LISBOA IS WAITING FOR YOU
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COSMOPOLITAN LIFE
A multicultural city, Lisbon is the Atlantic gateway to Europe.

HISTORICAL EXPERIENCES
One of the oldest areas in Europe, closely linked to the building of Western civilisation.

NATURE AND SUSTAINABILITY
Here, you can get in touch with nature through gastronomy, sports, family outings and exciting adventures.

BEACH AND OCEAN
Long shores of some of the most beautiful beaches in the world and abundant marine life.

FADO AND FLAVOURS
Portuguese gastronomy and fado intertwined with the Mediterranean.

CULTURAL RICHNESS
Heritage, artistic and literary heritage that is kept alive by both old and new talents.

EVENTS
Various events throughout the region, from the most popular and traditional to the most avant-garde.
Lisbon is a must for anyone seeking a destination rich in culture, safe and inclusive. Long sandy beaches, abundant nature, fascinating history and stories and the delicious flavours of Portuguese gastronomy come together in one place, where hospitality is celebrated. Lisbon promises to welcome every visitor.

Lisbon’s geographical location is part of its charm. It has a mild, sunny climate most of the year, and the light illuminates the houses, beaches, and vineyards, inviting you to gaze at the unique reflections of the Tagus and the Atlantic. From sunrise to sunset, Lisbon shines. And so does its cultural and natural heritage. The sounds of Lisbon and the music combine and can be heard everywhere.
Lisbon’s aura continues to attract and enthrall those who decide to make this wonderful European city their new home.

Major international events have decided to make Lisbon the centre of the occasion, bringing talent from all corners of the world to take part and invest in the Lisbon lifestyle.

In the middle of the 21st century, Lisbon presents itself as a contemporary city: a cycle path that stretches for hundreds of kilometres; the metro lines that unite the city and where each station is a showcase for Portuguese art; the famous trams that climb the hills of Lisbon and enliven its streets; the trains that shorten distances and offer the most beautiful stops and views as they cross the Tagus; all these options make moving around easier, safer and an experience in itself, allowing you to choose different tours and sightseeing proposals. An unmissable offer of local shops and quality restaurants invites everyone to share Lisbon’s day and night life.

Lisbon can be reached quickly and conveniently by air. It is only a few hours flying time from most European cities and about 7 hours from the American continent, making it a meeting point between both continents.

Lisbon is for everyone: for those who want to explore its historical and cultural heritage; for those who want terraces with a panoramic view of the city to watch a sunset over the River Tagus; for those who can’t do without the beach and love outdoor activities; for those who want a family day out or simply for those who want it all. In Lisbon, everything is at your disposal.

In the following pages, we invite you to discover the different treasures, for an EXPERIENCE OF THE DIVERSITY that Lisbon offers in an agile and accessible way.
Cosmopolitan Life

Lisbon, the charming capital located on the margins of the Tagus estuary, has an active life full of opportunities for those who want to enjoy it. With a privileged climate, where the sun is a constant that invites you to stroll through the various points of the city.

After a tragic earthquake that destroyed it in 1755, Lisbon rose from the rubble with a grand and modern project for the time that gave rise to what is now the Baixa Pombalina. There we find the past and the present of Lisbon’s commerce and cultural life, the effervescent Rossio Square connected by a pedestrian street to the magnificent Comércio Square (before the earthquake called Terreiro do Paço), from which a walk along the Tagus River is impossible to refuse.

Many of the main figures of 20th century Portuguese culture used to meet in the cafés that we still find today in Chiado, still one of the most dynamic places in Lisbon life.

Starting from Chiado, it is possible to go up to Bairro Alto, one of the most charismatic of the city of Lisbon. The visitor will be amazed by the variety of architecture, the small houses that appear side by side with old palaces and interior gardens, capturing the marriage between the past and a renewed future that characterizes Lisbon. This area is a bohemian neighbourhood full of restaurants and bars, a must on a night out, as it offers a fascinating and unique street atmosphere that provides unforgettable encounters.

At night, both Chiado and Bairro Alto are unavoidable places of fun and entertainment, both for those who enjoy a full cultural calendar, who will find some of the capital’s main theatres, and for those who prefer to safely enjoy the street entertainment on the terraces and in the beautiful gardens and sales booths in this area.

Some of the best-known dance floors of Lisbon’s nightlife are close to Cais do Sodré and next to Docas de Lisboa, where the main discos and the great centres of the city’s nightlife come together with the best and most eclectic restaurants. There, all the energy needed to dance the night away can be achieved with a meal overlooking the Tagus and rewarded with a sunrise on the way home.

But there is no Lisbon night without going to a Fado house. Alfama, one of Lisbon’s most characteristic historic neighbourhoods, has some of the oldest Fado houses where you can hear the voices and the sound of the Portuguese guitar. It is also possible to find the tradition of Fado in other places of Lisbon like in the neighbourhoods of Mouraria or Madragoa. Fado is Cultural and Intangible Heritage of Humanity by UNESCO.

For those who want to get to know the Tagus more closely, the new Tagus Centre, located in the beautiful South-Southeast station right next to Praça do Comércio, offers a unique and didactic visit to the estuary and its diversity. And because it’s not only from land that you can enjoy the river, but there are also several river cruises, departing from the South-Southeast station, which offer fantastic river tours to discover the Tagus and its banks.
On their way to the Oriente, enthusiasts of the contemporary art scene will find a new and growing urban art movement, a cultural and architectural offering, with many of the galleries and restaurants there incorporated in former industrial spaces.

Parque das Nações is the most recent and modern residential area in Lisbon. The result of the urban plan after the 1998 World Exhibition, it has several leisure facilities such as the Oceanarium, the Lisbon Casino, the Pavilhão do Conhecimento (Pavilion of Knowledge) or the Camões Theatre, a shopping centre, works by internationally renowned architects, the Oriente Station, a dock, a green park, and the T ejo Park, which stretches along the river and covers about 90 hectares.

But it’s not only by the Tagus that you can get in touch with nature in the city. Towards the urban centre of the capital, green spaces such as the Jardim da Estrela (Star Garden), the Jardim do Príncipe Real (Royal Prince Garden) or the Fundação Calouste Gulbenkian Gardens, allow you to stroll to the sound of birds. If you’re planning a longer walk, a visit to the Monsanto Forest Park, Portugal’s largest natural park and one of the largest in Europe, is a must. There are endless paths there for physical exercise or just to stroll and relax. Close by is Tapada da Ajuda, a botanical park within the city and one of the main centres for the conservation of Portugal’s natural heritage.

If you’re looking for an activity for all ages in one place, you won’t want to miss the Lisbon Zoo. Inaugurated in 1884, it was the first park of its kind on the Iberian Peninsula and boasts more than 2000 animals from 300 different species, many of them in danger of extinction.

In the so-called Avenidas Novas (New Avenues), a renewed pavement and bike lanes along its entire length allow you to move pleasantly from Entrecampos Square to Duque de Saldanha Square and from there to Marquês de Pombal Square in a short period of time.

These three squares link the commercial arteries of the capital, where local commerce is interspersed with luxury commerce, with several of the most reputable international fashion brands setting up shop on Avenida da Liberdade (Liberty’s Avenue), and where some of Lisbon’s main pastry shops and ice-cream parlours are found side by side with magnificent, breezy terraces.
Lisbon breathes history and you can feel the more than 20 centuries of its existence, through which countless peoples and domains have passed. From the Phoenicians, who called Lisbon Alis Ubbo, “safe haven”, to the Greeks and, later, the Romans, many found their home in this region and put down roots here. These influences reach us to the present day, not only through the monuments, but also through the strong impact that all these peoples left on the city. From the ruins of the 1755 earthquake, wide avenues and squares surrounded by trees opened up. One example is the Castelo de São Jorge (Saint Jorge’s Castle), which sits on the hill with the same name, and which is the highest in the city. From the Castle you can enjoy a unique and magnificent view over Lisbon and learn a little more about the history of this region.

The seven hills of this city are dotted with magnificent monuments from many different eras. A privileged spot is the Avenida da Liberdade (Liberty’s Avenue). Another of the great testimonies and memorials to the Age of Discoveries. This monastery, with its elaborate portals and period style cloisters, has been classified by UNESCO as a World Heritage Site. You can also visit the Church of Santa Maria de Belém and its magnificent, vaulted interior.

With a modern design, the Belém’s Cultural Centre, or CCB, was inaugurated in 1992 and built to host the 1st presidency of Portugal of the then called European Economic Community (CEE). It is a must-visit venue, whether to attend a concert, to appreciate its contemporary art collection, or simply to stroll in its hanging gardens and relax.

Walking down the famous Calçada da Ajuda, you don’t need to find an excuse to stop at one of the typical restaurants and enjoy a delicious lunch or just a quick and tasty snack before entering Belém, the Museum District of Lisbon. This is one of the areas of Lisbon that still maintains its old style, small and colourful houses contrasting with the numerous grand monuments and museums. The Jerónimos Monastery, a landmark of Portuguese architecture, was built in the Manuoline style in the 16th century during the Age of Discoveries. This monastery, with its elaborate portals and period style cloisters, has been classified by UNESCO as a World Heritage Site. You can also visit the Church of Santa Maria de Belém and its magnificent, vaulted interior.

Near the Jerónimos Monastery and overlooking the Tagus stands the Torre de Belém, a fortification from the same period whose function was to defend Lisbon. Today it is an unquestionable symbol of the city. Inside it you can still see the impressive cannons that were part of its arsenal. It is a privileged point to look over the Tagus almost to the Ocean.

Anyone strolling through Belém will notice the two officers of the Presidential Squad of the National Republican Guard stationed at the entrance of the Belém Palace, the official residence of the President of the Republic. On the third Sunday of every month, you can attend the Guard’s Solemn Surrender, a military ceremony of great symbolism and tradition, which brings together about 160 soldiers of the Republican National Guard in a fascinating parade. At the end of the ceremony, the Charanga a Cavalo (the only one in the world to play all gait) performs a magnificent carousel of movements executed by its horses while the riders toast the public with musical passages.

Nearby is the renovated Museu dos Coches (Coaches Museum), which houses the world’s most important collection of royal carriages and coaches. By the river, the MAAT - Museum of Art, Architecture and Technology - has won over the people of Lisbon and visitors to the city with its beautiful undulating façade and passable roof, where you can watch one of the most magnificent sunsets in Lisbon.
It is in Mafra, just over 30 minutes from the centre of Lisbon, that the famous MAFRA PALACE-CONVENT and the TAPADA NACIONAL DE MAFRA are located.

This palace is the result of a promise made by King João V, due to the difficulty in obtaining succession. On 17 November 1717 the first stone was laid of one of the largest Portuguese palaces. Designed in the Baroque style, it covers an area of 38 000 m², with 1 200 rooms, 4 700 doors and windows and 156 staircases. It consists of a royal palace, a basilica, and a convent.

Inside, it is possible to glimpse numerous collections, including Italian and Portuguese sculpture and painting, and a library, unique in the world, with some 38 000 volumes and magnificently adorned.

Although it was initially intended for the monastic life of 13 friars, the final project housed around 300, a hospital, facilities to house the entire court, a basilica with 8 organs built from scratch to play together and 2 carillons with 98 bells.
LISBOA STORY CENTRE

Located in Terreiro do Paço, this Centre presents, in an interactive and dynamic way, through multimedia, all the stories, myths and events that forged the historical Lisbon and the Lisbon of today.

Organized in six nuclei, it allows you to travel through time with a fluidity of themes and experiences that enrich the global vision of one of the oldest European cities: from legends to natural disasters, from globalization to architectural and landscape revolution, here it is possible to obtain an organic and privileged vision of the City of Lisbon for all ages. The Lisbon Story Center gives you a journey through the past and shows you how Lisbon became what it is today.

Open to the public since 2013, the Arco do Triunfo (Triumphal Arch) offers the most privileged panoramic view over the river, the designs of the cobblestones and the red roofs of Lisbon, standing out in an inspiring perspective. This monument of allegorical architecture was designed as part of the reconstruction of the city after the 1755 earthquake but was only completed in 1873.

The large central figure represents Glory, which crowns the sculptures alluding to Genius and Valour. The arch is between two side columns topped by representations of the Tagus River on the right and the Douro River on the left. The frontal columns show some of the main figures of the period: D. Nuno Álvares Pereira, Vasco da Gama, the Marquês de Pombal (Marquis of Pombal) and Viriato.

The Latin inscription translates as:

“TO THE HIGHEST VIRTUES, SO THAT IT MAY SERVE AS A TEACHING TO AS ALL.”
Lisbon has gained increasing recognition for adopting measures that seek to increase environmental quality, such as the introduction of a large network of cycle paths from which the city and its main gardens can be walked safely and accessibly. This is one of the many measures that have made Lisbon the European Green Capital 2020, along with actions aimed at energy saving in the city and the expansion of its green spaces.

Those who walk all the green corridors of the Monsanto Forest Park (known as the Lung of Lisbon) and the gardens and forest nurseries of Tapada da Ajuda, can join the observers on a tour of the Tropical Botanical Garden of the National Museum of Natural History and Science in Lisbon. Situated in Belém, next to the Jerónimos Monastery, it is home to plant heritage that can only be seen there, the result of a scientific and cultural conservation effort that is in full view of all its visitors.

But those who want to find some of the aquatic fauna and migratory birds that also make Lisbon a must-see can visit the Reserva Natural do Estuário do rio Téjo (Natural Reserve of the Tagus River’s Estuary), a protected natural area where thousands of species are found, brought by the tide. Molluscs and crustaceans share this wetland area with water birds, which make the day of those passionate about marine life.
In the Arrábida hills, part of the Arrábida Natural Park, it is also one of the areas in the Lisbon region with the greatest diversity of fauna and flora. Here, natural, and historical heritage combine, and a visit to the Arrábida Convent or the Santa Maria da Arrábida Fort is possible on the same day, along the many footpaths available that end at some of the most beautiful and sheltered Portuguese beaches. For those who prefer to spend the day on the move, the Arrábida Natural Park is renowned for its sport climbing enthusiasts.

In the Fossil Cliff of Costa da Caparica, the landscape is different, but it is also protected. With walks along the land and sands, from Cape Espichel to the Sintra hills, the magnificent cliff shaped by erosion provides shelter for birds of prey that can be seen from the Convento dos Capuchos (Capuchos Convent) viewpoint.

In the Sintra-Cascais Natural Park you will find Cabo da Roca (Rock’s Cape), the westernmost point of the European continent. With a dominant landscape that combines beach, forest and some of the most beautiful national architectural achievements, this park is a UNESCO World Heritage Site of Cultural Landscape.
In a region where the sun is a constant, nothing tastes better than a dip in the Atlantic to cool off.

30 minutes from the centre, by boat or train from Cais do Sodré or Campolide, is Costa da Caparica, one of the most extensive Portuguese beaches. On this sand, those who go to the beach to relax, those who cannot avoid a game of volleyball, surfers and bodyboarders, and groups of friends who meet in the bars for a lively evening get together. The Blue Flag that marks so many of these beaches in Almada is a recognition of their environmental quality.

In the Arrábida hills there are also beaches, and what beautiful sceneries they offer! The clean and crystalline waters that bathe these beaches sheltered by the green of the mountains are a secret for many until today, despite their recognition as being some of the best beaches in Europe. With more isolated accesses, these beaches are for lovers of nature and tranquility.
The beaches of Cascais are more urban, with the streets of the town ending near the beach. Those who take the train from Cais do Sodré in the direction of Cascais are taken along a waterfront with breathtaking views. A soft sandy beach, it allows a quick stroll along the seafront to the many esplanades and restaurants to be found on all the beaches. Those who are not keen on diving can refresh themselves with a drink or enjoy a lunch of the best fish and seafood dishes. These pleasant beaches end beyond the bay of Cascais at Boca do Inferno (Hell’s Mouth), a large cave which begins the cliffs of the Serra de Sintra and which, passing by the famous and busy Guincho beach, culminates at Cape Roca, the westernmost point of the European continent.

Ericeira is a paradise for the restless. It is, in fact, the first surfing reserve in Europe. Windsurfers, kite surfers and bodyboarders will also feel at home here and will be able to attend some of the main sporting events on these beaches. Even so, given the length of the beach and the historical setting of this town, full of accommodation, restaurants, and quality seafood restaurants, Ericeira is also sought after by many bathers.
Fado, the song of Lisbon, has been part of humanity’s intangible cultural heritage since 2011 and has highly developed artistic exponents. You can always find a fado house that serves snacks, turns off the lights and demands silence so that “fado can be sung”, accompanied by the Portuguese guitar and viola. Lisbon has dozens of fado houses, a unique and unavoidable experience.

The ginjinha, before dinner, is served in the various houses in Rossio and is a ritual for groups of friends who wait for each other to get together in a restaurant and enjoy a good bitoque (steak), accompanied by the restaurant’s wine, or a grilled golden bream.

The Lisbon wine region is one of the most interesting in the country. The vineyards are greatly influenced by the sea and winds because they are so close to the coast. Lisbon’s vineyards date back to antiquity, with Phoenicians, Greeks, Romans, and Visigoths living here. We highlight the Carcavelos Wine with international renown and secular tradition which has qualities recognised and confirmed by the Letter of Law of 18 September 1908 in which the demarcated region was defined, as well as the general principles of its production and commercialisation. The production of this wine is located within the municipalities of Cascais and Oeiras, in what is the smallest wine region in Portugal.

Cod fish is as popular here as anywhere else in the country in its five hundred recipes, as well as octopus and the whole variety of seafood.

The pastry shop impresses any visitor. Its variety, due to the conventual tradition, is extremely rich and a paradise for the sweet tooth: the famous pastel de Belém can be enjoyed fresh out of the oven, accompanied by a coffee; the pastel de nata in any cafe is essential, but we also have the travesseiros and queijadas de Sintra, as well as the Fradinhos de Mafra.

The pastel de nata and the bica are breakfast, dessert and even a snack!

The Portuguese consume about twenty percent of all cod catch worldwide. In this Center we can discover the history of this cultural relationship and sit at the table in its restaurant, specialized in the most varied recipes of Peixe-Rei.
COME AND ENJOY THE FANTASTIC FLAVOURS OF LISBON
Richard Strauss: “Today is the happiest day of my life, I have been to Italy, France and Greece, but nowhere have I experienced natural beauty like in Sintra.”

Cultural Richness

In Rossio square, we see a façade that catches the eye for the work of its contours: the Rossio Railway Station, once the capital’s railway hub and terminal of the Sud Express. Today, this is also where you take the train directly from the centre to the illustrious Village that has inspired national and international musicians, novelists, and poets.

Sintra is as old as it is illustrious; its noble houses are palatial, and every corner has a monument.

From the Vila Palace, a veritable medieval palace, to the Pena Palace, a magnificent work by King Fernando, consort king, in the 19th century, we can climb up the mountainside on the nature park paths that pass by the Moorish Castle. Sintra has a very active literary and artistic life, and every week there are concerts, book presentations and theatre in one of the palaces and gardens that make it up. Recently opened the original News Museum one of the largest Media and Communication experiences in Europe in an old auditorium recovered and modernized to show the evolution of society in the media age. You can also visit the Sintra Myths and Legends, an interactive centre where you can take a journey through history, music and literature, using scenography, multimedia techniques and sensory experiences, in a journey that, in 17 spaces, crosses reality and fiction in various dimensions, and with the participation of a team of architects, set designers, scriptwriters, historians and experts in audio-visuals, holograms, sensory effects, augmented reality and 3D films.

It is worth moving on to the further side of the Sintra hills, where you will find the tropical garden of Monserrate and the Convent of Capuchos, a striking monastery according to medieval rules of strict austerity.

Gil Vicente: Sintra is a gift from King Solomon from the earthly paradise to give as a present to the king of Portugal.”
In Queluz you can visit the imposing Queluz National Palace that enchants by the exuberance of its architectural details. Intimately linked to the life of three generations of the Portuguese Royal Family since the 17th century, the stage for intense emotions, the palace reflects the evolution of the tastes and styles of the time, through baroque, rococo, and neoclassicism.

Surrounded by Versailles-style gardens, the court enjoyed sumptuous parties here, gondola rides on the canal, plays, hunts, musical and literary evenings, masquerade balls, games, and open-air recitations - habits that the palace’s current programme maintains for its visitors, as it offers concerts, period parties, themed events and literary sessions. The Portuguese School of Equestrian Art is also based here and, to promote the study of this art and the regular training of riders, the only national library dedicated exclusively to Equestrian Art was created in 2015 at the National Palace of Queluz: The D. Diogo de Bragança, VIII Marquês de Marialva Equestrian Art Library, which has 1,400 titles, some of which are rare copies.

In the 20th century, Sintra, Cascais and Estoril formed what was called the Golden Triangle: Europe was devastated by World War II and Portugal, maintaining its neutrality, became a tempting destination for thousands of refugees. These included princes, kings, and members of the great European monarchies, who found Portugal a royal hideaway to match. Even today it is still a holiday spot for many of them and their descendants and was also the place of much espionage and international intrigue during the 1940s. Being the starting point for America, it attracted the best spies of the time to Portugal, including Ian Fleming, author of the books that brought James Bond to life.

Whoever arrives at this wonderful hill appreciates, at once, hills, beach, and cliffs, impressing its visitors with the wealth of landscapes, architecture, and culture in such a short distance from each other.
PILLAR 7 EXPERIENCE

Located in the Alcântara Valley, the Pillar 7 Experience is a unique journey through the construction of the Portuguese Golden Gate - the 25 de Abril Bridge. Before or after going up, visitors can test their vertigo through a virtual tour of the routes and altitudes that are only allowed to the bridge maintenance technicians.

In this experience, the original model of the bridge and the impressive figures on the materials and equipment involved are on display, as well as archive films that accompanied the bridge’s construction.

On a higher level, it is possible to experience the trepidation and noise caused by the passing train and to see the bridge’s mooring cables. Each cable has more than a million steel wires! A room of reflections from all the altitudes worked on the bridge gives a chilling sensation.

Finally, the panoramic lift rises to eighty metres above the surface and its glass-floored landing provides a real view of the altitude in question, which does not let the visitor forget where he came from.
June brings everyone together in Lisbon for the Festas Populares and the Parade of Marchas Populares, on the night of Santo António, 12th June. No one misses the “Santos” to eat sardines in the open air in the various festivals that each neighbourhood sets up to their own taste and style. Even if you don’t come to Lisbon for the festivities, it is impossible not to enjoy the atmosphere during these weeks.

Thousands of people of all ages and musical tastes in Lisbon attend concerts by their favourite artists and groups.

There are many summer music festivals with national and international groups, renowned names, and new talents from all styles of music: pop, rock, jazz, indie, electronics, folk and classical.
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