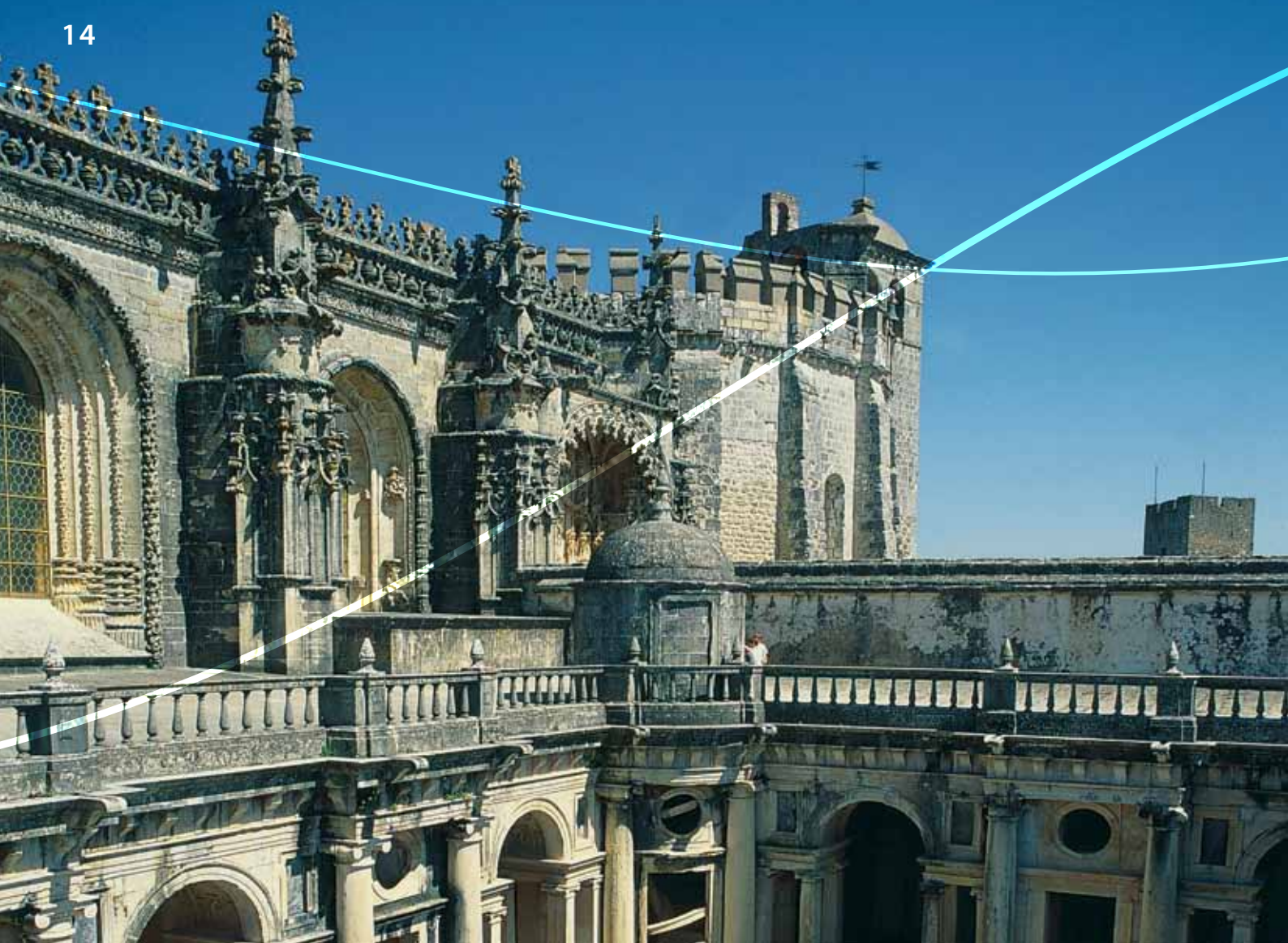
Closely connected with the Order of the Knights Templar, this zone has numerous vestiges and buildings that bear witness to their presence. The influence of this Order during the Age of Discovery in the 15th and 16th centuries had an important impact on the cultural and historical legacy of this region, in particular in terms of Sacred Art.

The Convent of Christ, in Tomar, is the finest example of Templar art and has been listed as a UNESCO World Heritage site since 1983. Special attention should be drawn to the Charola round church and the Templars Castle, but there are other key sites, such as the castles in Torres Novas and Sertã, the parish church of Sardoal, the church of São Pedro da Sertã, and many others.

The region encompasses ten municipalities, harbouring many other attractions, such as the excellent regional food and a wide range of

crafts. Throughout the region, we find numerous and valuable signs of its wealth and former glory as well as interesting festivals, such as the "Festa dos Tabuleiros" in Tomar.

Nature is also an attraction in the region, with several natural parks, such as the Paúl do Boquilobo Nature Reserve - a UNESCO Biosphere Reserve.



RIGHT ON THE TAGUS

Ribatejo is clearly demarcated by the River Tagus. Its name, geography and overall culture have been moulded by Portugal's largest river.

One of the typical features of this landscape is the "lezíria" or river plains, where bulls and horses are raised, unique to this region of Portugal.

The main city, Santarém, has a valuable architectural heritage that is well worth exploring. The City Walls offer fine views over the River Tagus and plains. In Santarém also visit the Sanctuary of the Holy Miracle, the Church of Graça, and the Time Museum Unit.

The towns of Abrantes and Constância shouldn't be missed, due to the fantastic views they offer of the river and their fine food and traditional convent sweets.

Almourol Castle is also exceptional and quite unique - built on a small granite island in the middle of the River Tagus, near Tancos. Dating

from the 12th century, Almourol Castle is one of the best-preserved medieval monuments in the country. There is a permanent ferry service to take visitors to see the castle close up.



BLUE LIKE THE SEA

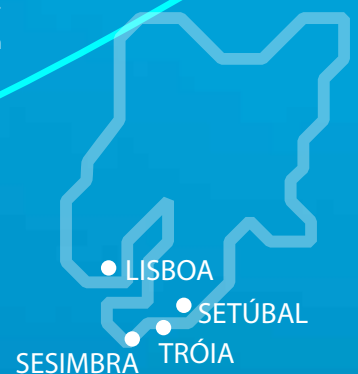
SETÚBAL TRÓIA

The Setúbal/Tróia region has a wide natural diversity of landscapes and an environment, favoured by the presence of the sea. It's a wonderful region to discover. It has unforgettable beaches, two estuaries, mountains and peaceful inland plains. The area boasts a mixture of colours that radiate a unique light.

Beaches can often be a decisive factor in a holiday and this region of Portugal offers a wide range of fantastic beaches. One of the most popular beach destinations is the Costa de Caparica. Other popular beaches are the Praia do Meco and Portinho da Arrábida. Discover the beaches in Sesimbra and enjoy some of the most exciting food in Portugal, based on the finest fish and shellfish dishes.

One of the main attractions of the Tagus Estuary Nature Reserve is its flamingo colony.

Further south, the Sado Estuary has another important Nature Reserve. Dolphins live in this vast estuary, to the delight of both adults and children – they are unique in Portugal and very easily observed. Arrábida, with its Hills and Natural Park, is a great spectacle of nature, a celebration of beauty that can be enjoyed by all visitors. Setúbal/Tróia is an exceptional destination for golf, with several courses offering excellent conditions.





ERICEIRA is a privileged seaside resort. This maritime town with an 800-year old history is located 50 km north of Lisbon. It offers a perfect environment for relaxation and enjoyment. With clean waters that are rich in mineral salts and an iodine-rich climate, the Ericeira zone offers excellent beaches - such as those in Foz do Lizandro, S. Lourenço, S. Sebastião and Ribeira d'Ilhas, world famous for surfing, bodyboarding and skimming.

If you like smaller, more intimate beaches, visit the Praia da Orelheira. With a long fishing tradition, Ericeira also has the Praia do Peixe and the extensive Praia do Sul.

Given the zone's important fishing activity it's the perfect place to enjoy some fish and shellfish dishes.

Ericeira is also a wonderful place for taking a stroll. Calm and enchanting, the town offers excellent walks including an interesting range of shops and handicrafts.

17

MAFRA is drenched in History with many stories to tell. The majestic Royal Convent of Mafra is located in the town centre.

Portugal's most distinguished baroque monument was commissioned by D. João V in the first half of the 18th century. The works were overseen by João Frederico Ludovice, who brought to Mafra a model inspired by Papal Rome and several Germanic influences. The monument includes a Basilica, Royal Palace, Franciscan Convent and an important library containing over 40,000 books. The building was the source of inspiration for the novel, "Memorial of the Convent" by Portuguese Nobel Literature prize winner, José Saramago. Inhabited on a sporadic basis, it served as the residence of the Portuguese royal family in 1807 during the reign of D. João VI, prior to the Court's departure to Brazil.



OEIRAS offers magnificent beaches that are highly popular amongst Lisboners during the Summer and also has wonderful heritage sites, including the Palace of the Marquis of Pombal. Designed by Carlos Mardel, the palace reflects 18th century architectural styles in particular in terms of the gardens - whose main reference was the Palace of Versailles. Inside, notable features include the ceilings, with works by João Grossi, paintings by André Gonçalves and statues by Machado de Castro. It's also worth seeing the Chapel dedicated to Nossa Senhora das Mercês. In Oeiras also make sure to visit the Parque dos Poetas, a pleasant green space which immortalises and pays homage to 20 Portuguese poets from the 20th century.



NEARBY...

18

LOURES offers various points of interest, ranging from rural buildings, such as farms, watermills and wine cellars to other significant historical and cultural monuments. The famous and widely appreciated Bucelas wine is also produced in this municipality. A light, aromatic white wine, Bucelas holds a major wine and harvest festival in the second weekend in October.

In the eastern zone, we find the Parque do Tejo, boasting calm waters. This is an ideal sport for watching various species of birds, in particular exuberant flamingos.

Key religious monuments in the municipality include the 16th century Loures parish church, and the 18th century Palace of the Archbishops. The 15th century Castle of Pirescoxe, still has medieval towers with battlements. The recently rebuilt castle now includes an auditorium and exhibitions rooms.

It's also worth visiting Loures Municipal Museum, with temporary and permanent exhibitions and the Pottery Museum that offers visits to exhibitions of pottery manufactured in the Sacavém porcelain factory and oven 18.

VILA FRANCA DE XIRA A land of horses and bulls, the municipality of Vila Franca de Xira is the perfect place to visit "quintas" and farms, and also offers rich regional gastronomy and excellent wines.

You'll find several places of cultural interest, including the Sanctuary of Senhor da Boa Morte. This important monument is the oldest church in the region, dating back to the Roman era. Set on a hillside, the Sanctuary has a wonderful location, offering superb views over the town and the estuary.

On the south bank of the Tagus, in the heart of the "lezíria" plains, you'll find the Hermitage of Nossa Senhora de Alcamé, built in a monumental neoclassical style. In the town, don't forget to visit the Church of the Holy Martyr, transformed into the Centre for Sacred Art of the Vila Franca Municipal Museum, and also the Ethnographic Museum, which exhibits some of the most typical and traditional objects of the region. For a typical local event, visit the Red Waistcoat Festival in July - the occasion for many traditional regional activities.

TOURISM INFORMATION DESKS

ASK ME

ASK ME LISBOA

LISBOA WELCOME CENTER

Praça do Comércio | Tel.: +351 210 312 810
09.00-20.00

ARTESANATO DO TEJO

Rua do Arsenal, 25 | Tel.: +351 210 312 820
10.00-18.00

LISBON AIRPORT

Arrivals, Airport | Tel.: +351 218 450 660
07.00-24.00

PALÁCIO FOZ

Praça dos Restauradores | Tel.: +351 213 463 314
09.00-20.00

SANTA APOLÓNIA STATION

CP Train Station - International Terminal | Tel.: +351 218 821 606
08.00-13.00 | Tuesday to Saturday

RUA AUGUSTA

Quiosque Augusta – Rua Augusta | Tel.: +351 213 259 131
10.00-13.00 | 14.00-18.00

BELÉM

Quiosque de Belém - Mosteiro dos Jerónimos | Tel.: +351 213 658 435
10.00-13.00 | 14.00-18.00 | Tuesday to Saturday

Y/LISBOA

Rua Jardim do Regedor, 50
1150-193 Lisboa
Tel.: +351 213 472 134
10.00-22.00

ASK ME ESTORIL

Arcadas do Parque, 2769-503 Estoril
Tel.: +351 214 687 630
10.00-18.00

ASK ME CASCAIS

Rua Visconde da Luz, 14 / 14-A - 2750-414 Cascais
Tel.: +351 214 822 327
10.00-18.00

ASK ME ERICEIRA

Rua Dr. Eduardo Burnay 46 - Ericeira - 2655-370 Ericeira
Tel.: +351 261 861 095
10.00-18.00





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