

DBH 
GUIDES

**Lisbon,
Portugal**

Places to visit in Lisbon

Hotel Exclusive

Restaurants

See's & Do's

Nightlife

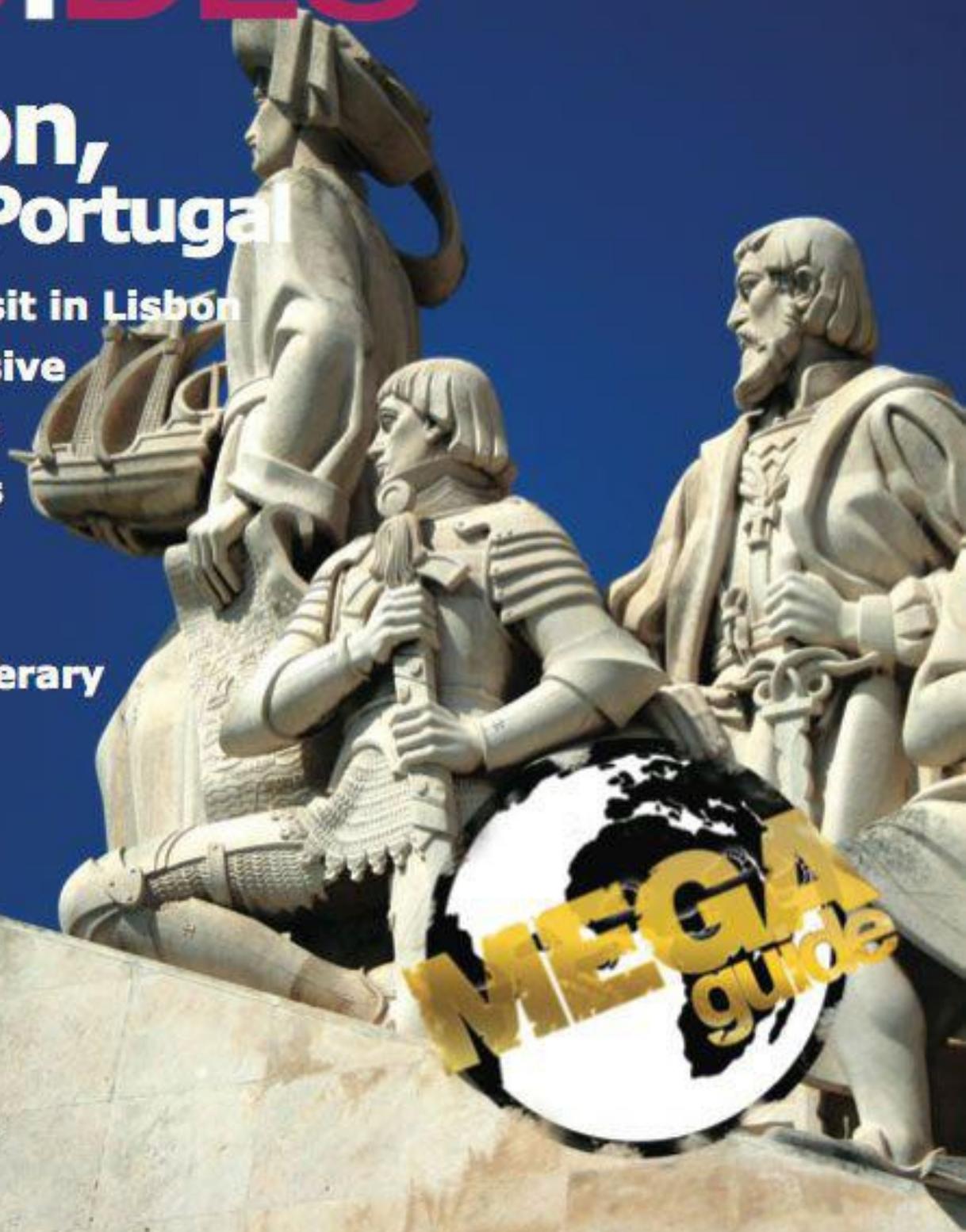
Day Trips

Custom Itinerary

Maps

Your
Portal
2 Every
thing
TRAVEL

Vol. 5.1



**MEGA
guide**

Table of Contents

[Country Intro](#)

[City Intro](#)

[LX Boutique Hotel](#)

[See's and Do's](#)

[Commerce Square](#)

[Elevator of Santa Justa](#)

[Carmo Convent, Lisboa](#)

[Belém Tower](#)

[Brasileira](#)

[Pasteis de Belém](#)

[Jerónimos Monastery](#)

[Castle of São Jorge](#)

[Rua Augusta](#)

[Cathedral of Lisboa](#)

[Oceanario](#)

[Cristo Rei](#)

[Restaurants](#)

[Alma](#)

[Baiuca Fado House](#)

[Fortaleza do Guincho \(Cascais\)](#)

[Largo](#)

[Tasca da Esquina](#)

[Tavares](#)

[Nightlife](#)

[Lux](#)

[Cinco Lounge](#)

[BedRoom Bar](#)

[Incognito](#)

[Kremlin](#)

[Silk Club](#)

[Day Trips](#)

[Cabo da Roca and Azenhas do Mar](#)

[Cascais](#)

[Mafra](#)

[Sintra](#)

[Additional Travel Information](#)

[Suggested Itinerary](#)

[Maps](#)

[Country Map](#)

[Area Map](#)

[Lisbon Map](#)

[Note from David](#)

Country Intro



The Portuguese Republic is the westernmost country of mainland Europe and is situated on the Iberian Peninsula. Further to the west, the Azores and Madeira archipelagos also form part of the Portuguese Republic. Like its neighbor Spain to the east, Portugal has been inhabited for millennia since the Stone Age. Later on, Celtic tribes that migrated from central Europe came to control much of the Iberian Peninsula for more than six hundred years until the arrival of the Romans in the year 218 BC. The Romans were attracted to the fertile soil and Atlantic Ocean access that the western lands could provide them, thus the Latin title *Portus Cale* (Big Port) was born.

Fast forward to the Middle Ages, when an Islamic force from North Africa began conquering the peninsula then known as *Hispania* and establishing kingdoms collectively known as Al-Andalus. The Moors dominated the land until the centuries-long Reconquista movement (718-1492) eventually drove them out of Spain and Portugal for good. During the Reconquista, several Christian kingdoms were able to emerge. At first, Portugal formed part of the Kingdom of Galicia, but eventually gained its independence. On June 25, 1139, Afonso Henriques proclaimed himself the first monarch of the land, becoming King Afonso I of Portugal.

Weather

Portugal has a temperate, Mediterranean climate with a particularly wet winter season. During the summer months, visitors enjoy 11 to 12 hours of sunshine and breezy conditions, especially in coastal cities like Lisbon and Porto. Areas north of the Tagus River are hilly while the land south of the Tagus is flat. Portugal is an ideal destination for Americans. In less than seven hours one could fly from New York City to Lisbon, and the country boasts hundreds of unforgettable experiences. With a host of stunning beaches, megalithic sites, energetic cities, wineries and medieval castles, who would ever want to leave?

Culture

Portuguese culture is a unique blend of folk traditions that vary by region. The arts, particularly music, form a huge part of the national identity. Fado music is by far the most iconic genre of Portuguese music. Characterized by passionate lyrics about love and loss, a melancholy tone and seductive guitar sounds, a live Fado show is a can't miss experience when in Portugal.

Cuisine

While largely influenced by its position in the Atlantic Ocean, Portuguese gastronomy varies significantly by region, giving foodie lovers reason to rejoice. While the Southeastern Alentejo region is known for its aromatic soups and pork dishes, the Centro region is known for its hearty goat recipes. Lisbon packs a punch with a remarkable selection of fresh seafood and scrumptious pastries like the famous Pastel de Belém tart. No trip to Portugal is complete without sampling some of the country's renowned wines. Few know that Portugal actually produces more types of wine than Spain. In recent years, wine tourism here has boomed due to the abundance and rich flavors of wines like Port, Bairrada, Verdelho, Verde, Bucelas, Ribatejo and Douro.



David traveled to *Portugal* in
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Legend has it that Lisboa's name came from a Portuguese word for safe harbor. Nestled at the western edge of Europe and featuring multiple architectural styles, many travelers find Lisboa an ideal location to drop anchor, explore history and sample regional cuisine along its many cobblestone streets. Ranked as the world's 10th oldest city, Lisboa traces its roots back to the Phoenicians, who settled it approximately 3,000 years ago. Over the centuries, the Greeks, Romans, Moors and Christians moved in, each leaving their own cultural marks upon the city the western world refers to as Lisbon. When Phoenicians settled Lisboa about 3,000 years ago, they named the city Alis Ubbo or, Delightful Shore. Three major earthquakes struck the city in 1755, and afterward, city leaders rebuilt and restored Lisboa.

Today, Lisboa is Portugal's capital as well as its largest city. Located on the north banks of the River Tagus with the Atlantic Ocean to its west, Lisboa is known as a hub of finance, international trade, tourism, and the arts.

Even though Lisboa sits atop seven hills, the city is simple to navigate. Its streets are laid out on a simple grid, and public transportation includes buses, trams (easy to spot in their eye-popping yellow shells), trains and an international airport. Local transportation is efficient and allows for convenient travel across the city and to surrounding areas. If you choose to walk, Lisboa's steep and narrow streets will give your legs a workout, so pack comfortable walking

shoes.

The city, with a population of almost 550,000, has several distinct neighborhoods to explore. Alfama is the historic section of town, the central area of Alcântara hosts much of its nightlife, and Bairro Alto is the residential, entertainment and shopping district.

The many museums, parks and gardens make Lisboa a European must-see. It is also the perfect destination for the nocturnal-loving tourist seeking a lively nightlife scene. The weather in Lisboa makes for an ideal vacation spot with its mild winters and hot summers. For instance, December temperatures average a low of 48 degrees F (9° C) and a high of 58° F (15° C), with June averaging a low of 60° F (16° C) and a high of 76° F (25° C).

Make sure you visit a local spot to experience a bit of Fado. We recommend several day trips in this guide that are ideal to soak up the regional Portuguese scenery and quaint little towns, as well as music.

In this guide, you will find all of the attractions I recommend for Lisboa. I experienced all of them during my visit to Portugal in November 2010. As part of a new feature in our 2012 DBH Guide series, at the end of this guide you will find a sample 5-day itinerary for your trip.

The following websites are invaluable resources for first time visitors:

www.visitportugal.com

www.portugal.com

www.golisbon.com

LX Boutique Hotel



Upon entering the LX Boutique hotel, you will see how it has earned its four stars. Every floor has original painted wall murals that capture the hotel's modern vibe.

The LX Boutique has five distinct floors with very different themes, but each represents an aspect of the city. The first floor, Tejo, incorporates elements of the Tagus River, making guests feel as though they are relaxing on the shore. The second floor, Bairro Alto, has a theme of the old district. 7 Colinas floor, or the third floor, symbolizes the seven hills that Lisboa lies on. The fourth floor, Pessoa, is decorated with books dedicated to the Portuguese poet Fernando Pessoa. My room was on the fourth floor and was an incredible experience. The bed was enormous and instead of a headboard there was a mural of a life-sized library full of

books. They looked so real I thought I could touch them and I actually had to do a double take when I first noticed it. The backdrop of the faux bookshelves gives a warm and homey feel that makes the LX Boutique distinctive from other hotels where I have stayed. The fifth floor is named Fado, and is named after the typical Portuguese music. The walls on this floor are decorated with musical instruments. All of the rooms offer the décor and comfort of home, but with conveniences of a four-star hotel.



Within each floor at the LX Boutique Hotel, there are three types of rooms that visitors can choose from. The smallest is the XSSENTIAL room followed by the XPANDED, and finally the XPLENDID suite. The XPLENDID features a work area that is perfect for guests who come to Lisboa but who also want to take care of some business. The breakfast they serve is filling and offers a wide assortment of oatmeal, croissants, coffees, fruit salads, eggs, and cheeses.



The staff at the LX Boutique Hotel helped me with everything I needed and were extremely friendly. They are knowledgeable and always ready to assist guests with any requests that they may have during their stays. LX Boutique is located on Rua do Alecrim, in the Baixa district, which is one of the main streets in the center of Lisboa. This area of the city is known for its elegance and contemporary air. From here visitors are in the perfect location to take in the old and new cities, and are only a few minutes walk away from many of Lisboa's major attractions. The Bairro Alto is also only a five-minute walk from the hotel. Overall the hotel is in an ideal place within the city and exactly the type of place I would want to stay at again.

Info:

Rua do Alecrim nº 12 □ 1200-017 Lisboa, Portugal

+351 213 474 394

www.lxboutiquehotel.pt

info@lxboutiquehotel.com

See's and Do's

Commerce Square



The Commerce Square, or Praça do Comércio, is conveniently located in the center of the city. Visitors will enjoy this beautiful square nestled against the Tagus River, offering a striking view of the water. A bronze statue of King José I, by Machado de Castro, stands proudly in the center of the square. Commerce Square also has historical significance to the Portuguese people because in 1908 King Carlos I was assassinated here.

Elevator of Santa Justa



Raúl Mesnier du Ponsard, apprentice of Gustave Eiffel (architect of the Eiffel tower), engineered this iconic lift in 1902. It measures 45 meters in height and can carry a maximum of 20 passengers up from the Baixa (lower) quarter to the Bairro Alto quarter. It is constantly on the move within the Gothic tower that it is housed in. From the top, visitors have great views of the old city of Alfama and the Castle of São Jorge. The “carmo lift” as it is called, was declared a national monument in 2002. Although not necessary, it is the most popular way for first-time visitors to get to the Carmo Convent. A ride costs €5 per person.

[VIDEO: Click Here to Watch! \(Kindle Fire/Tablets/Smartphones\)](#)

Carmo Convent, Lisboa



Once you get off the elevator of Santa Justa at Carmo Square, you will find yourself just steps away from Carmo Convent. It was founded by Knight Nuno Álvares Pereira for the Carmelite Order in 1389. Presently no sisters of the Carmelite Order reside in Carmo Convent, but the site is open for tourists. The convent was damaged in the earthquake of 1755, but was later partially rebuilt and served as a military quarter. Much of the church was left untouched after the disaster and so you will find some sections still in ruin. Inside there is an archaeological museum housing tombs and other relics of Portuguese history.

Belém Tower



This impressive tower is located at the mouth of the Tagus River and is known as the symbol of the city. It was built in 1515 as a fortress with the purpose of protecting the city's harbor. It was commissioned by King John II and was constructed out of limestone mined from local areas. Belém Tower served as a starting point for sailors leaving for voyages into the deep blue. Listed as a UNESCO World Heritage Site, the tower's impressive stonework and intricate detail are definitely worth the visit to the Avenida da Índia in Belém.

The tower is open October to May from 10 a.m. to 5:30 p.m. (last admission at 5 p.m.) and May through September from 10 a.m. to 6:30 p.m. (last admission at 6 p.m.) It is closed on Mondays. Admission is €5 per person, but free on Sundays until 2 p.m.

Brasileira



Opened in 1905, this coffee shop is more than just a daily stop for locals. The Portuguese take their coffee quite seriously, and no café could be more iconic than Brasileira, serving genuine Brazilian ground. Located in the old quarter of Lisboa, this café was frequented by Portuguese poets and writers such as Fernando Pessoa, Alfredo Pimenta and Aquilino Ribeiro. It makes for a fun visit, especially for caffeine addicts who enjoy sitting in cafés where some great minds of the past got their fixes.

Pasteis de Belém

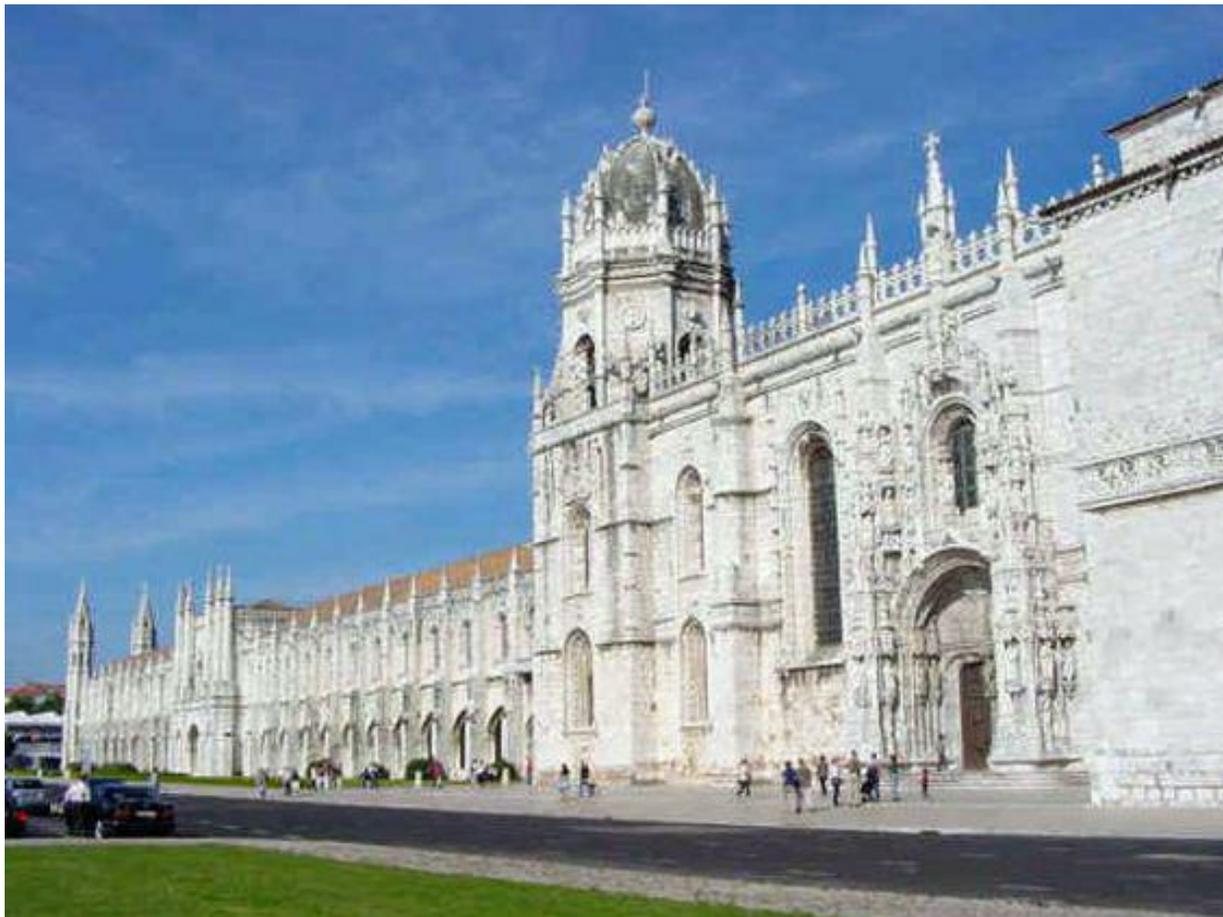


While here, taste the original Pastel de Belém with a bica, Lisboa's version of espresso. This place is known for having invented the original pastel, or pastry. The original building of the bakery is an old school house, which gives Pateis de Belém an authentic old-world Portuguese feel. They also make other delicious products such as jam, English cake, King and Queen cake, and marmalade. Delicious is the best word to describe the delicacies you can buy at Pateis de Belém.

Pateis de Belém is open October 1st to May 31st from 8 a.m. to 11 p.m. and June 1st to September 30th from 8 a.m. to midnight. Open every day.

Rua de Belém, 84
1300 Lisboa, Portugal
www.pasteisdebelem.pt

Jerónimos Monastery



The Jerónimos Monastery, also called Hieronymites Monastery, is another iconic site in Lisboa that is a must-see for every traveler. It took 50 years of construction to complete the monastery that was originally intended to commemorate Vasco da Gama's roundtrip voyage to India. This is another UNESCO World Heritage Site, and consists of the Church of Santa Maria and the monastery itself. Surprisingly, the monastery was left relatively unharmed after the 1755 earthquake, making it a true testament of longstanding Portuguese history.

The monastery is open October to May from 10 a.m. to 5:30 p.m. (last admission at 5 p.m.) and May through September from 10 a.m. to 6:30 p.m. (last admission at 6 p.m.) It is closed on Mondays. Admission is €7 per person, but free on Sundays until 2 p.m.

Castle of São Jorge



Perched on the highest hill is the Castle of São Jorge, which dates back to medieval times and overlooks the city of Lisboa. The castle was used to protect the city from the Moors toward the end of the 12th century. Guests can explore the terrace, gardens, and cannons on site. The Castle of São Jorge is one of the most popular tourist destinations in the city.

The castle open March through October 9 a.m. to 9 p.m. and November through February 9 a.m. to 6 p.m. Admission is €7.50.

[VIDEO: Click Here to Watch! \(Kindle Fire/Tablets/Smartphones\)](#)

Rua Augusta



Known as the most famous pedestrian walkway in Lisboa, the Rua Augusta is a perfect one-stop locale to grab a quick bite to eat or pick up any postcards or souvenirs. Here visitors will find merchandise including flowers, handbags, shoes, musical instruments and much more. The street vendors are known for having interesting knickknacks that make the Rua Augusta a fun detour from the historic sites.

Cathedral of Lisboa



Another beautiful highlight of Lisboa is the cathedral that dates back to 1150. Its Romanesque façade features a large, circular window and porch. Legend has it that the cathedral was originally a mosque, converted in 1147 when Crusaders conquered Lisboa. The 14th century sacristy inside the cathedral holds relics and religious arts that history buffs will surely enjoy. There is no admission fee, but to visit the cloister costs €1.50.

Oceanario



This modern aquarium is only a 15-minute taxi ride from central Lisboa. Situated along the shoreline, it is a popular destination with more than one million international visitors per year! The Oceanario has one colossal tank in its center, symbolizing the union of all oceans. It also houses various smaller tanks that contain different sea creatures such as sharks, barracudas, schooling fish and stingrays. Make sure to experience the modern design and incredible animals at this popular Lisboa destination. This is a great spot to bring the kids or the kid in you.

The Oceanario is open every day from 10 a.m. to 7 p.m. in summer and from 10 a.m. to 6 p.m. in winter. Admission is €16.

[VIDEO: Click Here to Watch! \(Kindle Fire/Tablets/Smartphones\)](#)

Cristo Rei



Cristo Rei, or Monument to Christ, was built to thank God for having helped Portugal avoid entering World War II. It is located in the town of Almada, about a 25-minute drive from Lisboa. Visitors of Cristo Rei may notice that the 90-foot-tall monument looks very familiar. That's because it was inspired by the one built in Rio de Janeiro, Brazil. The highest point of the structure, the pedestal at about 270 feet in the air, can be reached by elevator and offers an incredible view of the city and the 25 de Abril Bridge. A quick ferry ride from the Cais do Sodre Station will take visitors to buses that will escort them to this impressive monument.

Restaurants

Alma



This small Lisboa restaurant is known for its prominent Portuguese chef, Henrique Sá Pessoa. Designer Catarina Ventura and architect Eduardo Malhado conceived Alma's all-white interior and décor. Alma means soul, so the pallid décor fits in with the concept of the restaurant. The cotton lamps and clean design give a comforting feel for an enjoyable and memorable dining experience. From the moment that visitors receive their first plate, they will be awed by the presentations born in the kitchen. Diners can choose from two menus: the Alma menu of starters, main dishes and desserts, and from the Degustação (tasting) menu for a la carte options. My favorite plate was the black pork dish with yellow sauce. Alma is a popular dining destination in Lisboa and so calling ahead for a reservation is highly recommended.

Alma is open Tuesdays through Saturdays from 7:30 p.m. to 1 a.m.

Info:

Calçada Marquês de Abrantes 92 1200-720 Lisboa, Portugal

+351 213 963 527

www.alma.co.pt

Best Time: Dinner

Recommendations: Grilled octopus, cod fish, black pork

Baiuca Fado House



Baiuca Fado House restaurant is located in the Alfama area, which is the old Arab quarters of Lisboa. Its distinguishing element is its live shows of Fado music, which is a typical Portuguese style of music that has been played for centuries, and is known for its melancholy-sounding notes. I was fortunate enough to have been seated with the owner's family and I had a wonderful time eating traditional Portuguese food and listening to the live guitars and singing.

The Baiuca Fado House is a great spot for visitors who love live music; anyone can get up and belt out a tune. On top of the lively atmosphere that this cozy restaurant offered, the food here was beyond excellent. I ordered the seafood soup as an entrée. Although the Baiuca Fado House restaurant is small, it is bursting at the seams with life, entertainment and delicious food. The restaurant's owner also waits guests' tables and participates in the live Fado music shows. She's a triple threat of food, hospitality, and talent. Make sure you tell her that David sent you! Book ahead, there are only six tables.

Info:

Rua de São Miguel, 20 [Alfama](#)

Lisboa, Portugal

+351 218 867 284

www.golisbon.com/night-life/Fado/baiuca.html

Best Time: Dinner

Recommendations: Seafood soup

[VIDEO: Click Here to Watch! \(Kindle Fire/Tablets/Smartphones\)](#)

Fortaleza do Guincho (Cascais)



At the far end of the town of Cascais, in the Hotel do Guincho, visitors will find the Fortaleza do Guincho restaurant. The restaurant was formerly a military fortress in the 17th century. It opened in 1998 and has earned a Michelin Star since 2001, as well as having been awarded the "Best of Award of Excellence" from Wine Spectator. Its Portuguese cuisine is of excellent quality as are the wines paired with every course. Chef Antoine Westermann and executive chef Vincent Farges definitely know how to add a French "haute cuisine" element to the Portuguese flavors. I especially loved the homemade duck liver. The amazing flavors are complemented by the restaurant's welcoming atmosphere, which offers a delightful view of Guincho Beach and Cabo da Roca, the westernmost point in all of continental Europe.

The restaurant is open daily from 12:30 to 3 p.m. for lunch and from 7:30 to 10:30 p.m. for dinner.

Info:

Estrada do Guincho
2750-642 Cascais, Portugal
+351 214 870 491

www.hotelfortalezadoguincho.com

Recommendations

- Homemade duck liver from the Landes region; wine from Douro.
- Steamed sea bass with seaweed flavor, oyster tartar; wine from Ribatejo.

- Roasted venison with preserved quince, stewed red cabbage with spices; wine from Douro.
- Preserved crispy quince tart, vanilla Bourbon ice cream and quince juice; Moscatel from [Setúbal](#).

Best Time: Lunch for a great view; dinner will be packed!

[VIDEO: Click Here to Watch! \(Kindle Fire/Tablets/Smartphones\)](#)

Largo



Largo is located in the historic, cosmopolitan Chiado area. Its architectural design offers a mix of distinct concepts. Designed by Miguel Cândia Martins, the bare stone domes and columns of this restaurant link the traditional to the modern. Dutch lighting and imported furniture give the space a unique vibe. The black, white and green colors balance well with the sea anemone and jellyfish tanks. The wait staff at Largo is professional and friendly and in addition to the restaurant's design and service, I very much enjoyed the codfish risotto I ordered. The only downside to this restaurant is that it gets full fast, but visitors should be sure to reserve a table, which can be done by any hotel concierge. Overall, dining at Largo is an enjoyable experience in itself and should not be missed.

Open every day, Largo serves dinner from 8 p.m. to 1 a.m.

Info:

Rua Serpa Pinto 10
1200-445 Lisboa, Portugal
+351 213 477 225
www.largo.pt

Recommendations

- Fresh coriander cream soup with goat cheese and braised tomato
- Sole filets with scallops on leek sauce

- Roasted black pork with chickpeas with wild mushroom stew

Best Time: Dinner

Tasca da Esquina



Located on a corner just outside of Lisboa's city center and just a 15-minute walk from the Bairro Alto, this gourmet restaurant houses an incredible menu of seafood plates. Tasca da Esquina is a small and informal venue, but packs a powerful punch with its sophisticated cuisine. Vitor Sobral opened the restaurant in 2009 and Tasca da Esquina has since been welcoming diners with large luminous windows, red concrete floors, and its upbeat staff. Its small plates allow diners to order a wide selection for sharing with one another. My two favorite dishes were the clams in white sauce and the codfish. One of Tasca da Esquina's most popular desserts is the *abbot priscos*, a hearty wine pudding that provides the perfect ending to a satisfying meal.

Tasca da Esquina is open Mondays through Saturdays from 12:30 to 11:30 p.m. It is closed on Sundays.

Info:

Rua Domingos Sequeria 41 1350-119

Lisboa, Portugal

+351 919 837 255

www.tascadaesquina.com/en

Best Time: Lunch

Tavares



The walls of this restaurant literally appear as if they are coated in gold and the ceilings feature immense chandeliers throughout. Dating back to 1784, Tavares is the oldest restaurant in Portugal as well as one of the oldest restaurants on the planet! It also has some of the priciest appetizers I've encountered while traveling. Every plate is delectable and the attention to detail makes it a rich man's culinary paradise. Every plate I tried was amazing, but my absolute favorite dish was the baby lamb. Did I mention the port wine selection is seriously amazing? The dessert presentations are extravagant and will surely delight you and your guests with amazement. Tavares has mastered the art of food presentation hands down!

Tavares serves lunch from 12:30 to 2:30 p.m. Tuesdays through Saturdays, and dinner from 7:30 to 11 p.m. The restaurant is closed Sundays and Mondays.

Info:

Rua da Misericórdia, 35
1200-270 Lisboa, Portugal
+351 213 421 112

www.restaurantetavares.net

Recommendations

- Chestnuts and crab
- The Garden of "The Hen that Laid Golden Eggs," egg with earthy aromas

- Poached sea bass with shellfish, seaweed and glasswort in lemony seawater
- Baby lamb with carrots in puree
- Chocolate cigars, pear parfaits and hot chocolate

Best Time: Dinner



Overview

Lisboa nightlife has something for everyone. If you and your friends are looking to bar hop, this is a perfect city to do so. There are numerous bars where you can kick back, or mingle and meet new locals and tourists alike. The live entertainment scene is also buzzing in Lisboa; it is ideal for those who want to take in local live performances. And don't worry all you nightclub lovers! There is a long list of places to satisfy your late-night, fast-paced music cravings. Lisboa is known as one of Europe's best clubbing cities.

As far as when to start heading out to the clubs, locals in Lisboa usually eat a late dinner, do some bar hopping, and then hit the club around 2 a.m. And don't plan on leaving early — most clubs keep the party going until dawn. Visitors will find most club destinations by the river, between downtown Lisboa and Belém, and across from Santa Apolonia train station heading east. One advantage to Lisboa's nightclub scene is that during weeknights there is no cover charge to enter. On weekends, however, clubbers can expect to pay anywhere from €10 to €20 for admission. Another downside to clubs in Lisboa is that some have doormen who are very selective of people who are allowed to enter, such as at the popular Lux. I recommend that you dress to impress and skip the casual clothes to better your chances of getting into the club(s) you want. Overall, the nightlife scene in Lisboa offers unique venues that will make visitors want to return.

Lux



On Avenida Infante Dom Henrique, you'll find Lisboa's prime club spot. Lux is known as the hottest club, frequented by celebrities and other beautiful people who enjoy the modern décor and its spacious dance floor. The main floor offers a fast-paced set of music mixed by some of the world's top DJs, while the second floor has a more laid-back alternative vibe.

The balcony that surrounds the outside of the building makes for the perfect photo opportunity. You can stand there to take in the view, catch your breath after dancing, or watch the sun come up after a long night of achy feet and shots. If you make it past the highly selective doormen, you will find yourself in one of Europe's most exclusive clubs, and might even rub elbows with Cameron Diaz or Prince. Lux is currently rated Lisbon's No. 1 option for nighttime entertainment by the website, <http://www.golisbon.com>. Lux is open 10 p.m. to 6 a.m.

Info:

Avenida Infante Dom Henrique, [Doca do Jardim do Tabaco Alfama](#)

Lisboa, Portugal

+351 21 882 08 90

Cinco Lounge



With a sophisticated and swanky feel, Cinco Lounge makes for one of Lisboa's coolest clubs. The experienced staff here has worked at Michelin-starred restaurants and Relais & Chateaux hotels, making for a very professional and intuitive team. The lounge serves unique cocktails mixed with mouth-watering fresh fruits. It's one of the pricier spots in the city, but highly recommended by locals.

Cinco lounge is open from every day from 9 p.m. to 2 a.m.

Info:

Rua Ruben A Leitão 17A
1200-392 Lisboa, Portugal
+351 213 424 033
www.cincolounge.com

BedRoom Bar



Catering to the electro and hip-hop crowd, BedRoom Bar is a trendy and fun, themed venue. Located in the Bairro Alto, this spot is perfect for a young, edgier crowd. The DJ bar is decorated with multiple beds and sofas for guests to lounge around. The wallpaper and intimate lighting also will make you feel as though you are in someone's room. This nightclub also serves a great selection of wine. Make sure to try the Vinho Verde, "green wine," that gets its name from the freshness of the grapes used and not its color. Their caipirinha cocktail is also an excellent choice and is made with Cachaça liquor (fermented sugarcane).

Bedroom Bar is open Mondays through Saturdays from 9 p.m. to 3 a.m.

Info:

Rua do Norte, 86

Bairro Alto

Lisboa, Portugal

+351 213 431 631

Incognito



Talk about undercover — you have to ring a doorbell to get into this place. Looking for a sign with the name of the place on it? Don't bother. It's a secret hideaway for those seeking to dance the night away to 80's tunes, and alternative pop and techno sounds. The first level of the club houses the main dance floor, while the upstairs features a more laid-back loft bar.

Incognito is open Wednesdays through Saturdays from 11 p.m. to 4 a.m.

Info:

Rua dos Polais de São Bento, 37

[Bairro Alto](#)

Lisboa, Portugal

+351 213 908 755

www.incognitobar.com

Kremlin



Known as one of the most eccentric clubs in Lisboa, this is definitely a spot where you will want to go looking your best. Kremlin has been voted one of the top 10 clubs in Europe was once named the best club in Europe for house music and is renowned for the attractive people who attend. Kremlin's patrons go to hear world-famous DJs spinning house music on Thursdays, Fridays, and Saturdays. The jacked-up oriental décor and house beats tantalize the senses and will send you spinning into a musical vortex. The recommended time to get there is around midnight.

Info:

Escadinhas da Praia, 5 Santos

1200-869 Lisboa, Portugal

www.grupo-k.pt

Silk Club



This simply elegant nightclub opened in 2008 and has been dazzling Lisboa's club scene with its rooftop bar that offers a 360-degree view from the penthouse on Rua Misericordia, 14. Known for its exclusivity, visitors of Silk should be warned that it is quite difficult to enter, especially if no bottle service is requested. Once inside, however, the modern décor, chic atmosphere and sexy lighting become a playground for the young and beautiful. This is definitely a Lisboa hotspot.

Silk Club is open Tuesdays through Saturdays from 10:30 p.m. to 4 a.m.

Info:

Da Misericórdia 14
1249 Lisboa, Portugal
+351 913 009 193
www.silk-club.com

Day Trips

Cabo da Roca and Azenhas do Mar



About 40 minutes northwest of Lisboa sits the town of Cabo da Roca. It is the westernmost point on the European continent, not including the island nations of United Kingdom, Ireland and Iceland. This scenic cape area has a rocky pathway for visitors to walk, and a large sign describes that you are standing on the westernmost point of the continent. It is the perfect place for a photo documenting your visit while overlooking the turquoise waters. Swimmers and surfers alike will find ample opportunity at Praia Grande, one of the most popular beaches in the coastal Lisboa area.

[VIDEO: Click Here to Watch! \(Kindle Fire/Tablets/Smartphones\)](#)



After seeing Cabo da Roca, continue north to the quiet town of Azenhas do Mar. Before getting there, you will encounter a lookout spot, or *mirador*, where you can park your car and walk along to catch the best views of the town. The town of Azenhas do Mar does not have much for visitors other than a few restaurants. I didn't hear or see one person while I was there, which gave me the feeling it is like a ghost town during winter. Any time of year, however, this jutting peninsula provides a striking panoramic view of the Atlantic Ocean from Europe's west coast. Sun-bleached white houses perch atop a rocky hill overlooking waves crashing below. The restaurant by the same name, Azenhas do Mar, received the nod of "best seafront dining in the world" by Monocle Magazine in 2010. Visit www.azenhasdomar.com for more information.

[VIDEO: Click Here to Watch! \(Kindle Fire/Tablets/Smartphones\)](#)

Cascais



This picturesque town is only 20 minutes west from Lisboa and doesn't require driving on a highway. The best way to get to Cascais is by taking Marginal de Cascais (Av Marginal). By driving down this road you will get the chance to experience the beautiful coastline, which is especially pleasant around sunset. There are also many beaches along the way for visitors who desire a refreshing swim during the warmer months. The quaint town of Cascais reminds me of an Italian fishing village, but with more brilliant colors. The Fortaleza do Guincho restaurant is located west of Cascais almost at Cabo do Roca.

Cascais offers shopping and restaurants, but if you would rather soak up some local culture, spy on the robust auction of the day's catch held every afternoon by the main beach. Or add sailing, surfing and golfing to your more active itinerary while in Cascais. Points of interest in Cascais include the *farol*, or lighthouse, Tamariz and Carcavelos beaches and several delectable eateries along the Atlantic coast.

Visit www.cascais-travel.com for more information.

Mafra



Mafra is an old-world town that attracts travelers interested in the Mafra National Palace. You can reach the town by driving 30 minutes northwest of Lisboa. Mafra itself is petite in size, and is overwhelmed by the giant Baroque-style palace. King John V built it for his wife Queen Mary Anne of Austria. One would think that a grand construction such as this would be fit for a king, but the royal couple only used it as a secondary residence. The property went on to serve as a Franciscan monastery during 18th century, and was officially declared a national monument in 1907. The palace features an impressive 880 halls, 1,200 rooms, 29 courtyards, 4,700 windows, a massive Rococo-style library and 154 staircases. There are also two bell towers, a royal basilica, and a former royal hunting ground. Massive and opulent are the two best words that describe this site. A guided tour is a convenient and informative way to experience the palace. The tour takes guests through the king and queen's separate apartments on the second floor and through the library, which holds an impressive 35,000 volumes.

In 2012, the Mafra National Palace won the European Union Prize for Cultural Heritage for the restoration of its basilica's six historical organs. The prize recognizes excellence in cultural heritage conservation. The palace is open from 10 a.m. to 5:30 p.m. (last entrance at 4:30 p.m.) every day except Tuesday. The Basilica is open every day from 10 a.m. to 1 p.m. and

from 3 p.m. to 5 p.m. Admission is €6, but is free on Sundays and public holidays until 2 p.m.

Sintra



A 25-minute drive west through the Sintra mountains will bring visitors to the tiny, but regal town of Sintra. The town is known for its 8th and 9th century royal retreats, estates and palaces, all of which landed sleepy Sintra on the UNESCO World Heritage Site list. The Castelos dos Mouros (Moorish castle), Sintra National Palace and Pena National Palace are three of the town's jewels. Visitors can walk along the entire length of the wall surrounding the Moorish castle. I was amazed at the fact that it was built more than 1,000 years ago. It is definitely one of my favorite castles that I was able to see in Portugal. Sintra National Palace is the best-preserved medieval palace in the country. This 15th century beauty is open every day from 9:30 a.m. to 6:30 p.m. Admission is €9.



Pena National Palace, built in the 1840s, sits proudly on a peak and boasts many Romantic architectural elements, such as a drawbridge, turrets, ramparts and intricate, dramatic stonework throughout. It is one of Europe's most iconic castles - a must-see ranked up there with Germany's Bavarian fairytale fortresses. It is also considered to be one of Portugal's seven wonders. It is surrounded by Pena Park, a 500-acre plot of dense vegetation that has several plant species including the North American sequoia and magnolia trees. The palace is open daily from 9:45 a.m. to 7:00 p.m. (last entrance at 6:15 p.m.). Admission for the interior of the palace is €13.50. Tickets for the exterior, park and palace terraces are also available.

Visit www.parquesdesintra.pt/en for more information on Sintra's palaces and combined ticket prices for many of Sintra's attractions.

Additional Travel Information

Time zone: GMT +1

Getting around: While Lisboa is a walking city, there is also the reliable Lisboa Metro subway system. It is comprised of four lines and has 55 stations around Lisboa and its outskirts. The Metro operates from 6:30 a.m. to 1:30 a.m. daily, with some trains ending service at 1 a.m. A Metro ride will run you about €1.90 to €2, depending where you would like to go. Metro cards cost €0.50, are rechargeable and are available at each of the stations. Lisboa also has bus and street tram services. Figueira Square, Marques de Pombal Square and Sete Rios are the city's three major bus terminals.

See below for information about trains for travel to/from other parts of Portugal.

Shopping: Baixa (downtown district) features boutiques and small shops. Rua [Áurea](#) (gold street), Rua Augusta and Rua da Prata (silver street) are the city's main shopping streets. There are many charming specialty shops in the area like *Luvaria Ulisses* (gloves) and *Confeitaria Nacional* (bakery/café) that are over 100 years old and worth a visit. Avenida da Liberdade has designer stores such as Burberry and Louis Vuitton. Feira da Ladra is Lisbon's flea market. It is held all day Tuesdays and Saturdays in the Alfama quarter.

Hours of operation: Typical hours of operation are from 9am-1pm and from 3pm-7pm Monday through Friday and Saturdays from 9am-1pm. Museums are closed on Mondays.

Nightlife: The Bairro Alto quarter has numerous bars and Fado venues. The dock area of Santo Amaro has restaurants, cafés, bars and late-night nightclubs overlooking the marina. Most nightlife venues close between 2am and 4am.

Currency: Euro.

Currency converter: www.xe.com

Best time to go: March through October.

Nearest airport:

Lisbon Portela Airport (LIS)

www.lisbon-airport.com

+351 0218 413500

Train:

Alfa express and regional trains

www.cp.pt

+351 211 023000

Car rentals:

Avis: +351 218 435550

Europcar: +351 218 401176

Sixt: +351 218 407927

Tours:

9-hour Lisbon Sightseeing Tour plus day trips

www.viator.com

Yellow Bus Tours (hop on hop off).

<http://www.yellowbustours.com/en>

Pass:

Lisboa Card

www.neoturismo.com

The Lisboa Card offers free or discounted admission to more than 80 Lisboa museums and sights. Cardholders also receive free transportation on the Metro, public buses, trams and *elevadores*. This city pass is valid for one year from the time of purchase and is available for different lengths of time: €18.50 for 24 hours; €31.50 for 48 hours and €39 for 72 hours.

Telephone numbers:

Country Code: +351

Emergency Line: 112

Tourism Board: +351 210312700

Metro Lisboa: +351 217980600

Radio Taxi: +351218119000

List of helpful websites from this guide:

www.visitportugal.com

www.portugal.com

www.golisbon.com

www.visitlisboa.com

www.azenhasdomar.com

www.cascais-travel.com

www.parquesdesintra.pt/en

Other recommended accommodations:

\$ Hotel Residêncial Florescente

\$\$ Lisboa Plaza

\$\$\$ Hotel Heritage Av Liberdade

Other places of interest:**Discoveries Monument**

Avenida de Brasília, Belém

This monument, built in 1960, honors the anniversary of the death of Prince Henry the Navigator. Sculptures depict famous Portuguese explorers, only one of whom is female. The monument is located on the north bank of the Tagus River.

National Coach Museum

Praça Afonso de Albuquerque, Belém

<http://en.museudoscoches.pt>

Royalty need to get around too, and this museum shows how stylish travel by coach can be. The museum shelters the world's largest collection of ceremonial vehicles and is Lisboa's most-visited museum. It is in the former Royal Riding School at the Royal Palace of Belém. The museum is open Tuesday through Sunday. Admission is €5; free admission on Sundays and bank holidays until 2 p.m.

Suggested Itinerary

Day 1: Exploring old Lisbon

- Visit Commerce Square
- Stroll Rua Augusta
- Visit Castle of São Jorge
- Lunch at Tasca da Esquina*
- Ride elevator Santa Justa
- Visit Carmo Convent
- Coffee at Brasileira
- Head to Chiamo area for dinner at Largo*

Day 2: Belém

- Head to Belém quarter
- Jerónimos Monastery
- Visit Belém Tower
- Snack or lunch at Pasteis de Belém
- Visit Oceanario
- Dinner at Alma*

Day 3: Day of day trips

- Drive to Cascais for sightseeing
- Lunch at Fortaleza do Guincho*
- Drive to Cabo da Roca for sightseeing in the cape area
- Drive to Azenhas do Mar for a visit to the mirador

- Head back to Lisboa
- Dinner at Baiuca Fado House*

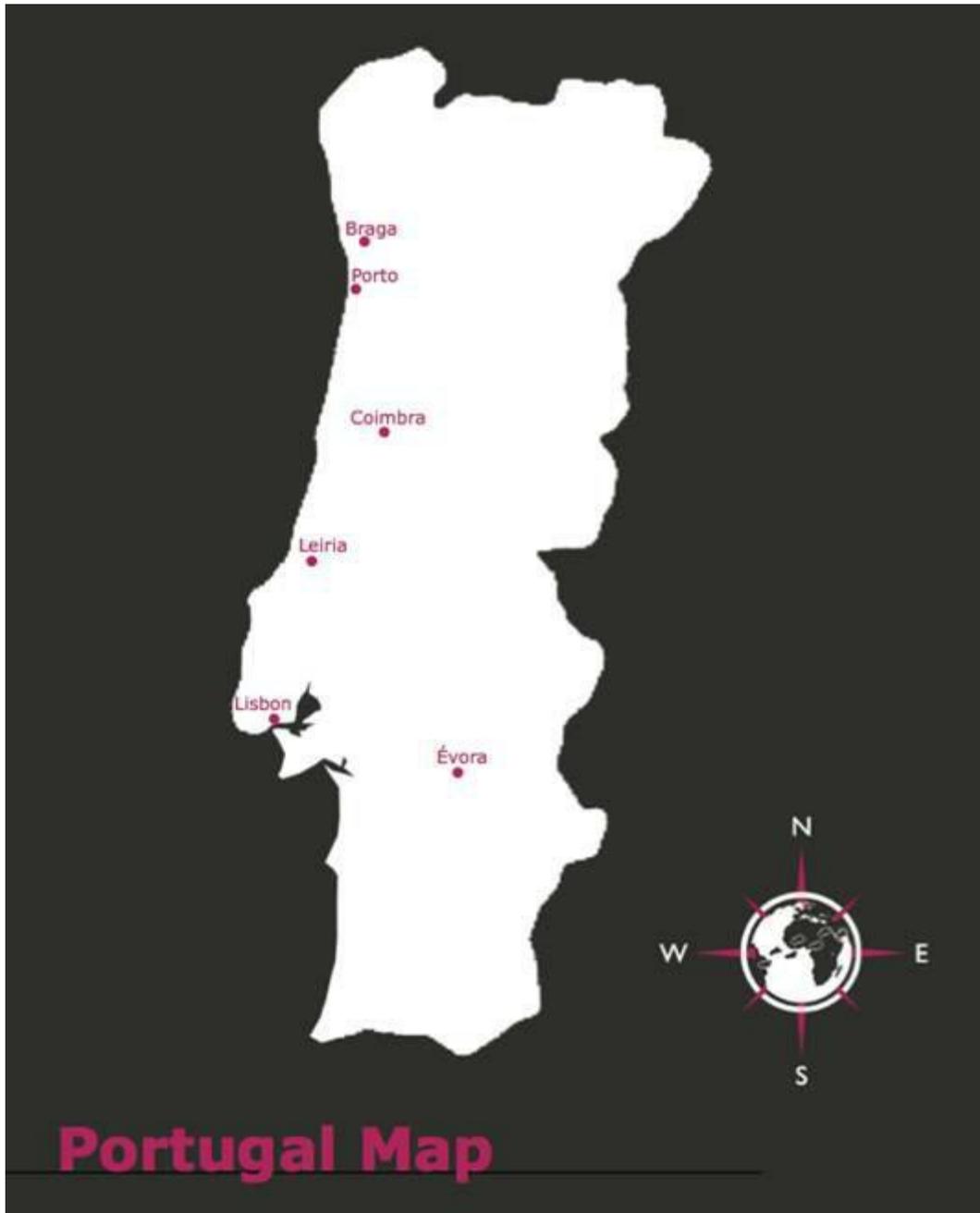
Day 4: Cristo Rei

- Drive to Almada or take ferry ride from Cais do Sodre station to see Criso Rei monument
- Return to Lisboa for lunch at Tavares*
- Shopping in the Baixa district

Day 5: Mafra, Sintra or both

- Drive to either Mafra or Sintra for the day
- If in Sintra, eat lunch at Gspot
- Drive back Lisboa
- Go to Feira da Ladra flea market (Tuesday and Saturday only)
- Dinner anywhere in Alfama quarter

Country Map



Area Map



Lisbon Map

1. LX Boutique Hotel
2. Commerce Square
3. Elevator of Santa Justa
4. Carmo Convent
5. Belem Tower
6. Brasileira
7. Pastéis de Belém
8. The Jeronimos Monastery
9. Castle of São Jorge
10. Rua Augusta
11. Cathedral of Lisbon
12. Oceanário
13. Cristo Rei
14. Balcão "Fado House"
15. Tavares
16. Tasca da Esquina
17. Manifesto
18. Largo
19. Alma
20. Lux
21. Cinco
22. Bed Room
23. Incognito
24. Kremlin
25. Silk Club





As the capital city of Portugal, Lisboa is an enormous place that has so much to do and see. Every restaurant in Lisboa served incredible plates that changed my gastronomic education forever. You can't go to Lisboa and not go to Pastéis de Belém. Try their famous pastries and amazing coffee. Dieters beware of the temptation in Portugal!

After visiting, I also realized that this is one of the hilliest cities in Portugal, very similar to the hills in Porto, Portugal. As far as nightlife, Bairro Alto is an incredible place to go out and has something for everyone. The architecture in Lisboa is very striking. So many distinctive cultures have existed here before, and have left their marks on the buildings, roads, and monuments that still stand today. The mix of vivid colors with the modern tram system flying through the streets was especially memorable. Another must-see is the Baiuca Fado House, an entertaining place featuring the typical music of Portugal. The owner is a real testament to loving one's job.

Overall, it is very easy to get around on foot in Lisboa, making it a pedestrian's dream come true. If you must leave the center of the city, you can take the metro, or grab a taxi. Lisboa is situated right smack in the center of Portugal, making it a short distance from surrounding areas featured in this issue. I recommend renting a car if you have the opportunity so that you can

escape the bustling city and enjoy nearby quiet towns where you will catch some beautiful scenery and have your taste buds explode. Whether it is architecture, nightlife, attractions or food, Lisboa proves to offer the very best of it all.

Table of Contents

[Country Intro](#)

[City Intro](#)

[LX Boutique Hotel](#)

[See's and Do's](#)

[Restaurants](#)

[Nightlife](#)

[Day Trips](#)

[Additional Travel Information](#)

[Suggested Itinerary](#)

[Maps](#)

[Note from David](#)