





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.



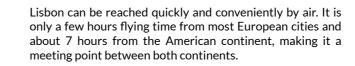
isbon's aura continues to attract and enthral those who decide to make this wonderful European city their new home.

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 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

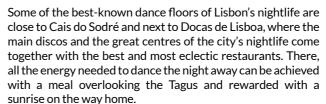
isbon, the charming capital located on the margins of the Tagus estuary, has an active life full of opportunities for those who want to enjoy it. With a privileged climate, where the sun is a constant that invites you to stroll through the various points of the city.

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.



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 Tejo 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.





isbon 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 Lisbon's heritage as we know it today.

A testimony to these various layers of civilisation is the Roman Galleries in the city's downtown, an underground place that only opens to the public once a year and where it is possible to dive into a millenary past and a Lisbon of other times, appealing to the imagination of those who visit.

The seven hills of this city are dotted with magnificent monuments from many different eras. A privileged spot 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 privileged view over Lisbon and learn a little more about the history of this region.

From the ruins of the 1755 earthquake, wide avenues and squares surrounded by trees opened up. One example is the concern to build a public park or garden, as the existing ones in the city were only reserved for the private estates of wealthy houses. The first project was designed by the

military engineer and architect Reinaldo Manuel dos Santos: a boulevard that today comprises the Avenida da Liberdade (Liberty's Avenue).

Another of the great testimonies and memorials to the 1755 earthquake are the ruins of the Convento do Carmo (Carmo's Convent). The romantic taste for ancient medieval monuments dictated that the body of the ruined church naves should remain in the open air, creating a magical setting where you can observe a fantastic starry sky on a warm summer night.

Also resistant to inclement weather is the Águas Livres Aqueduct, used for centuries to bring water to the capital. It is an unquestionable landmark in the Lisbon landscape. Its best-known point is the extraordinary archway in Alcântara, which is about 900 metres long and consists of 35 arches, including the largest stone ogival arch in the world. Today, the Aqueduct no longer supplies the city, but it is possible to visit its incredible structure and enjoy the beautiful view that stretches to the capital, on one side, and to Monsanto, on the other.

Close by, high up on Ajuda hill is the Ajuda National Palace. With a superb view of the Tagus, it was once the official residence of the Portuguese monarchy. It houses an enviable collection of decorative arts, goldsmithery, jewellery, textiles, furniture, glass, and ceramics. In the west wing of the Palace is the Royal Treasury Museum, with a rich collection of gold,

silver and precious stones that make up the wardrobe of the former Portuguese royal family, with the only complete China set in the world.

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 Manueline 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.

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.

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 at gallop) 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.





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.



RUA AUGUSTA'S ARCH

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:

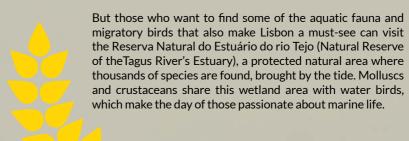
"TO THE HIGHEST VIRTUES,
SO THAT IT MAY SERVE
AS A TEACHING TO AS ALL."



NATURE AND SUSTAINABILITY

isbon 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 green spaces.

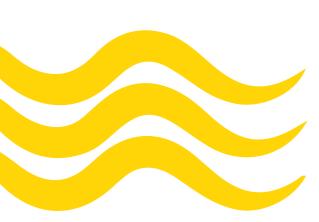
Those who walk all the green corridors of the Monsanto Forest Park (known as the Lung of Lisbon) and the gardens and forest nurseries of Tapada da Ajuda, can join the observers on a tour of the Tropical Botanical Garden of the National Museum of Natural History and Science in Lisbon. Situated in Belém,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











The beaches of Cascais are more urban, with the streets of the towns ending near the beach. Those who take the train from Cais do Sodré in the direction of Cascais are taken along a waterfront with breath-taking 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.





ado, 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.





THE PASTEL DE NATA AND THE BICA ARE BREAKFAST, DESSERT AND EVEN A SNACK!

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 café is essential, but we also have the travesseiros and queijadas de Sintra, as well as the Fradinhos de Mafra.

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.

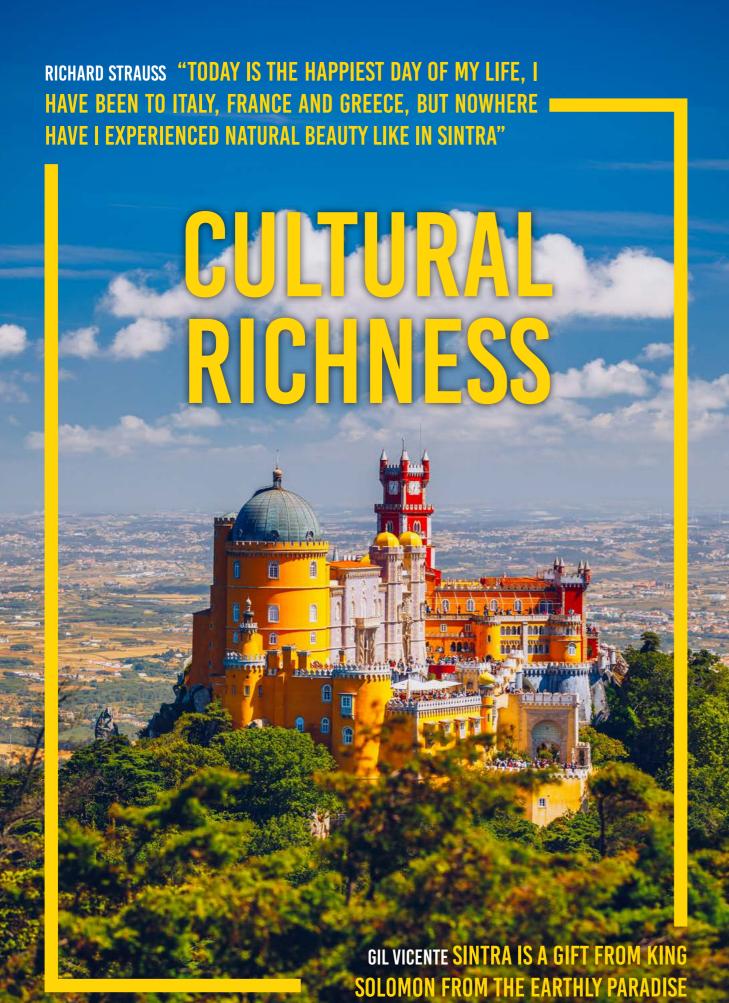
INTERPRETATIVE CENTER FOR THE HISTORY OF COD

Divided into seven rooms, the Interpretative Center for the History of Cod, located in the Torreão Nascente of Terreiro do Paço, becomes an immersive tour on the epic cod fishing.

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.







TO GIVE AS A PRESENT TO THE KING OF

PORTUGAL".

n 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 Expresso. 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 the mysticism, secrets and romance of the worldfamous town of Sintra, 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.







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.









INFOLISBOA

TOURIST INFORMATION LINE

(Free calls) - Phone Number: 800 500 503 (International calls) - Phone Number: (+351) 210 079 347 From Monday to Friday - 09h00 - 19h00 (09:00 am- 07:00 pm)

TOURIST INFORMATION POSTS

ASK ME LISBOA

LISBON AIRPORT

Arrivals, Airport, 1700-008 Lisbon Phone Number: (+351) 218 450 660 07h00-22h00 (07:00 am-10:00 pm) aeroreservas@lismarketing.pt

ASK ME LISBOA

ARCO RUA AUGUSTA

Rua Augusta, n° 2 - 10 1100-148 Lisboa Tel.: +351 210998599 10h00-19h00 arcoaugusta@lismarketing.pt

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LISBOA STORY CENTRE

Praça do Comércio, 78 - 81, 1100-148 Lisboa Tel. +351 914 081 366 / 211 941 099 10.00-19.00 lisboastorycentre@lismarketing.pt

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CENTRO INTERPRETAÇÃO DO BACALHAU

Terreiro do Paço - Torreão Nascente 1100-148 Lisboa Tel.: +351 211126155

10h00-19h00 info@historiabacalhau.pt

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CENTRO TEJO

Estação Sul e Sueste Terreiro do Paço Tel.: +351 211163426 10.00-19.00 centrotejo@lismarketing.pt

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Av. Infante D. Henrique S/N 1100-016 Tel.: +351 211163427 10h00-19h00 docadamarinha@lismarketing.pt

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Praça da República, 23 – 2710-616 Sintra Tel.: +351 219 231 157 10h00-18h30 sintra@lismarketing.pt

NEWS MUSEUM SINTRA

R. Visconde de Monserrate 26, 2710-591 Sintra Phone Number.: +351 910495618 10h00-18h30 (10:00 am-6:30 pm) (last entry at 17h30 (5:30 pm)) newsmuseum@lismarketing.pt

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